

Session Schedule

Fall Session 1

September 14-October 17

Fall Session 2

October 19-November 1

Winter Session 1

November 18-December 20



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Cedar Springs Area Parks & Recreation

204 E. Muskegon ♦ Cedar Springs, MI 49319

Ph: 616-696-7320 ♦ Fax: 616-696-3755

www.csaparksandrec.com ♦ email: director@csaparksandrec.com



ROCKET VOLLEYBALL

An opportunity for 5th and 6th graders to play in a league

Practices will be held on Tuesdays, starting Sept. 8th, with a league running on Saturdays from Sept. 26th-Nov. 7th

5th Grade Practices Tuesday 6:30-7:30pm

6th Grade Practices Tuesdays 7:30-8:30pm

Cost is \$60 per player



HAWKS HOOPS

A rocket basketball program for girls in 3rd-6th grades

Work with our HS Girls basketball program and coaches

This program is a clinic for 3rd and 4th graders, but a league with practices and games for 5th and 6th grades.

Parent Meeting in late October, first practice is Nov. 7th

Check website in mid-September for information and pricing

BABYSITTING CERTIFICATION COURSE

Friday, October 23rd 2:00-5:00 pm

Held at Cedar View

Instructed by United Lifestyles Greenville

Fee is \$40 and Pre-registration is required by October 14th

Space is limited and another class will be offered in the spring



TODDLER DANCE: AGES 2-4

Thursdays from 6:00 –7:00pm

Offered Fall Session 1 and 2

Instructors are from Cedar Springs Dance Company

\$45 for 5 week session if pre-registered or \$50



ELEMENTARY DANCE: AGES 5-8

Thursdays from 7:00 –8:00pm

Offered Fall Session 1 and 2

Instructors are from Cedar Springs Dance Company

\$45 for 5 week session if pre-registered or \$50

SIGN UP FOR TEXT ALERTS TO STAY INFORMED ON DEADLINES, NEW PROGRAM ANNOUNCEMENTS, SCHEDULE CHANGES AND MORE. YOU CAN DO SO ON OUR WEBSITE AT WWW.CSAPARKSANDREC.COM



5 WEEK SESSION PROGRAM OFFERINGS

GENTLE YOGA

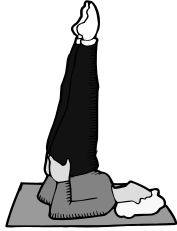
Tuesdays from 7-8:00pm

Offered Fall Session 1 and 2

Instructor : Tamara Reaume

\$30 for 5 weeks of one day per week with pre-registration

\$35 if register after deadline or \$8 per individual class



TAE KWON DO

Mondays from 6:00-7:30pm

Offered Fall Session 1 and 2, and Winter 1

Instructor: Larry Feuerstein, a black belt.

\$35 for a 5 week session of classes if pre-registered, or after is \$40

Classes can be taken by children and adults

Family packages are available for groups of three or more.



ZUMBA

Thursdays from 7:00 -8:00pm

Offered Fall Session 1 and 2, Winter 1

Instructor: Monica Sanders

\$30 for 5 weeks of one day per week with pre-registration

\$35 if register after deadline or \$8 per individual class



WERQ

Mondays from 7:00 -8:00pm

Offered Fall Session 1 and 2, Winter 1

Instructor: Monica Sanders

\$30 for 5 weeks of one day per week with pre-registration

\$35 if register after deadline or \$8 per individual class

BODY BOOTCAMP

Mondays from 6:00-7:00 pm

Offered Fall Session 2 and Winter Session 1

Instructor: Amy Jacobs

\$30 for 5 weeks of one day per week with pre-registration

\$35 if register after deadline or \$8 per individual class



YOUTH YOGA

Tuesdays from 6:00-6:45pm

Offered Fall Session 1 and 2

Instructor : Tamara Reaume

\$30 for 5 weeks of one day per week with pre-registration

\$35 if register after deadline or \$8 per individual class



CHICAGO BUS TRIP

SATURDAY, NOV. 14TH



Leaving CSPA @ 7:00am and headed to downtown Chicago where you can spend the day shopping, visiting museums, dining and enjoying the city. We will leave at 6:00pm CST to return.

\$45 per person and space is limited, so do not wait and miss out

COMMUNITY LUNCHEONS

3rd Thursday of every month at 11:30am

Reservations are required in advance by 5pm

on the Monday before the luncheon date

Reservations are made by calling 696-7320

Come get involved in these outings while getting to know your neighbors in the community!



MENS OPEN

BASKETBALL

Mondays & Thursdays

7:00-9:00 pm

Starting October 5th

\$3 per night at the door



CO-ED OPEN

VOLLEYBALL

Tuesdays 6:30-9:00 pm

Starting October 6th

\$3 per night at the door

MOM & TOT

DANCE FITNESS



Tuesday 10:00-10:45am

Offered Fall Session 1 and 2

Instructed by Megan Ellison
Owner of the Cedar Springs
Dance Company

\$40 for 5 week session if

pre-registered by Sept. 10th for
Fall Session 1

\$45 if after September 10th