

PICKLEBALL

Adult drop-in pickleball. Similar to tennis but indoors with smaller paddles and a plastic ball. Great fun and exercise.

Coed, all skill levels welcome. **Monday is for competitive play of 3.0 skill level and over. Tuesday through Thursday is open play to all skill levels.**

Days: Monday - Friday

Time: 9:00am - 11:00am

Dates: Ongoing

Fee: \$3.00 drop in

Site: Community Transit Center (MTA)

Field Day Event

Come join us for an afternoon of games, music and activities! Free to everyone. No registration required, all drop-in.

Date: Wednesday, July 10

Time: 12:00pm - 2:00pm

Location: Kneeland Park

Volleyball Skills Camp

Prepare now for the fall season. Camp is designed for both beginners and intermediate players. Most activities will be split by skill level. **Special attention focused on incoming 9th graders.** HS coaches will help you develop both individual and game skills through a mix of drills, games and competitions.

Registration Deadline: Tuesday, June 18

Days: June 20 & 21

Time: 9:00am - 12:00pm

Fee: \$45 includes t-shirt

Grades: 4-8 & incoming 9th

Site: SHS Mini Dome



GIRLS SOCCER CAMP

Prepare for the fall season. Camp is designed for both beginners and intermediate players. HS coaches will help you develop both individual and game skills through a mix of drills, games, and competitions.

Registration Deadline: Friday, June 21

Days: June 25, 26 & 27

Time: 5:00-7:00pm

Fee: \$45 includes t-shirt

Grades: 4-9th

Site: SHS Stadium

SHELTON PARKS AND RECREATION

IN COOPERATION WITH SHELTON
METROPOLITAN DISTRICT

SUMMER PROGRAMS 2024



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



Register Online Now!

<http://register.capturepoint.com/CityofShelton>

Kimudo



Instructor: Sean Carney
Site: Shelton Civic Center

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 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.

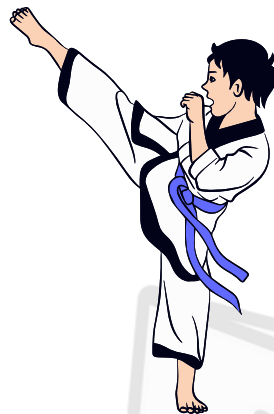
In addition to the core elements of Tae Kwon Do, Judo and Hapkido, Kimudo also includes techniques from Jujitsu, karate, boxing, wrestling, traditional weapons from Okinawa and the Philippines, and many other arts and styles. Kimudo is more than just an effective system of self defense; it is a martial art that encourages students to realize their own potential, both physically, mentally and spiritually.

Ages: 6 and older

Days/Times: Monday & Thursday
Black-belt/Advanced 5:00-5:50pm
Beginner/Intermediate 6:00-6:50pm
Intermediate/Advanced 7:00-7:50pm

Fees:

\$40 monthly 1st participant
\$10 each second session
\$30 monthly 2nd participant
\$25 monthly 3rd and more



Summer Yoga

Instructor: Michelle Pugh

Our 60 minute flow yoga class is open to beginning and experienced yogis! Increase balance, strength and flexibility. This weekly class offers modifications for all levels. Kids 12+ are welcome! We will accept drop-ins after 9 people have pre-registered for the full session.

Days: August 7 - 28 (Wednesday's)

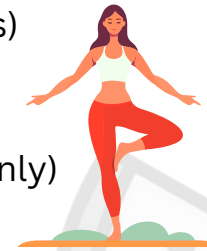
Time: 6:00-7:00pm

Fee: \$60 per person

\$15 drop in (cash or check only)

Site: Shelton Civic Center

Min: 9



Rent a Park Shelter or Ball Field

The Shelton Parks & Recreation Department maintains Loop Field, Kneeland Park, and Callanan Park. Some amenities they include are playgrounds, half basketball courts, bathrooms, shelters, and open space. They make great locations for family reunions, birthday parties, group gatherings, and community events.

Prices

Shelter - \$12.50/hour

Field - \$15.00/hour



Movies in the Park!

Location: Kneeland Park

Start Time: Between 9:00 - 9:15pm

Please come join us down at the park for another summer movies series! This year we will be hosting a Teen Night where we will show a PG-13 movie.

July 12 - Secret Life of Pets

July 19 - Super Mario Bros

July 26 - Sonic the Hedgehog

August 2 (Teen Night) - Guardians of the Galaxy

August 9 - Moana

August 16 - Remember the Titans

