

Interested in becoming a Member?

Complete the Membership Form, enclose your check made payable to the Fellowship House of Conshohocken, and mail to: The Fellowship House of Conshohocken, 515 Harry Street, Conshohocken, PA 19428.

Membership Category (Please check the appropriate box.)			Address / Telephone Number
	<u>Resident</u>	<u>Non-resident</u>	_____
Youth	<input type="checkbox"/> \$ 70	<input type="checkbox"/> \$130	_____
Adult	<input type="checkbox"/> \$140	<input type="checkbox"/> \$265	_____
Senior	<input type="checkbox"/> \$ 40	<input type="checkbox"/> \$ 70	_____
Family*	<input type="checkbox"/> \$175	<input type="checkbox"/> \$330	_____

* Each individual must be able to show proof of residency for family membership.

Enroll the following individual as members

1. _____	DOB: __/__/__	5. _____	DOB: __/__/__
2. _____	DOB: __/__/__	6. _____	DOB: __/__/__
3. _____	DOB: __/__/__	7. _____	DOB: __/__/__
4. _____	DOB: __/__/__	8. _____	DOB: __/__/__

Emergency Contact Information:

Primary Contact: (List parent's name(s) if youth or family membership.)

Name: _____ Phone1: _____

Phone2: _____

Secondary Contact:

Name: _____ Phone1: _____

Phone2: _____

Please note that Emergency Contact must be entered for Membership to take effect.

Check # : _____

Detach Membership Form and mail with check to:

The Fellowship House of Conshohocken
Attn: Membership
515 Harry Street
Conshohocken, PA 19428



**515 Harry Street
Conshohocken, PA 19428**

(610) 828-3266



Winter Programs

**JANUARY 4, 2010 TO FEBRUARY 26, 2010
(EIGHT (8) WEEKS)**

THE FELLOWSHIP HOUSE OF CONSHOHOCKEN PROVIDES RECREATIONAL AND EDUCATIONAL PROGRAMS GEARED TOWARD ENHANCING PERSONAL GROWTH AND SOCIALIZATION SKILLS FOR THE YOUTH AND ADULTS IN CONSHOHOCKEN AND THE SURROUNDING AREAS.

PEE WEE

All Pee Wee classes are for children ages 3 to 5.

Program fees are: \$25.00 resident / \$30.00 non-resident / Free with Membership

Call for clarification of fees. Please sign up for all programs before the day they start

GUITAR LESSONS — TEACHER IS TY SMITH

Learn to play a guitar in private or group lessons. **MUST HAVE GUITAR.** Ages 3 to adult.

TUES thru FRI 3:00 pm to 7:00 pm 30 minute lesson

\$15.00 per lesson (member) / \$20.00 per lesson (non-member)

PEE WEE GYMNASTICS

Introduction to gymnastics on all apparatus including floor mats, uneven bars, balance beam, and vault.

MON 3:30pm — 4:00 pm Multipurpose Room

PEE WEE BASKETBALL

Introduction to the fundamentals of basketball including shooting, passing, and dribbling.

TUES 3:15pm — 3:45 pm Gymnasium

DIAPER CAPERS

For children 2 & 3 years old. Parent and child class utilizing The “Fel” equipment

WED 10:30 am — 11:30 am Multipurpose Room

PEE WEE WINTER GAMES

Learning and participating in various winter games

WED 3:15 pm — 3:45 pm Multipurpose Room / Gymnasium

IRISH DANCE (Starts January 6, 2010)

Boys and girls will be introduced to the basics of Irish Step Dancing. Ages 5-13. Limited space, call for details. \$32.00 members \$40.00 non-members Fellowship House Irish Dance Class

WED 5:30 — 6:00 pm Multipurpose Room

PLAY GROUP

Meet new parents and let your children play in a gymnasium setting. Ages: 0-2

THURS 9:15 am — 10:15 am Multipurpose Room

PEE WEE HOOKED ON BEING FIT

Children will learn exciting and challenging ways to become fit, while having fun.

THURS 3:15 pm — 3:45 pm Multipurpose Room / Gymnasium

PEE WEE ARTS & CRAFTS

Explore your creative side in making different projects on a weekly basis.

FRI 3:15 pm — 3:45 pm Multipurpose Room

Join!

Become a member and receive all these benefits:

FREE PROGRAMS*

Including pre-school, elementary, adult and senior classes.

***Exclusions:** Special Programs, Events, Summer Park Program

FREE, UNLIMITED USE* OF OUR FACILITIES

INCLUDING:

Fitness Center

7 Battaca work stations

3 treadmills

1 exercise bike

2 elliptical machines

**Subject to Facility availability*

GYMNASIUM

After-school and Evening Basketball

MULTI-PURPOSE ROOM

(additional fees for parties and events apply)

COMPUTER LAB

10 High-speed, Internet-ready DELL Desktop Computers

Microsoft Office Software

COMMUNITY ACTIVITY AREA

Large Screen Cable Television

Ping Pong, Foosball, Bumper Pool, and Regulation Pool

LOCKER ROOM AND SHOWER FACILITIES

Member Benefits

Hours Special Events Elementary

AMBUCS TRI-STAR TOURNAMENT

Tuesday, December 29, 2009 Ages 7 to 16 years old
Starts at 1:00 pm

CALL (610-828-3266) TO REGISTER

Participate in 3 different basketball skills: *Around the World, Lay-ups, and Free Throw.* Prizes and refreshments will be provided

WINTER CARNIVAL FUNDRAISER

Sponsored by Beanie Bounce Rentals and the Fellowship House
Saturday, February 20, 2010 11:00 am to 4:00 pm
Inflatables, games, and refreshments

50TH ANNIVERSARY OF THE DONOFRIO BASKETBALL TOURNAMENT

The annual boys' high school classic returns the end of March and the first two weeks of April. *See the front desk for details.*

EASTER EGG HUNT

For ages preschool—10 years old.
Saturday, March 27, 2010 10:30 am Fellowship House
(rain date: April 3, 2010)

PLEASE CALL TO REGISTER

PARTY PACKAGES

Our facilities may be perfect for your upcoming event!
Call for details (610) 828-3266

HOURS OF OPERATION Through June 20, 2010

Monday	7:00 am — 7:00 pm
Tuesday to Thursday	7:00 am — 9:00 pm
Friday	7:00 am — 7:00 pm
Saturday & Sunday	11:00 am — 4:00 pm

Summer Hours begin June 21, 2010

Elementary Classes for children ages 6 to 11.

Program Fees: \$25 resident / \$ 30.00 non-resident — Free with membership

Call for clarification of fees. Please sign up for all programs before the day they start

GUITAR LESSONS — TEACHER IS TY SMITH

Learn to play guitar in private or group lessons. **MUST HAVE GUITAR.** Ages 3 years old to adult
TUES thru FRI 3:00 pm to 7:00 pm (30 minute lesson)
\$15.00 per lesson (member) / \$20.00 per lesson (non-member)

ELEMENTARY GYMNASTICS

Ages: 6-11
Introduction to gymnastics on all apparatus including floor mats, uneven bars, balance beam, and vault.
MON 4:00 — 5:00 pm Multipurpose Room

ELEMENTARY BASKETBALL

Introduction to fundamentals including shooting, passing, rebounding, and defense.
TUES 4:15pm — 4:45 pm Gymnasium

ELEMENTARY WINTER GAMES

Learning and participating in various winter games
WED 4:15 pm — 4:45 pm Multipurpose Room / Gymnasium

IRISH DANCE (STARTS JANUARY 6, 2010)

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ELEMENTARY HOOKED ON BEING FIT

Children will learn exciting and challenging ways to become fit, while having fun
THURS 4:15 pm — 4:45 pm Multipurpose Room / Gymnasium

ELEMENTARY ARTS AND CRAFTS

Explore your creative side in making different projects on a weekly basis.
FRI 4:15 — 5:00 pm Multipurpose Room

BEFORE SCHOOL PROGRAM

Supervision for children prior to school. **For children of working parents only!** Conshohocken residents accepted first. Operates on Colonial School District Calendar. Each additional child is \$10 per week.
MON—FRI 7:00- 8:50 am Fee: \$25.00 per week*

AFTER SCHOOL FUN & LEARNING

Operated on Colonial School District Calendar. **For children of working parents only!** Conshohocken residents accepted first. Late Fee of \$5.00 for every 15 minutes after 5:00 pm.
MON—FRI 3:00-5:00 pm Fee: \$25.00 per week*

Each additional child is \$10 per week. Fees for Before and After School Programs are not included in Membership of Family or Youth.

Adult

FITNESS CLASSES

Classes run from Sept 8, 2009 to Early June, 2010 New Times Starting January 4, 2010

Monday to Sunday

\$10.00 per class / \$70 "Frequent User Card" for 10 classes / Free with Membership

Monday

day	Total Body Conditioning	10:30 - 11:30 am	MP Room /Gym	Deb Hufnagel
night	Pilates	5:30 - 6:30 pm	MP Room /Gym	Tara Leonard

Tuesday

Day	Cardio/Pilates	9:00 - 10:00 am	MP Room/Gym	D. Raimondo
night	Boot Camp	5:30 - 6:30 pm	MP Room/Gym	Eileen Gervasi

Wednesday

day	Total Body Sculpt	9:00 - 10:00 am	MP Room /Gym	Eileen Gervasi
night	Yoga	7:00 - 8:00 pm	MP Room / St. Marks*	

*St Mark's Lutheran Church, Conshohocken, for details call Marie Roberts (610-668-1755)

Not part of membership from The Fellowship House. The cost is \$42.00 for six (6) lessons.

Thursday

day	Cardio Kick	9:00 - 10:00 am	MP Room/ Gym	Michelle Boyle
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Friday

day	Cardio Sculpt	9:30 - 10:30 am	MP Room/Gym	Fran Kelly
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Saturday

day	Pilates	9:30am - 10:30 pm	MP Room/Gym	D. Raimondo
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EXECUTIVE BASKETBALL

Slip in for a pick-up game during your work day. \$5 drop-in fee / Free with Membership

MON - FRI	11:30am — 1:30 pm	Gymnasium
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SENIOR FITNESS — 6-week sessions (call for more information)

Aerobic exercise including stretching, cardio workout, and hand-weight training.

MON	9:00 am -10:00 am	Multi-Purpose Room
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WED	9:00 am - 10:00 am	Mufti-Purpose Room
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\$12 / Free with Membership

SENIOR BINGO!

Come enjoy a day of fun and friendship!

MON	10:30am - 1:30pm	Multi-Purpose Room
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*Seniors become members of the Fellowship House Bingo for \$10.00!

OPEN-GYM (beginning October through early Spring)

Stop in for a pick-up basketball game or to practice your shot.

WED	7:30 pm - 9:00 pm	Gymnasium
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\$2 drop-in feel free with Membership

*Must be at least in 7th grade (or 12 years of age) and no older than 12th grade (or 18 years of age) to attend. Must bring your school ID. to enter.

FITNESS CENTER (for ages 15+)

Doctors note and physical required. Work out on our state-the-art equipment.

\$2 drop-in fee / Free with Membership

COMPUTER LAB

Work on your homework, sharpening your computer skills, or learn a new program!

Our lab is equipped with 10 high-speed Internet-ready DELL desktop computers.

\$2 drop-in fee / Free with Membership

Senior Teen