

Citiparks

City of Pittsburgh Dept. of Parks and Recreation

West Penn Community Center 450 30th St. Pgh, Pa 15219 2015 Program Guide

Exercise Rooms: Our weight room is open to anyone 16 years of age or older from 9am-9pm M-F and 10am-3pm on Saturdays! Come and workout as often as you like for only* \$5/month! Stop in and check us out!



Athletic Trauma Unit: ATU is a community of motivated people of all backgrounds striving to push each other to greatness. Athletic Trauma Unit is dedicated to help everyone reach their own personal fitness goals. Here at ATU, you will get nothing but positive vibes and encouragement from everyone. We all work out together and (IT'S FREE). Come see what the HYPE is about at ATU. Mondays 8-9pm starting December 8, 2014

Sand Volleyball 4 on 4: Wednesdays 6-10pm Starting June 2015 *Fee is \$100/team. We are looking to run 3 divisions: Coed Adult Open, Coed Adult Recreational, and High School Girls. Teams will play 2 matches a night. Space is limited so register today!



Summer Sports Camp: Week long day camp focusing on a singular sport including Basketball, Volleyball, Soccer, Skateboarding, and more to come! Camp will run M-F from 9am-4pm and will include lunch, snack, swimming, and a field trip on Friday! Dates and Cost will vary for each sport! For more information visit West Penn CC!

To register for any program or for more information
call (412)622-7353 or email your questions to
steve.rothhaar@pittsburghpa.gov

*All proceeds go to West Penn Advisory Council to benefit our youth programming and equipment needs! All youth participants will receive a program t-shirt!

William Peduto, Mayor

James Griffin, Director

**The city does not discriminate against anyone on the basis of race, color, religion, ancestry, national origin, place of birth, sex, sexual orientation, familial status, age (40 and over), or non-disqualifying physical or mental disability, or on any other basis protected by federal, state or local law.

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Girls Volleyball: Girls Ages 9-16 Grades 4-10 *Fee: \$20
Registration and Info Meeting Jan. 5th 7pm
Learn the game from Pgh Elite coach Steve Rothhaar.
No experience needed! All athletes will be trained at their
own personal skill level for maximum results!
Parents check out Yoga!



Yoga: Mondays 6:30-7:30pm starting Januray 2015.
*Fee \$20/12 sessions! Gain muscle strength and flexibility
with instructor Caitlin Laskey. Conveniently scheduled for
parents during Volleyball! Get fit while your child
practices!

Youth Soccer: Coed ages 6-8 *Fee: \$10
Fridays 6-7pm starting Febuary 2015
Learn the FUNDamentals of soccer and get
an introduction to team sports with peer
interaction in a structured environment



Bocce-Ball League: Adults 18 and Over Starting
January 7th Wednesdays 10-12pm *Fee: \$10/Season
Come and get your roll on! Be active and meet new
people! Come alone or with a group! All are welcome!

Youth/Teen Karate: Wednesdays and Fridays
*Fee: \$20/12 sessions! Coed goups 8-11yr (6-7pm)
and 12-17yr (7-8pm) Learn the basics of Karate! Fundamentals,
Discipline, Stretching, Blocking, Punching, Kicking, and
Strentgh Training! A great way to get your exercise!



Kindersports: Tuesdays 10-11am Starting February 2015
*Fee \$20/12 sessions! Join us for a fun way to interact
with your young ones in an active play environment! This
program is for Children 0-5 years old and a parent or
caregiver! Play games, exercise, and participate in activities
to help strengthen the bond between youth and Adult!

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