

TEEN

TEEN FITNESS

Teen One-on-One Strength & Conditioning

3 one hour appointments with a Lifestyle Center Staff to certify teens for limited access to the Lifestyle Center. Register at the front desk and a Lifestyle Center Staff will call to schedule appointments. Ages 13-15.

East/Northeast/West

3 hours by appt.
Members Only \$45



All fitness classes open to members 13 and older.

NEW! Teen Hip Hop Dance Workshop

Learn hip hop dance routines while exercising and having fun with friends.

Northeast

January 16	Grades 5-8	Studio	11:00am-12:30pm
	Grades 9-12	Studio	12:30-2:00pm
			M \$10 P \$20

Teen Aquatics Programs

check out page 14



TEEN SPORTS

Bowling League

Light instruction/team play. Improve skills, scores, and sportsmanship. We need parents to help instruct/coach. Starts Jan. 8. 9 weeks. An additional \$2.25 weekly for lane fee. Please come 5 minutes before game. Deadline Jan. 6. Bowl 1 Game.

Northeast

Prairie Lanes - 430 Clarmar, Sun Prairie, WI

F	Ages 7-14	4:00pm
		M \$21 P \$37

Friday Night Hoops

Get together for pick-up games every 1st, 2nd and 3rd Friday of the month! Must be in before 10:00pm. Cannot come and go. Must be playing basketball to be involved. Participants must have a photo ID.

West

F	Grades 5-12	9:30pm-12:00am
		M FREE P \$3

Inayan Eskrima Self Defense

This co-ed program emphasizes self-defense through traditional Filipino martial arts. The Inayan System Eskrima teaches students practical and effective self-defense skills through the use of equipment and empty-hand techniques. Additional equipment may be required. More information will be given by the instructor.

East

TU/TH	Ages 13+	7:00-9:00pm
		M \$45 P \$90

Middle School Volleyball Class

Coed class consists of practices, scrimmages and games.

West

W	Grades 6-8	5:00-6:00pm
		M \$21 P \$42

Karate - Shorin Ryu

Traditional Okinawan techniques which include emphasis on formal exercise (Kata).

West

SA	Ages 8-Adult	10:00am-12:00pm
		M \$36 P \$72

Wrestling

Great individual sport. No prior experience required. Beginner, intermediate and advanced in American Folk Wrestling are taught by expert instructors. Focus on learning the fundamentals. T-shirt included. Held at High School. Season will run November through March. Meet fees will be in addition to the program fee, and based on the number of events competing in.

Northeast-Sun Prairie High School

T	Grades K-8	optional	6:15-7:15pm
TH	Grades K-4		6:00-7:00pm
TH	Grades 5-8		6:45-8:00pm
			M \$65 P \$85

The Evjue Foundation

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