

DOYLESTOWN TOWNSHIP PARKS & RECREATION



Fall 2018 Program Guide

**good for you.
good for all.**
PENNSYLVANIA PARKS & RECREATION

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Visit us at
[www.doylestownrec.com!](http://www.doylestownrec.com)

Across the Ages

Origami for Beginners NEW

Adults & Seniors

Origami is known as the art of folding paper. But it is so much more than that! Origami has roots in both Chinese and Japanese tradition, and allows the creator to form their own pieces of art with just square pieces of paper. With just paper you can make stars, flowers, butterflies, cups, boxes, and so much more! This program will introduce you to the art with more simple pieces, and then allow you to try more difficult pieces as you go.

Code	Date	Time	Day
1106.014	9/24 - 10/29	10:30 AM - 11:30 AM	M
1106.024	11/5 - 12/10	10:30 AM - 11:30 AM	M

Instructor: Gail Russo

Location: Meeting & Activity Center Trailer

Ages: 18 & up

Fees: \$72/person

Parent/Child

Bring your kids to learn all about the art of Origami! Work alongside them as they learn to take squares of paper and make all sorts of creations! From stars and butterflies to catapults and jumping frogs, they will be amazed at what they can create! Fee is \$25 per parent/child pair, and \$10 for each additional child.

Code	Date	Time	Day
0526.014	10/26	6:00 PM - 8:00 PM	F
0526.024	11/2	6:00 PM - 8:00 PM	F

Instructor: Gail Russo

Location: Meeting & Activity Center Trailer

Ages: 6 - 13 with parent

Fees: \$25 per Parent/Child pair

\$10 for each additional child



Youth

Crayola® Artist's Passport NEW

Doylestown Township is excited to announce a brand new program offered by our friends at Mad Science! Travel the world through art in Crayola® Artist's Passport! Kids will embark on an around-the-world cultural adventure - explore far-off places and learn about the people who live there, from the Americas to Polynesia, from the cosmopolitan to the countryside! Kids will experiment with Crayola® products, while trying art techniques developed by local artists and artisans. Each week will feature a different work of art such as drums, masks, canvases, prints, buses and more! Kids will come home with unique creations to build their own globally-inspired art gallery!

Please note: There is NO CLASS on October 18th, November 15th or November 22nd.

Code	Date	Time	Day
0525.014	10/4 - 12/13	4:30 PM - 5:30 PM	Th

Instructor: Mad Science Staff

Location: Meeting & Activity Center Trailer

Ages: 5 - 12

Fees: R \$150 / NR \$160

Adult

Zentangle

Beginner

As described by its creator, "the Zentangle experience is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns." More than just art, it allows you to easily access your intuition and develop your creativity while also allowing you to relax, change your perspective, and focus your attention. Zentangle relieves stress, supports healthy group dynamics, inspires new ideas and

beautiful creations, and allows you to shift your thoughts without trying.

By practicing Zentangle Art you learn how to shift your state of mind toward relaxation, focus and inspiration. Something profound occurs when you put your pen to paper and watch your lines form beautiful patterns. Since you do not need to be concerned with the results, you can enjoy the beauty of each stroke. There are no errors when creating your tangles, only happy, new beginnings. No art experience is required! All materials will be provided.

Code	Date	Time	Day
1270.014	9/25	7:00 PM - 8:30 PM	Tu

Zentangle - 5-Week Session

The 5-week Zentangle session will take you from the basic tangles to advanced. You will be coached along the way! I create a non-judgmental environment so that you can learn on your own level without any criticisms. There are no mistakes in tangles, only happy beginnings.

If you are living a stressful life or find you have no time for yourself to relax, this 5-week workshop is for you! You will love how creating Zentangles takes you into your own mindful space, allowing you to only concentrate on your tile and the intermingled lines you create with one stroke at a time.

Supplies will be provided, however those interested may purchase a kit for \$15.

Please note: Program does not meet on November 6th, November 20th or December 4th.

Code	Date	Time	Day
1270.024	10/23 - 12/11	7:00 PM - 8:30 PM	Tu

Instructor: Judith Quate

Location: Meeting & Activity Center Trailer

Ages: 18 & up

Fees: Beginner: \$25/person

5-Week session: \$125/person

Across the Ages

Stop, Breathe & Be

Doylestown Township Parks and Recreation is excited to have Connie Meizinger returning as a program instructor! Connie is a certified special and elementary educator, and has over 25 years experience as a learning support and inclusion public school teacher. She founded Connecting Mindfully after realizing the vast need for mindfulness training, applicable stress management tools and general well-being skills/strategies for people of all ages, in both their personal and professional lives. Connie has a Masters in Counseling from Arcadia University and a BS in Education from Gwynedd-Mercy University.

Stop, Breathe & Be for Kids

Tools for Your Child's Well-Being Toolbox

This class will offer mindfulness knowledge, skills and strategies that are applicable to your child's life and well-being. Mindful understanding, skills and strategies cultivate focus and attention toward personal thoughts, emotions, sensations and impulses/behaviors. By understanding and using these skills children can encourage:

- Awareness
- Resilience to Stressors
- Self-Compassion
- Emotional Regulation
- Calmness
- Enjoyment & Happiness
- Ability to Notice
- Responding Wisely vs. Reacting Blindly
- And many more cool "tools" and experiences for their toolbox of well-being!

Code	Date	Time	Day
0707.014	9/26 - 11/14	4:30 PM - 5:30 PM	W



Three easy ways to register

Online

www.doylestownrec.com

Create a household account and pay online via credit card (Visa, MasterCard or Discover).

Mail In / Drop Off

Print completed registration form (p.19) and mail with a check to:

Doylestown Township
425 Wells Road
Doylestown, PA 18901

Fax

215-348-8729 (credit card only)

Questions? Need additional information? Give us a call at 215-348-9915 and we'll be glad to assist you.



American Red Cross Blood Drive

Support the American Red Cross, your community and the country

When: Friday, September 7th

Time: 2:00 pm to 7:00 pm

Location: Central Park Tennis Court Parking Lot (Donor Bus)

To register:

- 1) www.redcrossblood.org
(sponsor code: doylestownwp)
- 2) 1-800-RED CROSS

You are eligible if your last donation was on or before July 13, 2018.



Instructor: Connie Meizinger
Location: Meeting & Activity Center Trailer
Ages: 8 - 12
Fees: \$50/child

Stop, Breathe & Be for Adults

Part 1 - Tools for YOUR Well-Being Toolbox

Everyday offers up new challenges. Whether at work, in our relationships, or within ourselves, we could all use a few "tools" to help us work through those challenges, as small or as large as they may be. Tailored for adults, this class offers mindful knowledge, skills and strategies to support you and foster all of the qualities listed previously. With the right tools, we can all grow and understand how mindfulness can help us in our everyday lives.

Code	Date	Time	Day
1273.014	9/26 - 11/14	6:00 PM - 7:15 PM	W

Part 2 - Tools and Knowledge for YOUR Well-Being Toolbox NEW

Choose to resume learning, and strengthen and enrich your skills and strategies of well-being. Revisiting the tools and resources introduced in Stop, Breathe & Be (Part 1) will bolster the foundation and practice of Mindfulness. In addition to exploring the topics offered in Part 1 in further depth, areas such as Positivity, Engagement, Relationships, Meaning, Achievement and Vitality will be introduced. CHOOSE to RESPOND and join us for connection, conversation and well-being.

Code	Date	Time	Day
1273.024	9/26 - 11/14	7:30 PM - 8:45 PM	W

Instructor: Connie Meizinger
Location: Meeting & Activity Center Trailer
Ages: 18 & up
Fees: \$50/person



Preschool/Youth

Engineering for Kids - Weekend Workshops

At Engineering for Kids we believe that children are natural born engineers who have unlimited imaginations and unbridled enthusiasm. We offer fun, hands-on learning for children ages 4 to 12. Our activities range from building flashlights and rockets to programming video games and robots. The variety of programming is extraordinary!

Ages 4-7

1) Jr. Robotics Engineering: Adventure Stories

This class is a perfect mixture of fun and learning, using LEGO®WeDo™ Robots. Using LEGO® bricks, students build a hungry alligator, a flying bird and a roaring lion. They also learn how to program and operate their creations using a laptop computer.

Code	Date	Time	Day
0316.014	10/7 - 10/28	1:30 PM - 3:00 PM	Su

2) Jr. Engineering of Power & Energy

In the Engineering of Power & Energy, join us as we look at ways to get things moving...no batteries required! In this camp, students explore the foundational concepts of potential and kinetic energy by building their very own toys. Additionally, students will explore natural power and energy sources such as falling water and the sun. Get ready for a shock in this energetic and engaging engineering experience!

Please note: There is no class on Saturday, November 24th.

Code	Date	Time	Day
0316.024	11/10 - 12/8	10:30 AM - 12:00 PM	Sa

(Applies to Numbers 1 & 2 above)

Instructor: Engineering for Kids
Location: Meeting & Activity Center Trailer
Fees: R \$129 / NR \$139



Ages 8-12

1) Software Engineering: Video Sensing

What's more fun than playing an interactive video game? Writing one! Video sensing allows students to design and program their own video games and then test them by interacting with the program via webcam. In this Scratch program, students work together to create their own games, art, and musical instruments while exploring coding foundations. Get up and get moving with Engineering for Kids and Scratch: Video Sensing!

Code	Date	Time	Day
0663.014	10/7 - 10/28	3:30 PM - 5:30 PM	Su

2) The Engineering of Power & Energy

Power and energy are what everything requires to move, turn on, light up, and make noise. In the Engineering of Power and Energy, students will break up into engineering teams and help each other to create unique ways to harness, manipulate, and use energy efficiently.

Please note: There is no class on Saturday, November 24th.

Code	Date	Time	Day
0663.024	11/10 - 12/8	12:30 PM - 2:30 PM	Sa

(Applies to Numbers 1 & 2 above)

Instructor: Engineering for Kids

Location: Meeting & Activity Center Trailer

R \$172 / NR \$182

good for exploring

Tween/Teen

American Red Cross Babysitting Clinic

Do you want to make money by playing?? Parents are in search of trained child-care providers who are Red Cross Certified! Our Red Cross Babysitters Class gives you access to the best in-class instructors who will share the latest information on child care, offer tips, and answer all of your questions so that you're ready to start your own babysitting business. With lecture and class activities, these courses are engaging, informative and fun! Lessons and Topics covered in the Red Cross Babysitters Training:

- Basic Care for infants and children (feeding, diapering, toileting, dressing)
- Basic First Aid (conscious choking, bleeding, emergencies, calling 911)
- Child Behavior (discipline, role modeling, ages and stages for children)
- Age Appropriate Activities (games for each age, capabilities of each age)
- Emergency Protocols (FIND decision making, Check/Call/Care for emergencies)
- Professionalism (creating resumes, interviewing, following up)
- Leadership (role model, communicating with children, being a great example)
- Growing your business (where to find jobs, who to market to)

Please bring a pen/pencil, a drink and a lunch.

Code	Date	Time	Day
0901.014	9/22	9:00 AM - 3:00 PM	Sa

Instructor: Sarah Prebis & Katie Kollar

Location: Meeting & Activity Center Trailer

Ages: 11 - 14

Fees: R \$79 / NR \$89

Please Register Early!

Nothing ruins a good program like waiting until the last minute to register.

If a program does not have sufficient registration five working days prior to the start date it may be cancelled.



Kids Castle Phase II

Kids Castle needs your support. Visit SaveKidsCastle.org for more information and find out how you can help.





Happy Birthday, Doylestown Township!

In case you haven't heard, Doylestown Township is celebrating it's 200th birthday! Please join us in commemorating this special year as we celebrate our rich history and look forward to another 200 years!

Bicentennial Events:

- September 29th - Bicentennial Celebration Concert & Fireworks featuring Bigg Romeo (rescheduled from July)
- November 10th - Veterans Appreciation Event at Central Bucks Senior Center
- December 2018 - Dedication of Bicentennial Time Capsule

For event updates and more information please visit <http://www.doylestownpa.org/bicentennial-celebration/>.



SAT Verbal Refresher NEW

Students who want to brush up on their SAT verbal test-taking skills will benefit from this refresher course! Taught by Lori Mehler, a PA certified Language Arts teacher with a Master's in Education and over fifteen years' experience in both public and private schools, this program will help students reach their SAT goals. It will teach effective test-taking strategies for the verbal portion of the SAT and will provide students with exercises designed to give them an edge on their testing capabilities. A small group setting will ensure personalized instruction, and homework will be provided to reinforce classroom discussions. Help your child get a jump on their SAT prep!

Code	Date	Time	Day
0920.014	9/16 - 9/23	10:00 AM - 1:00 PM	Su

Instructor: Lori Mehler, M. Ed. Education
 Location: Meeting & Activity Center Trailer
 Ages: 13 - 18
 Fees: R \$300 / NR \$310

Women's Assault Prevention Seminar

It is estimated that 33% of women will be assaulted by age 24, and the majority of them will know and trust their attacker. Women's assault prevention is a lot more than just learning how to hit or kick. It's about learning how predators think and how to identify dangerous situations before they become violent. This seminar will include a power point discussing the dangers young women face, as well as hands on self-defense training taught by retired and decorated police officer, and nationally recognized assault prevention expert, Mike Austin.

Code	Date	Time	Day
1224.014	11/24	10:00 AM - 1:00 PM	Sa

Instructor: Mike Austin
 Location: Meeting & Activity Center Trailer
 Ages: 13 & up
 Fees: R \$65 / NR \$75

Adult

Ballroom Bootcamp

Discover the fountain of youth! Ballroom dancing allows us to live a long, happy and healthy life. Unlike any other activity, it engages the body, mind and soul. If you have never danced before or need a refresher, this course is ideal. Learn the foxtrot, rumba, waltz, swing, cha cha, and more, from ballroom dance instructors who are American and International syllabus trained. Singles are welcome; however a partner is encouraged. If you never stop improving yourself, the possibilities are endless. Hope to see you on the dance floor!

Please note: There is no class on Thanksgiving Day, November 22nd.

Code	Date	Time	Day
1101.014	9/27 - 12/6	7:00 PM - 9:00 PM	Th

Instructors: Chris & Diane Brown
 Location: Meeting & Activity Center Trailer
 Ages: 18 & up
 Fees: \$80/Single
 \$150/Couple

Getting Paid to Talk

Ever been told that you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of

fun, realistic, and a great first step for anyone interested in the voice over field. For more info please visit www.voicecoaches.com/gppt.

Code	Date	Time	Day
1240.014	11/6	6:30 PM - 9:00 PM	Tu

Instructor: Voice Coaches LLC
 Location: Meeting & Activity Center Trailer
 Ages: 18 & up
 Fees: R \$25 / NR \$30

Senior

Know Your Medicare Options

During this seminar you will learn:

- How Medicare works and what it covers
- How Part D prescription cards work and how to pick the right one for you
- The difference between Medicare supplements and Medicare Advantage plans

Have all your questions answered so you can make the right choice when planning for your Medicare or Medicare Advantage decisions! This seminar is suitable whether you have decisions to make now, or just want to learn in preparation. Presented by Steve Bobrin, a Medicare planning specialist with DelVal Senior Advisors.

Code	Date	Time	Day
1502.014	10/9	6:30 PM - 8:00 PM	Tu

Instructor: Steve Bobrin, DelVal Senior Advisors
 Location: Meeting & Activity Center Trailer
 Ages: 60 & up
 Fees: Free

**good for
community**

Across the Ages

Tennis with BCTA

These five-week programs implement the games-based approach to teaching tennis and the QuickStart format - the fast and fun ways to learn tennis and/or improve your game. Programs are available for ages 4 to 94+ and from beginner to intermediate players. The atmosphere is informal, with emphasis on fun, fitness, and play. Free loaner racquets are available. Program size is limited!

Registration deadline is September 8th! Register today at www.buckscountytennis.usta.com.

Each age category meets during a different time slot. Age categories are listed below:

Pee Wees

Ages 4 to 6 • 5:15-6 pm • \$65/child

Little Aces

Ages 7-10 • 6-7 pm • \$70/child

Juniors

Ages 11-13 • 7-8 pm • \$70/child

Teens/Adults (Beg./Intermediate)

Ages 14+ • 8-9 pm • \$70/person

Continued on page 8

New Program Idea?

Let us know! We're always looking for new instructors and program ideas. Download our Program Proposal Form at www.doylestownrec.com or give us a call at 215-348-9915 for more information.



Municipal Complex Construction Update

If you've been by the Doylestown Township complex lately, then you know changes are well underway! Since breaking ground in March, construction of the new township administration and police building has continued steadily.

Township Administration and Police are fully operational within modular units situated on the basketball courts in Central Park. It is the intention of the Township that business will go on with as little disruption to services as possible.

New Program Location

All indoor Parks and Recreation programs continue to be held in the Meeting and Activity Center Trailer (pictured above) which is located adjacent to the Administration Trailer in Central Park (425 Wells Rd.). In order to get to the trailer, you must enter Central Park off of Wells Road and make an immediate right into the parking lot. Please take note of the program location when registering!



Bluebird Nest Box Trail

The Doylestown Township Environmental Advisory Council has implemented a bluebird nest box trail to encourage nesting eastern bluebirds and other cavity nesting birds.

Take time to observe, but please do not disturb.

We appreciate your cooperation!



Code	Date	Time	Day
1811.014	9/25 - 10/23	5:15 PM - 9:00 PM	Tu

Instructor: Bucks County Tennis Association

Location: Central Park Tennis Court 4

Ages: 4 & up

Fees: See age groups above for fees and program time.

Social Pickleball

Calling all Pickleball players! Central Park now has dedicated court times for Pickleball play. No matter what your skill level, we invite all interested players to come out! Pickleball is one of the fastest growing sports in the country and is appropriate for all ages. It's easy to learn, fun to play, and a great way to stay active! Get out to the Central Park courts for some fun, physical activity and meet some new friends along the way! Registration is not required.

Location: Central Park Courts 1, 2 & 3

***Time: Mondays - 5 pm to Dusk**
Wednesdays - 5 pm to Dusk
Fridays - 8 am to 12 pm

*Tennis players are asked to yield to Pickleball players during these times.

Taste of Fencing

LUNGE into something different this Fall...Fencing is fun, safe, exciting and a great form of exercise! Fencing sharpens your agility, balance, confidence, reflexes and even your mind! Our "Taste of Fencing" courses are just that — they allow you to try the sport of fencing without making a long term commitment or costly investment.

The Taste of Fencing Course consists of one hour classes, once a week for three consecutive weeks. Additional classes are available once your session is completed. Fee of \$120 includes the use of required equipment.

To register please visit www.doylestownrec.com.

Classes are offered at both the Lambertville, NJ and Hatfield, PA locations. Please see below for class locations.

Lambertville, NJ - 287 South Main Street, Lambertville, NJ 08530-1830

Code	Date	Time	Day
1805.024	9/15 - 9/29	1:00 PM - 2:00 PM	Sa
1805.044	10/15 - 10/29	7:30 PM - 8:30 PM	M
1805.064	12/6 - 12/20	5:00 PM - 6:00 PM	Th

Hatfield, PA - 1713 Bethlehem Pike, Hatfield, PA 19440

Code	Date	Time	Day
1805.014	9/12 - 9/26	5:30 PM - 6:30 PM	W
1805.034	10/13 - 10/27	11:15 AM - 12:15 PM	Sa
1805.054	11/3 - 11/17	11:15 AM - 12:15 PM	Sa

Location: See above

Ages: 8 & up

Fees: \$120/person

Preschool/Youth

Junior Multi-Sport Program

Children will have a blast in this highly active class that incorporates a new sport each week! Children have the opportunity to play soccer, hockey, football, track & field and t-ball. They will engage in age appropriate activities that will help them learn the fundamentals and rules of each specific sport. Additionally, children will play fun running games in a safe environment that promotes positive social interactions. Coaches are very patient and encouraging in order to create a great experience for all children.

Code	Date	Time	Day
0466.014	9/23 - 10/28	1:30 PM - 2:30 PM	Su

Instructor: Rookie Sports Club
 Location: Turk Park III Multi-Purpose Fld 1
 Ages: 3 - 6
 Fees: R \$80 / NR \$90

Kids Karate with East Montgomery Martial Arts Academy

This program will feature a traditional Martial Arts curriculum that has been established for over 45 years. With an emphasis on childhood development and goal setting, this program promotes "Discipline of Mind and Body" and the development of a positive winning attitude!

The program is directed by the founder of East Montgomery Martial Arts Academy (located in Horsham), Mr. Jonathan Exaros. Classes will be taught by Ms. Shannon Lynott who is a Goddard School Teacher and an instructor at the main martial arts academy. Ms. Lynott has been studying with Mr. Exaros since she was a little girl.

The Academy is very pleased to be partnering with Doylestown Township Parks and Recreation, and is enthusiastic about bringing their unique and proven methods of teaching children to the Doylestown community.

Please note: During the Fall sessions there is NO CLASS on September 24th, October 22nd, and November 26th.

Code	Date	Time	Day
0463.014	9/10 - 10/29	6:00 PM - 7:00 PM	M
0463.024	11/5 - 12/17	6:00 PM - 7:00 PM	M

Instructor: Shannon Lynott
 Location: Meeting & Activity Center Trailer
 Ages: 5 - 12
 Fees: R \$60 / NR \$70

good for kids

Yogarific Kids

This class encourages self-expression and building social skills. Children will strengthen their bodies as they learn how to focus through breathing and relaxation techniques. Improves focus, flexibility, awareness and physical and emotional health.

Code	Date	Time	Day
0467.014	9/29 - 11/3	9:00 AM - 9:45 AM	Sa

Instructor: Marina Russell
 Location: Meeting & Activity Center Trailer
 Ages: 5 - 8
 Fees: R \$60 / NR \$70

T-Birds T-Ball

Players 3 to 5 years old 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.

Each player receives MLB style shirt, baseball cap and award!

Please note: Programs run for one hour. A schedule will determine 5:30 or 6:30 time slot. Program Coaches will communicate with families prior to program start.

Code	Date	Time	Day
0119.014	9/10 - 10/15	5:30 PM - 7:30 PM	M

Instructor: Jump Start Sports
 Location: Turk Park 1 Baseball Field 3
 Ages: 3 - 5
 Fees: R \$75 / NR \$85



Photo & Video Release

On occasion our staff may photograph and/or video tape participants at programs/events. This is for Township use only and may be duplicated in township publications or video productions.



Oops, we goofed...!?

From time to time there may be an error, typo and/or change to information in the program guide. If so, we will take every step to correct the situation in a timely and efficient manner. We appreciate your patience and understanding should these situations arise.

Discount Tickets

Ski Tickets

Discount tickets are available at the Township Administration Building for the 2018-2019 ski season. Save money and avoid waiting in long lines. Supplies are limited and subject to change. **Please call ahead to confirm availability.**

Participating ski areas:

- Bear Creek
- Big Boulder / Jack Frost
- Blue Mountain
- Camelback
- Elk Mountain
- Elmwood Park Zoo
- Shawnee Mountain

For ticket availability please call our office at 215-348-9915.

Movie Tickets

Super saver tickets are valid at Regal, Edwards and United Artists Theaters. No expiration date. Tickets are valid for all dates and show times and can be redeemed at the box office. Surcharges may apply for IMAX or 3D shows.

- Individual Tickets - \$9.50 ea.
 - Movie Gift Packs* - \$27 ea.
- *(incl. two tickets and \$10 gift card)

*All ticket sales are final. There are no refunds on ticket sales.
Payment: Cash, Check, Credit Card (Visa, MasterCard or Discover) or Money Order will be accepted.*

Adult

Outdoor Boot Camp

Get out to Central Park for this total body fitness program that takes boot-camp style training to the next level. Each workout will combine cardio, core and strength training, using functional moves and equipment like TRX, battle ropes, Kettlebells and medicine balls, along with good old fashioned boot camp "faves" like pushups and sprints. This program will keep you fit and feeling great! For all fitness levels. Class will be held rain or shine, but in the event of severe weather, it will be held indoors at Cornerstone, Doylestown.

Code	Date	Time	Day
2207.014	9/19 - 11/7	6:00 PM - 7:00 PM	MW

Instructor: Cornerstone Staff

Location: Central Park Fitness Trail

Ages: 18 & up

Fees: \$212/person



Cornerstone Fitness

Group Exercise Classes

Are you looking to change up your fitness routine? Maybe you want to try group fitness classes but don't want to pay for a full gym membership? Our group exercise classes with Cornerstone allow you to do just that! We offer everything from Barre, to Yoga, to Zumba and more! Each program runs for 8 weeks. That's less than \$9 a class!

All classes held at Cornerstone's Doylestown location:

740 Edison Furlong Rd.
Doylestown, PA 18901

(Applies to numbers 1 through 10 below)

Ages: 18 & up

Fees: \$69/person
\$59/senior (Ages 60 & up)

1) Barre Fitness

This exhilarating class will give you the long, lean muscles of a dancer by toning your seat, abs and arms, while it strengthens your core. Highly effective exercises are performed at the barre and on the floor, taking your muscles to the point of fatigue. Proper alignment will always be emphasized, encouraging amazing posture!

Code	Date	Time	Day
2129.014	9/27 - 11/15	6:30 PM - 7:15 PM	Th
2129.024	9/29 - 11/17	9:00 AM - 9:45 AM	Sa

2) Group Fight® (Kickboxing)

Bring it on! This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Fight® will knock you out! No prior kickboxing experience required.

Code	Date	Time	Day
2132.014	9/25 - 11/13	1:00 PM - 2:00 PM	Tu

3) Hatha & Yin Yoga

A meditative practice of long-held postures, designed to complement the more active (Vinyasa) style practice. This class opens the body to become more flexible while energizing the organ meridians. Appropriate for all levels.

Code	Date	Time	Day
2138.014	9/25 - 11/13	6:45 PM - 8:00 PM	Tu

4) Let's Dance!

A 45-minute, high energy, low impact dance workout for all ages!

Code	Date	Time	Day
2123.014	9/27 - 11/15	11:15 AM - 12:00 PM	Th

5) Metabolic Training

A dynamic mix of strength and cardio training designed to burn calories,

gain strength and lose fat both during and after the workout.

Code	Date	Time	Day
2201.014	9/27 - 11/15	6:00 AM - 6:45 AM	Th

6) Pilates Mat Express

Stretch and strengthen the total body, with a focus on the core musculature, known as the "Powerhouse." Pilates mat classes are taught as a series of 30-50 movements performed with minimum repetitions to gain maximum results. Create longer, leaner, stronger muscles, and increased flexibility and mobility. Pilates Mat express is a shorter (45 min.) version of the Pilates Mat class.

Code	Date	Time	Day
2119.014	9/25 - 11/13	5:30 PM - 6:15 PM	Tu

7) Sculpt

Intense weight training which improves muscular strength and endurance. All fitness level welcome.

Code	Date	Time	Day
2117.014	9/28 - 11/16	10:30 AM - 11:30 AM	F

8) Spinning®

High energy indoor cycling at its BEST! Get into class and work in a variety of heart rate training zones – find a different road each time! 25-hour advance sign up required for all Spin classes. For those new to Spinning®, an Intro to Spin class is highly recommended. Please contact Cornerstone at (215) 794-3700 for details.

Code	Date	Time	Day
2104.014	9/25 - 11/13	9:00 AM - 10:00 AM	Tu

2104.024	9/27 - 11/15	9:00 AM - 10:00 AM	Th
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9) Vinyasa Yoga

A fluid, strong Yoga practice that incorporates more challenging poses as well as more complex sequencing. This class is suitable for those who are physically fit and have some yoga experience or basic understanding of

yoga. This class includes sun salutations and sometimes inversions and/or arm balances.

Code	Date	Time	Day
2109.014	9/29 - 11/17	9:45 AM - 11:00 AM	Sa

10) Zumba®

Zumba® combines high energy, international music with fun and easy to do moves and combinations that let you dance your worries (and lots of calories!) away. Ditch the workout and join the party!

Code	Date	Time	Day
2113.014	9/30 - 11/18	10:30 AM - 11:30 AM	Su

Just for Seniors

Silver Sneakers

Ages: 60 & up

Location: Cornerstone, Doylestown

Fees: Only \$59/senior

1) Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Code	Date	Time	Day
2402.014	9/27 - 11/15	12:00 PM - 1:00 PM	Th

2) Silver Sneakers® Yoga Stretch

ESPECIALLY FOR SENIORS! Silver Sneakers® Yoga Stretch is designed just for those 60 and up! Participants will progress through seated and standing yoga poses designed to increase flexibility, balance and range of movement, plus restorative breathing exercises and relaxation at the end.

Code	Date	Time	Day
2401.014	9/26 - 11/14	12:00 PM - 1:00 PM	W

Please visit our website at www.doylestownrec.com



for the most up-to-date program/event information and other announcements.



Please be considerate.

When using park facilities please be considerate of other park users.

Pedestrians have the right-of-way on all bike/hike trails and crosswalks.



Canine Capers

Susie Danzis, Certified Dog Trainer
Owner, Training Tails Dog Training



(215)348-3118

susie@trainingtails.net / www.trainingtails.net

Teen Leash & Greet Class

My Pack Leash Walk and dog training class combined! You will be walking with me and other handlers and social dogs in "The Pack." A Pack Walk provides excellent physical and mental exercise for your dog as well as healthy interaction with other dogs. This is an ALL outside walking and training class. Learn new exercises to improve your dog's leash walking skills as we power walk through the park. This class is a great option for the active teenage dog! Or, if your dog is excitable around other dogs, needs exercise, constantly stops on their walks or simply enjoys walking. We will teach them to walk (and stay!) on one side of you, walk in a straight line, walk at a steady pace and walk with their head up in the air (rather than trying to eat everything off the ground!). We will also practice appropriate meet & greet skills with new people and dogs.

For dogs that are 6 months and older and social with other dogs.

Code	Date	Time	Day
1243.014	9/6 - 10/25	5:15 PM - 6:15 PM	Th
1243.024	9/29 - 11/17	10:45 AM - 11:45 AM	Sa

Instructor: Susie Danzis

Location: Central Park (Meet at Pavilion 2)

Ages: 18 & up

Fees: R \$188 / NR \$198

Dog Park Orientation

General Information

The Dog Park is a "membership" facility located on Almshouse Rd. between Rt. 611 (Easton Rd.) and Turk Rd. in Doylestown Township at Turk Park III. (Across the street from Bucks County Correctional Facility which is 1260 Almshouse.)

The dog park consists of 3 separate areas: 1/2 acre for small dogs, 1-1/2 acres for large dogs, 1 acre for rotation of the other two areas to preserve the turf and to be utilized for educational events, training, and agility. Other amenities include: Shaded pavilion area, waste bags and covered containers for waste disposal, water fountains, benches, trees and shrubs for screening and shade, and an informational kiosk.

Attendance at orientation is mandatory in order to become a member of the Dog Park. If you would like to register for membership at the conclusion of the orientation, please bring the following:

- 1) Page 19 of the Membership packet (available for download at www.doylestownrec.com)
- 2) Copies of up-to-date vaccination records showing Rabies, DHPP and Bordetella
- 3) Dog license (yearly or lifetime)
- 4) Check, cash or credit card payment

Your dog does not need to attend orientation.

Code	Date	Time	Day
5001.014	9/22	10:45 AM - 11:45 AM	Sa
5001.024	10/18	6:45 PM - 7:45 PM	Th
5001.034	11/10	3:45 PM - 4:45 PM	Sa

Location: Doylestown Borough - Borough Hall*

Ages: 18 & up

Fees: Free

*Please Note: Parking at Borough Hall is available behind the building against the fence only.

Walking the dog?

We welcome your "well-mannered" canine friends. Dogs must be leashed and under the control of the owner at all times. Off-leash activity is prohibited. Owners are responsible for cleaning up and properly disposing of waste material.



Trips & Tours

Radio City Christmas Spectacular Bus Trip

There's nothing like Radio City at Christmas time, especially when you are watching the Rockettes. You will enjoy stunning dance numbers by the World Famous Rockettes, old favorites like Parade of the Wooden Soldiers, The Nutcracker, and the majestic, Living Nativity, and of course a few new thrills too!

This trip includes deluxe motor coach transportation and tickets for the show (Orchestra). Lunch and free time are all on your own. Show time is 2pm!

Please arrive in Central Park (425 Wells Rd.) between 7:00-7:15 am. Departure at 7:30 am SHARP from Central Park Parking Lot 1 (Immediately to the left upon entering the park). Seating is assigned. Please notify us of your group when registering or email Kaitlyn at kfinley@doylestownpa.org. Minors under 18 years old must be accompanied by parent/guardian.

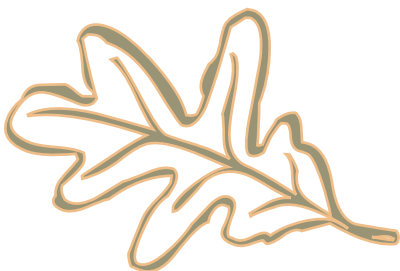
Additional information and trip details will be emailed to all participants the week prior to the show. Please book quickly, the tickets go fast! Trip in partnership with Warwick Township.

Code	Date	Time	Day
1702.014	11/19	7:00 AM - 8:00 PM	M

Meeting Location: Central Park Parking Lot (Next to Field 1)

Ages: 3 & up (Children under 18 must be accompanied by an adult)

Fees: \$130/person



good for friends

Premier World Discovery

Doylestown Township Parks & Recreation is excited to continue its partnership with Premier World Discovery! Founded in 1999, Premier is an innovative tour operator specializing in the group travel market. By partnering with Premier, we are able to offer both our residents and those in the surrounding community an opportunity to take trips we never could have offered on our own!

While 2018 offered two amazing trips with Premier: Great Trains and Grand Canyons, and Treasures of Ireland, we are thrilled to have two more trips added for 2019! California Rail Discovery will depart on April 3, 2019, and Rome & the Country Roads of Tuscany will depart on November 5, 2019. View trip highlights and pricing on page 14!

Interested in the California Rails trip? Join us for an informational presentation on Tuesday, September 4th! Registration is not required, but is appreciated. To register for the presentation please visit www.doylestownrec.com or call 215-348-9915. Watch for the Rome & Country Roads of Tuscany presentation coming soon!

Please note: The below presentation is informational only. Registration for the presentation does not reserve or hold a spot on the trip.

Code	Date	Time	Day
6001.014	9/4	6:00 PM - 7:00 PM	Tu

Location: Meeting & Activity Center Trailer

Ages: 18 & up

Fees: Free

Looking for a place to hold your next event?

Central Park in Doylestown Township offers a prime location that can be reserved for special events or fundraisers. The park currently plays home to several popular events in Bucks County, including IRun4Life, a kids only 3K, The Leukemia & Lymphoma Society's Light the Night Walk, the 4UDrew Car Show, and many others. The multipurpose fields within Central Park are also used for soccer and other athletic tournaments.

In addition to 5 multipurpose fields, Central Park offers miles of walking trails, 2 picnic pavilions, and the Covenant Bank Amphitheater, the home to our Thompson Performing Arts Series (pg. 16). The amphitheater, which celebrated its inaugural season in 2016, is located right at the center of Central Park and has already been filled with crowds of thousands for numerous performing arts events.

If you are interested in holding a special event in Central Park, please visit www.doylestownrec.com, and download the Special Event Application form under Department Info & Forms.

Fees for holding a special event will vary depending on the type and size of the event. The 2018 Fee Schedule can be found on our website as well.

Make Central Park the home for your next special event! For additional questions please call the Doylestown Township Administration Building at 215-348-9915 or email info@doylestownpa.org.

PREMIER
WORLD DISCOVERY

CALL: 215.348.9915

7

DAYS

FROM **\$2745*** pp dbl

**CALIFORNIA RAIL
DISCOVERY**

April 3, 2019

- Two Rail Experiences
- Napa Valley Wine Train
- Winery Tour & Tasting
- Sierra Nevada Rail
- Lake Tahoe
- Paddlewheeler Cruise
- Journey
- Old Town Sacramento
- San Francisco City Tour
- Virginia City
- San Francisco Bay Cruise



9

DAYS

FROM **\$3395*** pp dbl

**Rome and the Country
Roads of Tuscany**

November 5, 2019

- 5 Nights in Tuscany - Montecatini-Terme
- 2 Nights in Rome
- Siena
- San Gimignano
- Tuscany Winery Visit
- Florence City Tour
- Academy Gallery
- The Leaning Tower of Pisa
- Assisi
- Rome City Tour
- St. Peter's Basilica



Fido Float at Fanny Sept 8

Join us for our fourth annual "Fido Float" at Fanny Chapman Pool. There will be two sessions - *Small (under 30 lbs.) and Large (over 30 lbs.)*. All dogs must have current vaccinations (rabies / DHPP) and provide proof on the day of the event (current Doylestown Dog Park members may bring key fob in lieu of records). Doylestown Animal Medical Clinic will be onsite for K-9 first aid needs.

For information, rules and registration visit www.doylestownrec.com.

Current Dog Park Members:

Activity #	Date	Time	Day
1612.024 (large - 30 lbs. and over)	9/8	12:00 pm - 1:45 pm	Sa
1612.014 (small - under 30 lbs.)	9/8	2:15 pm - 4:00 pm	Sa

Non Dog Park Members:

Activity #	Date	Time	Day
1612.034 (large - 30 lbs. and over)	9/8	12:00 pm - 1:45 pm	Sa
1612.044 (small - under 30 lbs.)	9/8	2:15 pm - 4:00 pm	Sa

Location: Fanny Chapman Pool, 10 McKinstry Drive, Doylestown

Ages: 18 yrs & over

Fee: \$10 per dog/session (DP members) / \$15 per dog/session (non-members)



Community Wide Yard Sale Sept 29

Join our new community-wide yard sale and sell your items at your own home! No more lugging truck loads to the township building! By registering your sale with us you will get a spot on our interactive map. Buyers will then be able to follow the map to each participant yard sale. Registration fee includes all forms of advertising including the township website, The Intel, 6abc.com and more, and inclusion in the interactive map which will also list the types of items you are selling.

Date: Saturday, September 29th

Time: 8 am to 1 pm

Fee: \$10/household (Open only to Doylestown residents)

Register at www.doylestownrec.com





The Sofa Kings

Aug 29

Let's finish up the summer concert season with a bang and dance the night away with the Sofa Kings! The Sofa Kings are a high energy ten-piece band from Southeastern Pennsylvania that is taking the Delaware Valley by storm! The combination of fine musicianship, extraordinary vocals and an exceptional horn section sets the Sofa Kings apart from the rest. They cover all genres including all forms of dance music, Motown, R&B, Classic Rock, and current hot tunes on the Billboard charts!

Time: 7 pm

Location: Covenant Bank Amphitheater, Central Park

Fee: Free - Parking available throughout Central Park

THOMPSON
PERFORMING
Arts
S E R I E S



BIGG ROMEO



Covenant Bank
AMPHITHEATER

Bicentennial Celebration Concert & Fireworks **Sept 29**

Happy Birthday, Doylestown Township! Bigg Romeo returns to celebrate the Bicentennial with a bang! This eight-time "Couples Choice" winner will put you right in the middle of a spontaneous party with their powerful, dynamic renditions of 60's soul, 70's disco, 80's retro, 90's dance classics, and today's hottest pop tunes. The night caps off with a fantastic fireworks display! (Rescheduled from July rainout).

Join us for family fun, great food vendors, and amazing fireworks!

Date: Saturday, September 29th

Time: Bigg Romeo - 7 pm

Fireworks - 9:15 pm

Location: Covenant Bank Amphitheater, Central Park

Fee: \$5/car - Park opens at 5 pm



Paddington 2

Sept 28

(2017) Rated PG

Paddington Bear tries to buy an antique book for his aunt's 100th birthday, but his quest brings him into conflict with an unscrupulous actor who also wants the tome. Movie presented courtesy of Pennoni.

Time: Sunset (6:45-7 pm)

Location: Covenant Bank Amphitheater, Central Park



How to Train Your Dragon Oct 12

(2010) Rated PG

There may be more to dragons than you think! Follow a young viking who once wished to hunt dragons, as he ends up befriendng a young dragon instead.

Time: Sunset (6:15-6:30 pm)

Location: Covenant Bank Amphitheater, Central Park



Coco

Oct 19

(2017) Rated PG

Join us for our last movie in the park event of the season! A boy journeys into the Land of the Dead to seek forgiveness from his ancestors and lift a curse!

Time: Sunset (6-6:30 pm)

Location: Covenant Bank Amphitheater, Central Park



General Information

Enrollment-General Info: All programs have a minimum and maximum enrollment and are filled on a first-come, first-served basis. Programs may be canceled due to insufficient registration, inclement weather or other reasonable cause. Payment is due at time of registration (space is not guaranteed until proper payment is received). Resident prices are for those who live within the boundaries of Doylestown Township.

Ways to Register:

Online: Register your household and pay online via credit card (Visa, MasterCard or Discover).

Mail In: Complete the registration form and mail with full payment to: Doylestown Township, 425 Wells Road, Doylestown, PA 18901. Separate check or money order for each class.

Walk-In: Monday - Friday, 8:30 am-4:30 pm (use drop slot before/after hours) at the Doylestown Township Administrative Office, located at 425 Wells Road, Doylestown, PA 18901.

Payment: Credit card, cash, check or money order. Unless otherwise indicated, please make checks payable to Doylestown Township.

Why Separate Checks... For your benefit: With a single check, one or more programs may be full and the entire registration is held until we receive proper payment. Classes may be full before we can resolve the problem.

Waiting Lists: Waiting lists do not guarantee you a spot. You will be contacted only if a space becomes available. If notified, you will have up to 24 hours to accept the space (with payment) or the opening will be offered to the next person on the list.

Registration Confirmations: Confirmations are not issued unless a self-addressed stamped envelope is included with registration materials.

Register Early: Waiting may result in a program being canceled due to low enrollment.

Insufficient Funds: A \$35 charge will be charged back to the participant for each returned check. Failure to correct this error in a timely fashion (cash only) will result in removal from the program.

Notice to Participants: Participants must recognize that all programs involve some level of risk, by registering for a program; participant assumes any & all risk. Every effort is made to ensure the safety of participants and to provide high-quality recreational activities, facilities and parks. In the event of a serious accident or illness, our policy is to: Contact 911, when necessary, transport to the hospital and contact the parent/guardian or emergency contact as quickly as possible.

Customer Service: We strive to provide excellence in the area of customer service and satisfaction. Our policies and guidelines have been carefully established to assist us in providing fair and equitable treatment to all.

Insurance: Individual accident/medical insurance for participants is not provided by Doylestown Township.

Code of Conduct: Participants and/or spectators are expected to exhibit appropriate behavior at all times while attending any program or event sponsored by Doylestown Township.

Kids' Castle Group Days: Group days have been established for ALL groups regardless of size. Groups that have not pre-registered and/or, checked in will be asked to leave the playground. Exceptions will not be made to this policy.

Groups Days: Tuesday, Wednesday and Thursday from 10:00 am to 3:00 pm; May 1st- November 1st (no exceptions).

- ▶ All groups must be pre-registered.
 - Playground is designed for ages 2-12 only.
 - Fee: \$4/child fee; Payment is due upon arrival.
 - An 8:1 child/chaperone ratio is required.
 - Group Day registration does not include pavilion.

Facility Use Applications: Groups wishing to utilize a park or park amenity must complete a Facility Use Application or Special Event Application and obtain a permit. These forms can be downloaded at www.doylestownrec.com.

Pavilion Rentals: Two picnic shelters are available for rental in Central Park. Facility Use Application, insurance, rental fees and security deposit are required. Fees vary depending on group size and residency. Reservations may be made beginning January 1st (Township Residents) & April 1st (Non-Residents). Please call for times and availability.

Refund Policy: Refund requests will be handled according to the following guidelines.

- Full refunds are issued for programs that are canceled by the Township.
- Up to two-weeks prior to the start of any program a \$20 administrative fee will be deducted for all refund requests.
- **No refunds will be issued within two weeks or after the start of any program.**
In the event of medical emergency, written verification from a physician will be required. Approved requests will be prorated to reflect attendance, \$20 administrative fee and issued as an account credit only.
- There are no cash refunds. All approved refunds will be issued via township check or account credit.
- **Facility Rentals:** No refunds will be issued within two weeks of pavilion rental. In the event of inclement weather, notification of non-use must be made 24-hrs. prior to the scheduled use day - No later than Friday at 4pm if the rental is scheduled for a weekend. Attempts will be made to reschedule any facility rental.
- Other conditions may exist for programs that run cooperatively with outside providers and may include non-refundable fees.
- **Trip programs:** Refunds are issued only if the seat can be re-sold or if the trip is canceled.

Check us out at...

www.doylestownrec.com



Part 1 • Family Information (please print clearly)

Parent Name _____ Township Resident Non-Resident
 Address _____ City _____ State _____ Zip _____
 Home Phone _____ Cell Phone _____ Email Address _____
 Emergency Contact _____ Relationship _____
 Home Phone _____ Cell Phone _____ Other _____

Part 2 • Program Selection

Participants Name	Sex	Birthdate	Age	Program	Activity Code					Fee
	<input type="radio"/> M <input type="radio"/> F									\$
	<input type="radio"/> M <input type="radio"/> F									\$
	<input type="radio"/> M <input type="radio"/> F									\$
	<input type="radio"/> M <input type="radio"/> F									\$

Part 3 • Payment

Payment method: Check Cash Money Order Credit Card (complete following section) **Total Payment \$** _____

Doylestown Township now offers the convenience of accepting credit cards either online at www.doylestownrec.com, in-person, by mail, or over the telephone by calling 215-348-9915. If registering via mail, please complete the following:

Visa® MasterCard® Discover® Billing Address Same as above Billing Address different from above

Credit Card #: _____ Exp. Date ____/____/____ CVV # _____

Billing Address: _____ City _____ State _____ Zip _____

Cardholder signature _____ Date: _____

Part 4 • Restrictions / Allergies / Medications

Restrictions:

Allergies:

Medications:

Part 5 • Authorized Pick Up & Transportation (individuals / relationship of those authorized to pick up minor children)

Name: _____ Phone (day): _____ Relationship: _____

Name: _____ Phone (day): _____ Relationship: _____

Part 6 • Release Form

Persons other than a parent or legal guardian permitted to pick up children must be authorized in writing by the parent or legal guardian and submitted to the program supervisor. For their protection, children will not be released to anyone not on file with the township.

I hereby give the above named participants permission to participate in the above named recreation program/s sponsored by Doylestown Township. In consideration of participation in the above named recreation program/s, I/we, do hereby agree to hold harmless and indemnify the Township of Doylestown, its employees, agents, and volunteers against any claims for and on account of any and all injuries sustained as a result of participation in the above named program/s. In addition, I grant my permission to have emergency medical personnel and/or physician treat and/or transport.

Signature of Participant or Guardian (if under age 18) _____ Date _____

Return with payment to: Doylestown Township, 425 Wells Road, Doylestown, PA 18901

Doylestown Township
425 Wells Road
Doylestown, PA 18901

Phone: (215) 348-9915
Fax: (215) 348-8729

Office Hours
Monday-Friday
8:30 am-4:30 pm

Park System Hours:
Dawn to Dusk

Visit us on the web!
www.doylestownrec.com

*Check regularly for
updates and announcements*

..... **explore local parks**

Being well, having fun, and strengthening our communities are some of the ways that local parks and recreation enhance our lives. To find a local park, nearby park or explore other parks across Pennsylvania visit <http://goodforpa.com>.

BRING LIGHT

to the darkness of cancer

Greater BucksMont

Saturday, October 6

Central Park, Doylestown, PA

Register today: LightTheNight.org/epa



Maeryn
leukemia survivor

