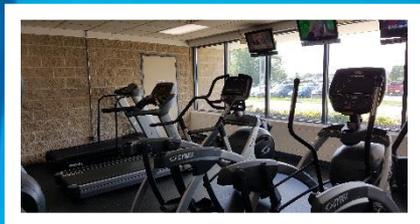
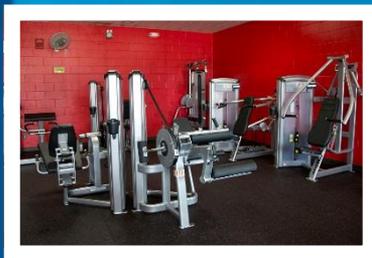
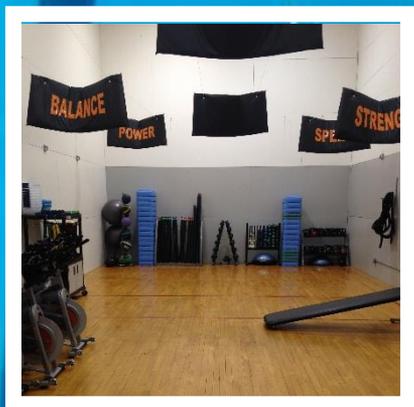


Program Guide

September 2016 – August 2017



Registration begins
September 2016 for
all programs.
SIGN UP TODAY!

Cardio Room. Circuit Room. Fitness Classes. Weight Room. Racquetball Court. Gymnasium. Hot Tub. Pool. Sauna. Field Rentals. Group Swim Lessons. Private Swim Lessons. Swim Team. Adult Sports. Youth Sports. Personal Training. Fitness Challenges. Facility Rentals. Birthday Parties.

Welcome to the Knoxville Recreation Center!



Brandon Nemmers
Recreation Director



Angela Jones
Wellness Supervisor



Ranae Rozenboom
Office Manager



Jerry Ayers
Maintenance Supervisor



Olivia Crawford
Aquatics Supervisor

Brandon Nemmers
Angela Jones
Ranae Rozenboom
Jerry Ayers
Olivia Crawford

bnemmers@knoxvilleia.gov
ajones@knoxvilleia.gov
rrozenboom@knoxvilleia.gov
jayers@knoxvilleia.gov
ocrawford@knoxvilleia.gov

Our Mission

The Knoxville Recreation Department is dedicated to providing a variety of recreation, fitness and wellness opportunities to enhance the quality of life for people in the Knoxville area and to maintaining facilities and services to meet the community needs.

Parks and Recreation Commission

We want your visit to the Recreation Center to be a pleasant experience. We offer numerous adult and youth programs for your recreation enjoyment. Please let us know how we can serve you better.

Commission Members: Jyl DeJong, Scott Pitt, Aaron Fuller, Mollie Keitges and Julie Konrad.

Special Accommodations

If you are a person with special needs and would like information, support for accessibility of programs or facilities, please contact the Recreation Director at 641-828-0580. It is the responsibility of an individual with special needs requiring accommodations to inform the Recreation Director when signing up for a program or an event.

Inclement Weather Policy

Cancelling fitness classes is something we try to avoid, but for the safety of our instructors, members and guests we have established this policy: The Recreation Center will follow the delay/cancellation decisions of the Knoxville School District. If school is cancelled, or on two hour delay, morning fitness classes, early morning lap swim and noon fitness classes will be cancelled. For evening classes and programs if an early dismissal is called, we will reach a cancellation decision by 3:30pm. Severe thunderstorms can affect our water activities as well. If lightning has been spotted in our area we will clear the pool for 30 minutes. Cancellations will be posted on Facebook, KNIA and VIP text messaging. Please see the back page for details.

Corporate Discounts

We offer corporate membership rates for annual passes. With as few as 5 employees, your company will qualify for discounted membership rates. Be sure to check at the front desk to see if your employer qualifies.

Cancellation Policy

If an appointment has been made we request you give as much notice as possible to allow that spot to be filled to avoid lost time and revenue. The trainer and/or instructor must be notified 30 minutes prior to the scheduled appointment to avoid being charged for that session.

City Department Phone Numbers

Recreation Center	800 South Park Lane	641-828-0580
Knoxville Public Library	213 East Montgomery	641-828-0585
City Hall	305 South 3 rd St.	641-828-0550
Street Shop	305 West Reno St.	641-828-0553
Police (non-emergency)	305 South 3 rd St.	641-828-0541
Fire Department (non-emergency)	305 South 3 rd St.	641-828-0586

City Officials

Aaron Adams, City Manager
Brian Hatch, Mayor
Craig Kelley, City Council
Cal Stephens, City Council
Dawn Allspach- Kline, City Council
James Lane, City Council
Rick Kingery, City Council

Shelter House Reservations

Please call Knoxville City Hall at 641-828-0550 to make reservations for shelter houses at Auld Park.

Find us online! www.knoxvilleia.gov At the top left select **CONNECT**, a orange drop down box will appear, in the middle of your screen select **DEPARTMENTS**. On this page choose **PARKS & REC**. At the bottom of the page you will see a section called **RESOURCES**. Below that you will see several hyperlinks for the program guide, fees, fitness schedule with descriptions, gym schedule and pool schedule.

Membership Benefits

Cardio Room, Circuit Room, Fitness Classes, Pool, Hot Tub, Sauna, Locker Rooms, Gymnasium, Racquetball Court and Weight Room

Personalized Fitness

Membership Orientation, KaPow, Wellness Assessment, Personal Training

Aquatic Information

Open Swim, Lap Swim, Sauna, Whirlpool, Wading Pool, Swim Team, Private Swim Lessons, Private Swim Team Coaching, Red Cross Lifeguard Course, Swim Level Descriptions, Group Swim Lessons

Youth Programs

Basketball, Soccer, Tae Kwon Do, Coed Volleyball Camp, Flag Football, Blast Ball, Tennis Lessons

Adult Programs

Tae Kwon Do, Mixed Volleyball Leagues, Power Volleyball

Running Events

June Jog

Fitness Challenges

Color Me Fit, Holiday Fit Fair, Fit IT In, Indoor Iron Fit Challenge, Summer Sweat

Rental Information

Facility Rental, Softball Field Rental, Soccer Field Rental, Birthday Party Rental

Deadlines

Program and event registration deadlines.

Merchandise for Sale

 Please see the front desk.

Goggles	\$5.00
Ear Plugs	\$1.00
Swim Caps	\$3.00
Lil Swimmers	\$0.75
Ear Buds	\$6.00
Mouth Guards	\$1.00

Membership Benefits

There are several options for membership at the Recreation Center. Family passes include children you claim on your taxes up to age 26 (children 4 and under are free). You can take advantage of one month, three month, six month or annual memberships. Stop by the front desk or visit our webpage for a complete breakdown of member price options at www.knoxvilleia.gov.

Cardio Room

Our cardio room features a rowing machine, Cybex arc trainers, Cybex arc trainers with upper body action, recumbent bike, upright bikes, and treadmills all equipped with cardio vision. Members who are in 6th, 7th and 8th grade are allowed in the Cardio Room after completing the KaPow program, with an adult (18 years and up).

Circuit Room

The circuit room offers additional workout space to utilize kettlebells, medicine balls, battle ropes, TRX trainers and other small weight equipment as part of your workout routine. Members who are in 6th, 7th and 8th grade are allowed in the Circuit Room after completing the KaPow program, with an adult. (18 years and up).

Weight Room

In addition to our free weight equipment, we also feature Cybex strength stations. We offer a Life Fitness Functional trainer, Paramount squat press, along with (2) squat rack stations, barbells and dumbbells up to 120lbs. Members who are in 6th, 7th and 8th grade are allowed in the Weight Room after completing the KaPow program, with an adult. (18 years and up).

Racquetball Court

Reservations may be made or you can drop-in to use the court. Goggles, racquets, and balls are available for check-out at the front desk.

Gymnasium

The gymnasium is available either full gym or half gym, depending on our fitness class schedule and other activities. Please check with the front desk for a calendar or go online at www.knoxvilleia.gov. The gym will be closed starting August 14th to 31st, 2017 for the floor to be refinished. **Fact:** 17 laps around the outside of the gym equals 1 mile!

Membership Benefits

Fitness Classes are offered throughout the week. Registration is not required, join us anytime for class! Fitness class schedules update monthly, so be sure to ask the front desk staff or visit www.knoxvilleia.gov for a current schedule. The Rec holds many nationally recognized classes and our instructors are certified.

Fitness Class Policies

- Classes are a benefit of membership or paid daily admission.
- Classes must have (3) participants to be held.
- Children are not allowed to run around in class or play with fitness equipment.
- Classes may be cancelled during inclement weather.
- Kid Friendly! 1st grade and up welcome in all fitness classes but cycling, with an adult present. Instructors reserve the right to bench the non- participating.



Membership Benefits

Open Swim is offered for all ages at various times weekly. If you would like to bring pool toys and/or flotation devices, please see our pool rules poster in the pool area. Please check with the front desk for a monthly pool calendar.

Adult Open Swim is offered for adults only (18 and up) at various times weekly. Please check with the front desk for a monthly pool calendar.

Lap Swim is offered at various times weekly. During this time you can also water walk, staying in a lane. Please allow lap swimmers first chance at a lane if lanes are full. Please check with front desk for a monthly pool calendar.

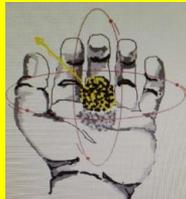
Sauna and Whirlpool are open during adult open swim, open swim, lap swim and water fitness classes for high school and up.

Wading Pool is open during open swim, adult open swim and lap swim. Children ages 6 and under are allowed with an adult present. NO charge for an adult unless they are changing into swim attire or getting into the water.

Locker Rooms and shower facilities are provided with daily admission and membership. Locks are not provided. Visitors/members are able to bring in own locks to lock up belongings but must remove lock and all items when leaving the building. Showers can be used for \$2.00 a visit when not paying daily admission. Towels are also available to rent at the front desk for \$0.50.

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Personalized Fitness

Membership Orientation — FREE w/ Membership

As a benefit of your membership, we will walk you through the facility and show you what we have to kick start your exercise program.

KaPoW (Kids and Parents on Weights) – FREE w/ Membership

Help your 6th – 8th grade student develop healthy habits by exercising together with them. Middle school age children are allowed to exercise together WITH an adult (18 years and older) in cardio or weight rooms. Orientation is required. Please set up your appointment at the front desk.



Personal Training – Membership Required

Working with a personal trainer can help you stay on track and achieve your fitness goals. Our certified staff will work with your scheduling needs to set up your training sessions. You can schedule a one-time session for program design or you can choose to meet with a trainer weekly. We are here to help you meet your personal goals!

Please note: Total session time may also include time spent discussing nutrition and/or time spent on program design.

Personal Training Fees

\$20/member /30 minute session

\$26/member /60 minute session

\$36/two members /60 minute session

\$46/three members /60 minute session

Wellness Assessment—\$13.00/member (per appointment)

Wellness assessments will include height, weight, BMI, body fat % and body measurements. We will also help you set an achievable fitness goal according to your weight and body fat %. Scheduling information is available at the front desk.

Aquatic Information

Pool Information Our pool starts at 3 feet and goes to 10 feet. It is 25 yards with 6 lap lanes, diving board and zero depth entrance ramp. Please see posted signs in the pool area for pool rules.

Pool Closing Possibilities Our pool may be closed for any of the following reasons: inclement weather, mechanical breakdown, chemical issues, human waste accidents, swim meet or lifeguard course.

Swim Team

Knoxville Swim Team works hard to compete with area teams. Swim team is a competitive form of exercise and offers a GREAT total body workout. Swim meets will be scheduled on Saturdays during the fall/winter months and Tuesdays evenings during the summer months. Please see the front desk for a swim team handbook. Go Stingrays!

Trial Week If you have never been a member of swim team and would like to try, please come and attend the first week of practice. If you choose to join, payment must be made at the end of the first week.

Family Discount: *Half price discount will be applied for the third child registered in the same category (member or non-member).*

Fall/Winter 2016-2017

Ages: 6 years – 18 years
Fee: \$79.00/member or \$125.00/non-member
Register by: November 11, 2016
Dates: November 2016 - February 2017
Practices: Mon/Wed/Fri 4:00-6:00pm
Regional Fee: \$22.00 per qualified swimmer



Summer 2017

Ages: 6 years – 18 years
Fee: \$72.00/member or \$116.00/non-member
Register by: June 9, 2017
Dates: June/July 2017
Practices: Mon/Wed/Fri 4:00-6:00pm
Saturday's (June only) 9:30-10:30am

Aquatic Information

Private Swim Lessons (all ages)

Private lessons are 30 minute session(s) for people of all ages who want to learn how to swim, sharpen their swimming skills, or need extra help in passing a Red Cross Swim Lesson level. The session dates and times are set up with your swim instructor at times that work for both of your schedules. Please note you could be put on a waiting list.

Fee: \$14/child

\$19/two children (same household, same taxes)

Private Swim Team Coaching Lessons (ages 6 – 18)

Private swim team coaching lessons are given to kids who are on swim team or who are wanting to practice skills in order to join swim team.

Fee: \$24/child (45 minute sessions)

\$34/two children (same household, same taxes)

Red Cross Lifeguard Course

(Minimum: 5 participants Maximum: 12 participants)

The lifeguard course is offered for those who are 15 years and older. You will be required to complete 13 hours of pool time and 13 hours of classroom time. Lifeguards who wish to re-certify only need to attend on days that will be outlined by the instructor in the detailed letter which is available at the front desk.

Dates: May 2017

Fee: \$165.00/person



208 S. SECOND STREET KNOXVILLE, IA 50138
TELEPHONE 641-828-8120
www.treasuredportraits.com

Aquatic Information

Swim Lessons

- *There will not be make up classes due to weather cancellations or absences.*
- Minimum of 4 and Maximum of 8 in each level.
- First come, first serve. (Spots fill quickly)
- Child must turn minimum age by first day of lessons.

Swim Level Descriptions

Parent and Child Aquatics — (Ages 1 year – 3 years) Parent or adult must participate in the class with the child. Introduce your little one to the aquatic environment.

PS/Kindergarten — (Ages 3 years – 5 years) Helps child be more comfortable in 3ft of water, without parent and start to gain basic water skills.

Level 1—(Ages 5 years and older) Will perform water skills in 3ft of water. Your child will learn to float and swim independently, front and back crawl.

Level 2* Skills performed independently in 4 – 5ft of water. Your child will practice various floats, treading water and swimming farther distances using the front and back crawl.

Level 3* Skills will be performed in 5 – 10ft of water. Students will learn rotary breathing, sidestroke kick, elementary backstroke and be expected to swim 30ft continuously.

Level 4* Skills performed in 10ft of water. They will learn to perfect 6 strokes and tread water for 2 minutes.

Level 5* Skills performed in 10ft of water. They will learn to perfect 6 strokes and tread water for 2 minutes. Must tread water for 5 minutes and will have technique training on strokes.

*Prerequisite: Complete and pass previous level. (Determined by WSI instructor.)

Aquatic Information

- Classes held Tuesday/Thursday

September 2016

Fee: \$29.00

Register by: Tuesday, September 6, 2016
Dates: September 6 - 29, 2016
Time: 5:50 - 6:20pm (Pre-K, Level 3)
6:25 - 6:55pm (Level 1 & 2)

October 2016

Fee: \$29.00

Register by: Tuesday, October 4, 2016
Dates: October 4 - 27, 2016
Time: 5:50 - 6:20pm (Pre-K, Level 3)
6:25 - 6:55pm (Level 1 & 2)

February 2017

Fee: \$29.00

Register by: Thursday, February 2, 2017
Dates: February 2 - 28, 2017
Time: 5:50 - 6:20pm (Pre-K)
6:25 - 6:55pm (Level 1 & 2)

March 2017

Fee: \$29.00

Register by: Tuesday, March 7, 2017
Dates: March 7 - 30, 2017
Time: 5:50 - 6:20pm (Pre-K, Parent and Child Aquatics)
6:25 - 6:55pm (Level 1 & 2)

April 2017

Fee: \$29.00

Register by: Tuesday, April 4, 2017
Dates: April 4 - 27, 2017
Time: 5:50 - 6:20pm (Pre-K, Level 3)
6:25 - 6:55pm (Level 1 & 2)

May 2017

Fee: \$29.00

Register by: Tuesday, May 2, 2017
Dates: May 2 - 25, 2017
Time: 5:50 - 6:20pm (Pre-K, Level 3)
6:25 - 6:55pm (Level 1 & 2)

Aquatic Information

- Classes held Monday – Friday for two weeks

2017 Summer Session 1

Fee: \$34.00

Register by: Monday, June 5, 2017

Dates: June 5 - 16, 2017

8:50 - 9:25am (Pre-K) (3 year old Stepping Stones until May 19th)

9:30 - 10:05am (Pre-K, Level 2)

10:10 - 10:45am (Level 1, 3 & 4)

10:50 - 11:25am (Level 1 & 2)

2017 Summer Session 2

Fee: \$34.00

Register by: Monday, June 19, 2017

Dates: June 19 - 30, 2017

Time: 8:50 - 9:25am (Pre-K)(4 year old Stepping Stones June 2nd)(Level 2)

9:30 - 10:05am (Pre-K, Level 1 & 3)

10:10 - 10:45am (Pre-K, Level 1 & 3)

10:50 - 11:25am (Level 1, 2 & 4)

2017 Summer Session 3

Fee: \$34.00

Register by: Monday, July 10, 2017

Dates: July 10 - July 21, 2017

8:50 - 9:25am (Pre-K, Level 1, 2 & 3) KIDS CLUB until July 1st

9:30 - 10:05am (Level 1, 2 & 4) KIDS CLUB until July 1st

10:10 - 10:45am (Pre-K, Level 1 & 3)

10:50 - 11:25am (Pre-K, Level 2, 3 & 4)

2017 Summer Session 4

Fee: \$34.00

Register by: Monday, July 24, 2017

Dates: July 24 - August 4, 2017

Time: 8:50 - 9:25am (Parent and Child Aquatics, Pre-K, Level 3 & 5)

9:30 - 10:05am (Pre-K, Level 1 & 2)

10:10 - 10:45am (Pre-K, Level 1 & 3)

10:50 - 11:25am (Pre-K, Level 1 & 2)

September 2017

Fee: \$34.00

Register by: Tuesday, September 5, 2017

Dates: September 5 - 28, 2017

Time: 5:50 - 6:20pm (Pre-K, Level 3)

6:25 - 6:55pm (Level 1 & 2)

Youth Programs

- Child must turn minimum age by first date of play.
- Scheduled dates/times are subject to change.
- Registration begins September 2016.

Last page of this book is a full year list of Deadlines!

Code of Conduct

Participants, parents, and volunteer team leaders are expected to exhibit appropriate behavior at all times and at all youth sports. Each volunteer team leader is required to attend the team leader meeting prior to our youth programs.

Volunteer As a Coach

Sign up as a coach for your child's team! Please consider volunteering as a coach. We are unable to hold youth programs without volunteer coaches. When we do not have enough coach's sign up, it slows down the time it takes to put teams together and get the schedules out. Unsure of the rules of the sport? We hold a brief coaches meeting to give you all the information you would need.

Registration

Registration can be done at the Recreation Center during business hours. Registration forms can be printed off the website and brought in. Registration is first come first serve and are accepted any time prior to the deadline. Registration begins September 2016.

Payment

All registration payments are due at the time of signup. Cash, check, credit card or debit card accepted.

Deadlines

Deadlines are strongly enforced. Please sign up for our text option (instructions on the back of this book) or watch for deadline reminders that are handed out to each child in Knoxville School District grade school.

Refund Policy

Refunds will not be given after the start of a program.

Youth Programs

Tae Kwon Do

Ages: 8 years and up

Fee: \$27.00/3months

Tae Kwon Do is offered for our youth, adults and seniors. It is a Korean form of martial arts and is one of the most popular and most participated in the U.S. Punching, blocking and sparring techniques, coupled with impressive kicking skills are the heart of tae kwon do. Join qualified instructors Dr. Brian Lange and Mr. Walter Walker. *8-10 years old must have adult present.

Register by: Start anytime!

Place: Recreation Center

Day/Time: Monday 6:30 - 7:30 PM

Basketball - Youth

Grades: 2nd – 3rd

Fee: \$29.00

Recreation youth basketball provides an opportunity for kids to learn the basic offense and defense skills of the game and sportsmanship. Practices and games will be scheduled. There will be separate leagues for boys and girls in 2nd/3rd grade. 9ft hoops and 28.5 ball will be used. T-shirt included.

Register by: Sunday, October 2, 2016

Dates: October 18-November 10, 2016

Place: West Elementary Gymnasium

Day/Time: Tuesdays & Thursdays

5:15 - 5:45pm

5:50 - 6:20pm

6:25 - 6:55pm

Basketball – Youth

Grades: K – 1st

Fee: \$29.00

Recreation youth basketball provides an opportunity for kids to learn the basic offense and defense skills of the game and sportsmanship. Practices and games will be scheduled. Teams will be coed. 8ft hoops and 28.5 ball will be used. T-shirt included.

Register by: Sunday, December 11, 2016

Dates: January 3-31, 2017

Place: West Elementary Gymnasium

Day/Time: Tuesdays

5:15 - 5:45pm

5:50 - 6:20pm

6:25 - 6:55pm

Youth Programs

Soccer – Indoor Youth

Grades: K – 6th

Fee: \$20.00

Indoor soccer provides an opportunity for kids to engage in sportsmanship, brush up on skills and fundamentals prior to the outdoor spring season. Teams will be divided into divisions for: K-1st, 2nd-3rd and 4th-6th. K-3rd grade will use a size 4 ball. 4th- 6th grade will use a size 5 ball.

Register by: Tuesday, March 7, 2017

Dates: March 7 – 25, 2017

Place: Recreation Center Gymnasium

Time: Tuesday's 6:30 – 8:30pm

Saturday's 9:30 – 11:30am

Soccer – Outdoor Spring Youth

Grades: 3yrs – 1st

Fee: \$27.00

Recreation soccer helps kids learn the fundamentals and rules of the game. T-shirt included. 3-5 years old will use a size 3 ball. K-1st will use a size 4 ball. Shin guards are recommended.

Register by: Sunday, April 2, 2017

Dates: April 25-May 11, 2017

Place: Recreation Center Multipurpose Fields

Time: Tuesdays/Thursdays 5-7pm

Soccer – Outdoor Fall Youth

Grades: 3yrs – 1st

Fee: \$27.00

Recreation soccer helps kids learn the fundamentals and rules of the game. T-shirt included. 3-5 years old will use size 3 ball. K-1st will use a size 4 ball. Shin guards are recommended.

Register by: Sunday, September 3, 2017

Dates: September 19 - October 5, 2017

Place: Recreation Center Multipurpose Fields

Time: Tuesdays/Thursdays 5-7pm

Football - Youth Flag

Grades: 1st – 4th

Fee: \$27.00

Learn the fundamentals of the game including blocking, passing and running basic plays. Flag football is offered for two divisions, 1st/2nd grade and 3rd/4th grade. T-shirt included.

Register by: Sunday, September 3, 2017

Dates: September 26-October 12, 2017

Place: Recreation Center Multipurpose Fields

Time: Tuesdays/Thursdays 5-7pm

Youth Programs

Volleyball – Co Ed Camp

Grades: 4th – 6th

Fee: \$21.00

High School Volleyball staff and players will teach the basics of the game of volleyball that will include serving, scoring and playing together as a team. Practices and drills only, no games.

Register by: Saturday, April 1, 2017

Dates: April 1, 2017 and April 8, 2017

Place: Recreation Center Gymnasium

Time: Saturday's 9:30 – 11:00am

Blast Ball

Age: 3 years – 5 years

Fee: \$27.00

Blast ball is designed to introduce the concept of T-ball. Games and practices are 30 minutes long. Participants will need to supply a glove. T-shirt included.

Register by: Sunday, May 21, 2017

Dates: June 5 – 21, 2017

Place: Young's Park Softball Field

Time: Monday's & Wednesday's 5:15pm; 5:45pm; 6:15pm; 6:45pm

Tennis Lessons

Grades: 4th – 8th

Fee: \$21.00

Lessons are offered for grades 4th – 8th. Lessons will meet daily for one week. Participants will need to supply a racquet. Minimum: 10 Maximum: 20

Register by: Monday, June 12, 2017

Dates: June 12 – 16, 2017

Place: Young's Park Tennis Courts

Time: 8:00 – 9:00am



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Adult Programs

Tae Kwon Do

Ages: 8 years and up

Fee: \$27.00/3months

Tae Kwon Do is offered for our youth, adults and seniors. It is a Korean form of martial arts and is one of the most popular and most participated in the U.S. Punching, blocking and sparring techniques, coupled with impressive kicking skills are the heart of tae kwon do. Join qualified instructors Dr. Brian Lange and Mr. Walter Walker. *8 - 10 years old must have adult present.

Register by: Start anytime!

Place: Recreation Center

Day/Time: Mondays 6:30 - 7:30 PM

Volleyball – Mixed Leagues

Mixed (co-ed) volleyball leagues are played at the Recreation Center on Thursday evenings throughout the year.

Fall Season (8 games)

Ages: High school and older

Fee: \$101.00

Register by: Sunday, October 9, 2016

Begins: Thursday, October 20, 2016

Winter Season (8 games)

Ages: High school and older

Fee: \$101.00

Register by: Sunday, December 18, 2016

Begins: Thursday, January 12, 2017

Volleyball – Power

Ages: High school and older

Fee: Members free

Non-members: \$5.00

Drop in games to play power volleyball are available to high school and adults at the Recreation Center. No need to register, just drop in and play. Will not meet Wednesday before Thanksgiving.

Register by: Sign in at the front desk on Wednesday nights!

Dates: November 2016 – February 2017

Place: Recreation Center Gymnasium

Day/Time: Wednesday's 6:30 - 8:30pm

Running Event

June Jog

Ages: all

Fee: \$8.00 (2mile) \$25 (5k)

This 2 mile and 5k run is fun for the entire family. Be sure to check registration deadlines so you are sure to reserve your race shirt!

Register by: June 2, 2017 to receive a t-shirt

Date: June 10, 2017

Place: Recreation Center

Time: Check-in 7:00am

Race begins at 8:00am



Fitness Challenges

Various times throughout the year we will offer special fitness challenges. Please check with the front desk for details!

Color Me Fit	September and October 2016
Holiday Fit Fair	December 2016
Fit IT In	January & February 2017
Indoor Iron Fit Challenge	April & May 2017
Summer Sweat	July 2017

For All of Your Healthcare Needs, Choose:



Hospital (641) 842-2151 Clinic (641) 842-7211

Rental Information

Please give as much notice as possible for all rentals so we can schedule the appropriate staff members and/or prep time for the event.

Facility Rental

Entire Facility 2 hours	\$197.00
Pool Rental 2 hours	\$114.00
Gym Rental 2 hours	\$ 97.00
Overnight Friday 9:30pm – 6:30am	\$372.00
Overnight Saturday 7:30pm-6:30am	\$403.00

- Extra hours may be added onto any rental. Fees will be determined by Recreation Director.

- All rentals require a \$100 deposit with remaining amount due the day of rental.

Softball Field Rental

Young's Park Softball Fields are available for tournament and recreation play. Field rental fee will be determined by the Recreation Director depending on how much time needed for field preparation and number of games played. Reservations will be based on staff availability. Recreation programs will take priority over requested reservation dates. Contact the Recreation Director at 641-828-0580.

Soccer Field Rental

The Recreation Center's multipurpose fields are available for tournament and recreation play. Field rental fee will be determined by the Recreation Director depending on how much time is needed for field preparation and number of games played. Reservations will be based on staff availability. Recreation programs will take priority over requested reservation dates. Contact Recreation Director at 641-828-0580.

Birthday Party Reservations

Celebrate your birthday with us! Enjoy swimming and open gym time for your birthday gathering. We will reserve the meeting room for you to have space for your cake and gifts in a private area. Payment must be made at time of reservation. **Birthday kid is free!**

Fee: \$28.00 1-10 kids (includes admission for up to 10 kids ages 12 and under.)

\$56.00 11-20 kids (includes admission for up to 20 kids ages 12 and under.)

21+ kids, please see facility rental.

Deadline Reminders

September

Swim Lessons PK, 1, 2 and 3 September 6, 2016

October

Youth Basketball 2nd and 3rd Grade October 2, 2016

Swim Lessons PK, 1, 2 and 3 October 4, 2016

Fall Mixed Volleyball High school and up October 9, 2016

November

Swim Team 6 – 18 years November 11, 2016

December

Youth Basketball K and 1st Grade December 11, 2016

Winter Mixed Volleyball High school and up December 18, 2016

February

Swim Lessons PK, 1 and 2 February 2, 2017

March

Swim Lessons PK, Parent and Child Aquatics, 1 and 2 March 7, 2017

Indoor Youth Soccer K – 6th Grade March 7, 2017

April

Co-Ed Volleyball Camp 4th – 6th grade April 1, 2017

Spring Outdoor Soccer 3 years – 1st grade April 2, 2017

Swim Lessons PK, 1, 2 and 3 April 4, 2017

May

Swim Lessons PK, 1, 2 and 3 May 2, 2017

Blast Ball 3 – 5 years May 21, 2017

Lifeguard Course 15 years and older

June

Swim Lessons Session 1 PK, 1, 2, 3 and 4 June 5, 2017

Swim Team 6 – 18 years June 9, 2017

June Jog all ages June 10, 2017

Tennis Lessons 4th – 8th grades June 12, 2017

Swim Lessons Session 2 PK, 1, 2, 3 and 4 June 19, 2017

July

Swim Lessons Session 3 PK, 1, 2, 3 and 4 July 10, 2017

Swim Lessons Session 4 Parent and Child Aquatics, PK, 1, 2, 3 and 5 July 24, 2017

September

Fall Outdoor Soccer 3 years – 1st grade September 3, 2017

Youth Flag Football 1st – 4th grades September 3, 2017

Building Hours

Monday - Friday 5am-9pm

Saturday 7am-7pm

Sunday 1pm-5pm

Daily Admission

Child 5 years - 8 th grade	\$4.00
High school 9 th - 12 th grade	\$4.75
Senior Citizen (60 years and up)	\$5.00
Adult	\$5.75

Holiday Hours

Labor Day	September 5 th , 2016	1 – 5pm
Thanksgiving	November 24 th , 2016	Closed
Christmas Eve	December 24 th , 2016	5am – 3pm
Christmas Day	December 25 th , 2016	Closed
New Year's Eve	December 31 st , 2016	5am – 3pm
New Year's Day	January 1 st , 2017	Closed
Easter	April 16 th , 2017	Closed
Memorial Day	May 29 th , 2017	1 - 5pm
4 th of July	July 4 th , 2017	Closed

Stay up to date on registration deadlines, current activities, cancellations and delays! **VIP Text Messaging:** Text 36000 (Type S856 in Message) and SEND!

Note: On occasion, programs and activities of the Recreation Center will be photographed. These photos are for department use and may be duplicated for program guides, flyers, brochures, website and other promotional material.



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