

ALL
AGES

CITY OF COLUSA SUMMER *activity guide*

2023



REGISTER ONLINE:
COLUSA.RECDESK.COM

**REGISTER
IN-PERSON:**
425 WEBSTER STREET



Dear Colusa Residents and Guests,

It's that time of year again when we get out, stretch our legs, and enjoy time with our families and friends. We are excited to see everyone out and about enjoying all that Colusa has to offer. Whether it's the many parks, the pool, or even a stroll around town, we love seeing people active and living life to the fullest.

Last year, we introduced online registration for classes and other programming through our website. This easy option for all residents was a huge success! We have been building even more to include the ability to request private pool reservations and many other options in the works. As the summer churns along, we intend to roll out even more exciting programs and activities for our citizenry. Please visit our website or follow our social media pages to stay in the know.

We here at the City of Colusa are immensely grateful to all the local organizations, businesses, and community members whose passion for the city makes everything possible.

Thank you,

Cliff Burrious
Recreation Coordinator



City of Colusa
425 Webster Street
Colusa, CA 95932
www.cityofcolusa.com
colusa.recdesk.com

ADULT LAP SWIM (18+)

May 1st - September 30th

DAILY SUNDAYS - FRIDAYS 5 AM - 9 AM

SATURDAYS 5 AM - 8:30 AM

Swimming is an excellent workout because you need to move your whole body against the resistance of the water. The Colusa Pool Adult Lap Swim program is designed for residents and visitors 18+. You will have access to the pool daily during select times to be to get your laps in and add to your health journey.

SEASON PASS - ENTIRE SEASON (22 WEEKS) \$60.00

MONTHLY PASS - (4 WEEKS) \$20.00

SENIOR SWIM (65 OR BETTER)

May 1st - September 30th

FRIDAYS 8 AM - 10AM

For our residents 65 and better. Swimming is regarded as one of the best ways seniors can exercise. Stay active and enjoy the pool this summer. You may sign up online, or in person at City Hall.

COST: FREE

***MUST REGISTER TO PARTICIPATE**

*More dates and times will be available in August.
STAY TUNED!*



Back by popular demand!

Aqua Zumba

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Aqua Zumba combines the traditional aqua exercises with standard Zumba moves and music. In Aqua Zumba, one needs to perform large muscle movements by stretching the arms and lifting the legs in the water. It also requires circling of hips and shoulders. Every step in Aqua Zumba is challenging and it helps in toning your muscles.

The natural buoyancy of the body in water allows one to move and bend in ways, which are often difficult to perform on land. As the body remains submerged in the body, it will act as a cushion and the chances for an injury are less. Aqua Zumba is an excellent therapy for people who suffer from joint problems, the pressure will be taken off from your knees, hips, and ankles. Your body will also feel great after every workout.

Join certified Aqua Zumba instructor Toni Hilger! Please wear swimsuit, lightweight shorts/leggings and top. Water shoes not required, but preferred.

SINGLE CLASS \$7.00

SATURDAYS @ 8:30 AM

JUNE: 3, 17, & 24

JULY: 1, 8, 15, & 29

AUGUST: 5, 12, 19, & 26

SEPTEMBER: 2, 16, 23, & 30

WEDNESDAYS @ 6PM

AUGUST: 2, 9, 16, 23, & 30

SEPTEMBER: 6, 13, 20 & 27

Swimming Lessons 2+

Level 1-Water Exploration

Children must be able to enter the pool using stairs and independently stand in 2 feet of water. Participants will learn to become comfortable in water and to enjoy the water safely. Front and back floating will be introduced. Learn to jump into the pool.

Level 2- Beginners

Children must be able to enter 2-3 feet of water by themselves. Non-swimmers classes with emphasis on water adjustment, front glide, back glide, crawl stroke and personal water safety. Will try to transition to the big pool for some activities.

Level 3- Intermediate Beginners

Children must be able to swim half the length of the pool in 4 feet of water by themselves. Emphasis will be on correct breathing with crawl stroke. Introduction of elementary backstroke, deep water swimming, and treading water.

Level 3+- Intermediate

Children must be able to swim the length of the pool in 4-8 feet of water by themselves. Emphasis will be on correct breathing with crawl stroke. Introduction of elementary backstroke, deep water swimming, and treading water. Swimmer will be evaluated on the first day and your time could be adjusted to meet the needs of the swimmer.

Toddlers with Support

Children will explore water with adult support. Participants will learn to become comfortable in water and to enjoy the water. Front and back floating will be introduced along with blowing bubbles and jumping in and turning to the side with support.

Swimming Lessons 2+

SESSION 1 \$45.00

JUNE 19th – JUNE 29th - Mondays - Thursdays

Level 1 - Water Exploration - 11AM - 11:30AM

Level 2 - Beginners - 10:30AM - 11AM

Level 3 - Intermediate Beginners - 10AM - 10:30AM

Level 3+ - Intermediate - 9:30AM - 10:00AM

Toddlers with Support - 11:30AM - 12 PM

SESSION 2 \$45.00

JULY 10th – JULY 20th - Mondays - Thursdays

Level 1 - Water Exploration - 10:30AM - 11AM

Level 2 - Beginners - 10AM - 10:30AM

Level 3 - Intermediate Beginners - 9:30AM - 10:00AM

Level 3+ - Intermediate - 9:00AM - 9:30AM

Toddlers with Support - 11:00AM - 11:30 AM

CLASSES RUN FOR APPROXIMATELY 25 MINUTES

SPACE IS LIMITED.

*Private lessons may be available upon request.
Contact recreation@cityofcolusa.com for more
information*

Colusa Pool

Public Swim Hours

MONDAY - SATURDAY

12 – 2:30pm Swim Session 1 - \$2.00
(Swimmers exit pool at 2:15 pm)

3 – 5pm Swim Session 2 - \$2.00
(Swimmers exit pool at 4:45 pm)



OPENING
DAY
MONDAY
JUNE 5TH

SUNDAY

1 – 3pm Swim Session 1 - \$2.00
(Swimmers exit pool at 2:45 pm)

3 – 5pm Swim Session 2 - \$2.00
(Swimmers exit pool at 4:45 pm)

~ CLOSED FOR 4TH OF JULY ~

FAMILY SWIM PASSES

Households may purchase at City Hall or online and are good for the following:

2 Adults: Access to the pool for both Adult Swim and Public Swim sessions
(No admission fee)

5 Children: Access to Public Swim sessions
(No admission fee)

COLUSA POOL PRIVATE RENTALS

NOW
AVAILABLE
ONLINE!!

THE COLUSA POOL IS AVAILABLE FOR PRIVATE RENTALS DURING
THE SUMMER UNTIL THE END OF SEPTEMBER. RESERVE ONLINE OR
AT CITY HALL



SCAN FOR ONLINE
RESERVATIONS



FREE SWIM DAYS

BEGINNING LAST SUMMER, GENEROUS SPONSORS DONATED “FREE
SWIM DAYS” TO THE COMMUNITY. THIS PROGRAM ENABLED
CITIZENS TO PARTICIPATE IN PUBLIC SWIM SESSIONS ADMISSION
FREE.

WANT TO SPONSOR?!

BE THE HERO OF THE DAY! CONTACT CITY HALL OR SCAN CODE
ABOVE TO CLAIM YOUR DAY ONLINE.

PARENT’S NIGHT OUT (KID’S NIGHT IN) - AGES 5-10

Games, Activities, Movies, Pizza, Popcorn, Crafts, YOU NAME IT! Your child will have a great time with us. So go have one for yourself! Located at the Scout Cabin.

Pre-registration is required. Hurry! Because these spots will fill up fast!

JUNE 23RD

JULY 14TH

AUGUST 4TH

6PM - 8PM

COST: \$15

TENNIS - AGES 7-14

Learn the basics or practice your backhand. Tennis is a great singles and doubles game that is high energy and always fun to play. Your child will learn from Colusa’s best! Lessons will be held at the City Tennis Courts at Sankey Elmwood Park, 3rd & Parkhill Street. All equipment provided.

Session 1: Mon - Thur 6/19 to 6/22 (8am-9am)

Session 2: Mon - Thur 7/17 to 7/20 (8am-9am)

Session 3: Mon - Thur 8/7 to 8/10 (8am-9am)

Cost: **FREE**

ARCHERY - AGES 7-18

Learn the basics or hone your skill. This three-day clinic will teach the basics of Archery and give kids the chance to work on their aim. No bow is required, all equipment will be provided. All lessons will be held at the Colusa Sacramento River State Park.

Ages 7-11: August 1-3 (Tue - Thu) 9 AM - 10:30 AM

Ages 12-18: August 1-3 (Tue - Thu) 10:30 AM - 12 PM

COST: \$15

FLAG FOOTBALL - AGES 9-14

Join us for flag football, Tuesdays from 11am-12pm. Your child will boost their football skills and have a blast in this minimal contact sport. Games will be run "Pick-up" style with teams chosen at the start of the day. Coaches will be on hand to work with your child on their skills, strategy, and general knowledge of football during short and fast gameplay.

Tuesdays - June 20- July 18 11 AM - 12 PM
(No 7/4)

COST: \$10/ WEEK WITH PRE-REGISTRATION
\$15 "DAY OF" REGISTRATION

COLUSA CAMP - AGES 5-12

Your child will experience fun across Colusa in the most fun and exciting ways. Scavenger hunts, expeditions, crafts, etc... Join in on the adventure! Just bring along water, comfortable walking shoes and an adventurous mind.

June 13 - June 16 (Tues - Friday) 9AM - 12 PM

COST: \$50

ACTION SPORTS CAMP

ENTERING 1ST - 6TH GRADE

This summer, jump into the action! Your child will have a blast competing against each other during our fun, 3-day camp. Daily focuses on teamwork, leadership, and good sportsmanship.

Each day, we will focus on a different character trait and build in opportunities for kids to learn from and model those traits through sports. Our goal is to build their self-esteem and for all kids to feel successful at the end of the day!

July 5th - July 7th

9 AM- 12 PM

COST: \$40

CHALLENGER SOCCER CAMP - AGES 3-14

Coached by a team of international and US-based staff, this week-long half day and full day soccer camps improve your child's soccer skills whilst providing a unique cultural experience.

Formerly known as International Soccer Camps, and rooted in British training methodology, these camps introduce international training tactics to campers across the U.S and Canada.

Camps are designed for all ages and ability levels, from beginner to advanced players- Use of age-appropriate practices help players develop at their own pace, learn brand new skills and become an all-round better player...while having an amazing time with our international coaching staff!

Includes an educational approach that uses soccer to teach the core values of responsibility, integrity, respect, sportsmanship and leadership.

Monday - Friday August 7th to August 11th

TINYTIKES - AGES 3-5 8 AM - 9 AM \$105*

HALF DAY - AGES 6-14 9 AM - 12 PM \$190*

FULL DAY - AGES 6-13 9 AM - 4 PM \$280*

*Register at challengersports.com
or scan QR code*



*early bird pricing expires 30 days before camp

SENIOR FRIDAYS

Starting June 9th 10am-1pm

We will be opening up the Scout Cabin on Fridays at 10am as a place where seniors can congregate for games, activities, classes, etc.

If you'd like to help us in building this program and initiate some programming, please contact City Hall or email recreation@cityofcolusa.com

COST: FREE

PICKLEBALL

Fridays starting at 10:30am, we will have our pickleball net up with equipment ready for all. Located next to the Scout Cabin. We hope to see those interested in the sport come join in the fun.

COST: FREE

TAI CHI 

Keep your eyes peeled for more information. Classes will begin in August

YOGA - ADULT CLASS

Join us for an hour of self-care and relaxing. Our yoga classes offer a combination of breathing techniques and yoga poses that will challenge you physically while helping you cultivate an accepting and calm mind.

These yoga classes will typically include poses held for longer periods of time with modifications to meet participant needs. The benefits of a regular yoga practice may include:

- Increased circulation and improved flexibility
- Calming and balancing the mind and body
- Reducing stress and anxiety
- Releasing fascia
- Encouraging deeper relaxation
- Improving joint mobility
- Bringing balance to the organs through meridian stimulation

Certified yoga teacher and breath coach, Marissa Dragoo, will gently guide you through a mind, body, exploration to help you relieve stress and create more space to live life well.

Wednesdays 7am-8am.

June 7th to July 26th (No July 5th)

Location: City Hall Auditorium

COST: FREE

(Teens and kids 8+ welcome with registration and must be accompanied by an adult)



Special thanks to the [Give Back Foundation](#) for donating yoga mats for these Colusa yoga classes.

ULTIMATE KICKBALL SUNDAY - AGES 16+

Looking for something fun to do with your friends? Come and "Kick it" with us as we roll out our inaugural Sunday Ultimate Colusa Kickball league!! Assemble your band of misfits and see if you have what it takes to be this year's champion. Teams will be Co-ed. Team registrations are available at City Hall. Games will be played at C.D. Semple park (T-ball fields).

Officials needed! Contact recreation@cityofcolusa for more information

Sundays 5:30 PM - 8:30 PM

Location: C.D. Semple park

COST: \$500/TEAM

Minimum 12 players per team (5 female)

WORKING WITH THE COMMUNITY

We'd LOVE to work with you. We are always looking for people who'd like to partner with us. Whether it's a class, camp, or program, we'd love to hear from you.

It is our goal to have something going on for all Colusa citizens. If there is an activity you'd like to see come to life, let us know at recreation@cityofcolusa.com.

**FREE
LIVE
MUSIC**
THURSDAYS
6:30 P M



**MÚSICA
EN VIVO
GRATIS**
J U E V E S
6:30 P M

JUNE 15

**LESLIE
MENDELSON**

JUNE 22

**DIANA
CAMEROS**

JUNE 29

**JOHN PAUL
HODGE**

JULY 13

LARRY & JOE

JULY 20

**TOM RIGNEY &
FLAMBEAU**

JULY 27

**DENNIS
JOHNSON**

AUG 3

**THE BROTHERS
REED**

AUG 10

**CALEB
CAUDLE**

AUG 17

**CLEMENTINE
WAS RIGHT**



AUG 24

**SHAMARR
ALLEN**



www.levittampcolusa.info

@levittampcolusa / #musicmoves

Veterans Memorial Park

9th & Jay Street / Colusa, CA 95932

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Presented
by:



**LEVITT
FOUNDATION**



Colusa County Arts Council

