CITY OF ST. JOHNS RECREATION
2008 WINTER PROGRAMS

POWER YOGA

The power yoga class is for all levels and is designed to open the body, mind and spirit. The class will also teach pranayama (breathing techniques), meditation, and traditional yoga philosophy in addition to physical yoga postures.

There will be two 6-week sessions:
Session 1 will start January 7th and end February 11th.
Session 2 will start February 18th and end March 24th.
All classes meet on Mondays from 6:30 pm to 8:00 pm in the Wilson Center Auditorium.

Cost	One Session	Both Sessions	Drop-in-All Ages
Resident	$55	$100	$10
Age 60 + res.	$50	$90	
Non-Resident	$65	$120	$12
Age 60+ non-res.	$60	$110	

You are considered a non-resident if you do not pay City Taxes.

Carrie Angelwicz will lead the class. Carrie has over 500 teaching-training hours in Power/Vinyasa Yoga. She is trained to teach all levels in one class as well as teaching injury prevention and modifications.

OPEN GYM

Youth Open Basketball

Grades 6-8 will be Wednesday afternoons from 3:45 to 5:00 p.m. at the Wilson Center Gym starting February 20th and ending March 26th. Cost is $1.00.

Adult Open Basketball

Adults 18 and older will be on Monday and Wednesday nights from 8:00 to 10:00 p.m. at St. Johns Middle School starting January 7th. Cost is $4.00 per person per night. On Wednesday nights there will be a separate court for 40 and over.

Adult Open Volleyball

Adults 18 and older will be on Monday nights from 8:00 to 10:00 p.m. at St. Johns Middle School Auxiliary Gym starting January 7th. The cost is $4.00 per person per night.

If school is cancelled because of bad weather or other reasons then adult open gym is cancelled

Six-visit adult open gym pass is available at the City offices for $22 or you can pay at the door.

ICE RINK and SLEDDING HILL

Visit our website at www.ci.saint-johns.mi.us for more information.

CO-ED HIGH SCHOOL DODGEBALL LEAGUE

The City of St. Johns Recreation Department is taking registrations for a high school co-ed dodge ball league. Must have a minimum of 6 teams for the league to form with a maximum of 10 teams. Registration deadline is December 28th. Teams consist of 6-10 players. Four boys and two girls play at one time. The six-week league will take place on Monday afternoons at the Wilson Center starting January 14th and ending February 11th. Cost for the league is $7 for each player on the roster or $50 per team whichever is less. League is restricted to St. Johns Public School District Students only. If there is enough interest a second six-week season will be added

Contact the Recreation Department at 224-8944 ext 227 if you have questions or to register your team by December 28. Payment is not needed until we have enough teams for a league.

BIDDY BASKETBALL K-2

The six-week program will introduce your child to the basics of the game of basketball. The program is meant to be a positive introduction to the game of basketball for first year players and a skill sharpening opportunity for returning players. Participants can expect to be exposed to, from parents and volunteers, the basics of basketball in a non-competitive and safe atmosphere. An emphasis will be placed on good sportsmanship, fundamentals and having fun. Everyone will receive a certificate, individual award and a "Big Boy MVP Award" from Big Boy Restaurant of St. Johns.

When: Saturday's February 9th. – March 15th.
Deadline to register is January 11 (add $10 after the 11th) Postmarks will be honored.
Cost: $31 for St. Johns School District residents.
$35 for non-school district residents
Please list child shirt size on bottom of registration sheet.

BIDDY BASKETBALL 3-5

New this year for children in grades 3rd – 5th will be the addition of Basketball University Sports and Events LLC providing expert instruction. Their skill development instruction will help you with ball handling, shooting and understanding team play. First three weeks are skill development; second three weeks are skill development and instinctive play games. Can't make it to every week, then just drop and pay for the weeks you can make it. T-shirt for everyone that pre-registers. Everyone will receive a certificate, individual award and a "Big Boy MVP Award" from Big Boy Restaurant of St. Johns.

When: Saturday's February 9th – March 15th.
Deadline to pre-register is February 7th.
Cost: $ 48.00 or $12/week drop-in for St. Johns School District Residents
$55.00 or $15/week drop-in non-school district residents.
Please list child shirt size on bottom of registration sheet.

Make Checks Payable and Mail to: City of St. Johns-Biddy Basketball P.O. Box 477 St. Johns, MI 48879

Registration Form for all activities

Parent/ Guardian Name _____E-mail Address_____

Address_____
City State Zip

Home Phone_____ Work_____

I would like to volunteer/coach for the following youth program. _____

I recognize that my participation in sporting activities and athletic competition subjects me to certain risks of physical injury. I hereby assume this risk as my own and all responsibility for any such injuries as they relate to said participation in sports/**recreational** activities on City property **or properties used for City recreational activities.** By signing this document I agree to waive any rights or claims I may have for damages arising from injuries I may receive while participating in recreational events sponsored or supported by the City of St. Johns and/or the St. Johns Recreation Department. I hold harmless the City of St. Johns and any of its employees or agents from all such claims, lawsuits, actions and/or damages.

Parent/Guardian Signature_____ Date_____

Participant's Name	Activity	Session/Date	Shirt Size	Grade	Age	Gender	Program Fee