Anchorage Parks and Recreation

Activity Guide

Fall 2019
September - November

Healthy Parks Healthy People

www.muni.org/Parks

Directory

General Information
Phone: 343-4474
Fax: 343-6523 / TDD: 343-3457
Parks & Recreation Director
Josh Durand - 343-4427
Recreation Superintendent
Elizabeth Stanley - 343-4501
Parks Maintenance
Operations Hotline - 343-4554
Parks & Recreation Admin
343-4355

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
343-4287
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://twitter.com/ANCParksandRec

ENCHANTED & HAUNTED TRAILS

Enchanted Trail: 4:30-6:30pm
Do you like sugar, spice and all things nice? Come visit the Enchanted Trail, where magical creatures meet brave warriors and high royalty and bring Halloween magic to life from

Haunted Trail: 7:00-9:00pm
But if you prefer a little fright in your Halloween night, come visit the Haunted Trail, where ghosts, ghouls and other surprises await! Not for the faint of heart, this trail is intended for a mature audience.

Do both! Join us for a night of frights and delights with music, food trucks, and warming barrels to boot. Costumes highly encouraged! Family beach party from 5:00-9:00pm.

Visit our webpage www.muni.org/parks to purchase your tickets online.
*This is a healthy minded event- No candy will be distributed.

Ages: All Ages **Max: 2,000**
Location: Goose Lake Park
Contact: Selkregg Chalet, 343-6992

Date: Thursday, Oct 24 **Time: 4:30-9:00pm**

Fee: $10 online (10/1-23)
$15 day of event

SPENARD RECREATION CENTER HARVEST CARNIVAL

Harvest Carnival is a Halloween alternative for children that provides a safe, action-packed, candy-filled party for the entire community. The event offers game booths and a whopping pounds of candy. Come ready to enjoy all the treats without the tricks!

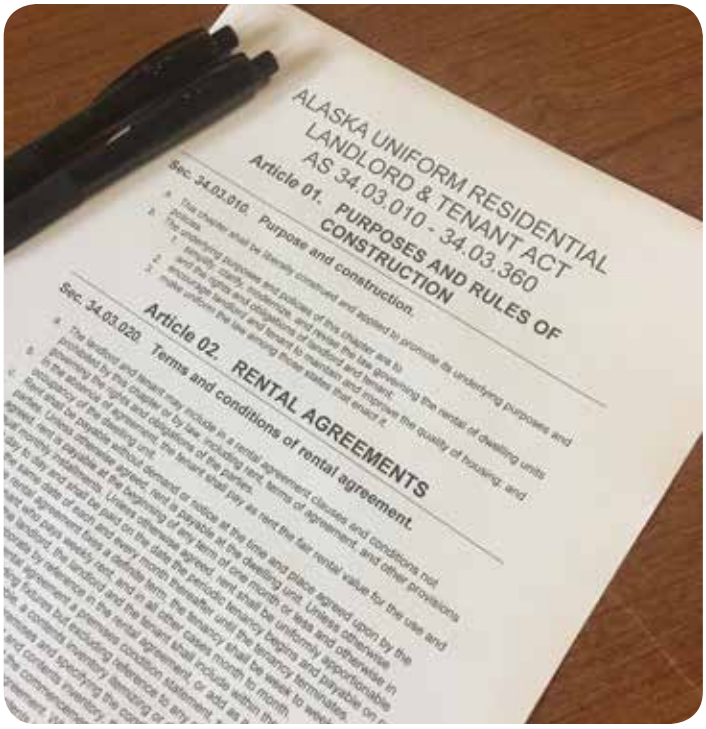
Date: Oct. 25 5-8p
Ages: 3 years and up.
Location: Spenard Recreation Center, 343-4160

$5 per person

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

Activity	Date	Day	Time	Fee
	Aug-Nov	W	6-8p	Free

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- Oct. 28-Nov. 25.

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

Activity	Date	Day	Time	Fee
26.63.02	Sept 9-Dec 16	M	7-8:30p	$40

Drop In Price $5 per session
NO DANCING on October 28, AND NONE on November 4, 11, 18, or 25

FREE FLU SHOT CLINIC

The Anchorage Health Department is offering FREE Flu shot clinics at the Spenard Community Recreation Center. Shots will be offered for ages 6 mos. and older (adults and children). No insurance required and no pre-registration necessary. Children under 18 must be accompanied by a parent or guardian. Please call AHD for flu shot details at 343-4023.

Ages: 6 mos +

Activity	Date	Day	Time	Fee
	Oct.3		2-6:30pm	Free

Location: Spenard Recreation Center, 343-4160

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 Community Recreation Center, 343-4160

Activity	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 3-5yrs.)

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 Community Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
	Ongoing	W/F	10:30a-12p	

$5 family (up to 4 children) $1 each additional or $45 punchcard

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 Community Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
	Ongoing	M/W	6p-7:30p	

$5 family (up to 4 children) $1 each additional or $45 punchcard

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

Activity	Date	Day	Time	Fee
Ongoing		W	11:15a - 12p	$2 Drop-In $18 punch card of 10

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.

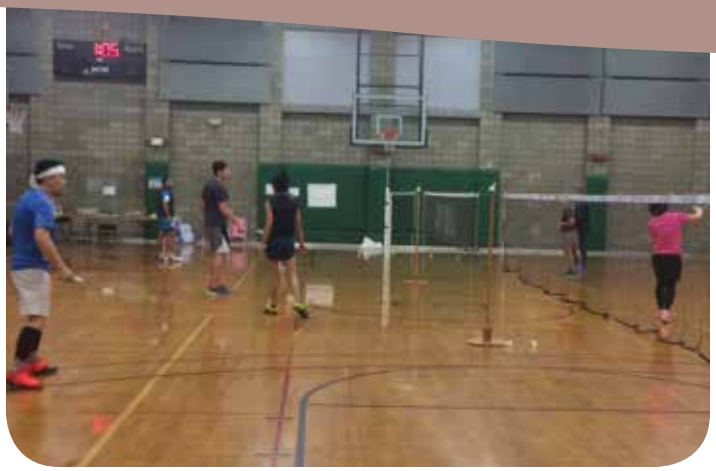
Ages: 18 years +

Activity	Date	Day	Time	Fee
	Sept.-Nov.	varies		$3Drop-In
Location: Spenard Recreation Center, 343-4160				
	Sept.-Nov.	varies		$3Drop-In
Location: Fairview Recreation Center, 343-4130				

CHALLENGE ALASKA WHEELCHAIR BASKETBALL

Challenge Alaska is pleased to partner with the Spenard Recreation Center / Parks & Rec (however you'd like to say it) 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).

Activity	Date	Day	Time	Fee
	Sept 25-Oct 30		7-9p	$3Drop-In
Location: Spenard Recreation Center,343-4160				



KARATE AND AIKIDO

Japan Marital 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

Activity	Date	Day	Time	Fee
	Ongoing	M/TH	6-7p	
Beginner *See below				
	Ongoing	M/TH	7-8p	
Intermediate *See below				
	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 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

Activity	Date	Day	Time	Fee
	Sept-Nov	Sa	12-2:30p	$5Drop-In
Location: Spenard Recreation Center, 343-4160				
	Sept-Nov	M/Th	6-8:30p	$5Drop-In
Location:Fairview Recreation Center,343-4138				

** Punchcards available for 10 punches for $45

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 +

Activity	Date	Day	Time	Fee
NA	Sept-Nov		Varies	$3Drop-In
Location: Spenard Recreation Center, 343-4160				
NA	Sept-Nov		Varies	$3Drop-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. School identification card or other another form of identification will be required to verify participants' age.

Ages: 16 years+

Activity	Date	Day	Time	Fee
NA	Sept-Nov	M/Th	5:30-8:30p	$3Drop-In
Location: Spenard Recreation Center, 343-4160				
NA	Sept-Nov	F	6-8:30p	$3Drop-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 pickelballs are available for use.

Ages: 12 yrs +
Location : Spenard Recreation Center, 343-4160

Activity	Date	Day	Time	Fee
NA	Sept-Nov	W/F	12:30-2:30p	$5Drop-In
NA	Sept-Nov	Su	2:30-4:30p	$5Drop-In

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

Activity	Date	Day	Time	Fee
NA	Oct-Nov	M/Th	11a-12:30p	$3Drop-In

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

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

*$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

Activity	Date	Day	Time	Fee
35.73.09	Sept 10-24	Tu	5-6:45p	*See Below
35.73.10	Oct 1-29	Tu	5-6:45p	*See Below
35.73.11	Nov 5-26	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. School or photo identification card will be required to verify participants' age. Call or check online for weekly schedule.

Ages: 6-17 years

Activity	Date	Day	Time	Fee
NA	Sept-Nov	Varies		

Free for ages 11 and below, $1 for 12-17 years
Location: Spenard Recreation Center, 343-4160

NA	Sept-Nov	Varies		

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

Activity	Date	Day	Time	Fee
36.73.10	Oct 10-24	Th	4:30-6p	$55
36.73.13	Nov 7 - Dec 19 (No class Nov 14,21,28)	Th	4:30-6p	$55
36.73.14	Jan 9-30	Th	4:30-6p	$55

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. No class Oct 19th. Instructors: Northwest Archers

Ages: 6+ Min 5/Max 50
Location: Kincaid Annex
Kincaid Outdoor Center 343-6397

Activity	Date	Day	Time	Fee
42.83.01	Oct 5	Sa	10:30a-12:30pm	Free
42.83.02	Oct 12	Sa	10:30a-12:30pm	Free
42.83.03	Oct 26	Sa	10:30a-12:30pm	Free
42.83.04	Nov 2	Sa	10:30a-12:30pm	Free
42.83.05	Nov 9	Sa	10:30a-12:30pm	Free
42.83.06	Nov 16	Sa	10:30a-12:30pm	Free
42.83.07	Nov 23	Sa	10:30a-12:30pm	Free

BONNY SOSA TUESDAY NIGHT RACES

Online Entry Fees: $2 kids, $7 adults
On-Site Entry Fees: $2 kids, $12 adults, $20 family
Series Pass: $16 kids, $35 adult, $70 family

This beloved family tradition of running and learning our trail system is back for its 50th anniversary!
Three separate race courses are set each week, catering to each running group. Whether you are a competitive runner or just want to get out and see a new trail, this event is for you.

On-Site Registration and Check-in begin at 5:30pm, races begin promptly at 6:30pm.
Distances range from 3K to 12K.
Register online at www.muni.org/Active

Sep 11th - Oct 30th **Tuesday**
6:00 - 8:30pm

2019 Schedule

Sept 10 - Kincaid Park
Sept 17 -Service High School
Sept 24 - Eagle River/Chugiak High School
October 1 -Russian Jack North
October 8 - Kincaid Park
October 15 -Service High School
October 22 -Kincaid Park
October 29 - Kincaid Park Costume Run
And Awards Banquet

Come out wearing your Halloween costumes.
AWARDS CELEBRATION BANQUET & DESSERT POTLUCK - bring your favorite dessert.
Pizza will be provided.

Outdoor Recreation Centers

KINCAID OUTDOOR CENTER

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

Monday - Saturday
12 pm - 8:30 pm
Sunday
12 pm - 5 pm

LIDIA SELKREGG CHALET

1600 Lidia Selkregg Lane
343-6992 ph 332-1676 fax
russianjack@muni.org

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

CENTENNIAL CAMPGROUND

8400 Starview Drive
343-6986 ph 337-0158 fax

Monday - Sunday
8 am - 8 pm

Closed for the season

RUSSIAN JACK SPRINGS GOLF COURSE

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

Monday - Sunday
9 am - 8 pm

Season weather dependent

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: 10a-9p W-Su, closed M/Tu
Open April 1st to November 1st each season

Holiday Hours/Closures:

Sep 2	Labor Day	Closed
Oct 24	Haunted Trails	Closed
Nov 11	Veterans Day	Closed
Nov 28-29	Thanksgiving	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.

Russian Jack Springs Golf Course

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

The Executive nine-hole golf course features

•Beautiful scenery of the Chugach and Alaska ranges.
plus the surrounding greenery and city skyline.
•Park setting with greenery among wooded fairways
•Artificial greens.
•Comfortable chalet for between-rounds relaxation.
•Surrounding attractions such as the greenhouse, the natural springs, bike trails and picnic areas.
•Golf clubs and pull carts are available for rental.

Green Fees		
	Individual (all ages)	$8
Season Pass		
	Individual	$150
Rental Equipment		
	Pull Golf Carts	$5
	Golf Clubs	$7

Spenard Recreation Center

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

Hours of Operation

Monday - Friday	10:00 - 9:00 pm
Saturday	12:00 - 9:00pm
Sunday	12:00 - 5:00pm

Holiday Hours/Closures:

Nov 11	Veterans Day	12-5p
Nov 28	Thanksgiving	Closed
Nov 29	Thanksgiving	12-5p

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.

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, Toddle Time, Shotokan Karate, Challenge Alaska Wheelchair Basketball, Adult Basketball, Pumpkin Patch Day, and Open Badminton.

Instructors Needed

Spenard Community Recreation Center is looking for quality instructors to enhance the variety of classes and workshops offered throughout the year. Our Recreation Staff will work with you to make the experience of teaching enjoyable and rewarding. Call Jennifer Thorne at 343-4495 for more information.

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.

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

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

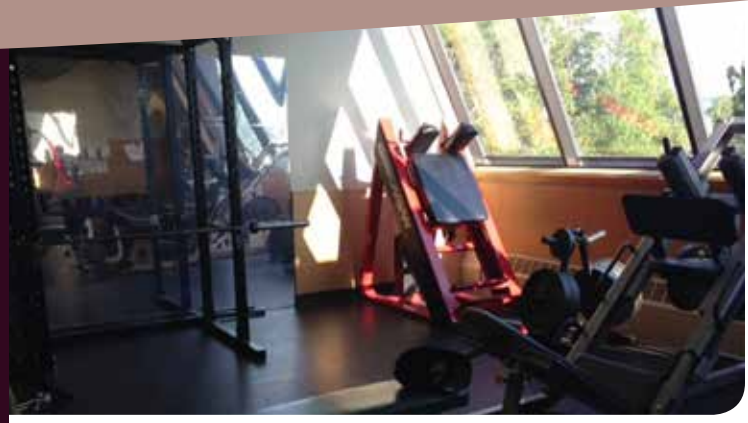
1121 E 10th Ave 343-4130 ph 343-6049 fax

Hours of Operation

Monday - Friday	11:00 - 9:00 pm
Saturday	12:00 - 5:00pm
Sunday	10:00 - 3:00pm

Holiday Hours/Closures:

Nov 121	Veterans Day	12-5p
Nov 28-29	Thanksgiving	Closed



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
Kid's Kitchen, Youth In-Service and Holiday Field Trips and Activities.

Programs for Adults
Adult Basketball, Open Basketball, Gentle Yoga, Landlord Tenant Clinic, Open Badminton, Scottish Country Dance, and Pickleball.

Programs for Seniors
Senior Volleyball, Senior Tennis

Pro Bono Legal Clinics
Call for clinic schedules

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, 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.

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!): 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.

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. 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

Pool Closures

Nov 11	Veterans Day	Closed
Nov 28-29	Thanksgiving	Closed

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

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

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
Friday	5 :30p - 7 :00p
Sat & Sun	10:00a - 11:30a

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.

Senior Lap Swim

Sa & Sun **	9:00a - 10:00a

**punch card or pass required

Open Swim

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

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.

Evening Lap Swim and Open Swim programs will be cancelled due to events on the following dates:

Fri	October 18th, 2019
Thur	October 31st, 2019 (Open Swim cancelled)

Aquatics

DIMOND POOL

343-4508

2909 W 88th Avenue

Morning Lap Swim*	
M - F	5:30 - 7:30a
Sa*	11:15a - 2:15 p
	*Starts Sep 14
Evening Lap Swim**	
M - Th	6:30 - 7:30p
Water Aerobics**	
M-Th	6:30 - 7:30p
Open Swim	
M - Th	7:30p-9p
Sa*	2:30p-4p
	*Starts Sep 14
AST	
M - F	2:30 - 6:30p

(* Punch or pass required)
(** Adults only program 18+)
(*** Must be swimming laps with no in water instruction priority to adults)

Parks & Recreation Lesson Schedule

Swim lessons are held 4:30-7:30p M/W or Tu/Th, or Sat 11:15a-2:15p beginning Sept 15th. 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.

EAST POOL

343-4502

4025 E 20th Avenue

Closed

Bartlett Pool

343-6982
1101 Golden Bear Dr

Lap Swim	M - Th	5:00 pm - 7:00 pm
CAC Practice	M - Th	4:30 pm - 6:30 pm
ASD Teams	M - Th	2:30 pm - 4:30 pm
ASD Meets	F	2:30 pm - 7:00 pm
ASD Classes	M - F	12:30 pm - 2:00 pm
Open swim	Tu, Th	7:00 pm- 8:30pm
Open Scuba	Mondays	6:00 pm- 7:30 pm

Shelters

Thinking of having a special gathering with your friends, family, coworkers? 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 online 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.

NORTHEAST PARKS

Chugach Foothills Park
Creekside Park
Dave Rose Park (formerly Conifer Park)
David Green Park
Goose Lake Park *
Kanchee Park
Russian Jack Springs Park
San Antonio Park
Sitka Street Park
William B. Lyons Park

NORTHWEST PARKS

Balto Seppala
Didlika Park
Fairview Lions Park
Fairview Park
Kiwanis Fish Creek Park
Lloyd Steele Park
Pop Carr Park
Richardson Vista Park
Sisterhood Park
Sunset Park
Valley of the Moon Park (1)
Valley of the Moon Park (2)
Wilson Street Park
Woodland Park

SOUTHEAST/CENTRAL PARKS

Abbott Loop Community Park (with playfield)
Ray E. Storck Homestead Park
Ruth Arcand Park
Taku Lake Park *
Wolverine Park

SOUTHWEST PARKS

Jewel Lake Park *
KFQD Park
Kincaid Park
Oceanview Park

(*) Alcohol waivers not issued at lake parks

How to Register

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 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 before registering. This will help to speed your registration process and ensure correct information.

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.

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.

2019 SCHEDULE

SEP	10	Kincaid Park
SEP	17	Service High School
SEP	24	Eagle River\Chugiak HS
OCT	01	Russian Jack-North
OCT	08	Kincaid Park
OCT	15	Service High School
OCT	22	Kincaid Park
OCT	29	Kincaid Park, Costume & Awards

*Race locations are subject to change.

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:

On-line at www.muni.org/Active

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

HEALTHY SPONSORS

Munchkin League by Children's Hospital at Providence
Farm League by iHeart Radio
Lightning League by Skinny Raven Sports

RACE DIVISION	DISTANCE	CLASS
Munchkin League	1-5K	Kids & Kids at Heart
Farm League	3-10K	Recreational Runners
Lightning League	4-12K	Competitive Runners

CHILDREN'S HOSPITAL AT PROVIDENCE
iHeart RADIO
SKINNYRAVENSPORTS ANCHORAGE, ALASKA
HEALTHY FUTURES
steam dot COFFEE ROASTERS
CRW ENGINEERING GROUP LLC
RSA Engineering, Inc.
ANCHORAGE Healthy Parks Healthy People PARKS & RECREATION