UPT Parks & Recreation Activity Guide

April 1st - 22nd (Tuesdays) C Mini Music Movers: Music & Story - 9:30 & 10:30am

Come along with your little ones to listen to their favorite children's stories and songs. Little ones will be able to explore instruments and props with Ms. Kendra during class. Caregivers are required to stay and interact with those enrolled in the class.

April 1st - 29th (Tuesdays)

A (\$

Pickleball Lessons: Beginners - 11:30am

Interested in learning the game of Pickleball? We have lessons for **beginners** on Tuesdays from 11:30 to 12:30pm. Free for Full Facility members.

April 1st - 29th (Tuesdays)



Pickleball Lessons: Intermediate - 12:30pm

This class is for those who have taken the beginner lessons with Harry & know the rules of pickleball. Harry will focus on specific techniques to help you improve your game. Registration is required. Join us for **Intermediate** Pickleball Lessons on Tuesdays from 12:30 to 1:30pm. Free for Full Facility members!

April 1st - 29th (Tuesdays)



Pickleball Lessons: Intermediate Plus - 1:30pm

Have you taken the Beginner & Intermediate Pickleball lessons, but still not ready to play on your own? If you said yes, then this is the place for you! Harry will focus on specific techniques to help you improve your game and you will be on your way to play on your own! Registration is required. Free for Full Facility members!

UPT Community Center Contact Information:

UpT Parks and

iec

Phone: 484-391-2390

E-mail:getuptcc@gmail.com



COMMUNITY CENTER REGULAR HOURS

	0	PEN HOURS	
	MON	8:00am - 8:00pm	
	TUE	8:00am - 8:00pm	
Le Par	WED	8:00am - 8:00pm	
	THU	8:00am - 8:00pm	
	FRI	8:00am - 8:00pm	
JAN /	SAT	8:00am - 12:00pm	N.
0/	SUN	CLOSED	
1	1	A STATE AND A STAT	

*Regular hours begin Sept. 6th







April 2025 Open Gym & GEX Calendar

April 1st - April 29th (Tuesdays) Baseball Tots- 4:30pm & 5:20pm

C \$

Baseball Tots, ideal for kids aged 2 to 5, focus on developing motor skills & baseball basics like throwing, catching, hitting & running. Baseball Tots fosters a love for baseball from the start! Parent participation is required for ages 2 to 3.

April 2nd - 30th (Wednesdays) Mahjong - 1pm

Come play Mahjong with friends at the UPTCC! This program is FREE for Community Center members!

April 2nd - 30th (Wednesdays) MultiSport Tots/MiniHawks MultiSports- 4:30pm & 5:20pm

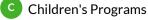
Join us for MultiSport Tots at Anderson Farm Park. This program offers a variety of sports through fun, age appropriate activities enhancing balance, coordination, and fitness. Parent participation is required for ages 2 to 3.

April 2nd



Star Party with DVAA. - 8pm

Come learn about the night sky, constellations, and more at our upcoming Star Party with our friends from the DVAA. Feel free to bring binoculars if you have them. This is a free program, but registration is required. *Clouds AND/OR rain will cancel this event. Our rain date is Thursday, April 3rd. You are registered for both dates when you register for the program on our website.*





April 3rd - May 1st (Thursdays) Boys/Girls Beginner Flag Football -4:30pm, 5:40pm

Dive into the excitement with Skyhawks Flag Football! This program teaches passing, receiving, kicking, & flag pulling all while emphasizing heart & spirit. There are two sessions (based on age group) per gender. **The program** will take place behind the large playground at *Black Rock Park*. Look for the Skyhawk flags!

April 3rd - April 24th (Thursdays) Youth Indoor Soccer- 5pm

Join Coach Kiersten to learn the basics of soccer or brush up on your skills. All levels welcome. We'll have two different sessions available. Be sure to register for the correct age group. Registration is required.

April 4th - 25th (Fridays) Futsal - 6pm

Join us for Futsal this month Please note, this is a pick up game style program. Staff will not provide instruction during this session. Free for members. Pec

GEX Classes for April

SS Classic - Mondays @10:15am

Quick 30- Mondays/Thurs. @12:30pm

Chair Yoga- Tuesdays @10:15am

Qigong- Tuesdays @12:30pm

Total Body Strength - Tuesdays @6pm

Pilates - Tuesdays @7pm

Senior Stretch - Wednesdays @10:15am

Pilates - Thursdays @9:30am

SS Cardio - Thursdays @10:15am

Mindfulness Yoga- Thursdays @4:30pm

Zumba- Fridays @9:15am

Strength & Stability - Fridays @10:15am



Join UPT Police Department & UPT Fire & Emergency Services to learn ways to keep you & your loved ones safe during an Active Shooter incident and how to Stop the Bleed.

April 29th 5:30-8:30pm \$10 per person UPT Admin. Building

Page 3





April 5th C A S UPT First Responders 5k Gauntlet & 1 Mile Kids' Gauntlet- 10am

Grab your family & friends & join us at Black Rock Park for the UPT First Responders 5k Gauntlet. This is family friendly & open to anyone & all ability levels. Throughout the Gauntlet, participants will encounter obstacles that our 1st responders experience on a regular basis. It's going to be a great day supporting a wonderful cause - UPT Emergency Services Academy Summer Camp! *Please note, Black Rock Park will be shut down to all vehicular traffic on the 5th. Parking for all park usage will be at Quest Diagnostics during this event.

April 7th - 28th (Mondays) Hooks and Needles - 1pm



Come work on your own knitting and crocheting projects in a group setting! Meet new people and maybe learn some new techniques! This program is FREE for Community Center members!

April 7th - 28th (Mondays) Canasta - 1pm

Come play the game of Canasta with us! This program is FREE for Community Center members!

April 11th Art for Seniors- 11am

We will be making Butterfly windchimes for our enjoyment in the upcoming warm weather! Please register on our website due to necessary supplies.

UpT Parks and Rec

 \rightarrow

April 12th - May 10th (Thursdays) DinoTots - 9:30am & 10:20am

Get ready to stomp, roar, and explore with DinoTots! This exciting class is designed for little explorers to develop fundamental motor and athletic skills through fun, non-sport-specific games. Each child will wear a dinosaur mask and tail, bringing their prehistoric adventures to life as they run, jump, and play in a dynamic, imagination-fueled environment. Parent participation required for ages 2 to 3.

April 12th - May 10th (Thursdays) Neurodiverse Fitletics - 11:30am & 12:30pm

Skyhawks Neurodiverse Fitletics provides opportunities for neurodivergent children to build the. life skills of fitness and movement through fun and engaging activities that are adaptable to the unique and varied needs of the Neurodiverse community.

April 17th - 21st - Schedule change

Please note, there will be no Pickleball on on April 17th, 18th, or 21st. We will resume our normal Pickleball schedule on Tuesday, April 22nd. Thank you.

NYC BROADWAY **BUS TRIP**

Enjoy an unforgettable day trip to New York City! Check out Central Park, Times Square, or more. We will be visiting NYC on Wed., April 30th.

\$85/PERSON BUS ONLY

UPT



HOP ON THE BUS AND TAKE A WICKED RIDE DOWN THE YELLOW BRICK ROAD!

SIGN UP TODAY! WWW.UPTREC.ORG

Medicare Seminar Learn: How Medicare Works How to pick the right Part "D" prescription card The differences between Medicare supplements Where: **UPT Community Center** 499 Hopwood Road, Collegeville, PA 19426 When: Tuesday, April 22nd 6:00-7:30pm Presented by: Steve Perlman, DelVal Senior Advisors, Independent Medicare Planning Specialist Pre-registration is required. Register at uptrec.org Senior Advisors DelVal



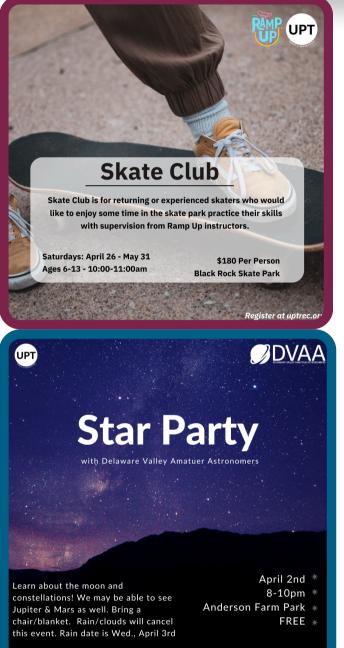
April 2025 **Programs & Events Calendar**

Programs have registration fees.



R





Pre-registration is required. Register online at uptrec.org

April 17th Spring time Story time & Craft - 6pm

Join us for a Spring themed Story time at the center. We'll read a story & make Bunny Portraits together. Bunny Portraits will be made out of recycled egg cartons & cardboard. Younger children will need assistance from their grown up.

April 19th

Please note, the center will be closed on Saturday, April 19th in observation of the upcoming holiday. We'll see you on Monday, 4/21.

April 22nd Medicare Seminar - 6pm



UpT Parks and

Do you have questions about Medicare? Join us on the 22nd and learn all about Medicare with our friend Steve Perlman! Please register on our website if you wish to attend.

April 25th

Walk with a First Responder: Police - 9am

Join the UPT Police Department for a leisure walk around Anderson Farm Park! This is a great opportunity to ask our officers any questions you have about their daily functions. Registration is encouraged.



April 26th - May 31st (Saturdays) Beginner Skateboarding - 8:30am

Experience the joy and challenge of skateboarding in a safe environment with a certified instructor from Ramp Up! No experience necessary. Join us for a beginner skateboarding program that balances new skills, supervised practice*, and creative games and challenges! Helmets are required for this program! We strongly encourage participants to bring additional safety pads (wrist, elbow, knee) with them. Skateboards will be available to borrow, free of charge! If you have your own skateboard, please bring it with you.

* The class is led by a USSEA (US Skateboarding Education Association) certified instructors. C \$

April 26th - May 31st (Saturdays) Skate Club - 10am

Ramp Up Skate & UPT Parks & Rec have teamed up to bring a Skate Club to the Black Rock Skate Park. This club is for children who have participated in previous Ramp Up Skate programs or have previous experience on the board. Interested participants must register on our website. The club "meetings" would have structured activity time as well as free time to explore their skills while supervised. Instructors will also teach club members about the skate community and skate park etiquette during meetings on Saturdays from 10-11am.



HE FIRST RESPONDER GAUNTLE



HARVEST



Rec

UPT Parks and

Thank You

Sponsors!



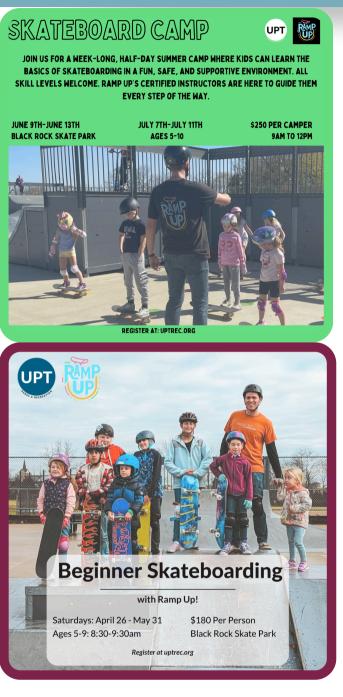


Walk with a Cop Friday, April 25th at 9am Anderson Farm Park



C Children's Programs

A P R



April 29th

Active Shooter & Stop the Bleed Training -5:30pm

UPT Parks and

Rec

The FBI defines an "active shooter" as one or more individuals actively engaged in killing or attempting to kill people in a populated area. Please join UPT Police and UPT Fire and Emergency Services as we team up to provide our community with life saving instructions on how to better understand, prepare and respond to an active shooter event. Our two hour instruction will start with providing a foundation using the Run, Hide, Fight principals for survival. UPT Fire and Emergency Services will then teach how to perform life saving techniques on individual and patient care with "Stop the Bleed" training. Preregistration is required for this event due to limited space. A \$

April 30th

New York On Your Own/Wicked Bus Trip - 7:30am

We are headed to the Big Apple for a day trip! There is so much you can explore in NYC. Central Park, Empire State Building, or visit Rockefeller Center to name a few. *Tickets to see Wicked are sold out at this time.* Reserve your spot on the bus today by visiting uptrec.org.

C S A \$

Coming soon!

Up! Music Fest - 1-8:30pm

Join us at Anderson Farm Park for UP! Music Fest on **Saturday, May 3rd!** It's always a great day filled with music and fun for all ages. This year's show will end with a performance from Jeffrey Gaines! There will also be food trucks, a beer vendor, and more at the park that day. For more information visit our Facebook event: UP! Music Fest





Summer Camp Update

Fill your summer with fun at Camp Black Rock! Campers will spend their summer playing games, going on trips, swimming, and more. Camp registration is underway for both our 6 week camp option and our weekly options.

Camp Black Rock - 6 weeks: June 16th -27th and July 7th - Aug. 1st *OFF the week of June 30th through July 4th Camp Black Rock - weekly options:

June 16th -21st June 23rd-27th July 7th - 11th July 14th-18th July 21st-25th July 28th-Aug. 1st

Looking for a Specialty Camp option? We have several options this summer. Theater, Chess, Mad Science, and Bricks 4 Kidz are just a few of our options to pick from this year. Registration is available for these camps at this time.

Cancellation & Refund Policy

Upper Providence Township reserves the right to cancel any program, trip or activity due to insufficient registration, inclement weather or any reasonable cause; in this case a full refund will be issued. No refunds will be issued for cancellations unless requests are made *in writing prior* to 14 days of the start of a program. All refunds are subject to a 15% processing fee. No refunds or credits will be issued for cancellation of bus trips, or cancellations made after the start of a program. There is a \$25.00 fee for all returned checks.

er ng, way our n-

Theater Camp

Theater camp offers an inside look & firsthand experience on how the theater works! Campers will also get to perform a production for all their friends and families! We hold a performance in our Amphitheater on Friday (7/20) at 3pm!

UPT Parks and

June 16th-June 20th Anderson Farm Park 9am to 4pm Ages 8-15 \$235 per camper Register at: uptrec.org

Rec

UPT



Whether you are new to the game, learning to push pawns for the first time, or have played in numerous tournaments and want to sharpen your skills, come to Shining Knights Chess Camp! Campers receive a tournament-style chess set and Shining Knights T-shirt.

July 21st - 25th \$245 per camper 9:00 - 12:00pm Ages 6-12 UPT Community Center Register at uptrec.org



2025 Summer Camps







Dear UPT Community Members,

The new year brought a new website to UPT Parks and Rec. This new online account system makes managing your account easier than ever! Registration for all upcoming programs, camps, and events are available at uptrec.org. Please note, access to Rec Desk accounts ended on February 1st, 2025.

How to access your account:

- Visit our new website: www.uptrec.org
- In the middle of our website, you will see these two icons.
- Choose "New Account" if you did not have a previous account with us on My Rec (prior to 2022). If you are unsure, choose log in and the system will provide prompts to help you along the way.
- Please bear with us as we continue to update our new software.

We are very excited about this improvement for our members and we hope you are too! If you have any questions contact our team at <u>uptparksandrec@gmail.com</u> or <u>610-933-9179</u>.