

TAI CHI WITH REVA

Practice gentle movements and breathing exercises under the guidance of a certified Tai Chi instructor. The ancient discipline of Tai Chi combines agile steps, joint-safe exercises, mental focus, breathing exercises and visualization that help you feel in greater control over your daily life. Wednesdays at the Escalon Community Center, 3:15-4:30pm. You must pre-register and

purchase a punch Card at the Recreation Dept, 2040 McHenry (registration will NOT be accepted at the Community Center). 2 class card \$20; 4 class card \$40; 6 class card \$60; 8 class card \$80. Contact Reva (831) 869-9948 for additional information. Please wear non-skid, supportive shoes and comfortable clothing. ■

ADULT SOFTBALL

Spring League sign ups are March 1-31; Cost is \$500 per Team. Men's A plays **Monday** evenings, Men's B plays **Thursday** evenings, Coed plays **Friday** evenings. *Rosters and Registration Forms due when fee is turned in at City Hall.* You may obtain roster and registration forms from our website at www.cityofescalon.org. ■

We Need a SWIM TEAM!!

Anyone interested in participating can contact the Recreation Department to be placed on a reservation list. If we get a Coach, then it's a GO!!! We'll contact you to register.

We need Coaches...Anyone with knowledge and the ability to instruct swim techniques must contact the Recreation Department ASAP!! You can reach us at (209) 691-7305 or stop by the Rec. Department at 2040 McHenry Avenue. ■

SWIM LESSONS

Registration begins May 3rd at the Recreation Dept, 2040 McHenry. Sessions are two weeks, Monday-Thursday for one-half hour each day (Mommy & Me is Tuesday and Thursday). All lessons are given at the Escalon Community Pool. ■

PUBLIC SWIMMING

Beginning June 7th the Community Pool will be open for Public Swimming Monday-Friday; 1-5pm. Swim Passes will also be available to purchase at the Recreation Dept, 2040 McHenry Avenue. ■

EVERYBODY'S YOGA with Mark

Yoga is an ancient practice to help increase flexibility and balance, build strength and stamina, improve mental sharpness, bring peace and calmness, tone and shape for health and vitality. This class is designed for beginners with modifications for more advanced students. Bring a yoga mat, yoga strap and a towel. Wear comfortable, loose or stretchable clothing. Thursdays at 6pm starting March 25th at the Escalon

Community Center. Pre-register and purchase a punch card at the Recreation Dept, 2040 McHenry. Registration will NOT be accepted at the Community Center. 2 class card \$20; 4 class card \$40; 6 class card \$60; 8 class card \$80. For additional information you may contact Mark Damir at (209) 345 8795. ■

Coming Soon!

Cheer-Fit, Ages 3-10

Gym Fit Parent-Tot, Ages walking to 3 years

Gym Fit, Ages 3-10

Discover more at www.cityofescalon.org

Or call/stop by the Recreation Department
2040 McHenry Avenue, (209) 691-7305

RECREATION REFUND POLICY

The City of Escalon Recreation Department has a no-refund policy. Full refund will be given if the department cancels the program, the participant is cut from the program, or cannot participate due to medical reasons. No refund after the class/program/league has had its second meeting. All refunds will be given by check only through the City of Escalon. The Recreation Director reserves the right to adjust the policy depending on the circumstances and severity of the situation. ■