

# Recreation Department Notable Activities

## Recreation

- Archery 7-18 years old 8/1-8/3 at the state park
  - 20 registrants participated in learning the basics of archery.
    - Topics included safety, technique, competitions and had “prize rounds” (Think carnival style where participants shot at targets to win that prize)
    - Super fun and will expand the program for next year.
- Parent’s night out -8/4
  - Held our last parent’s night out of the Summer.
    - Played board games, activities, danced and had pizza, cookies and/or popsicles.
    - Great feedback and potential for huge improvements as well as possibly adding “Teen Nights”.
- Tennis 7-14 years old
  - Over 50 participants in total across the 3 FREE summer sessions.
- Shorin-ryu Karate – Ages 6-9 and Adult down to 10
  - Held at the City Hall Auditorium
  - Had our first class-slash-showcase of karate on 8/7 with around 20 participants.
  - August classes held Mon and Wednesday from 5:30-7:30pm and on Saturday from 10am-Noon.
    - 21 registered participants
  - “White belts” were given to new students.
  - This class focuses primarily on self-defense and being safe.
  - Working on buying floor mat and pads for more advanced techniques.
  - September class registration is open. (No Saturday classes)
- Tai Chi – Adults Class
  - Began August 8 for \$7/class and will be held weekly on Tuesdays and Thursdays from 9-10am
  - Monthly passes available for \$45 starting September

- Challenger Soccer Camp
  - Weeklong camp from 8/7 - 8/11 at C.D. Semple Park
  - Coaches from Challenger Soccer provided a unique cultural and very in-depth experience for our Colusa campers.
- Yoga
  - Classes resumed on 8/16 and will be held every Wednesday morning from 6:30-7:30 am in the City Hall Auditorium.

## Pool

- New pool hours for public swim begin on 8/14
  - Mon-Friday – CLOSED
  - Sat & Sundays – 12-5pm
- Extension of hours for Adult Swim Pass Members
  - M/T/Th/F
    - 5-10am & 4-8pm
  - Wednesdays
    - 5-10am & 4-6pm
  - Sat & Sun
    - 5-8:30am & 7-8pm
- Extension of hours for Senior Swim
  - M/W/F
    - 8am-10am
- Addition of Lap Swim (14+) memberships - \$20/month
  - Weekdays 4-8pm (Excludes Wednesday 6-7 for Aqua Zumba)
  - Sat & Sun 7-8pm
- Aqua Zumba classes continue on Saturday mornings from 8:30-9:30am with additional classes provided on Wednesday evenings from 6-7 – Still \$7/class
- Public swim snack bar is going great with around \$50 in sales per day.
- Free Swim Day sponsors are coming up HUGE with over 30 days so far this year (And counting)