

Where Community Begins

BOULDER CITY PARKS & RECREATION
September 2011 - February 2012



900 Arizona Street
Boulder City, Nevada
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
Cam Walker, Mayor Pro Tem
Peggy Leavitt, Councilwoman
Duncan McCoy, Councilman
Rod Woodbury, Councilman

City Manager

Vicki G. Mayes

Parks and Recreation Commission

Chairperson, Carol Lelles
Members, Zane Boyster, Will Ferrence,
Darryl L. Molisee, Mary Ann Wainwright, Scott Kahler, &
Chris Leavitt

Parks & Recreation 293-9256

Director, Roger C. Hall
Department Secretary, Julie Calloway
Office Assistant, Pam Hickey & Brittany Ricciardo
Maintenance, Bob Kreger, Buster Schiemer,
Tom Werner & Ryan Allain

Recreation 293-9340

Coordinator, Patty Sullivan

Sports 293-9254

Coordinator, L. Tay Deering

Aquatics 293-9286

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

Art Center 589-9609

Coordinator, Robin Kariam

Golf Courses

Boulder City Municipal Golf Course 293-9236

Head Golf Professional, Tony Fiorentini

Boulder Creek Golf Club 294-6534

Head Golf Professional, Andy Schaper

Fitness Center 293-0870

Manager, Marcie Gibson

Youth Center 491-3679

Coordinator, Debbie Barth



Dear Boulder City Resident,

As in past seasons, this issue of our September 2011- February 2012 brochure, offers a wide variety of recreational activities and classes sponsored by the Boulder City Parks and Recreation Department. We are confident that you will be able to find many activities to suit your individual or family needs.

We also hope you and your family will take the time to experience our beautiful park system. Seventeen parks with over 110 acres of land are available for picnics, weddings, and special occasions.

Our staff is committed to providing high-quality Recreation programs to all residents of Boulder City. Please contact our department if you have any new ideas or recommendations concerning programs listed in this brochure. We welcome input from our community.

For additional information regarding the City of Boulder City and the Parks and Recreation Department please visit our web site at www.bcnv.org.

Please give us a call at 293-9256 if we can help you in any way.

Sincerely,

Roger C. Hall

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 and volunteer Vince Stern for the photography work used in our BCRD marketing.

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

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FACILITY INFORMATION

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, and 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 18 for Senior Dimensions details.

POOL FEES & HOURS

AGES	Youth 0-17 / Adult 18-59 / Senior 60+	
DAILY	Youth & Senior	\$2.00
15-PUNCH PASS	Youth & Senior	\$27.00
30-PUNCH PASS	Youth & Senior	\$51.00
DAILY	Adult	\$3.00
15-PUNCH PASS	Adult	\$41.50
30-PUNCH PASS	Adult	\$76.50
INDIVIDUAL ANNUAL		\$175.00
FAMILY ANNUAL		\$300.00
FAMILY SUMMER	5/26-9/3/12	\$150.00

FALL-SPRING—MAIN POOL ONLY

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 are available during Open Swim



SUMMER - MAIN POOL 2012 Call to confirm dates and times

Monday through Friday	6:30am - 9:00am	**Adult lap swim
Monday-Thursday <u>ONLY</u>	*11:00am - 12:00pm	Adult lap swim
	1:00pm - 5:00pm	Open Swim
	5:00pm - 6:00pm	Family Hour
Saturday	7:00am - 9:00am	Adult lap swim
	1:00pm - 5:00pm	Open Swim
	5:00pm - 6:00pm	Family Hour
Sunday (5/29-9/4)	1:00pm - 5:00pm	Open Swim

*There are limited lanes available during this time!

**The "OPEN" section of the pool is not available for use prior to 1:00pm during adult lap swim Monday – Thursday due to classes being held in area!

~ Special holiday hours are posted at the complex ~

~Dates and times subject to change ~

~POOL CLOSED for maintenance Sept 10-25, 2011

Check for office and court availability ~

COURT & FACILITY OFFICE HOURS

FALL-SPRING COURT & OFFICE HOURS

Monday through Thursday	6:30am - 8:00pm
Friday	6:30am - 9:00am
	2:00pm - 7:30pm
Saturday	9:00am - 2:00pm
Sunday	CLOSED

SUMMER COURT & OFFICE HOURS

Call to confirm dates and times

Monday through Thursday	6:30am - 8:00pm
Friday	6:30am - 11:00am
	1:00pm - 6:00pm
Saturday	7:00am - 9:00am
	1:00pm - 6:00pm
Sunday	1:00pm - 5:00pm

RACQUETBALL INFORMATION

Open play racquetball & racquetball leagues are available for the general public. New leagues begin periodically throughout the year, based on interest. Call 293-9286 for more information.

OPEN PLAY FEES:

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

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.

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. \$11/hour



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, if your child is under 8 years old.
- * Children who are under the age of 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 and WSI applicants must be already ARC certified.

POOL PARTIES**Rent your local pool today!**

Corporate • Birthdays • Gatherings
Reunions • Graduations • Celebrations

Reserve the pool for your next event.

Use the adjacent Multi Use Building at no extra charge!

Choose your party package.

Prices start at \$75.00

After hours/private rentals are also available.

Please call Boulder City Pool at 293-9286

for more information!

Not interested in a packaged party?

Private pool-only rentals are available
(see Pool front desk for details)

-or-

Feel free to simply use the pool during open swim!

Regular admittance fees are applicable
and advance notice needed

Pool Party/ Rental Packages**Package A - During public open swim hours**

\$75 (up to 12 people)

\$100 (up to 25 people)

\$150 (up to 40 people)

- Admittance to swimming pool for 1 hour during "Open Swim"

- Use of Multi Use Building (adjacent to the pool) for 2 hour (building has kitchen, restroom, tables, chairs)

Package B - After hours, private pool parties

\$240 (up to 25 people) \$275 (up to 40 people)

\$310 (up to 55 people) \$350 (up to 70 people)

- Private pool party (after hours use of main pool) for 2 hours

- Use of Multi Use Building (adjacent to the pool) for 2 hours (building has kitchen, restroom, tables, chairs)

Use of dive tank and/or wading pool, available in the summer months, will require additional fees.



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. An interest list is being formed.

age 15.5+
fee \$145

CPR/AED Professional Rescuer Challenge

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

age 16+
fee \$35

SWIM LESSONS

MASTERS SWIM

This program is perfect for those adults, 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! Flexible workout days!

age 13+
monthly class 2x's week \$28/month
average fees 3x's week \$40/month 5x's week \$65 /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 M,W,F 8-8:45am
T,TH 6-6:45pm



PRIVATE SWIM LESSONS

Private, all ages \$25 per 1/2 hour, per person. Please inquire at the front desk.

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. Limited grant funds may be available to aid in your cost for this program, thanks to the ICC Southern Nevada Chapter. Please call 293-9286 for details.

age 6 months to 4 years
monthly class \$40 per month/average fee
fall-spring M,W 12:15-1pm
summer M,W 11-11:45am
M,W 6-6:45pm

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 \$40 per month/average fee
fall-spring M,W 4:05-4:50pm level 1
5-5:45pm level 2
T, TH 4:05-4:50pm level 3
summer M,W 5:15-6pm levels 1 & 2
*summer M-TH 9-9:45am levels 1 - 4
10-10:45am levels 1 - 4

*two-week session classes meet M -Th



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 Swim Star, Navy, and Silver groups
required evaluation before registration
monthly class \$20 B (T,Th,F) A (M,W,F)
\$34 AA (M-Th)
\$6.75 C (M,W)
fall-spring 3:15-3:55pm (AA)
4:10-4:30pm (C) M,W

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 \$59 per month/average fee
fall-spring M, W, Th 4:30-5:15pm
summer M, W, Th 11-11:45am



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 Star
	\$75 Navy
	\$80 Silver
	\$200 Family max
fall-spring	M-F 2:45-4:30pm
summer	M-F 9-11am



FITNESS CLASSES

SENIOR DIMENSIONS APPROVED, funding limited

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

***WATER AEROBICS High Intensity**

Improve your health, mobility & flexibility with this high intense, energizing class. This class provides both aerobic and anaerobic training using noodles, dumbbells, and music in a refreshing, invigorating pool environment. Come challenge yourself and keep your heart pumping at a fast and steady pace. During summer months, this class is a combined medium-high intensity class.

age	13+
monthly class	\$43 /month/average fee
drop-in	\$4.00/class (space available)
fall-spring	M-Th 7-7:55am
summer	M-Th 7-7:55am

***WATER AEROBICS Medium Intensity**

Improve your over-all health with this moderate/fast pace class. Noodles, and dumbbells with music make learning new water movements fun. It's a great place to start if you're just getting back into water exercise, or looking for a new opportunity in exercise. Choose water aerobics as the perfect medium to reduce the strain while keeping your heart rate up. During summer months, this class is a combined medium-high intensity class.

age	13+
monthly class	\$43 / month/average fee
drop-in	\$4 / class (space available)
fall-spring	M-Th 8-8:55am
summer	M-Th 7-7:55am

FITNESS CLASSES continued

SENIOR DIMENSIONS APPROVED, funding limited

***WATER AEROBICS—Low Impact/Low Intensity**

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 self-paced class provides aerobic and general flexibility exercise. Come join the fun!

age	18+
drop-in	\$4/class (space available)
monthly class	\$43 per month/average fee
spring	M-Th 9-9:55am
summer	M-TH 8-8:55am

CROSS TRAINING EXERCISES

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

BALL/STRETCHING

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

STRENGTH TRAINING /STRETCHING

Come enjoy a core workout using therabands, stretchbands, medicine balls, dumbbells & relaxing wind down stretches! Call pool for appointment.

MASTERS SWIM

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! Flexible workout days!

age	13+
monthly class	2x's week \$28/month
average fees	3x's week \$40/month 5x's week \$65 /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	M,W,F 8-8:45am
	T,TH 6-6:45pm

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 100 miles, you become part of the 100 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+
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THE BOULDER CITY POOL IS HIRING!
 Are you 16 or older and seeking a
 fun and rewarding part-time job? If you
 are certified to lifeguard, teach water safety,
 fitness, or racquetball related programs,
WE WANT YOU!

All payments must be made at the Parks and Recreation Office or at the Swimming Pool. Students can also phone in credit card payments to the Recreation Office 293-9256. The Art Center

POTTERY LABS

Art Center Labs are not an instructional forum drop ins Welcome

fee \$7 or a 12-lab passes for \$50
lab Sun 10am-1pm

POTTERY THROWING

BEGINNER TO INTERMEDIATE

Each session is structured to the students' skill level. Class progression is accomplished by taking several sessions and labs. **\$25 MATERIAL FEE INCLUDES: 25# bag of clay which includes 10 pieces, glazed, fired and use of equipment. An additional fee will be required if more pieces are made from one bag of clay. One FREE LAB is INCLUDED.**

Location: Art Center Room #6

4 Week class \$45

As needed \$25 city mtl fee

Pottery Instructors

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

age 16-adult
day/time M 6:30-9pm
no class 1/2

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

age 16-adult
day/time T 9-11:30am
age 13-adult
day/time Th 6:30-9pm
no class 9/29, 11/24, 11/29, 1/5



POTTERY WORKSHOP

Pumpkins

age 8+ Younger children require adult participation
Location Art Center Room #4
day/time Sat 10am -Noon 10/1
Fee \$20



2 Holiday Ornaments, 1 Coyote Ornament

age 8+ Younger children require adult participation
location Art Center Room #4
day/time Sat 10am-Noon 12/3
fee \$15

Valentine Plate

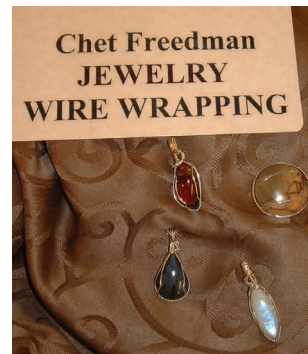
age 8+ Younger children require adult participation
location Art Center Room #4
day/time Sat 10am - Noon 2/4
fee \$20

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 adults only
location Art Center Room #4
fee \$20 + \$20 inst mtl fee
day Th
time 6-8pm
dates One-day

9/8
10/13
11/10
12/8
1/12
2/9



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.

arrange times/dates with instructor

age 10-adult
location ABC Gym
day/time Th & Sat 10:30am-5pm
hours arranged with the instructor
fee \$25 for up to 3/4 of an hour

Candle Making Class One-day Workshop

age 8+ Younger children require adult participation
location Art Center Room #4
day/time Sat 10am - Noon 9/3, 11/5, or 1/7
fee \$15 + \$5 inst mtl fee

NEW For Children and Adults

HOLIDAY BEADING

Get ready for the holidays by beading a holiday ornament. Use of crystals, red and green beads, and silver and gold findings.

age 10 +
 location Art Center Room #4
 day/time Sat 10am -Noon
 11/19 or 12/10
 fee \$20+\$10 inst mtl fee



***NEW CELEBRATE YOUR BIRTHDAY AT THE ART CENTER.**

Hosted by **Barbara Graham**. We would like to host your child's birthday party. The children attending the party will stencil and glaze a 4X4" tile. Tiles will be fired and available at a later date. Parents will supply food, cake, and birthday party supplies. Two adults must be present. Call 589-9609

age 7-16
 location Art Center Room #4
 day/time One month notification required
 fee \$100 for a 2 hour party
 Additional fee if party exceeds 10 kids



GLASS WORK SHOPS

Cracked Glass Bowl (2)

age 7-adult
 date Sat 10/8
 location Art Center Room #1
 time 10-noon
 Fee \$15 + \$5 city mtl fee

Holiday Glass Ornament (6)

age 7-adult
 date Sat 12/17
 location Art Center Room #1
 time 10-noon
 fee \$15 + \$5 city mtl fee



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

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 mtl fee
 no class 11/22, Dec & 1/3
 day/time T 3-4:30pm

HOLIDAY CARD CLASS

During Fine Art Prep in September, students will make holiday cards.

Look for cards November and December at the Parks and Recreation Department and Boulder Dam Credit Union. Donations support the Art Center



ADULT FINE ART

A class where you will be acquainted with a variety of drawing techniques using pencil, charcoal, watercolor, acrylics, pen and ink. **Specifically designed for your needs.**

Call Robin Kariam prior to class. 589-9609

age 16+
 location Art Center #1
 weekly class \$30 per month
 as needed \$10 city mtl fee
 no class 11/22, Dec & 1/3
 day/time T 10-11:30am

CABOCHON CLASS

You will make 10 of these round glass gems per class.

age 13-Adult
 location Art Center #1
 weekly class \$30 per two-week session
 as needed \$5 city mtl fee
 day/time Th 6-8pm
 dates 10/13 & 20, 11/10 & 17, 12/8 & 15



1501 Veterans Memorial Drive

1 Clubhouse Drive

BC RESIDENT*	<u>ANY DAY</u>
EARLY, until 12pm	\$55
LATE, until 2pm	\$45
TWILIGHT, after 2pm	\$30
9 HOLES	\$30
<u>CLARK COUNTY RESIDENT*</u>	
EARLY, until 12pm	\$65
LATE, until 2pm	\$55
TWILIGHT, after 2pm	\$40
9 HOLES	\$40
<u>RESORT GUESTS*</u>	
EARLY, until 12pm	\$75
LATE, until 2pm	\$65
TWILIGHT, after 2pm	\$60
9 HOLES	\$60
<u>JUNIOR GOLFERS</u> (UNDER 18 YEARS)	
18 HOLES	\$10
9 HOLES	\$5

BC RESIDENT*	<u>ANY DAY</u>	
EARLY, until 12pm	\$30	
LATE, until 2pm	\$25	
TWILIGHT, after 2pm	\$20	
9 HOLES	\$20	
<u>CLARK COUNTY RESIDENT*</u>		
EARLY, until 12pm	\$40	
LATE, until 2pm	\$30	
TWILIGHT, after 2pm	\$25	
9 HOLES	\$25	
<u>RESORT GUESTS*</u>		
EARLY, until 12pm	\$55	
LATE, until 2pm	\$45	
TWILIGHT, after 2pm	\$35	
9 HOLES	\$35	
<u>JUNIOR GOLFERS</u> (under 18 years)		
	w/cart	walking
18 HOLES	\$17	\$5
9 HOLES	\$11.50	\$3.50
<u>SENIOR BC RESIDENTS*</u> (60 yrs & over)		
18 HOLES	\$26	
9 HOLES	\$16	

*GOLF CART INCLUDED

*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
<u>DRIVING RANGE</u>	
SMALL BUCKET	\$3
LARGE BUCKET	\$5

GOLF BOULDER CITY

September Special- 2 free rounds
with Players Card purchase
Visit our website for additional promotions



****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. Player Cards available at each golf course.

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 PGA HEAD GOLF PROFESSIONAL & RUSTY POSTLEWAIT PGA DIRECTOR OF INSTRUCTION.**

location BC Golf Course
day/time M,W&F 3:30-5pm
fee \$20
age 11+ 10/3-7
age 6-10 10/10-14
note register at the Recreation Dept.
located at 900 Arizona Street

For private lessons call 293-9236 or 521-3393



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 & top industry professionals.

age 8+ youth
 age 15+ adult
 location ABC Park Admin #1
 fee \$40 monthly
 for a weekly class
 times M youth 5-6:20pm
 adult 6:30-8:20pm
 Voice over classes available upon request

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 or email createcom@mac.com

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 One-day Saturday
 date Sept 17
 Nov 5
 Jan 28



BALLET Pre-Ballet combines classical ballet with a fun child friendly introduction to dance. Balance, hopping, skipping, jumping, age appropriate stretches, and basic ballet positions will be covered. Beginning Ballet classes reinforce the basic Pre-ballet concepts and gradually moves the students into traditional ballet class format of barre and center exercises. Proper ballet attire is required. Please wear loose fitting clothing or tights, leotard and ballet slippers. NO DENIM. Instructor BRANDI ANDREWS was a principal dancer with the Prescott Ballet Ensemble and has taught ballet since 2000.

location Rec Ctr #2
 no class 10/31
 Nov. 2011-Feb. 2012
 note Intermediate ballet requires teacher approval

Ballet with Miss Brandy		
10:15-10:45am	Pre ballet	age 3+
Sept	W	\$16
Oct	W	\$16

4:30-5:30pm	Beg ballet	age 5+
Sept	M	\$24
Oct	M	\$32

4:30-5:30pm	Beg ballet	age 5+
Sept	W	\$32
Oct	W	\$32

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 Th
 no class 10/6 & 11/24

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
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Sept	\$32
Oct	\$19
Nov	\$19
Dec	\$32
Jan	\$25
Feb	\$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. Instructor NICOLE WENDT is a certified fitness trainer.

age 18+
 location Veterans' Memorial Park
 N. Pratte Soccer Field
 register at the Recreation Dept.
 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

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.

grades	Kindergarten & up
time	6-7pm
location	Recreation Center #2
day	F
no class	10/28 & 11/25
drop in	\$10 per class
dates	Sept \$32
	Oct \$24
	Nov/Dec \$40+
	\$25 <i>parade uniform fee</i>
	Dec 2 practice / Dec 3 parade day
	Jan \$32
	Feb \$32

Private sessions are available and arranged with the instructor.

CHILDRENS' PERFORMING ARTS

RISING STARS Children learn singing, dancing and performance skills all in one class. Each five-week session prepares children for a specific performance. Instructors LISA MORRIS & KARA LARSEN are both performance and kid enthusiasts. Lisa has been singing, dancing and performing since 1983 with formal education in music dance theater from the High School of the Performing Arts in Los Angeles and Brigham Young University. Kara has a degree in elementary education from UNLV, has been a dancer since the age of three and has teaching experience from Dance Etc.

day	T
age	4 yrs old+
time	3-3:50pm
location	Multi-Use Bldg
notes	\$10 annual shirt fee
fee	\$50 per session
	returning students \$45
	5-week class
	\$10 discount for multiple children of the same family
dates	Sept 6 - Oct 4
	with Oct 8 performance at the 31'ers Luncheon
	Nov. 1-29
	with Dec 2 performance at the Luminaria



DOG OBEDIENCE This class encourages the use of positive reinforcement to teach the 5 basic obedience commands sit, stay, down, come, and place. These 5 basic commands help enforce your place as pack leader and are the basis for all other training such as tricks, agility, fly ball, etc. To reach your training goals, it is vital that you work with your dog for a minimum of 15 to 20 minutes each day using the information and exercises covered in class. With your dedication and commitment, you can have the well behaved dog that you have always wanted. We will teach you how to determine the best methods for training your dog based on its personality and breed. Remember you are the one in charge and your dog needs to respond accordingly.

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	M
beginner	6:30-7:45pm
	NO dogs at first class
agility / intro	8-9pm
dates	9/19-10/24
	11/7-12/12
	1/9-2/13
location	Multi-use Building
fee	\$50 per session
age	10+

youth ages 10-14 require an adult to participate with them in Dog Obedience classes



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	9/10
	11/5
	1/7

CREATIVE MOVEMENT Children will have a blast developing motor skills by engaging in all forms of movement. Lively age appropriate music, shakers, instruments, parachutes and other hands-on equipment will enhance their learning experience. Instructor SHANNON PINKARD has a teaching degree and has been involved in gymnastics and dance her entire life.

location	Rec Dept #2
no class	12/20-28
fee	\$5 per class / prepaid monthly
age	3-5
	W 11:30am-12:15pm
	Sept \$20
	Oct \$20
	Nov \$25
	Dec \$10
	Jan \$20
	Feb \$25
age	6-11
	T 3:45-4:30pm
	Sept \$20
	Oct \$20
	Nov \$25
	Dec \$10
	Jan \$25
	Feb \$20

SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

GYMNASTICS With Miss Brandi

PRIVATE LESSONS
\$20 per 1/2 hr

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

No Class 9/1, 11/24, 12/27-29, & 1/31

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

KGYM - KINDERGYM Ages 3+ 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.

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.

GYMNASTICS WITH MISS SHANNON

MDM - MOMMY/DADDY & ME Ages 18mo+ have fun with your toddler as he/she develops social/motor skills & coordination via music & gymnastics equipment. Mom &/or Dad participates. Instructor SHANNON PINKARD has a teaching degree and has been involved in gymnastics and dance her entire life.

age 18+ months old
location Recreation Center #3
no class 12/20-/27

10:15-10:45am	Mommy/Daddy/Me		
Sept	T	\$17	
Oct	T	\$17	
Nov	T	\$21	
Dec	T	\$11	
Jan	T	\$21	
Feb	T	\$17	



GYMNASTICS WITH MISS BRANDI

11:30am-12:15pm	K-Gym		
Sept	T & Th	\$48	
Oct	T & Th	\$48	
Nov	T & Th	\$48	
Dec	T & Th	\$36	
Jan	T & Th	\$48	
Feb	T & Th	\$48	

4-5pm	Adv Beg		
Sept	T & Th	\$62	
Oct	T & Th	\$62	
Nov	T & Th	\$62	
Dec	T & Th	\$48	
Jan	T & Th	\$62	
Feb	T & Th	\$62	

4-5pm	Beginner		
Sept	W	\$31	
Oct	W	\$31	
Nov	W	\$31	
Dec	W	\$24	
Jan	W	\$31	
Feb	W	\$39	

5-6:30pm	Adv Beginner		
Sept	W	\$46	
Oct	W	\$46	
Nov	W	\$46	
Dec	W	\$35	
Jan	W	\$46	
Feb	W	\$57	



BEGINNING

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
 required safety helmet & closed-toe shoes
 no class 11/24
 day/time
 T-F 3:30-4pm or 4-4:30pm
 Sat 9-9:30am or 9:30-10am

	T	W	TH	F	S
Sept	\$103	\$103	\$128	\$128	\$103
Oct	\$103	\$103	\$103	\$103	\$128
Nov	\$128	\$128	\$78	\$103	\$103
Dec	\$103	\$103	\$128	\$128	\$128
Jan	\$128	\$103	\$103	\$103	\$103
Feb	\$103	\$128	\$103	\$103	\$103

BEGINNING HORSEBACK RIDING PRIVATE ADULT LESSONS

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

INTERMEDIATE HORSEBACK RIDING CLASSES

This course features ground work as well as horseback riding. In the groundwork portion, students will use only a rope, stick and string, learn how to ask your horse to walk, trot, canter, side pass and back up. They will play in the playground exploring bridges, barrels, the teeter totter, squeeze games and buckets. In the horseback riding portion, students will refine walk, trot and canter form, work on transitions between gaits, explore the various horseback riding disciplines. Lessons are tailored to the individual skills and interests of the student with an emphasis on safety, communication with the horse, and fun. Instructor STEVEN HOUSLEY has formal training from the school of Parelli Natural Horsemanship

location BC Horse Corrals
 day/time arranged with the instructor
 age 10-17
 fee \$26 per 1/2 hr session
 required & closed-toe shoes with heel
 age 18 and up
 fee \$51 per 1 hr session
 required close-toe shoes



HUNTER EDUCATION This 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.



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 OBTAINED AT THE RECREATION DEPARTMENT OFFICE



Bowling Fishing Classes will be held at the Veterans' Park Fishing Pond.

Call 486-5127x3504 for more information.



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

HULA

Participants will explore and learn various types of defined island movements. The class promotes the development of coordination, rhythm, good posture and creativity. Using Hawaiian music, students learn the uniquely Hawaiian form of communication known as hula. Instructor SHANNON PINKARD brings 25 years of experience as a certified teacher combined with her love of hula.

age	5+	
day	T	
no class	12/20&28	
time	4:30-5:15PM	
location	Rec Ctr #2	
fee	Sept	\$20
	Oct	\$20
	Nov	\$25
	Dec	\$10
	Jan	\$25
	Feb	\$20

LANGUAGE - CONVERSATIONAL

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
	\$8 3+ people

Ask about language classes
for preschool age children

Sign Language
Classes now forming

LEARN 2 STRETCH CLASS

A low-impact workout based on individual abilities & potential. Enjoy visiting & exercising with others. Instructor MARCIE GINSON, 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	10/31, 11/25 12/26, 1/2&16 & 2/20
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, sixth 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 CHUBB, obtained his black belt in 1965 and has been teaching ever since.

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 6-7pm
age	18+ T&Th 7-8:30pm

A SUPERVISED HOMEWORK CIRCLE IS NOW AVAILABLE AT KING ELEMENTARY SCHOOL IMMEDIATELY AFTER SCHOOL LETS OUT. FEES ARE BASED ON \$5 PER HOUR. CALL 293.9256 FOR MORE INFORMATION



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
fee	\$30 per month
no class	Sept.
day	W & F 8:15-9:15am
location	South Escalante Park or Rec. Center based on weather conditions



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.

location	Broadbent Park Tennis Courts	
day	Th	
no class	11/24, 12/22&29	
equipment	supplied for class	
age	4-adult	
time	6-7pm	
fees	Sept	\$50
	Oct	\$40
	Nov	\$30
	Dec	\$30
	Jan	\$40
	Feb	\$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	

ZUMBA

Instructor **SHANNON PINKARD** is a certified Zumba instructor. Zumba is a workout that sculpts & tones the body in a fun & energetic way. It combines the pulsating footwork of Latin dance & reggae with a bit of belly dance & hip hop with a fitness flair. Your heart rate stays up as you workout. You don't need to be a dancer to have fun & move to your own groove in this class!

location	ABC Park Gym @ 801 Adams Blvd.	
age	10-adult	
days	T,Th & Sat	
times	9:00-9:45am	
evenings	M,T&Th	
	6-7pm	
fee	\$5 per class when a min. of 4 classes are prepaid	
	\$8 drop in rate	



CREATIVE KIDS KLUB

Is a great alternative to kids staying at home while parents are at Zumba. Kids will enjoy arts & crafts, creative movement and/or story time.

location	ABC Park Gym classroom	
day	Sat	9-9:45am
evening	M,T&Th	6-7pm
fee	\$20 per month unlimited use for one child	
	\$5 per child, for additional children from the same family	
	\$3 drop in rate for 1st child and \$2 for each additional child from the same family	

YOGA FOR HEALTH, HEALING & BEYOND

VINIYOGA teachers give individual attention, adapting the practice to meet the students' needs. This practice can help with arthritis, chronic pain/aches, headaches/migraines, back care, stress/anxiety, hypertension & insomnia.

age	10-adult
location	ABC Park Admin #2
monthly class fee	1-class a week \$48, 2-classes a week \$72
drop-in \$15	Senior Dimensions Approved Activity
1:1 fee	\$48 per hour or \$160 for 4-hours
equipment	mat/props provided for use in class
skill level	all levels welcome in all classes

for Health

focus: fitness/well-being
Thu 5:30-6:30pm
Thu/Sat 10-11am
 Balance body, breath & mind, Improve your well-being, vitality, balance/coordination/stability & strength/flexibility/posture.

for Healing

focus: specific condition
Back Care Thu/Sat 11-12pm
 Somatic awareness & aligned movement; that can create new structural patterns & provide pain relief.
Stress Relief Thu 6:30-7:30pm
 Gentle stretching/movement & breath-work; that can release stress/strain & allow recovery.

and Beyond... 1:1 Sessions Retreats Workshops Intensives

- Yoga Therapy** to address your physical & health concerns
- Yoga Personal Practice** to create or deepen your home practice
- Yoga Alliance CEUs** for your teacher recertification requirement
- Yoga Training** for your personal growth & professional credentialing
- Athletic/Fitness/Personal Training** to address your personal goals

Contact Lyn Banas-Petrinsky to discuss your needs. Certified Yoga Therapist,

E-RYT500, CMTB, 2,400+hrs of yoga teacher/therapist experience.

viniyogawithlyn.com 702.245.1691 lynbanas@cox.net



Where your friends are...

"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.

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



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.

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.



**3 I'ERS
EDUCATIONAL OUTREACH ACTIVITIES
AT ART IN THE PARK OCTOBER 1 & 2**

FREE

hauling water from the river
wash clothes on a washboard
make clothes peg dolls
1930's kids games

**3 I'ERS LUNCHEON
SATURDAY, OCTOBER 8TH
BOULDER DAM HOTEL \$20**

(PREPAYMENT RECOMMENDED)

10 AM - 2 PM

2nd grade skit, 31'ers Room displays,
Historical presentation by Peter Huntoon
Rising Stars performance



**Wurstfest
Saturday, Sept. 24th
11am-11pm
Bicentennial Park**



**Halloween Carnival
& Haunted House
Thurs., Oct. 27th @ 6 p.m.**
Enjoy a host of carnival games that bring you trick
& treats. Fun games, contests & prizes get you
ready for the haunt of your life on Halloween.
Admission is FREE
Fees are associated to game tickets
Look for upcoming flyers for details



**Turkey Shoot
Tues, Nov 15th & Wed, Nov 16th**
2:30 - 4:30pm
1st grade & older
8 shots for \$1
Recreation Center
Join us for a fun competition using air guns
and targets. Awards provided by
The Boulder Dam Credit Union
Release of liability required

YOUTH

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

SOCCER Fee \$37

The league you play in is determined by your grade on Sept. 1. A child must be 5 years old by Sept. 30 to play in the kindergarten league.

*Exception, a 4-year old may play if his/her parent is coaching.

length 6 weeks
location Pratte Field

SOCCER CLINIC DATE & TIME

grade K W 8/31 @ 6pm or
TH 9/1 @ 6pm
grade 1-2 W 8/31 @ 7pm or
TH 9/1 @ 7pm
grade 3-5 M 9/5 @ 6pm or
T 9/6 @ 6pm
grade 6-8 M 9/5 @ 7pm or
T 9/6 @ 7pm

FLAG FOOTBALL Fee \$37

location Pratte Field

FLAG FOOTBALL CLINIC DATE & TIME

grade 3-4 T 10/11 or W 10/12 7pm
grade 5-6 T 10/11 or W 10/12 7:30pm

BASKETBALL Fee \$37

location Recreation center
length 6 weeks

BASKETBALL CLINIC DATE & TIME

grade 3-4 boys T 12/6 or Th 12/8 6pm
grade 3-4 girls T 12/6 or Th 12/8 6:30pm
grade 5-7 girls T 12/6 or Th 12/8 7pm
grade 5-7 boys T 12/6 or Th 12/8 7:30pm

FLOOR HOCKEY Fee \$37

location Recreation center

FLOOR HOCKEY CLINIC DATE & TIME

grade K T 1/10 or W 1/11 6pm
grade 1-2 T 1/10 or W 1/11 6:30pm

Grades 3-8 floor hockey is offered after basketball season ends.

Call 293.9254 for more information

**PARENT COACHES NEEDED,
PLEASE CALL 293-9254**

ADULT

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

SOFTBALL Recreational
Meeting T 8/23 7pm Men
meeting T 8/23 8pm Co-Ed

BASKETBALL Men's Competitive
meeting W 12/7 7pm



VOLLEYBALL Women's Recreational
meeting T 8/30 7pm

RECREATION CENTER OPEN GYM

M-Th 3-6pm

Times may vary due to staffing

- Activities include
- ◆ pool ◆ volleyball ◆
 - ◆ "drop-in" play ◆
 - ◆ uninstruced basketball ◆
 - ◆ uninstruced volleyball ◆

Additional hours may be scheduled according to seasonal sport staff availability.

For current information, please see the gym schedule in the Recreation Department lobby or call 293-9254.



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

FALL & SPRING

Mon-Thurs 2-6pm
 Friday 2-7pm
 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 \$4 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

Sept	\$80
Oct	\$80
Nov	\$80
Dec	\$50
Jan	\$90
Feb	\$80
Mar	\$90
Apr	\$60
May	\$60

age 4-5 Monday, Wednesday & Friday
 9-11:30am

Sept	\$110
Oct	\$120
Nov	\$110
Dec	\$70
Jan	\$110
Feb	\$120
Mar	\$130
Apr	\$100
May	\$70

TINY TOTS INSTRUCTORS

Lisa Wright,
 Staci Selinger & Linda Molisee

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. Tutoring now available for an additional fee.

location Martha P King Multi-Use Room
 register Martha P King Elem.
 Multi-Use Room
 or Recreation Center
 closed school holidays
 fees \$3 7-8:10am (before school)
 \$9 2:40pm -6pm (after school)
 + fees for optional field trips
 note prepayment is required & late fees are assessed
 grades K-7

SAFEKEY INSTRUCTORS

287-6154

MaryAnn Oliver, Ryan Noyes

Melissa Kehoe & staff

A SUPERVISED HOMEWORK
 CIRCLE IS NOW AVAILABE AT
 KING ELEMENTRARY SCHOOL
 IMMEDIATELY AFTER SCHOOL
 LETS OUT. FEES ARE BASED
 ON \$5 PER HOUR. CALL 293-9256
 FOR MORE INFORMATION

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 ABC Park - gymnasium
 date 4/2-4/6
 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.

Starting June 2012

REGISTRATION INFORMATION

Please register for classes at the Recreation Department

Located at 900 Arizona Street, Boulder City, NV (702)293-9256

Open Monday-Thursday / 7am-6pm

Terms & Conditions

Registration is on a first come, first serve basis.

No refunds will be made unless the City cancels the class.

Late registration is accepted if space is available & class structure supports it.

Fees are subject to change

Early registration is encouraged to avoid cancellation, even though enrollment is accepted until the prior business day of each activity, unless otherwise stated, or until the maximum enrollment is met. Classes are cancelled if the minimum number is not met.

The Parks & Recreation Department wants to make all facilities, services & activities available to anyone with disabilities. Accommodations & resources are available to include participants in all regularly scheduled activities, regardless of age disability. Accommodations may be arranged by calling or visiting our office.

PARKS & FACILITIES

293-9256

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

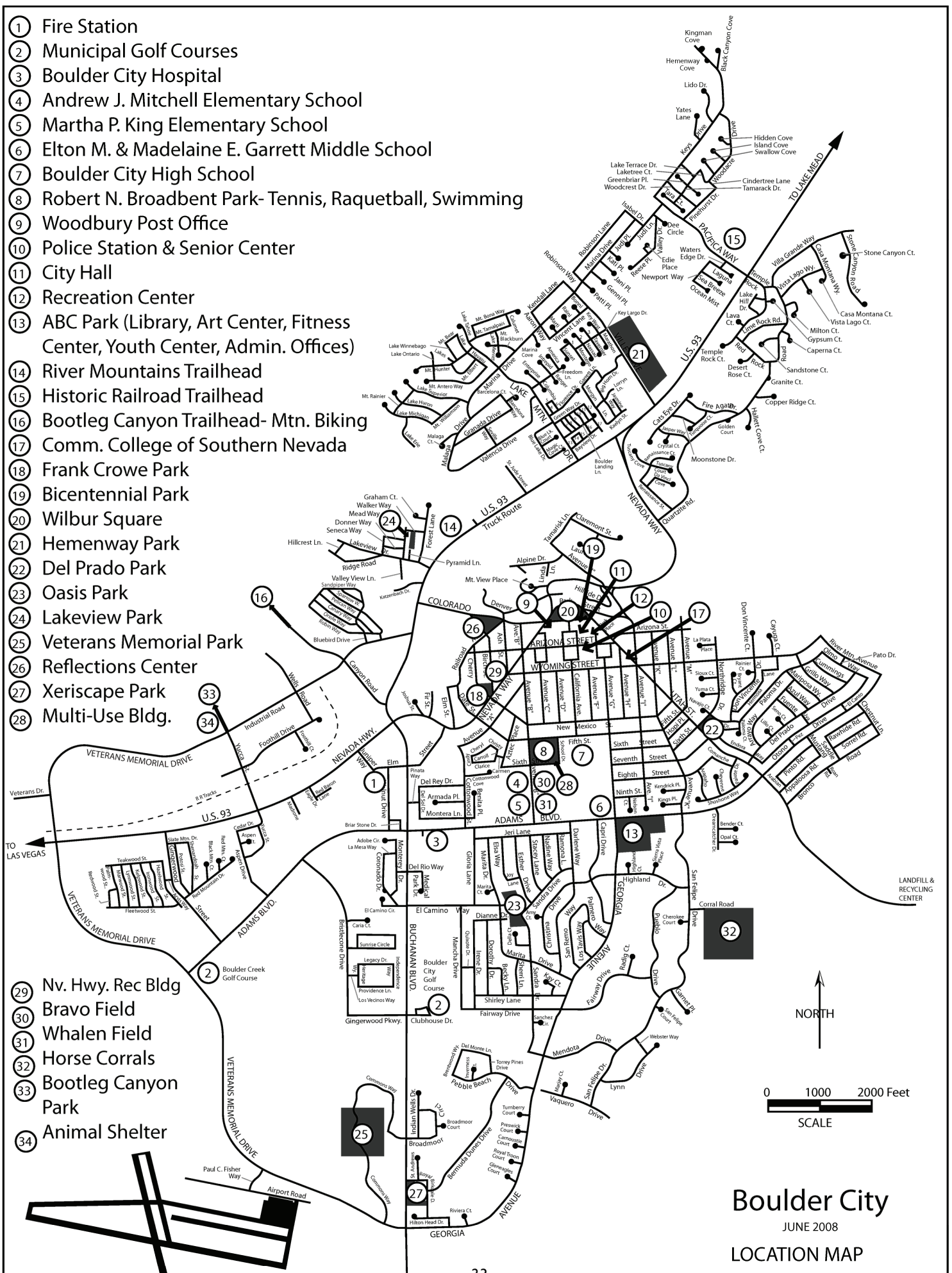
1650 Buchanan Blvd. This park is comprised of 25 acres. It includes 4 lighted multi-use ball fields, 2 beach volleyball courts, open green space, skateboard & bike parks, 2 soccer fields, a splash park & picnic/ barbecue area & restroom facilities. Nearby is a 4-acre fishing pond and model boat pond.

WILBUR SQUARE

1100 Colorado Street

- ① Fire Station
- ② Municipal Golf Courses
- ③ Boulder City Hospital
- ④ Andrew J. Mitchell Elementary School
- ⑤ Martha P. King Elementary School
- ⑥ Elton M. & Madelaine E. Garrett Middle School
- ⑦ Boulder City High School
- ⑧ Robert N. Broadbent Park- Tennis, Raquetball, Swimming
- ⑨ Woodbury Post Office
- ⑩ Police Station & Senior Center
- ⑪ City Hall
- ⑫ Recreation Center
- ⑬ ABC Park (Library, Art Center, Fitness Center, Youth Center, Admin. Offices)
- ⑭ River Mountains Trailhead
- ⑮ Historic Railroad Trailhead
- ⑯ Bootleg Canyon Trailhead- Mtn. Biking
- ⑰ Comm. College of Southern Nevada
- ⑱ Frank Crowe Park
- ⑲ Bicentennial Park
- ⑳ Wilbur Square
- ㉑ Hemenway Park
- ㉒ Del Prado Park
- ㉓ Oasis Park
- ㉔ Lakeview Park
- ㉕ Veterans Memorial Park
- ㉖ Reflections Center
- ㉗ Xeriscape Park
- ㉘ Multi-Use Bldg.

- ㉙ Nv. Hwy. Rec Bldg
- ㉚ Bravo Field
- ㉛ Whalen Field
- ㉜ Horse Corrals
- ㉝ Bootleg Canyon Park
- ㉞ Animal Shelter



Boulder City
 JUNE 2008
 LOCATION MAP



**Serving the Boulder City Community
since 1940**

Let us fulfill your financial needs

