

# HEALTHY LIVING RESOURCES FOR YOUTH

## A resource guide for youth activity and nutrition

Healthy living can be difficult to attain but the Carlisle Area Health & Wellness Foundation (CAHWF) and the community coalition CRANA (Carlisle Regional Advocates for Nutrition), believe that it is worth trying ... because our health is priceless. Therefore, Carlisle Area Health & Wellness Foundation and CRANA are publishing this list of healthy, nutritious and active resources in Cumberland County and the Carlisle area. All entries are listed alphabetically and can be found on our website at <http://www.cahwf.org/publications.cfm>

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### Apple Hill Medical Center:

Wellspan Clinical Weight Loss Program  
25 Monument Rd # 199  
York, PA 17403  
(717) 851-6207

### Army War College

Youth Center  
Carlisle, PA 17013  
(717) 245-4555



- Soccer (spring and fall),
- Basketball,
- Tennis,
- Tae-kwon-do,
- Golf,
- Piano lessons

**Eligibility:** Affiliation with the Army

**Cost:** Yearly membership

### Big Spring School District Swimming Pool

Newville, PA 17241  
(717) 776-2400  
[lstoover@bigspring.k12.pa.us](mailto:lstoover@bigspring.k12.pa.us)

- Children's Swim Lessons  
Two-week instructional program offered at various time throughout the year.  
Separate classes for 6 months – 2 years; 3-5 years
- Water Aerobics  
Low-impact exercises done in shallow water. No swimming skills are needed.  
Offered throughout the year.
- Recreational Swimming  
Pool is open for recreational swimming Monday through Thursday evenings. Children who cannot stand in shallow water must be accompanied in the water by an adult.

**Eligibility:** Open to residents and non-residents of school district

**Cost:** Minimal. Fees do vary. (\$1.00 for students)

## **Boiling Springs Swimming Pool and Waterpark**

2 Mountain Rd  
Boiling Springs, PA 17007  
(717) 258-4121  
www.bspool.com

- Outdoor swimming
- Swimming lessons and aerobics
- Aquatic programs

## **Bradlee's Dance**

19 South High Street  
Newville, PA 17241 (717) 776-7003

- Dance Classes for ages 3 to Adult  
Jazz/Hip-Hop/Tap and more

## **Carlisle Area Health & Wellness Foundation**

274 Wilson Street  
Carlisle, PA 17013  
(717) 960-9009

- *Simply Moving: A Guide to Walking, Hiking and Biking Trails in Cumberland and Perry Counties.*
  - Produced in cooperation with Cumberland County Planning Commission
  - Simply Moving contains over 50 trails along with health tips and other resources.

Pick up a copy of this guide in the Foundation Office or download for free from the website at [www.cahwf.org](http://www.cahwf.org).

## **Carlisle Family YMCA**

311 South West St  
Carlisle, PA 17013  
(717) 243-2525      [www.carlislefamilyymca.org](http://www.carlislefamilyymca.org)

***\* Financial assistance is available for all YMCA programs. The fitness staff is also available to work one-on-one with youth members regarding personalized nutrition planning.***

- **\*\*Fit for Life Class\*\***  
Specifically designed to help clinically overweight and obese teens achieve good fitness and sensible nutrition practices. Participants meet three afternoons per week.  
**Ages:** Elementary and Middle School  
**Cost:** YM youth membership required

## Carlisle Family YMCA continued

- **\*\*Youth Fitness Center\*\***  
Kids ages 7-12 are trained to use circuit equipment designed to make exercise fun.
- **Marital Arts Classes**  
Ju Jit Su, Kickboxing and Martial Arts and Music  
**Eligibility:** Ages 5-12 yrs
- **Swimming Pool**  
Swimming classes
- **“Yoga for Kids”**
- **Youth Sports Leagues**
  - Soccer
  - Basketball
  - Swimming.



The YMCA emphasizes exercise, not competition, in the various youth recreational leagues.

**Eligibility:** Ages 5-18 depending on the sport

**Cost:** YM membership plus minimal entry fee (As low as \$10)

## Carlisle Regional Medical Center

Carlisle, PA 17013

(717) 245-5244.

### Registered Dietitian

Individual or group consultations available.

**Eligibility:** People can be referred by a physician or self-pay for the service.

**Cost:** There is a consultation fee, which could be covered by some insurance plans. If no insurance, the Carlisle Regional Medical Center offers a discount on the fee.

## Carlisle Parks and Recreation Department

415 Franklin Street

Carlisle, PA 17013

(717) 243-3318

[parksandrec@carlislepa.org](mailto:parksandrec@carlislepa.org)

### ➤ After School Open Gym

Students play games such as basket ball, floor hockey, kickball, dodge ball and more.

**Eligibility:** K-5 grades Monday & Wednesday 3:30 – 5:00 p.m.

6-12 grades Tuesday and Thursday 3:00 – 5:00 p.m.

## Carlisle Parks and Recreation Department continued

### ➤ Seasonal Classes

Many activity classes are offered through the year, such as Basic Gymnastics and Tap Dance. Call the Parks and Recreation office for current offerings.

### ➤ Community Swimming Pool

Swimming pools open during summer hours.

**Eligibility:** Most classes open to residents and non-residents of the Borough

**Cost:** Minimal. Fees do vary.

## Carlisle Swim Club

1286 S Pitt St Ext  
Carlisle, PA 17013  
(717) 243-3178

### ➤ Outdoor swimming pool.

**Cost:** Membership fee



## Curves for Women

200 S Spring Garden St  
Carlisle, PA 17013  
(717) 258-1886

34 N. Corporation Street  
Newville, PA  
(717) 776-6888

### ➤ Strength training circuit. Duration of the work-out is 30 minutes.

**Eligibility:** Women 18 and older; Younger girls may attend with their mothers if they are of the right size to get maximum use of the machines.

**Cost:** Membership fee

## Gold's Gym

1225 Ritner Hwy  
Carlisle, PA 17013  
(717) 218-0282  
[www.goldsgym.com](http://www.goldsgym.com)

### ➤ Fitness Center with various programs and services.

- Gold's Gym "Kidz Club"

A supervised space for children to exercise while parents are exercising.

**Eligibility:** Minimum age for membership is 11 years. From 11-18 years one must attend with parent/guardian.

**Cost:** Membership fee

## **The Green Door Dance Studio**

14 E. North Street  
Carlisle, PA 17013

[www.centralpaswingdance.org/thegreendoor.htm](http://www.centralpaswingdance.org/thegreendoor.htm)

- Social dancing
  - Dance lessons for beginners
  - Regular dances – All ages can attend, no partner is required
  - Drop-in classes

**Cost:** Minimal fee

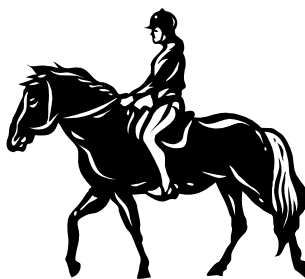
## **Hershey Medical Center**

Hershey, PA 17003

- Penn State Eating Disorder Programs  
Trish Muller, RN  
(717) 531-2099  
[www.pennstateeatingdisorders.com](http://www.pennstateeatingdisorders.com)
- Adolescent Obesity Clinic  
Dr. Ron Williams  
(717) 531-1442

## **Horse Back Riding**

Owner/trainer Betsy Morret.  
499 Zion Road  
Carlisle, PA 17013  
(717) 486-4333  
[www.hollyhurstfarm.com](http://www.hollyhurstfarm.com)



Rocking Horse Ridge  
615 Greason Road  
Carlisle, PA 17013  
(717) 243-1321

- Horse Back Riding

## **Karate Clubs**

- **Min's Karate Academy**  
46 West Louthier Str  
Carlisle, PA 17013  
(717) 249-5065
- **Bill Shank's Isshin Ryu Karate**  
1012, Shannon LN  
Carlisle, PA 17013  
(717) 249- 4664

## Karate Clubs continued

- **Crone's Tae Kwon Do**  
275 Rich Valley Rd  
Mechanicsburg, PA 17055  
(717) 691-4116
- **Jeorg's American Karate Studio**  
"Kids Program"  
43 E Locust St  
Mechanicsburg, PA 17055  
(717) 697-2941  
www.jeorgskarate.com
- **Dillsburg Karate Academy**  
220 S 2nd St  
Dillsburg, PA 17019  
(717) 432-7799  
www.dbgkarate.com
- **Isshenryu Karate School**  
11 N Us Highway 15  
Dillsburg, PA 17019  
(717) 502-1923
- **Tiger Park's Martial Arts**  
29 Gettysburg Pike  
Mechanicsburg, PA 17055  
www.tpmai.com

## Kathleen Russel Dance Studio

243 W Ridge St  
Carlisle, PA 17013  
(717) 249-3263

## LA Weight Loss Center

200 S Spring Garden St  
Carlisle, PA 17013  
(717) 258-0020

- Personalized program
  - One-on-one counseling.
  - A child can attend with a parent or guardian.

**Eligibility:** Patient's medical records review

**Cost:** Weekly fee



## Midway Bowling Center and Lounge

1561 Holly Pike  
Carlisle, PA 17013  
(717) 249-1222

- Youth Bowling
  - Runs throughout the winter up until April.

**Eligibility:** Youth to 18.

**Cost:** Bowling fees

## Midway Skating Rink

1561 Holly Pike  
Carlisle, PA 17013  
(717) 243-7829

- Roller-skating

**Cost:** Entree fee

## Momentum Female Fitness Center

Carpet-Mart Plaza  
Mechanicsburg, PA 17055  
(717) 737-6362

- Facility is open to girls under the age of 14, when joining with mother/parental (female) guardian, and with a note from physician. Parental accompaniment not needed for girls 16 and older.
- “Girlz Rule”  
An exercise program for female children ages 9-12. Classes during the summertime twice weekly and during holiday break every day.
- Children Exercise for ages 5 – 10.  
Available for children in the childcare area.

Program: Provides women and girls with the facility and motivation to exercise, with over 125 classes offered every week.

Offers Mother/Daughter membership. Minimum age is 14 years.

**Cost:** Membership fee

## Overeaters Anonymous

Helen Stevens Center  
33 State Ave Conference Room  
Carlisle, PA 17013  
(717) 451-8723  
www.oa.org

- Support group

## Registered Dietitians

Nutrition Program Planning  
1017 Mumma Rd # 200  
Wormleysburg, PA  
(717) 763-1798

- Nutrition Program Planning
  - Personal consultations
  - 8 week evening program – group session

*No after school hours, so the contact with children is limited to summers and personal appointments.*

**Cost:** Program fees



## South Middleton Parks and Recreation

Boiling Springs High School  
Boiling Springs, PA 17007  
(717) 258-4441  
www.smiddleton.com/departments/parks.htm

- Youth Sports Programs offered seasonally
- Walking Paths – South Middleton Township maintains eight parks and several have excellent walking trails.

## **Tapestry of Health (Cumberland/Perry Counties)**

437 East North St  
Carlisle, PA 17013  
(717) 243-0523

[chop@fhccp.org](mailto:chop@fhccp.org) and [www.tapestryofhealth.org](http://www.tapestryofhealth.org)



### ➤ **CHOP – Cooking Healthy On Purpose**

A hands-on healthy cooking program for income-eligible participants in western Perry and Cumberland Counties. A series of five six-week cooking and learning sessions. Classes include preparation of fast and easy nutritional meals, menu ideas for healthier eating, and a visit to a grocery store to shop for bargains. Registration required.

## **Twin Ponds**

Twin Ponds West  
101 Salem Church Road North  
Mechanicsburg, PA 17050  
(717) 795-POND  
[www.twinponds.com](http://www.twinponds.com)

### ➤ **Youth sports**

- Hockey (individual enrollment)
- Soccer (pre-formed teams)
- Baseball private lessons
- Ice-skating (open skate, leagues and lessons)



**Cost:** Varies according to program

## **Walnut Bottom School of Dance**

Carlisle, PA 17013  
(717) 249-7571

- Saturday morning classes – fitness instructions
- Dance class

**Eligibility:** Children 3 years and older

**Cost:** Program fee

## **Weight Watchers**

950 Walnut Bottom RD  
Carlisle, PA 17015  
[www.weightwatchers.com](http://www.weightwatchers.com)

Big Spring Com Center  
2 Chestnut Street  
Newville, PA 17241

St. Andrews Episcopal  
21 N. Prince Street  
Shippensburg, PA 17257

- ### ➤ **Weight loss program**

## **YWCA Carlisle**

301 G Street  
Carlisle, PA 17013  
243-3818

- After-School programs for elementary and middle school girls.
- Indoor walking

## **Helpful websites:**

[www.5aday.org](http://www.5aday.org) Produce for Better Health Foundation. It is important to get a colorful variety of fruits and vegetables into your diet every day.

[www.panaonline.org](http://www.panaonline.org) Pennsylvania Advocates for Nutrition and Activity. Joining forces to create a healthy and active state.

[www.mypyramid.gov](http://www.mypyramid.gov) United States Department of Agriculture. Interactive website for learning more about the food pyramid. (Play Pyramid Blast Off!)

[www.Shapeup.org](http://www.Shapeup.org) Shape up America is an organization committed to raising awareness of obesity as a health issue. It provides guidance on weight management. Click on the 10,000 Step Program.

[www.learntobehealthy.org](http://www.learntobehealthy.org) The site, administered by the Susan P. Byrnes Health Education Center in York, is a leading resource in providing information to help individuals stay healthy, while preventing injury and disease.

[www.pagolfer.com](http://www.pagolfer.com) List of golf courses in Pennsylvania. Search by geographical area.

[www.fatfreekitchen.com/weightloss/child-obesity.html](http://www.fatfreekitchen.com/weightloss/child-obesity.html) Long list of healthy foods, recipes and life style tips.

[www.cahwf.org](http://www.cahwf.org) Carlisle Area Health & Wellness Foundation

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## **FOUR KEY INTERVENTIONS FOR TEEN WEIGHT CONTROL \***

1. Reduce soft drink consumption
2. Use no-fat milk
3. Limit "screen time" to two hours per day.
4. Develop a Family Exercise Strategy

*\* Dr. Joe Thompson, MD Surgeon General, State of Arkansas*



*Growing A Healthy  
Community*