



# Star Parks and Recreation

286-7247

[www.staridaho.org](http://www.staridaho.org) or Star City Hall for Registration Forms & further details

## Needlepoint by Dyan Kastner

April 27 - June 15 4:30 – 6:00 pm  
\$5.00 per Class or \$35.00 per Session  
No experience necessary  
Star City Hall

## PILATES

Tuesday & Thursday April 5 - 28, 2011  
6:15 - 7:00 am \$20 session  
Bring mat and comfortable clothes.  
Resistance bands and pos-a-balls provided  
Star City Hall

## TUMBLING CLASSES

WEDNESDAYS  
AT STAR CITY HALL

3:00-3:45p.m. 3-4 yr olds  
4:00-5:00p.m. 5-7 yr olds  
5:00-6:00 p.m. 8 yrs old & up  
April 6 - May 25, 2011  
\$40/session

## City of Star & collaborative programs

### Fit and Fall Prevention™

No Cost! Sponsored by Central District Health

Where: Star City Hall 10769 W. State St

When: 10:30 am Wednesdays & Fridays Starting April 20<sup>th</sup>-  
Join anytime!!

Who: Call Kim for more details 286-7247

### TONE & TITAN STAR FITNESS SOLUTIONS

Tuesdays 9:15 - 10:15 am  
at Blake Park or Star Community Barn  
during inclement weather  
\$20 for 6 weeks  
Begins April 19

### TONE AND TITAN CLASS

This six-week class will focus on strengthening and firming the core through a variety of different exercises. Participants will also get a great cardiovascular workout at each class, as well as nutrition and exercise tips to keep them feeling great throughout the week. Children are welcome to come and play on the playground during class.

### CPR certification

American Heart Association  
May 10, 2011 – 6-7:30pm \$15.00  
Star Elementary





# Star Parks and Recreation

286-7247

[www.staridaho.org](http://www.staridaho.org) or Star City Hall for registration forms & further details



## Summer Co-ed Youth Baseball

Tball ages 4-6 Tuesday evenings  
Coach Pitch ages 7-9  
T/W evenings  
Cost: \$20 resident  
\$25 non-resident  
Sign up Deadline: 4/29  
Season 6/20 - 8/11/2011  
No games week of 7/4

## COED ADULT C - DIVISION SOFTBALL

18 and up Monday / Thursday evenings 6:30 & 7:30 p.m. games  
Sign up Deadline April 29<sup>th</sup>  
Resident \$15 \$125.00 Resident team up to 12 people  
Non-resident \$30 \$180 Non-resident team up to 12 people  
Season June 20 - August 11 (no games week of 7/4)

## Boost Body Hoops!

Hoola hoop fitness and  
dance  
Tuesday, April 26<sup>th</sup>  
4:00pm Kids try for free  
Star City Hall

River Birch Golf Course proudly presents

### STEAM LEAGUE #11

Come blow off a little steam after work!!!

2-person Teams

No Handicap Necessary

Different Format every week!!!

FIVE on-course contests for drinks

10 Week, 9-Hole Golf League

Begins Tuesday, April 19<sup>th</sup>

6:00 p.m. Shotgun Start

Only \$25 to join and \$15/week including golf  
cart! Kids are welcome with adult.

River Birch Golf Course - (208) 286-0801

PO Box 770-3740 N. Pollard Lane, Star ID



*We, the City of Star Parks and Recreation committee are dedicated to providing and preserving the highest quality of parks and services for as many citizens as possible with the resources available.*

