

# North Peninsula Recreation News

## North Peninsula Recreation Service Area

### Something For Everyone.....

From the Director...

Happy 2012! Another wonderful full year to look forward to! I for one am always excited about the beginning of a new year. It brings a sense of a clean slate and a fresh start on a personal and professional level, even though the piles of paperwork on my desk never seem to go away entirely!

For kids, the “most wonderful time of the year” was Christmas morning, when they finally got to open presents. For retailers, it was Black Friday and Cyber Monday. For us here at the recreation facilities, the magical time follows New Year’s resolutions, when people are suddenly determined to make lifestyle changes that require the services of our fitness area, community center, ice rink, trails and swimming pool.

People are bloated from the holidays and the fun part of winter is over. Nobody will be singing carols about our crazy cold weather in January & February. Although, we did have pretty crazy weather in October and November! The days are short, with low gray clouds and frozen precipitation. Nobody wants to go out....but everybody wants to get in better shape! It doesn’t get much better than that for the service area; it’s called the “January Effect”! We at NPRSA certainly look forward to this time of year and look forward to seeing the many folks we haven’t seen in, well....since last year about this time!

NPRSA staff have been busy planning and organizing activities, classes, leagues and programs to keep Nikiski residents busy and close to home. Healthy year-round activities for everyone....that’s what we do! Keep an eye out for our monthly activity calendars and fliers. You can check out our website [www.northpenrec.com](http://www.northpenrec.com) or find us on Facebook.

Wishing you a healthy and prosperous 2012! I look forward to seeing you at our facilities, programs, meetings, and events. Your input, attendance and participation are vital to our continued success, and it certainly takes the strong support of the community!

Rachel Parra

"Every new day begins with possibilities. It's up to us to fill it with things that move us toward progress and peace."

~ Ronald Reagan

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#### WiFi—WE HAVE IT!

The Nikiski Pool and the Nikiski Community Recreation Center  
now have WiFi available for patron use.

The Banquet Room at the NCRC can now accommodate your meeting  
and your power point presentation!

# Nikiski Community Playground

“Community Playground” is the Buzz Word

By now, you may be aware or have heard of the “Nikiski Community Playground” project that is in the works. The NPRSA Board of Directors has taken the first step by securing legislative funding and appointing a playground design committee to oversee the project. The committee, made up of five members, has been working diligently on getting community input (including having the students at Nikiski North Star Elementary vote on pieces of equipment) and fundraising, sponsorships and donations. Due to limited funding, the committee felt it necessary to seek sponsorship and donations to provide the financial opportunity to build a playground the entire community will be proud of.

The community and the NPRSA Board of Directors recognize this project’s benefit as the only community playground in the Nikiski area. The playground will be located centrally between the Nikiski Pool and the Nikiski Community Recreation Center and will be uniquely designed with an emphasis on wildlife and nature, industry and the local flare of our wonderful community.

## Fundraiser Events You Shouldn’t Miss!

### **Saturday, January 14, 2012**

Zumbathon Fundraiser for the Nikiski Community Playground

Tickets are \$25/person (will get you in to all 4 sessions)

ALL proceeds will fund the playground

Zumba is a latin-inspired dance-fitness program that is fun for everyone! Join the Party!

Zumba Gold—10am at the Nikiski Community Recreation Center

Aqua Zumba—12pm to 1pm at the Nikiski Pool

Master Zumba Class—1 to 2:30pm at the Nikiski Community Recreation Center

Zumbatonic—2:30 to 3pm Nikiski Community Recreation Center/ages 5+

Instructors: Jennifer Ellis / Charlotte Coots / Maria Lucia



### **Saturday, February 4, 2012**

Spaghetti Dinner & Dessert Auction

6pm-9pm at the Nikiski Community Recreation Center

Tickets: \$10/adults and \$5/child

All proceeds will benefit the project. We are looking for volunteers; if you are interested please contact us.

We are encouraging all individuals, families, businesses and organizations to become sponsors.

Donation Forms are available at the Nikiski Pool and Nikiski Community Recreation Center, or online at [www.northpenrec.com](http://www.northpenrec.com). For more information, to become a sponsor, or to get more involved contact Rachel at 776-8800.



## **PLANNING A PARTY?**

Consider renting the Nikiski Pool,  
the Nikiski Community Recreation Center Banquet Room or Gym,  
or one of our multipurpose rooms for your event.

# Idita-Swim Competition

## Idita-Swim

In 2009, the Nikiski Pool started their Idita-Swim Competition; primarily to get the community active in aquatics and to jump start their fitness routine in the spirit of the Iditarod, Alaska's Last Great Race. In this competition, competitors swim or walk their way to Nome; one fifty yard lap is equivalent to 1 mile. Staff tracks each competitor's progress on an Iditarod trail map so all can visualize where they and others are in route to Nome. Prizes are given to those competitors that reach certain stop points along the way.

In 2009, we were blown out of the water when Barbara Brown crossed the finish line completing 1,131 laps in 4 days. Alexius Sacaloff, came in right behind Barbara completing her 1,131 laps in 5 days. Liam Leach finished in 3<sup>rd</sup> place completing his laps in 9 days.

As with all good competitions, positive changes were made, and in 2010 we expanded the program to include age divisions, mandatory rest periods, and a duration for the race. The following age divisions were added: Pups- 17 and younger; Swing Dogs- 18 to 59; and Lead Dogs- 60 and older. A 24-hour mandatory rest period was required at a certain stopping point along the way. And finally, we added an end date to the competition, known as the "Alan Bute" rule.

Alexius Sacaloff became our 2010 champion, crossing the finish line for the Swing Dogs completing 1,112 laps in 8 days, and Bob Reichert was the first to cross the finish line for the Lead Dogs completing his laps in 11 days.



In 2011, we had our first entry in the Pups division; John Boatright was the first to make his way to Nome beating out all the other age groups, completing his 1,131 laps in 12 days. Alexius Sacaloff and Bob Reichert both became repeat champions in each of their age divisions completing their laps to Nome in 13 days and 16 days, respectively.

At this point, you might be thinking to yourself, "Wow, these people are tough competitors. There is no way I could compete with them." Not to worry, the competition element is only one aspect of this race. Many that participate sign up not necessarily to win, but as a means to set a goal of getting more fit and becoming active in the pool. The Idita-Swim Competition is used as a tool to stay focused on that goal. Many don't make it to Nome in the two month duration of the competition; however, we will continue to encourage you to "keep it up" and obtain your personal goal of completion.

This year the Nikiski Pool will hold its 4<sup>th</sup> Annual Idita-Swim Competition. This year's competition will run March 6 through April 29, 2012. The registration fee of \$20.00 per participant includes a T-shirt. If you are looking for a low cost, low impact, fun way to get in shape; looking for a challenge or you just want to stay focused on being active in the water....then the Idita-Swim Competition is for you.

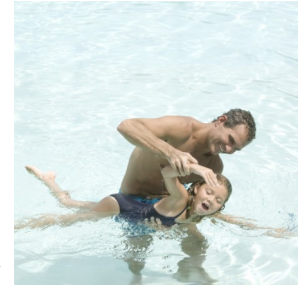
## Workout at the Nikiski Pool Facility

The Exercise Room at the Nikiski Pool offers the latest in Precor exercise equipment, including a new elliptical, treadmill and spin bicycle; each equipped with Cardio Theaters plus 2 racquetball/walleyball courts on beautiful hardwood floors.

# Learn to Swim

## Learn to Swim

One of the easiest ways to help prevent drowning is to learn how to swim and how to be safe in and around the water. Nikiski Pool offers a wide variety of swim lessons throughout the year. Whether your child is just starting or is ready to learn how to become a lifeguard we have a class for you.



The following is a list of classes offered at the Nikiski Pool:

**Tiny-Tots:** 6 months to 3 years old. Parent's work with their child and an Instructor to help the child become more comfortable in the water through fun activities and games.

**Beginners:** 3 years old and up. Children learn the basics of swimming from getting comfortable in the water to starting to swim with basic swim strokes.

**Advanced Beginners:** 3 years and up. Once a child has got his/her basic swimming skills down, this class will introduce them to the front and back crawl; the breaststroke; the elementary back stroke; and begin to refine their swimming skills. Diving is also introduced.

**Intermediates:** 3 years and up. All strokes are fine-tuned; deep water skills like feet first surface dives and diving from the spring board are introduced.

**Competitive Swim Class:** An introduction into competitive swimming. In this high pace class. students will work not only on competitive swim strokes, but will also work on improving swim times through building endurance and swimming techniques.

**Jr. Lifeguarding:** 10 to 14 years old. This is an introductory class of lifeguarding. Students will learn skills like basic lifesaving techniques, teamwork and leadership skills.

**American Red Cross Lifeguard Class:** 15 years and up. In this class a student will learn how to make water rescues, administer CPR/AED and First Aid, work together as a team and have a knowledge of how to prevent and respond to aquatic emergencies.

**Private, Semi-Private and Adult Lessons:** These lessons are available throughout the year and can be scheduled based on instructor availability.

**Winter and Spring Lessons will be starting January, 2012.** For a complete schedule check us out online at [www.northpenrec.com](http://www.northpenrec.com) and don't forget to "like" us on Facebook.

## BECOME A LIFEGUARD!

The Nikiski Pool is always looking for outgoing, energetic people to join our team. Flexible hours, on-the-job training and facility-use benefits.

The next American Red Cross Lifeguard Class is January 31 through February 4, 2012.

Enroll today, become a certified lifeguard and make a difference in your community.

# Why Recreation?

By Tammy Berdahl, Recreation Supervisor

What is recreation anyway? Recreation takes on many different meanings depending on who you speak with. For me recreation ranges from playing basketball to reading a book. What is recreation to you? Dictionary.com defines recreation as refreshment by means of some pastime, agreeable exercise, or the like. A pastime, diversion, exercise, or other resource affording relaxation and enjoyment.

Living in the great state of Alaska we have many opportunities for recreation. Currently the snow is falling and I'm sure there are many of our residents out snow machining, skiing, sledding, or skating. Ever wonder if there was a correlation to the spelling of snow and why most snow activities start with the letter S? I digress. Most of us, if we aren't dreaming of Hawaii, are dreaming of summer activities here at home. I never made it out halibut fishing this last summer. That will have to be first on the list next summer. Fishing, hiking, biking, beachcombing, lazy days at the lake, canoeing, skipping rocks; the list goes on and on.

Alaska boasts an abundance of recreational opportunities, many of which are right here at home. We at NPRSA want to make sure you know the recreational opportunities provided for you by the service area. Between the Nikiski Community Recreation Center, the Nikiski Pool, the Jason Peterson Memorial Ice Rink, the Pool Trails, and the Community Trails, there is always some form of recreation available. If your definition of recreation includes organized sports, check out NCRC's calendar of sports leagues. If you were born with fins, the pool offers a full spectrum of swimming activities. Does being inside make you feel claustrophobic? Our trails are groomed year round and showcase some truly beautiful scenery. The kids will love the new playground slated to be installed this summer. To be honest I think the parents will love it more! We are also happy to be opening the lending library at NCRC this winter. To answer those that have been curious we will still have the book exchange as well. If your teens have not visited the Teen Center lately drop in to see Bradi's fabulous painting job. She truly is creative.

We hope to keep adding recreational activities to the existing line up offered at NPRSA. We are currently looking for instructors so we can add more exercise and community classes. If you have the talent and the desire to share it please let us know. As always your suggestions and ideas are welcome. Our mission is to provide healthy year-round activities the entire family can enjoy. As quoted from Morgan Rodgers; "life should be fun, let us help!"

## NIKISKI COMMUNITY RECREATION CENTER

### CRAFT FAIR

Mark your calendar for the Nikiski Community Recreation Center Craft Fair  
Friday and Saturday, April 20 & 21, 2012  
Booth spaces are available; register at NCRC.

### OPEN GYM

Tuesdays & Thursdays 11–12:30 pm (Tot Time)  
Tuesdays & Thursdays 1–2:30 pm (Home School)  
Saturdays 1–3 pm (Family)  
Saturdays 3–5pm (Adult)  
\$1.00/per participant

### BICYCLE SPIN CLASS

Wednesdays 6-7 pm  
Saturdays 9-10 am  
\$7/participant  
10-Punchcard available for \$65

North Peninsula  
Recreation Service Area  
P.O. Box 7116  
Nikiski, AK 99635  
907-776-8800

## TEEN CENTER

OPEN MONDAY-FRIDAY 2:30-8:00pm  
SATURDAY 10AM- 6PM (Winter)

Hang Out \* Play Games \* Nintendo Wii \* Do Homework \* Shoot  
Hoops \* Gym \* Computers \* Billiards \* Video Games  
\* Air Hockey and more.....

PRESORTED  
FIRST CLASS MAIL  
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Permit No. 1

### NIKISKI POOL SCHEDULE

#### Winter Lap Swim and Open Swim

Tues/Wed/Thurs 7am - 5 pm / 6pm - 8pm  
Friday 7am - 5 pm / 6pm - 9pm  
Saturday/Sunday 1pm - 5pm / 6pm - 9pm  
Water Aerobics Tues/Thurs 7:45pm - 8:30 pm  
Waterslide is open Friday, Saturday and Sunday

#### Summer Lap Swim, Lessons and Open Swim

##### Tuesday thru Friday

Lap Swim/Swim Lessons 7am-12:00pm (noon)  
Open Swim/Lap Swim 12pm-5pm / 6pm-9pm  
Saturday & Sunday  
Open Swim/Lap Swim 1pm - 5pm / 6pm - 9pm  
Waterslide is open daily at 1:00 pm

THE POOL IS ALWAYS CLOSED ON MONDAY

### MAILING LABEL

North Peninsula Recreation: 776-8800  
Nikiski Pool: 776-6410  
Nikiski Community Recreation Center: 776-6411

[www.northpenrec.com](http://www.northpenrec.com)  
Like us on Facebook

WATER AEROBICS is held at the Nikiski Pool every Tuesday and Thursday evening from 7:45-8:30 pm. Excellent low impact workout to music.

NORTH KENAI YOGA is held at the Nikiski Pool classroom every Tuesday and Thursday night from 6:00-7:30 pm.

### Need a Gift Idea?

Full swing golf gift certificates and swim coupons are available.  
Ask staff at the Nikiski Community Recreation Center or the Nikiski Pool for details.

*Wishing You A Happy and Healthy New Year-2012!*

### NORTH PENINSULA RECREATION SERVICE AREA BOARD OF DIRECTORS

Paul Lorenzo 776-7517  
Michele Carver 776-8559  
Sharon Thompson 776-7524  
Timothy Johnson 776-8808  
Patti Floyd 776-8143

NPRSA Board Meetings are held the 4th  
Monday of each month.  
The public is welcome to attend.