



Ridley Rec Happenings

A message from our Recreation Board:

Please accept our best wishes for a safe and happy 2025! We invite all Ridley residents to participate in our recreational programs. If you need information on any of our programs, contact our Recreation Director, Peg Whelan at pwhelan@ridleytwp.org or 610-522-0557.

Register in advance for programs at the Ridley Township Municipal Building, Monday through Friday (excluding holidays), 9:00am to 4:00pm or online at www.ridleytwp.org – click on “Parks and Recreation”.

Yoga Classes

All classes will be held at Ridley’s Creekside Center, 794 Milmont Ave., Swarthmore

Hatha Yoga: In this class, postures are practiced to align, strengthen and promote flexibility in the body. This class is appropriate for beginners as well as experienced students. Options for modifications are offered so that yoga can work for everyone! **The cost is \$135.00 per participant, per session. Participants must bring their own mat. Classes will be held as follows:**

-Winter Session 1: Mondays January 6th to March 10th from 5:45pm to 7:00pm

-Winter Session 2: Wednesdays January 8th to March 12th from 7:00pm to 8:15pm

-Spring Session: Wednesdays March 26th to May 28th from 7:00pm to 8:15pm

Chair Yoga: Chair Yoga is ideal for Seniors since it caters to those with mobility issues. Most seniors are apprehensive about starting an exercise program because several factors can make movement challenging for them, including mobility issues and chronic diseases. Exercises like chair yoga allow Seniors to stay active and improve flexibility and strength without engaging in strenuous or full range movements. **The cost is \$65.00 per participant, per session. Classes will be held as follows:**

-Winter Session 1: Wednesdays, January 8th to February 5th from 5:30pm to 6:30pm

-Winter Session 2: Wednesdays, February 12th to March 12th from 5:30pm to 6:30pm

-Spring Session 1: Wednesdays, March 26th to April 23rd from 5:30pm to 6:30pm

-Spring Session 2: Wednesdays, April 30th to May 28th from 5:30pm to 6:30pm

Zumba Class

This Zumba program is suited for participants of all ages. It is an 8-week program being held at Ridley’s Creekside Center, 794 Milmont Avenue, Swarthmore on **Monday evenings from 7:30pm to 8:30pm February 3rd through March 24th. The cost is \$60.00 per participant.**

Zumba GOLD Fitness Class

Zumba GOLD is a fitness program for that brings Latin & global dance rhythms from the original Zumba program at a lower intensity for beginners, active older adults and/or individuals who want to experience Zumba at a lower level. Those new to or returning to fitness, those with physical/learning limitations, as well as individuals who have completed a physical rehab program can participate as well!



-Winter Session: Tuesdays January 28th to March 18th from 7:00pm to 8:00pm

-Spring Session: Tuesdays April 1st to May 27th (*no class May 20th) from 7:00pm to 8:00pm

All classes will be held at Ridley’s Creekside Center, 794 Milmont Avenue, Swarthmore, PA. Cost is \$55.00 per person, per session.

Spring Basketball League



The Annual Spring League will begin with **evaluations on March 31 & April 3, 2025. Players in grades 6, 7 & 8 will be held 6:00pm to 6:45pm and players in grades 9 & 10 will be held 6:45pm to 7:30pm**

at the Ridley Community Center, 801 Morton Ave., Folsom. **Games will begin April 7, 2025** and will be played Monday and Thursday evenings at the Ridley Community Center. The league is open to boys and girls in grades 6 to 10 (**no exceptions**). The league will consist of seven games plus playoffs and will cost \$70.00 per player. **The league is capped at 90 players, so register early!**

Bocce Ball League

Our successful Bocce League will continue this Spring! Participants must enter as part of a team – 4 members minimum; 8 members maximum. Each team member is required to sign a Hold Harmless Agreement and provide insurance information. Cost is \$20 per team member. The number of teams will be limited to register your team early! **The League will begin the week of April 14th at the Bocce Ball Court at Ridley Township Municipal Park, Michigan Avenue, Swarthmore (behind Notre Dame de Lourdes School).** The schedule is to be determined. The League Official will contact you. Team registration forms and Hold Harmless Agreements can be found on our website – www.ridleytwp.org under Parks and Recreation Department or can be obtained at the Ridley Township Administration Office, 100 E. MacDade Boulevard, 2nd Floor, Folsom, PA. Return all registration forms, team Hold Harmless Agreements and payment to the Administration Office or mail to Ridley Township Parks and Recreation, 100 E. MacDade Boulevard, Folsom, PA 19033. Any questions? Please contact Anthony Giannini at agiannini56@gmail.com. **NO ONLINE REGISTRATION WILL BE HELD FOR THIS PROGRAM.**

*** NEW ***

Baseball

*** NEW ***

Ridley Baseball Hitting Clinic: Ridley High School Varsity Baseball Coach Tom Carey will conduct a hitting clinic on **Monday, December 30th** at the batting cages in the Ridley Community Center, 801 Morton Avenue, Folsom. Hitting instruction will be provided for (3) age groups:

- Ages 8 to 10: 9:00am to 10:15am
- Ages 11 to 12: 10:15am to 11:30am
- Ages 13 to 15: 11:30am to 12:45pm

Players should bring their own bat and helmet. Shorts, sweatpants or baseball pants are ok – NO CLEATS. The clinic is limited to 20 participants per age group. Cost is \$20 per participant.

Spring Baseball Camp: Ridley High School Varsity Baseball Coach Tom Carey and staff will conduct a 2-day baseball camp on Thursday, April 17th and Friday, April 18th from 9:00am to 12:00pm (no lunch provided). The camp is for players ages 8 to 15 and will take place at the Ridley High School Varsity Baseball Field. Players should bring their own glove, cleats and bats (if they have one). Players should come in baseball pants, but sweatpants are ok. Players should also bring a pair of sneakers in case they need to go inside due to rain. Cost is \$50 per player.

Sports Registration Information

Information on registration for local sports programs can be found on the following websites:

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| • Folsom Athletic Association | www.leaguelineup/folsomathletic |
| • Swarthmorewood Athletic Association | www.swarthmorewoodaa.org |
| • Ridley Area Little League | www.ridleyarealittleleague.com |
| • Ridley Boys Youth Lacrosse | www.ridleyyouthlacrosse.com |
| • Ridley Girls Youth Lacrosse | www.ridleygirlsyouthlax.com |
| • Delco Lacrosse Club | www.delcolc.com |
| • Ridley Youth Field Hockey | tshq.bluesombrero.com/ridleyfieldhockeypa |
| • Ridley United Soccer Club | www.ridleyunitedsoccer.org |
| • Ridley Youth Football & Cheer | www.ridleyraideryouthfootballandcheer.teamsnapsites.com |
| • Ridley Roughriders Wrestling | www.ridleyroughriderswrestling.com |
| • Ridley Jr. ABA Basketball | ridleyjraba.com |

Ridley Township Public Library & Resource Center

For information on upcoming programs for infants, children and adults, please visit the Ridley Township Public Library & Resource Center's website at www.ridleylibrary.org.