

Firstenburg Nautilus Fitness Center

700 N.E. 136th Ave.

Hours	Holiday Hours
M-Th:..... 5:30am-9pm	Labor Day M, Sept. 5 Closed
F: 5:30am-8pm	Veteran’s Day F, Nov. 11 10am-7pm
Sa: 8am-7pm	Thanksgiving Day Th, Nov. 24 Closed
Su: Noon-6pm	Day after Thanksgiving F, Nov. 25 10am-7pm
	Christmas Eve Sa, Dec. 24 8am-4pm
	Christmas Day Su, Dec. 25 Closed
	New Years Eve Sa, Dec. 31 8am -5:30pm
	New Years Day Su, Jan. 1 Closed

New equipment is being delivered to the Nautilus Fitness Centers at Firstenburg and Marshall! Pursue your goal of health and fitness this fall, on brand new Precor treadmills, ellipticals and bikes.

FITNESS SERVICES AT FIRSTENBURG

Your kids are back in a routine; now let’s get you back to one! Start today! Call 487-7017 with questions or to make an appointment. **NEW!** FREE 30-minute equipment orientation sessions offered by FCC’s personal trainers, the first Tuesday of each month. Call 360.487.7018 to sign up. Limit 2-3 people per session.

Body Composition Assessment

Learn what your current body fat and lean muscle mass is. You’ll receive a printout of your results, and an overview for improvement. \$17

Fitness Assessment

Learn your blood pressure, resting heart rate, body fat percentage, flexibility, strength and endurance values. Receive a printout of your results along with information on how to improve your overall fitness.

One session: \$33 Three sessions: \$93

Personal Training

Our certified personal trainers will design a custom program, monitor your progress and hold you accountable.

One hour	\$60	Two hours	\$110
Three hours	\$160	Four hours	\$210
10 hours	\$490		

Group training available!

Add \$11 per person, per hour to either the personal training or nutrition counseling fees.

Nutrition Counseling

Meet with nutritionist Joy Lasseter, PhD, for your customized, weight loss food plan. Receive a seven day meal plan with recipes, including healthy options for proteins, carbohydrates and fats. She will

also give you shopping guidelines and food preparation tips. Book follow-up sessions as needed to stay on track and reach your health goals.

One session: \$60

Massage Therapy

Our licensed massage therapists will help you reduce or eliminate pain, stress, and fatigue. Chair or full-body table massages are available.

30 minutes	\$32	60 minutes	\$60
90 minutes	\$85		

Nutrition workshops with nutritionist Joy Lasseter, PhD

You must register 6-7 days in advance. Handouts cannot be printed for walk-ins at the last minute. Register in person, online or by phone.

NEW TIME! Eating Healthy on a Budget

Is your food budget pinched by the higher cost of food, combined with the uncertain economy? Cutting corners on your food program can cause health problems and increase your medical bills. Learn how to eat healthy on a budget. **FCC Public Conference Room.**

W	9/14	\$21
86209	3-4pm	86210 6-7pm

NEW TIME! Avoid These Dangerous Ingredients

What dangers are lurking in your foods, beverages and personal care products? How could these affect your health? How do you read an ingredients label? What should you watch out for? Don’t be fooled.

Get wise and shop smart! FCC Public Conference Room.

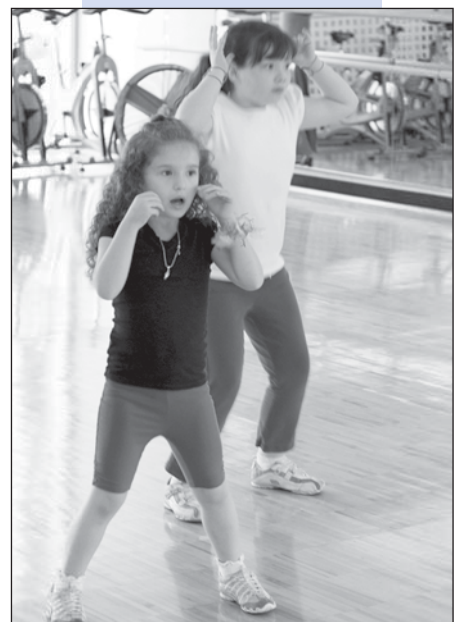
W	10/5	\$21
86211	3-4pm	86212 6-7pm

NEW TIME! New Discoveries, Secrets to Weight Loss

Struggling with weight issues? Have you tried every diet but keep gaining it back? Always hungry? New scientific discoveries will shed light on these issues and help you get back on track to your target weight.

FCC Public Conference Room.

W	11/9	\$21
86213	3-4pm	86214 6-7pm



FCC CHILD WATCH

(for ages 3 mo.–11 years)

Let us watch your kids while you exercise!
 M/W/F: 9am-1:30pm and 4:15-8:15pm
 T/Th: 9am-1pm and 4:15-8:15pm
 Sa: 8am-12:15pm

Drop-in fees

\$2.50 per 90-minute session, per child.
 \$1 for each additional 30 minutes, up to three hours max.
 \$50 for a 21-visit punch (each visit is 90 min.)

Save money with a monthly Child Watch Pass!

Sign-up includes every child on your membership. This pass does not guarantee a spot in Child Watch, as our first come-first served system still applies.
 1 child \$27 2-4 children \$43
 5+ children \$69
86225 Sep **86226** Oct
86227 Nov **86228** Dec

FITNESS PROGRAMS FOR ADULTS

All adult programs listed below are open to ages 10+ with an accompanying parent.

APREP (Advanced Physical Readiness Program)

This course includes a wide variety of training techniques and is well suited for anyone from emergency response personnel, active/reserve/pre-military personnel, hardcore outdoor recreationalists, off-season athletes or anyone who just really enjoys a hard workout. 4 wks. Try a single class for only \$7.

W 4:30-5:25pm
 4 wk. session \$24
86215 9/7-9/28 **86216** 10/5-10/26
86217 11/30-12/21
 3 wk. session \$18
86218 11/2-11/16

Boot Camp

Get fit with this boot camp-style workout. You'll do weight training and cardio drills while you have fun and get toned! 4 wks. Try a single class for only \$7.

T/Th 5:35-6:30am
 4 wk. session \$48
86219 9/6-9/29 **86220** 10/4-10/27
86221 11/29-12/22
 3 wk. session \$36
86222 11/1-11/17

Functional Fitness

Get the most out of your workouts by learning correct form and technique in this helpful class! You'll master fitness essentials such as body weight squats, lifting techniques, pushups, flexibility training, aerobics and more to boost your functional strength. 4 wks. Try a single class for only \$7.

T/Th 11:10-12:05pm
 4 wk. session \$48
86466 9/6-9/29 **86467** 10/4-10/27
86468 11/29-12/22
 3 wk. session \$36
86469 11/1-11/17

Pi-Yoga

This mind/body workout is a combination of Pilates and Yoga which will relax your mind and enhance your overall body strength and flexibility. All ability levels welcome. 4 wks. Try a single class for only \$8.

T/Th 7:15-8:15pm
 4 wk. session \$54
86229 9/6-9/29 **86230** 10/4-10/27
86231 11/29-12/22
 3 wk. session \$41
86232 11/1-11/17

Strong and Lean

This class is group personal training at its best! Create strong and lean muscles through this unique blend of non-impact exercises and stretches. Great for all fitness levels. 4 wks. Try a single class for only \$7.

FCC DEMO DAYS! Try out some of our fee-based fitness classes for free during the week of 9/6-9/10. You must be an FCC pass holder or pay an FCC drop-in fee. Call 487-7017 one week prior to find out specific classes and times offered.

FITNESS PROGRAMS FOR KIDS & TEENS

For more information on youth programs, see pages __

FCC Fitness Center Age Requirements

Ages 16 and over may exercise on their own.
 Ages 15 and under are not allowed in the Fitness Center, with the exception of ages 13-15 who complete the Teen Orientation Class (\$33) or the Teen Orientation Session (\$60).
 Ages 10-15 may participate in group exercise classes with an adult. They may also use cardio machines in the fitness center with an adult after presenting a doctor's note with approval for exercise, proof of age, and approval from the Fitness Coordinator.

Zumbatomic®

Ages 4-7. Kids love to crank up the music, shake, wiggle and have a blast with their

According to the Centers for Disease Control, about 15 percent of children and adolescents ages 6-19 years are seriously overweight. Get your kids active today!

friends. So why not get fit while they're at it? This custom-designed kids program blends dance-fitness routines with fun games and high-energy music! Try a single class for only \$5.

M 4:35-5:05pm
 4 wk. sessions \$17
86270 10/3-10/24 **86271** 10/31-11/21
86273 11/28-12/19
 3 wk. sessions \$13
86272 9/12-9/26

Teen Orientation Session

Ages 13-15. Get access to exercise on your own (cardio and weights) after attending this one-on-one, customized session with a certified personal trainer. "Teen Orientation Class" is an alternate option.
 1 session: \$60

Teen Orientation Class

Ages 13-15. Get access to exercise on your own (cardio and weights) after completing these classes with a certified personal trainer. Participants must attend all three classes and pass a test at the end of the last class. 3 classes.
 M/W 3:30-4:30pm \$33
86238 9/7-9/14 **86239** 10/3-10/10
86240 11/2-11/9 **86241** 11/28-12/5

M/W/F 10:15-10:55am

4 wk. session \$62

86234 9/7-9/30 (\$57, no class 9/5)

86235 10/3-10/28

86236 11/28-12/21 (\$57 no class 12/23)

3 wk. session \$47

86237 10/31-11/18

Sunrise Fitness Yoga!

Energize your body and refresh your mind. Class begins with 20 minutes of low-impact aerobic movement to get the body really warm, then moves into flow yoga which increases flexibility, balance, muscle tone, and teaches relaxation and breathing techniques. 4 wks. Try a single class for only \$7.

F 5:35-6:30am \$24

86246 9/9-9/30 **86247** 10/7-10/28

86248 11/18-12/16 (no class 11/25)

Ultimate Boot Camp

Boot camps are the complete solution for burning pounds of fat and gaining strength. These workouts are not only fun, they are effective! No weight machines, no treadmills, no bikes – only the most efficient and proven workout of your life to achieve success. Try a single class for only \$7.

F 3:30-4:25pm

4 wk. sessions \$21

86223 8/1-9/30 **86224** 10/7-28

3 wk. sessions \$16

86809 11/4-18 **86810** 12/2-16

Yoga

Increase your strength, core, balance, relaxation, flexibility, and mind-body connection. This non-impact class gives you a balanced workout and leaves you with more energy and less stress. Great for all fitness levels. 4 wks. Try a single class for only \$8.

M/W 11-11:55am

4 wk. session \$54

86242 9/7-9/28 (\$48, no class on 9/5)

86243 10/3-10/26

86249 11/21-12/14

3 wk. session \$41

86252 10/31-11/16

M/W 7:15-8:15pm

4 wk. session \$54

86250 9/7-9/28 (\$48, no class on 9/5)

86253 10/3-10/26 **86244** 11/21-12/14

3 wk. session \$41

86245 10/31-11/16

Yoga Reach

Find out how to stretch each muscle group safely and effectively for increased flexibility and mobility. Modifications are offered. Finish your week feeling balanced, relaxed, and less tense. 4 wks. Try a single class for only \$8.

F 11-11:55am

4 wk. session \$27

86254 9/9-9/30 **86255** 10/7-10/28

3 wk. session \$21

86256 11/4-11/18 **86257** 12/2-12/16

ZUMBA®

Class fuses Latin rhythms with easy-to-follow dance moves. Achieve long term benefits while experiencing caloric-burning, heart-thumping, muscle-pumping, and body-energizing movements! 4 wks. Try a single class for only \$7.

M/W 3:30-4:25pm

4 wk. session \$42

86258 9/7-9/28 (\$37, no class on 9/5)

86259 10/3-10/26 **86260** 11/28-12/21

3 wk. session \$32

86261 10/31-11/16

Sa 11:20-12:15pm \$21

4 wk. sessions \$21

86266 9/10-10/1 **86267** 10/8-10/29

3 wk. sessions \$16

86268 11/3-11/19 **86269** 12/3-12/17

Firstenburg Annual Health and Wellness Fair

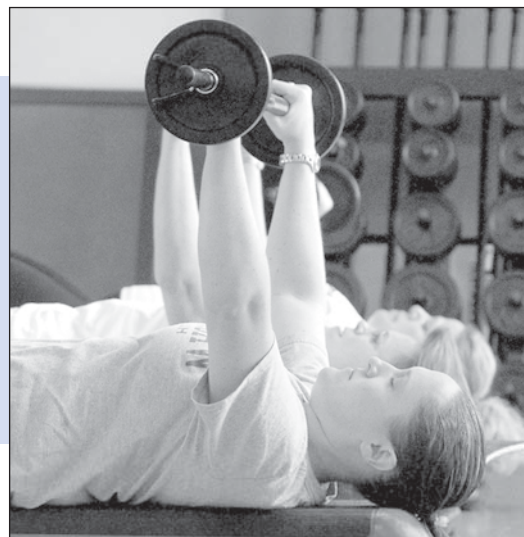
Attention vendors: Be a part of this fun opportunity to share your health-related information with our customers. For only \$75, you will get a table and great exposure. If you are one of our valued Fitness Partners, your booth is free. Please contact Jen Thomas at 487-7019 for more information or to register. Sa 1/14 9am-1pm

Yearly Fitness Center Business Partnership \$250

Would your business like to become a fitness center partner? An annual partnership includes a free booth at our January health fair, listings in our Parks and Recreation catalog, a free two-hour room rental for presentations, and a link to your website on the Firstenburg website. For more information please call 487-7019.

A special thanks to our Nautilus Fitness Center partners

- Back and Neck Care by Dr. Michael Pettet
- BodyFit Chiropractic by Dr. Perry Guyton III
- Precision Eye Care by Judy Chan
- Take Shape for Life by Pam Turner



Courses and programs which require pre-registration must meet minimum enrollment requirements. If they do not, they will be cancelled five business days in advance. Please register early to avoid class cancellations.



Group Exercise Schedule (as of 9/1/11)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AEROBIC/DANCE STUDIO:	5:35-6:30 am Step	7-8 am Heart Walk	5:35-6:30 am A.M.azing Tone	7-8 am Heart Walk	5:35-6:15 am Sunrise Cycle Express	
	8-9 am Strength/Stretch	8:45-9:15 am Pump it Express!	8-9 am Strength/Stretch		8-9am Boomer Circuit	8:05-9 am Step & Sculpt
	9:15-10:10 am Power Circuit	9:20-10:05 am Step	9:15-10:10 am Power Circuit	9:20-10:05 am Pump it!	9:15-10:10 am Cycling	9:05-9:50 am Multi Step
		10:15-11:05 am Hip Aerobics		10:15-11:05 am Hip Aerobics		9:55-10:25am Chisel
		12:10-12:55 pm Total Body 15	12:10-12:55 pm Latin Rhythms!	12:10-12:55 pm Target Toning		10:35-11:15 am Cardio Kickbox
		4:35-5 pm Firm it Up!		4:35-5 pm Firm it Up!	4:30-5:25 pm KIDZercise!	
	5:30-6:15 pm Cardio Kickbox	5:10-6:05 pm Cycling	5:30-6:15 pm Step	5:10-6:05 pm Cycling	5:30-6:25 pm Latin Rhythms!	
6:20-7:05 pm Pump It!	6:15-7:10 pm Interval	6:20-7:05 pm Pump It!	6:15-7:10 pm Interval			
COMMUNITY ROOMS B & C:	8:30-9:15 am ZUMBA® Gold		8:30-9:15 am ZUMBA® Gold		8:30-9:15 am ZUMBA® Gold	
	9:30-10:15 am Cardio Circuit®	8:30-9:15 am YogaStretch®	9:30-10:15 am Cardio Circuit®	8:30-9:15 am YogaStretch®	9:30-10:15 am Cardio Circuit®	
	10:30-11:15 am MSROM®	9:30-10:15 am Level2: experience	10:30-11:15 am MSROM®	9:30-10:15 am Level2: experience	10:30-11:15 am MSROM®	
	11:30-12:15 pm YogaStretch®		11:30-12:15 pm YogaStretch®			
	1:45-2:30 pm ZUMBA® Gold	1:45-2:30 pm MSROM®	1:45-2:45 pm Level 3: excel	1:45-2:30 pm MSROM®		
FIRSTENBURG POOL:	6-6:55 am Aqua Power		6-6:55 am Aqua Power		6-6:55 am Aqua Zumba®	
	7-7:55 am River Challenge	7-7:55 am Tone & Stretch	7-7:55 am River Challenge	7-7:55 am Tone & Stretch	7-7:55 am River Challenge	
	8-8:55 am Aqua Fusion	8-8:55 am River Challenge	8-8:55 am Aqua Fusion	8-8:55 am River Challenge	8-8:55 am Aqua Fusion	8:15-9:15 am Aqua Fusion
		10:30-11:30 am Aqua Power		10:30-11:30 am Aqua Power		9:15-9:45 am Aqua Yoga
	11-11:55 am Gentle Moves	11:30-12 pm Aqua Yoga	11-11:55 am Gentle Moves	11:30-12 pm Aqua Yoga	11-11:55 am Gentle Moves	<i>*Tue/Thur morning classes will change in Summer for Swim Lessons*</i>
	12:05-12:55 pm Power Express	12:05-12:50 pm SilverSplash®	12:05-12:55 pm Aqua Zumba®	12:05-12:50 pm SilverSplash®	12:05-12:55 pm Power Express	
	5:30-6:25 pm Aqua Athlete		5:30-6:20 pm Aqua Athlete			
	6:30-7:15 pm Aqua Zumba®		6:30-7:15 pm Aqua Zumba®			
** For an updated schedule and class descriptions, pick up at the FCC front desk or visit www.vanclarkparks-rec.org. **Classes may be cancelled at any time. In the event of inclement weather, please call 360.487.7040.						

Marshall Fitness Center

1009 E. McLoughlin Blvd.

Hours	Holiday Hours
M-Th:.....5:30am-9pm	Labor Day M, Sept. 5 Closed
F:5:30am-8pm	Veteran’s Day.....F, Nov. 11..... 10am-7pm
Sa:7am-7pm	Thanksgiving Day Th, Nov. 24 Closed
Su:..... Closed	Day after ThanksgivingF, Nov. 25..... 10am-7pm
Marshall pass holders may use the Firstenburg Fitness Center on Sundays.	Christmas Eve.....Sa, Dec. 24 7am-4pm
	New Years Eve.....Sa, Dec. 31 7am -5:30pm

Fitness Center Age Requirements

Ages 16+ can exercise on their own.
 Ages 15 and under are not allowed in the Fitness Center, with the exception of ages 13-15 who complete the Teen Orientation Class (\$33) or the Teen Orientation Session (\$60).
 Ages 10-15 may participate in group exercise classes with an adult. They may also use cardio machines in the fitness center with an adult after presenting a doctor’s note with approval for exercise, proof of age, and approval from the Fitness Coordinator.

Fitness Services at Marshall

Fitness Services are performed by our personal trainers. Contact the fitness desk at 487-7090 to schedule an appointment.

Shred

Join personal trainer, Kim, for a whole body workout that will build and tone your muscles while shedding fat through circuit style workouts. Start your day with a fantastic workout that will keep your body burning more calories all day. Class size is 4-8.

M 5:45-6:45am \$27
86800 10/3-10/24 **86801** 10/31-11/21
86802 11/28-12/19

Whole Body Toner

Join personal trainer Jaime to improve strength, flexibility, balance, and cardiovascular fitness in this small group personal training class. Class size is 4-8.

T/Th 5:30-6:30pm \$53
86792 9/6-9/29 **86793** 10/4-10/27
86794 11/1-11/29 (no class 11/24)
86795 12/6-12/22 (\$40)

The latest in Fitness is Small Group Personal Training. Take a pre-designed class or get a friend or two and customize your own class with one of our Certified Personal Trainers. Sign up early for our pre-designed classes to reserve your spot.

Core n’ More Express

Get in and get out! Jaime, a certified personal trainer teaches this 30-minute class that combines strength, core, and flexibility. Class size is 4-8.

T/Th 6:45-7:15pm \$30
86788 9/6-9/29 **86789** 10/4-10/27
86790 11/1-11/29 (no class 11/24)
86791 12/6-12/22 (\$23)

Buddy Body Toner

If you’re pressed for time to workout and catch up with a friend or loved one, join together for 90 minutes of toning! We’ll use bands, tubing, balance discs and each others body weight to build strength, stability and relationships. Sign up in pairs.

W 5:30-7pm \$75/pair
86803 9/7-9/28 **86804** 10/5-10/26
86805 11/2-11/23 **86806** 12/7-12/28

Customized Group Training

(cannot be applied to Teen Orientations.)
 Bring a partner, or a couple of friends and work with one of our trainers to get a specialized workout specific for your group. Group size can be 2-4.
 Add \$11 per person, per hour from our Personal Training rates.

MCC CHILD WATCH

(for ages 3 mo.–10 years)

Let us watch your kids while you exercise!

M-F: 7:45-11:45am
 M,W: 4:15-6:45pm
 T,Th: 5-8:30pm
 Sa: 9am-noon
 \$2 per 90-minute session, per child.
 \$40 for 21-visit punch (each visit is 90 min.)

Personal Training

One-on-one time with a certified personal trainer to give you the most individualized program design and attention.

1 session: \$60
 5 sessions: \$269
 10 sessions: \$478

Body Composition Assessment

Body composition analysis with skinfold calipers, \$17

Fitness Assessment

Includes: Blood pressure, heart rate, body composition, cardiovascular endurance, flexibility, muscular strength. \$33



Teen and Adult Specialty programs take place in the Marshall Nautilus Fitness Center unless otherwise noted. Register at least 48 hours in advance to avoid class cancellation.



FITNESS PROGRAMS FOR KIDS & TEENS

Teen Orientation Session

Ages 13-15. Get access to exercise on your own (cardio and weights) after attending this one-on-one, customized session with a certified personal trainer. "Teen Orientation Class" is an alternate option. \$60

Teen Orientation Class

Ages 13-15. Get access to exercise on your own (cardio and weights) after completing these thorough classes. Participants must attend all classes and pass a test at the end of the last class.

W 4:30-6pm \$33

86796 9/14-9/21 **86797** 10/5-10/12 **86798** 11/2-11/9 **86799** 12/7-12/14

Youth Yoga

Ages 6-12. Helps improve health, concentration, physical fitness, emotional balance, self-esteem, relieves stress, and encourages cooperation through basic yoga poses! MCC Arts & Craft Room.

Wed 4-5 pm \$17

86715 Sep **86716** Oct **86717** Nov **86717** Dec

FITNESS PROGRAMS FOR ADULTS

Zumba® Madness

Had a crazy week? Join us for "thank goodness it's Friday" in this 1.5 hour class instructed by two certified instructors who combine irresistible Latin and international music with dynamic, yet simple exercise moves. Ditch the workout, join the party! \$6 per person – Men FREE! Luepke Multipurpose Room. 6-7:30pm

86719 Fr 9/23
86720 Fr 10/21

Group Exercise Instructor Program

Learn the basics of teaching group exercise classes and prepare for your national certification. You will learn the basics on

how to create, choreograph and cue a 60 minute group exercise class.

86723 M/T/W 10/10-10/12
1:30-4pm \$59

Senior Circuit

Designed for seniors, this class uses the selectorized weight equipment in the fitness center.

T/Th 8:10-8:50 am
\$32 / free to passholders

86707 Sep **86708** Oct
86709 Nov **86710** Dec

9-9:45am

86703 Sep **86704** Oct
86705 Nov **86706** Dec

Chair Fitness

Use a chair for support while working on strength, flexibility, and balance. Class uses weights, bands and balls. MCC Oak Room.

T/Th 10:30-11:25am
\$32 / free to passholders

85296 Sep **85297** Oct
85298 Nov **85299** Dec

Arthritis Foundation T'ai Chi Program

This form of T'ai Chi was adapted from the Sun style. The program consists of 21 fluid movements to improve muscular strength, coordination, mobility, breathing and relaxation. These gentle exercises are safe for a wide range of conditions and ability. MCC Aerobic Dance Studio

T/Th 11:30am-12:10pm
\$26 / free to passholders

86711 Sep **86712** Oct
86713 Nov **86714** Dec

Fitness for All

Ages 18+. This is an exercise class for people with or without cognitive developmental disabilities that focuses on the joys of physical fitness and overall health. Please note time change. MCC Aerobics studio. 8 classes.

T/Th 10:30-11:15am \$36

85080 9/6-9/29 **85083** 10/4-10/27
85082 11/1-11/22
85081 12/6-12/22 3 wks \$24

Courses and programs which require pre-registration must meet minimum enrollment requirements. If they do not, they will be cancelled five business days in advance. Please register early to avoid class cancellations.



Group Exercise Schedule (as of 9/1/11)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AEROBIC/DANCE STUDIO	5:45-6:45 am Shred \$	5:35-6:30 am Cycle	5:35-6:30 am Pump It	5:35-6:30 am Cycle	5:35-6:30 am Pump It	
	7:45-8:45 am Fit for Life	7:50-8:50am Mat Pilates	7:45-8:45 am Fit for Life	7:50-8:50am Mat Pilates	7:45-8:45 am Fit for Life	7:50-8:50am Cycle
	8:45-8:55am Gentle Stretch		8:45-8:55 Gentle Stretch		8:45-8:55 Gentle Stretch	
	9:05-10:05am Cardio Camp	9:00-9:50am Zumba®	9:05-10:05am Quad Step	9:00-9:50am Cycle	9:05-10:05am Cardio Camp	9:00-9:50am Cardio Party
	10:15-11:15am Low Impact	10:30-11:20 Chair Fitness \$ (Oak Room)	10:15-11:15am Low Impact	10:30-11:20 Chair Fitness \$ (Oak Room)	10:15-11:15am Low Impact	10:15-11:15am Mat Pilates
		10:30-11:15am Fitness For All \$		10:30-11:15am Fitness For All \$		
	11:25am-12:10pm Qigong	11:25am-12:10pm T'ai Chi	11:25am-12:10pm Qigong	11:25am-12:10pm T'ai Chi		
	12:15-1:00pm Cycle	12:15-1:15pm Gentle Yoga		12:15-1:15pm Gentle Yoga	12:15-1:00pm Cycle	
			4:00-5:00pm Youth Yoga \$ (Arts & Craft Room)			
	4:30-5:25pm Zumba®	4:30-5:25pm Kickboxing	4:30-5:25pm Zumba®	4:30-5:25pm Kickboxing		
	5:30-6:20pm Cardio Camp	5:30-6:20pm Power Hour	5:30-6:20pm Cardio Camp	5:30-6:20pm Power Hour		
		5:30-6:30pm Whole Body Toner \$ (MCC Fitness Center)	5:30-7pm Buddy Body Toner \$ (MCC Fitness Center)	5:30-6:30pm Whole Body Toner \$ (MCC Fitness Center)		
	6:30-7:20pm Pi-Yoga	6:35-7:25pm Cycle	6:30-7:20pm Flow Yoga	6:35-7:25pm Cycle		
		6:45-7:15pm Core N More Express \$ (MCC Fitness Center)		6:45-7:15pm Core N More Express \$ (MCC Fitness Center)		
		7:30-8:30pm Zumba®	7:30-8:30pm Mat Pilates	7:30-8:30pm Zumba®		

CLASS SCHEDULE MAY CHANGE AT ANY TIME

** For an updated schedule and class descriptions, pick up at the Marshall Center Fitness desk or visit www.vanclarkparks-rec.org.

\$ Specialty Class—Fee and Registration Required. See catalog or website for class dates and prices.

LC: Luepke Center MCC: Marshall Center FCC: Firstenburg Center

To register for camps, please call 487-7100 or 487-7001



Whether you're looking for an all-day camp, or half-day sports or special interest camp, your child will have a safe, fun,

memorable experience this winter. In this section, you'll find all the camps offered on both the east and west sides of town. There's so much to choose from, you may have trouble deciding. Remember - register early to ensure your child's spot! To help you navigate, the camp categories are:

Full-Day Weeklong Day Camps

School Age Activity and Day Camps

- Spark at FCC
- Winter Adventures at MCC

Teen Day Camps

- Teen Survivor Camp at FCC
- Real World Teen Camp at MCC

Special Interest Camps

Preschool Camp – Little Campers

Special Interest Camps – Babysitter's Boot Camp, Lego Camps

During these action-packed, fun-filled camps your child will engage in recreational activities, sports, crafts, games, interactive presentations, nature adventures and group activities which will reinforce a healthy lifestyle, positive identity, leadership, acceptance, teambuilding, good decision making and strong values. We maintain an average staff to child ratios of 1:8.

Policies

Registrations are first come, first serve. Please go to cityofvancouver.us/fcccamps or cityofvancouver.us/mcccamps to view the parent information letter, camp policies, and weekly activity schedules and to complete the required Participant Information Form. You will need to sign the participant information form on the first day of camp. Notify staff at 487-7057 at least 10 days prior to the beginning of camp if your child has special needs.

FULL-DAY, WEEKLONG DAY CAMPS

SPARK Youth Day Camps at Firstenburg

Ages 6-10. This camp focuses on sports, physical activity and recreation for kids. Campers will enjoy swimming, rock climbing, sports, games and field trips on Wed and Fri. Structured camp activities are from 9am-4pm, but parents may drop off as early as 7:30am and pick up by 6pm. For more information call 487-7001. **FCC.**

Daily Fee: \$32

85793	M	12/19	Fun, games and sports
85794	T	12/20	Fun, games, sports, and swimming
85795	W	12/21	JJ Jump and a movie
85796	TH	12/22	Fun, games, sports, and swimming
85797	F	12/23	Rock climbing and Golden Skate
85798	M	12/26	Fun, games and sports
85799	T	12/27	Fun, games, sports, and swimming
85800	W	12/28	Big Al's Bowling
85801	Th	12/29	Fun, games, sports, and swimming
85802	F	12/30	Rock climbing and Ice Skating

Winter Adventures Youth Day Camp at Marshall Center

Ages 6-11. Your child will make new friends, discover new interests, reinforce positive identity, leadership, teambuilding, good decision making and strong values. Crafts, sports, games, field trips on Tues and Thur, and many more fun structured activities are 9am-4pm, but parents may drop off as early as 7am and pick up by 5:30pm. **MCC Gym.**

Daily Fee: \$31

86078	M	12/19	Swim at Marshall Pool, crafts, games, sports
86079	T	12/20	Big Al's Bowling
86080	W	12/21	Swim at Marshall Pool, crafts, games, sports
86081	Th	12/22	Vancouver JJ Jump
86082	F	12/23	Swim at Marshall Pool, crafts, games, sports
86083	M	12/26	Swim at Marshall Pool, crafts, games, sports
86084	T	12/27	Rock climbing at the new Source Climbing Center
86085	W	12/28	Swim at Marshall Pool, crafts, games, sports
86086	Th	12/29	Mountain View Ice Arena
86087	F	12/30	Swim at Marshall Pool, crafts, games, sports

TEEN CAMPS

Ages 11-15. Pick between two amazing teen camps -- Teen Survivor at Firstenburg and Real World Teen Camp at Marshall. Both camps are from 7am to 6pm with organized activities from 9am to 5pm. Drop off anytime before 9am. Please bring swimsuit, towel, water bottle and snacks each day. Check itineraries to see what days lunch is provided. Both camps will combine campers on Tues and Thur for field trips. Pre-registration is required. For information on camps at **MCC** call 487-7086; **FCC** call 487-7014.

Teen Survivor Camp at Firstenburg Center

Let's hang out and share our creative talents through fun activities such as scavenger hunts, sports, cooking and games with field trips on Tues and Thur. **FCC Teen Zone.**
Weekly fee \$145

86812	M-F	12/19-12/23
86813	M-F	12/26-12/30

Real World Teen Camp at Marshall Center

Ages 11-15. Out of school and want something fun to do? Price includes supplies, admission, transportation and supervision. **MCC the Spot**

Daily Fee: \$40

86814	M	12/19	Bowling
86815	T	12/20	Gameworks
86816	W	12/21	Clackamas Aquatic Park
86817	Th	12/22	OMSI
86818	F	12/23	Roller skating
86819	M	12/26	Wunderland (arcade)
86820	T	12/27	Experience Music Project
86821	W	12/28	John's Incredible Pizza
86822	Th	12/29	Paintball
86823	F	12/30	Ice Skating

LC: Luepke Center MCC: Marshall Center FCC: Firstenburg Center

SPECIAL INTEREST CAMPS

Little Campers - It's a Penguin Party!

Ages 4-6. Winter campers enjoy games, music, crafts, snacks and activities with a penguin theme, with time in the gym and outdoors. 1:6 staff:child ratio. Please complete the participation information form at cityofvancouver.us/fcc and click on "Day Camps." **FCC Special Events Room.**

M-F 9am-noon \$72

85589 12/19-12/23

Babysitter's Boot Camp

Ages 11-15. Learn how to handle real-life situations through role playing, hands-on activities and receive Infant and child CPR certification. American Red Cross certified instructor. American Red Cross classroom. 3114 E Fourth Plain Blvd.

86863 T/W/Th 12/27-12/29

9am-3pm \$110

Build It! LEGO Engineering for Preschoolers

Ages 3-5. Create castles, cities, forests and airports. Design theme elements such as airplanes, animals, boats, carriages, cars and bridges. **FCC Public Conference Room.**

85616 T-F 12/27-12/30 9-10am \$56

Play Well LEGO Pre-Engineering with Lego

Ages 5-6. Build cities, bridges, and motorized cars/planes while exploring the many creative possibilities of engineering with LEGOs. With access to over 100,000 pieces of LEGOs, your child will learn and build with the support of an experienced Play-Well Engineering instructor. **FCC Public Conference Room.**

85617 T-F 12/27-12/30

10:30am-12:30pm \$88

Play Well LEGO Engineering FUNdamentals

Ages 7-11. This is a hands-on and minds-on camp suitable for LEGO novices to "LEGO maniacs." **FCC Public Conference Room.**

85619 T-F 12/27-12/30 1-4pm \$128

Winter Break Sports Clinic

Does your child need an activity to do over winter break? Does your child want to improve their skills of one of their favorite sports? They'll improve their skills while participating in various drills and scrimmages. Shin guards are required for the soccer. **Marshall Community Center.**

T 2-4pm \$18

86175 12/20 Soccer Ages 4 1/2-6

86129 12/27 Basketball Ages 7-10

SPECIAL EVENTS/FAMILY ACTIVITIES

MARSHALL COMMUNITY CENTER - MCC 487-7084
FIRSTENBURG COMMUNITY CENTER - FCC 487-7015

LC: Luepke Center MCC: Marshall Center FCC: Firstenburg Center

For special youth activities and parent's night out programs, please see pages 21-24 in the youth section of the catalog.

For Outdoor Family Activities and Trips, please see page 35.

Charlie Brown's Thanksgiving

Ages 6-11. Watch the movie, 'A Charlie Brown Thanksgiving,' and recreate the dinner Charlie Brown and his friends ate, complete with pretzels, popcorn, jelly beans, ice cream, toast, kool-aid, games and make a Thanksgiving craft too. **MCC Oak/Elm Rooms.**

86807 F 11/18 6-8pm \$10 each

Dancin' with the Elves - Holiday Family Event

Get down with the elves to fun holiday music, ride the Polar Express Train, have your photo with Santa and enjoy face painting, crafts, door prizes and refreshments. **LCC Community Room**

86808 Sa 12/3 2-4pm

\$10 for kids under 18, Adults free

Vancouver Pops Orchestra Annual Holiday Community Concert

Enjoy your holiday favorites performed by the Vancouver Pops Orchestra during this evening of musical enchantment with family and friends. Music Director, Bert A. Coffman. Admission is two unopened canned or boxed food items. **Luepke Center Community Room.**

Th 12/8 7-9pm Free

Vendors Wanted for the Firstenburg Holiday Bazaar and Five Star Holiday Bazaar!

These are great events to sell your gift items; vendor tables are available for purchase. Please contact us for detailed information about vendor opportunities.

86076 Sa 12/10 9-4pm \$45 per table
MCC/LC – Call 487-7096 for information.

85588 Sa 11/12 9am-4pm \$45 per table
FCC – Call 487-7015 for information.

Firstenburg Holiday Bazaar

You'll find an eclectic selection of unique gift items from more than 60 local artists and vendors. Do all of your holiday shopping in one stop. **FCC Community Rooms.**

Sa 11/12 9am-4pm Free
public admission

Five Star Holiday Bazaar

Great holiday shopping! Find more than 80+ vendors selling crafts, jewelry, pottery, baked goods, scarves, quilts/blankets, collectables and more. Admission is free; a donation of canned food is suggested.

Marshall and Luepke Community Center.

Sa 12/10 9am-4pm Free
public admission