

# Anchorage Parks and Recreation Activity Guide

Winter 2019-2020  
December to March



[www.muni.org/Parks](http://www.muni.org/Parks)



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### Directory

#### General Information

Phone: 343-4474

Fax: 343-6523 / TDD: 343-3457

#### Parks & Recreation Director

Josh Durand - 343-4427

#### Parks Superintendent

Steve Rafuse - 343-4586

#### Recreation Superintendent

Doreen Hernandez - 343-4559

#### Parks Maintenance

Operations Hotline - 343-4554

#### Parks & Recreation Admin

343-3355

### 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

#### Horticulture

343-4717

#### Parks Maintenance

343-4554

#### Pool Information Line

343-4402

#### Parks Projects & Public Involvement

343-4427

#### Trail Watch

343-4587

#### Volunteer Program

343-4587

#### Eagle River Parks & Recreation Office

343-1500

#### ER Volunteer Information

343-1500

#### Girdwood Parks & Recreation Office

783-8146



[www.facebook.com/AnchorageParksandRec](https://www.facebook.com/AnchorageParksandRec)

<https://twitter.com/ANCParksandRec>



[www.muni.org/parks](http://www.muni.org/parks)



# Special Events

## Winter Solstice Festival

Join in the celebration of winter solstice at Cuddy Park! During the shortest day of the year you will find a skating party on the oval, free sleigh rides courtesy of the Cuddy family, a candy cane hunt for the kids, and much more! Join us in your festive wear, lights encouraged!

Location: Cuddy Family Midtown Park  
Contact: Cathy Janigo 343-4492

December 21st Saturday

5:30-8:30pm Free



## Ski 4 Kids

Ski 4 Kids Day is a festive winter day full of events for children aged 0-14. Fundraising and awareness efforts combine obstacle courses, a mock-biathlon, and series of races to tempt and tantalize kids of all ages. The ultimate goal is to help develop an appreciation of winter outdoor sports and to promote fitness for Anchorage area youth!

There is no set participant fee for Ski 4 Kids, just a donation of your choice. Net proceeds from the event directly benefit the Anchorage Parks and Recreation's ski Outreach Program and a NSAA grant program which provides ski equipment to schools and youth organizations.

Learn more at <http://www.anchoragenordicski.com/events/ski-4-kids/>



# Special Events

## ConocoPhillips Westchester Lagoon Family Skate Series

There is no better way to spend a Saturday afternoon than at the ConocoPhillips Westchester Lagoon Family Skate! There will be warming barrels, free hot chocolate, music, and everybody's favorite skating assist seals! Westchester Lagoon is the place to bring the family or come out and make new friends. Bring your skates and join us from 1-3pm (ice conditions permitting).

Location: Westchester Lagoon  
Contact: Cathy Janigo 343-4492  
January 11- February 29  
Every Saturday

1-3pm

Free

ConocoPhillips  
WESTCHESTER LAGOON  
**FAMILY SKATE**  
JANUARY - FEBRUARY  
EVERY SATURDAY 1 PM - 3 PM





# Education & Special Interests

## LANDLORD/TENANT CLINIC

Alaska Legal Services Corp. is offering free legal clinics for people who have questions about the Alaska Landlord Tenant Act, and their rights and obligations as either a landlord or a tenant. The clinic is held on the 1st Wednesday of each month. Drop In only.

Contact: Alaska Legal Services Cor., 272-9431  
Location: Fairview Recreation Center, 343-4160

Dec.-Mar. 6:00p-8:00p

## SCOTTISH COUNTRY DANCING

Come enjoy the traditional social dancing of Scotland to lively Celtic music. Beginners welcome! No partner necessary. PLEASE NOTE: We will skip 5 Mondays - January 20 & 27, February 17, March 30 and April 13, 2020.

Ages: 12 yrs+ Min 8/Max20  
Instructor: Vivian Mendenhall, 345-7124  
Location: Fairview Recreation Center, 343-4130

266303 Jan 6-Apr 20 7-8:30p \$40  
Drop In Price \$5 pers ession  
NO DANCING on January 20, 27, February 17, March 30 and April 13, 2020.



# Fitness & Health

## 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. Children must be supervised by adults at all times.

Ages: All

Dec.-Mar. Sa 12-2:30p \$5 Drop-In  
Location: Spenard Recreation Center, 343-4160

Dec.-Mar. M/Th 6-8:30p \$5 Drop-In  
Location: Fairview Recreation Center, 343-4138

\*\* Punch cards available for 10 punches for \$45



## ADULT DROP IN BASKETBALL

Both the Fairview and Spenard Recreation Centers offer adult drop in basketball (morning, afternoon, and evening times are available) throughout the year. This drop in program offers adults (18 years or older) of all skill levels an opportunity to participate in full court games. Valid identification or other form of identification is required to play. Call or check on line for the weekly schedule.

Ages: 18 years +

	Date	Day	Time	Fee
NA	Dec-Mar	Times	Vary	\$3 Drop-In
Location: Spenard Recreation Center, 343-4160				

NA Dec-Mar Times Vary \$3 Drop-In  
Location: Fairview Recreation Center, 343-4130

## CHALLENGE ALASKA WHEELCHAIR BASKETBALL

Challenge Alaska is pleased to partner with the Spenard Recreation Center to offer wheelchair basketball to the community. Play is "drop in" style with different teams being formed weekly. Sport wheelchairs are required to play and available for use for a \$2 per week (priority is given to people with mobility impairments). Players are given the basic rules and a chance to warm up before play begins. Wheelchair basketball is a great spectator sport as well as fast paced, athletic and fun to play. All players must have a waiver/photo release form on file with Challenge Alaska prior to play (signed by parent or legal guardian if under 18 or not own guardian).

	Date	Day	Time	Fee
NA	Jan 8-Mar 18	W		\$3 Drop-In
Location: Spenard Recreation Center, 343-4160				

## KARATE AND AIKIDO

Japan Martial Arts offer 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 +

Instructor: Delfin Labrador Shihan & Bill Templin

Location: Spenard Recreation Center, 343-4160

	Date	Day	Time	Fee
NA	Ongoing	M & TH	6-7p	*See below
Beginner				
NA	Ongoing	M & TH	7-8p	*See below
Intermediate				
NA	Ongoing	Sa	3:30-5:30p	*See below
** Saturday class is for Intermediate/ Advance students				
*\$35 Youth/\$45 Adults for a calendar monthly pass or \$5 drop in.				

## OPEN BASKETBALL

Both the Fairview and Spenard Recreation Centers offer limited open basketball times throughout the year. This drop in program offers teens and adults (16 years or older) of all skill levels an opportunity to participate in full court games. Valid high school identification card or other form of identification is required to play. Call or check online for weekly schedule.

Ages: 16 years +

	Date	Day	Time	Fee
NA	Dec-Mar	Times	Vary	\$3 Drop-In
Location: Spenard Recreation Center, 343-4160				

NA	Dec-Mar	Times	Vary	\$3 Drop-In
Location: Fairview Recreation Center, 343-4138				

## OPEN VOLLEYBALL

Come experience the excitement and friendly competition of open volleyball. Men's and women's nets available. No children or youth allowed on the court at any time. Children must be supervised at all time. Valid High School identification card or other form of identification will be required to verify participants' age.

Ages: 16 years+

	Date	Day	Time	Fee
NA	Dec-Mar	M/Th	5:30-8:30p	\$3 Drop-In
Location: Spenard Recreation Center, 343-4160				

NA	Dec-Mar	F	6-8:30p	\$3 Drop-In
Location: Fairview Recreation Center, 343-4138				

## PICKLEBALL

Come play one of the fastest growing sports with us. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis and is easy to learn. The game can be play by singles or doubles. Pickleball is a fast paced, fun and, social sport enjoyed by all fitness levels. Stop by and try it out! Round robin style play gives everyone a chance to rotate in and play. Wear non marking shoes. Racquets and pickleballs are available for use.

Ages: 12 yrs +

Location: Spenard Recreation Center, 343-4160

	Date	Day	Time	Fee
NA	Dec-Mar	W/F	12:30-2:30p	\$5 Drop-In
NA	Dec-Mar	F	5:30-8:30p	\$5 Drop-In
NA	Dec-Mar	Su	2:30-4:30p	\$5 Drop-In





# Fitness & Health

## 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.

Ages: 62 yrs +

Location: Fairview Recreation Center, 343-4130

	Date	Day	Time	Fee
NA	Dec-Mar	M/Th	11a-12:30p	\$3 Drop-In

## SCOTTISH COUNTRY DANCING

Come enjoy the traditional social dancing of Scotland to lively Celtic music. Beginners welcome! No partner necessary. PLEASE NOTE: We will skip 5 Mondays in a row- January 20 & 27, February 17, March 30 and April 13, 2020.

Ages: 12 yrs+ Min 8/Max 20

Instructor: Vivian Mendenhall, 345-7124

Location: Fairview Recreation Center, 343-4130

	Date	Day	Time	Fee
266303	Jan 6-Apr 20		7-8:30p	\$40
Drop In Price \$5 per session				
NO DANCING on January 20, 27, February 17, March 30, and April 13, 2020				

## SHOTOKAN KARATE

Shotokan Karate focuses on self-defense, self-respect, and discipline. Promotes physical fitness, self-confidence, and encourages positive self-image. Beginners welcome!

Ages: 7 yrs +

Instructor: Charles Holness & Susan Jones

Location: Spenard Recreation Center, 343-4160

	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 calendar month/Advanced  
\$5 Drop In

\*\$20 Youth/\$35 Adults per calendar month/Beginning & Intermediate \$5 Drop In

## WAY OF THE FIST

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

	Date	Day	Time	Fee
357312	Jan 7-28	Tu	5-6:45p	*See below
357313	Feb 4-25	Tu	5-6:45p	*See below
357314	Mar 3-31	Tu	5-6:45p	*See below
*\$15/calendar month or \$5 drop in				

## YOUTH BASKETBALL

Come shoot around with your friend, practice your skills, or join a pick-up game. Due to the number of youth in the gym, BASKETBALL TEAMS ARE NOT ALLOWED TO PRACTICE DURING YOUTH BASKETBALL. Valid School identification card will be required to verify participants' age. Call or check online for weekly schedule.

Ages: 6-17 years

	Date	Day	Time	Fee
NA	Dec-Mar	Times	Vary	
Free for ages 11 and below, \$1 for 12-17 years.				
Location: Spenard Recreation Center, 343-4160				

NA Dec-Mar Times Vary  
Free for ages 11 and below, \$1 for 12-17 years.  
Location: Fairview Recreation Center, 343-4138

## YOUTH TAEKWONDO AND HAPKIDO

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

Ages: K-12 grade

Instructor: Colonel Ray Saft

Location: Spenard Recreation Center, 343-4160

	Date	Day	Time	Fee
367314	Jan 9-30	Th	4:30-6p	\$55





# Preschool & Toddler

## TODDLER TIME (Ages 0-3 yrs)

Drop in and give your toddler time to move, play, and explore. Our carpeted area has a wide variety of play equipment such as balls, building blocks, climbing blocks, and much more! Toddlers can improve balance and coordination as well as make new friends. Parents must stay with children. Buy 9 get 1 free with a punch card.

Ages: 0-3 yrs Min 5/Max 55

Location: Spenard Recreation Center, 343-4160

Date	Day	Time	Fee
Ongoing	M/Tu/Th	10:30a-2p	
\$5 family (up to 4 children) \$1 each additional or \$45 punchcard			

## KINDERGYM (Ages 3-5 yrs)

Have your preschooler expel some extra energy in our large gym area. Experience a wide variety of play equipment such as scooters, parachutes, hula hoops, jump ropes, 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.

Ages: 3-5 yrs. Min 5/Max 55

Location: Spenard Recreation Center, 343-4160

Date	Day	Time	Fee
Ongoing	W/F	10:30a-12p	
\$5 family (up to 4 children) \$1 each additional / \$45 punch card			

## KINDER TIME (Ages 0-5 yrs)

Kinder Time is a fun blend of Toddler Time and Kindergym. Great for parents who work during the day! This program takes place in our Multi-Purpose Room. Have fun and make new friends! Parents must stay with children. Buy 9 get 1 free with a punch card. \*\*Please note there is no Kinder Time on the 1st Wednesday of the month.

Ages: 0-5 yrs Min 5/Max 55

Location: Spenard Recreation Center, 343-4160

Date	Day	Time	Fee
April - May 29	M/W	6-7:30p	
June 3 - Aug 28	M/W	5-6:30p	
\$5 family (up to 4 children) \$1 each additional / \$45 punch card			

## STORIES WITH MR. CLAY

Join Mr. Clay for stories, songs and movement at Lidia Selkregg Chalet. Story books take children on a reading adventure with delightful characters and beautiful pictures. Activities will include songs, movement or a craft to take home. Parents must accompany children. Drop in fee \$2.00 per child per meeting or buy 9 get 1 free with punch card.

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

Instructor: Clay Stephens

Location: Lidia Selkregg Chalet 343-6992

Date	Day	Time	Fee
Ongoing	W	11:15a - 12p	
\$2 drop in or \$18 punch card of 10			



# 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/Wed 6:30-8:00p \$95**

418101 Dec 9, 11, 16, 18

418103 Jan 6, 8, 13, 15

418105 Jan 22, 27, 29\*

418106 Feb 3, 5, 10, 12

418108 Feb 19, 24, 26\*

\*Prorated to 75.00 for 3 day class

**Tu/Th 6:30-8:00p \$95**

418102 Jan 2, 7, 9\*

418104 Jan 21, 23, 28, 30

418107 Feb 11, 13, 18, 20



## 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.

**Fri 6:30-8:00p \$25 each**

418102 Dec 13

418103 Dec 20

418105 Jan 3

418106 Jan 10

418108 Jan 24

418110 Feb 14

418111 Feb 21

**Sat 1:30-3:00p \$25 each**

418104 Dec 28

418107 Jan 18

418109 Feb 1

**Mon 6:30-8p \$50 each**

418112 Jan 6, 13

418113 Jan 27, Feb 3





# Outdoor Recreation

## MUNI MASTERS SKATE 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 + yrs Min 10/Max 24

Location: Kincaid Outdoor Center 343-6397

Date	Day	Time	Fee
Early Season			
418383 Dec 9-19	M/TH	7-8:30p	\$50
Beginning session 1			
418185 Jan 8-29	W	6:30-7:30p	\$60
Beginning session 2			
418186 Feb 5-26	W	6:30-7:30p	\$60
Intermediate			
418184 Jan 7-Feb 27	Tu/Th	7-8:30p	\$195

## LITTLE NORDIC SKI CLUB

Open to children ages 4 and 5 who would like to learn to 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 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 yrs Min 5/Max 20

Location: Kincaid Outdoor Center, 343-6397

Activity	Date	Day	Time	Fee
Check <a href="http://www.muni.org/active">www.muni.org/active</a> for updates				



# Spenard Recreation Center

2020 W 48th Avenue 343-4160 ph 248-0859 fax



## 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, foosball and wireless internet available.

## Skate Park (Winter Closure based on weather conditions)

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.

**Mon-Fri. 10a-8:45p**

**Saturday 12-8:45p**

**Sunday 12-4:45p**



## Hours of Operation

**Monday-Friday 10a-9p**  
**Saturday 12-9p, Sunday 12-5p**

### Holiday Hours/Closures:

Dec 24	Christmas Eve	10-5p
Dec 25	Christmas Day	Closed
Dec 31	New Years Eve	10a-5p
Jan 1	New Years Day	Closed
Jan 20	Martin Luther King Jr. Day	12-5p
Feb 17	President's Day	12-5p
March 30	Seward's Day	12-5p

## Facility Programs

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

## Spenard Class Listing:

Homework Help Club, Children's Lunchbox after school meal service, Kindergym, Toddle Time, Shotokan Karate, Boxing, Karate & Aikido, Youth Hapkido & TaeKwonDo and Sports Events.

## Instructors Needed

Spenard Community Recreation Center is looking for quality instructors to enhance the variety of classes and workshops offered throughout the year. Contact Shari 343-4495.

## 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 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.

## 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	
Walleyball	\$40/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 E 10th Ave 343-4130 ph 343-6049 fax

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

## Holiday Hours/Closures:

Dec 24	Christmas Eve	11a-5p
Dec 25	Christmas Day	Closed
Dec 31	New Years Eve	11a-5p
Jan 1	New Years Day	Closed
Jan 20	Martin Luther King Jr. Day	12-5p
Feb 17	President's Day	12-5p
March 30	Seward's Day	12-5p



## 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

Children's Lunchbox, Youth In-Service Field Trips, after school programs, Holiday Workshops and Activities.

### Programs for Adults

Adult Lunch Hour Pickup Basketball, Scottish Country Dancing and Volleyball.

### Programs for Seniors

Senior Tennis

### Pro Bono Legal Clinics

Add Landlord Tenant Clinic - First Wednesday of every month 6-8pm

## 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.

## Facilities

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

## 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.

**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!): 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).

## 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.

# Outdoor Recreation Centers

## KINCAID OUTDOOR CENTER

9401 W Raspberry Road  
343-6397 ph 248-3780 fax  
kincaid@muni.org

Monday - Sunday  
12:30 pm - 8:30 pm

## LIDIA SELKREGG CHALET

1600 Lidia Selkregg Lane  
343-6992 ph 332-1676 fax

Monday - Saturday  
12 pm - 8 pm  
Sunday  
12 pm - 5 pm

## CENTENNIAL CAMPGROUND

8400 Starview Drive  
343-6986 ph 337-0158 fax

Monday - Sunday  
Closed for winter

Opens for the season in May

## RUSSIAN JACK SPRINGS GOLF COURSE

1600 Lidia Selkregg Lane  
343-6992 ph 332-1676 fax

Monday - Sunday  
Closed for winter

Opens for the season in May



## Kincaid Park

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.

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

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

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

Motorcross: Closed for the season



### Holiday Hours/Closures:

Dec 24	Christmas Eve	12:30-5p
Dec 25	Christmas Day	Closed
Dec 31	New Years Eve	12:30-5p
Jan 1	New Years Day	Closed
Jan 20	Martin Luther King Jr. Day	Closed
Feb 17	President's Day	Closed
March 30	Seward's Day	Closed



## Russian Jack Springs Park

Dr. Lidia Selkregg Chalet, located in the beautiful 300 acre Russian Jack Springs Park, is where you can experience beautiful panoramic mountain views, city lights, and park like settings. This quaint chalet is an ideal place for meetings, parties, weddings, receptions, seminars and special events. Our main room can accommodate up to 56 people seated at tables, or 75 people seated theater style, or 123 people standing. The Chalet also has a small food service area included with the Main Room rental. Call 343-6992 for more information. Please note that rentals must be a minimum of 2 hours.

Other facilities located at Russian Jack Springs Park include the Municipal Green House Complex, a 9 hole golf course, a natural spring, Cartee and Russian Jack Springs Softball Complexes, soccer/multiuse fields, picnic/playground area, an off leash dog area, and even a model train museum - all interlaced with nine miles of bike and lighted ski trails.

Start your planning today  
Reserve online at  
[www.muni.org/active](http://www.muni.org/active)



## PARK SHELTERS

Thinking of having a special gathering with your friends, family, co-workers? Through the Parks & Recreation Department, you can request a reservation to rent one of the picnic shelters, parks, sports fields, outdoor hockey rinks, swimming pools for a pool party, or a room at one of our chalets or recreation centers. How about a scenic view for your wedding? Through our reservation system, you would obtain a permit that gives you first use priority at the location that you have chosen to hold your event. Fees are applicable, and will vary dependent on reservation location. Some rental areas may require that you provide an insurance certificate or additional documentation. Alcohol is prohibited in all municipal parks and facilities unless you have submitted and been granted an alcohol waiver. Waivers are not issued for lake parks.

# Aquatics



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.

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](http://www.muni.org/Departments/parks/Pages/Pools.aspx)

## Pool Closures

Wednesday	Dec 25	Christmas
Wednesday	Jan. 1	New Year's Day
Monday	Jan.20	MLK Jr. Day
Monday	Feb 17	President's Day
Monday	Mar 30	Seward's Day

## 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	\$2						
Kayaking	\$15						

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



## West Pool

Schedule December 2019 - March 2020

Location: 1700 Hillcrest Drive (entrance behind school)  
Dial 343-4506 to reach pool staff.

### WEST POOL will be CLOSED

**Dec. 1st - Jan. 1st**

During the closure, Sunday Programs will be moved to Dimond Pool:

Senior Lap Swim 9:00a - 10:00a  
Lap Swim 10:00a - 1:00p  
Open Swim 1:15p - 2:45p  
Parent and Me 10:00p - 1:00p

Lap Swim  
\*\*punch card or pass required  
Mon - Thu\*\* 5:30a - 7:00a  
Mon-Fri 11:00a - 12:30p  
Mon-Thu 6:30p - 7:30p  
Fri 5:30p - 7:00p  
Sat & Sun 10:00a - 11:30a

Senior Lap Swim  
\*\*punch card or pass required  
Sat & Sun\*\* 9:00a - 10:00a

### Parent and Me Swim

Parent and Me Swim is available for families with children 3yrs and under. Parents must accompany their children in the water. Siblings are welcome; however, space is limited to Kiddie Pool and Slide Pool as it is shared with our Lap Swim program. The slide and diving board will not be available.

### Open Swim

Wed, Thu 7:30p - 9:00p  
Fri 7:00p - 8:30p  
Sat & Sun 1:15p - 2:45p

### Holiday Open Swim

Spring Break Open Swim 2:00p-3:30p March 9th - 13th

### Rentals

Sat 11:45a - 12:45p & 3:00p - 6:30p  
Sun 11:45a - 12:45p & 3:00p - 6:30p

Rentals are typically 1 hour in the Pool with a complimentary hour in our Party Room to follow. Depending on availability, rentals can be scheduled for longer durations. Please call for availability.

### Pool Closures

**December Dec 1st- Jan.1st**  
**West Pool Renovation**

Visit [www.muni.org/Departments/parks/Pages/WestPool](http://www.muni.org/Departments/parks/Pages/WestPool) for more information on West Pool.

## Bartlett Pool

2019-2020 Winter Schedule  
343 - 6982

Lap Swim Mon - Thu 5:00 pm - 7:00 pm  
CAC Practice Mon - Thu 4:30 pm - 6:30 pm

Open Kayaking Wednesdays 7:00 pm-8:30pm

Open swim Tuesday and Thursday 7:00 pm- 8:30pm

Open Scuba Mondays 6:00 pm- 7:30 pm



# Aquatics

## DIMOND POOL

343-4508  
2909 W 88th Avenue

Morning Lap Swim*	Mon - Fri Sat	5:30am - 7:30 am 11:15am - 2:15pm
Evening Lap Swim**	Mon - TH	6:30 pm - 7:30 pm
Water Aerobics**	Mon-TH Sat	6:30 pm - 7:30pm 11:30 am - 12:30 pm
Open Swim	Mon - TH Sat	7:30 pm - 9:00pm 2:30pm - 4 pm
AST	Mon - Fri	2:30 - 6:30 pm

(\* Punch or pass required)  
(\*\* Adults only program 18+)

### Parks & Recreation Lesson Schedule

Swim lessons are held 4:30-7:30p M/W or Tu/Th, or Sat 11:15a-2:15p. Classes are 1/2 hour in duration. To enroll in our lesson program bring your child to an open swim for an evaluation and placement pending availability. Call 343-4508 or e-mail Brian Gallagher at GallagherBM@muni.org for additional information.





# How to Register



## Setup an ActiveNet Account

**Step 1:** Go to [www.muni.org/Active](http://www.muni.org/Active) and create an account. We encourage you to do this yourself. If you need assistance, e-mail: [registration@muni.org](mailto: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](http://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 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.



## 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](http://www.muni.org/Active) before registering. This will help to speed your registration process and ensure correct information.

## Notice of Reasonable Accommodation

Parks & Recreation is committed to providing reasonable accommodations for persons with disabilities upon request of the individual, parent, or guardian. Individuals with disabilities requiring an accommodation to participate in an activity or program should request the accommodation in a timely manner and submit the request, preferably in writing, to the Program Leader or Coordinator of the activity or program.



# CROSS COUNTRY SKI LESSONS

Join the outdoor gym! Anchorage Parks and Recreation Department is currently enrolling for winter sessions.

**Muni Masters**

**Little Nordic**

**Skate Ski**

**Classic Ski**

Did you know that the fees help support the Parks and Recreation Outreach Ski program? You're giving an opportunity to ski. Thanks!

Register over the phone at 343-6397 or 343-6992 and  
online at [www.muni.org/Active](http://www.muni.org/Active)

For more information visit our website at  
[www.muni.org/parks](http://www.muni.org/parks)