

Special Events

*****NEW*** "Winter Can't Stop Me" Dog Walk**

Dates: Friday, January 30th, 9am-10am

Location: East Goshen Park, Veteran's Pavilion

Description: East Goshen Park is a dog lover's paradise! Join Jason and his Samoyed "Duma" on the trails for a group walk filled with fun, socialization and good old fashioned camaraderie! All dogs must have rabies vaccination and remain on a 6' leash at all times; bring a rabies vaccination copy for verification and on-site participant registration required. You may also bring the 2015 Recreation Registration form filled out ahead of time.

Maximum Enrollment: Unlimited!

Fee: Free

*****NEW*** East Goshen Discount Ticket Program and EGT Bumper Stickers**

Do you enjoy going to Hershey and Dorney Parks during the summer – but hate paying the exorbitant ticket prices??? This spring, East Goshen Recreation will begin a ticket program with each of these great amusement parks. The price offered to East Goshen residents will be MUCH less than a "walk-up" price and EVEN less than you could buy online at their websites! Tickets will be sold in person at the township building – check and credit card accepted. Stay tuned for pricing and program details in February!

Are you a proud East Goshen resident? Show off your hometown pride and purchase an EGT bumper sticker! These will be on sale at the township building and during township special events!

Youth Activities

Winter Robotic Lego Mini-Camps

Date: January 16th, 12pm – 3pm

February 12th, 12pm – 3pm

March 13th, 12pm – 3pm (Spring Sumo-Bot Challenge Day!)

Location: East Goshen Township Building

Ages: 6-12

Description: The Robotic Lego's Camps were wildly successful and a whole lot of fun this summer and fall! Let's keep the excitement going! When schools are out – Robotic Lego's Mini-Camps will be open! These one day mini-camps will keep your kids excited and engaged and are for the **Beginner or Intermediate** level camper!

Fee: \$35

Learn to Ice Skate Class

Date: February 3rd – March 10th, Tuesdays from 1pm-2pm

Location: Ice Line, 700 Lawrence Drive, West Chester, PA 19380

Ages: 3 - 6

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Description: It is amazing how these children progress in just 6 weeks! Hands down – this is our most popular toddler program and fills up quickly! Class consists of one half hour of instruction and then one half hour practice time. Parent or guardian is welcome on ice during practice time at no charge. Free rental skates. Bicycle helmets required.

Maximum Enrollment: 24; – has been at max capacity two weeks prior last two sessions

Fee: \$105

National Alliance for Youth Sports, Sports Development Club



Date: March 17th – April 2nd, Tuesdays & Thursdays, 10am-11am

Location: East Goshen Park, Veteran's Pavilion

Description: The National Alliance for Youth Sports (NAYS) is America's leading advocate for positive and safe sports and activities for children. The Start Smart Sports Development Program is a developmentally appropriate introductory sports program for children 3-5 years old. During each class, children will begin to develop skills in throwing, catching, kicking and hitting through the use of rubber chickens, hula hoops, balloons and much more! This is a Parent-Child program, ability of parent to participate in program essential.

Ages: 3 – 5

Fee: \$45

Preschool Story Time in the Park – Winter Series

Description: The ever popular Preschool Story Time series continues indoors this winter in the East Goshen Township Building! Join the Preschool Readers Club and earn prizes for reading stories! Simply print the Hot Air Balloon form found under the Children's Programs Web link and collect stickers for every book you read! The fun ends with themed coloring activities as well!

When: Tuesdays from 10am – 10:45am, January 13th – March 10th

Location: East Goshen Township Building, Program Room

Fee: Free!

Adult/Seniors

*****NEW*** Building Bridges Program**

Date: January - February, Each Wednesday from 2:30pm-3:30pm

Location: East Goshen Township Building

Ages: Seniors

Description: Want to learn more about a recently purchased (or gifted) technology device? How about learn to navigate social media sites? The fabulous East HS Bridges Program

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students can help you learn the tips, tricks and techniques that will have you breezing through in no time!

Fee: Free!

Seniors Card Club – Information/Interest Meeting, Wednesday, January 14th at 10am

Date: Fridays, February – May, 10am-12pm

Location: East Goshen Township Building

Description: Play some great card games with friends and share in the laughs and memories!

We are forming a Seniors Card Club for East Goshen residents tentatively slated for Friday mornings. Attend the Information meeting on January 14th to get in on the action!

Fee: Free!

Fitness

*****NEW*** Walking Club and East Goshen walks across PA Event!**

Date: Begins March 11th, Wednesdays from 10am-11am

Location: East Goshen Park, Hicks Pavilion

Ages: All ages welcome

Description: Did you know the recommended number of steps you should take each day is 10,000 – but many of us average less than 4,000! Knock off the rust from a long winter stuck indoors and enjoy the beautiful East Goshen park system again! Weekly walks will begin at the Hicks Pavilion and utilize both East Goshen and Applebrook Parks. **Free pedometers (while supplies last) so you can track how many steps you are taking!**

Maximum Enrollment: Unlimited!

Fee: Free

East Goshen walks across PA Event

Date: Begins March 11th and ends November 19th

Location: Across PA!

Ages: All ages welcome

Description: Did you know the great state (I mean Commonwealth) of Pennsylvania is 340.27 miles across by foot! Join me as we walk across it in 2015! The event is self-paced – simply log your miles to stay motivated as you pass by many of these great PA destinations:

Starting Point: Philadelphia – looking across the Delaware at Camden, NJ

Passing through West Chester Borough (Mile 25)

Stopping in Lancaster for shoo-fly pie (Mile 65.12)

Visiting the state's capitol, Harrisburg (Mile 102.49)

Crossing the Appalachian Trail (Mile 172)

Eating a Primanti Bros. sandwich in Pittsburgh (Mile 296.8)

Jumping in the air for joy at Mile Marker 340.27 outside West Alexander, PA!

Maximum Enrollment: Unlimited! Visit www.eastgoshen.org for the walking map and see the full route!

Fee: Free – but keep the Department of Recreation in the loop during your walk!

EGT Boot Camp

Dates: March 16th – April 13th, Mondays from 10am-11am

Location: East Goshen Park, Hicks Pavilion

Description: Many moons ago while in the Army – Jason was a Physical Fitness Award winner – but how would he fair today on the Army PT Test??? Join Jason as we all reinvest in our physical fitness! The program will consist of taking the Army PT Test during the first session meeting, three additional class sessions, and then a PT Test reassessment to conclude the program! Jason is a NSCA-Certified Strength and Conditioning Specialist who looks forward to helping you get fit in '15! Classes will consist of body weight training, group runs and fun team-based fitness activities. Advanced registration essential – please fill out the Winter Recreation Registration form online or bring in-person to the township building.

Maximum Enrollment: 10

Fee: \$30

!!!NEW!!! Fit4Baby



Date: Wednesdays, January 14-March 4, 7:15pm-8:15pm

Location: East Goshen Township Building

Description: Fit4Baby is a program designed to strengthen the body for all the changes it will experience during pregnancy. The class includes cardio, strength, flexibility and balance training. Fit4Baby is designed to accommodate all stages of pregnancy and various fitness levels. Regular activity such as Fit4Baby classes can help to reduce many maternal aches and pains, increase energy during pregnancy and may speed the labor, delivery and recovery process. According to the American College of Obstetricians and Gynecologists (ACOG), exercise is just as important during pregnancy as any other time of life. Bring water and a towel and/or yoga mat, and wear comfortable clothing.

Fee: \$80

Zumba Gold & Gold Toning

Date: Mondays, Session One: January 12-March 2; Session Two: March 16-April 27

Time: Zumba Gold Toning for Seniors/Beginners (5:30pm-6:45pm); Zumba Toning (7:00pm – 8:15pm)

Fee: \$65 or \$120 for both sessions – save \$10!!

Special Class for MLK Day (1/19) - \$10 Walk-In, 6:15pm-7:30pm

Free Introductory class on President's Day (2/16) & May 4th, 6:15pm-7:30pm!

Senior Zumba

Date: Thursdays, Session One: January 8th – February 5th; Session Two: February 18th-March 19th

Time: 11am – 11:45am

Free Introductory class on January 8th!

Fee: \$45

Location: East Goshen Township Building

Description: No experience necessary for Zumba – just an interest in getting up and getting moving! These classes are fun, energetic and never the same week to week! Inspired by latin dance moves, you will get fit and have fun in a stress-free environment. Pam Nelson leads Zumba Nation and is the inspiring teacher of this captivating class.

Pilates

Date: Wednesdays, Session I, January 7-Feb 25th; Session II, March 4-April 22

Time: 10:30am-11:30am

Location: East Goshen Township Building

Description: Pilates is a fantastic fitness class geared for those wanting to strengthen core muscles groups, improve posture, flexibility and balance. Instructor Ruby Telehorster has over 500 training hours and is adept at coaching novices all the way through “seasoned pros”! **Please bring a mat to class.** NEW!!! Want to try the class before locking in for the full session – drop in for \$13 (must pay by check and fill out Registration form)!

Fee: \$85

Yoga

Date: January 5th – April 9th

Location: East Goshen Township Building

Description: Yoga is taught by the incomparable Charo Cabello. Let her guide you on a journey towards peace and serenity as you learn to breathe deeply and relax fully. Charo has been teaching for over 18 years and enlivens any room with her welcoming and engaging smile. Please bring a yoga mat, small pillow and wear comfortable clothes.

Mondays

Gentle Yoga: 9:00am – 10:15am

Meditation: 10:30am-11:30am

Tuesday

All Levels: 5:30pm-6:45pm

Gentle Yoga: 7pm – 8:15pm

Thursdays

Seniors: 4pm-5pm

All Levels: 5:30pm-6:45pm

Fee: \$120 for 14 Week Series; \$90 for the Seniors Class

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Please make all checks for Yoga and Meditation classes payable to Charo Cabello and send the Registration Form to:

2505 Winterbridge Lane, West Chester, PA 19382

The Park Commission currently has a vacancy for a Commission Member. If interested, please contact Jason Lang, Director of Recreation, at 610-692-7171 for details.

Interested in joining the Summer Farmers Market as a vendor? Now's the time to apply!
If interested, please contact Jason Lang, Director of Recreation, at 610-692-7171 for details.

The Recreation Department is currently seeking Volunteer Instructors in Art, Horticulture and Astronomy. If you are a local resident interesting in sharing your knowledge and expertise – contact Jason at 610-692-7171!