



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 and 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 & Thursday

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

Beginner/Intermediate 6:00-6:50pm

Intermediate/Advanced 7:00-7:50pm

Dates: Ongoing

Fees:

\$40 monthly 1st participant

\$10 each second **session**

\$30 monthly 2nd participant

\$25 monthly 3rd and more

Pickleball

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

Days: Tuesday & Thursday

Time: 9:00am - 11:00am

Dates: Ongoing

Fee: \$3.00 drop in

Site: Community Transit Center (MTA)



YOUTH SCHOLARSHIPS

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 PARKS AND RECREATION

IN COOPERATION WITH SHELTON METROPOLITAN DISTRICT

FALL/WINTER PROGRAMS 2022



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



REGISTER ONLINE NOW!

SHELTON YOUTH BASKETBALL LEAGUE

For boys and girls in the 2nd-7th grades. Four Saturday's of skills, fundamentals, and team practices followed by five games on Saturdays/Sunday. Program starts November 12th. Registration deadline is Nov. 21st.

Skill Clinic Dates:

Nov. 12 & Nov. 19

Site: Boys-SHS/Girls-OBJH

Team Practices:

Dec. 3 & Dec. 10

Site: TBA

Game Dates:

Jan 7, 14, 21, 28 & 29

Site: TBA

\$80 after Nov. 21st if room is available

*Team assignments & schedules available Dec. 3

***Parent volunteers are needed as coaches**

*Additional team practices will be held on weeknights Dec. 5 - Jan27

Cheer Camp

Registration Deadline: Sept 19

Days: Sept 20 - 23

Time: 4:00pm - 5:00pm

Grades: K-7

Fee: \$40 includes t-shirt

Site: SHS Stadium



All Levels Yoga

Instructor: Michelle Pugh

Our 60 minute flow yoga class is open to beginning and experienced yogis! Increase balance, strength and flexibility. This weekly class offers modifications for all levels. Kids 12+ are welcome! Please bring a yoga mat and water bottle for added comfort. Space the yoga mats 6ft apart upon arrival and sign in on the sign in sheet. **We will accept drop-ins after 8 people have pre-registered for the full session.**

Dates: Sept. 14 - Oct. 26 (Wednesday nights)

Time: 5:30pm - 6:30pm

Fee: \$105 per person

\$15 drop in (cash or check only)

Site: Shelton Civic Center

Min: 8



WOMEN'S 4X4 VOLLEYBALL LEAGUE

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

Registration Deadline: Friday, October 7.

Schedules/Manager Meeting: Wednesday, October 12 at 5:30pm

Fee: \$350 per team

Dates: Oct 17 - Nov 28 (Mondays)

