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## Columbus Recreation Newsletter

September 16, 2011



### Recreation Department News

Hi Everyone,

With the changes to fall colors, comes some changes in the Recreation Department! Megan Meyer, Recreation Director, will be leaving on September 21 and heading to a new community. During the interim, the Recreation Committee and Coaches will be overseeing programs and tournaments. Please look closely to the information in this newsletter and on the registration forms to make sure you contact the correct person. After Sept. 21 the recreation email and phone will not be checked.

For general questions, please contact City Hall at 920-623-5900.

For facility rentals, please contact Public Works at 920-623-5908.

During the interim, online registration will not be accepted.

Sincerely,

Columbus Recreation

### Adult Basketball-2 New Programs!



Join us for adult basketball. There are no formal teams and coaches. Games are self-refereed. All games are held at the High School.

October 5-December 21  
Wednesdays  
\$22 Resident/\$32 Non-Resident

To Register Contact:

### Youth Basketball



3rd Grade Basketball: Boys & Girls: practices will be held at the Elementary School. Shirts are not included in the registration fee.  
Girls: T/Th, 6-7pm, Oct. 17-Dec. 21  
Boys: T/Th, 6-7pm, Jan. 9-March 14  
\$15 Resident/\$25 Non-Resident

4th-6th Grade Girls basketball will participate in the Eastern Suburban Youth Basketball League. Practices start the week of Oct. 10. Games begin Oct. 22 and end Dec. 3. The coaches will contact you with practice schedules. \$35 Resident/\$45 Non-Resident. Fee does not include a t-shirt or jersey.

7th and 8th Grade Girls will be in the Great Northwest League. The coaches will contact you with practice schedules. \$12 will be collected by the coach, along with a waiver, to cover use Columbus Recreation equipment and gym scheduling.

4th-7th Grade Boys basketball will participate in the Eastern Suburban Youth Basketball League. Practices start the week of Dec. 5. Games begin Jan. 7 and end Feb. 11. The coaches will contact you with practice schedules. 8th grade may participate in the Great Northwest League, and information will be available soon from the coach. \$35 Resident/\$45 Non-Resident. Fee does not include a t-shirt or jersey.

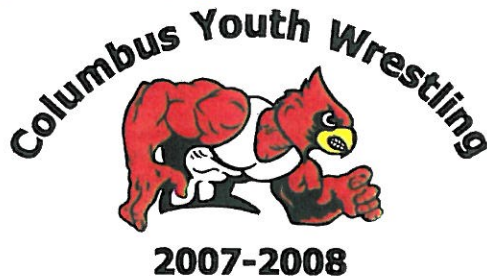
Coaches:  
Girls-  
3: John Link

John Link  
920-350-0030  
[johnlink26@yahoo.com](mailto:johnlink26@yahoo.com)

**Dream Team Basketball**  
Open to adults 35+  
6:30-7:45pm

**Nothing But Nets Basketball**  
Open to adults 18-34  
7:45-9pm

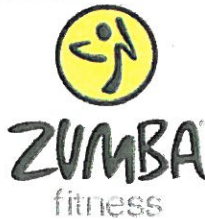
**Youth Wrestling**



Youth wrestling will be held this fall for grades Pre-K to 8. Registration fee does not include a t-shirt. Please contact Paul Genco to register and for schedules: 608-215-5082  
[gencos@charter.net](mailto:gencos@charter.net)

\$15 Resident/\$25 Non-Resident

**Zumba**



**Instructor: Amanda Pritchard-Hamer**

**Zumba Fitness:** Latin inspired, easy to follow, calorie burning, dance fitness party™. Feel the music and let loose! **Zumba Toning:** Shake it. Tone it. Rock it. The Latin-inspired, dance-fitness party™ with Serious body sculpting!

Mondays, Wednesdays and Thursdays at Fireman's Park Pavilion. Zumba Toning is held on Thursdays. 5:30-6:30pm. September 26-November 9. \$40 for all 3 nights or \$5 drop-in. Please register with the instructor.

Tuesdays at 6:45pm at Fireman's Park Pavilion. Session runs from September 13-October 18. \$20 per session or \$5 drop in. Please register with the instructor.

- 4: Denise Hemling (looking for assistance)
- 5: Rodney Stauffacher, Bryan Davis, Troy Boettcher
- 6: Aaron Agnew
- 7: David O'Keefe, Troy Boettcher
- 8: Brian Paul, Pete Griese

**Boys-**

- 3: need a coach
- 4: Randy Minick, Chris Herschleb
- 5: Bruce Zahn
- 6: Mark Miller, Steve Manthey
- 7: Steve Roberts, Mike Lange
- 8: Tim Kirchberg

**To register for the programs, please contact Amy Meyers:**

**920-623-3386 or 920-366-2558**  
[majmeyers@charter.net](mailto:majmeyers@charter.net)

**Fitness Classes**



**Instructor: Tammy Gunderson**

**Cardio Kickboxing**

A dynamic, high energy class designed to carve out those abdominal muscles, burn fat, and be a lot of fun in the process. Using a combination of Tae Kwon Do based shadow kickboxing, kicks, and blocks along with some basic strength and fitness moves, you will improve your cardiovascular endurance, tone, and flexibility. This class is appropriate for most fitness levels. Tuesdays at 5:30pm and Thursdays at 6:45pm. Session runs from September 13-October 20 at Fireman's Park Pavilion. \$25 per session for one night or \$35 per session for both. \$5 drop in fee and drop ins are always welcome.

**Zumba**

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. The routines feature interval training sessions where fast and slow rhythms are combined to sculpt and tone your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

