

NEW! PERSONAL TRAINING NEW!

Now offering one-on-one personal training with Deborah Harney.

Looking for the personal touch? Need someone to help you find the right workout, using the right equipment? Get a one hour individual specialized session with Deborah Harney, ACE Personal Trainer. She will push you, encourage you and guide you through the perfect workout!

WHEN: Wednesdays, 1-2 pm OR 2-3pm

WHERE: Fitness Room

DATES: 3/7, 3/21 & 4/11

FEE: \$50.00 per hour

AGES: 13+

MUST PREREGISTER AT LEAST 1 DAY PRIOR TO ATTENDING TRAINING SESSION.

Deborah will check appointments day before training days.

Free Fitness Room Equipment Orientation!

Come to the Recreation Center for this FREE equipment orientation. Learn the proper ways to use the equipment, the correct amount of weight and which machines are best for you! Deborah Harney will answer any questions you may have to help you.

Must be 13+ years old to attend.

March 14 @ 6pm

April 4 @ 6pm

March 28 @ 1pm

April 18 @ 1pm

If you are staying to workout, please pay receptionist PRIOR to attending orientation.

Bowl for Kids' Sake

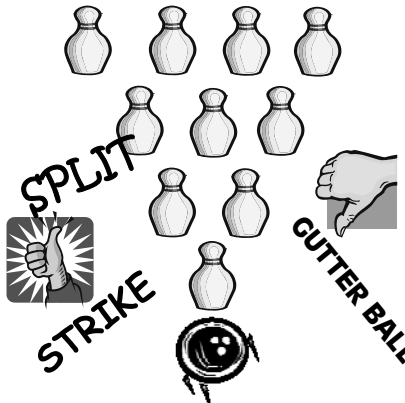
Big Brothers Big Sisters annual event will be held **March 10th** at the Recreation Center. Sign your team up to bowl in this BBBS signature event!

Teams of 4 to 6 people will try to collect pledges of \$1000.00 per team or \$150.00 per team member.

Concluding with our big bowling party at the Recreation Center.

Co-sponsored by Parks & Recreation.

And many more organizations & businesses.
Call 247-3350 for information & to sign up your team!



DOUBLE IRONMAN TRIATHLON

This competition is challenging and exciting!!

Every year since the Recreation Center has been open we have offered this event and every year the people of Ketchikan get involved and make it fun. Challenge yourself, challenge a friend to do it with you, challenge your co-workers, have a team or make it a family thing!!

We offer TWO divisions, beginners or experienced.

You will have 6 weeks to:

BIKE 208 MILES SWIM 4 MILES RUN 52.4 MILES

- * Rules and tally slips will be available at the Recreation Center and Mike Smithers Pool.
- * ALL tally slips MUST be turned in by May 10th at noon, no exceptions.
- * Tally slips should be turned in daily or weekly, in person or faxed to 247-3394.
- * Each tally slip can have **only one** day of miles listed, do not combine dates on one tally slip.
- * Prizes will be awarded to First Place Woman, First Place Man, First Place Team. (up to 4 to a team) In BOTH divisions.
- * Register for race BEFORE you start this competition.

WHEN: 6am 3/26 (Mon)-noon 5/6 (Sun)

AGE: 13+

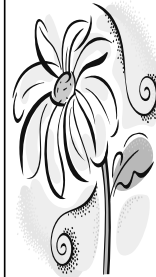
FEE: \$17 per person

WHERE: Recreation Center, Mike Smithers Pool or anywhere outdoors!

AWARDING TROPHIES & CERTIFICATES!!

Trophies will go to First & Second Place Winners for Male, Female & Team in both Divisions!!
You can show off your trophies on your desk or at home!!!

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SPECIAL EVENTS



NO SCHOOL SPECIAL ROLLER SKATING

ALL SCHOOLS	March 16, Friday 1:30-2:30
KAYHI OUT EARLY	April 23, Monday 1:30-2:30
SPRING BREAK	March 22, Thursday 1:30-2:30

**\$2.50 per person OR \$7.00 for family
ALL AGES WELCOME!!**




DOG OBEEDIENCE CLASSES

w/ Dixie Rhodes & Carol Towne

Dixie & Carol are offering this 8 week course which will cover basic manners and socialization for your dogs. They will cover basic obedience commands "come, sit, down, stay and heel". In the process they will also be going over many other useful pieces of information.

MUST pick up Vaccination & Deworming Status Form @ Recreation Center **PRIOR** to attending class. This form **MUST** be completed & turned in week prior to class or sooner.

WHEN: Saturdays, 2-3pm, 3/24-5/12 **HUMAN AGES:** 13+ **FEE:** \$80.00
WHERE: First day of class—meet at Recreation Center, classes will be at Valley Park School






EGGSTRAVAGANZA at the PLAZA

4/7, Saturday, 9-10am, FREE, ages 0-7

Back for another year!! The Eggstravaganza at the Plaza will have lots of fun activities and crafts for all the children. Each child can "hunt" for 3 eggs. Fun give-a-ways, prizes and games for all. Hosted by Ketchikan Youth Court, co-sponsored by Parks & Recreation.

VOLUNTEERS ARE NEEDED TO HELP WITH THIS EVENT
 Call KYC Director Glen Brown 225-2293 for information.



HERSHEY'S TRACK & FIELD EVENT—2012

For the past 30 years, the mission statement has remained the same for the Hershey's Track & Field Games: "To provide a quality recreation and school program where children have fun and are introduced to physical fitness through basic track and field events such as running, jumping and throwing." Ketchikan Parks & Recreation is proud to provide this program each year to all the children in Ketchikan.

WHEN: 4/21, Saturday, event starts at noon Registration begins at 11:15
WHERE: Fawn Mtn. Elementary School Track **FEE:** Free

Children must choose 3 events:
1 TRACK & 2 FIELD OR
2 FIELD & 1 TRACK

 <p>TRACK EVENTS:</p> <p>9-10 yr olds 50, 100, 200, 400 meter runs 11-12 yr olds 100, 200, 400, 800 meter runs 13-14 yr olds 100, 200, 800, 1600 meter runs 13-14 yr olds 4 x 100 relay races</p>	<p>AGES: 9 & 10 year olds-born in 2002 or 2003 (8 yr old can compete if turning 9 by 12/31/12 11 & 12 yr. olds-born in 2000 or 2001 13 & 14 yr. olds-born in 1998 or 1999</p>
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FIELD EVENTS:

Standing Long Jump
 Softball Throw




ATTENTION TEACHERS & PARENTS:
 We need volunteers to help make this a successful event.
 Please call Susan Wall @ 228-6657.
 No experience needed!