



Nampa Parks and Recreation Department April Events

(April 5, 2013) Check out the programs and classes being offered for the month of March from the Nampa Parks & Recreation Department. For more information or to register, please call 468-5858, go online to www.nampaparksandrecreation.org, or stop by the Nampa Recreation Center, 131 Constitution Way in Nampa.

Rose Pruning Workshop

Information on roses, fertilization and insect problems will be covered plus receive hands on training and pruning demonstrations. Class meets at Lakeview Park Rose Garden. In case of inclement weather please meet inside the maintenance shop at Lakeview Park.

April 6

9-10:30am

FREE – registration required

Ballet Dance

Learn the grace and flow of ballet in this fun class! Children are taught the fundamentals of ballet and incorporate them into a fun routine. Ballet shoes (no slippers), leotard and tights required. Call 461-9763 to order required dancewear.

April 8 – June 10

Mondays

Ages 8-12 (4:15-4:55 pm)

Ages 5-7 (5-5:40pm)

Member \$73; Non-Member \$77

Balance and Fall Prevention Class

This class will help seniors increase mobility and independence by improving lower body strength, endurance, flexibility and bone mass, which can help reduce the risk of falling.

April 8-May 15

9-9:45am

Mondays & Wednesdays

Member: Free; Non-Member: \$30

Children's Art Education

Children will use their imagination while working with various media and techniques, focusing on the experience rather than the end product. Learn interesting facts about animals, artists, cultures and more while fine tuning social, critical thinking and problem-solving skills. Dress for fun and a mess! Registration deadline is one week prior to class.

April 8-29
Mondays
Ages 7-12
4:15-5:15pm
Member: \$46; Non-Member: \$51

Basic Sewing Skills

In this 4-week class, learn how to use a sewing machine, select and purchase fabric, read a pattern, put in a zipper and more. You will complete 3 projects during class. Machines and sewing tools provided.

April 9-30
Tuesdays
9:30am-12:30pm
Bluebird Quilt Studio 1309 2nd Street South
\$50

Summer League Softball - Men's and Coed

Nampa Parks & Recreation Department offers summer coed and men's softball leagues. The goal of the program is to provide opportunities for physical exercise, socialization and healthy competition for adults through team sports programs. Each league has three divisions: Division "A" consists of high caliber, competitive players, "B" consists of players with some experience, but a less competitive.

League fees:

\$350 by April 9

\$375 by April 16 (registration deadline)

Player's fees: \$10 – Nampa residents; \$15 – Non-residents

Blood Pressure Screening

Blood pressure screenings are held at the Nampa Recreation Center or stop by the weight room to have your blood pressure checked anytime.

April 10
8:30 – noon & 5 -7pm
Free with Nampa Recreation Center Admission

Drama Kids International

Explore your 'dramatic' side through movement, speech activities, snippets, improvisations, & theater games. Different, FUN, and fast-paced activities each day. Come experience the #1 after school drama program in the world.

April 11 – May 2
Ages: 6-11
Thursdays
5:30-6:30pm
Member: \$40; Non-Member: \$45

Vegan Cooking Classes

A time to heal, a time to reverse disease and a place to transform your life. Come join Francoise Dunn, a health practitioner and instructor of vegan cooking and raw food preparation for 2 classes where you will learn facts about the Standard American Diet versus the Nature Diet and how to prepare meals that will help you be healthy. Eat to live, don't live to eat.

April 11-18
Thursdays
6-8 pm

Member \$40; Non-Member \$50

Swim Lessons

Enjoy swim lessons year round at the Nampa Recreation Center indoor pools. Nampa Recreation Center swim lessons meet American Red Cross curriculum standards and all instructors are certified American Red Cross Water Safety Instructors. To view class descriptions, visit the "Aquatics" page on our website, www.namparecreation.org or stop by the Recreation Center Front Desk.

April 15 – May 15 (Mondays/Wednesdays)

April 16 – May 16 (Tuesdays/Thursdays)

Member: \$30

Non-Member: \$40

**Private and Semi-Private Lessons are also available.

NEW Aquatic Volunteer

Come join our amazing team as an Aquatic Volunteer by participating in our Junior Swimming Instructor course! The course is designed to teach you the fundamentals of swimming instruction by building a foundation of knowledge, attitudes, and skills to assist with our learn-to-swim program. Graduates of the program will receive a basic water rescues certification and be eligible to volunteer for service learning hours by assisting with our swimming lesson program

April 15 – May 6

Ages 13 & Older

Mondays

5:30-7:30pm

Nampa Rec Center

Member \$20; Non-Member \$25

Youth Strength Training

By completing this course, students will be granted use of the weight room at the Nampa Recreation Center. This course will focus on safe, productive training and will cover the components of fitness, exercise principles, weight lifting techniques, strength potential factors, spotting responsibilities, weight room etiquette and practical experience.

April 15-18

Monday, Tuesday, Wednesday – 6-8:30pm

Thursday – 6-9:30pm

Ages: 13 and older

Member: \$15; Non-Member: \$55

Red Cross Lifeguard Training

This course is designed for experienced swimmers ages 15 and older that want to become Red Cross Lifeguards. Advanced skills are taught and information about lifesaving techniques will be presented. Lifeguard, CPR and First Aid certifications are awarded upon successful completion of the course. Course prerequisites are: 300 yard swim using front crawl and breaststroke, and retrieval of a 10 pound brick from 7ft of water. If you are unsure whether you can complete the prerequisites, sign up for a skills evaluation. Refund request must be made 4 business days before start of class.

April 16 – May 16

Tuesdays & Thursdays

6-9pm

Nampa Rec Center

Member: \$150; Non-Member: \$200

Compost Happens!

Join University of Idaho Extension Educator Ariel Agenbroad and Master Gardener Volunteers for this fun, hands-on gardening workshop for the whole family. You will explore several easy, affordable methods you can use at home to safely turn food scraps and yard waste into rich, soil building compost that plants love. Each family will receive a copy of our *Composting at Home* book. Kids are welcome and encouraged to attend, we have several fun activities planned.

April 18

6:30-7:30 pm

Nampa Recreation Center

Member \$12, Non Member \$15 (per family)

Injury Screening-provided by St Alphonsus Physical Therapy

Sign up at the Weight Room desk for a 15 minute free injury assessment, including recommendations for injury treatment and prevention. All ages welcome.

April 18

1-2pm

Nampa Rec Center

Free

Lock-In for Kids

Stay locked in at the Nampa Rec Center all night! Kids will enjoy movies, swimming, games and a pizza party. Children should bring a sleeping bag, swim suit, towel and clothes to sleep in.

April 19

Ages: 6-12

7pm – 9am

Member: \$20; Non-Member: \$25

Red Cross Babysitter Training

Learn information and skills necessary to provide safe and responsible care for children in the absence of parents and guardians. Course includes handbook, Emergency Reference Guide and CD with fun activities and support resources. Upon successful completion, participants will receive a Red Cross Babysitter Training Certification card. Please bring a sack lunch.

April 20

Ages: 11-15

9am-3pm

Member \$45; Non-Member \$50

Bob Ross Style Painting

Pick up a brush and put your dreams on canvas. Taught by a certified "Bob Ross" Instructor, this four hour oil painting class is suitable for beginners. All supplies included to complete an 18"X24" landscape painting in class.

April 21

Noon-4pm

Member \$45; Non-Member 50

Unplug and Be Outside Week

-Traveling Playground at Lions Park.

Free activities and games. All equipment provided. Lion's Park: Davis Ave and Winther Blvd.

April 22
4-5pm

Unplug and Be Outside Week

-Make a Bird Feeder at Maple Grove Shelter in Lakeview Park.

Kids will enjoy this hands-on activity that they can proudly hang on a tree and watch the birds make it disappear.

April 22
5:30-6:30pm
Free

Summer Sign-up Day

This is the day you can officially register for our Summer programs. Programs include swimming lessons, t-ball, baseball, softball, golf, tennis, archery and much more.

Register online or come to the Nampa Parks & Recreation Desk inside the Nampa Rec Center

April 23
8am

Unplug and Be Outside Week

-Traveling Playground at Liberty Park

Free activities and games. All equipment provided. Liberty Park is located at Sunnyridge and Constitution Way .

April 23
4-5pm
Free

Unplug and Be Outside Week

-30 Minute Bike Ride at Rolling H Cycle

Meet at Rolling H Cycle, 115 13th Ave. South. Children 14 years-of-age and under must be accompanied by an adult. Bring a helmet and a functioning bicycle.

April 23
6:30 pm
Free

Beginning Fly Casting

In this two day class, the Gem State Fly Fishers will give you the basics to start fly fishing. You will learn about different types of rods, what kind of line to use, basic knots and general fly fishing information. You'll also learn and practice basic casting skills. Bring your own fly rod, or some will be available for use in class.

April 23 & 24
6:30-8:30pm
Member: \$20; Non-Member: \$25

Get Golf Ready Clinic

Get Golf Ready is an opportunity for adults to learn the game of golf in a fun and relaxed environment. The clinics will cover the basic fundamentals of golf, golf etiquette, and provide an on course experience at the end of the class. All classes will be taught by PGA Professionals and clubs will be provided if needed.

April 23 – May 28th
Tuesdays
6-7pm
On Course Experience April 28th 6-8:30pm

Ridgecrest Golf Club
\$99

Unplug and Be Outside Week

-Traveling Playground at Lakeview Park

Free activities and games. All equipment provided. Lakeview Park is located at Garrity Blvd and 16th Ave. N

April 24

4-5pm

Free

Unplug and Be Outside Week

-Guided Nature Walk at Earl on Wilson Pathway

Join Earl Moran, Forester for the Nampa Parks Department, for a guide tour of this section of the Wilson Greenway. Learn about the path and the environment the surrounds it.

April 24

Meet at the parking area on Sunnyridge Road near the pump house at 4:15pm.

Free

Backpacking Basics: Fast and Light

For backpackers with some experience, come and learn how to streamline your equipment, food, pack and hiking style to minimize weight and maximize speed and efficiency

April 24

7-8:30pm

Member \$10; Non-Member \$12

Unplug and Be Outside Week

-Traveling Playground at Indian Creek Park

Free activities and games. All equipment provided Indian Creek Park is located at 2nd St. N and 17th Ave. N.

April 25

4-5 pm

Free

Unplug and Be Outside Week

-Scavenger Hunt at Wilson Parkway

Get your kids outdoors and "scavenging" for treasures in nature. Armed with a list of items to find, they'll eagerly look at the world around them with more observant eyes.

April 25

Meet at the parking area at Midland & Lake Lowell anytime from 5:30-6:30pm.

Free

Dutch Oven Cooking Class

Want to learn or refine your Dutch oven cooking skills? Now is your chance! Bring your own oven or learn on ours. We provide the coals and the menu, your provide the time to learn and an appetite!

April 25

6-8pm

Member \$24; Non-Member \$29

Register by April 22 at Noon

Unplug and Be Outside Week

-Traveling Playground at South Fork Park

Free activities and games. All equipment provided. South Fork Park is located at W. Iowa Ave and Midland

April 26

4-5pm

Free

Unplug and Be Outside Week

-Hiking the Centennial Trail Presentation

Join Dr. Thomas Oord and get inspired with his beautiful pictures and informative narrative. Nampa Recreation Center Classroom, 131 Constitution Way.

April 26

7-9pm

Free

Be Active! Be Healthy!

Unplug & Be at the Nampa Rec Center!

The Nampa Recreation Center is celebrating 19 years of providing healthy activities for Nampa. Unplug and join us for a day of FREE admission; booths and fun. Be active! Experience everything the Nampa Rec Center has to offer, including swimming, rock climbing, kayaking, basketball, dance, group cycle class, power pump, ZUMBA, yoga, functional training, art, bowling, tennis, soccer & more! Be Healthy! Visit a variety of booths including sports, wellness & health providers where you can ask questions, be screened, see demonstrations & get information.

April 27

FREE admission all day 8am – 7pm

Booths open 10am – 2pm

Shoshone Falls Trip

Join us for a trip to Twin Falls to view the spectacular Shoshone Falls. Trip will include a visit to Malad Gorge, a delicious box lunch in the lovely Centennial Park with gorgeous views of the Perrine Bridge, and the majestic views of the falls from Shoshone Falls Park and overlook. On the return trip we will visit Thousand Springs State Park. Note: Water flows are subject to weather, snow pack and other circumstances beyond our control.

April 30

8:30am-5:30pm

Depart from the Nampa Rec Center

\$35 (includes lunch)

Looking Ahead In MAY.

- Junior Golf Clinics
- Kayaking Classes