

•Kendo - NEW! Ages 10 and Older

Learn the traditional martial art of Japanese fencing; *Kendo*. The emphasis will be on personal growth, strength, discipline and etiquette. You will be exposed to Japanese culture and language through *Kendo*. Instructor *Moshi Yoshikawa* has practiced the art of *Kendo* since 1972 and began teaching *Kendo* in 1995.

Days: Wednesdays
Dates: Session 1: Nov. 18 - Dec. 16 Session 2: Jan. 6 - Feb. 3
Times: 7:30 - 8:30 PM
Cost: \$30 per session
Site: Sumner Middle School Gym B

•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. Winter session begins January 6. Instructors are Gordon Bowman (Godan) and Rich Hanson (Nidan)

Dates: Wednesdays and Fridays
Times: 6:45 - 8:00 PM
Cost: \$30 per family or \$20 per individual per month
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.

Days: Tuesday & Thursday.
Times: Beginner Class is from 7:00-8:00 PM
 Advanced Class is from 8:00-9:00 PM
Cost: \$30 per family/\$20 for individual per month
Site: Robert Miller Gymnasium



•Alpine West Ski and Snowboard Lessons

Want to learn to ski or snowboard? Alpine West offers lessons and transportation to Summit Central at Snoqualmie Pass. A wide range of classes are available for the entire family, ages 4 to adult. Group lessons are two hours long and begin at 11:00 AM. If you have trouble fitting six weeks of lessons into your busy schedule then check out the mini lessons! Lessons taught by experienced Alpine Ski School instructors.

NOTE: Alpine West Ski School will not be selling lift tickets this year. We recommend purchasing tickets ahead of time or buying a season pass (applications available in the Recreation office or online at: www.summitatsnoqualmie.com)

Saturday Lessons

Date: Jan. 9, 16, 23, 30, Feb. 6, 20 (No class Feb. 13)
Time: 11:00 AM - 12:30 PM
Cost: \$138 (Lessons ONLY)
 \$246 (Lessons and transportation)
 \$228 (Transportation only)



Sunday Lessons

Date: Jan. 10, 17, 24, 31, Feb. 7, 21 (No class Feb. 14)
Time: 11:00 AM - 12:30 PM
Cost: \$138 (Lessons ONLY)
 \$246 (Lessons and transportation)
 \$228 (Transportation only)



Mini Lessons

Class A: Saturdays, Jan. 9, 16, 23 11:00 AM - 12:30 PM
Class B: Sundays, Jan. 10, 17, 24 11:00 AM - 12:30 PM
Cost: \$72 (Lessons ONLY)
 \$140 (Lessons and transportation)

•Middle School Cheer Clinic - Grades 6-8

Join the Bonney Lake High School Varsity Cheer Squad for a one-day intensive workshop geared towards middle school athletes! Learn several new winter season cheers, work on skills including jumps, kicks, motions, stunting fundamentals and game time strategies. Perform your dance routine at halftime during a Bonney Lake High School Varsity basketball game! Students interested in cheering at the high school level are strongly encouraged to attend. Students need to bring a sack lunch. Please drop off students in the Commons and pick up at the gym.

Date: Saturday, January 23
Time: 9:00 AM - 3:00 PM
Cost: \$45 with t-shirt or \$35 without t-shirt
Site: Bonney Lake High School Gym B



•Teen Late Night - Grades 6-8

Looking for something fun to do on Saturday night? Then bring your friends and join us at Sumner Middle School where 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 grades 6, 7 and 8 ONLY.** Must have a current ASB or student photo ID card to attend.

Dates: Saturday Nights, 1/23, 2/20, 3/13
Time: 7:00-10:00 PM
Cost: \$3
Site: Sumner Middle School - 1508 Willow Street, Sumner



•UNLEASHED! (Grades 6-10 - No School Day Trips) - NEW!
 Can't think of anything fun to do when school is out? Then 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: Operation Paintball
 If you enjoy lots of action and making new friends, then join us for an awesome day of outdoor adventure! Wear comfortable clothes and get ready for the best game of TAG you've ever played! Paintball gun, helmets and 300 paintballs are included in the fee. Min. 6
Pre-register no later than January 15.
Date: Monday, January 18
Time: 10:30 AM - 3:00 PM
Cost: \$40

•Trip #2: Innertubing at the Summit
 We're tubin' up the slopes at Snoqualmie/Summit Ski Area! Bring warm clothes, sturdy boots, gloves, hat and a change of clothing. Min. 6
Pre-register no later than January 27.
Date: Friday, January 29
Time: 9:30 AM - 4:00 PM
Cost: \$35

•Beginning Swing Dance - Teens to Adult

Learn the basics of East Coast Swing! This class is perfect for beginners and those who are a little "rusty". Singles and couples are welcome in this energetic class. *Instructor: Andy Wagner.* Min. 10 Max. 40.
Dates: Mondays, Jan. 4 - Feb. 8 (No class on 1/18)
Times: 8:00 - 9:00 PM
Cost: \$50 per Person
Site: Sumner Middle School Cafeteria

•Beginning Ballroom Dance - Teens to Adult

Now is the time to get prepared for your Valentine's Day, spring dances, Prom, Tolo and all those summer weddings! As seen on *Dancing with the Stars*, learn the basics of the Waltz, Foxtrot and Freestyle. Singles and couples are welcome in this fun class. *Instructor: Andy Wagner.* Min. 10 Max. 40.
Dates: Mondays, Jan. 4 - Feb. 8 (No class on 1/18)
Times: 7:00 - 8:00 PM
Cost: \$50 per Person
Site: Sumner Middle School Cafeteria