

NORTHAMPTON TOWNSHIP PARKS & RECREATION

SPRING/SUMMER 2024 PROGRAM GUIDE

EXPLORE & DISCOVER
SOMETHING NEW
THIS SPRING!



PROGRAMS

Art.....	17, 19-20, 22	Swim Club	9-11
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MARK YOUR CALENDAR

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- 4/27 Earth Day Celebration..... 4
- 5/18 Community Yard Sale..... 3
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PLEASE NOTE

Register early for your favorite programs! Programs will be cancelled if minimum requirements are not met 72 hours before start date.

The Northampton Township Board of Supervisors and the Parks and Recreation Board and Staff are committed to providing Northampton Township residents with quality recreation programs & facilities.

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- Barry Moore, Vice Chairman
- Paula Gasper, Secretary
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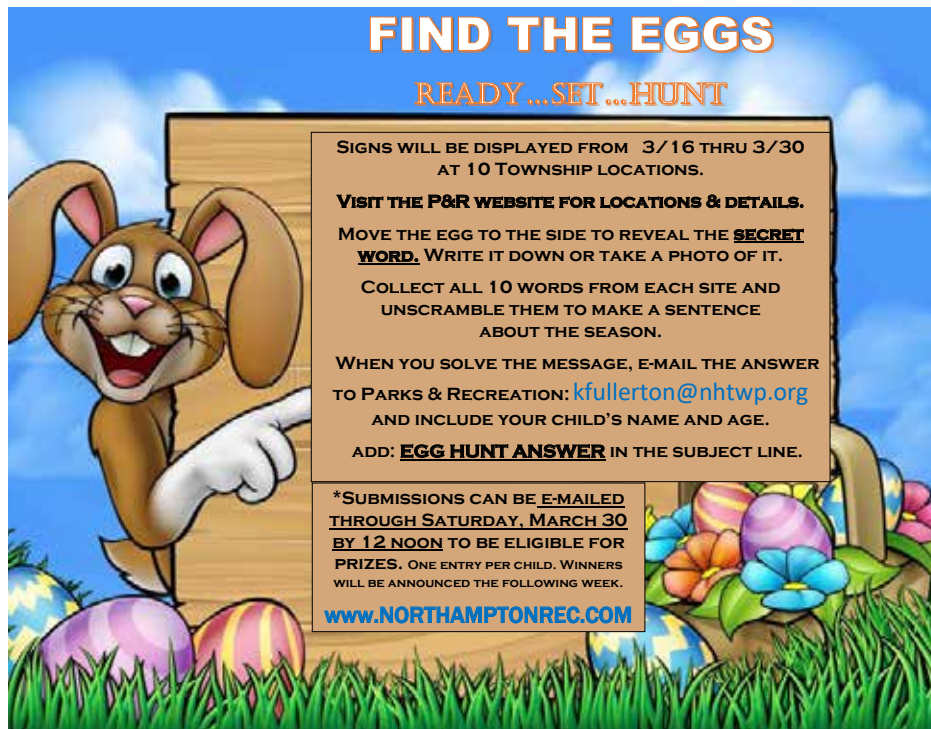
PROGRAMS FOR ALL LEVELS OF COMFORT

Northampton Township Parks and Recreation is committed to delivering high quality in-person, hybrid and virtual programming for all ages, to fit any schedule. Check out the icons next to the classes to find the right format for you!

-  Offered in-person only (Join us!)
-  Offered in a virtual format from anywhere

DO YOU HAVE A TALENT THAT YOU WANT TO SHARE WITH OTHERS?

Parks & Recreation is always looking for new programs. Call 215-357-5396 today!



FIND THE EGGS
 READY...SET...HUNT

SIGNS WILL BE DISPLAYED FROM 3/16 THRU 3/30 AT 10 TOWNSHIP LOCATIONS.

VISIT THE P&R WEBSITE FOR LOCATIONS & DETAILS.

MOVE THE EGG TO THE SIDE TO REVEAL THE **SECRET WORD**. WRITE IT DOWN OR TAKE A PHOTO OF IT.

COLLECT ALL 10 WORDS FROM EACH SITE AND UNSCRAMBLE THEM TO MAKE A SENTENCE ABOUT THE SEASON.

WHEN YOU SOLVE THE MESSAGE, E-MAIL THE ANSWER TO PARKS & RECREATION: kfullerton@nhtwp.org AND INCLUDE YOUR CHILD'S NAME AND AGE.

ADD: **EGG HUNT ANSWER** IN THE SUBJECT LINE.

*SUBMISSIONS CAN BE E-MAILED THROUGH SATURDAY, MARCH 30 BY 12 NOON TO BE ELIGIBLE FOR PRIZES. ONE ENTRY PER CHILD. WINNERS WILL BE ANNOUNCED THE FOLLOWING WEEK.

www.NORTHAMPTONREC.COM

BREAKFAST WITH THE BUNNY

Peter Cottontail invites you to join him for breakfast, magical entertainment, dancing, and fun! Come have a hoppin' good time as you visit with the Bunny, who will visit each table and be available after breakfast for pictures with the children. We are partnering with Manny's Restaurant and Deli to cater Breakfast with the Bunny.

DATE	Saturday, March 23
TIME	9:30-11:30 AM Breakfast: 9:30-10:15 AM. Entertainment will follow breakfast
LOCATION	James E. Kinney Senior Center: 165 Township Rd. Richboro
FEE	Ages 2-13: \$20 Ages 14 & up: \$22 Tickets must be purchased by March 16th
MENU	Scrambled eggs, breakfast potatoes, bacon, bagels, mini danish and fruit salad

BUS TRIP TO NYC BROADWAY A BEAUTIFUL NOISE, THE NEIL DIAMOND MUSICAL

A BEAUTIFUL NOISE: Created in collaboration with Neil Diamond himself, A Beautiful Noise is the uplifting true story of how a kid from Brooklyn became a chart busting, show-stopping American rock icon. With 140 million albums sold, a catalogue of classics like "America," "Forever in Blue Jeans," and "Sweet Caroline," an induction into the Songwriters and Rock and Roll Halls of Fame, a Grammy Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Neil Diamond's story was made to shine on Broadway, where the biggest stars tell their story.

Upon arrival in New York City, you will be dropped off close to Broadway where you can shop, visit the sites of the Theater District, Times Square or Rockefeller Center. You will be on your own for lunch with a variety of restaurants nearby. Meet back at the Broadhurst Theatre, 235 West 44th Street for a 2:00 PM matinee.

DATE	Wednesday, April 17
DEPART	8:00 AM Northampton Township Library 25 Upper Holland Rd, Richboro
RETURN	7:00 PM
COST	\$190 per person

COMMUNITY YARD SALE

Do you want to do a little spring cleaning and earn a few extra dollars along the way? Join Northampton Township Parks and Recreation and register to participate in our interactive community wide yard sale! Sell or Buy! Participate by registering your home yard sale with us to receive a spot on our township wide map, a listing in our directory, and a sign to post near your home. You price your own items and KEEP ALL PROCEEDS! Visit northamptonrec.com to download a digital map.

DATE	Saturday, May 18
TIME	8:00 AM—2:00 PM
REGISTER	Register online at www.northamptonrec.com . Registration forms can also be mailed to: Northampton Township Parks and Recreation, 55 Township Road Sellers—Register by Friday, May 10



FEE	\$12 per household
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FISHING DERBY (up to age 15)

Bring your fishing pole and bucket! No experience needed. Each child will receive an official fishing derby kit, cups of bait, soda and a soft pretzel. A license-free day for children. Awards for each age category! Expert fishermen from Langhorne Rod Club will be on hand to provide great tips. Adults may assist your child; however, a fishing license is required for any adult wishing to fish. *This is a catch and release program*

DATE	Saturday, June 1
TIME	8:30-11:30 AM
LOCATION	Tyler State Parks Dam (Near Boat House)
FEE	Residents: \$10, family of 4: \$28, Non-Residents: \$12, family of 4: \$36 Adults are FREE!

PUZZLE PALOOZA

APRIL 26, 2024

Are you a master at puzzles?

Gather your team of 2-4 people to show off your skills at Puzzle Palooza! Each team will race against each other to complete identical 500-piece puzzles! Puzzles are the teams to keep after the event. Prizes will be awarded to the first and second teams to complete their puzzle.

Location: James E. Kinney Sr. Center
165 Township Rd

Check in: 5:30pm.
****Clock starts promptly at 6:00pm. You will have 2 hours to finish your puzzle.**

2 categories:
Basic and Advanced

Price per team: \$35

Prizes available for winning teams!

*****Only 1 member needs to register for the team, members must be 18+**

Light refreshments will be served, feel free to bring your own snacks.

JUNE 6, 2024 5:00pm - 7:00 pm



KIDS MARKETPLACE

INTERESTED IN LEARNING MORE?

Contact Kristin Fullerton:
KFULLERTON@NHTWP.ORG
Or Visit us Online:
WWW.NORTHAMPTONREC.COM

Children's concert featuring Silly Joe starts @ 630PM

DO YOU HAVE A CREATIVE IDEA TO SHARE? DESIGN JEWELRY? MAKE CRAFTS? BAKE CUPCAKES? PRINT YOUR OWN T-SHIRTS? MAKE DOG TREATS? CHILDREN CAN SELL ANYTHING!! IT CAN BE HANDMADE, STORE-BOUGHT, FOOD, GAMES, CRAFTS..THE SKY IS THE LIMIT!!

TRIP TO LONGWOOD GARDENS "FESTIVAL OF FOUNTAINS"

Explore the thousands of bulbs and acres of flowering trees which color the landscape of the indoor Arboretum and the spectacular grounds. Longwood Gardens was developed by Pierre S. Dupont into what is today, a magnificent horticultural showplace. Encompassing 1,050 acres, woodlands, and meadows, the grounds display over 11,000 different types of plants, both indoors and out, making Longwood Gardens the world's premiere horticultural showplace. From vibrant blooms to dancing fountains, take a walk through the stunning DuPont house located on the grounds on your own or with your friends. There is a gift shop as well as the Terrace Café for dining, along with a beer garden, a picnic grove, and the 1906 Restaurant for dining (reservations required).

- DATE** Tuesday, May 14, 2024
- DEPART** 9:00 AM
Northampton Township Library
25 Upper Holland Rd, Richboro
- RETURN** Approx. 4:30 PM
- COST** \$90 (ERS or Sr. discounts do not apply. Includes admission to Longwood Gardens, Lunch voucher*, transportation & driver gratuity) *All children under 18 must be accompanied by an adult.



**Northampton Township
Parks and Recreation
presents:**

**MESSAGES FROM
YOUR LOVED ONES
AND MORE**

**FEATURING DANIELLE SCHWARTZ,
PSYCHIC MEDIUM**

Receive messages
from your loved ones,
get insight about your future
and understand how
to recognize signs...
Bring your family and friends
for a night of spiritual healing.

Date: Sunday,
April 21, 2024

Location:
James E. Kinney
Senior Center
165 Township Rd.
Richboro

Time:
4:00 to 6:00 pm

Fee: \$45
Per Person

Light refreshments will be served.

Seats are expected to sell out fast!!
Sign up by April 12, 2024.
Register at Northamptonrec.com
or call 215-357-6800 ext 249

For more information on Danielle visit
www.daniellethemedium.com

FREE! EARTH DAY CELEBRATION

Join Northampton Township Parks and Recreation along with other Bucks County communities and businesses to celebrate Earth Day. Enjoy free entertainment and children's activities. Explore innovative ideas for saving energy in your home and business, learn how to increase your recycling and grow your own backyard garden.

- DATE** Saturday, April 27
- TIME** 11:00 AM-2:00 PM
- LOCATION** Core Creek Park, Langhorne
- FEE** FREE!

JOIN NORTHAMPTON PARKS & RECREATION FREE! 2024 SIGHTS & SOUNDS OF SUMMER CONCERTS

RAIN or SHINE! Bring a lawn chair or blanket for seating. Light Refreshments/ snacks available for purchase. Lions Club will be selling 50/50's.

- WHEN** Thursday evenings
- TIME** 7:00 PM
- WHERE** Northampton Municipal Park
281 Hatboro Road, Churchville
Rain Location: Maureen M. Welch School Gym
750 New Road, Churchville
- FREE!** All ages welcome!
- JUNE 6:** **COUNCIL ROCK JAZZ BANDS**
Starts at 6:30 PM (CR Students performing)
- JUNE 13:** **SILLY JOE: KIDS CONCERT**
Starts at 6:30 PM (Children's music)
- JUNE 20:** **LITTLE RED ROOSTERS**
(Rock and Blues)
- JUNE 27:** **80's REVOLUTION**
(80's Music Cover Band)
- JULY 11:** **BAREFOOT BOBBY AND THE BREAKERS**
(Classic Rock, Country, Motown Hits)
- JULY 18:** **CHERRY LANE**
(Mix of R&B, Funk & Rock)
- JULY 25:** **MID LIFE CRISIS**
(Rock Music from 70's, 80's and 90's)
- AUGUST 1:** **THE FABULOUS GREASEBAND**
(Rock Music from the 60's, 70's 80's and 90's)



The Sights & Sounds Series is supported by local businesses and organizations. Would you like to join us? Contact Parks & Recreation 215-357-6800 ext. 249 to see how your business can participate and support the community events offered through Parks & Recreation.

2024 SUMMER CAMPS

Be sure to login to your MyRec account before registration opens to ensure your child's current grade is listed correctly for the 23-24 school year (Grades will automatically advance on 6/1/24). If your child's grade says N/A or is listed incorrectly, you may be unable to register.

FULL SUMMER 1/2 DAY CAMP

CAMP EXPLORE

For campers entering 1ST-6TH grades

Camp Explore is a half day program that is loaded with fun activities to keep your child happy and active! This seven week program offers sports, indoor and outdoor games, arts and crafts and Special Friday theme days! Give your child a taste of camp in the morning and enjoy your afternoons together this summer!

MONDAY-FRIDAY
6/24-8/9 (NO CAMP 7/4 & 7/5)
9:30 AM-12:30 PM
ROLLING HILLS ELEMENTARY SCHOOL**
\$599
CLASS #9180

\$100/child deposit due at time of registration; full balance due on June 7, grades entering Sept. 2024



ONE WEEK SPECIALTY CAMPS

GEOVENTURE NATURE CHEMISTS CAMP (AGES 6-10)

Learn about our world through safe and nature-friendly science experiments! Use plants to cause magic color changes, play with non-Newtonian slimes, create a rainbow volcano and more! Each day will include games, hands-on-activities, discussion and teamwork. Bring a water bottle and a healthy snack. Please bring your lunch. Wear comfortable shoes and dress for activity and the weather.

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	8/5 - 8/9	9:00 AM - 3:00 PM	Holland Elementary 597 Beverly Rd	9419

ERS \$350 | R \$363 | NR \$390 | 1 week

GEOVENTURE ZOMBIE SURVIVAL CAMP (AGES 9-12)

Are you prepared to survive a zombie invasion? In this playfully spooky camp we learn real survival skills with an exciting immersive storyline. Learn proper protocol for building zombie-proof shelters, locating supply caches using GPS, games tracking the undead's movements and camouflaging skills. Have a blast with games and challenges and leave with some new useful knowledge of emergencies and life in the wild! Each day will include hands-on activities, discussion and a team activity. Bring a water bottle and healthy snack; wear comfortable shoes and dress for activity and the weather. Please bring your lunch.

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	7/29 - 8/2	9:00 AM - 3:00 PM	Holland Elementary 597 Beverly Rd	9420

ERS \$350 | R \$363 | NR \$390 | 1 week



WE'RE HIRING CAMP COUNSELORS







OPEN POSITIONS:

- CAMP COUNSELORS
- FULL DAY/HALF DAY OPTIONS

REQUIREMENTS:

- MUST BE 16+
- THE DESIRE TO MAKE A DIFFERENCE IN CAMPER'S LIVES

BENEFITS:

- TEAM WORK
- PROBLEM SOLVING
- DECISION MAKING
- LEADERSHIP SKILLS
- LIFELONG FRIENDSHIPS
- NO NIGHTS OR WEEKENDS

apply today



BEST JOB EVER!!!

APPLY TODAY AT NORTHAMPTONREC.COM

JUMP START SPORTS

READY SET GO (AGES 6-12)

“Kick” off summer with your friends playing your favorite camp games and activities including Capture the Flag, Tag relay races, whiffle ball, kickball, and more. There’s no better way to start the summer than being active and in game mode! Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	6/17 - 6/21	9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9423
		9:00 AM - 3:00 PM*		9424

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

STICKS AND STONES (AGES 6-12)

Have some fun with all of your favorite “stick” sports. This includes lacrosse, hockey, whiffle ball, noodle games and more. Create a Holland Kindness Rock (“stone”) to help spread kindness in your community. Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	6/24 - 6/28	9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9425
		9:00 AM - 3:00 PM*		9426

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

THE GREAT OUTDOORS (AGES 6-12)

Learn the skills of life-long outdoor sports such as golf and play fun games like volleyball, badminton, cricket, bocce and more. We’ll also explore nature through scavenger hunts and outdoor craft projects. It’s all about the great out-of-doors! Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	7/8 - 7/12	9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9427
		9:00 AM - 3:00 PM*		9428

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

ULTIMATE WARRIOR (AGES 6-12)

Take on a fun fitness challenge! Enjoy age-appropriate and safe activities designed to inspire and excite. Games include obstacle courses, relays, tug-of-war and more designed to foster cooperation and teamwork. Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	7/15 - 7/19	9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9429
		9:00 AM - 3:00 PM*		9430

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

If your child is attending full day, please pack their lunch and they will eat with the instructor.

SUMMER OLYMPICS (AGES 6-12)

The Olympics are coming to Holland! You’ll be grouped by age and divided into countries to learn about a wide variety of Olympic sports, including track and field, badminton and more. Make a flag to carry at the “Closing Ceremonies.” Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	7/22 - 7/26	9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9431
		9:00 AM - 3:00 PM*		9432

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

COLLEGE DAYS CAMP (AGES 6-12)

Have a blast learning about and playing a wide variety of college sports including flag football, basketball, soccer and more. Make a college pennant and t-shirt and wear your college’s colors to cheer for your school! Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	7/29 - 8/2	9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9433
		9:00 AM - 3:00 PM*		9434

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

FIELD DAY FUN (AGES 6-12)

Everyone remembers Field Day! Summer Fun culminates with traditional field day games including scooter races, throwing and running games and all types of events in this fun-filled format designed to leave them loving to be active.

Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	8/5 - 8/9	9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9435
		9:00 AM - 3:00 PM*		9436

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

CHESS CAMP (AGES 6-12)

Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games and cool prizes. You’ll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camp includes fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments and puzzle folder. We include all of the materials necessary for your child to participate. Each child will receive a trophy, chess wizards t-shirt, chess wizards folder and chess puzzle workbook. Instructor: Chess Wizards

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	7/22 - 7/26	9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9421
		1:00 4:00 PM		9422

ERS \$273 | R \$300 | NR \$335 | 1 week

PRESCHOOL DANCE CAMP (AGES 3-6)

Join us for this magical, fun, and imaginative Preschool Dance Camp! From our favorite movie themes and more, feel free to sing along during this week's adventure! Please bring a drink and snack.

Instructor: Kelli Robbins

DAY	DATE	TIME	LOCATION	CLASS #
Wednesday - Friday	6/25 - 6/27	10 AM - Noon	Newtown Township Admin Building, 100 Municipal Drive, Newtown	9230

R \$99 | NR \$119

DANCE CAMP (AGES 4-6, 7-10)

Learn short fun routines as you experience creative dance: ballet, jazz, hip hop, tap and acrobatic/tumbling. Instructor: Kelli Robbins

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	6/17 - 6/21	9 AM - Noon	Newtown Township Admin Building, 100 Municipal Drive, Newtown	9231
	8/19 - 8/23			9232

R \$110 | NR \$125



INTRO TO FILM & TV: ACTING AND BEHIND THE SCENES, WICKLINE CASTING (AGES 9-15)

Local Casting Director, Kathy Wickline created this popular camp over 27 years ago. Wickline Casting has over 10,000 credits including Academy Award film, commercials and TV. Learn what it takes to introduce your child to this exciting industry. It is here that they will work as a cast and crew member in this innovative, cool camp. Kids are taught the basic levels of acting, directing, voice-over, and operating the camera. Script writing, storyboarding and improvisation will also be introduced. Each day is different as they create fun projects; commercials, film scenes, music videos and public service announcements. A huge benefit of this camp is increasing memory, reading skills, working in teams and confidence-building. **After camp, a digital film keepsake will be emailed to you (Allow up to 3 months editing) Materials Needed: Notebook, Pen and Pencil. Edited Digital Keepsake \$35 is included in the fee.**

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	8/5 - 8/9	9 AM - 4 PM	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9394

ERS \$410 | R \$447 | NR \$505 | Bring a snack, lunch and water bottle

YOUNG PERFORMER'S COLLABORATIVE MUSICAL THEATER CAMP: ALICE IN WONDERLAND (AGES 7-16)

Join us at Young Performer's Collaborative (Directors Charis Duke and Dom Conte) for a fun-filled week of singing, dancing and creating! We will be performing Alice in Wonderland, Jr. Fall down the rabbit hole with Alice as she navigates the world of Wonderland on a journey of self-discovery. Alice in Wonderland JR features Disney favorites such as "The Golden Afternoon," "The Unbirthday Song," and "Painting the Roses Red" along with brand-new songs, including music from the 2010 live-action film. Whether this is your first experience with Alice or your hundredth, you'll fall in love all over again with this timeless story of adventure, imagination, and pure fun! (Website: Music Theatre International) Price includes a t-shirt, costumes and free admission to the performance for friends and family. **Auditions are not required, but encouraged and necessary for any child wanting a role. There is a ton to do for all kids, whether they have a role or audition. Auditions will be via video, due by May 16th. Details will be sent after registration. Must be registered to audition. No refunds after casting. Friday: Dress Rehearsal, followed by performance at 7:00 PM.**

DAY	DATE	TIME	LOCATION	CLASS #
Monday-Thursday	6/24 -6/27	9 AM - 4 PM	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9395
Friday	6/28	12:00 - 9:30 PM		

ERS \$365 | R \$405 | NR \$435

LEGO CAMP (AGES 5-12)

Transportation Engineering: Break the sound barrier on a supersonic jet, deliver cargo by train, and explore a swamp in your airboat. Build and create different modes of transportation out of more than 20,000 pieces of LEGO, all while learning about the engineering concepts that make vehicles and vessels work.

Minecraft Master Engineering with LEGO® Materials: Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.

Animal Adventure: Let your imagination run wild with tens of thousands of LEGO parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest idea.

Wizarding World of Engineering: Master the magic of Harry Potter using LEGO! Visit Diagon Alley, play a game of Quidditch, and duel the evil Lord Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts.

COURSE	DAY	DATE	TIME	LOCATION	CLASS #
Transportation Engineering	Monday - Friday	8/19 - 8/23	9:00 AM - Noon	Recreation Center	9438
Minecraft Master Engineering with Lego			1:00 - 4:00 PM		9439
Animal Adventure		8/26 - 8/30	9:00 AM - Noon		9440
Wizarding World of Engineering			1:00 - 4:00 PM		9441

ERS \$180 | R \$198 | NR \$225 | 1 week

SPECIALTY CAMPS

NORTHAMPTON VALLEY COUNTRY CLUB GOLF CAMP (AGES 8-16)

Teaching professionals John Petrie and Robbie Beecroft will help your junior golfer grow by teaching techniques to improve their skills and instill responsibility, acceptance, maturity, and patience -both on and off the course - all while having fun! Participants will develop a desire for the game, learn and enjoy the course outside! Fridays are reserved as a make up day in the event of rain. Register for one or multiple weeks - spots fill fast! **Golf Attire Required!** Instructors: John Petrie and Robbie Beecroft

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Thursday Friday: Rain make-up	6/17 - 6/20	1 - 4 PM	Northampton Valley Country Club 299 Newtown-Richboro Road, Richboro	9405
	6/24 - 6/27			9406
	7/8 - 7/11			9407
	7/15 - 7/19			9408
	7/29 - 8/1			9409
	8/12 - 8/15			9410

ERS \$300 | R \$310 | NR \$325

USA ARCHERY CAMP (AGES 6-12, 13-17)

Get in touch with your inner warrior learning the family friendly, lifetime sport of ARCHERY! Connect with nature and our ancestors in what just may become the beginning of your child's love for outdoor recreational adventures! This half-day, week-long camp is geared for archer's ages 6 to 17 with skill sets from beginner through advanced. Archers will not only learn range safety, shooting techniques and how to successfully hit targets but will also enjoy the following activities: Moving balloon targets, 3-D targets, making your own target faces & quivers, games such as defend our camp... just to name a few! At the end of the week, archers will shoot in a real tournament for score and each archer will receive a bronze, silver or gold medal! S.S.A.A. will provide certified archery instruction and state of the art archery equipment including traditional recurve bows and genesis compound bows! Instructor: Shooting Star Archery Academy

DAY	DATE	TIME	LOCATION	CLASS #
Mon-Fri	6/17 - 6/21	9 AM - 12 PM	Clark Nature Center 258 Durham Road Newtown	9396
	7/15 - 7/19			9397
	8/19 - 8/23			9398

R \$286 | NR \$329

CHEER CAMP (AGES 7-12)

Jump Start Sports cheerleading camp enables children ages 7-12 to have a blast while being physically active learning a variety of cheers, jumps, kicks and movements. They also play fun and active cheerleading games and learn routines to perform on the last day. Instructor: Jump Start Sports



DAY	DATE	TIME	LOCATION	CLASS #
Mon-Fri	7/22 - 7/26	9 AM - 12 PM	Holland Elementary 597 Beverly Road Holland, PA 18966	9400

ERS \$150 | R \$165 | NR \$187

SUSAN BOWMAN TENNIS CAMP (AGES 7-15)

Grab your tennis racket and get ready to play! Whether you're a beginner, intermediate, or advanced player, Northampton Township's Tennis Camp will help you improve your game! Each day players will receive personal attention and will be taught in an enthusiastic, encouraging atmosphere. Participants will learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. Space is limited, Register Today! Instructor: Susan Bowman Tennis Camp

DAY	DATE	TIME	LOCATION	CLASS #
Mon - Thurs Friday: Rain make-up	6/17 - 6/20 (Rain Date 6/21)	9:00 - 11:30 AM	Recreation Center Tennis Courts	9411
	6/24 - 6/27 (Rain Date 6/28)			9412
	7/8 - 7/11 (Rain Date 7/12)			9413
	7/15 - 7/18 (Rain Date 7/19)			9414
	7/22 - 7/25 (Rain Date 7/26)			9415
	7/29 - 8/1 (Rain Date 8/2)			9416
	8/5 - 8/8 (Rain Date 8/9)			9417
	8/12 - 8/15 (Rain Date 8/16)			9418

ERS \$180 | R \$198 | NR \$225

BASKETBALL CAMP (AGES 7-12)

This co-ed camp will help players improve ball-handling, shooting, passing, footwork, and defensive techniques. Campers have the opportunity to compete in 3-on-3 and 5-on-5 games and numerous shooting competitions. Designed to be challenging and fun for children of all ages and skill levels. Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
Mon-Fri	8/19 - 8/23	9 AM - 12 PM	Recreation Center	9399

ERS \$150 | R \$165 | NR \$187





LOCATED ON THE GROUNDS OF
NORTHAMPTON VALLEY COUNTRY CLUB
299 NEWTOWN- RICHBORO ROAD, RICHBORO

NOTHING SAYS SUMMER QUITE LIKE SUNSHINE & SWIMMING. JOIN NORTHAMPTON SWIM CLUB TODAY!

**OPEN MONDAY THROUGH FRIDAY ONLY... PRIMARILY FOR OUR SUMMER CAMP PROGRAM...
WITH A WIDE VARIETY OF MEMBERSHIP OPTIONS AVAILABLE, CERTAIN TO SUIT EVERYONE!**

JUNIOR MEMBERSHIP is available for children age 5 through 13 who are not part of a family membership. This option is perfect for athletes who wish to participate on Northampton Swim Team or children who have multiple caregivers throughout the summer. Junior Members may only attend the swim club when accompanied by an adult member or caregiver age 18 or over, paying the appropriate guest fee! No guest fee will be required for caregiver during swim team practices or swim meets.

SINGLE MEMBERSHIP is for individuals age 14 and older. Members 14 to 18 may only sponsor one guest age 14 or over per visit. Proof of age is required. Parental permission is required for 14 to 18 year olds to attend the swim club alone.

FAMILY MEMBERSHIP includes those residing at the same address on a permanent basis and must include at least one adult caregiver 18 or over. One caregiver age 18 or over may be added. No charge for children under 2 but a **TODDLER MEMBERSHIP** must be added.

SENIOR MEMBERSHIP is available for individuals age 62 and over, or couples both age 62 and over.

SWIM CLUB MEMBERSHIP FEES				
	RES thru 4/30	NR thru 4/30	RES BEG 5/1	NR BEG 5/1
Junior/Single	\$300	\$330	\$315	\$345
Family of 2	\$565	\$595	\$595	\$625
Family of 3	\$730	\$760	\$765	\$795
Family of 4	\$835	\$865	\$876	\$906
Each additional family member +\$50				
Senior Single	\$185	\$215	\$195	\$225
Senior Couple	\$315	\$345	\$330	\$360
Twilight Membership	\$385	N/A	\$404	N/A
NST PARENT ASSOCIATION	\$60	\$60	\$60	\$60

2024 CLUB HOURS

MONDAY-FRIDAY ONLY, WEEKENDS NOT AVAILABLE

***Weather permitting: Clear and 70° by 12 PM**

Opening Day / Memorial Day	5/27	1-5 PM
*Early Season	6/3-6/14	4-7 PM
Prime Season	6/17-8/16	12-7:30 PM
Late Season	8/19-8/30	12-7 PM

TWILIGHT FAMILY MEMBERSHIP IS BACK!

This option is available to Northampton Township Resident Families **ONLY** and includes admission to the pool during "twilight" hours, 4:30 PM to close. Proof of residency required.

Twilight membership will also be honored during all Early and Late Season operating hours. Twilight Family Members do not qualify to participate on Swim Team.



BOOK YOUR SPLASH PARTY!

**LIMITED DATES AVAILABLE
MONDAY-FRIDAY EVENINGS: JUNE, JULY & AUGUST**

CONTACT: 215-357-6800 x211





YOUTH GROUP SWIM LESSONS

Group Swim lessons are being offered throughout the summer beginning June 17th! Lessons are taught by experienced American Red Cross certified Lifeguards. With a 1:6 or less Instructor:Swimmer ratio, your child will develop skills that will last a lifetime! Classes usually meet Monday through Thursday in two week sessions, for a total of 8 classes.

SESSION DATES

JUNE 17-27

JULY 8-18

JULY 22-AUGUST 1

AUGUST 5-15

FEE PER SESSION

Swim Club Member or NTPR camper	\$75
Resident Non-Member	\$85
Non-Resident	\$95

NOTE TO PARENTS: If the desired session is full, please add your child to the wait list. Additional sessions may be added once sufficient children appear on the wait list. Be sure to check out the Swim Lesson Parent Information on line!

DISCOUNTED RATES AVAILABLE—Sign up for 3 or more sessions in the same transaction, save \$5 per session. Offer valid for any child(ren) living in the same household. Enter PROMO CODE: **3+24Lessons-\$5**

Parents of NTPR Summer Campers who are not already Swim Club members, Enter PROMO CODE: 24Camper-\$10 to receive an additional **\$10 off session**.



PRIVATE & SEMI-PRIVATE SWIM LESSONS

are designed for individuals infant through adult who are not available for group lessons or may need or desire additional, individual support or instruction. Lesson are 30 minutes and available for all ages, infant through adult.

Private lessons are \$30 each, 1 instructor and 1 swimmer. Semi-private lessons are \$45 each, available for 1 instructor and 2 swimmers; however, those swimmers must be of similar age and equal skill and ability. Interested? Complete the pre-registration form on-line and you will be contacted after June 3 for individual scheduling and payment. Bundled discounts are available for the best value!

ALL LEVELS WILL FOCUS ON WATER SAFETY

3:45-4:15 PM TINY TOTS: Each child registered for this class must be accompanied in the water by an adult. Instructor will interact individually with the child participants and provide guidance to the accompanying adult for reinforcement of techniques presented. The focus of this class will be gaining confidence around the water and floating. **APPROVED SWIM DIAPERS MUST BE WORN.**

4:30-5:00 PM PRE-BEGINNER: Children must be at least 4 years old to be registered for this class. Focus will be on floating, gliding and kicking on front and back, with support.

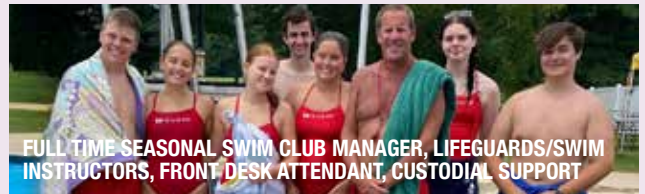
5:15-5:45 PM BEGINNER 1: Children must be at least 5 years old to be registered. Participants must be able to float and glide, with support, on front and back. Focus will be on floating and gliding without support progressing to Freestyle and Backstroke with support.

4:30-5:00 PM BEGINNER 2: Children must be at least 6 years old for this class and be able to float and glide on front and back, without support. Freestyle with breathing to the side and Backstroke without support will be taught. Swimmers will be introduced to deep water, practicing treading water and increasing endurance to successfully complete the Deep Water Swim Test.

5:15-5:45 PM ADVANCED: Participants must be able to swim Freestyle, breathing to the side for 1 width of the pool and have successfully completed the Deep Water Swim Test to register. All strokes will be reviewed. Focus will be on treading water for 1 to 2 minutes and diving from the side of the pool. Breaststroke and Butterfly stroke will be introduced. While this remains a group lesson, classes will be tailored to the individual participant's strengths and fine tuning each stroke.

**NEED ASSISTANCE SELECTING THE RIGHT LEVEL?
CONTACT OUR OFFICE AT 215-357-6800 X211**

JOIN OUR TEAM! NOW HIRING!



FULL TIME SEASONAL SWIM CLUB MANAGER, LIFEGUARDS/SWIM INSTRUCTORS, FRONT DESK ATTENDANT, CUSTODIAL SUPPORT

NORTHAMPTON TOWNSHIP SWIM CLUB (Located at Northampton Valley Country Club-299 Newtown Richboro Road) Shifts 4 to 8 hours per day scheduled between 7 AM - 8:30PM. Monday through Friday only. (Occasional weekend paid in-service training required.) Memorial Day to August 30, 2024.

CERTIFICATION REQUIRED PRIOR TO INTERVIEW. BACKGROUND CHECKS REQUIRED PRIOR TO START DATE. THE BENEFITS ARE ENDLESS!

- Spend the summer outdoors with super-friendly staff
- Learn lifelong skills: Teamwork, Self Confidence, Leadership,
- Patience, Attention to details
- Competitive hourly rate, Uniform provided
- Complimentary Individual Swim Club & Swim Team Membership
- Background Check and Recertification reimbursement available, ask for details!

To Apply Visit: <https://northamptonpa.myrec.com>

For more information, contact Parks & Rec Operations Manager at 215-357-6800 ext 211 or submit completed application and current certification to dcatoggio@nhtwp.org



NORTHAMPTON SWIM TEAM

Northampton Swim Team, a member of the Lower Bucks Swim League, is a competitive summer swim program that provides an excellent recreational athletic activity for children and teens age 5-18. Coach Geoff Boodey will be returning for his 9th season, joined by former swim team member and veteran Lifeguard, Heidi Stoklosa as Assistant Coach.

The summer season begins June 3 with practice Mondays - Thursdays, by age group, between 4:45 and 6:45 PM. June 24, practices switch to mornings, by age and skill level, between 8 and 10:15 am. Swimmers must attend at least 2 practices per week. Meets are held on Tuesday and Thursday evenings, usually 6 per season. Warm ups at 5:45 PM, ending around 9:30 PM. The season concludes with League Finals by early August. Exact schedule is available in April.



Aqua Exercise Medley: Four 15-minute intervals: Start with 3 intervals of aerobic movement using noodles and water weights, final interval will focus on stretches and deep breathing exercises.

Aqua Shallow/Deep Water Aerobic Intervals: Participants will move between shallow (3 ft) and deep (5 ft) water during four 15-minute routines to get your heart pumping, increase endurance and strength. To start, pool noodles will be provided during this class to remain suspended vertically in deeper water so there is no impact on joints. Next, move to the shallow area using foot power, for a variety of moves, head back to the deeper water for more aerobic moves, then finish in the shallow water with soothing stretches and deep breathing to calm the inner spirit and mind!

Combine both evening classes for a total body workout and save!

REGISTRATION INCLUDES 2 PARTS:

- 1) Select the Swim Club Membership that fits your needs (Junior, Single, Family), fees vary based on family size and date of registration. Sign up early and SAVE!
- 2) Register each swimmer for NST Parent Association, \$60 per swimmer. This is not an additional Township Fee, NTPR collects this fee as a service to the Swim Team. Fee covers LBSL insurance, team events, awards, etc.

FOR MORE INFORMATION:

www.northamptonrec.com
 Membership: dcatoggio@nhtwp.org
 Practices & Meets:
 gboodey@gmail.com
 NST Parent Association:
 rooneyfamily08@gmail.com



LOOKING FOR A NEW, MORE CHALLENGING MORNING CLASS? 60 MINUTE DEEP WATER MORNING CHALLENGE

This challenging new morning class, held solely in the 9-ft section of the pool, is about as pain free as you can imagine! Since your body is weightless in the deepest water, the impact on your joints is super low, but cardiovascular challenge is super high! In order to achieve the free movement required during this class, **participants must provide their own flotation belt for support.**

CLASS	DAY	DATE	TIME	CLASS #
Exercise Medley	Monday	6/17-7/15	5:30-6:30 PM	9485
		7/22-8/19		9486
Aerobic Interval	Wednesday	6/19-7/17	5:30-6:30 PM	9487
		7/24-8/21		9488
Medley & Interval	M/W	6/17-7/17	5:30-6:30 PM	9489
		7/22-8/21		9490
AM Deep	Monday	6/17-7/15	8:30-9:30 AM	9491
		7/22-8/19		9492

ERS \$55 | R \$60 | NR \$66 | 5 weeks
 Combo ERS \$99 | R \$108 | NR \$118 || Drop in fee: \$15

SPECIALTY CLASSES



🖥️ ONLINE THEORY DRIVER'S EDUCATION (AGES 14-18)

John's Driving School offers an approved 30-hour online drivers' education course, endorsed by the Pennsylvania Department of Education. Covering all essential driving principles, it allows students to learn at their own pace with unlimited online access. No expiration date on course access.

DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
1/1-12/31	At your own pace	John's Driving School	Online	9135

\$50



👤 BOATING FOR BEGINNERS (AGES 13 & UP)

Become a PA state-certified boat operator. The certificate earned is PA state authorized and is accepted in all states where required for the operation of powered vessels including personal watercraft (jet skis, etc.). Class will provide an introduction to boating; equipment, safety, emergencies and general regulatory information. This is the minimum eight-hour requirement for state certificate. In-class instruction only.

DAY	DATES	TIME	LOCATION	CLASS #
Saturday	3/23	9:00 AM-5:30 PM	Newtown Administration Building (100 Municipal Dr. Newtown PA 18940)	8903

R \$25 | NR \$30 | 1 session

👤 AMERICAN RED CROSS TRAINING (AGES 10+)



The Adult and Pediatric First Aid/CPR/AED blended learning course equips students with the ability to recognize and care for a variety of first aid breathing and cardiac emergencies involving adults, children and infants. It is designed for students who need a certification that satisfies OSHA workplace

DAY	DATES	TIME	INSTRUCTOR	LOCATION
Tuesday	4/9	10:00 AM - 12:00 PM	Ready Response	Recreation Center
Thursday	3/21	6:30 PM - 8:30 PM		
	4/25			
	5/16			
	6/13			
	7/18			
8/15				

\$90 | 1 session



👤 AHA HEARTSAVER CPR/AED/ FIRST AID CLASS (AGES 15 & UP)

This course teaches vital skills for recognizing cardiac arrest, initiating emergency care and assisting until EMS arrives, covering first response to adult illnesses and injuries.

DAY	DATES	TIME	LOCATION	INSTRUCTOR	CLASS #
Saturday	4/13	9:00 AM - 1:00 PM	Recreation Center	Jay Colella, NRP	9333
	6/8				9334
	8/10				9335

ERS \$85 | R \$95 | NR \$105 | 1 Day

NEW  **WELL-BEING WORKSHOPS SERIES (AGES 18+)**

In this comprehensive series, expert facilitator Aesha, will guide you through transformative workshops that delve into the foundational aspects of wellbeing, addressing key areas such as physical health, posture correction, nutrition fundamentals, weight loss strategies, stress management, and burnout prevention. The five workshops are: Foundations of Wellbeing, Get Unhunched, Nutrition Fundamentals, Eating for Weight Loss, Beating Stress and Burnout. **For complete descriptions, visit: www.northamptonrec.com.**

WORKSHOP	DAY	DATE	TIME	INSTRUCTOR	LOCATION	CLASS #
Posture Workshops: All 5 Workshops	Wednesday	5/1 - 5/29*	6:15 - 7:15 PM	Aesha Tahir, Exercise Physiologist and corporate wellness professional.	Recreation Center	9371
		6/19 - 7/17*				9372
Foundations of Wellbeing		5/1				9373
		6/19				9374
Get Unhunched: Posture for Optimal Health		5/8				9375
		6/26				9376
Nutrition Fundamentals: Fueling Your Body Right		5/15				9377
		7/3				9378
Eating for Weight Loss: A Sustainable Approach		5/22				9379
		7/10				9380
Beating Stress and Burnout	5/29	9381				
	7/17	9382				



*ERS \$195 | R \$215 | NR \$243 | 5 weeks || ERS \$39 | R \$43 | NR \$49 | 1 week

NEW  **DOWNSIZING AND PREPARING TO SELL (AGES 55+)**

Overwhelmed by decluttering? Moving parents? Our program helps you navigate it all. Learn where to start, get resources, and prepare your home for today's market. Strategic planning, moving tips, market-ready insights, a resource directory, financial guidance, and emotional support—all in one comprehensive package. Take charge of your transition with confidence and ease.

DAY	DATE	TIME	INSTRUCTOR	LOCATION	CLASS #
Thursday	4/4	2:30 - 3:30 PM	Christina Swain & Marlene Stocks	Northampton Township Free Library	9560

ERS \$33 | R \$36 | NR \$43 | 1 Day

SPRING FLING

Shopping Event

FRIDAY, APRIL 19, 2024
5:00 PM - 8:30 PM

NORTHAMPTON TOWNSHIP
James E. Kinney Senior Center
165 Township Road, Richboro PA
(215) 357-8199 / nhsc@nhtwp.org

FREE ADMISSION!

VENDORS WANTED!

Join us for this awesome shopping event just in time for Mother's Day, teacher gifts, your favorite grad or special Dad!

Come shop local vendors and crafters offering a wide variety of handcrafted jewelry, accessories, gourmet foods, candles, home décor and SO much more!



INSTRUCTORS WANTED!

Are you the next fitness sensation with a game-changing class?



Feeling crafty or talented? Spill the beans!

SPECIALTY PROGRAMS FOR ADULTS (AGES 18+)



TAROT FOR BEGINNERS (AGES 18+)

This is a beginner class for anyone interested in the fascinating and esoteric world of Tarot. You'll learn all the meanings of the cards and their symbols, plus various layouts and types of readings. Requirements for the class - HAVE YOUR OWN DECK. If you don't have one I suggest the Rider-Waite deck, the most popular and buy it on Amazon, but a NEW deck, NOT USED!

DAY	DATE	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Tuesday	3/19 - 4/30	4/23	7:00 - 8:00 PM	Robert Hazzon	Recreation Center	9389

ERS \$85 | R \$93 | NR \$106 | 6 Weeks

WELL-BEING WORKSHOPS (AGES 18+)

Reset and Release: Do you feel like you've been in a rut? Do you keep saying, "I'm going to start on Monday!", only to find months going by with no change. Do you find yourself recognizing that you keep engaging in behaviors that don't serve you? Are you ready to turn the corner and make a plan to move to your next chapter? If so, this workshop is for you! We will first examine the things you would like to change and better understand what is getting in the way. We will then engage in movement and set intentions. This workshop will include journaling, open discussion, somatic release, slow yoga flow and breath work. Please wear comfortable and loose fitting clothing.

Women's Self-Love: In this workshop, we will learn about self-love, embracing who you are and letting go of self-doubt. We will examine how to extend kindness and compassion to ourselves, how to release self-doubt and how to build feelings of self-worth. This is not a group therapy workshop, but rather an opportunity for community, safe sharing and skill building. This workshop will include guided meditation, journaling and self reflection, group discussion and breathwork. Each participant will leave with a workbook to use to continue your self-love journey. Please wear comfortable and loose fitting clothing.

Skills For Reducing Anxiety: In this workshop, we will examine anxiety and what it looks and feels like in our bodies and minds. Participants will learn techniques that can be used both proactively, and in the moment, to help deal with anxious thoughts. This workshop will include journaling, open discussion, somatic release, slow yoga flow and breath work. Each participant will leave with a resource guide and tools they can use to reduce anxious feelings and tendencies. Please wear comfortable and loose fitting clothing.

Mindfulness 101: In this workshop, we will learn what mindfulness is and how to cultivate it. We will practice finding our breath, establishing body awareness and practice grounding techniques. Each participant will leave with a mindfulness resource guide for continued learning and practice. Please wear comfortable and loose fitting clothing.

WORKSHOP	DAY	DATE	TIME	INSTRUCTOR	LOCATION	CLASS #
Reset and Release	Sunday	4/21	1:30-4:30 PM	Victoria Oliver, MA, LPC, 200 hr RYT	Recreation Center	9579
Women's Self Love	Sunday	5/5	1:00-4:00PM			9580
Skills for Reducing Anxiety	Sunday	5/19	1:00-4:00 PM			9581
Mindfulness 101	Sunday	6/9	1:00-3:30 PM			9584

R \$89 | NR \$99 | per workshop

BEGINNER DOG TRAINING (AGES 18+)

Positive reinforcement based techniques will be taught using food, toys and affection as a reward. This Canine Good Manners group course will cover topics such as eye contact, position changes (sit, down and stand), leash skills, come/recall, house training and so much more! Each dog should be at least 2 months old, accompanied by an adult (18+) and we highly recommend all age appropriate vaccines be administered prior to your first class (please check with your Veterinarian for guidance). Older dogs welcome. Instructor reserves the right to remove a dog from the class at her discretion. Must wear a mask to class (regardless off vaccination status) and practice social distancing.

DAY	DATE	TIME	INSTRUCTOR	LOCATION	CLASS #
Saturday	4/13 - 5/11	9:30 - 11:00 AM	Donna Meszaros	Municipal Park Pavilion 2	9369
	6/1-6/29	9:30 - 11:00 AM			9370

ERS \$200 | R \$219 | NR \$235 | 5 Weeks



CAKE DECORATING: SWEET CREATIONS FLOWER BASKET (AGES 7+)

Learn to decorate your very own flower basket cake! Each participant will receive a single layer 9 inch round vanilla cake (already crumb coated), 3 pre-filled buttercream piping bags (chocolate and vanilla), sprinkles, and take-home box. The instructor will demonstrate how to make a basket weave pattern, buttercream rosettes, and greenery for your beautiful, edible flower basket. Registration covers one cake and one set of materials.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Friday	4/26	6:30-7:30 PM	Nika Spencer, A Whisk Worth Tasting LLC	Recreation Center	9272

R \$75 | NR \$85 | 1 session



NEW ADULT POTTERY STUDIO (AGES 16+)

Unleash Your Inner Artist with InDiStudio's Exclusive Pottery Experience! Are you ready to elevate your creative skills and step into a world where pottery isn't just a craft, but a statement? InDiStudio is here to revolutionize the way you think about pottery. With InDiStudio, you're not just making pottery; you're crafting a masterpiece with a dash of sass. Our unique approach showcases stunning textures and provides you with expertly designed templates, ensuring that your creations stand out from the mundane pinch pot. Embark on a four-week journey where your hands will shape not just clay, but your artistic future. You'll complete three unique pieces that will be the envy of all your friends. But that's not all – the magic of InDiStudio is in the connections you make, and you're guaranteed to leave with a new friend who shares your passion for creativity. Spaces are limited, and our classes fill up fast! Don't miss your chance to be part of an exclusive community of creators. Sign up now and transform the ordinary into the extraordinary.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	4/3-4/24	1:00-2:30 PM	InDi Studio	Recreation Center	9300

ERS \$159 | R \$175 | NR \$205 | 4 sessions



NEW POTTERY POP UP WORKSHOPS FOR ADULT & CHILD (AGES 8+)

All instructions, materials, and firing included. Projects will be available for pickup 10 days after class at the Recreation Center. For pictures of previous projects check out our Facebook page: www.facebook.com/indistudio.org or find us on Instagram @INDIStudio1

CERAMIC FEATHER WORKSHOP (AGES 8+ WITH AN ADULT)

This Spring experience the freedom of creativity as you create a ceramic feather, the symbol of honor and freedom, to display and use in your home. From serving plate to bowl to wall art this piece will bring a freshness to this new season. In this workshop you will work with clay and learn hand building, texture, and glazing techniques in order to design your feather according to your creative vision and home decor.

SPRING FLOWER WORKSHOP (AGES 8+ WITH AN ADULT)

Bring the Spring inside with your own flower that will never die. In this Spring Flower workshop, you will learn hand building, glazing, and texture techniques to create your own unique flower to decorate the center of a table or hang on your wall.

PROGRAM	DAY	DATE	TIME	INSTRUCTOR	LOCATION	CLASS #
Ceramic Leaf	Friday	3/22	6:30-8:30 PM	Dyan Krajnikovich, InDi Studio, B.S. in Art Education	James E. Kinney Senior Center	8989
Spring Flower		4/12	6:30-8:30 PM			8988

Fee: \$65 | 1 class



GO ONLINE TO
NORTHAMPTONREC.COM
TO LEARN MORE

SPECIALTY PROGRAMS

MINDS IN MOTION CLASSES: CODE AND CONTROL ROBO DOZER (AGES 8-12)

Build and take home your very own powerful robotic bulldozer and sleek handheld wireless controller! With your own colored manual and the aid of your instructor, you will each assemble your Robo Dozer that consists of over 40 different robotic parts that includes a speaker, circuit board, motors, LED lights, and much more. Learn the advantages and disadvantages of tracked vehicles as well as examples of robots with continuous tracks. Use the controller to command your robot to move around in all directions, play sounds, and light up its cab roof lights! The special Code and Control wireless unit enables you to either directly control your Robo Dozer in real time, or write and save sequences of commands for the robot to perform at the push of a button. Once completed, you can try a few experiments with your new Code and Control Robo Dozer and compete with your fellow classmates!

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	4/10-5/15	6:00-7:00PM	Minds in Motion	Recreation Center	9575

ERS \$155 | R \$169 | NR \$185 | 6 weeks

CHESS WIZARDS (AGES 6-12)

Checkmate! Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Participants will be divided into groups according to their chess experience. Each participant will have the chance to participate in a mini-chess tournament.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Tuesday	4/30-6/4	6:00-7:00 PM	Chess Wizards	Recreation Center	9574

ERS \$175 | R \$195 | NR \$225 | 6 weeks



BABYSITTING WORKSHOP (AGES 12-17)

This four-hour, 1 day course is for boys and girls aged 12-17, with an occasional super motivated 11 year old being totally fine to join in. It covers babysitting basics (diapering, bottle feeding, burping, etc.), infant/child CPR, infant/child choking relief, basic First Aid, childhood development - ages & stages, handling crying/behavior issues, household safety rules, interviewing, and more! Participants practice their new skills on infant training manikins and infant/child CPR manikins.

DAY	DATES	TIME	LOCATION	INSTRUCTOR	CLASS #
Monday	6/17	11:00 AM - 3:30 PM	Recreation Center	Amanda McDole, Founding Director, Lead Instructor & EMS Educator, Precious Minutes CPR and Safety Training, LLC	9391

ERS \$115 | R \$127 | NR \$144 | 1 Day



VOICE OVER TRAINING (AGES 16 & UP)

In what will be the most enlightening webinar you have ever taken, Such a Voice professional voice coaches will show you how you can begin using your speaking voice for commercials, films, videos and more. In this introductory class, learn about a unique way to break into this creative, fulfilling and potentially lucrative industry. Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you have been looking for. Participants will be given the opportunity to book a 1-on-1 script read and voice evaluation for the following day. This class is presented in a Zoom format, a link will be sent 24 hours prior to class. All attendees receive a personal voice evaluation included in the fee.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Thursday	6/20	6:30 - 8:30 PM	Such A Voice	Online Zoom Class	9390

\$40 | 1 session



SCHOOL'S OUT! PROGRAMS

NEED SOMETHING TO DO WHEN YOUR KIDS ARE OUT OF SCHOOL?
CHECK OUT THESE PROGRAMS!

MAD SCIENCE 1/2 DAY PROGRAMS (GRADES K-4)

The mission of Mad Science says it all! "We aim to spark the imagination and curiosity of children everywhere by providing them with fun, entertaining and educational activities that instill a clear understanding of what science is really about and how it affects the world around them." Whether curious about chemicals, nature, earth or machines, Mad Science has it all and more! Register now for these popular STEM programs! For each class description and to register, visit www.northamptonrec.com.

PROGRAM	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Jr. Naturalist	Wednesday	4/10	9:00AM-12:00 PM	Mad Science	Recreation Center	9175
Mad Machines	Tuesday	4/23				9484

ERS \$65 | R \$75 | NR \$85 | 1 session



SCHOOL'S OUT ART WORKSHOPS (AGES 7-12)

When school is out, art is in! These workshops incorporate various art mediums based on different themes. Scissors skills required. For full workshop descriptions, visit www.Northamptonrec.com.

AGES	THEME	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
7-12	Peepin It Real (ages 7-12)	Thursday	3/28	1:00-4:00 PM	Leigh Ferello, Art Teacher and Graphic Designer	Recreation Center	9242
	Rainforest Animals (ages 7-12)	Wednesday	4/10				9243
	Art Goes to Japan (ages 8-12)	Tuesday	4/23				9244

ERS \$55 | R \$59 | NR \$69 | 1 session



GEOCACHING AND TREASURE HUNT CAMP (AGES 6-12)

Do you love hunting for hidden treasures? This camp for all ages combines traditional treasure hunt games with Geocaching using GPS tracking for a camp full of hidden surprises! Experienced staff will guide you during this active camp as you learn how to use a GPS unit for Geocaching, and explore the outdoors on a variety of challenges. Each day will include hands-on activities, discussion and a team activity. Bring a water bottle and healthy snack. If camp is a full day program, please bring a lunch. Wear comfortable shoes and dress for activity and the weather

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Tuesday	4/23	9:00 AM-12:00 PM	Geoventures	Recreation Center	9583

ERS \$55 | R \$59 | NR \$69 | 1 session



BASH'EM BOTS USING LEGO MATERIALS (AGES 7-12)

Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	4/10	9:00 AM-12:00 PM	Play-Well TEKologies	Recreation Center	9145

ERS \$40 | R \$45 | NR \$55

MINECRAFT ENGINEERING USING LEGO MATERIALS (GRADES K-4)

Venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO with a trained Play-Well Instructor.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	4/23	9:00 AM-12:00 PM	Play-Well TEKologies	Recreation Center	9466

ERS \$40 | R \$45 | NR \$55

SPECIALTY PROGRAMS

NEW MAKEUP WITH UNDERGROUND ARTISTRY - GIRLS NIGHT OUT (AGES 21+)

Calling all fabulous ladies ages 21 and above! Join us for an unforgettable Girls Night Out with Underground Artistry's Makeup Class. Discover the secrets of enhancing your natural beauty with the make up essentials you already own. Led by the talented Underground Artistry makeup artists, this hands-on class will empower you with the skills to create stunning looks effortlessly and confidently. Bring your favorite drinks and get ready for a fun, educational evening filled with beauty tips, laughter and GLAM. Reserve your spot now and unleash your inner makeup guru! Must be 21+ AFTER BOOKING YOU WILL GET AN EMAIL FROM U.A. WITH DETAILS.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Friday	4/12	6:00 - 9:00 PM	Underground Artistry	Recreation Center	9576

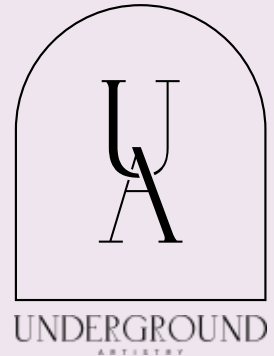
ERS \$100 | R \$110 | NR \$125 | 1 Day

NEW MAKEUP WITH UNDERGROUND ARTISTRY - TEEN MAKEUP CLASS (AGES 13-18)

Teens, ready to elevate your skincare routine and achieve a fresh, natural glam? Join our hands-on make-up class! Bring your kit or not - no problem! We'll provide personalized recommendations to build your perfect makeup bag. From skincare to make up application and hygiene, our experienced instructors from Underground Artistry have you covered. Bring a friend and get ready for a fun filled session! Ages 13-18. Reserve your spots now for a morning of GLAM! AFTER BOOKING YOU WILL GET AN EMAIL FROM U.A. WITH DETAILS.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Sunday	4/21	10:00 AM - 1:00 PM	Underground Artistry	Recreation Center	9577

ERS \$100 | R \$110 | NR \$125 | 1 Day



NEW BUILDING A BRAND WORKSHOP SERIES

Are you ready to take your brand to the next level? Whether you are an entrepreneur, freelancer, or a professional, looking to establish your personal brand, this workshop series is designed to equip you with the essential strategies and insights needed to build a strong and impactful brand presence. And yes, professionals need a brand even if they are working for other companies... because companies look at your brand's presence while hiring.



Register for one or the entire series. For complete program descriptions visit www.northamptonrec.com.

WORKSHOP	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Building a Brand Workshop Series (5)*	Wednesday	5/1 - 5/29	7:30 - 8:30 PM	Aesha Tahir	Recreation Center	9562
		6/19 - 7/17				9563
Brand Identity and Positioning	Wednesday	5/1				9564
		6/19				9565
Crafting a Memorable Brand Story		5/8				9566
		6/26				9567
Building an Influential Online Presence		5/15				9568
		7/3				9569
Leveraging Social Media		5/22				9570
		7/10				9571
Podcasting for your brand success		5/29				9572
		7/17	9573			

*ERS \$270 | R \$297 | NR \$337 | 5 weeks || ERS \$54 | R \$59 | NR \$67 | 1 session

BALLET FOR TOTS (AGES 3–5)

Ballet for Tots offers the ideal introduction to dance, covering ballet basics in a warm, friendly atmosphere with an experienced instructor. This class not only helps you determine your child’s interest in dance but also enhances rhythm, balance, flexibility and posture.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Thursday	4/25-5/30	-	5:00 - 5:45 PM	Elena Lydon	Recreation Center	9457
	6/13-8/1	7/4, 7/25				9458
	8/8-8/29*	-				9459

ERS \$65 | R \$75 | NR \$85 | 6 weeks || *ERS \$45 | R \$49 | NR \$55 | 4 weeks



BALLET & TAP COMBO (AGES 5–7)

Ignite petite feet with proper ballet technique and vocabulary. This class teaches fundamental movements in sequences set to music, fostering confidence and improving rhythm, balance, flexibility, and posture – all in a fun environment.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Thursday	4/25-5/30	-	5:45-6:30 PM	Elena Lydon	Recreation Center	9460
	6/13-8/1	7/4, 7/25				9461
	8/8-8/29*	-				9462

ERS \$65 | R \$75 | NR \$85 | 6 weeks || *ERS \$45 | R \$49 | NR \$55 | 4 weeks



PAINTING WITH PALS (AGES 7+ WITH AN ADULT)

Bond with your child (ages 7+) over a double painting! Work together to create a seasonal themed painting on two separate canvases designed to hand on your wall together! Supplies included.

THEME	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Sailboats	Tuesday	3/12	6:00 - 8:00 PM	Art in the Barn	James E. Kinney Senior Center	9585
Spring		4/16				9073
Sand castle		5/14				9388

ERS \$69 | R \$76 | NR \$89 | 1 session

REGISTER TODAY AT NORTHAMPTONREC.COM

ACRYLIC PAINTING WORKSHOP (AGES 18 & UP)

Join us for a fun evening of being creative together! Learn how to paint a beautiful still life or landscape! All material and instructor included. Bring your own snacks! Adults only.

THEME	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Lavender	Tuesday	4/23	6:00 - 8:00 PM	Art in the Barn	James E. Kinney Senior Center	9069
Seashells		5/7				9387

ERS \$60 | R \$66 | NR \$76 | 1 session



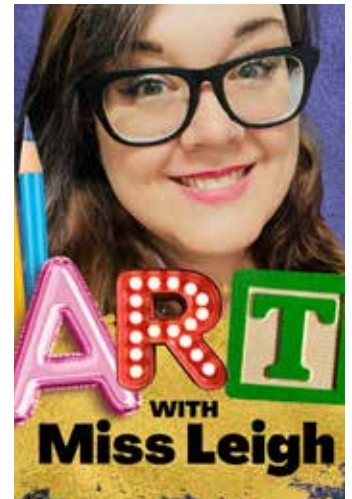
SPECIALTY PROGRAMS

AFTER SCHOOL ART WITH MISS LEIGH (AGES 7-12)

Students explore diverse art themes using various mediums, including watercolor, paint, collage, and pastels. Ice breaker games and positive peer reviews are integrated, with projects subject to substitution based on supply availability and shipping delays. Students should be able to use scissors independently.

WORKSHOP	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Movie Madness (ages 7-12)	Thursday	4/11-5/2	6:00-7:00 PM	Leigh Ferello, Art Teacher and Graphic Designer	Recreation Center	9113
DYEnomite Art (ages 8-12)*		5/9-5/30				9241

ERS \$95 | R \$105 | NR \$119 | 4 weeks || *ERS \$115 | R \$125 | NR \$135



MUSIC AND MOVEMENT (AGES 18 MONTHS - 3 YEARS)

This weekly movement and music class teaches little ones music basics such as rhythm, dynamics, and mood, fostering physical, emotional and social development through imaginative and enjoyable movement activities.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	4/24-5/29	9:30-10:15 AM	Lolly Hopwood	Recreation Center	9464

ERS \$89 | R \$99 | NR \$115 | 6 weeks

DISCOUNT TICKET PROGRAM

Looking for discount tickets for your favorite attractions for this Spring/Summer? Why pay gate prices? NTPR will have discount tickets available to the following destinations:

MOREY'S PIERS
SESAME PLACE
CAMDEN ADVENTURE AQUARIUM
PHILADELPHIA ZOO
BUSCH GARDENS VIRGINIA
BALTIMORE AQUARIUM
MANY MORE!

COMPLETE LIST AVAILABLE BY APRIL 1!
WWW.NORTHAMPTONREC.COM



of
THE MIRACLE LEAGUE Northampton Township, PA

4TH ANNUAL GOLF BENEFIT

Registration Includes:

- Breakfast Starting at gam
- Round of Golf with Cart
- Hole in One Prizes
- Putting Contest
- "The Magic Rope"
- Lunch/Dinner Banquet
- Loaded Goodie Bag
- Snack and Beverages

MONDAY
MAY 20TH

NORTHAMPTON VALLEY COUNTRY CLUB

Check-in: 9:00AM

Register now
charitygolftoday.com/miracleleague24

\$175 Per Player
 Type of Play: 4-Man Scramble

ALL PROCEEDS DIRECTLY BENEFIT THE MIRACLE LEAGUE OF NORTHAMPTON TOWNSHIP



THE SENIOR CENTER CAN HELP MAKE YOUR SPECIAL EVENT A SUCCESS!

A Perfect Party Room!

An awesome venue for a special event, celebration or business meeting!



Our BRIGHT 3,000 sq. foot room can seat up to 200 people. If a smaller space is needed, retractable partitions allow space to fit your needs.

The rental space includes chairs and six-foot tables, an on-site rental attendant and a separate entrance for the rental space. For information, please contact the Center Director, Sheila Jobs, at 215-357-8199

Northampton Township Preschool

Ages 3–5. Ask about Early Morning Drop Off (8:30–9:30 AM)
(Minimum enrollment must be met)

Discover a world of learning at Northampton Township Preschool Potpourri. Our program introduces 3 and 4-year-olds to art, math, science, and social skills in a nurturing environment. Critical for developing academic and life skills, our certified teaching staff ensures a warm and caring experience. If your child turns three before 12/31/2024, visit www.northamptonrec.com or contact Barbra Primavera at 215-357-5396 for more information.

AGE DAYS	DAY	TIME	2024 RATES PER MONTH
3 Year Old 2 Day	Tues/Thur	9:30 AM – 12:00 PM	\$184.00
3 Year Old 3 Day	Mon/Wed/Fri	9:30 AM – 12:00 PM	\$240.00
4 Year Old 3 Day	Mon/Wed/Fri	9:30 AM – 12:00 PM	\$240.00
4 Year Old 5 Day	Monday - Friday	9:30 AM – 12:00 PM	\$394.00
4+ Kindergarteners	Monday - Friday	9:30 AM – 12:00 PM	\$435.00

Yearly tuition is divided into 10 payments (beginning September). A non-refundable \$50 registration fee, not applied toward tuition is required to hold a spot in the program. For non-residents a one time \$30 non-resident fee is due with first payment. **Must be 3 years old by 12/31/24 and completely potty trained by first day of school. NO PULL UPS PERMITTED!**



SOCCER SHOTS (AGES 3-6)

Soccer Shots offers an enriching children's soccer experience centered on fostering character development. Our program goes beyond the game, instilling valuable life skills both on and off the field. Through our exceptional coaching, effective communication, and thoughtfully designed curriculum, we make a positive and lasting impact on the lives of young athletes.

DAY	DATES	TIME	LOCATION	INSTRUCTOR	CLASS #
Tuesday	4/16 - 5/21	1:30-2:15 PM	Recreation Center	Soccer Shots	9261

ERS \$75 | R \$82 | NR \$95 | 6 weeks



TINY TUMBLES (AGES 18 MONTHS - 10 YEARS)

On your mark, get set, roll! Tiny Tumbles is a mobile gym offering gymnastics programming for kids of all ability levels from ages 18 months-10 years. Balance on the beam, swing from the bars, bounce on the trampoline, and so much more! Students will learn fundamental gymnastics skills, participate in age-appropriate challenges and games, and explore exciting apparatus in a safe and engaging setting. Our program enables children to boost physical fitness while fostering goal setting, teamwork, and self-confidence. **See details online for class descriptions!**

AGES	DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Kid & Caregiver*	Monday	4/29-6/10		3:15-3:45 PM	Trinity from Tiny Tumbles	Recreation Center	9471
Preschool				4:00-4:45 PM			9477
Kinder Gymnastics				5:00-5:45 PM			9479
Beginner Gymnastics				6:00-6:45 PM			9481
Kid & Caregiver*	Tuesday	4/29-6/10	5/27	12:30-1:00 PM			9469
Preschool			5/28	1:30-2:15 PM			9473

*ERS \$95 | R \$105 | NR \$115 | 6 weeks || ERS \$135 | R \$149 | NR \$159 | 6 weeks



PRESCHOOL ENRICHMENT

AMAZING ATHLETES (AGES 3-6)

Amazing Athletes is physical fitness development program empowering kids to reach developmental milestones and progress at their own pace. The kids will develop the physical literacy associated with speed, balance and overall coordination. They will also learn about nutrition and muscle identification while mastering 6 motor skills.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Thursday	4/25-5/30	-	1:30-2:15 PM	Amazing Athletes	Recreation Center	9301

ERS \$75 | R \$85 | NR \$95 | 6 weeks

LITTLE STARS DANCE (AGES 3-6)

Are you wondering if dance is right for your preschooler? Or are you just looking for a class for your child to move and have fun? Look no further! Little Stars Dance is the perfect introduction to creative dance and basic tumbling through strength training. Join us! We can't wait to start dancing!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	4/17-5/22	-	1:30-2:15 PM	Kelli Robbins	Recreation Center	9456

ERS \$65 | R \$75 | NR \$85 | 6 weeks

GAMES GALORE! (AGES 4-6)

Is your preschooler ready for action? Then he/she is ready for a fun-filled, non-stop 45 minutes of catching, throwing, dodging, jogging, kicking, rolling, throwing, and MORE! Group and individual activities with an emphasis on building self-esteem, confidence, and fair play are planned for this high energy class! Don't miss out on this exciting introduction to physical education!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	5/6-6/3	5/27	1:30-2:15 PM	Coach Vince Prozzillo	Recreation Center	9442

ERS \$55 | R \$59 | NR \$65 | 4 weeks

IMAGINATION STATION (AGES 3-6)

Your children will build their love for reading with this fun, themed enrichment class. Drawing from a wide pool of children's picture books, kids will bring the story alive with crafts & song while listening to popular children's tales.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Thursday	4/25-5/30	1:30-2:15 PM	Lolly Hopwood	Recreation Center	9465

ERS \$89 | R \$99 | NR \$115 | 6 weeks

ENRICHMENT ART (AGES 4-6)

These art series are for young artists ages 4-6 and a great way to add socialization and enhance motor skills for your half-day kindergartner or preschooler. They incorporate art, stories, and games based on different monthly themes. Emerging scissors skills required. Due to demand, instructor reserves the right to substitute a project with equal or greater value.

Busy Bees: Keep your little artist buzzing with creativity! We will go on a scavenger hunt and play shamrock bingo. Projects include garden inspiration: gnome wall art, bumble bee maracas and more.

Up In The Air: We will watch our creativity soar as we make puffy paint to create a rain cloud mixed media, a watercolor kite, and more.

Sights on Summer: Welcome summer with a sunflower button ornament, shark mask, and more.

THEME	DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Busy Bees	Friday	3/22-4/19	3/29	1:30-2:15 PM	Leigh Ferello	Recreation Center	9122
Up In The Air		4/26-5/17	-				9239
Sights on Summer		5/24-6/7*	-				9240

ERS \$65 | R \$75 | NR \$85 | 4 weeks | *ERS \$49 | R \$55 | NR \$65 | 3 weeks



SPORTS FOR ALL AGES



🏠 TAE KWON DO & JIU JITSU (AGES 5 & UP)

The benefits of Tae Kwon Do instruction are endless! Participants learn and develop all of the techniques for defense including: kicking, punching, blocking, grappling, and proper falls. Offered at the Recreation Center for over 25 years, Sensei John McDonald helps his students learn discipline, respect, self control and gain confidence - all while getting a great workout!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	4/17-6/5	-	5:00-6:00 PM	John McDonald & Staff	Recreation Center	9463

ERS \$79 | R \$89 | NR \$99 | 8 weeks



🏠 NORTHAMPTON SHOTOKAN KARATE (AGES 5 & UP)

The Shotokan program is dedicated to developing healthy bodies, sound minds and self-esteem, all balanced with a deep respect for others. The Northampton Shotokan Karate club will directly support the growth of your child through a variety of classes, progressive challenges and individualized instruction. Help your child protect themselves mentally and physically, register today!

Beginner = This level is only for those who are brand new to Shotokan or have not yet taken their first belt test.

Advanced Beginner = This level is for Black Stripe, Yellow Stripe and Candidate Yellow Students

Intermediate/Advanced: This level is for Shotokan students who are a Yellow belt and above. All classes are 6 weeks long unless otherwise marked. For more information on the karate program, please email Sensei Spivack at northamptonshotokan@comcast.net.

LEVEL	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Beginner	Tuesday	4/16-5/28 except 4/23	6:00 - 6:45 PM	Andrew Spivack	Recreation Center	9447
Advanced Beginner			6:45 - 7:30 PM			9448
Intermediate/ Advanced			7:30 - 8:15 PM			9449

ERS \$85 | R \$95 | NR \$105 | 6 weeks

SPORTS

SOCCER SHOTS (AGES 2–8)

Soccer Shots is an engaging children's soccer program with a focus on character development. We positively impact children's lives on and off the field through our best-in-class coaching, communication and curriculum.

MINI-CLASS: (ages 2-3)

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

CLASSIC: (ages 3-5)

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

PREMIER: (ages 5-8)

Soccer Shots Premier focuses on individual skill, fitness, and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.



AGES	PROGRAM	DAY	DATES	EXCEPT	TIME	LOCATION	INSTRUCTOR	CLASS #	
2-3	Mini-Class	Thursday	4/25 -5/30	-	4:45-5:15 PM	Recreation Center	Soccer Shots	9258	
3-5	Classic				5:20-5:55 PM			9259	
5-8	Premier				6:00-6:40 PM			9260	
2-3	Mini-Class	Sunday	5/5-6/16	5/26	9:00-9:30 am	Micro Field 4 Rain location: Northampton Recreation Center		9250	
3-5	Classic				9:45-10:20 am			9251	
5-8	Premier				10:30-11:10 am			9252	
2-3	Mini-Class	Sunday	6/30-8/11	7/7	11:20-11:50 am				9253
2-3	Mini-Class				9:00-9:30 am				9254
3-5	Classic				9:45-10:20 am				9255
5-8	Premier				10:30-11:10 am		9256		
2-3	Mini-Class				11:20-11:50 am			9257	

ERS \$135 | R \$148 | NR \$170 | 6 weeks

*Sundays will be held outside. In the event of bad weather, alternate location is Recreation Center

LITTLE HOOP STARS (AGES 4–5) & HOOP STARS (AGES 6–8)

Discover an interactive basketball program designed specifically for your child. Our sessions integrate learning with fun, focusing on essential skills like dribbling, passing, shooting, positioning, defense, and rebounding. Through engaging activities, young players develop a strong foundation in basketball while enjoying the game in a supportive atmosphere.

AGE	LEVEL	DAY	DATES	TIME	LOCATION	INSTRUCTOR	CLASS #
4-5	Little Hoop Stars	Wednesday	4/24-5/29	6:15 - 7:15 PM	Welch Elementary School	Jump Start Sports	9262
6-8	Hoop Stars			7:15 - 8:15 PM			9263
4-5	Little Hoop Stars	6/12-7/17		6:15 - 7:15 PM			9264
6-8	Hoop Stars			7:15 - 8:15 PM			9265

ERS \$110 | R \$120 | NR \$130 | 6 weeks





YOUTH VOLLEYBALL (AGES 6-12)

Looking for a fun and engaging way for your child to learn and develop the skills necessary to succeed in volleyball? Join Jump Start Sports Youth Volleyball Programs today! Our programs are designed to provide children with a comprehensive introduction to the sport of volleyball, while also building important skills such as teamwork, sportsmanship, and confidence. In our Youth Volleyball Programs, children will learn the fundamentals of volleyball using a wide variety of fun and age-appropriate drills as well as game play. Our experienced coaches use a variety of innovative techniques and drills to help children develop the skills they need to succeed in volleyball and in life, including passing, setting, hitting, blocking, serving, basic offense and defense, positioning, and team strategy.

AGE	DAY	DATES	EXCEPT	TIME	LOCATION	CLASS #
6-8	Tuesday	4/16-5/28	4/23	5:15-6:15 PM	Recreation Center	9268
9-12				6:15-7:15 PM		9269

ERS \$110 | R \$120 | NR \$130 | 6 weeks



ADULT COED VOLLEYBALL (AGES 17 & UP)

Do you love volleyball? Looking for a little healthy competition? This very popular, highly competitive recreational league is a great fit for men and women ready to serve up a great game! Players have a moderate to intermediate skill level. If you think you can keep up, don't wait... Register today! Wednesday night Volleyball will return in full.

DAY	DATES	EXCEPT	TIME	LOCATION	CLASS #
Tuesday	4/16-5/28	4/23	7:45 - 9:45 PM	Recreation Center Gym	9279
	6/11-7/9*	-			9280
	7/16-8/13*	-			9281
Wednesday	4/17-5/22	-			9288

ERS \$65 | R \$72 | NR \$85 | 6 weeks || *ERS \$55 | R \$62 | NR \$85 | 5 weeks



TINY TOTS FLOOR HOCKEY (AGES 4-8)

Boys & Girls (Ages 4 - 8) In this indoor co-ed tiny tot floor hockey program, players will be placed on teams and taught basic skills, game safety and sportsmanship. No prior experience necessary. This program will be 20 minutes of practice with fun drills and a real game following. *First time players receive team shirts. End of season awards provided* **Equipment Required: Helmet, knee and shin guards, elbow pads, gloves, cup (male players) and a stick.**

LEVEL	DAY	DATES	EXCEPT	TIME	LOCATION	CLASS #
8U	Thursday	4/25-5/30	-	6:00-6:45 PM	Recreation Center	9444

ERS \$95 | R \$105 | NR \$119 | 6 weeks



ADULT FLOOR HOCKEY (AGES 17 & UP)

Thursday Night belongs to Northampton Adult Floor Hockey! At the start of each season, participants are drafted by team captains following a scrimmage to show off their skills. Registration fills up quickly, and no additional players may join after the completion of the draft. If a player is drafted as a goalie, the household will be issued a \$25.00 credit. Spring Session 1 Sunday game: 4/7. Summer Session 2 Sunday games: 6/2 & 7/7

DAY	DATES	EXCEPT	TIME	LOCATION	CLASS #
Thursday	4/7-5/30	-	7:45 PM - 12:00 AM	Recreation Center	9273
Thursday	6/2-8/15	7/4	7:45 PM - 12:00 AM	Recreation Center	9274

ERS \$89 | R \$97 | NR \$114 | 8 weeks || *ERS \$129 | R \$140 | NR \$167 | 13 weeks

STICK IQ - INDOOR FIELD HOCKEY (AGES 6-17)

Indoor Field Hockey Level I (Grades 1-3)

Join us for 6-weeks of Sunday afternoon indoor field hockey (12:30-1:25 PM). The Level I program is for young boys and girls learning/developing foundational field hockey skills. Level I players are either new to the sport or new enough that they need instruction to successfully perform all the basic ball control skills needed for dribbling, dodging, passing, and receiving. Session will end with intramural competitions.

Indoor Field Hockey Level I (Grades 4-6)

Join us for 6-weeks of Sunday afternoon indoor field hockey (1:30-2:25 PM). The Level I program is for young boys and girls learning/developing foundational field hockey skills. Level I players are either new to the sport or new enough that they need instruction to successfully perform all the basic ball control skills needed for dribbling, dodging, passing, and receiving. Session will end with intramural competitions.

Indoor Field Hockey Level II (Grades 7-8)

Join us for 6-weeks of Sunday afternoon indoor field hockey (2:30-3:55 PM). The Level II program is for athletic boys and girls who can perform basic ball control skills successfully without much instruction and are ready to compete against opponents. Session will end with intramural competitions.

Indoor Field Hockey Level III (Grades 9-11)

Join us for 6-weeks of Sunday afternoon indoor field hockey (4-5:30 PM). The Level III program is for competitive field hockey athletes who are looking



to be challenged and participate in fast paced games. Level III boys and girls will get an opportunity to enhance their skills and put what they've learned to the test by playing against each other.

Your lead instructor and head coach will be Kiet Maloney, a recent member of USA Field Hockey's Junior National Men's Field Hockey and Indoor Hockey Teams and former member of the Rider University coaching staff. Kiet's father, Cris Maloney, will assist in the program. Cris has a 50-year history with the sport as a field hockey player, coach, umpire, author, and program director.

REQUIRED EQUIPMENT: Field hockey stick, shin pads, mouth guard, and field hockey ball. Please ensure player's equipment is marked with their name or other unique identifier. If you're new to field hockey and need equipment, reach out to Cris Maloney, cris.maloney@gmail.com (no H in the Cris) for an affordable "everything you need" starter pack or "where to buy" suggestions.

GRADES / LEVEL	DAY	DATES	EXCEPT	TIME	LOCATION	INSTRUCTOR	CLASS #
1-3 / Level I	Sunday	3/10-4/21	3/24, 3/31	12:30-1:25 PM	Recreation Center	Kiet Maloney, a recent member of USA Field Hockey's Junior National Men's Field Hockey and Indoor Hockey Teams	8940
4-6 / Level I				1:30-2:25 PM			8941
7-8 / Level II				2:30-3:55 PM			8942
9-11 / Level III				4:00-5:30 PM			8943
1-3 / Level I		5/5-6/23	5/26 or 6/2	12:30-1:25 PM			9275
4-6 / Level I				1:30-2:25 PM			9276
7-8 / Level II				2:30-3:55 PM			9277
9-11 / Level III				4:00-5:30 PM			9278

ERS \$100 | R \$110 | NR \$130 | 6 weeks

T-BIRDS T-BALL (AGES 3-5)

A fun and highly instructional introduction to baseball for 3-5 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. Sessions are one hour long, one day per week, and include all instruction and game play in one outing. Jump Start Sports staff coaches provide all instruction. Players receive a Major League Baseball hat, team tee shirt and award. *Parent support/participation appreciated.*

DAY	DATES	EXCEPT	TIME*	INSTRUCTOR	LOCATION	CLASS #
Tuesday	4/16-5/28	4/23	5:30-6:30 PM or 6:30-7:30 PM	Jump Start Sports	Miracle League Field Municipal Park	9266
	6/11-7/16					9267

ERS \$110 | R \$120 | NR \$130 | 6 weeks



YOUTH PICKLEBALL (AGES 8-16)

Dive into the exciting world of pickleball with our Youth Pickleball Class! For ages 8-16, this program blends skill development and friendly competition. Instructors ensure a supportive environment for players of all levels. Join us for an active and fun-filled experience on the court. Enroll now and let the pickleball adventure begin!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	3/11-4/22	4/1	6:30-7:30 PM	Susan Bowman Tennis	Recreation Center	9225
	5/6-7/1*	5/27				9530
	7/15-8/19	-				9531

ERS \$99 | R \$109 | NR \$119 | 6 weeks || *ERS 129 | R \$139 | NR \$149 | 8 weeks

AM INTRO TO PICKLEBALL (AGES 18 & UP)

New to Pickleball or looking to sharpen your skills before going into an open clinic? Introduction to Pickleball will familiarize new players and strengthen the beginning player's knowledge of scoring, rules, serving and ground strokes. Participants will practice what they have learned through skills and drills. Get out of the "kitchen" and get into the game everyone is talking about! Paddles and balls are supplied. Pre-registration is required.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Tuesday	4/9 - 5/14	4/23	9:00-10:00 AM	Susan Bowman Tennis	Recreation Center	9512
			10:00-11:00 AM			9513
	5/28 - 6/25	-	9:00-10:00 AM			9514
			10:00-11:00 AM			9515
	7/9 - 8/6	-	9:00-10:00 AM			9516
			9:00-10:00 AM			9517

ERS \$85 | R \$95 | NR \$105 | 5 weeks

PICKLEBALL CLINIC (AGES 18 & UP)

Clinic: Learn the fundamentals of pickleball including game rules, scoring and basic strategies to give you the tools you need to enjoy the game, with both practice and play each week. Intended for all skill levels. Paddles and balls will be supplied. Pre-registration required. No drop-ins permitted. Basic knowledge of pickleball is recommended!

Intermediate Clinic/Open Play: If you are a seasoned pickleball player or a clinic graduate and you're looking for the next level of challenge, this class is for you! Instructors will oversee you as you play, to give pointers and answer questions, while keeping the games moving each week. Paddles and balls will be supplied if you don't have your own. Bring your "A" game and be ready to play!

LEVEL	DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	TUESDAY CLASS #	THURSDAY CLASS #
Clinic	Tuesday or Thursday	5/7 - 6/4 or 5/9 - 6/6	-	5:30-6:30 PM	Susan Bowman Tennis	Recreation Center	9494	9503
Open Play				6:30-7:30 PM			9495	9504
Clinic				7:30-8:30 PM			9496	9505
Clinic	Tuesday or Thursday	6/18 - 7/16 or 6/20 - 7/25	7/4	5:30-6:30 PM			9497	9506
Open Play				6:30-7:30 PM			9498	9507
Clinic				7:30-8:30 PM			9499	9508
Clinic	Tuesday or Thursday*	7/30 - 8/27 or 8/8 - 8/29	-	5:30-6:30 PM			9500	9509
Open Play				6:30-7:30 PM			9501	9510
Clinic				7:30-8:30 PM			9502	9511

ERS \$85 | R \$95 | NR \$105 | 5 Weeks || *ERS \$69 | R \$79 | NR \$89 | 4 Weeks





SUSAN BOWMAN TENNIS SCHOOL (AGES 4-16)

PEE WEE TENNIS (AGES 4-6)

Introduce tennis to your 4-6 year old with a fun and exciting approach! Your up-and-coming tennis player will develop hand-eye coordination along with movement skills. Participants will grow comfortable with equipment and learn the parts of the tennis court. Basic tennis fundamentals and shots are taught through lots of tennis-like games! Racquets available during instruction.

JUNIOR TENNIS (AGES 7-16)

Looking for a great place for your junior to start or brush up on tennis basics and advance further? Juniors will improve hand-eye coordination and agility, perform racquet-handling skills, and become familiar with the tennis court. Instructors zero in on building a strong foundation through basic strokes and fun games associated with tennis. Match play is introduced, instructors will meet your junior player at their ability level to foster their growth and love of the game.



LEVEL	DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Pee Wee ages 4-6	Monday	3/11-4/22	4/1	5:30 - 6:30 PM	Eric Lundquist, Director and Susan Bowman Tennis School Staff	Recreation Center Gym	8977
		5/6 - 7/1**	5/27				9520
		7/15 - 8/19	-				9522
	Wednesday	4/17 - 5/22	-				9524
		6/5 - 7/10	-				9526
		7/24 - 8/14*	-				9528
Junior ages 7-16	Monday	3/11 - 4/22	4/1	5:30 - 6:30 PM	Eric Lundquist, Director and Susan Bowman Tennis School Staff	Recreation Center Gym	8978
		5/6 - 7/1**	5/27				9521
		7/15 - 8/19	-				9523
	Wednesday	4/17 - 5/22	-				9525
		6/5 - 7/10	-				9527
		7/24 - 8/14*	-				9529

*ERS \$69 | R \$79 | NR \$89 | 4 weeks || ERS \$99 | R \$109 | NR \$119 | 6 weeks

**ERS \$129 | R \$139 | NR \$149 | 8 weeks



GOLF CLINICS (AGES 7 & UP)

JUNIOR CLINIC: Skilled instructors will help Junior Golfers grow by teaching techniques to improve their skills while instilling responsibility, acceptance, maturity, and patience on and off the course. All while having fun! Teaching professional Robbie Beecroft creates a desire for the game of golf as the participants learn and enjoy this great game outdoors!

ADULT CLINIC: Come unwind and improve your skills! Whether you are a beginner or a weekly golfer there is always room for improvement. We will work on all facets of the games - irons, woods, short games and putting. Register early... Spots will fill fast.

No clubs - No problem! Golf Attire Required.

LEVEL/ AGES	DAY	DATES	TIME	LOCATION	CLASS #
Junior ages 7-16	Thursday	5/16 - 6/6	6:30 - 7:30 PM	Northampton Valley Country Club	9385
		7/18-8/8			9404
Adult ages 17+	Tuesday	5/14 - 6/4	6:30 - 7:30 PM	Northampton Valley Country Club	9386
		7/16 - 8/6			9402

ERS \$100 | R \$110 | NR \$125 | 4 weeks

FITNESS FOR ALL AGES

PILATES (AGES 18 & UP)

In-Person: Focus on strengthening your upper and lower body, abdominal muscles, lower back and buns. Your body will create the challenge to improve your core stability by strengthening your core, lengthening your body, and improving your posture. Register now and work your way to feeling Leaner. Calmer. Stronger.

Virtual Pilates: Start your morning from the comfort of your own home with Pilates, the perfect compliment to your routine! Focus on strengthening our upper and lower body, abdominal muscles, lower back and buns. Build strength and stability, improve your flexibility and lower your risk of injury. Start your journey to feel Leaner, Calmer, Stronger. Classes are recorded/provided to registered participants for 1 week after classes.

DAY	DATE	EXCEPT	TIME	INSTRUCTOR	LOCATION	# OF SESSIONS	CLASS #
Monday	3/11 - 4/22	4/1	9:30 - 10:30 AM	Marion McNulty, M. Ed., AAI and AFAA National Fitness Certifications	Virtual	6 weeks	9031
	5/6 - 6/24	5/27, 6/3				6 weeks	9345
	7/8 - 8/12	-				6 weeks	9346
Wednesday	3/13- 4/24	4/10	9:30 - 10:30 AM	Marion McNulty, M. Ed., AAI and AFAA National Fitness Certifications	Virtual	8 weeks	9033
	5/8 - 6/26	6/5				6 weeks	9347
	7/10 - 8/14	-				8 weeks	9348
M/W	3/11 - 4/24	4/1, 4/10	9:30 - 10:30 AM	Marion McNulty, M. Ed., AAI and AFAA National Fitness Certifications	Virtual	6 weeks	9035
	5/6 - 6/26	5/27, 6/3, 6/5				14 sessions	9349
	7/8 - 8/14	-				12 sessions	9350
Wednesday	4/17 - 6/5	-	10:00 - 11:00 AM	Barbara Cavanaugh	Recreation Center	8 weeks	9351
	6/26 - 8/21	7/3			Northampton Township Fire House Station 83	8 weeks	9352
Thursday	5/2 - 6/6*	-	7:00 - 8:00 PM	Jenny Hildago	Recreation Center	6 weeks	9316
	6/27 - 8/22**	7/4				8 weeks	9317

ERS \$104 | R \$114 | NR \$130 | 8 weeks || *ERS \$77 | R \$85 | NR \$96 | 6 weeks
 **ERS \$96 | R \$105 | NR \$ 120 | 8 weeks
 Virtual Fee/Weeks: \$70 | 6 weeks || \$94 | 8 weeks || \$126 | 12 sessions || \$147 | 14 sessions

TAI CHI (AGES 18 & UP)

Take time for yourself and calm your mind, body, and spirit in a low-impact environment for all fitness levels. Emphasis on fluid movement and a full, pain-free range of motion that is specifically designed to manage stress, and wash your anxiety away, while developing muscle tone, building bone density, and improving your balance and flexibility. Our Tuesday class is appropriate for those with some exposure to Tai Chi, the Thursday class provides an introduction geared toward beginners.



DAY	DATE	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Tuesday	4/16 - 6/11	4/23	10:15 - 11:15 AM	E. Story Biddle, Certified Tai Chi Instructor	Recreation Center	9319
	6/25 - 8/13	-			Wetzel Pavilion	9320
Thursday	4/25 - 6/13	-	10:15 - 11:15 AM	E. Story Biddle, Certified Tai Chi Instructor	Recreation Center	9321
	6/20 - 8/15	7/4			Wetzel Pavilion	9322
	4/25 - 6/13	-	6:30-7:30 PM		Recreation Center	9323
	6/20 - 8/15	7/4			Recreation Center	9324
Tuesday/ Thursday	4/16 - 6/13*	4/18, 4/23	10:15 - 11:15 AM	E. Story Biddle, Certified Tai Chi Instructor	Recreation Center	9325
	6/20 - 8/15*	7/4			Wetzel Pavilion	9326

|ERS \$88 | R \$97 | NR\$110 | 8 weeks || *Tu/Th: ERS \$156| R \$173 | NR \$199 | 16 sessions
 If rain or excessive heat, class will be held at Northampton Township Fire Station 83 (New & Hatboro Road)



JUMP TRAMPOLINE FITNESS (AGES 16+)

Say farewell to those achy joints and HELLO to a fun new way to reach your fitness goals with MiyraNMotion! This unique approach to exercise is a breath of fresh air, replacing the traditional grind with a fun-filled fitness adventure! Get ready for a workout that's not only good for your body but will leave you feeling energized and refreshed. **All trampolines provided by Parks & Recreation.**



DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #	
Wednesday	3/6 - 4/10	-	6:30-7:15 PM	MiyraNMotion; Certified Jump Instructor	Recreation Center	9546	
	4/24-5/22	-				9553	
Saturday	3/9-4/20	3/30	11:30 AM-12:15 PM			9204	
	5/11-6/22	5/25					9532
	7/13-8/17	-					9533

ERS \$89 | R \$99 | NR \$115 | 6 weeks
Drop-ins welcome. *Must register on MyRec.* R \$17 | NR \$20 | per drop-in

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- Classes may be cancelled due to lack of enrollment in full sessions, cardholders will be emailed if classes are cancelled

GENTLE YOGA (Ages 18 & up)

This calming stress-relieving yoga class teaches you how to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Poses are practiced at a slower pace with attention to alignment and detail. Recommended for those newer to yoga or working with special concerns. Perfect for the student looking for a gentle experience or those who need a change of pace. Various props will be used for a safe practice and class will end in deep relaxation. Those with medical conditions, please check with your physician if you have any concerns about attending yoga. Please bring a mat, yoga block and water. You may also bring a towel or blanket to assist your practice.



DAY	DATE	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	3/11 - 4/22	4/1	7:30 - 8:30 PM	Maria Campbell	Recreation Center	8997
	5/6 - 7/1*	5/27				9309
	7/15 - 8/19	-				9310
Thursday	4/25 - 6/13*	-	9:00 - 9:55 AM	Barbara Cavanaugh, AAI-ISMA certified		9314
	6/27 - 8/22*	7/4			Northampton Township Fire House Station 83	9315

ERS \$75 | R \$83 | NR \$94 | 6 weeks || *ERS \$104 | R \$114 | NR \$130 | 8 weeks

YOGA IN THE PARK (Ages 18 & up)

It's time to take your Yoga Mat outside and enjoy the warmth of Summer days in the park! Practice gentle vinyasa flow for all fitness levels to give you energy and help you get through your day. You will gain strength and flexibility while having a strong mind-body connection. Each class will combine a balanced series of poses with a focus on opening up one of several potential areas of tightness such as your hamstrings, hips, shoulders or neck. Reap the benefits while breathing fresh air.




DAY	DATE	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	6/19 - 7/17		10:00 - 11:00 AM	Aesha Tahir	Northampton Township Municipal Park	9561

ERS \$100 | R \$110 | NR \$135 | 5 weeks

ZUMBA (AGES 18 & UP)

Experience one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA – a fitness party! Why Zumba? It's the best party around.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Tuesday	4/30 - 6/18	-	6:15-7:15 PM	Sandy Flynn, Certified Zumba Instructor	 James E. Kinney Senior Center	9353
	7/2 - 8/27	8/13				9354
Saturday	5/4 - 6/22*	-	9:30 - 10:30 AM	Marianne Giosa, Certified Zumba Instructor	Recreation Center	9355
	7/13 - 8/31*	-				9356

ERS \$92 | R \$101 | NR \$115 | 8 weeks || *ERS \$100 | R \$110 | NR \$125 | 8 weeks



ZUMBA 20-20-20 (AGES 18 & UP)

20 minutes of high energy Zumba + 20 minutes of Zumba Toning + 20 minutes of floor work & stretching equals the fastest 60 minutes of a fun, total body work-out that will keep you coming back for more!! It's an exercise smorgasbord for your body and mind so you can shape up and de-stress! Bring an exercise mat, light weights (preferably "Zumba Toning Sticks" if you have them), a water bottle and a towel!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Thursday	4/25 - 6/13*	-	6:15-7:15 PM	Sandy Flynn, Certified Zumba Instructor	James E Kinney Senior Center	9357
	6/27 - 8/29	7/4, 8/15				9358

ERS \$69 | R \$76 | NR \$87 | 6 weeks || *ERS \$92 | R \$101 | NR \$115 | 8 weeks



ZUMBA FIT (AGES 18 & UP)

Zumba Fit is geared toward adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on cardiovascular and muscular endurance, balance, range of motion, and coordination. Modifications are given as needed. Have lots of fun while experiencing the physical, mental & social benefits of Zumba Fit!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Tuesday	4/30 - 6/18	-	12:00 - 12:50 PM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Recreation Center	9392
	6/25 - 8/20	7/9			Northampton Township Fire House Station 83	9393

ERS \$104 | R \$114 | NR \$130 | 8 weeks

TOTAL BODY FITNESS PM (AGES 18 & UP)

A fun and effective program that combines high and low impact aerobics, upper and lower body sculpting and abdominal toning. Bring a mat/towel and hand weights.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	5/6 - 7/1*	5/27	6:00-7:00 PM	Donna Heverly ACE Certified	Senior Center	9327
	7/15 - 8/5**	-				9328
Wednesday	5/8 - 6/26*	-				9329
	7/17 - 8/7**	-				9330
Monday/Wednesday	5/6 - 7/1***	5/27				9331
	7/15 - 8/7*	-				9332

*ERS \$96 | R \$105 | NR \$120 | 8 weeks || **ERS \$48 | R \$53 | NR \$60 | 4 weeks

***ERS \$172 | R \$189 | NR \$216 | 16 weeks



FITNESS

SALSA, SQUATS AND SCULPT (AGES 16 & UP)

Enjoy a rewarding class of simple and fun salsa dancing with a touch of barre and body sculpting. Bring light weights, a mat and your dancing socks, and let's have a safe, fun, and effective body-transforming experience that will keep a smile on your face and weight off your body! Time flies when you are having fun and this class will have your wanting more!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	3/11 - 4/22	4/1	7:00 - 8:00 PM	Jenny Hidalgo, Certified Barre Instructor	Recreation Center	9023
	5/13 - 6/24	5/27				9337
	7/8 - 8/12	-				9338



ERS \$70 | R \$77 | NR \$87 | 6 weeks

LINE DANCING (AGES 18 & UP)

Have fun while experiencing the physical, mental & social benefits of line dancing. A variety of line dance styles are incorporated to create a fun, easy-to-learn dance class. Modifications are given for participants of various fitness and skill levels.



DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	3/4 - 4/15	4/1	12:30 - 1:20 PM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Recreation Center	9045
	4/22 - 6/17*	5/27				9359
	6/24 - 8/19*	7/8			Northampton Township Fire House Station 83	9360

ERS \$78 | R \$86 | NR \$97 | 6 weeks || *ERS \$104 | R \$114 | NR \$130 | 8 weeks

BEGINNER LINE DANCING (AGES 18 & UP)

Get off the Couch and Come Dance with Us! No experience necessary! Join Jeremy for beginner line dance class. This is a great way to get some exercise and learn how to dance!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	3/11 - 4/22	4/1	7:15 - 8:15 PM	Jeremy Duncan	James E. Kinney Senior Center	9061
	4/29 - 6/10	5/27				9383
	7/1 - 8/12	7/22				9384

\$60 | 6 weeks



BARRE (AGES 18 & UP)

The Barre program combines attributes of Pilates, dance, and functional fitness training. This class incorporates small isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. Bring Yoga Mat and two light dumbbells.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Tuesday	5/7 - 6/11	-	7:00 - 8:00 PM	Jenny Hidalgo, Certified Barre Instructor	Recreation Center	9339
	6/25 - 8/13*	-				9340

ERS \$70 | R \$77 | NR \$87 | 6 weeks || *ERS \$96 | R \$105 | NR \$120 | 8 weeks

NEW ALL LEVELS VINYASA YOGA WITH MARIA (AGES 18 & UP)

This class is appropriate for beginners with some experience through experienced students. Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. Following the standing/ balancing flow portion of the practice, we will transition to the floor, which will consist of various seated, prone and supine poses with the option of using bolsters and blocks. Yoga bolsters & blocks are provided. If using a bolster, please bring a "bath size" towel to place between you & the bolster. Please wear warm, non-restrictive comfortable clothing to enhance your practice. Bring your yoga mat and "bath towel"

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	4/17 - 5/22	-	6:30 - 7:30 PM	Maria Campbell	Recreation Center	9311
	6/5 - 7/10	-				9312
	7/24 - 8/21	-				9313

ERS \$75 | R \$83 | NR \$94 | 6 weeks || *ERS \$63 | R \$69 | NR \$79 | 5 weeks



CORE YOGA FLOW (AGES 18 & UP)

Improve core strength, balance stability and flexibility while transitioning slowly and smoothly from one movement to the next to reduce stress and promote relaxation. A strong emphasis is placed on mindfulness, proper form and breathing. Modifications are given for all fitness levels; chairs are available for stability if needed. For questions please contact Tiffany Fite (fite.fitness@verizon.net)

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Tuesday	4/30 - 6/18	-	1:00 - 2:00 PM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Recreation Center	9363
	6/25 - 8/20	7/9			Northampton Township Fire House Station 83	9364

ERS \$104 | R \$114 | NR \$130 | 8 Weeks



CORE STRENGTH, BALANCE AND STABILITY (AGES 18 & UP)

Improve static and dynamic postural alignment, core strength, balance, and stability by performing specific exercises that target these systems. Participants can expect to improve functional fitness while reducing injury and fall risk. Modifications will be given for all fitness levels.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	3/4 - 4/15	4/1	1:30 - 2:30 PM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Recreation Center	9047
	4/22 - 6/17*	5/27			9361	
	6/24 - 8/19*	7/8			Northampton Township Fire House Station 83	9362

ERS \$78 | R \$86 | NR \$97 | 6 weeks || *ERS \$104 | R \$114 | NR \$130 | 8 Weeks



NEW CARDIO SCULPT (AGES 18 & UP)

Cardio combines intervals of low-impact aerobics with upper and lower body strengthening exercises, ending with core work and a deep stretch. Participants can expect to improve muscular strength, cardiovascular endurance, core stability and flexibility. A strong emphasis is placed on mindfulness, proper form, and breathing. Modifications are given for all fitness levels. For questions, please contact Tiffany Fite (fite.fitness@verizon.net)

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	4/24 - 6/12	-	6:30 - 7:20 AM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Recreation Center	9365
	6/26 - 8/21	7/10				9366
Friday	4/26 - 6/14	-	11:30 AM - 12:30 PM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Northampton Township Fire House Station 83	9367
	6/21-8/16	7/5				9368

ERS \$104 | R \$114 | NR \$130 | 8 weeks

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