

Sumner School District
1202 Wood Avenue
Sumner, WA 98390

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RECREATION DEPARTMENT FALL ACTIVITIES 2016



Photo courtesy of Ian McRae



Photo courtesy of Robin Stair



Photo courtesy of Jim Grasley



Fall Activities 2016

PEE WEE PROGRAMS

• 19th Annual PeeWee Indoor Soccer for Ages 3 - 6

Register early so you don't miss out on all the fun! This very popular coed program is for children ages 3-6. There are two divisions offered: 3/4 year old division and 5/6 year old division. Score is not kept and the emphasis of this program is on learning and having fun. Practices will be held on Saturday mornings, October 8th and 15th. Six games will be held on Saturdays between October 22 and December 10. Coaches select practice times at coaches meeting. Practice and game times usually occur between 9:00 AM and 1:00 PM. If you have a coach or friend request, please make a notation on your registration form and we will do our best to accommodate your request.

Registration deadline: Friday, September 9.

Cost: \$45 Includes T-shirt

Site: Local Elementary Gymnasiums
Robert Miller Gym

• Indoor Play Park - Ages 1 to 5

Toddlers rule! Everything at "Indoor Play Park" is set up with children ages 1-5 in mind. We have music and toys for a fun and safe indoor play session. A parent or guardian must be present to supervise their children at all times. A parent with 3 or more children must have an additional person to assist with supervision. Indoor Play Park runs September 8, 2016 through June 20, 2017 and is closed on all observed holidays, no school days, winter and spring breaks. *Please call (253) 891-6500 for additional information on school closure dates.* Space is limited to the first 35 children.

Days: Tuesdays & Thursdays

Times: 9:30 AM - 11:30 AM

Cost: \$3 per child at door or \$25 pass good for 10 visits

Site: Robert Miller Gymnasium
15206 Daffodil St. Ct. E, Sumner

PRESCHOOL PROGRAMS

• Busy Bugs Preschool for Ages 3-5

We are excited to partner with Auburn Gymnastics to offer this quality preschool program. Come have fun learning in our hands-on preschool. The curriculum is a balance of academics, social skills and decision making with a fitness and healthy living emphasis. Monthly tuition is due on or before the 1st day of each month; late tuition payments will incur a \$25 late fee. Visa or Mastercard automatic payment plan is available with a \$5 monthly savings. Please call 891-6500 to schedule automatic payment plan or to phone in your monthly payment. **Max.** 16

Days: Wednesdays & Fridays

Dates: September 9 - December 16

(No classes Nov. 23, 25, Dec. 21, 23, 28 & 30)

Time: 9:15 AM - 11:45 AM

Cost: \$130 each month

Site: Auburn Gymnastics Center - Sumner
1627 45th St. E. Bldg. D103, Sumner



• Miss Robin's Preschool Class for Ages 4-5

Come join us for some fun! The alphabet, numbers and Sign language are introduced. We play games, sing songs, read stories, make crafts, have circle time and show-n-tell. Children must be 4 years old by September 1 and toilet trained to participate. Please send your child with a lunch each day. **Max.** 12

Days: Mondays & Wednesdays

Dates: Sept. 7, 12, 14, 19, 21, 26, 28

Oct. 3, 5, 10, 12, 17, 19, 24, 26, 31

Nov. 2, 7, 9, 16, 21, 28, 30 (No class Nov. 14, 23)

Dec. 5, 7, 12, 14

Times: 11:00 AM - 2:00 PM

Cost: Sept. tuition of \$116 due with registration

Oct. tuition of \$149 due by Oct. 1

Nov./Dec. tuition of \$182 due by Nov. 1

Site: Robert Miller Gymnasium
15206 Daffodil St. Ct. E, Sumner



THANK YOU TO ALL OF OUR SPONSORS & COACHES!

Coach Pitch Baseball Sponsors

Grizzly Rentals
KJM Concrete

Girls Fastpitch Sponsors

Aaron's
Shigio Farms
Legends Sports Photography
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Youth Baseball Sponsors

All American Air Systems
Hoffman Construction
Sammy Pak, DDS



The Sumner/Bonney Lake Recreation Department would like to give a very special thank you to

Land O'Frost Youth Sports
for their generous sponsorship
of our pee wee youth sports.



Each time you visit the Web site noted below, it 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

Choose Area: "Tacoma" and League: "Sumner Parks and Recreation"

The Sumner/Bonney Lake Recreation Department has the largest Land O'Frost pee wee program in the state of Washington in the area south of Seattle!

• Off Broadway - 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 bachelor's degree in Fine Arts and is a certified K-12 teacher. Please bring a blank CD to the first class. **Min.** 10

Session 1: Pirates!

We're off to sail the rollicking sea, pirates all are we! But ARRRR and shiver me timbers, there's a stowaway on board!

Days: Mondays, Sept. 19, 26, Oct. 3, 10, 17, 24

Time: 6:00 - 7:30 PM

Cost: \$75

Site: Bonney Lake Elementary Fitness Center

Session 2: Arf!

Doggie Town is a-buzz with excitement! Judges from the Wurstchester Dog Show are coming to spot new talent. General German Shepherd is drilling on proper etiquette and discipline, the singing dalmations are connecting dots, the Boxers are toning and getting in shape. But why is Rover, the mutt, so sad? Join the huskies, poodles, pointers and more as they help Rover discover her special talent!

Days: Mondays, Nov. 7, 14, 21, 28, Dec. 5, 12

Time: 6:00 - 7:30 PM

Cost: \$75

Site: Bonney Lake Elementary Fitness Center

• Gymnastics Classes - Ages 1 to 12

We are excited to partner with Auburn Gymnastics - Sumner 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.

Tiny Stars: (Coed - Ages 1 to 3) Tiny Stars is a parent participation class designed to introduce coordination, physical development and socialization. **Min.** 3 **Max.** 8

Mini Stars: (Coed - Age 4) Gymnasts are introduced to the basic concepts of gymnastics, balance and strength, in a fun filled, challenging environment. **Min.** 3 **Max.** 8

Mighty Stars: (Coed - Ages 5 & 6) Mighty Stars are challenged with more advanced gymnastics concepts in a fun and positive environment. **Min.** 3 **Max.** 8

Girls Beginner: (Ages 7 to 12) In our introductory school age program, gymnasts learn the basics on all four apparatus in a positive and safe environment. Gymnasts learn Level 1 routines. Please select which class you are registering for. **Min.** 3 **Max.** 8

Days: Saturdays

Dates: Class 1: October 1, 8, 15, 22

Class 2: October 29, November 5, 12, 19

Class 3: December 3, 10, 17

Time: Tiny Stars & Mini Stars: 9:00 - 9:45 AM

Mighty Stars & Girls Beginner: 9:00 - 10:00 AM

Cost: Class 1 or 2 - Tiny Stars & Mini Stars \$45

Class 1or 2 - Mighty Stars & Girls Beginner \$60

Class 3 Tiny Stars & Mini Stars \$34

Class 3 Mighty Stars & Girls Beginner \$45

Site: Auburn Gymnastics Center - Sumner
1627 45th St., E, Bldg. D-103, Sumner



• Home School PE - Ages 4-15

This is an opportunity for home school students to have fun and learn basic skills in a variety of sports, games and activities including team sports and group games. Personal physical progression is encouraged along with sportsmanship. Healthy, active lifestyle choices are taught and encouraged.

Ages 11-15 class will focus on team sports. **Min.** 10 **Max.** 20

Days: Fridays

Dates: Sept. 16 - Dec. 16 (No class Oct. 7, Nov. 11, 25)

Time: Ages 4 - 7 10:00 AM - 10:30 AM

Ages 8 - 10 10:30 AM - 11:15 PM

Ages 11 - 15 11:15 AM - 12:15 PM

Cost: \$55 for 11 week session

Site: Robert Miller Gym
15206 Daffodil St. Ct. E, Sumner

• Mini Cheer Clinic - Grades K-8

Join Bonney Lake High School Cheer Coach, *Katie Turnbull*, and the Panther Varsity cheerleaders to learn cheer fundamentals. A routine will be taught which will be performed at half time during the September 30th Bonney Lake High School home football game. Family and friends will need to pay admission to the football game, mini cheer clinic participants will be allowed in at no charge. Ticket price/info will be provided at camp. Please wear shorts/athletic wear, non-marking shoes and hair pulled back.

Date: Saturday, September 24

Time: 12:00 - 3:00 PM

Cost: \$40 Includes T-shirt

Site: Bonney Lake High School Gym



• Kidz Love Soccer - Ages 2 to 10

Learn the fundamentals of soccer through age appropriate play in a recreational format. Develop socialization skills and large motor skills. Please note this is a skills class - not a league with games. Soccer 1 and Soccer 2 classes enjoy advanced skill building; dribbling, passing and shooting in a team play format with scrimmages that emphasize applications of finer technical points. Shin guards required for all classes except Mommy/Daddy & Me. Parent participation required for Mommy/Daddy & Me class ONLY. Taught by the Kidz Love Soccer Staff. Includes jersey. **Max.** 30 per class

Days: Sundays

Mommy/Daddy & Me - Ages 2 to 3.5 **Time:** 2:00 - 2:30 PM

Tot Soccer - Ages 3.5 to 4 **Time:** 2:40 - 3:10 PM

Pre-Soccer - Ages 4 to 5 **Time:** 3:10 - 3:45 PM

Soccer 1- Ages 5 & 6 **Time:** 3:45 - 4:30 PM

(Techniques & Teamwork)

Soccer 2 - Ages 7 to 10 **Time:** 4:30 - 5:15 PM

(Skillz & Scrimmages)

Dates: Session 1 - **Outdoors**

September 11 - October 16

Cost: \$74 Includes jersey

Site: Daffodil Valley Sports Complex
(Behind Daffodil Elementary School)

Dates: Session 2 - **Indoors**

October 30 - December 11 (No class Nov. 27)

Cost: \$74 Includes jersey

Site: Robert Miller Gym
15206 Daffodil St. Ct. E, Sumner

*Please remember to select Session 1 (Outdoor)
or Session 2 (Indoor)



• Weekend Select Youth Basketball - Grades 5-8

Bring your All-Star basketball team together and play in our 21st Annual Competitive Winter League Basketball Program! League is for grades 5 through 8, grades may be combined if necessary. The league is combined with the Puyallup Recreation Department and draws teams from Kent, Eatonville, Tacoma, Auburn, Puyallup and other local areas. Registration is by team, no individual registrations accepted. League is for boys and girls. This is a very competitive league. Playing time is at the discretion of the coach. Teams will play 9 games plus playoffs. Weekend games begin December 3.

Registration Deadline: October 28.

Cost: \$565 Sumner/Dieringer School Districts
\$625 Out of District

• Bonney Lake Basketball Academy Youth Tryouts

Bonney Lake Basketball Academy will be holding tryouts for their 2016-17 Winter Select Basketball Teams which play October through February.

Dates: September 18 and 25

Time: Check for your grade level tryout time at www.bonneylakehoops.com

Site: Bonney Lake High School Gym

• Sumner Basketball Academy Youth Tryouts

Sumner Basketball Academy will be holding tryouts for their 2016-17 Winter Select Basketball Teams for girls and boys in grades 4-8.

Dates: September 18 and 25

Time: Check for your grade level tryout time at www.sumnerhoops.com

Site: Sumner High School Gym



• Safe At Home - Ages 8 to 12

This course is designed to prepare youth to respond safely to a variety of situations when direct parental supervision is unavailable. Class focuses on role play door/visitor and phone safety, gun and internet safety, house key and personal safety, first aid situations, and family communications. Learn to be a capable kid while earning your American Red Cross Certification Card. Certification cards take approximately 4-6 weeks to receive after class. Min. 8 Max. 40

Date: Saturday, November 19

Time: 2:00 - 4:00 PM

Cost: \$30

Site: Daffodil Elementary Room 404
(Access classroom behind school)

• Babysitting Class - Super Sitters - Ages 11 to 16

Come for a day of fun while learning important babysitting skills for earning your Red Cross Babysitter Certification card. Class covers supervision and play with children of various ages, basic first aid, safety precautions, accident prevention, and emergency skills. Come get some great ideas for your own super sitters kit full of games and activities. Bring a sack lunch and snack to class. Register early, class fills quickly. Certification cards take 4-6 weeks to receive after class. Min. 10 Max. 30

Date: Saturday, November 19

Time: 9:00 AM - 2:00 PM

Cost: \$65

Site: Daffodil Elementary Room 404
(Access classroom behind school)



• Elementary After School Sports Camps - Grades 4 & 5

This popular program returns for the 2016-17 school year and is open to Sumner School District students only. Register early to assure your spot. Students develop fundamental skills in a fun, active and purposeful "camp" atmosphere. A sports physical is not required to participate.

Coaches may vary schedule depending on enrollment. Includes school specific t-shirt.

Space limited to the first 40 students at each school to register.

Days: Mondays, Tuesdays and Thursdays

Time: Directly after school (check your school dismissal time) camp runs 90 minutes

Cost: \$45 per sport camp

Site: Practices will take place in your elementary school gym or on your school fields

Dates: AFTER SCHOOL SOCCER

**No soccer camp at Crestwood due to field maintenance

•September 26 through October 26

Jamboree: October 26 at BLHS Stadium 6:00 - 8:00 PM

Registration deadline: Sept. 22 - \$10 late fee after this date, if space available

AFTER SCHOOL BASKETBALL

**No basketball camp at Daffodil or Liberty Ridge schools

•November 7 through December 15

(No camp Nov. 14, 15, 17 - Elementary Conference week)

Jamboree: December 15 at BLHS Gym 6:00 - 8:00 PM

Registration deadline: Nov. 1 - \$10 late fee after this date, if space available

• Yoga for Kids - Ages 5-12

Come join us for a fun, interactive child/parent yoga class. Young yogis (ages 5-9) attend with parent while pre-teen yogis (ages 10-12) may attend with or without parent. Parent or guardian attends class for free. Wear comfortable clothing.

Min. 10 Max. 20

Days: Tuesdays

Dates: Session 1: Sept. 13, 20, 27, October 4, 11, 18

Session 2: October 25, November 1, 8, 15, 22, 29

Time: 4:30 - 5:15 PM

Cost: \$45 per 6-class session

Site: Henschell Chiropractic

20119 South Prairie Rd E, Bonney Lake

• Panther Junior Wrestling Club - Ages 5-12

This very successful program has been producing great Middle School Wrestlers for the Sumner/Bonney Lake area for 20 years! Wrestling is a tough sport which requires hard work and a good attitude, but it is also fun and challenging. Sportsmanship and team work are the focus of this club. Wrestlers pair according to age, weight and experience and are divided into two categories: 8 & under and 9 & over. Includes Panther T-shirt.

A mandatory parent/athlete orientation at 6:00 PM on Tuesday, October 4 at Mountain View Middle School in the Commons will introduce Club Director, *Noble Merrifield*, and provide an overview of the program and expectations.

The first season turnout will be held Monday, October 10. The program ends in late January.

Days: Mondays and Wednesdays

Time: 5:30 - 7:00 PM Ages 8 and under

6:30 - 8:00 PM Ages 9 and over

Cost: \$65 (additional siblings are \$40 each)

Site: Mountain View Middle School Auxiliary Gym

• 15th Annual Middle School Volleyball - Grades 6-8

Teams are made up of a maximum of 10 players representing their own schools (where possible). Schools may possibly be combined if there are too many or not enough from each particular school (first registered will have preference in those cases). Sponsors are needed in the amount of \$150 per team. Out-of-district teams must provide their own sponsors. Volunteer coaches are needed. Coach's child plays for free. Includes T-shirt.

Matches will be played week nights with 6:00 PM, 6:45 PM or 7:30 PM start times mid November through mid December. Double headers will be played when possible.

Registration deadline is Friday September 16.

Cost: \$55 / \$60 for out of district

Site: Sumner School District Gymnasiums



• 22nd Annual Elementary Girls Volleyball - Grades 3-5

All girls grades 3 through 5 are eligible to play in this weeknight evening league. Each team will be made up of a maximum of 10 players. Please note friend or coach requests on your registration form. Schools will be combined where needed. Practices will begin in mid October and matches start in mid November and run through mid December. Teams play eight league matches on week nights. Double headers will be played when possible. Volunteer coaches are needed. Coach's child plays for free. Includes T-shirt

Team sponsors are needed in the amount of \$150 per team.

Registration deadline is Friday, September 16.

Cost: \$55 / \$60 out of district

Site: Local Elementary Gymnasiums

• 17th Annual Youth Flag Football - Grades 3-6

Fall means football! Teams will play 8 league games Saturdays on local fields mid October through mid December. There will be a maximum of 14 players per team. There are two separate divisions: 3/4 grade division and a 5/6 grade division. Players will be grouped by request and/or by school as much as possible. All requests for placement with friends will be considered but not guaranteed. Volunteer coaches and sponsors needed. Coach's child plays for free. Includes T-shirt.

Registration Deadline is September 16.

Cost: \$55 Sumner School District

\$60 Outside Sumner School District

Site: Local Elementary Fields



• 23rd Annual Youth Basketball for Grades 1-5

Our youth basketball program begins the week of January 17, 2017. Grade 1 is Coed and grades 2, 3, 4 & 5 play separately. This program is for all levels of experience. Games and practices occur on weeknight evenings at local elementary school gyms as well as some Saturdays. Players may play up one grade but cannot play down. Teams are grouped by school unless noted otherwise. Please mark on your form if you have a specific coach or friend request. T-shirt included. Please consider volunteering to coach. Coach's child plays for free.

Jamboree Dates: January 13 and/or 14

Team sponsorship opportunities available at \$150 per team.

Registration Deadline: November 23.

Cost: \$55 Sumner School District

\$60 Outside Sumner School District



IMPORTANT INFORMATION FOR COACHING YOUTH SPORTS

All youth sport volunteer coaches will be required to fill out an online volunteer application, provide a current First Aid/CPR (adult and child) card, on-line Safe School Trainings and complete a fingerprinting process through OSPI.

Fingerprinting will be available at no cost through Sumner School District Human Resources.

CPR/First Aid classes available through East Pierce Fire & Rescue - www.eastpiercefirere.org

Coach's child (on the team you are coaching) is registered for free.

To begin your online volunteer application, please visit: www.sumnersd.org

Pull down the HR & Employment tab and start your online volunteer application.

Please call (253) 891-6500 if you have any questions regarding this process.

A big **Thank you!** to all our volunteers.

You give your time to the children of our community so that they may play and grow in a safe and encouraging atmosphere. Way to go!

VOLUNTEERS MAKE 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 in the lives of the children in your community as well as make some great memories for your child at the same time. Please contact the Recreation Department at (253) 891-6500 for further information or make a notation on your registration form that you are interested in coaching your child's team.



EMPLOYMENT OPPORTUNITIES

The Recreation Department is hiring Youth Sports Officials ages 16+ for our upcoming flag football and basketball season. If you are interested in joining our team, please visit: www.sumnersd.org

Pull down the HR & Employment tab and start your online application (apply for Youth Sports Official). Please call or e-mail (laura_zerr@sumnersd.org) to schedule an orientation/interview for this position **after** completing your online application. Please call (253) 891-6500 if you have any questions regarding this position.

UPCOMING EVENTS

Princess Tea - January 21

Join your royal friends at our annual Princess Event. This magical experience includes desserts, beverages, visiting with your favorite princesses and photo opportunities. Tickets available for purchase beginning November 14. Space is limited and this event fills quickly so be sure to purchase your tickets early.



Father/Daughter Dance - February 25 Don't miss this special event!

A fun night of dancing, door prizes and refreshments. Each couple receives a complimentary photo and each daughter receives a carnation. Space is limited so be sure to purchase your tickets early as this event always sells out. Tickets will be available for purchase in the Recreation Department Office beginning December 5.

MARTIAL ARTS

•Karate - Ages 10 through Adult

Isshin-Ryu is a traditional style of martial arts which focuses on basic punches, blocks, low kicks, forms and effective self-defense techniques. Karate promotes self-confidence, goal setting and fitness. This program is for all levels.

Instructor: *Mike Osborn* - 3rd degree black belt.

Days: Mondays & Wednesdays, beginning September 7

Times: 6:30 - 7:30 Beginners
6:30 - 8:00 Advanced

Cost: \$40 per month for individual
\$30 for each additional family member

Site: Lakeridge Middle School Gym B
5909 Myers Road E, Bonney Lake



•Tae Kwon Do

Looking for a great work out in a fun environment where the whole family can work out together? Martial arts is for all ages and will improve your self esteem, self confidence, physical fitness and flexibility. Tae Kwon Do is a structured martial arts system of practical techniques for self defense, strengthening and conditioning. We incorporate various martial arts techniques to create a mixed self defense program. Be sure to check out our "street clothes" Thursdays!

Days: Tuesdays and Thursdays, beginning September 8

Time: 5:40 - 7:30 PM

Cost: Monthly - \$55 for family or \$40 per individual

Site: Sumner Middle School Commons
1508 Willow Avenue, Sumner

• Dog Obedience Training

Does your dog jump up on people? Barge through the door before you? Doesn't come when called? Can't walk nicely without pulling on a lead? If any of these issues are true for your dog, then it is time for obedience training. Classes are offered for all dogs ages 3 months and older. Entire families are welcome to attend. Vaccination record required. Classes are educational and FUN!

Basic Training: We teach you techniques to get your dog to be a polite and well behaved dog. We will review household manners and management techniques and discuss common dog problems such as jumping on others, digging, chewing the wrong things, etc. Cues such as *Down, Stay, Give, Settle, Come, Leave It, Sit and Loose-lead walking* will be taught. Socialization with other dogs and humans will be emphasized.

Intermediate Training: This course is for all dogs that have completed the Basic course or have the instructor's permission. We will build on previous learned behaviors and develop reliable, consistent results. More socialization and introduction to walking off leash and agility is included. Six class sessions meet every other week (arranged with instructor). *Instructor: Jim Grasley*

Days: Saturdays

Class 1: Sept. 17, 24, Oct. 1, 15, 22, 29 (No class Oct. 8)

Class 2: Nov. 5, 12, 19, Dec. 3, 10, 17 (No class Nov. 26)

Time: 3:00 - 4:00 PM Basic
4:00 - 5:00 PM Intermediate

Cost: \$95 per dog

Site: Robert Miller Gymnasium (indoors)
15206 Daffodil St. Ct. E, Sumner

Photo courtesy of Jim Grasley



ADULT SPORTS/LEAGUES

• Friday Night Coed Slowpitch League

Teams play six games beginning Friday, September 9. There is a 12-team maximum. Players must be at least 18 years and out of high school. Games will be officiated by USSSA officials. Make-up games will be on Sundays, if needed.

A \$100 deposit will hold your spot until registration deadline.

Registration deadline for fee & roster: Monday, August 22. Registrations received after the deadline will be assessed a \$25 late fee and are subject to space availability.

Cost: \$320 (80% of players within Sumner/Bonney Lake)
\$345 (20% of players within Sumner/Bonney Lake)

• Women's Fall Slowpitch League

Teams will play eight league games plus playoffs for qualifying teams on local fields beginning the week of September 5. Players must be at least 18 years and out of high school. Game schedule will be Monday/Wednesday. Games are officiated by USSSA officials. A \$100 deposit will hold your spot until registration deadline.

Registration deadline for fee & roster: Monday, August 22. Registrations and fees received after the deadline will be assessed a \$25 late fee and are subject to space availability.

Cost: \$535 (80% of players within Sumner/Bonney Lake)
\$560 (20% of players within Sumner/Bonney Lake)

• Men's Fall Slowpitch League

Teams will play eight league games plus playoffs for qualifying teams on local fields beginning the week of September 5. Players must be at least 18 years and out of high school. Game schedule will be Tuesday/Thursday. Games are officiated by USSSA officials. A \$100 deposit will hold your spot until registration deadline.

Registration deadline for fee & roster: Monday, August 22. Registrations and fees received after the deadline will be assessed a \$25 late fee and are subject to space availability.

Cost: \$535 (80% of players within Sumner/Bonney Lake)
\$560 (20% of players within Sumner/Bonney Lake)

ADULT FITNESS CLASSES

• Beginner Yoga Ages 13 - Adult

Build strength, balance and flexibility in the beginner yoga class. Series is designed for anyone new to yoga or continuing students wishing to reconnect to the fundamentals of a physical yoga practice. Wear comfortable clothing.

Days: Saturdays

Dates: Session 1 - Oct. 8, 15, 22, 29
Session 2 - Nov. 12, 19, Dec. 3, 10

Time: 11:00 AM - 12:15 PM

Cost: \$45 per session

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



• Jazzercise

Jazzercise is a pulse-pounding, beat pumping fitness program. Certified instructors begin with warm-ups sequencing into aerobic dance moves blending elements of cardio, strength training, kick-boxing and power yoga. Variations provided for all fitness levels.

Days: Mondays and Wednesdays, beginning Sept. 5

Times: 5:15 PM

Cost: \$10 drop in
Punch cards: \$27/5 classes, \$37/8 classes or \$52/12 classes

Site: 1705 Willow Street, Sumner

• Fall Adult Coed Soccer League

Two divisions offered: Open-Rec and Over 30-Rec. Over 30 may have a total of 4 players under 30 but over 26 (no more than two men under 30). Teams play eight games on local fields on Sundays beginning September 11. Teams will play two 40-minute halves. Teams will need to field 5 women and 5 men - goalie can be either gender. Home team will furnish the game ball. All players must be at least 18 years and out of high school and not currently playing on a college team. A \$100 deposit will hold your spot.

Registration deadline for both fee & roster: August 24.

Registrations received after the deadline will be assessed a \$25 late fee and are subject to space availability.

Cost: \$500 (80% of players within Sumner/Bonney Lake)
\$530 (20% of players within Sumner/Bonney Lake)



• Men's 4 x 4 Call Your Own Basketball League

Teams will play eight league games on weeknights. League will begin the end of September. There will be two 20-minute halves. Teams must have the same color T-shirts or jerseys, preferably with numbers on the back. Games will be played during the week at local Sumner School District schools. Players may only play on one team per division. Teams may not have any current college players and all players must be at least 18 and out of high school. Minimum of 6 teams.

A \$100 deposit will hold your spot until registration deadline.

Registration deadline for fee & roster: Monday, September 12.

Cost: \$185 (80% of players within Sumner/Bonney Lake)
\$200 (20% of players within Sumner/Bonney Lake)



• ManeStage Theatre - Save the Date: October 1-16 Little Women - Performing Arts Center in Sumner

Experience the powerful heartwarming Broadway musical based on the best-selling American classic novel by Louisa May Alcott. Follow the adventures of the beloved March sisters as they grow up in Civil War America with this exhilarating musical!

• Beautify Bonney Lake Annual Event

Join other community volunteers, local businesses and Beautify Bonney Lake organization to create a more beautiful city. Meet at the Pierce Transit parking lot behind Wendy's (just off Highway 410) between 8:30 & 9:00 AM on Saturday, September 17 to assign work locations. For more information, please visit: www.beautifybonneylake.org



• 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!

Silver Sneakers Aerobic Class - Thursdays, 2:00 - 3:00 PM Cost \$3
Tai Chi - Thursdays, 8:30 - 9:30 AM No fee
Yoga - Wednesdays, 9:00 - 10:00 AM Cost \$5

2016 Fall Registration Form

<p>Mail In</p> <p>Clip & Mail To: Sumner/Bonney Lake Rec. Dept.. 1202 Wood Avenue Sumner, WA 98390</p>	<p>Walk In</p> <p>Robert Miller Gymnasium: Located behind Daffodil Elementary. (15206 Daffodil St.. Ct. E Sumner) Open 8:30 AM-5:00 PM Mon-Fri</p>	<p>Scan/Fax In</p> <p>Fax: (253) 891-6515 Fax or scan complete registration form and include Visa/MC info. If you prefer you can call in your V/MC after faxing your form. Phone:(253) 891-6500 Scan to: recreation@sumnersd.org</p>
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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) *Dieringer School District Students (Add \$5)

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

Participants Name	Age	Grade	School	M/F	Activity Description	\$\$ Fee \$\$

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

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

Please check appropriate t-shirt size: T-Shirts tend to run small

_____ Youth X-Small (2-4)	_____ Adult Small (34-36)
_____ 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)

Hardship Donation \$ _____
***Non-Resident Fee \$** _____
Total Amount Enclosed \$ _____

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 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.

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

Office Use Only: Receipt #: _____ Received Date: _____

Registration Procedures/Policies

- Pre-registration and payment of fees in advance 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 coach regarding practice schedules.
- Register by mail, fax, email or walk in registration. No telephone registrations accepted. Confirmations and/or receipts are not sent.
- Registrations are processed on a first-come, first-served basis. If class or program is full when we receive your registration, we will call you.
- Classes are subject to cancellation if minimum enrollment is not met. If a class is postponed, rescheduled, or cancelled, a full refund will be made, otherwise a \$10 processing fee will be charged on all refunds. An additional \$10 fee may apply if a T-Shirt has already been ordered for the program. No refunds after first two weeks in league programs. All refund requests must be in writing to: recreation@sumnersd.org
- Please make checks payable to Sumner/Bonney Lake Recreation Dept. There will be a \$25 service charge for all checks returned NSF (non sufficient funds).
- The class schedule is published for information purposes only. The Recreation Department reserves the right to make any necessary changes in the content/provision of the class schedule without notice.
- All program fees include applicable taxes.

Your Recreation Staff

Rich Hanson, Recreation Manager
 Laura Zerr, Recreation Specialist
 Holly Tedford, Recreation Specialist
 Alex Latham, Administrative Assistant

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
 Mt. Rainier Football Club-----mtrainerfc.org
 Sumner Soccer Club-----www.sumnersoccer.org
 BL/Sumner Little League-----www.blslittleleague.org