

**FREE**

# AFTER SCHOOL

at

# The REC

**WEDS - FRI**  
After School!

**WEDNESDAY**  
ROCK CLIMBING  
+  
PING PONG

**THURSDAY**  
WORKOUT W/  
TRAINER JAKE  
+  
TRAINER MARCIE

**FRIDAY**  
DODGEBALL

**KICKOFF PARTY**  
SEPT. 7TH

**3:30 - 4:45pm**

Catch the activity bus at 5pm

**FREE FOOD**

SCHEDULE CHANGES QUARTERLY  
NO MINIMUM DAY SCHEDULE

 WEST SACRAMENTO  
RECREATION  
CENTER  
916.617.4770

Open to all West Sacramento high school students with valid wavier on file