February 28th, 2015
9:30 am

Idita-Trail & Winter Challenge

There will be frosty paws & feet as canine and human racers compete to finish the entire 9-miles of the Buffalo Valley Rail Trail. Racers are permitted to walk, run, bike, or even snowshoe or ski in order to compete the challenge.

How will you get to Mifflinburg?

Want more Information?
Visit us at:
www.bvrec.org
or
Find us on Facebook
Interested in Sponsoring?
Call us at:
(570) 524-4774
**Classes for KIDS, YOUTH, and ADULTS**

Find the following offerings in "Activities" on the website listed by type: Aquatics (Aq), Classes/Activities (C/A), Fitness (F), Gymnastics (G), Special Interest (SI), Sports (Sp).

**Archery** — Learn and Grow (Ages 6+) (Sp)
Art, practice, or skill of propelling arrows with the use of a bow, from Latin arcus.

**Aquacise at Riverwoods Pool (Aq)**
This co-ed class makes cardiovascular, stretching, strengthening, and toning fun and provides swimmy benefits, aka buoyancy which alleviates impact on areas of the body like bones, joints, and muscles. Appropriate for non-swimmers. 6 wks, twice a week (M & Th.), 6:30pm - 100%.

**Central Susquehanna Lacrosse Club (Grades 3-8) (Sp)**
For students in grades 3-8. The season includes games and tournaments for the following age groups: U11 (DOB prior to 9/1/03), U13 (DOB prior to 9/1/01), and U15 (DOB prior to 9/1/99), Practice in Winfield.

**Filipino Martial Art of Arnis (Sp)**
Arnis, and kali, are umbrella terms for the traditional martial arts of the Philippines ("arte marcial"), that emphasize weapon-based fighting with sticks, knives, and other bladed weapons, and various improvised tools.

**Gymnastics — BVRA Gymnastics Center — Home of the Energy Team (G)**
ParenTot, Preschool, Level 1-3, Pre-Team, Team, Tumbling, Private Lessons, and Parkour! 8 wks sessions, re-enrollment required.

**Jujitsu — Adult (Sp)**
The Adult Japanese Jujitsu consists of strikes, kicks, throws/takedowns, joint locks, and grappling techniques designed to build strong self-defense skills using the attacker’s energy against him and not directly opposing it. Jujitsu teaches self-confidence, discipline, and respect.

**Jujitsu — Children (Sp)**
This class strives to develop self-confidence, discipline, and respect.

**Kinder Garden Thyme Weather Permitting (Ages 1-5) (C/A)**
Come spend time in the Garden. Learn as you grow with our programs!

**Kinder Play Time (18 months-Syrs) (G)**
This parent-led program offers children the chance to burn off energy and get used to the gym. Friday mornings the gym all to yourselves!

**Nature’s Cool!** (ParenTot and 3-5 yr) (C/A)
Using children’s enthusiasm for the natural world helps to actively engage them in the learning process and re-awakens their natural sense of wonder. Instructor Maggie Testa has over 30 years of experience teaching children in the classroom and out in nature!

**Running for Women (F)**
Learn your running style from start to finish at your own pace with Freddi Carlip!

**SAT Prep Math and Reading (C/A)**
Explore, analyze, and delineate problems for a clear understanding of the expectations, structure, and logic of the SAT exam. Decode, deconstruct, and distinguish the structure of the English language, the mood and tone of a written piece, and the eclectically verbose sentences of the Reading Section of the SAT.

**Self Defense (S/I)**
Learn the basics and beyond in this class appropriate for families, teens, and all.

**Swim Lessons Indoor at Riverwoods Pool (Aq)**
Evening Lessons, Monday or Thursday — Water Babies, Preschool, and Levels 1-3.

**Western Swordsmanship (S/I)**
Western Swordsmanship, also referred to as European Swordsmanship, is a combat technique developed in medieval Greece. This technique mainly focuses on the use of the long sword and poleweapons.

---

**SPECIAL EVENTS (register at BVRec.org)**

**Ice Skating** — January: 17 Skate with the Bison, 1-3pm; 19 No School Skate, 1-3pm. February: 7 Frozen Party, 1-3pm; 13 & 16 No School Skate, 10am-1pm & 10am-3pm; 14 Valentine’s Day all day & Kiss for Skates; 16 Kidaduro, 11am-1pm. All events will include special activities including crafts, games, or complimentary treats!

**Kidaduro** — February 21, Warming House (St. Mary and St. Lawrence St.). An event for kids where two-legged, fur-free friends pull sleds across the snow and onlookers cheer and wave signs, “Go sled dogs!”, in a more -than-slightly modified version of the 1,100-mile sled dog race across Alaska.

**Jolds-Trail & Winter Challenge** — February 28, Buffalo Valley Rail Trail, registration at the Warming House (St. Mary and St. Lawrence St.), 8:15am. Competitors will race to the end of the Trail in Mifflinburg where we will gather for some much deserved refreshments and prizes.

**Moon Walk & Stargazing on the Trail** — April 6 & May 19, more info to come.

**10 and Under Tennis Clinic** — May 9, Lewisburg Area Recreation Park, Tennis Courts, 11am-2:30pm. A United States Tennis Association coach will be on hand to work with BVRA coaches and the public in these workshops. Each participant will receive a certificate of completion.

**Lewisburg Community Pool Opening** — May 23; Water Safety Day May 30.

**Summer Camp Starts** — June 8, Warming House (St. Mary and St. Lawrence St.). Mini Camp: 2-3 year olds, and 5-7 year olds, Tue., Wed. and Thursday. Before Camp option: 8:30; Camp: 9am-4pm; After Camp option: 4:35pm. Call for more details.

**Nature Themed Birthday Parties** — Children’s Play Garden/Warming House (St. Mary and St. Lawrence St.). Held in 3 hour timeframes for ages 4-10.

Give your child a unique and memorable birthday combining good-old-fashioned fun with learning!

**Instructor-led Party Themes** Include:
- Bug in a Banana
- Wild Things
- Eco-Explorer
- Feathered Friends
- Scavenger Hunt

---

**BVRA FACILITIES**

**BVRA facilities** Pagians — 3 pavilions to choose from (24-72 seats), use of playground, ball fields, open space, grass, meadow, creek, small pond, nature trail, grills, and water. Resident, Non-Resident, and Non-Profits rates, Park and Pool Packages, Wedding and Special Events! Gymnastics Center — includes the use of the equipment and staff assistance; area for seating and food.

**Children’s Play Garden** Includes use of the Garden, its equipment, and the Warming House facilities, with or without Nature Programming.

---

**JOIN IN**

**Volunteer**
Join a Committee
Adopt A Trail
Sponsor An Event

---

**REGISTRATION**

[www.BVRec.org](http://www.BVRec.org)
[www.BVRF.org](http://www.BVRF.org)
589 Fairground Rd, Suite 3, Lewisburg, PA 17837
(570) 524-4774 (office)
(570) 523-1775 (Gymnastics Center—2010 Market Street, Lewisburg)