

Woodlawn Parks & Recreation News

Young ladies...Let's talk about what's on your mind.

Young ladies between the ages of 10-17 are invited to participate in a group discussion that meets the 2nd Saturday of every month beginning in October from 11am-12pm at the Woodlawn Community Center. Topics of discussion will include relationships, healthy hygiene, etiquette, graduation goals, self esteem and many more. The group discussions will be led by Cyndi Chandler and other local professionals. The cost is Free to members of the Community Center, Residents \$3.00 per session and non-members \$10.00 per session. Each session lasts 8 months. Please call 771-7713 to register.

Guy Talk...Keeping it 100%

This group meets the 2nd Thursday of every month from 6:00pm-7:00pm at the Woodlawn Community Center. Young men between the ages of 10-17 are invited to participate. Topics of discussion will include long and short term goals, self respect, careers, being financially responsible and many more. The group will be led by Rob Davis and guest speakers. The cost is Free to members of the Community Center, Residents \$3.00 per session and non-member \$10.00 per session. Each session runs for 8 weeks.

Youth Winter Basketball

All youth ages 4-17 years of age may register for the basketball league. Registration cost is \$45 for members and \$60.00 for non –members. Practice will begin in October. The coach will contact you regarding the practice schedule. League play will begin in December. Please call 771-7713 for more information or to register.



Adult Men's League Basketball

League play will begin on Saturday, October 3rd. League play runs 8 weeks. Games will be played from 10:00 am - 2:00pm. The cost per team is \$200.00 and \$25.00 per referee per game.

All teams must have a uniformed shirt with a number. To register your team, call 771-7713.

Woodlawn 50+ Club

This club is a fun way to socialize and have fun with your neighbors. Meetings are held every Monday at the Community Center from 11:00am -1:00pm. The group participates in activities such as Bingo, Group and Individual Exercise, Chair Volleyball, Social Outings and Health and Awareness Classes, plus many more exciting activities. The Woodlawn 50+ Club has a membership fee of \$20 annually.

Pre-School Gymnastics and Fitness

This program is for toddlers- 7 years of age. Instructor Yonce Daniels will instruct the class on age appropriate tumbling. Classes will meet Mondays and Thursdays from 10:00 am – 11:00 am. The class is \$40.00 per session; each session consists of 4 weeks. A minimum of 20 participants is required for this class. A free demonstration of this class will be on Saturday September 26th at 9:00 am.



Health and Fitness Training for Tweeners to Teens

This program is for pre-teens through teenagers. Instructor Yonce Daniels will lead the charge in fitness and a healthier lifestyle to help combat youth obesity. The class will train on a circuit as well as cardio. Classes meet on Saturday mornings 9:00 -10:00 am. The cost is \$40.00 per session; each session consists of 4 weeks. A minimum of 10 participants is required for this class. A free demonstration of this class will be on Saturday September 26th at 9:30 am.



Cheer and Tumbling Class

Participants will learn cheers, chants and stance. Instructor Yonce Daniels will lead this program on Saturday mornings 10:00 – 11:00 am. The cost is \$40.00 per session; each session consists of 4 weeks. A minimum of 10 participants is required for this class. A free demonstration of this class will be on Saturday September 26th at 10:00 am.



For any of the above-listed programs you must register in person. For more information, you may call 771-7713. Early registration will secure your placement in the program of your choice.



Soon the Pumpkin Patch will open at **Woodlawn's Bicentennial Park** – located next to the Fire Station on Springfield Pike. The Pumpkin Patch will be open a number of dates throughout the month of October. Watch for signs!