



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****

