



Nampa Parks and Recreation Department December Events

(December 2, 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 December. 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.

FREE Blood Pressure Screening

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

December 4

8:30-11:30am & 5-7pm

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 once 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)

December 4-18

Wednesdays

10-10:45am

Member \$12; Non-Member \$14

Drawing Techniques

Bring the magic of Christmas alive through drawing. Youth will learn drawing techniques while drawing Christmas themed pictures then add color with pastels.

Supplies will be provided

Ages: 7-9

December 4-18

Wednesdays

4-5:30pm

Ages 10-15

December 5-19

Thursdays

4-5:30pm.

Nampa Rec Center

Member \$45, Non Member \$50

Home Remedies – Don't Be Sick this Winter

Learn to prepare different types of tinctures to help prevent and treat the common cold and many other health problems, hot cream for muscle pain, and poultices for different ailments. You will take home remedies made in class.

December 5 or 12

6-8pm

Member \$40; Non-Member \$45

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

December 7-14

Saturdays

9-10am

Nampa Rec Center

Member \$17; Non-Member \$20

Nampa Rec Center Scholarship Fund Benefit Luncheon

Join us for lunch at Texas Roadhouse and raise money for the Nampa Recreation Center scholarship fund. This cause supports low income individuals and families by providing memberships to the Nampa Recreation Center. Lunch will be pulled pork, grilled chicken, mashed potatoes, and fresh baked rolls. 80% of all ticket sales will be donated directly to the scholarship fund to help people in the Nampa community.

Purchase your tickets in advance at the Nampa Rec Center, www.nampareccenter.org, or some tickets will be available at the door.

December 10

11:30am- 1:30pm

\$10

Nutrition Class: Lifestyle Tips to Prevent or Turn Around Diabetes

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.

December 10

7pm

Member \$5; Non-Member \$7

Kids Kayak

Kids, come out and get wet while you play on kayaks. It's free, supervised and a lot of fun! Ages 8-14

December 13

7pm

Free with Nampa Rec Center admission

Santa's Workshop

Come spend an afternoon at the Nampa Rec Center making holiday crafts, playing games, and decorating cookies. Santa will even be making an appearance!

Ages 3-12.

December 14

12pm-2pm

Member: \$4
Non-Member: \$5

Cake Decorating: Mixed Garden

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

December 14

2-4 pm

Member \$25; Non-Member \$30

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.

December 15

Noon-4pm

Members \$45, Non Member \$50

Christmas Light Tours -Refreshments provided by Starbucks & Franz Bakery

Experience the beauty of Christmas in Nampa through the sparkle of lights. The tour will visit spectacular light displays around town. The bus will make a stop at Starbucks for warm beverages during the tour.

December 18, 19, 20 or 21

Boarding 5:45 pm, buses depart at 6pm.

\$6

Christmas Tree Recycle Program

Christmas trees may be dropped off at Kohlerlawn Cemetary beginning December 26 through January 10. Trees must be free of stands, lights, and all ornamentation. Trees will be turned into mulch and used throughout our parks and trails.

Snow & Ice Trip

Treat your middle-schooler to a fun day of activity in the wonderland of Winter. The Nampa Recreation Department will be taking a day trip to Whoop-Um Up Snowshoe Trail outside Idaho City and then ice skating at Idaho Ice World. All trips will include transportation, showshoes, admission and skate rental. Please bring a lunch, snacks and water.

Ages 11-13

December 27

8am-3:30pm

Depart and Return from the Nampa Rec Center

\$15

Treasure Valley Road Runners

Now offering a one day clinic that will work on drills and exercises to improve your running form and gait analysis. Each participant will be emailed a video and audio message of their analysis with recommendations for ways to improve their current form and what shoes would be most ideal for their gait.

December 28

6-7pm

Member \$10; Non-Member \$12

New Year's Eve Lock-In – 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

December 31

7pm Tuesday – 9am(Wednesday)

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

*\$5 additional fee after December 30.

Shooting Stars - Sponsored by John's Medic Pharmacy

Boys and girls in Kindergarten and 1st grade will have fun playing basketball that emphasizes learning skills and sports values rather than pure competition. Teams will have on 45-minute practice and one game per week. Games are played on Saturday.

January 13 – February 22

\$25 – by December 17th

\$30 – after December 17th

Nampa Youth Basketball - Sponsored by Meadow Gold Dairies, Inc.

In cooperation with the Nampa School District, this basketball program will provide an opportunity for youth to learn basic skills and teamwork in a recreational atmosphere. Each child is placed on a team coached by a parent volunteer. Each week, teams will have two 1-hour practices. Games are played on Saturdays.

2nd/3rd Grade boys

4th/5th Grade boys

6th Grade girls

7th/8th Grade girls

January 13 – February 22

\$25 – by December 17th

\$30 – after December 17th