



Nampa Parks and Recreation Department May Events

(April 26, 2013) – Here are the programs and classes being offered for the month of May 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.

Preschool Registration

We provide your child with a variety of positive experiences to help develop self-esteem and prepare them for Kindergarten. Teacher and class information can be found on our website.

May 3rd

8am

Mayor's Golf Tournament

Join Mayor Dale for this festive annual tournament benefitting junior golf and college scholarships. Entry includes: green fees, cart rental, range balls, lunch, and prizes. For more information about sponsorship, registration, or scholarships call 468-5858

May 3

8am (Shotgun Start)

Ridgecrest Golf Club

\$300 per team

Planting a Perennial Garden for Year Round Beauty

Join University of Idaho Extension Educator Ariel Agenbroad and Master Gardener Volunteers to learn, hands on, how to plan and plant a perennial garden that looks beautiful year round. Get to know a few new "must have" plant selections, and gain experience planting, pruning and caring for these wonderful garden additions. Bring plastic bags, gloves, your own trowels, and pruning shears; you'll have the opportunity to take home extra plants from our demonstration garden!

May 4

9-11:30am

West Park Demonstration Garden

\$12

10/10 Bicycle Ride

Led by a League of American Bicycles Certified Instructor, this ride is for beginning and developing cyclists who are ready to add more distance to their rides while learning

skills for riding in traffic, building confidence and meeting other cyclists. Routes will vary, generally 10 miles at 10 miles per hour

Ages 12 & Up

May 4-October 1

Tuesdays – 6:30 pm

Saturdays – 9:00 am

Free

Watercolor

In this 3 week illustration style watercolor class, experiment with different watercolor medium such as watercolor pastels, watercolor pencils, and watercolor markers, as well as paper styles to create beautiful effects. Subjects will include birds, statues, plants, flowers and more. Supplies provided

May 6-20

Thursdays

6-7:30pm

Member: \$45; Non-Member: \$50

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.

May 7&8

6:30-8:30pm

Member \$20; Non-Member \$25

NRC Kayaking Classes - provided by Riverroots Ltd.

Indoor kayaking classes are designed to prepare you for the river

- Kayaking Basics
May 7 & 14
- Rolling Basics
May 21 & 28

Tuesdays

7-8:30pm

Member: \$80; Non-Member: \$85

Boxing Techniques

The sport of boxing is the art of attack and defense with the fists. This program will provide the building blocks of boxing. Learn how to box using skills, such as footwork, body movement, defensive actions and execution of punches within a structured training program.

Ages 10 and Up

May 7 –June 11

Tuesdays

5-6pm

\$35

Beginning Bridge

This class is perfect for the beginning bridge player, or one who has played in the past, but needs to refresh their skills. Class will consist of 30 minutes of instruction followed by an hour of supervised play.

May 8 – June 26

Wednesdays

10-11:30am

Karcher Estates 1127 Caldwell Blvd.

\$10

W.S.I. Water Safety Instructor Course

This American Red Water Safety Instructor Course demonstrates how to teach Red Cross swimming lessons and set up lesson plans. If you have a desire to become a swimming instructor then this is the perfect class for you. Course prerequisites are 25 yards in the following 6 strokes: front crawl, back crawl, breaststroke, butterfly, sidestroke, and elementary backstroke. 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.

May 10-19

Friday, 6-10pm

Saturday, 9am-5pm

Sunday, 1-6pm

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

Cake Decorating: Roses and Blossoms

Give that birthday cake some extra pizzazz! Working with fondant and gum paste, learn various techniques to create beautiful adornments for your confections. Fee includes all supplies.

Ages 12 and older

May 11

2-4pm

Member: \$25; Non-Member: \$30

Treasure Valley Roadrunners

Finally a running group for people who aren't runners....yet! Treasure Valley Road Runners is committed to motivating and equipping people to live a healthy lifestyle through walking and running. Each 8 week session is beginner friendly with options for all abilities. With supported group runs and weekly informational clinics on relevant running topics as well as form coaching, you can finally become the runner or walker you have always wanted to be! Your group run is free!

May 11-June 29

Saturdays, 8-10am (run)

Wednesdays, 7-8pm (group run and clinic)

Member \$40; Non-Member \$50

Junior Golf Clinic

This program specializes in junior golf instruction for both young men and women of all abilities. The clinics will be incredibly fun so that self motivation and participation are assured. Clubs provided if needed. Instruction by a PGA Professional.

Ages 8-17

May 13-16
Monday-Thursday
4:30-5:45pm
Ridgecrest Golf Club
\$40

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.

Ages 13 and older

May 13-16

Monday, Tuesday, Wednesday – 6-8:30pm

Thursday – 6-9:30pm

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

Going Raw This Summer

Come join Francoise Dunn, a health practitioner and instructor of vegan cooking and raw food preparation to 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. A meal sample will be provided

May 16-23

Thursdays

6-8pm

Member \$40; Non-Member \$50

American 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.

Ages 11-15

May 18

9am-3pm

Member \$45; Non-Member \$50

Caving Trip

Join Nampa Parks and Recreation and the Silver Sage Grotto for a unique caving adventure. Explore several lava tubes located north of Gooding, Idaho. You will encounter everything from large walking passages to low crawls through lava formations and remnants of Idaho's volcanic past frozen in stone. Participants should be in good physical condition and prepared to walk, stoop, and crawl on hands and knees. Bring a lunch, camera, and a sense of adventure!

May 18

8am-6pm

Depart and Return: Nampa Rec Center

\$35 (includes transportation and gear)

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. Register by Friday prior to class.

May 19

Noon-4pm

Member \$45; Non-Member 50

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.

May 20-June 26

9-9:45am

Mondays & Wednesdays

Member: Free; Non-Member: \$30

Strength Training for Women

This six week course involves a variety of equipment but emphasizes the use of free weights. The course will cover safe and effective training, the five fitness components and their benefits, weight room etiquette and jargon, training techniques, and lots of practical experience.

May 21-June 27

Tuesdays & Thursdays

9-10am

Member: \$28; Non-Member: \$64

Coed T-ball, Girls Slow Pitch Softball, & Boys Coach Pitch Baseball

This recreation program is designed to promote participation, development of fundamental skills and fun in a mildly-competitive environment. Practices and games will be held at Skyview Park. All players will receive a T-shirt, cap, certificate of participation and a medal. Players must meet the minimum age requirement on or before June 15, 2013. Programs begin with daily practices (Mon/Wed or Tues/Thurs for T-ball) until season starts. Once the season begins, games will be played 2-3 days a week, with no further practices scheduled. Volunteer coaches are always needed!

Ages: T-ball: 4-6; Softball: 7-8, 9-10, or 11-4; Baseball: 7-8, 9-10 or 11-14

\$25 – T-ball

\$28 – Softball & Baseball

Register by May 22 – a \$5 late fee will be added to registration after May 22

Children's Art Education – School's Out Art Day

School is out so let's have some fun with art today! Use a variety of media to create your own personal masterpieces.

Ages 6-12

May 27

10:45 am-12:45pm

Member \$21; Non-Member \$26

Looking Ahead In JUNE. . . .

- Summer swim lessons
- Parent's Day at the outdoor pools
- Volleyball & Basketball Camps