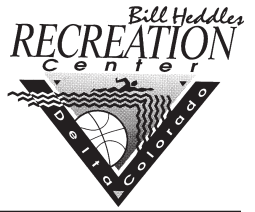


The Center for:
your **BODY..**
your **HEALTH..**
your **LIFE!**

City of Delta Culture & Recreation

JANUARY/FEBRUARY 2010

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** - Meet in the snack bar every Tuesday night from 6:00 - 9:00 PM. Bring your own boards.
- ALIVE AT 25** - Four hours of classroom instruction from the Colorado State Patrol on Tuesday, February 16 from 4:30 - 9:00 PM. Cost is \$30 or \$75 if court mandated. Pre-registration is required 48 hours in advance or until class is filled.
- KIDS IN MOTION** - An activity for 3-5 year olds, this class on movement is fun and lively. Wednesdays, January 27, February 3, 10, 17 and 24 from 9:00 - 10:00 AM. Cost is \$3 per date.
- MUSIC AND MOVEMENT** - A pre-school class instructed by Linda Dysart filled with songs to sing and rhythm instruments for ages 3 and 5 on Thursdays, January 21 - February 11 from 10:00 - 10:45 AM. Cost is \$30. Pre-register by January 18.
- LAST CHANCE TO SIGN UP FOR WINTER/SPRING DANCE CLASSES WITH LINDA DYSART** - Ten week session starts the week of January 12. Cost is \$65.
- "BEAUTIFUL YOU" FOR PROM** - A great event for high school girls... a fun day learning to look your best for prom from hair to nails taught by several helpful professionals. Call for details. Saturday, February 20 from 9:00 AM - 4:00 PM. Cost is \$15. Please pre-register in advance.



- JOY OF PAINTING "MAKE IT TAKE IT" BOB ROSS CLASS** - Paint fabulous landscape creations using wet-on-wet oil painting techniques with certified instructor Barbara McDonald who uses Bob Ross techniques. Classes are on Wednesdays, January 20, 27, February 3, 10, 17, 24 and March 3 from 1:00 - 4:00 PM. Classes also available on Saturdays, January 23, 30, February 6, 13, 27 from 9:00 AM - Noon. Cost is \$65 per class.

- ** Call the Recreation Center for additional classes scheduled in March/April with Wednesday, Saturday and Sunday options.**
- "HOW TO" IN LIFE** - Life is full of challenges. Let's clarify the problem and discover solutions so you can master the challenges in life on Saturday, February 20 from 1:00 - 4:00 PM. Cost is \$35.
- THE 3 Rs - ESSENTIALS FOR SUCCESS IN PERSONAL, SOCIAL AND PROFESSIONAL RELATIONSHIPS** - Learn to recognize the components of healthy and productive relationships and how to choose an appropriate course of action when change is necessary on Saturday, February 27 from 9:00 AM - Noon. Cost is \$22. Please register by February 24.

SPORTS

- FAMILY NIGHTS** - Thursdays from 6:30 - 9:30 PM and Saturdays from 5:30 - 8:30 PM. Cost is \$8 per family. Family size includes up to 2 adults and 4 children.
- PRIVATE RACQUETBALL LESSONS** - Set up any level of lessons with Gary West. Cost is \$30 per hour.
- FAMILY RACQUETBALL CLINIC** - One day clinic for the whole family on Saturday, February 6 from 10:00 AM - Noon. Cost is \$20 per family.
- YOUTH RACQUETBALL CLINIC** - One day clinic for ages 8-18 on Saturday, February 13 from 3:00 - 5:00 PM. Cost is \$10.
- INTERMEDIATE RACQUETBALL CLINIC** - Wednesday evenings for four weeks starting February 17 from 6:00 - 8:00 PM. Cost is \$30
- ADULT FLAG FOOTBALL LEAGUE** - 5 on 5 flag football league at Mountain View Park. Ten game season with single elimination tournament. Register your team by February 14. Games played on Thursday nights. Cost is \$250 team fee and \$20 player fee.
- SPRING 4 ON 4 VOLLEYBALL LEAGUE** - Registration going on now for 4 on 4 volleyball league. Register your team by February 21. Five week season with tournament at the end. Cost is \$60 team fee and \$20 player fee.
- 7TH AND 8TH GRADE BOY'S AND GIRL'S BASKETBALL TOURNAMENT** - Register by March 5 for this annual tournament for 7th and 8th grade boy's and girl's basketball tournament on the weekend of March 12, 13 and 14. Cost is \$200 team fee. You are guaranteed 3 games over the weekend. Call the sports coordinator for all the details.



~ ~ FITNESS PROGRAMS ~ ~

Lainie Boyden, Fitness Coordinator

HATHA YOGA CLASS

Instructed by Dea Jacobson RYT. Wednesdays, through February 17 from 5:30 - 6:45 PM. **Cost is \$10 drop in fee.**

TEAM TRAINING

Designed for the intermediate or advanced exerciser, this class is unlike any other class we offer. Each workout is instructed by two certified instructors.

This session continues thru January 29.

Monday, Wednesday and Friday • Noon - 1:00 PM • Intermediate
Monday, Wednesday • 4:30 - 5:30 PM • Advanced

Cost is \$40 for two classes per week • \$45 for three classes per week or \$5 drop-in fee.

BOXING FOR KIDS

Learn the correct techniques and discipline of real boxing. For ages 8-13. Saturdays from 10:00 AM to Noon. **Cost is \$5 drop in fee weekly.**

BOXING FOR FITNESS

Ongoing classes now on Monday and Wednesday from 7:00 - 8:00 PM or Friday mornings from 6:00 - 7:00 AM.

\$5 drop in fee per class after taking orientation class. **

** Must take a 45 min. orientation class before first class

**Cost is \$10 which includes fist wraps.

BOXING FOR SENIORS

Ongoing class now on Mondays, Wednesdays and Fridays from 3:00 - 4:00 PM.

Cost is \$4 drop in fee.

**Must take a 5 minute orientation class before first class.

**Cost is \$10 which includes wrist wraps.

DANCE FIT

Try this fun high energy cardio workout focusing on hip-hop, Latin, jazz and ballet.

Tuesdays and Thursdays • January 19 - February 25 • 10:00 - 10:45 AM
Cost is \$50. Please pre-register.

TAI CHI FOR HEALTH

Four week session instructed by Robert Cook

Mondays, January 18 - February 8 • 7:00 - 8:30 PM

Cost is \$40. Please pre-register.

TAE KWON DO

Monthly ongoing classes. Learn self defense techniques on Tuesdays and Thursdays from 6:45 - 8:00 PM. No classes scheduled December 22 - 31.

Cost is \$30 monthly or \$5 drop-in fee.

FITNESS CLASSES

We offer over 20 fitness classes which are included with your daily admission. Please drop by the Recreation Center and pick up a class schedule.

LEISURE

- COMMUNITY EVENING DANCE** - Saturday, February 6 from 7:00 - 10:00 PM. Cost is \$4 at the door. Please bring a snack to share.
- AARP DRIVER'S SAFETY** - Monday and Tuesday, January 18 and 19 from 8:30 AM - 12:30 PM. Cost is \$12 for AARP members or \$14 for a non-member.
- STRUT YOUR STUFF** - Each of us is a genius and has a special gift/talent to share. Each workshop will have a short presentation, an exercise and question and answers. Workshops are held on Mondays, January 25, February 22, March 29, April 26 and May 24 from 7:00 - 8:00 PM. Cost is \$5 for each workshop or \$22 if registering for all five.
- PATHWAYS TO MEMORY** - Bring a sack lunch and listen to a lecture on this memory enhancing program on Wednesday, January 27 from 12:00 - 1:00 PM. No charge.
- CRIBBAGE TOURNAMENT** - Sunday, February 21 from 1:00 - 5:30 PM. Cost is \$10 for singles and \$5 per person for doubles. Register in advance or the day of the event by 12:30 PM.
- AMATEUR CHESS TOURNAMENT** - Saturday, March 13 from 10:00 AM - 6:00 PM. Cost is \$10 (six rounds of play). Please pre-register in advance.

AQUATICS

- OPEN SWIM** - Monday - Friday starting at 1:00 PM, Saturday starts at 10:00 AM and Sunday starts at noon.

Please remember: Children ages 5 and younger **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.

Limited lap lanes in morning due to Water Fitness Classes.

Please see Winter Pool Schedule posted at Recreation Center front desk for designated times.

***Girls H.S. Swim Team from 4:00 - 6:00 PM

- MORNING SWIM LESSONS** - Level 1 and Level 2 on Monday - Friday, March 1 - 12 from 9:00 - 9:40 AM. Cost is \$35. Pre-register by February 22.

- EVENING SWIM LESSONS** - Classes in Levels 1-4 on Mondays and Wednesdays March 1 - 31 from 6:00 - 6:40 PM. Cost is \$35. Pre register by February 22.

- PRIVATE SWIM LESSONS** - Register from February 1 - 22. Session runs from March 1 - April 10. Five private lessons cost \$70, five semi-private lessons cost \$45. Time TBA.

- HOME SCHOOL SWIM LESSONS - LAST CHANCE!** - Register by January 18. Session is January 25 - February 24 from 2:00 - 2:40 PM. Cost is \$35.

- COMMUNITY CPR/FIRST AID** - Saturday, January 23 or February 13 from 8:00 AM - 5:00 PM. Cost is \$50. Please register in advance.

- LIFEGUARD TRAINING** - Get your lifeguard certification on Monday - Friday, February 15 - 19 from 8:00 AM - 5:00 PM. Cost is 125. Must pre-register by February 8 and pass a skills test.

Discover Water Fitness For your body, your health, your life!	Mon., Wed., Fri.	Tues., Thurs.	Sat.
	8:30 AM	9:00 AM	9:00 AM
	Cardio Crazy	Deep Benefits	Deep Benefits
	9:30 AM	10:00 AM	
	Splashrobics	Life-N-Lively	
	10:30 AM	5:30 PM	
	Form Focus	Deep Benefits	



Bill Heddles Recreation Center

530 Gunnison River Drive • Delta, CO 81416 • 970.874.0923

Hours of Operation

Monday-Friday 6:00am - 9:30pm
Saturday 8:00am - 8:30pm
Sunday 12:00pm - 5:30pm