

FALL/WINTER 2006

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A Message from the Executive Director, David P. Roman, Jr.

I would like to take this time to introduce myself as the new Executive Director of the Westmont Hilltop Recreation Commission. I have proudly served this community for the past nine years as Westmont Hilltop High School's Boys Basketball Varsity Head Coach, and I am very excited for the opportunity to complement my community service with my new position with the commission.

My short-term goal is to maintain and improve the programs that we offer. My long-term goal is to work with the community to create new and exciting recreational opportunities for our residents.

On behalf of the Westmont Hilltop Recreation Commission, I would like to present to you our Fall/Winter Brochure of Activities and Programs. We believe that we have put together an exciting list of programs/activities to enrich and enhance the lives of our community residents. As always, we appreciate your input. If you have any ideas about how we can better serve you, please call or stop by the office.

Please check out our three newest programs: Basic Karate, presented by Miller's Martial Arts; Butts & Guts, by Kim Varner; and U6 Instructional Soccer by Brad Junker.

I want to thank all community residents and non-residents who participate in our leagues, activities and programs. We look forward to serving you again during the fall and winter months.



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PRESCHOOL ACTIVITIES

FUN for TWO



This fall program will provide toddlers with their first experience in a classroom setting. A parent or guardian must participate in this toddler program. Participants will enjoy a fun-filled hour of active games, music, crafts and storytelling. A maximum of 12 kids* will be accepted. All others will be placed on a waiting list. Pre-registration is required and payment is due in full prior to the start of the program.

Days Tuesdays
 Session I Sept. 26 - Oct. 24
 Session II Nov. 7 - Dec. 5
 Session III Jan. 9 - Feb. 6
 Session IV Feb. 20 - Mar. 20
 Session V April 4 - May 1
 Time 10:00 a.m. - 11:15 a.m.
 Fee \$35 per session
 Location Grove
 Instructor Audrey Schafer

TOT "SOCK"ER

Join the team! Tots can play soccer too. Each session will include warm-up exercises, kicking, dribbling, and throw-in activities. We will play a 30-minute game and have a 5-minute cool-down with a story. No shoes or shin guards needed. We use safe "bouncy" balls.

Day Tuesdays
 Session I Oct. 3 - Oct. 31
 Session II Feb. 6 - Mar. 6
 Time 11:15 a.m. - 12:15 p.m.
 Fee \$25
 Ages 3 - 5 years old
 Location Grove
 Instructor TBA

SUPER STAR SOCCER AT THE MOUND

The Westmont Hilltop Recreation Commission is sponsoring a Super Star soccer league to accommodate all pre-schoolers ages 3 to 5 years old. This is an eight (8) week program. Players will receive instruction along with participating in live game situations to help build confidence and self-esteem where everyone that participates will feel like a winner after every game.

Day Monday
 Date April 23 to June 11
 Location The Mound
 Time 5:30 p.m. - 6:30 p.m.
 Price \$35.00
 Instructor Roni Shorto

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YOUTH ACTIVITIES

TRICK or TREAT NIGHT 2006

Trick or Treat will be held on Halloween Night, Tuesday, October 31st from 6:00 - 8:00 p.m.



IMPORTANT

Remember to pre-register for classes as early as possible. Some reasons to register early: Class space is limited. Class may be cancelled.



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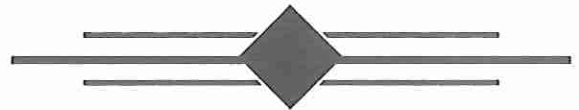
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YOUTH ACTIVITIES

FALL JUNIOR TENNIS LEAGUE

This league provides youth with singles, doubles and mixed doubles tennis matches. Supervised instruction provides tips on positioning and strategy. Registration is required.

Dates September 9, 16, 23, 30
 Day Saturdays
 Grades/Time Grades 1-4
 8:00 a.m.-9:00 a.m.
 *Mini Tournament
 Grades 5-6
 9:00 a.m.-10:30 a.m.
 *Davis Cup
 Format Tournament
 Grades 7-8
 10:30 a.m.-12 Noon
 *Davis Cup
 Format Tournament
 Fee \$35.00
 Location Westmont High School
 Instructor Sue Minchau,
 USPTA/USPTR Pro



INCLEMENT WEATHER

As with any outdoor program, we have to contend with the weather. The following will serve as the official WHRC Summer Playground Program rain procedure:

If it is raining at 10 a.m., the program will be cancelled for the day.

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YOUTH ACTIVITIES

INDOOR ROLLER HOCKEY LEAGUE

Ages 7 - 9 Pee Wee
 10 - 12 Junior
 13 - 14 Senior
 Day Saturdays
 Dates January 13 - February 17
 Time 1:00 p.m. - 3:00 p.m.
 Fee \$35
 Location Westmont Grove

Required Equipment

- Helmet
- Mouth Piece
- Skates (in-line)
- Hockey Stick

Recommended Equipment

- Shin Guards
- Elbow Pads
- Gloves

Volunteer indoor roller hockey league coaches are needed!



YOUTH ACTIVITIES

INTRODUCTION TO BASIC KARATE

In this 8 week 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 you never trained, used to train or want to try another form of exercise, you are welcome to attend.

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

Dates Sept. 16 - Nov. 4
 Day Saturday
 Time 10a.m. - 11a.m.
 Fee \$45
 Location Grove
 Ages 5 and up

Instructor: Master Christopher S. Miller
4th Degree Black Belt

Member: World Moo Duk Kwan Tang Soo Do Federation



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YOUTH ACTIVITIES

U6 SOCCER FUTURE STARS PROGRAM

Fall Session Sundays, Sept. 10 - Oct. 16
Time Afternoons - TBA
Location Mound

Winter Session Sundays, Jan. 7 - Feb. 11
Time Afternoons - TBA
Location Grove

Fee \$45.00 *Each participant receives a T-shirt*

Instructor: Brad Junker



YOUTH ACTIVITIES

**BOYS AND GIRLS "HOT SHOT"
BASKETBALL CONTEST**



Who has the best shot on the HILL????

Date Saturday, March 24, 2007

Time 12:00 Noon - ???

Fee\$10.00 * includes T-Shirt*

Location Grove

Division Grades 2-3; Grades 4-5;

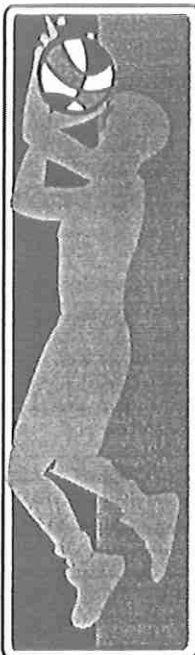
Grades 6-7; Grades 8-9;

Grades 10-12

****Prizes will be given to the top shooter in each Division!!!!!!

The Westmont Hilltop Recreation Commission would like to thank all of the advertisers who have helped to make this program brochure possible.

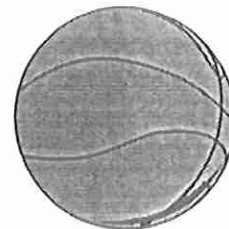
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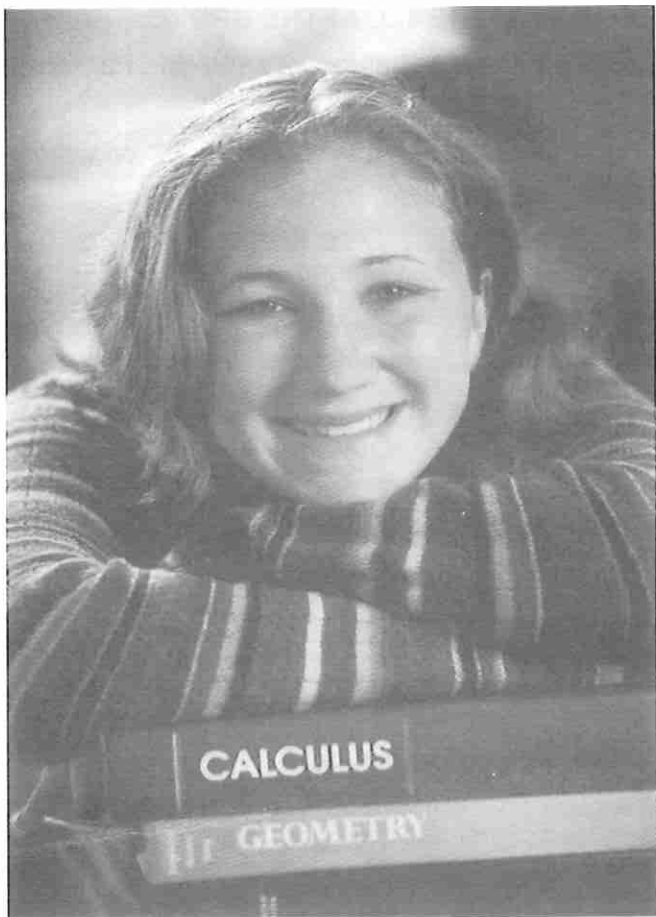
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YOUTH ACTIVITIES

VOLLEYBALL INSTRUCTIONAL CLINIC

This clinic will provide the participant with the techniques needed to perform basic volleyball skills. These will be taught through instruction and a variety of drills. Open to girls and boys in grades 4 - 9.

Grades 4 - 6 and 7 - 9
 Dates TBA
 Day Tuesdays
 Time 6:00 p.m. to 7:30 p.m.
 Location Westmont Grove
 Fee \$30.00 *includes T-shirt*
 Instructor: Denise Nairn

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Monday - Friday: 10:00 am to 6:00 pm • Saturday: 9:00 am to 3:00 pm • Sunday: Closed

DROP-IN BASKETBALL AT THE GROVE

Informal drop-in basketball for boys and girls. **Parents: Drop-in is NOT a supervised program.** Please pick up your children in a timely manner as we have to clean the gym out to set up for our adult volleyball programs and evening rentals.

Begins October 9, 2006
 Days Mondays and Fridays
 Fee \$1.00
 Location Westmont Grove
 Mondays 3:00 p.m. - 5:30 p.m.,
 gr. 12 and under
 Fridays 1:00 p.m. - 4:30 p.m.,
 grades 4-8
 4:30 p.m. - 6:30 p.m.,
 grades 9-12

No preregistration required.

HOLIDAY DROP-IN

Keep your eyes open for our flyer, or call the Grove office at 539-1877 to inquire about our revised drop-in days and times for the holidays.

- Revised Thanksgiving days and times
- Revised Christmas days and times

SNOW DAY POLICY If Westmont schools are closed due to inclement weather, the Grove will be closed also.

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YOUTH ACTIVITIES

WINTER BASEBALL CLINIC

This clinic will offer basic pitching instruction for all children ages 6-12 years of age. For dates, times and more information please call the Grove office at 539-1877.

Date, Days & Times..... TBA
 Fee \$20 *Includes T-Shirt
 Location..... Grove
 Instructor Steve Vickroy
 Asst. Westmont Hilltop High
 Baseball Coach

**Need More Information
 about a program...
 Call 539-1877**

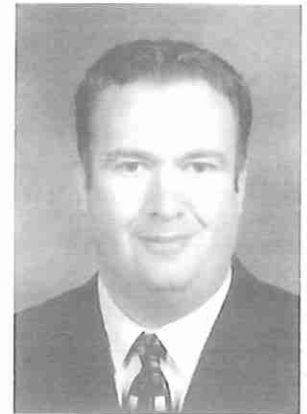
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" A Non-Profit Organization established to promote and encourage sportsmanship, teamwork, enthusiasm and enjoyment through the sports of football and cheerleading to benefit all area children between Kindergarten and Sixth Grade with the participation of their family, friends and community."

Upcoming Events:
Fall Dance at the Grove
October 14, 2006
(Open to kids K thru 6th)

**Look for registration for the 2007 Season to be
in April or May, 2007**

Email: wayfootball@atlanticbb.net for information



The Grove

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Special Events

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At the Grove on Saturday, November 18, and Sunday,
November 19, 2006. TEAM ENTRIES ONLY. For more
information, please contact the Grove at 539-1877.



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ADULT WELLNESS

GENTLE YOGA



This will be a multi level, very gentle class. Participants may remain in a chair, or if able, may sit on the floor. Safety is a priority, with personal attention given to those with physical limitations. Breathing and relaxation techniques are an integral part of each class. Anyone can do yoga, depending on the level and structure of the class. Learn safe stretches designed to maintain flexibility and tone muscles, and techniques to help deal with stress, especially if dealing with a chronic condition.

Day Wednesday
 Session I Oct. 4 - Nov. 1 (5 weeks)
 Session II Nov. 15 - Dec. 13 (5 weeks)
 Time 10:30 a.m. - 11:15 a.m.
 Fee \$30.00 or \$8.00 Walk In
 Location..... Westmont Grove
 Instructor Judith Sullivan,
 C.Y.T., E-RYT

ADULT WELLNESS

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.

Day Wednesday
 Session I Oct. 4 - Nov. 1 (5 weeks)
 Session II Nov. 15 - Dec. 13 (5 weeks)
 Time 7:15 p.m. - 8:15 p.m.
 Fee \$30.00 or \$8.00 Walk In
 Location Westmont Grove
 Instructor Judith Sullivan,
 C.Y.T., E-RYT

Judith Sullivan is a certified yoga therapist, and has taught yoga since 1979. She has worked in a hospital setting, helping those with numerous chronic and life threatening condition. In community classes, Judith works with all ages and physical abilities, including athletes, seniors and children. She is available for private sessions, and it is her pleasure to acquaint people with the wonderful benefits that yoga techniques can bestow.



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ADULT WELLNESS

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 Saturday, 7:00 a.m. to 8:00 a.m.
 Monthly Fee \$25.00
 Drop-in Fee \$4.00 per class
 Age 55 and over
 Monthly Fee \$20.00
 Drop-in Fee \$2.00 per class
 Payment must be received in the Grove office by the 1st week of each month.

A.M. AEROBICS (9:00 A.M. CLASS)

Dates, Times Mondays, Wednesdays,
 Fridays
 9:00 a.m. - 10:00 a.m.
 Monthly Fee \$35.00 resident
 Drop-In Fee \$5.00 per class
 Location The Grove
 Instructor Cindie Petersen, M.S.
 Sports Sciences, ACSM,
 ACE, AAFA
 Payment must be received in the Grove office by the 1st week of each month.

ADULT WELLNESS

"BUTTS & GUTS"

A 30 minute muscle tightening and sculpting workout that implements the combination of Swiss Balls and floor exercises to target those hard-to-tone areas! A class you ABSolutely don't want to miss!

Days Tuesdays, Thursdays
 6:30 p.m. - 7:00 p.m.
 Saturdays - 11:00 a.m. - 11:30 a.m.
 Monthly Fee \$25.00
 Drop-in Fee \$5.00
 Location Grove
 Instructor: Kimberli K. Varner, *Certified Personal Trainer; Certified Abs/Buns Instructor; Certified Indoor Cycling Instructor; Certified Medicine Ball Instructor*

P.M. AEROBICS (5:30 - 6:30 P.M. CLASS)

Dates, Times Mondays, Tuesdays,
 Thursdays
 5:30 p.m. - 6:30 p.m.
 Saturdays
 9:00 a.m.-10:00 a.m.
 Monthly Fee \$35.00 resident
 Drop-In Fee \$5.00 per class
 Location The Grove
 Instructor YMCA Fitness Instructors
 (Thursdays, Saturdays)
 Cindie Petersen, M.S.
 Sports Sciences, ACSM,
 ACE, AAFA
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 Wednesdays)



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ADULT CLASSES

BASIC DOG OBEDIENCE CLASSES

Now forming at the Westmont Grove. There will be one hour of training and 1/2 hour of socializing your dog. Dogs must be at least 5 1/2 months old and updated on all shots (with proof). You must be 18 years of age or older to handle dogs.

For more information call 539-1877.

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., and membership dues are \$3.00 a year. Monthly activities to keep you busy are scheduled throughout the year. They include but are not limited to the following: singing in chorus, playing bingo and card games, bowling, and summer picnics. Bus trips are scheduled quite frequently throughout the course of the year. For more information contact Don Merritts at 255-2396.

DISCOUNT SKI LIFT TICKETS

Once again the Westmont Hilltop Recreation Commission is teaming up with the Pennsylvania Recreation & Parks Society to offer discount ski lift tickets this winter for area resorts. Tickets for Blue Knob, Hidden Valley and Seven Springs will be available.

YOUTH BASKETBALL LEAGUES

GIRLS' 5th and 6th GRADE BASKETBALL LEAGUE

An organized basketball league for 5th and 6th grade girls' teams expressing an interest in league play.

Day Sundays
Date Oct. 15 to Dec. 17
Registration By team ONLY
Time 12:30 p.m. to 5:00 p.m.
Fee \$250 per team
Location Westmont Middle School

REGISTRATION DEADLINE: September 22, 2006
Six team registration minimum, eight team maximum.

BOYS' 5th and 6th GRADE BASKETBALL LEAGUE

An organized basketball league for 5th and 6th grade boys' teams expressing an interest in league play.

Day Sundays
Date Nov. 5 to Jan. 21
Registration By team ONLY
Time 1:00 p.m. to 5:30 p.m.
Fee \$250 per team
Location Westmont High School

REGISTRATION DEADLINE: September 22, 2006
Six team registration minimum, eight team maximum.

GIRLS' 3rd and 4th GRADE BASKETBALL LEAGUE

An organized basketball league for 3rd and 4th grade girls' teams expressing an interest in league play.

Day Sundays
Date Jan. 7 to March 4
Registration By team ONLY
Time 12:30 p.m. to 5:00 p.m.
Fee \$250 per team
Location Westmont Middle School

REGISTRATION DEADLINE: December 22, 2006
Six team registration minimum, eight team maximum.

ADULT LEAGUES

MEN'S SUNDAY NIGHT BASKETBALL LEAGUE

Day Sundays
Date Nov. 5, 2006 to Feb. 25, 2007
Time 5:30 p.m. to 9:30 p.m.
Location Westmont Middle School
Entry Fee \$525 per team

REGISTRATION DEADLINE: October 20, 2006

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THE RIDGE - RENTAL RATES

(Rates effective September 1, 2006)

WEEKEND (Saturday & Sunday) & HOLIDAY RENTAL RATES

	Resident Rental Rate	Non-Resident Rental Rate
75 People or Less	\$300.00	\$325.00
76-125 People:	\$350.00	\$375.00
Over 125 People:	\$400.00	\$425.00

**OVER 175 PEOPLE MUST MAKE SUTTLE BUS ARRANGEMENTS!!!*

A \$100 refundable (separate check) security/cleaning deposit is due with all rentals. This check is not due until the day you pick up the keys for your rental (the business day before your rental).

WEEKDAY RENTAL RATES (Monday thru Friday)

	Resident Rental Rate	Non-Resident Rental Rate
75 People or Less	\$225.00	\$250.00
76-125 People:	\$275.00	\$300.00
Over 125 People:	\$325.00	\$350.00

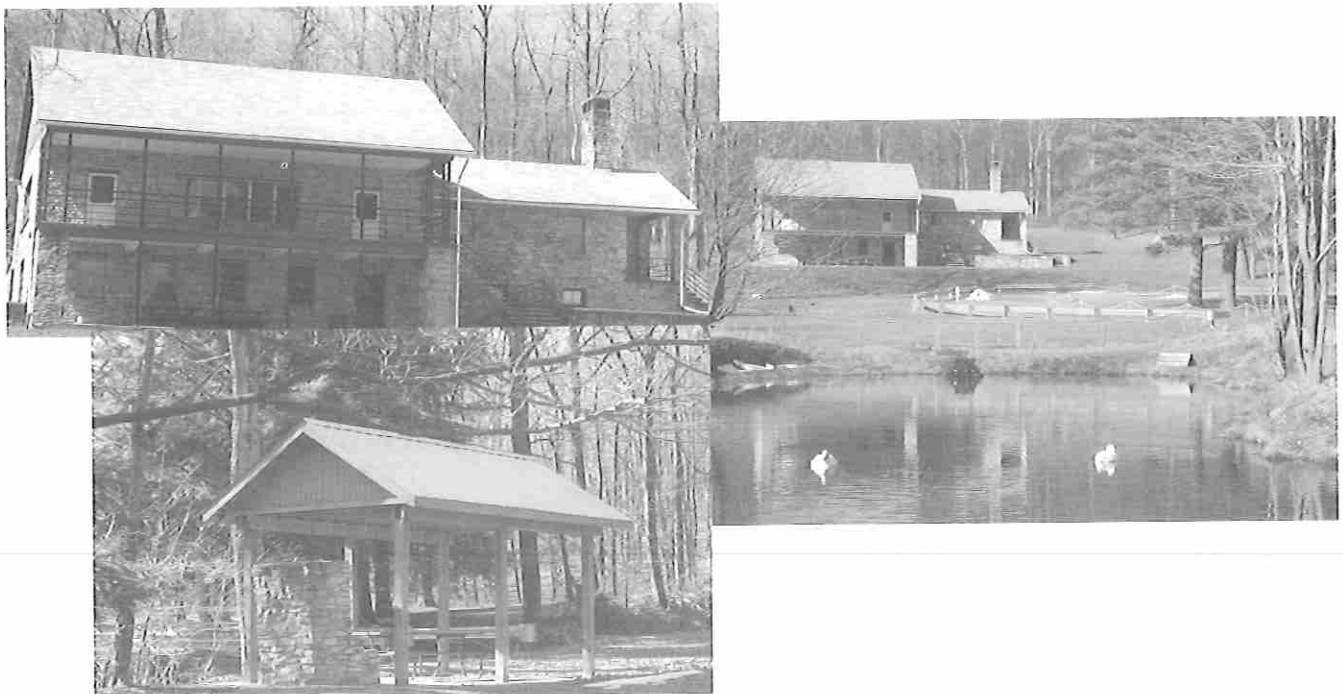
**OVER 175 PEOPLE MUST MAKE SUTTLE BUS ARRANGEMENTS!!!*

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WEEKEND (Saturday & Sunday) & HOLIDAY RENTAL RATES

Resident Rental Rate	Non-Resident Rental Rate
\$50.00 1st hour/ \$35.00 each additional hour	\$55.00 1st hour/ \$35.00 each additional hour

A \$100 refundable (separate check) security/cleaning deposit is due with all rentals. This check is not due until the day you pick up the keys for your rental (the business day before your rental). The security/cleaning deposit will be refunded (when you bring back te keys) if no damages are found and the facility is found to be in order upon your departure.



WESTMONT HILLTOP RECREATION COMMISSION

REGISTRATION POLICY

1. The Westmont Hilltop Recreation Commission (WHRC) reserves the right to cancel programs for which there is insufficient registration. Full refunds will be given if the Commission cancels a program. Refunds will be given to participants who withdraw prior to the start of a league, clinic, workshop, camp or other WHRC sponsored function, but they will be charged a \$5.00 administrative fee. Refunds will not be given once a program has begun.
2. A registration deadline may be enforced by the WHRC to ensure that a sufficient amount of time is available to organize leagues, clinics, workshops, camps and other WHRC sponsored functions.

*Resident discounts (where applicable) will only be awarded when participants register by or before the registration deadline date. Otherwise, the full program fee will be charged.
3. A registration minimum may be enforced by the WHRC to ensure that there is a sufficient number of teams and/or participants to successfully run a league, clinic, workshop, camp or other WHRC sponsored function.
4. A registration maximum may be enforced by the WHRC to ensure that gym availability, field availability and league capacity are not exceeded.
5. Registrations are accepted on a first come, first served basis, Hilltop Residents taking precedence.
6. A decision must be made by the registration deadline date to determine whether or not there is a sufficient number of participants to run the league, clinic, workshop, camp or other WHRC sponsored function. Leagues, clinics, workshops, camps or other WHRC sponsored functions that have not met their registration minimums by the deadline date will be cancelled. No exceptions!
7. Everyone must pre-register as classes may be filled or cancelled. Instructors will not accept registrations. EVERYONE must pre-register.
8. Participants must have course registration paid in full before attending any WHRC programs. Instructors will NOT accept course fees.

*Payment arrangements may be made prior to the start of the program through the WHRC.
9. Walk-in and phone-in registrations are processed immediately. Mail-in registrations are processed at random depending upon postal delivery.

*The WHRC recommends that you call the Recreation Office prior to the mailing of your registration.

*If a registration deadline has been assessed to a league, clinic, workshop, camp or other WHRC sponsored function, the mail-in registration form must be postmarked by or before the registration deadline date. Otherwise, it will be considered to be in default of the registration deadline.
10. There will be NO reduction in cost of a class for late registration or missed days.

11. Schedule changes or activity postponements are sometimes unavoidable. In such cases, every effort will be made to notify registrants.
12. The term "Hilltop Resident" refers to all Westmont Hilltop School District residents, and includes Westmont Borough, Southmont Borough and Upper Yoder Township.

SCHEDULE OF GROVE RENTAL RATES



1. Westmont Hilltop School District (curriculum related): No charge.
2. School-sponsored clubs, organizations, PTO, HAT, booster groups, athletic teams, and resident organizations: Actual expenses incurred. \$4.00 per hour + \$35.00 cleaning fee.
3. Community non-profit organizations: \$20.00 first two hours, \$15.00 each additional hour + \$35.00 cleaning fee.
4. General public: \$40.00 an hour.
5. Youth athletic practices: \$2.00 per youth (10 youth minimum), 1½ hours, half of gymnasium only; \$40.00 an hour, whole gymnasium.
6. Profit organizations (when admission is charged): \$100.00 first 2 hours.

GROVE RENTAL POLICY

1. RESERVATION POLICY
 - A. Reservations will be taken on a first come, first served basis. A nonrefundable reservation deposit is required to hold the date, and must be received within three (3) days of the reservation.
 - B. The nonrefundable deposit fee is as follows:
 - \$25.00 (first hour) for rentals that are 3 hours or less.
 - \$50.00 (two hours) for rentals that are 4 hours or more.
 - C. Non-profit reservation deposit fee will be adjusted accordingly.
 - D. The remaining balance for your rental is due in full when you pick up the key.
2. SECURITY/CLEANING DEPOSIT
 - A. A \$100.00 security/cleaning deposit is required. This amount is to be a separate check from the rental fee, and is due when you pick up the key.
 - B. The security deposit (\$100.00) will be refunded if no damages are detected, and the facility is found to be in order upon your departure.
3. COMMISSION OFFICE HOURS
 - A. The Recreation office is open Monday through Friday, 9:00 a.m. to 4:00 p.m., and it is the renter's responsibility to pick up their key and remit payment within this specified time frame. Otherwise, the rental will be deemed as cancelled and the Commission will retain the reservation deposit.

Name _____ Age _____ Grade _____
 Address _____
 _____ Phone (hm) _____ (wk) _____
 Activity _____ Fee _____
 Activity _____ Fee _____
 Shirt Size _____ Total _____

Adult: **S** (32-34) **M** (36-38) **L** (40-42) **XL** (44-46) Youth: **L** (10-12) **XL** (14-16)

IMPORTANT! I have the following physical condition which may be significant in case of emergency or accident (Information will be kept confidential):

If none, check here _____

All programs must be paid in advance. Phone registrations will be held up to 5 days for payment. Westmont Hilltop Recreation Commission is not responsible for accidents or injuries. **Participants are to be covered by their own Insurance.**

I agree I will release Westmont Hilltop Recreation Commission and staff from any or all claims from accidents or injury occurring while participating in any Westmont Hilltop Recreation Commission programs.

Signature of participant (18 or older), or signature of parent or guardian if under 18:

Signature _____

Date _____

There will be a \$5.00 fee assessed to all returned checks. Please refer to the "Registration Policy" section of this brochure regarding our policies.

**MAIL OR FAX TO: Westmont Hilltop Rec. Commission, 1000 Edgehill Drive, Johnstown, PA 15905
 (814) 539-1877 Fax (814) 536-5336**

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 Address _____
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Westmont Hilltop Recreation Commission

WESTMONT BOROUGH

Lee Williamson-Chairman
Jonathan Gleason

SOUTHMONT BOROUGH

Herbert Ewald
Kevin Pile

UPPER YODER TOWNSHIP

William Good
William Huston

WESTMONT HILLTOP SCHOOL DISTRICT

Mitchell Azar, Vice Chairman

Tom Kirby

Scott Watson

Solicitor

Daniel Lovette

Executive Director

David Roman, Jr.

Office Manager

Shirley Robson

Maintenance Supervisor

Denny Hammers

General Information

RECREATION OFFICES

1000 Edgehill Drive
Johnstown, PA 15905

WEB SITE

www.westmonthilltoprecreationcommission.com

PHONE

Office (814) 539-1877

Fax (814) 536-5336

OFFICE HOURS

Monday through Friday

9:00 a.m. to 4:00 p.m.

COMMISSION MEETINGS

The Westmont Hilltop Recreation Commission meets on the fourth Wednesday of each month at the Grove, 1000 Edgehill Drive. Meetings are at 12:00 Noon. (Days are subject to change.)

HOLIDAYS

The Recreation office closes in observance of the following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas. (Days are subject to change.)



Westmont Hilltop Recreation Commission
1000 Edgehill Dr., Johnstown, PA 15905
(814) 539 - 1877 / Fax (814) 536 - 5336

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