



# KIMUDO

Instructor: Sean Carney  
Site: Shelton Civic Center



A Korean martial art that primarily incorporates elements of Tae Kwon Do, Hapkido, and Judo. Kimudo is designed to be practical, versatile and effective at a variety of different ranges and in a variety of different situations. The Tae Kwon Do - derived kicks and strikes provide excellent power and medium and long range, while throws, locks, chokes and joint manipulation of Judo and Hapkido allow for effective close range fighting and grappling. Kimudo is a living, growing martial art that continues to expand and change.

In addition to the core elements of Tae Kwon Do, Judo and Hapkido, Kimudo also includes techniques from Jujitsu, karate, boxing, wrestling, traditional weapons from Okinawa and the Philippines, and many other arts and styles. Kimudo is more than just an effective system of self defense; it is a martial art that encourages students to realize their own potential, both physically, mentally and spiritually.

**Ages:** 6 and older

**Days/Times:** Monday & Thursday

*Black-belt/Advanced* 5:00-5:50pm

*Beginner/Intermediate* 6:00-6:50pm

*Intermediate/Advanced* 7:00-7:50pm

**Fees:**

\$40 monthly 1st participant

\$10 each second **session**

\$30 monthly 2nd participant

\$25 monthly 3rd and more

**Dates:** Ongoing

# Drop-In Pickleball

Adult drop-in pickleball. Similar to tennis but indoors with smaller paddles and a plastic ball. Great fun and exercise. Coed, all skill levels welcome.

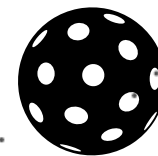
**Days:** Tuesday, Wednesday & Thursday

**Time:** 9:00am - 11:00am

**Dates:** Ongoing

**Fee:** \$3.00 drop in

**Site:** Community Transit Center (MTA)



# Cheer Camp

**Registration Deadline:** September 10

**Days:** Sept 11 - 15

**Time:** 4:00pm - 5:00pm

**Grades:** K-8

**Fee:** \$50 includes t-shirt & poms

**Max:** 100

**Site:** SHS Stadium



# Shelton Parks and Recreation

IN COOPERATION WITH SHELTON  
METROPOLITAN DISTRICT

## Fall/Winter Programs 2023



Shelton Parks & Recreation  
Shelton Civic Center  
525 W Cota St  
Shelton, WA 98584



**Register Online Now!**

[register.capturepoint.com/CityofShelton](https://register.capturepoint.com/CityofShelton)

# Shelton Youth Basketball League

We are now running **coed** youth basketball for grades 2nd-6th. Two Saturday's of team practices followed by five games on Saturdays/Sunday.

**Lower level play may play at normal hoop height.**

That will be determined before games start.

Program starts December 2nd. **Registration deadline is Nov. 20th.**

## Registration Options

2-3 Coed  
4-6 Coed

## Game Dates

Saturday/Sunday  
Jan 6, 13, 20, 27 & 28

## Team Practices

Dec 2 & Dec 9  
Time: TBA  
Site: TBA



**Fee:** \$80 per player

**\$85 after Nov. 20th if room is available**

\*Team assignments & schedules available Dec. 2

**\*Parent volunteers are needed as coaches**

\*Additional team practices will be held on weeknights Dec. 4 - Jan 26

# All Levels Yoga Instructor: Michelle Pugh

Our 60 minute flow yoga class is open to beginning and experienced yogis! Increase balance, strength and flexibility. This weekly class offers modifications for all levels. Kids 12+ are welcome! Please bring a yoga mat and water bottle for added comfort. Space the yoga mats 6ft apart upon arrival and sign in on the sign in sheet. **We will accept drop-ins after 9 people have pre-registered for the full session.**

**Dates:** Sept. 13 - Dec 27 (Wednesday's)

**Time:** 6:00pm - 7:00pm

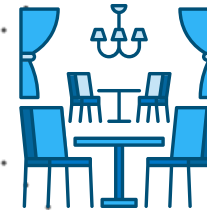
**Fee:** \$225 per person (15 classes)  
\$15 drop in (cash or check only)

**Site:** Shelton Civic Center

**Min:** 9



## Interested in Renting the Civic Center?



Rentals can be made online on the Parks and Rec page of the City website. If you want to setup a walkthrough for more details call 360-432-5106 to schedule an appointment.

**Rates are as follows:**

**Banquet Room** - \$86/hr.

**Damage Deposit** - \$400

**Conference Rooms** - \$25/ per hour per room

**Kitchen** - \$75 flat fee (non commercial)

# Youth Scholarships

Scholarships for 50% of the registration fee are available for youth programs. Financial assistance to families is based on income requirements and available funding. Please contact the parks and recreation office at 360-432-5106 to inquire.

