

Special Populations
Winter Ball

Celebrate the holidays by attending the Semi-Formal Holiday Dance, in cooperation with the Companionship program. Refreshments will be provided. Please dress in your nicest attire.

Cost: \$3 per person, pay at the door.

Location: MVMS

Date: Friday, December 8.

Time: 7:00-10:00 PM



Snowball Express

Ride with Santa and his helpers on the Snowball Express! Enjoy the winter wonders of the Mt. Rainier Foothills as the Snowball Express streams over the Nisqually River and Mineral Creek. Create a family tradition! The train leaves the station at 12:00 PM to Mt. Rainier National Park. You must pre-register at the Rec Dept!

Cost: Please call Rebecca for info.

Location: Elbe, WA

Date: Sunday, December 10th

Time: 11:30 AM-1:30 PM



Sumner All Abilities Night

We are getting together at Maple Lawn Elementary to play basketball, games, visit, and go Christmas Caroling! Hot chocolate will be served along with other refreshments!

Cost: FREE!

Location: MLE

Date: Friday, December 15th

Time: 6:30-8:00 PM



BINGO!

Enjoy an evening of Bingo, snacks, prizes, and friends with us. Every month we are going to get together and enjoy Bingo. Snacks will be provided. We look forward to seeing you there!

Cost: \$2 per person

Location: Robert Miller Gym

Dates: Saturdays, January 20th & February 17th

Time: 6:00-8:30 PM

Valentine Dance

It is time to dance and share the love. Everyone wear red and get ready for some fun. Pictures are available for \$1.00 each.

Cost: \$3.00 per person

Location: Sumner Middle School

Date: Saturday, February 10th

Time: 7-9:30 PM



Hot Spot 2006/Boys & Girls-FREE

For Sumner School District students only. Basketball Competition for ages 9-10, 11-12 & 13-14. This is a basketball skills competition involving shooting baskets from 5 "hot spots" marked on 1/2 of the basketball court. Each contestant will have 3 one minute rounds to shoot from as many "hot spots" on the floor as possible. The 1st place finisher in each age division will advance to the State Competition.

Location: SHS

Date/Time: Saturday, December 16, 2006-1 PM

Hoop Shoot for Boys & Girls-FREE

For 16 & under as of December 31, 2006. No sign-up necessary, just show up at the door! Boys & Girls 10 & under will shoot 10 shots from a foul line 3 feet shorter than regulation & must make 5 out of the first 10 free throws to continue to 25 total free throws. In case of ties, a 10-shot shoot-off will be held. T-shirts will be awarded to the top 3 competitors in each age division. The top 3 in each age division will advance to the Valley Hoop Shoot finals, competing against Puyallup, Enumclaw, Kent, Auburn, Renton & Tukwila. This year Finals will be held at Sumner High School.

Line-Up: Girls: 8 & under, 9-10, 11-12, 13-14, & 15-16

Boys: 8 & under, 9-10, 11-12, 13-14, & 15-16

Date/Time: Saturday, December 16, 2006 (Immediately following Hot Spot). Please check in 1/2 hour early

Get your Feet wet at the Sumner Pool!

Pool Schedule for Nov. 13, 2006-March 3, 2007

Pool will be closed Nov. 23, 24 & Dec. 21-Jan. 2

Open Swim: M/W/F 8-9:30 PM, Wed. 1-2:30 PM & Sat. 2-3:30 PM

Lap Swim: M-F 5:30-9 AM*, 10:30-1 PM*, 2 lanes, M/W/F 1-2:30 PM, T/Th 8-9:30 PM 4 lanes, Sat. 9:30-3:30 PM 1 lane. (*5:30 AM-1PM after 1/29)

Family Swim: Sat. 1-2 PM

Toddler Swim: T/Th 10:30-12 Noon

Home School Swim: M/W/F 10:20-Noon

Water Aerobics:

Deep Water: M/W/F 7-7:45 AM

T/Th 8-8:45 AM, 8:45-9:30 AM, Sat. 1-2 PM

Kickboxing: T/Th 7:00-7:45 AM

Water Walking: M-F 5:30-9 AM (7AM-12 PM after 1/29)

Senior Walking: T/Th 12-1 PM

Water Jogging: M-F 5:30-7 AM and T/Th 10:30-Noon, M-TH 4:30-6 PM

M&F 1-2:30 PM

Senior Program: M/W/F 12-1 PM

Group Lessons Youth:

Morning (preschool) lessons: M/W or T/Th 8:45, 9:30, 10:05, 10:45, 11:25 AM.

Afternoon (preschool) lessons: M/W or T/Th 4:45 & 5:25 PM (therapy pool only).

Evening Group lessons: M/W or T/Th 6:05, 6:45, 7:25 PM.

Adult Group Lessons:

Evening: T/Th 8:05 PM

Lesson Dates:

Session 1: Registration 11/10-11/15

M/W: 11/20, 11/22, 11/27, 11/29, 12/4, 12/6, 12/11, 12/13

T/Th: 11/16, 11/21, 11/28, 11/30, 12/5, 12/7, 12/12, 12/14

Session 2: Registration 12/15-12/20

M/W: 1/3, 1/8, 1/10, 1/15, 1/17, 1/22, 1/24, 1/29

T/Th: 1/4, 1/9, 1/11, 1/16, 1/18, 1/23, 1/25, 1/30

Session 3: Registration 1/31-2/3

M/W: 2/5, 2/7, 2/12, 2/14, 2/19, 2/21, 2/26, 2/28

T/Th: 2/6, 2/8, 2/13, 2/15, 2/20, 2/22, 2/27, 3/1

Private Lessons:

Friday: 8:00, 8:35, (9:10, 9:45, 10:20)*, 11:05 AM, 6:05, 6:40, 7:15 P M *after 1/29

Saturday: 9:30, 10:05, 10:40, 11:15, 11:50 AM, 12:25 PM



FEES:

	<u>Deep Water</u>	<u>Senior Program</u>
<u>General Admission</u>	Individual: \$4.00	Individual: \$2.00
Individual: \$3.50	Punch Card: \$35.00 for 10	Punch Card: \$15.00 for 10
Family: \$9.00		
Party Rate: (10 or more) \$2.75	<u>Swimming Lessons</u>	
Punch Card: \$25.00	Group: \$43.00 & Private: \$20.00	

H2O Kickboxing:

Combine the muscle building and cardio challenging benefits with the low impact and high resistance of water by coming to our Water Kickboxing Class. This class will help you burn fat; tone up your buns, abs, and thighs while enjoying the nice water here at the Sumner Pool. Our instructor, Alyssa, invites every one of all levels of fitness to come try out this fun new wave of exercise.

WaterBabies:

We are splitting the WaterBabies class into two different levels; 6-23 months & 24-35 months. This will help the older kids have more of an opportunity to advance the skills that they have. We are offering these classes on T/Th during our popular Toddler Swim from 10:30-12 Noon. Since it is during our Toddler Swim time, we are going to let you and your little one get in early or stay in late for the rest of the swim time. We are looking forward to seeing you and your little tyke this fall.

Wave Wednesday:

Come make waves with us on Wednesdays. We have a special time on Wednesdays to come in and have tons of fun. Wednesdays from 1-2:30 PM, we can't wait to see you!

Special Events:

Giving Tree: We will be accepting gifts through December 16th. Gifts will be distributed through the Sumner Family Center for people in need.

Triathlon Training:

Sumner Pool will be offering triathlon training on M/W/F morning from 6-7 AM and 7-8 AM. Coach Nick Leigh will focus on stroke technique and building your endurance. It is a \$25 drop-in or \$200 per month. Please call ahead to schedule. (253) 891-5550

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