



1000 Beaver Grade Rd.
Moon Township, PA 15108

Moon Parks & Recreation Programs and Special Events

Find more programs and event details at www.moonparks.org.

Register for any of the listed programs by calling the Moon Park office at 412-262-1703

or by e-mailing info@moonparks.org. Online registration open for select programs, visit our website for more information.

Upcoming Moon Parks and Recreation Events:

- **Earth Day at Robin Hill Park:** Sunday April 13, 2014- 1:00-3:00pm
- **Bunny Trail at Moon Park:** Saturday April 19, 2014- 11:00am-1:00pm
- **Father's Day Fun Fair:** Sunday June 15, 2014 12:00-2:30pm
- **Township of Moon 5K:** Saturday June 28, 2014 8:30am
- **Moon Township Independence Day Celebration:** Friday July 4, 2014 4:00-10:30pm
- **Halloween Spooktacular:** Wednesday October 22, 2014 4:30-6:30pm

Volunteer opportunities are available for all ages and abilities at Moon Park! –If you are interested in volunteering at any of our special events or summer camps please contact the Moon Parks office at 412-262-1703 or email info@moonparks.org.

Pavilion and Robin Hill Rentals

Pavilions

We will begin taking Moon Park pavilion rental reservations from Moon residents on Monday February 10, 2014 at 9:00am at the Moon Township Municipal Building. Deposit and payment are due at the time of reservation. To get Moon resident rate, the contract must be signed by and payment made by a Moon Township resident.

Non-residents can make pavilion reservations starting Tuesday February 11, 2014 at 8:30am at the Moon Park office located in Moon Park.

All reservations must be made in person. All pavilions and fees are listed on our website at www.moonparks.org

Robin Hill

Robin Hill reservations can be made up to one year in advance. Reservations must be made in person. To receive Moon resident rate the contract must be signed by and payments made by Moon Township resident. All fees are listed on our website www.moonparks.org

To schedule a tour of Robin Hill please call Amy at the Moon Parks office 412-262-1703 or email at info@moonparks.org

Health & Fitness Programs

Karate: Adults and Children (Ages 6 and up)-KIDS-TEENS-ADULTS-SENIORS

Dates: Mondays & Wednesdays Ongoing – now through May 2014

Times: 6:00 (Beginners) and 7:00 pm (Advanced)

Location: Moon High School Wrestling Room

Cost: \$45 Moon School District residents per month. Online registration and mail in form is now available.

This is a unique karate system tied together to cover all ranges of self-defense. The classes are led by Ken Wolf along with experienced instructors who hold black belts in Okinawan Kenpo & Wa Shu Mudokwan, as well as experience in Law Enforcement and Tournaments.



1000 Beaver Grade Rd.
Moon Township, PA 15108

Moon Parks & Recreation Programs and Special Events

Find more programs and event details at www.moonparks.org.

Register for any of the listed programs by calling the Moon Park office at 412-262-1703

or by e-mailing info@moonparks.org. Online registration open for select programs, visit our website for more information.

Pilates (Adults & Teens 15+) TEENS-ADULTS-SENIORS

Date: Wednesday Feb 19-March 26

April 2-May 7

Time: 8:45-9:45 am

Location: Robin Hill Center

Cost: \$45 Residents/\$50 Non-Residents –per 6 week session

Instructor: Judy Elias

The Pilates method of body conditioning is a unique system of stretching/strengthening exercises that works the entire body. Expect to flatten your abs, strengthen your core muscles, increase flexibility, firm buttocks/thighs, and improve your posture. For all fitness levels.

Dancing Zumba (Adults & Teens 13+) TEENS-ADULTS-SENIORS

March 31-May 12 (No class April 21)

Time: 9:30-10:30am

Location: Robin Hill Center

Cost: \$45 Moon Residents/\$50 non-residents –per 6 week session

Instructor: Paola Sanchez

Moon Parks and Recreation is sponsoring *Zumba* classes. These 6-week classes are designed to have fun while you burn calories. Zumba Fitness is a combination of Latin based dance moves; salsa, cumbia, soca, flamenco, samba, hip-hop and more that will really make you sweat! Danced experience is not required. Please bring water.

Beginner Zumba (Adults and teens 13+) TEENS-ADULTS-SENIORS

Dates: Mondays Feb 17-March 24

March 31-May 12 (No class April 21)

Time: 6:00-7:00 pm

Location: Moon High School Fitness Room

Fee: \$45 Moon Residents, \$50 Non-Residents, per 6 week session

Instructor: Catherine Hollien

This class is designed to have fun while you burn calories. It is a great way to begin an exercise regime. Zumba Fitness is a combination of Latin based dance moves; salsa, cumbia, soca, flamenco, samba, hip-hop and more that will really make you sweat! Danced experience is not required.



1000 Beaver Grade Rd.
Moon Township, PA 15108

Moon Parks & Recreation Programs and Special Events

Find more programs and event details at www.moonparks.org.

Register for any of the listed programs by calling the Moon Park office at 412-262-1703

or by e-mailing info@moonparks.org. Online registration open for select programs, visit our website for more information.

BODYSHRED by Jillian Michaels (Teens 16+ and Adults) TEENS-ADULTS

Dates: Wednesdays Feb 19-Mar 26

April 2-May 7

Time: 6:00-6:30 pm

Location: Rhema Christian School, 1301 Coraopolis Heights Rd

Fee: \$30 Moon residents/\$35 non-residents

Instructor: Neda Story

BODYSHRED by Jillian Michaels is a high intensity and endurance based 30 minute workout. It is a 3-2-1 interval format: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs. You will shed fat, define muscle, and enhance your overall health in this class. Light hand weights and a floor mat are required

Totally Toned (Adults & Teens 15+) TEENS-ADULTS-SENIORS

Dates: Mondays Feb 17-March 24

March 31-May 12 (No class April 21)

Times: 7:15-8:15pm

Location: Moon High School Fitness Room

Fee: \$45 Moon residents/\$50 non-residents, per 6 week session

Instructor: Karla Tobias

This class is designed to help tone your entire body including abs, thighs, back, arms, and glutes. It is appropriate for all fitness levels. Bring hand weights, a mat and water.

Yoga: Basics and More (Ages 15+) TEENS-ADULTS-SENIORS

Dates: Tuesdays, Feb 4-Feb 25

Mar 4-Mar 25

Time: 7:30-8:30pm

Location: Moon Township Municipal Building

Fee: \$40 Moon Residents, \$45 Non-Residents –per 4 week session

Instructor: Jen Stratakis

Whether you are yoga-curious or yoga-proficient, this is the class for you. No experience required. Instructor Jen Stratakis, E-RYT will lead you through an hour-long class, which includes standing and seated poses, breathwork and guided relaxation. Modifications are given to accommodate all levels of yoga experience. With regular practice, yoga can improve lung capacity, flexibility, cardiovascular endurance, mental calm and more. Participants should bring a yoga mat and water. Namaste!



1000 Beaver Grade Rd.
Moon Township, PA 15108

Moon Parks & Recreation Programs and Special Events

Find more programs and event details at www.moonparks.org.

Register for any of the listed programs by calling the Moon Park office at 412-262-1703

or by e-mailing info@moonparks.org. Online registration open for select programs, visit our website for more information.

Yoga Workshop for Insomnia (Ages 15+) TEENS-ADULTS-SENIORS

Date: Tuesday, April 1, 2014

Time: 7:00-8:30pm

Location: Moon Township Municipal Building

Fee: \$20 Moon residents/\$25 non-residents

Instructor: Jen Stratakis

You need to sleep, but can't. It happens to nearly everyone at some point. Learn to use restorative yoga poses, calming breath work, and other holistic techniques to find your way to dreamland!

No prior yoga experience is necessary. Participants should bring a yoga mat.

Insanity Workout (Adults and teens 16+) TEENS-ADULTS-SENIORS

Dates: Thursdays Feb 20-Mar 27

April 3-May 8

Time: 7:30-8:30pm

Location: Moon Township Municipal Building

Cost: \$45 Moon Residents/\$50 non-residents

Instructor: Neda Story

The hardest workout ever put on a DVD is now available in a live class lead by our INSANITY certified instructor, Neda Story. No weights or equipment needed. Your body is your equipment! This class uses Max Interval Training in 3 to 5 minute blocks using plyometrics, cardio conditioning, core work and much more. You will be pushed past your comfort zone and may want to sign up with a friend!

Zumba Fitness (Adults and teens 13+) TEENS-ADULTS-SENIORS

Dates: Tuesdays, Feb 18-Mar 25

April 1-May 6

Time: 6:30-7:30pm

Location: Moon Township Municipal Building- Auditorium

Cost: \$45 Residents/\$50 Non-Residents -per 6 week session- *\$15 Discount available, call for details

Instructor: Marci King



1000 Beaver Grade Rd.
Moon Township, PA 15108

Moon Parks & Recreation Programs and Special Events

Find more programs and event details at www.moonparks.org.

Register for any of the listed programs by calling the Moon Park office at 412-262-1703

or by e-mailing info@moonparks.org. Online registration open for select programs, visit our website for more information.

Dates: Thursdays, Feb 20-Mar 27

April 3-May 8

Time: 6:30-7:30pm

Location: Moon Township Municipal Building – Auditorium

Cost: \$45 Residents/\$50 Non-Residents -per 6 week session- *\$15 Discount available, call for details

Instructor: Christie Covelli

Moon Parks and Recreation is sponsoring *Zumba* classes. These 6-week classes are designed to have fun while you burn calories. Zumba Fitness is a combination of Latin based dance moves; salsa, cumbia, soca, flamenco, samba, hip-hop and more that will really make you sweat! Danced experience is not required. Please bring water.

Art/Education

Driver's Education/ Kennedy School of Driving-TEENS

Dates: Tues & Thurs, Feb 25-March 27

Time: 6:00-9:00pm

Dates: Mon-Fri June 16-27

Time: 9:00am-Noon

Dates: Mon-Fri August 4-15

Time: 9:00am-Noon

Location: Moon Township Municipal Building

Cost: Registration - \$25 Moon residents/\$30 non-residents, Course Fee \$350

Moon Parks and Recreation is sponsoring a Driver's Education course. The course will be instructed by the Kennedy School of Driving. Upon successful completion of the 30 hours of theory and 6 hours of in-car training, a certificate will be given that is accepted by most insurance companies. Participants must be 16 and have a learners permit for the on-the-road portion of the program. The balance of \$350 is paid to Kennedy School of Driving at the first class.



1000 Beaver Grade Rd.
Moon Township, PA 15108

Moon Parks & Recreation Programs and Special Events

Find more programs and event details at www.moonparks.org.

Register for any of the listed programs by calling the Moon Park office at 412-262-1703

or by e-mailing info@moonparks.org. Online registration open for select programs, visit our website for more information.

Hi Tech Learning

Minecraft Workshop (Ages 8-12) - KIDS

Dates: Wednesday April 2, 9, 16 or 23 (single workshop offered 4 different times)

Time: 5:00-7:00pm

Location: Robin Hill

Cost: \$30 Moon residents/\$35 non-residents

Spend an evening overcoming survival and creative challenges in a Minecraft world built by Hi-Tech Learning. The goal of this workshop is to help students learn how to collaborate, innovate, and problem solve while having a great time playing Minecraft and overcoming challenges designed by Hi-Tech Learning. A special server will be used that allows all students to work in one virtual world together. This workshop does not teach students how to play Minecraft. Previous experience with the program is required.

Mobile Game Design-(Ages 9-13) KIDS-TEENS

Dates: Tuesdays April 1-May 6 (6 weeks)

Time: 5:00-6:30pm

Location: Moon Township Municipal Building

Cost: \$110 Moon residents/\$120 non-residents

This is your chance to create and publish a game you and your friends can play on any mobile device. Students will use special software (Game Salad) designed to allow the creation of complex games using a visual, drag and drop interface. Once students finish their games, they will have the ability to publish them so they are available for play on iPhone, iPad, Android devices, Kindle and Nook.

FPS Game Design--(Ages 9-13) KIDS-TEENS

Dates: Tuesday April 1-May 6 (6 weeks)

Time: 6:45-8:15pm

Location: Moon Township Municipal Building

Cost: \$110 Moon residents/\$120 non-residents

Using a special program, students will learn how to create and edit game maps, allowing for exciting gameplay in environments they design. The software is also kid-friendly because the more violent aspects of the typical first person shooter game have been eliminated. Students play an advanced version of laser tag in the worlds they create. Students will also learn how to record and share videos of action in their worlds!