

SANDOWN RECREATION **NEWSLETTER**

WHAT IS HAPPENING IN JANUARY?

**SELF DEFENSE
CLASS JANUARY 14**

**MIDDLE SCHOOLERS
BEGINNERS KARATE
COURSE JANUARY 29**

**ACTIVE SENIOR
EXERCISE COURSE
JANUARY 12**

Lots of courses available

Just because it is getting cold, doesn't mean the recreation stops offering classes! We have lots going on here at the rec, including a middle school karate course, an active senior class, yoga every Monday, and so much more! Take a second and check out everything we have happening this month on our RecDesk Website



SANTA WAS IN SANDOWN

SANTA MADE AN APPEARANCE AT OUR TREE LIGHTING THIS DECEMBER! ALONG WITH SANTA, WE HAD A RECORD BREAKING NUMBER OF PEOPLE ATTEND. WE WANT TO GIVE A HUGE SHOUT OUT TO SANDOWN NORTH CHILDRENS CHORUS, AS WELL AS ALL OF OUR VOLUNTEERS THAT HELPED MAKE THIS NIGHT MEMORABLE. THANK YOU TO EVERYONE WHO ATTENDED!

CHECK OUT OUR PROGRAMS!

MIDDLER SCHOOLERS BEGINNER KARATE COURSE

Starting January 29, Sandown Recreation is offering a Beginners Karate course for middle schoolers! During this 8-week class, students will learn all the basics of Karate, as well as self discipline, and much more. cost starts at \$80 per student

**JANUARY 29
12PM-1PM**



ADULT YOGA CLASS

Join our adult yoga course starting on January 9 6:15pm to 7:15pm. This course runs for 6 weeks and starts at \$100 for residents and \$110 for non-residents. You can sign up online

**JANUARY 9
6:15PM-7:15PM**



ESSENTIAL OIL CLASS

Ever wonder about how essential oils can help improve your health? Join us for our free essential oil class run by Dr. Marie. The next class we will talk about how to use essential oils in cooking.

**JANUARY 10
6:30PM-
7:30PM**



SCAN ME



13+ SELF DEFENSE COURSE

Whether you are a jogger, hiker, or going off to college, this self defense is for you. Learn how to defend yourself in the event of being attacked. This one day class costs \$20 per person, or \$30 for two

**JANUARY 14, 10AM-
12PM**



TODDLER TIME

There is still room to join us for our toddler play group! We meet every other Wednesday for free play, snacks, and a craft!

JANUARY 18 10AM-11:30PM

ACTIVE SENIOR STRENGTHENING CLASS

Join Sandown Recreation as we host a senior strengthening class. work gently to tone muscles and gain strength this winter season. This 8-week course costs \$80 per person.

JANUARY 12 11AM-12PM