



PROGRAM GUIDE



2026

WINTER/SPRING



GEARS
live. learn. play.



Recreation: 717.367.0355 | Kids Center: 717.367.0119
Senior Center: 717.367.7984

www.GetintoGEARS.org

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Mission Statement

GEARS connects people of all ages through recreation, learning, childcare, and senior center services that strengthen the community and the quality of life.

Exciting News!

GEARS is excited to announce that renovations to the second floor of the GEARS Community Center are scheduled to commence in January 2026. Through state and local funding totaling over \$1.7 million, GEARS will be able to open the second floor for public recreation opportunities, including fitness classes, youth programs, adult enrichment programs, expanded childcare services, and a variety of other activities and events. The area will include five classrooms totaling about 4,500 square feet of program space, a customer lounge, restrooms, and storage space. We anticipate the project will take up to five months to complete. During construction, there will be some areas of our building and parking lot impacted by the work; however, we expect any disruptions to be minimal for our programs and services. GEARS will provide construction updates and potential impacts to our customers on our website, E-News, and social media. This project has been years in the making, and we are thrilled at the many opportunities this expansion will have on our ability to better serve you.

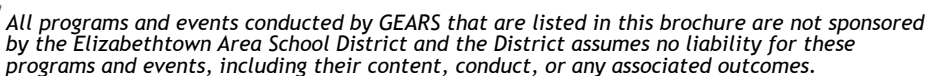
~David Wendel, GEARS Executive Director

Room Identification Key

-
- Open To Gym Below
- 3. Child Care (748 sqft)
 - 4. Multipurpose (975 sqft)
 - 5. Multipurpose (1,131 sqft)
 - 6. Multipurpose (799 sqft)
 - 7. Multipurpose (788 sqft)

Jessica Raush, Director
Julissa Rivera-Santa, Asst. Director
Wayne Bream, Assistant

Lindsay Norris, Vice Chair
Phil Dunn
Jeb Musser





Daddy/Daughter

SWEETHEART Dance

**Friday
February 13th
MV Salon #1**

Register by Fri Feb 6th

6-7:30PM

\$50/couple (\$60 NR)

**BE
MINE**

HUGS



Mother/Son Superhero Bowling Blast

**Saturday March 7th
1PM-3PM**

*Unlimited bowling, costume contests
& prizes, photo booth, prize train,
and snacks.*

**\$42/couple (\$50 NR)
Register by March 2nd**



EGGSTRAVAGANZA

Sat March 28th, 10am

Etown Community Park



Mom & Kids Mini Golf Par-Tee

Sunday May 17th

11AM-1PM

*Exclusive round of mini-golf, 1 hour
unlimited arcade, and snacks with
mom/grandma/aunt @Adventure
Sports of Hershey!*

**\$30/person (\$40 NR)
Register by May 11th**



Iddy Biddy Gym Class Heroes

This class is an intro to sports and classic gym class games. Help your little one develop motor skills in a fun and encouraging environment. Players will learn new skills and develop athletic movements along with hand-eye coordination and teamwork. Emphasis on the following sports: soccer, football, basketball, gymnastics, obstacle courses, and group games. Ages 3-6

- (I) Tue Jan 27-Feb 24 @GEARS CC Gym
- (II) Thu May 21-Jun 18 @Bear Creek Gym
6pm-6:45pm
\$55/series (\$65 NR)

Iddy Biddy Indoor Soccer

Led by the E-town College women's soccer team, children will learn the basic soccer skills of kicking, foot placement, dribbling, passing, and trapping. Participants will start to become familiar with the game of soccer. Emphasis will be placed on social skills. Fee includes a t-shirt.

Ages 3-5

Sat Feb 7-Mar 21 (no Mar 7)
10-11am

\$60 (\$70 NR) Bear Creek Gym

Iddy Biddy Soccer

Come learn the fundamentals of soccer. Through fun games and stations, participants will learn new skills and develop athletic movements while improving their large motor skills. Emphasis is on building self confidence, social skills, and teamwork. Fee includes a t-shirt. Ages 3-5

Sat Apr 11-May 23 (no May 9)
(A) 9-9:45am (B) 10-10:45am

\$60 (\$70 NR) EAHS Field 2



Iddy Biddy Tennis

Children will learn to play tennis quickly using large-sized RED balls and smaller racquets, nets and courts. The ABCs: Agility, Balance and Coordination will be developed. Led by Brenda McBride, EAHS head tennis coach. Ages 4-6

Tue May 12-Jun 2
5:30-6:05pm

\$50 (\$60 NR)

EAHS Tennis Courts



Iddy Biddy Creative Dance

An exploratory dance class for young children, focusing on encouraging self-expression, physical development, and creativity through music and motion. Class incorporates props like scarves, ribbons, and activities that engage children in imaginative movement. Emphasis is on fun, imagination, and developing a sense of rhythm rather than formal technique. Ages 4-6

Wed Jan 28-Mar 4, 6:15-7pm

\$55 (\$65 NR) GEARS CC, Senior Center



WHH Preschool Story Hour

On the 2nd Friday of each month, come to Winters Heritage House Museum where little ones can journey back in time with engaging stories that will spark their curiosity about the past! With colorful pictures, songs, and easy crafts, children will explore how people lived, worked, and played in early America. A tasty snack inspired by the month's theme is included.

Fri Jan 9, Feb 13, Mar 13, Apr 10, May 8
10-11:30am

\$30 (\$32 NR) Winters Heritage House

Iddy Biddy Baseball/Softball

Let us teach your little slugger how to smack it out of the park! This program will expose your child to America's favorite pastime with instruction centered around throwing, catching and batting skills. Includes a t-shirt.

Ages 4-6

Tue May 26-Jun 23
6-7pm

\$60 (\$70 NR) EAHS Field 2



SAVE THE DATE

Summer Playground

June 15- August 7

Camp Ladybug

June 15- July 24



Winter Art Workshop

NEW

Join us for a two-day cozy & creative winter art workshop! Students will enjoy making winter-themed projects while exploring their imagination and artistic skills, perfect for brightening up the chilly days after the holidays. All materials are included and everyone will leave with their handmade creations. Class taught by Madeline Pelná. Let your creativity shine this winter! Ages 6-12

Tue Jan 6 & Thu Jan 8

5:30pm-7:30pm

\$65 (\$75 NR) GEARS CC, Senior Center



REGISTER NOW

Youth Indoor Soccer

Soccer program designed to be instructional and provide an opportunity for girls and boys to participate in low-key games. Led by E-town College Women's Soccer team. Fee includes a t-shirt. Grades 1-4

Sat Feb 7-Mar 21 (no Mar 7)

11:15am-12:15pm

\$60 (\$70 NR) Bear Creek Gym

After School Basketball Skills Clinic

Join us for this six-week program of basketball skill work. Each clinic incorporates a variety of basketball-specific skill stations, fun games, and game play in 3v3 and 5v5 environments. Ball handling, shooting fundamentals, dribble moves, moving with the ball, and offensive footwork will all be included. Boys & Girls Grades 3-5

Tue Mar 10- Apr 14, 3:45-4:45pm

\$90 (\$100 NR) Bear Creek Gym

Girls Volleyball Skills Program

Learn the fundamentals of volleyball using skill specific drills and fun games. This is an instructional only program that will focus on player development. Grades 5-8

Wed Mar 11- Apr 15

6-8pm

\$60 (\$70 NR)

Bear Creek Gym



Holiday Basketball Clinic

Develop some new basketball skills over the holiday break! Clinic will be led by the EAHS Boys Basketball staff and team. Shooting and 5-on-5 games will be played. Emphasis on dribbling, passing and footwork. Grades 3-6

Mon Dec 29, 10am-12pm

\$20 (\$25 NR) EAHS Daubert Gym

WHH History Detective Days

NEW

When school is out, come and enjoy our our History Detective days! This program allows students to explore history through storytelling, role-playing, crafts, games, and projects. As you build colonial tools or recreate historical landmarks, you will gain a deeper understanding of the people and events that shaped our world.

10-11:30am, Ages 6-11

Fri Jan 16-*The 49th State*

Mon Feb 16-*Presidential Pets*

Thu Mar 19-*Inventors*

Mon Apr 6-*Etown First Settlers*

\$8/day (\$10 NR)

Winters Heritage House





Girls Lacrosse Club - Interest Meeting


The GEARS girls lacrosse program for Grades 3-8 will teach the basics of lacrosse through practices and games in the Tri County Lacrosse League. This meeting will identify interest, explain league fees, and go over equipment needs. Parents and athletes are encouraged to attend and ask questions. *Please register for this meeting.*


Mon Jan 5 @7pm: GEARS CC, Senior Center


Santa's Schedule

 Thu 11/20: 5-8pm @A Very Grinchy Christmas Tree Lighting

 Sat 12/6 Elizabethtown Holiday Parade presented by MARS Wrigley

 Wednesdays 12/3, 12/10, 12/17
6-7pm Storytime @The Tatted Toy Guys
7-8pm @Santa's Cottage

 Thursdays 12/4, 12/11, 12/18
6-7pm Storytime@
The Elizabethtown Public Library
7-8pm @Santa's Cottage

 Friday 12/12: 4:30-6:30pm
@2nd Fridays -Downtown Etown

Santa's Cottage is located on the Etown Market St. Square.

**Home/Cyber School
Gym Class Heros****NEW**

This daytime gym class is geared towards school age children and teens currently participating in home/cyber school. Each week will focus on a different sport and include other classic gym class games like kickball and dodgeball. Sports will include basketball, soccer, pickleball, and floor hockey. Ages 6-17

Fri Jan 9-Feb 27 (no Jan 16, Feb 13)

1:30-2:30pm

\$60 (\$70 NR) GEARS CC Gym

Indoor Field Hockey Clinic

Led by RAA Elizabethtown Youth Field Hockey, this series of clinics will focus on teaching the basics of field hockey through a variety of drills, fun competitions, and small games for all skill levels. Hockey sticks will be available for use. Shin guards are recommended. Fee includes a t-shirt and mouthguard.

Sat Feb 28-Mar 28

(A) 8:30-9:30am (Grades K-2)

(B) 9:45-10:45am (Grades 3-6)

\$50 (\$60 NR) GEARS CC Gym

**Youth Soccer**

Does your child want to learn soccer? Check out this instructional and low competitive soccer program that is skill focused with no assigned teams. Participants will learn the fundamentals of soccer in a fun environment while playing skill development games. Led by the EASD Girls Soccer coaches & players. Fee includes a t-shirt.

Boys & Girls Grades 1-3

Sat Apr 11-May 23 (no May 9)

9-10:30am

\$60 (\$70 NR) EAHS Field 3

**WAKE
UP &
SLAY**

Beginner Tennis Lessons

Children of beginner skill level will learn the fundamentals of tennis using the ORANGE practice balls. Through the use of fun games and drills, players will learn proper technique of forehand, backhand, serve and volley. Led by Brenda McBride, EAHS head tennis coach. Ages 7-12

Tue May 12-Jun 2, 6:15-7:15pm

\$65 (\$75 NR) EAHS Tennis Courts

**Babysitting Course****NEW**

This American Red Cross 7.5-hour Babysitting Course is designed for youth ages 11-16yr to learn the essentials of caring for young children safely and responsibly. Participants will gain skills in basic care for children and infants, age-appropriate activities and promoting positive behavior, emergency preparedness, first aid skills and pediatric CPR/certification, and safe practices for being home alone with children. Through interactive lessons and hands-on activities, participants will build confidence in their ability to handle real babysitting situations. Upon completion, each participant will earn a certificate of completion and be better prepared to take on babysitting opportunities.

Instructed by Carissa Ressler.

Participants should pack a lunch.

Mon Feb 16 (no school day)

8:30am-4:00pm

\$125 (\$135 NR) GEARS CC, Senior Center

**PJ Story Nights**

Join us as we journey through magical tales when the museum transforms into a world of imagination. Snuggle in with blankets and enjoy themed stories that come to life through wonder and creativity. Take part in hands-on crafts and activities that spark inspiration and fun. Tasty treats will be provided, making it the perfect evening to get lost in the magic of stories! Ages 4-11

6:30-8pm Winters Heritage House

Fri Jan 30- *The Wonders of Winter*

Fri Feb 27- *A World of Make Believe*

Fri Mar 27- *Mystery Night*

Fri Apr 24- *Magical Adventures*

Fri May 29- *The Great Outdoors*

\$8/day (\$10 NR)

Intermediate Tennis Lessons

This intermediate session is for players that have completed two or more sessions of beginner tennis lessons or is an older beginner teen. Instruction will focus on developing tennis skills, footwork, and prepare for match play. Led by Brenda McBride, EAHS head tennis coach. Ages 10-14

Tue May 12-Jun 2, 7:15-8:15pm

\$65 (\$75 NR) EAHS Tennis Courts

Youth/Teen

Driver's Ed Essentials: Presented by Shield Driving School

NEW

This classroom Driver's Education series is designed for new drivers, as well as experienced drivers looking to refresh their skills. It builds knowledge, confidence, and safe habits behind the wheel. Participants will learn the rules of the road, understand traffic signs, and develop strong defensive driving techniques. The course also covers managing distractions and handling different weather and road conditions. All instruction is provided by Shield Driving School, a PennDOT-certified third-party testing and driver education center located in Harrisburg, PA.

Sat Feb 28-Mar 21, 9am-11am

\$150 (\$160 NR) GEARS CC, Senior Center

WHH Afternoon Kids Club

Join Winters Heritage House Thursday Afternoon Kids Club where each day is an adventure in art, history, and creativity. Using the museum's exhibits and artifacts, each week brings a new theme offering discovery through hands-on activities, painting, stories, games and crafts. Ages 4-10

Thu Mar 5-May 21, 4:15-5:30pm

\$70 (\$75 NR) Winters Heritage House



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Leagues & Tourneys

FRIENDLY COMPETITION

Men's Slow Pitch Softball League

Informational meeting: Monday Feb 23 @7pm GEARS CC, Senior Center
Meeting will discuss league rules, schedules, fees, and dates for the GEARS Men's Summer Softball league.

Municipal Field Schedule Meeting

Informational meeting: Wednesday Feb 4 @7pm, EAHS LGI Room
Meeting will discuss municipal field use, rules, fees, and availability for 2026. Local organization leaders interested in reserving municipal fields for their teams should attend.

Coed Sixes Volleyball League

Local area coed sixes volleyball league. 10-match season with playoffs. Ages 14+

Mon Feb 9-Apr 20, 6:30-9:30 pm

\$240/Team (\$260 NR)

GEARS CC Gym

Register by January 23rd



20TH ANNUAL
BARRY ACKER
SPRING 4-PERSON
GOLF
TOURNAMENT

REGISTER NOW

FRIDAY
APRIL 24
AT DAUPHIN HIGHLANDS
GOLF COURSE
Shotgun Start @ 1:00 PM
\$100 per person

DAUPHIN HIGHLANDS
GOLF COURSE

GEARS
live. learn. play.

DDMP
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MCCLURE & PHILLIPS
INVESTMENT ADVISORS, LLC
AN INDEPENDENT FIRM

R.E.
PIERSON
REAL ESTATE



Congratulations to *Block Party*, the GEARS Fall 2025 Coed Volleyball League Champions!



Congratulations to *Beauties & the Beasts*, the GEARS Fall 2025 Coed Softball League Champions!

www.GetintoGEARs.org

After School Pickleball Crew NEW

During this after school program, students will learn the rules of the game, learn how to keep score, and practice key skills like serving, rallying, and dinking at the net. With teamwork, laughter, and plenty of active play, this crew is all about building confidence and having a **dill-lightful** time on the court! All equipment is provided.

Instructed by Josh Stouffer. Grades 3-12

Tue Feb 10-Mar 3

(A) 3:45pm-4:45pm (Grades 3-5)

(B) 5-6pm (Grades 6-12)

\$55 (\$65 NR) Bear Creek Gym

Pickleball: Mastering Technique & Strategy NEW

Take your pickleball game to an advanced level in this class designed for experienced players ready to refine technique and elevate strategy. Focus on consistency in shot placement, dinking, and net play through targeted drills and match-style scenarios. Utilize the pickleball machine to maximize repetitions, building confidence and precision for competitive play.

Instructed by Josh Stouffer. Ages 18+

Tue Feb 10-Mar 3, 7-8:30pm

\$100 (\$110 NR) GEARS CC Gym

Pickleball 101: Paddle Up!

Join us to see why pickleball has been the fastest growing sport! Start with our beginner lessons where you will learn basic techniques, rules, and strategies! Learn the basics now so you can enjoy playing with family and friends and sharpen your skills this spring. All equipment is provided.

Instructed by Pam Kaylor. Ages 16+

Saturdays May 9 & 16

9:30am-11:00am

\$50 (\$60 NR) Fuhrman Park

Pickleball: Skill Builder NEW

Build your pickleball confidence and skill in this class designed for players who have completed beginner lessons or have some prior beginner experience on the court. Participants will build consistency through focused drills, skill progression, and strategy development to boost confidence for real-game situations. You will utilize the pickleball machine for repetition and shot control. Bring your game together with this beginner plus class! Instructed by Pam Kaylor.

Ages 16+

Fri Mar 6 & 13, 1-2:30pm

\$50 (\$60 NR) GEARS CC Gym

Pick-Up Pickleball

Practice your skills & enjoy a little competition during this doubles drop-in pickleball play. Equipment available. No pre-registration necessary. Cash payment is due upon arrival each day/evening of participation. Ages 16+

January 2nd- May 29th

GEARS Community Center Gym

Tuesdays & Wednesdays: 1:15-3:15pm

No pickleball on May 27th

Fridays: 6-8pm

No pickleball on Apr 3rd

\$5/Day (\$6/Day NR)



Do you have a high school or college-aged son or daughter that is great with kids and is looking for a summer job? Consider joining our Summer Playground staff for our 2026 morning program!

Contact karrienorman@GetintoGEARS.org for more information.

swim lessons



Tadpole (Preschool Level 1)

Introduction of basic aquatic skills and water adjustment. Skills are performed with assistance.

Guppy (Preschool Level 2)

Further development of aquatic skills at a slightly more advanced level. This level marks the beginning of independent aquatic locomotion skills.

Frog (Level 1)

Introduction to Water Skills: Includes floating, kicking, and arm action.

Seahorse (Level 2)

Fundamental Aquatic Skills: Expand on fundamental aquatic locomotion including combined strokes on front and back and rhythmic breathing.

Seal (Level 3)

Stroke Development: Increase swimming skills including elementary backstroke and deep water skills.



Aquacise

Shallow water aerobics uses the resistance of water to deliver a great workout while increasing strength and flexibility. This low-impact water resistance training works to tone the legs, thighs, glutes, arms, and abs. Aquacise also helps improve balance and stability. Taught by Karen Diehl. Ages 16+

Tue and/or Thu

Mar 17-May 21

6:45-7:30pm

1 day/week: \$85 (\$95 NR)

2 days/week: \$160 (\$180 NR)

MV Patton Pool



Please update your GEARS online account with your current email and phone information to receive important details for your upcoming programs and adventures.

www.GetintoGEARS.org



Parent & Child Swimming

Please note the new time structure.

Parents will participate in the pool with their child. This class is designed to help young children feel comfortable in and around the water. Ages 6 months to 3 years old.

(I) Sat Jan 10-Feb 28

(II) Sat Mar 14-May 9 (no Apr 4)

(A) 8:30-9am (6-24 months)

(B) 9:10-9:40am (2-3 years)

\$100/series (\$110 NR) MV Patton Pool



Swim Lessons

Please note the new time structure.

Program provides opportunities for achievement and allows smooth transition between levels of instruction. Activities at every level stimulate interest and motivate participants to advance to the next level of instruction.

(I) Sat Jan 10-Feb 28

(II) Sat Mar 14-May 9 (no Apr 4)

Ages 4-5

Level 1 *Tadpole* 9:45-10:15am

Level 2 *Guppy* 10:20-10:50am

Ages 6+

Level 1 *Frog* 10:55-11:25am

Levels 2 & 3 *Seahorse/Seal*

11:30am-12pm

\$100/series (\$110 NR) MV Patton Pool



Deep Water Fitness

NEW

Make a splash with this invigorating deep water fitness class! Using the natural resistance of water, you will tone and strengthen muscles while improving flexibility, balance, and overall wellness. This low-impact workout is perfect for all fitness levels, offering a challenging yet joint-friendly way to stay active and strong. Taught by Collean Riehl. Ages 16+

(I) Sat Jan 10-Feb 28


(II) Sat Mar 14-May 9 (no Apr 4)

12:30-1:15pm

\$75/series (\$85 NR)

MV Patton Pool

Fitness Punch Card

Punch cards are available to use for fitness classes that are designated with a .

Each punch entitles you to one class. Present your card to the instructor at each class. A card can be purchased at the GEARS office for \$90 for 10 classes. *Cards expire 1 year from purchase.*

Pound®

World's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Using Ripstix, lightly weighted drumsticks engineered specifically for exercise. Pound transforms drumming into an incredibly effective way of working out. Instead of just listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Led by certified Pound instructor, Courtney Lesnik. Bring a yoga mat. Ripstix provided. Ages 14+

(I) Fri Jan 9–Feb 27

(II) Fri Mar 20– May 15 (no Apr 3)

6:15–7:15pm

\$60/series (\$70 NR)

Fighting Dragons

**Power Hour with Lynn**

Strengthen, tone and condition your body from head to toe! Get ready for body weight exercises, plyometric drills and weight training to help mix up your normal routine! Working the major muscle groups of your upper and lower body during this total body workout will help build muscle strength, lean muscle mass, and preserve bone density. Abdominal work will also help stabilize and strengthen your core muscle groups. Never the same class from week to week and always challenging you! Suitable for all experience levels. Ages 18+

(I) Mon Jan 5–Mar 9 (no Feb 23)

(II) Mon Mar 23–May 18

6:30–7:30pm

\$70/series (\$80 NR) CPOW

Spin & Sculpt

Transform your body & burn calories with this workout! Build your cardiovascular endurance and strength with a combination of indoor cycling & strength training. This class has something for everyone from intervals to climbing hills, sprints & jumps. The last 15 minutes includes resistance exercises using your bodyweight and dumbbells along with music that will motivate and inspire you! Don't forget your workout towel, dumbbells and water! All fitness levels are welcome. Instructed by Lynn Mohr. Ages 18+

(I) Tue & Thu Jan 6–Mar 12

(no Feb 24, Feb 26)

(II) Tue & Thu Mar 24–May 21

5:30–6:30pm

\$115/series (\$125 NR) CPOW

Zumba Gold®

This toned-down version of Zumba utilizes an engaging blend of Latin & International-style music along with a bit of catchy Pop! Geared to the de-conditioned person/beginner exerciser and the active older adult, it focuses on elements of cardio, balance, range of motion, and coordination. Taught by licensed Zumba Gold instructor, Judy McMillen. Ages 16+

(I) Wed Feb 4–Mar 18

(II) Wed Apr 1–May 27

(no Apr 22, May 13)

6–6:45 pm, \$50/series (\$60 NR)

GEARS CC Gym

**Zumba®**

Dance fitness class that fuses motivational musical rhythms and unique moves to create a dynamic workout designed to be FUN and EASY! Add some Latin flavor and international zest to the mix and you've got Zumba! Join the party! Classes are taught by Courtney Lesnik, licensed Zumba fitness instructor. Ages 14+

(I) Wed Feb 4–Mar 25 (no Mar 11)

(II) Wed Apr 8–May 20

7–8pm, \$50/series (\$60 NR)

GEARS CC Gym



Feel Good Yoga



This yoga class offers a flowing, breath-based practice designed to warm the body, improve balance and flexibility, and leave you feeling centered and relaxed. Each posture is taught with clear options so you can practice at the level that best supports your needs—from gentle to strong. Whether you are new to yoga or a seasoned practitioner, this class offers a welcoming environment and adaptable approach. Breathe, move, and feel good this spring! Please bring a yoga mat. Michelle Pelná, certified yoga teacher, will instruct. Ages 14+

Be
The Best
Version
of you

Mon (I) Jan 12–Mar 2
(II) Mar 23–May 11
Thu (I) Jan 15–Mar 5
(II) Mar 26–May 14

9–10am MV Carpenter Chapel
1 day/week/series: \$65 (\$75 NR)
2 days/week/series: \$120 (\$140 NR)

Tai Chi

The intro level of this class teaches short and simple forms, introducing you to some of the more well-known movements of Taijiquan. The advanced level of this class introduces longer and more detailed forms from different Taiji styles. Attention is paid to alignment, relaxation, and safety in both classes. Instructor Ben Ninmann has been teaching Tai Chi for over 25 years. Ages 18+

(I) Tue Jan 6–Mar 10
(II) Tue Mar 31–Jun 9 (no May 26)
(A) 6:15–7:15 pm (Intro Class)
(B) 7:15–8:15 pm (Advanced Class)
\$105/series (\$115 NR)
MV Carpenter Chapel



Chair Yoga



Chair yoga offers a gentle, accessible way to enjoy the benefits of yoga using the support of a chair. Class includes mindful breathing, guided movement, and simple meditation – all from a seated or supported standing position. Each posture is taught with clear options so you can practice at the level that feels right for you, improving flexibility, mobility, and strength while ending with deep relaxation. Welcoming to all levels and abilities. Instructed by Michelle Pelná, certified yoga teacher. Ages 14+

(I) Wed Jan 14–Mar 4
(II) Wed Mar 25–May 13
9–10am, \$65/series (\$75 NR) CPOW

Power Yoga Flow



Energize your practice with Vinyasa power yoga. Designed to build strength and flexibility, this class offers a balance of challenge and ease. Connect breath to movement while flowing through a variety of standing and seated poses. Participants should bring a yoga mat, and may also find a strap and/or block helpful for support and deeper alignment. Taught by Carissa Knight, a Registered Yoga Teacher (RYT–200). Ages 16+

(I) Wed Jan 21–Mar 11
(II) Wed Mar 25–May 13
6:30–7:30 pm
\$60/series (\$70 NR)
MV Carpenter Chapel



Vinyasa Yoga

Class focuses on strength, balance and flexibility while linking mind and body through breath. Sun salutations, standing and seated postures, balance poses & intense relaxation combined in one class that allows the beginner or advanced yoga student to enjoy an invigorating and fulfilling experience. Instructed by certified yoga teacher, Stephanie Weaver. Ages 16+

(I) Mon Jan 5–Mar 16 (no Feb 2, Feb 23)
(I) Thu Jan 8–Mar 12 (no Feb 26)
(II) Mon Apr 6–Jun 8 (no May 25)
(II) Thu Apr 2–Jun 4 (no Apr 30)
6–7pm, \$90/series (\$100 NR)
MV Carpenter Chapel

Step Fitness**NEW**

Ignite your calorie burn with this energizing, full-body step workout! Whether you are new to step or are a seasoned throwback 90s stepper, instructor Katielynn Scanlon will have you moving and grooving through fun, beat-driven routines that can easily be modified for any fitness level. You will master the basics, boost your cardio, and leave class feeling strong and uplifted. Burn away those winter blues and get your steps in for the day. Bring a towel—this session is sure to make you sweat!

Thu Feb 12–Apr 23 (no Feb 26)

6pm–7pm

\$70 (\$80 NR) GEARS CC Gym

**Interested in Instructing?**

GEARS is always looking for qualified instructors/coaches for youth and adult programs.

If interested, please go to the *Join our Team* page on our website and complete an application today!

Cycle Strong

All fitness levels are welcome for this low impact, but high intensity, stress-busting and calorie-torching workout set to motivating music. Come climb hills, ride through mud, race your neighbors, spring to the finish line, or just take a leisurely ride. Bring water, a towel and two small hand weights (optional) for some upper-body strength work without stopping your ride. Class taught by Charla Lorenzen, certified group fitness instructor.

Ages 14+

(I) Sat Jan 3–Feb 28

(II) Sat Mar 14– May 16

(no Apr 4)

8–8:45am

\$65/series (\$75 NR) CPOW

**3 Ways to Register**

Phone: 717.367.0355

GEARS
the learn. play.

Online: www.GetintoGEARS.org

In Person: 70 South Poplar St.

Elizabethtown PA, 17022

Line Dance

Classes are taught by Raquel Neighoff.

Let's Line Dance

Join us for two hours of engagement each week to learn some of the latest trending dances along with timeless classics. Each session covers multiple dances with step-by-step reviews to keep you confident and dance-ready. Open to all skill levels. Come have fun and dance with us! Ages 14+

Tue Jan 6–Feb 24 (8 weeks)

6:30–8:30pm, \$80 (\$90 NR)

Donegal Intermediate School

Let's Line Dance Improver+

This class will focus on introducing dances that are identified as improver level or above. Improver+ class is open to anyone, however it is highly recommended that you have a basic foundation, as the dances covered will be more difficult than those taught in the typical Let's Line Dance classes. We are eager to provide this next level line dance class to help you grow in your line dancing journey!

Tue Mar 24–Apr 28 (6 weeks)

6:30–8:30pm, \$60 (\$70 NR)

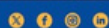
Donegal Intermediate School



2701 Sheaffer Road, Etown Branch

717-898-7673 • wheatlandcu.com

We do business in accordance with the Federal Fair Housing Law and Equal Credit Opportunity Act. This credit union is federally insured by the National Credit Union Administration.

**Intro to Kayaking**

2-hour guided paddle in the beautiful Susquehanna River with either a single or tandem sit-on-top kayak that is designed for all shapes and sizes with a large ergonomic cockpit. Program will cover basic paddling instruction and safety. Ages 12+

Sat June 6, 12–2pm

\$65 Single/\$90 Tandem

Chiques Rock Outfitters LLC

Registration Deadline: Fri May 29



Continuing Education LEARN SOMETHING NEW

Declutter & Downsize: Make Room for What Matters Most

Are you feeling overwhelmed by too much stuff or simply ready for a fresh start? Whether you are preparing for a move, navigating a life transition, or just craving more breathing room at home, this empowering, non-judgmental, series will help you clear the clutter and create a space that supports the life that you want to live. This session is ideal for anyone feeling stuck, stressed, or simply ready to make room for what matters most. You will leave with the motivation to take action...at your own pace, in your own way. Led by Kristen Patterson, owner of Sorted & Staged Home Enhancement Services.

(I) Tue Jan 27- Feb 10, 6-7pm

(II) Tue Mar 10-24, 7-8pm

\$60/series (\$70 NR)

GEARS CC, Senior Center



Medicare Madness

Intro to Medicare: If you are about to turn age 65 and confused by Medicare, this class is designed specifically for you! The basics of Medicare will be explained, including how and when to sign up for Medicare, what is covered by the different parts of Medicare (A, B, C and D), and what the difference is between a Medicare Supplemental (Medigap) and a Medicare Advantage plan. Additionally, we will walk through how to find a plan that best fits your needs. This class is beneficial for seniors because it clears away the confusion, answers many questions, and empowers participants through education.

Thu Apr 23, 6-8 pm

\$15 (\$21 NR) GEARS CC, Senior Center

Savor the Flavor, Protect Your Heart!

Learn to craft delectable dishes designed to nourish your heart in this engaging cooking demo. Demystify healthy eating for cardiovascular wellness, providing you with easy-to-follow recipes & expert tips for incorporating beneficial foods into your every day diet. Taught by Nikita Grove, registered dietician. [Cooking Demo](#)

Tue Mar 31, 10-11:30am

\$35 (\$40 NR)

The Wellness Grove



Identity Protection

Presented by M&T Bank. Learn how to recognize the signs of identity-related crimes. Explore different types of scams and deceptive practices. Discover strategies and safe habits to safeguard yourself and your personal information from fraud. Ages 18+

FREE, *registration required*

Thu Jan 15, 6-7pm

GEARS CC, Senior Center



Social Security Workshop

Class will explain how to understand social security and optimize your benefits. Learn how to understand your benefit choices, decide when to start your benefits, factor in Medicare, reduce or eliminate taxation of social security, and strategies to help optimize your retirement benefit and create an income base. Taught by Len Bodnar of Bodnar Financial Group. Ages 18+

FREE, *registration required*

(I) Thu Feb 12, 6-7:30pm

(II) Thu May 7, 6-7:30pm

GEARS CC, Senior Center

First-Time Cruisers

NEW

Navigate your maiden voyage with confidence. Embarking on your first cruise is an exhilarating experience, but it can also feel overwhelming. This *First-Time Cruisers* class is designed to transform that pre-trip anxiety into pure excitement. This session will provide you with all of the essential information that you will need to sail smoothly, from the moment you book to the day you disembark. We will demystify the cruising process, offering advice and insider tips so you can relax and enjoy your vacation.

Free, *registration required*

Mon Mar 9, 7-8:30pm

GEARS CC, Senior Center



Eat to Beat Diabetes!

Discover the joy of healthy eating for diabetes management. This interactive cooking demo will show you how to prepare satisfying, blood-sugar-smart dishes that are both easy and incredibly delicious. Taught by Nikita Grove, registered dietician. [Cooking Demo](#)

Sat Mar 21, 10-11:30am, \$35 (\$40 NR)

The Wellness Grove

LEARN SOMETHING NEW Continuing Education

Budgeting Made Easy

Take control of your finances with this practical workshop presented by Members 1st FCU. Learn simple strategies to create and stick to a budget that fits your lifestyle. Gain the confidence to manage your money and plan for future goals with ease.

FREE, registration required

Wed Mar 11, 6:30-8pm

GEARS CC, Senior Center



Considering Home Ownership

Presented by M&T Bank. Learn about the costs and responsibilities of owning a home, explore different types of loans, and discover what steps you can take to financially prepare for home ownership.

FREE, registration required

Tue Apr 7, 6-7pm

GEARS CC, Senior Center



M&T Bank

Credit Scores & Reports

Presented by Members 1st FCU. Explore the importance of credit scores, learn how to access credit scores and reports, discuss strategies to build and repair credit, and identify how to protect your credit from fraud. Ages 18+

FREE, registration required

Wed May 6, 6:30-8pm

GEARS CC, Senior Center



On October 17, 2025, GEARS was awarded as the Elizabethtown Area Chamber of Commerce Non-profit of the Year!

GO ON AN ADVENTURE

Philadelphia Flower Show

Join George Weigel, garden writer and horticulturalist, on a trip to the 2026 Philadelphia Flower Show at the Pennsylvania Convention Center! This year's theme is *ROOTED: Origins of American Gardening*. Explore breathtaking floral displays, imaginative garden landscapes, and premier plant competitions. The Philadelphia Flower Show is the nation's largest and longest-running horticultural event and features stunning displays by the world's premier floral and landscape designers. Includes show admission.

Thu Mar 5, Depart 10am

Arrive back 8:30pm

\$109 (\$119 NR)

Depart from Clearview Lanes



Washington DC Blossoms & Odyssey Cruise

Step aboard the all glass Odyssey for a 2-hour lunch cruise where you will take in the views of Washington DC and the beautiful cherry blossoms. Experience delectable dining, exceptional service, and a sophisticated ambiance. Be sure to visit the observation decks!

Afterward, enjoy a private guided DC Highlights Tour from the comfort of your motor coach, discovering area monuments. Trip includes lunch cruise, guide service, & bus tour.

Thu Mar 26

Depart 8:15am, Arrive back 8pm

\$189 (\$199 NR)

Depart from Clearview Lanes



Springtime in New York City

Enjoy the Springtime in New York City! Travel comfortably by deluxe motor coach for a day full of NYC's famous sites on your own. With over 150 world class museums, 18,000 restaurants, 135 Broadway theaters, and an array of shopping, there is something for everyone! Drop off and pick up near Bryant Park.

Sat Apr 4, Depart 7:15am

Arrive Back 10:30pm

\$95 (\$105 NR)

Depart from EAHS Parking Lot

PLEASE NOTE: Departure times & locations for all trips are subject to change based on participation level.

Penn's Peak Beatlemania

NEW

Travel to Penn's Peak, a beautiful mountaintop entertainment venue located in Jim Thorpe, PA, where you will enjoy a luncheon and experience *Beatlemania Now!* This show will have you singing along, dancing in the aisles, and immersing in emotions you thought were long forgotten! Trip includes show, luncheon, and transportation.

Tue May 12

Depart 7am

\$129 (\$139 NR)

Depart from Clearview Lanes



America 250 Series: Revolutionary Philadelphia

NEW

Discover Pennsylvania's Revolutionary War history with a day in Philadelphia! Visit the Museum of the American Revolution and take a tour guided by a familiar face from the past! This trip includes transportation, museum admission, lunch, a historical bus tour, and dinner at the Black Powder Tavern. Celebrate America's 250th birthday by exploring it's rich historic past.

Tue April 14, Depart 7am

\$199 (\$209 NR) Depart from Clearview Lanes



America 250 Series: Our Nation's Heroes

NEW

Take a meaningful journey honoring the brave men and women who have served our country. Begin with a private tour of Arlington National Cemetery. Lunch is included. End with a private bus tour around DC's war memorials such as the WW2 Memorial, Vietnam Veterans Memorial, and more, offering time to reflect and pay tribute to our nation's heroes. Don't miss this memorable patriotic experience! *Trip pricing coming soon...*

Wed May 20, Depart 7am, Depart from Clearview Lanes

Trail Riding

45 minute guided trail ride. Ride horses through the 275 acres of woods and farmland on the ranch. Horses are well mannered and trained to work with riders that have little or no experience. For your own safety and safety of the horses, we do not trot or gallop through the trails. All children must be 8 or older and there is a strict weight limit of 225 pounds.

Wed 5-5:45pm (I) Apr 22 (II) May 20

\$70 (\$80 NR) Stone Gables Estates

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2026 Summer Trips

Statue of Liberty & Ellis Island : Sat Jun 27

Washington D.C: Mon Jun 29

Baltimore Inner Harbor: Thu Jul 9

NYC Day on Your Own: Wed Jul 15

Animal Adventure, Philly: Tue Jul 21

Coney Island: Sat Jul 25

Phillies vs Yankees: Sun Jul 26

Visit our website or call for more information.



Looking for childcare with enthusiastic staff and flexible options to meet the needs of your busy lifestyle? Consider GEARs Kids Center! We offer affordable tuition fees with full time and part time options available for Before and After school care, Kindergarten Enrichment, Preschool and Summer Camp Programs. Spaces for the school year are limited, so call today! Contact us at 717.367.0119 for a tour or email: WendyMusser@GetintoGEARS.org

GEARS Kids Center is a STAR 4 Facility with the Pennsylvania Keystone Star Program.



OUR PROGRAMS:



PRESCHOOL:

Our 3.6 year–5 year old students are assessed with the *Desired Results: Social-Emotional* assessment tool . We also use the *Ages and Stages* screening tool to assess their current development. GEARs Kids Center uses the Pennsylvania Early Learning Standards to create lesson plans. Our philosophy is that learning through play and active engagement fosters the development of a well-rounded child.

KINDERGARTEN:

Our Kindergarten students can attend a Kindergarten Enrichment program in the morning and afternoon at the GEARs Community Center. Kids Center provides mid-day transportation from Krapf, Inc., transporting students to East High Elementary and Bainbridge Elementary to attend the Elizabethtown Area School District Kindergarten Programs. Kindergarten Enrichment at the Community Center allows children to continue their learning with a vibrant program supported by the Pennsylvania Kindergarten Standards. GEARs uses the PATHS Social Emotional Curriculum and evaluates students using the *Desired Results* assessment tool.

BEFORE AND AFTER:

Our Before and After School programming serves students who attend Bainbridge Elementary, Bear Creek Elementary and East High Elementary. These elementary schools, as well as, the GEARs Community Center serve before and after school students ages first through fifth grade. The Community Center serves as a site when "non-school" days are scheduled by the EASD. PATHS Social Emotional Curriculum is taught and students are evaluated by the *Desired Results -Social-Emotional* assessment tool.

Upcoming Events:

❄️ **Kids Center CLOSED on February 16th, March 27th, and April 6th for professional development.**

❄️ **For Summer '26 and Fall '26–'27 enrollment information, please visit our website: <https://www.getintogears.org/kids-center>**



Senior Center

FRIENDS MEETING FRIENDS



Elizabethtown Area
Senior Center
Friends Meeting Friends

Elizabethtown Area Senior Center

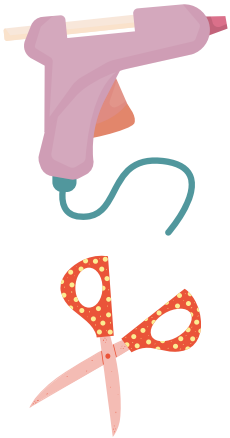
Located in the GEARs Community Center
70 S. Poplar Street, Elizabethtown

717.367.7984

GetintoGEARS.org/Senior-Center
SeniorCenter@GetintoGEARS.org

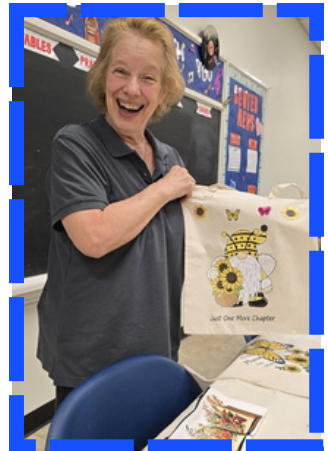
At the Elizabethtown Area Senior Center, older adults find more than just a place to spend the day—they find friendship, connection, and a true sense of community. It's a space where laughter is shared, stories are told, and everyone belongs. Whether you're exercising to stay strong, joining in a group activity, or enjoying a conversation over lunch, every visit offers a chance to feel uplifted and engaged with those around you.

This winter, we're celebrating togetherness and keeping spirits high with activities designed to chase away the winter blues. Upcoming highlights include our Everyone's Birthday celebration, a cheerful Valentine's Day Party, and a festive St. Patrick's Day Party. Along with our regular exercise programs that keep us moving and motivated, these events are sure to bring warmth, energy, and plenty of smiles all season long.



Craft Club

Join us on the third Wednesday of each month from 1:30 to 4:00 p.m. for our Craft Club! Each month features a project of special interest—something fun, creative, and perfect for the season. Whether you're an experienced crafter or just love trying new things, everyone is welcome to join in, share ideas, and enjoy the satisfaction of making something by hand.



Elizabethtown Area Senior Center is an activity center for the well elderly area residents over 60 years old. The Senior Center has a large service area that includes the communities of Elizabethtown, Bainbridge, Maytown, Mount Joy, Salunga, Landisville, Mastersonville and Manheim.

Door-to-door transportation is available, as needed.

The Senior Center is open Monday through Friday 8:30am-4pm.
Call for a complete list of daily activities or additional information.

This program is funded, in part, under an agreement with money allocated by the Pennsylvania Department of Aging and the Lancaster County Office of Aging.

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Hours:

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Saturday: 9 a.m. - 5 p.m.
Sunday: Noon - 5 p.m.
JANUARY - APRIL
Friday: 10 a.m. - 5 p.m.
Saturday: 9 a.m. - 3 p.m.



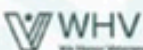
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MasonicVillageHospice.org
717-361-8449



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- Skilled nursing care/ 24-hour on-call support
- Physical, occupational & speech therapy
- Post-surgical, cardiac, joint replacement & wound care
- Disease, medication & pain management
- Short-term post-acute hospital rehabilitation
- Blood sugar, blood pressure, oxygen & antibiotic monitoring

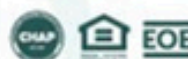
717-361-4050 | MasonicVillageHomeHealth.org

MASONIC VILLAGE HOME CARE

Receive non-clinical help with daily living on an hourly, daily, regular or temporary basis. Services include:

- Grocery shopping/meal prep
- Light housekeeping
- Transportation
- Health care coordination
- Bathing, grooming & dressing
- Basic vital sign monitoring, pacemaker checks & medication reminders
- Day surgery assistance & respite care
- Help with transfers & walking

717-361-4999 | MasonicVillageHomeCare.org



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www.AdventureHershey.com

WINTER/SPRING 2026 Registration Information

Online

www.GetintoGEARS.org

Email: GEARS@GetintoGEARS.org

Note: There is a credit card service fee for online & in-person registrations (minimum of \$2). We accept Visa, MasterCard, American Express or Discover. You will receive an email confirmation of your purchase. If a refund is issued for your credit card purchase, the service fee will not be included in your refund amount.



Phone

Call us at 717.367.0355 (Recreation); 717.367.0119 (Kids Center);
717.367.7984 (Senior Center)

In Person

Drop by our office @GEARS Community Center, 70 South Poplar Street, Elizabethtown. The recreation office is located on the right side of the building.

Mail-In

GEARS, 70 South Poplar Street, Elizabethtown, PA 17022.

Please be advised that popular programs and classes fill early.

Confirmations/Receipts

Once you sign up it is your responsibility to attend the activity. Confirmations will be sent via email only. GEARS will contact participants if the program is cancelled.

Fee Structure

All fees listed in this brochure are for residents of the East Donegal Township, Elizabethtown Borough, Mount Joy Township and West Donegal Township. Non-residents (NR) will be charged an additional fee.

Refunds/Transfers

If GEARS recreation cancels a class, a full refund or transfer to another class/session will be offered. All other refund requests must be received over the phone or by email prior to the start of the program. All refunds are subject to approval by the recreation director and any credit card processing fees will not be refunded. Programs requiring advanced purchase of tickets or services may not be refundable unless your spot can be filled (sports leagues, special events, tournaments, swim lessons, aquatic classes, and bus trips). If you are not satisfied with any of our programs, we kindly request your input in the form of suggestions, comments, ideas or changes for improvement in the program survey. *Bus trip cancellations must be requested prior to 30 days before departure.*

Miscellaneous

Class size of all programs listed in this brochure will be limited. Individuals must sign-up before attending any classes, unless otherwise noted. Registration is accepted on a first come, first served basis. GEARS does not provide accident insurance. Individuals must provide their own coverage.



Location Codes & Addresses

CC: GEARS Community Center: 70 S. Poplar St. Elizabethtown

CPOW: Community Place on Washington: 65 E. Washington St. Elizabethtown

Fuhrman Park: 190 Rock Point Rd. Marietta

EAHS/EAMS: Elizabethtown Area High/Middle School: 600 E. High St. Etown

MV: Masonic Village Patton Campus: 1244 Bainbridge Rd. Elizabethtown

Winters Heritage House: 47 E. High St. Elizabethtown

The Wellness Grove: 222 S. Market St. Suite 101A Elizabethtown

Donegal Intermediate School: 1177 River Rd. Marietta

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