

Summer 2012 Brochure

# Northwest Recreation Center



2913 Northland Dr.  
Austin, TX 78757  
(P) (512) 974 - 6972



<http://www.austintexas.gov/department/northwest-recreation-center>

**Northwest  
Recreation Center  
Hours of Operation:**

Monday - Thursday	9:00am - 9:00pm
Friday	9:00am - 6:00pm
Saturday	9:00am - 3:00pm
Sunday	Closed

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**City Holidays**

January 2, 2012  
New Year's Holiday

January 16, 2012  
Martin Luther King Day

February 20, 2012  
President's Day

May 28, 2012  
Memorial Day

July 4, 2012  
Independence Day

September 3, 2012  
Labor Day

November 12, 2012  
Veteran's Day

November 22 - November 23, 2012  
Thanksgiving

December 24 - December 25, 2012  
Christmas

**Registration Procedures**  
Walk-in registrations are accepted on a first come, first served basis. Full payment is required for official registration (*unless otherwise indicated*).

**Registration Fees**  
All class fees are due at registration time. Fees may be paid with cash, money orders, credit cards or checks. A valid driver's license is required when paying by check. Please make checks payable to the *City of Austin*.

If paying by cash, please have exact change.

**Americans with Disabilities Act**  
The City of Austin is committed to compliance with the Americans with Disabilities Act. If you need assistance in our programs, please call (512) 453 - 7765.

<p><b>General Information</b></p> <p>All classes must have a minimum number of students in order to be held. The Parks and Recreation Department reserves the right to cancel, combine, change time, change dates, or make any revisions which may be necessary. You will be notified by telephone of your registration status if the class has been cancelled or revised. One way to deliver quality service is by limiting the class size to provide a good student/teacher ratio. If a class has reached the maximum limit, names are placed on a waiting list and students are called as openings become available.</p>	<p><b>Refund/Transfer Policy</b></p> <p>Unless otherwise indicated, a full refund will be issued for all programs, if cancelled by Northwest Recreation Center, or due to a personal injury or illness (medical verification will be requested). In the event that you need to withdraw from a class, the pro-rated activity fee, minus a \$35.00 processing fee, will be refunded. If the receipt amount is less than \$10.00, no refund will be issued. You may receive a credit serviceable for programs occurring within 90 days of withdrawal. Once a refund has been requested a City of Austin check will be mailed to your address within four to six weeks. If your initial payment was by check, a front and back copy of that cancelled check or bank statement must be presented before a refund can be processed.</p> <p>Program attendance is the responsibility of the participants, credit is not given for classes missed during a session.</p>
<p><b>Lost and Found</b></p> <p>Northwest Recreation Center is not responsible or liable for the loss, theft or damage of any personal belongings. Items found at the center will be placed in the lost and found area for up to one week.</p>	

**Childcare Ordinance**

#20070201-062

Standards of Care for Children’s Programs

Children’s programs/activities supervised by the Parks and Recreation Department and requiring enrollment/registration in order to participate are not licensed by the state, but follow local standards of care as adopted. A copy of the ordinance is available and posted at each site.

**Photo Policy**

The Parks and Recreation Department regularly takes photos of participants in our activities. The photos are for department use and may be used in presentations, brochures, flyers, public service announcements and other media uses. If you do not wish to have your picture taken please tell the photographer.

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## **CITY OF AUSTIN**

### **Vision**

We want Austin to be the most livable city in the country.

### **Mission**

To be the best-managed city in the country.

### **Goals (P.R.I.D.E.)**

#### **Public Service & Engagement**

We will partner with one another and with our community to provide the best service possible.

#### **Responsibility & Accountability**

We take responsibility for achieving results and hold ourselves accountable for our actions.

#### **Innovation & Sustainability**

We actively seek out good ideas that have a lasting, positive impact on our work, our community and our environment.

#### **Diversity & Inclusion**

We recognize and respect a variety of perspectives, experiences and approaches that will help us achieve our organizational goals.

#### **Ethics & Integrity**

Our actions will maintain the trust and confidence of the public and the organization.

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### **Mayor and City Council**

Lee Leffingwell	Mayor
Sheryl Cole	Mayor Pro Tem
Chris Riley	Place 1
Mike Martinez	Place 2
Kathy Tovo	Place 3
Laura Morrison	Place 4
Bill Spelman	Place 5

### **City Manager's Office**

Marc A. Ott	City Manager
Bert Lumbreras	Assistant City Manager
Rudy Garza	Assistant City Manager
Robert Goode	Assistant City Manager
Sue Edwards	Assistant City Manager
Michael McDonald	Deputy City Manager
Anthony Snipes	Chief of Staff

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## **PARKS AND RECREATION DEPARTMENT**

### **Vision**

We want Austin to have the best parks and recreation opportunities and resources in the country.

### **Mission**

The purpose of the Parks and Recreation Department is to provide, protect, and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

### **Goals**

Increase participation in structured community recreation in the Austin community.

Provide supportive social services in order to address the fundamental social needs of the community.

Enrich the Austin community's artistic and cultural environment.

Protect Austin's investment in recreational land, urban forest ecosystems, water, and facilities.

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### **Parks and Recreation Department**

Sara L. Hensley, CPRP	Director
Kimberly A. McNeeley	Assistant Director
David Juarez, P.E.	Acting Assistant Director
Cora Wright	Assistant Director
Patrick Corona	Division Manager
Sharon Aguilar	Program Manager

### **Parks & Recreation Board**

Jane Rivera	Chair
Jeff Francell	Vice Chair
William Abell	Board Member
Linda H. Guerrero	Board Member
Carol Lee	Board Member
Lynn Osgood	Board Member
Jerry Perales	Board Member

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### **Northwest Recreation Center**

Christa McCarthy	Program Supervisor	<a href="mailto:christa.mccarthy@austintexas.gov">christa.mccarthy@austintexas.gov</a>
Katie Lust	Program Coordinator	<a href="mailto:katie.lust@austintexas.gov">katie.lust@austintexas.gov</a>
Vangie Martinez	Program Specialist	<a href="mailto:vangie.martinez@austintexas.gov">vangie.martinez@austintexas.gov</a>
Marcos Nates	Program Specialist	<a href="mailto:marcos.nates@austintexas.gov">marcos.nates@austintexas.gov</a>
Ben Rustenhaven	Program Instructor	<a href="mailto:benjamin.rustenhaven@austintexas.gov">benjamin.rustenhaven@austintexas.gov</a>
Scott Allen	Building and Grounds	<a href="mailto:scott.allen@austintexas.gov">scott.allen@austintexas.gov</a>

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## YOUTH/TEEN PROGRAMS- OUT OF SCHOOL TIME

### Program Goals

- **Enrichment:** Students will engage in activities that will enhance their knowledge by exploring social, cultural, and environmental concepts
- **Active play:** All students will participate in physical activity where high energy and play can teach them sportsmanship in a safe environment

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### Northwest After School Program

Our afterschool program includes enrichment, academics, and active play including gym games, sports, crafts, group activities, daily clubs, as well as homework/quiet time. Students will be provided a nutritional daily snack providing fresh fruit or vegetable three times a week. Please call to see which elementary schools we will provide transportation from.

**Grades:** K - 5th grade  
**Days:** Monday - Friday

**Time:** 2:45pm - 6:00pm  
**Registration 2012-2013:** Tuesday, May 15th

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### Teen Afterschool Program

Children attending Lamar Middle School are picked up in a City of Austin van driven by qualified Northwest Recreation Center staff. Daily program activities may include gym games, sports, crafts, group activities, as well as homework help time. A healthy daily snack is provided for each child.

**Grades:** 6th - 8th grade  
**Days:** Monday - Friday

**Time:** 3:30pm - 6:00pm  
**Registration 2012-2013:** Tuesday, May 15th

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### Teen Summer Camp

Looking for a super fun place this summer to hang out with your friends? Then come to Teen Camp where we'll have adventures just for teens. Along with on-site activities, there will be plenty of field trips, swimming, and teen competitions. *\*No Camp on July 4.*

**Ages:** 12 - 15 years  
**Dates:** June 4th - August 10th

**Days, Time:** Monday - Friday, 9:00am - 5:00pm  
**Fee:** \$130/week, \$20 deposit/week

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## Youth Summer Camp

This summer at Northwest's Summer Camp, we'll have tons of games, sports, and crafts all summer long! With ten theme weeks that span the summer, there is something for everyone to enjoy. Every week we'll have activities that fit our theme, with several special events planned throughout the summer. There will be one in-town field trip and two swimming trips per week. With all the fun we have planned, our summer camp should satisfy both parents and children! *\*No Camp on July 4.*

**Ages:** 5 - 11 years

**Dates:** June 4th - August 10th

**Days, Time:** Monday - Friday, 7:30am - 6:00pm

**Fee:** \$130/week, \$20 deposit/week

## Summer Camp Themes

**Session One:** June 4th - 8th

Keep Northwest Healthy - We will play games and participate in activities that keep you healthy and happy!

**Session Two:** June 11th - 15th

ART-tastic - Express yourself! We will be painting, sculpting, dancing, or filmmaking.

**Session Three:** June 18th - 22nd

Austin Olympics 2012 - We will hone in on your athletic skills and compete against each other and other recreation centers in our annual Olympic Day Event!

**Session Four:** June 25th - 29th

Northwest Globe-Trotters - Come travel with us! From coast to coast and pole to pole, we will explore the globe!

**Session Five:** July 2nd - 6th *\*No Camp on July 4*

Holidaypalooza - We will have games, sports, and crafts inspired by traditional and even bizarre holidays.

**Session Six:** July 9th - 13th

FUN-ology - Put on your lab coats and safety goggles and join us for the week of science!

**Session Seven:** July 16th - 20th

Get your Game On - Challenge your mind and body this week in many activities like an obstacle course or a game show.

**Session Eight:** July 23rd - 27th

THE Great Outdoors - Go GREEN and get WILD! Campers will experience all the great things nature and the outdoors have to offer.

**Session Nine:** July 30th - August 3rd

Beat the Heat - Get ready to get wet! So let's cool off with a whole week of water games, crafts, and swimming!

**Session Ten:** August 6th - 10th

All Sorts of Sports - From futbol to softball, croquet to bowling, all week long we will be playing games galore from all over the world!



## YOUTH/TEEN PROGRAMS- ENRICHMENT

### Program Goals

- To create an atmosphere where individuality and imagination can flourish
- To enhance education through fun and interesting activities
- At sessions end, students will be able to demonstrate proper technique in all required elements

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### Summer Youth Volleyball League

Ready, set, spike! Our youth league provides a great opportunity for children ages 5 - 12 years of age to learn a new and exciting sport that focuses on team work and coordination. Our league is structured to be a safe, recreational league aimed at beginning to intermediate players. Practices will be held one to two times a week with games on Saturdays.

**Ages:** 5 - 12 years

**Registration Ends:** Saturday, April 29th

**Fee:** \$45/child

**League play begins:** Saturday, May 12th

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### Gymnastics

Students progress through warm-up exercises, strength and flexibility skills, loco motor and coordination skills, dance basics, creative movement, and a variety of tumbling, balance beam and rhythmic gymnastics skills (ball, ribbon, and hoop manipulation).

**Ages:** 6 & up

**Days, Time:** Saturdays, 11:00am - 12:00pm

**Registration & Fee:** Please Call (512) 323 - 6013 or [questions@danceassociatesaustin.com](mailto:questions@danceassociatesaustin.com)

**Website:** [www.danceassociatesaustin.com](http://www.danceassociatesaustin.com)

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### Karate

This ongoing program teaches American Karate with an emphasis on self defense, conditioning, and sparring. A uniform (GI) is required and may be purchased from the instructor on the first day of class, or it may be purchased from an outside source. There will be additional costs to students for belt testing, equipment, and tournament, which are required for advancement. After the third week of class, new students will be admitted into the program only with the instructor's permission.

**Ages:** 6 - 12 years

**Days, Time:** Thursdays, 6:30pm - 7:30pm

**Registration & Fee:** Please call (512) 415 - 6118

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### **Advancing Robots Camp**

Build and explore with robots and more! Including building themed Lego sets (star wars, mars missions, etc.), building landscapes for your robot to move through, and send your robot on fun missions including demolitions and sumo battles!

**Grades:** 1st - 3rd grade & 4th - 6th grade

**Dates:** Young Builders I: June 25th - 28th; Young Builders II: July 30th - August 2nd

**Time:** 9:00am - 12:00pm

**Registration & Fee:** [www.advancing-robots.com](http://www.advancing-robots.com)

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### **Integrated Arts Dance and Gymnastics Camp**

This stimulating camp includes explorations in visual arts, drama, music, dance, and gymnastics. Students will discover how the fine arts have similarities in the elements of design, and increase their skill development in various movement vocabularies of jazz, tap, ballet, tumbling, balance beam, and rhythmic gymnastics.

**Grades:** K & up

**Dates:** Session 1 July 16th - 20th; Session 2 July 23rd - 27th

**Time:** 12:30pm - 3:30pm

**Website:** [www.danceassociatesaustin.com](http://www.danceassociatesaustin.com)

**Fee:** \$188/session, \$25/deposit

**Registration:** Please call (512) 323 - 6013 or [questions@danceassociatesaustin.com](mailto:questions@danceassociatesaustin.com)

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### **Adventure Cook Camp**

Come join this fun hands-on camp where the kids are the chefs! Under the supervision of two or three adult cooks, kids learn important life skills while having fun. Each day, we make one savory and one sweet recipe, all from scratch. Ingredient education, kitchen safety, and cooking skills are all discussed. We are vegetarian and nut-free although this class is not suitable for someone with food allergies or other dietary restrictions. Please bring water bottle and snack each day. Classes offered through Adventure Cook. More information at [www.adventurecook.com](http://www.adventurecook.com) or call Amy at (512) 659 - 5939. Let us take your kids on a cooking adventure!

**Ages:** 5 - 11 years

**Time:** 9:00am - 12:00pm

**Dates:** Session 1 July 16th - 20th; Session 2 June 11th - 15th

**Registration:** [www.adventurecook.com](http://www.adventurecook.com)

**Fee:** \$150/week

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## Young Peoples Workshops Camp

**Secret Formulas:** Investigate the properties of substances as they make their own personal brands of paste, toothpaste, cola, ice-cream, and magical potions. The camp provides real-life experiences with chemistry, and conveys key science/math skills and concepts.

**Smash It, Crash It, Launch It:** Mind-blowing, eye-popping science experiments. Physics gets messy in this camp. Learn about gravity with a tomato tower, electromagnetic waves by using a microwave to make a marshmallow monstrosity, elasticity with a shoebox catapult, centripetal force by flinging a water bucket and more!

**Ages:** 6 - 12 years

**Dates:** Secret Formulas July 9th - 13th; Smash It, Crash It, Launch It July 23rd - 27th

**Time:** 9:00am - 12:00pm

**Registration & Fee:** [www.youngpeoplesworkshops.com](http://www.youngpeoplesworkshops.com)



## SPECIAL EVENTS

### Program Goals

- To create a safe and fun family atmosphere
- To provide recreational opportunities that challenge and develop families as a unit

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## SUMMER CARNIVAL

Northwest Recreation Center's Summer Carnival will be a fun event for children in our summer camp, children in our community, and those in other recreation center's camps. It will feature many carnival games, a bounce house, face painting, arts/crafts, and snacks. There will also be music and prizes. This will be a fun, free event for our participants, and the public, to enjoy inside our cool gym on a hot summer day.

**Ages:** 5 - 11 years

**Dates:** Friday, June 29th

**Fee:** FREE! 10 tickets (additional tickets 25¢ each)

**Time:** 2:00pm - 4:00pm



## PRESCHOOL PROGRAMS

### Program Goals

- To provide experiences for children to develop socially, emotionally, intellectually, and physically
- To provide opportunities that challenge and develop families as a unit

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### Preschool Playtime

This is a “parent/guardian and me” program with open play time to socialize with friends and sharpen fine and gross motor skills and a short 15-20 minute group activity with hands-on experiences to improve creativity and develop a positive self-image.

**Ages:** Walking toddlers - 5 years

**Time:** 10:30am - 12:00pm

**Days & Fee:** Wednesdays & Fridays through May, \$20/month or \$5/walk-in

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### Adventure Cook

Come join this hands-on children’s cooking class where the children get to be the chefs. Each week, parents and children make, cook, and eat one recipe under the supervision of an adult cook. The recipes will alternate between sweet and savory and the basics of kitchen safety, ingredient knowledge, and cooking basics will be discussed.

**Ages:** 3 - 5 years

**Fee:** \$45/month

**Days, Time:** Fridays, 9:30am - 10:30am

**Registration:** [www.adventurecook.com](http://www.adventurecook.com)

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### Dance Associates

Multi-Activity class that develops fine and gross motor skills through finger play, dance basics of ballet, tap and jazz, loco motor and coordination skills, tumbling, and creative movement with props such as scarves, streamers, balls, hoops, parachute, and more.

**Ages:** 3 years

**Days & Time:** Saturdays, 9:00am - 10:00am

**Ages:** 4 - 5 years

**Days & Time:** Saturdays, 10:00am - 11:00am

**Registration & Fee:** Please call (512) 323 - 6013 or [questions@danceassociatesaustin.com](mailto:questions@danceassociatesaustin.com)

**Website:** [www.danceassociatesaustin.com](http://www.danceassociatesaustin.com)



## ADULT PROGRAMS

### Program Goals

- To increase awareness of and promote regular participation in health & physical fitness activities
- At the end of the program, participants will be able to demonstrate proper technique in all required elements

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### NOONERS BASKETBALL PROGRAM

Get in shape and have fun playing basketball during your lunch hour. Enrollment is limited, so register today. Walk-ins welcome for a \$5.00 fee.

**Ages:** Adults

**Time:** 11:30am - 1:00pm

**Days:** Mondays, Tuesdays and Thursdays

**Fee:** \$30.00/session or \$5/walk-in

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### OPEN PLAY BASKETBALL

The gym is open for “free play”! All gym/center rules must be followed and a game list is kept at the front desk.

**Ages:** Adults

**Fee:** Free!!

**Days, Time:** Saturdays, 11:00am – 12:30pm

**Registration:** No Registration Required

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### VOLLEYBALL

Leagues are forming for 6-person teams: Women’s, Co-Rec (4m/2f), and Men’s; leagues vary from recreational (B), intermediate (BB), and advanced (A). The league is run round robin with a championship game in each bracket.

**Mondays:** Women’s B & Women’s BB

**Tuesdays:** Co-Rec B & Co-Rec BB

**Thursdays:** Men’s A & Co-Rec B

**Time:** 7:00pm, 8:00pm, & 9:00pm

**Fee:** \$220/team

**Registration:** June 4th - 29th

**League Begins:** Monday, July 9th

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## **JAZZERCISE**

Jazzercise combines elements of jazz dance, resistance training, Pilates, yoga, kick-boxing, and more to create truly effective programs for people of every age and fitness level. Increase your muscle tone, flexibility, balance, strength, and endurance using easy-to-follow movements. Each 60-minute class follows a perceived exertion curve.

**Registration & Fee:** Please call (512) 794 - 9575

**Days, Time:** Monday - Friday 9:00am      Monday - Thursday 5:30pm  
Monday - Thursday 6:35pm      Friday 4:30pm Saturday 8:30am & 9:35am

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## **TAI CHI & CHI KUN**

This ancient Chinese martial art is designed to enhance the body, mind, and spirit. This exercise promotes health, fitness, and longevity. By practicing the sequence of movements, students can develop strength and coordination, while reducing stress and increasing mental focus. Tai Chi is beneficial as a supplement to other athletic activities and therapeutic for recovering from physical injuries. This is an excellent exercise for all ages and fitness levels. Please call (512) 916 - 8919 for more information. **Instructor:** Dan Boone & Marjorie Jackson (15 years apprenticed with a Tai Chi Master)

**Days, Time:** Wednesdays, 6:00pm

**Registration & Fee:** Please call Dan at (512) 916 - 8919 (\$10/class) or visit

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

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## **EASY DOES IT YOGA**

Yoga stretches and tones the muscles, builds strength and stamina, also works on balance and flexibility. The classes include meditation, breathing exercises, warm ups, core work, and the Yoga poses. Each posture is taught in level one, two or three so that each student can find their own level to feel challenged. Marjorie has 20 years teaching experience and is trained by Sivananda Yoga. **Instructor:** Marjorie Jackson (Began at the age of 12 with 18 years of experience teaching)

**Ages:** 10 & up

**Days, Time:** Thursdays, 11:15am - 12:15pm

**Registration & Fee:** Please call Marjorie at (512) 916 - 8919 (\$10/class) or visit

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

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## **KARATE**

This ongoing program teaches American Karate with an emphasis on self-defense, conditioning, and sparring. A uniform (GI) is required and may be purchased from the instructor on the first day of class, or it may be purchased from an outside source. There will be additional costs to participants for belt testing, equipment, and tournament, which are required for advancement. After the third week of class, new students will be admitted into the program only with the instructor's permission.

**Ages:** 13 & up

**Days, Time:** Thursdays, 7:30pm - 8:30pm

**Registration:** Please call (512) 415 - 6118

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## **RESISTANT BAND WORKOUT**

Resistant Band and your own body weight class. You will build strength, endurance, balance, flexibility, and confidence. **Instructor:** Christina Muller of Passionately Fit comes with 7 years experience as a certified fitness trainer.

**Adult Band and Ball Fun:** Mondays & Wednesdays, 9:00am - 9:45am

**60 & Up Fitness:** Mondays & Wednesdays, 10:00am - 10:45am

**Registration & Fee:** Please call (512) 331 - 1872 or visit [www.passionatelyfit.net](http://www.passionatelyfit.net)

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## **GROUP GUITAR CLASSES**

Beginners group guitar class for acoustic or electric (without amp) guitar. You will learn proper technique, open position chords, scales in first position, rhythms, counting, strumming, read music, and play a song.

**Ages:** 16 & up

**Days, Time:** Tuesdays, 8:00pm - 9:00pm

**Registration & Fee:** Please call (512) 470 - 6908 or email [joshg220@gmail.com](mailto:joshg220@gmail.com)

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## **BELLY DANCE FITNESS**

Belly dancing is a joyous way to burn calories and shimmy those excess inches off your body. Concerns of size, experience, age or gender holds no weight because anyone can belly dance. This is a great fitness program to incorporate into your life, gain more flexibility in your body and grace in your walk. Dancing through life is rejuvenating! **Instructor:** Jisele comes with 25 years experience as a professional belly dancer and instructor.

**Days, Time:** Wednesdays, 7:45pm - 8:45pm (starting May 30th)

**Fee:** \$10 per class or \$35 for 4 classes

**Registration:** Please call Jisele at (512) 903 - 2258

**Website:** [www.vibranthealthylivingwithJisele.com](http://www.vibranthealthylivingwithJisele.com)

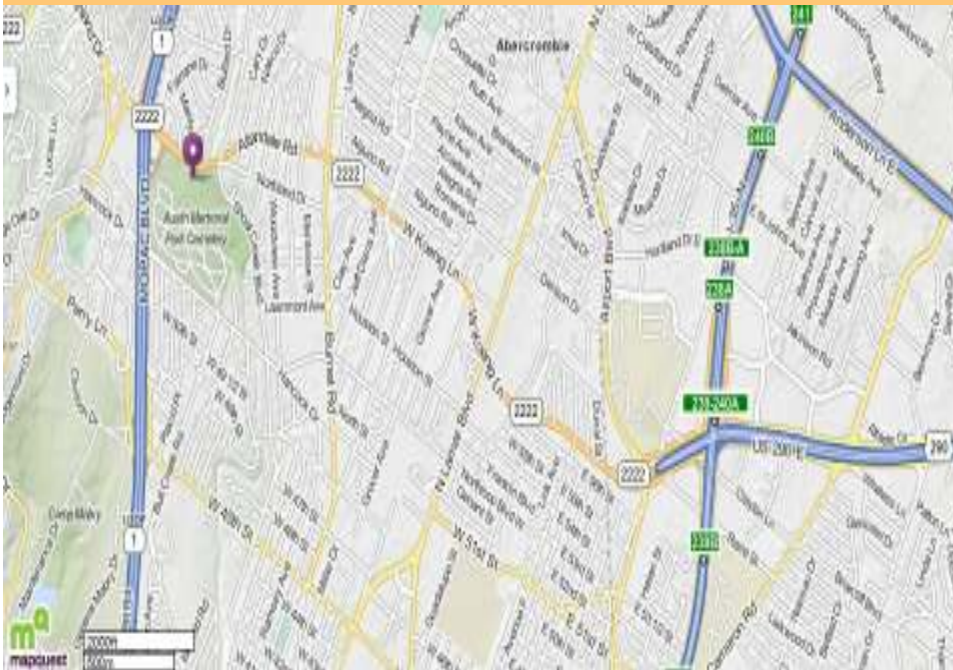
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# Northwest Recreation Center

## Information

Northwest Recreation Center is located in central northwest Austin featuring a gymnasium, fitness room, two classrooms, two multi-purpose rooms, and a kitchen. Located on the grounds are a sand volleyball pit, horseshoe pit, disc golf basket, playscape, picnic tables and an open field.



2913 Northland Drive  
Austin, TX 78757

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(P) (512) 974 - 6972

Use your smart phone to scan the QR code on the right →  
or visit: [www.austintexas.gov/department/northwest-recreation-center](http://www.austintexas.gov/department/northwest-recreation-center)

