

## WINTER POOL HOURS

ACTIVITY	MON	TUE	WED	THU	FRI	SAT
LAP SWIM	6 - 7:30am 11am - 12pm	6 - 7:30am 11am - 12pm	6 - 7:30am 11am - 12pm	6 - 7:30am 11am - 12pm	6 - 7:30am 11am - 12pm	11am - 12pm
OPEN SWIM **					5:30 - 7pm	1 - 2:30pm
SWIM LESSONS		5 - 8pm		5 - 8pm		9 - 11am

\*\* SPECIAL OPEN SWIM HOURS DURING BREAKS: November 22 - 24 @ 1 - 2:30pm and December 20 - 22 & 27 - 30 @ 1 - 2:30pm \*\*

**PLUNGE CARDS - 10 Open or Lap Swims**  
Youth: \$30 | Adult: \$35 | Senior: \$30

**POOL DROP-IN - Open & Lap Swims**  
Youth: \$3.50 | Adult: \$4 | Senior: \$3.50

**6-month & Annual Memberships available - check website for fees**

## SWIM LESSONS

### Tuesday Evenings - 6 half-hour lessons

Session 1: November 30 - January 18  
(no lessons Dec 7 & 21)

Session 2: February 1 - March 8  
Fee: \$37.50 per session

### Thursday Evenings - 6 half-hour lessons

Session 1: December 2 - January 20  
(no lessons Dec 23 & Jan 6)

Session 2: February 3 - March 10  
Fee: \$37.50 per session

### Saturday Mornings - 6 half-hour lessons

Session 1: December 4 - January 22  
(no lessons Dec 25 & Jan 1)

Session 2: February 5 - March 12  
Fee: \$37.50 per session

## AQUATOTS

A parent/child class, for children 6 months - 3 years, designed to introduce water safety and skills. At least one parent MUST be in the water with the child at all times. Session dates coincide with youth lessons.

## YOUTH LESSONS

We offer American Red Cross Learn-to-Swim lessons to children ages 3 and up, to teach all abilities how to swim skillfully and safely. All aquatic and safety skills are taught in a logical progression by our own certified and trained staff. The first day of lessons will be used an assessment day to place your child in the correct level for the duration of the session.

## YOUTH & ADULT PRIVATE LESSONS

This program is open to swimmers of all ages and abilities. One student per instructor. Please inquire at the pool and be ready to give the name, age and ability of the swimmer, as well as if you have an instructor gender preference. We will then have an instructor make contact with you to coordinate times. Youth lessons will be held during open swim times. Adult lessons may be held during open or lap swim times.  
Fee: \$15 per 30-minute lesson

## FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:45am	Deep Water Aerobics	Cycling & Strength	Deep Water Aerobics	Cycling & Strength	Deep Water Aerobics
7:45 - 8:30am	Shallow Water Aerobics	Shallow Water Aerobics		Shallow Water Aerobics	Shallow Water Aerobics
9:00 - 9:45am	Chair Yoga	Tai Chi Fitness	Tai Chi Yoga	Tai Chi Fitness	Chair Yoga
10:00 - 10:45am				ZUMBA Gold	
11:00 - 11:45am	Deep Water Aerobics		Deep Water Aerobics		Deep Water Aerobics
5:00 - 5:45pm	Body Shop	ZUMBA Gold	Body Shop	Body Shop	
5:30 - 6:15pm	Shallow Water Aerobics		Shallow Water Aerobics		
6:00 - 6:45pm	ZUMBA	ZUMBA	POUND	ZUMBA	
6:00 - 6:45pm		Yoga		Yoga	

**FITNESS PASS - 11 Water or Land Classes**  
Individual: \$30

**FITNESS DROP-IN - Fee Per Class**  
\$3 per 45-minute class

**6-month & Annual Memberships available - check website for fees**

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# Winter 2021-2022 Fun @ Widefield Parks & Recreation

## REGISTRATION OPENS OCTOBER 1

Widefield Parks & Recreation, 705 Aspen Drive, 80911

ParksAndRec.wsd3.org | (719)391-3515

## EVENTS FOR THE WHOLE FAMILY

### HOLIDAY TREE LIGHTING CELEBRATION

Tuesday, December 7 @ 5:30 - 7:30pm

Our 16th annual celebration on the front lawn offers a holiday atmosphere for the entire family: Santa, carolers, hayrides, kids activities, s'mores, cookies, hot cocoa, photo booth, shopping, and more! Donate gently used or new coats starting in November for local families in need.

### CELEBRATIONS @ THE POOL

Saturdays @ 1 - 2:30pm

Come join us at the pool for our monthly celebration! Check out our rock wall, diving board, and Wibit Bridge, along with themed games and prizes. Special \$2/person entry fee and fun for the whole family!  
December 18 - Swimming with Santa  
January 8 - 2022 Celebration!  
February 12 - Sweetheart Swim

### WOMEN'S NIGHT OUT

Thursday, January 27 @ 6 - 8pm

In partnership with the Security Public Library, we are proud to host this Free event to highlight our programs and offerings and give back to the women in the community. Join us for make-n-takes, fitness classes, chair massages, a blind date with a book, refreshments, and more. The first 50 in the door receive a goody bag. Ages 18 & up.  
Location: French Elementary, 5225 Alturas Drive, 80911

### GALENTINE'S MOVIE NIGHT

Thursday, February 10 @ 6:30pm

Galentine's Day is a day to celebrate all the lovely women in your life. So, grab your mom, your sister, and your best girlfriends and get ready to enjoy a FREE girl's movie night! Refreshments will be provided during the movie, "Baby Mama." This movie is rated PG-13. Participants 13 - 17 years must be accompanied by an adult.

Location: SA Wilson Gym  
Park in the WSD3 Admin Bldg lot at 1820 Main Street, 80911

## CAMPS & CLINICS

### STROKE CLINIC

Mondays & Wednesdays @ 5:30 - 7pm

Join our USA Swim certified coaches for a 4-day stroke clinic! Perfect your technique on swim strokes, turns and starts.  
Grades: 6 - 12  
Fee: \$50 per 4-day clinic Dates: November 8, 10, 15 & 17  
January 3, 5, 10 & 12

### HUNTER & GATHERER CAMP

Monday, November 22 @ 8am - 1pm

Learn and experience archery, fly making, nature, plant identification, and more over Thanksgiving Break! Ages: 8 - 14  
Fee: \$25

### NIGHT OWLZ

Fridays @ 6 - 9pm

Enjoy a night out while the kids play with us! Your child will have the opportunity to splash around in the pool, play games, create arts and crafts, and enjoy a movie to end the night. Pizza and snacks provided. Ages: 7 - 14  
Fee: \$20/night Dates: December 10  
January 14  
February 11

### TINY TYKES & CHALLENGER SOCCER

Stay tuned for future camps and clinics from Challenger Soccer. Visit parksandrec.wsd3.org/sports/soccer for more info!

Come Play With Us!  
PARKSANDREC.WSD3.ORG

Visit [ParksAndRec.wsd3.org](https://ParksAndRec.wsd3.org) & follow us at



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## COOKING - CRAFTS - ART

### ADIRONDACK CHAIR BUILD AT THE M.I.L.L.

October 26-28 @ 5:30 - 7:30pm

Learn how to cut, sand, and construct wood into your own Adirondack chair. All materials and equipment provided. Ages 16 & up. Fee: \$150

### PLUMBING & ELECTRICAL BASICS AT THE M.I.L.L.

November 8-10 @ 5:30 - 7:30pm

Learn the basics of plumbing and electrical along with how to complete minor repairs in your home. Ages 16 & up. Fee: \$150

### RECYCLED ART - MILK CARTON WREATH

Thursday, November 11 @ 1 - 2:30pm

Turn trash into treasure! Learn how to transform an ordinary egg carton into a beautiful seasonal wreath. Ages: 8 - 15. Fee: \$15

### CRAFTING WITH MS. P

Come create and craft with Ms. Piper in these classes designed to reach your inner artist!

**FRAMED 3-D INITIAL** - Tuesday, November 16 @ 7 - 9pm

Ages: 18 & up Fee: \$25

**CHRISTMAS GARLAND** - Tuesday, November 23 @ 9am - 12pm

Ages: 8 - 16 Fee: \$15

**MINI & ME PAPER POINSETTIA** - Saturday, December 4 @ 8am - 12pm

Designed for adult & kids ages 6 & up Fee: \$20/pair

**MINI & ME VALENTINE'S PAPER CRAFT** - Wed., Feb. 2 @ 6:30 - 8:30pm

Designed for adult & kids ages 6 & up Fee: \$20/pair

### FORREST ANIMAL PUPPET

Monday, December 6 @ 5 - 6pm

Learn how to make a "Jumping Jack" animal puppet with movable arms & legs. Ages: 6 - 15. Fee: \$15

### BASIC HOME REPAIRS 101 AT THE M.I.L.L.

December 6&7 @ 5:30 - 8:30pm

Learn how to complete basic home repairs with the opportunity to bring questions and ideas to class. Ages 16 & up. Fee: \$150

### PAPER ORNAMENTS

Wednesday, December 15 @ 6:30 - 8:30pm

Get into the holiday spirit by learning how to make easy handmade ornaments for your tree or as a gift for someone else. Ages: 16 & up. Fee: \$15

### VIRTUAL ART CHALLENGES

Join us for monthly virtual art challenges for all ages! Details will be posted on our Facebook page.

## YOGA - MARTIAL ARTS - DANCE

### MARTIAL ARTS

Mondays & Wednesdays @ 6 - 7:30pm

Develop self-awareness and confidence with GOJU-RYU KARATE. Fee is based on \$5 per 90-minute class and is due by the 1st of the first month of the session. 2 month sessions, year-round. Ages: 7 & up

### YOUTH DANCE LESSONS

We are excited to partner with Dance Exploration Kids to offer youth dance lessons for children 3 - 12 years old.

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# FUN FOR ALL!

AGE AS OF THE START OF THE PROGRAM/ACTIVITY | GRADE AS OF THE 2021/2022 SCHOOL YEAR

### COOKS IN THE KITCHEN - APP'S & SNACKS

Tuesday, December 28 @ 11:30am - 1pm

Join us for a cooking class where we will learn how to follow basic recipes and prepare some yummy dishes, great for any party! Grades: 5th - 8th. Fee: \$10

### SNOW & ICE

Monday, January 3 @ 2:30 - 4pm

We will use fun techniques to create art inspired by snowflakes, snowmen, and ice. Ages: 6 - 15. Fee: \$20

### T-SHIRT QUILT CLASS WITH MS. P

January 18, 19 & 20 @ 6:30 - 8:30pm

Join this weeknight simple sewing class for any skill level sewers. We will be making a small personalized t-shirt quilt. Ages: 18 & up. Fee: \$35

### PAINTING P-ART-Y - WINTER CARDINAL

Wednesday, January 26 @ 6:30 - 8:30pm

You will be taken step-by-step through a winter scene to take home and enjoy. Ages: 18 & up. Fee: \$20

### FAMILY PAINTING NIGHT

Friday, February 4 @ 5:30 - 7pm

Drop the phone. Ditch the tablet. Step away from the TV! Bring the family to a night of learning how to paint! This night is for families, is designed for adults and children ages 8 & up. Fee: \$20 per person

### FLOORING FOR DIY'ERS - CARPET REPAIR

Saturdays, February 5, 12, 19 @ 9:00 - 12:00pm

Learn how to re-stretch, patch, and seam areas of carpet at the M.I.L.L. All materials provided. Ages 16 & up. Fee: \$225

### KIDS L-O-V-E PAINTING P-ART-Y

Friday, February 11 @ 1 - 2:30pm

This class is all about using mixed media to create a colorful painting that spells out the word LOVE. Ages: 6 -12. Fee: \$20

## CERTIFICATION CLASSES

### CPR BLENDED LEARNING

Saturdays @ 9 - 11am

This is a blended learning course including an online portion (approximately 4 hours) and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion. Upon successful completion of this course you will receive a digital certificate for Adult First Aid/CPR/AED valid for two years. Ages: 11 & up

Fee: \$65/participant per 1-day class

Dates: November 13  
January 8

### BABYSITTING BOOTCAMP

Monday & Tuesday @ 9am - 3pm

This two-day class for 11 - 15 year olds includes all of the skills and information covered in the American Red Cross Babysitting Class, plus Infant/Child CPR.

This fun and interactive training includes lively discussions and real life problem solving skills, how to handle emergencies or illnesses, basic care-giving skills, how to choose safe and age-appropriate toys and games, and how to handle bedtime and discipline issues effectively. Please bring a sack lunch.

Fee: \$100/participant per 2-day class

Dates: November 22 & 23  
December 27 & 28

### LIFEGUARD TRAINING

Fridays @ 4 - 7pm and Saturdays @ 7am - 3pm

Provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Participants must be 15 years or older, meet prerequisites, and be able to complete online portion (approximately 20 hours) prior to class.

Fee: \$150/participant per 4-day class

Dates: December 3, 4, 10 & 11  
February 4, 5, 11 & 12

## PRESCHOOL 2021/2022

### TERRIFIC TOTS

Tuesday/Thursday or Wednesday/Friday  
@ 8:30 - 11am or 12:15 - 2:45pm

Our Terrific Tots class environment encourages social interaction, curiosity and love of learning in a caring atmosphere. Morning or afternoon classes available.

Ages: 3 years (as of 10/1/21)

Fee: \$90/month

### CREATIVE KIDS

Tuesday - Friday @ 8:15 - 11:15am or 12:30 - 3:30pm

Our Creative Kids class has developmentally appropriate curriculum, geared toward preparing the students to succeed in Kindergarten. Morning or afternoon classes available - limited space.

Ages: 4 years (as of 10/1/21)

Fee: \$216/month

## YOUTH SPORTS

### BASKETBALL

1ST - 6TH GRADE

Season: January 22 - March 5

Registration Deadline: December 26

1st & 2nd Grade Coed

3rd & 4th Grade Boys & Girls

5th & 6th Grade Boys & Girls

Fee: \$45 (7 game leagues)

### VOLLEYBALL

COED 7TH & 8TH GRADE

Season: February 5 - March 5

Registration Deadline: January 17

Fee: \$35 (tourney format - 5 game minimum)

### DENVER NUGGETS SKILLS CHALLENGE

Saturday, December 15 @ 10am

Showcase your passing, dribbling, and shooting skills at Watson Jr High! This is a free competition for boys and girls ages 6 - 13 (age as of 4/30/2022). Check website for registration details.

### 3v3 BASKETBALL TOURNAMENT

Saturday, November 20

Grab a few friends and come play with us!

Register as a team by November 10.

Divisions: 7th & 8th Grade Boys & Girls

Fee: \$40 per team (3 game minimum)

## ADULT SPORTS

### HALLOWEEN TOURNEY

INDOOR VOLLEYBALL - COED 6V6

Date: Tuesdays, October 12, 19 & 26

Registration Deadline: October 3

Team Fee: \$110 (3 game guarantee)

### TURKEY TOURNEY

INDOOR VOLLEYBALL - COED 6V6

Date: Tuesdays, November 2, 9 & 16

Registration Deadline: October 24

Team Fee: \$110 (3 game guarantee)

### INDOOR VOLLEYBALL LEAGUES

RECREATION & COMPETITIVE - COED 6V6

Dates: Tuesdays, January 11 - March 1

Registration Deadline: January 2

Comp Team Fee: \$240 (8 games with officials)

Rec Team Fee: \$120 (8 games without officials)

### FREE PICKLEBALL MATCH-UPS

Come enjoy pick-up games with your friends or meet some new ones! Indoor Pickleball Match-ups available starting mid-October. For more info check our sports webpage or call 719-391-3520 to get connected with our group.