



# City of Delta Culture & Recreation

## FEBRUARY/MARCH 2012

# Activity Guide



### Weekly Senior Programs

- **DUPLICATE BRIDGE** - Mondays from 12:30 to 4 PM. Cost: \$4/week.
- **PARTY BRIDGE** - Thursdays from 1 to 4 PM. Cost: \$6 per season.
- **TUESDAY NEEDLERS** - Tuesdays from 10 AM to Noon. Cost: \$6 per season.
- **PINOCHLE** - Tuesdays from 1 to 4 PM. Cost: \$6 per season.
- **CRIBBAGE** - Wednesdays from 8:30 to 11 AM. Cost: \$6 per season.
- **SCRABBLE** - Thursday from 10:00 AM - 1:00 PM or 6:00 PM - 9:00 PM. No charge.

### YOUTH

- **CHESS CLUB** - Every Tuesday night meet in the snack bar from 6:00 - 9:00 PM. Bring your own boards.
- **BOXING FOR KIDS** - Saturdays from 10:00 - 11:00 AM. Cost is \$3 drop in fee.
- **BIRTHDAY PARTY PACKAGES** - Swimming, and Bump and Jump and Zumba party packages are offered at the Recreation Center. Call the leisure department for all the details.
- **MOM'S AND SON'S DANCE** - On Saturday, February 25 from 5:30 - 8:30 PM. The theme is "Lightning Dance" from the Cars movie. Bring your little guy for an evening of dancing, snacks and fun! Cost is \$12 per couple if registered by February 24 and \$15 per couple at the door (must have 10 couples registered by February 17 for this event to happen). Call BHRC for more information or with questions.
- **BAYSITTING TRAINING COURSE** - Learn to be a responsible babysitter in this Red Cross Certification Course designed for 10-15 year olds, Wednesday and Thursday, February 15 and 16 from 10:00 AM - 4:00 PM. Register in advance by February 10.
- **AMATEUR CHESS TOURNAMENT** - Tournament starts promptly at 10:00 AM on Saturday, March 17. From 10:00 AM - 6:00 PM. Cost is \$10 per player. Please register in advance or day of event by 9:30 AM.
- **NIGHT OF THE STARS TALENT SHOW** - Hey kids...got talent? 2nd annual event will be on Saturday, April 28 from 5:00 - 7:00 PM. Please pick up your packet on Guidelines/information now! Last chance to register is April 20. Cost is \$5 per performer. Categories are: voice, dance and variety (music, comedy, etc.) Grade groups K-4, 5-8, and 9-12 grades.
- **BASIC ARCHERY CLASS FOR YOUTH** - Taught by NASP instructors on Tuesday and Wednesday, April 10 and 11 from 1:00 - 4:00 PM. This class is offered for ages 10-17. Cost is \$60. Please register by April 4.

### LEISURE

- **COMMUNITY EVENING DANCES** - Saturdays, February 18 and March 17 from 7:00 - 10:00 PM. Cost is \$4 at the door. Please bring a snack to share.
- **CRIBBAGE TOURNAMENT** - Annual City of Delta/Lee Martinson Tournament on Sunday, February 19 starting at 1:00 PM. Register in advance or day of tournament by 12:30 PM. Cost is \$10 per person and \$5 per person for additional doubles option.
- **KNITTING SOCKS CLASS** - Thursdays, March 8-22 (3 weeks) from 6:00 - 9:00 PM. Cost is \$30. Please register by March 5.
- **FLY TYING FOR BEGINNERS** - Parent/Child participation in this class on Tuesdays, March 6-27 (4 weeks) from 7:00 - 9:00 PM. Youths 16 and under are free. Cost is \$30 for adults or 17+.
- **TURKEY HUNTING 101** - This seminar is taught by Colorado Parks and Wildlife on Saturday, March 24 from 1:00 - 4:00 PM. Cost is \$10. Please register by March 20.
- **FRUGAL LIVING** - Learn how to cut your household budget in half in this 4 hour class on Saturday, February 18 from 1:00 - 5:00 PM. Cost is \$25 which includes materials. Please register by February 16.
- **SOUPMAKING BASICS** - Learn techniques, tips, recipes and tricks for making a perfect bowl of soup. We will be making chicken and wild rice on Tuesday, February 21 from 5:30 - 8:30 PM. Cost is \$15. Register by February 18.

- **COUPONING 101- THE BASICS** - Learn how to start couponing to maximize your shopping trips on Tuesday, February 28 from 5:30 - 7:30 PM. Cost is \$10. Register by February 24.
- **ADVANCED COUPONING** - Have you started couponing and now you want to expand your savings? Learn how on Wednesday, March 7 from 5:30 - 7:30 PM. Cost is \$10. Register by March 5.
- **SAVE THE DATE! 5K RUN AND WALK** - Our annual "Spring Into Shape 5K Fun Run and Walk" around Confluence Lake is Saturday, April 14.

### SPORTS

- **FAMILY NIGHTS** - Saturdays from 5:30 - 8:00 PM. Cost is \$8 per family. Family size includes up to 2 adults and 4 children at same household.
- **SPRING DODGEBALL LEAGUE** - Six man teams for 8 games on Tuesday evenings in March and April. Cost is \$150 per team. Deadline to register is February 19.
- **WIFFLE BALL LEAGUE** - 4 on 4 league with 8 games on Monday evenings in March and April. Cost is \$100 per team. Deadline to register is February 19.
- **ADULT FLAG FOOTBALL LEAGUE** - 5 on 5 adult league with 10 games on Thursday evenings in late February - April. Cost is \$225 per team plus \$20 player's fee. Deadline to register is February 12.
- **VOLLEYBALL LEAGUE** - 4 on 4 league on Wednesday nights plus end of season tournament. Season starts earlier this year on February 22 thru April. Cost is \$60 per team plus \$20 player fee (max. player fee is \$80). Deadline to register is February 12.
- **7TH AND 8TH GRADE BOYS' AND GIRLS' BASKETBALL TOURNAMENT** - Register your 7th or 8th grade boys' or girls' team by March 4. Tournament is held on March 9, 10 and 11. Guaranteed 3 games over the weekend. Cost is \$200 per team. T-shirt and medals to first place team and 2nd and 3rd receive individual awards.
- **APRIL FOOLS' SOFTBALL TOURNAMENT** - Pre-season tournament at Mt. View Park on April 7 and 8. Divisions are coed, women's and men's teams. Register early, by March 25, for a \$50 discount and cost is \$200 per team. Register between March 25 and April 1 and the cost is \$250 per team.
- **SMART START GOLF** - For ages 5-7 on Wednesdays, March 28 - May 9 (no class April 11) from 3:30 - 4:30 PM. Parent/Child participation for this class and skills are taught in the gymnasium. Cost is \$30 per child. Register by March 26.
- **SMART START BASEBALL** - For ages 3-5 on Wednesdays, March 28 - May 9 (no class April 11) from 4:30 - 5:30 PM. Parent/Child participation for this class and skills are taught in the gymnasium. Cost is \$45 per child. Register by March 26.

### AQUATICS

- **OPEN SWIM** - Monday - Friday starting at 1:00 PM, Saturday starts at 10:00 AM and Sunday starts at 11:00 AM.
  - **COMMUNITY CPR/FIRST AID** - Next class is Saturday, March 10 from 8:00 AM - 5:00 PM. Cost is \$80 per person. Please register in advance.
- Please Remember: Children ages 5 and under MUST have someone 16 years or older IN the water, actively supervising them. Children ages 6 and 7 must have someone 16 years or older in the pool area with them.*

## FITNESS CLASSES FEBRUARY 2012

### MONDAY

- **Cycle and Abs + with Kiffany** 6:00 - 7:00 am
- **Cardio Intervals with Weights and Core with Cristie** 9:00 - 10:15 am
- **Yogalates + with Cristie** 12:00 - 1:00 pm
- **Senior Circuit with Gary in Weight Rm.** 2:00 - 3:00 pm
- **Zumba with Kindra** 4:30 - 5:25 pm
- **Cardio Kick with Kindra** 5:30 - 6:45 pm



### THURSDAY

- **Body Bar & Abs with Candace** 9:00 - 9:45 am
- **Healthy Body, Strong Bones with Billie in Gym** 9:00 - 10:00 am
- **Silver Sneakers MSROM with Gena in Gym** 10:00 - 10:45 am
- **Zumba with Erin** 10:00 - 11:00 am
- **Cycle & Abs with Candace in Cycle Rm.** 12:15 - 1:00 pm
- **Senior Circuit with Gary in Weight Rm.** 2:00 - 3:00 pm
- **Zumba with Gena** 4:30 - 5:25 pm
- **Body Bar + with Betsy** 5:30 - 6:30 pm

### TUESDAY

- **Body Bar & Abs with Amberleigh** 9:00 - 9:45 am
- **Healthy Body, Strong Bones with Billie in Gym** 9:00 - 10:00 am
- **Silver Sneakers MSROM with Gary in Gym** 10:00 - 10:45 am
- **Zumba with Kindra** 10:00 - 11:00 am
- **Cycle & Abs with Kindra in Cycle Rm.** 12:15 - 1:00 pm
- **Body Bar + with Betsy** 4:30 - 5:25 pm
- **Total Body Blitz with Erin** 5:30 - 6:30 pm

### FRIDAY

- **Cycle and Abs with Candace** 6:00 - 7:00 am
- **Yogalates with Cristie** 9:00 - 9:45 am
- **Senior Circuit With Gary in Weight Rm.** 9:00 - 10:00 am
- **Zumba with Gena** 12:00 - 1:00 pm
- **Tough Stuff with Kindra** 12:00 - 1:00 pm
- **Zumba with Amberleigh** 5:30 - 6:30 pm



\* Any class with five or fewer in attendance for three consecutive weeks may/will be dropped.

### WEDNESDAY

- **Boxing for Fitness with Kiffany** 6:00 - 7:00 am
- **Senior Circuit with Gary in Weight Rm.** 9:00 - 10:00 am
- **Triple Threat Cardio, Core & Crazy Strength with Cristie** 9:00 - 10:15 am
- **Zumba with Gena** 12:00 - 1:00 pm
- **Yogalates with Betsy** 4:30 - 5:25 pm
- **Cycle and Abs with Amberleigh** 5:30 - 6:30 pm
- **Zumba with Erin** 5:30 - 6:30 pm

### SATURDAY

- **Boxing for Fitness with Woody/Jake** 8:00 - 8:55 am
- **Total Body Blitz with Betsy/Gena** 9:00 - 10:00 am

**Tai Chi/Qigong for Health and Longevity\***  
Mondays, from 7:00 - 8:30 PM.  
\$40 Monthly charge or \$12 drop in fee.

Must meet minimum to run class...call ahead to see if session is running.

**Tae Kwon Do**  
Tuesdays and Thursdays from 6:45 - 8:00 PM  
\$30 Monthly or \$5 Drop in Fee.

**Hatha Yoga**  
**New Time**  
Wednesdays from 5:00 - 6:15 PM  
Cost is \$10 drop in fee

**Personal Training**  
Work out with a trainer for \$30 per hour or purchase four one hour sessions for \$100.

- **PRIVATE SWIM LESSONS** - Call to register for private or semi-private lessons. Cost is \$75 for private lesson or \$50 per child for semi-private lessons.

Limited lap lanes in morning due to Water Fitness Classes/Swim Lessons. Also, High School and Barracuda Swim Teams are practicing during the winter months. Please see Winter Pool Schedule posted at Recreation Center front desk for designated times.

- **SPECIALITY SWIM CLASSES** - Registration is going on until February 17 for speciality swim classes (example: Level 5 or diving). Session is February 20 - March 21 at 4:00 PM. Cost is \$45 per person.

Watch for  
**Race Across America**  
at the Rec.  
**Details Soon!**

Discover Water Fitness for Your Body, Your Health, Your Life!

Mon., Wed., Fri.  
8:30 AM Cardio Crazy  
9:30 AM Pool Power

Tues., Thurs.  
9:00 AM Dare to Do Two  
10:00 AM Life-N-Lively  
5:30 PM Deep Benefits

Mon. - Fri.  
10:30 AM Body, Health for Life



City of  
**Bill Heddles Recreation Center**  
530 Gunnison River Drive • Delta, CO 81416  
970.874.0923

**HOURS OF OPERATION**  
Monday-Thursday 5:30am - 9:30pm  
Friday 5:30am - 7:30pm  
Saturday 8:00am - 8:00pm  
Sunday 11:00am - 5:00pm