

Goodland Activities Center Newsletter

February 2010

What's happening at the GAC!

Current Youth Programs

- We will be hosting an **ihoops challenge** on February 17th at 5:30pm. Boys and girls ages nine to fourteen can test their basic basketball skills. The contest includes speed dribbling, open lay ups, jump shots, passing and receiving and free throws. Winners have the chance to advance to the regional contest. You may pre-register but it's not necessary.
- We will be winding down **girls basketball** this month. The 1st and 2nd graders have been learning lots and a big THANK YOU goes out to Kim Horinek for putting on these clinics! 3rd through 6th graders have been learning through league style games. We have been very fortunate to have talented volunteer coaches. THANK YOU to Denise and Brandon White, Gabby Perryman, Jessica Osborn and Whitney Archer who have given their time to make this program successful.
- **Dancers** are busy getting ready for recital which will take place the first weekend in May. Hope to see you there. They will also be selling Pizza kits for Relay for Life. So contact your local dancer to help raise funds for a good cause! Once again there will be a movie night for dance students on Friday, February 12, 2010!
- Soccer is just around the corner, be sure to stay tuned for more information!
- **Taekwondo** is always looking for a few new recruits. This is a great activity to keep flexible and disciplined.

WELCOME BACK TUMBLING!!!

We are honored to have Jessica Von Lintel as our new tumbling instructor! Classes start February 6th and classes are still opened. We have the following classes available: 4-6 year olds, Beginner, Intermediate, Advanced and Cheerleading. For more information please visit our website or give us a call.



~ **Congratulations to the Regional Fit Challenge Contestants Nolan Deeds 3rd, Evan Peter 2nd, Kaleigh McCombs 1st, Kyndell King 1st and Kate-Lynn King 3rd. We are very proud of you!**

~**Adult sign-in sheets are located at the front counter now.**

~ **GAC MEMBERS...**

Please enjoy our complementary Aerobic classes!

Monday, Wednesday and Friday at 5:30 am with Tena

Monday and Wednesday at 5:30 pm with Lisa

Wednesday at 9:30 am low impact with Jessica

Tuesday and Thursday at 5:30 am with Jessica and Tiffini

Administrator's Note:

Please excuse our mess! We are anxiously waiting for the installation of our new counter until then things are a bit of a mess! We are excited to get our lobby painted also! My door is always open and I would love to hear your GAC stories!

~Sarah

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