

**•Panther Wrestling-Ages 5-12**

This very successful program has been producing great Middle School Wrestlers for the Sumner/Bonney Lake area for 15 years now! Wrestling is a tough sport which requires hard work and a good attitude, but it is also very fun and challenging. Sportsmanship and being a team player is the focus of this club. Wrestlers pair according to age, weight and experience and are divided into two categories: 8 & under and 9 & over. A parent/athlete orientation on Tuesday, October 13 at 6:00 PM in the Mountain View Middle School Cafeteria introduces coach, Kirk Corbaley and the rest of the Board Members. The first season turnout will be held Monday, October 19. The program ends in late January.

**Cost:** \$50 residents/\$55 non-resident (Fee includes Panther T-shirt)  
 • (each additional sibling will be 1/2 off)

**Site:** Mt. View Middle School Auxiliary Gym  
 Practices are held Monday, Tuesday and Thursday.  
 A maximum of 3 days practice allowed for any participant



**•Safe At Home - Ages 8-12**

This course is designed to prepare youth to respond safely to a variety of situations when direct parental supervision is unavailable. Course includes role play door/visitor and phone safety, gun and internet safety, house key and personal safety, first aid situations, and family communications. Learn to be a capable kid while earning your American Red Cross Certification Card.

**Card:** Min. 8 Max. 40

**Date:** Saturday, November 14

**Time:** 3:00 - 5:00 PM

**Cost:** \$30

**Site:** Sumner High School Room 3A

**• Babysitting Class - Super Sitters - Boys & Girls Ages 11-16**

Come for a day of fun while learning important babysitting skills for earning your Red Cross Babysitter Certification card. Class covers supervision and play with children of various ages, basic first aid, safety precautions, accident prevention, and emergency skills. Come get some great ideas for your own super sitters kit full of games and activities. Bring a sack lunch and snack to class. Register early, class fills quickly. Min. 8 Max. 24

**Date:** Saturday, November 14

**Time:** 9:00 AM - 3:00 PM

**Cost:** \$65

**Site:** Sumner High School Room 3A



**•Dance Classes**

Come learn dance with former BLHS dance teacher Sarah Clarke, trained in Checchetti ballet and with 13 years teaching experience. Watch each class in our open air dance area. Recommended but not required: Ballet shoes, leotard, tights, gym shorts or stretch pants. Classes held at Roach Gymnastics, 1627 45th ST E, Bldg. D-103, Sumner. Min. 4 Max. 10

**Ballet/Tap Combo for beginner and intermediate dancers**

**Days:** Tuesdays

Class 1: 9/8 - 10/20 No class 10/13

Class 2: 11/3 - 12/15 No class 11/24

**Time:** 4:00 - 4:45 PM Ages 3-5

4:45 - 5:30 PM Ages 6-9

**Cost:** \$48 per 6 week session

**Scottish/Highland Dance**

Scottish/Highland dance class is for lads and lasses. This is a form of step dancing performed individually with the main focus being footwork and lots of jumping on the balls of the foot. It is closely related to Irish dance but unlike Irish dance, it also uses upper body and arm movements.

**Days:** Tuesdays Ages 6-9

Class 1: 9/8 - 10/20

No class 10/13

Class 2: 11/3 - 12/15

No class 11/24

**Time:** 5:30 - 6:00 PM

**Cost:** \$48 per 6 week session

**Days:** Fridays Ages 3-5

Class 3: 9/11 - 10/23

No class 10/9

Class 4: 11/6 - 12/18

No class 11/27

**Time:** 9:15 - 9:45 AM

**TEEN PROGRAMS & EVENTS**

**• Teen Late Night**

Looking for something fun to do on Saturday night? Bring your friends and join us! You'll enjoy movies on the big screen, foosball, ping-pong, basketball, dodgeball, karaoke, dancing, contests, prizes, pizza and so much more!!! Bring your friends, make new friends, or just hang out. **Sumner School District students ONLY.** Must have a current ASB card to attend.

**Dates:** Saturdays 9/19, 10/17, 11/14, 12/19

**Time:** 7:00-10:00 PM

**Cost:** \$3

**Site:** Sumner Middle School, 1508 Willow Street, Sumner



**Unleashed! - (No School Day Trips)**

For grades 6 to 10 or ages 12-15. Can't think of anything fun to do when school is out? Join us for awesome day trips around the area. Cost includes staff, transportation and admission/activity fee. Bring a lunch and drink and/or extra money for food. All locations and times are subject to change. **All trips also require a registration/waiver form to be completed by parent/guardian-cannot attend without it!** Meet at the Robert Miller Gym (behind Daffodil Valley Elementary) 15206 Daffodil St. Ct. E., Sumner, WA 98390.

**•Trip #1: Climbing Wall & Swimming**

Join us for a day of indoor rock wall climbing and swimming! We are heading to Federal Way Community Center for a wild time! Bring socks/shoes for rock climbing, a bathing suit, towel, and lunch.

*Minimum of 6 required to run trip.*

**Pre-register no later than October 2.**

**Date:** Friday, October 9

**Time:** 10:30 AM - 4:30 PM

**Cost:** \$30

**•Trip #2: IMAX Movie & Gameworks**

We are heading up to Seattle for an IMAX movie and then over to Gameworks for an exciting day full of games, games and MORE games!

*Minimum of 6 required to run trip.*

**Pre-register no later than November 4.**

**Date:** Wednesday, November 11

**Time:** 10:00 AM - 5:00 PM

**Cost:** \$35

**FAMILY PROGRAMS**

**• Sumner Judo Club - Ages 6 and Older**

Judo is a Japanese martial art and Olympic sport which utilizes throwing, grappling and submission techniques. These techniques are effective for self-defense or sport application. Students who are interested in competition, will have the opportunity to compete in local tournaments when instructors decide that they are ready. This monthly, ongoing class is great for developing self-confidence, flexibility, and balance. The Fall session begins Wednesday, September 9. Instructors are Gordon Bowman (Godan) and Rich Hanson (Nidan)

**Cost:** \$30 per family or \$20 per individual per month

**Days:** Wednesdays and Fridays

**Time:** 6:45 - 8:30 PM

**Site:** Robert Miller Gym



**• Isshin-Ryu Karate**

A Martial Arts & Self-Defense program designed for children 2nd grade through adults. Participants will learn basic kicking, punching, blocking & self-defense techniques in addition to developing self-discipline, self-confidence & positive self-esteem. Additional fees will be charged for testing & uniforms. The class runs month to month. Instructor for class is Dennis Furiga, Shodan in Isshin-Ryu and Sandan in American Karate..

**Cost:** \$30 per family or \$20 per individual per month

**Dates:** Tuesdays and Thursdays

**Time:** Beginner Class 7:00-8:00 PM

Advanced Class 8:00-9:00 PM

**Site:** Robert Miller Gymnasium

