

# • YOUTH PROGRAMS •

## CLASSES & WORKSHOPS

### Driver Education

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 fee of \$375 must be paid to Kennedy School of Driving on the first night of class.** Class size is limited to 36 students. Details for the next Driver Education course will be in the December issue of the *Chronicles*.

Ages: 15 and over  
**Resident Fee: \$45.00** Non-Res Fee: \$50.00  
**To Kennedy: \$375.00**  
 10 session dates

3311.301  
 Dates: 09/10/2018 - 10/10/2018 Mon, Wed  
 Time: 6:30PM - 9:30PM

**Location: BPHS M415 Library**

### Basic Dog Obedience

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. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, [www.xcelcaninetraining.com](http://www.xcelcaninetraining.com).

Ages: 12 and over  
**Resident Fee: \$80.00** Non-Res Fee: \$85.00  
 6 session dates

3309.211  
 Dates: 08/25/2018 - 09/29/2018 Sat  
 Time: 10:00AM - 11:00AM

3309.301  
 Dates: 10/20/2018 - 12/01/2018 Sat  
 Time: 10:00AM - 11:00AM

**Location: Xcel Canine Training, Inc.**  
**NO CLASS ON: Nov 24**

### Trick Dog Class

Dogs must be 6 months of age to participate. This is a fun new class to teach new handlers and puppies/dogs how to interact. It will build skills for the dog as well as a sense of accomplishment for the owner. Also, if the dog is registered with the AKC they are offering this as a titling class.

**Prerequisite: Team must have taken a puppy or basic obedience class previous to this from any training facility.** 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. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, [www.xcelcaninetraining.com](http://www.xcelcaninetraining.com).

Ages: 12 and over  
**Resident Fee: \$70.00** Non-Res Fee: \$75.00  
 6 session dates

3309.212  
 Dates: 08/25/2018 - 09/29/2018 Sat  
 Time: 12:15PM - 1:15PM

3309.302  
 Dates: 10/20/2018 - 12/01/2018 Sat  
 Time: 12:15PM - 1:15PM

**Location: Xcel Canine Training, Inc.**  
**NO CLASS ON: Nov 24**

### Puppy Obedience

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. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, [www.xcelcaninetraining.com](http://www.xcelcaninetraining.com).

Ages: 12 and over  
**Resident Fee: \$80.00** Non-Res Fee: \$85.00  
 6 session dates

3309.213  
 Dates: 08/25/2018 - 09/29/2018 Sat  
 Time: 9:00AM - 10:00AM

3309.303  
 Dates: 10/20/2018 - 12/01/2018 Sat  
 Time: 9:00AM - 10:00AM

**Location: Xcel Canine Training, Inc.**  
**NO CLASS ON: Nov 24**

### Safe Sitter

Safe Sitter, a nationally-recognized program, teaches 11 to 13 year old boys and girls to provide safe childcare. The program teaches child care basics, tips for injury prevention and management, and behavior management skills. In addition, the participants learn the signs and symptoms of life-threatening emergencies and practice appropriate safety actions, including prevention and relief of choking in the infant and child. Each participant will receive a Safe Sitter manual, course completion card and periodic updates from the Safe Sitter Organization. Course will be taught by St. Clair Hospital Community Education staff. All supplies will be provided. **Students are encouraged to bring a bag lunch.**

Ages: 11 - 13  
**Resident Fee: \$46.00** Non-Res Fee: \$51.00  
 1 day

3860.301  
 Date: 09/15/2018 Sat  
 Time: 9:30AM - 3:30PM

**Location: Community Center**



Recreation  
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### Silly Science

Silly Science is an interactive hands-on approach to educate preschool children in the area of science with a twist on art. Each little scientist is active with creating, playing and learning different concepts in Science. The program is designed to have the child do all the "work" and become more engaged and comprehend more. Sample weekly topics include My Five Senses, Spy Science, Magical Science, Ice Cream Making, Goo, Slime & Bugs and more.

Instructor: Kathy Lesica Heinz "Miss Kathy"  
 Ages: 2 - 5  
**Resident Fee\*: \$40.00** Non-Res Fee: \$45.00  
**\*A supply fee of \$10 is payable to the instructor at the first class.**

3860.302  
 Dates: 09/11/2018 - 10/02/2018 Tue  
 Time: 1:00PM - 2:00PM  
 4 session dates

3860.303  
 Dates: 09/13/2018 - 10/04/2018 Thu  
 Time: 10:00AM - 11:00AM

3860.312  
 Dates: 10/16/2018 - 11/06/2018 Tue  
 Time: 1:00PM - 2:00PM

3860.313  
 Dates: 10/18/2018 - 11/08/2018 Thu  
 Time: 10:00AM - 11:00AM

**Location: Community Center**

★ **NEW! NEW! NEW!** ★

### Silly Science School's Off Workshops

Each workshop is an interactive hands-on approach to educate children in the area of science with a twist on art. Each young scientist is active with creating, playing and learning different concepts in Science. The program is designed to have the young scientist do all the "work" become more engaged, comprehend more and enjoy! All supplies are included. **To get the discount rate, you must register for both workshops at the same time.** The discount rate is not available with online registration.

Instructor: Kathy Lesica Heinz "Miss Kathy"  
 Ages: 5 - 10  
**Resident Fee: \$30.00** Non-Res Fee: \$35.00  
**2 Workshop Special\*: \$50.00** Non-Res Fee: \$60.00  
 \*must register for both workshops at the same time.

3860.304  
 Date: 10/24/2018 Wed  
 Time: 9:30AM - 12:00PM  
 1 morning workshop  
 Halloween Magical Science

3860.305  
 Date: 11/05/2018 Mon  
 Time: 9:30AM - 12:00PM  
 Bugs, Goo, and Slime

**Location: Community Center**

**You can register online  
 for most Recreation  
 programs!  
[www.bethelpark.net](http://www.bethelpark.net)**



*Sign up NOW  
 for Youth  
 Basketball!  
 Divisions close  
 when teams are  
 filled!*



### ★ NEW! NEW! NEW! ★

#### Youth Theater

Students/actors will enjoy playing creative drama games to improve character development and improvisation skills, voice projection and enunciation skills. Theater terms and staging will also be a part of this class. Students will focus on performing in skits/a short play to perfect their new skills. A performance will be held on the last class for family and friends.

Instructor: Adam Winter  
 Ages: 6 - 11  
**Resident Fee: \$40.00** Non-Res Fee: \$45.00  
 6 session dates  
 Time: 6:00PM - 7:00PM

3875.301  
 Dates: 09/12/2018 - 10/17/2018 Wed

3875.302  
 Dates: 10/24/2018 - 12/12/2018 Wed

**Location: Community Center**  
**NO CLASS ON: Oct 31, Nov 21**

## ARTS & CRAFTS

#### Art Explosion - The Colors of Fall

Come join us for a fun, creative art workshop enjoying the season of fall and all its beautiful colors. Students will paint leaf pictures capturing their beautiful colors and create a decorative seasonal spider drawing. We'll explore artists like Frank Lloyd Wright and Giuseppe Arcimboldo, look at how nature has impacted their artwork, and then create our own pieces inspired by them. Our young artists will use a variety of materials like paint, markers, crayons, colored pencils and model magic. All materials are included, and children will take home a finished piece of artwork after each class. Come join us as we have fun creating and learning about art.

Instructor: Sue Ralston  
 Ages: 4 - 7  
**Resident Fee: \$65.00** Non-Res Fee: \$70.00  
 6 session dates

3805.305  
 Dates: 09/10/2018 - 10/15/2018 Mon  
 Time: 5:15PM - 6:15PM

**Location: Community Center**

#### Art Explosion - Capturing the Colors of Fall

Join us as we explore the season of fall and artists that have been inspired by this amazing season. We'll learn about artists like Laura Iverson and create our own version of her picture Three Black Cats under a Full Moon. We'll also learn about artists Frank Lloyd Wright and Giuseppe Arcimboldo, look at some of the amazing artwork they have created, and let them inspire our designs. Students will use a variety of materials like watercolors, tempera paint, pastels, markers, colored pencils, and model magic to name a few and all are included. Students will take home a finished piece of artwork after each class. Come join us as we have fun creating, exploring and learning about art.

Instructor: Sue Ralston  
 Ages: 6 - 13  
**Resident Fee: \$65.00** Non-Res Fee: \$70.00  
 6 session dates

3805.306  
 Dates: 09/10/2018 - 10/15/2018 Mon  
 Time: 6:30PM - 7:30PM

**Location: Community Center**

#### Art Explosion - Children's Seasonal Art Workshop

Join us as we have fun creating pictures and crafts inspired by this enjoyable holiday season. Students will create a fun turkey picture inspired by John Audubon and a sparkling, snowy tree forest picture. We'll have fun painting and then decorating wooden ornaments. All materials are included, and some of the ones we will use are paint, markers, colored pencils, glitter glue, and model magic. Students will take home a completed project after each class. Come and have fun discovering, creating and exploring art.

Instructor: Sue Ralston  
 Ages: 4 - 7  
**Resident Fee: \$45.00** Non-Res Fee: \$50.00  
 4 session dates

3805.308  
 Dates: 11/12/2018 - 12/03/2018 Mon  
 Time: 5:15PM - 6:15PM

**Location: Community Center**

#### Art Explosion - Creative Seasonal Art Workshop

Join us as we have fun creating art and crafts inspired by this enjoyable holiday season. Students will create a seasonal turkey picture inspired by John Audubon. We'll learn about Thomas Kinkadee and let his artwork inspire us to create a snowy forest sparkling in the moonlight. Students will use model magic to create their own winter scene and then use paint to add color to it. All materials are included, and some of the ones we'll use are paint, markers, colored pencils, glitter glue, tempera paint and model magic. Children will take home a completed project after each class. Come and have fun exploring, discovering and creating art.

Instructor: Sue Ralston  
 Ages: 6 and over  
**Resident Fee: \$45.00** Non-Res Fee: \$50.00  
 4 session dates

3805.309  
 Dates: 11/12/2018 - 12/03/2018 Mon  
 Time: 6:30PM - 7:30PM

**Location: Community Center**

#### Cartooning Workshop

Cartooning classes with a fun theme for each session! Attend one or both! 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 the workshops for \$18 per night!

Instructor: Karen Hartman  
 Grades: 1-8  
**Resident Fee: \$18.00** Non-Res Fee: \$23.00  
 1 night workshop  
 Time: Thu 6:15PM - 7:45PM

3805.301  
 Date: Creepy Halloween Characters 10/11/2018 Thu

3805.302  
 Date: Holidays with elves & snowmen 11/29/2018 Thu

**Location: Community Center**

#### Canvas CraziNESS

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 - 12  
**Resident Fee: \$25.00** Non-Res Fee: \$30.00  
 1 night workshop  
 Time: 6:15PM - 7:45PM

3805.311  
 Date: Summer Vacation 09/20/2018 Thu

3805.312  
 Date: Creepy Haunted House 10/18/2018 Thu

3805.313  
 Date: Colorful Autumn Tree 11/15/2018 Thu

3805.314  
 Date: Festive Snowman 12/13/2018 Thu

**Location: Community Center**

## DANCE

#### Ballet/Dance Combo

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 - 5  
**Resident Fee: \$40.00** Non-Res Fee: \$45.00  
 7 session dates  
 Time: 5:45PM - 6:30PM

3818.301  
 Dates: 09/11/2018 - 10/23/2018 Tue

3818.302  
 Dates: 11/06/2018 - 12/18/2018 Tue

**Location: Community Center**

#### Beginner Tap/Jazz/Hip Hop Combo

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 - 12  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
 6 session dates  
 Time: 6:00PM - 7:00PM

3818.305  
 Dates: 09/13/2018 - 10/18/2018 Thu

3818.306  
 Dates: 11/01/2018 - 12/13/2018 Thu

**Location: Community Center**  
**NO CLASS ON: Nov 22**

#### Preschool Tap

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 - 5  
**Resident Fee: \$30.00** Non-Res Fee: \$35.00  
 6 session dates

3818.307  
 Dates: 09/11/2018 - 10/16/2018 Tue  
 Time: 9:30AM - 10:15AM

3818.308  
 Dates: 09/13/2018 - 10/18/2018 Thu  
 Time: 4:30PM - 5:15PM

3818.309  
 Dates: 09/13/2018 - 10/18/2018 Thu  
 Time: 5:15PM - 6:00PM

3818.310  
 Dates: 10/30/2018 - 12/11/2018 Tue  
 Time: 9:30AM - 10:15AM

3818.311  
 Dates: 11/01/2018 - 12/13/2018 Thu  
 Time: 4:30PM - 5:15PM

3818.312  
 Dates: 11/01/2018 - 12/13/2018 Thu  
 Time: 5:15PM - 6:00PM

**Location: Community Center**  
**NO CLASS ON: Nov 22, Nov 27**

**Move and Groove with 2's**

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  
**Resident Fee: \$21.00** Non-Res Fee: \$26.00  
6 session dates  
Time: 10:45AM - 11:15AM

3818.313  
Dates: 09/11/2018 - 10/16/2018 Tue

3818.314  
Dates: 10/30/2018 - 12/11/2018 Tue

**Location: Community Center**  
**NO CLASS ON: Nov 27**

**Beginner Baton Twirling**

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 29.** Tammy is a former Upper St. Clair Majorette with over 18 years of teaching experience training students.

Ages: 5 and over  
**Resident Fee: \$30.00** Non-Res Fee: \$35.00  
6 session dates  
Time: 6:00PM - 6:45PM

3818.315  
Dates: 09/11/2018 - 10/16/2018 Tue

3818.316  
Dates: 10/30/2018 - 12/11/2018 Tue

**Location: Community Center**  
**NO CLASS ON: Nov 27**

**Intermediate Baton Twirling**

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 29.** Class prerequisite: Recommendation from instructor, Tammy Lentz, or at least 1 year experience with another instructor.

Ages: 5 and over  
**Resident Fee: \$30.00** Non-Res Fee: \$35.00  
6 session dates  
Time: 6:45PM - 7:30PM

3818.317  
Dates: 09/11/2018 - 10/16/2018 Tue

3818.318  
Dates: 10/30/2018 - 12/11/2018 Tue

**Location: Community Center**  
**NO CLASS ON: Nov 27**

**Advanced Baton**

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 29.**

Instructor: Tammy Lentz  
Ages: 8 and over  
**Resident Fee: \$30.00** Non-Res Fee: \$35.00  
6 session dates  
Time: 5:15PM - 6:00PM

3818.319  
Dates: 09/11/2018 - 10/16/2018 Tue

3818.320  
Dates: 10/30/2018 - 12/11/2018 Tue

**Location: Community Center**  
**NO CLASS ON: Nov 27**

**★ NEW! NEW! NEW! ★**

**Inclusive Parent & Me Yoga**

Learn breathing techniques with gentle movements to increase physical and mental well-being. Sessions will be tailored to meet individual ability levels –making them a perfect fit for children with special needs. Yogis will learn new yoga postures, breathing exercises, and participate in mindfulness activities during each 45-minute session. Cost includes one age 16+ guardian and one child. Please register with parent/guardian name. **Parents must remain with their child and are encouraged to participate!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
Ages: All Ages  
**Resident Fee: \$12.00** Non-Res Fee: \$17.00  
6 session dates

3955.301  
Dates: 09/08/2018 - 10/13/2018 Sat  
Time: 9:15AM - 10:15AM

3955.311  
Dates: 10/27/2018 - 12/08/2018 Sat  
Time: 9:15AM - 10:15AM

**Location: Community Center**  
**NO CLASS ON: Nov 24**

**★ NEW! NEW! NEW! ★**

**De-stress with Inclusive Gentle Movement**

De-stress your mind and body! Sessions will be centered around bringing levity and joy to exercises that focus on wellness with movement and breath. Classes will be tailored to meet individual ability levels – perfect fit for participants with special needs. Students will learn new yoga postures, breathing exercises, and participate in mindfulness activities during each 45-minute session. **We welcome caregivers of adults with special needs to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
Ages: All Ages  
**Resident Fee: \$12.00** Non-Res Fee: \$17.00  
6 session dates

3955.302  
Dates: 09/08/2018 - 10/13/2018 Sat  
Time: 10:30AM - 11:30AM

3955.312  
Dates: 10/27/2018 - 12/08/2018 Sat  
Time: 10:30AM - 11:30AM

**Location: Community Center**  
**NO CLASS ON: Nov 24**



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**All Inclusive Classes**

**★ NEW! NEW! NEW! ★**

**Inclusive Yoga and Mindfulness for Sleep Workshop**

Learn strategies that you can do at home, in school, or at work! Movement, mindfulness activities, and breathing practice with a strong focus on techniques to encourage restful sleep. This workshop will be tailored to meet individual ability levels – perfect fit for participants with special needs. **We welcome caregivers or parents to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
Ages: All Ages  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
1 night workshop

3955.303  
Date: 09/13/2018 Thu  
Time: 6:00PM - 7:30PM

**Location: Community Center**

**★ NEW! NEW! NEW! ★**

**Inclusive Yoga and Mindfulness/Anxiety Workshop**

Learn strategies that you can do at home, in school, or at work! Breathing with gentle movement lessons to increase self-awareness and explore healthy stress management. This workshop will be tailored to meet individual ability levels – perfect fit for participants with special needs. **We welcome caregivers or parents to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
Ages: All Ages  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
1 night workshop

3955.304  
Date: 09/27/2018 Thu  
Time: 6:00PM - 7:30PM

**Location: Community Center**

**★ NEW! NEW! NEW! ★**

**Inclusive Yoga for Mobility Workshop**

Learn strategies that you can do at home, in school, or at work! Movement, mindfulness, and breathing practice with adaptations for accessibility -making the benefits of yoga accessible to all through adaptations and modifications. This workshop will be tailored to meet individual ability levels – perfect fit for participants with special needs. **We welcome caregivers or parents to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
Ages: All Ages  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
1 night workshop

3955.305  
Date: 10/11/2018 Thu  
Time: 6:00PM - 7:30PM

**Location: Community Center**

**★ NEW! NEW! NEW! ★**

**Inclusive Theater Games/Improv for Social Skills**

Learn strategies that you can do at home, in school, or at work! Explore the opportunity to accept and express feelings appropriately through breathing, movement, mindfulness, and improvisational theater activities. Focus on the social and therapeutic benefit of imaginative, interactive games. This workshop will be tailored to meet individual ability levels – perfect fit for participants with special needs. **We welcome caregivers or parents to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
Ages: All Ages  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
1 night workshop

3955.306  
Date: 10/25/2018 Thu  
Time: 6:00PM - 7:30PM

**Location: Community Center**



### 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](http://www.bethelpark.net)

#### Junior Hoops 1 & 2

Creative and fun drills are used to help teach the children basic concepts of dribbling, passing, shooting, rebounding, offense and defense for the first half of each session. The second half the children will be divided into teams to apply what they have learned in a teaching game style. Parents are welcome and encouraged to help with the drills and games. A T-Shirt is included.

Grades: 1 & 2  
**Resident Fee: \$50.00** Non-Res Fee: \$55.00  
7 session dates  
Dates: 11/30/2018 - 02/01/2019 Fri

3115.321  
**Grade 1**  
Time: 6:30PM - 7:30PM

3115.322  
**Grade 2**  
Time: 7:30PM - 8:30PM

**Location:** Neil Armstrong Gym  
**NO CLASS ON:** Dec 14, Dec 21, Dec 28

#### Beginner / Intermediate Fencing

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 - 17  
**Resident Fee: \$90.00** Non-Res Fee: \$95.00  
7 session dates  
Time: 7:00PM - 8:30PM

3140.301  
Dates: 09/13/2018 - 10/25/2018 Thu

3140.302  
Dates: 11/01/2018 - 12/20/2018 Thu

**Location:** IMS Cafeteria  
**NO CLASS ON:** Nov 22

#### Advanced\* Fencing

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. **Team fencers register for team fencing and pay team fees, not class fees.**

Ages: 11 and over  
**Resident Fee: \$125.00** Non-Res Fee: \$130.00  
14 session dates

3140.303  
Dates: 09/10/2018 - 10/25/2018 Mon, Thu

Dates: 10/29/2018 - 12/20/2018 Mon, Thu

Time: 6:30PM - 8:30PM Mon  
7:00PM - 8:45PM Thu

**Location:** IMS Cafeteria  
**NO CLASS ON:** Nov 22, Nov 26

#### Flag Football

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. A mouth guard is required. **REGISTRATION DEADLINE IS SUNDAY, SEPTEMBER 9! NO EXCEPTIONS.** Register online, by mail, or in person at the Community Center.

Ages: 6 - 11  
**Resident Fee: \$50.00** Non-Res Fee: \$55.00  
6 session dates

3132.310  
Dates: 09/16/2018 - 10/21/2018 Sun  
Time: 6:00PM - 9:00PM

**Location:** Bethel Park High School

#### Beginner Karate

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 and over  
**Resident Fee: \$36.00** Non-Res Fee: \$41.00  
6 session dates  
Time: 6:15PM - 7:00PM

3825.301  
Dates: 09/10/2018 - 10/15/2018 Mon

3825.303  
Dates: 10/29/2018 - 12/10/2018 Mon

**Location:** Community Center  
**NO CLASS ON:** Nov 26

#### Intermediate\* Karate

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 and over  
**Resident Fee: \$36.00** Non-Res Fee: \$41.00  
6 session dates  
Time: 7:15PM - 8:00PM

3825.302  
Dates: 09/10/2018 - 10/15/2018 Mon

3825.304  
Dates: 10/29/2018 - 12/10/2018 Mon

**Location:** Community Center  
**NO CLASS ON:** Nov 26

### FITNESS & EXERCISE

#### Fit Kids

Let's go kids! It's time to play...hustling through plastic ladder rungs, doing jumping jacks and racing around stationary cones. Make new friends while playing fun games, running races, bouncing, skipping, hopping, and jumping away. It's time for a new routine. Back to school and back to having fun on Monday nights. Play and laugh your way to being a fit kid! Bring a friend or 2 and get ready for lots of fun.

Instructor: Kathy Raeder  
Ages: 5 - 8  
**Resident Fee: \$25.00** Non-Res Fee: \$30.00  
6 session dates  
Time: 6:00PM - 6:45PM

3815.301  
Dates: 09/10/2018 - 10/15/2018 Mon

3815.302  
Dates: 10/29/2018 - 12/10/2018 Mon

**Location:** Community Center  
**NO CLASS ON:** Nov 26

#### ★ NEW! NEW! NEW! ★

#### Yoga for Fun - a Great Family Class

For kids and kids at heart, this mid-week yoga class is designed to help people of all ages develop flexibility of body and mind. Through movement and breath, we take a break from the stress of life and come into the wonder of our minds. Potential benefits of Hatha Yoga include improved posture, increased muscle stretch, tone & strength, improved balance/coordination, improved concentration and greater emotional balance. **Children ages 9 and under will need to be accompanied by an adult.** Please wear comfortable clothes, bring a mat and prepare to smile!

Instructor: Lorri Spada  
Ages: 6 and over  
**Resident Fee: \$40.00** Non-Res Fee: \$45.00  
6 session dates

3990.303  
Dates: 09/12/2018 - 10/17/2018 Wed  
Time: 5:45PM - 6:45PM

3990.304  
Dates: 10/24/2018 - 12/12/2018 Wed  
Time: 5:45PM - 6:45PM

**Location:** Community Center  
**NO CLASS ON:** Oct 31, Nov 21

You can register online for most Recreation programs!  
[www.bethelpark.net](http://www.bethelpark.net)

## SATURDAY CLASSES ARE HIGHLIGHTED

### Free Program!

#### Pickleball

Men and women, boys and girls ages 12 and above 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: 9:00 AM – 11:30 AM Mon  
 12:00 PM – 2:30 PM Wed  
 12:00 PM – 2:30 PM Fri

**Location: Community Center**  
**NO PLAY ON: Sep 3, Nov 23**

#### Rifle - Beginner

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. Attendance at the first class is mandatory.

Ages: 12 and over  
**Resident Fee: \$50.00** Non-Res Fee: \$55.00  
 6 session dates

3153.301  
 Dates: 09/11/2018 - 09/26/2018 Tue, Wed  
 Time: 6:30PM - 7:30PM

**Location: BPHS Rifle Range**

#### Intermediate\* Rifle

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 and over  
**Resident Fee: \$50.00** Non-Res Fee: \$55.00  
 6 session dates

3153.302  
 Dates: 09/11/2018 - 09/26/2018 Tue, Wed  
 Time: 7:45PM - 8:45PM

**Location: BPHS Rifle Range**

#### Mighty Kicks Soccer

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](http://www.mightykicks.net). No equipment of any kind is required. Just sign up and play.

Ages: 3 - 6  
**Resident Fee: \$55.00** Non-Res Fee: \$60.00  
 6 session dates

3815.305  
 Dates: 09/10/2018 - 10/15/2018 Mon  
 Time: 1:30PM - 2:00PM

3815.306  
 Dates: 09/14/2018 - 10/19/2018 Fri  
 Time: 10:00AM - 10:30AM

3815.315  
 Dates: 10/29/2018 - 12/10/2018 Mon  
 Time: 1:30PM - 2:00PM

3815.316  
 Dates: 11/02/2018 - 12/14/2018 Fri  
 Time: 10:00AM - 10:30AM

**Location: Community Center**  
**NO CLASS ON: Nov 23, Nov 26**

#### Mighty Kicks Parent/Child Soccer Class

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 Allerdice Boys High School soccer with 20+ years of experience coaching youth sports. More information is available at [www.mightykicks.net](http://www.mightykicks.net). No equipment of any kind is required. Just sign up and play!

Ages: 2 - 3 with parent/caregiver  
**Resident Fee: \$55.00** Non-Res Fee: \$60.00  
 6 session dates

3815.307  
 Dates: 09/08/2018 - 10/13/2018 Sat  
 Time: 10:00AM - 10:45AM

3815.317  
 Dates: 10/27/2018 - 12/08/2018 Sat  
 Time: 10:00AM - 10:45AM

**Location: Community Center**  
**NO CLASS ON: Nov 24**

#### Mighty Kicks Soccer - PM

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](http://www.mightykicks.net). No equipment of any kind is required. Just sign up and play.

Ages: 5 - 9  
**Resident Fee: \$65.00** Non-Res Fee: \$70.00  
 6 session dates

3815.308  
 Dates: 11/06/2018 - 12/11/2018 Tue  
 Time: 5:00PM - 6:00PM

**Location: Community Center**

#### Mighty Kicks Soccer - Outdoors!

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](http://www.mightykicks.net). No equipment of any kind is required. Just sign up and play.

Ages: 3 - 7  
**Resident Fee: \$65.00** Non-Res Fee: \$70.00  
 6 session dates

Dates: 09/09/2018 - 10/14/2018 Sun

3815.310  
 Ages: 3 - 4  
 Time: 12:00PM - 12:45PM

3815.311  
 Ages: 5 - 7  
 Time: 1:00PM - 1:45PM

**Location: Village Green Park**



Recreation  
NEWS

#### T-Birds T-Ball

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 - 5  
**Resident Fee: \$70.00** Non-Res Fee: \$75.00  
 6 session dates

3101.310  
 Dates: 09/08/2018 - 10/13/2018 Sat  
 Time: 9:00AM - 10:00AM  
 10:00AM - 11:00am

**Location: Park Avenue Fields**

#### Rookie League Baseball

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 - 6  
**Resident Fee: \$70.00** Non-Res Fee: \$75.00  
 6 session dates

3101.311  
 Dates: 09/08/2018 - 10/13/2018 Sat  
 Time: 11:00AM - 12:00PM  
 12:00PM - 1:00PM

**Location: Park Avenue Fields**

#### Youth Volleyball - Co-ed

Children in grades 1-6 will have a blast learning about the game of volleyball. Players will learn the basic fundamentals of passing, setting, hitting, and positions on the court, while in a fun, energetic, and learning environment. Players are coached at their level and play fun, low-competition games. A T-Shirt is included.

Instructor: Jump Start Sports  
 Grades: 1-6  
**Resident Fee: \$60.00** Non-Res Fee: \$65.00  
 6 session dates

Dates: 09/14/2018 - 10/19/2018 Fri

3815.325  
 Grades: 1-3  
 Time: 6:00PM - 7:00PM

3815.326  
 Grades: 4-6  
 Time: 7:00PM - 8:00PM

**Location: Community Center**

## SPECIAL EVENTS

Recreation NEWS

### Halloween Party

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 24.** Costumes are optional.

Grades: K-4  
**Resident Fee: \$12.00** Non-Res Fee: \$15.00  
 1 day  
 3890.301  
 Dates: 10/27/2018 Sat  
 Time: 10:00AM - 12:00PM

**Location: Community Center**

### Holiday Workshop

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 28.** 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 day workshop  
 3890.310

Dates: 12/01/2018 Sat  
 Time: 1:00PM - 4:00PM

**Location: Community Center**



### NAMS Jam

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**  
 October 26

#### FEATURED ACTIVITIES

**Halloween Fun!**  
 Halloween Movie Feature,  
 Costume Contest, GHOST Bingo, Pumpkin Decorating, Inflatables,  
 Craft, Games

**December 14** **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 ALWAYS 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.

- The Recreation Department MUST have a copy of your up to date clearances on file before you can volunteer at a NAMS Jam event. We have to keep our own record of clearances, **therefore, your school issued ID will not work at NAMS Jam events.**

Future NAMS Jam dates may be found in our upcoming brochure. Our 2018-2019 brochure will be available at the Neil Armstrong Fall Open House.

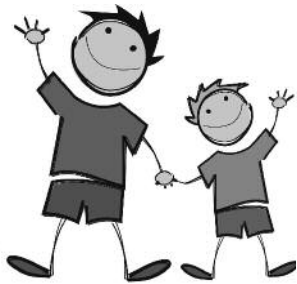
Grades: 5 & 6 Open to all Bethel Park  
 5th & 6th Graders

Resident Fee: \$4.00  
 Time: 7:00 PM - 9:00 PM  
 Dates: 10/26/2018 Fri  
 12/14/2018 Fri

**Location: Neil Armstrong Gym**

# FREE FAMILY FUN!

All Programs are Family Friendly and Free to Attend.  
 Call 412-851-2910 for additional details.



## Star Party!



**Saturday, September 15**  
 Millennium Park Multi-purpose Field  
 8:00pm – 10:30pm  
**Cost: FREE**  
 Amateur Astronomers Association of Pittsburgh volunteers will provide a guided tour of the sky with a short astronomy program presentation followed by guided viewing of sky through telescopes. Bring binoculars if you have them along with lawn chair/blanket, bug spray and your curiosity.

## Halloween Laser Show with Prismatic Magic



**Friday, October 12**  
 Bethel Park Community Center  
 Show begins at 7:00pm  
 (Doors open at 6:30pm)  
**Admission is FREE!**



Lasermania is pure laser FUN set to positively-themed pop/rock music. The night includes Monster Mash with the Halloween Spooktacular, a delightful sing-along featuring classic Halloween titles, plus a host of crowd-pleasing, age appropriate pop music. More silly than scary, laser caricatures of classic Halloween personalities make for a FUN show!

## Comedy Magic Show for all ages

**Friday, November 2**  
 Bethel Park Community Center  
 Show begins at 7:00pm  
 (Doors open at 6:30pm)  
**Admission is FREE!**



Steve Haberman, one of Pittsburgh's favorite Comedy Magicians, performs a unique blend of family oriented magic that will amaze and keep the whole family laughing! His shows are known for lots of audience participation, laugh out loud fun and AMAZING balloon creations!