



Ridley Rec Happenings

A message from our Recreation Board:

Please accept our best wishes for a safe and happy 2024! 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! Participants must bring their own mat.

Classes will be held as follows:

-Winter Session 1: Mondays January 8th to February 26th from 6:00pm to 7:15pm (\$105.00 per participant)

-Winter Session 2: Wednesdays January 3rd to March 6th from 7:00pm to 8:15pm (\$130.00 per participant)

-Spring Session 1: Mondays April 1st to May 20th from 6:00pm to 7:15pm (\$105.00 per participant)

-Spring Session 2: Wednesdays March 20th to May 29th (no class March 27th) from 7:00pm to 8:15pm (\$130.00 per participant)

Teen Yoga: Yoga for teens ages 12 to 19 promotes discipline, focus and time away from busy teenage lives, serving as a healthy alternative to screen time. Yoga can reduce stress, while building mental & physical benefits that can enhance an athlete’s performance. Participants must bring their own mat. The cost is \$50.00 per participant per session. **Classes will be held as follows:**

-Winter Session: Wednesdays, January 3rd to January 31st from 4:15pm to 5:15pm

-Spring Session: Wednesdays, May 1st to May 29th from 4:15pm to 5:15pm

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: Wednesdays, January 3rd to January 31st from 5:30pm to 6:30pm

-Spring Session: Wednesdays, May 1st to May 29th from 5:30pm to 6:30pm

Spring Craft Classes



Class Instructor Sharon Boyle will hold craft classes featuring Spring-themed crafts on Monday evenings, **March 4, 11 and 18, 2024** from 6:30pm to 9:00pm in Room 108, Ridley Community Center. Cost is \$90.00 per participant. **Participants MUST bring their own scissors, glue gun and glue sticks.** All other supplies will be provided.

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 16th to March 5th from 7:00pm to 8:00pm

-Spring Session: Tuesdays March 19th to May 7th 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 25 & March 28, 2024. 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 1, 2024** 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!** Call the Recreation Office at 610-522-0557 if interested.



****NEW****

BOCCE BALL LEAGUE

****NEW****

This Spring, Ridley Township will hold its first annual Bocce Ball League! 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 on Monday, April 15th 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.ridleytpw.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. **NO ONLINE REGISTRATION WILL BE HELD FOR THIS PROGRAM.**



*Bocce Ball Court located at
Ridley Township Municipal Park,
Michigan Avenue, Swarthmore*

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.