

Get your Parks and Recreation news on upcoming classes, registration deadlines and more! Plus complete a riddle or puzzle and get your name entered in a drawing!



WOODLAND PARK
CITY ABOVE THE CLOUDS

Program of the Month!
Balance Class

Improve your balance through four gentle lessons designed to improve your awareness and use yourself in ways that improve stability and movement.

September 6, 13, 20, 27

10:00 am - 11:00 am

Parks and Recreation Classroom

\$30 for 4 classes

Call 687-5225 to sign-up!

Announcements

- Touch a Truck! Climb and crawl on more than 20 big trucks and emergency vehicles!
Wednesday, August 9, 10 am - noon at Meadow Wood Sports Complex
- The 28th Annual Mayor's Cup will run on Saturday, August 12! [Click here](#) for the registration form.



- View the April-September Recreation Guide [here](#)
- All swim lessons for Spring/Summer have been cancelled due to renovations at Golden Bell. Look for programming in Fall 2017.

Registration Deadlines

September 8 - Youth Basketball (3-4 grade Co-Ed, 5-8 grade Girls)

Youth Programs

Start Smart Soccer: August 8, 12, Meadow Wood Sports Complex

Tae Kwon Do: August 3, 8, 10, 15, 17, 22, 24, 29, P&R Classroom, 6:00 pm-7:00 pm

This Place Rocks!: August 12, P&R Classroom, 10:00 am-11:30 am

Birding By Ear: August 26, P&R Classroom, 10:00 am-11:30 am

Adult Classes

Body Sculpt: August 2, 7, 9, 14, 16, 21, 23, 28, 30, P&R Classroom 11:30 am-12:30 pm

Namaste Yoga: August 7, 14, 21, 28, P&R Classroom 5:30 pm-6:30 pm

Tae Kwon Do: August 3, 8, 10, 15, 17, 22, 24, 29, P&R Classroom, 7:00 pm-8:00 pm

Sun Style Taiji 97 Form: August 2, 9, 16, 23, P&R Classroom, 3:00 pm-4:30 pm

Balance: September 6, 13, 20, 27, P&R Classroom, 10:00 am-11:00 am

**Punch cards available and drop ins welcome for Body Sculpt and Namaste Yoga*

**Drop ins welcome for Sun Style Taiji*

[Register Here!](#)

Printable Sports Calendars:

[August](#)

[September](#)

Printable Youth Class Calendars:

[August](#)

[September](#)

Printable Adult Class Calendars:

[August](#)

[September](#)

[Click here to learn more about being a lifeguard at the](#)



Woodland Aquatic Center

Now Hiring

American Red Cross
Lifeguards



August 19-20 and 26-27

Must be 15 years old by August 19th and pass swimming pre-test.
Pre-Test includes the following:

- 300-yard continuous swim (Front Crawl or breaststroke or a combination of both. Swim goggles may be used).
- Tread water for 2 minutes using legs only.
- Timed event - complete within 1 minute and 40 seconds. Starting in the water, swim 20 yards, NO GOGGLES, surface dive to a depth of 7-10 feet, retrieve 10 lb. brick, return to the surface and swim 20 yards on the back with both hands holding the object and keep the face at or near the surface. Exit the water without using the ladder or steps.

• **Class Dates: Pool and Classroom work**

August 19, 20: 8:00 - 11: Park & Recreation Classroom; 12 - 4:00pm: Cheyenne Mountain Aquatic Center (both days)

August 26, 27: 8:00 - 11:00: Park & Recreation Classroom; 12 - 4:00pm: Cheyenne Mountain Aquatic Center (both days)

- Class includes books (online), pocket mask and certifications upon successful completion of course.
- Students must have access to a computer in order to register with the American Red Cross and complete all on-line portions of the course
- Classroom time will be held at the Park & Recreation Office but all pool sessions will be held at the Cheyenne Mountain High School pool, 1200 Cresta Rd, 80904 back side of the high school across from the tennis courts.
- Register NOW and fill out your employee application
- Times are subject to change*

Cost and Registration

- Class Cost is \$50 due at the time of registration and employment application/verification.
- **Must register by August 14th in order to get the on-line materials.**
- 100% participation is required for certification.
- **Opportunity for employment after successful completion of course with Woodland Aquatic Center**
- **NO REFUNDS if you fail the course or are unable to complete the course requirements.**
- Contact Karen Valdez, Aquatics Manager for more information- kvaldez@cityofwp.net or 719-687-5010



American Red Cross

Woodland Aquatic Center!!

7 Benefits of Team Sports for Kids

"Team sports-- from volleyball and basketball to lacrosse and water polo-- do more than just keep kids fit. By instilling healthy habits and keeping children busy and active, the team practices and games can help players not only physically, but also mentally and emotionally."

[Click here to read more](#)

Riddle Me This!

Solve This Riddle:

What is so delicate that saying its name breaks it?

Last Newsletter Riddle:

What word becomes shorter when you add two letters to it?

Answer: short

Email your answer to kgavit@city-woodlandpark.org by August 31 and have your name entered into a quarterly drawing for \$20 off a class or sports program!

STAY CONNECTED:

