

# UPT Parks & Recreation Activity Guide



MARCH

## March 1st – 31st

### Leprechaun Hunt – 9am–7pm; 9am–11am

Help us track down these tricky Leprechauns at the Center! Complete a craft in the silo when you finish finding them all. The Hunt is available Monday-Friday from 9am to 7pm and Saturdays from 9am to 11am.



## March 3rd – 31st (Mondays)

### Hooks and Needles – 1pm

Come work on your own knitting and crocheting projects in a group setting! Meet new people and maybe learn some new techniques! This program is FREE for Community Center members!



## March 3rd – 31st (Mondays)

### Canasta – 1pm

Come play the game of Canasta with us! This program is FREE for Community Center members!



## March 4th – 25th (Tuesdays)

### Mini Music Movers: Music & Story – 9:30 & 10:30am

Come along with your little ones to listen to their favorite children's stories and songs. Little ones will be able to explore instruments and props with Ms. Kendra during class. Caregivers are required to stay and interact with those enrolled in the class.



## UPT Community Center Contact Information:

Phone: 484-391-2390

E-mail: [getuptcc@gmail.com](mailto:getuptcc@gmail.com)



## COMMUNITY CENTER REGULAR HOURS

### OPEN HOURS

|     |                  |
|-----|------------------|
| MON | 8:00am - 8:00pm  |
| TUE | 8:00am - 8:00pm  |
| WED | 8:00am - 8:00pm  |
| THU | 8:00am - 8:00pm  |
| FRI | 8:00am - 8:00pm  |
| SAT | 8:00am - 12:00pm |
| SUN | CLOSED           |

\*Regular hours begin Sept. 6th



Children's Programs



Adults Programs



Senior Programs



Programs have registration fees.

FREE  
for Community  
Center  
Members!



## Canasta

Come spend the afternoon with friends and play Canasta!  
Beginner and experienced players welcome

Mondays 1-3pm



March 2025

Programs and Events Calendar

### March 4th - 25th (Tuesdays)



#### Pickleball Lessons: Beginners - 11:30am

Interested in learning the game of Pickleball? We have lessons for **beginners** on Tuesdays from 11:30 to 12:30pm. Free for Full Facility members.

### March 4th - 25th (Tuesdays)



#### Pickleball Lessons: Intermediate - 12:30pm

This class is for those who have taken the beginner lessons with Harry & know the rules of pickleball. Harry will focus on specific techniques to help you improve your game. Registration is required. Join us for **Intermediate** Pickleball Lessons on Tuesdays from 12:30 to 1:30pm. Free for Full Facility members!

### March 4th - 25th (Tuesdays)



#### Pickleball Lessons: Intermediate Plus - 1:30pm

Have you taken the Beginner & Intermediate Pickleball lessons, but still not ready to play on your own? If you said yes, then this is the place for you! Harry will focus on specific techniques to help you improve your game and you will be on your way to play on your own! Registration is required. Free for Full Facility members!

### March 5th - 26th (Wednesdays)



#### Mahjong - 1pm

Come play Mahjong with friends at the UPTCC! This program is FREE for Community Center members!



Children's Programs



Adults Programs



Senior Programs



Programs have registration fees.





### March 7th – 28th (Fridays)



#### Youth Futsal – 5pm

Come join Coach Kiersten for Youth Futsal. She will teach the basics of Futsal and then run games at the Center. This is for kids ages 10-13 years old. This is a drop off program.

### March 7th – 28th (Fridays)



#### Futsal – 6pm

Cooler weather is bringing the return of Futsal to the Center. Please note, this is a pick up game style program. Staff will not provide instruction during this session. Free for members.

### March 8th – April 5th (Saturdays)

#### Skyhawk Sports: Tot-Letics – 9:30am

Tot-Letics is our introduction to exercise for toddlers! Each week we'll play SuperTots games that get kids moving and prepare them for sport through motor, social, and athletic skill development. Grab your workout gear and join us for Tot-Letics! Please note, parent participation is required for ages 2 to 3.



## GEX Classes for March

- SS Classic - Mondays @10:15am
- Quick 30- Mondays/Thurs. @12:30pm
- Chair Yoga- Tuesdays @10:15am
- Qigong- Tuesdays @12:30pm
- Total Body Strength - Tuesdays @6pm
- Pilates - Tuesdays @7pm
- Senior Stretch - Wednesdays @10:15am
- Pilates - Thursdays @9:30am
- SS Cardio - Thursdays @10:15am
- Mindfulness Yoga- Thursdays @4:30pm
- Zumba- Fridays @9:15am
- Strength & Stability - Fridays @10:15am

MARCH



## Flag Football

Our friends from Skyhawks Sports will be hosting a Flag Football Pop Up program on March 20th for BOYS AND GIRLS at 5pm! Come get a taste of what the 5 week session will be like in April. This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. We hope you can join us at Black Rock Park on the 20th!

Thurs. March 20th 5-6pm  
 Black Rock Park

Ages 6-12  
 Register at [uptrec.org](http://uptrec.org)



Children's Programs



Adults Programs



Senior Programs



Programs have registration fees.



## Mini Music Movers

### MUSIC AND STORY

Dates: Tues., March 4th-25th  
 Time: 9:30-10am (0-2yrs)  
 10:30-11am (2-6 yrs)

**Register online!**  
[uptrec.org](http://uptrec.org)

## Pickleball Schedule

| Monday       | Tuesday  | Wednesday                                     | Thursday     | Friday       |
|--------------|--|---|--------------|--------------|
| 11:30-4:00pm | Beg. Pickleball<br>8-10am<br><br>Lessons<br>11:30-2:30pm | Beg. Pickleball<br>8-10am<br><br>11:30-2:00pm | 11:30-2:00pm | 11:30-2:00pm |

UPTREC.ORG



**March 2025**  
**Open Gym & GEX Calendar**

## March 8th – April 5th (Saturdays)

### MiniHawks FitLetics – 10:20am



MiniHawks Fitletics is all about fun games that get our MiniHawks exercising! Each week we'll play MiniHawk games that get kids moving and prepare them for sport through motor, social, and athletic skill development. Grab your workout gear and join us for Fitletics!



## March 14th



### Story time with UPT Fire Depart. – 9am

We hope you will join our friends from the UPT Fire Department for a special Story time! After we read a story or two, you can check out the firetruck and ask questions. Our program is geared towards 3 to 6 year olds, but all are welcome.

***\*Please note, the Fire Department is actively on duty and may be late due to an emergency/fire call in the Township. We appreciate your patience while our First Responders help our residents in their time of need. They will arrive at the Center for Story time as soon as possible.***

***Thank you.***

## March 14

### Art for Seniors– 11am



March is for Book Lovers! We'll be making our own spring time bookmarks with resin. Please register on our website due to necessary supplies.







## March 20th

### Boys/Girls Beginner Flag Football Pop Up - 5pm

Did you know that Flag Football will make its Olympic debut in 2028? Check it out at Black Rock Park! Skyhawks Sports wants to help you prepare for the Olympics with their own Flag Football offering in April. Try this pop up for free. The program will take place behind the large playground at *Black Rock Park*.

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New offering!

## March 31st - Schedule change

Please note, there will be no Pickleball on Monday, March 31st. We will return to our regular Pickleball schedule on Tuesday, April 1st.



## March 31st - April 28th (Mondays)

### Beginner Field Hockey - 4:30pm

Join Skyhawks for an exciting introduction to Field Hockey, a sport with a global appeal! Our fun, inclusive program, developed with USA Field Hockey, teaches basics like stick-handling and passing in a game-based environment. Perfect for boys and girls, this program is your child's gateway to a new sport. Each participant receives a free stick, Go Ball and online training with LEAP Hockey. Let's discover Field Hockey together!

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## LEPRECHAUN HUNT

HELP US TRACK DOWN THESE TRICKY LEPRECHAUNS THAT ARE HIDING AROUND THE CENTER! COMPLETE A CRAFT IN THE SILO WHEN YOU FINISH FINDING THEM ALL.

HOURS:  
MONDAY-FRIDAY: 9AM TO 7PM  
SATURDAYS: 9AM TO 11AM.

Our Leprechaun Hunt will be available from March 1st through March 31st.



## Firefighter Story Time

March 14th 9am | FREE | Upper Providence Township Community Center



MARCH



Children's Programs



Adults Programs



Senior Programs



Programs have registration fees.



**COMING  
SOON**

## NYC BROADWAY BUS TRIP

Enjoy an unforgettable day trip to New York City! Explore the city On Your Own or check out Wicked on Broadway! We will be visiting NYC on Wed., April 30th.

\$195/PERSON BUS & SHOW

\$85/PERSON BUS ONLY

**HOP ON THE BUS AND TAKE A WICKED RIDE DOWN THE YELLOW BRICK ROAD!**

**SIGN UP TODAY!**  
[WWW.UPTREC.ORG](http://WWW.UPTREC.ORG)

**NEURODIVERSE  
FITLETICS  
UPPER PROVIDENCE**

**MOVE      PLAY      GROW**

|                                    |                         |
|------------------------------------|-------------------------|
| <b>Saturdays</b>                   |                         |
| Spring I    April 12th to May 10th |                         |
| Spring II   May 24th to June 21st  |                         |
| <b>K - 5th Grade</b>               | <b>6th - 12th Grade</b> |
| <b>11:30 to 12:15 PM</b>           | <b>12:30 to 1:15 PM</b> |

## March 31st – April 28th (Mondays)

### Beginner Golf – 5:45pm

Skyhawks Beginner Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.



## Coming soon!

## April 12th – May 10th (Saturdays)

### Neurodiverse Fitletics – 11:30am & 12:30pm

Skyhawks Neurodiverse Fitletics provides opportunities for neurodivergent children to build the life skills of fitness and movement through fun and engaging activities that are adaptable to the unique and varied needs of the Neurodiverse community.



## April 30th

### New York On Your Own/Wicked Bus Trip – 7:30am

Join us for a fun day in the Big Apple! You can explore the city on your own or purchase tickets to see Wicked on Broadway! Reserve your spot today by visiting [uptrec.org](http://uptrec.org).



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## Summer Camp Update

### Camp Black Rock – 6 week and weekly options

Camp Black Rock 6 week **RESIDENT ONLY** registration will open *WEDNESDAY, 2/19*, at 9am.

All other Camp Black Rock registrations (6 week non resident, non-early bird, or weekly) will begin on Monday, 2/24 at 9am.

Specialty Camp Registration will begin on Monday, March 3rd at 9am.

### Important notice for camp registration!

Camp registration will take place on our new website, [uptrec.org](http://uptrec.org).

We encourage you to visit our new website in the coming weeks. Please make sure to create or update an account on our new website prior to camp registration opening. If you have any problems, such as logging in or your residency status, please contact us at [uptparksandrec@gmail.com](mailto:uptparksandrec@gmail.com) prior to camp registration opening. This will help registration go smoothly for all.

**Camp Black Rock – 6 weeks:** June 16th – 27th and July 7th – Aug. 1st

**\*OFF the week of June 30th through July 4th**

### Camp Black Rock – weekly options:

|                 |                    |
|-----------------|--------------------|
| June 16th –21st | June 23rd–27th     |
| July 7th – 11th | July 14th–18th     |
| July 21st–25th  | July 28th–Aug. 1st |



## WE ARE HIRING!

Summer Camp  
Counselor  
Seasonal  
Full-time

## JOIN OUR TEAM

To apply visit  
[Uprov-montco.org](http://Uprov-montco.org) today!

MARCH





Dear UPT Community Members,

We will launch our new online account system to make managing your account easier than ever! Program and event registration will be accessible February 3rd, 2025. Please note, you will no longer have access to your Rec Desk account after February 1st, 2025.

**How to access your account:**

- Visit our new website: [www.uptrec.org](http://www.uptrec.org)
- In the middle of our website, you will see these two icons.
- Choose "New Account" if you did not have a previous account with us on My Rec (prior to 2022). If you are unsure, choose log in and the system will provide prompts to help you along the way.
- Please bear with us as we continue to update our new software.



Log In



New Account

We are very excited about this improvement for our members and we hope you are too! If you have any questions contact our team at [uptparksandrec@gmail.com](mailto:uptparksandrec@gmail.com) or 610-933-9179.