



LANSDOWNE Winter 2020

Parks & Recreation PROGRAM GUIDE

Unless otherwise noted, all classes held at the Twentieth Century Club, 84 South Lansdowne Avenue

ZUMBA® BASIC

Meet me on the Zumba Party dance floor. Zumba® is a Latin-inspired dance-fitness PARTY that incorporates Latin and International world music and dance movements. It combines fast and slow rhythms that tone and sculpt the body, DO YOU AND DANCE AT YOUR OWN PACE. Dances include Salsa, Merengue, Reggaeton, Belly Dancing, African Dancing, Cumbia, Samba, aerobic moves and more. You will SHAKE, RATTLE AND ROLL. Come ready to party, dance, have fun and enjoy the music. Move your body according to the way the music makes you feel. I have no doubt you will laugh and smile all while having fun and getting fit. Please wear smooth bottom dance sneakers and bring plenty of water.

When: Saturdays, 10:30 am - Noon; Ongoing, begins Jan. 4.

Fee: First class \$10; every class after \$7. After 10th class, you earn a free class. Bring a friend, you get \$1 off.

Instructor: Vonda Pearson, Certified Zumba Instructor
267-902-9887 or vondad1961@gmail.com
Please call instructor for changes to schedule

SOUL LINE DANCE (BASIC)

Dancing with a Purpose! This is a beginner's line dance exercise class. Line dancing provides low impact exercise, great fun and energy, and is a way to eliminate stress, meet new people and express yourself. Please wear comfortable clothing; bring some water and a towel.

When: Second and Fourth Tuesdays, 7:00 - 8:30 pm;

Jan. 14, 28; Feb. 11, 25; Mar. 10, 24; Apr. 14, 28.

Fee: \$10/month; Drop-in \$7/class; Please pay instructor directly, cash only.

Instructor: Kathy Ausby 267-251-0028

DANCEON

Come explore and connect with the joy of your body moving! No dance experience or skill needed; no steps or routines to follow – just let your body lead you. Join our group and share in the journey of self-discovery and fun in a non-judgmental environment. Come enjoy the ever-changing playlist and...dance.

When: Mondays, 7:15 - 8:30 pm; Jan. 13, 27; Feb. 10, 24; Mar. 9, 23; Apr. 6, 20. You may join at any time.

Fee: First timers \$10; \$15 each class thereafter
No pre-registration needed

Facilitator: Melanie Lewis Rosalsky, Wellness Practitioner
danceon.ma@gmail.com, (610) 328-9293
Facebook: DanceOn MovingArts

YOUTH AND ADULT TENNIS CLINICS

Try out youth or adult tennis with our local USTA Instructor

Where: Hoffman Park Tennis Courts

When: Please call the P&R office for times and fees
610-284-1493

Facilitator: USTA Approved Tennis Instructor

EGG HUNT

at Hoffman Park

Saturday,

April 4

1:00 pm

rain date April 11



FREE STREET TREES

Available to Borough
Residents



For more information:
Use our online form at
LansdowneBorough.com
Under "How Do I/Apply For/Free Tree"

INTERNATIONAL TAI CHI & QIGONG DAY

With Dragon Spirit Arts

Free Practice in the Park

Saturday, April 25th

10am at Hoffman Park



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DRAGON SPIRIT ARTS *Yogic & Mindful Movement*

Our offerings range from Vinyasa Flow Style Yoga to Yin Meditations and Back to Basics with accessibility to all levels, while including the introductory teachings for Brand New Yogis/Beginners. For those with limited movement or pregnant mothers, we offer Mobility Flow classes, plus community outreach practices in Recovery/Trauma Informed Yoga, Tween/Teen Yoga & Baby & Me/Family Yoga. In addition, we offer the Internal/Martial Arts practices of Qigong & Tai Chi, accessible to all bodies, at any age even for those with physical restrictions.

YOGA FOR BEGINNERS

Enter this practice with a "beginner's mind." This class focuses on the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. The intention is to create a healthy practice to help avoid injury that may be encountered at a more advanced stage by building a solid foundation that will support a sustainable practice in years to come. The flow / Vinyasa aspect of this practice is slow paced, incorporating simple variations. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Bring your own yoga mat. Props (Blankets, Straps, Blocks, etc.) will be provided. Modified poses & posture flows will be offered as needed (please be sure to give advanced notice prior to attendance if there are any mobility issues, so we can plan accordingly). While this practice is geared toward Beginners, it's appropriate for all levels of experience.

When: Thursdays, 6 - 7 pm; 8 Weeks, February 6 - March 26

Fee: \$105

Instructor: TBA, Experienced/Certified Teacher

TO REGISTER FOR CLASSES WITH DRAGON SPIRIT ARTS:
 Please make fee(s) payable to "Dragon Spirit Arts."
 info@dragonspiritarts.com or 215-914-5614
 www.dragonspiritarts.com

T'AI CHI & QI GONG FOR EVERYONE

This Mindful Movement Meditation practice cultivates centering the Mind, steadying the Heart and aligning the Body with the Breath. Expect an Internal Arts approach to a practice in balance with the Martial Arts systems from which it originated. The sessions incorporate excerpted movements from various Traditional Chinese Medical Theory & Taoist Qigong (Chi-kung) techniques, as well as T'ai Chi forms. This movement practice is accessible to most everyone, often using the entire space to take movements across the floor space & other times using a small amount of standing space, which allows for modification in seated position if needed (please be sure to give advanced notice prior to attendance if there are any mobility issues, so we can plan accordingly). **Appropriate for Experienced Beginners & Intermediate Practitioners.**

When: Wednesdays, 4:30 – 5:30 pm; 8 Weeks, February 5 - March 25

Fee: \$105

Instructor: Gabrielle de Burke, Experienced/Certified Teacher

MINDFUL BODY TEEN YOGA

During this series, Teens will be introduced to mindfulness-based exercises and yoga postures that build confidence, enhance awareness and offer techniques for grounding themselves mentally/emotionally/physically. Visualization, meditation and breath work are used to reduce tension and relieve stress in a way that can be applied to everyday life. Participants will explore the influential and playful connection between mindfulness, meditation, yoga, and writing exercises by journaling. Stress releasing coloring sheets will be used as art therapy to explore feelings, reconcile emotional conflicts, foster self-awareness, manage behavior, reduce anxiety and increase self-esteem. Students will need to bring a pen/journal/colored pencils (or markers). Bring a Yoga Mat to practice with & wear comfortable/loose/stretchy clothing appropriate for moving your body.

When: Thursdays, 4:30 – 5:30 pm; 8 Weeks, February 6 - March 26

Fee: \$105

Instructor: Kaoutar Salhi, Experienced/Certified Teacher

REGISTRATION FORM (Pre-registration is requested for all classes) WINTER 2020

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

PROGRAM(S): _____

FEE: _____ SIGNATURE: _____

NOTE: Please register early, as classes may be cancelled due to low participation. Make checks payable to the **instructor listed for the class**. Return check **AND** fully completed registration form to **Lansdowne Parks and Recreation Department, 84 S. Lansdowne Avenue, Lansdowne, PA 19050**.

For additional information about classes or background on instructors, please visit www.lansdowneborough.com/recreation-newsletter or contact **Lansdowne Parks & Recreation** at **610-284-1493**.