



PHILLIPS Recreation Center



CURRENT PROGRAM OFFERINGS—Children

- ⇒ **KinderSports Ages 2-4 FREE**
Mondays—10 AM to 12 PM
September 25, 2023 to February 26, 2024: For children and their parent/guardian. Includes playtime in the gym along with story time, snacks and crafts.
Registration Required—Register in person or call Center
- ⇒ **Cooking with Phillips! Ages 12-17 (FREE)**
Mondays—6 to 7 PM
September 25, 2023 to February 26, 2024: Learn how to cook quick & easy 10 minute healthy meals.
Registration Required—Register in person or call Center
- ⇒ **HomeSchool Gym Grades 1-8 (FREE)**
Fridays—10 to 11:30 AM
September 29, 2023 to May 17, 2024 : Physical Education Class for Cyber School children.
Registration Required—Register in person or call Center
- ⇒ **YWAM Community Youth Basketball Ages 12+ (FREE)**
Tuesdays—5:30 to 7:30 PM
September 26, 2023 to February 27, 2024: Join YWAM Pittsburgh (Youth With A Mission) every Tuesday night as they play an organized game of basketball & mentor youth.
- ⇒ **“Teen Talk” Ages 13-18 (FREE)**
Thursdays—6 to 7 PM
September 28, 2023 to February 29, 2024: A youth mentoring program with Mr. Phil & Mr. Mike. Includes discussion & open gym time. Dinner provided.
Registration Required—Register in person or call Center
- ⇒ **After-School Club Grades 3-12 (FREE)**
Mondays-Fridays—3 to 5:30 PM
September 25, 2023 to May 31, 2024: Staff will be available to help with homework if needed.
Registration Required—Register in person or call Center

**201 Parkfield Street
(Carrick)**

Pittsburgh, PA 15210

412-885-7445

HOURS OF OPERATION

Monday-Friday: 9 AM to 9 PM

Saturday: 8 AM to Noon

Sunday: CLOSED

AFTER-SCHOOL FOOD SERVICE PROGRAM

Snack: 3-4 PM

Dinner: 5-6:30 PM

Free, first come, first served. 18 & under or 21 & under for special needs.



**Adult Programming listed on Page 2*



**CITIPARKS
RECREATION**



PHILLIPS Recreation Center



CURRENT PROGRAM OFFERINGS—Adults

⇒ **Cooking Class for People with Disabilities Ages: 18+ (FREE)**

Mondays—11 AM to Noon
September 25, 2023 to February 26, 2024: Learn cooking basics with friends.

Caregiver must accompany guest.

⇒ **Exercise Class for People with Disabilities Ages: 18+ (FREE)**

Tuesdays—10 to 11:30 AM
September 26, 2023 to February 27, 2024: Warrior Class at your own pace, and socialize with peers.

Caregiver must accompany guest.

⇒ **Hockey for People with Disabilities Ages: 18+ (FREE)**

Wednesdays—10 AM to 2 PM
September 27, 2023 to February 28, 2024: Sports & rec activities socialization and refreshments.

Caregiver must accompany guest.

⇒ **Arts & Crafts for People with Disabilities Ages: 18+ (FREE)**

Thursdays—11 AM to 1 PM
September 28, 2023 to February 29, 2024

Caregiver must accompany guest.

⇒ **Adult Warrior Class Ages: 18+ (\$5/month fitness membership)**

Thursdays—10 to 11:30 AM
September 28, 2023 to February 29, 2024 : Crossfit style workout class with obstacle course and weights. Must have a \$5/month Fitness membership.

Registration Required—Register in person or call Center

⇒ **Teachers Warrior Class Ages: 18+ (\$5/month fitness membership)**

Thursdays—3 to 5 PM
September 28, 2023 to February 29, 2024 : Crossfit style workout class with obstacle course and weights. Must have a \$5/month Fitness membership.

Registration Required—Register in person or call Center

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HOURS OF OPERATION

Monday-Friday: 9 AM to 9 PM

Saturday: 8 AM to Noon

Sunday: CLOSED

OPEN GYM HOURS

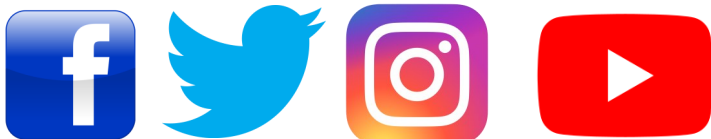
Mondays: 12:30-5:45 PM

Wednesdays: 2:30-6:45 PM

Thursdays: 2:30-6:45 PM

FACILITY/PARK OFFERINGS

- ⇒ Weight Room—requires Fitness Membership (\$5/month)
- ⇒ Full Court Gymnasium
- ⇒ Phillips Park
 - ⇒ Playground
 - ⇒ Basketball Court
 - ⇒ Phillips Swimming Pool (Outdoor/Seasonal)
 - ⇒ Tennis Court
 - ⇒ Frisbee/Disc Golf (9 hole course)
 - ⇒ Phillips Field-Football/Soccer



**CITIPARKS
RECREATION**



TEACHERS & EDUCATORS WARRIORS EXERCISE CLASS

THURSDAYS
3-5 PM

Join Rec Leader/Personal Trainer Coach Joe for this FREE Class! From beginners to elites--All skill levels welcome! Relieve stress, get fit & interact with other teaching professionals.

STARTS OCTOBER 5TH

 412-885-7445

 PHILLIPS REC CENTER
201 Parkfield Street



CITIPARKS
RECREATION