

SECA REC



"Life is simple - Eat, Sleep, PLAY!"

WINTER PROGRAM ISSUE

January—March, 2012

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www.secarec.com

You can now check SECA out on FACEBOOK!



DIRECTOR'S MESSAGE: Greetings! I am Glenn Koehler, the new Director for **YOUR** SECA REC. I look forward to working with the entire community to make the upcoming year the best ever as we fulfill our goal of serving the "fun" needs for our residents. Volunteers are the life blood of any organization such as SECA. That's where you come in. Do you have an interest in coaching? Umpiring? Can you help run the score clock for our basketball leagues? Do you have a hobby you would love to teach others? We, and by we I mean your neighbors who sign up for the programs we offer, need your help to make each of these programs a success. Call me to find out how you can help. Have a great holiday season!

SPECIAL EVENTS & OFFERS



Cash and prizes are awarded with some jackpots reaching \$500! We use all paper cards and we also serve food and refreshments. Doors open at 6:00 pm and play begins at 7:00 pm. 2012 Bingo will be held the **FIRST** Friday of every month (June and December Bingo will be held on the **FIRST** and **THIRD** Friday's.) Jan. 6, Feb. 3, Mar. 2, Apr. 6, May 4, June 1, June 8, July 6, Aug. 3, Sept. 7, Oct. 5, Nov. 2, Dec. 7, and Dec. 21. ****NEW THIS YEAR**** SECA will be hosting BINGO every Friday in January. Dates are January 6, 13, 20 and 27.



St. Patrick's Day Party & Fundraiser: Saturday March 10th, 2012 from 7 to 11 pm. This Event is for Adults Only! See if you have the luck of the Irish! Purchase of a \$50 ticket includes food, fun, and a chance to win some great prizes. Contact the SECA office for more information: (717) 806-0123. There are only 100 tickets available, so act now!



Flashlight Easter Egg Hunt (For ages 11 to 15): Friday April 6th at 8:00 pm. Even older kids still can enjoy an Easter Egg Hunt! Kids ages 11 to 15 are invited to bring their flashlights and recapture their youth during our free Easter Egg Hunt on the SECA grounds in the dark! Hundreds of eggs filled with prizes and candy will be hidden! Unique "Golden Eggs" holding very special prizes will also be hidden! Bring a nice big bag and your trusty flashlight. Youth Registration begins at 7:30 pm. Please no children under 11 years old.



SECA Presents: A Trip to South Dakota – The Black Hills & Badlands. August 28-September 3, 2012 The highlights of this 7-day trip include: 1880 Steam Train, Mt. Rushmore, Crazy Horse Memorial, Custer State Park, Deadwood, Hot Springs, Badlands National Park, Wall Drug Store. This trip includes: Round Trip Air from Harrisburg Intl. Airport, Air Taxes and Fees/Surcharges of \$50 (subject to increase until paid in full), and Hotel Transfers. **If you are interested in this trip, please come see a trip presentation and slide show on Monday, January 16, 2012 at 3:00 pm at the SECA Center.**

ADULT PROGRAMS & SPORTS



SECA Adult Winter Basketball: Mandatory meeting on Monday, January 9th at 6:30pm, here at the SECA Building, for any coaches interested in having a team in the league. Regular season games will be played on Tuesday's at Providence Elem., and Wednesday's at Bart Colerain Elem., beginning Tuesday, January 31st. Game times will be from 6-9pm on (Tuesday nights) and 6-10pm on (Wednesday nights). This program is for men and women who would like to play basketball during the winter in a fun and competitive atmosphere. Anyone interested should contact the SECA office at: (717) 806-0123.



Men's Softball League: Last year's league was a huge success and we are looking forward to the league expanding this year. The season will begin in May and end in July. All games will be played after 8 pm under the lights at Memorial Park in Quarryville. Anyone interested in playing or sponsoring a team should attend an organizational meeting on Tuesday, March 6th at 6:30 pm at the SECA Center. If you are unable to attend this meeting, but are interested in participating in this league contact the SECA office at (717) 806-0123.



Pilates: Wednesday evenings from 6:30 pm to 7:30 pm starting January 25th. \$45 for 6 sessions; Pre-Registration is required and space is limited. Classes will be held at the SECA building.

Instructor: Beth Buckwalter. Pilates is a method of body conditioning that combines stretching and strengthening exercises to tone muscles, improve posture, and increase flexibility by training your mind and body to work together. This class will teach you a series of controlled movements to strengthen your core muscles: abs, back, hips and thighs. Most movements are done on the floor, so bring a mat and dress comfortably.



Yoga Flow-Motion: Monday evenings from 6:00 pm to 7:00 pm starting February 6th. \$65 for 8 sessions. Pre-Registration is required and space is limited. Classes will be held at the SECA building. **Instructor:** Christine Kortze. This yoga style is designed to encompass all ability levels. Vinyasa yoga poses flow from one to the other like waves, choreographed to flow WITH music to create a deep meditative yoga state. All aspects of your body will be strengthened; mind, breath, body, core, and flexibility. You will walk away with a sense of peace and strength.



Back by Popular Demand!! Ready to make a change in your health and lifestyle? The biggest loser challenge is a results based workout program for anyone at any age. We offer high intensity workouts along with before/after fitness assessments, nutrition counseling & ongoing motivational support in this inspirational program. Winter session will be 10 weeks long, with biweekly weigh ins, and workouts 2 x week. Join us for the change you've been looking for and begin your journey to living a healthier life! Prizes awarded throughout the program for various accomplishments. **Registration deadline-** January 20, 2012. Register Early!! **SPACE IS LIMITED!!!** **Program Fee-** \$180 **Program starts** January 30th Monday & Wednesday evenings 7:30-8:30pm. For more information, contact program instructors & Certified Personal Trainers; **Carla Beam(717) 333-6189 & Angie Frey(717)371-4466**

YOUTH PROGRAMS & SPORTS



Youth Indoor Soccer League: Saturdays, starting January 21st until February 25th. Game times between 9:00 am to 12 pm at Quarryville Elementary Gymnasium. Divisions are for youth grades K-2nd and grades 3rd – 5th. The teams will be co-ed and will be chosen equally. This non-competitive program is designed to be fun and instructional for the kids. Games will be played on a smaller court and teams will be comprised of five players on the court at a time to maximize playing time and scoring. Anyone interested in coaching or helping should contact the SECA office at (717) 806-0123. **Registration fee is \$45. Registration deadline: Tuesday, January 10th, 2012**



NFL Youth Flag Football League: SECA will be offering flag football leagues for youth ages 5-8, 9-11, and 12-15. Age is determined by age as of January 1, 2012. Both boys and girls are invited to participate. League games will be held on Sunday afternoons at Memorial Park starting in March and ending in May (weather permitting). Any parents or volunteers interested coaching must attend a coaches meeting on Tuesday, February 21st at 6:30 pm at the SECA Center. Registration fee is \$65. Registration deadline is Monday February 13th, 2012 (No exceptions). Register online only at: www.active.com (keyword: SECA Flag Football)



KARATE with Riehl Martial Arts: Contact Master John Riehl, 717-283-6164, for program details. Youth and Adult classes offered Tuesday and Thursday evenings at the SECA Center. No contracts, Pay month to month. Family discounts offered.

Southern End Martial Arts Tournament: April 29, 2012 at the Hoffman Building. Open to all schools and styles. Contact Master John Riehl, 717-283-6164



SECA Sharks Swim Team: Team registration information, registration forms, preliminary 2012 schedule, and Spring Swim Clinic information, will all be mailed to past participants. If your child enjoys swimming and can swim the length of the pool, then come sign them up for this summer's swim team! Contact Robin Capoferri at (717) 529-2826 or Cathy Peifer at (717) 786-4043 for more information on the SECA Swim Team, or access forms on the SECA Shark website at www.secasharks.org.

SECA POOL EARLY BIRD SEASON PASS OFFER!!!!

SECA is again offering an early bird sign-up offer for summer 2012 season passes for the SECA Community Pool. Purchase your summer pass before April 1st and receive last year's rates before they increase. Cost of pass is based on the number of people on each pass. **GREAT CHRISTMAS IDEA FOR YOUR FAMILY!** For more information please call the SECA office at 806-0123.

SECA RENTALS

Need a place to hold your upcoming special event? SECA offers building, pool and pavilion rentals! Please call the SECA office for details and availability. (717) 806-0123

SECA REC'S WINTER WEATHER POLICY

In an effort to keep everyone safe during inclement winter weather episodes, all daytime SECA activities will be cancelled whenever SOLANCO schools are closed due to weather. SECA evening events will be cancelled whenever SOLANCO cancels nighttime events at their locations.