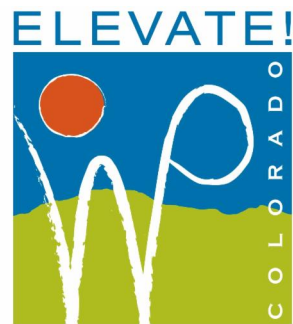


Get your Parks and Recreation news on upcoming classes, registration deadlines and more! Plus complete a riddle or puzzle and get your name entered in a drawing!



WOODLAND PARK
CITY ABOVE THE CLOUDS

Program of the Month!

Cardio-Lates

Cardio & Pilates - Tone every inch of your body with this workout! We will begin with 30 minutes of calorie-burning, high energy cardio and finish with 30 minutes of core-strengthening Pilates. This is a really fun and highly effective workout!

**February 5, 7, 12, 14, 19, 26, 28
\$40 per month**

Announcements

- The Parks and Recreation office will be **CLOSED** on February 18.
- The [2019 Activities Guide](#) is live on the website! [Click here](#) to register for upcoming sports and programs.

Woodland Aquatic Center

- The Woodland Aquatic Center will be closing at 6:00 pm on February 21 due to Staff Training.



WOODLAND AQUATIC CENTER

ST. PATRICK'S DAY COIN DIVE

Saturday March 16
10:00 a.m. to 1:00 p.m.

\$5.00 Admission all day

Celebrate the Luck of the Irish with our St. Patrick's Day Coin Dive. This event will feature gold coins at various depths of the pool. Each coin will have a number that will be associated with a prize.





Woodland Aquatic Center



American Red Cross Lifeguards Class

March 21 – 23, 2019

Must be 15 years old by March 21 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**

March 21	1:00 pm - 6:00 pm	Woodland Aquatic Center
March 22	9:00 am - 3:00 pm	Woodland Aquatic Center
March 23	9:00 am - 3:00 pm	Woodland Aquatic Center

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 and pool sessions will be held at the Woodland Aquatic Center, 111 N. Baldwin Woodland Park, CO 80863
- Register NOW
- Times are subject to change

Cost and Registration

- Class Cost is \$150 due by 5:00 pm March 18th, 2018.
- **Must register by March 18 in order to get the on-line materials.**
- 100% participation is required for certification.
NO REFUNDS if you fail the course or are unable to Complete the course requirements.
- Contact Ryan Squires, Assistant Aquatics Manager for more information-
rsquires@cityofwp.net (719) 686-6860



American Red Cross

Registration Deadlines

Youth Baseball (K-9 grade) & Girls Softball (5-8 grade): March 29

Youth Programs

Tae Kwon Do: February 5, 7, 12, 14, 19, 21, 26, 28, P&R Classroom, 6:00 pm

Babysitter Bootcamp: February 8 and 9, P&R Classroom

Adult Classes

Body Sculpt: February 4, 6, 11, 13, 18, 20, 25, 27, P&R Classroom, 11:30 am

Namaste Yoga: February 4, 11, 18, 25, P&R Classroom, 5:30 pm

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

Cardio-Lates: February 5, 7, 12, 14, 19, 26, 28, P&R Classroom, 12:00 pm

Tae Kwon Do: February 5, 7, 12, 14, 19, 21, 26, 28, P&R Classroom, 7:00 pm

Family Dog Training: February 2, 9, 16, 23, March 2, 9, CSCS, 9:00 am

Balance Class: February 6, 13, 20, 27, P&R Classroom, 10:00 am

Friday Night Creative Chill: March 8, UPCC, 6:00 pm

FRIDAY NIGHT

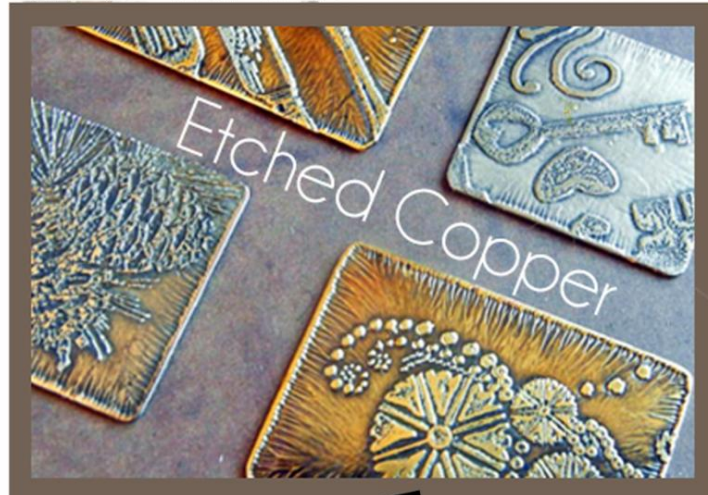
Creative Chill

ART AND WINE EVENT

REGISTER TODAY

(719) 687-5225

WPPARKSANDRECREATION.ORG



MARCH 8, 2019

6-8PM

UTE PASS CULTURAL CENTER

[Register Here!](#)

Printable Sports Calendars:

[February](#)

[March](#)

Printable Youth Class Calendars:

[February](#)

[March](#)

Printable Adult Class Calendars:

[February](#)

[March](#)

**Thank you to Mallett Excavating for supporting
Parks & Recreation in our
Annual Activities Guide!**



MALLETT

EXCAVATING

GENERATIONS DEEP

(719) 687-6920 / WOODLAND PARK, CO

To learn more about sponsoring a youth sports league or being featured in our

annual Activities Guide, please contact the Parks and Recreation office.

Riddle Me This!

Solve This Riddle:

Some months have 30 days, some months have 31 days; how many have 28?

Last Newsletter Riddle:

What flies when it's born, lies when it's alive, and runs when it's dead?

Answer: snow or snowflake

Email your answer to kgavit@city-woodlandpark.org by February 28 and have your name entered into a quarterly drawing for \$20 off a Parks & Rec or Aquatic Center class or program!

Kelsey Gavit | Woodland Park Parks & Recreation | 719-687-5225 | [Email](#) | [Website](#)

STAY CONNECTED:

