

INDOOR

# SOCCER

## Rec. League

### WHERE

ALL GAMES WILL BE AT THE REC COMPLEX STARTING APRIL 1ST.

### DIVISIONS

PEE WEE: (AGES 4-6)

YOUTH: (AGES 7-9)

**GAMES ON TUESDAYS & THURSDAYS @ 5:30PM**

MINIMUM 6 GAME SEASON  
\$25 PER PLAYER

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**FOR MORE INFORMATION**

CALL 618-532-3214





# CHEER

## Dance

Registration  
Now Thru  
April 11th

Ages  
7-14

April 17 & 18

1:00-3:00 pm

April 19

1:00-3:30 pm

\$50  
Fee

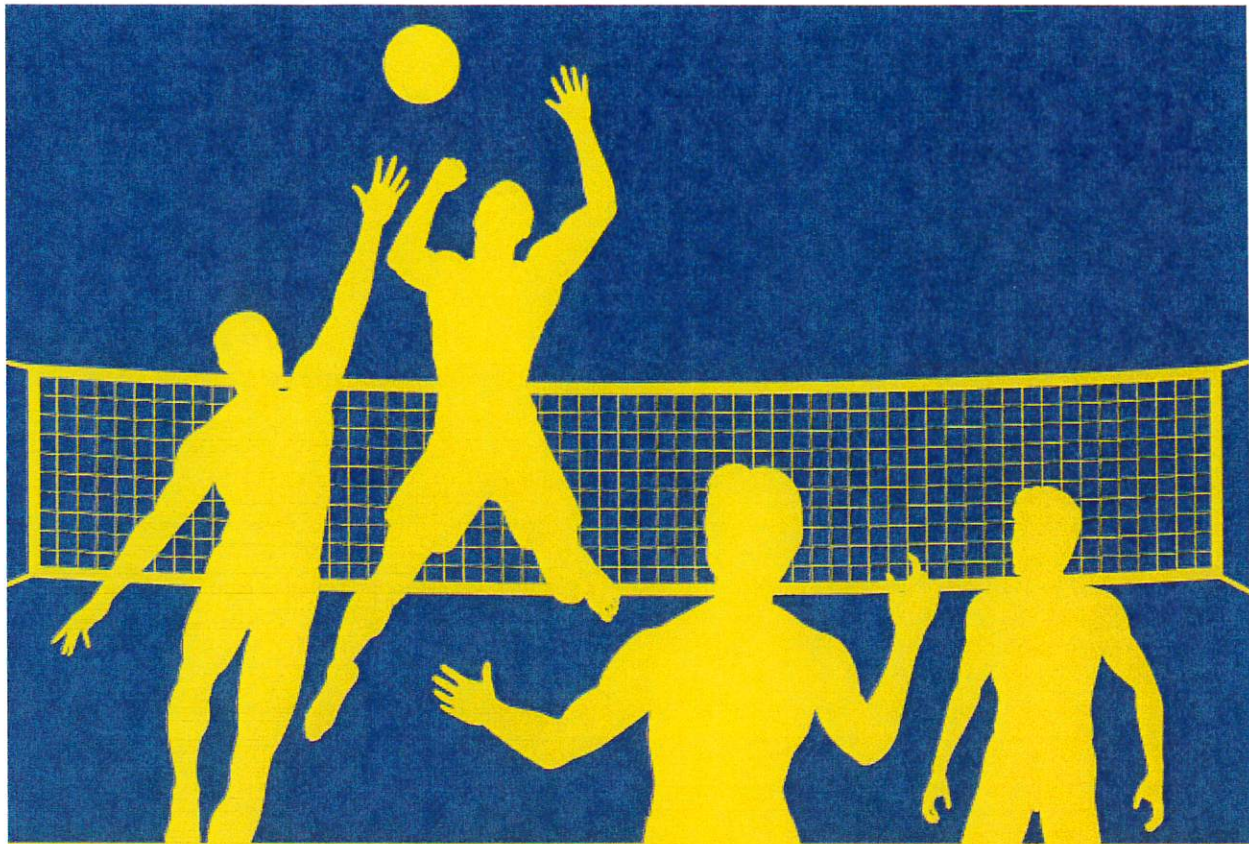
Performance  
Mon, April 21st  
6:30 pm



*Coach Niki Masters*

CENTRALIA REC COMPLEX

115 E. Second St. \* Centralia, IL \* 618-532-3214



**ADULT  
VOLLEYBALL  
LEAGUE**

**FEBURARY 9TH 2025  
STARTS @ 05:00PM**

**AT REC. COMPLEX  
115 E. 2ND ST. CENTRALIA, IL**

**GAMES ARE  
ON SUNDAYS**

**REGISTRATION  
\$180 PER TEAM**

**REGISTRATION DEADLINE  
FEB. 1ST, 2025**

**MORE INFORMATION  
CALL # 532-3214**



SILVER SNEAKER'S

# Standing YOGA

- \* Increases balance, coordination focus & discipline
- \* Increase Flexibility
- \* Reduce Stress
- \* Burn Body Fat & Increase Your Metabolism
- \* Increase Muscle Tone
- \* Improves Posture
- \* Improves Circulation
- \* Raises Energy Level
- \* Helps with back, neck, shoulder & knee pain

*Standing Yoga with  
Tennis Shoes*

Don't forget to bring  
your water bottle!

**TUES & FRI**  
**11AM-11:45AM**

\$30.00 per month

@TheRecCenter

Your Fitness Location



\$3.75  
per  
class

# YOUTH FLAG FOOTBALL



## SEASON INFO

*No Tryouts! No Drafts! Everyone makes the team!*

**THE NFL FLAG FOOTBALL PROGRAM IS THE PREMIER FLAG FOOTBALL LEAGUE FOR BOYS AND GIRLS AGES 5-13. THE PROGRAM TEACHES PLAYERS THE FUNDAMENTALS OF FOOTBALL, GOOD SPORTSMANSHIP, AND TEAMWORK, THROUGH PRACTICES AND GAMES.**

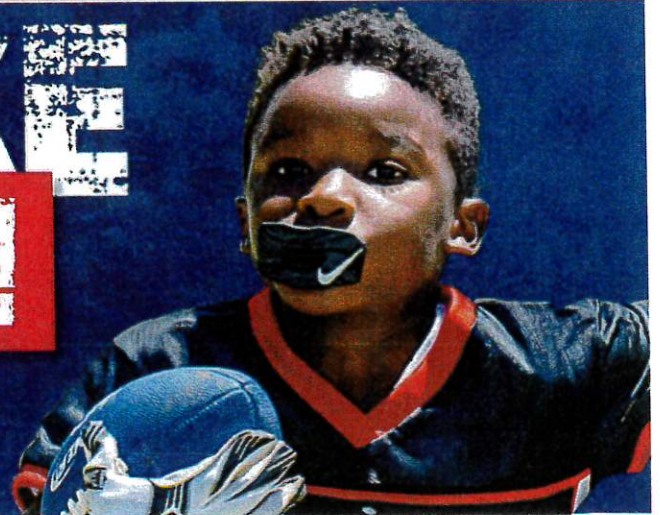
- **EACH TEAM WILL HAVE AT LEAST ONE PRACTICE DURING THE WEEK.**
- **PRACTICE DAYS AND TIMES WILL BE DETERMINED BY THE COACH.**
- **EACH PARTICIPANT WILL RECEIVE AN OFFICIAL NFL FLAG JERSEY, MOUTHPIECE, AND CERTIFICATE OF COMPLETION.**
- **EACH TEAM WILL PLAY 8 GAMES.**
- **NO TEAM/COACH REQUESTS WILL BE TAKEN FOR THE 8 AND OLDER AGE GROUPS**

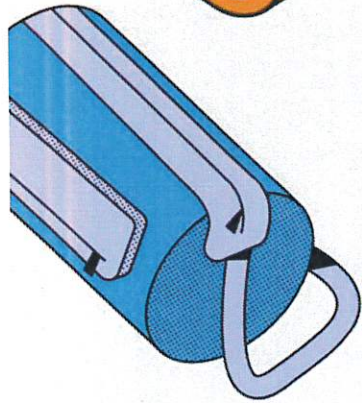
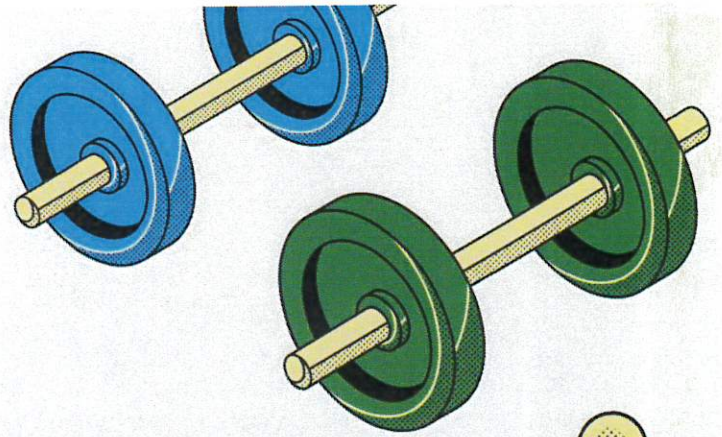
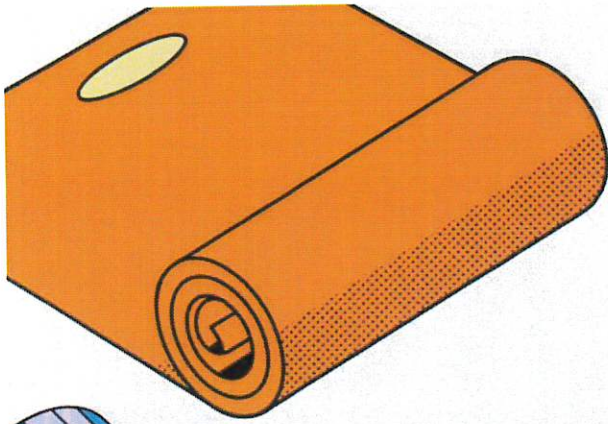
**VOLUNTEER  
COACHES NEEDED!**



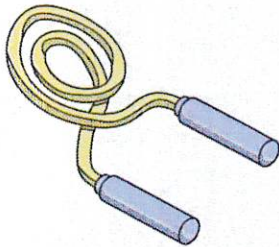
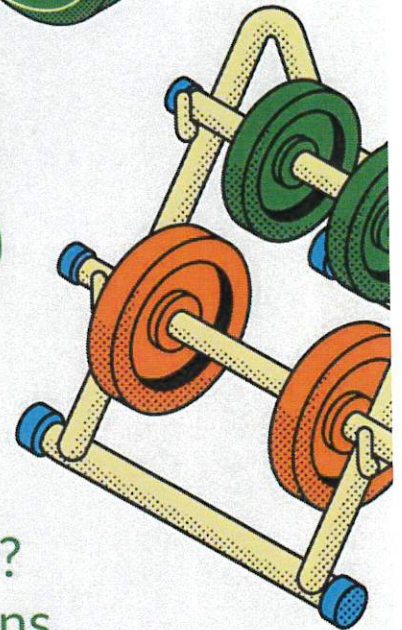
- \* **Registration Open: February 17th - April 19th**
- \* **Player Assessments Saturday April 19th 1:00pm**
- \* **Season Kick Off: Saturday May 17th**
- \* **All Games Played Saturdays starting at 10:00am**
- \* **Location: Rotary Park**
- \* **Fee: Members \$60.00 Non-Member:\$85.00**

# PLAY LIKE THE PROS!





# JOIN US FOR A FITNESS CLASS



Need a new workout routine?  
Check out our AM & PM options.

**Dick Carpenter**

Mon & Wed 9-10am

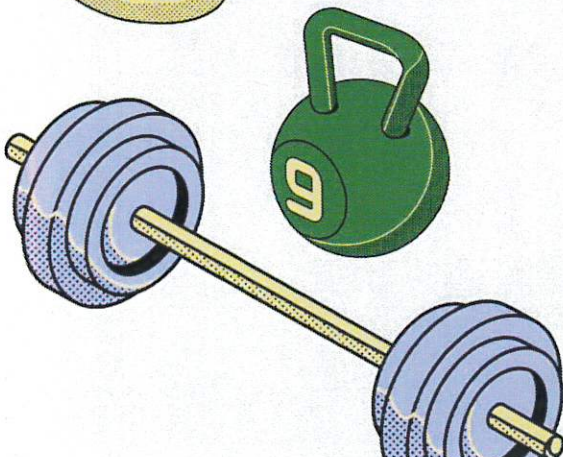
**Laura Hixson**

Tues & Thurs 5-6pm



These classes will help with:

- \* Overall Health
- \* Provide Extra Motivation
- \* Target Specific Areas
- \* Release Stress
- \* Lose Weight
- \* Increase Bone Density
- \* Strength and Flexibility
- \* Sports Specific Workouts
- \* Provide More Energy Throughout the Day & Rest at Night



CLASSES ARE  
**\$30.00**  
PER MONTH