

# CBJ PARKS & RECREATION

ESSENTIAL PARTNERS IN A HEALTHY COMMUNITY



issue 02

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September 2017

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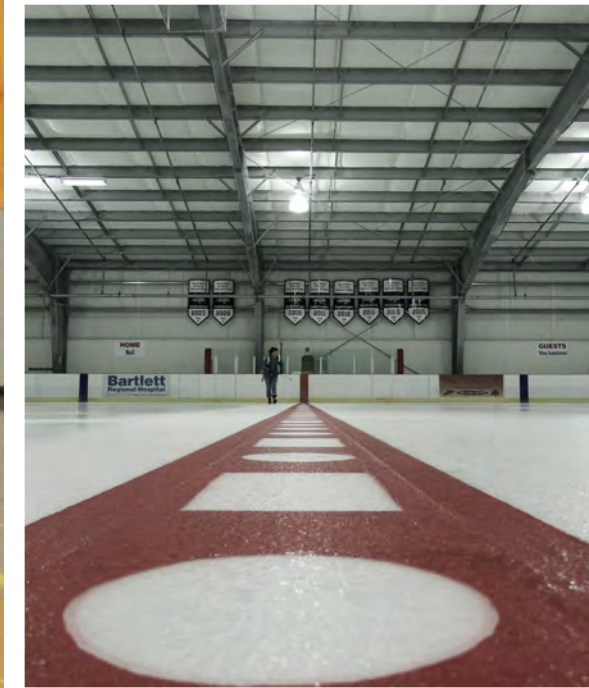
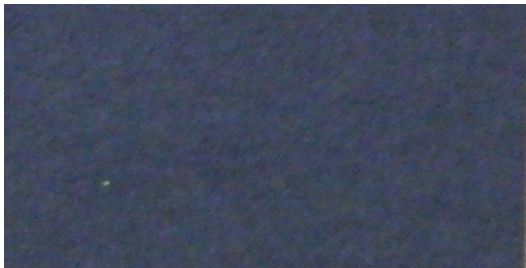
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# MASTER PLAN UPDATE

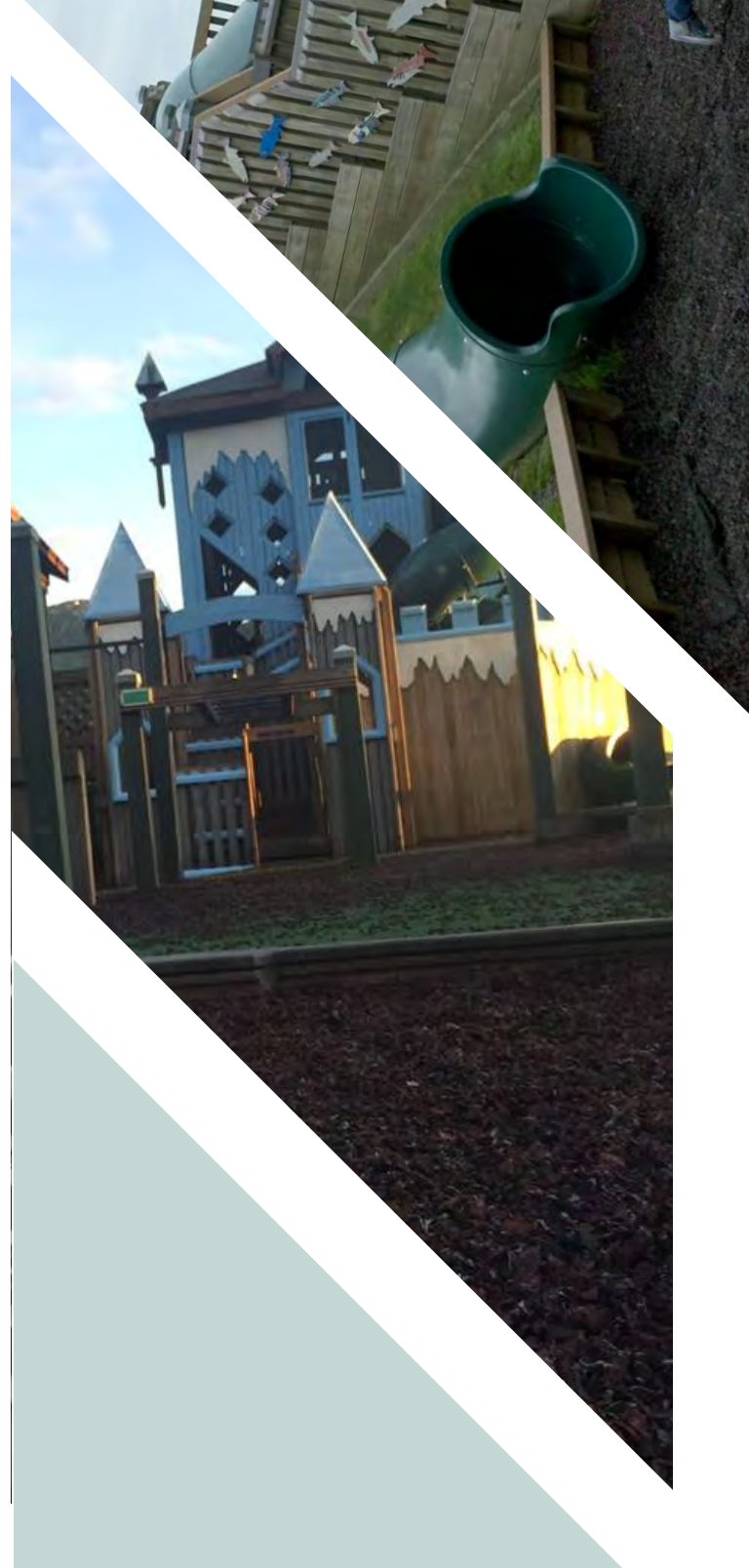
ALEXANDRA PIERCE

We kicked off the Parks & Recreation Master Plan project last fall with a series of public meetings, a public survey, online engagement & stakeholder meetings. This information was all collected into a document, What We Heard, which can be found on the Parks & Recreation website. We are currently working through parks, programs, and facilities inventories; benchmarking our programs & services against other remote

communities; and producing a set of recommendations that form the backbone of the completed Master Plan. We are planning to have a draft plan ready for public review in late 2017, with the final plan submitted for adoption in spring 2018. For more information, please visit the project website at [www.placespeak.com/cbjparkrec](http://www.placespeak.com/cbjparkrec)

# PROJECT PLAY GROUND

Cleanup is complete at the Project Playground site. We will be re-seeding the burned area, but the park is open for public use. The next step is to hire a design consultant to lead the community through designing the new playground with safety & accessibility improvements in mind. Design will take place over the fall & winter, with construction planned for spring 2018. CBJ has been working with the Project Playground Steering committee to organize this project. The original playground was entirely designed & built by volunteers & was valued by many in the community as a symbol of collaboration & volunteerism. In this spirit, members of the original steering committee plus some new faces are partnering with CBJ staff to ensure the new playground is as valued & reflective of the community's needs & ideas as the one that was so loved by Juneau for 10 years. The steering committee is also leading any fundraising efforts for the playground rebuild. CBJ's insurance will cover replacement of the original playground with some modifications. Once we have a scope that includes any



planned improvements, we will work with our insurer to determine what will be covered and what funds will need to be raised. So far, the community has raised over \$160,000 through the Juneau Community Foundation for improved safety & ADA accessibility at the new playground. Look for steering committee volunteers raising funds & visit [www.goprojectplayground.org](http://www.goprojectplayground.org) to learn more.

The logo for Zach Gordon Youth Center features the name in a white, sans-serif font. The word 'ZACH' is on the top line, 'GORDON' is on the second line, 'YOUTH' is on the third line, and 'CENTER' is on the fourth line. A green balloon is positioned behind the 'O' in 'YOUTH', and a red balloon is behind the 'E' in 'CENTER'.

# ZACH GORDON YOUTH CENTER

The BAM Afterschool program will be starting up for the school year in September! Look for BAM activities at Dzantik'i Heeni & Floyd Dryden Middle Schools. Activities take place 3:05-4:25pm. If you're interested in volunteering to lead an activity for BAM or just want more information, please give the BAM program coordinator a call at 796-5811.

Teen Talk Tuesday will be getting started on a monthly basis in the fall & then moving to weekly sessions after the first of the year.

Teens, please join us at the Youth Center on the first Tuesday of the month for a preview of Teen Talk Tuesday activities, great films, and good eats!

Zach Gordon Youth Center always has fun & healthy activities going on for youth of all ages!

Our hours: \*please note school aged kids are able to come to the center after school.\*

Monday-Thursday: 11am-6pm for youth under 14, until 9pm for youth 14-20

Friday: 11am-6pm for youth under 14,



until 10pm for youth 14-20

Saturday: 3-6pm for youth under 14, until 10pm for youth 14-20

Our Outreach Coordinator is available to connect youth who are homeless or otherwise struggling to services. This includes, but is not limited to; access to housing, food stability & behavioral counseling. If you are reading this & you need help, or know a youth who does, give us a call or come by. We Are Here For You!

# AQUATICS

## Preschool & Youth Classes

- Augustus Brown Fall Weekday Session #1  
September 11-October 4  
Monday & Wednesday Evenings  
Registration begins 8.28/17  
Register in person @ AGB, or online
- Augustus Brown Fall Weekday Session #2  
October 16-November 8, 2017  
Monday & Wednesday Evenings  
Registration begins 10/9/17  
Register in person @ AGB or online
- Augustus Brown Fall Weekday Session #3  
November 27-December 20, 2017  
Monday & Wednesday Evenings  
Registration begins 11/13/17  
Register in person @ AGB or online
- Dimond Park Fall Weekday Session #1  
September 12-October 5, 2017  
Tuesday & Thursday Evenings  
Registration begins 8/28/17  
Register in person @DPAC or online
- Dimond Park Fall Weekday Session #2  
October 17-November 9, 2017  
Tuesday & Thursday Evenings  
Registration begins 10/9/17  
Register in person @DPAC or online
- Dimond Park Fall Weekday Session #3  
November 28-December 21, 2017  
Tuesday & Thursday Evenings  
Registration begins 11/13/17  
Register in person @DPAC or online

## Parent/Child Workshops

Attend a workshop to refresh yourself on water-safe practices, socialize with other parents & their water-happy babies, or join us for your child's first time in the pool with guided instruction. Sign up for 1 or both days! \$15

Saturday November 4, 2017

Specific topics will be covered at various time slots beginning at 9am. Details to be released in early October

Saturday November 18, 2017

Specific topics will be covered at various time slots beginning at 9am. Details to be released in early October

## Adult Swimming Workshops

Whether you're an adult who would like to overcome your fear of putting your face in the water, or you're looking for stroke refinement to boost your workout to the next level, we have staff to work with you! \$10/workshop

- Saturday, December 2: 10am & 11am workshop times
- Saturday, December 16: 10am & 11am workshop times
- Saturday, December 23: 10am & 11am workshop times

# SWIM LESSON LEVEL INFORMATION

## Preschool Level 1

Course is designed for children who are new to the environment & uncomfortable in the water. Students will learn elementary skills, which will be built on as the child progresses through the course.

## Preschool Level 2

Course is designed for children who have successfully passed Preschool Level 1 or can demonstrate competency in the following skills:

- Enter pool independently, using either the ladder, steps or side. Travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit water.
- In shallow water, glide on front at least 2 body lengths, then roll to back & float for 3 seconds, then recover to a vertical position.

## Preschool Level 3

Course is designed for children who have successfully passed Preschool Level 2 or can demonstrate competency in the following skills:

- Glide on front at least 2 body lengths, roll to back & float for 5 seconds, then recover
- Glide on back at least 2 body lengths, roll to front & float for 5 seconds, then recover
- Swim using combined arm & leg actions on front for 3 body lengths, roll to back & float for 5 seconds, roll to front then continue to swim for 3 body lengths.

## Youth Level 1 - Introduction to Water Skills

Designed for children new to the water environment & who are uncomfortable in water.

### Youth Level 2 - Fundamental Aquatic Skills

The child must have successfully completed Youth Level 1 or be able to perform the following skills:

- Enter pool independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water-Glide on front at least 2 body lengths, roll to back & float for 3 seconds then recover to a vertical position.

### Youth Level 3 - Stroke Development

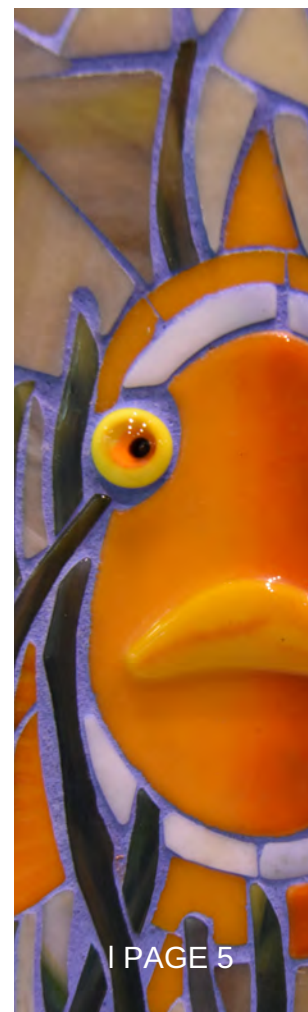
The child must have successfully completed Youth Level 2 or be able to perform the following skills:

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical
- Push off & swim using combined arm & leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue to swim for 5 body lengths.

### Youth Level 4 - Stroke Improvement

The child must have successfully completed Youth Level 3 or able to perform the following skills:

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds & swim elementary backstroke for 15 yards.



# SWIM LESSON LEVEL INFORMATION

## Youth Level 5 - Stroke Refinement

The child must have successfully completed Youth Level 4 or be able to perform the following skills:

- Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction & position as necessary & swim elementary backstroke for 25 yards
- Swim breaststroke for 15 yards & position as necessary & swim back crawl for 15 yards.

## Youth Level 6 - Swimming & Skill Proficiency

The child must have completed Youth Level 5 or be able to perform the following skills:

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction & position of travel as necessary & swim elementary backstroke for 50 yards
- Swim breaststroke for 25 yards, change direction & position of travel as necessary & swim backcrawl for 25 yards.

## Parent & Child Level A

Course is designed for children who have no water experience or have had one previous water adjustment lesson. Parents are taught how to:

- Safely work with their child in the water, including how to appropriately support & hold child in the water
- Prepare & encourage child to participate & try the skills
- Enter & exit the water
- Change body position in water
- Learn how to select & use life jackets, & basic water safety rules
- Recreational water illness
- How to call for help & the importance of knowing first aid & CPR

## Parent & Child Level B

Course is designed for children who are able to demonstrate the skills explored in Parent & Child Level A or have had 2 or more previous water adjustment lessons. This level builds on the skills presented in level A to include:

- Opening eyes & retrieving objects below the surface
- Opening eyes & retrieving submerged objects
- Bobbing
- Front float, front glide, front glide to wall; back float, back glide
- Roll from front to back & back to front
- Leg & arm action on front - alternating or simultaneous movements
- Leg & arm action on back - alternating or simultaneous movements
- Combined arm & leg actions on back
- Basic water safety rules
- Water toys & their limitations
- Wearing a life jacket in the water







# American Red Cross Courses

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## **First Aid/CPR/AED**

Course Cost: \$150 (class time & certification)

Add-on Fees (Optional): Materials \$25

Upon successful completion of the course, each participant will receive an American Red certification, which covers FirstAid/CPR & AED. The certification is valid for 2 years.

Certification courses take place on 1 day, lasting 6-7 hours. There will be a 30 minute lunch break.

### Upcoming Sessions

Saturday, September 16 9am-4pm

Saturday, October 21, 9am-4pm

Saturday, November 18, 9am-4pm

## **Lifeguard Course**

Become a certified lifeguard! Learn how to effectively prevent & respond to water emergencies with the American Red Cross lifeguard training. Courses are taught by an experienced American Red Cross Lifeguard instructor at Dimond Park Aquatic Center.

Course Cost: \$250

### Prerequisites:

Participant must be 15 years of age  
Successfully complete the pre-course session which includes: 300 yard continuous swim (front crawl/breast stroke); treading water for 2 minutes with hands under armpits; retrieval of a 10 pound object from 7-10 foot depth within 1 minute 40 seconds.

## PRESCHOOL PROGRAMS

### Lunch Bunch at Dimond Park Aquatic Center

For children 7 & under; relaxed play time in the current channel, spray features and orange slide.  
Monday-Friday: 11:15am-1pm

### Tot Time at Augustus Brown Pool

Kids 2-7 years old receive free admission during this time when accompanied by a paid adult admission  
Tuesdays & Thursdays: 2:30-4pm

## AQUATIC FITNESS CLASSES

### Aqua Aerobics - Shallow Water

A low impact total body work out!  
DPAC classes: Monday, Wednesday, Friday 6am-7am  
Saturday 9am-10am  
AGB classes: Monday-Friday 11am-12pm

### Aqua Aerobics-Deep Water

A high energy workout to get your heart pumping!  
AGB: Tuesdays & Thursdays, 6:30-7:30pm



### Ai Chi

Focus on breathing with progressive resistance training  
DPAC: Tuesdays & Thursdays 6am-7am  
AGB: Mon, Wed, Fri -11:45am-12:30pm  
Tuesdays & Thursdays: 12-1pm  
Friday 8-9am

# EAGLE VALLEY CENTER

EVC is located at 24.5 mile Glacier Hwy. off Amalga Harbor Road. The acreage of natural park area at Eagle Valley includes access to Amalga Meadows, Peterson Creek, the Salt Chuck, beach trails, and the Horse Tram Trail (an old ore hauling trail) that connects to the Boy Scout Camp Trail.

We are gearing up for the winter season and The Parks & Recreation Department is inviting you to venture out to the Eagle Valley Center for a day nature retreat, or if you want more time to enjoy this magnificent place the lodge is open for overnight rentals.

The Amalga Meadows under snow offer a pristine large open area to snowshoe, cross country ski and camp.

A hike down Kayak Beach .25 mile and Eagle Landing trails .50 are always a great way to get outside and enjoy the majestic view of Southern Lynn Canal from the beach.

The upstairs offers 3 bedrooms, 3 bathrooms, a kitchen, dining area, great room, meeting area for up to 24 people, group space for up to 50 people and an outdoor deck that looks out over Amalga Meadows and Peterson Creek.

Overnight sleeping accommodations; upstairs 12 people, downstairs 10 people (when available, September- May)

The cost to rent the facility is \$250 for a daily rental and \$375 for an overnight rental.

If you are interested in learning more about the facility please contact me at [Kristi.west@juneau.org](mailto:Kristi.west@juneau.org) or contact the Parks and Recreation Office at 586-5226.

# YOUTH SPORTS INFORMATION

## Indoor Soccer Registration

Registration is ongoing for the 2017 season!

Division Information (all times & information below is **tentative**):

- 5-6 Town - 1 night a week practice & games at Harborview Elementary
- 5-6 Valley - 1 night a week practice & games on Saturday; will take place at either Mendenhall River or Riverbend Elementary
- 7-8 Town - 1 night a week practice & games at Harborview Elementary
- 7-8 Valley - 1 night a week practice & games on Saturday; will take place at either Mendenhall River or Riverbend Elementary
- 9-10 Town - 1 night a week practice at Marie Drake & games on Saturday at either Marie Drake or Floyd Dryden Middle School
- 9-10 Valley - 1 night a week practice at Floyd Dryden & games on Saturday at either Marie Drake or Floyd Dryden Middle School
- 11-12 & 13-14 - 1 night a week practice at Dzantik'i Heeni with games on Saturday.

## Basketball Registration

Registration for the 2018 Basketball season will begin on Saturday, November 11 at the Mendenhall Valley Library from 11am-1pm.

The Pee Wee basketball division is for ages 5-6 and is run by members of the Parks and Recreation staff & parent volunteers. The kids meet for 6 weeks on Saturday mornings.

- 7-8 boys and girls division builds on the skills established in the Pee Wee program. The kids have practice one night a week and a game on Saturday. The game is a controlled scrimmage, with the coaches on the floor acting as referees and guiding play. The focus is on learning the rules, skill building and sportsmanship.
- 9-10 boys and girls division increases in skill building as well as competition. The kids have practice one night a week and a game on Saturday.
- The 11-12 & 13-14 league builds on everything the kids have learned over the course of their time in basketball and gives them a chance to have an end of season tournament.

The cost of the Pee Wee program is \$35 and the basketball league is \$55. Registration after November 25 will include a \$10 late fee. You can find the forms at our website You can register by fax, email or snail mail. You can also register online through our customer portal!

## Start Smart Basketball Registration

Registration for the 2018 Start Smart Basketball season will begin on Saturday, November 11 at the Mendenhall Valley Library from 22am-1pm.

Start Smart's goal is to develop a child's basic interest in sports, to increase their self-confidence and to help them find success in sports, all of which can lead to a lifetime of continued fitness and health.





# MOUNT JUMBO GYM

Located at 909 Fourth Street, Douglas, AK.  
Open September 5 thru April 30, 2017.  
A community town venue location for drop-in play for parents with children ages 1-6 from 10:30am -12pm M-F.  
Jumbo Gym provides affordable rental outlet for various small organizations that need gym space for youth and adult programs, birthday parties and other activities/events.

Rentals available 12-10pm M-F and Saturdays.

\$35/hour 0-19hours. 20+ or 4 consecutive hours: \$30/hour

Please check out our website for additional information or call our main office at 586-5226 to check on availability.  
<http://www.juneau.org/parkrec/gyms/gyms.php>



# Men's & Women's Volleyball 2017

This is a great chance for adults (ages 15 and over) to get a team together with friends and participate in a sport in a friendly and recreational atmosphere. If you are an individual and do not have a team you may contact the Parks & Rec office at 586-5226 to be placed on the player pickup list.

Season Dates: September 5 – November 9, 2017.

Player Fee: \$45.00

Matches will be played at the Dzantik'i Heeni and Floyd Dryden gymnasiums.

Weekday match times vary between 6:00 p.m. and 10:00 p.m., and matches are 55 minutes in length. Matches will be played Monday through Friday, and Sunday afternoons.

Each team will play 18 league matches, plus a post-season double elimination tournament after completion of league play. Matches will be held one day per week for each division.

Checkout our website for the registration forms and to find out more information:

<http://www.juneau.org/parkrec/adult/mwvolleyball.php>

You can also call the main office at 586-5526 if you have further questions.

<http://www.juneau.org/parkrec/adult/adultsports.php>

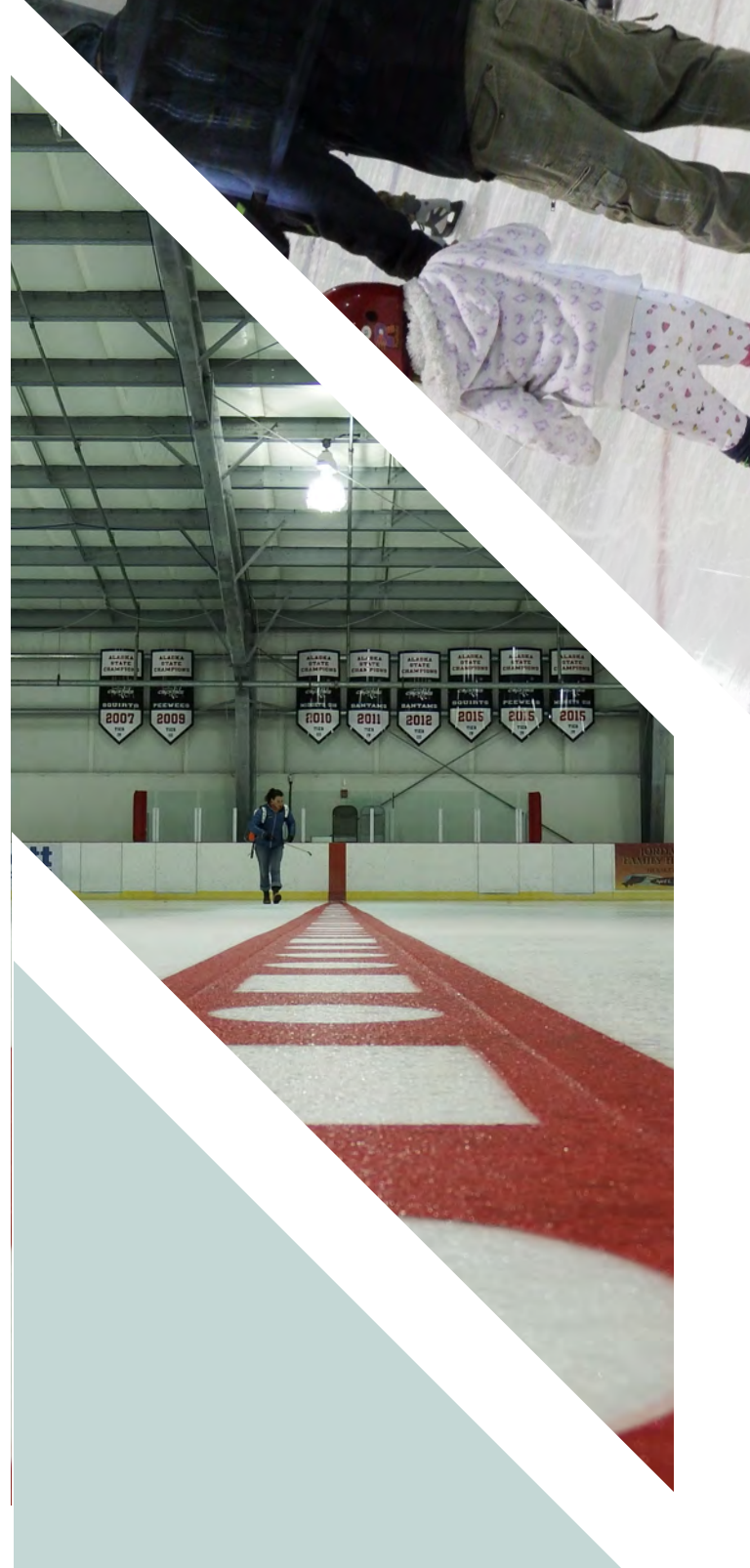
# TREADWELL ARENA

## Special Events

- Free Disco open skate – Saturday, Sept. 23  
6:30-7:30pm Sponsored by Second Wind Sports
- Halloween Skate – Friday, Oct. 27 7:45-9:15pm  
regular admission applies
- Disco Turkey Bowling – Wednesday, Nov. 22  
6:30-8:00pm regular admission applies
- FREE Skate with Santa – Friday, Nov. 24  
7:45-9:00pm Sponsored by The Douglas 4th of  
July Committee
- Holiday schedule – check out our website

## Drop-In Activities

- Parent & Tot drop-in lesson time – for 1 adult  
and 1 youth 5 & under-every other Sunday.  
\$15.00 – includes a lesson, skates, helmets &  
skate aid. The 1st visit is FREE!
- Family Skate – skate aids available
- Drop-in Hockey – Stick N’ Pucks & Pond  
Hockey – full gear required
- Open skating & Wake N’ Skates – check out our  
website for dates & times
- Private rentals available – for birthday parties,  
special events, holiday parties contact  
[lauren.anderson@juneau.org](mailto:lauren.anderson@juneau.org)
- Advertising opportunities – contact  
[lauren.anderson@juneau.org](mailto:lauren.anderson@juneau.org) to learn more!
- All admission fees include skate rental! Check  
out our website for our schedule and fees  
[www.treadwellarena.org](http://www.treadwellarena.org)



## Hockey & Skating Club Info

Juneau Skating Club (JSC)– Learn to skate lessons & home school lessons – 6 week session begins Sept 15– contact JSC for more info <http://www.juneauskatingclub.org/>

Juneau Adult Hockey Association (JAHA) – adult hockey – new to hockey? Sign up today & play!  
<http://www.juneauhockey.org/>

Juneau Douglas Ice Association (JDIA) – Youth hockey – Intro to hockey begins Oct. 7 contact  
JDIA for more info <http://www.jdiahockey.com/>