



**SANDWICH
PARK DISTRICT**

THE PARK BENCH

Newsletter January, 2019



*Fathers, Daughters, Grandpa's and Grand-daughters will have an elegant evening of dining and dancing. Gift bags are given out and professional photos packages are available. Walk the Red Carpet!
Held at Fox Valley Community Center.*

Music, food, drinks are provided.

*Friday, Feb 15. Register by Feb 1,
6:00-9:00p, \$25.00*



NEW SPORT! For Girls and Boys.

Learn the fundamentals of hockey in this fast-paced, super-fun game. Sticks and Pucks provided. Teaching is emphasized.

Games held at Prairie View Gym on Tues and Thursdays.

Age 5-7 play 5:30-6:15

Ages 8-12 play 6:30-7:15

Runs Jan 22-Feb 14. Cost is \$50R/\$75 NR



The annual indoor garage sale is open on Sat. Feb 2, 9:00-2p. Concessions available!

Potential vendors can call the office to reserve space for only \$15. a table.

Sale is held at St. Paul's Parrish at 340 W. Arnold St.



TAEKWONDO

NEW! Taekwondo classes for ages 5-adult are now at the Park District.

Next session starts on Jan 12.

Classes are on Sat from 11-12.

Cost is \$85/\$95 per session.

Uniform is extra.

Tae Kwon Do teaches fitness, respect and builds confidence. Classes taught by

(Turn Over)



The Sandwich Park District and Gold Star Academy provides numerous programs for all ages. These programs teach rhythm, coordination, self-confidence and fun!

First Sessions start the first week of Jan. Classes provides are; Ballet/Jazz, Preschool Dance, Tots, Tumble Tykes, Tumbling.

Contact the office, website or refer to brochure for details.



Achieve your fitness goals at the Park District. We offer a wide range or programs in a comfortable setting. Priced just right to offer quality instruction along with a community of support.

First session starts Jan 7. Classes held at Francis Center at Knights Park.

Walk in Rate is \$7.00. Session rates are \$25R/\$32NR

Chair Yoga	Weds	11:15-12:00p (rate for chair yoga is \$18 R/ \$23 NR)
Yoga	Tues	6:30-7:40p
Zumba	Mon	6:30-7:40p
	Thur	6:30-7:40p
Creative Fitness	Mon	10:30-11:30a
Kickboxing	Wed	6:45-7:45p
Meditation (NEW!)	Tues	12:30-1:30p
	Sun	2:00-3:00p