Cello International Tennis Academy

Sign up now for tennis lessons taught by head professional Michael Kwong. He is a Level 2 Advanced Coach from Tennis Coaches Australia (TCA) and was the Division 1 team captain and No 1 player for Sydney University. For the last 10 years Michael has taught in Hong Kong where he was ranked in the top 10 for singles and was a two time Hong Kong National Doubles runner up. Michael has a passion for teaching tennis to players of all levels and specialized in developing junior players into successful high school and college team players. Contact Michael at michaelkwong77@gmail.com or call (530) 377-6102.

Free Beginning Tennis Clinics

These free clinics are designed to give the participants a fun introduction to tennis and the confidence to continue on in the more extensive weekday programs. Note: Classes may be broken into groups based on the age of the players.

Saturdays: Youth (5-15 years) 1:00-2:00 p.m. • Adult (16 years/up) 2:00-3:00 p.m.

Quick Start Tennis

The Quick Start Program for kids incorporates foam and pressure-less balls, uses smaller courts and lower nets allowing young players to have a fun and positive experience learning to play tennis right from the start and at a younger age. *No class 4/14-18.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Quick Start Mar	Tu/Th	3/4-3/27	8	3:30-4:30 p.m.	City Park	5-10	$72	$87	4332
Quick Start Apr*	Tu/Th	4/1-5/1	8	3:30-4:30 p.m.	City Park	5-10	$72	$87	4344
Quick Start May	Tu/Th	5/6-5/29	8	3:30-4:30 p.m.	City Park	5-10	$72	$87	4356
Quick Start Jun	Tu/Th	6/3-6/12	4	3:30-4:30 p.m.	City Park	5-10	$36	$44	4368
Quick Start Aug	Tu/Th	8/19-9/11	8	3:30-4:30 p.m.	City Park	5-10	$72	$87	4386

Youth Beginner/Intermediate Tennis

This class provides a review of the basics as well as an introduction to scoring and match play. Players who have some tennis experience and or who have taken the "free weekend beginners clinics" and have been okayed by that instructor to progress should apply. For the intermediate program students must be able to rally with other students before entering this class. The objective of these classed it to get the players skills to the point where they can play a full court match in both singles and doubles and ultimately move into the Academy program. Note: Players younger can attend with instructor approval. *No class 4/14-18.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Beg/Int Tennis Mar	M/W	3/3-3/26	8	3:30-4:30 p.m.	City Park	10-18	$72	$87	4328
Beg/Int Tennis Apr*	M/W	3/31-4/30	8	3:30-4:30 p.m.	City Park	10-18	$72	$87	4340
Beg/Int Tennis May	M/W	5/5-5/28	8	3:30-4:30 p.m.	City Park	10-18	$72	$87	4352
Beg/Int Tennis Jun	M/W	6/2-6/11	4	3:30-4:30 p.m.	City Park	10-18	$36	$44	4364
Beg/Int Tennis Aug	M/W	8/18-9/10	8	3:30-4:30 p.m.	City Park	10-18	$72	$87	4382

Adult Beginner Tennis

This class is designed for graduates of the "free weekend beginning clinics." Workouts cover ground strokes, volleys, overheads and serving drills. A great class for those wanting to move and hit lots of tennis balls. *No class 4/14-18.

CLASS	DAY	TIME	DATES	#	LOC	AGE	RESIDENT	NON-RES	CODE
Adult Beg Tennis Mar	M	10:00-11:00 a.m.	3/3-3/26	8	City Park	16/up	$72	$87	4327
	Th	5:30-6:30 p.m.							
Adult Beg Tennis Apr*	M	10:00-11:00 a.m.	3/31-4/30	8	City Park	16/up	$72	$87	4339
	Th	5:30-6:30 p.m.							
Adult Beg Tennis May	M	10:00-11:00 a.m.	5/5-5/28	8	City Park	16/up	$72	$87	4351
	Th	5:30-6:30 p.m.							
Adult Beg Tennis Jun	M	10:00-11:00 a.m.	6/2-6/11	4	City Park	16/up	$36	$44	4363
	Th	5:30-6:30 p.m.							
Adult Beg Tennis Aug	M	10:00-11:00 a.m.	8/18-9/10	8	City Park	16/up	$72	$87	4381
	Th	5:30-6:30 p.m.							

Adult Intermediate/Advanced Tennis

This class is designed for graduates of the "free weekend beginning clinics" or players with some limited playing time. The objective of the class is to get the players skill level to the point that they can rally, serve, keep score and play a match of both singles and doubles. *No class 4/14-18.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Adult Int/Adv Mar	M/Tu	3/3-3/25	8	6:30-7:30 p.m.	City Park	16/up	$72	$87	4330
Adult Int/Adv Apr*	M/Tu	3/31-4/29	8	6:30-7:30 p.m.	City Park	16/up	$72	$87	4342
Adult Int/Adv May	M/Tu	5/5-5/27	8	6:30-7:30 p.m.	City Park	16/up	$72	$87	4354
Adult Int/Adv Jun	M/Tu	6/2-6/10	4	6:30-7:30 p.m.	City Park	16/up	$36	$44	4366
Adult Int/Adv Aug	M/Tu	8/18-9/9	8	6:30-7:30 p.m.	City Park	16/up	$72	$87	4384

Adult Morning Doubles Tennis

Morning doubles classes are designed for players (women or men) who currently, or have in the past, played on league teams or are regular recreational competitive players. The class will focus on doubles strategies and tactics with an emphasis on live ball drills and play. *No class 4/14-18.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Doubles Mar	M/W	3/3-3/26	8	9:00-10:00 a.m.	City Park	16/up	$72	$87	4326
Doubles Mar	Tu/Th	3/4-3/27	8	9:00-10:00 a.m.	City Park	16/up	$72	$87	4331
Doubles Apr*	M/W	3/31-4/30	8	9:00-10:00 a.m.	City Park	16/up	$72	$87	4338
Doubles Apr*	Tu/Th	4/1-5/1	8	9:00-10:00 a.m.	City Park	16/up	$72	$87	4343
Doubles May	M/W	5/5-5/28	8	9:00-10:00 a.m.	City Park	16/up	$72	$87	4350
Doubles May	Tu/Th	5/6-5/29	8	9:00-10:00 a.m.	City Park	6/up	$72	$87	4355
Doubles Jun	M/W	6/2-6/11	4	9:00-10:00 a.m.	City Park	16/up	$36	$44	4362
Doubles Jun	Tu/Th	6/3-6/12	4	9:00-10:00 a.m.	City Park	16/up	$36	$44	4367
Doubles Aug	M/W	8/18-9/10	8	9:00-10:00 a.m.	City Park	16/up	$72	$87	4380
Doubles Aug	Tu/Th	8/19-9/11	8	9:00-10:00 a.m.	City Park	16/up	$72	$87	4385

Summer Tennis Camp

These camps are for 5-18 year olds of all skill levels. Sessions may be broken up into age groups. Tennis drills, games, and fun!

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Tennis Camp	M-Th	6/16-6/19	4	9:00a.m.-12:00p.m.	City Park	5-18	$96	$116	4372
Tennis Camp	M-Th	6/23-6/26	4	9:00a.m.-12:00p.m.	City Park	5-18	$96	$116	4373
Tennis Camp	M-Th	7/14-7/17	4	9:00a.m.-12:00p.m.	City Park	5-18	$96	$116	4374
Tennis Camp	M-Th	7/21-7/24	4	9:00a.m.-12:00p.m.	City Park	5-18	$96	$116	4375
Tennis Camp	M-Th	7/28-7/31	4	9:00a.m.-12:00p.m.	City Park	5-18	$96	$116	4376
Tennis Camp	M-Th	8/11-8/14	4	9:00a.m.-12:00p.m.	City Park	5-18	$96	$116	4377

Private Tennis Lessons

Private Lessons are available for individuals or groups. Private lesson or semi private (2 to 4 players) lessons with Head Professional Michael Kwong can be booked by calling (530) 377-6102. **Flexible days/times, all ages. $30 per half-hour / $50 per hour**

National Academy of Athletics

The National Academy of Athletics prides itself on providing camps that are not ordinary, they are extraordinary! If your child likes sports, they will love these camps and clinics. The experienced, positive, and passionate staff coaches will help them become a better, more inspired athlete. And they'll have a great time gaining new skills and making new friends. Please register in advance.

Spring Break Hit & Run Baseball/Softball Camp

The HIT & RUN Baseball/Softball camps offered by the National Academy of Athletics offer beginner to intermediate players the opportunity to build a solid foundation in both Baseball and Softball. Individual instruction is given in both sports, by college level players. Campers love these programs because each day is filled with fundamental skill progression drills, easy to understand instruction, as well as games & competition. Boys & Girls receive positive reinforcement throughout the day, to help build their confidence. This is a great place to develop players' individual skills in a fun and positive environment. The staff uses positive reinforcement to help motivate the campers. If you like baseball or softball you will love these camps!

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
NAA Hit & Run	M-F	4/21-4/25	5	9:00 a.m.-3:00 p.m.	Sports Park	7-12	$182	$219	4303

All Sorts of Sports Camps

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This camp will help to build your child's motor control, hand-eye coordination, agility and many other sports related skills. Your child will have a blast playing games with the other children including: T-ball, basketball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more. This camp will feature different activities so that by the end of the week your child will be familiar with a variety of athletic activities!

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
NAA All Sports Jun	M-F	6/16-6/20	5	9:00 a.m.-3:00 p.m.	Sports Park	7-12	$182	$219	4304
NAA All Sports Jul	M-F	7/21-7/25	5	9:00 a.m.-3:00 p.m.	Sports Park	7-12	$182	$219	4308

In the Net Soccer Camp

The National Academy of Athletics soccer camps offer beginner to intermediate players the opportunity to build a solid soccer foundation. On the field each day players will improve their individual skills and tactical awareness. Each day is filled with fundamental skill progression drills, easy to understand instruction, as well as games & competition. Not only are group drills stressed, but also much time is spent on individual work. Our soccer camps feature hand selected coaching staffs made up of experienced coaches and players. Campers receive positive reinforcement throughout the day, to help build their confidence. This is a great place to develop their individual soccer skills in a fun and positive environment.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
NAA In the Net	M-F	6/23-6/27	5	9:00 a.m.-3:00 p.m.	Sports Park	7-12	$182	$219	4305

Air Attack Flag Football Camp

Ready to play some football? This camp is packed with fun. Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game. Our non-contact, camps are the perfect introduction to football. Emphasis will be on proper conditioning and warm-ups, footwork drills, agility, passing, receiving, and game strategies. Feel good sending your kids to a football camp that's in a fun and safe environment with a motivating and positive coaching staff.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
NAA Air Attack Jul	M-F	7/14-7/18	5	9:00 a.m.-3:00 p.m.	Sports Park	7-12	$182	$219	4306
NAA Air Attack Aug	M-F	8/4-8/8	5	9:00 a.m.-3:00 p.m.	Sports Park	7-12	$182	$219	4310

High Spirit Cheer Camp

Our HIGH SPIRIT Cheerleading camp is designed to help participants learn the individual skills to prepare for the upcoming football- cheerleading season. This cheerleading program packs a ton of cheer fundamentals within 10 hours of instruction, as well as simple fun routines and lessons! The staff guides participants through the process of improving their individual skills, while developing their confidence and understanding of basic cheer concepts and skills. The skills covered during this camp will include hand, arm, and leg motions, basic formations and lines combined with a few general chants for rhythm and timing. By the end of the week the participants will have had a lot of fun and become familiar with the basics of cheerleading. These Cheer Camps are great for kids ages 6-8 and 9-12. Campers are grouped by age and ability to learn appropriate drills, skills, and techniques.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
NAA High Spirit	M-F	7/14-7/18	5	9:00 a.m.-3:00 p.m.	Sports Park	6-12	$182	$219	4307

Hoop It Up Basketball Camp

If you like basketball then you will love our HOOP IT UP Camps! This program is designed to make you a better basketball player. Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game. Come work on the core fundamentals of your game: footwork, passing, ball-handling and defense. Participants will enjoy fun challenges, games and daily competitions in a positive and energetic environment.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
NAA Hoop it Up	M-F	7/28-8/1	5	9:00 a.m.-3:00 p.m.	Woodland CSC	7-12	$182	$219	4309

Fundamental Field Hockey Camp

Developed from and based on the fundamental program offered by USA Field Hockey, our introductory program is great for beginners and intermediate players who want to work on their fundamental skill sets. This program will prepare you to participate in league and school play without the stress of having to perform and compete. It's all about the FUN! We teach the fundamentals around proper grip and posture, ball control, receiving and trapping, passing and tackling. Come out and join our experienced staff as we introduce you to the great game of Field Hockey.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
NAA Field Hockey	M-F	8/11-8/15	5	9:00 a.m.-3:00 p.m.	Sports Park	7-12	$182	$219	4311

Just 4 Kicks Soccer Camps

Just 4 Kicks focuses on a particular aspect of the game of soccer utilizing specifically designed activities. A typical session will include a warm-up, topic introduction, demonstrations, activities to learn and practice skills, recreational games to provide an environment simulating a soccer match, and finally an actual soccer match. Each activity varies according to age and ability and is structured to provide every child the opportunity to express themselves and grow at their own rate. The emphasis is on learning and having fun, not winning. Please register at least one week in advance. Class meets at Jack Slaven Park at the corner of Ortiz & Camacho ("area 4"). *No class 4/22. Visit www.j4ksoccer.com for more info. Weeklong summer camp includes Soccer ball and camp shirt.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
J4K PreK Soccer*	Tu	3/25-5/20	8	5:40-6:20 p.m.	Slaven	3.5-4	$87	$105	4421
J4K Kinder Soccer*	Tu	3/25-5/20	8	5:40-6:20 p.m.	Slaven	4-5	$87	$105	4422
J4K K-1 Soccer*	Tu	3/25-5/20	8	4:50-5:40 p.m.	Slaven	5-6	$87	$105	4423
Summer Camp	M-F	7/7-7/11	5	9:00a.m.-12:00p.m.	Slaven	6-8	$128	$154	4424
Summer Camp	M-F	7/7-7/11	5	9:00a.m.-12:00p.m.	Slaven	9-12	$128	$154	4425
J4K PreK Soccer	Tu	7/15-8/5	4	6:50p-7:30 p.m.	Slaven	3.5-4	$47	$57	4426
J4K Kinder Soccer	Tu	7/15-8/5	4	6:50p-7:30 p.m.	Slaven	4-5	$47	$57	4427
J4K K-1 Soccer	Tu	7/15-8/5	4	7:30-8:20 p.m.	Slaven	5-6	$47	$57	4428

Karate

This class is an ongoing month to month class. Great fun and exercise! Visit class and see for yourself. Our instructor is Check Mok. Please register in advance, signups after first class of the month go up $5. *No class 4/21-25, 8/14.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Karate Mar	Tu/Th	3/4-3/27	8	7:30-8:45 p.m.	Lee MS Wrestling	8/up	$25	$30	4185
Karate Apr*	Tu/Th	4/1-4/29	7	7:30-8:45 p.m.	Lee MS Wrestling	8/up	$25	$30	4186
Karate May	Tu/Th	5/1-5/29	9	7:30-8:45 p.m.	Lee MS Wrestling	8/up	$25	$30	4187
Karate Jun	Tu/Th	6/3-6/26	8	7:30-8:45 p.m.	Lee MS Wrestling	8/up	$25	$30	4188
Karate Jul	Tu/Th	7/1-7/31	10	7:30-8:45 p.m.	Lee MS Wrestling	8/up	$25	$30	4189
Karate Aug*	Tu/Th	8/5-8/29	7	7:30-8:45 p.m.	Lee MS Wrestling	8/up	$25	$30	4190

Beginning Jujitsu Martial Arts

Classes are designed for both men and women. Come learn in a friendly and family-oriented setting. Self-defense and personal safety are keystones of the curriculum. Jujitsu is a Japanese martial art and includes techniques of joint locking, throwing, and grappling. Danzan Ryu is a unique style of jujitsu that blends Japanese and Hawaiian influences. Our instructors are nationally certified black belts. Head instructor: Katie Murphy Stevens. Please register in advance.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Jujitsu Mar	Th	3/6-3/27	4	6:30-8:30 p.m.	Makoto Kai Dojo	15/up	$35	$42	4179
Jujitsu Apr	Th	4/3-4/24	4	6:30-8:30 p.m.	Makoto Kai Dojo	15/up	$35	$42	4180
Jujitsu May	Th	5/1-5/29	5	6:30-8:30 p.m.	Makoto Kai Dojo	15/up	$35	$42	4181
Jujitsu Jun	Th	6/5-6/26	4	6:30-8:30 p.m.	Makoto Kai Dojo	15/up	$35	$42	4182
Jujitsu Jul	Th	7/3-7/31	5	6:30-8:30 p.m.	Makoto Kai Dojo	15/up	$35	$42	4183
Jujitsu Aug	Th	8/7-8/28	4	6:30-8:30 p.m.	Makoto Kai Dojo	15/up	$35	$42	4184

Martial T'ai Chi Ch'uan Kung Fu

Traditional physical conditioning and fundamentals of internal martial skill development are the focus of this class in the world renowned Yangshi style Taijiquan Gongfu (T'ai Chi Ch'uan Kung Fu). In the second half of each class students learn T'ui-Shou "Pushing Hands" martial play two-person forms and competitive free-play, and a San Shou "Freed-Hands" 24-doubles-Forms set. Learn focus, discipline, how to pay attention, be grounded and centered. Get in serious great shape and have martial play fun; this activity is great cross-training for many other sports. This is an ongoing class; new students are welcome to join the class at any time.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Martial T'ai Chi March	M	3/3-3/31	5	4:15-6:00 p.m.	Woodland CSC	12/up	$50	$60	4390
Martial T'ai Chi April	M	4/7-4/28	4	4:15-6:00 p.m.	Woodland CSC	12/up	$40	$48	4391
Martial T'ai Chi May	M	5/5-5/19	3	4:15-6:00 p.m.	Woodland CSC	12/up	$30	$36	4392
Martial T'ai Chi June	M	6/2-6/30	5	4:15-6:00 p.m.	Woodland CSC	12/up	$50	$60	4393
Martial T'ai Chi July	M	7/7-7/28	4	4:15-6:00 p.m.	Woodland CSC	12/up	$40	$48	4394
Martial T'ai Chi August	M	8/4-8/25	4	4:15-6:00 p.m.	Woodland CSC	12/up	$40	$48	4395

Woodland Boxing Club

The gym is equipped with a standard 20' amateur boxing ring, 5 heavy punching bags, 3 timing bags, and 3 speed bags. Boxing hand wraps are recommended before participants begin their workout. They can be purchased at the Community Services office for $5. This is an ongoing monthly class. Come a few days a week or come every day! Please register in advance.

CLASS	DAY	TIME	LOC	AGE	RESIDENT	NON-RES
Youth Competition	M-F	7:30-9:30 p.m.	Yolano Rec Ctr.	10-17	$11	$14
Youth Non-Competition	M-F	7:30-9:30 p.m.	Yolano Rec Ctr.	10-17	$9	$11
Adult Competition	M-F	7:30-9:30 p.m.	Yolano Rec Ctr.	18/up	$22	$27
Adult Non-Competition	M-F	7:30-9:30 p.m.	Yolano Rec Ctr.	18/up	$20	$24

Fencing Club

Learn the art and sport of fencing from Dave Leveque and Simon Pitfield of the Davis Fencing Academy. This is an ongoing monthly program. Please stop by the Community Services office to register. Equipment will be provided.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Fencing Mar	W	3/5-3/26	4	6:00-7:30 p.m.	Woodland CSC	10/up	$38	$46	4159
Fencing Apr	W	4/9-4/30	4	6:00-7:30 p.m.	Woodland CSC	10/up	$38	$46	4160
Fencing May	W	5/7-5/28	4	6:00-7:30 p.m.	Woodland CSC	10/up	$38	$46	4161
Fencing Jun	W	6/4-6/25	4	6:00-7:30 p.m.	Woodland CSC	10/up	$38	$46	4162
Fencing Jul	W	7/9-7/30	4	6:00-7:30 p.m.	Woodland CSC	10/up	$38	$46	4163
Fencing Aug	W	8/6-8/27	4	6:00-7:30 p.m.	Woodland CSC	10/up	$38	$46	4164

Everyday Yoga

Hatha yoga practices for overall health and to deal with stress, anxiety, and certain ailments such as diabetes, arthritis, high blood pressure, etc. This course will combine yoga and strength training for overall health and wellness. Yoga lessons will include basic yoga postures suitable for everybody, and pranayama (breathing technique). Strength training will be fore bone health and muscle retention for any level (beginner to advanced). Please register in advance and bring a yoga mat for lessons. *No class 4/21 or 5/26.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Everyday Yoga Mar	M	3/3-3/31	5	9:00-10:00 a.m.	Woodland CSC	18/up	$25	$30	4153
Everyday Yoga Apr*	M	4/7-4/28	3	9:00-10:00 a.m.	Woodland CSC	18/up	$15	$18	4154
Everyday Yoga May*	M	5/5-5/19	3	9:00-10:00 a.m.	Woodland CSC	18/up	$15	$18	4155
Everyday Yoga Jun	M	6/2-6/30	5	9:00-10:00 a.m.	Woodland CSC	18/up	$25	$30	4156
Everyday Yoga Jul	M	7/7-7/28	4	9:00-10:00 a.m.	Woodland CSC	18/up	$20	$24	4157
Everyday Yoga Aug	M	8/4-8/25	4	9:00-10:00 a.m.	Woodland CSC	18/up	$20	$24	4158

T'ai Chi

Tai Chi: the Chinese art of *internal* power generation! This beginning class focuses on learning the T'ai Chi fundamentals of relaxation, vertical alignment, and root – the main ingredients for *internal* strength. We learn the 37-posture short form and basic drills derived from it. Experienced martial artists are encouraged to take the class as are those with no experience at all. The martial art aspect of T'ai Chi is emphasized in order to fully achieve its many health and strength benefits. Drop-ins are available at $10 per class. Sign up for monthly Monday and Wednesday classes together and receive a 20% discount. *No class 5/26.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
T'ai Chi Mar	M	3/3-3/31	5	8:45-9:45 a.m.	Woodland CSC	18/up	$50	$60	4297
T'ai Chi Mar	W	3/5-3/26	4	8:45-9:45 a.m.	Woodland CSC	18/up	$40	$48	4398
T'ai Chi Apr	M	4/7-4/28	4	8:45-9:45 a.m.	Woodland CSC	18/up	$40	$48	4298
T'ai Chi Apr	W	4/2-4/30	5	8:45-9:45 a.m.	Woodland CSC	18/up	$50	$60	4399
T'ai Chi May*	M	5/5-5/19	3	8:45-9:45 a.m.	Woodland CSC	18/up	$30	$36	4299
T'ai Chi May	W	5/7-5/28	4	8:45-9:45 a.m.	Woodland CSC	18/up	$40	$48	4400
T'ai Chi Jun	M	6/2-6/30	5	8:45-9:45 a.m.	Woodland CSC	18/up	$50	$60	4300
T'ai Chi Jun	W	6/4-6/25	4	8:45-9:45 a.m.	Woodland CSC	18/up	$40	$48	4401
T'ai Chi Jul	M	7/7-7/28	4	8:45-9:45 a.m.	Woodland CSC	18/up	$40	$48	4301
T'ai Chi Jul	W	7/2-7/30	5	8:45-9:45 a.m.	Woodland CSC	18/up	$50	$60	4402
T'ai Chi Aug	M	8/4-8/25	4	8:45-9:45 a.m.	Woodland CSC	18/up	$40	$48	4302
T'ai Chi Aug	W	8/6-8/27	4	8:45-9:45 a.m.	Woodland CSC	18/up	$40	$48	4403

Fitness for All

Get your heart and body in shape the old school style. We use the proven method to increase muscular strength, muscular endurance, flexibility, aerobic capacity and lower body fat composition. This class is led by Jon Adams, an instructor with over 25 years of experience teaching athletes and other adults from all ranges of ages and backgrounds. Students need to bring a mat, towel, and water. Summer classes TBA.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Fitness For All Apr	M/W	4/28-6/11	14	6:00-7:30p.m.	Lee MS Wrestling	18/up	$40	$48	4396

Zumba® Gold

For the active senior; this class fuses together Latin-inspired music and fun dance fitness movements. Zumba is more like a dance party than a workout and leaves people feeling fit and happy! Class taught by Mallory Gorenzel. Please register in advance.

CLASS	DAY	DATES	#	TIME	LOC	AGE	RESIDENT	NON-RES	CODE
Zumba Gold Mar	F	3/7-3/28	4	8:45a-9:30a	Woodland CSC	50/up	$25	$30	4229
Zumba Gold Apr	F	4/4-4/25	4	8:45a-9:30a	Woodland CSC	50/up	$25	$30	4230
Zumba Gold May	F	5/2-5/23	4	8:45a-9:30a	Woodland CSC	50/up	$25	$30	4231
Zumba Gold Jun	F	6/6-6/27	4	8:45a-9:30a	Woodland CSC	50/up	$25	$30	4232
Zumba Gold Jul	F	7/11-8/1	4	8:45a-9:30a	Woodland CSC	50/up	$25	$30	4233
Zumba Gold Aug	F	8/8-8/29	4	8:45a-9:30a	Woodland CSC	50/up	$25	$30	4234

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