Fall is nearly upon us. It’s always bittersweet. For many of us, it means the end of summer, back to school and time for sweaters, football and apple cider. For our county parks though, it means even more of an opportunity to highlight the amenities and opportunities that make our Allegheny County Parks system such a valuable asset in our region.

Our Allegheny County Park Rangers have several months in our parks under their belts now, and their experiences can be seen in the educational and recreational opportunities that they are offering in this guide. If you’ve not had the opportunity to interact with them, consider participating in one of the many programs being offered by the rangers. The Fall Foliage Hike is the perfect chance to enjoy the fall weather and the changing leaves which always signal the coming change of seasons. Our Parks Rangers are expanding beyond our parks too - they have participated as resources in festivals and other events in our community, sharing their background and experiences. The Park Rangers outreach includes to local schools and groups for educational programming.

Fall is also the perfect opportunity for you to “live well.” In January 2014, the Live Well Allegheny program was launched that embraces a broad concept of living will which includes physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. Whether you choose to take advantage of a formal class like yoga, or simply utilize our trails and facilities, you can make this fall your time to make a personal pledge to live well. For more information on the campaign, visit www.livewellallegheny.com.

With over 12,000 acres of park land and activities for everyone from the adventurous to the newly intrepid, there’s something for everyone in the Allegheny County Parks system. Make today the day that you fully experience everything they have to offer.

Sincerely,

[Signature]
Boyce Park
724-327-0338
675 Old Frankstown Road, Pittsburgh, PA 15239
Encompasses 1,096 acres in Monroeville and Plum. Features only downhill skiing and snowtubing in Allegheny County. Amenities include ballfields, wave pool, trails, skate park, archery range, shelters and nature center. Park is open daily, 8:00 a.m.-sunset. Call or visit website for venue hours.

Deer Lakes Park
724-265-3520
1090 Baileys Run Road, Tarentum, PA 15084
Encompasses 1,180 acres in Frazer and West Deer townships. Features include fishing lakes, observatory, spray park, shelters, disc golf course, playgrounds, multipurpose field, and walking, hiking and jogging trails. Park is open daily, 8:00 a.m.-sunset. Call or visit website for venue hours.

Harrison Hills Park
724-295-3570
5200 Freeport Road, Natrona Heights, PA 15065
Encompasses 500 acres in Harrison Township. Features include environmental learning center, shelters, scenic overlook, playgrounds, soccer fields, ponds, birding area, and walking, hiking and bridle trails. Park is open daily, 8:00 a.m.-sunset. Call or visit website for venue hours.

Hartwood Acres Park
412-767-9200
200 Hartwood Acres, Pittsburgh, PA 15238
Encompasses 629 acres in Hampton and Indiana townships. Features free concerts Sunday evenings, June-August. Amenities include mansion tours, teas, off-leash area, and cross-country skiing, walking, hiking and bridle trails. Park is open daily, 8:00 a.m.-sunset. Call or visit website for venue hours.

North Park
724-935-1766
Pearce Mill Road, Allison Park, PA 15101
Encompasses 3,075 acres in Hampton, McCandless and Pine townships. Features 65-acre lake with fishing and kayaking. Amenities include golf course, pool, ice rink, ballfields, nature center, shelters, off-leash areas, dek hockey rink, and trails. Park is open daily, dawn-midnight. Call or visit website for venue hours.
Round Hill Park
412-384-4701
651 Round Hill Road, Elizabeth, PA 15037
Encompasses 1,101 acres in Elizabeth Township. Features exhibition farm with animals that is open every day of year. Amenities include soccer fields, shelters, spray park, and walking and bridle trails. Park is open daily, 8:00 a.m.-sunset. Call or visit website for venue hours.

Settlers Cabin Park
412-787-2750
608 Ridge Road, Pittsburgh, PA 15205
Encompasses 1,610 acres in Collier, North Fayette and Robinson townships. Features include historic log cabin, wave pool, dive pool, shelters, tennis courts, playgrounds, dek hockey rink, and walking and hiking trails. Park is open daily, 8:00 a.m.-sunset. Call or visit website for venue hours.

South Park
412-835-4810
Buffalo Drive, South Park, PA 15129
Encompasses 2,013 acres in Bethel Park and South Park Township. Features free concerts Friday evenings, June-August. Amenities include golf course, ballfields, wave pool, shelters, skate park, trails, nature center, dek hockey rink, and ice rink. Park is open daily, dawn-midnight. Call or visit website for venue hours.

White Oak Park
412-678-3774
3 Muse Lane, White Oak, PA 15131
Encompasses 810 acres in White Oak. Features include multi-purpose athletic field, shelters, wedding garden, playgrounds, off-leash area, bocce courts, volleyball courts, horseshoe pits, and walking and hiking trails. Park is open daily, 8:00 a.m.-sunset. Call or visit website for venue hours.

To register for all programs and for more information visit alleghenycounty.us/parks or any of the county park offices.
Table of Contents

Boyce Park ........................................... 5
Deer Lakes Park ...................................... 7
Harrison Hills Park .................................. 9
Hartwood Acres Park ................................. 12
North Park ............................................. 16
Round Hill Park ...................................... 26
Settlers Cabin Park ................................. 27
South Park ............................................. 30
White Oak Park ...................................... 37
Orienteering, Navigation & Map Reading

**When:** Sunday, September 6, 2:00-4:00 p.m.
**Where:** Boyce Park Patrol 1 Shelter
**Instructor:** Allegheny County Park Rangers
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
**Size:** 15 people maximum
**Info:** Learn essential navigation skills outdoors! Find your way around Boyce Park with a detailed map and compass. We will get acquainted with basic map features, how a compass works, and by the end of the session, you will be able to use the two to navigate yourself around Boyce Park. Please bring hiking boots, rain jacket and a water bottle.

Don’t Bug Me! **NEW**

**When:** Monday, September 7, 4:00-6:00 p.m.
**Where:** Boyce Park Hillcourt Shelter
**Instructor:** Allegheny County Park Rangers
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
**Size:** 20 people maximum
**Info:** Get up close and personal with your six-legged neighbors! Join the rangers and collect insects of all kinds with traps and nets, then learn about what they do, how they live, and how they look under a magnifying glass.

Orienteering, Navigation & Map Reading

**When:** Sunday, September 12, 10:00 a.m.-12:00 noon
**Where:** Boyce Park Patrol 1 Shelter
**Instructor:** Allegheny County Park Rangers
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
**Size:** 15 people maximum
**Info:** Learn essential navigation skills outdoors! Find your way around Boyce Park with a detailed map and compass. We will get acquainted with basic map features, how a compass works, and by the end of the session, you will be able to use the two to navigate yourself around Boyce Park. Please bring hiking boots, rain jacket and a water bottle.

Horticulture/Art Therapy

**When:** Saturday, October 3, 1:30-3:00 p.m.
**Where:** Boyce Park Greenhouse
**Instructor:** Allegheny County Naturalist Tammy Watychowicz
**Cost:** Free!
**Info:** Therapeutic activities with nature and botanical topics. For more information, call 724-733-4618.

Vinyasa Flow Yoga

**When:** Tuesdays, October 6-27, 7:00-8:00 p.m. Registration ends October 2.
**Where:** Boyce Park Four Seasons Lodge
**Instructor:** Kelly Maley-Rezak
**Cost:** $40 per person for county residents; $50 for non-residents; $15 drop-in fee. Pre-registration required at www.alleghenycounty.us/parks
**Size:** 25 people maximum
**Info:** This class combines a series of energetic poses and stretching, which are all connected through the power of inhaling and exhaling. The goal is to build both strength and flexibility, while creating a stronger mind/body connection. A basic understanding of yoga is helpful, but all levels are welcome.
Fall Foliage Hike  
**When:** Saturday, October 10, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.  
**Where:** Boyce Park Carpenter Log House  
**Instructor:** Allegheny County Park Rangers  
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks  
**Size:** 20 people maximum  
**Info:** Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended), bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Campfire Ghost Stories  
**When:** Friday, October 30, 7:00 p.m.  
**Where:** Boyce Park Commissioners Shelter  
**Cost:** Free!  
**Info:** Watch a Park Ranger build a campfire, and then listen to some spooky stories! All kids will receive a surprise. Wear a Halloween costume for a chance to win prizes!

Map & Compass Scavenger Hunt/Hike  
**When:** Saturday, November 14, 2:00-4:00 p.m.  
**Where:** Boyce Park Nature Center Trails  
**Instructor:** Allegheny County Naturalist Tammy Watychowicz  
**Cost:** Free!  
**Info:** Follow an easy map of park trails while practicing the basic use of a compass and searching for clues to nature treasures.

Guided Nature Hike  
**When:** Sunday, November 15, 10:00 a.m.-12:00 noon  
**Where:** Boyce Park Carpenter Log House  
**Instructor:** Allegheny County Park Rangers  
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks  
**Size:** 20 people maximum  
**Info:** Join a Park Ranger for a walk and learn about the local flora and fauna that you see along the way. We will stop to observe animals and plants that are prevalent in the environment and discover the natural and cultural landscape as we hike. Hikes will vary in distance and time but expect to spend two hours on the trail.

Cookies with Santa  
**When:** Saturday, December 19, 10:00 a.m.-12:00 noon  
**Where:** Boyce Park Four Seasons Lodge  
**Cost:** Free!  
**Info:** Enjoy cookies and refreshments with the jolly old elf himself, as well as holiday crafts and movies!
Walking (or Snowshoeing) in a Winter Wonderland

When: Saturday, January 16, 10:00 a.m.-12:00 noon
Where: Boyce Park Administration Building, Lower Lot
Instructor: Allegheny County Park Rangers
Cost: Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks
Size: 10 people maximum
Info: Experience the exhilaration of exploring the park by snowshoe (or boots, depending on snow amounts). We will take about a one-hour walk and enjoy the peace and quiet of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!

SnowFest 2016

When: Friday-Sunday, January 29-31
Where: Boyce Park Ski Slopes
Info: Three days of winter fun for the whole family - both skiers and non-skiers! Events include: indoor and outdoor games and activities; cardboard box snowtubing derby; mascot snowtubing races; skiing and snowboarding races; music; and more! For more information, visit www.alleghenycounty.us/winterfun in December.

Guided Nature Hike

When: Saturday, September 12, 10:00 a.m.-12:00 noon
Where: Deer Lakes Park Minnow 1 Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Join a Park Ranger for a walk and learn about the local flora and fauna that you see along the way. We will stop to observe animals and plants that are prevalent in the environment and discover the natural and cultural landscape as we hike. Hikes will vary in distance and time but expect to spend two hours on the trail.

Intro to Disc Golf

When: Friday, September 18, 5:30-7:00 p.m.
Where: Deer Lakes Park Disc Golf Course Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 10 people maximum
Info: Disc golf is an interesting and unique sport which has rapidly grown in popularity since its introduction to professional sports in 1976. This sport is designed to get you outside and moving while utilizing a slightly modified Frisbee.
Beaver Habitat Exploration

When: Saturday, September 19, 5:00-6:30 p.m.
Where: Deer Lakes Park Veterans 2 Shelter Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: A beaver family has built its lodge in Deer Lakes Park. Learn to identify beaver activity while waiting for North America’s largest rodent to come out of its den. With luck, baby beavers may even be seen!

Intro to Disc Golf

When: Friday, September 25, 5:30-7:00 p.m.
Where: Deer Lakes Park Disc Golf Course Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 10 people maximum
Info: Disc golf is an interesting and unique sport which has rapidly grown in popularity since its introduction to professional sports in 1976. This sport is designed to get you outside and moving while utilizing a slightly modified Frisbee.

Fall Foliage Hike

When: Saturday, October 24, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
Where: Deer Lakes Park Carp Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes, hiking boots are recommended, bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Guided Nature Hike

When: Saturday, November 7, 10:00 a.m.-12:00 noon
Where: Deer Lakes Park Carp Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Join a Park Ranger for a walk and learn about the local flora and fauna that you see along the way. We will stop to observe animals and plants that are prevalent in the environment and discover the natural and cultural landscape as we hike. Hikes will vary in distance and time but expect to spend 2 hours on the trail.
**Deer Lakes Park**

**Guided Nature Hike**

*When:* Sunday, November 22, 10:00 a.m.-12:00 noon  
*Where:* Deer Lakes Park Carp Shelter  
*Instructor:* Allegheny County Park Rangers  
*Cost:* Free! Pre-registration recommended at www.alleghenycounty.us/parks  
*Size:* 20 people maximum  
*Info:* Join a Park Ranger for a walk and learn about the local flora and fauna that you see along the way. We will stop to observe animals and plants that are prevalent in the environment and discover the natural and cultural landscape as we hike. Hikes will vary in distance and time but expect to spend two hours on the trail.

**Walking (or Snowshoeing) in a Winter Wonderland**  
[NEW]

*When:* Saturday, January 9, 10:00 a.m.-12:00 noon  
*Where:* Deer Lakes Park Veterans 2 Parking Lot  
*Instructor:* Allegheny County Park Rangers  
*Cost:* Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks  
*Size:* 10 people maximum  
*Info:* Experience the exhilaration of exploring the park by snowshoe (or boots, depending on snow amounts). We will take about a one-hour walk and enjoy the peace and quiet of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!

**Harrison Hills Park**

**Explore the Environmental Learning Center**  
[NEW]

*When:* Sundays in September & October, 10:00 a.m.-2:00 p.m.  
*Where:* Harrison Hills Park Environmental Learning Center  
*Instructor:* Allegheny County Park Rangers  
*Cost:* Free! Pre-registration recommended at www.alleghenycounty.us/parks  
*Info:* Explore the Environmental Learning Center with a Park Ranger as your guide or on your own. Browse the many wildlife guides or compare your arm span to the wingspan of a bald eagle. Explore the local geology and get lost in a diorama of local flora and fauna. Learn and enjoy at your own pace.

**Natives, Non-Natives, Invasive & Naturalized**

*When:* Saturday, September 12, 10:00 a.m.-12:00 noon  
*Where:* Harrison Hills Park Environmental Learning Center  
*Instructor:* Allegheny County Park Rangers  
*Cost:* Free! Pre-registration recommended at www.alleghenycounty.us/parks  
*Size:* 20 people maximum  
*Info:* Join us and learn which plants belong in our forests, which don’t, and what it all means. Receive a free potted plant at the end of the program. We will be taking a short hike, so please wear proper footwear and clothing.
Intro to Nature Journaling

When: Sunday, September 13, 2:00-4:00 p.m.
Where: Harrison Hills Park Environmental Learning Center
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: We will begin with an intro to nature journaling at the Environmental Learning Center, followed by a short hike to put our skills to use! There is no wrong way to journal so you are guaranteed to succeed. Bring a journal and a pen or pencil, along with weather appropriate clothing. The park will provide colored pencils, crayons, and paper for those without a journal.

Reading Between the Lines

When: Sunday, September 13, 2:00-4:00 p.m.
Where: Harrison Hills Park Environmental Learning Center
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Love to read, write or draw? Join us and combine your talents with other young scientists, artists, and outdoor lovers to make comics about the natural world. A short overview of graphic novels and comics will be given as examples, then budding authors and artists will create their own comics about what they have learned in the outdoors.

Introduction to Wilderness Survival

When: Saturday, September 19, 10:00 a.m.-2:00 p.m. Registration ends September 11
Where: Harrison Hills Park Environmental Learning Center
Instructor: True North Wilderness Survival School
Cost: $45 per person for county residents; $56 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Size: 10 people maximum
Age: Minimum age is 13 years. Ages 13-17 must be accompanied by a parent or legal guardian.
Info: Learn how to better handle an emergency when you are on your own in the Great Outdoors. Instructors from True North Wilderness Survival School will teach you about survival priorities, equipment, and basic skills, such as knots, shelter construction, and fire building. The course is geared towards participants of varying skills, experience levels, and outdoor backgrounds, so no prerequisites are required.

Intro to Nature Journaling

When: Sunday, September 27, 2:00-4:00 p.m.
Where: Harrison Hills Park Environmental Learning Center
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: We will begin with an intro to nature journaling at the Environmental Learning Center, followed by a short hike to put our skills to use! There is no wrong way to journal so you are guaranteed to succeed. Bring a journal and a pen or pencil, along with weather appropriate clothing. The park will provide colored pencils, crayons, and paper for those without a journal.
Reading Between the Lines
When: Sunday, September 27, 2:00-4:00 p.m.
Where: Harrison Hills Park Environmental Learning Center
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Love to read, write or draw? Join us and combine your talents with other young scientists, artists, and outdoor lovers to make comics about the natural world. A short overview of graphic novels and comics will be given as examples, then budding authors and artists will create their own comics about what they have learned in the outdoors.

Fall Foliage Hike
When: Saturday, October 10, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
Where: Harrison Hills Park Ox Roast Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended), bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Fall Foliage Hike
When: Sunday, October 18, 2:00-4:00 p.m.
Where: Harrison Hills Park Ox Roast Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended), bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Campfire Ghost Stories
When: Friday, October 23, 7:00 p.m.
Where: Harrison Hills Park Yakaon Shelter
Cost: Free!
Info: Watch a Park Ranger build a campfire, and then listen to some spooky stories! All kids will receive a surprise. Wear a Halloween costume for a chance to win prizes!

Native American Storytelling
When: Saturday, November 7, 7:00-8:00 p.m.
Where: Harrison Hills Park Environmental Learning Center
Instructor: Lenora "Lee" Dingus - Seneca, Co-founder Echoes of the Four Directions
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Info: In honor of November as Native-American Month, Allegheny County and Lenora “Lee” Dingus are presenting traditional stories of Seneca Cultural and some other Eastern Woodland stories. Stories are a way the Seneca people remembered their oral history, entertained adults and children as well as taught moral lessons. Rattles, shawls, and other cultural items will be incorporated with the stories, and the storyteller will be available to answer questions after the program. Come have fun and learn about Seneca culture!
Harrison Hills Park

Walking (or Snowshoeing) in a Winter Wonderland NEW

When: Saturday, December 5, 10:00 a.m.-12:00 noon
Where: Harrison Hills Park Playground Parking on Cottontail Drive
Instructor: Allegheny County Park Rangers
Cost: Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks
Size: 10 people maximum
Info: Experience the exhilaration of exploring the park by snowshoe (or boots, depending on snow amounts). We will take about an hour walk and enjoy the peace and quiet of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!

Hartwood Acres Park

Thursday Night Nature Hikes

When: Thursdays in September, 5:30-7:30 p.m.
Where: Hartwood Acres Mansion Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Join a Park Ranger for a walk and learn about the local flora and fauna that you see along the way. We will stop to observe animals and plants that are prevalent in the environment and discover the natural and cultural landscape as we hike. Hikes will vary in distance and time but expect to spend two hours on the trail.

Hidden (and not so hidden) Fungi

When: Sunday, September 6, 10:00 a.m.-12:00 noon
Where: Hartwood Acres Mansion Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Take a walk with a Park Ranger and learn to spot fungi or evidence of their presence even when it is dry. Help, harm, or decay, the fungi play an important role in our parks and our world.
Guided Nature Hike Before the Concert  NEW
When: Sunday, September 6, 3:00-4:30 p.m.
Where: Hartwood Acres Mansion Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Join a Park Ranger for a walk and learn about the local flora and fauna that you see along the way. We will stop to observe animals and plants that are prevalent in the environment and discover the natural and cultural landscape as we hike. Hikes will vary in distance and time but expect to spend two hours on the trail. After your hike, head over to the amphitheater and check out the awesome sounds of Rusted Root and opening acts!

Introduction to Map & Compass
When: Saturday, September 12, 10:00 a.m.-2:00 p.m. Registration ends September 4.
Where: Hartwood Acres Mansion Parking Lot
Instructor: True North Wilderness Survival School
Cost: $45 per person for county residents; $56 for non-residents.
Pre-registration required at www.alleghenycounty.us/parks
Size: 10 people maximum
Age: Minimum age is 13 years. Ages 13-17 must be accompanied by a parent or legal guardian.
Info: Get more out of your outdoor adventures by finally learning the basics of using a map and compass. Instructors from True North Wilderness Survival School will teach you the basics of navigating through the woods. You will learn about the parts of the map and the compass, plus navigating techniques. Then, you will hike into the woods to put those skills to use. Compasses and maps will be provided. This course is geared towards participants of varying skills, experience levels, and outdoor backgrounds so no prerequisites are required, but you should be physically prepared for an active day over various types of terrain.

Ride with a Ranger: Mountain Bike Ride  NEW
When: Friday, September 18, 5:30-7:00 p.m.
Where: Hartwood Acres Mansion Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Join a Park Ranger and ride the highlight tour of trails at Hartwood Acres Park. The ride will be of an intermediate skill and intermediate physical difficulty. Learn a new ride or find some new riding partners. No one will be dropped. Helmets are required.

Great Gatsby Garden Party
When: Saturday, September 19, 2:00-6:00 p.m.
Where: Hartwood Acres Mansion
Cost: $80 per person or $150 per couple. Proceeds Benefit the Allegheny County Parks Foundation Hartwood Mansion Restoration Fund. Purchase tickets at www.acparksfoundation.org or at the mansion.
Ages: 21 & older
Info: While away the afternoon as if it were 1925 and help raise money to restore the Hartwood Acres Mansion! Admission includes: open wine & beer bar; delicious hors d‘oeuvres; music by the Boilermaker Jazz Band; mansion tours; badminton, croquet and lawn bowling; vintage automobile display; and silent auction. Dress in your finest period attire!
2nd Annual Welcome Autumn Stable Tour & Hay Ride
When: Sunday, September 20, 1:00-3:00 p.m. & 2:00-4:00 p.m.
Where: Hartwood Acres Park Stables
Cost: $20 per person for ages 18 & older. One free child admission (ages 17 & under) with each paid adult admission. $5 for each additional child. Children under 14 must be accompanied by an adult. Reservations required by calling 412-767-9200.
Info: Join us as we welcome fall to Hartwood Acres Park. Tour our beautiful stables that were built to resemble a Cotswold village, enjoy delicious cookies and fresh apple cider, and take a guided hayride to see parts of the park many people don’t even know exist!

Allegheny Green & Innovation Festival
When: Saturday, September 26, 11:00 a.m.-4:00 p.m.
Where: Hartwood Acres Park Amphitheater
Cost: Free!
Info: The Sixth Annual Allegheny Green & Innovation Festival highlights sustainability and technology in our region and will feature more than 100 exhibitors, vendors and non-profit organizations. Attendees will learn how to conserve water and energy and reduce their carbon footprints through hands-on demonstrations and informative displays. Artists from I Made It! Market will also be on site with handmade crafts for sale. Food, beverages and snacks will be available for purchase from local food trucks and vendors. For more information, visit www.alleghenycounty.us/greenfestival

Hay Day Family Fall Festival
When: Saturday, September 26, 11:00 a.m.-4:00 p.m.
Where: Hartwood Acres Park Amphitheater
Cost: Free!
Info: Enjoy the following free events and activities: hay rides; hay maze; arts & crafts tent; barnyard petting zoo; pony rides; face painting; castle bounce; giant slide; balloon art; caricatures; puppet show; magician; games; and more! Food, beverages and snacks will be available for purchase from local food trucks and vendors.

The Pajama Party Murders - Murder Mystery Event!
When: Friday, October 9, 7:00-9:00 p.m.
Where: Hartwood Mansion
Cost: $45 per person for county residents, $56 for non-residents. Ticket price includes gourmet desserts, coffee, tea and punch. Reservations required by calling 412-767-9200.
Size: 50 people maximum
Info: Bartholomew Cosmo — eccentric inventor and millionaire — is dead. His instructions to his lawyer, Pettibone, list his heirs and describe each. And he’s left a condition to their inheritance — they must spend the night in Cosmo Manor and discover the whereabouts of his most valuable possession — the patent to the Cosmo Inflatable Neck Pillow. Audience members will fail in their attempts to impersonate the heirs. This is just as well, for when the lights go out, two people end up very dead. One is a family member — the other a total stranger.

Campfire Ghost Stories
When: Friday, October 16, 7:00 p.m.
Where: Hartwood Acres Mansion Terrace
Cost: Free!
Info: Watch a Park Ranger build a campfire, and then listen to some spooky stories! All kids will receive a surprise. Wear a Halloween costume for a chance to win prizes!
Fall Foliage Hike

When: Saturday, October 17, 2:00-4:00 p.m.
Where: Hartwood Acres Mansion Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended), bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Pruning Small Trees

When: Saturday, October 24, 9:00 a.m.-12:00 noon
Where: Hartwood Acres Mansion Parking Lot
Instructor: Brian Wolyniak, Urban Forester, Penn State Extension
Cost: $15 per person for county residents; $19 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Info: This workshop focuses on pruning small trees and shrubs, including training young shade trees. The workshop starts with an introduction to plant structure and growth as it relates to pruning, as well as proper use of tools. Participants will then have an opportunity for a hands-on pruning experience. Participants will receive either hand pruners or a small pruning saw to take home with them.

Fall Foliage Hike

When: Sunday, October 25, 2:00-4:00 p.m.
Where: Hartwood Acres Mansion Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended), bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Walking (or Snowshoeing) in a Winter Wonderland

When: Saturday, December 19, 10:00 a.m.-12:00 noon
Where: Hartwood Acres Mansion Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks
Size: 10 people maximum
Info: Experience the exhilaration of exploring the park by snowshoe (or boots, depending on snow amounts). We will take about a one hour walk and enjoy the peace and quiet of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!
Full Moon Snowshoe (or Hike)  NEW
When: Sunday, January 24, 7:30-9:30 p.m.
Where: Hartwood Acres Mansion Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks
Size: 10 people maximum
Info: Who needs a flashlight when the moon is full and bright! Bring your snowshoes (hiking boots with traction devices, weather dependent), some water and prepare to spend about two hours on the trail and in the snow enjoying the outdoors by moonlight. Flashlights are recommended in case of emergencies however it will be requested that you do not use them during the hike.

Walking (or Snowshoeing) in a Winter Wonderland  NEW
When: Saturday, February 6, 10:00 a.m.-12:00 noon
Where: Hartwood Acres Mansion Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks
Size: 10 people maximum
Info: Experience the exhilaration of exploring the park by snowshoe (or boots, depending on snow amounts). We will take about a one hour walk and enjoy the peace and quiet of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!

Thursday Adult Nature Walks
When: Thursdays, every month, 10:00 a.m.-12:00 noon
Where: Meet at North Park Ice Rink
Instructor: Allegheny County Naturalist Meg Scanlon
Cost: Free!
Info: Are you looking to learn more about nature? Would you like to meet new people that enjoy the outdoors? We meet rain or shine every Thursday of the year (excluding major holidays). No need to pre-register, just show up with a smile!

Young Nature Explorers Class
When: Second Tuesday of each month, September & October, 9:30-11:00 a.m. & 1:00-2:30 p.m.
Where: North Park Latodami Nature Center
Instructor: Allegheny County Naturalist Meg Scanlon
Cost: Free!
Info: This hands-on program is designed to get young children outside, exploring nature.
Hatha Yoga
When: Thursdays, September 3–24, 6:30-7:30 p.m. Registrations ends September 2.
Where: North Park Rose Barn
Instructor: Kimberly Hanley
Cost: $40 per person for county residents; $50 for non-residents; $15 drop-in fee.
Pre-registration required at www.alleghenycounty.us/parks
Size: 25 people maximum
Info: An integrative class for beginners and intermediates alike to incorporate correct body alignment and breathing techniques into everyday life. Learn how to move, feel and be better at living life deliberately and consciously.

Orienteering, Navigation & Map Reading
When: Friday, September 4, 6:00-7:30 p.m.
Where: North Park Lodge Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 15 people maximum
Info: Learn essential navigation skills outdoors! Find your way around North Park with a detailed map and compass. We will get acquainted with basic map features, how a compass works, and by the end of the session, you will be able to use the two to navigate yourself around North Park. Please bring hiking boots, rain jacket and a water bottle!

Trails 101 NEW
When: Saturday, September 5, 12:00 noon-1:30 p.m.
Where: North Park Olympia Shelter (Across from Ice Rink)
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 30 people maximum
Info: Have you ever wondered how all those hiking trails got there? Who built them? Why? What goes into the making of a trail? We will discover the answers to all this and more as we explore the reasoning and history behind trails and the tools used to create them.

Fitness in the Park Women-Only Boot Camp
When: Mondays, Tuesdays & Thursdays, September 7-October 1, 9:00-10:00 a.m. Registrations ends September 4.
Where: North Park Latrobe Shelter
Instructor: Jason Montgomery, A Better U Personal Training
Cost: County residents: $140 for three days a week per month; $100 for two days a week per month; or $15 for a single day. Non-residents: $175 for 3 days a week per month; $125 for two days a week per month; or $19 for a single day. Pre-registration required at www.alleghenycounty.us/parks
Info: A four-week, women-only, outdoor fitness program designed for weight loss and muscle toning for any age or fitness level. We will push you above and beyond what you think you can do. Fitness in the Park is a mental and physical commitment to achieving maximum results over a short period of time. Rain or shine, bring a towel, water, 5-lb. weights, and be ready to have fun and sweat.
Ride with a Ranger: Mountain Bike Ride

When: Monday, September 7, 2:00-4:00 p.m.
Where: North Park Boat Launch Ramp Parking Lot (corner of Babcock Blvd. and Pearce Mill Rd.)
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Join a Park Ranger and ride the highlight tour of trails at North Park. The ride will be of an intermediate skill and intermediate physical difficulty. Learn a new ride or find some new riding partners. No one will be dropped. Helmets are required.

Natives, Non-Natives, Invasive & Naturalized

When: Sunday, September 13, 12:00 noon-2:00 p.m.
Where: Meet at North Park Pie Traynor Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Join us and learn which plants belong in our forests, which don’t, and what it all means. Receive a free potted plant at the end of the program. We will be taking a short hike so please where proper footwear and clothing.

Orchard Gardens

When: Saturday, September 19, 10:00 a.m.-12:00 noon
Where: North Park Latodami Nature Center
Instructor: Allegheny County Naturalist Meg Scanlon
Cost: Free! Pre-registration required by calling 724-935-2170
Info: Pennsylvania ranks fifth among apple-producing states in the United States, but apple trees are under-utilized in home landscapes. Join us for a tour of our orchards to learn how you can incorporate these trees into your garden.

A History of the Civilian Conservation Corps in North Park

When: Saturday, September 19, 12:00 noon-1:30 p.m.
Where: Meet at North Park Pie Traynor Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Following the beginning of the Great Depression, as the dust storms of the Central Plains ravaged our agricultural lands, Franklin Delano Roosevelt’s “New Deal” enacted a series of new programs and sweeping changes across the United States. One of these programs, the Civilian Conservation Corps, promised to put our great nation’s unemployed young men to work to conserve and develop natural resources on public lands. Come and learn about the intriguing history of the CCC and its influence and legacy in North Park.

Seed Collecting

When: Saturday, September 19, 2:00-4:00 p.m.
Where: North Park Latodami Nature Center
Instructor: Allegheny County Naturalist Meg Scanlon
Cost: Free! Pre-registration required by calling 724-935-2170
Info: Large and small, come one, come all and help us gather grass and wildflower seeds from our meadows and wetlands. The precious seeds collected today will be sown on later dates throughout other habitats to increase natural diversity and to be food and shelter for native wildlife.
Fall Foliage Hike

When: Sunday, September 20, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
Where: Meet at North Park Pie Traynor Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended), bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

CDG Sports Mountain Biking

When: Sundays, 5:00-6:30 p.m., and Wednesdays, 6:00-7:30 p.m., September 20-October 14
Where: Meet at North Park Pie Traynor Parking Lot
Instructor: Cody Pletz, CDG Sports
Cost: $80 per person for county residents; $100 for non-residents.
    Pre-registration required at www.alleghenycounty.us/parks. Helmet required. Must bring own bike and be comfortable on two wheels.
Size: 25 people maximum
Ages: 7-12
Info: Mountain biking with CDG Sports will teach your child the basics of trail riding and bike maintenance. This will be an excellent class for those looking to enhance both their biking skills and athletic ability. Mountain biking is not only an excellent way to strengthen both the cardiovascular and muscular aspects of an athlete, but also reaction time, stabilization and spatial awareness, among many other crucial things! Our class will start with drills off the trails before we pedal our way through the trails in order build confidence, learn proper skills, teach trail etiquette, and how to fix that pesky chain that pops off!

CDG Sports RUN4FUN

When: Mondays, 6:00-7:15 p.m., and Saturdays, 10:00-11:15 a.m., September 21-October 24
Where: Meet at North Park Pie Traynor Parking Lot
Instructor: Dave Gray, CDG Sports
Cost: $90 per person for county residents; $113 for non-residents.
    Pre-registration required at www.alleghenycounty.us/parks
Size: 35 people maximum
Ages: 7-14
Info: RUN4FUN is a character-building running program that trains kids ages 7-14 to participate and complete a 5K run/race. This curriculum-based program equips kids with the physical training and goal-setting mentality needed to accomplish their running goals. Subjects like enhancing confidence and self-esteem, respecting authority, dealing with peer pressure and fueling their bodies through proper nutrition are covered during the course of the program. Above all, kids have a blast seeing what they are capable of achieving! This program is for beginners as well as experienced runners.
Ride with a Ranger: Mountain Bike Ride

When: Tuesday, September 22, 5:30-7:00 p.m.
Where: Meet at North Park Pie Traynor Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Join a Park Ranger and ride the highlight tour of trails at North Park. The ride will be of an intermediate skill and intermediate physical difficulty. Learn a new ride or find some new riding partners. No one will be dropped. Helmets are required.

Orienteering, Navigation & Map Reading

When: Tuesday September 22, 5:30-7:00 p.m.
Where: North Park Lodge Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 15 people maximum
Info: Learn essential navigation skills outdoors! Find your way around North Park with a detailed map and compass. We will get acquainted with basic map features, how a compass works and by the end of the session you will be able to use the two to navigate yourself around North Park. Please bring hiking boots, rain jacket and a water bottle!

Basic Yoga Flow Outside

When: Wednesdays, September 23-October 14, 6:30-7:30 p.m. Registration ends September 18.
Where: North Park Lilac Shelter
Instructor: Leigh Ann Letta
Cost: $40 per person for county residents; $50 for non-residents; $15 drop-in fee. Pre-registration required at www.alleghenycounty.us/parks
Size: 25 people maximum
Info: A yoga flow class suitable for all levels. Students will connect breath with movement, while focusing on relaxing the mind and relieving tension in the body. Breathe deeply and unwind, while flowing through postures that build strength and flexibility.

Champions Flag Football League - Ages 6-7

When: Saturdays, September 26-October 24, 12:00 noon-1:00 p.m. Registration ends September 21.
Where: North Park J.C. Stone Field
Instructor: Dave Gray, CDG Sports
Cost: $60 per person for county residents; $75 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Size: 30 people maximum
Ages: 6-7
Info: Champions Flag Football League is a great way to introduce young players to the great game of football, where fun is emphasized. CDG Sports coaches will bring structure, organization, and supervision to each session. Every week, we will focus on a specific fundamental football skill, which is then incorporated into age-appropriate games. Most importantly, Champions Flag Football is designed to create a fun, safe, and exciting atmosphere for each child! Champions Flag League is open to boys and girls ages 6-7. All players will be matched by age, and compete on teams of up to seven players. The season will include playoffs and a championship game.
Champions Flag Football League - Ages 8-10

When: Saturdays, September 26-October 24, 1:10-2:10 p.m. Registration ends September 21.
Where: North Park J.C. Stone Field
Instructor: Dave Gray, CDG Sports
Cost: $60 per person for county residents; $75 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Size: 30 people maximum
Ages: 8-10
Info: Champions Flag Football League is a great way to introduce young players to the great game of football, where fun is emphasized. CDG Sports coaches will bring structure, organization, and supervision to each session. Every week, we will focus on a specific fundamental football skill, which is then incorporated into age-appropriate games. Most importantly, Champions Flag Football is designed to create a fun, safe, and exciting atmosphere for each child! Champions Flag League is open to boys and girls ages 8-10. All players will be matched by age, and compete on teams of up to seven players. The season will include playoffs and a championship game.

Youth Dek Hockey League - North Park

Where: North Park Dek Hockey Rink
Cost: $65 per person for county residents; $81 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Size: 48 people maximum per age group
Ages: Chipmunk Division [Ages 6 & under]
        Penguin Division [Ages 7-9]
        Beaver Division [Ages 10-12]
        Cadet Division [Ages 13-15]
Info: Our youth league will be eight weeks and include a minimum of 10 games and a jersey for every player. ALL players must have a helmet with cage, shin guards, elbow pads and a stick. Goaltending equipment will be available for use. For more information, contact Jeff Mauro at 412-848-3750 or jeffmauro@aol.com

Steelhead Fly-Tying

When: Tuesdays, September 29-October 12, 7:00-8:30 p.m. Registration ends September 25.
Where: North Park Rose Barn
Instructor: Bill Nagle, LL Bean
Cost: $15 per person for county residents; $19 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Size: 10 people maximum
Info: Steelhead season is fast approaching. If you have not already replenished your fly box, now is the time to begin tying for the upcoming season. The class is designed for students with limited fly tying experience. Students will tie basic egg, nymph and streamer patterns. Students will have ample opportunity to practice tying during each class. Equipment and material will be provided during the class.
Trees for Your Home

When: Saturday, October 3, 10:00 a.m.-12:00 noon
Where: North Park Latodami Nature Center
Instructor: Allegheny County Naturalist Meg Scanlon
Cost: Free! Pre-registration required by calling 724-935-2170
Info: Trees add considerable beauty and value to our properties and also reduce energy costs. Learn which trees are most appropriate for placement in your yard to avoid the common mistake of most home owners when landscaping. Maintenance, form, size, foliage, flowers and fruit will be discussed along with sun, soil and water requirements.

Seed Collecting

When: Saturday, October 3, 2:00-4:00 p.m.
Where: North Park Latodami Nature Center
Instructor: Allegheny County Naturalist Meg Scanlon
Cost: Free! Pre-registration required by calling 724-935-2170
Info: Large and small, come one, come all and help us gather grass and wildflower seeds from our meadows and wetlands. The precious seeds collected will be sown on later dates throughout other habitats to increase natural diversity and to be food and shelter for native wildlife.

Fitness in the Park Women-Only Boot Camp

When: Mondays, Tuesdays & Thursdays, October 5-30, 9:00-10:00 a.m.
Registrations ends October 2.
Where: North Park Latrobe Shelter
Instructor: Jason Montgomery, A Better U Personal Training
Cost: County residents: $140 for three days a week per month; $100 for two days a week per month; or $15 for a single day. Non-residents: $175 for 3 days a week per month; $125 for two days a week per month; or $19 for a single day. Pre-registration required at www.alleghenycounty.us/parks
Info: A four-week, women-only, outdoor fitness program designed for weight loss and muscle toning for any age or fitness level. We will push you above and beyond what you think you can do. Fitness in the Park is a mental and physical commitment to achieving maximum results over a short period of time. Rain or shine, bring a towel, water, 5-lb. weights, and be ready to have fun and sweat.

Puppy Start Right Classes for Dogs 5 Months & Under

When: Wednesdays, October 7-November 11, 6:30-7:30 p.m. Registrations ends October 2.
Where: North Park Rose Barn
Instructor: Beth McGonigal, North Pittsburgh Animal Behavior, CPDT-KA, ABCDT
Cost: $150 per person for county residents; $188 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Size: 10 dog maximum
Info: Puppy start right class is focused on the crucial socialization process in order to ensure a well-behaved, pleasant pup that interacts with people, dogs and new scenarios with confidence. Basic commands will be learned, and the AKC's STAR Puppy exam will be given upon completion of the course. If you have a new furry family member, this class is a must. All of our classes are positive reinforcement-based and taught by a nationally certified professional dog trainer.
Adult Dog Family Manners for Dogs 6 Months & Older  
**When:** Wednesdays, October 7-November 18, 7:45-8:45 p.m. Registration ends October 2.  
**Where:** North Park Rose Barn  
**Instructor:** Beth McGonigal, North Pittsburgh Animal Behavior, CPDT-KA, ABCDT  
**Cost:** $150 per person for county residents; $188 for non-residents. Pre-registration required at www.alleghenycounty.us/parks  
**Size:** 10 dog maximum  
**Info:** Need a more harmonious home with your dog? Family manners classes cover the bases for dogs that are starting to hit adolescence or who need a training refresher. Basic commands such as sit, come, down, stay, walking on leash and calm greetings will be taught. All of our classes are positive reinforcement-based and taught by a nationally certified professional dog trainer.

Ranger Campfire  
**When:** Friday, October 9, 7:00-8:00 p.m.  
**Where:** North Park Garner Shelter  
**Instructor:** Allegheny County Park Rangers  
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks  
**Info:** As the days grow shorter and the evenings become crisp, it is the perfect time for a campfire program with the Park Rangers. Join us for an hour long program on topics relating the natural would or the history of the park. Bring a chair or blanket since seating may be limited.

Fall Foliage Hike  
**When:** Sunday, October 11, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.  
**Where:** North Park Boat Launch Ramp (corner of Babcock Blvd. & Pearce Mill Rd.)  
**Instructor:** Allegheny County Park Rangers  
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks  
**Size:** 20 people maximum  
**Info:** Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended), bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Thursday Adult Nature Walk Fall Foliage Hike  
**When:** Thursday, October 15, 10:00 a.m.-12:00 noon  
**Where:** North Park Latodami Nature Center  
**Instructor:** Allegheny County Naturalist Meg Scanlon  
**Cost:** Free! Pre-registration required by calling 724-935-2170  
**Info:** Walkers will enjoy the sights, sounds, and smells of fall as we walk along woodland trails around the North Park Golf Course.

Thursday Adult Nature Walk Presentation  
**When:** Thursday October 15, 1:00-2:00 p.m  
**Where:** North Park Latodami Nature Center  
**Instructor:** Allegheny County Naturalist Meg Scanlon  
**Cost:** Free! Pre-registration required by calling 724-935-2170  
**Info:** We will be celebrating the 45th year of this walking group with a special slide show presentation.
North Park

UPMC Golf Clinic

When: Thursday, October 22, 8:00 a.m.-12:00 noon
Where: North Park Golf Course
Instructor: Ben Read, PT, DPT, OCS (TPI Certified)
Cost: Free! Pre-register at www.alleghenycounty.us/parks
Info: Success in golf depends on mastery of the basics. An efficient and mechanically sound golf swing can help players achieve optimal results and help avoid injuries. Because of this, UPMC Sports Medicine offers comprehensive golf swing screenings, conducted by physical therapists certified through the Titleist Performance Institute (TPI)™. These screenings are offered to both physical therapy patients and golfers of all levels interested in achieving a swing that can help improve their game. Free screenings will be provided in order to identify biomechanical faults which can be addressed with exercise programs offered at the conclusion of the program.

Hatha Yoga

When: Thursdays, October 22–November 12, 6:30-7:30 p.m. Registrations ends October 19.
Where: North Park Rose Barn
Instructor: Kimberly Hanley
Cost: $40 per person for county residents; $50 for non-residents; $15 drop-in fee.
Pre-registration required at www.alleghenycounty.us/parks
Size: 25 people maximum
Info: An integrative class for beginners and intermediates alike to incorporate correct body alignment and breathing techniques into everyday life. Learn how to move, feel and be better at living life deliberately and consciously.

Ranger Campfire

When: Friday, October 23, 7:00-8:00 p.m.
Where: North Park Garner Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Info: As the days grow shorter and the evenings become crisp, it is the perfect time for a campfire program with the Park Rangers. Join us for an hour-long program on topics relating the natural world or the history of the park. Bring a chair or blanket since seating may be limited.

Basic Hunter-Trapper Education (HTE) PA Game Commission

When: Sunday October 25, 8:00 a.m.-3:00 p.m.
Where: North Park Lodge
Instructor: Pennsylvania Game Commission
Cost: Free! Pre-registration required at www.pgc.pa.us. Please bring own lunch.
Ages: Must be 11 years old by the day of the course to participate
Info: This is a six-hour training class required by law for all first-time hunters and trappers before they can buy a license. You must pass a certification exam at the end of the class to complete this training. In order to prepare for your class, read Chapters 1, 4, 5 and 9 located at Today’s Hunter & Trapper in PA. Please call 724-238-9523 for more information.
North Park

**Full Moon Hike**

- **When:** Tuesday, October 27, 7:30-9:30 p.m.
- **Where:** Meet at North Park Pie Traynor Parking Lot
- **Instructor:** Allegheny County Park Rangers
- **Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
- **Size:** 20 people maximum
- **Info:** Who needs a flashlight when the moon is full and bright! Bring your boots, some water and prepare to spend about two hours on the trail enjoying the outdoors by moonlight. Flashlights are recommended in case of emergencies. However, it will be requested that you do not use them during the hike.

**Arboretum Service Day**

- **When:** Saturday, November 7, 10:00 a.m.-12:00 noon
- **Where:** Meet at North Park Grant Shelter on Wildwood Road
- **Instructor:** Allegheny County Naturalist Meg Scanlon
- **Cost:** Free! Pre-registration required by calling 724-935-2170
- **Info:** Assist in this service day in memory of Naturalist Esther Allen. We will be removing smothering overgrowth from select areas throughout this unique site that was one of Esther’s favorite North Park destinations. Bring loppers or bow saws if you have them.

**Guided Trail Hike**

- **When:** Sunday, November 8, 10:00 a.m.-12:00 noon
- **Where:** Meet at North Park Boathouse Parking Lot
- **Instructor:** Allegheny County Park Rangers
- **Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
- **Size:** 20 people maximum
- **Info:** Join a Park Ranger for a walk and learn about the local trail system. We will stop to observe animals and plants that are prevalent in the environment and discover the natural and cultural landscape as we hike. Hikes will vary in distance and time but expect to spend two hours on the trail.

**Seed Sowing**

- **When:** Saturday, December 5, 12:00 noon-2:00 p.m.
- **Where:** North Park Latodami Nature Center
- **Instructor:** Allegheny County Naturalist Meg Scanlon
- **Cost:** Free! Pre-registration required by calling 724-935-2170
- **Info:** Have a great time tossing grass and wildflower seeds throughout our fields and wetlands. These special seeds will provide wildlife with natural food and shelter, and increase biodiversity in our region.

**Walking (or Snowshoeing) in a Winter Wonderland**

- **When:** Tuesday, December 22, 10:00 a.m.-12:00 noon
- **Where:** Meet at North Park Boathouse Parking Lot
- **Instructor:** Allegheny County Park Rangers
- **Cost:** Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks
- **Size:** 10 people maximum
- **Info:** Experience the exhilaration of exploring the park by snowshoe (or boots, depending on snow amounts). We will take about a one hour walk and enjoy the peace and quiet of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!
North Park

Christmas Bird Count
When: Saturday, December 26, 7:30-11:30 a.m. & 1:00-4:00 p.m.
Where: Meet at North Park Rose Barn
Instructor: Allegheny County Naturalist Meg Scanlon
Cost: Free! Pre-registration required by calling 724-935-2170
Info: Take part in the ongoing research to document winter birds in North Park. No experience necessary!

Beginning Fly-Tying
When: Wednesdays, February 24-March 16, 7:00-8:30 p.m. Registration ends February 19.
Where: North Park Rose Barn
Instructor: Bill Nagle, L.L. Bean
Cost: $15 per person for county residents; $19 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Size: 10 people maximum
Info: This class is designed for people with limited or no fly-tying experience. Students will tie basic nymphs, pupa and dry flies. Emphasis is placed on the concepts and techniques needed to tie these imitations. Students will have ample opportunity to practice tying during each class. Equipment and material will be provided.

Royal Skate & Sing-Along
When: Saturday, February 20, 11:00 a.m.-4:00 p.m.
Where: North Park Ice Rink
Cost: Ice rink admission fees apply
Info: Sing along and skate with your favorite Ice Princess and her sister! Enjoy a free picture in our commemorative photo booth to remember the day!

Fall Foliage Hike — NEW
When: Sunday, October 4, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
Where: Round Hill Park North Woods Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended), bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

All Levels Vinyasa Yoga — Humble Warrior Series
When: Wednesdays, October 7-28, 6:30-7:30 p.m.
Where: Round Hill Park Visitors Center
Instructor: Leigh Sherratt
Cost: $40 per person for county residents; $50 for non-residents; $15 drop-in fee. Pre-registration required at www.alleghenycounty.us/parks
Info: Allow yourself to be guided by your breath while you enjoy a mindful, moving meditation. “Vinyasa yoga” links movement and postures with your breath and will warm your body. This series will explore the various poses of “Warrior” in addition to other postures that will compliment and enhance your yoga practice. Class begins with breathing exercises, followed by a gentle warm-up. We move on to slow to moderate-paced sun salutations combined with standing and balancing postures. Finally, we cool down with hip openers and seated or reclined postures. Suitable for beginners to those with previous experience.
**Round Hill Park**

**Native American Storytelling** *NEW*
- **When:** Saturday, November 14, 7:00-8:00 p.m.
- **Where:** Round Hill Park Visitors Center
- **Instructor:** Lenora “Lee” Dingus - Seneca, Co-founder Echoes of the Four Directions
- **Cost:** Free!
- **Info:** In honor of November as Native American Month, Allegheny County and Lenora “Lee” Dingus are presenting traditional stories of Seneca Cultural and some other Eastern Woodland stories. Stories are a way the Seneca people remembered their oral history, entertained adults and children as well as taught moral lessons. Rattles, shawls, and other cultural items will be incorporated with the stories, and the storyteller will be available to answer questions after the program. Come have fun and learn about Seneca culture!

**Edible Ornaments**
- **When:** Saturday, December 5, 10:00 a.m.-12:00 noon
- **Where:** Round Hill Park Visitors Center
- **Instructor:** Allegheny County Naturalist
- **Cost:** Free!
- **Info:** Create tasty decorations sure to please the wildlife that stop in your backyard.

**Walking (or Snowshoeing) in a Winter Wonderland** *NEW*
- **When:** Saturday, December 12, 10:00 a.m.-12:00 noon
- **Where:** Round Hill Park North Woods Shelter
- **Instructor:** Allegheny County Park Rangers
- **Cost:** Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks
- **Size:** 10 people maximum
- **Info:** Experience the exhilaration of exploring the parks by snowshoe (or boots, depending on snow amounts). We will take about a one hour walk and enjoy the peace and quiet of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!

**Cookies with Santa**
- **When:** Saturday, December 12, 10:00 a.m.-12:00 noon
- **Where:** Round Hill Park Visitors Center
- **Cost:** Free!
- **Info:** Enjoy cookies and refreshments with the jolly old elf himself, as well as holiday crafts and movies!

**Settlers Cabin Park**

**Don’t Bug Me!** *NEW*
- **When:** Saturday, September 12, 2:00-4:00 p.m.
- **Where:** Settlers Cabin Park Cayuga Shelter
- **Instructor:** Allegheny County Park Rangers
- **Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
- **Size:** 20 people maximum
- **Info:** Get up close and personal with your six-legged neighbors! Join the Rangers and collect insects of all kinds with traps and nets, then learn about what they do, how they live, and how they look under a magnifying glass.
Team Adventure Hike
NEW
When: Sunday, September 13, 10:00 a.m.-1:00 p.m.
Where: Settlers Cabin Park Arrowhead Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Discover Settlers Cabin Park through a fun team-based race! You will have the
opportunity to navigate through the park on foot, with or without the help of a Park
Ranger, and answering questions about the park’s historical and natural features along
the way. Teams of 2-5 people are recommended but not necessary to participate. Bring
a water bottle, hiking boots and rain gear and get ready for some fun!

Team Adventure Hike
NEW
When: Saturday, September 26, 2:00-5:00 p.m.
Where: Settlers Cabin Park Arrowhead Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Discover Settlers Cabin Park through a fun team-based race! You will have the
opportunity to navigate through the park on foot, with or without the help of a Park
Ranger, and answering questions about the park’s historical and natural features along
the way. Teams of 2-5 people are recommended but not necessary to participate. Bring
a water bottle, hiking boots and rain gear and get ready for some fun!

Youth Dek Hockey League - Settlers Cabin Park
NEW
Where: Settlers Cabin Park Dek Hockey Rink
Cost: $65 per person for county residents; $81 for non-residents. Pre-registration required at
www.alleghenycounty.us/parks
Size: 48 people maximum per age group
Ages: Chipmunk Division [Ages 6 & under]
Penguin Division [Ages 7-9]
Beaver Division [Ages 10-12]
Cadet Division [Ages 13-15]
Info: Our youth league will be eight weeks and include a minimum of 10 games and a jersey
for every player. ALL players must have a helmet with cage, shin guards, elbow pads
and a stick. Goaltending equipment will be available for use. For more Information,
please contact Jeff Mauro at 412-848-3750 or jeffmauro@aol.com

Don’t Bug Me!
NEW
When: Sunday, September 27, 2:00-4:00 p.m.
Where: Settlers Cabin Park Cayuga Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Get up close and personal with your six-legged neighbors! Join the Rangers and collect
insects of all kinds with traps and nets, then learn about what they do, how they live,
and how they look under a magnifying glass.
Settlers Cabin Park

Fall Foliage Hike **NEW**

**When:** Saturday, October 3, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
**Where:** Settlers Cabin Park Tennis Courts
**Instructor:** Allegheny County Park Rangers
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
**Size:** 20 people maximum
**Info:** Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes, hiking boots are recommended, bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Fall Foliage Hike **NEW**

**When:** Sunday, October 11, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
**Where:** Settlers Cabin Park Tennis Courts
**Instructor:** Allegheny County Park Rangers
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
**Size:** 20 people maximum
**Info:** Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended), bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Campfire Ghost Stories

**When:** Saturday, October 17, 7:00 p.m.
**Where:** Settlers Cabin Park Gilbert Love Shelter
**Cost:** Free!
**Info:** Watch a Park Ranger build a campfire, and then listen to some spooky stories! All kids will receive a surprise. Wear a Halloween costume for a chance to win prizes!

Walking (or Snowshoeing) in a Winter Wonderland **NEW**

**When:** Saturday, January 2, 10:00 a.m.-12:00 noon
**Where:** Settlers Cabin Park Tennis Courts
**Instructor:** Allegheny County Park Rangers
**Cost:** Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks
**Size:** 10 people maximum
**Info:** Experience the exhilaration of exploring the park by snowshoe (or boots, depending on snow amounts). We will take about a one hour walk and enjoy the peace and quiet of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!
**Monthly Hike for Adults**

*When:* First Wednesday of each month, 11:00 a.m.

*Where:* South Park Nature Center

*Instructor:* Allegheny County Naturalist

*Cost:* Free!

*Age:* 18 & older

*Info:* This is a great opportunity for adults looking to get outside and enjoy nature. Bring water, wear proper footwear, and dress appropriate for the weather. Distance will range 1-2 miles.

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**Walking (or Snowshoeing) in a Winter Wonderland**

*When:* Sunday, February 21, 10:00 a.m.-12:00 noon

*Where:* Settlers Cabin Park Tennis Courts

*Instructor:* Allegheny County Park Rangers

*Cost:* Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks

*Size:* 10 people maximum

*Info:* Experience the exhilaration of exploring the park by snowshoe (or boots, depending on snow amounts). We will take about a one hour walk and enjoy the peace and quiet of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!

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**Ultimate Frisbee Casual Leagues**

*When:* Thursdays in the Fall, Spring, and Summer

*Where:* South Park Fairgrounds Oval

*Instructor:* Pittsburgh Ultimate

*Cost:* $45 per person for first-time players and $55 per person for returning players. Register at http://pittsburgh-ultimate.org/e/2015-summer-casual-league

*Ages:* Ages 15 & older

*Info:* Ultimate Frisbee is a great way to enjoy friends and the outdoors, stay in shape, and meet new people. Pittsburgh Ultimate is a non-profit organization that oversees all of the youth and adult ultimate Frisbee teams, leagues, and tournaments throughout the Greater Pittsburgh area. Summer Casual League is perfect for new and more casual players. Players can sign up in groups of up to six participants. Please visit the website for more information.

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**The Frontier of Pennsylvania & The Whiskey Rebellion**

*When:* Saturday, September 5, 11:00 a.m.-12:00 noon & 2:00-3:00 p.m.

*Where:* South Park Oliver Miller Homestead

*Instructor:* Allegheny County Park Rangers

*Cost:* Free! Pre-registration recommended at www.alleghenycounty.us/parks

*Size:* 30 people maximum

*Info:* Come out to the Oliver Miller Homestead, and learn about what frontier life was like in Pennsylvania in the mid to late 1700s. Then, our Park Rangers will tell the story of the Whiskey Rebellion, which had significant events take place right in South Park. The program will culminate with a demonstration of flint and steel fire making.
**Fall Nature Scavenger Hunt**

- **When:** Saturday, September 12, 10:00 a.m.-12:00 noon
- **Where:** South Park Nature Center
- **Instructor:** Allegheny County Naturalist
- **Cost:** Free!
- **Info:** Revel in fall by collecting common autumn items while hiking trails.

**The Frontier of Pennsylvania & The Whiskey Rebellion**

- **When:** Saturday, September 12, 2:00-3:00 p.m. & 4:00-5:00 p.m.
- **Where:** South Park Oliver Miller Homestead
- **Instructor:** Allegheny County Park Rangers
- **Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
- **Size:** 30 people maximum
- **Info:** Come out to the Oliver Miller Homestead and learn about what frontier life was like in Pennsylvania in the mid to late 1700s. Then, our Park Rangers will tell the story of the Whiskey Rebellion which had significant events take place right in South Park. The program will culminate with a demonstration of flint and steel fire making.

**Don't Bug Me!**

- **When:** Saturday, September 19, 2:00-4:00 p.m.
- **Where:** South Park Grant Shelter
- **Instructor:** Allegheny County Park Rangers
- **Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
- **Size:** 20 people maximum
- **Info:** Get up close and personal with your six-legged neighbors! Join the Rangers and collect insects of all kinds with traps and nets, then learn about what they do, how they live, and how they look under a magnifying glass.

**Survival Skills**

- **When:** Sunday, September 20, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
- **Where:** South Park Grant Shelter
- **Instructor:** Allegheny County Park Rangers
- **Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks
- **Size:** 20 people maximum
- **Info:** Learn basic wilderness skills such as fire-making and orientation in order to safely enjoy the outdoors. After this course, even the most novice outdoor adventurer will feel more confident in their abilities to navigate anywhere from the wilderness to your neighborhood park.

**Group Fitness Class**

- **When:** Mondays, Thursdays, 6:00-7:00 p.m., and Saturdays, 8:00-9:00 a.m., September 21-October 17. Registration ends September 18.
- **Where:** South Park Fairgrounds Oval
- **Instructor:** Caitlin Cotter
- **Cost:** $120 per person for county residents; $150 per person for non-residents, $15 for drop-ins. Pre-registration required at www.alleghenycounty.us/parks
- **Size:** 25 people maximum
- **Info:** A fat-blasting, body-toning total body workout. Come get fit and train like a champion in this fun and encouraging group fitness class! Bring a friend, water, towel and a mat.
South Park

The Frontier of Pennsylvania & The Whiskey Rebellion
When: Saturday, September 26, 11:00 a.m.-12:00 noon & 2:00-3:00 p.m.
Where: South Park Oliver Miller Homestead
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 30 people maximum
Info: Come out to the Oliver Miller Homestead and learn about what frontier life was like in Pennsylvania in the mid to late 1700s. Then, our Park Rangers will tell the story of the Whiskey Rebellion, which had significant events take place right in South Park. The program will culminate with a demonstration of flint and steel fire making.

Fall Foliage Hike
When: Sunday, September 27, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
Where: South Park Ice Rink Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes, hiking boots are recommended, bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

Mushroom Mania
When: Saturday, October 3, 10:00 a.m.-12:00 noon
Where: South Park Nature Center
Instructor: Allegheny County Naturalist
Cost: Free!
Info: Learn the art of local mushroom hunting. Taste the end result of some delicious wild mushrooms.

Pilates in the Park
When: Wednesdays, October 7-November 11, 6:30-7:30 p.m. Registration ends October 2.
Where: South Park Home Economics Building
Instructor: Pilates Center of Pittsburgh
Cost: $60 per person for county residents; $75 for non-residents; $15 drop-in fee. Pre-registration required at www.alleghenycounty.us/parks
Size: 25 people maximum
Info: Pilates is a whole body exercise method. Mat class is a workout session where the Pilates exercises are performed on a mat. Famous for its effectiveness in core training and rebalancing the body, the class is a great compliment to any fitness lifestyle and provides cross-training for any leisure or athletic sport. The exercises are adaptable for various abilities and ages.

Young Naturalist Program
When: Saturday, October 10, 10:00 a.m.-12:00 noon
Where: South Park Nature Center
Instructor: Allegheny County Naturalist
Cost: Free!
Info: Understand the importance of oak trees and discover all the creatures who rely on them for survival.
Fall Foliage Hike
When: Monday, October 12, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
Where: South Park Ice Rink Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes, hiking boots are recommended, bring some water and prepare to spend about two hours on the trail enjoying the outdoors.

UPMC Golf Clinic
When: Wednesday, October 14, 8:00 a.m.-12:00 noon
Where: South Park Golf Course
Instructor: Ben Read, PT, DPT, OCS (TPI Certified)
Cost: Free! Pre-register at www.alleghenycounty.us/parks
Info: Success in golf depends on mastery of the basics. An efficient and mechanically sound golf swing can help players achieve optimal results and help avoid injuries. Because of this, UPMC Sports Medicine offers comprehensive golf swing screenings, conducted by physical therapists certified through the Titleist Performance Institute (TPI)™. These screenings are offered to both physical therapy patients and golfers of all levels interested in achieving a swing that can help improve their game. Free screenings will be provided in order to identify biomechanical faults which can be addressed with exercise programs offered at the conclusion of the program.

Ranger Campfire
When: Friday, October 16, 7:00-8:00 p.m.
Where: South Park Grant Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Info: As the days grow shorter and the evenings become crisp, it is the perfect time for a campfire program with the Park Rangers. Join us for an hour-long program on topics relating the natural would or the history of the parks. Bring a chair or blanket since seating may be limited.

Public Safety & Health Day
When: Saturday, October 17, 12:00 noon-4:00 p.m.
Where: South Park Fairgrounds Oval
Cost: Free!
Info: Come out to South Park and meet the people who work to keep the public safe and healthy every day. You’ll also be able to check out our public safety, specialized emergency response and public works vehicles and equipment! Participating departments and authorities include: County Bomb Squad; County Police & Mounted Patrol; Emergency Services; Facilities Management; Health Department; Human Services; Jail; Kane Regional Centers; Medical Examiner; Park Rangers; Port Authority Police; Public Works; Sheriff; and Veterans Services.
Hay Day Family Fall Festival
When: Saturday, October 17, 12:00 noon-4:00 p.m.
Where: South Park Fairgrounds Oval
Cost: Free!
Info: Enjoy the following free events and activities: hay rides; hay maze; arts & crafts tent; barnyard petting zoo; pony rides; face painting; castle bounce; giant slide; balloon art; caricatures; puppet show; magician; games; and more! Food, beverages and snacks will be available for purchase from local food trucks and vendors.

Ranger Campfire
When: Saturday, October 24, 7:00-8:00 p.m.
Where: South Park Grant Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Info: As the days grow shorter and the evenings become crisp, it is the perfect time for a campfire program with the Park Rangers. Join us for an hour-long program on topics relating the natural world or the history of the parks. Bring a chair or blanket since seating may be limited.

Full Moon Hike
When: Tuesday, October 27, 7:30-9:30 p.m.
Where: South Park Grant Shelter
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Who needs a flashlight when the moon is full and bright! Bring your boots, some water and prepare to spend about two hours on the trail enjoying the outdoors by moonlight. Flashlights are recommended incase of emergencies. However, it will be requested that you do not use them during the hike.

Basic Yoga Flow
When: Mondays, November 2-23, 7:00-8:00 p.m.
Where: South Park Home Economics Building
Instructor: Christen Palombo, Yoga Innovations
Cost: $40 per person for county residents; $50 for non-residents; $15 drop-in fee.
Pre-registration required at www.alleghenycounty.us/parks
Info: This class is suitable for beginners who are looking for a more descriptive experience. The class will help you develop body awareness, learn the basic postures and their modifications. The emphasis on proper alignment will help you build strength slowly and safely. Learn yogic breathing and how to link breath with movement.
Forcing Bulbs Class

When: Thursday, November 5, 6:30 p.m.
Where: South Park Buffalo Inn
Instructor: Greenhouse Manager/Horticulturist Denise Schreiber
Cost: $20 per person for county residents; $25 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Info: Learn how to brighten the winter doldrums by forcing daffodils into bloom before spring comes. We will show you how easy it is, and you can impress your friends and family with it. You will finish the class with an 8-inch bulb pan of daffodils, ready to bloom in the spring.

Pruning Small Trees (NEW)

When: Saturday, November 7, 9:00 a.m.-12:00 noon
Where: South Park Maple Springs Gazebo
Instructor: Penn State Extension Urban Forester Brian Wolyniak
Cost: $15 per person for county residents; $19 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Info: This workshop focuses on pruning small trees and shrubs, including training young shade trees. The workshop starts with an introduction to plant structure and growth as it relates to pruning, as well as proper use of tools. Participants will then have an opportunity for a hands-on pruning experience. Participants will receive either hand pruners or a small pruning saw to take home with them.

Creepy Critters

When: Saturday, November 7, 10:00 a.m.-12:00 noon
Where: South Park Nature Center
Instructor: Allegheny County Naturalist
Cost: Free!
Info: Curious about little critters that may be considered gross? Come see why these creatures may be vital to ensure our own survival.

Native American Storytelling (NEW)

When: Saturday, November 28, 7:00-8:00 p.m.
Where: South Park Buffalo Inn
Instructor: Lenora “Lee” Dingus - Seneca, Co-founder Echoes of the Four Directions
Cost: Free!
Info: In honor of November as Native-American Month, Allegheny County and Lenora “Lee” Dingus are presenting traditional stories of Seneca Cultural and some other Eastern Woodland stories. Stories are a way the Seneca people remembered their oral history, entertained adults and children as well as taught moral lessons. Rattles, shawls, and other cultural items will be incorporated with the stories, and the storyteller will be available to answer questions after the program. Come have fun and learn about Seneca culture!

Wreath Making Class

When: Tuesday, December 8, 6:30 p.m.
Where: South Park Buffalo Inn
Instructor: Greenhouse Manager/Horticulturist Denise Schreiber
Cost: $25 per person for county residents; $31 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Tired of the same humdrum wreath? Join us for a fresh evergreen wreath making class. Take an ordinary evergreen wreath and turn it into something unique and different. We will show you how by adding different items to plain wreaths, customize it to your taste.
Walking (or Snowshoeing) in a Winter Wonderland  
**When:** Tuesday, December 22, 2:00-4:00 p.m.  
**Where:** South Park Ice Rink Parking Lot  
**Instructor:** Allegheny County Park Rangers  
**Cost:** Free! $5 snowshoe rentals are available. Pre-registration required at www.alleghenycounty.us/parks  
**Size:** 10 people maximum  
**Info:** Experience the exhilaration of exploring the park by snowshoe (or boots, depending on snow amounts). We will take about a one hour walk and enjoy the peace and quite of the woods in winter. Please dress appropriately for winter conditions, layers are best. Plan on snowshoes, but if the precipitation is uncooperative, we will switch to boots, in which case, traction devices (shoe spikes or grips) are strongly encouraged. As long as the temperature is above zero, we will walk!

Full Moon Hike  
**When:** Sunday, January 24, 7:00-9:00 p.m.  
**Where:** South Park Grant Shelter  
**Instructor:** Allegheny County Park Rangers  
**Cost:** Free! Pre-registration recommended at www.alleghenycounty.us/parks  
**Size:** 20 people maximum  
**Info:** Who needs a flashlight when the moon is full and bright! Bring your boots, some water and prepare to spend about two hours on the trail enjoying the outdoors by moonlight. Flashlights are recommended incase of emergencies. However, it will be requested that you do not use them during the hike.

Let’s Talk About Gardening  
**When:** Tuesday January 26, 7:00 p.m. * Snow date is February 2  
**Where:** South Park Buffalo Inn  
**Instructor:** Greenhouse Manager/Horticulturist Denise Schreiber  
**Cost:** Free!  
**Info:** Tired of the cold weather and snow? Wishing and hoping for an early spring? Bring your questions, problems and something to drink, and we will talk about new things on the plant horizon and answer your questions. Penn State Master Gardeners will also be on hand. For more information, call 412-835-1201.

Royal Skate & Sing-Along  
**When:** Saturday, February 27, 11:00 a.m.-4:00 p.m.  
**Where:** South Park Ice Rink  
**Cost:** Ice rink admission fees apply  
**Info:** Sing along and skate with your favorite Ice Princess and her sister! Enjoy a free picture in our commemorative photo booth to remember the day!
White Oak Park

Guided Nature Hike
When: Saturday, September 19, 10:00 a.m.-12:00 noon
Where: White Oak Park Administration Building
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Join a Park Ranger for a walk and learn about the local flora and fauna that you see along the way. We will stop to observe animals and plants that are prevalent in the environment and discover the natural and cultural landscape as we hike. Hikes will vary in distance and time but expect to spend two hours on the trail.

Papermaking
When: Saturday, October 3, 10:00 a.m.-1:00 p.m.
Where: White Oak Park Chestnut Shelter
Instructor: Pittsburgh Center of the Arts
Cost: $25 per person for county residents; $31 for non-residents. Pre-registration required at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: During this unique workshop, participants will learn to create handmade paper and collages using knotweed and other invasive plants collected from vacant lots that have been deconstructed and transformed into a viscous blended pulp. The workshop will focus on inclusions, texture, natural color, and the unpredictability of the wet pulp as it is transformed into paper!

Fall Foliage Walk
When: Sunday, October 18, 10:00 a.m.-12:00 noon & 2:00-4:00 p.m.
Where: White Oak Park Off-Leash Area Parking Lot
Instructor: Allegheny County Park Rangers
Cost: Free! Pre-registration recommended at www.alleghenycounty.us/parks
Size: 20 people maximum
Info: Come out and take a walk in the woods with a Park Ranger and experience the changing of the seasons. Learn why trees change color, what the different colors mean, and how other plant species, like evergreens, prepare for winter. Please wear sturdy shoes (hiking boots are recommended) and bring some water.

Campfire Ghost Stories
When: Saturday, October 24, 7:00 p.m.
Where: White Oak Park Chestnut Shelter
Cost: Free!
Info: Watch a Park Ranger build a campfire, and then listen to some spooky stories! All kids will receive a surprise. Wear a Halloween costume for a chance to win prizes!
Season Ski Passes on Sale Now!

Enjoy unlimited skiing and snowboarding all season long for one low price.

Passes are $85-$250 for individuals and $600 for a family of four.*

Purchase by December 1 for extra savings!

Buy yours today at alleghenycounty.us/parkpasses

*Additional costs for non-county residents
Enjoy unlimited ice skating all season long for one low price.

Passes are $50 for ages 18-59 and $25 for ages 60 & older.*

Buy yours today at alleghenycounty.us/parkpasses

*Additional costs for non-county residents
Allegheny County Park Rangers can bring unique curriculum-based programming to your school at no cost! Programs can be developed along with current classroom topics or be unique creations that relate to the county parks. After the class, students will visit a park and explore nature with a Ranger!

For details, contact Allegheny County Lead Park Ranger Braden Meiter at braden.meiter@alleghenycounty.us
The nine Allegheny County parks provide great opportunities to get active and enjoy nature.

Please help support continued improvements in the parks like our recent projects at South Park Oval, North Park Lake Trail and Settlers Cabin Panhandle Connector Trail.

Contributions are tax-deductible.

www.acparksfoundation.org

724-327-7627

Follow our work!
A HEALTHY COMMUNITY STARTS WITH YOU

Live Well Allegheny is an innovative initiative to improve the health and wellness of county residents.

Eat Well, Be Active and join us in Live Well Allegheny

www.LiveWellAllegheny.com
Allegheny County Parks
County Office Building
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Pittsburgh, PA 15219

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