

Fall/Winter 2017



Program Guide

SECA's Mission: To Create Recreational Opportunities for the Residents of Southern Lancaster County By Providing High Value Programs for Children and Adults.

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Website: www.secarec.org
Phone: 717-806-0123

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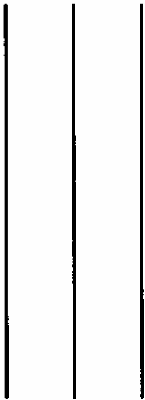


southern end
community
association

P.o. Box 67

299 Park Ave.

Quarryville, PA 17566



Little One Programs-

These programs prepare pre-school age children between 3 and 5 years old for organized sports arts and music without the threat of competition or fear of getting hurt. Parent participation needed to assist our program staff help teach the children for five weeks to increase motor skills, improve hand-eye coordination, build confidence and have fun.

Little Kickers



Children will work on dribbling, passing, trapping, shooting, and throw-ins. Monday evenings beginning: October 2nd from 5:30 PM -6:15 PM at the SECA Center for 5 weeks. **Class Fee is \$45.00 (Siblings are \$30.00)**

Little Touchdowners



Thursday evenings beginning: October 5th from 5:30 PM—6:15 PM at the SECA Center for 5 weeks. Children work on drills to enhance motor skills, throwing, catching, kicking, and increase agility. **Class Fee is \$45.00 (Siblings are \$30.00)**

Little Hoopers



Each child will learn the fundamentals of basketball from dribbling, shooting, to passing and other exciting skills. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. Mondays from 5:30-6:15 PM—**Class dates:** Feb. 5, 12, 26, March 5 & 12. **Location:** Quarryville Elementary **Class Fee is \$45 (Siblings are \$30)**

Little Artists

You and your child will use all of your senses during this hands-on experience that combines a story, an art project. Kids use their imaginations while using a wide variety of materials, such as paints, wire, clays and more.

Time: 1:00– 2:00 PM - Fridays,
Class Dates: Jan. 12, 19, 26 & Feb 2, 9
Class Fee is \$35 (Siblings are \$25)
Location: SECA Center (Lower Level)



Wacky Science (Ages 3-6 years)



Your child will have an opportunity to try many experiments their parents wouldn't dare at home! We will have several different stations setup each week to enhance their socialization skills allowing your little scientist to add, measure, mix, observe, & be amazed. **Time:** 11AM– 12PM - Wednesdays,
Class Dates: Feb 21, 28 & March 7, 14, 21
Class Fee is \$35 (Siblings are \$25) Location: SECA Center

Program Registration Form

Adult Name: _____

Home Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Home Phone: () _____ **Work Phone:** () _____

Email: _____

Address: _____ **Township/Borough:** _____

** Fees must be paid prior to participation. Absence from a program does not reduce the cost; there fore a credit or refund cannot be given for absences. Refunds are given ONLY if SECA cancels a program. The SECA Director must approve any Credits for medical reasons.*

NAME OF PROGRAM	PARTICIPANT'S NAME	AGE	FEE \$	START DATE

Please charge to my credit card: *(Please Notes: due to the cost of this service, there is a 3% service charge per transaction.)* Subtotal

VISA / MASTERCARD _____ Exp. Date: _____

Signature (Required) _____ **TOTAL**

Make check payable and mail to: SECA P.O.BOX 67, Quarryville, PA 17566 (Return Check Fee of \$30.00)

PERMISSION SLIP AND HOLD HARMLESS AGREEMENT

The Southern End Community Association and its staff are committed to providing high quality programs that are safe and that maximize the enjoyment one received from participation. Recreation activities, by their very nature, may present circumstances that place the person(s) in or at the activity at some risk of injury. The potential of injury varies significantly depending on the type of activity and the intensity of involvement. Any person wishing information on the potential of injury in any activity is encouraged to make contact with SECA at 717-806-0123. (For adult participants) In exchange for the benefits derived by my participation in the SECA activity: (See paragraph below)
(For minor participant) NAME OF MINOR: _____ has my permission to participate in the above-referenced program (s). In exchange for the benefits derived by my child's participation in the SECA activity: (See paragraph below)
I HEREBY AGREE TO INDEMNIFY AND HOLD SECA HARMLESS for all liability from whatever source excepting only intentional torts on the parts of its agents, or employees. Such indemnification agreement applies t\equally to Boards of Directors, officers, agents and employees of the Southern End Community Association.

(Signature) _____ (Print Name) _____ Date: _____



Cookies with Santa Monday, December 18th 6:30-8:00PM

Santa is coming to town. Join us in celebrating the holiday season while enjoying milk and cookies with Santa. This fun event is open to all ages, who will enjoy crafts, games and listen to a very special story from Santa. Children will be able to hand deliver their letters to Santa and parents will have the opportunity to take pictures. Please call or email your children's names and ages to register for the event.

Friday Night Cash B-I-N-G-O!!

Join our loyal Bingo Players for a cash prize competition. Cash & prizes are awarded with some jackpots reaching \$400. Games start at 7:00 PM, but doors open at 6:00 PM. We serve hot food and refreshments. SECA uses all paper cards!

2017 Dates: Sept. 29, Oct. 6 & 20, Nov. 3 & 17, Dec. 1 & 15

Having a Party or Special Event?

Ask us about our facility Rentals!

Birthdays * Anniversary * Wedding * Reunions

(Catering options are available.)

Recreational Facilities

- SECA SkatePark
- SECA Inline Hockey Rink
- SECA Basketball Courts
- SECA Sand Volleyball Courts



SECA Benefit Auction! - Hoffman Building

Friday, November 10th (with Spaghetti Dinner 5-7pm) Bidding begins at 7pm.

Saturday, November 11th—bidding begins at 9am.

SECA is accepting Auction Donations— Gift Certificates, sports memorabilia, amusement park passes sell well. Please no exercise equipment, used clothing, pianos, old TV's.



SECA Flag Football League

For youth ages 5-8, 9-11 and 12-14. Both girls and boys are invited to participate. League games are played on Sundays starting in March. Registration Fee includes team equipment, jersey and officiating fees. We are looking for fun coaches and great kids to help kick off the 2018 season! **Registration Fee: \$65.00 - Registration begins in January!!**

Parents please note.....[registration closes on Friday, February 23rd.](#)

Please download Football registration form from SECA website- www.secarec.org

Indoor Youth Soccer League

Join SECA for a 7-week co-ed indoor soccer league for youth grades K-2nd and 3rd-5th played on Saturdays at Quarryville Elementary School. We will choose the teams equally as this program is designed to be instructional and FUN, not competitive. Games will be played on a small court using 5 players on a team. This leads to more excitement, more scoring and less bench time! League starts January 30th, games played between 9:00 AM and 1:00 PM.

Registration NOW open!! Dates: Jan 27, Feb. 3, 10, 17, 24, March 3 & 10

Registration Fee: \$45

Registration Deadline: January 12th

American Red Cross Babysitters Training:

This course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely & responsibly care for children and infants. This training will help participants to develop leadership skills; learn about basic child care & basic first aid. Each student will receive an ARC Babysitters handbook and certificate stating they successfully completed the program.

Ages: 11-15 Course Fee: \$75

Class Date: Monday, October 9th, 9-6 . Location: SECA Building

Registration Deadline: Friday, September 29th (Bring a lunch)



Teen Coed Dodgeball League

Grab your friends (or arch rivals) and get up and moving for this all new teen program. Be prepared to dodge, dip, dive, and duck your opponent's tosses. Come play in our 1st ever dodgeball league. Our dodgeball program is a great introduction to the game, and tons of fun. Teams will be organized evenly at random with games being held on Thursday Nights.

Grades: 6th – 8th **Fee:** \$20 per child
Location: TBD **Instructor:** Rec Staff

Registration Deadline: Nov 29th, 2017

Dates: Thursdays at 7-8:30pm—Dec 7, 14, 21, Jan. 4 & 11

**Karate—Riehl Martial Arts** (ages 6 thru Adult)

Enhance your mental and physical well-being as you learn the art of Moo Duk Kwan—Korean Art of Self-Defense. A great way to improve your flexibility, boost your self esteem and self confidence.

Instructor: Master John C. Riehl

Class Time: 6:30 PM-8:00 PM

Class Dates: Tuesdays and Thursdays

Class Fee: \$30/ month for 1 class a week or \$50 a month for 2 classes a week.

Class Location: Upper Level of the SECA Building

Family discounts available! Initial Fee—\$55 for uniform and mouth piece.

R.I.P.P.E.D— R.I.P.P.E.D is a high energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weight and resistance. With driving, motivating music, participants jam through **R**esistance, **I**ntervals, **P**ower, **P**lyometrics, **E**ndurance, and **D**iet with smiles, determination, and strength. This high intensity style program will have you burning 750-1000 calories in just 50 minutes! R.I.P.P.E.D. is truly for EVERY body and designed to meet ALL fitness levels. All you need to bring is a towel, light hand weights, water, and a smile!

Class Instructors: Amber Shoemaker

Class Time: 6:30 PM – 7:30 PM, SECA Center

**CARDIO.
WEIGHTS.
FUN.
DONE.**

Class Fees:

Wed. Night — \$40.00
 Drop In any night -\$6.00
 All sessions are 8 weeks!

Fall #1: Returning in November

Then we are taking a break for the Holidays and will return in January 2018!!

Adult Programs

Pilates— Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. In addition, Pilates increases circulation and helps to sculpt the body and strengthen the body's core or "powerhouse" (torso). People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health.

Instructor: Jen Buttriss **Class Fee:** \$65 or \$9 drop-in rate **Time:** 6:00 -7:00 PM

Fall #1: Sept 25—Nov. 14 (8 wks) *Please pre-register for this class!*

Winter #1: Nov. 27– Dec. 18 **Class Fee:** \$33 or \$9 drop-in rate

Bunz of Steel— Join Jen for a 45 minutes of body weighted exercises to strengthen tone and tighten your legs, hips, and backside. No prior experience necessary and all levels of fitness welcome. Please bring a yoga or exercise mat.

Instructor: Jen Buttriss **Class Fee:** \$55 or \$8 drop-in rate **Time:** 5:30-6:15 PM

Fall #1: Sept 28—Nov. 16 (8 wks) *Please pre-register for this class!*

Winter #1: Nov. 30– Dec. 21 (4 wks) **Class Fee:** \$28 or \$8 drop-in rate

**Co-Ed Fall Softball**

Softball will be back in Solanco this Fall and currently playing! Come cheer on your favorite team at 8 pm under the lights at Memorial Park, Quarryville. **Games held Monday—Thursday's @ 8:00 pm**

Thank You Sponsors!!

*Cauler Containers

*D & D Electric

*Helluva Bunch

*Nailers

*Pasquales

Men's Winter Basketball League

It's time to join SECA for the 2018 Men's Winter Basketball League. This will be a Five-on-Five league on a full court under college rules. This league offers competition, fun, and a great way to socialize while staying in shape. The indoor league season is ten weeks with 2 weeks of playoffs. Sign up today! **Cost:** \$750 per team,

Location: Solanco H.S Gym

Times: Tuesday nights from 6-10pm. League begins February 13th

Team Captains Meeting: December 7th at 7:00 PM at SECA.

