

PICKLEBALL

Adult drop-in pickleball. Similar to tennis but indoors with wood paddles and plastic ball. Great fun and exercise. Coed, all skill levels welcome.

Days: Tues/Thurs
Wed
Times: 9:00am-11:00am
6:00pm-8:00pm
Dates: Ongoing
Fee: \$3.00 drop in
Site: Community Transit Center

Youth 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 360-432-5106 to inquire or speak with the Recreation Coordinator in person at the Shelton Civic Center.

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 the Shelton Arts Commission. Open to everyone, all ages welcome. Masks are required at entry!

EMPTY BOWLS DATES TO REMEMBER:

March 2nd 5-7pm *Create a bowl*
Come create bowls at the Shelton Civic Center
March 9th 5-7pm *Glaze your bowl*
Come glaze (decorate) bowls at the Shelton Civic Center
March 16th 5-7pm *Soup & Bread at the Shelton Civic Center*
Make a donation of \$10, for a bowl to keep and have soup and bread from one of the participating restaurants.



Can't make all three dates don't worry, there will be some extra bowls at each step.



Women's 4v4 Volleyball League

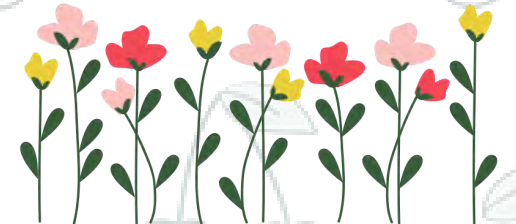
Shelton Parks and Rec is now taking registration for (16 and over) women's volleyball season. The league is limited to 12 teams. Games are played on Mon & Wed nights. Deadlines and important dates are as followed:

Registration Deadline: Friday, March 4 by 5pm
Manager Meeting: Tuesday, March 15 at 5:30pm
Fee: \$350 per team
Play Begins: March 21
Location: OBJH Gym



SHELTON PARKS AND RECREATION

IN COOPERATION WITH
SHELTON METROPOLITAN
DISTRICT
**SPRING PROGRAMS
2022**



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



**REGISTER
ONLINE NOW!!**



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

Black-belt/Advanced: 5:00-5:50pm

Beginner/Intermediate: 6:00-6:50pm

Intermediate/Advanced: 7:00-7:50pm

**** Thursday only for 2nd classes**

Dates: Ongoing

Fee:

\$40 monthly 1st participant

\$10 each second session

\$30 monthly 2nd participant

\$25 monthly 3rd and more

Min/Max: 7/15



All Levels Yoga Instructor: Michelle Pugh



Our 60 minute flow yoga class is open to beginning and experienced yogis! Increase balance, strength, flexibility and wake up relaxation in this weekly class with modifications offered for all levels. Kids 12+ are welcome! Please bring a yoga mat and a bottle of water for added comfort. Space the yoga mats 6ft apart upon arrival and sign in on the sign in sheet.

Session 1

9 classes: Feb. 2 - March 30 (Wednesday)

Time: 6-7pm

Fee: \$135 per person

Session 2

7 classes: April 13 - May 25 (Wednesday)

Time: 6-7pm

Fee: \$105 per person

Location: Shelton Civic Center

Min: 7

Adult 3v3 Basketball League

Now taking registration for the upcoming 3v3 (18+) basketball season. All games are self officiated. Games are played on Tuesday night's. The league is limited to 12 teams.

Registration Deadline: Friday, March 4 by 5pm

Manager Meeting: Tuesday, March 15 at 6pm

Fee: \$300 per team

Play Begins: March 22



ADULT COED SOFTBALL

Registration is open! Games are played Monday-Thursday nights. Get a team and sign up! If you're looking to be added to the extra players list please contact the Recreation department. We are also looking for anyway who may be interested in a seniors league. If so, please contact the Recreation department.

Registration Deadline: Friday, May 27 by 5pm

Manager Meeting: Thursday, June 6 at 5:30pm

Fee: \$600 per team

Play Begins: June 6

