



Shiroinji Kempo Karate

Every Saturday

9-11a.m.

5-15 years, \$21

16 & up, \$30

Benton Karate

Monday & Thursday

5:30 p.m., White Belts

6 p.m., Kids

7 p.m., Adults

\$30 registration fee and

\$30 per month.

FREE 3-on-3 Basketball Tourney

Saturday & Sunday,

October 16-17, 3-6 p.m.

Rosters due October 8

Adult Golf Clinic

Tuesday, Wednesday & Thursday,

October 19-21, 10-11 a.m.

\$2

Learn the basics of putting,
swinging with irons and woods.

Massage Service With Junko Miyazaki

Call for appointment.

\$25-\$45 per appointment.

Offering Swedish,

Aromatherapy and

Reflexology services.

FREE!
Group Exercise
Mondays, Wednesdays & Fridays
Instructor: Beth Dugan
3:30-4:30 p.m.

Iron Kids Duathlon

Monday, September 6
9 years & under, 8 a.m.

50m swim, .5K run,

10-12 years, 8:45 a.m.

100m swim, 1K run

13-15 years, 9:30 a.m.

150m swim, 1.5 K run

16 years & up, 10:15 a.m.

200m swim, 2K run

Youth Basketball Scrimmage

Friday, September 24

7-9 years 4 p.m.

10-12 years 5 p.m.



Hario Community Center

SWAP MEET

Saturday,
October 9
9-10 a.m.

\$2 per table for sellers.

Set-up begins at 8 a.m.

No early birds please.

Reserve your table at the Hario
Community Recreation Office.



Metabolism Booster Clinic

Wednesday, September 22, 6 p.m.

Learn basic strength, cardio training techniques
and overall nutrition.

Adult Tennis Tourney

Friday, October 1-Saturday, October 30

Round robin format. Entries due by September 27.

Columbus Day 3K

Monday, October 11, 8 a.m.

Awards will be presented to the winner in
Men's, Women's and Youth Divisions.