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**CANOE and EQUIPMENT RENTALS**



Make your company parties, family picnics and class reunions all the more fun with our Spring/Summer Equipment Rentals. We have Horseshoes, Volleyball (poles are cemented in tires, bring 2 people to pick up), Gunny Sacks (who doesn't love an old fashioned sack race?), Tug-O-War Rope and BBQs.

If you plan on spending time on the lake, our canoes are your answer!! Canoe rentals include life preservers, oars and Styrofoam car mounts to avoid scratching your paint.

Parks & Recreation employees are NOT allowed to help you load equipment or canoes into your car/truck. Please bring 2 people for Canoes & Volleyball Poles.

**MUST CALL FOR RESERVATIONS DURING BUSINESS HOURS, 8am-5pm.**

Call 225-9579 for prices and reservations. Must be 18+ to rent. All equipment and canoes are located at the Recreation Center.



**EASTER EGG HUNT @ The Plaza**  
4/3, Saturday, 9-10am, FREE, ages 0-7

Back for another year!! The Easter Egg Hunt at the Plaza will have lots of fun activities and crafts for all the children. Each child can "hunt" for 3 eggs.

Fun give-a-ways at the Bunny Hutch too!

Hosted by Ketchikan Youth Court, co-sponsored by Parks & Recreation.

**VOLUNTEERS ARE NEEDED TO HELP WITH THIS EVENT**

Call KYC Director Margaret 225-2293 for information.

**DOUBLE IRONMAN TRIATHLON**

This competition is challenging and exciting!! Every year since the Recreation Center has been open we have offered this event and every year the people of Ketchikan get involved and make it fun. Challenge yourself, challenge a friend to do it with you, challenge your co-workers, have a team or make it a family thing!! We offer TWO divisions, beginners or experienced.

You will have 6 weeks to:

**BIKE 208 MILES    SWIM 4 MILES    RUN 52.4 MILES**

- \* Rules and tally slips will be available at the Recreation Center and Mike Smithers Pool.
- \* ALL tally slips MUST be turned in by May 10th at noon, no exceptions.
- \* Tally slips should be turned in daily or weekly, in person or faxed to 247-3394.
- \* Each tally slip can have **only one** day of miles listed, do not combine dates on one tally slip.
- \* Prizes will be awarded to First Place Woman, First Place Man, First Place Team. (up to 4 to a team) In BOTH divisions.
- \* Register for race BEFORE you start this competition.

**WHEN:** 6am 3/29-noon 5/10

**AGE:** 13+

**FEE:** \$17 per person

**WHERE:** Recreation Center, Mike Smithers Pool or anywhere outdoors!



**WRITERS' WORKSHOP w/  
Author Barbara Larmon Failing**

Would you like to start a writing project? Are you at the beginning...middle...or end of one? Would you like the support of other writers? Would you benefit from balanced, caring criticism?



This workshop will offer support and guidance to writers. After the initial session, members can bring writing selections to share with the group.

*Participants in the fall workshop made considerable progress!*

We will use the Critique Guidelines from The 6' Ferret Writers' Group ([www.6ftferrets.com/](http://www.6ftferrets.com/)) to help each other move forward with individual writing projects.

**WHEN:** Thursdays, 4/1-5/20, 12:30-2:30pm

**AGE:** 18+

**WHERE:** Art Rooms A & B

**FEE:** \$40.00

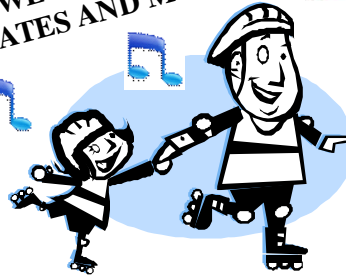
**NO CLASSES FOR 3 DAYS TO BE ANNOUNCED LATER BY INSTRUCTOR**

**SPRING BREAK ROLLER-**



ALL AGES!!  
BRING THE FAMILY

WE PROVIDE  
SKATES AND MUSIC



MARCH 25  
THURSDAY  
1-3pm

\$2.50 per person OR  
\$7 for family



**DOG OBEDIENCE CLASSES  
w/ Carol Towne & Dixie Rhodes**

Dixie & Carol are offering this 8 week course which will cover basic manners and socialization class for your dogs. They will cover basic obedience commands "come, sit, down, stay and heel". In the process they will also be going over many other useful pieces of information such as:

- \* How to maintain your dogs' focus on you
- \* What to expect at the Veterinarian's office & manners your dog should have during the visit
- \* How to reduce your dogs insecurity and deal with anxiety issues in public
- \* Right and wrong methods of crate training
- \* How to recognize attitude changes in your pet or "are they ill or just uncooperative?"

**MUST** pick up Vaccination & Deworming Status Form @ Recreation Center **PRIOR** to attending class. This form **MUST** be completed & turned in by first class.

**WHEN:** 3/13-5/1, Saturdays, 2-3pm

**AGES:** 13+ (owner's age)

**FEE:** \$80.00

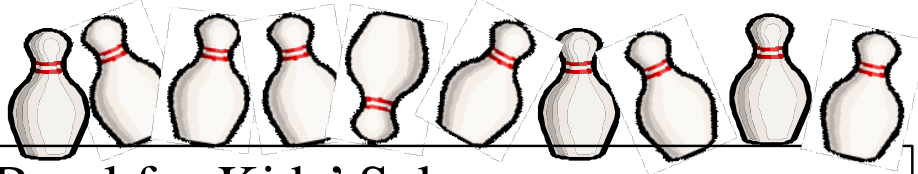
**WHERE:** First day of class—meet at Recreation Center, all classes will be at Valley Park School

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## Bowl for Kids' Sake

Big Brothers Big Sisters annual event will be held **APRIL 3rd** at Parks & Recreation Gateway Recreation Center. Sign your team up now to bowl in this BBBS signature event!

Teams of 4 to 6 people will try to collect pledges of \$1000.00 per team or \$150.00 per team member, concluding with our big bowling party at the Recreation Center. Co-sponsored by Parks & Recreation.

Call 247-3350 for information and to sign up your team!!



## POWER LIFTING COMPETITION

**4/9, Friday @ Get Fit, Stay Fit Gym (2531 Tongass Ave.)**  
**Weigh in 4-5pm, Lifting starts 5pm**



Entry Fee is \$15 and USAPL Membership Card is required (these will be sold at the meet). Participants can enter in a single lift or all three lifts (Squat, Bench Press, Dead Lift). Lifting will be done according to USAPL rules. This is a USA Powerlifting sanctioned meet, State and Ketchikan High School records may be set.

Sponsored by Get Fit, Stay Fit Gym and Floyd's Carpentry.

Co-sponsored by Parks & Recreation

Call Doug Gregg @ 225-6681 for information.

## HERSHEY'S TRACK & FIELD EVENT—2010

For the past 30 years, the mission statement has remained the same for the Hershey's Track & Field Games: "To provide a quality recreation and school program where children have fun and are introduced to physical fitness through basic track and field events such as running, jumping and throwing." Ketchikan Parks & Recreation is proud to provide this program each year to all the children in Ketchikan.

**WHEN:** 5/1, Saturday, event starts at noon **Registration begins at 11:15**

**WHERE:** Fawn Mtn. Elementary School Track **FEE:** Free

Children must choose 3 events: 1 track & 2 field OR 2 field & 1 track

### TRACK EVENTS:

9-10 yr olds 50, 100, 200, 400 meter runs  
11-12 yr olds 100, 200, 400, 800 meter runs  
13-14 yr olds 100, 200, 800, 1600 meter runs  
13-14 yr olds 4 x 100 relay races

**AGES:** 9 & 10 year olds-born in 2001 or 2000  
(8 yr old can compete if turning 9 by 12/31/10)  
11 & 12 yr. olds-born in 1999 or 1998  
13 & 14 yr. olds-born in 1997 or 1996

4 x 100 relays for 2010, only age group 13 & 14 can qualify for North American Final.

### FIELD EVENTS:

Standing Long Jump  
Softball Throw

**PLEASE have your child try and stick to their ORIGINAL decisions on what events they want to do. Last minute changes are EXTREMELY difficult on all who work this event.**

### ATTENTION TEACHERS & PARENTS:

**We need volunteers to help make this a successful event.**  
**Please call Susan Wall @ 228-6657. No experience needed!**