

# SALIDA RECREATION & HOT SPRINGS AQUATIC CENTER **Guide**, October 2011 – February 2012



**JOIN THE  
FUN!!**



Enriching and empowering lives through recreation in our community.  
Safe • Supportive • Fun • Welcoming • Quality • Diverse • Friendly

**Recreation Dept.**

(719) 539-5703

salidarecreation@yahoo.com



**Salida**

**Hot Springs Aquatic  
Center & Recreation  
Offices**

410 W. Rainbow Blvd  
(Hwy 50)

Salida, CO 81201

(719) 539-6738



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**FIND OUR CALENDAR,  
NEW INFORMATION, UPDATES,  
& NEWS ONLINE!**

[www.SalidaRec.com](http://www.SalidaRec.com) [www.SalidaPool.com](http://www.SalidaPool.com)

“Salida Pool N. Recreation” on





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[www.SalidaRec.com](http://www.SalidaRec.com)

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**RECREATION  
ADVISORY  
BOARD MEMBERS**

*Bill Smith, Chair  
Mike Harvey, Vice Chair  
Heather Gorby  
Diana Porter  
Susan Dempsey-Hughes*



**QUESTION? COMMENTS?**

[salidarecreation@yahoo.com](mailto:salidarecreation@yahoo.com)

## Welcome to Salida Recreation and Hot Springs Aquatic Center!

In these pages, you will find a guide to the programs and events sponsored by the City of Salida's Recreation Department and the Hot Springs Aquatic Center.

Look also for great gift ideas for this holiday season (page 21). We offer a variety of punch passes good to keep your loved ones entertained and healthy! And, consider bringing in a Food Donation during the month of December—2 items will earn you half off your regular daily pool admission.

The Salida Hot Springs Aquatic Center is proud to announce that we have remodeled three of our famous private soaking pools and will re-open them on October 16<sup>th</sup>.

Enjoy soaking in privacy in our hot mineral spring water, collected underground and piped 8 miles from the source high in the majestic Rocky Mountains. This sparkling clear and odorless water was originally enjoyed by the Ute Indians who believed it healed mind, body and spirit. The hot mineral spring water flows continually into the various Salida Hot Springs pools, refreshing and warming them naturally.

Minerals in the water include Silica, Aluminum Iron Oxide, Sulphate, Calcium, Bicarbonate, Potassium, Chloride and Sodium. After every use, each private soaking pool is drained, sanitized and refilled with fresh chemical free water. Come relax and unwind; escape and enjoy the therapeutic value of our natural water.

Other recent improvements to the Aquatic Center include remodeled restrooms and parking to bring them into ADA compliance, a new airlock entryway with handicapped opening mechanisms, de-stratification fans, and improvements to the pipeline insulation. These changes make our facility more accessible, warmer, and fresher.

These projects were paid for with a Department of Local Affairs (DOLA) grant, City of Salida 2B funds, proceeds from past litigation over the water line, and a private donation from Monarch Investments LLC, and are part of a master plan to revitalize the Public Recreation experience in Salida, locals and visitors alike.

We look forward to seeing you this fall and winter!

# *SALIDA HOT SPRINGS*

## **GRAND RE-OPENING!**

*October  
16th*

### **NEWLY REMODELED PRIVATE SOAKING POOLS**

Relax and enjoy the therapeutic value of natural mineral water!  
After every use, each private pool is drained, sanitized and refilled with  
**fresh chemical free water.**

#### **RATES for ONE HOUR**

1 person.....\$12    2 people.....\$18    Additional persons.....\$6

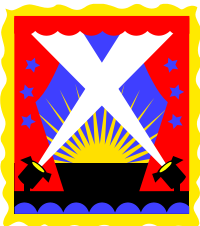
Senior/Military.....\$9

With use of public pool before or after, per person.....\$3

Budget Pass of 10 visits.....\$90

#### **SOAKING POOL RULES & INFORMATION**

- No one under the age of 18 will be admitted, ID required
- Elderly persons, pregnant women and those with medical conditions should consult a physician before using the soaking pools
- No food, alcohol, smoking, or glass containers are allowed at any time for any reason
- No one will be admitted if to be under the influence of drugs or alcohol
- Persons having or reasonably suspected to have considerable area of exposed sub-epidural tissue, cuts, or known or recognizable contagious or communicable disease, cough, cold, open sore, blisters, bandaged wound, fever, inflammation of the eyes, nasal or ear discharge, shall not be allowed to enter the pools
- Oils, body lotions and soaps shall not be applied while in the pools
- One hour limit
- Reservations, secured by Visa or MasterCard, are not required but highly recommended
- All cancellations must be made at least 24 hours before the reservation time to receive a refund, minus a five dollar processing fee
- If your reservation is not cancelled 24 hour notice or you fail to show up, your credit card will be charged
- Private Soaking Pools will be held for 15minutes after the reservation time and then deemed to be no-show



*Open House  
12- 2 pm  
Reserve time  
now!*



# AQUATIC CENTER



## Regular Daily Admission

DURING OPEN SWIM HOURS

Adult.....	\$11
Youth (6-17 years)....	\$5
Child (0-5 years).....	\$3
Senior 60+/Military..	\$9
Shower Only.....	\$5

## Discounted Rates

Family Night (Thursdays, 5-8pm)

Parent Tot Swim (Mon-Sun, 10am-noon)

Lap Swim (M-F, 6am-noon, Sat 10am-noon)

Adult.....	\$5
Youth (6-17 years)....	\$3
Child (0-5 years).....	\$2

### SAVE!

Show us it's your birthday & swim free! Or bring in your Monarch Season or day pass for \$2 off adult or \$1 off youth regular admission.

Look online for coupons!

## FALL WINTER HOURS

### Monday – Thursday

Lap Swim 6 AM - NOON

Parent Tot Swim 10 AM – NOON

#### OPEN SWIM HOURS

- MON: NOON – 8 PM
- TUE: No Open Swim
- WED: NOON – 8 PM
- TH: 5 PM – 8 PM (Fam. Night)

### Friday

Lap Swim 6 AM - NOON

Parent Tot Swim 10 AM – NOON

Open Swim NOON – 9 PM

### Saturday

Parent Tot Swim 10 AM – NOON

Open Swim NOON – 9 PM

### Sunday

Open Swim NOON – 8 PM

We have Budget Punch Passes, Annual & Semi-Annual Memberships, Business Passes, Group Rates, & Private Pool Rentals. Please ask the Front Desk at the Aquatic Center, or call (719) 539-6738.

See our list of fitness classes on page 14.

410 W Rainbow Blvd (Hwy 50)  
Salida, CO 81201

(719) 539-6738  
www.SalidaPool.com

## SALIDA HOT SPRINGS AQUATICS CENTER SWIM LESSONS

The Aquatic Center offers American Red Cross Aquatics taught by ARC certified Water Safety Instructors.

Private, Semi-Private, and Group lessons are available by request.



### Parent and Child Aquatics

American Red Cross Parent and Child Aquatics will familiarize young children to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. Parent and Child Aquatics will give parents safety information and techniques to help orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. These courses are a bonding experience that will instill a love for water in your child, and provide the building blocks for learning to swim! Children in diapers are required to wear swim diapers.

#### Parent and Child Lessons

4 lessons: 10/25, 10/27, 11/1, & 11/3

9:00 – 9:45 AM

**\$30 for all four lessons includes pool admission**

**Register Now at the Pool Front Desk!**

**For parents or adult caregivers & their  
6 month – 3 year old children**

### Private and Semi-private Swim Lessons

Available for all ages and abilities. Register at the pool front desk and we will fit your needs! Lessons are 45 minutes, and include pool admission.

1 person - \$20

2 people - \$25

3 people \$30

4 people - \$35



### Swim Lesson Success Formula

- No gum, please.
- Please tie hair back, or wear a swim cap.
- Goggles are very helpful, and available for purchase at the front desk.
- Don't forget your towel & swimsuit!
- Parents of children under 5 are required to stay in the building during lessons.

## Water Safety Instructor (WSI) Certification Course

If you love the water and working with people, this American Red Cross course will train you in water safety and swim instruction. This certification will make you eligible to teach a variety of course and presentations through the American Red Cross Swimming and Water Safety program. Students who successfully complete the 33 hour course, fulfill the required number of practice-teaching assignments, and pass the final written examination with a score of 80% or better, may be invited to instruct at the Salida Hot Springs Aquatic Center. You must be at least 16 years of age on or before the final scheduled lesson of this course.

### SCHEDULE

The course lessons will take place between  
October 15 and November 5, 2011.

10/15, 9:00 AM: Orientation meeting and pre-requisite swim test. 10/16, NOON – 3 PM: Fundamentals of Instructor Training. Additional schedule of lessons will be determined by class members. Attendance at all sessions is required.

**REGISTER** – at Salida Hot Springs Aquatic Center. Course fee is \$200, including materials. With questions, please call Donna Rhoads, WSI Trainer, at 221-4008.



### Courses and Presentations Water Safety Instructors are certified to teach:

- *ARC Parent and Child Aquatics* (2 levels),
- *ARC Preschool Aquatics* (3 levels),
- *ARC Learn-to-Swim* (6 levels),
- Basic Water Rescue,
- Personal Water Safety,
- Safety Training for Swim Coaches,
- Water Safety Today,
- General Water Safety,
- Home Pool Safety,
- Parent Orientation to Swim Lessons,

### PRE-REQUISITE SWIM TEST, October 15<sup>th</sup>, 9:00 AM

You will need to demonstrate the ability to perform the following swimming skills:

Swim the following strokes (ARC Level 4 skills)

Front crawl—25 yards

Back crawl—25 yards

Breaststroke—25 yards

Elementary backstroke—25 yards

Sidestroke—25 yards

Butterfly—15 yards

2. Maintain position on back for 1 minute in deep water (floating or sculling).

3. Tread water for 1 minute.

# COMMUNITY EVENTS

## Table Tennis

Show off your swift swing with some Table Tennis action! Join us on

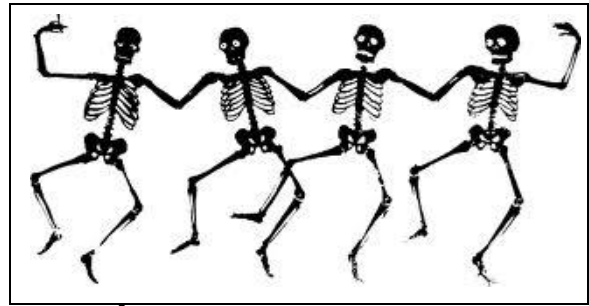


**Thursday, October**

**20<sup>th</sup>**, at the **Salida Hot Springs Pool** during Family Night for organized tournament play. Winners in age divisions will be awarded prizes! People interested in more play can leave contact info and set up more times to play!

**Registration:** You may register at the front desk of the pool any time before 5:15 pm on October 20<sup>th</sup>. You are encouraged to register at least a day in advance so that brackets can be set in a timely manner, and we can give advance notice of your table times. Tournament will begin promptly at 5:30, and will proceed one game at a time through double-elimination brackets.

**Age Divisions:** 13 and under, 14 – 60, and 61+



## Halloween Party & “Sponge Bob Square Dance”

All ages and abilities are invited to this FREE family-friendly costume party featuring Halloween crafts, a haunted house for the young kids, and square and contra dancing to live music and calling. Wear a costume for the contest, bring a dessert for the potluck, grab your friends and family, and don't miss the fun!

**Saturday, October 22<sup>nd</sup> 6:00 – 8:30 pm**  
at the **Salida Scout Hut**



## Pumpkin Painting

Halloween is just around the corner so come decorate a pumpkin for your porch! At the end, we'll give out prizes for the most creative and the scariest pumpkins. All ages, but those under 8 must be accompanied by an adult. \$5 includes paints and pumpkin. All paints are washable, but wear appropriate clothes!

**Saturday, October 29<sup>th</sup>**  
**1:00 – 3:30 pm**  
**Salida Scout Hut**

# SALIDA SKATE JAM AND HALLOWEEN PARTY



Salida Recreation and The Warehouse invite skateboarders, BMXers, inline skaters, and scooter riders to show off their skills and test their limits during the 1<sup>st</sup> Annual Salida Skate Jam! Saturday's competition will be held on the ramps, jumps, and rails of *The Warehouse*, and Sunday's events will take place in the *Salida Skate Bowl*. You may participate in one or both events. Whether you are competing or cheering, wear a Halloween costume on Saturday to participate in the Costume Contest—but do not compete in anything that could endanger your safety.

## *Sat October 22, & Sun October 23*

SAT: *The Warehouse* (Next to *Big O Tires* on Hwy 50) SUN: *Salida Skate Bowl* (1<sup>st</sup> & 'G' Streets)

**CATEGORIES:** Little Shredders (Under 9), Beginner, Intermediate, & Advanced. Each category is divided into Skateboard, BMX, and Open (inline/scooter) divisions. Prizes will be awarded to the top three finishers in each category and division. Girls will compete within these categories & divisions, but there will be a separate prize for top females in each category.

**REGISTRATION:** Onsite, 8 – 10:30 am on the days of the events. \$10 per day, or \$15 for both. Or download a registration form from [www.SalidaRec.com/skate](http://www.SalidaRec.com/skate) and return with payment to the pool by October 17<sup>th</sup>.

### **SCHEDULE OF COMPETITION**

#### **(Applies to both days)**

*Each contestant will get two 2 minute jams, during which they complete as many tricks as possible. Points will be awarded based on difficulty, amplitude, and variation. The sum of the two jams is the score.*

- Little Shredders: 11-12:30
- Beginners: 12:30-2,
- Intermediate: 2-4
- Advanced: 4-5
- Awards Ceremony: 5:15
- Halloween Party (Sat. only): 6 – 8



## Salida Community Contra Dances

Salida Recreation and Arkansas Valley Music & Dance invite everyone to join in these fun evenings of live music and lively dancing! A caller, working with a group of live musicians, guides new and experienced dancers of all ages through dances in circle, square & long line formations. We change partners often, so you don't have to bring your own to stomp your feet to traditional old-time & Irish fiddle tunes. Bring a yummy treat for the dessert potluck. A great way to spend an evening as the weather gets cooler! \$6/Adults, \$4/youth.

Saturdays, November 12<sup>th</sup> and January 21<sup>st</sup> from 7:00-10:00pm at the Salida Scout Hut

## America Recycles Day

Metech Recycling Company of Denver specializes in the environmentally and ethically sound recycling of electronic materials. Most electronics carry toxic substances that can leach into groundwater if tossed into a landfill, and recycling trace amounts of elemental material helps reduce need for mining. Metech will be collecting everything from batteries to computer monitors, so take advantage of this special opportunity. Small fees are applicable to certain items. Please see [www.SalidaRec.com/recycle](http://www.SalidaRec.com/recycle) for a listing of fees.



Tuesday, November 15<sup>th</sup>, 12:00 – 4:00 pm in the parking lot behind Salida Hot Springs Pool

## Cooking Classes At Ploughboy Market

Prepare healthy and delicious food with Registered Dietician, Sally Ayotte!

### **KIDS CLASSES \$10 per class**

*Friday, November 4, 2:00 - 3:30 PM*

*Homemade Tortilla Chips,*

*Bean Dip & Fruit Salsa*

*Ages 10 – 15*

*Friday, February 3, 2:00 - 3:30 PM*

*Yummy No Cook Snack Bars*

*Ages 7 - 10*

### **ADULT CLASSES \$20 per class**

*Thursday, November 17, 5:30 – 7:00 PM*

*Healthy Soups & Sauces*

*To Warm & Satisfy Your Belly*

*Ages 16 +*

*Saturday, February 11, 2:00 – 3:30PM*

*Roasted Chicken & Winter Vegetables*

*Ages 16 +*

**Pre-registration recommended. MAX of 6 adults or 10 kids per class! Menus subject to change.**

# MONARCH MOUNTAIN SKI BUS

This wonderful service will save you the headaches of driving to and from the mountain so you can just enjoy your day on the slopes! All ages are welcome, so why not bring your whole family? Kids under 10 must be accompanied by an adult, and everyone must have a signed waiver (kept on file for the season) \$5 per person.

Co-sponsored by Monarch Mountain and Salida Rec.

**NEW!**

## **SKI BUS PUNCH PASSES**

No need to worry about having cash!

6 ride pass.....\$30

15 ride pass.....\$75

Transferable, & non-refundable.

Great gift idea!

## **FRIDAYS & SATURDAYS**

Beginning **Friday, December 2<sup>nd</sup>** (do your snow dance, this is contingent on a sufficient snowpack for Monarch to open) and continuing until **Saturday, March 10.**

**NO SKI BUS ON:** December 23, 24, & 30, January 1, 6, & 20, & February 24.

**Departs the Salida Hot Springs Pool at 8:30am SHARP  
& leaves Monarch at 3:30pm SHARP**

### **GENERAL INFORMATION AND FINE PRINT:**

All buses leave from and return to the Salida Hot Springs Aquatic Center, 410 W. Rainbow Blvd. (Hwy 50). As a courtesy to those who are on time, we will not wait for people who are late going to or coming from the mountain. Each rider is required to sign a liability waiver. If you are under the age of 18 and plan to ride the bus, you'll need to have your parents sign a waiver prior to the bus departure time. Please be aware kids will be on their own once we get to the mountain. Please be certain that they can handle the responsibility of taking care of themselves at the mountain and getting back on the bus by 3:30pm. To ensure a ride, reservations can be made in person with payment or punch pass at the Salida Hot Springs Pool, or with a credit card over the phone before the date you would like to ride. Without a reservation, riders will be taken on a first-come, first-served basis.



**Extra ski buses can be reserved for groups with 20 or more.**

**To reserve a bus, please call 539-5703 at least two weeks prior to desired reservation date.**

# 2012 FITNESS CHALLENGE

Make 2012 your best year yet! There's no better time than now to make the commitment to improve your health and fitness. Participating in the 2012 Salida Recreation Fitness Challenge will help you keep that commitment by providing free, fun, and educational seminars, classes, and workouts! Throughout the months of January and February, participants will receive points for completing workouts, attending educational sessions, and achieving goals.

The top 3 points winners will receive prizes for their efforts, and anyone who reaches a minimum of **15** points will be entered into a random drawing for great prizes to keep you working out! During these months, discounted punch passes for land and water fitness classes are available at the Hot Springs Pool! A pass good for 12 of any of Salida Recreation's fitness classes is only \$40! These passes are good during January and February and bring the price of a class to only \$3.33, a savings of \$2-5! Another great gift idea!

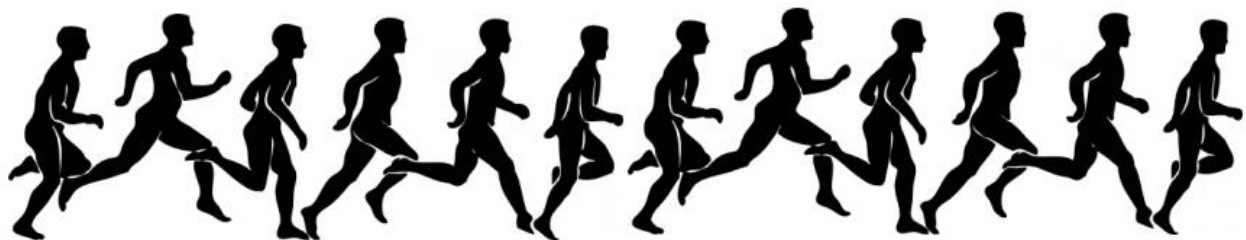
**REGISTER FOR THE FITNESS CHALLENGE ANYTIME AFTER DECEMBER 27<sup>th</sup> BY PICKING UP A REGISTRATION FORM AND PACKET AT THE SALIDA HOT SPRINGS POOL. POINTS ARE EXPLAINED IN THIS PACKET, AND EXPLAINED ONLINE AT [WWW.SALIDAREC.COM](http://WWW.SALIDAREC.COM). LOG SHEETS ARE DUE TO THE FRONT DESK BY MARCH 3, 2012, & WINNERS WILL BE ANNOUNCED MARCH 9, 2012.**

## 5k Run and Walk

Kickoff on January 1<sup>st</sup> with our annual New Year's Day 5K Walk & Run! Keep the New Year's celebration going and make this event even more fun by wearing a costume or something funky! Participants will receive a goody bag, and top finishers will be awarded prizes. Best costume will also receive a prize. This is a beginner-friendly event, so if you've never participated in an organized walk/run event before, this is the perfect place to start!

### Sunday, January 1<sup>st</sup>

Onsite registration begins at 9:00 am, and the event begins at 10:00 am. Register at the Scout Hut. Course begins at Riverside Park and proceeds along the Monarch Spur Trail. \$10. All Ages!



# JANUARY - FEBRUARY

## Health, Nutrition, & Fitness Seminars

Jon Fritz from Livewell Chaffee County will lead this informational series, focusing on health, nutrition, and fitness topics. Drop in for any or all of these interesting and important sessions. Each session is held on a **Tuesday at the Scout Hut from 6:00 – 7:00 pm. FREE!**

WEEK 1 January 3<sup>rd</sup>: “Goal setting and Dr’s Fitness Prescription and Guidelines”

WEEK 2 January 10<sup>th</sup>: “Exercise Myths and Exercise Prescriptions”

WEEK 3 January 17<sup>th</sup>: “10 Things You Never Thought Counted As Exercise”

WEEK 4 January 24<sup>th</sup>: “Affordable & Healthy Superfoods”

WEEK 5 January 31<sup>st</sup>: “Nutrition Myths & Food Journaling”

WEEK 6 February 7<sup>th</sup>: “Veggie Jeopardy & Sundae School”

WEEK 7 February 14<sup>th</sup>: No lecture. Happy Valentine’s Day!

WEEK 8 February 21<sup>st</sup>: “Mind Over Matter: How to Maintain Healthy Habits”

WEEK 9 February 28<sup>th</sup>: “Self-Care & Maintenance Goal Setting” with Registered Nurse

## Workouts and classes

Why not try something new this year? Every Saturday during January and February, we are offering something for you to try. We have strived offer these classes for free, but there is a cost for just a few. Some classes are subject to change. All changes will be posted on [www.SalidaRec.com](http://www.SalidaRec.com), or please call 539-5703, or email [salidarecreation@yahoo.com](mailto:salidarecreation@yahoo.com) to confirm.

WEEK 1 January 7<sup>th</sup>: Free water fitness class at Salida Hot Springs Pool, 10:00 - noon

WEEK 2 January 14<sup>th</sup>: Free Intro to Yoga at Scout Hut, 10:30 – 11:30 am

WEEK 3 January 21: Free Kickboxing class at the Scout Hut, 10:00 – 11:00 am

WEEK 4 January 28<sup>th</sup>: Free Zumba class at the Scout Hut 10:00 – 11:00 am

WEEK 5 February 4<sup>th</sup>: Free Adult Coached Swim at Salida Hot Springs Pool, 10:00 – 11:00 am

WEEK 6 February 11<sup>th</sup>: Cooking demonstration at Ploughboy, 2:00 – 3:30 pm \$20

WEEK 7 February 18<sup>th</sup>: Free admission to pool with Fitness Challenge log in progress! All day.

WEEK 8 February 25<sup>th</sup>: Community Swim Meet, 10:00 am – noon (see below)

## Community Swim Meet

Come swim in this friendly competition! It is open to swimmers of all ages and abilities, and several events will be available to compete in. No pre-registration necessary. \$4/adults, \$2/students

*Saturday, February 25<sup>th</sup> 10:00 – noon*



# LAND FITNESS CLASSES

## Kickboxing

Kickboxing incorporates quick-paced movements that will keep you on your toes. This class is appropriate for all levels and is designed with safe, effective movements that will get your heart pounding while improving your balance, reflexes, and mood.

*Mondays, ongoing, 6:00 – 7:00 pm*  
*Scout Hut in Riverside Park*  
*Ages 14 and up, \$7*



# ZUMBA!



## Zumba

Every class feels like a party! It's easy, fun, and will get your heart pumping in no time! Instructor Amanda Wright leads this great workout, set to Latin inspired music and appropriate for all levels. Dancing increases coordination, strength, and flexibility while boosting your mood.

*Wednesdays, on-going, 5:30 – 6:30*  
*Scout Hut in Riverside Park*  
*Ages 14 and up, \$8*

## Adult Strength Training

Strength and flexibility are the foundations of a healthy and pain-free body. This class has been designed to keep older adults in good health by working the major muscle groups using your own body weight and hand-held weights. Regular attendance will help you improve balance, flexibility, and overall strength.

*Tuesdays & Thursdays, On-going, 8:00 - 9:00 am*  
*Exer-Flex Gym (709 Palmer S), \$3*  
*Half price punch cards available at Exer-Flex.*  
*Free for Exer-Flex members.*



# WATER FITNESS + FUN

## Kayak Roll Session

Winter is the perfect time to learn your kayak roll, or help friends perfect theirs! Each Monday night starting in November, Salida Hot Springs Pool will open the doors to you and your bright plastic boat for an evening of roll practice. Sharpen these skills now so that when temperatures begin to warm and the water starts to rise, you'll be ready! Please bring your own clean boat, skirt, and paddle. \$8.

*Mondays, November – April, 7:00 – 9:00 pm,*



## Aquacize

Here's a great alternative to land-based fitness classes. You'll get a cardio workout with some strength training thrown in! Water's buoyancy will minimize strain on joints and bones. \$5.

*Monday, Wednesday, Friday, 8:00 – 9:00 AM*

## Cardio Splash

Experienced teacher Terri Bolte will take you through a warm-up, cardio work out, and a stretch session that trims and strengthens your core and surrounding muscles. This class is low impact for those with joint issues and is a great class for people looking to start building their cardiovascular endurance. \$5.

*Mondays & Wednesdays, 4:30 – 5:30 PM*

## Water Volleyball

Get some exercise and friendly competition while you enjoy the buoyant effects of water! This is a supportive group who are happy to show new-comers the ropes. No experience necessary! \$4.50.

*Tuesdays & Thursdays, 8:00 – 9:00 am*

## Arthritis Water Therapy

### Workout

Water workouts are the best way to improve flexibility and sooth painful joint inflammation. This Arthritis Foundation certified class will gently work through your full range of motion. This group holds a potluck on the last Friday of the month at the pool after class. \$2.50

*Monday, Wednesday, & Fridays, 9:00-10:00 am*

## Adult Coached Swim

Salida Recreation welcomes Ashley DeLarue and Wendy Gorie as the new instructors for the Adult Coached Swim Workouts. They will create workouts focused on speed, technique, endurance as well as goal-setting. They will inspire you with new ideas for training and stroke improvement, and they will motivate you with their passion! You can check out their workouts online at [www.SalidaRec.com/fitness](http://www.SalidaRec.com/fitness) to get an idea of what this class is al about! Appropriate for all ability levels. \$5.

*Mondays & Wednesdays,*

*Mon: 6:00-7:00am, Weds: 5:30-6:30pm*

## SALIDA RECREATION WELCOMES NEW ADULT SWIM COACHES ASHLEY DELARUE AND WENDY GORIE!



Ashley DeLarue



Wendy Gorie

### What is your swimming & coaching background?

**AD:** *I began swimming competitively in the 7th grade because I had a crush on a boy on the swim team! I then swam through high school and college at the US Coast Guard Academy. My mom always said I was a water baby and knew how to swim since the day I was born—I just love the water.* **WG:** *I began competitive swimming when I was 9 years old. For the next 11 years, I competed at state, national, and international levels. I love the camaraderie of team mates, the disciplined work ethic required, and the pure competition.*

### What motivates you to continue swimming and instructing today?

**WG:** *Swimming is probably the best overall cardiovascular sport that works all muscles of the body without doing joint damage. People at all levels and ages can swim indoors year round without weather and sun issues and can get a great workout. Swimming skills are so important, not just for competitive swimmers, but also for recreational swimmers in a pool, lake, or river.*

### Do you have any words of advice for novices?

**AD:** *Just like any new sport, swimming just requires practice and patience. Learning good stroke technique is huge and it can make a big difference in being able to go from swimming 1 or 2 laps to 100!* **WG:** *Be patient...use flippers when first starting and set small incremental goals. Find a friend to swim with to stay motivated and try to swim at least 3 times per week.*

## Pool Memberships are a great way to save on swimming and fitness classes!

	Adult	Family
Six Month	\$145	\$290
One Year	\$250	\$500

**Fitness Add-on (annual membership PLUS all all water fitness classes)  
Annual pass fee + \$120 per person**

# SENIORS

**WE HAVE A GREAT SELECTION  
OF CLASSES TO KEEP YOU  
ACTIVE & INVOLVED!**

## **Aquacize**

Here's a great alternative to land-based fitness classes. You'll get a cardio workout with some strength training thrown in! Water's buoyancy will minimize strain on joints and bones!

*Monday, Wednesday, Friday,  
8:00 – 9:00 AM*

*Salida Hot Springs Aquatic Center, \$5*

## **Water Volleyball**

Get some exercise and friendly competition while you enjoy the buoyant effects of water! This is a supportive group who are happy to show new-comers the ropes. No experience necessary!

*Tuesdays & Thursdays, 8:00 -9:00 am*

*Salida Hot Springs Aquatic Center, \$4.50*

## **Arthritis Water Therapy Workout**

Water workouts are the best way to improve flexibility and sooth painful joint inflammation. This Arthritis Foundation certified class will gently work through your full range of motion. This group also holds a potluck on the last Friday of each month at the pool after class.

*Mon, Wed, & Fri, 9:00 – 10:00 am  
Salida Hot Springs Aquatic Center, \$2.50*

## **Adult Strength Training**

Strength and flexibility are the foundations of a healthy and pain-free body. This class is designed to keep older adults in good health by working the major muscle groups using your own body weight and hand-held weights. Improves balance, flexibility, and strength.

*Tuesdays & Thursdays, 8:00 - 9:00 am  
Exer-Flex Gym (709 Palmer St), \$3  
Half price punch cards available at Exer-Flex. Free for Exer-Flex members.*

## **Senior Health Expo**

**There are so many resources for Seniors in Chaffee County, it's hard to stay educated about them all. Join area service providers for an informational expo, as they share services, classes, and resources with you. Families are invited as well. FREE.**

***Saturday, November 5<sup>th</sup>, 10 – 2pm***

***Salida Community Center,  
3<sup>rd</sup> & 'F' Street***

# PRESCHOOL

## Tumbling for Tots

Join Salida Recreation and instructor Darcy Harris this fall for some fun introductions to gymnastics and tumbling. This is an introduction class designed to move little bodies in new ways and it is sure to leave all participants smiling and having a great time! We will use a balance beam, incline mat, mini trampoline and other equipment. Dress in comfortable clothes.

*Saturdays, October 29 – November 19, 9-10am  
Salida Scout Hut, \$25/4 weeks*

**PREREGISTRATION REQUIRED:** 7 child maximum so sign up early!

*Ages 3-5*

## Rowdy at Riverside

Let's Get Rowdy at Riverside! Join us to get out the winter wiggles in a warm, safe environment! Darcy Harris leads this Monday playgroup that will focus on age-appropriate, gross-motor development for children 6 months to 5 years of age. Each week we'll have art projects, games, stories, and a delicious, healthy snack! **Please note:** These are NOT tumbling classes. Parents are required to stay with their children. Activities will be designed for ages listed, but siblings are welcome.

*Mondays, December 5 – March 5, 10 – 11:30  
Salida Scout Hut, \$3/drop-in, or purchase a punch pass of 10 classes for \$25 (transferable but non-refundable).*

*6 months to 5 years of age.*

## Salida Public Library Story Time

This popular community program has been a favorite for parents and kids. It is never too early to encourage your child's love of reading and storytelling. Enjoy the story hour and then browse around to find some books to read at home afterwards. All children are welcome to attend either story time, but please note that there are two age appropriate sessions.

*Wednesdays (for birth – 3 years old) &  
Thursdays (3 – 5 years old), on-going  
10:00 – 10:30 am*

*Salida Public Library, FREE*



# YOUTH

## Outdoor Adventures

This fall, join Salida Recreation and The Boys and Girls Club for some free adventures in the great outdoors. In October, Middle School teacher Samantha Lane will lead a nature hike to Brown's Creek, and in November, we'll hop on our bikes and ride some of the Salida Mountain Trails! **Preregistration is encouraged because 15 is the maximum, and we expect these to fill up fast!**

### ALPINE HIKE

Join us for an afternoon ecology hike to enjoy the gorgeous changing colors of fall in the Arkansas Valley! First, we'll review the 10 essentials to bring on a hike. Then, we'll spend time on the trail practicing wildlife tracking, finding a sit spot for reflection, listening to birds, and creating a beautiful start to a nature journal. Please bring a small backpack, water bottle, comfortable walking shoes, and a raincoat. Art materials and a small snack will be provided.

*Friday, October 7, 1 – 4:30 pm*

*Meet at Pool to carpool to Brown's Creek TH.*

*We will return to the pool by approx. 4:30 pm.*

*FREE with donations accepted. Ages 8 - 14*



### MOUNTAIN BIKE

Salida is home to plentiful mountain bike trails, so grab a bike and let's explore! This ride will focus on basic riding skills and is suitable for beginning mountain bikers. We'll also cover some basic maintenance and safety issues. Several bikes and helmets are available to borrow from the Boys and Girls Club, and must be reserved when you register. Helmets are required.

*November 18, 10 – 11:30*

*WEATHER PERMITTING*

*Meet at the F St Bridge at 10 & return by 11:30.*

*FREE*

*Ages 5 – 11, but older kids are welcome to come to provide support and encouragement to younger riders! Parents are also welcome.*

## Youth Trail Building Day

Trail builders from Salida Mountain Trails will show you how to implement sustainable trail design, work efficiently, and how to safely use tools. We'll work on the beginner "Burnpile" trail, which will be open soon! This is a special session just for middle school aged trail lovers.

*Friday, September 30<sup>th</sup>, 9 – 11 am*

*Meet at the road gate on CR 177, on Tenderfoot Mtn. We'll return here by 11.*

*See [SalidaRec.com/biking](http://SalidaRec.com/biking) for a map.*

*FREE*

*Ages 10 - 14*



# YOUTH

## Jive and Dive

This pool party is just for middle schoolers! Bring some tunes to blast, your swimsuit, and your friends for this monthly themed pool party. We'll have games, prizes, and a snack. Themes: Underwater creatures (September), Halloween (October), Crazy Races (November), Around the World (December), Pirate Treasure (January), and Luau (February).

*Fridays, September 30, October 28, November 18, December 16, January 27, and February 24  
7-9 pm, Salida Hot Springs Aquatic Center, \$5  
Ages 10 – 14*

## Friday Pool Party

Friday doesn't have to be boring! Join this pool party for the elementary ages. We'll have pool games and time in the park if weather permits. Extra supervision and lifeguards will be on hand to ensure everyone has fun and stays safe! Snack included.

*Fridays, September 30, October 28, December 9,  
January 27, & February 17, 2 - 4 pm  
Salida Hot Springs Aquatic Center, \$5  
Ages 5 - 12*



## Steam Explorers

Join Trout Unlimited Youth Educators on Fridays for *Stream Explorers*. This free middle

school program runs from Sept. 30 – Nov. 4 (no program Oct. 14). We will start each day at the Scout Hut and travel to waters around Salida to investigate stream organisms and habitats and learn how to fish. Some time will be spent outside, so dress for the weather. Students must participate in 4 of 5 Fridays. They will receive a Trout Unlimited Stream Explorers membership that includes a youth newsletter. There are only 12 spaces so sign up now!

*Fridays, Sept. 30 – Nov. 4 (no program Oct. 14)  
9 – noon  
Scout Hut & Riverside Park  
Ages 10 – 15*

Celebrate with a BBQ after class on November 4. Families are invited to attend, and help is requested prepare food ahead of time. Please contact Maggie at 530-7371, 719-314-5177 or [gaddis.maggie@gmail.com](mailto:gaddis.maggie@gmail.com) with BBQ in subject line.

**PREREGISTRATION IS RECOMMENDED  
BECAUSE THERE IS A MAX. OF 12 KIDS!  
SIGN UP BY SEPTEMBER 23 AT THE FRONT  
DESK OF THE POOL, OR CALL 539-5703.**

## Kids Cooking Classes

Salida Recreation is teaming up with Ploughboy and Registered Dietician Sally Ayotte to offer a pair of kids cooking classes this fall and winter. Kids Cooking will focus on safe kitchen practices, and fun, artistic creations!

*Friday, November 4, 2:00 - 3:30 PM*

*Homemade Tortilla Chips,*

*Bean Dip & Fruit Salsa*

*Ages 10 – 15*

*Friday, February 3, 2:00 - 3:30 PM*

*Yummy No Cook Snack Bars*

*Ages 7 - 10*

### **MAX 10. PREREGISTRATION RECOMMENDED!**

*Classes held at Ploughboy Market, 3<sup>rd</sup> & H St.*

*Menus subject to change.*

## Farmers Market Kids at Shedfest

Celebrate the harvest with Chaffee County's bounty! During this special Farmers Market at the end of the growing season, Salida Recreation will have fun games and crafts for kids! Stop by our tent at the Market, held this week only at the Boat Ramp and Steam Plant Events Center to hang out and have some fun!

*Saturday, October 15<sup>th</sup>, 10:00 – 3:00 pm*

*Steam Plant Events Center & Boat Ramp*

*All ages & parents welcome!*

## Babysitting 101 with CPR Training

Babysitting is a fun job that needs to be taken seriously! While it is a great way to earn money as a young person, there are many responsibilities that you need to understand. On top of that, you are in the business of entertaining, all while keeping safety your number one priority. Join instructor Pat Lucero for this two part class, which focuses on important safety concerns as well as light-hearted fun. This class also includes CPR certification, which is really an essential skill for everyone. Upon successful completion of the course, you will receive a certificate of graduation and a letter of recommendation that you can give to prospective clients!

*Dates and Time will be in Oct or Nov 2011 TBA*

*Salida Hot Springs Aquatics Center, \$TBA*

*Ages 11 – 15*

**CHECK BACK FOR MORE INFORMATION!**

**PREREGISTRATION RECOMMENDED! MAX 10**

## Stay Active on Fridays

Looking for something to do on Fridays, now that school is not in session? As a community service, several websites will be hosting a compiled list of offers from around the community. In addition to [www.SalidaRec.com](http://www.SalidaRec.com), you can also visit [www.Salida.K12.co.us](http://www.Salida.K12.co.us) or [www.SalidaCitizen.com](http://www.SalidaCitizen.com) for this information. Make the most of your free time by learning new skills, having fun with friends, or helping others! If you have an activity you would like to share, please fill out the information form on [www.SalidaRec.com/Friday](http://www.SalidaRec.com/Friday).

## GIFT IDEAS FROM SALIDA RECREATION AND HOTSPRINGS POOL

Share the love this season with a variety of punch passes and memberships offered by Salida Recreation and the Hot Springs Pool. Available at the Pool or with a credit card by calling (719) 539-6738.

### Monarch Ski Bus Punch Pass

\$30 for a 6 ride pass, or \$75 for 15 rides

### 2012 Fitness Challenge Punch Pass

\$40 for a 12 class pass, valid during January & February (\$3.33 per class!)

### Swimming Punch Passes, available for Youth, Adults, Seniors, & Families

15 swim passes: Youth—\$37.50, Adult—\$75, and Senior—\$60.

Family Pass: 10 Youth visits & 10 Adult visits—\$75



### Food drive

During the holiday season the Hot Springs and Aquatic Center is holding a food drive through the entire month of December. Please bring two non-perishable food items and **receive half off your regular daily admission**. The items will be donated to local food banks. Please join us in the effort to give back to our community as you earn dollars toward your admission fee!

Get a letter from Santa or have one sent to a loved one! Please complete the following form for each recipient. **Forms must be received by Santa's Elf no later than Friday, December 16th to ensure delivery before Christmas Day.** Return to: Elfie, 410 W. Rainbow Blvd, Salida, CO 81201

Sender's Name \_\_\_\_\_ Phone # (If Santa has any questions) \_\_\_\_\_

Recipient's First and Last Name \_\_\_\_\_

Nickname (if any) \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Address where the letter should be delivered \_\_\_\_\_

How has he/she been nice this year? \_\_\_\_\_

What good deeds has he/she done this year? \_\_\_\_\_

Any other special information Santa should know? \_\_\_\_\_

Where will the recipient spend the holiday? \_\_\_\_\_

With whom will the recipient spend the holiday? \_\_\_\_\_



## VOLUNTEERING WITH SALIDA RECREATION

Salida Recreation is a publicly supported service to this community, seeking to provide low-cost, fun, healthy, creative, and engaging outlets for citizens and visitors alike. Volunteers help make this a reality by donating time, materials, or expertise to programs. If you have an interest in volunteering for any of the programs listed in this guide, or any ideas for a future program you would like to help with, please email [salidarecreation@yahoo.com](mailto:salidarecreation@yahoo.com), or call Maggie at 719-539-5703. You may also stop by the Recreation Office at the Salida Hot Springs Aquatic Center to speak with Maggie, or leave a note.

We are always open to new ideas about programs and events, ways to improve what we're doing now, or anything else you would like to chat about. Please use the contact information above.

Make Salida Recreation *YOUR* Recreation Department by giving us your input!



## K.O.R.E



### Kids Opportunities for Recreational Experience

The K.O.R.E. program gives kids entering grade 6-9 in the fall the opportunity to gain hands-on experience with the City of Salida Recreation program. It equips participants with valuable life-skills that will benefit them in their future. While there are job-like responsibilities, the main goal of the program is to add fun and great experiences to summer vacation! Those who wish may continue to help during the school year, earning free swim days!

**Call Maggie @ 539-5703 with questions. The application process for next summer will begin Spring 2012. however kids interested in helping out earlier should contact Maggie.**

### Salida Park Rentals and the Scout Hut

Salida's parks are great places to play, picnic or hold a special event. Each park offers a unique set of amenities, from simple grassy expanses to full-on recreational facilities. Riverside Park hosts a band shell for music and is a great place to consider for an outdoor concert or event. The Scout Hut in Riverside Park is an indoor facility that can be used for family gatherings, private, or public events. Tables, chairs and a small kitchen are all inside the hut for your convenience. All of our parks are available to rent for special events. For more information on rates, permit applications, and availability, visit [www.salidarec.com](http://www.salidarec.com) or call the Aquatic Center at 539-6738.



**CITY OF SALIDA  
RECREATION PROGRAM REGISTRATION  
AND RELEASE FORM**

Please read and fill out the following form completely and accurately. The city will rely on the information provided in allowing you and/or your minor child listed below to participate in the city's recreation program(s). Participants under 18 years of age must have this form signed by a parent or legal guardian.

Date: \_\_\_\_\_

Participant's Name: \_\_\_\_\_ Age/DOB: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ Email: \_\_\_\_\_

If participant is a minor, parent/legal guardian: \_\_\_\_\_

Telephone (if different from above) \_\_\_\_\_

Name of recreation program/activity: \_\_\_\_\_ Date: \_\_\_\_\_ Fee paid \_\_\_\_\_

Credit Card: Type \_\_\_\_\_ Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Are there physical or medical conditions concerning the participant that the city should be aware of? If so, explain: \_\_\_\_\_

(attach additional sheets if necessary)

**Release**

As the participant and/or parent/legal guardian of the minor child listed above, and in consideration for allowing myself or my minor child to participate in the city's recreation program(s) and activities noted above, hereby acknowledge and agree as follows on behalf of myself and my child:

1. I have requested that I or my minor child be allowed to participate in the city's recreation program(s) and activities recognizing that such participation involves, or may involve, risks, both known and unknown, of physical injury or illness.
2. I represent that I and/or my child is physically capable of participating in the recreation program(s).
3. By signing this release, I \_\_\_\_\_, on behalf of myself and my minor child, expressly assume all risks, known and unknown, of injury, illness and property damage to myself, my minor child, or to any third party arising from or related to my or my child's participation in the city's recreation program(s), whether caused by the act, error, omission, or negligence of the city, its employees, officers or agents, or by an other person or cause.
4. By signing this release, I \_\_\_\_\_, on behalf of myself and my minor child, expressly exempt, waive, release and discharge in advance the city, its employees, officers and agent, from any and all claims, liabilities, actions, or damages for injury, illness or loss that may arise from my or my child's participation in the city's recreation program(s) and activities, whether caused or created by the acts, errors, omissions, or negligence of the city, its employees, officers or agents, or some other person or cause; and I further agree to hold harmless and indemnify the city, its employees, officers and agents, from any and all injuries, damage, loss, claims or demands which arise from or are related to my or my child's participation in the city's recreation program(s) and activities.
5. I understand that this agreement incorporates the entire understanding and agreement between myself, my minor child, and the City of Salida, its officers, employees, agents and representatives, and that it cannot be modified or changed in any way by the statements, promises or representations of any employee or agent of the city,; and that this agreement is intended to be as broad and inclusive as permitted by the laws of Colorado, and that if any portion is held invalid or unenforceable, the remaining portions shall continue in full legal force and effect.
6. By executing this agreement I also do hereby authorize the city, its employees, officers and agents, to provide and/or consent to emergency medical or surgical examination and treatment for myself or my minor child in the event of injury or illness occurring to me or my child while participating in any city recreational program or activity.
7. My signature below indicates that I have read this document in its entirety, that I understand it completely, and that it affects my legal rights and the legal rights of my child, and that I, along with all heirs, assigns and personal representatives for myself and my child, agree to be bound by its terms. I also acknowledge that I am providing this waiver and release in advance for the benefit of the city knowing that all possible risks or causes of injury can neither be foreseen nor eliminated.

Signed by : \_\_\_\_\_

**Participant and/or Parent/Legal Guardian**