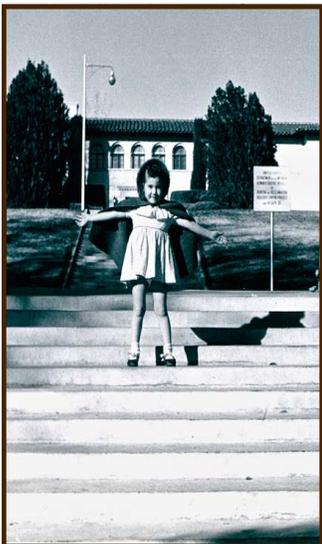


BOULDER CITY PARKS & RECREATION

March - August 2010 Brochure

Where Community Begins



www.bcnv.org

Quality of Life *The benefits of Boulder City's Parks & Recreation*

Better Health ~ Community Awareness ~ Community Involvement
Cultural Enrichment ~ Educational Development ~ Fitness Opportunities
Higher Self-Esteem ~ Lush Landscaping ~ Personal Growth
Positive Role Models ~ Progressive Arts Program ~ Quality Family Time

Boulder City Parks & Recreation Department MISSION STATEMENT

To provide high-quality and cost-effective recreation activities for all residents of Boulder City. These programmed activities include workshops, labs, tournaments, camps and classes, as well as activities in aquatics, arts, golf, sports and special events. We are striving to meet the community's recreational needs in all phases of our operation.

City Council

Roger Tobler, Mayor
Duncan McCoy, Mayor Pro Tem
Travis Chandler, Councilman
Linda Strickland, Councilwoman
Cam Walker, Councilman



City Manager

Vicki G. Mayes

Parks and Recreation Commission

Chairman, Harold Begley
Members, Carol Lelles, Daniel Hearn, Darryl L. Molisee,
Mary Ann Wainwright, Scott Kahler, & Chris Leavitt

Parks & Recreation 293-9256

Director, Roger C. Hall
Department Secretary, Julie Calloway
Office Assistant, Deni Novoselek & Pam Hickey
Maintenance Supervisor, David Stanton
Maintenance, Bob Kreger, Buster Schiemer,
Tom Werner & Ryan Allain

Aquatics 293-9286

Coordinator, Sheri O'Berto
Administrative Clerk, Bobbe R. Wilson

Art Center 293-1612

Coordinator, Robin Kariam

Recreation 293-9340

Coordinator, Patty Sullivan

Fitness Center 293-0870

Manager, Marcie Gibson

Sports 293-9254

Coordinator, L. Tay Deering

Youth Center 491-3679

Coordinator, Debbie Barth

Dear Boulder City Resident,

People are often unaware of how vital recreation and leisure are to the quality of their lives. While fun, happiness and play are vital to growth and development, the expanded role of public parks and recreation is more critical than ever. Whether we know it or not, programs, services, events and opportunities offered by local, state and national recreation agencies positively impact many areas of our lives and society as a whole.

The benefits of parks and recreation spans every age and demographic component. Their positive influences are immediate, long-lasting and affect the individual, community, economy and environment. Recreation activity has a proven impact on safeguarding youth at risk, preserving family cohesiveness, and healthful living for all.

Almost everyone has somehow benefited by public park and recreation programs at some time in their lives - directly and indirectly. Recreation and leisure is vital to quality of life. So, whether an avid participant or an occasional observer, we encourage feedback, and invite you to enjoy and support parks and recreation programs in Boulder City.

At your service,

Boulder City Parks and Recreations Department
Staff (702) 293-9256.

Please read through our brochure to learn about the many benefits that your Parks & Recreation Department can bring you. Call 293-9256 with any questions you may have. Check us out online at www.bcnv.org

Our Thanks & Photo Credits to the BCRD staff, BCHMA, Cliff Segerblom and volunteer Vince Stern for the photography work used in our BCRD marketing.

LOOK WHAT'S INSIDE AND SEE WHAT WE'RE DOING . . .

AQUATICS & RACQUETBALL	4-6	SPECIAL INTEREST	12-16
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Historical Photographs

Cover 1950's	Boulder City traditional Easter Egg Hunt & child on steps of Wilbur Square
Cover 1960's	Miss Boulder City Contest at City Pool
Cover 1970's	Dance doing "The Bump"
Page 12 1960's	Class performance in Rec. gymnasium
Page 17 1950's	Baseball toddler
Page 17 1960's	Men's Store Baseball Team

CAN YOU IDENTIFY ANY OF THESE PEOPLE?

SWIMMING POOL / RACQUETBALL COMPLEX

We are an authorized provider for Senior Dimensions!
 The Recreation Department operates the swimming pool & racquetball complex. The facility consists of 3 pools: a year-round recreation/lap pool & during the summer months, a wading pool & a diving pool with 1 & 3-meter diving boards are available for public use. There are 3 racquetball or wallyball courts & a cross-training room to complement pool programs. Please see page 9 for Senior Dimensions details.

AGES	Youth 0-17 / Adult 18-59 / Senior 60+
DAILY	Youth & Senior \$1.50
15-PUNCH PASS	Youth & Senior \$20.25
30-PUNCH PASS	Youth & Senior \$40.50

DAILY	Adult	\$2
15-PUNCH PASS	Adult	\$27
30-PUNCH PASS	Adult	\$54
INDIVIDUAL ANNUAL		\$175
FAMILY ANNUAL		\$300
FAMILY SUMMER	5/29-9/6	\$150

FALL-SPRING

ADULT LAP SWIM	M-Th	6:30-10am
	F	6:30-9:00am

OPEN SWIM

	M-Th	12-1:30pm
		5:15-7:30pm
	F	4:45-7:30pm
	Sat	9am-2pm
	Sun	closed

Lap lanes available during Open Swim

SUMMER

	Please call for M-F schedule	
	Sat	7-9am & 1-6pm
	Sun	1-5pm

RACQUETBALL & WALLYBALL

FALL-SPRING

	M-Th	6:30am-8pm
	F	6:30-9am
		2:00-8pm
	Sat	9am-2pm
	Sun	closed

SUMMER

	Please call for M-F schedule	
	Sat	7-9am & 1-6pm
	Sun	1-5pm

WALLYBALL Enjoy the fun & excitement of wallyball in a temperature-controlled racquetball court. Similar to volleyball, but court walls are used to keep the ball in play which provides interesting strategy & longer play periods. A great activity for 4, 6 or 8 players. Please call 293-9286 to reserve a court & specify that you want to play wallyball!
 Equipment provided. fee per court \$8 per hour

FAMILY WALLYBALL NIGHT

May 18, register by 5/11 6-8pm

Ages 8+ Fee: \$5 couple, \$8 Family

It's starting to get hot outside! Gather up your family & friends for a cool night full of fun & recreation. A staff member will assist in organizing the event.

~ Special holiday hours are posted at the complex~
 ~Dates & times subject to change~
 ~ CLOSED for maintenance May 8-23 ~

RACQUETBALL LEAGUES, open play racquetball & racquetball leagues are available for the general public. New leagues with several divisions begin periodically throughout the year. Call 293-9286 for more information.

OPEN PLAY FEES

PRIME	M-F	4-8pm	\$6
PRIME	Sat & holidays	business hours	\$6
NON-PRIME	M-F	6:30am-4pm	\$5
YOUTH	Sat / fall-spring	business hours	\$4

RESERVATIONS are taken up to 2 weeks in advance by calling 293-9286. Walk-ins accepted. Racquets are available for a \$1 rental fee. Protective eyewear is strongly recommended.

LIGHTNING POLICY

For our patron's safety, the pool will close for 30 minutes if lightning is seen or thunder is heard. If this occurs, please exit the pool deck immediately. We ask patrons not to shower before they exit the locker rooms, as lightning can travel through waterlines. If the lightning ceases within 30 minutes, the pool will re-open. We encourage our patrons to call the facility during poor weather conditions if they are unsure if the pool will be open!

Sorry, refunds will not be issued.

POOL POLICIES

- * Parents please supervise your children; you must be present on the pool deck at all times!
 - * Children who are under 8 who cannot pass the swim test must be accompanied by an individual 12 or older who is in the water with them! During classes and public swim, the parent or guardian must be present on the pool deck at all times!
 - * No diving in shallow water.
 - * No extended breath holding.
 - * Please read all rules before entering our facility.
- All children under 4 must wear a swim diaper! No exceptions

THE BOULDER CITY POOL IS HIRING!

Are you 16 or older & want a fun & rewarding job? Certified to teach water, fitness, or racquetball related programs? Work as a lifeguard or swim instructor! Lifeguard applicants must be already certified in American Red Cross Lifeguard Training, CPR/AED & First-Aid.

WE WANT YOU !
 For more information call
 293-9286.



LIFEGUARD

AMERICAN RED CROSS

Are you looking for a fun & challenging summer job? Become a lifeguard at the Boulder City Pool! This training course certifies you as an American Red Cross Lifeguard upon successful completion. Pre-course swim skills test required. Class includes First Aid, CPR for the Professional Rescuer, & AED. Materials are included in fee. Please call for further information.

age 15.5+
fee \$145

CPR/AED Professional Rescuer Challenge Course

Need to recertify your certification prior to its expiration? This is a challenge! This is meant for individuals who have already taken a full course. Instruction will not take place. Please study your materials and bring a personal face mask.

NEW

There will be a written and a physical component in this challenge. Please contact the pool to schedule.

age 16+
fee \$32



SWIM LESSONS

MASTERS SWIM

Senior Dimensions Approved

This program is perfect for those who want a good workout & learn proper stroke technique. This is a great way for swimmers to stay in shape and a great fitness program!

age 16+
monthly class 2x's week \$28/month
average fees 3x's week \$40/month 5x's week \$52/month
drop-in (space availability) \$5/class
fall-spring M,W 9:15-10am
F 8:15-9am
T,Th 6:30-7:15pm
summer morning, evening, tba

PRIVATE SWIM LESSONS

Private, all ages \$20 per 1/2 hour
Please inquire at the front desk.

PARENT & CHILD SWIMMING

We are pleased to offer these popular classes year-round giving parents the chance to have a personal 1-on-1 experience with their child while learning valuable water safety skills. Parents are in the water & teach their child under the guidance of a trained instructor.

PARENT-BABY/TOT

Introduction to basic swimming & water safety skills. Children learn fast in a group environment with 1-on-1 attention. Songs & games make the water a fun place to be & build parent/child relationships. The goal is for the tots to become swimmers.

age 6 months to 4 years
monthly class \$38 per month/average fee
day/time
fall-spring M,W 12-12:45pm
summer T,Th morning
M,W morning, evening

SWIM LESSONS

AMERICAN RED CROSS

YOUTH LEARN TO SWIM

Classes are designed to teach progressive swimming techniques from the non-swimmer to advanced. Children learn water safety & develop coordination, strength & skill.

age 4+
monthly class \$34 per month/average fee
fall-spring M,W 5-5:45pm levels 1&2
summer M,W 5:15-6pm levels 1&2
*summer M-TH morning levels 1-4
*two-week session classes meet M-Th

TADPOLES & FROGS

These year round programs are an excellent class for a Parent-Baby/Tot swim program graduate or as a good preparation for Pre-Swim Team. Kids build breathing skills, arm coordination & technique.

required evaluation before registration
(must be able to swim)
monthly class \$34 per month/average fee
day/time
fall-spring M&W 4:15-5pm Tadpoles
fall-spring T&Th 4:15-5pm Frogs
summer tba

SWIM TEAM

CROSS TRAINING BCH/non aquatic

Session dates are the same as Swim Team - training will be coordinated with the BCH practice! Program designed to specifically improve swimming skills & also benefits any other physical activity or sport. Instructors are certified personal trainers.

age BCH adv elem & sec groups
required evaluation before registration
monthly class \$17 B (T,Th,F) / A (M,W,F)
\$29 AA (M-Th)
fall-spring 4:45-5:15pm M,W,F or T,Th,F
summer 8:15-8:45am M,W,F or T,Th,F

PRE-SWIM TEAM

A great class for the child who swims like a fish but is still learning coordinated strokes. Focus is on learning stroke & competitive skills & techniques to prep for Swim Team.

required level III swim skills & evaluation prior to registration
age 6+
monthly class \$34 per month/average fee
fall-spring M,Th 4:15-5pm
summer tba

JR NOVICE SWIM TEAM

This level precedes regular swim team. Prepares swimmers for the year-round program by teaching more technical drills & starts. Practice meets prepare swimmers for actual meets.

required evaluation prior to registration
age 7+
monthly class \$42 per month/average
fall-spring M,W,Th 4:30-5:15pm
summer M,W,Th 6-6:45pm

NEW

SUMMER SWIM TEAM ages 6 & up

This new program is just forming

Call the pool for details

**SWIM TEAM
CONTINUED
ON PAGE 6**



SWIM TEAM continued

BCH SWIM TEAM

This year-round USA Swimming registered program focuses on building an all around competitive swimmer by developing technique & endurance. Swimmers must be able to swim 1 pool length free-style & backstroke & kick 1 pool length breast stroke & butterfly. Practice may be cancelled when coaches are attending swim meets.

age	6+
* location	*during seasonal pool
	maintenance practice is held at a Henderson pool
required	evaluation prior to registration
coaches	Mike Polk & Jan Bunch
	USA Swim \$55 annual registration fee
	per month/average fee:
	\$65 Swim Stars
	\$75 Adv Primary
	\$80 Adv Secondary
	\$200 family max
fall-spring	M-F 2:45-4:30pm
summer	M-F 9:00-11:00am

POOL SPECIAL EVENTS

POOL PARTIES

\$100 Private Party hourly rate includes 1 lifeguard
additional fees may apply

Not sure where to have your next special event? How about at the pool! Rent the pool for a private party or join us during our open swim hours; your guests are sure to have a SPLASH! Please call the pool ahead of time if you plan to bring a party during our open swim times!

OPEN HOUSE

June 8, 12-1pm All ages welcome Admission: Free

Children under 8 must be accompanied by an individual 12 or older. Schools Out! Come alone or with your family to our Open House & learn about pool & racquetball programs, safety rules, sun safety tips & more. Free admission to the pool for this event & a pass to play racquetball at a future time good for you.

MOONLIGHT SWIM

July 16, 7-8:30pm

All ages welcome Admission: Price to Pool

Established age policy will be observed, call for details. Enjoy a little extra time playing in the pool as the sun goes down! During this event **only**, you may bring your own inflatable toys.

More pool special events continued on back page



FITNESS CLASSES

SENIOR DIMENSIONS APPROVED, funding limited

*WATER AEROBICS

Improve your health, mobility & flexibility while enjoying an aerobic workout set to music in the refreshing & invigorating pool environment. Water provides the perfect medium to reduce the strain of exercise. Raise your heart rate & have fun!

age	13+
monthly class	\$38 /month/average fee
drop-in	\$3.60/class (space available)
fall-spring	M-Th 7:55-8:55am
summer	M-Th morning

BALL/STRETCHING

Come challenge your balance / core with physioballs, therapy balls, bosu trainers & more; then stretch to unwind!

Call pool for appointment.

CROSS TRAINING EXERCISE

weekly class	\$15 per semi-private hour (2-4 persons)
	\$20 per private 1/2 hour

STRENGTH TRAINING /STRETCHING

Come enjoy a core workout using therabands, stretchbands, medicine balls, dumbbells & relaxing wind down stretches!

Call pool for appointment.

*LOW IMPACT WATER EXERCISE

Water gives the best low-stress workout as it provides buoyancy & resistance simultaneously. An excellent class for those who are arthritic or recuperating from surgery. This is a great place to start when working into a new exercise program!

age	18+
drop-in	\$3.60/class (space available)
monthly class	\$38 per month/average fee
spring	M-Th 8:55-9:55am
summer	M-Th morning tba

*A doctor's written approval to participate must be submitted with first class registration

MASTERS SWIM

Senior Dimensions Approved

This program is perfect for those who want a good workout & learn proper stroke technique. This is a great way for swimmers to stay in shape and a great fitness program!

age	13+
monthly class	2x's week \$30/month/average fee
	3x's week \$40/month/average fee
	5x's week \$62 /month/average fee
drop-in	\$5.00/class (space available)
fall-spring	M,W 9:15-10am
	F 8:15-9am
	T,Th 6:30-7:15pm
summer	various morning/evening

SWIM & TRIM

Are you ready to have more energy and feel better? This free program is for you. All you have to do is get swimming and record your miles on a tracking poster located in the pool lobby. Swim a lot, or just a bit, it doesn't matter, just keep track. Once you have swum 50 miles, you become part of the 50 mile club, and are entitled to receive a free 15 pool punch pass. More details on the program available at the pool. Registration is ongoing.

age	18+
fee	free

NEW

POTTERY THROWING
BEGINNER TO INTERMEDIATE

Each session is structured to the students' skill level. Techniques in design, glazing and creativity are encouraged. Class progression is accomplished by taking several sessions and labs.

\$25.00 MATERIAL FEE

INCLUDES: 25# bag of clay, use of glazes & firing. Use of Facility equipment.

2 FREE LABS ARE INCLUDED WITH EACH POTTERY CLASS

location Art Center Room #6
 weekly class \$45 per month
 as needed \$25 city material fee

POTTERY LABS

Lab is for the use of the BCRD Pottery equipment only: not an instructional forum

location Art Center #6
Drop in's Welcome
 fee \$7 or a 12-lab pass for \$50
 no lab Holidays & Special Events
 Tues 6-9pm & Sun 10am-1pm

Pottery Instructors

CRAIG COREY graduated from Otis Art Institute in Los Angeles with a BA Degree and has over 10 years of experience in ceramic art.

age 16-adult
 day/time Mondays 6:30-9pm
 no class 3/29, 5/31, 6/30 & 8/30

DEBBIE HAGAN started working with clay in the 1970s. She has taught adults and children for the Department of Recreation in St. Petersburg, FL.

age 16-adult
 day/time Wednesdays 6:30-9pm
 no class 3/31 & 6/30

JULIE CONNELL, with an AA Degree in art, has taught all ages and skill levels at Reed Whipple Cultural Center for 13 years.

age 16-adult
 day/time Wednesday 9-11:30am
 age 13-adult
 day/time Thursday 6:30-9pm
 no class 3/31, 4/1, 6/30 & July

FUNNY BUNNY BANK

Instructor **JULIE CONNELL**.

The banks are made by our instructor. Your fun is in the creating a "funny bunny" We will glaze and fire them in time for EASTER April 4th.

REGISTER BY Thursday, March 11

age 7-adult
 location Art Center #6
 fee \$20
 day/time Saturday 3/20 11:00am-1:00pm

NEW



Pottery KILN FIRINGS

All pieces must have an identifying mark and name. Pieces are not touched up or cleaned; they are fired the way they are brought in.

WE ARE NOT RESPONSIBLE FOR DAMAGED PIECES. You will be charged for any damage your piece may cause to the kiln.

fee \$10+ per piece based on size
 \$40 full small kiln / \$50 full large kiln

SOY CANDLES Instructor JULIE CONNELL

Replace your petroleum based paraffin candles with non-toxic soy candles, **MADE BY YOU**, that burn cleaner, cooler & longer.

age 7-adult
 location Art Center #6
 fee \$15+\$5 instructor material fee
 day/time Saturdays 10-11:30am
 3/6, 4/3, 5/1

WIRE WRAPPING CHET FREEDMAN, Instructor is an avid jewelry designer and crystal collector. With his knowledge you will learn and fashion a semi-precious stone pendant **wrapped** with silver all in one day.

age 16-adult
 location Art Center Room #4
 fee \$20+\$20 instructor material fee
 day/time Saturday 10:00am-1:00pm
 3/6, 4/3, 5/1,
 6/5, 7/3, 8/7



MUSIC PRIVATE LESSONS:

VOICE, GUITAR, DULCIMER, **PIANO**

FRANCYL GAWRYN, Instructor is a composer and performing artist, has been teaching music to individuals and groups for over 25 years. Private music lessons for all ages. Learn to sing, play piano, guitar, or dulcimer.

Schedule arrange times/dates with instructor

age 10-adult
 location ABC Gym
 day/time Thursday & Saturday
 9:30am-5pm
 fee \$30 per 3/4hour
 available March-August

BEADING

BARBARA GRAHAM, Instructor will teach an introductory beading class. Introducing basic bead stitching, Peyok, Brick Stitch, right angle weave daisy chain spiral rope and complete one bracelet.

age 16-adult
 location Art Center Room #4
 day/time Thursday 6-8pm
 fee \$35+\$20 instructor material fee
 dates 4/8, 15 & 22
 6/10, 17, & 24
 8/12, 19 & 26

ROBIN KARIAM is the Art Center Coordinator and instructor, with a BA Degree in Art and Sociology.

PRIVATE LESSONS in all Medium
 times and dates arranged with Instructor
 fee \$30 per hour

FINE ART PREP

A class where you will be acquainted with a variety of drawing techniques using pencil, charcoal, watercolor, acrylics, pen and ink.

age 7-16
 location Art Center #1
 weekly class \$30 per month
 as needed \$10 city material fee
 no class 3/30, 6/29 July & Aug
 day/time Tuesday 3-4:30pm



CABOCHON Glass

You will make 20 of these round glass gems.

age 13-adult
 location Art Center #1
 fee \$25
 \$5 city material fee
 day/time Thursday 6-8pm
 dates 3/11 & 18
 4/8 & 15
 5/6 & 13



MOSAIC GLASS Table Design

Required: EARLY SIGN UP to prep materials
 Bring a table or chair equal in size (16"x16").
 We will design a pattern and mosaic the top.



age 16-adult
 location Art Center #1
 fee \$30
 \$5 city material fee
 session I
 date 6/3-5
 time 12-2pm
 session II
 date 7/9, 16, & 23
 time 6-8pm

~ RAKU POTTERY FIRING~

April 10th & 11th starting at 9am

Glazing on Saturday - Firing on Sunday

BC Art Center at 801 Adams Blvd.

Raku Pottery Firing involves heating glazed pots to 1800 degrees F in a specialized Raku kiln. Pots are removed and placed in a container of combustible material. The cooling process used in Raku fractures the glaze, creating what is known as "crazing". Once pots are cooled, they are removed & doused with water & scrubbed clean.

FIRST COME FIRST SERVE All are welcome to glaze a one of a kind creation. Clay pieces created at the Art Center start at \$5 and include the use of glazes and firing. You don't need to be present to have your piece fired. Completed pieces can be picked up at the Art Center on any scheduled lab day.



FIRING PRESENTED BY Potter's Stephen Wells & Donna Lamm and Associates of Pahrump Valley Pottery

“Where your friends are...”

manager Marcie Gibson
age 16+

(younger persons can contact the manager for a case-by-case review possible exception) daily fee \$4

1 mo fee	\$20 single \$35 couple \$50 family of 3 \$70 family of 4 \$85 family of 5
3 mo fee	\$55 single \$95 couple \$135 family of 3 \$180 family of 4 \$225 family of 5
6 mo fee	\$95 single \$165 couple \$250 family of 3 \$335 family of 4 \$420 family of 5

open	M-Th 5am-8pm Fri 5am-7pm Sat 7am-4pm
closed	Sundays, major holidays

REGISTER AT THE
FITNESS CENTER
801 Adams Blvd

SEE YOU SOON!
www.bcnv.org



“Community” is not just part of our name; it is what our Fitness Center is all about. Approximately 90 of your friends & neighbors use the Community Fitness Center on any given day. Many friendships are created in our friendly, relaxed, & family-oriented facility. Most of our staff are volunteer workers, part of that wonderful community of helpful, involved, people who make Boulder City the special place it is.

A membership has no conditions, contracts or further obligation. It’s only \$4 for an entire day of facility usage. If you are a regular user, you may wish to take advantage of our \$20 per month rate. There are also discounted rates for 3 & 6-month memberships, as well as for “couples” & “family” memberships. You only pay for what you want, how you want & only as long as you want.

We are located in the ABC Park. Stop by & check us out. Become healthier, meet people & make some new friends (or visit old ones)!

BENEFITS

- ~ Personal fitness files ~
- ~ Friendly & family-oriented ~
- ~ Trained helpful staff ~
- ~ Full line of free weights ~
- ~ Exercise & cardio machines ~
- ~ Free body composition testing ~
- ~ Experienced, affordable, Certified personal trainers ~

**SENIOR DIMENSIONS
FIT FOR LIFE CLUB**

The Community Fitness Center & Aquatics Center is a Senior Dimensions' Fit for Life Club provider. Senior Dimensions is a private health insurance company, a subsidiary of Sierra Health, that is also a Medicare provider. It recognizes the positive health value of regular exercise by encouraging members to exercise by paying certain exercise-related expenses for Senior Dimensions members. It pays Center fees, limited personal training fees and for classes as noted throughout this brochure, for it’s members.

The City of Boulder City does not endorse or recommend Senior Dimensions as a insurance company. It merely has an agreement to accept payment from Senior Dimensions for those Fit for Life Club members who choose to utilize City of Boulder City facilities. For information, call the Aquatics or Community Fitness Center or Senior Dimensions at 242-7301.

**BODY COMPOSITION ANALYSIS
FREE (TO MEMBERS)**

The Community Fitness Center provides body composition analysis every 4-6 weeks. This analysis is a far more reliable method of charting personal fitness progress than body weight measurements. It determines: body fat percentage & pounds, lean mass pounds & percentage, hydration level, basal metabolic rate, & target ideal weight.

Dr. Jeff Andrews conducts the analysis & explains results with a written report giving you a reliable, scientific measure of your personal progress with your fitness program. For more information & or to learn the next analysis date, please visit the Community Fitness Center or call 293-0870.

PERSONAL TRAINING Personal training can be beneficial for elite athletes & those who have never exercised before. If you want to lose weight, improve your sports performance, or to be assured that you are truly improving your health in the most efficient manner, a personal trainer may be just what you need. A personal trainer can tailor a fitness program that takes your current physical condition & fitness goals into consideration.

The Community Fitness Center has experienced certified personal trainers available for our members. With a fee of only \$35 per 1-hr session, our trainers provide the best value for your money in all of BC. Our trainers can tell you the best exercise program for you and assist any special needs training issues as well. Our trainers have flexible hours to work with you, they are:

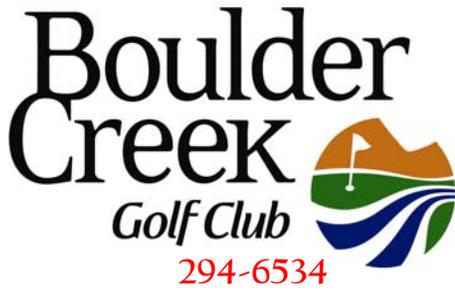
MARCIE GIBSON is the Community Fitness Center Manager & is CPR/AED First-Aid Certified. She has lived in Boulder City for 20 years & is very active in many BC community organizations.

TERRY GROTHE has been training Boulder City residents for over 10 years. She is involved at the BC Pool & with Boulder City's awesome swim team. Although a specialist in competitive athletic training, Terry is very popular with women who aren't "going for gold" but still wish to lose weight & firm up. Terry is an APFA Certified Personal Trainer.

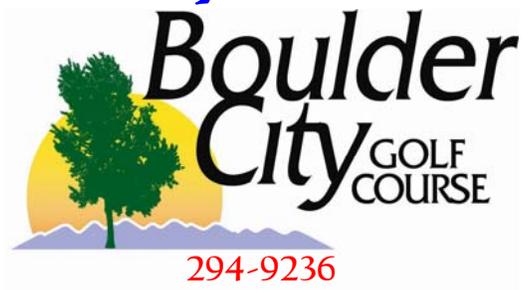
MEGAN GARNETT is an American Council on Exercise Certified Personal Trainer. Megan has lived in Boulder City for 6 years. She enjoys running & has competed in the Las Vegas Marathon. Megan trains all age groups & fitness levels.

DENI NOVOSELEK is an AFPA Certified Personal Trainer. Deni lives in Boulder City and has participated in the Pumpkinman Triathlon. Deni trains all age groups and fitness levels.

To get more information regarding our personal training services or to make an appointment with a Community Fitness Center trainer, simply visit your Community Fitness Center @ 801 Adams Blvd. or call us at 293-0870.



1501 Veterans Memorial Drive



1 Clubhouse Drive

BC RESIDENT*	<u>ANY DAY</u>
EARLY, until 12pm	\$50
LATE, until 2pm	\$40
TWILIGHT, after 2pm	\$30
9 HOLES	\$30
<u>CLARK COUNTY RESIDENT*</u>	
EARLY, until 12pm	\$60
LATE, until 2pm	\$50
TWILIGHT, after 2pm	\$40
9 HOLES	\$40
<u>RESORT GUESTS*</u>	
EARLY, until 12pm	\$100
LATE, until 2pm	\$80
TWILIGHT, after 2pm	\$60
9 HOLES	\$60
<u>JUNIOR GOLFERS</u> (UNDER 18 YEARS)	
18 HOLES	\$10
9 HOLES	\$5

*GOLF CART INCLUDED

BC RESIDENT*	<u>M-Th</u>	<u>F-Sun</u>
EARLY, until 12am	\$30	\$35
LATE, until 2pm	\$25	\$30
TWILIGHT, after 2pm	\$20	\$25
9 HOLES	\$20	\$25
<u>CLARK COUNTY RESIDENT*</u>		
EARLY, until 12am	\$40	\$45
LATE, until 2pm	\$30	\$35
TWILIGHT, after 2pm	\$25	\$35
9 HOLES	\$25	\$30
<u>RESORT GUESTS*</u>		
EARLY, until 12am	\$60	\$70
LATE, until 2pm	\$50	\$60
TWILIGHT, after 2pm	\$35	\$45
9 HOLES	\$35	\$45
<u>JUNIOR GOLFERS</u> (under 18 years)		
18 HOLES	\$5	\$5
9 HOLES	\$3.50	\$3.50
<u>SENIOR BC RESIDENTS*</u> (60 yrs & over)		
18 HOLES	\$26	\$26
9 HOLES	\$16	\$21

*GOLF CART INCLUDED

BC RESIDENTS SEASON TICKETS & PUNCH PASSES

(Golf Cart Not Included)

SINGLE	\$1,872
FAMILY	\$2,800
SENIOR SINGLE	\$1,380
SENIOR HUSBAND & WIFE	\$2,028
PUNCH PASS (20 Rounds)	\$300

DRIVING RANGE

SMALL BUCKET	\$3
LARGE BUCKET	\$5

GOLF BOULDER CITY

Visit Our Website
For Current Promotions

702-293-9236

www.golfbouldercity.com

702-294-6534

****GOLF BOULDER CITY PLAYERS CARD** ALL FOR ONLY \$150!**

We greatly appreciate the loyalty of returning guests at the Boulder Creek Golf Club and the Boulder City Golf Course. To show our appreciation we have created the Golf Boulder City Players Card. It is a way for us to thank you for your loyalty by giving you a discounted rate when you play golf with us. Each time you use it you will receive a 15% discount off the Morning rate & a 10% discount off the Late & Twilight rates. **You also receive: * 2 weeks advance reservations * Monthly Tournaments for members * play 7 rounds & get the 8th round free * USGA GHIN handicap through the SNGA * 24 guest passes, limited to 4-some at a time * 15% off non-sale merchandise in our golf shop**

Management reserves the right adjust rates at any time.

The Boulder Creek Golf Club & Boulder City Golf Course are proud affiliates of



www.TheFirstTeeSouthernNevada.org

THE FIRST TEE OF SOUTHERN NEVADA

reaches more than 30,000 Southern Nevada youth, through a multitude of programming offered throughout the year: Danny Gans Jr Golf Academy, Fore All Year Open Clinic, Middle School Program & Adaptive Program.

For more information
call 293-9236 or 294-6534



Our Mission:

To impact the lives of young people by providing learning facilities & educational programs that promote character development & life-enhancing values through the game of golf.

JR GOLF

These excellent classes provide fundamental beginner instruction & fine tunes the skills of experienced students. Competitive skill games make this class challenging & rewarding. Class focuses on swing, stance, grip, putting & scoring. Players hit practice balls each day & work with PGA professionals. Instructor **TONY FIORENTINI, RUSTY POSTLEWAIT & PGA GOLF STAFF.**

location	BC Golf Course
day/time	M,W&F 8-9:30 am
fee	\$20
age	11+ 6/7-11
age	6-10 6/14-18
note	register at the Recreation Dept. located at 900 Arizona Street



PHOTO: BRIAN OAR

SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

ACTING is an enjoyable experience in personal & professional growth using acting, auditioning & interviewing techniques. Acting techniques include cold reading, character development, improvisation, theater games, on-camera & stage techniques, commercial techniques, voice over & auditioning.

Instructor **ART LYNCH** is a BC resident & a professional theater, film, television & communications coach. For the past 13 years, Lynch has been an adjunct professor at CSN, & an acting instructor at schools, businesses & to industry professionals.

location ABC Park Admin #1
no class 5/29 & 7/3
fee \$60 monthly
for a weekly class

ACTING SKILLS

day Saturday
age 8-13 10-11:20am
age 10-15 11:30am-12:50pm
age 15+ 1-3pm

VOICE OVER & AUDITIONING

day Monday
age 15+ 6:30-8:30pm

PRIVATE ACTING LESSONS

This fun, relaxed course is designed to allow students to move at their own pace & grow as individuals while working on auditions & acting skills for professional or self-improvement.

fee \$20 per hour per person evening & weekends times & dates arranged directly with the instructor

Specialized classes are forming to develop a living theater of the history of Boulder City & Hoover Dam. For more information, call 293-9340, email createcom@mac.com or visit <http://www.bcnv.org>

BABYSITTING WORKSHOP 101

Learn the essentials to start babysitting which include safety, etiquette, children's activities & more. You will create your own babysitting kit. Instructor **DEBBIE BARTH** is CPR/First Aid certified & teaches young people in a variety of programs.

age 8+
location Youth Center #1
time 9:30-11am
fee \$20
day Saturday
date 4/3

BABY STROLLER FITNESS will get you off to a healthy start with your new baby while interacting with adult peers! Stroller Fitness will incorporate cardio vascular, resistance/strength, and flexibility training for you while spending quality time with your baby. You will need a stroller (any stroller will do!), your baby, and YOU! Instructor **Megan Garnett** is an American Council on Exercise Certified Personal Trainer. She is a personal trainer at the Community Fitness Center.

age babies 6 week and older & adults 18+
location Recreation Dept. Gym
time 9:30-10:30am
fee \$40 monthly
day T&Th

NEW



BELLY-DANCING is a mesmerizing & exhilarating dance form. Class format accommodates all ages, shapes & sizes. A great way to build endurance & muscle tone with the psychological benefits of dance & music.

Instructor **AMY "Amaya" STEPHENSON**.

age 6-adult
location Recreation Center #2
note *instructor approval required
day Thursday
no class 3/4

Skills Class

youth age 6-11 4-5pm
beg II age 12++ 5-6pm *
beg I age 12+ 6-7pm

Choreography Prep

age 12++ 7-8pm
Mar \$19
Apr \$32
May \$25
Jun \$25
Jul \$32
Aug \$25

BOOTCAMP is a creative, unique, and FUN outdoor fitness program for men and women designed to give you maximum results. Each day brings a completely different and challenging workout. Workouts are modified to include all fitness levels. You will leave Bootcamp with a feeling of achievement, self gratification and confidence.

age 18+
location Veterans' Memorial Park
N. Pratte Soccer Field
when monthly M-F
time 6-7am & 6:30-7:30 pm
fee 5 days per week \$155
4 days per week \$130
3 days per week \$105
note you may come to either or both time slots per day

CHEERLEADING

All levels are welcome! Learn the importance of a team, being a leader & a follower. Learn skills for tryouts & key competition assets: basic techniques, stomps, claps, jumps, new cheers, write cheers & choreograph to music. Instructor **SANDI WACHTEL** specializes in competition instruction. Her experience is with CYO & Lenape competitions, CYO Cheer Camp & HS JV/Varsity basketball & football.

age 6+
location Recreation Center #2
when Sat 11:30 am-12:30 pm
no class 3/27 & 5/29
Mar \$24
May \$32
Jun \$32
July 4th Parade \$45 + \$25 uniform fee
Note: parade session 4-5 pm
June 28- July 2
Aug \$32



CPR / FIRST AID

Learn CPR procedures using American Heart Association curricula that meets Heartsaver/AED requirements & general first aid. This class is intended for the lay rescuer & does NOT fulfill Healthcare Provider requirements. Instructors are Certified BC Firemen.

age	12+
location	BC Fire Dept.
notes	certification offered
fee	\$45
when	Sat 9am-1pm
dates	3/6
	4/10
	5/1
	6/5
	7/10
	8/7

COOKING WITH DALLAS Cooking can be enjoyed individually and in group settings. Join professional chef Dallas Mayer in a variety of cooking courses where you will learn basic to advanced cooking skills . Sign up for one or all classes as cooking skills and methods are introduced in a progressive manner. DALLAS MAYER has been working as a chef since the 80's and has a AA Degree in Culinary Arts.

age	13+
location	Multi Use Bldg.
fee	\$12 per individual class sign up for 4 classes & receive \$5 off + a supply fee is due to instructor at class
time	5:30-7:30pm

NEW

1st Tue – Vegetarian Cooking recipes range from soups, pastas, and those vegetables you always wanted to try but didn't know how to cook. Recipes will also include vegan dishes. *\$5 supply fee*

2nd Tue – Diabetic & Sugar Free recipes will include cakes to breads as well as quiches and many more. *\$5 supply fee*

3rd Tue – Cake Decorating basic steps to advanced decorating techniques . *\$10 supply fee*

4th Tue – Budget Friendly Cooking recipes will include roasts to homemade mac and cheese. Learn easy quick recipes that can be made in bulk to freeze. Learn to make great meals within your budget. *\$5 supply fee*

DOG OBEDIENCE CLASS Start with the basics using motivation to train your dog in an effective way. This course will discuss dog pack mentality, setting boundaries and rules in the home. Best practices for training tools, getting attention, and basic commands sit, down, place, come, walk on a loose leash (no pulling). To fully benefit from this training, pet owners must work with their pets at home on a consistent basis. Instructor KATHY BETHKE is a lifelong dog training enthusiast & a certified remote collar trainer since 2006. She focuses on dog behaviors & how to be the pack leader for your dog as it is key in her training style. Bring lots of motivational treats and a 15 ft. leash. Supplies are available through the instructor.

Call 267-7864 for more information.

day	Monday
beginner	6:30-7:45pm
	NO dogs at first class
agility / intro	8-9pm
dates	3/15-4/19
	4/26-6/7
	6/14-7/19
	7/26-8/30
no class	5/31
location	Multi-use Building
fee	\$50
age	10+

(youth ages 10-14 require an adult to participate with them)

DOG OBEDIENCE

REMEDIAL TRAINING

Graduates of the 6-week Dog Obedience Class, may attend additional sessions as a practice session.

Dates: Same as Dog Obedience Class
Fee: \$15 per session

DOG DAY BONUS TIME

Treat your dog to a unstructured time socializing with other dogs in a remedial learning environment.

Fee \$15 per month
(**free** to those who have graduated from the Recreation Department class)
day Saturday 10 am
@ Multi-use Building park area
& Sunday 4 pm
@ Wilbur Square



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

GYMNASTICS WITH MISS MISSY

Instructor MISSY MOJICA was a Level 8 gymnast & has been teaching since 1992 in Boulder City & Henderson. She is a USA Gymnastics Safety & Professional Member, USAG Skill Evaluator for level 1-4 & Progressive Development Program 1 & is certified in CPR/First Aid.

MDM - MOMMY/DADDY & ME

Have fun with your toddler as he/she develops social/motor skills & coordination via music & gymnastics equipment. Mom &/or Dad participates.

KGym - KINDERGym

An introduction to basic tumbling skills that include activities to develop listening, social & perceptual motor skills, as well as eye/hand coordination & body awareness through movement. Students must be potty trained.

TTT - TINY TOT TUMBLING

Children learn basic tumbling, coordination, motor & listening skills in this introductory class.

location Recreation Center #3

no class 3/31, 4/2, 6/30, 7/2
8/25&/27

notes wear loose-fitting clothes

10-10:45	MDM	age 18mo+
Mar	F	\$25
Apr	F	\$25
May	F	\$25
Jun	F	\$25
Jul	F	\$25
Aug	F	\$19

10:45-11:30am	TTT	age 3+
11:30-12:15am	KGym	age 4+
12:15-1pm	KGym	age 4+
Mar	W & F	\$50
Apr	W & F	\$50
May	W & F	\$50
Jun	W & F	\$50
Jul	W & F	\$50
Aug	W & F	\$38

GYMNASTICS WITH MISS BRANDI

Instructor BRANDI CARSTENSEN, a competitive gymnast for seven years, bring nine additional years as an instructor to the mat.

PRIVATE LESSONS

\$20 per 1/2 hr

BEGINNERS learn to do basic gymnastic movements on the floor. Flexibility is increased & basic tumbling is taught. Bars, beams and vault are introduced.

ADVANCED BEGINNERS receive further instruction to refine skills. Gymnast must be able to perform a backward roll, cartwheel, handstand, round off, bridge, basic bars, beam & vault skills. Instructor approval is required.

INTERMEDIATE & ADVANCED classes are designed for the gymnast with intermediate skills on beam, bars, floor & vault. Gymnast should be able to do a back walkover. Skills are polished & difficulty increased.

age 6+, skills assessment available for ages 5 & under

location Recreation Center #3

no class 3/30&31 4/1,
6/1&2, 7/1, 8/24-31

notes wear loose fitting clothes

4-5pm	Adv Beg	
5-6pm	Intermediate	
6-7pm	Advanced	
Mar	T & Th	\$62
Apr	T & Th	\$62
May	T & Th	\$62
Jun	T & Th	\$62
Jul	T & Th	\$62
Aug	T & Th	\$47

4-5pm	Beginner	
Mar	W	\$31
Apr	W	\$31
May	W	\$31
Jun	W	\$31
Jul	W	\$31
Aug	W	\$24

5-6:30pm	Adv Beginner	
Mar	W	\$46
Apr	W	\$46
May	W	\$46
Jun	W	\$46
Jul	W	\$46
Aug	W	\$35

HORSEBACK RIDING CLASSES

Classes teach you to lead, saddle & ride a horse, understand its behavior & read its language. Strength, confidence & respect for nature are a few benefits of this sport. Skills that are necessary to develop proper riding style & etiquette are taught. Ground school horse care techniques will be taught when weather is not favorable for riding. Instructor Virginia Perkins has been riding horses for over 40 years.

age	6+
location	BC Horse Corrals
no class	July 4-12
required	safety helmet & closed-toe shoes
day/time	March 1-June 2 & Aug 31
T-F	3:30-4pm or 4-4:30p
Sat	9-9:30am or 9:30-10am
day/time	June 3- Aug 28
	8:30-9am or 9-9:30 am

	T	W	TH	F	S
Mar	\$128	\$128	\$103	\$103	\$103
Apr	\$103	\$103	\$128	\$128	\$103
May	\$103	\$103	\$103	\$103	\$128
Jun	\$128	\$128	\$103	\$103	\$103
Jul	\$78	\$78	\$103	\$103	\$103
Aug	\$103	\$103	\$103	\$103	\$103

HORSEBACK RIDING

PRIVATE ADULT LESSONS

Sessions are arranged with the instructor
fee \$25 per 1/2 hour

HUNTER EDUCATION This 2-day workshop meets the NV requirement that all persons born 1/1/1960 or later must complete a certified hunter safety class prior to purchasing a hunting license. Registration begins 1 month prior to the workshop date. Students must complete instructional materials prior to first class. NV Dept of Wildlife certified instructors.

age	11+
location	Garrett Middle School
spring 2010	T & W 3/2&3
fall	T & W 10/5&6
time	6-9:30 pm
fee	\$5 to instructor at class

REGISTER WITH THE NEVADA DEPARTMENT OF WILDLIFE AT www.ndow.org.

For additional information, please contact the Nevada Department of Wildlife at 486-5127

INSTRUCTIONAL MATERIALS CAN BE OBTAIN AT THE RECREATION DEPARTMENT OFFICE



SPECIAL INTEREST CLASSES

293-9256

LANGUAGE

Instructor BEATRICE WERNER is currently teaching at CSN, with a MA from the School of Languages of Middlebury College. She speaks 5 languages & has extensive experience teaching students both young & old.

**PRIVATE, SEMI PRIVATE,
& SMALL GROUP LESSONS**
SPANISH ~ GERMAN ~ ITALIAN
FRENCH ~ ENGLISH ~ ESL

Learning a new language can be fun & exciting. If you're planning a trip to a foreign country, Beatrice can give you just what you need to make your trip more enjoyable. She has been a tour guide all over the world & can help with regional terminology.

age 5+
location ABC Park Classroom #2
day/time arranged directly with the instructor
fee per person, per one-hr class
\$20 1 person
\$12 2 people
\$32 3+ people

Ask about classes for preschool age children.



LEARN 2 STRETCH CLASS

A low-impact workout based on individual abilities & potential. Enjoy visiting & exercising with others. Instructor Marcie Gibson, Fitness Center Manager.

fee \$18 individual
\$28 couple per month
day M, W & F
time 7:45-8:45am
age 55+ & physically challenged
location Recreation Center Gym
no class 5/31 & 7/5
note limited Senior Dimension funds are available for this class



MARTIAL ARTS ~ AIKIDO

A Japanese self defense martial art based on non-resistance against an aggressor's force to subdue attack. Circular & centered body movements are used as a means of defense. It is especially beneficial for women as Aikido does not depend on physical strength & is suitable for any age. Aikido ranks are available. Instructor BUD HINDMAN, a third degree black belt, is a member of Birankai North America. Instructor GENE SINNETT is a second degree black belt & has been teaching since 2002. Sensei James Goggin, fifth degree black belt, as advisory council.

age 14+
fee \$40 per month
day M & W 7-9pm
& Sat 9-11am
location Recreation Center #2
note wear loose fitting clothing

MARTIAL ARTS ~ JUJITSU

As one of the oldest martial arts, it teaches non-aggression & non-violence for self-defense techniques. Builds coordination, flexibility, self-confidence & more. Courtesy, sportsmanship & teamwork are emphasized. An excellent fitness & health class. Instructor MIKE MAYNARD, a third degree black belt, has studied for 15 years & has been teaching since 2002.

location NV Way Recreation Bldg
insurance \$25 annual fee paid to inst
note wear loose-fitting clothing
fee \$30 per month
age 7-17 T&Th 7-8pm
age 18+ T&Th 8-9:30pm
note March-May

TAI CHI

The slow, dance-like speed of Tai Chi creates balance, flexibility & calmness with an emphasis on deep breathing & mental imagery. Tai Chi integrates your mind with your body & is very effective at relieving stress. Instructor WILLIAM VANDERVEER is a Lohan School of Shaolin Tai Chi certified instructor & has been teaching since 2002. A lifelong learner, William continuously studies the art of Tai Chi bringing new information to his students.

age 14+
note limited Senior Dimension funds are available for these classes

DAYTIME CLASS

fee \$30 per month
day W & F 8-9am
location South Esclante Park or Rec. Center based on weather conditions

EVENING CLASS

fee \$27 per month
day W & Th 6:30 -7:30pm
no class first Wednesday of each month
location Multi-use Bldg

PRIVATE CLASSES

fee \$15 per hour
times & dates are arranged directly with the instructor.



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

www.yourpathtowellnessstartshere.com

TENNIS

Instructor **McKAY STEVENS** has been around tennis for many years & has played competitively for over 10 years. He has coached at the high school & college level & loves the sport!

LESSONS

Tennis is a great sport & classes are designed for entry-level & intermediate players. Each session focuses on the fundamental skills of tennis or improvement of those skills through hands-on instruction, drills, games & competitive play. Please speak directly to the instructor regarding classes for special needs students.

CARDIO TENNIS

In a group setting, you will participate in a complete aerobic workout combined with tennis instruction. The level of intensity for each workout will be determined by the capabilities of the class participants. All level of abilities are welcome.

location	Broadbent Park Tennis Courts	
day	Thursday	
equipment	supplied for class	
lessons	age 4-adult	6-7pm
cardio	age 18-adult	7:30-8:30pm
	Mar	\$40
	Apr	\$50
	May	\$40
	Jun	\$40
	Jul	\$50
	Aug	\$40

TENNIS

SEMI, PRIVATE & SMALL GROUP Lessons are custom designed to meet the needs of the student.

1/2 hour	min. of 4 classes required
fee per person	\$30 - private, 1 person \$15 - semi-private, 2 people \$10 - small group, 3+ people
times/dates	scheduled with the instructor



YOGA TEACHER/THERAPIST: LynnMarie (lyn) Banas-Petransky, CYT, ERYT500. Lyn began her yoga practice in 1999 and has been practicing Viniyoga and teaching it professionally since 2005. She has over 1300 hours of Yoga Teacher and Therapists Certification training and over 2,000 hours of professional yoga teacher/therapist experience. Lyn studied with Gary Kraftsow at the AVI (2006-2009) and is a member of the Yoga Alliance and the International Association of Yoga Therapists. Viniyoga emphasizes individual needs and preferences making yoga accessible to all students of various age, physical level and medical history. Lyn specializes in helping students relieve muscle aches and pains, stimulate the body system's function, manage stress/anxiety, develop mental focus, and can assist you in recovery and disease management. Lyn will make yoga work for YOU! Senior Dimensions approved activity

age 13+
location ABC Park Admin #2
fee monthly, 1 class \$45, 2 classes \$60, daily drop-in \$15 per class
note mats and props provided for use in session
Thu 10-11am GENTLE YOGA: Focuses on improving posture and breathing patterns to help maintain strength and agility, improve balance and coordination, and increase mental stability and focus.

Thu 12-1pm MIDDAY YOGA: Clears your mind and invigorates your body; a wonderful midday break.

Thu 5-6pm "RELAX AND RENEW" YOGA: Restful restorative yoga poses supported by props such as blankets, bolsters, and pillows to promote the release of stress and tension, enhancing well being.

Thu 7-8pm SUNSET YOGA: Combines various elements of yoga practice to relieve muscular tension, regulate energy and restore balance to the whole system.

Sat 9-10am SUNRISE YOGA: A traditional yoga experience; class may include asana, pranayama, chanting, mudra, mantra, japa, meditation and or yoga philosophy.

Sat 10-11am A STABLE YOU YOGA: Focuses on joint alignment and retraining the body to use the muscles in correct alignment which develops a stronger, more aware, flexible and stable you.

Sat 12-2PM WORKSHOPS:
fee *One-day Beginner Intro \$5, **3-day workshops \$45,

These experiential workshops are an ideal introduction to see what the practice of yoga can potentially do for you. Please come dressed in comfortable clothing you can easily move in. Each workshop will give and teach you a yoga sequence of postures that you can do on your own at home or you might continue with a group class and or private sessions.

- 3/6, 4/3, 5/8, 6/5, 7/10, or 7/7 * **YOGA FOR BEGINNERS INTRO**
- March 13, 20 & 27 ** **YOGA FOR LOW BACK**
- April 10, 17 & 24 ** **YOGA FOR UPPER BACK**
- May 15, 22 & 29 ** **YOGA FOR RA-OSTEO ARTHRITIS**
- June 12, 19 & 26 ** **YOGA FOR BALANCE / STABILITY**
- July 17, 24 & 31 ** **YOGA FOR DAILY STRESSORS**
- August 14, 21 & 28 ** **YOGA FOR SLEEP DISORDERS**

CUSTOM SESSIONS:

fee \$40 per hour or \$140 for 4 hours

Organize a group class or workshop for yourself and your friends or colleagues. Lyn can also work with you privately to design a practice that addresses your current condition and health concerns. Please call (702)245.1691 or email lynbanas@cox.net to discuss your

YOUTH SPORTS

PRE-REGISTRATION is required for each youth sport and all players must attend a player rating clinic.

BASEBALL - SOFTBALL - T-BALL

The league you play in is determined by your grade on May 1. A child must be 5 years old by May 1st to play in the kindergarten league. *Exception, a 4-year old may play if his/her parent is coaching

- length 6 weeks
- register pre-registration is required, fees must be paid by 5pm On 4/1, after 4/1 you will be placed on a waiting list
- grade K-2 Co-Ed
- fee \$35 includes t-shirt & hat
- grade 3-6 Boys
- fee \$49 includes t-shirt, pants & hat
- grade 3-6 Girls
- fee \$35

All players MUST attend a PLAYER RATING CLINIC to be placed on a team via the draft that is held after the 2nd clinic.

- location **Pratte Field**
- grade K Co-Ed T-Ball
M 4/12 @ 6pm or T 4/13 @ 6pm
- grade 1-2 Co-Ed Coach Pitch Baseball
M 4/12 @ 7pm or T 4/13 @ 7pm
- location **Hemenway Field**
- grade 3-6 Girls Slo-Pitch Softball
W 4/14 @ 6pm or Th 4/15 @ 6pm
- grade 3-6 Boys Baseball
W 4/14 @ 7pm or Th 4/15 7pm

SOCCER - CO-ED

- fee \$40 includes jersey, shorts & socks
- location **Pratte Field**
- register pre-registration is required, fee must be paid by 5pm on 9/2, after 9/2 you will be placed on a waiting list all players MUST attend a PLAYER RATING CLINIC to play
- length 6 weeks
- grade K W 8/25 or Th 8/26 @ 6pm
- grade 1-2 W 8/25 or Th 8/26 @ 7pm
- grade 3-5 M 8/30 or T 8/31 @ 6pm
- grade 6-8 M 8/30 or T 8/31 @ 7pm



RECREATION CENTER

OPEN GYM

M-Th 2:30-8pm

Activities include

- ~ pool~
- ~ volleyball~
- ~ "drop-in" play ~
- ~ un instructed basketball ~
- ~ un instructed volleyball ~



ADULT SPORTS

- age 16+ minors require parental permission
- note A Team Manager or Rep. must attend the meeting
- meetings Recreation Center Classroom # 4
- info please call
Tay Deering, 293-9254

SOFTBALL Recreational

- meeting T 4/13 7pm Men
- meeting T 4/13 8pm Co-Ed

VOLLEYBALL Women's Recreational

- meeting T 3/9 7pm

WOMEN'S SOFTBALL Anyone interested in a women's softball league should contact the Recreation Department Office. A minimum of three fully committed teams are needed in order to form a league.

**PARENT COACHES NEEDED,
PLEASE CALL 293-9256**

YOUTH CENTER

The Boulder City Youth Center is a fun, exciting place where kids can be kids in a supervised environment. We offer entertainment from pool & video games to crafts & sports. We also venture out into the world on awesome field trips. If you are struggling with homework, then stop in to the homework room after school & get the help you need. The Youth Center is more than just fun & games, it's a place for children to develop new relationships & grow into young adults. All that is needed to start your adventure is a Release of Liability form filled out by a parent or guardian returned to the Youth Center and a \$20 annual fee.

register Youth Center
 location ABC Park
 801 Adams Blvd
 grades 6-12
 fee \$20 annually
 closed For field trips & Special Events
 note times may be adjusted

SPRING & FALL

Mon-Thurs 2-6pm
 Friday 2-8pm

SUMMER

Mon-Thurs 10am-6pm
 Friday 12-8pm

491-3679

YOUTH CENTER STAFF
 Coordinator Debbie Barth

TINY TOTS

The Tiny Tots program focuses on enriching children in areas of socialization skills, creativity through varied art medium, motor skills development through P. E. activities, introductory academic skills such as: recognizing & learning to write upper & lower case ABC's, numbers 1-10, & all shapes & colors. We also have field trips to the Boulder City Library once a month & we visit the Boulder City Fire Department annually.

register Recreation Center
 location Recreation Center #4
 required children must be 3 by 9/30 for 3 & 4 yr class or 4 by 9/30 for the 4&5 yr class & independently potty trained.
 no class school holidays
 rates based on \$3.50 per hour

Note: Students must be signed up by the 20th of each month for the next month; otherwise, a late fee will be charged for students wanting to remain in the program.

age 3-4 Tuesday & Thursday
 9-11:30am
 Mar \$70
 Apr \$70
 May \$53

age 4-5 Monday, Wednesday, Friday
 9-11:30am
 Mar \$105
 Apr \$105
 May \$79

SAFEKEY

The Safekey program is a safe alternative for children home alone before or after school. Youth have supervised fun activities, games, arts & crafts and snacks. Homework help & other learning opportunities are offered.

location Mitchell Elem. Multi-Use Room
 register Mitchell Elem. Multi-Use Room or Recreation Center
 closed school holidays
 fees \$3 7-8:10am (before school)
 \$8 2:40pm -6pm (after school)
 + fees for optional field trips
 note prepayment is required & late fees are assessed
 grades K-5

SAFEKEY INSTRUCTORS

799-8280 extension 4030
 Jonas Hernandez
 Carolyn Porter
 Jami Goudy
 & staff

SPRING BREAK is a fun, one-week version of our Summer Parks program that is packed with games, arts & crafts, sports, daily special events & more. This program offers safe supervision & a chance for kids to interact with friends their own age. Sign up early!

register Recreation Center
 location Recreation Center Complex
 fee \$90 (\$20 per day)
 time 7am-6pm

SUMMER PARKS is a fun playground program giving kids a creative way to spend their summer days! Activities include arts & crafts, games, sports, fantastic field trips and weekly special events. Come and party with us during the summer months.

location Recreation Center Complex
 fee \$8 half day—\$16 full day
 \$720 full program
 family discounts available
 late fees are assessed, field trips fees are additional
 Grades K-7 6/7-8/13



**Tiny Tot
 fall registration
 will begin
 Monday,
 August 2
 9am**

293-9256

TINY TOTS INSTRUCTORS
 Lisa Wright, Deena Ramthun,
 Julie Regnell & Staci Selinger

SPECIAL EVENTS

- ~ family & class reunions ~
- ~ family & company picnics ~
- ~ tournaments ~
- ~ birthday & swim parties ~
- ~ weddings ~

To reserve, or rent a park or facility, please call the Recreation Department Office at 293-9256 for assistance.

A Facility Use Form must be completed and return to the Recreation Department along with a deposit to finalize confirmation of your reservation.

ADAMS BLVD COMMUNITY PARK (ABC PARK)
801 Adams Blvd.
 Hours vary for the Art, Fitness & Youth Center. Gymnasium and classrooms available on a reservation basis.

BICENTENNIAL PARK
999 Colorado Street
 This park is seven acres of beautiful green grass and trees for your enjoyment. Excellent for a family get-together. The gazebo band-stand, built for the Bicentennial Celebration, is an excellent covered facility for special events. Park also includes a children's play area.

BOOTLEG CANYON
MOUNT BIKE RACING
1000 Yucca Street
 Outstanding trails, beautiful lake views & well-maintained trails. Lower trails are beginner; higher trail are intermediate & expert runs. Open daily, excluding practices & races. Note: Use of safety equipment is strongly recommended. Please leave the area in the same, if not better, condition as when you arrived. Location: turn north on Yucca St. & head toward the BC on Red Mtn., Canyon Road. Follow the signs to the parking area. For more information, call 293-9256.

BRAVO SOFTBALL FIELD & WHALEN BASEBALL FIELD
891 Avenue B
 These ball fields accommodate the Youth, Men's & Women's Baseball & Softball Leagues.

ROBERT N. BROADBENT MEMORIAL PARK
861 Avenue B
 5 -acres encompass a variety of recreation facilities including 4 lighted tennis courts, picnic areas, play areas, Multi-Use Building located at 1204 6th Street with a kitchen and dining area, Swimming Pool & Racquetball Court Complex, horseshoes & more.

DEL PRADO PARK
901 Utah Street
 This 2.5-acre park has playground equipment, basketball courts & open green areas.

FRANK T. CROW MEMORIAL PARK
640 Nevada Way
 Approximately 1-acre of one green area including picnic tables & barbecue grills.

HEMENWAY VALLEY PARK
501 Ville Drive This park is comprised of approximately 10 acres. Includes playground equipment, multi-level play structure, gazebos, restrooms, picnic area, baseball courts, 2 lighted tennis courts & 2 lighted softball fields. This lovely park has a fantastic view of Lake Mead and attracts wild big horn mountain sheep. These wild animal deserve respect and consideration. Please use judgment when sheep are present in the park.



LAKE VIEW PARK
103 Walker Way
 A 3/4-acre park with a tot lot, playground, basketball court, picnic tables, barbecue grills, trees & green open space.

NEVADA WAY RECREATION FACILITY DEPT. OF WATER & POWER BLDG.
600 Nevada Way (DWP)

OASIS PARK
1419 Marita Drive
 5 acres of beautiful open green area. Enjoy the ball field, basketball courts, playground equipment or the para-course.

RECREATION CENTER
900 Arizona Street
 Administrative Office hours M-Th 7a-6p. Call for current gymnasium open hours. Classrooms are available to rent when not in use for recreation department programs.

REFLECTION CENTER
300 Railroad Avenue
 Beautifully landscaped with 7 sculptures, changing each year, may be enjoyed from any of the many park benches provided along the walkway. Home to community gardens.

RIVER MOUNTAIN HIKING TRAIL
Lakeview Subdivision & Hwy 93
 Built in the 1930's, the Civilian Conservation Corps trail, lies between Red & Black Mountain. Boulder City, the National Park Service & the UNLV Geology Department have renovated the 5-1/2 mile trail. Look for the trail-head sign.

SWIMMING POOL & RACQUETBALL COMPLEX
861 Avenue B 293-9286

VETERANS' MEMORIAL PARK
1650 Buchanan Blvd. & Airport Road This park is comprised of 25 acres. It includes 4 lighted multi-use ball fields, 2 beach volleyball courts, open green space, skateboard & bike parks, 2 soccer fields, a splash park & picnic/barbecue area & restroom facilities. Nearby is a 4-acre fishing pond and model boat pond.

WILBUR SQUARE
1100 Colorado Street

**Vegas Valley Amateur
SKATEPARK SERIES**

Saturday, April 24th

@ Veterans' Memorial Park Skate Park

Registration 10am competition to follow

Pre registration required at the site

& helmets required www.vegasmjam.com



CARDBOARD BOAT BUILDING WORKSHOP

~Friday, July 16~ 11am – 1pm

Ages: 6 & up Fee: \$2/child or \$5/family

Join pool staff for a fun afternoon as they help you build your cardboard boat. Why build a cardboard boat you ask? Well – for the Cardboard Boat Race held on July 21st at 6:00pm of course! Staff will have only generic supplies on hand like tape, glue, scissors, rulers, pencils, pens & a few markers. Be sure to bring your specific supplies needed to build your boat, i.e.....cardboard, captain and various add-ons. Remember, plastic bottles, etc. are not allowed. We will also supply a snack to keep you working smart and hard! Pre-registration encouraged as space is limited.

CARDBOARD BOAT RACES

~Wednesday, July 21~ 6:00pm

Admission: Price to Pool ~ Established age policy will be observed, call for details.

It's the 10th Annual Cardboard Boat Races. This year we invite participants to bring a patriotic captain! (Captain cannot be "living"). Prizes are awarded for most historic, funniest, most original & fastest sinking ship! There will also be an adult age group! Need help making your boat? Bring your supplies and come to our workshop.



See you at the races!

DAMBOREE CELEBRATION POOL COIN TOSS

~Saturday, July 3~ 1pm Admission: price to pool

*Ages 1-15 ~ *Established age policy will be observed, call for details

Children who have the ability to swim independently, can participate in the "COIN TOSS" starting at 1 pm. Rules will be explained and age divisions clarified. Goggles and suits with pockets, or something to stash coins in, are recommended. At the same time, younger, non-swimmers will have the opportunity to find toys in the wading pool for them to keep. Parent supervision and participation required. Dive for extra cash at the coin toss where treasures await you at the bottom of the pool!

RED WHITE & POOL DAY

~Sunday, July 4~ 1-5pm Open Swim

Admission: price to pool

*Established age policy will be observed, call for details

Don't miss your chance to cool off. The main pool, dive tank and wading pool will be open for your enjoyment.

DAMBOREE

4TH of July CELEBRATION

BLAST FROM THE PAST

Honoring the people who built

Hoover Dam & Boulder City

JULY 3RD Bicentennial Park

7am Rotary pancake breakfast

9am Parade @ Colorado St., down

Nevada Way to 5th St. to

Broadbent Memorial Park

10am Broadbent Memorial Park

till Midway food & games booths

4pm Presented by non-profit groups

11am Damboree ceremonies:

Flag raising, National Anthem

Parade trophy presentations

Greetings by dignitaries

11:30am Park entertainment

1pm Coin Toss at the Pool

2pm Broadbent Memorial Park games

& contests sponsored by

BC Parks & Recreation

7 p.m. Patriotic Concert

By the Red Mountain Music Co.

JULY 4TH Veterans' Memorial Park

6-11pm Splash park, food & fun

7-8:45pm Music DJ Magnum

9pm Fireworks show

9:45pm Entertainment DJ

Parade applications are available at bcnv.org

