

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



This fall, join us on a hayrack ride or for some other Halloween fun, at the ballpark for a night of baseball, for youth flag football, and get ready for visits with Santa, too.

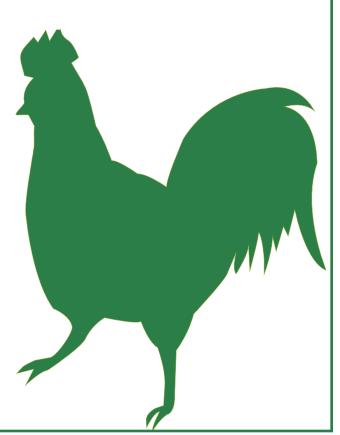
## Penn Landing Market

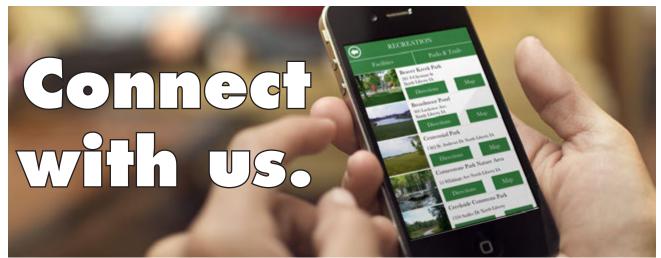
**North Liberty's Farmers' Market** 

## Every Sunday 11 a.m. - 2 p.m. May to October

at Pacha Parkway by Highway 965 & Penn Street

pennlandingmarket.org





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".

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.

*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:

Recreation Director Shelly Simpson Brian Motley **Assistant Recreation Director** Matt Fielder Youth Programs Supervisor Matthew Meseck Recreation Supervisor Kvle Huisman Site Supervisor Katie Gerot **Aquatics Supervisor** Jason Egly Administrative Assistant Dale Leonard Custodian/Maintenance Jeff Benner Custodian/Maintenance Mark Wingert Custodian/Maintenance

# Recreation Center Hours: Monday-Friday: 6 a.m. - 9 p.m.

Saturday and Sunday: 8 a.m. - 6 p.m.

See page 9 for pool hours.

#### Recreation Center Features

Gymnasiums: Two gyms with official-size basketball and volleyball courts, wood floors, air-conditioning and bleachers. Great for sports leagues and special events.

Weight and Exercise Area: Get in shape with our upperlevel 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 to 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 beforeand after-school program, as well as for summer and holiday camps; serving 60 children.

#### Seasonal Brochures:

- Summer Brochure: May-August
- Fall Brochure: September-December
- Winter Brochure: January-April

Seasonal brochures and flyers are available at the Recreation Center and at northlibertyiowa.org.

Meeting Rooms and Gerdin Conference Center: Dividers allow for multiple uses in the Gerdin Conference Center. The room can be opened up as one large room or separated into rooms for 20 to 400 people. It's great for birthday parties, showers, meetings and special events. Reservations are first come, first served.

Indoor and Outdoor Pools: Many features, such as our zero-depth entry, multiple slides, and more, make our aquatic facility one of the best in the state.

Kid's Campsite Play Area: Play area for youngsters 48 inches tall or shorter. Soft-play features such as jeep, tent, log slide and frog to climb on and explore!

Monday – Friday 9 a.m. – noon and 4 – 8 p.m.

Saturday, Sunday 8 a.m. – 6 p.m.

Photos: We use pictures and 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.

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

#### Table of Contents

Community & Events	Page 2	Water Fitness Classes	Page 13
Recreation Facility	Page 3	Special Events	Page 14–15
Recreation Packages	Page 4	Community & Events	Page 16
Facility Rentals	Page 5	Preschool Programs	Page 17
Registration Information	Page 6	Youth Programs & Sports	Page 18–19
Facility and Upgrade Information	Page 7	Adult Sports & Programs	Page 20–21
Pacha Aquatic Center	Page 8	Communications Department	Page 22
Pool Fees & Information	Page 9	Library	Page 23
Swim Lessons	Page 10-12	Parks, Trails and Green Spaces	Back Cover

Black & Gold Pack Offers access to both the area and the pools.	he weight and exercise		Offers access to the weight and exercise area		Silver Package: Offers access to the pools only	<u>Adults</u>	Seniors/ Youth	
			Daily Fees/Seniors:	\$2 / \$1	\$3 / \$2	Daily Fees:	\$4	\$3
1 Month	Resident	Non-Res.	1 Month	Resident	Non-Res.	1 Month	Resident	Non-Res.
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	_	_	Child	_	_	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	_	_	Additional Member	\$8	\$10
6 Month	Resident	Non-Res.	6 Month	Resident	Non-Res.	6 Month	Resident	Non-Res.
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	_	_	Child	_	_	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	_	_	Additional Member	\$30	\$36
Annual	Resident	Non-Res.	Annual	Resident	Non-Res.	Annual	Resident	Non-Res.
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	_	_	Child	_	_	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	_	_	Additional Member	\$41	\$49

Track Packages	Resident	Non-res.	Replacer	nent card
For year-round track use only	No fee	\$5	\$2 per card	
Open Gym Activities	Dail	Daily fee One-mont		nth pass
For designated open gym play.	Resident	Non-res.	Resident	Non-res.
Pickleball or badminton	\$1	\$2	\$10	\$15
Basketball	\$2	\$2	\$10	\$15

#### **Definitions**

Daily Fees: Per-person fees assessed per day.

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

Family: For up to four 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 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. Children under the current age limit cannot be unattended and must be accompanied by a caregiver. Senior Couple: Two senior citizens, living at the same residence with

at least one being age 60 or older.

Senior Individual: Person 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 four.

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 Group 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)	Up to 55 people	\$20/hour	\$25/hour	\$10/hour
Large Room (Gerdin)	Up to 70 people	\$25/hour	\$30/hour	\$12.50/hour
Double Room (Gerdin)	Up to 140 people	\$40/hour	\$50/hour	\$20/hour
Half Gymnasium	200 people	\$20/hour \$30/hour with tarps	\$25/hour \$35/hour with tarps	Regular fees apply.
Full Gymnasium	400 people	\$40/hour \$50/hour with tarps	\$45/hour \$55/hour with tarps	Regular fees apply.
Full Gerdin Conference Center	Up to 650 people	\$70/hour	\$85/hour	Regular fees apply.



#### Pool Rentals

The indoor and outdoor pools can be rented for parties. A pool rental agreement form needs to be completed and submitted to reserve the pools.

Outdoor Pool rentals continue through August. Indoor Pool rentals resume Saturday, September 12.

Pool Rentals	Indoor	Outdoor
Saturday, Sunday: 6 – 7:30 p.m.	\$90	NA
Saturday, Sunday: 7:45 – 9:15 p.m.	\$90	NA

**Gymnasium Rentals** 

The demand for use is high, and NLRC programs have priority. Rentals are first-come, first-serve 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,

Buford Garner and, coming soon, Penn Elementary.



#### Kids' Campsite Rentals

The play area may be available to reserve in addition to room rentals for birthday parties. All play area rules must be followed, and a rental form needs to be completed and approved, first come, first served.

Days/Times: Saturday, Sunday: 6 - 7 p.m.

Feé: \$25 per hour





North Liberty Resident Fees: Residents are individuals who have a North Liberty address within the 52317 ZIP code. Please be prepared to show proof of current residency when registering for programs and obtaining memberships.

Age Requirements: Patrons must be in high school or older to use weight and cardio equipment. JH students may use the track without adult supervision (ID required). Patrons younger than JH may be on track with direct adult supervision. Patrons 8 years and younger are not allowed in the building without direct 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, MasterCard, Discover and American Express. 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.

Register Online go!

Refund Policy (see page 16 for swim lesson refund policies):

- Daily fees and class drop-in fees are non-refundable.
- Membership packages that have 7 or fewer days remaining at time 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 and made 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.

Go to northlibertyiowa.org and click on the Register Online button.

- 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.

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 priorities, so we've established an unattended child policy and patron discipline policies. Currently, 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 and 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.

#### 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¢



Proposed Changes to 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 priorities, so discussion is taking place to make changes to our unattended child policy. Currently, 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 and 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. Proposed changes include:

Children must be in Grade 7 (12-13 years) to use the facility without supervision.

#### **Unattended Child Age:**

Children in Grade 6 (11-12 years) and under must be accompanied by an adult for drop-in use or enrolled in a supervised activity/program when using the facility.

Grade 7-8 must show a current School ID to obtain a Facility Pass. May utilize the facility on own with pass; except for the weight area in which they must be under the guidance of an adult and pay associated fees. Grade 9-12 must show a current School ID to obtain a Facility Pass. May utilize the facility including the weight area and pay associated fees with no adult supervision.

#### **Facility Pass / Identification:**

For those children in Grade 7 or older, a Facility Pass must be obtained or presented upon each visit to facility, unless enrolled in a supervised activity / program. The Facility Pass will help identify and monitor usage during free play in the gymnasium, pools, library or community center grounds. Initial passes will be free to North Liberty residents and an annual \$5 charge for non-residents. A \$2 replacement fee will be assessed for each new card printed.

•Facility passes for children in Grade 7 or older must be obtained and completed with a current School ID or by a parent or guardian in person at the North Liberty Community Center during regular business hours.

This policy change is proposed to take effect Sept. 1, 2015



# Starting July 29, we're updating the upper level flooring.

This project will replace the worn cushioned surface under the weight and cardio equipment as well as on our track. We're staging the work to keep as much open as possible while the work occurs. Thank you for bearing with our facility upgrades.

July 29 – Aug. 2 weight stations closed, cardio and track open upper level closed

Aug. 8 – Aug. 17 weight stations closed, cardio and track open

Aug. 18 – Sept. 13 upper level closed upper level reopened

Any non-expired weight and exercise memberships will be automatically extended two months at no charge.

Thanks you for your patience, understanding and continued patronage.

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 northlibertyjowa.org

#### **Indoor Pool Hours**

Monday-Thursday: 6 a.m. – 9 p.m. Friday: 6 a.m. – 9 p.m. Saturday & Sunday: 8 a.m. – 6 p.m.

#### 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 men's and women's locker rooms 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 entertainment for players of all ages.

#### **Adult Supervision**

Kids younger than 9 years must have supervision from a parent/caregiver 16 years and 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.

#### 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.

#### **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 and northlibertyiowa.org. It may be necessary to make changes in the schedule to meet demands from the public.

#### 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)

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 or 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.

Black & Gold Package:

Silver Package:

Designed for individuals who use both the weight & exercise area and the pools.

Designed for individuals who use the pools

Daily Fees: Adults \$4; Senior Citizen and Children \$3						
1 Month	Resident	Non-Res.	1 Month	<u>Resident</u>	Non-Res.	
Family	\$127	\$152	Family	\$51	\$61	
Couple	\$75	\$90	Couple	\$38	\$46	
Individual	\$45	\$54	Individual	\$25	\$30	
Child	_	_	Child	\$15	\$18	
Senior Couple	\$60	\$72	Senior Couple	\$32	\$38	
Senior Individual	\$36	\$43	Senior Individual	\$20	\$24	
H.S./College/Military	\$36	\$43	H.S./College/Military	\$20	\$24	
Additional Member	\$8	\$10	Additional Member	\$8	\$10	
6 Month	Resident	Non-Res.	6 Month	Resident	Non-Res.	
Family	\$585	\$702	Family	\$200	\$240	
Couple	\$338	\$406	Couple	\$150	\$180	
Individual	\$203	\$244	Individual	\$100	\$120	
Child	_	_	Child	\$60	\$72	
Senior Couple	\$271	\$325	Senior Couple	\$125	\$150	
Senior Individual	\$162	\$194	Senior Individual	\$80	\$96	
H.S./College/Military	\$162	\$194	H.S./College/Military	\$80	\$96	
Additional Member	\$30	\$36	Additional Member	\$30	\$36	
Annual	Resident	Non-Res.	Annual	Resident	Non-Res.	
Family	\$959	\$1,151	Family	\$300	\$360	
Couple	\$547	\$656	Couple	\$225	\$270	
Individual	\$327	\$392	Individual	\$150	\$180	
Child	_	_	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	

#### **Sick Swimmers**

Swimmers who have been sick should not enter the water for two weeks following 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 four 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. Children under the current age limit cannot be unattended and must be accompanied by a caregiver.

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

Senior Individual: Person 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 four.

#### Swim Lesson Registration Process

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

North Liberty residents: Monday, August 3; Non-residents Wednesday, August 5

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 4-8 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 (Age 3)

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 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. Prerequisite: 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.

Attention: Please register for the class most suited to your child's skills. Remember progression to the next level may require more than one session. All transfers, refund requests and changes must be made by the Wednesday prior to the session's start. There is no guarantee of a move to a different level or receiving a refund after that deadline.

EVENING LESSONS - Monday & Wednesday / Indoor Pool						
Sessions:	Time:	Parent Tot	Tadpoles	Level 1	Level 2	Level 3
Sept. 21- Oct. 14	4:00-4:30 p.m.	_	3660.100	3581.100	3595.100	3592.100
	4:45-5:15 p.m.	3615.100	3618.100	3602.100	3584.100	3596.100
	5:30-6:00 p.m.	3500.100	3603.100	3503.100	3509.100	3515.100
	6:15-6:45 p.m.	3598.100	3604.100	3504.100	3510.100	3516.100
Oct. 26- Nov. 18	4:00-4:30 p.m.	_	3662.100	3582.100	3593.100	3587.100
	4:45-5:15 p.m.	3616.100	3619.100	3589.100	3585.100	3588.100
	5:30-6:00 p.m.	3501.100	3605.100	3505.100	3511.100	3517.100
	6:15-6:45 p.m.	3599.100	3606.100	3506.100	3512.100	3518.100
Nov. 30-Dec. 16	4:00-4:30 p.m.	_	3664.100	3583.100	3594.100	3591.100
	4:45-5:15 p.m.	3617.100	3620.100	3597.100	3586.100	3590.100
	5:30-6:00 p.m.	3502.100	3607.100	3507.100	3513.100	3519.100
	6:15-6:45 p.m.	3601.100	3608.100	3508.100	3514.100	3520.100

SS1 & SS2: 8 dates Residents \$30 / session Non-residents \$35 / session SS3: 6 dates Residents \$22.50 / session Non-residents \$27.50 / session



#### Swim Lesson Registration Process

Register in person at the North Liberty Community Center, 520 W. Cherry Street in North Liberty or online. Registration starts at 6 a.m., Registration is first-come, first-served, ID may be required to register. North Liberty residents: Monday, August 3; Non-residents Wednesday, August 5

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 yards, tread water for 30 seconds, swim elementary backstroke 15 yards 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 yards; swim breaststroke 15 yards; swim back crawl 25 yards; swim elementary backstroke 25 yards.

Guard Start/Level 9 (Passed level 8) Designed for youth 11-14 years old or those with strong swimming skills. American Red Cross program that provides a foundation of life guarding and life skills in and around the pool. Pre-requisites: Ability to swim the front crawl for 25 yards continuously while breathing to the front or side. Ability to tread water for 1 minute using arms and legs. Ability to submerge and swim distance of 10 feet underwater.

#### Attention:

Please register for the class that is most suited to your child's skills. Remember progression to the next level may require more than one session. All transfers, refund requests, changes must be made by the Wednesday prior to session start date and there is no guarantee to move child to different levels or receiving refund after such date.

EVENIN	EVENING LESSONS - Monday & Wednesday / Indoor Pool						
Sessions:	Time:	Level 4	Level 5	Level 6	Level 7	Level 8 & 9	
Sept. 21-Oct. 14	4:00-4:40 p.m.	3521.100	3533.100	3545.100	3557.100	3569.100	
	4:45-5:25 p.m.	3522.100	3534.100	3546.100	3558.100	_	
	5:30-6:10 p.m.	3523.100	3535.100	3547.100	3559.100	_	
	6:15-6:55 p.m.	3524.100	3536.100	3548.100	3560.100	_	
Oct. 26-Nov. 18	4:00-4:40 p.m.	3525.100	3537.100	3549.100	3561.100	3570.100	
	4:45-5:25 p.m.	3526.100	3538.100	3550.100	3562.100	_	
	5:30-6:10 p.m.	3527.100	3539.100	3551.100	3563.100	_	
	6:15-6:55 p.m.	3528.100	3540.100	3552.100	3564.100	_	
Nov. 30-Dec. 16	4:00-4:40 p.m.	3529.100	3541.100	3553.100	3565.100	3571.100	
	4:45-5:25 p.m.	3530.100	3542.100	3554.100	3566.100	_	
	5:30-6:10 p.m.	3531.100	3543.100	3555.100	3567.100	_	
	6:15-6::55 p.m.	3532.100	3544.100	3556.100	3568.100	_	

SS1 & SS2: 8 dates Residents: \$30 / session Non-Res: \$35 / session SS3: 6 dates Res: \$22.50/ session Non-Res: \$27.50/ session

Swim Lesson Make up / Refund Policy

For the complete refund policy, visit northlibertyiowa.org

• M/W evening lessons canceled by the facility will be made up the Friday following a missed class at the original scheduled time, no refunds will be given.

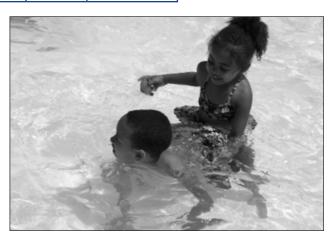
• T/TH private lessons will not be made up, but a credit to your NLRC account will be applied if NLCC cancels.

· Requests for program/class refund or transfer must be made at least 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 if they occur seven days prior to or during a session or class. Copy of doctor's note with date of incident is required.

Crédits will be applied to your NLRC account.

· Refunds are processed through City Hall and will be mailed to you. Please allow 3-4 weeks.



#### Swim Lesson Registration Process

Register in person at the North Liberty Community Center, 520 W. Cherry Street in North Liberty or online. Registration starts at 6 a.m.. Registration is first-come, first-served. ID may be required to register. North Liberty residents: Monday, August 3: Non-residents Wednesday, August 5

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 PM							
Sessions:	Time:	Class #:					
Sept. 22-Oct. 13	4:30-5PM	3630.100					
	5-5:30PM	3631.100					
	5:30-6PM	3575.100					
	6-6:30PM	3632.100					
	6:30-7PM	3670.100					
Oct. 27-Nov. 17	4:30-5PM	3633.100					
	5-5:30PM	3634.100					
	5:30-6PM	3577.100					
	6-6:30PM	3635.100					
	6:30-7PM	3671.100					
Dec. 1-15	4:30-5PM	3636.100					
	5-5:30PM	3637.100					
	5:30-6PM	3579.100					
	6-6:30PM	3638.100					
	6:30-7PM	3672.100					

SS1 & SS2 Fees: 4 dates Residents: \$52 per session Non-residents: \$57 per session

SS3 Fees: 3 dates Residents: \$39 per session Non-resdients: \$44 per session

Thursday PM					
Sessions:	Time:	Class #:			
Sept. 24-Oct. 15	4:30-5PM	3639.100			
·	5-5:30PM	3640.100			
	5:30-6PM	3576.100			
	6-6:30PM	3641.100			
	6:30-7PM	3673.100			
Oct. 29-Nov. 19	4:30-5PM	3642.100			
	5-5:30PM	3643.100			
	5:30-6PM	3644.100			
	6-6:30PM	3695.100			
	6:30-7PM	3675.100			
Dec. 3-17	4:30-5PM	3645.100			
	5-5:30PM	3646.100			
	5:30-6PM	3580.100			
	6-6:30PM	3647.100			
	6:30-7PM	3674.100			

#### School Break Swims

Come enjoy the pool for extended "open swim" hours on your breaks from school. All ages. SS1: Nov. 23-25 (No swim Nov. 26 & 27) SS2: Dec. 23, 28-31 (No swim Dec. 24, 25, Jan. 1, 2016) Time: 12(Noon)-5:00PM Fee: \$2/day for child; \$4/day for adult

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 the Friday following the missed class at the original scheduled time, no refunds will be given.

• T / TH private 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 8 a.m. – 5 p.m..
• 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.

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.

#### Job Opportunities with the North Liberty Pools

The NLRC offers the following part-time positions: Lifequards/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)
Applications are available at the NLRC or visit the city website: northlibertyiowa.org

#### Lifequard 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 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 years old by last day of course

Lifeguard Pre-test: SS1: Dec. 15; 7-8 p.m. - must attend Lifeguard Class: SS1: Dec. 18; 4-9 p.m. Dec. 19; 8 am – 6 p.m.

Dec. 20; 8 am – 6 p.m.

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

Early Bird Aqua Aerobics

Water fitness includes agua 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 with adult) SS1: Sept. 10-29

SS2: Oct. 1-27 (No Oct. 8 & 29) SS3: Nov. 3-19

Days/Times: Tuesdays & Thursdays; 6:05-6:50 a.m. Fees: Res/Non-res: SS1 & 3: \$21/26; SS2: \$24/29; or \$4 drop-in fee per day.

#### Water Resistance Exercise Class

Exercise in deep water wearing Hydro Fit ankle floatation cuffs. Routine changes weekly to allow a challenge to different muscle groups. At times, water belts will be worn and boxing is performed in shallow water. Boxing in water is a great cardio and arms workout. Learn floating sit ups, jogging and bicycle in water. This is a fun and fast paced class! All equipment provided. Water shoes and water bottle recommended. Please arrive 15 minutes early if new to class. Class starts promptly at 8 a.m. Instructor: Sue Carter.

Ages: 15 years & up SS1: Sept. 2-30 (No Sept. 7) SS2: Oct. 19-30 (No Oct. 2-16) SS3: Nov. 2-30 (No Nov. 27) SS4: Dec. 2-30 (No Dec. 25)

Days/Times: Mondays/Wednesdays/Fridays: 8-8:45 a.m. Feés: Res/Non-res SS1,3,4: \$42/47; SS2: \$21/26 or \$4 drop-in fee per day

Easy Does It

Focus on balance, improving your range of motion and core strength. Use of Hydro Fit ankle cuffs and water belts with instructor determining which is better for you. Warm up in shallow water and progress to deep water once you master balance. This is a fun way to exercise and effective in improving range of motion. Water shoes and water bottle recommended. Please arrive 15 minutes early if new to class. Class starts promptly at 9 a.m. Instructor: Sue Carter.

Ages 15 years & up SS1: Sept. 2-30 (No Sept. 7) SS2: Oct. 19-30 (No Oct. 2-16) SS3: Nov. 2-30 (No Nov. 27) SS4: Dec. 2-30 (No Dec. 25)

Days/Times: Mondays/Wednesdays/Fridays: 9-9:45 a.m. Fees: Res/Non-res SS1,3,4: \$42/47; SS2: \$21/26 or \$4 drop-in fee per day

Arthritis Aquatic Program

Recreational exercise program designed for men & women, regardless of age. Fun, friendly, supportive group under guidance of leaders. Exercise without excessive strain on joints & muscles. Perform gentle range of motion and muscle stretching exercises. Benefits include decreased pain / stiffness, increased muscle strength, improved flexibility, balance and joint mobility. Instructors: Ellen Schmadeke; Suzy Richter; Verlee Lauderbaugh. Ages:15 years & Up SS1: Sept. 2-30 (No Sept. 7) SS3: Nov. 2-30 (No Nov. 27) SS2: Oct.. 2-30 SS4: Dec. 2-30 (No

Days/Time: Mondays, Wednesdays, Fridays; 10 -10:50 a.m. Feés: SS1,3,4: \$24/29; SS2: \$26/31 or \$3 drop-in fee per day if class not full.

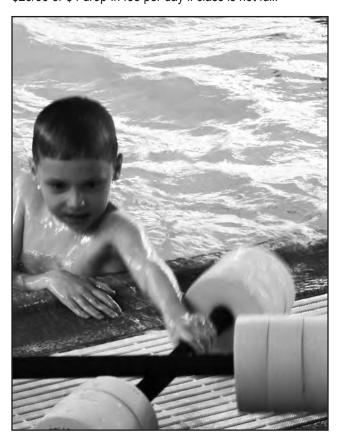
Agua Boot Camp

This class is full of fun and energizing activities designed to help you reach your fitness goals now. Exercises are performed using the full length of the pool, but no swimming skills are needed to participate. Regardless of age, size, or fitness level - you can achieve noticeable results. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you! Instructor: Janet Holland Ages: 15 years & up (Younger may attend with adult)

SS1: Sept. 1-29 SS2: Oct. 1-29

SS3: Nov. 3-19 (No Nov. 24 & 26) SS4: Dec. 1-29 (No Dec. 24 & 31)

Days/Times: Tuesdays & Thursdays; 5:45-6:30 p.m. Fees: Res/Non-res SS1 & 2: \$31/36; SS3: \$21/26; SS4: \$28/33 or \$4 drop-in fee per day if class is not full.



Saturday Agua Aerobics

Get your weekend started off right with a high energy water workout. Various floatation and resistance equipment are used throughout the entire length of the pool. We integrate lap swimming combined with other activities in the water. All fitness levels are welcome! Instructor Janet Holland. Ages: 15 years & up (younger may attend with adult)

SS1: Sept. 5-26 SS2: Oct. 3-31 SS3: Nov. 7-28 SS4: Dec. 5-26

Day/Time: Saturday; 8:15-9 a.m. Fees: Res/Non-res SS1, 3 & 4: \$14/19; SS2: \$17/23; or \$4 drop-in fee per day is class not full.

#### 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 jegly@northlibertyiowa.org for more information.

#### 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 and educational activities. Themes include: birds, animals of lowa, trees, insects, outdoor skills, aquatic habitats, creatures of the night, wildflowers and prairies, rocks and minerals, and the wild turkey.

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.

Packs can be checked out for two weeks at a time, any day of the week.

#### Cedar Rapids Kernels / NL Night

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

Session: Saturday, August 29; Game Time: 6:35PM Fee: \$7.00 per person, Kids 3 and under are free (Must provide own transportation to CR) Registration Deadline: August 17

#### **Doggie Plunge**

Bring your dog for some fun in the sun/water at the 6th 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 limited chemicals for the dogs' safety. If dogs are unable to "play nice" they may be asked to leave without compensation or warning.

Ages: 16 years and up

Children under 15 years must be accompanied by adult.

Session: Friday, September 11

Time: 3-8 p.m.

Fee: Early registration \$7 per dog; Day of event registration \$10 per dog.

Proceeds will be donated to the Cedar Valley Humane

Society.



#### **Halloween Events**

#### Pumpkin Painting / Carving

Come join us at the Rec Center to enjoy painting or carving a pumpkin prior to the Halloween season. Kids will pick out their own pumpkin to carve or decorate... or both! We will provide all materials needed to get the job done. Treats included.

Ages: Up to 12 years old

Date: Saturday, October 24 Time: 8:30 – 10 a.m.

Fee: \$8.00 per child

#### Moonlight Hayrack Ride & Movie

Join us for an old fashioned hayrack ride. Rides take place at the Colony Farm off S. Front Street, just north of Van Allen Elementary. Snacks, hot cocoa, warm cider and crackling campfire provided. Rides are 20-30 minutes. This is not a haunted hayrack ride and it is intended for all ages. Hayrack rides are from 6-8:00PM and we will be showing some short Halloween kid favorites on our 12-foot outdoor movie screen during this time as well. Please bring own blankets & lawn chairs to enjoy the movies. Pre-registration required! Riders must attend the day pre-registered for and pre-ride check in required. Ages: All ages. Children must be accompanied by adult. Date: Friday, October 9 or Saturday, October 10. Time: Rides and movie shown from 6:00-8:00PM Fee: \$4 per person, \$12 per family of 4; (2 & under: FREE)

Registration Deadline: October 9

#### **Haunted Happenings**

Tunnel, mazes, carnival games and fun! Come in costume and have a frightful time. Activities, snacks, drinks and candy supplied by NL Optimist Club & NLRC. Ages: 9 & under. Kids must be accompanied by an adult. Dates: Thursday & Friday, October 29 & 30

The second of th

Time: 6:30-8PM

Fee: \$2 per child. Pay at the door!

#### **Holiday Events**

#### Holiday Vendor Fair

The NLRC offers local vendors, crafters, and sellers the opportunity to rent a spot at the North Liberty Holiday Vendor Fair. This 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. Vendors are not allowed to leave early and please respect other vendors and close up shop prior to the finish. Vendors must supply own table(s), chairs provided by NLRC. Additional spots may be purchase if you think more space is needed. Electricity is available if need be.

Date: Saturday, December 5 Time: Vendor set-up 6-8AM; Fair Open to Public: 8-11AM

Fee: 10 x 10 square spot = \$10 per vendor Registration: Contact Matt Meseck at mmeseck@northlibertyiowa.org or call 626-5716. Crafters and homemade only may register until Nov 11; starting Nov 12, registration is open to all.

#### Breakfast With Santa

Santa will be waiting for kids to enjoy a hot meal provided by the North Liberty Lions Club. Event also includes live music, crafts, special holiday movies on the big screen, a Christmas Village with full operating train to enjoy. Don't forget to visit with Santa and tell him what you want for Christmas. Bring your camera for a picture with Santa. This will be a great time!

Ages: Infants - 10 years old Date: Saturday, December 5

Time: 8-11AM

Fee: \$3 per person (ages 3 & up), Everyone pays

regardless of intent to eat.

Pre-registration required; Deadline: Dec. 1 or until optimal numbers are met; no walk-ins.

#### **Holiday Lights Contest**

Join our holiday decoration contest for the upcoming Christmas season. Free to enter with prizes awarded to the top three houses. Winners chosen by public & staff voting. Complete entry forms at the NLRC.

Fee: Free to enter; register by Dec. 11

Voting completed Dec. 14-18; Winners announced Dec. 21 Registration forms available at the NLRC or contact Matt Meseck at mmeseck@northlibertyiowa.org or call 319-626-5716. Deadline to register: December 11

**BINGO Night** 

B-I-N-G-O! Test your luck in our annual bingo night. Eight games of standard bingo, five 4-corner and three blackout games will be played. Prizes include memberships and gift certificates. Please register early! Ages: 21 years and older

Date/Time: Friday, Dec. 18; 7:00 p.m. Fee: FREE; register by December 11





#### SUNDAY, SEPTEMBER 20

\$15/ADULT BEFORE 5 P.M. SEPT. 18.
REGISTER BY AUG. 28 TO RECEIVE A T-SHIRT
WITH EACH 5K REGISTRATION!

\$20/ADULT RACE DAY

# THIS RACE WILL BENEFIT THE NORTH LIBERTY SUMMER LUNCH AND FUN PROGRAM

7:15 AM REGISTRATION &

CHECK IN

8:00 AM KIDS' RUN 8:20 AM ADULT RUN

STARTS AND ENDS AT

NORTH BEND ELEMENTARY SCHOOL 2230 ST. ANDREWS DRIVE, NORTH LIBERTY, IA



TO REGISTER: SEARCH "NORTH LIBERTY FUN RUN" AT **GETMEREGISTERED.COM** 



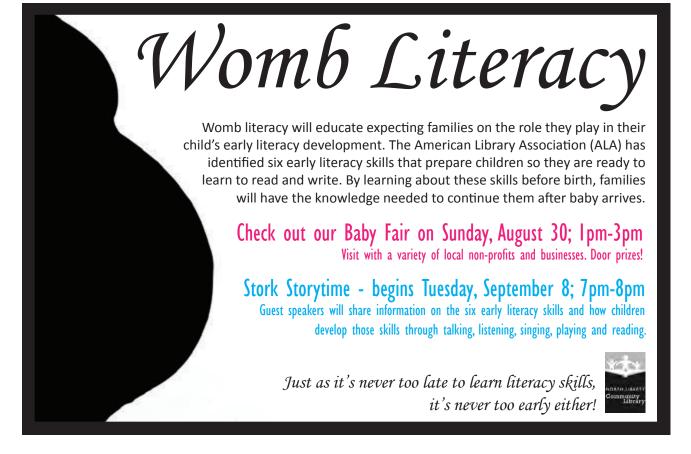


## 11am - 11pm • August 22 • Bobber's Grill

Kids inflatables, silent auction, mechanical bull, junior firefighter activities, apparatus displays, great good and fun!

Crazy Delicious live from 7 to 11 p.m.

Details and additional information at facebook.com/NLFDSaluteToSummer



Lucky Duck Morning Swim

A special morning open swim time for caregivers and young children. Safety and 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 years and under; 1:5 ratio for 3 years and up; Ages 5 and under should always be within arm's reach.

Ages: Caregivers & children SS1: August 14 - December 18 (No Nov. 27, Dec. 25)

Days/Times: Fridays, 9-11:30AM Fee:\$1 per child; pay at front desk



Kid's Campsite

Play area for youngsters 48 inches or shorter. Soft-play features such as jeep, tent, log slide and frog to climb on and explore!

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

No cost at this time; must follow all rules.

#### Lil Chefs

Awesome class to put Fun with Food! Kids will create delicious treats to enjoy during class or to take home.

Ages: 3-5 years old

Sessions: October 6-27 AM Class: Tuesdays; 11:00AM-12 (Noon) PM Class: Tuesdays; 6:00-7:00PM

Fee: Res/Non-res \$30/\$35

Registration Deadline: September 29

Thanksgiving Crafts

Recreational class gives kids a chance to make seasonal

crafts. Ages: 3-5 years old Session: November 3-24

AM Class: Tuesdays; 10-10:30AM or 10:30-11AM PM Class: Tuesdays; 6-6:30PM or 6:30-7PM

Fee: Res/Non-res \$20/\$25 Registration deadline: October 27

#### Christmas Crafts

Recreational class gives kids a chance to make seasonal

crafts. Ages: 3-5 years old Session: December 1-15

AM Class: Tuesdays; 10-10:30AM or 10:30-11AM PM Class: Tuesdays; 6-6:30PM or 6:30-7PM Fee: Res/Non-res \$20/\$25

Registration deadline: November 24

#### Pee Wee Sports!

Enjoy this non-competitive approach to help your child learn sport basics, socialize and have fun! Fills quickly, so be sure to register early.

Football Session: Sept. 2-23

Registration deadline: August 26

Soccer Session: Sept. 30- Oct. 21

Registration deadline: Sept. 23

Basketball Session: Oct. 28-Nov. 18 Registration deadline: Oct. 21

Ages: 3 - 5 years old (must be 3 years by first class) Wed AM Class: 10-10:45 or 10:45-11:30

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

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

#### Swim Lessons

Don't forget to check out pages 14-16 for swim lessons; parent and tot, tadpoles, levels 1-8. We offer lessons in Monday & Wednesday evenings.



#### Mini Cakes

Each little one gets to bring a special guest to help them decorate. Will it be mommy, daddy, Grandma or anyone else close to them. Class will start with a short demonstration on piping frosting, than each little one and guest will decorate their own mini cakes. All materials provide, but you are welcome to bring your own apron.

Instructor: Stephanie Fiser Ages: 2 - 6 years SS1: September 12 SS2: October 3 Deadline: August 31 Sept. 21 SS3: November 7 Oct. 26 Days/Time: Saturdays; 10:00-10:30 a.m.

Fee: \$5.00 per session, per child

Youth Cake Decorating

Learn the basics of cake decorating and have fun. Learn how to use an icing bag and many different tips. Take own mini cake home. Instructor: Stephanie Fiser.

Ages: 6-14

Session: Deadline: SS1: September 12 SS2: October 3 August 31 Sept. 21 SS3: November 7 Oct. 26 Day/Time: Saturdays; 11 a.m.- 12 (noon)

Fee: \$12.00 per session, per child

Sewing

Learn basics of sewing in a 2 part class. Each child can choose between several projects to work on and complete in class. Examples include bracelets, purse, cell phone or iPod cases, key chains, dol clothes, etc... Instructor: Stephanie Fiser.

Ages: 6-14

Session: Deadline: SS1: September 19 & 26 SS2: October 10 & 24 Sept. 8 Sept. 28 SS3: November 14 & 21 Nov. 2 Days/Time: Saturdays; 10-10:45 a.m. Fee: \$10.00 per session, per child

Scrapbooking

Learn how to proudly show your memories in a creative way. Basics of scrapbooking will be introduced: cropping, layout, design options and much more. Variety of fun supplies (stickers,rubber stamps,ribbon, paper punchers, etc.) will be available for everyone to experiment with. Class fees include all supplies except for the assorted pictures and memorabilia each child wants in their own book (6-10 pictures suggested). Instructor: Stephanie Fiser

Ages: 6-14

Session: Deadline: \$\$1: September 19 & 26 \$\$2: October 10 & 24 Sept. 8 Sept. 28 SS3: November 14 & 21 Nov. 2 Day/Time: Saturdays; 11-11:45 a.m. Fee: \$10.00 per session, per child

Winter Break Workshops

Is your child looking for something to do over their winter break? Sign up for a mini workshop to have fun and learn something new. Sewing: learn the basics of sewing and make clothing and footwear for your 18-inch doll; Youth Cake Decorating: learn basics of cake decorating and make a mini tier cake; Scrapbooking: learn the basics of scrapbooking and make a mini book about your family (Be sure to bring pictures of family members, pets, and memorabilia. Instructor: Stephanie Fiser

Ages: 6-14

Date: Activity: Deadline: Sewing Mon., Dec. 28 Dec. 14 Tues., Dec. 29 Youth Cake Decorating Wed., Dec. 30 Scrapbooking Days/Time: Saturdays; 1-2 p.m. Fee: SS1:\$5 per child; SS2: \$12 per child; Dec. 14 Dec. 14

SS3: \$5 per child

Before & After School Programs (BASP) Recsters & Buford Garner; Fall 2015

Provides recreational activities, supervision and guidance for kids K-6 before and after school Recsters: serves Penn/Van Allen/Garner students
Buford Garner: serves Buford Garner students only.
Session: ICCSD School Year; Start date August 24
Monday-Friday; 7 a.m. - 8:45 a.m. = Before School
Mon-Wed, Fri; 3:45-6 p.m., Thurs 2:45-6 p.m. = After

Registration: please call Matt Fielder at 626-5734 for openings or to be placed on waiting list. Monthly Fees: Before School \$100, After School \$180, AM & PM \$220; due the first of every month.

#### Before & After School Program (BASP) "All Days"

Provides recreational activities, supervision and guidance for kids off on non-school days. Held at the Rec. Center. Ages: Grades K-6th

Session: November 13
Time: 7:00AM-6:00PM
Fee: \$50 per day per child.
Enrollment: Each day must be 10+ students or will be canceled. Registration deadline: Nov. 6

## Before & After School Program (BASP)

"Holiday Camp"
Provides recreational activities, supervision and guidance for kids off of school during holiday break. Held at the Rec. Center. Ages: Grades K-6th
Session: December 21, 22, 23, 28, 29, 30 & 31
(No program on Dec. 24, 25, or Jan. 1)
Time: 7:00AM-6:00PM
Fee: \$50 per day per child.
Enrollment: Each day must be 10+ students or will be

Registration: Current BASP participants: Nov. 1-30

Open registration begins December 7. Registration Deadline: December 16

#### Tae Kwon Do: Adults & Children

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

Ages: 7 years & up SS1: September 3-28 (No Sept. 7) SS2: October 1-26 (No Oct. 29) SS3: November 2-30 (No Nov. 26) SS4: December 3-28 (No Dec. 24 & 31) Days: Mondays & Thursdays; 5:00-6:30 p.m.

Session Fees: Res/Non-res. SS1: \$42/47; SS2: \$48/53; SS3: \$48/53; SS4: \$42/47

Drop-in Fees:

Beginners (White belts)\$7 per class if not full. Color Belts \$10.50 per class if not full.

Black Belts \$13.50 per class if not full.

#### North Liberty / Coralville Cooperative Leagues

#### **NLC Youth Volleyball**

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 2015 and Seniors (Grades 5 & 6) as of Fall 2015

Session: September 8-October 20 Days/Times: Tuesdays, 6-8:15PM

Tues., Sept. 8: First meeting; team practices & T-shirts Fees: Res \$40, Non-res \$50; \$5 late fee after Aug. 16 Registration Deadline: August 16 or if optimal numbers are reached

Location: Both NL & CV Recreation Centers **NLC Youth Volleyball Practice** 

Practices: September 9-October 19 Sundays, Mondays or Wednesdays; 6-8PM Location: North Bend Elementary School

#### NLC Flag Football

Ages: Grades 1-2, Grades 3-5 Session: September 13-October 25 Days/Times: Sundays; 12-4PM (Depends on team) Fee: Res \$40, Non-res \$50; Late fee (after Aug. 16) = \$5 Coaches Meeting: Sept. 3; 6PM at NLRC Location: CV Youth Sports Park; 2480 Dempster Dr. Registration deadline: August 16. If optimal numbers are reached, registration ends.

#### **NLC Youth Basketball**

Designed to teach the fundamentals of the game and to provide equal participation. Games/practices at various locations. Teams chosen at random, there is no guarantee on being placed on a friend's team. If you register in North Liberty you are placed on a NL team, if you sign up in Coralville you are placed on a CV team. Register early; program has optimal numbers.

Volunteer coaches are needed!

Coaches Meeting: January 5; 6PM at NLRC. Ages: Grades 1-2; 3-4 & 5-6; Both Girls & Boys divisions Session: January 16 - March 5 (Mar 12; make-up if need) Open Practice January 16. Games begin January 23 Days/Times: Saturdays, 9:00AM-4:00PM (Times are estimates and teams could play at any time depending on team and grade) NL/CV Res \$40, Non-res \$50

Late Fee \$5 after deadline

Registration deadline: December 6; League may be

closed if optimal numbers are achieved. Location: Games played at NLRC, CVRC, Buford Garner, Van Allen, Borlaug & North Bend Elem. Schools

**NLC Youth Basketball Practice** Grades 1-2: Saturdays; the first 1/2 hour of scheduled

Grades 3-6: Sundays, Mondays or Tuesdays; 6-9PM

scheduled by coach

Location: North Bend Elementary School

#### NL Outdoor Soccer - NEW!

The North Liberty Recreation Department, in partnership with Cedar River Soccer Association, will be offering an outdoor soccer program for children in Grades K-3. The program will consist in age-appropriate activities and small sided games for boys and girls interested in playing soccer. All activities will be run by Jason Witt, staff coach at Cedar River Soccer Association. Jason is a United States Soccer Federation National B License holder, has over 10 years of coaching experience in the Corridor and has studied under coaches from Ajax of Amsterdam, Holland, and Breidablik UBK of Reykjavik, Iceland. All activities will focus on fun, individual skill development and player participation. Ages: Grades K-3 Session: September 11-October 16 Days/Time: Fridays; 5:30-6:45PM Fees: Res. \$30; Non-res \$40; Late fee \$5 (after 8/24) Registration deadline: August 23; Register early;

Youth Competitive Boys Team Basketball League Officiated 5 on 5 basketball league for boys in grades 5, 6, 7 & 8. Team oriented program where an entire team and coach sign up. Each team guaranteed 5-7 games depends on the number of teams in league.

registration ends if optimal numbers are reached.

Ages: Boys; Grades 5, 6, 7, 8 Grades 7/8: October 12 - December 14

Location: Penn Meadows Park

Days/Times: Mondays; 7PM; 7:50PM; 8:40PM Grades 5/6: October 15 – December 17 (No game Nov. 26)

Day/Time: Thursdays; 6PM; 6:50PM; 7:40PM; 8:30PM 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 deadline: September 13

Youth Competitive Girls Team Basketball League - NEW! Officiated 5 on 5 basketball league for girls in grades 5, 6, 7 & 8. Team oriented program where an entire team and coach sign up. Each team guaranteed 5-7 games depends on the number of teams in league.

Ages: Girls; Grades 5-6 and Grades 7-8 Grades 7/8: October 12 - December 14

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

Grades 5/6: October 15 – December 17 (No game Nov. 26) Day/Time: Thursdays; 6PM; 6:50PM; 7:40PM; 8:30PM

Location: Buford Garner Elementary School

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 deadline: September 13

#### Youth Wrestling

Program for K-2 grade boys, taught by a former University of lowa Wrestler. Teaching the fundamentals of wrestling. Ages: Grades K-2

Session: January 11-March 7, 2016
Days/Times: Mondays; 6-6:50PM or 7-7:50PM
Location: North Central Junior High Wrestling Room Fee: \$35; Registration Deadline: December 20

Adult Co-ed Volleyball League

Six-player, self-officiated with two divisions.

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

Session: September 13-November 22

Day/Time: A League (Competitive): Sundays, 12-2PM

B League (Recreational): Sundays, 3-6PM

Location: North Bend Elementary School

Fee: \$85 per team Maximum Teams: A League=8; B League=16

Registration deadline: Aŭgust 30



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 you are 35 years and up.

Ages: 18 and up (not in high school)

Session: September 20-November 22

Days: Sundays

Time: A League, 3:00-5:00PM; B League 5:00-9:00PM Location: North Liberty Recreation Center

Fee: \$375 per team

Maximum number of teams: A League=8; B League=16

Registration deadline: September 6

#### OPEN GYM ACTIVITIES

#### 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: September 1-December 19 (No Sept. 7) Days/Time: Monday-Friday; 12 – 1:30 p.m. at NLRC Fees: Daily fee \$2 per person or purchase monthly package: Resident \$10; Non-resident \$15

#### 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.

Session: September 1-December 19 (No Sept. 7)

Days/Time: Monday – Friday; 8 – 12 p.m. Sundays; 10 – 2 p.m.

Evenings: Wednesdays; 6 -9 p.m. Location: Inside at NLRC Jones Gymnasium; Court 2 Fees: Daily fee \$2 per person or purchase monthly package

Resident \$10; Non-resident \$15



fingertips! A touch-screen kiosk uses photos and text to allow anyone to come to the upper aerobics room, choose a specific, customized workout any

time the room is not already in use and exercise to a video on an 80 inch television while using the Center's space and equipment.

Session: This is a drop in activity, open during mornings, lunch time and through early evenings.

Days/Times: You choose the time that works best for you. Feé: FREE through May 1; than use will be subject to daily fees or included with membership.

Come Check This Out!



Senior Dining - Good Food, Good Friends, Good Fun! Senior Dining is being revamped. Every Friday we provide the chance to get together for a catered lunch, play an activity or just socialize with others.

Ages: Senior Citizens Days: Fridays

Lunch: 11:30-12(Noon) Activity: 12(Noon)-1:00 PM Location: North Liberty Récreation Center

Fees: \$3 per person

For more information, contact us at: nlbuildingcommunity@gmail.com.

Picture Perfect Posing Class

What's wrong with this image? Proper posing is one of the most daunting skills. Come and learn the fundamentals of posing so you do not need to rely on memorizing poses from magazine pages. Pose correctly and have proper expression for stunning images whenever you are in front of a camera. Class benefits aspiring models/actors, high school juniors & seniors and brides-to-be. Techniques presented in a reasonably short time with long term benefits.

Instructor: Maryam Thompson.

Ages: 16 years & up

Session: Deadline: SS1: October 22 Oct. 19 SS2: November 12 Nov. 9 SS3: December 3 Nov. 30 Days/Time: Thursdays; 6:00-8:00PM

Fees: \$30.00 per session

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: September 2-30 (No class Sept. 7)

SS2: October 5-28 SS3: November 2-30 SS4: December 2-30 (No class Dec. 23)

Days/Times: Mondays & Wednesdays, 7:30-8:30 p.m. Fees: Res/Non-res SS1, 2 & 4: \$24/\$29; SS3: \$27/\$32; or

\$3.50 drop-in fee per class

Cardio Kickboxing

Elements of boxing, martial arts and aerobics are used to provide overall conditioning, cardio, strength, and flexibility. No sparing involved, leather wrap gloves recommended. ACE Certified Instructor: Renee Manders

Ages: 14 years & up SS1: September 1-29

SS1: September 1-29 SS2: October 1-29 SS3: November 3-24 (No class Nov. 26) SS4: December 1-29 (No class Dec. 24, 31) Days/Times: Tuesdays & Thursdays, 7:30 – 8:30 p.m. Fees: Res/Non-res SS1 & 2: \$27/32; SS3: \$21/26;

SS4: \$24/29; or \$3.50 drop-in fee per class

Cross Training

Want to really get in shape? Class meets four nights a week. M/W = Cardio Pump: resistance training with cardio during recovery combined with T/TH = Kickboxing: full body workout, fun, fast-paced class to increase heart rate and work on balance & core. No sparing. All fitness levels are welcome! ACE Certified Instructor: Renee Manders.

Ages: 14 years & up SS1: September 1-30 (No class Sept. 7) SS2: October 1-29

SS3: November 2-30 (No class Nov. 26) SS4: December 1-30 (No class Dec. 23, 24, 31) Days/Times: Mondays-Thursdays, 7:30-8:30 p.m. Fees: SS1 & 2: \$38.25; SS3 & 4: \$36.00; or \$3.50 drop-in

fee per class

Boot Camp

Football fan? No worries, class is scheduled on Friday nights during most home games and Saturday mornings during the away and bye weeks. Cardio, core, strength, agility and flexibility training. Great class to supplement your regular workout. Recommended for athletes and fitness enthusiasts.

ACE certified instructor: Renee Manders

Ages 14 years & up
Fridays: Sept. 4, 25, Oct. 9,30 & Nov. 20
Saturdays: Sept. 12,19, Oct. 3, 17 and Nov. 7 & 14
SS1: Sept. 4-25
SS2: Oct. 3-30
SS3: Nov. 7-28
SS4: Dec. 5-19

Days/Time: Fridays; 6:00PM or Saturdays: 9:15-10:45AM

December: All Saturdays; 9:30-11AM Fees: Res/Non-res: SS1, 2: \$16/21; SS3: \$9/14; SS4: \$12/17 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: September 1-29 SS2: October 1-29

SS3: November 3-24 (No class Nov. 26) SS4: December 1-22 (No class Dec. 24, 29, 31)

Day/Time: Tuesdays & Thursdays; 6-7 p.m. Fees: Res/Non-res SS1 & 2: \$27/32; SS3 & 4: \$21/26; 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: September 13-27 (No class Sept. 6)

SS2: October 4-25

SS3: November 1-22 (No class Nov. 29) SS4: December 6-20 (No class Dec. 27 & Jan. 3))

Day/Time: Sundays; 1-2 p.m. Feé: Drop-ins only: \$3.50 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 both the personal training rates for the instructor and the NLRC's daily fees or membership rates if using the facility/equipment outside of personal trainer session appointments.

Kris Cameron: kcameron@renuyourlife.com or

call 319-361-7673

Lindsay Olson: Lindsayjolson@gmail.com or

call 319-430-6116

Bruce Elgin: Bruce.R.Elgin@gmail.com or

call 319-321-3447

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 Stefan Juran.

#### 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 northlibertyjowa.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 Stefan by e-mail: communications@northlibertyiowa.org phone: (319) 626-5726
visit: our office in the Community Center, 520 W. Cherry Street



#### **Library Hours**

Mon., Wed. Tues..Thurs. Fri. Sat. Sun. SUNDAY HOURS RESUME SEPT. 13 UPCOMING CLOSINGS: SEPT. 7, Nov. 26 & 27, Dec. 24, 25 31 & Jan. 1

#### **Storytimes**

My Baby Storytime 0 – 24 months 10 a.m. Tuesday Storytime prekindergarten 10 a.m. Wednesday PJ Storytime family 7 p.m. Thursday Tot Time 2 – 4 years 10 a.m. Friday Saturday Storytime family 11 a .m. Saturday Stork Storytime parents to be To begin in September

### **Special Events**

Downton Abbey Tea

Sunday, December 6 Time: 1:30-3:00 p.m. What better way to prepare for the final season of Downton Abbey than with a proper English tea? Lovely afternoon of tea, scones and other delicious treats. If you like, come dressed as a favorite Downton Abbey character or in period clothing. We will talk everything Downton, including trivia and speculate on the final season.

Registration: Begins Nov. 1; Required due to limited space.

More questions, contact Elaine, Cheerio!

Local Author Visit - Jamie Wood Monday, October 19

Time: Workshop at 5 p.m.; Reading at 6 p.m. Her first novel Bearskin will be released in early September. Join us for her 2 part series: Part 1: Writing Workshop for Teens

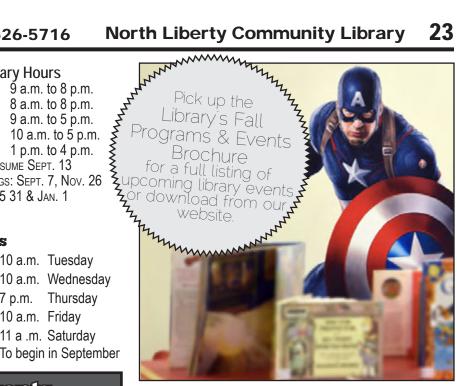
Part 2: Author Reading

FRIENDS of Library Waffle Breakfast

Saturday, October 24 Time: 8-11 a.m. Stop by for all you can eat waffles and a visit with Clifford the Big Red Dog. Tickets available in the library.

FRIENDS Cookie Walk

Saturday, December 5 Time: 9 a.m. - 12(noon) Let us bake for you! Get your homemade holiday cookies here. \$5 per dozen



School Age: K-6th Grade

Crafternoons 4 to 5 p.m. Tuesdays 1st & 3rd Lego Thursdays 3 to 5 p.m. Thursdays

#### **Teen 7th-12th Grade**

Teen Advocate Group (TAG) Contact Andrew for more information!

#### **Adults**

Sociable Seniors 10 a.m. Mondays Stitching Around Tuesdays 7 p.m. Get Your Game On 12:30 p.m. 1st & 3rd Fridays

#### **Tech Topics - Computer Classes**

Do Drop In (Tech Help) 1-3 p.m. 1st & 3rd Wednesdays Computer Classes 9:30-11 a.m. Thursdays

#### Not a Patron Yet?

Register online at www.northlibertylibrary.org or stop by the library information desk. Upon first visit, please provide

 Proof of Address Photo ID Hope to see you soon!



Like us on Facebook! Search for "North Liberty Community Library" Follow us on Twitter! We're @nlibertylibrary



(319) 626-5701 • www.NorthLibertyLibrary.org

