

**NOW INCLUDES
SENIOR CENTER
ACTIVITIES!**

1ST ANNUAL
Winterfest
PG 4

TEEN NIGHTS!
PG 8



Connecting Generations...Building Community.

**NORTHAMPTON TOWNSHIP
PARKS & RECREATION**

FALL 2025
NORTHAMPTONREC.COM

**UPDATE YOUR INFO! Make sure your email and phone number
are current in MyRec for class notifications.**

Check out what's new!

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TAG US AND GET SOCIAL

Stay in the loop! Follow us on social media for the latest updates, exclusive content, events and a peek into all the exciting happenings!

**Fall into FUN
Stay Social!**



NorthamptonRec



northamptonparksandrec

WHEN & WHERE TO REGISTER

Currently, registrations will be taken in person, online or over the phone.

- **Online** at northamptonrec.com.
- **Registration** is required for all classes and workshops.
- **Pre-registration** may be required for Special Events.

PROGRAM REFUNDS/CREDITS

A \$10 processing fee will be assessed for ALL refunds.

Refunds will not be granted nor fees pro-rated for vacation or illness. Refunds will not be granted once a program starts.

While we make every attempt to ensure the accuracy of our offerings, we cannot be responsible for updates or typographical errors. We will update any changes online.

FEES & DISCOUNTS

Confirmation of registration or payment will be sent via email.

Class Links Virtual Programs will be emailed the day prior to first class.

Senior Citizen Discount 10% - 62 years & over.

Early Registration Savings - ERS is only for residents of Northampton Township. Northampton Residents are entitled to the Early Registration Savings Fee (ERS) when registering at least (7) seven calendar days prior to the first day of class. Participants not residing in Northampton Township must pay the Non-Resident (NR) fee.



2025 DISCOUNT TICKETS!

Make NTPR your one stop shop for the Adventure Aquarium and more!



Northampton Township Parks and Recreation is committed to delivering high quality in-person, and virtual programming for all ages, to fit any schedule.

REGISTER EARLY FOR YOUR FAVORITE PROGRAMS!

Programs will be cancelled if minimum requirements are not met **72 hours before start date.**

OUR PROMISE...

Northampton Township Parks and Recreation is committed to delivering high quality in-person, and virtual programming for all ages, to fit any schedule. **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, the Parks and Recreation Board and Staff are committed to providing Northampton Township residents with quality recreation programs and facilities.

BOARD OF SUPERVISORS

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Kristin Fullerton
Special Events
Coordinator

Leigh Ferello
Graphic Designer

A LETTER FROM THE DIRECTOR

JENNIFER FEAN

DIRECTOR OF PARKS AND RECREATION



“COMMUNITY IS WHERE IT ALL BEGINS.” - UNKNOWN

Dear Residents,

In 2025, the Northampton Township Parks and Recreation team set out with one goal in mind: to create experiences that bring the community together. From toddlers to teens, families to seniors, and everyone in between—we are on our way to building new traditions and unforgettable memories for all. And the best part? **We’re just getting started.**

This year Northampton Township came together to kick off summer with a bang at the very first **Sun and Fun Fest**, where over 2,000 residents gathered to celebrate the start of the summer season. The excitement continued on Thursday nights (once the rain stopped!) with our outstanding Summer Concert Series, carefully selected and led by our Special Events Coordinator, Kristin Fullerton.

We’re incredibly proud of our Summer Camp and Pool Staff, led by Derek Giannetti (Pool/Operations Manager), Scott Pachman and Sinead Powers (Camp Directors), and the long-awaited return of our Little Discoverers Camp, directed by Barbra Primavera. Along with nearly 150 seasonal staff, this team delivered a summer to remember for nearly 500 campers and 300 swim club members!

NTPR also officially opened six brand-new pickleball courts, as well as fully renovated basketball courts and hockey rink—a major milestone for our department, made possible by the support of our Township Supervisors and the Parks and Recreation Board.

And 2025 isn’t over yet!

This fall, look out for our brand-new **Teen Nights**—select evenings designed exclusively for ages 12-17 to play sports,

paint, create, and hang out, with each week offering something different. You’ll also find more community events like our revamped Halloween Happening on October 24 and our First Annual **Winterfest** on Friday, December 5—a brand-new holiday celebration to kick off the festive season!

There are also fantastic trips, including:

- **Hamilton on Broadway**
Saturday, September 6
- **The Outsiders on Broadway**
Wednesday, September 17
- **Cape May Getaway**
Tuesday, October 15
- **Lititz Chocolate Walk**
Thursday, October 17

And for the first time, our Senior Center programs are featured right here in the Parks and Recreation brochure! Check out the new “Senior Center” section to explore upcoming trips, special events, fitness classes, including brand new offerings - **Balanced Strength** and **Forever Fit**.

From sewing and art workshops to hockey and dance, we’ve created a robust Fall schedule designed to keep our residents fit, creative, social, and connected. Please take a moment to browse through our Fall/Winter guide. Register online or give us a call if you need assistance—we’re always happy to help!

We look forward to seeing you and continuing to build a strong and connected Northampton Township community.

Warmly,

Jennifer Fean

Director, Parks and Recreation

**GOT
TALENT?**

We’re always looking
for new instructors
and classes.

215.357.5396





FIRST ANNUAL *Winterfest*

OF NORTHAMPTON

FRIDAY, DECEMBER 5 | 5-9PM | MUNICIPAL PARK

Tree Lighting
Horse and Carriage Rides
Christmas Carols
THE BUCKS COUNTY WOMENS CHOIR
Food Trucks
Hot Chocolate Station
Fire Pit Stations with S'mores
Visit from Santa
...and a Huge Outdoor
Holiday Shopping Event!

*We are looking
for Vendors!*

Please contact
Kristin Fullerton
215-357-6800 ext 249
for information on
becoming a vendor.



BENEFITS PARKS & RECREATION
AND THE SENIOR CENTER



LONGWOOD
GARDENS

SAVE THE DATE!

Christmastime at Longwood Gardens

Want more jingle in your mingle? Check with our winter
update or online for an upcoming trip this December to
Longwood Gardens!

HAMILTON

SPACE
LIMITED

Saturday, September 6

☀8:00am ☾7:00pm*

Join us for an unforgettable day in New York City to experience the award-winning Broadway phenomenon *Hamilton*. Upon arrival in New York City, you will be dropped off close to Broadway where you can shop, visit the sites of the Theater District, Times Square or Rockefeller Center. You will be on your own for lunch with a variety of restaurants nearby. Meet back at the theater for a 1:00 PM matinee.

A revolutionary story of passion, unstoppable ambition, and the dawn of a new nation. *Hamilton* is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway, *Hamilton* has had a profound impact on culture, politics, and education.

Richard Rodgers Theater - 225 West 46th Street, NY
1PM Matinee

Depart: Northampton Administration Bldg
55 Township Rd, Richboro 18954

Cost: \$235 per person; includes transportation, ticket and driver gratuity.

- Please arrive by 7:45 AM for check-in.
- Seating: Please take notice that this is for Side Front Mezzanine Section
- Recommended for ages 10 and up

THE OUTSIDERS

Wednesday, September 17

☀8:15am ☾7:00pm*



The winner of the Tony Award® for Best Musical is *The Outsiders*. This classic coming-of-age story takes you to Tulsa, Oklahoma in 1967, where Ponyboy Curtis, his best friend Johnny Cade, and their family of Greaser "outsiders" dream about who they want to become in a world that will never accept them. *The Outsiders* features a "tuneful and soul-bearing" (New York Stage Review) original score, "high-octane choreography" (New York Magazine), and a "sensational young cast" (The Wall Street Journal) that brings the show to life.

Bernard B. Jacobs Theatre - 242 West 45th Street NY
2PM Matinee

Depart: Northampton Recreation Center
345 Newtown-Richboro Rd, Richboro 18954

Cost: \$205 per person; includes transportation and gratuity.

*traffic dependent

*Northampton Township Parks and Recreation is committed to ensuring a safe and enjoyable experience for all our participants, therefore NTPR must consider certain mobility limitations for this event. If you are not able to walk long distances or have significant mobility issues, we regret to inform you that this bus trip may not be suitable for you. This trip involves considerable walking and navigating uneven terrain, which might pose challenges. Thank you for your cooperation.



① QUESTIONS? 215-357-6800 ext 249

Experience the thrill of new adventures without the hassle of driving! Our Parks and Recreation Bus Trips offer a unique opportunity to explore exciting destinations, make new friends, enjoy a show, our trips offer something for everyone.

ERS or Senior Discounts do not apply. BUS TRIPS TO NYC BROADWAY Upon arrival in New York City, you will be dropped off close to Broadway where you can shop, visit the sites of the Theater District, Times Square or Rockefeller Center. You will be on your own for lunch with a variety of restaurants nearby.



Lititz Chocolate Walk

Friday, October 11

☀9:00am ☾5:30pm*

Get ready for a day of sweet indulgence in charming Lititz, PA during their annual Chocolate Walk, held the Saturday before Columbus Day! At your own pace, explore over 25 shops and restaurants, each offering mouth-watering chocolate treats from some of the area's top chefs, bakers, candy makers, and ice cream artisans. It's a chocoholic's dream—and all proceeds benefit children's charities throughout Lancaster County. Lunch will be on your own at one of Lititz's fabulous restaurants, with plenty of options to satisfy every craving.

Depart: Northampton Administration Bldg
55 Township Rd, Richboro 18954

Cost: \$115 per person; includes Round-trip transportation, admission to the Chocolate Walk, driver gratuity.

Be sure to bring a container or small tote for collecting your chocolate goodies along the way!

Cape May Getaway: WINE & SHOPPING

Tuesday, October 15

☀9:00am ☾7:15pm*

Join us for a relaxing fall day in beautiful Cape May, New Jersey! We'll begin with a delicious lunch, dessert and a wine flight at the scenic Willow Creek Winery, where you'll enjoy a peaceful setting surrounded by rolling vineyards. Afterward, we'll head to the charming Washington Street Mall, a walkable outdoor shopping area filled with unique shops, local crafts, and cozy benches for resting and people-watching.

Depart: Northampton Recreation Center
345 Newtown-Richboro Rd, Richboro 18954

Cost: \$135 per person; includes lunch, tax, gratuity, and round-trip motorcoach transportation.

This trip offers the perfect blend of great food, shopping, and a leisurely day spent with good company.



SPECIAL EVENTS

GET YOUR RISE ON

BEGINNER SOURDOUGH WORKSHOP

Roll up your sleeves and get your hands floured in this fun and informative beginner sourdough class! Over the course of two hours, you'll learn the basics of sourdough baking—from feeding and maintaining a starter to shaping your own loaf.

Whether you're just dipping your toe into the bread world or dreaming of artisan loaves, this class is your perfect first step.

WHAT YOU'LL LEARN

- How to care for your sourdough starter
- Stretch and fold techniques
- Nutritional benefits of sourdough
- Hands-on loaf shaping
- A tasting of three specialty breads with pairings

WHAT YOU'LL TAKE HOME

- A live, active sourdough starter
- A banneton basket and cloth
- Your own ready-to-bake loaf
- A step-by-step recipe & FAQ sheet

BEGINNER CLASSES | \$60

The James E. Kinney Senior Center
165 Township Road
Richboro, PA

Tuesday, Sep 9 | 6:30-8:30pm ID 886
Tuesday, Sep 23 | 6:30-8:30pm ID 887
Monday, Oct 13 | 6:30-8:30pm ID 889



Dan Ng
Calico Bread Co.



SUNDAY, SEPTEMBER 14

KIDS
MARKETPLACE

WE WILL BE AT NORTHAMPTON DAY

Calling all young entrepreneurs ages 5-14!!

\$15
TABLE
RENTAL

DO YOU HAVE A CREATIVE IDEA TO SHARE?
LIKE MAKING CRAFTS? • DESIGN JEWELRY?

HAVE AN INVENTION?

Children can sell ANYTHING! It can be handmade, store-bought, food, games, crafts...the sky is the limit!! We will be having our Fall Marketplace at Northampton Day.

The Kids Enterprise Marketplace is an event where kids will have the opportunity to launch their own business, sell their products and services to the public, and learn life skills along the way.

WHERE Northampton Day Grounds, Upper Holland Road

TIME 10am-3pm (tentatively)

REGISTER northamptonrec.com



SEP 27
RAIN DATE:
SEP 28

8:00 AM
TO
2:00 PM

\$12

Northampton Township's **COMMUNITY YARD SALE**

Your Yard, Your Sale - Township-Wide Treasure Hunting Fun! Get ready to declutter, make some cash, and be part of one epic day of deals! When you register your home with us, you'll receive:

- A featured spot on our interactive Yard Sale Map.
- A bright Yard Sale Sign to help shoppers find you
- You set the prices. You keep the cash. Simple as that!

Treasure hunters can grab the digital sale map at northamptonrec.com and plan their route for maximum bargain success, or pick up a printed map up at one of locations, the rec center, administration building or the library. **Questions? Contact Kristin Fullerton at 215-357-6800 ext. 249**

Let's turn Northampton into one big shopping adventure — one driveway at a time!

FRIDAY, OCTOBER 24TH

5:30PM-9:00PM

FOOD TRUCKS &
BROAD STREET BREWERY

FACE PAINTING
ACTIVITIES AND MORE!

HALLOWEEN HAPPENING RE-VAMPED!

COSTUME PARADE
BY AGE GROUP
6:00PM SHARP
(WETZEL PAVILLION BEHIND
WELCH ELEMENTARY)

THE MAGIC CONTINUES-
COME SEE HOCUS POCUS
RIGHT AFTER THE PARADE!

NORTHAMPTON MUNICIPAL PARK
281 HATBORO ROAD



SCARECROW ROW

- OCTOBER 13-29 -

NORTHAMPTON TOWNSHIP MUNICIPAL PARK

Display your scarecrow creations on "scarecrow row"! Gift cards will be awarded for each category. Winners will be announced November 1 on the P&R website.

CATEGORIES

Most Original • Funniest • Best Look Alike • Best Business/Shop

Entries will be judged by the "people's vote."

northamptonrec.com | 215-357-6800 ext. 249

Scarecrow Row will be a part of the
Halloween Parade route for all to enjoy!

NEW! TEEN NIGHTS

12-17YRS • JUST \$25 PER TEEN!

ART

Beads & Bracelets

NORTHAMPTON TOWNSHIP RECREATION CENTER

F	9/12	6:00-8:00pm	ID 740
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Hang out with friends while designing and making your own custom charm bracelets. Choose your colors, personalize your designs, and leave with a set of bracelets to keep or gift. All supplies are included — just bring your creativity and enjoy a relaxed night of crafting, music, and pizza.

Canvas & Chill:

DIY Bag Decorating Night

NORTHAMPTON TOWNSHIP RECREATION CENTER

S	10/25	6:00-8:00pm	ID 741
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Kick back with friends and unleash your inner artist as you design your very own custom canvas tote bag! Choose your colors, grab some paint and markers, and create a one-of-a-kind bag that's totally you. All supplies are included — just bring your creativity. We'll have music, good vibes, and of course... pizza!

Craft & Chill: Ceramic Jewelry Dish

NORTHAMPTON TOWNSHIP RECREATION CENTER

F	11/14	6:00-8:00pm	ID 743
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Kick back with friends and unleash your inner artist as you design your very own custom canvas tote bag! Choose your colors, grab some paint and markers, and create a one-of-a-kind bag that's totally you. All supplies are included — just bring your creativity. We'll have music, good vibes, and of course... pizza!

SPORTS

Kickball Play and Hang

NORTHAMPTON TWP RECREATION CENTER DIAMOND 1

F	9/5	6:00-8:00pm	ID 738
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Get ready for a night full of kickball, music, and fun with friends! This isn't just a casual game — our staff will run laid-back but organized games so everyone gets in on the action. We'll rotate teams, mix in challenges, and keep the energy high. Expect big kicks, laughs and of course...pizza!

Volleys and Vibes

NORTHAMPTON TOWNSHIP RECREATION CENTER

F	9/12	6:00-8:00pm	ID 741
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Serve up a fun night with friends at our volleyball hangout! Whether you're competitive or just here to play for fun, we'll have casual games, music, and pizza. All skill levels welcome — just bring your energy!

Hoops and Hangouts

NORTHAMPTON TOWNSHIP RECREATION CENTER

F	11/7	6:00-8:00pm	ID 742
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Get ready for a night full of hoops, music, and fun with friends! This isn't just an open gym - our staff will be running casual but structured games so everyone gets a chance to play, compete, and have a blast. Join us for 3-on-3 match ups, Knockout, a 3-point shooting contest, and more surprises throughout the night.

MEET NEW
PEOPLE AND TRY
NEW THINGS!

HOOPS AND HANGOUTS

"Well-organized and my son had a lot of fun! Staff kept the teens engaged with different activities throughout the night. Thanks so much for keeping our teens in mind!"



Princess Yoga Class 3-8yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Stardust Entertainment Staff	Sn	10/5 with Belle	10:00-11:00am	ID 748
		11/2 with Cinderella		ID 749

Join our princesses for light movement, stretches, games, follow along songs, a craft, and a treat and juice. Parents should be expected to stay and children should bring a yoga mat or a beach towel.

R \$30 | NR \$33 | 1 Day

PUZZLE PALOOZA!



NORTHAMPTON TOWNSHIP SENIOR CENTER

Are you a master at puzzles? Gather your team of 2-4 people to show off your skills at Puzzle Palooza! Each team will race against each other to complete a 500 piece puzzle that the team gets to take home. Prizes will be awarded to the first and second teams to complete their puzzle.

\$35

CHECK IN AT 5:30PM

Clock starts promptly at 6:00pm. You will have 2 hours to finish your puzzle.

TEAMS:

2-4 people will complete a 500 piece puzzle

REGISTRATION:

Only 1 member needs to register for the team, members must be 18+

REFRESHMENTS:

Light refreshments will be served, feel free to bring your own snacks!

\$35

Disney FAMILY TRIVIA NIGHT

\$35 for a family of 4
\$10 each additional family member

Do you think your family knows Disney better than those other families?

Get your clan together for six exciting and challenging rounds and prepare to test your expertise on all things magical!

Your host is Northampton Township Summer Camps own "Purple Shirt" Scott!

Bring your dinner and snacks, decorate your table and come up with a snazzy family team name.



PRIZES AWARDED FOR:

Best Dressed Table • Best Team Name – AND OF COURSE –

THE 2025 DISNEY FAMILY TRIVIA CHAMPIONS!

(Teams must be in the same family and no more than 6 players)

Date: Friday, October 17

Doors open at 6:30, trivia begins at 7 PM

Fee: R: \$35 NR: \$39 (Family of 4 - \$10/extra family member)

Location: Northampton Twp. Senior Center, 165 Township Rd

NORTHAMPTON TOWNSHIP PARKS AND RECREATION PRESENTS:



MESSAGES FROM YOUR LOVED ONES AND MORE

FEATURING DANIELLE SCHWARTZ, PSYCHIC MEDIUM

Receive messages from your loved ones, get insight about your future and understand how to recognize signs... Bring your family and friends for a night of spiritual healing.

Date: Saturday, November 8, 2025

Location: Northampton Township Senior Center
165 Township Rd.
Richboro

Time: 3:00 to 5:00 pm

Fee: \$45 Per Person

Light refreshments will be served.

Seats are expected to sell out fast!!

Sign up by November 1, 2025.

Register at Northamptonrec.com

or call 215-357-6800 ext 249

For more information on Danielle visit www.daniellethemedium.com

NORTHAMPTON TOWNSHIP
JAMES E. KINNEY SENIOR CENTER
 165 TOWNSHIP ROAD | RICHBORO, PA | 215.357.8199



EXERCISE

LEG WARMERS OPTIONAL.
 GOOD TIMES GUARANTEED.



A nominal fee is charged for each class with paid membership. Non-Members may participate at higher daily rate. Fees vary by class, please contact the center for specific class pricing. 215-357-8199. Classes are ongoing.

SENIOR CENTER'S DAILY EXERCISE SCHEDULE*

* EXCLUSION DATES WILL BE ANNOUNCED IN ADVANCE IF APPLICABLE

	M	T	W	Th	F
CENTER OPENS	8:30 AM				
AEROBICS		10:30-11:30 am		1:15-2:15 pm	10:30-11:30 am
CARDIO DRUMMING					9:30-10:15 am
NEW! BALANCED STRENGTH starts 9/10			2:15-3:15 pm		
CHAIR YOGA			11:45-12:45 pm		
NEW! FOREVER FIT starts 9/11				Noon-1:00 pm	
GENTLE YOGA			10:30-11:30 am		
LUV 2 DANCE		Noon-1:00 pm			
ON YOUR FEET			1:00-2:00 pm		
SENIORCISE	9:15-10:15 am 10:30-11:30 am			9:15-10:15 am 10:30-11:30 am	
TAI CHI		9:15-10:15 am			
ZUMBA GOLD		3:00-3:45 pm	9:30-10:15 am		
PARKS & REC PROGRAMMING	BEGINS AT 4:00 PM				

AEROBICS (no 11/27, 11/28, 12/25*) This class is a full hour of fun designed to get your heart pumping and your body moving! This one hour workout begins with a warm-up followed by low-impact and simple dance routines, all designed to avoid stress on the knees, hips, and other joints. The class includes activities to improve balance, weight training for muscle strength, mat work to strengthen abdominal muscles and legs, and stretching. BRING: RESISTANCE BAND, YOGA MAT, WEIGHTS AND TOWEL.

BALANCED STRENGTH Build confidence from the inside out with this dynamic class that blends full-body strengthening with balance, stability, and mindful movement. You'll improve core control, flexibility, and both static and dynamic balance—all while enhancing your overall functional fitness. With a focus on proper form, breathing, and body awareness, each session is designed to meet you where you are. Bring a set of handheld weights and a mat for optional floor work, or modify using a chair if preferred. Whether you're standing tall or seated, every exercise can be easily adapted for your comfort and ability. OPTIONAL DEPENDING ON COMFORT LEVEL: HANDHELD WEIGHTS; EXERCISE MAT.

CARDIO DRUMMING Get your heart pumping and your rhythm flowing in this fun, low-impact workout! Cardio Drumming combines upbeat music with drumming, dancing, and full-body movement—either seated or standing—making it easy to tailor to your own pace and comfort level. Drumsticks and bases are provided; just bring an inflated medium-sized yoga ball and get ready to move, groove, and feel the beat! BRING: MEDIUM SIZED YOGA BALL, TOWEL.

CHAIR YOGA Breathe, stretch, and move—without ever leaving your chair. This gentle class is perfect for those with limited mobility or anyone who prefers the support of a chair for added stability. You'll flow through seated and standing postures (using the chair for balance) that include gentle backbends, twists, and forward folds. Improve your flexibility, strength, posture, balance, and breathing—all in a safe, accessible, and supportive environment. No need to get down on the floor—just come as you are! BRING: TOWEL.



CLASSES & EVENTS

SENIOR CENTER EXERCISE CONTINUED

FOREVER FIT Stay strong, energized, and smiling with Forever Fit—a fun, low-impact fitness class for all levels! Enjoy upbeat music and easy-to-follow exercises that boost strength, balance, and mobility. Whether you're dancing, stretching, or simply moving to the rhythm, you'll feel great while connecting with a supportive community. Come join the fun and keep moving with us! **BRING: TOWEL, LIGHT WEIGHTS, RESISTANCE BAND AND LIGHT WEIGHTS.**

GENTLE YOGA Slow down, breathe deeply, and restore your sense of calm. This soothing class moves at a steady, unhurried pace, guiding you through a series of seated and standing poses designed to release tension, reduce stress, and improve flexibility. Gentle Yoga is perfect for those looking to ease into their practice or simply enjoy a mindful movement experience that nurtures both body and mind. **BRING: EXERCISE MAT AND TOWEL.**

LUV 2 DANCE Get ready to move and groove to the greatest hits—from yesterday to today! This energizing one-hour workout blends cardio, strength training, flexibility, balance, and toning into one fun-filled session. Led by our lively dance instructor, you'll burn calories, build strength, and leave class feeling stronger, happier, and totally in the groove. **BRING: TOWEL.**

ON YOUR FEET Get moving with this fun, feel-good workout designed to get your whole body engaged—no floor work required! This standing-only class features easy-to-follow dance moves, light cardio, and resistance training using hand weights, all set to motivating music. Perfect for beginners or anyone looking for a lower-impact alternative to traditional aerobics. Come for the movement, stay for the smiles! **BRING: RESISTANCE BAND AND LIGHT WEIGHTS.**

SENIORCISE (no 9/1, 10/13, 11/27, 12/25*) Ready to boost your strength, flexibility, and energy—all while having fun? This upbeat class combines seated and standing exercises using a chair for support and gentle resistance bands that are easy on the joints but big on results. Move to lively music, build strength, and leave feeling strong, confident, and refreshed. Perfect for active adults who want to feel their best without overdoing it. **BRING: RESISTANCE BAND AND A TOWEL.**

TAI CHI Find your inner calm while building strength from the inside out. This gentle Chinese martial art blends slow, flowing movements with mindful breathing to boost balance, posture, and overall well-being. Whether you're looking to reduce stress, improve flexibility, or simply feel more centered, Tai Chi offers powerful healing for the mind, body, and spirit—all at your own pace. **BRING A TOWEL.**

VINYASA YOGA One of the most popular styles of yoga, Vinyasa is a dynamic practice that helps calm the mind, stretch and strengthen the body, and improve balance. This class guides you through a continuous flow of postures—linking breath with movement in traditional Sun Salutations and standing sequences. You'll build strength, enhance flexibility, and leave feeling centered, refreshed, and ready to take on the day. **BRING AN EXERCISE MAT AND TOWEL.**

ZUMBA GOLD Get ready to dance, sweat, and smile! Zumba Gold is a lower-intensity version of a classic Zumba class, perfect for beginners or those looking for a gentler way to get moving. Set to lively Latin rhythms and easy-to-follow aerobic dance moves, this fun, fat-burning workout feels more like a party than exercise. All fitness levels welcome—just bring your energy and join the fun! **BRING A TOWEL.**

Trips



**EXPLORE, EAT, ENJOY,
AND ESCAPE THE EVERYDAY!**



Hunterdon Hills Playhouse: Never Too Late

Wednesday, September 24

HUNTERDON HILLS PLAYHOUSE
HAMILTON, NJ

☀ 9:30am ☾ 5:00pm

Never Too Late is a hilarious farce about a man in his fifties who suddenly learns he's about to be a father again. It's been 24 years since his daughter was born, and he is a little reluctant to repeat this process. Adding to this shock, his normally meek wife suddenly begins laying down the law around the house.

Members \$135 | Non-Members \$145



A Tribute to the Ed Sullivan Show

Wednesday, October 8

ACE IN THE HOLE CLUB AT THE
BROWNSTONE PATERSON, NJ

☀ 8:45am ☾ 6:00pm

A Trip Down Memory Lane: Tribute to The Ed Sullivan Show. Travel with us to the iconic Brownstone in Paterson, NJ for a dazzling performance that celebrates one of the greatest variety shows of all time! You'll be transported back to the golden age of entertainment with incredible musical tributes to legends like Barbra Streisand, Jimmy Durante, and Tom Jones. Featuring the unforgettable Michael T. Wright as Ed Sullivan himself, this high-energy show promises music, memories, and a whole lot of "really big shew" charm!

Members \$159 | Non-Members \$169

Ticket pricing includes show, table-served entrée, dessert, coffee, hot tea, tax and gratuity.

VENDORS WANTED!

FIRST ANNUAL

Winterfest

OF NORTHAMPTON

FRIDAY, DECEMBER 5 | 5-9PM | MUNICIPAL PARK

- CARDS & ARTWORK • JEWELRY/CLOTHING •
- SCARVES/HATS • HOME DÉCOR •
- GOURMET FOODS • HANDCRAFTED ITEMS •

Please contact **Kristin Fullerton**

215-357-6800 ext 249

for information
on becoming a vendor.

2025 NTP&R *fall* PROGRAM GUIDE | 11



ART - GENERAL



ART

"My kids loved the class and were eager to go each week. They learned new art techniques and met new friends!"

4-6 YRS

4-6 YRS

NEW! My First Clay Class

4-6 yrs w/ participating adult

NORTHAMPTON TOWNSHIP RECREATION CENTER

M	9/15-10/13	9:45-10:20am	ID 816
	10/27-12/1 no 11/24		ID 817

Young artists will create many functional and decorative clay pieces with a participating adult. We will explore color mixing and clay building using safe, non-toxic air-dry clay.

ERS \$115 | R \$129 NR \$139 | 5 weeks

NEW! My First Paint Class

5-6 yrs (independent/drop off)

NORTHAMPTON TOWNSHIP RECREATION CENTER

M	9/15-10/13	10:30-11:05 am	ID 818
	10/27-12/1 no 11/24		ID 819

Young artists will channel their inner Picasso as we explore color mixing, watercolor, puffy paint, and so much more! Each week we will paint a new subject that could be animals, objects or landscapes. Join us!

ERS \$115 | R \$129 | NR \$139 | 5 Weeks

13+ YRS

13+ YRS

NEW! Macrame Tree of Life 16+

SENIOR CENTER ART ROOM

T	9/23	6:00-8:00pm	ID 820
	11/4		ID 821

Create your own gorgeous Tree of Life wall art by learning just a few simple macrame knots. Final creations will vary by colors and designs. This workshop is set up for two hours which is an average time to complete this project. Participants may take their materials home to finish, if not completed by the end of the evening. Children as young as **13 can sign up with a participating adult.**

ERS \$45 | R \$49 | NR \$55 | 1 Day



Classes can close one week prior to start date, so be sure to register early!

NEW! Kintsugi Golden Joinery 18+

SENIOR CENTER ART ROOM

M	10/20	6:00-7:30pm	ID 822
T	11/11		ID 823

Kintsugi is a traditional Japanese art of repairing broken pottery by mending the cracks with a golden bond. This practice emphasizes beauty in imperfection, celebrating history and uniqueness rather than hiding flaws. Each piece becomes a one-of-a-kind, decorative work of art.

ERS \$45 | R \$49 | NR \$55 | 1 Day





NEW! Art of Sculpture 8-12 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Th	11/6-12/18 no 11/27, 12/11	5:30-6:20pm	ID 814
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Dive into the whimsical world of abstract sculptures inspired by Joan Miró, Picasso, Dali, Matisse, and more. Each session features a fun art history lesson on these masters while exploring essential design principles. We will use styrofoam, wire, cardboard, clay, and more!

ERS \$129 | R \$145 | NR \$155 | 5 Weeks

NEW! Clay Creations 9-12 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Th	9/18-10/30 no 10/2	6:30-7:30pm	ID 813
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Get ready to sculpt fabulous creations with clay! Artists will score, slip, and join natural clay to create many decorative and functional objects they can later paint, decoupage, or seal (in the following week's class). Projects may include a pencil holder, magnets, a trinket box, and more. Projects/designs may vary according to the season.

The last week of class will be spent finalizing the remainder of our creations from Week 5 with paint, etc. Guardians may want to provide their student with a shoebox/small box with tissue/newspaper to transport clay pieces home Weeks 2-6.

Recommended ages 9-12, but artists as young as 8 may register with prior clay experience.

ERS \$149 | R \$165 | NR \$175 6 Weeks



NEW! Drawing from Still Life 9-12 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Th	9/18-10/30 no 10/2	5:30-6:20pm	ID 812
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This class begins with the fundamental concepts of value and texture, essential for creating depth and interest. Students will learn how to draw and shade basic shapes like spheres, cylinders, and cubes before progressing to more complex objects. Each week includes dedicated time for students to select a still-life subject to draw independently while receiving supportive guidance from the instructor.

Whether you are a beginner looking to develop your skills or an experienced artist wanting to refine your techniques, these classes suit all levels. Join us!

Required Materials/Students MUST bring weekly to class: 9 x 12 or larger sketchpad, colored pencils, two or more charcoal pencils, drawing pencils and an eraser.

ERS \$119 | R \$129 | NR \$139 | 6 Weeks

NEW! Let's Paint 9-12 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Th	11/6-12/18 no 11/27, 12/11	6:30-7:30pm	ID 815
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Artists ages 9-12 will embark on an exciting creative journey! Week 1, we will explore color mixing, followed by a new painting for each of the remaining 5 weeks. This class is intended to enhance student creativity and appreciation for art, encourage self-expression and individuality while exploring their own style. Dress for mess/bring a painting smock.

ERS \$129 | R \$145 | NR \$155 | 5 Weeks

8-12 YRS



NEW! Friday Night Art! 18+

NORTHAMPTON SENIOR CENTER

F	10/24 Cow Skull Oil Pastel	7:00-8:30pm	ID 824
	10/24 Memento Mori Still Life		ID 825
	11/21 Sun/Moon Tarot Watercolor		ID 826

Come create in a relaxed atmosphere, that's also good for your wallet! These classes will be led step-by-step, with basic techniques offered along the way. You don't need to be an experienced artist to unwind and let your creativity soar. Students will have up to 1.5 hours to create their masterpieces.

O'KEEFFE COW SKULL OIL PASTEL Curious about oil pastels or looking to try something new? In this beginner-friendly class, we'll explore the bold, beautiful style of Georgia O'Keeffe by creating colorful cow skull artwork inspired by her iconic desert paintings.

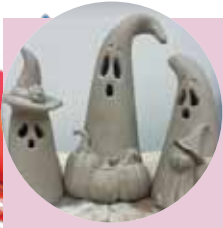
MEMENTO MORI STILL LIFE DRAWING is a fascinating art form that emphasizes objects like skulls, candles, books and more. These compositions serve as poignant reminders to cherish life. This genre encourages viewers to appreciate beauty while contemplating existence's fleeting nature.

SUN/MOON TAROT WATERCOLOR Explore the mystical world of tarot through the art of watercolor in this immersive adult workshop. Inspired by the iconic Sun and Moon tarot cards, this class guides participants through creating their own symbolic, intuitive art pieces using watercolor techniques.

ERS \$25 | R \$29 | NR \$35 | 1 Day

18+ YRS

ART - POTTERY, GLASS & MORE!



InDi Studio Pottery

All materials included. Pick up one week after the class date at the Recreation Center.

NEW! Ceramic Ghost 12+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Th	10/9	6:30-8:30pm	ID 716
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Get into the 'Spirit' of the season with this Fun, Fall, Ghost Workshop. It's perfect to decorate your mantle or create a scary centerpiece. In this workshop you will work with clay to create a unique ghost through the use of hand building, texture, and glazing techniques.

NEW! Pumpkin Containers 12+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Th	10/9	6:30-8:30pm	ID 717
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Prepare your home for fall with a festive ceramic pumpkin or pumpkin container. It's perfect to decorate your mantle, create a beautiful centerpiece, or store some tasty fall treats. In this workshop you will work with clay to create a unique pumpkin through the use of hand building, texture, and glazing techniques.

NEW! Winter Gnome 12+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Th	12/11	6:30-8:30pm	ID 718
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Add a friend to your holiday celebrations with your own winter gnome. It's perfect to decorate your mantle or bring fun and conversation to your holiday table. In this workshop you will work with clay to create a unique gnome through the use of hand building, texture, and glazing techniques.

*Classes are \$65 | 1 Day

For pictures of previous projects check out our Facebook page: www.facebook.com/indistudio.org or find us on Instagram @INDIStudio1



Leanne Purkis Magic Arts Studio

NEW! Glass Blowing Experience

NORTHAMPTON TOWNSHIP REC CENTER

S	12/13	10:30am-12:30pm	ID 587
		11:00am-1:00pm	ID 588
		11:30am-1:30pm	ID 589
		12:00-2:00pm	ID 590
		12:30-2:30pm	ID 591
		1:00-3:00pm	ID 592
		1:30-3:30pm	ID 593
Sn	12/14	2:00-4:00pm	IS 594
		12:30-2:30pm	ID 595
		1:00-3:00pm	ID 596
		1:30-3:30pm	ID 597
		2:00-4:00pm	ID 598
		2:30-4:30pm	ID 599

Using prefabricated glass tubes and a torch, our experienced instructors will guide you through the exciting process of blowing your own glass ornaments.

You'll learn how to add color, heat the glass, and blow it into shape — a fun and fascinating hands-on experience.

Each participant will make three custom ornaments.

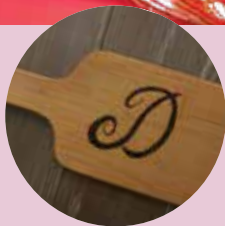
Plan for about 2 hours — there are multiple steps involved, so patience is key.

Expect some quirky, unexpected shapes — that's part of the charm. No two ornaments are alike, and perfection isn't the goal.

\$109 | 1 Day

12+YRS

16+YRS



NEW! Grapevine Winter Season Door Wreath 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Joanne Sibre, Art Sparks Consultants LLC	W	10/22	6:00-8:00pm	ID 875
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Design a Warm Winter Welcome to your home! Join to decorate a grapevine wreath with artificial greenery, pinecones, berries, assorted branches and ribbon

All supplies included: Grapevine wreath, wire, artificial greens, berries, assorted branches, pinecones, glue and ribbons, and assorted tools.

\$65 | 1 Day

NEW! Cutting Board Wood Burn Initial Design 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Joanne Sibre, Art Sparks Consultants LLC	W	11/11	6:00-8:00pm	ID 876
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Learn how to wood burn! Create a gift by designing a cutting board with an initial for personalization. Learn how to burn, shade and outline lettering.

All supplies included: Cutting board, designs, pencil, wood burning tools

\$59 | 1 Day

NEW! Fresh Evergreen Centerpiece 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Joanne Sibre, Art Sparks Consultants LLC	W	12/3	6:00-8:00pm	ID 877
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Create a festive fresh evergreen centerpiece with candles. Lengths between 18 to 24 inches, fashioned to fit your table space. Created by you for a unique holiday table design!

All supplies included: Centerpiece will include assorted evergreens, gold branches, holly, pinecones and assorted fresh branches in a base with oasis foam, ornaments, tape, wire and ribbon. Bring your own garden gloves. Pruners and assorted tools will be supplied.

\$72 | 1 Day

NEW! Paint N Sip Workshop 21+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Joanne Sibre, Art Sparks Consultants LLC	F	11/14	6:00-8:00pm	ID 878
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For the OVER 21 crowd... Come create a floral motif on two wine glasses while we enjoy wine! BYOB

All supplies included: Wine glasses, paints, and brushes. Cheese board snack provided too!

\$52 | 1 Day

18+YRS

CHECK OUT OUR

TEEN NIGHTS

FOR AGES 12-17 ON PAGE 8!



DANCE & MUSIC

NEW! Grooving on the Grass - Outdoor 6 mos-4 yrs

GRASSY AREA NEXT TO REC CENTER TENNIS COURTS

Kathy Bell founder and owner of New Groove Music Studio	M	9/22	9:45-10:30am	ID 714
		10/14		ID 715

Bring your blanket and enjoy the fresh air as Miss Kathy from New Groove Music Studio leads little ones (ages 6 months to 4 years) through a joyful mix of toe-tapping tunes, playful movement, and hands-on sensory fun. It's the perfect way to soak up the sunshine, connect with your child, and make musical memories together—right on the grass!

\$10 | 1 Day

Notes: \$10 for the first child, \$5 for each additional child in a household.

NEW! Friday Morning Nursery Rhyme Time! 1-4 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

TB Children's Services	F	9/26- 11/7 no 10/24, 10/31	9:45-10:30am	ID 841
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For Toddlers (ages 1-4) and Guardian. This joyful, interactive class encourages toddlers and their caregivers to explore language through classic nursery rhymes, fingerplays, songs, instruments, movement, and sensory activities. Each week features a beloved rhyme, coordinated crafts, and bonding moments.

ERS \$89 | R \$99 | NR \$109 | 5 Weeks

Little Stars Dance 3-6 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Kelli Robbins	T	9/30- 11/11 no 11/4	1:30-2:15pm	ID 810
		11/23- 12/16*		ID 811

Do you love to wiggle, twirl, and jump? Ready to have tons of fun while learning dance and tumbling? Come join Little Stars Dance — where every step is an adventure! We'll explore creative dance, tumble like superheroes, and build strong muscles all while having a blast! Get ready to giggle, move, and shine bright with us! We can't wait to dance with YOU!

*\$45 | 4 Weeks
\$65 | 6 Weeks

NEW! Tiny Dancers 3-5 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Elena Lydon	Th	9/25- 10/30 no 10/2	5:00-5:45pm	ID 806
		11/13- 12/18 no 11/27		ID 808

In this joyful and imaginative class, little one's twirl, leap, and tiptoe through the basics of ballet in a warm and friendly space led by a caring, experienced instructor. Your child will explore the world of dance while building rhythm, balance, flexibility, and confidence — all through music, movement, and plenty of fun! It's the perfect way to spark a love of dance and see if ballet is your child's next big passion. Children needs to wear clothing that is comfortable and easy to move around in. Your child can wear a danskin, leotard and tights with ballet shoes and/or tap shoes but is not required.



ERS \$59 | R \$69 | NR \$79 | 5 Weeks

Little Melodies 18 mos-3 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Lolly Hopwood	Th	10/1- 10/29	9:45-10:30am	ID 842
		11/12- 12/17 no 11/26		ID 843

This weekly movement & music class led by beloved Bucks County kid's musician, Lolly Hopwood, will have your little ones learning music basics like rhythm, dynamics, and mood. Combined with lots of imagination and plenty of fun-filled movement activities, this class will also help your children to develop physically, emotionally, and socially.

ERS \$65 | R \$75 | NR \$85 | 5 Weeks



6 MOS-7 YRS



Preschool of Rock 3-6 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Lolly Hopwood	Th	9/25-10/30 <i>no 10/2</i>	1:30-2:15pm	ID 844
		11/13-12/18 <i>no 11/20, 11/27</i>		ID 845

This energetic and creative program is designed for kids ages 3-6 who are ready to explore the world of music and movement. Our engaging classes combine singing, dancing, crafting and instrument play, all tailored to ignite your child's imagination and love for music. While your kiddos are learning building blocks of music that are perfect for their age, they'll also be growing their social and emotional skills, and developing their gross and fine motor skills. Join us at Preschool of Rock, where every class is a concert of fun, learning, and laughter!

844: \$69 | 5 Weeks
845: \$55 | 4 Weeks

NEW! Tap Shoes & Twirls 5-7 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Elena Lydon	Th	9/25-10/30 <i>no 10/2</i>	5:45-6:30pm	ID 807
		11/13-12/18 <i>no 11/27</i>		ID 809

This fun and lively class brings ballet and tap to life with music, movement, and a touch of magic. Dancers will learn real ballet and tap steps along with vocabulary while twirling through playful routines that build rhythm, balance, flexibility, and posture. With every plié and leap, your child's confidence will grow — all in a joyful, supportive environment made just for little feet ready to dance! Children needs to wear clothing that is comfortable and easy to move around in. Your child can wear a danskin, leotard and tights with ballet shoes and/or tap shoes but is not required.

ERS \$59 | R \$69 | NR \$79 | 5 Weeks

BEGINNER LINE DANCING

"The instructor made the class fun and had a lot of patience with instructing the class!"

JEREMY DUNCAN LINE DANCING GET OFF THE COUCH AND COME DANCE WITH US!

Beginner Line Dancing 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER/

MAUREEN WELCH AND NORTHAMPTON LIBRARY*

M	9/29-11/10* <i>no 10/13, 11/3</i>	7:15-8:15pm	ID 798
	11/17-12/22 <i>no 11/24</i>		ID 799

No experience necessary! Join Jeremy for beginner line dance class. This is a great way to get some exercise and learn how to dance!

- 9/29 - 7:00-8:00pm Maureen M. Welch Elementary
- 10/27 - 7:00-8:00pm Northampton Free Library
- 11/10 - 7:15-10:00pm Dance Party

\$50 | 5 Weeks

NEW! Next Step Up from Beginner Line Dancing 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

T	9/30-11/11* <i>no 11/4</i>	6:00-7:00pm	ID 802
	11/18-12/23		ID 803

Join Jeremy for the next step up from Beginner Line Dancing. This is a great way to get some exercise and learn some new dances! This level is for people who have some experience with line dancing and already know the lingo. We will be learning fun and popular dances that require prior familiarity with line dancing. Beginners are encouraged to sign up for the Monday night beginner class. The 6th session will be a chance for you to use what you've learned with line and partner dancing following the lessons until 9pm. This dance party is included with the purchase of the 6 week lesson series, but if you or your friends just want to come this night to join in the fun, it will be \$10.



\$60 | 6 Weeks

Monday Line Dancing 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

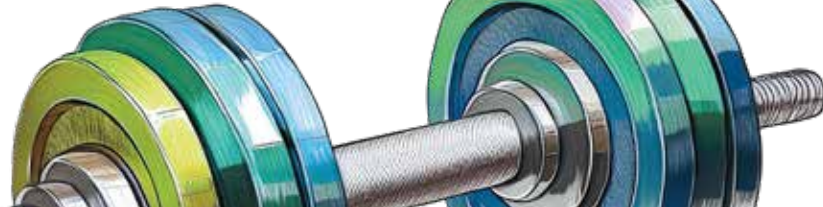
Tiffany Fite <i>BS Exercise Physiology, NASM CPT, CES, SFS; AFAA CGFI; 200 RYT; Zumba/Zumba Gold Certified</i>	M	9/8-10/6	12:30-1:20pm	ID 783
		10/27-12/22		ID 784

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.

783: ERS \$65 | R \$75 | NR \$85 | 5 Weeks
784: ERS \$119 | R \$129 | NR \$149 | 9 Weeks

18+ YRS

FITNESS



8+ YRS

Fit Focus 8-16yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Jenny Hidalgo	T	9/30-11/11 no 11/4	6:00-7:00pm	ID 830
		11/18-12/23		ID 831

Get moving, get strong, and stay active! Fit Focus is a high-energy fitness class designed to improve strength, endurance, coordination, and overall physical health. Through a mix of body weight exercises, cardio drills, and functional fitness routines, participants will build a solid foundation of fitness in a fun and supportive environment. Whether your child wants to enhance athletic performance or just get in better shape, this class delivers real results—one workout at a time!

ERS \$75 | R \$85 | NR \$95 | 6 Weeks

Cardio Sculpt 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Tiffany Fite BS Exercise Physiology, NASM CPT, CES, SFS; AFAA CGFI; 200 RYT; Zumba/ Zumba Gold Certified	F	9/5-10/10	11:30am-12:30pm	ID 789
		10/17-12/19 no 11/28		ID 790

Cardio Sculpt 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 at fite.fitness@verizon.net

789: ERS \$130 | R \$143 | NR \$163 | 6 Weeks

790: ERS \$119 | R \$129 | NR \$149 | 9 Weeks

Jump Trampoline Fitness 16+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Maureen Schoenfeld Certified Group Fitness & JUMP Certified	W	10/1-10/29	6:00-6:45pm	ID 750
		11/5-12/10- no 11/26		ID 526

Say goodbye to discomfort and hello to a vibrant, enjoyable approach to fitness! This dynamic class offers a refreshing alternative to traditional workouts, combining effective exercises with an upbeat, fun atmosphere. It's designed to boost your energy, improve mobility, and help you reach your fitness goals without the strain. Get ready to feel revitalized as you move, sweat, and have fun! Recreation Center provides trampolines.



ERS \$65 | R \$75 | NR \$85 | 5 Weeks

NEW! Strong and Stable 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Tiffany Fite BS Exercise Physiology, NASM CPT, CES, SFS; AFAA CGFI; 200 RYT; Zumba/ Zumba Gold Certified	M	9/8-10/6	1:30-2:30pm	ID 785
		10/22-12/27		ID 786

This class integrates upper and lower body strengthening exercises with movement patterns that require balance and stability. Participants can expect to improve total body strength, core stability, static and dynamic balance, flexibility, and overall functional fitness. A strong emphasis is placed on mindfulness, proper form, and breathing. Please bring a set of handheld weights and a mat for floor exercises. Participants may choose not to use weights and perform floor exercises seated in a chair instead. All exercises can be easily modified to accommodate every participant.

785: ERS \$65 | R \$75 | NR \$85 | 5 Weeks

786: ERS \$119 | R \$129 | NR \$149 | 9 Weeks

Total Body Fitness 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Gina DiFebbo, AAA! Certifications in Group Fitness, Cardio Kickboxing, Strength and Personal Training	M	9/29-11/10 no 10/13, 10/20	6:00-7:00pm	ID 769
		11/17-12/22		ID 772
	W	10/8-11/5		ID 770
	W	11/12-12/17 no 11/26		ID 773
M & W		9/29-11/10 no 10/1, 10/13, 10/20		ID 771
		11/12-12/22 no 11/26		ID 774

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.

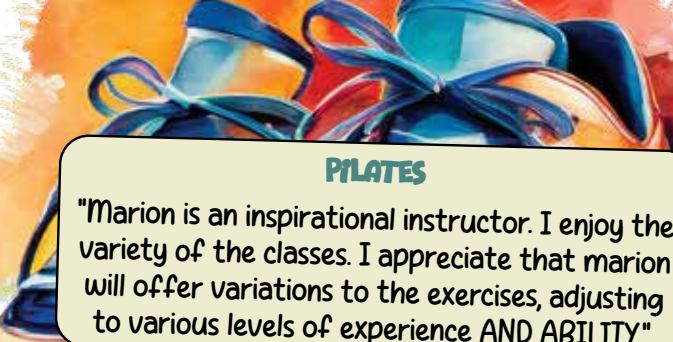
769-770, 773: ERS \$59 | R \$65 | NR \$75 | 5 weeks

772: ERS \$75 | R \$79 | NR \$89 | 6 weeks

771: ERS \$109 | R \$119 | NR \$135 | 10 Sessions

774: ERS \$119 | R \$129 | NR \$149 | 11 weeks

16+ YRS



PILATES

"Marion is an inspirational instructor. I enjoy the variety of the classes. I appreciate that marion will offer variations to the exercises, adjusting to various levels of experience AND ABILITY."

Pilates 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Barbara Cavanaugh	W	10/1-11/5	10:00-11:00am	ID 781
		11/12 - 12/17 no 11/26	10:00-11:00am	ID 782

Pilates focuses on strengthening the upper and lower body, abdominal muscle, lower back, and buns. Pilates is designed to give your suppleness, natural grace and skill. Bring a MAT!

781: ERS \$75 | R \$85 | NR \$95 | 6 Weeks
782: ERS \$65 | R \$75 | NR \$79 | 5 Weeks

Jenny Hidalgo	T	9/30-11/11 no 11/4	7:00-8:00pm	ID 759
		11/18 - 12/23	7:00-8:00pm	ID 760

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.

ERS \$75 | R \$85 | NR \$95 | 6 Weeks

Virtual Pilates 18+

ONLINE

Marion McNulty	M	9/8-10/13	9:30-10:30am	ID 775
	W	9/10-10/22	9:30-10:30am	ID 776
	M & W	9/8-10/22 no 9/24, 10/20	9:30-10:30am	ID 777
	M	11/3-12/15 no 11/24	9:30-10:30am	ID 778
	W	11/5-12/17 no 11/26	9:30-10:30am	ID 779
	M & W	11/3-12/17 no 11/24, 11/26	9:30-10:30am	ID 780

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 and are provided to registered participants for 1 week after classes.

775-6, 778-9: \$70 | 6 Weeks
777: \$128 | 12 sessions

Tai Chi 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

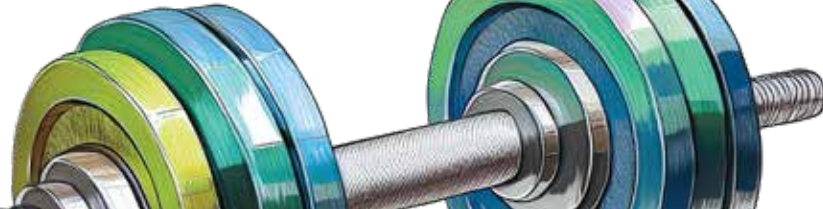
Story Biddle	T	9/30-11/11 no 11/4	10:15-11:15am	ID 761
		11/18-12/23		ID 765
	Th	9/25-11/6 no 10/2		ID 762
	Th	11/13-12/18 no 11/27		ID 766
	Th	9/25-11/6 no 10/2	6:30-7:30pm	ID 763
		11/13-12/18 no 11/27		ID 767
	T & Th	9/25-11/11 no 10/2, 11/4	10:15-11:15am	ID 764
		11/13-12/23 no 11/27		ID 768

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.

766-7: ERS \$55 | R \$59 | NR \$69 | 5 Weeks
761: ERS \$65 | R \$75 | NR \$85 | 6 Weeks
768: ERS \$109 | R \$119 | NR \$135 | 11 Sessions
764: ERS \$119 | R \$129 | NR \$149 | 12 Sessions

18+ YRS

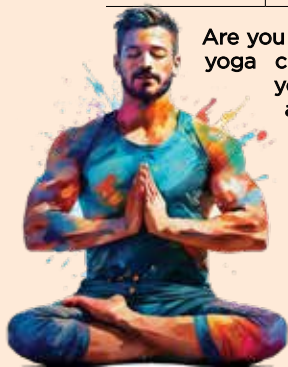
FITNESS



Gentle Yoga - Level 1 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Barbara Cavanaugh	Th	9/25-11/6	9:00-10:00am	ID 757
		11/13-12/18 no 11/27		ID 758
Maria Campbell	M	9/29-11/17 no 10/13, 10/20	6:30-7:30pm	ID 753
		11/24-12/22		ID 754
	W	10/8-11/5		ID 755
		11/12-12/17 no 11/26		ID 756



Are you new to Yoga? This class is a beginner yoga class. 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 and practiced at a slower pace with attention to alignment and detail. Recommended for those new 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.

753: ERS \$75 | R \$85 | NR \$95 | 6 Weeks
754-57: ERS \$65 | R \$69 | NR \$79 | 5 Weeks

Yoga Sculpt and Flow 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Tiffany Fite BS Exercise Physiology, NASM CPT, CES, SFS; AFAA CGFI; 200 RYT; Zumba/ Zumba Gold Certified	T	9/2 - 10/14 no 9/23	1:00-2:00pm	ID 787
		10/21-12/23 no 11/4		ID 788

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)

787: ERS \$79 | R \$89 | NR \$99 | 6 Weeks
788: ERS \$119 | R \$129 | NR \$149 | 9 Weeks



Zumba 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER* AND RECREATION CENTER**

Julia Nucero	Th	9/25-11/6 no 10/2	6:30-7:30pm	ID 835
		11/13-12/18 no 11/27		ID 854
Marianne Giosa	S**	9/27- 11/1 no 10/25	9:30-10:30am	ID 837
		11/18-12/20 no 11/29	9:30-10:30am	ID 838

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.

Note that classes generally have a varied range of ages and fitness levels, but EVERYONE can do this! Instructor always gives low impact versions of any high impact moves so you can tailor the class to your level -Make it as high or as low as you want! No excuses, if you enjoy dancing, come out and give this a try!

835 & 837: ERS \$75 | R \$85 | NR \$95 | 6 Weeks
834 & 838: ERS \$65 | R \$75 | NR \$85 | 5 Weeks

Zumba Sculpt 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Tiffany Fite BS Exercise Physiology, NASM CPT, CES, SFS; AFAA CGFI; 200 RYT; Zumba/ Zumba Gold Certified	T	9/2 - 10/14 no 9/23	12:00-12:50pm	ID 791
		10/21-12/23 no 11/4		ID 792

Zumba Sculpt offers participants low-impact, easy-to-follow Zumba dance choreography followed by strength, balance, and flexibility exercises for the entire body. 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 to all fitness levels. Resistance exercise bands are supplied by the instructor, or participants may use their own. For questions, please contact Tiffany Fite (fite.fitness@verizon.net).

791: ERS \$79 | R \$85 | NR \$99 | 6 Weeks
792: ERS \$119 | R \$129 | NR \$149 | 9 weeks

18+ YRS

Discover, Learn, and Grow



AT NORTHAMPTON TOWNSHIP PRESCHOOL

NOW OFFERING FULL DAY PRE-K!

NEW HOURS Preschool classes now run 9:15 AM to 12:15 PM to allow for more focused learning time.

At Northampton Township Preschool, we support your child's natural curiosity and development with a balanced curriculum in art, math, science, and social skills. Our nurturing, play-based environment helps preschoolers build the academic and life skills they need for future success.

With certified teachers and a long-standing reputation in the community, we're proud to be a trusted choice for early education.

**PLEASE INQUIRE ABOUT
EARLY MORNING DROP OFF!**

QUESTIONS OR MORE INFO?

Barbra Primavera
Recreation Manager
215-357-5396



Seedlings 3-Year-Old, 2 Day Program

Tuesday and Thursday, 9:15 AM - 12:15 PM

Eligibility: Children must turn 3 by 9/1/2025 and must be completely potty trained and self-sufficient

Annual Fee: \$2,000

\$200 per month, September through June

Sprouts 3-Year-Old, 3-Day Program

Monday, Wednesday & Friday, 9:15 AM - 12:15 PM

Eligibility: Children must turn 3 by 9/1/2025 and must be completely potty trained and self-sufficient

Annual Fee: \$2,700

\$270 per month, September through June

Blossoms 4-Year-Old, 3 Day Program

Monday, Wednesday, Friday, 9:15 AM - 12:15 PM

Eligibility: Children must turn 3 by 9/1/2025 and must be completely potty trained and self-sufficient

Annual Fee: \$2,700

\$270 per month, September thru June

Blooms 4-Year-Old, 5-Day Program

Monday through Friday, 9:15 AM - 12:15 PM

Eligibility: Children must be 4 by 9/1/2025

Annual Fee: \$4,400

\$440 per month, September through June

NEW! Ready, Set, Grow Kindergarten Prep Full-Day Program

Monday through Friday, 9:00 AM - 3:00 PM

Eligibility: Children must be kindergarten eligible and entering Kindergarten in the 2026-27 school year (no exceptions).

Annual Fee: \$7,000

\$700 per month, September through June



A BIG THANK YOU TO OUR SUMMER CONCERT SPONSORS

A COMMUNITY OF BUSINESSES THAT CARE!

Parks & Recreation is grateful to the generosity of the many local businesses that have supported the essential need for recreational activities, events, camps and programming for the Community.

THANK YOU TO LOCAL BUSINESSES FOR DONATIONS AND SERVICES.

If your company would like to Sponsor the upcoming Hallo-Weekend events or end of year Holiday Events, please reach out to: Kristin Fullerton
kfullerton@nhtwp.org 215-357-6800 ext. 249



SPECIAL INTEREST

STEM - ARENA

Arena STEM 5-12yrs

950 INDUSTRIAL BLVD, SOUTHAMPTON PA 18966

Arena STEM Staff	M	9/29-11/10 no 10/13, 10/20	5:00- 6:00pm	ID 828
		11/24- 12/22		ID 829

Ratchet up your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Space Odyssey, heavy machinery and robots. Design and build as never before to explore your craziest ideas. You will put your creations to have power towards the end of the session. Put your concepts to the test with STEM hands-on projects!

ERS \$105 R \$115 NR \$125 | 5 Weeks



LEGO Mania! Building Bonanza 3-8yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

TB Children's Services LLC Staff	F	10/17	6:00-8:00pm	ID 846
		10/24		ID 847

Get ready to build, create, and imagine in this exciting one-time class designed for LEGO lovers of all ages! In LEGO Mania, young builders will unleash their creativity through fun building challenges, games, and show-and-tell. Whether your child is a master builder or just getting started, this class is the perfect opportunity to connect with others, share creations, and be inspired.

Each session includes:

A themed LEGO building challenge (e.g., tallest tower, dream house, crazy creature)

Time to build and brainstorm

A chance to share their masterpiece with the group

Encouragement and guidance from the instructor

ERS \$29 | R \$35 | NR \$39 | 1 Day

STEM - CODE YOGIS

Code Yogis Coding Fundamentals 7-15yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Code Yogis Staff	Su	10/5-10/26	4:30- 5:30pm	ID 634
		11/2-11/23		ID 635
		12/7-12/21		ID 636

This program focuses on laying a strong foundation for technology and future coding. With a basic understanding of hardware, circuitry, and electricity, kids can go on to obtain sensory knowledge and sharp analytical thinking skills. Scratching the surface of coding with MIT Scratch allows for a strong foundation in computer programming in an easy way for kids to understand. Expanding further with Pseudocode and diagrammatic programming students can learn the concepts of data, conditions and procedures to ensure their success in any tech concept they may pick up in the future. This 3-month program is the foundation for robotics, machine learning, and software, and prepares kids for any future endeavors in technology. This program is set to run monthly. Should participants wish to participate in the entire program, they must register for each month individually!

R \$99 | NR \$119 | 4 Weeks

STEM - MINDS IN MOTION

Outer Space and Physics Fun 7-11yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Minds in Motion Staff	W	10/18-11/12	6:00- 7:00pm	ID 797
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Come join an exciting world of space exploration as you build and take home your very own Orbiting Solar System Kit! You will assemble your own model, learn all about our planetary neighborhood, and watch the planets move around the sun with a wind-up motor inside. Set the planets in motion with a flick of your wrist! Take part in other exciting activities involving physics, air pressure, and density. Check out our real meteorite fragment sample! Watch a cosmic rocket shoot up fifty feet into the air! Be mesmerized as you assemble and take home your own stunt plane and learn about the four major forces of flight. You will also witness some neat demonstrations from your instructor. Watch as an egg is magically sucked into a bottle, behold a tornado being created, and much more in this fun and exciting program!

ERS \$169 | R \$185 | NR \$195
6 Weeks



5-15 YRS

Geoventures 6-12yrs

NORTHAMPTON TOWNSHIP
RECREATION CENTER

Geoventures	Th	10/2	9:00am-3:00pm	ID 735
	M	10/20		ID 736
	Th	11/26		ID 737

10/2 NATURE CHEMISTS Learn about our world through safe, nature-friendly science experiments! Using plants to cause magic color changes, nontoxic slimes, giant bubbles, rainbow volcanoes and more!

10/20 HALLOWEEN GEOCACHING Do you love hunting for hidden treasures? Join us for a Halloween Hunt full of Tricks and Treats! Experienced staff will guide you to use GPS for geocaching, and explore the outdoors in this game for all ages, made playfully spooky for the season.

11/26 TOYMAKERS WORKSHOP Using eco-friendly and recycled materials, create and invent toys, games and stuffies to take home to your family! playwell.

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

STEM - PLAYWELL

Engineering Workshop using LEGOs 5-9yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Playwell Tek Staff	M	9/22	9:00am-12:00pm	ID 883
	T	9/23		ID 884

Join Play-Well TEKologies for a workshop using the LEGO® Building System. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. Utilizing thousands of LEGO® parts, we strive to build students' problem-solving skills, foster a greater appreciation of how things work, and encourage the qualities of inquisitiveness, self-reliance, and self-confidence in children. Projects for the workshop will be selected by the instructor based on the ages, experience levels, and interests of the children. Generally a workshop will consist of two or three projects.

\$49 | 1 Day

Haunted House Workshop using LEGOs 5-9yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Playwell Tek Staff	M	10/20	9:00am-12:00pm	ID 885
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This Halloween season, join Play-Well TEKologies for a LEGO® Haunted House workshop! Participants will use their imagination to create their own spooky designs, building their haunted houses and engineering their own traps with the guidance of an experienced Play-Well instructor. Can your LEGO® Minifigure make it through the haunted house without getting scared?!

\$49 | 1 Day

CPR/FIRST AID

AHA Heartsaver CPR/AED/First Aid 15+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Jay Colella	S	10/11	9:00am-1:00pm	ID 793
		12/6		ID 794

Learn the skills needed to recognize cardiac arrest, get emergency care on the way quickly, and help a person until EMS arrives. This course teaches students information needed to respond to and manage illnesses and injuries in an adult in the first few minutes until professional help arrives. Heartsaver First Aid teaches you the basics for the most common first aid emergencies, including how to recognize them, how to call for help, and how to perform life saving skills.

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

DRIVER'S ED

Online Theory Driver's Education 14-18yrs

ONLINE

John's Driving School 1/1-12/31	self-paced	ID 035
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John's Driving School's 30 Hour Online Driver's Education: PA S.P.I.D.E.R. Course by IMPROV is approved by the PA Dept. of Education. Powered by S.P.I.D.E.R., a proprietary method developed by the world's top behavioral and driving experts, this course provides a simple set of tools that will help new drivers make safer choices and avoid collision. Once registered John's Driving School will email access to the 13 Chapter/30 Hour Course. Upon course completion and passing the final exam the Certificate of Completion will be emailed by John's Driving School! Call John's Driving School directly for more information and/or to arrange for "in-car" behind-the-wheel instruction at 215-295-8014.

\$50

VOICE OVER

Voice Over Training 16+

ONLINE

Justine Reiss	M	10/15	5:30-7:30pm	ID 832
Lisa Foster	S	11/22	9:00-11:00am	ID 833

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. If you do not receive the link in your email please check your spam folder.

\$20

14+ YRS

SPECIAL INTEREST

CARDS & GAMES

Introductory Canasta 101 21+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Marsha Freedman	W	10/1-10/22	1:00-3:00pm	ID 795
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Socialize while learning to play a new card game in 4 easy lessons! Bring your friends! Join the fun! Week 1 = Rules, Basics of Play, Melds, Types of Canastas, Object of Game, Week 2 = Playing the hand, taking the pack, etiquette, Week 3 = Strategies, Week 4 = Scoring, penalties, special hands.

ERS \$75 | R \$85 | NR \$95 | 4 Weeks



Introductory Mahjongg 101 21+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Marsha Freedman	M	9/8-9/29	1:00-3:00pm	ID 796
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Learn to play the American version of the engaging Chinese game of mahjongg. Week 1 - Name of tiles and suits, reading a mahjongg card, picking a hand, Week 2 = dealing, rolling the dice, arranging hand, review picking a hand, Week 3 - Build the walls, breaking a wall, charlestons, joker, rules, gameplay. Week 4 - Passing and calling tiles, courtesy pass, stealing ending the game.

ERS \$75 | R \$83 | NR \$93 | 4 Weeks

Tarot for Beginners 18+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Robert Hazzon	T	9/30-11/11 no 11/4	7:00-8:00pm	ID 728
		11/18-12/23		ID 729

This is a beginners class for anyone interested in the fascinating and esoteric world of Tarot. You'll learn all the meanings of the cards and their symbols, plus various layouts and types of readings. Requirement for the class- HAVE YOUR OWN DECK which should be the Rider-Waite deck since the lessons refer to that particular deck. Always buy a new deck, not used. The class runs for 6 weeks, meeting once a week.

Teacher, Robert Hazzon, has been reading cards for over 40 years with a significant following and reputation on Facebook. These classes have been going on at Northampton Parks and Recreation since the Fall of 2023.

ERS \$90 | R \$99 | NR \$113
6 Weeks



ELDERBERRY WORKSHOPS - MAKE YOUR OWN!

NEW! Elderberry Syrup* 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Venessa Phipps	S	11/8	1:00-3:00pm	ID 840
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In this interactive class, participants will receive step-by-step instruction on making elderberry syrup using raw honey and simple ingredients.

Discover the documented medicinal properties of elderberries. Discuss important safety considerations, including why elderberry syrup is not recommended for children under age 2 and raw honey should not be given to infants under 1.

Explore natural methods for extending shelf life, such as refrigeration, alcohol additions, and proper bottling. Learn how to store and use the syrup effectively at home. Take home a jar of syrup made in class. Receive a detailed handout that includes the full recipe, safety notes, storage tips, and additional resources.

ERS \$115 | R \$125 | NR \$135 | 1 Day

NEW! Elderberry and Hibiscus Fire Cider* 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Venessa Phipps	S	10/25	1:30-4:00pm	ID 839
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In this hands-on workshop, students will learn to craft Elderberry & Hibiscus Fire Cider. This is one of the many traditional herbal tonics known for its immune-boosting and digestive benefits. Each participant will prepare their own jar, blending powerful ingredients like elderberries, hibiscus, ginger, garlic, turmeric, and apple cider vinegar. The class will cover the history, benefits, and fermentation process of fire cider, along with proper preparation techniques. Students will measure, mix, and assemble their jars while learning about the properties of each ingredient. They will also receive step-by-step instructions for at-home fermentation, straining, and adding honey after the process is complete. This workshop is perfect for those interested in natural remedies, herbalism, and fermentation. All materials, including jars, ingredients, and honey containers, will be provided. By the end of the session, participants will have a ready-to-ferment jar of fire cider, knowledge of its wellness benefits, and the confidence to create their own herbal infusions at home.

ERS \$119 | R \$129 | NR \$139 | 1 Day

*Creating the fire cider can be messy and staining: Please wear old, clean clothes. Consider bringing kitchen gloves to protect your hands. Consider a full apron, this will help to prevent staining from transferring from you to your car. See more info on MyRec.



Let's Talk About Your Plate 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Theresa Prior	Th	10/9-11/13	7:00-8:15pm	ID 734
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Confused about what to eat to stay healthy and maintain your weight? Join us for this class which will help you examine the foods on your plate from several nutrition lenses: whole vs. hyper-processed foods, animal vs. plant foods, color and variety, gut-friendly vs. gut-harmful, anti-inflammatory vs. inflammatory, and nutrient-dense vs. calorie-dense. Use these metrics to revolutionize your eating habits to promote health and provide energy to fuel your day.

ERS \$65 | R \$72 | NR \$87 | 6 Weeks



Dog Training 18+

NORTHAMPTON TOWNSHIP MUNICIPAL PARK PAVILION 2

Donna Meszaros	S	9/20 - 10/18	10:00-11:30am	ID 746
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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 are welcome. Instructor reserves the right to remove a dog from the class at her discretion.

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

Art With a Heart Classes

****Every Month is a New Project!****

2nd Wednesday of each month

First class starts September 10th

11 AM - 1 PM

\$15 (Members) \$19 (Non-Members)

*Includes instructor and all materials

Register at www.northamptonrec.com or call

215-357-6800 X245

Location: Northampton Township Senior Center-165 Township Road, Richboro Pa 18954



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SPECIAL INTEREST

Sew What?

CROCHET, KNITTING & SEWING

CROCHETING

Kids Crocheting 10-16 yrs

NORTHAMPTON TOWNSHIP SENIOR CENTER

Susana Ash	M	12/1	4:45-6:45pm	ID 723
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Join us for a fun-filled crochet adventure! You'll learn the basics, from casting on to mastering single and double crochet stitches. Just come ready to create and have a blast! Fee includes crochet hook, yarn and instruction.

\$60 | 1 Day

Intro to Crocheting 16+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Susana Ash	M	12/1	7:00-9:00pm	ID 724
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Join us for a fun-filled crochet adventure! You'll learn the basics, from casting on to mastering single and double crochet stitches. Just come ready to create and have a blast! Fee includes crochet hook, yarn and instruction.

\$60 | 1 Day

NEW! Yoga and Knitting Workshop

NORTHAMPTON TOWNSHIP SENIOR CENTER

Ann Albe and Doris Szeto	S	9/13	2:00-4:00pm	ID 719
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During this two-hour workshop, participants will begin with a 55-minute yoga class specifically designed for knitters, followed by a brief break and a knitting class. The yoga portion of this workshop will be led by Doris Szeto, a certified yoga instructor who's been teaching in the area since 2005. She encourages her students to explore the practice with a sense of curiosity and playfulness, while

moving with breath and mindful alignment. This yoga class is suitable for all levels. The knitting portion of this workshop will be led by Ann Albe, local designer and avid knitter. This month's pattern is the Sunburst Headband. Sunburst is an ear-warming headband knit in the round using stranded colorwork. It is very stretchy and will fit a variety of adult sizes (finished circumference 19.25" [49 cm]). Casting-on in the round and stranded knitting techniques will be demonstrated. Yoga: Suitable for all levels. Knitting: Suitable for knitters who already know how to cast on, knit, and purl. All materials included for knitting but participant must bring yoga mat.

\$125 | 1 Day

NEW! Learn to Knit Beginner Scarf 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Ann Albe	Th	9/18-10/30 no 10/2	1:00-2:00pm	ID 725
			6:00-7:00pm	ID 726

The Beginner Level Scarf Class is appropriate for someone new to knitting or a beginner looking to strengthen their skills. Each class is one hour long and runs for six weeks. A knitting pattern and all materials are included. Students will learn how to cast on, knit, purl, read a pattern and chart, cast off, and block their knitting.

Classes will begin with the instructor modeling and explaining a new skill. Next, students are walked through the skill with instructor support. Students then have time to work independently while the instructor comes around to assist. Each class builds upon the previous class's skills. Students are encouraged to practice each new skill at home to complete their scarf by the end of the six weeks. All supplies included.

ERS \$199 | R \$219 | NR \$259 | 6 Weeks

NEW! Mini Sweater Garland Workshop 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Ann Albe	S	11/1	9:00am-12:00pm	ID 727
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The Mini Sweater Garland Workshop is appropriate for an advanced beginner knitter or anyone who feels confident with basic knitting techniques such as casting on, knitting, purling, binding off, and pattern reading. In this class, students will learn to create a festive sweater garland to decorate their homes. They will knit the mini sweater, seam its sides, and assemble the garland. Written instructions and some materials will be provided for this class. This project is an excellent way to finish any partly used skeins of yarn! The class will begin with an overview of the project and picking out yarn colors. The instructor will review the knitting pattern and demonstrate key parts of the project. Then, there will be time for students to work on their projects, and the instructor will provide students with assistance as necessary. **PARTICIPANTS MUST BRING size 8 knitting needles, two skeins or 123 yards (41 yards per mini sweater) of worsted weight yarn in different colors, and a tapestry needle.**

\$95 | 1 Day



10+ YRS

SEWING

Kids Into to Sewing 10-16 yrs

NORTHAMPTON TOWNSHIP SENIOR CENTER



Susana Ash	S	10/16	4:45-6:45pm	ID 720
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Got a sewing machine gathering dust but not sure where to start? Join us for a hands-on session where we'll guide you through the basics of using your machine and essential sewing techniques. By the end of the class, you'll have created your very own scrunchie or small pillow, choosing from a variety of fabrics. **MUST BRING SEWING MACHINE.**

\$60 | 1 Day

Alterations (2 part class) 16+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Susana Ash	M	10/27 and 11/3	7:00-9:00pm	ID 722
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ALTERATIONS I In this hands-on workshop, you'll learn how to perform some of the most common clothing alterations, including:

- Hemming by hand and machine (including jeans)
- Taking in or adding darts and adjusting side seams
- Sewing on buttons, snaps, and hooks
- Repairing and patching denim
- During Alterations I, we'll work on sample fabric to practice each technique.

ALTERATIONS II In this follow-up session, you'll apply the skills learned in Alterations I to real garments. Bring in one or more items of clothing that need any of the following:

- Hemming (including keeping the original denim hem)
- Sewing buttons, hooks, or snaps
- Taking in or letting out seams or darts
- Adding darts for better fit
- Patching or repairing denim

This is a great opportunity to give new life to your clothes with guided support!

ERS \$120 | 2 Weeks

Notes: A basic understanding of machine sewing is required. See more info online.

SEWING

"I loved the small class, instructors knowledge, ability of ask questions, one on one attention from instructor, relaxed atmosphere, encouragement from instructor."

Into to Sewing 16+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Susana Ash	M	10/6	7:00-9:00pm	ID 721
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Do you have a sewing machine gathering dust, and you're not quite sure where to start? Dust it off and bring it to our class, where you'll dive into the basics of machine operation and essential sewing techniques. By the end of the session, you'll have created a stylish standing zippered pouch in your choice of fabric! Whether you're a complete beginner or just looking to refresh your skills, this hands-on experience will unlock your creativity and help you gain confidence with your sewing machine. Join us for a fun and creative experience!

\$60 | 1 Day

*Bring your own machine; all other materials will be provided.

SOUND BATH/REIKI

Candlelight Reiki Infused Sound Bath Escape 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Rebecca Zarnawski and Patty Lai <i>Reiki Masters</i>	S	10/4	10:00-11:30am	ID 732
	F	12/12	6:30-8:00pm	ID 357

The combination of Reiki and Sound is a powerful method used to attune your mind, body and spirit to higher frequencies and open up your energy channels (chakras and meridians) to flow freely by removing blockages. Join us in taking an expansive inner journey immersed in an hour of harmonic crystal bowl sound frequencies for mind, body, and soul healing. All the while, you will also receive the universal energy healing called Reiki from Reiki Master Patty Lai, which will help re-balance the energies in the body to heal itself. See more of this description online. **BRING A MAT.**

ERS \$65 | R \$72 | NR \$85 | 1 Day

Crystal Bowl Sound Bath Renew, Restore, Refresh 18+

NORTHAMPTON TOWNSHIP SENIOR CENTER

Rebecca Zarnawski <i>Reiki Master</i>	F	9/19	6:30-7:30pm	ID 730
		11/7		ID 731

Crystal Singing Bowls work on a vibrational level to help remove stress and tension from the body and mind, while raising your energetic vibration and promoting relaxation, rejuvenation, and healing. The sound frequencies of each crystal bowl correlates to an energy center in the body to open and cleanse the system on a cellular level, and ultimately raise the vibration of mind and body. Resting comfortably in a crystalline sound warp, attendees will experience the frequencies and harmonies of crystal singing bowls and settle into an ultra relaxing brainwave state where healing stress relief and relaxation can happen. **BRING A MAT.**

ERS \$39 | R \$45 | NR \$52 | 1 Day



SPORTS



BASEBALL

T-Birds T-Ball 3-5yrs

NORTHAMPTON TOWNSHIP RECREATION COMPLEX
GRASSY AREA BEHIND DIAMOND 2

Jump Start Sports	T	9/30-10/28	5:30pm	ID 616
			6:30pm	ID 617

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 the 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** Required equipment - Baseball Glove.

ERS \$99 | R \$109 | NR \$119 | 5 Weeks

BASKETBALL

Hoop/Little Hoop Stars 4-8yrs

WELCH ELEMENTARY SCHOOL

Jump Start Sports	W	10/1-11/5	6:15-7:15pm <i>Little Hoop Stars 4-5 yrs</i>	ID 608
			7:15-8:15p <i>Hoop Stars 6-8 yrs</i>	ID 609
		11/12-12/17 <i>no 11/26</i>	6:15-7:15pm <i>Little Hoop Stars 4-5 yrs</i>	ID 610
			7:15-8:15pm <i>Hoop Stars 6-8 yrs</i>	ID 611

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.

610-11: ERS \$99 | R \$109 | NR \$119 | 5 Weeks

608-9: ERS \$119 | R \$129 | NR \$139 | 6 Weeks

FIELD HOCKEY

Indoor Field Hockey Skills and Games Gr 2-9

NORTHAMPTON TOWNSHIP RECREATION CENTER

Bridget Schaeffer	Su	10/12-11/23 <i>no 11/9</i>	12:30-1:45pm <i>Grades 2-5</i>	ID 664
			2:00-3:15pm <i>Grades 6-9</i>	ID 665

Field hockey is an amazing Olympic sport that features eye-hand coordination, athleticism, discipline, and quick thinking. Our Indoor Field Hockey Skills and Games, will be held in our weather-perfect indoor facility. Its smooth "be successful" surface is ideal for young field hockey players.

REQUIRED EQUIPMENT: Field hockey stick, shin pads, mouth guard, and field hockey ball.

ERS \$119 | R \$135 | NR \$155 | 5 Weeks

FLOOR HOCKEY

Tiny Tots Floor Hockey 4-8U

NORTHAMPTON TOWNSHIP RECREATION CENTER

Vince Prozzillo	Th	9/25-10/30 <i>no 10/2</i>	6:15-7:15pm	ID 669
		11/13-12/18 <i>no 11/27</i>		ID 670

Description Boys & Girls (8 & Under) Players will be placed on teams and taught basic skills as well as game safety and sportsmanship. No prior experience necessary. Warm ups, then game. 3 twelve minute periods.

First time players receive team shirts. End of season awards provided Equipment Required: Helmet, knee and shin guards, elbow pads, gloves, cup (male players) and a stick.

ERS \$79 | R \$89 | NR \$99 | 5 Weeks

Neshaminy Academy of Basketball - Mini Stars 3-6yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Neshaminy Academy of Basketball Instructors	F	9/26-12/19 <i>no 10/24, 10/31, 11/28</i>	1:30-2:30pm	ID 688
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A fun and instructional introduction to basketball for children ages 3-6 years old. Players will be taught fundamentals through a series of structured activities and challenges including colors, patterns, shapes & numbers. Our program encourages players to develop motor skills and improve technique in passing, dribbling, and shooting.

\$189 | 9 Weeks





Youth Floor Hockey 6-16yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Scott Pachman	S	9/6-12/20 11/1, 11/29, 12/13	9:00am-4:00pm	ID 651
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Leave the skates behind and join the best (and only) floor hockey league in town! Players will have fun, develop hockey and team-sports skills, and be eligible for end-of-the-season awards. Games are played on Saturdays. See below for approximate division and schedule.

Mites Division | 6-9yrs
approx 9:00am, 10:15am
Pee Wee Division | 10-12yrs
approx 11:30am, 12:45pm
Juniors Division | 13-19yrs
approx 2:30pm and 3:30pm

ERS \$119 | R \$130 | \$NR 155 | 13 Weeks

Adult Floor Hockey 17+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Scott Pachman	Th	9/4-12/18 no 10/2, 10/9, 11/27	7:30pm-midnight	ID 640
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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. Games begin the following week. Registration fills up quickly, and no additional players may join after the completion of the draft. ALL participants must register as a regular player. If a player is drafted as a goalie, the household will be issued a \$25.00 credit. If you haven't played on a team in the league the last 4 seasons, you are required to attend and play in the 7:00 PM scrimmage on the night of the draft (9/4) for the current season. If you do not, you risk losing your spot to someone else,

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

GOLF CLINICS

Junior Golf Clinic 7-16yrs

NORTHAMPTON VALLEY COUNTRY CLUB

Matt Carey	Th	9/4-9/25 no 10/2	6:10-7:10pm	ID 871
		10/9-10/30	5:30-6:30pm	ID 872

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 professionals Ryan Skierski and John Petrie create a desire for the game of golf as the participants learn and enjoy this great game outdoors!

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

Adult Golf Clinic 17+

NORTHAMPTON VALLEY COUNTRY CLUB

Michael Simone	T	9/2-9/30 no 9/23	6:10-7:10pm	ID 873
		10/7-10/28	5:30-6:30pm	ID 874

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 game - irons, woods, short games and putting. Register early....Spots will fill fast.

ERS \$115 | R \$129 | NR \$145 | 4 Weeks

GOLF

"The instructor was extremely helpful and engaging. He provided coaching that actually helped my swing."

FIELD HOCKEY

"My daughter learned so much- the instructors are wonderful."

SPORTS



ICE HOCKEY

Learn to Play Ice Hockey 4-12yrs

NORTHEAST SKATE ZONE

Vince Prozzillo	F	9/5-10/10	5:20-6:20pm	ID 680
		10/17-11/28 <i>no 10/31</i>		ID 682
		12/5-12/19		ID 684
	S	9/6-10/11	10:10-11:10am	ID 681
		10/18-11/21		ID 683
		12/6-12/20		ID 685

Participants start from square one, learning the basic skills of ice skating, while being introduced to individual ice hockey specific skills (stick-handling, shooting, passing). Set in a fun and nurturing environment, this introductory program provides all participants a comfort level to enjoy their first experience with hockey, while developing the fundamental skills to succeed in the next program progression steps. FREE equipment for first time players. Over \$300 worth of equipment, skates are not included but players can use the rentals at no charge.

\$199 | 6 Weeks 684-85: \$99 | 3 Weeks

Foundry Adult Beginner Ice Hockey 18+

NORTHEAST SKATE ZONE

Vince Prozzillo	M	9/8-10/27	8:40-9:40pm	ID 686
		11/3-12/22	8:40-9:40pm	ID 687

The largest co-ed adult learn to play hockey program in the U.S.A.. The program is open to adults 18+ who have never played hockey. It will combine on-ice skills sessions with instructional games. During this program, participants will learn the fundamental skills of ice hockey, including how to skate if they've never done so before. In addition, they will get a chance to play the greatest game on Earth.

\$225 | 8 Weeks

ICE SKATING

Learn to Skate 4-12yrs

NORTHEAST SKATE ZONE

Vince Prozzillo	T	9/2-10/7	6:00-7:00pm	ID 677
	F	9/5-10/10	6:50-7:50pm	ID 678
	S	9/6-10/11	11:20am-12:20pm	ID 679



Our Learn to Skate program provides curriculum from Learn to Skate USA and certified passionate instructors. We build solid skill progression to grow self esteem in both children and adults while providing them the resources to reach their hopes and dreams. Each session includes 6 weeks of lessons. Each lesson includes 30 minutes of instruction & 30 minutes of practice.

\$189 | 6 Weeks

KARATE

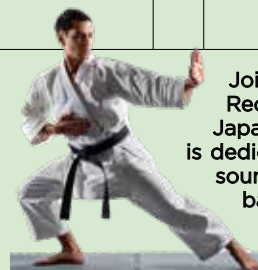
"The instructor is wonderful, direct but not too strict."

MARTIAL ARTS

Shotokan Karate 5+

NORTHAMPTON TOWNSHIP RECREATION CENTER

Sensei Andrew Spivack	T	9/30-10/28	6:00-6:45pm <i>Beginner</i>	ID 671
			6:45-7:30pm <i>Adv Beginner</i>	ID 672
		11/18-12/16	6:00-6:45pm <i>Beginner</i>	ID 673
			6:45-7:30pm <i>Adv Beginner</i>	ID 674



Join Sensei Andrew Spivack at the Rec Center as he teaches traditional Japanese karate. 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.

ERS \$69 | R \$79 | NR \$89
6 Weeks

Tae Kwon Do and Jiu Jitsu 5+

NORTHAMPTON TOWNSHIP RECREATION CENTER

John McDonald & Staff	W	10/1-10/29	5:15-6:15pm	ID 675
		11/12-12/17		ID 676

The benefits of Tae Kwon Do instruction are endless! Participants learn and develop all of the techniques for defense including: kicking, punching, blocking, grappling, and proper falls. Offered at the Recreation Center for over 25 years, Sensei John McDonald helps his students learn discipline, respect, self control and gain confidence - all while getting a great workout!

No jewelry, pierced earrings, necklaces, etc. permitted in class.

ERS \$55 | R \$65 | NR \$69 | 5 Weeks

MULTI-SPORT

All in Athletics - Sports for all ages 5 to adult

NORTHAMPTON TOWNSHIP RECREATION CENTER

	Su	9/28-10/26	5:00-6:30pm	ID 620
		11/2-12/7 no 11/30		ID 661

All In Athletics offers inclusive sports programming specifically designed for individuals on the autism spectrum and those with intellectual disabilities. Our 5-week sessions give athletes the chance to explore a variety of sports in a fun, supportive, and safe environment. Each week features a different sport, helping participants build confidence, develop skills, and discover what they enjoy most. All athletes will receive a t-shirt and personalized instruction in sports such as soccer, basketball, volleyball, handball, floor hockey, kickball, badminton, flag football, and more.

ERS \$95 | R \$105 | NR \$115 | 5 Weeks

Amazing Athletes 2-6 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

	W	9/24	5:30-6:10pm 2-5yrs	ID 653
		10/1-11/5	5:30-6:10pm 2-5yrs	ID 654
	Th	9/18	1:30-2:15pm 3-6yrs	ID 661
		9/25-11/6 no 10/2 11/13-12/18 no 11/27	1:30-2:15pm 3-6yrs	ID 662 ID 663*

FREE DEMO 9/18 and 9/24! Amazing Athletes is a physical fitness development program empowering kids to reach developmental milestones and progress at their own pace. The kids will develop the physical literacy associated with speed, balance and overall coordination. They will also learn about nutrition and muscle identification while mastering 6 motor skills.

663: \$75 | 5 Weeks

662: \$85 | 6 Weeks

654: ERS \$139 | R \$155 | NR \$179 | 6 Weeks

Games Galore 4-6 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Vince Prozzillo	M	9/29-11/10 no 10/13, 10/20	1:30-2:15pm	ID 667
		11/24-12/22		ID 668

Is your preschooler ready for action? Then he/she is ready for a fun-filled, non-stop 45 minutes of catching, throwing, dodging, jogging, kicking, rolling, throwing, and MORE! Group and individual activities with an emphasis on building self-esteem, confidence, and fair play are planned for this high energy class! Don't miss out on this exciting introduction to physical education!

\$69 | 5 Weeks

ROLLER HOCKEY

NEW! Northampton Township River Rats Roller Hockey Clinic 7-19

HOCKEY RINK AT THE MUNICIPAL PARK

Jim Donelson	T & W	9/16, 9/17, 9/30, 10/1, 10/7, 10/8 no 9/23 & 9/24	6:00-8:00pm	ID 638
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Join us to learn how to skate and play hockey! Our sessions include beginner and advanced drills focused on skating, passing, and shooting—plus techniques to improve overall skating skills. All in a fun, supportive, and non-checking environment. Perfect for players of all levels! **EQUIPMENT REQUIRED** Roller skates or blades, Helmet with cage, Gloves, Knee and elbow pads, Hockey stick

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

3 weeks 2xs per week

PICKLEBALL

PICKLEBALL

Youth Pickleball 8-16 yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER
COURTS

Susan Bowman Tennis and Instructors	M	9/29-11/17 <i>no 10/13, 10/20</i>	6:30-7:30pm	ID 699
		12/1-12/22		ID 700

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!

669: ERS \$85 | R \$95 | NR \$105 | 6 Weeks
700: ERS \$55 | R \$65 | NR \$75 | 4 Weeks

Morning Introduction to Pickleball 18+

NORTHAMPTON TWP MUNICIPAL PICKLEBALL COURTS

Susan Bowman Tennis and Instructors	T	9/9-10/14 <i>no 9/23</i>	9:30-10:30am	ID 689
		10/28-11/25		ID 690

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!

ERS \$89 | R \$99 | NR \$109 | 5 Weeks

Pickleball Made Easy: Learn, Play, & Have Fun! 16+

NORTHAMPTON TOWNSHIP RECREATION CENTER
COURTS

Susan Bowman Tennis and Instructors	M	9/8-10/6	6:30-7:30pm	ID 701
		10/27-11/24		ID 702

New to Pickleball or already playing but unsure about all the rules? This fun and interactive instructional class is perfect for beginners and casual players looking to build confidence on the court. We'll break down the basics—rules, techniques, scoring, and strategy—in a relaxed and supportive environment. Whether you're swinging a paddle for the first time or just want to sharpen your skills, this class will have you feeling comfortable and ready to jump into the game!

ERS \$89 | R \$99 | NR \$109 | 5 Weeks

Pickleball Competitive Play 16+

NORTHAMPTON TOWNSHIP RECREATION CENTER
TENNIS COURTS

Susan Bowman Tennis and Instructors	T	9/9-10/14 <i>no 9/23</i>	7:00-8:00pm	ID 704
	Th	9/11-10/16 <i>no 10/2</i>		ID 708
	T	10/28-11/25		ID 706
	Th	10/30-11/20		ID 710*

Designed for intermediate to experienced players looking for fast-paced games and strategic play. Matches and tournament play will challenge skills and elevate your competitive edge.

ERS \$89 | R \$99 | NR \$109 | 5 Weeks
*710: ERS \$69 | R \$79 | NR \$89 | 4 Weeks

PICKLEBALL

"The camaraderie of the group was wonderful. Also, there are modifications offered for all fitness levels."



PICKLEBALL

Pickleball Instructional Clinic 16+

NORTHAMPTON TOWNSHIP RECREATION CENTER TENNIS COURTS

Susan Bowman Tennis and Instructors	T	9/9-10/14 <i>no 9/23</i>	6:00-7:00pm	ID 703
		10/28-11/25		ID 705
	Th	9/11-10/16 <i>no 10/2</i>		ID 707
		10/30-11/20		ID 709

A beginner / advanced beginner friendly class focused on learning the rules, techniques, and fundamentals of pickleball in a relaxed, supportive setting. Perfect for new or casual players.

ERS \$89 | R \$99 | NR \$109 | 5 Weeks
709: ERS \$79 | R \$89 | NR \$109 | 4 Weeks



NEW! Pickleball League! Northampton Parkside Paddlers

MUNICIPAL PARK PICKLEBALL COURTS

Mon/Thurs/Sat 9/15-11/29 | 8AM-12:45PM

Ready to rally? Join our brand-new Northampton Parkside Paddlers league—your next favorite way to play, connect, and compete! Whether you're just starting out or consider yourself a Really Big Dill, there's a level for everyone:

New Pickle (Absolute Beginners) 8:00–9:00 AM (#879)

Not a Big Dill (Advanced Beginners) 9:15–10:15 AM (#880)

Big Dill (Intermediate) 10:30–11:30 AM (#881)

Really Big Dill (Advanced) 11:45 AM–12:45 PM (#882)

All sessions take place Monday, Thursday & Saturday, see NorthamptonRec.com for full skill level break down. Register as a pair at your skill level and we'll take care of the rest! Once we see how many players join each level, we'll fine-tune the schedule to give everyone the best possible experience.

FEE INCLUDES: Weekly league play on dedicated courts, Discounts to other Northampton pickleball programs, Access to exclusive round robin events (monthly or more!)

Let's get paddling in the Park! Spots are limited—grab your partner and register today!

R \$30 | NR \$39 | 11 Weeks

Interested in overseeing and fine tuning your skill level group schedule? Contact us for more information

ROUND ROBIN PICKLEBALL TOURNAMENT 16+

REC CENTER TENNIS COURTS
Susan Bowman Instructors

JOIN US FOR A FUN AND FAST- PACED ROUND ROBIN PICKLEBALL TOURNAMENT!

This exciting event is perfect for players with some experience looking to test their skills in a competitive yet friendly environment. Choose your time slot from 5:30-6:30 PM or 6:30-7:30 PM and get ready for an action-packed hour of play. You can sign up with a partner, or if you don't have a team mate, no worries—we'll match you with one! The tournament will feature a round robin format, where you'll get the chance to compete against multiple teams in a fast, fun rotation. It's a great way to meet new people, improve your game, and enjoy some great pickleball action. Space is limited, so sign up today and secure your spot!

6:45-7:45pm:
OCT 1: ID 711 • NOV 5: ID 712
NOV 9: ID 713

ERS \$19 | R \$21 | NR \$23

**MORE PICKLEBALL DATES ARE COMING!
CHECK OUR WEBSITE FOR
UP TO DATE CLASS INFORMATION!**

SPORTS



TRACK AND FIELD

Track and Field 6-12yrs

MULTIPURPOSE FIELD AT THE MUNICIPAL PARK

Jump Start Sports	M	9/29-11/10 <i>no 10/13, 10/20</i>	6:00-7:00pm	ID 618
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Our Track and Field program is designed for children ages 6-12, providing a comprehensive introduction to a variety of track and field events. Whether your child is just starting out or looking to improve their existing skills, our program has something to offer.

Experienced coaches use age-appropriate instruction techniques to teach athletes the fundamentals of sprints, mid-distance, long-distance, hurdles, relays, and the standing long jump. Kids will also receive guidance on proper starts, running form, running on turns, relays, and jumping form.

Athletes will have the chance to participate in fun and encouraging competitions with others in their age group. All participants will receive a medal for taking part in the program.

ERS \$99 | R \$109 | NR \$119 | 5 Weeks



SOCCER

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. **PLEASE BRING A WATER BOTTLE. SUGGESTED BUT NOT REQUIRED: CLEATS - when outdoors (SNEAKERS ARE FINE) AND SHIN GUARDS.** In the event of inclement weather, class will move inside to the gym.

Sunday Soccer Shots 2-8yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER OR MICRO FIELD 4

Soccer Shots	Su	10/12-11/9 <i>Micro Field 4</i>	9:00-9:30am <i>Mini 18-24 mos</i>	ID 744
			9:00-9:30am <i>Mini 2yrs</i>	ID 641
			9:45-10:20am <i>Classic 3yrs</i>	ID 642
			10:30-11:10am <i>Classic+ 4-5yrs</i>	ID 643
			11:20-11:50am <i>Premiere 6-8yrs</i>	ID 644
	Rec Center	11/16-12/21 <i>no 11/30</i>	9:00-9:30am <i>Mini 18-24 mos</i>	ID 745
			9:00-9:30am <i>Mini 2yrs</i>	ID 645
			9:45-10:20am <i>Classic 3yrs</i>	ID 646
			10:30-11:10am <i>Classic+ 4-5yrs</i>	ID 647
			11:20-11:50am <i>Premiere 6-8yrs</i>	ID 648

In the event of rain, soccer will move inside to Rec Center.

PLEASE BRING A WATER BOTTLE. SUGGESTED BUT NOT REQUIRED: CLEATS - when outdoors (SNEAKERS ARE FINE) AND SHIN GUARDS.

MINI 18-26 MOS program blends creative free play with simple skill-building activities to support gross motor development

and introduce the fun of soccer in a positive, playful way. Parent participation is **REQUIRED** for this class. Come ready to move, laugh, and enjoy quality time with your little one!

MINI 2YRS 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. *Parent participation encouraged.*

CLASSIC 3YRS utilizes creative activities to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight positive character traits each session such as **RESPECT, TEAMWORK, and APPRECIATION.** Additionally, the concept of competition is introduced. *Parent participation encouraged.*

CLASSIC+ 4-5YRS introduces advanced footwork, in addition to a greater focus on team play. Children will play fun games that will allow them to experience development in coordination, agility, and change of speed. Additionally, competition will occur in the form of end-of-class scrimmaging.

PREMIER 6-8YRS 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.

ERS \$115 | \$ R \$125 | NR \$155 | 6 Weeks

Afternoon Soccer Shots 3-6yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Soccer Shots	T	9/30-11/1 <i>no 11/4</i>	1:30-2:15pm	ID 649
		11/18-12/23		ID 650

Soccer Shots offers an enriching children's soccer experience centered on fostering character development. Our program goes beyond the game, instilling valuable life skills both on and off the field. Through our exceptional coaching, effective communication, and thoughtfully designed curriculum, we make a positive and lasting impact on the lives of young athletes.

\$65 | 6 Weeks



TENNIS

Tennis 4-16yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER*

Susan Bowman Tennis School and Instructors	M	9/29-11/17 <i>no 10/13, 10/20</i>	5:30-6:30pm <i>Pee Wee 4-6yrs</i>	ID 691
			5:30-6:30pm <i>Junior 7-16yrs</i>	ID 693
		12/1-12/2 <i>no 10/14</i>	5:30-6:30pm <i>Pee Wee 4-6yrs</i>	ID 692
			5:30-6:30pm <i>Junior 7-16yrs</i>	ID 694
	W	10/1-11/5	5:30-6:30pm <i>Pee Wee 4-6yrs</i>	ID 695
			5:30-6:30pm <i>Junior 7-16yrs</i>	ID 697
		11/19-12/17 <i>no 11/26</i>	5:30-6:30pm <i>Pee Wee 4-6yrs</i>	ID 696
			5:30-6:30pm <i>Junior 7-16yrs</i>	ID 698

PEE WEE 4-6YRS 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!

JUNIOR 7-16YRS 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.

692, 694, 696, 698: ERS \$55 | R \$65 | NR \$75 | 4 Weeks
691, 693, 695, 697: ERS \$85 | R \$95 | NR \$105 | 6 Weeks

VOLLEYBALL

Youth Volleyball 6-12yrs

NORTHAMPTON TOWNSHIP RECREATION CENTER

Jump Start Sports	T	9/30-10/28	5:15-6:15pm <i>6-8yrs</i>	ID 612
			6:15-7:15pm <i>9-12yrs</i>	ID 613
		11/18-12/23	5:15-6:15pm <i>6-8yrs</i>	ID 614
			6:15-7:15pm <i>9-12yrs</i>	ID 615

YOUTH 6-12YRS 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.

612-13: ERS \$99 | R \$109 | NR \$119 | 5 Weeks

614-15: ERS \$119 | R \$129 | NR \$139 | 6 Weeks

Jump Start Sports Youth Volleyball League 10-14

NORTHAMPTON TOWNSHIP RECREATION CENTER

ID 639: Mon 9/29-12/1* | 7:45-9:00PM

Bump, set, spike—get ready for a fun and competitive season of volleyball! Our 8-week league includes 6 weeks of regular season games followed by 2 weeks of playoffs. Whether you're a seasoned player or just love the game, this is a great way to stay active and meet new people. Players sign up individually and will be placed on balanced teams. You can request one friend to be on your team, and we'll do our best to pair you up. Each week, stats and standings will be shared with all players. All skill levels welcome! Game times will vary. *No 10/13, 10/20.

\$235 | 8 Weeks (6 weeks and then 2 weeks of playoffs)

NORTHAMPTON TOWNSHIP SENIOR CENTER

165 TOWNSHIP ROAD, RICHBORO, PA 18954

Phone: (215) 357-8199 Website: northamptonsc.com Email: nhsc@nhtwp.org



Website
Activity Calendars
Bus Trips
Seasonal Leagues
Special Events
Room Rentals



The senior center offers a variety of activities for older adults aged 55 and better to stay active, engaged, and socially connected.

Members enjoy an array of daily activities such as exercise classes, dance and art classes, a card room and sporting leagues in the spring/summer: billiards and bocce, and fall/winter leagues: billiards, darts and table shuffleboard. There is something for everyone!

Dues are \$30.00 for the membership year July 1, 2025 through June 30, 2026. For more information, please call the center, stop in for a tour or visit the website at **northamptonsc.com**

**There's always something happening at the senior center,
come join the fun!**

NORTHAMPTON TOWNSHIP

55 Township Road
Richboro, PA 18954

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