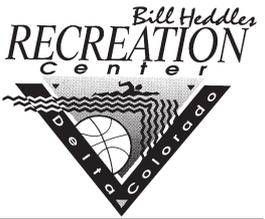


City of Delta Culture & Recreation

MAY/JUNE 2013 Activity Guide

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



Weekly Senior Programs

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

YOUTH

- **ALIVE AT 25** - Class for 15-24 year olds taught by CSP on Mondays, June 3 from 4:30 - 9:00 PM. Must register on-line with payment at www.aliveat25.us.
- **OUTDOOR HERITAGE DAY AND YOUTH FISHING DERBY** - The City of Delta's Annual June event will be held from 10:00 AM - 2:00 PM on Saturday, June 1 at Confluence Park. Kids should come early to get in on the **YOUTH FISHING DERBY**. Colorado Sportsmen Wildlife Fund will again offer their "Pathway to Fishing" program and will be giving away free fishing poles to kids. Learn-to-fish stations set up from 8:00-9:15 PM. The fishing derby will be from 9:15 - 11:00AM for age categories up to 16. Outdoor Heritage Day exhibitors will be on hand from 10:00 AM - 2:00 PM with activities highlighting outdoor sports, recreation, stewardship and safety for all ages. Among them are: Rocky Mountain Elk Foundation, Forest Service, Colorado Mule Deer Association, Delta Health Department/DHS ROTC, Colorado Parks and Wildlife, Grand Mesa Back Country Horsemen and Montrose Muzzleloaders will even be on hand at Fort Uncompahgre. A free hot dog lunch will be given to participants who actively take part in several of the exhibitor activities. So save the date for this great **FREE** event.
- **SUMMER DANCE CLASSES** - Instructed by Linda Dysart. Classes will run June 18 - July 30 (no class on July 4). Ballet, Jazz/HipHop and Tap meet Tuesday and Thursday. Pre-school, adult and drama classes meet once a week for six weeks. Cost is \$60 per six week class for twice weekly classes and \$36 for six week class for once weekly class. Please come by the Recreation Center and pick up a complete schedule.
- **OPERATION KIDSFIT** - Keep your kids (ages 7-12) moving with this unique fitness experience that includes using a variety of training tools, fitness techniques and activities along with nutritional tips, healthy lifestyle ideas and goal setting. Held at BHRC on Tuesdays, June 11 - July 30 (7 weeks) at 1:00 - 3:00 PM. Cost is \$20 per child.
- **DELTA RADO DAYS "KIDS KARNIVAL"** - Fun in the sun on Saturday, July 20 at Cleland Park during Deltrarado Days. Bump 'n Jump, water slide and more will be waiting for kids to come and play from 11:00 AM - 4:00 PM. Kids wristbands cost \$5 (cash only). Recommended ages are 3-12. Purchase a wristband on the day of the event. Swimsuits and waterproof sunscreen are strongly recommended.

LEISURE

- **COMMUNITY EVENING DANCES** - Next summer dances are: Saturdays, May 18 and June 15 from 7:00 - 10:00 PM. Please bring a snack to share. Cost is \$4 per person. Music is by Route 66.
- **BEGINNING/INTERMEDIATE LINE DANCING** - Dance to Greased Lightning. Call Me Maybe and many others on Tuesdays from 2:00 - 4:00 PM. Cost is \$30 per month or drop-in rate is \$8 per class. Please register in advance.
- **DAY TRIPS** - We are planning some day trips at BHRC. Please call 874-0923 to see what's happening.

SPORTS

- **DELTA REGIONAL PICKLEBALL TOURNAMENT** - The City of Delta is hosting the Delta Regional Pickleball Tournament which is the fourth leg of the Western Slope Regional Pickleball Tournament. The event is open to all levels of players and is scheduled for Saturday, May 18 at BHRC outside courts. Divisions are men's/women's (doubles); with check in at 9:00 AM. Mixed doubles division check in is at 1:00 PM. Cost is \$20 whether you play one or two divisions. Deadline to register is May 11 at BHRC.
- **HERSHEY'S TRACK MEET** - The Annual Hershey's Track Meet for boys and girls ages 9-14 (age as of December 31, 2013) will be held at the Delta High School Track on Thursday, May 30. Registration will begin at 9:30 AM with the competition beginning at 10:00 AM. This event is free. A copy of birth certificate is required at time of registration.
- **ROCKIES SKILLS CHALLENGE** - Registration for this free baseball skill competition for boys and girls ages 6-13 (age as of December 31, 2012) will begin at 9:30 AM on Wednesday, June 12 at Confluence Community Fields in Delta with competition beginning at 10:00 AM. A birth certificate is required at time of registration to advance to the sectional competition.
- **PICKLEBALL CHALLENGE COURTS** - Pickleball Challenge Courts this summer (replacing drop-in times which end on May 30) starting Monday, June 3. Challenge courts will be on Monday evenings from 5:30 - 7:30 PM (2 courts will be dedicated to new players who want to learn to play the game).
- **2013 SUMMER PICKLEBALL LEAGUE** - The league will start June 3 and run through July 31. Men's and women's doubles will be on Mondays from 7:00 - 8:00 AM. Men's and women's singles will be on Wednesdays from 7:00 - 8:30 AM. The two different mixed doubles leagues will be, one on Monday from 8:00 - 10:00 AM and the other on Wednesday from 8:30 - 10:30 AM. Cost is \$1- per person/per league. Registratin deadline is May 28.
- **KID'S PICKLEBALL** - Drop-in pickleball for kids, ages 7-14, starting June 5. It will be held at the Heddles Tennis Courts on Wednesday mornings through the summer from 10:30 AM - Noon.
- **YOUTH TENNIS BLAST CAMP** - For ages 8-13 will be held at BHRC Tennis Courts on Tuesday, August 6 - Thursday, August 8 from 8:00 - 10:30 AM. On Friday, August 9 participants will get to participate in a tournament starting at 8:00 AM. Please pre-register before August 2. Racquet and balls will be provided, but dress to play. The enrollment fee is \$45.

AQUATICS

- **BASIC CPR AND FIRST AID CERTIFICATION CLASS** - Saturday, May 18 from 8:00 AM - 5:00 PM. Cost is \$80. Register from now until May 10.
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 MAY/JUNE

MONDAY

- **Cycle and Abs + with Kiffany** 6:00 - 7:00 am
- **Senior Circuit with Gary in Weight Rm.** 9:00 - 10:00 am
- **Cardio Intervals with Weights and Core with Cristie** 9:00 - 10:15 am
- **Kinks and Knots with Cristie** 10:30 - 11:00 am
- **Yogalates + with Cristie** 12:00 - 1:00 pm
- **Zumba with Kindra** 4:30 - 5:25 pm
- **Cycle and Abs with Jennifer** 4:30 - 5:25 pm
- **Cardio Kick with Kindra** 5:30 - 6:45 pm

THURSDAY

- **Body Bar & Abs with Kindra** 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 Trisha** 10:00 - 11:00 am
- **Cycle & Abs with Kindra in Cycle Rm.** 12:15 - 1:00 pm
- **Zumba with Gena** 4:30 - 5:25 pm
- **Body Bar + with Gena** 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 Trisha** 10:00 - 11:00 am
- **Cycle & Abs with Trisha in Cycle Rm.** 12:15 - 1:00 pm
- **Cut To The Core + with Jennifer** 4:30 - 5:15 pm
- **Total Body Blitz with Erin** 5:30 - 6:30 pm

FRIDAY

- **Cycle and Abs with Betsy** 6:00 - 7:00 am
- **Yogalates with Erin** 9:00 - 10:00 am
- **Senior Circuit With Gary in Weight Rm.** 9:00 - 10:00 am
- **Cardio Kick with Kindra** 12:00 - 1:00 pm
- **Tough Stuff with Trisha/Jennifer** 5:30 - 6:30 pm

WEDNESDAY

- **Boxing for Fitness with Kiffany** 6:00 - 7:00 am
- **Senior Circuit with Gary in Weight Rm.** 9:00 - 10:00 am
- **Cardio Intervals with Bars and Core Conditioning with Cristie** 9:00 - 10:15 am
- **Kinks and Knots with Cristie** 10:30 - 11:00 am
- **Cut To The Core with Erin** 12:15 - 12:45 pm
- **Yogalates with Betsy** 4:30 - 5:25 pm
- **Cycle and Abs with Amberleigh** 5:30 - 6:30 pm
- **Zumba with Erin/Trisha** 5:30 - 6:30 pm

SATURDAY

- **Boxing for Fitness with Alternating Instructors** 8:15 - 9:15 am
- **Box of Chocolates with Alternating Instructors** 9:30 - 10:30 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** 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.

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

- **PRIVATE AND SEMI-PRIVATE SWIM LESSONS** - Available all through the year. Appointments to register are available on Tuesday and Thursday from 9:00 - 11:00 AM and 2:00 - 6:00 PM or on Friday from 3:00-6:00 PM. Cost is \$50 per person for 5 semi private, 30 minute lessons (max. of 3 participants.) Cost is \$75 per person for 5 private 30 minute lessons.

Limited lap lanes in morning due to Water Fitness Classes.
Swim lessons start in June... new schedule when lessons start.
Barracuda Swim Team is starting again for summer months.
See pool schedule posted at Recreation Center front desk for designated times.

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

Mon., Wed., Fri.	Tues., Thurs.
8:30 AM Cardio Crazy	10:00 AM Light and Lively
9:30 AM Pool Power	10:30 AM Double Depth
10:30 AM Body, Health and Life	5:30 PM Deep Benefits
5:30 PM Liquid Works Wed. Only	

Find us on Facebook

SUMMER SWIM LESSONS AT BILL HEDDLES REC. CENTER

MORNING SESSIONS

Lessons are available at 8:30 AM, 9:25 AM, 10:20 AM, 11:15 AM
Monday - Friday

June 3 - June 15
June 17 - June 28
July 8 - July 19
July 22 - August 2

EVENING SESSIONS

Lessons are available at 6:00 PM
Monday - Wednesday \$45 per session
June 3 - July 10
July 15 - August 14

All Classes are 40 minutes in length
Levels Parent/Tot, 1-5 and Diving - not all levels offered at all sessions!

REMEMBER... Beginning levels fill up quickly! DON'T WAIT! Register early for any level, any session TODAY!

Registration forms for our Recreational Programs can be found on the City of Delta's website at www.cityofdelta.net. On the web: Go to the Recreation Department and then check out the sections: Leisure, Fitness, Sports or Aquatics and print off your forms



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