

West Shore Recreation invites you to...



Click on an activity name for details or to register online!

West Shore Recreation Commission

www.westshorerec.org

920-9515

ACTIVE WELLNESS

MARCH

Starting:

- 3/3 [Pi-Yo](#)
- 3/4 [Ripped](#)
- 3/13 [Belly Dance \(L1\)](#)
- 3/13 [Belly Dance \(L2\)](#)
- 3/18 [Pound](#)
- 3/18 [Booty Barre](#)
- 3/18 [Pilates \(AM\)](#)
- 3/19 [Kickboxing & Abs \(Sun\)](#)
- 3/20 [Zumba Step](#)
- 3/21 [Pilates \(PM\)](#)
- 3/21 [Kickboxing & Abs \(TU\)](#)
- 3/21 [Tabata – Burst Training \(Tues\)](#)
- 3/22 [Tabata Burst/Pilates \(Wed\)](#)
- 3/22 [Insanity](#)
- 3/22 [Hatha Flow Yoga](#)
- 3/22 [Muscle Pump Sr](#)
- 3/23 [Tabata – Burst Training \(TH\)](#)
- 3/23 [Muscle Pump \(PM\)](#)
- 3/27 [Step Challenge](#)
- 3/29 [Pi-Yo](#)

APRIL

Starting:

- 4/3 [Happiest Hour Yoga](#)
- 4/3 [Adult Horsemanship](#)
- 4/5 [Ballroom Dancing](#)

MAY

Starting:

- 5/1 [Belly Dance \(L1\)](#)
- 5/1 [Belly Dance \(L2\)](#)
- 5/1 [Happiest Hour Yoga](#)

KIDS ACTIVITIES

MARCH

Starting:

- 3/1 [Robotics \(FC\) \(Gr 1-3\)](#)
- 3/1 [Robotics \(FC\) \(Gr 4-5\)](#)
- 3/16 [Kinder Tots](#)
- 3/25 [Youth Horsemanship](#)
- 3/30 [Machine Makers \(RM\)](#)
- 3/30 [Radical Racers \(RM\)](#)

APRIL

Starting:

- 4/1 [Babysitting Certification](#)
- 4/2 [Mini Horsemanship](#)
- 4/3 [Game Design](#)
- 4/4 [Machine Makers \(HG\)](#)
- 4/4 [Radical Racers \(HG\)](#)
- 4/5 [Machine Makers \(WH\)](#)
- 4/5 [Radical Racers \(WH\)](#)
- 4/10 [Jr Martial Arts](#)
- 4/11 [Tiger Cubs Martial Arts](#)
- 4/12 [Jr Martial Arts](#)
- 4/13 [Youth Martial Arts](#)
- 4/23 [Mini Horsemanship](#)

ACTIVITIES IN MAY AT PINCHOT PARK

MAY

Starting:

- 5/6 [Beginner Kayak](#)
- 5/12 [Vernal Pool Discovery](#)
- 5/13 [Spring Wildflower Walk](#)
- 5/20 [Kids Spring Discovery Walk](#)

ENRICHMENT PROGRAMS

MARCH

Starting:

- 3/14 [Puppy/Dog Training](#)
- 3/15 [Canine Good Citizen](#)
- 3/21 [Disduo Peyote Bracelet](#)

APRIL

Starting:

- 4/22 [Workplace Active
Shooter Response](#)

MAY

Starting:

- 5/11 [Medicare Basics \(FREE\)](#)

AQUATICS

APRIL

Starting:

- 4/3 [Hydro Hike](#)
- 4/3 [Aquacise](#)
- 4/4 [Water Workout](#)

SPORTS PROGRAMS

MARCH

Starting:

- 3/31 [Soccer Clinic \(7:20-8:20 pm\)](#)

APRIL

Starting:

- 4/5 [Boys Basketball \(Gr 4-6\)](#)
- 4/5 [Boys Basketball \(Gr 7-9\)](#)
- 4/6 [Co-Ed Basketball \(Gr 1-2\)](#)
- 4/6 [Co-Ed Basketball \(Gr 3-5\)](#)
- 4/23 [Adult/HS Tennis](#)
- 4/23 [Spring Youth Tennis \(5-7\)](#)
- 4/23 [Spring Youth Tennis \(8-12\)](#)
- 4/23 [Spring Youth Tennis \(9-16\)](#)
- 4/29 [SNAG – Starting New at Golf](#)
- 4/29 [SNAG – Adult Golf Fundamentals](#)

MAY

Starting:

- 5/6 [Spring Youth Tennis \(5-7\)](#)
- 5/6 [Spring Youth Tennis \(8-12\)](#)
- 5/6 [Spring Youth Tennis \(9-16\)](#)
- 5/10 [Spring Youth Tennis \(5-7\)](#)
- 5/10 [Spring Youth Tennis \(8-12\)](#)

TRIP DESTINATIONS FOR 2017

Starting:

- 4/2 [Gourmet Food Tours](#)
- 4/6 [Cherry Blossom Cruise](#)
- 4/22 [New York City Your Way](#)
- 5/21 [Gourmet Food Tour](#)
- 5/24 [Blue Angels Air Show in Annapolis \(CH\)](#)
- 5/24 [Blue Angels Air Show in Annapolis \(York\)](#)
- 5/27 [New York City Your Way](#)
- 6/3 [Gourmet Food Tour](#)
- 6/12 [Lilac Festival on Mackinac Is. MI](#)
- 6/26 [Southern Maine Windjammer](#)
- 6/25 [9/11 Memorial Museum & One World Observatory](#)