



JANUARY 2012 NEWSLETTER

SIGN-UPS

TUESDAY, JAN. 10, 6-7:30 PM (Upstairs @ Palmyra Mun. Bldg.)
(SNOW DATE ~ Thursday, January 12, 6:00 – 7:30 pm)

- **GIRLS LACROSSE** - Gr. 3 - 5 Skills, Drills & Scrimmages Thursdays & Sundays \$55.
Gr. 6 – 8 Skills, Drills, Games & Tournaments Tues./Thur./Saturdays \$60.
Equipment packages available.
- **GIRLS SOCCER** K & 1 / 2, 3 & 4 / 5, 6 & 7 Fee: \$60.
(2nd family mbr. \$55) Register by Feb 10 (late Feb. 11 - 28 \$10)
- **2012 SUMMER CAMP (RETURNING Campers only)** see website for info
K thru 7th grades (completed as of June 2012) June 11 - August 10
Enrich your child's summer, Renew the friendships from last summer ... Attend our 9 wk summer program with activities such as swimming, field trips, sports, arts & crafts.
Register before Feb. 7th (New Camper sign up) to reserve your child(ren's) spot.

FITNESS

Start the New Year off with "Zumba" a Latin & International Dance Music Fitness Class. We have classes for all ages and abilities; it's a chance to make new friends and loose inches all while improving your health!

ZUMBA w/ Todd Wednesday 6:00 pm Palmyra Municipal Bldg. \$5./class

MENS ADULT PICK-UP BASKETBALL @ Lingle Ave Gym Open to men (out of HS) & residing in PASD. Register on site or at PARPC. Fee: \$4/night.

Mondays ~ Under 30 league 8:30- 10:00pm Wednesdays ~ 30+ league 8:30- 10:00pm.

PICK-UP CO-ED VOLLEYBALL Jan. 3 - May 10 Tues. & Thur. 8-10pm @ PMS.
\$5/ night or \$85/ session (both nights) or \$50/ session (1 night/week)

ADULT AQUA FITNESS w/ Mary Kale Tues. & Thur. 8 – 9 pm February 7 - May 17
Join the fun with low impact water aerobic class for all levels of ability @ PHS Pool
Cardio training, toning and stretching exercises. Fee - \$90., Non PASD \$100.

FAMILY SWIM Swim every Wednesday night from 6:30 - 8:30 pm at the PHS pool.
January 4 to March 28 Fee: \$6/person \$15/family (3-6 indiv.) Ages 5 & under free

UPCOMING PARPC SIGN UPS

Feb 7 @ 6 – 7:30pm (Upstairs @ Palmyra Mun. Bldg.)

- **2012 SUMMER CAMP** **NEW** Campers see website for info
K thru 7th (completed as of June 2012) June 11 - August 10
Enrich your child's summer, Make new friends... Attend our 9 wk summer program with activities such as swimming, field trips, sports, arts & crafts.
- **7th Annual "RUN for the CHILDREN 5K RUN/WALK" & "1 Mile FUN RUN"** Sat. May 12
Electronic timed 5 K
- **YOUTH COED TRACK & FIELD** – Ages 6 - 14 as of 12/31/12 Dashes, Relays, & Field events
- **SWIM LESSONS** \$55 Ages 5+ MUST be COMFORTABLE going into 5 ft pool, no fear of water & able to place face underwater
- **INTRO TO CHEERLEADING** – (4, 5 & 6 yr olds) 6 – 6:45 pm @ Northside, Fee: \$55
Learn dance routines, cheer positions and have lots of FUN doing so!

SPRING TRIPS

- ❖ **NEW YORK CITY ON YOUR OWN** Sat. April 28 7am leave Palmyra 7pm leave NYC
NYC has it all – Museums, Restaurants, Broadway Shows, Time Square,
Fee – Single - \$60, Couple - \$110, Triple - \$165, Quad - \$220

POOL RENTALS

Rent the PHS Pool on Fridays 7:30-9:30 pm. Now thru May.
Great for pool parties, birthday parties... Cost is \$155 (\$175 non-PASD).
\$50 non-refundable deposit due at reservation. Limit of 100.

OTHER COMMUNITY ACTIVITIES SIGN UPS

CPYSC KICKERS - Registration open until February 1, 2012. For children born between 8/1/05 - 7/31/08. More details and all registrations done online at www.Cpysc.org.

PALMYRA CIVIC BASEBALL (www.palmyrabaseball.com) Upstairs @ Palmyra Mun. Bldg.
Wed., Jan. 18 7 - 8:30pm Sat., Jan. 21 9am - 12pm Sat., Jan. 28 9am - 12pm

PALMYRA BOYS LACROSSE (www.eteamz.com/palmyralax) 6 - 8pm
Sunday, Jan. 8 & Tuesday, Jan. 10 Fellowship Hall (basement) of Gravel Hill Church.

Pre-registration dates vary – see individual programs. Registration forms can be found on our website at www.palmyrarec.org or on the table outside of the PARPC office at the Palmyra Municipal Building.

Payments are mailed to the PARPC Office. Checks - payable to "PARPC"

717.838.9244

Website- www.palmyrarec.org