

## PTARC- YOUTH & TEEN PROGRAMS

### BAKING WITH KIDS Ages 9-15

Does your child love to help you bake? Bring your kids to this class so they can learn the fine art of baking! Aramark's Pastry Chef, Melissa, will showcase her skills and teach kids how to make homemade Italian bread rolls, cupcakes, and fondant figures to top their cupcakes with!

**Instructor: Aramark Pastry Chef Melissa**

**Location: Penn Trafford High School Cafeteria**

**Time: 10:00-1:00 pm**

**Date: March 7th**

**Fee: \$29 for all Participants**



### TUMBLE EXTREME Ages 7-12

This class focuses on beginner tumbling skills/jumps in a safe and fun environment. Students will be able to utilize spring floors, trampolines, tumble tracks and foam pits to gain confidence and achieve their tumbling goals. Give it a try and get your heart pumping!! FUN for all levels.

**Instructor: Alison Biondi's Gymnastics Instructors**

**Location: Alison Biondi's Gymnastic Facility**

**Time: Mondays, 5:00-6:00 pm**

**6 Week Session: March 9-April 13**

**Fee: PTSD Residents \$34**

**Non-Residents \$42**



### SAFE AT HOME Grades 4th-6th

There is no ages that students are automatically ready to stay home alone. Staying home alone is a big responsibility, and all pre-teens need maturity and confidence to take on that responsibility. They also need to be comfortable with the idea of being home unsupervised. Finally, it is important that parents agree their child is ready to take on this responsibility and be available to support them as needed.

**Instructor: Penn Township Police DARE Officer**

**Location: Penn Township Police Department**

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

**Date: March 26th**

**Fee: PTSD Residents \$29**

**Non-Resident \$37**



### RECREATIONAL DODGEBALL Ages 8-12

Did you know that Dodgeball is one of the most popular kids sports out there? Dodgeball is a good overall workout. Avoiding the ball improves leg and arm strength, hand/eye coordination, and gives kids a good cardio workout while having a ton of fun!

**Instructor: Robbie McConnell**

**Location: Penn Middle Auxiliary Gym**

**Time: Thursdays, 7:30-8:30 pm**

**6 Week Session: March 12-May 7**

**\*No 3/26, 4/9 & 4/30**

**Fee: PTSD Residents \$29**

**Non-Residents \$37**



### BREAKAWAY BASKETBALL Ages 8-12

An instructional and recreational basketball program where players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Please bring a basketball and wear gym shoes!

**Instructor: Coach Robbie McConnell**

**Location: Penn Middle Auxiliary Gym**

**Time: Thursdays, 6:30-7:15 pm**

**6 Week Session: March 12-May 7**

**\*No 3/26, 4/9 7 4/30**

**Fee: PTSD Residents \$24**

**Non-Residents \$32**



### ARCHERY Ages 10-16

Learn the basic skills required for this traditional sport. Proper technique will be taught as well as basic bow shooting and target skills. Equipment supplied.

**Instructor: Kevin Keller**

**Location: Trafford Sportsman's Club**

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

**5 Week Session: March 17-April 14**

**Fee: PTSD Residents \$29**

**Non-Residents \$37**

