

# Fallon On The Go

Fallon County Recreation Department



## Fall Fitness Classes

Start September 7th  
Baker Recreation Center

Join us anytime, classes are always changing!

### Morning Classes

Monday (8:30 - 9:30) Cross Training  
Tuesday (8:30 - 9:30) Pilates/Yoga Mix  
Wednesday (8:30 - 9:30) Cross Training  
Thursday (8:30 - 9:30) Mix It Up

### Evening Classes

Monday (5:20 - 6:20) Mix it Up  
Tuesday (5:20 - 6:20) Totally Toned  
Wednesday (5:20 - 6:20) Interval Training  
Thursday (5:20 - 6:20) Aqua Fit

### Cost:

\$15.00/month for unlimited classes  
\$40.00 for Sept - Dec classes  
\$10.00/month for students

\*Discount for Rec Center Members is \$5.00

For a class calendar or class descriptions, go to  
[www.falloncounty.net](http://www.falloncounty.net) or call 778-3152.

## Watercolor Fun

Play painting with local artist, Gaye Sander.

Ages: 18 and older

Date: 3rd & 4th Tuesdays  
Sept 21 - Nov 23

Time: 1:00 - 3:00 pm

Place: Parkview Complex

Cost: Free

**Must pre-register before September 14th  
by calling 778-2837.**



## After School Program

Ages: Kindergarten-6th Grade

Date: **Starts Monday, August 30th**  
Mondays, Tuesdays, Wednesdays

Time: After school until 5:10pm

Place: Lincoln School Multipurpose Room

Cost: \$2.50/day (snacks billed w/lunch program)

**Registration forms are available at the After  
School Program, City of Baker Office and at  
[www.falloncounty.net](http://www.falloncounty.net)**



## Fallon County Activities

Check our on-line calendar at [www.falloncounty.net](http://www.falloncounty.net) for the following activities and more!

- Books & Babies at Fallon County Library—Tuesdays at 10:15 starting September 7
- Tae Kwon Do Demonstration/Sign-ups—5:00 pm on September 7 at the Masonic Lodge
- Story Time at Fallon County Library—Thursdays at 11:15 starting September 9
- Chamber's Fall Festival—September 11 in downtown Baker
- Chamber Calcutta—6:30 pm on October 3
- Moonlight Madness—until 8:00 pm on October 13 in downtown Baker
- Plevna Dinner Theater—6:00pm on November 19
- Fantasy Food Fair—December 4
- Christmas Stroll—until 7:00 pm on December 8



**CHECK US OUT ON THE WEB! [www.falloncounty.net](http://www.falloncounty.net)**  
Click on Recreation Department

Download newsletters, calendars, registration forms, & more!!!



## All Youth Programs:

Pre-registration is appreciated.  
Call or E-mail to reserve a spot for your child.

Parents/Guardians must complete a form  
before your child participates!

Print a form at [www.falloncounty.net](http://www.falloncounty.net), or fill one  
out on the first day of the program.

## Preschool Sports Time

Ages: 3 - 5 years

Date: (Session I) Thursdays  
Sept 9 - Oct 14

(Session II) Fridays  
Sept 10 - Oct 15

Time: 10:15 am - 11:00 am

Place: Rec Center Lobby

Cost: \$20.00/session

**Maximum of 15/session**  
**Call 778-3152 to reserve your spot.**



## Preschool Tumbling

Ages: 3 - 5 years

Date: (Session I) Thursdays  
Oct 28 - Dec 16

(Session II) Fridays  
Oct 29 - Dec 17

Time: 10:15 am - 11:00 am

Place: Rec Center Fitness Room

Cost: \$20.00/session

**Maximum of 15/session**  
**Call 778-3152 to reserve your spot.**



## Youth Flag Football

Ages: Kindergarten - 6th Grade

Date: Mondays & Wednesdays  
Sept 8 - 29

Time: 4:30 - 5:30 pm

Place: Lincoln School

Cost: \$20.00



## Watercolor Fun

Play painting with local artist, Gaye Sander.

Ages: 4th - 12th Grade

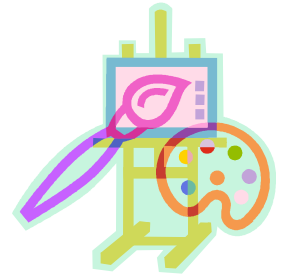
Date: 3rd & 4th Tuesdays  
Sept 21 - Nov 23

Time: 3:30 - 5:30 pm

Place: Parkview Complex

Cost: \$5.00

**Must pre-register before September 14th**  
**by calling 778-2837.**



## Volleyball 4th - 6th

Ages: 4th - 6th Grade

Date: Mondays & Wednesdays  
Oct 4 - Oct 25

Time: 4:30 - 5:30 pm

Place: Lincoln School Gym

Cost: \$20.00

## Volleyball K-3rd

Ages: Kindergarten - 3rd Grade

Date: Mondays & Wednesdays  
Nov 8 - Dec 1

Time: 4:30 - 5:30 pm

Place: Lincoln School Gym

Cost: \$20.00



**Want to be a Youth Activity Sponsor?**  
Choose the activities that you would like to sponsor and your name will appear  
on the t-shirts for that program! Print a Sponsorship form at  
[www.falloncounty.net](http://www.falloncounty.net) or call 778-3152 for more information.

