



# Our Town

A Great Place to Live, Work & Play!

## FAIRVIEW PARKS AND RECREATION AUTHORITY • FALL 2011 PROGRAM

All programs available to Fairview residents and non-residents alike.

**The Fairview Parks and Recreation Authority Board of Directors meets the second Tuesday of every month at 7:00 PM in the Fairview Township building. The public is welcome to attend and encouraged to bring new ideas for programs that will benefit our community.**

★ This program guide and registration form are also available at the new [www.fairviewtownship.com/parks](http://www.fairviewtownship.com/parks) ★  
You can also e-mail us at [parks-rec@fairviewtownship.com](mailto:parks-rec@fairviewtownship.com)

## ACTIVITIES for CHILDREN

### FALL LEARN TO SWIM PROGRAM AMERICAN RED CROSS CERTIFIED LESSONS

Class sizes are limited and spaces will only be reserved with payment. No checks will be accepted at the pool. The FPRA DOES NOT MAIL CONFIRMATIONS for class enrollments. Please assume you are enrolled for the class you paid for unless otherwise notified. FOR INFORMATION ON CLASS AVAILABILITY, CALL THE FPRA OFFICE AT 474-5077.

**Fee for all levels is \$40.00 per Session.**  
**All classes run Wednesday and Friday.**

Session A Date: September 7 thru 30  
Session B Date: October 5 thru 28

### Preschool (ages 3 and up)

Designed for the child to develop a comfort level in the water as well as a readiness for learning how to swim. Children will also receive an introduction into the basic swimming skills.

Time 5:45-6:15PM  
Date Choose from Sessions A & B

### Level 1

Designed for children just beginning swim lessons who may be uncomfortable in the water.

Time 5:45-6:15PM  
Date Choose from Sessions A & B

### Level 2

Prerequisite: Preschool or Level 1 with no fear of the water. Gives students success with fundamental skills.

Time 6:15-6:45PM  
Date Choose from Sessions A & B

### Level 3

Prerequisite: Level 2 or equivalent. Builds on the skills in Level 2 by providing additional guided practice.

Time 6:45-7:30PM  
Date Choose from Sessions A & B

### Level 4

Prerequisite: Level 3 or equivalent. Develops confidence in the strokes learned and improve other aquatic skills.

Time 6:45-7:30PM  
Date Choose from Sessions A & B

### PRIVATE SWIM LESSONS

\$10.00 for ½ hour for private  
\$15.00 for ½ hour for semi-private  
Call FPRA office at 814-474-5077 to schedule lessons.



### FAIRVIEW FINS SWIM CLUB

The FINS swim team is a conditioning and technique focused team that will compete locally in June and July. We cover technique training for all four competitive strokes: Freestyle (front-crawl), Backstroke (back-crawl), Breaststroke and Butterfly. While it is not required, it is highly recommended that your swimmer be familiar with at least the front-crawl and back-crawl and be able to complete 100 yards (4 lengths of the pool) with little to no stopping.

The fall session will run from Tuesday, September 6 thru Thursday, October 27. **No FINS practice September 7.**

### Grades K-4

Fee \$90.00  
Day & Time Monday thru Thursday 4:30-5:30PM

### Grades 5-12

Fee \$120.00  
Day & Time Monday thru Thursday 3:00-4:30PM

### OPEN DIVING

Fee \$40.00  
Day Monday  
Time 7:30-9:00PM  
Date September 12 thru October 24  
Instructor Amanda Keane, *FHS Diving Coach*

This is open diving time with instruction. Signed waivers and payment are due to the FPRA office prior to participation.

**A Recreation Guide brought to you by your Fairview Parks and Recreation Authority • Fairview Parks and Rec 814-474-5077**

# FAIRVIEW PARKS AND RECREATION AUTHORITY • FALL 2011 PROGRAM

## INTRAMURAL BOYS SOCCER FOR GRADES 5-6

Fee \$20.00  
Site Fairview Middle School Fields  
Day & Time 5:00 to 6:30PM to follow High School practices  
Date September 6 thru October 27  
Instructor Jim Hrinda  
Skills & intramural games for boys in grades 5 & 6th.

## LACROSSE CLINIC FOR BOYS AND GIRLS

Fee \$30.00 (must supply own stick)  
Site Pleasant Ridge Park Field  
Day Tuesday & Thursday  
Time 5:30-7:00PM  
Date September 6 thru October 20  
Ages Boys & Girls in grades 4 thru 8  
Instructor Bruce Gebhardt  
This clinic is instructional and is designed to introduce students to the game of lacrosse. It is also intended to allow students who have played to further develop upon their skills and abilities.

## KIDS FUN NIGHT OUT

Fee \$10.00 per night  
Site Fairview Elementary School Gymnasium  
Day Friday  
Time 7:00-10:00PM  
Date September 2 thru November 18  
**(No class September 16 & October 21)**  
Ages Open for ages 5 and up  
Instructor Carl Cody, *Certified USA Gymnastics Instructor*  
Kids Fun Night is a light hearted approach to mix general gymnastics in a fun environment, with a focus on fun! Games, contests, activities sure to keep the interest of all involved. Safe, supervised activities with pizza and drink served. You may pay when you attend.

## TIGER SPORTS CAMP

Fee \$30.00 per child per Session  
**(REGISTRATION & PAYMENT MUST BE SENT TO THE REC. OFFICE, NOT TO THE SCHOOL. THANK YOU.)**

Site Fairview Elementary School Gymnasium & outdoors if weather permits  
Day Monday thru Thursday  
Time 3:30-4:30PM  
Ages CUBS (Grades K-2)  
Dates Session 1- September 19 thru 22  
Session 2- October 17 thru 20  
Session 3- November 1 thru 4  
(*This session is Tuesday thru Friday*)

### OR

Ages TIGERS (Grades 3 & 4)  
Dates Session 4- September 26 thru 29  
Session 5- October 24 thru 27  
Session 6- November 14 thru 17

Coach Aaron Garrity  
This is a great opportunity for your child to have a week of summer fun with their friends! Tiger Camp will focus on teaching the correct fundamentals and skills in a variety of **different** sports and activities. Learning skills such as listening, confidence, cooperation, and following directions will be a main focus throughout the week. The goal is to leave the week being respectful, improving in drill work and overall confidence, and of course having lots of fun each and every day. The skill work, sports, and activities are geared toward being age appropriate. The age groups will be broken up to keep the skills, games, and activities age appropriate.

**A snack and drink will be provided.**

## BEGINNING TUMBLING

Fee \$21.00 each for Sessions 1 & 3, \$35.00 for Session 2  
Site Fairview Elementary School Gymnasium  
Day & Time Monday 6:00-6:45PM for 4 & 5 year olds  
Monday 7:00-8:00PM for 6 years and up  
Date Session 1- September 12 thru 26  
Session 2- October 3 thru 31  
Session 3- November 7 thru 21  
Coach Carl Cody, *Certified USA Gymnastics Instructor*  
Developmental skills introduced in order to build a solid foundation of good tumbling practices, general gymnastic floor skills, confidence, strength and flexibility building goals. Please pay FPRA for this class.

## INTERMEDIATE TUMBLING

Fee \$21.00 each for Sessions 1 & 3, \$35.00 for Session 2  
Site Fairview Elementary School Gymnasium  
Day Monday  
Time 8:00-9:00PM  
Date Session 1- September 12 thru 26  
Session 2- October 3 thru 31  
Session 3- November 7 thru 21  
Coach Carl Cody, *Certified USA Gymnastics Instructor*  
Progress from Beginner to advanced, learn new skills, refine, or regain lost skills and confidence. Skill appropriate training. Skill levels vary by individual. Please pay FPRA for this class.

## INTERMEDIATE/ADVANCED TUMBLING

Fee \$28.00 each for Sessions 1 & 2, \$35.00 for Session 3  
Site Fairview Elementary School Gymnasium  
Day Wednesday  
Time 6:00-7:30PM  
Date Session 1- September 7 thru 28  
Session 2- October 5 thru 26  
Session 3- November 2 thru 30  
Coach Carl Cody, *Certified USA Gymnastics Instructor*  
A mixed skills setting, learn new skills, refine or regain lost skills and confidence. Skill appropriate training. Skill levels vary by individual. Please pay FPRA for this class.

## ADVANCED TUMBLING

Fee \$28.00 each for Sessions 1 & 2, \$35.00 for Session 3  
Site Fairview High School Gymnasium  
Day Wednesday  
Time 7:30 to 9:00PM  
Date Session 1- September 7 thru 28  
Session 2- October 5 thru 26  
Session 3- November 2 thru 30

### AND/OR

Fee \$28.00 for Session 4, \$21.00 each for Sessions 5 & 6  
Day Friday  
Time 6:00 to 7:00PM  
Date Session 4- September 2 thru 30 (**No class September 16**)  
Session 5- October 7 thru 28 (**No class October 21**)  
Session 6- November 4 thru 18

Coach Carl Cody, *Certified USA Gymnastics Instructor*  
Progressive tumbling training, with a focus on good practices. Obtain or improve floor skills, confidence, strength and flexibility. Please pay FPRA for this class.

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## JUMPBUNCH

JumpBunch is a program designed to provide an introduction to sports and fitness at a young age. It teaches healthy habits and the importance of exercise. These classes help build confidence and self esteem in a non-competitive atmosphere. The curriculum covers over 70 different activities and helps build coordination and an interest in sports at an early age. JumpBunch teaches through constant praise and encouragement and guides students through all phases of physical development; eye/hand coordination, large & fine motor skills, muscle development and body balance.

## FOR TODDLERS

Fee \$30.00 per child with 50% sibling discount  
Site Fairview Elementary School Gymnasium  
Day Tuesday  
Time 5:30-6:00PM  
Date September 13 thru October 4  
Age 2 & 3  
Coach Jenny Kupczyk, *Certified Children's Fitness Specialist*  
Class is limited to 14 toddlers.

## FOR PRESCHOOLERS

Fee \$32.00 per Session with 50% sibling discount  
Site Fairview Elementary School Gymnasium  
Day Tuesday  
Time 6:00-6:45PM  
Date Session 1- September 13 thru October 4  
Session 3- November 1 thru 22

## AND

Day Thursday  
Date Session 2-October 6 thru 27  
Age 3, 4 & 5  
Coach Jenny Kupczyk, *Certified Children's Fitness Specialist*  
Class is limited to 20 children.

## FOR GRADES K & 1

Fee \$32.00 per Session with 50% sibling discount  
Site Fairview Elementary School Gymnasium  
Day Tuesday  
Time 6:45-7:30PM  
Date November 1 thru 22

## AND

Day Thursday  
Date October 6 thru 27  
Coach Jenny Kupczyk, *Certified Children's Fitness Specialist*  
Class is limited to 20 children.

## BOYS 5 & 6 GRADE BASKETBALL TRAVELING TEAMS

Fee \$80.00 + uniform cost for first year players  
Site Fairview Middle School Gymnasium  
Time 7:00 - 8:30PM

## OPEN GYM

Dates October 31 thru November 3

## TRY-OUTS

Dates November 7 thru 10

## OFFICIAL SEASON

Dates November 14 thru mid-February

Coach Bill Corbin

After tryouts, practice will be 1 to 2 times a week plus 1 to 2 games (schedules to be announced). Registration/waiver forms are absolutely necessary for tryouts and payment is due after you make the team. Grades will practice and play individually.

## BOYS MINI LEAGUE BASKETBALL

Fee \$32.00 (includes free t-shirt)  
Site Fairview Middle School Gymnasium  
Dates December 3 thru February 18  
**(No basketball December 24 & 31)**  
Day Saturday  
Ages Grades 3 & 4 from 1:00 – 2:00PM  
Grades 5 & 6 from 2:30 – 4:00PM  
Coach Bill Corbin

Fairview mini league is a way for young athletes to learn the game of basketball in a fun filled environment. Players will learn fundamentals including passing, shooting, ball handling, and pivoting. They will also see a lot of playing time. The ideals of good sportsmanship will be consistently reinforced. Children participating in the 5th & 6th grade traveling teams may also participate in mini league.

## ACTIVITIES for CHILDREN and ADULTS

### OPEN RECREATIONAL SWIM

Family Pass \$75.00  
Individual Pass \$30.00  
55/Plus Pass \$27.00  
Per person \$3.00  
Time 7:30-9:00PM  
Day Tuesday  
Date September 6 thru October 25

## AND

Day Thursday  
Date September 8, 15, October 20 & 27

Bathing caps required for shoulder length hair, no cutoffs or t-shirts allowed. Pool users must be 10 years of age and able to swim one length of the pool unless accompanied by a parent or legal guardian. Walk-ins encouraged; you must sign in every day; payment due at every class & exact change is appreciated! Please be respectful of School property and do not throw and/or leave items in/around the pool.

### STANDUP PADDLE BOARDING

Fee \$55.00  
Site Fairview High School Pool  
Day Thursday  
Time 7:30-8:30PM  
Date September 22 thru October 13  
Ages 12 and up  
Instructor Jeff Jones, *Owner of Elements Board Shop*

The Sport of Standup Paddle Boarding (SUP) is exploding worldwide! Men, women and children of all ages, from all backgrounds are drawn to the sport for its ease of access, simple equipment, excellent core exercise potential and endless learning curve. From paddling the flat water of lakes and rivers to surfing the beach breaks and point breaks of the world. SUP is a sport anyone can enjoy and it provides you with a total body workout and allows for a great view. In just a few sessions, you will improve your balance & coordination as well as your strength & endurance. All equipment provided. 4 students minimum to hold the class and 12 max.



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## ADULT SOCCER

Fee \$3.00 per night  
Site Fairview Middle School Gymnasium  
Day Monday  
Time 7:30-9:30PM  
Date September 12 thru October 24

### AND

Time 8:30-9:30PM  
Date November 7 thru 21  
Ages 16 and over

Play pick up games and get some exercise with competitive fun. Signed waivers are a must. Walk-ins encouraged. Please wear shin guards for safety.

## HOOPNOTICA

Fee \$40.00 per Session  
Site Avonia Beach Park and/or Fairview Middle School Cafeteria (*during inclement weather and Sessions 2 & 3*)  
Day Monday & Wednesday  
Time 7:30-8:30PM  
Date Session 1- September 7 thru 28  
Session 2- October 3 thru 26  
Session 3- October 31 thru November 23

Ages 12 and up

Instructor Gisele Mosier, *Certified Hoopnotica Level 1 Instructor*  
Hoopnotica is the practice of mastering the control of your hoop, building core strength and stamina while having fun and looking great! It's a lot like traditional "hula hooping", but with a modern day twist; we use slightly weighted, adult sized hoops and teach you to spin them all over your body. With low or no impact on your joints, hooping increases energy, develops balance/coordination/flexibility and calms your mind; while burning between 300 and 600 calories an hour! Virtually EVERYONE is able to hoop given the proper tools and training. Recommended clothing: stretchy jeans, leggings or yoga pants and slim fitting sleeveless tops. Bring your own water. You may bring your own hoop or rent (\$2) / purchase (\$34) one at class (cash/check only).

## ZUMBA

Fee \$40.00 per Session  
Site Fairview Middle School Cafeteria  
Day Monday & Wednesday  
Time 4:00-5:00PM  
Date Session 1- September 7 thru 28  
Session 3- October 3 thru 26  
Session 5- October 31 thru November 23

### OR

Fee \$40.00 per Session  
Site Fairview Middle School Cafeteria  
Day Tuesday and Thursday  
Time 6:30 – 7:30PM  
Date Session 2- September 6 thru 29 (**No class September 15**)  
Session 4- October 4 thru 27  
Session 6- November 1 thru 22

Ages 13 & up

Instructor Lisa Sayers, *Certified Zumba Instructor*  
Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is designed for all fitness levels and ages- male and female. All participants are encouraged to wear comfortable workout shoes and clothing. Bring a small towel and water.



## ACTIVITIES for ADULTS

### INDOOR WALKING

Fee \$5.00 per pass for entire session  
OR \$1.00 per person per night  
Site Fairview Middle School Hallways  
Days Monday thru Thursday  
Time 6:00 – 8:00PM  
Date September 6 thru November 30

**(No walking September 15 & November 24-28)**

Join our walking club in the hallways of the middle school. Walk for either time or distance. Please sign in nightly. **Passes must be purchased on site.**

### MEN'S OPEN BASKETBALL

Fee \$3.00 per night  
Site Fairview Middle School Gymnasium  
Day Wednesday  
Time 8:00-9:30PM  
Date September 7 thru October 26

### AND

Time 8:30-9:30PM  
Date November 2 thru 30  
Ages 30 and over

Play pick up games and get some exercise with competitive fun. Signed waivers are a must. Walk-ins encouraged.

### TAI CHI on the LAKE

Fee \$40.00  
Site Avonia Beach Park  
Day Monday  
Time 5:30-6:30PM  
Date September 12 thru October 3  
Instructor Amy Eisenberg

Class will be held inside the Brugger house if bad weather permits.

### TAI CHI

Fee \$50.00 per Session  
Site Fairview Middle School LGI Room  
Time 5:30-6:30PM  
Day Monday  
Dates October 24 thru November 21

Instructor Amy Eisenberg

Enjoy learning the Yang Long Form of Tai Chi: a series of slow, graceful movements developed in China to promote relaxation, increase flexibility, improve balance and enhance overall good health. Beginners are encouraged to attend. Minimum of five students needed to hold the class.

### YOGA at the BEACH

Fee \$40.00 per Session  
Site Avonia Beach Park  
Day Tuesday  
Time 6:30-7:30PM  
Date September 6 thru October 4 (**No class September 20**)  
Instructor Cathleen Norris, RYT, CYT

Experience the peaceful space at Avonia Beach Park where you can enjoy the sights and sounds of the water and sundown while releasing stress and stiffness in your body from a busy day and week. Not to worry if you are "flexibly challenged"; we will perform yoga poses that are for those of any fitness level that will rejuvenate your body and mind. Dress comfortably and be prepared to release your stress and tension while connecting with nature. All levels of yoga welcome. Please bring your own yoga mat and water. A minimum of four students are needed to hold the class. Class will be held inside the Brugger house if bad weather permits.



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## HATHA YOGA

Fee \$40.00 each for Sessions 1 & 2, \$30.00 for Session 3  
**OR** \$15.00 walk-in per day  
Day Thursday  
Site Fairview Middle LGI Room  
Time 6:30-7:30PM  
Date Session 1- September 1 thru 29 (**No class September 15**)  
Session 2- October 6 thru 20  
Session 3- November 3 thru 17  
Instructor Daniela Vassileva, Certified Yoga Instructor

Classes represent a balanced flow of poses, working on all body parts to create strength, flexibility, and endurance. Stretches, twists and bends will energize, detoxify and sculpt your body. Balancing poses, breathing techniques and relaxation will help release stress, guide the focus within and clear the mind. Yoga offers you a great opportunity to improve your health, to cleanse your body and mind from negativity and to just enjoy the present. Classes suit participants of all levels. Bring floor mat and water. Minimum of five students needed to hold the class.

# Events at Pleasant Ridge Park

**Back to School Blast**  
**FREE CONCERT IN THE PARK**  
**Saturday, August 27, 2011**  
**5:30-9:00PM**



Bands **Blue Ball & Chain** (*acoustic guitar duo*) and **Taylor-Maid** (*5 piece band*) will play at this free, end of summer concert at Pleasant Ridge Park. The concert will be held from 5:30-9:00PM on the lawn. Bring your own lawn chairs, blankets, yard games, drinks (non-alcoholic only), and any food you want. This family friendly event also allows your four footed family members (must be on a leash). This event will be held rain or shine! Questions? Call the Fairview Parks & Recreation Authority office at 814-474-5077 or visit [www.fairviewtownship.com](http://www.fairviewtownship.com).



The Fairview Parks and Recreation Authority will host their annual **Pumpkin Launch** at Pleasant Ridge Park on Sunday, October 23rd, 2011 from 2:00-5:00PM. This is a free public event for kids and adults. Pumpkins may be purchased and used to carve your favorite jack-o-lantern face or launched on our bungee pull. Land a pumpkin in one of the bins and win prizes! Concessions as well as fun activities and games will be available. This event is held rain or shine and no reservations are necessary. Dress up in your favorite Halloween costume and join us for a fun filled afternoon!

Visit our website [www.fairviewtownship.com](http://www.fairviewtownship.com) for directions to Pleasant Ridge Park or call 814-474-5077 for further details.

