

# Adult Programs



## Move a Mile

Move a Mile is a free fitness program sponsored by the Eaton Recreation Department to promote an active and healthy lifestyle. Move a Mile is based on a rewards program with different levels of prizes and monthly drawings.

Stop by the Eaton Activity Center for more information and to pick up your Move a Mile score cards. Free t-shirt with the first complete scorecard turned in.



## Adult Co-ed Pick-up Basketball

The Eaton Recreation Department will host adult co-ed pick-up basketball games. Games will be played on Tuesday nights at 7pm starting September 7.

Cost \$2 per person per night  
Eaton High School  
No Registration Required

## Senior Coffee Club

Senior Coffee Club is every Wednesday following Forever Fit class. Coffee is free to Seniors who participate.



## Adult Co-ed Recreation Soccer League

Eaton Recreation is offering an Adult Co-ed Recreation Soccer League this fall. The league is open to recreation level teams as this is a RECREATION league. The league will play 6 on 6 with goalies and there is a maximum of 10 players per team. Sign-up as a team or a free agent and join the FUN! Games will be held on Thursday nights in Eaton at the Eaton Commons Park starting September 9. Game schedule TBA.

A minimum of four teams is needed to run the league.

Cost \$200 per Team or \$30 per person (free agent)  
Registration August 2\* - 27