

# Check it Out!

## Pueblo West Parks & Recreation's 2018 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

Labor Day	Sep 3
Columbus Day	Oct 8
Veterans Day	Nov 12
Thanksgiving	Nov 22 & 23
Christmas	Dec 24 & 25
New Year's	Dec 31 & Jan 1

#### 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. This is a drop-off program.

#### REGISTER

wk of Aug 27

wk of Oct 1

wk of Oct 22

wk of Nov 26

COST: \$58 for each 4-wk sessions

\*\$30 for the 2-wk session in Dec

#### DATES

Sep 4 to Sep 26

Oct 9 to Oct 31

Nov 6 to Nov 28

\*Dec 3-4, 10-11 (MO & TU)

#### DANCE EXPRESS

"Dancing Thru the Decades" students ages 2 to adult will learn dances to music from the 70's, 80's & 90's. A recital in Dec will have additional cost for costumes.

Tap for kids, Jazz for adults, Hip Hop, & singing are offered in the 15-wk program held TU or TH nights, Aug 21-Dec 13.

REGISTER: Jul 23 to Aug 17

COST: \$84 for 30 min. class

\$105 for 45 min. class

\$88 for adult jazz

Discounts given for multi-family students!

See our website for more details & to register.

#### KARATE FOR EVERYONE

Karate held MO & WE for ages 7 to adult. Students learn self-defense, self-esteem, self-control, and more!! Uniforms, patches, & testing fees are not included in registration, but if you want to purchase a uniform or test rant at program end, see instructor for pricing. We do offer multiple student discounts. The program is held for 10-wks, skipping Labor Day, with testing held Nov 7.

REGISTER: Aug 13 to Aug 24

TIMES: 5:30-6:30pm

DATES: Aug 27 to Nov 5

COST: \$115.00 for (20 classes)

MAX: 20 students

#### KANGAROO KIDS

A TH morning physical activity class for kids ages 2-4. The program will aid in a child's strength, flexibility, coordination, & social fun, all thru musical and game activities. Max of 10 kids per class

REGISTER:

wk of Aug 20

(a 2<sup>nd</sup> session is to be determined)

#### DATES

Aug 30 to Oct 4

COST: \$38 per session

TIMES: 8:45-9:30am ages 2-3

9:30-10:15am ages 3-4

#### A CREATIVE MESS

A 2<sup>nd</sup> 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 10 kids.

REGISTER: wk of Sep 3

REGISTER: wk of Oct 1

REGISTER: wk of Oct 22

REGISTER: wk of Nov 26

DAY: Sep 14

DAY: Oct 12

DAY: Nov 9

DAY: Dec 7 (first Friday)

COST: \$8 per class

TIMES: 10:45am-12:00pm

## Pueblo Regional Pool-270 W. John Powell

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

#### SENIOR WATER AEROBICS

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

#### ADULT WATER AEROBICS

\$2 a class, 5:15-6:15pm Sep 4 to Nov 20

#### LAP SWIMMING

\$2 a class, 5:15-6:15pm Sep 7 to Nov 16

#### FAMILY OPEN SWIM

\$2 a person, 5-7:30pm Sep 8 to Nov 18

kids 3 & under free

Buy an 18-day PUNCH PASS ONLINE FOR \$30  
ANYONE CAN USE @ FAMILY OPEN SWIM

#### FALL SWIM LESSONS

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

#### REGISTER

wk of Aug 27

wk of Sep 17

wk of Oct 8

wk of Oct 29

COST: \$18 per session

TIMES: 6:20-6:50pm

#### DATES

Sep 3-13

Sep 24-Oct 4

Oct 15-25

Nov 5-15

#### TOT/INFANT and ADULT SWIM

Saturday swim sessions held for 3 or 4-wks.

Level 5 8:30-9am Level 1 10:30-11am

Level 4 9-9:30am Infant/Tot 6m-4yrs 11-11:30am

Level 3 9:30-10am Adults 13 & up 11:30-noon

Level 2 10-10:30am

Swim levels max at 8 students each, Infant/Tot 20, and adult swim 5 students.

#### REGISTER

wk of Aug 27

wk of Sep 24

wk of Oct 29

KIDS: \$16-3wks

ADULTS: \$18-3wks

#### DATES

Sep 8, 15, 22

Oct 6, 13, 20, 27

Nov 10, 17, Dec 1

\$18-4wks

\$20-4wks



## \*\*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 **MO & WE** 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: TH, Aug 30 @ 6pm**

**REGISTER:** Jul 23 to Aug 28

**COST:** \$36 (4-wks)

**DATES:** Sep 10 to Oct 3

### 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: TH, Oct 4 @ 6:30pm**

**REGISTER:** the month of September

**COST:** \$30 (6-wks)

**DATES:** Oct 13 to Nov 17

### 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: TH, Aug 23 @ 6pm**

**REGISTER:** Jul 23 to Aug 17

**COST:** \$30 (6-wks)

**DATES:** Sep 1 to Oct 6

### BOYS BASKETBALL

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

**Coaches meet: TH, Oct 4 @ 6pm**

**REGISTER:** the month of September

**COST:** \$30 (6-wks)

**DATES:** Oct 13 to Nov 17

### 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, this is a fun sport to coach. Held on **Saturday mornings**.

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

**REGISTER:** the month of September

**COST:** \$30 (6-wks)

**DATES:** Oct 13 to Nov 17

### 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: TH, Oct 4 @ 6pm**

**REGISTER:** the month of September

**COST:** \$30 (6-wks)

**DATES:** Oct 13 to Nov 17

## VOLUNTEER COACHES

We rely on parents to coach the kid's teams. After completing the coach requirements, & attending the meetings, the **HEAD COACH** fee will be waived as our *Thanks*, to you! So please consider helping out in the programs, the kids **LOVE IT** and it's a very rewarding experience!!

## \*\*ADULT FITNESS & LEISURE\*\*

### FIT WITH NIC (PFT)

Group Personal Fitness Training sessions held during the Fall months.

**Session 1** – Jul 30 to Aug 24

**Session 2** – Oct 15 to Nov 9

**Session 3** – Nov 19 to Dec 17

Two classes to choose from; 5:00-6:00am

or 6:30-7:30pm on **MO, WE, & FR**. 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.



### SIT, STRETCH, & MORE

This chair fitness class is for adults of any age.

Strengthen muscles, improve range of motion and balance. Bring hand weights, small massage ball and water to class. No registration necessary.

**COST:** \$2 a class

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

**PLACE:** Memorial Rec. Building

230 E. George Dr.

## \*\*ADULT SPORTS\*\*

### FALL SOFTBALL

Teams register at the PW Parks office by cash or card, or register **ONLINE**, all starting at 7am **Monday, Aug 20**. In office pay entire fee or the first \$100 to get your team spot with the remainder due Aug 24 by 3pm. Online only has option to pay entire fee. This is **FIRST COME, FIRST SERVE!!**

**COST:** \$425 per team (12 games/awards)

**SEASON:** tentative start week of Sep 10

**No Coaches meeting**

**MENS LEAGUE:** Mondays or Wednesdays

**CO-ED LEAGUE:** Thursdays

### VOLLEYBALL LEAGUE

Teams register at the PW Parks office by cash or card, or register **ONLINE**, all starting at 7am **Monday, Sep 24**. This is **FIRST COME, FIRST SERVE!!**

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

**SEASON:** starts week of Oct 8

**CO-ED:** MO or WE – Rec. Leagues

**CO-ED:** TU or TH – Leisure Leagues

**MAX:** 6 teams per league

### ADULT PICK-UP BASKETBALL

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

A fun activity for the adults to play basketball.

**REGISTER:** month of August

**COST:** \$30 (10-wks)

**TIME:** 6-8pm

**DATES:** Sep 16 to Nov 18

### \$10 LATE FEE FOR AFTER DEADLINE REGISTRATIONS

- 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.**



**\*\*FACILITY RENTALS\*\*** are completed **ONLINE**. Pick a facility to rent, create an account, and enter date on calendar and reserve. Rental payment & \$75 deposit are done at the same time. We only reserve for the current year. **Starting Jan. 1, rentals for 2019 will be available.**



**Credit cards are only taken in the office, not over the telephone. A small fee is added, due to the processing by the credit card companies.**