

CSA #1 FALL CLASSES

For more information regarding these classes, please contact Isabel at isbxoxo@gmail.com or 760-935-4089

TENNIS CLINICS

Instructor: Kyle Osland

Location: Crowley Lake Tennis Courts

(located behind Sheriff Station)

Beginner/Intermediate

Wednesdays 4-5:30pm

Sept. 28

Oct. 5,12,19,26

Nov. 2,9,16

Intermediate/Advanced

Mondays 4-6pm

Sept. 26

Oct. 3,10,17,24,31

Nov.7,14

CARDIO SCULPT

Instructor: Rachele Jaegers

Sculpt, tone and get a metabolic burn in a fun and safe environment. Full body workout for all levels.

***must bring your own mat**

Mondays 5:30-6:30pm

Sept. 12,19,26

Oct. 3,10,17,24

Nov.14,28

BEGINNING FENCING

Instructor: Rick Stroud

All ages and abilities welcome. Learn a unique new sport while having tons of fun. Enhance coordination, endurance and strength. Helps develop self discipline, self confidence and self awareness. All instructional materials provided.

Thursdays 6:30-7:45 pm

Sept. 1,8,15,22,29

Oct. 6,13,20,27

Nov. 3,10,17

NORDIC DRY LAND TRAINING

Instructor: Nancy Fiddler

Location: Crowley Lake Park

Get your mind and body ready for cross country skiing with technique, strength, plyometrics and aerobic training.

Participants need running shoes and attire, short ski poles (about sternum high) water bottle and a towel or mat for strength training. All abilities welcome, but some physical fitness is required.

Tuesdays and Saturdays 9-11am

Sept. 27

Oct.1,4,11,15,18,22,25

Nov. 1, 5

UKULELE

Instructor: Greg Smith

All ages welcome: we will explore the magic of music through playing songs on the ukulele. This little instrument can lead to guitar or mandolin.

Beginners

Mondays 3-4pm

Intermediate

Mondays 4-5pm

Sept. 12,19,26

Oct.3,10,17,24,31

Nov.14,28

STOTT PILATES® MATWORK

Instructor: Tessa Coker

Classic Pilates matwork with a contemporary twist. Mobilize, lengthen and strengthen the whole body with emphasis on core stability.

***must bring your own mat**

Tuesdays 8-9am

Sept. 6,13,20,27

Oct.4

Nov. 1, 15,29

YIN YOGA STRETCH

Instructor: Tessa Coker

Yin Yoga, a passive practice, focuses on opening the hip joints and spine for increased range and more effective movement.

***must bring your own mat**

Thursdays 5-6:16pm

Sept. 8,15,29

Oct. 27

Nov. 3,10,17,29

CSA #1

The CSA #1 is offering these classes to the public. Anyone can attend, but those residents living in the district can attend free of charge. If you live Northwest of the Geothermal Plant and South of Sunnyslopes/Tom's Place then you reside outside of the district and will be required to pay a nominal fee of \$5 per class. All classes are held at the Crowley Lake Community Center unless otherwise noted.

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www.monocounty.ca.gov/csa1