

A Big welcome to all the new members! Below is a copy of our monthly e-mail with events and upcoming classes this April. We also have a family e-mail distribution which will inform you on family events, summer camps and after school programs. Reply e-mail me if you would like to be added to the family e-mail updates.

**Upcoming Events:**

Sing Along is back this April with their new performance "Vaudeville & Beyond"!!! Shows are on April 26, 27 & 28<sup>th</sup>. Doors open at 6pm, pre-show features the Lohmans Crossing Band at 6:15pm and catered meal by Mangieri's begins serving at 6:30pm. Tickets are \$30 each. BYOB - Members are purchasing tickets now; Non-Members can purchase tickets beginning April 2<sup>nd</sup>.

The Lakeway Activity Center hosts a city-wide indoor garage sale from 8am-noon on April 7<sup>th</sup>. This unique community event is fun for collectors, families and bargain hunters. There is no admission fee for shoppers and the Activity Center will be collecting non-perishable, canned food items in the lobby to benefit our local Lakeway area food bank. If you wish to purchase a booth in order to sell your items on sale days, please contact the Lakeway Activity Center at 512-261-1010. The 10' x 10' space fee is \$25/members and \$35/non-members and includes 1 conference sized table plus one chair per booth.

Lakeway's battle against its local wildfire threat presses on with a Firewise Field Day from 8:30 a.m.-noon April 7. Volunteers are needed to pick up and move cut brush to central collection sites near two chippers at Lakeway City Park, 502 Hurst Creek Road, at the field day organized by the Lakeway Firewise Committee and Lake Travis Fire Rescue. Beverages and fruit will be provided. A pizza lunch for all volunteers will follow the event. Latecomers are welcome to join the workday in progress. If rained out, the workday will take place the following weekend on April 14. For CAVs service hours at the Firewise Field Day contact Pearl Jones at 512-786-7355 or [pearljoneshomes@gmail.com](mailto:pearljoneshomes@gmail.com). Youth should bring the [Firewise Youth Waiver Release form](#) signed by a parent. For information, contact Lakeway City Forester Carrie Burns at 512-314-7538 or [forester@lakeway-tx.gov](mailto:forester@lakeway-tx.gov)

The Pecan Street Brass Quintet will perform from 4 to 5 p.m. April 8 at the Lakeway Activity Center. No admission.

Big Band Bash is on Monday, April 9<sup>th</sup> from 8pm-10pm and features The Republic of Texas Big Band. If you enjoy big band music, come to this fun event. No admission; band will accept donations at this event but not required.

City of Lakeway offices will be closed Friday, March 30, to observe Good Friday.

**ADULT CLASSES:**

**“Members Only” Spanish.** You can try the class 2 times and then you need to become a member of the Lakeway Activity Center if you wish to continue. This is a join the class and jump right in! Lots of fun learning conversational Spanish. Give it a try! Please RSVP 512-261-1010 to be added to the roster.

**Class is held on Wednesdays and is ongoing (except for a couple of seasonal breaks)**

**Beginners-12:30pm**

**Intermediate-1:45pm**

**Aikido “The Way of Harmony of the Spirit”:** Aikido is a Japanese martial art derived from Jujitsu and Kenjutsu but Aikido places emphasis on motion and dynamics of movement by focusing energy to gain control by throwing them away rather than typical punching or kicking. The basic tenet of the art is striving for peace and harmony.

**Tuesdays April 3-May 8. Free for LAC members, Non-members \$60**

**Chair Yoga:** This program will give you a full workout from your chair! This is a great fitness program which allows the participants to perform modified yoga techniques without getting up and down from the floor. If you are limited due to arthritis, fibromyalgia, joint discomfort, heart issues..., then this is the class for you! Come give one class a try and you’ll find out for yourself! Many folks have attended this class and reported better concentration, balance and strength.

**Wednesdays, April 4-25, 9:15m-10:15am \$40 Members / \$50 Non-Members**

**Fridays, April 6-27, 9am-10am \$40 Members / \$50 Non-Members**

**Wednesdays & Fridays, April 4-June 27 \$200 member / \$220 Non-Member**

**TAI CHI EASY:** Learning Tai Chi is a developmental process. The better your Tai Chi, the more you benefit. This simple approach to Tai Chi will have you learn by doing. Most people can practice Tai Chi arts in spite of handicaps or ailments. Numerous illnesses have shown improvement with regular practices of Tai Chi exercises. Developing balance and coordination are part of the learning process and repetition of the moves help develop memory pathways. In addition, these exercises will reduce stress and enhance immune system health. You will be inspired and amazed by the difference you will feel after completing this class. Instructor: Gayl Hubatch OMD, LAc - licensed acupuncturist and owner of Blue Heron Center in Lakeway. Must pre-register at the Lakeway Activity Center or by calling 512-261-1010 Class is held at the Basketball court at City Park.

**Tuesdays, April 3-April 24 , 8am-9am - \$60 Member / \$70 Non-Member**

**Thursdays, April 5-April 26- 8am-9am - \$60 Member / \$70 Non-Member**

**Tuesdays & Thursdays April 3-April 26, 8am-9am - \$100 Member / \$120 Non-Member**

**Drop In \$15**

**BODY, BREATH, MIND at the Lakeway Activity Center.** Come learn the ancient art of Yoga at your own pace in a friendly, noncompetitive environment. These classes offer the therapeutic wisdom of Yoga with sequences of movement and breathing patterns, varied relaxation techniques and short meditations.

**Yoga can help:**

- Relieve stress and anxiety
- Improve circulation, digestion and sleep
- Increase flexibility to maintain a healthy range of motion while strengthening as well
- Develop a sharper, focused, calmer mind
- Realign mind, body, and breathe joyously into the peace of the present moment

Previous experience of yoga is not necessary. Just make sure that you can get up and down from floor level.

Come with an open mind, an empty stomach and wear comfortable clothing that allows for freedom of movement. Please bring your own yoga/exercise mat, along with a towel or blanket. Beginners are always welcomed! Minimum age: 15

4 punch card \$40 MEMBER / \$45 NON-MEMBER / Drop-in \$15

\$5 discount when you buy 2 or more punch cards (Cards will expire 6 weeks from date of first punch)

**Instructor Tonya Riley:**

**Wednesdays 6:30pm-7:45pm**

**Saturdays 10:30am-11:45pm**

**Instructor Rena Smith**

**Tuesdays -9am-10:15am**

**Thursdays -9am-10:15am**

#### **YOUTH CLASSES:**

Just because the classes below have already started doesn't mean you can't sign up. We can prorate all of these classes and you can even come and try one before you sign up! Please

**RSVP** at 512-261-1010 in order to attend as space is limited.

**SOCCER SHOTS (Lakeway Swim Center Park): 8 week class \$175 MEMBER / \$195 NON-MEMBER + \$30 Annual Soccer shots registration fee. Soccer Shots is the national leader in youth soccer development for children ages 2 through 8. Our program has been created under the guidance of childhood education specialists, MLS and USL professional soccer players, and experienced and licensed soccer coaches. Our innovative lesson plans are developmentally appropriate and tailored specifically to the three distinct age groups we teach. Using these creative and age-appropriate curricula and infusing each lesson plan with enthusiasm and structured activity. Soccer Shots aims to leave a lasting, positive impact on every child we serve. Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. LAC Members...remember to call 512-261-1010 for your membership discount code. These are popular classes and tend to fill up quickly so sign up soon!**

- **8 Week class-Mini's (2-3 years): Mondays March 19-May 21, 4:30pm-5pm**

- 8 week class- Mini's (2-3 years): Saturdays March 24-May 26, 9:30am-10am
- 8 week Classic (3-5 yrs): Mondays March 19-May 21, 5:10pm-5:55pm
- 8 week Classics (3-5 yrs): Saturdays, March 24-May 26, 9:40am-10:20am

**SPORTBALL-** Sportball provides children with a chance to learn fundamental sport skills in a non-competitive environment. Sportball sessions incorporate a proven curriculum structure with expert instruction and a supportive setting of positive encouragement and fun. The goal of the program is to help youngsters develop both physically and mentally, improving balance, strength, coordination, timing as well as concentration, listening skills, co-operation and self-confidence. Please have students bring a snack and non-carbonated sports drink or water to class each day. Instructor provided by Sportball \$150 Member / \$170 Non-Member

- 3-5 Year old Tuesdays March 20-May 22, 10:15am-11:15am
- 3-5 Year old, Fridays March 23-May 25, 10:15am-11:15am
- Tots w/Caregiver, Tuesdays March 20-May 22, 9:30am-10:15am
- Tots w/Caregiver, Fridays March 23-May 25, 9:30am-10:15am

**TAEKWONDO:** Coach Wagner is an AAU certified coach, personal trainer and he & his wife both have black belts. Their teenage daughter and son are national champions and he will certainly inspire your young martial artist. While his lesson plans are fun and active, he continues to boost confidence while maintaining the necessary integrity and structure for Tae Kwon Do: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Instructor: William Wagner

- 3-5 YRS: Wednesdays-March 21-May 23, 4:15pm-5:15pm - \$145 Members / \$165 Non-Members
- 6-14 YRS: Monday & Wednesday, March 19-May 23, 5:15pm-6:15pm \$280 MEMBERS / \$295 NON-MEMBERS

**FENCING-** Students learn the basics of the three swords used in the Olympics. Skills in attacking and defending, footwork, blade work, agility, balance, strategy, sportsmanship and the rules of the game are all part of this fun and world popular sport! Students MUST wear long comfortable pants, athletic shoes and t-shirt. PreVost de Armes Coach Murray ALL SUPPLIES INCLUDED!!

- Beginners-Wednesdays, March 28-May 2, 5:30pm-6:30pm \$140 MEMBER / \$160 NON-MEMBER
- Advanced Fencing (by invitation of the Coach) Mondays & Wednesdays, March 28-May 2, 5:30pm-7pm \$180 MEMBER / \$200 NON-MEMBER
- Fencing Competition-April 21, 12:30pm-5pm \$25 per person

Youth summer camps have been added into our website! Please go to: [www.lakeway-tx.gov/classes](http://www.lakeway-tx.gov/classes) and check them ALL out! Camp Peniel (canoeing/fishing/horseback riding...), Mad Science, Camp Einstein, Video Production, Costume Design, Lego's™, Cooking, Art, Young Doctor/Veterinarian, Science, STEAM, video game design, Minecraft™ Modding, Arduin Circuitry, Archery, Fencing, Sportball, Soccer, and more.