

# CITY OF DOVER PARKS AND RECREATION

# Fall 2019

# ACTIVITY & Program Guide

City of Dover Parks & Recreation PO Box 475 Dover, DE 19903

Office Location: 10 Electric Avenue (Schutte Park) Phone: (302) 674-7541 or 736-7050 Fax: (302) 678-2674 Email: parks@dover.de.us Web: https://cityofdover.recdesk.com/Community/Home

Kirby Hudson, MPIA Director











# **FITNESS FOR ADULTS**

### **RISE UP AT SCHUTTE**

Rise will meet you at Schutte to dig into your physical & mental journeys. This six (6) week series will focus on core strength with STRONG by Zumba<sup>®</sup> classes, ab concentrations and barre style workouts. No experience necessary, but a willingness to show up and become the best version of yourself. Enjoy a sweat sesh that will not only build your body muscles,



but strengthen you mind too! You will need to wear workout attire & sneakers. Please be sure to bring water, a yoga mat and beach towel. This class is led by **Melanie Wilson**, Certified STRONG instructor, Certified Women's Mindset Coach, Retired dancer/ instructor. Taking place at the John W. Pitts Recreation **Center**. Activity Fee: \$90

Activity #: RUS1 Day: Wednesdays Dates: September 11 – October 23\* Time: 6:30 – 7:30 PM \*No Class: September 18

# ZUMBA<sup>®</sup> with Jen

Dance your way to a more fit you! Exciting & unique Latin moves & rhythms. Zumba<sup>®</sup> is a high energy Latin dance in a fitness class setting. Made for all levels of fitness & you don't even have to know how to dance. Participants should bring water. Instructor Jennifer Tunis. Taking place in the John W. Pitts Recreation Center. Activity Fee: \$20

Activity #: ZM9 Day: Mondays Dates: September 30 – October 21 Time: 5:25 - 6:15 PM Activity #: ZM10 Day: Mondays Dates: October 28 – November 25\* Time: 5:25 - 6:15 PM \*No Class: November 11

### **POWER YOGA 30**

A powerful, dynamic & sweaty all levels class designed to challenge, awaken, detoxify & purify every system, muscle and tissue of the body. This energetic flow style class guides students towards greater awareness of self, personal transformation and empowerment. It will sculpt, tone and condition both your body and mind. This class is appropriate for all levels. Modifications & variations are encouraged to support each person's fitness level. Certified Power Yoga instructor **Susan McCall Albanese** will lead this class at the **John. W. Pitts Recreation Center. Activity Fee: \$25** 

Activity #: PY09	Activity #: PY10	Activity #: PY11	Activity #: PY12
Day: Tues. & Thur.	Day: Tues. & Thur.	Day: Tues. & Thur.	Day: Tues. & Thur.
<b>Dates</b> : Sept. 3 – 26*	Dates: Oct. 1 - 24	Dates: Oct. 29 – Nov. 21	Dates: Dec. 3 - 19
Time: 5:30 – 6:00 PM	<b>Time:</b> 5:30 – 6:00 PM	<b>Time:</b> 5:30 – 6:00 PM	<b>Time:</b> 5:30 – 6:00 PM
*No Class: Sept. 19			

#### **STEP AND TONE 30**

Do you want to lose weight and trim inches while building muscle? Then this class is for you. A dynamic workout with timed cardio drills and interval weight training, using your body weight to rev up your metabolism and burn fat FAST. Let's step to it!! Certified personal trainer and fitness specialist Susan Albanese from Healthy Bodies For Today. Held at the John W. Pitts Recreation Center. Activity Fee: \$25

Activity #: ST09 Day: Tues. & Thur. Dates: Sept. 3 – 26\* **Time:** 5 – 5:30 PM \*No Class: Sept. 19

Activity #: ST10 Day: Tues. & Thur. Dates: Oct. 1 - 24 Time: 5 – 5:30 PM

Activity #: ST11 Day: Tues. & Thur. Dates: Oct. 29 – Nov. 21 Time: 5 – 5:30 PM

Activity #: ST12 Day: Tues. & Thur. Dates: Dec. 3 - 19 Time: 5 - 5:30 PM

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#### SOUL LINE DANCING

Looking for a great way to exercise those holiday pounds away, enhance your dance moves, and improve your coordination, all while meeting some great people? Well look no further, C & K Soul Line Dancing invites you to join us in learning many of the latest old and new school soul line dances. This is a great way to exercise your mind, body, and spirit as you dance your way to a healthier, more fit you. Some examples include Uptown Funk, Spanish Fly, Biker's Shuffle, and Cupids 2 x 4 Shuffle just to name a few. No previous line dance experience is necessary. Dress in comfortable clothing and footwear. Also bring your own towel and water and prepare to have an awesome time. Taking place at the John W. Pitts Recreation Center.

Activity Fee: \$35

Activity #: SLD09 **Day:** Thursdays Dates: September 12 – October 17\* Time: 6:30 – 7:30 PM \*No Class: Sept. 19

Activity #: SLD10 **Day:** Thursdays Dates: October 24 – November 21 Time: 6:30 - 7:30 PM

We'll be back in January! Enjoy *vour* Holiday Season!

#### **XTREME HIP HOP STEP**

This new class is a revamp of traditional step aerobics with routines set to old and new school Hip-Hop music. It is a great calorie-burn/sweat activity. Wear your sneakers and comfortable workout clothes to this energizing class. Bring a water bottle and a towel with you to this class led by Chandra Brown. Taking place at the John W. Pitts **Recreation Center.** Activity Fee: \$60

Activity #: XH1 **Day:** Wednesdays Dates: September 25 – October 30 **Time:** 5:15 – 6:15 PM



# **Online Registration is now available!!**

# Multipack Fitness Pass

Can't commit to attending all of the scheduled class sessions? Try the flexibility of our "Multipack Fitness Pass." Each pack includes 8 passes to attend the class sessions of your choice\*. The Multipack Fitness Pass is valid for one year from date of purchase. \*Some classes may require 2 passes to attend while some classes may not accept the pass. Please ask our service counter staff or your instructor. Only \$48.00.

# LEISURE TIME ACTIVITIES

# DOVER WALKS



Promoting healthy lifestyles to our residents, including mature adults, mom's with strollers, and walkers of all ages. Our goal is to promote walking while increasing your physical activity, remove barriers of DoverWALKS weather & cost, promote walking as a family activity, and build community pride. This FREE\* program for City residents and seniors is a great way to get healthy, join friends for a walk, and make new ones along the way. The John W. Pitts Recreation **Center** features a 1/13<sup>th</sup> mile indoor walking track. So get your sneakers and meet us for a walk. Typical hours are Monday – Friday, 7 am – Noon. (Indoor Senior Softball or special events may impact these hours.) For complete details give us a call at 736-7050 or come on over and sign up! \*Open Gym Fee Schedule applies.



# **CARD MAKING FOR ADULTS**

Participants will use an assortment of tools, papers, stamps and embellishments to create greeting cards that will WOW your family and friends. You will make up to four (4) cards and/or 3-D paper craft item. Different techniques and fun folds are taught each month. All levels of experience are welcome. Class is self-paced but individualized assistance is available. Pre-registration is mandatory for this class to ensure enough materials are available for your creations. Each class carries a minimum of 5 / maximum of 10 participants. Instructor Kim Courtney leads this class at the John W. Pitts Recreation Center from 10 AM until Noon. Activity Fee: \$15.



Activity #: CMA2 Date: Friday, October 18 Activity Fee: \$15

# **DAY TRIPS**

# **New York City**

Explore and shop the Big Apple on a Saturday. You will be dropped off and picked up in the vicinity of Radio City Music Hall to explore on your own. Departing from Dover promptly at 7 am and departing from New York City at 7 PM. The motor-coach will leave from the John W. Pitts Recreation Center. Sorry, we do offer refunds if you miss the bus. Activity Fee: \$40

Activity #: NYC Date: Saturday, December 14 Activity Fee: \$40



# Get up & Get Moving with Dover Walks: Weekdays at 7 am

# **ATHLETIC LEAGUES**

## VOLLEYBALL LEAGUE



This adult co-ed volleyball league is a great way to have a little fun with friends and coworkers. Get a team together and join us Thursday evenings, first games start at 6 PM. League play is scheduled to start September 12<sup>th</sup> and will host eight (8) regular season games plus playoffs. All matches will be played at the John W Pitts Recreation Center.

**Team Entry Fee:** \$250 **Team Fee Due:** September 3<sup>rd</sup>

# FOR HER BASKETBALL LEAGUE

Girls 1<sup>st</sup> – 8<sup>th</sup> grade

This new GIRLS only basketball league is a great way for girls to get in the game! Practices and games will be held on Wednesday evenings and Saturdays. Individual registration only. Activity Fee: \$30

Division

Grade  $1^{st} - 4^{th}$ FHBE Elementary  $5^{\text{th}} - 8^{\text{th}}$ FHBJ Junior High

# League start date

September 18 September 18



### YOUTH FALL SOCCER LEAGUE

#### Birth Years: 2007 - 2015

Our league offers participants an inexpensive entry level soccer program! All divisions of play are determined by year of birth. The Pee Wee and Bantam Divisions will be separated by gender, dependent on enough registrations. Registration fee includes a team t-shirt & socks. Players are responsible for providing shin guards. Individual registration only.

#### Age Groups

Mini-Mites (co-ed)	(youth born in 2015)
Pee Wee Boys	(boys born in 2010 - 2012)
Bantam Boys	(boys born in 2007 - 2009)

Mites (co-ed)(youth born in 2013 & 2014)Pee Wee Girls(girls born in 2010 - 2012)Bantam Girls(girls born in 2007 - 2009)

All practices & games will be held at Schutte Park. Practice and game schedules will be posted on the City of Dover website once team assignments have been completed. Activity Fee: \$40

ONLINE REGISTRATION RECOMMENDED: https://cityofdover.recdesk.com/Community/Home

#### **VOLUNTEER COACHES & SMART WHISTLES PROGRAM**

**Volunteers**: We are always in need of volunteer coaches for our leagues. Interested? Contact Steve Pickering, Sports Coordinator, by calling (302) 674-7541.

**Smart Whistles**: As part of our assurance to quality programming and to keep our children safe, we require all volunteers to undergo a background check (We cover the fees associated with the background check.) Protecting our children is paramount to us and we know to you as well.

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#### YOUTH BASKETBALL LEAGUE

#### Birth Years 2005 – 2013

The ever popular **co-ed fall/winter youth basketball** league is returning! We recommend early registration as this league has as this league fills quickly. Skill evaluations will be conducted on November 16. Skill evaluation is used solely as an attempt to balance teams. **All registered players are placed on a team and all games have equal playing time requirements**. All practice sessions and games will be held at the **John W. Pitts Recreation Center**. Team assignment and schedules will be posted online. Registration is required to attend skill evaluation day. **Activity Fee: \$50 \*\*Proof of birth must be verified prior to Skill Evaluation.**\*\*

#### League Dates: November - March

#### Division by Birth Year

Pee Wee (youth born in 2012 & 2013
Bantam (youth born in 2010 & 2011)
Intermediate (youth born in 2008 & 2009)
<b>Junior</b> (youth born in 2005, 2006, & 2007)

#### Nov. 16<sup>th</sup> Skill Evaluation No Skills Evaluation 9 AM 10 AM 11 AM

Just some notes....

Please note at the time of this printing all information was as accurate as possible, however there are times we have to make changes to ensure the best quality programming for our customers that are practicable for the City of Dover Parks & Recreation Department.

Youth Participation in Fitness Programs: Youth ages 12 to 18 may enroll in any class, unless noted otherwise, as long as a parent is enrolled in the class and in attendance.

Should you have any questions, please call us at (302) 674-7541 or visit us on the web at: <u>www.cityofdover.com/parks-recs-home</u> or stop by the John W. Pitts Recreation Center located in Schutte Park.

**Refunds:** We do not offer refunds if you cancel or chose not to attend a class or program. If the Parks & Recreation Department cancels a class, we will refund your registration fees.

# YOUTH ACTIVITIES, CLINICS & SPORTS

#### TAE KWON DO

#### Ages 4 – 18 years

Five Star Tae Kwon Do provides services to improve fitness for self-defense. The program empowers selfesteem, discipline, honor, self-control, respect, courtesy, perseverance and loyalty. It instialls individuals both mentally and physically. The first five students that sign up for class receive 20% off uniform fee. (Uniform fee is not included in activity fee, and will be paid directly to the instructor.) Taking place at the John W. Pitts Recreation Center. Activity Fee: \$50

<u>Tuesdays</u>	<u>Fridays</u>
Activity #: TKT10	Activity #: TKF10
Dates: Oct. 8 – Dec. 3	Dates: Oct. 11 – Dec. 6
Time: 6:05 – 7:35 PM	<b>Time:</b> 6 – 7:30 PM
Activity #: TKT01 Dates: Jan. 7 – Feb. 25 Time: 6:05 – 7:35 PM	Activity #: TKF01 Dates: Jan. 10 – Feb. 28 Time: 6 – 7:30 PM

#### **HALLOWEEN CUPCAKES & COOKIES**

#### Ages 6 – 14 years

It's no trick to make fun TREATS! We will learn how to decorate with royal icing using decorating bags & tips to decorate cookies & cupcakes with a Halloween theme. Please be sure to send a container with your child to bring home their tasty treats. Taking place at the John W. Pitts Recreation Center from 11 AM – 12:30 PM. Activity Fee: \$12



Activity #: HC1	<b>Time:</b> 11 AM – 12:30 PM
Day: Saturday	Date: October 26

#### **HOLIDAY CANDY FUN**

Let's create Christmas holiday fun with candy! Candy makers will fill chocolate molds with chocolate, dip & decorate marshmallows with a holiday theme and other fun treats. Be sure to sign up quickly, this class only takes 10 participants. Class will take place at the John W. Pitts Recreation Center from 11 AM – 12:30 PM. Activity Fee: \$10

Activity #: HC2	Time:	
Day: Saturday	Date:	Ν



Ages 6 – 14 years



#### A NIGHT AT THE POLAR EXPRESS

It's family movie night at the John W. Pitts Recreation Center! Come out in your comfy clothes & bring your pillows to watch The Polar Express with us. Hot chocolate & cookies will be served. Parents are free, however all children must register individually. Show time: 6:30 PM and will run until the movie ends. Activity Fee: \$5



Time: 6:30 PM Date: December 6

Family

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#### **BREAKFAST WITH SANTA**

Start off the holiday season with a delicious breakfast and visit from a very special guest! This fun-filled morning will feature Christmas music & carols, crafts, and a kid friendly breakfast. Most importantly, Santa will be here for Christmas wishes and photos. (Sorry mom & dad breakfast is for kids only.) Pre-Registration is mandatory as limited seating is available, sign-up, now! Held at the John W. Pitts Recreation Center from 9 - 10:30 AM. Activity Fee: \$5

Activity #: BS1 **Day**: Saturday

**Time:** 9 – 10:30 AM Date: December 7

Family

10 & Under

#### **CANDY CANE HUNT**

Enjoy an evening of family fun hunting candy canes! Join us for a slice of pizza and then it's off to hunt for all types of candy canes. Bring a flashlight & something to gather your candy canes in. Pre-registration is mandatory. All participating members of the family must register and pay the activity fee. Space is limited! Taking place at the John W. Pitts Recreation Center from 6:30 – 8 PM. Activity Fee: \$10

Activity #: CH1 Day: Friday

**Time:** 6:30 – 8 PM Date: December 13







#### GINGERBREAD HOUSE DECORATING

5 years & Up

Participants will have a great time using various candies and icings to decorate their very own gingerbread house just the way they want. This festive holiday craft activity is sure to please! Pre-registration is mandatory so that we have enough supplies. Taking place at the John W. Pitts Recreation Center from 11 AM – 12:30 PM. Activity Fee: \$7

Activity #: GH1 Day: Saturday **Time:** 11 AM – 12:30 PM **Date:** December 14



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We're on Facebook – find us at 'City of Dover Recreation'

PLEASE NOTE: WE DO NOT OFFER REFUNDS OR CREDITS IF YOU REGISTER FOR A TRIP, CLASS OR PROGRAM AND THEN DO NOT ATTEND. IF THE PARKS & RECREATION DEPARTMENT HAS TO CANCEL A TRIP, CLASS, OR PROGRAM WE WILL MAKE ALL EFFORTS POSSIBLE TO NOTIFY PARTICIPANTS AND A REFUND WILL BE ISSUED.

# **Community Events**



Please donate – donations benefit families in your community!

During the month of **November**, non-perishable food will be collected & distributed to our local food banks. Join us in looking through the pantry or picking up an extra can or two of your favorites. Every donation is appreciated and distributed to local food banks. **Donation boxes will be available at these City of Dover locations: City Hall, Weyandt Hall, Dover Public Library and the John W. Pitts Recreation Center.** 

# Capital Holiday Festival December 5, 2019

Mark your calendars now for an evening of family fun, as we welcome the Holiday Season with the annual tree lighting, singing of carols, and a special visit from you know who...Santa Claus! Check back with us for updated details.



# **Recreation - Registration Information**

# **Registration Highlights**

- Registrations must include full payment with completed & signed registration form.
- No refunds or credit certificates will be given unless Recreation staff cancel the activity.
- \* If you miss your activity, we do not offer credits or refunds.
- \* No credits/discounts on late activity registrations.

### Program Cancellation

Programs are subject to cancellation if the minimun requirement is not met.

### **Registration Process**

Registrations are accepted at the John W. Pitts Recreation Center, over the phone, and by mail. Registration is required & all fees must be paid prior to participation in a program. Many programs fill quickly, so we encourage early registration.

# Credits/Refunds

We do NOT issue credits/refunds <u>unless</u> the program is cancelled by the City of Dover Recreation Division. We will contact you in this event.

### Cancellation/Relocation Information Line



Weather conditions have you wondering if a City of Dover Recreation Division event is still taking place? Just call 736-7155 for updated program information!

## Building & Pavilion Rentals

JWP Recreation Center has rental space available for meetings & special occasions. Also, pavilion rentals are available in Dover Park, Schutte Park, and Silver Lake Park. A mimimum of two (2) weeks notice is necessary for these rentals. For a complete list of rules, rate information, and date availability, give the City of Dover Recreation Division a call at (302) 674-7541.

### Oops! Oops!! Oops!!!

At the time of print, we deem all information to be correct. We strive to be as accurate as possible; however, programs and program information is subject to change without notice.

### Don't miss out!

Nothing cancels a great activity quicker than participants waiting until the last minute to register. <u>If</u> <u>the minimun registration</u> <u>requirement is not met 1</u> week prior to the start date <u>the program is subject to</u> <u>cancellation.</u> Calling the day before or even showing up the day of the activity to sign-up won't save the program! <u>Register Early!</u>

Open Gym Hot Line 736-4443 updated daily, call to get today's open gym times at the Pitts Center!

### Help Take Care of the Parks

Keeping our City of Dover Park areas beautiful, clean, and safe starts with YOU!

- Report graffti to 736-7050
- Pick up after Fido
- Respect park grounds
- Clean up your trash
- Keep music on low volume
- No driving on the grass
- Park Hours: Dawn to Dusk
- Following these rules will help keep our parks enjoyable all year long!



## BUS TRIP POLICY

- ⇒ Registrations must be received before the deadline.
- Trips are subject to cancellation for inclement weather. (We will attempt to nofity participants in this case.)
- ➡ Trips are subject to cancellation if the miniumum participant requirement is not met.
- ⇒Registrations accepted on a firstpaid first-served basis.
- ⇒Traveltimes are approximate.
- ⇒ThebuswillNOTwaitforyou.
- ⇒ Those under 18 years must be accompanied by an adult.
- No stops will be made for individual needs.
- ⇒Norefunds if you cancel your trip or fail to show.

<u>Disability Related Accomodations</u> If you would like to participate in these activities & require disability related accomodations, please call our office at (302) 736-7050. You may reach TTY/TDD operator services by dialing 1-800-855-1155.

~	ACTIVITY REGI	ISTRATION FORM	***Please read the Registration Highlights on the Information Page before registering.***
ADULT PARTICIPA First Name	ADULT PARTICIPANT/CHILD (UNDER 18) GUARDIAN INFORMATION irst Name MI Last Name	IRMATION Name	ill out completely
			Dover Kesident
Mailing Address			Yes, send me email updates to:
Citv. State	diz		How did you hear about us:
	<u>b.</u> i		Friend Website Program Guide Other
Primary Phone Number	mber	Secondary Phone Number	Does your child have any allergies?
Participant #1			
First Name	MI Last Na	Name	Sex Birth Date (mm-dd-yy) Age Grade
Activity #	ACTIVITY NAME	ACTIVITY FEE	
PARTICIPANT #2 First Name	MI Last Na	Name	SexBirth Date (mm-dd-yy) <u>AgeGrade</u>
Activity #	ACTIVITY NAME		Payment Am
			Poter Due: Unecks to: Uity of Dover Payment Amount & Type
			Cash Check MC/Visa/Disc Other Please circle
	Submit your registration by:	La construction of the second	RELEASE STATEMENT:
Mail: City of Do <sup>.</sup> Fax Phon	Dover, D 2674 -7541	E 19904 I understand that the City of Dover provides all bills which may be incurred as a result of the City of Dover and all other parties involve photographs taken during the event shall bec City of Dover shall have the right to use such	I understand that the City of Dover provides no medical coverage for participants unless specified, and that all bills which may be incurred as a result of an activity-related injury are my responsibility. I hold harmless the City of Dover and all other parties involved in the conduction of these activities. I agree that any photographs taken during the event shall become and remain the property of the City of Dover, and that the City of Dover shall have the right to use such photographs and/or films whenever so desired free of any
		claims on my behalf.	
Call us	Call us at (302) 674-7541 or (302)		
736-7050	736-7050 with your credit card payment.		Signature of adult participant /If under 18, parent/legal guardian Date If you would like to participate in these activities and need disability related accommodations,
		please call 736-7050. You may reach	ITY/TDD operator services by dialing 1-800-855-1155.