

**•Beginning Ballroom Dance**

Learn the basics of Waltz and Foxtrot. Excellent for weddings and formal gatherings. Singles and couples are welcome. *Instructor: Andy Wagner.*  
 Min. 10 Max. 40  
 Dates: Mondays, 10/5 - 11/9  
 Time: 7:00 - 8:00 PM  
 Cost: \$50  
 Site: Sumner Middle School Cafeteria



**•Beginning Swing Dance**

Learn the basics of East Coast Swing. This class is perfect for beginners or those who are a bit "rusty" as well. Singles and couples are welcome.  
*Instructor: Andy Wagner.* Min. 10 Max. 40  
 Dates: Mondays, 10/5 - 11/9  
 Time: 8:00 - 9:00 PM  
 Cost: \$50  
 Site: Sumner Middle School Cafeteria



**• Spin & Core - NEW!**

The original indoor cycling program, Spinning® is an amazing workout! The class format incorporates multiple energy levels blending increased resistance with long distances and sprinting. Builds strength, stamina and teaches your body to recover quickly after performing at peak levels. This class is the ultimate in fat burning, cardio training and body sculpting.  
 Max. 10  
 Days: Wednesdays  
 Dates: Class 1: 9/30-10/21  
 Class 2: 10/28-11/18  
 Class 3: 11/25-12/16  
 Time: 10:15 - 11:15 AM  
 Cost: \$30 per session once weekly, \$65 per session twice weekly  
 Site: The Body Studio, 15718 Main St, Sumner

**•NEW - Setting Successful Fitness Goals! - Ages 16 to Adult**

Are you tired of procrastinating? Are you ready to get healthy and fit? Join us in a new approach to setting and maintaining fitness and healthy lifestyle goals. We will learn to set an "outcome" goal and create a set of behavioral goals to help achieve our healthy lifestyle goal. Goal setting worksheets provided. This course is taught by Todd Moser who has an MS in Exercise Science and 10 years of personal training experience.  
 Date: Monday, September 28  
 Time: 7:00 - 8:30 PM  
 Cost: \$20  
 Site: Daffodil Valley Elementary Library

**• Rubber Ball Dodgeball Tournament**

We are breaking out the old school rubber balls for a one-day tournament. If you love the game and want to play with a little bit of an edge, then come on out! This will be a three-game guarantee, double-elimination and the winning team will win the prized championship t-shirts.  
 Date: Saturday, November 7  
 Time: To be determined  
 Cost: \$150 per team  
 Site: Mountain View Middle School

**• Adult Dodgeball**

Do you remember how much you loved playing Dodgeball as a kid? Now that you have grown-up, it's even better! Teams consist of 6-12 players (male and/or female and must be out of high school). The season will have three leagues; Competitive is open for experienced Dodgeball players; Recreational-B is great for teams that are just starting out and getting familiar with the game, Co-ed/Recreational is open to everyone (you must have at least three women on the court to begin the game). Yes ladies, Dodgeball is for you too! All leagues are open to women. **Mandatory Coaches Meeting:** Monday, September 28 at 6:00 PM, Mountain View Middle School.  
**Registration Deadline: Friday, September 18 at 5:00 PM.**  
 Days: Competitive - Wednesday Nights beginning September 30  
 Recreational and Co-ed - Fridays beginning October 2  
 Site: Mountain View Middle School Auxiliary Gym  
 Cost: \$190 (80% players Sumner/BL City Limits)  
 \$240 (Teams outside Sumner/Bonney Lake City Limits)

**• Max Fisher Memorial Basketball Tournament**

This pre-season double elimination tournament is open to all teams - players must be out of high school and 18 years or older. Limited to ten (10) teams. WWBA officials will be used. Games will be cash games with each team responsible for \$25 due to the refs before each game. Games will be two 20-minute running clock halves with a stop clock the last 2 minutes of each half. Games will be played at Sumner High School and other local schools as needed.  
**Registration deadline: Wednesday, October 21, by 5:00 PM.**  
 Dates: November 6, 7 & 8  
 Cost: \$125 per team + \$25 per team /per game paid on court

**• Men's Fall Basketball League**

Teams will play 10 league games on weeknights beginning the week of 9/14. There will be two 20-minute running clock halves. Two divisions are offered: Open and 30+. Divisions may be combined if needed. Players may only play on one team (Open or 30+). Game night to be determined. A \$50 deposit will hold your spot until registration deadline.  
**Registration deadline: Wednesday, August 26 at 5:00 PM**  
**Men's Open:** Teams may not have any current college players. All players must be at least 18 years old and out of high school.  
 Cost: \$535 (80% of players within Sumner/Bonney Lake)  
 \$585 (Less than 80% of players within Sumner/Bonney Lake)

**• Friday Night Co-ed Slowpitch League**

Teams will play 6 games beginning Friday, September 11. There is a 12-team maximum. Players must be at least 18 years and out of high school. Games will be officiated by USSSA officials. Make-up games will be on Sundays, if needed. A \$50 deposit will hold your spot until registration deadline.  
**Registration deadline for both fee & roster: Wednesday, August 19 by 5:00 PM.** Registrations received after the deadline will be assessed a \$25 late fee and are subject to space availability.  
 Cost: \$295 (80% players within Sumner/Bonney Lake)  
 \$335 (Teams outside Sumner/Bonney Lake)

**• Fall Adult Coed Soccer League**

Three divisions are offered: Competitive; Rec-Open and Rec-Over 30. The latter two will be combined if not enough teams. There is a maximum of 16 teams. Teams will play 8 games beginning Sept. 7. Games will be played on local fields on Sundays. Teams will play two 40-minute halves. Teams will need to field 5 women and 5 men - goalie can be either gender. League fee will include officials, field prep & playoffs for qualifying teams. Home team will furnish the game ball. Players must be at least 18 years and out of high school.  
**Registration deadline for both league fee & roster: August 21 by 5:00 PM.** Registrations received after the deadline will be assessed a \$25 late fee and are subject to space availability. A \$50 deposit will hold your spot  
 Cost: \$500 (80% players within Sumner/Bonney Lake Limits)  
 \$525 (Teams outside Sumner/Bonney Lake Limits)

**• Men's Fall Slowpitch League**

Teams will play 10 league games plus playoffs for qualifying teams on local fields beginning the week of September 7. Players must be at least 18 years and out of high school. Two divisions are offered: Competitive and Recreational Games will be played on weeknights and are officiated by USSSA officials. A \$50 deposit will hold your spot until registration deadline.  
**Registration deadline for both fee & roster: August 19 by 5:00 PM.** Registrations received after the deadline will be assessed a \$25 late fee and are subject to space availability.  
 Cost: \$525 (80% players within Sumner/Bonney Lake)  
 \$550 (Teams outside Sumner/Bonney Lake)

**• Wiffle-Ball League - NEW!**

We're bringing America's favorite backyard game...INSIDE! Two leagues will be offered: Co-ed and Men's. The teams will consist of 3-8 players; all of which must be at least 18 years of age and out of high school. Season length will be determined by registration. **Mandatory Coaches Meeting:** Monday, October 26 at 6:00 PM at Lakeridge Middle School Gym.  
**Registration Deadline is Friday, October 26 by 5:00 PM.**  
 Days: Sundays beginning November 1  
 Site: Mountain View Middle School Auxiliary Gym  
 Cost: \$185 (80% players Sumner/BL City Limits)  
 \$235 (Teams outside Sumner/Bonney Lake City Limits)