

Steubenville Parks and Recreation

WINTER 2018 PROGRAMS

Line Dancing

Join other dancers and learn some fun Line Dances or just come for the great exercise! In our Line Dancing class we teach many different line dances with a variety of music. And you never need a partner in Line Dancing class but feel free to bring along some friends and have a lot of fun. Plus, you get exercise without realizing you are actually exercising.



<u>Day</u>	<u>Time</u>	<u>Location</u>
Mondays	6:00-7:30pm	Martin Luther King Center

Weight Loss Challenge



Grab your partner and get ready to look and feel better. Whether you are trying to lose 5 or 50 pounds, we can help you achieve your goals in our 8 week Weight Loss Challenge. Program will cover how to set realistic weight loss goals, cook and enjoy delicious, balanced meals, incorporate simple activity into your daily routine and lose pounds and inches while gaining energy and confidence. The challenge will consist of teams of two people with the winner being the team who loses the largest percentage of weight. Persons may register as a team or as an individual. Those registered as an individual will be partnered with another participant. Program will run from January 11th-March 8th. For more information contact Lori Fetherolf at 740.283.6000 x 4002.

<u>Day</u>	<u>Time</u>	<u>Fee</u>	<u>Location</u>
Th	6:30-87:30pm	\$20 per person	Bellevue Clubhouse

Valentines Parents Night Out

Have you ever wanted to plan a 'date night' for you and your sweetheart, but find it difficult to set a date and time, arrange for a babysitter, pay a babysitter, and then cross your fingers hoping that everything goes well that night? Fret no more!! We are offering a Valentines Parents' Night Out. While your out enjoying the evening your child will be participating in games, crafts, movies, dinner and more. Program is open to all kids age 3-10 years old, All children must be potty trained.



<u>Day</u>	<u>Time</u>	<u>Fee</u>	<u>Location</u>
Feb. 10	5:00-9:00pm	\$5.00 per child \$10.00 per family	Bellevue Clubhouse

Family Snowball Dance

If it's winter time, then it's time to warm up those chilly toes at the Family Snowball Dance! For the low price of just \$10.00 a family, you will have loads of fun dancing the evening away with family and friends. And, if that's not enough to entice you, did we mention there will be refreshments, nail painting, crafts and more??



This year's dance will be held on Saturday, February 3rd from 6:00-8:00pm at the Bellevue Clubhouse. Tickets will not be sold at the door so the only way to join in the fun is to buy your tickets in advance at the Martin Luther King Center or the City Building in downtown Steubenville. **Deadline to purchase tickets is Monday, January 29th.**

<u>Date</u>	<u>Time</u>	<u>Fee</u>	<u>Location</u>
Feb. 3	6 - 8pm	\$10 per family	Bellevue Clubhouse