

Recreation Class Schedule - Fall 2010

*Any questions please contact the *RECREATION DEPARTMENT* at montvalerecreation@ymail.com

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Adult Circuit Training 10:15-11:15 am				Adult Hatha Yoga 9:30 - 10:30 am	
Kids Tae-Kwon-Do Grades K-4 3:30-4:30pm		Kids Tae-Kwon-Do Grades K-4 3:30-4:30pm			
Kids Tae-Kwon-Do Grades 5-8 4:30-5:30pm	Girl's Volleyball 5th-8th Grade 6:00 7:00 pm Mem. School Gym	Kids Tae-Kwon-Do Grades 5-8 4:30-5:30pm			
Adult Hatha Yoga 7:30-8:30 pm		Adult Tae-Kwon-Do 8:00-9:00 pm			
30 + Basketball 8:00 - 10:00 pm Mem. School Gym Sept - May			Talking Baseball 7:15-9:30		

****All Programs will be held at the REC CENTER unless otherwise specified!!!***

Future Programs or Events

Look for Chess to begin in October

Halloween Carnival for all children Pre-K thru 4th grade October 29, 2010