

Recreation Class Schedule - Winter 2010

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Butt and Gutt 9:15-10:15 am			Pilates - Ball & Band 9:15 - 10:15 am	Hatha Yoga 9:15 - 10:15 am	
	Hatha Yoga 10:00 - 11:00 pm		Yoga for athletes 3:30-4:30		Biddy Basketball December 12th -- March \$40 Fee Mem School Gym
Tae-Kwon-Do Grades K-4 3:30-4:30pm		Tae-Kwon-Do Grades K-4 3:30-4:30pm			
Tae-Kwon-Do Grades 5-8 4:30-5:30pm	Girl's Volleyball 5th-8th Grade 6:00 7:30 pm Mem. School Gym	Tae-Kwon-Do Grades 5-8 4:30-5:30pm	Belly Dancing Beginner 7:00 - 8:00 pm Mem. School MPR		
Hatha Yoga 8:00-9:00 pm		Adult Tae-Kwon-Do 8:00-9:00 pm	Belly Dancing Advanced 8:00 - 9:00 pm Mem. School MPR		
30 + Men's Basketball 8:00 - 10:00 pm Mem. School Gym Sept - April	Adult Volleyball 18 + 8:00 - 10:00 pm Mem. School Gym	Competitive Basketball 8:00 - 10:00 pm FMS School Gym Jan. - April	Talking Baseball 7:15-?		

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

Future Programs or Events

>Biddy Basketball: Grade 1 > A-L 10:00-10:40, M-Z 10:45-11:25 Grade 2 > L-Z 11:30-12:10, A-K 12:15-12:50

>Chess will begin in late February or early March.