

ELK CREEK RECREATION & LEISURE BOARD 2020 SPRING PROGRAMS

The Elk Creek Recreation and Leisure Board is comprised of appointed members from the municipalities of Girard Township, Girard Borough and Lake City Borough as well as members from the Girard School District and one Member at Large. A paid Director is in charge of running the programs. The focus of the Board is to coordinate and facilitate programs for youth as well as adults in the area to participate in.

All Yoga Programs are instructed by Chelsea McQuaid

MEDITATION GROUP

(ALL AGES/EXPERIENCE LEVELS)

Day: Wednesdays
Site: EVES Music Room
Dates: April 15 - May 20, 2020
Time: 7:30 pm - 8:00 pm
Cost: \$30/6 week session

Clear your mind with a variety of techniques and tricks to bring you peace!

KIDDING AROUND YOGA (PRE-K-4TH GRADE)

Day: Thursdays
Site: EVES Music Room
Dates: April 16 - May 21, 2020
Time: 5:30 PM-6:30 PM
Cost: \$60/6 weeks

Pose to the music and breathe into mindfulness! Help kids with flexibility, anxiety, and self-control. Please bring a mat

YOGA 1 (TEENS/ADULTS)

Day: Wednesdays
Site: EVES Music Room
Dates: April 15 - May 20, 2020
Cost: \$60/6 weeks
Time: 6:00PM - 7:00PM

Learn the foundation of a practice that can create ease in your body and mind! Please bring a mat.

WALKING PROGRAM

Cost: \$.50/Walker
Site: EVES Hallway
Day: Tuesdays & Wednesdays
Time: 6PM—8PM
Dates: January 7 – March 18, 2020

Walk indoors - Stay active during winter months –Promote health and wellness

All children must be accompanied by an adult

POOL PARTIES

Cost: \$130 - Residents*
\$150 - Non-Residents*
*Plus \$30 deposit
Site: GHS Pool
Dates: September 2019—May 2020
Call to check availability

KIDS FUN NIGHT

Day: Saturdays
Dates: March 7
Site: Girard Alliance Church
Age: Pre-K – 4th Grade
Time: 6PM – 9PM
Cost: \$5.00/PERSON
BRING A FRIEND - GAMES*CRAFTS*PIZZA

OPEN SWIM

Cost: \$2/Child \$3/Adult
Site: GHS Pool
Day: Saturdays
Time: 2:30PM-4:30PM
Dates: January 4—April 25, 2020
Lane Swimming Available
All children must be accompanied by an adult

YOUTH INDOOR SOCCER

Cost: \$20/Child
Age: Pre-K - 4th Grade
Site: EVES Gym
Day: Wednesdays & Thursdays
Time: 5:30PM—8:00PM
Cost: \$20/Child
Dates: March 18—May 7, 2020
Provide opportunities to increase individual skills to lead to an overall enjoyment of the game for years to come. Through participation in weekly practices and games, players learn sportsmanship, how to work as a team and also build quality relationships with players and coaches.
PARENTS NEEDED TO COACH!

5TH & 6TH GRADE SOCCER

Cost: \$55/Child
Site: Outdoor RAMS PIT/EVES Soccer Field
Day: Monday – Friday (Games & Practices)
Time: Girls 4PM- 6PM – EVES - Practice
Boys 3PM-5PM – EVES & PIT - Practice
4:30PM- 7:00PM (Games)
Dates: March—May, 2020
Indoor practices, through March, outdoor practice weather permitting. Games begin in April. The program provides development of soccer skills, knowledge and appreciation of the game, team play, and good sportsmanship. The program is built around core set of values including teamwork, challenging one's abilities and knowledge, and the enjoyment of participating in an active and demanding sport.
Coaches: Scott Jones/Boys; Bruce Bryan/Girls

GATOR SWIM TEAM

Cost: \$80/Child
Site: Girard Borough Pool
Time: 8:00AM – 11:00AM (Depending on Age)
Day: Monday – Friday
Dates: June 8– July 24, 2020
This program focuses on all levels of the swimming, whether it beginner to advanced. Athletes will be able to foster a foundation for the sport, the importance of technique, as well as a sense of competition. The goal of our program is to provide a fun experience for kids, while keeping them active and involved.
Must be able to swim length of the pool unassisted
Coaches: Megan Carrig & TBA
Sign Ups: May 5, 2020: 6PM-7PM @ GHS Cafeteria

PROGRAMS OFFERED BY THE ELK CREEK RECREATION & LEISURE BOARD
FOR MORE INFORMATION OR TO REGISTER FOR ANY PROGRAM
CALL 774-3519 OR EMAIL ELKCREEKREC@GMAIL.COM

SWIM LESSONS –*Minimum age is 6 Months*

Cost: \$45/Child
Site: GHS Pool
Day: Tuesdays & Thursdays
Time: 5:30PM—8:00PM
(1/2 Hr Lessons; times depends on level)
Dates: April 14—May 7, 2020
Registration: April 7, 2020 @ GHS Cafeteria 6PM-7PM

LIFEGUARDING – RECERTIFICATION

Registration: March 5, 2020 @ GHS Cafeteria 6PM-7PM
Cost: \$140
Site: GHS Pool/Room 202 (Girard High School)
Day: Saturdays
Dates: March 21, 2020
Time: 8:00AM—4:00PM

This course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding. Prerequisite: Current Red Cross Lifeguarding/First Aid/CPR/AED Note: If the certificate is expired, participants must take the full Lifeguarding course. Students must bring mask and book. *(CPR INCLUDED)* ALL STUDENTS MUST TAKE* - Instructor: Scott Russell

LIFEGUARDING—must be 15YRS

Registration: March 5, 2020 @ GHS Cafeteria 6PM-7PM
(CPR INCLUDED) ALL STUDENTS MUST TAKE*

Cost: \$185
Site: GHS Pool/Health Room
Days: Tuesdays, Wednesdays, Thursdays, and Saturdays
Dates: May 20 & 21: 4PM-8PM
May 23: 12PM-4PM
May 26, 27, & 28: 4PM-8PM
May 30: 8AM

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue & surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate.

Prerequisite Testing day: Tuesday, May 19, 2020 5:00PM

Prerequisites: Minimum age: 15 years
Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards; Surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object - return to the surface and swim 20 yards on the back to return to the starting point; Exit the water without using a ladder or steps
Instructor: Scott Russell

LITTLE GRIDDERS CHEERLEADING

Cost: \$70/New (includes uniform) /\$45/Returning
Site: Little Gridders Field
Day: Monday - Friday (Practices) Sundays (Games)
Time: 6-7:30 (Practices)
Time: 1:00PM – 3:00PM (Games)
Dates: June - October 2020
Age: K - 7th

Whether a beginner or experienced, this program will offer the opportunity to learn new cheers and develop new skills in the areas of jumps, teamwork and coordination, while at the same time building self-confidence and encouraging the development of outgoing personality and leadership skills in a positive fun-filled atmosphere.

Sign Ups: May 8th & 15th 6PM-7PM @ GHS
Coach: Shawwna Coe

All Art Programs are instructed by Eliza Wolfe and located at Main Street Art, Girard, PA

PENCIL DRAWING

Cost: \$50.00 included materials
Dates: February 28 – March 27, 2020
Day: Fridays
Time: 6:00PM-7:30PM
Using negative space, proportion, shading

ACRYLIC PAINTING

Cost: \$50.00 includes materials
Dates: March 7 - March 28, 2020
Day: Saturdays
Time: 1:00PM-2:30PM

TO REGISTER ONLINE VISIT: www.imathlete.com
SEARCH FOR THE PROGRAM SELECT
AND REGISTER- IT'S THAT EASY

