

• YOUTH PROGRAMS •

SATURDAY CLASSES ARE HIGHLIGHTED

CLASSES & WORKSHOPS

Babysitting Fee: \$42.00

Non-res add: \$5.00
2 Classes Apr 17 2010 & Apr 24 2010
Ages: 10yrs to 16yrs
Any youth 10 years or older may register. This course is designed to teach the skills necessary for infant and toddler care, including safety and emergency procedures. Students MUST attend both classes and must also pass a written test to obtain certification. Class size is limited. Bring to both classes: a large doll WITH CLOTHING, two disposable diapers, plastic baby bottle, paper and pen. NOTE: This is not a Red Cross class; it is for information and participation purposes only. The class will be held in the Caucus Room, Bethel Park Municipal Building. 3105.101 10:00am-01:00pm Sa
Caucus Room

Chess for Kids Fee: \$40.00

Non-res add: \$5.00
8 Week Session Mar 22 2010 - May 10 2010
Ages: 6yrs to 14yrs
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. 3863.102 07:00pm-08:00pm M
Community Center

College Process Made Easy Fee: \$18.00 per Family

Non-res add: \$5.00
Mar 25 2010
Ages: 14yrs and over with parent/guardian
Especially helpful for families of Sophomores & Juniors! Many changes develop in the preparation for college process each year. This seminar is designed to help simplify that and offer parents an organized approach to college planning. The instructor has developed a checklist pamphlet that covers SAT/ACT tests, college visitations, applications, housing, financial aid and more. There will be an informative question & answer session at the end of the seminar. A list of potential scholarships will be distributed to all attending. For information call 412-831-0837 or email at NMorri4250@aol.com. Please indicate that you are asking for "college process". 3960.101 07:00pm-08:30pm Th
Community Center

Basic Dog Obedience Fee: \$70.00

Non-res add: \$5.00
7 Week Session Mar 13 2010 - May 08 2010
Ages: 12yrs and over
You will be shown how to form a great relationship with your dog. Basic commands for sitting, staying, and coming when called will be taught. We will show you how to walk with your dog on a relaxed leash, and how to meet and greet other dogs. An adult must accompany handlers under age 18. The dog must be at least 12 months old and have all current shots. Please bring the following to the first class: your dog's vaccination records, a six-foot leather or nylon leash, and lots of small soft treats. Registration must be received at least two weeks before the first class. Classes are held at *Keystone Canine Training Club*, 2942 Industrial Boulevard, 412-833-2211, www.keystonecanine.com.
NO CLASS ON APRIL 3 AND 24.
3309.101 11:00am-11:50am Sa
Keystone Canine Training Club

NEW! NEW! NEW! Kid's Dog Agility Fee: \$70.00

Non-res add: \$5.00
7 Week Session Mar 18 2010 - Apr 29 2010
Ages: 8 yrs to 14 yrs, accompanied by an adult.
Looking for something fun to do with your best four-footed friend? Then come to Kid's Agility class and bring your favorite pooch. In class you will learn how to train and handle your dog on our agility equipment (jumps, tunnels, see-saw, and other obstacles) and have lots of fun doing it! Come in comfortable clothes and bring soft treats for your dog. All dogs must be non-aggressive, be at least 12 months old, have completed a Basic Obedience class, and have all current shots. Please bring your dog's vaccination records and a six-foot leash to the first class. Registration must be received at least two weeks before the first class. Classes are held at *Keystone Canine Training Club*, 2942 Industrial Blvd, 412-833-2211, www.keystonecanine.com.
3309.104 06:30pm-07:30pm Th
Keystone Canine Training Club

Dog Agility Fee: \$70.00

Non-res add: \$5.00
7 Week Session Mar 18 2010 - Apr 29 2010
Ages: 12yrs and over
Agility is the popular fun sport for dogs that is sweeping the nation! Your dog will be taught how to go over jumps, run through tunnels, go up and down a see-saw, and handle many other obstacles. An adult must accompany handlers under age 18. The dog must be at least 12 months old and have all current shots and have successfully completed a Basic Obedience class. Please bring the following to the first class: your dog's vaccination records, a six-foot leather or nylon leash, and lots of small soft treats. Registration must be received at least two weeks before the first class. Classes are held at *Keystone Canine Training Club*, 2942 Industrial Boulevard, 412-833-2211, www.keystonecanine.com.
3309.103 07:30pm-08:30pm Th
Keystone Canine Training Club

Driver Education Fee: \$45.00

Non-res add: \$5.00
To Kennedy: \$300.00
5 Week Session Apr 06 2010 - May 06 2010
Ages: 15yrs and over
The course is conducted by *Kennedy School of Driving* through the *Bethel Park Department of Recreation and Leisure Services*. 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. Check your company on their policy. The student does not have to be 16 to enroll for the theory, but must be 16 and have a learner's permit for the on-the-road portion of the program.

This class now features the option of taking your driving test with our instructor. The test for your license will be administered at Bethel Park High School. This counts as 1 hour of your behind-the-wheel instruction. This option is ONLY available to Bethel Park residents who currently attend Bethel Park High School.

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 \$300 must be paid to Kennedy School of Driving on the first night of class. The class will be held in BPHS Building 3, Room 3108. Class size is limited to 32 students.

BETHEL PARK RESIDENTS ARE GIVEN PRIORITY REGISTRATION BEFORE NON-RESIDENTS.

Details for the July 2010 Driver Education course will be in the May 2010 issue of Chronicles.
3311.101 06:30pm-09:30pm Tu Th
BPHS Bldg 3, Room 3108

ARTS & CRAFTS

Mini Doodlers Fee: \$45.00

Non-res add: \$5.00
4 Week Session
Session #1: Mar 02 2010 - Mar 23 2010
Session #2: Apr 06 2010 - Apr 27 2010
Session #3: May 04 2010 - May 25 2010
Ages: 3yrs to 5yrs
Abakadoodle art education class: Pre-schoolers gleefully create their own unique masterpieces using their imagination, creativity and newly learned skills. Lessons provide new experiences with paints, sculptures, fabric, design and other creative tools/materials.
3805.101 Session #1 01:30pm-02:30pm Tu
3805.115 Session #2 01:30pm-02:30pm Tu
3805.120 Session #3 01:30pm-02:30pm Tu
Community Center



Doodlers Fee: \$45.00

Non-res add: \$5.00
4 Week Session
Session #1: Mar 03 2010 - Mar 24 2010
Session #2: Apr 07 2010 - Apr 28 2010
Session #3: May 05 2010 - May 26 2010
Ages: 6yrs to 12yrs
Abakadoodle art education class: Lessons will introduce new techniques and artistic styles that participants will use to design unique creations. Contemporary and master artists specializing in paint, sculpture, fabric, design and more are featured. Children develop skills and confidence in a very fun environment.
3805.102 Session #1 06:30pm-07:30pm W
3805.112 Session #2 06:30pm-07:30pm W
3805.113 Session #3 06:30pm-07:30pm W
Community Center

South Arts Art en Espanol Fee: \$65.00

Non-res add: \$5.00
6 Week Session Mar 15 2010 - Apr 26 2010
Ages: 6yrs to 14yrs
Hola! Draw, paint and sculpt lots of fun, colorful projects while learning a bit of Spanish! Los Colores will be explored, a Mexican vase will be sculpted, and a Spanish-themed, acrylic painting will be created.
NO CLASS ON APRIL 5.
3805.116 06:00pm-07:30pm M
Community Center

South Arts Go Green With Art Fee: \$55.00

Non-res add: \$5.00
6 Week Session Mar 10 2010 - Apr 21 2010
Ages: 6yrs to 12yrs
Students will have fun learning about preserving our planet in a cool art class while using recycled materials. We will explore painting, found objects sculpture, and crafts! Students will need 1 white tee shirt for class.
NO CLASS ON APRIL 7.
3805.111 06:00pm-7:30pm W
Community Center

SATURDAY CLASSES ARE HIGHLIGHTED

NEW! NEW! NEW!

Art History Comes to Life

Fee: \$60.00 Non-res add: \$5.00
 6 Week Session Apr 15 2010 - May 20 2010
 Ages: 5yrs to 16yrs
 Students will experiment with different artistic styles while learning about famous artists and works of art. Students will learn about impressionism, surrealism, pop art and more. Lessons provide new and creative experiences with a wide array of materials. All supplies are included.
 Instructor: Sarah Runco
 3805.124 5yrs to 12yrs 06:30pm-07:30pm Th
 3805.125 13yrs to 16yrs 07:45pm-08:45pm Th
 Community Center

NEW! NEW! NEW!

Color Magic

Fee: \$15.00 Non-res add: \$5.00
 2 Classes
 Session #1: Mar 30 2010 & Apr 06 2010
 Session #2: Apr 27 2010 & May 04 2010
 Ages: 4yrs to 6yrs
 Enter the magical world of color! Explore new ways to create colors and how they work together. Students will work with paint, crayons, bubbles and more!
 Instructor: Sarah Runco
 3805.122 Session #1 06:30pm-07:30pm Tu
 3805.123 Session #2 06:30pm-07:30pm Tu
 Community Center

NEW! NEW! NEW!

Drawing Studio

Fee: \$60.00 Non-res add: \$5.00
 6 Week Session Mar 04 2010 - Apr 08 2010
 Ages: 5yrs to 12yrs
 This is a great class for students who want to learn to draw realistically. Fundamental concepts are taught with step by step instructions at their own level of ability which helps encourage students and strengthen confidence. Students will be enthusiastic to show family and friends their new way of "seeing." All supplies are included.
 Instructor: Sarah Runco
 3805.121 06:30pm-07:30pm Th
 Community Center

NEW! NEW! NEW!

Messy Masterpieces

Fee: \$42.00 Non-res add: \$5.00
 6 Week Session Mar 10 2010 - Apr 14 2010
 Ages: 4yrs to 8yrs
 This class offers parents the chance to say "YES" to all of the fun and messy art materials that they want their children to create with, but don't want in their own homes. Students will be thrilled with the opportunities presented in each lesson. Students will create both 2 dimensional and 3 dimensional masterpieces while they learn about fundamental concepts in art.
 Instructor: Sarah Runco
 3805.126 06:30pm-07:30pm W
 Community Center



DANCE

Ballet / Dance Combo

Fee: \$40.00 Non-res add: \$5.00
 7 Week Session Mar 09 2010 - Apr 29 2010
 Ages: 3yrs to 5yrs
 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.
NO CLASS ON MARCH 30 AND APRIL 1.
 3818.111 06:00pm-06:45pm Tu
 3818.105 10:30am-11:15am Th
 3818.106 01:30pm-02:15pm Th
 Community Center

NEW AGE GROUP!

Ballet / Dance Combo

Fee: \$40.00 Non-res add: \$5.00
 7 Week Session Mar 09 2010 - Apr 27 2010
 Ages: 6yrs to 8yrs
 This is a very informal & fun approach to beginning dance. Standard dance attire, (leotard or tank top with tights) or stretchy, tight (fitness/dance) shorts worn over tights. Jazz or Ballet shoes are preferred.
NO CLASS ON MARCH 30.
 3818.101 05:00pm-05:45pm Tu
 Community Center

Belly Dancing

Fee: \$42.00 Non-res add: \$5.00
Twice a week: \$66.00
Materials fee: \$25.00
 6 Week Session
 Session #1: Mar 07 2010 - Apr 25 2010
 Session #2: May 02 2010 - Jun 06 2010
 Ages: 16yrs and over
No dance experience is necessary! Students will learn the basic dance steps from 9 different styles as well as the history behind each step. Students will also learn a full performance dance and other fun things. This high energy, low impact form of exercise tones the body from head to toe, helps posture and circulation. Join us to have fun and get in shape at the same time. Dress in loose athletic pants or a long skirt with leggings & comfortable shirt and wear ballet style slippers or jazz dance shoes. *Material fee of \$25 covers cost of a mandatory hip scarf, payable to the instructor the first night of class. Twice a week discount rate may be used with other Renea Bishop classes. Discount rate is not available with online registration.
NO CLASS ON MARCH 28 AND APRIL 4.
 Instructor: Renea Bishop
 3935.101 Session #1 07:30pm-08:30pm Su
 3935.102 Session #2 07:30pm-08:30pm Su
 Community Center

FITNESS & EXERCISE

Move & Tumble

Fee: \$38.00 Non-res add: \$5.00
 6 Week Session
 Session #1: Mar 02 2010 - Apr 13 2010
 Session #2: Apr 27 2010 - Jun 01 2010
 Ages: 18mths to 2yrs with caregiver
 Both caregiver and child will have loads of fun while they move and exercise to fun music. Participants will be jumping, hopping, skipping, Hula Hooping, and tumbling. Parachute games and the use of fitness balls will also be a part of this very active class.
NO CLASS ON MARCH 30.
 3830.101 Session #1 09:30am-10:15am Tu
 3830.111 Session #2 09:30am-10:15am Tu
 Community Center

Ages 3 & 4 and 5 & 6!

Move & Tumble Too

Fee: \$38.00 Non-res add: \$5.00
 6 Week Session
 Session #1: Mar 02 2010 - Apr 13 2010
 Session #2: Apr 27 2010 - Jun 01 2010
 Ages: 3yrs to 4yrs
 This provides a great opportunity to expend some extra energy! Different fun activities will be introduced each week including sit-ups, push ups, skipping, hopping, tumbling and jumping. The instructor will also use Hula Hoops, fitness balls, parachutes and exercise bands. The class will develop your child's coordination as well as show them how much fun fitness and exercise can be.
NO CLASS ON MARCH 30.
 3830.102 Session #1 3yrs to 4yrs 10:30am-11:15am Tu
 3830.103 Session #1 5yrs to 6yrs 01:30pm-02:30pm Tu
 3830.112 Session #2 3yrs to 4yrs 10:30am-11:15am Tu
 3830.113 Session #2 5yrs to 6yrs 01:30pm-02:30pm Tu
 Community Center

Fun Fitness & Sports

Fee: \$40.00 Non-res add: \$5.00
 6 Week Session
 Session #1: Mar 03 2010 - Apr 14 2010
 Session #2: Apr 28 2010 - Jun 02 2010
 Ages: 3yrs to 6yrs
 This "Gym" class will have your young sports star cruising into elementary school! In a physical education class format, your 3-6 year old will be given proper direction and encouragement to learn and engage in fitness and sports based skills. Fitness attributes such as balance, strength, flexibility and coordination will be included. The following sport skills will be introduced in class: soccer, basketball, running, volleyball, baseball, modified tumbling, and obstacle course.
NO CLASS ON MARCH 31.
 3815.101 Session #1 10:00am-11:00am W
 3815.102 Session #1 01:00pm-02:00pm W
 3815.111 Session #2 10:00am-11:00am W
 3815.112 Session #2 01:00pm-02:00pm W
 Community Center

Fit Kids

Fee: \$25.00 Non-res add: \$5.00
 6 Week Session Mar 08 2010 - Apr 19 2010
 Ages: 5yrs to 8yrs
 Exercise can be fun! Class has been designed for kids to have fun and stay active with obstacle courses, relay races and a variety of other physical activities.
NO CLASS ON MARCH 29.
 3815.110 06:15pm-07:00pm M
 Community Center

Cardio Pulse

Fee: \$42.00 Non-res add: \$5.00
Twice a week: \$66.00
 6 Week Session
 Session #1: Mar 03 2010 - Apr 21 2010
 Session #2: Apr 28 2010 - Jun 02 2010
 Ages: 16yrs and over
 Come Dance for Fitness! Cardio Pulse is a high energy dance class. Each week we will be learning a new dance style while achieving a cardio workout. Some dance forms that will be used in this class include Latin, Hawaiian, Belly Dance, Jazz, and Hip-Hop. The dances are choreographed to high-energy music to really get your hear rate going! Aerobic activity strengthens your heart and lungs, burns calories, and lowers total cholesterol, best of all it decreases stress! This class is for all levels of fitness and no dance experience is necessary. Take the Core Strengthening and Toning class to make a great combination. Twice a week rate is not available with online registration.
NO CLASS ON MARCH 17 AND 31.
 Instructor: Renea Bishop
 3935.105 Session #1 07:30pm-08:30pm W
 3935.106 Session #2 07:30pm-08:30pm W
 Community Center

SATURDAY CLASSES ARE HIGHLIGHTED

Core Strengthening and Toning

Fee: \$42.00 Non-res add: \$5.00

Twice a week: \$66.00

6 Week Session

Session #1: Mar 03 2010 - Apr 25 2010
Session #2: Apr 28 2010 - Jun 06 2010

Ages: 16yrs and over

This class is designed to reshape and define your body. Students will be able to work with instructor to customize their workout to low or high impact, depending on each student's needs. It will help you turn flab into muscle and to regain balance and poise. Take the Core Strengthening and Toning class twice a week or add it to any other Renea Bishop class to make a great combination and get the twice a week discount. Twice a week rate is not available with online registration. Bring floor mat to class.

NO CLASS ON SUNDAYS, MARCH 28 & APRIL 4 and WEDNESDAYS, MARCH 17 AND 31.

Instructor: Renea Bishop

3935.103	Session #1	06:30pm-07:30pm	Su
3935.104	Session #1	06:30pm-07:30pm	W
3935.113	Session #2	06:30pm-07:30pm	Su
3935.114	Session #2	06:30pm-07:30pm	W

Community Center

Weight Loss Challenge

Fee: \$42.00 Non-res add: \$5.00

Twice a week: \$66.00

6 Week Session

Session #1: Mar 03 2010 - Apr 25 2010
Session #2: Apr 28 2010 - Jun 06 2010

Ages: 16yrs and over

There is more to weight loss than just eating. Each student will work with the instructor to develop a personalized plan that will work to achieve his or her individual goals. This is not a cookie cutter or one-size-fits-all diet plan, but a self-designed plan that includes exercise, education, nutrition information, and support. Each week students will learn a fun new way to exercise. Workouts are safe for all fitness levels and will include different styles of walking, stretching, toning and strength exercises. By the end of this class, students will have the knowledge to achieve their personal goal. Twice a week discount rate may be used with other Renea Bishop classes. Twice a week rate is not available with online registration.

NO CLASS ON SUNDAYS, MARCH 28 & APRIL 4 AND WEDNESDAYS, MARCH 17 AND 31.

Instructor: Renea Bishop

3935.107	Session #1	05:30pm-06:30pm	Su
3935.108	Session #1	05:30pm-06:30pm	W
3935.117	Session #2	05:30pm-06:30pm	Su
3935.118	Session #2	05:30pm-06:30pm	W

Community Center

Tai Chi

Fee: \$36.00 Non-res add: \$5.00

6 Week Session

Session #1: Mar 02 2010 - Apr 13 2010
Session #2: Apr 20 2010 - May 25 2010

Ages: 16yrs and over

Learn Tai Chi, a non-competitive, self-paced system of gentle physical exercises. Students will learn to move all parts of the body in unison, exerting little energy while strengthening the bones. In practicing simple postures, "doing less" will actually give you more energy, and improve memory and circulation. Practiced regularly, Tai chi has been shown to reduce stress, increase flexibility, improve muscle strength and increase feelings of well being. This class is appropriate for any student regardless of age or physical ability.

NO CLASS ON MARCH 30.

3932.100	Session #1	12:45pm-01:30pm	Tu
3932.102	Session #2	12:45pm-01:30pm	Tu

Community Center

Watch for the next issue of
Bethel Park Chronicles the week of
May 10, 2010!

SPORTS

Bethel Park Girls!!!

BP Jr. Cheerleaders

Fee: \$50.00

Enrollment: Mar 22 2010 - Mar 31 2010

Grades 1 - 8 in Fall 2010

Cheerleading registration for girls in grades 1 - 8 will be held from March 22 to March 31 via US Mail ONLY. Squads will cheer at the BP Jr. Football games and participate in football activities and community parades. Please use the registration form found on page 21. For more information, call 412-628-1163 or check www.bpjrhawkettes.org.

Ages 6 to 8!

Foil Fencing for Children

Fee: \$75.00

Non-res add: \$5.00

8 Week Session

Mar 15 2010 - May 10 2010

Ages: 6yrs to 8yrs

This course will explore the history, rules and fundamental techniques of foil fencing, one of the oldest and most popular Olympic sports. Students will learn fundamental footwork, offensive and defensive techniques of the classical French style of foil fencing, and will practice basic fencing skills and drills and games that encourage the development of fencing tactics and strategy.

Note: The instructors will provide all essential equipment, but students will be required to wear comfortable pants and athletic shoes. Shorts or jeans will not be permitted. Club equipment will include foils with a French grip only. Instructor has a background in elementary education and coaching at the elementary level.

NO CLASS ON MARCH 29.

3140.103	05:45pm-06:45pm	M
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Comm. Ctr. Gym

Ages 9 and up

Foil Fencing

Fee: \$100.00

Non-res add: \$5.00

8 Week Session

Mar 15 2010 - May 10 2010

Ages: 9yrs and over

This course will explore the history, rules and fundamental techniques of foil fencing, one of the oldest and most popular Olympic sports. Students will learn fundamental footwork, basic offensive and defensive techniques of the classical French style of foil fencing, and will practice basic fencing skills and drills that encourage the development of fencing tactics and strategy.

Note: The instructors will provide all essential equipment, but students will be required to wear comfortable pants and athletic shoes. Shorts or jeans will not be permitted. Club equipment will include foils with a French grip only. Experienced students who wish to use foils with orthopedic grips will have to bring their own foils.

NO CLASS ON MARCH 29.

3140.101	07:00pm-08:30pm	M
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Comm. Ctr. Gym

Twice a week!

Golf @ Sunset

Fee: \$79.00

Non-res add: \$10.00

4 Week Session

Apr 06 2010 - Apr 29 2010

Ages: 13yrs and over

Class size is limited. Rain-outs will be made up. Loaner clubs are available for first time golfers. Bring 7 iron to first class. Extra charge for range golf balls. Sunset Golf is located at 3501 Brownsville Road, Library, PA.

Instructor: Dave Scandrol

3221.113	07:00pm-08:00pm	Tu Th
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Sunset Golf

Golf @ Cool Springs

Fee: \$79.00

Non-res add: \$10.00

5 Week Session

Apr 10 2010 - May 08 2010

Ages: 9yrs to 17yrs

Classes will be taught by a Cool Springs Golf and Family Recreation Center Professional. Student to teacher ratio is 6:1. Practice golf balls are included. See pg. 33 for discount driving range golf card information.

3134.102	01:00pm-02:00pm	Sa
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Cool Springs Golf

Junior Football

Fee: \$100.00

Registration: May 02 2010

Ages: 6yrs to 13yrs

Register on Sunday, May 2, from 1:00 to 4:00 pm at the Bethel Park Community Center.

Bethel Park Junior Football is a member of the *Greater 19 Youth Football League* for ages 6 to 12 & *South Suburban Youth Football League* for 12 & 13 year olds. Bethel Park teams compete in five age groups:

- 6-7 years old - 90 pound maximum
- 8-9 years old - 110 pound maximum
- 10-11 years old - 130 pound maximum
- 12 years old - 150 pound maximum
- 13 years old - 160 pound maximum

Players from last year will be given priority through April 1. Please see our website, bpjf.org for further information.

3132.201	01:00pm-04:00pm	Su
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Community Center



Karate for Beginners

Fee: \$36.00

Non-res add: \$5.00

6 Week Session

Session #1: Mar 08 2010 - Apr 12 2010
Session #2: Apr 19 2010 - May 24 2010

Ages: 6yrs and over

Students will receive instruction in the Isshinryu style of Karate from an 8th 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.

3825.103	Session #1	06:15pm-07:00pm	M
3825.113	Session #2	06:15pm-07:00pm	M

Community Center

Intermediate

Karate

Fee: \$36.00

Non-res add: \$5.00

6 Week Session

Session #1: Mar 08 2010 - Apr 12 2010
Session #2: Apr 19 2010 - May 24 2010

Ages: 6yrs and over

Students will receive instruction in the Isshinryu style of Karate from an 8th 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.

3825.104	Session #1	07:15pm-08:00pm	M
3825.114	Session #2	07:15pm-08:00pm	M

Community Center

SATURDAY CLASSES ARE HIGHLIGHTED

Beginner Rifle
Fee: \$50.00 Non-res add: \$5.00
 3 Week Session
 Session #1: Mar 02 2010 – Mar 18 2010
 Session #2: Apr 13 2010 - Apr 29 2010
 Ages: 12yrs and over
 Olympic style target shooting, beginner level. Student must be at least 12 years old. Each class limited to 8 students. Classes will be held twice a week, on Tuesdays and Thursdays. All materials and supplies are provided.
 3153.101 Session #1 06:30pm-07:30pm Tu Th
 3153.104 Session #2 06:30pm-07:30pm Tu Th
 BPHS Rifle Range

Intermediate Rifle
Fee: \$50.00 Non-res add: \$5.00
 3 Week Session
 Session #1: Mar 02 2010 – Mar 18 2010
 Session #2: Apr 13 2010 - Apr 29 2010
 Ages: 12yrs and over
 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 Thursdays. All materials and supplies are provided.
 3153.102 07:45pm-08:45pm Tu Th
 3153.103 07:45pm-08:45pm Tu Th
 BPHS Rifle Range

Tennis
 8 Week Session Apr 19 2010 - Jun 13 2010
 Ages: 3.5yrs to 18yrs
 Lessons and clinics are available for youth ages 3½ to 18. See Tennis page 32 for schedules. Registration Deadline: April 12. Call 412-257-2998 for registration and information.
 3163.101
 USC Tennis Center

Register Tuesday, March 16!
PACER Track Club
Fee: \$70.00 Non-res add: \$5.00
 Apr 06 2010 - Jun 30 2010

Ages: 8yrs to 15yrs
 Track and Field is a great way to challenge yourself mentally and physically. You will improve your body by getting faster and stronger with practice. You will also develop mental toughness. Learn the techniques required to throw the shot, disk and javelin and develop the skills and conditioning to be a better runner. Train to be a champion and strive to improve your personal record. You will make new friends and have fun! EVERYONE can participate in USATF sanctioned track meets. No experience is necessary. A well-fitting pair of RUNNING shoes is advisable. Boys and girls are both welcome!

Registration will be held on Tuesday, March 16 at 7:00 PM in the Bethel Park Community Center. The mandatory PARENTS MEETING and first practice will be Tuesday, April 6 at 6:00 PM at BPHS, room TBA. Due to construction at the high school our practice locations and schedules are yet to be determined. For the most part practices will be held on Mondays, Tuesdays and Thursdays from 6:00 - 7:30 PM. Runners will practice at the South Park Oval and Gilfillan Field. Throwers locations yet to be announced. Fee includes a \$20.00 USATF membership and a Pacer shirt. Call Adam Becker at 412-531-3406 or Jim Stevenson at 412-831-5494 for further information. CHECK OUR WEBSITE WWW.ETEAMZ.COM/PACERTC/.
 3165.101 06:00pm-07:30pm M Tu Th
 Locations To Be Announced

You can register online for most Recreation programs!
www.bethelpark.net

THEATER

Tuesday After School Theater
Fee: \$50.00 Non-res add: \$5.00
 10 Week Session Apr 06 2010 - Jun 08 2010
 Ages: 5yrs to 7yrs
 This wonderful class will play onstage theater games and practice a play for one Saturday performance on June 12. Students registering for class must be available on that date.
 3875.102 04:45pm-05:30pm Tu
 Comm. Ctr. Stage

Tuesday After School Theater
Fee: \$60.00 Non-res add: \$5.00
 10 Week Session Apr 06 2010 - Jun 08 2010
 Ages: 8yrs to 10yrs
 Talented actors will play creative drama games and learn theater terms. A play will be rehearsed and performed for family, friends, and the community on Saturday, June 12. Students must be available on that date.
 3875.103 05:30pm-06:30pm Tu
 Comm. Ctr. Stage

Attention Actors ages 6-17!

Auditions for the

Heritage Players Summer Children's Show

Wednesday, April 7 from 6:15 - 7:30 pm
Bethel Park Community Center Stage

Actors should come prepared to play theater games and read from the script. The titles of both plays will be announced at the auditions.

Students enrolled in any of the Tuesday classes are encouraged to audition! These will be different plays than the ones in your classes.



Rehearsals will be on
 Wednesdays, from 6:15 - 7:15 pm.

Before auditioning, please check your calendars for the following dates and times because actors **must** be available for **all** the performances:

Wednesday, June 16 at 6:00 pm
Thursday, June 17 at 9:30 am and 6:00 pm
Friday, June 18 at 9:30 am
Saturday, June 19 at 9:30 am

Questions?
 Call the *Heritage Hotline* at 412-831-6800 Ext. 745

SPECIAL EVENTS

Spring Workshop
Fee: \$12.00 Non-res add: \$5.00
 1 Class Mar 13 2010
 Grades K - 4
 Welcome Spring with a workshop filled with crafts, games and a snack. Come to the Bethel Park Community Center to make a cute spring craft, a fun spring themed snack, and more! All supplies will be provided.
 3890.101 10:00am-12:00pm Sa
 Community Center

NAMS Jam
Fee: \$3.00 at the door Apr 16 2010 & May 14 2010

Grades 5 & 6
 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, music, crafts, movie, games, and a snack bar. Additional activities are scheduled on a rotating basis through the year. They may include: inflatables, airbrush tattoos, video games, balloon artists, sport competitions, movies, bingo, volleyball and much, much more!

DATE	FEATURED ACTIVITIES
April 16	LOL! Inflatable, Air Brush Artist, Movie, and more.....
May 14	Games Galore Relays, contests, Sports Competitions

NAMS Jam admission is \$3 per student, payable at the door. Doors open at 7:00 pm and no student is permitted to leave before 9:00pm unless accompanied by a parent or guardian. For safety reasons, you must come to the gym door to pick up your child.

We request that cell phones be left at home. If your child needs to reach you, for any reason, there are always cell phones available at the entrance of the event.

As a courtesy to our chaperones, please remember to pick-up your child promptly by 9:00pm. Our chaperones are not expected to remain past 9:00pm. Thank you.
 3146.100 07:00pm-09:00pm F
 Neil Armstrong Gym

SUMMER CAMPS

Plan Ahead!

DAY CAMP 2010
 9 Weekly Sessions June 07 2010 - Aug 06 2010
 Ages: 6yrs to 10yrs
 The *Recreation Summer Day Camp Program* for children ages 6-10 will provide interesting experiences to spice up your child's summer! Day Camp is divided into nine (9) week-long sessions beginning June 7, with activities developed around a different central theme each week.

Morning program is from 9:00 AM to Noon, with an optional early drop-off of 7:30 AM. Afternoon program is from 12:30 to 3:30 PM, with an optional late pick-up time of no later than 5:00 PM. You have the choice of attending morning only, afternoon only, or all day.

There will be many activities in the areas of arts, crafts, sports, combined camp activities like the camp carnival, and weekly field trips. Look for *Recreation News* flyers to be sent through the elementary schools in May and be sure to find your Summer 2010 Program Leaflet in the May issue of the *Bethel Park Chronicles* for additional registration information.
 BPHS Cafeteria M Tu W Th F

SUMMER FUN CAMP
 9 Weekly Sessions June 07 2010 - Aug 06 2010
 Ages: 11yrs to 14yrs
 Don't be bored this summer! Have some summer fun at the Bethel Park Community Center! Activities include sports, arts & crafts, swimming, and field trips. Themes and activities will vary weekly. There are nine week-long sessions, beginning June 7 and continuing through August 6.

You have the choice of attending all day or afternoon only. The all day program is from 9:00 to 3:30 PM, the afternoon program is from 12:30 to 3:30 PM. There is an optional early drop-off of 7:30 AM and an optional late pick-up time of no later than 5:00 PM. Look for *Recreation News* flyers sent through the elementary schools in May and be sure to find your Summer 2010 Program Leaflet in the May issue of the *Bethel Park Chronicles* for additional registration information.
 Community Center M Tu W Th F