**FAMILY AND MULTI-AGE ACTIVITIES**

**PUPPY/DOG TRAINING 101**  
*Co-sponsored by Harrisburg Beagle Club*  
Learn how to train your dog (10 weeks and older) to respond to basic commands such as sit, down, drop, etc. Topics such as walking on a loose leash, biting, chewing, dog/human body language, games and many others will also be covered. The handler must be at least 10 years old, but the entire family is encouraged to attend the session to observe. Bring a 6 ft. nylon or leather leash, a well-fitting collar, treats or toy, water, patience and a positive attitude. Instructor: Doug Parson, Gut Hunds Dog Training.  
Tuesdays, 6:00-7:00 pm  
September 12 – October 17  
Lower Allen Community Park – Upper Pavilion  
Cost: $81; discounted resident rate: $62

**DOG TRAINING LEVEL 1**  
*Co-sponsored by Harrisburg Beagle Club*  
Has your dog completed a puppy or beginning obedience course and you want to improve his/her level of obedience? Do you have an older dog (1 year or older) who has never been through an obedience class? If so, this Level I class is just the place for you. While a review of all basic commands are covered, you and your dog will continue to bond as you learn how to engage your dog, heeling, commands (sit, down, and stand) from distances, and commands (sit, down, stand) while in motion. Health care issues for your dog will also be discussed. The handler must be at least 10 years old. Instructor: Doug Parson, Gut Hunds Dog Training.  
Wednesdays, 6:00-7:00 pm  
September 13 – October 18  
Lower Allen Community Park – Upper Pavilion  
Cost: $81; discounted resident rate: $62

**NEW COLLEGE FINANCIAL PLANNING**  
*Co-sponsored by College Funding Resources*  
A great seminar for high school freshman, sophomores and juniors and their parents! We’ll discuss the FAFSA form and all the other information you need to understand in order to maximize the amount of financial aid you are eligible to receive. Even if you are not eligible for need-based aid, we’ll cover the best strategies on paying for college most cost effectively. Instructor: Jim Mitchell.  
Tuesday, October 3, 6:30-7:30 pm  
New Cumberland Alliance Church – 148 Spangler’s Mill Rd, New Cumberland  
Cost: FREE (pre-registration is required and also limited)

**FALL NATURE WALK**  
Come out and discover the beauty and history of Pinchot Park! Enjoy an easy to moderate walk, and learn a little about the forest and critters found here at the park, while taking in the gorgeous colors of autumn. Please wear sturdy shoes and bring water. This is a family friendly program. All children must be accompanied by a registered adult. Instructor: Beth Kepley-McNutt, EES.  
Saturday, October 14, 1:00-2:30 pm  
Gifford Pinchot State Park – Interpretive Center, Conewago Day Use Area  
Cost: $12; discounted resident rate: $9

**BEGINNER KAYAK EXPERIENCE**  
Join us for a beginner’s kayaking experience on Pinchot Lake! Learn the basics of paddling, and a little about the different types of kayaks available. For ages 12 and up; children must be accompanied by a registered adult. Life vests will be provided and must be worn. Dress appropriately for the weather, and wear shoes you don’t mind getting wet. Instructor: Beth Kepley-McNutt, EES.  
Saturday, September 9  
A. 10:30 am-12:00 pm  
B. 1:30-3:00 pm  
Gifford Pinchot State Park – boat area #2 near park office  
Cost: $14; discounted resident rate: $11

**KAYAK EXPERIENCE II – Sunset Paddle**  
If you have participated in the Beginner Kayaking Experience and would like a longer paddle on the lake, this is for you! We will kayak a longer length of the lake, taking in the sights and sounds of a fall evening. Please bring a snack, plenty of water, shoes you do not mind getting wet and dress for the weather. Participants must also bring a flashlight or headlamp for safety while on the water. For ages 12 and up; children must be accompanied by a registered adult. Life vests will be provided and must be worn. Instructor: Beth Kepley-McNutt, EES.  
Friday, October 6, 6:00-8:00 pm  
Gifford Pinchot State Park – boat area #2 near park office  
Cost: $14; discounted resident rate: $11

**EVENING PONTOON BOAT TOUR – Evening!**  
Come out and soak up the beauty of fall at Pinchot Park! Enjoy a 1.5 hour tour of our lake, taking in the sights and sounds of fall, while learning a little about the history of Pinchot Park, and discovering the different types of critters that call our park home. Children must be at least 6 years of age and accompanied by a registered adult. Life jackets will be provided and are required. Please wear appropriate clothing and bring binoculars or camera if desired. Instructor: Beth Kepley-McNutt, EES.  
Friday, September 22, 6:00-7:30 pm  
Gifford Pinchot State Park – boat area #2 near park office  
Cost: $14; discounted resident rate: $11

**WORKPLACE ACTIVE SHOOTER RESPONSE**  
While no one ever wants to experience an active shooter situation at their workplace, it is unfortunately a very real possibility. In partnership with the Lower Allen Township Police Department and Tiger Rock Martial Arts, we invite you to join us for an evening of hands-on and classroom training designed to ensure a better chance of survival in the event of an active shooter scenario. Class material is designed for ages 14 and older. Participants age 14-17 must be accompanied by a paying adult age 18 or older.  
Saturday, October 28, 6:00-8:00 pm  
Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill  
Cost: $9; discounted resident rate: $7

www.westshorerec.org
BEGINNER ARCHERY

A great family activity for those who always wanted to try archery. This is a beginner’s course for shooting recurved bows. You will learn the parts of the equipment and proper shooting technique. For ages 8 & up.

Instructor: Will Foster, YWCA of York.
A. Friday, September 22, 5:00-6:30 pm
B. Saturday, September 23, 2:00-3:30 pm
Camp Cann-Edi-On – 870 Sheepbridge Rd, York Haven
Cost: $22; discounted resident rate: $17

NIGHT SENSORY HIKE

For ages 8 & up. A family friendly interactive hike at night to learn how people and animals adapt to darkness. No flashlights. Instructor: Will Foster, YWCA of York.
Friday, September 22, 7:30-9:30 pm
Camp Cann-Edi-On – 870 Sheepbridge Rd, York Haven
Cost: $21; discounted resident rate: $16

BABYSITTING CERTIFICATION

Girls and boys ages 11-15 can become certified through this American Red Cross program, which provides the knowledge and skills necessary to safely and responsibly give care for children and infants. This class will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Sitters each receive an informative handbook and CD for reference and a certification card. Bring a packed lunch and a baby doll if you have one. Instructor: Cathy Wagaman.
Saturday, November 11, 9:00 am – 3:00 pm
Fairview Township Bldg–599 Lewisberry Rd, New Cumberland
Cost: $87; discounted resident rate: $67

STEM CLUB WITH SYLVAN

(After School)
Students in grades 1-3 & 4-6 (grades 1-2 at LA Elem.) will take an in-depth look at one of three general topics: robotics, engineering and coding. Each month, every school will explore a different topic, so check the information below to see what your school is running this month!

Robotics: students will design, build, and program robots using LEGO’s WeDo software! Engineering: students will learn simple machines, then apply that base knowledge to design more complex machines using LEGO®! Coding: students will become familiar with using coding blocks to create their own worlds, storyboards, and video games! For the Coding Club students need to bring their own laptop with wireless internet capability and the ability to run the Google Chrome browser. A limited number of laptops are available to borrow on a first-come, first-serve basis. Bring a snack and drink. Parents please send a note along with your child on the first day of the program notifying their teacher to dismiss them to the WSRec class. Instructor: Sylvan EDGE Staff.

Lower Allen Elementary
Mondays, 3:30-5:00 pm
A. Robotics: October 2-30 (no 10/9)
Cost: $125; discounted resident rate: $99
B. Engineering: November 6 – December 18 (no 11/20, 11/27)
Cost: $163; discounted resident rate: $125

Red Mill Elementary
Mondays, 3:30-5:00 pm
C. Coding: October 2-23 (no 10/9)
D. Engineering: October 30 – November 13
E. Robotics: December 4-18
Cost: $99; discounted resident rate: $75

Washington Heights Elementary
Tuesdays, 3:30-5:00 pm
F. Engineering: October 3-24
G. Robotics: October 31-November 28 (no 11/21)
Cost: $125; discounted resident rate: $99
H. Coding: December 5-19
Cost: $99; discounted resident rate: $75

Fishing Creek Elementary
Wednesdays, 3:30-5:00 pm
I. Coding: October 4-25
J. Robotics: November 1-29 (no 11/22)
Cost: $125; discounted resident rate: $99
K. Engineering: December 6-20
Cost: $99; discounted resident rate: $75

Highland Elementary
Thursdays, 3:30-5:00 pm
L. Engineering: October 5-26
M. Robotics: November 2-30 (no 11/23)
Cost: $125; discounted resident rate: $99
N. Coding: December 7-21
Cost: $99; discounted resident rate: $75

Hillside Elementary
Thursdays, 3:30-5:00 pm
O. Robotics: October 5-26
P. Coding: November 2-30 (no 11/23)
Cost: $125; discounted resident rate: $99
Q. Engineering: December 7-21
Cost: $99; discounted resident rate: $75

You always hated wearing a suit and tie.

And yet that’s what they picked for you to spend eternity in.

Talk with us about making arrangements in advance. Preplanning allows you to specify your preferences and relieves your family of the burden.

PARTHEMORE
Funeral Home & Cremation Services, Inc.
717-774-7721 www.Parthemore.com

Talk with us about making arrangements in advance. Preplanning allows you to specify your preferences and relieves your family of the burden.
AMERICAN HEART CPR & AED
This Heartsaver Course combines the newly revised CPR skills training with instruction in using an automatic external defibrillator. Learn skills in adult, child and infant CPR as well as choking procedures for all age levels. Course includes practice sessions, workbook and two skill reminder cards for future reference. A course completion card will be issued that is valid for two years. No refunds available after class starts. Please use main lower entrance to Township building. Instructor: Dave Crossley.
- Monday & Tuesday, 6:00-8:00 pm
- October 27 & 28
- Lower Allen Emergency Services Bldg - 2233 Gettysburg Rd
- Cost: $59; discounted resident rate: $45

AMERICAN HEART FIRST AID
This Heartsaver Course is designed to train anyone who might be the first to respond in the community or workplace. Essential information and skill training include: general principles of first aid, medical emergencies, injury emergencies, and environmental emergencies. A course completion card will be issued that is valid for two years. No refunds available after class starts. Please use main lower entrance to Township building. Instructor: Dave Crossley.
- Monday & Tuesday, 6:00-8:30 pm
- October 23 & 24
- Lower Allen Emergency Services Bldg - 2233 Gettysburg Rd
- Cost: $59; discounted resident rate: $45

NEW MEDICARE FRAUD & ABUSE
Co-sponsored by Parthemore Funeral Home
What is Medicare Fraud & Abuse? Fraud occurs when someone intentionally executes a scheme to obtain money or property of any health care program. Abuse is when health care providers/suppliers perform actions resulting in unnecessary costs to any health care program. This workshop will give you the tools to help protect yourself and/or loved ones from becoming a victim. Instructor: Cumberland County Aging & Community Services.
- Monday, October 30, 6:00-8:00 pm
- West Shore Senior Center – 122 Geary Ave, New Cumberland
- Cost: FREE (pre-registration is required and also limited)

FAMILY AND MULTI-AGE ACTIVITIES

REC SWIM ♥
Great for family fun or individual fitness workouts. One lane is reserved for lap swimming on the weekend. Pay at the door or save 23% by purchasing a Rec Swim Punch Card. A Punch Card never expires and can be used for the whole family.
- Fall Rec Swim:
  - Sundays, 2-5 pm
  - September 17 – January 28*
- Lap Swim Only:
  - Mondays & Wednesdays, 7-8 pm
  - September 6 – November 6

Admission Options:
- A. Pay As You Go: Weekend - $5; Weeknight - $2
- B. Punch Card: $26; discounted resident rate: $20
*Please note - No Rec Swim on October 29, November 26, December 24 & 31. Other dates are subject to change for maintenance, emergency or scheduling reasons.

BIRTHDAY POOL PARTIES
Here’s a fun and economical way to host a birthday or special event! Your group will have a splashing good time in the pool during Rec Swim and the lobby area may be scheduled (50 minute period) for cake cutting or gift opening. Reserve your date early! No refunds will be given after the Rec office closes on the Friday before your party date.
- Dates:
  - Sundays, 2-5 pm
  - September 17 – January 28 (no 10/29, 11/26, 12/24, 12/31)
- Size:
  - Small Group (up to 15 swimmers)
  - Cost: $78; discounted resident rate: $60
  - Large Group (16-25 swimmers)
  - Cost: $117; discounted resident rate: $90

EXCLUSIVE POOL PARTIES
Groups of up to 60 swimmers may have exclusive pool time for reunions, company recreation or other occasions. More than 60 persons will require additional lifeguards at an extra fee. Refund policy: no refunds will be given 30 days or less prior to the reserved party date unless a replacement is secured.
- Saturdays, 4-6 pm
- September 16 – January 27 (except for Oct 7 & 28, Nov 25, Dec 23 and 30)
- Cost: $194; discounted resident rate: $149

Millard Freysinger Memorial Youth Scholarship Program:
Contributions made to the Millard Freysinger Memorial fund provide financial scholarships for selected recreation activities for students* who fall under one or more of the following criteria: 1.) eligible for the free/reduced price school lunch program, 2.) recommendation from the school counselor, 3.) student’s parent is an active duty member of the military. A copy of the lunch program letter from WSSD must be included with the registration form. School counselor recommendation letters can be sent directly to our office for review. Military ID’s can be brought to our office for review before program registration. Scholarships are one-half the resident cost and are indicated with a $ symbol. All information will be kept completely confidential.
*who reside in a participating community

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NO SMOKING REMINDER
Please remember there is no smoking or tobacco allowed at any West Shore Rec activity or on any West Shore School District property. This includes outside entrances and parking lots. Thank you for your cooperation.