

# SPORTS AND FITNESS



## FOSTER FLOOR HOCKEY INDIVIDUAL SIGN-UP (Ages 7-10)

We are in search of individual players (not established teams) who want to play for Foster Community Center in the upcoming Lansing Parks & Recreation floor hockey leagues. Teams are sponsored by the Foster Advisory Board. Number of teams and age divisions will depend on available coaches and number of players interested. Floor Hockey: Ages 7-10. Player fee of \$20 includes t-shirt, practices, league play, tournament and awards! Registration will begin Monday, October 5th in the Main Office of Foster Community Center. (Please make checks/money orders payable to Foster Advisory Board.)

## TINY TUMBLERS FOR 2'S (Age 2)

This is a great introductory class for your terrific two year old! Your child will be introduced to a tumbling mat and then will learn the basics of tumbling including jumping, rolling, and form. Parent participation is required to help child stay focused on activity. Instructor: Stretch-n-Grow.

Activity #113150A	\$36/Res; \$41/Non-Res	
10/12-11/16 Mon	5-5:30 pm	Gier

## TINY TUMBLERS I (Ages 3-5)

Your preschooler will learn the basics of tumbling, in addition to learning how to do forward rolls, jumps, head stands and more, your child will learn the importance of exercising by moving to child-friendly music. Instructor: Stretch-n-Grow.

Activity #113151A	\$36/Res; \$41/Non-Res	
10/12-11/16 Mon	5:45-6:15 pm	Gier

## TINY TUMBLERS II (Ages 3-5)

This class will begin with a quick review of the movements covered in our Tiny Tumblers I class and then will move on to new and exciting material your child is sure to enjoy. Pre-requisite: Tiny Tumblers I or other similar class. Instructor: Stretch-n-Grow.

Activity #113153A	\$36/Res; \$41/Non-Res	
10/12-12/16 Mon	6:30-7 pm	Gier

## **NEW!** JUST ABOVE THE GROUND - INDOOR ROCK CLIMBING (Ages 4 - 12)

These unique classes are designed for to introduce the basics of rock climbing on our indoor climbing wall. Participants will learn belaying, knots, commands and safety. Enjoy the challenge while getting fit. All equipment is provided.

Activity# 113051A (Ages 4-6)	\$15/Res; \$20 Non-Res	
10/17-10/31 Sat	10-10:45 am	Gier

Activity# 113052A (Ages 7-9)	\$15/Res; \$20 Non-Res	
10/17-10/31 Sat	10-11:00 am	Gier

Activity# 113053A (Ages 10-12)	\$15/Res; \$20 Non-Res	
10/17-10/31 Sat	11:30 am -12:30 am	Gier

## **NEW!** OPEN CLIMBING

Adults who are interested in climbing our wall are required to sign a waiver form and must know how to belay. Experienced climbers only. All participants must pass a competency test. Call 483-4313 to reserve time. \$5 per hour. Begins November 2.

## **NEW!** CLIMBING WALL BIRTHDAY PARTY (Ages 6-17)

Give your child a party to remember with a climbing wall adventure. The 2 hour party will include rock climbing, game room fun and gym time. Parents provide party favors and food. Two experienced staff will accompany your party. The cost is \$65.00 for 10 participants, \$2.00 each additional youth. For more information call 483-4313.

## BASKETBALL UNIVERSITY (Grades 1st-4th)

Established in 2006 our mission is to assist Community Youth Basketball Organizations by providing a broad range of basketball experiences for player development. The concentration of our training center is on 5 components of Productive Basketball Skill Training-(ASQ); Speed, Agility, Quickness Training-Instinctive Play-Mental Preparation-Physical Conditioning. Our goal is to enable players at various levels, to perform with greater confidence and effectiveness, by arming them with advance knowledge of fundamentals and instructional training. Drop-in fee \$10.

Activity #114290A (1st & 2nd Grade)	\$35/Res; \$40/Non-Res	
9/18-10/9 Fri	6-7 pm	Letts

Activity #114290B (3rd-5th Grade)	\$35/Res; \$40/Non-Res	
9/18-10/9 Fri	7-8 pm	Letts

Activity #114290C (1st & 2nd Grade)	\$35/Res; \$40/Non-Res	
10/23-11/13 Fri	6-7 pm	Letts

Activity #114290D (3rd & 4th Grade)	\$35/Res; \$40/Non-Res	
10/23-11/13 Fri	7-8 pm	Letts

## **NEW!** PINT SIZE NIA (Ages 5-8)

NIA is an exciting opportunity for your child to experience the joy of movement through creative expression and music. We will play with guided and non-guided movements and expressions. Children are welcome and encouraged to participate in a way that feels comfortable to them.

Activity #150300D	\$28/Res; \$33/Non-Res	
10/8-11/19 Thu	4-4:45 pm	Southside (Hill)

## **NEW!** NIA TEENS (Ages 13-17)

Discover NIA through dance, healing arts, creative movement and music. You can enjoy NIA regardless of your fitness level. Instructor: Trudie Wilson. No class 11/26.

Activity #150300E	\$28/Res; \$33/Non-Res	
10/8-11/19 Thu	5-5:45 pm	Southside (Hill)

## **NEW!** TRY ARCHERY - BASIC ORIENTATION (Ages 9-17)

This introduction to archery will allow youth and teens to learn the basics in archery safety, guidelines, range rules, equipment and form. All equipment supplied. Students may follow up with enrollment in a beginner's session. Instructor: Certified Archery Instructor

Activity #113291A	\$6/Res; \$9/Non-Res	
10/3 Sat	1:30-3:30 pm	Gier

## **NEW!** BEGINNING ARCHERY (Ages 9-17)

The beginner archery series concentrates on range rules, safety and fundamentals of archery, and is taught using recurve equipment. This session is appropriate for those who have never shot a bow, or those with little previous experience that are seeking a refresher session. All safety gear and equipment will be provided: (bow, arrows, quiver and targets). 4 sessions. Certified Archery Instructor.

Activity #113291B	\$24/Res; \$36/Non-Res	
10/10-10/31 Sat	1:30-3:30 pm	Gier Ctr

