

Jr. High Wrestling

All 7th and 8th grade boys and girls at Barrett and Will Rogers Middle Schools may sign up for wrestling starting December 15th at the La Sierra Community Center Community Center. Program begins January 19, 2010

Practices: Begin January 19th after school at your home school. Coaches will then assign days and times of practices.

Meets: Begin February 2nd and go through District Championship Meet on March 11th

FEE: \$45 per participant.

To register or for more information please visit us at the La Sierra Community Center Sports Office, 5325 Engle Road, Suite 100, Carmichael or contact us at (916) 483-7826.

Jr. High Track & Field

All 7th and 8th grade boys and girls at Barrett and Will Rogers Middle Schools may sign up for Track & Field starting February 23rd at the La Sierra Community Center Community Center. Program begins March 22, 2010

Practices: Begin March 22nd after school at your home school. Coaches will then assign days and times of practices.

Meets: Begin April 8th and go through District Championship Meet on May 11th

FEE: \$45 per participant.

To register or for more information please visit us at the La Sierra Community Center Sports Office, 5325 Engle Road, Suite 100, Carmichael or contact us at (916) 483-7826.

Beginning Youth Fencing

Taught by Hristov-Csikany Fencers

Ages 7+ years

Fencing, the art of swordsmanship and the fastest martial sport, has been practiced for centuries. It not only helps develop flexibility, strength and speed but participants will also learn good sportsmanship and self-discipline.

Location: Hristov-Csikany Fencer's Club
6324 Fair Oaks Blvd, Ste B

Day/Time: Wednesday, 4-5pm

Dates: 2/3-2/24, 3/3-3/24, 4/7-4/28 or 5/5-5/26

Fee: \$65

Tennis



*Taught by Jesse Colan,
Certified Tennis Professional*

Classes begin with related exercises and move into hitting drills and end with games or match play. The goal is to get participants playing the game of tennis as soon as possible!

***Please wear tennis shoes.**

Munchkins

Designed for ages 5-7, this class teaches forehand and backhand ground strokes through more games while having fun. **Class is 30 minutes long.

Beginning Youth or Adult

This introductory class will cover all strokes, drills, scoring and adaptive games.

Intermediate Youth or Adult

Designed for the player with experience, this class begins with partner warm-up and then drills and games will follow. Shot selection and stroke critique will be analyzed.

Advanced Youth or Adult

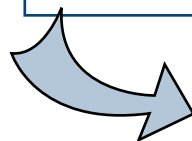
Designed for tournament players. Please call Coach Jesse for availability.

Dates: 1/25-2/8, 2/15-3/8, 3/15-3/29, 4/5-4/19 or 4/26-5/10

Fee: \$55 for 6 55-min. classes and one can of USTA approved tennis balls
MUNCHKINS - \$30 for 6 30-min. classes

Location: Courts 1-2 are located at Carmichael Park, 5750 Grant Avenue.

Class	Ages	Time	Class	Ages	Time
Beg. Youth	8-12	5:30 pm	Munchkins	5-7	6:00 pm
Interm. Youth	8-12	6:30 pm	Beg. Adult	13+	6:30 pm
Beg. Adult	13+	7:30 pm	Interm. Adult	13+	7:30 pm
Interm. Adult	13+	8:30 pm			



Private/Semi Private Lessons Available!

\$25/half hour - \$45/hour

For scheduling call Jesse Colan at (916) 485-2985

**On-Line registration
available for select
programs!**