

El Dorado Springs Community Center

Fall & Winter Activities Calendar



Volleyball Leagues

- Co-Ed League Monday nights starting September 20. 10 game guarantee plus a tournament. Entry is \$100 per team
- Women's League Monday nights starting January 10. 10 game guarantee plus a tournament. Entry is \$100 per team

- For more information Contact Community Center Staff at 471-876-3393 or E-Mail jrmays35@hotmail.com



Youth Basketball

- 3rd Annual El Dorado Classic Youth BB Tournament February 25-27. 4th-8th Grade Boys & Girls. Enter to play for the 5^{ft}. 1st Place Team Trophy. Entry Fee is \$60 with a 3 game guarantee.



A.M. Yoga Class

- Start your day off right with a hybrid workout that combines yoga poses with toning exercises to get you in the best shape of your life while connecting your mind, body, and emotions. Starts September 1 MWF classes at 6:00 a.m. Cost is \$20 per month. Limited Space



Baseball Camps/Lessons

- Indoor Pitching Camp, Indoor Hitting Camp call for dates and times.
- Individual Skills Course with video evaluation, Hourly Batting Cage Rental, and Team Training rates. Please Call for more information



Tumbles Gymnastics & Cheer LLC

- Teaching Gymnastics and Cheer for 10 years in Bolivar & now offering classes in El Dorado. A great activity for balance, coordination, flexibility, and motor development.
- Classes for students 3-18 on Monday Nights in the Old Community Center in the City Park starting in September. Cost is \$30 per month.
- Let your child train for the Tumbles St. Patrick's Day Gymnastics Meet in March at Tumbles gym in Bolivar

Healthways

Silver Sneakers®

Fitness Program



- Members of participating Medicare Health Plans Join for **FREE**. Plans include Humana, Ozark Health Plans, Secure Horizons, and Anthem BCBS.
- Classes are offered every Monday & Friday at 10:00 a.m. with Melissa Anderson as the instructor

FREE SENIOR EXERCISE CLASS

- Must be 60 or older and a resident of Cedar County. Low impact exercise class targets strength, flexibility and mobility. Class is offered every Monday & Friday at 9:00 a.m.