

### **VITAL NORTHWEST**

Providing educational and growth opportunities for a neuro-diverse community in the area of communication, connectivity, self-sustainability and adaptability. Students come in a host of flavors, every one of them VITAL and with strengths (both hidden and obvious). The goal of Vital Northwest is to create learning environments geared to help individuals and our community thrive. Programs in the arts (Acting, Improv, Creative Writing and Fine Arts), vital life (Life Skills, Communications, Resumé/Interview Skills) and more are provided. Classes run throughout the week. Fall session started in September and runs through November (session still open to register). Winter session starts in January and runs through February/March, Spring Session starts March and runs through April/May. Ages 8 and up. For more information or to sign up for one of their great classes or a whole session. Check out <http://joyotl.wix.com/vitalnorthwest> , call 208-597-2457 or e-mail [Joyotl@ymail.com](mailto:Joyotl@ymail.com)

### **SPECIALIZED NEEDS RECREATION**

Specialized Needs Recreation (Kootenai County) offers various recreation programs for youth and adults who have challenges participating in other programs because of a learning disability, sensory impairment, mental, emotional or physical handicap. For more info, <http://snridaho.org> or call 208-664-7735

## **ADULT SPORTS**

### **OPEN GYM BASKETBALL – Adults**

Open gym basketball for adults on Sun evenings at Sandpoint High School. For more information call Parks & Rec. at 263-3613 or [www.sandpointidaho.gov](http://www.sandpointidaho.gov)

**DATES:** Sundays Nov 13-March 12 (except Dec 25, Jan 1, & Feb 5)

**TIME:** 4:30-6pm

**LOCATION:** Sandpoint High School Gym (410 S. Division)

**FEE:** \$2/Player at the door

### **ADULT COED VOLLEYBALL**

Rosters are available at Sandpoint Parks & Recreation. \$20 deposit and roster in hand at the Parks & Rec office holds your place in the league. ALL FEES ARE DUE IN FULL BY THE CAPTAINS' MEETING, held Thurs, December 22, 2017 @ 5:30pm in the City Hall Council Chambers. Completed rosters are due the first night of play.

**REGISTRATION DEADLINE:** Friday, December 9, 2016

**DATES:** Mon/Tue, Jan 9/10 - March 16/17, 2017

**TIME:** 6 pm start

**LOCATION:** Bonner County Fairgrounds MEB (4203 N. Boyer Ave.)

**FEE:** \$225 sponsor / \$250 players (\$475/team total)

### **MENS BASKETBALL – Adults**

This exciting league consists of a round robin format. Each team, when they are not playing, will be responsible for officiating a game. Bring your shoes and a good attitude to participate in this league. ALL

FEES ARE DUE IN FULL BY THE CAPTAINS' MEETING *on Thursday Dec. 8 in the City Hall Council Chambers at 5:30pm.*

**REGISTRATION DEADLINE:** Friday, December 2, 2016

**DATES:** Jan. 15 – March 12, 2017 (No games Feb. 5)

**LOCATION:** Sandpoint High School      **TIME:** 6-9pm

**FEE:** \$225/ Team

**\*NEW – ULTIMATE WINTER SPORTS CONDITIONING**

Join MVMNT:GYM's functional movement specialist and former professional snowboarder, Ryan Egan, for the most intelligent and powerful winter sports conditioning on the market. Build core strength for smooth carving, leg power for deep powder days, and flexibility to prevent unnecessary injuries. (no class on Thanksgiving)

**REGISTRATION DEADLINE:** Friday, October 28

**DATES:** Tuesdays and Thursdays, November 3 – December 15.

**TIME:** 5:30pm

**MIN/MAX:** 4/20

**LOCATION:** MVMNT: GYM (103 S. 3<sup>rd</sup> St)

**FEE:** \$150/person

**AGES:** 12+

**\*NEW – CROSS COUNTRY SKI LESSONS**

Are you new to the sport? Haven't tried it in years? Never tried it before? This is the class for you. Join the Sandpoint Nordic club for these great introductory classes.

Participants must supply their own gear, skis/boots/poles.

Rentals are available from Outdoor Experience & Alpine shop for Classic skis. Schweitzer has both classic and skate ski rentals at the Source.

**REGISTRATION DEADLINE:** Friday, January 13, 2017

**LOCATION:** U of I Property

**FEE:** \$17/person (\$2 City Discount)

**MIIN/MAX:** 3/10

**Classic Lessons**

**DATE:** Wednesday, January 18, 2017

**TIME:** 9-10:30am

**Skate Lessons**

**DATE:** Friday, January 20, 2017

**TIME:** 10-11:30am

**\*NEW - WALK 7B**

Bringing people together through exploration, friendship and adventure! This program is designed to help you get moving. Our fantastic leaders will help you become more active and make physical activity a part of your everyday life. Our indoor walking venues will change throughout the winter months.

Join the fun, get fit, explore our community and make friends.

**LOCATION:** TBD –We will have your info when you register.

**FEE:** \$15/session

**SESSION #1 - REGISTRATION DEADLINE:** Mon. Oct 24, 2016

**DATES:** Starts the week of October 31, 2016

(no class on Thanksgiving Week)

**TIME:** 1A at 10am, 1B at 4pm

**SESSION #2 - REGISTRATION DEADLINE:** Tues. Dec 27, 2016