

Where Community Begins

BOULDER CITY PARKS & RECREATION

March - August 2014



**900 Arizona Street
Boulder City, Nevada
293-9256 ~ 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

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, Brandon Barrow, Zane Boyster,
Deana Parsons, Christy Springgate-Hill,
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, Ryan Allain,

Shane Joseph, Matt Rogers & Peter Torres

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 Residents,

A new year is upon us and the Boulder City Parks and Recreation Department is pleased to present this brochure outlining the program offerings from March through August, 2014.

Our staff is committed to providing high-quality and cost-effective Recreation programs and facilities for all residents of Boulder City. As in past seasons, this issue offers a wide variety of classes, sports programs and activities to choose from. We are confident that you will find many activities to suit your individual or family needs. There are courses and programs to improve your mind, body and Boulder City lifestyle.

Be sure to check all offerings; perhaps you can learn a new skill or improve an old one; join a league or sports team. There is no better way to get acquainted if you are new in town or if you would just like to enlarge your circle of friends.

We hope you and your family will also 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. Two beautiful golf courses are also available for play, tournaments and special celebrations.

Our Aquatic and Racquetball facility also offers a wide variety of swimming lessons and activities for the whole family. Be sure to come by and find out what we have to offer.

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

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

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

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 inclement 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.

AQUATICS & RACQUETBALL	4-7	ART CENTER CONTINUED		SPECIAL INTEREST CONTINUED	
Facility Hours	4	Music	8	Tennis	16
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FACILITY INFORMATION

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 wallyball courts & a cross-training room to complement pool programs. We are an authorized provider for Senior Dimensions! 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	5/24-9/1	\$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

~FUN~

Have you heard? The pool has a climbing wall amenity, that opened last summer, 2013, located in the divepool! Each wall (2) will offer approx. 16.4' x 4' of vertical climbing space. 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. The climbing wall, dive pool, and wading pool will be operating during open swim and family Hour.

SUMMER 2014

Monday - Friday	6:30 am - 9:00 am	**Adult Lap swim
	11:00 am - 12:00 pm	Adult Lap swim (M-TH)
	1:00 pm - 5:00 pm	Open Swim
	5:00 pm - 6:00 pm	Family Hour
	6:00 pm - 7:00 pm	Adult Lap Swim (M-TH)
Saturday	6:30 am - 9:00 am	Adult Lap Swim
	1:00 pm - 5:00 pm	Open Swim
	5:00 pm - 6:00 pm	Family Hour
Sunday (5/26-9/1)	1:00 pm - 5:00 pm	Open Swim

**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!

March ~ August 2014

- ~ Special holiday hours are posted at the complex ~
- ~Dates and times subject to change ~
- ~POOL CLOSED for maintenance May 10–23, 2014 ~
- ~ 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 - 6:00pm
Saturday	6:30am - 9:00am
	1:00pm - 6:00pm
Sunday (5/25-8/31)	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, Sun & 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.

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 8yrs, 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 also include use of the Multi Use Building in the adjacent Broadbent Park! 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!

SUNSET SWIM SUMMER KICK-OFF

Friday, June 20 6-7:30pm

~ All ages welcome ~ Admission: Price to Pool ~

Schools out for summer ! 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.

DAMBOREE CELEBRATION POOL COIN TOSS



July 4th 12:00pm

Admission: price to pool *Ages 1-15

Children who have the ability to swim independently, can participate in the "COIN TOSS" starting at 12 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 fake coins in the wading pool for them to redeem for a prize. 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.*

March ~ August 2014

"SPLASH & DASH" Grand Prix Race

The City of Boulder City, Parks and Recreation Department is proud to present this fun summer race. The race will consist of a 200 yard swim, followed by a 1 mile run. The race will have an 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 date	June 21
time	7am
cost	\$20 per person
age	All (swim skills required as noted above)

FREE CARDBOARD BOAT RACES

Wednesday

July 16

6:00 pm



Cardboard Boat Race 2013



Damboree Coin Toss July 4th, Noon

It's the 14th Annual Cardboard Boat Races. This year we invite participants to bring a "Monsters U" 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.

POOL GAME DAY

Wednesday, August 13th, 1:30-3:00pm All ages

Admission: Free (if registered prior to Aug 12)
(price to pool if registering that day)

Children under 8yrs. must be accompanied by an individual 12yrs. or older. Haven't been to the pool much this summer? Come one come all to our pool game day as the summer winds down. Register at the pool front desk prior to Aug 12, and your admittance to the event is free! All that participate will get a prize.



CPR/AED Professional Rescuer Challenge

Need to recertify your certification prior to its expiration? This is a challenge! This is designed 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 \$24 A, B
\$16 C
fall-spring 4:10-4:30pm (C) T,F
4:45-5:15pm (A,B-1) T,F
4:45-5:15pm (B-2) W,Th

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



BCH HEATWAVE
SUMMER LEAGUE SWIM TEAM
M-Th 7-8pm
June 9-August 7, 2014

\$120/Child, \$110/Child (2 or more siblings) 6 years and older
\$38 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.



BCH State Champions 2013

SWIM TEAM CONTINUED ON PAGE 7

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 freestyle & 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 , Linda Estes USA Swim \$60 annual registration fee
	per month/average fee:
	\$65 Novice
	\$75 Adv Primary
	\$80 Adv Secondary
	\$200 Family max (3 or more)
fall-spring	M-F 2:45-4:30pm
summer	M-F 9:00-11:00am



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

March ~ August 2014

FITNESS CLASSES continued

SENIOR DIMENSIONS APPROVED, funding limited

***DEEP WATER EXERCISE Summer Only** This challenging aerobics 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 the pool for appointment.

STRENGTH TRAINING /STRETCHING Come enjoy a core workout using therabands, stretchbands, medicine balls, dumbbells & relaxing wind down stretches! Call the 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
	4x's week \$55.25/month
drop-in (space available)	\$5/class
fall-spring	M,W 9:10-9:55am
	T,Th 6:30-7:15pm
summer	M,W 8:00-8:45am
	T,Th 6:00-6:45pm
	T,Th 6:30-7:15pm

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 3/31, 6/30 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 4/29, 5/29, July & August

**PRIVATE
MUSIC
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, F & Sat
9:30am-5pm
fee \$25 for up to 3/4 of an hour

SATURDAY POTTERY WORKSHOPS

Instructor Julie Connell. These banks are made by our instructor. Your fun is in the creating a "funny bunny." We will glaze and fire them in time for EASTER. **Register by Tuesday, March 25**

age 8+ younger needs adult
day/time Sat. 4/5 10am-Noon
bunnies fee \$20

New

Learn to make your own whistle out of clay.

Create your own Alien whistle.

day/time Sat. 5/3 10am-Noon
whistles 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) 10am-Noon
dates 4/12, 5/10, 6/7

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
3/6, 4/10, 5/8, 6/12
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 CLASS

You will make 10 round glass gems per class.

- age 13-Adult
- location Art Center #1
- fee \$20
- day/time Th (1 day) 6-8pm
- dates 5/8, 6/12



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.

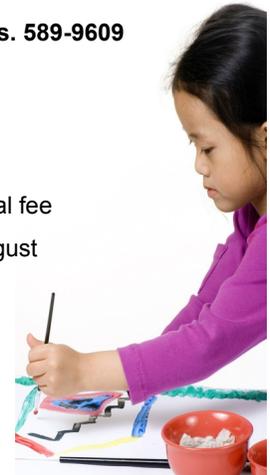
- age 8-16
- location Art Center #1
- weekly class \$30 per month
- as needed \$10 city material fee
- no class 4/29 July & August
- day/time T 3-4:30pm

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 4/29 July & August
- day/time T 10-11:30am





1501 Veterans' Memorial Drive

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

*GOLF CART INCLUDED

1 Clubhouse Drive

<u>BC RESIDENT*</u>	<u>ANY DAY</u>	<u>*w/cart</u>
Before 11am	\$31	
After 11am	\$26	
After 1pm	\$21	
9 HOLES	\$21	
<u>CLARK COUNTY RESIDENT*</u>		
Before 11am	\$41	<u>*w/cart</u>
After 11am	\$31	
After 1pm	\$26	
9 HOLES	\$26	
<u>RESORT GUESTS*</u>		
Before 11am	\$56	<u>*w/cart</u>
After 11am	\$46	
After 1pm	\$36	
9 HOLES	\$36	
<u>JUNIOR GOLFERS</u> (under 18 years)		
18 HOLES	\$18	w/cart \$5
9 HOLES	\$12.50	walking \$3.50

SENIOR BC RESIDENTS*

(60 yrs & over)	
18 HOLES	\$27
9 HOLES	\$17
(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

Visit our website for
current promotions



Management reserves the right to adjust rates at any time.

****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.



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	8:9:30am
fee	\$20	
age	11+	6/9-13
age	6-10	6/16-20
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 Small group and private acting lessons & 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 create-com@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
 day One-day Saturday
 time 9:30-11am
 date 3/15
 5/17

YOUTH SUMMER BASKETBALL CAMP

will focus on basketball fundamentals and skills for the first hours, and then provide scrimmaging for the second hours. INSTRUCTOR Jim Konst is currently the Head Girls Basketball coach at Garrett Middle School. He has coached at the high school level and at the Boulder City Parks and Recreation Department.

grades 2-8
 day M-Th
 time 2-4pm
 location Rec. Ctr. Gym
 fee \$5 daily
 \$15 weekly
 date 6/16-8/7



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 7/3

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 \$32
 Jun \$25
 Jul \$25
 Aug \$25

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.

age 4 yrs.+
 day/time T 3-4pm
 location Multi-Use Bldg
 fee \$50
 date 4/1-5/13
 no class 4/15
 performances BC's Got Talent 5/17
 note + \$10 t-shirt fee for new students
 note \$5 discount to 2nd child in the same family



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
 day T
 time 6-7pm
 fee \$36 Mar, Apr & Aug
 \$27 May (no class 5/27)
 \$45 Jun/ Jul 4th parade
 6/3-7/1 + parade 7/4
 + \$25 uniform fee
 drop in \$10 per class

private sessions are available and arranged with the instructor



BALLROOM DANCE is available and arranged directly with the instructor.

SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

LINE DANCING 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

CLASS INSTRUCTION

day/ time **Adv. Beg. M 6-7pm**
no class 5/26
location Nv Hwy Rec. Bldg. (DWP)
fee \$25 per month
\$7 drop in rate

day/time **Beg. W 6-7pm**
location ABC Park Gym
fee \$25 per month
\$7 drop in rate

PRACTICE SESSION

day/time **Th 9-10am**
location Nv Hwy Rec. Bldg. (DWP)
fee \$5 per person
day/time **1st & 3rd Saturday 10:15-11:45am**
location ABC Park Gym
fee \$5 per person
note *Special rate for the above classes & practice sessions \$40 per month*



Social dance nights are arranged by the Instructor for special occasions

CPR 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 3/8
5/10
7/12



FISHING WORKSHOP This class is designed to teach responsible fishing practices as well as providing an enjoyable educational experience. Participants will learn knot tying, line rigging, baiting, casting, and best of all, reeling in the big one. Responsible anglers know fishing rules, regulations, safety and understand the anatomy and habits of fish. All of this information is introduced in this beginning fishing workshop. Instructor DUSTIN MAGRUDER has been fishing for many years. He is the Assistant Coordinator at the Boulder City Youth Center where he works with kids on a daily basis.

age 8+
day/time Sat 10am-1pm
date 4/5
fee \$25
location Veterans Memorial Park
Fishing Pond
1650 Buchanan Blvd.
note class includes bait & tackle with limited fishing rods
note A Nevada fishing license is required at time of this workshop for ages 12+ & non Nevada residents

visit www.ndow.org
to obtain a fishing license

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.



day M (6 wks)
beginner 7-8:15pm
NO dogs at first class
dates 2/24-3/31
4/7-5/12
5/19-6/30 (no class 5/26)
7/14-8/18
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



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

GYMNASTICS

With Miss Brandi

PRIVATE LESSONS

\$20 per 1/2 hr

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.

GYMNASTICS WITH MISS BRAND

no class 4/14-17, 7/1-3 & 8/26-28

11:30am-12:15pm	K-Gym	age 3+
12:15-1pm	K-Gym	
Mar	T & Th	\$50
Apr	T & Th	\$44
May	T & Th	\$56
Jun	T & Th	\$50
Jul	T & Th	\$50
Aug	T & Th	\$38

4-5pm	Beginner	age 6+
5-6pm	Intermediate	
6-7pm	Advanced	
Mar	T & Th	\$66
Apr	T & Th	\$58
May	T & Th	\$74
Jun	T & Th	\$66
Jul	T & Th	\$66
Aug	T & Th	\$50

4-5pm	Beginner	
Mar	W	\$33
Apr	W	\$33
May	W	\$33
Jun	W	\$33
Jul	W	\$33
Aug	W	\$25

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

age 18+ months old
location Recreation Center #3
no class 4/14&17, 5/26, 8/25&28

10:30-11:00am	Mommy/Daddy/Me	
Mar	M & Th	\$46
Apr	M & Th	\$31
May	M & Th	\$41
Jun	M & Th	\$46
Jul	M & Th	\$46
Aug	M & Th	\$31

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



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

BEGINNING HORSEBACK RIDING

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 helmet
 no class 7/1-12
 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 5 - Aug 23
 T-S 8:30-9am or 9-9:30am

	T	W	TH	F	S
Mar	\$104	\$104	\$104	\$104	\$130
Apr	\$130	\$130	\$104	\$104	\$104
May	\$104	\$104	\$130	\$130	\$130
Jun	\$104	\$104	\$104	\$104	\$104
Jul	\$78	\$78	\$78	\$52	\$52
Aug	\$104	\$104	\$104	\$130	\$130

BEGINNING HORSEBACK RIDING PRIVATE ADULT LESSONS

Sessions are arranged with the instructor
 fee is \$26 per 1/2 hour



March ~ August 2014



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



LANGUAGE FOR TOTS

~ SPANISH ~ FRENCH ~
 ~ ITALIAN ~ GERMAN ~

When young children are introduced to multiple languages at an early age the benefits are staggering. In some regards infant's brain is like a blank slate. Exposing your child to a second language at an early age can actually change the way your child's brain is structured by forming connections that otherwise would not be found. These connections seem to be only necessary for learning language, but are beneficial in many other academic areas: study after study shows that students who have studied a second language do better in other seemingly unrelated areas such as mathematics and logic.

fee \$32 per month
 day W
 time 11:30am-12:15pm
 age 3-5
 location Mar-May Rec Ctr
 Jun & Jul ABC Park Admin 2
 no class 4/16, 7/30 & Aug



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 5/26 & 7/4
 note limited Senior Dimension funds are available for this class

SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

MARTIAL ARTS ~ AIKIDO is 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



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 at 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/time W & F 8-9am
 location North Escalante Park or Rec. Center based on weather conditions



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.

age 7-17 T&Th 6-7pm
 age 18+ T&Th 7-8:30pm
 fee \$30 per month
 location NV Way Recreation Bldg
 insurance \$25 annual fee paid to inst
 no class 4/15&17
 note wear loose-fitting clothing

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 4/17 & 7/3
 time Sept-May 6-7pm*
 time Jun-Aug 7-8pm*
 note *temperature determines time
 fee Mar \$40
 Apr \$30
 May \$50
 Jun \$40
 Jul \$40
 Aug \$40

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



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

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 ABC Park Gym
 time 9-10am & 6-7pm
 fee \$7 per class when a min. of 4 classes are prepaid
 drop in \$10 per class
 no class 4/14&17, 5/26, & 8/25&28

ZUMBATOMICS 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 Zumbatomics instructor.



age 4-12
 day Th
 location ABC Park Gym
 time 4:45-5:30pm
 no class 4/17 & 8/28
 fee Mar \$32
 Apr \$24
 May \$40
 Jun \$32
 Jul \$40
 Aug \$24

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 everyday stresses. All is done with a dash of silliness and oodles of fun with a goal of calmer, happier children. Instructor LEE ANN MAYNARD is a certified 200 hour RYT yoga teacher.



age 5-10
 location ABC Park Admin. #2
 note Bring a towel and loose clothing
 no class 4/14 & Aug
 fee/time Apr \$21 M 6-7pm
 May \$28 M 5/5 6-7pm
 & T 5/13-27 6-7pm
 Jun \$28 T 6-7pm
 Jul \$35 T 6-7pm

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 10:30-11am

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-Petronsky to discuss your needs. Certified Yoga Therapist,

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

viniyogawithlyn.com 920-827-6426 lynbanas@cox.net

YOGA 101 for Beginners is designed for beginning yoga students to learn the basic foundations of a safe and correct yoga practice. This class will prepare you for any style of Yoga. No previous Yoga experience is necessary. Instructor LEE ANN MAYNARD is a certified 200 hour RYT yoga teacher.

age 18+
 location ABC Park Admin. #2
 fee \$12 per 1-hr class
 day/time T 9:30-10:30am
 no class 4/15 & Aug
 fee Mar-Jun \$48
 July \$60

“Where your friends are..”

manager Marcie Gibson
age 16+

(younger persons can contact the manager for a case-by-case review for consideration)

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)!

SEE YOU SOON!

March ~ August 2014

BENEFITS

- ~ Friendly & family-oriented ~
- ~ Trained helpful staff ~
- ~ Full line of free weights ~
- ~ Exercise & cardio machines ~
- ~ 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. A specialized class in cross training for athletes is offered according to demand. Call 702-293-0870 for more information.

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.



YOUTH SPORTS

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

BASEBALL - SOFTBALL - T-BALL

Kindergarten players must be in kindergarten, OR 5 years old by May 1st, for the T-ball league.
*Exception, a 4-year old may play if his/her parent is coaching.

- length 6 weeks
- register pre-registration is required, fees must be paid by 5pm on 4/3, after 4/3 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 4/7 @ 6pm or T 4/8 @ 6pm
- grade 1-2 Co-Ed Coach Pitch Baseball
M 4/7 @ 7pm or T 4/8 @ 7pm

- location **Hemenway Field**
- grade 3-6 Girls Slo-Pitch Softball
W 4/9 @ 6pm or Th 4/10 @ 6pm
- grade 3-6 Boys Baseball
W 4/9 @ 7pm or Th 4/10 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 8/27 or Th 8/28 @ 6pm
- grade 1-2 W 8/27 or Th 8/28 @ 7pm
- grade 3-5 T 9/2 or W 9/3 @ 6pm
- grade 6-8 T 9/2 or W 9/3 @ 7pm

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

ADULT SPORTS

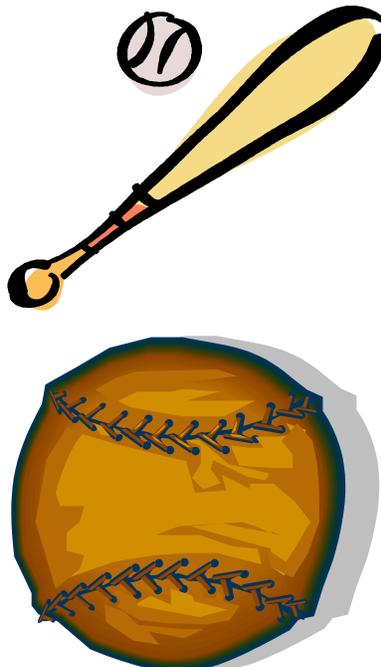
- age 16+ minors require parental permission
- note A Team Manager or Rep. must attend the meeting
- meeting Rec. Ctr. Classroom # 4
- info please call
Tay Deering
@ 293-9254

SOFTBALL Recreational

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

VOLLEYBALL Women's Recreational

- meeting T 3/4 7pm



RECREATION CENTER OPEN GYM
 Mon-Th 3-8pm ~ Fri 3-6pm ~ Sat 1-4pm
 Times may vary due to staffing
 Activities include
 ♦ pool ♦ volleyball ♦
 ♦ "drop-in" play ♦
 ♦ uninstructed basketball ♦
 ♦ uninstructed 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.



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



March ~ August 2014

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 \$80
 Apr \$70
 May \$50

age 4-5 Monday-Thursday
 9-11:30am
 Mar \$170
 Apr \$140
 May \$90

TINY TOTS INSTRUCTORS
 Lisa Wright,
 Linda Molisee & Kathleen Feeney



2014 FALL TINY TOT REGISTRATION

M-Th 4 & 5 yr. old class
 Monday, August 4 @ 7:30 am
 T & Th 3 & 4 yr. old class
 Tuesday, August 5 @ 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,
 Dana Bylund, Ian Donnelly,
 Patsy McClure, Eden Nix & Christine Tippetts

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 4/14-18
 fee \$20 per day
 time 7am-6pm
 Note filed trips may be scheduled with additional charges

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
 fee \$9 half day-\$18 full day
 half day 7am-12:30 pm or 12:30-6pm
 length June 9-August 22

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 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.

**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 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.

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 trailhead sign.

RIVER MOUNTAINS LOOP TRAIL

The River Mountains Loop Trail runs approximately 35 miles on a loop which connect 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.



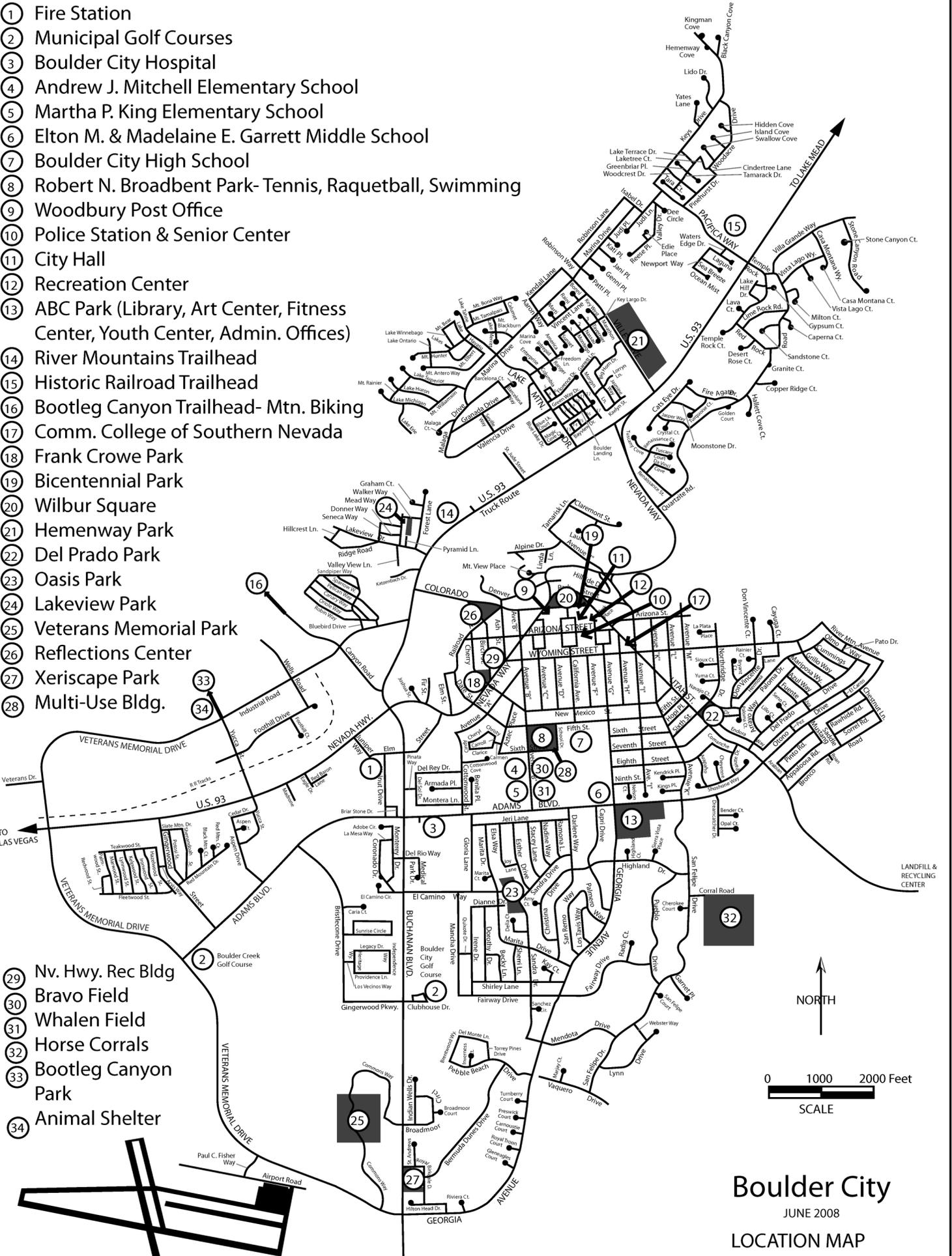
Photo by David Sharp of Sharp Studios

WILBUR SQUARE
1100 Colorado Street

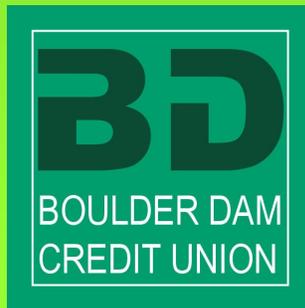
Wilbur square was originally designed and constructed by the federal government during the construction of Hoover Dam. This 3.3 acre park was named in honor of Ray Lyman Wilbur who served as Secretary of the Interior from 1929-1933. This park is home to many special events throughout the year.

- 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**