

# PARKS & RECREATION

## 2021 SPRING/SUMMER PROGRAM GUIDE



2021  
USPR  
*Summer*  
CAMP

USPR  
SOUTHAMPTON  
• TOWNSHIP •  
PARKS & RECREATION

- ACA-Accredited\* Camp for Ages 5-15 •
- Register by June 1, 2021 •
- See Page 9 for More Details •



**REGISTER NOW!**

## Township Info

### UPPER SOUTHAMPTON TOWNSHIP

Upper Southampton Township is a second class township of the Commonwealth of Pennsylvania. It is governed by a Board of Supervisors consisting of five elected members who serve six-year terms.

This five-member board appoints a manager to oversee the daily operation of government. The supervisors enact, by majority vote, ordinances and resolutions, levy taxes, approve land development plans, approve all expenditures and budgets, approve the hiring and/or termination of all township employees, and make appointments to advisory boards, committees, and commissions which serve the township.

### BOARD OF SUPERVISORS

Raymond M. Grossmuller, 2022 Chairman  
 Marguerite C. Genesio, 2024 Vice-Chairman  
 Stephen A. Wallin, 2026 Secretary/Treasurer  
 Keith E. Froggatt, Sr., 2022 Assistant Secretary/Treasurer  
 Thomas A. McCullough, 2026 Member

Term: 6 Year Term - the term expires on the first Monday in January of the year next to the member's name listed above.

The Board meets for regular public meetings the Second Tuesday of each month at 6:30PM in the Southampton Free Library, Lower Level Meeting Room, 947 Street Road, Southampton.

## Donations Needed

Donations of new or gently used games or other recreational activities are very much appreciated.

## Employment Opportunities

### INSTRUCTORS WANTED!

Do you have a hobby or skill you love and want to share with the Community? Upper Southampton Township is looking for instructors for new programs. We welcome you to apply and teach! Please submit a short description of the class or activity you would like to offer, photos of your work, if possible, and your contact information to [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org) or mail to Upper Southampton Township Parks and Recreation, 913 Willow Street, Southampton, PA 18966.

### SUMMER CAMP EMPLOYMENT OPPORTUNITIES

Are you looking for a fun summer job? We are looking for seasonal staff for Upper Southampton Summer Camp! This position will require a high energy, flexible employee that is willing to work Monday through Friday for the duration of the summer. All employees of the camp will be interacting with children ranging in ages from 5-15. There are also several physical demands of the position including, but not limited to, enduring hot temperatures, walking, and involvement in contact sports. Schedules and compensation vary based on position.

Dates of Employment: June 21 - August 20.

You must be 15 years of age before June 21, 2021 in order to apply.

If interested contact Alexandria Munshaw, [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org), or you can pick up an application at the Community Center, 913 Willow Street, Southampton, PA.

## Contact Us

### Address:

913 Willow Street,  
 Southampton, PA 18966

**Phone:** (215)-355-9781

**Fax:** (215)-355-4093

### Website:

[www.USTWPREC.com](http://www.USTWPREC.com)

### Office Hours:

Monday-Friday 8:00 AM - 4:30 PM

### Follow us on Social Media:



Facebook.com/ustpr



Instagram: @ustpr

## Our Staff

Parks and Recreation Director:  
 Alexandria Munshaw

**Email:** [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org)

**Phone:** (215)-355-9781

Parks and Recreation Facilities Coordinator:  
 Ray Horn

**Email:** [rhorn@ustwp.org](mailto:rhorn@ustwp.org)

**Phone:** (215)-355-9781

### Parks and Recreation Advisory Board

Patricia Myers, Chairman  
 Walter Shead, Vice Chairman  
 Rick Grillone, Member  
 Dominic Cintofanti, Member  
 Andy Pickford, Member

The Parks and Recreation Board meets for regular public meetings the Fourth Tuesday of each month at 7PM in the Upper Southampton Township Building, First Floor Meeting Room, 939 Street Road, Southampton, PA 18966.

## Township Facilities

### Township Municipal Building

939 Street Road  
 Southampton, PA 18966

### Southampton Free Library

947 Street Road  
 Southampton, PA 18966

### Schaefer Field

Gravel Hill Rd. near Industrial Blvd  
 Southampton, PA 18966

Facilities: baseball fields, softball fields, soccer fields, snack bar

### Veterans Field

400 Street Rd.  
 Southampton, PA 18966

Facilities: soccer fields, playground, snack bar, walking path

### Community Center & Recreation Office

913 Willow Street  
 Southampton, PA 18966

Facilities: baseball fields, basketball courts, walking path, playground, tennis court, gymnasium, football field, office, meeting room, snack bar

### Tamanend Park

1255 Second Street Pike  
 Southampton, PA 18966

Facilities: softball fields, Lion's Grove stage, snack bar, tennis courts, sand volleyball court, playground, horseshoe pit, disc golf course, gaga court, bocce ball court, pavilions, fireplace, Carriage House, Farmhouse, office



## Friends of Tamanend Park

**Our Mission:** The mission of the Friends of Tamanend is to maintain, conserve, and protect the unique natural and historic features of Tamanend Park.

**Meetings:** You are cordially invited to our monthly meetings. Meetings are held in the Farmhouse on the third Tuesday of every month at 7 PM.

**Visit our website to get involved:**  
[FriendsofTamanend.org](http://FriendsofTamanend.org)



## Park Gifts Program

Support our parks through giving. Our Parks Gift Program offers a great way to honor the special people and milestones in your life. Your contribution will enhance the beauty of the park and allow you to memorialize loved ones or special events. The park gift program includes benches, trees and shrubs and plaques. **For more information please call the park office or complete the form below.**

## Tamanend Park Herb Garden Club

The Tamanend Park Herb Garden Club was started in the summer of 1983 by four residents of Upper Southampton Township who were interested in the various aspects of herb gardening and herb use. The Herb Club now has over 60 members!

**Meetings:** The Herb Garden Club meets on the third Wednesday of each month from January through November. Meetings start at 7:00 PM with a brief review of monthly business, followed by a guest speaker, or a group activity. Dues are \$10 a year.

**For more information visit us on Facebook @ Tamanend Park Herb Gardening Club or email [tamanendparkherbclub@comcast.net](mailto:tamanendparkherbclub@comcast.net)**



## Parks Partners Program

**Individuals and Businesses - Volunteer Today!**  
 Parks Partners is a Parks and Recreation initiative that enables groups, individuals and businesses to assist with improvement projects and maintenance of Upper Southampton parks. Parks Partners will work with the Park's staff to keep the parks clean, attractive and safe. Donations can also be made by check, payable to Upper Southampton Township. **To get involved, email Alex Munshaw at [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org).**

### PARK GIFTS ORDER FORM

Date \_\_\_\_\_

Name \_\_\_\_\_

Business (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

ST \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

The Park & Recreation Board will determine placement of items in park.

#### Park Patron Contribution

\_\_\_\_\_ Individual/Family Patron \$100.00  
 \_\_\_\_\_ Business Patron \$300.00

#### Tress & Shrubs Donation

\_\_\_\_\_ Native Tree \$700.00  
 \_\_\_\_\_ Flowering Tree \$500.00

#### Bench Donation

\_\_\_\_\_ Park Bench \$500.00  
 with bronze plaque

Inscription: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

If donating multiple quantities, please attach specific instructions for the plaque inscription of each item.

Amount Enclosed \_\_\_\_\_ Check # \_\_\_\_\_

**Return this form with check(s) made payable to:**  
 Upper Southampton Township

**Mail To:**  
 Upper Southampton Parks & Recreation  
 913 Willow Street, Southampton, PA 18966

COME & SEE WHAT  
*Your Community*  
 HAS TO OFFER!

## Indoor Rentals



**Farmhouse** (45 Person Maximum)  
 1255 Second Street Pike, Southampton, PA  
 Monday thru Sunday - 9 AM to 10 PM  
 Includes: Twelve-6 foot tables;  
 One-8 foot table; 55 chairs  
 Res. \$40/hr | Non. \$50/hr



**Carriage House** (60 Person Maximum)  
 1255 Second Street Pike, Southampton, PA  
 Monday thru Sunday - 9 AM to 10 PM  
 Includes: Twelve-6 foot tables; 60 chairs  
 Res. \$50/hr | Non. \$60/hr



**Meeting Room** (150 Person Maximum)  
 913 Willow Street, Southampton, PA  
 Monday thru Sunday - 9 AM to 10 PM  
 Includes: Twelve-8 foot tables; 130 chairs  
 Res. \$50/hr | Non. \$75/hr



**Gymnasium** (300 Person Maximum)  
 913 Willow Street, Southampton, PA  
 Monday thru Sunday - 9 AM to 10 PM  
 Res. \$100/hr | Non. \$150/hr

## Outdoor Rentals



**Picnic Pavilions** (100 Person Maximum)  
 1255 Second Street Pike, Southampton, PA  
 Monday thru Sunday - 8 AM to 10 PM  
 Includes: Ten-picnic tables  
 Res. \$75/day | Non. \$125/day



**Lion's Grove Amphitheater**  
 1255 Second Street Pike, Southampton, PA  
 Monday thru Sunday - 9 AM to 10 PM  
 Includes: electric and bathrooms  
 Res. \$25/hr | Non. \$50/hr

## Athletic Field Rentals



Day: \$50/Game or \$25/hr/field  
 Night: \$75/Game or \$50/hr/field  
 Includes: lights and bathrooms

**Veterans Field - Athletic Field**  
 400 Street Road, Southampton, PA

**Tamanend Park Athletic Field**  
 1255 Second Street Pike, Southampton, PA

**Schaefer Field - Athletics Fields**  
 Gravel Hill Road, Southampton, PA



**Renting a Facility is as easy as 1...2...3...**

### To Book a Facility:

#### 1. Choose your location

Whether you view images online, or decide to visit the office to view the spaces yourself, determine the best location for your next event. You can check the availability of your desired facility online or by calling the park office (215-355-9781). Rentals are scheduled on a first come first serve basis.

#### 2. Complete Rental Forms

The forms necessary to rent one of our facilities can be found online at [www.ustwprec.com](http://www.ustwprec.com). A Facility Use/Rules And Regulations Application must be completed and submitted with payment to the Parks' Office.

#### 3. Rental Fees

Rental fees must be paid in full at the time of booking. There is a minimum rental of four hours at each location. A security deposit must also be made at the time of booking. This separate check will only be cashed if damage has taken place or facility has been left in bad condition. A full refund of rental fee and security deposit will be issued if cancelation is made more than 30 days before scheduled rental.

#### Security Deposits:

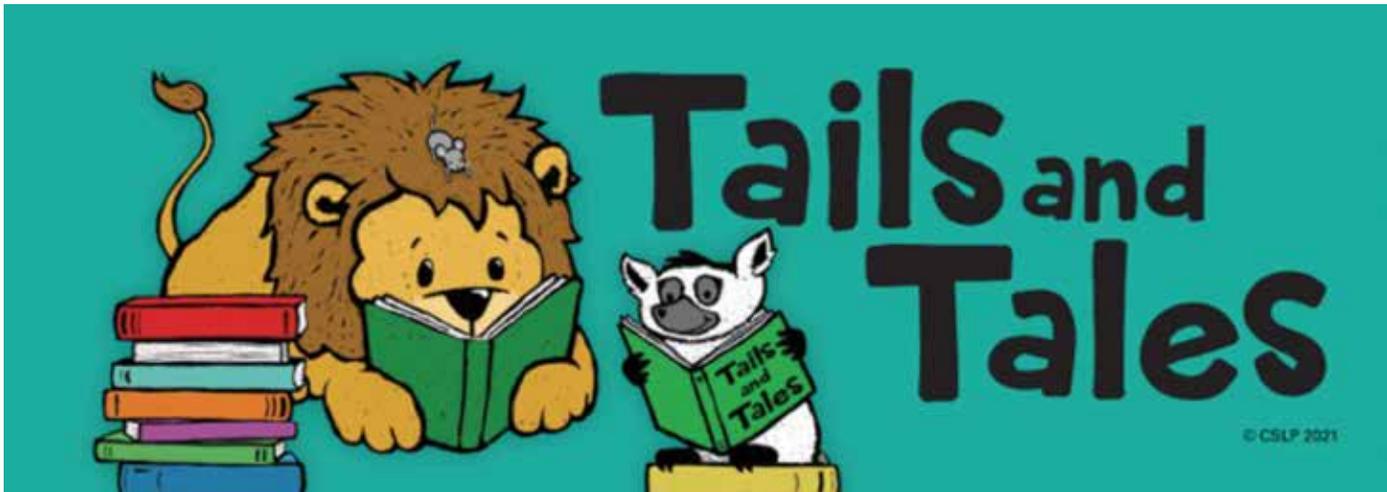
Gym: \$150  
 Pavilions: \$250  
 All other facilities: \$100

**For more information call the Parks' Office or visit us online at [ustwprec.com](http://ustwprec.com).**

## Upcoming Events

### Join the Library in celebrating our 100th Anniversary in 2021!

The library will be celebrating its centennial with various activities throughout 2021. Join our 100 Book Challenge and earn prizes for reading 100 books, complete special 100 year anniversary activities including Take & Makes and Story Strolls, support the library by running a virtual 5K and enjoy other various events and programs. Please visit our website and social media pages for more information at [www.southamptonfreelibrary.org](http://www.southamptonfreelibrary.org)



Be on the lookout for Tails and Tales during our Summer Quest Program beginning in June 2021 at the library!



751 Street Road - Southampton, PA 18966

215-963-1690

[www.longhitanospizza.com](http://www.longhitanospizza.com)

**American Red Cross Blood Drive**

Upper Southampton Parks & Recreation is Partnering with the American Red Cross for a Blood Drive on Tuesday, January 12th. Every two seconds someone in the United States needs blood. Right now, there is a significant shortage of blood for hospital patients and the American Red Cross has issued an emergency request for people to donate. You can help. Giving blood doesn't require much time, in an hour and one pint of blood you can save three lives. Join us to help. Schedule your appointment at <https://www.redcrossblood.org/give.html#find-drive> and use code UpperSouth.



**DATE: Tuesday, January 12, 2021**  
**TIME: 3PM - 8PM**  
**LOCATION: Community Center**

**A Hoppo Egg Hunt**

Our bunny has hidden eggs in Tamanend Park that are waiting to be found. Bring your whole family (and a basket) to search for some goodie-filled eggs and make a fun craft! Our silly Bunny will be there too so don't forget to bring your cameras. This event is free but **REGISTRATION IS REQUIRED FOR EACH CHILD**. Little hunters (0-5) will have their own small patch for hunting. Registration will be limited.



**DATE: Saturday, March 27, 2021**  
**TIME: 10AM - 11AM**  
**LOCATION: Tamanend Park**

\*This event will start at 10 AM sharp & is weather dependent

**Earth Day Clean Up at Tamanend Park**

Are you looking for volunteer hours or a feel good project? Come join park staff to clean up and help get our beautiful park ready for spring! Water and snacks will be provided. Register to volunteer on our website.

**DATE: Saturday, April 24, 2021**  
**TIME: 11AM - 2PM**  
**LOCATION: Tamanend Park Pavilions**

Tamanend Park  
**EARTH DAY** CLEANUP  
 Saturday, April 24

**Spotted Lanternfly Trap Demonstration**

Come out and see the spotted lanternfly traps at Tamanend Park. Learn about the traps, how they are made and how they work so you can build your own to catch the little buggers. This demonstration is free but please register.



**DATE: Saturday, April 24, 2021**  
**TIME: 11:30AM - 12PM**  
**LOCATION: Tamanend Park Carriage House**

**Carriage House Artist Art Show**

Spring has arrived so come, get out and join local artists in the Carriage House at Tamanend Park on Saturday, April 24th and 25th from 10am to 4pm to see some beautiful works of art. A variety of original artwork will be on display as well as for sale (so don't forget your wallets.)



**DATE: Saturday, April 24, 2021**  
**Sunday, April 25, 2021**  
**TIME: 10AM - 4PM**  
**LOCATION: Tamanend Park Carriage House**

**Mother's Day Breakfast and Tea**

Get a jump start on Mother's Day and join us on Saturday, May 8th from 9AM - 10:30AM for a lovely Mother's Day Breakfast. Spoil that special person in your life with all the bacon and eggs without having to worry about the prep or clean-up (we have you covered).

**DATE: Saturday, May 8, 2021**  
**TIME: 9AM-10:30AM**  
**LOCATION: Community Center Meeting Room**  
**FEE: \$7/person**  
**Registration is limited.**

**Annual Herb Sale**

Get your gardens (and kitchens!) ready for the Spring & Summer at the Annual Herb Sale hosted by the Tamanend Park Herb Club on Saturday, May 15th and Sunday, May 16th. Profits raised by the Herb Sale goes towards high school and college scholarships. The Club gives two \$1,000 college scholarships to students planning a career in horticulture.



**DATE: Saturday, May 15, 2021**  
**Sunday, May 16, 2021**  
**TIME: Saturday, 9AM - 3PM**  
**Sunday, 9AM - 1PM**

**Township-wide Yard Sale**

Are you interested in reducing, reusing, up-cycling or decluttering items found in your home? All Upper Southampton residents are invited to participate in a township-wide yard sale. You can participate by registering on our website at [www.ustwprec.com](http://www.ustwprec.com) - An interactive map with all participating addresses will be posted on our website and Facebook page. This event will be advertised.



**DATE: Saturday, May 15, 2021**  
**TIME: 8:00 AM - 1:00 PM**  
**LOCATION: Upper Southampton Township**

**SPRING ART SHOW**

Just Painters, a group of local artists, will be exhibiting works of art on Saturday, May 15, 2021 from 9:00 AM to 3:00 PM, in the Carriage House located in Tamanend Park, 1255 Second Street Pike, Southampton, PA 18966. Original paintings in watercolor, oil, pastel and acrylic, along with portfolio paintings, prints and cards will be for sale. Come shop, browse and enjoy. Refreshments will be served.



**DATE: Saturday, May 15, 2021**  
**TIME: 9AM - 3PM**  
**LOCATION: Tamanend Park Carriage House**

**Summer Movie Nights in the Park**

We will be holding a movie night at Tamanend Park throughout the summer months. We have a huge 24-foot movie screen, amplified sound system, and premium projection. The movie will take place in the field between the pavilions at dusk. All you need to bring is your family, neighbors, blankets or chairs and sit back and enjoy the movie under the stars. This event will be weather permitting.



**DATE: Saturday, June 19, 2021**  
**TIME: Dusk (approx 9PM)**  
**LOCATION: Tamanend Park Pavilions**  
**MOVIE: SING!**

**DATE: Saturday, July 24, 2021**  
**TIME: Dusk (approx 9PM)**  
**LOCATION: Tamanend Park Pavilions**  
**MOVIE: MOANA**

**DATE: Saturday, August 21, 2021**  
**TIME: Dusk (approx 8:15PM)**  
**LOCATION: Tamanend Park Pavilions**  
**MOVIE: Aladdin**

### Pee Wee Picasso's

Arts & Crafts time with your little ones without all the mess in your house! Join us for some artsy fun from coloring to painting to all the things your little tots love. Each session has a different theme and crafts.

**AGES: 2-5**

**DATE: Tuesday, January 19, 2021**  
**Tuesday, February 16, 2021**  
**Tuesday, March 16, 2021**  
**Tuesday, April 13, 2021**  
**Tuesday, May 11, 2021**  
**Tuesday, June 8, 2021**

**TIME: 11:00 AM - 11:45 AM**

**LOCATION: Community Center Meeting Room**

**FEE: \$5 Res. | \$7 Non-Res.**

### Lil' Explorers

Bring your little ones to explore Tamanend Park. We'll read a story, then take a fun-filled nature hike to try to see some new and different friends. We'll meet at the Carriage House, 1255 2nd Street Pike, Southampton, PA 18966

**AGES: 2-5**

**DATE: Friday, April 30, 2021**  
**Friday, May 28, 2021**  
**Friday, June 18, 2021**

**TIME: 11:00 AM - 11:45 AM**

**LOCATION: Carriage House at Tamanend Park**

**FEE: \$5 Res. | \$7 Non-Res.**

### Dance for Tots

#### Ballet for Tots

Students will learn all the basics it takes to be a ballerina. This class will enhance the child's rhythm, balance, coordination, flexibility and posture. The children will also dance to song and dance routines. Ballet Shoes Required.

#### Ballet/Tap Combo

Students will learn all the basics to be a ballerina and a tap dancer. Classes will enhance rhythm, coordination, balance, flexibility and posture. Ballet/Tap Shoes Required.

**AGES: 3-5**

**DATE: February 22 - March 29**

**Ballet for Tots:**

**Mondays, 5:00 PM - 5:45 PM**

**Ballet/Tap Combo:**

**Mondays, 5:45 PM - 6:30 PM**

**LOCATION: Carriage House**

**FEE: \$70**

### Super Soccer Stars (2-3)

Join Super Soccer Stars for a 6-week soccer program starting Saturday, April 10th! The program will run every Saturday until May 15th. They will focus on skill-based drills, individual development, and teamwork in a positive, active, and fun environment. Each group will have an age-specific curriculum and a low child to coach ratio to ensure the best learning environment possible. Campers must bring their own ball due to sanitary reasons.

**AGES: 2-3**

**DATE: April 10 - May 15**

**TIME: Saturdays, 12:30 PM - 1:10 PM**

**LOCATION: Tamanend Park**

**FEE: \$135**

### Super Soccer Stars (3-4)

Join Super Soccer Stars for a 6-week soccer program starting Saturday, April 10th! The program will run every Saturday until May 15th. They will focus on skill-based drills, individual development, and teamwork in a positive, active, and fun environment. Each group will have an age-specific curriculum and a low child to coach ratio to ensure the best learning environment possible. Campers must bring their own ball due to sanitary reasons.

**AGES: 3-4**

**DATE: April 10 - May 15**

**TIME: Saturdays, 9 AM - 9:45 AM**

**LOCATION: Tamanend Park**

**FEE: \$135**

### Little Gardeners

Let your little ones get ready for spring by learning to plant, dig and grow flowers and vegetables. Students will plant seeds in a flower pot and can take their plants home to watch it grow. We will be playing in dirt, so please dress accordingly.

**AGES: 2-5**

**DATE: Thursday, April 22, 2021**

**Thursday, May 20, 2021**

**TIME: 11AM - 11:45AM**

**LOCATION: Tamanend Park Farmhouse**

**FEE: \$5 Res. | \$7 Non-Res**

### Parent & Child Connection Yoga

Join us for smiles, laughter and fun! Parents and children can connect to their breath through movement of yoga postures in a creative way. The teacher will facilitate yoga using stories, songs, and movement to connect. There will be a few fun poses that parent and child partnering will be encouraged to honor

the love and connection parents have with their children. Parents and children are asked to bring their own yoga mats, a small pillow and blanket for our 5 minute rest time at the end of class (savasana). The child can also bring their favorite stuffed animal to help make each time they show up comfortable for them. We will also use them at the beginning and end of class to teach connection to breath.

**SESSION 1: March 30 - May 4**

**SESSION 2: May 11 - June 15**

**TIME: 10AM - 11AM**

**LOCATION: Tamanend Park Carriage House**

**FEE: \$50**

**\*Fee is for both parent and child.**

Can't make all the classes? Drop-in for \$12/class!

\*Drop-in fees must be paid to the instructor at the beginning of each class

### Ricochets Gymnastics

Come and experience the fun of gymnastics at Ricochets Gymnastics, located in Hatboro. Our temperature controlled 21,000 square foot facility features state of the art equipment to help facilitate the learning of proper progressions and gymnastics skills.

Our Super Kids program (ages 4-6) is for young girls and boys and offers colorful, scaled down equipment to provide an enjoyable physical, mental and social experience for your child.

**AGES: 4-6 (Boys & Girls)**

**DATE: January 26 - February 16**

**TIME: Tuesday, 1PM - 1:45PM**

**LOCATION: Ricochets Gymnastics, 362 S.**

**Warminster Road, Hatboro, PA 19040**

**FEE: \$100 (\$40 discount)**

PROGRAM  
IDEA?

Let Us Know!

CALL  
215-355-9781

REGISTER ONLINE!  
USTWPREC.COM



## PROGRAMS FOR YOUTH (6-12)

### Super Soccer Stars Winter Classes

SESSION 1: January 30-February 20 (Saturdays)  
SESSION 2: February 27 - March 20 (Saturdays)

#### TIMES/AGES:

Age 3-4 9:00-9:45 AM  
Age 5-7 10:00-11:00 AM  
Age 8-10 11:15 AM - 12:15 PM

PRICE: \$80

LOCATION: Tamanend Park

### Super Soccer Stars (5-7)

Join Super Soccer Stars for a 6-week soccer program starting Saturday, April 10th! The program will run every Saturday until May 15th. They will focus on skill-based drills, individual development, and teamwork in a positive, active, and fun environment. Each group will have an age-specific curriculum and a low child to coach ratio to ensure the best learning environment possible. Campers must bring their own ball due to sanitary reasons.

AGES: 5-7

DATE: April 10 - May 15  
TIME: Saturdays, 10 AM - 11 AM  
LOCATION: Tamanend Park  
FEE: \$135

### Super Soccer Stars (8-10)

Join Super Soccer Stars for a 6-week soccer program starting Saturday, April 10th! The program will run every Saturday until May 15th. They will focus on skill-based drills, individual development, and teamwork in a positive, active, and fun environment. Each group will have an age-specific curriculum and a low child to coach ratio to ensure the best learning environment possible. Campers must bring their own ball due to sanitary reasons.

AGES: 8-10

DATE: April 10 - May 15  
TIME: Saturdays, 11:15 AM - 12:15 PM  
LOCATION: Tamanend Park  
FEE: \$135

### Slime Time

Let's get ready to SLIME! Get your hands dirty trying all different types of slime recipes from normal slimy slime to glow-in-the-dark slime to magnetic slime, the possibilities are endless!

AGES: 8-15

DATE: Wednesday, January 27  
Wednesday, March 24  
TIME: 6PM - 7PM

LOCATION: Community Center Meeting Room

FEE: \$5 Res. | \$7 Non-Res.

### Ricochets Gymnastics

Come and experience the fun of gymnastics at Ricochets Gymnastics, located in Hatboro. Our temperature controlled 21,000 square foot facility features state of the art equipment to help facilitate the learning of proper progressions and gymnastics skills.

Our girls program (ages 7 & up) offers basic gymnastics instruction through advanced skills on all four of the Olympic events as well as trampoline, with an emphasis on strength and flexibility development. Both of these programs are aimed at developing your child's self confidence and enhancing their physical capabilities through fun and fitness!

AGES: 7+

DATE: January 27 - February 17  
TIME: Wednesday, 5:30PM - 6:30PM  
LOCATION: Ricochets Gymnastics,  
362 S. Warminster Road, Hatboro, PA 19040  
FEE: \$100 (\$40 discount)

## PROGRAMS FOR YOUTH/TEENS

### Teen Advisory Board

Teens, We Need You! The Parks & Rec Department is looking for teens (13-18) to help us brainstorm and plan your kind of public programs as well as advise us on events you'd like to see from USPR. You can earn community service hours and we'll also provide snacks!

AGES: 13-18

DATE: Tuesday, April 6, 2021  
TIME: 6PM - 7PM  
LOCATION: Community Center Meeting Room

### Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

DATE: April 22 - May 27

TIME: Thursdays, 7:00 PM - 7:45 PM  
LOCATION: Community Center Meeting Room  
FEE: \$65 RES. | \$75 NON-RES

### Car Care 101

Learn all the basics about car care from how to change your car's oil to filling your window washer fluid. We'll learn how to check your tire pressure and even how to change a tire. Don't be afraid to get your hands dirty, come join us and learn car care 101.

AGES: 16+

DATE: Saturday, May 15, 2021  
TIME: 10 AM - 11 AM  
LOCATION: Community Center  
FEE: Free  
\*This class is free but please register so we have a head count.

### Disc Golf Clinic

Come learn the basics of disc golf, sharpen your skills and learn the Tamanend Park course on Saturday, March 27 at 12 PM.

AGES: All ages welcome, anyone under the age of 17 must be accompanied by an adult  
DATE: Saturday, March 27, 2021  
TIME: 12 PM  
LOCATION: Tamanend Park Pavilion 2  
PRICE: Free but please register to reserve your space

### Valen-teens Day Scavenger Hunt

Grab a friend or a whole team and sign up for this Valentine's Day Scavenger Hunt. From Tamanend Park to Car Wash USA, we'll have you searching for clues all over Southampton. Teams must have at least one person with a valid driver's license. Winning team will receive a prize. Must be completed by 5 PM. Participants must download the App Actionbound. Starting at 9 AM Saturday morning, Participants will be able to search for "valenteens" in the app to start the game or scan the QR code below. Participants can start the game at whatever time however it will close at 5 PM Saturday. Winner will be announced Monday morning!

DATE: Saturday, February 13, 2021

TIME: 9AM - 5PM  
LOCATION: Upper Southampton Township  
FEE: Free  
\*Registration required

REGISTER ONLINE!  
USTWPREC.COM



**Girl's Fastpitch Softball**

President: Jamie Burkhardt  
717-870-4800  
SGCSoftball@hotmail.com

**AGES: 6U (T-BALL) through 18U leagues.**  
**REGISTRATION: January 1 to March 15**  
**WEBSITE: www.Southamptongirlssoftball.org**

**Baseball**

President: Scott Torok  
215-990-3014  
ST10@comcast.net



**AGES: 4-19**  
**REGISTRATION: Open January 15, 2021**  
**WEBSITE: www.Southamptonbaseball.com**  
**LOCATION: Community Center**

**Cheerleading**

President: Laura Martin  
southamptonknights  
cheerleading@aol.com



**AGES: 3-14 Sideline & Competition Cheer**  
**REGISTRATION: Email**  
**southamptonknightscheerleading@aol.com**  
**or check website**  
**WEBSITE:**  
**www.southamptonknightscheerleading.com**

**Football**

President: John Lombardi  
jlombardisouthampton  
knights@gmail.com  
Vice-President: Tina Baxter  
tbaxtersouthamptonknights@gmail.com



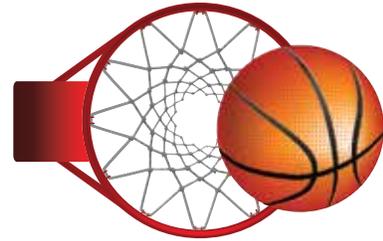
**AGES: 4-5 (Flag Football)**  
**6-15 (Tackle Football)**  
**5-15 (Spring Flag Football)**  
**REGISTRATION: April - August**  
**November - March (Spring Flag Football)**  
**WEBSITE: www.southamptonknights.com**  
**SOCIAL MEDIA:**  
**Facebook @SouthamptonKnightsFootball**  
**Twitter @Sthmptnknights**  
**Instagram @Southamptonknightsfootball**

**Soccer**

President: Mike Rich  
southamptonssoccer@comcast.  
net  
mikerichssa@gmail.com



**AGES: 4-18 Boys & Girls**  
**REGISTRATION: Open Now**  
**\*Online Only- see website for details**  
**WEBSITE: www.southamptonssoccer.org**



**Basketball**

President: Bob Lynch  
southamptonbasketball@gmail.com

**AGES: K-8th Grade (Boys & Girls) / 9th-12th Grade (Boys)**  
**REGISTRATION: September/October for Winter, April/May for Summer**

**See website for more information**  
**WEBSITE:**  
**www.upperouthamptonbasketball.com**  
**LOCATION: Community Center**

**REGISTER ONLINE!**  
**USTWPREC.COM**

**RECYCLE OFTEN.  
RECYCLE RIGHT.**

KEEP THE DIRTY DOZEN OUT  
OF YOUR RECYCLING CART.

You have heard the saying, "one bad apple can spoil the bunch." The same goes for recycling. We need your help to keep the dirty dozen out of the recycling cart.

Go to [RecycleOftenRecycleRight.com](http://RecycleOftenRecycleRight.com) to learn more.

RECYCLING  
RULES

**1. RECYCLE ALL BOTTLES, CANS AND PAPER**

**2. KEEP ITEMS CLEAN AND DRY**

**3. NO PLASTIC BAGS**

**Always recycle:**

**Plastic Bottles & Containers**  
Plastic bottles, jars, jugs and tubs

**Food & Beverage Cans**  
Tin, aluminum, steel food and beverage cans

**Paper**  
Cardboard, paper, newspaper, paperboard, magazines

**Flattened Cardboard & Paperboard**  
Flatten all boxes (do not bundle/tie up)



# 2021 USPR Summer CAMP

6/21 - 8/20

REGISTER BY  
JUNE 1st

AGES 5-15

# USPR 2021

June 21 - August 20, 2021

- Camp Programs for Ages 5-15 •
- 9-Week Full-Day Programs •
- Pick Your Own Week Options •



## MISSION

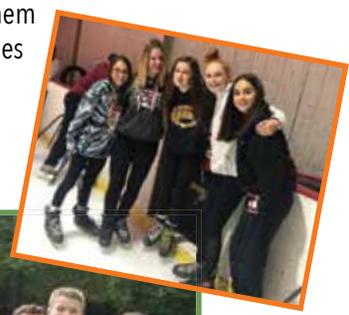
Together we encourage choices and behavior that foster individual growth through the development of self-confidence and acceptance of others.

## OVERVIEW

We encourage campers to tap into their strengths and then we recognize their achievements. Whether they are an athlete, an artist or just interested in having fun, we have the activities and staff that will, without a doubt, bring out the best in each camper. Our campers are encouraged to try new things, learn new skills and develop old ones. We want our campers to play, get dirty, explore nature, make friends, and discover themselves as a member of our camp community. Our staff is trained to encourage team building and create an environment where campers feel that anything is possible.

## OUR STAFF

The most important factor of summer camp is the staff. No matter how many activities or special events are offered, it is the background, enthusiasm and personality of each staff member that determines whether or not camp is fun, exciting, and safe. Our counselors are selected according to their experience and interest. Our staff is enthusiastic, caring, well-trained, and safety conscious. They encourage team building among campers and themselves to create a positive and safe environment. All staff are required to participate in our training program which prepares them to carry out their daily responsibilities and emergency situations.



## CAMP BASICS

- 2021 Camp Dates: June 21-August 20, 2021
- Daily Camp: 7:50AM - 5:15PM
- Daily Transportation is NOT available.
- All employees are screened in accordance with Township and American Camp Association policies.
- Before/Aftercare is not available.
- Parent/Guardian must use pickup passes.
- If a child leaves for an illness or injury a doctor's clearance must be submitted upon return to camp.
- No camp July 5th.
- All program policies are subject to change at the Parks and Recreation Director's discretion.



REGISTRATION IS OPEN  
SPACE IS LIMITED

**Youth Camp Fees & Payments (NEW!)**  
**PICK YOUR OWN WEEKS (4-week minimum)**

**REGISTER FOR THE FULL 9-WEEKS**

**Resident: \$835 / 9-weeks**

**Non-Resident: \$970 / 9-weeks**

**PICK YOUR OWN WEEKS (4-week minimum)**

**Resident: \$112 / Week**

**Non-Resident: \$122 / Week**

- Resident rate applies to only those who live in Upper Southampton Township.
- Please note that ALL residencies will be verified.
- Registration will be forfeited for falsification of residency documentation.
- All payments and registrations due by June 11. \$50 late fee applied to unpaid registrations after June 11.
- No refunds are given for any reason.
- Due to COVID-19 field trips are not currently included in the price. Any trips planned will be available to parents to choose to add-on.



**YOUTH CAMP**

**Ages 5-12**

Youth Camp provides a safe, structured, fun-filled environment for campers to reconnect this summer! Activities include daily sports, fun-theme days, weekly arts & crafts themes, water play and more! We have created a program that allows campers to enjoy their summer learning new things, having fun, making new friendships and just letting them be kids in a safe and supervised environment.

**FUN THEME DAYS**

Crazy Hair Day • Pajama Day  
 Spirit Day • Halloween Day  
 Christmas in July • Sports Day  
 Neon Day • Backward Day  
 Decades Day • Crazy Sock Day  
 \*Theme Days will be announced in the weekly camp newsletters.

**Two Youth Camp Locations:**

1. **Tamanend Park**
2. **Community Center**

**Youth Camp Information:**

- Field Trips are not currently included due to COVID-19. Any trips planned will be available to parents to choose to add-on.
- Children must have attended Kindergarten.
- Trips will be announced in May/June 2021.
- All activities and trips subject to change.



**2021 USPR Summer CAMP**



**TEEN CAMP** Ages: 13-15



**Located at the Lions Grove in Tamanend Park**

- Due to COVID-19 field trips are not currently included in the price. Any trips planned will be available to parents to choose to add-on.

Teen Camp allows teens to engage in a fun-filled camp experience with daily sports and games, special activities and exciting trips. Teen Camp has all the games they love - competition sports, capture the flag, dodgeball, even video games that we have brought to life. Every Tuesday afternoon they will be given opportunities to learn what it takes to be a camp counselor, to grow as leaders and individuals through hands-on team building exercises, basic first aid, special speakers and certifications. But don't worry, even if your teen decides not to become a camp counselor, they can use the skills learned to be successful in life. Teen Camp is all about enjoying summer the way it's meant to be so whether teens are hanging out, exploring nature, conquering new heights, or becoming a part of a camp family, they are creating memories that will last a lifetime.

**TEEN CAMP FEES & PAYMENTS**

**REGISTER FOR THE FULL 9-WEEKS**

**Resident: \$900**

**Non-Resident: \$1,035**

\*Payment plan available

- Resident rate applies to only those who live in Upper Southampton Township.
- Please note that ALL residencies will be verified.
- Registration will be forfeited for falsification of residency documentation.
- All payments and registrations due by June 11. \$50 late fee applied to unpaid registrations after June 11.
- No refunds are given for any reason.
- Due to COVID-19 field trips are not currently included in the price. Any trips planned will be available to parents to choose to add-on.



**REGISTER ONLINE!**  
**USTWPREC.COM**



2021  
USPR  
Summer  
CAMP

CAMP FAQs

**Family Communication**

Please check out our Summer Camp Parent Page under "Summer Camp Programs" at [www.ustwprec.com](http://www.ustwprec.com) where you can read the Upper Southampton Camp Parent Handbook, view camp schedules, updates and newsletters! \*Camp Newsletters are also emailed each week during camp outlining the daily activities, special events and guest speakers for the week.

**Lunch & Snack**

**Lunch:** Please send three bottles of water and a nutritionally balanced, non perishable lunch to camp. (We do not have refrigeration so include an ice pack if needed). If your child forgets his/her lunch you will be called to bring their lunch to camp.

**Snack:** Provide your child with a snack for daily scheduled snack time.

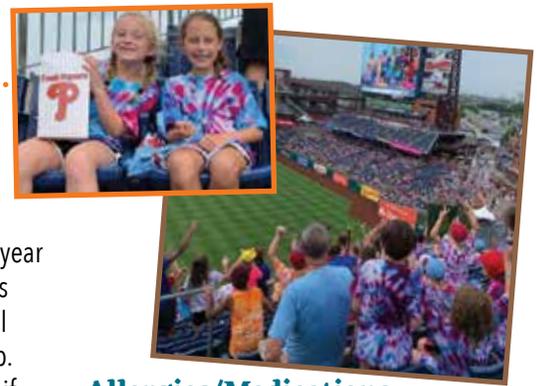
**Trips**

Trips are not included in the price this year due to COVID-19 and many businesses being closed to large groups. Trips will be announced before the start of camp. Parents will have the option to choose if they want to add on.

**Drop Off/Pick Up Procedures**

Camp runs Monday thru Friday 9AM-4PM. Parents can drop their campers off between 7:50AM and 9AM and pick-up is from 4PM and 5:15PM. All campers should be picked up by 5:15PM, late pick-up fees start at 5:16PM and parents will be charged \$20 per child for every 15 minutes they are late (parents will be sent an invoice). A pick-up pass is required for each camper and must be shown in order for kids to leave camp. Each camper's safety is our number one priority and the pick-up passes help ensure that your child does not go home with any unauthorized person. On the first day of camp, signs will be posted and staff will be directing your drop-off and pick-up procedures.

**\*Parents will receive pick-up passes before the start of camp.**



**Allergies/Medications**

We work carefully to educate our staff about food allergies. Campers with food allergies should contact the Parks & Recreation Director for additional information.

**Personal Belongings**

Campers should wear comfortable play clothes, socks, sneakers and sunscreen. Please dress in weather-appropriate clothing. No open-toed shoes, sandals or flip-flops for safety reasons.

**LABEL ALL YOUR CHILD'S ITEMS SENT TO CAMP.** Please do not send toys, games, cards, etc. to camp; we are not responsible for these items. If you choose to send in electronic devices with your child include the items on your homeowners insurance policy. The camp is not responsible for the loss or damage of any personal property brought to camp. Firearms, ammunition of kind, or any items that we deem unsafe are NOT ALLOWED. Lost & Found will be put out each Friday at each site at the pick-up area.

Registration is now open!

– SPACE IS LIMITED! –

215-355-9781 | [www.ustwprec.com](http://www.ustwprec.com)

REGISTER NOW!

Payment plans available!

**Register Online** at [www.ustwprec.com](http://www.ustwprec.com). Pay by credit card. We accept Visa, Master Card, American Express and Discover. Credit card information is not stored for future payments.

**Register in Person** at the Southampton Community Center, 913 Willow Street, Southampton, PA. Only checks are accepted.

**Register by Mail** by downloading the Program Registration Form from our website, [www.ustwprec.com](http://www.ustwprec.com), and mailing to 913 Willow Street, Southampton, PA 18966. Only checks are accepted.

**\*Checks should be made out to Upper Southampton Township.**

*Whenever practicable Upper Southampton Township's Summer Camp attempts to accommodate children with special needs, however, in situations where accommodation exceeds the capability of the staff/facilities, or if the child could pose a danger to other participants or the staff, Upper Southampton Township reserves the right to decline an application for cause.*



## Art with Miss Leigh

### Saturday Afternoon Art Club

(Ages 7-12)

2-3pm

Students will create a variety of art projects geared around popular themes. Various mediums will be explored which may include acrylic painting, pastel, mixed media/collage, 3D design, air clay, watercolor and more! Students MUST be able to use scissors and glue guns independently. Social distancing will be maintained through separate workspaces and materials.



- **3/6 - Cameron Sky Villa | Pastel Rubik's Cube**

Explore pastels and create your own pop-art Rubik's cube.



- **3/20 - Hamzah Marbella | Paper Collage**

Discover different ways you can create a vibrant collage using overlapping cut pieces of paper.



### Mythical Magic

Enjoy art inspired by magical and mythical themes. An artist and medium introduction is followed by self-guided exploration.

- **4/3 - Harry Potter | Painted Golden Snitch and Box**

Paint your own golden snitch and wooden box for safekeeping!



- **4/17 - How to Train Your Dragon | Clay Dragon Eggs**

Design your own dragon eggs with scales and more.



### Artists' Den

Create masterpieces inspired by famous artists! An artist and medium introduction is followed by self-guided exploration.

- **2/6 - Robert Indiana | Watercolor Stamp**

Learn about Robert Indiana and create a watercolor stamp.



- **2/20 - Jackson Pollock | Abstract Painting**

Learn about Jackson Pollock and create an abstract painting.



### Famous Kids in Art

Learn about artists who began their careers as kids! An artist and medium introduction is followed by self-guided exploration.

REGISTER ONLINE!  
USTWPREC.COM



Have you seen this beautiful  
Tree Tunnel in Tamanend Park?

**Tai Chi**

Tai Chi is an ancient Chinese martial art that can reduce stress and improve flexibility, balance, and overall health. A series of slow movements align the body's internal energy paths, enabling chi (internal energy) to flow through the body. Qi Gong (Chi Kung) is an ancient Chinese exercise to control and increase the body's internal energy.

**AGES: 18 and older**

**SESSION 1: January 14 - February 18**

**SESSION 2: February 25 - April 1**

**TIME: Thursdays, 6:30 PM - 7:30 PM**

**LOCATION: Tamanend Park - Carriage House**

**FEE: \$35.00 Res. / \$45 Non-Res.**

**INSTRUCTOR: Michel Denarié**

**Vinyasa Yoga with Max**

Vinyasa Yoga moves dynamically from asana (pose to pose) with constant attention to breath. Most classes will focus on balance, power, fluidity, and alignment. Vinyasa frees the body of impurities like stiffness and muscle tension, leaving practitioners feeling clear and energized.

This class is appropriate for students of all levels. Class is safe and steady for those who are newer to yoga, while playful options will be offered for students who have a bit more experience. Please bring water and a yoga mat.

**DATE: February 10 - March 17**

**TIME: Wednesdays. 6:15PM - 7:15PM**

**LOCATION: Carriage House**

**FEE: \$65**

**INSTRUCTOR: Max McGee**

**About Boating Safety (ABS) - Coast Guard Auxiliary**

About Boating Safety (ABS) is an in-depth eight-hour multi-session classroom United States Coast Guard Auxiliary boating course. ABS is approved by the National Association of State Boating Law Administrators. The basic boating course is both fun and comprehensive. Become a PA state-certified boat operator. The certificate earned is PA state authorized and is accepted in all states (including New Jersey) where required for the operation of powered vessels including personal watercraft (jet skis, etc.). Class will provide an introduction to boating; equipment, safety, emergencies and general regulatory information. This is a minimum eight-hour requirement for a state certificate.

**DATE: Saturday, April 10, 2021**

**TIME: 8AM - 5:30PM**

**LOCATION: Community Center Meeting Room**

**FEE: \$45**

**Adult Yin Flow Class Lianne**

This class has a gentle pace in which Yin Yoga stretches are alternated with strengthening, revitalizing and more active yoga poses. Each class starts with a breathing practice and a gentle warm-up followed by some strength building in combination with some Yin poses, then resting (savasana) at the end. Yin poses are held anywhere from 3-5 minutes. Please bring your own mat, two blankets. It's encouraged to bring two yoga blocks, we will utilize them.

**SESSION 1: March 30 - May 4**

**SESSION 2: May 11 - June 15**

**TIME: 8:30AM - 9:30AM**

**LOCATION: Tamanend Park Carriage House**

**FEE: \$50**

**Can't make it to every class?**

**Drop-in for \$12 a class!**

**\*Drop-in fees must be paid to the instructor at the beginning of each class**

**Adult Cooking Classes**

Come join us for a hands-on cooking experience using plant based menus with organic foods. Chef Susan has been cooking and teaching Whole Foods for over 15 years. She is a graduate of the Natural Kitchen Cooking School, Princeton NJ. She has also trained with Emmy winner and Author Chef Christina Pirello at Drexel University.

**DATES: Wednesday, January 20, 2021**

**Wednesday, February 24, 2021**

**Wednesday, March 17, 2021**

**Wednesday, April 21, 2021**

**TIME: 10 AM - 12PM**

**LOCATION: Community Center**

**FEE: \$36/Class**

**\*A \$13 material fee is due to the instructor at the beginning of the class**

**Class One:**

Creamy Ginger Squash Soup, Fried Garlicky Kale with Radishes and Rice Medley

**Class Two:**

Just Desserts - Coconut Chocolatey Almond Truffles, Basmati Rice Pudding with Dried Cherries and Pistachios

**Class Three:**

Thai Lemongrass Soup, Glass Noodles with Scallions and Mushrooms

**Class Four:**

Lemony Shiitake Mushroom Soup, Quinoa Salad with Spicy, Crunchy ChickPeas

**Car Care 101**

Learn all the basics about car care from how to change your car's oil to filling your window washer fluid. We'll learn how to check your tire pressure and even how to change a tire. Don't be afraid to get your hands dirty, come join us and learn car care 101.

**AGES: 16+**

**DATE: Saturday, May 15, 2021**

**TIME: 10 AM - 11 AM**

**LOCATION: Community Center**

**FEE: Free**

**\*This class is free but please register so we have a head count.**

**Disc Golf Clinic**

Come learn the basics of disc golf, sharpen your skills and learn the Tamanend Park course on Saturday, March 27 at 12 PM.

**AGES: All ages welcome, anyone under the age of 17 must be accompanied by an adult**

**DATE: Saturday, March 27, 2021**

**TIME: 12PM**

**LOCATION: Tamanend Park Pavilion 2**

**PRICE: Free but please register to reserve your space**



### M.O.M's Meetup Group

Being a mom can be hard especially a new mom, Moms Outreach Monthly is here to help. M.O.M lets new moms get together to meet, discuss, ask questions, support and encourage one another. Guest speakers such as local pediatricians, doctors, and specialists provides guidance, recommendations and answers. All moms (and babies) welcome. Light refreshments will be served. All registrants will receive a new M.O.M welcome bag at the first meeting.

**DATE:** Thursday, May 13, 2021

**TIME:** 10AM - 11AM

**LOCATION:** Community Center Meeting Room

**FEE:** Free \*Although there is no charge please make sure to register.

### Bingo

Come join friends and play the classic game that everyone loves. No admission fee charged, coffee & light refreshments are served. So come join us and let us hear you yell BINGO!

**DATE:** Ongoing - Every Friday

**TIME:** 12:00 PM - 4:00 PM

**LOCATION:** Community Center

\*Due to COVID-19 this program may be cancelled please call for more information.

### Bridge

It's not always easy to get your friends together for a game of Bridge these days. Luckily, you can join us every Thursday as we play, find new challenges, and try to master this trick-taking card game.

**DATE:** Ongoing - Every Thursday

**TIME:** 1:00 PM - 3:00 PM

**LOCATION:** Community Center

**FEE:** Free!

\*Due to COVID-19 this program may be cancelled.

### Pickleball

You might have heard of it but have you played it? Pickleball is a quick, fast-paced game which combines tennis, badminton and table tennis. If you want to try something fun and new and also get in a workout, check it out! Pay Yearly, Monthly, or for a 5 Day Pass.

**DATES:** September 1 - April 30

**TIMES:** 8AM - 10:30AM (Session 1)

10:30AM - 1:00PM (Session 2)

1:00PM - 3:30PM (Session 3)

**LOCATION:** Community Center

**FEE:** \$70 RES. | \$75 NON-RES (Full Season)

\$12/Month

\$5/Week



**Pickleball will not be held on 9/7, 10/12, 11/11, 11/26, 11/27, 12/24, 12/25, 1/1 due to gym closure on holidays.**

### Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness

party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

**DATE:** April 22 - May 27

**TIME:** Thursdays, 7:00 PM - 7:45 PM

**LOCATION:** Community Center

**FEE:** \$65 RES. | \$75 NON-RES

### Know Your Medicare Options

During this free seminar you will learn: How Medicare works and what it covers. How Part "D" prescription cards work and how to pick the right one for you. The differences between Medicare supplements and Medicare Advantage plans. Have your questions answered so you can make the right choices when planning for Medicare or Medicare Advantage decisions. Presented by: Steve Perlman, DelVal Senior Advisors, Independent Medicare Planning.

If you are interested in attending this program you must register with the Parks & Recreation Dept. We do have limited seating for this program.

**AGES: 55+**

**DATE: Monday, April 26, 2021**

**TIME: 6:30 PM - 9 PM**

**LOCATION: Community Center**

**FEE: Free**

### AARP Smart Driver Course

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers aged 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

This 8 hour class is broken into two 4-hour sessions.

**AGES: 55+**

**DATE: Monday, May 10, 2021 & Monday, May 17, 2021**

**TIME: 9AM - 1PM**

**FEE: \$20 AARP Member & \$25 Non**

**Members**

**PAYMENT FOR CLASS IS DUE DAY OF AND MUST BE IN THE FORM OF CASH OR CHECK MADE OUT TO AARP**

### AARP Safe Driver Refresher Course

Take the AARP Safe Driver™ Course and you could reduce your overall maintenance and car insurance costs! Refresh your driving skills and learn the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel. After attending this, you can qualify for a multiyear discount on your auto insurance! (Consult your auto insurance agent for details). Space is limited, so register online now. The classroom course costs \$20 for AARP members and \$25 for non-members. This

is the refresher course. It takes place during one four hour session. You need to be present for the entire four hours. You need to have previously completed the standard 8hr course to be eligible for the refresher course.

**AGES: 55+**

**DATE: Monday, May 3, 2021**

**TIME: 9AM - 1PM**

**FEE: \$20 AARP Member & \$25 Non**

**Members**

**PAYMENT FOR CLASS IS DUE DAY OF AND MUST BE IN THE FORM OF CASH OR CHECK MADE OUT TO AARP**

### Breathe, Stretch & Meditate

This class is designed to help you reduce stress and anxiety. We will do gentle movements to create strength, flexibility and better balance. Class will end with a guided meditation. This class can be done in a chair or on the floor with a yoga mat.

**SESSION 1: January 13 - February 24**

**SESSION 2: March 3 - April 14**

**TIME: Wednesdays, 9:30AM - 10:30AM**

**LOCATION: Community Center Meeting Room**

**Instructor: Carol Garner**

### Brains & Balance Past 60

Brains and Balance Past 60 is a new workshop designed for the unique needs of active older adults who know the importance of staying mentally sharp and physically stable. Workshop is divided into 4 segments in our Community Room.

**Balance** – age appropriate exercises focusing on muscle groups that aid stability and balance: legs/quads, core/lower abdominal, shoulders, chest, back, hips and pelvic floor area.

**Brains** – enhancing neuroplasticity skills, brain teasers, puzzle conundrums, short term memory games, knowledge, language small group problems solving, building skills, card games, concentration exercises.

**AGES: 55+**

**SESSION 1: April 1- April 22**

**SESSION 2: May 6 - May 27**

**TIME: Thursdays, 11AM - 12PM**

**FEE: \$55/session**

**LOCATION: Community Center Meeting Room**

### Dynamic Gentle Yoga Class

This class is similar to a gentle class but with a bit more movement, breathwork and meditation. This class will guide you through a yoga flow that will allow you to embrace the full benefits of opening your heart to your body, mind and spirit.

**DATE: March 15 - April 19**

**TIME: Mondays, 9:30 AM - 10:30 AM**

**LOCATION: Community Center**

**FEE: \$70**

### Virtual Community Education with Doylestown Health

In place of in-person classes, Doylestown Health is offering FREE virtual classes for the community. Topics include nutrition, wellness, mental health, childbirth and more. Check the Upper Southampton Parks & Recreation webpage for links to activities dedicated to preventing illness and empowering the community to live healthier lives.

## REGISTER NOW FOR PROGRAMS

### Registration Forms

Registration forms can be found and completed online at our website [ustwprec.com](http://ustwprec.com).

### Online

[www.ustwprec.com](http://www.ustwprec.com)

Create a household account, then add members to register the whole family for different programs we have available. Online payments can be made through credit cards\*

\*Credit card information is not stored for further payments. We accept Visa, Mastercard, Discover & American Express.

### In Person

Registration forms may also be printed and brought into the office to be processed. The forms and payments can be dropped off at the Parks and Recreation Department office, located at the Community Center, 913 Willow Street, Southampton, PA 18966.

REGISTER ONLINE!  
USTWPREC.COM



# REGISTRATION FORM

TO REGISTER AND PAY ONLINE VISIT [USTWPREC.COM](http://USTWPREC.COM)

Last Name		First Name		MI
Address		City	State	Zip
E-mail		Phone	Alt. Phone	
School		Grade	Gender	
Health Problems (Allergies, etc.)		Date of Birth		Age
Physician's Name		Physician's Phone Number		
Parent's Name (If Minor Child)		Resident of Upper Southampton Twp: (Circle One) Yes No		
Emergency Contact		Phone Number		

PROGRAM TITLE	SESSION	FEE
1.		
2.		
3.		

## LIABILITY WAIVER AND RELEASE

In consideration for being permitted to use Upper Southampton Township's facilities and/or participate in Upper Southampton Township-sponsored programs, I agree, for myself and/or for any minors in my care, to fully and completely release Upper Southampton Township, its officials, employees, boards, departments, agents and affiliated entities from any and all claims, liabilities or actions for any personal injuries to me, personal injuries to minors in my care and/or any loss or damage to my personal property or the personal property of any such minors arising from our use of Upper Southampton Township facilities or participation in Upper Southampton Township Parks and Recreation-sponsored activities and programs.

I certify that to the best of my knowledge, I and/or any minors in my care are healthy enough to participate in the recreation program sponsored by Upper Southampton Township Parks and Recreation Department.

I understand that no health and/or accident insurance is provided by Upper Southampton Township. I also understand and agree, for myself, and/or for any minors in my care, that I am solely responsible at any sole cost and expense for furnishing medical or other insurance to cover any expenses related to any such personal injuries or property damage.

I hereby give Upper Southampton Township Parks and Recreation staff permission to secure emergency medical care for minors in my care who may suffer an injury or illness while in the temporary care of Upper Southampton Township Parks and Recreation representatives.

I agree, for myself and/or for any minors in my care, to comply with all Upper Southampton Township Parks and Recreation rules and regulations, including any rules and regulations governing any programs for which I, and/or any minors in my care, have registered, and understand and agree that noncompliance with any such rules and regulations by me, or any minors in my care, may result in termination of the privilege to use Upper Southampton Parks and Recreation facilities and/or participate in Upper Southampton Township Parks and Recreation-sponsored activities and programs. In the event of such a termination for cause, I understand that I will not be entitled to be reimbursed for any registration fees.

I further agree, for myself and/or for any minors in my care, that I will furnish a certified birth certificate or proof of birth upon request by Upper Southampton Township Parks and Recreation, as may be required for participation in Upper Southampton Township Parks and Recreation activities and programs.

Intending to be legally bound hereby, and with full authority, I acknowledge, agree to and accept the terms of this Liability Waiver and Release on behalf of myself and/or on behalf of any minors in my care.

Participant Name (Print): \_\_\_\_\_ Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 If participant is under age 18  
 Parent/Guardian's Name (Print): \_\_\_\_\_ Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Return this completed form and payment to: Upper Southampton Township Parks and Recreation, 913 Willow Street, Southampton, PA 18966. Please direct any questions to Upper Southampton Township Parks and Recreation, 215-355-9781. Additional forms can be obtained at the Community Center or our website at [www.ustwprec.com](http://www.ustwprec.com). All participants (and their parent/legal guardian if participant is under age 18) must also review and sign the attached Liability Waiver and Release.

## CREDIT CARD BILLING INFORMATION

Name (as it appears on card)		Phone Number		
Billing Address		City	State	Zip
Type of Card Used: (Circle One)    Visa    Mastercard    American Express    Discover				
Card Number		Expiration	V Code (3-Digit Code)	



### Police Department New Hire

The Upper Southampton Township Police Department recently hired a new officer. Officer Daniel Morson was hired on October 26, 2020. Dan is a 2007 graduate of St Joseph Preparatory High School. In high school he played football and was on the rowing team. He graduated in 2011 with a Bachelors of Arts degree in Cultural Anthropology from the University of Pennsylvania. Originally he studied anthropology with the idea to learn different cultures to attend law school and become an attorney. Daniel worked for a law firm as an initial application specialist. He worked as a furniture mover, food runner, project manager for a property company and home inspector before being hired by the Philadelphia Police Department in December of 2018 where he worked in the area of Southwest Philly. While in the police academy, he graduated in the top three of his class.



### Welcome K-9 Ronin

USPD would like to introduce its newest officer, K-9 Ronin. He is a 14 month old male German Shepherd who is originally from Czechoslovakia. He came to the United States about four months ago where he began his obedience training with Anton at Kennel Zo Slovenskeho in Connecticut. The cost of Ronin was generously donated to USPD through a grant by the Community Foundation which is a nationwide non-profit organization committed to supporting first responders looking for assistance in obtaining K-9's and equipment. We cannot thank them enough for their support in helping us re-start our K-9



program. Ofc. Ungurean has been selected as Ronin's partner. They began their training together in early September at Philadelphia PD's K-9 training academy. This intense training will last nearly 8 months and Ronin will be trained as a dual-purpose K-9 in patrol and narcotics detection. As you can tell by the picture he is very energetic and ready to start his training.



## Department of Emergency Management

### Snow Emergency Parking Restriction Reminder

As winter approaches, the Department of Emergency Management would like to remind residents of the parking restrictions during "Declared Snow Emergencies". Although not every snowfall requires a Snow Emergency Declaration, there are storms that produce significant snow accumulation hindering the movement of traffic to the extent that it is necessary for the Township to declare a "Snow Emergency." Once a Snow Emergency is declared, residents are required to remove all vehicles from all Township streets during the snow emergency. Information on the existence of a snow emergency will be given through the Township website at [www.ustwp.org](http://www.ustwp.org), the Township facebook page, radio stations, newspapers, and other available media. Residents are asked to check this media during snow fall to keep up with current information.

**Help us help you this winter!**

Parking is prohibited on snow emergency routes during the declared snow emergency. All streets in the Township of Upper Southampton are designated as snow emergency routes. After a snow emergency is declared, it shall be unlawful, at any time during the continuance of the snow emergency, for any person to park a motor vehicle or to allow that vehicle to remain parked anywhere on any Township street. The police department is authorized to issue parking citations and remove vehicles parked on any Township street during a snow emergency.

Thank you for your cooperation.



## Stormwater Management

### Three things you should know about Stormwater Runoff.

#### 1. Stormwater runoff can cause a number of environmental problems:

- Fast-moving stormwater runoff can erode stream banks, damaging miles of aquatic habitat.
- Stormwater runoff can push excess nutrients from fertilizers, pet waste and other sources into rivers and streams. Nutrients can fuel the growth of algae blooms that create low-oxygen dead zones that suffocate marine life.
- Stormwater runoff can push excess sediment into rivers and streams. Sediment can block sunlight from reaching underwater grasses and suffocate shellfish.
- Stormwater runoff can push pesticides, leaking fuel or motor oil and other chemical contaminants into rivers and streams. Chemical contaminants can harm the health of humans and wildlife.
- Stormwater runoff can also lead to flooding.

#### 2. What happens to a drop of rain when it falls onto the ground?

- It may land on a tree and evaporate;
- it may land on a field and soak into the soil; or
- it may land on a rooftop, driveway or road and travel down the street into a storm drain or stream.

#### 3. How you can minimize runoff

- Minimize impervious surfaces on your property
- Line impervious surfaces with gravel trenches.
- Install rain barrels to collect water that drains off your roof to irrigate landscape beds and lawns
- Replace lawn areas with native plants.
- Add organic matter to your soil.
- Don't leave soil exposed.
- Plant trees and preserve existing ones.
- Don't create runoff when washing your car.
- Create a rain garden.
- Reduce the slope of your yard.
- Install berms and vegetated swales.

**Precipitation that does not evaporate or soak into the ground but instead runs across the land and into the nearest waterway is considered stormwater runoff. Increased development has made stormwater runoff (also called polluted runoff) the fastest growing source of pollution.**

\*\*\*\*\*ECRWSS\*\*\*\*

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