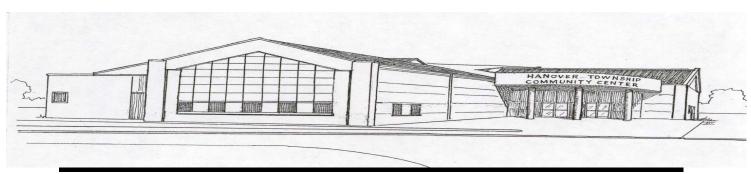
# Hanover Township Community Center Phone: 610-317-8701



June,	July	k	August

Memberships Page 6Can you believe summer is upon us? We are busy at the center preparing all the summer activities for you and your children with a splash of the arts for summer creativity! Check out just a sample of HTCC programming:Youth Programs Page 8• Summer Basketball League • Volleyball camps* Summer Karate Program • Theme Day Camps • Vocal Lessons • Vocal Lessons • Otaleyball camps • Otaleyball camps • Otaleyball camps • Otaleyball camps • Summer Guitar Lessons • Somethalt League • Volleyball camps • Summer Guitar Lessons • Somethalt League • Volleyball camps • Summer Guitar Lessons • Somethalt League • Vocal Lessons • Somethalt • Somethalt 	Inside this issue:	Dear Friends & Nei	ghbors.				
Page 6       Can you believe summer is upon us? We are busy at the center preparing all the summer activities for your families. HTCC programming includes a variety of camp atmospheres for you and your children with a splash of the arts for summer creativity!         Page 8       Check out just a sample of HTCC programming:         Youth Programs Page 2&3       • Summer Basketball League * Summer Karate Program • Voelleyball camps * Theme Day Camps * Deginner Guitar Lessons * Vocal Lessons • 3 month student fitness memberships-\$36.00 residents!         Young @ Heart Page 6       As always we invite you to stop by and meet your recreation staff!!         Swimming Lessons Page 6       Camden Aquarium Adult (12 & over)         Fitness Schedule Page 7 <b>Discounted Summer Theme Park Tickets Available</b> Gamden Aquarium Adult (12 & over)       S 12.95       \$ 9.00         Gamden Aquarium Adult (12 & over)       S 12.95       \$ 9.00         Fitness Schedule Page 7       Child (3-11)       \$ 12.95       \$ 9.00 <i>Gamden Aquarium Adult</i> (12 & over)       S 12.95       \$ 9.00       \$ 11.00 <i>Bethlehem, PA 18017</i> Friday       Child (3-11)       \$ 12.95       \$ 9.00 <i>Gamden Aquarium Adult</i> (12 & over)       \$ 34.75       \$ 24.50       \$ 11.00         Monday - Friday 6:00 am - 6:00 pm       Senior (55-69)       \$ 19.95       \$ 18.50       \$ 19.95       \$ 18.50         Summer Ed							
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Page 8       creativity!       Check out just a sample of HTCC programming:         Youth Programs       • Summer Basketball League       * Summer Karate Program         Page 4&5       • Volleyball camps       * Theme Day Camps         Preschool Programs       • Beginner Guitar Lessons       * Vocal Lessons         Page 2&3       • 3 month student fitness memberships-\$36.00 residents!         Young @ Heart       As always we invite you to stop by and meet your recreation staff!!         Sincerely,       Cathy         Cathy       Cathy         Cathy       Cathy         Cathy Heimsoth       Recreation Director         Fitness Schedule       Page 7         3660 Jacksonville Road       Betilehem, PA 18017         Betilehem, PA 18017       S 12.95       \$ 9.00         Camden, NJ       Child (3-11)       \$ 9.95       \$ 7.50         Camel beach       Adult or Child (3 & over)       \$ 24.95       \$ 19.95         Poconos, PA       Dorney Park       Adult (48" or taller)       \$ 34.75       \$ 24.50         Monday - Friday       Giol am - 6:00 pm       \$ 10.00 pm       \$ 11.00       \$ 11.00       \$ 11.00         Summer 2002       Young 6       Philadelphia Zoo       Adult       \$ 12.95       \$ 18.50       \$ 57.00<	A dult Programs						
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Saturday       Senior (55-69)       \$ 19.95       \$ 18.50         7:00 am - 6:00 pm       70+ (at park only)       \$ 15.95         Sunday       Special Days 5/10-5/31 or 6/28-7/18         Philadelphia Zoo       Adult       \$ 12.95       \$ 9.25         Summer Edition       Summer 2002       "The Heart of the Community."	Page 7 3660 Jacksonville Road Bethlehem, PA 18017 Fax: 610-317-8704 E-Mail: HTCC@enter.net	Discour Camden Aquarium Camden, NJ Camel beach Poconos, PA Dorney Park Allentown, PA	Adult (12 & over) Child (3-11) Adult or Child (3 & over) Adult (48" or taller) Child (4 & over, under 48")/Sr.(	Gate Price \$ 12.95 \$ 9.95 \$ 24.95 \$ 34.75 (60+) \$ 13.00	Selling Price           \$ 9.00           \$ 7.50           \$ 19.95           \$ 24.50           \$ 11.00		
7:00 am - 6:00 pm Sunday 1:00 pm - 6:00 pm Summer Edition Summer 2002 Volume 6 $70+ (at park only) \qquad \$ 15.95$ Special Days 5/10-5/31 or 6/28-7/18 Philadelphia Zoo Adult $\$ 12.95 \qquad \$ 9.25$ "The Heart of the Community."	Page 7 3660 Jacksonville Road Bethlehem, PA 18017 Fax: 610-317-8704 E-Mail: HTCC@enter.net Monday - Friday	Discour Camden Aquarium Camden, NJ Camel beach Poconos, PA Dorney Park Allentown, PA Hershey Park	Adult (12 & over) Child (3-11) Adult or Child (3 & over) Adult (48" or taller) Child (4 & over, under 48")/Sr.( Adult (9-54)	Gate Price           \$ 12.95           \$ 9.95           \$ 24.95           \$ 34.75           (60+) \$ 13.00           \$ 34.95	Selling Price           \$ 9.00           \$ 7.50           \$ 19.95           \$ 24.50           \$ 11.00           \$ 27.00		
Sunday 1:00 pm - 6:00 pm Summer Edition Summer 2002 Volume 6 Summer 2002 Summer 2002 Summ	Page 7 3660 Jacksonville Road Bethlehem, PA 18017 Fax: 610-317-8704 E-Mail: HTCC@enter.net Monday - Friday 6:00 am - 10:00 pm	Discour Camden Aquarium Camden, NJ Camel beach Poconos, PA Dorney Park Allentown, PA Hershey Park	Adult (12 & over) Child (3-11) Adult or Child (3 & over) Adult (48" or taller) Child (4 & over, under 48")/Sr.( Adult (9-54) Child (3-8)	Gate Price           \$ 12.95           \$ 9.95           \$ 24.95           \$ 34.75           (60+) \$ 13.00           \$ 34.95           \$ 19.95	Selling Price           \$ 9.00           \$ 7.50           \$ 19.95           \$ 24.50           \$ 11.00           \$ 27.00           \$ 18.50		
1:00 pm - 6:00 pm         Summer Edition         Summer 2002         Volume 6    Philadelphia Zoo Adult          \$ 12.95         \$ 9.25	Page 7 3660 Jacksonville Road Bethlehem, PA 18017 Fax: 610-317-8704 E-Mail: HTCC@enter.net Monday - Friday 6:00 am - 10:00 pm Saturday	Discour Camden Aquarium Camden, NJ Camel beach Poconos, PA Dorney Park Allentown, PA Hershey Park	Adult (12 & over) Child (3-11) Adult or Child (3 & over) Adult (48" or taller) Child (4 & over, under 48")/Sr.( Adult (9-54) Child (3-8) Senior (55-69)	Gate Price           \$ 12.95           \$ 9.95           \$ 24.95           \$ 34.75           (60+) \$ 13.00           \$ 34.95           \$ 19.95           \$ 19.95	Selling Price           \$ 9.00           \$ 7.50           \$ 19.95           \$ 24.50           \$ 11.00           \$ 27.00           \$ 18.50		
Summer Edition Summer 2002 Volume 6 <i>"The Heart of the</i> <i>Community"</i>	Page 7 3660 Jacksonville Road Bethlehem, PA 18017 Fax: 610-317-8704 E-Mail: HTCC@enter.net Monday - Friday 6:00 am - 10:00 pm Saturday 7:00 am - 6:00 pm	Discour Camden Aquarium Camden, NJ Camel beach Poconos, PA Dorney Park Allentown, PA Hershey Park	Adult (12 & over) Child (3-11) Adult or Child (3 & over) Adult (48" or taller) Child (4 & over, under 48")/Sr.( Adult (9-54) Child (3-8) Senior (55-69) 70+ (at park only)	Gate Price           \$ 12.95           \$ 9.95           \$ 24.95           \$ 34.75           (60+) \$ 13.00           \$ 34.95           \$ 19.95           \$ 15.95	Selling Price           \$ 9.00           \$ 7.50           \$ 19.95           \$ 24.50           \$ 11.00           \$ 27.00           \$ 18.50		
Summer 2002 Volume 6 "The Heart of the Community"	Page 7 3660 Jacksonville Road Bethlehem, PA 18017 Fax: 610-317-8704 E-Mail: HTCC@enter.net Monday - Friday 6:00 am - 10:00 pm Saturday 7:00 am - 6:00 pm Sunday	Discour Camden Aquarium Camden, NJ Camel beach Poconos, PA Dorney Park Allentown, PA Hershey Park Hershey, PA	Adult (12 & over) Child (3-11) Adult or Child (3 & over) Adult (48" or taller) Child (4 & over, under 48")/Sr.4 Adult (9-54) Child (3-8) Senior (55-69) 70+ (at park only) Special Days 5/10-5/31 or 6/28-	Gate Price           \$ 12.95           \$ 9.95           \$ 24.95           \$ 34.75           (60+) \$ 13.00           \$ 34.95           \$ 19.95           \$ 15.95           -7/18	Selling Price         \$ 9.00         \$ 7.50         \$ 19.95         \$ 24.50         \$ 11.00         \$ 27.00         \$ 18.50         \$ 18.50		
Volume 6	Page 7 3660 Jacksonville Road Bethlehem, PA 18017 Fax: 610-317-8704 E-Mail: HTCC@enter.net Monday - Friday 6:00 am - 10:00 pm Saturday 7:00 am - 6:00 pm Sunday 1:00 pm - 6:00 pm	Discour Camden Aquarium Camden, NJ Camel beach Poconos, PA Dorney Park Allentown, PA Hershey Park Hershey, PA	Adult (12 & over) Child (3-11) Adult or Child (3 & over) Adult (48" or taller) Child (4 & over, under 48")/Sr.4 Adult (9-54) Child (3-8) Senior (55-69) 70+ (at park only) Special Days 5/10-5/31 or 6/28-	Gate Price           \$ 12.95           \$ 9.95           \$ 24.95           \$ 34.75           (60+) \$ 13.00           \$ 34.95           \$ 19.95           \$ 15.95           -7/18	Selling Price         \$ 9.00         \$ 7.50         \$ 19.95         \$ 24.50         \$ 11.00         \$ 27.00         \$ 18.50         \$ 18.50		
Issue 1 Community	Page 7 3660 Jacksonville Road Bethlehem, PA 18017 Fax: 610-317-8704 E-Mail: HTCC@enter.net Monday - Friday 6:00 am - 10:00 pm Saturday 7:00 am - 6:00 pm Sunday 1:00 pm - 6:00 pm Summer Edition	Discour Camden Aquarium Camden, NJ Camel beach Poconos, PA Dorney Park Allentown, PA Hershey Park Hershey, PA	Adult (12 & over) Child (3-11) Adult or Child (3 & over) Adult (48" or taller) Child (4 & over, under 48")/Sr.4 Adult (9-54) Child (3-8) Senior (55-69) 70+ (at park only) Special Days 5/10-5/31 or 6/28-	Gate Price           \$ 12.95           \$ 9.95           \$ 24.95           \$ 34.75           (60+) \$ 13.00           \$ 34.95           \$ 19.95           \$ 15.95           -7/18	Selling Price         \$ 9.00         \$ 7.50         \$ 19.95         \$ 24.50         \$ 11.00         \$ 27.00         \$ 18.50         \$ 18.50         \$ 9.25		
15500 1	Page 7 3660 Jacksonville Road Bethlehem, PA 18017 Fax: 610-317-8704 E-Mail: HTCC@enter.net Monday - Friday 6:00 am - 10:00 pm Saturday 7:00 am - 6:00 pm Sunday 1:00 pm - 6:00 pm Summer Edition Summer 2002	Discour Camden Aquarium Camden, NJ Camel beach Poconos, PA Dorney Park Allentown, PA Hershey Park Hershey, PA	Adult (12 & over) Child (3-11) Adult or Child (3 & over) Adult (48" or taller) Child (4 & over, under 48")/Sr.4 Adult (9-54) Child (3-8) Senior (55-69) 70+ (at park only) Special Days 5/10-5/31 or 6/28-	Gate Price           \$ 12.95           \$ 9.95           \$ 24.95           \$ 34.75           (60+) \$ 13.00           \$ 34.95           \$ 19.95           \$ 15.95           -7/18	Selling Price         \$ 9.00         \$ 7.50         \$ 19.95         \$ 24.50         \$ 11.00         \$ 27.00         \$ 18.50         \$ 18.50         \$ 9.25		

# HTCC Learning Center- Preschool



#### General Information:

HTCC offers a very unique and exciting preschool program for children from 3-5 years of age. In our program, we provide children with a warm, inviting learning environment with an emphasis on kindergarten readiness skills in which they are treated as individuals as well as part of the group. We find this a very easy task because we have the lowest teacher to student ratio in the Lehigh Valley! If you would like to schedule a tour and find out more information about our school, call us at 610-317-8701. Our preschool director, Susan Lavelle will promptly return your call. \*Registration and Payments handled at front desk. \*Discounted rate schedule for tuition paid in full within the first 15 days of school starting. \*In addition to tuition a \$50.00 non-refundable registration fee includes a youth membership! \*All children must be potty-trained. Children must be of age by October 1, 2002 except for The Funshine Club program. REGISTRATION FOR SCHOOL YEAR 2002/03 STARTING JANUARY 7, 2002 Call HTCC for tuition rates.

Class times:

**3yr**. Old's - 2 am Sessions Mon./Thursday - 9:15-11:45 am Tues./Friday -9:15-11:45 am **4yr**. Old's - 2 Sessions (am/pm) Monday/Wednesday/Friday am- 9:15-11:45 pm -12:30-3:00 "NEW CLASS" - still taking enrollment The Funshine Club (Our Young 3's) Wednesday - 10:00 am -12:00 pm Must be 3 by Jan. 1st, 2003

All classes for 3 & 4 year olds preschool are now full for the 2002/03 school year. HTCC will be taking names for the waiting list. **The NEW Funshine club is still taking enrollments**. Don't miss out on this new program designed for your young 3 year old child!



# Preschool Summer Camp 2002

At Hanover Township Preschool, our **"Learning Can Be Fun"** Summer Series runs throughout June and July. Your child will be involved in programs that will keep them enthusiastic about learning and having fun while doing it!

In all our thematic camps, we offer a bright, spacious classroom that includes all of the elements to make a 3-5 year old's day. We have an imaginative play area, library, art center, computer center, and bookcases full of manipulatives such as puzzles, felt board activities, games and blocks. We also sport access to a full size gymnasium, padded floor **"Sunshine Room",** and outdoor play areas. It is easy to see why HTCC offers the best summer camp experience.

#### Camp hours: 9:00 am to 12:00 pm

#### Monday to Thursday

June Sessions	July Sessions
Week I- June 3-6	Week V- July 8-11
"Nursery Rhymes"	"Ready , Set, Recycle"
Week II- June 10-13	Week VI- July 15-18
"Fun with Puppets"	"Blast Off!"
Week III- June 17-20	Week VII- July 22-25
"Under the Sea"	"Fitness & Fun"
Week IV- June 24-27	Week VIII- July 29-Aug. 1
"Music Around the World"	"Fun with Food"

 Each session will be taught by two experienced teachers with a minimum of five and a maximum of twelve students in the class. Our Center is licensed by the Dept. of Public Welfare of Pennsylvania and is regulated by their rules and regulations.

Cost of camp per week: Members of HTCC-\$70.00 Non-Members of HTCC-\$80.00

Minimums and Maximum students apply. Register early to guarantee your spot!

# Fun & Fit Summer Programming

### Computer Education:

Dates: August 1,8,15,22,29 Time: 11:00-11:45 am for 3-5 year olds and 11:45-12:30 pm for 7-10 year olds. Cost: \$50.00 for members and non-members Students: Minimum - 3 maximum 6 Teacher: Barbara Roberts

# Kiddie Dance:

Sessions: I May, II June and III July Date: Tuesday Evenings Time: 5:15-6:15 for 6-11 year olds and 6:30-7:30 for 3-5 year olds. Cost per session: \$20.00 members & \$30.00 non-members. Students: Minimum of 3 maximum of 20 Teacher: Linda Fredericks

# Music for Tots: (w/an adult)

Dates: One Week Only--June 24, 25, 26, 27, 28. Time: 9:30-10:00 am Cost: \$25.00 members & \$35.00 non-members. Age group; 18 months-3 years Students: Minimum 3 –maximum 10 Teacher: Laura Goldstein

# Fun and Fit with Art:

Dates: Session I—June 3 & 5, Session II—June 10 & 12. Time: 9:30-10:15 am Cost per session: \$20.00 members & \$30.00 nonmembers. Age group: 3-5 years old Students: Minimum 3 -maximum 6 Teacher: Lisa Yerger

### Fun and Fit with Sports:

Dates: Mondays only—Session I June 3, 10, 17; Session II July 15,22, 29 and Session III August 5, 12, 19. Time: 9:30-10:10 am Cost per session: \$20.00 member & \$30.00 nonmembers Students: Age group; 3-5 year olds— Minimum 3 -maximum 12 Teacher: Tom DeNofa

\*\*All classes will be cancelled one week prior to start date if minimum is not satisfied. \*\*\*All classes <u>do not</u> run the week of July1-5 for the Holiday.



# HTCC SUMMER READING PROGRAM

Join us for our third year of summer reading-this year's program is even better then ever! All age students are invited to participated.

June is <u>Hanover Township Literacy Month</u> and we want your family to take part. The HTCC Summer Reading Program is designed to keep kids reading all summer. Come in to HTCC to sign up during "Ready To Read" or during <u>Literacy Month</u> and you will receive 5 free tickets to use for the summer reading Grande prizes; a leap pad or a 20" Titan Tom Cat Bicycle. For every 5 books or chapters that you read (or that parents read to their preschoolers), you will get another ticket. The only way to get more tickets is to read more books! The winners will be drawn at the **"Summer Reading Ice Cream Finale"** on **August 15th at 2:00 pm**. Everyone that participates in the program will be treated to a Hershey ice cream sundae bar and lots of fun and prizes! You will also receive a special citation from Representative Samuelson and Representative Dally as well as your principal. The prizes will be on display at HTCC all summer if you need any encouragement! Special thanks to representative Craig Dally, Linda Marlow-Re/Max 100 agent and Bike USA Retail Outlets.



Summer theme camps at HTCC. Six weeks of swimming, theme related activities, crafts, special guests and more!!

Week I- Sports and Fitness I June 24th-28th Week II- Sports and Fitness II July 8th-12th Week III- Arts & Drama July 15th-19th Week IV- Photography July 22nd-26th Week V- Water World July 29th-Aug. 2nd Week VI- Crafts & More Crafts Aug. 5th-9th

Camp hours: 9 am to 4 pm Monday—Thursday 9 am to 12 pm on Friday

Before and after care available: 7 am till 6 pm. @ \$5.00 per hour

SUMMER THEME CAMPS AT HTCC



Hanover Township Community Center has the perfect setting for a great summer camp experience. Located conveniently in the heart of the Township. HTCC offers excellent indoor and outdoor facilities. Hanover Township pool will provide the summer fun for campers throughout the week. Access to outdoor playscapes, tennis courts, basketball courts, volleyball, and open fields will enhance the outdoor activity. Inside our fully air-conditioned building we have a game room, full size gymnasium, arts and crafts room and concession area. Camp counselors will lead campers in theme related activities stressing individual success.

HTCC camp will encourage your child's individual growth while developing the understanding of team work.

Cost for camp per week: Members of HTCC- \$110.00 Non-Members of HTTC- \$135.00

Age Groups for Camps: 6-12 years old

Teen/Adult

Mon. & Wed. 7:30 - 9:30 staggered 2 hour session Fee: \$30.00 per month for Fitness

\$40.00 per month for Basic

\$75.00 per month Non-Member

Opportunities for 12+ year olds to participate as CIT's-Counselors in Training.

# Youth and Teen Programs

# Karate - Northeast Shotokan Karate Club

HTCC offers both youth and adult karate. The children's program is for those age 6-12, and the adult program is for 13 and older. Upon passing each advancement test, the participant is certified for the achievement level through the Shotokan Karate Association. Everyone is taught defense attacks against "street attacks". Students will naturally become more aware of their surroundings and react with common sense techniques as part of their everyday environment.

Participation in the annual Shotokan Karate tournament is encouraged. Some benefits from Karate include: self-confidence, self-esteem, self-discipline, weight reduction, stress relief, self-respect, muscular endurance and respect for others. Instructor: Tim Heinsinger

Youth Mon. & Wed. 6:00 pm to 7:30 pm

Fee: \$20.00 per month for Fitness Members \$30.00 per month for Basic Members \$50.00 per month for Non-Members Summer Special –Pay for all 3 summer months June, July & August and receive a 10% discount!

# Fun Fridays

TGIF - First Friday of the month 6-12 year olds enjoy a fun filled activity night from 7-9 p.m. (new hours) snacks, organized gym time, game room and arts & crafts included. (No TGIF in June)

# 7/5 Fourth of July Party at TGIF! 8/2 Dog days of Summer!

Concession Stand is open \* HTCC reserves the right to substitute programs Fee: Fitness Members \$4.00 Basic Members \$6.00 Non-Members \$8.00

# **Tennis Lessons** (a) **HTCC**

USNTA Professional Instructor-Mike Stasak will be leading our tennis program again this year. Group Lessons will be offered throughout the summer.

Fees: Fitness Member \$35, Basic Member \$40 and Non-member \$45

Sessions: June 24th-28th, July 8th-12th, July 22nd-26th, and August 12th-16th.

Times: Youth (7-9) 9:00-10:00 am, Pre-teens (10-12), 10:00-11:00 am and Teens (13+) 11:00 am-12:00 pm

Round Robins available on Fridays-6/28, 7/12, and 8/16 Cost-\$5.00

See programming for Adult Tennis on page 8.



# Youth & Teen Programs continued..... **'NEW' SUMMER BASKETBALL LEAGUE**

HTCC will be offering basketball leagues this summer with the help of coordinator Tom Denofa. Mr. Denofa is a veteran coach and referee. Mr. Denofa will be overseeing our summer leagues while also offering an

added value clinic. Who should come to the clinic? Anyone interested in basketball! Clinic is FREE.

Free Clinic– June 3rd–6-8 pm @ HTCC Boys and girls going to 4th-8th Grade.

(Pending registrations-age groups to be determined.)

Registration and Parent meeting will be held during the clinic for summer league play. Team information will be sent out the week of June 11th. Games will begin June 24th and anticipate finishing playoffs by August 1st. League Fees: HTCC Members \$20 Non-members \$30.

BY REQUEST: WE WILL BE ADDING A FUN SUMMER LEAGUE FOR 2ND AND 3RD GRADERS

INSIDE THE COMMUNITY CENTER! Boys and Girls will play together- one day a week for eight weeks!

#### Parent Volunteers are encouraged. Tuesdays @ 6:00 KIDS TRIATHLON-JULY 20, 2002

Start training now for summer fun and fitness! Back by popular demand....

Swim, Bike, and Run all on the Municipal tract. Winners for each age category-boys and girls. Ages: 6-8, 9-11, & 12-14

Register by July 1st to guarantee your participation medal.

Registration fee: \$5.00 8:30 Check in - 9:00 Staggered start time!

### **COMPUTER FUN** (a) HTCC

"A LIFETIME OF BENEFITS FOR YOUR CHILDREN"

Computer Classes for children 7-10 years old.

45-Minute classes designed to encourage computer literacy, general skills & age-appropriate skills.

Working in pairs, every child has hands on computer time. Just in time for back to school!

Date-August 1,8,15,22,29 Cost-\$50.00 for members and non-members

Time-11:45-12:30 for 7-10 year olds. Minimum 3-maximum 6

**VOLLEYBALL CAMP** Volleyball Opportunities for all Ages

Group One-Dates: July 1-5 & July 8-12 Time: 3-5 pm 8-11 year olds-introduction to Volleyball drills and skills Instructor-Kalli Young Group Two- Dates: July 15-19 & July 22-26 Time: 2-5 pm 12-13 year olds-Skills, drills and play strategy Instructor-Estelita Canales Group Three- Dates: July 29-Aug. 2 Time: 1-5 pm 14+ Prepare for High School tryouts-honing your skills (for girls entering 9th grade and up) Cost per group: HTCC Members- \$75.00 Non-Members- \$95.00

Instructors-Joanna Canales & Estelita Canales

# SPORT SPECIFIC-STRENGTH & SPEED CAMP

The prime intent of this camp is to provide a learning experience for all young athletes in the techniques and habits you will need to know and have in order to increase your speed and strength necessary for your specific sport.

These learned skills will provide a foundation for the athlete to continue to increase their strength and speed on their own in the future. Camp will be directed by Mr. James Wills Athletes entering 6th grade through high school are invited to participate. Camp will run 2 times a week for five weeks, the month of July and the first week of August. Specific dates and times to be announced. interested parties should contact HTCC @ 610-317-8701 for additional information.

# TWIRLING CLASSES

Minimum 4 - maximum 12

The first session of twirling has been hugely successful at HTCC. Summer plans are in the works, former National Champion Eric Davis is sharing his talent with our youth. Any interested parties in summer programming contact HTCC.

# **READING PHILLIES GAME**

Join HTCC as we travel with Trans-bridge Coaches to this fun event. Tickets include transportation and admission to an evening game with end of the night FIREWORKS! Bus leaves from HTCC @ 5:00 pm Phillies vs. Akron Indians

### Saturday - August 24, 2002 Game time: 7:05 pm Cost: \$25.00 per person

All programs will be cancelled if minimum registrations are not met one week prior to start of program. Register early for your favorite choices-Registrations forms can be found @ www.hanovertwp-nc.org









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# **HTCC MEMBERSHIPS**

#### **Basic Membership**

-Includes use of gym, game room, lounge and special pricing for other HTCC programs. Aerobic classes at a minimum fee.

#### **Fitness Membership**

- Fitness membership includes all of basic membership privileges plus, use of fitness room, aerobic classes, baby-sitting, and great discounts for other HTCC programs

			8-41115		
	<b>Resident</b>	Non-Res.		<b>Resident</b>	Non-Res.
Family*	\$95.00	\$142.50	Family*	\$395.00	\$592.00
Adult (18+)	\$55.00	\$82.50	Adult (18+)	\$205.00	\$307.50
Youth (5-17)	\$45.00	\$67.50	Youth (5-17)	\$95.00	\$142.50
Senior Cit. (62+)	\$45.00	\$67.50	Senior Cit. (62+)	\$95.00	\$142.50
* 1 1 1	1 / 1 / 1 / 1 /	1		1 1 1 1 0 1	1 1

\* Two adults and dependent children living in the same household. Dependents are anyone living in the household under 21 or covered under ADA standards.

Please contact the Center about our refund policy. 1 month and 3 month memberships available - inquire at front desk.

#### **Babysitting Hours**

Monday through Friday 9:00AM-12:00 PM/ Monday through Thursday 5:30-8:30 PM / Saturday 9:00-11:00 AM

Costs are: FREE to Fitness Members. \$2.00 per Basic Member Child per visit. 2 HOUR MAX \* Maximum of 12 children per hour.

**Guest Passes** 

One day guest passes-\$8.00 for Adults and \$6.00 for Youths and Seniors.

Summer Swimming Lessons @ Hanover Township Municipal Pool
 All-American Swimming
 \* "New" lessons have been created for improved consistent tracking for our

\* "New" lessons have been created for improved consistent tracking for our
\* youth. Our All-American theme will be a skill driven progressive
\* program designed to encourage individual success in a comfortable
\* atmosphere for child and parent. Three sessions will be provided this
\* summer. Adult private lessons available by appointment.

🗍 Red Fish-Beginner

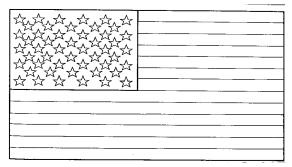
White Fish-Lower Intermediate
Blue Fish-Upper Intermediate

Youth lessons ages 5 - 12

(Grouping upon assessment.)

Starting July; dates and times to be announced. Cost for lessons -\$30.00 session Dates and times to be available at HTCC June 1, 2002 - Call 610-317-8701

Color me red, white & blue!



Did you know that the colors of our flag (RED, WHITE & BLUE) symbolize the patriotic ideals and spiritual qualities of the citizens of our country?

# **Aerobics/Fitness Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 A.M.	Young At Heart Aerobics	Young At Heart Anne	Young At Heart Aerobics	Young At Heart Anne	Young At Heart Aerobics	Super Saturday Workout
	Anne		Anne		Anne	8:30-10:00 A.M.
9:30-10:30 A.M.	Step Interval Leanne	Cardio Kickboxing &	<i>"Jump &amp; Tone"</i> Theresa	Cardio Kickboxing &	Step Interval Leanne	Spinning 7:30-8:30 A.M.
10:30-10:45 A.M.		Awesome Abs Marilyn		Awesome Abs Marilyn	*Pilates Jen *10:15	Easy Rider 8:30-9:15 A.M.
		Spinning 9:30-10:30 A.M.		Spinning 9:30-10:30 A.M.		
4:30-5:30 P.M.	Aerobics Kristin		Aerobics Kristin	*Dance 6:00-7:00 pm		
5:30-6:00 P.M.		Toning Deb		Toning Deb		
*6:00-6:15 P.M.	Intro Yoga 6:00-7:00 P.M.	*Awesome Abs Deb		*Awesome Abs Deb		
6:00-6:45 P.M.	Aerobics Deb	Cardio Kickboxing	Step Aerobics Paula	Cardio Kickboxing		
6:45-7:00 P.M.	Awesome Abs Deb	Deb 6:15-7:15 P.M.	Awesome Abs Paula	Deb 6:15-7:15 P.M.		
7:00-8:00 P.M.	Yoga 7:00-8:30 P.M.	Spinning 7:30-8:30 P.M.	Step Interval Tammy	Spinning 7:30-8:30 P.M.		
8:00-9:00 P.M.			Pilates- Starting in Fall Jen			

Aerobics: Offered at various times throughout the week, this class is designed to include the very beginner up to the advanced.

Participants are given various choices of an exercise so that they can perform at their own pace.

Interval Aerobics: An advanced class that combines the intensity of aerobics with strength training in cycles. This class uses weights for the strength training program.

**Young At Heart Aerobics:** A "no impact" aerobic class geared towards the older body. By using light hand weights mixed with a cardio workout of walking at various speeds, participants can improve flexibility and circulation and maintain a sense of well-being. This class is open to everyone.

Step Interval: A challenging class designed for all levels, combines an interval workout with a step bench routine.

**Super Saturday Aerobics:** A class for those people who just can't get enough. This 1 1/2 hour class is designed to incorporate all areas of an aerobic class with extreme intensity. The aerobic portion will be followed by an extensive floor workout.

**Cardio Kickboxing:** Offered in addition to our aerobic classes. Charges and registration may be required to participate. This class offers a unique combination of aerobics and kickboxing together. This workout is for everyone!

**Toning:** A 1/2 hour class improving on balance, strength, and flexibility. Participants can modify exercises to meet your own specific needs.

Yoga Classes: Please turn to page 5 for details.

Spinning: Group cycling class; great for cardiovascular and lower body workout.

Easy Rider: Introduction to Spinning class; builds cardiovascular endurance for the longer Spinning classes.

Summer Special Class -Jump & Tone: New class designed around jump roping skills with floor strengthening exercises!! Don't miss this unique class starting in June and running through the summer.

Additional fees required for Yoga, Pilates, Dance and Spinning Classes. See adult programming for more information.

# ADULT PROGRAMS

# Women's 5K Walk/Run Sponsored by: Lehigh Valley Hospital

June 29, 2002 - 9:00 am Join our First Strides participants as they complete their goal of a 5K. All registrants will receive a complimentary Visor! Registration \$10.00 First Strides Members-\$5.00

### Self Defense Classes Instructor: Tim Heinsinger

A unique experience to all who participate. Everyone is taught defense techniques against "street attacks". Students will naturally become more aware of their surroundings and react with common sense techniques as part of their everyday environment. Opportunity to earn levels of accomplishments through program. Monthly Program Monday and Wednesday evenings 8:00 p.m. - 9:30 p.m. 4 Week Session (8 classes) Basic Member-\$40.00 Fitness Member-\$30.00 Non-Member-\$75.00

### Astanga Yoga Instructor: Ruth Huron, Mary Mowrer, or Jacque Porterfield

Power voga designed to bring mind, body, and spirit in perfect alignment and function.

Challenge your body and then finish in a relaxed place by the end of class – come experience it for yourself.

Beginner Class Available – limited participation for more individual attention, this class is designed to introduce the stu-

# dent to the basic techniques of yoga and prepare them for the on-going more advanced class.

Mondays 6:00 p.m.-7:00 p.m. Introduction Class

Mondays 7:00 p.m.- 8:30 p.m. Regular Class

New classes forming for Tuesday Evenings, Thursday Evenings, and Saturday Morning in June. Please call the Center for dates and times-we must have 5 registered participants for classes to run. Call HTCC for session dates-join us at any time!! Minimum 5 -maximum 15

# Pilates (pil-ah-tees) Mat Series Instructor: Jen Maloney

Pilates is a method of exercise that focuses on the "core". It involves re-teaching your body correct form and movement that will stay with you for a lifetime. Pilates will streamline your muscles as well as create awareness of your breathing and posture. So, if you are looking for a challenging abdominal, butt and thigh workout, this mat class is for

you!!! Fridays - 9:30 to 10:30 am-Monthly sessions starting 6/7 Cost: Members \$30.00 Non-members \$40.00

Introduction to Pilates- 30 minute class; recommended for all first

time participants or our regular class. 1st Friday of the month-9:00 Cost: Member \$5.00 Non-Member \$8.00

# Adult Tennis Clinic & League Information

Clinics available with USTA Instructor Mike Stasak-Mon.-Thurs. 6:00-8:00 pm Cost: Fitness Member \$40 Basic Member \$45 Non-Member \$50 Sessions I 6/24-27 II 7/8-11 III 8/12-15 League Kickoff-Saturday 6/1-9:00 am Members \$10 Non-Members \$15 Round Robins-Fridays 6/28, 7/12, & 8/16 cost: \$5.00

Fitness through Dance!! Instructor-Bethany Streng

Jazz & Tap will be the basics of this evening of dance. Have fun while improving your fitness level. Shoes required. 16 years and up! Min. students 4-max 15 Cost: Members \$30 Non-members \$45 Session I - 7/25 to 8/29 Thursdays @ 6:00 -7:00 pm

# Guitar & Vocal Lessons Available Instructor: Roy Justice

Mr. Justice is a graduate of Mansfield University, with a focused degree on Music Theory, Music Composition, and Performance in Voice. Recommended for ages 12 and over. Lessons are available by appointment- \$25.00 per 30 minute lesson.

# Pen & Ink Art Lessons Instructor Ben Dali

Classic instruction on pen and ink, designed to encourage learning at all ability levels. Recommended age 13+ Time: 7:00 - 9:00 pm Tuesday Evenings - 5 weeks (w/one week scheduled for make-ups) **Dates:** June 4– July 2 (7/9-make up)

Cost: Members \$50.00 Non-Members \$60.00

# Artist on the Green-June 1st

Sponsored by: Atria Join local artist as they display and sell their artwork as well as Hanover and Asa Packer Elementary School Artists.

**Community Corner** Thank you to Mary Wright for the donation of a wonderful piano for our lobby.

- Please acknowledge all of the
- local businesses who contribute to
- the numerous programs at HTCC.
- With the helping hands of the
- community we will continue to
- grow and succeed in our goals.
- Local business contributors are listed within the Community
  - Center.



Monday - July 8, 3-8 p.m. Hanover Township Community Center Outdoor GAMES for all ages...CLOWNS... PUPPETS...GREAT FOOD...LOTS OF FUN + An evening program featuring an exciting & different youth team celebrating Family Values Sponsored by Lehigh Valley Grace Brethren Church

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LEHIGH VALLEY









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# More Adult Programming....

**Card Club** (free with membership) - Join this fun group every Tuesday at 1:00 pm. Hot tea and hot cards are the plan for the day!

Young @ Heart Aerobics-Instructor: Anne Francis

low impact aerobic class combined with a variety of aerobic activity and light resistance training. Monday thru Friday - 8:30 am to 9:30 am

Monthly Blood Pressure Screening- Courtesy of: Family Caregivers Network, Inc. Please stop by for your free screening every second Friday of every month 9:30 -10:30 am.

# Young @ Heart Social -Herbal Cooking

Thursday - July 25, 2002 - 1:00 pm

Sponsored by: Master Garden Presenter Charlotte Campbell will be explaining the variety of uses for herbs in your kitchen. Join this wonderful opportunity to enjoy a dayof snacks, facts, and conversation. Free to all!!

Free Book Exchange- Hanover Township Community Center provides Book Carts for all friends and neighbors to enjoy the gift of reading. Books are available to be taken at any time. HTCC is also excepting book donations towards our Book exchange program.

The Arts: Thanks to donations we have been able to obtain a wonderful Piano for our lobby as well as an Art Studio on wheels. These items will be provided to our residents and members who would like to take advantage of their creative talents. We encourage friends to team up and enjoy your Community Center. Starting in June- Summer Sundays 2:00 - 4:00 pm

# Reading Phillies Bus trip: August 24, 2002

Join HTCC as we travel to see the Reading Phillies vs. Akron Indians—7:05 pm game. Fireworks following game!! Bus leaves from HTCC @ 5:00 pm. Tickets—\$25.00 per person

Things to watch for: HTCC will be planning a trip to Longwood Gardens this fall-mark your calendar for a November bus trip. More information to follow in the Fall Newsletter.

Stress Buster Massage Provided by Certified Massage Therapists

Reserve your 20 Minute appointment for \$20.00. Longer appointments available, inquire at front desk for more details.

Thursdays 6:00-8:00 pm & Tuesday 10:30-11:30 am

# Need a Room? Birthday, Anniversary, Special Events, Meetings, and more!

Hanover Township Community Center offers many added amenities to your business or social event.

Our multi-purpose indoor facility includes: lobby area with seating, full size gymnasium, meeting rooms to meet all size occasions, aerobics studio, classrooms, game room, and fitness/weight room. HTCC also offers a complete kitchen facility with *catering services* available. Call 610-317-8701 for fees.

All programs will be cancelled if minimum registrations are not met one week prior to start of program. Register early for your favorite choices-Registrations forms can be found @ www.hanovertwp-nc.org







Retirement Comm