

Where Community Begins

BOULDER CITY PARKS & RECREATION
September 2016 - February 2017



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

Rod Woodbury, Mayor
Cam Walker, Mayor Pro Tem
Peggy Leavitt, Councilwoman
Duncan McCoy, Councilman
Rich Shuman, Councilman

City Manager

David Fraser

Parks and Recreation Commission

Chairperson, Carol Lelles
Members, Carla Morgan,
Peter Ricciardo, Christy Springgate-Hill,
Chris Leavitt, Chuck Pickens & Bobbe R. Wilson
Youth Representatives
Carson Balistere & Skylar McKay

Parks & Recreation 702-293-9256

Director, Roger C. Hall
Recreation Coordinator, Julie Calloway
Office Assistant, Pam Hickey, Brianna Egan &
Jennifer Spinkelink
Maintenance, Bob Kreger, Ryan Allain,
Shane Joseph & Matt Rogers

Recreation 702-293-9340

Coordinator, Patty Sullivan

Sports 702-293-9254

Coordinator, Kelly Lehr

Aquatics 702-293-9286

Coordinator, Jacob Andersen
Administrative Clerk, Cheree Brennan

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,

The Boulder City Parks and Recreation Department is pleased to present this brochure outlining the program offerings for September, 2016-February, 2017.

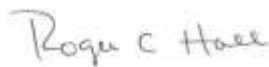
As in past seasons, we offer a wide variety of programs and activities to enhance your family's lifestyle. We hope you take full advantage of these opportunities. We also hope you take the time to explore and enjoy the excellent Parks and Recreation facilities available to you as a resident of "Clean, 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 new and improved website www.bcnv.org. I am sure you will be impressed with the new look and information provided.

Please give us a call if we can help you in any way. The numbers for the different facilities are provided in this brochure.

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.

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.

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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. The Diving pool includes 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!

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	5/26-9/4	\$150

FALL-SPRING—MAIN POOL ONLY

ADULT LAP SWIM	M-F	6:30-10am
	M-Th	12-1:30pm
*OPEN SWIM	M-Th	5:15-7:30pm
	F	4:45-7:30pm
	Sat	7:30am-2pm
	Sun	closed

SUMMER 2017

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

**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 the area.

* Subject to availability due to classes in "Open" area

~ **Special holiday hours are posted at the complex** ~

~**Dates and times subject to change**~

~**POOL CLOSED for maintenance Sept. 10–25, 2016**~

~ **Check for office and court availability** ~

COURT & FACILITY OFFICE HOURS

FALL-SPRING COURT & OFFICE HOURS

Monday - Thursday	6:30am - 8:00pm
Friday	6:30am - 10:00am
	2:00pm - 8:00pm
Saturday	7:30am - 2:00pm

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 (5/29-8/28)	1:00pm - 5:00pm

POOL POLICIES

During all pool hours, including swim class times, children under 8 years of age cannot 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 and who cannot pass the swim test, must be accompanied by an individual 12 or older who is in the water within an arm's reach of them.

Rules include, and are not limited to:

- * No diving in shallow water
- * No running
- * No extended breath holding

CLASS POLICIES

It is the desire of the Boulder City Pool to provide a variety of classes for our community every month. We ask that patrons sign up well in advance of classes starting in order to schedule appropriate class space and ensure instructor availability. Classes may be cancelled due to low registration numbers.

If a class lacks the minimum number of registrants before noon on the beginning day of a class, the class will be cancelled for that day and will start the next scheduled day. If the class lacks the required registrants after a week of the original start date, the class will be cancelled for the month.

We apologize for the any inconvenience this causes.

LIGHTNING POLICY

For our patron's safety, the pool will close for 30 minutes if thunder is heard within 30 seconds of lightning being seen. 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! **One pool admittance will be granted if paid admittance has been received within 30 minutes of closure.**

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

Youth Learn to Swim Grant

Thanks to SNICC, Copper Mountain Solar, and SDGE we are proud to offer a Learn to Swim Grant to some of our children. If your child is four years old or younger and are enrolled in Parent Baby Tot class or a Level One Learn to Swim class they are eligible to receive the grant

How it works: Come in, sign up for the class and pay for the class. After the student attends 70% of the class, they are eligible to receive a refund!!



Have you heard? The pool has a brand new inflatable in the main pool! The Wiggle Bridge is approx. 13' long consisting of two starting areas and three lily pads. Race against yourself, or your friends, improve your fitness, flexibility and balance. Appropriate for ages 5 and older. Participant may be asked to pass a swim skills test. The Wiggle Bridge is available during open swim and family hour every day during the summer and on Saturdays in the winter.

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 & enhance 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

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

AMERICAN RED CROSS

YOUTH LEARN-TO-SWIM

Classes are designed to teach progressive swimming techniques for the non-swimmer to the 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
	T,Th	4:05-4:50	level 3

**SECOND ANNUAL
SOGGY DOGGY
POOL PAWTY**

Saturday, September 10th 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 doggone 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.



THE BOULDER CITY POOL IS HIRING!
Are you 16 or older and seeking a fun and re-warding part time job? Are you retired and seeking a rewarding hobby and job?
If you are certified to lifeguard, teach water safety, fitness, or racquetball related programs, WE WANT YOU!
Call 293-9286 for more information.

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!

POOL GAME DAY

Wednesday, August 10th 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 10, and your admittance to the event is free! All who 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.

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

***EVENING 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 \$26/ month/average fee
 drop-in \$4.50 / class (space available)
 T,Th 6:00-6:55 pm

***LOW-INTENSITY WATER EXERCISE**

Also set to music, this class is designed for those who may be dealing with arthritis pain, recovering from surgery, or simply wanting to exercise at a slower pace than our water aerobics class. Water greatly reduces the effect that gravity has on the body and yet is about 12 times more resistant than air, providing more toning and calorie burning in less time with minimal stress on joints— a win win! Come join us for a low-stress/high-fun/full body workout!

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

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 an appointment.

FITNESS CLASSES continued

SWIMMING FOR FITNESS 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
	5x's week	\$65.00
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 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+
fee	Pool Entrance

PADDLEBOARD YOGA Paddleboard Yoga takes fitness to the water while helping you tune into nature & your body. This class happens on stand up paddleboards & is a unique way to challenge your core & beat the heat. We flow through a gentle yoga sequence & many modifications are offered. All levels welcome.

To sign up and for more information contact Leah at the Studio Mind and Body at 702-505-0895

SUP FITNESS Uses high intensity interval training for maximum your workout. Cardio training combined with band work for optimum sculpting and strengthening of your muscles, taking your workout to the next level by doing your exercises in the water on a stand up Paddleboard! The classes are fun and exercises are for all levels; Emily trains you to work at your pace, whether you're a beginner or advanced!

For more information and to sign up, contact Emily at 9th Island SUP at 702-293-7873



SWIM TEAM

PRE-SWIM TEAM

A great class for the child who swims like a fish but is still learning coordinated strokes. Focus is on learning strokes, 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	4:30pm - 5:15pm
	M, W, Th	11:00am - 11:45am

CROSS TRAINING BCH/non - aquatic:

Session dates are the same as Swim Team - training will be coordinated with the BCH practice! The program is 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	\$16	BEGINNER
	\$24	ADVANCED
fall-spring	4:10-4:30pm	(BEG) M,W
	4:45-5:15pm	(ADV) M,W,F

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 breaststroke 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, Sarah Fecteau, Linda Estes	
	USA Swim \$62 annual registration fee	
	per month/average fee:	
	\$65	Novice
	\$75	Adv Primary
\$80	Adv Secondary	
\$100	Family max (3 or more)	
fall-spring	M-F	2:45-4:30pm

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 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)

One Free Lab a month with purchase of a class.

Dates: 9/18,10/16,11/20,12/18 ~ pick up only dates 1/22 & 2/19

lab Sun 4-7pm

**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 lb. 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

CRAIG COREY graduated from Otis Art Institute in Los Angeles with a BA and has over 20 years of experience in ceramic art.

age	16 - adult
day/time	M 6:30-9pm
no class	10/31,12/26-1/8/17

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

age	16-adult
day/time	T 9-11:30am
age	13-adult
day/time	Th 6:30-9pm
no class	9/1,11/24,11/29,12/21-1/9

SATURDAY POTTERY WORKSHOPS

Instructor JULIE CONNELL.

age	8 yrs. old or younger need an adult participant
time	10am-Noon Sat.
fee	\$20
Pumpkins	10/8
Turkey handprint	11/5
Santa Bank	12/3

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 #1
fee	\$15 + \$5 Instructor material fee
day/time	Sat (1 day) 10am-Noon
dates	9/10, 11/12,1/14, 2/11

WIRE WRAPPING

Instructor **CHET FREEDMAN** is an avid jewelry designer and crystal collector. In one day, you will learn the techniques to fashion a semi-precious stone pendant wrapped with silver.

age	adults only
location	Art Center Room #4
fee	\$20 + \$20 instructor material fee
day/time	Th 6-9pm
dates	one-day 9/8,10/13,11/10,1/12, 2/9

no class December

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 classroom
day/time	Th, F & Sat 9:30am-5pm
fee	\$25 for up to 3/4 of an hour
no class	12/18-1/11





**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
 location Art Center #1

TILE HANDPRINT

age no limit
 location Art Center #1
 fee \$10 per 6x6 tile
 day/time Sat 10am – noon
 Dates 9/17,12/10

Call 702-589-9609 to arrange a special date/time for a group holiday gift giving class.

GLASS WORKSHOPS

age 13-adult
 location Art Center #1
 fee \$20
 day/time Saturday 10am- Noon
 10 Cabochons
 date 10/15, 12/3

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 11/29, December, 1/3
 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 #1
 weekly class \$30 per month
 as needed \$10 city material fee
 no class 11/29, December, 1/3
 day/time T 10-11:30am





1501 Veterans' Memorial Drive

1 Clubhouse Drive

BC RESIDENT*	<u>ANY DAY</u>
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

BC RESIDENT*	<u>ANY DAY</u>	*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)		

*GOLF CART INCLUDED

GOLF BOULDER CITY

Visit our website for
current promotions



702-293-9236



www.golfbouldercity.com

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.



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. Instructors **TONY FIORENTINI PGA HEAD GOLF PROFESSIONAL & RUSTY POST-LEWAIT PGA DIRECTOR OF INSTRUCTION.**

location	BC Municipal Golf Course	
day/time	M,W&F 3:30-5:00pm	
fee	\$30	
age	11+	10/3-7
age	6-10	10/10-14
note	register at the Recreation Dept. located at 900 Arizona Street	

For private lessons call 702-293-9236
or 702-521-3393



PHOTO: BRIAN OAR

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.

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

YOUTH 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/date M-W Nov. 21-23
 M-TH Dec. 19-29
 time 10am-noon
 location Rec. Ctr. Gym
 fee \$5 daily



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
 no class 2/14
 day T
 time 6-7pm
 daily fee \$10
 fee Sep \$36
 Oct \$36
 Jan \$45
 Feb \$27

CHEER CAMP ~ Christmas Parade
 fee \$45
 + \$25 uniform fee paid to the instructor
 days Nov 8 & 15 6-7:30 pm +
 Dec. 3rd Holiday Parade
 4:30-6:30pm
 note This session is to prepare for the parade only

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 9/10
 11/5
 1/14



DANCE ~ FUSION In these preparatory dance classes students will learn basic dance skills that will stimulate your imagination and creativity. Students will learn the dynamics of the dance classroom community, improve social and motor skills and dance movement vocabulary. Participation in recreation dance fusion will prepare students to thrive in a more structured dance program. Instructors **SUMMER & CIERRA WACHTEL** have trained in dance for 13 years in all disciplines.

ages 5-8
 location Rec. Ctr. #2
 note dress attire ~
 leggings and tight shirt or
 black leotard & pink tights
 shoes ~ non slippery
 or ballet/jazz shoes
 hair ~ pulled back

BALLET FUSION Focuses on vocabulary, alignment and proper execution of movement with muscle memorization and independence through sequential tasking to develop a strong ballet foundation.

day T 5-5:45pm
 no class 11/1, 11/22, 12/20-27 & 2/14
 fee Sep \$24
 Oct \$24
 Nov \$18
 Dec \$12
 Jan \$30
 Feb \$24

JAZZ FUSION combines techniques of classical ballet and modern dance with the current forms of popular dance. Emphasis is on the importance of energy rhythmical accuracy, and style. In this class, students experience the many different characteristics and styles jazz dance may include, such as Street Jazz, Percussive and Contemporary.

day S 2-2:45pm
 no class 9/24, 10/1&8, 11/26,
 12/24&31 & 2/18
 daily fee \$10
 fee Sep \$18
 Oct \$18
 Nov \$18
 Dec \$18
 Jan \$24
 Feb \$18

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

INSTRUCTIONAL SESSIONS

location NV Way Rec Bldg (DWP)

Advanced

day/time/fee

M 6-7pm \$20 per month
\$6 daily

Beginning

day/time/fee

W 6-7pm \$25 per month
\$7 daily

PRACTICE SESSIONS

location NV Hwy Rec Bldg (DWP)

day/time TH 9-10am

fee \$20 per month
\$6 daily

location ABC Park Gym

day Saturday 2x per month

Specific Saturday dates will be posted by instructor

time 9-10:15am

fee \$6 per person

BONUS CLASS

W 9-10:30am
@ Multi Use Bldg

NOTE: Funds donated for this class are for the Parks and Recreation Department Scholarship Fund. Non-students are required to pay \$5 towards the scholarship fund to attend this class.



PILATES is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. Instructor LYNN ST PIERRE certified via Peak Pilates.

PILATES BASIC MAT CLASS will start with fundamentals. In this class you will learn the basic series of exercises upon which the entire Pilates method is built. This total body work out incorporates breathing techniques, core strengthening and stability of muscles. The heavy emphasis on abdominal strengthening is a necessity at every fitness level. Increase strength, balance and agility while relaxing and focusing your mind.

fee \$8 daily
\$30 monthly

day/time T 9-10am

location Nv Way Rec Bldg (DWP)

Private, Semi Private & Small Group

fee per person, per one-hr class

\$20 1 person

\$12 2 people

\$8 3+ people

location scheduled with the instructor at various Recreation facilities

day/time arranged directly with the instructor

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

Instructor KATHY BETHKE is a lifelong dog training enthusiast & a certified remote collar trainer since 2006. She focuses on dog behaviors & how to be the pack leader for your dog as it is key in her training style. Bring lots of motivational treats and a 15 ft. leash. Supplies are available through the instructor.

Call 267-7864 for more information.



day	M (6 wks)
beginner	7-8:15pm
	NO dogs at first class
dates	9/19-10/24 11/7-12/12 1/23-2/27
location	ABC Park Gym 801 Adams Blvd. backside of the property
fee	\$75 per session
fee	graduated students may continue taking this class at a rate of \$25 per session
age	10+
note	youth ages 10-14 require an adult to participate with them in class.

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



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

GYMNASTICS W/ MISS SHANNON

location Recreation Center #3
 no class 9/5, 10/31, 11/23,
 12/19-28, 1/2&16 & 2/20
 daily fee \$10 per class
 when space is available

MDM - MOMMY/DADDY & ME

Have fun with your toddler as he/she develops social/motor skills & coordination via music & gymnastics equipment. Mom &/ or Dad participates. Instructor SHANNON TAMANAHA has a teaching degree and has been involved in gymnastics and dance her entire life. *Patent participation required*

age 18+ months old
 time 10:30-11:00am or 11-11:30am

	M	W
Sep	\$19	\$25
Oct	\$25	\$25
Nov	\$25	\$25
Dec	\$13	\$13
Jan	\$19	\$25
Feb	\$19	\$25

PRE-KINDER GYM 3+ Same as Miss Brandi's KGYM only Pre-Kindergym is offered with a one day per week option.

age 3+
 time 11:30am-12:15pm
 note Parent must stay for children that are not potty trained.

	M	W
Sep	\$22	\$29
Oct	\$29	\$29
Nov	\$29	\$29
Dec	\$15	\$15
Jan	\$22	\$29
Feb	\$22	\$29



GYMNASTICS W/ MISS BRANDI

PRIVATE LESSONS \$20 per 1/2 hr
 location Recreation Center #3
 no class 9/1, 11/23&24 & 12/20-29

Instructor BRANDI CARSTENSEN was a competitive gymnast for seven years, and has taught with the Recreation Department since 2002..

KGYM - KINDERGYM Ages 3+ an introduction to basic tumbling skills that include activities to develop listening, social & perceptual motor skills, eye/hand coordination & body awareness through movement. Potty training required.

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 & difficulty increased.



11:30am-12:15pm	K-Gym	age 3+
Sep	T & Th	\$58
Oct	T & Th	\$58
Nov	T & Th	\$58
Dec	T & Th	\$37
Jan	T & Th	\$65
Feb	T & Th	\$58

4-5pm	Beginner	age 6+
5-6pm	Intermediate	
6-7pm	Advanced	
Sep	T & Th	\$66
Oct	T & Th	\$66
Nov	T & Th	\$66
Dec	T & Th	\$42
Jan	T & Th	\$74
Feb	T & Th	\$66

4-5pm	Beginner	
Sep	W	\$33
Oct	W	\$33
Nov	W	\$33
Dec	W	\$17
Jan	W	\$33
Feb	W	\$33

5-6:30pm	Intermediate	
Sep	W	\$49
Oct	W	\$49
Nov	W	\$49
Dec	W	\$25
Jan	W	\$49
Feb	W	\$49



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.



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 26 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 6+
 location BC Horse Corrals
 required helmet
 no class 11/24
 day/time School Session
 T-F 3:30-4pm or 4-4:30pm
 Sat 8:30-9am,9-9:30am or 9:30-10am
 day/time Summer Session Jun 5 - Aug 22
 T-S 8:30-9am,9-9:30am or 9:30-10am

	T	W	TH	F	S
Sep	\$104	\$104	\$130	\$130	\$104
Oct	\$104	\$104	\$104	\$104	\$130
Nov	\$130	\$130	\$78	\$104	\$104
Dec	\$104	\$104	\$130	\$130	\$130
Jan	\$130	\$104	\$104	\$104	\$104
Feb	\$104	\$104	\$104	\$104	\$104

BEGINNING HORSEBACK RIDING PRIVATE ADULT LESSONS

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



age 8 +
 location Horse Corrals lots 129-132 at the corner of Oregon & Bosman Trails
 day/time arranged with the instructor daylight hours only
 fee \$40 per person, per 1-hr lesson

Lessons are private, but semi-private and group lessons are available for intermediate/advanced riders. Groups of 3 receive a \$10 discount. Casual riders as well as those interested in showing are welcome!

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.



LANGUAGES

PRIVATE, SEMI PRIVATE, & SMALL GROUP LESSONS

SPANISH ~ GERMAN ~ ITALIAN
 FRENCH ~ ENGLISH ~ ESL
 age 5+

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.

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.

PORTUGUESE ~ RUSSIAN

NEW PUBLIC SPEAKING
 age 16+

Instructor DEBORAH DOWNS grew up in Sao Paulo, Brazil where she learned to speak, read, and write fluent Portuguese. She served in the United States Air Force as a Russian and Portuguese Linguist for six years.

Languages are windows into the exciting world of cultural diversity. Learn how to read, write, and speak in Russian or Brazilian Portuguese. Or perhaps you just want to work on your English presentation skills and become a better writer, teacher, preacher, or motivational speaker. Sign up today and expand your horizons.

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



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street



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 MICHAEL ARCHER started training under Sensei Mike Chubb in 1998, and after a term in the United States Navy received his Black Belt in 2011.

age 7-17 T&TH 6-7pm
 age 18+ T&TH 7-8:30pm
 fee \$40 per month
 location NV Way Rec Bldg (DWP)
 note wear loose-fitting clothing

TOTS ~ ART & SCIENCE Explore, experiment and create in a fun educational class that teaches little ones basic discovery through art & science. Watch as your toddler explores the world around them through engaging, interactive and hands-on activities. Instructor SHANNON TAMANAHA has a teaching degree and preschool teaching experience starting in 1986. *Parent participation required*

age 18 months - 3yrs
 day/time M 9-9:30am ~ Science
 W 9-9:30am ~ Art
 location ABC Park
 Gym Classroom
 no class 9/5, 10/31, 11/23,
 12/19&26,
 1/2&16 & 2/20
 material fee \$5 per month
 paid to the instructor

Science	M	Art	W
Sep	\$18	Sep	\$24
Oct	\$24	Oct	\$24
Nov	\$24	Nov	\$24
Dec	\$12	Dec	\$12
Jan	\$18	Jan	\$24
Feb	\$18	Feb	\$24

TOTS ~ ABCs & 123s develops and provides a strong foundation for your child's critical first 3 years of life. Children will be introduced to the alphabet & numbers through a variety of educational activities, learning and play. Instructor SHANNON TAMANAHA has a teaching degree and preschool teaching experience starting in 1986. *Parent participation required*

age 18 months - 3yrs
 day/time T 11:30am-noon ~ ABC's
 TH 11:30am-noon ~ 123's
 location ABC Park
 Gym Classroom
 no class 9/1, 11/24, 12/20-29
 & 1/3
 material fee \$5 per month
 paid to the instructor
 daily fee \$10 paid at Rec. Dept.
 when space is available

ABC's	T	123's	TH
Sep	\$24	Sep	\$24
Oct	\$24	Oct	\$24
Nov	\$30	Nov	\$18
Dec	\$12	Dec	\$18
Jan	\$24	Jan	\$24
Feb	\$24	Feb	\$24



TOTS ~ IN MOTION is a music & movement program designed for young children and is developmentally appropriate. Class introduces musical and social skills through creative movement. Instructor SHANNON TAMANAHA is a certified Zumba instructor and has a teaching degree. *Parent participation required*

age 18 months - 4
 day/time T 10:30-11am
 location ABC Park Gym
 no class 12/20-27 & 1/3
 daily fee \$10 paid at Rec. Dept.
 fee Sep \$24
 Oct \$24
 Nov \$30
 Dec \$12
 Jan \$24
 Feb \$24

TOTS ~ DANCE is a music, movement balance and basic dance steps class introduced in a fun, friendly and positive manner. Little dancers learn beginning songs and dances that will foster a love for the arts. Instructor SHANNON TAMANAHA is a certified Zumba instructor and has a teaching degree. *Parent participation required*

age 2-4 yrs
 day/time TH 10:30-11am
 location ABC Park Gym
 no class 9/1, 11/24 & 12/22-29
 daily fee \$10 paid at Rec. Dept.
 fee Sep \$24
 Oct \$24
 Nov \$18
 Dec \$18
 Jan \$24
 Feb \$24

SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

LEARN 2 STRETCH CLASS A low-impact workout based on individual abilities & potential. Enjoy visiting & exercising with others. Instructor **MARCIE GIBSON** is the 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 9/5, 10/28, 11/11&25, 12/26, 1/16 & 2/20
note limited Senior Dimension funds are available for this class



SCIENCE CAMP In this 2-hour science camp you will do hand-on experiments in chemistry, physics, biology and more. Come learn why balls bounce, how electricity works and why clouds form. You will extract DNA from strawberries, make balloon rockets, and do many other experiments that show just how incredible math and science can be. Instructor **JENNY BALLIF** has a bachelor's degree in crop science and a master's degree in plant science with an emphasis in molecular biology.

location NV Way Rec Bldg (DWP)

time 9-11am

date 9/10

10/8

11/12

12/10

1/14

2/11

age 6-8

day S

fee \$20



+\$5 material fee
paid to the instructor

TAI CHI CHUAN In this class, you will learn the 24 Posture Yang Style of Tai Chi Chuan while incorporating the Chi Gung Medical Maintenance Method. This style of teaching is known for its health benefits, regulating blood pressure and circulation, increasing oxygen to the brain, improving balance, muscle tone, bone marrow cleansing, enhancing digestion and the firing of neurons. Instructor **MASTER AMIN** studied Tai Chi from Sifu Terry Tichota of Total Balance Tai Chi.

age 14 - low 100s

day/time W 8-9am

location North Escalante Park

or Rec Ctr based on weather

daily fee \$8

fee Sep \$24

Oct \$24

Nov \$30

Dec \$24

Jan \$24

Feb \$24

TAI CHI The slow, dance-like movement of Tai Chi, combined with Chi Kung and meditation, work to improve balance, flexibility, energy and mindfulness while relieving stress. The overall objective is to experience movement in conjunction with breath, including a discipline of centering and realignment. Instructor **PATRICIA AMON** began studying at Lohan School of Shaolin Tai Chi in 2006. She has studied Tai Chi Chuan and Chi Kung and has been teaching since 2010.

age 14 - low 100s

day/time F 8-9am

location North Escalante Park

or Rec Ctr based on weather

no class Nov. 25

daily fee \$5

fee Oct \$16

Nov \$12

Dec \$20

Jan \$16

Feb \$16

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

no class 11/24 & 12/29

time Sept-May 6-7pm*

time Jun-Aug 7-8pm*

note *temperature determines time

age 13+

day TH

fee Sep \$60

Oct \$48

Nov \$36

Dec \$48

Jan \$48

Feb \$48

YOUTH AND ADULT 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 EVENTS

For more information call 293-9256

Turkey Shoot
Tues, Nov 15th
&
Wed, Nov 16th
2:30 – 4:30pm

1st grade & older
8 shots for \$1

ABC Park Gym
@ 801 Adams Blvd.

Join us for a fun competition
using air guns and targets.
Awards provided by
The Boulder Dam Credit Union.
Release of liability required.



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
fee \$8 per class when a min.
of 4 classes are prepaid
daily fee \$10
no class 11/24

ZUMBA KIDS & KIDS JR is a high energy dance party packed with kid friendly routines. This class breaks down dance steps for an easy learning process. Cultural elements are added in the way of games and activities to explore the cultural elements of dances. Instructor SHANNON TAMANAHA is a certified Zumba instructor.

age 3-11
day/time M 3:30-4:15pm
location ABC Park Gym
no class 9/5, 10/31, 12/19&26,
1/2&16, 2/20
daily fee \$10
fee Sep \$24
Oct \$32
Nov \$32
Dec \$16
Jan \$24
Feb \$24



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 Certified Yoga Therapist and has *E-RYT500, CMTB, 2,400+hrs of yoga teacher/therapist experience.* Contact Lyn Banas-Petronsky to discuss your needs.

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

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

HATHA YOGA is designed with all levels of practitioners in mind. Whether you are a brand new beginner or a seasoned and well versed yogi, you will receive a solid education and fresh insight into the art and science of yoga. Emphasis will be placed on building strong foundations and developing proper alignment in each posture, for the sake of gaining and maintaining strength as well as flexibility. Students will learn a variety of breathing techniques and how they help to improve, not only the central nervous system, but every system of the body. Instructor AMY DIELEMAN is a Certified Yoga Therapist and has *5,000 hrs of trainings, certifications and teaching hours.* Her extensive study in biomechanics and love for neuroscience add impact and insight to her detailed instructional style of teaching.

age 13+
day/time M & W 9:30-10:30am
location Hwy Rec. Ctr. (DWP)
no class 9/5, 10/31, 11/21&23
12/17-1/27
daily fee \$13 paid at Rec. Dept.
5 class card \$50
10 class card \$100 w/bonus free class



“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 702-242-7301.

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 702-293-0870.

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.

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.

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. 702-293-0870



YOUTH

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

Soccer fee \$40

The league you play in is determined by your grade on Sept. 1. A child must be 5 years old by Sept. 30 to play in the kindergarten league. *Exception: A 4-year old may play if a parent is coaching.*

length 6 weeks

location Pratte Field

Soccer Clinic Date & Time

grade K T 8/30 @ 6pm or
W 8/31 @ 6pm

grade 1-2 T 8/30 @ 7pm or
W 8/31 @ 7pm

grade 3-5 T 9/6 @ 6pm or
W 9/7 @ 6pm

grade 6-8 T 9/6 @ 7pm or
W 9/7 @ 7pm

Flag Football fee \$40

location Pratte Field

Flag Football Clinic Date & Time

grade 3-4 T 10/4 or W 10/5 6pm
grade 5-6 T 10/4 or W 10/5 6:30pm
grade 7-8 T 10/4 or W 10/5 7pm

Basketball fee \$40

location Recreation center

length 6 weeks

Basketball Clinic Date & Time

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

Floor Hockey fee \$40

location Recreation center

Floor Hockey Clinic Date & Time

grade K T 1/3 or W 1/4 6pm
grade 1-2 T 1/3 or W 1/4 6:30pm

Grades 3-6 floor hockey is offered after basketball season ends.

Call 702-293-9254 for more information

ADULT

age 16+
minors require parental permission

note A team manager or rep. must attend the meeting.

meetings Recreation Ctr. classroom # 4

info please call
Kelly Lehr, 702-293-9254

Softball Recreational

meeting TH 8/25 7pm Men

meeting TH 8/25 8pm Co-Ed

Basketball Men's Competitive

meeting TH 12/15 7pm



Volleyball Women's Recreational
meeting M 8/22 7pm

RECREATION CENTER OPEN GYM

Mon-Th 3-8pm ~ Fri 3-6pm ~ Sat 1-4pm

Times may vary due to staffing

Activities include

•"drop-in" play•

•uninstructed basketball•

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



September 2016~February 2017

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

age 4-5 Monday-Thursday
 9-11:30am
 Sep \$150
 Oct \$170
 Nov \$170
 Dec \$90
 Jan \$160
 Feb \$150
 Mar \$180
 Apr \$120
 May \$120

TINY TOTS INSTRUCTORS

Lisa Wright, Linda Molisee
 Kathleen Feeney & Trava Onken

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 ~ Stephanie Boyle

SPRING BREAK is a fun, one-week version of our Safekey program that is packed with games, arts & crafts, sports & 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 April 10-14, 2017
 fee \$20 per day
 time 7am-6pm
 Note field trips may be scheduled with additional charges

SUMMER SAFEKEY 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 12-August 11

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 enclose 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 702-293-9256.



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. CROWE

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 animals 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 702-293-9286 [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

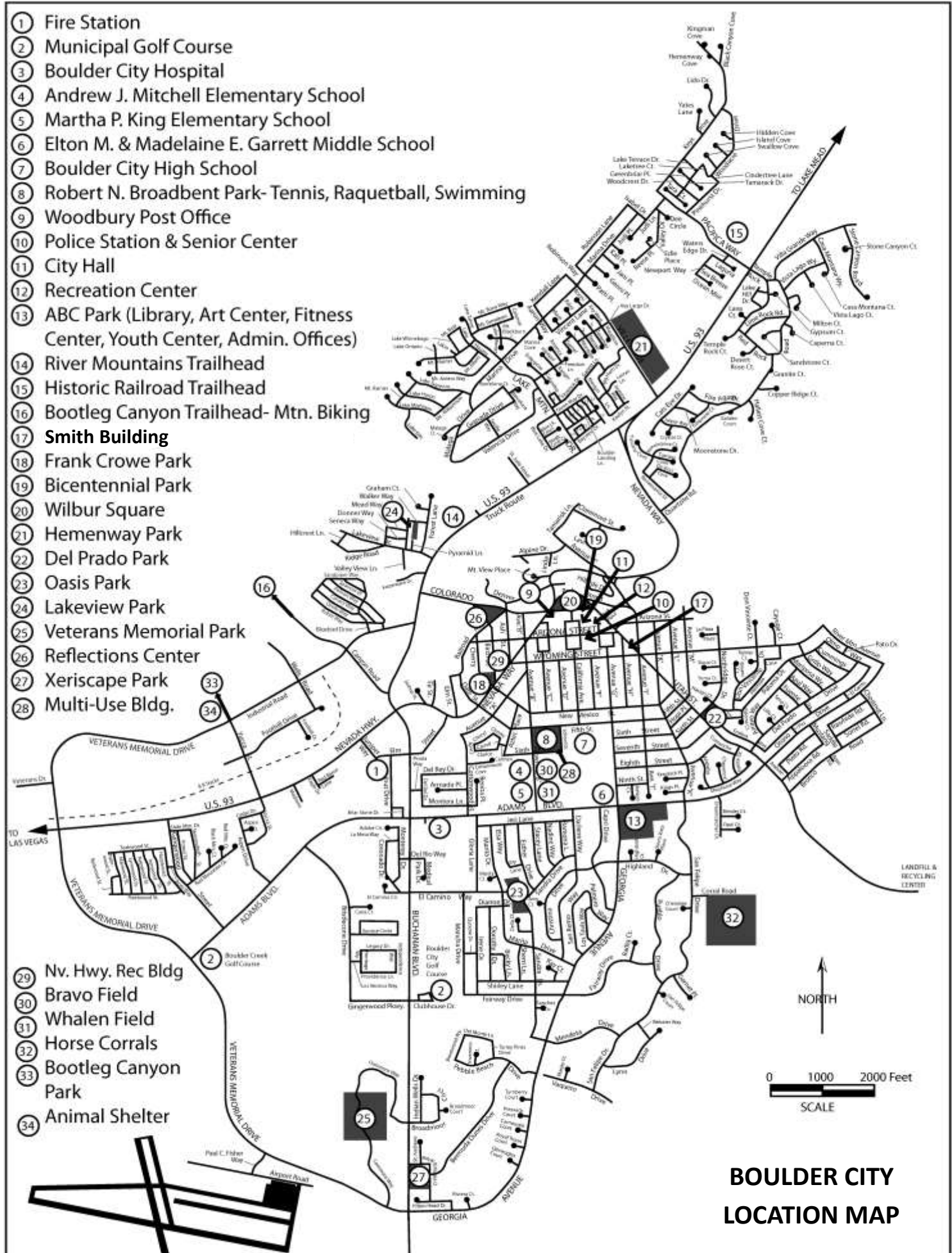
WILBUR SQUARE

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 Course
- 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 **Smith Building**
- 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



2015 Turkey Shoot Winners

**Serving the Boulder City Community
since 1940**

Let us fulfill your financial needs



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