

# Phillips Recreation Center Winter 2020

## Kinderkids Club

FREE

Join us for fun, exploratory recreation for pre-school aged children. Learn about the way we move our bodies while playing silly games and exercising. Includes gym time, story time, craft and a snack.

**Mondays**  
10am-12pm

Ages 3-5

## Homeschool Phys. Ed

FREE

Coach Joe will host a course to complete Physical Education hours for home school students.

**Fridays**  
10am-11:30am

Grades 1-8

## Warriors

Fitness Membership \$5

Join our certified personal trainer for a structured fitness class. Free weights, cardio, sports, tire flipping, and warrior rope will provide a balanced workout each session. Pre-K Learn and Play is happening at the same time so you can work out while your kids learn and play.

**Thursdays**  
10am-11:30pm

18+

## Special Needs Sports/Music Donation Suggested

Sports and recreation activities, socialization and refreshments for people with special needs and disabilities. Hockey begins at 12:30pm. Every 2nd Wednesday of the month Melody will host Music and Movement class at 11 AM with songs, movement, and lots of fun. All agencies welcome!

**Wednesdays, Ongoing**  
10:30am-2pm

Ages 18+

## Phillips Pre-K Club

FREE

Have some preschool fun! Storytime, enrichment activities and socialization for your little ones. Parents must be present in building during class. Joe's Warriors class is happening at the same time, so you can work out while your child plays!

**Thursdays**  
10am-11:30am

Ages 3-5

## Video Game Night

FREE

Are you the best gamer at Phillips? Tournament style video game play on PS4 and Xbox. Madden, NBA 2k, UFC, NHL, and more! Limited spots each night.

**Fridays**  
6:30pm-7:30pm

Ages 9-18

## Zumba

\$5 per Class

Join our certified Zumba instructor for a fun energetic way to stay fit.

**Tuesdays and Thursdays**  
6pm-7:30pm

Ages 18+

## Special Needs Fitness

FREE

Join Joe, our certified personal trainer, for a fitness class designed for those with special needs and disabilities. Classes include a mix of weights, cardio, ropes, tire flipping, and games with accommodations for those who need it.

**Tuesdays, Ongoing**  
11am-12pm

Ages 18+

Phillips Rec Center  
201 Parkfield Street  
412.885.7445

William Peduto, Mayor

Ross Chapman, Director

Rev. Ricky Burgess, Chairperson for the Committee on Urban Recreation

The City does not discriminate against anyone on the basis of race, color, religion, ancestry, national origin, place of birth, sexual orientation, familial status, age (40 & over), or non-disqualifying physical or mental disability, or any other basis protected by federal, state or local law.

