

ROYAL OAK COMMUNITY COALITION

presents:

Healthy Moves - Loaded for Game!

ALL ACTIVITIES ARE FREE!

All activities will be held at 1500 N. Stephenson Highway Royal Oak, MI 48067

Registration required at least 24 hours BEFORE the event! Send to: tperkins@royaloakcommunitycoalition.com



YOGA

Belightful Yoga classes will support participants in developing focus, fitness, concentration and self-awareness, all while having fun. The sessions invite participants to enjoy quality time together while relaxing and taking care of themselves. **PARTICIPANTS/PARENTS MUST SIGN A RELEASE OF LIABILITY FORM.**

SESSION 1: November 14, 2010 2:00 - 3:00 Women/Girls – 13 years & up (Great for Moms & Daughters)
SESSION 2: November 21, 2010 2:00 - 3:00 Family Session – Parents and Kids (5-12 years old)



FIRST AID

Join this interactive class and learn the basics of first aid through hands-on activities. Participants will learn how to treat minor abrasions, burns or more serious wounds while help is on its way.

SESSION 1: November 30, 2010 6:30 - 7:30 (Upper Elementary and Family)
SESSION 2: December 9, 2010 6:30 - 7:30 (Pre-Teens, Teens and Family)



SKATE BOARD LESSONS

Skate boarding lessons at Modern Skate and Surf, a state of the art facility designed and built by world class X-Games ramp builders "Team Pain". The sessions are for kids and kids at heart, ages 4 – 64 . Skateboard and safety equipment are required and are available for rent. **PARENTS MUST SIGN A RELEASE OF LIABILITY FORM!**

SESSION 1: November 24, 2010 4:30 - 6:00
SESSION 2: December 15, 2010 4:30 - 6:00



GA-GA PIT GAME

The newest game craze! This high energy dodge ball variation for teens and will be housed in a custom made octagon pit and played in succession with an ultimate winner being determined and prizes awarded.

PARENTS MUST SIGN A RELEASE OF LIABILITY FORM!

SESSION 1: December 17, 2010 5:00 - 7:30
SESSION 2: December 18, 2010 12:00 - 4:00



SELF DEFENSE

These courses help women evaluate dangerous situations to access available escape or defense options . It is designed to increase confidence and reduce fear. Classes are for girls and women of all ages, sizes and fitness levels.

SESSION 1 : November 16, 2010 3:30 - 4:30
SESSION 2: December 7, 2010 3:30 - 4:30



MARTIAL ARTS

The first class is an introduction to Aikido for youth. The second class is an introduction to Aikido for youth & parents, respectively. Both classes are designed for those interested in utilizing Aikido for peaceful conflict resolutions.

SESSION 1: November 11, 2010 7:00 - 8:30 (boys 10 years and up only)
SESSION 2: November 18, 2010 7:00 - 8:30 (boys 10 years and up w/ parent)



TAI CHI

Taoist Tai Chi Society will demonstrate and teach the internal arts and methods of this "soft style" martial arts to improve balance, circulation and strength, as well as increase flexibility and reduces stress.

ONE SESSION ONLY

November 17, 2010 7 - 8:30

DELICIOUS & EASY AFTERSCHOOL SNACKS

Chartwells Schools Dining Services will facilitate an interactive workshop on how to prepare easy, great tasting, and nutritious after-school snacks. Be prepared to sample the awesome products of the session.

ONE SESSION ONLY

December 16, 2010 5:00 - 6:00



Contact the ROCC at 248-546-7622 Website: www.ci.royal-oak.mi.us/rocc

These activities were made possible with support from the Brooksie Way Minigrant

