



Nampa Parks and Recreation Department February Events

(February 1, 2013) Check out the programs and classes being offered for the month of February 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.

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

February 2 & 9

Saturdays

9-10 am

Nampa Rec Center

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

Building Blocks – The Ultimate LEGO Class We Do Robotics

These fun and educational classes use LEGOS and LEGOS products to build problem solving, critical thinking, team work and creativity in children. Children will take visual and mathematical concepts to a new level by building different structures and learning how to program motion and sound with LEGO software. All materials will be provided.

Ages: 7-10

February 6-27

Wednesdays

4:30-5:30pm

Nampa Rec Center

Member: \$35; Non-Member: \$40

Drama Kids International

Explore your 'dramatic' side through movement, speech activities, snippets, improvisations, & theater games. Different, FUN, and fast-paced activities each day. Come experience the #1 after school drama program in the world!!

Ages: 6-11

February 7-28

Thursdays

5:30-6:30 pm

Nampa Rec Center

Member \$40; Non-Member \$45

Injury Screening-provided by St. Alphonsus Physical Therapy

Sign up at the Weight Room desk for a 15 minute free injury assessment, including recommendations for injury treatment and prevention. All ages welcome.

February 7 & 21

1 – 2 pm

Free

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!

Ages: 6-12

February 8

7pm

Free with Nampa Rec Center Admission

Daddy-Daughter Date Night

This is the perfect opportunity for Dads & Daughters to spend an evening together enjoying music, dancing, refreshments and special activities.

Ages: 3- 12

February 9

7-9pm

Member: \$9; Non-Member: \$11

Snowshoeing

Get out and 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. Children 14 and under welcome *with* parent's supervision. Register by Monday prior to trip.

Ages: 15 and up

February 9

9am – 5pm

Depart and Return: Nampa Rec Center

\$35 (Includes \$10 snow shoe rental fee)

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. Classes require pre-registration.

Ages: 13-14

February 11-14

6:30-8:30pm (Monday-Wednesday)

6:30-9:30pm (Thursday)

Member \$15; Non-Member 55

Free Blood Pressure Screenings

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

February 13

8:30 a.m. – Noon

5 – 7 pm

Winter Hot Springs Trip - Sponsored by Karcher Estates

Miracle Hot Springs in Buhl is our destination. Transportation and entry fees are included. Bring your towels, suits, lunch, and water as we relax and soak in the warm water.

February 15

9am – 4pm

\$25 (includes transportation and entry fee)

Lock-In for Kids

Stay locked in at the Nampa Rec Center all night! Kids will enjoy movies, swimming, games and a pizza party. Children should bring a sleeping bag, swim suit, towel and clothes to sleep in. A \$5 additional will fee will apply if registering the day of event

Ages: 6-12

February 15

7pm – 9am

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

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 and Red Cross Babysitter Training Certification card. Please bring a sack lunch.

Ages: 11-15

February 16

9am – 3 pm

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.

February 17

12-4pm

Nampa Rec Center

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.

February 18 – March 27

9-9:45am

Mondays & Wednesdays

Member: Free; Non-Member: \$30

Beaded Lace Earring

This class is designed for the beginning beader or anyone who wants to learn how to make these unique earrings. Participants ages 12 & up will learn to use needle and thread to weave earrings resembling beaded lace. Materials will be provided along with a little extra to help you create your earrings! Register by February 15 at Noon

February 19-26

Tuesdays

1:30 – 3:30 pm

Karcher Estates

\$25

Tubing Trip

Treat your middle schooler to a fun day on the tubing hill. The Nampa Recreation Department will be taking a day trip to the Pepsi Goldrush Tubing Hill at Bogus Basin. All trips will include transportation, admission for 2 hours of tubing and lunch on the way home.

Ages: 11-13

February 23

7:30am-1pm

\$20

Active Adults Snowshoeing - Sponsored by Karcher Estates

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

Ages: 55+

February 26

9am – 5pm

Depart and Return: Nampa Rec Center

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

Tree Planting and Pruning Workshop

Learn how to choose the trees that will work for your landscape and how to plant them to encourage healthy tree growth. For more information, call Forestry at 468-5748 or visit the Parks website at www.nampaparks.org.

February 28

7-9pm

Council Chambers at City Hall

Free

Looking Ahead In MARCH

- Short Sports
- Shamrock Hunt
- Tots, Tykes, & Trucks
- Food Truck Rally goes to the Dogs