GO! Series

[Email address]

Abstract

Draft for autumn activities

AUTUMN EVENTS

Tawny Creek

**City of Tawny Creek**

**Autumn Activities Guide**

Tawny Creek Parks and Recreation Department is offering many exciting programs for spring. In addition to our standard classes that are offered throughout the year, there are some interesting new events especially designed for teens and senior citizens. All classes are held at the Tawny Creek Community Center. Registration is required for all programs. Please contact the Tawny Creek Parks and Recreation Department at (714) 555-0090 for more information or to register.

# Children

## Tot Time

Tot Time is a fun-filled program for children ages 2 to 5. Parent participation is encouraged. Activities include games, arts and crafts, and a story time. All sessions are held in the All Purpose Room. Tot Time is every Monday from 9 a.m. to 11 a.m. Tot Time is free for all Tawny Creek residents; however, registration is required.

## Toddler Aquatics

We offer beginning swimming lessons for toddlers 2 to 4 years old. Children must be accompanied by a parent. The cost is $60 for eight lessons. Beginning September 7, the one-hour classes are held every Wednesday at 10 a.m. All classes are held at the Aquatics Center.

## Ballet for Preschoolers

Your child will learn the basics of ballet in a fun and creative environment. Class etiquette, listening skills, and stretching techniques will also be taught. Designed for children ages 3 to 5 years, the cost is $50 for 4 weeks. Classes are every Wednesday in September from 3:30 p.m. to 5:00 p.m. in the gymnasium.

## Tap Dance

Tap dancing, what could be more fun? Boys and girls ages 6 to 10 may attend. The cost is $45 for 4 sessions—every Monday in October from 4 p.m. to 6 p.m. Tap shoes are required. Classes are in the All Purpose room.

## Beginning Karate

In karate, the emphasis is on respect, confidence, discipline, balance, and coordination. This class teaches beginning karate techniques to children ages 5 to 8 with no previous experience. The cost is $100 for 8 weeks. This 1-hour class is held in the gymnasium at 7 p.m. every Tuesdays in October and November.

# Adults

## Self Defense

The focus of this class is on awareness and prevention. By the end of the month, you will know how to defend yourself in emergencies and avoid dangerous situations. Wear comfortable clothing. The cost is $50 for 4 weeks. This class is held in the gymnasium on Wednesdays at 8 p.m., beginning November 1.

## Losing Weight Healthfully

Learn the techniques of healthy, slower-paced weight loss in a supportive environment. Part class, part motivational seminar, and part support group, these sessions are sure to jumpstart your weight loss goals. This class meets every Thursday in September at 7 p.m. in the Conference Room. Cost is $15 for 4 weeks.

## Flower Arranging for the Novice

Have you always wanted to create your own floral arrangements, but lacked the confidence? In this class, a local florist will teach you some basic design principles, answer lots of questions, and help you plan and create seasonal and year-round arrangements. Beginning November 4, this class meets on Saturdays at 2 p.m. in the All Purpose Room. Cost is $45 for 5 weeks.

# Families

## Harvest Festival

Bring your children to Memorial Park on Saturday, October 29, from 10 a.m. to 2 p.m. for our annual Harvest Festival. There will pony rides, pumpkin decorating, hay rides, and other activities related to the season. Free for children 12 and younger.

## Family Nutrition

Learn about the basics of healthy nutrition from a local nutritionist. We’ll also discuss how to eat healthy while also saving money at the grocery store. Finally, a local chef will demonstrate some healthy dinner recipes that participants can sample. This free seminar will be held in the All Purpose Room on Saturday, October 22 at 11 a.m.

## Grandparents Day with the Tawny Tigers

Tawny Creek Parks and Recreation has joined forces with the Tawny Tigers baseball team to provide a special experience for grandparents and their grandchildren. Join us at Memorial Stadium on Sunday, September 11 for a Tigers baseball game. The day will include preferred seating for the game, pre-game photo opportunities with the team, a buffet dinner, and other fun activities. Game time is 4 p.m. You must preregister no later than September 1.

## Popcorn and a Movie

Bring your family to the gymnasium the first Saturday of each month at 8 p.m. to watch a movie—appropriate for all ages. Popcorn, drinks, and other snacks are provided. This is a free event; however, you must preregister.

# Senior Citizens

## Ballroom Dancing

Learn some basic ballroom dancing techniques in this class. Wear shoes suitable for dancing. This class is held on Saturday nights at 7 p.m. in the gymnasium. The cost is $20 for 4 weeks, beginning September 24.

## Water Aerobics

Water aerobics classes are held every Tuesday and Thursday morning at 9 a.m. in the Aquatics Center. Whether you’re experienced or just getting started, you’ll have fun and get fit in this enjoyable class. The cost is $3 per class session.

## Walking for Fun and Fitness

Do you enjoy walking outside for exercise but don’t like doing it alone? Bring your most comfortable walking shoes and meet like-minded people for a fun walk every Monday and Wednesday at 10 a.m. We meet in front of the main entrance of the Community Center. There is no cost.