



THERE IS STILL TIME THIS FALL TO GET MOVING! Amid all the craziness, it is important for you and your family to make time for educational, healthy and stress relieving recreation this fall. Register for something fun and active with WSRec this Fall!



CLICK on the name of the activity you are interested in for more information or to register.

ACTIVE WELLNESS (18+)

[Booty Barre](#)

[Cardio Step - Starting Soon!](#)

[Holiday Stress Relief Gentle Yoga](#)

[Hatha Flow Yoga \(AM & PM\)](#)

[Kickboxing & Abs](#)

[Muscle Pump \(AM & PM\)](#)

[Pilates \(All Levels\)](#)

[Pi-Yo](#)

[Pound](#)

[SalsaTone](#)

[Tabata](#)

[Zumba Step - Re-invented!](#)

[Zumba Toning & Abs](#)

KIDS & YOUTH

[Babysitting Certification](#)

[Kinderdance, Kinder Gym & Kinder Tots](#)

[Youth Sports \(Ages 4-11\)](#)

[Intro to Cheerleading](#)

[Tumbling - Preschool, Beginner & Intermediate Classes](#)

[Fitness, Phonics & Fun \(Grades K - 3\)](#)

[Ninja Obstacle Fun \(ages 5 - 12\)](#)

[Wushu - New Time!](#)

[Youth Art Fun \(Grades K-8\)](#)



After-School STEAM Club

[Disaster Island](#)

[STEAM Club - Fishing Creek Elementary](#)

[STEAM Club - Rossmoyne Elementary](#)

[STEAM Club - Highland Elementary](#)

[STEAM Club - Hillside Elementary](#)

More STEAM YOUTH ACTIVITIES

[Monster Mania Halloween Workshop](#)

[HallowSTEAM - Starting Soon!](#)

[Parent's Night Out Workshop](#)

[Escape Snapology: Thanksgiving Edition](#)

[Thanksgiving Workshop](#)

[Winter Holiday Robotics](#)

[Madrigal Magic Workshop](#)

[STEAMing Through the Holidays](#)

[How the Grinch Stole Bricks](#)