

# *Where Community Begins*

**BOULDER CITY PARKS & RECREATION**

**March - August 2013**



**Coming to the Boulder City Pool Summer 2013**

**900 Arizona Street  
Boulder City, Nevada**

**293-9256 ~ [www.bcnv.org](http://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  
Cam Walker, Mayor Pro Tem  
Peggy Leavitt, Councilwoman  
Duncan McCoy, Councilman  
Rod Woodbury, Councilman

### **City Manager**

David Fraser

### **Parks and Recreation Commission**

Chairperson, Carol Lelles  
Members, Zane Boyster, Steven R. Cory,  
Christy Springgate-Hill, Mary Ann Wainwright,  
Chris Leavitt & Chuck Pickens

### **Parks & Recreation** 293-9256

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

### **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,

A new year is upon us and the Boulder City Parks and the Recreation Department is pleased to present this brochure outlining the program offerings for March through August 2013.

The Boulder City Parks and Recreation Department, Parks and Recreation Commission, as well as the City Council and City administration, thank you for your continued support. We invite you and your family to take advantage of the many outstanding programs, sports and activities the Department has to offer.

Our staff is committed to providing high-quality recreation programs for all residents of Boulder City.

If you have any questions, please call the appropriate facility; addresses and phone numbers are located throughout this brochure. We welcome any idea or suggestions as to how to improve or add to our programs. Please let us hear from you.

Please be sure to take a look at the City's new and improved website [www.bcnv.org](http://www.bcnv.org). I am sure you will be impressed with the new look and information provided.

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

Sincerely,

A handwritten signature in cursive that reads "Roger C. Hall".

Roger C. Hall

Director, Parks and Recreation Department

***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](http://www.bcnv.org)***

**General Information:** Please register for recreation classes and programs at the recreation department, located at 900 Arizona Street, Boulder City, Nevada (702) 293-9256. Open M-TH / 7am-6pm. Pool and fitness room class and program registration is handled directly at those respective facilities.

**Registration Tips:** Contact the facility where the program is offered to inquire about registration dates. Late registration is accepted if space is available and the class structure supports it. Classes may be cancelled due to lack of enrollment, or may fill due to limited space. Please make every effort to register in advance. Fees are subject to change.

**Customer Satisfaction Policy:** It is the City of Boulder City Recreation Department's goal to provide excellent customer service. Please contact our main office at (702) 293-9256 with any customer service issues you may have.

**Make-Up Classes:** No make-ups, credits or refunds will be given due to participant absenteeism. In the event of a prolonged illness/surgery, please promptly contact the facility front desk staff so that they can forward the request to the appropriate supervisor for review. The Department does not refund, makeup, or credit, for any missed classes or programs due to indement weather, or equipment failure. Within a session, if these factors become excessive, and a make-up class is not possible, a facility pass, credit or refund will be issued at management's discretion.

**Youth Program Assistance:** Program Assistance is a recreation scholarship fund to assist Boulder City youth, ages 17 and under, who cannot afford basic recreation programs and services. Participation in the youth assistance program is based on eligibility guidelines and is provided to Boulder City residents only. Funding for youth program assistance is provided by local business donations, and is contingent upon available funds. Please contact 293-9256 for more information.

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

**AQUATICS & RACQUETBALL**

Facility Hours	4
Racquetball & Wally ball	4
Pool Policies	5
Pool Parties	5
Pool Special events	5
<b>Fitness Classes</b>	7
Ball/Stretching	7
Cross Training	7
Deep Water Exercises	7
Low Intensity Water Exercises	7
Masters Swim	6&7
Strength Training/Stretching	7
Swim & Trim	7
Water Aerobics	7
<b>Lifeguard Training</b>	6
WSI W/Fit Water Safety Instructor	6
CPR/AED Professional Challenge	6
<b>Swim Lessons</b>	6
Parent/Baby-Tot	6
Private	6
Youth Learn To Swim	6
<b>Swim Team</b>	6&7
Cross Training BCH	6
Pre Swim & BCH	6&7
<b>ART CENTER</b>	8&9
<b>Pottery</b>	8
Throwing, Workshops & Lab	8
<b>Art Activities &amp; Classes</b>	8&9
Adult Fine Art	9
Cabochoh Glass	9
Celebrate Your Birthday	9
Fine Art Prep	9
Glass Workshops	
Cabochoh & Mosaic	9

**ART CENTER CONTINUED**

Soy Candles	8
Wire Wrapping	8
<b>Music</b>	8
Voice, Guitar, Dubcimer, Piano	8
<b>COMMUNITY FITNESS CENTER</b>	18
Body Composition Analysis	18
Sr. Dimensions Fit For Life Club	18
Personal Training	18
<b>GOLF</b>	10
Boulder City Golf Course	10&11
Boulder Creek Golf Club	10
First Tee of Southern Nevada	11
Jr. Golf Class	11
<b>PARK DESCRIPTIONS</b>	22
<b>PARK LOCATOR MAP</b>	23
<b>SPECIAL INTEREST</b>	12-17
Acting	12
Babysitting	12
Belly-Dancing	12
Cheerleading	12
Children's Performing Arts	
Rising Stars	13
CPR/First Aid	12
Dance ~ Ballroom & Swing	13
Dance ~ Line Dancing	13
Dog Obedience	13
Golf, Jr.	11
Gymnastics	14
Horseback Riding	15
Hunter Education	15
Language	16
Learn 2 Stretch	16
Martial Arts – Aikido & Jujitsu	16
Tai Chi	16

**SPECIAL INTEREST CONTINUED**

Tennis	17
Yoga, Yoga For Kids	17
Zumba	16
Zumbatomic	17
<b>SPECIAL EVENTS</b>	19
Damobree	19
Free Fishing Day	19
National Night Out	19
Jimmie Lopez Tennis Tournament	19
<b>SPORTS</b>	20
<b>Youth</b>	
Baseball, Softball & T-ball	20
Soccer	20
<b>Adult</b>	
Softball	20
Volley ball	20
<b>YOUTH PROGRAMS</b>	21
Safekey	21
Spring Break	21
Summer Parks	21
Tiny Tots	21
Youth Center	21



**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 a 1 meter diving board, and 2, 16' high, 4' wide climbing walls, available for public use. There are 3 racquetball or wally ball 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
15-PUNCH PASS	Youth & Senior	\$27
30-PUNCH PASS	Youth & Senior	\$51
DAILY	Adult	\$3
15-PUNCH PASS	Adult	\$41.50
30-PUNCH PASS	Adult	\$76.50
INDIVIDUAL ANNUAL		\$175
FAMILY ANNUAL		\$300
FAMILY SUMMER	5/28-9/5	\$150

**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

**~NEW~**

Have you heard? The pool has a new climbing wall amenity, starting summer, 2013, located in the divepool! Each wall (2) will offer approx. 16.5' of vertical climbing space, at 4' wide. Race against yourself, or your friends, improve your fitness, flexibility and balance. Appropriate for all ages 5 and older. Participant may be asked to pass a swim skills test. Call the pool for summer climbing wall, dive pool, and wading pool hours.

**SUMMER - MAIN POOL June 10 - August 25, 2013**

Monday thru Friday	6:30am - 9:00am	**Adult lap swim
	11:00am - 12:00pm	*Adult lap swim (T, TH only)
	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 (5/26-9/1)	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 May 11-26, 2013

Check for office and court availability ~

**COURT & FACILITY OFFICE HOURS**

**FALL-SPRING COURT & OFFICE HOURS**

Monday - Thursday	6:30am - 8:00pm
Friday	6:30am - 9:00am
	2:00pm - 8:00pm

**SUMMER COURT & OFFICE HOURS**

Monday - Thursday	6:30am - 8:00pm
Friday	6:30am - 11:00am
	1:00pm - 7:30pm
Saturday	7:00am - 9:00am
	1:00pm - 6:00pm
Sunday (5/26-9/1)	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 wally ball 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 wally ball! Equipment provided.

Fee per court \$11 per 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. Patrons are 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.
- 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!

### Rules include, and are not limited to:

- \* No diving in shallow water. \* No running
- \* No extended breath holding.
- \* All children under 4 must wear a swim diaper! No exceptions
- \* Please read all rules before entering our facility.

## POOL SPECIAL EVENTS

### POOL PARTY/RENTAL PACKAGES

Packages start at just \$75

Not sure where to have your next special event? How about at the pool! Rent the main pool for a private party or join us during our open swim hours; your guests are sure to have a SPLASH! Packages include use of the adjacent Multi Use Building in Broadbent Park also! Use of the dive tank and/or wading pool, available in the summer months only, will require additional fees. Please call the pool ahead of time if you plan to bring a party during our open swim times!

### POOL GAME DAY/OPEN HOUSE

**Wednesday, June 12th, 1:30-3:00pm** All ages welcome

Admission: Free (if registered prior to June 12)

Admission: (price to pool if registering that day)

Children under 8 must be accompanied by an individual 12 or older. Haven't been to the pool yet this summer? Come alone or with your family to our Open House & learn about pool & racquetball programs, safety rules, sun safety tips & more. Pool games/relays will start at 2:00pm. Register for the event at the pool front desk prior to June 12, and your admittance to open swim on June 12 will be free! All that participate will get a prize.

### DAMBOREE CELEBRATION POOL COIN TOSS

**Thursday, July 4th 1:00pm**

Admission: price to pool \*Ages 1-15

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! *\*Established age policy will be observed, call for details.*

## "SPLASH & DASH" Grand Prix Race Series

The City of Boulder City, Parks and Recreation Department is proud to present this fun summer race series. Each race will consist of a 200 yard swim, followed by a 1 mile run. Participate in all three races and earn points according to your overall finish place. At the final race, a special prize will be awarded to the top 3 with the highest total points. Each race will have its own overall winner prize, and top 3 in each age group. Bring your own swimsuit, goggles, running shoes and a good attitude. Level 4, or pre-swim team skills required to participate. Pre-register at the pool front desk a minimum of 48 hours in advance.

race dates	June 15, July 6, July 20
time	7:00am
cost	\$20/person/race
age	All (swim skills required as noted above)

### CARDBOARD

### BOAT RACES

**Wednesday**

**July 17**

**6:00 pm**

Admission: Free



**Cardboard Boat Race**



**Damboree Coin Toss 2012 !**

It's the 13<sup>th</sup> Annual Cardboard Boat Races. This year we invite participants to bring a "Finding Nemo" 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! Established age policy will be observed, call for details.

### BACK TO SCHOOL SUNSET SWIM

**Friday, August 23 6:00-7:30pm**

All ages welcome Admission: Price to Pool

Schools just around the corner! Why not enjoy a little extra time playing in the pool as the sun goes down! Participate in pool relay games. During this event only, you may bring your own inflatable toys. Established age policy will be observed, call for details.



**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 \$45

**SWIM LESSONS**

**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.

age 6 months to 4 years  
monthly class \$38 per month/average fee  
day/time  
fall-spring M,W 12:15-1:00pm  
summer M,W 11:00-11:45am  
M,W 6:00-6:45pm

**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 \$36 per month/average fee  
fall-spring M,W 4:05-4:50 level 1  
5-5:45pm level 2  
summer M,W 5:05-5:50pm levels 1 & 2  
\*summer M-TH 9:00-9:45am levels 1 - 4  
10:00-10:45am 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. A \$5 material fee may be collected by the instructor twice/year.

age BCH adv elem, sec. & novice groups  
required evaluation before registration  
monthly class \$14 B  
\$6.75 C  
fall-spring 4:10-4:30pm (C) T,F  
4:45-5:15pm (A,B) T,F  
summer 11:10-11:40am (A,B) T,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 \$51 per month/average fee  
fall-spring M, W, Th 4:30-5:15pm  
summer M, W, Th 11:00-11:45am



**BHC HEATWAVE  
SUMMER LEAGUE SWIM TEAM**

**M-Th 6-7pm June 10-August 8**

**\$120/Child, \$110/Child (2 or more siblings) 6 years and older**

**\$33 per child additional USA swim registration fee**

*This recreation swim team experience teaches basic competitive swimming skills, builds self-esteem, and improves strokes. It's a great way to meet new friends, stay active, and explore the swim team program.*

*Register early for this popular program, as space is limited.*

**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 , Brian Wakefield USA Swim \$55 annual registration fee
	per month/average fee:
	\$65 Novice
	\$75 Adv Primary
	\$80 Adv Secondary
	\$200 Family max (3 or more)
fall-spring	MF 2:45-4:30pm



**FITNESS CLASSES**

**SENIOR DIMENSIONS APPROVED, funding limited**

\* Water Aerobics Readiness Questionnaire to be completed prior to participating. Please, for your safety, be at class for the entirety of the class.

**\*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	\$46 /month/average fee
drop-in	\$4.00/class (space available)
fall-spring	M-Th 7:00-7:55 & 8:00-8:55am
summer	M-Th 7:00-7:55am

**\*LOW INTENSITY 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	\$4/class (space available)
monthly class	\$46 per month/average fee
spring	M-Th 8:55-9:55am
summer	M-Th 8:00-8:55am

**FITNESS CLASSES continued**

**SENIOR DIMENSIONS APPROVED, funding limited**

**\*DEEP WATER EXERCISE Summer Only**

This challenging aerobic class will take place in the deep water (12ft) of the diving pool. Noodles and kick boards will be used to aid in your aerobic workout set to music. Minimum swim skills required: Participants must be able to swim one length of the dive pool and tread water. Minimum enrollment set at 10 participants.

age	13+
drop-in	\$4.50/class (space available)
monthly class	\$26 per month/average fee
summer only	days, tba 6:00-6:55pm

**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 \$32.50/month
average fees	3x's week \$45.50/month
	5x's week \$68.25/month
drop-in (space available)	\$5/class
fall-spring	M,W 9:10-9:55am
	F 8:10-8:55am
	T,Th 6:30-7:15pm
summer	M,W,F 8:00-8:45am
	T,Th 6:00-6:45pm

**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. The program runs January 1-December 31. 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!**  
 Call 293-9286 for more information.

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. Classes take place at the 801 Adams Blvd.

**POTTERY LABS**

Art Center *Labs are not an instructional forum*

drop ins Welcome

fee \$7 or a 12-lab pass for \$50

lab Sun 10am-1pm

**POTTERY THROWING & HAND BUILDING**

**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 material 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 July & August

**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 4/30,5/30, July & August

**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, F & Sat  
 9:30am-5pm  
 hours arranged with the instructor  
 fee \$25 or up to 3/4 of an hour



**PRIVATE  
 MUSIC  
 LESSONS**



**SATURDAY POTTERY WORKSHOPS**

**Instructor Julie Connell.** These bunnies are made by our instructor. Your fun is in the creating a "funny bunny." We will glaze and fire them in time for EASTER March 31

**Register by Thursday, Feb 21**

age 8+ younger needs adult  
 day/time Sat. 3/9 10am-Noon  
 bunnies fee \$20



**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 #1  
 fee \$15 + \$5 Instructor material fee  
 day/time Sat 1-day 10- Noon  
 4/13, 5/11, 6/8

**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 instructor material fee  
 day/time Th 6-9pm  
 dates One-day  
 3/7, 4/11, 5/9, 6/13  
 no class July & August



**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

**CABOCHON GLASS CLASS**

Glass is a beautiful art form that when used, guided by our accomplished instructor Robin Kariam, you can easily produce beautiful works of art with little or no experience. You will make 10 round glass gems per class.

- age 13-Adult
- location Art Center #1
- two-days \$30 per two class session
- day/time Th 6-8pm
- dates 4/11&18, 6/6&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
- day/time Th 6-8pm
- date 7/11&18



**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 material fee
- no class 4/30, July & August
- day/time T 3-4:30pm

**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 material fee
- no class 4/30, July & August
- day/time T 10-11:30am



1501 Veterans' Memorial Drive

1 Club house Drive

<b>BC RESIDENT*</b>	<u>ANY DAY</u>
Before 11am	\$55
After 11am	\$45
After 1pm	\$30
9 HOLES	\$30
<b>CLARK COUNTY RESIDENT*</b>	
Before 11am	\$65
After 11am	\$55
After 1pm	\$40
9 HOLES	\$40
<b>RESORT GUESTS*</b>	
Before 11am	\$85
After 11am	\$75
After 1pm	\$60
9 HOLES	\$60
<b>JUNIOR GOLFERS</b> (Under 18 years)	
18 HOLES	\$10
9 HOLES	\$5

\*GOLF CART INCLUDED

<b>BC RESIDENT*</b>	<u>ANY DAY</u>
Before 11am	\$30
After 11am	\$25
After 1pm	\$20
9 HOLES	\$20
<b>CLARK COUNTY RESIDENT*</b>	
Before 11am	\$40
After 11am	\$30
After 1pm	\$25
9 HOLES	\$25
<b>RESORT GUESTS*</b>	
Before 11am	\$55
After 11am	\$45
After 1pm	\$35
9 HOLES	\$35
<b>JUNIOR GOLFERS</b> (under 18 years)	w/cart walking
18 HOLES	\$17 \$5
9 HOLES	\$11.50 \$3.50

**SENIOR BC RESIDENTS\***

(60 yrs & over)	
18 HOLES	\$26
9 HOLES	\$16
(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
<b>DRIVING RANGE</b>	
SMALL BUCKET	\$3
LARGE BUCKET	\$5

**GOLF BOULDER CITY**

Visit our website for current 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 to adjust rates at any time.

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



[www.TheFirstTeeSouthernNevada.org](http://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 POSTLEWAT PGA DIRECTOR OF INSTRUCTION.**

location BC Golf Course

day/time M,W&F 8-9:30am

fee \$20

age 11+ 6/10-14

age 6-10 6/17-21

note register at the Recreation Dept.

located at 900 Arizona Street

For private lessons call 293-9236 or 521-3393



PHOTO: BRIAN OAR

## SMALL GROUP & 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. Voice over classes available upon request. Instructor DR 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.

age	8+
location	ABC Park Admin. #1
fee	small group fees are based on the number of participants
fee	private individual lessons \$20 pr hr
time	Wednesday & Saturday times are 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
fee	\$20
daytime	One-day Saturday 9:30-11am
date	Mar 9 April 27 Jun 1



**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 7/4

**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 \$25  
 Apr \$25  
 May \$31  
 Jun \$25  
 Jul \$19  
 Aug \$31

## 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 (5 wks)
age/time	4-6 yrs old 3-3:30pm
fee	\$25 + \$10 t-shirt fee
age/time	6+yrs old 3:30-4:30pm
fee	\$45 + \$10 t-shirt fee
note	\$5 discount to second child in the same family
location	Multi-Use Bldg
dates	5 week session
session I:	4/2-30 Performance at Spring Jamboree



**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
location	Recreation Center #2
drop in	\$10 per class
day	Sat
time	3:30-4:30pm
fee	Mar \$32 (3/2-23) Apr/May \$40 (4/6, 4/13, 5/11, 5/18 & 5/25)
parade	Jun/Jul \$35 + \$25 uniform fee paid to the instructor (6/8, 6/22, 6/29, 7/1 & 7/4 parade) Aug \$32 (8/3-24)



Private sessions are available and arranged with the instructor.

Look for the Recreation Department Cheerleaders at the July 4th Damboree Parade

**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 3/2  
 5/11  
 7/13



**LINE DANCING CLASS** is as easy as 1, 2, 3. This class will teach you standard line dance steps that you will transform into flowing line dances. Each week you will enjoy a variety of music while you exercise your mind and body. Perfect for the beginner dancer, or those just needing to reinforce the basics. Instructor LYNN WILLIAMS

age all ages  
 15 & under  
 require adult participation

day/time **Introductory** W 6-6:45pm  
 location ABC Park Gym  
 fee \$30 per month  
 \$7 drop in rate

day/ time **Beginning** M 7-8pm  
 location Nv Hwy Rec. Bldg. (DWP)  
 fee \$30 per month  
 \$7 drop in rate



**LINE DANCING DANCE NIGHT**

is a fun date night with your partner, or a great girls night out, to enjoy line dancing. In line dancing there is no need for a partner to have the time of your life.

fee Free 5-6pm / lesson  
 fee Dance \$5  
 time 6-8pm  
 when 2nd Saturday of the month  
 location Nv Hwy Rec (DWP)

**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 7-8:15pm  
**NO** dogs at first class

agility / intro 8:15-9:15 pm  
 dates 3/4-4/8  
 4/15-5/20  
 6/3-7/8  
 7/15-8/19

location Multi-use Building  
 fee \$50 per session  
 age 10+  
 note youth ages 10-14 require an adult to participate with them

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

**DANCE**

**BALLROOM DANCE** Get exercise while having fun learning classic ballroom dances in this progressive dance program with weekly 1-hour classes. Each week introduces two new dances with repetitive pattern-work and new steps. Whether you are a beginner or need to review your moves, this class is for you. Instructor JAN LACTAOEN has been dancing since 1986 and is a certified instructor.

age 16+  
 location ABC Park Gym  
 no class 3/13, 6/19&26, 7/3,10&17 & 8/21

**East & West Coast Swing**

day/time W 7-7:30pm  
 Mar \$15  
 Apr \$20  
 May \$20  
 Jun \$10  
 Jul \$10  
 Aug \$15

**Social Dance**

day/time W 7:30-8:30pm  
 Mar \$30  
 Apr \$40  
 May \$40  
 Jun \$20  
 Jul \$20  
 Aug \$30

private \$75 pr hr individual couple  
 lessons \$90 pr hr small groups  
 (4-6 individuals)



## 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 3/26-28, 4/2, 5/1&2,  
7/4 & 8/22-29

**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.

**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.

## 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 3/25&28, 5/27, 7/4 & 8/22-29

### Gymnastics with Shannon

10:00-10:30am	Mommy/Daddy/Me	
Mar	M & Th	\$31
Apr	M & Th	\$46
May	M & Th	\$36
Jun	M & Th	\$36
Jul	M & Th	\$36
Aug	M & Th	\$31

note: Students may attend 1-day per week at \$6 per class.



### GYMNASTICS WITH MISS BRANDI

11:30am-12:15pm	K-Gym	
12:15-1pm	K-Gym	
Mar	T & Th	\$38
Apr	T & Th	\$50
May	T & Th	\$50
Jun	T & Th	\$50
Jul	T & Th	\$50
Aug	T & Th	\$38
4-5pm	Beginner	
5-6pm	Intermediate	
6-7pm	Advanced	
Mar	T & Th	\$50
Apr	T & Th	\$66
May	T & Th	\$66
Jun	T & Th	\$66
Jul	T & Th	\$66
Aug	T & Th	\$50
4-5pm	Beginner	
Mar	W	\$25
Apr	W	\$33
May	W	\$33
Jun	W	\$33
Jul	W	\$33
Aug	W	\$25

5-6:30pm	Intermediate	
Mar	W	\$37
Apr	W	\$49
May	W	\$49
Jun	W	\$49
Jul	W	\$49
Aug	W	\$37



**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 7/2-7
- day/time School Session
  - T-F 3:30-4pm or 4-4:30pm
  - Sat 9-9:30am or 9:30-10am
- day/time Summer Session Jun 6 - Aug 24
  - T-S 8:30-9am or 9-9:30am

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

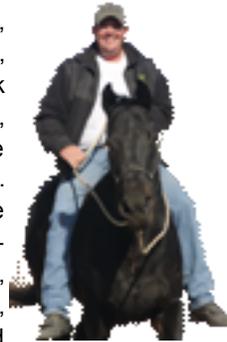
**BEGINNING HORSEBACK RIDING PRIVATE ADULT LESSONS**

Sessions are arranged with the instructor



**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 helmet & closed-toe shoes with a 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](http://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**

**CLASSES ARE OFFERED AT VARIOUS LOCATIONS**

Bow 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

## 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

## 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 5/27  
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 an 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 third degree black belt & has been teaching since 2002.

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  
no class 3/26&28 & 7/4  
note wear loose-fitting clothing  
fee \$30 per month March \$25  
age 7-17 T&Th 6-7pm  
age 18+ T&Th 7-8:30pm



## TAI CHI

The slow, dance-like movement of Tai Chi works to improve 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 PATRICIA AMON has studied Lohan School of Shaolin Tai Chi with William VanderVeer since 2006. All ages can benefit!

age 14 - low 100s  
note limited Senior Dimension funds  
are available for these classes  
fee \$30 per month  
day W & F 8-9am  
location North Escalante Park  
or Rec. Center based on  
weather conditions

## ZUMBA

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! Instructor SHANNON PINKARD is a certified Zumba instructor.

age 10-adult  
day M & Th  
location Rec. Dept. Gym  
time 9-9:45am  
day Sat  
location ABC Park Gym  
evening M & Th  
location ABC Park Gym  
time 6-7pm  
fee \$6 per class  
when a min. of 4  
classes are prepaid  
drop in \$8 per class  
no class 3/25, 5/27, 7/4 & 8/26



**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
equipment	supplied for class
age	4-adult
no class	3/28 & 7/4
time	Mar-May 6-7pm
time	Jun-Aug 7-8pm
fees	Mar \$30
	Apr \$40
	May \$50
	Jun \$40
	Jul \$30
	Aug \$50

A women's competitive tennis league is now forming. Call 293-9256 for information.

**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



**ZUMBATOMIC**

These classes are high-energy fitness parties that offer real results. Kids naturally love to dance, wiggle and sing along to great songs. Packed with specially choreographed routines & the latest music, like hip-hop, reggaeton & cumbia. Zumbatomic classes increase focus and self confidence, boost metabolism & improve coordination. Kids get fit, rock out & have a blast. Instructor Shannon Pinkard is a certified Zumbatomic instructor.

age	4-12
day	M
location	ABC Park Gym
time	3:30-4:30pm
no class	3/25, 5/27 & 8/26
fees	Mar \$24
	Apr \$40
	May \$24
	Jun \$32
	Jul \$40
	Aug \$24



**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
	<b>Senior Dimensions Approved Activity</b>
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 10:30-11am**

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](http://viniyogawithlyn.com) 920-827-6426 [lynbanas@cox.net](mailto:lynbanas@cox.net)

**MINDFUL YOGA FOR KIDS**

is a simple and fun yoga program for children K-5th grades with an aim to develop awareness of the connection between The Body, The Breath and The Mind. The teacher incorporates stories, music and asana (yoga exercises) to help children to focus their attention, quiet their mind, increase flexibility and develop skills to cope with life's every day stresses. All is done with a dash of silliness and oodles of fun with a goal of calmer, happier children. INSTRUCTOR Lee Ann Maynard has been a yoga practitioner for 20 years with extensive focus and training in the Viniyoga field for the past 6 years.

age	5-10
location	ABC Park Admin. #2
fee	\$28 monthly
daytime	Saturday 9-10am
note	bring a towel and wear loose clothing
no class	3/30, 5/25, 6/8, 7/6 & 8/31

*"Where your friends are..."*

manager Marcie Gibson  
 age 16+  
 (younger persons can contact the manager for a case-by-case review for consideration)

Prices effective July 1, 2012

daily fee	\$4	
1 mo fee	\$25	single
	\$40	couple
	\$55	family of 3
	\$75	family of 4
	\$90	family of 5
3 mo fee	\$60	single
	\$100	couple
	\$140	family of 3
	\$185	family of 4
	\$230	family of 5
6 mo fee	\$100	single
	\$170	couple
	\$255	family of 3
	\$340	family of 4
	\$425	family of 5

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

"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 \$25 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.

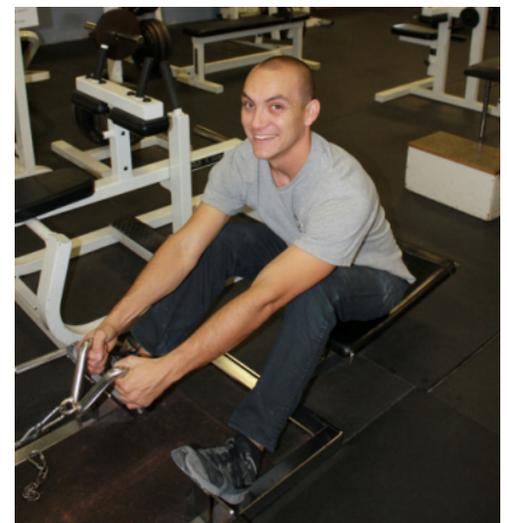
**MARCIE GIBSON** is the Community Fitness Center Manager & is CPR/AED First-Aid Certified. She has lived in Boulder City for 20 years & is very active in many BC community organizations.

**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 a passion for helping people and has been training clients of all ages and fitness abilities for 5 years. Her training philosophy promotes balance between overall wellness and each person's individual lifestyle by incorporating flexibility and diversity into her programs. Whether you're a novice to the gym or a regular, Megan is the person that can lead you to your health and fitness goals.

**JON ZANDER** is an NCSF Certified Personal Trainer. He's lived in Boulder City for 18 years and enjoys mountain and road biking, hiking and outdoor activities with his family. He specializes in weight loss, general fitness, and youth and adult sport-specific training.

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.



**REGISTER AT THE FITNESS CENTER**  
**801 Adams Blvd**  
**SEE YOU SOON!**  
[www.bcnv.org](http://www.bcnv.org)



**1ST ANNUAL**  
**JIMMIE LOPEZ MEMORIAL**  
**TENNIS TOURNAMENT**  
**SATURDAY, April 27**  
 Event begins at 7:30am  
 Please arrive at 7am  
 Broadbent Park 1301 5th Street  
 Preregister at 900 Arizona Street  
 \$15 pre paid by 4/1 or \$20 walk on

**NO WATER PLAY** either direction,  
 from parade entries or spectators, will be  
 allowed on the 4th of July Parade route from  
 Colorado Street through Aztec Place.  
  
**THE ONLY WATER ZONE AREA**  
 for water play will be from Aztec Place to Ave. B  
 and Ave. B to 6th Street.  
**NO WATER BALLOONS ALLOWED**  
 Any violation of this crucial guideline will result in elimina-  
 tion from participating in the parade, spectators being  
 asked to leave the viewing area and possible legal actions.

**FREE**  
**Fishing Day**  
**Saturday**  
**June 8th**



Veterans' Memorial Park Fish Pond ~ 1650 Buchanan, Boulder City, NV

**DAMBOREE**  
**4TH OF JULY CELEBRATION**  
**THURSDAY, July 4th**  
**2013 THEME**  
**"BE KIND, IT TAKES ALL OF US"**



- JULY 4th** **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 & Rec
- Veterans' Memorial Park**
- 6-11pm Splash park, food & fun
  - 7-8:45pm Entertainment
  - 9pm Fireworks show
  - 9:45pm Entertainment

**POLICE/FIRE**  
**SOFTBALL GAME**  
**Tuesday, August 6, 2013**  
**6-9pm**  
**Veterans' Memorial Park**  
**FREE**  
**Food & Entertainment**  
**Giveaways & Demonstrations**



**YOUTH SPORTS**

**PRE-REGISTRATION is required for each youth sport and all players**

**BASEBALL - SOFTBALL - T-BALL**

Kindergarten players must be in kindergarten,

\*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 4/4, after 4/4 you will be placed on a waiting list
- grade K-2 Co-Ed
- fee \$39 includes t-shirt & hat
- grade 3-6 Boys
- fee \$52 includes t-shirt, pants & hat
- grade 3-6 Girls
- fee \$39 includes t-shirt & hat

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 4/8 @ 6pm or T 4/9 @ 6pm
- grade 1-2 Co-Ed Coach Pitch Baseball  
M 4/8 @ 7pm or T 4/9 @ 7pm
- location **Hemenway Field**
- grade 3-6 Girls Slo-Pitch Softball  
W 4/10 @ 6pm or Th 4/11 @ 6pm
- grade 3-6 Boys Baseball  
W 4/10 @7pm or Th 4/11 7pm

**SOCCER - CO-ED**

- fee \$39 includes t-shirts
- location Pratte Field
- register pre-registration is required, fee must be paid by 5pm on 9/4, after 9/4 you will be placed on a waiting list all players MUST attend a PLAYER RATING CLINIC to play
- length 6 weeks
- grade K W 8/28 or Th 8/29 @ 6pm
- grade 1-2 W 8/28 or Th 8/29 @ 7pm
- grade 3-5 T 9/3 or W 9/4 @ 6pm
- grade 6-8 T 9/3 or W 9/4 @ 7pm

**ADULT SPORTS**

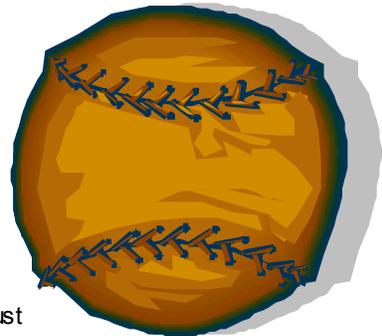
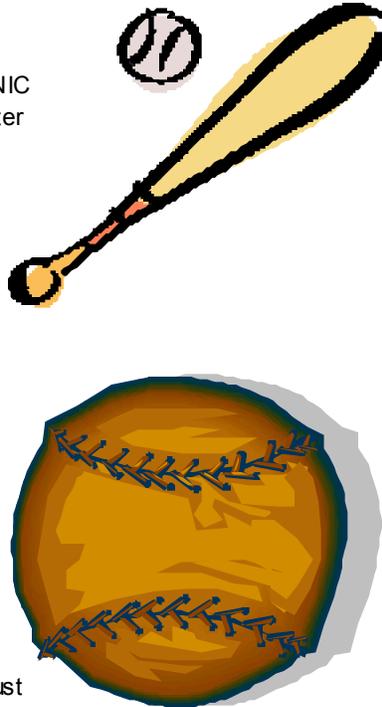
- age 16+ minors require parental permission
- note A Team Manager or Rep. must attend the meeting
- meeting Rec. Ctr. Classroom # 4
- info please call Tay Deering @ 293-9254

**SOFTBALL** Recreational

- meeting T 4/9 7pm Men
- meeting T 4/9 8pm Co-Ed

**VOLLEYBALL** Women's Recreational

- meeting T 3/5 7pm



**RECREATION CENTER OPEN GYM**  
M-Th 3-5pm  
Times may vary due to staffing  
Activities include  
• pool • volley ball •  
• "drop-in" play •  
• unstructured basketball •  
• unstructured volley ball •  
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

**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

## SCHOOL YEAR

Mon-Thurs 2-6pm & Friday 2-7pm

## SUMMER

Mon-Thurs Noon-6pm & Friday Noon-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.

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  
 11:45am-2:15pm  
 Mar \$60  
 Apr \$90  
 May \$50

age 4-5 Monday-Thursday  
 9-11:30am  
 Mar \$130  
 Apr \$170  
 May \$110

TINY TOTS INSTRUCTORS  
 Lisa Wright,  
 Linda Molisee & Kathleen Feeney



**2013 FALL TINY TOT REGISTRATION**

M-Th 4 & 5 yr. old class  
**Monday, August 5 @ 7:30 am**

T & Th 3 & 4 yr. old class  
**Tuesday, August 6 @ 7:30 am**

Recreation Department @ 900 Arizona St

## 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.

grades K-5  
 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 2:40-6pm (after school)  
 +fees for optional field trips  
 note prepayment is required & late fees are assessed  
 SAFEKEY 287-6154

## INSTRUCTORS

Dena Weinberg, Stephanie Boyle, JJ Gray,  
 James Graff, Bryanna Gibbs, Katherine Kirk  
 & Terry Sanchez

## 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!

grades K-5  
 register Recreation Center  
 location Recreation Center  
 date 3/25-3/29  
 fee \$20 per day 1-4 days  
 \$90 5 days  
 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, field trips and weekly special events. Come and play with us during the summer months.

grades K-5  
 location Rec Ctr Complex 6/10-8/9  
 location ABC Park Gym 8/12-23  
 fee \$9 half day-\$18 full day  
 half day 7am-12:30 pm or 12:30-6pm  
 length June 10-August 23

Late fees are assessed & limited field trips are available with additional charges

**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 trails 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.

**CITY PARKS ARE OPEN  
DAILY FROM 5AM - 10PM**



**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**

401 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 animals 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.

**REFLECTION CENTER**

300 Railroad Avenue  
Beautifully landscaped with 7 sculptures that 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.

**RIVER MOUNTAINS LOOP TRAIL**

The River Mountains Loop Trail runs approximately 35 miles on a loop which connects Lake Mead National Recreation Area, Hoover Dam, Boulder City, Henderson and Las Vegas. The River Mountains are home to one of the largest big horn sheep populations in Nevada, which you may encounter on this trail. The trail is 12 feet wide and paved. About 3.5 miles of the trail occupy the old bed of a railroad that once ran from Boulder City to Hoover Dam, supplying materials to build the dam. The River Mountains Loop Trail shares its southern section for a few miles with the Historic Railroad Hiking Trail. The two trails have a common trailhead at the Lake Mead National Recreation Area visitor center on Lakeshore Road.

**SWIMMING POOL &  
RACQUETBALL COMPLEX  
861 Avenue B 293-9286**

The Boulder City Pool and Racquetball Complex, offers year 'round healthy, affordable, enriching, and supervised programs. The 25 meter lap/recreational pool, enclosed by an air support structure September-May, features various classes, and open swim schedules. Part of the facility's stated mission is "to provide high quality and cost effective recreation programs and activities for all residents". Programs include and are not limited to: Parent and Baby, Youth Learn to Swim, BCH Youth Swim Team, Adult Masters Program, Water Exercise, Lap Swim and more! Fees are reasonable with daily, reduced, seasonal, annual, and punch pass rates.

**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.



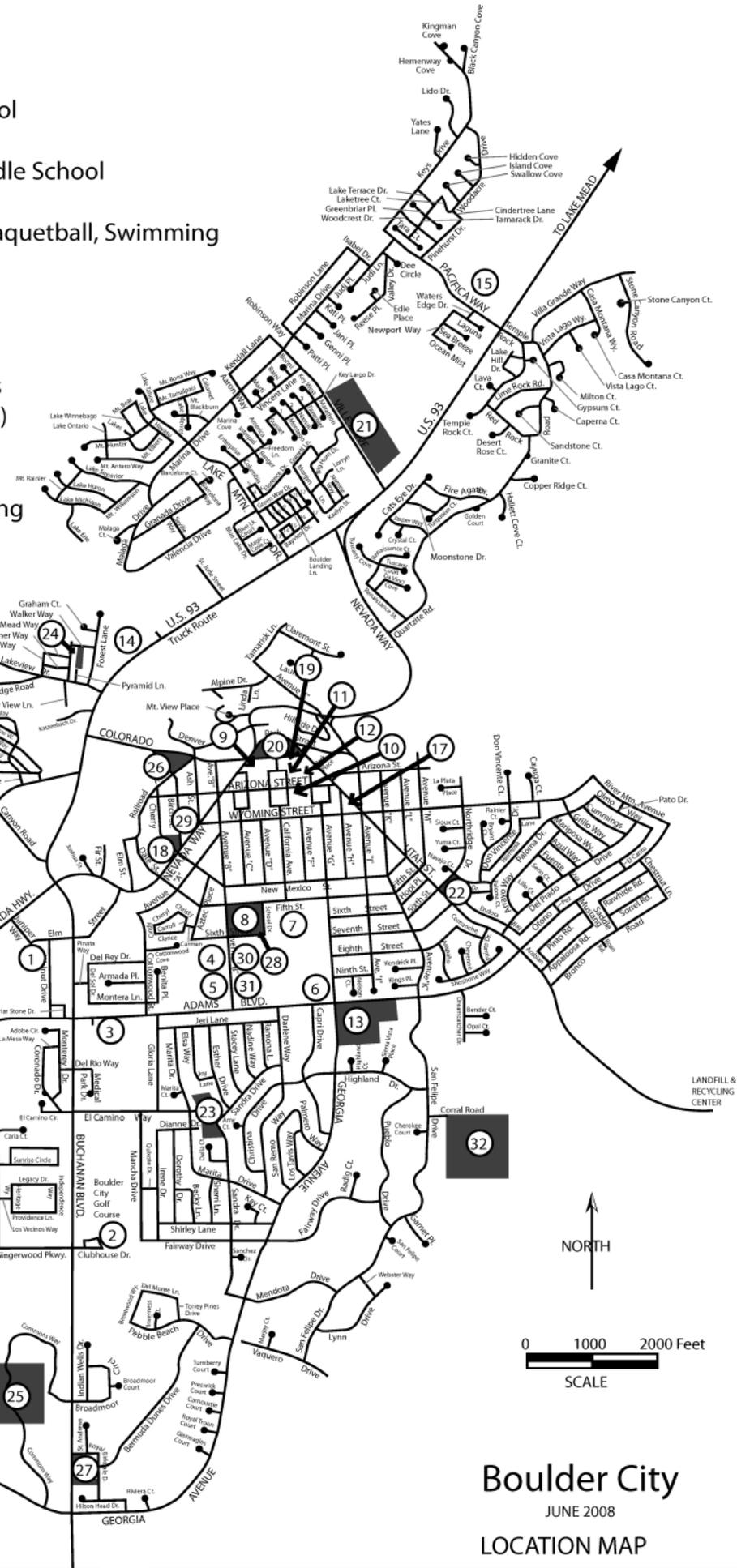
Photo by David Sharp of Sharp Studios

**WILBUR SQUARE**

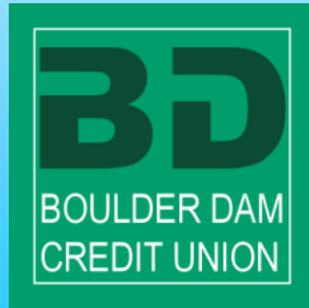
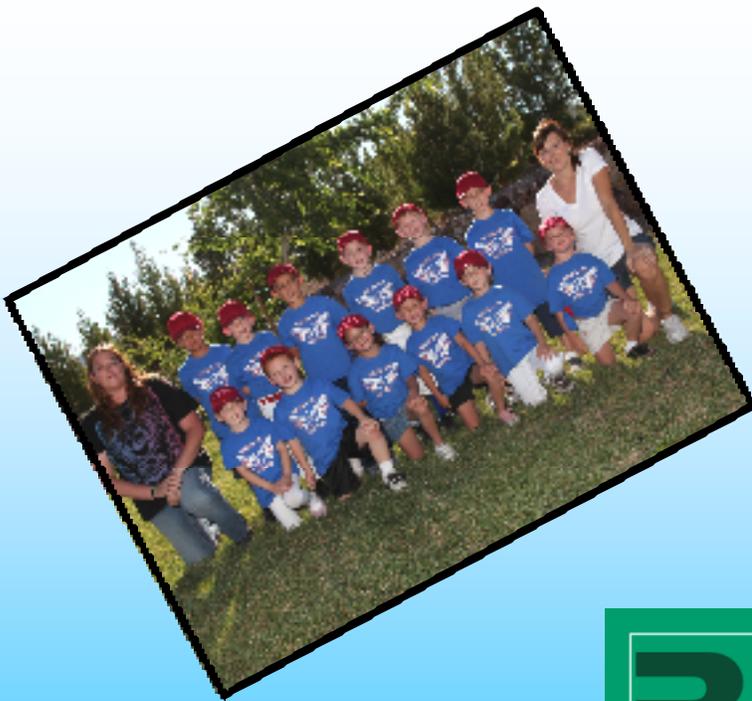
1100 Colorado Street  
Wilbur square was originally designed and constructed by the federal government during the construction of Hoover Dam. This 3.3 acre park was named in honor of Ray Lyman Wilbur who served as Secretary of the Interior from 1929-1933. This park is home to many special events throughout the year.

- 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**



**Sponsoring Boulder City Recreation Department  
youth and adult league teams for over 30 years**