



Eagle Parks & Recreation
March 2016 Programs

***For all programs: Preregistration is required at www.cityofeagle.org/recreation**

FAMILY PROGRAMS:

Trail Eggxtravaganza / All Ages

This alternative to the traditional egg hunt will have your kids searching for eggs along the paths and trails of Eagle. Kids will have fun hunting for eggs and receiving prizes! This event is offered in cooperation with the Eagle 616 Lions Club.

North Channel Center.....Free

600 S. Rivershore Lane

3/19 Sa 10 am-12 pm

PRESCHOOL PROGRAMS:

Tiny Tots & Preschool Combination Dance / 2-5 yrs

Does your little one love to groove? Children will play games, explore body movement, and enjoy a variety of new dance moves in this fun class! We will explore a combination of ballet, tap, jazz, and tumbling throughout each session. Boys and girls are sure to leave class with enhanced body awareness and smiles! Discounted tap and ballet shoes are available through the instructor. *Child must be potty trained or parent must attend program.*

Eagle Performing Arts Center.....\$60 | 6 wks

1125 E. State Street

3/29-5/3 Tu 10-10:45 am Ages 2-3

3/29-5/3 Tu 11-11:45 am Ages 4-5

Tiny Tots Soccer / 2-3 yrs

Are you looking for a great introduction to teamwork and motor skills for your young kiddos? These tot soccer classes develop balance, movement, motor, and soccer skills using a variety of fun games. Your child is sure to leave smiling and tired!

Eagle Hills Elementary School Gym.....\$60 | 6 wks

650 Ranch Drive

3/1-4/12 Tu 5-5:45 pm

Tiny Tots Basketball / 4-5 yrs

Learning basketball has never been more fun! We use a variety of games to develop basketball and general motor skills. Adjustable hoops and appropriately sized basketballs are used to provide just the right amount of challenge, while teaching a love of the game!

Eagle Hills Elementary School Gym.....\$60 | 6 wks

650 Ranch Drive

3/3-4/14 Th 5-5:45 pm

YOUTH PROGRAMS:

Martial Arts/Karate Kickstart Level I, II, & III / 6-12 yrs

Learn the principles and techniques of Washin Ryu Karate, a traditional Japanese Karate similar to Shotokan. Classes focus on the development of self-defense, self-discipline, and physical fitness. Open to beginning level students. Sessions are offered on an ongoing basis throughout the year.

Idaho Martial Arts.....\$70 | 4 wks

1580 E. State Street

3/1-3/31 Tu/Th 4:30-5:15 pm Ages 6-8

3/1-3/31 Tu/Th 5:15-6 pm Ages 9-12

Soccer / 3-8 yrs

This program will teach your child the fundamentals of soccer using games, skill-based drills, and fun! Emphasis is placed on individual soccer skills, ball control, and concept of the game. This is a great, non-intimidating soccer skills class that your soccer star is sure to enjoy!

Eagle Hills Elementary School Gym.....\$60 | 6 wks

650 Ranch Drive

3/1-4/12 Tu 5-5:45 pm Ages 3-5

3/1-4/12 Tu 6-7 pm Ages 5-8

Basketball / 6-8 yrs

This basketball program will develop basketball skills through an emphasis on individual ball handling, shooting, and concepts of the game. The class consists of fun, skill building games and will help your child progress in the sport.

Eagle Hills Elementary School Gym.....\$60 | 6 wks

650 Ranch Drive

3/3-4/14 Th 5-5:45 pm

MultiSport / 5-8 yrs

Does your child want to try several fun sports? Skyhawks multisport program is designed to introduce kids to a variety of different sports using fun games and activities. Athletes will learn essential skills for several different sports, including soccer, basketball, and lacrosse!

Eagle Hills Elementary School Gym.....\$60 | 6 wks

650 Ranch Drive

3/3-4/14 Th 6-7 pm

Advanced Basketball / 6-9 yrs

Is your child eager to learn more basketball skills? This class uses a progressive curriculum to teach your child the skills they need both on and off the court to be a better athlete. Our basketball-specific coach will focus on respect, teamwork, and responsibility as they teach skills and progress into drills and scrimmages. Athletes will learn how to pass, shoot, dribble, and rebound.

Eagle Elementary of the Arts Gym.....\$60 | 6 wks

475 N. Eagle Road

3/2-4/13 W 5-6 pm

Kids Create- After School Art / 5-8 yrs

This class will focus on making art out of items we would normally throw away! Through creative recycling, we can create something beautiful. Kids will learn about recycling and have fun in this new class.

Eagle Senior Center.....\$30 | 3 wks

312 E. State Street

3/2-3/16 W 4:30-5:30 pm

Spring Break Mini-Camp / 5-10 yrs

Looking for something fun for your children to do during school break? Eagle Parks & Recreation Mini Camp will keep your elementary-age kids busy and active! Mini-camp activities include field trips, games, trips to local parks, arts and crafts, and much more!

Eagle Middle School.....\$115/week or \$26/day

1000 W. Floating Feather Rd.

3/21-3/25 M-F 1 pm-5 pm

Skyhawks Spring Break Camp / 4-10 yrs

Do you want to try three fun sports during spring break? Do you want to play silly games and run around with your friends? Sign up for Skyhawks Spring Break multisport camp! We will play tons of entertaining camp games and work on our sports skills through different throwing, catching, teamwork, and other skill-based games. This camp will focus on soccer, basketball, and lacrosse skills, while incorporating elements of fun!

Eagle Middle School.....\$90

1000 W. Floating Feather Rd.

3/21-3/24 M-Th 9 am-12 pm

ADULT PROGRAMS:

Wine & Food Pairing 101 / Ages 21+

Do you wish you could assemble creative wine and food combinations? Join Eagle's own 3 Horse Ranch Vineyards and Bella Aquila restaurant for an evening of wine education and tastings! This class will give you firsthand knowledge about wine, from the vineyard to the glass, and food pairing. You will be able to sample wines from 3 Horse Ranch Vineyard and enjoy small bites from Bella Aquila. Great things come in pairs, so grab a friend and sign up today!

Bella Aquila.....\$40

775 S. Rivershore Lane

3/9 W 6-7:30 pm

Watercolor / Teen & Adult

Do you want to explore the world of watercolor painting? This class is designed for beginning, intermediate, and advanced painters who gather together in one class. Lessons are structured for students at each level of experience. Come experience the adventure of painting!

Eagle Art Gallery.....\$45 + supplies

50 2nd Street

3/7 M 3-5:30 pm

Adult Coloring Club / 21+

Did you know that coloring reduces stress and anxiety? Join us for a relaxing evening of coloring and new friends! We will provide the coloring books, crayons, markers, and pencils. The price includes one beverage.

Perks of Life.....\$8

1540 E. Iron Eagle Dr.

3/15 Tu 5-6:30 pm

Card Making / Teen & Adult

Learn the basics on how to make and assemble your own handmade greeting cards! We will use stamps, cut-outs, and other mediums in this fun class. You will have fun learning a new skill and making new friends.

Eagle Senior Center.....\$8

312 E. State Street

3/31 Th 6:30-8:30 pm

Beginner Tap / Ages 18+

Do you want to make music with your feet? Join this beginning adult tap class to learn basic tap steps and routines. Tap is a form of dance that encourages rhythm, balance, and agility, while being fun and great exercise! Discounted tap shoes are available through the instructor. This class is perfect for all ages and abilities!

Eagle Senior Center.....\$65 + tap shoes | 6 wks

312 E. State Street

3/29-5/3 Tu 7-8 pm

Aikido / Ages 14+

Aikido is a defensive Japanese martial art that focuses on blending with and redirecting an opponent's energy/attack rather than relying on strength or direct aggression. The emphasis in Aikido is on circular movement and leverage, this makes Aikido a great option for everyone!

Idaho Martial Arts.....\$50 | 4 wks

1580 E. State Street

3/2-3/23 W 7-8:15 pm

Fit & Safe Circuit Training / Ages 18+

IMA Self Defense Circuit Training takes the interval/station fitness concept to the next level. Influenced by the functional fitness and HIIT (high intensity interval training) approach, IMA Self Defense Circuit Training focuses on basic human movements for self-defense (push, pull, jump, run, kick, block, punch etc.) by employing a combination of traditional weightlifting/calisthenic drills. Be prepared for a high intensity interval workout with self-defense moves that keep you safe.

Idaho Martial Arts.....\$40 | 4 wks

1580 E. State Street

3/5-3/26 Sa 8-9 am

YoKa / Ages 13+

Do you want to have fun while getting fit and strong? Then YoKa is for you! YoKa is a blend of martial art movements and yoga poses set to upbeat, inspiring music and ending with a peaceful warm stone therapy that will keep you coming back for more. You will leave feeling empowered, inspired, calm and strong mentally and physically. No martial arts or yoga experience is necessary.

Idaho Martial Arts.....\$40 | 4 weeks

1580 E. State Street

3/3-3/24 Th 6:30-7:15 pm