

2027 WINTER & SPRING PROGRAM GUIDE

live. learn. play.

RECREATION

KIDS CENTER

SENIOR CENTER



GEARS

SCAN ME



RECREATION
(717) 367-0355

KIDS CENTER
(717) 367-0119

SENIOR CENTER
(717) 367-7984

www.GetintoGEARS.org

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On August 18, 2026, we celebrated with a ribbon-cutting ceremony, marking the completion of this exciting second-floor renovation project and the beginning of a new chapter for GEARS. We truly appreciate the support and patience of our community throughout the renovation process. Your support helped make this project possible, and we are grateful to everyone who contributed along the way. We look forward to filling these new spaces with new programs, classes, and activities. Thank you for helping GEARS continue to grow and better serve our community!

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.

GEARS Municipal Partners & Board Members

East Donegal Township
Scott Kingsboro
Linda Good
Alan Kaylor

Elizabethtown Borough
Howard Kroesen, Chair
Jay Hynicker
Alissa Eby

Mt. Joy Township
Delmar Oberholtzer, Treasurer
Ed Myers
Vacant

West Donegal Township
Lindsay Norris, Vice Chair
Phil Dunn
Jeb Musser

GEARS Staff Contacts

Administration: (717) 367-0355
David Wendel, Executive Director
Joyce Hardman, Business Manager

Kids Center: (717) 367-0119
Kelly Flowers, Interim Director

Recreation: (717) 367-0355
Lee Eckert: Director
Karrie Norman: Program Coordinator
Erin Thomas: Administrative Asst.

Senior Center: (717) 367-7984
Jessica Raush, Director
Julissa Rivera-Santa, Asst. Director
Wayne Bream, Assistant

Residential program pricing throughout the brochure:
Resident= Household resides in Elizabethtown Borough, West Donegal Township, East Donegal Township, or Mount Joy Township

Non-resident (NR)= Household resides outside of the municipal areas listed above



All programs and events conducted by GEARS that are listed in this brochure are not sponsored by the Elizabethtown Area School District and the District assumes no liability for these programs and events, including their content, conduct, or any associated outcomes.

19th Annual Daddy/Daughter DANCE



Fri Feb 12th

6PM-7:30PM

MV Salon #1

Fathers, escort your daughters to a magical night of fun! Dad not available? Bring your grandfather, uncle, older adult brother or your favorite family friend (18+) as your escort. Enjoy arts & crafts, snacks, photos and of course, dancing!

Sponsored by:

DDMP Dellinger, Dolan McCurdy & Phillips Investment Advisors, LLC An Independent Firm

$55/couple ($65 NR) **Register by Fri Feb 5th**

Mother/Son Superhero Bowling

Calling all Superheroes! Suit up in your favorite superhero costumes for an action-packed afternoon of unlimited bowling, prize trains, photo booth, costume contest, and light refreshments. Bring mom, grandma, an aunt, or another special lady for a memorable day!

Sat March 6th

1PM-3PM

Clearview Lanes



$45/couple ($55 NR) **Register by March 1st**

Eggstravaganza



Sat March 20th

10AM

Etown Community Park

- Free for kids ages 12 and under
- Free for seniors ages 60+
- $5 Teen/Adult Egg hunt ages 13+

Sponsored by:

MARS SNACKING

MOTHER/DAUGHTER CRAFT NIGHT

Looking for a fun and creative way to celebrate Mother's Day? Join us for a special craft night where you will create a one-of-a-kind keepsake! Activities include a guided craft tutorial by Twisted Easel, light refreshments, and a photo booth. Share the night with Mom, Grandma, an aunt, or another special lady.

Fri May 7th

6:30-8PM

GEARS CC Gym



$60/couple ($70 NR)

Register by Fri April 30th



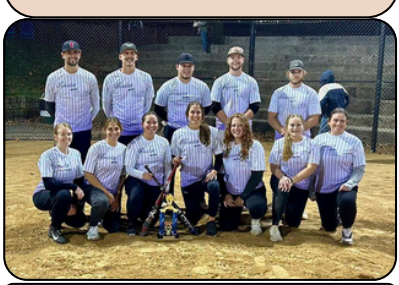
Holiday Parade

Municipal Fields Scheduling Meeting

Informational meeting:
Monday Feb 8 @7pm, EAHS LGI Room

Meeting will discuss municipal field use, rules, fees, and avilability for 2027. Local organization leaders interested in reserving municipal fields for their teams should attend.

Come prepared with your completed field request form. See GEARS website for details & form.



Congratulations to *Beauties & the Beasts,* the GEARS Fall 2026 Coed Softball League Champions!





Pickleball

GET OUT OF THE KITCHEN

After School Pickleball Crew

During this after school program, students will learn the rules of the game, learn how to keep score, and practice key pickleball 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 3-8

Wed Feb 10- Mar 3
(A) 4-5pm (Grades 3-5)
(B) 5-6pm (Grades 6-8)
$55 ($65 NR) Bear Creek 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+

Tue/Wed/Thu May 4, 5, 6
(Rain date Fri May 7)
6:30pm-7:45pm
$50 ($60 NR) Legion Park

Pickleball: Skill Builder

Build your pickleball confidence and skill in this class series 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! Equipment is provided. Instructed by Pam Kaylor. Ages 16+

Fri Feb 19, Feb 26, Mar 5
1pm-2:15pm
$50 ($60 NR) GEARS CC Gym



Preschool

PLAY, LEARN & GROW TOGETHER

Iddy Biddy Gym Class Heroes

Help your little one develop motor skills in a fun and encouraging environment. This class is an intro to sports and classic gym class games. Children will learn new skills and develop athletic movements, hand-eye coordination, and teamwork. Featured sports include: soccer, football, gymnastics, racket sports, lacrosse, and group games. Ages 3-6

Wed Feb 3- Mar 3
6pm-6:45pm
$65 ($75 NR), GEARS CC Gym

Iddy Biddy Soccer

Kick, run, and play! This fun-filled soccer program introduces young athletes to the basics of soccer through playful games, activities, and skill stations. Participants will practice kicking, dribbling, and moving with the ball while building coordination, confidence, and motor skills. Fee includes a t-shirt. Ages 3-6

Sat Apr 3- May 15 (no May 8)
(A) 9-9:45am
(B) 10-10:45am
$65 ($75 NR), EAHS Field #2

Toddler Gym

Get your little one moving in this fun, active class designed for toddlers and their caregiver! Each session begins with a group warm-up followed by time to explore the exciting obstacle courses and gymnastics activity stations. Children will build coordination, confidence, and motor skills through play while enjoying quality time together. This program is available as a drop-in class or as a whole session. Ages 18 months-4 yr

Tue Jan 12- Mar 30
10:30-11:15am
$85 ($95 NR); $10 Drop-in ($12 NR)
GEARS CC Studio 3

Iddy Biddy Creative Movement

Move, groove, and let your imagination shine! Little ones will explore the joy of music and movement while developing coordination, creativity, motor skills, and a natural sense of rhythm. Through playful activities, imaginative movement, and fun props like scarves and ribbons, children will have the freedom to express themselves, build confidence, and discover the magic of movement! Instructed by Karen Diehl. Ages 4-6



Thu Jan 28-Feb 25
5-5:45pm
$55 ($65 NR), GEARS CC Studio 3



Iddy Biddy Tennis

Children will be introduced to tennis using large-sized RED balls and smaller racquets, nets and courts. The ABCs: Agility, Balance and Coordination will be developed through fun activities and exercises. Ages 4-6



Thu May 20-Jun 10, 5:30-6:15pm
$55 ($65 NR), EAHS Tennis Courts

Winters Heritage House Preschool Story Hour

On the 2nd Friday of each month, come to Winters Heritage 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. Theme inspired snacks included. Ages 3-6

Fri Jan 8, Feb 12, Mar 12, Apr 9, May 14
10-11:30am, $30 ($32 NR)

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 introductory throwing, catching, and batting skills. Fee includes a t-shirt. Ages 4-6

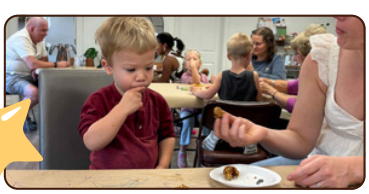
Tue May 25-Jun 22
6-7pm
$65 ($75 NR), EASD Field #2

Kid Chef: Food Explorer!



Join us for a fun child & me workshop that includes sensory play, colorful discovery, and no-pressure food exploration! Your little ones will help prep a simple, kid-friendly snack, empowering them to take ownership of what's on their plate. *The Wellness Grove* dietitian team believes that falling in love with food starts with curiosity, not a clean plate. In this spring-themed interactive workshop, you will move away from dinner table battles and into a world of food exploration and adventure! Perfect for preschoolers and their favorite grown-up! Ages 3-6

Wed Mar 17, 9-10:15am
$30/pair ($35 NR), GEARS CC Studio 1
Must register both the child and adult.



Interested in Instructing?
GEARS is always looking for qualified instructors/coaches for various youth and adult programs. If interested, please go to the *Join our Team* page on our website and complete an application today!

GEARS Basketball Grades 10-12 New!

Tryout for *one* Boys 10th-12th Grade Basketball team representing GEARS in a league featuring teams from the Harrisburg area. Practices begin in December with games Jan-Feb.

Must register (free) and attend tryout dates to be considered for the team.

Tryouts: Wed Dec 2 & Mon Dec 7
7:30-9pm @EAHS Old Gym

$100 fee if selected for the team

After School Basketball Skills Clinic

Six sessions of basketball skill work. Each day incorporates a variety of basketball-specific skill stations, fun games and game play in 3v3 and 5v5 environments. Ball handling, shooting fundamentals, dribbling techniques, moving without the ball and offensive footwork will all be stressed.

Boys & Girls Grades 3-5
Tue Mar 9- Apr 13, 3:45-4:45pm
$95 ($105 NR) Bear Creek Gym

Youth Soccer

Does your child want to learn soccer? Check out this instructional and low competitive soccer program (no assigned teams). Participants will learn the fundamentals of soccer in a fun environment while playing skill development games. Led by the EAHS Girls Soccer coaches & players. Fee includes a t-shirt. Boys & Girls Grades 1-3

Sat Apr 3- May 15 (no May 8)
9-10:30am
$65 ($75 NR) EAHS Field #3

Indoor Field Hockey Clinics

Grab a stick and get in the game! Learn the fundamentals of field hockey through various drills, fun competitions, and small games designed for all skill levels. Hockey sticks provided as needed. Shin guards are recommended. Fee includes a t-shirt and mouth guard. Clinics led by RAA Elizabethtown Youth Field Hockey. Grades K- 6th

Sat Feb 13-Mar 13
(A) 8:30-9:30am (*Grades K-2*)
(B) 9:45-10:45am (*Grades 3-6*)
$50 ($60 NR) GEARS CC Gym

Babysitting Basics

This American Red Cross 8-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. Participants should pack a lunch. Taught by certified instructor Carissa Ressler.

Mon Feb 15th *(no school day)*
8:30am-4:30pm
$125 ($135 NR) GEARS CC Studio 1

Girls Volleyball Skills Program

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

Wed Mar 17- Apr 21
6-8pm
$65 ($75 NR) Bear Creek Gym

REGISTER NOW

History Detective Days at Winters Heritage House

Sleuth your way through history! Filled with interactive activites, this elementary program allows students to explore history through images, crafts, games, and hands-on projects. As you explore 200 years of Elizabethtown history and recreate historical buildings or examine artifacts, you will gain a deeper understanding of the people and events that helped shape our community. Snacks included. Ages 6-12

(I) Apr 17: *Elizabethtown, a celebration of 200 years*
(II) May 8: *A patchwork of Elizabethtown*
10-11:30am, $8/day ($10 NR)
Winters Heritage House

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.



Boys & Girls Grades 3-6
Mon Dec 28, 10am-12pm
$20 ($25 NR) EAHS Gyms

Home School/Cyber School Gym Class Heroes

This daytime class is geared towards school aged children and teens currently participating in home or cyber school. Each class will focus on a new sport and include other classic gym class games like kickball & dodgeball. Sports include: basketball, soccer, pickleball, floor hockey, and wiffleball. Ages 6-14

(I) Fri Jan 8- Feb 5, 1-2pm
GEARS CC Gym, $50 ($60 NR)
(II) Thu Apr 8- May 13, 1-2pm
GEARS Hockey Rink (Outdoor)
$60 ($70 NR); Drop-in $10 ($12 NR)

Winters Heritage House Afternoon Kids Club

Be a part of the Winters Heritage House Museum's *Afternoon Kids Club* where each afternoon program is an adventure in art, history, and creativity. Using the Museum's exhibits and artifacts, each session brings a new theme that offers discovery through hands on activities, painting, stories, images, games & crafts. Snack is included each week. Ages 4-12

Wed Mar 3- May 19
4:15-5:30 pm
$70 ($75 NR) Winters Heritage House

Winters Heritage House PJ Story Nights

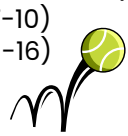
Snuggle in with blankets and enjoy themed stories that come to life through wonder and creativity. Take part in hands-on crafts & activities that spark inspiration and fun. Tasty treats will be provided, making it the perfect evening to get lost in the magic of stories! Ages 5-12

(I) Feb 26: *Dinosaur Adventures*
(II) Apr 23: *Home Sweet Home*
(III) Jun 4: *Traveling Across America*
6:30-8pm, $8/day ($10 NR)
Winters Heritage House

Beginner & Intermediate Tennis Group Lessons

All skill levels are welcome to learn tennis! 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. Intermediate level instruction will focus on continuing to develop tennis skills, footwork, and prepare players for match play using standard yellow balls. Participants will be divided by skill level within their age group. Instructed by Brenda McBride and Michael Sobel.

Tue May 11- Jun 1 *(raindate Jun 8)*
(A) 6:15-7:15pm (Ages 7-10)
(B) 7:15-8:15pm (Ages 11-16)
$65 ($75 NR)
EAHS Tennis Courts



3 Ways to Register:
Phone: (717) 367-0355
Online: www.GetintoGEARS.org
In-person: 70 S. Poplar St. Etown

E-town Girls Lacrosse Program

Learn the basics of girls lacrosse through structured practices and games. No experience needed. Teams will participate in the Tri County Lacrosse League. Fees include an 8-game season, 1 tournament, league & referee fees and a reversible pinnie. Practices held twice a week with games on Saturday or Sunday. Teams for Girls Grades 2-4, 5&6, and 7&8. Volunteer coaches needed! For questions or coaching inquiries, please email Coach Erin: GEARS@getintogears.org

Season runs March 8- May 8
$165/player (Grades 2-4)
$175/player (Grades 5-8)
Register By March 1st

Girls Lacrosse Interest Meeting
Curious about the girls lacrosse program teams? Join us on *Monday December 14th @7pm in GEARS CC Studio 1* for information about the program, league games, fees, and equipment. Parents and athletes are both encouraged to attend and ask questions. *Please pre-register for the meeting.*

Power Hour with Lynn

New Location!

Strengthen, tone, and condition your body from head to toe! Get ready for body weight exercises 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 4- Mar 8 (no Jan 18)
(II) Mon Mar 22- May 17
6:30-7:30pm
$75/series ($85 NR), GEARS CC Studio 3



Feel Good Yoga

Breath-based flowing yoga sequences are used to warm the body, foster mobility and flexibility, improve balance, and create a deep sense of relaxation. Learn postures using safe alignment and modifications. **Designed for all fitness levels** and can be adapted to individual needs, abilities, and desires. Please bring a yoga mat and yoga block. Instructed by Michelle Pelna, certified yoga teacher. Ages 16+

(A) Mon (I) Jan 11- Mar 8
(II) Mar 29- May 24
(B) Thu (I) Jan 14- Mar 11
(II) Apr 1- May 27
9-10am, GEARS CC Studio 3
1 day/week/series: $75 ($85 NR)
2 days/week/series: $140 ($160 NR)
Use "combo" to register for 2x/week



Cycle Strong

New Location!

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 16+

(I) Sat Jan 9-Feb 27
(II) Sat Mar 13- May 8 (no Mar 27)
8-8:45am
$60/series ($70 NR), GEARS CC Studio 4



Chair Yoga

Chair yoga offers a gentle, accessible way to enjoy the benefits of yoga with the support of a chair. The 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 Pelna, certified yoga teacher. Ages 18+

(I) Wed Jan 13- Mar 10, 9-10am
(II) Wed Mar 31- May 26, 9-10am
$75/series ($85 NR), GEARS CC Studio 3

Power Yoga Flow

New Location!



Energize your body 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, Registered Yoga Teacher (RYT-200). Ages 16+

(I) Wed Jan 20-Mar 10 | 6:30-7:30 pm | GEARS CC Studio 2 | $65 ($75 NR)
(II) Wed Mar 31- May 19 | 6:30-7:30 pm | MV Carpenter Chapel | $65 ($75 NR)

Bellydance Fitness

Try something new in the new year! Trim and tone your body with graceful movements in this beginner friendly Bellydance Fitness class. Burn calories and reduce stress with a fun aerobic workout while moving to beautiful music. Wear comfortable workout clothes. Led by Venecia Arzola. Ages 16+

Fri Feb 19- Apr 9 (no Mar 26) | 6:30-7:30pm | $65 ($75 NR) GEARS CC Studio 3

Fitness Punch Card

Do you have a crazy schedule or want to try several classes to find the class that works best for you? Then a Punch Card might be exactly what you need!

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 $95 for 10 classes ($105 NR).
Cards expire 1 year from purchase.

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, Nanette Lamb. Ages 16+

(I) Mon Jan 25- Mar 15
(II) Mon Apr 12- Jun 7 (no May 31)
5:30-6:15pm
$65/series ($75 NR), GEARS CC Studio 3

Pound®

Join us for this 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 Clark. Bring a yoga mat. Ripstix provided. Ages 14+

(I) Tue Jan 19- Mar 9
6:30-7:30pm, GEARS CC Studio 3
(II) Tue Mar 23- May 11
7-8pm, GEARS CC Gym
$65/series ($75 NR)

Zumba®

Dance fitness class that fuses motivational musical rhythms and unique moves to create a dynamic workout designed to be FUN and EASY! Join the party as we move to beats of a mix of songs across the decades and music genres! Instructed by licensed Zumba instructor, Courtney Clark. Ages 14+

(I) Wed Jan 20- Mar 10, 6:30-7:30pm
(II) Wed Mar 24- May 12, 7-8pm
$65/series ($75 NR) GEARS CC Studio 3

Vinyasa Yoga

Strengthen, balance, and gain flexibility while linking mind and body through breath. Sun Salutations, standing and seated postures, balance poses, and relaxation combined in one class that allows the beginner or advanced yoga student to enjoy an invigorating and fulfilling experience. Instructed by Stephanie Weaver, a certified yoga instructor. Ages 16+

(A) (I) Mon Jan 4- Mar 1 (no Feb 8)
(II) Mon Mar 22- May 17 (no Apr 5)
(B) (I) Thu Jan 7-Feb 25
(II) Thu Mar 18- May 13 (no Apr 8)
6-7pm, MV Carpenter Chapel
$80/series ($90 NR) (*8 classes*)



Men's Vinyasa Yoga New!

*Men of all experience levels are invited to try this **free** one-day sample class and discover the strength, flexibility, balance, and relaxation benefits of Vinyasa Yoga in a welcoming, supportive environment. Instructed by Stephanie Weaver. Ages 18+*
Thursday Dec 17, 6-7pm GEARS CC
Register to receive email details.

Spin & Sculpt

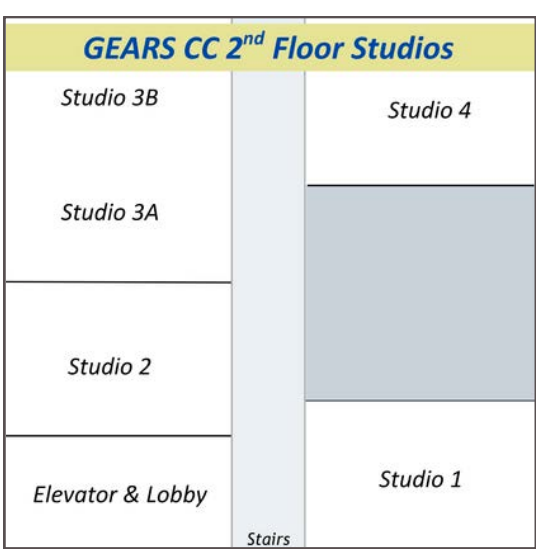
New Location!

Transform your body & burn calories with this workout! Build your cardiovascular endurance and strength with a combination of indoor cycling & strength training. From intervals to climbing hills, sprints, and jumps, this class has something for everyone. Class 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+

Tue & Thu *(18 classes/series)*
(I) Jan 5- Mar 11 (no Feb 16 & 18)
(II) Mar 23- May 20
5:30-6:30pm, $120/series ($125 NR)
GEARS CC Studio 4

Step Fitness Combo

Ignite your calorie burn with this energizing, full-body step workout! You will be moving and grooving through beat-driven routines that can easily be modified for ***any fitness level***. Finish strong with 15 minutes of core-focused exercises on the bench to strengthen and tone your midsection! Boost your cardio and leave class feeling strong and uplifted. Step equipment provided. Instructed by Katielynn Scanlon.
Ages 16+
(I) Thu Jan 14- Mar 11 (no Feb 11)
GEARS CC Studio 3
(II) Thu Apr 1- May 20
6-7pm, GEARS CC Gym
$65/series ($75 NR)



Line Dance

Instructed by Raquel Neighoff

Let's Line Dance
Step onto the dance floor for two hours of music, movement, socializing, and fun learning some of the latest trending dances along with timeless classics. Each session covers multiple dances with step-by-step reviews to build your confidence on the dance floor! Open to all skill levels, but perfect for the beginner line dancer. Ages 14+

Tue Feb 9-Mar 16 (*6 weeks*)
6:30-8:30pm, $65 ($75 NR)
GEARS CC Gym

Let's Line Dance *Improver+*
Keep your boots moving! This Improver+ class is designed for dancers who have mastered the basics and are eager to learn exciting new choreography and improve their rhythm, coordination, and confidence while enjoying great music, plenty of laughs, and an encouraging class environment each week!

Tue Apr 6- May 11 (*6 weeks*)
6:30-8:30pm, $65 ($75 NR)
Memorial Hall, Etown Fairgrounds



Tai Chi

Find your balance and improve your overall sense of well-being through Tai Chi! The *Intro level* introduces short, simple forms and familiar Taijiquan movements, while the *Advanced level* explores longer, more detailed forms from various Tai Chi styles. Both classes focus on mindful movement, proper alignment, relaxation, and safe practice to help improve balance, coordination, flexibility, and overall wellness. Instructor Ben Ninmann brings over 25 years of Tai Chi teaching experience. Ages 18+

(I) Tue Jan 5- Mar 9
(II) Tue Mar 30- Jun 8 (no Jun 1)
(A) 6:15-7:15 pm (*Intro Class*)
(B) 7:15-8:15 pm (*Advanced Class*)
$110/series ($120 NR)
MV Carpenter Chapel

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.

Dolphin (Level 4)
Stroke Improvement: Develop confidence and competency beyond preceeding levels, including breaststroke, sidestroke, and diving.

Shark (Level 5)
Stroke Refinement: Coordinate and refine key strokes; introduce the butterfly stroke, and open turns.

Parent & Child Swimming

Make a splash with your little one this winter! Parents join their child in the pool for a fun, engaging class designed to build comfort and confidence in the water. Using pool toys and age-appropriate equipment, children will explore basic water skills through playful activities. Ages 6 months- 3yr

(I) Sat Jan 9- Feb 27
(II) Sat Mar 13- May 8 (no Mar 27)
(A) 8-8:30 am (6-24 months)
(B) 8:40-9:10 am (2-3 years)
$100/series ($110 NR) MV Patton Pool

Learn to Swim

Help your child build confidence and become a stronger, safer swimmer! Our learn to swim program offers fun, engaging activities designed to help swimmers develop new skills, build confidence, and progress smoothly through each level. As children grow and improve, they will be encouraged to take on new challenges and reach the next level of their swimming journey.

(I) Sat Jan 9- Feb 27
(II) Sat Mar 13- May 8 (no Mar 27)
Level 1 *Tadpole* 9:20-9:50am (*age 4-5*)
Level 2 *Guppy* 9:55-10:25am (*age 4-5*)

Level 1 *Frog* 10:30-11:00am (*age 6+*)
Level 2 *Seahorse* 11:05-11:35am (*age 6+*)
Level 3 *Seal* 11:40am-12:10pm (*age 6+*)
Levels 4&5 *Dolphin & Shark*
12:15pm-12:45pm (*age 6+*)
$110/series ($120 NR) MV Patton Pool

Must call the rec office (717) 367-0355 to register for swim lessons to ensure your child is placed in the correct swim level.

WINTER SESSIONS *(6wks)*-Adult Fitness

Sun Jan 17- Feb 21; MV Patton Pool

Aqua Motion: 1pm-1:45pm New!

Keep moving and stay active through the winter months with this refreshing, low-impact ***shallow water*** workout! Using the natural resistance of water and tools like aqua dumbbells and noodles, this fun blend of cardio and toning helps build strength and improves flexibility & balance, while being gentle on your joints. Equipment provided. Instructed by Collean Riehl. Ages 16+, $60 ($70 NR)

Deep Water Fitness: 2:15pm-3pm

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 offers a challenging yet joint-friendly way to stay active and strong. Equipment provided. Instructed by Collean Riehl. Ages 16+, $60 ($70 NR)

SPRING SESSIONS *(8wks)*- Adult Fitness

Tue and/or Thu Mar 23- May 11
MV Patton Pool

Aquacise: 6:45pm-7:30pm

Build strength and flexibility with this energetic and restorative low-impact ***shallow water*** workout! Use water resistance to tone the legs, thighs, glutes, arms and abs while improving balance and stability. Keep your body moving and your energy up! *Limited spots available, so register early!* Instructed by Karen Diehl. Ages 16+
1 day/week: $75 ($85 NR)
2 day/week: $140 ($160 NR)



Continuing Education LEARN SOMETHING NEW

Boost Your Immunity: Everyday Habits for a Healthier Winter

New!

Give your immune system some love. Explore how everyday lifestyle choices can support a healthy immune system, with a focus on movement, sleep, stress, nutrition, and the role of supplements. Participants will leave with practical, realistic strategies they can incorporate into their daily routines to support their overall health and well-being throughout the winter season. Instructed by National board certified Health & Wellness coach, Melanie Miller. Ages 18+

(I) Thu Jan 21, 10:15am-11:30am
(II) Mon Feb 1, 6-7:15pm
$25 ($30 NR) GEARS CC Studio 1

Financial Foundations

M&T Bank

Build confidence in your financial future with this free class presented by M&T Bank, designed for high school and college students and their families! Learn the basics of banking, how to protect yourself from fraud, smart strategies for saving money, and what a credit score is and why it matters. We'll also break down how loans work, including student loans, to help you make informed financial decisions and prepare for the road ahead. Ages 13+

Tue Feb 9, 6-7pm, GEARS CC Studio 1
FREE, *registration required*

Reverse Mortgage

New!

Could your home equity help support your financial goals in retirement? Join us to learn how an FHA-insured reverse mortgage (HECM) may provide eligible homeowners age 62 or older with greater financial flexibility while allowing them to remain in their home as they age. Explore potential benefits such as no required monthly mortgage payments, flexible use of funds, and options for receiving proceeds to supplement monthly cash flow. This informative class will also cover eligibility requirements, important responsibilities, and the steps involved in determining whether a reverse mortgage may be right for you.

(I) Thu Feb 25, 10-11am
(II) Thu Mar 11, 6:30-7:30pm
GEARS CC Studio 1
FREE, *registration required*



Social Security Workshop

Social Security is one of the most important retirement decisions you will make. This class will help you understand your benefit options, key claiming strategies, and the factors that can affect your lifetime income. You'll learn how age, work, taxes, spousal and survivor benefits, and coordination with your overall retirement plan can influence your decisions, giving you the knowledge and confidence to make informed choices for your financial future.

(I) Thu Feb 11, 6-7:30pm
(II) Thu May 6, 6-7:30pm
GEARS CC Studio 1
FREE, *registration required*

Stress Less

New!

Take control of stress before it takes over your day. Learn how stress affects your mind and body, identify personal stress patterns, and explore practical techniques for managing everyday stress in your busy life. Participants will walk away with tools and a personalized plan to better manage stress, improve well-being, and build resilience. Instructed by National board certified Health & Wellness coach, Melanie Miller. Ages 16+

Mon Mar 8, 6-7:30pm
$30 ($35 NR) GEARS CC Studio 1

Considering Home Ownership



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. Presented by M&T Bank. Ages 18+

Mon Mar 15, 6-7pm, GEARS CC Studio 1
FREE, *registration required*

Medicare Madness

Getting close to retirement and confused about Medicare? This class is for you! The basics of Medicare will be explained, including: when and how 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 and how to decide which plan best fits your needs. This class is beneficial because it clears away the confusion, answers many questions, and empowers participants through education.

Thu Apr 29, 6-8pm
$15 ($21 NR), GEARS CC Studio 1

GEARS
live. learn. play.



KEYSTONE STARS
Reaching higher for quality early learning

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, Kindergarten Enrichment, Preschool, and Summer Camp Programs. Spaces for the school year are limited, so call soon! Contact us at (717) 367-0119 for a tour today or email KellyFlowers@GetintoGEARS.org

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



PRESCHOOL:

Our 3 1/2 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:

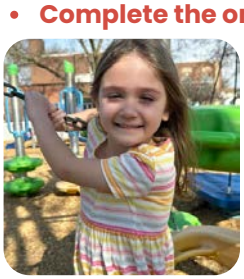
Our Kindergarten students can attend a Kindergarten Enrichment program in the morning and afternoon at the GEARS Community Center. Kids Center provides mid-day transportation from Krapf, Inc., transporting students to East High Elementary and Bainbridge Elementary to attend the Elizabethtown Area School 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.

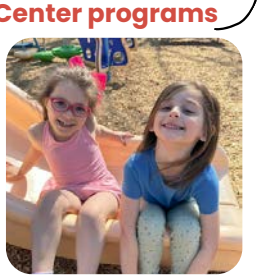
BEFORE AND AFTER:

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 December 23rd-January 1st**
- **Kids Center Closed for Professional Development February 15th**
- **2027-2028 Kids Center school year contracts open in April 2027**
- **Complete the online enrollment interest form for Kids Center programs**



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

There's always something exciting happening at the Elizabethtown Area Senior Center! Whether you're joining us for a special celebration, heading out on a bus trip, participating in a favorite activity, or simply spending time with friends, our center is a place to stay active, make connections, and enjoy life. With a welcoming atmosphere and a variety of programs, there's something for everyone to enjoy!

Upcoming Special Events!

January: Glam Party

February: Valentine's Day Party

March: Everyone's Birthday Celebration

May: Pennsylvania Day Celebration





Upcoming Bus Trips

March 25: Dutch Apple Dinner Theatre
9 to 5 The Musical

May 6: Shopping at Bird-in-Hand

And more exciting trips to come!

For more information about our programs, special events, bus trips, and pricing, please call the center or stop by during our regular business hours.

Whether you're a longtime member or thinking about joining us for the first time, we invite you to come see all that we have to offer. We look forward to welcoming you to the Elizabethtown Area Senior Center!

Elizabethtown Area Senior Center is an activity center for independent 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.
Lunch is provided daily.

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.

Philadelphia Flower Show

Join George Weigel, garden writer and horticulturist, on a trip to the 2027 *Philadelphia Flower Show*. This year's theme is ICONIC, celebrating the garden as a muse and exploring how plants and flowers have influenced art, fashion, food, film, and creative culture for centuries. 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 top floral and landscape designers.



Thursday March 18th
Depart: 10AM
Arrive Back: 8:30PM
$125 ($135 NR)
Clearview Lanes

NYC Day on Your Own

Enjoy the springtime in New York City! Travel 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!



Friday May 14th
Depart: 7AM
Arrive Back: 10:30PM
$110 ($120 NR)
Clearview Lanes

Cape May Cruising

New!

Enjoy a delightful day in beautiful Cape May. Begin with lunch (included) at a local restaurant before setting sail on the *Cape May Whale and Dolphin Watch Cruise*. Keep your eyes open for these amazing marine creatures while taking in the scenic coastal views. Before heading for home, enjoy free time exploring Cape May's charming shops, stroll the picturesque streets, and grab dinner on your own. Join us for seaside fun, sightseeing, and shopping!



Monday June 14th
Depart: 7AM, Arrive Back: 10:30PM
$210 ($220 NR), EAHS Parking Lot

Washington D.C. 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, and the monuments tour.



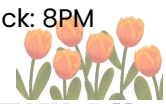
Wednesday March 24th
Depart: 8AM, Arrive Back: 8PM
$200 ($210 NR) Clearview Lanes

Tulips in Bloom

New!

Experience the beauty of spring at *Lakeland Orchard and Brownhill Farms Tulip festivals*! Wander through acres of vibrant, colorful tulips and enjoy countless photo opportunities along the way. Take a scenic train ride through the tulip fields, pick your own bouquet to take home, or simply relax and soak in the breathtaking views. It's the perfect springtime getaway! Trip includes transportation & admission.

Thursday April 15th
Depart: 8AM, Arrive Back: 8PM
$170 ($180 NR)
Clearview Lanes



Salute America

Explore some of America's most iconic landmarks on this full-day trip to New York City! Enjoy a ferry ride to the Statue of Liberty and Ellis Island where you will discover the history of America's immigration journey. Next, visit the *9/11 Memorial and Museum* to honor the lives and heroes remembered. Trip includes transportation, ferry ride, Ellis Island, Liberty Island, 9/11 memorial & museum admissions.



Saturday May 22nd
Depart: 6:30AM, Arrive Back: 10:30PM
$170 ($180 NR) EAHS Parking Lot

PLEASE NOTE: Departure times & locations are subject to change based on participation level. All cancellations must be received at least 30 days prior to the trip.

Trips

Go on an Adventure

Save the Dates for Summer Trips...

June 18: Animal Adventure-Philadelphia Zoo & NJ Aquarium

July 12: Washington DC Day on Your Own

July 17: Finger Lakes Summer Fest

July 31: Cape May Day on Your Own

August 7: NYC Day on Your Own

August 10: Sunflower Festivals at Brownhill Farms & Lakeland Orchard

August 14: Atlantic City Day on Your Own

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

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Hours:

MAY - DECEMBER
Thursday & Friday: 10 a.m. - 5 p.m.
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.

MASONIC VILLAGE

Personalized HOSPICE Care *at Home*



Receive personalized end-of-life care at home (covered by Medicare, Medicaid and most private insurance plans).

Services include:

- Complimentary evaluation
- Physician-directed care supervised by a registered nurse
- 24-hour support with visits as needed
- Medication, symptom & pain management
- Therapies & spiritual services
- Personal care assistance

MasonicVillageHospice.org
717-361-8449

National Hospice and Palliative Care Organization Member · WHV We Honor Veterans · CHAP · EOE



MASONIC VILLAGE HOME HEALTH

Receive clinical care at home (Medicare certified). Services include:

- 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***

MASONIC VILLAGE

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www.AdventureHershey.com



WINTER/SPRING 2027 Registration Information

Online **Email: GEARS@GetintoGEARS.org**

www.GetintoGEARS.org

Note: There is a credit card processing 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.

Phone

Call us at (717) 367-0355 (Recreation); (717) 367-0119 (Kids Center); (717) 367-7984 (Senior Center)

REGISTER NOW!

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 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.

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
EAHS/EAMS: Elizabethtown Area High School/Middle School: 600 E.High St. Etown
EDT: East Donegal Township, 190 Rock Point Rd. Marietta
Legion Park: 114 N. King St. Marietta
Memorial Hall: 900 E. High St. Elizabethtown (Fairgrounds)
MV: Masonic Village Patton Campus: 1244 Bainbridge Rd. Elizabethtown
MV Salon #1: One Masonic Dr. Elizabethtown
Winters Heritage House: 47 E. High St. Elizabethtown





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