

SRC NEWSLETTER

VOLUME 11 ISSUE 9

SEPTEMBER 2017

SKAGWAY RECREATION CENTER (SRC)



Kids Yoga Teacher Training

w. Deven Sisler
Skagway, Alaska Intensive
20 hours of Yoga Alliance Approved Instruction

Description:

Learn the most essential concepts of teaching yoga to children in any environment at any age. Embody, explore, and practice teaching to build confidence. Modern science is continuing to prove the multifold benefits of yoga & mindfulness for student athletes, towards academic success, and positive self-confidence. This course will support you to confidently share yoga, meditation and mindfulness with the children in your life.

The core concepts of teaching kids are explored through:

- Compassionate communication
- Overview of asana & partner yoga
- Foundations of Yoga Philosophy translated for children
- How to Use Music to support your classes
- Building Successful Class Plans
- Trust building games & fun communication exercises
- How to manage self-care and establish a self-practice
- Meditation Techniques for All Ages

You receive:

- 20 hours of Yoga Alliance approved instruction (18 contact/2 non-contact)
- Kids Yoga Handbook
- Certificate of Completion
- 20 hours towards YAMI Kids Yoga Teacher Training

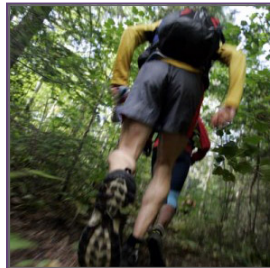
Date: September 1-3, 2017

Time: Friday 10am-6pm
Saturday 9am-5pm
Sunday 9am-1pm

Location: Skagway Recreation Center

Cost: \$300US

Registration: 907-983-2679



Box of Rocks

Race to Upper Dewey

DATE: Sunday, September 24

TIME: 9:00 AM

PLACE: Lower Lake Trail Head

**DISCOUNTED HELICOPTER RIDES
BACK TO TOWN WEATHER PERMITTING.
PLEASE CALL TEMSCO AT 983-2900
TO RESERVE YOUR SEAT.**

FIRST FLIGHT LEAVES AROUND 1pm

The Box of Rocks is a casual self start, self timed, self supported annual event for anyone interested in hiking to Upper Dewey Lake. Ideally we will start at 9am, but if you think you need more time you can always start a bit earlier.

Please note the cabin will not be available until 11am.

Celebrate your success at the top then (weather depending) catch a ride back to town with Temsco! Space is limited so be sure to make your reservation soon.

September Hours of Operation

PLEASE NOTE IMPORTANT

CHANGES FOR SEPTEMBER 1-3

September 1: 9am-6pm MEMBERS ONLY*

September 2: 10am-6pm MEMBERS ONLY*

September 3: 10am-6pm MEMBERS ONLY*

September 4: CLOSED

**MEMBERS ONLY HAVE ACCESS TO FACILITY. BUSINESS OFFICE IS CLOSED FOR STAFF TRAINING.*

WINTER HOURS BEGIN SEPTEMBER 17

SUNDAY: 1-7 PM

SATURDAY: 10-5 PM

MONDAY-THURSDAY: 5:30 AM-9 PM

FRIDAY: 5:30 AM-7 PM

Special Yoga Classes for Kids

Free for Rec Center Members for
Staff Training Purposes!



Sign up at the Rec Center!



**FRIDAY
SEPTEMBER 1, 2017**

3:45-4:30pm

5-8 yr. olds

**SATURDAY
SEPTEMBER 2, 2017**

9:30-10am

0-2 yr. olds **with Mom or Dad**



10:30-11am

2-4/5 yr. olds **with Mom or Dad**

Fitness at its Finest and Bootcamps at Their Best!

TABATA GX™

- Dynamic and Double HIIT workouts for all fitness levels
- Tons of Timing Options for 30, 45, & 60 min. workouts
- A Catalyst for Community & Club Retention
- Easy to Learn & Efficient to Teach
- Engaging and Explosive for all of your participants!
- 6.0 AFAA, 0.6 ACE, 0.6 NASM, 6.0 SCW CECs

Embrace the next evolution of Group X!



Master Trainer:
Sarah Histan

Successful BOOTCAMP BUSINESS™

- Website for effective program management
- Touch points for the other 23 hours
- Foundation for strategic business planning
- Tools to become a successful business owner!
- 4.0 AFAA, 0.4 ACE, 0.4 NASM, 4.0 SCW CECs

Get your programming fit for success!

**1 Day
2 Unparalleled Programs
An Entire Career of Success!**

Get certified October 7th!



Skagway Recreation Center

455 13th Ave.

Skagway, AK. 99840

Register at www.TabataBootcamp.com

SKAGWAY ACROYOGA ELEMENTAL IMMERSION

WITH KATIE CAPANO & YUKI TSUJI



YOGA
PARTNER ACROBATICS
THAI MASSAGE
RESTORATIVE FLYING

*"Connect, Play,
& Be Empowered"*

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

Registration & info:

YogaYuki.com/event

Questions?

contact@yogayuki.com

Instructors:

Katie Capano, katiecapano.com
Yuki Tsuji, YogaYuki.com

Skagway Recreation Center (SRC)

Main and 13th Avenue

PO Box 868

Skagway, AK 99840

907.983.2679 phone

www.skagwayrecreation.org

FULL TIME STAFF

Katherine J. Nelson, Director

k.nelson@skagway.org

Dena May, Recreation Worker

d.may@skagway.org

Elizabeth Tyson, Recreation Worker

j.tyson@skagway.org

Richelle Lyttge, Rec Center Assistant

r.lyttge@skagway.org

SEASONAL STAFF

Jessica Jagelski, Rec Center Assistant

j.jagelski@skagway.org

Gillian Smith, Rec Center Assistant

g.smith@skagway.org

ADVISORY BOARD MEMBERS

John O'Daniel—Chair

Beth Smith Cory Nelson Mary Thole

Jennifer Hayes Orion Hanson-Ex Officio