

FREE PROGRAMS

Archery FREE
Saturday Jun 7-Jul 11 10:30-12:30
No class on July 4
Instructor: Northwest Archers
SW Park District, 343-6397

Want to learn how to shoot a bow and arrow? Enthusiasts from the Northwest Archers club will be offering their expertise Saturday mornings at the Kincaid Archery Range. Limited equipment available for use. All skill levels welcome. Class will meet at Kincaid archery range, call for directions. If bad weather, class will meet in wax bunker at Kincaid. For ages 8 yrs +. Min 10/Max 30

Skyhoundz Canine Frisbee Championships FREE
Sunday Jun 7 12-4p
Delaney Park Strip Soccer Field
C.B. Stewart, 343-4040

Exciting paw to paw competition as dogs take to the air to find out who is the true Frisbee champion. It's an event where you have to have a dog to compete. www.muni.org/parks/frisbee. For all ages. Max 50.

Parent and Me Walks Free
Wednesday May 20-Aug 12 11:00a-12:00p
Various Parks
Margaret Timmerman 343-4217

Mommies, Daddies and children are invited to learn the trail systems in Anchorage with Parks and Recreation staff. This is a great time to meet with other parents who and children who have similar interests as your family. Trail strollers and backpacks are welcome. Please request a schedule for locations. For parents and children.

Min 4/Max 20

Volunteer! FREE
M/W 1p-4p
Session I Jun 8-17
Session II Jun 22-Jul 1
Session III Jul 6- 15
Session IV Jul 20-29
Session V Aug 3-12
Spenard Recreation Center
Rebecca Simcox, Simcoxra@muni.org

A great summer opportunity for teens to give back to their community, gain skills, & beef up that resume. Volunteers will be working at various parks and with organizations all over Anchorage, learning about volunteer opportunities in a supervised environment. For ages 12-16 yrs. Min 5/ Max 13

Park Book Blast FREE
Sat June 20 1-3pm
July 18 1-3pm
Aug 22 1-3pm

Locations: TBD
Abbey Harding, 343-4121
hardingas@muni.org

Enjoy the reading of a classic children's story book followed by an arts & crafts activity in your favorite neighborhood park! Each child goes home with their own copy of a book!

Summer Sports Sampler FREE

W Jun 10-July 15 1-3p

Dave Rose Park

NE District, 343-6992

Do you love watching pro-football and basketball on T.V.? Get outdoors and play them! Spend an afternoon with local experts, high school varsity athletes, learning the basics and playing your favorite sports. Ages 7-13 yrs. Min 5

Story Time with the Flowers FREE

W May 6 – Aug 26 10:30-11:15a

Mann Leiser Memorial Greenhouse

Andrea Koesters, 343-4247

“You can learn a lot of things from the flowers,” -Alice in the Wonderland. Grab your favorite book and a blanket for story time, followed by arts and crafts at the greenhouse. Ages 2-5 yrs.

Stories at the Playground FREE

Th May 21-Jun 18 2-2:30p

David Green Park

Th Jun 25-Jul 16 2-2:30p

Windsong Park

Th Jul 23-Aug 13 2-2:30p

Tikishla Park

Jen Thorne, 343-4247

Bring your tot to hear stories read by Miss Jen while taking in the view at the wonders of your local parks. Pre-registration encouraged. Ages 2-5 yrs.

National Night Out FREE

Tu Aug 4 5-8p

Lidia Selkregg Chalet

NE District, 343-6992

This nationally celebrated event focuses on heightening community awareness of drug and crime prevention. Join our local heroes in blue for fun games, safety education, self-defense demonstrations, and refreshments. Donate non-perishable food items, which will benefit Alaska Food Bank, to be eligible to win great raffle prizes. All ages.

Sand Castle Beach Party FREE

F June 19 12:30-3:30p

Goose Lake

NE Park District 343-6992

Summer is really here! Get out in the fun and get crazy with volleyball, Frisbee, Super Soakers, and a sand castle building contest! Anchorage Sand & Gravel is donating a special truck load of sand just for this event. Bring a beach towel, sunscreen and picnic lunch for a day of family fun and summer entertainment. Beach toys, including your Super Soaker, are encouraged. For families of

Walk-4-Well Being FREE

Tu May 26-Aug 25 6-7p

Kincaid Outdoor Center

SW Park District, 343-6397

Do you want to enjoy the trails at a relaxed pace? We encourage you to join us as we explore Kincaid's trail system. We will also divulge all of our local information about local wildlife and history of the park. For ages 12 yrs +.

LOW COST

Yoga \$10 class/\$65 for 8classes

T May 12-Jun 30 6:30-7:30p

Kincaid Outdoor Center

Instructor: Beverly Churchill

SW Park District, 343-6397

Looking for a positive start into yoga? This gentle yoga class is designed for people at all skill levels and with consideration for physical limitations. This class will focus on basic positions, breathing, and meditation.

Students must provide their own mat or thick blanket and an additional blanket. Instructor provides straps. For ages 16 yrs+. Min 5/Max 20.

Kincaid Hikes \$3/drop-in

M Jun 1-Aug 3 2-3p

SW Park District, 343-6397

Parents are you tired of your kids zoning into T.V. and video games all summer long? Bring them out to

Kincaid Park to experience our trails on guided walks. Come dressed accordingly for the weather. For ages 12-17

Geocaching Clinic \$15

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Kincaid Outdoor Center

Instructor: GeoCache Alaska

SW Park District, 343-6397

Geocaching is an addictive outdoor hide-and-seek adventure game played with GPS units (global positioning systems). Enthusiasts from GeoCache Alaska will be instructing a 2-part clinic on Geocaching with an initial training session on DATE followed by an outdoor field session on DATE. Participants provide their own GPS unit. For all ages. Min 6/Max 24

Paint Mania Festival \$5

May 22-Aug 21 3-5p

F May 22 Russian Jack Springs Park

Sa Jun 27 Valley of the Moon Park

Sa Jul 21 Jewel Lake

F Aug 21 Russian Jack Spring Park

Mandy Roylance, 343-6992

Dad's shaving cream makes great art and squirt guns make rainbows! Or, mark your foot steps with colored feet! Try these and other creative art booths to paint your world at the Paint Mania Festivals. Pre-registration required. For all ages. Children under 8 yrs must be accompanied by an adult. Min 15/Max 50

6th Annual Cardboard Boat Regatta

Youth 8-17yrs/ \$5 per boat (limit 4 youth), Adults 18+yrs/ \$10 per person, Family/ \$25/4 person crew no more than 2 adults, Corporate boats with logo/\$99

F Jul 24 1-5p

Goose Lake Park

NE Park District, 343-6992

Are you brave enough for the Cardboard Regatta? Compete in an Alaskan cardboard boat race where you're the designer, builder, and crew. Boats must be made only of corrugated cardboard and held together with duct tape and/or white glue. Complete rules and registration form can be found online: www.muni.org/parks or pick up a copy at your local Municipal Recreation Facility. Great teambuilding activity for businesses or organizations! For ages 8+. Min 10/Max 100 Boats

Bingo and Brunch-o \$3

W May 20 10a-12p
W June 17 10a-12p
W July 15 10a-12p
W August 19 10a-12p

Lidia Selkregg Chalet

Andrea Koesters, 343-4247

G-46. N-34. I-19. BINGO! Take a mid-week break and join fellow seniors in breakfast and a sunup game of Bingo. Bingo supplies provided. Hot breakfast included. Held outside weather permitting. For seniors. Min 5/Max 30

Family Ice Cream Social \$5/Family

F May 15 4:30-7p
F Aug 28 4:30-7p

Selkregg Chalet

NE Park District 343-6992

Get a head start on the fresh summer and fall lineup, with so many ways to keep you active! You'll find information about upcoming fall classes/programs, see class demonstrations, and play games, topped off with a special treat of ice cream. All ages. Min 15/Max 100

KinderGym \$5 or \$18 month

F Ongoing 10-11:30a

Spensard Recreation Center

Abigail Harding, 343-4121

Expel some extra energy and bond with your pre-schooler. Experience a variety of play equipment including scooters, parachutes, hula hoops, jump ropes, cage balls, and others to enhance balance, coordination, and cooperative skills in a fun and supervised atmosphere. Parents are encouraged to stay and play. For ages 3-5 yrs. Min 5/ Max 40

Starting your own seedlings \$2

Th Apr 8 6-730p

Bittner House

Margaret Timmerman 343-4217

Join us for a beginner's approach to starting seeds indoors on your window sill. Starting mixes, easy to grow plants, care and hardening off seedlings will be covered. Participants will start a few vegetable or flower seeds to take home. For ages 12+

Min 4/Max 16

Container Gardening \$5

We May 20 6-730p

Bittner House

Margaret Timmerman 343-4217

Apartment and condo dwellers take heart! You too can enjoy growing and eating fresh vegetables. Learn how your balcony or patio can be turned into an urban garden. Have a salad at your doorstep.

For ages 12+

Min 4/Max 20

Raised Bed Gardening \$5

We May 27 6-730p

Bittner House

Margaret Timmerman 343-4217

Raised beds can add a whole new exciting dimension to your gardening experience. Raised beds are especially useful for gardeners with limited space in their yards and can be built at an appropriate level can also help reduce the aches and pains produced by kneeling or bending over a garden plot. Information on soil warming techniques will also be included.

For ages 12+

Min 4/Max 20

Dingy Sailboat Regatta \$15 per/person

Su June 21 1-3p

Jewel Lake South Shore Park

C.B. Stewart, 343-4040

It's the first Anchorage Regatta! Dingy Sailboat Plans available, or create your own, you supply your own vessel. Vessels must be made from scratch. Contact for complete rules. Life jackets are mandatory for participation, for all ages. Min 4/Max 20

Solstice Golf Tournament \$30 per team

Friday Jun 19 7-11p

Lidia Selkregg (Russian Jack)

C.B. Stewart, 343-4040

Teams of two (father or mother & son or daughter) pick the better of each shot and both hit from that spot until the hole is completed. Prizes awarded for 1st and 2nd place in each group, combined age 50 or less, 51-75, and 75 & over. Registration required by June 7th. NO RAIN DATE, for all ages. Max 36