



FALLBROOK COMMUNITY CENTER
341 HEALD LANE, FALLBROOK, 92028
760-728-1671

ALL PARTICIPANTS WILL BE ASKED TO ADHERE TO THE LATEST PUBLIC HEALTH ORDERS ISSUED BY THE STATE OF CALIFORNIA.

NEW PROGRAM ALERT!



SOCCER SAINTS

WEDNESDAYS, MARCH 9 - MAY 13
2:30 P.M. FOR 3 - 5 YEARS | 3:30 P.M. FOR 6 - 10 YEARS
FRIDAYS, MARCH 11 - MAY 20
2:30 P.M. FOR 3 - 5 YEARS | 3:30 P.M. FOR 6 - 10 YEARS
\$140/SESSION

Soccer Saints curriculum was created using decades of coaching experience across multiple age groups, with age-appropriate and inclusive teaching strategies. All players will receive a Soccer Saints t-shirt prior to or on the first day of class. At the end of every session, players are recorded scoring a goal while their teammates cheer them on. Videos are shared with parents to document memories and track their child's progress.

TENNIS SAINTS

MONDAYS, MARCH 7 - MAY 9
3:30 P.M. FOR 5 - 8 YEARS | 4:30 P.M. FOR 9 - 12 YEARS
\$140/SESSION

Tennis Saints curriculum was created using decades of coaching experience across multiple age groups, with age-appropriate and inclusive teaching strategies. All players will receive a Tennis Saints t-shirt prior to or on the first day of class. At the end of every session, players are recorded scoring a goal while their teammates cheer them on. Videos are shared with parents to document memories and track their child's progress.

BEGINNING YOGA

MONDAYS, TUESDAYS AND THURSDAYS; 9:15 - 10:30 A.M.
\$96/10-CLASS CARD, \$12 SINGLE CLASS
AGES: 12 AND OLDER

Maintaining strength and flexibility is key to having an enjoyable and vital life – both now and in the future. In this class, we go beyond basic yoga by adding light weights and modifying postures using chairs, therapy balls and walls. Join us for a session of fitness, fun and friendship. New students should arrive 15 minutes early to register.

COMIC ART

MONDAYS, 5 - 7 P.M. - GRADES 1-6
THURSDAYS, 5 - 7 P.M. - GRADES 7-12
\$80/MONTH PLUS \$20 MATERIALS FEE TO INSTRUCTOR
AGES: 6 - 18 YEARS

Explore comic art to learn to improve your drawing skills in many styles: Fantasy, Gothic, Manga, Science Fiction and more. Various art mediums and concepts of space, scale, form, line, proportion, pattern, perspective, storyboards and more will be used throughout the program. Every student will have artwork exhibited at the San Diego County Fair in 2022.

FITNESS FUSION

MONDAYS, WEDNESDAYS AND FRIDAYS; 8:30 - 9:30 A.M.
\$96/10-CLASS CARD, \$12 SINGLE CLASS
AGES: 12 AND OLDER

Enjoy a unique fusion of techniques that create a fitness experience for every body. Aerobically build energy, balance, coordination and strength in this fitness class. Yoga, stretching and relaxation techniques will also be incorporated, and the class can be customized for all fitness levels. The instructor will share health coaching and tips. 'Wade in' – Join in! For more information, visit WadeintoFitness.com.

HEALING YOGA

MONDAYS, 5:15 - 6:30 P.M.
\$96/10-CLASS CARD, \$12 SINGLE CLASS
AGES: 12 AND OLDER

Join us on a wellness journey with a gentle, adaptable approach. We will embrace traditional yoga to strengthen and nurture our bodies. While honoring the ancient physical practice of hatha yoga, Healing Yoga incorporates modern fitness, safety and healing practices. Yoga poses are shown with multiple modifications so everyone will feel strong, centered and successful. Yoga is for every body – 'Wade in!' For more information, visit WadeintoFitness.com.

PICKLEBALL

TUESDAYS AND THURSDAYS, 6 - 8 P.M., TENNIS COURTS
\$2/NIGHT, AGES: 18+

Pickleball is a fun game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic ball (similar to a whiffle ball) and wood or composite paddles. It's easy for beginners to learn, and the game can develop into a quick, fast-paced, competitive game for experienced players. All levels are welcome.

TAI CHI FOR EVERYBODY

TUESDAYS, 10:30 - 11:30 A.M.
\$75/8 CLASSES, \$45/4 CLASSES, \$12 SINGLE CLASS
AGES: 18 AND OLDER

Tai Chi, also called "Meditation in Movement", is a series of soft, slow movements practiced by people of all ages. Benefits include stress reduction, better concentration, increased flexibility, strength and coordination, enhanced memory and improved circulation. Contact Gus Poletti at 951-698-5788 or gmpoletti@yahoo.com for more info.