

# BUTTERFIELD PARK DISTRICT

REGISTRATION OPENS

MAR - 2025

# 03

[butterfieldpd.com](http://butterfieldpd.com)



## ACTIVE ADULT

AGES 18 AND OLDER

SUMMER



# Butterfield

PARK DISTRICT



# AQUATICS PROGRAM GUIDE 2025

## Sunday Swim Lessons

Is it hard to make it to swim lessons during the week? Classes are taught just as the regular classes during the week. This program has a format for emphasizing stroke development through five levels. Children will be tested on the first day of lessons and placed in one of the five skill levels that the swim coordinator believes best suits them. Children learn a range of skills from supported floating, kicking, breath control, and treading water. They develop confidence and aquatic safety skills as well. A max capacity will be set, due to the safety of our instructors and your child. We like to keep a fair ratio when it comes to teaching children how to swim, once that ratio gets too large it makes it difficult for your child to receive the best learning experience. Ratio is 1:6 children. \*No class July 6. Sale From Feb 3-March 3 20% Register Today!!  
Ages: 3 - 14

12822 Jun 8 - Aug 3 Su 10:15 - 11:00am \$65/75

12823 Jun 8 - Aug 3 Su 11:00 - 11:45am \$65/75

## Private Individual Lessons 12826

Private lessons provide one-on-one instruction. Our private lessons are 30 minutes long (offered during open swim) and are designed to provide extra attention to the individual student. Once you have signed up an instructor will be reaching out to you to create a lesson plan and schedule specific to the needs of our child and the instructor. Private lessons have to be purchased before July 1. Sale From Feb 3-March 3 20% Register Today!! If you wish to continue after your first lesson, you will need to register for more. All lessons need to be completed by Thursday July 31, 2025.  
Ages: 3 - 15

Jun 2 - Jul 31 Every day 12:00 - 12:30pm \$28

## Private Lessons - 10 book 12828

Private lessons are great way to accelerate the learning process! Private lessons provide one-on-one instruction. Our private lessons are 30 minutes long (offered during open swim) and are designed to provide extra attention to the individual student. Once you have signed up an instructor will be reaching out to you to create a lesson plan and schedule specific to the needs of your child and the instructor. Private lessons have to be purchased before July 1. Sale From Feb 3-March 3 20% Register Today!! If you wish to continue after 10 lessons, you will need to register again for how many lessons you wish to do. All lessons need to be completed by Thursday July 31, 2025.  
Ages: 3 - 15

Jun 2 - Jul 31 Every day 12:00 - 12:30pm \$184

## Aqua Zumba 12908

Known as the Zumba® pool party, the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. This class is appropriate for all fitness levels and requires no swimming or dancing skills. Join the party without the impact! \*No Class 6/30

Ages: 18+

Jun 2 - Jul 28 M 6:15 - 7:00pm \$72

## ADULT 18+ Deep Dynamics-Wednesday 12850

This is a 6 week class. As the name implies, this is a more advanced class and will take place in the deep end of the pool! You'll feel like a mermaid (or merman) as a provided flotation belt helps you navigate the no-impact, but challenging workout. A mix of cardio and strength exercises will build endurance, tone muscles, and burn calories. Come on in - the water's fine! No class Wednesday July 2. Sale From Feb 3-March 3 20% Register Today!! If you would like to try the class out we offer a \$10.00 drop in fee.

Ages: 18+

Jun 11 - Jul 23 W 9:00 - 9:45am \$45

## ADULT 18+ H2O Motion-Wednesday 12851

This is a 6 week class. This is an introductory level class. You will discover how the properties of water can make your workout fun and challenging too! This easy-to-follow workout will enhance movement, range of motion and flexibility through low-impact aerobic exercise. The class is suitable for all fitness levels. Join the fun! No class July 2. If you would like to try the class out we offer a \$10.00 drop in fee. Sale From Feb 3-March 3 20% Register Today!!

Ages: 18+

Jun 11 - Jul 23 W 10:00 - 10:45am \$45

## ADULT 18+ HIIT the Pool-Saturday 12853

This is a 6 week session. This class is an intermediate class designed to give you a full-body workout while having a blast in the pool! Your heart will be pumping and your muscles working while performing interval exercise synced up to music followed by recovery periods. If you want to improve your cardio fitness, burn calories, and tone your body, this is the class for you! No Class July 5. If you would like to try the class out we offer a \$10.00 drop in fee. Sale From Feb 3-March 3 20% Register Today!!

Ages: 18+

Jun 14 - Jul 26 Sa 9:00 - 9:45am \$45

## ADULT 18+ H2O Motion-Saturday 12852

This is a 6 week class. This is an introductory level class. You will discover how the properties of water can make your workout fun and challenging too! This easy-to-follow workout will enhance movement, range of motion and flexibility through low-impact aerobic exercise. The class is suitable for all fitness levels. Join the fun! No Class July 5. If you would like to try the class out we offer a \$10.00 drop in fee. Sale From Feb 3-March 3 20% Register Today!!

Ages: 18+

Jun 14 - Jul 26 Sa 10:00 - 10:45am \$45



We are  
**HIRING**

Contact Anne Popek for an interview at [anne@butterfieldpd.com](mailto:anne@butterfieldpd.com)





**Adult Recreational Tennis 12967**

This tennis program consists of drills and instruction on Monday evening plus open game play. Taught by HealthTrack Tennis Pros!

Ages: 16+  
Jun 9 - Jul 28 M 6:00 - 7:30pm \$160

**Cardio Tennis 12907**

Cardio tennis is an action packed class designed to give all participants a high energy, full body workout. The class consists of both tennis and cardiovascular activities to get the body moving! \*No Class July 3.

Ages: 18+  
Jun 5 - Jul 31 Th 9:00 - 10:00am \$120

**Pickleball Johnny Beginner League 12982**

Come out and play fun and competitive games with other players that are new to the game!

Ages: 18+  
Jun 3 - Aug 5 Tu 10:00 - 11:15am \$200

**Pickleball Johnny Advanced Beginner League**

Come out and play fun and competitive games with other players at the 2.5-2.9 skill level. Please reference the USA Pickleball website for skill ratings- <https://usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/>.

Ages: 18+  
12983 Jun 2 - Aug 4 M 6:00 - 7:15pm \$200

12984 Jun 4 - Aug 6 W 6:00 - 7:15pm \$200

12985 Jun 7 - Aug 16 Sa 10:00 - 11:15am \$200

**Pickleball Johnny Intermediate League**

Come out and play fun and competitive games with other players at the 3.0-3.5 skill level. Please reference the USA Pickleball website for skill ratings- <https://usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/>.

Ages: 18+  
12986 Jun 2 - Aug 4 M 7:15 - 8:30pm \$200

12987 Jun 4 - Aug 6 W 7:15 - 8:30pm \$200

12988 Jun 7 - Aug 16 Sa 11:15am - 12:30pm \$200

**Pickleball Johnny Skills & Drills Saturdays**

Work on your game by improving your stroke technique. Each week, we'll focus on a different shot to help you get the correct technique, build muscle memory, and develop consistency. These drills are for all skill levels.

Ages: 18+  
12976 Jun 7 - Jun 28 Sa 9:00 - 10:00am \$80

12977 Jul 19 - Aug 16 Sa 9:00 - 10:00am \$100

**Pickleball Johnny Learn to Play**

This 2-hr clinic is for anyone that wants to learn to play pickleball. We cover all the strokes, how to score, basic court positioning, and you'll play a game to practice what you learned. Our goal is to have you leave the clinic feeling comfortable enough to play recreational pickleball games with family, friends, or at open play. Paddles and balls will be provided. Please bring a water bottle and tennis shoes.

Ages: 18+  
12716 May 3 Sa 2:00 - 4:00pm \$60

12717 May 10 Sa 2:00 - 4:00pm \$60

12989 Jun 7 Sa 1:00 - 3:00pm \$60

12990 Jun 14 Sa 1:00 - 3:00pm \$60

12991 Jun 21 Sa 1:00 - 3:00pm \$60

12992 Jun 28 Sa 1:00 - 3:00pm \$60

12998 Jun 3 Tu 6:00 - 8:00pm \$60

12999 Jun 10 Tu 6:00 - 8:00pm \$60

13000 Jun 17 Tu 6:00 - 8:00pm \$60

13001 Jun 24 Tu 6:00 - 8:00pm \$60

12993 Jul 12 Sa 1:00 - 3:00pm \$60

12994 Jul 19 Sa 1:00 - 3:00pm \$60

12995 Jul 26 Sa 1:00 - 3:00pm \$60

13002 Jul 8 Tu 6:00 - 8:00pm \$60

13003 Jul 15 Tu 6:00 - 8:00pm \$60

13004 Jul 22 Tu 6:00 - 8:00pm \$60

13005 Jul 29 Tu 6:00 - 8:00pm \$60

12996 Aug 2 Sa 1:00 - 3:00pm \$60

12997 Aug 9 Sa 1:00 - 3:00pm \$60

13006 Aug 5 Tu 6:00 - 8:00pm \$60

13007 Aug 12 Tu 6:00 - 8:00pm \$60

13008 Aug 19 Tu 6:00 - 8:00pm \$60

**Pickleball Johnny Learn to Play 2**

This class is designed for those who have already completed our learn to play beginner class or have been taught the basic pickleball shots. We will focus on reviewing all the shots so that you can continue to develop consistency in executing the serve, return of serve, dinking, drop shots, and volleys. This clinic is all about shot development.

Ages: 18+  
13010 Jul 10 - Jul 31 Th 6:00 - 7:30pm \$160

13009 Jul 12 - Aug 2 Sa 3:30 - 5:00pm \$160

**Pickleball Johnny Skills & Drills Mondays**

Work on your game by improving your stroke technique. Each week, we'll focus on a different shot to help you get the correct technique, build muscle memory, and develop consistency. These drills are for all skill levels.

Ages: 18+  
12978 Jun 2 - Jun 30 M 5:00 - 6:00pm \$100

12979 Jul 14 - Aug 11 M 5:00 - 6:00pm \$100

**Pickleball Johnny Skills & Drills Tuesdays**

Work on your game by improving your stroke technique. Each week, we'll focus on a different shot to help you get the correct technique, build muscle memory, and develop consistency. These drills are for all skill levels.

Ages: 18+  
12974 Jun 3 - Jul 1 Tu 9:00 - 10:00am \$100

12975 Jul 15 - Aug 12 Tu 9:00 - 10:00am \$100

**Pickleball Johnny Skills & Drills Wednesdays**

Work on your game by improving your stroke technique. Each week, we'll focus on a different shot to help you get the correct technique, build muscle memory, and develop consistency. These drills are for all skill levels.

Ages: 18+  
12980 Jun 4 - Jul 2 W 5:00 - 6:00pm \$100

12981 Jul 16 - Aug 13 W 5:00 - 6:00pm \$100



# ACTIVE ADULT

SUMMER 2025

## Beginner Ballroom Dance

Learn how to ballroom dance. This is your opportunity to "Dance Like the Stars!" If you ever thought that learning how the professionals move would be fun, this is definitely the class for you. By Dance Instructor, Jeanette Ibarra.

Ages: 18+

[12947](#) Jun 2 - Jul 7 M 7:00 - 8:00pm \$55

[12949](#) Jul 14 - Aug 18 M 7:00 - 8:00pm \$55

## Intermediate Ballroom Dance

Learn how to ballroom dance. This is your opportunity to "Dance Like the Stars!" If you ever thought that learning how the professionals move would be fun this is definitely the class for you. By Dance Instructor, Jeanette Ibarra. Must have instructor approval before registration.

Ages: 18+

[12948](#) Jun 2 - Jul 7 M 8:00 - 9:00pm \$55

[12950](#) Jul 14 - Aug 18 M 8:00 - 9:00pm \$55

## Self-Defense Pure & Simple

Do you want to know what to do when confronted by someone or how to stop someone from taking something from you? Learn the principles behind proven techniques to defend yourself and loved ones. Learn about defending against weapons and multiple offenders, while on your feet or on the ground. Real self-defense for the real world, pure and simple.

Ages: 14+

[12896](#) Jun 4 - Jul 9 W 6:00 - 7:00pm \$55

[12897](#) Jul 23 - Aug 27 W 6:00 - 7:00pm \$55

## Zumba Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party! Zumba Fitness utilizes the principles of fitness interval training to maximize caloric output, fat burning and total body toning. Add some red-hot international music and contagious steps such as salsa, merengue, cumbia, hip hop and a few others - and you've got yourself a "fitness-party!" Who knew exercise could be so much FUN! Ages 13 and up. No Class 7/1 \*Dates are subject to change.

Ages: 13+

[12972](#) May 20 - Jul 8 Tu 6:30 - 7:30pm \$49

[12973](#) Jul 15 - Aug 26 Tu 6:30 - 7:30pm \$49

## Aqua Zumba 12908

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Ages: 18+

[12908](#) Jun 2 - Jul 28 M 6:15 - 7:00pm \$72

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Ages: 18+

[12850](#) Jun 11 - Jul 23 W 9:00 - 9:45am \$45

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Ages: 18+

[12851](#) Jun 11 - Jul 23 W 10:00 - 10:45am \$45

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Ages: 18+

[12853](#) Jun 14 - Jul 26 Sa 9:00 - 9:45am \$45

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Ages: 18+

[12852](#) Jun 14 - Jul 26 Sa 10:00 - 10:45am \$45

## Adult 3V3 Co-Ed Basketball League 13067

League Description: This league is a 3V3 recreational adult co-ed league designed for teams with an interest in enjoying fun recreational competition. 6 regular season games. End of season single elimination tournament for all teams. Teams of 3-6 players with a minimum of 2 Women on a team. Roster to be submitted into the Butterfield Park District by May 9th.

Ages: 18+

[13067](#) Jun 4 - Jul 23 W 7:00 - 9:00pm \$100

## Active Adult Advisory Committee

We are looking for energetic adults to help us start an active adult advisory committee to help plan and promote active adult trips and other programs. You will have a real voice in deciding what we offer! To share ideas or to find out more information please contact Austin Teitsma at [austin@butterfieldpd.com](mailto:austin@butterfieldpd.com) or call 630-858-2229.

