

# Sports & Fitness

## AIKIDO

Ages 13+

Aikido is a non-aggressive, non-competitive Martial Art teaching new ways of responding to 'being attacked'. Our beginner class is a gentle introduction to the practice. You do not need any experience or special equipment.

### DATES & TIMES:

#### Sundays

4:30-6pm - general class

6-7pm - beginner class

#### Weds & Thurs

6-7:30pm general class

FEE: \$45 monthly unlimited

\$25 one day per week per month

\$10 drop ins

INSTRUCTORS: Sally Jones & Kahlil Johnson

LOCATION: Veterans Hall on High Street



## BOYS SPORTS DAY

DATE: **Saturday, March 14**

TIME: 8:15am-1 pm

FEE: \$15

LOCATION: Community Recreation Center

**Must fill out a Boys Sports Day form, available at the TDRPD office in order to register.**



## CLIMBING CLASSES

Grades K-12

This class is specifically designed for kids! Learn the basic fundamentals and various techniques in an encouraging and fun environment, then move on to the more advanced class

### Tuesdays & Thursdays

Grades 6-12 3-4:15 pm

Grades K-2 4:30-5:45 pm

Grades 3-5 6:00-7:15 pm

### Mondays & Wednesdays Advanced Class-NEW!

*(previous experience with instructor approval only)*

Grades 2-4 4-5:30 pm

Grades 5-12 5:45-7:15 pm

S5: Apr. 9-May 10

S6: May 14-June 14 (skips Memorial Day)

FEE: \$100 per 5 week session- NO DROP INS

## HULA HOOPING- FAMILY!

Ages 6-Adult

Hula Hooping is fun AND great exercise! Decorate your own hoop or purchase a custom hoop to take home. Each week we will make hoops from 10:30-11 am, **please come prepared to pay for materials.** Learn basic hooping as well as fun tricks!

DAYS: Ages 6+ - 2nd Sat. of the month

Ages 12+ - 4th Sat. of the month

TIMES: 10:30-11:30 (Hoop Making)

-space limited, please call in advance to reserve your space & materials

11:30-12:30 (Class)

FEES: \$5/class, Materials: \$20(kids) \$25(adults)

INSTRUCTORS: Dean and Lisa Elevation Hoops

LOCATION: Community Recreation Center



# KIDS and TEEN ACTIVITIES

## KARATE:

Ages 5+

### PACIFIC CREST MARTIAL ARTS

Join Sensei Tony Altieri at Pacific Crest Martial Arts in this year round Shito-Ryu Karate Classes. Sensei Tony teaches the fundamentals of traditional Karate. The first class is on us (please pre-register)! Saturday classes included in monthly fees. *Materials costs: Gi (\$35+)+ fees to instructor.*

Beginners 11 & Under: Mon & Wed 5-6:00 pm

All levels 12 and up: Mon & Wed 6-7:30 pm

Open Class, 15 and up: Tuesdays 5-6:30 pm

Advanced Kids Thursdays 5-6:00 pm

Optional class (all levels): Saturday 10-11:30 am

FEES: AGE 5-12: \$65/month

AGE 13+ : \$75/month

Drop ins \$10 + materials fees to instructor

Gi \$35 and up (see instructor)

INSTRUCTOR: Tony Altieri, Sensei

LOCATION: Community Recreation Center

## LACROSSE

### Boys High School Lacrosse Training Grades 9-12

DAY: Fridays

DATES: Feb. 3-March 30 (starting indoors)

TIME: 6:30-8 pm

FEES: \$100\*- must pre-register

Includes regular league that starts in April

\$5 drop ins

**\*+ MEMBERSHIP FEE \$35: Get your required**

**USLacrosse membership @ [www.uslacrosse.org](http://www.uslacrosse.org)**

**before signing up at Rec Center Office**

LOCATION: Community Recreation Center Gym

### Boys & Girls Lacrosse Leagues Gr. 3-5 & 6-8

DAYS: Mondays, Wednesdays and Fridays

DATES: Starts in April

TIME: 4 pm-dark

FEE: \$75 for the season;

*No drop ins*

LOCATION: Riverview Sports Park



*Bring your Athletic shoes (indoors), mouthpiece, lacrosse stick (if you own one), protective gear, and a water bottle. Some equipment available for loan if necessary.*



# KIDS and TEEN ACTIVITIES

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## LOTUS YOGA for KIDS Ages 5-10

Yoga helps children develop focus & concentration; increases strength, flexibility, balance & co-ordination.

Mondays  
Dates: March 5-April 16  
(no class April 2– TTUSD Spring Break)  
Time: Ages 3-5 2:45-3:30 pm (NEW)  
Ages 5-10 3:45-4:45 pm  
Fee: \$80 per session  
Location: Community Recreation Center  
Instructor: Lotus Kids Staff

**ELEMENTARY SCHOOL Minimum Days**  
Basic Poses, Yoga Games, Partner Poses, Mediation, Breathing Exercises, and lots of fun! Please bring snack and water bottle. Mats and smiles provided!

DAYS: Wednesdays  
DATES: March 14, April 11, May 9  
TIME: 1pm -3pm  
FEE: \$20 per date, please pre-register!



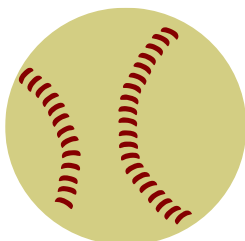
## SOFTBALL FOR GIRLS Grades 2-9

Registration opens 2/15/11

**GRADES 2,3 & 4:** This 7-week introductory program will have 4 practices and then begin a twice a week game schedule, emphasizing fun & skill development.

**GRADES 5-9:** This program is designed for girls, with an emphasis on fun & instruction. Teams are divided into 5th/6th & 7th-9th grades. The 7-9th league will be fast pitch.  
*\*NEW! 5-9th will be pitching to themselves this year!*

DATE: Starts March 27  
(indoors, outdoors when weather permits)  
DAYS: Varies  
FEES: \$75  
*\*PITCHING CLINICS WILL BE AVAILABLE SOON\**



## VOLLEYBALL LEAGUES Grades 4-6

This Kids' League is a fun way to get into competitive but fun Volleyball.

DATES: Mondays, March 27-April 21  
TIME: 3-8 pm  
FEE: \$60  
LOCATION: Varies  
INSTRUCTORS: Angelo Tenorio, Erica Murphy, and **parent volunteers!**



**COACHES CLINIC: Feb 16-28 @ ACMS, 7pm**

## ZUMBA® FITNESS Ages 13-Adult

ZUMBA® fitness program for ages **13+up** fuses Latin & African rhythms with easy-to-follow dance moves to create a one of a kind fitness program. This cardio class burns about 500 calories while you are having fun! Classes meet at the **Community Arts Center**, 10046 Church St., at 5:30 and are taught by *Certified Zumba Instructor Greta Dhamer*. Drop-ins are welcome for \$10, or become a member with the purchase of a 10 class card for \$60(valid for three months). Students, drop-in Thursday nights for \$5! Wear fitness attire and supportive shoes. Bring a towel (optional), H2O & smiles are a must!). Visit [www.zumba.com](http://www.zumba.com) for all class details and to contact instructor.



DAYS: Ongoing Mon, Tues., Thurs.  
TIME: 5:30-6:30pm  
(come early to stretch and sign-in)  
FEES: \$10 Drop-in, \$60 10 class card (valid 3 mos.)  
Thursday night student drop/\$5  
LOCATION: Community Arts Center  
INSTRUCTOR: Greta Dhamer

## ZUMBATOMIC® with Courtney Ages 5-8 **ZUMBA®for Kids!**

Sure chillin' out is cool, but rockin' out is a blast! The Zumbatomic®Latin-inspired dance fitness program is just for kids ages 5-8! Zumbatomic®is a fast-forward fusion of merengue, cumbia, reggaeton, salsa, hip-hop and more. FUN!



DAYS: Tuesdays, Ongoing school year  
TIME: 3:00-4:00 pm  
FEES: \$10 per class paid monthly or \$15 drop ins  
INSTRUCTOR: Courtney Murrell, certified instructor  
LOCATION: Community Recreation Center