

SPRING BREAK

@ the Rec

Monday

11

Tuesday

12

Wednesday

13

Thursday

14

Friday

15

12:30 - 2:00 PM

TENNIS INTRO CAMP

9:30 - 11:00 AM

PICKLEBALL CAMP

9:30 - 11:00 AM

SOCCER FREE PLAY

9:30 - 11:00 AM

PICKLEBALL CAMP

9:30 - 11:00 AM

SOCCER FREE PLAY

1:00 - 4:00 PM

BASKETBALL CAMP

11:30 AM - 12:30 PM

BOOT CAMP

11:30 AM - 1:30 PM

GAMES GALORE

11:30 AM - 12:30 PM

BOOT CAMP

11:30 AM - 1:30 PM

MOVIE

4:00 - 6:00 PM

OPEN GYM

1:00 - 4:00 PM

BASKETBALL CAMP

1:00 - 4:00 PM

BASKETBALL CAMP

1:00 - 4:00 PM

BASKETBALL CAMP

1:00 - 4:00 PM

BASKETBALL CAMP

2:00 - 3:30 PM

SCIENCE

4:00 - 5:15 PM

KARATE INTRO

2:00 - 3:30 PM

ARTS & CRAFTS

4:00 - 5:00 PM

OPEN GYM

4:00 - 6:00 PM

OPEN GYM

Pre-registration is required for each activity and space is limited. Sign up at the Rec & Tennis Center or by calling 281.403.8637



281.403.8637
www.mctxparks.com
FB/missouricitytx
@missouricitytx

SPRING BREAK

Program descriptions

BOOT CAMP

Join trainer Damion Sterling for a boot camp that will have you feeling the burn! All workout activities will be body weight exercises. Participants should wear tennis shoes. All fitness levels welcome.

Age: 8 & over
Cost: FREE

GAMES GALORE

Board games, card games, giant games...we'll have them all! Enjoy some friendly competition with friends at the Rec!

Age: 5 - 12
Cost: FREE

BASKETBALL CAMP

Improve your basketball skills with Coach Craig Upchurch! Participants will learn ball handling, shooting, and defensive techniques.

Age: 7 - 12
Cost: \$125/week

TENNIS INTRO CAMP

This entry-level class will cover the basic rules and fundamentals of tennis, no experience necessary! This activity will be outdoors, please wear sunscreen and dress accordingly.

Age: 5 - 12
Cost: \$5 per participant

ARTS & CRAFTS

Join us for arts and crafts that are sure to leave your hands dirty. This class will feature hands on projects that will be messy, creative, and FUN!

Age: 5 - 12
Cost: FREE

KARATE INTRO

Increase your strength, coordination, focus and confidence through karate! This class will teach the fundamentals and is perfect for beginners.

Age: 5 - 12
Cost: FREE

PICKLEBALL CAMP

Join us at the Rec for an introduction to outdoor pickleball! This racquet sport is played by 2-4 people and is similar to badminton and tennis. This activity will be outdoors, please wear sunscreen and dress accordingly.

Age: 5 - 12
Cost: \$5 per participant

SCIENCE

Explore the world of science with great experiments. If you enjoy making slime you'll love these projects!

Age: 5 - 12
Cost: FREE

SOCCER FREE PLAY

Join us for pick-up soccer games! This activity will be outdoors, please wear sunscreen and dress accordingly.

Age: 5 - 12
Cost: Free

MOVIE

Cool down while eating popcorn and watching a kid-friendly movie on the projector. Bring a blanket or pillow if you want to get extra comfortable!

Age: 5 - 12
Cost: FREE