



NEW CASTLE RECREATION

2012 SUMMER PROGRAM NEWSLETTER

YOUTH & ADULT VOLLEYBALL PROGRAMS

The New Castle Recreation Department loves the sport of volleyball, and invites you and your friends to join us this summer for lot's of it! We are hoping to establish our community as a "hotbed" of volleyball in the region. Check out all of the programs we are offering for both youth and adults, and come out and join us on a court this summer!

Monday Mixed Quads League (Ages 16+) Our Mixed Quads Grass League is perfect for both recreational and competitive teams. Teams are required to have a minimum of one female on the court at all times and this league is self-officiated. Dates: June 11-August 6, Times: 6:30-8:00 p.m. Cost: \$100.00 per team by June 1/\$120.00 after.

Adult Sand Leagues at Burning Mountain Bowl (Ages 16+) We're offering what we expect will be the most competitive sand leagues in the area on the lighted sand court located at Burning Mountain Bowl. Let's find out who the best area volleyball players really are! Dates: June 12-August 9 Times: 6:30-10:30 p.m. Cost: \$50.00 per team by June 1/\$60.00 after. Tuesdays Men's Doubles/Wednesday Women's Doubles/Thursday Coed Doubles.

Monday Recreational Coed Youth Grass League (Ages 8-14) This 6 week coed recreational grass league will include skill instruction along with scrimmage league play each week. Dates: June 18-July 30 (no play week of July 4) Times: 5:30-6:30 p.m. Cost: \$40.00 by June 1/\$50.00 after.

Youth Grass Volleyball Camp (Ages 8-17) Our grass volleyball camp is coed, and is a great way for the young player to work on their skills and have fun at the same time. Participants will receive skill instruction each day, focusing on the basics of the sport (passing, setting, serving, hitting), along with fun games and scrimmages. Dates: July 30-August 2 Times: 9:30 a.m.-Noon Cost: \$40.00 by July 13/\$50.00 after.

Youth & Adult Grass Tournament Schedule What better way to spend a weekend than playing volleyball, meeting new people and enjoying the beautiful Colorado summers! Tournament formats will be pool play in the mornings with all teams advancing to playoff brackets in the afternoons. Current USA Volleyball rules will apply with some local exceptions. Download the registration form at www.newcastlecolorado.org/recreation for more details.



- Saturday, June 23 SpikeFest Coed Quads Rotating Pairs
- Saturday, July 21 Burning Mountain Blast Mixed Quads
- Saturday, August 18 Hot August Days Mixed Triples



SPECKLED FEATHER CRAFT CLUBS

These Craft Clubs will offer various age-appropriate craft projects including weaving Hula Hoop rugs, decorative painting, survival bracelets, jewelry making, needle/water felting, puppet making and more!

Kids Club (Ages 8-12) Wednesdays at the Community Center from 1:00-2:00 p.m. Cost: \$55.00 per session.

Teen Club (Ages 13+) Wednesdays from 10:30-11:30 a.m. at the Speckled Feather, 303 W. Main Street. Cost: \$60.00 per session.

- Session 1: June 6, 13, 20, 27.
- Session 2: July 11, 18, 25 and August 1.
- Session 3: August 8, 15, 22, 29.

MARTIAL ARTS CLASSES

Traditional Korean Martial Art offers both youth and adult practitioners the opportunity to learn practical self defense while conditioning the body, mind and spirit. Benefits include increased flexibility, discipline, confidence, reduced stress, and improved awareness. *Students must be members of the US Soo Bahk Do federation to test for rank.

Cost: \$79.00 for first 8 classes, includes uniform.

Days: Tuesdays & Thursdays

Ages 8-12 at 5:00 p.m.

Ages 13+ at 7:00 p.m.

Location: Rocky Mountain Martial Arts



GET FIT WITH THESE NEW CLASSES!

Aqua Zumba (Ages 13+) Known as the Zumba "pool party", this program gives new meaning to the idea of an invigorating workout. June & July M/W at 9:00 a.m. or T/Th at 5:30 p.m. at the Lakota Canyon Recreation Center Pool. Cost: \$99.00 for 10 weeks.

Zumba (Ages 13+) Join our popular dance fitness parties on M/W from 7:00-8:00 p.m. at the New Castle Community Center
Cost: \$100.00 for June & July.

Piloxing (Ages 13+) A high energy fusion of Pilates, Boxing and Dance, all in one class! June-August on M/W at 6:00 p.m. & T/TH at 9:00 a.m. Participants can attend any of the four classes a week at NCFE. Cost: \$99.00 monthly.

Park to Park Fitness (Ages 13+) Colorado summers rock, and so will Park to Park Fitness! Get fit in the great outdoors. M/W @ 9:15 a.m. during June and July.
Cost: \$99.00 monthly.

Tai-Chi (Ages 13+) Try this ancient Chinese martial art that improves balance, strength and flexibility, along with helping manage stress and anxiety. It's a moving form of Yoga and meditation combined. June-August on T/TH @ 10:00 a.m. at NCFE. Cost: \$50.00 monthly.

Zumbatomic (Ages 4-7) Zumba for kids! Wednesdays from 10:30-11:30 a.m. during June and July at the Community Center. Cost: \$80.00.



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ADULT 3 ON 3 BASKETBALL LEAGUE

Who says the kids get to have all the fun! Come out and play in our 3 on 3 basketball league with your friends on Thursday nights at Hot Shot Park. Deadline to register is June 7th. Cost: \$100.00 per team.

Dates: June 14-August 9th

KIDS BOWLING CLINIC

(Ages 6-17)

Come beat the summer heat and become a better bowler. This clinic will include instruction on form, technique and bowling etiquette and includes a T-shirt.

Dates: Wednesdays from June 20-August 1 (no class on July 4).

Times: 10:30 a.m.-Noon

Where: Burning Mountain Bowl

Cost: \$50.00 by June 8/\$55.00 late.

Hogback Hustle 5K RUN / WALK Saturday, July 14

Grab your running shoes and come out and run/walk in the Hogback Hustle 5k or the Kids Fun Run 1k. The 5k race starts at 8:00 a.m. and the Kids Fun Run will start after the 5k finishes, at approximately at 9:00 a.m.

Cost: \$20.00 until July 11th/
\$25.00 after.

Kids 1K Fun Run: \$10.00

Hosted by the New Castle
Lions Club.

NEW CASTLE COMMUNITY MARKET

Come and shop for fresh locally grown products along with crafts and other goods. Starts Thursday, July 12th and continues until September 27th from 4:30-7:30 p.m. at Burning Mountain Park!

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YOUTH & ADULT GOLF PROGRAMS AT LAKOTA

Junior Golf Program (Ages 6-17) Come out and learn the fundamentals of golf. Group instruction will include grip, stance, posture, correct swing techniques and proper golf etiquette. The program will be split up into 3 parts; chipping and pitching, putting, and driving range work. Students will need at least 3 clubs (putter, PW, 7 iron).

Session 1: June 11-14
Cost: \$59.00

Session 2: July 23-26
Time: 2:00-4:00 p.m.

Junior Golf League (Ages 6-17) This Monday league will consist of 6 two hour sessions reviewing lessons learned in the clinics, followed by course play and fun competitions.

Dates: June 18-July 30 (no play on July 2)

Times: 2:00-4:00 p.m.

Cost: \$99.00 for all 6 sessions, or \$25 per day.

Soda Pop Open Junior Golf Tournament (Ages 6-17) For students interested in playing in the Soda Pop Open, to be held at Glenwood Springs Golf Club on Monday, August 6. Please contact Greg Gortsema at 945-7086 for information. Cost: \$10.00, payable to Glenwood Springs Golf Club.

Adult Golf Clinics (Ages 18+) Come join the FUN this summer! These Tuesday evening clinics will consist of one on one and group instruction, range work, putting & chipping, golf etiquette. Clinics are open to all ability levels. Students should bring their own clubs, as rentals are available on a very limited basis. Times: 6:30-8:00 p.m. Cost \$99.00/per person for 4 classes or \$30.00 for 1 class.

Session 1: May 8-29
Session 3: July 10-31

Session 2: June 5-26
Session 4: August 7-28

Got questions? Call Ken Dunham, Lakota Canyon Ranch Assistant Pro & Certified Golf Instructor at (970) 984-9700, or (970) 379-7196.

DOG OBEDIENCE

Learn how to train your dog in a positive environment. Donnas' 6-week courses will instruct students to teach their dogs to heel, come when called, sit, lay down and stay. Learn how to eliminate and prevent behavior problems.

Cost: \$79.00 per dog.

Wednesdays, June 6-July 18
Times: 6:30-7:30 p.m.

Location: Coal Ridge Park.

PRIVATE PIANO LESSONS

Have you been wanting to learn how to play the piano? Sonia Roldan studied at the National Conservatory of Music in Lima, Peru, and brings her many years of experience of teaching piano to New Castle. Ages 4-Adult.

Cost: \$120.00 for four 30-45 minute lessons.

CHALLENGER SOCCER CAMP

July 30-August 3

Challenger Sports is the most popular soccer camp provider in the US and Canada and offers players a broader experience than most local camps.

Ages 3 First Kicks 9-10 am \$84.00
Ages 4-5 Mini Soccer 10:30-Noon \$100
Ages 6-12 Half Day 9am-Noon \$124
Ages 6-12 Golden Goal 1-3 pm \$51

Register at
www.challengersports.com

CHRISTOPHER HARVEY WRESTLING CAMP

Come learn the basic concepts of wrestling and learn how to build a good foundation from a former state champion! Participants will learn the Art of Proper Drilling and how it makes you a better wrestler. Each day will end with fun competitions and games. To be held at the Community Center.

Dates: July 16-20

Ages 4-9 from 9:00-11:00 a.m. Cost: \$125.00

Ages 10-18 from 1:00-4:00 p.m. Cost: \$150.00

VALLEY DYNAMITE CHEER CAMP

Valley Dynamite Cheer will host this Introduction to All Star Cheer Camp that will introduce participants to the exciting and challenging world of All Star Cheer. The coaches will strive to develop each student's cheer, dance and tumbling skills in a safe, motivating and enjoyable atmosphere. Possible participation in a local event such as a parade or festival! Cost: \$60.00 (includes a t-shirt, bow and pom-poms)

Session 1: June 11-15 Session 2: July 23-27

Ages 5-8 from 9:00 a.m.-10:00 a.m.

Ages 9-12 from 10:15 a.m.-11:15 a.m.

Ages 13+ from 11:30 a.m.-12:30 p.m.

TITAN JUNIOR FOOTBALL CAMP

Are you ready for some football? Our Titan Junior Football Camp will help you prepare for the upcoming season with daily drills and skill instruction. This camp is hosted by Coal Ridge football coaches and players, and is open to youth grades 3-8 and will be held at Coal Ridge HS. Includes T-shirt.

Dates: August 6-9 Times: 3:30-6:00 p.m.

Cost: \$45.00 by July 27/\$50.00 after.

MMXII SUMMER OLYMPIAD CAMP

While the world's best athletes complete in London this summer, you're child can experience the excitement of the 2012 Olympic Games right here in New Castle! A variety of Olympic themed games and sports will be offered, including; soccer, volleyball, hockey, basketball and track. Ages 6-12.

Dates: July 30-August 2

Times: 9:30 a.m.-Noon

Cost: \$75.00 by July 20/\$80.00 after.

