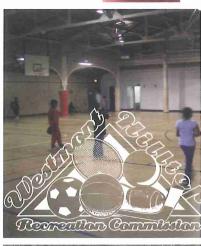
West Hills Community News

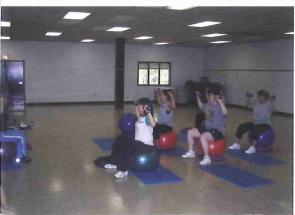


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A Message from the Executive Director

David P. Roman, Jr.

 $oldsymbol{\mathsf{O}}$ n behalf of the Westmont Hilltop Recreation Commission and Staff, I would like to send best wishes to you and your family this summer season. I am sure many of us are happy to put away the shovels and snow blowers in exchange for the lawn mowers and weed whackers.

Our objective is to enhance the total quality of life for the residents of our community. With that in mind, we once again will offer many quality programs for the family to enjoy. Our shortterm goal is to maintain and improve on the existing programs. Our long term goal is to work with community members to create new and exciting recreational opportunities for our residents.

We present to you the new and improved version of our summer brochure of activities and programs. I hope you enjoy the new look. This version of our brochure is a preview of what our West Hills News magazine will look like this fall. We are looking for cooperation from area businesses and organizations to help make this venture a success. If you are a business looking for an inexpensive way to advertise to all residents of Southmont, Westmont, and Upper Yoder, or if you are a local organization trying to get your information out to the public, this is a great opportunity. The goal of WHRC is to make the West Hills News magazine the place for one stop shopping for all your municipal, business, and recreation information. Please contact us to be part of the team.

f We have up to the minute information available on our website at www.westmontrec.com. There you will find information on our programs and facility rental opportunities.

As always, we appreciate your input. If you have any suggestions on how we can better serve you, please call or stop by the office.

want to thank all community residents and non-residents who participate in our leagues, activities, and programs. We look forward to another exciting summer here at WHRC.

Recreation Commission



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- Kamal Gella

RECREATION OFFICE 1000 Edgehill Drive

Johnstown, PA 15905

OFFICE HOURS

Monday through Friday 8:00 a.m. to 4:00 p.m.

WEBSITE

www.westmontrec.com

COMMISSION MEETINGS

The fourth Wednesday of every month beginning at 12:00 PM at the Grove. (1000 Edgehill Drive) April and August meetings are held at the Ridge (3984 Menoher Hwy.) August meeting begins at 6:00 PM.

HOLIDAYS

The Recreation office closes in observance of the following holidays; New Year's Day, Good Friday, Memorial Day, Independence Day, Labor, Thanksgiving, and Christmas.

-Adult Activities

Cyclonic Instructor: Kimberli K. Varner, Certified Indoor Cycling Instructor

Have you heard of Spinning in the big cities and on "The Biggest Loser" television show? We are pro encouraged to participate and ride at their own pace. You can burn 500 calories during this 30-minute workout. So, bring your towel and water bottle and start pedaling your way to fitness.

Dates/Times: June, July, and August Tuesdays & Thursdays 1:00 p.m. Fee: \$35 per month. \$7 per ride

*Reserve your bike now for the expanded fall schedule.

Adult Co-ed Kickball League

This league is for adults 30 years of age and older. We will accept team entries only. Each team will be guaranteed 10 games. The top four teams will make the playoffs. The league will follow WAAR Kickball Rules.

Days: Tuesdays and Thursdays

Dates: July 7 through August 13.

Fee: \$225

Women's Golf Instruction

Instructor: Chris Grenell, First Assistant Pro, Sunnehanna Country Club



This program will teach the fundamentals of the golf swing as well as other basics of the game in four 1-hour sessions. Space is limited to 10 participants ages 18 and over.

Dates: July 2, 9, 16, 23

Times: 5:30 PM

Fee: \$40

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- Adult Activities cont'd

The following classes will break for the summer and resume in September

Butts, Guts, & Weights

Instructor: Kimberli K. Varner, Certified Personal Trainer; Certified Abs/Buns Instructor; Certified Medicine Ball Instructor

A 30-minute muscle tightening and sculpting workout that Implements the combination of Swiss Balls, floor exercises, and light free weights, to target those hard-to-tone areas! This is a class that you ABSolutely do not want to miss!

Dates/Times: Tuesdays & Thursdays 9:30 a.m.

Fee: \$25 per month. \$6 drop-in.

Aerobics

Instructor: Cindie Petersen, M.S. Sports Sciences, ACSM, ACE, AAFA

Traditional step aerobics

Dates/Times: Monday & Wednesday 5:30 p.m.

Fee: \$25 per month. \$5 drop-in.

Yoga For Everyone

This Class requires the ability to get up and down from the floor with ease. We will do strong poses, using props to assure safety and proper alignment. Breathing and relaxation techniques will be integrated into each class. Yoga, done properly, will offer an equal emphasis on developing flexibility, strength, and stamina as well as meditation and breathing techniques.





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Youth Programs

Playgrounds

This is one of the great traditions of the Summer at WHRC. Supervisors will monitor the playground area to help ensure a safe playing environment. Equipment and games will be provided. Activities vary from day to day and will determined by attendance.

Dates/Times: Monday through Friday

6/9/08 to 7/18/08

10:00 a.m. - 2:00 p.m.

Sites: Goucher St, Stutzman, Elim,

Diamond, & High School.

(High School M-W-F only)

Fee: None

Special Playgrounds Events

Rock-n-Glow Bowling

Date/Time: Thursday, July 10, 2008.

10:00 a.m.-11:30 a.m.

Site: Westmont Lanes

Fee: \$6

Playground Championships

Date/Time: Friday, July 18, 2008

10:00 a.m. - 2:00 p.m.

Site: The Mound

Fee: None

Super Star Soccer

This 5 week program is for pre-schoolers ages 3-5. Players will receive instruction and participate in live game situations to help build confidence and self-esteem. Everyone is a winner in this program.

Dates: June 9, 16, 23, 30 & July 7

Day/Time: Mondays

10:00 AM - 11:00 AM

Fee: \$35

Youth Golf Lessons

Instructor: Chris Grenell, First Asst. Pro Sunnehanna Country Club

This program will teach the fundamentals of the golf swing as well as other basics of game in four 1-hour sessions. Space is limited to the first 10 (Age 7-17) students to register.

Dates/Time: September 4, 11, 18, 24

5:30 p.m. - 6:30 p.m.

Site: Sunnehanna Country Club

Fee: \$40

Volleyball Instructional Clinic

Instructor: Denise Nairn; Westmont Volleyball Coach
Tricia Hildebrand; Westmont Assistant Coach

Participants will learn basic volleyball skills through drills and demonstrations. Students will be placed in groups and rotate through different skill stations.

Date/Time: Saturday, June 28 9:00 AM - 2:00 PM

Site: Westmont High School Gym

Fee: \$20 (includes t-shirt)

& Activities

Tips on Sprinting

Dates: June 10, 12, 17, 19, 24, 26

Days: Tuesdays and Thursdays

Ages: 13-17 (9:00 AM -11:00 AM)

Ages: 7-12 (11:30 AM - 1:30 PM)

Site: Middle School Track

Fee: \$40 Pre-registration required.

Instructor: Ernie Williams, Certified Level 1
Track & Field Coach, USATF.

This is one of the great traditions of the Summer at WHRC. Supervisors will monitor the playground area to help ensure a safe playing environment. Equipment and games will be provided. Activities vary from day to day and will determined by attendance.

Youth Drama Workshop

Dates: June 23rd to 27th

Ages: 7-9 (10:00 a.m. – 12:00 p.m.)

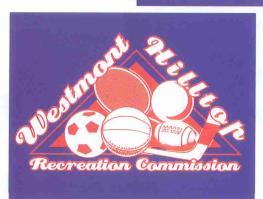
Ages: **10-12** (**1**:00 p.m. – 3:00 p.m.)

Site: Grove

Fee: \$35

Aspiring actors and actresses will enjoy this program that introduces them to the world of drama. Acting, make-up, techniques, and creative drama are a few of the topics to be covered. The participants will present a performance on the final day of the workshop. Space is limited to 10 participants. Pre-registration is required.

Introduction to Basic Karate



Instructor: Master Christopher S. Miller; 4th Degree Black Belt Member of World Moo Duk Kwan Tang Soo Do Federation

In this course, students will learn the art of Tang Soo Do. Class structure includes stretching, cardiovascular, basic techniques, forms and self-defense. The students will be taught the philosophies and etiquette of the Korean martial art. While in class, they will also be instructed on discipline and respect. This will be achieved while enjoying a good workout, both physically and mentally. If never trained, used to train, or want to try another form of exercise, you are welcome to attend.

Dates/Times: Monthly

Saturdays 10:15 a.m. – 11:15 a.m.

Ages: 5 and up

Site: Grove

Fee: \$30 for returning students

\$35 for new students

*All new participants will receive a FREE Team Miller's Martial Arts T-shirt.

Tennis Programs

All Tennis programs are instructed by Sue Minchau, USPTA/PTR Pro Sue is the legendary high school coach at Westmont-Hilltop High School, where she has over 500 career victories. Sue was inducted into the Cambria County Sports Hall of Fame in July of 2006.

Middle School Skills and Drills

High School Skills and Drills

This program teaches stroke improvement through a variety of drills, conditioning, and game strategy. Pre-registration is required.

Session I

Grades 5-8

Dates/Times:

June 4,5,6

3:00 p.m. - 4:30 p.m.

Site: Westmont High

School

Fee: \$30 per session

Session II

Grades 5-8

Dates/Times:

July 9,10,11

8:00 a.m. - 10:00 a.m.

Site: Westmont High

School

Fee: \$30 per session

Session I

Grades 9-12

Dates/Times:

June 11, 12, 13

4:00 p.m. - 5:30 p.m

Site: Westmont High

School

Fee: \$35 per session

Session II

Grades 9-12

Dates/Times:

August 6, 7, 8

4:00 p.m. - 5:30 p.m.

Site: Westmont High

School

Fee: \$35 per session

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Tennis Programs Cont'd

Mini-Camps

The program will introduce children to the sport of tennis through basic stroke instruction, drills, and game play.

Session I

Dates/Times: June 11, 12, 13

Grades 1-4

8:00 a.m. - 9:15 a.m.

Grades 5-8

9:15 a.m. - 10:30 a.m.

Site: Westmont High School

Fee: \$35 per session

Session II

Dates/Times: June 18, 19, 20

Grades 1-4

8:00 a.m. - 9:15 a.m.

Grades 5-8

9:15 a.m. - 10:30 a.m.

Site: Westmont High School

Fee: \$35 per session

Session III

Dates/Times: June 25, 26, 27

Grades 1-4

8:00 a.m. - 9:15 a.m.

Grades 5-8

9:15 a.m. - 10:30 a.m.

Site: Westmont High School

Fee: \$35 per session

Session IV

Dates/Times: August 6, 7, 8

Grades 1-4

8:00 a.m. - 9:15 a.m.

Grades 5-8

9:15 a.m. - 10:30 a.m.

Site: Westmont High School

Fee: \$35 per session

Senior High Tennis League

"Under the lights!"

This league is for young adults in grades 9-12. Participants will play a combination of singles, doubles, and mixed doubles. Pre-registration is required. July 16th will be tournament week.

Dates/Times: June 8 - July 15

Tuesdays & Sundays 7:30 p.m. - 10:00 p.m.

Site: Westmont High School

Fee: \$50

Freshman and Sophomore Tennis League

Dates/Times: June 12, 19, 26, and July 3

Thursdays 10:30 a.m. - 12:00 p.m.

Site: Westmont High School

Fee: \$20

Junior Tennis League

This league provides participants with singles, doubles, and mixed doubles matches. Instructor provides tips on positioning and strategy.

Monday is the skills and drills session. Tuesday is competition day. Pre-registration is required. Extra time will be included the week of July 16 and 17 since that is tournament week.

Dates/Times: June 9, 10, 16, 17, 23, 24, 30

July 1, 7, 8, 14, 15

Grades 1-4

Grades 5-6

8:00 a.m. - 9:00 a.m.

9:00 a.m. - 10:30 a.m.

Grades 7-8 10:30 a.m. – 12:00 p.m.

Site: Westmont High School

Fee: \$50

*Students who have just completed 8th grade are in This league; you will be able to move up to the Tennis Under the Lights league when your skills merit the promotion.

Basketball Programs

Westmont Girls Basketball Camp

The camp features Jodi Hillegass, the highly successful Girls Basketball Coach at Westmont-Hilltop High School. The emphasis of the camp is on skill development. Limited to 48 participants. Pre-registration required.

Dates/Times: July 14-18 Monday through Friday 9:00 a.m. – 12:00 p.m.

Site: Westmont-Hilltop High

School

Fee: \$40 includes t-shirt *Please specify shirt size as youth

Or adult.



Girls Varsity Basketball League

This summer league is for "team" entries only. Returning teams have priority in maintaining their spot.

Space is limited.

Fee: \$325 per team

Call WHRC for details.

Stutzman Skills and Drills

This is an instructional league conducted by Westmont-Hilltop High School Girls Basketball Coach Jodi Hillegass.

Grades 3, 4, 5, & 6 (2008-09 school year)

Dates/Times: June 9 – July 9 Mondays & Wednesdays 10:00 a.m. – 12:00 p.m.

Site: Stutzman Courts

If raining: Grove

Fee: \$35 incudes t-shirt.

Grades 7,8, & 9 (2008-09 school year)

Dates/Times: June 10 - July 10 Tuesdays & Thursdays 10:00 a.m. - 12:00 p.m.

Site: Stutzman Courts
If raining: Grove

Fee: \$35 includes t-shirt.

Girls Junior High Basketball League

This summer league is for "team" entries only. Returning teams have priority in maintaining their spots.

Space is limited.

Fee: \$325 per team

Call WHRC for details.

Basketball Programs cont'd

Peak Youth Basketball Association Boys Basketball Camp

Instructor: Tom Glennon Director, Peak Youth Basketball



PEAK Youth Basketball Association

Ages: Boys Grades 3-9

Dates/Times: June 9 - 12

Monday - Thursday

1:00 PM - 5:00 PM

Peak Youth Basketball Association is a non-profit organization that provides many excellent basketball opportunities by stressing hard work, fundamentals. and unselfish play.

Site: Westmont-Hilltop High School

Fee: \$80 includes t-shirt

Boys Hoops On The Hilltop

This is a recreational league where the emphasis is on sportsmanship, fun, and teamwork.

Grades 4-6 (2008-09 school year)

Dates/Times: June 9 - July 9 Mondays & Wednesdays 10:00 a.m. - 12:00 p.m

Site: Stutzman Courts (Grove if raining)

Fee: \$35 includes t-shirt.

Grades 7-9 (2008-09 school year)

Dates/Times: June 10 - July 10

Tuesdays & Thursdays

Site: Stutzman Courts (Grove if raining)

10:00 a.m. - 12:00 p.m Fee: \$35 includes t-shirt.

To advertise in this new publication, contact us at:



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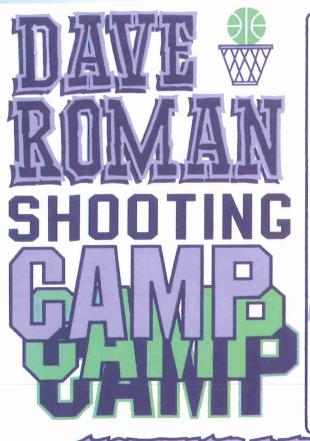
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Discount Tickets

The Westmont Hilltop Recreation Commission will offer discount tickets to some of the areas greatest summer attractions. Below are the prices to each attraction.

Place	Regular Price	WHRC Discount Price
Del Grosso's Park	\$12.95	\$11.50
Geauga Lake's Wild Water Kingdo	om \$23.95	\$19.00
Hersheypark	\$47.95	\$37.00
Idlewild	\$26.95	\$21.00
Kennywood	\$32.00	\$21.00
Pittsburgh Zoo	\$10.00	\$7.00
Sandcastle	\$25.95	\$18.00





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Girls 12:30-4:15 PM

July 14-18 3rd Grade thru 8th Grade

Girls 8:00-11:45 AM

Boys 12:30-4:15 PM

July 28-August 1 4th Grade thru 10th Grade

Boys 8:00-11:45 AM

Girls 12:30-4:15 PM



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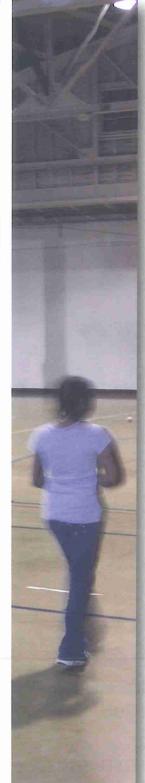
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At the corner of Luzerne Street and Diamond Blvd. in Westmont

Facility Rentals

The Grove

Need an indoor site for a special event? The Grove's multipurpose room and gymnasium are available for rental. We have a limited number of tables and chairs so please inquire about that at the time of your reservation.



Reservations

A \$25 deposit is required with all reservations that are 3 hours or less. A \$50 deposit is required for any event that exceeds 3 hours. That fee will be deducted from your closing balance. Deposits are non-refundable within 90 days of your rental date.

Security Deposit

A separate check for \$100 is due upon key pick-up. This security deposit will be returned after a property inspection determines no damages and the key is returned.

Fees

General Public: \$45 per hour.

Residents of Westmont School District: \$40 per hour.

Westmont-Hilltop School District (curriculum related): No charge

School sponsored organizations; PTO, HAT, Booster Groups, Resident Organizations: \$4 per hour + \$35 cleaning fee.

Profit Organiztion: (Admission Charged) \$50 per hour + \$35 cleaning fee.

Community Non-profit Organizations: \$20 first two hours, \$15 each additional hour + \$35 cleaning fee.

The Grove Gymnasium

The Grove Gymnasium is available for rental to accommodate sports practices or pick up games.

Fee: \$30 per hour.

Facility Rentals

The Ridge

Lookin for an outdoor/indoor facility to host a wedding, graduation party, family reunion, class reunion, etc? Located within a beautiful 5 acre open setting on Menoher Highway (Route 271), the Ridge is the perfect place. The site includes a two-story lodge with a kitchen, two dining rooms, and restroom facilities. The outdoors includes five small pavilions with fireplaces as well as one large pavilion. Other outdoor amenities include a play-ground, basketball court, volleyball court, and softball field.

Reservations

A \$100 deposit is required with all reservations. The deposit is non-refundable within 90 days of your rental date.

Security Deposit

A separate check for \$100 is due upon key pick-up. This security deposit will be returned after a property inspection determines no damages and the key is returned.

Rates:

SATURDAYS, SUNDAYS, & HOLIDAYS

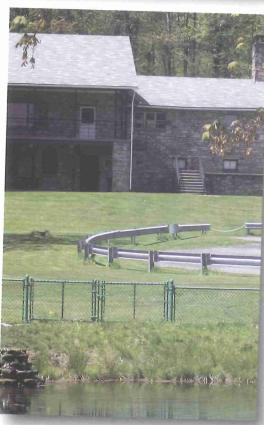
	Resident Rate	Non-Resident Rate
75 people or less	\$300	\$325
76-125	\$350	\$375
Over 125	\$400	\$425

*Over 175 people must make shuttle bus arrangements!

Field Permits

To reserve one of the following fields for practices or pick up games; The Mound, Engh, Elim, or Southmont, you must stop by the WHRC Office and fill out a field permit. There is no charge to reserve the fields. However, for security and insurance purposes, a permit must be issued.





Adult Special Interest

Westmont Hilltop Area Senior Citizens

Hilltop Area Senior Citizens, Inc. is the organization to belong to if you are interested in keeping active!

The group meets every second Thursday of the month at the Westmont Grove at 1:00 p.m. Membership dues are \$3 per year. Monthly activities to keep you busy include but are not limited to the following; chorus singing, bingo, card games, bowling, and summer picnics. Bus trips are scheduled quite frequently throughout the year.

For more information, please contact Don Merrits at 255-2396.



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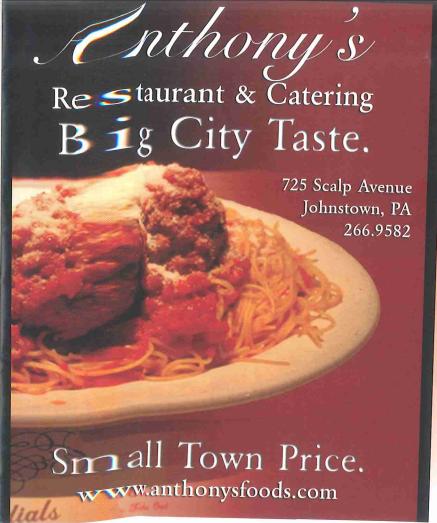
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Recreation Commission

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