

Excercise Club

MARYSVILLE LIONS CLUB
Wednesday's 6:00 - 7:00pm
Starting July 11 - Aerobics, Zumba, Pound, and Agility
(Please call Maryellen Brown for questions 717-514-0756.)

Cycling Club

VARIOUS RIDE LOCATIONS ARE SCHEDULED
Saturday's - Please contact Coach Mark Himmelreich
717-580-3263 or Coach Carl Lori 717-379-0201
for details.

Fall Sports Bocce

HERSHEY ITALIAN LODGE, Hershey
Saturday's 9 - 10:15am
July 21 - October 13, 2018
(No training September 15 & September 22)

VILLAGE PARK, Carlisle
Thursday's 5:30 - 7:00pm
July 12 - October 18, 2018
(No training August 9, August 16 & September 20)

SOLDIERS AND SAILORS PARK, Mechanicsburg
Wednesday's 5 - 7:00pm
July 18 - October 17, 2018

UPPER DAUPHIN AREA HIGH SCHOOL, E-ville
Saturday's 4 - 5:30pm
July 21 - October 27, 2018
(No training August 4, September 29 & October 6)

Long Distance Walking and Running

ADAMS-RICCI PARK, Enola
Tuesday's 6 - 7:15pm
August 14 - October 22, 2018
(Time changes to 5:30pm-6:45pm on October 2)

CARLISLE BARRACKS ARMY HERITAGE, Carlisle
Thursday's 5:30 - 7:00pm
August 16 - October 25, 2018

WICONISCO PARK, Upper Dauphin
Thursday's 6 - 7:00pm
August 8 - October 25, 2018

Powerlifting

CROSSFIT 717, Lemoyne
Sunday's 4 - 5:30pm
July 29 - October 28, 2018
(No training September 2, September 16 & October 7)



**Special
Olympics
Pennsylvania**

Rollerskating

OLYMPIC SKATING CENTER, Enola
Monday's 6:30 - 8:30pm
July 2 - October 29, 2018
(No training the third Monday of every month)

Soccer

H.B.G. AREA COMMUNITY COLLEGE, Harrisburg
Monday's 5:30 - 7pm
July 23 - October 29, 2018
(No training: September 3 & September 17)

Volleyball

SUSQUENITA HIGH SCHOOL, Duncannon
Wednesday's 6:30 - 7:45pm
August 29 - October 31, 2018

OTTERBEIN U. M. CHURCH, Carlisle
Wednesday's 5:45 - 7pm
August 15 - October 31, 2018

NEWPORT FAMILY LIFE CENTER, Newport
Monday's 6:30 - 7:45pm
August 20 - October 29, 2018
(No training September 3)

Summer 2019 Sports (training in the Fall)

Swimming

HERSHEY RECREATION CENTER, Hershey
Tuesday's 7:30 - 8:30pm
November 13, 2018 - May 14, 2019
(No training December 25 and January 1)

WEST SHORE YMCA, Camp Hill
Sunday's 5:30 - 6:15 and 6:15 - 7:00pm
October 14, 2018 - June 2, 2019
(No training November 24, December 23 & 30
February 3, April 21, May 12 & 26)
**PLEASE CONTACT COACH KIM FOR AN ASSIGNED
SWIM TIME 717-975-3837.**

HEIGES FIELD HOUSE, Shippensburg University
Thursday's 6:00 - 7:00pm
September 6, 2018 - May 2, 2019
(No training November 22, December 13 thru
January 17, 2019, February 21 & March 14)

Young Athletes

ST JAMES PRESBYTERIAN CHURCH (1425 Orrs Bridge
Rd, Mech., New Session will start in the Fall. Please
contact the Area M Office for information 717-732-6756.
(This program is for athletes with and without special
needs, ages 2-7 years, and is non-competitive.)

Winter Sports Bowling

ABC NORTH, Harrisburg
Sunday's 1 - 3:30pm
August 5 - October 14, 2018
(No training September 2, September 16 & October 7)

MIDWAY BOWL, Carlisle
Tuesday's 4:30 - 6:30pm
August 7 - September 25, 2018

TRINDLE BOWL, Mechanicsburg
Sunday's 1:30 - 4:00pm
August 12 - October 14, 2018
(No training September 2, September 16 & October 7)

VALLEY LANES, Upper Dauphin
Tuesday's 6:30 - 8:30pm
August 28 - October 23, 2018
(No training September 25 & October 2)

Floor Hockey

SUSQUENTIA ELEMENTARY SCHOOL, Duncannon
Wednesday's 6:30 - 7:45pm
November 14, 2018 - February 27, 2019
(No training November 21, December 26, & January 2, 2019)

OTTERBEIN UNITED METHODIST CHURCH, Carlisle
Wednesday's 5:45 - 7:00pm
November 14, 2018 - February 27, 2019
(No training November 21, December 26, & January 2, 2019)

NEWPORT FAMILY LIFE CENTER
Monday's 6:30 - 7:45pm
November 26, 2018 - February 25, 2019
(No training: December 24 & 31)

Ice Speed Skating

HERSHEY PARK ARENA, Hershey
Sunday's 4:30 - 5:30pm
November 18, 2018 - February 24, 2019

DRYLAND TRAINING
Mechanicsburg Church of the Brethren, Dillsburg
Tuesday's 7 - 8:00pm
January 15 - February 26, 2019

Alpine Skiing

SKI ROUNDTOP
Please contact the Area M office 717-732-6756 for more
information regarding the Alpine Ski Program. You must
sign up to attend one of the clinics and you must be the
age of Middle School or over. Clinics are tentatively
scheduled (weather permitting) on January 2, 4, 8, 10,
& 14th with Ski Competition on January 23, 2019.



2018 special dates

SOPAM Night at the Races

Williams Grove Speedway, Friday, July 20

Karns Celebrity Baggers

Saturday August 4, Wednesday August 15,
and Saturday August 25

Rollerskating Invitational

Olympic Skate, Sunday, August 12

End of the Summer Dance and Sportswear Sale

CAIU, Friday, August 17 (6:30-8:30pm)

SOPA Leadership Conference

The Penn Stater, Saturday & Sunday,
August 25 & 26

Area M Fall Classic

Hershey High School, Sunday, September 16

Central Fall Sectionals

Juniata College, Sunday, September 23

Area M Awards Gala

The Raddisson Camp Hill, Sunday, October 7

Halloween Dance

CAIU, Friday, October 26 (6:30-8:30pm)

Equestrian Local Competition

Chasing Rainbows, Saturday, October 27

Fall Festival

Villanova University, Friday to Sunday,
November, 2, 3 & 4

Area M Local Bowling Tournament

Trindle Bowl, Sunday, November 11

Christmas Dance/Sportswear Sale

CAIU, Friday, December 14 (6:30-8:30pm)