

# Check it Out!

## Pueblo West Parks & Recreation's 2019 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 2       |
| Columbus Day | Oct 14      |
| Veterans Day | Nov 11      |
| Thanksgiving | Nov 28 & 29 |
| Christmas    | Dec 25      |
| New Year's   | Jan 1, 2020 |

#### PRESCHOOL PALS

Our fun drop-off program for kids ages 3-5 (who are potty trained), making crafts, learning Pre-K skills, ABC's, meeting new friends. Held **TU & WE** from 8-10am or 10:30am-12:30pm with a max at 8 students each.

#### ONLINE REGISTER

wk of Aug 19  
wk of Sep 16  
wk of Oct 14  
wk of Nov 11

#### DATES

Aug 27 to Sep 18  
Sep 24 to Oct 16  
Oct 22 to Nov 13  
Nov 19 to Dec 10

**COST:** \$58 for each 4-wk session.  
(last session Dec. dates will run **MO & TU**, Dec 2-3 & 9-10)

#### DANCE EXPRESS

Our Dance Express theme for this fall is **"Mary Poppins"**. Kids ages 2-11 can register for ballet, tap, jazz, hip hop, and musical theatre in the 12-wk program held on **TU** or **TH** nights, Aug 20 to Dec 5. (skipping wks 9/2, 10/7, 11/4 & 11/25) See our website for more info and to register online.

**ONLINE REGISTER:** Jul 29 to Aug 18  
**COST:** \$66 for 30 min. class  
\$88 for 45 min. class

\*Some additional cost for recital costumes.  
\*Still offering multiple student discounts.

#### KARATE FOR EVERYONE

Karate held **MO & TH** 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 rank at program end, see instructor for pricing. The program is held for 10-wks, skipping Halloween, with testing held Nov 21.

**ONLINE REGISTER:** Aug 26 to Sep 8

**TIMES:** 5:30-6:30pm

**COST:** \$115.00 for (20 classes, \$5.75 a class!!)

**DATES:** Sep 12 to Nov 21

**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

**ONLINE REGISTER:**

#### DATES

wk of Aug 19  
wk of Oct 7

Aug 29 to Oct 3  
Oct 17 to Nov 21

**COST:** \$38

**TIMES:** 8:45-9:30am ages 2-3  
9:30-10:15am ages 3-4

#### PAINT SPLASH

A 2nd Friday of the month art class for kids ages 5-10. We have new painting projects planned so kids, bring an old tshirt or apron to your class. Classes will max at 10 kids

**REGISTER:** wk of Sep 2  
**REGISTER:** wk of Sep 30  
**REGISTER:** wk of Oct 28  
**REGISTER:** wk of Nov 11

**DAY:** Sep 13  
**DAY:** Oct 11  
**DAY:** Nov 8  
**DAY:** Dec 6 (first Friday)

**COST:** \$8 per class  
**TIMES:** 10:45am-12:00pm

### COMMUNITY HAPPENINGS!!!

#### 2019 HALLOWEEN BASH

FREE event **Thursday, Oct 31, 4:30-6:30pm** at Lovell Park ballfield #1. Costume contest starts at 5pm. FREE goody bags, giveaways, carnival games & candy for all!

#### HOLIDAY FOOD BASKET DRIVES

Thanksgiving food taken **Nov 4-8**, new toys & food for Christmas taken **Dec 9-13**, for those who wish to donate to the food drives.

#### HOLIDAY IN LIGHTS PARADE

18<sup>th</sup> annual parade, **SA Dec 7, 5:30pm**. "A Night at the **North Pole**" parade theme. Refreshments & bonfire following at Civic Center Park with tree lighting & fireworks!!

## Pueblo Regional Pool-270 W. John Powell

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

|   |                   |
|---|-------------------|
| <b>SENIOR WATER AEROBICS</b>                  | <b>M thru TH</b>  |
| Year-round 7-8am \$1.50 a class, +\$2 a month |                   |
| <b>ADULT WATER AEROBICS</b>                   | <b>T &amp; TH</b> |
| \$2 a class, 5:15-6:15pm                      | Sep 3 to Nov 21   |
| <b>LAP SWIMMING</b>                           | <b>M &amp; F</b>  |
| \$2 a class, 5:15-6:15pm                      | Sep 9 to Nov 22   |
| <b>FAMILY OPEN SWIM</b>                       | <b>S &amp; SU</b> |
| \$3 a person, 5-7pm                           | Sep 14 to Nov 17  |
| kids 3 & under free                           |                   |

Buy a 15-day **PUNCH PASS ONLINE FOR \$30**  
**ANYONE CAN USE @ FAMILY OPEN SWIM**

#### FALL SWIM LESSONS

Swim levels 1-4 (subject to change) for A max of 8 per class held **MO, TU, & TH** for 2 wks.

#### ONLINE REGISTER

wk of Sep 2  
wk of Sep 23  
wk of Oct 14

#### DATES

Sep 9-19  
Sep 30-Oct 10  
Oct 21-29

(last session classes will run longer due to skipping 10/31)

**COST:** \$18 per session

**TIMES:** 6:20-6:50pm



#### 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.

#### ONLINE REGISTER

wk of Aug 26  
wk of Sep 30  
wk of Oct 28

#### DATES

Sep 7, 14, 28  
Oct 12, 19, 26  
Nov 9, 16, 23

**COST:** KIDS: \$16-3wks  
ADULTS: \$18-3wks

## \*\*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 29 @ 6:30pm**

**ONLINE REGISTER:** Jul 29 to Aug 21

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

**DATES:** Sep 9 to Oct 2

### INDOOR SOCCER

For boys and girls ages 5-6 & 7-8, *limited to 42 players per age group*. The recreational program will teach skills for play, include kids in team participation and learn good sportsmanship. Held on **Saturday mornings**. Parents coach the teams, so please consider signing up to coach.

**Coaches meet: TH, Oct 10 @ 6:30pm**

**ONLINE REGISTER:** month of September

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

**DATES:** Oct 19 to Nov 23

### 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 29 @ 6pm**

**ONLINE REGISTER:** Jul 29 to Aug 21

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

**DATES:** Sep 7 to Oct 12

### 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 10 @ 6pm**

**ONLINE REGISTER:** month of September

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

**DATES:** Oct 19 to Nov 23

### 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: TH, Oct 10 @ 6pm**

**ONLINE REGISTER:** month of September

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

**DATES:** Oct 19 to Nov 23

### 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 10 @ 6pm**

**ONLINE REGISTER:** month of September

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

**DATES:** Oct 19 to Nov 23

### VOLUNTEER YOUTH SPORTS COACHES

**"COACH UP"** the month of December at the Parks office for any sport you want to coach or assist in for 2020. Complete the background check and complete other paperwork (*if needed*) in advance of the sport you volunteer to coach. After completing the requirements, (*which you can do online*) & attend the meeting for your sport, the **HEAD COACH'S** fee will be waived as our *Thanks*, to you! Please consider helping out.

The kids LOVE IT and it's a very rewarding experience!!

### LITTLE KICKERS INDOOR SOCCER

An indoor soccer program for boys & 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 and have fun. *Max of 36 kids*.

**Coaches meet: TH, Oct 10 @ 6:30pm**

**ONLINE REGISTER:** month of September

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

**DATES:** Oct 19 to Nov 23

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

### FIT WITH NIC (PFT)

Group Personal Fitness Training sessions held during the Fall months.

**Session 1** – Aug 5 to Aug 30

**Session 2** – Sep 16 to Oct 11

**Session 3** – Oct 28 to Nov 22

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 **Friday**:

**PLACE:** Memorial Rec. Buildin

230 E. George Dr.



### CHALK COUTURE WORKSHOP

Register for a fun, creative chalk workshop with Kathy Nicholls. Make & take a project done on an 8"x10" flat hanging board.

**REGISTER:** Aug 12-18

**COST:** \$25

**TIME:** 6-8pm

**DATE:** Sep 6

**MIN/MAX:** 6/20



### \$15 LATE FEE ON REGISTRATIONS

- Classes or programs are subject to change
- Please don't wait to the last day to sign up
- We do place a cap on most programs
- **Refunds** are 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, create an account, and enter date on calendar and reserve. Rental fee & \$75 refundable deposits are done at the same time for one total amount. We only reserve for the current year. **Starting Jan. 1, rentals for 2020 will be available.**

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

### FALL SOFTBALL

Teams register at the PW Parks office by cash, card, or *online* starting at 7am **Monday, Jul 22**. Entire fee is now taken at registration.

**COST:** \$450 per team (12 games/awards)

**SEASON:** tentative Aug 5 to Oct 3

**MENS LEAGUE:** Mondays

**CO-ED LEAGUE:** Thursdays

This is **FIRST COME, FIRST SERVE!!**

### VOLLEYBALL LEAGUE

Teams register at the PW Parks office by cash, card, or *online* starting at 7am **Monday, Sep 30**

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

**SEASON:** tentative week of Oct 14

**CO-ED: WE - Rec/Competitive**

**CO-ED: TH - Leisure League**

**MAX:** 6 teams per league

### ADULT PICK-UP BASKETBALL

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

**ONLINE REGISTER:** month of August

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

**TIME:** 6-8pm

**DATES:** Sep 15 to Nov 17



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