PRE-REGISTRATION IS REQUIRED FOR PROGRAMS EXCEPT DROP INS

- Minimum participation numbers are required for all programs 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.

PARK RESERVATIONS
Ballfield and picnic shelters are available for rental at Callanan Park, Kneeland Park, and Loop Field. Please call the recreation office at 432-5194 office to check availability and fees.

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

Other community youth programs:
Shelton Climbers Youth Football
Register: www.tcyfl.com

Mason County Fastpitch
register: www.eteamz.com/thurstoncountyfastpitch

Mason County Youth Baseball
Register: mcyba-shelton.com
Email: mcybabaseball@gmail.com

Shelton Kings Cheerleading
Register: www.tcyfl.com
Email: sheltonkingscheer@gmail.com

South Mason Youth Soccer Club
Fall, Spring, & Summer youth leagues
www.smysc.org

SHS Swimming Pool
Open swim, lessons, pool rental
426-4240 www.sheltonschools.org

4-H Summer Camp
Open to all 4-H and Non 4-H Youth in Mason County and surrounding areas. Ages 8-16
August 2-7 2015 at Panhandle Lake 4-H Camp


For additional information contact Camp Director Leanne Gunter 360-490-8793 or the Extension Office 360-427-9670 Ext. 681.

Adult volunteers welcome!
KiMudo
Join us June 25 for a free orientation

KiMudo is 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/
emeraldflingdragons@yahoo.com

Ages: 6 years and older
Days: Thursdays
Times: 5:30 – 6:30pm
Dates: June 25 free demonstration
Session 1 starts July 9
Fee: $40 monthly
Instructor: Sean Carney, lead instructor
Site: Transit Community Center
Min/max: 7/15

Pre-registration is required for all programs.
**SHS VOLLEYBALL CAMP**
Camp includes skill development and competition. Designed to accommodate beginning and intermediate players abilities. Instructed Highclimber Coach Steve Beck and staff.

**Art Galore & More**
Bring out your creative side with this class offering a variety of mediums to choose from. Something for everyone to enjoy. Come have fun with other kids drawing, painting, collage, sewing, recycled art, bead work and so much more.

**SCHOLARSHIP PROGRAM**
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.

**Junior Spirit Cheerleading Camp**
The Highclimber cheer staff will instruct young people in cheers, chants, techniques and basic stunts. A performance at a Highclimber football game will follow.

**TENNIS LESSONS**
Youth lessons for beginners to advanced skill levels. Focus is on fundamentals and fun. Instructed by Highclimber coach John Perry.

**HIGHCLIMBER HOOP CAMPS**
Games, skills, and fundamentals to improve individual basketball skills and team concepts. Instructed by Highclimber coaches Derrick Pringle and Aaron Leth.

**Pre-registration is required for all programs**
**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 all levels, we will practice the full spectrum of yoga. Breathe, move, relax. Chairs and mats available. Dress in layers, bring a water bottle, and a pillow for your comfort. More info at www.breatherelaxbreathe.com

**Gentle Yoga**

- **Days:** Tuesdays
- **Dates:** June 9 — July 28
- **Times:** 10:00-11:15am
- **Fee:** $96 or $15 drop-in
- **Site:** Shelton Civic Center

---

**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:**
- Tuesdays, Thursdays & Saturdays
- Mondays & Wednesdays

**Dates:** Ongoing

**Times:**
- 6:00-8:00pm
- 9:00-11:00am

**Fee:** $3.00

**Site:** Transit Community Center

---

**BUSINESS PERSON BASKETBALL**

Adult drop-in. Get out of the office & exercise on your lunch hour. Coed, all skills levels welcome. Ages 18 and over only.

- **Days:** Thursdays
- **Times:** 11:30am-1:00pm
- **Dates:** Ongoing
- **Fee:** $3.00
- **Site:** Transit Community Center

---

**T'ai Chi**

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:** 6/16 — 9/1
- **Times:** 6:30 pm - 7:30 pm
- **Fee:** $80.00
- **Site:** Shelton Civic Center
- **Min/max:** 5/20
- **Instructor:** Kim Smith

---

**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 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.

**Pre-registration is required for non drop-in programs**