



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® 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® with Jen

Dance your way to a more fit you! Exciting & unique Latin moves & rhythms. Zumba® 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

Day: Tues. & Thur.

Dates: Sept. 3 – 26*

Time: 5:30 – 6:00 PM

*No Class: Sept. 19

Activity #: PY10

Day: Tues. & Thur.

Dates: Oct. 1 - 24

Time: 5:30 – 6:00 PM

Activity #: PY11

Day: Tues. & Thur.

Dates: Oct. 29 – Nov. 21

Time: 5:30 – 6:00 PM

Activity #: PY12

Day: Tues. & Thur.

Dates: Dec. 3 - 19

Time: 5:30 – 6:00 PM

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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ONLINE REGISTRATION: <https://cityofdover.recdesk.com/Community/Home>

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
 your 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 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 1/13th 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 12th** 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 3rd

FOR HER BASKETBALL LEAGUE

Girls 1st – 8th 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



<u>Division</u>	<u>Grade</u>	<u>League start date</u>
FHBE Elementary	1 st – 4 th	September 18
FHBJ Junior High	5 th – 8 th	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)	Mites (co-ed)	(youth born in 2013 & 2014)
Pee Wee Boys	(boys born in 2010 - 2012)	Pee Wee Girls	(girls born in 2010 - 2012)
Bantam Boys	(boys born in 2007 - 2009)	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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ONLINE REGISTRATION: <https://cityofdover.recdesk.com/Community/Home>

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)
Junior (youth born in 2005, 2006, & 2007)

Nov. 16th 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: www.cityofdover.com/parks-recs-home 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 self-esteem, discipline, honor, self-control, respect, courtesy, perseverance and loyalty. It instills 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**

Tuesdays

Activity #: TKT10

Dates: Oct. 8 – Dec. 3

Time: 6:05 – 7:35 PM

Activity #: TKT01

Dates: Jan. 7 – Feb. 25

Time: 6:05 – 7:35 PM

Fridays

Activity #: TKF10

Dates: Oct. 11 – Dec. 6

Time: 6 – 7:30 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

Day: Saturday

Time: 11 AM – 12:30 PM

Date: October 26

HOLIDAY CANDY FUN

Ages 6 – 14 years

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

Day: Saturday

Time: 11 AM – 12:30 PM

Date: November 16



A NIGHT AT THE POLAR EXPRESS

Family

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**



Activity #: FM1

Day: Friday

Time: 6:30 PM

Date: December 6

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ONLINE REGISTRATION RECOMMENDED: <https://cityofdoover.recdesk.com/Community/Home>

BREAKFAST WITH SANTA

10 & Under

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

CANDY CANE HUNT

Family

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 minimum 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 unless 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 minimum 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. If the minimum registration requirement is not met 1 week prior to the start date the program is subject to cancellation. Calling the day before or even showing up the day of the activity to sign-up won't save the program! Register Early!

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 graffiti 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 notify participants in this case.)*
- ⇒ Trips are subject to cancellation if the minimum participant requirement is not met.
- ⇒ Registrations accepted on a first-paid first-served basis.
- ⇒ Travel times are approximate.
- ⇒ The bus will NOT wait for you.
- ⇒ Those under 18 years must be accompanied by an adult.
- ⇒ No stops will be made for individual needs.
- ⇒ No refunds if you cancel your trip or fail to show.

Disability Related Accommodations

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

ACTIVITY REGISTRATION FORM

Please read the Registration Highlights on the Information Page before registering.

ADULT PARTICIPANT/CHILD (UNDER 18) GUARDIAN INFORMATION		Please print and fill out completely	
First Name	MI	Last Name	Dover Resident <input type="checkbox"/> Non-Resident <input type="checkbox"/>
Mailing Address			
City	State	Zip	Yes, send me email updates to:
Primary Phone Number			How did you hear about us:
Secondary Phone Number			Friend Website Program Guide Other
Does your child have any allergies?			

PARTICIPANT #1

First Name	MI	Last Name	Sex	Birth Date (mm-dd-yy)	Age	Grade
ACTIVITY #	ACTIVITY NAME	ACTIVITY FEE				

PARTICIPANT #2

First Name	MI	Last Name	Sex	Birth Date (mm-dd-yy)	Age	Grade
ACTIVITY #	ACTIVITY NAME	ACTIVITY FEE				

Total Due: _____		Checks to: City of Dover	
Payment Amount & Type		Payment Amount & Type	
Cash	Check	MC/Visa/Disc	Other
		Please circle	

Submit your registration by:

Mail: City of Dover Recreation, 10 Electric Ave., Dover, DE 19904
Fax: w/Credit Card Info.: 302-678-2674
Phone: w/Credit Card Info.: 302-674-7541

RELEASE STATEMENT:

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 conduct 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.

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 TTY/TDD operator services by dialing 1-800-855-1155.

Call us at (302) 674-7541 or (302)

736-7050 with your credit card payment.