

TUESDAY MORNING 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. Questions or concerns email Melode at The_Yoga_Connection@hotmail.com

Session 1: 1/17—2/21 Session 2: 2/28—4/3

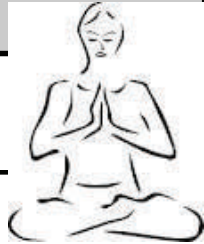
No class 3/21 & 5/29

Days: Tuesdays

Times: 10:00—11:15am

Fee: \$72 per session / or \$15 drop-in per class

Site: Shelton Civic Center



Lunch Hour Yoga

These midweek/midday sessions are designed to support your wellbeing. Sessions designed to accommodate those on traditional lunch hour. Bring some ease to the body and calm to the mind. Designed to reduce your stress and improve your wellbeing. Instructor is well versed in offering modifications/adaptations to support you. Questions or concerns email Melode at The_Yoga_Connection@hotmail.com

Days: Wednesdays

Dates: 1/18—5/23

No class 2/22, 3/21, 5/30

Times: 12:00—12:45 am

Fee: \$5 per class drop-ins welcome

Site: Shelton Civic Center

LET US HEAR FROM YOU

How did you like the program?

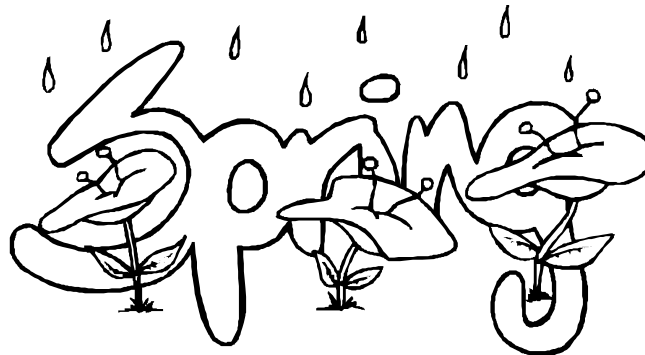
Any new programs you would like?

Have a special talent you would like to share?

Contact Shelton Parks and Recreation at 432-5194 or mziegler@ci.shelton.wa.us

CITY OF SHELTON PARKS AND RECREATION

IN COOPERATION WITH
SHELTON METROPOLITAN PARK DISTRICT



PROGRAMS 2012



"Building A Stronger Community
TOGETHER"



Shelton Parks &
Recreation
Shelton Civic Center
525 West Cota St
Shelton, WA 98584
360-432-5194

Pre-registration is required for all programs

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.

REFUND POLICY

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

FIELD RAINOUT LINE

Rainouts for Callanan Park and Loop Field will be announced by 3:00pm on 432-5101

SCHOLARSHIP PROGRAM

Scholarships for 50% of registration fee 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 SPRING 2012

Participants name _____

Program _____

Fee _____

Parent/Guardian name _____

Address _____

Home phone _____

Cell phone _____

Age/grade _____ email _____

School _____

Circle one: Male Female T shirt size (circle): Ys Ym Yl as am al axl

I would be interested in coach a youth basketball team _____

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 if 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 t# _____ ck# _____ initial _____



Shelton Parks & Rec.
Shelton Civic Center
525 West Cota St.
Shelton, WA 98584
(360) 432-5194
Spring programs 2012

YOUNG LADIES & GENTLEMEN

Children rarely beg to take a class on manners, and yet it is key to building positive friendships and strong self-esteem. This hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. Each participant receives a goody bag to take home.

Ages: 6 -12 years

Dates: 4/21

Times: 9:00 AM - 12:00 pm

Site: Shelton Civic Center

Instructor: Final Touch Finishing School

Day: Saturday

Fee: \$33

Min/max: 8/15

TEEN STARTING POINT

Navigate middle school with confidence and class with the 3 R's - *respect, restraint & responsibility!* Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

Ages: 11-14 years

Dates: 4/21

Times: 1:00 pm - 5:00 pm

Site: Shelton Civic Center

Instructor: Final Touch Finishing School

Day: Saturday

Fee: \$45

Min/max: 8/15

BABYSITTER TRAINING COURSE

Course prepares young people for situations that may arise while caring for younger children; covers the many responsibilities and skills required of a safe babysitter, supervision and play with children of various ages, basic child care, basic first aid, safety precautions, accident prevention, and critical emergency action skills.

Ages: 12 years and older

Dates: 3/24

Day: Saturday

Times: 9:00 - 3:30pm

Fee: \$40

Site: Shelton Civic Center

Min/max: 5/10

Instructor: Red Cross

Pre-registration is required for all programs.

Shelton Winter Volleyball Series

Four Saturdays to refine and build volleyball skills and compete in tournament play. The first and third meeting dates will be focused on skills development and team play. The second and fourth meeting dates teams will play tournaments.

*Sign up as an individual and we will place you on a team or get five of your friends together to form a team.

Dates:	Times:
Feb. 25	9:00-11:00am
March 3	9:00am – 2:00pm
March 10	9:00am- 11:00am
March 17	9:00am – 2:00pm

Ages: Grades 6-9

Cost: \$35.00

Location: SHS Minidome



UPCOMING SUMMER PROGRAMS

Sports Camps:

Volleyball

Boys Basketball

Girls Basketball

Soccer

Tennis

Cheer leading

Art classes

Babysitter Training

FirstAid /CPR

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Hershey Track Meet

Thursday, June 2

Boys and girls ages 9-14 as of
December 31, 2012 are eligible

Registration 5:00-5:30pm

Meet starts 5:45pm

Highclimber Stadium

Top two finishers advance to state meet on 6/30/12



Other community recreation opportunities:

Mason County Youth Baseball & Fastpitch

Register online at www.mcyba.clubspaces.com

Registration deadline: March 1

Questions: Jessey Squire 490-9522

South Mason Youth Soccer Club

Fall, Spring, & Summer
youth leagues

432-0560

www.smysc.org

Adult Coed Pickleball

Wednesdays and Sundays 5:00-7:00pm at

Mason Transit Community Center

\$3.00 drop-in

Info: Darryl 426-8561

HIGHCLIMBER SPRING BREAK BASEBALL CAMP

This is a fun, skills orientated camp that will teach the basic fundamentals of the game and improve on current skills. Proper fielding, hitting, and throwing techniques will be stressed in games and drills. Bring your mitt and equipment.

Ages: 7-14

Days: Tue, Wed, Thur.

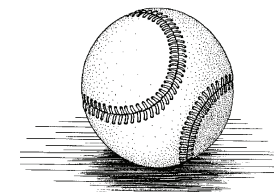
Dates: April. 3, 4 & 5

Times: 10:00am - 1:00pm

Fee: \$40.00

Site: SHS Baseball Field

Instructor: SHS Highclimber baseball team



Fabulous Abs

Tough workout! Using a small ball (provided) to isolate the lower back muscles so the you HAVE to use your abs. Focus is on strengthening your core, thereby helping balance and everyday life. 45 minute class. 6 weeks sessions.

Ages: Any
Dates: **Session 1:** 2/23–3/29 **Session 2:** 4/12-4/17
Day: Thursday
Times: 6:30 pm
Fee: \$55 per session
Site: Shelton Civic Center
Min/max: 5/12
Instructor: Lisa Renggli, CYT,RYT



Ultimate Stretch

Stretching all major muscles in the body through proper alignment. Very restorative and relaxing, but a definite workout. 45 minute class with 10 minute rest.

Ages: Any
Dates: **Session 1:** 2/23–3/29 **Session 2:** 4/12-4/17
Day: Thursday
Times: 1:00 pm
Fee: \$55 per session
Site: Shelton Civic Center
Min/max: 5/12
Instructor: Lisa Renggli, CYT,RYT



Power Yoga

We will gently & slowly flow from one pose to another, using our breath and holding poses. Relaxes the mind and strengthens the body. You will sweat! 45 minute class with 10 minute rest.

Ages: Any
Dates: **Session 1:** 2/23–3/29 **Session 2:** 4/12-4/17
Day: Thursday
Times: 5:30 pm
Fee: \$55 per session
Site: Shelton Civic Center
Min/max: 5/12
Instructor: Lisa Renggli, CYT,RYT



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: 2/21– 5/8
Times: 6:30pm - 7:30pm
Fee: \$80.00
Site: Shelton Civic Center
Min/max: 5/20



ADULT COED SOFTBALL

Team registrations are due by 5:00 pm
Friday, May 18.
Registration information, fees, and rules
will be available March 7.
Play begins June 11.
Need a team. Call to be place on extra
players list.

ADULT, CHILD, INFANT CPR & FIRST AID

Course covers first aid for choking, rescue breathing, and CPR for adults/children/infants, control of bleeding, and care for injuries, sudden illness and burns. Adult CPR valid for 2 years and First Aid for 3 years. To receive certification, students must successfully complete both written and skills exams. Meets OSHA and WISHA requirements.

Ages: all
Dates: 3/28 & 29
Times: 5:30pm - 9:30pm
Fee: \$45
Site: Shelton Civic Center
Min/max: 10/20

