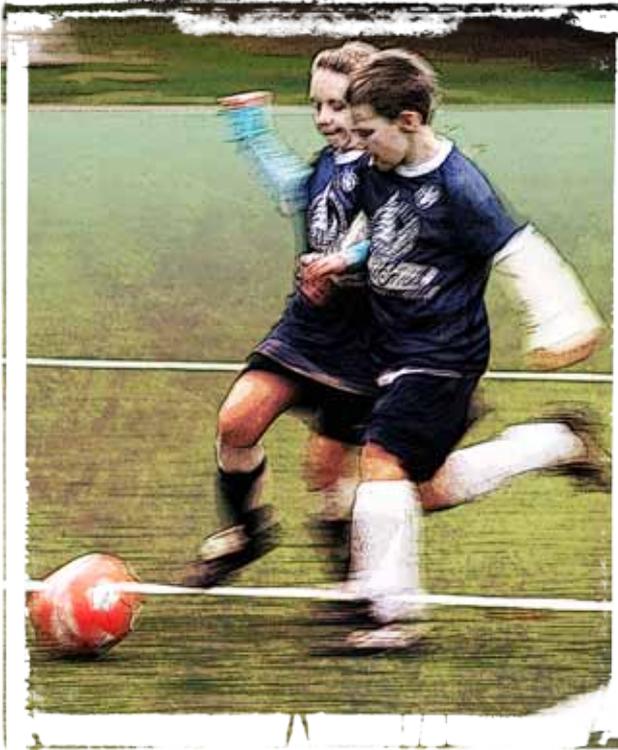


youth in motion



YOUTH SPORTS & FITNESS

September–December 2012



SOCCER LEAGUES

The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing their dribbling, passing, scoring and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship, create an environment that promotes positive developmental assets amongst our youth.

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- **I've signed up for soccer...now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than September 22nd.

MIGHTY MITES SOCCER LEAGUE (Ages 5-6)

This 5-6 year old co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:30-5:45pm at Robinswood Sports Field. Max. 6 players per team.

Resident: \$76

Non-Resident: \$91

Robinswood Sports Field

#64991

4:30-5:45pm

Tuesdays, September 25 – November 6



COURSES

NEW! BIDDY MULTI SPORT (Ages 3-4)

Come join the NEW Bidly Multi Sport class! This 6 week parent/guardian participation required program will cover three sports – basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence.

Resident: \$66 Non-Resident: \$79

Tyce Community Center

#67163 Saturdays, September 15 – October 20

#67164 Saturdays, October 27 – December 8

NEW! BIDDY MULTI SPORT II (Ages 5-6)

Come join the NEW Bidly Multi Sport II class! This 6 week parent/guardian participation required program will cover three sports – basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. Higher level skills, drills and fundamentals will be taught resulting in an action-packed curriculum which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. (Pre-requisite: Must complete three (3) Bidly Multi Sport age 3-4 classes or permission from instructor if under the age of 5)

Resident: \$66 Non-Resident: \$79

Tyce Community Center

#67165 Saturdays, September 15 – October 20

#67166 Saturdays, October 27 – December 8

PRE SEASON BASKETBALL CLINIC

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5-11 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals such as dribbling, shooting, defense, passing and much more!

Resident: \$69 Non-Resident: \$76

Tyee Community Gym

6:00-7:00pm

#67159	Ages: 5-6	Tuesdays, November 13 – December 11
#67160	Ages: 7-8	Wednesdays, November 14 – December 12
#67161	Ages: 9-11	Thursdays, November 15 – December 13

SEREVI YOUTH RUGBY

Mondays, October 1 - 22: 4:30pm – 5:45pm at **Robinswood Sports Field**

- **NEW!** SEREVI MINI RUGBY (Ages 4 & 5)
- SEREVI OLYMPIC FLAG RUGBY (Ages 6-12)
- SEREVI OLYMPIC FLAG RUGBY II (Ages 13-18)

Please log onto MyParks&Recreation.com for more information

NEW! SEREVI VETERAN'S DAY RUGBY CAMP (Ages 4-18)

This single day rugby camp, offered by Serevi, gives participants an opportunity to learn, develop and test their running, passing, catching and kicking abilities through several skill based games and activities, non-contact flag rugby scrimmages and a culminating "rugby skills combine." All activities will be age appropriate. With an emphasis on safety, fun and being active, campers will "learn through doing" from our Serevi certified coaching staff, many of whom are current or former national team members.

Resident: \$60 Non Resident: \$72

Tyee Community Gym

#67032 Monday, November 12th 9:00am - 3:00pm

NEW! SEREVI FIT BOOT CAMP (Ages 12 & up)

This is a high energy and fun boot camp experience for the whole family. Rooted in the sport of rugby, this "whole body" fitness program will improve aerobic conditioning and overall strength, with a focus on the core. This program is intended both for athletes looking to improve performance and for individuals looking to improve all around health and fitness.

Resident: \$40 Non Resident: \$48

Highland Community Gym

#67158 Wednesdays, November 5 – 26 6:00-7:00pm

i-BALL BASKETBALL CLINICS (Ages 7–14)

Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness.

Resident: \$79 Non Resident: \$ 95

Highland Community Center

Mondays, 5:50pm – 7:00pm

#64094 September 17 – October 8

#64095 October 15 – November 5

#64096 November 19 – December 10

INDOOR SOCCER LESSONS WITH MICHAEL SMITH (Ages 4-6)

Participants will learn the fun game of soccer! Soccer techniques; dribbling, passing and scoring goals will be emphasized. Children will learn to play with teammates and develop balance/coordination and listening skills.

Resident \$55 Non Resident \$66

Highland Community Center

Session I

Tuesdays September 25 – October 30

#64129 1:00 – 1:45 pm

#64133 2:00 – 2:45 pm

Wednesdays September 26 – October 31

64134 1:00 – 1:45 pm

64135 2:00 – 2:45 pm

Thursdays September 27 – November 1

64136 1:00 – 1:45 pm

64137 2:00 – 2:45 pm

Please log onto MyParks&Recreation.com for more information

MARTIAL ARTS

KENDO (Ages 8 & up)

Resident \$65 Non Resident \$78

Highland Community Center

Fridays, September 21 – December 14, 2012

Beginning: #64155

Intermediate: #64159

Advanced: #64163

Beginning & Intermediate: 6:30pm-8pm **Advanced:** 7:30pm – 9:30pm

Beginning Kendo

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase a bokken (oak sword) either before or at the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class.

Please log onto MyParks&Recreation.com for more information about Intermediate & Advanced Kendo

Self Defense/Hapkido (Beginning) (Ages 6-12)

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee. Association membership required for promotion testing.

Crossroads Community Center

Resident \$46	Non-Resident \$55	
Mondays & Wednesdays		6:15pm – 7:15pm
#67108	September 5 – 26	
#67133	October 1 – 31	
#67135	November 5 – 28	
#67137	December 3 - 19	

Please log onto MyParks&Recreation.com for more information about Self Defense/Hapkido (Intermediate/Advanced) for ages 13 & up

EVENT & DEMOS:

SEREVI FREE RUGBY DEMOS (Ages 4-18)

Is your son or daughter looking for a fun new sport to try? Try rugby. Rugby, which has been played in the USA since 1880, utilizes all the same skills and elemental as other, more traditional sports - running, passing, catching and kicking are the basics of the game. The non-contact demos will give your child a chance to run and have fun, in a safe, no pressure environment.

*FREE

#67025	Saturday, September 9th	10:45am - 12:00pm	Wilburton
#67026	Saturday, September 15th	10:45am - 12:00pm	Newport Hills
#67027	Monday, September 17th	4:30pm - 5:45pm	Robwinswood
#67028	Monday, September 24th	4:30pm - 5:45pm	Robinswood

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Resident: \$76

Non-Resident: \$91

Robinswood Sports Field

#64991

4:30-5:45pm

Tuesdays, September 25 – November 6

YOUTH SOCCER LEAGUE (Ages 7-9)

This 7-9 year old co-ed instructional league, is a great way to further develop and enhance your basic knowledge and skills in soccer. This 7 week league, will emphasize positive sportsmanship and team play while having fun! Begins with 2 weeks of team practice followed by 5 weeks of games on Wednesdays from 4:15-5:30pm at Robinswood Sports Field. Max. 7 players per team.

Resident: \$76

Non-Resident: \$91

Robinswood Sports Field

#64992

4:30-5:45pm

Wednesdays, September 26 – November 7

JUNIOR SOCCER LEAGUE (Ages 10-12)

It's time to elevate your game! This 10-12 year old co-ed league is designed to give your child more advanced playing skills & ball movement techniques, while also encompassing team strategies in an instructional setting. Begins with 2 weeks of team practice followed by 5 weeks of games on Thursdays from 4:30-5:45pm at Robinswood Sports Field. Max. 8 players per team.

Resident: \$76

Non-Resident: \$91

Robinswood Sports Field

#64993

4:30-5:45pm

Thursdays, September 27 – November 8

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for accommodation requests. Assistance for the Deaf / Hard of hearing can be provided through the 711 Telecommunications Relay Service.



Register today

425.452.6885

or

MyParksandRecreation.com

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