

THE MAC

Hyland Hills Park and Recreation District — 303-426-4310 — www.hylandhills.org

3295 West 72nd Avenue
Westminster, CO 80030
(303) 426-4310

Center Hours
Monday-Thursday • 6:30 am-8 pm
Friday, 6:30 am-4:30 pm
Closed Saturday and Sunday

The MAC is Closed
Memorial Day – closes at 12pm
Annual Building Maintenance – closed June 21-25
Labor Day – MAC closes at 12pm



Owned and operated in partnership with the City of Westminster.

The MAC produces a separate 2010 Activities Guide. Pick up a copy at any Hyland Hills Recreation Center.

Register for classes listed below at The MAC!

The MAC welcomes adults age 21+ to participate in all classes/seminars. Trips are limited to adult's age 55 and better. If spaces are available on trips one week prior to the trip departure date, adults ages 21+ may sign up. Explore the possibilities...we're not just for seniors!

Resident Discount Card - \$6

Hyland Hills ID Card - FREE for 60+

Any person owning taxable property or permanently residing within Westminster or Hyland Hills boundaries qualify for discount/passholder cards.

MAC Annual Passholder Card Fees

Resident Adult (21-59) - \$95 per year

Non-Resident Adult (21-59) - \$125 per year

Resident Adult (60+) - \$40 per year

Non-Resident Adult (60+) - \$55 per year

Passholder cards are valid at The MAC only. Passholder card entitles person to unlimited use of the weight room, pool room, and participation in drop-in cards/mah jongg games.

OUTDOOR ADVENTURES

ZIP ADVENTURES - 4 EAGLE RANCH, WOLCOTT

Prepare for high flying fun as you harness up to soar like an eagle 100+ feet above the Alkali Canyon on a suspended cable. Six zip lines carry you above the canyon floor giving a unique perspective. You'll get a great rush as the canyon walls drop out from under you! Equipment list is on registration receipt. Bring a picnic lunch/drink. No experience necessary! Registration deadline - May 14th.

F MAC 6:30 am-5 pm May 28 \$135/\$145

WHITE WATER RAFTING - 1/2 DAY AND FULL DAY

Experience a half day trip on the Colorado River outside Glenwood Springs. Professional guides instruct paddlers on Class II-IV rapids for a thrilling 9 mile ride! No experience necessary. Must be in good physical condition and able to swim. Fee includes rafting, bottled water, lunch, escort and transportation. Equipment list is on registration receipt. Registration deadline - June 11.

M MAC 7:30 am-6:30pm Jun 28 \$68/\$78

Travel to Buena Vista for a full day of rafting 18 miles thru Brown's Canyon on Class III-IV rapids. No experience necessary. Must be in good physical condition and able to swim. Fee includes continental breakfast, rafting, lunch, snacks, escort and transportation. Equipment list is on registration receipt. Registration deadline - July 9.

M MAC 6 am-8 pm Jul 26 \$118/\$128

CLASSES

COMPOSTING 101

Recycle your yard and kitchen wastes. Learn about types of containers for composting, what materials to use, how to care for your compost once it's started, and gather much more information from an experienced, do-it-yourself composter!

Fee: \$7 (non-resident \$8) Th Jun 17 6-7 pm

SHAKE THE SALT IN YOUR COOKING

Are you trying to cut salt out of your diet, but aren't quite sure how to still make foods taste good? Learn how to use a variety of herbs, spices, and other flavorings to create delicious low sodium dishes. You won't even miss the salt! Samples and recipes are provided!

Fee: \$10 (non-resident \$12) Tues Jun 15 6:15-7:30 pm

INTRO TO FACEBOOK & TWITTER

Learn to use the latest social networking tools on the Internet! This technology allows you to keep in touch with family and friends, or stay up-to-date on favorite authors, topics or interest, or celebrities!

Fee: \$24 (non-resident \$29) M Aug 9 5:30-8 pm

DISCOVERING CRAIGSLIST

Get rid of unwanted items on Craigslist! Explore the different functions of Craigslist and learn how to find and post listings and how to correctly size and attach digital photos. You'll be surprised at what you can sell!

Fee: \$45 (non-resident \$54) M/W Aug 16 & 18 5:30-8 pm

EXPLORE MEDITERRANEAN COOKING

Research has shown that those who eat a Mediterranean diet are healthier. Learn about the foods and cooking techniques of this delicious diet. Samples and recipes are provided!

Fee: \$10 (non-resident \$12) Tue Aug 24 6:15-7:30 pm

VENDORS NEEDED FOR 2010 HOLIDAY CRAFT BAZAAR – START PLANNING NOW!

Craft vendor registration begins Tuesday, August 24 at 7 am for the 23rd Annual Holiday Craft Bazaar! The Bazaar is scheduled on Saturday, Nov 6 from 9 am - 3 pm at The MAC. Vendors must come to The MAC to register and select a booth space. All items must be handmade. Vendors must collect both state and city sales tax. Booth size is approximately 8'x6'. Space is reserved on a first come, first served basis. Vendors are limited to one space only. One table and one chair are provided in the classrooms only. Please contact Rita at 303-426-4310 x104 for more information.

Fee: \$25 (non-resident \$30)

SUMMER 2010