



Eagle Parks & Recreation **April 2016 Programs**

***For all programs: Preregistration is required at www.cityofeagle.org/recreation**

PRESCHOOL PROGRAMS:

Candy Land Celebration / 3-5 yrs

Are you craving some sweet fun? Journey through candy land with candy-related sensory play, crafts, and maybe even some sweet treats!

Eagle Senior Center.....\$15

312 E. State Street

4/23 Sa 10 am-12 pm

YOUTH PROGRAMS:

Martial Arts/Karate Kickstart Level I, II, & III / 6-12 yrs

Learn the principles and techniques of Washin Ryu Karate, a traditional Japanese Karate similar to Shotokan. Classes focus on the development of self-defense, self-discipline, and physical fitness. Open to beginning level students. Sessions are offered on an ongoing basis throughout the year.

Idaho Martial Arts.....\$70 | 4 wks

1580 E. State Street

4/5-4/28 Tu/Th 4:30-5:15 pm Ages 6-8

4/5-4/28 Tu/Th 5:15-6 pm Ages 9-12

ADULT PROGRAMS:

Watercolor / Teen & Adult

Do you want to explore the world of watercolor painting? This class is designed for beginning, intermediate, and advanced painters who gather together in one class. Lessons are structured for students at each level of experience. Come experience the adventure of painting!

Eagle Art Gallery.....\$45 + supplies

50 2nd Street

4/4 M 3-5:30 pm

Adult Coloring Club / 21+

Did you know that coloring reduces stress and anxiety? Join us for a relaxing evening of coloring and new friends! We will provide the coloring books, crayons, markers, and pencils. The price includes one beverage.

Perks of Life.....\$8

1540 E. Iron Eagle Dr.

4/12 Tu 5-6:30 pm

Aikido / Ages 14+

Aikido is a defensive Japanese martial art that focuses on blending with and redirecting an opponent's energy/attack rather than relying on strength or direct aggression. The emphasis in Aikido is on circular movement and leverage, this makes Aikido a great option for everyone!

Idaho Martial Arts.....\$50 | 4 wks

1580 E. State Street

4/6-4/27 W 7-8:15 pm

Fit & Safe Circuit Training / Ages 18+

IMA Self Defense Circuit Training takes the interval/station fitness concept to the next level. Influenced by the functional fitness and HIIT (high intensity interval training) approach, IMA Self Defense Circuit Training focuses on basic human movements for self-defense (push, pull, jump, run, kick, block, punch etc.) by employing a combination of traditional weightlifting/calisthenic drills. Be prepared for a high intensity interval workout with self-defense moves that keep you safe.

Idaho Martial Arts.....\$40 | 4 wks

1580 E. State Street

4/2-4/23 Sa 8-9 am

YoKa / Ages 13+

Do you want to have fun while getting fit and strong? Then YoKa is for you! YoKa is a blend of martial art movements and yoga poses set to upbeat, inspiring music and ending with a peaceful warm stone therapy that will keep you coming back for more. You will leave feeling empowered, inspired, calm and strong mentally and physically. No martial arts or yoga experience is necessary.

Idaho Martial Arts.....\$40 | 4 weeks

1580 E. State Street

4/7-4/28 Th 6:30-7:15 pm

SPECIAL EVENTS:

Yappy Hour / All Ages

Does your dog crave playmates and somewhere safe to run around? Join us at Eagle's first pop-up dog park in Merrill Park! Your pooch will enjoy playing with new pup friends while you enjoy socializing with your fellow Eagle citizens. BYOB and BYOD (dog) for a fun evening.

Merrill Park.....Free

637 E. Shore Drive

302.3 4/29 F 5-7 pm