

Stay & Play with



Whitmore Lake Community Recreation
 7430 Whitmore Lake Rd.
 Whitmore Lake, MI 48189
 734.449.4461 x3057 www.wlps.net
 Rec Coordinator: Brad McCormack
 Brad.mccormack@wlps.net

Day/Time/Location	Participant	Activity	Price	Reg. Deadline (\$15 late fee)
Monday/Wednesday 4:00 - 5:00 p.m. Jan 9 - Feb 1 (no class Jan 30) WLES Gym	3 rd -6 th /Coed	Introduction to Basketball - Participants will learn the FUNdamentals of basketball like dribbling, passing, shooting. Lessons will be integrated into small sided games using age appropriate equipment. Integrated into all sessions will be age appropriate discussions of the core values of sports.	\$55/ 6 weeks	Jan 2
Monday/Wednesday 4:00 - 5:00 p.m. Feb 6 - Mar 1 (no class Feb 20) WLES Gym	3 rd -6 th /Coed	Multi- Sport Sampler - (2 classes each of basketball/soccer/tennis- This program offers an introduction to three different sports with each sport focused on the basic fundamentals. Basketball will give participants experience in dribbling, passing and shooting. Soccer will introduce the skills of dribbling, passing, and shooting. Both of these introductions will provide some small sided contests at the end of each day.	\$55/ 6 weeks	Jan 30
Monday/Wednesday 4:00 - 5:00 p.m. Mar 6 - Mar 22 WLES Gym	3 rd -6 th /Coed	Introduction to Soccer - This session will introduce participants to the basics fundamentals using age appropriate drills and games. Come learn dribbling, passing, shooting and participate in small sided games in our sessions.	\$55/ 6 weeks	Feb 27
Thursdays 4:00-5:00 p.m. WLES Gym Session 1 Jan 12 - Feb 16 Session 2 Feb 23 - Mar 30 (No Class Mar 16)	K-6th/Co-ed	Yoga for Kids - All of yoga's benefits shared with children in a fun and non-competitive class! There is no substitute for learning something when you're young. Practicing yoga tones growing muscles, enhances posture, encourages healthy breathing patterns, and helps to balance the nervous system. As the physical body grows in these healthy ways, the mind follows. Yoga can help a child develop concentration, patience, gentleness, strength, and stability. These are the building blocks that create the foundation for a healthy, happy life. Instructor: Linda Hartley. <u>Please bring your own yoga mat for the class.</u>	Session 1 \$55/ 6 weeks Session 2 \$40/ 5 weeks	

Get **ACTIVE**, learn new **SKILLS**,
 make new **friends** and have **fun**!