

# NORTH LIBERTY COMMUNITY CENTER

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**Programs and events, January - April 2010**

*Register online • Childcare Services now offered!*



Buy pool passes early and SAVE!

Look for Ultimate Frisbee registration soon!

***Photo-awcity Winning Photograph: ICE BULBS by Katie Hoepfner***

Thank you for all participants and entrees. Think you can take the best picture?

Check out the Photo-awcity registration information on page 11.



**North Liberty Parks & Recreation**

**520 West Cherry Street, PO Box 77**

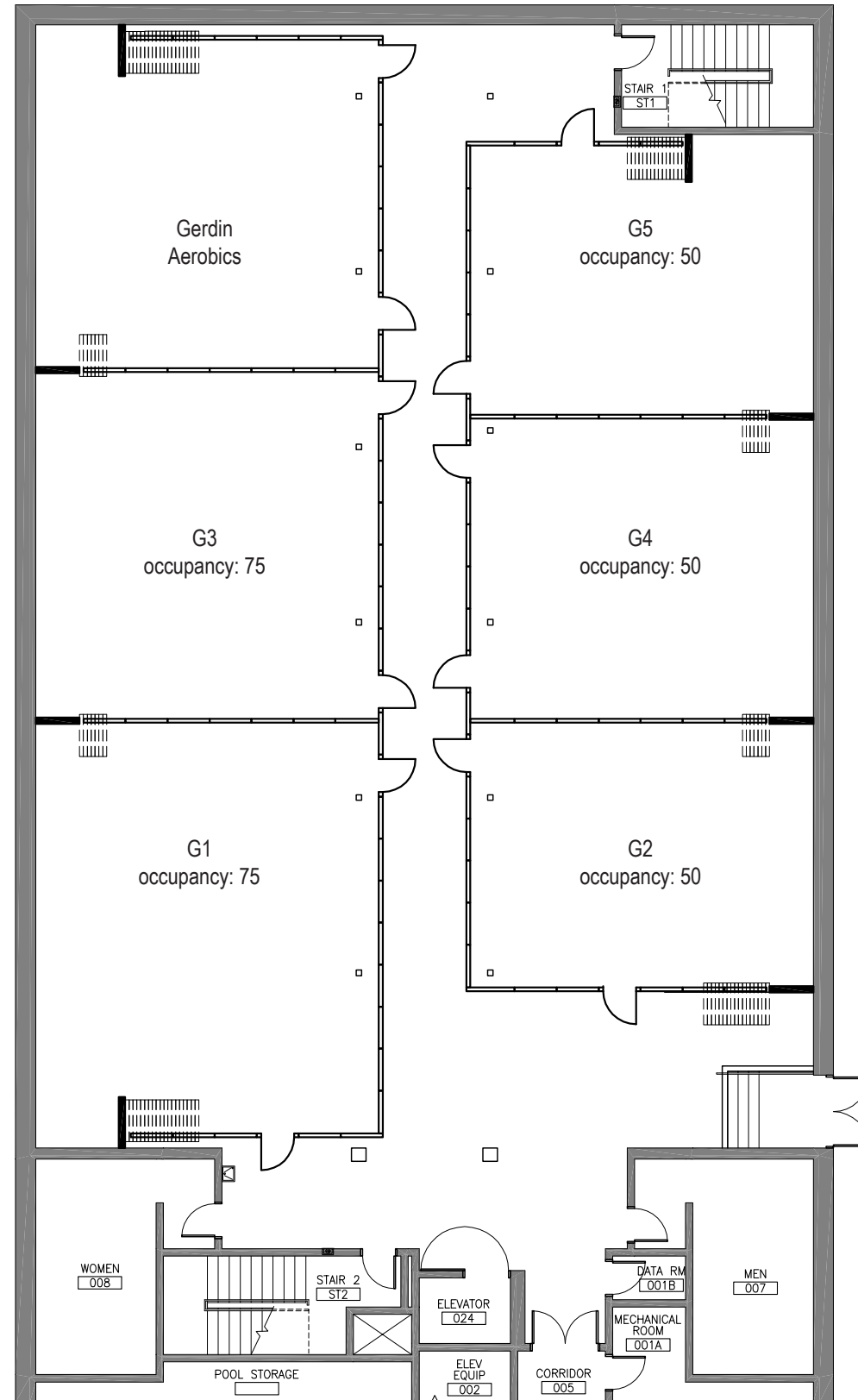
**North Liberty, Iowa 52317**

**319-626-5716 [www.North-Liberty.org](http://www.North-Liberty.org)**

## 2 Gerdin Conference Center

[www.North-Liberty.org](http://www.North-Liberty.org) 626-5716

Semi-permanent dividers have been installed to allow for multiple uses in the Gerdin Conference Center. The room can be opened up as one large room or with the dividers can be separated into six rooms. A Facility Use Agreement needs to be completed with a deposit to reserve space. Reservations are on a first come, first serve basis. Rental information is available on page 6.



The North Liberty Community Center houses the library, telecommunications office, recreation center and aquatic center to meet the intellectual and physical needs of North Liberty and area residents. The recreation center staff is happy to provide experienced and professional recreational services to North Liberty and neighboring communities.

***You are invited to come enjoy the North Liberty Community Center!***

**Mission Statement:** To support and promote diversity and inclusiveness through the provision of a wide variety of high-quality leisure programs and services that aim to serve the recreational needs of the North Liberty community in an enjoyable, healthy and safe environment.

**Recreation Full-time Staff:**

Shelly Simpson	Recreation Director
Brian Motley	Assistant Recreation Director
Matt Fielder	Youth Programs Supervisor
Matthew Meseck	Recreation Supervisor
Kyle Huisman	Site Supervisor
Katie McKinnon	Aquatics Supervisor
Jason Egly	Administrative Assistant
Dale Leonard	Custodian/Maintenance
Ron Dighton	Custodian/Maintenance

**Recreation Center Hours:**  
**Monday-Friday: 6:00AM-9:00PM**  
**Saturdays & Sundays: 8:00AM-6:00PM**  
 See page 8 for pool hours

**Recreation Center Features**

**Gymnasiums:** Two gyms with official size basketball/volleyball courts, wood floors and air-conditioning. Permanent bleachers in Roberts gym. Great for open gym, sports leagues and special events. Generally, the Jones gym is open to the public while the Roberts gym is used for programs, leagues and rentals.

**Weight and Exercise Area:** Get into shape with our upper-level weight and exercise area. Cardio equipment includes 3 PreCor and 2 Matrix treadmills; 4 PreCor and 2 Matrix ellipticals; 1 Tectrix and 1 Matrix recumbent bikes; 1 Stairmaster and 2 Matrix upright bikes; 1 Tectrix, 1 StairMaster and 2 Matrix steppers and 2 Schwinn indoor cycling bikes. Weight equipment includes 16 new Matrix weight stations, 10 Nautilus stations and dumbbells ranging from 3-80 lbs.

**Elevated Running Track:** Sports flooring on the track is suited for running, walking and jogging. A great place to walk or run during uncomfortable temperatures or inclement weather. One mile is approximately 8.5 laps.

**Aerobics Room:** Large room with padded, carpeted floor, mirrors and air-conditioning. Great for active classes.

**Kitchen:** May be used in conjunction with a rented room at no additional charge. Includes a refrigerator, microwave and two stoves.

**Recster / Procter & Gamble Room:** Used by the before & after school program and for summer/holiday camps; serving 60 children.

**Meeting Rooms & Gerdin Conference Center:** Semi-permanent dividers have been installed to allow for multiple uses in the Gerdin Conference Center. The room can be opened up as one large room or can be separated into various room sizes. These rooms are great to hold birthday parties, showers, meetings and special events. Capacity ranges from 20, 40, 55, 70, 140 and 400 people. Reservations are on a first come, first serve basis.

**Indoor and Outdoor Pools:** Many features make our Aquatic Facility one of the best in the state.

**Seasonal Brochures:**

- Summer Brochure: May-August
  - Fall Brochure: September-December
  - Winter/Spring Brochure: January-April
- Seasonal brochures and flyers are available at the Recreation Center and at [www.North-Liberty.org](http://www.North-Liberty.org).

**Photos:** The North Liberty Community Center uses pictures and/or video of program participants to highlight our many recreational activities. If you do not want photographs or video of yourself or your child(ren) taken, please tell our class instructors and/or the photographer.

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<b>Black &amp; Gold Package</b>			<b>Gold Package</b>			<b>Silver Package</b>		
Designed for individuals who use both the weight & exercise area and the pools.			Designed for individuals who use the weight & exercise area only.			Designed for individuals who use the pools only.		
				<u>Resident</u>	<u>Non-Res.</u>		<u>Adults</u>	<u>Child</u>
<b>Daily Fees</b>			<b>Daily Fees</b>			<b>Daily Fees</b>		
Senior Citizens			Senior Citizens	\$1	\$2		\$4	\$3
<b>1 Month</b>	<u>Resident</u>	<u>Non-Res.</u>	<b>1 Month</b>	<u>Resident</u>	<u>Non-Res.</u>	<b>1 Month</b>	<u>Resident</u>	<u>Non-Res.</u>
Family	\$127	\$152	Family	\$90	\$108	Family	\$51	\$61
Couple	\$75	\$90	Couple	\$45	\$54	Couple	\$38	\$46
Individual	\$45	\$54	Individual	\$25	\$30	Individual	\$25	\$30
Senior Couple	\$60	\$72	Senior Couple	\$35	\$42	Child	\$15	\$18
Senior Individual	\$36	\$43	Senior Individual	\$20	\$24	Senior Couple	\$32	\$38
H.S./College/Military	\$36	\$43	H.S./College/Military	\$20	\$24	Senior Individual	\$20	\$24
Additional Member	\$8	\$10	Additional Member	n/a	n/a	H.S./College/Military	\$20	\$24
						Additional Member	\$8	\$10
<b>6 Month</b>	<u>Resident</u>	<u>Non-Res.</u>	<b>6 Month</b>	<u>Resident</u>	<u>Non-Res.</u>	<b>6 Month</b>	<u>Resident</u>	<u>Non-Res.</u>
Family	\$585	\$702	Family	\$450	\$540	Family	\$200	\$240
Couple	\$338	\$406	Couple	\$225	\$270	Couple	\$150	\$180
Individual	\$203	\$244	Individual	\$125	\$150	Individual	\$100	\$120
Senior Couple	\$271	\$325	Senior Couple	\$176	\$211	Child	\$60	\$72
Senior Individual	\$162	\$194	Senior Individual	\$100	\$120	Senior Couple	\$125	\$150
H.S./College/Military	\$162	\$194	H.S./College/Military	\$100	\$120	Senior Individual	\$80	\$96
Additional Member	\$30	\$36	Additional Member	n/a	n/a	H.S./College/Military	\$80	\$96
						Additional Member	\$30	\$36
<b>Annual</b>	<u>Resident</u>	<u>Non-Res.</u>	<b>Annual</b>	<u>Resident</u>	<u>Non-Res.</u>	<b>Annual</b>	<u>Resident</u>	<u>Non-Res.</u>
Family	\$959	\$1,151	Family	\$765	\$918	Family	\$300	\$360
Couple	\$547	\$656	Couple	\$383	\$460	Couple	\$225	\$270
Individual	\$327	\$392	Individual	\$213	\$256	Individual	\$150	\$180
Senior Couple	\$438	\$526	Senior Couple	\$299	\$359	Child	\$90	\$108
Senior Individual	\$261	\$313	Senior Individual	\$170	\$204	Senior Couple	\$188	\$226
H.S./College/Military	\$261	\$313	H.S./College/Military	\$170	\$204	Senior Individual	\$120	\$144
Additional Member	\$41	\$49	Additional Member	n/a	n/a	H.S./College/Military	\$120	\$144
						Additional Member	\$41	\$49

### Childcare Services:

The NLRC now offers childcare services for its patrons that are using the facility! Year-round. Monday-Friday. 8AM-12(noon), 5-9PM. \$3 for first child, \$2 for each additional child per two hour time limit.

<b>Summer Pool Package</b>	<u>Resident</u>	<u>Non-Res.</u>
Valid for outdoor opening to closing dates only.		
Family	\$153	\$184
Couple	\$114	\$137
Individual	\$75	\$90
Child	\$45	\$54
Senior Couple	\$96	\$115
Senior Individual	\$60	\$72
H.S./College/Military	\$60	\$72
Additional Member	\$24	\$29

<b>Track Package</b>	<u>Resident</u>	<u>Non-Res.</u>	<u>Replacement Card</u>
For year-round track use only.	No Fee	\$2.00	\$2.00 per card

Everyone must obtain a scan card.  
Scan cards must be shown upon each visit or \$2 will be assessed.

### Purchase before Memorial Day and save!

Purchase Summer Pool Packages:  
January - February = 15% off  
March through end of April = 10% off

### Refund Policy:

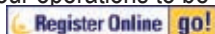
- Daily fees and class drop-in fees are non-refundable.
- Membership packages that have expired or will expire in 7 days of refund request are non-refundable.
- Package refund requests will be granted for medical and relocation purposes only at a prorated amount.
- Request for program/class refunds must be made at least 3 working days prior to the first class meeting and during regular business hours. Refunds for health reasons may be considered.
- Requests must be made in writing to the Recreation Director. Copy of doctor's certificate may be required.
- Credits may be applied to your NLRC account.
- Refunds are processed through City Hall and will be mailed to you. Please allow 3-4 weeks.

**North Liberty Resident versus Non-Resident Fees:** Residents are defined as individuals who have a North Liberty address within the 52317 zip code. Please be prepared to show proof of current identification/residency when registering for programs and obtaining memberships.

**Age Requirements:** Patrons must be in high school or older to use weight and cardio equipment without adult supervision (ID required); Only those in junior high or older may use the track without adult supervision (ID required); Patrons younger than 9 years are not allowed in the building without appropriate adult supervision.

**Registration:** Program registrations are accepted online and in person at the Community Center front desk, 520 W. Cherry Street, North Liberty, IA 52317. Registration hours for in-person registrations are Monday through Friday, 6:00AM to 8:30PM. Online registration can be completed any time using a credit card for payment. Online registration requires an ActiveNet account, which is easy to set up using the Web site. All program registration is on a first-come, first-served basis. Early registration is strongly recommended. You may also register by mail. Mailed registrations must include a completed form (available upon request or printed from Web site) and full payment. Priority is given to in-person registration and online registrations. Registrations by phone are not allowed. Check program descriptions for registration deadlines. Any registration after the set deadline may incur a \$5 late fee for individuals. Registration fees must be paid in full at time of registration. Fees may be paid by cash, check, Visa or Mastercard. A \$10 charge will be assessed on any NSF checks. Recreation staff reserve the right to change dates, times, locations and fees without notice. When possible, refunds or credits will be issued.

**REGISTER ONLINE!** The North Liberty Recreation Center has ActiveNet software and hardware to streamline all front desk operations. This program allows point-of-sale, facility reservation, activity registration and more. Patrons now have magnetic-stripe, photo swipe cards. ActiveNet also allows most of our operations to be completed online. Go to [www.North-Liberty.org](http://www.North-Liberty.org) and click on the following button:



**Participant Waiver:** Participants 18 years and older or parents/guardians of participants under 18 years MUST sign a waiver of liability before the participant can attend a program. In registering for recreation programs and facility packages, each participant realizes the inherent risks involved in the program and appreciates the nature of these tasks. Participants, children, heirs, executors and administrators waiver and release any and all rights and claims for damages against the City of North Liberty and its representatives, successors, and holds the City of North Liberty harmless for any damage and injuries caused by participation in these programs and activities. The City provides no medical insurance. Participants registering for activities of strenuous nature are encouraged to seek physician's approval.

**Unattended Child Policy:** Children are welcome at the North Liberty Community Center. We strive to provide an environment for all to enjoy. Patron safety and welfare are major concerns, which is why we have established an unattended child policy and patron discipline policies. Parents and caregivers (16 years & older) are responsible for monitoring the activities and behavior of children in their care while at the Community Center. Children under 9 years old MAY NOT be present within the Community Center without direct supervision from a parent or caregiver. Parents/caregivers must be in the same area/room of the facility as their children. Please note that this applies to all areas of the Community Center, including the Library and Telecommunications Department.

**Definitions:**

**Daily Fees:** Per-person fees assessed per day.

**Packages:** Valid for one month, six months or one year.

**Family:** For up to 4 family members living at the same residence described as follows: One or two adults with children 3-18 years of age who are related to either or both of the adults by blood, marriage, adoption or legal guardianship.

**Couple:** Two adults (age 19+) living at the same residence.

**Individual:** Person 19 years or older.

**Child:** Someone 3-18 years old. Kids under 9 MUST have direct supervision by parent/caregiver 16 yrs or older.

**Senior Couple:** Two senior citizens, living at the same residence with at least one being age 60 or older.

**Senior Individual:** Individual 60 years or older.

**High School:** Student in grade 9-12. School ID required.

**College:** Full-time students only. Current student ID or current school documentation must be provided.

**Military:** Service personnel; active or retired. Current military ID or other military documentation must be provided.

**Additional Member:** Child cost (beyond family of 4)

**Locker Availability:**

Patrons must provide own lock for the six month rental. Patrons may bring own lock or pay for one on daily use. Limited number of lockers available.

Locker:	6 Months	Daily Fee
Large Size	\$25	.50 ¢
Regular Size	\$15	.50 ¢



## 6 Facility Rentals

[www.North-Liberty.org](http://www.North-Liberty.org) 626-5716

**Facility Rentals:** The North Liberty Community Center is a great place to hold meetings, birthday parties, showers, lock-ins and other events. There are various sizes of rooms and gymnasiums are available to rent for team practices and/or tournaments. Check with the front desk for availability. A Facility Use Agreement must be completed along with a deposit to reserve a room.

Room	Capacity	Resident Fee	Non-resident Fee	Non-Profit Groups Fee
Half Room (Main Level)	Up to 20 people	\$10/hour	\$15/hour	\$5/hour
Full Room (Main Level)	Up to 40 people	\$15/hour	\$20/hour	\$7.50/hour
Medium Room (Gerdin CC)	Up to 55 people	\$20/hour	\$25/hour	\$10/hour
Large Room (Gerdin CC)	Up to 70 people	\$25/hour	\$30/hour	\$12.50/hour
Double Room (Gerdin CC)	Up to 140 people	\$40/hour	\$50/hour	\$20/hour
Half Gymnasium	200 people	\$20/hour w/o tarps \$30/hour with tarps	\$25/hour w/o tarps \$35/hour with tarps	Regular fees apply.
Full Gymnasium	400 people	\$40/hour w/o tarps \$50/hour with tarps	\$45/hour w/o tarps \$55/hour with tarps	Regular fees apply.
Entire Gerdin Conference Center	Up to 400 people	\$60/hour	\$75/hour	Regular fees apply.
Deposit Labor Fee		Rental Deposit Before/After Hours	\$50/\$100/or \$250 \$20/per hour	Same charges apply.

**Pool Rentals:** Both the indoor pool and outdoor pool can be rented for parties as well. If you have a large group, a sports team or just want the pool to yourself here is your chance. Rentals can be scheduled Monday-Friday from 8-9:30PM and on Saturdays & Sundays from 6-7:30PM or 7:45-9:15PM. Rentals for the outdoor pool will begin on Saturday, June 5.



Pool Rentals	Indoor	Outdoor
M-F; 8-9:30PM	\$80	\$160
Weekend 6-7:30PM	\$80	\$160
Weekend 7:45-9:15PM	\$80	\$160

**Field Rentals:** Local baseball and softball fields can be reserved for practices and/or games through the NLRC. The demand for usage is high and NLYBS has first priority Monday-Friday, but weekends are available. Please contact the NLRC for availability, fees and reservations.



**Park Shelter Rentals:** Local parks may be reserved for family and neighborhood gatherings. Some parks just have designated picnic areas, with others actually have shelters. A certain number of tables per area are provided, otherwise additional table and chairs will be the renter's responsibility. Some shelters have electricity. Most locations do not have bathrooms. All park and police rules must be followed. Please contact the NLRC for availability, fees and reservations.



The Telecommunications Department operates North Liberty's local access cable channel, the North Liberty Web site and provides technical and communications services to City departments and the general public. Department staff are Telecommunications Director Cheryle Caplinger, Production Coordinator Nick Bergus, and Promotion Producer Corinne Lemmage.

**North Liberty Television (NLTV)**

Seen on cable channel 5 in North Liberty and live on the Internet from anywhere in the world, NLTV is the premier source for local information and event coverage. NLTV is a PEG channel, meaning there is programming from Public, Education and Government sources. Any member of the public can submit a video (meeting certain technical requirements) to play on NLTV. Government programming includes City Council and other public meetings as well as informational videos about City services, events and development. NLTV staff cover many local events and provide regular video updates from City departments. All NLTV productions can be seen on the channel, and are available for checkout at the North Liberty Community Library on DVD. To view NLTV live online anytime, go to [www.North-Liberty.org](http://www.North-Liberty.org).



**North Liberty Television  
Telecommunications Department  
520 W. Cherry Street  
North Liberty, Iowa 52317  
Phone: (319) 626-5726  
Fax: (319) 626-5733  
Email: [NLTV@northlibertyiowa.org](mailto:NLTV@northlibertyiowa.org)**

**[www.North-Liberty.org](http://www.North-Liberty.org)**



**North Liberty's Official Web site**

The City of North Liberty's Web site gives residents the chance to contact City officials, find public meeting agendas and minutes, and learn essential community information. You can also watch the channel online - including all our live meeting coverage. North Liberty's Web site is also a great way to give feedback to City staff and elected officials.

Requests for more information and questions about this site should be addressed to [webmaster@northlibertyiowa.org](mailto:webmaster@northlibertyiowa.org).

**Photos:** The North Liberty Community Center uses pictures and/or video of program participants to highlight our many recreational activities. If you do not want photographs or video of yourself or your child(ren) taken, please tell our class instructors and/or the photographer.

**Get Your Message Out**

NLTV can help your non-profit organization create exciting videos documenting your events, services and mission. We've worked with the North Liberty Food & Clothing Pantry, Heritage Christian School, United Way of Johnson County and other groups to promote community-building through local television. Videos produced by NLTV for your organization can be used for public education, fundraising and more. Please contact NLTV for more information.

**CALL FOR VOLUNTEERS**  
NLTV has many volunteer opportunities!  
You can shoot library or recreation events, sit in as on-air talent or help out in the NLTV office. If you have experience and interest in any aspect of what we do (camera work, video editing, computer graphics, news reporting or web design), please contact us to learn how you can help.

**Contact the Telecommunications Department**

The public is always welcome to stop by the Community Center for a tour of the Telecommunications Department office, located just off the lobby. If you would like to get involved, want to give feedback, or desire any further information, please call us at 626-5726 or send an email to [NLTV@northlibertyiowa.org](mailto:NLTV@northlibertyiowa.org).

**Library Hours:**

<b>Monday and Wednesday</b>	<b>9 AM to 8 PM</b>
<b>Tuesday and Thursday</b>	<b>8 AM to 8 PM</b>
<b>Friday</b>	<b>9 AM to 5 PM</b>
<b>Saturday</b>	<b>10 AM to 5 PM</b>
<b>Sunday</b>	<b>1 PM to 4 PM</b>

**Storytime**

Tot Time is on Tuesdays at 10AM for kids 6 to 24 months.  
Preschool storytime is on Wednesdays at 10AM and 6PM for kids 3-5.

**Preschool Programs** (Fridays 10-11AM; up to age 5)

January 8 – Trunk Show. Location: Library. Come dress up in a wide variety of different clothes.

February 5 – Valentine Making. Location: Meeting Room C. Come make a Valentine for your special someone, or for your mom.

March 5 – Pudding Painting. Location: Meeting Room B. Make a messy work of art with colored pudding as your paint.

March 26 – Egg Hunt. Location: Library. Starting promptly at 10, come to the library and hunt for eggs.

May 7 – Mother's Day Fun. Location: Library. Make a lovely, handmade craft for your mom for Mother's Day.

**Grade School Programs**

January 14 – Play Inside Day. Time: 2:30-4. Location: To be announced. Ages: K-6<sup>th</sup>. Escape the cold outside and play inside. We'll have hot cocoa, cookies, play board games and have fun inside.

February 11 – Cookie Decorating. Time: 2:30-4. Location: Meeting Room B. Ages: K-6<sup>th</sup>. Make a sweet treat with a Valentine Cookie.

March 15 – Spring Break Craft Day. Time: 1-4. Location: Library Meeting Room. Ages: All ages welcome. Craft to be announced, but come and be crafty at the library.

March 16 – Movie Afternoon. Time: 1. Location: Conference Center. Ages: All ages welcome. Movie to be announced, Movie Rated G or PG.

March 18 – Lego Day. Time: 1-4. Location: Meeting room downstairs. Ages: K-6<sup>th</sup>. Build things with Lego bricks!

April 15 – Comic Creation. Time: 2:30-4. Location: Library Meeting Room. Ages: K-6<sup>th</sup>. Make a comic!

May – Keep an eye out for information about the start of summer reading program.

**Volunteer at the NLCL**

We welcome volunteers of all kinds in the library, starting at 5<sup>th</sup> grade on up. If you are interested in volunteering or if you have a hobby or talent that you would be willing to share, please contact Library Director Dee Crowner at 626-5701.

**Teen Programs** (Open to 7<sup>th</sup>-12<sup>th</sup> graders)

Teens Only After Hours. Wednesdays from 8-9PM. Teens: Get a chance to finish homework, check out books, research on the computer – all after the library is closed! This will be every Wednesday night that school in the Iowa City School District is in session. Junior High or High School ID required.

March 17 – Pizza Taste Test. Time: 1PM. Location: Library Meeting Room. Ages: 6<sup>th</sup> - 12<sup>th</sup> graders. Who makes the best pizza? Come taste and vote for the best!

March 18 – Video Camp with NLTV. Time: 12-2PM. Location: NLTV.

Look for postings in the Library and NLRC for more upcoming programs.

**For all this information and more on upcoming programs and events, visit the Web site at [www.northlibertylibrary.org](http://www.northlibertylibrary.org).**

**Also see the monthly newsletter, NLTV (cable channel 5), the local media and library bulletin boards for more information.**

**Family Movie Nights**

Movies start promptly at 6PM in the Gerdin Conference Center. Movies rated G or PG. Popcorn is provided.

January 15 – G-Force.

February 19 – Night at the Museum 2: Battle of the Smithsonian.

March 16 – Movie Afternoon, starting at 1PM. Movie to be announced.

April 16 – Movie to be Announced.

The North Liberty Pacha Aquatic Center has both an indoor and outdoor pool to meet your aquatic needs. Our aquatic and recreation staff welcomes you to the Pacha Aquatic Center and we hope you enjoy the facility. It may be necessary to make changes in policies and pool hours as we continue to grow and improve services. Your input, patience and understanding are greatly appreciated. If you ever need assistance, please do not hesitate to call on any of our staff members. The shallow play area is available for use by parents and their small children during lap swim time as space permits. One Lap Lane will be open during open swim hours..

**Indoor Pool Hours**  
 Monday-Friday: 6:00AM-8:00PM  
 Saturday & Sunday: 8:00AM-6:00PM

**Monthly Program Schedules:** The hours listed above are facility hours, specific times for lap swim, open swim, water fitness classes or swim lessons can be found on our monthly schedule. Monthly schedules of activities are available at the Recreation Front Desk. It may be necessary to make changes in the schedule to meet demands from the public.

**Indoor Pool Features**

**Six Lane 25-meter Lap Swim Area:** Ideal for fitness swimming, aqua classes, swim lessons and open swim.

**One Meter Diving Board:** Above 11' diving well.

**Basketball Hoop:** The adjustable hoop is great entertainment for players of all ages.

**Zero Depth Entry:** Provides easy access into water and play area with fountain spray features for small children.

**Observation Deck:** Located along north side of the pool for individuals who would like to watch swimmers but prefer not to change into a swimming suit or be on the deck.

**Hydraulic Chair:** Available for those needing assistance into the water.

**REGISTER ONLINE!**

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**Adult Supervision**  
 Children eight years and younger must have supervision from a parent/caregiver sixteen years or older. Adult to child supervision ratios are as follows:  
 Infants & Toddlers: One-on-one, within arms reach of caregiver  
 Preschoolers: Five per caregiver  
 Grade School age: Ten children per caregiver

**Shared Pool Features**

**Family Changing Rooms and Locker Rooms:** Inside the indoor pool you will find a men's and women's locker room equipped with showers and lockers. We also have two family changing areas so parents can get the whole family ready in private.

**Aquatic Wheelchair:** A submersible wheelchair is available for use by anyone needing assistance into the water in either pool.

**Lounge Chairs:** There are a number of lounge chairs available for patron use or feel free to bring in your own chairs. All chairs are to be kept behind the gutter line.

**Water Temperature:** The pools are heated ranging from 80-83 degrees.

Pool Rentals	Indoor	Outdoor
M-F; 8-9:30PM	\$80	\$160
Weekend 6-7:30PM	\$80	\$160
Weekend 7:45-9:15PM	\$80	\$160



**Refund Policy:**

- Daily fees and class drop-in fees are non-refundable.
- Membership packages that have expired or will expire in 7 days of refund request are non-refundable.
- Package refund requests will be granted for medical and relocation purposes only at a prorated amount.
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- Credits may be applied to your NLRC account.
- Refunds are processed through City Hall and will be mailed to you. Please allow 3-4 weeks.

# 10 Pool Fees & Information

www.North-Liberty.org 626-5716

**Daily Admission:** Daily fees are valid for admittance to both pools on a per-visit basis. Children under nine must have direct supervision from parent/caregiver 16 years or older. **All patrons entering the pool deck must pay the admission fee, regardless of their intent to swim.**

North Liberty residents are defined as individuals who have a North Liberty address within the 52317 zip code. Please be prepared to show ID and proof of residency when registering for programs and obtaining pool passes or punch cards.

<b>Black &amp; Gold Package:</b> Designed for individuals who use both the weight & exercise area and the pools.			<b>Silver Package:</b> Designed for individuals who use the pools only.		
<b>Daily Fees:</b> Adults \$4, Children \$3					
1 Month	Resident	Non-Res.	1 Month	Resident	Non-Res.
Family	\$127	\$152	Family	\$51	\$61
Couple	\$75	\$90	Couple	\$38	\$46
Individual	\$45	\$54	Individual	\$25	\$30
Child	n/a	n/a	Child	\$15	\$18
Senior Couple	\$60	\$72	Senior Couple	\$32	\$38
Senior Individual	\$36	\$43	Senior Individual	\$20	\$24
H.S./College/Military	\$36	\$43	H.S./College/Military	\$20	\$24
Additional Member	\$8	\$10	Additional Member	\$8	\$10
6 Month	Resident	Non-Res.	6 Month	Resident	Non-Res.
Family	\$585	\$702	Family	\$200	\$240
Couple	\$338	\$406	Couple	\$150	\$180
Individual	\$203	\$244	Individual	\$100	\$120
Child	n/a	n/a	Child	\$60	\$72
Senior Couple	\$271	\$325	Senior Couple	\$125	\$150
Senior Individual	\$162	\$194	Senior Individual	\$80	\$96
H.S./College/Military	\$162	\$194	H.S./College/Military	\$80	\$96
Additional Member	\$30	\$36	Additional Member	\$30	\$36
Annual	Resident	Non-Res.	Annual	Resident	Non-Res.
Family	\$959	\$1,151	Family	\$300	\$360
Couple	\$547	\$656	Couple	\$225	\$270
Individual	\$327	\$392	Individual	\$150	\$180
Child	n/a	n/a	Child	\$90	\$108
Senior Couple	\$438	\$526	Senior Couple	\$188	\$226
Senior Individual	\$261	\$313	Senior Individual	\$120	\$144
H.S./College/Military	\$261	\$313	H.S./College/Military	\$120	\$144
Additional Member	\$41	\$49	Additional Member	\$41	\$49

## Definitions

**Daily Fees:** Per-person fees assessed on each visit.

**Packages:** Valid for 1 month, 6 months, 1 yr.

**Family:** For up to 4 family members living at the same residence described as follows: One or two adults with children 3-18 years of age who are related to either or both of the adults by blood, marriage, adoption or legal guardianship.

**Couple:** Two adults (age 19+) living at the same residence.

**Individual:** Person 19 years or older.

**Child:** Someone 3-18 years old. Kids under 9 MUST have direct supervision by parent/caregiver 16 yrs or older.

**Senior Couple:** Two senior citizens, living at the same residence with at least one being age 60 or older.

**Senior Individual:** Individual 60 years +.

**High School:** Student in grade 9-12. School ID required.

**College:** Full-time students only. Current student ID or current documentation required.

**Military:** Service personnel; active or retired. Current military ID or other military documentation must be provided.

**Additional Member:** Child cost (beyond family of 4)

## Adult Supervision

Children eight years and younger must have supervision from a parent/caregiver sixteen years or older. Adult to child supervision ratios are as follows:

Infants & Toddlers: One-on-one, within arms reach of caregiver

Preschoolers: Five per caregiver

Grade School age: Ten children per caregiver

**Purchase before Memorial Day and save!**

Purchase Summer Pool Packages:

January - February = 15% off

March through end of April = 10% off



Summer Pool Package	Resident	Non-Res.
Valid for outdoor opening to closing dates only.		
Family	\$153	\$184
Couple	\$114	\$137
Individual	\$75	\$90
Child	\$45	\$54
Senior Couple	\$96	\$115
Senior Individual	\$60	\$72
H.S./College/Military	\$60	\$72
Additional Member	\$24	\$29

**Photo-Awcity**

Get those cameras out! Everyone is encouraged to take photos throughout the community and submit their favorite 5 into our contest! Photo submission and registration required by March 31. Entries will be posted at the NLRC and judged on April 1 by Recreation Staff. Winner to receive a \$25 gift certificate to the NLRC and photo will be published in an upcoming brochure.

Ages: All

Photo submission and registration: By March 31; Judging: April 1

Fee: FREE

Registration: Registration forms can be picked up at the NLRC front desk and for more information contact Matt Meseck at [mmeseck@ci.north-liberty.ia.us](mailto:mmeseck@ci.north-liberty.ia.us) or 626-5716.

**North Liberty Farmers' Market**

The North Liberty Farmers Market, sponsored by the City of North Liberty Recreation Department, is an open-air market held on the north side parking lot of the NLCC. The market is intended to provide an opportunity for individuals to sell approved items that are grown or made by themselves. The offering for sale of any item acquired from others, either for resale or on consignment is not permitted. The market is limited to individuals only; civic, fraternal or religious groups will not be permitted to sell. Session: To be determined; approximately in May

Days/Times: Sundays; 1-4PM

Fee: One Stall Vendor: \$5 per day pass or \$100 for single stall season pass

Two Stall Vendor: \$10 per day pass or \$175 for double stall season pass

For more than two stalls contact Matt Meseck for approval/pricing.

10 Day Vendor Pass: \$50 per each (10) day pass

Registration: For more information or to register contact Matt Meseck at [mmeseck@ci.north-liberty.ia.us](mailto:mmeseck@ci.north-liberty.ia.us) or call 626-5716.

**North Liberty Diners' Club**

The North Liberty Diners' Club is entering its third session. Session visits include Konomi Grill on the Iowa River Landing; The Motley Cow Café of Iowa City; and Champagne's Supper of West Branch. Sign up to receive a members only polo shirt, 3 months weights and pool membership to burn off extra calories (February – April). Must attend two out of three dates or you must pay the difference of discounted membership. Notes and opinions will be featured monthly in the NoCoJo publication, the Solon Economists and on NLRC's Facebook page. Meal price is not included.

Ages: 21 years & up

Sessions: SS1: February 9; Konomi Grill / Coralville

SS2: March 9; The Motley Cow Café / Iowa City

SS3: April 13; Champagne's / West Branch

Time: 6:15 - 8:30PM

Fee: Residents \$60, Non-res \$70

Registration Deadline: Register by February 1.

**Boy Scout 26<sup>th</sup> Annual Chili Supper**

Help support your local Boy Scouts by attending this all-you can-eat chili supper at the North Liberty Recreation Center.

Date: Saturday, February 6

Time: 4:30-7PM

Fee: To be announced

**Community Super Bowl Party**

Join the fun of the annual Super Bowl Party. Watch the game on a big screen while your kids enjoy activities and games. Non-alcoholic beverages will be served at this family-friendly event. Door prize drawings will be held throughout the evening. Free and open to the public.

Date: Sunday, February 7

Time: 30 minutes before the game until the game ends

Location: Gerdin Conference Center in the North Liberty Community Center.

Fee: Bring a covered dish to share for this community pot luck!

**Sundown Mountain Nighttime Skiing**

Ski all night on one of the largest lifts in the area. You may rent equipment which is included in the cost or you may bring your own. No alcohol is allowed but Lodge will be open all night for food and beverages. Cost includes lift fees and rental of skis or a snowboard. Food and drink not included.

Ages: 18 years and up.

Date: Friday - Saturday; February 19

Times: Depart from NLRC at 9PM; Ski Time 11PM to 4AM; Return to NLRC approx. 6AM on Saturday.

Fees: Lift Only: Residents \$35; Non-residents \$40

Lift & Ski/board Rental: Residents \$50; Non-residents \$55

Register by February 12.

**NL Optimist Pancake Breakfast**

Help support your local Optimist Club in attending this event held at the North Liberty Community Center.

Date: Saturday, March 6

Time: 7AM - 1PM

Fee: To be announced.

**St. Patty's Slam Basketball Tournament**

The tournament format will depend upon the number of teams entered, but assuming full registration there will be pool play games. Following pool play, all teams in each pool will advance to a single elimination tournament. Awards will be given to the top two teams. For questions please contact Brian Motley at 319-626-5716 or e-mail at [bmotley@ci.north-liberty.ia.us](mailto:bmotley@ci.north-liberty.ia.us)

Ages: Boys Grades 5, 6, 7 & 8

Date: March 13 & 14

Time: 9AM - 9PM

Fee: Team Fee \$125; Four teams per division

Admittance Fee: \$5 per adult (18 yrs & older); \$3 per child (5 yrs & older)

Location: NLRC

Registration Deadline: February 19

### Easter Egg Hunt

The North Liberty Optimist Club and the Recreation Department will co-sponsor the annual Easter Egg Hunt. Candy will be spread in the grass area. If inclement weather, event will move inside at the NLRC. Don't be late, the candy vanishes in minutes!

Ages: 10 yrs & under

Date: Saturday, March 27

Time: 10:30AM Sharp!

Location: Penn Meadows Park fields 3 & 4 or NLRC

Fee: FREE

### Neal Smith Wildlife Preserve Trip

Come take a trip into Iowa's past with this trip to the Neal Smith Wildlife Preserve in Prairie City, IA. This town is home to the largest re-creation of the tall grass prairie ecosystem in the United States. Two hundred years ago this landscape spread unbroken throughout the Midwest. The preserve showcases over 200 types of native prairie flowers and grasses. This preserve is also home to grazing herds to bison, pheasants, badgers, elk, and white tailed deer. A driving tour through the preserve as well as a visit to the learning center boasting a 13,000 square foot exhibit hall will be included. Pack a lunch to bring along for a picnic while enjoying the scenic view of the prairie. Take a ranger-led walk or enjoy the butterfly garden too.

Ages: All Ages

Date: April 13

Time: Depart NLRC at 8AM; Return approx. 2 or 3PM

Fee: \$10 per person

Registration Deadline: April 6

### Mushroom Hunt

Have you ever wondered how to mushroom hunt? Well, now is the time – join Rec. Staff on a trip to Lake McBride State Park for find some elusive Morel mushrooms. Parents are welcome to accompany kids or send them alone, they will be supervised. An activity waiver must be signed by parents/guardians before participation.

Ages: Grade 3 & up

Date: May 6; Rain date will be May 7

Time: 3 - 6PM

Fee: FREE; please register ahead of time at NLRC

Registration deadline: May 1

### Liberty Centre Blues & BBQ

Admission is free to this fun, family event. Held May 30 from noon until 10pm at Liberty Centre, this festival is one day, one party, one cool time. Kids can enjoy fishing, jumping in the bouncy house, visiting the petting zoo, speed pitching, running the obstacle course, getting temporary tattoos, or taking a try at the dunk tank. There's even face painting, balloons, remote-controlled cars, bean-bag toss and ladder ball, too. Adults can enjoy the beverage garden (ID required) while the whole family listens to live blues music from artists such as Bob Dorr and the Blue Band, as well as Kevin BF Burt. Mouth-watering barbecue is served throughout the day, too. For more information, visit the Web site at [www.northlibertyiowa.org/bluesandbbq](http://www.northlibertyiowa.org/bluesandbbq)

### 2<sup>nd</sup> Annual NL Spring Baseball Tournament

The NLRC will host its second annual Spring Baseball Tournament. A three game pool play (weather permitting) will be followed by the top two teams from each division advancing to a single elimination tournament. A time limit of 90 minutes per game except championship games will be enforced with no innings beginning after the 75<sup>th</sup> minute. Individual awards for 1<sup>st</sup> & 2<sup>nd</sup> place teams in each division with a max of 15 awards per team. USSSA rules apply for all divisions with A & AA teams accepted. Teams must show USSSA certification before games begin. Certified umpires will be used. Tournament director reserves the right to change the format due to weather. Admissions will not be charged and is included in the team fee. Concession on grounds, please limit carry-ins. Not responsible for accidents, theft or damage. Refunds will not be given after May 1. If a complete rain-out occurs, a \$25 per team administration fee will be kept; if only one game is played \$100 is kept; two games \$175 is kept.

Ages: 8U-12U

Divisions: A, AA

Date: May 15 & 16

Time: Depends on number of teams registered

Fee: \$275 per team (Gate included)

Location: Penn Meadows Sports Complex

Registration Deadline: May 1

### NEW Aquatic Special Events:

#### Family Fridays

Bring your family out on a Friday night to the pool for a discounted rate. Families will be able to swim at a reduced price. Standard adult supervision rules will apply.

Ages: ALL

Session: January 4 - April 30

Days/Times: Fridays

Time: 5 - 8PM

Fee: \$10 per family (maximum of four per family, every additional person \$2 each)

#### After School Swims

Every Wednesday and Thursday, middle and high school students are encouraged to spend their early outs at the pool. Come swim at a reduced price.

Ages: 10 - 18

Session: January 1 - April 30

Days/Times: Wednesdays and Thursdays

Time: 1 - 4PM

Fee: \$2 per student

#### Spring Break Open Swims

Come enjoy your spring break at the North Liberty Aquatic Center! Swim in the indoor pool regardless of your age.

Ages: ALL

Session: March 15 - 19

Days/Times: Monday-Friday

Time: 1 - 4PM

Fee: \$2 each

### Swim Lesson Registration Process

Register in person at the North Liberty Community Center, 520 W. Cherry Street in North Liberty or online. Registration starts at 6AM on dates listed below. Registration is first-come, first-served. ID may be required to register.

North Liberty residents can register beginning **Monday, December 7**

Non-residents can register starting **Wednesday, December 9**

In the infant and pre-school swimming program, we strive to bring quality aquatic education to those 6 months to 5 years of age. Class sizes are usually smaller to provide adequate supervision and as much individual attention as possible. Our goal is to maintain a student/teacher ratio of 4 to 1. The classes focus on using games and interaction as our teaching tools.

#### Parent/Tot (Ages 6 months – 3 years)

This 30 minute class gives the adult caregiver a chance to interact in the water, learn fun pool activities and proper methods instructing the child. The main goal of the program is to acquaint the child to the aquatic environment with the assistance of the parent. At least one adult must accompany each child.

#### Preschool Level 1 (Ages 4 – 5 years) aka Little Dippers

This class teaches the most elementary skills that students will continue to build on as they progress through Preschool Aquatics & Learn-to-Swim levels. Most skills are performed with support. Students should feel comfortable participating without support and be at ease with the teacher making contact. The final exit test for this level is:

- 1) Enter independently, travel 5 yards, submerge the mouth and blow bubbles, exit the water.
- 2) In shallow water, glide on front at least two body lengths, roll on the back and float for three seconds, recover to a vertical position.

#### Preschool Level 2 (Ages 4 – 5 years) aka Big Dippers

This class marks the beginning of independent aquatic locomotion skills. Most skills are performed with assistance. Students continue to explore using simultaneous and alternating arm and leg action to gain more proficiency for future strokes. To enroll in this level, PS1 should have been completed. The final exit test for this level is:

- 1) Glide on front at least two body lengths, roll on the back and float for five seconds, recover to a vertical position.
- 2) Glide on back for at least two body lengths, roll to front, float for five seconds, then return to vertical position.
- 3) Swim using combined arm and leg actions on front for three body lengths, roll to back, float for five seconds, roll to front and continue swimming on front for three body lengths.

#### Preschool Level 3 (Ages 4 – 5 years) aka Stars

This class provides additional guided practice of basic aquatic skills at proficient performance levels. Skills at this level are performed independently. Students improve coordination of combined simultaneous and alternating arm and leg actions. To enroll in this level, PS2 should have been completed. The final exit test for this level is:

- 1) Step from side into chest deep water, move into a front float for five seconds, roll to back and float for five seconds, then return to a vertical position.
- 2) Move into a back float for five seconds, roll to front then recover to vertical position.
- 3) Push off and swim using combined arm and leg actions for five body lengths, roll to back, float for fifteen seconds, roll to front and continue swimming for five body lengths.

**NOTE: Five year olds that have completed Preschool Level 3 can now enroll in Learn-To-Swim Level 1. However, parents should be aware that this class is taught in 3'6" - 4' deep water.**

**Questions:** If you would like to speak to your student's instructor before or after class they will be available. If a question arises during class, please speak to the Site Coordinators or the Swimming Program Coordinator.

#### Refund Policy

- Daily fees and class drop-in fees are non-refundable.
- Membership packages that have expired or will expire in 7 days of refund request are non-refundable.
- Package refund requests will be granted for medical and relocation purposes only at a prorated amount.
- Request for program/class refunds must be made at least 3 working days prior to the first class meeting and during regular business hours. Refunds for health reasons may be considered.
- Requests must be made in writing to the Recreation Director. Copy of doctor's certificate may be required.
- Credits may be applied to your NLRC account.
- Refunds are processed through City Hall and will be mailed to you. Please allow 3-4 weeks.

#### Preschool Aquatic Program Changes

Recent changes in the Red Cross program have altered our Preschool Aquatic Program descriptions. This program is similar to the Dipper & Star program but parents should read the descriptions carefully during the registration process. Parents are not allowed in the water or on the deck with the students during any of these classes. During the first day of class all students will be evaluated to ensure they are enrolled in the best class for them. Based on the instructor's judgment and class availability, students may be moved from the level they were originally enrolled.

Classes are held Monday and Wednesday evenings.

No classes held March 15 & 17.

**NEW classes held Saturday mornings!**

Fees per session: M/W Res: \$25, Non-Res: \$30 per session; Sat Res: \$18, Non-Res: \$23

PARENT TOT: M/W PM		
Sessions:	Time:	Class #:
Jan 11-Feb 3	5:30-6PM	3500.200
Jan 11-Feb 3	6:05-6:35PM	3501.200
Feb 8-Mar 3	5:30-6PM	3502.200
Feb 8-Mar 3	6:05-6:35PM	3503.200
Mar 22-Apr 14	5:30-6PM	3612.200
Mar 22-Apr 14	6:05-6:35PM	3613.200
Sat AM		
Jan 16-Feb 20	9:30-10AM	3614.200
Jan 16-Feb 20	10:05-10:35AM	3615.200
Mar 20-Apr 24	9:30-10AM	3637.200
Mar 20-Apr 24	10:05-10:35AM	3638.200

PRESCHOOL LEVEL 1		
Sessions:	Time:	Class #:
Jan 11-Feb 3	4-4:40PM	3616.200
Jan 11-Feb 3	4:45-5:25PM	3617.200
Jan 11-Feb 3	6-6:40PM	3504.200
Jan 11-Feb 3	6:45-7:25PM	3505.200
Feb 8-Mar 3	4-4:40PM	3609.200
Feb 8-Mar 3	4:45-5:25PM	3618.200
Feb 8-Mar 3	6-6:40PM	3506.200
Feb 8-Mar 3	6:45-7:25PM	3507.200
Mar 22-Apr 14	4-4:40PM	3610.200
Mar 22-Apr 14	4:45-5:25PM	3619.200
Mar 22-Apr 14	6-6:40PM	3508.200
Mar 22-Apr 14	6:45-7:25PM	3509.200
Sat AM		
Jan 16-Feb 20	9-9:40AM	3620.200
Jan 16-Feb 20	9:45-10:25AM	3621.200
Jan 16-Feb 20	10:30-11:10AM	3510.200
Jan 16-Feb 20	11:15-11:55AM	3511.200
Mar 20-Apr 24	9-9:40AM	3639.200
Mar 20-Apr 24	9:45-10:25AM	3640.200
Mar 20-Apr 24	10:30-11:10AM	3641.200
Mar 20-Apr 24	11:15-11:55AM	3642.200

**Private Lessons:** (one-on-one) Lessons are 5:30-5:55PM on either Monday or Wednesday night. The fee is \$48 for Residents and \$53 for Non-Residents. Please note that teachers may vary between lessons and make-up classes cannot be scheduled. The minimum age for private lessons is four years. Private lessons are taught by North Liberty Aquatic Center staff, but are not part of the Red Cross lesson certification program. **NEW: Private lessons will be available for scheduling during weekend open swim hours.** Ask Katie McKinnon, Aquatics Supervisor for more details.

PRESCHOOL LEVEL 2		
Sessions:	Time:	Class #:
Jan 11-Feb 3	4-4:40PM	3622.200
Jan 11-Feb 3	4:45-5:25PM	3623.200
Jan 11-Feb 3	6-6:40PM	3512.200
Jan 11-Feb 3	6:45-7:25PM	3513.200
Feb 8-Mar 3	4-4:40PM	3624.200
Feb 8-Mar 3	4:45-5:25PM	3608.200
Feb 8-Mar 3	6-6:40PM	3514.200
Feb 8-Mar 3	6:45-7:25PM	3515.200
Mar 22-Apr 14	4-4:40PM	3625.200
Mar 22-Apr 14	4:45-5:25PM	3611.200
Mar 22-Apr 14	6-6:40PM	3516.200
Mar 22-Apr 14	6:45-7:25PM	3517.200

Sat AM		
Jan 16-Feb 20	9-9:40AM	3626.200
Jan 16-Feb 20	9:45-10:25AM	3627.200
Jan 16-Feb 20	10:30-11:10AM	3518.200
Jan 16-Feb 20	11:15-11:55AM	3628.200
Mar 20-Apr 24	9-9:40AM	3643.200
Mar 20-Apr 24	9:45-10:25AM	3644.200
Mar 20-Apr 24	10:30-11:10AM	3645.200
Mar 20-Apr 24	11:15-11:55AM	3646.200

PRESCHOOL LEVEL 3		
Sessions:	Time:	Class #:
Jan 11-Feb 3	4-4:40PM	3629.200
Jan 11-Feb 3	4:45-5:25PM	3630.200
Jan 11-Feb 3	6-6:40PM	3520.200
Jan 11-Feb 3	6:45-7:25PM	3521.200
Feb 8-Mar 3	4-4:40PM	3631.200
Feb 8-Mar 3	4:45-5:25PM	3632.200
Feb 8-Mar 3	6-6:40PM	3522.200
Feb 8-Mar 3	6:45-7:25PM	3523.200
Mar 22-Apr 14	4-4:40PM	3633.200
Mar 22-Apr 14	4:45-5:25PM	3634.200
Mar 22-Apr 14	6-6:40PM	3524.200
Mar 22-Apr 14	6:45-7:25PM	3525.200

Sat AM		
Jan 16-Feb 20	9-9:40AM	3635.200
Jan 16-Feb 20	9:45-10:25AM	3636.200
Jan 16-Feb 20	10:30-11:10AM	3526.200
Jan 16-Feb 20	11:15-11:55AM	3527.200
Mar 20-Apr 24	9-9:40AM	3647.200
Mar 20-Apr 24	9:45-10:25AM	3648.200
Mar 20-Apr 24	10:30-11:10AM	3649.200
Mar 20-Apr 24	11:15-11:55AM	3650.200

PRIVATE LESSONS							
Sessions:	Day:	Time:	Class #:	Sessions:	Day:	Time:	Class #:
Jan 11-Feb 1	M	5:30-5:55PM	3598.200	Jan 13-Feb 3	W	5:30-5:55PM	3599.200
Feb 8-Mar 1	M	5:30-5:55PM	3600.200	Feb 10-Mar 3	W	5:30-5:55PM	3601.200
Mar 22-Apr 12	M	5:30-5:55PM	3602.200	Mar 24-Apr 14	W	5:30-5:55PM	3603.200

### Swim Lesson Registration Process

Register in person at the North Liberty Community Center, 520 W. Cherry Street in North Liberty or online. Registration starts at 6:00 AM on dates listed below. Registration is first-come, first-served. ID may be required to register.

North Liberty residents can register beginning **Monday, December 7**

Non-residents can register starting **Wednesday, December 9**

#### American Red Cross Learn-to-Swim Program

The Red Cross Learn-to-Swim Program has been re-designed to move participants systematically through stroke development and safety skills. Revisions include which skills are taught on which level and puts a higher focus on safety in and around the water. Parents should read the descriptions carefully during the registration process. Parents are not allowed in the water or on the deck with the students during any of these classes. Recommended minimum age for the Red Cross Program is six years old. During the first day of class all students will be evaluated to ensure they are enrolled in the best class for them. Based on the instructor's judgment and class availability, students may be moved from the level they were originally enrolled.

**Questions:** If you would like to speak to your student's instructor before or after class they will be available. If a question arises during class, please speak to the Site Coordinators or the Swimming Program Coordinator.

#### Learn-To-Swim Level 1: Introduction to Water Skills

Objectives of this class are basic personal water safety information and skills to help students feel comfortable in the water and to enjoy the water safely. Elementary aquatic skills are learned. Most skills are performed with support. The final exit test for this level is:

- 1) Enter independently, travel 5 yards, bob three times, then exit the water.
- 2) Glide on front at least two body lengths, roll on the back and float for three seconds, recover to a vertical position.

#### Learn-To-Swim Level 2: Fundamental Aquatic Skills

Objectives of this class are to learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students further develop simultaneous and alternating arm and leg actions on both the front and back. To enroll in this level, RC1 should have been completed. The final exit test for this level is:

- 1) Step from side into chest deep water, move into a front float for five seconds, roll to back and float for five seconds, then return to a vertical position.
- 2) Move into a back float for five seconds, roll to front then recover to vertical position.
- 3) Push off and swim using combined arm and leg actions for five body lengths, roll to back, float for fifteen seconds, roll to front and continue swimming for five body lengths.

#### Learn-To-Swim Level 3: Stroke Development

Objectives of this class are to learn survival float, swim the front crawl and elementary backstroke. The scissors and dolphin kicks are introduced to build on the fundamentals of treading water. To enroll in this level, RC2 should have been completed. The final exit test for this level is:

- 1) Jump into deep water, swim front crawl for 15 yards, maintain position by treading water or floating for thirty seconds, and swim elementary backstroke for 15 yards.

#### Learn-To-Swim Level 4: Stroke Improvement

Objectives of this class are to improve skills and increase endurance by swimming front crawl and elementary backstroke for greater distances. Arm movements will be added for sidestroke. Introduction to back crawl, breaststroke, butterfly and basic turns. To enroll in this level, RC3 should have been completed. The final exit test for this level is:

- 1) Perform a feet first entry into deep water, swim front crawl 25 yards, change direction and position and swim elementary backstroke 25 yards.
- 2) Swim breaststroke for 15 yards, change direction and position and swim back crawl 15 yards.

#### Learn-To-Swim Level 5: Stroke Refinement

Objectives of this class are to coordinate and refine all strokes; front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke while increasing distances. Flip turns are introduced. To enroll in this level, RC4 should have been completed. The final exit test for this level is:

- 1) Perform a shallow-angle dive into deep water, swim front crawl 50 yards, change direction and position of travel and swim elementary backstroke for 50 yards.
- 2) Swim breaststroke 25 yards, change direction and position of travel and swim back crawl 25 yards.

#### Learn-To-Swim Level 6: Personal Water Safety

Objectives of this class are to refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. Practice of treading water, surface diving, and safety in various aquatic settings are included. To enroll in this level, RC5 should have been completed. The final exit test for this level is:

- 1) Swim 500 yards using any three strokes of your choice, swimming at least 50 yards of each stroke.
- 2) Jump into deep water, perform survival float for five minutes, roll onto back and perform back float for five minutes.
- 3) Perform a feet first surface dive, retrieve an object from the bottom of the pool, return to surface and return to starting point.

**Swim Lesson Refund Policy:** See page 13

# 16 Red Cross Swim Lessons

www.North-Liberty.org 626-5716

Classes are held Monday and Wednesday evenings. No classes held March 15 & 17.  
 Fees per session: M/W Res: \$25, Non-Res: \$30 per session; Sat Res: \$18, Non-Res: \$23

RED CROSS LEVEL 1: M/W PM		
Sessions:	Time:	Class #:
Jan 11-Feb 3	4-4:40PM	3528.200
Jan 11-Feb 3	4:45-5:25PM	3529.200
Jan 11-Feb 3	6-6:40PM	3530.200
Jan 11-Feb 3	6:45-7:25PM	3531.200
Feb 8-Mar 3	4-4:40PM	3532.200
Feb 8-Mar 3	4:45-5:25PM	3533.200
Feb 8-Mar 3	6-6:40PM	3534.200
Feb 8-Mar 3	6:45-7:25PM	3535.200
Mar 22-Apr 14	4-4:40PM	3536.200
Mar 22-Apr 14	4:45-5:25PM	3537.200
Mar 22-Apr 14	6-6:40PM	3538.200
Mar 22-Apr 14	6:45-7:25PM	3539.200
SAT AM		
Jan 16-Feb 20	9-9:40AM	3540.200
Jan 16-Feb 20	9:45-10:25AM	3541.200
Jan 16-Feb 20	10:30-11:10AM	3542.200
Jan 16-Feb 20	11:15-11:55AM	3543.200
Mar 20-Apr 24	9-9:40AM	3651.200
Mar 20-Apr 24	9:45-10:25AM	3652.200
Mar 20-Apr 24	10:30-11:10AM	3653.200
Mar 20-Apr 24	11:15-11:55AM	3654.200

RED CROSS LEVEL 2: M/W PM		
Sessions:	Time:	Class #:
Jan 11-Feb 3	4-4:40PM	3544.200
Jan 11-Feb 3	4:45-5:25PM	3645.200
Jan 11-Feb 3	6-6:40PM	3546.200
Jan 11-Feb 3	6:45-7:25PM	3547.200
Feb 8-Mar 3	4-4:40PM	3548.200
Feb 8-Mar 3	4:45-5:25PM	3549.200
Feb 8-Mar 3	6-6:40PM	3550.200
Feb 8-Mar 3	6:45-7:25PM	3551.200
Mar 22-Apr 14	4-4:40PM	3552.200
Mar 22-Apr 14	4:45-5:25PM	3553.200
Mar 22-Apr 14	6-6:40PM	3554.200
Mar 22-Apr 14	6:45-7:25PM	3555.200
SAT AM		
Jan 16-Feb 20	9-9:40AM	3556.200
Jan 16-Feb 20	9:45-10:25AM	3557.200
Jan 16-Feb 20	10:30-11:10AM	3558.200
Jan 16-Feb 20	11:15-11:55AM	3559.200
Mar 20-Apr 24	9-9:40AM	3655.200
Mar 20-Apr 24	9:45-10:25AM	3656.200
Mar 20-Apr 24	10:30-11:10AM	3657.200
Mar 20-Apr 24	11:15-11:55AM	3658.200

RED CROSS LEVEL 3: M/W PM		
Sessions:	Time:	Class #:
Jan 11-Feb 3	4-4:40PM	3560.200
Jan 11-Feb 3	4:45-5:25PM	3561.200
Jan 11-Feb 3	6-6:40PM	3562.200
Jan 11-Feb 3	6:45-7:25PM	3563.200
Feb 8-Mar 3	4-4:40PM	3564.200
Feb 8-Mar 3	4:45-5:25PM	3565.200
Feb 8-Mar 3	6-6:40PM	3566.200
Feb 8-Mar 3	6:45-7:25PM	3567.200
Mar 22-Apr 14	4-4:40PM	3568.200
Mar 22-Apr 14	4:45-5:25PM	3569.200
Mar 22-Apr 14	6-6:40PM	3570.200
Mar 22-Apr 14	6:45-7:25PM	3571.200
SAT AM		
Jan 16-Feb 20	9-9:40AM	3572.200
Jan 16-Feb 20	9:45-10:25AM	3573.200
Jan 16-Feb 20	10:30-11:10AM	3574.200
Jan 16-Feb 20	11:15-11:55AM	3575.200
Mar 20-Apr 24	9-9:40AM	3659.200
Mar 20-Apr 24	9:45-10:25AM	3660.200
Mar 20-Apr 24	10:30-11:10AM	3661.200
Mar 20-Apr 24	11:15-11:55AM	3662.200

RED CROSS LEVEL 4: M/W PM		
Sessions:	Time:	Class #:
Jan 11-Feb 3	4-4:40PM	3576.200
Jan 11-Feb 3	4:45-5:25PM	3577.200
Jan 11-Feb 3	6-6:40PM	3578.200
Jan 11-Feb 3	6:45-7:25PM	3579.200
Feb 8-Mar 3	4-4:40PM	3580.200
Feb 8-Mar 3	4:45-5:25PM	3581.200
Feb 8-Mar 3	6-6:40PM	3582.200
Feb 8-Mar 3	6:45-7:25PM	3583.200
Mar 22-Apr 14	4-4:40PM	3584.200
Mar 22-Apr 14	4:45-5:25PM	3585.200
Mar 22-Apr 14	6-6:40PM	3606.200
Mar 22-Apr 14	6:45-7:25PM	3607.200
SAT AM		
Jan 16-Feb 20	9-9:40AM	3586.200
Jan 16-Feb 20	9:45-10:25AM	3587.200
Jan 16-Feb 20	10:30-11:10AM	3588.200
Jan 16-Feb 20	11:15-11:55AM	3589.200
Mar 20-Apr 24	9-9:40AM	3663.200
Mar 20-Apr 24	9:45-10:25AM	3664.200
Mar 20-Apr 24	10:30-11:10AM	3665.200
Mar 20-Apr 24	11:15-11:55AM	3666.200

RED CROSS LEVEL 5: M/W PM		
Sessions:	Time:	Class #:
Jan 11-Feb 3	6-6:40PM	3590.200
Jan 11-Feb 3	6:45-7:25PM	3667.200
Feb 8-Mar 3	6-6:40PM	3591.200
Feb 8-Mar 3	6:45-7:25PM	3668.200
Mar 22-Apr 14	6-6:40PM	3592.200
Mar 22-Apr 14	6:45-7:25PM	3593.200
SAT AM		
Jan 16-Feb 20	10:30-11:10AM	3669.200
Jan 16-Feb 20	11:15-11:55AM	3670.200
Mar 20-Apr 24	10:30-11:10AM	3671.200
Mar 20-Apr 24	11:15-11:55AM	3672.200

RED CROSS LEVEL 6: M/W PM		
Sessions:	Time:	Class #:
Jan 11-Feb 3	6-6:40PM	3594.200
Jan 11-Feb 3	6:45-7:25PM	3673.200
Feb 8-Mar 3	6-6:40PM	3595.200
Feb 8-Mar 3	6:45-7:25PM	3674.200
Mar 22-Apr 14	6-6:40PM	3596.200
Mar 22-Apr 14	6:45-7:25PM	3597.200
SAT AM		
Jan 16-Feb 20	10:30-11:10AM	3675.200
Jan 16-Feb 20	11:15-11:55AM	3576.200
Mar 20-Apr 24	10:30-11:10AM	3604.200
Mar 20-Apr 24	11:15-11:55AM	3605.200

**Early Bird Aqua Aerobics**

Water fitness including aqua aerobics, stretch and strength toning for the early birds to get the day started, the body moving and the heart pumping. Instructor: Kim Lestina.

Ages: 15 years and older (Younger individuals may attend with adult).

Session: March 23-April 29 (No class Apr 22)

Days/Times: Tuesdays & Thursdays; 6:05-6:50AM

Fees: Residents \$33, Non-res \$38

\$4 drop-in fee per day if class is not full.

Class size is limited!

**Water Resistance AM**

We use ankle floatation cuffs, water gloves and buoys (water equipment provided) for a total body workout in 45 minutes.

Each person decides how intense they want to work. It's a great way to stretch and tone muscles. Water shoes and water bottle are recommended. Equipment provided.

Instructor: Sue Carter.

Ages 15 years and older

SS3: March 1-31 (No class March 15, 17, April 2)

SS4: April 5-30

Days/Times: Mondays/Wednesdays/Fridays; 8-8:45AM

Fees: Residents \$36, Non-res \$41

\$4 drop-in fee per day if class is not full.

Class size is limited!

**Easy Does It**

This class will use Hydro Fit ankle cuffs, water barbells and gloves. The focus of this class is to improve your balance and strength. It is a gentle, slow pace class ideal for someone who wants to begin an exercise program and have fun too! Class is held in shallow and deep water. You do not have to go into the deep water until you are comfortable. You do not have to know how to swim. Water shoes and a water bottle are strongly recommended. Please arrive 15 minutes early the first class if you have not used cuffs so instructor can help you with cuffs. Equipment provided. Instructor: Sue Carter.

Ages 15 years and older

SS3: March 1-31 (No class March 15, 17, April 2)

SS4: April 5-30

Days/Times: Mondays, Wednesdays & Fridays; 9-9:45AM

Fees: Residents \$36, Non-res \$41

\$4 drop-in fee per day if class is not full.

Class size is limited!

**Private Swimming Lessons**

A good time for anyone to improve on their skills or learn how to swim with an instructor's undivided attention.

Ages: All ages welcome

Day/Time: Can be scheduled during any open swim hours; 30 minute lessons

Fee: \$15 per person

Registration: Call 626-5707 to schedule your lessons.

**Stroke Clinic**

Ever wonder what your child can learn past level 5 or level 6? Come to a stroke clinic and find out! We will focus on specific techniques on the competitive strokes along with starts and turns. The clinics will be held the second Saturday of every month. Your child must be able to swim continuous for 4 lengths of the pool to participate.

Ages: 4 and older

Sessions: SS1 January 9

SS2: February 13

SS3: March 13

SS4: April 10

Days/Times: Saturdays; 8-9:30AM

Fee: Residents \$15, Non-res \$20

**Lap Swim Hours**

Specific times for lap swim can be found on our monthly pool activities schedule. Monthly schedules vary from month to month and are available at the Recreation Front Desk. It may be necessary to make changes in the schedule to meet demands from the public.

**Lifeguard Classes**

Become a Red Cross Certified Lifeguard to work at the pool this summer! Must be able to swim a 200 yard freestyle and 100 yard breaststroke continuously, as well as a timed brick test to enroll in the course. Must demonstrate correct rescue skills, first aid/ CPR, and receive 80 percent proficiency on written exam.

Ages: Must be at least 15 years old by last day of class

Lifeguard Pre-tests: March 20; 8-9AM

March 23; 7-8PM

Lifeguard Class: March 26; 5-10PM

March 27; 8AM-9PM

March 28; 8AM-9PM

Fee: Residents \$95, Non-res \$100

Maximum Enrollment: 15

Look for more classes in April and June.

**WSI Class**

Become a Red Cross Certified Swim Instructor. Learn how to appropriately teach all levels of swimming as well as different teaching styles.

Must be at least 16 on the last day of class

Must be able to swim 25 yards of six strokes

Look for information in the Spring!

**Adult Swimming Lessons**

The Pacha Aquatic Center now offers Adult Swimming Lessons. For those looking to improve technique or learn basic swimming skills, all skill levels are welcome.

Ages: 12 and up

SS1: January 12-February 4

SS2: February 9-March 4

SS3: March 23-April 15

Days/Times: Tuesdays & Thursdays; 7-7:40PM

Fee: Residents \$25, Non-res \$30 per session

Maximum Enrollment: 10



### Indoor Playground

Preschoolers and toddlers can play inside on our toys at NLRC. This is a parent supervised, drop-in activity. Have fun and socialize with others.

Session: Year-round through May 28  
Days/Times: Monday-Friday; 9-11:30AM  
Fee: \$1 per child; pay at front desk

### Lucky Duck Morning Swim

This special morning open swim time is for caregivers and young children. Caregiver to child ratio is 1 to 4, no matter what age.

Ages: Caregivers and children  
Session: January 8-April 30  
Day/Time: Fridays; 9:30-11:30AM  
\$1 per child; pay at front desk

### Ballet/Creative Dance

Preschoolers and kindergarteners will discover the joy of dance in this energetic class which focuses on balance, rhythm and movement. Children will learn to use their space creatively. Dance basics, love and appreciation of dance and music will be introduced. Students must be at least 3 years old and potty trained. Recommended shoes and attire: leotard, tights, leather ballet slippers.

Ages: 3-5 years old  
Session: Program is full, registration for Fall 2010 classes will be available in the Spring 2010.  
Registration/Information: Contact Lyndsay at 319-648-4091 or email: lwilkinsonkrotz@hotmail.com.

### Music Together™

A family music program that includes singing, chants, instrument play and small and large movement activities. Class materials include 2 CDs, songbook and parent guide. Instructor: Preucil School of Music's Jennifer Newman.

Ages: 0-5 years  
Session: January 4-March 8  
Days/Times: Mondays; 10:30-11:15AM  
Fees: \$158 for 1<sup>st</sup> child; \$80 additional sibling.

### Painting 101

Participants will use tempera, watercolor and acrylic paints to create masterpieces.

Ages: 3-5 years old.  
Sessions: January 6-27  
AM Class: Wednesdays; 10-10:30AM  
PM Class: Wednesdays; 6-6:30PM  
Fee: Residents \$20, Non-res \$25  
Registration Deadline: December 28

### Kickball

This class gives kids a chance to learn how to play kickball.

Ages: 3-5 years old  
Session: March 3-24  
AM Class: Wednesdays; 10-10:30AM  
PM Class: Wednesdays; 6-6:30PM  
Fee: Residents \$20, Non-res \$25  
Registration deadline: February 26

### Lil Chefs

This class will put fun in food! Preschoolers create delicious treats to enjoy during class or to take with them.

Ages: 3-5 years old  
Session: February 3-24  
Day/Time: Wednesdays; 11-12(Noon)  
Fee: Res \$20, Non-res \$25  
Registration deadline: January 25

### Soccer Tots

This class gives kids a chance to learn soccer skills.

Ages: 3-5 years old  
Session: April 7-28  
AM Class: Wednesday, 10-10:30AM  
PM Class: Wednesday, 6-6:30PM  
Residents \$20, Non-res \$25  
Registration deadline: March 31



### Tap/Ballet/Jazz/Hip Hop Combo Dance

Kids have the opportunity to dance ballet/jazz/hip hop and tap all in one fun class! *Ballet* will strengthen and point your feet, improve turn-out and body alignment. *Jazz* will emphasize strong and proper body alignment and clean technique through placement stretch and strength exercises and *Tap* will consist of vocabulary and an understanding of phrasing, timing and balance. Recommended shoes and attire: leotard, tights, leather ballet slippers, tap dance shoes.

*Junior Ballet/Tap Combo*: Ages: 6-8 years old

*Intermediate Combo*: Ages: 9 years and up

Session: Program is full, registration for Fall 2010 classes will be available in the Spring 2010.

Registration/Information: Contact Lyndsay at 319-648-4091 or email: lwilkinsonkrotz@hotmail.com

### Tae Kwon Do for Families

Tae Kwon Do for the entire family! All classes are affiliated with Choe's US Tae Kwon Do Academy. For more information visit [www.choesustkd.com](http://www.choesustkd.com). Instructor: Karolynn Lucas, certified Black Belt by the World Taekwondo Federation, 2nd DAN.

Ages: 4 years old and up

SS1: January 4-27

SS2: February 1-24

SS3: March 1-31 (No class March 15 & 17)

SS4: April 5-28

Days: Mondays & Wednesdays; 5:15-6:30PM

Fee: Residents \$40, Non-res \$45

Drop-in fee of \$6 per person/per class.

Family rates are available.

### Recsters Before & After School Program - Current

Provides recreational activities, supervision and guidance for kids K-6 before and after school.

Session: Continues with school year through end of May Monday-Friday; 7AM-8:30AM = Before School

Mon-Wed, Fri; 3-6PM, Thurs 2-6PM = After School

Registration: please call Matt Fielder at 626-5734 for openings or to be placed on waiting list.

Regular Fees: Before School \$75 per month,

After School \$130/month; due the first of every month.

### Recsters Spring Camp

Daycare camp for kids during spring break from school. Kids will enjoy games and activities, both inside and outside the Rec. Center. Come prepared to play outside. Field trips may also be planned. All campers must bring their own snacks, lunch and drinks. Use of refrigerator, microwave, or utensils will not be available.

Ages: K-6 grades

Session: March 15-19

Day/Time: Monday-Friday; 7AM-6PM

Fee: \$150 for the week

Registration: Current Recsters begins Feb 1-28

Open enrollment begins March 1-10.

Minimum: 10 enrollees or canceled.

### Recsters All Days

Daycare for kids on scheduled non-school days. Kids will enjoy games and activities, both inside and outside the NLRC. Field trips may also be planned. All campers must bring their own snacks, lunch and drinks. Use of refrigerator, microwave, or utensils will not be available.

Ages: Grades K-6 grades

Dates: January 18; February 15; March 2; April 30

Day/Time: Days vary; 7-6PM

Fee: \$40 per day, per child

Registration: Current Recsters: Now through January 3, Open enrollment begins January 4.

Each date may be canceled if fewer than 10 enrollees.

### Recsters Before & After School Program - Fall 2010

Looking for Fall 2010 before & after school programs?

Current Recsters can register March 1-31.

Open enrollment begins April 5.

Hold Fee: \$40/child non-refundable fee to hold spot.

Registration: please call Matt Fielder at 626-5734.

Regular Fees: Before School \$75 per month, After School \$130/month; due the first of every month.

### Buford Garner BASP – Fall 2010

Looking for Fall 2010 before & after school programs for your Buford Garner student? First priority will be given to those BG students that are currently enrolled in an ICCSD school BASP (Van Allen or Penn Elementary) and are affected by school boundary changes.

Second priority will be given to BG students who live within the school boundaries.

Current BASP students can register Mar 1-31.

Open enrollment begins April 5.

Hold Fee: \$40/child non-refundable fee to hold spot.

Registration: please call Matt Fielder at 626-5734.

Regular Fees: Before School \$75 per month, After School \$130/month; due the first of every month.

### American Red Cross Babysitter Training

This class gives the knowledge and resources needed to become a great babysitter. The course content covers nine primary areas.

Ages: 10-15 years

Date: Friday, March 19

Time: 9-4PM

Fee: Residents \$40, Non-res \$45

Register by: March 15

### IPRA Spot Shot Competition

A basketball shooting skills competition that allows top finishers to advance to regional competition.

Ages: 8 & 9; 10 & 11; 12 & 13 year olds

Day: Wednesday, February 17

Time: 8-10 yrs = 6PM; 11-13 = 7:30PM

Location: North Liberty Recreation Center

NLC basketball players: Free

Non-NLC basketball players = \$5

### NLC Youth Basketball

This is a combined youth basketball program for North Liberty & Coralville. Program is designed to teach the fundamentals of the game and to provide equal participation. Games/practices will be at various locations. Teams will be chosen at random, there is no guarantee on being placed on a friend's team. If you register in North Liberty you will be placed on a NL team, if you sign up in Coralville you will be placed on a CV team.

Ages: Grades 1-2; 3-4 and 5-6

Session: January 9 - February 27

Open Practice: January 9; Games begin January 16

Days/Times: Saturdays, 1<sup>st</sup>/2<sup>nd</sup> graders; 9AM-1PM; 3rd/4th graders; 11AM-1:30PM; 5<sup>th</sup>/6<sup>th</sup> graders; 12:30 - 3PM (Times are subject to change)

Fee: NL/CV Residents \$35, Non-res \$43.75; Late Fee \$5 after Dec 13

Deadline: Dec 13; League may be closed if optimal numbers are achieved.

Location: Games played at NLRC, CVRC, Van Allen & Kate Wickham Elementary Schools

Coaches Meeting: Jan 6; 6PM at NLRC. Anyone interested in coaching, should contact Brian Motley (NL) at 626-5716 or Erik Dinusson (CV) at 248-1750.

Registration deadline: December 13

### Youth Competitive Team Basketball League

Officiated 5 on 5 basketball league. This program is a team oriented program where an entire team and coach sign up.

Maximum number of teams: Girls 7/8 = 7 teams; Girls 5/6 = 8 teams; Boys 5/6 = 8 teams, Boys 7/8 = 8 teams.

Ages: Boys: Grades 5/6 & 7/8; Girls Grades 5/6 & 7/8

Session: January 11-March 9

Grade/Day/Time:

Boys; Grades 7/8: Mondays; 6PM, 6:50PM, 7:40PM, 8:30PM

Girls; Grades 7/8: Mondays; 7PM, 7:50PM, 8:40PM

Boys; Grades 5/6: Tuesdays; 6PM, 6:50PM, 7:40PM, 8:30PM

Girls; Grades 5/6; Tuesdays; 6PM, 6:50PM, 7:40PM, 8:30PM

Location: North Liberty Recreation Center

Fee: \$325 per team

Registration Deadline: January 3

### Indoor Soccer

Soccer enthusiasts this is for you – continue playing soccer indoors! Parent volunteer coaches are very important for success of this program. Sign up early!

Ages: Grades 1 & 2; 3 & 4

Session: March 6-April 24 (No class on March 20 & April 3)

Days/Time: Saturdays; 9AM-12(Noon); Time depends on the number of teams and league schedule.

Location: North Liberty Recreation Center

Residents \$35, Non-res \$40; Late Fee \$5 after February 7)

Deadline: Feb 7; League may be closed if optimal numbers are achieved. Sign up early!

Max enrollment is 120 kids.

### Bound 4 Glory Sports; Individual Lessons

Our individual sessions offer players to work with Duez Henderson and Jason Price in a private, one on one environment. Custom designed for the skill development of each individual player. Sessions focus on repetition of fundamental drills. These sessions, while open to any player, are recommended for the advanced player.

Ages: Boys and girls, 3<sup>rd</sup> grade and up

Days/Times: Scheduled at your convenience

For more information and/or register email to: [www.bound4glorysports.com](http://www.bound4glorysports.com)

Fee: \$36/scheduled session

### Beginning Archery

Basic archery skills will be taught with the opportunity to shoot. The class will be led by certified National Archery in the Schools Program instructor Roger Reid. This class assumes no archery experience, but more experienced archers are welcome to participate. All equipment will be provided, but you are welcome to bring your own. It will be inspected by the class instructor to check for safety before it is used. All participants must have a waiver form signed by their legal guardians or parents prior to the program start date.

Ages: 9-16

Session: April 20-May 11

Days/Time: Tuesdays; 5:30-7PM

Entry Fee: \$45 if using own equipment; \$50 if using program equipment

Registration Deadline: April 13

Location: Meade Barn Property just east of Penn Meadows Sports Complex

### Kids on Target

Area youth are invited to show off their marksmanship. Stop in the community center any time and pick up a Whitetails Unlimited qualifying target along with a firearm safety sheet and witness verification/rules form to be completed at your leisure. Completed targets and witness verification/rules forms can be turned into the NLRC. The forms will then be sent into Whitetails Unlimited for judging and awards.

### Baseball Card Clubhouse

Mark Montgomery would like to offer this great opportunity to introduce the current generation. Topics discussed will be the history of baseball cards, types of cards and how to start your own collection. Each participant will receive a Collectable Binder that contains a pack of baseball cards and a patch. The instructor will be donating cards as well as a prize for each session. This class is based on the MLB Baseball Card Clubhouse for Scouts program.

Ages: 7 years & up; Parents are welcome to attend.

SS1: January 21

SS2: February 11

SS3: March 11

SS4: April 15

Day/Time: Thursdays; 5:30-6:30PM

Fee: \$2 per participant, per date

Registration Deadline: Monday prior to class date.

**Adult Open Gym**

Get together for a half or full court pick-up game. Check with the front desk for conflict dates when programming takes precedence. Drop-in, no registration required.

Ages: 18 years and older

Day/Time: Monday - Friday; Noon - 1:30PM at NLRC; Thursday, 6:30 -8:30 PM at North Bend Elementary

Fee: Noon at NLRC = Free, Nights at North Bend; Res \$1/night, Non-res \$2/night

**Men's Basketball League**

Officiated 5 on 5 basketball league with two divisions. A League is more competitive, B is recreational. If you have played basketball in Division 1 college you must be in (A) League, unless you are 40 years old or older.

Ages: 18 and older (not in high school)

Session: January 10-April 18 (No games Feb. 14)

League/Day/Time:

A League (Competitive) & B League (Recreational): Sundays, 4-9PM (Depending on the number of teams per division)

Location: North Liberty Recreation Center

Fee: \$325 per team; maximum number of teams: A League is 8 teams, B League is 12 teams.

Registration Deadline: January 4



**Adult Co-ed Volleyball League**

Six-player, self-officiated league with two divisions. A League is more competitive, B is recreational.

Ages: 18 and older (women not in high school volleyball)

Session: January 10-March 31 (No games Feb. 14)

Day/Time: A League (Competitive): Wednesday, 6:15-9:15PM (Times subject to change due to number of teams)

B League (Recreational): Sundays, 1-5PM (Times subject to change due to number of teams)

Location: North Bend Elementary School

Fee: Resident: \$85 per team; Maximum number of teams: A League is 10 teams, B League is 14 teams.

Rosters Deadline: January 3

**Adult Women's Volleyball League**

Six-player, self-officiated league.

Ages: 18 and older (women not in high school volleyball)

Session: January 14-March 25

Day/Time: Thursdays; 6-9PM

Location: North Liberty Recreation Center

Fee: Resident: \$85 per team;

Maximum number of teams: 10 teams.

Rosters Deadline: January 3

**Fantasy Football**

Extend your fantasy experience playing in this league. At end of the NFL season a live fantasy draft will take place in which team owners will choose players from teams eligible for the NFL Playoffs. Snacks and refreshments will be provided. Points will be scored according to the performances of these players in the playoffs. Weekly point totals will be posted. League winner will receive a free 1 month individual black & gold membership package to NLRC.

Ages: 12-99

Date/Time: Draft: Fri., January 9, 2010 at 4PM

Fee: \$10 per person

Registration Deadline: January 3, 2010

**Pickleball**

Want to learn a new game? Try pickleball; the cross between hand ball, tennis, and badminton. Open play for all and free lessons may be given during play.

Ages: All

Session: January 4-April 30 (No meeting on April 2)

Days/Times: Tuesdays, Wednesdays & Fridays; 9-11AM

Location: North Liberty Recreation Center

Fee: FREE

For more information, call 626-4067.

**Snowman Battle**

First, build a snowman and second, take a photo of it. Third, bring the photo to register it for our snowman big board at NLRC. All submitted snowman photos will enter a single elimination bracket. Showdown consists of each person will be given dice to roll. The largest number between the rollers will advance to next round. The last one standing is 2010 Snowman Champion. Winner will receive a \$25 gift certificate to the North Liberty Recreation Center.

Ages: Family Event

Photo submission & registration: January-February 26

(Please use 4x 6 or 5 x 7 photo)

Showdown Single Elimination Bracket: March 1

Time: 6PM

Fee: FREE

**Community Gardens**

Garden plots will be offered for the first time to residents on a first come, first serve basis. Plot size will be 10 x 30 ft. A gravity tank or hydrant will be available for water. Individuals will need to bring bucket to carry water since no hose hook-ups will be allowed.

Ages: Families

Session: May 3-October 1

Registration: In-person, Thurs., April 1; 6AM at NLRC. Plot number will be assigned after registration, payment and lease agreement are completed.

Location: Meade Barn Property; East of Penn Meadows Sports Complex

Fee: Residents \$45, Non-res \$50

### Small Group Personal Training

Set up a personalized fitness program and see results fast! We have two individuals taking appointments; Matt Schmitz at 626-4876 or Shannon Ottoson at 626-2392.

Ages: 12 years and older

Sessions by appointment only.

Fee: Private: \$30/hour/person; Semi-private (2): \$25/hour/person; Triple: \$20/hour/person

### Tae Kwon Do for Families

Tae Kwon Do for the entire family! All classes are affiliated with Choe's US Tae Kwon Do Academy. For more information visit [www.choesustkd.com](http://www.choesustkd.com). Instructor: Karolynn Lucas, certified Black Belt by the World Taekwondo Federation, 2<sup>nd</sup> DAN.

Ages: 4 years old and up

Sessions: SS1: January 4-27

SS2: February 1-24

SS3: March 1-31 (No class March 15 & 17)

SS4: April 5-28

Days: Mondays & Wednesdays; 5:15-6:30PM

Fee: Residents/Non-res: \$40/\$45 or drop-in fee of \$6 per person/per class.

Family rates are available.

### Cardio Pump

Interval training utilizing progressive and moderate resistance with free weights and cardio training on the step. This class will help build muscle, improve cardiovascular health and reduce muscle wasting. ACE Certified Instructor: Renee Manders

Ages: 14 yrs & older

SS1: January 4-27

SS2: February 1-24

SS3: March 1-31

SS4: April 5-28

Days/Times: Mondays & Wednesdays, 7:30-8:30PM

Fees: Residents/Non-res

SS1, 2 & 4: \$24/\$29; SS 3: \$30/\$35

or \$3.50 drop-in fee per class.

### Cardio Kickboxing

Basic punches and kicks are broken down one at a time and then combined to make for a high energy, aerobic workout. This is a full body workout including core training. Fun, fat-burning exercise that is also excellent for your cardiovascular system. ACE Certified Instructor: Renee Manders

Ages: 14 years and older

SS1: January 5-28

SS2: February 2-25

SS3: March 2-April 1

SS4: April 6-29

Days/Times: Tuesdays & Thursdays, 7:30-8:30PM

Fees: Residents/Non-res

SS1, 2 & 4: \$24/\$29; SS 3: \$30/\$35

or \$3.50 drop-in fee per class.

### Cardio Pump / Kick COMBO

Class meets four nights a week. M & W = Cardio Pump and T & TH = Kickboxing. Every muscle and all of your core will be working hard to tone and condition the entire body. All fitness levels are welcome! ACE Certified Instructor: Renee Manders.

Ages: 14 years and older

SS1: January 4-28

SS2: February 1-25

SS3: March 1-April 1

SS4: April 5-29

Days/Times: Mondays-Thursdays, 7:30-8:30PM

Fees: Residents/Non-res

SS1, 2 & 4 : \$32/\$37; SS 3: \$40/\$45

### Lower Body Blast

Complete lower body focus with a low impact cardio warm up. Will use step for lunging and light free weights for resistance.

Instructor: ACE Certified Instructor: Sandi Cook.

Ages: 14 years and older

SS1: January 10-31 (No class Jan. 3)

SS2: February 7-28

SS3: March 7-28

SS4: April 11-May 2 (No class April 4)

Fees: Residents/Non-res: \$12/\$17

Daily drop-in fee: \$3.50/date

### Body Blast

Blast your body into shape! A motivating workout of 20-25 minutes of low impact aerobics to ramp up the heart rate using light hand weights. Followed by 20 minutes of strength training with free weights to enhance overall body definition, increase muscle strength and tone. Also 15 minutes of abdominal work. ACE Certified Instructor: Sandi Cook

Ages: 14 years and older

SS1: January 5-28

SS2: February 2-25

SS3: March 2-April 1

SS4: April 6-29

Day/Time: Tuesdays & Thursdays; 6-7PM

Fees: Residents/Non-res

SS1, 2 & 4: \$24/\$29; SS3: \$30/\$35

or \$3.50 drop-in fee per class.

### Nordic Walking

Nordic Walking helps to save wear and tear on your knees and legs while providing balance and an added workout for your upper and lower body. Burns up to 40% more calories than walking along.

Schedule a short personal training session and learn how to use the Nordic Walking Poles. Contact Matt Meseck at 626-5716.

Black & Gold members may use the limited poles we have for free.

Non-members are required to pay \$1 per use.

**Jazzercise**

Jazzercise classes combine cardio moves to enhance endurance and burn mega calories, strength training to define muscles and strengthen your core and stretching to increase flexibility. You will get a total body workout while blasting fat and having fun. Join us for FREE Class on Monday, August 31; give Jazzercise a try and take advantage of our \$99 (plus joining fee) special. Childcare services are offered during class times; pay at Recreation front desk.

Ages: Teenagers to Retired

Session: Session: January 4-April 30 (No class April 2)

Days/Times: MWF: 6-7PM; Sun: 4:15-5:15PM

Fee: One Time joining Fee: \$25; Unlimited Monthly EFT(auto-payment) \$36; Unlimited 8-week Ticket \$85;

Walk-in \$10 per class

Contact Kristi Bontrager at 319-621-5943 or visit

[www.jazzoniowacity.com](http://www.jazzoniowacity.com)

**Yoga Boot NEW**

This new fitness class is offered on the weekend! Half hour of boot camp, half hour of yoga. Jump start your day with effective body weight exercises that will increase your heart rate and metabolism.

ACE Certified Instructor: Renee Manders.

Ages: 14 & up

SS1: January 9-30

SS2: February 6-27

SS3: March 6-27

SS4: April 3-24

Days/Time: Saturdays; 9-10AM

Fees: Residents/Non-res; \$12/\$17

or \$3.50 drop-in fee per class

**Zumba**

Zumba is a Latin/world dance exercise class designed for all fitness levels. No dance experience or ability is needed.

Join us for a fun, exhilarating workout. Instructor: Marilyn Wright. Ages: Adults

SS1: January 5-26

SS2: February 2-23

SS3: March 2-30 (No class March 16)

SS4: April 6-27

Days/Times: Tuesdays; 6:30-7:30PM

Fees: Residents/Non-res; \$12/\$17

or \$4 drop-in fee per class

**NEW Yogilates**

Yogilates mixes just the right amount of elements together to create a workout that relieves stress, helps improve coordination and balance, lose weight and allows you to relax all at the same time. In a nutshell, Yogilates "brings precise alignment, core strength and knowledge from exercise science to the postures of yoga for added safety and a greater transformative effect."

Ages: 16 & up

SS1: January 19 – March 23 (No class March 16)

SS2: April 6 – May 11

Day/Time: Tuesdays; 7:30-8:30PM

Fee: SS1: (9 weeks) \$72; SS2: (6 weeks) \$48

Registration / Information: Contact Lyndsay at 319 648-4091 or e-mail [lwilkinsonkrotz@hotmail.com](mailto:lwilkinsonkrotz@hotmail.com)

**NEW Body Max**

This class will use intervals of strength, cardio, and pilates to lose weight, tone/strengthen and increase flexibility.

Class will meet three times per week, a progression class that will have you end in better shape and health than you started in!

Ages: 14 years & up

Session: January 4-March 12 (10 weeks)

Day/Time: Mondays/Wednesdays/Fridays; 6:15-7AM

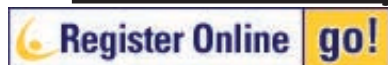
Fee: \$120 per person

Registration Deadline: December 30

**REGISTER ONLINE!**

The North Liberty Recreation Center has installed ActiveNet software and hardware to streamline all front desk operations. This program allows point-of-sale, facility reservation, activity registration and more. Patrons now utilize magnetic-stripe, photo swipe cards. ActiveNet also allows most of our operations to be completed online.

Go to [www.North-Liberty.org](http://www.North-Liberty.org) and click on the



button



*Sunday, May 30, 2010*

*12-10pm*

*North Liberty, Iowa*

**LIBERTY CENTRE BLUES  
& BBQ**

**ONE DAY • ONE PARTY • ONE COOL TIME**

[northlibertyiowa.org/bluesandbbq](http://northlibertyiowa.org/bluesandbbq)