

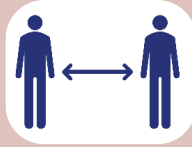
# YOUTH SPORTS



**Lewiston Parks & Recreation**  
*Creating Community through Programs, Parks, and Facilities*

## Youth Sports

The City of Lewiston Parks & Recreation Department has partnered with some amazing instructors to offer some unique and quality program for our youth of the valley. We understand that these times require extra precautions and guidelines to ensure the safety of all our participants and instructors. We ask that that anyone bringing children to a program to follow CDC and City of Lewiston guidelines.



### Karate – Session 1 (4 Weeks)

Brian Morrow, owner of World of Martial Arts LLC, along with his instructors will be leading this amazing program that teaches the fundamentals of entry level Karate. His wealth of knowledge with this discipline will provide outstanding instruction, patience and leadership for these young athletes. Uniforms are not required but recommended, and can be purchased from our instructor.

**Pre-registration is required. Class maximum of 10.**

Day	Grade	Time	Location
Wednesdays	K – 2	6pm – 6:30pm	Lewiston Community Center
October 7, 14, 21, 28	3 – 6	6:45pm – 7:30pm	

**Fee: \$25 for grades K-2, \$30 for grades 3-6 Please sign up by: Session 1 – Friday, October 2**

### Karate – Session 2 (4 Weeks)

Day	Grade	Time	Location
Wednesdays,	K – 2	6pm – 6:30pm	Lewiston Community Center
December 2, 9, 16, 30	3 – 6	6:45pm – 7:30pm	

**Fee: \$25 for grades K-2, \$30 for grades 3-6 Please sign up by: Session 2 – Wednesday, Nov 25**



### NEW Sports Skills Camp

The Lewiston Parks and Recreation Department will be offering a new and improved Sport Skills Camps for 3-6 & 7-10 year olds. **This camp requires parent participation for ages 3-6.** We will conduct a very basic introduction of skills in Basketball, Soccer, and Baseball/Softball. The child and parent will learn age appropriate skills and games at 5 stations to help breakdown specific fundamentals for each child. **For the Baseball/Softball session, participants will be required to bring a glove.**

We are adding a session for our 7-10 year olds to build on the basic skills in Basketball, Soccer, Baseball/Softball. All age groups will be offered 1 sport at a time and will take place over 3 consecutive Saturdays. T-Shirt will be included for kids that sign up for all three sports. This class fills up fast so hurry down and get registered! **Pre-registration is required. Ages 3-6 & 7-10 Fee: \$30/session**

Day	Age	Time	Location
Saturdays	3-6	10am–10:45am	Fenton Gym - 1203 8th Ave
	7-10	11am–12:15pm	

Session 1: October 10, 17, 24: Soccer Please Register by Wednesday, October 7

Session 2: November 7, 14, 21: Basketball Please Register by Wednesday, November 4

Session 3: December 5, 12, 19: Baseball/Softball Please Register by Wednesday, December 2



### Youth Volleyball Program

Start with a great foundation, Current LHS head volleyball coach Cassie Thompson will teach the fundamentals of Volleyball. Lewiston Parks and Recreation is offering a Youth Volleyball Program for both girls and boys. Teams will be formed from children of the same neighborhood and attending the same public schools. The first three Saturdays will be for skill development and the remaining two are when games will be played. **Pre-registration is required. Grades 4-6. Fee: \$40**

Day	Grade	Time	Location
Saturdays, Nov. 7, 14, 21	4-5	9am–10:30am	Sacajawea JH & Jenifer JH
December 5, 12	6	10:30am–noon	

**Please sign up by: Friday, October 30**



### Girls Drill Team

This program has become one of our winter favorites for girls ages 5-14. Our instructor, Sharon Rodgers, offers fun, learning basic drills, commands and dance movements set to music and each participant gets a T-shirt. Participants are taught in age groups with the program ending with a drill down and evening performance.

**Pre-registration is required. Ages: 5–14 . Fee: \$40**

Day	Age	Time	Location
Saturdays, Jan, 9, 16, 23, 30	5, 6, 8, 10	10am – 12:30am	Sacajawea Junior High
February 6, 13	7, 9, 11-14	1:30pm – 4pm	

**Please sign up by: Friday, December 31**

