

Check it Out!

Pueblo West Parks & Recreation's 2017 FALL & WINTER ACTIVITY BROCHURE

www.pueblowestmetro.com

KIDS LEISURE

INFORMATION

WHERE DO I REGISTER?
PUEBLO WEST PARKS OFFICE
340 E. Hahn's Peak Ave.
547-7400

Monday to Friday – 7am to 4:30pm
OR REGISTER ONLINE

HOLIDAY CLOSURES

Colorado Day	Aug 7
Labor Day	Sep 4
Columbus Day	Oct 9
Thanksgiving	Nov 23 & 24
Christmas	Dec 25
New Year's	Jan 1

2017 HALLOWEEN BASH

FREE event Tuesday, Oct. 31
4:30-6:30pm at Lovell Park ballfield #1
Costume contest for all ages starting at
5pm. Prizes, goody bags, & candy for all!

HOLIDAY FOOD BASKET DRIVES

Thanksgiving food taken Nov 6-10, new toys
& food for Christmas taken Dec 11-15, for
those who wish to donate to the food drives.

HOLIDAY IN LIGHTS PARADE

16th annual parade Sat. Dec 2, 5:30pm
Bonfire & refreshments follow at
Civic Center Park with tree lighting
and fireworks!!

PRESCHOOL PALS

Our fun program for kids ages 3-5 (who are
potty trained), making crafts, learning new
Pre K skills, ABC's, meeting new friends.
Held **TU & WE** from either 8-10am or 10:30am
to 12:30pm. Classes will max at 8 students
each. Session 3 we skip Thanksgiving week.

REGISTER

wk of Aug 28	Sep 5 to Sep 27 (4-wk)
wk of Oct 2	Oct 10 to Nov 1 (4-wk)
wk of Nov 6	Nov 14 to Dec 6 (3-wk)

DATES

COST: 3-wk session \$45
4-wk session \$58

KANGAROO KIDS

This exciting 6-wks **WE** morning fitness
class for kids ages 2-4, will help a child's
strength, flexibility, & coordination, thru
musical game activities. Classes max
at 10 students each time.

CLASSES TO BE DETERMINED.

KARATE FOR EVERYONE

Karate held **MO & TH** for ages 7 to adult. Students learn self-defense, self-esteem, self-control,
and more!! Multiple student discounts are offered. Uniforms are not required but you can buy
one through the instructor. Testing fees are not included if you want to test and rank.
An additional session is being planned, dates have yet to be determined.

REGISTER: Aug 7 to Aug 18

TIMES: 5:30-6:30pm

DATES: Aug 28 to Oct 16

COST: \$86.00

DANCE EXPRESS

Coming this Fall/Winter is our next showcase: "*Beauty & The Beast*". For ages 18m and up, tap
pre-ballet, hip hop, jazz, adult line dance and our favorite, Broadway Bound Tappers is offered.

REGISTER: Jul 31 to Aug 16

TUESDAY classes run – Aug 22 to Dec 5

COST: 30 min. classes are \$70
45 min. classes are \$88

THURSDAY classes run – Aug 24 to Dec 7
See our website for more details!!!

BRUSH, GLUE, SPIN & SHAKE

A 2nd Friday of the month art class for kids ages 3-6. All new projects are planned for the
seasonal program that runs September through May next year. Classes will max at 8 kids.

REGISTER: wk of Aug 21

DAY: Sep 8

COST: \$8 per class

REGISTER: wk of Sep 25

DAY: Oct 13

TIMES: 10:45am-12:00pm

REGISTER: wk of Oct 23

DAY: Nov 10

REGISTER: wk of Nov 20

DAY: Dec 8

Pueblo Regional Pool-270 W. John Powell

AQUATIC - Drop-in Programs
pay the instructor or lifeguard on site

SENIOR WATER AEROBICS

M thru TH
Year-round 7-8am \$1.50 a class, +\$2 a month

ADULT WATER AEROBICS

T & TH
\$2 a class, 5:15-6:15pm Sep 5 to Nov 16

LAP SWIMMING

W & F
\$2 a class, 5:15-6:15pm Sep 6 to Nov 17

FAMILY OPEN SWIM

S & SU
\$2 a person, 5-7:30pm Sep 9 to Nov 19
kids 3 & under free

FALL SWIM LESSONS

Swim levels 1-4 with max of 8 students
per class, held **TU, WE, & TH** for 2 wks.

REGISTER

week of Aug 28	Sep 5 to Sep 14
week of Sep 18	Sep 26 to Oct 5
week of Oct 9	Oct 17 to Oct 26
week of Oct 30	Nov 7 to Nov 16

DATES

COST: \$18 per session

TIMES: 6:20-6:50pm

TOT/INFANT and ADULT SWIM

Saturday swim sessions held for 3-wks.

Level 5	8:30-9:00am	8 max
Advanced (L3 & L4)	9:00-9:30am	8 max
Beginner (L1 & L2)	9:35-10:05am	8 max
Tots 18m-3yrs	10:10-10:40am	20 max
Infants 6m-17m	10:45-11:15am	20 max
Adults 13 & up	11:20-11:50am	5 max

REGISTER

wk of Aug 28	Sep 9 to Sep 23
wk of Sep 25	Oct 7 to Oct 21
wk of Oct 23	Nov 4 to Nov 18

KIDS \$16 & ADULT CLASS \$18 per session

ONLINE REGISTER FOR
MOST PROGRAMS!!!!

Don't wait to the last day to sign up,
a program is determined by registrations.

OVER →

****YOUTH SPORTS****

VOLLEYBALL

A great CO-ED program for kids ages 8-11 to learn how to play volleyball in a fun & enjoyable atmosphere. Held on **Mon & Wed** nights, this fun paced sport is coached by parents and has a limit of 60 kids. Don't delay on signing up. It's great recreational fun.

Coaches meet: TU, Sep 5 @ 6pm

REGISTER: Jul 24 to Aug 25

COST: \$36

(4-wks)

DATES: Sep 11 to Oct 4

INDOOR SOCCER

For boys and girls ages 5-6 & 7-8, kids play recreational soccer that teaches developmental skills, sportsmanship, and team participation. Games & practices are held at Prairie Winds on **Saturday mornings**. Parents coach the teams, so please consider signing up to coach.

Coaches meet: WE, Oct 4 @ 6:30pm

REGISTER: the month of September

COST: \$30

(6-wks)

DATES: Oct 14 to Nov 18

OUTDOOR SOCCER

An enjoyable outdoor recreational program for ages groups 5-6, 7-8, 9-10, & 11-12yrs. to play in outdoor setting on Saturday mornings at Lovell Park. We rely on parents to head up the teams and teach soccer skills, teamwork, and sportsmanship.

Coaches meet: TU, Aug 22 @ 6pm

REGISTER: Jul 24 to Aug 18

COST: \$30

(6-wks)

DATES: Sep 2 to Oct 7

BOYS BASKETBALL

This program is non-competitive where boys ages 9-12 will learn the developmental skills on playing team basketball. Played on Sat. mornings, practices are the first 20 min. of the hourly games held at Skyview MS. We encourage parents to volunteer to coach!

Coaches meet: WE, Oct 4 @ 6pm

REGISTER: the month of September

COST: \$30

(6-wks)

DATES: Oct 14 to Nov 18

CO-ED BASKETBALL

A most popular program for boys & girls ages 5-6 & 7-8 to learn the skills to play basketball. Kids love to learn and this sport teaches sportsmanship, team participation, and how to have fun. Parents, please consider coaching your child's team. It's a great experience!!

Coaches meet: WE, Oct 4 @ 6pm

REGISTER: the month of September

COST: \$30

(6-wks)

DATES: Oct 14 to Nov 18

GIRLS BASKETBALL

A recreational program for girls ages 9-12 to learn how to play team basketball. A great program for those who have never played basketball before. Held on Saturday mornings at Skyview MS. Parents, don't forget to sign up to coach a team.

Coaches meet: WE, Oct 4 @ 6pm

REGISTER: the month of September

COST: \$30

(6-wks)

DATES: Oct 14 to Nov 18

VOLUNTEER COACHES

We rely on parents to coach the kids. After completing the necessary coach requirements, & attending the coach meetings, the **HEAD COACH** fee will be waived as our *Thank You*, to you!

****ADULT FITNESS & LEISURE****

FIT WITH NIC (PFT)

Group Personal Fitness Training sessions held during the Fall months.

Session 1 – Aug 7 to Sep 1

Session 2 – Sep 18 to Oct 13

Session 3 – Oct 23 to Nov 17

Two classes to choose from; 5:00-6:00am or 6:30-7:30pm on **Mon, Wed, & Fri**. Call us at 547-7400 if interested to sign up.

COST: \$85 per session. If a Dist. #70

Employee, the cost is \$70 a session.

SIGN LANGUAGE

American Sign Language held on **Mondays**.

Students will learn the basics, like colors, alphabet, food, and easy phrases. Each week building on vocabulary & learn to sign thru interactions with other students. **Min/Max: 6/15**

REGISTER: Aug 7 to Aug 18

COST: \$38 per session

TIMES: 5:30-7pm

DATES: Aug 21 to Sep 25

Session 2: register Sep 25 to Oct 6

DATES: Oct 9 to Nov 13

****ADULT SPORTS****

FALL SOFTBALL

Teams register at the Pueblo West Parks office the week of Aug 21 with the first \$100 or the entire fee by cash or credit card-**ONLY**.

FIRST COME, FIRST SERVE

COST: \$400 per team (12 games/awards)

SEASON: tentative start week of Sep 11

No Coaches meeting

MENS LEAGUE: Monday or Wednesday

CO-ED LEAGUE: Tuesdays or Thursdays

SENIOR SIT 'N STRETCH

This chair exercise class for the older set will help increase circulation and strength, improve range of motion and balance. No registration necessary. Bring hand weights, water, and an exercise band and get ready to have fun and meet new friends.

COST: \$2 a class

TIME: 9:30-10:30am on **Fridays**

PLACE: Memorial Rec. Building

230 E. George Dr.

AMRIT YOGA

An in-depth, internal healing yoga class held on **Thursdays** for ages 14 to adults. Learn how to de-stress from your everyday life and rid your body of harmful emotion and learn to balance yourself with easy-to-do postures!

CLASSES TO BE DETERMINED.

VOLLEYBALL LEAGUE

Teams register at the PW Parks office 340 E. Hahn's Peak from 7am-4:00pm

FIRST COME, FIRST SERVE

REGISTER: week of Sep 25

SEASON: starts week of Oct 9

CO-ED M or W – Rec. Leagues

CO-ED T or TH – Leisure Leagues

FEE: \$90 per team (8 games/awards)

MAX: 6 teams per league

\$10 FEE FOR ANY LATE REGISTRATIONS AFTER DEADLINES

- Classes or programs are subject to change
- Please don't wait until the last day to sign up
- We do place a cap on most programs
- **Refunds** are only given if a class is canceled, not because **you** changed your mind.
- Consider your class a "go" unless you hear from us, otherwise, confirmations are **NOT** sent out.



MC/VISA is only taken in the office, a small fee is added, due to the processing by the credit card companies.

ADULT PICK-UP BASKETBALL

A CO-ED leisure program for those who are 18yrs., PW residents, or PW property owners. Held **Sundays** at Swallows Charter gym from 6-8pm.

REGISTER: month of August

COST: \$30 (10-wks)

DATES: Sep 17 to Nov 19

****FACILITY RENTALS**** are now completed **ONLINE**. Create an account, pick a facility you want to rent, enter your date in the calendar and fill out the reservation. Rental payment & damage deposit are done at the same time to finish your transaction. Reservations are only taken for the current year. **After January 1, rentals for the 2018 year will be available.**