

# INSPIRED

FALL 2020

SELF GUIDED TOUR  
MAP INSIDE

PAGES 18-19

10% OFF AT OUR  
PRO-SHOP

Page 2



OVER 50+ LEAGUES, CAMPS, CLINICS, AND MORE



**VISIT OUR PRO-SHOP**

WIDE VARIETY OF APPAREL AND ACCESSORIES  
STOP IN AND CHECK IT OUT!

**PRESENT THIS AD AT OUR CHAMP'S LOCKER PRO-SHOP  
AND RECEIVE 10% OFF YOUR TOTAL PURCHASE**

\* EXCLUDES ALL OTHER DISCOUNTS AND PROMOTIONS

**PLAY GAMES WITH US!  
SPOOKY NOOK ARCADE**

With over 60 games to choose from,  
Spooky Nook Arcade has fun for  
everyone!

Test your luck and earn tickets  
towards awesome prizes!

[www.nooksports.com/arcade](http://www.nooksports.com/arcade)



**CELEBRATE WITH US!  
BIRTHDAY PARTIES**

Whether it is your toddler's third  
birthday or a Sweet 16, our staff will  
work with you to create a memorable  
event, from décor to activities and food.

[www.nooksports.com/birthday-parties](http://www.nooksports.com/birthday-parties)



# WHAT'S INSIDE

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# FITNESS & SPORTS PERFORMANCE

QUESTIONS? Email [fitness@nooksports.com](mailto:fitness@nooksports.com) | Call 717.618.8537

### Fitness Center Membership

Enjoy easy access to child watch, spacious workout areas, and member-only locker rooms. Membership also includes:

- 200 meter indoor track
- Pickleball courts
- Member-only turf field & basketball court
- Turf hill
- Weight training, squat racks, & cardio equipment
- Member exclusive parking
- Group exercise classes
- Ninja Warrior course
- Boxing area
- Annual or month-to-month contracts

### Personal Training

Did you know you can get personal training for as low as \$47 per hour? Below are a few package options. For more details contact Tom Baughman at [thomasb@nooksports.com](mailto:thomasb@nooksports.com).

1 session	\$60
5 sessions	\$290
10 sessions	\$560

### Sports Performance

Spooky Nook Sports Performance employs a comprehensive, evidence-based strength and conditioning philosophy to optimize strength, speed, endurance, recovery & regeneration, and overall athletic achievement.

Memberships are specialized for Youth (ages 8-12), interscholastic (ages 13-18), intercollegiate (ages 18-24) and professional athletes. Spooky Nook Sports Performance will tailor a custom program to fit every athlete's sport & athlete-specific needs. Membership packages begin at an affordable \$110/month. Contact Tom Baughman at [thomasb@nooksports.com](mailto:thomasb@nooksports.com).



Visit the Guest Services or Fitness Desk to sign up or ask questions. You can also call 717.618.8598 or email [thomasb@nooksports.com](mailto:thomasb@nooksports.com).

### BECOME A MEMBER

#### Annual Fitness Membership Rates

Save up to \$180 per year when you choose an annual membership.

Adult \$49/month	Couple \$92/month	Family \$99/month
Senior \$36/month	Youth \$32/month	

#### Free Fitness Consultation

Every new fitness member can meet with our qualified team to discuss personal goals and have a program tailored to their needs.

# GROUP EXERCISE



**WATER ROWING** Long renowned as the perfect aerobic exercise, the WaterRower is unmatched with its ability to burn calories within a perceived level of exertion.

**LM BARRE** This multi-level barre class includes dance technique, yoga postures, functional exercises, and cardiovascular training. Together they create a FUN, total body workout.

**ZUMBA** is known to be an awesome dance workout that incorporates great music and great people. You'll burn tons of calories without even realizing it. This class is for everybody and every body!

**BODYPUMP™** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using exercises such as squats, presses, lifts, and curls.

**LM CORE** uses your own body weight, resistance bands, and weighted plates to target the torso and sling muscles. It's ideal for tightening your tummy and butt.

**BODYCOMBAT™** is a fiercely energetic program inspired by mixed martial arts. It draws from karate, boxing, taekwondo, tai chi, and muay thai.

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**CYCLE-40** is a pulse-pounding cycling class that will shift your fitness into high gear. Improve your cardiovascular fitness and fine tune your endurance.

**CYCLE EXPRESS** is a 30 minute cardio workout on the bike. As always, take it easy or test your limits, knowing the end is right after the next turn!

**BODYFLOW™** is a fusion of yoga, tai chi, and Pilates. It builds flexibility and strength, leaving you feeling centered and balanced.

**YOGA** is a vinyasa inspired class that unites movement and breath. The physical benefits of improved core strength, balance, and flexibility are secondary to the benefits of self-awareness, improvement in self-esteem, and stress reduction.

**GRIT™ Strength** is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle.

**GRIT™ Cardio** is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

**TRX-Total-Body Resistance Exercise (30 & 40 min)** Try this anchored two-strap suspension training system that uses your body weight and gravity to challenge muscular stability, strength, and endurance, and improves flexibility, balance, and total power!

**Senior Line Dancing** Experience the ongoing and upgraded dances that people all over the country continue to enjoy!

**Senior Ride** Learn to set up the bike, control resistance and cadence, while get an amazing cardio workout in a controlled environment.

#### More Senior Classes:

Silversneakers Circuit™	POUND® Lite
Silversneakers Classic™	Boom Move™
BODYPUMP™ Lite	Boom Muscle™



**Online Schedule**  
View and print at [www.nooksports.com](http://www.nooksports.com)

**Day Pass \$15**  
**Group Exercise Classes are free for members!**

**Virtual Fitness Class Memberships & 10-Class Passes available.** Email [tammyp@nooksports.com](mailto:tammyp@nooksports.com) for more information on these!



# LIFE AT FULL SPEED

**GO AHEAD. KICK. JUMP. SWING. CATCH. RUN. SWIM. DRIBBLE.**

At Lancaster General Health Physicians Sports Medicine, we'll take care of your pulls, sprains, tears and fractures. Our team provides expert diagnosis, treatment and management of your injury and collaborate with surgical specialists as needed. So go ahead, toss, run, tackle, jump. We're here for you.

Schedule an appointment at [LGHealth.org/SportsMed](http://LGHealth.org/SportsMed), or call 717-627-7675.



Patrick J. Moreno, MD, CAQSM, RMSK



Jennifer M. Payne, MD, CAQSM



Ryan C. Wennell, DO, CAQSM

**Sports Medicine**  
51 Peters Rd., Lititz, PA 17543



# ADULT REC

QUESTIONS? Email [adultrec@nooksports.com](mailto:adultrec@nooksports.com) | Call 717.618.8513

**Men's Open Basketball League | Male | Ages 18+**

No matter what your skill level, come out and play basketball officiated by qualified PIAA referees. Divisions are offered for beginner and experienced players. Teams are guaranteed 9 games. Top teams qualify for playoffs. All referee fees are included in league registration fee.

Days	Dates	Times	Fee
Mondays	9/14/2020-11/23/2020	6:30pm-10:30pm	\$750 per team

**Winter Coed Basketball League | Coed | Ages 18+**

No matter what your skill level come out and play basketball officiated by qualified PIAA referees. Teams are guaranteed 5 games. Top teams will qualify for playoffs. Coed League - must have 2 females on the court at all times. All referee fees are included in league registration cost.

Days	Dates	Times	Fee
Mondays	11/16/2020-12/28/2020	6:30pm-10:30pm	\$475 per team

**Dodgeball League | Coed | Ages 16+**

"Dodge, Dip, Dive, Duck and Dodge!" Whether you are seeking competitive play or recreational fun, our dodgeball leagues are for you! Spooky Nook offers great dodgeball competition on turf fields, officiated by highly qualified referees. All referee fees are included in team registration cost.

Days	Dates	Times	Fee
Mondays	10/5/2020-11/23/2020	6:30pm-10:00pm	\$275 per team

**Fall Field Hockey Full Field League | Coed | Ages 16+**

Get your team together this fall for our full-field field hockey league played on the outdoor astroturf at the Nook! The season features 8 games on Sunday afternoons in September and October. Referee fees are included in the team price.

Days	Dates	Times	Fee
Sundays	9/13/2020-11/1/2020	1:00pm-4:00pm	\$795 per team

**LANCO 6v6 Fall Adult Field Hockey League | Coed | Ages 16+**

The adult field hockey league is played at Spooky Nook Sports Lanco and offers 6v6 (including goalie) game play. Each team is guaranteed 8 games. Teams may have up to one male on the field at a time. Contact bradene@nooksports.com for more information,

Days	Dates	Times	Fee
Wednesdays	9/9/2020-11/4/2020	8:00pm-10:00pm	\$695 per team

**Fall Flag Football League | Coed | Ages 18+**

Spooky Nook Adult Flag Football leagues offer both a competitive and recreational league to accommodate both highly-skilled and casual players. Gameplay is 7 vs. 7 and all teams are guaranteed 8 games with more for top teams! All referee fees are included in team registration cost.

Days	Dates	Times	Fee
Wednesdays	9/16/2020-11/18/2020	7:00pm-10:30pm	\$795 per team

**Coed Soccer League (Fall) | Coed | Ages 16+**

Our world-class facility creates the ultimate soccer destination for both the beginner and experienced player. The nook is a vibrant soccer atmosphere that encourages good sportsmanship, respect, and a love of the game! Choose your skill level and enjoy! League champions will receive a t-shirt! All referee fees are included in team registration fee.

Days	Dates	Times	Fee
Tuesdays	9/8/2020-11/3/2020	7:30pm-10:30pm	\$795 per team

**Men's Soccer League (Fall) | Men | Ages 16+**

Our world-class facility creates the ultimate soccer destination for both the beginner and experienced player. The nook is a vibrant soccer atmosphere that encourages good sportsmanship, respect, and a love of the game! Choose your skill level and enjoy! League champions will receive a t-shirt! All referee fees are included in team registration fee.

Days	Dates	Times	Fee
Thursdays	9/10/2020-11/5/2020	7:30pm - 10:30pm	\$895 per team

**LANCO 6v6 Fall Coed Soccer League | Male | Ages 30+**

Our world-class facility creates the ultimate soccer destination for both the beginner and experienced player. Spooky Nook Lanco is a vibrant soccer atmosphere that encourages good sportsmanship, respect, and a love of the game! Choose your skill level and enjoy! League champions will receive t-shirts! All referee fees are included in the team registration fee.

Days	Dates	Times	Fee
Monday	9/14/2020-11/2/2020	6:30pm-10:30pm	\$795 per team

**LANCO 6v6 Fall Men's 30+ Soccer League | Male | Ages 30+**

Our world-class facility creates the ultimate soccer destination for both the beginner and experienced player. Spooky Nook Lanco is a vibrant soccer atmosphere that encourages good sportsmanship, respect, and a love of the game! Choose your skill level and enjoy! League champions will receive t-shirts! All referee fees are included in the team registration fee.

Days	Dates	Times	Fee
Thursdays	9/3/2020-10/29/2020	7:00pm-10:30pm	\$795 per team

**LANCO 6v6 Fall Men's Open Soccer League | Male | Ages 16+**

Our world-class facility creates the ultimate soccer destination for both the beginner and experienced player. Spooky Nook Lanco is a vibrant soccer atmosphere that encourages good sportsmanship, respect, and a love of the game! Choose your skill level and enjoy! League champions will receive t-shirts! All referee fees are included in the team registration fee.

Days	Dates	Times	Fee
Sundays	9/13/2020-11/8/2020	7:00pm - 10:30pm	\$895 per team

### LANCO 6v6 Fall Women's 30+ Soccer League | Female | Ages 30+

Our world-class facility creates the ultimate soccer destination for both the beginner and experienced player. Spooky Nook Lanco is a vibrant soccer atmosphere that encourages good sportsmanship, respect, and a love of the game! Choose your skill level and enjoy! League champions will receive t-shirts! All referee fees are included in the team registration fee.

Days	Dates	Times	Fee
Tuesdays	9/8/2020-11/3/2020	7:00pm - 10:30pm	\$795 per team

### LANCO 6v6 Fall Women's 40+ Soccer League | Coed | Ages 40+

Our world-class facility creates the ultimate soccer destination for both the beginner and experienced player. Spooky Nook Lanco is a vibrant soccer atmosphere that encourages good sportsmanship, respect, and a love of the game! Choose your skill level and enjoy! League champions will receive t-shirts! All referee fees are included in the team registration fee.

Days	Dates	Times	Fee
Wednesdays	9/9/2020-11/4/2020	7:00pm-10:30pm	\$795 per team

### Ultimate Frisbee League (Fall) | Coed | Ages 16+

If you are looking for an exciting, non-contact team sport, then Spooky Nook's Ultimate Frisbee league is for you. Ultimate Frisbee fans are growing by the thousands because the sport mixes features from soccer, basketball, and American football. Register your entire team or as a free agent and be placed on a team. All referee fees are included in registration fee.

Days	Dates	Times	Fee
Fridays	9/11/2020-11/20/2020	6:00pm-12:00am	\$375 per team

### Coed 6's Volleyball League (Fall) | Coed | Ages 16+

Spooky Nook Adult Volleyball leagues are offered for both the beginner and experienced player! All league games will be officiated by qualified referees. Get your team together and sign up today before spots fill up! All referee fees are included in team registration fee.

Days	Dates	Times	Fee
Tuesdays	9/8/2020-10/27/2020	6:30pm-10:30pm	\$325 per team

### Women's 6's Volleyball League (Fall) | Coed | Ages 16+

Spooky Nook Adult Volleyball leagues are offered for both the beginner and experienced player! All league games will be officiated by qualified referees. Get your team together and sign up today before spots fill up! All referee fees are included in team registration fee.

Days	Dates	Times	Fee
Wednesdays	9/9/2020-10/28/2020	6:30pm-10:30pm	\$325 per team



QUESTIONS? Email [baseball@nooksports.com](mailto:baseball@nooksports.com) | Call 717.618.8565

### BASEBALL LESSONS

Individual or small group baseball lessons are available at the Nook for athletes of all ages and skill levels. Our coaching staff, with many years of amateur and professional playing and coaching experience, will work with athletes one-on-one. Lessons are available for hitting, pitching, catching, fielding & throwing, or a combination of multiple skills. All lessons are customized to help athletes reach their individual softball goals. Lesson prices are available for 30 or 60 minutes in length and vary in price per instructor. Email [baseball@nooksports.com](mailto:baseball@nooksports.com) to schedule your lesson today!

### Nook Tee Ball League (5U & 6U) | Coed

Tee ball is a great way to start baseball and softball careers! This coed tee ball league will feature a mix of instruction and game experience over the course of 6 weeks in the fall for 5U and 6U athletes. Athletes will be placed on teams and will play at either 5pm or 6pm each Thursday indoors at Spooky Nook Sports. The league will emphasize fundamentals and learning the basic rules of baseball and softball. Each athlete will receive an official tee ball league shirt and will be led by professional Nook coaches. The league will skip Thursday 10/29 for Halloween and Trick-Or-Treat activities.

Days	Dates	Times	Fee
Thursdays	10/8/2020-11/19/2020	5:00pm-7:00pm	\$75 per athlete

### Cousler Clash Baseball Tournament (10U,12U,14U) | Coed

Join us for the Cousler Clash Baseball Tournament on October 10th and 11th at Cousler Park (1060 Church Road York, PA 17404). Three games guaranteed, early bird discount offered (\$25 off) until August 1st. Winning teams in each division will receive player awards.

Days	Dates	Times	Fee
Saturday-Sunday	10/10/2020-10/11/2020	6:30am-6:30pm	\$550 per team

### 9U & 10U Indoor Weekend Baseball Tournament | Male

Play ball inside this fall! This tournament will be played in our indoor turf fields at Spooky Nook Sports. Each team is guaranteed three games with warm up space, game balls, and umpire fees included in the tournament cost. Teams will play two pool games on Saturday with single elimination on Sunday. A maximum of 12 teams will be accepted, so register early! Individual awards will be given to the champions and second place teams at the end of the tournament.

Days	Dates	Times	Fee
Saturday-Sunday	11/7/2020-11/8/2020	6:30am-6:30pm	\$695 per team

### Fall Baseball Hitting Clinic | Ages 8-13

Play fall ball at Spooky Nook Sports! Following an active warm-up, each participant will move through drills to work on their skills and become well-rounded baseball players. All skill levels are welcome. The 2020 season starts now!

Days	Dates	Times	Fee
Mondays	8/10/2020-8/31/2020	6:00pm-7:30pm	\$100 per athlete
Mondays	9/8/2020-9/29/2020	6:00pm-7:30pm	\$100 per athlete
Mondays	10/5/2020-10/26/2020	6:00pm-7:30pm	\$100 per athlete
Mondays	11/2/2020-11/23/2020	6:00pm-7:30pm	\$100 per athlete

### Rookies Baseball & Softball Clinic | Ages 4-7

The Rookies program is a beginner level baseball and softball clinic that focuses on developing confident and skilled athletes. 4-7 year old athletes will get to practice skills on our indoor turf diamond, learn proper movements, and understand the rules of the game while playing in a fun and safe environment!

Days	Dates	Times	Fee
Tuesdays	9/8/2020-9/29/2020	5:00pm-5:45pm	\$60 per athlete
Mondays	10/5/2020-10/26/2020	5:00pm-5:45pm	\$60 per athlete
Mondays	11/2/2020-11/23/2020	5:00pm-5:45pm	\$60 per athlete

### Black Friday Baseball Camp | Coed | Ages 7-13

Shop 'til you drop, then play ball in the afternoon on Black Friday! Join us for this fun youth baseball camp for all skill levels on the holiday weekend. Travel and rec baseball athletes are welcome! Work off the turkey and play games while learning baseball specific skills for throwing, fielding, hitting, pitching and catching.

Days	Dates	Times	Fee
Friday	11/27/2020	1:00pm - 4:00pm	\$40 per athlete

The advertisement features a close-up of a burger with lettuce, cheese, and a meat patty on a bun, secured with a wooden skewer. The background is a blurred indoor setting, likely a restaurant or food truck.

**LOCATED onsite**

**FORKLIFT & PALATE™**

**ONLINE ORDERING**  
*Now Available*

**CLICK HERE TO ORDER ONLINE**

A large white fork icon is positioned at the bottom left of the advertisement, pointing towards the 'CLICK HERE TO ORDER ONLINE' button.



# BASKETBALL

QUESTIONS? Email [basketball@nooksports.com](mailto:basketball@nooksports.com) | Call 717.618.8520

## BASKETBALL LESSONS

Our team of trainers would love the opportunity to work with your family. We offer multiple packages for private one-on-one instruction.

- Five 1 hour sessions ... \$270.00
- Five 30 minute sessions ... \$202.50
- Single sessions ... \$60 per hour

## Spooky Nook Preseason Basketball Development Program | Coed | Ages 4-12

The Spooky Nook Preseason Basketball Development Program (Session 1 and Session 2) is geared towards boys/girls Grades 4th thru 12th looking to develop the essential skills and fundamentals to compete in basketball. Each session will contain skill development drills along with small sided 2v2, 3v3 games, along with 5v5 play. These sessions will give each athlete the opportunity to participate and gain on-court experience in a teachable environment in preparation for the upcoming season.

Days	Dates	Times	Fee
Tues. & Thurs.	9/8/2020-10/8/2020	6:30pm-8:00pm	Members \$200 Non Members \$225
Tues. & Thurs.	10/13/2020-11/12/2020	6:30pm-8:00pm	Members \$200 Non Members \$225

## Spooky Nook Basketball Presents the Black Friday Basketball Clinic | Coed | Ages 6-14

Don't let the break from school cause you to take a break from sharpening your skills. Players will get the chance to participate in skill instruction, drills, game-situation small sided games, and fun competition. Pizza Lunch/Arcade time and Nook Basketball Shirt provided!

Days	Dates	Times	Fee
Friday	11/27/2020	9:00am-2:00pm	Members \$50 Non Members \$60

## Spooky Nook Hoopsgiving Shootout | Coed | Grades 5-8

Teams will play (2) Games consisting of (2) - Halves of 20:00 minute running clock. Great way to Tip-Off your upcoming season! All games will be played on the Hardwoods with certified PIAA Officials.

Days	Dates	Times	Fee
Saturday	11/28/2020	9:00am-6:00pm	\$125 per team



## BASKETBALL ACADEMY TRYOUTS COMING IN OCTOBER & FEBRUARY

Please contact Thomas Baughman at [thomasb@nooksports.com](mailto:thomasb@nooksports.com) for more details.

**LOOKING FOR ADULT REC?**  
Adult Rec Basketball can be found on page 7.

**One Gift Card**  
**ENDLESS POSSIBILITIES**  
Redeem your card for programs, retail, at the Warehouse Hotel, Forklift & Palate, smoothie bar, food court, fitness center, and more!

At this time, we are unable to sell giftcards online. Please call to order.  
**717.945.7087**



# CLIMBING

QUESTIONS? Email [adventure@nooksports.com](mailto:adventure@nooksports.com) | Call 717.618.8566



## CLIP 'N CLIMB

Clip 'N Climb is a unique climbing experience for all ages. Sessions work on a first come, first serve basis and are limited to 25 climbers per hour.

### What to Bring

All climbers under 18 must have a digital waiver completed by a legal parent or guardian. This waiver can be found online at [nooksports.com](http://nooksports.com). An adult must accompany children under 13 at all times. Don't forget to bring close-toed shoes to climb!

1 hr. session - \$13 per person    1/2 hr. session - \$8 per person

Leap of Faith - 1 leap for \$5, 2 leaps for \$7

Clip 'N Climb sessions start on the top of the hour or the half hour. Make a reservation or call for availability at 717.618.8566.

## THE ROCK GYM

The rock gym's 30-foot walls include an arch, crack climbing, and a 15-foot free standing boulder. You do not need to be a member to climb!

### Day Rates & Rentals

- Day Pass - \$15
- Day Pass + Rentals - \$25
- Shoes - \$6
- Harness - \$4
- Chalk - \$1
- Belay Device - \$2
- Rental Package (Shoes, Harness, Chalk) - \$10

In order to utilize the top ropes you must either:  
1) Take a scheduled Intro to Top Roping lesson or 2) Test out of the lesson showing proper belay technique and the ability to tie in with a figure-eight knot.

\*Day passes do not include rentals or instruction.

## ROCK GYM DISCOUNT NIGHTS!

### Ladies Night

Ladies get all rentals & day passes half-off on the 1st Mon. & 2nd Wed. of the month, 5-10pm.

### College Night

Bring your current college ID for 50% off day passes & rentals every Friday, 5-10pm.

### Family Sundays

With the purchase of an adult day pass, kids under 6 climb free and kids 7-13 get half off day passes & rentals.



## CLIMBING MEMBERSHIPS

### Monthly Rates

- Adult - \$43 per month
- Family- \$84 per month
- Youth - \$25 per month
- Senior - \$39 per month

Climb our walls any day of the week! Visit Guest Services to get a free tour and sign up.

### Combo Memberships

Use the fitness center and the climbing gym with a fitness & climbing combo membership. Find out more at Guest Services.

### Intro to Top Roping Lesson

This lesson will teach you how to properly fit a harness, tie in with a figure eight knot, and the skills needed to safely belay in our climbing gym.

Ages 12+

Thursdays, 7:00pm - 9:00pm

Saturdays & Sundays, 5:00pm - 7:00pm

### Intro to Lead Climbing Lesson

For those who have been climbing on top rope and want to learn the skills to safely lead climb indoors.

Ages 14+

By appointment

### Private Lessons

Lessons are for climbers looking for customized, one-on-one training.

\$25 per hour

By appointment

# J.B. DAWSON'S

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## RESTAURANT & BAR




SUNDAY KIDS EAT FREE\* • MONDAY IS RIB NIGHT FULL RACK \$17.9 HALF RACK \$12.9 • TUESDAY \$6.5 SHRIMP APPETIZERS

## EVERYDAY EXCELLENCE IS OUR STANDARD

PARK CITY MALL • 491 PARK CITY CTR., LANCASTER, PA 17601 (TO THE RIGHT OF JC PENNEY)  
717-399-3996 • [WWW.JBDAWSONS.COM](http://WWW.JBDAWSONS.COM)

\*1 KIDS MEAL PER ENTREE

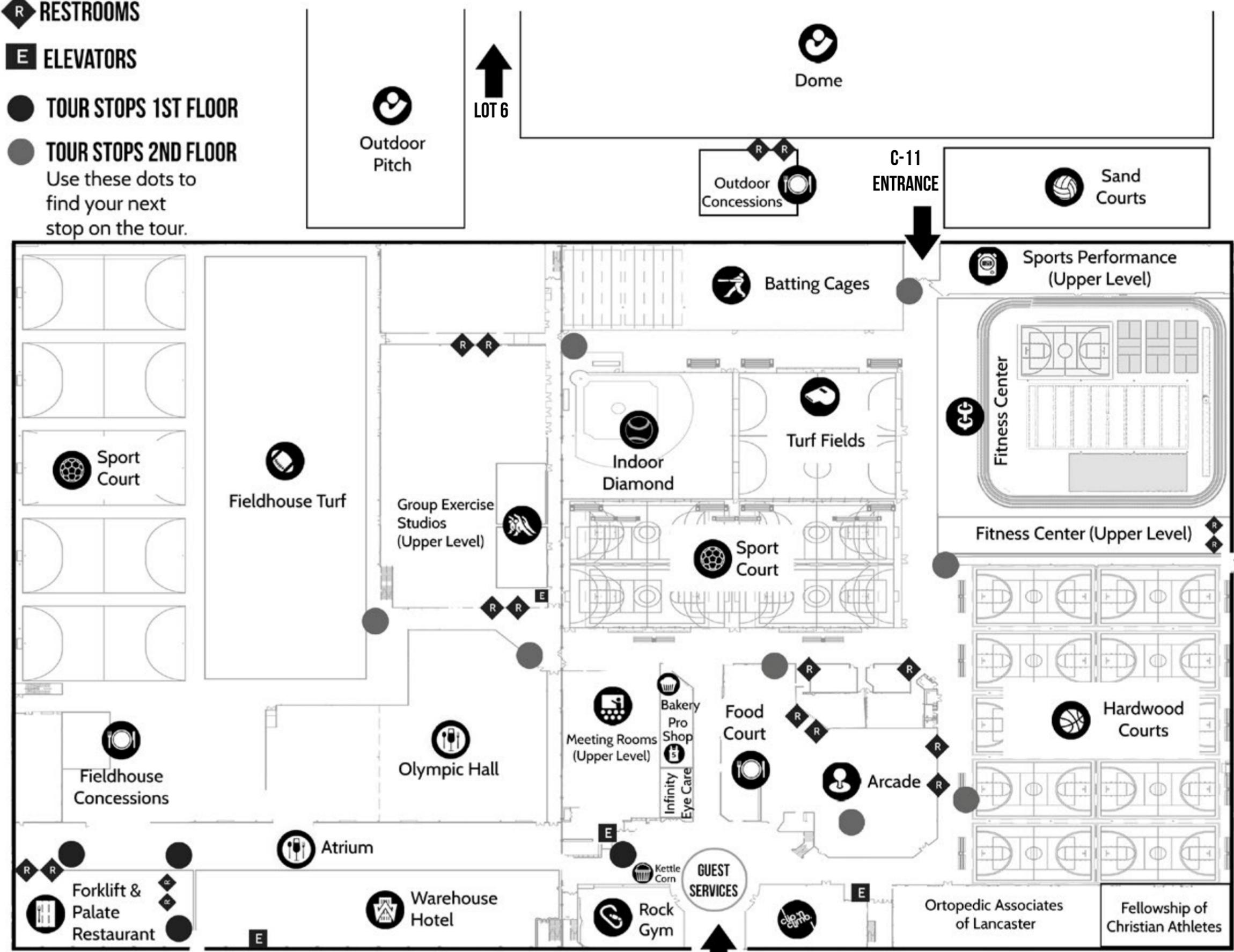
**R** RESTROOMS

**E** ELEVATORS

**●** TOUR STOPS 1ST FLOOR

**●** TOUR STOPS 2ND FLOOR

Use these dots to find your next stop on the tour.



↑  
LOT 6

C-11  
ENTRANCE

MEMBERS-ONLY  
ENTRANCE

↑  
HOTEL & RESTAURANT  
ENTRANCE

↑  
GUEST SERVICES  
MAIN ENTRANCE

# FENCING

QUESTIONS? Email [fencing@nooksports.com](mailto:fencing@nooksports.com)

Spooky Nook Fencing Academy is THE place for fencing in South Central PA! We offer group classes and private lessons in foil for Beginners, Intermediates, and experienced fencers. Also for experienced fencers, we offer epee and sabre classes. Open bouts is available too! Fencing is an Olympic competitive sport that is physical, strategic, technical, and FUN! We are a United States Fencing Association (USFA) Affiliate Club with training designed for all levels of fencers. Our USFA certified coaches have over 40 years of experience as fencers and coaches, and are committed to making this the finest fencing experience in the region! They are up to date on all background checks and Safe Sport training. Classes meet all year round in a large, private space solely dedicated to FENCING with numerous amenities!

## Open Boutings | Coed

Spooky Nook provides electric fencing strips for those seeking a facility for bouts only. Fencer must provide all of their own fencing gear.

Tuesday, Thursday and Friday  
7:00pm-9:00pm | \$8/class  
September-May

## Intermediate Fencing Class | Coed | Ages 10+

Continue to perfect and build onto skills learned in the Beginner's Class, as well as deepen your competitive edge and use of strategy and tactics. Participants will attain the ability to fence in competitions. This class is also appropriate for fencers with recent previous experience or with Nook Fencing Academy coaches' approval. Students must provide their own equipment. This class meets year-round.

Days	Dates	Times	Fee Options
Tues. & Fri.	9/1/2020-9/29/2020	7:00pm-8:00pm	Non-Members: \$160 per month/ \$25 per class Members: \$140 per month/ \$22 per class
Tues. & Fri.	10/2/2020-10/30/2020	7:00pm-8:00pm	Non-Members: \$160 per month/ \$25 per class Members: \$140 per month/ \$22 per class
Tues. & Fri.	11/3/2020-11/24/2020	7:00pm-8:00pm	Non-Members: \$160 per month/ \$25 per class Members: \$140 per month/ \$22 per class

## Beginners Fencing Class | Coed | Ages 10+

Learn the challenging and energetic sport of fencing! Fencing is an Olympic competitive sport that is physical, strategic, and technical. This fun and lively class is designed for the absolute beginner, or for those with previous fencing experience who wish to renew and update their skills. The class is fast moving and introduces a new fencing skill at most sessions. All necessary fencing equipment will be included. Students should wear low profile sneakers, warm-up pants, and a lightweight T-shirt and athletic shirt. Prior to registering for the Beginner's Foil class, please contact the Director of Fencing to request a copy of our Nook Fencing FAQ.

Days	Dates	Times	Fee Options
Tues. & Fri.	10/2/2020-11/24/2020	8:00pm-9:00pm	\$250 per member \$280 per non-member

To learn more about our EPEE and SABRE classes, please contact the Director of Fencing at [fencing@nooksports.com](mailto:fencing@nooksports.com) for meeting times and fees.

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# FIELD HOCKEY

QUESTIONS? Email [fieldhockey@nooksports.com](mailto:fieldhockey@nooksports.com) | Call 717.618.8571

### Nook Field Hockey Academy Tryouts | Female | U10-U19

Nook Academy Tryouts are for any players interested in trying out for the Nook Field Hockey Academy. The Nook Academy has teams in the U10, U12, U14, U16 and U19 age groups.

Days	Date	Times	Fee
Sundays	9/27/2020-10/25/2020	4:30pm-6:00pm	\$35 per athlete

### Short Sticks Field Hockey Clinic | Coed | Grades K-6

Short Sticks is the perfect opportunity to learn the exciting game of field hockey here at the Nook. Athletes will learn the fundamental skills of the sport and game tactics in a positive learning environment. Instruction will include drills, skill work and games!

Days	Dates	Times	Fee
Mondays	8/17/2020-10/12/2020	6:00pm-7:30pm	\$125 per athlete

### High School Field Hockey Winter Turf League | Female | High School

Our Winter Turf League is designed for teams looking for an opportunity to continue playing at a competitive level throughout the winter. Register as a club team or JV/Varsity high school team. This league will be played in our Dome facility on water-based astroturf.

Days	Dates	Times	Fee
Tues. & Thurs.	11/17/2020-1/5/2020	5:00pm-9:00pm	\$795 per team

**← LOOKING FOR ADULT REC?**  
 Adult Rec Field Hockey can be found on page 8.

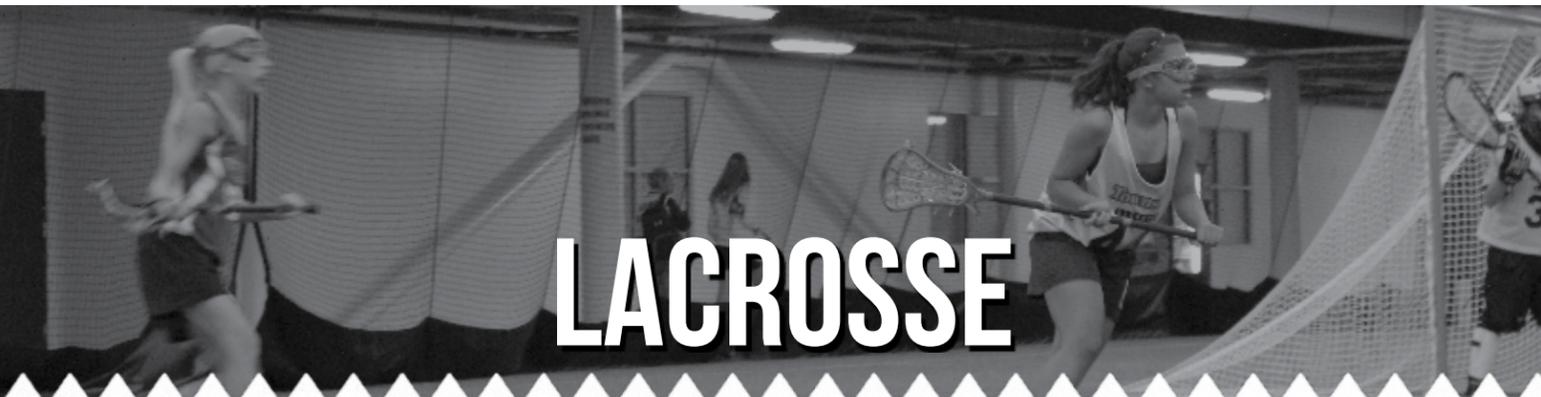
# YOUTH FLAG FOOTBALL

QUESTIONS? Email [bradene@nooksports.com](mailto:bradene@nooksports.com) | Call 717.618.8510

## LANCO Fall Youth Flag Football League | Coed | Ages 6-13

Our Fall development league is a great opportunity for new and experience players to learn and practice proper technique as well as offensive and defensive formations in a game setting. This 8 week league consists of 2 practice sessions followed by 6 weeks of game play. Each age group will have a 1 hour session every week. All sessions are held at Spooky Nook LANCO (1901 Miller Rd. East Petersburg, PA 17520).

Days	Dates	Times	Fee
Wednesdays	9/9/2020-11/4/2020	6:00pm - 8:00pm	\$95 per athlete



# LACROSSE

QUESTIONS? Email [lacrosse@nooksports.com](mailto:lacrosse@nooksports.com) | Call 717.618.8510

## 2020-2021 Winter Indoor Lacrosse Leagues

Boys and Girls winter lacrosse leagues offer options of full-field and short-field as well as level of play. 8v8 girls leagues will be played at Spooky Nook Lanco. Full-field leagues are offered for high-school teams with games played inside our state-of-the-art dome! Scheduling requests are available for the 10-game season. Teams playing in the Dome are provided with warmup space and the top officiating crews in the state. No matter what the competition level you are looking for, with over 140 teams playing the right division will be available! Early bird registration available until Sept 15th. Individual registration is available for 8U through 14U boys divisions.

Days	Dates	Times	Fee
Sat. & Sun.	11/7/2020-3/6/2021	8:00am-10:00pm	10v10 & 12v12 \$2,500 Boys 7v7 \$1,500 Girls 7v7 \$1,300 Boys Free Agents \$125



# GYMNASTICS LANCO

QUESTIONS? Email [gymnastics@nooksports.com](mailto:gymnastics@nooksports.com)

Monday	Tuesday	Wednesday
	9:30am-12:00pm Kiddie Cat Camp	
4:30pm-5:30pm *Adv. Mini Cats	4:30pm-5:30pm Gym Cats	4:30pm-5:30pm Gym Cats
5:00pm-6:15pm *Super Cats 1	4:30pm-5:30pm *Pre Team	5:00pm-6:00pm Boys Combo
5:30pm-7:30pm *Pre Team 1	5:00pm-6:30pm *Young Wild Cats	5:30pm-7:30pm *Pre Team 1
5:30pm-6:15pm Tiny Cats	5:45pm-6:30pm Mini Cats	5:15pm-6:00pm Mini Cats
5:30pm-6:15pm Mini Cats	5:45pm-6:30pm Tiny Cats	6:00pm-7:00pm Gym Cats
6:30pm-7:30pm Gym Cats	6:30pm-7:30pm Gym Cats	6:00pm-7:15pm *Super Cats 1
	6:45pm-8:00pm *Super Cats 1	7:00pm-8:00pm Tumble Cats

Thursday	Friday	Saturday
9:30am-12:00pm Kiddie Cat Camp	9:30am-10:30am Preschool	9:45am-10:30am Mini Cats
10:45am-11:30am Mini Cats	10:30am-11:15am Open Gym	9:45am-10:30am Tiny Cats
	10:30am-11:15am Tiny Cats	10:30am-12:00pm *Young Wild Cats
1:15pm-2:00pm Mini Cats	10:30am-11:15am Mini Cats	
4:30pm-5:30pm *Pre Team	11:15am-12:15pm Homeschool	10:45am-11:45am Gym Cats
5:00pm-5:45pm Mini Cats		10:45am-11:45am Tumble Cats
5:00pm-6:00pm *Adv Mini Cats	5:00pm-6:30pm *Super Cats 2	
5:45pm-6:45pm Gym Cats	6:30pm-7:30pm Gym Cats	
6:00pm-7:30pm *Super Cats 2	6:30pm-7:30pm Boys Combo	
	7:30pm-9:30pm Open Gym	

\* This class requires an invitation or an evaluation as part of the academy (competitive team).

**LANCO Advanced Mini Cats Gymnastics Lessons (Invite Only) | Coed | Ages 3-6 | \$67 per athlete**

Advanced Mini Cats (3 - 6 Years Old) is a 1 hour lesson for preschool aged boys & girls who have shown they can master the basic gymnastics skills while demonstrating great behavioral skills!

**LANCO Boys Combo Cats Gymnastics Lessons | Male | Ages 7-14 | \$67 per athlete**

Nook Gymnastics Boys Combo Cats is a 1 hour long boys-only class filled with obstacle course (ninja style) training, gymnastics, strength, and lots of tumbling!

**LANCO Gym Cats Gymnastics Lessons | Female | Ages 6-12 | \$67 per athlete**

Gym Cats is a 1 hour lesson for beginner girls who will learn basic gymnastics skills while building strength & flexibility in a fun, safe, and exciting class!

**LANCO Kiddie Cats Gymnastics Lessons | Coed | Ages 2-6 | \$100 per athlete**

Looking for something fun for your toddler to do? Have them join Nook Gymnastics at LANCO for our new "Kiddie Cat Camp!" This program runs Tuesdays and Thursdays from 9:30am-12:00pm and includes gymnastics, games, activities, crafts, snack, and fun with friends.

**LANCO Mini Cats Gymnastics Lessons | Coed | Ages 3-5 | \$62 per athlete**

This 45 minute lesson is for preschool age boys and girls that want to learn basic gymnastics in a positive, fun, and safe environment that will help promote great self-esteem!

**LANCO Pre Team Gymnastics Lessons (Invite Only) | Female | Ages 4-7 | \$87 per athlete**

Pre Team will provide the start up work involved with competitive gymnastics and is by invitation only. This group meets twice a week for one hour each! Gymnasts must master basic skills & be willing to work on strength and flexibility for small periods of time. Gymnasts must attend both days for optimal performance & training.

**LANCO Pre Team 1 Gymnastics Lessons (Invite Only) | Female | Ages 4-10 | \$97 per athlete**

Pre Team 1 is the next step of the pre team process & towards competitive gymnastics and is by invitation only. This team meets twice a week for 2 hours each! Gymnasts will start learning small parts of the level 2/3 routines & skills. Strength and flexibility will be introduced with longer intervals. Gymnasts must attend both days for optimal performance & training.

**LANCO Super Cats 1 Gymnastics Lessons (Invite Only) | Coed | Ages 6-12 | \$72 per athlete**

Super Cats 1 is a 1 hour and 15 minute lesson for female gymnasts who have mastered the basics & are ready for more advanced skills, strength, & flexibility while maintaining a safe, enjoyable atmosphere! These gymnasts have also demonstrated great behavioral skills!

**LANCO Super Cats 2 Gymnastics Lessons (Invite Only) | Coed | Ages 6-12 | \$77 per athlete**

Super Cats 2 is a 1.5 hour lesson for female gymnasts who have participated in previous gymnastics lessons and have shown interest in progressing their skill level further!

**LANCO Tiny Cats Gymnastics Lessons | Coed | Ages 1-3 | \$62 per athlete**

Tiny Cats is a fun filled 45 minute structured lesson for boys & girls ages 1-3 that is guaranteed to keep these lively little ones busy!

**LANCO Tumble Cats Gymnastics Lessons | Coed | Ages 1-3 | \$67 per athlete**

Tumble Cats will learn basic and advanced skills, strength, and flexibility in this one hour fun-filled lesson!

**LANCO Wild Cats Gymnastics Lessons (Invite Only) | Female | Ages 6-16 | \$97 per athlete**

Wild Cats is for seasoned non-competitive gymnasts only. This lesson will be focused on strength & agility training, flexibility, and specific skills & drills for each event.

**LANCO Young Wild Cats Gymnastics Lessons (Invite Only) | Female | Ages 4-7 | \$92 per athlete**

Wild Cats is for seasoned non-competitive gymnasts only. This lesson will be focused on strength & agility training, flexibility, and specific skills & drills for each event.

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**Nook MEETINGS & EVENTS**



# SOCCER & FUTSAL

QUESTIONS? Email [soccer@nooksports.com](mailto:soccer@nooksports.com) | Call 717.618.8521

## Kiddie Kickers Soccer Clinic | Coed | Ages 2-4

This program will introduce children to soccer in a creative and fun environment with Coach Rossi and the Nook Soccer coaching staff. Kicker Clinics focus on developing the child's basic motor and social skills. Adult caregivers participate with the child to make them feel safe and to fully enjoy the experience. This program is designed to build self-esteem and a love for the game of soccer!

Days	Dates	Times	Fee
Fridays	9/4/2020-9/25/2020	5:00pm-5:45pm	\$60 per athlete
Fridays	10/2/2020-10/23/2020	5:00pm-5:45pm	\$60 per athlete
Fridays	11/6/2020-11/27/2020	5:00pm-5:45pm	\$60 per athlete

## Future Kickers Soccer Clinic | Coed | Ages 4-7

Coach Rossi and the Nook Soccer coaching staff will introduce young athletes to soccer in a creative and fun environment on Friday nights at the Nook. The focus is on developing basic motor and social skills. Athletes will develop confidence and a love for soccer with the fun games and activities they will play each week.

Days	Dates	Times	Fee
Fridays	9/4/2020-9/25/2020	6:00pm-7:00pm	\$60 per athlete
Fridays	10/2/2020-10/23/2020	6:00pm-7:00pm	\$60 per athlete
Fridays	11/6/2020-11/27/2020	6:00pm-7:00pm	\$60 per athlete

## Footballitis Soccer Clinic | Coed | Ages 8-14

Coach Rossi and the Nook Soccer coaching staff will instruct soccer skills and ball mastery in this Friday night clinic on the turf at The Nook. The coaches will incorporate juggling, ball work, speed and agility, and circuit training to enhance the athletes' first touch, athleticism, footwork, and overall skills. Sessions are packed full of fun drills and games to enhance learning in a group environment.

Days	Dates	Times	Fee
Fridays	9/4/2020-9/25/2020	7:00pm-8:00pm	\$60 per athlete
Fridays	10/2/2020-10/23/2020	7:00pm-8:00pm	\$60 per athlete
Fridays	11/6/2020-11/27/2020	7:00pm-8:00pm	\$60 per athlete

## Shots & Stops Soccer Clinic | Coed | Ages 8-14

This dynamic clinic is great paired with Footballitis on Friday nights at The Nook. 'Shots' is about shooting, hitting the target, and scoring goals. Athletes will attempt shots unopposed to master the art of scoring. As classes progress, defenders will be added to test abilities in game situations. 'Stops' is about goalkeeping and shot stopping. Coaches will cover low, mid, and high balls, as well as diving and distribution. Goalkeepers will also be tested against shooters attempting to score.

Days	Dates	Times	Fee
Fridays	9/4/2020-9/25/2020	8:00pm-9:00pm	\$60 per athlete
Fridays	10/2/2020-10/23/2020	8:00pm-9:00pm	\$60 per athlete
Fridays	11/6/2020-11/27/2020	8:00pm-9:00pm	\$60 per athlete

## 2020 Winter 1 Youth Futsal League | Coed | U18-U19

Join our first ever Winter Session 1 Futsal League Friday nights at Spooky Nook Sports! Futsal is quickly growing in popularity across the country because it accelerates the development of young soccer players over the winter off-season. The fast-paced game improves decision making skills and footwork while preparing athletes for outdoor soccer. Futsal uses a 5v5 format with a low-bounce ball on a hard surface (similar in size to a basketball court). Team registration includes: 6-40 minute games on sport or hardwood courts, referee fees, game balls, and general parking passes. A multi-team discount is available for clubs interested in entering multiple teams in the league. Please contact [soccer@nooksports.com](mailto:soccer@nooksports.com) to receive this discount.

Days	Dates	Times	Fee
Fridays	11/6/2020-12/18/2020	6:00pm-10:00pm	\$400 per team

## Black Friday 3v3 Soccer Tournament | Coed | U9-U19

Kick it indoors with our Black Friday 3v3 Soccer tournament on our turf fields at the Nook! The registration fee covers all ref fees and four 25 minute games on the turf fields at the Nook. The format is 3 players (no goalie) with a maximum roster size of 6 players per team. Winning teams will receive champion medals!

Days	Dates	Times	Fee
Friday	11/27/2020	8:00am-6:00pm	\$160 per team

### SOCCER LESSONS

Individual or group soccer lessons are available at the Nook for athletes of all ages and skill levels. Our coaching staff, with many years of combined coaching and playing experience, will work with athletes one-on-one. All lessons are customized to help athletes reach their individual soccer or futsal goals (pun intended). Contact us to schedule a lesson at [soccer@nooksports.com](mailto:soccer@nooksports.com) or 717-618-8521.

**LOOKING FOR ADULT REC?**  
 Adult Rec Soccer can be found on pages 8-10.



QUESTIONS? Email [softball@nooksports.com](mailto:softball@nooksports.com) | Call 717.618.8565

### SOFTBALL LESSONS

Individual or small group softball lessons are available at the Nook for athletes of all ages and skill levels. Our experienced coaching staff, will work with athletes one-on-one. Lessons are available for hitting, fielding, throwing, pitching, catching, or a combination of skills. All lessons are customized to help athletes reach their individual goals. Lesson prices are \$65 for a full hour or \$45 for a half hour. Email [softball@nooksports.com](mailto:softball@nooksports.com) to schedule your lesson today!

## Nooktoberfest Softball Tournament | Divisions 10U, 12U, 14U, 16U & 18U

Join us for our 2nd Annual Nooktoberfest travel softball tournament at local outdoor softball fields in Lancaster, PA! Teams will compete in a 4 game guarantee format, with three games pool play on Saturday and single elimination on Sunday. Winning teams in each division will receive player awards. Nook tournaments are known for our awesome t-shirt designs each year and the unique ability to have options indoors at our world class Spooky Nook Sports facility in the event of inclement weather. Tourney Machine is used for online schedules/brackets/results and we will have concessions or food trucks available at all fields! Complexes used for this tournament include, but are not limited to, Strasburg Jaycee Park (218B Miller Street, Strasburg, PA 17579) and Garrett Fields (10 East Penn Grant Road, Willow Street, PA 17584).

Days	Dates	Times	Fee
Sat. & Sun.	10/17/2020-10/18/2020	8:00am-8:00pm	\$495 per team

## Halloween Havoc Softball Tournament | Divisions 10U, 12U, 14U, 16U & 18U

Join us for our 6th annual Halloween Havoc travel softball tournament at our indoor fields at Spooky Nook Sports! Teams will compete in a 4 game guarantee format, with three games pool play on Saturday and single elimination on Sunday. Winning teams in each division will receive player awards. Tourney Machine is used for online schedules/brackets/results.

Days	Dates	Times	Fee
Sat. & Sun.	10/31/2020-11/1/2020	8:00am-8:00pm	\$495 per team

## Black Friday Softball Camp | Ages 7-13

Shop 'til you drop, then play ball in the afternoon on Black Friday! Join us for this fun youth softball camp for all skill levels on the holiday weekend. Travel and rec softball athletes are welcome! Work off the turkey and play games while learning softball specific skills for throwing, fielding, hitting, pitching and catching.

Days	Dates	Times	Fee
Friday	11/27/2020	1:00pm - 4:00pm	\$40 per athlete

## High School Dome Softball League (Fall Season)

The high school dome softball league provides a great option for teams and athletes to play together in the off season. The league season will include six 1.5 hour games played in the AstroTurf dome on Friday nights in November and December at Spooky Nook Sports (6PM or 7:45PM start times). Field dimensions are 150'x185' each. All game balls, umpire fees, parking passes, and warm up areas are included in the registration fee for the season. Schedules are tracked using Tourney Machine and standings/scores are not kept in this scrimmage style league. Register early! The fall league is capped at 8 teams maximum.

Days	Dates	Times	Fee
Fridays	11/13/2020-12/18/2020	6:00pm-9:15pm	\$695 per team



QUESTIONS? Email [volleyball@nooksports.com](mailto:volleyball@nooksports.com) | Call 717.618.8577

## Nook Volleyball Middle School League - Player Registration | Female | Grades 3-9

Join Nook Volleyball Academy for the 6th season of our fall middle school program! All girls entering grades 3-9 are welcome. We will be having two practices per week, and compete in the Nook AAU middle school league on Monday nights. Anyone who registers will be placed on a team. Teams will be chosen based on ability. You will receive a uniform top, shorts, and a practice T-shirt. This is a great way to learn the fundamentals of the game, while getting the real game time experience of competition. Get training from our Nook academy staff, and learn what it means to be a Nook Athlete! Sign up today!

Days	Dates	Times	Fee
Wed., & Thurs.	8/19/2020-10/22/2020	6:30pm-8:30pm	\$225 per athlete

## September Spikefest Middle School Tournament | Female | Grades 4-9

Join our Nook Middle School League participants in their first tournament of the season. This tournament is open to all middle school teams! We have 4 skill divisions, so that all teams can be challenged but still find success! Tournament will include pool play matches followed by bracket play for all teams. Gold Bracket winners will receive prizes! Register your team today!

Days	Dates	Times	Fee
Saturday	9/26/2020	8:00am - 6:00pm	\$200 per team

## Girls Youth Development Clinic | Female | Ages 7-14

The Youth Development Clinic is designed for players ages 8-14. It will help girls develop their skills in a positive and encouraging environment, while also learning to work hard to accomplish a goal. We believe that we can teach great technique and have fun at the same time! Our goal is to instill the love of volleyball and prepare them for a life filled with fun and volleyball!

Days	Dates	Times	Fee
Tuesdays	9/1/2020-10/20/2020	Grades 2-5: 5:30pm - 6:30pm Grades 6-8: 6:30pm - 8:30pm	\$165 per athlete

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\*1 KIDS MEAL PER ENTREE

### Nook Middle School League Championship | Female | Grades 4-9

Join our Nook Middle School League participants in their first tournament of the season. This tournament is open to all middle school teams! We have 4 skill divisions, so that all teams can be challenged but still find success! Tournament will include pool play matches followed by bracket play for all teams. Gold Bracket winners will receive prizes! Register your team today!

Days	Dates	Times	Fee
Saturday	10/25/2020	8:00am-6:00pm	\$200 per team

### Baby Bumpers Volleyball Clinic | Coed | Ages 3-5

Baby Bumpers is designed for young athletes ages 3-5! It will help our kiddos develop their skills in a positive and encouraging environment, while also learning to work hard to accomplish a goal. We believe that we can teach great technique and have fun at the same time! Our goal is to instill the love of volleyball and prepare them for a life filled with fun and volleyball!

Days	Dates	Times	Fee
Tuesdays	9/1/2020-10/20/2020	4:30pm-5:15pm	\$110 per athlete

### Volley-Tots Volleyball Clinic | Coed | Ages 5-7

Volley-Tots is designed for young athletes ages 5-7! It will help kiddos develop their skills in a positive and encouraging environment, while also learning to work hard to accomplish a goal. We believe that we can teach great technique and have fun at the same time! Our goal is to instill the love of volleyball and prepare them for a life filled with fun and volleyball!

Days	Dates	Times	Fee
Tuesdays	9/1/2020-10/20/2020	4:30pm-5:15pm	\$110 per athlete

### Nook Volleyball Academy Tryouts | Female | 11U-14U

NVA is pleased to announce our 2020-2021 season tryout dates! Nook Volleyball Academy is a club program that competes in USAV, JVA and AAU volleyball tournaments around the East Coast and Midwest. We have opportunities for any player that would like to play volleyball year round. We have three different levels of teams; National, Regional, and Local. We offer practices weekly, sports performance training, mental training, and so much more! Athletes only have to attend one session to be considered for a team, but can attend all three if desired. Register for tryouts today to become a member of our NVA Family!

Days	Dates	Times	Fee
Saturday	10/24/2020	9:00am-11:30am	\$45 per athlete for all 3 tryout sessions
Sunday	10/25/2020	6:00pm-8:00pm	
Tuesday	10/27/2020	6:00pm-8:00pm	

### Nook Volleyball Academy Tryouts | Female | 15U-18U

NVA is pleased to announce our 2020-2021 season tryout dates! Nook Volleyball Academy is a club program that competes in USAV, JVA and AAU volleyball tournaments around the East Coast and Midwest. We have opportunities for any player that would like to play volleyball year round. We have three different levels of teams; National, Regional, and Local. We offer practices weekly, sports performance training, mental training, and so much more! Athletes only have to attend one session to be considered for a team, but can attend all three if desired. Register for tryouts today to become a member of our NVA Family!

Days	Dates	Times	Fee
Saturday	11/14/2020	9:00am-11:30am	\$45 per athlete for all 3 tryout sessions
Sunday	11/14/2020	6:00pm-8:00pm	
Tuesday	11/17/2020	6:00pm-8:00pm	

**LOOKING FOR ADULT REC?**  
 Adult Rec Volleyball can be found on page 10.





# YOUTH PROGRAMS

QUESTIONS? Email [youthprograms@nooksports.com](mailto:youthprograms@nooksports.com) | Call 717.618.8563

## Child Watch

Did you know that you can drop your children off while you work out? Our child watch room is perfectly suited for children ages 3 months – 12 years. Our professional and caring staff will watch your children for up to 3 hours per day. Child Watch is included with family memberships, or can be added to an adult membership for only \$25 per month.

## Camp Champ: Fall Enrichment at The Nook | Coed | Grades 1-8

With all of the uncertainty surrounding the start of school this year, Spooky Nook Sports wants to offer you a solution.

Join our flexible schedule of programming and make sure your kids stay active and supervised when they are not at school! Spooky Nook provides a safe environment with temperature checks, enhanced cleaning protocols, and safety measures for kids and staff.

Need extended care? Before & After Care is available to purchase to get early drop off (7am-8am) and extended pick up (4pm-5pm) for full day signups. Add this to your cart when registering! Registration closes at 5pm the Wednesday before each week.



Days	Dates	Times	Fee
Weekdays	9/8/2020 - 12/18/2020	Full day: 8:00am - 4:00pm	\$60 per day, \$215 per week
		Half day AM: 8:00am - 12:00pm Half day PM: 12:00pm - 4:00pm	\$35 half day, \$125 per week for half day
		Before and after care: 7:00am - 8:00am, 4:00pm - 5:00pm	\$25.00 per day for full day signups



### All Sport Athlete Clinic | Coed | Ages 3-6

All-Sport Athlete is a skill development program that introduces children to the concepts and skills involved in seven different sports: baseball/softball, basketball, volleyball, soccer, field hockey, football, and lacrosse. Classes are conducted once a week in 45 minutes sessions and will include instruction to help refine each players' gross motor skills. The programs instill confidence in children, helping them to develop skills both on and off the court.

Days	Dates	Times	Fee
Tuesdays	9/15/2020-10/27/2020	5:00pm-5:45pm	\$100 Members \$110 Non-Members
Tuesdays	11/10/2020-12/22/2020	5:00pm-5:45pm	\$100 Members \$110 Non-Members

### Bitty Ballet | Coed | Ages 2.5-6

Bitty Ballet is a program designed for preschool age children (2.5-6 years of age) as an introduction to dance. Ballet is a wonderful stepping stone to encourage group participation, listening to an instructor and a true love of dance and movement for these developing souls. Simple ballet positions and moves also encourage physical activity and controlled body movements in toddlers.

Days	Dates	Times	Fee
Tuesdays	9/15/2020-10/20/2020	10:15am - 11:00am	\$85 Members \$95 Non-Members
Tuesdays	11/10/2020-12/15/2020	10:15am - 11:00am	\$85 Members \$95 Non-Members



## DAY PASSES GET YOUR DAY PASSES AND VIP PASSES AT GUEST SERVICES!

**COURT OR TURF DAY PASS**  
\$10 PER PERSON

**CLIP 'N CLIMB**  
\$13 PER PERSON (1 HOUR SESSION)  
\$8 PER PERSON (1/2 HOUR SESSION)

**FITNESS CENTER DAY PASS**  
\$15 PER PERSON  
\$40 PER FAMILY OF 3+  
\$25 PER PERSON FOR 3 CONSECUTIVE DAY

**ROCK CLIMBING DAY PASS**  
\$15 PER PERSON  
\$6 SHOE RENTAL / \$4 HARNESS RENTAL  
\$2 BELAY DEVICE RENTAL / \$1 CHALK  
\$25 DAY PASS + RENTALS

## VIP PASSES: MONDAY-THURSDAY \$69\* | FRIDAY-SUNDAY \$89\*\*

### PERKS:

**1 HOUR OF CLIP 'N CLIMB**

**\$20 FOOD VOUCHER**

**\$40 IN ARCADE CARDS**

**10% OFF CHAMP'S LOCKER PRO SHOP VOUCHER**

\*FOR 4 PEOPLE. \$18 PER ADDITIONAL PERSON. \*\* FOR 4 PEOPLE. \$23 PER ADDITIONAL PERSON.

## ULTIMATE VIP PASSES: MONDAY-THURSDAY \$139\* | FRIDAY-SUNDAY \$179\*\*

### PERKS:

**1 HOUR OF CLIP 'N CLIMB**

**\$40 FOOD VOUCHER**

**ROCK CLIMBING (INCLUDES EQUIPMENT RENTAL)**

**\$40 IN ARCADE CARDS**

**20% OFF CHAMP'S LOCKER PRO SHOP VOUCHER**

**FITNESS & COURT DAY PASS**

\*FOR 4 PEOPLE. \$35 PER ADDITIONAL PERSON. \*\* FOR 4 PEOPLE. \$45 PER ADDITIONAL PERSON.



## TRY OUR NEW MENU

We're excited to announce the launch of our spring/summer menu at Forklift & Palate! Stop in today to try out our one-of-a-kind dishes made with the freshest seasonal ingredients.



LOCATED INSIDE SPOOKY NOOK SPORTS

## A ONE-OF-A-KIND EXPERIENCE

The Warehouse Hotel is the ultimate destination for family getaways, weekend warriors and teams of all types and sizes. At The Warehouse, adventure is never more than a few steps from your doorstep, and surprises await around every turn.

Guests also have ready access to our sports facility, including free use of our state-of-the-art fitness center.



## HOST YOUR HOLIDAY PARTY WITH US

Throwing a company holiday party is a great way to boost morale, show your workers how much you appreciate their contributions and enjoy each other's company in a more laid-back setting.

With 700,000 square feet of event space, accommodations for as many as 10,000 guests, on-site catering options and amenities unlike anywhere else, we'll help you plan an event to remember.

