

Interested in becoming a Member?

Complete the Membership Form, enclose your check made payable to the Fellowship House of Conshohocken, and mail to: The Fellowship House of Conshohocken, 515 Harry Street, Conshohocken, PA 19428.

Membership Category (Please check the appropriate box.)			Name/Address/Telephone Number
	<u>Resident</u>	<u>Non-resident</u>	_____
Youth	<input type="checkbox"/> \$ 70	<input type="checkbox"/> \$130	_____
Adult	<input type="checkbox"/> \$140	<input type="checkbox"/> \$265	_____
Senior	<input type="checkbox"/> \$ 40	<input type="checkbox"/> \$ 70	_____
Family*	<input type="checkbox"/> \$175	<input type="checkbox"/> \$330	_____

* Each individual must be able to show proof of residency for family membership.

Enroll the following individual as members

1. _____	DOB: __/__/__	5. _____	DOB: __/__/__
2. _____	DOB: __/__/__	6. _____	DOB: __/__/__
3. _____	DOB: __/__/__	7. _____	DOB: __/__/__
4. _____	DOB: __/__/__	8. _____	DOB: __/__/__

Emergency Contact Information:

Primary Contact: (List parent's name(s) if youth or family membership.)

Name: _____ Phone1: _____

Phone2: _____

Secondary Contact:

Name: _____ Phone1: _____

Phone2: _____

Please note that Emergency Contact must be entered for Membership to take effect.

Check # : _____

Detach Membership Form and mail with check to:

**The Fellowship House of Conshohocken
Attn: Membership
515 Harry Street
Conshohocken, PA 19428**

**515 Harry Street
Conshohocken, PA 19428**

(610) 828-3266



JUNE 22, 2009 TO JULY 31, 2009

THE FELLOWSHIP HOUSE OF CONSHOHOCKEN PROVIDES RECREATIONAL AND EDUCATIONAL PROGRAMS GEARED TOWARD ENHANCING PERSONAL GROWTH AND SOCIALIZATION SKILLS FOR THE YOUTH AND ADULTS IN CONSHOHOCKEN AND THE SURROUNDING AREAS.

Summer Programs



SUMMER PLAYGROUND CAMP

Pre-Registration: Starts April 22, 2009 at the Fellowship House

LIMITED SPACE AVAILABLE

For ages 6-11, six week program. Daily activities include sports, games, and arts & crafts; weekly field trips to local attractions and swimming. Children move independently from activity to activity in a supervised setting.

June 22, 2009 to July 31, 2009 9:30 am—3:00 pm Sutcliffe Park

Fee: \$225.00 per child / resident
 \$325.00 per child / non-resident

Field Trip Itinerary and pricing will be available at time of registration

Fees must be paid in full on the first day of camp or during pre-registration at the Fellowship House.

PHOTOGRAPHY CLUB

Learn to use a camera, tell a story with photos, and experiment with artistic techniques. The cost for this club will include materials used for developing and matting up to 4 photos for the gallery at the end. We must have at least 6 participants but no more than 12. You must have a digital camera with the ability to upload photos and a flash drive.

Wednesdays—7/1, 7/8, 7/15, 7/29, 8/5, and 8/12 11:00 am to 12:30 pm

Fee: \$100.00

Join!

Become a member and receive all these benefits:

FREE PROGRAMS*

Including pre-school, elementary, adult and senior classes.

***Exclusions:** Special Programs, Events, Summer Park Program

FREE USE OF OUR FACILITIES

INCLUDING:

- Fitness Center
- 7 Battaca work stations
- 3 treadmills
- 1 exercise bike
- 2 elliptical machines

GYMNASIUM

After-school and Evening Basketball

Subject to Facility availability

MULTI-PURPOSE ROOM

(additional fees for parties and events apply)

COMPUTER LAB

10 High-speed, Internet-ready DELL Desktop Computers
Microsoft Office Software

COMMUNITY ACTIVITY AREA

Large-screen, Cable Television
Ping Pong, Foosball, Bumper Pool

LOCKER ROOM AND SHOWER FACILITIES

Hours Special Events



CONSHOHOCKEN 4TH OF JULY CELEBRATION

Celebrate with children's games, picnic food, DJ Entertainment, and capped off by Fireworks at Dusk. NO FEE

Friday, July 3, 2009 at dusk Sutcliffe Park

SUMMER SPLASH (Fundraiser for the Fel)

Monday, June 22, 2009 3:00 pm to 8:00 pm Sutcliffe Park
(Rain Date—Wednesday, July 1, 2009)

Hamburgers, Hot Dogs, Candy, Drinks, etc.
Waterslide, Slip & Slide, Dunk Tank, Water Balloons, etc.

Family — \$25.00 Individual — \$10.00

HOURS OF OPERATION

June 22, 2009 — September 14, 2009

Monday—Thursday 7:00 am—6:00 pm
(Fitness Center Only until 7:00 pm)

Friday 7:00 am—5:00 pm
(Fitness Center Only until 6:00 pm)

Saturday 11:00 am—2:00 pm

Sunday CLOSED

PARTY PACKAGES

Our facilities may be perfect for your upcoming event!
Call for details (610) 828-3266



CO-ED SUMMER BASKETBALL LEAGUE



This league consists of 3 divisions. Games will be played at Sutcliffe Park. Registration at the FEL April 28 thru early June. Leagues run from end of June to early August.

Instructional League (ages 6-8)

TUES & THURS 6:00 pm to 7:30 pm

Junior League (ages 9-12)

MON thru THURS 6:00 pm to 9:00 pm

Senior League (ages 13—16)

MON thru THURS 6:00 pm to 10:00 pm

Fees: Resident—\$25.00 / Non-Resident—\$35.00



TOM SHIRLEY BASKETBALL CAMP

These camps are directed by Philadelphia University's head women's basketball coach, Tom Shirley, and take place at the Fellowship House. Information and registration forms are available at the Fellowship House. For specific information regarding each camp, please call Tom Shirley at (215) 951-2720. Limited enrollment.

7—9 years co-ed June 15—19 9:00 am to 1:00 pm \$105.00
(Beginners only)

9—12 years co-ed June 22—26 9:00 am to 2:00 pm \$115.00
(some experience / willingness to learn)

10—13 years co-ed July 6—10 9:00 am to 3:00 pm \$150.00
(At Plymouth Whitemarsh High School)

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FITNESS CLASSES



NO CLASSES DURING THE SUMMER MONTHS. WE WILL START BACK IN SEPTEMBER, 2009

CALL FOR MOE DETAILS — (610) 828-3266

BOOT CAMP: A high energy, keep moving class.

CARDIO KICK: A cardio workout using kicks, punches, weights, and more

CARDIO-SCULPT: A cardio workout using steps, weights, etc.

PILATES: A total body mat workout.

TOTAL BODY CONDITONING: A class involving steps and weights.

TOTAL BODY SCULPTING: A class involving anything from flip fitness; weights, & balls .

GUITAR LESSONS (Teacher is Ty Smith)

Learn to play the guitar in private or group lessons.

Thirty (30) minute lesson. **Must have guitar.**

MON & TUES 3:00-7:00 pm

\$100.00 per session (member) \$175.00 per session (non-member)

EXECUTIVE BASKETBALL

Slip in for a pick-up game during your work day.

MON - FRI 11:30am - 1:30 pm Gymnasium

\$5 drop-in fee / Free with Membership



SENIOR FITNESS — 6-week sessions (call for more information)

No Senior classes for the summer months.

FITNESS CENTER (for ages 15+)

Doctors note and physical required. Work out on our state-the-art equipment.

\$2 drop-in fee / Free with Membership

COMPUTER LAB

Work on your homework, sharpening your computer skills, or learn a new program!

Our lab is equipped with 10 high-speed Internet-ready DELL desktop computers.

\$2 drop-in fee / Free with Membership



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