

ADULT ACTIVITIES

Hyland Hills Park and Recreation District — 303-428-7488 — www.hylandhills.org



STAYCATIONS

SHOSHONI YOGA RETREAT #462000-1

Yoga & Meditation 1/2 Day Retreat: All-Levels. Immerse yourself in spiritual energy during a half day retreat at Shoshoni Yoga Retreat, centered in the mountains above Boulder. Begin with a hatha yoga class followed by a gourmet vegetarian lunch. Deadline to sign up is May 31.

Ages: 18 and up

Fee: \$30 includes lunch and transportation

Date	Day	Time	Loc
Jun 9	SA	8am-2pm	PMC

CANVAS AND COCKTAILS - PAINTING CLASS #462000-2

Join us as we take an evening off and go to Canvas and Cocktails for the trendiest night out in Denver. The spot offers a painting class like no other. Lots of fun, socialization and who knows, you might find your artistic side. Please bring a snack to share with 15 guests, please make it simple. You may purchase a beverage (of choice) at the gallery or bring bottled water for yourself. Hyland Hills will provide a veggie platter for 15 participants. Transportation will be provided to and from the gallery.

Ages: 18 and up

Fee: \$40

Date	Day	Time	Loc
Jun 27	W	5:30pm-8:30pm	PMC

ROCKIES DAY GAME #462000-3,4

Take a day off of work, bring the kids or grand kids and join us for a great day of baseball. The tickets are in the rock pile, center field. Great price, transportation included. Bring money for food and snacks.

Ages: FAMILY, 8 and up

Children 8 and up are welcome with a paying adult.

Fee: \$7 per person

Date	Day	Time	Loc
Jun 28	TH	Noon-4pm	PMC
Aug 15	W	Noon-4pm	PMC

DANCE

LINE DANCING #444201-1A

No partners needed in this group Friday afternoon class. Country, hip hop, and waltz are some of the dance areas that are covered.

Ages: 15 and up

Fee: \$3 per class

Date	Day	Time	Loc
May-Aug	F	1pm-2:30pm	PMC

BELLY DANCE BEGINNER #444205-1A

Learn basic Middle Eastern dance techniques in this introductory level class led by Chaya. Enjoy this fun, feminine art form while getting a workout at the same time. Open to ages 8 and up. Performance opportunities are an option.

Age: 8 and up

Fee: \$20 per 6 Week session

Date	Day	Time	Loc
May 7-Jun 18	M	6pm-7pm	PMC
July 9-Aug 13	M	6pm-7pm	PMC
Aug 20-Sept 24	M	6pm-7pm	PMC
Oct 8-Nov 12	M	6pm-7pm	PMC

BELLY DANCE INTERMEDIATE #444205-2A

Prerequisite: Beginning level Belly dance. Learn combinations, choreography, zills and some prop work (veils, canes, etc). This class builds on the basics and will help dancers take it to the next level. Intermediate dancers perform as the Hyland Habibis.

Age: 15 and up

Fee: \$20 per 6 Week session

Date	Day	Time	Loc
May 10-Jun 21	TH	6pm-7pm	PMC
July 12-Aug 16	TH	6pm-7pm	PMC
Aug 23- Sept 27	TH	6pm-7pm	PMC
Oct 11-Nov 15	TH	6pm-7pm	PMC

BELLY DANCE ADVANCED #444205-3A

Prerequisite: Intermediate level Belly dance. Designed for the more experienced dancer, this class will help polish and refine technique, as well as develop personal style. Choreographies are longer and more challenging. Dancers should expect to work with various props (sword, veil, cane, etc) and zills, and will have numerous opportunities to perform as the Pearls of the Desert.

Age: 15 and up

Fee: \$20 per 6 Week session

Date	Day	Time	Loc
May 7-Jun 18	M	7pm-8pm	PMC
July 9-Aug 13	M	7pm-8pm	PMC
Aug 20-Sept 24	M	7pm-8pm	PMC
Oct 8-Nov 12	M	7pm-8pm	PMC

SUMMER 2012

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BELLY DANCE ADVANCED II #444205-4A

Prerequisite: Intermediate level Belly dance. Advanced II is designed to further challenge the more experienced dancer, with drills, combinations and complex choreographies. Increased emphasis on stage presence, audience connection and technique refinement. Free your inner dance goddess, and enjoy this beautiful art form

Age: 15 and up

Fee: \$20 per 6 Week session

Date	Day	Time	Loc
May 10-Jun 21	TH	7pm-8pm	PMC
July 12-Aug 16	TH	7pm-8pm	PMC
Aug 23-Sept 27	TH	7pm-8pm	PMC
Oct 11-Nov 15	TH	7pm-8pm	PMC

ADULT MIX IT UP #444209-A,B

This fun new class will teach many different dance classes in one. Dance styles taught will include tap, jazz, hip-hop, and country western. No special shoes required, just come, have fun and get a great workout!

Age: 16 & up

Fee: \$40 Resident/ \$45 Non-Resident

Date	Day	Time	Loc
Jun 16-Jul 28	SA	9am-9:30am	PMC
Aug 4-Aug 25	SA	9am-9:30am	PMC

FLORA'S COOKING CLASSES

Flavor the southwest with wonderful recipes. Bring extra containers and an apron. Hands on experience and take home recipes.

Age: 18 and up

Fee: \$12

SOPAPILLAS #444101-1

We can't forget the most favorite dessert, Sopapilla. Join us as we learn how to make this yummy fried pastry.

Date	Day	Time	Loc
Jun 4	M	5:45pm-7:30pm	PMC

ENCHILADAS #444101-2

Three kinds of great tasting enchiladas will be taught in this class.

Date	Day	Time	Loc
Jun 18	M	5:45pm-7:30pm	PMC

TAMALES #444101-3

Learn how to make authentic Mexican tamales.

Date	Day	Time	Loc
Jul 16	M	5:45pm-7:30pm	PMC

GREEN CHILE # 444101-4

Back by popular demand Flora's famous green Chile. A simple recipe with tremendous flavor.

Date	Day	Time	Loc
Aug 13	M	5:45pm-7:30pm	PMC

GENERAL INTEREST

CPR AND FIRST AID #444700-1

CPR and First Aid courses are designed to train individuals to respond in an emergency situation. Babysitters, new parents, care providers or any person age 16 and over can enroll. Certification is through the American Heart Association. You must take both nights of class to receive a card.

Ages: 16 and up

Fee: \$45/CPR & FIRST AID

Date	Day	Time	Loc
CPR Jun 4	M	6pm-8pm	PMC
FIRST AID Jun 11	M	6pm-8pm	PMC

BASIC DOG OBEDIENCE #464106-1

Learn to train your dog and have fun. Dogs must have their shots and have a well-fitted collar with a 6-foot leather or nylon leash. Please, no chain leashes. Do not bring your dog to the first class. Dogs must be 3 months and older.

Age: 18 and up

Fee: \$60 Resident/\$65 Non-Resident

Date	Day	Time	Loc
Jun 18-Jul 30	M	6:30pm-7:30pm	CP

(No class Jul 2)

BASIC BRIDGE #464606 -1

This course introduces bidding, playing the hand, and basic tactics, and is a combination of instruction and game play.

Ages: 15 and up

Fee: \$40 Resident/\$45 Non-Resident

Date	Day	Time	Loc
Jun 7-Aug 9	TH	6pm-8pm	PMC

(No class Jul 12 and class will be re-scheduled).

OPEN WORKSHOP SILVERSMITH

Open workshop time is for jewelry artists and is available to all students who have participated in the silversmith classes at Hyland Hills. Others wishing to join must demonstrate proficiency using the equipment.

Fee: \$10 per session, payable to the instructor.

Date	Day	Time	Loc
May-Aug	W	7pm-9pm	Baker
	F	10:30am-2:30pm	Baker
	SU	1pm-5pm	Baker

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MUSIC CLASSES

PIANO LESSONS #444607-1A

Both half hour and hour lessons offered. We recommend 1/2 hour lessons for children under 12 and an hour lesson for teens and adults. Pre-registration is required.

Ages: All ages welcome

Fee: 1/2 hour lesson \$60/ 1 hour lesson \$120 per month

Date	Day	Time	Loc
May-Aug	M	3:30pm-7:30pm	PMC
	T	4pm-7pm	PMC
	TH	4pm-7pm	PMC
	W	4pm-7pm	PMC
	SA	9am-Noon	PMC

Piano lessons can sign up for either M, T, W, TH or SA class each month.

ACOUSTIC GUITAR CLASS-BEGINNING #444610 -1A

Learn the basics of guitar. Four half hour lessons per month. Please bring a guitar and a guitar pick. First class to meet at 6pm, after that you will schedule your time slot with instructor.

Ages: 10 and up

Fee: \$60 Resident/ \$65 Non-Resident per month

Date	Day	Time	Loc
May-Aug	W	6pm-8pm time slots	PMC

BROADWAY PRESENTS

2012 BROADWAY PRESENTS #266200-AA, BB

The productions below are very popular and payment is required in advance, so we can get the group discount. No guaranteed seating, we might not always get the "best in the house seating", but the price is right! Price of the ticket includes van/bus transportation to the theatre, group pricing and a service charge. No better way to kill a program, than to not register. So sign up and enjoy the arts. All plays are at the Buell Theatre, with the exception of one at the Galleria.

THE ADDAMS FAMILY

Age: Adults / Family

Fee: \$31

Date	Day	Time	Loc
Jun 20	W	6:15pm	PMC

JERSEY BOYS

Age: Adults / Family

Fee: \$31

Date	Day	Time	Loc
Jul 18	W	6:15pm	PMC

THE GREG MASTRIONA GOLF COURSES AT HYLAND HILLS 2012 LADIES NIGHT OUT!

Schedule

Thursday, June 28	Thursday, August 23
Thursday, July 12	Thursday, September 13
Thursday, July 26	Thursday, September 20
Thursday, August 9	

Especially for the Ladies... and guess what ladies, the other ladies are just like you! Here is your chance to grab a couple friends, come out to Hyland Hills, have some fun, and learn a little bit more about the game of golf... it's basically GOLF 101 — with perks!

- Beginners start with a half hour lesson/clinic at the driving range and then play 9-holes of golf on the South Par-3 (Includes pull-carts – available on a first come, first served basis). Then join the rest of the ladies for a free beverage and light appetizers at Ciancio's Restaurant. Only \$15 per player.
- Intermediates can skip the lesson/clinic or enjoy the clinic, then play 9 holes of golf on the Blue Course. (Price includes cart.) Then join the rest of the ladies for a free beverage and light appetizers at Ciancio's Restaurant. Only \$20 per player.

Time: Clinic: 4:30 p.m. Golf: 5:10 p.m.
Where: The Greg Mastriona Golf Courses at Hyland Hills
9650 N. Sheridan Boulevard in Westminster

Clinic: Our PGA professionals conduct an informal and fun clinic for the beginners (intermediates can join in too if they'd like). The pro will then assist in playing a few holes on both courses with Ladies Night Out participants.

Our goal is to introduce you and your friends to the basics and fun of golf. Registration available NOW! Sign up by calling (303) 428-6526 – Deadline for registration is 7 days prior to the date you want to sign up for.

(303) 428-6526

WWW.GOLFHILLANDHILLS.COM



THE GREG MASTRIONA GOLF COURSES
AT HYLAND HILLS

Hyland Hills is a Sassy Golf partner as well!
www.sassygolf.net



SUMMER 2012