



Nampa Parks and Recreation Department July Events

(June 26, 2013) Check out the programs and classes being offered for the month of July 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.

Swim Lessons - Nampa Rec Center

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 Department Desk.

July 1 – July 12 – (no class Monday, July 4; make-up day Saturday, July 7)

July 15 – July 26

Monday – Friday

Member: \$30

Non-Member: \$40

Swim Lessons - Lakeview Water Park OR Lincoln Pool

Nampa Rec Department 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 Department Desk.

July 1 – July 12 – (no class Monday, July 4; make-up day Saturday, July 7)

July 15 – July 28

Monday – Friday

\$35

Soccer Camps – Led by the energetic staff of Nampa's Soccer Xpress, these fun filled camps are designed to build fundamentals of soccer, and prepare young players for team play. Youth will sharpen their soccer skills while making new friends. All camps will be held at Liberty Park.

- **Introduction to Soccer** – Focus on foot-eye coordination, dribbling, scoring and balance as well as introduce the concepts of teamwork and cooperation.
Ages 4-5
July 23 – August 1
Tuesdays & Thursdays
5:30 – 6:30 pm
\$25
- **Beginning Soccer** – Learn Basic soccer skills such as dribbling, passing, trapping, and scoring.
Ages 6-7 (5:30-6:30pm)

Ages 8-10 (6:30-7:30pm)
Session II: July 1-10
Session III: July 22-31
Mondays & Wednesdays
\$30

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 are required. Call 461-9763 to order required dancewear.

Ages 5-7 (5-5:40pm)
Ages 8-12 (4:15-4:55pm)
July 1 – August 19
Mondays
Member \$73; Non-Member \$77

July is Family Golf Month at Ridgecrest Golf Club and Centennial Golf Course

- Kids get a large bucket of range balls for \$3. Limit one per day.
July 1-31
- Enjoy discounted Green Fees for kids 17 and under.
July 8-14
Centennial Golf Course \$10+tax on Monday-Friday and after 2pm Sat-Sun
Ridgecrest Golf Course Club Wee 9 \$5+tax
- ***Free Golf Clinic for Kids***
Free golf clinic for kids ages 17 and under. Limited availability. Pre-registration required. Register at the Nampa Parks & Recreation Desk.
July 13
9-10am
Ridgecrest Golf Course
FREE

Fall Adult Men's and Coed Softball

Softball designed with fun in mind! The level of play is not highly competitive. Each team plays twice a week and receives ten league games plus a double elimination tournament at the end of season play. League starts August 12. Games held at Skyview Park and West Park.

\$265 by July 2
\$290 by July 9
Players fees: Nampa Residents: \$10; Non-Residents: \$15

Hip Hop Dance

Join us for this high-energy form of dance! Dance moves and music are age appropriate and family-friendly. No specialty dance wear is required.

Ages 5-7 (5-5:40pm)
Ages 8-12 (4:15-4:55pm)
July 3 – August 21
Wednesdays
Member \$73; Non-Member \$77

Shooting Stars Basketball sponsored by John's Medic Pharmacy

Boys and girls in kindergarten and first grade will have fun playing basketball that emphasizes learning skills and sports values rather than pure competition. Each child is

placed on a team balanced by skill level and coached by a parent volunteer. Teams will have one 45-minute practice and one game per week. Practices begin July 8. Games begin July 11.

July 8 – August 15

Practices: Monday-Wednesday evenings

Games: Thursday evenings

Member: \$24; Non-Member: \$32

Coaches needed! If you are interested in work with or coaching a team let us know upon registration.

Tennis

Learn to play tennis in this fun skills, drills and games format. Participants will be divided by age and ability. All abilities are welcome – youth through adults. Classes will occur simultaneously on multiple courts with instructors trained and provided by Idaho Tennis Association. Some racquets will be available in needed.

Ages: 4 & older (including adults)

July 8-18

Monday-Thursday

9-10am

Skyview High School

\$45

Middle School Day Trip: Hike & Skate

This day of activity will include a hike in the Boise Foothills in the morning, pizza lunch, and ice skating at Idaho Ice World in the afternoon. Transportation, lunch, admission, and skate rental are included.

Ages 11-14

July 9

Depart NRC: 8:15am

Return: 3:30pm

\$15

Tots in Training

Nampa Rec Department invites your toddler age child to be a Tot in Training. This program will introduce and reinforce sports and fitness through age appropriate warm-up, stretching, specific sport skill activities, fitness exercises, and fun games. Each child will need to be accompanied by a parent/caregiver.

Ages 2-3 years

July 9-30

Tuesdays

11:00 – 11:45am

Liberty Park

\$15

Archery

The basic archery class will teach basic technique and form using a compound bow. Equipment, safety and elements of shooting will be covered. All classes held at Nampa Bow Chiefs, 222 West Railroad, Nampa. Equipment is provided. Students may use their own equipment with instructor approval.

Ages: 7-12 (6-7pm)

Ages: 13-17 (7-8pm)

July 23 – August 1

Tuesday - Thursday
\$26

Active Adults Whitewater Rafting Trip sponsored by Karcher Estates

The Nampa Parks Department is teaming up with Riverrroots Ltd to offer a day trip down the Main Payette. This section has class III rapids and beautiful scenery to enjoy. Riverrroots has professional guides with years of experience. Cost includes: transportation, all rafting equipment, guides and fun!

Adults: 55+

July 9

8am – 3pm

Depart from Nampa Rec Center

\$45

Basic Sewing Skills

In this 4-week class, complete three projects while learning how to use a sewing machine, select and purchase fabric, read a pattern, put in a zipper and more.

July 9-30

Tuesdays

9:30am-12:30pm

Bluebird Quilt Studio

1309 2nd Street South, Nampa

\$50

Children's Art Education – 4 Week Session

Each week children will experience a new lesson using various art media while learning about artists, styles of art, different cultures and animals.

July 9-30

Tuesdays

10:45-11:45am – Art Explorers (Ages 4-6)

12:15-1:15pm – Junior Artists (Ages 7-12)

Member: \$46; Non-Member: \$51

Adult Basic Archery

Students will learn basic technique and form using a compound bow. Equipment, safety and elements of shooting will be covered. Equipment is provided. Students may use their own equipment with instructor approval. Registration deadline is July 5.

July 9-18

Tuesdays – Thursdays

7-8pm

Nampa Bow Chiefs

222 West Railroad

\$26

Injury Screening- Provided by St. Alphonsus Physical Therapy. Sign up at the weight room desk for a 15 minute injury assessment, including recommendations for injury treatment and prevention. All ages are welcome.

July 10

5:00-6:00pm

Free for Nampa Rec Center Members or with day pass

Tykes in Training

Nampa Rec Department invites your preschool age child to be a Tyke in Training. This program will introduce and reinforce sports and fitness through age appropriate warm-up, stretching, specific sport skill activities, fitness exercises, and fun games.

Ages 4-5 years

July 11-August 1

Thursdays

11-11:45am

Lakeview Park

\$15

Lincoln Olympics

Keep the Olympic flame burning. Join us for our very own Olympic games at Lincoln Pool. Events will include diving competitions, swimming competitions, water polo and much more. Divisions offered for all ages, and medals will be awarded.

July 13

Lincoln Pool

Included in daily admission

Noodle Mania

Come play and float as we toss all our foam floatable noodles into the pool at Lakeview Water Park.

July 13

Lakeview Water Park

Included in daily admission

Lego Mindstorms

Offered by Building Blocks of Idaho this new Lego camp will have it all: LEGOS, sensors, motors, and everything needed to build and create Mindstorm projects, including Boogie Bots, Robo Bots, and more! Working in pairs, kids will collaborate and problem solve while building their projects and programming their creations on computers using Mindstorm software. Science, technology, engineering and math are all incorporated in this fun educational class. Register by Wednesday prior to camp start date.

Ages 9 and up

July 15-19

9:00-11:30am

Member \$80; Non-Member \$85

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.

July 15-18

- Centennial Golf Course
Ages: 8-11 (10-11:15am)
- Ridgecrest Golf Course
Ages: 8-11 (4-5:15pm)
Ages: 12-17 (2-3:15pm)

Monday-Thursday

\$35

SNAG (Starting New At Golf)

SNAG is all about having FUN while learning the basics of golf. It is a proven learning and training tool for entry level golfers. This player friendly program contains all the elements of golf and allows for full shots, pitching, chipping, and putting.

Ages 4-7

July 17-18

Noon-1pm

Ridgecrest Golf Course

\$20

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

July 15-18

Monday, Tuesday, Wednesday – 6-8:30pm

Thursday – 6-9:30pm

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

Whitewater Rafting Trip – Ladies Only

Grab your family, friends and neighbors and join us for this fun day on the water with the experienced guides of Riverroots, Ltd. Beautiful scenery and some exciting Class III rapids will take your breath away. Cost includes: transportation, all rafting equipment, guides, and fun!

Ages 14 and up

July 16

8am-3pm

Depart and Return: Nampa Rec Center

\$45

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 class. All classes will be taught by PGA Professionals and clubs will be provided if needed.

July 16-August 20

Tuesdays

6-7pm

Ridgecrest Golf Course

\$99

Hike Ridge Road (55+)

Join us for this scenic hike on Bogus' Ridge Road. This 2.5 mile hike will pass beautiful scenery, plants, and wildlife before reaching a summit offering a spectacular view of the Treasure Valley. Bring a daypack with lunch, your camera and a sense of adventure. Detailed trip information available upon request.

July 17

8:30am-2pm

Depart and Return: Nampa Rec Center
\$15

Injury Screening

Provided by St. Alphonsus Physical Therapy. Sign up at the weight room desk for a 15 minute injury assessment, including recommendations for injury treatment and prevention. All ages are welcome.

July 18

12:30-1:30pm

Free for Nampa Rec Center Members or with day pass

Cake Decorating – Ruffles, Leaves, and Bows

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 & up

July 18

6-8pm

Member \$25; Non-Member \$30

Tennis 101

Learn tennis basics quickly and easily in a fun, family-friendly, active and encouraging environment.

July 20

9:30-11am

Skyview High School

\$10 per person/\$25 family up to 4 (\$5 for each additional family member)

Treasure Valley Road Runners

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 first group run is free!

July 20-October 12

Saturdays, 8-10 am (run)

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

Member \$40; Non-Member \$50

Kids Triathlon

The Nampa Rec Department's Kids Triathlon is a fun and challenging event for kids. Young athletes will swim, bike and run in this 3-event race that not only promotes fitness but improves your child's self confidence as they cross the finish line on their own. A great introduction to the sport, participants will swim in Lincoln Pool followed by a safe bike and run on roads and grounds of Lion Park. All participants will receive an event bag and all finishers will receive a medal. Registration Deadline is July 10

- 6-7 yrs: 1 pool length (approx 22 yd), ½ mile bike, 1/5 mile run
- 8-9 yrs: 2 pool lengths, 1 ¼ mile bike, ¼ mile run
- 10-11 yrs: 4 pool lengths, 2 1/3 mile bike, ½ mile run
- 12-13 yrs: 6 pool length, 4 mile bike, 1 mile run

July 20

8am: Pre-Race Meeting, 8:45: First heat begins

\$20

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

July 20

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.

July 21

12-4pm

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

Drawing Fantasy Creatures

Learn drawing techniques while using different mediums and art styles, to create awesome fantasy creatures. Supplies will be provided. Register by the Friday prior to the class starting.

- Ages: 7-9
July 23 – August 6
Tuesdays
4-5:30pm
Member: \$45; Non-Member: \$50
- Ages: 10-15
July 24 – August 7
Thursdays
4-5:30pm
Member: \$45; Non-Member: \$50

Backpacking Trip

Join Nampa Recreation Department for a scenic backpacking trip designed for beginners. Pre trip meeting will include specific trail information, packing suggestions and other helpful information and tips. Participants will be responsible for providing their own gear, food, and water. Pre-trip meeting July 19 at 5:30pm.

July 26-28

8:30am-6pm

Depart and Return: Nampa Rec Center

\$25

Basic Digital Photography

Learn basic photography including how to use your camera and compose a picture using lighting, angles, the rule of thirds and depth of field. Class will include optional

assignments with instructor feedback, and one evening shooting on location in downtown Nampa. Please bring a digital camera.

July 30 – August 27

Tuesdays

7-9pm

Member: \$75; Non-Member: \$80

Looking Ahead In AUGUST.

- 27th Annual Festival of the Arts
- 6th Annual Pooch Party
- Hawaiian Beach Party at the outdoor pools
- Adult Flag Football