



DARC 2021 Programs

DOWNTOWN AREA RECREATION CONSORTIUM

WWW.DARC.INFO * 610-269-9260 * JANUARY - MAY 2021

PROGRAM HIGHLIGHTS:

- Salsa/Mambo Classes
- Soccer Shots Winter & Spring
- Young Rembrandts Drawing Classes
- Art Classes with Beth Valitski in Chester Springs
- Dance Class
- Fitness

Note from our Director!

We here at Downtown Area Recreation Consortium (DARC) hope this finds you and your family happy, healthy, and engaged. It has been ten months since the pandemic has turned our world upside down and caused all of us to approach things in new ways. While we know you enjoyed getting our program brochure in the mail, we will not be sending a paper brochure out this winter. But that does not mean that we are not offering a wide variety of programs to meet the physical, social, and creative needs of families. We provide an assortment of activities including Drawing and Cartooning, Culinary Workshops, Financial Management, Yoga, Dance, First Aid and CPR, crafting, and so much more! Our sports offerings include basketball, bowling, ice skating, and soccer, just to name a few. We work very hard to be sure we meet all health guidelines and practice social distancing. Our goal is to provide you with many fun and safe opportunities to learn and play this year! Information about all our programs - both in-person and virtual - is posted at www.darc.info. We look forward to the day when we can offer discounted tickets to your favorite attractions and resume our terrific bus trips and Broadway shows. Please take care of yourself. We hope to see you this winter!



SAVE THE DATE

DARC is excited to announce our first Golf Tournament event to raise funds to support DARC's community programming.

We are looking forward to hosting the event at the **Honeybrook Golf Club on Monday, May 17th**. It will begin with an 8:30AM Shotgun Start with lunch afterwards. Entry Fee is \$130/player and Event Sponsorship opportunities are available.



HONEYBROOK
GOLF CLUB

Winter/Spring Program Offerings

Here is a partial list of the winter/spring programs DARC is offering in 2021. For more details about each program please see our website at www.darc.info.

Health/Fitness

- Aqua Aerobics
- Boot Camp with Lester Giles
- Dance and Tone Aerobic Class
- 50+ Personal Training

- Kettlebell Training
- Tai Chi
- Tone-It Personal Fitness Class
- Upper/Lower Body Sculpting
- YOGA

Dance/Gymnastics

- Acro-Tumbling
- Bitty Ballet
- Ballet for Kids & Adults

- Jazz
- Hip-Hop (Girls & Boys)
- Hip-Hop/Funk/Jazz
- Intro to Ballroom Dancing
- Irish Step Dancing
- Kinderdance
- Salsa/Mambo Dance Instruction
- Tap

Continued on page 2

Winter/Spring Program Offerings, cont'd



Art Classes with Beth Valitski at the Chrysalis Art Center (Chester Springs)

Education/Instruction/Science

- Adult/Infant/Child CPR & First Aid
- Art Classes with Beth Valitski
- Babysitting Workshop
- Chess Instruction
- Cooking Classes
- Engineering for Kids
- Guitar/Bass/Mandolin/Cello Lessons
- Hypnosis for Stress & Anxiety
- Into the Red Zone
- Piano Lessons
- Professional CPR (healthcare providers)

- Science Explorers
- Young Rembrandts (Drawing & Cartooning)
- What is Your Social Security Strategy?
- WIZE Computer & Coding Programs

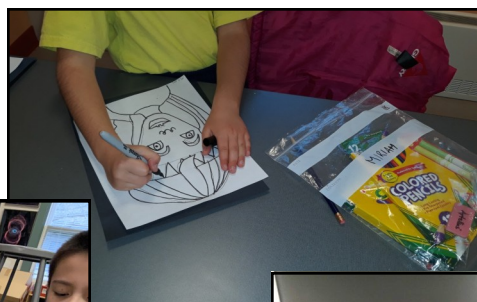
Sports Programs

- Cornhole League
- Tennis Clinics/Leagues for Adults
- Golf Clinics for Adults
- Coed & Men's Softball Leagues

Youth Sports Programs

- Golf Clinics
- Learn to Ice Skate
- Learn to Play Ice Hockey
- Tikes T-ball
- Tiny Tots Tennis
- Youth Tennis Clinics
- Youth Soccer (w/ Soccer Shots) offered in your local parks.

This is just a partial list of our program offerings. Visit www.darc.info for a complete list.



Bus Trips will be returning to our schedules as soon as it is safe! Watch our website for the following bus trips!

- Cherry Blossom Festival
- Cape May Winery Tour
- Atlantic City Casino
- And More

New Instructor Spotlight— Lester Jiles

Instructor Lester Jiles. Kettlebells, Boot Camp and Private Personal Training.



DARC is excited to introduce one of our new instructors, certified personal trainer Lester Jiles. He comes to DARC with more than 10 years of teaching experience, and he will be leading several new classes for us.

According to Lester, many people begin fitness routines to add muscle, achieve

greater endurance, and become more flexible, or they may be attempting to change their appearance. Unfortunately, meeting your fitness goals may be difficult due to the changing seasons, gyms closing because of COVID-19, or uncertainty as to how to proceed. Consider hiring a personal trainer who can work individually with

you, or try a class such as kettlebells, Boot Camp, CrossFit, Zumba, or whatever allows you to work out in the styles you prefer.

No matter how you choose to engage in joyful movement, we hope you have a happy and safe holiday!