

The Rebounder

AT&T Sports Center

May 2008

Adult Open Basketball

Come show your moves on the court and join the fun!
Tuesday and Thursday nights
6:00pm-9:00pm
Members: Free
Non-Members: \$5
Come check it out!

Open Volleyball

Come enjoy our popular open volleyball nights! Games are available for competitive and beginning players
Friday 6:00p – 10:00p
Sunday 4:00p – 6:00p
Members: Free
Non-Members: \$5

Home School Physical Education Classes

Starting this fall, classes will be offered at the AT&T Sports Center for home school children. Class dynamics will include sport/recreation game fundamentals, nutrition, strength training, and much more. Enrollment is limited to 25 participants per class, divided by age groups. Classes are scheduled by quarters. Each quarter lasts eight weeks and will meet on Tuesday and Thursday. Visit our website at www.attsportscenter.com or stop by the center and pick up an information flyer.

Ages 5 -7-----1pm- 2pm
Ages 8-11----- 1pm-2pm
Ages 12-14-----2pm-3pm
Ages 15-18-----4pm-5:30pm
*Cost \$120 per quarter

Upcoming Basketball- Camps

MCB Back 2 Basics Camp

May 21-24, 2008 9am-5pm
Cost: \$125 before May 9th
\$150 after May 9th

“Guard and Post Work” Individual Post Camp

July 7 -18, 2008
Cost: \$175

Valley Fundamental Camp

June 9- 12, 2008
Cost: \$100

Ladies Only

July 21- 24, 2008
Cost: \$100

For more information on camps - see flyers at front desk or visit our website at www.attsportscenter.com

1507 N. Double B St., Palmer-Wasilla Hwy.- ¼ mile west of Trunk Road
907.7GO.PLAY (746-7529) www.attsportscenter.com

Cheerleading Camps

Alaska Youth UCA Camp

July 14, 2008
9:00am-3:00pm
Cost: \$45

Alaska UCA Commuter Camp

July 15-16, 2008
9:00am-4:00pm
Cost: \$140

Changes Coming to the AT&T Sports Center

Beginning: May 18th
Sunday hours will be
Noon-7:00pm

Summer Activities

June 2 – August 1st

Youth Open Gym- (ages 10-17)

Basketball and Volleyball
Monday, Wednesday, & Friday
4:00pm – 6:00pm

Members: Free - Non-Members: \$5

Adult Open Basketball– (ages 18 & over)

Monday, Wednesday, & Friday 6pm-8pm
Sunday 4:00pm-7:00pm

Members: Free - Non-members: \$5

Summer Solstice Basketball Tournament

June 20, 21, & 22, 2008

8 Teams- Double Elimination*

*1st 8 teams to register with full payment
will be accepted

Registration Information

-\$325 Early Bird Fee- Before May 23, 2008

-\$350 Regular Fee

-Registration Deadline May 30, 2008

Exercise of the Month



Glute Bridge

Objective: To develop the glutes

Starting position: Lie face- up on floor, with knees bent 90 degrees and feet flat on floor. Squeeze a rolled up towel between your knees. Hands on floor next to you, palms facing down.

Procedure: With belly button drawn in, raise your hips toward ceiling by squeezing

your glutes. Only your shoulders and heels will remain on the ground. Maintain a glute contraction throughout the motion. Hold at highest position for a 3 count, then lower your hips toward the floor without touching it, then repeat.

Keys: Remember to initiate movement with your glutes, and don't let the glutes lower all the way to the floor.

You should feel it: You should feel it in your glutes, not your lower back or hamstrings.

Upcoming Events

May 15th Wasilla Grad Blast
May 19th Colony Grad Blast

Having a Meeting or Party?

We have party and conference rooms available to rent. Please call for details.

Health News

http://www.aicr.org/site/PageServer?pagename=pub_nap_ssw

Did You Know?

An extra set of hooks are being installed in both Men's and Women's lockers.

Mirrors have been installed in our weight and group exercise room

Student Summer Rates

Starting Memorial Day through Labor Day, AT&T Sports Center is offering a great summer membership rate for students 14 to 23 years of age!

\$99 + \$30 enrollment fee*

(*If parents are members, enrollment fee is waived for students residing within their household).



7GO.PLAY (746.7529)

Keep up with the latest sports center news at:

www.attsportscenter.com

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Corporate Wellness

Get the company you work for to sign up with our Corporate Wellness Program and get **TWO MONTH FREE!**
(See membership dept for details)

Our current Corporate Wellness partners are:

- Mat-Su Borough
- Mat-Su Regional Medical Center
- Mat-Su Valley Frontiersman
- MTA
- MEA
- Combs Insurance Agency
- Providence Hospital

Member Referral has its REWARDS!

May 15 – June 15, 2008

Pick your friends.... Pick your gifts!

Friends can provide a GREAT workout incentive. Be a friend to somebody you care about and introduce them to **your** sports center. Ask at the front counter for a **free guest pass** for a friend who's **discovering** us for the first time. When they join, you get to **pick** from some terrific gifts like these:

- Two - AT&T Sports Center Gym Bags
- One hour court & party room rental. Host your own private party with friends and family.
(Must reserve court time in advance.)
- AT&T Sports Center new hooded sweatshirt

Reminder....

Keep in mind membership fees are due no later than the first of each month to avoid any late fees.

www.attsportscenter.com