

• ADULT PROGRAMS •

CLASSES & WORKSHOPS

★ NEW! NEW! NEW! ★

Photo Preservation & Organization

Come and join us for an educational presentation on how to **Calm the Chaos** of your printed and digital photo collections! Do you have print photos in drawers, frames, albums and digital photos on phones, computer, memory sticks, etc? Learn how to organize and clean up the mess as we cover topics on scanning, media conversion, phone photos, temporary solutions and permanent solutions, metadata, cloud services and celebrating your memories. Lisa Webster of Grand Scale Video Productions has been helping families for over four years to organize, preserve, share and celebrate their memories. She will give you the information needed to make informed decisions and will help you create a photo plan for generations.



Instructor: Lisa Webster
Ages: 18 and over
Resident Fee: \$10.00 Non-Res Fee: \$15.00
1 evening

3970.304
Dates: 09/10/2019 Tue
Time: 6:30PM - 8:30PM

3970.305
Dates: 09/26/2019 Thu
Time: 6:30PM - 8:30PM

Location: Community Center

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.

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

3309.211
Dates: 09/07/2019 - 10/12/2019 Sat
Time: 10:00AM - 11:00AM

3309.301
Dates: 11/02/2019 - 12/14/2019 Sat
Time: 10:00AM - 11:00AM

Location: Xcel Canine Training, Inc.
No class Nov 30

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.

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

3309.213
Dates: 09/07/2019 - 10/12/2019 Sat
Time: 9:00AM - 10:00AM

3309.303
Dates: 11/02/2019 - 12/14/2019 Sat
Time: 9:00AM - 10:00AM

Location: Xcel Canine Training, Inc.
No class Nov 30

DANCE

Belly Dancing

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 rate may be used with Barre or Strong by Zumba. Discount rate is not available with online registration.

Instructor: Renea Bishop.
Ages: 16 and over
Resident Fee: \$49.00 Non-Res Fee: \$54.00
Twice a week: \$77.00 Non-Res Fee: \$82.00
***Materials fee: \$25.00**
6 session dates

3935.301
Dates: 09/16/2019 - 10/21/2019 Mon
Time: 8:00PM - 9:00PM

3935.311
Dates: 11/04/2019 - 12/16/2019 Mon
Time: 8:00PM - 9:00PM

Location: Community Center
No class Nov 25



Recreation
NEWS

FITNESS & EXERCISE

Barre Fitness

This class fuses Pilates, Yoga, and Core Fitness into a total body workout. Barre fitness is low-impact therefore protecting your joints, but don't be fooled since it is a total body work out! The use of isometric movements will tone your abs, thighs, arms and burn fat. Take the Barre Fitness class twice a week or add it to STRONG by Zumba® class to make a great combination and get the twice a week discount. Twice a week rate is not available with online registration. Please bring fitness mat and water to class.

Instructor: Renea Bishop
Ages: 16 and over
Resident Fee: \$49.00 Non-Res Fee: \$54.00
Twice a week: \$77.00 Non-Res Fee: \$82.00
6 session dates

3935.302
Dates: 09/16/2019 - 10/21/2019 Mon
Time: 6:00PM - 7:00PM

3935.303
Dates: 09/18/2019 - 10/23/2019 Wed
Time: 6:00PM - 7:00PM

3935.312
Dates: 11/04/2019 - 12/16/2019 Mon
Time: 6:00PM - 7:00PM

3935.313
Dates: 11/06/2019 - 12/18/2019 Wed
Time: 6:00PM - 7:00PM

Location: Community Center
No class Nov 25, Nov 27

Country Heat™ LIVE

Country Heat™ LIVE is an easy-to-follow, completely exhilarating, country dance-inspired workout perfect for beginners! No complicated moves, students simply follow along with the instructor to enjoy the low-impact/high-energy dance class set to the chart topping hottest country hits. You'll have so much fun moving, stepping, clapping, stomping, and laughing, you'll forget you're burning mega calories and toning your body from head to toe! **No dance experience is necessary.** Whether you're a dance newbie or you've already got great moves, you will love stepping it up to the hottest country hits around! This country dance-inspired workout is unlike any other workout you've tried and perfect for all fitness levels. Take this class twice a week for a discount rate. Twice a week rate is not available with online registration.

Instructor: Kerri Lewis
Ages: 18 and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
6 session dates

3918.301
Dates: 09/09/2019 - 10/14/2019 Mon
Time: 7:00PM - 8:00PM

3918.302
Dates: 09/11/2019 - 10/16/2019 Wed
Time: 7:00PM - 8:00PM

3918.311
Dates: 10/28/2019 - 12/09/2019 Mon
Time: 7:00PM - 8:00PM

3918.312
Dates: 10/30/2019 - 12/11/2019 Wed
Time: 7:00PM - 8:00PM

Location: Community Center
No class Nov 25, Nov 27

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



First Class is FREE!!!

FIT4MOM - Stroller Strides

Stroller Strides is a stroller based fitness program for moms with little ones. Each 60 minute, total body workout incorporates power walking, running, strength, toning, songs, and activities. Each class offers moms (current and soon to be) an opportunity to get fit, meet other moms, and fun with their little ones! Class is led by certified instructors (who are also moms) and is a great total body workout that can be modified for any fitness level.



Instructor: Cortney Sweeney
Ages: 18 years and over
Fees vary based on frequency of participation.

First Class is Free!

Fee for Single Class: \$15.00
Fee for 5 Class Pass: \$55.00
Fee for 10 Class Pass: \$120.00
Monthly Membership: \$65.00 with \$50.00 registration fee

Class Dates: 9/3/2019 – 12/17/2019 Tue
Class Times: 10:30 AM – 11:30 AM

Class Dates: 9/5/2019 – 12/19/2019 Thu
Class Times: 10:30 AM – 11:30 AM

Class Dates: 9/6/2019 – 12/27/2019 Fri
Class Times: 9:15 AM – 10:15 AM

Registration can ONLY be completed through bethelpark.fit4mom.com

No registrations will be accepted at the Community Center.

Location: Community Center
No class Nov 26, Nov 28, Nov 29, Dec 24, Dec 26

FIT4MOM – Body Back

Body Back is designed for moms who are ready to take their fitness and vitality to the next level! This is a high intensity interval training (HIIT) workout with short periods of anaerobic exercise with recovery periods. Students experience high intensity workouts, inspiration and motivation in every class. Sessions last 8 weeks with 2 group workouts weekly, at home online workouts, and a nutrition guide full of recipes for healthy eating.



Instructor: Cortney Sweeney
Ages: 18 years and over
Fee: \$199.00

Class Dates: 9/17/2019 – 11/14/2019 Tue, Thu
Class Times: 7:30 PM – 8:30 PM

Registration can ONLY be completed through bethelpark.fit4mom.com

No registrations will be accepted at the Community Center.

Location: Community Center

SilverSneakers® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

Monday 11:30am – 12:15pm Instructor: Tricia Wick
Tuesday 2:00pm – 3:00pm Instructor: Tricia Wick
Wednesday 12:00pm – 12:45pm Instructor: Tricia Wick
Thursday 12:15pm – 1:15pm Instructor: Anne Brucker
Friday 12:00pm – 12:45pm Instructor: Tricia Wick

Location: Community Center
No class Sep 2, Nov 28, Nov 29

SilverSneakers® Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Monday 12:15pm – 1:15pm Instructor: Tricia Wick
Tuesday 11:30pm – 12:30pm Instructor: Mary Ann Gerard
Thursday 2:00pm – 3:00pm Instructor: Tricia Wick

Location: Community Center
No class Sep 2

Silver Sneakers® Boom Move - designed for the Active Senior

Gain stamina and strength as you break a sweat and HAVE FUN! A higher intensity dance workout class that improves cardio endurance and burns calories. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. No dance experience is required.

Fee: \$3.00 or FREE with Silver Sneakers' card
Monday 9:15am – 10:00am Instructor: Renea Bishop
Monday 5:00pm – 6:00pm Instructor: Renea Bishop
Friday 10:15am – 11:00am Instructor: Renea Bishop

Location: Community Center
No class Sep 2, Nov 25, Nov 29

Silver Sneakers® Boom Muscle - designed for the Active Senior

Students will move through multiple "blocks", which are groups of exercise that focus on different muscle groups. Class incorporates athletic-based exercises that improve upper body conditioning, toning muscles and building overall strength.

Fee: \$3.00 or FREE with Silver Sneakers' card
Monday 10:00am – 11:00am Instructor: Renea Bishop
Wednesday 5:00pm – 6:00pm Instructor: Renea Bishop
Friday 11:00am – 11:45am Instructor: Renea Bishop

Location: Community Center
No class Sep 2, Nov 25, Nov 26, Nov 29

★ NEW! NEW! NEW! ★

Silver Sneakers® Strength and Stability - designed for the Active Senior

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Fee: \$3.00 or FREE with Silver Sneakers' card
Friday 9:15am – 10:00am Instructor: Renea Bishop

Location: Community Center
No class Nov 29

Walking Track

SilverSneakers® members can take advantage of the climate controlled, elevated indoor walking track just by swiping their SilverSneakers® membership card. The 1/12 mile track features 3 lanes for fitness lap walking or running. Track is open for use:

Monday – Thursday 9:00am – 9:00pm
Friday & Saturday 9:00am – 10:30pm
Sunday 12:00pm – 9:00pm

Location: Community Center
The Community Center is closed on September 2, November 28, 29, 30, and December 1.

STRONG by Zumba®

Class is a **high-intensity workout** where every move is synced to a beat. Using only your body weight, STRONG by Zumba® will test your strength and stamina in a powerful **cardio and muscle-conditioning** session in one, all led by music. Take the Strong by Zumba® class twice a week or add Barre Fitness or Belly Dancing and get the twice a week discount. Twice a week rate is not available with online registration.

Instructor: Renea Bishop
Ages: 16 and over
Resident Fee: \$49.00 Non-Res Fee: \$54.00
Twice a week: \$77.00 Non-Res Fee: \$82.00
6 session dates

3935.304
Dates: 09/16/2019 - 10/21/2019 Mon
Time: 7:00PM - 8:00PM

3935.305
Dates: 09/18/2019 - 10/23/2019 Wed
Time: 7:00PM - 8:00PM

3935.314
Dates: 11/04/2019 - 12/16/2019 Mon
Time: 7:00PM - 8:00PM

3935.315
Dates: 11/06/2019 - 12/18/2019 Wed
Time: 7:00PM - 8:00PM

Location: Community Center
No class Nov 25, Nov 27

★ NEW! NEW! NEW! ★

Tai Chi/Qigong for Health, Harmony & Happiness

Tai Chi and Qigong have been shown to improve balance, relieve stress, reduce inflammation, help reduce high blood pressure and hypertension, strengthen the immune system and help alleviate depression. Our TaijiFit™ classes combine the best elements of fitness, meditation, and the ancient martial arts of Yang-Style Tai Chi and Qigong. TaijiFit™ is not just an exercise - it is an experience! Great music, great energy – and best of all it is designed for people of all ages and fitness levels. TaijiFit™ is Mindfulness in Motion. When students take a TaijiFit™ class they find themselves moving their body with grace and confidence while balancing yin and yang, strength and beauty, power with peace, endurance with flow. This class will be nothing like you have ever experienced before. There are no routines to memorize, there are no belts to earn, no levels to aspire to, no corrections necessary (you can't do it wrong), and no judgements. Loose clothing and lightweight athletic shoes are recommended.

Instructor: Chris Hitchens
Ages: 18 and over
Resident Fee: \$45.00 Non-Res Fee: \$50.00
6 session dates

3990.301
Dates: 09/12/2019 - 10/17/2019 Thu
Time: 7:00PM - 7:45PM

3990.302
Dates: 10/24/2019 - 12/12/2019 Thu
Time: 7:00PM - 7:45PM

Location: Community Center
No class Oct 31, Nov 28

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

The FINAL 2 RECREATION FLEA MARKETS

of 2019 will be held

AUGUST 17 & SEPTEMBER 21

8:00 AM-2:00 PM

Port Authority Parking Lot,
at the corner of
Lytle and Brightwood Roads



SATURDAY CLASSES ARE HIGHLIGHTED

T'ai-Chi Beginner

This traditional Tai-Chi Chuan class is for the beginning student as well as the student that wants to work on the first 1/3 of the form. The difference between Tai-Chi and other martial arts is "CHI". In this class you will develop better balance, coordination and posture which is "the way" to move more efficiently and also beneficial for your health. As you practice... you will improve your balance, co-ordination and concentration. T'ai Chi is suitable for anyone looking to improve overall health. No prior experience required. Wear loose fitting clothes and slippers or socks.

Instructor: Tamara Stark
Ages: 18 and over
Resident Fee: \$48.00 Non-Res Fee: \$53.00
Twice a week: \$74.00 Non-Res Fee: \$79.00
6 session dates

3932.301
Dates: 09/10/2019 - 10/15/2019 Tue
Time: 6:30PM - 7:30PM

3932.302
Dates: 09/11/2019 - 10/16/2019 Wed
Time: 11:05AM - 12:05PM

3932.311
Dates: 10/22/2019 - 12/10/2019 Tue
Time: 6:30PM - 7:30PM

3932.312
Dates: 10/23/2019 - 12/11/2019 Wed
Time: 11:05AM - 12:05PM

Location: Community Center
No class Oct 29, Oct 30, Nov 26, Nov 27

T'ai-Chi Intermediate

This class is designed for students who have previous experience in a T'ai-Chi class and want to further their knowledge and experience. Instructor recommendation is required to enroll in this course. Twice a week rate is not available with online registration.

Instructor: Tamara Stark
Ages: 18 and over
Resident Fee: \$48.00 Non-Res Fee: \$53.00
Twice a week: \$74.00 Non-Res Fee: \$79.00
6 session dates

3932.305
Dates: 09/12/2019 - 10/17/2019 Thu
Time: 7:00PM - 8:00PM

3932.306
Dates: 10/24/2019 - 12/12/2019 Thu
Time: 7:00PM - 8:00PM

Location: Community Center
No class Oct 31, Nov 28

Total Body Conditioning

This interval training class is a mix of aerobic and anaerobic exercises designed to burn fat, gain muscle, boost metabolism, & strengthen your core and increase endurance and energy. Experience a total body workout that will have you move through a variety of stations using upper and lower body muscle groups at the same time. Class will use Bosu trainers, steps, weights, agility ladder and more. Modifications are given if necessary. Twice a week rate is not available with online registration.

Instructor: Bethany Dugdale
Ages: 18 and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
6 session dates

3920.301
Dates: 09/19/2019 - 10/24/2019 Thu
Time: 7:00PM - 8:00PM

3920.302
Dates: 09/21/2019 - 10/26/2019 Sat
Time: 9:30AM - 10:30AM

3920.303
Dates: 11/07/2019 - 12/19/2019 Thu
Time: 7:00PM - 8:00PM

3920.304
Dates: 11/09/2019 - 12/21/2019 Sat
Time: 9:30AM - 10:30AM

Location: Community Center
No class Nov 28, Nov 30

Walk 15 (Formerly Walk Live)

This Leslie Sansone indoor aerobic group walking program has just four basic movements that include walking in place, side steps, kicks, and knee lifts with variations of all of these. Participants get a heart-pumping, calorie-burning aerobic workout, a gentle warm up, increasing to a brisk paced walk, and ends with a cool-down walk. All muscles are put in motion for a maximum muscle work out during this multi-mile walk. Participants decide on the intensity of their walk, thus customizing their walk to suit their ability level. **The class format allows people of ALL fitness levels to have fun while getting fit.**

Instructor: Maureen Bittner, certified Walk Live instructor
Ages: 18 and over
Resident Fee: \$40.00 Non-Res Fee: \$45.00
7 session dates

3901.301
Dates: 09/04/2019 - 10/16/2019 Wed
Time: 6:00PM - 7:00PM

3901.302
Dates: 10/30/2019 - 12/18/2019 Wed
Time: 6:00PM - 7:00PM

Location: Community Center
No class Nov 27

ZUMBA® Toning

Try one of the newer Zumba® specialty classes! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights) helps you focus on specific muscle groups so you (and your muscles) stay engaged. Lightweight maraca-like Toning Sticks enhance a sense of rhythm and coordination, while toning target zones, including arms, core, and lower body. Add Zumba® Fitness for a twice a week discount. Twice a week fee is not available with online registration.

Instructor: Christine Froelich
Ages: 18 and over
Resident Fee: \$40.00 Non-Res Fee: \$45.00
Twice a week: \$65.00 Non-Res Fee: \$70.00
7 session dates

3930.301
Dates: 09/11/2019 - 10/23/2019 Wed
Time: 6:00PM - 7:00PM

3930.302
Dates: 10/30/2019 - 12/18/2019 Wed
Time: 6:00PM - 7:00PM

Location: Community Center
No class Nov 27

Zumba® Fitness

Come dance your way to a better you in a pure Zumba® dance party! Class mixes low-intensity and high intensity moves for an interval style, calorie burning dance fitness party – more like exercise disguised as pure fun! No dance experience is needed. Add Zumba® Toning for a twice a week discount. Twice a week fee is not available with online registration.

Instructor: Christine Froelich
Ages: 18 and over
Resident Fee: \$40.00 Non-Res Fee: \$45.00
Twice a week: \$65.00 Non-Res Fee: \$70.00
7 session dates

3930.303
Dates: 09/09/2019 - 10/21/2019 Mon
Time: 6:00PM - 7:00PM

3930.304
Dates: 10/28/2019 - 12/16/2019 Mon
Time: 6:00PM - 7:00PM

Location: Community Center
No class Nov 25

ZUMBA® GOLD

Kids back in school, Bored!!!!!! Have some spare time. I have just the solution for you. ZUMBA® GOLD!! You deserve some personal time. Forget working out, come and lose yourself in the music and fun in our exhilarating Zumba® classes. You will soon be soaring with energy and enjoying great music in a fun fitness party. Adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week. I can help you achieve this goal!! Come spend time with our fun Zumba® family!! Come and move with some of the nicest people in the South Hills area on their way to a healthier life style. Sign up for twice a week at a discounted rate! Twice a week rate is not available with online registration.

Instructor: Kathy Raeder
Ages: 18 and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
6 session dates

3930.305
Dates: 09/17/2019 - 10/22/2019 Tue
Time: 9:30AM - 10:30AM

3930.306
Dates: 09/17/2019 - 10/22/2019 Tue
Time: 7:00PM - 8:00PM

3930.307
Dates: 09/18/2019 - 10/23/2019 Wed
Time: 9:30AM - 10:30AM

3930.308
Dates: 09/19/2019 - 10/24/2019 Thu
Time: 9:30AM - 10:30AM

3930.309
Dates: 09/19/2019 - 10/24/2019 Thu
Time: 6:00PM - 7:00PM

3930.315
Dates: 11/05/2019 - 12/17/2019 Tue
Time: 9:30AM - 10:30AM

3930.316
Dates: 11/05/2019 - 12/17/2019 Tue
Time: 7:00PM - 8:00PM

3930.317
Dates: 11/06/2019 - 12/18/2019 Wed
Time: 9:30AM - 10:30AM

3930.318
Dates: 11/07/2019 - 12/19/2019 Thu
Time: 9:30AM - 10:30AM

3930.319
Dates: 11/07/2019 - 12/19/2019 Thu
Time: 6:00PM - 7:00PM

Location: Community Center
No class Nov 26, Nov 27, Nov 28

WE'VE GOT YOU COVERED

Where else can you park in a covered lot for just **\$2.00** a day. Our **2200-space** parking garage at the South Hills Village T station not only keeps your car out of the weather, it keeps you dry with a covered walkway from the garage to the T platform. All for just 2 dollars a day. For more information, call customer service at **412.442.2000** or visit **PortAuthority.org**

PortAuthority.org



ZUMBA® GOLD for Active Senior/Beginner

Every time you're active, you feel better, think better and sleep better. This is a perfect place to start your active journey. If you have not moved in a while or need to add more activity to what you already do, start here. **This is an ideal class for the active senior or beginner of any age!** The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Goal of this class is to move a little and have a lot of fun!! Experience is not required. Sign up for twice a week at a discounted rate! Twice a week rate is not available with online registration.

Instructor: Kathy Raeder
 Ages: 18 and over
Resident Fee: \$25.00 Non-Res Fee: \$30.00
Twice a week: \$45.00 Non-Res Fee: \$50.00
 6 session dates

3930.310
 Dates: 09/16/2019 - 10/21/2019 Mon
 Time: 10:35AM - 11:15AM

3930.311
 Dates: 09/17/2019 - 10/22/2019 Tue
 Time: 6:00PM - 6:40PM

3930.312
 Dates: 09/18/2019 - 10/23/2019 Wed
 Time: 10:35AM - 11:15AM

3930.320
 Dates: 11/04/2019 - 12/16/2019 Mon
 Time: 10:35AM - 11:15AM

3930.321
 Dates: 11/05/2019 - 12/17/2019 Tue
 Time: 6:00PM - 6:40PM

3930.322
 Dates: 11/06/2019 - 12/18/2019 Wed
 Time: 10:35AM - 11:15AM

Location: Community Center
No class Nov 25, Nov 26, Nov 27

SPORTS

Basketball

Men play on Thursday evenings. Limited spots are available. Everyone MUST register and prepay to participate.

Ages: 18 and over
Resident Fee: \$30.00 Non-Res Fee: \$35.00
 8 session dates

3207.320
 Dates: 10/24/2019 - 12/19/2019 Thu
 Time: 9:00PM - 10:30PM

Location: Community Center
No class Nov 28

Couch Potato Basketball

Get off the couch and join us! Enjoy an evening of basketball, get some exercise, and make new friends! Everyone must be registered in advance to play.

Ages: 35 and over
Resident Fee: \$45.00 Non-Res Fee: \$50.00
 12 session dates

3207.330
 Dates: 09/09/2019 - 12/09/2019 Mon
 Time: 9:00PM - 10:30PM

Location: Neil Armstrong Gym
No class Nov 4, Dec 2

Beginner Karate

Students will receive instruction in the Isshinryu style of Karate from Sensei Laurent 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.

Ages: 6 and over
Resident Fee: \$36.00 Non-Res Fee: \$41.00
 6 session dates

3825.301
 Dates: 09/09/2019 - 10/14/2019 Mon
 Time: 6:15PM - 7:00PM

3825.303
 Dates: 10/28/2019 - 12/09/2019 Mon
 Time: 6:15PM - 7:00PM

Location: Community Center
No class Dec 2

Intermediate* Karate

Students will receive instruction in the Isshinryu style of Karate from Sensei Laurent 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.

Ages: 6 and over
Resident Fee: \$36.00 Non-Res Fee: \$41.00
 6 session dates

3825.302
 Dates: 09/09/2019 - 10/14/2019 Mon
 Time: 7:15PM - 8:00PM

3825.304
 Dates: 10/28/2019 - 12/09/2019 Mon
 Time: 7:15PM - 8:00PM

Location: Community Center
No class Dec 2

★ NEW! NEW! NEW! ★

Pickleball Skills Clinic

Coach Laurel Heilman, a former collegiate women's basketball coach, is certified by the Professional Pickleball Registry (PPR) as a Pickleball Professional and has also completed the Pickleball Instructor Certification Program at the International Pickleball Teaching Professional Association (IPTPA). She will work in small group settings to introduce players to the basics of this fun game. Each 1 night, technique oriented session covers specific skills to elevate beginner or non-beginner player skills.

Ages: 18 and over
Resident Fee: \$12.00 Non-Res Fee: \$17.00
 1 Monday session date

Classes will cover:

Basics, rules, equipment, scoring, dinking, soft game
 Class times: 7:00pm - 7:45pm 8:00pm - 8:45pm

09/09/2019 3901.303 3901.304
 10/07/2019 3901.313 3901.314
 11/11/2019 3901.323 3901.324

Serve, serve return, ground strokes, volleys
 Class times: 7:00pm - 7:45pm 8:00pm - 8:45pm

09/16/2019 3901.305 3901.306
 10/14/2019 3901.315 3901.316
 11/18/2019 3901.325 3901.326

Offensive & defensive lobs, overhead smash
 Class times: 7:00pm - 7:45pm 8:00pm - 8:45pm

09/23/2019 3901.307 3901.308
 10/21/2019 3901.317 3901.318
 12/02/2019 3901.327 3901.328

3rd shot drop, 3rd shot drive, baseline transitioning
 Class times: 7:00pm - 7:45pm 8:00pm - 8:45pm

09/30/2019 3901.309 3901.310
 10/28/2019 3901.319 3901.320
 12/09/2019 3901.329 3901.330

Location: Community Center

★ NEW! NEW! NEW! ★

Pickleball for Beginners - Adult

This introductory class is geared for new Pickleball players. Safety, equipment, scoring, rules, serve and return, and game play are some of the topics included. Each evening will focus on specific skills and end with participants playing to practice what they have learned. All equipment will be provided.

Instructor: Laurel Heilman
 Ages: 15 and over
Resident Fee: \$50.00 Non-Res Fee: \$55.00
 4 session dates

3901.311
 Dates: 09/04/2019 - 09/25/2019 Wed
 Time: 7:00PM - 7:55PM

3901.312
 Dates: 09/04/2019 - 09/25/2019 Wed
 Time: 8:00PM - 8:55PM

3901.321
 Dates: 10/09/2019 - 10/30/2019 Wed
 Time: 7:00PM - 7:55PM

3901.322
 Dates: 10/09/2019 - 10/30/2019 Wed
 Time: 8:00PM - 8:55PM

3901.331
 Dates: 11/13/2019 - 12/11/2019 Wed
 Time: 7:00PM - 7:55PM

3901.332
 Dates: 11/13/2019 - 12/11/2019 Wed
 Time: 8:00PM - 8:55PM

Location: Community Center
No class Nov 27

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 2, Nov 29

Co-Ed Competitive Volleyball

This co-ed volleyball program is for men & women that are looking for some competitive volleyball. The program is not for beginners or recreational players and is not instructional. Players should be proficient in passing, setting and spiking. If you can just attend occasionally, there is a drop in rate of \$5 per week.

Ages: 18 and over
Resident Fee: \$22.00 Non-Res Fee: \$27.00
 7 session dates

3239.301
 Dates: 09/05/2019 - 10/17/2019 Thu
 Time: 8:15PM - 10:15PM

3239.302
 Dates: 10/24/2019 - 12/19/2019 Thu
 Time: 8:15PM - 10:15PM

Location: Community Center
No class Oct 31, Nov 28

Ladies Volleyball

Women's volleyball takes place on Monday nights at the Community Center. This is a fun, recreational program. General knowledge of volleyball rules is helpful and moderate skill level is preferable.

Ages: 18 and over
Resident Fee: \$25.00 Non-Res Fee: \$30.00
 8 session dates

3239.310
 Dates: 08/26/2019 - 10/21/2019 Mon
 Time: 8:30PM - 10:30PM

3239.311
 Dates: 10/28/2019 - 12/16/2019 Mon
 Time: 8:30PM - 10:30PM

Location: Community Center
No class Sep 2

Men's Volleyball

Men play on Wednesday nights at IMS Gymnasium. Pick-up Men's Volleyball. Prior experience not necessary but players are expected to follow official USA indoor volleyball rules. Everyone must register and prepay to participate.

Ages: 18 and over
Resident Fee: \$45.00 Non-Res Fee: \$50.00
 14 session dates

3239.320
 Dates: 09/04/2019 - 12/11/2019 Wed
 Time: 8:00PM - 10:00PM

Location: IMS Gym
No class Nov 27

Co-Ed Volleyball

Looking for some fun, "backyard" style volleyball play? This is an informal program for co-ed volleyball play. Not designed as an instructional class, but an opportunity to have fun, socialize and meet new people.

Ages: 18 and over
Resident Fee: \$22.00 Non-Res Fee: \$27.00
 7 session dates

3239.330
 Dates: 09/08/2019 - 10/20/2019 Sun
 Time: 7:00PM - 9:00PM

3239.331
 Dates: 10/27/2019 - 12/15/2019 Sun
 Time: 7:00PM - 9:00PM

Location: Community Center
No class Dec 1



Field Banner Sponsors

Bethel Park Recreation would like to thank the following businesses for participating in our field banner program:

- | | |
|--|---|
| Bethel Park Recreation Swim Team | Brentwood Bank |
| Become Better Sports Performance & PT | Olive Oil's Pizzeria & More |
| Bethel Baseball Association | Pittsburgh Adult Baseball |
| M & M Photography | Mascaro Construction |
| Pasta Too | Slaney's Service Center |
| Bethel Park Junior Football | USCTDP, Inc. |
| Rita's Italian Ice | Old West Wash House |
| Maceil's Auto Body | California University of PA |
| Bethel Park Soccer Association | Bethel Park Football Boosters |
| South Park Shops | District Judge Ron Arnoni |
| South Hills Honda | Mon River Supply |
| Lawn Doctor | Bethel Park Girls Softball Association |
| Joey Fabus Childhood Cancer Foundation | Jersey Mike's Subs |
| Bill Flinn Agency | Lois Johnson Learning Center & Child Care |
| Bethel Park Junior Wrestling | J & A South Park |
| Good Orthodontics | Coldwell Banker – Leanne Dresmich |
| Pacer Track Club | Bethel Church League Baseball |
| Kelley's Dari-Delite | AHN Sports Performance and Physical Therapy |
| Bethel Park Basketball Assn. | Hillcrest Christian Academy |
| Don Campiti's Pizzeria | Farmers' Insurance –Steve Miller |
| Taylor Rental | Bethel Park Public Library |
| Vend-It Corporation | |



Gold Card Club

Fee: \$6.00

Ages: 60yrs and over

The Gold Card Club, a social and fellowship organization for seniors, was organized by the Department of Recreation and Leisure Services for the benefit of Bethel Park residents who are 60 years of age and over, or a resident on disability retirement and not less than 50 years of age. A spouse not less than 55 years of age may join with his/her spouse if he/she meets the 60-year age minimum. The title of the GOLD CARD CLUB came from the color of the membership card, not for playing card games.

Annual membership dues are \$6.00 per person per calendar year, January 1 through December 31. Annual dues shall be paid beginning at the January general meeting. Current members whose dues are not paid by March 31 of the calendar year shall be dropped from active membership. Renewals paid after March 31 of the calendar year shall be assessed a \$1.00 reinstatement fee. New members will be accepted at any time during the calendar year. You MUST be a current Bethel Park resident in order to join the Gold Card Club.

Dues can be paid at the monthly meeting or mail the required information with your check made payable to the GOLD CARD CLUB to:

Regina Bauer, GCC Membership Chairperson
 6018 Oak Park Drive
 Bethel Park, PA 15102

Current dues cannot be accepted for more than one (1) year. When paying dues by mail, please enclose a self-addressed stamped envelope so the membership card can be mailed back to you. Information required to process membership is: your name, spouse's name (if he/she is also joining), birth dates for both, mailing address, email address (if available), and telephone number.

Questions? Call Regina Bauer at 412-833-2864.

Monthly meetings are held at the Bethel Park Community Center on the second Thursday of each month (except July and August) at 1:00 PM. Sign-in begins at 12:30 PM. After a brief meeting, enjoy excellent entertainment, light refreshments and several games of bingo. We also have an indoor summer picnic each year, and an Anniversary luncheon and a Christmas luncheon, both held at outside banquet facilities.

A monthly newsletter, prepared by the Corresponding Secretary, is sent to all members who are CURRENT on their membership dues.

Questions regarding membership should be directed to Regina Bauer, 412-833-2864.



DON'T MISS THE FARMERS' MARKET!

Every Tuesday, 3:00PM – 7:00PM
Through September 24
South Park Ice Skating Parking Lot
Corrigan Drive

Our 2019 Vendors: Simmons Farm, Pitaland, Wild River Kettle Korn, Dillner Family Farm, Wu's Shaved Ice, Pittsburgh Pierogi Truck, City Fresh Pasta, Hello Hummus, Wigle Whiskey, Threadbare Cider, Logan Family Farm, Rowdy BBQ, Jodikinos Farm, Kim's K9 Droolers, Pastamore, Cindy Munchies, The Pie Place, Wood Stoked Oven, Salsa Aguilar, Main Squeeze Juice, Loafers Bread, 6 Mile Cellars, Graeters' Ice Cream, The Kefir Chicks, Swopes Berries & Bees, Java Jeffrey Coffee, Chantal's Cheese Shop, Beatnik Sweet Eats, Sub-Zero Ice Cream, Lion's Market, Bucket and Friends, DTI Creations, Tambellini Italian Express, Ultra Matcha, and White Dove Design



Call 412-831-1328 for more information.



SilverSneakers® at the Bethel Park Community Center!

SilverSneakers® programs are offered at the Bethel Park Community Center. The **SilverSneakers®** Fitness Program is the nation's leading fitness program designed exclusively for older adults. Regular participation in the program has been proven to help older adults manage their health and increase strength, balance, and endurance.

SilverSneakers® is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree you may already have the **SilverSneakers®** benefit. There are over 5.8 million Medicare-eligible members who qualify for **SilverSneakers®**. There is no cost for **SilverSneakers®** eligible adults to become members and participate. You may already have **SilverSneakers®** available to you!

SilverSneakers® offers three easy ways to enroll. Simply choose one of the following options that best suits your lifestyle, and begin enjoying your benefit today!

- Simply take your **SilverSneakers®** Member ID card to the Bethel Park Community Center.
- No **SilverSneakers®** card? Bring your health plan ID card with you to the Community Center. Our staff will check your eligibility.
- Visit the Community Center and our staff can check on your eligibility by using your name, address, phone number, and birth date.

The **SilverSneakers®** Fitness Program is an innovative and fun health/exercise program helping older adults live healthy, active lifestyles. Get fit, have fun, make new friends!

Unlock the door to greater independence and a healthier life with **SilverSneakers®**. Benefits will include:

- Customized **SilverSneakers®** classes designed exclusively for older adults who want to improve their strength, flexibility, balance, and endurance.
- **SilverSneakers®** members can take advantage of the climate controlled, elevated indoor walking track just by swiping their **SilverSneakers®** membership card. The 1/12 mile track features 3 lanes for fitness lap walking or running. Track is open for use:

• Monday – Thursday	9:00am – 9:00pm
• Friday & Saturday	9:00am – 10:30pm
• Sunday	12:00pm – 9:00pm

What are **SilverSneakers®** classes?

SilverSneakers® classes are Total-Body Conditioning Classes designed to increase muscular strength, endurance, range of movement, flexibility, balance, agility, and coordination. The classes are anywhere from 45 to 60 minutes. Classes typically involve the use of hand-held weights, elastic tubing with handles, and a small exercise ball. A chair may be used for seating or additional support.

See page 32 for class schedule.

Who teaches the classes?

SilverSneakers® classes are taught by credentialed instructors who are specially trained in leading fitness programs for aging adults. All **SilverSneakers®** class instructors undergo an in-person training and evaluation process to become a **SilverSneakers®** instructor. Our instructors are **Anne Brucker, Renea Bishop, Mary Ann Gerard, and Tricia Wick**. They are veteran instructors who have been teaching **SilverSneakers®** programs for years.

Senior Citizen's Annual Holiday Luncheon Save the Date!



Any Bethel Park resident 60 years+ is invited to attend the annual Holiday Luncheon on **Friday, December 13**, at 1:00 PM in the Bethel Park High School Cafeteria.

Guests will enjoy a traditional holiday meal while also being entertained by performances of high school musical groups including Top 21 singers, Orchestra and Symphonic band. This is a great way to enjoy holiday food, music and fellowship with friends and neighbors!



Beginning November 1, you may pick up a registration form at the Bethel Park Community Center or online at www.bethelpark.net. The cost is **\$7.00** per person. Registration deadline for the luncheon is Thursday, **December 5** or until it is filled.

This event always fills up quickly, so send in your reservation in early November!!

The luncheon is sponsored by Bethel Park Recreation Department. For additional information call 412-851-2910.

Pre-registration is required. **Walk-ins will not be permitted to attend.**

