

FALL RECREATION PROGRAMS 2016

Programs that take place at East Norriton Middle School – please use rear entrance through courtyard.

Co-Ed Adult Softball League

AT: Stanbridge Street Field

ON: Wednesday evenings starting September 7th

FEE: \$275.00 resident teams (70% East Norriton Residents)

\$300.00 non-resident teams

Rosters plus \$50.00 refundable deposit due at the Recreation Office by Friday, September 2nd. (Registration accepted by team basis only).

This league is strictly recreational. Fee includes umpires, softballs, and field usage. **There will be a maximum of 6 teams accepted.**

Youth Soccer

Ages: 7 - 13

AT: Stanbridge Street Park Complex

ON: Saturday mornings starting September 17th

TIME: 7 - 9 year old league will play at 9 a.m.

10 - 13 year old league game time and location varies. Games could be at 10 a.m., 11 a.m., or 12 noon.

FEE: \$40.00 per child

Teams will be picked at Stanbridge Street Park on Wednesday, September 14th. 7-9 year olds at 6:00 p.m. and 10 - 13 year olds at 7:00 p.m. **Register at the Parks and Recreation office prior to Friday, September 9th.**



Pee Wee Soccer

FOR: 5-6 year olds

AT: Stanbridge Street Park Complex

ON: Saturday mornings starting September 17th

TIME: 11:15 – 12:15

FEE: \$35.00 per child

This program is for beginners interested in soccer. In the early weeks, rules and fundamentals are the focus. Later in the program, there will be scrimmages

PARKS & RECREATION DEPARTMENT

Larry L. Brown, *Director*

Jane C. Delaney, *Assistant Director*

Heather Henricks,
Program Coordinator

2501 Stanbridge Street

East Norriton, PA 19401-1616

Phone: 610-275-2800

Fax: 610-277-1879

Website: eastnorritontwp.org

Email: info@eastnorritontwp.org

Office Hours: 8 a.m. - 4 p.m.

Monday - Friday

All East Norriton residents will be given first preference with space availability for all programs, trips, and special events.

to get the players used to game situations. Most teams are taught by parent volunteers. **Register by Wednesday, September 14th.**

U.K. Elite Petite Soccer Clinic

AGES: 3 - 5

AT: Stanbridge Street Park

ON: Friday afternoons starting September 23rd and lasting 6 weeks

TIMES: 1:00 - 2:00 p.m. OR 2:00 - 3:00 p.m.

FEE: \$95.00 per child

A fun introduction to the world of soccer. Through exposure to exciting and stimulating physical activities, tremendous developments can be made in children's motor skills and coordination as well as social skills. Program taught by U.K. Elite Soccer teaching staff using Games Based Approach. Limited space is available. Minimum to run class 8 registrants for each session. **Deadline to register is Friday, September 16th.**

Tennis Lessons

AGES: 8+

AT: Stanbridge Street Park Tennis Courts

ON: Saturday mornings starting September 17th

TIME: 8 - 15 year olds, 9 a.m.

16 and up, 10 a.m.

FEE: \$40.00 per person

Five one hour lessons taught under

excellent supervision. Class size limited to first 20 registrants. **Register prior to Friday, September 9th.**

East Norriton Fall Adult Bocce League

AGES: (18+)

AT: East Norriton Bocce Courts

ON: Sunday afternoons starting September 18th

FEE: \$40.00 - Residents

\$45.00 - Non-Residents

League play will be held on Sunday between 12:00 - 3:00 p.m. Spaces are still available for league play. For more information or to register by team or individual to participate in the fall league, please call or visit the Parks and Recreation Office at 610-275-2800. **Deadline to register is Friday, September 9th.**

East Norriton TaeKwon-Do School

AT: Paul Fly Elementary School Gym

ON: Mondays and Wednesdays starting on Monday, September 12th

TIME: 6:00 - 7:00 p.m., 5 - 12 year olds

7:00 - 8:00 p.m., 13 - adult

FEE: \$30.00 per person/month

An internationally certified Taekwon Do school. The classes cover all aspects of this defensive art, with opportunities to advance to black belt. The classes are open to beginners or advanced students, male or female. Instructor Master Harry Plichta, 8th degree black belt. **Program is ongoing, so you can register and start at any class.**

Karate Classes for Beginners



AT: Paul Fly Elementary School Gym

ON: Monday nights starting September 19th for 6 weeks

TIME: 6:00 p.m.

7:00 p.m.,

5 - 12 year olds

7:00 p.m. - 8:00 p.m.,

13 - adult

FEE: \$40.00

An introduction to Taekwon Do Karate. The class teaches basic techniques in self-defense, self-discipline, coordination and exercise while having fun. Instructor Master Harry Plichta 8th degree black belt. **Register at the Recreation office or at the first class.**



Kickboxing

AGES: 18+

AT: East Norriton Middle School Gym

ON: Wednesday nights starting September 21st for 8 weeks

TIME: 6:30 - 7:30 p.m.

FEE: \$50.00 per person

Kick your butt into shape! This class is a mix of cardio exercises and kickboxing moves for a total body workout. There are no weights involved, so your body is your exercise equipment. **NO CLASS OCTOBER 12th (school closed). Deadline to register is Friday, September 16th.**

ENGAA Field Hockey

FOR: Girls 1st through 8th grades

FEE: \$90.00 per child

REGISTRATION: Please register online at www.engaa.net or at the East Norriton Township Building until September 6, 2016. Season runs from September thru October 30th. **Registration forms are available at the township building and on the ENGAA website.**

Flag Football – Impact Sports

AGES: 6 - 9

ON: Thursday nights starting September 22nd for 6 weeks

AT: Stanbridge Street Park

TIME: 5:30 - 6:45 p.m.

FEE: \$90.00 per child

All players will be taught the basic skills of flag football in a creative, integrative, and encouraging environment. The

concepts of teaching through play and maximum participation will be utilized to ensure a fun and safe environment for all players. Minimum of 6 participants needed to run program. **Deadline to register is Wednesday, September 14th.**

Women's Adult Basketball League

AT: East Norriton Middle School

ON: Thursday evenings starting September 22nd

FEE: \$450.00 resident teams (70% East Norriton Residents)

\$500.00 non resident teams

Rosters plus \$50.00 refundable deposit due at the Recreation Office by Friday, September 9th. **Registration accepted by team basis only.**



Adult Basketball Open Gym (Co-Ed)

AGES: 18+

AT: East Norriton Middle School Gym

ON: Monday evenings starting October 10th – November 14th

TIME: 7:00 – 9:00 p.m.

FEE: \$25.00 (pre-registered) OR \$5.00 per night (at door)

BRING ID WITH YOU! Pick-up basketball games for 2 hours. Come with water. Basketballs will be provided. **Deadline for pre-registration is Friday, October 7th.**

East Norriton Boys Basketball League

AGES: 8 - 16

Accepting resident only registrations until Friday, November 18th. Non-resident registrations start on Monday, November 21st (first-come, first-serve).

For a full description of our Boys Basketball League, please see the "Winter Programs" section of this brochure!

ENGAA Basketball

FOR: Girls 5 - 13 years old (as of 9/1/16)

FEE: ENstructional 5 - 8 year olds \$90.00 per person

Lassies 9 - 10 year olds \$105.00 per person

Juniors 11 - 13 year olds \$110.00 per person

Family discount \$10 off additional child after first pays full price

ONLINE REGISTRATION ONLY at www.engaa.net accepted from September 1st – November 23rd.

East Norriton Youth Wrestling Program

AT: Norristown Area High School Wrestling Room

FOR: All children grades K – 6th

ON: Tuesday and Thursday nights

TIME: 6:00-7:15 p.m.

FEE: \$10.00 per child

The program will be geared towards the inexperienced wrestlers.

Registrations will take place in the Norristown Area High School gym at the following times.

Thursday, December 8th
6:00 - 7:00 p.m.

Tuesday, December 13th
6:00 - 7:00 p.m.

Thursday, December 15th
6:00 - 7:00 p.m.

For more information please contact Mark Harner, 484-566-9203 or harner13@comcast.net

Practice starts the week of December 15th – February 9th



Cardio-Sculpting

AT: East Norriton Middle School Multi-Purpose Room

ON: Tuesday nights starting September 20th for 6 weeks

TIME: 7:00-8:00 p.m.

FEE: \$60.00 per person

Tone and sculpt your entire body using a series of exercises that includes: plyometrics (jump training), cardio, light resistance training, body weight training, abs and stretching. Each week we will train using a series of short exercises designed to maximize your results.

PLEASE BRING a set of light dumbbells and yoga mat. **Deadline to register is Wednesday, September 14th.**



Soul Line Dancing

AGES: 18+

AT: East Norriton Middle School Multi – Purpose Room

ON: Wednesday nights starting September 21st for 8 weeks

TIME: 6:30 - 8:00 p.m.

FEE: \$55.00 per person

Come out and learn to dance to your favorite music from Motown. You will learn many of the old and new line dances that will make you the hit of the party. Instructor Wayne Wilson is expected to return! **NO CLASS OCTOBER 12th (school closed). Deadline to register is Friday, September 16th.**

Swing Dance

AT: Cole Manor Elementary School Gym

ON: Thursday nights starting September 22nd for 8 weeks

TIME: 7:30 - 8:30 p.m.

FEE: \$50.00 per person

East Coast Triple Rhythm Swing is a popular dance at the clubs and social events. It's an upbeat, relaxed, and fun dance. This eight-week course starts with basic beginner steps, and a new step added each week. By the end of the eight weeks, you will have become

proficient in Swing and turn heads on the dance floor with stylish moves. Partners Preferred. Please wear smooth-soled shoes. **Minimum of 6 students. Deadline to register is Friday, September 16th.**



Zumba

AGES: 18+

AT: East Norriton Middle School Gym

ON: Tuesday nights starting September 20th for 8 weeks

TIME: 6:30 – 7:30 p.m.

FEE: \$50.00 per person

ZUMBA is a fun and energizing Latin fitness workout. The class is designed for all fitness levels. **Deadline to register is Friday, September 16th.**

Relaxation Yoga

AGES: 18+

AT: East Norriton Middle School Multi-Purpose Room

ON: Monday nights starting September 19th for 4 weeks (time extended)

TIME: 6:30 - 8:00 p.m.

FEE: \$60.00 per person

Experience relaxation through Yoga. Learn Yoga skills that unravel tension. Use Yoga to stretch & strengthen your body and to completely relax yourself. This class is for anyone wanting a gentle yoga class, or seeking deep relaxation technique. Please wear comfortable clothes and bring your own yoga mat. This session was reduced to 4 weeks, but the time was extended an extra half hour. **NO CLASS OCTOBER 3rd (school closed). Deadline to register is Wednesday, September 14th.**

Breath Well Feel Better

AGES: 18+

AT: East Norriton Middle School Teacher's Lounge

ON: Thursday, September 29th, 2016

TIME: 6:30 – 7:30 p.m.

FEE: \$15.00

Learn easy breathing styles to help yourself feel better, reduce stress, quell anxiety and diminish pain. These techniques will also help you to rest more thoroughly and sleep more easily. Many scientific studies prove that slower breathing helps us feel better. This is non-toxic and the only side effects are good ones. This basic act of just sitting and giving your attention to your breath is a great and calming gift to yourself. Dress comfortably, class is taught seated in chairs. **Deadline to register is Friday, September 23rd.**

Norristown Area Aquatics Club

Our mission is to ...Promote amateur swimming and diving in the Greater Norristown area; Provide instruction for new and developing swimmers and divers; Improve the skills of advanced swimmers and divers; Encourage teamwork and sportsmanship; Offer competitive swimming and diving opportunities for all levels of skill.

We do this by providing ...A USA certified lead coach; An experienced coaching staff; Beginners / Minis Team; Extended season clinics; Team parties; End of season awards banquet

For more information please visit www.norristownaquatic.org

Science Explorers

GRADES: K - 5

AT: Cole Manor Elementary School Gym

ON: Monday, October 10th, October 17th & October 24th

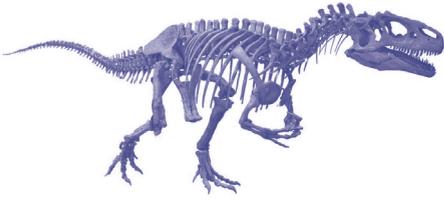
TIME: 6:15 - 7:15 p.m.

FEE: \$62.00 per person

Wacky World of Science

Liquid, solid, gas, matter, air and mass. Protons, neutrons, electrons & more. Mixtures, compounds, and concoctions that you pour. Chemical and physical changes that occur in the Wacky World of Science it's clear and not a blur! **Deadline to register is Friday, September 23rd.**





Science Explorers

GRADES: K - 5

AT: Cole Manor Elementary School Gym

ON: Monday nights starting November 7th for 5 weeks

TIME: 6:15 - 7:15 p.m.

FEE: \$92.00 per person

Rock Docs - Travel back in time to discover the mysteries of the Earth! Join us for a dinosaur dig and unravel the stories that fossils tell. Enter the hidden world of the geode and build and erupt your own volcano. We'll pan for genuine gemstones and learn where precious minerals are mined around the globe. As we examine rocks and minerals from near and far you're sure to discover what a rockin' place our world can be! **Deadline to register is Friday, October 21st.**

Photography in the Park

AGES: 18+

AT: The Farm Park (meet at office parking lot)

ON: Tuesday nights starting September 20th for 5 weeks

TIME: 6:00 - 7:00 p.m.

FEE: \$60.00 per person

Join us each week to learn the beauty of the Park. Jody Robinson will assist each student each week and give helpful tips and tricks on how to shoot outside. We will learn different perspectives on how to shoot. You will need to bring your camera each week. Make sure you're ready to shoot with fresh batteries, camera card and your walking shoes. If you took Basic Photography that is a plus, if you haven't please make sure you understand how to operate your camera and settings. **Deadline to register is Wednesday, September 14th.**



Basic Photography Class

AGES: 18+

AT: East Norriton Middle School Classroom

ON: Tuesday nights starting September 20th for 5 weeks

TIME: 7:15 - 8:15 p.m.

FEE: \$40.00 per person

Do you want to learn how to operate your digital like a pro? This is the class for you! This class will focus on the fundamentals of how to use a digital camera from basic camera settings, camera modes, saving and editing your files to basic composition. **Deadline to register is Wednesday, September 14th.**

Greater Norristown Art League (GNAL)

Happy Diamond Anniversary to GNAL! For 75 years, GNAL has played an important role in the cultural life of Montgomery County and beyond. The non-profit organization offers art classes for children and adults, exhibitions for professional and non-professional artists, and monthly meetings.

Founded in 1941, it is located at 800 West Germantown Pike in East Norriton. If you are interested in joining the 75th Anniversary Celebration at the Norristown Cedar Club on October 15th, visit www.gnal.org for more information.

Kidzart

Beginning Drawing for Parent/Grandparents & Child

AT: East Norriton Middle School Art Room

ON: Tuesday nights starting September 20th for 6 weeks

TIME: 6:30 - 7:30 p.m.

FEE: \$65.00 per pair

Come relax, have fun and draw with your child in a guided drawing class. No previous art experience needed. Children should be ages 5-10 years old. **Deadline to register is Wednesday, September 14th.**

Beginner Knitting Course

AGES: 18+

AT: East Norriton Middle School Teacher's Lounge

ON: Wednesday nights starting September 21st for 6 weeks

TIME: 6:30 - 8:30 p.m.

FEE: \$40.00 per person

Now is the time to start preparing for the holidays - learn the basics of knitting: cast on, bind (cast) off, knit, purl, increase, decrease, and yarn over. The course will allow time to complete at least one project. Practice time at home will be necessary (as with any skill, the more practice, the easier it is!). This course will be taught by Barbara Makar, CYC Certified Knitting Instructor.

NO CLASS OCTOBER 12th (school closed). Deadline to register is Friday, September 16th.



Candy Making

AGES: 7 - 11

AT: East Norriton Middle School Teacher's Lounge

ON: Thursday, October 6th, 13th & 20th

TIME: 6:30 - 8:00 p.m.

FEE: \$70.00 per person (includes materials: candy, recipes & containers)

Looking for an easy way to introduce your child to the culinary arts? Kids gain such confidence when they learn to make an assortment of candies. Kitchen Wizards shows them how to make the candies LOOK great - so that they can give as gifts - they make great teacher gifts! - or share with the rest of the family. If your children love chocolate, this is a perfect program for them! **Deadline to register is Monday, October 3rd.**

Candy Making

AGES: 18+

AT: East Norriton Middle School Teacher's Lounge

ON: Monday, October 10th, October 17th & October 24th

TIME: 6:30 - 8:30 p.m.

FEE: \$70.00 per person (includes materials: candy, recipes & containers)

Who doesn't love chocolate? will explain how to prepare a mouth-watering assortment of chocolates - from simple chocolate covered pretzels and Oreos to the more complicated truffles to a variety of candies using a candy thermometer. You'll leave each class with samples that will delight your family, friends, or co-workers. **Deadline to register is Friday, October 7th.**



Cupcake Decorating

AGES: 8 - 13

AT: East Norriton Middle School Teacher's Lounge

ON: Thursday, September 22nd, 2016

TIME: 6:30 – 8:30 p.m.

FEE: \$25.00 per person (includes materials)

Kids love cupcakes, and Kitchen Wizards loves kids! So, send your Food Network-obsessed kids to learn to decorate cupcakes. They'll have fun creating the coolest cupcakes and learning the skills to duplicate them at home. Each child will take home a chocolate and a vanilla creation. **Deadline to register is Monday, September 19th.**

YOU SNOOZE...YOU LOSE

Nothing cancels a good program quicker than waiting until the last minute to register. If there are not enough registrations by the specified deadline, the program you want could be canceled! Coming in on the day the program begins won't resurrect it, so please register early. For a status of a program or information about a possibility of a cancellation call 610-275-2800 and press 4 for Parks and Recreation.

Cupcake Decorating

AGES: 18+

AT: East Norriton Middle School Teacher's Lounge

ON: Monday, September 19th, 2016

TIME: 6:30 – 8:30 p.m.

FEE: \$25.00 per person (includes materials)

Always wanted to decorate cupcakes for the kids and grandkids, but you were sure it must be too hard? Kitchen Wizards will show you all sorts of tricks and tips that make it easy to make the prettiest buttercream frosted cupcakes you can imagine! You'll learn to tint frosting, fill bags, use several popular tips for cupcake decorating, and take home a chocolate and a vanilla cupcake masterpiece! **Deadline to register is Friday, September 16th.**



Internet Safety for Kids

AT: East Norriton Township Meeting Room

ON: Saturday, September 24th, 2016

TIME: 2:30 – 4:00 (followed by Q&A)

FEE: FREE! Please register your child with the Parks & Recreation Department

Internet Safety for Kids will offer helpful instruction on how to avoid danger and stay out of trouble on the internet. Various topics will be covered throughout the class and there will be time after for any additional questions. The instructor will be Detective Michael Henricks, who deals with computer crimes within the East Norriton Police Department. **Deadline to register with the Parks & Rec Department is Wednesday, September 21st.**

Internet Safety for Parents

AT: East Norriton Township Meeting Room

ON: Saturday, October 8th, 2016

TIME: 2:30 – 4:00 (followed by Q&A)

FEE: FREE! Please register with the Parks & Recreation Department

Internet Safety for Parents will provide information on how to protect your child from dangers that they are exposed to on the internet. There will be suggestions on how to remain proactive with your child's internet usage. The instructor will be Detective Michael Henricks, who deals with computer crimes within the East Norriton Police Department. This class is for **ADULTS ONLY**, please make necessary arrangements. **Deadline to register with the Parks & Rec Department is Wednesday, October 5th.**



Kiwanis – Welcome to East Norriton!

Would you like to help children and families in your community, while getting to know people who make an impact through service?

Kiwanis International, the well-respected organization of volunteers, has been sponsoring local and global projects for over 100 years. Join the new local Kiwanis of Norriton Circle, serving the circle of communities surrounding East Norriton.

Learn more and get involved by coming to a meeting every 2nd and 4th Thursday at 7:30 a.m., Chick-fil-A East Norriton 2640 DeKalb Pike, East Norriton 19401

NO NEWS IS GOOD NEWS

THE ONLY TIME YOU WILL HEAR FROM US IS: If the class is full, canceled, or if there is a change in time or day. So if it's almost time for your class to begin and you haven't heard from our friendly staff, the program is on!

38th Annual East Norriton Community Day

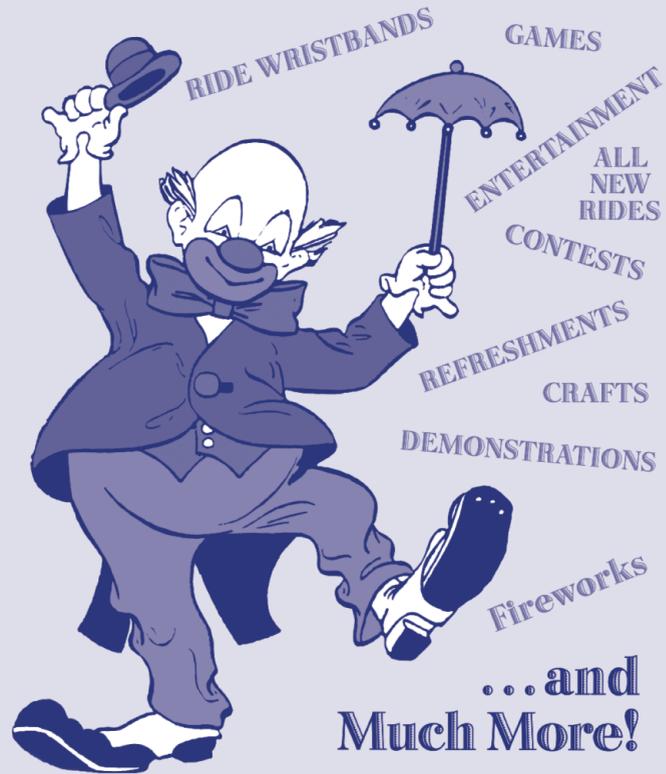
**Saturday,
September 10th, 2016**

**FESTIVITIES
Start at 12 Noon**

**FIREWORKS
Start at 8:15 p.m.**

**Rain Date:
Sunday, September 11th**

**STANBRIDGE STREET
PARK COMPLEX**
(Behind East Norriton Municipal Building)



SPECIAL EVENTS

East Norriton Community Day
Saturday, September 10th NOON until after dark
(rain date Sunday, September 11th)

LOCATION: Stanbridge Street Park

Plan to bring the entire family out for our 38th Annual Community Day Celebration. Plenty of games, rides, food, entertainment, crafts and businesses participating in this annual event. Spend the day and ride the rides all day for one low price. Rides will operate from 12 noon until 7:30 p.m. Plan to spend the evening with us and watch the fireworks display at 8:15 p.m.

**"Trunk or Treat" at
Stanbridge Street**
Saturday, October 29th, 2016
(Rain date Sunday, October 30th)

LOCATION: Stanbridge Street Park
(behind Township Building)

TIME: 2:00 – 3:30 p.m.

Bring your children out in their Halloween costumes to walk the lot of decorated trunks and collect candy! They will also be able to vote for their favorite trunk. The

concession stand will be open for purchases if your Trunk-or-Treater works up an appetite. **All participants must be accompanied by a parent/guardian.**

Interested In Being A Trunker?

The cost for entering the trunk decorating contest is \$10 per parking space. This gets you a parking space and the chance to win 1 of 3 prizes! The "trunk-or-treaters" will vote which trunk they like best! Trunkers are responsible for providing their own treats (NO homemade/perishable or novelty items – pre-packaged treats only please). Spaces are limited, so please enter as soon as possible.



**Deadline to register your car is Friday,
October 21st.**

Set up can be done between 1:00 - 1:45 pm. No cars will be permitted to drive through the lot to enter or exit between 1:45 - 3:30 pm, for safety of the children! When coming up with your decorating ideas, please keep in mind that there will be young children at this event (nothing too spooky).

TRIPS

Casino Trip – Mohegan Sun Casino

ON: Wednesday, October 19th, 2016

FEE: \$40.00 per person

Bus departs from the East Norriton Township Parks and Recreation



Office at 9:00 a.m. Upon our arrival at Mohegan Sun Casino, you will be on your own for the day. Bus will depart for East Norriton Township at 4:00 p.m. ***You must be 21 years of age or older to participate on this trip.** The trip includes round trip motor coach transportation, \$25.00 coin package and \$5.00 food voucher. **Deadline to register for this trip is Friday, September 23rd.**

New York On Your Own

ON: Saturday, November 5th, 2016

FEE: \$50.00 per person

Bus departs from East Norriton Township Parks and Recreation Office at 7:45 a.m. Upon arrival in New York City you will be on your own to shop, sight-see or purchase tickets for a Broadway Show. Bus will leave New York City at 5:00 p.m. for our return home. **Deadline to register is Friday, October 7th.**

Rice's Market & Peddlers Village

ON: Saturday, November 12th, 2016

FEE: \$40.00 per person

Bus departs from Parks and Recreation Office at 7:30 a.m. The first stop will be Rice's Flea Market for a morning of shopping and browsing the outdoor vendors. At Rice's Market, you can find just about anything; antiques, soaps, toys, jewelry, home goods and clothes. The bus will leave for Peddler's Village at 11:45 a.m. and arrive just in time for lunch on your own! The rest of the afternoon can be spent shopping in the unique village atmosphere. **Deadline to register is Friday, October 14th.**

Radio City Music Hall Christmas Spectacular

ON: Tuesday, December 13th, 2016

FEE: \$110.00 per person which includes round trip transportation and an Orchestra or Front Mezzanine seat for the 2:00 p.m. matinee show.



Bus will leave the Parks and Recreation Offices at 7:45 a.m. and return at approximately 6:30 p.m. Free time is available for shopping, sight-seeing and lunch on your own. Show is at 2:00 p.m. with doors opening at 1:00 p.m. A \$70.00 deposit per ticket is needed with your order. No dinner stop is planned for this trip. **Deadline to register is Friday, November 18th.**

HOLIDAY HAPPENINGS

24th Annual East Norriton Township Holiday Parade at Hillcrest Plaza

ON: Saturday, December 3rd (Rain date Sunday, December 4th)

Departs from the East Norriton Middle School, Roland Drive at 11:00 a.m. Parade will enter onto Stony Creek Road and then onto German-town Pike and proceed to Hillcrest Shopping Center. Bring the kids out to view the many bands, floats, fire trucks, scout groups, Santa Claus and much more.

Line the parade route to get a great view of this Holiday event, and then join us at Hillcrest Plaza for an afternoon of fun activities following the parade. A portion of the proceeds from this event will be donated to "For Pete's Sake" take a break from cancer.

Parent's Night Out

AGE: Kindergarten – 5th Grade

LOCATION: East Norriton Middle School Gym

ON: Friday, December 16th AND/OR Friday, December 23rd

TIME: 6:00 – 9:00 p.m.

FEE: 1st child - Resident \$25; Non-Resident \$35 per date

Additional child – Resident \$10; Non-Resident \$15 (must be same family)

Enjoy a kid free night to do some shopping, have a "date night" or prepare your house for the holidays. Children will have the opportunity to do a craft, play in the gym and/or watch a movie. **You must pre-register for this program one week in advance.** Please drop your child off using the rear entrance to the gym and check them in. For pick-up, you will be required to sign your child out.

Holiday Home Decorating Contest

Once again this year, our committee will be traveling throughout the neighborhoods to judge the many beautifully decorated homes in our Township during this upcoming Holiday Season. If you want to be included in this year's event, please call our office at 610-275-2800 no later than December 16th and leave your name and address. Only homes nominated will be judged so be sure to call in your name and address. **Houses will be judged the week of December 19th - 22nd from 6 - 9 p.m., so leave your lights on.**

Santa Visits the Neighborhood

The Parks and Recreation Department in conjunction with the Norriton Fire Engine Company will once again be bringing Santa to the neighborhoods of East Norriton via fire truck. Mark the date **Saturday, December 17th beginning around 12:00 noon.** Tell the kids to keep their eyes and ears open for one of their last chances to see Santa prior to his visit on Christmas Eve.

Disney on Ice (TICKETS ONLY)

ON: Monday, December 26th, 2016

SHOW TIME: 11:00 a.m.

FEE: \$46.00 per ticket

We are offering premium lower level tickets for the Disney on Ice show. This year's show is "Follow Your Heart". These are **TICKETS ONLY**, no transportation will be provided! The show will take place at the Wells Fargo Center. **Payment is due by Friday, November 4th, 2016.** After this date, tickets will no longer be available for purchase.

WINTER RECREATION PROGRAMS 2017



Boys Basketball League

AGES: 8 - 16

8 - 10 year olds & 11 - 13 year olds:
Games on Saturdays at East Norriton Middle School

14 - 16 year olds: Games on Thursday nights at East Norriton Middle School
FEE: \$60 residents, \$70 non-residents
Basketball league for boys 8 - 16 years old.

Registrant must be 8 by January 1st, 2017.

Age for all other players is as of October 1st, 2016. East Norriton residents only registration is until Friday, November 18th, 2016. Non-residents and late resident registrations accepted on a space availability basis as of Monday, November 21st, 2016. League play begins in early January. Evaluations will be done on Monday, December 12th for 11 - 13 & 14 - 16 year olds and Wednesday, December 14th for 8 - 10 year olds. Proof of age required for all new participants. **NO REGISTRATIONS WILL BE TAKEN THE NIGHT OF TEAM SELECTIONS.**

Youth Basketball Clinic

AGES: 6 - 7

AT: East Norriton Middle School Multi-Purpose Room
ON: Saturday mornings starting January 14th for 6 weeks
TIME: 9:30 - 10:30 a.m. OR 10:30 - 11:30 a.m.
FEE: \$25.00 per child
Basic introductory clinic to basketball utilizing 8 ft. baskets. Fundamentals of shooting, dribbling, and passing taught prior to fun games played for remainder of weeks. Class limited to 15 participants in each session. **Registration deadline is Friday, January 6th.**

Winter Baseball Clinic

FOR: Boys 9 - 18 years old
AT: East Norriton Middle School Gym
ON: Monday nights starting January 30th for 5 weeks
TIME: 9 - 12 year olds, 7:00 - 8:00
13 - 18 year olds, 8:00 - 9:30
FEE: \$10.00 for resident / \$15.00 for non resident
Baseball instruction for serious players of the game. Hitting, fielding, pitching, and throwing skills will be covered by Dr. Frank Bishop and other qualified instructors. **NO CLASS FEBRUARY 20th (school closed). Register by Friday, January 20th.**

Foul Shooting Contest

FOR: Boys and Girls 8 - 16 years old
AT: East Norriton Middle School Gym
ON: Monday, January 23rd
Boys and girls will each receive 15 shots; best score determines winner. Awards given to top three male and female shooters in each age group.
6:45 p.m. 8 - 10 yr. Olds
7:00 p.m. 11 - 13 yr. olds
7:15 p.m. 14 - 16 yr. olds
Sign up prior to your age group's time the night of event.



East Norriton Taekwon-Do School

AT: Paul Fly Gym
ON: Mondays and Wednesdays beginning on Wednesday, January 4th
TIME: 5 - 12 year olds, 6:00 - 7:00 p.m.
13 - adult, 7:00 - 8:00 p.m.
FEE: \$30.00 per person/month
An internationally certified Taekwon Do school. The classes cover all aspects of this defensive art, with opportunities to advance to black belt. The classes are open to beginners or advanced students, male or female. Instructor Master Harry Plichta, 8th degree black belt. **You can sign up any Monday or Wednesday class.**

Karate for Beginners

AT: Paul Fly Elementary School Gym
ON: Monday nights starting January 9th for 6 weeks
TIME: 5 - 12 year olds, 6:00 - 7:00 p.m.
13 - adult, 7:00 - 8:00 p.m.
FEE: \$40.00
An introduction to Taekwon Do Karate. The class teaches basic techniques in self-defense, self-discipline, coordination and exercise while having fun. Instructor Master Harry Plichta 8th degree black belt. **Register at the Recreation office or at the first class.**



Tai Chi

AGES: 16+
AT: Paul Fly Elementary School Gym
ON: Monday nights starting January 9th for 6 weeks
TIME: 8:00 - 8:45 p.m.
FEE: \$50.00 per person
An introduction to the Chinese Martial Art of Tai Chi. Many health benefits can be gained using the slow calming fluid motion and deep breathing exercises. Tai Chi is a healthy workout using the patterns and its self-defense movements. Loose clothing and light footwear should be worn. **Please call the Recreation office by Tuesday, January 3rd to reserve your space. Minimum of 10 people to run the class.**

SCHOOL CLOSING INFORMATION

All activities held in schools are canceled when:

- Schools are closed due to inclement weather
- Early dismissal occurs due to inclement weather
- Special school events are planned at the school
- Schools are closed for holidays (unless otherwise noted on your league schedule)

Any questions call our office at 610-275-2800 and push 4 for Parks and Recreation. Norristown Area School District school closing number is 304.



Relaxation Yoga

AGES: 18+

AT: East Norriton Middle School Multi-Purpose Room

ON: Monday evenings, beginning January 23rd for 6 weeks

TIME: 6:30 – 7:30 p.m.

FEE: \$60.00 per student

Experience relaxation through Yoga. Learn Yoga skills that unravel tension. Use Yoga to stretch & strengthen your body and to completely relax yourself. This class is for anyone wanting a gentle yoga class, or seeking deep relaxation technique. Please wear comfortable clothes and bring your own yoga mat. **NO CLASS FEBRUARY 20th (school closed). Deadline to register is Wednesday, January 18th.**

Zumba

AGES: 18+

AT: East Norriton Middle School Multi-Purpose Room

ON: Tuesday nights starting January 17th for 8 weeks

TIME: 6:30 - 7:30 p.m.

FEE: \$50.00 per person

Program is an energizing, fun Latin fitness workout. The class is designed for all fitness levels.

Deadline to register is Friday, January 13th.



Cardio-Sculpting

AT: Cole Manor Gym

ON: Tuesday nights starting January 17th for 6 weeks

TIME: 7:00 - 8:00 p.m.

FEE: \$60.00 per person

Tone and sculpt your entire body using a series of exercises that includes: plyometrics (jump training), cardio, light resistance training, body weight training, abs and stretching. Each week we will train using a series of short exercises designed to maximize your results.

PLEASE BRING a set of light dumbbells and a yoga mat. Deadline to register is Wednesday, January 11th.

Soul Line Dancing

AGES: 18+

AT: East Norriton Middle School Multi – Purpose Room

ON: Wednesday nights starting January 18th for 6 weeks

TIME: 6:30 - 8:00 p.m.

FEE: \$45.00 per person

Come out and learn to dance to your favorite music from Motown. You will learn many of the old and new line dances that will make you the hit of the party. **Deadline to register is Friday, January 13th.**



Science Explorers

Grades: K - 5

AT: Cole Manor Elementary School Gym

ON: Monday nights starting January 23rd for 5 weeks

TIME: 6:15 - 7:15 p.m.

FEE: \$92.00 per person

Crime Scene Capers - Become a Science Explorers CSI ! Each week a new suspect will be uncovered and we'll use forensic techniques to solve the mystery of "Who Done It". Lift fingerprints, complete an analysis of unknown substances, conduct simulated blood testing and use a black light to reveal glowing evidence. See if you'll be the one to crack the case! **NO CLASS FEBRUARY 20th (school closed). Deadline to register is Friday, January 6th.**

Easy Microwave Snacks

AGES: 5 - 9

AT: East Norriton Middle School Teacher's Lounge

ON: Tuesday, January 17th, 24th, & 31st

TIME: 6:30 - 8:00 p.m.

FEE: \$70.00 per child

Parents will no longer have to worry about preparing after school/evening snacks. In this class, your child will learn how to make their own snacks. There is no easier way than using the microwave. Most of the recipes will be healthy too, so that is an additional bonus! This class will be taught by Kitchen Wizards. **Registration deadline is Friday, January 13th.**



Healthy Hors D'Oeuvres & Dips

AGES: 18+

AT: East Norriton Middle School Teacher's Lounge

ON: Thursday, January 19th, 26th & February 2nd

TIME: 6:30 - 8:30 p.m.

FEE: \$70.00 per person

Everyone likes to start the new year on a good foot with a healthy mindset. Kitchen Wizards will teach you how to make healthy hor d'oeuvres and dips that taste great as well! These recipes will also be a hit at any upcoming parties, just in time for Superbowl Sunday. **Deadline to register is Friday, January 13th.**

Breath Well Feel Better

AGES: 18+

AT: East Norriton Middle School Classroom

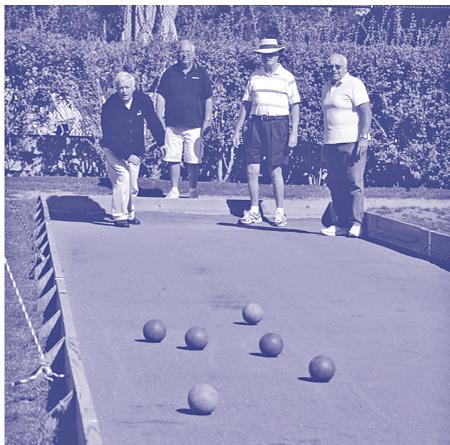
ON: Thursday, February 2nd, 2017

TIME: 6:30 – 7:30 p.m.

FEE: \$15.00

Learn easy breathing styles to help yourself feel better, reduce stress, quell anxiety and diminish pain. These techniques will also help you to rest more thoroughly and sleep more easily. Many

scientific studies prove that slower breathing helps us feel better. This is non-toxic and the only side effects are good ones. This basic act of just sitting and giving your attention to your breath is a great and calming gift to yourself. Dress comfortably, class is taught seated in chairs. **Deadline to register is Friday, January 27th.**



East Norriton Senior Bocce League

AGES: 60+

AT: East Norriton Bocce Courts

ON: Tuesday, Wednesday, or Thursday beginning April 11th

TIME: Games may be played anytime between 10:00 a.m. - 3:00 p.m.

FEE: \$40.00 - Residents

\$45.00 - Non-Residents

East Norriton Township will be organizing a spring Bocce League for seniors (60+). The league will commence in mid-April. Call the Recreation Department for additional information and a registration form. **Deadline to register is Friday, March 24th.**

East Norriton Adult Bocce League

AGES: 18+

AT: East Norriton Bocce Courts

ON: Tuesday/Thursday beginning May 2nd, 2017

TIME: 6:00 p.m.

FEE: \$40.00 - Residents

\$45.00 - Non-Residents

East Norriton Township will be organizing a spring Bocce League for adults (18+). The league will commence in mid-April. Call the Recreation Department for additional information and a registration form. **Deadline to register is Friday, April 21st.**



East Norriton Little League Baseball (ENLL)

AGES: 4 - 12

We encourage registrations online. Online registration is available from Dec 9th – Feb 19th for more information check out the ENLL web site at www.ENLLbaseball.com

ENGAA Softball:

AGES: 5 - 16

The East Norriton Girls Athletic Association (ENGAA) will be holding registrations for the 2017 softball season. **ON-LINE REGISTRATION IS ENCOURAGED! Registrations will be accepted online from early - December to mid-February at www.engaa.net OR at the East Norriton Township Building. Please check the website for full details.**

SPRING HAPPENINGS



Easter Egg Hunt

ON: Friday, April 14th, 2017 (rain date Saturday, April 15th)

FOR: Boys and Girls 3 - 8 years old

AT: Stanbridge Street Park

3 - 4 yr. olds 10:00 a.m.

5 - 6 yr. olds 10:15 a.m.

7 - 8 yr. olds 10:30 a.m.

Bring the kids out for this fun event and meet the Easter Bunny in person.

All participants should report to the pavilion five (5) minutes prior to the starting time for their age group.

THIS EVENT IS FOR THE CHILDREN ONLY. PARENTS ARE REQUESTED TO REMAIN BEHIND THE STARTING LINE DURING THE EVENT.

TRIPS

Casino Trip – Mohegan Sun Casino (winter trip)

ON: Wednesday, February 8th, 2017

FEE: \$40.00 per person

Bus departs from the East Norriton Township Parks and Recreation Office at 9:00 a.m. Upon arrival to the Mohegan Sun Casino, you will be on your own for the day. Bus will depart for East Norriton Township at 4:00 p.m. **You must be 21 years of age or older to participate on this trip.** The fee includes round trip motor coach transportation, a coin package and a food voucher (amounts to be announced).

Deadline to register is Friday, January 13th.

Casino Trip – Mohegan Sun Casino (spring trip)

ON: Wednesday, April 12th, 2017

FEE: \$40.00 per person

Bus departs from the East Norriton Township Parks and Recreation Office at 9:00 a.m. Upon our arrival at the Mohegan Sun Casino, you will be on your own for the day.

Bus will depart the casino at 4:00 p.m. **You must be 21 years of age or older to participate on this trip.**

The fee includes round trip motor coach transportation, a coin package and a food voucher (amounts to be announced). Limited space is available and will be sold on a first-come, first-served basis. **Deadline to register for this trip is Friday, March 17th.**

BIKE HELMET SALE

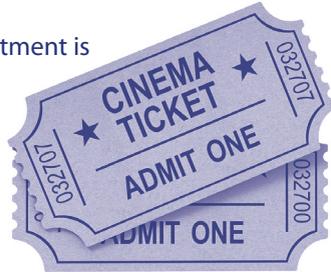
The Parks and Recreation Department is selling bike helmets at a discounted price. These helmets are CPSC certified. Helmets are being sold to promote bicycle safety and help in compliance with the state law which requires all bike riders under the age of 12 to wear helmets. Helmets cost \$12.00 each.



DISCOUNT TICKETS

Discount Movie Tickets

The Parks and Recreation Department is selling discounted movie tickets for Regal Cinemas/ United Artists Theaters or Movie Tavern at the Parks and Recreation Office Monday – Friday 8 a.m. – 4 p.m. at a discounted price. Movie tickets are being sold for \$9.00 per ticket. **These tickets are good for all shows, all times.**



philadelphia
PHS flower show

Philadelphia Flower Show Tickets

The Parks and Recreation Department will be selling Flower Show at a discounted price. The 2017 Philadelphia Flower Show will take place March 11th - 19th. These tickets are valid any day of the show. Adult tickets will cost \$29 and child tickets \$16. Come join Pennsylvania's Horticultural Society as they take a journey through Holland.



Discount Ski Lift Ticket Sales

Before heading to the slopes this year, call the Recreation Office at 610-275-2800 to check out the discounts available on lift tickets for many of the area ski areas. These are actually vouchers which can be turned in for a lift ticket at the slopes. They are not discount coupons. Vouchers are good the entire ski season for 2016-2017. Some of the ski areas that participate include: The Big Two (Jack Frost and Big Boulder), Blue Mt., Elk Mt., Bear Creek., Shawnee and Montage. **Please call ahead to find out exact cost and set up a time for picking up your tickets.**

Child Safety Restraint Systems



Officer Karl Fischer is a certified Child Restraint Technician. He received his certification training through Safe Kids Worldwide. Residents looking to take advantage of having their child restraint systems inspected must make an appointment with Officer Karl Fischer.

You will need both your vehicle and child restraint systems manuals. Each appointment will take approximately forty-five minutes. During the inspection we will look over the current car seat installation, make safety changes if needed and discuss other safety concerns.

This is a "hands-on" activity and caregivers will be expected to assist Officer Fischer during the inspection/installation process. Officer Fischer can be reached at 610-272-0748 x 161 to set up an appointment.

PARK MEMORIAL DEDICATION PROGRAM



The Parks and Recreation Department has initiated a program for residents who wish to honor or remember a relative or friend through the purchase of a gift to the parks. Picnic tables, benches, bike racks and trees can be purchased

with an engraved dedication plaque. The purchase of these items is a personal tax deduction. Through this program, residents are able to remember someone special to them, while contributing to the enhancement of our parks.

PAVILION AND DUNK BOOTH RENTALS

Need a place for your family reunion or picnic? Call the Parks and Recreation Department to reserve our pavilion. Fee is \$50 refundable deposit and \$100 for the rental. Our dunk booth is also available for fund raising or family outings. Fee is a \$50 deposit and \$100 rental fee for the weekend. Reservations for both of these items go fast, so call early to place your reservations.

REGISTRATION FORM FOR PROGRAMS/ACTIVITIES

Resident of East Norriton Township (Yes or No) Payment method: _____ Payment date: _____

Parent/guardian or participant if over 18 years old:

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Night Phone: _____

Cell: _____ E-mail Address: _____

(Note: For use by the Parks and Recreation department only. Email addresses will not be shared.)

Special accommodations requested: _____

Emergency Contact: *(if different from above)*

Name: _____ Relation: _____

Home Phone: _____ Work Phone: _____

CANCELLATION & REFUND POLICY

East Norriton Township reserves the right to cancel any program, trip or activity due to insufficient participants, inclement weather or for any other reasonable cause. Should such a cancellation occur, a refund of fees will be provided. Participants who are unable to attend a program should notify the park and recreation department 48 hours before the event in order to qualify for a refund of registration fees. Refunds will not be provided for participant cancellations less than 48 hours before an event. There is a \$25.00 fee on all returned checks. Trip refunds will only be made if a replacement can be found. All refunds due to participant cancellation will result in a \$10 administrative charge.

PARTICIPANTS NAME	AGE	DATE OF BIRTH	PROGRAM NAME	FEE

EAST NORRITON TOWNSHIP – PARK AND RECREATION PROGRAM PARTICIPANT LIABILITY WAIVER AND RELEASE

All participants (or their legal guardians if the participant is under age 18) must review and sign the liability waiver and release below.

In consideration for being permitted to use East Norriton Township "Township" and/or Norristown Area School District facilities under the jurisdiction of East Norriton Township Recreation programs and/or to participate in Township-sponsored programs, I agree, for myself and/or for any minors in my care, to fully and completely release Township, its employees, boards, departments, agents and affiliated entities from all claims, liabilities or actions for any injuries to me, injuries to minors in my care and/or any loss or damage to my personal property or the personal property of any such minors arising from our use of Township facilities or participation in Township-sponsored activities and programs.

I agree to hold harmless and defend Township, its officials, employees, successors and assigns from any and all personal injuries and property damages sustained by others by reason of our use of Township facilities or participation in Township-sponsored activities or programs.

I understand that no health and/or accident insurance is provided by the Township. I also understand and agree, for myself, and/or for any minors in my care, that I am solely responsible at any sole cost and expense for furnishing medical or other insurance to cover any expenses related to any such personal injuries or property damage.

I hereby give Township staff permission to secure emergency medical care for minors in my care who may suffer an injury or illness while in the temporary care of Township representatives.

I agree, for myself and/or for any minors in my care, to comply with all

Township rules and regulations, including any rules and regulations governing any programs for which I, and/or any minors in my care, have registered, and understand and agree that noncompliance with any such rules and regulations by me, or any minors in my care, may result in termination of the privilege to use Township facilities and/or participate in Township-sponsored activities and programs. In the event of such a termination for cause, I understand that I will not be entitled to be reimbursed for any registration fees.

I further agree, for myself and/or for any minors in my care, that I will furnish a certified birth certificate or proof of birth upon request by the Township, as may be required for participation in Township activities and programs.

I grant the right to use my/our name, image, photograph and video, including composite or modification, representations in publications, brochures, newsletters, reports, website and any other material relating to Township parks and recreational programs, activities and facilities. I waive the right to inspect or approve versions of my/our image used for publication or the written copy that may be used in connection with the image. I fully release, indemnify and hold harmless Township for any liability for actions taken on our behalf as well as for use of my/our name or image as set forth herein.

Intending to be legally bound hereby, and with full authority, I acknowledge, agree to and accept the terms of this Liability Waiver and Release on behalf of myself and/or on behalf of any minors in my care.

Print Name: _____ Signed: _____ Date: _____

Print Names of Minor(s) *(if any)* _____