

SHELTON PARKS AND RECREATION

IN COOPERATION WITH SHELTON
METROPOLITAN PARK DISTRICT

FALL/WINTER PROGRAMS 2017



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



"Building A Stronger Community
TOGETHER"



Pickleball

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

Days: Tue. Thur. & Sat Mon. & Wed.
Times: 9:00-11:00am 5:00-7:00pm

* **BEGINNERS** court on Wednesdays: come tryout this sport with some experienced players to help you learn the ropes.

Dates: Ongoing
Fee: \$3.00
Site: Transit Community Center
No program - 11/23, 11/25

Adult Drop-In Open Gym Basketball

18 and over full court hoops

Days: Wednesdays Ongoing

Times: 7:00-9:00pm

Fee: \$3.00 drop in

Site: Transit Comm. Center
No program - 11/23, 11/25



Gentle/Adaptive Yoga

with Melode Brewer, RYT, CES

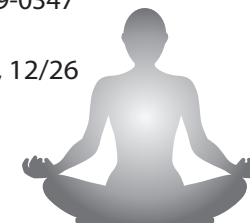
You will be guided with some gentle slow movements to invite some ease to your body. Breathing exercises to assist wellbeing, and a sense of calm to the mind. Deep relaxation to promote healing qualities. Perfect for those aging bodies asking for TLC, or those needing relief from life stresses. Instructor is well versed in offering adaptations to keep you comfortable, chairs and/or mats are available. Yoga is an experiential practice. Please dress comfortably for movement. It is recommended to bring a water bottle, and pillow. For comfort of all, refrain from wearing perfume/scents, and leave cell phones behind. Further details www.breatherelaxbreathe.com or phone Me lode 360-229-0347

Dates: 9/12-12/21
No class 11/21, 12/19, 12/26

Days: Tuesdays
Times: 10:00-11:15 am

Fee: \$48 for 4 classes
\$15 drop-in

Site: Shelton Civic Center



T'aiChi

The gentle and rhythmic movements increase the circulation of blood, stretch the tendons, and tone the muscles. The state of relaxation fostered by T'ai Chi helps balance the nervous system, providing physiological benefits that can be felt by young and old alike.

Ages: 16 and over
Days: Tuesdays
Dates: 9/26 - 12/12 Ongoing
Times: 6:30-7:30pm
Fee: \$80.00
Site: Shelton Civic Center
Min/Max: 5/20

DISC GOLF INDOOR PUTTING LEAGUE

Indoor disc golf course to avoid the wet winter weather. Simulating natural challenges found on the outdoor disc golf courses. Players are welcome for casual play or participate in a rating based league conducted by Mason County Disc Golf Assoc. Drop-in program.

Dates: January 4 - April 19
Days: Thursdays
Time: 6:00-8:00pm
Fee: \$3.00
Site: Transit Community Center



PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS

- The best way to encourage future offerings and ensure programs is to SIGN UP
- Minimum participation numbers are required for all to run.
- Registration for certain programs will end when maximum number is met.
- Registration is on a first-come first-serve basis.
- Full payment must be received in order to register for a program.
- Register at: Shelton Civic Center, 525 West Cota Street.

SCHOLARSHIP PROGRAM

Partial scholarships are available for youth programs. Financial assistance to families is based on income requirements. Please contact the parks and recreation office at 432-5194 to inquire.

Funding by: TOYS FOR KIDS PLUS
KRISTMAS TOWN KIWANIS

SHELTON PARKS AND RECREATION PROGRAM REGISTRATION FORM FALL/WINTER 2017

Participants name _____

Program _____ Fee _____

Parent/Guardian name _____

Address _____

Home phone _____ Cell phone _____

Email _____

Age/grade _____ School _____

Circle one: Male Female

T-shirt size (circle): ys ym yl as am al axl

REGISTRATION AND RELEASE FORM I hereby release, indemnify and will hold harmless the City of Shelton, its employees, officers and agents from any and all claims for injury to person, including death, and property arising out of or in any way connected to participation in the above described activity. I further recognize that there are inherent risks associated with such activity. I agree that pictures taken during class/program hours may be used for the future promotional purposes. In absence of signature, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release.

Signature of participant or parent/guardian if participant is a minor _____

PAID BY: _____

OFFICE USE: DATE _____ AMOUNT _____ TR# _____ CK# _____ INITIAL _____

REFUND POLICY
100% before first class
80% before second class
50% before third class
None after third class



Shelton Parks & Rec
Shelton Civic Center
525 West Cota St.
Shelton, WA 98584
(360) 432-5194

SHELTON YOUTH BASKETBALL LEAGUE

For boys and girls in the second through seventh grades. Four Saturdays of skills, fundamentals and team practices followed by six games on Saturdays. Instruction and officiating by Highclimber players and coaches.

**PROGRAM STARTS NOV. 18.
REGISTRATION DEADLINE IS
NOVEMBER 27.**

Dates:	Site:	BOYS	GIRLS
Nov. 18 (skill clinic)	SHS	OBJH	
Dec. 2 (skill clinic)	SHS	OBJH	
Dec. 9 (team practices)	TBA	TBA	
Dec. 16 (team practices)	TBA	TBA	
Jan. 6, 13, 20, 27, Feb. 3 (games)	TBA	TBA	

Days: Saturdays

Times: 2 & 3 grades 9:00 - 10:00am

4 & 5 grades 10:15 - 11:15am

6 & 7 grades 11:30 - 12:30am

Fee: \$60 one participant

\$50 each, more than one per family

\$65 after Nov. 27
if room is available

*Team assignment and schedules available Dec. 2

*Parent volunteers are needed to coach

*Additional team practices will be held on weeknights Dec. 4 - Feb. 2



KIDZ LOVE SOCCER

Mommy/Daddy & Me Soccer - (ages 2 - 3 1/2)

Introduce your toddler to the world's most popular sport! As you participate together in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action!

Tot/Pre-soccer - (ages 3 1/2 - 5) Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game; all while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required after the first meeting.

Soccer 1: Techniques & Teamwork- (ages 5 - 6)

Players will learn dribbling, passing, receiving, shooting, and defense. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Shin guards are required after the first meeting.

Soccer 2: Skillz & Scrimmages - (ages 7 - 10)

Kidz will enjoy advanced skill building: dribbling, passing, receiving, shooting, etc. in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All skill levels are welcome to come enjoy the world's most popular sport! Shin guards are required.

Times: Soccer 2 3:45-4:30pm

Soccer 1 4:30-5:15pm

Tot/Pre-Soccer 5:15-5:30pm

Mommy/Daddy & Me 6:00-6:30pm

Day: Wednesdays

Dates: Session 1 9/13 - 10/18

Location: Kneeland Park

Fee: \$54



Other Community Youth Programs:

KiMudo

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 the 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, and 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 years and older

Days/Times: Mondays & Thursdays

6:00 -6:50pm - Beginners class

7:00-7:50pm - Intermediate class

Dates: Classes are ongoing.

Fee: \$40 monthly 1st participant

\$10 each for second session

\$30 monthly 2nd participant

\$25 monthly 3rd and more

Instructor: Sean Carney, lead instructor

Site: Shelton Civic Center

Min/max: 7

Junior Spirit Winter Cheerleading Camp

The Highclimber cheer staff will instruct young people in cheers, chants, techniques and basic stunts. The program will culminate with a performance at a Highclimber basketball game.

Ages: 5-14 years old

Dates: Nov. 13 - 16

Times: 4:00-5:30pm

Fee: \$35 includes T-shirt

Site: Olympic Middle School Commons

Kaleidoscope

Dance & Movement

Artistic Director: Dana Chynoweth

Classes run: September 11 - June 28

Exploring Dance

Combining genres of dance, this class will develop your child's coordination as well as an understanding of dance concepts and terminology. Through this enjoyable educational experience, students will learn to use dance as creative means of self-expression. Dance vocabulary, alignment, proper execution of movement, memorization and independence through sequential tasking are emphasized.

Ages 5-6 Mon 5:00 - 5:45pm

Ages 4-5 Wed 5:15 - 6:00pm

Contemporary Dance

Classes integrate various traditional disciplines of modern dance foundations with current contemporary styles. These classes are for dancers who like physical complicated floor work, patterns of movement and self-expression. Elements of improvisation are also introduced.

Ages 8-10 Wed 5:45- 6:45pm

Ages 10+ Wed 6:45---8:00pm

Ballet Level IA and 1B

This class is the student's first introduction to formal ballet class structure. More advanced stretching and strengthening exercises are given, barre work is introduced with a greater emphasis on vocabulary and terminology. Musicality continues to be emphasized along with balance and coordination through the strengthening of the body core. Center floor work is introduced with continued focus on the positions of the arms, legs and feet using classical ballet vocabulary.

Level 1A Ages 7-8 Wed 5:00 - 5:45pm

Level 1B Ages 8-10 Mon 5:45 - 6:45pm

Ballet level III

Advanced stretching and strengthening exercises are given, barre work is continued with a greater emphasis on vocabulary and terminology. Musicality continues to be emphasized along with balance and coordination through the strengthening of the body core. Center work is introduced with continued focus on the positions of the arms, legs and feet using classical ballet vocabulary.

Ages 10+ Mon 6:45-8:00pm

All classes held at Shelton Civic Center.

No classes 11/10, 11/22, 12/25, 1/1, 2/19, 5/28

Fees: Monthly

Exploring Dance ages 4-5..... \$35.00

Ballet Level II \$42.00

Exploring Dance ages 5-6..... \$35.00

Contemporary ages 8-10..... \$40.00

Ballet IA \$35.00

Contemporary ages 10+ \$42.00

Ballet IB \$40.00

Drop-in \$12.00

Required attire: ballet shoes, tights, & leotards

Register online at: <http://>

**KaleidoscopeDanceAndMovement.studiowareonline.com
or Shelton Parks and recreation. 360-888-4341.**