



Winter/Spring 2026

Ridley Rec Happenings

A message from our Recreation Board:

Please accept our best wishes for a safe and happy 2026! 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
Participants must bring their own mat.

Vinyasa Flow Yogs: Vinyasa means “to place in a special way”, referring to the intentional sequence of poses, with inhale & exhale corresponding to a specific movement, creating a “moving meditation” that can be physically demanding, improving cardiovascular fitness, strength and flexibility. **The cost is \$125.00 per participant, per session. Classes will be held as follows:**

-Winter Session 1: Mondays January 5th to March 9th from 6:00pm to 7:00pm

-Spring Session: Mondays March 16th to May 18th from 6:00pm to 7:00pm

Beginner Yoga: This class is a slow-paced session that introduces fundamental poses, breathing techniques, and proper alignment. The focus is on building a solid foundation by offering detailed guidance, modifications and holding poses for a longer duration than at higher levels. Students can expect a supportive environment where they can move at their own pace and learn the language and basics of a yoga practice. **The cost is \$135.00 per participant, per session. Classes will be held as follows:**

-Winter Session: Wednesdays, January 7th to March 11th from 5:45pm to 7:00pm

-Spring Session: Wednesdays, March 18th to May 27th (no class April 1st) from 5:45pm to 7:00pm

All Levels Yoga: An All-levels yoga class is suitable for both beginners and experienced practitioners, offering modifications to make poses easier or more challenging as needed. These classes combine various yoga styles, focusing on linking breath with movement (vinyasa) or holding poses (hatha) to build strength, flexibility and balance. The practice typically includes relaxation techniques and ends with a final resting pose (savasana). **The cost is \$135.00 per participant, per session. Class will be held as follows:**

-Winter Session: Wednesdays, January 7th to March 11th from 7:15pm to 8:30pm

-Spring Session: Wednesdays, March 18th to May 27th from 7:15pm to 8:30pm

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 13th 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.**

Baseball

Ridley Baseball Hitting Clinic: Ridley High School Varsity Baseball Coach Tom Carey will conduct a hitting clinic on **Monday, December 29th** 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 12:15pm

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 \$25 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 2nd and Friday, April 3rd from 9:00am to 12:00pm** (no lunch provided, but bring a drink and snack). 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.**



Spring Basketball League

The Annual Spring League will begin with **evaluations on April 2, 2026**. **Players in grades 6, 7 & 8 will be held 6:30pm to 7:15pm and players in grades 9 & 10 will be held 7:15pm to 8:00pm** at the Ridley Community Center, 801 Morton Ave., Folsom. **Games will begin April 6, 2026** 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!**

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 2nd through March 23rd**. 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 (8 weeks): Tuesdays February 3rd to March 24th from 7:00pm to 8:00pm
Class is \$55.00 per person

-Spring Session (6 weeks): Tuesdays April 7th to May 12th from 7:00pm to 8:00pm
Class is \$45.00 per person

All classes will be held at Ridley's Creekside Center, 794 Milmont Avenue, Swarthmore, PA.

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/ridleyfieldhockey |
| • 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 Hockey League | ridleyhockeyleague.sportngin.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.

Township of Ridley Parks and Recreation Department

100 E. MacDade Boulevard, Folsom, PA 19033
610-534-4800 www.ridleytp.org

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