

# Millcreek Recreation and Parks Commission



*Please check our website for any closings or cancellations due to weather conditions or scheduling conflicts.*

**Millcreek Municipal Building**  
3608 West 26th Street  
Erie, Pennsylvania 16506-2037  
814.835.4122

[www.millcreektownship.com](http://www.millcreektownship.com)  
Click on Departments under Township Links



The Millcreek School Board has made Gold Cards available to all Millcreek residents who are 60 years of age or older. These Gold Card holders are entitled to free admission to all HOME athletic events (except for all District 10 post-season events), to all plays and musical productions in the schools of the Millcreek Township School District (except for McDowell Center for Performing Arts dinner theaters), and also to participate without charge (except for materials used or events noted as special events) in any of the programs sponsored by the Millcreek Township Parks and Recreation Department. (Gold Card information does not apply to Erie Veterans Stadium, Gannon Hammermill Center, and District or Metro meets). Gold Cards can be obtained from the switchboard of the Millcreek Education Center, 3740 West 26th Street, Erie, Pa., any weekday during the hours of 8 a.m. and 4:30 p.m. or from the parks and recreation office in the Millcreek Municipal Building. Gold Card holders must register each season before attending their first class. Registration should be mailed in as soon as possible. Limit of three programs per season.

## Mail-In/Drop Off Registration—Fall 2019

Applicants must complete their registration forms with all necessary information, signed waiver and release of liability (see pages 21-22) and enclosed check (payable to Millcreek Township Supervisors). Registrations will be accepted immediately in order of postmark date. MAIL IN or DROP OFF in your completed application to Millcreek Municipal Building c/o the Recreation Department at the above listed address. Once you have MAILED/DROPPED OFF the registration form, you should consider the enrollee accepted for the activity unless otherwise notified. We will make all necessary calls regarding adjustments, etc., as soon as possible. Material lists and class information sheets can be printed from our website – [www.millcreektownship.com](http://www.millcreektownship.com)

*\* No Classes at Asbury Barn on Election Day, Nov. 5\**

## MAIL-IN Registration for Residents of Millcreek Township:

This includes families who live in or own property in Millcreek Township. This privilege extends to persons who work in Millcreek Township but not their families.

The Waiver and Release of Liability must be signed by adult participants or by a parent or legal guardian on behalf of minors before participation. The Recreation and Parks Commission, Millcreek Township and its supervisors, and the Millcreek Township School District assume no liability for injuries that may be suffered as a result of participation in these activities.

If you have read, signed and agree to the Waiver and Release of Liability, fill out the proper registration form. Take care to include all the necessary information (your address and phone number, the class, skill level where applicable, location, etc. on each form). MAIL the completed registration

form, signed Waiver and Release of Liability (see pages 21-22) and check or money order payable to Millcreek Township Supervisors.

We are sorry, but the volume of registrations and other limitations make it impossible to reserve a particular place for you in a class if you telephone or if the registration requirements are not met when you first MAIL your application. It is important that you give us a phone number where you can be reached during our office hours and also during children's class times. We will respect the privacy of unlisted numbers except for urgent calls.

There will be no refunds unless a class is eliminated or changed by the recreation department, or a medical excuse is presented at the beginning of the program.

There will be no refunds due to inclement weather!

Visit us on the web at [www.millcreektownship.com](http://www.millcreektownship.com)

# Fall 2019 SWIM Registration Form

\_\_\_\_\_ [ ] \_\_\_\_\_ [ ]  
 FAMILY LAST NAME (Child name if different than parent) HOME PHONE WORK PHONE

Mr.  Mrs.  Ms. ADDRESS ZIP CODE

## Swimming, Activity & Season Pass Registrations Please list a 2nd choice for all swimming registrations. You will only be notified if your 2nd choice is selected.

FIRST NAME	AGE	POOL	SESSION	LEVEL	TIME	FEE

**ATTENTION:** Please list any medication(s) your child is currently taking or needs to be administered during our programs. Please list any health or behavior related conditions for which your child is being treated.

NAME MEDICATIONS/CONDITION

# Fall 2019 PROGRAM Registration Form

*Please use this form for all other activities other than swimming.*

\_\_\_\_\_ [ ] \_\_\_\_\_ [ ]  
 FAMILY LAST NAME (Child name if different than parent) HOME PHONE WORK PHONE

Mr.  Mrs.  Ms. ADDRESS ZIP CODE

FIRST NAME	AGE	ACTIVITY	LOCATION	DAY	TIME	FEE

**ATTENTION:** Please list any medication(s) your child is currently taking or needs to be administered during our programs. Please list any health or behavior related conditions for which your child is being treated.

NAME MEDICATIONS/CONDITION

**Please make checks payable to: Millcreek Township Supervisors / Please sign waiver on back**

Please mail registration and signed waiver to: Millcreek Recreation and Parks Department, Millcreek Municipal Building, 3608 West 26th St., Erie, PA 16506

In applying to the Pool Season Passes listed on the following pages, I (we) agree to the regulations for operation of the facilities; understand that the use of the pools and gyms are at the risk of the participant; and further acknowledge that passes may not be loaned and are limited to my (our) immediate family; the permit and those privileges associated with it are not transferable and will be lifted if presented at the entrance by anyone else.  
**\*\*All checks returned to us after deposit will be assessed a non-sufficient funds (NSF) fee.**

# Waiver and Release of Liability

On behalf of all participants, adults, minors and parents of participating minors in Millcreek Township Recreation and Parks Department programs.

On behalf of myself and any of my minor children listed below as applicants, I give permission to attend and participate in the program for which application is attached. I understand that the Recreation and Parks Commission of Millcreek Township, Millcreek Township and the Millcreek Supervisors, and the Millcreek Township School District assume no liability for injury incurred as a result of any participation in any of the various activities of the Recreation and Parks Department of Millcreek Township. On behalf of myself and on behalf of any of my minor children participating hereunder, I agree to release, give up, forego, waive and discharge the Recreation and Parks Commission of Millcreek Township, Millcreek Township and Supervisors, Millcreek Township School District, their officers, representatives, and employees from any and all liability, claims, demands, causes of action arising out of or in any way connected with any programs being

operated by the Recreation and Parks Department of Millcreek Township. The undersigned hereby assumes all risk of injury or damages to the person on behalf of myself and any minors to which I am parent, guardian, or next friend, as any injuries and damages would occur as a result of participation in the programs of the Recreation and Parks Department of Millcreek Township. This document is intended to be a complete and full release, waiver, relinquishment, giving up, foregoing, and discharge of all claims and damages of every kind against the Recreation and Parks Department of Millcreek Township, Millcreek Township and the Millcreek Supervisors, and the Millcreek Township School District which I or my minor children might incur as a result of participation in the programs of the Millcreek Recreation and Parks Commission; and the undersigned does hereby agree to hold the Recreation and Parks Commission of Millcreek

Township, Millcreek Township and Millcreek Supervisors, and the Millcreek Township School District free and clear from all loss and liability of any kind. Furthermore, as parent, guardian, and next friend of any minors hereunder, the undersigned hereby expressly agrees to indemnify and forever hold harmless the Recreation and Parks Commission of Millcreek Township, Millcreek Township and the Millcreek Supervisors, and the Millcreek Township School District against loss or any claims, demands, causes of action that might be brought by any minor or on his/her behalf to defray damages incurred while participating in any programs of the Recreation and Parks Department of Millcreek Township. As parent, guardian, or next friend, I hereby waive all exemption rights under all state laws against any claims for reimbursement or indemnification.

PARENT OR GUARDIAN OF MINOR CHILDREN

ADULT PARTICIPANT

## Millcreek Township Recreation and Parks Notes and Events

2019 Fall

### RADIO CONTROL AIRPLANE INSTRUCTION - FREE!

Phone **Tom Womack at 512-415-7456** or email **womackair@yahoo.com** for more information.

\*Electric Power Planes Only. (No class 11/29)

Great FREE family fun! NO FEE. Register at MIHS Gym.



LOCATION	DAY	DATES	TIME
MIHS Gym	Fridays	9/6-12/13	7:00 - 10:30 p.m.



### OUTDOOR GRILLING/ COMFORT FOODS

**COST: \$20**      **Instructor: Mark Coursey**

Expand your recipes to include grill roasted chili, soups, grilled pizza, easy casseroles and desserts.

LOCATION	DAY	DATE	TIME
Asbury Barn	Saturday	9/28	2:00 - 4:00 p.m.

### 53rd ANNUAL MILLCREEK ART SHOW

It's time to pull out the brushes and create something fantastic for our 53rd Annual Art Show on November 2nd and 3rd, 2019 at the Asbury Barn.

*To receive a prospectus, please call the Recreation Office at 814.835.4122 or go online to millcreektownship.com and click on Parks and Recreation.*

### RECREATION NOTES

Zuck, Scott and Asbury Main Pavilions will be available for 2020 reservations for Saturdays and Sundays from Memorial Day to Labor Day. Reservations begin on January 2, 2020.

**Asbury Barn reservations for 2020 are also available beginning December 2nd.**

**Call the Recreation office at 814.835.4122.**

Visit us on the web at [www.millcreektownship.com](http://www.millcreektownship.com)



# Swimming Programs

## New 2019 Fall Swimming Schedule for McDowell Intermediate

Mail-in/Drop off registrations will be accepted immediately. Online registration is also now available on the Parks and Recreation page at [millcreektownship.com](http://millcreektownship.com). Consider your application accepted unless otherwise notified. **Please respect our age requirements.** Any age requirements are based according to your child's age on the first day of class.

**RESIDENT FEE: \$40 • NON-RESIDENT FEE: \$80 \*\*Registrations forms can be found in Parks office or online.**

<b>MONDAY</b>	<b>October 28- December 16</b>
7:00 – 7:30 p.m. ....	<b>Preschool A</b> ..... 3, 4 & 5
7:00 – 7:50 p.m. ....	<b>Advanced Level 2</b> ..... 6 & up
7:30 – 8:00 p.m. ....	<b>Preschool B</b> ..... 3, 4 & 5
8:00 – 8:50 p.m. ....	<b>Level 3</b> ..... 6 & up

<b>TUESDAY</b>	<b>October 29- December 17</b>
7:00 – 7:30 p.m. ....	<b>Preschool B</b> ..... 3, 4 & 5
7:00 – 7:50 p.m. ....	<b>Level 2</b> ..... 6 & up
7:30 – 8:00 p.m. ....	<b>Preschool A</b> ..... 3, 4 & 5
8:00 – 8:50 p.m. ....	<b>Level 5</b> ..... 6 & up

<b>WEDNESDAY</b>	<b>October 30-December 18</b>
7:00 – 7:30 p.m. ....	<b>Preschool C</b> ..... 3, 4 & 5
7:00 – 7:50 p.m. ....	<b>Advanced Level 2</b> ..... 6 & up
7:30 – 8:00 p.m. ....	<b>Preschool B</b> ..... 3, 4 & 5
8:00 – 8:50 p.m. ....	<b>Level 4</b> ..... 6 & up

<b>SATURDAY</b>	<b>October 26- December 21</b>
11:00 – 11:30 a.m. ....	<b>Preschool B</b> ..... 3, 4 & 5
11:00 – 11:50 a.m. ....	<b>Level 3</b> ..... 6 & up
11:00 – 11:50 a.m. ....	<b>Level 4</b> ..... 6 & up
11:30 – 12:00 a.m. ....	<b>Preschool A</b> ..... 3, 4 & 5
12:00 – 12:30 p.m. ....	<b>Level 1A</b> ..... 4 & 5
12:00 – 12:50 p.m. ....	<b>Advanced Level 2</b> ..... 6 & up
12:00 – 12:50 p.m. ....	<b>Level 6A</b> ..... 6 & up
12:30 – 1:00 p.m. ....	<b>Preschool C</b> ..... 3, 4 & 5
1:00 – 1:30 p.m. ....	<b>Infants</b> ..... 6 - 18 mos
1:00 – 1:30 p.m. ....	<b>Level 1B</b> ..... 6 & up
1:00 – 1:50 p.m. ....	<b>Level 2</b> ..... 6 & up
1:30 – 2:00 p.m. ....	<b>Toddlers</b> ..... 18 mos - 2 years
1:30 – 2:00 p.m. ....	<b>Preschool A</b> ..... 3, 4 & 5
2:00 – 2:30 p.m. ....	<b>Adapted Aquatics</b> ..... 6 & up

## Recreational Swimming

**Admission: \$2** (per person)

**Pool Closed** 11/27, 28, 29, 30, 12/1, 12/2

**Long hair must be tied back.** Bathing caps are not required.

**Groups of 15 or more** planning to use the pool should call the Recreation Office at 814.835.4122.

**Children under 12** must be accompanied by a parent.

Children 12 and above must be able to swim one length of the pool to be unattended.

### ADULT SWIM (Adults only, 18 years +):

Saturdays	10/26 - 12/14	2:00 - 3:00 p.m.
Monday	10/28 - 12/16	7:00 - 8:00 p.m.

*Week day lap swim pool space is shared with swimming lessons and McDowell Diving team.*

### OPEN SWIM:

Saturdays	10/26 - 12/14	2:00 - 4:45 p.m.
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**WATER EXERCISE: Resident Fee: \$40 Non Resident: \$60**

MIHS Pool	Tues/Thurs	10/29-12/5	7:00 - 8:00 p.m.
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## Swimming Prerequisites:

Bring Red Cross cards when registering for classes above Level 2.

**INFANTS & TODDLERS:** 6-18 mos. and 18 mos.-2 yrs. If still in diapers, cloth diapers and rubber pants or little swimmer diapers are necessary. Students must be accompanied during lessons by an adult, 18 or older, at all times.

**PRE-SCHOOL LESSONS:** Ages 3-5 without parental assistance.

**Preschool A** Non-floaters. 30 min. lesson.

**Preschool B** Floats without support (front and back). Front glide without support. 30 min. lesson.

**Preschool C** (4 and 5 years old) Combined stroke front and back, deep water orientation. 30 min. lesson.

To enroll in the following skill levels you must be able to accomplish the following skills:

**LEVEL 1A:** Completed Preschool C but are not yet 6 years old. 30 min. lesson.

**LEVEL 1B:** For students age 6 years and up who are apprehensive toward the water.

**LEVEL 2:** 6 years old and up. Beginner lesson. No fear of the water.

**\* ADVANCED LEVEL 2:** 6 years old and up who have passed Preschool C or have attended one Level 2 class.

**LEVEL 3:** Orientation to deep water. Combined stroke front with kick and arm stroke 25 yards.

**LEVEL 4:** Submerge and retrieve object. Survival float 1 minute in deep water, dive in deep water, surface and swim front crawl stroke 25 yards and back crawl stroke 25 yards, elementary back stroke 25 yards.

**LEVEL 5:** Swim 25 yards of breast stroke. Swim 50 yards back crawl. Dive into deep water and swim 50 yards front crawl. Tread water for 1 minute and back float for 1 minute.

**LEVEL 6A:** Swim 25 yards breast stroke. (Swimming & diving) 75 yards back crawl. Perform shallow dive and 75 yards front crawl. 50 yards elementary back stroke.

To complete LEVEL 6A – 500 yards of continuous swim using the following strokes: 100 yards front crawl, 100 yards back crawl, 50 yards breast and elementary back stroke, side stroke, butterfly 100 yards of your choice. Jump into deep water – survival float 5 minutes and back float 5 minutes.

**LEVEL 6B:** Lifeguard readiness for students 10 and up.

**LIFEGUARD TRAINING:** Must be 15 years or older and be able to swim 500 yards, surface dive to nine feet, swim underwater and tread water for two minutes.

**ADAPTED AQUATICS:** Includes learning disability, trainable or educable special needs and visual/hearing impaired. Limited to three students per instructor. Students must be accompanied by an adult on deck as well as in the locker room.

# FITNESS AND RECREATION FOR ADULTS 2019 Fall



## ADULT DANCE

### JAZZ AND BROADWAY

Instructor: Charlotte Haggerty

**RESIDENT FEE: \$40 • NON RESIDENT FEE: \$60**

### BROADWAY DANCE

LOCATION	DAY	DATES	TIME
Asbury Barn	Saturdays	9/7-10/19	8:30 - 9:50 a.m.



## MAHJONG

### AMERICAN MAHJONG (BEGINNER/EXPERIENCE)

Instructors: Jim and Laura Oldham

Learn the fascinating game of American Mahjong.

Mahjong is a rummy-like game played with tiles rather than cards. The game originated in China, dating back to the time of Confucius. Space is limited to 8 beginners and 20 experienced players. All experienced players must bring a 2019 mahjong card. Beginners do not need cards. Please indicate if you are a beginner with your registration.

**RESIDENT FEE: \$40 • NON RESIDENT FEE: \$60**

LOCATION	DAY	DATES	TIME
Asbury Barn (2nd Floor)	Mon. & Weds.	9/9-11/20 (No class 10/28, 10/30)	1:00 - 3:00p.m..

## NEW AMERICAN MAHJONG

Instructors: Jim and Laura Oldham

Come out to enjoy the game of American Mahjongg as well as socialize with other residents while playing! This session offers open playing time to players with American Mahjongg experience. Minimal instruction will be offered. All participants must bring a 2019 National Mahjongg Card. Space is limited to 28 participants. All participants MUST REGISTER..

**RESIDENT FEE: \$40 • NON RESIDENT FEE: \$60**

LOCATION	DAY	DATES	TIME
Asbury Barn (2nd Floor)	Mon. & Weds.	9/9-11/20 (No class 10/28, 10/30)	11:15 a.m. - 1:15p.m.



## TABATA

High-intensity interval training following the interval exercise training strategy with 8 cycles, alternating periods of short intense anaerobic exercise with less

intense recovery periods. Exercises will include cardio, weights, stretch bands, and floor work such as abs and strength training. These short intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning components.

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tues.	9/3-12/19 (No class 11/28)	7:00-7:45 p.m.
MIHS Aux. Gym	Thurs.	9/3-12/19 (No class 11/28)	7:00-7:45 p.m.



## INTRODUCTION TO TAI CHI

Instructors: Dave and Kathy Wayman

Tai Chi is an ancient Chinese martial art. Today it is practiced as an exercise that promotes the flow of "Chi" or energy in the body, leading to good health, good balance, and a positive mental outlook. Advanced class is for students who have learned the 111 postures of the Yang style form.

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

## ADVANCED TAI CHI

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Weds	9/9-12/11 (No class 10/28, 10/30, 11/4)	8:00 - 8:50 a.m.

## BEGINNER TAI CHI

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Weds	9/9-12/11 (No class 10/28, 10/30, 11/4)	9:00 - 9:50 a.m.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
JS Wilson Cafeteria	Mondays	9/9-12/9 (No class 10/14, 11/4, 12/2)	7:30 - 8:30 p.m.



## INTRODUCTION TO QI GONG

Instructors: Dave and Kathy Wayman

Qi Gong (chee-kung) is an ancient healing art from China. The art consists of very slow and gentle movements. It will restore and increase your energy, reduce anxiety, improve balance, and help you maintain a healthy active lifestyle.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
JS Wilson Cafeteria	Wednesdays	9/11-12/11 (No class 11/27)	7:30 - 8:30 p.m.

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Thur.	9/9-12/12 (No class 10/28, 10/31, 11/4, 11/28)	10:00 a.m. - 10:50 a.m.



## ADULT AEROBICS

Instructor: Laurie Gualtier-King

The following programs are for persons 18 years or older, or anyone ages 14 - 17 who attends class accompanied by a participating adult. Wear comfortable clothes and sneakers with good support. Bring a mat, towel, or a small blanket for floor work. You may also want to bring a water bottle and light weights.  
(No class 9/2, 10/28, 10/31, 11/28)

<b>RESIDENT (1 CLASS/WEEK)</b>	<b>\$20.00</b>	<b>NON-RESIDENT:</b>	<b>\$50.00</b>
<b>(2 CLASSES/WEEK)</b>	<b>\$40.00</b>		<b>\$60.00</b>
<b>(3 CLASSES/WEEK)</b>	<b>\$60.00</b>		<b>\$80.00</b>
<b>(4 CLASSES/WEEK)</b>	<b>\$80.00</b>		<b>\$100.00</b>

## KETTLEBELL WORKOUT

A cardio and strength training exercise program using the kettlebell or a single hand weight. This program is geared toward an experienced exerciser. Participants must supply their own kettlebell or hand weight.

LOCATION	DAY	DATES	TIME
Asbury Barn	Mondays	8/26-12/16	5:45 - 6:30 p.m.

### MUSCLE CONDITIONING

Asbury Barn	Mondays	8/26-12/16	6:30-7:30 p.m.
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### CIRCUIT STEP AEROBICS

Asbury Barn	Thursdays	8/29-12/19	5:45 - 6:30 p.m.
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### MUSCLE CONDITIONING

Asbury Barn	Thursdays	8/29-12/19	6:30-7:30 p.m.
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Visit us on the web at [www.millcreektownship.com](http://www.millcreektownship.com)

# FITNESS AND RECREATION FOR ADULTS 2019 Fall *(continued)*

## TOTAL BODY SCULPT WITH NYLENE



Instructors: Nylene Baney

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

This total body conditioning class gets the job done in 1 hour! With two different classes Tues and Thurs both choreographed to target different muscles each class. The class is designed to incorporate various techniques which include circuit training, TABATA timer, PLYO and much more! All while working your upper and lower body individually or simultaneously, using free weights or just your own bodyweight. This class is centered on creating core strength and increasing your heart rate, keeping you in that "FAT BURNING ZONE." The class format changes every session so no getting bored with the routines. These workouts are designed to burn more calories in 24 hours than just cardio alone. Better yet, you will pack on lean muscle mass that will aid in changing the shape of your body giving you that well-sculpted physique and help increase bone density to fight against Osteoporosis. Bring 3-8 pound weights to class along with a mat and bottle of water.

LOCATION	DAY	DATES	TIME
MIHS Fitness Center	Tue. & Thurs.	9/17-12/19 <i>(No class 11/28)</i>	5:15 - 6:15 p.m.

## CHAIR YOGA

Instructor: Nancy Rovin

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

A gentle form of yoga for those with limited flexibility using seated and standing poses. Maintain joint mobility, stretch and strengthen the body using the chair for support — yoga mat required.

LOCATION	DAY	DATES	TIME
Asbury Barn	Wednesdays	9/4-12/11 <i>(No class 10/30)</i>	5:30 - 6:15 p.m.



## HATHA 1 YOGA AND BEYOND

Instructor: Nancy Rovin

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

A multi-level format for beginners or for experienced students to strengthen their current practice. Posture, breath work, and guided relaxation. Yoga mat/block/strap recommended.

LOCATION	DAY	DATES	TIME
Asbury Barn	Wednesdays	9/4-12/11 <i>(no class 10/30)</i>	6:30 - 7:30 p.m.

## YOGA COMBO

Instructor: Kathy Smith

Yoga for both beginners and experienced students. A combination of meditation, deep breathing, poses, cardio, and stretches to improve and maintain strength, flexibility and inner peace.

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesday/Thursday	9/3-12/12 <i>(no class 10/29, 10/31, 11/5, 11/28)</i>	11:00 a.m. - 12:00 p.m.

## "GO WITH THE FLOW" YOGA

Instructor: Kathy Smith

Beginners and experienced students are welcome. Meditation and deep breathing exercises to calm the mind and bring inner peace. These exercises will be followed by gentle flowing poses that stretch and strengthen muscles and joints to maintain flexibility. Bring yoga mat.

**RESIDENT FEE: \$40 • NON RESIDENT FEE: \$60**

LOCATION	DAY	DATES	TIME
Asbury Barn 2nd Floor	Tues. & Thurs.	9/3-12/12 <i>(No class 10/29, 10/31, 11/5, 11/28)</i>	12:10 - 1:00p.m.

## STRETCH, STRENGTHEN, FLEX, AND POSE

Instructor: Susan McCall

For those interested in improving strength, flexibility and mobility. Limited weight bearing. Yoga mat required.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesday	9/3-12/17 <i>(No class 10/29, 11/5)</i>	8:30 - 9:15 a.m.
Asbury Barn	Thursday	9/5-12/19 <i>(No class 10/31, 11/28)</i>	8:30 - 9:15 a.m.



## PILOSLIDE

Instructor: Shannon Eggleston, B.S., RN, A.C.E.

"PiloSlide" is an infusion utilizing the "core" principles of the Pilates method and "Sliding". This class is designed for an intermediate level exerciser. The PiloSlide method emphasizes building strength of the torso while focusing on balance, muscular endurance, and flexibility to lengthen the spine and streamline the legs, arms and lift the buttock. This technique is safe, efficient, and effective when executed in a controlled manner. Many of the specific exercises can be modified to meet the needs of individuals to enhance the exercise experience. Visit [empoweringwellnesserie.com](http://empoweringwellnesserie.com) to learn more about this new exercise creation.

**Supplies Needed:** Yoga mat, 2 washcloths, one pair of fuzzy socks, water, a hand towel, and a willingness to learn!

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

LOCATION	DAY	DATES	TIME
MIHS Dance Studio	Mon. & Wed.	9/4-12/18 <i>(No class 10/14, 11/27, 12/2)</i>	6:00-7:00 p.m.

## LEGS AND ABS

Instructor: Karle Lyons

The core provides a muscular framework that protects your precious cargo, strengthens the back, and improves posture. It aids movement and lends balance and stability to your whole body. In this class you will experience an intense core workout that will sculpt and define your legs and abs. Exercises will include planks, crunches, squats, lunges, kicks, and other fun toning and ab defining moves. Be sure to bring a mat, weights (3-8lbs, 5lbs is recommended) and a water bottle.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
MIHS Dance Studio	Mondays	9/9-12/16	7:15-8:00 pm

## SELF-DEFENSE OF "TUI TE"

Instructor: Joe Logue

**AGES 14 & ABOVE**

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

Teaches the student how to use muscle moving techniques to disbalance an attacker and redirect his aggression.

A non-forceful method.

LOCATION	DAY	DATES	TIME
Westlake 6th Grade Company Area	Mon. & Weds.	9/4-12/18 <i>(No class 11/27, 12/2)</i>	7:00-9:00 p.m.



# FITNESS AND RECREATION FOR ADULTS 2019 Fall *(continued)*



## ZUMBA

Combines high energy and motivating Latin music that allows you to dance away your worries, and it's a great sweat! You DO NOT need a partner for Zumba nor do you need dance experience. Look, feel, live better and join the dance party!

*Instructor:* Susan McCall

**RESIDENT FEE: \$40.00 Tuesdays AND Thursdays (a.m. classes)**

**NON RESIDENT FEE: \$60.00 Tuesdays AND Thursdays (a.m. classes)**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tues.,Thurs. & Fri.	9/3-12/20	7:30 - 8:15 a.m.
<i>(No class 10/29, 10/31, 11/5, 11/28)</i>			



## WATER EXERCISE

**RESIDENT FEE: \$40.00**

**NON RESIDENT FEE: \$60.00**

LOCATION	DAY	DATES	TIME
MIHS Pool	Tues. & Thurs.	10/29-12/5 <i>(No class 11/28)</i>	7:00 - 8:00 p.m.



## ADULT SEASON GYM PASS

A \$20.00 Season Gym Pass entitles the holder (Adult - ages 18 and over) to these activities.

Passes are purchased at the gym.

# ACTIVITIES FOR CHILDREN & YOUTH 2019 Fall



## BABYSITTERS CLINIC

Girls and boys 11 years and older can earn certification as responsible babysitters by attending one class. Instruction includes child care, behavior, safety, security and basic first aid. Please mail in your registration. Space is limited to 20 students.

**RESIDENT FEE: \$20.00 • NON RESIDENT FEE: \$30.00**

LOCATION	DAY	DATE	TIME
Township Building	Saturday	10/5	8:00 a.m. -12:00 noon

## MYAA SPORTS REGISTRATION

For questions, please contact MYAA at 833-3298 or go online to register at [myaasports.com](http://myaasports.com).



## DANCE & BALLET/HIP HOP

*Instructor:* Sam Howard

Dance and ballet classes are held at Asbury Barn for eight weeks. Parents of 3- and 4-year-olds must wait on the first floor of the barn while classes are taking place on the second floor.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$40.00**

## BEGINNER

AGES	DAY	DATES	TIME
3 and 4	Saturdays	9/7-10/19	10:30 -11:15 a.m.

## PRE-BALLET/TAP

AGES	DAY	DATES	TIME
5 to 7	Saturdays	9/7-10/19	11:30 a.m. - 12:15 p.m.

## INTRO TO HIP HOP & ACROBATICS

AGES	DAY	DATES	TIME
8 to 15	Saturdays	9/7-10/19	12:30-1:15 pm

**Our Recreation Program**  
Our recreation program, and the facilities of the Department are available to Millcreek Township citizens and through the combined efforts of:

**Ashley Marsteller, Director**  
*of the Millcreek Recreation and Parks Department*

**Londa Cirillo, Secretary**  
*to the Director*

**Millcreek Supervisors:**  
*John Groh, John Morgan, Jim Bock*

**Recreation and Parks Commission:**  
*Nicolina Pierce, Heather Hinz, Donnie Hasford, Lisa Cappabianca*

**The Millcreek Township School District**

Visit us on the web at [www.millcreektownship.com](http://www.millcreektownship.com)

# ARTS & crafts 2019 FALL

- Must be 18 years old or 14-17 accompanied by an adult.
- Registration is required for all classes.
- Art classes and crocheting classes - NO materials are provided.

- Chair caning, basket making and jewelry making materials are purchased at class.
- Gold Card holders must pay for materials in classes where materials are included in cost of class.

## MIXED MEDIA FOR ALL LEVELS

*Instructor: Darlene Bennett*

Art classes will include using several mediums in one painting such as colored pencils, acrylics, watercolor, pastels, India ink, and paper making. The use of various rice papers for texture will add to the fun of our creativity.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Mondays	9/9-11/4 (No class 10/28)	1:00-3:00 p.m.

## PAINTING FOR ALL LEVELS\*

*Instructor: Darlene Bennett*

Come with ideas in mind—if you don't have any I'll give you some!

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Mondays	9/9-11/4 (No class 10/28)	3:00 - 5:00 p.m.

## PASTELS

*Instructor: Darlene Bennett*

Pastel paper is preferable for this class.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesdays	9/3-10/22	3:00 - 5:00 p.m.

## ACRYLICS

*Instructor: Darlene Bennett*

Acrylics can be used for much more than what you thought! This class will show you multiple usages and techniques for acrylic paint. Come join and find out more! Please bring water color paper for this class.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Wednesdays	9/4-10/23	3:00 - 5:00 p.m.

## KNITTING AND CROCHETING CIRCLE

*Instructor: Lauren Erstgaard*

This class covers intermediate and advanced levels, with special techniques thrown in. Project work is the norm in this class... basic skills are assumed but will be reviewed as needed. Students should choose a project and come get help with it any time during the day on Friday. Over the years, this class has become a social circle and we do special things such as carry-in lunches, day trips in spring, summer and fall with a yearly luncheon in January. (No class 10/28 and 11/4)

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Fridays	9/13-11/15 (no class 10/25, 11/1)	9:30 a.m. - 2:30 p.m.

## BEGINNER CROCHET

*Instructor: Lauren Erstgaard*

Learn to chain, single, double and triple crochet. We will complete a project of your choice.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Wednesday	9/11-11-20 (No class 10/30)	7:00 - 9:00 p.m.

## SEAT WEAVING/CHAIR SEAT CANING

*Instructor: Charles Elliott*

We specialize in antique chair restoration, specifically chairs that have woven seats. We have chairs woven with wicker cane webbing, fiber rush herringbone cane, flat reed, and of course, chair caning represented in these courses. It takes time to weave these seats, but our weavers are so proud of the finished products.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesdays	9/10-11/19 (No class 10/29, 11/5)	7:00 - 9:00 p.m.

## INTERMEDIATE KNITTING AND CROCHET

*Instructor: Lauren Erstgaard*

This class is for students with basic knowledge of knitting and crochet. Some special techniques will be covered. Instruction will be given to help expand your knit and crochet skill set. Students will complete a project of their choice.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Thursdays	9/12-11/14 (No class 10/31)	7:00 - 9:00 p.m.

## SPECIAL BASKETS: AMERICAN HERITAGE BASKETS

*Instructor: Charles Elliott*

Start with a small Berry Basket to practice some basic basket-making skills. We will then move to hand weave the following type of baskets: Letter wall basket • Kentucky rib basket • Holiday basket  
Materials cost \$15.00 provided at class.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Thursdays	9/12-11/14 (No class 10/31)	7:00 - 9:00 p.m.

## INTRODUCTION TO CHAIR SEAT CANING AND BASKET MAKING

*Instructor: Charles Elliott*

Bring your own chair for caning, fiber rush, shaker style. Material costs \$20.00 to be paid in class/chair. \$5.00/basket

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Fridays	9/13-11/15 (No class 10/25, 11/1)	9:30 a.m.



# 53rd Annual Millcreek Art Show

## CATEGORIES

### ELIGIBILITY

Any artist who resides, works full-time, or owns property in Millcreek Township, or anyone enrolled in Millcreek Recreation Art classes is eligible. All artists may enter up to four (4) categories.

### CATEGORIES:

- Student (grades K-2, 3-5, 6-8, 9-10, 11-12, College level)
- Adult Pastime • Professional

### ACCEPTED MEDIUMS

- Oil • Acrylic • Pastels
- Watercolor (transparent and opaque watercolor, acrylics, wet work, tempera)
- Graphics and Dry (pencil, ink techniques, charcoal)
- Mixed Media (two or more of the above accepted media on the same piece of work, collage, etc.)

### NON-ACCEPTABLE

Photographs, crafts, three-dimensional, commercial prints, computer art, and copied artwork will not be accepted.

**All artwork needs to be entered in a frame with sturdy wiring attached for hanging purposes. Canvas art must also be wired.**

All properly prepared entries will be hung, with the exception of any piece of work considered not suitable for public display. All sales will be handled by the artists. The show charges no commission on sales.

### AWARDS

<b>STUDENTS</b>	K-2, 3-5	Ribbons for 1st, 2nd, 3rd, Honorable Mention	
	6-8, 9-10	1st Place	\$30
	11-12, College	2nd Place	\$25
		3rd Place	\$20
<b>PASTIME</b> (each medium)		Honorable Mention (3)	\$10
		1st Place	\$30
		2nd Place	\$25
		3rd Place	\$20
<b>PROFESSIONAL</b> (all professional works will be judged as one category regardless of medium)		Honorable Mention (3)	\$10
		1st Place	\$30
		2nd Place	\$25
		3rd Place	\$20
		Honorable Mention (3)	\$10

## CALENDAR

### REGISTRATION

This year we are asking the artists to pre-register all artwork by mailing in or dropping off entry forms and payment at the **Parks and Recreation Department, 3608 West 26th Street, Erie, PA 16506**

Entry forms are due by October 16, 2019.

**No artwork will be collected at this time.**

### ART WORK DROP OFF

All artwork is to be dropped off at the Asbury Barn, 4106 Asbury Road. The student drop off area is on the first floor; Professional and Pastime are on the second floor.

**Art Drop Off times are as follows:**

- **Saturday, October 26th**  
10 a.m. to 1 p.m.
- **Sunday, October 27th**  
1 to 3 p.m.

### JUDGING

Tuesday, October 29th

Winners will be notified by phone on Wednesday, October 30th.

### PREVIEW AND AWARDS

A private preview and reception for artists and guests will be held on Friday, November 1st at 7 pm.

Prizes will be awarded at that time.

### OPENING

**To the public:**

- **Saturday, November 2nd,**  
12 noon - 5 p.m.
- **Sunday, November 3rd,**  
1 - 5 p.m.

### PICK-UP

All works must be picked up on Sunday, November 3rd between 5 and 6 p.m.

Call the Recreation  
Office at 814.835.4122  
to be mailed an  
entry form.