



2001 Municipal Court  
 Harrison City, PA 15636  
 (724) 744-2171 x204 or x205  
 (724) 744-2172-fax

Mon-Fri, 9:00am-4:00pm  
 www.ptarc.org  
 Facebook.com/ptrecreation

Questions? Call us, we're here to help!

**REGISTER ON-LINE  
 ON OUR WEBSITE:  
 WWW.PTARC.ORG**

## PTARC CLASSES-FEB. & MARCH

### INTRO TO CHEERLEADING Ages 7-10

Learn the basics of cheerleading from a Penn Trafford High School Cheerleader. Learn proper voice, jumping skills, dance tips, round off techniques and how to be a good citizen. Learn a cheer routine and more to present at the end of your session.

**Instructor:** Alayna Moorhead

**Location:** Penn Township Ambulance

**Date:** Tuesdays:

6 Week Session-Feb. 27-April 3

**Time:** 5:30 - 6:15 pm

**Fee:** PTSD Residents \$34

Non Resident \$42



### GUY'S GYM SAMPLER Ages 8-12

Want to improve your upper body strength, eye/hand coordination, give your legs a workout AND, have a blast too? This class will utilize the vault, rings, horse and parallel bars to move you forward in your strength program.



**Instructor:** Alison

Biondi Coaches

**Location:** Alison Biondi Gymnastics

**One Day:** Saturday, March 10

**Time:** 10:00 am-12 noon

**Fee:** \$15/person

### STRENGTH TRAINING WITH COACH LOUIS BIONDI Ages 8-16

Work out with Coach Louis Biondi and the Alison Biondi Gymnastic Coaches as they teach you to improve coordination, fitness and strength. Beginners, intermediates or high level athletes, see overall improvement on all fitness levels. This class is for anyone and everyone who wants to identify with the natural athlete inside!

**Instructor:** Louis Biondi

**Location:** Alison Biondi's Gymnastics

**Time:** Friday, 6:00-7:30 pm

6 week session: March 2-April 13

**Fee:** \$44 PTSD Residents; \$52 Non-Residents



2018 Guys Gym Sampler, Intro to Cheerleading & Strength Training with Coach Louis

Participant Name \_\_\_\_\_

Address \_\_\_\_\_

EMAIL Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Please circle where you live: Penn Borough Manor Trafford Penn Township Non-Resident

Primary Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Program Name/Start Date/Time \_\_\_\_\_

Adult participant signature required below. Parent signature required below for all participants under the age of 18.

The undersigned individual (parent or guardian if under age 18) represents that the registrant is in good health and can participate in the above listed activity and with prior knowledge of the physical nature of the activity releases Penn-Trafford Area Recreation Commission (PTARC), and Department, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents, or employees from any and all responsibility for injury to the registrant through negligence or otherwise while he/she is participating in the activity. The parent, guardian, or participant assumes all risks inherent in the activity and will hold the Penn-Trafford Area Recreation Commission and Department, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents, or employees harmless from any and all claims or causes of action that may arise from this activity. The undersigned individual also hereby gives permission to Penn-Trafford Area Recreation Commission to use photographs of the participant for the promotion of Penn-Trafford Area Recreation events and programs. The participant agrees to hold the Penn-Trafford Area Recreation Commission, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents, or employees free and harmless from liability of any nature.

Keep top portion

Cut & mail bottom portion to:  
 PTARC  
 2001 Municipal Ct.  
 Harrison City, PA  
 15636

Make checks  
 Payable to PTARC

\*PARENT or Guardian SIGNATURE

DATE

\*\*\*\* Want to pay by Visa, MasterCard or Discover? Check this box and we will call you\*\*\*\*

