LOOK INSIDE FOR THESE AWESOME NEW AND RETURNING FAVORITES:
Pay Less for the Dress, American Red Cross Swim Lessons,
Golf “FORE” Adults, Pee Wee Putters, Volleyball,
Aqua Zumba Fitness, Pint-Size Pom Poms, Babies ‘N Ballet,
Dad & Daughter Spring Dance, Adult Exercise classes, Yoga, Pilates Lite,
Senior Stretch & Strength, Painting and Art Classes,
Gymnastics for boys and girls, Civil War Series, and lots more!

PTARC
Linda G. Bires, Recreation Director
Penn Township Municipal Building
2001 Municipal Court
Harrison City, PA 15636
724-392-4555
Office Hours: 9:00 am - 4:00 pm, Monday - Friday
www.ptarc.org
www.facebook.com/ptrecreation
ONLINE REGISTRATION NOW AVAILABLE!

ACTIVITIES FOR ALL AGES!
SOLID GOLD DANCE PARTY FOR SENIORS Ages 50 & up
FREE EVENT! Sponsored by PTARC, Friends of PTARC, Penn Township Recreation Board and Senior Life of Greensburg. It gets cold and yucky in the Winter, dark and dreary sometimes, but we have a great way to liven up your day! Come enjoy some fun entertainment with a great DJ. Request your favorites, you can dance and sing along to some toe-tapping tunes. Lunch will be provided.
LOCATION: TO BE ANNOUNCED
TIME: 11:30 am – 2:00 pm
DATE: Wednesday, March 18th
FEE: FREE

PENN TRAFFORD BACKPACKS-TO-GO
This supplemental nutrition program provides a backpack filled with meals and snacks for the weekend to district children enrolled in the program, made possible through donations from PT staff, community members, businesses, organizations and churches in the surrounding area. If you would like to make a monetary, gift card, food or backpack donation, please contact Lauren Traill at trailll@penntrafford.org or 724-744-2161, or Lisa Popovich at popovichl@penntrafford.org or 724-744-0302. If you feel that your child could benefit from receiving a backpack during the 2019/2020 school year, please contact Mrs. Traill or Mrs. Popovich.

MULTI-GENERATIONAL ACTIVITIES

FAMILY SWIM FRIDAYS
Recreational Swim. Open swim time for families, individuals and groups.
LOCATION: Penn Trafford High School Pool
TIME: Fridays, 7:30-9:00 pm
DATES: 11 weeks, February 7-April 24 (no 4/10)
** Subject to Change, may be cancelled without notice due to inclement weather. Follow PTSD school closures and schedules. When in doubt, call the PTARC offices at 724-392-4555 for a message.
FEE: PTSD Residents: Adults $3/night, Children under the age of 18 $2/night. Non Residents: Adults $4/night, Children $3/night.

CIVIL WAR SERIES
“THE ARMIES AFTER GETTYSBURG”
The narrative of the Battle of Gettysburg typically ends with the triumphant repulse of Pickett’s Charge. However, in the months after the battle, the Army of the Potomac and the Army of Northern Virginia faced more tests on their march out of Pennsylvania and back into Virginia. The lull between campaigns would prove crucial as both armies licked their wounds and reorganized for the dramatic third act of the war. We will discuss these events, which are often left out of the spotlight, as well as the personal effect the Battle of Gettysburg had on its participants.
INSTRUCTOR: Evan Portman
LOCATION: Penn Trafford High School LGI Room
TIME: Thursday, 6:30-8:00 pm
DATE: March 5th
FEE: $10 per person
LIMIT: 30 Participants

“THE BATTLE OF MONOCACY”
By the summer of 1864, the American Civil War had yet again reached a stalemate. In an effort to break the siege of Petersburg, Robert E. Lee dispatched a Confederate Army under the command of Jubal Early to threaten Washington D.C. Attempting to buy time for reinforcements to converge on the capital, Union forces under Lew Wallace engaged the Confederates in the Battle of Monocacy outside of Frederick, Maryland. The battle, though not large, bought one day for the Federals to rally enough troops to defend the capital from Confederate assault. We will discuss the strategy as well as individual stories of the men that fought this overlooked yet important battle.
INSTRUCTOR: Evan Portman
LOCATION: Penn Trafford High School LGI
TIME: Thursday, 6:30-8:00 pm
DATE: April 16th
FEE: $10 per person
LIMIT: 30 Participants

DAD & DAUGHTER NIGHT OUT Ages 4-12
Attention all Daddies & Daddy’s little girls! Get dressed up for dinner and dancing. Spend quality time with your Daddy or that special little lady and create cherished memories.
LOCATION: Trafford Borough Manchester Room
TIME: Friday, 6:30-8:30 pm
DATE: One Day: April 24th
FEE: PTSD Residents: $44/couple ($14/additional child per family) Non-Residents: $52/couple ($14/additional child)
LIMIT: 100 Participants
REGISTRATION DEADLINE: Tuesday, April 20th

ATTENTION MANORBOROUGH RESIDENTS!
Hempfield Area School District residents who live in Manor Borough pay resident fee!

ONLINE REGISTRATION NOW AVAILABLE AT PTARC.ORG!

SPECIAL EVENTS

NEW! PAY LESS FOR THE DRESS!
Everyone gets to feel like a Princess, and not have to pay a Princely price! Come to our event and get a great bargain on a “Second Time Around” Gown or beautiful party dress, and you might even be able to afford that Tiara! Give that beautiful dress another night out or clean your closet. You know you will never wear that bridesmaid dress again! Donate your gently used, cleaned dress (tax deductions apply) during the weeks of February 3-14 at the Penn Trafford Area Recreation Office (M-F 9:00 am - 4:00pm). Evening hours for drop-off by appointment on Monday and Wednesday that week. Consignments are welcome. You set your price, and PTARC will give you 65% of the sale. Accessories are welcome: including purses, shoes, and costume jewelry. Come to Biondi’s Facility on Sunday, February 16th and say YES to a Dream Dress between the hours of 9:00 am and 2:00 pm. A $5 entry fee will net you some great freebies, and every dress is only $25 (limit 2, please) for donating dresses. Consignment dresses will be individually priced.

LOCATION: MCCULLOUGH Elementary, with busing to HARRISON PARK, Ongoing
FEE: Purchase program days by buying FLEX DAYZ FROM PTARC
10 DAYZ FOR $100 / 20 DAYZ FOR $190
Attendance is logged, use DAYZ as needed. SIMPLE & EASY
- ONLY PAY FOR WHAT YOU USE!! A REMINDER EMAIL WILL BE SENT
WHEN IT’S TIME TO PURCHASE MORE FLEX DAYZ.
Flex dayz are available at www.ptarc.org with a credit card or by check.
Payment (made out to PTARC) and given to staff upon drop off.
There is a ONE TIME PROCESSING FEE OF $25. Payment with a credit card is available online at www.ptarc.org.
PLEASE NOTE: ADDITIONAL FORMS ARE REQUIRED, YOU WILL BE CONTACTED AFTER REGISTERING

ONLINE REGISTRATION NOW AVAILABLE AT PTARC.ORG!

AQUATICS

AMERICAN RED CROSS SWIMMING INSTRUCTION
BABIES WITH PARENT AGES 1-3 Parent or guardian must participate with child.
Introduction to the water through fun activities.
PRE-SWIM (Level I) Ages 4-5
Water Exploration Skills: Children must be able to listen to oral instruction and get in the water without parents. Assist students in feeling comfortable in the water. All children below age 6 take Pre-Swim. Ages 4-5 who can float front & back by themselves and who are comfortable in deep water will be taught in a separate group.
BEGINNERS (Levels II & III) Ages 6 & up
Students are tested during the first class and separated by ability into Level II or Level III.
ADVANCED BEGINNERS/INTERMEDIATES/SWIMMER
(Levels IV, V & VI) Ages 6 & up
Child must have completed the preceding level and receiving a passing card to move to the next level.
COORDINATOR: Becky Lingenfelter
LOCATION: Penn Trafford High School Pool
FIRST 10 DAY SESSION: Weekdays (no Sat/Sun):
DATES: Monday-Friday, March 30-April 10
4:15-4:45 pm Babies with Parent
4:45-5:15 pm Pre-Swim
5:15-6:15 pm Beginners
SECOND 10 DAY SESSION: Weekdays (No Sat/Sun):
DATES: Monday-Friday, May 4-May 15
4:15-4:45 pm Pre-Swim
4:45-5:45 pm Beginners
5:45-6:45 pm Advanced Beginners, Intermediates, Swimmers
ONE TEN WEEK SATURDAY SESSION
DATES: Saturdays, February 22-March 28
12:30-1:00 pm Babies with Parent
1:00-1:30 pm Pre-Swim
1:30-2:30 pm Beginners
2:30-3:00 pm Babies with Parent
3:00-3:30 pm Pre-Swim
3:30-4:30 pm Advanced Beginners

FEE:
PTSD Residents: Babies/Pre-Swim $54,
Beginners/Adv Beg/Intermediate/Swimmer $64;
Non-Residents: Babies/Pre-Swim $52,
Beginners/Adv Beg/Intermediate/Swimmer $70
LIMIT: Number of students in each class is limited in order to assure safety and quality instruction.

PLEASE REGISTER EARLY!
Waiting to register at the last minute may cause the program you would like to attend to be cancelled. We must decide whether to hold or cancel a program according to enrollment a few days before the program is scheduled to begin. Don’t delay! Register today!

BREAKFAST WITH MICKEY AND MINNIE! Ages 1-10
Enjoy breakfast and playing games with Mickey & Minnie. Put on your mouse ears and come have a magical time! Fill your bellies with Mickey Mouse waffles and a topping bar, sausage, eggs & omelets, fruit salad, and assorted breakfast pastries.
LOCATION: Penn Trafford High School Cafeteria
TIME: 9:30-11:30 am
DATE: Saturday, April 4th
FEE: PTSD Residents: $39 per one child/one adult ($14/additional person)
Non-Residents: $47 per one child/one adult ($14/additional person)
LIMIT: 150 Participants
PUPPY TRAINING Dog Age: 3-6 months Ages 18 & up (one child may attend with adult) Positive reinforcement training methods. Dogs will learn the foundation for sit, down, come, touch, watch me, and loose leash walking. Humans will learn to encourage appropriate play and deal with common problems such as jumping, house breaking, mouthing and more! Socialization and playtime included! Handouts provided. Please bring vaccination records, flat collar, 6 ft. nylon or leather lead, and lots of soft treats. April 15th class at the Penn Area Library, orientation for humans only (no dogs attending).

INSTRUCTOR: Sandy Strychor, ABCDT LOCATION: Penn Township Municipal Park, General Forbes Pavilion (by the pond) TIME: Wednesdays, 6:30-7:30 pm DATES: 6 Week Session: April 15-May 20 FEE: PTSD Residents $59, Non-Residents $67 LIMIT: 10 Dogs

BASIC DOG OBEDIENCE & MORE Dog Age: 4 months & up Ages 18 & up and one child may attend with adult Positive reinforcement training methods. Dogs will learn to sit, down, stay, come, leave it, and loose leash walking. Humans will learn to encourage appropriate play and deal with common problems such as jumping, barking and mouthing. Playtime included! Handouts provided. Please bring vaccination records, flat collar, 6 ft. nylon or leather lead, and lots of soft treats. April 13th class in the Penn Township Municipal Building Commissioners Room, orientation for humans only (no dogs attending).

INSTRUCTOR: Sandy Strychor, ABCDT LOCATION: Penn Township Municipal Park, General Forbes Pavilion (by the pond) TIME: Mondays, 6:30-7:30 pm DATES: 6 Week Session: April 13-May 18 FEE: PTSD Residents $59, Non-Residents $67 LIMIT: 10 Dogs

WATERCOLOR INSTRUCTION Ages 14 & up Come join PT’s Rich Rauso, with 27 years of experience and a member of the Pittsburgh Watercolor Society for an instructional class on watercolor. Even if you think you aren’t an artist, anyone can express their hidden talent and enjoy this relaxing hobby! List of suggested watercolor supplies will be emailed to each participant prior to class.

INSTRUCTOR: Richard P. Rauso, PWS LOCATION: McCullough Elementary School Room #18 TIME: Mondays, 6:30-8:30 pm DATES: 1st 4 week session: February 10-March 9 (no 2/17) OR 2nd 4 week session: March 16-April 6 FEE: PTSD Residents $20, Non-Residents $28 LIMIT: 15 Participants

PRE-SCHOOL ACTIVITIES

BABIES’ N’ BALLET (EVENINGS) Ages 2-4 Learn basic steps and ballet positions. Class will introduce ballet to help develop balance, timing and creative expression. Wear leotard or shorts & t-shirt & ballet slippers.

INSTRUCTOR: Janet’s School of Dance Instructors LOCATION: Penn Trafford Ambulance Center TIME: Fridays, 5:45-6:15 pm DATES: 5 week session: February 22-March 28 (No Class 3/7) FEE: PTSD Residents $29, Non-Residents $37 LIMIT: 15 participants

Babies’ N’ Ballet (Mornings) Ages 2-4 Learn basic steps and ballet positions. Class will introduce ballet to help develop balance, timing and creative expression. Wear leotard or shorts & t-shirt & ballet slippers.

INSTRUCTOR: Janet’s School of Dance Instructors LOCATION: Penn Trafford Ambulance Center TIME: Saturdays, 9:30-10:00 am DATES: 5 week session: February 22-March 28 (No Class 3/7) FEE: PTSD Residents $29, Non-Residents $37 LIMIT: 15 participants

JAZZ-MA-TAZZ (EVENINGS) Ages 4-6 Jazz dance is a fun and energetic style. The class includes a warm-up with stretching, isolations, strengthening exercises and then moves across the floor to work on turns, leaps, jumps and runs. Each class ends with a fast paced combination. Intro to Jazz is perfect for the young dancer and focuses on coordination.

INSTRUCTOR: Coach Mark Matthews LOCATION: Sunrise Elementary Multi-Purpose Room TIME: Thursdays, 6:00-7:00 pm DATES: 1st 4 Week Session: February 20-March 12 OR 2nd 4 Week Session: April 2-April 30 (No Class 4/9) FEE: PTSD Residents $29, Non-Residents $37 LIMIT: 20 Participants

Jazz-Ma-Tazz (Mornings) Ages 4-6 Jazz dance is perfect for the young dancer and focuses on coordination.

INSTRUCTOR: Janet’s School of Dance Instructors LOCATION: Penn Trafford Ambulance Center TIME: Saturdays, 9:00-10:00 am DATES: 6 Week Session: June 8-29 FEE: PTSD Residents $64, Non-Residents $72 LIMIT: 50 Participants

BROOKSIDE T-BIRDS T-BALL Ages 3-5 T-Birds T-Ball is a fun and highly instructional introduction to baseball for 3-5 year old boys and girls. In each session, players learn the basics of throwing, catching, fielding, batting, and base running. They will apply what they have learned in fun, non-competitive games. T-shirt and MLB hat included.

INSTRUCTOR: Jump Start Sports Coaches LOCATION: Manor Park TIME: Saturdays, 10:00-11:00 OR 11:00-12:00 pm (Children will play a rotating schedule of games) DATES: 6 Week Session: April 18-May 20 (No 5/23) FEE: PTSD Residents $29, Non-Residents $37 LIMIT: 12 Participants
SOCCER SHOTS-MINI Ages 2-3
Soccer Shots is a fun, high-energy, non-competitive soccer program; which is the premier intro-to-soccer experience and soccer program. This class will strive to build "stronger youth beyond the game" with their curricula aligned with PA education standards & a low-pressure atmosphere in which kids can learn and grow. Soccer Shots is the official 2-5 year-old program of US Youth Soccer! Parent participation required. All soccer equipment provided. Bring water bottle. No cleats please.
INSTRUCTOR: Soccer Shot Coaches
LOCATION: Level Green Elementary
TIME: Wednesdays, 5:30-6:00 pm OR
Wednesdays, 6:10-6:40 pm
DATES: 1st 6 week session: February 12-March 18 OR
2nd 6 week session: April 1-May 6
FEE: PTSD Residents $79, Non-Residents $87
LIMIT: 10 Participants

INTRO TO GYMNASTICS FOR TOTS Ages 2-4
Do you have a child that's constantly tumbling, dancing, cartwheeling (or attempting) around the house? Come let them try this class! Work on fundamental motor skills and basic gymnastics. All equipment will be utilized including the foam pit, trampoline, uneven bars, balance beam and vault.
INSTRUCTOR: Alison Biondi's Gymnastic Instructors
LOCATION: Alison Biondi's Gymnastics
TIME: Tuesdays, 11:45-12:30 pm
DATES: 1st 4 week session: February 18-March 10 OR
2nd 4 week session: March 24-April 14
FEE: PTSD Residents $39, Non-Residents $47
LIMIT: 10 Participants

HAPPY FEET SOCCER Ages 3-5
An introduction to soccer through developmentally and age appropriate curriculum full of songs and games. Fun weekly activity committed to forming healthy exercise habits through soccer. Children will gain coordination and master soccer skills. Equipment provided.
INSTRUCTOR: Happy Feet Soccer Instructors
LOCATION: Level Green Elementary Multi-Purpose Room
TIME: Tuesdays, Age 3 – 6:00-6:30 pm & Age 4-5 – 6:30-7:00 pm
DATES: 6 week session: February 18-March 31 (no class 3/24)
FEE: PTSD Residents $54, Non-Residents $62
LIMIT: 12 Participants

BREAKAWAY BASKETBALL Ages 8-12
Instructional and recreational basketball program where players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Please bring a basketball and wear gym shoes!
INSTRUCTOR: Coach Robbie McConnell
LOCATION: Penn Middle Auxiliary Gym
TIME: Thursdays, 6:30-7:15 pm
DATES: 6 week session: March 12-May 7 (no class 3/26, 4/9 & 4/30)
FEE: PTSD Residents $24, Non-Residents $32
LIMIT: 20 Participants

YOUTH AND TEEN ACTIVITIES

SAFE AT HOME Grades 4th-6th
There is no age that students are automatically ready to stay home alone. Staying home alone is a big responsibility, and all preteens need maturity and confidence to take on that responsibility. They also need to be comfortable with the idea of being home unsupervised. Finally, it is important that parents agree their child is ready to take on this responsibility and be available to support them as needed.
INSTRUCTOR: Penn Township Police DARE Officer
LOCATION: Penn Township Police Department-2000 Commercial Court, Irwin
TIME: Thursday, 6:00-7:30 pm
DATE: March 26th
FEE: PTSD Residents $29, Non-Resident $37
LIMIT: 12 Participants

TENNIS Ages 6 & up
Beginning class for players who need to learn the four basic strokes, proper stance, grip and position. Intermediate class for players who wish to refine their strokes while adding pace, spin and control to shots. Please bring your own racquet. Interested in Private Lessons with a Professional? Call the office to schedule your times at 724-392-4555. Adults welcome!
INSTRUCTOR: Tom Merchant
LOCATION: Penn Township Municipal Park Tennis Courts
TIME: Saturdays
2:00-3:00 pm Beginner Ages 9 & up
3:15-4:00 pm Munchkin Ages 5-8
4:15-5:15 pm Private $40/HR
DATES: 6 week session May 9-June 13
FEE: PTSD Residents: Age 5-8 $39, Ages 9 & up $49, Privates $40/hour
LIMIT: 12 Participants

RECREATIONAL DODGEBALL Ages 8-12
Did you know that Dodgeball is one of the most popular kids sport out there? Dodgeball is a good overall workout. Avoiding the ball improves leg and arm strength, hand/eye coordination, and gives kids a good cardio workout while having a ton of fun!
INSTRUCTOR: Robbie McConnell
LOCATION: Penn Middle Auxiliary Gym
TIME: Thursdays, 7:30-8:30 pm
DATES: 6 week session: March 12-May 7 (no class 3/26, 4/9 & 4/30)
FEE: PTSD Residents $29, Non-Residents $37
LIMIT: 20 Participants

SOCCER SHOTS-PREMIER Ages 5-8
Soccer Shots is a fun, high-energy, non-competitive soccer program; which is the premier intro-to-soccer experience and soccer program. This class will strive to build “stronger youth beyond the game” with their curricula aligned with PA education standards & a low-pressure atmosphere in which kids can learn and grow. Class focuses on foot skills. All soccer equipment provided. Bring water bottle. No cleats please.
INSTRUCTOR: Soccer Shot Coaches
LOCATION: Level Green Elementary
TIME: Wednesdays, 7:30-8:00 pm
DATES: 1st 6 week session: February 12-March 18 OR
2nd 6 week session: April 1-May 6
FEE: PTSD Residents $79, Non-Residents $87
LIMIT: 12 Participants

BREAKAWAY BASKETBALL Ages 8-12
Instructional and recreational basketball program where players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Please bring a basketball and wear gym shoes!
INSTRUCTOR: Coach Robbie McConnell
LOCATION: Penn Middle Auxiliary Gym
TIME: Thursdays, 6:30-7:15 pm
DATES: 6 week session: March 12-May 7 (no class 3/26, 4/9 & 4/30)
FEE: PTSD Residents $24, Non-Residents $32
LIMIT: 20 Participants

GYM SAMPLER CO-ED CLINIC Ages 5-12
Want to see what gymnastics is all about? Students get to give everything a try on different equipment like spring floors, vaulting tables, trampolines, bars, balance beams, climbing ropes, foam pits, and so much more!
INSTRUCTORS: Alison Biondi's Gymnastic Coaches
LOCATION: Alison Biondi's Gymnastic Facility
TIME: Saturday, 11:30-1:30 pm
DATE: One Day Clinic: April 18th
FEE: PTSD Residents $14, Non-Residents $22
LIMIT: 20 Participants

BAKING WITH KIDS Ages 9-15
Does your child love to help you bake? Bring your kids to this class so they can learn the fine art of baking! Aramark’s Pastry Chef, Melissa, will showcase her skills and teach kids how to make homemade Italian bread rolls, cupcakes, and fondant figures to top their cupcakes with!
INSTRUCTOR: Aramark Pastry Chef Melissa
LOCATION: Penn Trafford High School Cafeteria
TIME: 10:00-1:00 pm
DATE: March 7th
FEE: $29
LIMIT: 15 Participants

I SPEAK SPANISH Ages 6-10
Help your children expand their minds by enrolling them in “I speak Spanish 1”! This class helps kids learn fun, basic conversational skills, greetings, short phrases, and games. They will amaze your family and friends!
INSTRUCTOR: Cecilia Egnitz
LOCATION: TBD
TIME: Wednesdays, 6:15-7:00 pm
DATES: 6 week session: March 4-April 8
FEE: PTSD Residents $29, Non-Residents $37
LIMIT: 15 Participants
TRAMPOLINE & FOAM PIT TUMBLING  Ages 5-10
This co-ed class will utilize in-ground trampolines, tumble tracks and foam pits. Great fun for beginners learning new tricks and the more experienced tumblers to perfect their skills.
INSTRUCTORS: Alison Biondi’s Gymnastic Instructors
LOCATION: Alison Biondi’s Gymnastic Facility
TIME: Tuesdays, 5:30-6:30 pm
DATES: 1st 6 week session: February 18-March 24 OR 2nd 6 week session: April 7-May 12
FEE: PTSD Residents $29, Non-Residents $37
LIMIT: 20 Participants

GIRL’S FIELD HOCKEY CLINIC  Grades 2-12
“Get on the Ball” — Learn to play one of the fastest growing sports in Western Pennsylvania! Girls! Learn the game or improve your skills. Basic, intermediate, and advanced skills will be taught by the PTHS Girls Field Hockey Team! Pick-up games will be played for experience. Please bring shin guards, mouth guard and water. Sticks and balls provided.
INSTRUCTORS: PTHS Girls Field Hockey Team along with Coach Cindy Dutt
LOCATION: PTHS Warrior Stadium
TIME: TBD-Check our website at www.ptarc.org around mid-February
DATES: Individual Day Sessions: TBD
INSTRUCTOR: Mad Science Instructor
LOCATION: McCullough Elementary
TIME: Mondays, 3:30-4:30 pm
DATES: 4 week session: February 24-March 16
FEE: PTSD Residents $59, Non-Residents $67
LIMIT: 20 Participants

ARCHERY  Ages 10-16
Learn the basic skills required for this traditional sport. Proper technique will be taught as well as basic bow shooting and target skills. Equipment supplied.
INSTRUCTORS: Kevin Keller
LOCATION: Trafford Sportsman’s Club
TIME: Tuesdays, 6:00-7:30 pm
DATES: 3 week session: March 17, 24 & 31
FEE: PTSD Residents $24, Non-Residents $32
LIMIT: 20 Participants

CHEERLEADING PREP  Ages 7-10
Learn the basics of cheerleading from a Penn Trafford High School Cheerleader. Learn proper voice, jumping skills, dance tips, round off techniques and how to be a good citizen. Learn a cheer routine and more to present at the end of your session.
INSTRUCTORS: Carleigh Bruno
LOCATION: Penn Township Ambulance Center
TIME: Tuesdays, 5:45-6:15 pm
DATES: 1st 6 Week Session: March 3-April 7 OR 2nd 6 Week Session: April 21-May 26
FEE: PTSD Residents $29, Non-Residents $37
LIMIT: 12 Participants

INTRO TO VOLLEYBALL  Ages 8-11
Children will have a basic learning about the game of volleyball. Players are coached at their level and play fun, low competition games each week. Players will learn the basic fundamentals of passing, setting, hitting, and positions on the court, while in a fun, energetic, and learning environment. Fee includes a t-shirt.
INSTRUCTORS: Jump Start Sports Coaches
LOCATION: Penn Middle School Auxiliary Gym
TIME: Wednesdays, 6:00-7:00 pm
DATES: 1st 6 week session: February 12-March 18 OR 2nd 6 week session: April 8-May 13
FEE: PTSD Residents $69, Non-Residents $77
LIMIT: 20 Participants

ADULT ACTIVITIES

SPRING TRAINING ROOKIE LEAGUE  Ages 5-7
Kids have a blast and hone their baseball skills for the upcoming season! Players receive instruction from Jump Start Sports Coaches in batting, fielding, and base running. They then play fun games to practice the skills they have learned. Bring a glove.
INSTRUCTORS: JumpStart Sports Coaches
LOCATION: Penn Middle School Auxiliary Gym
TIME: Mondays, 6:00-7:15 pm
DATES: 6 Week Session: February 24-March 30
FEE: PTSD Residents $44, Non-Residents $52
LIMIT: 24 Participants

GOLF…”FORE” ADULTS!  Ages 18 & up
Beginning golf instruction for those with little or no experience. Learn the basic fundamentals of grip, set-up, swing, putting and short course. Golf course etiquette and course care included as well. Bring your clubs. Each participant must purchase a bucket of balls while at McDain’s.
INSTRUCTORS: Jim Desch
LOCATION: McDains & Cloverleaf Golf Course
TIME: Wednesdays, 7:00-8:00 pm
DATES: 4 Week Session: April 29 & May 6
FEE: PTSD Residents $59, Non-Residents $67
LIMIT: 10 Participants

GET FIT BOOTCAMP  Ages 18 & up
Keep your body guessing and challenge yourself differently each class. Workouts are designed for all fitness levels and will use a variety of gym equipment in addition to other exercises. Improve your overall fitness by working at your pace and having fun!
INSTRUCTORS: Heide & Justin Heddinger
LOCATION: PTHS Fitness Center
TIME: Thursdays, 6:30-7:30 pm
DATES: 1st 6 week session: January 9-February 13 OR 2nd 6 week session: February 27-April 2 OR 3rd 6 week session: April 16-May 28 (no class 5/21)
FEE: PTSD Residents $34, Non-Residents $42
LIMIT: 15 Participants

ADULT TAP FOR FUN & FITNESS  Ages 15 & up
Stomp away stress while slimming down your thighs, as well as improving coordination for both guys & gals! Twenty minutes of dancing increases your heart rate equal to low impact aerobics. Relaxed pace highlighting basic steps and combinations to music. Hard shoes required, tap shoes recommended.
LOCATION: Penn Township Ambulance Center
TIME: Fridays, 7:00-7:45 pm
DATES: 1st 6 week session: January 24-February 28 OR 2nd 6 week session: March 13-April 24 (no class 4/10)
FEE: PTSD Residents $29, Non-Residents $37
LIMIT: 15 Participants

The 2020 Summer Activity Guide will be delivered to your home during the week of April 13th.
The 2020 Fall Activity Guide will be delivered to your home during the week of August 10th.
YIN YOGA (MORNING) Ages 18 & up
Yin Yoga is a quiet, meditating practice with long, deep posture holds. This class targets the body’s connective tissue and promotes the mobilization of fascia while increasing circulation and flexibility. Class will close with a restorative posture. All levels welcome! Please bring a yoga mat, two towels & a water bottle.

INSTRUCTOR: Kali Kearns
LOCATION: Penn Township Municipal Building, Commissioners room
TIME: Fridays, 9:00-10:00 am
DATES: 1st 6 week session: January 10-February 14 OR
2nd 6 week session: February 28-April 3 OR
3rd 6 week session: April 17-May 22
FEE: PTSD Residents $34, Non-Resident $42
LIMIT: 30 Participants

CARDO STEP & TONE (MORNING) Ages 18 & up
Step Aerobics is an energizing workout that burns more calories than traditional aerobic exercises with particular emphasis on hips, thighs, abs and butt. Class will incorporate weights and an exercise ball for muscle conditioning. PLEASE BRING A STEP PLATFORM, 5”-7” SMALL EXERCISE BALL AND A SET OF HAND WEIGHTS TO CLASS.

INSTRUCTOR: Cindy Karazsia
LOCATION: Penn Township Municipal Building, Commissioners Room
TIME: Wednesdays, 10:30-11:30 am
DATES: 1st 6 week session: January 8-February 12 OR
2nd 6 week session: February 26-April 1 OR
FEE: PTSD Residents $29, Non-Residents $37
LIMIT: 15 Participants

GLIDE-TONE-STRETCH ALL-IN-ONE
This class is structured to begin with breath work, passive stretching and a slow warmup. It will find its peak with a steady flow and strong standing postures to build heat in the body, then wind back down with soothing postures and a final rest for relaxation. You are encouraged to bring a yoga mat, towel and water.

INSTRUCTOR: Kali Kearns
LOCATION: Penn Township Municipal Building, Commissioners Room
TIME: Tuesdays, 6:30-7:30 pm
DATES: 1st 6 week session: January 7-February 25 (no class 2/4) OR
2nd 6 week session: March 10-April 21 (no class 4/7) OR
3rd 6 week session: April 2-June 16 (no class 5/5 and 6/2)
FEE: PTSD Residents $34, Non-Residents $42
LIMIT: 30 Participants

LINE DANCING FOR FUN & FITNESS (MORNING) Ages 18 & up
Come out with Ms. Denise and Ms. Donna and get your boot, scoot and boogie on! Enjoy old favorites and new originals while you get some fun and exercise.

NO PARTNER NEEDED! Fun & easy!

LOCATION: Penn Township Ambulance Center
TIME: Tuesdays, 9:00-11:00 am
DATES: 1st 6 week session: January 11-February 15 OR
2nd 6 week session: March 10-April 21 OR
3rd 6 week session: April 16-May 20
FEE: PTSD Residents $20, Non-Residents $28
LIMIT: 15 Participants

NEW! COOKING WITH ADULTS Ages 18 & up
Who wants to be the next Food Network Star?? Join Aramark Chef, Zach Malavite for a night of instruction on preparing a 3 course meal. Your menu will consist of stuffed artichokes, chicken ala greco, and a trio of desert shot flights – YUM!

INSTRUCTOR: Zach Malavite
LOCATION: Penn Trafford High School Cafeteria
TIME: Monday, 5:00-9:00 pm
DATES: February 17th
FEE: $39
LIMIT: 10 Participants

MAY NOT BE VALID ON HOLIDAYS. PLEASE CHECK YOUR TICKET FOR DATES, PRICES SUBJECT TO CHANGE. SUPPLIES LIMITED. NO REFUNDS OR EXCHANGES.

CALL FOR PRICING
MAY NOT BE VALID ON HOLIDAYS. PLEASE CHECK YOUR TICKET FOR DATES, PRICES SUBJECT TO CHANGE. SUPPLIES LIMITED. NO REFUNDS OR EXCHANGES.

DISCOUNT TICKET SALES
PITTSBURGH ZOO Age 2 & up
CALL FOR PRICING
MAY NOT BE VALID ON HOLIDAYS. PLEASE CHECK YOUR TICKET FOR DATES, PRICES SUBJECT TO CHANGE. SUPPLIES LIMITED. NO REFUNDS OR EXCHANGES.

FOR 2023 ONLY, NO WEAPONS.
**PILATES LITE** Ages 50 & up  
An easier, gentler beginner class to help you learn how to gain core strength, accentuate your posture, improve your balance and agility. Please bring a mat and water bottle.  
**INSTRUCTOR:** Midge Culig  
**LOCATION:** Penn Township Municipal Building, Commissioners Room  
**TIME:** Tuesdays, 9:00-10:00 am  
**DATES:** 1st 6 week session: January 7-February 11 OR  
2nd 6 week session: February 25-March 31 OR  
3rd 6 week session: April 1- May 28 (no class 4/30)  
**FEE:** PTSD Residents $20, Non-Residents $28  
**LIMIT:** 20 Participants

**FREE! GOLDEN WALKFIT** Ages 50 & up  
Sponsored by the Penn Trafford Recreation Board  
This is a fun workout that combines marching & power walking with light weights. You will burn calories, improve mobility, boost circulation, and keep your heart healthy! Bring a 1-3 lb. weights. A huge THANK YOU to Paintertown Evangelical Lutheran Church for donating the use of their space!!  
**INSTRUCTOR:** Stacia Vallo-Martucci  
**LOCATION:** Paintertown Evangelical Lutheran Church (1001 Government Rd. Irwin)  
**TIME:** Mondays, 9:15-10:00 am  
**DATES:** Winter Session begins on January 8th. This class is ongoing and will follow the PTSD schedule when there are school closings and delays.  
**FEE:** FREE!  
Register with the instructor your first day of attendance.

**FREE! SENIOR STRETCH & STRENGTH** Ages 55 & up  
Sponsored by Friends of PTARC  
An easy, move at your own pace approach to improving flexibility & strength needed for daily living. Geared for the novice, this program is for men & women. Seated and standing movements. Please bring a set of hand weights between 1 lb. and 5 lb., exercise band, exercise mat, and water bottle. Get fit! Have fun! Make friends!  
**INSTRUCTOR:** Midge Culig  
**LOCATION:** Penn Township Municipal Building Commissioners Room  
**TIME:** Wednesdays, 9:00-10:00 am  
**DATES:** Winter Session begins on January 8th. This class is ongoing and will follow the PTSD schedule when there are school closings and delays.  
**FEE:** FREE!  
Register with the instructor your first day of attendance.

**FREE! SILVER DANCER-CIZE** Ages 50 & up  
Sponsored by the Penn Trafford Recreation Board  
Dance your way to fitness! Includes stretching, balance, agility, range of motion and fun! Exercise to music and dance your way to fit and fifty! Low impact, easy dance steps for all. Bring a towel and water bottle.  
**INSTRUCTOR:** Rita Windsor  
**LOCATION:** Penn Township Ambulance Center  
**TIME:** Fridays, 12:30-1:30 pm  
**DATES:** 8 week sessions: January 24-March 13 OR March 27-May 22  
**FEE:** FREE!  
**LIMIT:** 20 Participants

**OVERDRIVE** Ages 15 & up  
Put your body into “OVERDRIVE”! This class is med.-hi impact. Formats covered will be kickboxing, interval training and R.I.P.P.E.D.. Bring mat, resistance band & 3-10 lb. weight.  
**INSTRUCTOR:** Stacia Vallo-Martucci  
**LOCATION:** Sunrise Elementary Multi-Purpose Room  
**TIME:** Tuesdays, 6:00-6:30 pm  
**DATES:** 1st 5 week session: January 7-February 4 OR  
2nd 5 week session: February 25-March 24 OR  
3rd 5 week session: March 31-May 12 (no class 4/14 & 4/28)  
**FEE:** PTSD Residents $25, Non-Residents $33  
**LIMIT:** 20 Participants

**PIYO (MORNING)** Ages 18 & up  
This class combines the practices of Pilates and Yoga. We will work at a moderate pace, while building strength, increasing flexibility and burning calories. Bring a mat.  
**INSTRUCTOR:** Stacia Vallo-Martucci  
**LOCATION:** Sunrise Elementary Multi-Purpose Room  
**TIME:** Tuesdays, 6:35-7:20 pm  
**DATES:** 1st 5 week session: January 7-February 4 OR  
2nd 5 week session: February 25-March 24 OR  
3rd 5 week session: March 31-May 12 (no class 4/14 & 4/28)  
**FEE:** PTSD Residents $25, Non-Residents $33  
**LIMIT:** 20 Participants

**PIYO (EVENING)** Ages 15 & up  
This class combines the practices of Pilates and Yoga. We will work at a moderate pace, while building strength, increasing flexibility and burning calories. Bring a mat.  
**INSTRUCTOR:** Stacia Vallo-Martucci  
**LOCATION:** McCullough Elementary Multi-Purpose Room  
**TIME:** Thursdays, 6:35-7:20 pm  
**DATES:** 1st 5 week session: January 7-February 20 (no class 1/23 & 2/13) OR  
2nd 5 week session: February 27-March 26 OR  
3rd 5 week session: April 16-May 14  
**FEE:** PTSD Residents $25, Non-Residents $28  
**LIMIT:** 20 Participants

**CRUNCH CLUB** Ages 15 & up  
This class is specific to working the core as well as lessening lower back pain. Bring mat, resistance band and 3-10 lb. weight.  
**INSTRUCTOR:** Stacia Vallo-Martucci  
**LOCATION:** McCullough Elementary Multi-Purpose Room  
**TIME:** Thursdays, 6:00-6:30 pm  
**DATES:** 1st 5 week session: January 9-February 20 (no class 1/23 & 2/13) OR  
2nd 5 week session: February 27-March 26 OR  
3rd 5 week session: April 16-May 14  
**FEE:** PTSD Residents $20, Non-Residents $28  
**LIMIT:** 20 Participants

**FREE! “GOLDEN” WALKFIT** Ages 50 & up  
Sponsored by the Penn Trafford Recreation Board  
This is a fun workout that combines marching & power walking with light weights. You will burn calories, improve mobility, boost circulation, and keep your heart healthy! Bring 1-3 lb. weights. A huge THANK YOU to Paintertown Evangelical Lutheran Church for donating the use of their space!!

For more information, please visit the Penn Trafford Area Recreation Commission’s website at ptarc.org or call 724-744-4074.
PTARC is a non-profit, intergovernmental agency serving the residents of the Penn-Trafford School District which includes the Boroughs of Manor, Penn & Trafford and the Township of Penn. Hempfield Area School District residents who live in Manor Borough pay the resident fee.

Mission:
To provide residents of the Penn-Trafford School District with the opportunity for life-long learning, fitness and fun through the implementation of wholesome, affordable recreation activities and the development of safe, appealing facilities.

Members:
Larry Harrison, Chair, Casey Shoub, Vice Chair, Alex Graziani, Treasurer

Penn Trafford School District: Dr. Matt Harris, Greg Capoccioni, Nick Petrucci, Stan Rudge.

Penn Township: Larry Harrison, Alex Graziani , Michael Ginsburg, alternate

Manor Borough: Joe Lapia

Penn Borough: Randy Dreistadt, Bev Picklo

Trafford Borough: Casey Shoub, Rita Windsor

Staff: Linda G. Bires, Recreation Director
Stacia Vallo-Martucci, Program Director
Stephanie Wedge, Assistant to the Director

The Township of Penn and the Penn Trafford Area Recreation Commission are the recipients of a Community Conservation Partnerships Program Grant Award from the Pennsylvania Department of Conservation and Natural Resources.

Thanks to a grant of $164,000 from the Pennsylvania Department of Conservation and Natural Resources (DCNR), Penn Township will continue to improve Municipal Park, the identifying jewel of this suburban community. Based on resident feedback, suggestions and comments, most requested improvements were paved walking paths, additional Handicapped Accessible restroom facilities and an Outdoor Fitness Pad. The township lacked the funds to complete the project on its own, but with the successful DCNR grant award will be able to bring this project to fruition. The DCNR Grant is being matched with donations, pledges of equipment and Township In-Kind services and Recreation Board funds for a total project cost of $328,000.

THE BENEFITS OF PTARC

• $1,152,000 Grant Project Income for Penn Township
• $126,000 Grant Project Income for Manor Borough
• $143,000 Grant Project Income for Penn Borough
• $320,000 Grant Project Income for Trafford Borough
• $223,722 Grant Project & Fundraising Income for the PTARC Shelley Proskin Recreation Center

LIFE-LONG LEARNING, FITNESS & FUN

Parks & Recreation works for you, your kids, your neighbors and your communities…

Individual Benefits
Improves academic performance
Improves health and well-being
Reduces stress
Increases confidence and self-esteem

Community Benefits
Reduces crime
Keeps kids off the streets
Strengthens families
Increases community pride and volunteerism

Economic Benefits
Increases property values
Reduces health care costs
Increases productivity
Boosts tourism

Environmental Benefits
Preserves plants and wildlife
Controls air, water and soil quality
Provides accessible places to enjoy nature
Everyone benefits directly or indirectly!
Yesterday’s activities promote tomorrow’s physical and mental wellness.
**Who Are We?** Friends of Penn Trafford Area Recreation Commission is a non-profit, tax-exempt Pennsylvania corporation created in order to provide funding for community organizations including the Penn Trafford Area Recreation Commission, to support community projects, recreational programs and activities and community development projects.

**What Do We Do?** Friends of Penn Trafford Area Recreation Commission’s goal is to raise funds to renovate existing parks and recreation facilities in the Penn Trafford area and develop new parks and recreation facilities for our residents to enjoy.

**How Can You Help?** Friends of Penn Trafford Area Recreation is asking community-minded organizations and individuals to volunteer, donate materials, labor, and/or time to assist in the completion of these facilities.

**Who Should I Contact?** To help or attain more information, please contact Linda Bires, Executive Director at 724-392-4555

**Public Meetings:** Regular meetings of Friends of Penn Trafford Area Recreation are held the first Tuesday of every other month at 6:00 pm in the Penn Township Municipal Building.
HOW TO REGISTER

On line Registration is available at www.ptarc.org with credit card payment.
OR Complete Registration Form

Complete the registration form including all information. Return your form with the required fee to:

PTARC
2001 Municipal Court
Harrison City, PA 15636

Please use a separate registration form for each individual.

PLEASE REGISTER EARLY!

Pre-registration is required for all programs. Number of participants is limited. Registration is taken first-come, first-served. Registration is not accepted at class, as classes may be filled or cancelled. Registrations will not be accepted after classes have met for the second time.

Payment
Registrations will not be accepted without the payment of fees. You can pay the registration fee by mail or in person at:

PTARC
2001 Municipal Court
Harrison City, PA 15636

Located in the Penn Township Municipal Building. Checks or money orders should be made payable to PTARC.

MasterCard, Visa & Discover accepted! 2.45% convenience fee ($3.00 minimum) applies.
On line registration at www.ptarc.org

Refund Policy
Cancellation requests made at least 3 business days prior to the start of all activities: participants may choose either a full credit voucher or monetary refund minus a $5 processing fee. Cancellation requests received after a program has started: participants may choose between a credit voucher or monetary refund pro-rated to reflect the number of classes attended minus a $5 processing fee. 
No refund will be issued after the second meeting date of any program. Credit vouchers may be used to register an immediate family member living in the same household for any future program within one year of the date of issue.

Attendance
Attend the first day of the program as scheduled. You will only be notified by PTARC if a program is filled, postponed, or canceled. PTARC cannot be responsible for the make-up of sessions missed for personal reasons. If you miss a session, you are advised to contact the instructor about assignments or announcements. A registered participant cannot transfer his or her right to attend a program to another person.

Class Cancellations
Programs in schools are cancelled whenever schools are closed. Schools are closed: January 20, February 17, April 9-14, & May 1st. PTARC reserves the right to cancel, postpone, or reschedule any program that does not meet a minimum number of class participants. Every effort will be made to reschedule sessions missed for unanticipated cancellations or postponements encountered during a program. Rescheduling is not guaranteed.

Insurance
PTARC does not carry insurance to cover hospitalization or the medical cost of persons injured during the course of participation or spectating at any of PTARC’s programs or events. All participants enter programs at their own risk.

Accessibility
Every effort will be made for people of all abilities to participate in PTARC programs. People with disabilities requiring special accommodations, must contact the Recreation Office before the start of the program, so that arrangements can be made for successful participation.

Financial Assistance
The Penn Trafford Area Recreation Commission is committed to serving all residents of the Penn Trafford School District regardless of financial status. If you are interested in participating in any of the programs or activities listed in this brochure, but are unable to pay the fee, please contact the Recreation Director at 724-392-4555 for information on eligibility for financial assistance.
## REGISTRATION FORM

This form may be duplicated. Use one registration form for each participant. Please note that there are a maximum number of participants for each program. Full payment is due at the time of registration.

**PARTICIPANT’S NAME ___________________________**

- □ MALE □ FEMALE

**STREET ADDRESS ___________________________**

**CITY ___________________________ STATE ________ ZIP CODE ________**

**EMAIL ADDRESS ___________________________**

**PARTICIPANT’S: BIRTH DATE _______________________ AGE ________ GRADE ________**

Please indicate any medical conditions (including pregnancy) that PTARC and/or the instructor should be aware of:

**PARENT’S NAME (if participant is under 18 years of age) ___________________________**

**DAYTIME PHONE (___) __________________ EVENING/CELL PHONE (___) __________________**

Please indicate any medical conditions (including pregnancy) that PTARC and/or the instructor should be aware of:

**PARENT’S NAME ___________________________**

**PARTICIPANT OR PARENT SIGNATURE ___________________________ DATE __________________**

**Check with your physician before beginning any exercise program. Handicapped assistance available upon request.**

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[Options: □ Roster □ Receipt Number]

GOT A BUCK FOR PTARC? Add $1 to your registration fee to help!

**Please make checks payable to: PTARC**

**Mail form(s) with payment to:**

**PTARC**

2001 Municipal Court

Harrison City, PA 15636

**Phone Number:** 724-392-4555

**Fax Number:** 724-744-2172

After registering, plan on attending! You will only be notified if the program is filled, postponed or canceled.

MasterCard, Visa & Discover accepted!

**Credit Card Number: __________________ Exp. Date /______**

By signing below I agree to pay PTARC for the amount above and understand that a Third Party convenience fee will apply to my transaction in order for my/our credit card to be accepted. I further agree that such convenience fee will be billed by Nationwide Payment Solutions as a separate transaction and equal to *2.45% ($3.00 minimum) of the total amount being paid. Nationwide Payment Solutions is an authorized Level 1 PCI-DSS third party processor of regulated convenience fees. I further agree that such convenience fee shall be billed to my credit card by Nationwide Payment Solutions.

**PARTICIPANT OR PARENT SIGNATURE ___________________________ DATE __________________**

You will only be notified if the program is filled, postponed or canceled.

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**By signing below I agree to pay PTARC for the amount above and understand that a Third Party convenience fee will apply to my transaction in order for my/our credit card to be accepted. I further agree that such convenience fee will be billed by Nationwide Payment Solutions as a separate transaction and equal to *2.45% ($3.00 minimum) of the total amount being paid. Nationwide Payment Solutions is an authorized Level 1 PCI-DSS third party processor of regulated convenience fees. I further agree that such convenience fee shall be billed to my credit card by Nationwide Payment Solutions.**

**PARTICIPANT OR PARENT SIGNATURE ___________________________ DATE __________________**

You will only be notified if the program is filled, postponed or canceled.

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**Check with your physician before beginning any exercise program. Handicapped assistance available upon request.**

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**LICENSED BY THE PA DEPT. OF BANKING**

**jeff@jeffbradyagency.com**

**www.jeffbradyagency.com**

**Bus 724-744-2125**

**Harrison City, PA 15636-0525**

**2102 Route 130, PO Box 525**

**Jeff Brady, Agent**

**2102 Route 130, PO Box 525**

**Harrison City, PA 15636-0525**

**2102 Route 130, PO Box 525**

**Harrison City, PA 15636-0525**

**Penn Township:**

Larry Harrison, Chair

Alex Graziani, Treasurer

Penn Trafford School District:

Dr. Matt Harris, Greg Capoccioni, Nick Petrucci, Stan Rudge

**Penn Trafford Borough:**

Larry Harrison, Alex Graziani; Michael Ginsburg, Alternate

**Manor Borough:**

Joe Lapia

**Penn Trafford School District:**

Larry Harrison, Alex Graziani; Michael Ginsburg, Alternate

**Penn Trafford Borough:**

Casey Shoub, Vice Chair

**Joe Lapia**

**Penn Trafford School District:**

Larry Harrison, Alex Graziani; Michael Ginsburg, Alternate

**State Farm**

**Rutledge Auto Service & Collision, Inc.**

**MEMBERS**

**STAFF**

Linda G. Bires, Recreation Director

Stacia Vallo-Martucci, Program Coordinator

Stephanie Wedge, Program Assistant
Healing begins here.

Concussion. Sprain. Strain. Shoulder injury. Overuse injuries. Whatever has you sidelined, our team of orthopedic specialists, athletic trainers, physical and occupational therapists can help you get back in the game ... safely.

And, our Excela Health Sports Concussion Program is a credentialed ImPACT™ Consultant and leader in sports concussion management.