

UPPER SOUTHAMPTON TOWNSHIP

P&R APRIL NEWSLETTER



Check out all we have to offer this month.
For pricing, registration or more information visit our website at www.USTWPREC.com

IRISH DANCE

WEDNESDAYS, APRIL 3 - JUNE 12

FOR AGES 2 AND OLDER

Class includes solo work, group dance & fitness.
Open to beginner and intermediate dancers!



PHILADELPHIA, PA

TOTS PROGRAMS (2-4 YEAR OLDS)

LIL' EXPLORERS
FRIDAY, APRIL 12
11AM
TAMANEND PARK

PEE WEE PICASSOS
TUESDAY, APRIL 16
11AM
COMMUNITY CENTER

LITTLE GARDENERS
THURSDAY, APRIL 25
11AM
TAMANEND PARK

LITTLE EINSTEINS
MONDAY, APRIL 29
11AM
COMMUNITY CENTER



REGINA360

PILATES

- MONDAYS AND THURSDAYS STARTING THE WEEK OF APRIL 15TH
- BEGINNER PILATES WEDNESDAYS

DEFINITION

- WEDNESDAYS STARTING APRIL 17TH

A focused strength training class dedicated to sculpting and defining your muscles.

FREE TRAIL WALKS

- WEDNESDAYS STARTING APRIL 17TH

Join fitness instructor Regina for a free walk through the beautiful Tamanend Park every Wednesday evening.

ADULT & SENIOR PROGRAMS

POUND

TUESDAY & THURSDAYS, APRIL 9 - MAY 16
6:45PM - 7:45PM
COMMUNITY CENTER



TAI CHI

THURSDAYS, APRIL 11 - MAY 16
6:30PM - 7:30PM
CARRIAGE HOUSE IN TAMANEND PARK

AARP SAFE DRIVER

MONDAY, APRIL 22
9AM - 1PM
COMMUNITY CENTER



KNOW YOUR MEDICARE OPTIONS

MONDAY, APRIL 29
6:30PM - 9PM
COMMUNITY CENTER



AMAZING ATHLETES

FOR AGES 2-5

Amazing Athletes multisport program introduces children to the fundamentals of 10 sports in a fun, non-competitive environment.

TUESDAY AND SUNDAY CLASSES AVAILABLE

- SUNDAY CLASSES: APRIL 14 - MAY 12
- TUESDAY CLASSES: APRIL 16 - MAY 14

SPORTS INCLUDE HOCKEY, GOLF, VOLLEYBALL, TRACK + FIELD, FOOTBALL, LACROSSE, BASEBALL, BASKETBALL, TENNIS, AND SOCCER!

EARTH DAY CLEAN UP AT TAMANEND PARK

ARE YOU LOOKING FOR VOLUNTEER HOURS OR A FEEL GOOD PROJECT? COME JOIN PARK STAFF CLEAN UP AND HELP GET OUR BEAUTIFUL PARK READY FOR SPRING!



SATURDAY, APRIL 20
11AM - 1PM
TAMANEND PARK

*water, snacks and materials will be provided

For more information: www.ustwprec.com

