

Mitchell Parks & Recreation Department Fall/Winter 2016-17

Up-coming Fall/Winter Activities and Dates:

Youth Programs:

5th & 6th Grade Tackle Football: August 22nd – October 4th

Registration starts July 19th. Mon-Tues-Thurs 6:00 p.m.

Deadline to sign up August 16th

Must weigh in at Rec Center by August 16th Fee: \$45

Volunteer Coaches are needed before we can start so please sign up to help if you can

Mitchell Youth Soccer League Fall Season August 22 – Sept 29th

Join Mitchell Park & Rec, MSA and DWU Soccer

In this Co-Sponsored youth soccer league

Kindergarten-2nd grade practice Mondays with Saturday games

3rd – 6th grade practice Thursdays with Saturday games

Volunteer coaches will work with DWU soccer players

Registration starts July 19

Deadline August 15th Fee: \$40 plus T-shirt

Girls 3rd – 6th grade Volleyball: Jan 9th – Feb 17th

5th & 6th graders meet M-Tu-Wed 3:45-5:00 p.m.

3rd & 4th graders meet Thurs-Fri 3:45-5:00 p.m.

Registration begins Nov 28th

Deadline to Register Jan 8th Fee: 3-4 grade \$35 5-6 grade \$40

Youth Tennis lessons: Tues/Thurs Nov. 1st – Dec 15th

Grades K-2 from 4:00-4:45 p.m. grades 3-6 from 5:00-5:45 p.m.

Held at 4H building \$40/player Registration starts Sept 30

Deadline to Register is October 28th.

3rd & 4th grade Flag Football: August 29th – October 6th

Registration starts July 19th Mon-Tues-Thurs 6:00 p.m.

Deadline to sign up August 23rd

Fee: \$35

Volunteer Coaches are needed before we can start so please sign up to help if you can

Boys & Girls 1st – 6th grade Basketball: Oct. 10th – Nov 19th

Registration Starts September 1st. Deadline October 3rd

1st & 2nd grade meet Mondays evenings

3rd – 6th graders meet Tues & Thurs evenings with 4 Sat games

Volunteer Coaches are needed before we can start so please

sign up to help if you can. Fee: \$30 1-2 grade \$40 3-6 grade

Safe Sitter babysitting course: Wed December 28th 9:30-3:30

Registration begins Nov. 30th Deadline to register Dec 22nd

Maximum of 16 kids Fee: \$40

FUNDamentals: August 22nd – April 1st 3:30 - 4:30 p.m.

Our FUNDamentals program is a dynamic, fun and challenging youth performance-enhancement program. This program is ground based and centers around injury prevention, movement analysis and correction, proper conditioning tactics and well designed strength protocols. Sessions are 4 weeks Mon-Thurs for grades 4th on up. Cost is \$75/sessions...If you've been through the program and want more advanced sessions see other side for details under personal training

To sign up for programs go to cityofmitchell.org and click on Parks & Recreation page and it's under quick links.

Adult Programs:

5 on 5 Flag football league: Sept 14th – Oct 26th

Team Registration fee: \$240 Wednesday Evenings

Captains meeting Wed. Sept 7th 5:30 p.m at Rec Center

Email kdevries@cityofmitchell.org for Registration Form

Men's Basketball League: January 4th – April 5th

Team Registration Fee: \$275 Play Wednesday nights

Captains meeting Mon Dec 12th 5:30 p.m. at Rec Center

Email kdevries@cityofmitchell.org for Registration form

Open Court Pickleball: November 2nd – December 21st

\$25/player for 7 nights. Courts will be open for play

From 6:00 – 8:00 p.m. Wednesday nights at Armory *****

Adult Coed Volleyball League: Oct. 23rd – Feb 26th

Team Registration Fee: \$125 Sunday Evenings

Captains meeting Wed. Oct 19th at 5:30 p.m. at Rec Center

Email kdevries@cityofmitchell.org for Registration Form

Adult wiffleball league: Nov 2nd – Dec 14th

Team Registration Fee: \$150 Play Wednesday nights

Captains meeting Thursday Nov 1st 5:30 p.m. at the Rec Center

Email tcavanaugh@cityofmitchell.org for Registration form

For more information on leagues contact Todd Cavanaugh at tcavanaugh@cityofmitchell.org Jamie Henkel at jhenkel@cityofmitchell.org

MITCHELL RECREATION CENTER

Fitness - Family - Fun

Membership Packages/Costs

Annual – Preschool: \$91.00 Youth: \$200.00	6 Month – Adult: \$246 -- Family: \$339
Adult: \$383 -- Couples: \$456 -- Family: \$520	Couples: \$293 -- Senior Adult: \$199
Seniors: \$310 -- Senior Couples: \$370	Seniors couples: \$230
Adult Auto Checking: \$33.08/month	***All Annual and 6 month memberships will now
Couples Auto Checking: \$39.17/month	include: Free adult fitness classes and towel
Family Auto Checking: \$44.50/month	Service
**We also offer 1 and 3 month memberships along with corporate rates: Call Chris for more info.	

Facility Features:

Full Gymnasiums Weight Room Racquetball courts
Cardio room Indoor Swimming pool Hot tub/Steamroom
Multi-purpose room Pre-School

Fitness classes/Personal Training

All Members get a free consultation with our Fitness Coordinator Thomas Gulledge. Thomas will review your history and help you access your needs and come up with a 1 time program for you to follow.

Burn Group Ex

Burn is a series of group exercise programs centered around increasing your metabolism in a short-burst style to get the most out of a 30 minute time frame! You will never get bored during this high intensity, low-impact class that emphasizes every aspect of exercise. Our instructors highlight low-impact conditioning, core training, flexibility, strength, mobility, plyometrics and anything else popular in fitness. Best of all it's FREE to all members! Classes run Mon-Fri at noon and extra class times can be added if staff is available. Get a group of 5 or more together and schedule your class today.

We also offer **PERSONAL TRAINING** sessions with Adam Fosness: Adam will set up a program specifically tailored for your needs whether it's for athletics or just getting back in shape. Must have a membership

Adult Packages: 1 Adult (12) 1 hr sessions - \$200 Group of 2: (12) sessions - \$150
Youth group of 3 or more: (12) sessions - \$75

Youth Members Afterschool Program

The Mitchell Recreation Centers policy is that any member or non-member who is in 2nd grade or below must be supervised at all times by someone 14 years of age or older when they are in the facility.

During the school year those Members (if not supervised) must participate in our after school program. Kids will have supervised activities by part time staff from 3:30 – 5:30 Monday – Friday. Activities include games in the gym, outside games and free play on the playground, swimming and art and craft projects.

Cost is \$25 for a 20 day punch card.