

# SRC NEWSLETTER

VOLUME 12 ISSUE 1

JANUARY 2019

SKAGWAY RECREATION CENTER (SRC)

## SELF CARE

SATURDAY'S  
AT THE  
REC CENTER



Happy New Year & Happy New You!

FIRST AND THIRD SATURDAY  
IN JANUARY (Jan. 5 & 19)

30min. Mat Work: All Level Pilates

30min. Yoga: All Level Back/Hip Focus

25min. Organic Face Mask w. Restorative

10min. Gua Sha Face Massage w. Jade Stone

25min. Organic Hand/Foot Scrub w. Restorative

Refreshing Fruit & Yogurt Smoothie To Go!

Time: 11am-1pm

Location: Skagway Recreation Center GFR

Cost: \$20 PER PERSON

LIMITED TO 8 PARTICIPANTS

REGISTRATION PACKET AVAILABLE AT FRONT DESK  
INGREDIENT LIST PROVIDED AT REGISTRATION  
ALL KNOWN ALLERGIES MUST BE INDICATED

## HOLIDAY HOURS

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**OPEN 10AM-3PM NEW YEAR'S DAY:  
TUESDAY, JANUARY 1.**

SPECIAL CLASS SCHEDULE FOR NEW YEAR'S DAY:

10-11:30am: Slow Flow w. Restorative- ALL LEVEL

12-12:45pm: Group Cycling - ALL LEVEL

**OPEN 9AM-4PM MLK DAY:  
MONDAY, JANUARY 21.**

SPECIAL CLASS SCHEDULE FOR MLK DAY:

10-11:15: Restorative Yoga- ALL LEVEL



## Ballet w. Mary

Time: 9:30-10:15am

Day: Saturday's starting January 5

Ages: Kindergarten & 4 yr. Old Preschool Classes

Location: Skagway Recreation Center GFR

Registration: 907.983.2679 or at Front Desk

### COST

**SRC Members: \$5 Class Fee**

**Non-Members: \$8 guest fee & \$5 Class Fee**

Must register- class is limited to 12 students.

**16TH ANNUAL FITNESS CHALLENGE BEGINS  
JANUARY 1, 2019.**

FOR A FREE INITIAL FITNESS TEST  
AND OPTIONAL FITNESS PROGRAM  
RECOMMENDATION TO HIT YOUR GOALS

PLEASE CONTACT

JEANNE AT J.TYSON@SKAGWAY.ORG

OR

THERESE AT T.MASELLIS@SKAGWAY.ORG  
TO SET UP YOUR APPOINTMENT!



# Skagway Recreation Center (SRC) Winter Ski/Snowshoe Challenge

*Start Date: December 15, 2018*

*End Date: April 1, 2019*



Registration forms are available at the Skagway Recreation located on the corner of 13th Avenue and Main Street. We would love to see your photos so please send them to us at [reccenter@skagway.org](mailto:reccenter@skagway.org). Please drop off your completed registration form to the Skagway

Recreation Center no later MARCH 30, 2019. All participants completing the Explorer, Advanced, or Expert Adventure will have the chance to win a one night stay at Log Cabin. Winner will be announced Monday, April 2nd. Participation in this event is at your own risk! Please be responsible and always carry extra food, water, layers for warmth, a shovel, probe, beacon, and use the buddy system by telling someone where you are going and when you will be back. Enjoy!

## TRAIL/AREA

### Snowshoe Trails

ICY LAKE

LOWER DEWEY LAKE

SKYLINE TRAIL TO AB MOUNTAIN

SMUGGLER'S COVE

STURGILL'S LANDING

THE SUMMIT AREA

UPPER DEWEY LAKE

WEST CREEK

### Cross Country Ski Trails

BLONDE TRIANGLE

BOORMAN LOOP

BOURCY BACK SIDE

CAPOSEY CUT OUT

KORSMO CORKSCREW

SALDI IN AND OUT

THE FATHER MOUCHET

THE SUMMIT AREA

TOM AND JERRY MEADOW

TRACKS AT LOG CABIN

TRACKS TO DENVER CABOOSE

WEST CREEK

### Back Country Ski Areas

FRASER MEADOWS

HALCYON

MINE MOUNTAIN

SUMMIT CREEK

THE BOWLING ALLEY

# ANNUAL FITNESS CHALLENGE

The SRC 16th annual 10-week fitness challenge begins Tuesday January 1, 2019. Whether you have been putting it off for a while or just recently seemed to slip out of your regular exercise routine, now is your opportunity to get back on track. Make a commitment to a healthier lifestyle and welcome the chance to win a one month membership!

Registration for the Fitness Challenge ends January 15th with the 10week time period beginning the day indicated on your registration. Challengers will be provided with a total of three optional fitness assessments (one at the beginning, middle, and end of the 10 week period), an optional personalized resistance and cardio program, and weekly motivational handouts offering information on health and fitness. Participants will need to come to the SRC at least 3 times a week for 10-weeks in order to be eligible for the drawing. Winner will be announced on Saturday, March 30th. Registration packets for this event are available in the schedule holder located in the front lobby of the SRC.



## The Skagway Recreation Center

PO Box 868 Skagway, AK 99840

907.983.2679 [reccenter@skagway.org](mailto:reccenter@skagway.org)

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

### STAFF

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**Korrie Jagger, Recreation Attendant**

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### ADVISORY BOARD MEMBERS

**Cory Nelson Mary Thole**

**Jason Verhaeghe**

**Casey Sheridan Jamie Lawson**

**Jay Burnham, Ex Officio**