

# City of Delta Culture & Recreation

## OCTOBER / NOVEMBER

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

# Activity Guide



### WEEKLY SENIOR PROGRAMS

- **DUPLICATE BRIDGE** - Mondays from 12:30 to 4:00 PM. Cost: \$5 per time.
- **PARTY BRIDGE** - Thursdays from 1:00 to 4:00 PM. Cost: \$6 per four month session or \$1 drop-in fee.
- **PINOCHLE** - Tuesdays from 1:00 to 4:00 PM. Cost: \$6 per four month session or \$1 drop-in fee.
- **SCRABBLE** - Thursdays from 10:00 AM - 1:00 PM. No charge, drop in.
- **TUESDAY NEEDLERS** - Tuesdays from 10:00 AM to Noon. Cost: \$6 per four month session or \$1 drop-in fee.
- **CHESS CLUB** - Tuesdays from 6:30 - 9:00 PM. No charge, drop in.
- **CRIBBAGE CLUB** - Wednesdays from 8:30 to 11:00 AM. Cost: \$6 per four month session or \$1 drop-in fee.
- **DOMINOES** - Wednesdays from 1:00 to 3:00 PM. Cost: \$6 per four month session or \$1 drop-in fee.

### YOUTH

- **CHILD CARE** - Parents - Just a reminder that BHRC does offer child care if you need it while you work out. Please see the hours listed in the fitness section of this activity guide.
- **"ALIVE AT 25" DEFENSIVE DRIVING COURSE FOR YOUNG DRIVERS** - Next classes are Mondays, November 14 and December 12 from 4:30 - 9:00 PM. Register with payment, on line, at [www.aliveat25.us](http://www.aliveat25.us)
- **DADDY/DAUGHTER DANCE** - Dads, daughters, grandfathers and granddaughters, come and dance the night away on Saturday, November 12. Doors open at 6:30 PM and dancing begins at 7:00 PM. This year the dance is "A Mid-November Night's Dream" with an Enchanted Forest theme. This dance is great for ages 3-12, but any age can come. Cost is \$15 per couple if registered by November 11 or \$20 per couple at the door and \$5 for each additional girl. Please bring a snack to share.
- **AMERICAN RED CROSS BABYSITTING COURSE** - BHRC is offering the American Red Cross Babysitter's Training Course for ages 10-16 on Saturday, October 22 from 8:30 AM - 5:00 PM. The cost is \$85, which includes training in lay responder CPR and first aid. Register by October 18. Space is limited.

### CLASSES/EVENTS

- **COMMUNITY EVENING DANCES** - The next evening dances are Saturdays, October 15, November 19 and December 3 with music by "Route 66." Cost is \$5 per person. Come dance the night away from 7:00 - 10:00 PM. Coffee and lemonade are provided. Please bring a snack to share.
- **AARP DEFENSIVE DRIVING COURSE** - Designed for 50 and older to update your driving skills. A certificate is given at the end of the course. Participants must have a valid driver's license from any state in the United States. Next class is Monday, October 17 from 8:00 AM - 1:00 PM. Must register with John Loring at 856-6924.
- **BHRC HOLIDAY CRAFT SHOW - CALL FOR VENDORS** - This year's Holiday Craft Show at BHRC is Saturday, December 3 from 9:00 AM - 3:00 PM. Vendors of *handmade items ONLY* can still reserve a booth space for this popular craft show. Spaces range in price from \$30-\$50. Spaces have been added this year to help accommodate the demand, so sign up now and be part of this annual show.
- **AMATEUR CHESS TOURNAMENT** - The Annual Amateur Chess Tournament will be held on Saturday, October 22 from 10:00 AM - 5:30 PM in Delta at BHRC. All ages are invited to participate. The registration fee is \$15 for adults and \$10 for ages 16 and below. Please register in advance or by 9:15 AM on the day of the event.
- **NEED A LITTLE HELP GETTING STARTED ON YOUR FITNESS GOALS?** - BHEC has some options to help you get started. The options are: Weight Room Orientation/Fitness Consultation, Youth Orientation, TRX Orientation or Personal Training/TRX. Prices vary, so please contact the Fitness Department at BHRC for more details.

### SPORTS

- **DENVER NUGGETS BASKETBALL SKILLS CHALLENGE** - This FREE basketball skills competition on January 2, 2017 is open to boys and girls ages 6-13. Participants will be divided into gender and age groups (age as of April 30, 2017). Top scorers from each age group advance to a sectional competition. Registration starts at 9:30 AM with the competition starting at 10:00 AM
- **BHRC FAMILY NIGHTS** - Family Nights at BHRC are Thursday evenings from 6:30 - 8:30 PM and Saturday evenings from 5:00 - 7:30 PM. Please note that the Aquatics area closes at 7:00 PM. Cost is only \$12 per family, which is two adults and four kids from the same household.
- **PICKLEBALL DROP IN TIMES** - Pickleball drop in times are: Monday, Wednesday and Friday from 7:00 - 11:00 AM (open to all levels), and Tuesday/Thursday from 12:00 - 3:00 PM (open to all levels for opportunity to do clinics, drills and lessons).
- **K-2 GRADE BASKETBALL SKILLS AND DRILLS** - BHRC is now offering basketball skills and drills for youth in grades K-2 from January 7 - February 11 on Saturday mornings. Registration ends December 4 and the fee is \$35, which includes a basketball and T-shirt.

- **LITTLE LEAGUE BASKETBALL** - Little League basketball is for boys and girls in grades 3-6. The fee is \$40 until November 6. If there is room available, there will be a late fee of \$5 for any registration after the deadline. Practices will start in December and games will start January 7 and be on Saturdays in Delta and surrounding communities.

### AQUATICS

- **OPEN SWIM** - Tot Pool: 9:00 AM; Main Pool, Wellness Pool and Lazy River: 1:00 PM (Monday - Friday).
- **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.
- **PRIVATE AND SEMI-PRIVATE SWIM LESSONS** - Available all through the year. Cost is \$50 per person for five semi-private, 30 minute lessons with a maximum of three participants or \$75 per person for five private, 30 minute lessons.
- **WINTER LEARN TO SWIM CLASSES** - Monday/Wednesday evenings from November 7 - December 7 or Saturday mornings from November 12 - December 10. Call for exact times and levels or check us out on the web at [cityofdelta.net](http://cityofdelta.net) Aquatics Division.
- **CPR/AED AND FIRST AID** - Saturday, November 5 from 9:00 AM - 4:00 PM. Cost is \$85. Please register in advance by November 2.
- **LIFEGUARD TRAINING CERTIFICATION CLASS** - Lifeguard certification class on Tuesday, December 27 - Friday, December 30 from 9:00 AM - 4:00 PM. Cost is \$120. Participants must complete pre-skills on the first day of the course. Registration deadline is December 12. Call John in Aquatics for more information.

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

#### MONDAY-WEDNESDAY-FRIDAY

8:30 AM ... **Cardio Crazy** 9:30 AM ... **Pool Power**  
10:30AM ... **Body, Health and Life**  
5:30 PM ... **Deep Benefits** (MONDAY)

#### TUESDAY - THURSDAY

9:45AM... **Light and Lively**  
10:30AM ... **Splash Circuits**  
5:30 PM ... **Cardio Crazy**

## Handmade Holiday CRAFTS FAIR

This year's Holiday Craft Show at BHRC is Saturday, December 3rd from 9:00 AM - 3:00 PM.

Don't miss this once a year opportunity to shop for Hand-Made Items!

*This year's show will contain:*

- Kitchen Items • Body and Bath Care Items**
- Candles • Purses • Jewelry • Ornaments**
- Wreaths • Decorative Signs • Artwork**
- Table Linens • Quilts • Scarves**
- Fishing Flies • Leather Goods and SO much more!**

The show is FREE and this year's show will be even bigger with more vendors to shop from. Stop by to see all the great, handcrafted items available to give as gifts, for your home, or just for yourself!

### OCTOBER Fitness Schedule

#### MONDAY

- Cycle and Abs + with Candace 6:00 - 7:00 am
- Forever Fit with Gena 8:15 - 8:45 am
- Senior Circuit with Rodney in Weight Rm. 9:00 - 10:15 am
- Total Body Blitz with Patrice 9:00 - 10:15 am
- Fit and Focus with Rodney 10:30 - 11:00 am
- Pilates with Betsy 12:10 - 1:00 pm
- Cycle and Abs with Jen 4:30 - 5:25 pm
- Kettle Kick with Kindra 5:30 - 6:45 pm

#### TUESDAY

- Body Bar and Abs with Candace 6:00 - 7:00 am
- Body Bar & Abs with Jen 9:00 - 10:00 am
- Healthy Body, Strong Bones with Billie in Gym 9:00 - 10:00 am
- Senior Circuit with Whitney in Weight Rm. 9:00 - 10:15 am
- Silver Sneakers CLASSIC with Gary in Gym 10:00 - 10:45 am
- Cycle and Abs with Jen 10:00 - 11:00 am
- Forever Fit with Cassidee 11:00 - 11:30 am
- Tabata with Kindra 12:15 - 12:45 pm
- Body Bar & Abs with Julie 4:30 - 5:25 pm
- Total Body Blitz with Kindra 5:30 - 6:30 pm



#### WEDNESDAY

- Spin-Bata with Betsy 6:00 - 6:45 am
- Senior Circuit with Gary in Weight Rm. 9:00 - 10:15 am
- Total Body Blitz with Kindra 9:00 - 10:15 am
- Ballet Fit with Gena 10:30 - 11:30 am
- Cycle and Abs with Jacci 12:15 - 1:00 pm
- Pilates with Gena 4:30 - 5:25 pm
- Cycle and Abs with Jen 5:30 - 6:30 pm
- Insanity with Robin 5:30 - 6:20 pm

#### THURSDAY

- Tabata with Jacci 6:15 - 6:45 am
- Body Bar & Abs with Candace 9:00 - 10:00 am
- Healthy Body, Strong Bones with Billie in Gym 9:00 - 10:00 am
- Senior Circuit with Whitney in Weight Rm. 9:00 - 10:15 am
- Silver Sneakers CLASSIC with Gena in Gym 10:00 - 10:45 am
- Cycle & Abs with Jacci 10:00 - 11:00 am
- Tabata with Robin 12:15 - 12:45 pm
- Dance Fit with Gena 4:30 - 5:25 pm
- Body Bar + with Gena 5:30 - 6:30 pm

#### FRIDAY

- Cardio Circuit with Candace 6:00 - 7:00 am
- Pilates with Kindra 9:00 - 10:00 am
- Senior Circuit with Gary in Weight Rm. 9:00 - 10:15 am

#### SATURDAY

- R.I.P.P.E.D. with Robin 9:00 - 10:00 am

#### SUNDAY

- Cycle and Abs with Jacci 10:00 - 11:00 am

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

#### Tai Chi/Qigong for Health and Longevity

Mondays 7:00 - 8:30 PM  
\$12 Drop-in Fee

#### Tae Kwon Do

Monday/Wednesday 7:00 - 8:00 PM  
\$30 Monthly or \$5 Drop-in Fee

#### Hatha Yoga

Wednesday 5:30 - 6:45 PM  
Cost is \$10 drop-in fee

#### Children's Activity Room

Monday - Friday  
8:30 am - 1:00 pm

Monday - Friday  
4:00 pm - 7:00 pm

#### Closed Saturday and Sunday.

Punch cards for the Children's Activity Room can be purchased at the front desk.

Starting October 1st, you can purchase a monthly child care punch card for \$25 per child. This card has a two hour a day limit and is good for 30 days from purchase date.



Bill Heddles Recreation Center

531 N. Palmer Dr. • Delta, CO 81416

970.874.0923

[www.cityofdelta.net](http://www.cityofdelta.net)

#### HOURS OF OPERATION

Monday-Thursday ..... 5:30am - 9:00pm  
Friday ..... 5:30am - 7:30pm  
Saturday ..... 8:00am - 7:30pm  
Sunday ..... 9:30am - 5:30pm

The Aquatics Area closes 30 minutes prior to rest of facility!

THE AQUATICS AREA OPENS AT NOON ON SUNDAYS