

TEEN YOUTH ACTIVITIES

MMA - Mixed Martial Arts

Students will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills – all while having fun! This is done through our structured monthly curriculum. Students will focus on Boxing, Kickboxing, Jujitsu and Wrestling technique each month, as well as two “Mat Chat’s” where we cover important lessons such as focus, confidence, and gratitude.

Dates:	Session I: January 9 - February 27	321308-02	Ages:	5-11 years
	Session II: March 13 - May 1	421408-01	Location:	Krueger Park Gym South
Day:	Thursday		Min/Max:	6/20
Time:	6:00 p.m. - 7:00 p.m.		Fee:	\$114 Resident, \$119 Non-Resident

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:	January 9 - February 27	341311-01
Session II:	March 13 - May 1	441411-01
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:	\$114 Resident, \$119 Non-Resident	

TEEN

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: January 9 - February 27 341311-01
Session II: March 13 - May 1 441411-01
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: \$114 Resident, \$119 Non-Resident

Indoor Pickleball Open Gym 441440-01

Join this really fun and popular game! 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. Please bring your own paddles and balls, if you have them. **No Class March 10**

Dates: January 6 - April 28
Ages: 21 & Older
Day: Monday
Location: Krueger Park Gym
Time: 7:30 p.m. - 9:00 p.m.
Min/Max: 8/20
Fee: \$5 Resident, \$7 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: January 6 - February 24 343320-02
March 17 - May 5 443420-01
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: \$72 Resident, \$77 Non-Resident

Wednesday Night Hoops

741775-02

Play basketball with your friends or just come out to shoot around. No spectators. Anyone not following the rules will be asked to leave with no refund or being suspended from the program. Every player must show a picture ID with name address, and age listed. **NOTE: Pay at the door each night.**

Dates: March 12 - April 30
Day: Wednesday
Time: 7:30 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Gym
Min/Max: 8/20
Fee: \$6 Resident, \$8 Non-Resident (each day)
Cash Only!

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. **No Class March 10**

Dates: January 13 - February 10 341340-02
February 24 - March 31 441440-02
Day: Monday
Time: 6:30 p.m. - 7:30 p.m.
Ages: 16 years & up
Location: Krueger Park Gym
Min/Max: 8/16
Fee: \$47 Resident, \$52 Non-Resident



Volleyball Tournament (Teens) 431402-01

Come and play in our one-day teen volleyball tournament. You can sign up your team (6 players) or sign up individually to be assigned a team to play on. Each player on the winning team will receive a prize. **NOTE: Refreshments will be given to all the players.**

Day & Date: Thursday, March 6
Time: 5:30 p.m. - 8:30 p.m.
Ages: 13 - 17
Location: Krueger Park Gym
Min/Max: 6/8 teams
Fee: \$30 (per team)
\$6 (per individual)