

SPRINGETTSBURY

www.springettsbury.com

Township

Fall 2024

News



Thank You To Our Volunteers!

Read more on page 4.



Board of Supervisors

Mark Swomley, *Chairman*
George Dvoryak, *Vice Chairman*
Charles Wurster, *Assistant Secretary/Treasurer*

Don Bishop
Robert Cox
Mark Hodgkinson, *Township Manager*

Parks & Recreation Page 5! ▶

Manager's Corner

In July 2024, the Springettsbury Township Police Department received an outstanding recognition from the Pennsylvania Law Enforcement Accreditation Commission (PLEAC). The police department was granted premier accreditation status.

What is accreditation?

Accreditation is a progressive and time-proven way of helping institutions evaluate and improve their overall performance. The cornerstone of this strategy lies in the promulgation of standards containing a clear statement of professional objectives. Participating administrators then conduct a thorough analysis to determine how existing operations can be adapted to meet these objectives. When the procedures are in place, a team of independent professionals is assigned to verify that all applicable standards have been successfully implemented. The process culminates with a decision by an authoritative body that the institution is worthy of accreditation.¹

Having an accredited police department is beneficial to the community in many ways. It establishes a credible framework for evaluating department practices and procedures, it helps identify and highlight the capabilities and competence of the department, and it improves law enforcement and community relations by developing improved methods of service and accountability to the public.

The Springettsbury Police Department has been accredited by PLEAC since 2006. To maintain accreditation, the police department must prove that they adhere to 125 standards on an annual basis.

What is premier accreditation?

PLEAC Premier Agency Status sets forth guidelines to identify the top echelon of agencies in Pennsylvania that have remained committed to state accreditation. It also recognizes those agencies that have attained longevity in accreditation and have remained committed to a philosophy of excellence.

There are over 1,100 law enforcement agencies in Pennsylvania. The Springettsbury Township Police Department is one of only 33 that have been granted premier agency status.

I want to congratulate Chief Todd King and the entire police department for their dedication to providing the best police service to our community.

Mark Hodgkinson
Township Manager

¹ Pennsylvania Chiefs of Police Association, Pennsylvania Law Enforcement Accreditation Program

Township's Standard and Poor's (S&P) Global Rating Raised to 'AA'

S&P Global Ratings raised its underlying rating to 'AA' from 'AA-' on Springettsbury Township's general obligation (GO) bonds. With a stable outlook, the upgrade reflects the township's strengthened economy that propelled revenue growth and boosted reserves, coupled with an improved debt profile.

S&P stated "Springettsbury's strong financial management, given its well embedded fiscal policies, planning, and practices, is also a key credit strength that supports the rating."

To read the full report visit www.springettsbury.com and click 'Government' > 'Budgets and Financials' > '2024'

Scan to connect...

Facebook QR Code



Website QR Code



Board of Supervisors

Mark Swomley, Chairman
Mark.Swomley@springettsbury.com

George Dvoryak, Vice Chairman
GDvoryak@springettsbury.com

Charles Wurster, Assistant Secretary/Treasurer
Charles.Wurster@springettsbury.com

Don Bishop
Don.Bishop@springettsbury.com

Robert Cox
Robert.Cox@springettsbury.com

Calendar of Events

~SUBJECT TO CHANGE~

For more information regarding meetings, locations, dates, agendas, minutes, or upcoming events, please visit www.springettsbury.com or call 717-757-3521.

September

- 2 Holiday Township Offices Closed**
- 5 6:00 p.m. Zoning Hearing Board
- 9 7:00 p.m. Fire Company Board of Directors
- 12 7:00 p.m. Board of Supervisors
- 16 6:00 p.m. Parks and Recreation Board
- 17 6:00 p.m. York Area United Fire and Rescue Joint Township Budget Presentation
- 17 7:00 p.m. York Area United Fire and Rescue Commission
- 19 6:00 p.m. Planning Commission
- 21 10:00 a.m. Fall Fest – Springettsbury Park
- 22 10:00 a.m. Fall Fest – Springettsbury Park
- 26 12:30 p.m. Historic Preservation Committee
- 26 7:00 p.m. Board of Supervisors

October

- 2 7:00 p.m. History Night by Stephen Smith (Community Room)
- 3 6:00 p.m. Zoning Hearing Board
- 7 6:00 p.m. Budget Work Session
- 7 7:00 p.m. Fire Company Board of Directors
- 10 7:00 p.m. Board of Supervisors
- 14 6:00 p.m. Budget Work Session
- 15 7:00 p.m. York Area United Fire and Rescue Commission
- 16 6:00 p.m. Budget Work Session
- 17 6:00 p.m. Planning Commission
- 24 12:30 p.m. Historic Preservation Committee
- 24 7:00 p.m. Board of Supervisors

November

- 4 7:00 p.m. Fire Company Board of Directors
- 7 6:00 p.m. Zoning Hearing Board
- 11 Holiday Township Offices Closed**
- 18 6:00 p.m. Parks and Recreation Board
- 19 6:30 p.m. York Area United Fire and Rescue Fire Pension Board
- 19 7:00 p.m. York Area United Fire and Rescue Commission
- 20 6:00 p.m. Police Pension Board
- 20 6:30 p.m. Budget Presentation
- 20 7:00 p.m. Board of Supervisors
- 21 12:30 p.m. Historic Preservation Committee
- 21 6:00 p.m. Planning Commission
- 22 6:00 p.m. Holiday Tree Lighting
- 28 Holiday Township Offices Closed**
- 29 Holiday Township Offices Closed**

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Important Information for Springettsbury Township Residents

Springettsbury Township Municipal Complex
 Hours: Monday through Friday 8:00 a.m. to 5:00 p.m.
 1501 Mt. Zion Road, York, PA 17402
 Phone: 717-757-3521 Fax: 717-757-7856 www.springettsbury.com

Parks & Recreation
717-757-3521

Police Department
717-757-3525

York Area United Fire & Rescue
717-718-2383

Gena Dwyer, Tax Collector
717-757-3521

York Adams Tax Bureau
717-845-1584

**Mercantile/Business Privilege
Tax & Local Services Tax Collector**

Wastewater Emergency 911

Police & Fire Emergencies 911

Streetlights should be reported to Met-Ed 1-800-545-7738. Provide the street address and the ten-digit pole number (found on the pole.)

Traffic signals should be reported to the Police Department at 717-757-3525 or York County Control at 717-840-2971.

Potholes or needed street repairs on Township roads should be reported to the Public Works Department at 717-757-3521.

Potholes or needed street repairs on a State highway should be reported to PennDOT York County at 717-848-6230 or submit your concern here, customer.care.penndot.gov

Utilities & Services

Provider	Phone Number	Website
Trash	Penn Waste, Inc. 717-767-4456	www.pennwaste.com
Water	York Water Company 717- 845-3601	www.yorkwater.com
Sewer	Springettsbury Township 717-757-3521	www.springettsbury.com
Electricity	Met-Ed 1-800-545-7741	www.firstenergycorp.com
Telephone	Verizon 1-800-837-4966	www.verizon.com
Gas	Columbia Gas 1-888-460-4332	www.columbiagas.com
Cable	Comcast 1-800-COMCAST	www.comcast.com

Planning to dig? You will need to have the underground lines marked. Designing a project, no matter how big or small, you need to know the location of the underground lines. To place a dig or design notification in Pennsylvania, please call 8-1-1 or 1-800-242-1776 (outside PA).

School Districts

Phone Number	Website
Central York School District 717-846-6789	www.cysd.k12.pa.us
York Suburban School District 717-885-1210	www.yssd.org

Legislators

State House of Representatives: 47th District Representative **Joseph D’Orsie** 717-840-4711 (District Office) www.repjoed.com and 94th District Representative **Wendy Fink** 717-244-9232 (District Office) www.repwendyfink.com

State Senate: 28th District Senator Kristin Phillips-Hill 717-741-4648 (District Office) senatorkristin.com

U.S. House of Representatives: 10th District Representative **Scott Perry** 717-893-7868 (York District Office) perry.house.gov

U.S. Senate: Senator **Bob Casey** 717-231-7540 (Harrisburg Office) www.casey.senate.gov and Senator John Fetterman 717-782-3951 (Harrisburg Office) www.fetterman.senate.gov

Pennsylvania Governor: **Josh Shapiro** 717-787-2500 www.governor.pa.gov

Tax Collection

Springettsbury Township Municipal Complex
 1501 Mt. Zion Road • York, PA 17402
 717-757-3521, Option 1

The **payment drop box** is located just outside the main entrance to the Municipal Complex
No cash payments in the drop box.

2024 WINDOW HOURS

Mondays and Tuesdays

9:00 a.m. – 2:00 p.m. except holidays

Closed Monday July 29 through August 2, 2024

Closed September 2 through September 3, 2024

Closed November 25 through November 29, 2024

Closed December 23 through December 27, 2024

****SPECIAL DAYS/HOURS TO PAY AT DISCOUNT****

August 22 and August 23, 2024

1:00 p.m. to 5:00 p.m.

September 4 through September 6, 2024

1:00 p.m. to 5:00 p.m.

All payments MUST be made payable to Gena Dwyer, Tax Collector

Postdated checks will not be accepted.

If you do not receive your tax bill

or if your mailing address has changed,

please contact my office by email

taxcollector@springettsbury.com immediately.

- When using online bill pay, all payments must include a parcel ID on payment.
- **Tax payments must be made payable to Gena Dwyer, Tax Collector.**
- Please allow enough time before due date to send payment; Tax Collector goes by postmark date.
- Please include a phone number on your check in case there is an issue.

If you have any questions, please contact the Tax Collector’s office; please email me at taxcollector@springettsbury.com



Sewer Payment Options

Springettsbury Township provides multiple options for residents and property owners to make sewer bill payments, including by mail, in person, ACH direct withdraw or online credit card payment. The Township encourages all residents to make payment early to ensure it is received by the due date. Payments are posted on the date payment is received, not by the postmark date. Failure to receive sewer bills is not considered a reason for non-payment and does not extend the due date.

New in 2024...

Springettsbury Township selected Xpress Bill Pay as the new online payment system. Customers may choose to create an online account with Xpress Bill Pay to manage online payments and request electronic invoicing. Please visit our website to access the Springettsbury link to Xpress Bill Pay. A convenience fee is charged for all online payment transactions. In addition to online payment services, the Township continues to offer a variety of payment options. Customers may choose one of the following payment methods with no additional cost or fees:

ACH Direct Pay

Payments are pulled directly from the customer's bank account. An ACH Request Form is available on our website.

By Mail

Springettsbury Township
Attn: Finance Department
1501 Mt. Zion Road
York, PA 17402

Pay in Person

Springettsbury Township Municipal Complex
1501 Mt. Zion Road
York, PA 17402
Monday through Friday
8:00 a.m. to 5:00 p.m., excluding Township Holidays

Drop Box:

Springettsbury Township Municipal Complex
1501 Mt. Zion Road
York, PA 17402
Springettsbury Township Wastewater Treatment Facility
3501 North Sherman Street, Ext.
York, PA 17406
Available 24 hours/day, 7 days/week

Sewer Payment Due Dates

- First Quarter - February 1, 2024
- Second Quarter - May 1, 2024
- Third Quarter - August 1, 2024
- Fourth Quarter - November 1, 2024

VOLUNTEER RECOGNITION EVENT

(front cover photos courtesy of Angel Diaz)

On July 10, 2024, the township held a volunteer recognition event in the Community Room at the Township Municipal Complex. This event was the first of many to recognize our volunteers within the community. We are so grateful to all the volunteers that participate on our boards, commissions, committees, and volunteer fire service. Volunteerism is vital to the success of our community. Springettsbury Township is fortunate to have so many dedicated individuals that give of their time to ensure we have a great community in which to live, work and play. The township encourages anyone interested in learning more about serving on our various boards, commissions, and committees to contact us at 717-757-3521.

Thank you to the following boards, commissions, committees, and volunteer fire service for your dedication to our community:

Board of Supervisors	Historic Preservation Committee
Zoning Hearing Board	Comprehensive Plan Steering Committee
Planning Commission	Springettsbury Volunteer Fire Company
Parks and Recreation Board	

Special thanks to the businesses that supported our event this year:

Belmont Bean Co.	House of Flowers	Sunrise Soap Company
Blake Décor	Isaac's	The Basic Baker
Club Encourage Gifts	Laser Alleys	The First Post
Heritage Hills	Preston & Jayne	Woven by Legacies

Springettsbury Spotlight on New Businesses

The Township would like to welcome the following new businesses to Springettsbury! These businesses received a Certificate of Occupancy during the period April 18, 2024, through July 19, 2024. This section will be updated quarterly.

A Touch of Faith Home Care

3525 Harrowgate Road
No-Impact Business for Scheduling
Home Care

Anita's Dominican Hair Salon

3601 East Market Street
Hair Salon

Bargain BINZ

2899 Whiteford Road (York Galleria Mall)
Discount Retailer

Phonexpert – Repair Doctor

2899 Whiteford Road (York Galleria Mall)
Sale of Phone Accessories and Repair

Fillis Lawncare

3917 East Market Street
Lawncare Business Office

Peaceful Partners Beauty Lounge

2300 Industrial Highway
Salon/Cosmetology

Star Eyebrows

2899 Whiteford Road (York Galleria Mall)
Eyebrow Threading, Waxing and Facials

1st Capital Gaming

2512 Eastern Boulevard
Open Area Gaming Store

Total Sports Access, Inc.

2899 Whiteford Road (York Galleria Mall)
Retail Store

Jessentials

3350 East Market Street
Aesthetic Spa/Skincare

Integrity First Homebuyers

2525 Eastern Boulevard
Real Estate Office

Springettsbury Township
COMMUNITY ROOM & CONFERENCE ROOM RENTALS

Contact Us
717-757-3521
Rec@Springettsbury.com
www.springettsbury.com
1501 Mt. Zion Rd, York, PA 17402

Parks & Recreation

Phone: 717-757-3521 • Fax: 717-757-7856 • www.springettsbury.com

Director of Parks & Recreation: Brandy Shope
Parks & Recreation Board: Sherry Nichols, Chair
 Kurt Blake • Sean Georgi • Nancy McDowell
 Andy Mears • Stephen Wolf

OUR MISSION: The Springettsbury Township Parks & Recreation Department is committed to providing quality services to meet the needs of the citizens by offering opportunities that promote the importance of an active, healthy lifestyle, inclusive programming and a holistic community experience for the residents of Springettsbury Township.



These programs are provided by the Springettsbury Township Parks and Recreation Department in cooperation with the White Rose Senior Center and the York County Area Agency on Aging.

Registration Opens: September 3



CAT IN THE PATCH!

In this workshop, Linda Stinnette will guide you through creating a cat gourd! Attendees will be able to choose their own seasonal design. Create a Cat in the flower Patch, a Cat in the Pumpkin Patch, or a Cat with a spooky house...bring your imagination and be ready to enjoy creating! All supplies will be provided by the instructor.

Date: Wednesday, September 11, 2024

Time: 2:00–4:00 p.m.

Location: White Rose Senior Center, 27 S. Broad St., York, PA 17403

Cost: R-\$10; NR-\$15 (Payable to Springettsbury Township Prior To Class)

BINGO AND LUNCH AT HOSS' STEAK & SEAHOUSE

White Rose Senior Center and Springettsbury Township will offer "Bingo" at Hoss's Steak & Sea House. Prizes will be given to all the winners. Lunch will be served prior to Bingo. Come and join in the fun!

Date: Tuesday, October 1, 2024 **Time:** 11:00–1:30 p.m.

Location: Hoss's Steak & Sea House, 3604 E. Market St, York, PA 17402

Cost: \$5.00 payable to Springettsbury Township prior to the class for bingo. (No Resident / Non-Resident Differentiation.) Lunch is on your own. (Approximately \$11.00-\$13.00 for your meal and beverage.) You must eat there to play bingo!

FOLDED FABRIC PINECONE

Becky Hickey will show you how to make these easy folded fabric pinecone ornaments using a variety of fabrics, designs and colors to personalize your pinecone project. After adding the fabric triangles, you can embellish your pinecone with ribbon, fake leaves, berries or fake pine boughs. Enhance your Fall Holiday decorations or perfect for gift giving. All supplies provided by instructor.

Date: Tuesday, October 8, 2024

Time: 2:00–4:00 p.m.

Location: White Rose Senior Center, 27 S. Broad St., York, PA 17403

Cost: R-\$10; NR-\$15 (Payable to Springettsbury Township Prior To Class)



JACK-O-LANTERN DISH OR HAND TOWEL

Audrey Glickson will show you how to make this festive Jack-o-lantern dish or hand towel to help celebrate Halloween! Funny, scary, happy, mad, it is your choice. Learn to make fabric yo-yos and create mini Jack-o-lanterns to decorate your usable and washable black towel. All supplies will be provided by the instructor.

Date: Tuesday, October 15, 2024

Time: 2:00–4:00 p.m.

Location: White Rose Senior Center, 27 S. Broad St., York, PA 17403

Cost: R-\$10; NR-\$15 (Payable to Springettsbury Township Prior To Class)



NO-SEW SCANDINAVIAN STAR ORNAMENTS

Mary Jane Miller will show you how to use fabric strips to make these fun Star Ornaments to adorn your Christmas tree. Students can make both small (3") and large (4 1/2") stars. Fabrics and hanging cord will be provided.

Supplies: Small pair of sharp fabric scissors and a 12" ruler.

Date: Tuesday, October 29, 2024 **Time:** 2:00–4:00 p.m.

Location: White Rose Senior Center, 27 S. Broad St., York, PA 17403

Cost: R-\$10; NR-\$15 (Payable to Springettsbury Township Prior To Class)

FELTED WOOL ORNAMENTS

Joanne Kluk will show you how to upcycle old wool sweaters and give them a new life! The possibilities are endless. We will make Christmas Ornaments by adding decorative stitches and embellishments.

Supplies: Sharp Scissors

Date: Tuesday, November 12, 2024

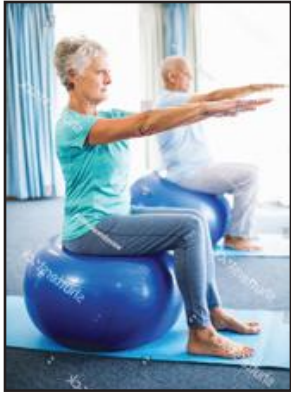
Time: 2:00–4:00 p.m.

Location: White Rose Senior Center, 27 S. Broad St., York, PA 17403

Cost: R-\$10; NR-\$15 (Payable to Springettsbury Township Prior To Class)



Health & Fitness



A MATTER OF BALANCE

This program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. Lindsey Messersmith will guide participants to view falls and the fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors, and promote exercise to increase strength and balance. Call Lindsey to register at 717-487-2752.

Dates: Monday & Wednesday, September 9 – October 2

Time: 1:00 – 3:00 p.m.

Cost: FREE for ages 60 and up

Location: Springettsbury Township Community Room

HEALTHY STEPS IN MOTION

Lindsey Messersmith instructs this exercise-based fall prevention program with the goal of getting older adults more active to decrease

fall risk. Participants will learn 3 levels of exercise including some with an exercise band and exercise ball. Everyone will be assessed for fall risk and learn about hydration, proper footwear, walking and more. Call Lindsey to register at 717-487-2752.

Dates: Monday & Wednesday, October 7 – October 30 **Time:** 10:00–11:00 a.m.

Cost: FREE for ages 60 and up

Location: Springettsbury Township Community Room

HEALTHY STEPS FOR OLDER ADULTS

An evidence-based program, Healthy Steps for Older Adults reduces fall risks among older adults by raising awareness about the causes of falls and how to prevent them. Lindsey Messersmith will teach participants how to exercise safely at home and offer information on ways to improve their health and well-being.

Discussions will include home and medication safety, as well as appropriate foot care/footwear. Please call Lindsey to register at 717-487-2752.

Dates: Mondays, October 21 – October 28 **Time:** 1:00–3:00 p.m.

Cost: FREE for ages 60 and up

Location: Springettsbury Township Community Room



SIX-WEEK BEGINNER YOGA SERIES

Founder of the Yoga Discovery Podcast, Brenda Eppley will introduce the basic foundations of yoga to increase your confidence as a yoga student. Brenda provides clear instructions and appropriate modifications that support your understanding of yoga in a welcoming environment. At the end of the session, students will be prepared to join a yoga class at a studio or online. This class is appropriate for beginners and current yoga students who would like to deepen their understanding of yoga. Bring a yoga mat and wear comfortable clothes.

Dates: Tuesdays, September 17 – October 22 **Time:** 6:00–7:00 p.m. **Cost:** \$75R / \$85NR

Tuesdays, November 12 – December 17 **Time:** 6:00–7:00 p.m. **Cost:** \$75R / \$85NR

Location: Springettsbury Township Community Room

SIX-WEEK BASIC YOGA FLOW SERIES

Instructor Brenda Eppley will creatively incorporate breath work and flow-sequencing to help students increase their strength, flexibility, and balance. With a focus on finding harmony through awareness and mindful movement, students will deepen their practice and gain a strong sense of well-being, rejuvenation, and mental clarity. Students will need a yoga mat, water bottle, and should wear comfortable clothes in which they can move.

Dates: Thursdays, September 26 – October 31 **Time:** 6:00–7:00 p.m. **Cost:** \$75R / \$85NR

Wednesdays, November 13 – December 18 **Time:** 6:00–7:00 p.m. **Cost:** \$75R / \$85NR

Location: Springettsbury Township Community Room

JOURNEY INTO POWER

This is a Baptiste style of vinyasa (flow) yoga. Kimberly Walch, M. Ed., will guide participants to “flow” through their practice, moving from pose-to-pose. These movements will awaken the body and mind, generate vitality through actions, open space within, and culminate in deep rest. Modifications and elevation of poses will be suggested throughout the practice. Participants will have the freedom to read their own bodies to slow down and/or level themselves up within the practice as it is happening. A yoga mat is required and a liability waiver will need to be signed at your first class.

Dates: Wednesdays, September 11 – October 30 **Time:** 5:00–6:00 p.m.

Cost: \$75R / \$85NR

Location: Springettsbury Township Community Room

HEALTHY KIDS RUNNING SERIES



Healthy Kids Running Series is a national community-based non-profit that provide a fun, inclusive, five-week running series for ages 2-14 designed to get kids active, build self-esteem and lay the foundation for a healthy lifestyle.

Dates: Sundays, September 8, 22, 29 & October 6

Time: 4:00–5:00 p.m.

Location: Springettsbury Park

Register: Healthy Kids Running Series Fall 2024 - York, PA (runsignup.com)



Manchester Springetts Rec Basketball League

Registration opens September 1 for the Manchester Springetts Rec Basketball League. For additional information and registration, please visit

<https://www.teamsideline.com/sites/manchesterspringetts>



Adult Enrichment Classes

WEARY ARTS GROUP: IMPROVANTZ

8-Week Beginner Class for Adults

Unleash your creativity and spontaneity with WAG Improvanotz, a beginner improv class for adults. Meeting once a week, this fun and engaging course focuses on improv games, exercises, and presentation skills. Learn the basics of improvisational theatre, build confidence, and enhance your communication abilities in a supportive environment. No experience necessary—just bring your enthusiasm and get ready to laugh, learn, and connect with others! Class size is limited; please sign up today! It is not necessary to sign up for both sessions, but we encourage you to sign up for both 4-week sessions to complete a full 8-week class!



Dates: Session 1: Sundays, October 13–November 3

Session 2: Sundays, November 10–December 1

Time: 7:00 p.m.

Ages: 18 and up

Cost Per Session: \$105R / \$110NR

Location: Springettsbury Township Community Room

QUICK START GUITAR

with Master Instructor Rod Goelz: 8-Week Beginner Class for Adults



Bring a guitar or we have plenty to share!

Discover the joy of playing guitar with Quick Start Guitar, a beginner class for adults led by master instructor Rod Goelz. Meeting once a week, this course focuses on essential exercises, learning popular songs, and presentation skills. Whether you are picking up a guitar for the first time or looking to refine your basics, you will gain

the skills and confidence to play and perform in a supportive and fun environment.

Class size is limited; please sign up today! It is not necessary to sign up for both sessions, but we encourage you to sign up for both 4-week sessions to complete a full 8-week class. There will be a class presentation at the end of session 2!

Dates: Session 1: October 9–October 30

Session 2: November 6–November 27

Time: 7:00 p.m.

Ages: 18 and up

Cost Per Session: \$125R / \$130NR

Location: Springettsbury Township Community Room

FREE WOMEN'S SELF DEFENSE CLASSES

Springettsbury Township is joining up with the Swatara Township Karate Academy to host a FREE self-defense class for women ages 14 and older. This beginner class focuses on ways to surprise an attacker and provides an opportunity to get to safety. No prior martial arts experience is necessary. If you plan on participating in this event, please wear comfortable clothing and athletic shoes/sneakers. A water bottle is also recommended. A light lunch will be provided. Class size is very limited; please sign up today!

Date: Saturday, October 26

Time: 10:00 a.m. to 2:00 p.m.

Location: Springettsbury Township Community Room



CREATIVE YORK PAINT NIGHTS

DATE NIGHT PAINTING: PARTNER PORTRAITS

Spend an evening with that special someone in our Date Night Painting class! Participants will be guided through the process of painting their partner using acrylic paint, leading up to the reveal at the end. Each participant will have their own canvas to paint on. No prior painting experience required!

Instructor: Joey Trainor

Date: September 7 **Time:** 6:00–8:00 p.m. **Age:** 16+

Cost Per Couple: \$75R / \$80NR

Location: Springettsbury Township Community Room

ARTS TOGETHER: FALL PAINTING

Join us for a fun afternoon working as a parent and child on a Fall inspired painting! The parent and child will work on the same canvas together step-by-step to craft the perfect masterpiece! Instructor: Karla Myers

Date: September 28 **Time:** 12:00–2:00 p.m.

Age: 3–8 years old with an adult partner

Cost Per Child with Adult Helper: \$40R / \$45NR

Location: Springettsbury Township Community Room

FAMILY PAINTING: HALLOWEEN

Join us for an afternoon of family fun for this Halloween themed painting class! Participants will paint step-by-step along with our instructor to complete a final Halloween scene. This class is open for kids as young as 8, working alongside their family members. Each participant will have their own canvas to work on. Instructor: Joey Trainor

Date: October 12 **Time:** 4:00–6:00 p.m. **Age:** 8+

Cost per Person: \$40R / \$45NR

Location: Springettsbury Township Community Room

Trips

NYC: DAY ON YOUR OWN

Dates: November 23, 2024 OR

December 21, 2024

Cost: \$75 R / \$80NR



Trip Information

- All trips leave from the Springettsbury Township Amphitheater parking lot.
- Itineraries will be mailed about a week prior to the trip departure date.
- Please be advised that children 4 years of age and under will not be permitted on trips.
- Refunds for trips will only be issued if you find a replacement or if the trip is canceled by the Township. Please check with us because a waiting list might have been established.
- For additional information, please contact the township at 717-757-3521 or visit the trip information page online at www.springettsbury.com, under Parks and Recreation Registration.



SPRINGGETTSBURY TOWNSHIP 2024 FALL FEST

Saturday, September 21 - 10:00 a.m. to 6:00 p.m.
Sunday, September 22 - 10:00 a.m. to 4:00 p.m.

Springettsbury Park
1501 Mt. Zion Road, York, Pennsylvania

Featuring The Enchanted Fairy Festival

**Food Trucks - Straw Bale Climbing
Children's Activities - Axe Throwing
and More!**

Follow along for updates:
www.facebook.com/springettsbury
www.enchantedfairyfestival.com
 contact: rec@springettsbury.com

Springettsbury Township Arts and Crafts Show grand champion Onnesty Beady is pictured with park leader, Annabell Whitthauer (top photo). Onnesty is an 11-year old park participant at Fayfield Park. Among the more than 900 crafts submitted to the 2024 Arts and Crafts Show, Onnesty's Model Magic turtle was selected as the grand champion (center photo).



Holiday Tree Lighting

NOVEMBER 22
5:45 PM

SPRINGGETTSBURY TOWNSHIP
PARK AMPHITHEATER

The 2024 All-Park Craft winner is Pleasureville Park's "Monopoly-Pleasureville Edition!" (bottom photo) Each of the Township's nine summer park locations were represented with an all-park craft contribution created by the children at their respective park sites. Crafts were on display at the Galleria Mall from July 31-August 4 and the public cast votes for their favorite creation.



General Information



Walk In
 Visit the Springettsbury Township Recreation Department at 1501 Mt. Zion Road
 Hours: Monday-Friday 8 a.m.-5 p.m.



Mail In
 Download Registration Form from www.springettsbury.com, complete it and mail to: Springettsbury Township Recreation Department 1501 Mt. Zion Road York, PA 17402



Online
 • Access Township Website: www.springettsbury.com
 • Click at top of page: Electronic Payments & Online Registrations
 • Select: Parks & Recreation Online Registration

Notice to Participants

Participants must recognize that all programs involve some level of risk and by registering for a program there is an assumption of risk by the participant. Springettsbury Township is committed to providing safe facilities and qualified staff. Individual accident/medical insurance for participants is not provided by Springettsbury Township.

Athletic Field Use

Local youth and adult sports organizations interested in using Township athletic fields for practice or game purposes must participate in the facility allocation process. The process of reserving facilities occurs just twice a year. Meetings are held in February for the spring/summer sports season and in July for the fall sports season. The Facility Allocation Policy is available on the Township Website at www.springettsbury.com. For further details regarding this process please contact the Parks and Recreation Department at 717-757-3521.

Pavilion Use

Use of all picnic pavilions is on a first come, first served basis; however please be advised that approved rental agreements and Township sponsored events **receive priority use.**

Picnic Pavilions can be reserved using the township's new recreation website. Visit www.springettsbury.com/payonline to find the Parks & Recreation Online Registration link. By clicking this link, you will be taken to the registration website. Please create an account or login to reserve a pavilion rental. If you would like to reserve a pavilion in person, please visit township offices, located at 1501 Mt. Zion Road. The office is open Monday – Friday from 8:00 a.m. – 5:00 p.m. and accepts cash, check or credit cards. Please refer to the park locations and rules on the next page for further information.

Picnic Pavilion Rental Fees

(Pavilions are available from dawn to dusk)

Weekday Rental

Resident: \$25 fee/Non-Resident: \$40

Weekend Rental

Resident: \$35/Non-Resident: \$60

Community Contacts

Central York Aquatics

www.swimcya.org



Trojan Wrestling Club

www.trojanwrestlingclub.org



Manchester-Springetts Basketball

Nate Lankford: 717-764-4646 or
 Brandy Shope: 717-757-3521

York County Parks

717-840-7440

York Lacrosse Club

www.centralyorklacrosse.com

York Little League

www.yorklittleleague.org



Shooting Irish Lacrosse Club

www.shootingirishlacrosse.com

Suburban York Softball Club

www.suburbansoftball.com

SPECIAL TALENT...

Great Class Idea?

Do you possess knowledge and skill in a particular area that you would enjoy sharing with others? If so, we would like to hear your creative and exciting ideas. We are always interested in developing new classes with qualified instructors. If you have the desire, talent and ability to teach others please contact Brandy Shope, Director of Parks and Recreation at 717-757-3521 or e-mail at Rec@Springettsbury.com.

SPRINGETTSBURY TOWNSHIP PARK LOCATIONS

PARKS	Picnic Shelter	Volleyball Sand Courts	Walking Trails	Baseball Athletic Field	Grills	Tennis/Pickle Ball Courts	Roller Hockey Rink	Basketball Court	Restroom Facilities	Amphitheater	Playground Area	Concession Building	Parking	Nature Areas
Stonewood - (9 acres) Stonewood Road	✓				✓			✓			✓			✓
Pleasureville - (4 acres) North Sherman Street	✓				✓			✓					✓	
Augustus Schaefer - (2 acres) Lynbrook Dr.	✓				✓			✓			✓			
Penn Oaks - (16 acres) Kingston Road - South	✓		✓	✓	✓			✓			✓		✓	
Kingston - (4 acres) Kingston Road & Sundale Dr.	✓				✓			✓			✓			
Fayfield - (5 acres) 5th Ave. & Keesey St.	✓			✓	✓			✓			✓			
Rockburn - (1.5 acres) Industrial Highway & Rockburn St.	✓				✓			✓			✓			
Springetts Oaks - (11.5 acres) Pleasant Valley Road & Springetts Dr.	✓		✓		✓			✓			✓			✓
Camp Security Trail - (11 acres) Locust Grove Road & Eastern Blvd.	✓				✓						✓		✓	✓
Springettsbury - (51 acres) Whiteford, Williams, Pleasant Valley and Mount Zion Rds.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Orchard Hills Park - (1 acre) Campbell Road											✓			
Harvest Hill Park - (1 acre) Harvest Hill Dr.											✓			

PARKS RULES

It is expected that all users of Township facilities will conduct themselves and their activities in such a way as will not obstruct or interfere with the use and enjoyment of the facilities by others. Respect for, courtesy to, and cooperation with other users will be the norm, and any failure to demonstrate these qualities may result in denial of use of the facilities.

Springettsbury Township Parks will be subject to the following rules and regulations:

- Springettsbury Township Park will open at 7 a.m. and close at 11 p.m. All other parks will operate from dawn to dusk. There shall be no trespassing on park property during closed hours.
- Smoking shall be prohibited at all times on any park property.
- The Township Manager, the Chairman of the Board of Supervisors, the Chief of Police or the Director of Parks and Recreation may close the park(s) if hazardous conditions exist that endanger life or property. There shall be no trespassing on park property during such times.
- There shall be no littering.
- Vandalism and negligent or deliberate destruction or removal of natural or physical property is prohibited. Possession or use of a mineral or metal detector, magnetometer, side scan sonar, other metal detecting device or sub-bottom profiler is prohibited. All natural, cultural, and archaeological resources are protected and may not be removed or disturbed.
- Open fires or hot charcoals shall only be permitted in Township park grills. Grills are not to be left unattended and shall be thoroughly extinguished upon departure.
- Picnic tables are not to be removed from the picnic shelters.
- The solicitation, selling, or the distribution of any items or services unrelated to Township sponsored activities is prohibited.
- Posting of signs of any kind is prohibited.
- Alcoholic beverages and controlled substances are strictly prohibited.
- Use of explosives or explosive devices, fireworks, sparklers, hot air-balloons, rockets, remote control air planes or vehicles, air guns, bows, slingshots or any similar items for non-Park and Recreation sponsored events is prohibited. It shall be lawful for any person to discharge a firearm within the Township, except if discharged in violation of all local, state and federal laws, rules and regulations, including but not limited to the Air Rifles Law, Game Commission Rules and Regulations and the Game Law.
- Injury or killing of wild or domestic animals is prohibited.
- All dogs must be currently licensed and vaccinated. Dogs shall not be permitted on any playground, sports fields or in the amphitheater area. Dogs must be leashed at all times and the leash must not be longer than six feet (6'). Limit two (2) dogs per adult. Waste must be collected immediately. Dog owners are responsible for injuries inflicted by their dog to others. Aggressive dogs are not permitted.
- No hitting of golf balls.
- Use of any amplification devices and microphones is prohibited unless activity is sponsored by the Township.
- Motorized vehicles except those expressly authorized are prohibited except in designated parking areas.
- Facilities and equipment can only be used for the purpose intended
- Use of electrical outlets is restricted to Township only equipment or Township-sponsored events.
- Skateboarding, In-line skating and bicycling are prohibited in all picnic shelters, on the tennis courts and Amphitheater area including the stage, terrace seating area and designated access points.
- It shall be unlawful for any person to engage in any abusive, loud, vulgar or otherwise disorderly conduct.
- Parking areas are for park users only. All vehicles shall be parked within the designated spaces provided.
- Tents, canopies or any other like structure are prohibited unless used for a Township sponsored event.
- Smoking shall be prohibited at all times on any park property.

2024 Leaf Collection Schedule

October 14 | November 1 | Final Collection November 21
 Neighborhoods: East York and Fayfield (North & South of Market Street), Eastern Boulevard (East Market Street to Haines Road)

October 16 | November 5 | Final Collection November 25
 Neighborhoods: Haines Acres Area (West of Cortleigh Drive), Camp Betty Washington Road, Eastern Boulevard (Haines Road to Mills Street)

October 21 | November 8 | Final Collection December 2
 Neighborhoods: Haines Acres Area (East of Cortleigh Drive) Yorkshire, the Hill, and Penn Oaks North & South, and Eastern Boulevard (Mills Street to Edgewood Road)

October 24 | November 13 | Final Collection December 5
 Neighborhoods: Yorklyn, Apple Hill, Stony Brook Heights, Wilshire, Stonewood Farms, Orchard Hills, Williams Road, Ridgewood Road Ext'd, Springetts Oaks, Sentry Woods, and Eastern Boulevard (Edgewood Road to Locust Grove Road)


October 29 | November 18 | Final Collection December 10
 Neighborhoods: Northview Hills, Pleasureville, Whiteford Road, Eleventh Avenue, North Hills, Woodstream, Idylwyld, Overview, Barwood, Green Ridge, Valley Forge, Rocky Ridge, Druck Valley Road, and East of Mount Zion Road

REMINDERS

- Grass clippings and tree branches or limbs ARE NOT to be placed along the curb for pick-up. Please rake ONLY leaves.
- Leaves should be placed on pavement; leaves will NOT be picked from lawn areas.
- Please remember to park cars off the street where possible.
- Please place waste and recycling totes on the curb instead of placing them in the street on waste pick-up days to assist with the Public Works Department as they are collecting leaves.
- The Township will not return to collect any leaves after the final date for each area. Residents are not to place leaves along the curb for pick-up following the final date. Any leaves remaining after final collections are the property owner's responsibility.
- Weather conditions may cause variations in the schedule. Crews may be in your neighborhood ahead of schedule; however, they will return on your scheduled date.
- Township equipment is not designed to pick-up mixed debris. Any leaf or yard waste piles that contain items other than leaves will not be collected and will be the homeowner's responsibility for removal.


Medication drop-off bin available in lobby of the Municipal Complex

1501 Mount Zion Road, during normal business hours
 Monday – Friday, 8:00 a.m. – 5:00 p.m.
 No liquid medications, needles/sharps, or other hazardous materials accepted.






SIGN UP TO RECEIVE DISTRICT UPDATES

Use the QR code or link below to join our email list. In addition to our NEW monthly newsletter, you'll receive all community updates. It's a great way to stay informed and connected.




www.yssd.org/stay-connected

www.yssd.org    @YorkSuburban

CENTRAL YORK COMMUNITY UPDATE

CYSD IS HIRING




Scan me!

- Various Shifts Available
- All Locations
- Paid Time Off
- Pennsylvania Public School Employees' Retirement System
- Paid Benefits (varies by position)


Greetings Springettsbury Township! On behalf of Central York, we are pleased to share various community updates for our residents through the township newsletter.

- This Spring, CYSD was named a "Best Community for Music Education" by the NAMM Foundation. This is the eighteenth year that we've achieved this designation.
- On May 31, 2024, 465 students graduated from Central York High School. The Class of 2024 earned 287 scholarships totaling over \$6.2 million.
- Central York residents ages 65 and older may pick up a Golden Age Pass at our Educational Service Center (775 Marion Road, York PA | Mon-Fri 7:30 AM - 4:00 PM). The pass allows free admission to our home athletic events, plays, musical productions and other programs. They do not apply to PIAA playoff games. Proof of age and residence is required.

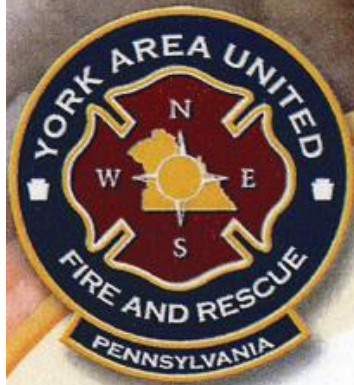
Visit our District Website at www.cysd.k12.pa.us for the latest news, events, and Panther updates. Thank you for your continued support. - pja



Sincerely
Peter J. Aiken, Ed. D
 Superintendent



CENTRAL YORK SCHOOL DISTRICT
 Pursuing Excellence: All Panthers. Every Day. In All Ways.
www.cysd.k12.pa.us | (717) 846-6789



YORK AREA UNITED FIRE AND RESCUE

TIPSHEET:

BACK TO SCHOOL

SCHOOL BUS SAFETY

School is back in session and we need to pay close attention to school bus and pedestrian safety.

The safety of children depends on drivers paying close attention around school zones and when driving near or approaching school buses.

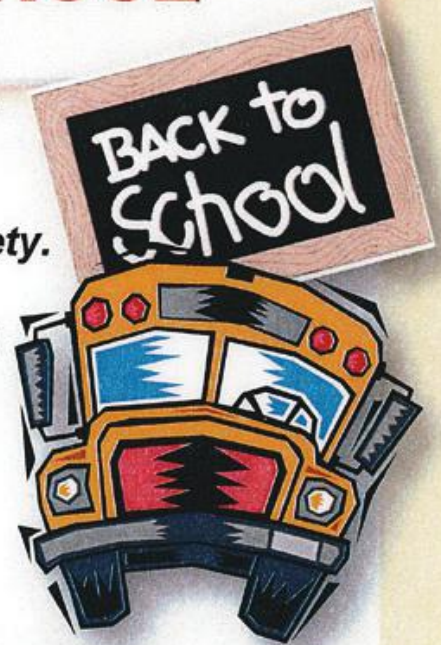
ALWAYS BE ALERT: Always pay attention to your surroundings. Before you enter your car take a quick lap around and look for anything that might be in your obstructed view. Watch out for children walking or bicycling to school...SO BE ALERT!

When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely...SO BE ALERT!

Slow down. Watch for children walking in the street, especially if there are no sidewalks in neighborhood...SO BE ALERT!

Watch for children playing and congregating near bus stops...SO BE ALERT!

Children arriving late for the bus may dart into the street without looking for traffic...SO BE ALERT!



Pennsylvania's School Bus Stopping Law

Motorists must stop at least 10 feet away from school buses that have their red lights flashing and stop arm extended.

Motorists must stop when they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped.

Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety.

If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping.

Do not proceed until all the children have reached a place of safety.

The penalties if convicted of violating Pennsylvania's School Bus Stopping Law include:

\$250 fine

Five points on your driving record

60-day license suspension

SO BE ALERT AT ALL TIMES



History Night features A Trip Down Memory Lane



Township residents and the local community are invited to join Stephen Smith of the Historic Preservation Committee at the Springettsbury History Night event on Wednesday October 2, 2024. “A Trip Down Memory Lane” will explore the fascinating history of Memory Lane and the property owners/businesses along it in Springettsbury Township. The event will take place in the Community Room within the Springettsbury Township Municipal Complex at 1501 Mount Zion Road, York, PA 17402, at 7:00 P.M.

It all began with a single straight surveyor’s line in 1806 to divide the 360-acre farm in the Estate of Elias Meyer, to create two equally sized properties for his

sons. They placed a farm lane along that partition line and named it Elias’ Memory Lane. It remained a gravel farm lane until the late 1940s when Memory Lane was paved. The 1950s witnessed the introduction of factories, stores and restaurants along it. The annotated aerial photo shows how the original location of Memory Lane was moved to align with Haines Road in 1959.

History Nights are held during April, July and October. They feature a presentation on an aspect of Township history including photographs and stories of life in Springettsbury Township. The Historic Preservation Committee invites community members to share their stories.



The Recycling Page

2024 Springettsbury Residential Trash and Recycling Collection Program

Services Offered

- 1-3 ea. 32-gallon trash bag or trash can per week plus recycling pick-up. **Cost per quarter = \$91.46.**
- 1-96 gallon toter equal to 3-32-gallon trash bags or trash cans per week plus recycling pick-up. **Cost per quarter = \$91.46.**
- Extra waste bags may be purchased at the Township Municipal Building or by calling Penn Waste at 717-767-4456. **The fee per bag is \$5.00.**
- Yard waste will be collected in four (4) foot lengths once per week (**beginning the first week of March and concluding the first week of December**): bundled; placed in a biodegradable Kraft or other paper bag; placed in maximum 32-gallon container with a Township approved brush identification sticker. Brush stickers can be obtained at the Township Municipal Building for \$.50 each. **REMINDERS:** Please do not combine yard waste and recycling materials. Do not use the 96-gallon toters provided by Penn Waste for yard waste. Yard Waste containers should be no larger than a 32-gallon container.
- One large bulk item can be disposed of once per collection day by scheduling a large item pickup 24 hours in advance of your normal collection date.

Acceptable Large Items

Residents should contact Penn Waste, 717-767-4456 to schedule the large item collection at least one day prior to the normal collection day.

- Appliances
- Carpet 48" maximum length rolled and tied
- Furniture
- Mattresses and box springs
- Car tires only (*must be off rims*)
- Discarded lawnmowers must have gasoline and motor oil removed
- Plumbing fixtures - toilets, sinks, bathtubs, etc.
- Washer and Dryer units

Unacceptable Large Items

- Rechargeable Batteries
- Television sets and electronic devices
- Stains, Chemicals and Liquids
- Scrap Metal
- Automobile Parts
- Household Hazardous Waste
- Tires on Rims
- Commercial/Industrial Waste
- Construction Material or Debris
To include: Drywall; Brick; Block; Treated Lumber; Roofing Shingles; Ceiling Tiles; Concrete; Doors; Windows. Small quantities of select materials may be accepted at the Resource Recovery Center. Fees may be applied. Call before visiting – 717-845-1066.

QUESTIONS?

Penn Waste – 717-767-4456 WWW.PENNWASTE.COM
York County Solid Waste Authority – 717-845-1066

WWW.YCSWA.COM

Springettsbury Township – 717-757-3521

WWW.SPRINGETTSBURY.COM

What to do with Unacceptable Items?

- Used Oil from vehicles can often be disposed of at auto shops or agencies selling auto supplies.
- Unacceptable metal items can often be disposed of through various Metal Recyclers or Scrap Metal facilities in the area.
- Plastic Bags – from all stores - can be recycled at many local grocery stores.
- Truck and tractor tires can be taken to a tire distributor to be disposed of or recycled. Contact business in advance, a fee may be required.
- Additional information can be found by visiting York County Solid Waste Authority's website, www.ycswa.com or contacting Penn Waste, www.pennwaste.com 717-767-4456.
- It is always recommended to call a facility first to see what their policies are regarding accepting materials.

Recycling Acceptable Items

Place **ONLY** these items in your Recycling Bin

Metal: Aluminum and steel food & beverage cans

Glass: Clear, brown, blue and green glass food & beverage containers

Plastic: #1, #2, and #5 ONLY

Paper & Cardboard:

- Corrugated cardboard boxes
- Newspapers
- Cartons for Juice, Milk, Soy Milk, Soup/Broth, Wine, Egg Substitutes and Cream

Remember:

- Remove all packaging materials (Styrofoam, peanuts, bubble wrap, plastic liners)
- Flatten ALL boxes, and
- Bundle all cardboard that does not fit into the recycling bin
- Cover loose paper with heavier items to prevent it from blowing away. If the weather forecast calls for high winds or wet weather, keep your paper recyclables until the next week. Wet paper products are difficult to process.
- Rinse thoroughly to remove all contaminants.
- Please dispose of any liquids in items before placing in recycling bins

Please have your waste, recycling and large item available for collection at curbside by 6:00 a.m. on your collection day, but no earlier than 4:00 p.m. the day prior to pick up. Empty containers must be removed within 24 hours after collection. No items may be placed at curbsides that are too heavy to be lifted into a truck by two people. Additional trash bags are NOT considered a bulk item.

Remember: The Covered Devices Recycling Act (Act 108) prohibits residents and businesses from placing electronics waste at the curb or in their trash. Covered devices include: desktop computers, laptops, monitors, computer peripherals (keyboard, mouse, printer and speakers), televisions and e-readers that browse the internet.

ELECTRONICS COLLECTION TIMES AND LOCATION

The York County Solid Waste Authority (YCSWA) has a FREE Residential Electronics Recycling Program open to York County residents. Collection of electronics is conducted Monday through Friday from 8:00 a.m. – 4:00 p.m. and Saturdays from 8:00 a.m. to noon at the Small Load Drop-off Facility at the York County Resource Recovery Center, 2651 Blackbridge Road. For the most up-to-date information please contact YCSWA, 717-845-1066 www.ycswa.com.

Recycling Unacceptable Items

- Needles & Medical Waste – DO NOT place used needles or any other medical waste with recycling! This is a serious health hazard to everyone.
- Diapers (acceptable as trash)
- Aerosol cans (acceptable as trash)
- Windows, mirrors, ceramics, drinking glasses, light bulbs or broken glass (acceptable as trash)
- Shredded paper (acceptable as trash)
- Aluminum foil (acceptable as trash)
- Food soiled or wet materials including paper, cardboard (acceptable as trash)
- Styrofoam, packing peanuts, bubble wrap (acceptable as trash)
- Plastic bags (acceptable as trash)
- Tissues and other paper products (acceptable as trash)
- Paperboard products such as toilet paper/paper towel rolls, cereal boxes, tissue boxes (acceptable as trash)
- Pool chemicals (Hazardous Waste)
- Hose (acceptable as trash)
- Rechargeable Batteries

Holiday Collection Schedule

Penn Waste observes New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. When your collection day is on or after a holiday, collections will be delayed by one day. Example: Memorial Day falls on a Monday. Collection schedule this week is Tuesday through Saturday. Thanksgiving falls on a Thursday. Monday, Tuesday and Wednesday collections will not change. Thursday and Friday collections will move to Friday and Saturday. **EXCEPTION:** If holiday falls on a Saturday or Sunday, there is **no change** in service prior to or after the holiday.

DID YOU KNOW?

Continental Paper Grading (CPG) accepts magazines, junk mail, catalogs, cereal boxes, and books for paper recycling. Drop off these materials at CPG 3350 Concord Road, York • Monday – Friday from 8:00 a.m. – 3:00 p.m.

ATTENTION YORK COUNTY RESIDENTS 40+ LOOKING TO TAKE CONTROL OVER THEIR HEALTH & FITNESS...

First Capital Gym is designed for the person **40+** who doesn't fit in at other gyms and looking to take their health and fitness to a new level!

- Beginner and advanced training available
- No overcrowded classes
- Workouts designed for your level/goals

Our team is committed to guiding you through every workout to make sure you're doing it safe and effective. You won't have to worry about what to do or if you're doing things right.



40+

FIRST CAPITAL GYM

A Gym Designed For People 40+

Our Personal Training System Is Designed Specifically For Adults 40+. Just because you're over 40 doesn't mean you should feel old, tired, achy, and out of shape. You deserve to feel strong, fit, and healthy all day long. In as little as 2-3 workouts per week, we will have you burning fat, building strength, and feeling great with more energy!

"First Capital Gym is one of the best fitness facilities I've ever been a part of. The team atmosphere and the encouragement from both the members and the trainers keeps you motivated to return and push yourself every day. If you are committed to your fitness goals, this is the place you want to be to achieve them!" Crystal F



We started the program in February and are seeing significant positive results in weight loss, strength, endurance, and flexibility. They are pure professionals who really know all aspects of fitness and pay special attention to the needs of the individual. Not only are they knowledgeable and committed to the process but they create a positive and fun environment." Dan K

firstcapitalgym.com

717.668.8902

2101 Industrial Highway
York, PA 17402



Your fitness journey begins with a single step. Take that step today at **First Capital Gym!**

Book a **FREE** consultation **TODAY!**

Springettsbury Township

1501 Mt. Zion Road
York, Pennsylvania 17402



Don't forget to Celebrate!

October IS NATIONAL DONUT MONTH!

Donuts are perfect for any occasion!

NOW ENROLLING PRESCHOOL CLASSES FOR AGES 2-5!

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York, PA 17402
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Visit our website at www.eastminsterpreschool.com
for more information!

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Components of Pennsylvania
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The Jill Romine & Emily Goodling Group
2242 S. Queen St. York, PA 17402
717-880-1002 Cell
www.sistersellyourhome.com

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NMLS 439632

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- Property
- Workers Compensation
- Employee Benefits
- Auto & Home
- Life
- Motorsports



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From Leaves and Tree Trimmings to Weeds and Stumps, You Will Find a Quick Answer to How to Manage Your Yard Waste By Visiting Our Website www.ycswa.com/services/waste-disposal/yard-waste/