

SPORTS

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10th ANNUAL Football Frenzy

Each visit to your club is your chance to win!
 Alberta at Tampa Bay • Super Bowl • Pro Bowl
 Plasma Televisions • X-Box Video Game Systems

Monday Evenings, Roadrunner Lounge
 Doors Open at 6 p.m. Call 846-1369.

BASKETBALL

Youth Programs is now accepting registrations for the Youth Basketball League. This league offers children ages 5-18 the opportunity to play basketball and improve their athletic skills. Practices will start approx. **Nov. 15** and run for five to six weeks depending on participants. Season will start in early January and run for approximately eight weeks. For more information call Tyrone Griffin at 853-5437.

The Boys & Girls Club is looking for volunteer coaches to assist with the upcoming youth basketball league. Practices will start around **Nov. 15** and run for five to six weeks depending on participants. Season will start in early January and run for approximately eight weeks. All coaches must complete the National Youth Sports Coaches Association Certification Training and watch a video on coaching youth basketball. Please stop by Youth Programs and see Mr. Tyrone Griffin or call 853-5437 for more info.

COMPETITION

A 1,600-mile "race to the White House" is open to all East and West Fitness Center users. The first person to reach 1,600 miles on a treadmill, bike, cross trainer, rower, track or stepper, is declared the winner. Free water bottles are given to participants. Call the West Fitness Center at 846-1068.

Fitness Center Handball Club

USAF
SERVICES
 Greater Support & Community Service



**11 a.m. - 1 p.m.
Courts 2 & 5**

**For information call
846-2454 or 883-3018**

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CLASSES

The East Fitness Center offers a **Brazilian Jiu Jitsu Class, Monday-Friday, 11:30 a.m.-1 p.m.** The free class is on racquetball court 3. It is a new, sophisticated martial art that is gaining popularity as an exciting sport

and an effective method of self defense. Sign in at racquetball court. Call 846-1102 for more information.

Water aerobics is offered on a pay-per-session basis, Mondays, Wednesdays and Fridays, 10-11 a.m., and 11a.m.-noon; and Mondays and Wednesdays, 5:30-6:30 p.m.

The East Fitness Center has **two personal trainers on call.** Trainers are James Allison, Certified International Fitness Professional Association; and

Diane Cabral, Certified National Strength and Condition Association Personal Trainer. Cost is \$25 an hour. Call 846-1102.

There will be an avalanche/back country ski seminar, which will cover the basics of winter travel, avalanche awareness, snow reading and more. This will be a prerequisite to the field avalanche course in January and is a great thing to have for future Outdoor Recreation ski and snowshoe trips. This seminar will be held in the

Outdoor Recreation classroom. **Wednesday, Oct. 27, 5-7 p.m.** Cost is \$7 per person Call 846-1499.

HOCKEY

Youth ages 5 to 18 are sought to participate in a roller hockey league or form a team to play off-base games. Qualified coaches are also needed to help with teams and teach the basic skills of roller-blade hockey. Call Tyrone at 853-5437.

East Fitness Center fall aerobics schedule

MONDAY

6 a.m. PT Prep
 9:30 a.m. Low Impact
 11 a.m. Step
 12:30 p.m. Lunch Crunch
 5 p.m. Step

TUESDAY

11 a.m. Step
 Noon Power Yoga
 4:30 p.m. AB Labs
 5 p.m. Step Boxing

WEDNESDAY

6 a.m. PT Prep
 9:30 a.m. Low Impact
 11 a.m. Step
 12:30 p.m. Lunch Crunch
 5 p.m. Cardio Boxing
 6 p.m. Yoga 101

THURSDAY

11 a.m. Step
 Noon Power Yoga
 4:30 p.m. AB Labs
 5 p.m. Step

FRIDAY

6 a.m. PT Prep
 9:30 a.m. Low Impact
 11 a.m. Step
 12:30 Lunch Crunch

SATURDAY

9:30 a.m. Step and Sculpt
 11 a.m. Yoga

*Uniformed military
 have priority
 from 8-9 a.m.*



**Kirtland MVD
 846-8390**