



Fall in love with something new!



SEPTEMBER 12-17



is
FREE CLASSES WEEK
at the
CARRILLO RECREATION CENTER



	SEPT. 12 MONDAY	SEPT. 13 TUESDAY	SEPT. 14 WEDNESDAY	SEPT. 15 THURSDAY	SEPT. 16 FRIDAY	SEPT. 17 SATURDAY
FOR KIDS	3:00-3:30PM Little Dragons Kung Fu Beginner Ages 4-6 3:30-4:00PM Little Dragons Kung Fu Intermediate Ages 4-6 4:00-4:30PM Little Dragons Kung Fu Advanced Ages 4-6 4:30-5:30PM Children's Ballet Ages 3-5 4:30-5:30PM and 5:30-7:00PM Family Martial Arts Ages 7-12	10:00-11:00AM Mommy and Me Ballet Ages 2-3 plus a parent 4:00-5:00PM Hip Hop with Everybody Dance Now! Ages 6-11 5:30-6:30PM Kids' Yoga Ages 7-12	3:30-4:00PM Little Dragons Kung Fu Beginner Ages 4-6 4:00-4:30PM Little Dragons Kung Fu Intermediate Ages 4-6 4:30-5:30PM and 5:30-6:30PM Family Martial Arts Ages 7-12	4:30-5:30PM Children's Ballet Ages 3-5	3:00-4:00PM Children's Ballet Ages 3-5 4:00-5:00PM Children's Ballet Ages 6-10	10:15-11:00 Rhythmic Gymnastics I Ages 5-12 11:15AM-12:15PM Kids' Yoga Ages 7-12 8:30-9:00AM Little Dragons Kung Fu Beginners Ages 4-6 9:00-9:30AM Little Dragons Kung Fu Intermediate Ages 4-6
FOR ADULTS	12:15-1:15PM Flexible and Fit 5:30-7:00PM Ballet with Cat Haworth Beginner Ballet 6:30-7:30PM Intro. to Ballroom Dance 7:00-8:00PM Country Line Dance 7:00-8:00PM International Ballroom Dance 7:30-8:30PM Beginner Ballroom Dance	10:00-11:00AM Stretch and Tone 12:15-1:15PM Explore Yoga 4:00-5:00PM Inclusive Yoga for All Abilities 5:15-6:30PM Belly Dance Beginner 5:30-6:20PM Full-Body Circuit Training 6:30-7:30PM Country Two-Step Beginner 7:30-8:30PM Country Two-Step Intermediate 7:00-8:30PM Martial Arts with Chris Millner	12:15-1:15PM Flexible and Fit 5:30-6:30PM Jazzercise Strength 60 7:00-8:30PM West Coast Swing with Bruce Gombrelli 7:00-8:30PM Belly Dance Intermediate 7:30-8:30PM Argentine Tango Beginner 8:30-9:30PM Argentine Tango Intermediate	10:00-11:00AM Stretch and Tone 11:00AM-12:00PM Inclusive Yoga for All Abilities 12:15-1:15PM Explore Yoga 4:15-5:15PM Shake, Rattle, and Roll Dance <i>Adapted Adults</i> 5:30-6:15PM Abs and Cardio Express 7:00-7:45PM Latin Dance Intermediate 7:45-8:30PM American Smooth Dance Intermediate 7:00-8:30PM Martial Arts with Chris Millner	5:30-6:30PM Zumba	10:00-11:00AM Jazzercise



**Find something you love,
risk free.**
Find out more at
SantaBarbaraCA.gov/FreeWeek

