

2014 Summer Programs and events, May-August

North Liberty Community Center



Summer brings sun and fun at the parks, along the trails, in the pool, at Blues & BBQ and on the ball fields. Don't forget we offer indoor programs year-round, too. Join us for all the fun!

Kevin Burt on stage at North Liberty Blues & BBQ. This year, Blues & BBQ will be held July 12 at new Centennial Park. Join us for mouth-watering barbecue, live music, free family fun, fireworks and more at the annual event!

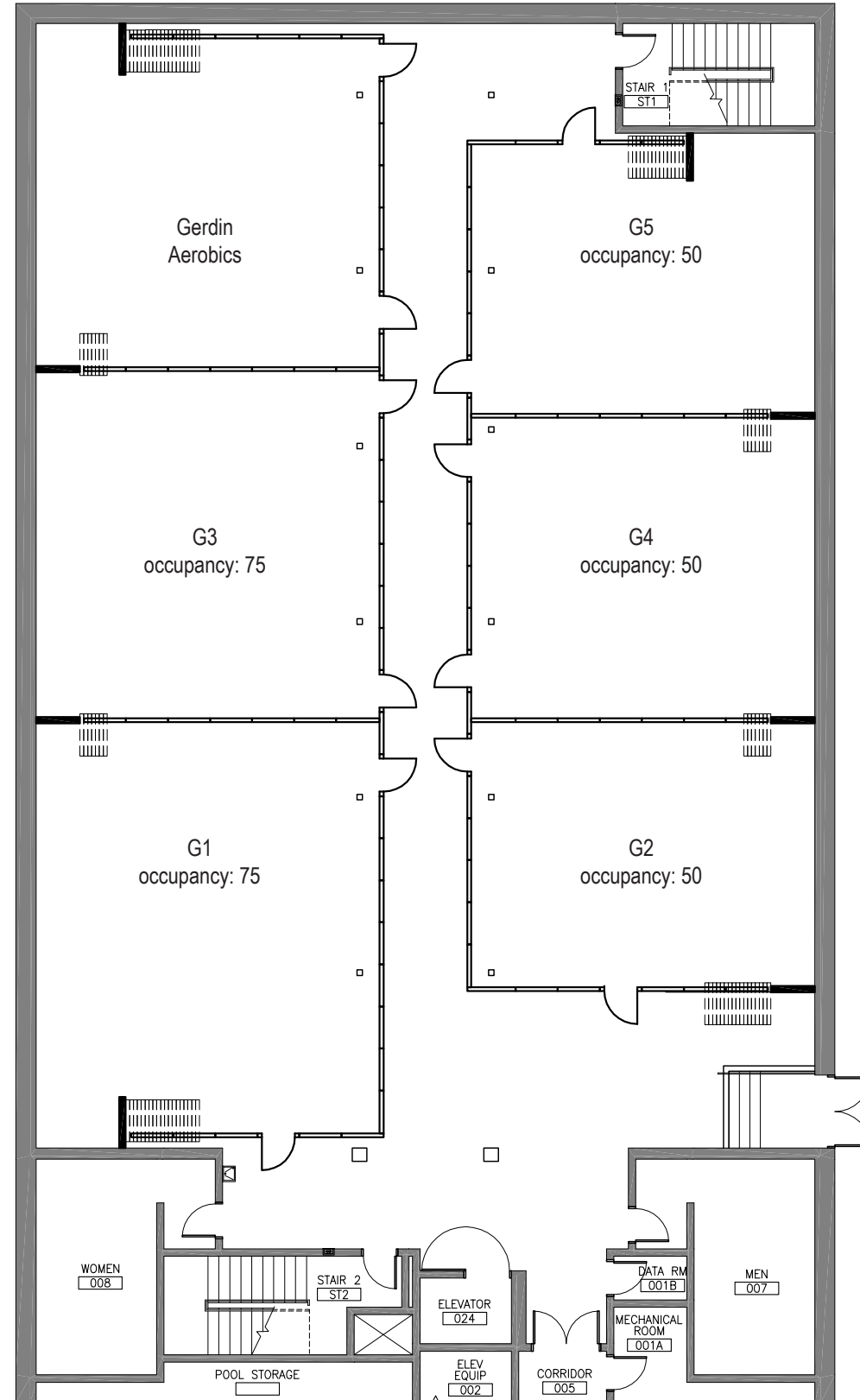


North Liberty Parks & Recreation
520 West Cherry Street, PO Box 77
North Liberty, Iowa 52317
319-626-5716 northlibertyiowa.org

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 open as one large room or divided into 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-served basis. Rental information is available on page 6.



The North Liberty Community Center houses the library, communications office, recreation center and aquatic center to meet the intellectual and physical needs of North Liberty and area residents. The recreation 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 Gerot	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 bleachers. Great for open gym, sports leagues and special events.

Weight and Exercise Area: Get in shape with our upper-level weight and exercise area. Cardio equipment includes treadmills, ellipticals, recumbent and upright bikes, steppers and indoor cycling bikes. Weight equipment includes Matrix weight stations and dumbbells from 3-90 pounds.

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.

Procter & Gamble Recster Room: Used by the before-and after-school program, as well as for summer and holiday camps; serving 60 children.

Meeting Rooms and Gerdin Conference Center: Semi-permanent dividers 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 for birthday parties, showers, meetings and special events. Capacities from 20 to 400 people. Reservations are first come, first served.

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.

Kid's Campsite Play Area: New play area for youngsters 48" or under in height. Soft-play features such as jeep, tent, log slide and frog to climb on and explore!

Hours: Monday-Friday; 9AM-12(Noon) and 4:00-8:00PM
 Saturday & Sunday: 8:00AM-6:00PM

No cost at this time; must follow all rules.

Photos: The City of North Liberty uses pictures and/or video of program participants to highlight our 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 and Policies: To save space and paper, not all facility rules and policies are listed in this brochure. Please contact a supervisor for a copy of the rules, policies and explanation.

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4 Recreation Packages

northlibertyiowa.org 626-5716

Black & Gold Package: Designed for individuals who use both the weight & exercise area and the pools.			Gold Package: Designed for individuals who use the weight & exercise area only.			Silver Package: Designed for individuals who use the pools only		<u>Adults</u>	<u>Seniors/ Youth</u>
			<u>Resident</u> <u>Non-Res</u>						
			Daily Fees/Seniors: \$2 / \$1 \$3 / \$2			Daily Fees:		\$4	\$3
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	
Child	n/a	n/a	Child	NA	NA	Child	\$15	\$18	
Senior Couple	\$60	\$72	Senior Couple	\$35	\$42	Senior Couple	\$32	\$38	
Senior Individual	\$36	\$43	Senior Individual	\$20	\$24	Senior Individual	\$20	\$24	
H.S./College/Military	\$36	\$43	H.S./College/Military	\$20	\$24	H.S./College/Military	\$20	\$24	
Additional Member	\$8	\$10	Additional Member	NA	NA	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	
Child	n/a	n/a	Child	NA	NA	Child	\$60	\$72	
Senior Couple	\$271	\$325	Senior Couple	\$176	\$211	Senior Couple	\$125	\$150	
Senior Individual	\$162	\$194	Senior Individual	\$100	\$120	Senior Individual	\$80	\$96	
H.S./College/Military	\$162	\$194	H.S./College/Military	\$100	\$120	H.S./College/military	\$80	\$96	
Additional Member	\$30	\$36	Additional Member	NA	NA	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	
Child	n/a	n/a	Child	NA	NA	Child	\$90	\$108	
Senior Couple	\$438	\$526	Senior Couple	\$299	\$359	Senior Couple	\$188	\$226	
Senior Individual	\$261	\$313	Senior Individual	\$170	\$204	Senior Individual	\$120	\$144	
H.S./College/Military	\$261	\$313	H.S./College/Military	\$170	\$204	H.S./College/Military	\$120	\$144	
Additional Member	\$41	\$49	Additional Member	NA	NA	Additional Member	\$41	\$49	

Track Package	<u>Resident</u>	<u>Non-Res.</u>	<u>Replacement Card</u>
For year-round track use only.	No Fee	\$5	\$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: Valid for outdoor pool opening to closing dates only.		
	<u>Resident</u>	<u>Non-Res.</u>
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

Refund Policy (see page 16 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, at a pro-rated amount, for medical and relocation reasons only.
- Request for program/class refunds must be made at least three weekdays prior to the first class meeting between the hours of 8 a.m. - 5 p.m. Refunds for health reasons may be considered. Copy of doctor's note 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 three to four weeks.

Discounts!

Purchase Summer Pool Packages early and save:
March - April = 10% off

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 St., North Liberty, IA 52317. Registration hours for in-person registrations are Monday through Friday, 6 a.m. to 8:30 p.m. 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 online. 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 website) and full payment. Priority is given to in-person registration and online registrations. Registrations by phone are not accepted. Check program descriptions for registration deadlines. Any registration after the 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 uses ActiveNet to streamline all front desk operations. This 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 Register Online 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 and 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 Communications 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 years 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 650 people	\$70/hour	\$85/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 and outdoor pools can be rented for parties. A pool rental agreement form needs to be completed and a deposit submitted to reserve the pools. Rental is available during the Outdoor Pool - Summer Hour schedule.

Pool Rentals	Indoor	Outdoor
Friday/Saturday/Sunday: 6 - 7:30PM	\$ 90	\$190
Friday/Saturday/Sunday: 7:45 - 9:15PM	\$ 90	\$190

Gymnasium Rentals

Many programs and activities take place in all local gymnasiums. The demand for usage is high, with NLRC programs taking precedence. Rentals are on a first-come, first-served basis with a completed facility reservation form and a deposit. Please contact the NLRC for more information and availability. Gymnasiums include: Jones and Roberts gymnasiums at the Community Center, school gymnasiums at North Bend and Buford Garner.



Field Rentals

Local baseball and softball fields can be reserved. The demand for usage is high and NLYBS has priority Monday-Friday, but weekends are available. Please contact Brian Motley for field rental availability.

The city's communication's department is your connection to city government. We operate North Liberty's local access video channel and the city's website, organize special events, work with non-profit and community groups, and provide technical and communications services to city departments and the general public. The department is composed of Communications Director Nick Bergus, Communications Coordinator Erika Harper, and Communications Specialist Christina Erbe.

Your connection to city government

Our job is to help you get the information you need about your city when you need it. Watch a city council meeting online, ask FaceNick a question on Facebook, shoot us an e-mail about a pot hole. We're happy to help.



North Liberty Television

The city's video channel, NLTV, can be seen on channel 5 by Mediacom subscribers, channel 268 by South Slope viewers, and live online from anywhere in the world with the help of South Slope's Rocket Internet.

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. To view NLTV live online anytime, go to northlibertyiowa.org.

North Liberty's website

The City of North Liberty's website, northlibertyiowa.org, gives residents the chance to get the latest news from the city, contact officials, find public meeting agendas and minutes and get essential community information. You can also watch video online including all our live coverage of all public meetings. North Liberty's website is also a great way to give feedback to city staff and elected officials.

E-mail newsletters

Get newsletters, alerts and other City of North Liberty news delivered right to your inbox. Visit northlibertyiowa.org/about-us/news-sign-up/ to join the list.

A smart phone app

Download a free smartphone app for Android and iOS phones to get news, report issues, and connect with city officials. Just visit your the App Store or Google Play and find it by searching for "North Liberty."

Get your message out

We can help your non-profit organization get exposure by creating exciting videos documenting your services and mission, working with you on social media campaigns, or highlighting cool things you're doing in a newsletter. We've worked with the North Liberty Food & Clothing Pantry, United Way of Johnson County, the Garner Elementary PTO and other groups to promote community-building.

Facebook & Twitter

Get updates and send us comments through social networks. On behalf of the city, we maintain Facebook and Twitter accounts that carry alerts, news and the occasional fun photo. Check us out, follow and like us, let us know what you think.



Like us on Facebook at
facebook.com/northliberty

Follow us on Twitter at
twitter.com/northliberty



You can get in touch with Nick, Erika and Christina by
e-mail: communications@northlibertyiowa.org
phone: (319) 626-5726
visit: our office in the Community Center, 520 W. Cherry Street

It's that time... Summer Reading Program Time!

Reading logs and information will be available in the Library starting Monday, May 19. See below under each age category for Summer Reading Program specifics or inquire at the Library Circulation Desk.

Tot Programs

Tot Time: May & August: Tuesdays at 10 a.m.
June & July : Fridays at 10 a.m.

Story Time: Wednesdays at 10 a.m.

PJ Story Time: Thursdays at 7 p.m.

Saturday Storytime: Saturdays at 11 a.m.

Believe It or Not: Summer Reading events for tots; These special events are geared for kids preschool and under.

May 2: Happy Mother's Day

June 13: Chad the Not so Bad balloon twisting program

June 27: Crazy Dough Day

July 9: 6:30 p.m. Jeanie B!Music

July 18: Not So Crafty Crafts

Grade School Programs; Grades K-5

Grade School kids get first priority; spots for younger siblings not guaranteed!

Lego Thursday; Every Thursday; 2:30-4 p.m.

Monthly Programs:

2nd Annual Fancy Nancy Tea Party

Sat., May 3; 10:30-11:30 a.m.; Registration required!

Summer Reading Program Kick-off

Wed., May 21; 5:30-7 p.m. at Hills Bank (Zeller location)

Summer Reading Program - Believe it or Not

June 17-July 15; Weekly on Tuesdays at 10 a.m.

Programs include Grout Museum's presentation of Colorful Chemistry, the ISU Insect Zoo with many creepy, cool crawlers, Crafts you won't believe and much more.

Summer Reading Program - Finale

Tues., July 22; 5:30-7:00 p.m.

Teen Programs: Grades 6-12

Teen Summer Reading Program - Reality Bites!

June 17-July 22; Weekly on Tuesdays at 1:00 p.m.

Programs include Unreel Commercial Shoot with NLTV, Yoga with Sweet Feet Yoga, Wipeout Water Day, Mac Attack (Mac & cheese creations), Movie Day and more.

**Library Hours:**

Mon., Wed. 9 a.m. to 8 p.m.
Tues., Thurs. 8 a.m. to 8 p.m.
Fri. 9 a.m. to 5 p.m.
Sat. 10 a.m. to 5 p.m.
Sun. 1 p.m. to 4 p.m.
Sunday hours are September through May)

**Adult Programs; Everyone Else**

Weekly Programs:

Sociable Seniors Mondays; 10 a.m.

Just for Fun (Needle Crafts) Tuesdays; 7 p.m.

Adult Summer Reading Program - Go Local

June 17-July 24; Weekly on Tuesday evenings at 6:30 p.m.; except for last program is on Thursday, July 24.

Programs include a visit from Devotay owner, Kurt Friese to discuss the local food initiative & edible Iowa; True Confessions of a Home Brewer with Scott Clemons and a wine tasting with Cedar Ridge Winery.

Not a Patron Yet?

Register online at our website: www.northlibertylibrary.org or stop by the library information desk.

Upon first visit, please provide

- Photo ID
- Proof of Address

Hope to see you soon!



Like us on Facebook:
North Liberty Community Library



Follow us on Twitter: @nlibertylibrary

For information on upcoming programs and events, visit www.northlibertylibrary.org.
Also watch NLTV and library bulletin boards for information.

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. One lap lane will be open during open swim hours. **For a complete list of pool rules visit northlibertyiowa.org**

Indoor Pool Hours

Monday-Thursday: 6AM - 9PM
 Friday: 6AM - 6PM
 Saturday & Sunday: 8AM - 6PM
 July 4th Holiday: 6AM-6PM

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.

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 chairs available for patron use or feel free to bring in your own chairs. All chairs are to be kept behind the gutter line and observation deck of indoor pool.

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.

Pool Rentals	Indoor	Outdoor
Availability during - Summer Hour Schedule		
Friday/Saturday/Sunday: 6 - 7:30PM	\$ 90	\$190
Friday/Saturday/Sunday: 7:45 - 9:15PM	\$ 90	\$190

Adult Supervision

Kids younger than 9 years must have supervision from a parent/caregiver 16 years & up. Caregiver must be in the water for preschoolers and younger. Adult to child supervision ratios:

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.

Outdoor Pool Hours

Memorial Day Weekend: (Sat/Sun/Mon) 12-6PM
 ICCSD in session: Monday-Friday 4-9PM
 Saturday-Sunday 12-6PM
 Summer Hours: Monday-Thursday 1-9PM
 Friday-Sunday 12-6PM
 July 4th Holiday: 12-6PM
 Fall; ICCSD in session: Mon.-Thurs. Closed
 Friday 4-8PM
 Sat. & Sun. 12-6PM
 Labor Day: Outdoor Pool Closed for season

Outdoor Pool Features

Mushroom Spray Features: Gentle spray play under umbrella for small children.

Floatables and Floatable Walk: Buoyant sea animals for climbing and walking across for swimmers looking for a challenge.

Mini Play Feature: Play feature for smaller children featuring a slide and interactive spray features.

Two Water Slides: One enclosed flume and one open flume gives swimmers double the fun. Must be 48" tall to go down the slides.

Diving Boards: 1 & 3 meter boards over 14' diving well. Must pass deep end test to go off diving boards.

Grassy LAwn with Umbrellas: Room for everyone to spread out and enjoy a good soak in the sun or under a shade umbrella. You may bring own lawn chairs.

Program Schedules

The hours listed are facility hours, specific times for lap swim, open swim, water fitness classes or swim lessons can be found on our weekly schedule. 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.

Life Jackets

Only Coast Guard approved life jackets and flotation devices are permitted in North Liberty pools. Please ask pool staff if you need one provided.

Job Opportunities with North Liberty Aquatics

- 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).
- Applications for these part-time positions 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	<u>Resident</u>	<u>Non-Res.</u>	1 Month	<u>Resident</u>	<u>Non-Res.</u>
Family	\$127	\$152	Family	\$51	\$61
Couple	\$75	\$90	Couple	\$38	\$46
Individual	\$45	\$54	Individual	\$25	\$30
Child	n/a	n/a	Child	\$15	\$18
Senior Couple	\$60	\$72	Senior Couple	\$32	\$38
Senior Individual	\$36	\$43	Senior Individual	\$20	\$24
H.S./College/Military	\$36	\$43	H.S./College/Military	\$20	\$24
Additional Member	\$8	\$10	Additional Member	\$8	\$10
6 Month	<u>Resident</u>	<u>Non-Res.</u>	6 Month	<u>Resident</u>	<u>Non-Res.</u>
Family	\$585	\$702	Family	\$200	\$240
Couple	\$338	\$406	Couple	\$150	\$180
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Child	n/a	n/a	Child	\$60	\$72
Senior Couple	\$271	\$325	Senior Couple	\$125	\$150
Senior Individual	\$162	\$194	Senior Individual	\$80	\$96
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Annual	<u>Resident</u>	<u>Non-Res.</u>	Annual	<u>Resident</u>	<u>Non-Res.</u>
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Individual	\$327	\$392	Individual	\$150	\$180
Child	n/a	n/a	Child	\$90	\$108
Senior Couple	\$438	\$526	Senior Couple	\$188	\$226
Senior Individual	\$261	\$313	Senior Individual	\$120	\$144
H.S./College/Military	\$261	\$313	H.S./College/Military	\$120	\$144
Additional Member	\$41	\$49	Additional Member	\$41	\$49

Summer Pool Package: Valid for outdoor pool opening to closing dates only.		
	<u>Resident</u>	<u>Non-Res.</u>
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

Pool Closing

Both pools may close due to the following reasons: mechanical breakdown, temperature, inclement weather, chemical imbalance or schedule changes. The outdoor pool closes for these additional reasons:

Attendance: Must have 10+ swimmers in water for one hour to remain open.

Temperature: Must be at least 68 degrees one hour before pool opens. Rule does not apply to swim lessons.

Inclement Weather: If lightening is spotted, people are directed away from the pool and umbrella structures for duration of 20 minutes without lightening. If lightening persists for more than 1 hour, outdoor pool will close. Reassessment and possible opening will be at 5PM, Monday-Thursday. Reassessment on Friday, Saturday & Sunday will not occur after 3PM.

Sick Swimmers

Swimmers who have been sick should not enter the water for at least two weeks after their last episode of diarrhea to avoid potentially making others ill.

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 years 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)

Outdoor Family Pursuits

Do you know that the Recreation Department has various items available to assist families in getting outdoors.

Geocaching with a GPS unit**Fishing pole rental**

Fee: FREE; a deposit is collected and refundable upon return of undamaged equipment.

Contact Jason at 626-5716 or at jegly@northlibertyiowa.org for more information.

North Liberty Community Gardens

Plots are located east of Penn Meadows Sports Complex. Plot are 10 by 30 feet, with water available in the summer (no hose hook-ups are allowed). Individuals need to bring buckets to transport water to plot. Ask about code to access community storage shed.

Session: Notification when plots ready for planting and must be cleared by Nov 1.

Registration: 2013 Plot Holders in person only starting on Friday, April 4; 6:00AM at the NLRC.

New Plot Holders in person only starting on Friday, April 11; 6:00AM at the NLRC.

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

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

Fish Iowa! Games Eastern Iowa Cast Off

Cast away at Liberty Centre Pond! All Iowa youth are eligible to participate. Registration opens April 2014. Register online: www.iowagames.org. All competitors will cast at one time, but scored in three age divisions: 8 and under; 9-11 and 12 and older. Awards ceremony will follow the competition.

Ages K-12 Grade

Day/Time: Saturday, June 7; 9:00-11:00 AM

Fee: \$5.00 entry fee

Registration Deadline: On-line by June 2; on-site registration will be available.

Free Fishing Weekend

Come join us at Liberty Centre for a day of free fishing and aquatic education organized by the Iowa DNR, Scheel's All-Sports and the City of North Liberty. Bring your own pole or an ID to check one out. Try to catch anything from a bluegill to a catfish right here in town! Learn to cast, take a look at various tanks containing Iowa fish & turtles, and learn about water / boat safety. Enjoy a free hot dog and stick around until the end for chance to win free fishing related items.

Ages: Families, children must be accompanied by adults.

Session: Saturday, June 7; Time: 10:00AM - Noon

Fee: Free

Location Liberty Centre Pond

Chicago Cubs vs. Milwaukee Brewers

Come see the local favorite - Chicago Cubs versus the Milwaukee Brewers at Wrigley Stadium. Register early, spots fill up fast! Don't worry about the hassle of getting tickets, driving, tolls or parking - because we have it covered! We will not be making any stops on way out but will stop at Oasis in Dekalb on way back home. Food & drink are allowed on the bus in a small cooler but no alcohol allowed.

Ages: 18 and up unless accompanied by an adult

Session: Sunday, May 18

Time: Charter to leave at 6AM; Game time is 1:20PM;

Leave Chicago at 6PM; Return around 11:00PM

Fee: \$70.00 per person (Includes ticket, transportation)

Cancellation Policy: If trip canceled completely, participants will lose out on ticket price since they are non-refundable. Participants have option to obtain ticket and provide own transportation to Chicago or receive a refund minus the ticket price. No other refund request will be granted.

Registration Deadline: May 4

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

Backpacks stuffed with activities are available to help children and their families explore the outdoors. Packs can be checked out and taken to local parks or natural areas and are filled with fun & educational activities. Themes include: birds, animals of Iowa, trees, insects, outdoor skills, aquatic habitats, creatures of the night, wildflowers and prairies, rocks and minerals, and the wild turkey.

Deposit/Registration: Packs 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.

Packs can be checked out for two weeks at a time.

Discount Amusement Park Tickets

Get your tickets at the North Liberty Community Center before heading to Adventureland and Blank Park Zoo in Des Moines or Lost Island Water Park in Waterloo.

Adventureland: \$32.00 per person;

Anyone 3 years or younger: Free

\$2 savings for 4-9 years and \$8 savings for 10+

Lost Island Water Park: \$23.00 per person;

3 & under = Free

\$2 savings for everyone

Blank Park Zoo: \$9.00 ages 13-64; \$5.00 ages 3-12; 2 & under = Free

\$2 savings for ages 13-64; \$1 savings for ages 3-12

Photo-Awcity

Get the cameras out! Everyone is encouraged to take photos throughout the community and submit their favorite five into our contest! Photo submission and registration required by June 30. Entries are posted at the NLRC and judged on July 1. Winner to receive a \$25 gift certificate to the NLRC and photo will be featured in an upcoming brochure.

Photo submission and registration: By June 30

Registration: Forms available at the NLRC front desk; for more information contact Matt Meseck at 626-5716.

Laser Tag Day



A day of laser tag fun at Centennial Park! We will be renting the equipment in 90 minute blocks to groups of up to 16. After 15 minutes of rules and safety, blast each other with provide guns, ammo, and life packs, Duck and cover behind the provided barricades during a number of different games. Renters take all responsibility of injury and accept full responsibility for any broken equipment.

Ages: 9 years and older

Session: Saturday, June 14

Time: contact Matt Meseck to reserve your 90-minute slot.

Location: Centennial Park

Fee: \$60 for 2-8 guns; \$120 for 9-16 guns

Registration Deadline: June 9

Great American Backyard Campout

Join us for a backyard campout at the Community Center. Activities will include fishing, learning how to cook on a campfire, swimming, movies and breakfast. Watch for more information to follow. Participants are encouraged to bring games and activities to share. Schedule of events to follow and campfires are welcome. If the weather is poor we will move the campout inside and games, movies, and activities will be provided. Interested in helping with this event? contact Matt Meseck at mmeseck@northlibertyiowa.org or 626-5716.

Session: Sat., June 28 at 2PM to Sun., June 29 at 10AM

Fee: \$7 per person includes dinner Saturday and breakfast Sunday. Participants must supply own camping equipment and supplies, snacks, etc... Some fishing equipment will be available to use.

Registration Deadline: June 25

Third Annual North Liberty Youth Triathlon, Just Tri!

Tri-Fit Agape and the North Liberty Aquatic Center will again host North Liberty's third annual youth triathlon, Just Tri! Kids of all ages and fitness levels are encouraged to swim, bike and run! Participant awards will be handed out upon completion. Must have a helmet for the bike portion to participate. This event is for participation only, times will not be recorded. Register the age group your child will be on race day. No rain date.

Session: Sunday, August 3

Group 1: 6-8 years (swim 25m, bike .9mi, run .25mi)

Group 2: 9-11 years (swim 50m, bike 2.4mi, run 1mi)

Group 3: 12-14 years (swim 100m, bike 4.4mi, run 2mi)

Time: Transition opens at 7AM; Race starts at 8AM

Fee: Residents \$25; Non-residents \$30

Registration Deadline: July 27 or when maximum number of participants is reached.

Meeting: Wed., July 30 at 6:30PM; Location NLRC

Participants and parents are asked to attend this meeting to cover race info.

Race Packets: Participants must pick up packet information Saturday, August 2 from 1-3PM.

Celebration Belle

Come aboard the Celebration Belle and relive the classic hits from the 30s, 40s and 50s. Live entertainment will play the hits of Patsy Cline, Frank Sinatra, Bing Crosby, Elvis, Johnny Cash and many more. Homemade sticky rolls and fruit, full hot two-entree lunch buffet, afternoon snack and live entertainment all during this four-hour cruise sailing from Moline, Ill. There is a full bar for those who wish to enjoy and pay for a more stiff drink. The riverboat is air-conditioned for comfort. Please note that transportation will be in 15-seat passenger vans; some climbing is expected.

Ages: All

Date: August 7

Cruise Time: 11AM-3PM

Time: Depart from Rec Center at 8:30AM; return approx. 5:00PM

Fee: Adults (13 and up) \$70.00

Youth (12 and under) \$60.00

Registration Deadline: July 10

CR Kernels / City of North Liberty Night

It's a night to spend with your neighbors, Mr. Shucks and the Kernels, now in their second season as an affiliate to the Minnesota Twins.

Ages: Families

Session: Saturday, August 16

Game Time: 6:35PM

Fee: \$7.00 per person, Kids 3 and under are free

(Must provide own transportation to CR)

Registration Deadline: August 8

Doggie Plunge

Bring your dog for some fun in the sun/water at the 5th Annual Doggie Plunge! One dog per person and provide proof of current rabies and distemper vaccinations the day of the event. Individuals are not allowed to be deeper than 2 feet in the water due to no chemical treatments for the dog's safety. If dogs are unable to "play nice" they may be asked to leave without compensation.

Ages: Pet owners 16 years & up

(Children 15yrs & under are not allowed within the gated area due to some breeds not being good with kids)

Session: Sunday, September 7

Time: 11AM-4PM

Fee: Early registration \$5 per dog; Day of event \$7 per dog.

Double Dollar Days

Help us celebrate the summer months by attending the pool for only \$2! Enjoy outdoor pool amenities such as two large waterslides, zero depth entry, 3m diving board and much more!

Ages All; children 9 & under must be accompanied by an adult

Session: June 7 & 8; July 5 & 6 and August 2 & 3

Day/Time: Saturday & Sundays; 12(Noon)-6PM




Location: Outdoor Pool

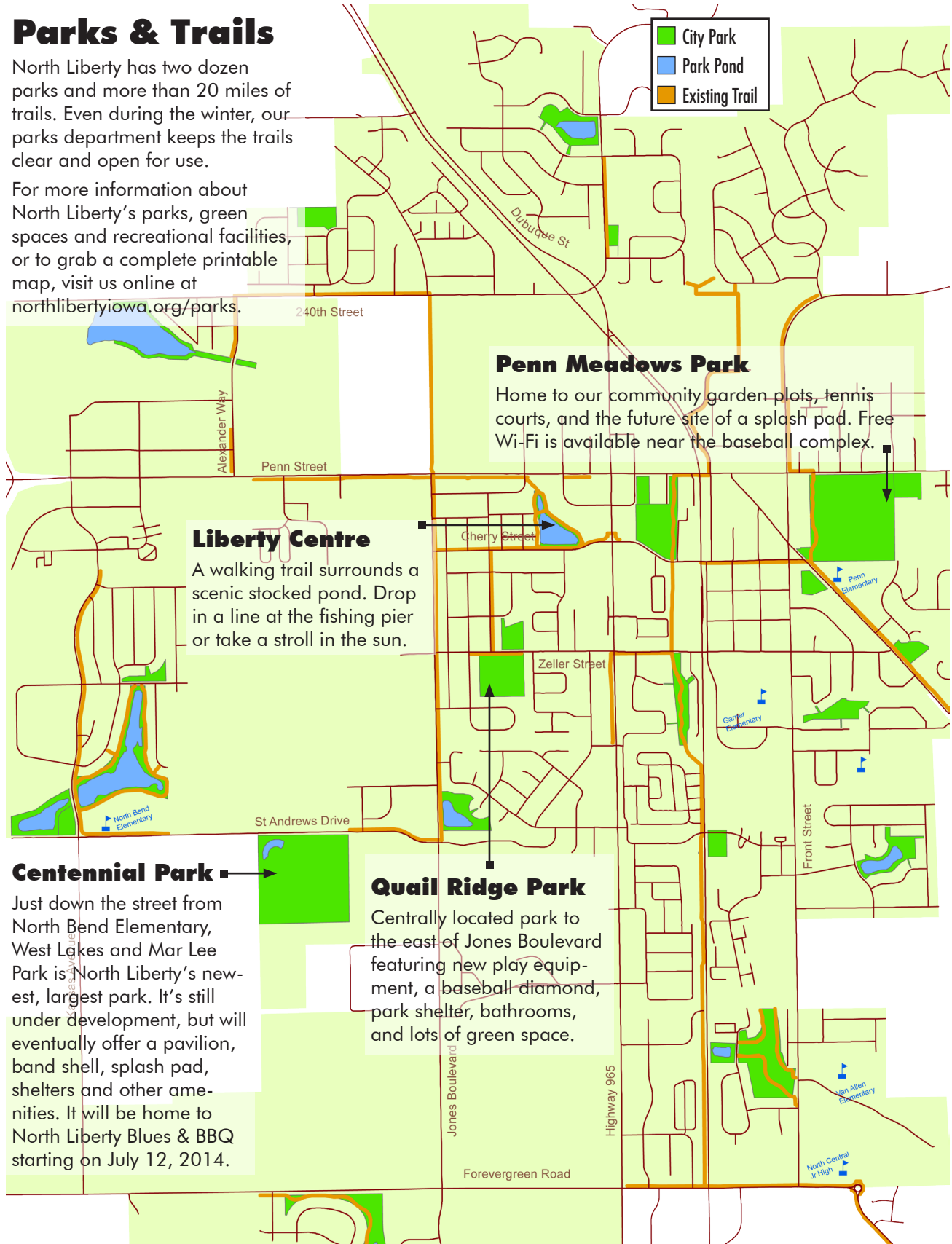
Fee: \$2.00 per person per day

Parks & Trails

North Liberty has two dozen parks and more than 20 miles of trails. Even during the winter, our parks department keeps the trails clear and open for use.

For more information about North Liberty's parks, green spaces and recreational facilities, or to grab a complete printable map, visit us online at northlibertyiowa.org/parks.

	City Park
	Park Pond
	Existing Trail



Penn Meadows Park

Home to our community garden plots, tennis courts, and the future site of a splash pad. Free Wi-Fi is available near the baseball complex.

Liberty Centre

A walking trail surrounds a scenic stocked pond. Drop in a line at the fishing pier or take a stroll in the sun.

Centennial Park

Just down the street from North Bend Elementary, West Lakes and Mar Lee Park is North Liberty's newest, largest park. It's still under development, but will eventually offer a pavilion, band shell, splash pad, shelters and other amenities. It will be home to North Liberty Blues & BBQ starting on July 12, 2014.

Quail Ridge Park

Centrally located park to the east of Jones Boulevard featuring new play equipment, a baseball diamond, park shelter, bathrooms, and lots of green space.

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 . Registration is first-come, first-served. ID may be required to register.

North Liberty residents: **Monday, March 31**; Non-residents **Wednesday, April 2**

In toddler swim lessons the class sizes are smaller to provide adequate supervision. The classes focus on games and individual interaction. Classes with low enrollment may be canceled. A sick child may not enter the water for at least two weeks after their last episode of diarrhea. Questions may be directed to Lesson Coordinators.

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

Swim Lesson Progression

It is possible for children not to pass each level after one attempt. Instructors will evaluate skills on the first day of lessons and students may be moved as spots become available. It is common for Level 1-4 to take one to two summers to pass and Levels 5-9 needing two to four summers to pass. Please remind your children that it is normal to repeat levels.

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 3 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.

Fees:

Residents \$25 per session
Non-residents \$30 per session

MORNING LESSONS - Monday-Friday / Outdoor Pool						
Sessions:	Time:	Parent Tot	Tadpoles	Level 1	Level 2	Level 3
June 9 - 20	8:30-9:00AM	X	3506.300	3514.300	3530.300	3546.300
	9:15-9:45AM	X	3507.300	3515.300	3531.300	3547.300
	10:00-10:30PM	3501.300	3508.300	3716.300	3726.300	3736.300
	10:45-11:15AM	3763.300	3708.300	3717.300	3727.300	3737.300
June 23 - July 4	8:30-9:00AM	X	3509.300	3517.300	3532.300	3548.300
	9:15-9:45AM	X	3510.300	3518.300	3533.300	3549.300
	10:00-10:30PM	3503.300	3511.300	3718.300	3728.300	3738.300
	10:45-11:15AM	3765.300	3709.300	3719.300	3729.300	3739.300
July 7-18	8:30-9:00AM	X	3512.300	3520.300	3534.300	3550.300
	9:15-9:45AM	X	3513.300	3521.300	3535.300	3551.300
	10:00-10:30PM	3661.300	3664.300	3720.300	3730.300	3740.300
	10:45-11:15AM	3767.300	3710.300	3721.300	3731.300	3741.300
July 21-Aug. 1	8:30-9:00AM	X	3665.300	3523.300	3536.300	3552.300
	9:15-9:45AM	X	3666.300	3524.300	3537.300	3553.200
	10:00-10:30PM	3663.300	3667.300	3722.300	3732.300	3742.300
	10:45-11:15AM	3769.300	3711.300	3723.300	3733.300	3743.300

EVENING LESSONS - Monday & Wednesday / Indoor Pool						
Sessions:	Time:	Parent Tot	Tadpoles	Level 1	Level 2	Level 3
June 9 - July 2	4:00-4:30PM	X	3762.300	3526.300	3542.300	3558.300
	4:45-5:15PM	3770.300	3772.300	3516.300	3543.300	3559.300
	5:30-6:00PM	3504.300	3712.300	3774.300	3776.300	3778.300
	6:15-6:45PM	3505.300	3713.300	3527.300	3544.300	3560.300
July 7 - 30	7:00-7:30PM	X	3500.300	3724.300	3734.300	3744.300
	4:00-4:30PM	X	3764.300	3528.300	3545.300	3561.300
	4:45-5:15PM	3771.300	3773.300	3522.300	3538.300	3554.300
	5:30-6:00PM	3698.300	3714.300	3775.300	3777.300	3779.300
	6:15-6:45PM	3699.300	3715.300	3529.300	3539.300	3555.300
	7:00-7:30PM	X	3502.300	3725.300	3735.300	3745.300



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 . Registration is first-come, first-served. ID may be required to register.

North Liberty residents: **Monday, March 31**; Non-residents **Wednesday, April 2**

Level 4 (Passed level 3) 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) Improve skills and further develop alternating arm and leg action. Pre-requisites: push off wall, glide on front/back with combined 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) Swim front crawl, back crawl, and elementary backstroke. The scissor, dolphin, and breaststroke kick are 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) Improve technique and increase endurance for front crawl, back crawl, and elementary backstroke. Arms actions 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) Refine strokes (front crawl, back crawl, elementary back stroke, side stroke, breast stroke & butterfly) while increasing distance. Pre-requisites: perform a stride dive into deep water; swim front crawl 25 yds; swim breaststroke 15 yds; swim back crawl 25 yds; swim elementary backstroke 25 yds.

Level 9 (Passed level 8) The final swim level: swim 450 continuous yds (100 front crawl, 100 backstroke, 100 elementary backstroke, 50 sidestroke, 50 breaststroke, 50 butterfly). 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.

MORNING LESSONS - Monday-Friday / Outdoor Pool							
Sessions:	Time:	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
June 9 - 20	8:30-9:10AM	3562.300	3578.300	3594.300	3610.300	3626.300	3642.300
	9:15-9:55AM	3563.300	3579.300	3595.300	3611.300	3747.300	3751.300
	10:00-10:40PM	3564.300	3580.300	3596.300	3612.300	3788.300	X
	10:45-11:25AM	3565.300	3581.300	3597.300	3613.300	3627.300	X
June 23 - July 4	8:30-9:10AM	3566.300	3582.300	3598.300	3614.300	3628.300	3644.300
	9:15-9:55AM	3567.300	3583.300	3599.300	3615.300	3789.300	3795.300
	10:00-10:40PM	3568.300	3584.300	3600.300	3616.300	3790.300	X
	10:45-11:25AM	3569.300	3585.300	3601.300	3617.300	3629.300	X
July 7-18	8:30-9:10AM	3570.300	3586.300	3602.300	3618.300	3630.300	3546.300
	9:15-9:55AM	3571.300	3587.300	3603.300	3619.300	3749.300	3753.300
	10:00-10:40PM	3572.300	3588.300	3604.300	3620.300	3791.300	X
	10:45-11:25AM	3573.300	3589.300	3605.300	3621.300	3631.300	X
July 21-Aug. 1	8:30-9:10AM	3670.300	3678.300	3700.300	3704.300	3632.300	3648.300
	9:15-9:55AM	3671.300	3679.300	3701.300	3705.300	3792.300	3798.300
	10:00-10:40PM	3672.300	3680.300	3702.300	3706.300	3793.300	X
	10:45-11:25AM	3673.300	3681.300	3703.300	3707.300	3633.300	X

Fees:
 R: \$25 per session
 NR \$30 per session

EVENING LESSONS - Monday & Wednesday / Indoor Pool							
Sessions:	Time:	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
June 9 - July 2	4:00-4:40PM	3574.300	3590.300	3606.300	3622.300	3746.300	3750.300
	4:45-5:25PM	3575.300	3591.300	3607.300	3623.300	3766.300	X
	5:30-6:10PM	3780.300	3782.300	3784.300	3786.300	3660.300	X
	6:15-6:55PM	3576.300	3592.300	3608.300	3624.300	3768.300	X
	7:00-7:40PM	3577.300	3593.300	3609.300	3625.300	3638.300	3694.300
July 7 - 30	4:00-4:40PM	3674.300	3682.300	3686.300	3690.300	3748.300	3752.300
	4:45-5:25PM	3675.300	3683.300	3687.300	3691.300	3667.300	X
	5:30-6:10PM	3781.300	3783.300	3785.300	3787.300	3808.300	X
	6:15-6:55PM	3676.300	3684.300	3688.300	3692.300	3809.300	X
	7:00-7:40PM	3677.300	3685.300	3689.300	3693.300	3639.300	3695.300



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 . Registration is first-come, first-served. ID may be required to register.

North Liberty residents: **Monday, December 2**; Non-residents **Wednesday, December 4**

Private Lessons: (one on one) Half hour private lessons on either Tuesday or Thursday nights in Indoor Pool. Please note that teachers may vary between lessons and make up classes cannot be scheduled. Minimum age for private lessons is 5 years old. Lessons are taught by North Liberty Aquatic Center Staff.

A sick child may not enter the water for at least two weeks after their last episode of diarrhea.

Questions may be directed to Lesson Coordinators.

PRIVATE LESSONS - Tuesday Evening		
Sessions:	Time:	Class #:
June 10-July 1	4:30-5:00PM	3634.300
	5:00-5:30PM	3635.300
	5:30-6:00PM	3640.300
	6:00-6:30PM	3641.300
July 8-29	4:30-5:00PM	3654.300
	5:00-5:30PM	3655.300
	5:30-6:00PM	3656.300
	6:00-6:30PM	3637.300

Fees:
Residents
\$48 per session
Non-residents
\$53 per session

PRIVATE LESSONS - Thursday Evening		
Sessions:	Time:	Class #:
June 12-July 3	4:30-5:00PM	3754.300
	5:00-5:30PM	3755.300
	5:30-6:00PM	3756.300
	6:00-6:30PM	3757.300
July 10-31	4:30-5:00PM	3758.300
	5:00-5:30PM	3759.300
	5:30-6:00PM	3760.300
	6:00-6:30PM	3761.300

Free Swim Lesson

The North Liberty Aquatic Center wants you to enroll your child in a free swim lesson! We want everyone to enjoy a fun, safe summer. This lesson is intended to jumpstart in teaching basic skills and safety tips around water. Please one session per child.

Ages: 3-12

Session: Friday, June 6

Time: 9:00-9:30AM; 9:30-10:00AM or 10:00-10:30AM

Fee: FREE

Location: Outdoor Pool

Registration: Ends when maximum number is reached.



Swim Lesson Make up / Refund Policy

For the complete refund policy visit northlibertyiowa.org

- M/W evening lessons if canceled by the facility will make up missed lessons the the Friday following the missed class at the originally scheduled time, no refunds will be given.
- T / TH prive lessons will not make up missed classes, but a credit to your NLRC account will be applied if NLCC cancels.
- Requests for program/ class refund or transfer 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 if they occur 7 days prior to or during a session or class. Copy of doctor's note with date of incident is required.
- Any credits will be applied to your NLRC account.
- Refunds are processed through City Hall and will be mailed to you. Please allow 3-4 weeks.

Youth Triathlon Swim Clinic

Give your child a head start and confidence in the water. We will offer a week long session to improve on techniques for the youth triathlon. Instructor to child ratio: 1:5. Ages: 6-14 years

SS1: July 14-17

SS2: July 28-31

Days/Time: Monday-Thursday; 7:00-7:30PM

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

Registration deadline: 3 days prior to start of each session or if maximum number is reached.

Location: Indoor Pool

Lifeguard Class

Become an American Red Cross certified Lifeguard! Must be able to swim 200 yards freestyle and 100 yards breaststroke continuously, tread water for 2 minutes without use of your arms, as well as a timed brick test to complete the pre-test for the course. Must demonstrate correct rescue skills, first aid/CPR, and receive 80 proficiency on written exam. Age: Must be at least 15 yrs old by last day of course

Lifeguard Pre-test: May 13; 7-8 PM - **Must attend prior to class**

Lifeguard Class: May 16: 4-9pm - **Must attend all three days**

May 17: 8am-6pm

May 18: 8am-6pm

Fees: Res \$160; Non-res \$165 per person

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).

Applications are available at the NLRC or visit the city website: northlibertyiowa.org



Arthritis Foundation Aquatic Program

Recreational exercise program designed for men & women, regardless of age. Fun, friendly, supportive group under guidance of Certified Arthritis Foundation Leaders. Class allows anyone to exercise without putting excess strain on joints & muscles while performing gentle range of motion exercises and stretches to muscles. Physical benefits include decreased pain & stiffness, increased muscle strength, flexibility and joint mobility. Instructors: Connie McCall, Ellen Schmadeke, Jef Farland and Suzy Richter

. Ages: 15 yrs & Up (younger with adult)

SS1: May 2-30

SS2: June 2-30

SS3: July 2-30

SS4: August 1-29

Days/Time: Mondays, Wednesdays, Fridays; 10:00-10:50AM

Fees: All sessions: \$26/\$31 or \$3 drop-in fee per day if class not full.

Aqua Boot Camp

Class is full of fun and energizing activities designed to help you reach your fitness goals! Exercises performed in water, but no swimming skills are needed to participate. Regardless of age, size or fitness level, you can achieve noticeable results. Whether a beginner, avid fitness enthusiast or simply looking for a new workout, this aquatic adventure is for you. Some exercises performed in deep water with adjustments made in shallow water if need be. Instructor: Janet Holland.

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

SS1: May 1-29

SS2: June 3-26

SS3: July 1-31

SS4: August 5-28

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

Fees: Res/Non-res SS1: \$28/\$33; SS2: \$28/\$33; SS3: \$35 /40 and SS4: \$28/\$33; or \$4 drop-in fee per day.

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: May 1-22

SS2: June 3-24

SS3: July 8-31

SS4: August 5-28

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

Fees: Res/Non-res: SS1: \$21/\$26; SS2: \$21/\$26; SS3: \$24/\$29; SS4: \$24/\$29 or \$4 drop-in fee per day.



Easy Does It

Gentle slow paced class begins in shallow water and progresses to deep end. Work at own pace using HydroFit cuffs, water belts, noodles and buoys. Goals are to stretch tight muscles, improve balance and core strength. Great way to start exercising and relieve stress. Arrive 15 minutes early for first class. Water shoes recommended.

Ages 15 years & up

SS1: May 2-30 (No class May 26)

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

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

Saturday Aqua Aerobics

Get your weekend started off right with a high energy water workout. Various flotation and resistance equipment are used throughout the entire length of the pool. No swimming skills needed and all fitness levels welcome. Some exercises are performed in deep water with adjustments made in shallow water if need be. Instructor: Janet Holland.

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

SS1: May 3-31

SS2: June 7-28

SS3: July 5-26

SS4: August 2-30

Day/Time: Saturday; 8:15-9:00AM

Fees: Res/Non-res SS1: \$18/\$23; SS2: \$14/\$19; SS3: \$14/\$19; SS4: \$18/\$23 or \$4 drop-in fee per day.

Kid's Campsite

New play area for youngsters 48" or under in height. Soft-play features such as jeep, tent, log slide and frog to climb on and explore!

Hours: Monday-Friday; 9AM-12(Noon) and 4:00-8:00PM
Saturday & Sunday: 8:00AM-6:00PM

No cost at this time; must follow all rules.



Lucky Duck Morning Swim

This special morning open swim time for caregivers and young children. Safety & supervision is needed; if caregiver cannot provide adequate attention to children they may be asked to leave or bring additional help. We recommend 1:1 ratio for 2 yrs & under; 1:5 ratio for 3yrs & up; Ages 5 and under should always be within arm's reach.

Ages: Caregivers & children

Session: May 3-August 23

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

Fee: \$1 per child; pay at front desk

Painting 101

Participants will use tempera, watercolor and acrylic paints to create masterpieces. Ages: 3-5 years old

Session: June 3-24

Day/Time: Tuesdays

AM Class: 10-10:30AM or 10:30-11AM

PM Class: 6-6:30PM or 6:30-7PM

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

Registration deadline: May 28

Kickball

Recreational class gives kids a chance to learn how to play kickball. Ages: 3-5 years old

Session: July 8-29

Day/Time: Tuesdays

AM Class: 10-10:30AM or 10:30-11AM

PM Class: 6-6:30PM or 6:30-7PM

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

Registration deadline: June 26

Builders Club

A chance for kids to create different building projects with various kinds of materials.

Ages: 3-5 years old

Session: August 5-26

Day/Time: Tuesdays

AM Class: 10-10:30AM or 10:30-11AM

PM Class: 6-6:30PM or 6:30-7PM

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

Registration deadline: July 28

NEW!

Blastball League

Coed league to have fun learning fundamentals of tee ball. Kids hit off a tee and run to first base, which honks when jumped on.

Volunteer coaches are needed for this program!

Ages: Boys & Girls, 4-5 years old by May 23

Session: May 21-June 18

Day/Time: Wednesdays; 5:30-8:00PM

(Depends on number of teams - max. 40 kids)

Fee: \$25.00; after May 4 = \$30.00

Registration Deadline: May 4 (if optimal numbers reached; no additional entries accepted)

Location: Quail Ridge Park Field

Coaches Meeting: Mon., May 12; 6:00PM @ NLRC

Pee Wee Golf

Come enjoy this non-competitive, recreation approach to help your child learn sport basics, socialize and have fun with others.

Ages: 3-5 years old (Must be 3 yrs by first day of class)

Session: May 7-28

Days/Time: Wednesdays

AM Class: 10-10:45AM or 10:45-11:30AM

PM Class: 5:45-6:30PM or 6:30-7:15PM; 7:15-8PM

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

Registration deadline: April 30

Pee Wee Soccer

Come enjoy this non-competitive, recreation approach to help your child learn sport basics, socialize and have fun with others.

Ages: 3-5 years old (Must be 3 yrs by first day of class)

Session: June 4-25

Days/Time: Wednesdays

Wed AM: 10-10:45AM or 10:45-11:30AM

Wed PM: 5:45-6:30PM; 6:30-7:15PM; 7:15-8PM

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

Registration deadline: May 28

Pee Wee Baseball

Come enjoy this non-competitive, recreation approach to help your child learn sport basics, socialize and have fun with others.

Ages: 3-5 years old (Must be 3 yrs by first day of class)

Session: July 2-23

Days/Times: Wednesdays

AM Class: 10-10:45AM or 10:45-11:30AM

PM Class: 5:45-6:30PM; 6:30-7:15PM; or 7:15-8PM

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

Registration deadline: June 25

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. Recommended shoes/attire: leotard, tights, leather ballet slippers.

Ages: 3-4 years old

Days/Times: Wednesdays; 5:30-6PM or 6-6:30 PM

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

Summer Camp

One location of summer daycare camp! If enrollment grows we may offer two separate programs; one at NLRC and one at Buford Garner. Kids enjoy games and activities, both inside and outside. Activities include gym time, outdoor playground, art and crafts, swimming and field trips. All campers must bring their own snacks, lunches and drinks. Use of a refrigerator, microwave, or utensils not available. Ages: Kids entering grades 1-6

Session: Week 1: June 9-13 (Depends on school release date)

Week 2: June 16-20

Week 3: June 23-27

Week 4: June 30-July 3 (No program on July 4)

Week 5: July 7-11

Week 6: July 14-18

Week 7: July 21-25

Week 8: July 28-August 1

Week 9: August 4-8

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

Weeks 1,2, 4-6, 8 & 9: \$170/week; Week 3 & 7: \$190/week

Registration now in progress. Full payment required at time of registration to guarantee spot.

Before & After School Programs (BASP) Recsters & Buford Garner; Fall 2014

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

Recsters: serves Penn, Van Allen and Buford Garner students

Buford Garner: serves Buford Garner students only.

Session: ICCSD School Year; Start date August 19

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 per month: Before School \$95, After School \$170, AM & PM \$215; due the first of every month.

Youth Tech, Inc. – Computer Camp

Interactive computer camp focuses on enrichment opportunities in the world of computers. Positive learning community encourages creative, fun, and academic excellence. Visit www.youthtechinc.com for more info.

Age suggestion is 10-17 years; we accept younger students with parents making final decision as to what student is capable of doing.

Session: July 14-17

Days/Times: Monday-Thursday

Video Game Design: 9am-12PM: Fun, interactive look at the world of video game design and development. Learn basics of game design and produce video games to share.

Web Studio: 1-4pm; Combination of animation and web design classes. Learn basics of animation and digital design. Create fun interactive animations and learn the basics of web design to publish their animations to share with the world.

Fees: Video Game Design \$150; Web Studio \$140

Registration deadline: July 3



Wise Kids Outdoors

Get kids outside, excited and educated about nature this summer! Outdoor education and recreation while promoting basic wellness. Short class room instruction followed by hands-on learning through outdoor games, projects and activities. Each classroom session will be followed by an adventure outdoors. Emphasis will be placed on creatures, habitats and natural systems in Iowa. Topics include ecosystems, animals, geology, birds, insects, maps/geocaching, and food systems/trees.

Ages: 9-11 years

Session: June 12-July 31

Make up dates; August 7 & 14 if needed.

Days/Times: Thursdays; 9:30-11:30AM

Fee: \$45 per participant

Registration deadline: June 5

Tap/Ballet/Jazz/Hip Hop Combo Dance

Learn to dance ballet/jazz/hip hop and tap in one fun class!

Ballet: Strengthen and point feet, improve turn out and body alignment. Develop ballet technique or establish it! Barre work, dancing centre floor and dancing in leaps, jumps and turns.

Jazz: Emphasis on strong and proper body alignment and clean technique through placement of stretch & strength exercises. Jazz isolations and across the floor work on turns, kicks, and jumps. Choreographed combination to contemporary dance music.

Tap: Improve each student's overall vocabulary and understanding of phrasing, timing, balance. Challenge students with rudiments, exercises and routines that will push mind, body and soul.

Recommended shoes/attire: leotard, tights, pink leather ballet slippers, tap dance shoes.

Days: Wednesdays

Times: PreBallet/Tap Combo; 5-6 years. 6:30-7:15PM

Junior Ballet/Tap Combo; 7-9 years 7:15-8:00PM

Intermediate Combo; 10 years & Up 8:00-8:45PM

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

Tae Kwon Do: 6 years & Up

Learn self control, self confidence, discipline, courtesy and self defense. This activity is for the entire family. Uniform required. Instructor: Oscar Perez

Ages: 6 years & up

SS1: May 5-28 (No class May 26)

SS2: June 2-30

SS3: July 2-30

SS4: August 4-27

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

Fee: Res/Non-res: SS1: \$42/\$47; SS2: \$54/\$59; SS3:

\$54/\$59; SS4: \$48/\$53 or \$7 drop-in fee per class if not full.

Youth 3 on 3 Basketball League

Officiated 3 on 3 basketball league for boys & girls, grades 5-8 based on 2014-15 school year. This program is a team-oriented program where an entire team and coach sign up. Maximum number of teams: 8 teams for all grade divisions. Each team guaranteed at least 7 games depending on number of teams registered.

SS: June 16-July 14; Boys, Grades 5 & 6, Mondays NLRC

SS: June 17-July 15; Boys, Grades 7 & 8, Tuesdays BG

SS: June 19-July 17; Girls, Grades 5 & 6, Thursdays NLRC

SS: June 20-July 18; Girls, Grades 7 & 8, Fridays BG

Times: All are 5:30-9PM, on different days

Fee: \$125 per team

Registration Deadline: June 1

Location: NLRC & Buford Garner Elementary (BG) Youth

NLC Youth Volleyball

Combined youth volleyball program for North Liberty & Coralville. Program is designed to teach game fundamentals and to provide equal participation. Games/practices will be played at the Recreation Centers in North Liberty and Coralville.

Volunteer coaches are needed!

Ages: Juniors (Grades 3 & 4) as of Fall 2014 and

Seniors (Grades 5 & 6) as of Fall 2014

Session: September 9-October 21

Days/Times: Tuesdays, 6-8:15PM

Tues., Sept. 9: First meeting; team practices & T-shirts

Fees: Res \$35, Non-res \$43.75

Registration Deadline: August 24

Practices: September 10-October 20

Sundays, Mondays or Wednesdays; 6-7; 7-8 or 8-9pm.

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



Youth Tennis Programs

Participants must bring their own racquet. Maximum of 16 participants per session.

SS: June 10-June 26 (Make up date July 1)

SS2: July 8-July 24 (Make up July 29)

Days: Tuesdays & Thursdays

Fee: Residents/Non-residents: \$30 / \$40

Registration Deadline: SS1: June 8 SS2: June 29

Location: Penn Meadows Tennis Courts.

Munchkins (5-6 years); 8:45-9:15AM

Basic fundamentals such as how to hold racquet, scoring terminology and ground strokes will be taught while having fun in a physical activity. Red or foam transition balls will be used with mini nets.

Aces (7-8 years): 9:15-10AM

Develop ball control and start to rally with a partner over mini net. Use transition red balls and incorporate serves and volleys.

Volleyers (9-10 years): 10-10:45AM

Work on constructing points on a 60 foot court with orange transition balls. Focus on stroke development and movement skills.

Slammers (11-12 years): 10:45-11:30AM

Work on constructing points on a full 78 foot court with green dot transition balls. Focus on continued stroke development and movement skills. Serving used to construct points.

NLC Flag Football

This cooperative program between NL and CV will start up in the fall. Start thinking pigskin.

Ages: Grades 1-2, Grades 3-5

Session: September 14-October 26

Days/Times: Sundays; 12-5PM (Depends on team)

Fee: Res \$40, Non-res \$50; Late fee (after August 17) = \$5

Coaches Meeting: Sept 3; 6PM at NLRC

Location: Coralville Youth Sports Park; 2480 Dempster Dr

Registration deadline: August 17. If optimal numbers are

reached, registration ends.

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. Each team guaranteed 5-7 games depending on the number of teams in league.

Ages: Boys; Grades 5, 6, 7, 8

Grades 5/6: October 16-December 11

Days/Times: Thursdays; 6PM; 6:50PM; 7:40PM; 8:30PM

Grades 7/8: October 13-December 8

Days/Times: Mondays; 7PM; 7:50PM; 8:40PM

Location: NLRC - Jones & Roberts Gymnasiums

Fee: \$325 per team

Grades 7 & 8; Max. 7 teams; Grades 5 & 6; Max. 8 teams

If not enough teams, grades may be combined.

Registration: Begins in September; deadline: Sept. 28

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 assessed.

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

Noon Ball: May 2-August 29 (No play May 26 and July 4)

Days/Time: Monday-Friday, 12 - 1:30PM at NLRC

Evenings: May 1-August 28

(No play May 26 and July 4)

Days/Time: Tuesdays & Thursdays, 6:15-8:45PM at

North Bend Elementary

Fees: Daily fee \$2 per person or purchase monthly package:

Resident \$10; Non-resident \$15

Women's Doubles Tennis League

This league will be as competitive as participants want it to be. Take advantage of the great tennis courts in town and play the game of tennis. Participants will sign up as a individual and split into doubles play each day at the courts.

Ages: 18 years & up

Session: June 2-August 4

Days/Times: Mondays; 7-8:30PM

Fee: Residents/Non-residents \$15/\$20per player; balls provided.

Location: Penn Meadows Tennis Courts

Registration Deadline: May 18, max: 16 participants.



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: May 1-August 31 (No play May 26 and July 4)

Days/Time: Monday - Friday; 8-12PM

Sundays; 10-2PM

Location: Inside at NLRC Jones Gymnasium; Court 2

Fees: Resident/Non-resident: Daily fee \$1/\$2 or purchase monthly package \$10/\$15



Prime Time & Game Time Basketball Leagues

This summer league features area male and female college players and recruits. The philosophy behind these two leagues are for players to develop good basketball habits by providing a structured basketball environment where good decisions on the floor are rewarded and the emphasis is on the team rather than the individual.

Session: Middle of June through end of July

Prime Time (Men); Sundays & Tuesdays; 6-9PM

Game Time (Women); Wednesdays; 6-9PM

Location: NLRC

Fee: FREE



Herky on Parade

Catch Herky the Hawkeye as he goes back out On Parade in 2014 for the 10th Anniversary of Herky on Parade.

In 2004, Herky on Parade, a collaboration between the University of Iowa, the Iowa City/Coralville Area Convention & Visitors Bureau, City of Coralville and City of Iowa City, was the largest public art project ever in the area.

It's 10 years later and time to celebrate the 10th anniversary with more Herky statues, a new pose, and the parade is expanding to North Liberty. Starting May 5 the Herkys will go back "on parade" for public display through August.

Following the parade, Herky will be auctioned off to support United Way of Johnson & Washington Counties.



Tae Kwon Do: Adults

Learn self control, self confidence, discipline, courtesy and self defense. This activity is for the entire family. Uniform required. Instructor: Oscar Perez

Ages: Adults

SS1: May 5-28 (No class May 26)

SS2: June 2-30

SS3: July 2-30

SS4: August 4-27

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

Fee: Res/Non-res: SS1: \$42/\$47; SS2: \$54/\$59; SS3: \$54/\$59; SS4: \$48/\$53 or \$7 drop-in fee per class if not full.

Cardio Pump

Interval training utilizing progressive and moderate resistance with free weights and own body weight; cardio training during recovery. Build muscle, improve cardiovascular health and reduce muscle wasting. All fitness levels welcome. ACE Certified Instructor: Renee Manders. Ages: 14 years & up

SS1: May 5-28 (No class May 26)

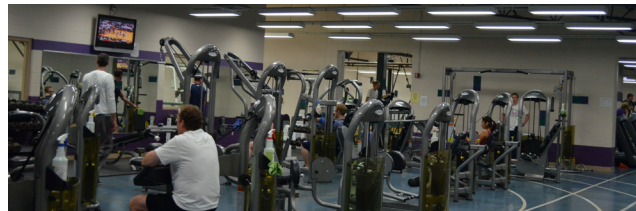
SS2: June 2-30

SS3: July 2-30

SS4: August 4-27

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

Fees: Res/Non-res SS1: \$21/\$26; SS2: \$27/\$32; SS3: \$27/\$32; SS4: \$24/\$29 or \$3.50 drop-in fee per class



Cardio Kickboxing

Elements of boxing, martial arts, and aerobics are used to provide overall conditioning and toning. Leather wrap gloves recommended when hitting the bags. No sparing involved in class. ACE Certified Instructor: Renee Manders

Ages: 14 years & up

SS1: May 1-29

SS2: June 3-26

SS3: July 3-26

SS4: August 5-28

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

Fees: Res/Non-res SS1: \$27/\$32; SS2: \$24/\$29; SS3: \$30/\$35; SS4: \$24/\$29 or \$3.50 drop-in fee per class

Cross Training

Class meets five days a week. Resistance training plus cardio, strength, endurance and kickboxing. No sparing. All fitness levels are welcome! ACE Certified Instructor: Renee Manders.

Ages: 14 years & up

SS1: May 5-31 (No class May 26)

SS2: June 2-28

SS3: July 1-August 2 (no class July 5)

SS4: August 4-30

Days/Times: Mondays-Thursday, 7:30-8:30PM and Saturdays 9:30-11:00AM

Fees: SS1: \$53.25; SS2: \$51.00; SS3: \$50.75; SS4: \$53.25 No drop-ins allowed.

Boot Camp

Cardio, agility, and strength training - using mostly your body weight. Military-inspired workout. Running or cross training shoes are recommended. ACE certified instructor: Renee Manders

Ages 14 years & up

SS1: May 3-31

SS2: June 7-28

SS3: July 12-26 (No class July 5)

SS4: August 2-30

Day/Times: Saturdays; 9:30-11AM

Fees: Res/Non-res: SS1: \$20/\$25; SS2: \$16/\$21; SS3: \$9/\$14; SS4: \$20/\$25 or \$4.50 drop-in fee per class if class not full.



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: May 6-29

SS2: June 3-26

SS3: July 3-26

SS4: August 5-28

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

Fees: Res/Non-res SS1 & 2: \$24/\$29; SS3: \$30/\$35; SS4: \$24/\$29 or \$3.50 drop-in fee per class

Lower Body Blast

Complete lower body focus with a low impact cardio warm up. We use step for lunging and light free weights for resistance. Instructor: ACE Certified Instructor: Sandi Cook. Ages: 14 years & up

SS1: May 4-25 (No class May 11)

SS2: June 1-29 (No class June 15)

SS3: July 13-27 (No class July 6)

SS4: August 3-31

Day/Time: Sundays; 1-2PM

Fee: \$3.50 drop-in fee per class



Zumba

Zumba is a Latin/world dance exercise class designed for all fitness levels. No dance experience needed. Join us for a fun, exhilarating workout. Instructor: Marilyn Wright.

Ages: 12 years & up

SS1: May 6-27

SS2: June 3-24

SS3: July 1-29

SS4: August 5-26

Days/Time: Tuesdays 6:30PM - 7:30PM

Fees: Res/Non-res SS1, 2 & 4: \$12/\$17; SS3: \$15/\$20; or \$4 drop-in fee per class

**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

Rachel West: coachwestfitness@gmail.com or call 319-759-6263

Digital Photography Class

Learn photography techniques and how, why, and when to use camera settings for great photos of scenics, people, action and much more. Visit www.tymephotog.com for class topics and discounts.

SS1: May 3-June 7 (No class May 24)

Days/Time: Saturdays; 10:00AM-1:00 PM

Fees: \$69.00 per person

Registration deadline: May 1

Senior Dining

Senior Citizens come join us for the occasional Friday lunch. Social hour is offered from 11-12(Noon) with lunch to follow. Seniors need to call the Recreation Center (626-5716) on the Thursday prior to the dining date to reserve a meal. Please leave name and number of meals needed. Rec staff picks up food from the IC Senior Center and dishes it out here at the Rec. Center. Ages: Senior Citizens

Dates: May 2, 16 & 30; June 13 & 27; July 11 & 25 and August 8 & 22

Days/Time: Fridays; 11am to 12(Noon) Social hour
12(Noon) Lunch served.

Fees: \$5.00 per person per date

Furniture Makeover - DIY Class

Revisit, a local NL business, is excited to offer a new furniture makeover class. With the increased interest in Pinterest and DIY it is hard to find somebody that doesn't have a piece of furniture they are wanting to rework or refurbish. The Amy Howard One Step paint line is incredible! This product is called a One-Step paint because you can put it on any surface. Use in on formica, plastic, metal, lacquered wood or any urethane finished piece. No stripping, sanding or priming. Participants will work off of small wood samples learning skills and techniques to take home.

Ages: Adults

SS1: May 17

SS2: June 21

SS3: July 19

SS4: August 23

Days/Time: Saturdays; 9AM-12 (Noon)

Fees: \$75.00 per person

Class size limited to 15, so sign up early.

Connect with us.

With the city's free, official smartphone app for iOS and Android phones, you can contact elected officials and city staff, see upcoming events and add them to your calendar, have city news delivered to you, browse local facilities, report issues to the city, and more.

Details at northlibertyiowa.org/app or find it on the App Store and in Google Play by searching for "North Liberty".

NORTH LIBERTY

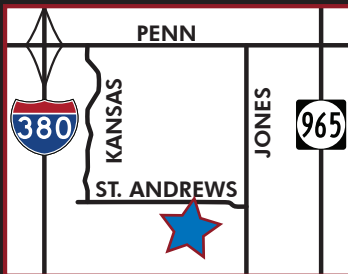
BLUES & BBQ



presented by

SOUTH SLOPE

Saturday, July 12 • 12-10 pm • Centennial Park



northlibertyblues.org

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