

## **Sports Camp**

**October 4<sup>th</sup> – 8<sup>th</sup>**

*Monday – Friday Mornings*

Bring your children out to the Recreation Center the week the students have out of school! We will be playing a variety of sports and games. Friday we will have a pizza lunch, which is provided in the fee.

**Fee:** \$50

**Where:** Orland Rec. Center

**Time:** 8:30am - 12:00pm

**Ages:** 4 Year Olds – 8<sup>th</sup> Grade

**REGISTRATION DEADLINE:** October 1<sup>st</sup> 2010

## **Youth Basketball**

**January 15<sup>th</sup> - March 5<sup>th</sup>**

*Saturday Mornings*

Come hoop it up with the Orland Recreation Department. This is the perfect time to learn the game of basketball while having fun with your friends. The 6 and 7 year olds will be going through drills to help improve their skills and the 8 year olds - 8<sup>th</sup> grade will be split up into teams and will be playing games.

Teams are split up by age group.

**Fee:** \$30

**Where:** Orland Rec. Center

**Time:** 8:30am – 3:30pm

**Ages:** 6 Year Olds – 8<sup>th</sup> Grade

**REGISTRATION DEADLINE:** January 5<sup>th</sup> 2011

## **Tae – Kwon - Do**

*Monday - Wednesday – Friday Evenings*

The students will learn how to protect themselves, avoid confrontations, and treat others the way you want to be treated. We will teach self defense, self control, discipline, respect, and sparring competition.

**Fee:** \$130 - 3 Months

**Where:** Orland Rec. Center

**Time:** 5:00pm – 6:00pm

**Ages:** 4 Year Olds & Up

**REGISTRATION DEADLINE:** Daily

## **Adult Flag Football Passing League Non – Contact**

**September 7<sup>th</sup> – November 11<sup>th</sup>**

*Tuesday & Thursday Evenings*

The objective of the Orland Adult 6x6 Flag Football Passing League is to promote and conduct a positive leisure time activity which encourages fitness, healthy competition, and an atmosphere of fun and fellowship in the form of organized flag football for players and spectators. This will be a NON-CONTACT flag football league. In the game of football there will be some incidental contact, it will be up to the official to make that determination.

**Fee:** \$150 Per Team

**Where:** Lely Park

**Time:** 6:00pm – 10:00pm

**Ages:** 18 & Up

**REGISTRATION DEADLINE:** August 31<sup>st</sup> 2010

\*\*Registration Deadlines Are Final For All Youth and Adult Activities – A Waiting List Is Available If You Miss Deadlines, But You Are Not Guaranteed A Spot\*\*

## **Adult Basketball - Fast Break**

**October 4<sup>th</sup> – TBA**

*Monday – Tuesday – Wednesday Evenings*

This is a recreational league for adults to have fun and get in shape. This league will be for adults 18 years of age or older unless cleared by a parent or guardian. Each team must have a minimum of 5 players and no more than 15 players on a roster. Each team is guaranteed 12 games.

**Fee:** \$150 Per Team

**Where:** Orland Rec. Center

**Time:** 6:00pm – 10:00pm

**Ages:** 18 & Up

**REGISTRATION DEADLINE:** September 27<sup>th</sup> 2010

## **Adult Volleyball**

**October 14<sup>th</sup> - TBA**

*Thursday Evenings*

Get a team together, come to the Recreation Center, and have fun playing volleyball. Each team is guaranteed 8 games and playoffs.

**Fee:** \$150 Per Team

**Where:** Orland Rec. Center

**Time:** 7:00pm – 10:00pm

**Ages:** 18 & Up

**REGISTRATION DEADLINE:** October 7<sup>th</sup> 2010

## **Cardio Kickboxing**

**August 23<sup>rd</sup> - June 3<sup>rd</sup>**

*Monday – Tuesday – Thursday Evenings*

Cardio-Kickboxing is a high energy, fast-paced aerobic workout combined with non-contact kickboxing moves and punches, for the total heart and body makeover!

**Fee:** \$1 Per Day

**Where:** Orland Rec. Center

**Time:** 6:00pm – 7:00pm

**Ages:** 18 & Up

**REGISTRATION DEADLINE:** Daily

## **Adult Basketball - Slow Break**

**January 18<sup>th</sup> – TBA**

*Tuesday Evenings*

This program is a great way for adults 35 years of age and older to play basketball and get into shape. Make a team and come on out to show your stuff. League begins on January 18<sup>th</sup>.

**Fee:** \$150 Per Team

**Where:** Orland Rec. Center

**Time:** 7:00pm – 10:00pm

**Ages:** 35 & Up

**REGISTRATION DEADLINE:** January 10<sup>th</sup> 2011

**Creating Community Through People, Parks & Programs**