



Nampa Parks and Recreation Department November Events

(October 30, 2013) Don't miss out on the exciting and informative activities and events the Nampa Parks and Recreation Department and the Nampa Recreation Center has scheduled through November. 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.

Birding Field Trip

Join the Nampa Rec Department and Jim Holcomb of the Southwestern Idaho Birders Association for a bird watching trip to Wilson Ponds. This outing will involve a ½ mile walk around the ponds where wintering waterfowl, wading birds, and songbirds will be found. The walking path is paved but participants should wear good walking shoes/boots and dress warmly. Bring binoculars if possible and Jim will have a spotting scope.

November 2

7:45 – 11am (approximately)

Depart & Return from Nampa Rec Center

\$5

Balance & Fall Prevention

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.

November 4-December 18 (No Class November 25 & 27)

Mondays & Wednesdays

9-9:45am

Member: Free; Non-Member: \$30

Collette Vacations: Vacation Slideshow Presentation

Collette Vacations is hosting an informational presentation on the upcoming Inspiring Iceland trip. See highlights of past trips and have an opportunity to ask questions.

November 4

11am

FREE

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.

November 4 – December 9

Mondays

4:15 – 4:55 pm (Ages 8-12)
5-5:40pm (Ages 5-7)
Member \$60; Non-Member \$65

Tots in Training

Come and join the FUN and keep your 2-3 year old moving this fall. 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
November 5-26
Tuesdays
10-10:45am
Member \$15; Non-Member \$17

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.

November 6-December 11
Wednesdays
4:15 – 4:55pm (Ages 8-12)
5-5:40pm (Ages 5-7)
Member \$60; Non-Member \$65

Tots, Tykes & Nature

This 3-week program will provide your toddler or preschool age child the opportunity to explore nature-based topics each month. Class will be held one a week and will include a topical story, a craft or an interactive activity and a song and/or a game.

Ages 2-4 (with caregiver)
November 6-20
Wednesdays
10-10:45am
Member \$12; Non-Member \$14

Watercolor

In this 3 week illustration style watercolor class, experiment with different watercolor medium such as watercolor pastels, watercolor pencils, and watercolor makers, as well as paper styles to create beautiful effects. Subjects will include seasonal and holiday images. Supplies provided.

November 6-20
Wednesdays
7:00-8:30pm
Member \$45; Non-Member \$50

Injury Screening - provided by St. Alphonsus Physical Therapy

Sign up at the Nampa Rec Center weight room for a 15 minute free injury assessment, including recommendations for injury treatment and prevention. All ages welcome.

November 7 & 21
12:30 – 1:30pm
FREE for Nampa Rec Center Members

Healthy Cooking For the Holidays

One class to help you learn how to cook healthy for the holidays. Many times this can be overwhelming, come learn how cooking can be made easy and healthy. A full dinner will be prepared and cooked.

November 7

6-8pm

Nampa Seventh Day Adventist Church

307 E. Iowa Ave.

\$25

Water Carnival

Activities will include: raft races, big splash, sharks and minnows, kayaking and the famous treasure hunt. Don't forget to bring a waterproof bag to collect treasures!

November 8

7pm

Free with Nampa Rec Center admission

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.

Ages 12 & up

November 9

2-4pm

Member \$25; Non-Member \$30

American Red Cross Lifeguard Recertification

New 2012 American Red Cross requirements for recertification are completion of a 12-hour review course prior to your current certification's expiration. Participants will be refreshed in their lifesaving, CPR/AED, and first aid skills, and provided instruction in the most up-to-date skills and techniques. Red Cross no longer offers challenge courses, so to keep your certification current this is your best option. Must possess a current lifeguard manual, books are not provided.

November 9-16

Saturdays

Noon-6pm

Member \$50; Non-Member \$75

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.

November 11 – December 11 (Mondays/Wednesdays)

November 12 – December 17* (Tuesdays/Thursdays) (No class November 28)

Member: \$30; Non-Member: \$40

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

Youth Strength Training

This 11-hour course will focus on safe, productive training and will cover the components of fitness, exercise principles, weight lifting techniques, and strength

potential factors, spotting responsibilities, weight room etiquette and practical experience.

Ages: 13-15

November 11-15

6-8:30pm (6-9:30pm - Thursday)

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

Nutrition: Planning Healthy Holidays

University of Idaho's Assistant Professor of Dietetics, Dr. Seanne Safaii, and University of Idaho Dietetic students will present this nutrition class. Join us for this opportunity to learn the most up-to-date nutrition information to incorporate in your life.

November 12

7pm

Member \$5; Non-Member \$7

Injury Screening - provided by St. Alphonsus Physical Therapy

Sign up at the Nampa Rec Center weight room for a 15 minute free injury assessment, including recommendations for injury treatment and prevention. All ages welcome.

November 13

5-6pm

FREE for Nampa Rec Center Members

Drama Kids International

Explore your 'dramatic' side through movement, speech activities, snippets, improvisations, & theater games. Different, FUN, and fast-paced activities each day.

Ages 6-11

November 14 – December 12 (No Class November 28)

Thursdays

6:30 – 7:30 pm

Member \$40; Non-Member \$45

Hot Springs Trip

-sponsored by Karcher Estates

Join us for a scenic drive to Silver Creek Plunge located north of Crouch for a relaxing soak in the lovely outdoor pool. Bring a lunch and your swimsuit.

November 15

9am-5pm

Depart & Return from Nampa Rec Center

\$40

American Red Cross Babysitter Training

This training will provide participants with the 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 Certification card. Bring a sack lunch. Ages 11-15

November 16

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.

November 17

Noon-4pm

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

Children's Art Education: School is Out Fun Day

Create a variety of art masterpieces while painting, sculpting and more.

Ages: 6-12

November 21

10:45-11:45am

Member: \$12; Non-Member: \$17

Turkey Shoot

Teams consist of one adult & one child. Each team member will take 10 free-throw shots & the team with the highest combined total in each age division takes home the turkey. Come 30 minutes early to practice. Advance registration is recommended but you may register the day of the shoot.

Ages: 6-8 (8 ft. hoop)

Ages: 9-11 (9 ft. hoop)

Ages: 12-13 (10 ft. hoop)

November 23

10am

Member \$5/team; Non-Member \$7/team

Adult Winter Co-Ed Volleyball League

Nampa Recreation Center is offering a Coed Volleyball League beginning in January. Fee covers eight games and two tournament games. League play will begin January 6. Teams play one game a week with a tournament scheduled at the end of league play in a double elimination format. Games will be played at the Nampa Recreation Center

November 26 – Early Registration Deadline (\$150 League Fee)

December 3 – Late Registration Deadline (\$175 League Fee)

\$10 Player Fee – Nampa Rec Center Member

\$15 Player Fee – Nampa Rec Center Non-Member

Adult Basketball League

Nampa Recreation Department is offering an Adult Basketball League beginning in January. Each team will play eight games followed by a double elimination tournament. All games will consist of two 20 minute halves. Non-competitive leagues will play on Wednesday, Thursday, or Friday evenings. Competitive leagues will play Monday, Tuesday, or Wednesday evenings. Game times will be 7pm, 8pm, or 9pm. League play will begin the week of January 6. Games will be played at West, South, East Valley, or Lone Star Middle Schools. Informational Meeting Monday, December 9 at 6pm in the Senior Center.

November 26 – Early Registration Deadline (\$380 League Fee)

December 3 – Late Registration Deadline (\$405 League Fee)

\$10 Player Fee – Nampa Resident; \$15 Player Fee – Non-residents

Black Friday Lock In For Kids -Sponsored by Domino's Pizza

Stay locked in at the Nampa Rec Center all night. Kids will enjoy movies, swimming, games and a pizza party. A male and female supervisor will be with the children all night. Children should bring a sleeping bag, swim suit, towel and clothes to sleep in. Ages 6-12

November 28

8pm Thursday – 10am Friday

Member \$20; Non-Member \$25

Looking Ahead In DECEMBER.

- Christmas Light Tours
- Santa's Workshop
- Middle School Christmas Break Trips