

Where Community Begins

BOULDER CITY PARKS & RECREATION
March ~ August 2015



900 Arizona Street
Boulder City, Nevada
702-293-9256 ~ 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, Carla Morgan,
Deana Parsons, Christy Springgate-Hill,
Chris Leavitt & Chuck Pickens

Parks & Recreation 702-293-9256

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 702-293-9340

Coordinator, Patty Sullivan

Sports 702-293-9254

Coordinator, Steven R. Corry

Aquatics 702-293-9286

Coordinator, Sheri O'Berto
Administrative Clerk, Jacob Anderson

Art Center 702-589-9609

Coordinator, Robin Kariam

Golf Courses

Boulder City Municipal Golf Course 702-293-9236

Head Golf Professional, Tony Fiorentini

Boulder Creek Golf Club 702-294-6534

Head Golf Professional, Andy Schaper

Fitness Center 702-293-0870

Manager, Marcie Gibson

Youth Center 702-491-3679

Coordinator, Debbie Barth

Dear Boulder City Resident,

I am delighted to present our City's latest recreational brochure for March 2015- August 2015.

Our Parks and Recreation Department offers a wide variety of programs, sports and activities to enhance your family's lifestyle. We hope you take full advantage of these opportunities. I hope you also take the time to explore and enjoy the excellent Parks and Recreation facilities available to you as a resident of Clean, Green, Boulder City.

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

We are constantly searching for new programs, sports activities and special events to capture the interest of our residents. Please contact our Department if you have any new ideas or recommendations concerning programs listed in this brochure. We welcome input from our community.

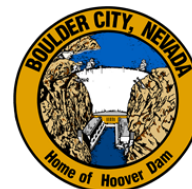
Please be sure to take a look at the City's website www.bcnv.org, and let us know how we can be of service to you.

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 702-293-9256 with any questions you may have. Check us out online at www.bcnv.org

General Information: 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. Please register for Pool and Fitness Center programs 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 they 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 702-293-9256 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 & Wallyball	4
Pool Policies	5
Pool Parties	5
Fitness Classes	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
Lifeguard Training	6
CPR/AED Professional Challenge	6
Swim Lessons	6
Parent/Baby-Tot	6
Private	6
Youth Learn To Swim	6
Swim Team	6&7
Cross Training BCH	6
Pre Swim & BCH	6&7

ART CENTER

Pottery	8
Throwing, Workshops & Lab	8
Art Activities & Classes	8&9
Adult Fine Art	9
Cabochon Glass	9
Celebrate Your Birthday	9
Fine Art Prep	9
Soy Candles	8
Wire Wrapping	8
Workshops	8

ART CENTER CONTINUED

Music	8
Voice, Guitar, Dulcimer, Piano	8
COMMUNITY FITNESS CENTER	18
Body Composition Analysis	18
Sr. Dimensions Fit For Life Club	18
Personal Training	18
GOLF	10
Boulder City Golf Course	10&11
Boulder Creek Golf Club	10
PGA Jr. Golf League	11
Jr. Golf Class	11
OPEN GYM	20
PARK DESCRIPTIONS	22
PARK LOCATOR MAP	23
SPECIAL INTEREST	
Basketball Camp	12
Belly-Dancing	12
Cheerleading	12
Children's Performing Arts	
Rising Stars	12
CPR	13
Dance ~ Hip Hop	13
Dance ~ Line Dancing	16
Dog Obedience	13
Fitness, Youth	
Jr. Adventure Guide Certification	12
Young guns Fitness For Teens	13
Golf, Jr. & PGA Jr. Golf League	11
Gymnastics	14
Horseback Riding	15
Language	15
Learn 2 Stretch	16
Martial Arts – Aikido & Jujitsu	16

SPECIAL INTEREST CONTINUED

Pickleball	16
Tai Chi	17
Tennis	16
Yoga	17
Zumba	17

SPECIAL EVENTS

Damboree	19
Free Fishing Day	19
National Night Out	19

SPORTS

Youth

Baseball, Softball, T-Ball	20
Soccer	20
PGA Jr. Golf League	11

Adult

Softball & Volleyball	20
-----------------------	----

YOUTH PROGRAMS

Safekey	21
Spring Break	21
Summer Parks	21
Tiny Tots	21
Youth Center	21



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. New this year is an ADA accessible ramp leading to the wading pool deck, and into the wading pool. 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
DAILY	Adult	\$3
15-PUNCH PASS	Youth & Senior	\$27
30-PUNCH PASS	Youth & Senior	\$51
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-F	6:30-10am
*OPEN SWIM	M-Th	12-1:30pm
		5:15-7:30pm
	F	4:45-7:30pm
	Sat	7:30am-2pm
	Sun	closed

*Lap lanes are available during Open Swim

Have you heard? The pool has a climbing wall amenity, that opened 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 2015

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 (5/24-8/30)	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 2015

~ Special holiday hours are posted at the complex ~

~Dates and times subject to change ~

~POOL CLOSED for maintenance May 9-22, 2015 ~

~ 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
Saturday	7:30am - 2pm

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 (5/24-8/30)	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

During all pool hours, including swim class times, children under 8 years of age can not be left unattended at the pool and facility. Parents, or a responsible individual age 12 or older must be present at all times. In addition, 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 within an arms reach of them.

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 19 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.*

"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 meter 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. * you can also add the option of an additional 200m swim right after the run (notify the desk when registering)

race date	June 27
time	7am
cost	\$20 per person

FREE
CARDBOARD
BOAT RACES

Wednesday

July 15

6:00 pm



Cardboard Boat Race 2014



Damboree Coin Toss July 4th, Noon

It's the 15h Annual Cardboard Boat Races. This year we invite participants to bring a "FROZEN" (the movie) 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 12th, 1:30-3:00pm ~ All ages

Admission: Free (if registered prior to Aug 11)
(price to pool if registering that day)

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. Children under 8 must be accompanied by an individual 12 or older. Non swimmers will also require adult participation/supervision in the water during the games.

POOL SPECIAL EVENTS CONT.

SOGGY DOGGY POOL PAWTY

Saturday, September 12th, 9am-Noon

Come and enjoy an end of season celebration for your pooch. This new outdoor event features canine swim time and a whole lotta dog-gone fun as the Boulder City Pool turns into an aquatic dog park. The pool closes to humans for the summer season and the water opens up for dogs only to enjoy!

Please call the pool for registration information, costs, participation policies and details on the event.

SWIM LESSONS

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

PRIVATE SWIM LESSONS

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

CODY'S SWIM CLINIC

This swim skills clinic for team or trained swimmers is designed to improve stroke and technique. Work on every stroke in a small group setting. Improve physically and mentally in every aspect of swimming. Focus on the details that will make you a faster, stronger, and smarter swimmer.

age	6-13
monthly class	\$28 per month/average fee
day/time	Saturdays 10:30-Noon



PARENT-BABY/TOT LESSONS

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, and 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
summer	tba		

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-am-11:45am	

BCH HEATWAVE SUMMER LEAGUE SWIM TEAM

6 years and older

M-TH ~ 7:00- 7:55pm

June 8 - Aug 7, 2015

\$120/child ~ \$110/child (2 or more siblings)

\$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 BCH swim team program. Register early, space 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 and endurance. Swimmers must be able to swim 1 pool length freestyle & backstroke, and kick 1 pool length breast stroke, and 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, Sara Fecteau, 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, 7:00-7:55pm (novice)

FITNESS CLASSES

SENIOR DIMENSIONS APPROVED, funding limited * 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	\$55 / month/average fee
drop-in	\$4.50 / class (space available)
M-Th	7:00-7:55am

*LOW INTENSITY WATER EXERCISE/CALISTHENICS

This class is designed for those who are having arthritic pain, recuperating from surgery or physical therapy, and those simply wanting a great low intensity workout! Water is such an excellent medium for low impact exercise and can provide the body with one of the best low-stress workouts available, using your own body weight as buoyancy and resistance.

age	13+
monthly class	\$55 per month/average fee
drop-in	\$4.50 / class (space available)
M-Th	8:00-8:55am

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.

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

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,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 swam 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+
	pool entrance only



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 702-293-9256. Classes take place at the 801 Adams Blvd. *NOTE: Items produced at the Art Center are for personal and gift giving purposes and are not to be produced for unauthorized sells. Art Center produced items to be sold for personal financial gain are limited to Art Center sponsored events and must be approved by Art Center Coordinator Robin Kariam.*

POTTERY LABS (not an instructional forum)

drop ins welcome fee \$10 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
as needed \$25 city material fee
no class July & Aug

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
fee \$45 Apr & May / \$56.25 Mar & Jun

JULIE CONNELL has an AA in art with over 20 years teaching experience.

age 16-adult
day/time T 9-11:30am
fee \$45 Apr & May / \$56.25 Mar & Jun
age 13-adult
day/time Th 6:30-9pm
fee \$45 Mar, May & Jun / \$56.25 Apr

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. Times and dates are arranged with the 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
no class August



SATURDAY POTTERY WORKSHOPS

Instructor **JULIE CONNELL**.

age 8 yrs. old or younger need an adult participant
time 10am-Noon
fee \$20

Bunnies Mar 21

Alien Whistles May 2



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 8-adult
location Art Center room #1
fee \$15 + \$5 Instructor material fee
day/time Sat (1 day) 10am-Noon
dates Apr 11
May 9
Jun 6

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 (1 day) 6-9pm
dates Mar 12
Apr 9
May 14
Jun 11
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 4"x4" 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 702-589-9609

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 room #1
fee	\$30
day/time	T Jul 14 (1 day) 9-10 am
dates	Sat Jul 25 (1 day) 9-10am

NEW TILE HANDPRINT

age	no limit
location	Art Center room #1
fee	\$10 per 6x6 Tile
day/time	T Jul 7 & 21 (1 day) 9-10am



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 room #1
weekly class	\$30 per month
as needed	\$10 city material fee
no class	3/31 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. 702-589-9609

age	16+
location	Art Center room #1
weekly class	\$30 per month
as needed	\$10 city material fee
no class	3/31 July & August
day/time	T 10-11:30am





1501 Veterans' Memorial Drive

BC RESIDENT*	ANY DAY
Before 11am	\$58
After 11am	\$48
After 1pm	\$33
9 HOLES	\$33
CLARK COUNTY RESIDENT*	
Before 11am	\$68
After 11am	\$58
After 1pm	\$43
9 HOLES	\$43
RESORT GUESTS*	
Before 11am	\$110
After 11am	\$90
After 1pm	\$65
9 HOLES	\$65
JUNIOR GOLFERS	
(Under 18 years)	
18 HOLES BEFORE 1 PM	\$30
18 HOLES AFTER 1 PM	\$10
9 HOLES ANYTIME	\$10

*GOLF CART INCLUDED

GOLF BOULDER CITY

Visit our website for
current promotions



www.golfbouldercity.com



1 Clubhouse Drive

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

DRIVING RANGE

SMALL BUCKET	\$3
LARGE BUCKET	\$5

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.

NEW ~ PGA JR GOLF LEAGUE The Boulder City PGA Junior Golf League is designed to introduce the game of golf to boys and girls, ages 7-17 years old. This league features team vs. team competitions in a structured league that provides a popular, less stressful scramble format as opposed to stroke-play competition. This is a great way to get kids involved in the game!

The Boulder City PGA Junior League will emphasize:

- ~ Sportsmanship, Rules and Etiquette ~ Golf Skills ~
- ~ Learning how to play on the course ~ Fun ~



registration	May 1 - June 17
practice	July
matches	Aug 3 - Sept 19
location	Boulder Creek Golf Club
fee	\$110 (10 week league)
includes	golf shirt and supplies
age	7-17

Register at the Recreation Department at 900 Arizona Street.

For more information, email Boulder Creek professional

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 Municipal Golf Course	
day/time	M,W&F 8:00-9:30am	
fee	\$20	
age	11+	6/8-12
age	6-10	6/15-19
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

JUNIOR ADVENTURE GUIDE

CERTIFICATION is an after school program that is offered during the school year. The following seven components will be covered to become a Junior Adventure Guide: Wilderness Survival Fundamentals, Basic First Aid, Backpacking and Camping Essentials, Ropes and Rigging, Navigation, Team Building and Leadership, Mountaineering and Canyoneering. Once all seven classes have been completed, students will receive their Junior Adventure Guide Certification. Instructor GENE KELLY is a Master Fitness Training Instructor and Life Coach. He is a former fire fighter with 30 years experience in fitness, and group training.

age 12-17
location ABC Park Gym & Outdoors
day/time Th 4:00-5:30pm
fee \$20 per month



YOUTH SUMMER BASKETBALL

CAMP will focus on basketball fundamentals and skills for the first hour, and then provide scrimmaging for the second hour. 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 Jun 15 - Aug 6



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

Skills Class

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

Choreography Prep

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

CHILDRENS' PERFORMING ARTS

RISEING 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 5 yrs.+
day/time T 3-4pm
location Multi-Use Bldg
fee \$50 (6 weeks)
date Mar 17-April 28
no class 3/31
performance @ Spring Jam
note \$10 t-shirt fee
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 Rec. Ctr. #2 / gym
day T
time 5-6pm
fee \$36 Mar (no class 3/31)
\$36 Apr & Jun
\$27 May (no class 5/26)
drop in \$10 per class

CHEER CAMPS

fee \$25 each
Spring 1-day T Mar 31
4-8pm
parent performance @ 8 pm
Jul 4th Parade T Jun 30 & Th July 2
6-8pm
Parade July 4 @ 8am
+ \$25 uniform to own
or \$10 to rent

private sessions are available



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 ST PIERRE.

age all ages
15 & under
require adult participation

Advanced **dance only**

day/ time **M 6-7pm**

location Nv Hwy Rec. Bldg. (DWP)

fee \$25 per month
\$5 drop in rate

Beginning **Instructional**

day/time **W 6-7pm**

location Nv Hwy Rec. Bldg. (DWP)

fee \$25 per month
\$7 drop in rate

Practice Session which includes one intermediate lesson.

day/time **Th 9-10am**

location Nv Hwy Rec. Bldg. (DWP)

fee \$5 per person

day **1st & 3rd Sat.**

time **10:15-11:30am**

location ABC Park Gym

fee \$5 per person

All You Can Dance

Enjoy any or all of the dance classes above at one flat rate of \$40 for the month



Kick up you heels and join the fun!

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. 1101 Elm

notes certification offered

fee \$45

when Sat 9am-1pm

dates 3/7
5/2
7/11



YOUNG GUNS FITNESS FOR TEENS

Looking for something to keep kids active after school while enhancing performance for adventures and sport activity? This program will help your teen gain confidence, self-esteem and improve their health while having fun participating in challenging fitness games, obstacle courses, and the trendy game of Skyball. Interactive mini-lectures on nutrition will help teens learn the importance of "we are what we eat." Our goal is to create a safe and fun environment for learning about fitness with positive reinforcement, encouragement, and motivation. Regular exercise has endless benefits for teens, including those who may suffer from diabetes, hypoglycemia, ADHD, weight issues, depression, and boredom. Instructor GENE KELLY is a Master Fitness Training Instructor and Life Coach. He is a former fire fighter with 30 years experience in fitness, and group training.

age 12-17

location ABC Park Gym
& Outdoors

day/time Tues 7-8:30pm

fee \$20 per month

no class Sept.

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 3/2-4/6
4/13-5/18
6/1-7/6
7/13-8/17

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



March ~ August 2015

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.

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 & dif-

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 TAMANAHA has a teaching degree and has been involved in gymnastics and dance her entire life.

GYMNASTICS WITH MISS BRAND

no class 3/31-4/2, 8/25-27

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

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

Mommy/Daddy/Me

age	18+ months old
time	10:30-11:00am
location	Recreation Center #3
no class	3/31, 4/2, 8/25 & 8/27
drop in	\$8 per class when space is available.

Tuesday

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

Thursday

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



4-5pm	Beginner	
Mar	W	\$33
Apr	W	\$33
May	W	\$33
Jun	W	\$33
Jul	W	\$41
Aug	W	\$25

5-6:30pm	Intermediate	
Mar	W	\$49
Apr	W	\$49
May	W	\$49
Jun	W	\$49
Jul	W	\$61
Aug	W	\$37



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	July 4-11
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 22
T-S	8:30-9am or 9-9:30am

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

BEGINNING HORSEBACK RIDING PRIVATE ADULT LESSONS

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



HORSEBACK RIDING LESSONS

ENGLISH - ALL LEVELS

WESTERN - INTERMEDIATE LEVEL

Riders will build a solid foundation in horsemanship and riding focusing on the fundamentals of grooming, tacking and horse handling as well as proper position and etiquette in riding. INSTRUCTOR Jessie Mix has 25 years of equine experience and has been instructing since 1999. She specializes in hunter/jumper, equitation, pleasure riding and confidence building. Please call 702-372-0158 for instructional inquiries.

age	10+
location	Horse Corrals lots 124-126 at the corner of Oregon & Bosman Trails
day/time	arranged with the instructor
fee	\$40 per person, per 1-hr lesson

Semi-private 1-hr lessons will be available for select intermediate (or higher) riders of similar skill level. Class fees are quoted by the instructor based on the number of students.

Note: Long pants, a boot with a low heel and a certified riding helmet are required for all riders. Breeches and tall boots or half chaps are suggested for English riders, but not required.



LANGUAGE - CONVERSATIONAL

Instructor BEATRICE WERNER is a former CSN language teacher 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	Rec. Dept. #1
no class	4/1, Jun, July & Aug

March ~ August 2015

SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

HIP HOP EXTREME incorporates a number of different dance styles/moves to help beginners in hip hop dance and those who already have some raw talent. Hip Hop dance is a combination of different dance styles that intertwine to create a unique variation of movement. Some of the dance styles include Modern dance, Pop, Locking, krunk, Tick, and breaking (floor movement). This class also includes some basic stretching for better flexibility which will help in overall body conditioning. **INSTRUCTOR** Gwint Fisher is a Personal Trainer and a self proclaimed Street Dancer.

age 12+
 fee \$60 (6 wks)
 day T & TH 2:45-3:45pm
 location ABC Park gym
 I 3/10-4/23
 (no class 3/31 or 4/2)
 II 4/28-6/4
 III 6/9-7/30 + 7/4 parade
 note: prior class participation is required for this session.

PING PONG (open play)

This program is run by volunteers. Refer to notes on the door for scheduling updates.

Monday 7-8pm @ ABC Park Gym

Youth under 18 years of age are required to have a release of liability on file with the city and may require an adult to accompany them.



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 \$40 per month
 location NV Way Rec Bldg (DWP)
 insurance \$25 annual fee paid to inst
 no class 3/31 & 4/2
 note wear loose-fitting clothing



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
 location Rec Ctr #2
 day M & W 7-9pm
 & Sat 9-11am
 location Recreation Center
 note wear loose fitting clothing



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 5/22
 note limited Senior Dimension funds are available for this class

PICKLEBALL LESSONS NEW

INDIVIDUAL PRIVATE & SMALL GROUP

Lessons are custom designed to meet the needs of the student(s).

1 hr lessons

1-4 people \$45 per hr / per group

5+ people \$10 per hr / per person

Times and dates are arranged with the instructor. 952-217-0968



March ~ August 2015

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 TAMANAHA is a certified Zumba instructor.

age 10-adult
day T & Th
location ABC Park Gym
time 9-10am & 6-7pm
day Sat
time 9-10 a.m.
fee \$8 per class when a min.
of 4 classes are prepaid
drop in \$10 per class



INTRO TO PICKLEBALL

Pickleball is a paddle sport created for all skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This fun sport combines many elements of tennis, badminton and ping-pong."

Free Clinic

age 8+
day/time Sat 1-2pm
date 2nd Sat of each month
fee Free @ Rec. Ctr. Gym
note Preregister at the Rec. Office

Group Play

location Indoor @ Rec. Dept. open gym
open gym hrs are on page 20
Outdoor @ ABC Park any time
ABC Park nets are secured to
the fence and can be place on
the basketball court for play
note Groups play
Indoors &/or outdoors
Mon & Wed 9-11am
& Sat 1-3pm
note limited paddles & balls are
available at the ABC Park
Fitness Ctr. & Rec. Dept.

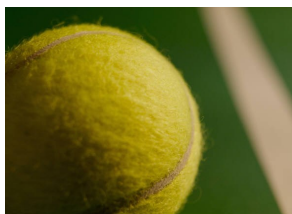
For more information, call our Boulder City
Pickleball Ambassador at 952-217-0968

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 4/2
time Sept-May 6-7pm*
time Jun-Aug 7-8pm*
note *temperature determines time
fee Mar \$40
Apr \$40
May \$40
Jun \$40
Jul \$50
Aug \$40

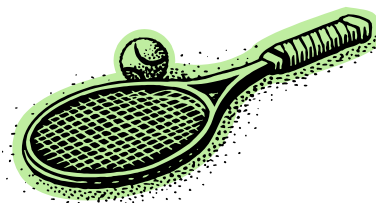
A women's
competitive
tennis
league
is now
forming.
Call
293-9256
for
information.



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



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
no class June-Sept.
location North Escalante Park
or Rec. Center based
on weather conditions



VINI YOGA classes 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. All skill levels are welcome. INSTRUCTOR LYN BANAS-PETRONSKY is a E-RYT500, CMTB, 2,400+hrs of yoga teacher/therapist experience. Contact Lyn Banas-Petronsky to discuss your needs. Certified Yoga Therapist. To contact Lyn:

age 10+
location ABC Park Admin. #2
fee \$12 per 1-hr class per week
Discounts apply when taking
multiple classes per week.
See instructor for details.
1:1 fee \$48 pr hr or \$160 for 4 hrs
day/time schedule with the instructor

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

March ~ August 2015

"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	single
wkly fee	\$10	single
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

- ~ 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.

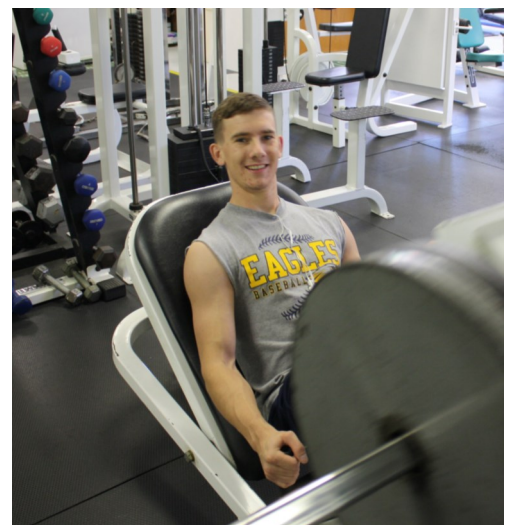
GWINT FISHER is an Athletic Certification & Training Commission (ACT) Certified Personal Trainer with over 30 years experience. He provides vast nutritional knowledge to meet the weight goals of his clients.

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.

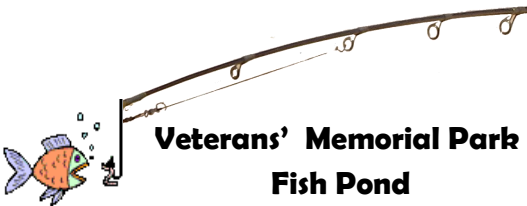
To get more information regarding our personal training services or to make an appointment with a Community Fitness Center trainer, simply visit your Community Fitness Center @ 801 Adams Blvd. or call us at 293-0870.



FREE Fishing Day

Sat., June 13th

Starting at 8 am



1650 Buchanan, Boulder City, NV



**POLICE/FIRE
SOFTBALL GAME**

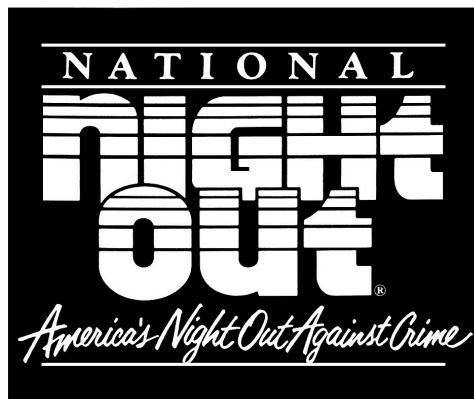
Tues., Aug. 4, 2013

6-9pm

Veterans' Memorial Park

FREE

Food & Entertainment Giveaways & Demonstrations



DAMBOREE

4TH OF JULY

CELEBRATION

SATURDAY

July 4th

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

Noon Coin toss at the pool

1pm 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



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,

*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 4/13, after 4/13 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. Team coordination and practices in Apr/May. Games begin in May.

location	Pratte Field
grade K	Co-Ed T-Ball M 4/6 @ 6pm or T 4/7 @ 6pm
grade 1-2	Co-Ed Coach Pitch Baseball M 4/6 @ 7pm or T 4/7 @ 7pm
location	Hemenway Field
grade 3-6	Girls Slo-Pitch Softball W 4/8 @ 6pm or Th 4/9 @ 6pm
grade 3-6	Boys Baseball W 4/8 @ 7pm or Th 4/9 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 8/26 or Th 8/27 @ 6pm
grade 1-2	W 8/26 or Th 8/27 @ 7pm
grade 3-5	T 9/2 or W 9/3 @ 6pm
grade 6-8	T 9/2 or W 9/2 @ 7pm

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

ADULT SPORTS

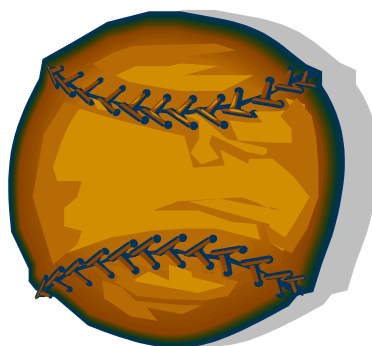
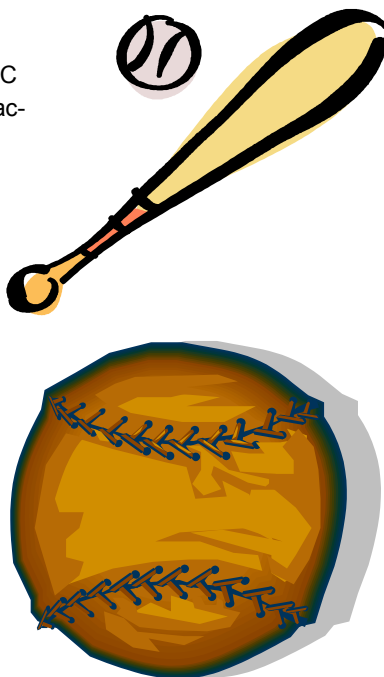
age	16+ minors require parental permission
note	A Team Manager or Rep. must attend the meeting
meeting	Rec. Ctr. Classroom # 4
info	please call Steve Corry @ 293-9254

SOFTBALL Recreational

meeting	T 4/21	7pm	Men
meeting	T 4/21	8pm	Co-Ed

VOLLEYBALL Women's Recreational

meeting	M 3/2	7pm
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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

702-491-3679

YOUTH CENTER STAFF

Coordinator Debbie Barth



March ~ August 2015

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 \$80
May \$40

age 4-5 Monday-Thursday
9-11:30am
Mar \$160
Apr \$160
May \$80

TINY TOTS INSTRUCTORS

Lisa Wright, Linda Molisee & Kathleen Feeney

2015 FALL TINY TOT REGISTRATION

M-Th 4 & 5 yr. old class

Monday, August 3 @ 7:30 am

T & Th 3 & 4 yr. old class

Tuesday, August 4 @ 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. SAFEKEY 702-287-6154

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)
\$20 All Day Safekey
+ field trip fees
note prepayment is required & late fees are assessed

Coordinator: Christy Hartman

Staff: Stephanie Boyle, Ian Donnelly, Bree Gibbs, Jennifer Harris, Connor Leavitt, Patsy McClure, Richard Pappas & Tasi Tagilere

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 3/30-4/3
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 8-August 22

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

**ADAMS BLVD COMMUNITY PARK
(ABC PARK)**

801 Adams Blvd. [13]

Hours vary for the Art, Fitness & Youth Center. Gymnasium and classrooms available on a reservation basis.

BICENTENNIAL PARK

999 Colorado Street [19]

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 [16]

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 & [30]

WHALEN BASEBALL FIELD [31]

891 Avenue B

These ball fields accommodate the Youth, Men's & Women's Baseball & Softball Leagues.

ROBERT N. BROADBENT

MEMORIAL PARK

861 Avenue B [8]

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 [28]** 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 [22]

This 2.5-acre park has playground equipment, basketball courts & open green areas.

FRANK T. CROW

MEMORIAL PARK

640 Nevada Way [18]

Approximately 1-acre of one green area including picnic tables & barbecue grills.



HEMENWAY VALLEY PARK

401 Ville Drive [21] 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 [24]

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) [29]

OASIS PARK

1419 Marita Drive [23]

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

REFLECTION CENTER

300 Railroad Avenue [26]

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 [14]

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 [14]

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 [8]

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. [25] 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

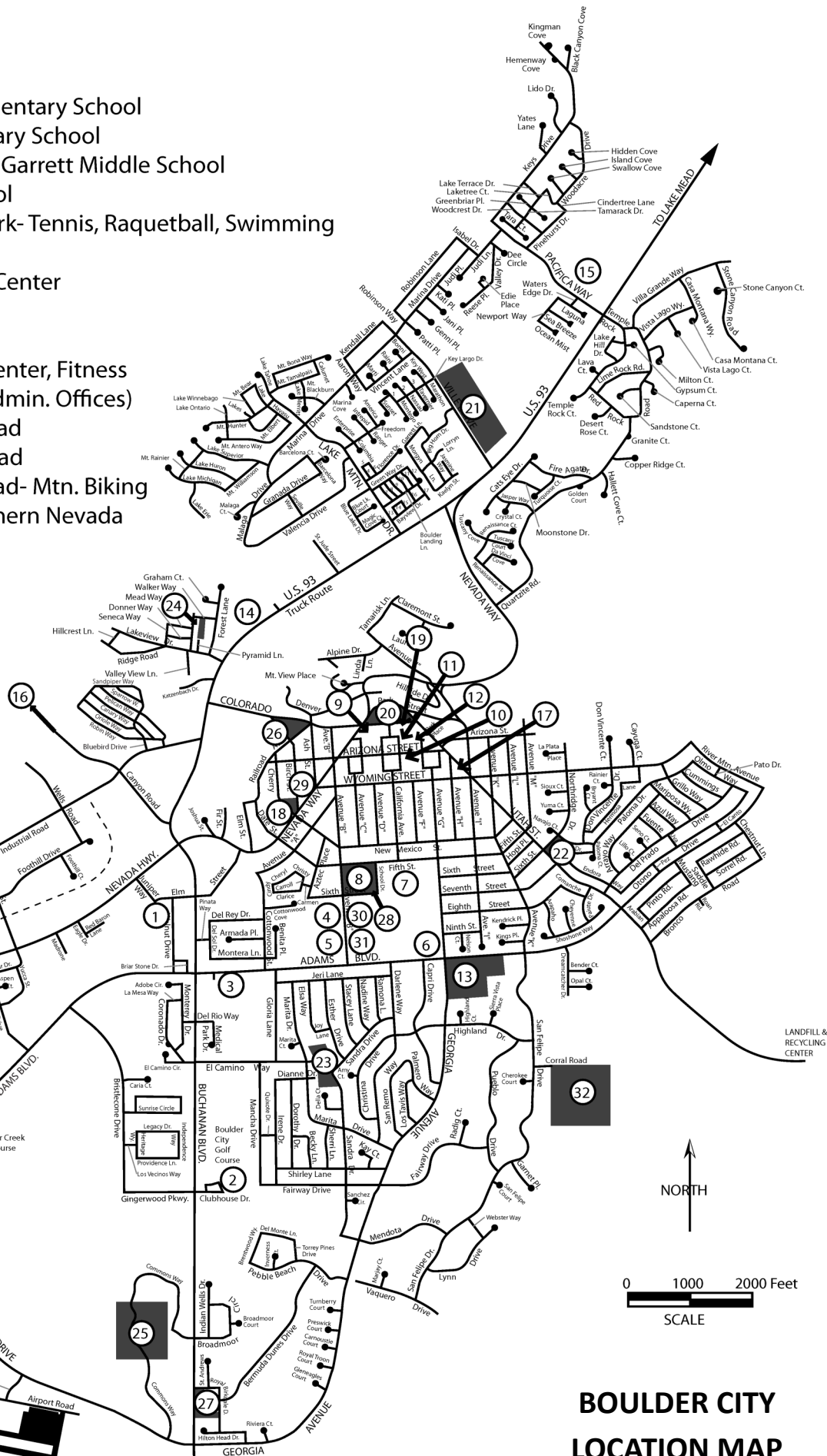
WILBUR SQUARE

1100 Colorado Street [20]

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 LOCATION MAP



Photograph by Boulder City Parks and Recreation Department Director Roger Hall

**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**