

TEEN ACTIVITIES

MMA - Mixed Martial Arts (For Teens)

Join us for the most effective styles of martial arts, infused with lessons on character development. Students 11 - 15 will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills. Students will focus on boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and defending take-downs) and "Mat Chat" (the personal development topic of the program).

Session I: Jan. 4 - Feb. 8 341311-01
Session II: Feb. 22 - Mar. 28 441411-01
Session III: Apr. 11 - May 16 441411-02
Day: Thursday
Time: 7:00 p.m. - 8:00 p.m.
Ages: 11 - 15 years
Instructor: Victory Family MMA
Location: Krueger Park Gym
Min/Max: 8/20
Fee: \$92 Resident, \$97 Non-Resident

Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress. **NOTE: It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity. Bring your mat and water bottle.**

Dates: Jan. 8 - Feb. 12 343320-02
Feb. 26 - Apr. 1 443420-01
Apr. 15 - May 20 443420-02
Day: Monday
Time: 6:30 p.m. - 7:30 p.m.
Ages: 16 years & up
Instructor: Pam Lawrence
Location: Krueger Park Activity Room A & B
Min/Max: 8/14
Fee: \$54 Resident, \$59 Non-Resident

Instructional Pickleball

Have you ever thought of trying to play Pickleball but not sure how to play? Well now is the time to learn the popular trend called Pickleball. It's a little like badminton, a little like tennis and a little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. We will instruct you on the rules and how to play the game.

Dates: Jan. 29 - Feb. 26 341340-02
March 11 - April 8 441440-02
Day: Monday
Time: 6:30 p.m. - 7:30 p.m.
Ages: 16 years & up
Location: Krueger Park Rec. Center
Min/Max: 8/16
Fee: \$45 Resident, \$50 Non-Resident