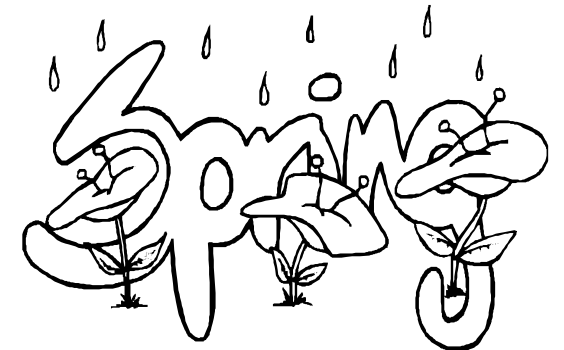


# CITY OF SHELTON PARKS AND RECREATION

IN COOPERATION WITH  
SHELTON METROPOLITAN PARK DISTRICT



## PROGRAMS 2018



Shelton Parks & Recreation  
Shelton Civic Center  
525 West Cota St  
Shelton, WA 98584  
360-432-5194  
www.ci.shelton.wa.us

**Pre-registration is required for all programs**

### 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.

<b>Dates:</b>	<b>Times:</b>
Tues & Thurs	8:00am - 10:00am
Saturday	9:00am - 11:00am
Mon & Wed	5:00pm - 7:00pm

**Dates:** Ongoing  
**Fee:** \$3.00  
**Site:** Transit Community Center  
No program - 1/18, 2/15



Shelton Parks and Recreation is now taking registrations for the upcoming adult (18 and over) basketball season. The league is limited to 12 teams.

Deadlines and important dates are as follows:

**REGISTRATION DEADLINE:**

5:00 PM Friday, February 23

**SCHEDULES/MANAGERS MEETING:**

6:00 PM, Wednesday March 7

**FEE:** \$625.00 per team

**PLAY BEGINS** March 13

### Zumba Gold

A dance and fitness exercise program that incorporates a cardio workout, balance, flexibility and muscle toning in a low to medium impact level. We use mostly Latin & international songs and rhythms, with a few top 40's tunes.

**Dates:** Ongoing starts Jan.10

**Days:** Wednesdays

**Times:** 5:30—6:30pm

**Fee:** \$5 drop-in per class

**Site:** Shelton Civic Center

### ADULT COED SOFTBALL

Team registrations are due by 5:00 pm Friday, May 18.  
Registration information, fees, and rules will be available March 9.  
Play begins June 11.  
Need a team? Call to be placed on extra players list.



### 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](http://www.breatherelaxbreathe.com) or phone Melode 360-229-0347

**Dates:** 2/6 - 5/29

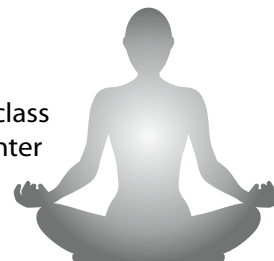
**Days:** Tuesdays

**Times:** 10:00-11:15 am

**Fee:** \$48 for 4 classes

\$15 drop-in per class

**Site:** Shelton Civic Center



### SHELTON PARKS AND RECREATION PROGRAM REGISTRATION FORM SPRING 2018

Participants name \_\_\_\_\_ Fee \_\_\_\_\_  
Program \_\_\_\_\_  
Parent/Guardian name \_\_\_\_\_  
Address \_\_\_\_\_  
Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_  
Email \_\_\_\_\_

**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 \_\_\_\_\_ TR# \_\_\_\_\_ CN# \_\_\_\_\_ INITIAL \_\_\_\_\_

Age/grade \_\_\_\_\_ School \_\_\_\_\_  
Circle one: Male Female

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

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



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Shelton, WA 98584  
(360) 432-5194

## Shelton Arts Commission's Empty Bowls

There are "Empty Bowls" throughout the world and it is possible to do something positive about stopping hunger! Create, play, and eat with friends and support your neighbors in need. You will be able to unleash your creative side by building a unique ceramic bowl to keep. All supplies provided by Shelton Arts Commission. Open to everyone, all ages welcome!



### EMPTY BOWLS DATES TO REMEMBER:

**March 7th 5-7pm** Create a bowl.

Come create bowls at the Shelton Civic Center.

**March 14th 5-7pm** Glaze your bowl. Come glaze (decorate) bowls at the Shelton Civic Center.

**March 21st 5-7pm** Soup & Bread at the Shelton Civic Center. Make a donation of ten dollars, for a bowl to keep and have soup and bread from one of the participating restaurants.

*Can't make all three don't worry.  
There will be extra bowls at each step.*

### 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

# 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 4:00-4:45pm

Soccer 1 4:45-5:30pm

Tot/Pre-Soccer 5:30-6:05pm

Mommy/Daddy & Me 6:15-6:45pm

**Day:** Wednesdays

**Dates:** Session 1 3/14 - 4/18

Session 2 5/2 - 6/6

**Location:** Kneeland Park

**Fee:** \$54

**Min/Max:** 5/20



## 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 6:00pm - 7:00pm - Beginners class

Thursdays 5:30pm - 6:30pm - Beginners &

Intermediate class

Thursdays 6:30pm - 7:30pm - Intermediate class

**Dates:** Classes are ongoing.

Behinners can be integrated into class at any time

**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 /15

### **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.

## 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 5:45 - 6:30pm*

### **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 8-12 Wed 6:30 - 7:45pm*

### **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 1/16, 2/20, 5/29*

**Fees:** Monthly  
Exploring Dance ages 4-5..... \$35.00  
Ballet Level II ..... \$42.00  
Exploring Dance ages 5-6..... \$35.00  
Contemporary ages 8+ ..... \$42.00  
Ballet IA ..... \$35.00  
Ballet IB ..... \$40.00

*Required attire: ballet shoes, tights, & leotards  
(Can be purchased through instructor)*

**Register online at: <http://KaleidoscopeDanceAndMovement.studiowareonline.com>  
or Shelton Parks and Recreation**