Ketchikan gets a new start at least twice — maybe three times

The first comes on Jan. 1. With the beginning of a new year a person sets aside habits. Many resolve to eat right and exercise — in other words, to get into better physical shape.

Some take to these resolutions like ink on paper and others barely begin before slipping back into old ways.

A few pick up in the spring, and by summer when they feel off in January, committing to get outside and walk in the earlier mornings and evenings, longer days making a difference, prove their willpower is not a mixed bag.

But, then another fresh start comes in the fall, when the schedules of many in the community change with the start of the school year. For there’s January, but for many, the year begins in September.

Whether one has children or not, the new school year’s ripples affect all.

As in January and the spring, fitness tends to be a focus in the fall. In fact, the 53rd Ketchikan Gateway Borough Parks and Recreation offers starting a variety of fall events and opportunities, too.

The list includes basketball, soccer, wallball, zumba, running, roller skating, dodge ball, martial arts, boxing, yoga, pi, racquetball, Dancercise, kickboxing, bocce, basketball, wallball, racquet sports, weightlifting and similar activities available year-round at the center. The list is long, but it isn’t all inclu

Parks and Rec’s fall schedule gives the community a third place to think physically. If January just isn’t on you; if the spring didn’t work well, then the fall might be when to pick up and get physically.

The Rec Center can be found at the center under the Ketchikan Gateway Borough website: website for an opportunity to exercise.

If you added a question mark at the end of each sentence, please make sure to add it here as well.