



LMT Summer
Camp information
inside on page 8!

2019 LMT Pool
Membership
Information
on page 5!

LOWER MAKEFIELD TOWNSHIP SPRING & SUMMER 2019 PROGRAM GUIDE



Parks & Recreation



“Like” us on Facebook - LMT Parks and Recreation

1550 OXFORD VALLEY RD | YARDLEY | PA | 19067
267-274-1111 | LMT.ORG



LETTER FROM THE DIRECTOR

With 28 miles of bike trails that connect parks, sports fields, the 5-Mile Woods Preserve, the 9/11 Memorial Garden of Reflection, The LMT Pool, and the Dog Park, there are many opportunities for people (and dogs!) of every age and ability level.

The Lower Makefield Township Parks and Recreation Department is located at the new Community Center and is open to the public, Monday-Friday from 9am-3pm, for discount ticket purchases, field or pavilion rental requests, and to sign up for programs like the ones you will find within this guide. You can also register ONLINE! for The Pool, the Dog Park, field and pavilion permit requests, as well as Community Center classes and programs. These opportunities can be found at:

REGISTER.COMMUNITYPASS.NET/LOWERMAKEFIELD

(If you already have an account for The Pool, Dog Park, or from a previous class, please sign in using the same account!) For questions or feedback, please call 267-274-1110 or email prinfo@lmt.org.

LMT Residents,

In 2018, Lower Makefield Township Parks and Recreation has seen tremendous growth. The Community Center is now a hub for activities. We offer programs and classes 7 days a week for people of all ages. We hosted and provided space for over 630 different programs, trainings, activities, speakers, and events open to the public.

If you are interested in getting involved, we have several volunteer opportunities for both adults and teens. Our Youth Committee has been very active this year, volunteering for several community events such as: First Fridays at the Community Center, collecting goods for homeless Veterans at the 2018 Veterans Day Parade, and assisting with Yardley's first Tedx event. Please contact the Parks and Recreation Department for more details.

In 2019 we look forward to the addition of Camp LMT, a summer camp for children ages 6 to 12 that offers: swimming, special guests, trips, crafts and much more. We will also host a Howl-o-ween event at the dog park, plus more family programs and events for the community. You will find more about our programming and events in this program guide.

I look forward to seeing you at our Open House on March 9th, where you can meet some of our staff, find out more about the pool, summer camp, programming and learn about LMT leagues.

Sincerely,
Monica A. Tierney, MBA, M.Ed.
Director of Parks and Recreation

LMT Parks and Recreation Board

David Gordon, Chair
David Malinowski, Vice Chair
Douglas Krauss, Secretary
Patricia Bunn, Member
Bryan McNamara, Member
Dennis Wysocki, Member
Michael Brody, Member

PARKS AND RECREATION INFORMATION

LMT Dog Park

Registration information: [REGISTER.COMMUNITYPASS.NET/LOWERMAKEFIELD](https://register.communitypass.net/lowermakefield)

- Residents: \$35 / for one (1) dog; \$15 for each additional dog, per year
- Non-Residents: \$50 / for one (1) dog; \$15 for each additional dog, per year

Register online for a free upcoming dog park orientation class Wednesday, May 1. After the class is complete, residents can register and pay online, and bring shot records, PA dog license receipts, and the certificate from completing the class to the Township Building (1100 Edgewood Road).

The Pool @ LMT

2019 pool registration has begun! In this guide you will find more details on the membership process and information.

LMT Walking Group

LMT Parks and Recreation presents a walking group run by and for the community. Planned walks of different lengths and locations will give you the opportunity to get outdoors, exercise, meet fellow residents, and explore the community. This group is free and open to all ages. 2019 walks are expected to begin in March, weather permitting. Join the walking club email list or ask questions by emailing Cathy at cathy@walkapocket.com.

Park Pavilion Permit Requests

In LMT, we have two pavilions available for private parties and events. Kid's Kingdom at Community Park has a covered pavilion with capacity for ~30 people. Memorial Park has a covered pavilion next to the Secret Garden Playground with capacity for ~20 people. Both pavilions have bathroom, playground, grilling, and picnic table access. Rentals are \$10/hour plus a refundable \$50 security deposit check to hold the reservation. Reservations can be made online using your Community Pass account.

Community Center Rentals

The LMT Community Center is now available for community meetings, events, and gatherings. Call Veronica at 267-274-1111 or email at veronicag@lmt.org to inquire about pricing and to reserve your space. ***No private parties or events at this time***

Discount Tickets

Come by the Community Center to purchase discounted tickets to your favorite theme parks, ski resorts, and more. Call 267-274-1110 or visit LMT.org to inquire about ticket availability and pricing.

Park Bench Donation Program

This program is designed to update and improve the benches in our parks, fields, etc., while allowing community members to dedicate something lasting in memory of a loved one, or a community group to sponsor and support the Township.



Please visit LMT.org/government/departments/parks-recreation to purchase or for more information.

LMT Event Sponsorship Opportunities

LMT hosts a variety of special events within the Township, throughout the year. We have created sponsorship opportunities to allow for resident and corporation support, in order to make these events bigger, better, and more frequent. Please call 267-274-1110 to inquire about our sponsorship packages, as well as upcoming opportunities.

PARKS AND RECREATION SPECIAL EVENTS

Parks and Recreation Spring Open House

- Saturday, March 9
- Time: 10am-2pm
- Location: LMT Community Center



Parks and Recreation Month

- July
- Be on the lookout for some fun pop-up events at local parks!



LMT Community Day

- Sunday, September 1
- Time: 12pm-Fireworks at Dusk
- Location: Community Park on Edgewood Road



National Bike Your Park Day

- Saturday, September 28
- Location: All 28 miles of LMT bike trails!



Howl-o-ween Doggie Costume Party

- Sunday, October 27
- Time: 1pm
- Location: LMT Dog Park



Veterans Day Parade

- Saturday, November 9
- Time: 1pm
- Location: Edgewood Road ending at Veterans Park



Family Fun Night: A Night at the Races!

- Friday, February 1
- Time: 6-9pm
- Location: LMT Community Center



LMT Pool Opens

- Saturday, May 25
- Time: 10am
- Location: LMT Pool Complex



Dog Days of Summer!

- Thursday, July 11
- Time: 6-8pm
- Location: LMT Dog Park



9/11 Remembrance Ceremony

- Wednesday, September 11
- Time:
 - 8:30am: Marking Chronological Events
 - 7:00pm: Candlelight Vigil
- Location: Memorial Park Garden of Reflection



Family Fun Night: Halloween Monster Mash

- Friday, October 4
- Time: 6-9pm
- Location: LMT Community Center



Fall Themed Family Fun Night

- Friday, November 1
- Time: 6-9pm
- Location: LMT Community Center



Holiday Family Fun Night

- Friday, December 6
- Time: 6-9pm
- Location: LMT Community Center



PARKS AND RECREATION INFORMATION

LMT Sport League & Recreation Opportunities

LMT Youth Committee

Our LMT Youth Committee is comprised of teenagers from the Township that are interested in making a positive change within our community. They offer different programs and volunteer opportunities. If you are interested in joining or getting involved, please visit LMT.org/government/departments/parks-recreation or email lmtyouthcommittee@gmail.com for more information.



LMT Seniors

Age: 55+

Various programs and trip opportunities. Visit lmt.org or stop by the LMT Community Center for more information.

Baseball, Softball & T-ball

- Pennsbury Athletic Association (PAA)
T-ball, softball, baseball; age 4 to 18
215-736-9550 | <http://www.paaball.com>
- Morrisville Little League (MLL)
M/F, baseball/softball, ages 4 to 16
morrisvillelittleleague@gmail.com
- Lower Bucks Softball Association
Adult softball league; Pennsbury school district locations
215-750-1109

Basketball

- Pennsbury Regional Basketball League (PRBL)
Male/Female Grades K to 11, Travel and instructional
215-369-7725 | www.prbl.org
- Lady Falcons Elite Hoops
Female, grades 2 to 12; biddy ball.
Developmental league with travel and in-house programs
ladyfalconselitehoops@gmail.com; www.leaguelineup.com/welcome.asp?url=lfehoops

Camps & Enrichment Programs

- Bucks County Community College
Male/Female, ages 4 to adult. Various enrichment programs/camps.
215-968-8409 | www.bucks.edu/kidsoncampus
- Bucks County Parks & Recreation
Male/Female, ages 4 to adult. Various programs.
215-757-0571
- Pennsbury School District
Community Services
School district locations; Adult Programs
215-428-4100

Fitness

- YMCA – Morrisville & Fairless Hills
Roller hockey, various programs
215-736-8077 or 215-949-3400
- Newtown Athletic Club
Various indoor sports programs; M/F
215-968-0600

Football

- Lower Makefield Football Association (LMFA)
Ages vary, flag/tackle
info@lmfafootball.org

Lacrosse

- Lower Bucks Lacrosse League (LBLL)
Lacrosse, instructional & travel. Male/Female, Grades 3 to 8
215-914-1100 Ext.4653
<http://lowerbucks lacrosse.org/>

Rugby

- Yardley Makefield Rookie Rugby-USA
Coed clinics for grades K-4; and coed league play for 5th and 6th graders; summer program
215-495-7773; ymrookie rugby@gmail.com; www.ymrrc.org

Soccer

- Yardley Makefield Soccer (YMS)
M/F Ages 4 – Adult; Travel & Intramural
<http://www.ymsoccer.net>

Swim & Dive

- The Pool at LMT – Swim & Dive Team and Program
Male/female, Ages, 6 – 18. Competitive, recreational, and dive options
www.lmtswim.com
- Penn Aquatics
Male/female all ages; program at Pennsbury High School field house
pennregistrar@pennaquatics.com
www.pennaquatics.com

Tennis

- Yardley Makefield Tennis
Male/Female, ages vary; clinics, camps, lessons
215-295-0558
www.YMTennis.com
- Pennsbury Racquet Club
Indoor tennis courts, multi-purpose sports room, fitness facility, camps
215-736-0248 | www.pennsburyrac.com

2019 POOL MEMBERSHIP INFORMATION



MEMBERSHIP FEES

	DISCOUNT FEE**	REGULAR FEE
LMT Family Membership	\$430	\$475
LMT Individual Membership	\$220	\$240
LMT August Family Membership		\$190
LMT August Individual Membership		\$95
LMT Senior Individual Membership		\$108
LMT Senior Limited Membership		\$32
Non-Resident Family Membership		\$570
Non-Resident Individual Membership		\$295

THE DISCOUNT PERIOD ENDS FRIDAY, MARCH 1, 2019 AT 4:00 PM

****To qualify for the discount, you MUST be a Resident of Lower Makefield Township or Yardley Borough. All three steps listed below must be completed by 4:00 PM on Friday, March 1, 2019 to receive the discount.**

REGISTRATION

Online Registration: <https://register.communitypass.net/LowerMakefield>

1. Register Online
2. Complete or Update Membership Requirements
3. Make Payment

Returning Members

- Login to your existing Community Pass account: “Click Here to Get Started” and select “2019 Pool Membership”
- Call 267-274-1105 for assistance, do not create a new account.
- Members who had incomplete paperwork and/or missing pictures were automatically archived and made inactive; contact the Township office so your account can be re-activated.
- Please Note: Returning members will be notified if their requirements need updating.

New Members

- Create a new account and then register by clicking “Click Here to Get Started”, select “2019 Pool Membership”.
- Continue through and click “Finish” when done.
- Input required information and make your membership payment.

Membership Requirements

- All members 18+ before 9/2/19: Driver’s License/State issued Photo ID – Provide a valid/updated copy.
- Children under 18: Birth Certificate/Proof of Legal Guardianship (no passports).
- All members 18+ before 9/2/19: signed Legal Disclaimer.
- All members 3+ before 5/25/19: clear, color photo for identification.

Payment

Checks made payable to: Lower Makefield Township and can either be dropped off at the Township building, placed in the after-hours box or mailed to: LMT Community Pool, 1100 Edgewood Road, Yardley, PA 19067. Visa, MasterCard and Discover can be used for full payment when registering online only.

2019 POOL MEMBERSHIP INFORMATION

TYPE	MEMBERSHIP DEFINITIONS
Family	Husband, wife, domestic partners; unmarried dependent children 25 years of age and under, and parents/grandparents who reside at the same LMT address on a permanent basis.
Individual	One person who resides in LMT on a permanent basis. Children under 14 must be accompanied an adult.
August	Valid from August 1 through Labor Day and are subject to the same conditions and privileges as full-season memberships but are not eligible for swim team. Must reside at an LMT residence on a permanent basis.
Senior Individual	One person, age 62 (born before 9/2/57) or older who resides in LMT on a permanent basis. Full season individual membership privileges.
Senior Limited	One person, age 62 (born before 9/2/57) or older who resides in LMT on a permanent basis. The facility can only be used from 4:00 p.m. until closing. This membership is allowed one guest per evening, regardless of age, subject to the guest fee.
Non-Resident Family	Husband, wife, domestic partners; unmarried dependent children 25 years of age and under, and parents/grandparents who reside at the same address on a permanent basis and are sponsored by a paid LMT pool member or Township official. Please contact the office for details.
Non-Resident Individual	One person. Children under 14 must be accompanied by an adult. Must be sponsored by a paid LMT pool member or Township official. Please contact the office for details.
Caregiver	Not included in the Family Membership fee but is registered under your family membership as a non-family member. Caregivers have no membership privileges; cannot go to The Pool Complex on their own; and cannot bring in any guests. The Caregiver must be 16 years of age or older.

ADDITIONAL INFORMATION

To process your registration and activate your account, for same day entry, your information must be received in person at the Township building by 11:00 AM. Pictures will then be taken and Key Fobs issued.

Refund Policy – Requests must be received in writing and key fobs returned to the Township Building by Friday, May 24, 2019. Refunds will not be issued after this date.

Change of Membership – There is an administrative service charge of \$25.00 for switching membership categories. This is in addition to the fee required for the new category of membership.

Returned Check Fee – There is a \$15.00 return check charge.

Lost Key Fob – Replacement fee is \$5.00 per key fob. Please contact the office immediately if key fob is lost so it can be deactivated.

Swim Lesson Registration for Pool Members – Class Information and Online Registration will be available in June.

Swim and Dive Team – Swim/Dive Team memberships are available to any child with an active pool membership. Additional information is available at www.lmtswim.com.

If you have any questions, please contact the Pool Administrative Office at communitypool@lmt.org or call 267-274-1105.

Key Fobs and Pictures

All pool members who are 3 years and older before May 25, 2019 are required to obtain and use their Key Fobs to access The Pool complex. Individual photos are required and will be verified at the gate upon entry.

Photos are taken Monday - Friday between 8:30 a.m. - 4:00 p.m. at the Township office starting March 11, 2019. Individual headshot photos can also be emailed to communitypool@lmt.org, please include name and Family ID #.

Please Note: Children whose pictures were taken in 2016 require new pictures this year. All adults who became members in 2008 and 2009 are required to update their photo this year.

LIVE ENTERTAINMENT | FIREWORKS | RIDES FOR ALL AGES | FOOD VENDORS
CELEBRITY DUNK TANK | AND MORE!!!



LOWER MAKEFIELD TOWNSHIP
COMMUNITY DAY

LOWER MAKEFIELD TOWNSHIP
Parks & Recreation

LMT COMMUNITY PARK, 1050 EDGEWOOD ROAD, YARDLEY PA
FOR MORE INFORMATION: WWW.LMT.ORG OR CALL 267.274.1112

free entry

01 SEP SAVE THE DATE!



Join us for recreational fun all summer long!
Games, swimming, trips, crafts,
special guests, jamborees and more!

CAMP LMT

REGISTRATION OPENS MONDAY, FEBRUARY 11. Secure your spot at:
Register.communitypass.net/LowerMakefield

DISCOUNT PRICING (REGISTER BEFORE APRIL 1, 2019)	REGISTRATION PRICING (AFTER APRIL 1, 2019)
4-Week Camp (Select your weeks) Resident \$675 Pool Member \$705 Non-Resident \$729	4-Week Camp (Select your weeks) Resident \$705 Pool Member \$729 Non-Resident \$755
8-Week Camp (June 24-August 16) Resident \$1,255 Pool Member \$1,310 Non-Resident \$1,355	8-Week Camp (June 24-August 16) Resident \$1,350 Pool Member \$1,360 Non-Resident \$1,455
Camp 9-4 Monday – Friday	Camp 9-4 Monday – Friday

5% SIBLING DISCOUNT: Discount for every sibling added after the first.



SPRING & SUMMER PROGRAMS

COMMUNITY CENTER EVENTS

Dog Park Orientation

- Date:
 - Wednesday, February 6
 - Wednesday, March 6
 - Wednesday, April 3
- Time: 7pm- 8pm
- Free to attend. All interested Dog Park users must attend an orientation before being granted access to the park. Refer to Community Pass for additional dates.

Family Fun Night

- Date:
 - Friday, February 1
 - Friday, October 4
 - Friday, November 1
 - Friday, December 6
- Time: 6pm – 9pm
- Join us at the Community Center for free themed entertainment, crafts, and activities. Food available for purchase.

French Conversation Group

- Date:
 - Tuesday, January 29
 - Tuesday, February 26
 - Tuesday, March 26
 - Tuesday, April 30
 - Tuesday, May 28
 - Tuesday, June 25
- Time: 7:30pm – 9pm
- Join local LMT French speakers once a month for casual or topical conversation at the Community Center; free to attend! Contact Susan at susanfirestone7@gmail.com to gain more information or to join the email list.

“Burbs and Barbs” Comedy Night

- Date: Saturday, March 23
- Time: Doors open at 7:30pm, show begins at 8pm
- Price: before March 16: \$15 / after March 16 or at the door: \$20
- Live comedy makes it way to the LMT Community on March 23 with the first ever “Burbs and Barbs” comedy show! Professional comics from the greater NY and Philadelphia area will have you cracking up right in your own backyard. Tickets are available for purchase using your Community Pass account.

SUMMER CAMPS

Camp LMT @ the Community Center! (8-weeks of camp)

- Date:
 - 8-Week Camp (June 24-August 16)
 - Pricing before April 1:
 - Resident: \$1,255
 - Pool Member: \$1,310
 - Non-Resident: \$1,355
 - Pricing after April 1:
 - Resident: \$1,350
 - Pool Member: \$1,360
 - Non-Resident: \$1,455
 - 4-Week Camp (Select your weeks)
 - Pricing before April 1:
 - Resident: \$675
 - Pool Member: \$705
 - Non-Resident: \$729
 - Pricing after April 1:
 - Resident: \$705
 - Pool Member: \$729
 - Non-Resident: \$755
- Time: Monday-Friday, 9am – 4pm
- Join us for recreational fun all summer long! We will have games, swimming, trips, crafts, special guests, jamborees, and more each week. Registration opens Monday, February 11, make sure to secure your spot! ***There is a 5% sibling discount that applies to every sibling added after the first child***

Young Bakers Camp – Silly Spoons (1-week camp)

- AM Session
 - Monday, July 15 – Friday, July 19 10am – 12pm Ages 5-8
- PM Session
 - Monday, July 15 – Friday, July 19 1pm- 3pm Ages 9-12
- Price per session: R: \$150 / NR: \$165
- This interactive one-week camp will inspire your young baker, supply essential baking techniques, foster confidence in the kitchen, and encourage food creativity. Participants will learn skills such as measuring, mixing, rolling, and decorating. Program includes a chef’s hat, kid friendly recipes, and a variety of delicious treats!



SUMMER CAMPS

Young Chefs Camp – Silly Spoons (1-week camp)

- AM Session
 - Monday, July 22 – Friday, July 26 10am – 12pm Ages 5-8
- PM Session
 - Monday, July 22 – Friday, July 26 1pm- 3pm Ages 9-12
- Price per session: R: \$150 / NR: \$165
- This interactive one-week camp will inspire your young chef, supply culinary and nutrition fundamentals, foster confidence in the kitchen, and encourage food curiosity. Participants will learn how to read recipes, measure ingredients, chop, dice, knead, and assemble fun, tasty dishes. Program includes a chef’s hat, kid friendly recipes, and a variety of delicious food!



THE ARTS

Audition and Monologue Workshop – Mark Riccadonna (4-week series)

- Date:
 - Session 1: Sunday, March 24 – Sunday, April 14
 - Session 2: Sunday, April 28 – Sunday, May 19
- Time: 4pm – 5pm
- Price per Session: R: \$313/ NR: \$344
- For those looking to approach auditions with confidence, clarity and success! Find your strengths and weaknesses and how to use them to make you stand out in the auditioning room. Learn to make choices that gain attention while being flexible when asked to change your choices. Master the cold reading (on and off camera). Understand and learn to leverage the 24-hour script analysis. Prepare for both commercial reads and legit reads. Become familiar with and prepared for theatre vs film techniques. Learn to “show” to the camera. Last class features a showcase for family and friends.

SPRING & SUMMER PROGRAMS

THE ARTS

Effective Storytelling and Stand-Up – Mark Riccadonna (4-week series)

- Date:
 - Session 1: Sunday, March 24 – Sunday, April 14
 - Session 2: Sunday, April 28 – Sunday, May 19
- Time: 6pm – 7pm
- Price per Session: R: \$313 / NR: \$344
- For anyone where influence is key! Learn how to tell a compelling and funny story that will help with making points in a smart funny way. Understand different techniques through various delivery methods including stand-up comedy, pitch meetings or business presentations. Identify and learn to incorporate specific techniques such as finding facts, losing the fat, finding humor and points of view in telling your story. Feature stand-up set at a professional comedy show.

Graphite Drawing on Enamel – Lara Ginzburg (1-day workshop)

- Date: Thursday, April 18
- Time: 2pm – 6pm
- Price: R: \$125 / NR: \$138
- Students will learn the ways of preparing and cleaning the metal, as well as applying, firing, embellishing and finishing the enamel. Students will be able to apply enamel on one metal piece. More enameled and ready to work blanks will be included in the workshop kit. Students will learn how to fuse freehand drawings to enamel and how to embellish the enameling surface. Students should be able to finish a pendant and a pair of earrings. Sterling Silver chain, jump rings and ear wire will be included in workshop kit.
- There is a \$50.00 materials fee due to the instructor before the start of the workshop.



THE ARTS

Scene Study and Character Workshop – Mark Riccadonna (8-week series)

- Date:
 - Session 1: Sunday, March 24 – Sunday, May 19 (No class 4/21)
- Time: 1pm – 3pm
- Price per Session: R: \$500 / NR: \$550
- For today's actor or writer - whether on the stage already or planning to be! Explore different techniques and find those that work for you while learning to trust and work with the gut reactions in the moment as your character. Learn to prepare to act in a relaxed and truthful way. Discover the basics of breaking down a scene beat by beat and start creating a character on paper. Find the true motivation to move the story forward and remain true to you, your character and the script. Create a character, including clues and decisions to help and place them in the circumstances to allow you to make the best choices to stay in the moment and allow you to be the best storyteller you can be. Figure out what works for the actor and techniques to make adjustments in an instant, learning to check in on yourself and getting back into the scene. Last class features a showcase for family and friends to attend.

Watercolor Class – Chris Monteiro (6-week series)

- Date:
 - Session 1: Thursday, March 7 – Thursday, April 11
 - Session 2: Thursday, April 18 – Thursday, May 23
 - Session 3: Thursday, May 30 – Thursday, July 11 (No class on 7/4)
 - Session 4: Thursday, July 18 – Thursday, August 22
- Time: 6:30pm – 8:30pm
- Price: R: \$60 / NR: \$66
- Please bring your own brushes, paints, and watercolor pads.

LEARN TO PLAY GAMES

Learn to Play Canasta – Neilia Makadok (1-day workshop)

- Date:
 - Session 1: Tuesday, March 5
 - Session 2: Tuesday, May 7
- Time: 6pm – 9pm
- Price per Session: R: \$35 / NR: \$39
- Socialize and have fun while you play this easy card game. With instruction, you can learn to play quickly, even if you have never played cards before! Played with 2-4 players, individually or in partnerships, Canasta is one of the most widely-played card games in the U.S. Enrollment is limited to ensure a successful learning experience. There is a \$3 materials fee payable to the instructor at the class.

Learn to Play Hand & Foot Canasta – Neilia Makadok (1-day workshop)

- Date:
 - Session 1: Tuesday, March 19
 - Session 2: Tuesday, May 21
- Time: 6pm – 9pm
- Price per Session: R: \$35 / NR: \$39
- A fun and easy card game in the Canasta family of games. Hand & Foot has become very popular and can be played with 2-4 players, in partnerships or individually. Enrollment is limited to ensure a successful learning experience.

Learn to Play Mah Jongg – Neilia Makadok (3-class series)

- Date:
 - Session 1: Thursday, May 9; Thursday, May 16; Thursday, May 23
- Time: 6pm – 9pm
- Price per Session: R: \$85 / NR: \$94
- Originating in China, Mah Jongg is an exciting and engaging game using tiles to form hands, much like rummy. Learn to play the American version using the National Mah Jongg League rules and card. An experienced educator will explain the basics in simple terms and guide you as you play. Enrollment is limited to ensure a successful learning experience. There is an \$11 materials fee payable to the instructor at the first class.

SPRING & SUMMER PROGRAMS

ADULT FITNESS AND WELLNESS

Essential Oils 101 – Linda Marr (1-day workshop)

- Date:
 - Session 1: Monday, March 18
 - Session 2: Tuesday, May 7
- Time: 6:30pm – 8:30pm
- Price per Session: R: \$30 / NR: \$33
- Take control of your health NATURALLY in this hands-on workshop! Come learn what essential oils are, how to use them, and how to take care of yourself and your family with natural, healthy, toxin-free options. Support healthy sleep, increase energy and focus, calm digestive issues, balance hormones and emotions/stress, help manage weight, soothe aches and pains and much more! Experience three ways to use essential oils to support these and other issues. Everyone will make two rollerballs of essential oil blends to start using right away.

Gentle Yoga – Linda Thiel

- Date:
 - Session 1: Tuesday, March 26 – Tuesday, May 14 (8-week series)
 - Time: 9am – 10am
 - Price per Session: R: \$60 / NR: \$66
- Session 2: Tuesday, May 21 – Tuesday, June 25 (6-week series)
 - Time: 9am – 10am
 - Price per Session: R: \$45 / NR: \$50
- Session 3: Tuesday, July 9 – Tuesday, July 30 (4-week series)
 - Time: 9am – 10am
 - Price per Session: R: \$30 / NR: \$33
- Session 4: Wednesday, March 27 – Wednesday, May 15 (8-week series)
 - Time: 8am – 9am
 - Price per Session: R: \$60 / NR: \$66
- Session 5: Wednesday, May 22 – Wednesday, June 26 (6-week series)
 - Time: 8am – 9am
 - Price per Session: R: \$45 / NR: \$50
- Session 6: Wednesday, July 10 – Wednesday, July 31 (4-week series)
 - Time: 8am – 9am
 - Price per Session: R: \$30 / NR: \$33

ADULT FITNESS AND WELLNESS

- Experience yoga in a slow-paced, non-strenuous environment. The instructor will guide various forms and posts that are soft and easy on the muscles and joints. Bring your own mat and a water bottle for this experience.

Mindfulness for Educators – Lina Blanchet (8-week series)

- Date:
 - Session 1: Thursday, May 2 – Thursday, June 20
 - Time: 4:30pm – 6:30pm
 - Price per Session: R: \$350 / NR: \$385
 - Register by February 14: R: \$325 / NR: \$360
- Learn the principles and practices of mindfulness and how to use the practices to strengthen present moment awareness and compassion in educational contexts. Participants will learn about mindfulness of body, thoughts, and emotions, and discover methods that support presence in the classroom, stress management, and resilience. This series will also include an exploration into the neuroscience of mindfulness, and guided instruction and discussion to support your personal mindfulness and meditation practice. By learning how to attune to one's own feeling when in conflict with a student, colleague, or parent, educators learn to pause before reacting automatically and listen mindfully even when in disagreement. Participants will explore themes such as teaching on "automatic pilot", beginner's mind teaching, responding vs. reacting to teaching stress, conflict and teaching, and self-compassion. Discover the transformative power of the mindful approach to life and teaching 2019.

Mindful Parenting – Lina Blanchet (8-week series)

- Date:
 - Session 1: Wednesday, March 6 – Wednesday, April 24
 - Time: 10am – 12pm
 - Price per Session: R: \$350 / NR: \$385

ADULT FITNESS AND WELLNESS

- Register by February 14: R: \$325 / NR: \$360
- Parenting may be one of the most challenging "jobs" we ever have. The many demands of our very busy lives can cause stress, doubt, and worry. Little space is left for practicing the presence, mindful listening, and patience to mindfully respond to our children's needs. In this course, parents and caretakers learn to strengthen present moment awareness and compassion in ways that can help foster deep connections within the family unit. We learn how to identify reactive patterns without judgment and foundational mindfulness tools that can help manage stress and anxiety in our lives as parents. By learning how to attune to one's own feelings when in conflict with a child, parents learn to pause before automatically reacting and listen mindfully to a child even when in disagreement. Participants will explore themes such as parenting on "automatic pilot", beginner's mind parenting, responding v reacting to parenting stress, conflict and parenting, love and limits, and self-compassion.

Senior Golf Clinic – Makefield Highlands Golf Course (8-session series)

- Date:
 - Session 1: Tuesday, March 12
 - Session 2: Thursday, March 14
 - Session 3: Tuesday, March 19
 - Session 4: Thursday, March 21
 - Session 5: Tuesday, March 26
 - Session 6: Thursday, March 28
 - Session 7: Tuesday, April 2
 - Session 8: Thursday, April 4
 - Time: 1pm – 3pm
 - Price per Session: R: \$30 / NR: \$33
 - Prepay for all 8 sessions for R: \$210 / NR: \$231
- Get golf ready at Makefield Highlands golf course! This program is designed to teach both male and female students, both new and experienced with golf. The flexibility of this program allows new players to learn the FUNdamentals and experience golf with the understanding guidance of a PGA (continued on next page)

SPRING & SUMMER PROGRAMS

ADULT FITNESS AND WELLNESS

Senior Golf Clinic – Makefield Highlands Golf Course (8-session series) cont.

coach and more experienced players will be able to capitalize on the knowledge of the same PGA coaches. Each session includes:

- 2 hours of PGA instruction
- Instructional materials to keep
- Golf course access if available during clinic time
- Discounted dinner coupon to Makefield Highlands Grill (\$7 value)
- Golf clubs available for use upon request

Yoga for Beginners – Maria Campbell (8-week series)

- Date:
 - Session 1: Tuesday, March 12 – Tuesday, April 30
 - Session 2: Tuesday, May 7 – Tuesday, June 25
 - Session 3: Tuesday, July 2 – Tuesday, August 20
- Time: 6pm – 7pm
- Price per Session: R: \$75 / NR: \$83
- This class is suitable for beginners & experienced practitioners, who have the desire to move beyond a gentle yoga practice. You can expect a slow-paced practice, focusing on pranayama (breath), movement & alignment. This class will breakdown vinyasa flow, the transition that connects floor to standing poses. Practice standing, balance, and seated posture variations, with modifications offered throughout the practice. An emphasis will be placed on fostering awareness of the mind-body connection with class ending in deep relaxation - savasana. (To assist your practice, please bring a yoga mat, (2) yoga blocks, blanket or towel, and water.)



ADULT FITNESS AND WELLNESS

Zumba – Deanna Bottcher (8-week series)

- Date:
 - Session 1: Monday, March 4 – Monday, April 29 (No class 4/22)
 - Time: 6:30pm – 7:30pm
 - Session 2: Tuesday, June 4 – Tuesday, July 30 (No class 6/25)
 - Time: 7pm – 8pm
- Price per Session: R: \$60 / NR: \$66
- Take the “work” out of workout as we mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! Zumba is a fusion of Latin and International music/dance themes that create a dynamic and exciting fitness class for everyone. Whether you’re a newcomer to Zumba or a seasoned pro, we’ll all have fun together while getting fit. Please bring a water bottle.

Zumba Gold – Rachel Carlson (8-week series)

- Date:
 - Session 1: Friday, March 1 – Friday, April 26 (No class 4/19)
 - Session 2: Friday, May 31 – Friday, July 19
- Time: 9am – 10am
- Price per Session: R: \$60 / NR: \$66
- Zumba Gold is perfect for anyone who is looking for a modified Zumba class that recreates the original moves you love, at a lower intensity. While it is targeted for the older, active adult, anyone can join in the fun! The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Benefits – class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance. Bring a water bottle.

Zumba Toning – Rachel Carlson (8-week series)

- Date:
 - Session 1: Wednesday, March 6 – Wednesday, April 24

ADULT FITNESS AND WELLNESS

- Session 2: Wednesday, May 29 – Wednesday, July 17
- Time: 6pm – 7pm
- Price per Session: R: \$60 / NR: \$66
- Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! How it works: the challenge of adding resistance by using Zumba Toning Sticks (or light weights). Helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Benefits: Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core, and lower body. Please bring a water bottle and light (1lb.) weights (if you have them). The instructor will have Zumba Toning Sticks for purchase (\$15), if desired.

YOUTH FITNESS AND WELLNESS

Kick and Play [Ages 12-24 Months] – Super Soccer Stars (6-week series)

- Date:
 - FREE demonstration Tuesday, April 9
 - Session 1: Tuesday, April 16 – Tuesday, May 28 (No class 5/21)
 - FREE demonstration Tuesday, June 4
 - Session 2: Tuesday, June 11 – Tuesday, July 16
 - Session 3: Tuesday, July 23 – Tuesday, August 27
- Time: 10:30 am – 11:10 am
- Price per Session: R: \$120 / NR: \$132
- Kick and Play offers a parent and child pre-soccer movement class that will encourage your toddler to use their lower and upper body more effectively to improve balance, overall coordination, and kicking abilities. Using these skills as they grow, they will develop the tools necessary to begin playing soccer. Mimi and Pepe (our puppet friends) will help you stretch, sing, run, kick and play!



SPRING & SUMMER PROGRAMS

YOUTH FITNESS AND WELLNESS

Super Soccer Stars Ages [2-3] (6-week series)

- Date:
 - FREE demonstration Tuesday, April 9
 - Session 1: Tuesday, April 16 – Tuesday, May 28 (No class 5/21)
 - FREE demonstration Tuesday, June 4
 - Session 2: Tuesday, June 11 – Tuesday, July 16
 - Session 3: Tuesday, July 23 – Tuesday, August 27
- Time: 11:15am – 12pm
- Price per Session: R: \$120 / NR: \$132
- At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence and to develop teamwork in every class. Our specially designed curricula and educational class themes use positive reinforcement, and a low child-to-coach ratio, to ensure that each child improves at his or her own rate, while having endless fun!

Super Soccer Stars [Ages 3-4] (6-week series)

- Date:
 - FREE demonstration Tuesday, April 9
 - Session 1: Tuesday, April 16 – Tuesday, May 28 (No class 5/21)
 - FREE demonstration Tuesday, June 4
 - Session 2: Tuesday, June 11 – Tuesday, July 16
 - Session 3: Tuesday, July 23 – Tuesday, August 27
- Time: 12pm – 12:45pm
- Price per Session: R: \$120 / NR: \$132
- At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence and to develop teamwork in every class. Our specially designed curricula and educational class themes use positive reinforcement, and a low child-to-coach ratio, to ensure that each child improves at his or her own rate, while having endless fun!



YOUTH MUSIC & CULINARY ARTS

Baking Club – Silly Spoons (4-week series)

- Date:
 - Session 1: Wednesday, June 5 – Wednesday, June 26
- Time: 4:15pm – 5:30pm
- Price per Session: R: \$100 / NR: \$110
- For children ages 6-12. This interactive after school program will inspire your young baker, teach baking fundamentals, foster confidence in the kitchen, and encourage creativity. Participants will learn skills such as measuring, mixing, rolling, and decorating. Program includes a chef's hat, kid friendly recipes, and a variety of delicious treats!

Cooking Club – Silly Spoons (8-week series)

- Date:
 - Session 1: Tuesday, April 2 – Tuesday, May 21
- Time: 4:15pm – 5:30pm
- Price per Session: R: \$200 / NR: \$220
- For children ages 6-12. This interactive after school program will inspire your young chef/baker, teach culinary fundamentals, foster confidence in the kitchen, and encourage food curiosity and creativity. Participants will learn skills such as how to read recipes, measure ingredients, chop, dice, mix, and knead. Program includes a chef's hat, kid friendly recipes, and a variety of tasty dishes and desserts! Each week will alternate between sweet and savory.



YOUTH MUSIC & CULINARY ARTS

You and Me Baking Club – Silly Spoons (3-class series)

- Date:
 - Session 1: Saturday, March 2; Saturday, April 13; Saturday, May 11
- Time: 10am – 11:30am
- Price per Session: R: \$90 / NR: \$99
- For children ages 3-7 with an accompanying adult. This interactive program will inspire your little baker, teach baking fundamentals, foster confidence, and encourage creativity. Spend quality time together learning skills such as measuring, mixing, rolling, and decorating. Program includes a chef's hat, kid friendly recipes, and a variety of delicious treats!

Music Together – Mixed Ages [0-4 years old] (10-week series)

- Date:
 - Session 1: Monday, April 8 – Monday, June 24 (No class 4/22 and 5/27)
 - Time: 9:30am – 10:15am
- Session 2: Monday April 8 – Monday, June 24 (No class 4/22 and 5/27)
 - Time: 10:30am – 11:15am
- Session 3: Tuesday, April 9 – Tuesday, June 25 (No class 4/16 and 5/21)
 - Time: 9:30am – 10:15am
- Session 4: Tuesday, April 9 – Tuesday, June 25 (No class 4/16 and 5/21)
 - Time: 10:30am – 11:15am
- Session 5: Thursday, April 11 – Thursday, June 27 (No class 4/18 and 5/23)
 - Time: 10:30am – 11:15am
- Session 6: Saturday, April 13 – Saturday, June 29 (No class 4/20 and 5/25)
 - Time: 9:30am – 10:15am
- Session 7: Saturday, April 13 – Saturday, June 29 (No class 4/20 and 5/25)
 - Time: 10:30am – 11:15am
- Price per Session: R: \$205 / NR: \$226
- Register by March 1: R: \$195 / NR: \$216

SPRING & SUMMER PROGRAMS

YOUTH MUSIC & CULINARY ARTS

Music Together – Mixed Ages [0-4 years old] (6-week series)

- Date:
 - Session 8: Monday, July 8 – Monday, August 12
 - Time: 9:30am – 10:15am
- Session 9: Monday, July 8– Monday, August 12
- Time: 10:30am – 11:15am
- Session 10: Tuesday, July 9 – Tuesday, August 13
- Time: 9:30am – 10:15am
- Session 11: Tuesday, July 9 – Tuesday, August 13
- Time: 10:30am – 11:15am
- Session 12: Thursday, July 11 – Thursday, August 15
- Time: 10:30am – 11:15am
- Session 13: Saturday, July 13 – Saturday, August 17
- Time: 9:30am – 10:15am
- Session 14: Saturday, July 13 – Saturday, August 17
- Time: 10:30am – 11:15am
- Price per Session: R: \$125 / NR: \$138
- Music Together is the popular, research-based and highly acclaimed music and movement program for babies, toddlers, preschoolers, and the grown-ups who love them. Activities, songs, rhymes, drumming, dancing, and instrumental jam sessions are presented as playful, informal, non-performance oriented musical experiences that are developmentally appropriate and easy for parents and caregivers to participate in regardless of their musical ability. The Music Together curriculum not only develops music skills, it nurtures creativity, self-expression, and confidence, while also supporting social, emotional, cognitive, physical, and language development. Best of all, it is FUN! Tuition includes: illustrated songbook, CD and digital download of class music, parent education materials, and access to the Music Together Online Family Music Zone.

YOUTH MUSIC & CULINARY ARTS

Music Together – Babies Only [0-8 months old] (10-week series)

- Date:
 - Session 1: Monday, April 8 – Monday, June 24 (No class 4/22 and 5/27)
 - Time: 11:30am – 12:15pm
- Session 2: Saturday, April 13 – Saturday, June 29 (No class 4/20 and 5/25)
- Time: 11:30am – 12:15pm
- Price per Session: R: \$205 / NR: \$226
- Register by March 1: R: \$195 / NR: \$216

Music Together – Babies Only [0-8 months old] (6-week series)

- Date:
 - Session 3: Monday, July 8 – Monday, August 12
 - Time: 11:30am – 12:15pm
- Session 4: Saturday, July 13 – Saturday, August 17
- Time: 11:30am – 12:15pm
- Price per Session: R: \$125 / NR: \$138
- Bond with your baby, meet other parents of newborns, and have lots of fun while learning new songs and musical activities to share with (and distract) your baby at home. Babies learn music the same way they learn language: by being immersed in it. Just as it is never too early to start talking to your baby, it is never too early to start singing with your baby. Because the early months are so important, Music Together offers two options for babies. Infants may attend the “mixed-ages” or the “babies only” classes. In the babies only class, the music activities and materials are specifically designed for parents who want to learn as much as possible about music development in infants. Developing your baby’s natural musicality will open the door to a world of possibility, not only for music learning but for all learning – at a time when their brain is most receptive.



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information or visit the Township website www.lmt.org



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