



Nampa Parks and Recreation Department January Events

(December 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 January. 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.

Snow and 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. The trip will include transportation, snowshoes, admission and skate rental. Please bring a lunch, snacks and water.

Ages 11-13

January 2

8am-3:30pm

\$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.

January 2 & 16

12:30-1:30 pm

Free for Nampa Rec Center Members or with Day Pass

Endurance Athlete Training Rides (Base to Pre-Season)

Taught by Tim Eylar, certified personal trainer and Category 3 cyclist, these intense training rides will help endurance athletes achieve improved ability to work at a higher intensity for a longer duration, improving lactate threshold. Each ride will consist of an extended warm up, high intensity intervals, and recovery. Participants will learn effective use of a heart rate monitor as a training tool, proper fuel for training, signs of overtraining, as well as pedal stroke and cycle techniques. Participants must attend the pre training session. Bring a heart rate monitor, water bottle and towel to pre training session.

Pre-Training Session

January 2, 7-8pm

Free

Training Sessions

January 11-March 1

Saturdays, 11:30 am-2 pm

Member \$120 entire 8 weeks; Non-Member \$160 entire 8 weeks

OR

Member \$20 per session; Non-Member \$30 per session

Balance and Fall Prevention Class

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

January 6- February 12

Mondays & Wednesdays

9-9:45am

Member Free; Non-Member \$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.

January 6 – February 24

Mondays

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

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

Member \$73, Non-Member \$77

Cabin Fever Crank

Compete in this annual winter bouldering competition. Each week, climbers will tackle new boulder problems. Scores are self-reported weekly. Awards will be given out during the grand finale on February 8th. Register by January 3.

January 6-February 8

Member \$20, Non-Member \$30

Nampa Recreation Center Racquetball League

The Nampa Recreation Center is offering a Racquetball League beginning in January. Players will have a weekly match where they are placed with an opponent of their same ability level. Players will be responsible to reserve court space and schedule their own matches. Matches will be self-officiated. Players can choose to participate in singles doubles or both. Fee includes a t-shirt. Register by January 3.

League: January 6 - February 27

Tournament: February 28 & March 1

Member \$15, Non Member \$25

Homeschool PE

The Nampa Rec Center offers a comprehensive Physical Education Program for home-schooled children taught by Stephanie Michaelson, a certified Physical Education teacher.

January 7-March 11

Tuesdays

K-1st grade 9-9:45am

2nd-3rd grade 10-10:45am

4th-6th grade 11-11:45am

7th-12th grade Noon-12:45pm

Member \$40/quarter; Non-Member \$45/quarter

First child=Full price (Each additional child in the family will receive a \$5 class discount)

Adult Swim Club – NEW Drop in Fitness Opportunity

Adult Swim Club is a coached fitness program designed for intermediate swimmers to advanced swimmers looking for quality workouts, technique instruction and stroke improvement. Each swimmer has the opportunity to improve and work toward personal swimming goals. To begin, you will need endurance enough to swim 100 yards of crawlstroke comfortably. Come join us for the kickoff of this program starting January 7!

January 7 – May 22

Tuesday & Thursday

Member Free; Non-Member Day Pass

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.

January 7-February 6

Tuesday & Thursday

6-9pm

Member \$150; Non-Member \$200

Intermediate Digital Photography

This 5 week class will go beyond the basics of photography. You will learn how to use the manual settings on your camera to get the perfect shot. Learn how to adjust lighting, angles for pictures and advanced camera techniques. This class is geared towards photographers with digital SLR cameras who already know the basics and are looking to move to the next level with their picture taking skill.

January 7-28*

Tuesdays

7-9pm

*Saturday shoot: January 25, 2-4pm, weather permitting

Member \$75; Non-Member \$80

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.

January 8

5-6 pm

Free for Nampa Rec Center Members or with Day Pass

Basic Digital Photography

Get the most out of that new camera you got for Christmas, or the one you have had for a while. Learn how to use your camera and compose a picture using lighting, angles, the rule of thirds and depth of field, as well as group pictures and portraits. Class will include optional assignments with instructor feedback, and one Saturday shooting on location in downtown Nampa. Please bring a digital camera.

January 8-February 5

Wednesdays

7-9pm

Downtown Shoot: Saturday, January 25, 10am-noon, weather permitting

Member \$95; Non-member \$100

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. Internet bridge play will be covered as well.

January 8 – February 26

Wednesday

10-11:30am

Karcher Estates, 1127 Caldwell Blvd

\$10

Drawing Winter Wildlife Scenes

Learn basic drawing techniques while drawing a variety of winter wildlife scenes. Progress from linear drawing, to form and modeling, then adding color using pastels. Supplies provided.

January 8-29

Wednesdays

7-8:30pm

Member \$55; Non-Member \$60

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.

January 8 – February 26

Wednesdays

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

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

Nampa Rec Center

Member \$73; Non-Member \$77

One on One Basketball for Tots

This class consists of fundamental exercises including passing, dribbling, rebounding, and shooting. Designed to get kids moving and their minds focusing as they will demonstrate everyday movements and learn the beginning stages of self-discipline, persistence, and respect.

Ages 5 & under

January 9 – March 13

Thursdays

10-11am

Member \$65; Non-Member \$75

Vegan Cooking Classes

Come join Francoise Dunn, a health practitioner and instructor of vegan cooking and raw food preparation for 4 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.

January 16-February 6

Thursdays

6-8pm

Member \$30; Non-Member \$40

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.

January 11-February 1

Saturday

1-4 PM

Bluebird Quilt Studio

1309 2nd Street South, Nampa

\$50

Cake Decorating: Ruffles & Bows

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

Ages 12 & up

January 11

2-4 pm

Member \$25; Non-Member \$30

CPR/AED & First Aid Class

Course is designed to teach participants to recognize and respond appropriately to cardiac, breathing and first aid emergencies. Upon successful completion of the course, participants are issued a 2 year certification through the American Red Cross.

January 11

1-5pm

Member \$50; Non-Member \$70

SNAG Golf Camp (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. Instruction by a PGA Professional.

Ages: 4-7

January 11 - 18

Saturdays

9-10am

Member: \$17, Non-Member: \$20

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.

January 13- February 12 (Monday & Wednesday)

January 14 – February 13 (Tuesday & Thursday)

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

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

Shooting Stars

Boys and girls will have fun playing basketball with emphasis on skills and sports values rather than pure competition. Teams will have one 45-minute practice per week with games on Saturday morning.

Coed K-1st Grade

January 13 – February 22

Practices: Monday-Thursday evenings

Games: Saturday mornings

Nampa School District Gyms

\$30

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.

January 13 – February 22

2nd/3rd Grade boys

4th/5th Grade boys

6th Grade girls

7th/8th Grade girls

\$30

Introduction to Soccer

Led by Nampa's Soccer Xpress, this fast-paced, fun camp will focus on foot-eye coordination, dribbling, scoring and balance as well as introduce the concepts of teamwork and cooperation. All classes will be held at NNU Indoor Soccer Facility.

Ages 4-5

January 14 – February 4

Thursdays

5–6pm

\$40

Star Wars LEGO Adventures

This fun and creative class combines the love of Star Wars with Lego building! Kids will create a Star Wars story out of LEGOS and use software to digitize creations. Kids can create simple scenes to complex stories or even make their Star Wars stories into a comic strip. All materials provided. Register by Friday, January 10.

Ages 6 & up

January 15 – February 19

Wednesday

4:45-6pm

Member \$45; Non-Member \$50

Simple Machines

Using LEGO Duplo bricks, children will experience pulleys, gears, wheels and axels while exploring energy, buoyancy and balance by building simple models like a car, a raft, a spinning top and much more! All materials provided. Register by the Friday prior to class.

Ages 4-6

January 15 – February 19

Wednesday

3:45-4:30pm

Member \$20; Non-Member \$25

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 their social, critical thinking and problem-solving skills. Dress for fun and a mess! Registration deadline is one week prior to class.

Ages 3-6

January 15 – February 5

Wednesday

4-5pm

Member \$46; Non-Member \$51

Snowshoeing – Active Adults

Experience Idaho's beautiful winter scenery on snowshoes! After some basic instruction, group leader will guide you on a trek through the snow. Destinations will be determined based on snow conditions. Detailed trip information available upon request.

Ages 50 & up

January 16

9am-5pm

\$35 (includes optional \$10 snow shoe rental fee)

Homeschool Swimming

The Nampa Recreation Center is proud to offer a fun and energetic home school swimming P.E. program. Children of all swimming abilities will be able to participate in activities with other children of similar skills and ages in the swimming pool. On the first day, children will be split up based on swimming ability and age. During the two hour period each level group will receive a 30 minute group lesson from one of our nationally certified instructors, the rest is open recreational swimming time for the kids to interact, have fun and be active!

January 16 – March 20

Thursdays

11am-1pm

Member \$30; Non-Member \$50

Cost includes drop in recreation swimming during the 2 hour class period for children who are registered.

Art Journaling using Illustration and Collage

Create an art journal incorporating illustrations and art techniques. Learn basic drawing techniques then add interesting effects with different mediums such as watercolor pencils, markers, glue, salt, and more. Bring a 140lb watercolor paper tablet for your journal. Other supplies provided. Register by January 13.

Ages 10-15

January 16 – February 6

Thursdays

4-5:30pm

Member \$55; Non-Member \$60

W.S.I. Water Safety Instructor Course

This American Red Cross 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, backcrawl, 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.

January 17-26

Friday, 6-10pm

Saturday, 9am-5pm

Sunday, 1-6pm

Member \$150; Non-Member \$200

SoccerTots

Motor skills, eye hand coordination and teamwork are developed using developmentally appropriate techniques in this indoor soccer program.

January 18- March 8

Saturdays

Teddies (18-36 months)

9:30-10:20am

Koalas/Cubs (3-4 year olds)

10:30-11:20am

Cubs I I/Pandas (4-5 year olds)

11:30am-12:20pm

Member \$59, Non-Member \$69

Cake Decorating: Daisies & Sunflowers

Give that cake some extra pizzazz! Working with fondant and gum paste rather than frosting, learn various techniques to create beautiful adornments for your confections.

Fee includes all supplies.

Ages 12 & up

January 18

2-4 pm

Member \$25; Non-Member \$30

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

January 18

Saturday

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" x 24" landscape painting in class. Register for one or all of the classes.

January 19

Noon-4pm

Member \$45, Non-member \$50

Youth Strength Training

By successfully completing this 11-hour course, youth ages 13 and 14 years will be granted use of the weight room. This course will focus on safe, productive training and practical experience.

January 20-23

Mon-Wed – 6-8:30pm

Thursday – 6-9pm

Member \$15; Non-Member \$55

School is Out Art Day

Create a variety of art masterpieces while painting, sculpting and more. Dress for fun and a mess!

Ages 6-12

January 20

10:45-11:45am

Member \$12; Non-Member \$17

McCall Winter Carnival

Join us for a trip to McCall during the Winter Carnival. The town is transformed into a winter wonderland with ice sculptures, winter décor and festivities. After a comfortable ride on a tour bus, spend a few hours exploring on your own. Have lunch in town or bring a sack lunch. Before heading back to Nampa, we'll take a driving tour of the ice sculptures. Registration deadline is January 17th.

January 24

8:30am-5:30pm

Depart from the Nampa Rec Center

\$35

Splash 'N Dash

We do the splashing...parents do the dashing! Parents, enjoy a Friday evening with each other while we entertain your children in the pools! For 4 hours our certified lifeguard and lesson staff will be in the water actively supervising, playing water games and having a blast swimming around. With those 4 hours enjoy dinner and a movie, get things caught up around the house, or just enjoy a relaxing night. Pick up can be anytime before 9:45pm. Pre-registration is required.

Ages 3-12 (children must be potty trained)

January 24

5:45-9:45pm

Member \$13; Non-Member \$18

Cake Decorating: Leaves

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

Ages 12 & up

January 25

2-4 pm

Member \$25; Non-Member \$30

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.

January 25

6-7pm

Members \$10, Non Members \$12

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.

January 28-March 6

Tuesdays & Thursdays

9-10am

Member \$28; Non-Member \$64

Snowshoe & Soak – Ladies Only

Join us on this fun day adventure. We will head to the Idaho City area where first we will burn some energy snow shoeing, then stop at The Springs for a luxurious soak before heading back to Nampa. Detailed trip information available upon request.

January 29

9am – 6pm

\$45 (includes admission to hot springs and optional \$10 snow shoe rental fee.)

16th Annual Indoor Triathlon- *Sponsored by the Nampa Rec Center, Gym Outfitters, & St Alphonsus STARS*

This event features a ½ mile swim, 10 mile ride on an upright, stationary bike and 4 mile run on the indoor track. All participants will receive a prize. Space is limited so register early. Registration fee is non-refundable and non-transferable after January 30th.

February 8

8:30am

Member \$30/individual, \$66/team

Non-Member \$36/individual, \$72/team

Looking Ahead In FEBRUARY.

- Daddy Daughter Date Night – February 8, 2013
- Winter Hot Springs Trip
- Cross Country Skiing