

SPORTS FOR LIFE



A new city-wide initiative designed to develop a year-round mentally and physically challenging program for our city's fifty-plus adult population and to give them the opportunity to develop and/or maintain a healthy and active lifestyle.

Master Your Swim Strokes

Dates: March 4, 6, 11 & 13
 Time: 9:30 - 10:00 am
 Place: Jewish Community Center
 Instructor: Susan Ingraham

Learn the Basics of Racewalking

Dates: March 12 & 13
 Time: 7:00 - 9:00 pm
 Location: Jewish Community Center
 Instructor: Bert Pickell

What is Pickleball All About?

Date: March 8
 Time: 2:00 - 4:00 pm
 Instructor: Mo Armstrong
 Location: Jewish Community Center

Improve Your Skills:

Discus and Shotput Throwing

Date: March 15
 Time: 1:00 pm
 Instructor: Howard Zingg
 Location: Antonian High School

For Women:

Improve your Free -Throw Shooting!

Date: March 12
 Time: 10:00 am - 12:00 pm
 Instructor: Mike Mitchell, Jr.
 Location: Jewish Community Center

FREE CLINIC REGISTRATION FORM

NAME: Last First M.I.

ADDRESS CITY STATE ZIP

HOME PHONE WORK PHONE

E-MAIL ADDRESS FAX #

Please Check
the Clinics
You Will Be
Attending

- Master Your Swim Strokes
- Learn the Basics of Racewalking
- What is Pickleball All About?
- Discus and Shotput Throwing
- Women's Free-Throw Shooting

Return by February 29 to:
 Senior Games of San Antonio
 ATTN: Clinics
 12500 N.W. Military Hwy., Ste. 275
 San Antonio, TX 78231
 Or you may fax to 210-408-2341