

Pueblo West

Parks & Recreation's

Check it Out!

www.pueblowestmetro.com



2020 ACTIVITY BROCHURE

make it happen

KIDS LEISURE

INFORMATION

REGISTER ONLINE or IN OFFICE
PUEBLO WEST PARKS & REC.
340 E. Hahn's Peak Ave.
547-7400

Monday to Friday – 7am to 4:30pm
ALL CLASSES ARE HELD
IN PUEBLO WEST



Credit Card transactions
have a small service fee added.

HOLIDAY CLOSURES

Christmas Eve/Day Dec 24 & Dec 25
New Year's Eve/Day Dec 31 & Jan 1, 2020
Martin Luther King Jr. Jan 20
President's Day Feb 17

**Online Registrations will follow
our brochure information.
They are "time sensitive" so
don't delay to register.**

Any late registration, whether in-office or
Online will be charged a \$15 late fee.

2020
15th Annual

Tom Sawyer Fishing Derby

To be held on Saturday, Apr 25 at
Cattail Crossing, for kids ages 4-15.
Register online or in-office Mar 23 to Apr 24
for \$5.00.



PRESCHOOL PALS

Our fun "drop-off" program for kids ages 3-5
where they can make crafts, meet friends, learn
new & exciting Pre-K skills. Held **TU & WE**
for 4-wks with a max of 8 students. A great
first program for kids to participate in.

<u>ONLINE REGISTER:</u>	<u>DATES</u>
week of Dec 30	Jan 7 to Jan 29
week of Jan 27	Feb 4 to Feb 26
week of Feb 24	Mar 3 to Mar 25
week of Mar 30	Apr 7 to Apr 29
week of Apr 27	May 5 to May 27

TIMES: 9:00-11:00am
COST: \$58 per session

KANGAROO KIDS

This exciting **Thursday** morning fitness
class will help build the child's strength,
flexibility, & coordination, thru musical
games & activities. Max of 10 kids.

<u>ONLINE REGISTER:</u>	<u>DATES</u>
week of Dec 30	Jan 9 to Feb 13
week of Feb 17	Feb 27 to Apr 9 (No class Mar 26)
week of Apr 6	Apr 16 to May 21

TIMES: 8:45-9:30am ages 2-3
TIMES: 9:30-10:15am ages 3-4
COST: \$38 per session

KARATE FOR EVERYONE

Karate held **MO & TH** for ages 7 to adult.
Learn self-defense, self-control, & more!
Uniforms are not required but can be
purchased thru the instructor. There is
a great deal of emphasis given to
character building and setting goals.

<u>ONLINE REGISTER:</u>	<u>DATES</u>
Jan 1-Jan 10	10-wk; Jan 13-Mar 19
week of Mar 23	8-wk; Mar 30-May 21

TIME: 5:30-6:30pm
COST: \$115 for 10-wk session
\$92 for 8-wk session

DANCE EXPRESS

Our 12-wk dance showcase for this Spring is
themed "**Toy Story**". A recital is planned for
May 9, with some costume purchase needed.
These great classes offer boys & girls; tap,
ballet, jazz, hip hop, and our favorite class
(with singing and dancing), musical theatre!
Multi-family student discounts are offered
for both the online or in-office registration.

ONLINE REGISTER: Dec 16 to Jan 3
TUESDAY class dates – Jan 7 to Apr 28

Tutu Caboose (2-3yrs)	4:30-5pm	\$66
Metro Mini's (3-4yrs)	5-5:45pm	\$88
Turnstyles (5-9yrs)	5:45-6:30pm	\$88

(skipping wks of 1/28, 2/25, 3/24, 4/7, 4/14)
THURSDAY class dates – Jan 9 to Apr 30

Tutu Caboose (2-3yrs)	4:30-5pm	\$66
Metro Mini's (3-4yrs)	5-5:45pm	\$88
Flower Fairies (5-9yrs)	5:45-6:30pm	\$88
Broadway Bound (6-11yrs)	6:30-7:15pm	\$88

(skipping wks of 1/30, 2/27, 3/26, 4/9, 4/16)

PAINT SPLASH

A 2nd Friday of the month art class
for kids 5-10, for \$8 per class.

<u>ONLINE REGISTER:</u>	<u>DATES</u>
Jan 1 to Jan 6	Jan 10
week of Feb 3	Feb 14
week of Mar 2	Mar 13
week of Mar 30	Apr 10
week of Apr 27	May 8

TIMES: 10:45am-12pm

AQUATICS

EVENING SWIM LESSONS

Levels 1-4 with max of 8 students per class.
Held **MO, TU, & TH** for 2 weeks.
TIME: 6:20-6:50pm
COST: \$18 per session
ONLINE REGISTER **CLASS DATES**

week of Jan 6	Jan 13 to Jan 23
week of Jan 27	Feb 3 to Feb 13
week of Feb 17	Feb 24 to Mar 5

SATURDAY SWIM LESSONS

Level 5	8:30-9:00am	8 max
Level 4	9:00- 9:30am	↓
Level 3	9:30-10:00am	
Level 2	10:00-10:30am	
Level 1	10:30-11:00am	
Tot/Baby (6m-3yrs)	11:00-11:30am	
Adults (13 & up)	11:30am-noon	5 max

ONLINE REGISTER **CLASS DATES**

Jan 1 to Jan 8	Jan 11, 18, 25
week of Jan 27	Feb 8, 15, 22
week of Feb 24	Mar 7, 14, 21
week of Apr 6	*Apr 18, 25 & May 2, 9

COST: 3-wks: Kids \$16 Adults \$18
***COST:** 4-wks: Kids \$18 Adults \$20

AQUATIC INDOOR POOL ACTIVITIES

Pueblo Regional Pool-270 W. John Powell
Drop-in, pay the instructor or lifeguard on site

SENIOR WATER AEROBICS

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

ADULT WATER AEROBICS

TU & TH
\$2 a class, 5:15-6:15pm Jan 7 to May 14

LAP SWIMMING

MO & FR
\$2 a class, 5:15-6:15pm Jan 6 to May 15

FAMILY OPEN SWIM

SA & SU
\$3 a person, 5-7pm Jan 11 to Mar 15
kids 3 & under free

Purchase your 15-punchpass card online for \$30

ANYONE CAN USE @ FAMILY OPEN SWIM

OVER →

****YOUTH SPORTS****

VOLLEYBALL

A great CO-ED program for a max of 60 kids, ages 8-11 to learn to play volleyball in a fun & enjoyable atmosphere. Held on **MO & WE** nights with teams coached by parents.

Coaches Meet: TH, Jan 2 @ 6pm
ONLINE REGISTER: Dec 1 to Dec 27
COST: \$40 (4-wks)
DATES: Jan 13 to Feb 5

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, Jan 30 @ 6pm
ONLINE REGISTER: Jan 1 to Jan 24
COST: \$40 (6-wks)
DATES: Feb 8 to Mar 14

GIRLS BASKETBALL

For girls ages 9-12 to play team basketball. A great Rec. program for 1st time players! Held **Saturdays** at a Pueblo West school.

Coaches Meet: TH, Jan 30 @ 6pm
ONLINE REGISTER: Jan 1 to Jan 24
COST: \$40 (6-wks)
DATES: Feb 8 to Mar 14

CO-ED REC. FLAG FOOTBALL

Flag football for ages; 5-7, 8-10, & 11-13 will register later this summer for \$50.00. The recreational program for boys and girls will run on Saturdays between August and September. More info TBD.

Remember, the month of December is "Coach Up" month to get your 2020 paperwork in early.

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 on **Saturdays**.

Coaches Meet: TH, Jan 30 @ 6:30pm
ONLINE REGISTER: Jan 1 to Jan 24
COST: \$40 (6-wks)
DATES: Feb 8 to Mar 14

CO-ED BASKETBALL

A most popular program for boys & girls ages 5-6 & 7-8 to learn the skills to play basketball. on **Saturdays**. Kids will learn sportsmanship, team participation, and just have some fun.

Parents, please consider coaching your child's team. It's a great experience!!
Coaches Meet: TH, Jan 30 @ 6pm
ONLINE REGISTER: Jan 1 to Jan 24
COST: \$40 (6-wks)
DATES: Feb 8 to Mar 14

BASEBALL

Ages 7-12 CO-ED Rec. machine pitch baseball where kids learn baseball skills with games and practices held **Saturdays** at Lovell Park.

Coaches Meet: TH, Mar 19 @ 6pm
ONLINE REGISTER: Feb 1 to Mar 13
COST: \$40 (7-wks)
DATES: Apr 4 to May 16

OUTDOOR SOCCER

An enjoyable outdoor recreational program for ages; 4 (*little kickers*) 5-6, 7-8, 9-10, & 11-12 to play in outdoor setting on **Saturday mornings** at Lovell Park.

Coaches Meet: TH, Mar 26 @ 6pm
ONLINE REGISTER: Feb 1 to Mar 13
COST: \$40 (6-wks)
DATES: Apr 11 to May 16

4YR. OLD INDOOR SOCCER

A "LITTLE KICKERS" indoor soccer for boys and girls who are 4yrs. old. Just like the older kids, the recreational soccer offers kids the basics of soccer and to experience a first time sport on **Saturdays**.

Coaches Meet: TH, Jan 30 @ 6:30pm
ONLINE REGISTER: Jan 1 to Jan 24
COST: \$40 (6-wks)
DATES: Feb 8 to Mar 14

T-BALL

CO-ED Rec. program for ages 4-5 & 6-7 to learn how to play team t-ball. Games are held on **Saturdays** at Lovell Park.

Coaches Meet: TH, Mar 26 @ 6:30pm
ONLINE REGISTER: Feb 1 to Mar 13
COST: \$40 (6-wks)
DATES: Apr 11 to May 16

VOLUNTEER COACHES

Our youth sports programs totally rely on parents to volunteer and coach the teams. Without your help, we couldn't make this happen, so please consider to either coach or co-coach your child's team. It is a worthwhile experience and the kids love it! As before, all coaches are required to submit necessary paperwork and attend the coach meetings and their registration fee will be waived.

****ADULT FITNESS/LEISURE****

FIT WITH NIC (PFT)

Group Personal Fitness Training sessions
Session 1 – Jan 6 to Jan 31
Session 2 – Feb 17 to Mar 13
Session 3 – Mar 30 to Apr 24
Session 4 – May 11 to Jun 8 (*skip 5/25*)

Choose from 5-6am or 6:30-7:30pm
Held MO, WE, & FR. Call 547-7400
If interested to sign up.
COST: \$85 per session. If a Dist. #70 Employee, the cost is \$70 per session.

SIT, STRETCH, & MORE

Chair exercise to increase strength, & range of motion. Drop-in with your hand weights at the Memorial Rec. Bldg., 230 E. George Dr.
TIME: Fridays, 9:30-10:30am
COST: \$2 per class

LIFEGUARD CERTIFICATION

Held before Spring Break for students who will be 15yrs. by the first day, Mar 20. Held Mar 20 to Mar 22. Recertifications will be done on Sunday, Mar 22 and are \$50.
REGISTER: Feb 17 to Mar 13
COST: \$140 – (good for 2yr. certification)
Max of 20 students

****ADULT SPORTS****

SPRING SOFTBALL

Teams register the week of Mar 2
ONLINE REGISTRATION ONLY!!
SEASON: starts week of Mar 16
MENS – MO League
CO-ED – TH League
FIRST COME, FIRST SERVE
FEE: \$450 per team
MAX: 10 teams per league
12 games/awards

VOLLEYBALL LEAGUE

ONLINE REGISTER: Jan 1 to Jan 8
FIRST COME, FIRST SERVE
SEASON: starts week of Jan 13
CO-ED-WE – Rec/Comp @ Skyview MS
CO-ED-TH – Leisure @ LibertyPoint Intl.

FEE: \$90 per team (8 games/awards)
MAX: 6 teams per league

CO-ED PICK-UP BASKETBALL

A leisure program to play basketball for PW residents age 18yrs. & up!
ONLINE REGISTER: month of December
COST: \$30 (10-wks) skip Feb 2-Super Bowl Sunday. Held at Swallows Charter gym
TIMES: 6:00-8:00pm
DATES: Sundays, Jan 12 to Mar 22

****FACILITY RESERVATIONS****

RESERVE ON OUR WEBSITE www.pueblowestmetro.com

Create a log-in account, find your venue calendar & fill out the reservation form. The Rental & Damage Deposit payments are done at the same time to complete your transaction. **Only current year reserves are accepted.**

2020 reservations can be made starting January 1, 2020.