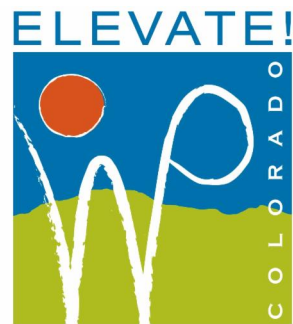


Get your Parks and Recreation news on upcoming classes, registration deadlines and more! Plus complete a riddle or puzzle and get your name entered in a drawing!



WOODLAND PARK
CITY ABOVE THE CLOUDS

Program of the Month!

Family Dog Training

Build a lifelong, healthy and loving relationship with your dog through science based positive training methods. We will use highly motivating reinforcers which ensure compliance as well as fun with learning cues: loose leash walking, focus, wait, come, stay, sit, down, leave it.

March 30, April 6, 13, 20, 27, May 4

\$150 per 6 class session

Announcements

- "Coaching your own child can be a wonderful sports experience." Baseball season is right around the corner! Consider coaching your child's team. For the full article on 15 tips for coaching your own child, [click here](#).
- The [2019 Activities Guide](#) is live on the website! [Click here](#) to register for upcoming sports and programs.

Woodland Aquatic Center

A Splashing Success

- Kim Biggers -

Kim began swimming at the Woodland Aquatic Center a

week after the facility opened. When Kim started swimming, she was slowly recovering from spinal fusion surgery, and Kim was on 2 blood pressure and 1 cholesterol medications.

She lap swims at the facility 3 times a week and also takes the Deep Water Class on Tuesday and Thursday. Since she first started swimming, Kim has noticed she is much stronger and has a lot more energy than before. Kim is now off of one of her blood pressure medications and the cholesterol medication as well. We thank Kim for sharing her story with others and invite you to come swim with Kim!

The poster features a central green four-leaf clover with a white star on each leaf. To the left of the clover are several gold coins with a star on them. To the right is a cartoon leprechaun with a red beard and a green hat, sitting on a pile of gold coins. The background is white with green vertical bars on the left and right sides.

WOODLAND AQUATIC
CENTER

**ST. PATRICK'S
DAY COIN DIVE**

NEW TIME!!!!
Saturday March 16
2:00 p.m. to 4:00 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.
Call 719-687-5233 for more information.


WOODLAND PARK
CITY AND THE COUNTY

111 North Baldwin Street * Woodland Park, CO 80863
719 687 5233 * www.city-woodlandpark.org



Woodland Aquatic Center

Spring Break Schedule

March 24 – 31, 2019

	Sunday	Monday – Friday	Saturday
Diving Board	11:00 am – 6:00 pm	12:00 pm – 8:00 pm (Monday/Wednesday/Friday)	12:00 pm – 6:00 pm
Lap Swim	11:00 am – 6:00 pm (3 lanes open)	5:30 am – 12:00pm (Monday/Wednesday/Friday - 6 lanes) 12:00 pm – 8:00pm (Monday/Wednesday/Friday - 3 lanes) 5:30 am – 10:00am (Tuesday and Thursday - 6 lanes) 10:00 am – 12:00pm (Tuesday and Thursday - 3 lanes) 12:00 pm – 4:00pm (Tuesday and Thursday - 2 lanes) 4:00 pm – 8:00pm (Tuesday and Thursday - 4 lanes)	7:00 am – 6:00 pm
Slide	11:00 am – 6:00 pm	12:00 pm – 8:00 pm	11:00 pm – 6:00 pm
Lazy River & Vortex	11:00 am – 6:00 pm	5:30 am – 8:00 pm	7:00 am – 6:00 pm
Play Feature	11:00 am – 6:00 pm	12:00 pm – 8:00 pm	12:00 pm – 6:00 pm
WIBIT		12:00 – 4:00pm (Tuesday/Thursday)	

***Schedule is subject to change**



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: March 5, 7, 12, 14, 19, 21, P&R Classroom, 6:00 pm

Adult Classes

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

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

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

Cardio-Lates: March 5, 7, 12, 14, 19, 21, 26, 28, P&R Classroom, 12:00 pm

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

Family Dog Training: March 30, April 6, 13, 20, 27, May 4, CSCS, 9:00 am

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

Friday Night Creative Chill: April 5, UPCC, 6:00 pm

FRIDAY NIGHT
Creative Chill
ART AND WINE EVENT

REGISTER TODAY
(719) 687-5225
WPPARKSANDRECREATION.ORG



APRIL 5, 2019

6-8PM

UTE PASS CULTURAL CENTER

[Register Here!](#)

Printable Sports Calendars:

[March](#)

[April](#)

Printable Youth Class Calendars:

[March](#)

[April](#)

Printable Adult Class Calendars:

[March](#)

[April](#)

**Thank you to McGinty's for supporting
Parks & Recreation in our
Annual Activities Guide!**



**Divide, Colorado
(719) 687-7703**

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:



Why can't you borrow money from a leprechaun?

Last Newsletter Riddle:

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

Answer: They all do

Email your answer to kgavit@city-woodlandpark.org by March 29 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:

