

# SRC NEWSLETTER

VOLUME 11 ISSUE 5  
MAY 2017

THE MUNICIPALITY OF SKAGWAY RECREATION CENTER (SRC)



## Sea Kayaking 101 with AK Mountain Guides

**DATE:** Sunday, June 11

**TIME:** 9am-5pm

**COST:** \$125

**COURSE DESCRIPTION:** Whether you own a Kayak, are interested in buying one or just want to be able use the ones at the Skagway Recreation Center this course is a must. This full one-day training program emphasizes safety, enjoyment and skill acquisition for entry level paddlers as well as those needing a refresher lesson. It's designed to make you comfortable on the water and provides you with all the skills you need to continue practicing on your own toward becoming a competent paddler. You will learn the basics needed to enjoy this great sport and acquire superior techniques for touring, turning and more!

### Topics to be covered include:

- Kayak design and terms
- Paddling gear and terms
- Proper grip & control of your paddle
- Strokes and maneuvers
- Water comfort and confidence
- Controlled capsize / wet exit
- Swim the boat to shore (short distance)
- Deep water exit / re-entry
- Rescues

Prerequisites: Must be age 16 or over. Anyone who can swim well enough to be comfortable putting their head under water and able to swim the crawl stroke or breast stroke without a buoyancy aid can take this class. PFD's (life jackets) will be used while on the water but you still need basic swimming skills.

ALL PROCEEDS GO TO SKAGWAY SPECIAL  
PROGRAM FUNDS FOR CHILDREN



## The Lasting Light: Yoga with Dylan Bernstein



**DATE:** Thursday, July 27

**TIME:** 6:15-8:15pm

**COST:** \$30 (\$75 for all 3)

**COURSE DESCRIPTION:** *Acceptance: The Subtleties of Breath and Concentration.* Everyone is welcome to come and partake of the essential sitting practices. Long before yoga came to mean stretching and balancing, yoga was based around sitting breath and mind exercises. Learning these cornerstones of yoga will help not only your physical practice but should allow more peace of mind and healthful breathing. Dylan will offer a variety of techniques from different traditions. This class is open to all!



**DATE:** Friday, July 28

**TIME:** 10:00am- Noon

**COST:** \$30 (\$75 for all 3)

**COURSE DESCRIPTION:** *Ashtanga: Meditation in Motion.* Glide through the traditional Primary series. Some sections will be counted in Sanskrit on the precise flow of breath. Other sections will be deconstructed and explored for maximum comfort and benefit. A meditative focus will always be present and modifications will be offered for any and all postures, as needed. This is open to anyone with some yoga experience.



**DATE:** Friday, July 28

**TIME:** 6:00-8:00pm

**COST:** \$30 (\$75 for all 3)

**COURSE DESCRIPTION:** *Building a Better Asana: Backbends, Hip Openers and Core Strength.* One theory explains why we do challenging postures quite simply: to build a better sitting position. In this workshop, the group will examine and experiment in a variety of postures, including spinal extension, external rotation of the hip and abdominal awareness, all of which will build a better seat. Varying levels of posture will be offered and tailored to individual needs. Throughout the afternoon, we will keep returning to brief sitting practices, feeling more supported, stable and upright. This workshop is open to all.



**REGISTRATION: IN PERSON OR CALL 907-983-2679**

OPEN 5:30AM-9PM MEMORIAL DAY -  
MONDAY, MAY 29, 2017

### MEMORIAL DAY CLASS SCHEDULE:

7am: SpinFLEX w/Katherine  
9am: Restorative Yin Yoga w/Katherine  
6pm: Hatha Yoga w/Sherry

"Patriotism is supporting your country all the time  
and your government when it deserves it."  
-Mark Twain

# AERIAL SILKS (TISSU)

## TEACHER TRAINING

**Dates:** August 5-8, 2017 ( SA/SU 9am-6pm & M/TU 8am-5pm)  
**Time:** SA/SU 9am-6pm & M/TU 8am-5pm  
**Location:** Skagway Recreation Center  
**Phone:** (907) 983-2679  
**Cost:** \$800 EARLY BIRD/After Aug. 1 \$900  
**Textbooks:** Beginner Aerial Fabric Instruction Manual  
 The Aerial Teacher's Handbook  
**Registration:** [k.nelson@skagway.org](mailto:k.nelson@skagway.org) /907-983-2679 Ext.391  
**Information:** <http://www.borntoflyaerial.com>



# AERIAL YOGA

## TEACHER TRAINING

**Dates:** August 10-13, 2017 ( TH/FR/SA 9am-6pm & SU 9am-4pm)  
**Time:** TH/FR/SA 9am-6pm & SU 9am-4pm  
**Location:** Skagway Recreation Center  
**Phone:** (907) 983-2679  
**Cost:** \$800 EARLY BIRD/After Aug. 1 \$900  
**Textbooks:** Aerial Yoga Manual Volume 1  
 The Aerial Teacher's Handbook  
**Registration:** [k.nelson@skagway.org](mailto:k.nelson@skagway.org) /907-983-2679 Ext.391  
**Information:** <http://www.borntoflyaerial.com>



Textbooks must be purchased separately and can be found on Amazon.



# SKAGWAY ACROYOGA ELEMENTAL IMMERSION

WITH KATIE CAPANO & YUKI TSUJI



SEPTEMBER 22-25, 2017 | SKAGWAY, AK

**28 hours of instruction includes:**  
 • Lunar & Solar Asana Sequence  
 • Thai Massage Sequences  
 • Restorative Flying  
 • Progressive Inversion Conditioning  
 • Acrobatic Flying Techniques & Transitions

**Investment:**  
 \$565, save \$70 if you register by 8/22  
 \$310 Fri & Sat

**10am-6pm Daily**

**Registration & info:**  
[YogaYuki.com/event](http://YogaYuki.com/event)

**Questions?**  
[contact@yogayuki.com](mailto:contact@yogayuki.com)

**Instructors:**  
 Katie Capano, [katiecapano.com](mailto:katiecapano.com)  
 Yuki Tsuji, [YogaYuki.com](http://YogaYuki.com)

Are you a yogi or yoga teacher looking to deepen your connection to community? Are you a fitness enthusiast looking for creative ways to train? Are you interested in learning about bodywork and self-care? Do you LOVE having FUN? Are you THRILLED about the idea of going to Alaska? More info can be found at [YogaYuki.com/event](http://YogaYuki.com/event).

# Community Sale

**Saturday, MAY 6: 10am-5pm**

**Sunday, MAY 7: 1pm-4pm**

- Donations for the community sale will be accepted beginning Monday, May 1– Friday, May 5. We will stop taking donations at NOON on Friday, May 5.
  - All donations must be checked in by staff. Do not leave items outside the front door.
  - All donations must be in good– excellent condition. Staff has the right to refuse any item that is deemed otherwise.
  - Refused items need to be disposed of properly off of Rec Center property. **NO ILLEGAL DUMPING** in the SRC dumpster.
- THE FOLLOWING LISTS PROVIDE A GENERAL IDEA OF WHAT WE ARE TAKING**

### UNACCEPTABLE ITEMS:

OLD/WORN SHOES	DAMAGED CLOTHING	SMELLY CLOTHES	DIRTY LINENS	BROKEN ITEMS
THINGS WITH MISSING PARTS	METAL HANGERS	METAL DISPLAY UNITS FROM STORES	COMPUTERS AND OLD TELEVISION SETS	OLD PHONE SYSTEMS

### ACCEPTABLE ITEMS

SHOES IN GOOD CONDITION	CLOTHING IN GOOD CONDITION	LINENS, TOWELS, DRAPES, ETC.	HOME DÉCOR FURNITURE	DVDS, CDS BOOKS
TOYS	CAMPING EQUIPMENT	FASHION ACCESSORIES	SMALL APPLIANCES	DISHES & UTENSILS

**Clothing is \$5-\$30 to fill a bag.  
All other items will be priced separately.**

## The Skagway Recreation Center

PO Box 868, Skagway, AK 99840  
 907.983.2679

[www.skagwayrecreation.org](http://www.skagwayrecreation.org)

### FULL TIME STAFF

Katherine J. Nelson, Director  
[k.nelson@skagway.org](mailto:k.nelson@skagway.org)

Dena May, Recreation Worker  
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### SEASONAL STAFF

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Gillian Smith  
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### ADVISORY BOARD MEMBERS

John O'Daniel Beth Smith  
 Cory Nelson Mary Thole Jennifer Hayes  
 ExOfficio: Orion Hanson