The Recreation Committee Meets the 2nd Wednesday of every month at the Ohio Township Community Park’s Nature Center.

We are committed to enhancing the lives of Ohio Township Residents and building a strong and healthy community through people, parks, and programs.
The park is open from sunrise to sunset. Please refrain from visiting the park after sunset or before sunrise.

As a gentle reminder, there is a Township Ordinance prohibiting pets, including dogs, on any of the grounds at the community park.

Please contact the Parks and Recreation Department at 412.364.6321 if you lost or found items at the park. Items including cellphones, cameras, glasses, jewelry, etc. will be secured with the Parks and Recreation Department, and can be retrieved by calling the municipal building.

The Ohio Township Community Park is a one way road. When you visit the park, please make sure to travel all the way around the park to exit.

**INSTRUCTORS & VOLUNTEERS**

**INSTRUCTORS:** Bring your talents to the park! The Parks and Recreation Department is constantly seeking creative individuals to lead new classes and programs for all ages. If you are interested in sharing your talents or skills with others, or know of someone that would be a great instructor, call 412.364.6321 or email arubino@ohiotwp.org.

**VOLUNTEERS:** Volunteers are an essential part of running all of Ohio Township’s amazing programs and events! No matter what age you are, ask how you can help today. Volunteers are always welcomed for current and future park and recreation programs and events.

**EMAIL MAILING LIST**

Get updates, reminders, and the free recreation E-Newsletter sent right to your inbox! Email arubino@ohiotwp.org to have your email address added to our mailing list, and be the first to know about any new programs and park events!

**EAGLE SCOUT PROJECTS**

Looking to achieve Eagle Scout rank this year? Scouts (and volunteer groups) are invited to complete service projects at the park! Email arubino@ohiotwp.org for more information. The parks and recreation department will work with you to come up with a project that’s:

**FEEDBACK**

Your feedback is necessary! Let us know what you want to see at the park. Whether it is suggestions for new programs, facilities, or events, we’re always seeking input and ideas from the community. To help the park meet the recreational needs of the area, complete the survey in this guide or visit www.surveymonkey.com/s/5dvxxry. For any questions, suggestions, comments, or concerns, please email arubino@ohiotwp.org, visit 1719 Roosevelt Road, Pittsburgh, PA 15237, or call 412.364.6321.

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ABOUT REGISTRATION:

All programs, except where noted, require advance registration and are filled on a first come, first served basis. Programs require a minimum number of participants to be held. Most programs have a limited enrollment, so early registration insures you a place in the program. Programs will be available until they have reached maximum enrollment or are canceled due to a lack of registrants. If a program does reach maximum enrollment, we encourage placing your name on the waiting list. By doing so, we will be able to contact you in case of a cancellation or possible new session being added. Waiting lists are intended to be a source of contact and do not guarantee you will receive a return call.

HOW TO REGISTER FOR A PROGRAM:

Walk-In:

Visit the Parks and Recreation Department at 1719 Roosevelt Road, Pittsburgh, PA 15237. Credit cards are not accepted. Payment in full is due at time of registration. Office hours are 8:00am to 4:00pm, Monday-Friday.

Mail-in:

Please complete and sign the registration form in the back of the guide. Duplicate copies of the registration form can be made! Additional printable forms are also located at www.ohiotwp.org. Enclose payment for any fees listed in the program description. Make checks payable to Ohio Township and mail to: Ohio Township, Attn: Andy Rubino, 1719 Roosevelt Road, Pittsburgh, PA 15237.

Some programs will fill quickly, so please register as early as possible to ensure your spot! You can reserve a spot by calling 412.364.6321 or emailing arubino@ohiotwp.org. Once your spot is reserved, payment must be submitted immediately by walk-in or mail-in registration. Reservations will be lost if registration form and payment is not submitted in a timely manner.

PHOTO INFORMATION:

During Ohio Township Parks and Recreation programs and events, we may take your picture. Photos may be displayed at the Nature Center, at the Municipal Building, on our website, in future program guides, on our social media pages, in the township newsletter, or submitted to newspapers. Please let us know if this presents a problem before your participation.

REFUND POLICY:

To withdraw or cancel a registration, please contact the Parks and Recreation Department. Instructors are not authorized to issue refunds. Refunds - A refund will be issued if the Parks & Recreation office is notified of the withdrawal at least 7 days in advance of the start date of the class or activity. Refunds are issued by check. A processing fee of $5 is assessed for all cancelled registrations. There are no refunds after the start date of the program.

Services and facilities are available to all citizens, regardless of race, color, religion, national origin, sex, age, or disability.

This department is committed to giving all citizens equal access to recreational opportunities. In keeping with that policy, reasonable accommodations and support will be provided to people with disabilities so that they may take advantage of these opportunities.
The Ohio Township Community Park was a lucky recipient to almost 90 new trees through the One Tree Per Child Pittsburgh Program on May 9th! Efforts by the 3rd graders at Avonworth Elementary School (Class of 2028), parent and teacher volunteers, One Tree Per Child Pittsburgh, Tree Pittsburgh, and Comfort Keepers will go a long way in helping reforest areas of the park that were devastated by the Emerald Ash Borer infestation.

If you have questions or want to support future tree plantings this fall, visit One Tree Per Child Pittsburgh Facebook page at www.facebook.com/onetreeperchildpittsburgh.
The Ohio Township Community Park is eighty-acres of picturesque flat land and rolling hills located off of Nicholson Road. It is home to some truly spectacular sights! For sunset seekers, the upper field is the perfect spot to watch the sun dip behind the trees. The panoramic view of the park, coupled with the stunning view of the sunset, is a must see!

The focal point of the park is the two-story Nature Center. Presently, both floors are used for recreation classes and serve as one of the voting venues for the Township. Other facilities include a large hexagonal open air pavilion and a smaller picnic shelter, both of which are furnished with picnic tables. The Nature Center and open air pavilion are available to rent throughout the year. To compliment the buildings in the park, there is a large playing field designed for multiple simultaneous games, two children’s playgrounds, two horseshoe pits, a wheelchair accessible nature trail, new restroom facilities, and natural amphitheater behind the Nature Center. The park trail system maps can be found in this guide, or at the park’s bulletin board.

In addition to the community park, the Ohio Township Ballfield is located just north of the park, at 525 Nicholson Road. The Avonworth Girls Athletic Association currently hosts games and practices at this field.

Visit Today!
The Nature Center is located in the heart of the park. It is available for a variety of events including; business meetings, bridal showers, baby showers, birthday parties, family reunions, banquets, graduation parties, and much more! A small full-service kitchen is attached to the main room and will make preparing and serving food a breeze. Other amenities include restrooms, a coat area, tables and chairs, and plenty of extra serving space. The great room houses a beautiful, rustic indoor/outdoor wood burning fireplace. Comfortable seating is available for 72 people. The exterior of the building consists of a large patio with picnic tables, a fireplace, and a natural amphitheater.

Interested in hosting your next event at the park? Use the Nature Center or the Pavilion today! Both facilities are available to rent for residents and nonresidents! Call 412.364.6321 or email arubino@ohiotwp.org today to learn more or to schedule a free tour!

DOWNLOAD THE RENTAL PACKET AT WWW.OHIOTWP.ORG/PARK RENTALS

RESIDENT: $80 PER HOUR / MIN. 2 HOURS / MAX. 6 HOURS  |  $250 REFUNDABLE SECURITY DEPOSIT / $25 ALCOHOL PERMIT FEE

NONRESIDENT: $100 PER HOUR / MIN. 2 HOURS / MAX. 6 HOURS  |  $300 REFUNDABLE SECURITY DEPOSIT / $25 ALCOHOL PERMIT FEE
In order to secure your rental date, confirm that the date is available with the Parks and Recreation Director first. A facility rental packet must be filled out after confirmation and returned to the Ohio Township Municipal Office. Call 412.364.6321 or email arubino@ohiotwp.org to schedule and to make arrangements to get your facility rental packet. The packet contains more information regarding pricing, policies, and procedures. All rental applications are subject to availability and approval by the Parks and Recreation Director.

Residents can now reserve a facility 8 months in advance of rental date, and nonresidents can reserve a facility 6 months in advance. January 2020 dates can be booked by residents as early as May 2019, and nonresidents can reserve as early as July 2019.

Outdoor Pavilion

Resident: $40 per hour / min. 2 hours / max. 6 hours
Nonresident: $50 per hour / min. 2 hours / max. 6 hours

$250 refundable security deposit / $25 alcohol permit fee
$300 refundable security deposit / $25 alcohol permit fee

This 36 foot in diameter hexagonal open-air pavilion is the perfect outdoor picnic spot for your next event. Centrally located in the park next to the multipurpose fields, this space is ideal for parties, reunions, and much more. Picnic tables are available for use with the pavilion. New features for 2019 include a brand new wall to provide additional seating and privacy, and restrooms right next to the pavilion.
Come celebrate Ohio Township this summer at the brand new Community Day on Saturday, July 20!

5:00PM - 10:00PM
Live Music
Food Trucks
Demonstrations
Fireworks

Parade
Touch-a-Truck
Vendors
Kids Activities
And More!

Interested in being a vendor? Ohio Township is now accepting applications for booths at the event! Visit www.ohiotwp.org/communityday for vendor booth applications.

Ohio Township Community Park
325 Nicholson Road, 15143

Ohio Township Parks and Recreation
Join Ohio Township as we celebrate the community at the park! We’re looking for local businesses, non-profit organizations, and crafters to fill booths/spaces at the event. It’s a great way to interact with the local community and support Ohio Township! Applications can be found online, (www.ohiotwp.org/communityday) and are due on June 7th.

Food Truck List (Subject to Change):
- Cousins Maine Lobster
- Mission Mahi
- Wok Of Life
- Pgh Taco Truck
- Pgh Po Boy
- Jim’s Smokin’ Que BBQ
- Brgr
- Emporio Meatball Truck (EMT)
- Black Box Bistro

Dessert: Good Loven Cookie | Sickers & Suds

Vendor application forms can be found at www.ohiotwp.org/communityday!
We hid a record 5,000 eggs between the flashlight and kid’s egg hunts this year, and every single one was found! Thanks to our volunteers, the girl scouts who once again stuffed eggs and packed the treat bags, and the Easter Bunny for making a special visit during the kids hunt!
Catch a movie this summer at the park! Admission and treats are free to everyone! All movies are played behind the Nature Center at dusk. In addition to Ohio Township’s movies, Cranberry Township, Economy Borough, Franklin Park Borough, Marshall Township, Richland Township, and Ross Township parks will be showing movies all summer long! Below are the three summer movies playing at Ohio Township in 2019:

**How to Train Your Dragon: The Hidden World** **Thursday, June 27**

When Hiccup discovers Toothless isn’t the only Night Fury, he must seek “The Hidden World”, a secret Dragon Utopia before a hired tyrant named Grimmel finds it first.

**Spider-Man: Into the Spider-Verse** **Thursday, July 25**

Teen Miles Morales becomes Spider-Man of his reality, crossing his path with five counterparts from other dimensions to stop a threat for all realities.

**Wonder Park** **Thursday, Aug. 8**

Wonder Park tells the story of an amusement park where the imagination of a wildly creative girl named June comes alive.

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**More Movie Dates:**

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<td>Wed. August 21</td>
<td>Cranberry</td>
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**Movies dates are subject to change. For more information about movies at other parks, please contact:**

**Cranberry:** 724.776.4806 X 1129

**Franklin Park:** 412.364.4115 X 347

**Marshall:** 724.935.3090 X 115

**Richland:** 724.443.5921

**Ross dates TBA:** 412.931.7055 X 204
Local amusement park tickets are once again available at a discounted price thanks to the Pennsylvania Recreation & Park Society! Visit the Ohio Township Municipal building to purchase your tickets. Call 412.364.6321 or email arubino@ohiotwp.org for more information.

**SUMMER TICKET SALES**

DELGROSSO’S  
$23 (SAVE $8.95)

HERSHEY PARK  
ADULT:  
$55 (SAVE $14.80)  
JUNIOR:  
$44 (SAVE $3.80)

IDLEWILD  
$36 (SAVE $11.99)

KENNYWOOD  
$35 (SAVE $20.99)

PITTSBURGH ZOO  
$13 (SAVE $4.95)

SANDCASTLE  
$25 (SAVE $10.99)

WALDAMEER  
$38 (SAVE $3.50)

PRINT-AT-HOME PROMO CODES AVAILABLE THIS YEAR!

USE PROMO CODE PRPSOHT FOR DISCOUNTS AT:

ACE AXE THROWING, ESCAPE ROOM PITTSBURGH, & PITTSBURGH VR
Ohio Township’s Adult Horseshoe and Cornhole Leagues are back for the 4th year! Join us on Tuesdays at the park for some fun, friendly competition! Schedules, standings, and rosters will be tracked and updated throughout the season until our 2019 winners are crowned! Visit www.ohiotwp.org/parksandrecreation, email arubino@ohiotwp.org, or call 412.364.6321 for more information and to register.

**6:30 PM START TIME**
LAST 2 WEEKS OF SEASON DESIGNATED FOR PLAYOFFS
ENTRY FEE: $50 PER TEAM
PRIZES BASED ON THE AMOUNT OF PARTICIPANTS

Enjoy some friendly competition at the pits!
Register a team of 2 (with 1 optional sub).

**SHOE PITCH NIGHTS:**
- JUNE 4 | WEEK 1
- JUNE 11 | WEEK 2
- JUNE 18 | WEEK 3
- JUNE 25 | WEEK 4
- JULY 2 | WEEK 5
- JULY 9 | WEEK 6
- JULY 16 | WEEK 7
- JULY 23 | WEEK 8
*JULY 30 | PLAYOFFS
*AUG. 6 | PLAYOFFS

6:30 PM START TIME
*LAST 2 WEEKS OF SEASON DESIGNATED FOR PLAYOFFS

**BAG TOSS NIGHTS:**
- AUG. 13 | WEEK 1
- AUG. 20 | WEEK 2
- SEPT. 3 | WEEK 3
- SEPT. 10 | WEEK 4
- SEPT. 17 | WEEK 5
- SEPT. 24 | WEEK 6
- OCT. 1 | WEEK 7
- OCT. 8 | WEEK 8
*OCT. 15 | PLAYOFFS
*OCT. 22 | PLAYOFFS

7:00 PM START TIME
*LAST 2 WEEKS OF SEASON DESIGNATED FOR PLAYOFFS

ENTRY FEE: $50 PER TEAM
PRIZES BASED ON THE AMOUNT OF PARTICIPANTS
Special Needs Family Fun Day Theme: Wizards!

ACTIVITIES INCLUDE A FREE LUNCH, VARIETY OF FUN GAMES, CRAFTS, AND MORE!
JOIN US FOR A FUN FILLED DAY WHERE ALL PARTICIPANTS WILL ENJOY THEMSELVES, REGARDLESS OF ABILITY!
PARTICIPANTS HAVE THE OPTION TO BE TEAMED UP WITH A “BUDDY” FOR THE EVENT.

If you are interested in volunteering, want more information about the event, or have questions, please call Zach with the Franklin Park Parks and Recreation Department at (412) 364-4115 (Ext. 347) or email zbrower@franklinparkborough.us. Register to participate or volunteer at: https://tshq.bluesombrero.com/rapittsburgh.

Please register by August 1st.

Total number of people attending including individuals with a disability:

Number of participants attending with a disability:

Would participants with a disability like to be paired with a buddy?

YES  |  NO

Number of individuals registering to volunteer for the event:

Recreation Alliance of North Pittsburgh

NAME

ADDRESS

CITY  ZIP CODE

PHONE  EMAIL

GENDER  AGE  DISABILITY

Waiver: I absolve and agree to hold harmless Recreation Alliance, its municipalities, officers, agents, and volunteers from any liability, which may result from participation of the name person in the 2019 Special Needs Family Fun Day Program. I give my permission for his/her participation in the activities, and for any necessary emergency medical treatment and any photographs of the event that are taken.

PARTICIPANT’S SIGNATURE  DATE

PARENT’S SIGNATURE (IF UNDER 18)  DATE

Optional:

☐ Please accept my donation of

*Please make checks payable to: Recreation Alliance of North Pittsburgh
AGES 4 - 10 YEARS
Camps are returning for another summer! Children have the opportunity to participate in a fun, week-long, themed camp full of hands-on activities, crafts, playing, and social interaction.

PRICING OPTIONS:
$75/Camp
All Day Camp: (9am-3pm): $135
(8:30am-3:30pm): $155
8:30 Drop Off or 3:30 Pick Up: +$10 each

CALLING ALL JEDI TRAINEES!
Camp Padawans will learn the art of the lightsaber. Due to the physical training, all campers will need to have proper shoes and clothing for the Dark Side training.

LEGO MANIA CAMP
JULY 8 - JULY 12
12pm - 3pm
Legos, Legos, and more Legos! All week campers will join together to build one large Lego Kit, learning the skill of directions and teamwork while accomplishing a large planned out project. There will be mini kits for each camper and small group projects.

STUDENT'S ARE BEING SUMMONED TO ATTEND THE MOST FAMOUS SCHOOL OF THE WIZARDING WORLD!
Campers will first choose their house (Gryffindor, Hufflepuff, Ravenclaw, or Slytherin). Each house will have slightly different projects created throughout the week!

EXPERIENCE A ONE WEEK ADVENTURE WHERE YOUR FAVORITE ANIMATED FILMS AND CHARACTERS WILL COME TO LIFE!
Crafts and activities this week will be based on the magical movies of your childhood.

REGISTRATION CAN BE FOUND AT WWW.ohiotwp.org/PartsAndRecreation.
T-BIRDS T-BALL

SUMMER

A fun and highly instructional introduction to baseball for 3-5 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games.

Dates: Tuesdays, June 11th - July 16th

Time: 5:30PM - 6:30PM and 6:30PM - 7:30PM

Children play a rotating schedule of games

Fee: $75 includes t-shirt, MLB hat and award

SUMMER SPORTS CAMPS

SUMMER

Our fun-oriented and highly instructional camps for children ages 5-12 create an atmosphere that enables children to learn, grow, make friends, and have a meaningful summer experience. Each day features a full-camp game in the morning, skill instruction in the day’s themed sport, and afternoon recreational games and activities.

Time: 9:00AM - 3:00PM

Fees: $145 a week

HUMMINGBIRDS SOCCER

FALL

Children ages 3-6 have fun and learn the basics of soccer in an age-appropriate, developmental program. Players learn dribbling, passing, trapping, shooting, defending, and positioning. Each session consists of instruction in all aspects of the game, participation in fun drills designed to teach skills, and low-key, non-competitive scrimmages.

Dates: Tuesdays, September 3rd - October 8th.

Time: 5:15PM - 6:00PM (ages 3-4) and 6:00PM - 7:00PM (ages 5-6)

Fee: $70 includes t-shirt and award

SUMMER SPORTS CAMP THEMES AND WEEKS

Sports Camp Kickoff (June 24 - June 28) | Kick off summer with Jump Start Sports with your favorite summer camp games and activities! Bring your friends and come includes kickball, dodgeball, capture the flag, tag games, relay races, water games and more.

Olympics (July 15 - July 19) | The Olympics are coming to Ohio Township! Children are grouped by age and choose a country while learning about a wide variety of Olympic sports, including track and field, badminton and more. Campers make a flag to carry at the “Closing Ceremonies” and “Presentation of Medals”.

Ultimate Warrior (July 29 - August 2) | Looking for a fun fitness challenge? Age-appropriate activities designed to challenge, inspire, and excite. Obstacle courses, relays, tug-of-war, and other activities designed to teach cooperation and teamwork.

College Days (August 5 - August 9) | Have a blast learning about and playing a wide variety of college sports including football, basketball, soccer, volleyball and more. Campers make a school pennant and t-shirt and wear their school colors to demonstrate their school spirit.

REGISTER FOR ALL JUMP START PROGRAMS @ JUMPSTARTSPORTS.COM

QUESTIONS? CONTACT JUMP START SPORTS @ JYUVAN@JUMPSTARTSPORTS.COM
NATIONAL POLLINATOR WEEK (FREE)
JUNE 22, 10AM - 12PM
Come out and celebrate National Pollinator Week with Fern Hollow Nature Center at Ohio Township. Learn who our pollinators are, inspect some doing their valuable jobs, and learn how you can help pollinators whose populations have been in decline.

NATIONAL MOTH WEEK ($5 / PERSON)
JULY 26, 8:30PM - 10:30PM
Fern Hollow Nature Center is coming to Ohio Township for National Moth Week: a Worldwide Citizen Science Project that occurs during the last full week of July. The goal is to map moth distribution and gather life history information on our fuzzy, flying friends.

Fern Hollow educators will start off with an introduction to moths and then investigate what kinds are visiting our traps (Don’t worry, no moths will be harmed). Data collected will be added through iNaturalist, so bring a phone or device with the app, if you have it.

LITTLE EXPLORERS CLUB
THURSDAYS, JULY 11 - AUGUST 1
AGES 3 -5 | 9:30AM - 11:30AM
Little Explorers is a seasonal, year long program that reinforces Nature Play and Discovery. We will meet at Ohio Township Park to walk the trails in the forest, collect seeds in the meadow, and look for bugs along the way. We will take hikes, read stories, get dirty and participate in some nature play with friends.

Help us start them young. Once an Explorer Always an Explorer!

NATURE EXPLORERS CAMP
AGES 5 - 10 | AUGUST 5 - 9 | 9AM - 12PM
Join Fern Hollow Nature Center for a week of exploring all the nature Ohio Township Park has to offer. Campers will spend time taking hikes, exploring the plants and animals throughout the park, doing crafts, and playing games.

Every day will be an adventure!

Biodiversity walk (free)
OCTOBER 5, 1PM - 3PM
Enjoy the colors of fall with the Fern Hollow Nature Center staff at the Ohio Township Park! The different habitats within the park are perfect for all the fall wildflowers, migrating birds and mammals!

This will be a wonderful afternoon for families to enjoy the outdoors and learn more about the plants and animals that call our park home!

TO REGISTER:
CALL: 412.741.6136 | ONLINE: FHNC.ORG

ALL PHOTOS ON THIS PAGE WERE TAKEN BY FHNC EDUCATORS AT THE PARK!
FIZZ, BOOM, BANG!
Shake up a flask of fun in the lab as a junior chemist! This hands-on and interactive chemistry camp is packed solid with cool reactions. Students put on goggles and change liquid to solid and back again. Campers get to handle laboratory tools, build and break molecules, and pick up some tricks on chemical changes.

AGES: Rising 1st - 6th graders (All campers must have completed Kindergarten).
PRICING: $130
MIN/MAX: Minimum of 10 campers / Max of 25

JUNE 17 - 21
9AM - 12PM

LITTLE GREEN THUMBS
Investigate the science of gardening with this fun summer camp for the youngest scientist! Discover how, when and why things grow, how weather affects our gardens, and the basic science of seeds. Kids will also get acquainted with the many “creepy crawly” inhabitants of the garden, and how those insects help make gardens so beautiful!

AGES: 3-6 years old
PRICING: $130
MIN/MAX: Minimum of 10 campers / Max of 20

JULY 29 - AUG. 2
9AM - 12PM

registration can be found at www.ohiotwp.org/parksandrecreation.
**2019 'Lopes Premier Soccer Camp**

**July 29 - August 1, 2019**
**6:00 - 8:00 p.m.**
**Ohio Township Community Park, 325 Nicholson Road, Sewickley, PA 15143**

Boys and girls grades K-6 learn skills, drills and games from Avonworth High School soccer coaches and JV/Varsity players. Registration includes instruction, t-shirt and last-night-of-camp pizza.

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<tr>
<th>Camper Name</th>
<th>Parent Name</th>
<th>Phone</th>
<th>Address</th>
<th>City</th>
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<th>Grade (2019/2020 school year)</th>
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I/we assume all risks and hazards incidental to the conduct at the 'Lopes Premier Soccer Camp for my/our child(ren).
I/we understand that the Avonworth Soccer Boosters, Coaches, Players and Ohio Township Community Park does not insure my/our child and that such insurance for any accident, injury or liability is my/our responsibility. I/we further do hereby release, absolve, indemnify and hold harmless the Avonworth Soccer Boosters, Coaches, Players, and Ohio Township Community Park and their regular affiliates, organizers, sponsors and supervisors any and all. In case of injury to my/our child, I/we waive all claims against Avonworth Soccer Boosters, Coaches, Players, and Ohio Township Community Park and their regular affiliates, organizers, sponsors and supervisors any and all.

Parent Signature _____________________________ Date ____________

**TO REGISTER:**

Mail this form and check payable to:
AVONWORTH SOCCER BOOSTERS
145 Gene Drive, Pittsburgh PA 15237

Or register online at: avonworthsoccerboosters.org

Registration is $70 before 7/1/19 and $80 after. There is a $10 discount for each additional family child registered.

**Please note:** If you register your child(ren) after July 15, 2019, we can not guarantee a t-shirt in time for camp.

Players are asked to wear comfortable clothes, soccer shoes and shin guards, and to bring their own soccer ball and drink.

**QUESTIONS?**
Contact: Megan Sterling at megans412@comcast.net or 412-295-2579, or Chris Hebor at heborce@gmail.com

The Avonworth School District is not liable for any injuries that may potentially occur.
Sewickley Public Library’s Storytime at the Nature Center will be continuing through the summer! Storytime is great for families needing to get out of the house and into some fun! A children’s Librarian from the Sewickley Public Library will read themed stories, engage children in sing-a-longs, and lead a craft... all free of charge! To register, call the Sewickley Public Library at 412.741.0937 or email sewchildek@einetwork.net.

**DRAWING AND PAINTING WORKSHOP:**

**BIRDS, BUTTERFLIES, FLOWERS, AND BOTANICALS**

**TUESDAYS, JULY 16 - AUGUST 13 / 11 AM - 2 PM**

**AGES: 18+**

**COST:** $120, 5 WEEKS | $96, 4 WEEKS | $72, 3 WEEKS

Discover your soul, relax, and have a good time. Classes are delivered in a fun, casual environment by Waynesburg University Art Instructor Ron Jesiolowski, who has a proven track record of success helping students of all levels of experience to discover themselves, become more creative, and appreciate the beauty of the world around them through art. Bring a friend and discover a new passion in your life!

**Class Description:** Explore a variety of mixed media techniques and develop or build upon the skills necessary to render beautiful flowers and botanicals. We’ll explore how best to use an assortment of materials to best render illustrations and paintings from reference photos as well as the Nature Center's botanical gardens. Demonstrations and workshops will guide you in developing your skills in both drawing and painting with pencil, acrylic, watercolor and colored pencil to create realistic and scientific works of art. Basic experience with drawing and or painting is recommended.

**Recommended Supplies to Bring:** Drawing pencils, eraser, small drawing or watercolor paper pad (about 10” X 12” ). Optional at your discretion and or preference: small set of water color tubes, water color pencils, small set of acrylic paints, canvas, assorted paint brushes.

**REGISTRATION CAN BE FOUND AT WWW.OHIOTWP.ORG/PARKSANDRECREATION.**
Senior Luncheons

AT THE NATURE CENTER
RSVP: 412.364.6321 OR ARUBINO@OHIOPTWP.ORG

Seniors are invited to a free lunch provided by the parks and recreation department this fall! Join us at the Nature Center for the first luncheon on Tuesday, August 20th at 11 am. Participants will have the opportunity to socialize, eat, and learn a few new things!

TUESDAY, AUGUST 20 @ 11 AM:
Drawing and Painting Demo by Art Instructor, Ron Jesiolowski

SEPTEMBER, OCTOBER, & NOVEMBER:
Dates and entertainment will be selected by the group at the previous month’s luncheon. Entertainment suggestions for September, October, and November are encouraged!

Silver Sneakers Classic:
Mondays & Wednesdays, 12:30 PM
Classic classes focus on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often, a chair is used for seated exercises or standing support.

Silver Sneakers Boom:
Boom classes are gonna make you sweat! Designed for active seniors. Do you like fast-paced challenging workouts that are done in 30 minutes? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you!

BOOM Move It | Mondays, 11:45 AM
This fun, dance-inspired workout improves cardio fitness with easy to follow moves set to energizing music.

BOOM Muscle | Wednesdays, 11:45 AM
This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

INSTRUCTOR:
Renea Bishop | upitfitness@yahoo.com | 724.777.9817
Classes Free for SilverSneakers Members
Non-Members pay $3.00 per class
Please wear sneakers and bring water!
DESCRIPTION:
With POUND®, the cardio jam session is inspired by the infectious, energizing and sweat-dripping fun of playing the drums! You won’t just listen to incredible music— you’ll become the music in the exhilarating, full-body workout that combines conditioning and strength training with yoga and Pilates-inspired movements. All levels welcome! The 5 week summer session will be covered by Pound Pro, Rosemary!

MONDAYS @ 6:15PM, STARTING JUNE 17
5-WEEK SESSION | $45
REGISTER BY JUNE 6TH TO MARTINA HAJNOVÁ.
412.799.4699 | POUND@MARTINAFITNESS.COM | FACEBOOK: MARTINA.HAJNOVA.ZUMBA.INSTRUCTOR

PLEASE NOTE: MARTINA’S POUND & ZUMBA CLASSES ARE RETURNING IN AUGUST! FOLLOW HER ON FACEBOOK FOR THE LATEST NEWS!

WALK LIVE WITH AMY
BACK ON WEDNESDAYS, STARTING THIS FALL!

DESCRIPTION:
Leslie Sansone's Walk “Live” class with Amy Broniszewski is a fat burning, low impact, cardio fitness program. If you can WALK, you can do it! Walk “Live” is a FUN and EASY class to follow. The upbeat music sets the pace for a fat burning, muscle strengthening, cardiovascular workout. The Walk Live Program is Recognized internationally by Weight Watchers, NutriSystem, and more! Participants can expect to complete roughly 3 miles in a 45 minute class.

PRICING:
$7/CLASS DROP-IN RATE | SESSION PRICING AVAILABLE CLOSER TO THE FALL.

INSTRUCTOR:
AMY BRONISZEWSKI
CERTIFIED WALK LEADER
VISIT WWW.OHIOTWP.ORG/PARKSANDRECREATION FOR MORE INFORMATION!

BATTISTON FITNESS BOOT CAMP CLASSES
TUESDAYS & THURSDAYS @ 5:15PM

DESCRIPTION:
45 minute classes designed to keep you moving and get your heart rate up! This fun and fast-paced class is great for everyone from beginner to advanced fitness levels!

INSTRUCTOR: JASON BATTISTON, WWW.BATTISTONFIT.COM
412.420.7040 | BATTISTON.FIT@GMAIL.COM

GENTLE YOGA & MEDITATION WITH JONI
THURSDAYS | 9:00AM - 10:15AM (ONGOING)

DESCRIPTION:
This class is perfect for those recovering from illness or injury, or those looking for gentle movement with breath training, mindfulness, and relaxation practices. We will work on movements and postures for strengthening, stretching and balancing the neck and shoulders, low back and hips, as well as the knees and wrists. No experience necessary. Classes taught by Joni Sturgill.

PRICING:
$12/CLASS (RESIDENT DROP-IN RATE)
$15/CLASS (NONRESIDENT DROP-IN)
$48 - 6 CLASS RESIDENT PASS
$60 - 6 CLASS NONRESIDENT PASS

INSTRUCTOR:
JONI STURGILL, MSCP, ERYT, AADP
YOGA, MEDITATION, WELLNESS COUNSELING
HEALTHYBODYPEACEFULSOUL.COM
VISIT WWW.OHIOTWP.ORG/PARKSANDRECREATION FOR MORE INFORMATION!

MEDITATION & MINDFULNESS DEEP STUDY & TEACHER TRAINING WITH JONI

DESCRIPTION:
Starting June 2019. This training will be a combination of in-person sessions, online sessions, and self-study/homework sessions. A comprehensive manual will be provided. For more information and to register, contact Joni at jonisturgill@gmail.com, or call 724.713.7280.
The 12th Annual Ohio Township 5K will take place at 9:00 am on Saturday, October 5, 2019. A Kids Fun Run, Awards Ceremony, and Prize Raffle will immediately follow the race (last year’s raffle included a Fitbit watch, a YETI Rambler, and a TRX Suspension Trainer)!

The start and finish is located at the Ohio Township Community Park (325 Nicholson Road, Sewickley, PA 15143). Parking is available at the park. A mail-in registration form is available on the following page, and online registration will soon be available at www.ohiotwp.org/parksandrecreation.

Awards and prizes will be given out to the top three overall male and female finishers. The top three males and females in each of the following age group will also receive medals: 11 & under; 12-19; 20-29; 30-39; 40-49, 50-59; 60 & over.
Registration Form (please print clearly)

Event: 5K [ ] Kids Fun Run [ ]
(Place a check next to the event you plan to participate in.)

First Name: ________________________________
Last Name: ________________________________
Age: ____________________ Gender: __________
(As of October 5, 2019)

Address: ________________________________
City: _______________ State: ________ Zip: __________

E-mail: ________________________________
Phone Number: __________________________

Emergency Contact
Name: ________________________________
Phone Number: __________________________

Kids T-shirt Size:  S   M   L
Adult T-shirt Size: S   M   L   XL   XXL

*Participants registering after 9/6 will receive race shirts while supplies last.

Awards

Awards will be given for the top three overall male and the top three overall female winners, as well as the top three male and female finishers in each of the following age groups: 11 and under, 12-19, 20-29, 30-39, 40-49, 50-59, and 60 and over.

Family Registration:

Cost: $50.00
*(Up to 5 people in the same household)

*must use mail-in registration for family discount (no family registration discount available online)

Kids Fun Run:

Join us for the Kids Fun Run, a race around the park for children ages 12 years old and younger! The cost is $10 for early registration, and $12 for registration submitted after 9/6.

Waiver

I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this Ohio Township Race, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and acknowledged by me. I understand and will abide by the rule that no wheeled baby conveyances or other wheeled means of conveyance, or pets are permitted in the race. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Ohio Township, all city, county, and state governments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature/Date

Parent/Guardian Signature if under 18

Please make checks payable to Ohio Township and mail check and registration form to:

Ohio Township
Attn. Andy Rubino
1719 Roosevelt Road
Pittsburgh, PA 15237

Questions? Please contact Andy Rubino at (412) 364-6321 or arubino@ohiotwp.org for more information.

*Mail in registration forms will not be accepted after Tuesday, October 1, 2019. Race day registration will be available starting at 7:30am.
Its back!!! Come to the park and enter our Haunted Trail if you dare! Join us for a Halloween Celebration with crafts, treats, and THE HAUNTED TRAIL! All of our memorable scenes will be back along with a few new additions that you won’t want to miss. Stop by for a good scare and a fun night... free of charge!

Recommended for children 7 and under, there will be no volunteers on the trail during this hour.

For those looking for a more exhilarating experience! The visibility is lower, and volunteers ready to scare will be lurking in the trail, so prepare yourself!

**Ohio Township Community Park and Nature Center**
325 Nicholson Road | Sewickley, PA | 15143

**Teen Volunteers Needed from 7:30-9:00pm!**

If you would like to help out with this event in anyway, please call the Ohio Township office at 412-364-6321 or email arubino@ohiotwp.org. Helpers are needed to frighten trail visitors between 7:30 and 9:00 pm.
Yes, we’ll still be lighting the trees behind the Nature Center & hanging out with Santa, but for this year’s celebration, we got a few new tricks up our sleeves! Updates will be available closer to the event date so be sure to follow us on Facebook and Twitter!
YOUTH SPORTS & GROUPS

FOLLOW AGAA SOFTBALL, AVONWORTH SOCCER, AND AVONWORTH BASEBALL ON FACEBOOK FOR THE LATEST UPDATES AND EVENTS! WEBSITE LINKS CAN BE FOUND ON WWW.OHIOTWP.ORG/COMMUNITY GROUPS FOR THESE ORGANIZATIONS AND MORE, INCLUDING THE SCOUTS! REACH OUT TO THE PARKS AND RECREATION DIRECTOR TO HAVE YOUR LOCAL SPORTS OR RECREATION ORGANIZATION FEATURED.

AVONWORTH GIRLS ATHLETIC ASSOCIATION
WWW.AVONWORTHSOFTBALL.COM

AVONWORTH SOCCER ASSOCIATION
WWW.AVONWORTHSOCCER.ORG

AVONWORTH ATHLETIC ASSOCIATION
WWW.AVONWORTHBASEBALL.COM

AVONWORTH EAGLES | FOOTBALL & CHEER
WWW.AVONWORTHEAGLES.ORG

AVONWORTH ALLIGATORS | SWIMMING
WWW.AVONWORTHSWIMTEAM.VEBS.COM

AVONWORTH HOCKEY
WWW.AVONWORTHHOCKEY.ORG

AVONWORTH LITTLE LOPES | BASKETBALL
WWW.AVONWORTHLITTLELOPES.COM

BOY SCOUTS | PACK 321
WWW.CUBSCOUTPACK321.WIXSITE.COM/WEBSITE

GIRL SCOUTS OF WESTERN PENNSYLVANIA
WWW.GSWPA.ORG
1. Are you a resident of Ohio Township?
   Yes
   No
   What is your physical address? (Optional)

2. If you were looking for information about programs and services from Ohio Township Parks and Recreation Department that are available to you and your family, which information sources would you use?
   Parks and Recreation Online Newsletter
   Ohio Township Website (www.ohiotwp.org)
   Social media websites (Facebook, Twitter, etc.)
   Local newspapers
   Electronic display board at the park
   School flyers
   Email
   Word of mouth
   Posters and signs in the area
   Other (please specify)

3. What participant age group are you most interested in for programs offered by the Parks and Recreation Department?
   6-9
   10-12
   13-15
   16-18
   19-54
   55+

4. What days and times do you or your family prefer to participate in recreation programs?
   Days:
   Times:

5. What types of programs would you or your family be interested in participating?
   Arts & Crafts
   Educational
   Nature
   Sports
   Fitness
   Health
   Cultural
   Heritage
   General Interest
   5. (cont.) Please list specific programs that you are interested in. For example, if you selected fitness, what fitness classes or services would you want to see offered by the Parks and Recreation Department?

6. What are your favorite activities to do while visiting the Ohio Township Community Park? (Circle all that apply)
   Bike
   Bring children to play (playground equipment)
   Skate (Rollerblade, skateboard, scooter)
   Exercise (walking, running, etc.)
   Organized sports leagues
   Play sports on fields
   Nature Center or pavilion rentals
   Park events and programs
   Sightsee
   Relax/picnic
   Spend time with family/friends
   Use trails
   I do not visit the park.
   Please list any other park activities you participate in. If you do not visit the park, please suggest what activities would bring you to the park more often.

7. What is your overall opinion of the Ohio Township Community Park located at 325 Nicholson Road?
   Excellent
   Very Good
   Fair
   Poor
   Please note any ideas for improvements to park features, services, and programming.

8. Are you interested in volunteering to help with park programs and events?
   Yes
   No
   Please provide your email address if you answered "yes" to the above question

9. The Ohio Township Parks and Recreation Department is constantly striving to provide you with the best programs and events. If you have a special skill or know of a person or company whose services would add value to our recreational programming, please share! Feel free to add any additional comments as well.
Program Name: __________________________________________________________________________ Program Fee: __________________________________________________________________________

Day(s): __________________________________________ Time: __________________________________________

Are you a Township resident? Yes □ No □

Participant’s Name: __________________________________________________________________________ Birth Date: __________ (mm/dd/yyyy) Sex: M □ F □

(First) (Last) (City) (Street) (Zip Code)

Street Address: __________________________________________________________________________

Phone: __________________________________________________________________________ Phone 2: __________________________________________________________________________

E-mail Address: __________________________________________________________________________

Does Participant have any medical concerns? __________________________________________________________________________

Emergency Contact: __________________________________________________________________________

(First) (Last) (Name) (Relationship to participant) (Phone Number)

How did you hear about the program? __________________________________________________________________________

WAIVER:

In consideration of and agreeing to, on behalf of both myself, on my membership account, and my minor child(ren), participate in recreation and fitness activities with the Ohio Township Recreation Department, I agree as follows: I fully understand and acknowledge that recreational and fitness activities have; (a) inherent risks, dangers, and hazards and such exists in the use of any equipment and the participation in these activities; (b) both my own and my minor child(ren)’s participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that, could cause serious disability; (c) these risks and dangers may be caused by the negligence of the agents, officers, representatives, employees, or volunteers of the Township of Ohio and the Ohio Township Recreation Department, the negligence of the participants, the negligence of others, accidents, breaches of contract, or other causes; (d) in consideration of and by my participation and my minor child(ren)’s participation in these activities and for both my and their use of equipment, I hereby (and also on behalf of my minor child(ren)) voluntarily assume all risks and dangers and all responsibility for any injuries, losses and/or damages of any kind whatsoever, whether caused in whole or in part by the negligence or the conduct of the agents, officers, representatives, employees, or volunteers of the Township of Ohio and the Ohio Township Recreation Department, or by any other person.

I, on behalf of myself, my minor child(ren), my personal representatives and my heirs, executors, and administrators, hereby voluntarily agree to release, waive, discharge, hold harmless, defend, and indemnify the Township of Ohio and the Ohio Township Recreation Department and their agents, officers, representatives, employees, and volunteers from any and all demands, claims, causes of action, liability, or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise from any cause whatsoever and including those arising in any way from my or my minor child(ren)’s use of any equipment or participation in these activities. I specifically understand that I am releasing, discharging, and waiving any demands, claims or causes of action that I or my minor child(ren) (or my above-stated representatives) may have presently or may have in the future for the negligent acts or other conduct by the agents, officers, representatives, employees, and volunteers of the Township of Ohio and of the Ohio Township Recreation Department.

Intending to be legally bound, I have read and understand the above waiver and release and by signing it voluntarily agree to its terms. It is my express intention to exempt and release and hold harmless the Township of Ohio, and the Ohio Township Recreation Department and their agents, officers, representatives, employees, and volunteers, from any and all liability for personal injury, property damage or wrongful death (to either myself, or to my minor child(ren)) caused by their negligence or by any other cause.

Participant’s Signature ____________________________ Date __________________________________________________________________________

Parent/Guardian Signature if under age 18 ____________________________ Date __________________________________________________________________________

Checks should be made payable to Ohio Township

Remit registration and payment to:

Ohio Township
Attn: Andy Rubino
1719 Roosevelt Road
Pittsburgh, PA 15237
WWW.OHIOTWP.ORG/PARKSANDRECREATION

ARUBINO@OHIOTWP.ORG

BUSINESS HOURS | MONDAY - FRIDAY | 8:00AM - 4:00PM