

All classes require a paid activity fee prior to participation. All classes have minimum and maximum enrollment requirements.

Register early to avoid a class having to be cancelled due to low registrations.

## 50+ Half-Court Basketball (ages 50+)

This half-court basketball is for men and women ages 50 and older.

Good sportsmanship is required at all times in this program. Leave the physical play, trash talking and bad language at home, it will not be accepted at any time.

Participants must be aged 50 & over, no exceptions. Sorry, only those registered are allowed in the gym, no spectators, children or guests.

Photo ID with birth date is required on registration. Minimum of 8, Maximum of 20.

Activity #16BK5P04  
Days: Mon  
Dates: Apr 11-May 2  
Time: 7:30-8:50 pm  
Location: JWP Gym  
Activity Fee: \$15  
(4 Sessions)

Activity # 16BK5P05  
Days: Mon  
Dates: May 9-May 23  
Time: 7:30-8:50 pm  
Location: JWP Gym  
Activity Fee: \$15  
(3 Sessions)

50+ Basketball Will Not Be Offered During The Summer

## 40+ Basketball (ages 40+)

Pickup basketball for men & women age 40 & over.

Good sportsmanship is required at all times in this program. Leave the physical play, trash talking and bad language at home, it will not be accepted at any time.

Participants must be aged 40 & over, no exceptions. Sorry, only those registered are allowed in the gym, no spectators, children or guests.

Photo ID with birth date is required on registration. Minimum of 8, Maximum of 18.

Activity #16BK4P04  
Days: Wed  
Dates: Apr 6-Apr 27  
Time: 7:30-8:50 pm  
Location: JWP Gym  
Activity Fee: \$15  
(4 Sessions)

Activity #16BK4P05  
Days: Wed  
Dates: May 4-May 25  
Times: 7:30-8:50  
Location: JWP Gym  
Activity Fee: \$15  
(3 Sessions)

40+ Basketball Will Not Be Offered During The Summer

## Kids Fit Camp (ages 7-15)

When kids and teens lose weight, amazing things happen in their lives. They become happier, more positive, perform better in school, and gain self-confidence to take on the new challenges they face each day.

Campers will learn how to run a 5k, learn circuit training with and without equipment, daily yoga classes, abdominal curls, jumping jacks, push-ups and learn about fitness and health. They will have fun learning, exercising and being healthy together.

Daily your child will:  
Start with run/walk  
Talk about fitness & nutrition  
Write down routines  
Circuit training  
Snack  
End with Yoga

Fit Camp is designed and developed for each child to encourage health and fitness as a way of life. Program consists of four 3 hour sessions per week. Healthy snacks, daily handouts and water provided.

Activity # see below  
Days: Monday-Thursday  
Dates: see below  
Time: 10:00 am-1:00 pm  
Location: Schutte Park  
Activity Fee: \$130

Dates	Activity #
June 20-June 23	16KFCS01
June 27-June 29	16KFCS02
July 5-July 9*	17KFCS03
July 11-July 14	17KFCS04
July 18-July 21	17KFCS05
July 25-July 28	17KFCS06
Aug 1-Aug 4	17KFCS07
Aug 8-Aug 11	17KFCS08
Aug 15-Aug 18	17KFCS09
Aug 22-Aug 25	17KFCS10

\* held Tues-Fri



# Kids Fit

[www.cityofdover.com/Parks-Recs-Home/](http://www.cityofdover.com/Parks-Recs-Home/)



# *2016 Spring & Summer* **SPORTS** **CLASSES** **& ACTIVITIES**



*John W. Pitts Recreation Center*  
10 Electric Avenue  
Dover, DE 19904  
(302) 674-7541  
[www.cityofdover.com/Parks-Recs-Home/](http://www.cityofdover.com/Parks-Recs-Home/)

City of Dover Recreation Division



City of Dover Recreation



City of Dover Recreation