

• YOUTH PROGRAMS •

SATURDAY CLASSES ARE HIGHLIGHTED

Coaches and Volunteers Need Clearances!

Interested in coaching? (basketball, flag football)

Interested in volunteering as a chaperone? (NAMS Jam)

Pennsylvania state law requires all individuals who have direct contact with children to have 3 clearances. They are the Pennsylvania Child Abuse History Clearance, Pennsylvania State Police Criminal Record Check, and the FBI Federal Criminal History Record. The clearances take approximately two to three weeks for processing.

Please contact Recreation Director Chuck Stover today about getting your clearances. You will not be able to coach or volunteer without them.
cstover@bethelpark.net or 412-831-6800 x230.

CLASSES & WORKSHOPS

Chess for Kids

Description: Each class session consists of a 30-minute class followed by a 30-minute tournament game. New students should have a basic understanding of how the pieces move. Lessons range from basic checkmates to fundamental tactics and strategies, i.e. forks, pins and mating attacks. During the final Awards Ceremony, all students receive a certificate of achievement and the first place winner receives a trophy.

Instructor: Mike Donati

Ages: 6 to 14 years

Resident Fee: \$30.00 Non-Res Fee: \$35.00
6 Session Dates

Class Times: 7:00 PM - 8:00 PM

3863.303
Class Dates: 9/12/2016 - 10/17/2016 Mon

3863.304
Class Dates: 11/7/2016 - 12/12/2016 Mon

Location: Community Center

Driver Education

Description: The course is conducted by Kennedy School of Driving through Bethel Park Recreation. Upon successful completion of the 30 hours of theory and 6 hours of in-car training, a certificate is given that is accepted by most insurance companies for an insurance rate discount. This class features the option of taking your driving test with our instructor. This counts as 1 hour of your behind-the-wheel instruction. The test with our instructor must be taken prior to your high school graduation. The \$45 (non-resident \$50) NON-REFUNDABLE AND NON-TRANSFERRABLE fee payable to Bethel Park Recreation will secure your space in the class. The balance of \$350 must be paid to Kennedy School of Driving on the first night of class. Class size is limited to 36 students. Details for the January Driver Education course will be in the December issue of the Chronicles.

Ages: 15 years and over

Resident Fee: \$45.00 Non-Res Fee: \$50.00
10 Session Dates

3311.301
Class Dates: 9/12/2016 - 10/12/2016 Mon, Wed
Class Times: 6:30 PM - 9:30 PM

Location: M415 Library @ BPHS

Basic Dog Obedience

Description: Teaching your dog basic commands can be building blocks to a rewarding relationship with your pet. Our professional instructors will teach you how to teach your dog the basic commands of sit, down, stay, come when called, controlled walking exercises and much more! The dog must be at least 6 months old. Please bring vaccination records, six foot leash, and soft small treats to the first class. An adult must accompany handlers under age 18. You must register with Bethel Park Recreation at least one week before the first class. Register online, by mail to Bethel Park Recreation with the registration form in the Chronicles, or in person at the Community Center or Recreation Office. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, www.xcelcaninetraining.com.

Ages: 12 years and over

Resident Fee: \$80.00 Non-Res Fee: \$85.00
6 Session Dates

Class Times: 10:00 AM - 11:00 AM

3309.211
Class Dates: 9/10/2016 - 10/15/2016 Sat

3309.301
Class Dates: 11/5/2016 - 12/10/2016 Sat

Location: Xcel Canine Training, Inc.

Puppy Obedience

Description: This class is taught at a slower pace than our Basic Obedience class, but still will give your puppy the stepping stones they need to learn at a young age. The puppies will also be in an environment with others their own age! They will learn the beginning of sit, down, stand, walking by your side and introducing them to new fun obstacles. An adult must accompany handlers under age 18. Your dog must be 3 to 6 months old and should have its 2nd set of shots before starting. Please bring vaccination records, six foot leash, and soft small treats to the first class. You must register with Bethel Park Recreation at least one week before the first class. Register online, by mail to Bethel Park Recreation with the registration form in the Chronicles, or in person at the Community Center or Recreation Office. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, www.xcelcaninetraining.com.

Ages: 12 years and over

Resident Fee: \$80.00 Non-Res Fee: \$85.00
6 Session Dates

Class Times: 9:00 AM - 10:00 AM

3309.213
Class Dates: 9/10/2016 - 10/15/2016 Sat

3309.303
Class Dates: 11/5/2016 - 12/10/2016 Sat

Location: Xcel Canine Training, Inc.

ARTS & CRAFTS

Canvas Craze

Description: It's the kids turn to have a fun night out painting! Bring your favorite snack and join us to create your own awesome painting on an 11 X 14 ready to hang canvas. Each 1 night session will have a completely different theme. All supplies are included. Attend one, two or all at \$25 per night! Must register at least 24 hours prior to class.

Instructor: Karen Hartman

Ages: 6 to 12 years

Resident Fee: \$25.00 Non-Res Fee: \$30.00
1 Night Workshop

Class Times: 6:15 PM - 7:45 PM

3805.311
Class Date: 9/8/2016
Cute squirrel w/acorn
Thur

3805.312
Class Date: 10/6/2016
Colorful sugar skull
Thur

3805.313
Class Date: 11/3/2016
Colorful turkey w/pumpkin
Thur

3805.314
Class Date: 12/1/2016
Gingerbread house
Thur

Location: Community Center

Cartooning Workshops

Description: Cartooning classes with a fun theme for each session! Attend one, two or all! Students will learn the foundation of cartooning in this very fun, relaxed class atmosphere. Students and instructor tell jokes, stories and share their creations. Students end class with 4 fun drawings/cartoons complete with speech bubbles. Bring your imagination and fun attitude! Price includes all supplies needed for this class.

Attend one, two or all at \$18 per night!

Instructor: Karen Hartman

Grades: 1-8

Resident Fee: \$18.00 Non-Res Fee: \$23.00

Class Times: 1 Night Workshop
6:15 PM - 7:45 PM

3805.301
Class Date: 9/22/2016
Teenage Mutant Ninja Turtles
Thur

3805.302
Class Date: 10/20/2016
Halloween theme
Thur

3805.303
Class Date: 11/17/2016
Harry Potter dragons & wizards
Thur

3805.304
Class Date: 12/15/2016
Holiday themed cartoons
Thur

Location: Community Center

★ NEW! NEW! NEW! ★

Enviro Art - The Art of Alaska

Description: Children's creative art workshop featuring glaciers, puffins, and drawing Alaska. We will have fun exploring the landscape, wildlife, and indigenous artists. Create artwork using a variety of materials, draw unique masterpieces, and become inspired by this amazing state. Children will take home a completed piece of artwork after each session. Come join us as we have fun and learn about our world and the wonderful world of art. This session is inspired by instructor and artist, Sue Ralston's, recent, inspirational trip to Alaska.

Instructor: Sue Ralston

Ages: 5 to 10 years

Resident Fee: \$40.00 Non-Res Fee: \$45.00
4 Session Dates

3805.305
Class Dates: 9/12/2016 - 10/3/2016 Mon
Class Times: 6:30 PM - 7:30 PM

Location: Community Center

Enviro Art - The Colors of Fall

Description: Come have fun and get creative exploring the fall season and all of its beautiful colors. Create pictures inspired by leaves, trees, pumpkins, and turkeys. Experiment with paint, markers, crayons, and model magic, as well as other media. Children will take home a completed piece of artwork after each session. Come join us as we have fun and learn about our world and the wonderful world of art.

Instructor: Sue Ralston

Resident Fee: \$40.00 Non-Res Fee: \$45.00
4 Session Dates

Class Dates: 10/17/2016 - 11/14/2016 Mon

3805.306
Class Times: 5:15 PM - 6:15 PM Ages: 4 to 6 years

3805.307
Class Times: 6:30 PM - 7:30 PM Ages: 5 to 10 years

Location: Community Center
NO CLASS ON: Oct 31

SATURDAY CLASSES ARE HIGHLIGHTED

Enviro Art - Creative Holiday Art

Description: Join us as we create pictures and crafts inspired by this enjoyable season. We will have fun painting snow people, decorating ornaments and making cards. Learn about artists such as Thomas Kinkade, the Painter of Light. We'll use a variety of materials, all of which are included in the workshop, and every week students will take home a completed piece of artwork. Come explore, create and have lots of fun at this unique holiday workshop.

Instructor: Sue Ralston
 Ages: 5 to 10 years
Resident Fee: \$40.00 Non-Res Fee: \$45.00
 4 Session Dates

3805.308
 Class Dates: 11/28/2016 - 12/19/2016 Mon
 Class Times: 6:30 PM - 7:30 PM

Location: Community Center

Enviro Art - Children's Creative Holiday Art

Description: Celebrate the season by exploring art. Paint snow people, draw penguins, create model magic ornaments. All materials are included, and children will take a completed project after each session. Come have fun, discover, and create at this unique holiday class!

Instructor: Sue Ralston
 Ages: 4 to 6 years
Resident Fee: \$40.00 Non-Res Fee: \$45.00
 4 Session Dates

3805.309
 Class Dates: 11/28/2016 - 12/19/2016 Mon
 Class Times: 5:15 PM - 6:15 PM

Location: Community Center

★ NEW! NEW! NEW! ★

Fashion Drawing-Frozen/ Fairy Tale

Description: Let's explore the world of fashion! Class projects are based on various styles of fairy tale and Frozen themed clothing. Each 1 night session will have a completely different theme. Price includes all supplies needed for this class. Attend one, two or all at \$18 per night!

Instructor: Karen Hartman
 Ages: 6 to 12 years
Resident Fee: \$18.00 Non-Res Fee: \$23.00
 1 Night Workshop

Class Times: 6:15 PM - 7:45 PM

3805.315
 Class Date: 9/22/2016 Thur

3805.316
 Class Date: 10/20/2016 Thur

3805.317
 Class Date: 11/17/2016 Thur

3805.318
 Class Date: 12/15/2016 Thur

Location: Community Center

**The FINAL 2
 RECREATION FLEA MARKETS
 of 2016 will be held
 AUGUST 20 & SEPTEMBER 17
 8:00 AM-2:00 PM
 Port Authority Parking Lot,
 at the corner of Lytle and
 Brightwood Roads**

DANCE

Ballet / Dance Combo

Description: This class will serve as an intro to ballet, while incorporating other fun dance/movement techniques that will enhance balance, body control and the natural sense of rhythm. Simple jazz-type and tap movements will be introduced and proper stretching (set to song and nursery rhymes) will be taught. This is a very informal & fun approach to beginning dance. Participants should dress in standard dance attire, leotard or tank top with tights or stretchy, tight fitness/dance shorts worn over tights. Jazz or ballet shoes are preferred.

Instructor: Lisa Magnotti
 Ages: 3 to 5 years
Resident Fee: \$40.00 Non-Res Fee: \$45.00
 6 Session Dates

3818.301
 Class Dates: 9/13/2016 - 10/18/2016 Tue
 Class Times: 5:45 PM - 6:30 PM

3818.302
 Class Dates: 9/13/2016 - 10/18/2016 Tue
 Class Times: 6:30 PM - 7:15 PM

3818.303
 Class Dates: 11/1/2016 - 12/13/2016 Tue
 Class Times: 5:45 PM - 6:30 PM

3818.304
 Class Dates: 11/1/2016 - 12/13/2016 Tue
 Class Times: 6:30 PM - 7:15 PM

Location: Community Center
NO CLASS ON: Nov 22

Beginner Baton Twirling

Description: Join our fun-filled class for the beginner twirler. Students will learn basic twirls and tosses and will also have fun learning how to march and twirl to music. Twirling also promotes development of good hand/eye coordination. This class is a great start for any future little majorette. Students should wear comfortable clothing and must have their own baton. Please contact the instructor, Tammy Lentz, at 412-851-9142 if you have questions about the class or where to purchase a baton. Baton students are eligible to march in the Community Day Parade on September 17. Tammy is a former Upper St. Clair Majorette with over 16 years of teaching experience training students.

Ages: 5 years and over
Resident Fee: \$30.00 Non-Res Fee: \$35.00
 6 Session Dates

Class Times: 6:00 PM - 6:45 PM

3818.315
 Class Dates: 9/13/2016 - 10/18/2016 Tue

3818.316
 Class Dates: 11/1/2016 - 12/13/2016 Tue

Location: Community Center
NO CLASS ON: Nov 22

Intermediate Baton Twirling

Description: Class will continue to build your knowledge and baton twirling skills. Students will learn more difficult tricks and tosses while building on the skills learned in beginner baton class. Students should wear comfortable clothing and must have their own baton. Baton students are eligible to march in the Community Day Parade on September 17. *Class prerequisite: Recommendation from instructor, Tammy Lentz, or at least 1 year experience with another instructor.

Ages: 5 years and over
Resident Fee: \$30.00 Non-Res Fee: \$35.00
 6 Session Dates

Class Times: 6:45 PM - 7:30 PM

3818.317
 Class Dates: 9/13/2016 - 10/18/2016 Tue

3818.318
 Class Dates: 11/1/2016 - 12/13/2016 Tue

Location: Community Center
NO CLASS ON: Nov 22

Advanced Baton

Description: **This class is for the twirlers who have had beginner and/or intermediate instruction or by instructor recommendation.** Students will focus on 2 baton tricks, exchanges, and ribbon instruction. This class is for girls who are headed in the direction of becoming a High School Majorette. Students do not need to purchase a second baton or ribbon. The instructor will provide additional batons and ribbons. Baton students are eligible to march in the Community Day Parade on September 17.

Instructor: Tammy Lentz
 Ages: 8 years and over
Resident Fee: \$30.00 Non-Res Fee: \$35.00
 6 Session Dates

Class Times: 5:15 PM - 6:00 PM

3818.319
 Class Dates: 9/13/2016 - 10/18/2016 Tue

3818.320
 Class Dates: 11/1/2016 - 12/13/2016 Tue

Location: Community Center
NO CLASS ON: Nov 22

Move and Groove with 2's

Description: Help your child discover movement and expression while networking with other parents through a structure that blends dance, music, and imagination. Parent and child will follow along with the instructor who will guide the parent/tot team in a way that makes discovering movement, balance, and listening skills easy and fun. This class is an excellent first group activity. Please wear comfortable clothing.

Instructor: Tammy Lentz
 Ages: 18 months to 2 years w/caregiver
Resident Fee: \$21.00 Non-Res Fee: \$26.00
 6 Session Dates

Class Times: 10:45 AM - 11:15 AM

3818.313
 Class Dates: 9/13/2016 - 10/18/2016 Tue

3818.314
 Class Dates: 11/1/2016 - 12/13/2016 Tue

Location: Community Center
NO CLASS ON: Nov 22

Preschool Tap

Description: This is a fun early introductory class for tap and creative movement. While learning basic tap steps, students will develop coordination, balance, musicality, timing, and flexibility. Shuffles, skipping, singing, and rhyming are all part of this exciting class. Please wear comfortable clothing. Students must provide their own tap shoes. Please contact the instructor, Tammy Lentz, at 412-851-9142 if you have any questions about the class or where to purchase shoes.

Ages: 3 to 5 years
Resident Fee: \$30.00 Non-Res Fee: \$35.00
 6 Session Dates

3818.307
 Class Dates: 9/13/2016 - 10/18/2016 Tue
 Class Times: 9:30 AM - 10:15 AM

3818.308
 Class Dates: 9/15/2016 - 10/20/2016 Thur
 Class Times: 4:30 PM - 5:15 PM

3818.309
 Class Dates: 9/15/2016 - 10/20/2016 Thur
 Class Times: 5:15 PM - 6:00 PM

3818.310
 Class Dates: 11/1/2016 - 12/13/2016 Tue
 Class Times: 9:30 AM - 10:15 AM

3818.311
 Class Dates: 11/3/2016 - 12/15/2016 Thur
 Class Times: 4:30 PM - 5:15 PM

3818.312
 Class Dates: 11/3/2016 - 12/15/2016 Thur
 Class Times: 5:15 PM - 6:00 PM

Location: Community Center
NO CLASS ON: Nov 22, Nov 24

SATURDAY CLASSES ARE HIGHLIGHTED

Beginner Tap/Jazz/Hip Hop Combo

Description: This one hour class allows students to learn and enjoy three fundamental dance styles. This class allows students to explore rhythmical and percussive movements with tap, leaping and turning with jazz, and learn some street funk with hip hop. The high energy class is a solid foundation of dance and sure to be a favorite. Tap shoes are required. Jazz shoes are preferred but not required. Please wear comfortable clothing. Please contact the instructor, Tammy Lentz, at 412-851-9142 if you have any questions about the class or where to purchase shoes.

Ages: 5 to 12 years
Resident Fee: \$35.00 Non-Res Fee: \$40.00
 6 Session Dates
 Class Times: 6:00 PM - 7:00 PM

3818.305
 Class Dates: 9/15/2016 - 10/20/2016 Thur

3818.306
 Class Dates: 11/3/2016 - 12/15/2016 Thur

Location: Community Center
NO CLASS ON: Nov 24

Zumba® Kids

Description: Kids get fit, rock out, jam and have a blast at this fun filled class. If your child loves to play games, jump and dance around they will love Zumba® Kids. Helps build confidence, creativity, coordination and team work while being active in a great environment. Bring a friend and join the Zumba® Kids party!

Instructor: Kathy Raeder
 Ages: 6 to 10 years
Resident Fee: \$25.00 Non-Res Fee: \$30.00
 6 Session Dates
 Class Times: 6:00 PM - 6:45 PM

3815.303
 Class Dates: 9/13/2016 - 10/18/2016 Tue

3815.304
 Class Dates: 11/1/2016 - 12/13/2016 Tue

Location: Community Center
NO CLASS ON: Nov 22

Beginner / Intermediate Fencing

Description: Experience and enjoy the fun and challenging Olympic sport of foil fencing. The introductory and intermediate level instruction progressively establishes fundamental skills needed for successful fencing and great fitness. Sessions include instruction and practice bouts. Note: All essential equipment will be provided by the instructors, but students will be required to wear comfortable pants, non-marking athletic shoes, and a glove (official protective fencing gloves are not required but available at class for \$10) Shorts or jeans are not permitted.

Ages: 7 years and over
Resident Fee: \$80.00 Non-Res Fee: \$85.00
 6 Session Dates
 Class Times: 7:00 PM - 8:30 PM

3140.301
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3140.302
 Class Dates: 11/7/2016 - 12/19/2016 Mon

Location: Community Center
NO CLASS ON: Nov 28

Advanced* Fencing

Description: Take your fencing to a new level! This twice a week instructional class focuses on techniques, fitness, and winning strategy to help the dedicated to be able to succeed at an advanced competitive level in this martial art. Sessions include instruction and practice bouts. *Prerequisites include a minimum of 1 year of fencing experience and approval of the instructors. Note: All essential equipment will be provided by the instructors, but students will be required to wear comfortable pants, non-marking athletic shoes, and a glove (official fencing gloves are not required but are available at class for \$10). Shorts or jeans are not permitted.

Ages: 11 years and over
Resident Fee: \$110.00 Non-Res Fee: \$115.00
 12 Session Dates
 Class Times: 6:30 PM - 8:30 PM Mon
 7:00 PM - 9:00 PM Wed

3140.303
 Class Dates: 9/12/2016 - 10/19/2016

3140.304
 Class Dates: 11/7/2016 - 12/21/2016

Location: Community Center
NO CLASS ON: Nov 23, Nov 28

Flag Football

Description: **REGISTRATION DEADLINE IS SUNDAY, SEPTEMBER 4! NO EXCEPTIONS.** Register online, by mail, or in person at the Community Center or Recreation Office. Girls and boys, ages 6 - 11, may register for a 6-week session of RECREATION FLAG FOOTBALL! Children will be placed on teams according to age. Each team will play one game per week on Sunday evening at Park Avenue Field. A mouthguard is required.

Ages: 6 to 11 years
Resident Fee: \$50.00 Non-Res Fee: \$55.00
 6 Session Dates

3132.310
 Class Dates: 9/18/2016 - 10/23/2016 Sun
 Class Times: 6:00 PM - 9:00 PM

Location: Park Ave. Upper Field

Beginner Karate

Description: Students will receive instruction in the Isshinryu style of Karate from a 9th degree black belt instructor. Class will include warm-up exercises, basics of the style, as well as simple and practical self-defense techniques. Classes will also emphasize self-discipline and respect. Students will learn self-defense skills as well as a sense of accomplishment. Traditional karate uniform (Gi) is recommended, but not mandatory. Uniforms may be purchased through the instructor.

Ages: 6 years and over
Resident Fee: \$36.00 Non-Res Fee: \$41.00
 6 Session Dates
 Class Times: 6:15 PM - 7:00 PM

3825.301
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3825.303
 Class Dates: 10/24/2016 - 12/12/2016 Mon

Location: Community Center
NO CLASS ON: Oct 31, Nov 28

FITNESS & EXERCISE

Fit Kids

Description: It's time again to start back on track with this popular kid's class. Evenings will be getting shorter and cooler so it's time to bring your play indoors with some fun friends. Come move in the gym with some great kids. Scooters, hoops, balls, beams, tunnels and hurdles are just a few of the fun items we have so you can run, jump, scoot, leap, hop, toss, crawl and PLAY! Learn new games and skills and have fun doing it!! Bring a friend or two and join the fun.

Instructor: Kathy Raeder
 Ages: 5 to 8 years
Resident Fee: \$25.00 Non-Res Fee: \$30.00
 6 Session Dates
 Class Times: 6:00 PM - 6:45 PM

3815.301
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3815.302
 Class Dates: 11/7/2016 - 12/19/2016 Mon

Location: Community Center
NO CLASS ON: Nov 21

Kids' Fitness Frenzy

Description: Forty five minutes of fantastic fun activities to enhance your child's coordination, strength, agility, balance, endurance and gross motor skills. Sample equipment to be used includes exercise bands, agility ladder, jump ropes, exercise balls, Bosu trainers, mini hurdles, and aerobic steps. Activities will be done individually, with partners, in small groups and as an entire class. Taught by Kathy Pattak, an elementary physical education teacher for over 37 years. Classes will be held at Locke's Personal Fitness, 88 Fort Couch Rd. (across from DeLallo's).

Ages: 5 to 11 years
Resident Fee: \$50.00 Non-Res Fee: \$55.00
 6 Session Dates
 Class Times: 5:00 PM - 5:45 PM

3101.301
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3101.302
 Class Dates: 10/24/2016 - 12/12/2016 Mon

Location: Locke's Personal Fitness
NO CLASS ON: Oct 31, Nov 28

SPORTS

Youth Basketball

REGISTER NOW! TEAMS FILL UP!

**Grade 3 to Grade 12,
 Boys and Girls**

**Please use the Registration Form found
 on page 29**

OR register online at www.bethelpark.net

Little Hoop Stars

Description: Children are divided into teams to help teach team concepts. Instruction focuses on the most basic aspects of dribbling, passing, shooting, rebounding, and defense. Creative and fun drills are utilized, with each session culminating in a fun, low-key non-competitive game. A T-shirt is included.

Instructor: Jump Start Sports
 Ages: 4 to 5 years
Resident Fee: \$70.00 Non-Res Fee: \$75.00
 6 Session Dates

3115.320
 Class Dates: 9/16/2016 - 10/21/2016 Fri
 Class Times: 6:00 PM - 7:00 PM

Location: Neil Armstrong Gym

Hoop Stars

Description: Children are divided into teams to help teach team concepts. Instruction focuses on the most basic aspects of dribbling, passing, shooting, rebounding, and defense. Creative and fun drills are utilized, with each session culminating in a fun, low-key non-competitive game. A T-shirt is included.

Instructor: Jump Start Sports
 Ages: 6 to 7 years
Resident Fee: \$70.00 Non-Res Fee: \$75.00
 6 Session Dates

3115.321
 Class Dates: 9/16/2016 - 10/21/2016 Fri
 Class Times: 7:00 PM - 8:00 PM

Location: Neil Armstrong Gym

Look for the next issue of the
 Bethel Park Chronicles
 mailed the week of
 December 5, 2016!

SATURDAY CLASSES ARE HIGHLIGHTED

Intermediate* Karate

Description: Students will receive instruction in the Isshinryu style of Karate from a 9th degree black belt instructor. Class will include warm-up exercises, basics of the style, as well as simple and practical self-defense techniques. Classes will also emphasize self-discipline and respect. Students will learn self-defense skills as well as a sense of accomplishment. ***The intermediate level requires instructor recommendation.** Traditional karate uniform (Gi) is recommended, but not mandatory. Uniforms may be purchased through the instructor.

Ages: 6 years and over
Resident Fee: \$36.00 Non-Res Fee: \$41.00
 6 Session Dates
 Class Times: 7:15 PM - 8:00 PM

3825.302
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3825.304
 Class Dates: 10/24/2016 - 12/12/2016 Mon

Location: Community Center
NO CLASS ON: Oct 31, Nov 28

Boys Youth Lacrosse

2017 Season - Spring

Register November 1, 2016 thru December 15, 2016.

Eligibility:

2017 Team Level	Birth Date Range	
	Oldest	Youngest
U15	9/1/2001	8/31/2003
U13	9/1/2003	8/31/2005
U11	9/1/2005	8/31/2007
U9	9/1/2007	8/31/2009
U7	9/1/2009	

Registration for 2017 Season: On-Line Registration Only – visit www.bpyla.com for information and link.

Season Information: Season runs mid March through May. Typically practices are M, T & TH with an average of 1 - 3 games per week, weeknights and weekends.

Teams we typically play in the Western PA Youth Lacrosse Association league include Upper St. Clair, Peters Township, South Fayette, Canon MacMillan, Moon, Chartiers Valley, Franklin Regional, Butler and Mt. Lebanon.

Required Equipment (NOT included in registration): stick, helmet, gloves, shoulder pads, elbow pads, mouth guard, cleats/spikes and protective cup. See our website for current information: www.bpyla.com.

Free Program!

Pickleball

Description: Men and women, boys and girls of all ages are invited to participate in a "drop-in" format Pickleball program at the Bethel Park Community Center gym. This sport with the funny name is a combination of tennis, badminton and ping-pong and is slowly gaining a devoted following of players, from children through senior citizens. Pickleball is a low-impact sport played with 2-4 players on a court half the size of a tennis court. Although the rules are simple and easy to pick up, instructions will be provided to players. No experience is required to play. Call 412-851-2912 for more information.

Ages: 12 years - Senior Adults
Fee: Free
 Class Times: 9:30 AM – 11:30 AM Mon
 12:30 PM – 2:30 PM Wed
 12:30 PM – 2:30 PM Fri

Location: Community Center
NO PLAY ON: Sep. 5 and Nov. 25.

Beginner Rifle

Description: Olympic style target shooting, beginner level. Student must be at least 12 years old. Each class limited to 10 students. Classes will be held twice a week, on Tuesdays and Wednesdays. All materials and supplies are provided.

Ages: 12 years and over
Resident Fee: \$50.00 Non-Res Fee: \$55.00
 6 Session Dates

3153.301
 Class Dates: 9/13/2016 - 9/28/2016 Tue, Wed
 Class Times: 6:30 PM - 7:30 PM

Location: BPHS Rifle Range

Intermediate* Rifle

Description: Olympic style target shooting, intermediate level, shooting the standard ten bull target. Student must be at least 12 years old and ***must have taken the beginner rifle class.** Classes will be held twice a week, on Tuesdays and Wednesdays. All materials and supplies are provided.

Ages: 12 years and over
Resident Fee: \$50.00 Non-Res Fee: \$55.00
 6 Session Dates

3153.302
 Class Dates: 9/13/2016 - 9/28/2016 Tue, Wed
 Class Times: 7:45 PM - 8:45 PM

Location: BPHS Rifle Range



FRIDAYS!!!

Recreation Ski Club

Fees: To Be Announced
 Grades: 8-12

Bethel Park students in grades 8 through 12 may join the Recreation Ski Club and ski every other Friday during the ski season. Ski/snowboard rental and lessons available. Individual fees depend on the skier's needs. **Register at the Community Center no later than the FRIDAY before each scheduled trip to get the Early Bird Ski rates.**

The bus will leave from BPHS, boarding at the BladeRunners parking lot. **Bus fee is NON-REFUNDABLE and NON-TRANSFERRABLE.** Parental Consent Form must be signed for EACH TRIP that the skier wants to attend.

Dates for 2016 - 2017 ski season are:
 January 13 & 27
 February 10 & 24

The day trip will be held on Wednesday, December 28. Registration forms will be available at the Community Center in early December.
 Times: 03:00 PM - 11:30 PM Fri

Location: Seven Springs

Mighty Kicks Parent/Child Soccer Class

Description: Children will learn the skills, moves, and joy of playing America's most popular youth sport! Mighty Kicks is designed to encourage young children to build a healthy lifestyle, and offers a high-energy, fun program helping children develop coordination and confidence and utilize their physical energy in a positive way. This program emphasizes motor skills, social and listening skills, as well as body awareness. Additionally, parents will be able to play alongside and assist their youngsters as they get their first taste of soccer fun!

Coach Sam Bellin is a former standout college soccer player at the University of Georgia and currently highly successful Head Coach of Allderdice Boys High School soccer with 20+ years of experience coaching youth sports. More information is available at www.mightykicks.net. No equipment of any kind is required. Just sign up and play!

Ages: 2 to 3 years with parent or caregiver
Resident Fee: \$55.00 Non-Res Fee: \$60.00
 6 Session Dates

3815.307
 Class Times: 10:00 AM - 10:45 AM
 Class Dates: 9/10/2016 - 10/15/2016 Sat

3815.317
 Class Dates: 10/29/2016 - 12/10/2016 Sat

Location: Community Center
NO CLASS ON: Nov 26

Mighty Kicks Soccer - Outdoors!

Description: Children will learn the skills, moves, rules, and joy of playing America's most popular youth sport! Mighty Kicks is designed to encourage young children to build a healthy lifestyle, and offers a high-energy, fun program helping children develop coordination and confidence and utilize their physical energy in a positive way. Here are some highlights of the program:

Curriculum – Mighty Kicks serves over 4000 children yearly in 6 locations using an age-appropriate methodology including games, drills, exercises, stories with pictures and more!

Coaching – Classes will be led by Coach Sam, well-respected and much-liked for his 20+ years of relentlessly positive, high-energy, child-centered and expert sports coaching. Coach Sam is well known for combining top notch sports instruction with a fun program. More information is available at www.mightykicks.net. No equipment of any kind is required. Just sign up and play.

Ages: 3 to 7 years
Resident Fee: \$65.00 Non-Res Fee: \$70.00
 6 Session Dates

3815.310
 Class Dates: 9/11/2016 - 10/16/2016 Sun
 Class Times: 1:00 PM - 1:45 PM

Location: Village Green Field

Mighty Kicks Soccer

Description: Children will learn the skills, moves, rules, and joy of playing America's most popular youth sport! Mighty Kicks is designed to encourage young children to build a healthy lifestyle, and offers a high-energy, fun program helping children develop coordination and confidence and utilize their physical energy in a positive way. Here are some highlights of the program:

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Ages: 3 to 6 years
Resident Fee: \$55.00 Non-Res Fee: \$60.00
 6 Session Dates

3815.305
 Class Dates: 9/12/2016 - 10/17/2016 Mon
 Class Times: 1:30 PM - 2:00 PM

3815.306
 Class Dates: 9/9/2016 - 10/14/2016 Fri
 Class Times: 10:00 AM - 10:30 AM

3815.315
 Class Dates: 10/31/2016 - 12/12/2016 Mon
 Class Times: 1:30 PM - 2:00 PM

3815.316
 Class Dates: 10/28/2016 - 12/9/2016 Fri
 Class Times: 10:00 AM - 10:30 AM

Location: Community Center
NO CLASS ON: Nov 25, Nov 28

Mighty Kicks Soccer – PM

Description: Children will learn the skills, moves, rules, and joy of playing America's most popular youth sport! Mighty Kicks is designed to encourage young children to build a healthy lifestyle, and offers a high-energy, fun program helping children develop coordination and confidence and utilize their physical energy in a positive way. Here are some highlights of the program:

Curriculum – Mighty Kicks serves over 4000 children yearly in 6 locations using an age-appropriate methodology including games, drills, exercises, stories with pictures and more!

Coaching – Classes will be led by Coach Sam, well-respected and much-liked for his 20+ years of relentlessly positive, high-energy, child-centered and expert sports coaching. Coach Sam is well known for combining top notch sports instruction with a fun program. More information is available at www.mightykicks.net. No equipment of any kind is required. Just sign up and play.

Ages: 5 to 9 years
Resident Fee: \$65.00 Non-Res Fee: \$70.00
 6 Session Dates

3815.308
 Class Dates: 11/1/2016 - 12/13/2016 Tue
 Class Times: 5:00 PM - 6:00 PM

Location: Community Center
NO CLASS ON: Nov 22

SATURDAY CLASSES ARE HIGHLIGHTED

T-Birds T-Ball

Description: T-Birds T-Ball is a fun and highly instructional introduction to baseball for 3-5 -year old boys and girls. In each session, players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. A T-Shirt and MLB hat are included. Game times alternate weekly: 9:00AM - 10:00AM or 10:00AM - 11:00AM
 Instructor: Jump Start Sports
 Ages: 3 to 5 years
Resident Fee: \$70.00 Non-Res Fee: \$75.00
 6 Session Dates

3101.310
 Class Dates: 9/10/2016 - 10/15/2016 Sat
 Class Times: 9:00 AM - 10:00 AM
 10:00 AM - 11:00 AM

Location: Park Ave. baseball field

★ NEW! NEW! NEW! ★

Rookie League Baseball

Description: A fun baseball experience for 5 and 6 year old boys and girls. Players will receive instruction in all basics of the sport, and will apply what they have learned in fun games. All players begin the season playing T-Ball and are slowly introduced to Coach Pitch Baseball over the course of the season. The program includes both instruction and game play. The games will be non-competitive and no score will be kept, but hits and outs will be recorded as they are in older coach pitch programs. Players who are not able to hit a pitched ball will be able to use a tee while learning. A T-Shirt and MLB hat are included. Game times alternate weekly: 11:00AM - 12:00PM or 12:00PM - 1:00PM
 Instructor: Jump Start Sports
 Ages: 5 to 6 years
Resident Fee: \$70.00 Non-Res Fee: \$75.00
 6 Session Dates

3101.311
 Class Dates: 9/10/2016 - 10/15/2016 Sat
 Class Times: 11:00 AM - 12:00 PM
 12:00 PM - 1:00 PM

Location: Park Ave. baseball field

Tennis

Dates: 8/22/2016 – 10/2/2016
 Ages: 3 yrs to 18yrs
 Lessons and clinics are available for youth ages 3 to 18. Registration forms are online at www.bethelpark.net. The link is on the Recreation page. Call to register and direct questions to 412-831-2630 or Email: tennis@usctdp.com.

Location: USC Tennis Center

Bethel Park / PACER Cross Country Track

REGISTRATION and the first practice will be held Monday, August 29 at 6:00 PM.

Description: New members please bring a copy of your birth certificate. All girls and boys, ages eight and older, can participate in the Cross Country season at the Gilfillan Trail, located near Westminster Presbyterian Church on Route 19, south of South Hills Village. Practices are Monday, Tuesday, and Thursday evenings with meets on Saturday and Sunday mornings. No experience is needed. A well-fitting pair of RUNNING shoes is necessary. Call Damon Rhodes at 412-475-7206 or Steve Meddings at 724-301-8101 for further information. Check our website: www.eteamz.com/pacertc/, www.facebook.com/groups/494971583973427/.

Ages: 8yrs and over
 Fee: \$50.00*
 * plus a \$20 USATF membership if you don't already have one.
 Begins on 8/29/2016

Time: Monday, Tuesday, Thursday
 06:00 PM - 07:30 PM

Location: Gilfillan Trail

Bethel Park Jr. Wrestling

Ages: 5-13
 Grades: K-6
Regular registration will be held on Wednesday, October 19, 2016 from 6:30 pm to 8:00 pm in the Bethel Park High School Cafeteria.

1st wrestler - \$95 Equip check - \$80
 2nd wrestler - \$85 Duty check - \$150
 3rd wrestler - free

Practices for beginners will be held on Tuesdays and Thursdays from 6:00 - 7:00 pm. Practices for experienced will be held Monday, Tuesdays and Thursdays from 7:00 - 8:30 pm. The first practice for experienced will be on Monday, November 7th and the first practice for beginners will be held on Tuesday, November 8th. Matches and tournaments will be held on Saturdays and/or Sundays and weeknights are also possible during the season, which ends in March. Your child will practice and compete based on their age, weight and experience. A schedule of matches will be available in early December 2016

SPECIAL EVENTS

Halloween Party

Description: Children in grades K-4 will enjoy Halloween crafts, movies, snacks, games, and of course...TREATS! This event will be held at the Bethel Park Community Center. Space is limited so register early. **You must register by Wednesday, October 26.** Costumes are optional.
 Grades: K to 4
Resident Fee: \$12.00 Non-Res Fee: \$15.00
 1 Session Date

3890.301
 Class Date: 10/29/2016 Sat
 Class Times: 10:00 AM - 12:00 PM

Location: Community Center

Holiday Workshop

Description: Bethel Park Recreation is offering a FUN holiday workshop for boys and girls in grades K through 4 at the Community Center. Come join us for holiday crafts, games, movies, and snacks. **You must register by Wednesday, November 30.** PARENTS: This provides a great chance for you to get some last minute holiday shopping done without the kids!
 Grades: K - 4
Resident Fee: \$15.00 Non-Res Fee: \$18.00
 1 Session Date

3890.310
 Class Date: 12/3/2016 Sat
 Class Times: 1:00 PM - 4:00 PM

Location: Community Center

The Award Winning Bethel Park High School Marching Band, Concert Band, Symphonic Band, Jazz Ensemble, Symphonic Orchestra, Top 21 and Music Boosters would like to say "THANK YOU"

to the Community for supporting our hoagie sales. The Music Department will be traveling in April 2017 to perform in the Festival Disney music competition at Disney World, Orlando, FL!

Delicious Regular, Special and Turkey hoagies will be available for \$6.00.

The dates for hoagie sales are Saturdays:
 September 24
 November 5
 January 21
 March 4
 April 8

The BAND FESTIVAL will be Saturday, October 8, 2016
 BPHS Stadium, 7:30 PM

See any Band, Orchestra, or Top 21 member to order or call the Hoagie Chair Person at (412) 854 8179.

NAMS Jam

Description: NAMS Jam provides a fun, safe and supervised "night out" for any 5th and 6th grade resident of Bethel Park. Activities at each NAMS Jam include the following: basketball, crafts, movies, games, and a snack bar (additional fees). "Extra" activities are featured on a rotating basis throughout the year. They may include: Inflatables, airbrush tattoos, video gaming, karaoke, balloon artists, sport competitions, GIANT Twister, volleyball, and much, much more! There's something for EVERYONE and each event is UNIQUE!

DATE **FEATURED ACTIVITIES**
October 28 **Halloween Fun!**

Halloween Movie Feature,
 Costume Contest, GHOST Bingo,
 Pumpkin Decorating, Inflatable,
 Craft, Games

December 16 **Happy Holidays!**
 Winter Crafts & Entertainment

NAMS Jam admission is \$4 per student, payable at the door. Doors **DO NOT open until 7:00 pm** and no student is permitted to leave before 9:00 pm unless accompanied by a parent or guardian. **Please note that these events end PROMPTLY at 9:00pm.**

Chaperones are needed for each NAMS Jam. Please contact NAMS Jam Coordinator, Michele Pilotta at (412) 831-6800 x224 to volunteer or for additional information. Leave your name and telephone number if you wish to chaperone.

Future NAMS Jam dates may be found in our upcoming brochure. Our 2016-2017 brochure will be available at the Neil Armstrong Fall Open House.

Grades: 5 & 6
Resident Fee: \$4.00
 Times: 07:00 PM - 09:00 PM
 Dates: 10/28/2016 Fri
 12/16/2016 Fri

Location: Neil Armstrong Gym

Bethel Park Metro Basketball Travel Team Tryouts 2016-17 Season

Bethel Park Metro Travel Basketball will be holding tryouts for **boys and girls in grades 4 through 8**. 3rd graders can tryout for 4th grade teams but are not guaranteed to be on a team.

Players **MUST** attend at least two of the three tryouts with their specific grade level and gender. Players will not be permitted to attend tryout sessions with another grade level.

Tryouts will be conducted in September.

When specific tryout dates and times are confirmed, we will post the information on our website at www.bethelpark.net, under Recreation.

Travel Basketball requires a significant time commitment. Players are expected to attend practices and games and to hone their skills on their own as well.