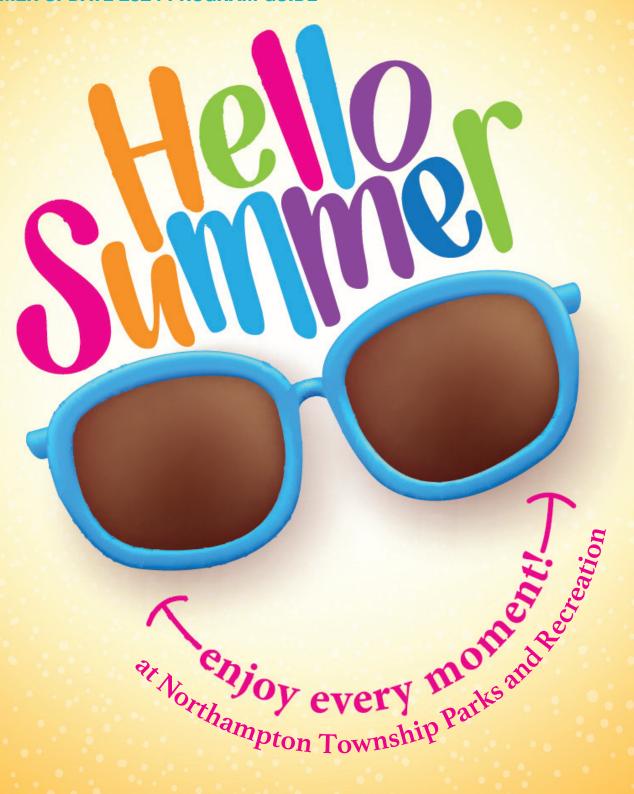
NORTHAMPTON TOWNSHIP PARKS & TOWNSHIP RECREATION

SUMMER UPDATE 2024 PROGRAM GUIDE



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MARK YOUR CALENDAR

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PLEASE NOTE

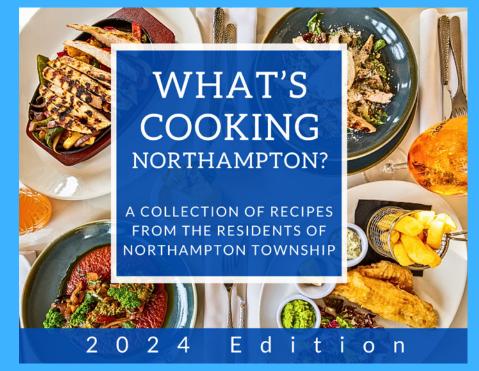
Register early for your favorite programs! Programs will be cancelled if minimum requirements are not met 72 hours before start date. The Northampton Township
Board of Supervisors and the
Parks and Recreation Board
and Staff are committed
to providing Northampton
Township residents with quality
recreation programs & facilities.

BOARD OF SUPERVISORS

Adam Selisker, Chairman Barry Moore, Vice Chairman Paula Gasper, Secretary Dr. Kim Rose, Treasurer Robert J. Salzer, Member

PARKS & RECREATION BOARD

Marty Wade, Chairman Jim Hembree, Vice Chairman Mary Anderson, Secretary John Bishop, Member Steve Bryer, Member



What's Cooking Northampton? Attention Township Residents!

The Parks and Recreation Department is putting together a cookbook full of recipes from our community! Whether it is a recipe passed down through generations in your family, or a guick weeknight meal for busy families on the go, we want to hear from you! Together we will create a memorable cookbook full of recipes from your neighbors. Submit your recipes to ntprrecipebox@gmail.com by August 1 to be included in the 2024 edition. Don't forget your name and town you live in, include a photo of your meal with the recipe! Cookbooks will be available to purchase this fall and will make the perfect holiday gift! If you have any questions, please contact kfullerton@nhtwp.org or call 215-357-6800 ext 249

COMMUNITY YARD SALE

Do you want to do a little spring cleaning and earn a few extra dollars along the way? Join Northampton Township Parks and Recreation and register to participate in our interactive community wide yard sale! Sell or Buy!



Participate by registering your home yard sale with us to receive a spot on our township wide map, a listing in our directory, and a sign to post near your home. You price your own items and KEEP ALL PROCEEDS! Visit northamptonrec.com to download a digital map.

Saturday, May 18 DATE TIME 8:00 AM-2:00 PM

REGISTER Register online at www.northamptonrec.com Registration

forms can also be mailed to: Northampton Township Parks

and Recreation, 55 Township Road Sellers—Register by Friday, May 10

FEE \$12 per household

FISHING DERBY (UP TO AGE 15)

Bring your fishing pole and bucket! No experience needed. Each child will receive an official fishing derby kit, cups of bait, soda and a soft pretzel. A license-free day for children. Awards for each age category! Expert fishermen from Langhorne Rod Club will be on hand to provide great tips. Adults may assist your child: however, a fishing license is required for any adult wishing to fish. *This is a catch and release program*

DATE Saturday, June 1 TIME 8:30-11:30 AM

LOCATION Tyler State Parks Dam (Near Boat House)

Residents: \$10, family of 4: \$28, Adults are FREE! FEE

Non-Residents: \$12, family of 4: \$36

LANCASTER CENTRAL FARMERS MARKET

Enjoy the day shopping the oldest publicly owned, continuously running Farmer's Market in America. With more than 65 vendors to visit, you will find a vast array of choices to shop from. They have everything from baked good, meat,



poultry & seafood, fresh produce, ready to eat food, flowers. home & wellness products and so much more! *You will be on your own for lunch with so many choices to choose from.

DATE Tuesday, July 16

DEPART 8:30 AM (From the Northampton Library,

25 Upper Holland Road, Richboro

RETURN 4:00 PM

FEE \$53 (includes transportation & gratuity)

Lunch at Winberie's Restaurant & Beautiful. The Carole King **Musical at The** PaperMill Playhouse



Enjoying lunch at Winberie's Restaurant in Summit, NJ, where you will have your choice of four menu options and choice of beverage (soda, iced tea, tea, or coffee), followed by the famous show, Beautiful, The Carole King Musical.

This Tony-nominated musical follows the early life and career of Carole King on her journey from teenage songwriter to charttopping solo artist. This inspiring story of love, heartbreak, and empowerment features over two dozen hits, including "One Fine Day, "Will You Love Me Tomorrow" and "Natural Woman."

DATE June 6, 2024

DEPART 10AM (From the Northampton Library

25 Upper Holland Rd, Richboro)

RETURN 5:30 PM

\$185 per person (includes transportation, lunch, show ticket FEE

& gratuity. Sorry, no refunds or senior discounts)



Thank you for being a friend! Especially a Golden Girl's friend! Your favorite ladies from the '80's are throwing a party, and you're invited! Sophia, Blanche, Rose and Dorothy have worked long and hard to throw the perfect celebration, but will they still be celebrating when they discover that one of their party guests has murderous intentions? As Sophia attempts to lighten the mood with a song, someone's attempting to lighten the mood with a BANG! Who could the killer be? Cast your vote! Perhaps YOU can solve this Golden Girls Mystery?

80's Costume Contest! Photos with friends! Doors Open at 5:30!

\$65 per person

Buffet Dinner Cash Bar

Saturday May 18 6 - 11 PM

Register Today! Call 215-357-6800



JUNE 13, 2024 5:00pm -7:00 pm







Contact Kristin Fullerton:
KFULLERTON@NHTWP.ORG
Or Visit us Online:
WWW.NORTHAMPTONREC.COM

Children's concert featuring Silly Joe starts @ 630PM

DO YOU HAVE A CREATIVE
IDEA TO SHARE? DESIGN JEWELRY?
MAKE CRAFTS? BAKE CUPCAKES?
PRINT YOUR OWN T-SHIRTS?
MAKE DOG TREATS?
CHILDREN CAN SELL ANYTHING!! IT
CAN BE HANDMADE, STOREBOUGHT, FOOD, GAMES,
CRAFTS..THE SKY IS THE LIMIT!!

KIDS

The Sights & Sounds Series is supported by local businesses and organizations. Would you like to join us? Contact Parks & Recreation 215-357-6800 ext. 249 to see how your business can participate and support the community events offered through Parks & Recreation.



DON'T MISS THE NEXT MURDER MYSTERY AT NORTHAMPTON VALLEY COUNTRY CLUB!

The Brady's are being badly behaved! Jan is throwing a party because she has a super groovy announcement, but it turns out Marcia does, as well. Tensions flare as the Brady's collide, but when a tiki appears, things get deadly. It's a Very Brady Murder, and we need YOU to help solve it!

WHEN Saturday, June 8, 2024

FEE \$65 per person

FOR REGISTRATION AND DETAILS VISIT WWW.NORTHAMPTONREC.COM

FREE! 2024 SIGHTS & SOUNDS OF SUMMER CONCERTS

RAIN or SHINE! Bring a lawn chair or blanket for seating. Light Refreshments/ snacks available for purchase.

Lions Club will be selling 50/50's.

WHEN Thursday evenings

TIME 7:00 PM

WHERE Northampton Municipal Park

281 Hatboro Road, Churchville

Rain Location: Maureen M. Welch School Gym

FREE! All ages welcome!

JUNE 6: COUNCIL ROCK JAZZ BANDS

Starts at 6:30 PM (CR Students performing)

JUNE 13: SILLY JOE: KIDS CONCERT

Starts at 6:30 PM (Children's music)

JUNE 20: LITTLE RED ROOSTERS
(Rock and Blues)

JUNE 27: 80's REVOLUTION

(80's Music Cover Band)

JULY 11: BAREFOOT BOBBY AND THE BREAKERS

(Classic Rock, Country, Motown Hits)

JULY 18: CHERRY LANE

(Mix of R&B, Funk & Rock)

JULY 25: MID LIFE CRISIS

(Rock Music from 70's, 80's and 90's)

THE FABULOUS GREASEBAND

(Rock Music from the 60's, 70's 80's and 90's)

AUGUST 1:

2024 DISCOUNT TICKET PROGRAM*



YOUR SAVINGS

\$7.95 \$5.95

\$38.99

\$56.99

SAVINGS

10%

\$9.33

\$3.90

\$4

nt, Diggerland, s, Movie sporting events,

Tickets are available at the Administration Building, 55 Township Road, Richboro. Monday thru Friday 8:45 am to 4:15 pm. Pay by cash, credit card (Visa, Master Card, AMEX and Discover), or check (Northampton Township residents ONLY). For more information and ticket availability call the Parks and Recreation Office at 215-357-6800 ext 245. Purchase your tickets early as supplies may be limited. Offerings and prices are subject to change. All sales are final.

Tickets will be sold at the Recreation Center (345 Newtown-Richboro Road) Monday thru Thursdays 6:00pm-9:00pm.

Please call 215-357-5396 before arriving to check availibility and hours at the Recreation Center.								
PURCHASE TICKETS AT THE PARKS & REC OFFICE	GATE PRICE	SALE PRICE	YOUR SAVINGS	PRINT TICKETS AT GATE THE PARKS & REC OFFICE PRICE PRICE				
ADVENTURE AQUARIUM, CAMDEN, N	IJ		BALTIMORE AQUARIUM					
CHILD (AGES 2-12)	\$37.99	\$23	\$14.99	ADULT (AGES 21-69) \$49.95 \$42				
ADULT (AGE 13 & OVER)	\$47.99	\$31	\$16.99	YOUTH (AGE 5-20), SENIOR (70+) \$39.95 \$34				
BIG KAHUNA'S	BIG KAHUNA'S BUSCH GARDENS, VIRGINIA							
GENERAL ADMISSION (AGES 3+)	\$49.99	\$31	\$18.99	BUSCH GARDENS WILLIAMSBURG, 1 DAY AGES 3+ \$111.99 \$73				
DUTCH WONDERLAND				WATER COUNTY USA 1 DAY ALL AGES \$82.99 \$43				
GENERAL ADMISSION (AGES 3+)	\$69.99	\$41	\$28.99	BUSCH GARDENS/WATER COUNTY, 2 DAY/2 PARK TICKET \$141.99 \$85				
KNOEBELS								
WEEKDAY OVER 48"	\$57	\$48	\$9	PRINT-AT-HOME GATE PRICE PRICE				
WEEKDAY UNDER 48"	\$39	\$32	\$7	TREE TRAILS ADVENTURES varies varies	S			
MOREY'S PIERS				PHILLY MAGIC TOURS \$35.29 \$25.9)6			
FLEXIBLE COMBO	\$125	\$102	\$23	CRAYOLA EXPERIENCE, EASTON, PA				
WATER PARK ONLY	\$67	\$58	\$9	GENERAL ADMISSION \$28.99 \$25.0	9			
MOVIE THEATERS				,				
REGAL	varies	\$10	varies	PHILADELPHIA ZOO				
AMC	varies	\$10	varies	GENERAL ADMISSION (AGES 2+) \$25 \$21				
MUSEUM OF THE AMERICAN REVOLU	UTION			SPECIAL MEMBER DEALS PRINT-AT-HOME (CALL OFFICE 215-357-6800 EXT. 245 FOR WEBSITE)				
ADULT (AGES 18+)	\$24	\$16	\$8	Through Northampton Township Park and Recreation De membership in the Pennsylvania Recreation and Park So				
CHILD (AGE 6-17)	\$13	\$10	\$3	pleased to be able to pass along the opportunity for residuscounted tickets to Dorney Park, Hersheypark, Cedar F	den Poir			
Kings Dominion, Legoland, Disney World, Universal Studios SESAME PLACE Tickets, Broadway/Off-Broadway Shows, Cirque du Soleil, s								
ONE DAY ADMISSION (ALL AGES) WEEKDAY OR WEEKEND	\$102.99	\$35	\$67.99	concerts, and more. Go here to view discounts: https://prps.org/member-deals				
SIX FLAGS								
1 DAY PARK ADMISSION	\$99.99	\$46	\$53.99					

\$30.99

HURRICANE HARBOR

WATER PARK

\$69.99

\$39



2024 SPECIALTY CAMPS

GEOVENTURE NATURE CHEMISTS CAMP (AGES 6-10)

Learn about our world through safe and nature-friendly science experiments! Use plants to cause magic color changes, play with non-Newtonian slimes, create a rainbow volcano and more! Each day will include games, handson-activitites, discussion and teamwork. Bring a water bottle and a healthy snack. Please bring your lunch. Wear comfortable shoes and dress for activity and the weather.

DAY	Y	DATE	TIME	LOCATION	CLASS#
	onday - iday	8/5 - 8/9	9:00 AM - 3:00 PM	Holland Elementary 597 Beverly Rd	9419

ERS \$350 | R \$363 | NR \$390 | 1 week



CHESS CAMP (AGES 6-12)

Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camp includes fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments and puzzle folder. We include all of the materials necessary for your child to participate. Each child will receive a trophy, chess wizards t-shirt, chess wizards folder and chess puzzle workbook. Instructor: Chess Wizards

DAY	DATE	TIME	LOCATION	CLASS #
Monday -	7/22 - 7/26	9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Hol- land, PA 18966	9421
Friday		1:00 4:00 PM		9422

ERS \$273 | R \$300 | NR \$335 | 1 week





GEOVENTURE ZOMBIE SURVIVAL CAMP (AGES 9-12)

Are you prepared to survive a zombie invasion? In this playfully spooky camp we learn real survival skills with an exciting immersive storyline. Learn proper protocol for building zombie-proof shelters, locating supply caches using GPS, games tracking the undead's movements ad camouflaging skills. Have a blast with games and challenges and leave with some new useful knowledge of emergencies and life in the wild! Each day will include handson activities, discussion and a team activity. Bring a water bottle and healthy snack; wear comfortable shoes and dress for activity and the weather. Please bring your lunch.

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	7/29 - 8/2	9:00 AM - 3:00 PM	Holland Elementary 597 Beverly Rd	9420

ERS \$350 | R \$363 | NR \$390 | 1 week

PRESCHOOL DANCE CAMP (AGES 3-6)

Join us for this magical, fun, and imaginative Preschool Dance Camp! From our favorite movie themes and more, feel free to sing along during this week's adventure! Please bring a drink and snack.

Instructor: Kelli Robbins

DAY	DATE	TIME	LOCATION	CLASS#
Wednesday - Friday	6/25 - 6/27	10 AM - Noon	Newtown Township Admin Building, 100 Municipal Drive, Newtown	9230

R \$99 | NR \$119

M DANCE CAMP (AGES 4-6, 7-10)

Learn short fun routines as you experience creative dance: ballet, jazz, hip hop, tap and acrobatic/tumbling. Instructor: Kelli Robbins

DAY	DATE	TIME	LOCATION	CLASS#
Mandan	6/17 - 6/21		Newtown Township	9231
Monday - Friday	8/19 - 8/23	9 AM - Noon	Admin Building, 100 Municipal Drive, Newtown	9232

R \$110 | NR \$125



JUMP START SPORTS

READY SET GO (AGES 6-12)

"Kick" off summer with your friends playing your favorite camp games and activities including Capture the Flag, Tag relay races, whiffle ball, kickball, and more. There's no better way to start the summer than being active and in game mode! Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS#
Monday - Friday		9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Hol- land, PA 18966	9423
	6/17 - 6/21	9:00 AM - 3:00 PM*		9424

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

STICKS AND STONES (AGES 6-12)

Have some fun with all of your favorite "stick" sports. This includes lacrosse, hockey, whiffle ball, noodle games and more. Create a Holland Kindness Rock ("stone") to help spread kindness in your community. Instructor: Jump Start Sports

	DAY	DATE	TIME	LOCATION	CLASS #
	Monday - Friday		9:00 AM - Noon	Holland	9425
		6/24 - 6/28	9:00 AM - 3:00 PM*	Elementary 597 Beverly Rd, Hol- land, PA 18966	9426

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

THE GREAT OUTDOORS (AGES 6-12)

Learn the skills of life-long outdoor sports such as golf and play fun games like volleyball, badminton, cricket, bocce and more. We'll also explore nature through scavenger hunts and outdoor craft projects. It's all about the great out-of-doors! Instructor: Jump Start Sports

	DAY	DATE	TIME	LOCATION	CLASS#
	Monday - Friday		9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Hol- land, PA 18966	9427
		7/8 - 7/12	9:00 AM - 3:00 PM*		9428

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

MULTIMATE WARRIOR (AGES 6-12)

Take on a fun fitness challenge! Enjoy age-appropriate and safe activities designed to inspire and excite. Games include obstacle courses, relays, tug-of-war and more designed to foster cooperation and teamwork. Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
		9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Hol- land, PA 18966	9429
Monday - Friday	7/15 - 7/19	9:00 AM - 3:00 PM*		9430

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

If your child is attending full day, please pack their lunch and they will eat with the instructor.

SUMMER OLYMPICS (AGES 6-12)

The Olympics are coming to Holland! You'll be grouped by age and divided into countries to learn about a wide variety of Olympic sports, including track and field, badminton and more. Make a flag to carry at the "Closing Ceremonies." Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS#
		9:00 AM - Noon	Holland	9431
Monday - Friday	7/22 - 7/26	9:00 AM - 3:00 PM*	Elementary 597 Beverly Rd, Hol- land, PA 18966	9432

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

COLLEGE DAYS CAMP (AGES 6-12)

Have a blast learning about and playing a wide variety of college sports including flag football, basketball, soccer and more. Make a college pennant and t-shirt and wear your college's colors to cheer for your school! Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS#
		9:00 AM - Noon	Holland	9433
Friday	Monday - 7/29 - 8/2 Friday	9:00 AM - 3:00 PM*	Elementary 597 Beverly Rd, Hol- land, PA 18966	9434

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week

FIELD DAY FUN (AGES 6-12)

Everyone remembers Field Day! Summer Fun culminates with traditional field day games including scooter races, throwing and running games and all types of events in this fun-filled format designed to leave them loving to be active.

Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS#
		9:00 AM - Noon	Holland Elementary 597 Beverly Rd, Hol- land, PA 18966	9435
Monday - Friday	8/5 - 8/9	9:00 AM - 3:00 PM*		9436

ERS \$150 | R \$165 | NR \$187 || *ERS \$210 | R \$230 | NR \$260 | 1 week





MINTRO TO FILM & TV: ACTING AND BEHIND THE SCENES, WICKLINE CASTING (AGES 9-15)

Local Casting Director, Kathy Wickline created this popular camp over 27 years ago. Wickline Casting has over 10,000 credits including Academy Award film, commercials and TV. Learn what it takes to introduce your child to this exciting industry. It is here that they will work as a cast and crew member in this innovative, cool camp. Kids are taught the basic levels of acting, directing, voice-over, and operating the camera. Script writing, storyboarding and improvisation will also be introduced. Each day is different as they create fun projects; commercials, film scenes, music videos and public service announcements. A huge benefit of this camp is increasing memory, reading skills, working in teams and confidence-building. After camp, a digital film keepsake will be emailed to you (Allow up to 3 months editing) Materials Needed: Notebook, Pen and Pencil. Edited Digital Keepsake \$35 is included in the fee.

DAY	DATE	TIME	LOCATION	CLASS #
Monday - Friday	8/5 - 8/9	9 AM - 4 PM	Holland Elementary 597 Beverly Rd, Holland, PA 18966	9394

ERS \$410 | R \$447 | NR \$505 | Brink a snack, lunch and water bottle



MYOUNG PERFORMER'S COLLABORATIVE MUSICAL THEATER CAMP: ALICE IN WONDERLAND (AGES 7-16)

Join us at Young Performer's Collaborative (Directors Charis Duke and Dom Conte) for a fun-filled week of singing, dancing and creating! We will be performing Alice in Wonderland, Jr. Fall down the rabbit hole with Alice as she navigates the world of Wonderland on a journey of self-discovery. Alice in Wonderland JR features Disney favorites such as "The Golden Afternoon," "The Unbirthday Song," and "Painting the Roses Red" along with brand-new songs, including music from the 2010 live-action film. Whether this is your first experience with Alice or your hundredth, you'll fall in love all over again with this timeless story of adventure, imagination, and pure fun! (Website: Music Theatre International) Price includes a t-shirt, costumes and free admission to the performance for friends and family. Auditions are not required, but encouraged and necessary for any child wanting a role. There is a ton to do for all kids, whether they have a role or audition. Auditions will be via video, due by May 16th. Details will be sent after registration. Must be registered to audition. No refunds after casting. Friday: Dress Rehearsal, followed by performance at 7:00 PM.

DAY	DATE	TIME	LOCATION	CLASS#
Monday- Thursday	6/24 -6/27	9 AM - 4 PM	Holland Elementary 597 Beverly Rd, Hol- land, PA 18966	0005
Friday	6/28	12:00 - 9:30 PM		9395

ERS \$365 | R \$405 | NR \$435

The LEGO CAMP (AGES 5-12)

Transportation Engineering: Break the sound barrier on a supersonic jet, deliver cargo by train, and explore a swamp in your airboat. Build and create different modes of transportation out of more than 20,000 pieces of LEGO, all while learning about the engineering concepts that make vehicles and vessels work.

Minecraft Master Engineering with LEGO® Materials: Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.

Animal Adventure: Let your imagination run wild with tens of thousands of LEGO parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest idea.

Wizarding World of Engineering: Master the magic of Harry Potter using LEGO! Visit Diagon Alley, play a game of Quidditch, and duel the evil Lord Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts.

COURSE	DAY	DATE	TIME	LOCATION	CLASS#
Transportation Engineering	Monday - Friday	8/19 - 8/23	9:00 AM - Noon	Recreation Center	9438
Minecraft Master Engineering with Lego			1:00 - 4:00 PM		9439
Animal Adventure			9:00 AM - Noon		9440
Wizarding World of Engineering			1:00 - 4:00 PM		9441

ERS \$180 | R \$198 | NR \$225 | 1 week

NORTHAMPTON VALLEY COUNTRY CLUB GOLF CAMP (AGES 8-16)

Teaching professionals John Petrie and Robbie Beecroft will help your junior golfer grow by teaching techniques to improve their skills and instill responsibility, acceptance, maturity, and patience -both on and off the course - all while having fun! Participants will develop a desire for the game, learn and enjoy the course outside! Fridays are reserved as a make up day in the event of rain. Register for one or multiple weeks - spots fill fast! Golf Attire Required! Instructors: John Petrie and Robbie Beecroft

DAY	DATE	TIME	LOCATION	CLASS #
	6/17 - 6/20	1 - 4 PM		9405
	6/24 - 6/27		Northampton Valley Country Club 299 Newtown- Richboro Road, Richboro	9406
Monday - Thursday	7/8 - 7/11			9407
Friday: Rain make-up	7/15 - 7/19			9408
	7/29 - 8/1			9409
	8/12 - 8/15			9410

ERS \$300 | R \$310 | NR \$325

MUSA ARCHERY CAMP (AGES 6-12, 13-17)

Get in touch with your inner warrior learning the family friendly, lifetime sport of ARCHERY! Connect with nature and our ancestors in what just may become the beginning of your child's love for outdoor recreational adventures! This half-day, week-long camp is geared for archer's ages 6 to 17 with skill sets from beginner through advanced. Archers will not only learn range safety, shooting techniques and how to successfully hit targets but will also enjoy the following activities: Moving balloon targets, 3-D targets, making your own target faces & quivers, games such as defend our camp... just to name a few! At the end of the week, archers will shoot in a real tournament for score and each archer will receive a bronze, silver or gold medal! S.S.A.A. will provide certified archery instruction and state of the art archery equipment including traditional recurve bows and genesis compound bows! Instructor: Shooting Star Archery Academy

DAY	DATE	TIME	LOCATION	CLASS#
	6/17 - 6/21	9 AM - 12 PM	Clark Nature Center 258 Durham Road Newtown	9396
Mon-Fri	7/15 - 7/19			9397
	8/19 - 8/23			9398

R \$286 | NR \$329

CHEER CAMP (AGES 7-12)

Jump Start Sports cheerleading camp enables children ages 7-12 to have a blast while being physically active learning a variety of cheers, jumps, kicks and movements. They also play fun and active cheerleading games and learn routines to perform on the last day. Instructor: Jump Start Sports



DAY	DATE	TIME	LOCATION	CLASS#
Mon-Fri	7/22 - 7/26	9 AM - 12 PM	Holland Elementary 597 Beverly Road Holland, PA 18966	9400

ERS \$150 | R \$165 | NR \$187

SUSAN BOWMAN TENNIS CAMP (AGES 7-15)

Grab your tennis racket and get ready to play! Whether you're a beginner, intermediate, or advanced player, Northampton Township's Tennis Camp will help you improve your game! Each day players will receive personal attention and will be taught in an enthusiastic, encouraging atmosphere. Participants will learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. Space is limited, Register Today! Instructor: Susan Bowman Tennis Camp

DAY	DATE	TIME	LOCATION	CLASS#
Mon - Thurs Friday: Rain make-up	6/17 - 6/20 (Rain Date 6/21)			9411
	6/24 - 6/27 (Rain Date 6/28)		Recreation Center Tennis Courts	9412
	7/8 - 7/11 (Rain Date 7/12)			9413
	7/15 - 7/18 (Rain Date 7/19)	0.00 11.00 AM		9414
	7/22 - 7/25 (Rain Date 7/26)	9:00 - 11:30 AM		9415
	7/29 - 8/1 (Rain Date 8/2)			9416
	8/5 - 8/8 (Rain Date 8/9)			9417
	8/12 - 8/15 (Rain Date 8/16)			9418

ERS \$180 | R \$198 | NR \$225



™ BASKETBALL CAMP (AGES 7-12)

This co-ed camp will help players improve ball-handling, shooting, passing, footwork, and defensive techniques. Campers have the opportunity to compete in 3-on-3 and 5-on-5 games and numerous shooting competitions. Designed to be challenging and fun for children of all ages and skill levels. Instructor: Jump Start Sports

DAY	DATE	TIME	LOCATION	CLASS #
Mon-Fri	8/19 - 8/23	9 AM - 12 PM	Recreation Center	9399

ERS \$150 | R \$165 | NR \$187



NOTHING SAYS SUMMER QUITE LIKE SUNSHINE & SWIMMING. JOIN NORTHAMPTON SWIM CLUB TODAY!

OPEN MONDAY THROUGH FRIDAY ONLY... PRIMARILY FOR OUR SUMMER CAMP PROGRAM...
WITH A WIDE VARIETY OF MEMBERSHIP OPTIONS AVAILABLE. CERTAIN TO SUIT EVERYONE!

JUNIOR MEMBERSHIP is available for children age 5 through 13 who are not part of a family membership. This option is perfect for athletes who wish to participate on Northampton Swim Team or children who have multiple caregivers throughout the summer. Junior Members may only attend the swim club when accompanied by an adult member or caregiver age 18 or over, paying the appropriate guest fee! No guest fee will be required for caregiver during swim team practices or swim meets.

SINGLE MEMBERSHIP is for individuals age 14 and older. Members 14 to 18 may only sponsor one guest age 14 or over per visit. Proof of age is required. Parental permission is required for 14 to 18 year olds to attend the swim club alone.

SWIM CLUB MEMBERSHIP FEES						
	RES	NR				
Junior/Single	\$315	\$345				
Family of 2	\$595	\$625				
Family of 3	\$765	\$795				
Family of 4	\$876	\$906				
Each additional family member +\$50						
Senior Single	\$195	\$225				
Senior Couple	\$330	\$360				
Twilight Membership	\$404	N/A				
NST PARENT ASSOCIATION	\$60	\$60				



FAMILY MEMBERSHIP includes those residing at the same address on a permanent basis and must include at least one adult caregiver 18 or over. One caregiver age 18 or over may be added. No charge for children under 2 but a TODDLER MEMBERSHIP must be added.

SENIOR MEMBERSHIP is available for individuals age 62 and over, or couples both age 62 and over.

2024 CLUB HOURS

MONDAY—FRIDAY ONLY, WEEKENDS NOT AVAILABLE *Weather permitting: Clear and 70° by 12 PM

Opening Day / Memorial Day	5/27	1–5 PM
*Early Season	6/3-6/14	4–7 PM
Prime Season	6/17–8/16	12-7:30 PM
Late Season	8/19–8/30	12-7 PM

TWILIGHT FAMILY MEMBERSHIP IS BACK!

This option is available to Northampton Township Resident Families ONLY and includes admission to the pool during "twilight" hours, 4:30 PM to close. Proof of residency required.

Twilight membership will also be honored during all Early and Late Season operating hours. Twilight Family Members do not qualify to participate on Swim Team.





YOUTH GROUP SWIM LESSONS

Group Swim lessons are being offered throughout the summer beginning June 17th! Lessons are taught by experienced American Red Cross certified Lifeguards. With a 1:6 or less Instructor:Swimmer ratio, your child will develop skills that will last a lifetime! Classes usually meet Monday through Thursday in two week sessions, for a total of 8 classes.

SESSION DATES

JUNE 17–27 JULY 8–18 JULY 22–AUGUST 1 AUGUST 5–15

FEE PER SESSION

Swim Club Member or NTPR camper	\$75
Resident Non-Member	\$85
Non-Resident	\$95

NOTE TO PARENTS: If the desired session is full, please add your child to the wait list. Additional sessions may be added once sufficient children appear on the wait list. Be sure to check out the Swim Lesson Parent Information on line!

DISCOUNTED RATES AVAILABLE—Sign up for 3 or more sessions in the same transaction, save \$5 per session. Offer valid for any child(ren) living in the same household. Enter PROMO CODE: **3+24Lessons-\$5**

Parents of NTPR Summer Campers who are not already Swim Club members, Enter PROMO CODE: 24Camper-\$10 to receive an additional \$10 off session.



PRIVATE & SEMI-PRIVATE SWIM LESSONS

are designed for individuals infant through adult who are not available for group lessons or may need or desire additional, individual support or instruction. Lesson are 30 minutes and available for all ages, infant through adult.

Private lessons are \$30 each, 1 instructor and 1 swimmer. Semi-private lessons are \$45 each, available for 1 instructor and 2 swimmers; however, those swimmers must be of similar age and equal skill and ability. Interested? Complete the pre-registration form on-line and you will be contacted after June 3 for individual scheduling and payment. Bundled discounts are available for the best value!

ALL LEVELS WILL FOCUS ON WATER SAFETY

3:45-4:15 PM TINY TOTS: Each child registered for this class must be accompanied in the water by an adult. Instructor will interact individually with the child participants and provide guidance to the accompanying adult for reinforcement of techniques presented. The focus of this class will be gaining confidence around the water and floating. APPROVED SWIM DIAPERS MUST BE WORN.

4:30-5:00 PM PRE-BEGINNER: Children must be at least 4 years old to be registered for this class. Focus will be on floating, gliding and kicking on front and back, with support.

5:15-5:45 PM BEGINNER 1: Children must be at least 5 years old to be registered. Participants must be able to float and glide, with support, on front and back. Focus will be on floating and gliding without support progressing to Freestyle and Backstroke with support.

4:30-5:00 PM BEGINNER 2: Children must be at least 6 years old for this class and be able to float and glide on front and back, without support. Freestyle with breathing to the side and Backstroke without support will be taught. Swimmers will be introduced to deep water, practicing treading water and increasing endurance to successfully complete the Deep Water Swim Test.

5:15-5:45 PM ADVANCED: Participants must be able to swim Freestyle, breathing to the side for 1 width of the pool and have successfully completed the Deep Water Swim Test to register. All strokes will be reviewed. Focus will be on treading water for 1 to 2 minutes and diving from the side of the pool. Breaststroke and Butterfly stroke will be introduced. While this remains a group lesson, classes will be tailored to the individual participant's strengths and fine tuning each stroke.

NEED ASSISTANCE SELECTING THE RIGHT LEVEL? CONTACT OUR OFFICE AT 215-357-6800 X211

JOIN OUR TEAM! NOW HIRING!



NORTHAMPTON TOWNSHIP SWIM CLUB (Located at Northampton Valley Country Club-299 Newtown Richboro Road) Shifts 4 to 8 hours per day scheduled between 7 AM - 8:30PM. Monday through Friday only. (Occasional weekend paid in-service training required.) Memorial Day to August 30, 2024.

CERTIFICATION REQUIRED PRIOR TO INTERVIEW. BACKGROUND CHECKS REQUIRED PRIOR TO START DATE. THE BENEFITS ARE ENDLESS!

- · Spend the summer outdoors with super-friendly staff
- · Learn lifelong skills: Teamwork, Self Confidence, Leadership,
- · Patience, Attention to details
- Competitive hourly rate, Uniform provided
- Complimentary Individual Swim Club & Swim Team Membership
- Background Check and Recertification reimbursement available, ask for details!

To Apply Visit: https://northamptonpa.myrec.com

For more information, contact Parks & Rec Operations Manager at 215-357-6800 ext 211 or submit completed application and current certification to dgiannetti@nhtwp.org



NORTHAMPTON SWIM TEAM

Northampton Swim Team, a member of the Lower Bucks Swim League, is a competitive summer swim program that provides an excellent recreational athletic activity for children and teens age 5-18. Coach Geoff Boodey will be returning for his 9th season, joined by former swim team member and veteran Lifeguard, Heidi Stoklosa as Assistant Coach.

The summer season begins June 3 with practice Mondays - Thursdays, by age group, between 4:45 and 6:45 PM. June 24, practices switch to mornings, by age and skill level, between 8 and 10:15 am. Swimmers must attend at least 2 practices per week. Meets are held on Tuesday and Thursday evenings, usually 6 per season. Warm ups at 5:45 PM, ending around 9:30 PM. The season concludes with League Finals by early August. Exact schedule is available in April.



Aqua Exercise Medley: Four 15-minute intervals: Start with 3 intervals of aerobic movement using noodles and water weights, final interval will focus on stretches and deep breathing exercises.

Aqua Shallow/Deep Water Aerobic Intervals: Participants will move between shallow (3 ft) and deep (5 ft) water during four 15-minute routines to get your heart pumping, increase endurance and strength. To start, pool noodles will be provided during this class to remain suspended vertically in deeper water so there is no impact on joints. Next, move to the shallow area using foot power, for a variety of moves, head back to the deeper water for more aerobic moves, then finish in the shallow water with soothing stretches and deep breathing to calm the inner spirit and mind!

Combine both evening classes for a total body workout and save!

REGISTRATION INCLUDES 2 PARTS:

- Select the Swim Club Membership that fits your needs (Junior, Single, Family), fees vary based on family size and date of registration. Sign up early and SAVE!
- 2) Register each swimmer for NST Parent Association, \$60 per swimmer. This is not an additional Township Fee, NTPR collects this fee as a service to the Swim Team. Fee covers LBSL insurance, team events, awards, etc.

FOR MORE INFORMATION:

www.northamptonrec.com Membership: dgiannetti@nhtwp.org Practices & Meets: gboodey@gmail.com NST Parent Association: rooneyfamily08@gmail.com



LOOKING FOR A NEW, MORE CHALLENGING MORNING CLASS? 60 MINUTE DEEP WATER MORNING CHALLENGE

This challenging new morning class, held solely in the 9-ft section of the pool, is about as pain free as you can imagine! Since your body is weightless in the deepest water, the impact on your joints is super low, but cardiovascular challenge is super high! In order to achieve the free movement required during this class, participants must provide their own floatation belt for support.

CLASS	DAY	DATE	TIME	CLASS#
Exercise	Manufact	6/17-7/15	5:00 0:00 PM	9485
Medley	Monday	7/22-8/19	5:30-6:30 PM	9486
Aerobic		6/19-7/17		9487
Interval	Wednesday	7/24-8/21	5:30-6:30 PM	9488
Medley &	M/W	6/17-7/17	5 00 0 00 014	9489
Interval		7/22-8/21	5:30-6:30 PM	9490
AM Deep		6/17-7/15		9491
	Monday	7/22-8/19	8:30-9:30 AM	9492

ERS \$55 | R \$60 | NR \$66 | 5 weeks Combo ERS \$99 | R \$108 | NR \$118 || Drop in fee: \$15

SPECIALTY CLASSES



□ ONLINE THEORY DRIVER'S EDUCATION (AGES 14-18)

John's Driving School offers an approved 30-hour online drivers' education course, endorsed by the Pennsylvania Department of Education. Covering all essential driving principles, it allows students to learn at their own pace with unlimited online access. No expiration date on course access.

DATES	TIME	INSTRUCTOR	LOCATION	CLASS#
1/1-12/31	At your own pace	John's Driving School	Online	9135



\$50

AHA HEARTSAVER CPR/AED/ FIRST AID CLASS (AGES 15 & UP)

This course teaches vital skills for recognizing cardiac arrest, initiating emergency care and assisting until EMS arrives, covering first response to adult illnesses and injuries.

DAY	DATES	TIME	LOCATION	INSTRUCTOR	CLASS#
Saturday	6/8	9:00 AM - 1:00 PM	Recreation Center	Jay Colella,	9334
	8/10			NRP	9335



ERS \$85 | R \$95 | NR \$105 | 1 Day

BEGINNER DOG TRAINING (AGES 18+)

Positive reinforcement based techniques will be taught using food, toys and affection as a reward. This Canine Good Manners group course will cover topics such as eye contact, position changes (sit, down and stand), leash skills, come/recall, house training and so much more! Each dog should be at least 2 months old, accompanied by an adult (18+) and we highly recommend all age appropriate vaccines be administered prior to your first class (please check with your Veterinarian for guidance). Older dogs welcome. Instructor reserves the right to remove a dog from the class at her discretion. Must wear a mask to class (regardless off vaccination status) and practice social distancing.

DAY	DATE	TIME	INSTRUCTOR	LOCATION	CLASS#
Saturday	6/1-6/29	9:30 - 11:00 AM	Donna Meszaros	Municipal Park Pavilion 2	9370



ERS \$200 | R \$219 | NR \$235 | 5 Weeks

□ VOICE OVER TRAINING (AGES 16 & UP)

In what will be the most enlightening webinar you have ever taken, Such a Voice professional voice coaches will show you how you can begin using your speaking voice for commercials, films, videos and more. In this introductory class, learn about a unique way to break into this creative, fulfilling and potentially lucrative industry. Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you have been looking for. Participants will be given the opportunity to book a 1-on-1 script read and voice evaluation for the following day. This class is presented in a Zoom format, a link will be sent 24 hours prior to class. All attendees receive a personal voice evaluation included in the fee.

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Thursday	6/20	6:30 - 8:30 PM	Such A Voice	Online Zoom Class	9390





WELL-BEING WORKSHOPS SERIES (AGES 18+)

In this comprehensive series, expert facilitator Aesha, will guide you through transformative workshops that delve into the foundational aspects of wellbeing, addressing key areas such as physical health, posture correction, nutrition fundamentals, weight loss strategies, stress management, and burnout prevention. The five workshops are: Foundations of Wellbeing, Get Unhunched, Nutrition Fundamentals, Eating for Weight Loss, Beating Stress and Burnout. For complete descriptions, visit: www.northamptonrec.com.

WORKSHOP	DAY	DATE	TIME	INSTRUCTOR	LOCATION	CLASS#
Posture Workshops: All 5 Workshops		6/19 - 7/17*			Recreation Center	9372
Foundations of Wellbeing		6/19	6:15 - 7:15 PM	Aesha Tahir, Exercise Physiologist and corporate wellness professional.		9374
Get Unhunched: Posture for Optimal Health	Wednesday	6/26				9376
Nutrition Fundamentals: Fueling Your Body Right		7/3				9378
Eating for Weight Loss: A Sustainable Approach		7/10				9380
Beating Stress and Burnout		7/17				9382





^{*}ERS \$195 | R \$215 | NR \$243 | 5 weeks || ERS \$39 | R \$43 | NR \$49 | 1 week



BUILDING A BRAND WORKSHOP SERIES

Are you ready to take your brand to the next level? Whether you are an entrepreneur, freelancer, or a professional, looking to establish your personal brand, this workshop series is designed to equip you with the essential strategies and insights needed to build a strong and impactful brand presence. And yes, professionals need a brand even if they are working for other companies... because companies look at your brands presence while hiring.



Register for one or the entire series. For complete program descriptions visit www.northamptonrec.com.

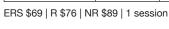
WORKSHOP	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Building a Brand Workshop Series (5)*	Wednesday	6/19 - 7/17	7:30 - 8:30 PM	Aesha Tahir	Recreation Center	9563
Brand Identity and Positioning	Wednesday	6/19				9565
Crafting a Memorable Brand Story		6/26				9567
Building an Influential Online Presence		7/3				9569
Leveraging Social Media		7/10				9571
Podcasting for your brand success		7/17				9573

^{*}ERS \$270 | R \$297 | NR \$337 | 5 weeks || ERS \$54 | R \$59 | NR \$67 | 1 session

PAINTING WITH PALS (AGES 7+ WITH AN ADULT)

Bond with your child (ages 7+) over a double painting! Work together to create a seasonal themed painting on two separate canvases designed to hand on your wall together! Supplies included.

THEME	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS#
Sand castle	Tuesday	5/14	6:00 - 8:00 PM	Art in the Barn	James E. Kinney Senior Center	9388



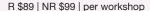


EMPOWERMENT SERIES FOR A BALANCED LIFE (AGES 18+)

Skills For Reducing Anxiety: In this workshop, we will examine anxiety and what it looks and feels like in our bodies and minds. Participants will learn techniques that can be used both proactively, and in the moment, to help deal with anxious thoughts. This workshop will include journaling, open discussion, somatic release, slow yoga flow and breath work. Each participant will leave with a resource guide and tools they can use to reduce anxious feelings and tendencies. Please wear comfortable and loose fitting clothing.

Mindfulness 101: In this workshop, we will learn what mindfulness is and how to cultivate it. We will practice finding our breath, establishing body awareness and practice grounding techniques. Each participant will leave with a mindfulness resource guide for continued learning and practice. Please wear comfortable and loose fitting clothing.

WORKSHOP	DAY	DATE	TIME	INSTRUCTOR	LOCATION	CLASS #
Skills for Reducing Anxiety	Sunday	5/19	1:00-4:00 PM	Victoria Oliver, MA, LPC, 200 hr RYT	Recreation Center	9581
Mindfulness 101	Sunday	6/9	1:00-3:30 PM		Hecreation Center	9584





★ BABYSITTING WORKSHOP (AGES 12–17)

This four-hour, 1 day course is for boys and girls aged 12-17, with an occasional super motivated 11 year old being totally fine to join in. It covers babysitting basics (diapering, bottle feeding, burping, etc.), infant/child CPR, infant/child choking relief, basic First Aid, childhood development ages & stages, handling crying/behavior issues, household safety rules, interviewing, and more! Participants practice their new skills on infant training manikins and infant/child CPR manikins.

DAY	DATES	TIME	LOCATION	INSTRUCTOR	CLASS#
Monday	6/17	11:00 AM - 3:30 PM	Recreation Center	Amanda McDole, Founding Director, Lead Instructor & EMS Educator, Precious Minutes CPR and Safety Training, LLC	9391

ERS \$115 | R \$127 | NR \$144 | 1 Day



BALLET FOR TOTS (AGES 3–5)

Ballet for Tots offers the ideal introduction to dance, covering ballet basics in a warm, friendly atmosphere with an experienced instructor. This class not only helps you determine your child's interest in dance but also enhances rhythm, balance, flexibility and posture.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Thomas	6/13-8/1	7/4, 7/25		Elena Lydon	Recreation Center	9458
Thursday	8/8-8/29*	-	5:00 - 5:45 PM			9459

ERS \$65 | R \$75 | NR \$85 | 6 weeks || *ERS \$45 | R \$49 | NR \$55 | 4 weeks

BALLET & TAP COMBO (AGES 5−7)

Ignite petite feet with proper ballet technique and vocabulary. This class teaches fundamental movements in sequences set to music, fostering confidence and improving rhythm, balance, flexibility, and posture.

				-		
DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Thursday	6/13-8/1	7/4, 7/25	5:45 0:00 PM	Eleca lender	Decree attend Oceans	9461
	8/8-8/29*	-	5:45-6:30 PM	Elena Lydon	Recreation Center	9462

ERS \$65 | R \$75 | NR \$85 | 6 weeks || *ERS \$45 | R \$49 | NR \$55 | 4 weeks



Northampton — Township Preschool

Ages 3–5. Ask about Early Morning Drop Off (8:30–9:30 AM) (Minimum enrollment must be met)

Discover a world of learning at Northampton Township Preschool Potpourri. Our program introduces 3 and 4-year-olds to art, math, science, and social skills in a nurturing environment. Critical for developing academic and life skills, our certified teaching staff ensures a warm and caring experience. If your child turns three before 12/31/2024, visit www.northamptonrec.com or contact Barbra Primavera at 215-357-5396 for more information.

AGE I DAYS	DAY	TIME	2024 RATES PER MONTH
3 Year Old 2 Day Tues/Thur		9:30 AM – 12:00 PM	\$184.00
3 Year Old 3 Day Mon/Wed/Fri		9:30 AM – 12:00 PM	\$240.00
4 Year Old 3 Day	Mon/Wed/Fri	9:30 AM – 12:00 PM	\$240.00
4 Year Old 5 Day	Monday - Friday	9:30 AM – 12:00 PM	\$394.00
4+ Kindergarteners	Monday - Friday	9:30 AM – 12:00 PM	\$435.00



LIMITED AVAILABILITY!



Yearly tuition is divided into 10 payments (beginning September). A non-refundable \$50 registration fee, not applied toward tuition is required to hold a spot in the program. For non-residents a one time \$30 non-resident fee is due with first payment. Must be 3 years old by 12/31/24 and completely potty trained by first day of school. NO PULL UPS PERMITTED!

ENRICHMENT ART (AGES 4-6)

These art series are for young artists ages 4-6 and a great way to add socialization and enhance motor skills for your half-day kindergartner or preschooler. They incorporate art, stories, and games based on different monthly themes. Emerging scissors skills required. Due to demand, instructor reserves the right to substitute a project with equal or greater value.

Sights on Summer: Welcome summer with a sunflower button ornament, shark mask, and more.

THEME	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS#
Sights on Summer	Friday	5/24-6/7	1:30-2:15 PM	Leigh Ferello	Recreation Center	9240

ERS \$49 | R \$55 | NR \$65 | 3 weeks







SPORTS FOR ALL AGES

🚠 LITTLE HOOP STARS (AGES 4–5) & HOOP STARS (AGES 6–8)

Discover an interactive basketball program designed specifically for your child. Our sessions integrate learning with fun, focusing on essential skills like dribbling, passing, shooting, positioning, defense, and rebounding. Through engaging activities, young players develop a strong foundation in basketball while enjoying the game in a supportive atmosphere.

AGE	LEVEL	DAY	DATES	TIME	LOCATION	INSTRUCTOR	CLASS#
4-5	Little Hoop Stars	Wednesday	6/12-7/17	6:15 - 7:15 PM	Welch Elementary School	Jump Start Sports	9264
6-8	Hoop Stars			7:15 - 8:15 PM			9265



GOLF CLINICS (AGES 7 & UP)

JUNIOR CLINIC: Skilled instructors will help Junior Golfers grow by teaching techniques to improve their skills while instilling responsibility, acceptance, maturity, and patience on and off the course. All while having fun! Teaching professional Robbie Beecroft creates a desire for the game of golf as the participants learn and enjoy this great game outdoors!

ADULT CLINIC: Come unwind and improve your skills! Whether you are a beginner or a weekly golfer there is always room for improvement. We will work on all facets of the games - irons, woods, short games and putting. Register early... Spots will fill fast.

No clubs - No problem! Golf Attire Required.

LEVEL/ AGES	DAY	DATES	TIME	LOCATION	CLASS#
Junior	Thursday	5/16 - 6/6	000 700 814		9385
ages 7-16		7/18-8/8	6:30 - 7:30 PM	Northampton Valley Country Club	9404
Adult ages 17+	Tuesday	7/16 - 8/6	6:30 - 7:30 PM	Northampton Valley Country Club	9402

ERS \$100 | R \$110 | NR \$125 | 4 weeks

🖍 NORTHAMPTON SHOTOKAN KARATE (AGES 5 & UP)

The Shotokan program is dedicated to developing healthy bodies, sound minds and self-esteem, all balanced with a deep respect for others. The Northampton Shotokan Karate club will directly support the growth of your child through a variety of classes, progressive challenges and individualized instruction. Help your child protect themselves mentally and physically, register today!

Beginner: This level is only for those who are brand new to Shotokan or have not yet taken their first belt test. Advanced Beginner: This level is for Black Stripe, Yellow Stripe and Candidate Yellow Students Intermediate/Advanced: This level is for Shotokan students who are a Yellow belt and above.

All classes are 6 weeks long unless otherwise marked. For more information on the karate program, please email Sensei Spivack at northamptonshotokan@comcast.net.

LEVEL	DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Beginner	Tuesday	6/11-7/16 except 7/2	6:00 - 6:45 PM	— Andrew Spivack		9447
Advanced Beginner			6:45 - 7:30 PM		Recreation Center	9448
Intermediate/ Advanced			7:30 - 8:15 PM			9449
Beginner		7/30-8/27	6:00 - 6:45 PM			9596
Advanced Beginner			6:45 - 7:30 PM			9598
Intermediate/ Advanced			7:30 - 8:15 PM			9601









SOCCER SHOTS (AGES 2–8)

Soccer Shots is an engaging children's soccer program with a focus on character development. We positively impact children's lives on and off the field through our best-in-class coaching, communication and curriculum.

MINI-CLASS: (ages 2-3)

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

CLASSIC: (ages 3-5)

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

PREMIER: (ages 5-8)

Soccer Shots Premier focuses on individual skill, fitness, and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.

ACADEMY: (ages 6-11)

The Academy will be a more technical and Soccer focused experience for kids ages 6-11, here is what to expect from the advanced academy level curriculum: Technical Footwork, 1v1 Attacking and Defending, Transition Play, and Scrimmaging. Coach Vernon will be the lead coach at all Academy programs and is a Nationally Certified Coach! This will be an advanced Soccer Shots class that the kids will love! Please reach out to Coach Vernon, vdorsey@soccershots.com with questions.



AGES	PROGRAM	DAY	DATES	EXCEPT	TIME	LOCATION	INSTRUCTOR	CLASS #
2-3	Mini-Class	Sunday	6/30-8/11	7/7	9:00-9:30 am	Micro Field 4 Rain location: Northampton Recreation Center Gym	Soccer Shots	9254
3-5	Classic				9:45-10:20 am			9255
6-11	Academy NEW				10:00-11:30			9594
5-8	Premier				10:30-11:10 am			9256
2-3	Mini-Class				11:20-11:50 am			9257

ERS \$135 | R \$148 | NR \$170 | 6 weeks

T-BIRDS T-BALL (AGES 3-5)

A fun and highly instructional introduction to baseball for 3-5 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. Sessions are one hour long, one day per week, and include all instruction and game play in one outing. Jump Start Sports staff coaches provide all instruction. Players receive a Major League Baseball hat, team tee shirt and award. *Parent support/participation appreciated. Bring glove.*

DAY	DATES	TIME*	INSTRUCTOR	LOCATION	CLASS #
Tuesday	6/11-7/16	5:30-6:30 PM or 6:30-7:30 PM	Jump Start Sports	Miracle League Field Municipal Park 7/9 + 7/16: Northampton Township Recreation Complex Diamond 3	9267



ERS \$110 | R \$120 | NR \$130 | 6 weeks

M YOUTH VOLLEYBALL (AGES 6-12)

Looking for a fun and engaging way for your child to learn and develop the skills necessary to succeed in volleyball? Join Jump Start Sports Youth Volleyball Programs today! Our programs are designed to provide children with a comprehensive introduction to the sport of volleyball, while also building important skills such as teamwork, sportsmanship, and confidence. In our Youth Volleyball Programs, children will learn the fundamentals of volleyball using a wide variety of fun and age-appropriate drills as well as game play. Our experienced coaches use a variety of innovative techniques and drills to help children develop the skills they need to succeed in volleyball and in life, including passing, setting, hitting, blocking, serving, basic offense and defense, positioning, and team strategy.

DAY	DATES	EXCEPT	TIME	LOCATION	CLASS#
Wednesday	6/12-7/17		7:00-8:00 PM	Recreation Center	9586





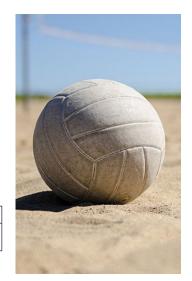
YOUTH OUTDOOR VOLLEYBALL (AGES 9-12)

Looking for a fun and engaging way for your child to learn and develop the skills necessary to succeed in volleyball? Join Jump Start Sports Summer Volleyball Program today! Our programs are designed to provide children with a comprehensive introduction to the sport of volleyball, while also building important skills such as teamwork, sportsmanship, and confidence. Our Summer program builds these skills through friendly competition! Week one we will work on the fundamentals and positioning. Then starting week 2 we will have a warmup followed by friendly competition! In our Youth Volleyball Programs, children will learn the fundamentals of volleyball using a wide variety of fun and age-appropriate drills as well as game play. Our experienced coaches use a variety of innovative techniques and drills to help children develop the skills they need to succeed in volleyball and in life, including passing, setting, hitting, blocking, serving, basic offense and defense, positioning, and team strategy.

At Jump Start Sports, we believe that volleyball is a fun and exciting sport that can help children develop important skills both on and off the court. Our Youth Volleyball Programs are designed to provide children with a fun and supportive environment to learn and grow. Sign up for our Youth Volleyball Programs today and join the fun!

DAY	DATES	EXCEPT	TIME	LOCATION	CLASS #
Monday	7/8 - 8/12		5:30-7:30 PM	Sand Volleyball Courts at Municipal Park	9610

ERS \$110 | R \$120 | NR \$130 | 6 weeks



ADULT FLOOR HOCKEY (AGES 17 & UP)

Thursday Night belongs to Northampton Adult Floor Hockey! At the start of each season, participants are drafted by team captains following a scrimmage to show off their skills. Registration fills up quickly, and no additional players may join after the completion of the draft. If a player is drafted as a goalie, the household will be issued a \$25.00 credit. Summer Session 2 Sunday games: dates TBA

DAY	DATES	EXCEPT	TIME	LOCATION	CLASS#
Thursday	5/30-8/15	7/4	8:00 PM-12:00 AM	Recreation Center	9274

ERS \$129 | R \$140 | NR \$167 | 13 weeks



M YOUTH PICKLEBALL (AGES 8-16)

Dive into the exciting world of pickleball with our Youth Pickleball Class! For ages 8-16, this program blends skill development and friendly competition. Instructors ensure a supportive environment for players of all levels. Join us for an active and fun-filled experience on the court. Enroll now and let the pickleball adventure begin!

DAY	DATES	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	7/15-8/19	6:30-7:30 PM	Susan Bowman Tennis	Recreation Center	9531

ERS \$99 | R \$109 | NR \$119 | 6 weeks

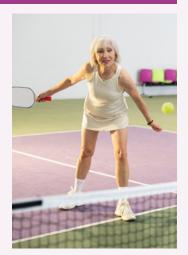




AM INTRO TO PICKLEBALL (AGES 18 & UP)

New to Pickleball or looking to sharpen your skills? Introduction to Pickleball will familiarize new players and strengthen the beginning player's knowledge of scoring, rules, serving, and ground strokes. Already know pickleball but looking to continue to work on your skills? This class is perfect for you! Participants will practice what they have learned through skills and drills, ensuring both novices and those seeking improvement can benefit. Get out of the "kitchen" and get into the game everyone is talking about! Paddles and balls are supplied. Pre-registration is required.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
	5/00 0/05	-	9:00-10:00 AM		Recreation Center	9514
	5/28 - 6/25	-	10:00-11:00 AM	Susan Bowman		9515
Tuesday	7/9 - 8/6	-	9:00-10:00 AM	Tennis		9516
		-	9:00-10:00 AM			9517



ERS \$85 | R \$95 | NR \$105 | 5 weeks

PICKLEBALL CLINIC (AGES 18 & UP)

Clinic: Learn the fundamentals of pickleball including game rules, scoring and basic strategies to give you the tools you need to enjoy the game, with both practice and play each week. Intended for all skill levels. Paddles and balls will be supplied. Pre-registration required. No drop-ins permitted. Basic knowledge of pickleball is recommended!

Intermediate Clinic/Open Play: If you are a seasoned pickleball player or a clinic graduate and you're looking for the next level of challenge, this class is for you! Instructors will oversee you as you play, to give pointers and answer questions, while keeping the games moving each week. Paddles and balls will be supplied if you don't have your own. Bring your "A" game and be ready to play!

LEVEL	DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	TUESDAY CLASS #	THURSDAY CLASS #
Clinic				5:30-6:30 PM			9497	9506
Open Play	Tuesday or Thursday	6/18 - 7/16 or 6/20 - 7/25	7/4	6:30-7:30 PM		Recreation Center	9498	9507
Clinic				7:30-8:30 PM			9499	9508
Clinic				5:30-6:30 PM	Susan Bowman Tennis		9500	9509
Open Play	Tuesday or Thursday*	7/30 - 8/27 or 8/8 - 8/29	-	6:30-7:30 PM	-		9501	9510
Clinic				7:30-8:30 PM			9502	9511

ERS \$85 | R \$95 | NR \$105 | 5 Weeks || *ERS \$69 | R \$79 | NR \$89 | 4 Weeks

SUSAN BOWMAN TENNIS SCHOOL (AGES 4–16)

PEE WEE TENNIS (AGES 4-6)

Introduce tennis to your 4-6 year old with a fun and exciting approach! Your up-and-coming tennis player will develop hand-eye coordination along with movement skills. Participants will grow comfortable with equipment and learn the parts of the tennis court. Basic tennis fundamentals and shots are taught through lots of tennis-like games! Racquets available during instruction.

JUNIOR TENNIS (AGES 7-16)

Looking for a great place for your junior to start or brush up on tennis basics and advance further? Juniors will improve hand-eye coordination and agility, perform racquet-handling skills, and become familiar with the tennis court. Instructors zero in on building a strong foundation through basic strokes and fun games associated with tennis. Match play is introduced, instructors will meet your junior player at their ability level to foster their growth and love of the game.



LEVEL	DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
	Monday	7/15 - 8/19	-		Eric Lundquist, Director and Susan Bowman Tennis School Staff	Recreation Center Gym	9522
Pee Wee ages 4-6	Wadaaadaa	6/5 - 7/10	-				9526
	Wednesday	7/24 - 8/14*		5:30 - 6:30 PM			9528
	Monday	7/15 - 8/19	-				9523
Junior ages 7-16		6/5 - 7/10	-				9527
-	Wednesday	7/24 - 8/14*	-				9529

*ERS \$69 | R \$79 | NR \$89 | 4 weeks || ERS \$99 | R \$109 | NR \$119 | 6 weeks

FITNESS FOR ALL AGES

PILATES (AGES 18 & UP)

In-Personal: Focus on strengthening your upper and lower body, abdominal muscles, lower back and buns. Your body will create the challenge to improve your core stability by strengthening your core, lengthening your body, and improving your posture. Register now and work your way to feeling Leaner. Calmer. Stronger.

Virtual Pilates: Start your morning from the comfort of your own home with Pilates, the perfect compliment to your routine! Focus on strengthening our upper and lower body, abdominal muscles, lower back and buns. Build strength and stability, improve your flexibility and lower your risk of injury. Start your journey to feel Leaner, Calmer, Stronger. Classes are recorded/provided to registered participants for 1 week after classes.

DAY	DATE	EXCEPT	TIME INSTRUCTOR I		LOCATION	# OF SESSIONS	CLASS#
Monday	7/8 - 8/12	-	9:30 - M	Marion McNulty,		6 weeks	9346
Wednesday	7/10 - 8/14	-		M. Ed., AAAI and AFAA National Fitness Certifications	Virtual	6 weeks	9348
M/W	7/8 - 8/14	-				12 sessions	9350
Wednesday	6/26 - 8/21	7/3		Northampton Township Fire House Station 83	8 weeks	9352	
Thursday	6/27 - 8/22**	7/4	7:00 - 8:00 PM	Jenny Hildago	Recreation Center	8 weeks	9317



ERS \$104 | R \$114 | NR \$130 | 8 weeks || **ERS \$96 | R \$105 | NR \$ 120 | 8 weeks Virtual Fee/Weeks: \$70 | 6 weeks || \$126 | 12 sessions

TAI CHI (AGES 18 & UP)

Take time for yourself and calm your mind, body, and spirit in a low-impact environment for all fitness levels. Emphasis on fluid movement and a full, pain-free range of motion that is specifically designed to manage stress, and wash your anxiety away, while developing muscle tone, building bone density, and improving your balance and flexibility. Our Tuesday class is appropriate for those with some exposure to Tai Chi, the Thursday class provides an introduction geared toward beginners.



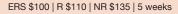
DAY	DATE	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Tuesday	6/25 - 8/13		10:15 - 11:15 AM		Wetzel Pavilion	9320
	6/20 - 8/15	7/4	10:15 - 11:15 AM	E. Story Biddle, Certified Tai Chi Instructor	Wetzel Pavilion	9322
Thursday	6/20 - 8/15	7/4	6:30-7:30 PM		Recreation Center	9324
Tuesday/ Thursday	6/20 - 8/15*	7/4	10:15 - 11:15 AM		Wetzel Pavilion	9326

| ERS \$88 | R \$97 | NR\$110 | 8 weeks | | *Tu/Th: ERS \$156 | R \$173 | NR \$199 | 16 sessions | If rain or excessive heat, class will be held at Northampton Township Fire Station 83 (New & Hatboro Road)

M YOGA IN THE PARK (AGES 18 & UP)

It's time to take your Yoga Mat outside and enjoy the warmth of Summer days in the park! Practice gentle vinyasa flow for all fitness levels to give you energy and help you get through your day. You will gain strength and flexibility while having a strong mind-body connection. Each class will combine a balanced series of poses with a focus on opening up one of several potential areas of tightness such as your hamstrings, hips, shoulders or neck. Reap the benefits while breathing fresh air.

DAY	DATE	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Wednesday	6/19 - 7/17		10:00 - 11:00 AM	Aesha Tahir	Northampton Township Municipal Park	9561





JUMP TRAMPOLINE FITNESS (AGES 16+)

Say farewell to those achy joints and HELLO to a fun new way to reach your fitness goals with MiyraNMotion! This unique approach to exercise is a breath of fresh air, replacing the traditional grind with a fun-filled fitness adventure! Get ready for a workout that's not only good for your body but will leave you feeling energized and refreshed. All trampolines provided by Parks & Recreation.



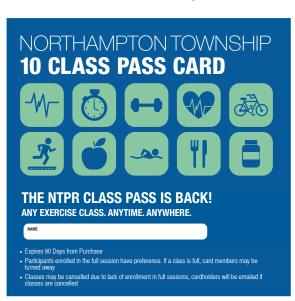
DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Market and a	6/5-6/19		6:30-	MiyraNMotion	Recreation	9532
Wednesday	6/26-7/10		7:15 PM	Certified Jump Instructor	Center	9605
	5/11-6/1	5/25	10:00- 10:45 AM	MiyraNMotion	Recreation Center	9532
Octombro	6/8-6/22	-				9590
Saturday	7/13-7/27	-		Certified Jump Instructor		9539
	8/3-8/17	-				9591

ERS \$45 | R \$49 | NR \$57 | 3 weeks or Single Class: R \$17 | NR \$20 Drop-ins welcome. *Must register on MyRec.* R \$17 | NR \$20 | per drop-in



GET FIT WITH NORTHAMPTON PARKS AND RECREATION!

PASSCARD FEE: \$125



**GENTLE YOGA (Ages 18 & up)

This calming stress-relieving yoga class teaches you how to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Poses are practiced at a slower pace with attention to alignment and detail. Recommended for those newer to yoga or working with special concerns. Perfect for the student looking for a gentle experience or those who need a change of pace. Various props will be used for a safe practice and class will end in deep relaxation. Those with medical conditions, please check with your physician if you have any concerns about attending yoga. Please bring a mat, yoga block and water. You may also bring a towel or blanket to assist your practice.

DAY	DATE	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Monday	7/15 - 8/19	-	7:30- 8:30 PM	Maria Campbell	Recreation Center	9310
Thursday	6/27 - 8/22*	7/4	9:00- 9:55 AM	Barbara Cavanaugh, AAAI-ISMA certified	Northampton Township Fire House Station 83	9315

ERS \$75 | R \$83 | NR \$94 | 6 weeks *ERS \$104 | R \$114 | NR \$130 | 8 weeks

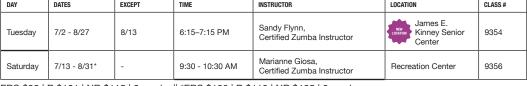


TUMBA (AGES 18 & UP)

Experience one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! 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. Add some Latin flavor and international zest into the mix and you've got ZUMBA - a fitness party! Why Zumba? It's the best party around.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Tuesday	7/2 - 8/27	8/13	6:15–7:15 PM	Sandy Flynn, Certified Zumba Instructor	James E. Kinney Senior Center	9354
Saturday	7/13 - 8/31*	-	9:30 - 10:30 AM	Marianne Giosa, Certified Zumba Instructor	Recreation Center	9356

ERS \$92 | R \$101 | NR \$115 | 8 weeks || *ERS \$100 | R \$110 | NR \$125 | 8 weeks



TUMBA 20-20-20 (AGES 18 & UP)

20 minutes of high energy Zumba + 20 minutes of Zumba Toning + 20 minutes of floor work & stretching equals the fastest 60 minutes of a fun, total body work-out that will keep you coming back for more!! It's an exercise smorgasbord for your body and mind so you can shape up and de-stress! Bring an exercise mat, light weights (preferably "Zumba Toning Sticks" if you have them), a water bottle and a towel!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#	
Thursday	6/27 - 8/29	7/4, 8/15	6:15–7:15 PM	Sandy Flynn, Certified Zumba Instructor	James E Kinney Senior Center	9358	

ERS \$69 | R \$76 | NR \$87 | 6 weeks

ZUMBA FIT (AGES 18 & UP)

Zumba Fit is geared toward adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on cardiovascular and muscular endurance, balance, range of motion, and coordination. Modifications are given as needed. Have lots of fun while experiencing the physical, mental & social benefits of Zumba Fit!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Tuesday	6/25 - 8/20	7/9	12:00 - 12:50 PM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Northampton Township Fire House Station 83	9393

ERS \$104 | R \$114 | NR \$130 | 8 weeks

TOTAL BODY FITNESS PM (AGES 18 & UP)

A fun and effective program that combines high and low impact aerobics, upper and lower body sculpting and abdominal toning. Bring a mat/towel and hand weights.

	9					
DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	7/15 - 8/5**	-	- 6:00–7:00 PM Donna Heverly ACE Certified Senior Center	9328		
Wednesday	7/17 - 8/7**	-			Senior Center	9330
Monday/Wednesday	7/15 - 8/7*	-				9332

*ERS \$96 | R \$105 | NR \$120 | 8 weeks || **ERS \$48 | R \$53 | NR \$60 | 4 weeks











If so, why not share it with the community and become an instructor today!









SALSA, SQUATS AND SCULPT (AGES 16 & UP)

Enjoy a rewarding class of simple and fun salsa dancing with a touch of barre and body sculpting. Bring light weights, a mat and your dancing socks, and let's have a safe, fun, and effective body-transforming experience that will keep a smile on your face and weight off your body! Time flies when you are having fun and this class will have your wanting

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Monday	7/8 - 8/12	-	7:00 - 8:00 PM	Jenny Hidalgo, Certified Barre Instructor	Recreation Center	9338





★ LINE DANCING (AGES 18 & UP)

Have fun while experiencing the physical, mental & social benefits of line dancing. A variety of line dance styles are incorporated to create a fun, easy-to-learn dance class. Modifications are given for participants of various fitness and skill levels.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	6/24 - 8/19*	7/8	12:30 - 1:20 PM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Northampton Township Fire House Station 83	9360

ERS \$104 | R \$114 | NR \$130 | 8 weeks

BEGINNER LINE DANCING (AGES 18 & UP)

Get off the Couch and Come Dance with Us! No experience necessary! Join Jeremy for beginner line dance class. This is a great way to get some exercise and learn how to dance!

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Monday	7/1 - 8/12	7/22	7:15 - 8:15 PM	Jeremy Duncan	James E. Kinney Senior Center	9384

\$60 | 6 weeks





M BARRE (AGES 18 & UP)

The Barre program combines attributes of Pilates, dance, and functional fitness training. This class incorporates small isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. Bring Yoga Mat and two light dumbells.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Tuesday	6/25 - 8/13*	-	7:00 - 8:00 PM	Jenny Hidalgo, Certified Barre Instructor	Recreation Center	9340

ERS \$96 | R \$105 | NR \$120 | 8 weeks

INVEST IN YOUR COMMUNITY! PUT YOUR AD HERE OR SPONSOR AN EVENT

CONTACT KRISTIN FULLERTON 215-357-6800 EXT. 249 KFULLERTON@NHTWP.ORG

NEW ALL LEVELS VINYASA YOGA WITH MARIA (AGES 18 & UP)

This class is appropriate for beginners with some experience through experienced students. Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. Following the standing/ balancing flow portion of the practice, we will transition to the floor, which will consist of various seated, prone and supine poses with the option of using bolsters and blocks. Yoga bolsters & blocks are provided. If using a bolster, please bring a "bath size" towel to place between you & the bolster. Please wear warm, non-restrictive comfortable clothing to enhance your practice. Bring your yoga mat and "bath towel"

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Mada a ada.	6/5 - 7/10	-	C.OO 7:00 DM	Maria Camphall	Recreation	9312
Wednesday	7/24 - 8/21*	-	6:30 - 7:30 PM	Maria Campbell	Center	9313

ERS \$75 | R \$83 | NR \$94 | 6 weeks | *ERS \$63 | R \$69 | NR \$79 | 5 weeks



THESE CLASSES FILL FAST! SIGN UP TODAY!

CORE YOGA FLOW (AGES 18 & UP)

Improve core strength, balance stability and flexibility while transitioning slowly and smoothly from one movement to the next to reduce stress and promote relaxation. A strong emphasis is placed on mindfulness, proper form and breathing. Modifications are given for all fitness levels; chairs are available for stability if needed. For questions please contact Tiffany Fite (fite.fitness@verizon.net)

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Tuesday	6/25 - 8/20	7/9	1:00 - 2:00 PM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Northampton Township Fire House Station 83	9364

ERS \$104 | R \$114 | NR \$130 | 8 Weeks

CORE STRENGTH, BALANCE AND STABILITY (AGES 18 & UP)

Improve static and dynamic postural alignment, core strength, balance, and stability by performing specific exercises that target these systems. Participants can expect to improve functional fitness while reducing injury and fall risk. Modifications will be given for all fitness levels.

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS#
Monday	6/24 - 8/19	7/8	1:30 - 2:30 PM	Tiffany Fite, BS Kines, CPT, CGFI, RYT, CZI	Northampton Township Fire House Station 83	9362

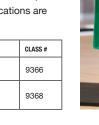
ERS \$104 | R \$114 | NR \$130 | 8 Weeks



CARDIO SCULPT (AGES 18 & UP)

Cardio combines intervals of low-impact aerobics with upper and lower body strengthening exercises, ending with core work and a deep stretch. Participants can expect to improve muscular strength, cardiovascular endurance, core stability and flexibility. A strong emphasis is placed on mindfulness, proper form, and breathing. Modifications are given for all fitness levels. For questions, please contact Tiffany Fite (fite.fitness@verizon.net)

DAY	DATES	EXCEPT	TIME	INSTRUCTOR	LOCATION	CLASS #
Wednesday	6/26 - 8/21	7/10	6:30 - 7:20 AM	Tiffany Fite,	Recreation Center	9366
Friday	6/21-8/16	7/5	11:30 AM - 12:30 PM	BS Kines, CPT, CGFI, RYT, CZI	Northampton Township Fire House Station 83	9368





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In Memoriam James M. Campbell 1922 - 2010



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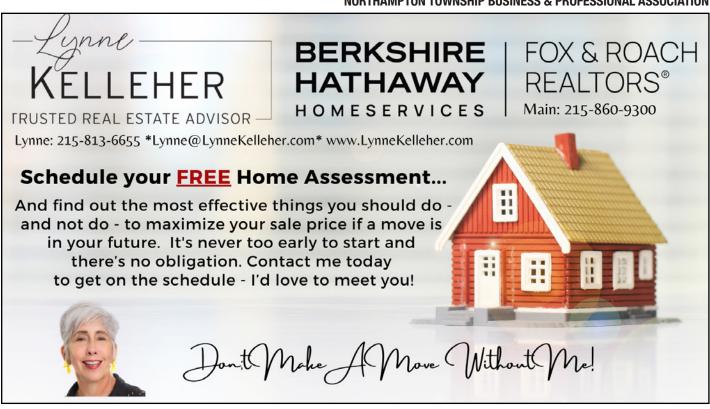
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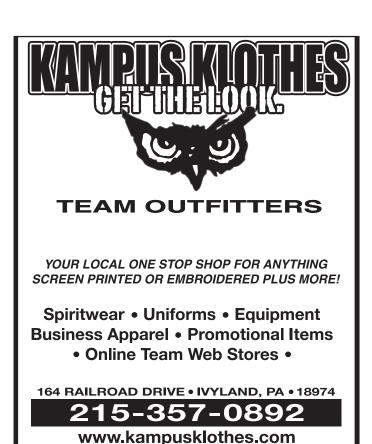




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All Local businesses and those from the surrounding area of Northampton Township are welcome!

To join, email <u>admin@ntbpa.com</u> or visit https://www.ntbpa.org



BUTTERFLY GARDEN OF REMEMBRANCE

Northampton Municipal Park 281 Hatboro Road, Churchville

The Butterfly Garden of Remembrance will serve to offer comfort and peace for you, the Community. You can honor a loved one with a customized brick paver or garden donation. The Garden is located near the Amphitheater, and supported in partnership with the Northampton Township Business & Profession Association.

Call 215-357-6800 ext. 249 for details.

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