

NORTH LIBERTY COMMUNITY CENTER

Programs and events, January - April 2012

Look inside for new programs and activities!



Picture from last year's ski trip. See details on page 11. Awesome trip at a great price!

*Check out cool events like the Easter Egg Hunt, Optimist Pancake Breakfast,
Boy Scout Chili Supper and North Liberty Blues & BBQ*

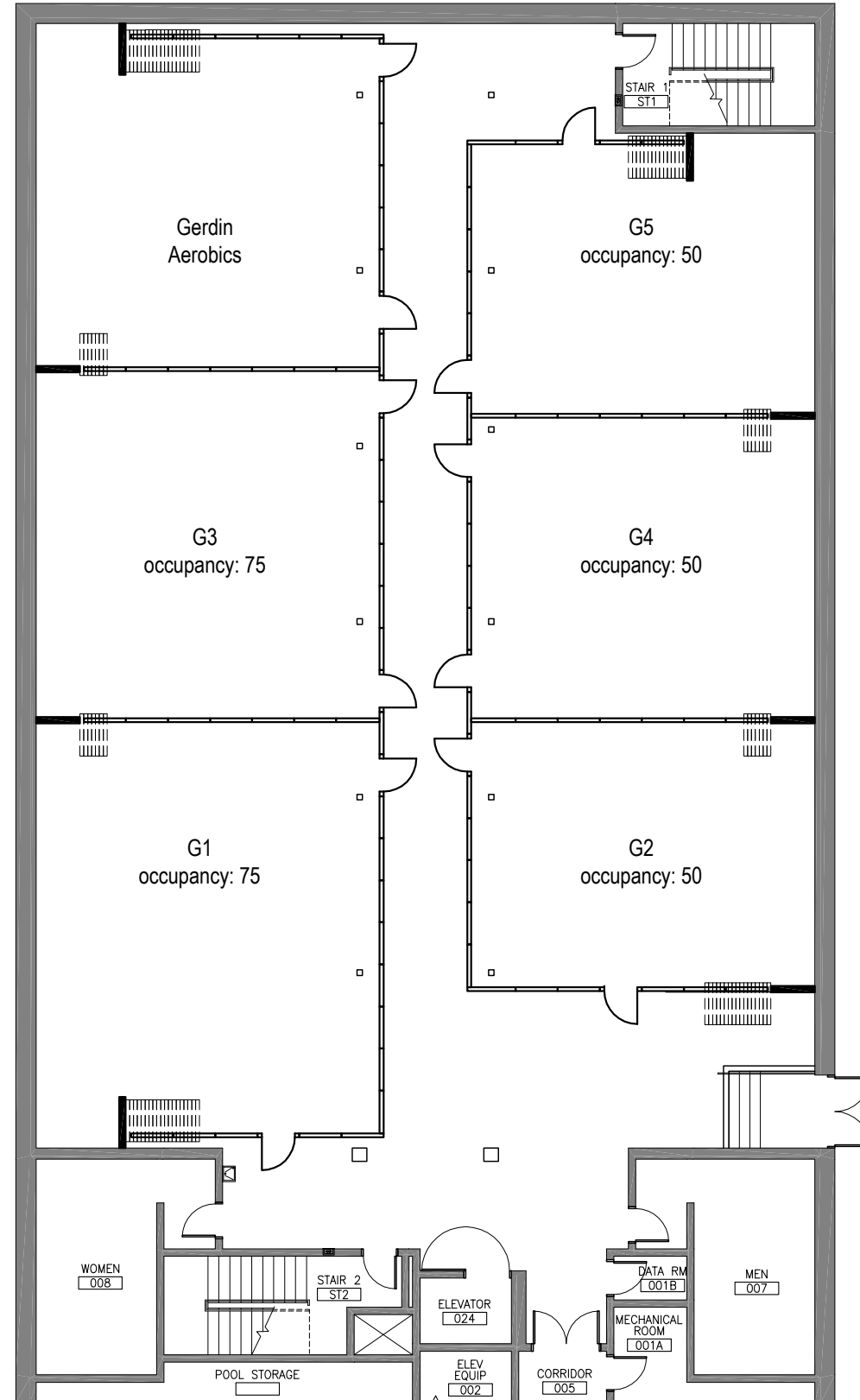


North Liberty Parks & Recreation
520 West Cherry Street, PO Box 77
North Liberty, Iowa 52317
319-626-5716 northlibertyiowa.org

2 Gerdin Conference Center

northlibertyiowa.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
Jerry Conklin	Custodian/Maintenance

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

Recreation Center Features

Gymnasiums: Two gyms with official size basketball/volleyball courts, wood floors, air-conditioning and permanent bleachers. 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 Matrix weight stations, 10 Nautilus stations and dumbbells ranging from 3-90 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 to 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 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 the photographer before the shots.

Facility Rules / Policies: Not all facility rules and policies are listed in this brochure due to paper conservation and space. Please contact a supervisor for a copy of the rules, policies and explanation.

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Black & Gold Package			Gold Package			Silver Package		
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>SrCitiz/Child</u>
Daily Fees			Daily Fees	\$2	\$3	Daily Fees	\$4	\$3
Senior Citizens			Senior Citizens	\$1	\$2			
1 Month	<u>Resident</u>	<u>Non-Res.</u>	1 Month	<u>Resident</u>	<u>Non-Res.</u>	1 Month	<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
6 Month	<u>Resident</u>	<u>Non-Res.</u>	6 Month	<u>Resident</u>	<u>Non-Res.</u>	6 Month	<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
Annual	<u>Resident</u>	<u>Non-Res.</u>	Annual	<u>Resident</u>	<u>Non-Res.</u>	Annual	<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 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.

Track Package	<u>Resident</u>	<u>Non-Res.</u>	<u>Replacement Card</u>
For year-round track use only.	No Fee	\$2	\$2 per card
Open Gym Activities	<i>Daily Fee</i>		<i>1 Month Package</i>
For designated open gym play.	<u>Resident</u>	<u>Non-Res.</u>	<u>Res. / Non-Res.</u>
Pickleball or Badminton	\$1	\$2	\$10 / \$15
Basketball	\$2	\$2	\$10 / \$15

Summer Pool Package	<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

Purchase before Memorial Day and save!
 Purchase Summer Pool Packages:
 January - February = 15% off
 March through end of April = 10% off

- Refund Policy** (see page 13 for swim lesson refund policies):
- 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 pro-rated amount.
 - Request for program/class refunds must be made at least 3 weekdays prior to the first class meeting between the hours of 8AM-5PM. Refunds for health reasons may be considered. Copy of doctor's appointment is required.
 - Requests must be made in writing to the Recreation Director.
 - 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, 6AM 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. Online registration will incur an additional service charge. 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 northlibertyiowa.org and click on the following button:



Participant Waiver: 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 waive 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 Lock
Regular Size	\$15	.50 ¢



6 Facility Rentals

northlibertyiowa.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 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. Deposit in the form of credit card number is preferred.

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: The indoor pool can be rented for parties. If you have a large group, a sports team or just want the pool to yourself here is your chance. Rental schedules and prices are listed below.



Pool Rentals	Indoor
Mon-Fri 8-9:30PM	\$80
Sat - Sun; 6-7:15PM	\$80
Sat - Sun; 7:45-9:15PM	\$80

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

Field Rental Meeting: February 1 at 6PM

Each team will participate in a draft/lottery to choose field dates and times for rent. Each team draws a number; then dates/times are scheduled sequentially based on the drawn numbers. Each team chooses one date/time. Tournament requests can be submitted one year from the date of tournament.



Park Shelter Rentals: Local parks may be reserved for family and neighborhood gatherings. Some parks have designated picnic areas, while others have shelters. A certain number of tables per area are provided, otherwise additional tables and chairs will be the renter's responsibility. Some shelters have electricity. Most locations do not have bathrooms. All park and city laws 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 website 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 Erika Harper.

North Liberty Television (NLTV)

Seen on cable channel 5 for Mediacom subscribers and channel 268 for South Slope viewers 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 northlibertyiowa.org.



North Liberty's Official Website

The City of North Liberty's website 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 website 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.

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 the photographer before the shots.

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.



**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**

northlibertyiowa.org

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.

**We're also on
Facebook & Twitter**
Get updates and send comments through social networking. On behalf of the city, NLTV maintains the Facebook and Twitter accounts. Check us out, be our friend, like us, let us know what you think. Just look for username **northliberty**.

Library Hours:

Monday and Wednesday 9 AM to 8 PM
Tuesday and Thursday 8 AM to 8 PM
Friday 9 AM to 5 PM
Saturday 10 AM to 5 PM
Sunday 1PM to 4PM
Open Sundays September 11 - May 20

Storytime

Tot Time – Tuesdays at 10AM
Storytime – Wednesdays at 10AM
PJ Storytime – Wednesdays at 7PM

Tot Programs:

First Friday of the month at 10AM (except April)

Friday, March 30
Tot Easter Egg Hunt

Grade School (K-6th) Events:

Third Thursday of the month at 2:30-4PM

Teen (7th-12th) Programs:

Teen (ONLY) After Hours
Wednesdays 8-9PM (through May 30)

Check out Spring Break activities March 12-16 1-3PM



For all this information and more on upcoming programs and events, visit www.northlibertylibrary.org.

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



Adult Programs:

Last Tuesday of the Month Book Club
Last Tuesday of each month beginning September through June at 6:30PM

Contact Elaine to find out the book of the month.
Stay tuned for more adult programming

Sociable Seniors:

Mondays 10-11AM

Family Movie Night:

Movies start promptly at 6PM in the Library.
Movie features TBA.

Friday, February 17

Friday, April 13

**Be sure to like us on Facebook:
North Liberty Community Library**

facebook

The North Liberty Pacha Aquatic Center has both an indoor and outdoor pool to meet your aquatic needs. Our Aquatic and Recreation Staff welcome 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. 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. [For a complete list of pool rules, visit the website at northlibertyiowa.org](http://northlibertyiowa.org)

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

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.

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.

Adult Supervision
 Children younger than 9 years 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: 5 per caregiver, within arms reach of caregiver
 Grade School age: 10 children per caregiver, within close proximity. This may require caregiver to be in the water.



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.

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

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

[Only Coast Guard approved lifejackets and flotation devices are permitted in North Liberty pools.](#)



Job Opportunities with the NL Pools

The NLRC offers the following part-time positions:

- Lifeguards/Pool Managers: Supervise and watch patrons using pools.
- Swim Lesson Personnel: Assist with swim lesson instruction to children.
- Concessions: Assist with concession stand operations of the outdoor pool. (Summer Only)
- Pool Admissions: Handle daily admissions and daily check-in for the pools. (Summer Only).
- Class Instructors: Do you have a special interest or hobby you would like to offer to others? Examples include art, dance or gymnastics. It could lead to a part-time job.

NLRC is willing to work with flexible schedules. Applications are available at the NLRC or visit the city website: northlibertyiowa.org

Daily Admission: Daily fees are valid for admittance to both pools on a per-visit basis. Children younger than 9 years 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.

Black & Gold Package: Designed for individuals who use both the weight & exercise area and the pools.			Silver Package: Designed for individuals who use the pools only.		
Daily Fees: Adults \$4; Senior Citizen and 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
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6 Month	Resident	Non-Res.	6 Month	Resident	Non-Res.
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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)



Purchase before Memorial Day and save!

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

Summer Packages are subject to Outdoor Pool Hours. We anticipate the Outdoor Pool opening on the Saturday of Memorial Day Weekend and operate through the start of the fall school year. Limited hours to be determined from start of school year to the Sunday of Labor Day Weekend.

Adult supervision info: See page 9

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

Ages: All

Photo submission and registration: By April 1

Fee: FREE

Registration: Registration forms can be picked up at the NLRC front desk and for more information contact Matt Meseck at 626-5716.

Outdoor & Nature Education (O.N.E.) Packs

Exploring the outdoors continues! Ten backpacks are available to get children/families involved in the outdoors through the support of the Iowa DNR Resource Enhancement and Protection Conservation Education Program (Grant number 11-11). These packs can be taken to local parks or natural areas and are filled with fun & educational activities.

Session: Spring months, as weather permits

Days/Times: Any day of the week; Packs can be checked out for one week at a time.

Fee: FREE

Deposit & Registration: Pack rental forms must be completed and a credit card number will be taken for a deposit. Any lost or broken items will be charged to the credit card on file.

Diners' Club - Winter / Spring

Participants will discuss aspects of restaurants. Included are free babysitting services. The Club will use the NoJoCo and sites such as Yelp and UrbanSpoon to spread the word. Sign up to receive a 3 month black & gold membership from 2/1 - 5/1. Participants must attend 2 out of 3 dates or pay for the difference. Price does not include the meal.

Ages: 21 & up

Dates: February 2, March 1, and April 5

Time: 5:45PM; Meet at NLRC and travel via van to

location. (Group travel strongly recommended but not required)

Fee: Residents; \$50, Non-res \$60 (includes diners club and NLRC membership); \$15 (diners club only, no NLRC membership)

Snowman Contest

Build a snowman in any city park for the town to see between Dec 5 and Feb 28. Take a picture of your creation and submit it to Jason at the NLRC along with your name, contact information and where the snowman was built. The photos will be displayed in the lobby and judged by recreation staff. The top two families will each receive a free large pizza courtesy of Pizza Ranch!

Boy Scout 26th 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 4

Time: 4:30 - 7PM

Fee: To be announced

North Central Jr. High Ski Trip

The NLRC is planning a ski trip to Sundown Mountain for students of North Central Jr. High. Fee includes lift ticket, ski rental, lesson and transportation. Students who own snowboard or ski equipment may bring it for personal use. Permission slips must be filled out upon sign up and brought to the NLRC, not the school. Slips are located at the NLRC and will be sent out through the school virtual backpack. Food and drink not included and must be purchased by the individual.

Ages: NCJH Grades 7 & 8.

Date: Monday, February 20

Times: Depart from NLRC; 7:15AM - 6:30PM

Fees: Ski Pass, Equip. Rental, Lesson and Transportation: \$65

Ski Pass, (Own Equip) Lesson, and Transportation: \$50

Registration Deadline: February 15

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 & up

Date: Friday, February 10

Times: Depart from NLRC at 9PM; Ski Time 11PM to 4AM;

Return to NLRC approx. 6AM on Saturday.

Fees: Ski Pass Only: \$30

Ski Pass & Rental: \$45

Snowboard Pass & Rental: \$45

Registration Deadline: February 8

2012 Chicago Auto Show

The North Liberty Recreation Department is hosting a trip to the 2012 Chicago Auto Show. Cost includes transportation on a chartered bus to The McCormick Place in Chicago and your entrance to the motor show. We will not be stopping on our way to or on the return trip. Food and drink will be allowed on the bus but alcohol will not be permitted.

Date: Thursday, February 16

Time: Depart from NLRC at 5:30AM and arrive at McCormick Place around 10AM. Report back to the bus no later than 3PM.

Arrive back in North Liberty approximately 7:30PM

Fees: Residents \$55, Non-res \$60

For more information please contact Matt Meseck @ 626-

5716 or by email at mmeseck@ci.north-liberty.ia.us

Registration Deadline: February 13

NL Optimist Pancake Breakfast

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

Date: Saturday, March 3

Time: 7AM - 1PM

Fee: To be announced.

Spring Vendor Fair

The NLRC is offering local vendors, crafters, and sellers the opportunity to rent a spot and is open to anyone who wishes to set up a booth and sell goods to the public. We attempt to keep this as close to a non-competing event as possible.

Date: Saturday, March 10

Time: Set-up 7-11AM; Vendor Fair 11AM-2PM

Fee: \$10 for a 10 x 10 square spot

Details & Registration: Matt Meseck at mmeseck@ci.northliberty.ia.us or call 626-5716.

Easter Egg Hunt

The North Liberty Optimist Club and the Recreation Department co-sponsor the annual Easter Egg Hunt. Candy will be spread on the ground. 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 31

Time: 10:30AM Sharp!

Location: Rec Center grounds or inside if inclement weather

Fee: FREE



A Taste of Clinton – The Wild Rose Casino & Blue Heron Eco Cruise

First, we visit the Wild Rose Casino for two hours. This is followed by a visit to the Rock Creek Marina and Campground where we will enjoy the river through free time. Then, we embark on a 30-passenger pontoon boat that gives cruisers an up-close look at the Mississippi River! All food/meals are the participants responsibility. Packing a sack dinner is recommended. There is also a chance to eat at the casino.

Ages: Seniors

Date: Thursday, April 19

Time: Depart from NLRC at 12:30PM and arrive back at 10:30PM

Fee: \$42 per person

Registration Deadline: April 5

Bicklehaupt Arboretum and The Blue Heron Eco Cruise

The tour begins at the Bicklehaupt Arboretum, a privately funded 14 acre outdoor museum of trees and plants. This is followed by a trip to Rock Creek Marina and Campground where you will be given the chance to relax and eat on the banks of the Mississippi. We then explore the river on the Blue Heron, a 30-passenger pontoon boat that gives cruisers an up-close look at the river. Meals are the participant's responsibility. Packing a sack dinner is suggested.

Ages: Parents & children

Date: Saturday, April 28

Time: Depart from NLRC at 1:15PM; Return at approximately 9:30PM

Fee: \$38 per person

Registration Deadline: April 14

Geo-caching

Recreation Staff has come up with a great way to explore our city parks. A GPS unit will make this a fun and explorative outdoor activity! Locating four landmarks in the city parks will be your goal. A prize will be given to those who are able to find and correctly identify the landmarks. When registering for the GPS, coordinates will be given.

Ages: 12 years & up

Rental Times: Anytime

Instruction: GPS instruction provided Monday-Friday; 6AM-2:30PM

Fee: \$5 per rental

Deposit: Identification and refundable deposit will be held upon return of undamaged GPS unit.

Community Gardens

Garden plots available at the Meade Barn just east of Penn Meadows Sports Complex and offered on a first come, first serve basis. Plot size will be 10 x 30 ft. A hydrant is available for water. No hose hook-ups will be allowed. Individuals will need to bring buckets to transport water to plot. Plots must be cleared by November 1.

Session: Planting may begin May 1.

Registration: 2011 Plot Holders in person starting April 5, 6AM at the NLRC.

New Plot Holders in person starting April 13, 6AM at the NLRC.

Plot number will be assigned after registration, payment, and lease agreement are completed.

Fee per plot: Res \$30, Non-res \$35

Fishing Pole Rental

Rod and reels will be available at the NLRC free of charge. All equipment must be returned to the NLRC on same day.

Ages: 12 years & up

Session: Spring and summer months

Rental Times: Monday- Friday; 6AM-8:30PM; Saturdays & Sundays; 8AM-5:30PM

Fee: credit card number collected, but no charge if everything is returned in good condition - otherwise \$7.50 rod replacement fee; \$10 reel replacement fee

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 5**
 Non-residents can register starting **Wednesday, December 7**



In toddler swim lessons the class sizes are usually smaller to provide adequate supervision. The classes focus on using games and individual interaction as our teaching tools. In most cases, it will take more than one session at a level to pass to the next level. Classes without minimum enrollment may be canceled. A sick child may not enter the water for at least two weeks after their last episode of diarrhea.

Please note: If you would like to speak to your child's instructor you may do so before or after class.

CAREFULLY REVIEW LEVEL DESCRIPTIONS IN ORDER TO PLACE YOUR CHILD ACCORDINGLY.

Parent/Tot (Ages 6 months – 2 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.

Tadpoles (Ages 3 & up)

This is a class for the young swimmer wanting to learn aquatic skills independent of caretaker. Pre-requisite: must be able to be in a class setting in the pool and following direction given by the swim instructor.

Level 1 (Age 4 or passed Tadpoles)

This class teaches the most elementary skills that students will continue to build on as they progress through lessons. All skills are performed with support. Pre-requisite: six bobs to chin; front and back float with assistance; blow bubbles out of mouth.

Level 2 (Passed Level 1)

This class marks the beginning of independent aquatic locomotion. Some skills are performed with support while others are performed independently. Pre-requisite: front/back float, alternating arm action with support; able to roll front to back/ back to front float with support.

Level 3 (Passed Level 2)

This class provides additional guided practice of basic aquatic skills. Majority of the skills at this level are performed independently. Pre-requisite: six bobs to nose; glide on front/back at least two body lengths, alternating arm action with assistance; from front to back float, float five seconds; from back to front float, float five seconds.

Conversion Chart	
Old Class Name:	New Class Name:
Parent Tot	Parent Tot
Tadpoles	Tadpoles
PS Level 1	Level 1
PS Level 2	Level 2
PS Level 3	Level 3
RC Level 1	Level 4
RC Level 2	Level 5
RC Level 3	Level 6
RC Level 4	Level 7
RC Level 5	Level 8
RC Level 6	Level 9

Questions: Questions may be directed to our Lesson Coordinators or Aquatics Supervisor, Katie McKinnon.

Swim Lesson Make up / Refund Policy

- Request for program/class refunds must be made at least 3 weekdays prior to the first class meeting between the hours of 8AM-5PM.
- Refunds for health reasons may be considered. Copy of doctor's note is required.
- Requests must be made in writing to the Aquatic Director.
- 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.
- No make ups/ refunds will be given if participant is unable to attend class/es
- Participants are not able to attend a different time/ session if they are unable to attend their specific class
- In the event of a pool closure:
 - M/W classes will make-up a missed lesson the Friday following the missed class at the original scheduled time, no refunds will be given.
 - Private lessons will be given a credit on their account
 - Saturday lessons will be given a credit on their account

More Swim Lesson Levels: See page 15

Classes held Mondays & Wednesday evenings or Saturday mornings.

No classes held the week of March 12-17.

Fees: Residents \$25, Non-residents \$30 for MW classes; \$18/\$23 for Saturday classes.

PARENT TOT & TADPOLES			
Sessions:	Time:	Parent Tot Class #:	Tadpoles Class #:
Jan 16-Feb 8	4:45-5:15PM	3637.200	3666.200
Jan 16-Feb 8	5:30-6PM	3500.200	3649.200
Jan 16-Feb 8	6:15-6:45PM	3501.200	3650.200
Feb 13-Mar 7	4:45-5:15PM	3638.200	3639.200
Feb 13-Mar 7	5:30-6PM	3502.200	3653.200
Feb 13-Mar 7	6:15-6:45PM	3503.200	3654.200
Mar 19-Apr 11	4:45-5:15PM	3665.200	3640.200
Mar 19-Apr 11	5:30-6PM	3612.200	3657.200
Mar 19-Apr 11	6:15-6:45PM	3613.200	3658.200
Jan 21-Feb 25 (Sat)	9-9:30AM	3614.200	3661.200
Jan 21-Feb 25 (Sat)	10:30-11AM	3615.200	3662.200

LEVELS 1, 2 & 3				
Sessions:	Time:	Level 1 Class #:	Level 2 Class #:	Level 3 Class #:
Jan 16-Feb 8	4-4:30PM	3616.200	3622.200	3629.200
Jan 16-Feb 8	4:45-5:15PM	3617.200	3623.200	3630.200
Jan 16-Feb 8	5:30-6PM	3643.200	3648.200	3655.200
Jan 16-Feb 8	6:15-6:45PM	3504.200	3512.200	3520.200
Jan 16-Feb 8	7-7:30PM	3505.200	3513.200	3521.200
Feb 13-Mar 7	4-4:30PM	3609.200	3624.200	3631.200
Feb 13-Mar 7	4:45-5:15PM	3618.200	3608.200	3632.200
Feb 13-Mar 7	5:30-6PM	3644.200	3651.200	3656.200
Feb 13-Mar 7	6:15-6:45PM	3506.200	3514.200	3522.200
Feb 13-Mar 7	7-7:30PM	3507.200	3515.200	3523.200
Mar 19-Apr 11	4-4:30PM	3610.200	3625.200	3633.200
Mar 19-Apr 11	4:45-5:15PM	3619.200	3611.200	3634.200
Mar 19-Apr 11	5:30-6PM	3647.200	3652.200	3574.200
Mar 19-Apr 11	6:15-6:45PM	3508.200	3516.200	3524.200
Mar 19-Apr 11	7-7:30PM	3509.200	3517.200	3525.200
Jan 21-Feb 25 (Sat)	9-9:30AM	3620.200	3626.200	3635.200
Jan 21-Feb 25 (Sat)	10:30-11AM	3621.200	3627.200	3636.200

Private Lessons: Classes are held on either Tuesdays or Thursdays. No class on March 13 & 15.
Fees: Resident \$48, Non-resident \$53

PRIVATE LESSONS - Tuesdays		
Sessions:	Time:	Class #:
Jan 17-Feb 7	4:30-5PM	3630.200
Jan 17-Feb 7	5-5:30PM	3631.200
Jan 17-Feb 7	5:30-6PM	3575.200
Jan 17-Feb 7	6-6:30PM	3662.200
Feb 14-Mar 6	4:30-5PM	3633.200
Feb 14-Mar 6	5-5:30PM	3634.200
Feb 14-Mar 6	5:30-6PM	3577.200
Feb 14-Mar 6	6-6:30PM	3635.200
Mar 20-Apr 10	4:30-5PM	3636.200
Mar 20-Apr 10	5-5:30PM	3637.200
Mar 20-Apr 10	5:30-6PM	3579.200
Mar 20-Apr 10	6-6:30PM	3638.200

PRIVATE LESSONS - Thursdays		
Sessions:	Time:	Class #:
Jan 19-Feb 9	4:30-5PM	3639.200
Jan 19-Feb 9	5-5:30PM	3640.200
Jan 19-Feb 9	5:30-6PM	3576.200
Jan 19-Feb 9	6-6:30PM	3641.200
Feb 16-Mar 8	4:30-5PM	3642.200
Feb 16-Mar 8	5-5:30PM	3643.200
Feb 16-Mar 8	5:30-6PM	3578.200
Feb 16-Mar 8	6-6:30PM	3644.200
Mar 22-Apr 12	4:30-5PM	3645.200
Mar 22-Apr 12	5-5:30PM	3646.200
Mar 22-Apr 12	5:30-6PM	3580.200
Mar 22-Apr 12	6-6:30PM	3647.200

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 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 5**

Non-residents can register starting **Wednesday, December 7**

Level 4 (Passed level 3)

The objective of level 4 is to float/ glide without support and recover to a vertical position. Pre-requisites: 10 bobs submerging entire body; glide on front/back two body lengths; combine arm, leg action on front/back two body lengths with support.

Level 5 (Passed level 4)

The objective for level 5 is to improve skills and further develop alternating arm and leg action. Pre-requisites: push off wall, glide on front/back with combine arm, leg action and recover to vertical position; from vertical position enter front/back float, hold for 5 seconds and recover to vertical position.

Level 6 (Passed level 5)

The objective for level 6 is to swim the front crawl, back crawl, and elementary backstroke. The scissor, dolphin, and breaststroke kick are also introduced to build on the fundamentals of treading water. Pre-requisite: push off from wall on front/back, alternating arm, leg action with rhythmic breathing for five body lengths and recover to vertical position.

Level 7 (Passed level 6)

The objective for level 7 is to improve technique and increase endurance for front crawl, back crawl, and elementary backstroke. Arms actions will be added for sidestroke, breaststroke, and butterfly. Pre-requisite: jump in chest deep water, swim front crawl 15 yds, tread water for 30 seconds, swim elementary backstroke 15 yds continuous.

Level 8 (Passed level 7)

The objectives for level 8 are to refine all strokes (front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly) while increasing distance. Pre-requisite: perform a stride dive into deep water, swim front crawl 25yds, swim breaststroke 15yds; swim back crawl 25 yds, swim elementary backstroke 25yds.

Level 9 (Passed level 8)

The final swim level a child will swim a continuously for 450 yds (100 front crawl, 100 backstroke, 100 elementary backstroke, 50 sidestroke, 50 breaststroke, 50 butterfly). Also perform a feet first surface dive, retrieve a brick from the bottom of the deep end, and swim 15 yds with the brick. Pre-requisite: Swim 50 yds of front crawl, back crawl, elementary backstroke; 25 yds of sidestroke, breaststroke, butterfly; perform a long shallow dive.

Private Lessons: (one-on-one)

Half Hour private lessons are on either Tuesday or Thursday nights. 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.

Day/Time: Tuesday or Thursday Nights; 4:30-5PM; 5-5:30PM; 5:30-6PM; 6-6:30PM

Fee per session: Residents \$48; Non-residents \$53



Classes held Mondays & Wednesday evenings or Saturday mornings.

No classes held the week of March 12-17.

Fees: Residents \$25, Non-residents \$30 for MW classes; \$18/\$23 for Saturday classes.

LEVELS 4, 5, 6 & 7					
Sessions:	Time:	Level 4 Class #:	Level 5 Class #:	Level 6 Class #:	Level 7 Class #:
Jan 16-Feb 8	4-4:40PM	3528.200	3544.200	3560.200	3576.200
Jan 16-Feb 8	4:45-5:25PM	3529.200	3545.200	3561.200	3577.200
Jan 16-Feb 8	5:50-6:10PM	3530.200	3546.200	3562.200	3578.200
Jan 16-Feb 8	6:15-6:55PM	3531.200	3547.200	3563.200	3579.200
Jan 16-Feb 8	7-7:40PM	3575.200	3671.200	3605.200	3678.200
Feb 13-Mar 7	4-4:40PM	3532.200	3548.200	3564.200	3580.200
Feb 13-Mar 7	4:45-5:25PM	3533.200	3549.200	3565.200	3581.200
Feb 13-Mar 7	5:50-6:10PM	3534.200	3550.200	3566.200	3582.200
Feb 13-Mar 7	6:15-6:55PM	3535.200	3551.200	3567.200	3583.200
Feb 13-Mar 7	7-7:40PM	3663.200	3672.200	3676.200	3679.200
Mar 19-Apr 11	4-4:40PM	3536.200	3552.200	3568.200	3584.200
Mar 19-Apr 11	4:45-5:25PM	3537.200	3553.200	3569.200	3585.200
Mar 19-Apr 11	5:50-6:10PM	3538.200	3554.200	3570.200	3606.200
Mar 19-Apr 11	6:15-6:55PM	3539.200	3555.200	3571.200	3607.200
Mar 19-Apr 11	7-7:40PM	3664.200	3604.200	3674.200	3680.200
Jan 21-Feb 25 (Sat)	8:15-8:55AM	3540.200	3556.200	3572.200	3586.200
Jan 21-Feb 25 (Sat)	9:40-10:20AM	3541.200	3557.200	3573.200	3587.200

LEVELS 8 & 9			
Sessions:	Time:	Level 8 Class #:	Level 9 Class #:
Jan 16-Feb 8	4-4:40PM	3590.200	3594.200
Jan 16-Feb 8	7-7:40PM	3667.200	3673.200
Feb 13-Mar 7	4-4:40PM	3591.200	3595.200
Feb 13-Mar 7	7-7:40PM	3668.200	3674.200
Mar 19-Apr 11	4-4:40PM	3592.200	3596.200
Mar 19-Apr 11	7-7:40PM	3593.200	3597.200
Jan 21-Feb 25 (Sat)	8:15-8:55AM	3669.200	3575.200
Jan 21-Feb 25 (Sat)	9:40-10:20AM	3670.200	3676.200



Conversion Chart	
Old Class Name:	New Class Name:
Parent Tot	Parent Tot
Tadpoles	Tadpoles
PS Level 1	Level 1
PS Level 2	Level 2
PS Level 3	Level 3
RC Level 1	Level 4
RC Level 2	Level 5
RC Level 3	Level 6
RC Level 4	Level 7
RC Level 5	Level 8
RC Level 6	Level 9

Early Bird Aqua Aerobics

Water fitness includes aqua aerobics, stretch & toning 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 & up (Younger may attend with adult)

SS1: March 22-April 26 (No class April 26)

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

Fees: Res/Non-res SS1: \$30/\$35 or \$4 drop-in fee per day

Class size is limited!

Water Resistance; 8AM - MWF

This is a fun class held mostly in the deep water using HydroFit flotation cuffs attached to your ankles. We also use water gloves and water barbells. All equipment is provided.

First timers: please arrive 15 minutes early for orientation .

Water bottle and water shoes recommended. You do not have to know how to swim, but must be willing to enter the deep water after learning to balance with the cuffs. This is a fast moving class. Instructor: Sue Carter, AEA Certified.

Ages 15 years & up

Sessions: SS1: January 2-30

SS2: February 1-29

SS3: March 2-30

SS4: April 2-30 (No class Apr. 6)

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

Fees: Res/Non-res SS1 - 3: \$39/\$44; SS4: \$36/\$41 or \$4 drop-in fee per day if class is not full.

Easy Does It; 9AM - MWF

This class uses the HydroFit flotation cuffs, water gloves and water barbells. Great for someone who wants to start an exercise program who may be recovering from an injury or have mobility limitations. You do not have to know how to swim, but must be comfortable in the water. We begin in shallow water and progress to water walking in the deep end. You will also learn how to do a floating sit up! Instructor: Sue Carter, AEA Certified.

Ages 15 years & up

Sessions: SS1: January 2-30

SS2: February 1-29

SS3: March 2-30

SS4: April 2-30 (No class Apr. 6)

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

Fees: Res/Non-res SS1 - 3: \$39/\$44; SS4: \$36/\$41 or \$4 drop-in fee per day if class is not full.

Aqua Boot Camp

This class is full of fun and energizing activities designed to help you reach your fitness goals now. Exercises are performed in water that is chest deep and no swimming skills are needed to participate. Regardless of your age, size, or fitness level, you can achieve noticeable results. This aquatic adventure is for you! Instructor: Saralyn Krug

Ages: 15 years & up (Younger may attend with adult)

SS1: January 3-26 (No class Jan. 31)

SS2: February 9-28 (No class Feb. 2, 7)

SS3: March 1-29 (No class March 13 & 15)

Days/Times: Tuesdays & Thursdays; 5:45-6:30PM

Fees: Res/Non-res SS1: \$24/\$29; SS2: \$18/\$23; SS3: \$21/\$26 or \$4 drop-in fee per day if class is not full

Swim Stroke Clinic

Come and join our swim clinics every 2nd and 4th Saturday of the month. We focus on techniques, starts, and turns for various strokes. Participants must be able to swim one full length of the pool. Ages: 4 & up

SS1: Jan 14, 28; SS2: Feb 11, 25; SS3: Mar 10, 24

SS4: Apr 14, 28

Days/Times Saturdays: 8:30-10AM

Fee: Res/Non-res: \$15/\$20

Lifeguard Certification Class

Must be able to swim a 200 yards freestyle and 100 yards breaststroke continuously, plus a timed brick test during the pre-test. Must demonstrate correct rescue skills, first aid/CPR, and receive 80 proficiency on written exam.

Must be at least 15 years old by the last day of the course

Pre-tests: SS1: Mar 10 from 9-10 AM or Mar 13 from 7-8 PM;

SS2: Apr 7 from 9-10 AM or Apr 10 from 7-8PM

Lifeguard Class: SS1: Mar 16 from 5-9PM; Mar 17 & 18 from 9AM-8PM; SS2: Apr 13 from 5-9PM; Apr 14 & 15 from 9AM-8PM Fee: Res \$160; Non-res \$165

AQUATIC SPECIAL EVENTS**Family Fridays**

Friday Fun Night for families at discounted rate. Standard adult supervision rules will apply.

Jan 6-Apr 27 (No Feb 17, Mar 9 and Apr 6); Fridays: 4-8PM

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

After School Swims

Spend early outs at the pool at a reduced price. Ages: 10-18

Session: Jan 4-Apr 26 (No Mar 14 & 15); Wednesdays & Thursdays: 1-4PM Fee: \$2 per student

Holiday Swims

Enjoy pool time on holiday breaks. Ages: All

SS1: Dec 19-22 (No Dec 23) and Dec 26-29 (No Dec. 30) and SS2: Mar 12-16

Days/Times: Monday-Thursday/Friday; 12(Noon)-6PM

Fee: \$2 per student

Sweetheart Movie Swim

Enjoy spending time with your valentine? Bring your sweetheart to the pool. Bring floats and relax while watching a movie and FREE popcorn! Movie will begin at 6:30PM.

Ages: All

Date: Friday, February 17

Time: 6-8PM

Fee: \$3 per person

Teen Spring Movie Night

Start your spring break off right and come to the pool. Bring your friends and floats to hang out and watch a movie with FREE popcorn! Movie will begin at 6:30PM.

Ages: 13 years & up

Date: Friday, March 9

Time: 6-8:30PM Fee: \$3 per person

Indoor Playground

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

Session: Resumes January 2

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 for caregivers and young children. Caregiver to child ratio is 1 to 4, no matter what age.

Ages: Caregivers and children

Session: January 6 – April 27 (No class April 6)

Day/Time: Fridays; 9-11:30AM

\$1 per child; pay at front desk

Ballet/Creative Dance

This program is designed to introduce a child to dance basics, develop a love for dance and an appreciation for music. Students must be at least 3 years old and potty trained. Ages: 3-4 years old

Session: Classes are full. Open registration for Fall 2012 will be in summer brochure.

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



Pee Wee Basketball

Recreation approach for your child to learn sport basics, socialize with others and have fun.

Ages: 3 - 5 years old

AM Class: Jan 18-Feb 8 Wed; 10-10:45AM or 10:45-11:30AM

PM Class: Jan 18-Feb 8 Wed; 5:45-6:30PM; 6:30-7:15PM; or 7:15-8PM

Fee: Res \$25, Non-res \$30

Registration deadline: January 11

Pee Wee Soccer

Recreation approach for your child to learn sport basics, socialize with others and have fun.

Ages: 3 - 5 years old

AM Class: Feb 15-Mar 7 Wed 10-10:45AM or 10:45-11:30AM

PM Class: Feb 15-Mar 7 Wed, 5:45-6:30PM; 6:30-7:15PM; or 7:15-8PM

Fee: Res \$25, Non-res \$30

Registration Deadline: February 8

Pee Wee Golf

Recreation approach for your child to learn sport basics, socialize with others and have fun.

Ages: 3-5 years old

AM Class: Mar 21-Apr 11 Wed, 10-10:45AM or 10:45-11:30AM

PM Class: Mar 21-Apr 11 Wed 5:45-6:30PM; 6:30-7:15PM or 7:15-8PM

Fee: Res \$25, Non-res \$30

Registration Deadline: March 14

Kickball

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

Ages: 3 - 5 years old

Session: March 6-27

Tuesday mornings; 10AM or 10:30AM

Tuesday evenings; 6PM or 6:30PM

Fee: Res, Non-res \$20/\$25

Registration deadline: February 26

Painting 101

Use tempera, watercolor and acrylic paints to create art.

Ages: 3 - 5 years old.

Sessions: January 3-24

Tuesday mornings; 10AM or 10:30AM

Tuesday evenings; 6PM or 6:30PM

Fee: Residents \$20, Non-res \$25

Registration Deadline: December 27

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 7-28

Day/Time: Tuesday daytime; 11-12(Noon)

Tuesday Evenings; 6-7PM

Fee: Res \$20, Non-res \$25

Registration deadline: January 24

Spring Crafts

Participants will celebrate springtime making various crafts.

Ages: 3 - 5 years old.

Sessions: April 3-24

Tuesday mornings; 10AM or 10:30AM

Tuesday evenings; 6PM or 6:30PM

Fee: Residents \$20, Non-res \$25

Registration Deadline: March 28

Tap/Ballet/Jazz/Hip Hop Combo Dance

Classes are full. Open registration for Fall 2012 will be in Summer Brochure.

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

Tae Kwon Do

Learn self control, self confidence, discipline, courtesy and self defense. This activity is for the entire family. Instructor: Karolynn Lucas, certified 3rd DAN by WTF and ITF.

Ages: 7 & up

SS1: January 2-30

SS2: February 1-29

SS3: March 2-30 (No class March 12-14)

SS4: April 2-30

Days: Mondays & Wednesdays; 5:30-7PM

Fee: Res/Non-res: SS1, 2, & 4: \$45/\$50; SS3: \$30/\$35

**BASP - Recsters & Buford Garner**

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.

Fees: Before School \$75/month, After School \$140/month, AM & PM \$190/month; due the first of every month.

Spring Camp - Recsters & Buford Garner

Daycare camp for kids during spring break from school. Kids will enjoy games and activities, both inside and outside. 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 12 - 16

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

Fee: \$160 for the week

Locations: Two locations; NLRC and Buford Garner

Registration: Current Participants begins Feb 1-28, Open enrollment begins March 1 - 10.

Minimum: 10 enrollees or canceled.

BASP - All Days; Recsters & Buford Garner

Daycare for kids on scheduled non-school days. Kids will enjoy games and activities, both inside and 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: Grades K-6

Dates: January 16; February 20, 27 & 28; April 27

Day/Time: Days vary; 7AM - 6PM

Fee: \$40 per day, per child

Registration: Current Recsters: Now through January 4,

Open enrollment begins January 5.

Each date may be canceled if fewer than 10 enrollees.

BASP - Recsters & Buford Garner - Fall 2012

Looking for Fall 2012 before & after school programs?

Current Participants can register March 1 - 31.

Open enrollment begins April 1.

Locations: Two locations; NLRC and Buford Garner

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

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 \$140/month; AM & PM \$190/month; due the first of every month.

Locations: Two locations; NLRC and Buford Garner School

Time: 7AM-6PM

Fee: \$40 per child per day or \$170 for Mon-Fri.

Each day must have at least 10 participants enrolled or day will be canceled.

Youth Competitive Team Basketball League

Officiated 5 on 5 basketball league for boys in grades 5,6, 7&8. This program is a team oriented program where an entire team and coach sign up. Maximum number of teams:

7 teams for grades 7 & 8 and 8 teams for grades 5 & 6

Dates: January 9-March 29 (No games Week of March 12)

Grades 7 & 8: Mondays; 7PM, 7:50PM, 8:40PM

Grades 5 & 6: Thursdays; 6PM, 6:50PM, 7:40PM, 8:30PM

Location: NLRC

Fee: \$325 per team

Registration: Current Teams may sign up beginning December 5; New Teams beginning December 7.

Registration Deadline: December 26

Youth Wrestling Program

This program is taught by current and former University of Iowa Wrestlers. This program is for K-6 grade boys. This program will be held at North Central Junior High Wrestling Room. This program will teach the fundamentals of wrestling.

Ages: Grades K-6

Session: January 16-March 5, 2012

Days: Mondays

Times: Grades K-2 = 6-6:50PM; Grades 3-6 = 7-8:15PM

Fee: Res/Non-res: Grades K-2 \$20/30; Grades 3-6 \$30/\$35

Registration Deadline: December 28

Beginning Archery

Basic archery skills will be taught with the opportunity to shoot both recurve and universal draw length compound bows with zero let-off. 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. Participants are welcome to bring their own equipment. It will be inspected by the class instructor to check for safety before it is used.

Ages: 9-16

Session: April 17 – May 8

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

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

Location: City Community Gardens property, East of Penn Meadows 4 Plex

Registration Deadline: April 10

Corridor CREW

Creativity, Recreation, Education and Wellness in the Corridor! This is an after-school club open to any student attending an elementary or junior high school in NL. Homework help, tutoring, and musical instrument practice and a variety of fun learning activities & projects.

Session: School Year

Days/Times: Monday-Friday; Immediately after school – 5PM

Location: Penn Elementary School

Fees: \$8 per day per child

Information: Contact Julie Robinson at Penn Elementary.



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 northlibertyiowa.org and click on the



button

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 14 – March 3

Games begin January 21

Days/Times: Saturdays, Grades 1 & 2; 9AM-1PM; Grades 3 & 4; 10:30AM-3PM; Grades 5 & 6; 12(Noon)-3PM

(Times are estimates; teams could play at any time listed)

Fee: NL/CV Residents \$40, Non-res \$50; Late Fee \$5 after December 11

Registration deadline: December 11; League may be closed if optimal numbers are achieved.

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

Coaches Meeting: January 4; 6:00PM at NLRC. Anyone interested in coaching, should contact Brian Motley (NL) at 626-5716 or Erik Dinusson (CV) at 248-1750.

NLC BB Practices (3-4 & 5-6): January 16-February 28; Mondays at North Bend Elementary from 6:15-7:15PM and 7:15-8:15PM. Tuesdays at NLRC from 6-7PM, 7-8PM, and 8-9PM.

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 15

Time: 8-10 yrs = 6:00PM; 11-13 = 6:45PM

Location: NLRC

NLC basketball players = Free; Non-NLC basketball players = \$5

Youth Baseball & Softball

Youth baseball & softball (NLYBS) is run completely by volunteers and is not affiliated with the City of North Liberty. Registration forms will be available for pick up at the NLRC, but must be sent with payment to NLYBS, PO Box. 438, North Liberty, IA 52317. For information, visit <http://www.eteamz.com/NLYBS/>

Registration Deadline is usually the first week of March.



Open Gym - Basketball

Get together for a half or full court pick-up game of basketball. Check with the front desk for conflict dates when programming takes precedence. Daily drop-in fees will be assessed.

Ages: 18 years & up (not in high school)

Session: January 2-April 30

Noon Time: Monday - Friday; Noon - 1:30PM at NLRC (No play on Jan. 16, Feb. 20, 27 & 28 and April 27))

Evenings: Tuesdays & Thursdays, 6:15 -8:45 PM at North Bend Elementary (No play Jan. 16, Feb. 20, Mar. 1-2, 12-16)

Fee per visit: \$2

Open Gym - 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: Adults & Senior Citizens

Session: January 3-April 27 (No play April 6)

Tuesdays, Wednesdays & Fridays; 8AM-12(Noon) at NLRC.

Fee per visit: Res \$1; Non-res \$2

or per/month package: Res \$10; Non-res \$15

Open Gym - Badminton

Get together for pick-up games of badminton.

Session: January 2-April 30

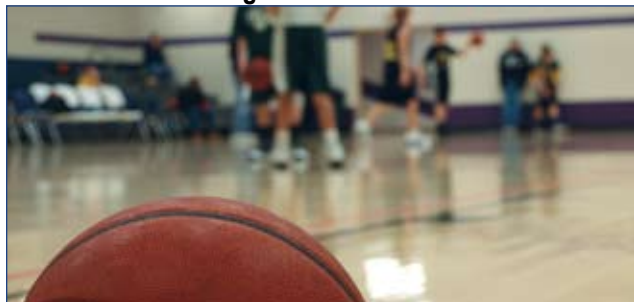
AM: Mondays & Wednesdays, 6-7:30AM

Fees per visit: Res \$1; Non-res \$2 or per/month package:

Res \$10; Non-res \$15

Location: Jones Gymnasium; Court 2

Equipment: Participants will need to set up /tear down NLRC standards and nets with each use. Participants will need to bring their own racquets/shuttle cocks/equipment to play.

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 college (Division 1) you must be in A League, unless there is not an A League.

Ages: 18 & up (not in high school)

Session: January 15-April 1(Depends on number of teams)

Days: Sundays

Time: 3-9PM (Depends on number of teams)

Location: North Liberty Recreation Center

Fee: \$350 per team; maximum number of teams: A League is 8 teams, B League is 16 teams.

Registration: Current Teams may register beginning Dec. 5; New Teams beginning Dec. 7

Registration Deadline: December 31.

Adult Co-ed Volleyball League

Six-player, self-officiated league for recreational teams/players.

Ages: 18 & up (women not in high school volleyball)

Session: January 15-April 1

Day/Time: B League (Recreational): Sundays, 1-5PM (Times subject to number of teams registered)

Location: North Bend Elementary School

Resident: \$85/team; maximum number of teams: 16 teams

Registration: Current Teams may register beginning Dec. 5;

New Teams beginning Dec. 7

Registration Deadline: December 31

**Gentle Yoga**

Suitable for the beginner and seasoned yogi alike, this class will leave you feeling renewed and relaxed. The perfect judgement-free environment will allow you to establish a mind and body connection to tackle the stress of everyday life. Comfortable clothing and mat are recommended.

Instructor: Kate Connell.

Ages: Adults

SS1: January 5-February 9

SS2: February 16-March 22

SS3: March 29-April 26

Day/Time: Thursdays; 6 - 7PM

Fees: Res/Non-res; SS 1 & 2: \$36/\$41; SS 3: \$30/\$35 or \$7 drop-in fee per class

Yoga Flow

Work towards bringing balance to your mind and body in this yoga flow class as we combine postures and breath. Comfortable clothing and mat are recommended.

Ages: Adults

SS1: January 5-February 9

SS2: February 16-March 22

SS3: March 29-April 26

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

Fees: Res/Non-res \$\$\$ 1 & 2: \$36/\$41; SS 3: \$30/\$35 or \$7 drop-in fee per class

Renew & Relax

You deserve some time for you, free from stress and worry! In the spirit of yoga we will explore the physical body by stretching and creating space.

SS1: Friday, January 13; 6:30-8PM

SS2: Saturday, February 25; 1-2:30PM

Fee: Residents/Non-res \$15/\$20 per class

Registration Deadline: Thursday prior to date, January 12/ February 23

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 alone. 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 NLRC poles for free. Non-members pay \$1/use.

Tae Kwon Do

Learn self control, self confidence, discipline, courtesy and self defense. This activity is for the entire family. Instructor: Karolynn Lucas, certified 3rd DAN by WTF and ITF.

Ages: 7 & up

SS1: January 2-30

SS2: February 1-29

SS3: March 2-30 (No class March 12-14)

SS4: April 2-30

Days: Mondays & Wednesdays; 5:30-7PM

Fee: Res/Non-res: SS1, 2, & 4: \$45/\$50; SS3: \$30/\$35

Cardio Pump

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

Ages: 14 years & up

SS1: January 2-30

SS2: February 1-29

SS3: March 5-28

SS4: April 2-30

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

Fees: Res/Non-res SS1, 2 & 4: \$21/\$26; SS 3: \$27/\$32 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, full body workout. Program designed to increase flexibility, endurance, core strength and overall strength. Drop-ins welcome but recommended at the start of session as combinations build from the previous week. All fitness levels welcome. ACE Certified Instructor: Renee Manders

Ages: 14 years & up

SS1: January 3-31

SS2: February 2-28

SS3: March 1-29

SS4: April 3-26

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

Fees: Res/Non-res SS1 & 3: \$27/\$32; SS 2 & 4: \$24/\$29 or \$3.50 drop-in fee per class.

Cardio Pump / Kick COMBO

Class meets four nights a week. M & W = Cardio Pump is interval training using weights and cardio sets. T & TH = Kickboxing combos broken down one at a time and then combined to make a fun, full body, workout. Every muscle will be working hard to tone your entire body. All fitness levels are welcome! ACE Certified Instructor: Renee Manders.

Ages: 14 years & up

SS1: January 2-31

SS2: February 1-29

SS3: March 1-29

SS4: April 2-30

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

Fees: Res/Non-res SS1 & 3: \$44/\$49; SS 2 & 4: \$42/\$47

Boot Camp

Start your weekend with boot camp. Conditioning, endurance and strength drills followed with yoga stretching at the end. Running or cross training shoes are recommended. Class will be held outdoors when weather permits. ACE Certified Instructor: Renee Manders.

SS1: January 7-28

SS2: February 4-25

SS3: March 3-31

SS4: April 7-28

Days/Times: Saturdays; 9:30-10:30AM

Fees: Res/Non-res SS1, 2 & 4: \$12/\$17; SS3: \$15/\$20 or \$4.50 per class if not full.

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 & up

SS1: January 8-29 (No class Jan. 15)

SS2: February 5-26 (No class Feb 19)

SS3: March 4-25

SS4: April 1-29 (No class on April 8)

Day/Time: Sundays; 1-2PM

Fees: Res/Non-res SS1, 2 & 4: \$9/\$14; SS3: \$12/\$17; or \$3.50 drop-in fee per class.

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 & up

SS1: January 3-31

SS2: February 2-28

SS3: March 1-29

SS4: April 3-26

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

Fees: Res/Non-res SS1 & 3: \$27/\$32; SS 2 & 4: \$24/\$29 or \$3.50 drop-in fee per class.

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!

Monday/Wednesday/Friday; 6 - 7PM

Saturday; 9:15 - 10:15AM

Sunday; 4:15 - 5:15PM (No class April 8)

PRICES (unlimited classes): \$39 monthly, \$50 joining fee, 12-month minimum; \$44 monthly, \$75 joining fee, 6-month minimum; \$15 walk-in

Contact Kristi Bontrager at 319-621-5943 or visit www.jazzercise.com

Body Sculpt AM

Experience this challenging and dynamic whole body muscle conditioning, 50 minute class using dumb bells, bands, exercise balls and your own body as resistance tools. Class instructor, Michelle Clark.

Ages: 16 years & up

SS1: January 2-30

SS2: February 1-29

SS3: March 5-28

SS4: April 2-30

Days/Time: Mondays & Wednesdays, 6:10-7AM

Fee: Residents/Non-res: SS 1, 2 & 4: \$31.50/\$36.50; SS3: \$28/33 or drop-in fee \$6 per class

Zumba – Tuesday PM

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 3-31

SS2: February 7-28

SS3: March 6-27

SS4: April 3-24

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

Fees: Residents/ Non-res SS1: \$15/\$20 SS 2-4: \$12/\$17 or \$4 drop-in fee per class

Zumba – Thursday PM

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 workout. Instructor: Michelle Clark.

Ages: Adults

SS1: January 5-26

SS2: February 2-23

SS3: March 1-29

SS4: April 5-26

Days/Time: Thursdays, 5-5:45PM

Fees: Res/Non-res SS1, 2, & 4: \$24/\$29; SS 3: \$30/\$35 or \$7 drop-in fee per class

Zumba – Friday PM

Latin Dance Aerobics. This class fuses hypnotic Latin rhythms and easy to follow and repetitive dance moves to create a dynamic fitness program. Instructor, Michelle Clark
Ages: 10 years & up, All Fitness Levels Welcome!

SS1: January 6-27

SS2: February 3-24

SS3: March 2-30

SS4: April 13-27 (No class April 6)

Days/Time: Fridays, 6:30-7:30PM

Fee: Res/Non-res SS1 & 2: \$24/\$2; SS3: \$30/\$35; SS4: \$18/\$23 or \$7 drop-in fee per class

NEW A Beginner's Guide: Yoga 101

Join us for this special workshop designed to introduce students to the physical practice that is yoga in a safe and supportive environment. Ages: Adults

SS1: Saturday, February 4 ; 10AM-12PM

SS2: Saturday, March 10; 1-3PM

Fee: \$25 per workshop or \$40 for both Yoga 101 & 201

Registration Deadline: Register by the Thursday prior to workshop; Feb. 2 or March 8

NEW The Foundations of Yoga: Yoga 201

Dive a bit deeper than the alignment and Yoga 101 basics for a detailed view into the question "what is yoga"? We discuss the history and workings of yoga. Don't forget your notebook! Part discussion, part practice.

Ages: Adults

SS1: Sunday, April 1; 10AM-12(Noon)

SS2: Friday, April 20; 6:30-8:30PM

Fee: \$25 per workshop or \$40 for both Yoga 101 & 201

Registration Deadline: Register by the Thursday prior to workshop; March 29 or April 19

Personal Training

We have individuals willing to assist you. Registration and payment must be made at the NLRC front desk. Clients must pay 1) personal training rates for the instructor and 2) NLRC daily fees or membership rates if using the facility/equipment during non-personal trainer session appointments.

Kris Cameron: kcameron@renuyourlife.com or call 319-361-7673.

Lindsay Olson: Lindsayjolson@gmail.com or call 319-430-6116

**Improving Your Photography**

For point and shoot and adjustable cameras. Learn simple non-technical professional tips and techniques. Discover the best camera functions and settings for any situation. Also learn about composition, lenses and lighting. Instructor: Charles Christie.

Session: January 3-February 14

Day/Time: Tuesdays; 6:30-9PM

Fee: \$65 per person per session.



**6TH ANNUAL
NORTH LIBERTY
BLUES
& BBQ**

**NORTH LIBERTY, IOWA ON SATURDAY, MAY 26, 2012
FROM 11AM TO 11PM
RAIN DATE: SUNDAY, MAY 27, 2012**

ONE DAY ONE PARTY ONE COOL TIME

NORTHLIBERTYIOWA.ORG/BLUESANDBBQ