

FUTURE FUNDRAISERS

GEORGE W. SNEAR HOLIDAY TOURNAMENT

Formerly The Catholic War Veterans Tournament

Thursday and Friday, December 29, 2011 and December 30, 2011
Game Time: 6:00 P.M. and 7:30 PM

Participating Teams

Pope John Paul II High School
Plymouth Whitmarsh High School
Norristown High School
Mount St. Joseph's

52nd Annual Donofrio Basketball Tournament

The Annual Boys' High School Basketball Classic Returns
at the End of March and the First Two Weeks of April

For Details Inquire at the Front Desk of The Fellowship House

515 Harry Street
Conshohocken, PA 19428

(610) 828-3266

FELLOWSHIP HOUSE
of
conshohocken



JANUARY 3, 2012 TO FEBRUARY 24, 2012
(EIGHT (8) WEEKS)

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

Winter Programs

Member Benefits

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, UNLIMITED USE* OF OUR FACILITIES

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

*Subject to Facility availability

GYMNASIUM

After-school and Evening Basketball

MULTI-PURPOSE ROOM

Additional Fees For Parties And Events Apply

COMMUNITY ACTIVITY AREA

Large Screen Cable Television
Ping Pong, Foosball, Bumper Pool, and Regulation Pool

LOCKER ROOM AND SHOWER FACILITIES

All Pee Wee Classes are for children ages 3 to 5
Program fees are: \$25.00 resident / \$30.00 non-resident / Free with membership.
Please sign up for all programs before their start date.

GUITAR LESSONS — CALL FOR INFORMATION (610) 828-2266

Learn to play a guitar in private or group lessons. **MUST HAVE GUITAR.** Ages 3 to adult.
30 minute lesson

PEE WEE GYMNASTICS *

Introduction to gymnastics on all apparatus including floor mats, uneven bars, balance beam, and vault.

MON 3:30pm — 4:00 pm
Multipurpose Room

* If not enough participants, there will be one class from 4:00 pm to 5:00 pm

PEE WEE WINTER GAMES *

Learning and participating in various winter games

TUES 3:30 pm — 4:00 pm
Multipurpose Room / Gymnasium

* If not enough participants, there will be one class from 4:00 pm to 4:30 pm

DIAPER CAPERS

For children 2 & 3 years old. Parent and child class utilizing The "Fel" equipment

WED 10:30 am — 11:30 am
Multipurpose Room

PEE WEE BASKETBALL *

Introduction to the fundamentals of basketball including shooting, passing, and dribbling.

WED 3:30pm — 4:00 pm
Gymnasium

* If not enough participants, there will be one class from 4:00 pm to 4:30 pm

IRISH DANCE (Starts January 4, 2012)

Boys and girls will be introduced to the basics of Irish Step Dancing. Ages 5-13. Limited space,
call for details. \$32.00 members \$40.00 non-members Fellowship House Irish Dance Class

WED 5:30 — 6:00 pm
Multipurpose Room

PEE WEE HOOKED ON BEING FIT *

Children will learn exciting and challenging ways to become fit, while having fun.

THURS 3:30 pm — 4:00 pm
Multipurpose Room / Gymnasium

* If not enough participants, there will be one class from 4:00 pm to 4:30 pm

PEE WEE ARTS & CRAFTS *

Explore your creative side in making different projects on a weekly basis.

FRI 3:30 pm — 4:00 pm
Multipurpose Room

* If not enough participants, there will be one class from 4:00 pm to 4:30 pm

PEE WEE

Special Events

AMBUCS TRI-STAR TOURNAMENT

Tuesday, December 21, 2011

Boys and Girls Ages 7 to 16 years old
Fellowship House Gym 7:00 pm

Participate in three (3) different basketball skills:

*Around the World,
Lay-ups,
Free Throw.*

Prizes and refreshments will be provided
CALL (610-828-3266) TO REGISTER

EASTER EGG HUNT

For ages preschool—10 years old.
Saturday, March 31, 2012 10:30 am Fellowship House
(*rain date: April 7, 2012*)

PLEASE CALL TO REGISTER

PARTY PACKAGES

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

HOURS OF OPERATION Through June 16, 2012

Monday	7:00 am — 7:00 pm
Tuesday to Thursday	7:00 am — 9:00 pm
Friday	7:00 am — 7:00 pm
Saturday & Sunday	11:00 am — 4:00 pm

Summer Hours begin June 17, 2012

Elementary

Elementary Classes for children ages 6 to 11.
Program Fees: \$25 resident / \$ 30.00 non-resident — Free with membership
Call for clarification of fees. Please sign up for all programs before the day they start

GUITAR LESSONS — CALL FOR INFORMATION (610) 828-3266
Learn to play guitar in private or group lessons. **MUST HAVE GUITAR..** Ages 3 years old to adult
30 minute lesson)

ELEMENTARY GYMNASTICS
Introduction to gymnastics on all apparatus including floor mats, uneven bars, balance beam, and vault.
MON 4:00 — 5:00 pm Multipurpose Room

ELEMENTARY WINTER GAMES
Learning and participating in various winter games
TUES 4:00 pm — 4:30 pm Multipurpose Room / Gymnasium

ELEMENTARY BASKETBALL
Introduction to fundamentals including shooting, passing, rebounding, and defense.
WED 4:00 pm — 4:30 pm Gymnasium

IRISH DANCE (STARTS JANUARY 4, 2012)
Boys and girls, 5-13, will be introduced to the basics of Irish Step Dancing. Limited space, call for details.
Fellowship House Irish Dance Class
WED 5:30 — 6:00 pm Multipurpose Room / Gymnasium

ELEMENTARY HOOKED ON BEING FIT
Children will learn exciting and challenging ways to become fit, while having fun
THURS 4:00 pm — 4:30 pm Multipurpose Room / Gymnasium

ELEMENTARY ARTS AND CRAFTS
Explore your creative side in making different projects on a weekly basis.
FRI 4:00 — 5:00 pm Multipurpose Room

BEFORE SCHOOL PROGRAM
Supervision for children prior to school. **For children of working parents only!** Conshohocken residents accepted first. Operates on Colonial School District Calendar. Each additional child is \$10 per week.
MON—FRI 7:00 am - 8:50 am Fee: \$25.00 per week*

AFTER SCHOOL FUN & LEARNING
Operated on Colonial School District Calendar. **For children of working parents only!** Conshohocken residents accepted first. Late Fee of \$5.00 for every 15 minutes after 5:00 pm.
MON—FRI 3:00 pm - 5:00 pm Fee: \$25.00 per week*

**Each additional child is \$10 per week. Fees for Before and After School Programs are not included in Membership of Family or Youth.*

Hours

Senior Teen

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

Aerobic exercise including stretching, cardio workout, and hand-weight training.

MON 9:00 am - 10:00 am Multi-Purpose Room
WED 9:00 am - 10:00 am Multi-Purpose Room

SENIOR BINGO!

Come enjoy a day of fun and friendship *

MON 10:30am - 1:30pm Multi-Purpose Room

*Seniors become members of the Fellowship House Bingo for \$10.00!

FITNESS CENTER (for ages 15+)

Doctors note and physical required. Work out on our state-of-the-art equipment. \$2 drop-in fee / Free with Membership

CHECK OUT THE NEW FITNESS CENTER

Larger Space — New Equipment — TV's
 Training available on request for nominal fee

GYMNASIUM

After-school and Evening Basketball
 Subject to Facility availability
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MULTI-PURPOSE ROOM

(additional fees for parties and events apply)
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COMMUNITY ACTIVITY AREA

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

LOCKER ROOM AND SHOWER FACILITIES

FITNESS CLASSES

Free With Membership

Monday	Senior Fitness	9:00 am—10:00 am	Michelle Boyle Tara Leonard
	Pilates	5:30 pm—6:30 pm	Tara Leonard
Tuesday	Zumba	8:45 pm—9:30 pm	Michelle Boyle
Wednesday	Total Body Sculpt	9:00 am—10:00 am	Eileen Gervasi
	Senior Fitness	9:00 am—10:00 am	Jean Radatti
	Yoga (St. Mark's Lutheran Church, 5th & Harry Street, Conshohocken, PA Call Marie Roberts at (610) 933-1757)	7:00 pm—8:00 pm	Marie Roberts
Thursday	Cardio Workout	9:00 am—10:00 am	Michelle Boyle
Friday	War of the Core	8:00 am—9:00 am	Eileen Gervasi
Saturday	Pilates	9:30 am—10:30 am	Tara Leonard

Fitness Center — \$5.00 drop-in fee / Free with Membership

EXECUTIVE BASKETBALL

MON - FRI 11:30am — 1:30 pm Gymnasium

Slip in for a pick-up game during your work day.
 \$5.00 drop-in fee / Free with Membership

Adult