



## **Nampa Parks and Recreation Department March Events**

(February 25, 2013) Check out the programs and classes being offered for the month of March from the Nampa Parks & Recreation Department. For more information or to register, please call 468-5858, go online to [www.nampaparksandrecreation.org](http://www.nampaparksandrecreation.org), or stop by the Nampa Recreation Center, 131 Constitution Way in Nampa.

### ***Tots, Tykes, & Trucks***

This 4-week program will provide your toddler or preschool age child the opportunity to see, touch, and learn about the big trucks they see on the road. Class will meet once a week with a new truck, story, and color sheet. Trucks may include Fire Truck, Garbage Truck, and Recycling Truck.

Ages: 2-4 (with caregiver)

March 1 -22

Fridays

9:30-10:15 am

Nampa Rec Center

Member: \$15; Non-Member: \$17

### ***Short Sports***

This program introduces young boys and girls to a variety of sports including: rock climbing, basketball, tag games, parachute games, floor hockey and water exploration.

Saturdays

March 2 – April 6

Saturdays

Ages 3 & 4: 9:30 – 10am

Ages 5 & 6: 10 – 10:30 am

Ages 7 & 8: 10:30 – 11am

Nampa Rec Center

Member: \$14; Non-Member: \$18

Register by March 1 at 7 pm

### ***Seed Secrets***

Join U-Idaho Extension to learn how to grow your favorite vegetables, herbs, and flowers directly from seed! Get plans for constructing your own simply, inexpensive and effective lighting system and discover how to save seeds from common garden vegetables. Register by March 1.

March 5

10am – Noon

Karcher Estates 1127 Caldwell Blvd.

\$5 per family

### ***Youth Drawing – Acrylics: St. Patrick’s Theme***

In this 3 week class, youth will work at their own pace while learning the basic technique of drawing. Instruction will begin with linear drawing, progress to form and modeling, and finish by adding color. Supplies provided.

March 5-19

Thursdays

4-5:30pm (Ages 7-9)

5:30-7pm (Ages 10-15)

Member: \$40; Non-Member: \$45

### ***Summer League Softball-Men’s and Coed***

March 5 – Captain’s Meeting at 6:30pm at the Nampa Senior Center

Nampa Parks & Recreation Department offers summer coed and men’s softball leagues. The goal of the program is to provide opportunities for physical exercise, socialization and healthy competition for adults through team sports programs. Each league has three divisions: Division “A” consists of high caliber, competitive players, “B” consists of players with some experience, but a less competitive.

League fees:

\$350 by April 9

\$375 by April 16 (registration deadline)

Player’s fees: \$10 – Nampa residents; \$15 – Non-residents

### ***Winter Hot Springs Trip: Twin Springs, Idaho City***

Explore the hot spring pool and spend some time relaxing and soaking in the warm water. Price includes transportation and admission to the facility. Bring a lunch, swim suit, and towel.

March 6

9:30am – 4pm

Depart and Return: Nampa Rec Center

\$25

### ***Fly Tying***

Learn the fun and addictive skill of tying flies in this four week class. Taught by the Gem State Fly Fishers, you will learn basic fly tying skills and terminology as well as how to tie popular wet flies, dry flies and streamer patterns. Supplies provided.

March 6 – April 10

Wednesdays

6:30 – 8:30pm

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

### ***Advanced Drawing: Celtic Fantasy Figures Using Watercolor***

Individuals ages 10 & up with some drawing experience will further hone their skills in this advanced class. Supplies provided. Register by March 4.

March 7-28

Thursdays

7-8:30 pm

Member: \$60; Non-Member: \$65

### ***Drama Kids International***

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

Ages 6-11

March 7 – April 4 (No class on March 28)

Thursdays

5:30 – 6:30 pm

Nampa Rec Center

Member \$40; Nonmember \$45

### ***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.

March 7-28

Thursdays

6-9pm

Bluebird Quilt Studio; 1309 2ndh Street South

\$50

### ***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.

March 7 & 21

1 – 2 pm

Nampa Rec Center

### ***Treasure Valley Road Runners***

Finally a 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. This 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! Not ready for a full 8 week program? Join us for a single run or weekly clinic.

March 9-April 27

Saturdays, 8-10am (run)

Wednesdays, 7-8pm (clinic)

Nampa Rec Center

Member \$40; Non Member \$50

Pay as you go: \$10/day

### ***Feeding Your Family from the Backyard***

Join U-Idaho Extension to learn tips and techniques to grow more, fresh, healthy food at home while conserving resources. Learn how to start seeds, make your own compost and find garden bargains. This is a class for the whole family, kids are encouraged!

Register by March 6

March 9

10am – Noon

Member: \$8; Non-Member: \$10 (per family)

### ***Beaded Lace Earrings***

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 March 5 at 7 pm.

March 9 – 16

Saturdays

11am – 1pm

Nampa Rec Center

Member: \$25; Non-Member: \$30

### ***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

March 11 - 14

Monday, Tuesday, Wednesday – 9-11am

Thursday – 9am – 12:30pm

Nampa Rec Center

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

### ***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.

March 12 – May 14

Tuesdays

9-9:45am: K-1<sup>st</sup> grade

10-10:45am: 2-3 grade

11-11:45am: 4-6 grade

12-12:45pm: 7-12 grade

Member: \$40; Non-Member: \$45

\*\*First child is full price; Each additional child in the family will receive a \$5 discount.

### ***Food Truck Rally goes to the Dogs***

Bring your family and your dogs to join the Leprechauns and celebrate St. Patrick's Day at Lloyd Square with good food, live music, and green beer! All proceeds will support the continued development of the Nampa Dog Park.

March 16

4-8pm

Lloyd Square – Downtown Nampa

Free (food and drinks available for purchase)

### ***Shamrock Hunt***

Come search through our "field" of clover for the LUCKY four-leaf clover. The lucky person who finds the four leaf clover will have the opportunity to win a Youth Individual Annual Pass to the Nampa Rec Center. Other prizes will be awarded as well so everyone has fun and wins.

Ages 3-12

March 16

11am  
Nampa Recreation Center  
Member: \$3; Non-Member: \$4 – pay at the event

### ***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

March 16

9am-3pm

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

### ***Soccer Tots***

This fun, interactive program for children 18 months to 4 years will help build motor skills, eye hand coordination and teamwork using developmentally appropriate soccer techniques.

March 16 – May 4

Saturdays

9:30-10:20am - Teddies (18-24 months)

10:30-11:20am - Koalas/Cubs (3 years)

11:30am-12:30pm - Cubs II/Pandas (4 years)

Member: \$59; Non-Member: \$69

### ***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.

March 17

12-4pm

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

### ***Vacation Slideshow Presentation***

Collette Vacations is hosting an informational presentation on the upcoming “From the Outback to the Glaciers” and “Irish Splendor” trips. Participants will learn more about Collette Vacations, see highlights of past trips and have an opportunity to ask questions

March 20

11:30 am

Nampa Rec Center

Free

### ***Kids In Action (Day Camp)***

Keep your kids moving during Spring Break (March 21 – 29). Your child will experience a variety of supervised activities at the Nampa Rec Center such as swimming, rock climbing, court games, and more. Kids ages kindergarten through 5<sup>th</sup> grade. For more information call 468-5858.

Monday-Friday

Full Day: 6:30am – 6:30pm (Member: \$18/day; Non-Member: \$20/day)

### ***Madness in March***

Kick off the madness with this fun filled basketball camp led by NNU Men's Basketball team. On court instruction, drills, competitions and prizes for boys and girls 1<sup>st</sup> – 8<sup>th</sup> grade.

March 23

9am – Noon

Nampa Rec Center

Member \$30; Non Member \$35

Register by Noon, Friday, March 22.

### ***Building Blocks – The Ultimate LEGO Classes***

Offered by Building Blocks-Idaho and the Nampa Recreation Center, these fun and educational classes use LEGOS and LEGOS products to build problem solving, critical thinking, team work and creativity in children. All materials will be provided. All classes will be held at the Nampa Rec Center

- ***Robotics I***

Spend Spring Break creating ROBOTS! Use classic LEGO interfaces to program mechanical creations and LEGO components to explore engineering topics from belt drives to motorized walking. Build at least 7 robotic models and participate in a robotic challenge on the last day

Ages 7-14

March 25 -29

10am – Noon

Member \$75; Non Member \$80

### ***Spring Break Mini Art Camp: It's a Zoo Out There***

Using a variety of art supplies with an emphasis on using tools to shape and add texture while sculpting, children will create their own masterpieces while learning about various animals. Please dress for a mess!

Ages 6-12

March 25-27

10:30 am or 12:30 pm

Member: \$63\*; Non-Member: \$68\*

\*Add March 28 & 29 for \$43 more

### ***Flashlight Easter Egg Hunt***

Bring your flashlight and search for Easter Eggs in Lakeview Park

Ages 13-17

March 30

Lakeview Park

\$3 – Pay at the event.

### **Looking Ahead In APRIL . . . . .**

- Summer Program Registration
- Dutch Oven Cooking Class
- Be Active! Be Healthy Events at the Rec Center
- Beginning Fly Casting