



Sports & Fitness For Adults



CARDIO KICKBOXING

A GREAT cardiovascular workout with a kick! This coed class incorporates karate choreography to provide the participant with an excellent total body workout. This class is appropriate for people of all fitness levels!

- Session 1: Mon, Sept. 14-Oct. 19, 7:00-8:00 pm #94310
- Session 2: Sat, Sept. 19-Oct. 24, 10:00-11:00 am #94311
- Session 3: Mon, Oct. 26-Nov. 30, 7:00-8:00 pm #94312
- Session 4: Sat, Oct. 31-Dec. 5, 10:00-11:00 am #94313
- Session 5: Mon, Dec. 7-Jan. 11, 7:00-8:00 pm #94314
- Session 6: Sat, Dec. 12-Jan. 16, 10:00-11:00 am #94315
- Session 7: Mon, Jan. 18-Feb. 22, 7:00-8:00 pm #101039
- Session 8: Sat, Jan. 23-Feb. 27, 10:00-11:00 am #101040

Instructor: Amy Coates Hawe

Location: Newtown Swim Club

Fee: \$60 Resident Discount: \$50

SUNDAY MORNING STEP

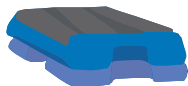
This fun and intense workout is for step aerobics participants. The exercise routine is complete with warm-up and cool-down all coupled with lively music to ensure an overall exciting and complete workout.

- Session 1: Sun, Sept. 13-Nov. 8, 10:30-11:30 am #94316
- Session 2: Sun, Nov. 15-Jan. 10, 10:30-11:30 am #94317
- Session 3: Sun, Jan. 17-Mar. 14, 10:30-11:30 am #101041

Instructor: Harriet Simon

Location: Newtown Swim Club

Fee: \$90 Resident Discount: \$80



PILATES

This easy-to-follow class increases strength and flexibility to create a total body workout. Pilates focuses on the core (mid section) of the body and improves posture. This workout experience will provide you with increased overall health and a stronger leaner body - while also reducing stress and tension. A towel/mat and loose fitting clothing is required.

- Session 1: Mon, Sept. 14-Oct. 19, 8:00 pm #94318
- Session 2: Sat, Sept. 19-Oct. 24, 9:00 am #94319
- Session 3: Mon, Oct. 26-Nov. 30, 8:00 pm #94320
- Session 4: Sat, Oct. 31-Dec. 5, 9:00 am #94321
- Session 5: Mon, Dec. 7-Jan. 11, 8:00 pm #94322
- Session 6: Sat, Dec. 12-Jan. 16, 9:00 am #94323
- Session 7: Mon, Jan. 18-Feb. 22, 8:00 pm #101042
- Session 8: Sat, Jan. 23-Feb. 27, 9:00 am #101043

Instructor: Amy Coates Hawe

Location: Newtown Swim Club

Fee: \$60 Resident Discount: \$50



BODY SHAPING

The ultimate total body workout to build a lean, strong sculpted body! If you want to tone and define selected muscle groups, this is class for you! Upper body routines tone your arms, chest and back. Lower body routines focus on legs, thighs, hips, buttocks and abdominals. Appropriate for all fitness levels. Join us for this fun, stress reducing, hour-long class! Please bring your own 1-5 pound weights.

Session 1: Sun, Sept. 20-Oct. 25, 9:30 am #94324

Session 2: Sun, Nov. 1-Dec. 6, 9:30 am #94325

Session 3: Sun, Dec. 13-Jan. 17 9:30 am #94326

Session 4: Sun, Jan. 24-Feb. 28, 9:30 am #101044

Instructor: Harriet Simon

Fee: \$60 Resident Discount: \$50

Session 1: T/Th, Sept. 15-Oct. 22, 7:00 pm #94327

Session 2: T/Th, Oct. 27-Dec. 3, 7:00 pm #94328

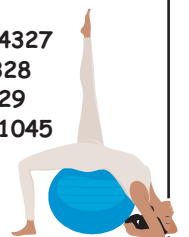
Session 3: T/Th, Dec. 8-Jan. 14, 7:00 pm #94329

Session 4: T/Th, Jan. 19-Feb. 25, 7:00 pm #101045

Location: Newtown Swim Club

Instructor: Harriet Simon

Fee: \$90 Resident Discount: \$80



STEP FUSION

Experience a class that is an exciting, effective blend of step aerobics and weight training! Now add the principles of aerobic and interval training with the disciplines of Pilates and yoga- this is step fusion! This class will result in a more fit, healthier you! This class is MWF with Monday and Wednesday at 9:15 am and Friday at 9:30 am.

Session 1: M/W/F, Sept. 14-Oct. 23 #94330

Session 2: M/W/F, Oct. 26-Dec. 4 #94331

Session 3: M/W/F, Dec. 7-Jan. 15 #94332

Session 4: M/W/F, Jan. 18-Feb. 26 #101053

Instructors: Deb Emery, Marian McNulty

Location: Newtown Swim Club

Fee: \$100 Resident Discount: \$90



GOLF CLINIC

Learn to love the game of golf! This clinic provides beginner and intermediate golfers with the opportunity to learn the fundamental skills of golf (grip, posture, full swing, set up, chipping and putting, short game, rules and etiquette). Participants are encouraged to bring their own clubs, although equipment will be provided.

Session: Sat, Sept. 26-Oct. 24, 10:45-11:45 am #94398

No class Oct. 10

Instructor: Pete Wentz

Location: Spring Mill Country Club, Ivyland

Fee: \$106 Resident Discount: \$85



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NEWTOWN
PARKS &
RECREATION

Sports & Fitness For Adults



ADULT KARATE (16-adult)



Realistic martial arts taught by certified black belt instructors that is easy, safe and fun to learn. Learn the basics skills of martial arts including techniques and forms. You'll learn how to use leverage, your own body weight properly and to your advantage. You will also learn pressure points and proper body mechanics in this class. There is uniform available for a one time purchase of \$25 through Action Karate.

Session 1: Sat, Sept. 26-Oct. 24, 11:00-11:40 am **#94387**

Session 2: Sat, Oct. 31-Dec. 5, 11:00-11:40 am **#94388**
No class Nov. 28

Session 3: Sat, Dec. 12-Jan. 16, 11:00-11:40 am **#94389**
No class Dec. 26

Location: Action Karate, 11 Penns Trail Suite 500, Newtown

Fee: \$45 **Resident Discount:** \$35

CO-ED VOLLEYBALL



Non-Competitive Recreational pick up games for men and women of all skill levels!

Session: Mon, Sep. 21-Nov. 9,
8:00-10:00 pm **#94396**

No class Sep. 28

Location: Goodnoe Elementary School Gym

Fee: \$35 **Resident Discount:** \$28

FITNESS... OVER 50! OUTDOOR HIKING



Get (or stay) fit while hiking the beautiful paved trails of Tyler State Park in Newtown. Led by a certified fitness trainer, students will learn proper exercise form, injury prevention, and hiking safety. Each class will have warm-up, body weight exercises, cardio and more! Meet other active adults who share of love of nature. Get out, get fit, have fun, and enjoy nature in this session. Everyone welcome! Must be in good health, wear work-out attire, and have supportive sneakers/running shoes are best.

Session: Wed, Sept. 23-Oct. 21 (rain date 28)
10:45-11:45 am **#94392**

Location: Boat House, Tyler State Park

Instructor: Megan Lupo, Bucks Adventure Boot Camp

Fee: \$107 **Resident Discount:** \$85

FAMILY FENCING!

Fencing is fun and safe! Engage your families' mind and body, or just your own, while developing character and mental agility! Benefits include sportsmanship, self-discipline, and patience! Participants must be at least 8 y/o and need to purchase a \$20 glove at the first class. Attendance at first class is mandatory.

Session: Sat, Nov. 7-Dec. 5, 10:00-11:00 am **#94393**

Instructor: Bucks Co. Academy of Fencing

Location: Laceworks Complex, 287 S. Main Street,
Lambertville, NJ

Fee: Parent - \$160, Child - \$145, Child w/o parent - \$160

ADULT TENNIS LEARN, PRACTICE AND PLAY!

This combined instructional and play program presents tennis to beginners through intermediates emphasizing fun, fitness and play. Fundamental tennis strokes, rules and strategies are presented then practiced using the USTA's game-based learning techniques and QuickStart modified courts and equipment. If inclement weather, final arrangements for make up will be made by coach.

Session: Sat, Sept. 26-Oct. 24

Adult beginner: 12:15 - 1:15 pm **#94394**

Adult advanced beginner/Intermediate:
1:30 - 2:30 pm **#94395**

Location: Newtown Middle School Courts

Fee: \$83 **Resident Discount:** \$66



INDOOR CO-ED SOCCER LEAGUE (ages 18+)



This is a great way to keep your skills sharp and stay in shape! Team requires a minimum of 7 players, team registration only (each additional player is \$75). Times will be given out before Sep. 20, dependant on response of registration (6, 7, 8, or 9 pm). Please provide email when registering!

Session: Sun, Sep. 20 - Nov. 8 **#94397**

Location: Newtown Athletic Club

Fee per team: \$525 (+\$75 for each player over 7)

WOMEN'S BASKETBALL



Non-competitive, recreational pick up games for women of all levels!

Session: Mon, Nov. 23-Jan. 25, 8:00-10:00 pm **#94405**

No class Dec. 28, Jan. 4, 18

Location: Goodnoe Elementary School Gym

Fee: \$35 **Resident Discount:** \$28



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Sports & Fitness For Adults



ADULT BASKETBALL

Supervised full-court pick-up games. Pre-registration is required - you cannot play if you have not registered. Sessions fill up quickly so please register early! Please be advised this schedule is tentative and subject to change.

Session 1: Mon, Sept. 21-Jan. 25, 8:00-10:00 pm #94399
No game Sept. 28 & Dec. 28 & Jan. 18

Fee: \$75 Resident Discount: \$60

Session 2: Wed, Sept. 23-Jan. 27, 8:00-10:00 pm #94400
No game Nov. 25, Dec. 9 & Dec. 30

Fee: \$75 Resident Discount: \$60

Or play both days!

Session 3: Mon. & Wed, Sept. 21-Jan. 27,
8:00-10:00 pm #94401

No game Sept. 28, Nov. 25, Dec. 9,
Dec. 28 & 30, & Jan. 18

Fee: \$135 Resident Discount: \$108

Supervisor: Kevin Koch

Location: Newtown Elementary School Gym



OVER 30 BASKETBALL

Supervised pick-up games. Pre-registration is required - you cannot play if you have not registered. Sessions fill up quickly so please register early! Please be advised this schedule is tentative and subject to change.

Session 1: Mon, Sept. 21-Jan. 25, 8:00-10:00 pm #94402
No game Sept. 28 & Dec. 21 & 28, & Jan. 18

Fee: \$73 Resident Discount: \$58

Session 2: Wed, Sept. 23-Jan. 27, 8:00-10:00 pm #94403
No game Nov. 25, Dec. 9 & Dec. 23 & 30

Fee: \$73 Resident Discount: \$58

Or play both days!

Session 3: Mon. & Wed, Sept. 21-Jan. 27,
8:00-10:00 pm #943404

No game Sept. 28, Nov. 25, Dec. 9,
Dec. 28 & 30, & Jan. 18

Fee: \$132 Resident Discount: \$105

Supervisor: Alan Most

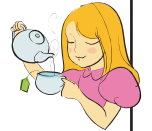
Location: Newtown Middle School Gym

WOW!

TWENTY CLASSES UNDER \$20!

WOW!

1. Take a Holiday Hayride through Tyler State Park
2. Update your frames with a Family Portrait
3. Explore the world of wine in a Walk Through the Winery
4. Take a Scholarship Writing workshop and gain funds for college
5. Get or renew an insurance discount with AARP
6. Enjoy learning about Nature in the True Blue Planet
7. Join us for Santa's Great Candy Cane Hunt
8. Create chocolate truffles for your family and friends
9. Origami, learn how to decorative fold paper into beautiful art
10. Help make Turkey Time Treats with Lulu's Cakery
11. Enjoy story time with Mother Goose
12. Have tea with Cinderella
13. Get your troop together and earn a badge
14. Enjoy the new playground at Helen Randle Park
15. Make candied apples at Sweet Pea
16. Learn all about trees in Every Tree for Itself
17. Become a connoisseur of coco in Chocolate Like a Pro
18. Grab your wings and pixie dust for our Enchanted Fairies Party
19. Stroll through the Clark Nature center and collect your Favorite fall leaves
20. Take your family swimming at the George School



ATTENTION SENIORS!

In addition to our many adult programs, Council Rock Senior Center, located at 165 Township Road in Richboro, provides a wide variety of activities for all individuals 55 and older. The Center's hours of operation are Monday - Friday, 10:00 am - 4:00 pm, also Tuesday and Thursday nights from 5:30 pm - 8:30 pm. For more information, contact Sheila Jobs at 215-357-8199.

Also, do not forget about our special senior pricing! If you are 55 years of age or older, you receive a 10% discount on programs \$20 or more!

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