

Fall SHS Jr. Dance Camp

Your child will learn a fun energetic routine that they will perform in front of a Friday night lights football game. During the camp the kids will get to play games, have fun and make new friends.

Ages: 5-14 yrs.
Fee: \$40 includes t-shirt
 \$35 for more than one



Time: 5:30pm-7:00pm
Dates: September 30 - October 4
Site: SHS Sub
Max: 50

PICKLEBALL

Adult drop-in pickleball. Similar to tennis but indoors with wood paddles and plastic ball. Great fun and exercise. Coed, all skill levels welcome.

Days: Mon/Wed
 Tues/Thurs
 Sat
Time: 5:00-7:00pm
 8:00-10:00am
 9:00-12:00pm
Dates: September 1 - June 30
Fee: \$3.00 drop in
Site: Community Transit Center (MTA)

Gentle Yoga

Gentle yoga offered by Melode Brewer, RYT, CES. These sessions are perfect for all levels. If you're interested in yoga this community class welcomes you. These sessions offer a gentle therapeutic approach, offering adaptations of movement to a variety of levels. You don't have to be a pretzel to benefit. Techniques will be shared to support those with limitations, inflammation, chronic pain and other health challenges. To promote well being on breath, move, relax. Chairs and mats are available.

Days: Tuesday
Time: 10:00-11:30am
Dates: Ongoing
Fee: \$48 for 4 classes
 \$15 drop in
Site: Shelton Civic Center



★ NEW Beginners Pickleball Course

Instructed by: *Mike Olsen*

If you've played any other kind of racquet sport before whether it was tennis, ping pong or badminton you are already light years ahead. If you haven't, don't worry about it! Pickleball is easy to learn, and you will pick it up just by playing. So come join our beginners course! So please bring water, your paddle and a great attitude and learn the game. Paddles and balls are also provided.

Days: 10/31, 11/7, 11/14 & 11/21
Fee: \$25 person
Time: 5:00-7:00pm
Ages: 14-17 with parent participating or 18+
Min/Max: 6/16
Site: Community Transit Center (MTA)

Winter Jr. Dance Camp

Come out to join the high climber dance team in their awesome winter dance camp! Your child will get to learn a great routine to perform at a high school basketball game.

Grades: 1st-8th
Fee: \$40 includes t-shirt
 \$35 more than one
Max: 50

Time: 5:30-7:30pm
Dates: January 13-17
Site: SHS Sub



SHELTON PARKS AND RECREATION

IN COOPERATION WITH
 SHELTON METROPOLITAN
 DISTRICT

Fall/Winter PROGRAMS 2019



Shelton Parks & Recreation
 Shelton Civic Center
 525 W Cota St
 Shelton, WA 98584



Register Online Now!!

Register Online Now:
<http://register.capturepoint.com/CityofShelton>



KIMUDO

Instructor: Sean Carney
Site: Shelton Civic Center

A Korean martial art that primarily incorporates elements of Tae Kwon Do, Hapkido, and Judo. KiMudo is designed to be practical, versatile, and effective at a variety of different ranges and in a variety of different situations. The Tae Kwon Do - derived kicks and strikes provide excellent power at medium and long range, while throws, locks, chokes and joint manipulation of Judo and Hapkido allow for effective close range fighting and grappling. KiMudo is a living, growing martial art that continues to expand and change.

In addition to the core elements of Tae Kwon Do, Judo and Hapkido, KiMudo also includes techniques from Jujitsu, karate, boxing, wrestling, traditional weapons from Okinawa and the Philippines, any many other arts and styles. KiMudo is more than just an effective system of self defense; it is a martial art that encourages students to realize their own potential, both physically, mentally and spiritually.

<http://www.kimudo.com>
emeraldflyingdragons@yahoo.com

Ages: 6 and older
Days/Times: Mon/Thurs
Beginners: 6:00-6:50pm
Intermediate: 7:00-7:50pm
Dates: Ongoing
Fee:
\$40 monthly 1st participant
\$10 each second session
\$30 monthly 2nd participant
\$25 monthly 3rd and more
Min/Max: 7/15
Site: Shelton Civic Center



Women's 4v4 Volleyball League

Shelton Parks & Rec is now taking registration for (18 and over) women's volleyball season. The league is limited to 12 teams. Deadlines and important dates are as followed:

Registration Deadline:
5:00pm by Friday, Sept. 27
Schedules/Managers Meeting:
6:00pm Wednesday, Oct. 9
Fee: \$300
Play Begins: October 14



★ NEW Coed 4v4 Volleyball League

NEW coed 4v4 volleyball is open for teams! Come join in on the fun. 2 women and 2 men is all you need to play (18 and over). Register now! The league is limited to 12 teams. Deadlines and important dates are as followed:

Registration Deadline:
5:00pm by Friday, Sept. 27
Schedules/Managers Meeting:
6:00pm Wednesday, Oct. 9
Fee: \$300
Play Begins: October 15



SHELTON YOUTH BASKETBALL LEAGUE

For boys and girls in the 2nd-7th grades. Four Saturday's of skills, fundamentals and team practices followed by five games on Saturdays/Sunday. Instruction and officiating by Highclimber players and coaches. **Program starts November 16th. Registration deadline is Nov. 25th**

Skill Clinic Dates:
Nov. 16 & Nov. 23
Site: Boys-SHS/Girls-OBJH
Team Practice Dates:
Dec. 7 & Dec. 14
Site: Boys-TBA/Girls-TBA
Game Dates:
Jan 11, 18, 25, 26 & Feb. 1
Site: Boys-TBA/Girls-TBA

Days: Saturday's
Times:
2&3 grades 9:00am-10:00am
4&5 grades 10:15am-11:15am
6&7 grades 11:30am-12:30am
Fee: \$60 one participant
\$50 more than one



\$65 after Nov. 25th if room is available
*Team assignments & schedules available Dec. 7
*Parent volunteers are needed as coaches
*Additional team practices will be held on weeknights Dec. 2-Jan 31

★ NEW Yoga Classes with Melode Brewer

Gentle Yoga - good for beginners, or those who want to enjoy space to slow down
Days: Oct. 2, 9 & 16
Gratitude Yoga - the movements, meditations and breath practices in these sessions we will hold the intention to cultivate our expansive grateful heart
Days: Nov. 6, 13 & 20
Restorative Yoga - these sessions will promote deep relaxation, the practice of yoga nidra
Days: Dec. 4, 11 & 18
Time: 6:00pm-7:15pm (all classes)
Fee: \$36 per session
Site: Shelton Civic Center
Min/Max: 4/15

