



# Summer 2017 Activities Recreation Department

*Photo Courtesy of Jim Grasley*



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Sumner School District  
1202 Wood Avenue  
Sumner, WA 98390

**•Kidz Love Soccer Classes - Ages 2-10**

Learn the fundamentals of soccer through age-appropriate, imagery-based play in a recreational format. Develop large motor skills and socialization skills. Please note this is a skills class and not a league with games. Parent participation required for Mommy/Daddy & Me class. Soccer 1 and 2 classes will focus on game fundamentals, offensive and defensive positions and team work. Shin guards required after first class for all classes except Mommy/Daddy & Me. Classes taught by Kidz Love Soccer staff.

**Dates:** Sundays, July 9 - August 20  
**Time:** Mommy/Daddy/Me (Ages 2 to 3.5) 2:00 - 2:30 PM  
 Tot Soccer (Ages 3.5 to 4) 2:40 - 3:10 PM  
 Pre-Soccer (Ages 4 to 5) 3:10 - 3:45 PM  
 Soccer 1 Techniques/Teamwork (Ages 5 to 6) 3:45 - 4:30 PM  
 Soccer 2 Skillz & Scrimmages (Ages 7 to 10) 4:30 - 5:15 PM  
**Cost:** \$85 Includes jersey  
**Site:** Bill Heath Sports Complex (Behind Robert Miller Gym)

**•Babysitting Classes - Ages 11-16**

Boys and girls, come for a day of fun while earning your Super Sitters certificate! This class will cover leadership and the business of babysitting, basic care of children, understanding children of different age groups, safety and first aid. Boys can be babysitters too! Instructor, *Jaquelyn Ball*, has a BA in Communications with an emphasis on early childhood education, is a mother of 6, and has been teaching this class for 11 years. Bring a sack lunch and snack to class. Min. 10 Max. 30

**You must pre-register for this class, no registrations accepted at the door.**

**Date:** Saturday, August 12  
**Time:** 9:00 AM - 2:00 PM  
**Cost:** \$65  
**Site:** Daffodil Valley Elementary, Room 404 1509 Valley Avenue, Sumner

**•Safe at Home Class - Ages 8-12**

Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone and door safety. Learn how to be safe, comfortable and confident when staying home alone. Instructor, *Jaquelyn Ball*, has a BA in Communications with an emphasis on early childhood education, is a mother of 6, and has been teaching this class for 11 years. Min. 10 Max. 30

**You must pre-register for this class, no registrations accepted at the door.**

**Date:** Saturday, August 12  
**Time:** 2:00 - 4:00 PM  
**Cost:** \$30  
**Site:** Daffodil Valley Elementary, Room 404 1509 Valley Avenue, Sumner

**•Miss Robin's Preschool - September 2017 - June 2018**

Come join us for some fun! The alphabet, numbers and Sign Language will be introduced. We will play games, read stories, make crafts, have circle time and show-n-tell. Children must be 4 years old by October 1 and toilet trained. *Children need to bring a lunch each day.* Tuition payments made after the first of the month incur a \$25 late fee. Min. 6 Max. 12

**Dates:** Mondays and Wednesdays, September 18 - 27  
**Times:** 11:00 AM - 2:00 PM  
**Cost:** September tuition \$66  
**Site:** Robert Miller Gymnasium 15206 Daffodil Street Ct E, Sumner



**•Gymnastics Classes - Ages 1-12**

Coaches instruct gymnasts through various skills in a safe and fun manner. Gymnasts will also learn strength, flexibility, balance, and positive self-image. Attire: flexible clothes free of zippers, buttons and snaps.

All classes: Min. 5 Max. 8  
 Tiny Stars: (Coed - Ages 1 to 3) Tiny Stars is a parent participation class designed to introduce coordination, physical development and socialization.  
 Mini Stars: (Coed - Age 4) Gymnasts are introduced to the basic concepts of gymnastics, balance and strength, in a fun filled challenging environment.  
 Mighty Stars: (Coed - Ages 5 & 6) Gymnasts are challenged with more advanced concepts in a fun and positive environment.  
 Girls Beginner: (Ages 7 to 12) In our introductory school aged program, gymnasts learn the basics on all four apparatus in a positive and safe environment. Gymnasts learn Level I routines.

**Please select Session when registering.**

**Days:** Saturdays  
**Dates:** Session 1: June 17, 24, July 1, 8  
 Session 2: July 15, 22, 29, August 5  
 Session 3: August 12, 19, 26, September 2  
**Times:** Tiny Stars: 9:00 - 9:40 AM Mini Stars: 9:00 - 9:45 AM  
 Mighty Stars & Girls Beginner: 9:00 - 10:00 AM  
**Cost:** Tiny & Mini Stars: \$45 per 4-week session  
 Mighty Stars & Girls Beginner: \$60 per 4-week session  
**Site:** Auburn Gymnastics - Sumner 1627 45th Street E, Bldg. D-103, Sumner

**•Off Broadway Musicals- Ages 6-12**

Join the cast of a mini-musical! All participants will, sing, act and dance on stage in full costume. A final performance occurs the last 30 minutes of the last day of the session. Instructor, *Judy Shufelt*, has a Bachelors degree in Theatre and is a certified K-12 teacher. Please bring a blank CD to the first class. Min. 12 Max. 25

**Session 1: Go Fish**

A Tuna Fish who can't carry a tune? A Star Fish who can't get an acting job? A seven-legged Octopus? A Zebra Fish with spots? A Tiger Shark who wants to be friends with everyone? Join in the aquatic fun as Little Tiger Shark and his unique collection of friends discover how their differences make them each special.

**Days:** Monday - Friday, July 10-14  
**Time:** 12:30 to 3:30 PM  
**Cost:** \$75 per session  
**Site:** Bonney Lake High School Commons



**Session 2: Joust**

Imagine a world where all weapons were replaced by musical instruments. Welcome to the legend of King Arthur and his knights of the Round Table like you've never seen it or heard it before. On Guard! This medieval marvel, complete with jousting knights, delightful damsels and court jesters, will take you back in time.

**Days:** Monday - Friday, July 17 - 21  
**Time:** 12:30 to 3:30 PM  
**Cost:** \$75 per session  
**Site:** Bonney Lake High School Commons



**•Off Broadway Play - Ages 9-14**

Join the cast of this one act comedy. All participants will act on stage in full costume. A final performance occurs the last 50 minutes of the last day of the session. Instructor, *Judy Shufelt*, has a Bachelors degree in Theatre and is a certified K-12 teacher. Min. 15 Max. 25

**Session 1: Porridgegate**

Ursula Bear becomes upset when a bowl of porridge goes missing. Join Teddy and Builda Bear, Goldie Locks, Alfred the Wolf and a cast of characters in this adventure. Police Chief, Sherlock McGarrett may be too busy eating doughnuts to sort out the mysteries of the forest, so it will take crack investigative reporting and a secret source to unravel the biggest scandal in the history of Wychwood - Porridgegate!

**Days:** Monday - Friday, July 24 - 28  
**Time:** 10:00 AM to 3:00 PM  
**Cost:** \$125  
**Site:** Bonney Lake High School Commons



**•Panther Youth Football Camp - Grades 2-8**

Join Bonney Lake High School Head Football Coach, *Jason Silbaugh*, his coaching staff along with past Panther Football Alumni in this great instructional camp. Learn the fundamentals and skills needed to play football and most importantly, the "winning attitude" required to become the best individual and team player possible. The goal is to provide a fun and exciting week of football! Campers should dress for the weather, wear tennis shoes or turf shoes and bring a water bottle.

Includes Camp T-shirt.  
**Dates:** June 27, 28, 29  
**Time:** 9:00 AM - 1:00 PM  
**Cost:** \$75 first camper, \$50 additional siblings  
**Site:** Bonney Lake High School Turf Field



**•Spartans Youth Football Camp - Grades K-6**

Boys and girls entering grades K through 6th can join Sumner High School Head Football Coach *Keith Ross*, his staff and current Spartan football players to learn proper techniques and valuable leadership skills. Positive, enthusiastic instruction provided for all levels of athletes. For campers with more experience, coaches will work on more advanced training on both offense and defense.

**Dates:** July 17 - 20  
**Times:** 9:00 AM - 12:00 PM  
**Cost:** \$70 Includes camp T-shirt and football.  
**Site:** Sumner High School Sunset Stadium



**•Mt. Rainier Futbol Club - Soccer Camp Ages 5-14**

Bonney Lake/Sumner Recreation is partnering with Mt. Rainier Futbol Club to bring dynamic soccer camps to players of all levels. Camp will focus on developing technical skills, ball mastery, and tactical awareness, while making it fun. Shin guards required. Includes T-shirt and ball. Min. 20.

**Dates:** Camp 1: July 10 - 13 at Sunset Stadium  
 Camp 2: July 17 - 20 at Lakeridge Middle School  
 Camp 3: July 24 - 27 at Southwood (3240 McDougall Ave, Enumclaw)  
 Camp 4: July 31 - August 3 at Game Farm Park (3030 R St SE, Auburn)

**Times:** 10:00 AM - 1:00 PM Camps 1 and 2  
 9:00 AM - 12:00 PM Camps 3 and 4  
**Cost:** \$140 per camp  
 Please select which camp you are registering for.



**•Mt. Rainier Futbol Club Summer Soccer Academy**

Mt. Rainier Futbol Club is offering the MRFC Summer Soccer Academy for children born between June 10, 2013 and December 31, 2011. The Academy focuses on basic fundamental ball skill, having fun and meeting new friends.

**Days:** Tuesdays and Thursdays  
**Dates:** July 11 - August 17  
**Cost:** \$70  
**Site:** Lakeridge Middle School Soccer Field  
 Go to: <http://www.mtrainierfc.org> to register.

**\*\*Registration for this program is NOT through Bonney Lake/Sumner Recreation. Do NOT use the form on the back of this brochure to register.**

**•Mt. Rainier Futbol Club Fall Recreational Soccer**

Registration will open May 1 for the MRFC Recreational Soccer League for all children born between 1999 and 2011. Price range is \$100 to \$140, based on player age.

Go to: <http://www.mtrainierfc.org/2017recprogram> to register.  
**\*\*Registration for this program is NOT through Bonney Lake/Sumner Recreation. Do NOT use the form on the back of this brochure to register.**

**•Spartan Junior Cheer & Stunt Camp - Grades K - 8**

Join Spartan Cheer Coach, *Cyndee Meek*, and the Spartan Cheer Squad to learn cheerleading basics! This fun camp includes routines, jumps, chanting, stunting and tumbling. A routine will be taught and performed during the last day of Spartan Youth Football Camp (July 20th). Boys and girls are welcome!

Attire: Tennis shoes, shorts or athletic pants and hair tied back in a pony tail. Please bring a daily snack and water.

**Dates:** July 17 - 20  
**Time:** 9:00 AM - 12:00 PM  
**Cost:** \$65 Includes T-Shirt  
**Site:** Sumner High School Gym



**•Spartan Soccer Camp for Boys & Girls Ages 5-12**

This camp is run by Sumner High School Head Girls Soccer Coach, *Robi Turley*, her assistant coaches and current Sumner High School soccer players. Coach Turley just finished her 12th year as Head Coach for the Sumner Spartans and has been All-Area Coach of the Year. The Lady Sparts have won SPSL championships and State Championships with Coach Turley. The camp goal is to help each player improve their soccer abilities through individual and group instruction while having fun! Players are grouped by age and ability. Please wear cleats or running shoes, dress for the weather and bring a snack and water. T-shirt included!

**Dates:** July 24 - 27  
**Time:** 9:00 - 11:00 AM  
**Cost:** \$75  
**Site:** Sumner High School Sunset Stadium



**•7th Annual Lacrosse Camp Ages 5-12**

Join Camp Director/Instructor, *Maddie Lancaster*, and learn to play the fastest growing sport in the country! In this five-day camp, players will learn and improve on the fundamentals of lacrosse, such as how to cradle, scoop, pass, catch and shoot. Kids will be divided into groups based on age and skill level. Bring a water bottle and wear weather appropriate clothing. Lacrosse sticks, balls and a full set of equipment will be provided for use during class for \$10 (paid directly to Coach Lancaster).

**Dates:** Camp 1: July 24 - 28  
 Camp 2: August 7 - 11  
**Times:** 9:00 AM - 12:00 PM  
**Cost:** \$75 per camp T-Shirt included  
**Site:** Bill Heath Sports Complex (Formerly Daffodil Valley Sports Complex)





**•Sumner Spartan Basketball Camp - Grades K - 8th**

Join Sumner High School Head Boys Basketball Coach, *Jake Jackson*, for this terrific basketball camp with a main objective to have fun and spread passion for the sport of basketball by teaching basic fundamentals of defense and offense.

Camp is an exciting week of contests, competition and skill instruction with Coach Jackson, his assistant coaches, and your favorite Sumner High School players from the boys and girls teams. Camp will get to experience playing in both the main high school gym and auxillary gym - just like the current Sumner players!

While players will learn special basketball skills, they will also learn our Elite Core values: family, leadership, commitment, toughness, honesty, accountability, respect and communication.

Campers will be grouped with other girls and boys similar in age and ability. Please join us for four days of absolute fun!

Camp includes a basketball and T-shirt.

Please bring water and snack daily to camp.

Please, Do **NOT** bring your own basketball to camp.

Dates: July 10 - 13

Times: 9:00 AM - 12:00 PM

Cost: \$75

Site: Sumner High School Gyms



**•BLHS Panther Boys & Girls Basketball Camp - Grades K-8**

Bonney Lake High School Boys Head Coach, *Sam Oliver*, will be conducting the camp along with coaches and current BLHS high school players of the boys and girls basketball teams. Both the Boys and Girls Varsity teams competed in the playoffs this year!

Coach Oliver and his staff are committed to teaching players the fundamentals of the game while making it a fun experience. Campers will learn and develop skills, make new friends and deepen their love of basketball. It's a great day to be a Panther!

Bring non-marking gym shoes, snack and a water bottle.

Includes camp T-shirt and a basketball.

Dates: July 10 - 12

Time: 9:00 AM - 1:00 PM

Cost: \$65

Site: Bonney Lake High School Gym



**•7th Annual Spartan Skills & Drills Wrestling Camp**

Off season is the best time to refine your wrestling skills! Wrestlers entering grades 6-12 can join Sumner High School Head Wrestling Coach, *Matt Harshman*, and his staff to learn new techniques and perfect old ones, gain knowledge and skills of the basic fundamentals of high school wrestling. Camp is for all levels; beginners will be introduced to the sport and advanced wrestlers will have the opportunity for more mat time. Athletes will also be introduced to strength training and conditioning. Attire: Shorts, T-Shirt and wrestling shoes, if possible.

Register by June 13 for guaranteed T-shirt.

Dates: June 19 - 22

Times: Grades 1- 5: 5:00 - 6:30 PM

Grades 6 - 12: 6:30 - 8:00 PM

Cost: \$50 Includes T-shirt and Grapple on the Green Tournament

Site: Sumner High School Gym B

**•3rd Annual - "Grapple on the Green" Tournament**

Come wrestle under the lights. Open to all levels currently in grades 9 through 12. Weigh-ins are Thursday, June 22 from 4:00 to 5:00 PM or Friday, June 23 from 4:00 to 5:00 PM in the Sumner High School Locker Room. Don't miss this night of fun! Bring a water bottle, wear shorts and wrestling shoes.

Dates: Friday, June 23

Times: Tournament begins at 6:00 PM

Cost: \$10

Site: Sumner High School Sunset Stadium

\*\*Must pre-register on [www.trackwrestling.com](http://www.trackwrestling.com)

**•Panther Volleyball Camp - Girls in Grades 5-8**

Join Bonney Lake High School Varsity Volleyball Coach, *Ann Hansen*, her assistant coaches and players from the BLHS Volleyball team for a great volleyball experience. The youngest players will receive personalized instruction in the fundamental skills of passing, setting and serving. More advanced players will build on these skills, in addition to an introduction to higher levels of offensive and defensive systems. The primary goal of the camp is to have fun while receiving expert instruction that will help all players advance to the next level of competition.

Bring non-marking gym shoes, snack and a water bottle.

Dates: Wednesdays

Dates: May 31, June 7, and 14

Time: 6:00 - 8:00 PM

Cost: \$80 Includes T-shirt

Site: Bonney Lake High School Gym



**•All American Volleyball Camp for Girls - Grades 9-12**

*All American Volleyball* has been running camps for the past 24 years and has a reputation for giving a great value to its participants! The coaches, who are present and former college and professional women volleyball players, are some of the best volleyball players in the country who will challenge players in a college type training experience. Camp will give three days of excellent training and mentorship. Lunch supervision provided. Please bring a sack lunch.

Registration deadline: June 1 or until full

Dates: June 29 - July 1

Times: 9:00 AM - 3:00 PM (Lunch 11:30 - 12:30 daily)

Cost: \$160 All American Volleyball Camp T-shirt is included

Site: Bonney Lake High School Gyms

**•All American Volleyball Camp for Girls - Grades 6-8**

We are excited to offer this great camp experience to middle school athletes! *All American Volleyball* has been running camps for the past 24 years and has a reputation for giving a great value to its participants! The coaches, who are present and former college and professional women volleyball players, are some of the best volleyball players in the country who will challenge players in a college type training experience. This camp is a great opportunity to prepare for high school volleyball.

Registration deadline: June 1 or until full

Dates: June 29 & 30

Times: 3:30 - 5:30 PM

Cost: \$65 All American Volleyball Camp T-shirt is included

Site: Bonney Lake High School Gyms

SUMMER YOUTH LEAGUES

**•Pee Wee Baseball (modified T-ball/Coach Pitch)**

This fun program for boys and girls ages 3-6 is in its 15th year! Two divisions are offered: ages 3/4 and ages 5/6. Boys and Girls are grouped together. Score is not kept and the emphasis of this program is on fun. Players play a modified t-ball/coach pitch format. *Cleats and gloves not provided.*

Practices are held on Saturdays, 6/17 & 6/24. Practice times are typically between 9:00 AM and 1:00 PM and will be determined by coaches. Six games are played on Saturdays between 7/8 and 8/19. Registration Deadline: Friday, June 2

Cost: \$45 per participant, \$50 non-resident participants

Site: Bill Heath Sports Complex

(Formerly Daffodil Valley Sports Complex)



**•10th Annual Coach Pitch League - Grades 1 and 2**

This is a coed program for players currently in first and second grades (2016-17 school year). Coaches pitch to their own players. Teams are grouped by request and by school as much as possible. Eight games will be played on local fields (within the Sumner School District) on week nights with 5:00 PM or 6:45 PM start times. Games begin in early July. Practices begin in late June with days and times determined by the coach. *Cleats and gloves not provided.* No metal cleats allowed.

Interested in sponsoring a team? Sponsors are needed at a cost of \$150 per team.

**Registration Deadline: Friday, June 2**

Cost: \$50 per participant,

\$55 non-resident participants



**•6th Annual Girls Fastpitch Softball League - Grades 3-8**

This program is for girls currently in grades 3 through 8 for the 2016-17 school year. Grades 3-5 will be grouped as Minors and grades 6-8 will be grouped as Majors. Teams are grouped by request and by school as much as possible. Games will be played on local fields on week nights with 5:15 PM or 7:00 PM start times. Practice schedule will be determined by coach. Teams will play eight games between July 11 and August 31.

*Cleats and gloves not provided.*

Interested in sponsoring a team? Sponsors are needed at a cost of \$150 per team.

**Registration deadline: June 2**

Cost: \$50 Sumner School District students

\$55 Out of district students



**•Summer Select Basketball for Boys & Girls**

Coaches form their own teams for this competitive summer basketball league for students in grades 5-8 (2017-18 school year). League is combined with the Puyallup Recreation Department. Eight league games are played weeknight evenings starting the week of June 26. Teams must provide their own uniforms.

Registration is by team only, no individual registrations.

**Registration deadline: May 30**

Cost: \$480 Sumner School District teams

\$530 Out of district teams



**•The Little Mermaid Jr. - ManeStage Theatre Camp**

Join *Jay* and *Brenda Henson*, along with some special guests, and perform *The Little Mermaid Jr.* during Summer Theatre Camp! We are excited to partner with ManeStage Theatre Company to offer theatre intensive training in acting, improv, performance, voice, dance and auditions. This unique camp will assist developing and improving the skills and techniques needed for quality musical theatre. Campers will be divided by age; Yellow Camp for ages 6-11 and Green Camp for ages 12-18. Class is for beginning through advanced students!

Camp fills very quickly.

**Registration deadline: First 45 registrations per camp**

Dates: Monday through Thursday

Dates: July 24 - August 12

Times: 3:00 - 5:30 PM

Cost: \$250, additional siblings \$225 each Includes T-shirt

Site: Sumner Performing Arts Center

**Yellow Camp performances: August 12 @ 2:00 PM and 7:00 PM**

**Green Camp performances: August 11 @ 7:00 PM & August 13 @ 4:30 PM**

For additional information, please call ManeStage Theatre (253) 447-7645

**•Sumner Tennis Academy - Ages 12 and under**

Tennis anyone? Join *Chris Heacox*, former Sumner High School Varsity Tennis Coach, and learn the fundamentals of tennis or just improve your skills. Chris has extensive experience working with players of all ages and levels. Lessons are for players of all levels. Please bring a tennis racquet and water bottle to class. T-Shirt included. Please select session when registering.

Dates: August 7 - 11

Times: Session 1 - 5:00 - 6:00 PM

Session 2 - 6:00 - 7:00 PM

Cost: \$50 per session

Site: Sumner High School Tennis Courts



**•Raise A Racquet Tennis Camp! Boys & Girls Ages 5-18**

Tennis anyone? Here is a great opportunity to learn the basics of tennis. Turn out this summer with former Sumner High School Varsity Boys Coach *Chris Heacox*. Coach Heacox has been honored as Coach of the Year and has won multiple league championships. Previously Chris was a private instructor at the Sprinker Tennis Center and has extensive experience working with players of all ages and levels. Camp is for players of all levels. Please bring a tennis racquet and water bottle. T-Shirt included.

Dates: July 10-14

Times: 9:00 AM - 10:00 AM

10:00 AM - 11:00 AM

11:00 AM - 12:30 PM

12:30 PM - 2:00 PM

Cost: \$65 Ages 5 - 10

\$80 Ages 11 - 18

\$15 discount for additional child in same household

Site: Sumner High School Tennis Courts





## ADULT SPORTS/LEAGUES

### •Adult Summer Coed Slowpitch League

Players must be 18+ and out of high school. Teams will play on local fields beginning the week of July 3. No teams above E Level. Maximum of 20 teams. A \$100 deposit will hold your spot until the registration deadline. Games will be played on Monday/Wednesday or Tuesday/Thursday. Teams may select their night of preference at time of registration. Officiated by USSSA officials.

**Registration deadline for fees & roster: June 5**

**League Fees:** \$560 - 80% Sumner/Bonney Lake residents  
\$590 - Less than 80% Sumner/Bonney Lake residents



### •Adult Summer Rec Coed Soccer

Players must be 18+ and out of high school. Six weeks of fun playing in the sun! Come enjoy a relaxed and fun, short summer season and stay in shape for the fall season. Games will be held mid-week so all can enjoy the summer weekends. Games begin the first week of July. Limited to the first 10 teams to register.

**Registration Deadline for fees & roster: June 5**

**League Fees:** \$400

Adult slowpitch league members are allowed to practice on the south field ONLY of the Bill Heath Sports Complex (next to the skate park). Practices are on a first-come, first served basis on a non-reserved field. League participants can rent the field to guarantee practice time.

### •Coed Beach Volleyball 4 x 4 League - 9th Annual

This is an extension of our popular indoor "Call Your Own" league. Teams will consist of 2 men and 2 women (you may have up to 12 players on your roster). Teams will play 12 matches (typically two per night). Games will be to 21 with players switching sides every 7 points. We must have a minimum of 6 teams for the league to run. Your team must have three game day options per week (only one game will be played per week).

**Registration deadline is Friday, June 23**

**Days:** Weeknights, mid July through mid September  
**Cost:** \$150 - 80% or more Sumner/Bonney Lake residents  
\$175 - 20% or less Sumner/Bonney Lake residents  
**Site:** Bill Heath Sports Complex - outdoor sand court (Formerly Daffodil Valley Sports Complex)

### •Men's Summer Friday Night Slowpitch League

Players must be 18+ and out of high school. Teams play on local fields beginning Friday, July 7. No teams over E Level. There is a seven team maximum. A \$100 deposit will hold your spot until the registration deadline. Games will be officiated by USSSA officials.

**Registration deadline for fees & roster: June 5**

**League Fees:** \$545 - 80% Sumner/Bonney Lake residents  
\$560 - Less than 80% Sumner/Bonney Lake residents

## ADULT FITNESS

### •NEW! - MaxFit Women's Bootcamp - Ages 14+

MaxFit Bootcamp is designed for MAX calorie burn in a short amount of time and is a combination of strength, endurance, core, functional movement, and flexibility. We want you to get healthy and fit by challenging your body and mind! Most importantly, we make it fun. No class will be the same. All fitness levels welcome as modifications are given. Class is not for a true beginner. Classes are held outdoors. Bring an exercise mat. Wear comfortable clothing.

Class instructor: Kim Maxwell. **Min.** 10

**Days:** Mondays and Wednesday

**Dates:** July 10 - August 30

**Time:** 9:00 - 9:45 AM

**Cost:** \$120

**Site:** Bonney Lake Elementary Fields  
18715 80th Street E, Bonney Lake

### •Jazzercise for Adults

Jazzercise is a pulse-pounding, beat pumping fitness program that gets you results. Certified instructors lead groups through energized footwork synced with chart-topping songs. One hour session begins with warm ups, sequencing into aerobic dance moves blending with elements of cardio, strength training, kickboxing and power yoga. Variations provided for all fitness levels.

**Dates:** Mondays & Wednesdays, beginning June 5

**Time:** 5:15 - 6:00 PM

**Dates:** Tuesdays & Thursdays, beginning June 6

**Time:** 5:45 - 6:30 PM

**Dates:** Saturdays, beginning June 10

**Time:** 8:00 - 8:45 AM

**Cost:** Punch cards: \$35 for 5 classes, \$48 for 8 classes or \$66 for 12 classes

Prices are for first time customers only

**Site:** 1705 Willow Street, Sumner

### •Mom & Baby Yoga

Class is for infants to crawlers. Nourish yourself and bond with baby. With a gentle practice created to address the physical and emotional demands of motherhood, you will experience weight reduction, build muscle tone and relieve tension. No prior experience required.

**Days:** Fridays

**Dates:** July 7 - August 11

**Time:** 11:00 AM - 12:00 PM

**Cost:** \$45

**Site:** Henschell Chiropractic  
20119 South Prairie Rd E, Bonney Lake



### •Yoga Align

Build strength and improve posture from your core. Use core breath to align your posture inside and out; self massage to nourish tissues and increase kinesthetic awareness. Improve balance, agility and coordination.

**Days:** Thursdays

**Dates:** June 29 - August 3

**Time:** 4:00 - 5:15 PM

**Cost:** \$45

**Site:** Henschell Chiropractic  
20119 South Prairie Rd E, Bonney Lake

### •Prenatal Yoga

Through centering, movement and breath, you will leave each class feeling calm, confident and better prepared for the birthing process. This is a wonderful way to prepare your changing body and busy mind for labor and motherhood. Beginners and all levels welcome. Suitable for all trimesters of pregnancy.

**Days:** Sundays

**Dates:** July 16 - August 27 (No class August 20)

**Time:** 7:00 - 8:00 PM

**Cost:** \$45

**Site:** Henschell Chiropractic  
20119 South Prairie Rd E, Bonney Lake

## THANK YOU & INFO



Thank you to the following local businesses for making our 7th annual Adult Flashlight Egg Hunt such a success:  
Applebee's, Aversano's, Berryland Cafe, Bonney Lake Hop Jack's, Dillanos Coffee, Dixie's, D'Lara Mediterranean Grill, Farrelli's, Jersey Mikes, Jimmy John's, Molen Orthodontics, and Sterling Athletics.

## VOLUNTEER COACHING OPPORTUNITIES

### Making a Difference

Please consider volunteering to coach your child's team. We are always looking for volunteer coaches to coach our pee wee and youth sports. You can make a difference and make some great memories for your child at the same time. Please contact the Recreation Department for further information or make a notation on your registration form that you are interested in coaching your child's team.

Many youth in our community are unable to participate in youth sports due to financial reasons. Please consider donating to our hardship fund . . . every donation makes a difference. This fund directly benefits youth within our community.



Sumner Senior Center  
15506 62nd Street St E,  
Sumner  
(253) 863-2910

The Sumner Senior Center offers an array of activities and amenities that will benefit you not only today, but down the road. Get fit at your local Senior Center!

Come join us! Activities include:

Adult coloring	Karaoke
Bingo	Knitting & Crochet
Book Club	Line Dancing
Book Swap	Leather Tooling
Bridge	Mexican Train Dominoes
Bunco	Painting
Canasta	Pinochle
Card Making Class	Puzzles
Chess	Quilting
Computer Lab	SAIL Balance
Diabetic Support group	Silver Sneakers
Fitness Room	Tai Chi
Genealogy	Walking/Hiking
Hand and Foot	Word Games
Journaling	Yoga



We would like to give a special thank you to Land O' Frost Youth Sports for their generous sponsorship of our youth sports leagues.

Please visit the Web site noted below, as each visit enables the Sumner/Bonney Lake Recreation Department to receive sponsorship from Land O'Frost.

Please visit the Land O'Frost Web site for additional information about Land O'Frost Youth Sports and to download special savings opportunities and coupons.

[www.landofrost.com/youthsports](http://www.landofrost.com/youthsports)

**Choose Area: "Tacoma"**

**Choose League: "Sumner Parks and Recreation"**

### Before & After School Activities Program - 2017/18

**\*\*We currently have openings only at our Maple Lawn/Daffodil Elementary location\*\***

Enroll your child(ren) in our program for this fall! This program is designed for children Grades K-5 (full time Kindergarten only) and serves all elementary schools in the Sumner School District. It is a fun and safe environment for children before and/or after



school that focuses on arts & crafts, organized group games, cooperative play, homework/study time, and many other activities. Afternoon snack provided. **Hours are 6:30 AM to school start & school dismissal to 6:30 PM**

Download forms at:

[www.sumnersd.org/studentfamilyservices/parksrecreation/](http://www.sumnersd.org/studentfamilyservices/parksrecreation/)

### Summer Time Fun In Bonney Lake!

The City of Bonney Lake is hosting many fun, free events this summer including: Kids Club, Movies in the Park, Outdoor Market at Tunes @ Tapps, Tunes @ Tapps, and Bonney Lake Days.

For more information please visit:

[www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) or  
call 253-862-8602

### Sumner Community Garden - Shepherd's Field Gardens



Grow your own organic produce while meeting new friends and making memories with your family. Plot size of approximately 300 s/f for the entire growing season is \$40. [www.shepherdsfield2013@gmail.com](mailto:www.shepherdsfield2013@gmail.com)  
Shepherd's Field - P.O. Box 714 - Sumner, WA 98390



# 2017 Summer Registration Form

Mail In

Walk In

Scan/Fax In

**Complete & Return To:**  
Sumner/Bonney Lake Rec. Dept.  
1202 Wood Avenue  
Sumner, WA 98390

**Robert Miller Gymnasium:**  
Located behind Daffodil Valley Elem. School  
(15206 Daffodil St Ct E Sumner)  
Open 8:30 AM - 5:00 PM Mon-Fri

**Scan form to:** recreation@sumnersd.org  
Include Visa/MC info or, if you prefer, you can call in your  
Visa/MC information **after** emailing your form.  
Phone (253) 891-6500

Parent or Guardian Full Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_  
E-mail: \_\_\_\_\_

Reside In:  Sumner School District Boundaries  \*Bonney Lake City Limits  \*Sumner City Limits  
 \*Unincorporated Pierce Co. (Add \$5)  \*Other (Add \$5)

\* \$5 must be added to each class fee for all students who do not attend (or live within) Sumner School District

Participant Name	Age	Grade	School	M/F	Time/Session #	Activity Description	\$\$ Fee \$\$

If applicable, would you like to coach? \_\_\_\_\_ Coach/Friend Request: \_\_\_\_\_

**Please check appropriate t-shirt size: (if applicable)** NOTE: T-shirts tend to run small

_____ Youth X-Small (2-4)	_____ Adult Small (34-36)	<b>Total</b> _____ <b>Hardship Donation \$</b> _____ <b>*Non-Resident Fee \$</b> _____ <b>Total Amount Enclosed \$</b> _____
_____ Youth Small (6-8)	_____ Adult Medium (38-40)	
_____ Youth Medium (10-12)	_____ Adult Large (42-44)	
_____ Youth Large (14-16)	_____ Adult X-Large (46-48)	

We provide reasonable accommodations for those with disabilities. Please contact the Recreation Office two weeks in advance of program start date to discuss any special accommodations necessary. Accommodations will be determined on a case by case basis.

**Payment Options: Please select one from the following**

Cash  Check (Make Checks Payable to Sumner/Bonney Lake Recreation Department)  
 VISA /MC\* Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury, I do hereby waive all claims of legal actions, financial or otherwise, against the City of Sumner, the City of Bonney Lake or the Sumner School District. In absence of signature, payment of fee and/or participation in the program shall constitute acceptance of the conditions set forth in the release. I grant full permission to use any photographs, video tapes, motion pictures, recordings, or any other records of this program for promotional purposes. The Sumner School District does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

Signature of Participant or Parent/Guardian if Participant is under 18 years of age \_\_\_\_\_

Office use only: \_\_\_\_\_

**Registration Information**

- Pre-registration and payment of fees in advance is required for all programs. Please put dates/times of all clinics, camps and classes on your calendar and attend as you will **not** receive a reminder notification. No refunds issued for missed classes, camps or clinics. league registrations will receive phone notification from the coach regarding practice schedules.
- Register by mail, e-mail or walk in your registration. No telephone registrations accepted.
- Confirmations and/or receipts are not sent.
- Registrations are processed on a first-come, first-served basis. If the class is full when we receive your registration form, we will call you.
- Classes are subject to cancellation if minimum enrollment is not met. If class is postponed, rescheduled, or cancelled, a full refund will be made. All other refunds incur a \$15 processing fee. Refund requests must be in writing to: recreation@sumnersd.org
- Please make checks payable to Sumner/Bonney Lake Recreation Dept. A \$25 service fee is incurred for all checks returned NSF (non-sufficient funds).
- This class schedule is published for information purposes only. The Recreation Department reserves the right to make any necessary changes in the content and provision of the class descriptions or schedules without notice.
- All program fees include applicable sales taxes.

\*To qualify for a Resident Fee, families & youth must attend Sumner School District schools or live within Sumner School District boundaries.

**Your Recreation Staff:**

Rich Hanson, Recreation Manager  
 Alex Latham, Recreation Coordinator  
 Holly Tedford, Recreation Coordinator  
 Laura Zerr, Recreation Coordinator

registration/information e-mail address:  
 recreation@sumnersd.org

Donations are gratefully appreciated in order for us to help those in need to participate in our offerings. Thank you very much!

**PHONE NUMBERS OF INTEREST**

Sumner Schools/Administration-----891-6000  
 City of Bonney Lake-----862-8602  
 City of Sumner-----863-8300  
 Sumner Family Center-----891-6535  
 Sumner/BL Little League-----blslittleleague.org  
 Mt. Rainier Futbol Club . . . . . www.mtrainierfc.org