

RECREATION THIS WEEK: July 11, 2012

Recreation Department News...

CELEBRATE NATIONAL PARK AND RECREATION MONTH!

GET WILD and celebrate National Park and Recreation Month with the Town of Mammoth Lakes Recreation Department! Join us for a FREE Skate Day at the **Mammoth Roller Rink on Saturday, July 14, 2012**, experience the best of Mammoth in one of our many youth summer camps, and get wet and wild at the Whitmore Pool. Call the Recreation Department office at (760) 934-8989 ext. 222 for all July festivities.

America has celebrated July as the nation's official Park and Recreation Month for more than 25 years, and in 2009 the U.S. House of Representatives officially mandated July as Park and Recreation Month. As the obesity epidemic continues to rage, programs like Park and Recreation Month and the First Lady's "Let's Move!" campaign are energizing an American population to adopt healthy lifestyle choices. Additional information about National Park and Recreation Month is available online at: www.nrpa.org/july.

SATURDAY IS FREE SKATE DAY AT THE MAMMOTH ROLLER RINK

Get over to the Mammoth Roller Rink this **Saturday, July 14, 2012 from 3:00 p.m. – 8:30 p.m.** for FREE Skate Day. Experience Mammoth's new recreation hotspot with FREE skating, FREE skate rental, hit the mini-ramps, play some roller hockey, or just chill out playing table tennis/golf. Join us for a chance to win a Season Skate Pass, comp passes, and bring a few dollars for food and drink specials.

CHALLENGER SPORTS BRITISH SOCCER CAMP

The 5-day Challenger Sports British Soccer Camps begins **Monday, July 16, 2012** and provides players of all ages and abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Equally important, the Challenger coaching staff provides your child with lessons in respect, responsibility, integrity, sportsmanship and leadership. Camp programs include a free ball and t-shirt. Mini Soccer 9:00 – 10:30 a.m. (ages 3 – 5) / Half Day 9:00 a.m. - 12:00 p.m. (ages 6–14). Fees: \$90 for Mini Soccer/\$120 for Half Day.

SPORTS CAMP

Enjoy active sports in this camp that includes fun with team sports such as beach volleyball, basketball, Frisbee golf, flag football, geocaching, swimming, and much more. The 5-day camp begins at 9:00 a.m. on **Monday, July 16, 2012**. Fees: \$150/\$125 Early Bird if you register at least 10 days in advance or \$40 per day. Family Discount: \$5 discount per child after the first family member has paid the regular camp price.

YOUTH GYMNASTICS CAMP

"Eat, breathe, sleep gymnastics...Join our instructor Michelle DeJong for the second gymnastic camp this summer from **July 20-22, 2012**. The 3-day camp includes 4 hours of gymnastics each day! Campers will be training on all four women's Olympic apparatus, along with other camp fun such as games, movie's, pizza and a sleepover on Saturday night. Fees: \$160/ \$55 daily drop in rate. Family Discount: \$5 discount per child after first family member has paid regular camp price

WHITMORE POOL NOW OPEN

Get wet and wild at the Whitmore Pool. Recreational swimming is offered midweek from 1:00-3:30PM and from 12-4PM on weekends. Lap swimming is offered every midweek morning, and on Tuesday and Thursday afternoons, with swim lessons scheduled Monday – through Friday at 10 and 11AM. Admission fees are \$4.50 for adults, \$2.75 for seniors/military and youth, and only \$1.50 for children (1-6 yr. olds). Ask about our Five Swim Pass – every 6th swim is FREE! Call (760) 935-4222 for hours of operation and additional information.

NEVER HAVE A SLOW DAY IN MAMMOTH AGAIN!

The Town of Mammoth Lakes Recreation Department is proud to present the new 2012 Summer/Fall Recreation Guide. The guide is the definitive source for recreation in Mammoth Lakes packed-full of programs, events and activities for kids of all ages. Pick up your copy from any Certified Rack located throughout Mammoth Lakes, visit the Town Offices, Mammoth Lakes Welcome Center, or log onto www.MammothRecreation.com. Whether you're looking for family fun at our many parks, challenging your endurance on our many trails or replenishing your spirit in the great outdoors, we hope you'll take advantage of what our team has created, and what awaits you in Mammoth Lakes...Your recreation Nirvana!

NEW 2012 SUMMER FEES

For 2012, the Recreation Department has replaced resident and non-resident fees with "Early Bird" (EB) fees or "Regular" (Reg.) fees. Early Bird fees provide a 20% discount on camp programs if purchased 10-days in advance. This discount does not apply to the daily drop-in rate or facility rental fees. A \$5.00 family discount per child is also offered after the first family member has paid the EB or Reg. camp price.

NOTIFY ME!

Receive updates sent directly to your email or phone from the Town of Mammoth Lakes by subscribing to "Notify Me." Found on the left side of www.ci.mammoth-lakes.ca.us, stay current with Public Service Announcements, Emergency Alerts, Town e-News, Recreation This Week, No Burn Announcements, DNDP updates, bid postings, news flash, calendar items, and more! Make smart decisions, subscribe today!

On-Going Recreation Programs...

GET GYMNASTICS FEVER!

This year-round program is designed to introduce children from 3-18 years old the wonderful and exciting sport of gymnastics. Offered by Michelle DeJong, a level 8 competitive gymnast and Level 1-5 gymnastics coach, participants will learn to tumble and more in a safe and structured environment. This program is also a recipient of Measure R funding with \$7,000 of gymnastic equipment. Three age sessions are available at the Community Center on Forest Trail. **NO GYMNASTICS ON 7/24, 25, & 28.**

- 3 yr. olds – Saturday: 8:45 a.m. – 9:30 a.m.
- 4-5 yr. olds – Saturday: 9:30 a.m. – 10:15 a.m.
- 5-8 yr. olds – Saturday: 10:15 a.m. – 11:15 a.m.
- 8-12+ yr. olds – Wednesday: 4:30 p.m. – 6:00 p.m. & Saturday: 11:15 a.m. – 12:30 p.m.
- 8-12+ yr. olds – Tuesday: 6:00 – 8:00 p.m. – Invitation only.

Five session Punch Cards are available for \$60 for the first family member and \$55 for each additional family member. Private lessons are available upon request, please inquire with the instructor. Drop-ins cost \$15 per

session are welcome and encouraged - First one is FREE! Please call (760) 934-8989 ext. 222 for more information or to register your aspiring Gymnast!

ZUMBA FITNESS

Party yourself into shape with Zumba® Fitness offered by Kaysie Williams from 5:30 p.m. to 6:30 p.m. at the Mammoth Lakes Community Center, 1000 Forest Trail. Cost: 10 punch-\$77.50; 5 punch-\$42.50; Drop-In rate \$10 per class and your first class is only \$5! **NO ZUMBA ON JULY 9, YES ON JULY 16 AND THEN NO MORE UNTIL SEPTEMBER 10.**

Recreation News, Events & Activities in Town...

A NEW CALIFORNIA GOLD RUSH!

Mammoth Lakes has long been known as a Mecca for high altitude training and home to Olympic medalists and US or World Record Holders. This summer our four square mile town is proud to send Meb Keflezighi (Marathon), Amy Hastings (10,000m) and Morgan Uceny (1500m) to the London Olympic Games in pursuit of GOLD! Learn more about Mammoth Track Club at www.VisitMammoth.com/Running. GO Team USA!!!

Also big news in running this week is the ground breaking for the Mammoth Lakes Track and Field project slated to be completed by early fall 2012 – check out www.MammothTrackProject.org to follow progress or find out how you can support the cause! For a complete list of upcoming events in Mammoth Lakes go to www.VisitMammoth.com/events.

Fly Alaska Airlines to Mammoth Lakes from Los Angeles and take 15% off the lowest fares! Simply travel between **July 7, 2012 and September 11, 2012**. Book by August 26, 2012. Offer excludes travel on Fridays and Sundays. Discount is applied automatically. Book online at <http://bit.ly/NtE0n2>.

INYO NATIONAL FOREST SUMMER RECREATION UPDATE

The Fourth of July is now behind us and Reds Meadow Valley is open for all to enjoy. The Forest Service wanted to take this opportunity to provide an update on recreation conditions in the Inyo National Forest for this summer. As of June 29 the Reds Meadow Road is open and the mandatory shuttle bus is in operation. Devils Postpile, Reds Meadow and Minaret Falls Campgrounds are all open, however some campsites are not available due to remaining damage from the November 30 wind event. Pumice Flat Campground is expected to open soon. Upper Soda Springs and Agnew Meadows Campgrounds will have a much delayed opening and may not even open this summer season; both of these campgrounds remain closed to public entry due to hazards. Pumice Group Campground is now open and reservations are being accepted at this time. Day hike trails to Devils Postpile, Rainbow Falls, and at Sotcher and Starkweather Lakes are all open and available for hiking, however some user created hiking trails in the valley have not been cleared. Crews continue to work clearing down trees and repairing the Pacific Crest Trail and the feeder trails to it. Please go to the Inyo National Forest website for up-to-date reports on progress in campgrounds and on trails in the Reds Meadow and Devils Postpile area, <http://www.fs.usda.gov/goto/Inyo/Blowdown>. The Forest Service reminds people that hazards continue to be present in the general forest areas and in a small number of developed recreation sites. Numerous and varied hazards also exist in wilderness and other undeveloped forest areas in the Reds Meadow Valley, and all visitors are asked to be very aware of their surroundings and avoid all potential hazards. For more information on the Reds Meadow shuttle please go to www.fs.usda.gov/detailfull/inyo/specialplaces.

All other Inyo National Forest campgrounds are open for the season except those campgrounds listed above in Reds Meadow Valley.

The Forest Service would like to remind people that wilderness permits are required for all overnight backpacking trips in the Hoover, Ansel Adams, John Muir, and Golden Trout Wildernesses. Day hikers in the Mt. Whitney Zone also are required to have a wilderness permit. New this year, reservations for wilderness permits are now being taken on-line at www.recreation.gov, or by calling (877) 444-6777. Night box pick-up of permits can be arranged one to two days before an entry date, except for trips staying in Sequoia and Kings Canyon National Parks. Walk-in permits are also available, except for Mt. Whitney, at ranger stations and visitor centers up until trailhead quotas are reached. All wilderness travelers are asked to please plan ahead and be prepared for changing conditions. Areas of blowdown from the November 30 wind event are still being cleared, and some areas of down trees may not have even been identified yet. Rangers and crews are actively working many parts of the wilderness this summer due to the amount of down trees. For more information about wilderness conditions, permits and reservations please call the Inyo National Forest Wilderness Permit Office at (760) 873-2483, open seven days a week 8:00-4:30.

All Inyo National Forest and partnership visitor centers are open this summer with the following schedules:

- Mono Basin Scenic Area Visitor Center – Open seven days a week, 8:00 – 5:00, (760) 647-3044
- Mammoth Lakes Welcome Center – Open seven days a week, 8:00 – 5:00, (760) 924-5500.
- Bishop Public Lands Information Center (aka White Mtn. Ranger Station) – Open seven days a week, 8:00 – 5:00; service may be limited between 1:00 and 2:00, (760) 873-2500
- Bristlecone Pine Visitor Center – Open seven days a week, 10:00 – 5:00, (760) 873-2500
- InterAgency Visitor Center in Lone Pine – Open seven days a week, 8:00 – 5:00, (760) 876-6222

The Eastern Sierra Interpretive Association runs a bookstore in each of the visitor centers offering a wide selection of books on the natural and cultural history of the area, as well as maps, t-shirts, hats and other resources to help make public land exploration and discovery more enjoyable, safe and fun.

Guided Interpretive Walks are offered daily at South Tufa at Mono Lake at 10:00, 1:00 and 6:00pm.

A variety of other scheduled interpretive walks and programs are happening in the Mono Basin, the Mammoth Lakes area and in the Bristlecone Pine Forest. Please see the Learning Center section of the Inyo National Forest website for more information, <http://www.fs.usda.gov/main/inyo/learning>. Unscheduled, informal interpretive patio talks are also offered at both the Mono Basin Scenic Area Visitor Center and the Bristlecone Pine Visitor Center on an on-going basis throughout the summer.

At this time there are two day use fee sites in the Inyo National Forest, South Tufa in the Mono Basin National Forest Scenic Area and Schulman Grove in the Ancient Bristlecone Pine Forest. Each location charges \$3 per person, with 95% of fees collected going back directly to enhance recreation opportunities in the area where it was collected. Interagency Passes are accepted at both locations. 80% of fees generated from the sale of Interagency passes also stays on site, a fact which both residents and visitors may want to consider when purchasing their annual passes.

Lastly, all residents and visitors are reminded that the Inyo National Forest and the Bishop Field Office of the Bureau of Land Management have instituted Fire Restrictions as of June 25. Campfires, briquette barbecues, or stove fires are all now restricted to designated developed recreation sites and specifically posted campsites

or areas. Smoking is only allowed within an enclosed vehicle or building, a developed recreation site, or while stopped in an area at least 3 feet in diameter that is barren or cleared of all vegetation. Please go to www.fs.usda.gov/inyo and click on fire restrictions for more information, and use extreme caution with anything that could cause a fire in this extremely dry year.

For more information on recreation opportunities in the Inyo National Forest please visit www.fs.usda.gov/inyo or stop in or call any of the visitor centers listed above.

SIERRA CLUB FUN & DISCOVERY HIKE - JULY 12

Explore local trails every Thursday on a moderate to easy hike for fun and fitness with different leaders. Back to trail head by dark. Meet at Mammoth Lakes Union Bank parking lot at 5:30 pm. Dogs ok. Info: Malcolm 760 924-5639, wmalcolm.clark@gmail.com.

SOS TRAIL DAYS, HORSESHOE & MCLEOD LAKES – JULY 14

Volunteers of all ages and abilities are welcome to join Friends of the Inyo and MLTPA in beautifying Horseshoe & McLeod Lakes for the 2nd of five 2012 Mammoth Lakes Trail System Summer of Stewardship Trail Days. **What:** Bagel breakfast, trail maintenance, lakeshore cleanup and other stewardship activities followed by lunch and prizes! Please dress for trail work with sturdy, close-toed shoes, long pants and a long-sleeve shirt. Gloves and tools provided. **When & Where:** Meet at 8:30 a.m. at Horseshoe Lake. **More info:** Visit www.mltpa.org, email drew@friendsoftheinyo.org, or call (760) 873-6500.

SIERRA CLUB HIKE, NORTH DOME - JULY 15

8 mile RT from Porcupine Flat through old growth forest to top of the dome. No dogs on trail in Yosemite NP. Fee or pass required for park entry. Meet at Mammoth Lakes Union Bank parking lot at 8 am or Lee Vining Ranger Station on Tioga Road at 8:30 am. Info: Brigitte 760 924-2140 jungberman@mac.com.

WILLPOWER FOR GIRLPOWER® - JULY 17

Rachele Jaegers, a certified willPower® instructor is launching willPower for girlPower® for ages 8-18 at Snowcreek Athletic Club in Mammoth Lakes from July 17 – August 22, 2012. “I am strong, I am confident, and I can do anything I set my mind to” this is the mantra of willPower for GirlPower®: a 6-session program for tween and teen girls. The goal of the program is to empower young women to find inspiration, strength and confidence through a fusion of exercise and philosophy. Participants in the program learn the importance of regular balanced exercise, emotional well-being, and healthy nutrition. The next session of willPower for girlPower® will begin on July 17, 2012, at Snowcreek Athletic Club. To register, contact Rachele at CHELES0123@aol.com or (760) 258.7621, or call the club desk at (760) 934-8511. To learn more, contact: www.willPowerMethod.com.

FOOTLOOSE SPORTS WOMEN'S BIKE RIDES

Footloose Sports offers a FREE two hour guided road bike ride for women every Wednesday and Sunday. Session includes mini-clinics and tips on riding. Sunday's rides vary. Call (760) 934-2400 or check our Facebook page for current info.

Upcoming & On-Going Events...

- On-going Gymnastics/Tumbling Program at the Community Center
- On-going Zumba Fitness at the Community Center
- On-going Whitmore Pool OPEN
- On-going Mammoth Roller Rink OPEN
- On-going: Men's & Coed Softball League
- OPEN Reds Meadow, Tioga, Sonora and the Lakes Basin
- July 9-13 Wilderness Camp 1 –LIMITED SPACE AVAILABLE!
- July 11-15 Mammoth Lakes Jazz Jubilee
- July 16-20 Challenger Sports British Soccer Camp
- July 16-20 Sports Camp
- July 17 Recreation Commission Meeting
- July 18 Mammoth Lakes Music Festival
- July 20-22 Youth Gymnastics Camp II
- July 21-22 Men's D Adult Softball Tournament
- July 23-27 Next Level High Altitude Basketball Academy I
- July 23-24 Youth Climbing Camp I
- July 25-27 Grom Mania Skate Camp II
- July 28-29 Coed D Adult Softball Tournament
- July 29-29 MLFD Canoe Races and Picnic
- Jly. 30 –Ag. 3 UK International Soccer Camp II
- Jly. 30 –Ag. 3 Wilderness Camp II
- Aug. 3-5 Youth Gymnastics Camp III
- Aug. 5 Mammoth High School Football Annual Golf Tournament at Sierra Star
- Aug. 8-10 Wave Rave Concrete Kommandos
- Aug. 13-17 AYSO Advanced Training Soccer Camp
- Aug. 13-25 Next Level High Altitude Basketball Academy II
- Aug. 13-17 Wilderness Camp III
- Aug. 20-21 Youth Climbing Camp III