

2010 SUMMERCISE CLASS SCHEDULE

SESSION 1 (JUNE 7-JUNE 24)

12:15-1PM	SUMMER LUNCH @ THE NOME RECREATION CENTER			
5&6 Y.O.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:30-4:30	Run, Kick, Swing! Healthy Treats & Eats Movin' & Groovin'	Body & Soul: Eat. Move. Grow.	Run, Kick, Swing! Healthy Treats & Eats Movin' & Groovin'	Body & Soul: Eat. Move. Grow.
7 & UP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:30-2:30	Ballin' Skillz –boys Cheerobics NYO Track and Field Kid's Dishin' Nutrition	Klondike Hike Traditional Arctic Living Green Explorations	Ballin' Skillz –boys Cheerobics NYO Track and Field Kid's Dishin' Nutrition	Clue for a Healthy You The Great Outdoors
2:30-3:30	Yogasize Hustling Floor Hockey Prima Ballerinas Body Blast: Weight Training Cooking up Culture Educate Your World w/Radio	Ratatouille – Become a Healthy Chef	Yogasize Hustling Floor Hockey Prima Ballerinas Body Blast: Weight Training Cooking up Culture Educate Your World w/Radio	Camping Skills and Smarts The Pyramid Café
3:30-4:30	Kick and Score Soccer Groovin' Around the Globe Pedal to the Medal Biking Leadership & Life skills Fruits & Veggies – More Matters		Kick and Score Soccer Groovin' Around the Globe Pedal to the Medal Biking Leadership & Life skills Fruits & Veggies – More Matters	

SESSION 2 (JULY 6-JULY 22)

12:15-1PM	SUMMER LUNCH @ THE NOME RECREATION CENTER			
5&6 Y.O.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:30-4:30	Splish Splash Swimming Class & Healthy Snacks	Team Up! Healthy Treats & Eats	Splish Splash Swimming Class & Healthy Snacks	Team Up! Healthy Treats & Eats
7 & UP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:30-2:30	Ballin' Skillz-girls Disc Golf & Ultimate Frisbee Get Amped Boot Camp Rock Climbing I Grains for Brains	Swimming Jammin' Gym Time	Ballin' Skillz-girls Disc Golf & Ultimate Frisbee Get Amped Boot Camp Rock Climbing I Grains for Brains	Swimming Jammin' Gym Time
2:30-3:30	Acrobatic Gymnastics Flag Football Fit for an Ace & Soccer Golf Rock Climbing 2 Traditional Foods Inspire Your World w/Radio		Acrobatic Gymnastics Flag Football Fit for an Ace & Soccer Golf Rock Climbing 2 Traditional Foods Inspire Your World w/Radio	
3:30-4:30	Serve N Bump N Fun Hip Hop Ya Don't Stop Base Sports Bite Into It Jumprope Skills		Serve N Bump N Fun Hip Hop Ya Don't Stop Base Sports Bite Into It Jumprope Skills	

WHAT'S YOUR 2010 HEALTHY GOAL?

(Ideas: don't drink pop, eat 5 servings of fruits & veggies a day, limit tv, brush my teeth 2-3 times a day, etc)

IMPORTANT ANNOUNCEMENTS & EVENTS!

REGISTRATION

- ❖ Thursday, May 27th from 3:00-5:45pm @ the Nome Rec Center
- ❖ If you're not able to register during this time, they can be turned in at the CAMP dept after June 1

SESSION 1: June 7-June 24

SESSION 2: July 6-July 22

PROGRAM DAYS, TIMES, AND LOCATIONS

- ❖ Monday through Thursday
- ❖ 1:15pm - 4:30pm
- ❖ Nome Recreation Center

COST

Regular Fee: \$30 per session or \$50 for 2 sessions

Pool Fee: \$30 total

Family Rates available - please inquire at registration Reduced Rates Available

AGES 5 & UP

CONTACT NUMBERS

CAMP 443-3365

NRC 443-5431

Pool 443-5717

NCC 443-5259

SUMMER LUNCH

- ❖ Available for youth up to age 18!
- ❖ Monday - Friday, June 7 - June 25 & July 6 - July 23 @ the Nome Rec Center
- ❖ Questions? Contact Lance Johnson @ 443-5259

SUMMER FUN!

- ❖ Nome River Gold Dust Dash June 19 7:30am East Beach
- ❖ Wyatt Earp Dexter Challenge July 31 9:30am Anvil City Square
- ❖ Folk Fest Fun! June 18 @ 1:30 at the Rec Center
- ❖ Midnight Sun BE ACTIVE Club - sign up through the CAMP department (reg sheets @ CAMP and NRC)
- ❖ Midnight Sun Walking Group M,W,F 5:30 @ CAMP
- ❖ Midnight Sun Running Group M, W, Th 5:30 @ NRC

SUMMERCISE CALENDAR

SESSION 1				
J U N E	Mon	Tue	Wed	Thu
	7	8	9	10
	14	15	16	17
	21	22	23	24
SESSION 2				
J U L Y	Mon	Tue	Wed	Thu
	Holiday	6	7	8
	12	13	14	15
	19	20	21	22