



Parks & Recreation Department Activity Guide

FALL 2014

September to December

Municipality of Anchorage
www.muni.org/parks

Index

What's Inside . . .

Special Events	3
Education & Special Interests	4
Fitness & Health	6
Preschool & Toddler	8
Camp	8
Outdoor Recreation	9
Aquatics	11
Dimond Pool	12
East Pool	12
Bartlett Pool	13
Service Pool	13
West Pool	13
Spenard Recreation Center	14
Fairview Recreation Center	15
Selkregg Chalet	16
Russian Jack Golf Course	17
Centennial Campground	17
Kincaid Outdoor Center	18
Program Registration	19



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<https://twitter.com/#!/ancgreenparks>

NOTICE: All information in this Activity Guide is subject to change. Check the website for any updates that may have occurred after the publication date.

Directory

General Information
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<i>Fax: 343-6523 / TDD: 343-3457</i>
Parks & Recreation Director
<i>John Rodda - 343-4355</i>
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<i>Holly Spoth-Torres - 343-4585</i>
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Parks Maintenance
<i>Operations Hotline - 343-8277</i>

Activity Guide Going Green

In order to receive the Activity Guide, please choose one of the following:

View Online
www.muni.org/parks

Pick-up at any
 Parks & Recreation Facility

Receive by Mail
 Call 907-343-4160
 Provide your name, address, zip code



Questions or Concerns

Here are a few numbers to help you on your way:

Anchorage Park Foundation
 274-1003

Community Work Service
 343-4057

Graffiti Busters
 343-4663

Illegal Activities
 APD non-emergency 786-8500

Special Event Permits/Field Requests
 343-4040

Parks & Recreation Information Line
 343-4474

Parks & Recreation Admin
 343-4355

Horticulture
 343-4717

Parks Maintenance
 343-4554

Pool Information Line
 343-4402

Parks Projects & Public Involvement
 343-4585

Trail Watch
 343-4492

Volunteer Program
 343-4587

Eagle River Parks & Recreation Office

343-1500
 ER Volunteer Information
 343-1500

Girdwood Parks & Recreation Office
 783-8146

www.muni.org/parks

October

17 RUN IT BACK TOURNAMENT

Run It Back, y'all! Run It Back is a mini-tourney to get you ready for the basketball season. Come join us for a day of fun! Games start at 1pm sharp. You may have a roster up to 6 people. Games are 20 minutes and the tournament is double elimination. There will be 4 divisions: Boys/Girls Middle School, Boys/Girls High School. Bring your own jerseys. All other rules apply. Trophies and prizes will be awarded!

Instructor:	Dorena Bingham, Jessie Haynes		
Location:	Fairview Recreation Center, 343-4130		
Activity	Day	Time	Fee
66.63.09	F	1-4p	\$30 per team
Grades 7/8 Min/5 teams/Maximum 10 teams			
Boys Div./Girls Div.			
65.63.09	F	1-4p	\$30 per team
High School Min/5 teams/Maximum 10 teams			
Boys Div./Girls Div.			

17 OCTOBERIFFIC GAME DAY

Make some plans for the Anchorage School District in service day. Join Recreation staff in an afternoon of games including tag games, relays games and an egg drop. Dress to be outdoors, bring water or juice in a plastic bottle and a healthy snack. Drop off is from 12:30-1:00pm, program time 1:00-4:00pm, pick up time from 4:00-4:30pm. Please preregister.

Ages: 6-14 Min 10/Max 20
 Location: Selkregg Chalet 343-6992
 Contact: Margaret Timmerman 343-4217

Activity	Day	Time	Fee
46.93.01	F	12:30-4:30p	\$20



22-23 HALLOW HOOP TOURNEY

Come join us for the scariest 3 on 3 Basketball Tournament around! There will be a 3 on 3 tournament for Elementary students grades 3-6 and then a divisional tournament for Middle School and High School. Both Boys and Girls Divisions will be showcased. You may have up to 4 people on a team. Creep your way into the finals! Trophies and door prizes will be awarded. Come and watch the fun!

Instructor:	Dorena Bingham, Jessie Haynes		
Location:	Fairview Recreation Center, 343-4130		
Activity	Day	Time	Fee
65.63.13	W	1-4p	\$20/team
Ages: Grades 3-6 Min/5 teams/Maximum 10 teams			
Boys Div./Girls Div.			
65.63.14	Th	1-4p	\$20/team
Ages: Grades 7/8 Min/5 teams/Maximum 10 teams			
Boys Div./Girls Div.			
65.63.15	Th	1-4p	\$20/team
Ages: Grades 9-12 Min/5 teams/Maximum 10 teams			
Boys Div./Girls Div.			

24 HAUNTED TRAILS

Come have a spooktacular time with Anchorage Parks and Recreation at Goose Lake! There will be fun for all ages! The Trick or Treat Trail has fun carnival games, cool crafts, and of course a trick or treat trail through the woods. This is not a scary trail and is suitable for youth ages 3 years and up. Parks and Recreation will follow up with a thrilling, screaming, bone chilling, walk in the woods on our Spooky Haunted Trail! Not for the faint of heart. The Spooky Haunted Trail is suitable for ages 8 years and up. Come dressed to impress in your costume.

Ages: 3 yrs +
 Instructor: Jennifer Thorne, 343-4495
 Location: Goose Lake Park

Activity	Day	Time	Fee
62.03.05	F	4:30-6:30p	\$6/youth
Trick or Treat Trail (Ages 3 years +)			
66.03.04	F	6:45-8:30p	\$8/youth
Spooky Haunted Trail (Ages 8 years +)			

Special Events

November

15 TURKEY TROT

The feathers are flying and turkeys are running everywhere, but can you catch one? Win prizes if you can catch the right feather. Races start at 1:30, 2:00 and 2:30. Event is from 1:30-3:00pm.

Ages: 3-13years old

Instructor: Jennifer Thorne, 343-4495

Location: Russian Jack Golf Course

Activity	Day	Time	Fee
Race 1 3-5 years old			
63.03.06	Sa	1:30p	\$8
Race 2 6-9 years old			
66.03.05	Sa	2:00p	\$8
Race 3 10-13 years old			
66.03.06	Sa	2:30p	\$8

December

5 FLASHLIGHT CANDY CANE HUNT

Santa has hidden candy canes all around the park. Bring your flashlight and help us find them! You may even find a special candy cane with a prize winning ribbon. We will have two different sites for age groups. Enjoy hot cocoa after the hunt. For ages 3-12 yrs.

Ages: 2-13years old

Instructor: Jennifer Thorne, 343-4495

Location: Russian Jack Golf Course

Activity	Day	Time	Fee
62.03.06	F	6:00 p	\$8

6 FAMILY SKI DAY

Join recreation staff for a family ski day at Russian Jack Springs Park. Classic ski equipment is available to try out courtesy of Anchorage Parks and Recreation Outreach Ski program. Instructors will teach you the basics-how to get up when you've fallen down, walk, glide, turn and classic stride. Dress in layers and be ready for fun!

Ages: 6+

Location: Selkregg Chalet 343-6992

Contact: Margaret Timmerman 343-4217

Activity	Day	Time	Fee
42.93.01	Dec 6 Sa	12:30-3:30p	FREE

13 Gingerbread House/Holiday Carnival

Get into the holiday spirit with this fun event! Children can make and decorate gingerbread houses, do holiday crafts, have their picture taken with Santa, and even make a present for a friend, all in celebration of winter. Parents must stay with children. For ages 2+. Min 45

Ages: 2 years +

Jennifer Thorne, 343-4495

Location: Spenard Recreation Center, 343-4160

Activity	Day	Time	Fee
62.03.07	Sa	1:00-3:00p	\$10/child

Education & Special Interests

TRADITIONAL ENGLISH MORRIS DANCE

Learn Traditional English Folk Dances to live music. Classes will cover Cotswold and Border Style Morris Dances. Participants will dance figures in sets, with rhythmic sticking and energetic stepping. No partner required. Bring comfortable, non-marking indoor shoes. Youth ages 10-16 are welcome with a participating parent. Min 8/Max 20.

Ages: 17 yrs+

Instructor: Dawn Berg

Location: Fairview Recreation Center, 343-4130

Activity	Date	Day	Time	Fee
25.63.15	Sept 10- Oct 15	W	6:30-8p	\$40
25.63.16	Oct 22- Dec 17	W	6:30-8p	\$40



Education & Special Interests



DANCING BY MARIE

Wish you could dance? This new kind of dance lesson is just for YOU, the first time dancer, with teaching techniques that begin in your chair and comes with a promise that you'll be transformed! You will learn basic dance: 1 Ballroom, 1 Latin, and 1 Line. This course will help you overcome your fear of dancing, learn to listen, find the beat, develop rhythm and wow your friends. Drop ins welcome (\$15 per class), no partners are required.

Ages: 16+ Min 2/Max 6

Location: Selkregg Chalet 343-6992

Contact: Margaret Timmerman 343-4217

Activity	Date	Day	Time	Fee
31.93.04	Sep 6-27	Sa	5p-6p	\$48
31.93.05	Nov 1-22	Sa	5p-6p	\$48



ADULT AND PEDIATRIC FIRST AID/CPR/AED

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, and heat/cold emergencies. Participants will also learn how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. Pack a lunch/snack. Dress comfortably; preferably long pants.

Ages: 16 yrs + Min 5/Max 20

Instructor: Jennifer Thorne, 343-4495

Location: Spenard Community Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
25.73.08	Sept 13	Sa	9a-4p	\$110
25.73.09	Oct 11	Sa	9a-4p	\$110
25.73.10	Nov 22	Sa	9a-4p	\$110
25.73.11	Dec 6	Sa	9a-4p	\$110

GIRLS CIRCLE

Girls Circle is facilitated by the YWCA and is a place for girls to unite, build confidence, voice their ideas and express themselves in a friendly atmosphere. This is a drop in program.

Ages: 9-13 yrs Min 5/Max 13

Location: Fairview Recreation Center, 343-4130

Activity	Date	Day	Time	Fee
26.63.07	Sept 23- Dec 16	Tu	4-5p	Free

SCOTTISH COUNTRY DANCING

Come enjoy the traditional social dancing of Scotland to lively Celtic music. Beginners welcome, no partner necessary. For ages 12 yrs +. Min 8/Max 20

Ages: 12 yrs+

Instructor: Vivian Mendenhall, 345-7124

Location: Fairview Recreation Center, 343-4130

Activity	Date	Day	Time	Fee
26.63.09	Sep 29- Dec 8	M	7-8:30p	\$40

* no class on Nov 24th

Education & Special Interest

BABYSITTER'S TRAINING

This class will provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. The recommended age for this course is 11-15 years old. Pack a lunch/snack. Dress comfortable.

Ages: 11-15 year old Min 5/ Max 20

Instructor: Jennifer Thorne, 343-4495

Location: Spenard Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
26.73.12	Oct 17	F	9a-4:30p	\$65
26.73.13	Dec 19	F	9a-4:30p	\$65

NATIVE AMERICAN TWINED BASKET WEAVING

Use rattan reeds and learn techniques to weave a basket similar to those made by the Tlingit, Haida, and Aleut/Aluutiq cultures. A hand-out on natural dyes is always provided.

Ages: 13 yrs + Min 5/Max 15

Instructor: Dorrie Dean

Location: Fairview Recreation Center, 343-4130

Activity	Date	Day	Time	Fee
25.63.10	Oct 29	W	6-7:30p	See Below

* \$24 Youth/\$29 Adult - \$15 materials fee due to instructor on day of class

YUKON-KUSKOWKIM COILED BASKET WEAVING

Use modern materials and learn how to weave a coiled basket similar to those from the Yukon-Kuskokwim area of Alaska.

Ages: 13 yrs + Min 5/Max 15

Instructor: Dorrie Dean

Location: Fairview Recreation Center, 343-4130

Activity	Date	Day	Time	Fee
25.63.11	Nov 5	W	6-7:30p	See Below

* \$24 Youth/\$29 Adult - \$15 materials fee due to instructor on day of class

PINE NEEDLE BASKET WEAVING

Using a long-standing method traditional in the Southeastern U.S., learn how to weave a coiled basket using 10"-14" pine needles. The wooden base is pre-drilled for students.

Ages: 13 yrs + Min 5/Max 15

Instructor: Dorrie Dean

Location: Fairview Community Recreation Center, 343-4130

Activity	Date	Day	Time	Fee
25.63.12	Nov 12	W	6-7:30p	See Below

* \$29 Youth/\$36 Adult - \$20 materials fee due to instructor on day of class

Fitness & Health

KRIPALU YOGA

Kripalu Yoga is a meditative style of yoga which includes classical postures, breathing techniques, mediation, and relaxation to open the heart and promote harmony, strength, and flexibility in body, mind, and spirit. Bring two blankets and wear loose, comfortable clothing. Drop in price is \$14 per class.

Ages: 15 yrs + Min 7/Max 14

Instructor: Paula Saylor

Location: Fairview Recreation Center, 343-4130

Activity	Date	Day	Time	Fee
31.63.05	Sept 9-30	Tu	6-7:15p	\$57
31.63.06	Oct 7-28	Tu	6-7:15p	\$57
31.63.07	Nov 4-25	Tu	6-7:15p	\$46
31.63.08	Dec 2-16	Tu	6-7:15p	\$34



OPEN BADMINTON

Grab your racquet and drop in on some fun playing recreational badminton. All levels of players welcome. Bring your own racquets and shuttlecocks.

Ages: All

Location: Spenard Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
	May-Aug	Sa	12N-2:30p	\$5

*\$5 Drop-In

SPENARD BOXING

Learn the sweet science of boxing through a rounded regiment of proven techniques and strategies. Students will learn proper stance and balance for self-defense. A great cardio workout from beginners to advanced.

Ages: 13 yrs+

Instructor: Martin Arias

Location: Spenard Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
35.73.01	Sept 2-30	Tu	5-6:45p	See Below
35.73.02	Oct 7- 28	Tu	5-6:45p	See Below
35.73.03	Nov 4- 25	Tu	5-6:45p	See Below
35.73.04	Dec 2- 30	Tu	5-6:45p	See Below

*\$15/month or \$5 drop in, No class Nov 11

SENIOR TENNIS

Don't let the colder weather stop you from getting some great exercise in a fun environment. Round robin style play gives everyone a chance to rotate in and play. Wear non marking shoes. Pre-registration is not required.

Ages: 62 yrs +

Location: Fairview Recreation Center, 343-4130

Activity	Date	Day	Time	Fee
	Oct -Dec	M/Th	11a-12:30p	\$3

* \$3 drop in



YOGA FOR FUN AND FLEXIBILITY

This is a basic, general Hatha yoga class that will focus on poses, breathing, and relaxation techniques to promote strength and flexibility and reduce stress. Class is appropriate for beginners with no major injuries. Bring a yoga mat and wear loose, comfortable clothing. If you do not have a mat, contact the instructor to borrow one. Register for the entire session and save or drop in fee \$10 per class. Instructor: Lisa McGuire, MPH, RHT

Ages: 15 + Min 3/Max 12

Location: Selkregg Chalet 343-6992

Contact: Margaret Timmerman 343-4217

Activity	Date	Day	Time	Fee
31.93.01	Sep 11- Oct 16	Th	5:30-6:45p	\$48
31.93.02	Oct 23- Nov 20	Th	5:30-6:45p	\$40
31.93.03	Nov 25- Dec 30	Tu	5:30-6:45p	\$48

YOUTH TAEKWONDO AND HAPKIDO

Combined Taekwondo and Hapkido class for youth K-6. This class builds muscle strength, self esteem, increases coordination, and teaches self-defense. Hand and foot defensive techniques will also be taught.

Ages: K-6 Grade

Min 7/Max 15

Instructor: Colonel Ray Saft

Location: Spenard Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
36.73.01	Dec 4, 11, 18, 22	Th	4:30-6p	\$55

SHOTOKAN KARATE

Shotokan Karate focuses on self-defense, self-respect, and discipline. This exciting program promotes physical fitness, self confidence, and encourages positive self image. Beginners are always welcome!

Ages: 7 yrs +

Min 5/Max 15

Instructor: Charles Holness, Susan Jones, & Tina Racey

Location: Spenard Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
Adv	Ongoing	Tu	7-8p	See Below
Beg	Ongoing	W/F	5:30-6:30p	See below
Int	Ongoing	W/F	6:30-8p	See below

*\$20 Youth/\$45 Adults per month/Advanced

*\$20 Youth/\$35 Adults per month/Beg & Intermed

Preschool & Toddler/Camp

KARATE AND AIKIDO

Japan Marital Arts offers two complimentary styles: Karate and Aikido. Karate uses kicks, hand strikes, and soft blocks for defense. Aikido manipulates the opponent's force against himself. Students have the choice to pursue both styles simultaneously or focus on one. Family based classes where children and adults practice together focusing on self-defense.

Ages: 5 yrs + Min 5/Max 15

Instructor: Delfin Labrador Shihan

Location: Spenard Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
NA	Ongoing	M	7-8:30p	See below
NA	Ongoing	Th	7-8:30p	See below
NA	Ongoing	Sa	3:30-5:30p	See below

*\$35 Youth/\$45 Adults per month ** Saturday class is for Intermediate/ Advanced students

Preschool & Toddler

TODDLER TIME / KINDERGYM/ KINDER TIME

Let your toddlers and pre-schoolers play in an open, safe atmosphere at Spenard Recreation Center. We offer a variety of fun play equipment such as scooters, parachutes, hula hoops, jump ropes, and cage balls. Your young one can jump, climb, play, and enjoy while learning cooperative and socialization skills in a fun atmosphere. Parents must stay with children. Buy 9 get 1 free with a punch card. These are ongoing activities.

Ages: See Below Min 5/Max 55

Location: Spenard Community Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
Toddler Time (ages 0-3 yrs)				
		Tu/Th	10:30a-12p	See Below
Kinder Gym (ages 3-5 yrs)				
		W/F	10:30a-12p	See Below
Kinder Time (ages 0-5 yrs)				
		M	6-7:30p	See Below

*\$5 family (up to 4 children) \$1 each additional / \$45 punch card

* Groups are welcome

LITTLE ELVES WORKSHOP

We wish you a happy holiday season! This will be a fun time for your kids to get into the holiday spirit. We will be singing holiday music with Mr. Clay, decorating cookies, and making holiday crafts.

Ages: 2-5 years old Min 5/Max 20

Instructor: Jennifer Thorne, 343-4495

Location: Spenard Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
63.73.05	12/22	M	10:30-12p	\$5/child

Stories with Mr. Clay

Join Mr. Clay for stories, songs and movement at Selkregg Chalet. Story books take children on a reading adventure with delightful characters and beautiful pictures. Activities will include songs, movement and a craft to take home.

Ages: 2-5 Min 4/Max 20

Location: Selkregg Chalet 343-6992

Contact: Margaret Timmerman 343-4217

Activity	Date	Day	Time	Fee
53.93.01	Sep 17- Dec 17	W	11:15a-12p	\$1/child

Camp

WINTER VACATION CAMP

Anchorage Parks and Recreation is dedicated to offering school-aged children 6-12 years old a wonderful experience over the winter holiday break! Arts and crafts, sports, field trips, and other enrichment activities will be the focus. Come and join the fun!

Ages: 6-12

Min/15

Maximum 30

Instructor: Dorena Bingham

Location: Spenard Recreation Center, 343-4130

Activity	Date	Day	Time	Fee
76.73.01	Dec. 19	F	8a-4:30p	\$35
76.73.02	Dec. 22	M	8a-4:30p	\$35
76.73.03	Dec. 23	Tu	8a-4:30p	\$35
76.73.04	Dec. 26	F	8a-4:30p	\$35
76.73.05	Dec. 29	M	8a-4:30p	\$35
76.73.06	Dec. 30	Tu	8a-4:30p	\$35
76.73.07	Jan. 2	F	8a-4:30p	\$35

Outdoor Recreation

ARCHERY

Want to learn how to shoot a bow and arrow? Instructors from the Northwest Archers club will be offering their expertise Saturday mornings at the Kincaid Annex. All instructors are NASP certified. Northwest Archers will supply equipment for your use. All skill levels welcome. Parents must accompany children. Class will meet at Kincaid Annex, call for directions.
Instructors: Northwest Archers

Ages: 6+ Min 5/Max 75

Location: Kincaid Annex

Kincaid Outdoor Center 343-6397

Activity	Date	Day	Time	Fee
42.83.01	Oct 4- Nov 29	Sa	10:30a-12:30p	Free

MUNI MASTERS CROSS COUNTRY SKI PROGRAM

This ski program is for adults who wish to improve their physical condition, meet new ski partners, and improve their skate skiing skills. The Muni Masters program will cover skating techniques, training, personal goals and introduction to ski racing and tours. The Early Season is for beginners and intermediate skiers. The Regular Season T/Th group is designed for intermediate skate skiers. The Regular Season Wednesday group is designed for beginning skate skiers.

Ages: 18 + Min 10/Max 30

Location: Kincaid Outdoor Center 343-6397

Contact: Margaret Timmerman 343-4217

Activity	Date	Day	Time	Fee
41.83.83	Nov 17- Dec 8	M	7-8:30p	\$45
41.81.84	Jan 6- Feb 26	Tu/Th	7-8:30p	\$160
41.81.85	Jan 7- Feb 25	W	6:30-7:30p	\$80

LITTLE NORDIC SKI CLUB

Open to children to learn to cross country ski. No experience is necessary. Choose evening OR Saturday practice. Practice locations may change according to snow/weather conditions. Skiers need to provide their own equipment. Parent meetings are held during the first meeting of the session. Parents are encouraged to ski with Little Nordic. Children must be 4 years old at the start of the session.

Ages: 4-5 Min 5/Max 30

Location: Kincaid Outdoor Center, 343-6397

Contact: Margaret Timmerman, 343-4217

Activity	Date	Day	Time	Fee
43.83.86	Nov 18- Jan 6	Tu	6-7p	\$50
43.83.87	Nov 15- Jan 3	Sa	1-2 p	\$50
43.81.89	Jan 13- Mar 3	Tu	6-7p	\$50
43.81.90	Jan 17- Mar 7	Sa	1-2p	\$50

BONNY SOSA TUESDAY NIGHT RACES

Be prepared for chills, thrills, and spills. For many Anchorage families, the Bonny Sosa Tuesday Night Race Series is a fall family tradition. These fun runs are like no other in Anchorage. Come rain, snow, sleet, hail or wind, these races are rarely cancelled. Whether you are a competitive runner or just want to get out and see a new trail or meet new friends, this is the event for you. Three separate race courses are set each week at a different location around town. Local runners often volunteer as guest course setters and some have gained a reputation of setting unique routes. While the Munchkin and Farm Leagues usually stay on heavily used trails, the Lightning League is a different story. Lightning courses have been known to follow narrow game trails, cross streams, and slog through swamps. The race course will be revealed to no one until just prior to the start.

Ages: All ages

Location: Varies

Contact: Margaret Timmerman 343-4217,
Kincaid 343-6397

Activity	Date	Day	Time	Fee
Varies	Sept 9 - Nov 4	Tu	6:30-8:15p	Varies

* Races begin promptly at 6:30p! See website for more info at www.muni.org/parks/tuesday.cfm



Outdoor Recreation

Beginning Adult Classic Ski Lessons

Beginning students learn to diagonal stride, stop, turn, use poles, climb hills and move over varied terrain. Other topics include proper clothing and equipment and waxing for conditions. This is taught as a 4 lesson series for those who would like more practice with an instructor.

M/W 6:30-8:00p \$80/Session
 41.83.01 Kincaid..Nov 24, 26, Dec 1, 3
 41.83.02 Kincaid.....Dec 8, 10, 15, 17
 41.81.03 Kincaid.....Jan 5, 7, 12, 14
 41.81.04 Kincaid.....Jan 21, 26, 28*
 41.81.05 Kincaid.....Feb 2, 4, 9, 11
 41.81.06 Kincaid.....Feb 18, 23, 25*
 41.81.07 Kincaid.....Mar 2, 4, 9, 11
 *Monday Holiday-prorated to 60.00 for 3 day class

Tu/Th 6:30-8:00p \$80/Session
 43.93.08 Russian Jack..Dec 2, 4, 9, 11
 43.83.09 Kincaid.....Dec 2, 4, 9, 11
 43.93.10 Russian Jack.....Dec 16, 18*
 43.83.11 Kincaid.....Dec 16, 18 *
 41.93.12 Russian Jack..Jan 6, 8, 13, 15
 41.83.13 Kincaid.....Jan 6, 8, 13, 15
 41.93.14 Russian Jack..Jan 20,22,27,29
 41.83.15 Kincaid.....Jan 20, 22, 27, 29
 41.93.16 Russian Jack..Feb 3, 5, 10, 12
 41.83.17 Kincaid.....Feb 3, 5, 10, 12
 41.93.18 Russian Jack..Feb 17,19,24,26
 41.83.19 Kincaid....Feb 17, 19, 24, 26
 41.93.20 Russian Jack..Mar 3, 5, 10, 12
 41.83.21 Kincaid.....Mar 3, 5, 10, 12
 *Holiday prorated to \$40.00

Sa 10:30a-12:00p \$40/Session
 Try this 2 lesson series for those who want to learn the basics and have limited time.

43.93.22 Russian Jack.....Dec 6, 13
 43.93.23 Russian Jack.....Dec 20, 27
 41.93.24 Russian Jack.....Jan 3, 10
 41.93.25 Russian Jack.....Jan 17, 24
 41.93.26 Russian Jack....Jan 31, Feb 7
 41.93.27 Russian Jack.....Feb 14, 21

Beginning Adult Skate Ski Lessons

Beginning skate ski lessons teach you how to glide, stop, climb hills, poling, v-skating and diagonal skating techniques. Waxing, equipment and appropriate clothing will also be covered.

F 6:30-8:00p \$25
 43.83.28 Kincaid.....Dec 5
 43.93.29 Russian Jack.....Dec 12
 43.83.30 Kincaid.....Dec 19
 43.83.31 Kincaid.....Dec 26
 41.83.32 Kincaid.....Jan 2
 41.83.33 Kincaid.....Jan 9
 41.83.34 Kincaid.....Jan 16
 41.83.35 Kincaid.....Jan 23
 41.83.36 Kincaid.....Jan 30
 41.83.37 Kincaid.....Feb 6
 41.83.38 Kincaid.....Feb 13
 41.83.39 Kincaid.....Feb 20
 41.83.40 Kincaid.....Feb 27

Sa 1:30-3:00p \$25
 41.83.41 Kincaid.....Dec 6
 41.93.42 Russian Jack.....Dec 13
 41.93.43 Russian Jack.....Dec 20
 41.83.44 Kincaid.....Jan 3
 41.83.45 Kincaid.....Jan 10
 41.83.46 Kincaid.....Jan 17
 41.83.47 Russian Jack.....Jan 24
 41.83.48 Kincaid.....Jan 31
 41.93.49 Kincaid.....Feb 7
 41.93.50 Russian Jack.....Feb 21
 41.93.51 Russian Jack.....Feb 28

Intermediate Adult Skate Ski Lessons

Intermediate skate lessons teach marathon skating, V-1, V-2, and blending various techniques to move efficiently over a variety of terrain. Previous skate experience or beginning skate ski lessons are required for this program.

Th 6:30-8:00p \$25
 43.83.52 Kincaid.....Dec 4
 43.83.53 Kincaid.....Dec 18
 41.83.54 Kincaid.....Jan 8
 41.83.55 Kincaid.....Jan 22
 41.83.56 Kincaid.....Feb 5
 41.83.57 Kincaid.....Feb 19

Children's Cross Country Ski Lessons

Beginning Classical Ski
 Learn to walk, glide, climb hills, turn classic stride, and use your ski poles. Proper equipment care and clothing are also covered.

Sa 12:30-1:30p Ages 6-8
\$7.50 without ski rental each
\$10 with ski rental each

46.93.58 Russian Jack.....Dec 13
 46.93.59 Russian Jack.....Dec 20
 46.93.60 Russian Jack.....Dec 27
 46.93.61 Russian Jack.....Jan 3
 46.91.62 Russian Jack.....Jan 10
 46.91.63 Russian Jack.....Jan 17
 46.91.64 Russian Jack.....Jan 24
 46.91.65 Russian Jack.....Jan 31
 46.91.66 Russian Jack.....Feb 7
 46.91.67 Russian Jack.....Feb 14
 46.91.68 Russian Jack.....Feb 21
 46.91.69 Russian Jack.....Mar 7
 46.91.70 Russian Jack.....Mar 14

Sa 2-3p Ages 9-12
\$7.50 without ski rental each
\$10 with ski rental each

46.93.71 Russian Jack.....Dec 13
 46.93.72 Russian Jack.....Dec 20
 46.93.73 Russian Jack.....Dec 27
 46.93.74 Russian Jack.....Jan 3
 46.91.75 Russian Jack.....Jan 10
 46.91.76 Russian Jack.....Jan 17
 46.91.77 Russian Jack.....Jan 24
 46.91.78 Russian Jack.....Jan 31
 46.91.79 Russian Jack.....Feb 7
 46.91.80 Russian Jack.....Feb 14
 46.91.81 Russian Jack.....Mar 7
 46.91.82 Russian Jack.....Mar 14



Pool Admission Fees

	Single Admission	Pass 10 punch	Monthly Pass				
			1	2	3	6	12
Adult (19-61 yrs)	\$5	\$45	\$55	\$105	\$150	\$280	\$525
Youth (4-18 yrs) / Senior Citizen (62 & older) / Disabled	\$3	\$27	\$40	\$ 75	\$110	\$205	\$385
Toddler (0-3 yrs)	\$1						
Slide at West Pool							
Kayaking	\$15						

Fees are per person. Kids under 7 must be accompanied in the water with a paying adult.



General Information

The Municipality of Anchorage provides six indoor recreational and fitness pools, 5 in the Anchorage Bowl and 1 in Chugiak. Each pool offers a wide variety of programs such as open swim, lap swim, swim lessons, swim teams, special events and water aerobics. See pages 12-13 for program details.

Occasionally a pool may close or have limited operating hours due to repairs, maintenance, or special events. When possible, the times and dates will be posted in advance to inform you of the closure. For up-to-date changes call the Swim Information Line at 343-4402 or visit www.muni.org/Departments/parks/Pages/Pools.aspx

Pools Closures

September	1	Labor Day
October	31	(West & East) will be closed for ALL evening programs
November	11	Veterans' Day
November	27, 28	Thanksgiving Holiday
December	24	(West & East) closed after 3 p
December	25	Christmas
December	31	(West & East) closed after 3 p
January	1	New Years' Day



Dimond Pool

343-4508
2909 W 88th Avenue

Chugiak Pool

343-4507
16525 South Birchwood Loop

East Pool

343-4502
4025 E 20th Avenue

Service Pool

343-4509
5577 Abbott Road

Bartlett Pool

343-6981
25-500 Muldoon Road

West Pool

343-6981
1700 Hillcrest Drive

Aquatics

Dimond Pool



Lap Swim	Punch card or pass required*	
M-F*	5:30-7:30a	
M-Th	6:30-7:30p	
Sa (Starting 9/13)	11:15a-2:15p	
Open Swim		
M-Th	7:30-9p	
F (Starting 11/14)	6-7:30p	
Sa (Starting 9/13)	2:30-4p	
Water Aerobics		
M-Th	6:10-7:10p	
ASD		
M-Th	2:30-4:30p	
Fri swim meet	3:30-7:30p	
Home School		
M/W (Starting 9/8)	12-1:30p	

Dimond Swim Lesson Schedule

Municipal swim lessons are 30 minute classes on M/W & Tu/Th from 4:30-7:30p or Sat from 11:15a-2:15p. Call or bring your child to an open swim for an evaluation and lesson placement.

Dates	Days	Fee
Sept 8-24	M/W	\$57
Oct 6-22	M/W	\$57
Nov 3-19	M/W	\$57
Dec 1-17	M/W	\$57
Sept 9-25	Tu/Th	\$57
Oct 7-23	Tu/Th	\$57
Nov 4-20	Tu/Th	\$48
Dec 2-18	Tu/Th	\$57
Sept 13-27	Sa	\$36
Oct 4-25	Sa	\$48
Nov 1-22	Sa	\$48
Dec 6-20	Sa	\$36

East Pool

Evening Lap Swim (2-3 lanes)
M-F 5-7p

Evening Open Swim
Tu/F 7-8:30p \$2 swim
Th 7-8:30p \$5 Adult/\$3 Youth
Winter Break M/W/F 1:30p - 3p Dec 22 - Jan 2

Water Aerobics
M/W 6-7p
F 5:30-6:30p

Spring Board Diving
Tu/Th 5:30-7p
Arctic Dive Club Coach Laine Adkins 230-0648 or
arcticdc@gmail.com or on the web at www.arcticdc.com

Home School Lessons (15 classes/\$142.50)
Tu Sept 2 - Dec 16 12p-1:30p
Wed Sep 3 - Dec 17 12p-1:30p
Th Sep 4 - Dec 18 12p-1:30p

East Swim Lesson Schedule

Municipal swim lessons are 30 minute classes between 5 pm - 7 pm, 3 week sessions for \$57

Dates	Days	Fee
Sept 8-24	M/W	\$57
Oct 6-22	M/W	\$57
Nov 3-19	M/W	\$57
Dec 1-17	M/W	\$57
Sept 9-25	Tu/Th	\$57
Oct 7-23	Tu/Th	\$57
Nov 4-20*	Tu/Th	\$47.50
Dec 2-18	Tu/Th	\$48

*No class on Nov 11th

Fri Lessons are 40 minutes/3 weeks for \$38, 4:30 - 5:10 pm, 5:10 - 5:50 pm, and 5:50 - 6:30 pm

Family Open Swim on Mondays 7 – 8:30 pm
Bring your family over for some fun splash time at East Pool. \$2/each, kids must be accompanied by their parent or guardian in the water.

West Pool

Lap Swim

Punch card or pass required*

M-F*	5:30-7:00a
M-F*	6:30-7:30p
M-F*	11a-12:30p
Sa	10a-11a
Su	6:30p-7:30p

Senior Lap Swim

Sa	11:00a-12p
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Open Swim

Tu-F	7:30p-9p
Sa	1:30p-3p
Su	2:00p-3:30p & 5p-6:30p



West Swim Lessons

Alaska Swim America lessons

Tue/Thu or Mon/Wed 4:30-6:30

Call 258-Swim for session schedule and availability

Parent and Me Open Swim

Parent and Me Opens Swims are available for families with young children. (Three and Under) Parents must accompany their children in the water. Space is limited as it is shared with our evening and Mid-day lap swim. The slide and diving boards are not available during this swim.

There is No Parent and Me Swim on Saturdays.

Rentals

Mon	7:30 pm - 9:00 pm
Sat	12:15 pm - 1:15 pm
	3:15 pm - 7:45 pm
Sun	11:00 am - 2:00 pm, 3:45-4:45pm

Rentals are typically 1 hour in Pool with an hour in the Party room to follow. Longer Rentals are available as well as other times not listed. Party room rentals are available.

Please call for availability

Service Pool

ASD High School practices begin August 11th - November 8th. Practices are held Monday - Thursday 2:30 pm - 7:30 pm. Swim meets on Fridays from 3 pm - 7 pm.

For Private Rentals or ASD school rental availability, contact Caleb Thomas at ThomasSC@muni.org.

Bartlett Pool

ASD High School Practices/Meets

M-F	2:30 pm - 4:30 pm
F Meets	3:00 pm - 7:00 pm
	8/29, 9/5, 9/12, 9/19, 10/10, 10/17
Weekend Meets	Time TBA
	8/23, 9/27, 10/30 - 11/1, 11/7- 11/8

Evening Lap Swim

M-Th	5:00 pm - 7:00 pm
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KNIK Practices

M-F	5:00 pm - 7:00 pm
Sa	8:00 am - 10:00 am

Contact: knikswimclub@gmail.com for information on joining the team!



Spenard Recreation Center



Amenities

Gymnasium: College size (wood floor) basketball court that can also be used for volleyball, soccer and badminton.

Weight Room: Free weights, treadmills and a variety of weight machines.

For ages 18 yrs +

Racquetball Courts: Two regulation size racquetball courts. Wallyball is also available upon request.

Meeting Rooms: Two meeting rooms, both with state of the art audio visual equipment, one of which has an adjoining commercial kitchen.

Men's and Women's

Locker Rooms: Showers

Dance/Martial Arts Room: Mirrored wall with ballet bar.

Teen Room: Billiards, table tennis, foosball and wireless internet available.

Skate Park

Our Skate Park features grind boxes w/grind rails, a flat kinked grind rail, skate table and jump ramp, 2 quarter pipes, 3-sided pyramid w/ stairs/grind ledge/kinked rail, mini half pipe combination, and a custom curved grind rail.

(Winter closure based on weather conditions)

Rental Information

Spenard Community Recreation Center rents out each of its rooms to private groups for special events. Our meeting rooms are great for business, seminars or birthday parties. The gym can accommodate anything from a volleyball team to a regional basketball tournament. Our dance/martial arts studio is perfect for yoga, boxing, aerobics and dance movements of all types. Please call for more information on rates and reservation procedures.

Facility Programs

Please call or stop by the Recreation Center front office for a complete listing of programs, activities, registration procedures and costs.

Spenard Class Listing: Japanese Martial Arts, Kindergym, Toddler Time, Shotokan Karate, Boxing, and sports events.

Do you want a new program, or have an idea for one? Call Jennifer Thorne at 343-4495.

2020 W 48th Avenue

343-4160 (ph)

248-0859 (fax)

Recreation Superintendent

Teri Desy 343-4297

Recreation Programmer

Jennifer Thorne 343-4495

Hours of Operation

Monday–Friday 10a–9p

Saturday 12N–9p, Sunday 12N–5p

Holiday Hours/Closures:

Sept 1	Labor Day	12-5p
Nov 11	Veteran's Day	12-5p
Nov 27	Thanksgiving	Closed
Nov 28	Day after	12-5p
Dec 24	Christmas Eve	10-5p
Dec 25	Christmas Day	Closed
Dec 31	New Years Eve	10a-5p

Facilities

Spenard Community Recreation Center offers a wide range of fitness classes, sports activities, programs and special events which augment a superb schedule of year round leisure services and recreation for the community.

ACTIVITY FEES

Adult (18 yrs +)	\$3
Punch Card Adult	\$40/15 visits
Youth (11 & under)*	Free
Teen (12-17 yrs)	\$1
Punch Card Teen	\$12/15 visits
Racquetball	\$8/person/hour
Punch Card Racquetball	\$45/7 visits
	\$90/15 visits

Children under 12 must have adult supervision. Facility admission allows access to all amenities, except where additional fees are noted or if an organized class is in session.

Fairview Recreation Center

1121 East 10th Avenue
343-4130
343-6049 (fax)
Recreation Superintendent
Teri Desy 343-4297
Recreation Supervisor
Dorena Bingham, 343-4368
Assistant Facility Manager
Jessie Haynes 343-4138

Hours of Operation
Monday-Friday 11a-9p
Saturday 12N-5p, Sunday 10a-3p

Holiday Hours/Closures:

Sept 1	Labor Day	12-5p
Nov 11	Veteran's Day	12-5p
Nov 27	Thanksgiving	Closed
Nov 28	Day after	12-5p
Dec 24	Christmas Eve	12-5p
Dec 25	Christmas Day	Closed
Dec 31	New Years Eve	10a-5p

Facilities

Fairview Community Recreation Center has something for everyone! The center has a newly remodeled official-size gym, youth gym, fitness center, youth/teen center, and a variety of community-enriching classes. Check us out and see what we have to offer you and your family.

ACTIVITY FEES

Adults (18+)	\$3
Punch Card Adult	\$40/15 visits
Disabled Adult	\$3
Teen (12-17 Yrs)	\$1
Punch Card Teen	\$12/15 visits
Youth (11 & under)*	Free

Children under 12 must have adult supervision.

Facility admission allows access to all amenities, except where additional fees are noted or if an organized class is in session.



Amenities

Main Gym: Newly remodeled college size basketball court that can also be used for tennis, volleyball, indoor soccer, and private parties. It has seating for over 200 spectators.

Youth Gym: Smaller gym for youth team practices or parties.

Game Room: Billiards, table tennis, foosball and air hockey.

Weight Room: Free weights, wide variety of weight machines, treadmills, and exercise bicycles. For ages 18 yrs.+

Men's and Women's Locker Rooms (Newly remodeled!): Sauna and showers.

Dance/Martial Arts Studio: mirrored wall, ballet bar and access to tumbling mats.

Arts and Crafts Studio: professional pottery throwing wheels, a limited number of ceramic molds, and commercial firing kilns.

Meeting Room: Conference room with adjoining commercial kitchen is available for large meetings, luncheons, receptions, and seminars (up to 130 people).

Rental Information

Fairview Community Recreation Center rents out each of its rooms to private groups for special events. Our meeting rooms are great for business seminars or birthday parties. The main gym can accommodate anything from a volleyball team practice to a regional basketball tournament. Our dance studio is the perfect setting for a private dance lesson or martial arts seminar. Please call for information on rates and reservation procedures.

Facility Programs

Please call or stop by the Recreation Center front desk for a complete listing of programs, activities, registration procedures and costs.

Programs for Children & Teens
Girls Circle, Kid's Kitchen, Youth In-Service and Holiday Field Trips and Activities.

Programs for Adults
Adult Lunch Hour Pickup Basketball, Kripula Yoga, and English Morris Dance

Programs for Seniors
Senior Volleyball, Senior Tennis
Pro Bono Legal Clinics
Call for clinic schedules

Lidia Selkregg Chalet

**1600 Lidia Selkregg Lane
343-6692 (ph) 332-1676 (fax)**

**Recreation Superintendent
Scott O'Brien 343-4475**

**Assistant Facility Manager
Roger Besh 343-6992**

**Recreation Programmer
Margaret Timmerman 343-4217**

**Hours of Operation
Monday-Friday 11a-8p
Saturday 9:30-7p, Sunday 11a-7p**

**Russian Jack Springs Park Hours
Monday-Sunday 7a-11p**

Holiday Hours/Closures:

Sept 1	Labor Day	Closed
Nov 11	Veteran's Day	12-5p
Nov 27-28	Thanksgiving	Closed
Dec 24	Christmas Eve	12-5p
Dec 25	Christmas Day	Closed

Mann Leiser Memorial Greenhouse

Open M-F 8a-3:30p, closed on recognized holidays. Rentals are \$150 for all special events (20-25 participants), No evening or after hours events. Contact 343-4717 for availability.

Municipal Greenhouses are open for self-guided tours, weddings and other special occasions. You will find an aviary, small fish pond and park benches, as well as a large variety of tropical plants.

Program Listing

Children's and adult ski lessons, youth programs, special interests including yoga and dance.



Selkregg Chalet

Dr. Lidia Selkregg Chalet located in the beautiful 300 acre Russian Jack Springs Park. You can experience beautiful panoramic mountain views, city lights, forest settings, a beautiful 9 hole golf course, bike/hiking trails and lighted ski trails, a train museum near by and the Municipal Green House Complex. This quaint chalet is an ideal place for meetings, parties, weddings, receptions, seminars and special events.

The park includes the Mann Leiser Memorial Greenhouse within the Municipal Greenhouse Complex, Cartee and Russian Jack Springs Softball Complexes, 2 soccer/multi use fields, the Girls Scouts Day Camp, picnic/playground area, a 9 hole golf course, an off leash dog area, and model train museum - all laced with nine miles of bike and lighted ski trails.

Rentals

The main room can accommodate up to 56 people seated with tables/chairs and 75 people theater type seating. The chalet also has a kitchenette for your rental to use.

ROOM RENTAL FEE:

- * Main Room -- \$50/hr. 900 sq. ft. (includes kitchenette)
- * Lower Room -- \$20/hr. 460 sq .ft.
- * Outside Adjacent to the Chalet area 0-4 hrs \$65/4-8 hrs \$85
- * Alcohol Waiver--\$264 + room rental (Insurance required)
- * Before or After normal operating hours- additional \$30/hr

To apply for a rental, forward a completed Lidia Selkregg Chalet rental packet to Parks & Recreation, Attn: Lidia Selkregg Chalet, P.O. Box 196650, Anchorage, AK 99519-6650 or fax requests to (907) 332-1676.

Russian Jack Springs Golf Course

Russian Jack Springs Golf Course
1600 Lidia Selkregg Lane
343-6992 for tee times
332-1676 (Fax)

GOLF COURSE HOURS
Monday - Friday 9a – 8p
Saturday - Sunday 9a – 7p

Just a 15 minute drive from downtown Anchorage, Russian Jack Springs Golf Course offers an excellent opportunity for vacationers, those just getting off of work and those wanting to play a few short rounds of golf.

Due to popular demand the golf course will be open to disc golf enthusiasts. Enjoy the wide open and long fairways! Call for tee times and prices. Members of the Anchorage Disc Golf Association will receive \$3 off daily green fees. Must show valid ADGA membership along with picture ID.

The Executive nine-hole golf course features artificial greens, wooded fairways, beautiful scenery that includes the peaks of the Chugach and Alaska ranges plus the surrounding greenery and city skyline, comfortable chalet for between rounds, surrounding attractions such as the municipal greenhouse, the natural springs, bike trails and picnic areas, golf club and pull cart rentals

Golf & Disc Golf Fees

GREEN FEES	
Individual (all ages)	\$8
8 PLAY MEMBERSHIP CARD	
Per Card	\$50
SEASON PASS	
Individual	\$130
Family (4 members)	\$250
RENTAL EQUIPMENT	
Pull Golf Carts	\$5
Golf Clubs	\$7

Centennial Campground

Centennial Campground
8400 Starview Drive
343-6986
337-0158 (Fax)

OFFICE HOURS
Monday - Sunday 7a – 8p
Campground Open
May 23- October 15 (tentatively)

The Municipality Of Anchorage offers rustic camping opportunities right in your own back yard, during the summer months, for residents and out of town guests alike. Centennial Campground offers 104 camp sites (6 are pull-through); Sites 1 - 21 RV only w/electricity, 67 RV/ tent sites w/o electricity, 16 grassy tent sites, and 2 group sites. Amenities include WiFi and bathrooms with flushing toilets and hot showers. 14 night stay limit. Group rates are available - Please call for details.

Come out and enjoy the wilderness experience right in town, less than 15 minutes from downtown Anchorage. Centennial is close to hiking trails, bus lines, restaurants, shopping and other recreational activities.

For a list of park rules, visit www.muni.org/parks

Rates

Camping	\$25 per night / \$35 w/electricity
RV Dump site	Free for Centennial campers \$10 Non-Centennial campers
Firewood	\$6 per bundle
Showers	Free for Centennial campers \$5 for Non-Centennial campers



Kincaid Outdoor Center

**9401 Raspberry Road
343-6397 (ph) 248-3780 (fax)**

**Recreation Superintendent
Scott O'Brien 343-4475**

**Facility Manager
Brad Cooke 343-6566**

kincaid@muni.org

**Hours of Operation
Monday–Saturday 12N–8:30p
Sunday 12N-5p**

Holiday Hours/Closures:

Sept 1	Labor Day	Closed
Nov 11	Veteran's Day	12-5p
Nov 27-28	Thanksgiving	Closed
Dec 24	Christmas Eve	12-5p
Dec 25	Christmas Day	Closed

Kincaid Park Hours

Raspberry Road Gates: 10a-10p, M-Su

Jodhpur Gate: 10a-9p, M-Su

Raspberry Road Parking Lot: 10a-11p M-Su

Motorcross: 10a-8:30p W-Su. Closed M/Tu (Closes for the season November 1st)

Kincaid Program Listing

Muni Masters ski lessons, Little Nordic lessons, classic and skate ski lessons, archery.



Kincaid Outdoor Center Rental Information

Kincaid Park is situated among 1,400 acres of rolling, forested hills and beautiful scenery...a spectacular view of Mt. Susitna across Cook Inlet; Fire Island to the Southwest; both Mt. Denali and Mt. Foraker to the north; and arguably, the best sunsets in Anchorage! Many species of wildlife roam free within the park.

Parks & Recreation offers two facilities to rent for indoor functions surrounded by spacious parks and trails, Kincaid Outdoor Center and Lidia Selkregg Chalet. Year-round activities could include meetings, parties, weddings, receptions, seminars and special events.

Over 25 major events have been held in the park, including: national level competitions for the selection of the U.S. Olympic Teams for X-C skiing and for Special Olympics; Alaska Ski for Women, the largest women-only ski race in the country; the National Masters X-C Skiing Championships; and the NCAA National X-C Skiing Championships. The 60km of interwoven trails, of which nearly 20km are lighted, play host to four seasons of biking, hiking, biathlon, triathlon, walking, running, and skiing activities and competitions. Access to the Coastal Trail is within yards of the Outdoor Center.

Notices

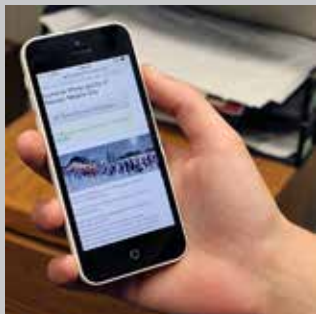
Archery Range is maintained by Northwest Archers Association. Contact them @ www.northwestarchers.com.

Disc Golf Course is maintained by Anchorage Disc Golf Association. Contact them @ www.alaskadiscgolf.com.

Single Track Bike Trails are maintained by Single Track Advocates. Contact them @ www.singletrackadvocates.blogspot.com.



Program Registration



Setup an ActiveNet Account

Step 1: Go to www.muni.org/Active and create an account. We encourage you to do this yourself. If you need assistance, e-mail: registration@muni.org, call or stop by one of our registration sites.

Step 2: After creating your account, you are ready to register for classes. Class numbers are 6 digits and are located in front of each class date.

Step 3: Register! There are 3 ways to register for your selected classes.



Register Online

Get immediate confirmation of payment, class registration, class schedules - and all from the comfort of home. If you have questions about this process, call any one of the recreation facilities and staff can walk you through the process.

Register online at:
www.muni.org/Active

Please be aware that ActiveNet assesses a non refundable convenience fee for this service, and a valid e-mail address is required.



Register in Person

Bring your registration form to a facility where staff can help you. We encourage you to create an account online at www.muni.org/Active before registering. This will help to speed your registration process and ensure correct information. You may make payment by check, cash,

money order or credit card (MasterCard or Visa only).



Register by Phone

Call one of the four recreation facilities in Anchorage to register for a class. Staff can take your information over the phone and process payment as well.

To register with a credit card by phone, please have your class information and credit card ready. We encourage you to have your online account created prior to calling to speed your registration process and to ensure correct information.

Fairview Recreation Center
1121 E 10th Ave
343-4130

Spenard Recreation Center
2020 W 48th Ave
343-4160

Lidia Selkregg Chalet
1600 Lidia Selkregg Lane
343-6992

Kincaid Outdoor Center
9401 W Raspberry Road
343-6397



2014 SCHEDULE

SEPT 9 - Kincaid Park

SEPT 16 - Kincaid Park

SEPT 23 - Tozier Track

SEPT 30 - East High

OCT 7 - Cartee Fields

OCT 14 - Service High

OCT 21 - Service High

OCT 28 - Kincaid Park,
Costume Run

NOV 4 - Kincaid Park,
Awards Celebration Potluck
Bring your favorite dessert!

TUESDAY NIGHT RACES

The BONNY SOSA TUESDAY NIGHT RACE SERIES is an Anchorage family tradition. These fun runs are like no other in Anchorage. Come join us and run through the seasons!

Registration:

Check-in from 5:30 to 6:15pm

Races start 6:30pm

Race locations are subject to change. For more information visit our Facebook page Anchorage Parks & Recreation or www.muni.org/Departments/parks/Pages/TuesdayNightRaces.aspx

Register on-line at www.muni.org/Active

RACE DIVISION

Munchkin League
Farm League
Lightning League

DISTANCE

1-5K
3-10K
4-12K

CLASS

Kids & Kids at Heart
Recreational Runners
Competitive Runners

Be green,
save money,
register online.



@ANCgreenparks

HEALTHY SPONSORS
Munchkin League by Children's Hospital at Providence
Farm League by Movin 105.7
Lightning League by Skinny Raven Sports
Trails by RSA Engineering.