

VFP RECREATION
SESSION II
PROGRAM REGISTRATION:
YOUTH PROGRAMS

TINY TOTS GYMNASTICS

First Class Feb. 10

Saturday: 12:30pm - 1:20pm

Ages: 3

Saturday: 2:30pm - 3:20pm

Ages 4-7

Introduction to the art of gymnastics. Including stretching, low impact tumbling and beginner gymnastic techniques.

CREATIVE YOGA FOR KIDS

First Class Feb. 10

Saturday: 1:30pm - 2:20pm

Ages: 4 - 7

Creative thinking introduced by mind connection through yoga poses then let the artistic paths flow.

CARTOONING FOR KIDS

First Class Feb. 5

Monday: 4:00pm - 5:00pm

Learn to draw cartoon characters, storylines, or create your own characters. Colored pencils required and not included.

STRENGTH & CONDITIONING

First Class Feb. 10

Saturday: 11:30am - 12:20pm

Pre-Teens Ages: 8 - 12

Grow muscle, Get stronger, Unleash your inner Superhero. Fun workouts that will give kids strength, positive energy, and confidence that will transform you into a Superhero.

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PROGRAM REGISTRATION:

ADULT PROGRAMS

AEROBICS

First Class Jan. 22

Days: Monday, Wednesday, & Friday Fee \$85.00
8:30am - 9:30am or 9:45am - 10:45am

Nights: Monday & Wednesday Fee \$60.00
8:00pm - 9:00pm

A 17 week step aerobic/floor program for those who wish to maintain good physical condition and instill the discipline of exercise.

ADULT BOOT CAMP

First Class Feb. 5

Monday & Wednesday: 7:00pm - 8:00pm

Designed to build strength and fitness through a variety of intense exercises.

ADULT YOGA

Tuesday: 7:45pm - 8:45pm

First Class Feb 6

Friday: 11:00am - 12:00pm

First Class Feb 9

Saturday: 10:15am - 11:15am

First Class Feb 10

Focus on balance, flexibility, strength and body relaxation. Emphasis on strengthening/toning muscles.

ADULT ZUMBA

Tuesday: 6:30pm - 7:30pm

First Class Feb 6

Saturday: 9:00am - 10:00am

First Class Feb 10

A dance workout that includes basic rhythms like Salsa, Meringue, Belly Dancing, Flamenco, Tango, and Samba.

KNITTING

First Class Feb. 6

Tuesday: 1:00pm - 3:00pm

Expert needle worker teaches beginner and intermediate levels of the art of knitting and stitching.

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SENIOR PROGRAMS

KNITTING

First Class Feb. 6

Tuesday: 1:00pm - 3:00pm

Expert needle worker teaches beginner and intermediate levels of the art of knitting and stitching.

SENIOR AGILITY & STRENGTHENING

First Class Feb. 9

Friday: 12:30pm - 1:30pm

Includes a variety of indoor walking styles, as well as breathing and stretching techniques. Improves balance.

SILVER SNEAKERS EXERCISE

First Class Feb. 6

Tuesday & Thursday: 9:30am - 10:30am

12 week exercise program without leaving your seats. A benefit for beginning or experienced exercisers. Increases flexibility and muscle tone.

SILVER SNEAKERS/GENTLE MOVEMENT

First Class Feb. 6

Tuesday & Thursday: 10:30am - 11:30am

~ or ~

Tuesday & Thursday: 11:30am - 12:30pm

A 12 week program including low impact and toning exercises designed specifically for older adults to improve your range of motion, balance, and joint mobility.

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SPRING TENNIS LESSONS

Classes begin mid April

Proper mechanics, use of racket, strategies,
and all the basics will be addressed each week.

Tuesday & Thursday: 11:00am

Fee:\$ 55.00

~ or ~

Saturday: 8:00am or 9:00am

Fee:\$ 45.00

Call 326-6334 Monday - Thursday for more information