

# DOYLESTOWN TOWNSHIP PARKS & RECREATION www.doylestownrec.org • 215.348.9915







## **GREEN SCENE**

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#### **GREEN SCENE**

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#### PLEASE VISIT OUR WEBSITE

www.doylestownrec.org for the most up-to-date program/event information and other announcements.





## YOUTH

## THE GREAT OUTDOORS

Children get a chance to learn the skills of life-long outdoor sports such as volleyball, badminton, cricket, bocce and more. Campers also explore nature through scavenger hunts and outdoor craft projects.

CODE	DAY	DATE	TIME
1212.012	MTuWThF	7/24 - 7/28	9:00 AM - 3:00 PM

LOCATION:Pavilion #1 (next to the bathrooms in Central Park)AGES:3 - 5FEE:R \$200/ NR \$210





#### **SHARED USE TRAILS**

Understanding Shared-Use Trail Etiquette can make trails more enjoyable for everyone, it's important that you understand trail etiquette. Follow these steps:

- Respect other users; expect other users. Show courtesy. Respect wildlife. Respect public & private property. Leave no trace.
- Be friendly and courteous. Greet other folks with a simple "Hello!" or "Nice day today!"
- Bicyclists should yield to everyone. Runners yield to walkers. Downhill traffic yield to uphill traffic. When in doubt, give other users the right of way.
- Announce yourself when approaching others, especially from behind. If you're in a group, avoid blocking the trail.
- Stay on the trail. Creating your own

path or cutting switchbacks creates erosion, damages habitat and natural resources.

- Operate within your ability at all times. Remember that situations can get out-of-control fast if you're not attentive!
- Be considerate, keep dogs leashed and under control at all times.
   Other trail users don't know your dog is friendly.
- Bring water, snacks, maps, and other equipment you may need. Know where you're going and tell someone else your plan.

#### **THREE EASY WAYS TO REGISTER**



#### **Online:**

www.doylestownrec.org to create a household account and pay online via credit card (Visa, MasterCard, Amex. or Discover).

Mail In / Drop Off:

2. Complete registration form (p.19) and mail with a check to: Doylestown Township 425 Wells Road Doylestown, PA 18901

#### Email:

info@doylestownpa.org (credit card)

Questions? Need additional information? Give us a call at 215-348-9915 and we'll be glad to assist you.

#### **PLEASE REGISTER EARLY!**

Nothing ruins a good program like waiting until the last minute to register.

If a program does not have sufficient registrations five working days prior to the start date it may be cancelled. www.doylestownrec.org



## ACROSS THE AGES

## **PHOTOGRAPHY**

These programs are appropriate for beginners, as well as experienced photographers who own digital cameras, (bring a variable lens if you have) or even just a smart phone that has a camera. You will learn tips and tricks for photographing the beauty of nature and the adorable animals. Expand your knowledge of the best times for shooting, what animals and birds are available in each season, and different photography techniques. We will put those skills to good use each class when we go on our group photo walk. Please dress appropriately for the weather. If a class is canceled due to inclement weather, a makeup class will be added to the end of the session.

**LOCATION**: Pavilion #1 (next to the bathrooms in Central Park) FEE: R \$150/ NR \$160

## **PARKS AND WILDLIFE**

This will be an introduction to the local parks and the wildlife you can see there. June is one of the greatest wildlife photography months due to migrating birds, flowers in bloom that attract all kinds of wildlife to feed on it and of course, everyone's favorite - BABIES. You will learn about how to find the wildlife and the best settings for photographing birds and mammals. This



course is shot in all manual mode on cameras and is best suited to ages 16 – 99 capable of walking at least a mile on rough terrain.

CODE	DAY	DATE	TIME
2008.012	SAT	6/3 - 6/24	7:30 AM - 9:00 AM

## **TEEN CLICKS CAMERA BASICS**

Learn about your camera and how to use Aperture, ISO and shutter speed. Learn how to use shutter priority, aperture priority, along with other presets your camera may offer. This is set up to be a small class to offer individualized learning during each class. You will need to have a digital camera and have access to your manual. This will be a classroom setting but we will be practicing each of the learned items with exercises during class and exercises to do during the week at home. The goal of the class is to learn what your camera has to offer and to be able to shoot in manual with correctly exposed photos. This is designed for kids between 13 – 18 years of age.

CODE	DAY	DATE	TIME
2008.032	SUN	7/9 - 7/30	9:00 AM - 10:30 AM

## **ACROSS THE AGES cont.**

### **DOYLESTOWN LANDSCAPES**

Let's photograph all the iconic locations in Doylestown: Fonthill, Mercer Tile Works, Mercer Museum, the Michener Museum, County Theater, The Shrine of Czestochowa, Lake Galena, Veterans Wall on Pine Street, Peace Valley



Lavender Farm. Learn composition, camera settings and expand your creativity. This is good for ages 13 – 99 and able to walk short distances on even ground.

CODE	DAY	DATE	TIME
2008.052	SUN	7/9 - 7/30	6:30 PM - 8:00PM

## WILDLIFE WONDER

This is for beginning photographers that are interested in wildlife and bird photography. We will review timing of wildlife, introduction to your camera and settings, composition best practices and photography ethics for wildlife. You should leave this class with a basic understanding of Aperture, ISO, Shutter Speed, Exposure Value, where to find the animals and when to find them. This is good for ages 13 – 99 and able to walk short distances on even ground.



CODE	DAY	DATE	TIME
2008.042	SUN	8/6 - 8/27	5:30 PM - 7:00 PM

## **SUMMER SUNSETS**

We will travel to four diverse locations to shoot the sunset: Lake Galena, New Hope Bridge or Goat Hill, Lake Nockamixon, last one TBD. Learn camera settings, composition and have a great time with fellow photographers capturing one of nature's best displays. This class will all be shot in manual, or you can also use a cell phone. This is good for ages 13 – 99 and able to walk a short distance on rough terrain.

CODE	DAY	DATE	TIME	
2008.052	SUN	8/6 - 8/27	7:00 PM - 8:00 PM	

## **HELPFUL PROGRAM INFO:**

- If a class is cancelled due to inclement weather, it will be added to the end of the session.
- The Meeting Room is located right inside the Doylestown Township Building.

## **PHOTO & VIDEO RELEASE**

On occasion our staff may photograph and/or video tape participants at programs/events. This is for Township use only and may be utilized in township publications or video productions.

## **LEGACY BENCHES AND TREES**

Are you looking for a special way to honor someone? Is there a special event you wish to commemorate? Would you like to recognize an organization that supports the community?

Then consider sponsoring a commemorative bench or Tree as part of Doylestown's legacy program.

For more Information, please visit www.doylestownrec.org - From menu bar select "sponsorship" then "Legacy Program" or contact us at (215) 348-9915.

## **OOPS, WE GOOFED...!?**

From time to time there may be an error, typo and/or change to information in the program guide. If so, we will take every step to correct the situation in a timely and efficient manner. We appreciate your patience and understanding should these situations arise.

## YOUTH



Let's have fun creating Kawaii drawings! Step-by-step instructions in a safe and fun environment while we create and inspire each other. Materials include colored pencils, markers, and watercolor paints, so be sure to wear clothes that we can "art" in.

CODE	DAY	DATE	TIME
0531.012	MON	6/19 - 7/24 (OMIT 7/3)	1:00 PM - 2:00 PM
0531.022	MON	7/31 - 8/28	1:00 PM - 2:00 PM

LOCATION: Pavilion #1 (next to the bathrooms in Central Park)AGES:6 - 12FEE:R \$75/ NR \$85





It's slime time as we spend a week with students to create new slime recipes that are only limited to your imagination! Our popular Slime Camp teaches students the basics of how to make their own slime, and then shows students some of the most popular and trending slime recipes. Some of the slime is even edible! Our coordinators show students the latest slime tips and tricks and encourage creative thinking and working with friends. Students can customize their own slime by adding colors, scents, and textures. Once the slime is made, students can mold and play with their new creations. Slime Camp lets kids get their hands dirty and have fun but leaves the mess in the classroom and out of the car and home!



CODE	DAY	DATE	TIME
0480.012	MTuWThF	6/19 - 6/23	9:00 AM - 3:00 PM
	-		

LOCATION:Pavilion #2 (near Kids Castle)AGES:6 -11FEE:R \$345/ NR \$355

## PAINT PARTY CAMPS

NEW!

Hey kids-let's create 3 paintings in 3 days! Each day we will do a different picture, and after 3 days, you will have a complete set of masterpieces with a fun theme, like MINIONS and STAR WARS. With easy "how-to" painting instructions, we will go step-by-step to create amazing works-of-art. Simple and fun!

Minion's Theme				
CODE	DAY	DATE	TIME	
0528.012	TuWTh	6/27 - 6/29	2:00 PM - 3:30 PM	



LOCATIO	N: Pavilion #1 (next to the
	bathrooms in Central Park)
AGES:	5 -12
FEE:	R \$50/ NR \$60

CODE         DAY         DATE         TIME           0528.022         TuWTh         8/8 - 8/10         10:00 AM - 11:30 AM	Star Wars I	heme		
0528.022 TuWTh 8/8 - 8/10 10:00 AM - 11:30 AM	CODE	DAY	DATE	TIME
	0528.022	TuWTh	8/8 - 8/10	10:00 AM - 11:30 AM

## PRESCHOOL

## **CREATE, PLAY, & LEARN SPANISH**

We are "Creciendo Bonito" (Translation: Growing Up Beautifully) two teachers originally from Venezuela with 60+ years of combined experience working with children. We want to positively contribute to the Doylestown community. We hope to support local parents and caregivers with drop-in "mommy and me" style activities that would introduce children to Spanish through fun and creative activities. We will develop Spanish language skills and familiarity through: Story Time, Singing and Dancing, Arts, Crafts, and Creativity. A caregiver is required to attend with child.

CODE	DAY	DATE	TIME
0326.012	MTuWThF	6/5 - 6/9	10:00 AM - 11:30 AM
0326.022	MTuWThF	7/10 - 7/14	10:00 AM - 11:30 AM
0326.032	MTuWThF	8/7 - 8/11	10:00 AM - 11:30 AM



LOCATION:	Meeting Room (located inside
	the township building)
AGES:	3 - 5
FEE:	R \$175/ NR \$185

## YOUTH

### UNDERGROUND EXPLORERS: FROM DINOSAURS TO ANCIENT CIVILIZATIONS

Mad Science is back with Underground Explorers! Learn about archaeology and the techniques scientists use to excavate long lost cities. Discover ancient civilizations and the tools and artifacts they used in everyday life. Study bone fragments, pottery shards, amber deposits, and fossils; understand what they can tell us about history. Make and take-home projects each day, like a fossil reproduction, an amber time capsule, coins from around the world!

CODE	DAY	DATE	TIME
0691.012	MTuWThF	6/19 - 6/23	9:00 AM - 12:00 PM



Mad Science wants to know, are you ready for an art expedition? Let the wonder and beauty of the animal kingdom inspire your empathy, curiosity, and creativity. Learn about lions, elephants, sharks and more, and find out how wildlife conservationists are working to protect species around the globe. Experiment with a variety of art techniques and use Crayola® products to create animal-inspired art projects, from frog paintings to polar bear sculptures! Let your creativity run wild and bring your handiwork home to build a menagerie of animal-themed masterpieces.

CODE	DAY	DATE	TIME
0691.022	MTuWThF	7/10 - 7/14	9:00 AM - 12:00 PM





LOCATION:	Pavilion #1 (next to the
	bathrooms in Central Park)
AGES:	6 - 12
FEE:	R \$220/ NR \$230

## YOUTH

## **CHESS CAMP**

Knights, captures, action! Whether you are new to the game, learning to push pawns for the first time, or have played in numerous tournaments and want to sharpen your skills, come to a Shining Knights Chess Camp! We have trained numerous state champions and national trophy winners. We have trained even more kids to enjoy the game that they can spend hours playing with friends and family. So, whether you want to win games in your living room against your parents, or win tournaments in other states, come join us and learn how to play chess or play better chess! *Campers will receive a tournament style chess set and a Shining Knights T-shirt.* 

CODE	DAY	DATE	TIME
0644.012	MTuWTh	8/21 - 8/24	9:00 AM - 12:00 PM

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LOCATION:	Meeting Room (located inside
	the township building)
AGES:	6 - 13
FEE:	R \$200/ NR \$210

## TWEEN/TEEN

## **TEEN DRIVER SAFETY**

TMA Bucks is happy to announce that our Community Traffic Safety Program manager, Carly Mannon, has been trained in the Impact Teen Drivers program, which is the nation's leading voice on texting & driving,

teen distracted & reckless driving education. The Impact Teen Drivers educational program, aimed at middle school and high school students, confronts the dangers and consequences of reckless and distracted driving. Its unique grassroots framework empowers people to make meaningful behavioral changes in their own driving habits, as well as to promote safe driving in their community. Sergeant Jones from our very own Doylestown Township Police Department will be on hand to answer questions, provide information, and to perform traffic stop simulations to prepare teen drivers for the road ahead.

CODE	DAY	DATE	TIME
0925.012	THU	6/8	6:30 PM - 8:00 PM
0925.022	THU	8/10	6:30 PM - 8:00 PM



LOCATION	Meeting Room (located inside
	the township building)
AGES:	15 - 18
FEE:	FREE

## ADULT

## **GETTING PAID TO TALK: AN INTRODUCTION TO PROFESSIONAL VOICE OVER**

If you have ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly, realistic first step. Our easy-to-access remote learning system will take you behind the scenes at Voice Coaches' main studios, where we regularly produce voice over content for clients including Netflix, Discovery, HGTV, Disney, Lifetime, Nickelodeon, and many more. From audio books, training material, animation, and commercials to socially relevant content, television, and much, much more: today's voice over field has become a great way to leverage your individual voice qualities and communication skill in a whole new way. This class also includes an opportunity to receive a brief one-on-one voice range and quality assessment with our instructor.

CODE	DAY	DATE	TIME	LOCATIC	<b>N</b> : Meeting Room (located inside the township building)
1240.012	WED	8/9	6:30 PM - 8:00 PM	AGES:	18 and up
				FEE:	R \$30/ NR \$40

## **ADULT cont.**

## **AMERICAN MAH JONGG**

Why do so many people enjoy playing American Mah Jongg? It is fun and social! It is a challenging, tile-based strategy game that combines skill with luck. Players attempt to match a hand from scores of possibilities - and although winning a game is satisfying, ALMOST winning is sometimes just as much fun! American Mah Jongg rules followed as written in the National Mah Jongg League.



**Instructional** - The instructor will explain the basics of the game and provide you with the fundamental skills needed to enjoy playing. All participants will receive their own official National Mah Jongg League card which lists this year's playing hands and the rules of the game.

**Club** - An opportunity for beginning players to get together and practice their skills. All skill levels welcome and help is always appreciated. Players must bring their own National Mah Jongg League Card. Club fees can be paid seasonally, or annually for a discount.

LOCATION: Meeting Room (located inside the township building) AGES: 40 and up

#### American Mah Jongg Club: Full Year

CODE	DAY	DATE	TIME
1291.021	THU	1/5 - 12/28	10:00 AM - 12:30 PM

FEE: R \$200 / NR \$200

## American Mah Jongg Club: Summer Season

CODL	DAI	DAIL		
1291.012	THU	7/6 - 9/28	10:00 AM - 12:30 PM	
				_

FEE: R \$60 / NR \$70

#### American Mah Jongg: Instructional

CODE	DAY	DATE	TIME
1289.012	THU	7/6 - 9/28	10:00 AM - 12:30 PM

FEE: R \$50 / NR \$60

## ONLINE SAFETY & SECURITY WORKSHOP

This class focuses on methods, techniques, and procedures to minimize personal information that is found online. Our Team will explain how to locate your distinctive online attributes and how your data appears on the Internet. The team will also show participants how to manage, remove (if applicable) and prevent your personal information from reappearing online. The procedures and methods reviewed during this instruction are primarily free and easy to apply. Every member of the XposURe team are active law enforcement. The team has worked and assisted in investigations on the Federal, State, and local levels utilizing opensource techniques as well as social media applications. All members of the XposURe team are active law enforcement with a concentration in online digital investigations and intelligence.

CODE	DAY	DATE	TIME
1294.012	WED	6/21	6:00 PM - 8:00 PM
1294.022	WED	7/19	6:00 PM - 8:00 PM

LOCATION:	Meeting Room (located inside
	the township building)
AGES:	18 and up
FEE:	R \$35 / NR \$45

# WE'RE LOOKING FOR INSTRUCTORS!

Do you have an idea for a new program or a special skill you'd like to teach? We're always looking for new instructors and program ideas. Download our Program Proposal Guidelines & Form at www. doylestownrec.org or give us a call at 215-348-9915 for more information.

## **ACROSS THE AGES**



Here's a program from East Montgomery Martial Arts, which will prove educational and fun for the entire family. Our Family Martial Arts Class, which meets on Saturdays at 10am, will feature a traditional Martial Arts curriculum that has been established for over 50 years. With an emphasis on personal development, goal setting and selfempowerment, this program promotes Fitness & Flexibility, "Discipline of Mind and Body" and the development of a positive winning attitude. Karate Uniforms (GI) can be purchased from EMMA for an additional \$35 but are not required for the program.

#### Benefits include:

- Train side-by-side with your teen or pre-teen child, while advancing through the curriculum at your own pace.
- Develop a life-long mutual interest with your family member in an activity you can all enjoy together.
- Children will learn anti-abduction awareness techniques while older teens and adults learn practical self-defense tactics.
- Monthly evaluations and promotions in rank as you advance through the curriculum.

CODE	DAY	DATE	TIME
1818.012	SAT	6/10 - 8/26 (OMIT 7/1)	10:00 AM - 11:00 AM



LOCATION: Meeting Room (located inside the township building)AGES:5 and upFEE:R \$162/ NR \$172

LEARN, PRACTICE, PLAY TENNIS

Receive a \$10 discount, per participant by signing up for three or more 5-week sessions at one time. Please note there is an additional \$3 Administrative fee per participant for mail in registrations.

**REGISTRATION DEADLINES** (Register at www.buckscountytennis.usta.com)

Season 1: March 24 | Season 2: May 7 | Season 3: June 18 | Season 4: September 1 | August Swing Season: July 30 | Fall Forehands Season: October 8

**Pee Wees** (recommended ages 4–6): \$67

Season 1: 5 Tuesdays, April 4 – May 2 4:45–5:30 pm

- Season 2: 5 Tuesdays, May 16 June 13 4:45–5:30 pm
- Season 3: 5 Tuesdays, June 27 August 1 4:45–5:30 pm (omit 7/4)

Little Aces (recommended ages 7–10): \$72

- Season 1: 5 Tuesdays, April 4 May 2 5:30–6:30 pm
- Season 2: 5 Tuesdays, May 16 June 13 5:30–6:30 pm
- Season 3: 5 Tuesdays, June 27 August 1 5:30–6:30 pm (omit 7/4)

#### **Juniors** (recommended ages 11–13): \$72

Season 1: 5 Tuesdays, April 4 – May 2 6:30–7:30 pm Season 2: 5 Tuesdays, May 16 – June 13 6:30–7:30 pm Season 3: 5 Tuesdays, June 27 – August 1 6:30–7:30 pm (omit 7/4) Teens/Adults (Beginners/ Intermediates) (recommended ages 14 and up): \$72

Season 1: 5 Tuesdays, April 4 – May 2 7:30–8:30 pm Season 2: 5 Tuesdays, May 16 – June 13 7:30–8:30 pm Season 3: 5 Tuesdays, June 27 – August 1 7:30–8:30 pm (omit 7/4)

#### AUGUST SWING SEASON

Tuesdays and Thursdays, August 8, 10, 15, 17, 22

Pee Wees: \$67; 4:45–5:30 pm Little Aces: \$72; 5:30–6:30 pm Juniors: \$72; 6:30–7:30 pm Teens/Adults (*Beginners/Intermediates*): \$72; 7:30–8:30 pm

**LOCATION:** Central Park Tennis Courts **AGES:** 4 and up

## PRESCHOOL



Everyone remembers Field Day! Kick off the summer with these traditional field day games. Have a blast competing in scooter races, throwing, and running games and all types of events in this fun-filled format designed to leave them loving to be active.

CODE	DAY	DATE	TIME
0125.012	MTuWThF	6/26 - 6/30	9:00 AM - 12:00 PM



Have a blast learning about and playing a wide variety of college sports including flag football, basketball, soccer and more. Campers make a school pennant and t-shirt and wear their school colors to demonstrate their school spirit.

CODE	DAY	DATE	TIME
0125.022	MTuWThF	8/14 - 8/18	9:00 AM - 12:00 PM

LOCATION: Pavilion #1 (next to the bathrooms in Central Park) AGES: 3 -5 FEE: R \$140/ NR \$150





## **MULTI-SPORTS**

Amazing Athletes offers top of the line sport and fitness classes for children 1 1/2 years old up to 6-years old! Your child will learn the fundamentals of 10 different sports. As they get older and progress through our different programs, kids will gain confidence in themselves and benefit from the social skills involved in playing sports! Each week your child will be introduced to two sports, one that uses a stick and one that uses a ball. Program runs for 6 weeks.

LOCATION: Field # 4 (New Britain Road entrance to Central Park)

Tot Program: 18 months – 2 <sup>1</sup> / <sub>2</sub>							
CODE	DAY	DATE	TIME				
0123.012	SAT	6/24 - 7/29	9:15 AM - 9:40 AM				

FEE: R \$95/ NR \$105

SPORTS	INCL	<b>UDED</b>	<b>ARE AS</b>	FOLI	OWS:
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- Soccer
- Baseball
- Track/Field
- Basketball
- Hockey

- Football
- Golf
- Volleyball
- Lacrosse
- Tennis

Athletes Program: 2 <sup>1</sup> / <sub>2</sub> - 3 <sup>1</sup> / <sub>2</sub>				Athletes Program: 4 - 6			
CODE	DAY	DATE	TIME	CODE	DAY	DATE	TIME
0123.022	SAT	6/24 - 7/29	9:45 AM - 10:15 AM	0476.032	SAT	6/24 - 7/29	10:50 AM - 11:30 AM
FEE:	R \$115/ NR \$125			FEE:	R \$115/ NR \$125		

## **SPORTS AND WELLNESS**

## YOUTH

## KARATE

East Montgomery Martial Arts brings you this program will feature a traditional Martial Arts curriculum that has been established for over 50 years. With an emphasis on childhood development and goal setting, this program promotes "Discipline of Mind and Body" and the development of a positive winning attitude. Your child will receive appropriate colored belts as they advance in the program, provided by EMMA. Karate Uniforms (GI) can be purchased from EMMA for an additional \$35 but are not required for the program.

#### Benefits include:

- Learning Anti-Bullying Tactics
- Developing anti-abduction awareness techniques.
- Monthly evaluations and promotions in rank as the student advances through the curriculum.
- An activity that will keep your child engaged and active.
- Self-empowerment through self defense

CODE	DAY	DATE	TIME
0463.012	MON	6/5 - 8/21 (OMIT 6/26; 7/3; 7/24)	6:00 PM - 7:00 PM

LOCATION: Meeting Room (located inside the township building)AGES:5-15FEE:R \$135/ NR \$145

## GAMES GALORE CAMP

Leave the video controller behind and get ready for an action-packed week of fun and games with friends! With a diverse range of options, everyone can find the right game for them. Want to use your brainpower? Maybe the newest board game or a classic card game is calling your name. Or do you think you are in the mood for some physical activity? Then kickball and relay races might be what you are



looking for. Whatever a student is in the mood for, our instructors will keep everyone engaged and having fun with new daily activities that fit every personality. Bring your A-game and get ready to make new friends in a week full of excitement!

CODE	DAY	DATE	TIME
0481.012	MTuWThF	7/17 - 7/21	9:00 AM - 3:00 PM

LOCATION: Pavilion #2 (near Kids Castle) AGES: 6 -11 FEE: R \$345/ NR \$355



## CENTRAL PARK 9-HOLE DISC GOLF COURSE

Did you know that disc golf is recognized as one of the fasting growing sports. Played a lot like traditional golf but instead of a ball and clubs, players use a disc. Invented in the 1970's, disc golf is similar to traditional golf... with participants trying to complete each hole in the fewest number of strokes or "throws." The disc is thrown from the tee area to a target (the hole) which is the typically an elevated metal basket. After a player throws down the fairway, the next shot is taken from the spot where the previous throw has landed. Trees and other natural landmarks located in and around fairways make the game more challenging. When the putt lands in the basket the hole is completed. The more you play the more fun it becomes.

#### Five Reasons to Try Disc Golf:

- 1. It's essentially free once you have your disc golf equipment
- 2. It's more fun than you probably assume
- 3. You'll have a network of new friends
- 4. It's surprisingly good for your health
- 5. It's super easy to learn

Stop by DTOWN Disc Golf (www. discgolfmarket.com) for supplies and to learn more about this fun sport.

## ADULT

## **OUTDOOR FITNESS**

Get out to Central Park for this total body fitness program that combines cardio, strength training, core training and agility work using functional moves and equipment like resistance bands, TRX, and medicine balls. Good old-fashioned calisthenics like push-ups and sprints round out this outdoor fitness program, which will get or keep you fit and feeling great! For all fitness levels. Classes will be held rain or shine, under Pavilion #1 in case of rain.

CODE	DAY	DATE	TIME
2207.021	TuTh	6/13 - 7/18	5:00 PM - 6:00 PM

LOCATION: Pavilion #1 (next to the bathrooms in Central Park)AGES: 18 and upFEE: R \$199/ NR \$209

## **VISIT THE LIFETRAIL**

Located near the entrance to Central Park, the LifeTrail is designed specifically for adults ages 50 & up. It provides fitness equipment and posted step-bystep instructions allowing the user to go at their own pace, regardless of skill level. Conveniently located near the athletic fields and walking trail, it also gives users the option of "changing up" their fitness routine. Check it out the next time you walk in Central Park!

## TAI CHI

T'ai Chi Chuan (T'ai Ji) is a martial art, exercise, and moving meditation. Tai Chi's slow, continuous movements and gentle flow of energy have been recognized by western medicine as a beneficial tool for fall prevention, stress relief, relaxation, and body awareness and is often recommended for those with arthritis, Fibromyalgia, Parkinson's, and other diseases that affect balance and movement. This class is for beginners, existing students, and practitioners of all ages and abilities. Dig into T'ai Chi principles of balance, flow, continuity, and relaxation with breathing exercises and easy postures. Students should be able to remain vertical for one hour, otherwise, no pressure!

CODE	DAY	DATE	TIME
2271.012	THU	6/15 - 7/27	10:45 AM - 11:45 AM
2271.022	THU	8/10 - 9/14	10:45 AM - 11:45 AM

LOCATION: Cornerstone Health and Fitness (740 Edison<br/>Furlong Rd, Furlong)AGES:18 and upFEE:R \$109 / NR \$119

## **NORDIC WALKING & EXERCISE SERIES**

Are you familiar with Nordic walking? Using poles to walk provides health benefits for a variety of groups, from Parkinson's to older adults to arthritis, weight management, cardiac health, and more. For those looking for more intense workouts, Nordic walking burns more calories, uses more muscles, and provides a greater cardiovascular workout than walking alone. For those with balance concerns or require support to decrease stress placed on back/knee joints, poling can help improve balance, posture, mobility, and confidence. Join us for the 6-week group walking and exercise program. It is great for those looking to get more out of their walking workout. Each class will utilize Urban Poling walking poles, provided, for an exercise program and walk through beautiful Central Park.

CODE	DAY	DATE	TIME
1303.012	WED	7/12 - 8/16	10:00 AM - 11:00 AM

LOCATION: Pavilion #1 (next to the bathrooms in Central Park)AGES:60 and upFEE:R \$150/ NR \$160



## **GROUP FITNESS CLASSES**

Looking to change up your fitness routine? Maybe you want to try group fitness classes but don't want to pay for a full gym membership? Our group exercise classes with Cornerstone Health & Fitness (740 Edison Furlong Rd, Furlong, PA) allow you to do just that! Appropriate for all fitness levels. We offer a \$10 discount for seniors, ages 60 and up. Discount will be applied at checkout.

LOCATION: Cornerstone Health and Fitness			
	(740 Edison Furlong Rd, Furlong)		
AGES:	18 and up		
FEE:	R \$72 / NR \$82		

**GROUP EXERCISE 6 CLASS PASS** - This pass allows you to sign up for 6 classes. Use the Group Exercise Class Card to try a variety of classes at Cornerstone. Passes can be used for any class that is included in membership and cannot be used for classes that require an additional fee. Preregistration is required for all classes, can register up to 25 hours in advance. **FEE:** R \$82 / NR \$92

**CYCLING** - This non-impact cardio workout on a stationary bike with a weighted flywheel uses speed and resistance to create an individualized level of intensity. Since participants choose their own speed and resistance, class intensity is self-determined.

CODE	DAY	DATE	TIME
2147.012	MON	6/12 - 7/31	6:00 PM - 7:00 PM

**STEP AEROBICS** - Step your way to a toned body with this fun, cardiovascular workout. Step combos will strengthen your hips and legs, while the last 10 minutes is spent on abdominal work to strengthen your core muscles for an overall workout.

CODE	DAY	DATE	TIME
2149.012	SUN	6/18-8/6	9:30 AM - 10:30 AM

**ZUMBA** - A total dance workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, plus boosted energy. A great way to have fun and get a good workout.

CODE	DAY	DATE	TIME
2113.012	MON	6/12 - 7/31	6:30 PM - 7:30 PM
2113.022	FRI	6/16 - 8/4	9:30 AM - 10:30 AM

**CHAIR YOGA** - This yoga class allows participants to use the support of their chair- either seated or standing- to perform gentle stretches designed to increase flexibility, range of motion and balance.

CODE	DAY	DATE	TIME
2407.012	TUE	6/13 - 8/8	12:00 PM - 1:00 PM

**HATHA YOGA** - Focuses on learning and practicing basic to intermediate poses, alignment principals, breathing techniques and relaxation.

CODE	DAY	DATE	TIME
2106.012	MON	6/12 - 7/31	6:35 PM - 7:35 PM
2106.022	TUE	6/13 - 8/8	5:30 PM - 6:30 PM

**BARRE FITNESS** - This exhilarating class will give you the long, lean muscles of a dancer by toning your seat, abs, and arms, while strengthening your core. Highly effective exercises are performed at the ballet barre and on the floor. For all fitness levelsmust be able to get down on the floor.

CODE	DAY	DATE	TIME
2129.012	WED	6/14 - 8/2	5:30 PM - 6:15 PM

**YIN YOGA** - A slower paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin Yoga, the poses are held for a longer period to target the connective tissue (such as ligaments) rather than focusing on the muscles. As a result, the positions are more passive holds, with little muscular engagement.

CODE	DAY	DATE	TIME
2138.012	SAT	6/17 - 8/5	9:30 AM - 10:30 AM
2138.021	SAT	4/15 - 6/3	9:30 AM - 10:30 AM

**SILVER SNEAKERS FITNESS CLASS** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

CODE	DAY	DATE	TIME
2411.012	MTh	6/15 - 8/3	12:00 PM - 12:45 PM

## **CANINE CAPERS**

## **DOG PARK ORIENTATION**

A qualified dog trainer along with a Dog Park Advisory Board member will review the park rules and operating hours, responsibilities of the users, behaviors you may observe in your and/or other dogs while at the dog park and the registration process. A multimedia presentation will show new members what to expect from dogs and people at the parks.



CODE	DAY	DATE	TIME
5001.012	SAT	6/17	11:30 AM - 12:30 PM
5001.022	SAT	7/15	11:30 AM - 12:30 PM
5001.032	SAT	8/19	11:30 AM - 12:30 PM

LOCATION:Meeting Room (located inside the township building)AGES:18 and upFEE:Free

## **TOTAL RECALL**

Do you dream of having your dog come on command? Every time, even with distractions or even when they don't feel like it? Let's set the groundwork for a reliable recall and make this happen! We will discuss common mistakes and how to overcome them. We will use games and multiple training strategies to build your success history. Let's have fun teaching this important skill and then more fun reinforcing it for reliability. *This class is designed* 



for dogs 6 months and older and social with other dogs.

CODE	DAY	DATE	TIME
1297.012	TUE	7/11 - 8/1	4:30 PM - 5:30 PM
1297.022	THU	7/13 - 8/3	4:30 PM - 5:30 PM
1297.032	TUE	8/8 - 8/29	7:00 PM - 8:00 PM
1297.042	THU	8/10 - 8/31	7:00 PM - 8:00 PM

LOCATION:Fireside Hall, 5064 Stump Road, PlumsteadvilleAGES:18 and upFEER \$135 / NR \$145

## **HIT THE TRAILS!**

Thanks to a joint effort, the Doylestown Community Bike and Hike committee has established a far reaching and comprehensive trail system that goes through Doylestown and the surrounding area. The ongoing goal of the trail system is to construct a pedestrian friendly walk/ bikeway that will link residents in both the Borough and the Township and ultimately provide a safe route of travel without needing to utilize the sides of roadways.

For more information or to see a list of the parks, landmarks, shopping/dining areas, and more, all accessible via the trail system please visit us at www. doylestownrec.org!

## **EXPLORE CENTRAL PARK!**

Did you know that you can cover miles of ground just by walking the trails within Central Park? Grab some friends or family members and head out for a walk! See what you can spot along the way!

# Here are just a few things to look for as you explore:

- Environmental Education Area
- Native Plant Garden
- Bird Blind
- Sensory Trail
- Game Grove
- Bird & Bat Boxes
- Hart's Woods
- And of course, look out for native wildlife that call Central Park home! (But please be careful not to disturb them.)

## **CANINE CAPERS**

## **PUPPY PRESCHOOL**

Calling ALL new puppy owners! Each class will have a different training discussion, as well as healthy socialization with other pups, objects, and sounds. This class helps pups learn the cues of other pups and guide owners of appropriate puppy play. Topics of discussion can include housetraining, mouthing, chewing and crate training. *This is a play-based class geared to pups ages 10 weeks to 16 weeks*.



CODE	DAY	DATE	TIME
1276.012	TUE	7/11 - 8/1	5:45 PM - 6:45 PM
1276.022	THU	7/13 - 8/3	5:45 PM - 6:45 PM
1276.032	TUE	8/8 - 8/29	5:45 PM - 6:45 PM
1276.042	THU	8/10 - 8/31	5:45 PM - 6:45 PM

LOCATION: Fireside Hall, 5064 Stump Road, Plumsteadville AGES: 18 and up FEE: R \$135 / NR \$145

## **LEVEL UP TRAINING**

If we've worked together in the past, this class is for you. Tell me your training goals and I will design the class to achieve them. Let's take your training to the next level or get your dog back on track. This class is designed for a maximum of five dogs that are social with other dogs. *Prerequisite: Completed a previous class or in-home training with Susie* 



Danzis. For dogs 8 months and older and social with other dogs.

CODE	DAY	DATE	TIME
1238.012	TUE	7/11 - 8/1	7:00 PM - 8:00 PM
1238.022	THU	7/13 - 8/3	7:00 PM - 8:00 PM
1238.032	TUE	8/8 - 8/29	4:30 PM - 5:30 PM
1238.042	THU	8/10 - 8/31	4:30 PM - 5:30 PM

LOCATION: Fireside Hall 5064 Stump Road, PlumsteadvilleAGES:18 and upFEE:R \$135 / NR \$145

## FUN IN THE SUN SAFETY TIPS

Summer is a great time to head outdoors. With a few easy steps, you can stay safe and comfortable during the summer months.

- Wear sunscreen The sun's rays damage your skin, resulting in sunburn which over time could lead to cancer.
- Stay cool in extreme heat Limit your time outdoors and avoid strenuous activities. Too much exertion can lead to heat exhaustion or heat stroke.
- Stay Hydrated Drink plenty of fluids, and don't wait until you are thirsty. Heat causes your body to lose water, salt, and minerals through your sweat. Don't forget, young children and pets also need plenty of water.
- Cover Up Wearing a widebrimmed hat, sunglasses and clothing that covers your body and taking breaks in the shade also helps limit exposure.
- **Insects** Clothing that covers your limbs can help protect you from mosquitos and ticks.
- Check for ticks if you've been outside in grassy, or wooded areas. Be sure to check your pets also.

#### **WALKING THE DOG?**

We welcome your "well-mannered" canine friends. Dogs must be leashed and under the control of the owner at all times. Off-leash activity is prohibited. Owners are responsible for cleaning up and properly disposing of waste material.

## **SPECIAL EVENTS**



## GOLF OUTING AUGUST 21, 2023

Please join us for our annual golf outing held at the beautiful Doylestown Country Club. This popular outing presented by Doylestown Township. YOUR participation and sponsorship support will make a difference for generations to come. Includes breakfast, golf, refreshments, contests, hole-in-one prize opportunities, cocktail reception, and awards.

LOCATION: Doylestown Country Club AGES: 18 and up TIME: Check-In 8:00am Shotgun start 9:00 am

## FIDO FLOAT SEPTEMBER 9, 2023

Grab your canine companions and join us for a special "Dogs Only" swim event at Fanny Chapman Pool. There are 2 time slots for Large dogs and 1 for Small Dogs. Please double check your time slot when registering! Each pool will have a separate entrance. Owners must be 18 and up to participate in this event. Limited spaces available in each time slot! Pre-registration required - No walk-ins admitted.

LOCATION: Fanny Chapman Pool - 10 McKinstry Drive, Doylestown, PA 18901 Middle Pool for Large Dogs (30 lbs. +) Toddler Pool for Small Dogs (29 lbs. and under)

 TIME:
 Session 1 (Large dogs) 11:00 am - 12:00 pm

 Session 2 (Large Dogs) 12:30 pm - 1:30 pm

 Session 3 (Small Dogs) 2:00 pm - 3:00 pm

AGES: FEE:



18 and up Dog Park members: \$10/dog/session Non-members: \$15/dog/session



## FALL FOOD TRUCK FEST SEPTEMBER 23, 2023

It's back and better than ever for 2023! There will be many different style food trucks, music, games, crafters, and fun! Come for lunch-stay for dinner! Food Trucks will be announced via social media stay tuned for more details at doylestownrec.org!

LOCATION: New Britain Road Entrance to Central Park TIME 12:00 pm – 6:00 pm FEE: FREE

## **PERFORMING ARTS SERIES**



# **2023 SCHEDULE** AMPHITHEATER

Presented in Partnership with Doylestown Township Parks and Recreation

# FREE Summer **Concerts**

Wednesday at 7:00 pm

#### **Inclement Weather:**

Indoor facilities are not available. visit www.doylestownrec.com for concert status Every effort will be made to reschedule on an alternate date.

Schedule is subject to change.

6/07/23	Boat House Row	Yacht Rock Experience
6/14/23	Little Red Rooster	Blues (Local favorite)
6/21/23	High Noon	Lynryrd Skynyrd / Southern Rock
<mark>6/28/23</mark>	Matt Freedman	Country
	Highway Run	Journey Tribute
	Soul Cruisers	Motown, Soul, R&B
7/19/23	Cherry Lane	High Energy Rock and R&B
7/26/23	Lights Out	Decades Show
8/02/23	AM Radio	60's/70's
8/09/23	Larger than Life	Boyband Experience
8/16/23	Class Act	Dance Band (CB teachers)
8/23/23	River of Dreams	Billy Joel
8/30/23	Big Chill Band	Classic Rock

- Open for service at 6:00 pm
- Must be 21 years to purchase
- Must remain in amphitheater with beverage

#### **Beer Vendors:**

• Warwick Brewing: 6/7, 6/2, 6/28, 7/5, 7/19, 7/26, 8/9, 8/23 • Crooked Eye Brewery: 6/14, 6/21, 7/12, 8/2, 8/16, 8/30



#### Food Truck Vendors:

- Salty Vets and Jack & Jill (all dates)
- **Roll M Up** (6/14, 8/30)
- Kona Ice (6/21).

# Concert Food Trucks

- Thai Jai Dee (7/12, 8/16) • Jay's Joint (7/19, 8/23)
  - United Crepes (7/26)
- **Location: Central Park, 425 Wells Road**

DART Shuttle transportation is available. Visit www.doylestownrec.org to view the DART pickup schedule & times, along with the most up-to-date Concert Series information. No outside alcohol permitted in park. Central park is a smoke free facility.



#### **ENROLLMENT-GENERAL INFO:**

All programs have a minimum and maximum enrollment and are filled on a first-come, first-served basis. Programs may be canceled due to insufficient registration, inclement weather, or other reasonable cause. Payment is due at time of registration (space is not guaranteed until proper payment is received). Resident prices are for those who live within the boundaries of Doylestown Township.

#### WAYS TO REGISTER:

**Online:** Register your household and pay online via credit card (Visa, MasterCard or Discover).

**Mail In:** Complete the registration form and mail with full payment to: Doylestown Township, 425 Wells Road, Doylestown, PA 18901. Separate check or money order for each class.

**Walk-In:** Monday - Friday, 8:30am-4:30pm (use drop slot before/after hours) at the Doylestown Township Administrative Office, located at 425 Wells Road, Doylestown, PA 18901.

**Payment:** Credit card, cash, check or money order. Unless otherwise indicated, please make checks payable to Doylestown Township.

Why Separate Checks... For your benefit: With a single check, one or more programs may be full and the entire registration is held until we receive proper payment. Classes may be full before we can resolve the problem.

**WAITING LISTS:** Waiting lists do not guarantee you a spot. You will be contacted only if a space becomes available. If notified, you will have up to 24 hours to accept the space (with payment) or the opening will be offered to the next person on the list.

#### **REGISTRATION CONFIRMATIONS:**

Confirmations are not issued unless a self-addressed stamped envelope is included with registration materials.

**REGISTER EARLY:** Waiting may result in a program being canceled due to low enrollment.

**INSUFFICIENT FUNDS:** A \$35 charge will be charged back to the participant for each returned check. Failure to correct this error in a timely fashion (cash only) will result in removal from the program.

**NOTICE TO PARTICIPANTS:** Participants must recognize that all programs involve some level of risk, by registering for a program; participant assumes any & all risk. Every effort is made to ensure the safety of participants and to provide high-quality recreational activities, facilities, and parks. In the event of a serious accident or illness, our policy is to: Contact 911, when necessary, transport to the hospital and contact the parent/guardian or emergency contact as quickly as possible.

**CUSTOMER SERVICE:** We strive to provide excellence in the area of customer service and satisfaction. Our policies and guidelines have been carefully established to assist us in providing fair and equitable treatment to all.

**INSURANCE:** Individual accident/medical insurance for participants is not provided by Doylestown Township.

**CODE OF CONDUCT:** Participants and/or spectators are expected to exhibit appropriate hebraice at all time

exhibit appropriate behavior at all times while attending any program or event sponsored by Doylestown Township.

#### **KIDS' CASTLE GROUP DAYS:**

Group days have been established for ALL groups regardless of size. Groups that have not pre-registered and/or, checked in will be asked to leave the playground. Exceptions will not be made to this policy.

**Groups Days:** Tuesday, Wednesday, and Thursday from 10:00 am to 3:00 pm; May 1st- November 1st (no exceptions).

#### All groups must be pre-registered.

- Playground is designed for ages 2-12 only.
- Fee: \$5/child fee; Payment is due upon arrival.
- An 8:1 child/chaperone ratio is required.
- Group Day registration does not include pavilion.

**FACILITY USE APPLICATIONS:** Groups wishing to utilize a park or park amenity must complete a Facility Use Application or Special Event Application and obtain a permit. These forms can be downloaded at www.doylestownrec.org.

**PAVILION RENTALS:** Two picnic shelters are available for rental in Central Park. Facility Use Application, insurance, rental fees, and security deposit are required. Fees vary depending on group size and residency. Reservations may be made beginning January 1st (Township Residents) & April 1st (Non-Residents). Please call for times and availability.

**REFUND POLICY:** Refund requests will be handled according to the following guidelines.

- Full refunds are issued for programs that are canceled by the Township.
- A \$20 administrative fee will be deducted for all refund requests.
- No refunds will be issued within two weeks or after the start of any program. Medical emergencies require written verification from a physician. Approved requests will be prorated to reflect attendance, \$20 administrative fee and issued as an account credit only.
- There are no cash refunds. All approved refunds will be issued via township check or account credit.
- Facility Rentals: No refunds will be issued within two weeks of pavilion rental. In the event of inclement weather, notification of non-use must be made 24-hrs. prior to the scheduled use day - No later than Friday at 4pm if the rental is scheduled for a weekend. Attempts will be made to reschedule any facility rental.
- Other conditions may exist for programs that run cooperatively with outside providers and may include non-refundable fees.
- Trip programs: No refunds are issued unless the seat can be re-sold or if the trip is canceled.

Check us out at... www.doylestownrec.org



## **REGISTRATION FORM**

Part 1Family Informat	ion (p	lease prin	t clea	irly)							
Parent Name					O Townsh	nip R	eside	ent	0	Non-R	esident
				City			State			Zip _	
Home Phone Cell Phone											
				Relationship							
Home Phone			Cell F	<sup>o</sup> hone	(	Othe	r				
Part 2Program Select	ion										
Participants Name	Sex	Birthdate	Age	Program		Activ	vity C	ode	•		Fee
	O M O F									\$	
	O M O F									\$	
	O M O F									\$	
	ОM									\$	
	OF						•				
Part 3Payment											
Payment method: O Check	O Cas	h 🔾 Money	Order	O Credit Card (complete follo	wing section	)	Tot	tal P	ayme	ent \$ _	
				pting credit cards either online a via mail, please complete the fol		stowi	nrec.c	org,	in-per	son, by	/ mail, or
O Visa <sup>®</sup> O MasterCard <sup>®</sup>	O Dise	cover ®	0	Billing Address Same as above	<ul> <li>Billi</li> </ul>	ng A	ddres	s dif	feren	t from a	above
Credit Card #:				Exp. Date	/	/_		_	CVV ;	#	
Billing Address:			City State Zip			o					
Cardholder signature					Date:						
Part 4Restrictions / A	llergie	es / Medica	tions								
Restrictions:											
Allergies:											
Medications:											
Part 5Authorized Pick	cUp &	Transpor	tatior	۱ (individuals / relationship of	those autho	orized	d to p	oick	up m	inor cl	nildren)
Name:			Phor	ne (day):	Relatio	onshi	o:				
Name: Phone (day):			ne (day):	Relationship:							
Part 6Release Form											
Persons other than a parent or legal guardian permitted to pick up children must be authorized in writing by the parent or legal guardian and submitted to the program supervisor. For their protection, children will not be released to anyone not on file with the township.											
I hereby give the above named participants permission to participate in the above named recreation program/s sponsored by Doylestown Township. In consideration of participation in the above named recreation program/s, I/we, do hereby agree to hold harmless and indemnify the Township of Doylestown, its employees, agents, and volunteers against any claims for and on account of any and all injuries sustained as a result of participation in the above named program/s. In addition, I grant my permission to have emergency medical personnel and/or physician treat and/or transport.											
Signature of Participant or Guard	dian (if u	nder age 18) <sub>-</sub>						Da	te		
Return with payment to: Doylestown Township, 425 Wells Road, Doylestown, PA 18901											



Doylestown Township 425 Wells Road Doylestown, PA 18901 Presorted Standard Mail U.S. Postage PAID Permit # 50 West Chester, PA

## DOYLESTOWN TOWNSHIP PARKS & RECREATION

Phone: (215) 348-9915 Fax: (215) 348-8729

Office Hours: Monday-Friday 8:30 am-4:30 pm

Park System Hours: Dawn to Dusk Visit us on the web! www.doylestownrec.org



**Explore local Parks!** Being well, having fun, and strengthening our communities are some of the ways that local parks and recreation enhance our lives. To find a local park, nearby park or explore other parks across Pennsylvania visit goodforpa.com.

