



2011 Family Life Center Activities

www.championforest.org/sports

Start the Year off Right with an FLC Membership!

January Activities include:

Upward Basketball/Cheerleading games begin

Nutrition Classes

Fitness Class Sampler

Boot Camp

5th & 6th Grade Girls Volleyball

7th & 8th Grade Girls Volleyball

Spring and Fall

Registration begins February 14

Registration deadline: March 13

Practice begins week of March 21; Games played on Fridays beginning April 8

\$65

Upward Soccer

Every child plays, every child learns, and every child is a winner in this league for boys and girls K5 – 4th grade. *Spring*

Registration begins January 31

Early registration deadline: February 28

Evaluations: March 7 and 8

Final Registration Deadline: March 8

Practices begin week of March 21; Games weekend of April 9-May 28th

\$85 Early registration; \$95 after February 28

Adult Softball

Spring

Registration begins January 31

Registration deadline: March 6

Games begin March 22

\$50

Fitness Challenge

Prepare yourself to accept our fitness challenge during the month of May!

Adult Basketball

Summer

Registration begins April 18

Registration deadline: May 20

Games begin June 6

\$50

Germany Mission Trip

Journey to Germany using baseball camps as a tool to share the love of Christ August.

Please contact Derek at dwatts@cfbc.org

Triumph Summer Sports Day Camps

Various day camps for kids including Rookies, Dodgeball, Basketball, Soccer, Flag Football and much more. *Summer*

All-Star Sports & Games – Ages 5-12: June 6-9; July 11-14; July 25-28

Basketball – Ages 5-12: June 6-9; July 5-8

Dodgeball – Ages 5-12: July 5-8, July 25-28

Indoor Flag Football – Ages 5-12: July 11-14

Adult Flag Football

Fall

Registration begins July 18

Registration deadline: August 19

Games begin August 30

\$50

Upward Basketball and Cheerleading

Every child plays, every child learns, and every child is a winner in this league for boys and girls in Kindergarten– 6th grade. *Winter*

Registration begins August 29

Early registration deadline: October 23

Evaluations: November 1,3,7,8

Final registration deadline: November 8

Practices begin week of November 28

Games begin weekend of January 6-7

\$85 Early Registration; \$95 after October 23

~Ongoing Activities~

Ultimate Frisbee

This fast paced game is a cross between soccer and throwing a Frisbee. Games are played every Wednesday night starting at 8:00pm on the softball field.

Cruisin' with Christ Motorcycle Ministry

Motorcycle ministry that has planned rides every month. All bikes are welcome to join us on rides. Check the web site for more information about future rides.

Eagle Taekwon-Do

The Christian way to Taekwon-Do. Mondays and Thursdays, ongoing. Contact Dennis Denny at 281-513-KICK for more information.

Boot Camp

A life changing and challenging fitness boot camp that will push you to new levels! Offered quarterly.

Fitness Classes

Free for all FLC members. Classes include, but are not limited to Fit for Seniors, Pilates, Body Blaster, Wholyfit and Strength/Cardio Circuit.

Please visit www.championforest.org/sports for more information and to register for these events, or call 281.586.9797.



