# **UPT Parks & Recreation Activity Guide**



### July 1st-29<sup>th</sup> (Tuesdays)







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.

### July 1st-29<sup>th</sup> (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!

## July 1st - 29<sup>th</sup> (Tuesdays)







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:**

Phone: 484-391-2390

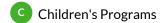
E-mail:getuptcc@gmail.com



#### **COMMUNITY CENTER SUMMER HOURS** OPEN HOURS MON 8:00am - 8:00pm TUE 8:00am - 8:00pm WED 8:00am - 8:00pm THU 8:00am - 8:00pm \*FRI 8:00am - 4:00pm SAT 8:00am - 12:00pm SUN **CLOSED**

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\*Summer hours begin June 6th





Senior Programs

# **UPT Community Center** 499 Hopwood Road, Collegeville, PA 19426









**July 2025** Open Gym & GEX Calendar

#### July 2<sup>nd</sup> - 30<sup>th</sup> (Wednesdays) s Mahjong - 1pm

Come play Mahjong with friends at the UPTCC! This program is FREE for Community Center members! Please note, location of Mahjong may change because of camp.

#### July 4th

The UPT Community Center is closed today in observation of the holiday. We hope you have a wonderful Independence day with your family & friends. We will reopen on Saturday, July 5<sup>th</sup>, for regular hours.



#### July 7th - 11th Ramp Up Skate Camp - 9am-12pm



Ramp Up Skate will be back for another week of camp at Black Rock Skate Park. Skateboarders of all ability levels are welcome to join us. Limited space available for this week of camp. Visit uptrec.org to register today! This camp is for children 5 to 10 years old. \*Helmets are required!

July 7th - 11th; July 14th - 18th; July 28<sup>th</sup> - Aug. 1<sup>st</sup>



Preschool Camps Weeks 2, 3, and 4 - 9am-12pm

Join us for a fun filled week of crafts, games, and more at Preschool Camp with Ms. Kendra! This half day camp is geared for children ages 3 to 6. Spaces are limited in the 5 weeks of Preschool Camp this summer. Reserve your spot today at uptrec.org!

Programs have registration fees.

#### July 7<sup>th</sup> - 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! Please note, location of Hooks & Needles may change due to camp.

### July 7<sup>th</sup> - 28th (Mondays)





#### Canasta - 1pm

Come play the game of Canasta with us! This program is FREE for Community Center members! Please note, location of Canasta may change due to camp.

#### July 7<sup>th</sup> - 28th (Mondays) Golf Tots-4:55pm





### **GEX Classes for** July

UPT Parks and

- 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







**Adults Programs** 

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# **UPT Community Center** 499 Hopwood Road, Collegeville, PA 19426





### July 7<sup>th</sup> - 28th (Mondays)



UPT Parks and

#### Beginner Golf - 5:45pm

Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided. Stop by uptrec.org to register.

#### July 8<sup>th</sup> - 29<sup>th</sup> (Tuesdays)



#### Baseball Tots-4:30pm & 5:20pm

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.

#### July 9th





#### Music in the Parks: Bubble Dance Party with DJ-6pm

Come join us for a fun Bubble Dance Party with DJ Scott! It's going to be a great time. Grab your friends & meet us at Anderson Farm Park. Kona Ice will be on hand selling delicious treats!

#### July 10th & 24th (Thursdays) **Adult Kickboxing Pop Ups-6pm**



Join Brittany for a fun workout! She'll be showing us the basics of Kickboxing. Please register for these programs ahead of time by visiting our website (uptrec.org).

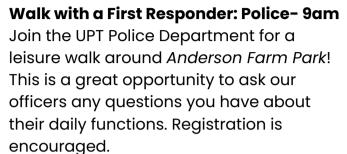






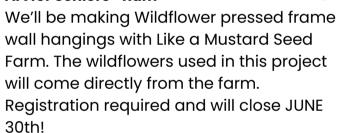






#### July 11th

#### **Art for Seniors-11am**



#### July 12th - Aug. 2nd (Saturdays)

#### MultiSport Tots-9:30am

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 all participants.

**Adults Programs** 



UPT Parks and

# NYC BROADWAY BUS TRIP

UPT

Enjoy an unforgettable day trip to New York City! Explore the city On Your Own or check out Lion King on Broadway! We will be visiting NYC on Wed., Aug. 6th.



\$265/PERSON BUS & SHOW \$85/PERSON BUS ONLY



XPERIENCE THE CIRCLE OF LIFE – THE ION KING ON BROADWAY.

SIGN UP TODAY! WWW.UPTREC.ORG



July 2025 Programs & Events Calendar

# **UPT Community Center** 499 Hopwood Road, Collegeville, PA 19426



#### **Program Cancellation and 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.





AUG. 16TH, 2025

### July 12th - Aug. 2nd (Saturdays)





#### MiniHawks MultiSport -10:20am

Embark on an adventure with Mini-Hawk, a multisport program for children aged 4 to 6. It offers a fun, structured environment to explore various sports, enhancing balance and coordination. Participants will improve athletically while learning sportsmanship and teamwork.

#### July 21st-25th





#### Shining Knights Chess Camp - 9am-12pm

Whether you are new to the game, are 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! We hope you will join us and learn how to play chess or play better chess! Chess Camp is held at the Community Center for children ages 6 - 12. Campers receive a tournament-style chess set and Shining Knights T-shirt.

#### July 22<sup>nd</sup> Story time with UPT Fire Depart. - 9am



Our friends from UPT Fire Department will be on hand at **Black Rock Park** to read us a story or two. We will meet in the closed parking lot near the large playground. Afterwards we can check out the truck and all the equipment afterwards. This is geared towards 3-6 year olds, but all are welcome.

#### Registration is required!

Senior Programs

\*Please note, the Fire Department is actively on duty and may be late due to an emergency in the Township. We appreciate your patience while our First Responders help our residents in their time of need. They will arrive at the Park for Story time as soon as possible. Thank you.

# UPT Parks & Recreation Office 1286 Black Rock Road, Phoenixville, Pa 19460





#### July 23rd





Music in the Parks: Two of a Kind - 6pm

Join us for a wonderful evening of music and dancing with Two of a Kind! Don't forget your chair/blanket and friends! We'll see you at Anderson Farm Park. Handel's will be on hand selling delicious ice cream.

#### July 27th













# Summer Fest with Valley Forge Baptist - 5pm

We hope you can stop by and say hi to the UPT Police, Fire, and Parks and Rec while we are hosting a table at Summer Fest at Valley Forge Baptist. Parking (and shuttles) will be available at Black Rock Park. There will be vendors, games, and fireworks!

### **COMING SOON**

Aug. 6th Lion King/New York On Your Own Bus Trip

Aug. 13<sup>th</sup> Music in the Park: Family Stages presents

Robin Hood

Aug. 16th UP! Music Fest

Aug. 27th Music in the Park: Swiftie & the Midnights

Sept. 20th UPT Fall Fest



