

**• Super Sitters Babysitting Class-Ages 11-16**

Come for a day of fun while learning important 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. Get some great ideas for your own Super Sitters kit full of games and activities. Bring a sack lunch and snack to class. Min. 8 Max. 24

Date: Saturday, May 19

Time: 9:00 AM - 3:00 PM

Cost: \$65

Site: Sumner High School Room 3A

**• NEW! Bonney Lake Wrestling Club - Ages 4 to Adult**

This competition-based freestyle, Greco Roman and Folkstyle wrestling club is for intermediate to advanced wrestlers. Wrestlers will train in a focused, positive, family oriented environment that will help everyone exceed on and off the mat. Coaches include Freestyle and Roman Greco National Champions. Includes T-shirt.

Wrestlers must have a USA Wrestling Card to participate in tournaments. To obtain a membership card, visit: <http://www.usamembership.com/>

Days: Tuesdays & Thursdays

Dates: March 6 - July 12 \*Practices may change in June

Time: 7:00 - 9:00 PM

Cost: \$20 Does not include tournament fees.

Site: Bonney Lake High School Gym

**• Isshin-Ryu Karate**

A Martial Arts and Self-Defense program that is designed for children 2nd grade through adult. Learn basic kicking, punching, blocking & self-defense techniques and develop self-discipline, self-confidence and positive self-esteem. Additional fees charged for testing & uniforms. Class runs month to month. New students must start on the first Tuesday or Thursday of the month. Instructor: *Dennis Furiga*, Shodan in Isshin Ryu, Sandan in American Karate.

Days: Tuesdays & Thursdays

Times: Beginner Class 7:00 - 8:00 PM  
Advanced Class 8:00 - 9:00 PM

Cost: \$40 per family or \$30 per person per month

Site: Robert Miller Gymnasium



**• Sumner Judo Club - Ages 6 to Adult**

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 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. Instructors are *Gordon Bowman* - Godan and *Rich Hanson* - Nidan. New students must start on the first Wednesday or Friday of the month.

Days: Wednesday & Friday

Times: 7:00 - 8:00 PM

Cost: \$30 per family/\$20 per individual

Site: Robert Miller Gym

**• Coed Middle School Tennis - NEW!**

The Sumner/Bonney Lake Recreation Department is proud to offer a Middle School Tennis program which replaces the extra-curricular after school program from previous years. This program is open only to Sumner School District students in grades 6-8. Competitions/tourneys will occur in late afternoons/evenings. Transportation is not provided.

Completed registration form signed by parent/guardian along with payment is required at time of registration with the Recreation Department. Signed concussion forms are also required. Participation minimums and maximums will be implemented.

For additional information regarding sports clearances and eligibility forms, please contact your middle school Athletic Director.

Sumner Middle School - Jill Soholt (253) 891-5000

Lakeridge Middle School - Tim Luring (253) 891-5100

Mountain View Middle School - Dave Rumpza (253) 891-5200

Dates: April 2 - May 24 (three to five days per week)

Cost: \$95

Site: Lakeridge Middle School, Sumner Middle School or Mountain View Middle School tennis courts

**• After School Elementary Sport Camp - Track**

This camp is open to Sumner School District students in the 4th or 5th grade only. Certified teachers or student teachers will teach fundamental skills track basics. A sports physical is not required. A completed registration form signed by parent/guardian along with payment is required at the time of registration. Signed concussion forms are also required. Participation minimums and maximums will be implemented. The seasons culminates with a jamboree at Sunset Stadium on May 16. (Coaches will notify of times) Includes T-shirt. Transportation not included.

Days: Mondays, Tuesdays & Thursdays

Dates: April 3 - May 16 (No camp April 9, 10, 12)

Time: Directly after school for 90 minutes

Cost: \$45

Site: At your elementary school

**• Dog Obedience Training**

Does your dog jump up on people or doesn't come when called? It's time for obedience training! Dogs must be at least 3 months old with vaccination record. All family members are welcome to attend. *Instructor: Jim Grasley*

**Basic Training:** Techniques to get your dog to be polite and well behaved. Review of household manners, management techniques and common problems such as jumping up, digging and chewing. Cues such as *Down, Stay, Give, Settle, Come, Leave It, Sit* and Loose-lead walking will be taught.

**Intermediate Training:** For all dogs that have completed the Basic course or have instructor's permission. Builds on previous learned behaviors and new cues will be added.

Dates: Saturdays

Class 1: March 24, 31, April 21, 28, May 5, 12

Class 2: May 19, 26, June, 2, 9, 16, 23

Time: Basic: 3:00 - 4:00 PM

Intermediate: 4:00 - 5:00 PM

Cost: \$90 per dog

Site: Robert Miller Gymnasium (indoors)  
15206 Daffodil Street Ct. E, Sumner