



Upper Yoder Township

Westmont Borough

FALL / WINTER 2007 - 2008

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A Message from the Executive Director

David P. Roman, Jr.

On behalf of the Westmont-Hilltop Recreation Commission and Staff, I would like to extend our best wishes to you and your family this fall and winter season. We experienced a very successful summer and anticipate continued success as we transition from warm to cold weather.

The objective of the WHRC is to enhance the quality of life for the residents of Southmont Borough, Upper Yoder Township, and Westmont Borough. We strive to do that by providing recreational opportunities. Our short-term goal is to maintain and approve upon existing programs. Our long-term goal is to work with members of the community to meet their recreational needs.

The WHRC presents the fall and winter brochure of activities and programs. We hope that you find the information you need to make your program choices.

Contrary to information that some have received, we will once again offer an Evening Aerobics Class. This class will be taught by a Certified Aerobics Instructor from the YMCA. Check our Adult Wellness Schedule for days and times.

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

Much thanks to all residents and non-residents that participate in our leagues, activities, and programs. We look forward to seeing you this fall and winter.

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Facilities Supervisor

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General Information

RECREATION OFFICE

1000 Edgehill Drive
Johnstown, PA 15905

WEBSITE (effective 11-1-07)

www.westmontrec.com

PHONE

814-539-1877

FAX

814-536-5336

OFFICE HOURS

Monday through Friday
9:00 a.m. to 4:00 p.m.

COMMISSION MEETINGS

Westmont Hilltop Recreation
Commission meets on the fourth
Wednesday of each month at the
Grove, 1000 Edgehill Drive.

HOLIDAYS

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

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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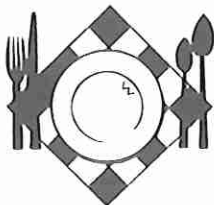
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ADULT WELLNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Saturday
11:00 am	Cyclonic		Cyclonic		
11:30 am	Butts, Guts, and Weights		Butts, Guts, and Weights		
4:30 pm	Cyclonic		Cyclonic		
5:30	Aerobics	Cyclonic Aerobics	Aerobics	Cyclonic Aerobics	
6:00		Cyclonic		Cyclonic	
6:40		Butts, Guts, and Weights		Butts, Guts, and Weights	
6:45	Yoga for Everyone				
* Schedule effective September 10, 2007					

AEROBICS: Days: Mondays, Tuesdays, Wednesdays, & Thursdays

Time: 5:30 P.M.

Instructor: YMCA Certified Aerobics Instructor

Location: The Grove

Fee: \$35 per month. \$5 drop-in.

CYCLONIC: Have you heard of Spinning in the big cities or on “*The Biggest Loser*” television show? We are proud to be the **ONLY** facility in the Johnstown area to offer you our version of this high-cardio cycling class! In this class, you will use a Schwinn Spin Pro Bike to simulate a cross-country bike ride led by a certified instructor. All fitness levels are encouraged to participate and ride at their own pace. You can burn **500 calories** during this 30-minute workout. Bring your towel and water bottle and start pedaling your way to fitness.

Dates/Times:

Instructor:

Kimberli K. Varner, Certified Indoor Cycling Instructor

Fee: \$35 per month. \$6 per ride (If a bike is available).

BUTTS, GUTS & WEIGHTS:

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-reach areas! This is a class that you **ABS**olutely do not want to miss!

Dates/Times:

Instructor: Kimberli K. Varner, Certified Personal Trainer

Certified Abs/Buns Instructor,

Certified Medicine Ball Instructor

Fee: \$30 per month. \$6 drop-in.

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Certified Public Accountant

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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.

Dates/Times: Mondays @ 6:45 P.M.
Session I: October 22 to November 19
Session II: November 26 to December 17th

Instructor: **Adriann White**
Nationally Certified Yoga Instructor

Session III: January 21st to February 18th
Session IV: March 17th to April 14th

Instructor: **Judith Sullivan, C.Y.T. E-RYT.**
Adriann

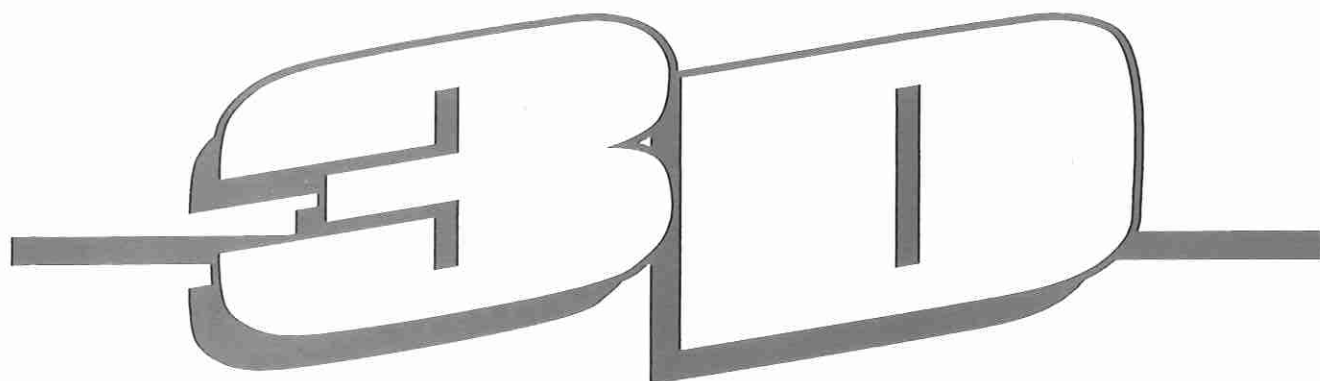
Fee: \$30 or \$8.00 drop-in fee.

Judith Sullivan is a certified yoga therapist and has taught yoga since 1979. She has worked in a hospital setting where she has helped those with numerous chronic and life threatening conditions. 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. We are very fortunate to have Judith return for the winter sessions.

Adriann White is a nationally certified yoga instructor that studied under Judith Sullivan as well as several other respected teachers. She has been certified since 2002. Adriann also works in a hospital setting where she has helped those with chronic pain and life-threatening conditions. We are glad to have Adriann aboard for the fall sessions.



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PRESCHOOL ACTIVITIES

FUN for TWO

This very popular program provides toddlers with their first experience in a classroom setting. A parent or guardian must participate with the toddler. Participants will enjoy a fun-filled hour of active games, music, crafts and storytelling. A maximum of 12 toddlers will be accepted in each class. Pre-registration is required and payment is due in full prior to the start of the program.

Dates/Times: Tuesdays,

Morning Class: 10:00 AM to 11:15 AM

Afternoon Class: 12:45 PM to 2:00 PM

Location: The Grove

Instructor:

Audrey Schafer

Fee: \$35

Session I: September 25th through October 23rd.

Session II: November 6th through December 4th.

Session III: January 8th through February 5th.

Session IV: February 19th through March 25th.

Session V: April 1st through April 29th.



**Need More Information
about a program...
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YOUTH ACTIVITIES

Fall Junior Tennis League

This program provides youth tennis players with singles, doubles and mixed doubles tennis matches. Supervised instruction provides tips on positioning and strategy. Pre-registration is required.

Dates/Times: Saturdays

September 8, 15, 22, 29

Location: High School Courts

Fee: \$60

Times:

Grades 1-4

8:00 AM – 9:00 AM

Grades 5-6

9:00 AM – 10:30 AM

Grades 7-8

10:30 AM – 12:00 PM

Introduction to Basic Karate

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

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

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

Ages: 5 and Up

Dates/Times: Saturdays

September 29 to November 17

9:00 AM – 10:00 AM

Fee: \$40 for returning students

\$45 for new students

Location: The Grove

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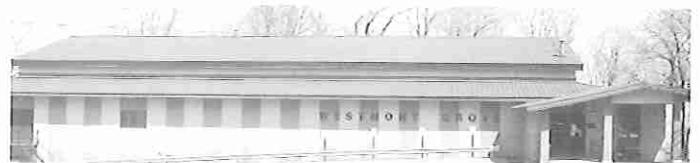
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The Grove
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YOUTH ACTIVITIES

U6 Soccer Future Stars Program

This program is designed to teach the fundamentals of soccer.

Instructor: Brad Junker

Fall Session

Dates/Times: Sundays

September 9 – October 15

1:00 P.M. Ages 5 & Under
and Beginners.

2:00 P.M. Ages 6 & Under
and experienced.

Location: The Mound

Fee: \$45 T-shirt included

Winter Session

Dates/Times: Sundays

January 6 – February 10

1:00 P.M. Ages 5 & Under
and Beginners.

2:00 P.M. Ages 6 & Under
and experienced.

Location:

The Grove

Fee: \$45 T-shirt included.

Volleyball Instructional Clinic

This clinic will provide participants with the techniques necessary to perform basic volleyball skills. The skills will be taught through a variety of demonstrations and drills.

Fall Clinic

Dates/Times: Tuesdays

November 13, 20, & 27

6:00 P.M. – 7:30 P.M.

Location: The Grove

Fee: \$30

Instructor: Denise Nairn

Westmont Volleyball Coach

Winter Clinic

Dates/Times: Tuesdays

February 12, 19, & 26

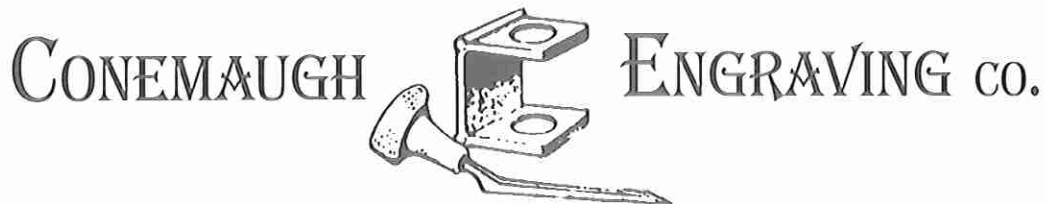
6:00 P.M. – 7:30 P.M.

Location: The Grove

Fee: \$30

Instructor: Denise Nairn

Westmont Volleyball Coach



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YOUTH ACTIVITIES

Drop-in Basketball @ The Grove

Informal drop-in basketball for boys & girls

Parents: This is not a

supervised program. Please pick up your children in a timely manner as we must prepare the building for the evening activities.

*Holiday Drop-in times will be posted.

Peak Youth Basketball Clinics

The emphasis of this program is on the fundamentals of basketball. Individual skills and team concepts will be covered.

Boys & Girls in grades 3-9 accepted.

Days: Saturdays

Dates: September 8 to October 13

Times: Boys 9:00 A.M. – 10:30 A.M.

Girls 10:30 A.M. – 12:00 P.M.

Fee: \$50 if you pre-pay for all 6 clinics.
or \$10 per clinic.

Instructors: Tom Glennon, Director of
Peak Youth Basketball
David Roman, Jr.
Westmont Boys Basketball

**Call 539-1877
for more information**



PEAK Youth Basketball Association

YOUTH ACTIVITIES

HILLTOP HOOPS

Once again, the Westmont-Hilltop Recreation Commission will partner with the Westmont-Hilltop High School Basketball Program in offering outstanding basketball instruction and competition to residents of the Westmont-Hilltop School District. The emphasis of this program is to provide students of all ability levels, in grades 3-6, the opportunity to improve their basketball skills and compete in league competition against players with similar abilities. We have added a little twist to the program. The Westmont-Hilltop Recreation Commission will not run its own league as it has in the past. This year, the WHRC has partnered with East Hills Recreation and the City of Johnstown Recreation to conduct a league involving several teams representing each recreation department. Games will be played at various sites in Westmont, Richland, and Johnstown. A typical week during the season will include a Saturday practice, Sunday game, and a Monday or Tuesday game.

Call the WHRC Office to register....539-1877

HILLTOP BOYS BASKETBALL GRADES 5 & 6

Dates: Program begins on October 20, 2007

Time: 9:00 A.M.

Site: Westmont High School Gym

Fee: \$50 includes instruction, reversible game jersey, and league play.

HILLTOP BOYS BASKETBALL GRADES 3 & 4

Dates: Program begins on December 22, 2007

Time: 9:00 A.M.

Site: Westmont High School Gym

Fee: \$50 includes instruction, reversible jersey, and league play.

HILLTOP GIRLS BASKETBALL GRADES 5 & 6

Dates: Program begins on October 20, 2007

Time: TBD

Site: TBD

Fee: \$50

HILLTOP GIRLS BASKETBALL GRADES 3 & 4

Dates: Program begins on December 22, 2007

Time: TBD

Site: TBD

Fee: \$50

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(effective 11-1-07)

ADULT ACTIVITIES

MEN'S BASKETBALL LEAGUE

21 Years Old and Over League

This league is for team entries only. Returning teams have priority in maintaining their space in the league. (minimum 4 teams, maximum 8 teams)

Days: Sundays

Dates: November 4 to March 16

Site: Westmont Middle School

Fee: \$525

(varies with number of entries)

Registration Deadline: October 12.

WOMEN'S VOLLEYBALL

This league is for team entries only. Returning teams have priority in maintaining their space in the league.

Days: Mondays

Dates: September 24 to March 31

Site: The Grove

Fee: \$325 resident team

\$350 non-resident team

Registration Deadline: September 7.

WOMEN'S BASKETBALL OPEN GYM

Are you a former high school or college basketball player looking to continue playing the game that you love so much? The Westmont-Hilltop Recreation Commission, in conjunction with Westmont-Hilltop Girls Basketball, is providing the opportunity for you to participate in an open gym type setting this fall. The WHRC is offering this program to gauge the interest level for a possible Women's Basketball League in the future.

Days: Wednesdays

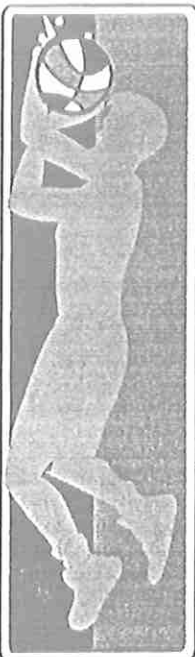
Dates: September 8 to November 7

Time: 6:30 PM to 8:30 PM

Site: Westmont High School

Fee: \$2 Drop-in fee

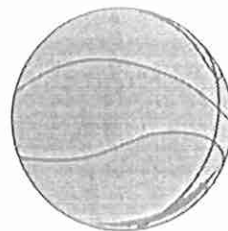
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SPECIAL INTEREST

HILLTOP AREA SENIOR CITIZENS

Hilltop Area Senior Citizens, Inc. is the organization to belong to if you are interested in staying active! The group meets every second Thursday of the month at the Westmont Grove beginning 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.

BASIC DOG OBEDIENCE

This class is now forming at the WHRC. There will be one hour of training and 1/2 hour of socializing your dog. Dogs must be at least 5 1/2 month old and updated on all shots (proof required). All handlers must be at least 18 years of age.

DISCOUNT SKI TICKETS

The WHRC is teaming up with the Pennsylvania Recreation & Parks Society to offer discount ski lift tickets for Blue Knob, Hidden Vally, and Seven Springs.

TRICK OR TREAT NIGHT

Trick or Treat Night 2007 for Southmont Borough, Upper Yoder Township, and Westmont Borough, will be held on Halloween Night, October 31st from 6:00 P.M. to 8:00 P.M.





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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 non-refundable 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.

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 Organization: (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.

THE RIDGE

Looking 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 playground, basketball court, volleyball court, and softball field.

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!

WEEKDAY & NON-HOLIDAY

	Resident Rate	Non-Resident Rate
75 people or less	\$225	\$250
76-125	\$275	\$300
Over 125	\$325	\$350

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.

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.

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**

Name _____ Age _____ Grade _____
 Address _____
 _____ Phone (hm) _____ (wk) _____
 Activity _____ Fee _____
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Westmont Hilltop Recreation Commission

WESTMONT BOROUGH

Lee Williamson
Jonathan Gleason

SOUTHMONT BOROUGH

Herbert Ewald
Dr. William Kory

UPPER YODER TOWNSHIP

William Good
Robert Amistadi

WESTMONT HILLTOP SCHOOL DISTRICT

Gerard Campagna
Thomas Polacek
Scott Watson

Solicitor
Daniel Lovette

Executive Director
David Roman, Jr.

Office Manager
Kimberli Varner

Facilities Supervisor
Dennis Hammers

General Information

RECREATION OFFICES

1000 Edgehill Drive
Johnstown, PA 15905

WEB SITE *(effective 11-1-07)*

www.westmontrec.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 the month at the Grove

HOLIDAYS

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



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

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