



7th Grade Activities Summer 2011

These activities are available to 7th graders, as well as older grades who are members.

7th Grade Yoga

Learn basic yoga postures, breath awareness and relaxation. You'll build confidence, gain strength, flexibility and balance. Have fun while getting the benefits of this special 7th grade Yoga class.

Day: Monday

Time: 5:00 – 6:00pm

Free

Wellness Center – Teen Advisor Hours for 7th Graders

During these hours, 7th graders can use the fitness center without a parent or guardian, as a Teen Advisor will be present.

Tuesday: 4:00 – 6:00pm

Wednesday 3:30 – 5:00pm

Friday: 7:00 – 9:00pm

Saturday: 3:00 – 5:00pm

Free

Fitlinxx® appointments are made at Membership Services.

Free

Summer Sundays!

Join us at Mahackeno in July (July 10, 17, 24 & 31). \$20 per family (FREE if your parents are already members too). You will get to enjoy swimming, archery, canoeing, kayaking, rock climbing, fitness expo and so much more. 11am-1:30pm for all activities; pool open through 4pm.

Click on these for more information and registration:

[Summer Gymnastics](#)

[Strength Training](#)

[Volleyball, Fencing & Football](#)

[Basketball Camp](#)

[Dance Camp](#)

[Fishing](#)

[Swim Lessons](#)

[Karate](#)