



LAMPETER-STRASBURG RECREATION COMMISSION

SPRING 2009



OFFICE HOURS
 852 Village Road,
 Po Box 425
 Lampeter, PA 17537-0425
Office Hours: Mon-Fri.
 8:00am-4:30pm.
 Closed daily between
 12:00-12:30pm.
 717-464-5110
 Fax: 717-464-5112
 www.lsrec.org

ALL CLASSES & PROGRAMS MUST BE PRE-REGISTERED & PRE-PAID

PHONE IN
 (VISA/MC/American Express/Discover)
 Call the LSRC office at
 (717) 464-5110
 Hours: Monday-Friday
 8:00am-4:30pm
Closed between
 12:00pm-12:30pm, daily

WALK IN
 We accept cash, check, or
 Visa/MC/American Express/Discover

NOTE: Any checks returned to LSRC due to insufficient funds will incur an additional \$20 fee.

Non-Resident Fee Policy
 Classes \$0-\$15=\$5.00
 Classes \$16-\$50=\$7.00
 Classes \$51 & up=\$10.00


REFUND POLICY
 Requests for refunds will be given in the following cases:
 *If a program is cancelled, a full refund is issued.
 *If notice is given by you prior to the program starting, a \$6 fee will be charged.
 *Due to injury/illness after the start of the program, a refund maybe granted. * A doctor's excuse may be required.

LSRC School District Fitness Center
Monthly sign up available
 The facility will be open to the community at the following times:
 Monday–Thursday 6:00pm–8:30pm,
 Friday 6:00pm–8:00pm, and
 Saturday 9:00am–12:00pm.
 Adult single membership \$25 per month.
 Adult couple membership \$35 per month. *The last day for the LSRC Fitness Center will be May 2nd.*



PEE WEE SOCCER
 Ages 3-5. Tues. April 7th – 28th.
Session 1: 10:00am–10:45am.
Session 2: 1:00pm–1:45pm. (full)
Session 3: 5:30pm–6:15pm. (full)
 Willow Street Elementary. \$30 res/\$37 non-res.

GYMNASTICS
 Sat. May 2nd–May 30th.
Tiny Tumblers: 9:30–10:00am. (ages 3-5).
 \$25 res/\$32 non-res.
Beginners: 10:00–11:00am (ages 6 and above). \$45 res/\$52 non-res.
Advanced: 11:00am–12:00pm.
 \$45 res/\$52 non-res. Hans Herr Gym.



WATER AEROBICS
 Willow Valley Cultural Center.
Session 3: May 11th–July 1st (no May 25th). 5:45–6:45pm. Mon. & Wed.
 1 night-\$54 res/\$64 non-res.
 2 nights-\$78 res/\$88 non-res.

EASTER EGG HUNT
 Saturday, April 4th.
 Ages 0-2yrs old–11:00am.
 Ages 3-5yrs old–11:20am.
 Ages 6-8yrs old–11:40am.
 Ages 9-12yrs old–8:00pm (bring a flashlight). Village Park in Lampeter.
 FREE.




KINDERGARTEN KICKERS
 Must be in kindergarten. Wed. April 8th–29th.
 5:30pm–6:15pm. Willow Street Elem. \$30 res/\$37 non-res.

KARATE
 Each beginners class is \$50, which includes 4 half-hour classes and a uniform. 7:00-7:30pm. Tues. & Thurs. at Kim's Studio on Old Philadelphia Pike.
Session 3: March 24th, 26th, 31st, Apr. 2nd.
Session 4: April: 21st, 23rd, 28th, 30th.

BALLROOM DANCE
Session 2: Tues. April 21st–May 12th. Hans Herr Cafeteria. 7:30–8:30pm.
 Single-\$30 res/\$37 non-res.
 Couple-\$40 res/\$47 non-res.

NEW YORK CITY IN THE SPRING
A perfect Mother's Day gift
 Saturday May 16th. Leave L-S High School at 7:00am. Leave NYC at 7:00pm. Day on your own. \$50 per seat.



BABYSITTING
 Age: 11-15. Sat. March 28th 9:00am–4:00pm (bring a bag lunch). West Lampeter Township Building. \$60 res/\$70 non-res. Your child will learn basic child care techniques, child development, and a brief overview of infant and child CPR/First Aid. American Red Cross Certification.

LATIN DANCE
 Tues. March 24th–April 14th. Hans Herr Cafeteria. 7:30–8:30pm.
 Single-\$30 res/\$37 non-res.
 Couple-\$40 res/\$47 non-res.

SWIM LESSONS
 Mon. Nights. Willow Valley Resort. \$40 res/\$47 non-res.
Session 2: March 23rd–May 11th (no April 13th or 20th).
Infant/Toddler: 6:00pm–6:30pm.
Level 1: 5:15pm–5:45pm. (full)
Level 2: 6:45pm–7:15pm.
Level 3 and 4 Swim: 7:30pm–8:00pm.



POWER YOGA
 Martin Meylin Aux Gym. Tues. 6:00–7:00pm. \$63 res/\$73 non-res.
Session 2: March 17th–May 5th.

Watch www.lsymca.org for exciting upcoming job opportunities at your new Y.

ARCHERY

Lancaster Archery Supply



Ages: 5 & up. Thurs. nights
7:00–8:00pm. March 19th, 26th, April
2nd, 9th. \$40 res/\$47 non-res. Max of 17
archers. Learn the basic skills of archery
for beginners. This class can also be used
for practice for the intermediate skill
level.

WOODCARVING

Tues. nights 6:45–8:45pm. L-S High
School Art Room.

Session 2: April 21st–May 26th.
\$27 res/\$34 non-res.

BEGINNERS HERB CLASS

Jessica Roth

Class is also for adults.

Ages 5-8 must have parent with them.
Tues. April 21st, 28th, May 5th, 12th.
6:30-7:30pm. Instructor will cover work-
ing with seeds, talk about herb uses in
cooking, medicinal and learn how to start
your own planter or a small herb garden.
\$25 res/\$32 non-res. WLT Bldg.

**SPEED & AGILITY
TRAINING**

Brian Beddow

Ages: 12-18. Thurs. & Sat. April 16th-
May 9th. Thurs. nights 7:00-7:45pm &
Sat. 9:00-9:45am. \$50 res/\$57 non-res.
Fitness Center at the L-S High School.
Improve speed, agility, quickness,
hand/eye coordination, lateral mobility,
and fitness. Drills and skill activities
offered in a fun and encouraging
atmosphere.

THANK YOU

The LSRC would like to say
thank you to all of the residents
who helped us with our 2008
Christmas family. Whether you
donated food, money, presents
etc. we appreciate all the
donations that we received. The
family was thankful for every-
thing they received. That would
not have been possible without
your help.

**LSRC 3rd ANNUAL
COMMUNITYYARD
SALE**

Sat. April 25th (rain date May
2nd). 8:00am–12:00pm.
Fireman's Field in Lampeter
(behind grandstand). Reserve
your 10' x 12' spot now by
calling the LSRC office at
464-5110. 6' table
provided. \$15.00.

**CHAIR MASSAGE**

Marilyn Landis

Sat. 10:00am-2:00pm. WLT Bldg.
Session 1: Sat. April 11th
Session 2: Sat. May 23rd.
\$1 a minute 15 minute min. 20 min max.
Enjoy a seated stress reduction massage
without oils. This includes the head,
neck, shoulders, upper back, arms and
hands. Call for an appointment.

YOUTH TENNIS LESSONS

Madonna Hufnagel

Wed. May 6th, 13th, 20th, 27th & June
3rd L-S High School Tennis Courts.
3-5yr olds–5:00-5:30pm. \$35/\$42.
6-8yr olds–5:30- 6:30pm. \$68/\$78.
9-12yr olds–6:30-7:30pm. \$68/\$78.

ADULT TENNIS LESSONS

Madonna Hufnagel

Wed. May 6th, 13th, 20th, 27th & June
3rd Strasburg Jaycee Park. 10:00am–
11:00am. \$68 res/\$78 non-res.

**ADULT SUMMER
BASKETBALL
LEAGUE**

Registration Deadline: May
8th Captain's Meeting: May
14th League play begins
Thurs. May 21st \$225.00 per team.

**TAE KWON DO**

Thurs. 6:00–7:00pm. April 2nd–May 7th.
Hans Herr Cafeteria. \$50 res/ \$60 non-
res.

**Lampeter-Strasburg YMCA
Update****Just a Little More Needed!**

The new Lampeter-Strasburg YMCA is
in the final phases of community fund-
raising, and your help is still a critical
element in reaching our goal! We've
received tremendous support from the
community, raising more than \$2.2 mil-
lion from area businesses, individuals,
families and non-profit organizations—
but we've still got a small amount to go!
Your pledge today will help us raise the
\$260,000 still needed to complete con-
struction of the new facility.

Donors who pledge \$500 or more will
receive the following benefits:

- ✦ Your name included on the Founders' Plaque that will be on permanent display in the new facility
- ✦ An invitation to a special VIP tour event

Early notification of YMCA membership
opportunities

If you have not yet made a contribution,
please visit www.l-symca.org to print out
a pledge card. Pledges can be made over
a period of up to five years, so a \$100
pledge each year for five years would
qualify for inclusion on the Founders'
Plaque.

The YMCA is a place where families,
children and individuals of all ages can
come together. Don't miss the opportu-
nity to be a part of this exciting project
for the L-S community!

Be sure to visit our website

www.l-symca.org

for upcoming information on
membership sales and
our Grand Opening Celebration in
late May!



SELF-HYPNOSIS FOR STRESS MANAGEMENT

Willard Hypnosis Center

Wed. April 15th & 22nd. \$60 per person. Stress hurts, stress can make you sick and stress can even kill. You will learn how to rapidly and easily relax your body and mind. Self-hypnosis is safe and a natural process you can use to stop the toxic effects of stress on your body. Once learned, this skill will be there to help you whenever and wherever you want. Bring a pillow, mat or blanket. Min: 10. Max: 30. Two - two hour classes, one week apart. WLT Bldg.

WEIGHT LOSS WITH HYPNOSIS - GROUP SESSIONS

Willard Hypnosis Center

April 16th & April 23rd. 6:00-8:00pm. \$80 per person. Hypnosis can be that tool to help you make that change and lose weight. Hypnosis is safe, natural and works with and enhances other weight loss programs. The first week the class will be about two hours to explain hypnosis and answer all questions attendees may have. This will then be followed by the group weight-loss hypnosis session. Each following class will be about one hour long where the previous week's successes are discussed briefly followed by group weight loss hypnosis. Bring a pillow, mat or blanket. L-S High School Rm #107. Min: 10. Max: 30.

PEE WEE BASEBALL

4 & 5 yrs old

Session 1: Tues. June 16th, 23rd, 30th, July 7th. 4 wks.

Session 2: Thurs. June 18th, 25th, July 2nd, 9th. 4 wks.

Time: 6:00-6:55pm. L-S School District Varsity Baseball Field. \$37.00 per child. Instructor: Todd Garber (L-S Varsity Baseball Coach). 5 min. 10 max. This program is designed for boys and girls to learn basic baseball skills such as hitting, fielding,

throwing, and base running. This class will also include parent involvement to demonstrate skills to continue at home. The children will be taught in a fun atmosphere that will teach them the skills needed to allow for success and satisfaction. Participants will need a glove and should bring a bat if they have one.

BASIC HITTING CLINICS

8-12 years old. Wed. June 17-July 8th. 4 wks. 6:00-6:55 pm. L-S School District Varsity Baseball Field \$40.00 per child. Todd Garber L-S Varsity Baseball Coach. Min: 5. Max: 10.

The children will learn the proper hitting mechanicals and fundamentals involved in a quality swing through the execution of a variety of fun drills. Children will learn about the necessary components needed for a productive swing through demonstrations and analyzing more advanced player's swings.

PILATES

Karen Cox

Session 1: March 23rd-May 18th. Mon. 4:00pm-5:00pm.

Session 2: March 26th-May 21st. Thurs. 11:30am-12:30pm. Jaycee Park Barn. \$90 res/\$100 non-res.

PEE WEE BASEBALL

6-7 yrs old

Session 1: Tues. June 16th, 23rd, 30th, July 7th. 4 wks.

Session 2: Thurs. June 18th, 25th, July 2nd, 9th. 4 wks.

7:00-7:55pm. L-S School District Varsity Baseball Field. \$37.00 per child. Instructor: Todd Garber (L-S Varsity Baseball Coach). 5 min. & 10 max. This program is designed for boys and girls to learn basic baseball skills such as hitting, fielding, throwing, and base running. This class will also include parent involvement to demonstrate skills to continue at home. The children will be taught in a fun atmosphere that will teach them the skills needed to allow for success and satisfaction. Participants will need a glove and should bring a bat if they have one.

ADVANCED HITTING CLINICS

10-16 yrs old. Wed. June 17th, 24th, July 1st, 8th 4 wks. 7:00 -8:15pm. L-S School District Varsity Baseball Field. \$50.00 per child. Todd Garber (L-S Varsity Baseball Coach). 5 min. 10 max. Players will take their swing to a higher level by analyzing their swing through video analysis. The players will learn the proper hitting mechanical and fundamentals involved in a swing through the execution of a variety of fun drills. During each session, the players will be taped and will be given personalized feedback on their swing. After the last clinic, players will receive their personalized tape and will know ways to continuously improve their swing.

QUILTMaking

Mon. March 23rd, 30th, April 6th, 20th, 27th, May 4th, 11th, 18th. 7:00-9:00pm. L-S High School Room #247. \$65 res/ \$75 non-res. Learn the popular art of quilting while you construct a small sampler quilt made up of four quilt blocks, add sashing and borders, and prepare their completed quilt top for quilting. The hand quilting stitch and finishing techniques will be discussed. Min: 4.

L-S YMCA GOLF

TOURNAMENT

The L-S YMCA and title sponsor, River Rock Academy, continue the LSRC's tradition of starting the summer off with a fun day of golf!

Grab your friends or co-workers for a foursome or show your support with a corporate sponsorship - available at all levels! Save the date now, spots will go on sale mid-April at the LSRC offices (West Lampeter Township municipal building).

Greens fee, carts and dinner are included! Friday, June 12, 2009. Shotgun Start at 12:30pm. Tanglewood Golf Course. For more information call Jenelle Hoover at the YMCA 397-7474 ext. 141 or Rich Jackson at LSRC 464-5110.



BASIC PITCHING CLINICS

8-11 yrs old.

Session 1: Tues. June 16th, 23rd, 30th, July 7th. 4 wks.

Session 2: Thurs. June 18th, 25th, July 2nd, 9th. 4 wks. 6:00-6:55pm. L-S School District Varsity Baseball Field. \$40.00 per child. Jeff Swarr L-S Varsity Assistant Baseball Coach. 5 min.10 max. The children will learn the proper pitching and fundamentals involved in a quality pitch through the execution of a variety of fun drills. Children will learn about the necessary components of a pitching delivery and repetition of these fundamentals.

BASIC PITCHING CLINICS

11-14 yrs old.

Session 3: June 16th, 23rd, 30th, July 7th. Tues. 4 weeks.

Session 4: June 18th, 25th, July 2nd, 9th. Thurs. 4 wks. 7:00-7:55pm. L-S School District Varsity Baseball Field. \$40.00 per child. Jeff Swarr L-S Varsity Assistant Baseball coach. 5 min.10 max. The children will learn the proper pitching and fundamentals involved in a quality pitch through the execution of a variety of fun drills. Children will learn about the necessary components of a pitching delivery and repetition of these fundamentals.

ADVANCED PITCHING CLINICS

10-16 yrs old.

Wed. June 17th, 24th, July 1st, 8th. 4 wks. 5:45-7:00pm. L-S School District Varsity Baseball Field. \$50.00 per child. Jeff Swarr L-S Varsity Assistant Baseball Coach. Min. 5. Max: 10. Players will take their pitching to a higher level by analyzing their pitching through video analysis. The players will learn proper pitch delivery through a number of fun drills. During each session, pitchers will have their pitching delivery taped and be given personalized feedback. After the last clinic, players will receive their personalized tape and will know ways to continuously improve their pitching delivery.

**LSRC SUMMER
CONCERT SERIES
2008**

Strasburg Borough Office Front Lawn.
Sundays 6:30pm.
June 14th—L-S Community Band
June 21st—Dixieland Express
June 28th—Landler Kapelle
July 12th—Fire in the Glen
July 19th—Trombone Quartet
July 26th—Columbia VFW Band
August 2nd—Bravura Brass
August 9th—Flipside Big Band

**REFLEXOLOGY
TREATMENT**

Twila Sauder

WLT Bldg. 4:00-7:00pm.

Session 1: Mon. April 13th.**Session 2:** Mon. May 11th.
30 minutes sessions for \$30.

It relieves stress, improves the blood supply and helps the body heal itself. Why not try a 30 minute session of reflexology on your feet and/or hands. What a great way to relax and feel good.

GENTLE YOGA

Mon. April 6th, 20th, 27th, May 4th, 11th, 18th. 6:00-7:00pm. Hans Herr Cafeteria. \$45 res/\$52 non-res.

Gentle Yoga where you relearn to breathe for relaxation and stress reduction, combined with therapeutic gentle yoga poses done seated, supine, on the belly, and all fours. You will experience proper alignment, elongation of the spine, and serenity in a 60 minute class that is perfect for beginners, those physically fit or not, back problems, inflexibility, weak abdominal or back muscles, stress, fatigue, overweight, depression, and anxiety. Please bring a yoga mat, old tie, and a blanket.

PRESCHOOL ME!

Wed., April 8th—May 13th. 10:45-11:45 am. \$69 res/\$79 non-res. Strasburg Jaycee Park Barn. Toddler through preschool-parents participate in this class. Enjoy a class of social interaction with dress up, music, puppets, snacks, and friends. Children imagine, use make believe, and play with good old fashioned items that you can re-create at home. Watch as your child explores his/her world, interacts with peers and adults, and learns from his/her environment.

TODDLER ARTIST

Fri. April 10th—May 15th. 10:45-11:45 am. \$69 res/\$79 non-res. Strasburg Jaycee Park Barn. Toddlers though preschool-parents participate in this class. Toddler art is an expression of the senses, not about creating the masterpiece. For Toddlers and Preschoolers, art is about the enjoyment of kinesthetic movements and experimenting. Young children enjoy the sensory experience that art provides. The Toddler Artist promotes creative expression and develops fine and gross motor skills through exposure to a variety of materials for a full art-sensory experience. Young artists create, imagine and play as they choose, following their own curiosity and inquisitive instincts. Appropriate clothing for wet and messy fun is recommended!

PRESCHOOL CAMP

Is a half-day experience offered at the Strasburg Park from 9:00am-11:30am, Monday/Wednesday for children 3 and 4 years of age or Tuesday/Thursday for children 4 and 5 years of age. Sessions run weekly from June 15th—August 21st. Fees for Preschool Camp are \$40 per week for YMCA members; \$65 per week for potential members.

The LSRC/L-S YMCA will again have discounted theme park tickets available. Call the office for more information. Tickets are usually in mid/late May. 464-5110.



ROTARY COMEDY & MAGIC SPECTACULAR

Sat. April 4th. L-S High School. 7:30pm. We have four extremely talented acts along with our fabulous MC R.G. Smith. The Majority of the proceeds from this years show will go towards the programming at the new Lampeter YMCA. After that the funds will be used for scholarships at Lampeter-Strasburg, Penn Manor and Solanco High Schools. We also give a scholarship to a student the Willow Street CTC. This is the 10th year that the Rotary Club Of Lancaster South has brought this wonderful night of family fun and entertainment to our community. Tickets can be purchased at the West Lampeter Township building through the L-S Recreation Commission and at Darrenkamp's Market, costumer service counter. Ticket prices are \$12.00 for an Adult and \$8.00 for children twelve and under.

DAY CAMP

Age 6-14. Is a full day experience offered at the L-S YMCA from 7am-6pm, Monday through Friday. Sessions run weekly from June 15th–August 21st. Fees for Day Camp are \$95 per week for YMCA members; \$130 per week for potential members. Program includes sports, games, daily swimming, outdoor education and crafts. Main camp day is 9:00am–4:00pm with before and after care provided at no additional charge from 7:00-9:00am and 4:00pm-6:00pm.

LSRC ANNUAL FISHING DERBY & CLINIC

Fishing Clinic: Thurs. May 7th at 7:00pm at the Strasburg Scout House.

Fishing Derby: Sat. May 9th. at the Strasburg Pond. 9:00am-12:00pm. This event is free to the public but please pre-register for both the Derby and Clinic. Call office 464-5110. Ages 3-15.



PRESCHOOL SWIM LESSONS Ages 3–5 years

PIKE:

Children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, and comfort with holding the face in the water while blowing bubbles and swimming.

RAY:

At this level Children improve stroke skills and swim on their front and back, and learn to tread water. Children can swim across the pool on their front and back without assistance by the end of this level.

YOUTH SWIM LESSONS Ages 6–14 years

POLLIWOG:

This class is designed for youth beginning swimmers. Students will learn basic paddle stroke and kicking skills. Upon completion of this class, students should be able to float, front and back, paddle stroke and be comfortable in water.

GUPPY:

Students are introduced to lead-up strokes to the front crawl, backstroke, sidestroke, breaststroke, and elementary backstroke and to diving. Upon completion of this class, students should be able to swim a length of the pool.

MINNOW:

Students continue to develop front crawl, backstroke, sidestroke, breaststroke and elementary backstroke. They continue to develop diving skills. Upon completion of class, students should be able to swim a length of several different strokes.

FISH:

Students perform the front crawl, backstroke, elementary backstroke, breaststroke and sidestroke. Students should be able to swim two lengths for each stroke by the end of this class.



FLYING FISH:

An advanced level, students refine strokes and increase endurance. They perform more complex movements and learn to flip turns. Students should be able to swim four lengths of each stroke by end of class

YOUTH SWIM SESSIONS:

Sessions A-D meet in the indoor pool: Tues, Wed, Thurs. for 2 weeks.

Member: \$16, Youth Member: \$35, Potential member: \$52.

A: June 16th–June 25th.

B: June 30th–July 9th.

C: July 14th–July 23rd.

D: July 28th–Aug. 6th.

E. Sat.'s only June 13th-July 25th.

Upcoming Water Exercise Classes. For Dates & Times

Call The Office

60+ H2O

Aquatic exercise for individuals 60 and over. This class uses the dynamics of stretching coupled with the water's natural resistance for toning and core strengthening while enhancing energy.

AQUACORE

Using dynamic stabilization, this class embraces core strength while offering a challenging aerobic workout. Swimming skills are not necessary for this class; floatation belts used.

AQUAFIT

Energizing workout using interval training. Strength-building exercises using buoyant equipment. Deep and shallow water environment will be used for each segment of the workout. All ages welcome!

AQUATONE

Using the properties of buoyancy and resistance, this class offers a fun aerobic workout in shallow water. Specific exercises tone and strengthen using the weight of the water and aquatic equipment. You do not need to be able to swim to participate.

WATERWORKS AFTER WORK

Deep water exercise program offered right after work for strengthening and toning. Floatation devices are used during this great aerobic workout.