



# **WINTER**

## **NORTH LIBERTY ACTIVITY GUIDE**



Activities run January through April 2017. Registration begins online and in person Dec. 5, 2016.

# WINTER HIGHLIGHTS

Check out these new programs, updates and highlights in the North Liberty Activity Guide.

## TAKE A KID OUTDOORS: SHED AND SCAVENGER HUNT

TAKO and rec staff host a tromp through the woods in search of deer antlers and more. Free and open to the public ..... Page 13

## CEDAR RIVER KAYAKING TRIP

Join us for a three-hour jaunt from Palisades-Kepler State Park to Sutliff Bridge ..... Page 13

## COMMUNITY GARDENS

Take over your own plot at the Meade Barn for a growing season ..... Page 13

## YOUTH SOCCER

One-day indoor clinics in winter and outdoor games March through May for kids K to 4th ..... Page 17

## PETE THE CAT & ERIC LITWIG

The best-selling author brings his guitar, some songs and his love of a certain cat ..... Page 23

## BEAT THE BITTER

Winter games and good cheer ..... Back Cover

## POOL DECK RESURFACING

Resurfacing of the indoor pool deck will require the aquatic center to close beginning Nov. 28. It is scheduled to reopen on Dec. 19.

## ON THE COVER

A couple cruises through Penn Meadows Park on a pair of fat-tire bikes. Fat-tire bike tryouts were provided by Sugar Bottom Bikes for last year's Beat the Bitter. Bikes and bitter beating return for a second year this February. See the back cover for more details. Photo by Stefan Juran.

*Want your photo featured? Send a full-resolution photo to us at [communications@northlibertyiowa.org](mailto:communications@northlibertyiowa.org) for consideration.*



**BUY NOW AND SAVE**  
Purchase your summer pool passes early and save time waiting in line and money.  
Purchase in January or February, get **15% off!**  
Purchase in March or April, get **10% off!**

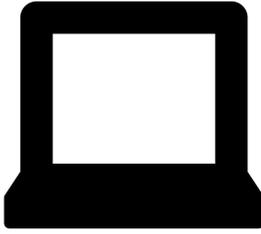


# Community event calendar

Find a calendar of up coming community events at [northlibertyiowa.org/calendar](http://northlibertyiowa.org/calendar).

# HOW TO REGISTER

## ONLINE



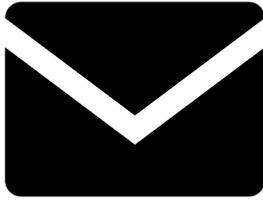
Set up an ActiveNet account and pay by a credit card 24/7. Click the "Register Online" button at [northlibertyiowa.org/rec](http://northlibertyiowa.org/rec) to register. (Online registration incurs an additional fee.)

## IN PERSON



Stop by the front desk at the Community Center, 520. W. Cherry St., weekdays between 6 a.m. and 8:30 p.m. Pay with cash, check, Visa, MasterCard, Discover or American Express.

## BY MAIL



Completed forms, available at the Community Center, can be mailed with payment to PO Box 77, North Liberty IA 52317. Online and in-person registrations have priority over mail.

## RECREATION STAFF

Our full-time recreation staff can be reached in person at the Community Center, 520 W. Cherry St. in North Liberty, by phone at (319) 626-5716 or directly via email.



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## TABLE OF CONTENTS

- Highlights..... Page 2
- How to Register..... Page 3
- Memberships & Fees..... Page 4
- Recreation Center Features..... Page 5
- Parks & Outdoors..... Page 6
- Facility Rentals..... Page 7
- Pacha Aquatic Center Features..... Page 8
- Swimming Lessons..... Page 9, 10
- Open Swims..... Page 10
- Water Fitness Classes..... Page 11
- Special Events..... Page 12, 13
- Preschool Programs..... Page 14, 15
- Youth Sports & Programs..... Page 16, 17
- Parent-run Leagues..... Page 18
- Keeping Our Kids in the Game..... Page 19
- Adult Sports & Programs..... Page 20
- Adult Fitness Classes..... Page 21, 22
- Community Library..... Page 23
- Beat the Bitter..... Back Cover

## REGULAR HOURS

The recreation department's regular hours are:  
6 a.m. to 9 p.m. on weekdays  
8 a.m. to 6 p.m. on weekends  
Hours may vary for holidays and special events.

## SEASONAL GUIDES

These guides are published three times each year: Summer (for May to August), Fall (for September to December) and Winter (for January to April). Copies are distributed in the North Johnson County newspaper and available online and at the Community Center.



# Memberships & Fees

We offer a variety of annual and monthly membership packages to the community center for patrons.

Our **Black & Gold** package includes access to our weight and cardio exercise area as well as indoor and outdoor pools. If you don't need access to both, we offer a **Gold** package, for access to only to our weight and cardio exercise area, and a **Silver** package for access to only our indoor and outdoor pools. An annual **track-only** pass is available as well. **Summer pool** passes, valid from Memorial Day to Labor day, can be purchased year round.

Purchase memberships at the Community Center's front desk.

## DAILY FEES

Exercise	Resident	Non-Res.
Adult	\$2	\$3
Senior	\$1	\$2
<b>Pools</b>		
Adult	\$4	\$4
Child	\$3	\$3
Senior	\$3	\$3
<b>Basketball</b>		
Individual	\$2	\$2
<b>Pickleball</b>		
Individual	\$2	\$2

			Black & Gold		Gold		Silver	
			Resident	Non-res.	Resident	Non-res.	Resident	Non-res.
Monthly	Adult	Individual age 19 – 59	\$45	\$54	\$25	\$30	\$25	\$30
	Senior	Individual age 60 or older	\$36	\$43	\$20	\$24	\$20	\$24
	Child	Individual age 13 – 18	—	—	—	—	\$15	\$38
	Student/Military	Full-time students and retired or active military	\$36	\$43	\$20	\$24	\$20	\$24
	Family	Up to two adults and two children	\$127	\$152	\$90	\$108	\$51	\$61
	Add'l Member	Cost for each additional child for family membership	\$8	\$10	—	—	\$8	\$10
	Couple	Two adults sharing a residence	\$75	\$90	\$45	\$54	\$38	\$46
	Senior Couple	Two seniors sharing a residence; one member 60+	\$60	\$72	\$35	\$42	\$32	\$38
Annual	Adult	Individual age 19 – 59	\$327	\$392	\$213	\$256	\$150	\$180
	Senior	Individual age 60 or older	\$261	\$313	\$170	\$204	\$120	\$144
	Child	Individual age 13 – 18	—	—	—	—	\$90	\$108
	Student/Military	Full-time students and retired or active military	\$261	\$313	\$170	\$204	\$120	\$144
	Family	Up to two adults and two children sharing a residence	\$959	\$1151	\$765	\$918	\$300	\$360
	Add'l Member	Cost for each additional child for family membership	\$41	\$49	—	—	\$41	\$49
	Couple	Two adults sharing a residence	\$547	\$656	\$383	\$460	\$225	\$270
	Senior Couple	Two seniors sharing a residence; one member 60+	\$438	\$526	\$299	\$359	\$188	\$226
<b>TRACK ONLY</b>		Residents: FREE, Non-residents: \$5, Replacement	—	—	—	—	—	—

# RECREATION CENTER FEATURES

For year-round activities, the Community Center offers a slew of indoor accommodations for exercise, arts and crafts, meetings and celebrations, sports leagues and more. For membership packages, see page 4. Our regular hours are 6 a.m. to 9 p.m. on weekdays, and 8 a.m. to 6 p.m. on weekends.



## WEIGHT & EXERCISE AREA

We offer a variety of weight and cardio equipment, including treadmills, ellipticals, recumbent and upright bikes, steppers and rowing machines. Our weights includes both free weights from 3 to 90 pounds as well as Matrix weight stations. Use is included in Black & Gold and Gold packages.

## ELEVATED RUNNING TRACK

Our three-lane indoor track, with recently updated sports flooring, is perfectly suited for running, walking and jogging. Don't let uncomfortable temperatures or inclement weather prevent a run. Strollers are welcome.

## AEROBICS ROOM

Our upstairs aerobics room is equipped with a Fitness on Demand kiosk, letting you select the workout that's just right whenever it's convenient.

## JONES & ROBERTS GYMS

Our two gyms offer full-size basketball and volleyball courts, wood floors, air-conditioning and bleachers. Each summer they're home to current and former Hawkeyes in the Prime Time and Game Time summer basketball leagues, and are perfect for a weekend tournament.

## KID'S CAMPSITE PLAY AREA

Youngsters 48 inches tall or shorter love jumping and climbing on soft-play features such as a Jeep, tent and log slide. Better yet: it's free to use.



# PARKS, TRAILS & OUTDOOR SPORTS

Our parks department maintains parks, ball fields, trails, green spaces, stocked ponds and play structures throughout town, much available year round. For details about our parks, trail, ponds, green spaces and other outdoor recreation opportunities, visit [northlibertyiowa.org/parks](http://northlibertyiowa.org/parks).



## BASEBALL & SOFTBALL FIELDS

Our parks department maintains fields at Penn Meadows, Quail Ridge and Koser parks that are in heavy use spring through summer.

## RECREATION TRAILS

Year round, we maintain 23 miles of recreation trails, including trails connecting to Iowa City, Coralville and Solon.

## TENNIS COURTS

Penn Meadows Park offers four courts, with lighting available for evening use.

## SPLASH PAD

Penn Meadows Parks is home to a splash pad, added in 2016. Another splash pad is planned for a future phase of Centennial Park.

## PLAY STRUCTURES

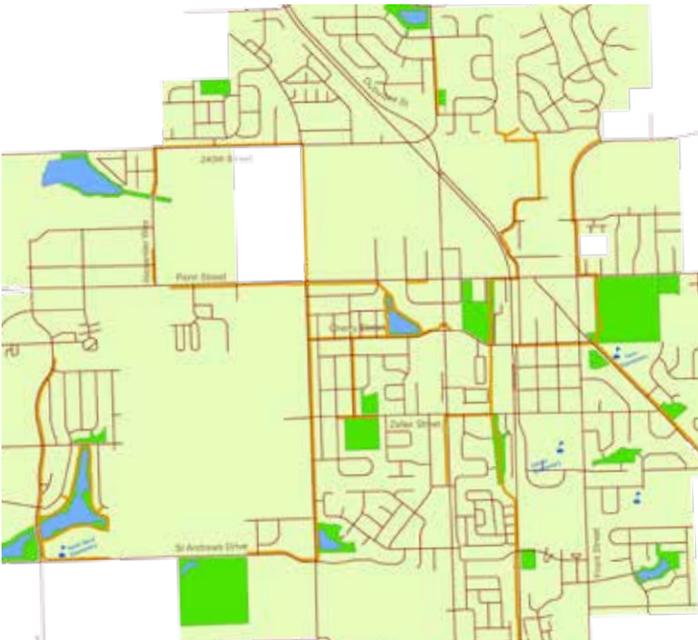
Beaver Creek Park is home to our newest structure, featuring a zipline. Find other updated structures at Penn Meadows and Quail Ridge parks.

## SHELTERS

Penn Meadows or Quail Ridge parks offer picnic shelters with tables, perfect for your next outdoor gathering.

## CENTENNIAL PARK

A paved walking trail and storm water management features were added in 2016, with additional development planned in the near future.



# FACILITY RENTALS

Our recreation department offers a variety of facilities for special events, practices, meetings, parties and more. Demand is high, reservations are first-come, first-served and city programming takes priority. For availability and more information, contact the front desk at (319) 626-5716.

Room	Capacity	Resident	Non-res.	Non-profit
Half Main Level Room	20	\$10/hour	\$15/hour	\$5/hour
Full Main Level Room	40	\$20/hour	\$25/hour	\$10/hour
Full Gerdin Room	40	\$20/hour	\$25/hour	\$10/hour
Large Gerdin Room	70	\$25/hour	\$30/hour	\$12.50/hour
Double Gerdin Room	140	\$40/hour	\$50/hour	\$20/hour
Half Gym	200	\$20/hour	\$25/hour	Regular fees
Half Gym with Tarps	200	\$30/hour	\$35/hour	Regular fees
Full Gym	400	\$40/hour	\$45/hour	Regular fees
Full Gym with Tarps	400	\$50/hour	\$55/hour	Regular fees
Full Gerdin Center	650	\$70/hour	\$85/hour	Regular fees
Indoor Pool		\$90		
Outdoor Pool		\$190		

## MEETING ROOMS AND GERDIN CONFERENCE CENTER:

The Community Center has a variety of rooms that can be configured in ways to accommodate groups from fewer than 20 to 400. Some rooms offer kitchen access.

## PROCTER & GAMBLE ROOM

Home to our before- and after-school program, as well as summer and holiday camps, the P&G Room can serve up to 60 children.

## BASEBALL AND SOFTBALL FIELDS

Nine fields at Penn Meadows Park and one each at Quail Ridge and Koser parks. Tournaments can reserve a year in advance.

## PARK SHELTERS

Reserve a picnic shelters in Penn Meadows or Quail Ridge park through the recreation center.

## INDOOR AND OUTDOOR POOLS

Our heated indoor and outdoor pools are available for parties and other events Saturday and Sunday from 6 to 7:30 p.m. or 7:45 to 9:15 p.m.

## GYMNASIUMS

Gyms at the Community Center, North Bend and Garner elementary schools are available for tournaments, practices, special events and more.

## LOCKERS

Daily use (50¢ per day, free with your own lock) and six-month locker rentals (\$15) are available in the Community Center.



## PACHA AQUATIC CENTER FEATURES

Whether you're looking for a workout, lessons or just fun, our heated pools are just the thing. For membership packages, see page 4. For a current schedule of activity availability, visit our online calendar at [northlibertyiowa.org/aquatics](http://northlibertyiowa.org/aquatics).



### INDOOR POOL

Open year round, our indoor pool features a six-lane, 25-meter lap area, a diving board, observation deck and more.

### OUTDOOR POOL

Open from Memorial Day weekend to Labor Day, our outdoor pool offers two large water slides, climbing features and more.

### FAMILY CHANGING & LOCKER ROOMS

Off the pool deck, patrons can access men's and women's locker rooms with showers and lockers. Additionally, we offer two family changing areas.

### ZERO-DEPTH ENTRY

Both of our pools offer gradual and easy access into the water and play areas.

### LIFT & AQUATIC WHEELCHAIR

Our indoor pool is equipped with a chair lift, and we also offer use of an aquatic wheelchair, for those needing assistance into the water.

### KICK BOARDS & FLOATIES

We offer kick boards and buoys for our lap swimming patrons' use, or you can bring your own US Coast Guard-approved life jackets.

### CLOSINGS

Occasionally, our pools close for mechanical breakdowns, low temperatures, inclement weather, chemical imbalance, low attendance or schedule changes. We apologize in advance.



# SWIMMING LESSONS

Our popular classes are designed for kids of all ages and skill levels. In toddler swimming lessons the class sizes are smaller to provide adequate supervision. The classes focus on games and individual interaction.

Date	Day	Start Times	Resident	Non-res.
Jan 16 – Feb 8	Mon, Wed	4:45 5:30 6:15 PM	\$30	\$35
Feb 20 – Mar 8	Mon, Wed	4:45 5:30 6:15 PM	\$22.50	\$27.50
Mar 20 – Apr 12	Mon, Wed	4:45 5:30 6:15 PM	\$30	\$35
Apr 24 – May 10	Mon, Wed	4:45 5:30 6:15 PM	\$22.50	\$27.50

Parent-Tot, Tadpoles, Level 1, 2 and 3 classes are 30 minutes long. Level 4, 5 and 6 classes are 40 minutes long.

All transfer and refund requests and changes must be made by the Wednesday prior to a session’s start, and we can’t guarantee a level change or a refund after that deadline.

First-come, first-served registration, in-person and online, begins 6 a.m. on Monday, Dec. 5, for North Liberty residents (proof of residency may be required). Non-residents can register beginning Wednesday, Dec. 7. No classes will be held from March 13 to 17 due to spring break.

## PARENT AND TOT (6 MONTHS – 2 YEARS)

This class gives adult caretakers a chance to interact with children in the water while leading them through fun water activities. This class focuses on water acclimation and basic skills. The goal is to acquaint kids to the water with parental assistance. An adult must accompany each child.

## TADPOLES (AGE 3)

This class is designed for the young swimmer wanting to learn aquatic skills independent of caretaker. This class teaches beginner skills while increasing swimmers’ comfort in the water. *Pre-requisites:* Children must be able to be in a class setting in the pool and follow an instructor’s directions.

## LEVEL 1 (AGE 4 OR PASSED TADPOLES)

This class teaches children to be comfortable in the water by submerging mouth, nose and eyes. This level also includes practicing: front float with face in the water and with support, back float with support, roll from front float to back float and back float to front float with support, front and back glides with support, paddling on front with face in the water with support and paddling on back with support.

Remember: sick children cannot enter the water for at least two weeks after their last episode of diarrhea. Please keep them home.

## LEVEL 2 (PASSED LEVEL 1)

This level has similar skills as Level 1 but will practice completing skills independently and with increased distance. Freestyle and backstroke are introduced at this level, completing them with support. Arm and leg action for treading water will also be introduced. *Pre-requisites:* Front float with face in water with support, back float with support, roll from front float to back float and back float to front float with support, paddling arms and legs on front and back with support.

## LEVEL 3 (PASSED LEVEL 2)

This level includes practice of front and back glides independently, increased distance and completing freestyle and backstroke independently. Elementary backstroke arms and legs and breaststroke arms are introduced in this level. *Pre-requisites:* Front and back float independently, front and back glide 5 yards with support, roll from front float to back float and back float to front float independently, swim freestyle and backstroke 5 yards with support.

## LEVEL 4 (PASSED LEVEL 3)

This level continues increasing distance for freestyle and backstroke. Rotary breathing for freestyle is introduced in this level along with dolphin kick, breaststroke kick, and scissor kick. Elementary backstroke arms and legs are put together for the first time in this level. *Pre-requisites:* Front and back glides 5 yards independently, freestyle and backstroke 10 yards, elementary backstroke arms with support and legs with support, treading arm/leg motions in chest deep water.

## LEVEL 5 (PASSED LEVEL 4)

This level continues increasing endurance for freestyle, backstroke, and elementary backstroke. Dolphin kick on back, breaststroke arms and legs together, sidestroke arms and legs together, open turns, headfirst dive from stride position and butterfly arms are all introduced in this level. *Pre-requisites:* Jump in chest deep water, swim freestyle 15 yards, tread 30 seconds, and swim elementary backstroke 15 yards; rotary breathing while swimming freestyle, dolphin kick, scissor kick.

## LEVEL 6 (PASSED LEVEL 5)

This level is the final level on our program. This class will continue building endurance for freestyle, backstroke, breaststroke, elementary backstroke and sidestroke. Butterfly arms and legs will be put together. Other introduced skills will be flip turns, surface dive (fully submerged), long dive with a glide of 2 body lengths and then swim, compact dive. *Pre-requisites:* Perform stride dive into deep water; swim freestyle 25 yards, open turn, breaststroke 15 yards; swim elementary backstroke 25 yards and tread for 1 minute.

# Private Lessons & Open Swim



## PRIVATE LESSONS

One-on-one, 30-minute lessons for kids 5 and up led by aquatic center staff in our indoor pool. Teachers may vary between lessons and make-up classes cannot be offered. Questions may be directed to lesson coordinators.

Day	Date	Start Times	Resident	Non-res.
Tues	Jan 17 – Feb 7	4:40 5:15 5:50 6:25 PM	\$52	\$57
Thurs	Jan 19 – Feb 9	4:40 5:15 5:50 6:25 PM	\$52	\$57
Tues	Feb 21 – Mar 7	4:40 5:15 5:50 6:25 PM	\$39	\$44
Thurs	Feb 23 – Mar 9	4:40 5:15 5:50 6:25 PM	\$39	\$44
Tues	Mar 21 – Apr 11	4:40 5:15 5:50 6:25 PM	\$52	\$57
Thurs	Mar 23 – Apr 13	4:40 5:15 5:50 6:25 PM	\$52	\$57
Tues	Apr 25 – May 9	4:40 5:15 5:50 6:25 PM	\$39	\$44
Thurs	Apr 27 – May 11	4:40 5:15 5:50 6:25 PM	\$39	\$44

## RED CROSS LIFEGUARD CLASS

Become an American Red Cross-certified lifeguard. Applicants must be able to swim 100 yards freestyle and 100 yards breaststroke and an additional 100 yards of freestyle or breaststroke continuously, as well as a timed brick test to complete the pre-test for the course. Must demonstrate correct rescue skills, first aid and CPR, and receive 80 percent proficiency on written exam to become a certified American Red Cross lifeguard. Class fee is reimbursed if you work Memorial Day through Labor Day for the City of North Liberty. Participants must be at least age 15 by end of course.

Dates & Times	Resident	Non-res.
<b>Test: March 7</b>		
Class: Mar 10: 5 – 9 PM, Mar 11 & 12: 8 – 6 PM	\$160	\$165
<b>Test: April 18</b>		
Class: Apr 21: 5 – 9 PM, Apr 22 & 23: 8 – 6 PM	\$160	\$165

## FAMILY FUN FRIDAYS

Families swim at reduced price. Standard adult supervision rules apply. No swim on March 17 or April 14. Price is for family of four.

Day	Date	Time	Family	Add'l
Fridays	Jan 6 – Apr 28	5 – 8 PM	\$10	\$2

## HOLIDAY SWIM

All ages can enjoy the pool open for extended hours during school breaks.

Dates	Time	Adults	Kids
Dec 22, 27 – 30, Jan 3 – 4	12 – 5 PM	\$4	\$2
Mar 13 – 17	12 – 5 PM	\$4	\$2

## HOME-SCHOOLERS SWIM

Unstructured swim time for home-educating parents and children. This program provides a great supplement to a physical education curriculum and a chance socialize with other home-schoolers. Open to all home-schooling families. Regular adult supervision rules apply. No swim on March 15.

Day	Date	Time	Fee
Wednesdays	Jan 4 – Apr 26	1 – 3 PM	\$2

## SPECIAL NEEDS SWIM

An open swim time for participants to comfortably enjoy the pool while having the opportunity and choice to participate in group activities facilitated by an instructor. Participants who need one-on-one assistance will require a companion to join them in the water. A certified instructor will be in the water to teach basic swimming, safety, aerobics exercise and survival skills to all participants. She will also be available for additional instruction as requested. No swim on March 16.

Day	Date	Time	Fee
Thursdays	Jan 5 – Apr 27	1:30 – 3:30 PM	Reg. admission

## NO SCHOOL MORNING SWIM

Do your kids like to play in the pool? Can't make afternoons work? Join us for fun-filled mornings on two no-school days. Kids ages 6 to 10 years old will play pool games, learn and practice safety skills and receive a swim lesson.

Day	Date	Time	Fee
Tues, Thurs	Mar 14, 16	9 – 11 AM	\$10

# Water Fitness Classes

## EARLY BIRD AQUA AEROBICS

Water fitness includes aqua aerobics, stretch and strength toning for the early birds. Get your day started, your body moving and your heart pumping. This class is for ages 15 and up, younger welcome with an adult. Instructor: Kim Lestina.

Day	Date	Time	Resident	Non-res.
Tues, Thurs	Mar 21 – Apr 27, no 3/30	6:05 – 6:50 AM	\$33	\$38
	Drop in		\$4	\$4

## WATER RESISTANCE EXERCISE CLASS

Exercise in shallow and deep water, resulting in low to no impact on your joints. Improve posture and core strength, range of motion, flexibility, endurance and overall muscle strength in a liquid “gym.” We use a variety of resistive and buoyant equipment as well as floatation belts and Hydrofit ankle cuffs (all equipment is provided). Three instructors, each with her own style, will provide an ever-changing workout to challenge the heart, body and mind. This fast-paced class is a great way to burn calories and decrease stress. Water shoes and a water bottle are recommended. This class is for ages 15 and up. New students: please arrive 15 minutes early. Instructors: Sue Carter, AEA certified; Colette Soultz, Jacki Brennan, AEA & AF certified

Day	Date	Time	Resident	Non-res.
Mon, Wed, Fri	Jan 4 – 30	8 – 8:45 AM	\$42	\$47
Mon, Wed, Fri	Feb 1 – 27	8 – 8:45 AM	\$42	\$47
Mon, Wed, Fri	Mar 1 – 31	8 – 8:45 AM	\$49	\$54
Mon, Wed, Fri	Apr 3 – 28, no 4/14	8 – 8:45 AM	\$38	\$43
	Drop in		\$4	\$4

## EASY DOES IT

This water workout is slower paced with no impact options in both shallow and deep water. Resistive and buoyant equipment used, as well as floatation belts for the deep water, will be provided. Improve range of motion, joint flexibility, posture, balance, core strength and endurance. Three instructors, each with her own style, will provide an ever changing workout to help improve your overall physical and mental health. Water shoes, water bottle recommended. This class is for ages 15 and up. New students: please arrive 15 minutes early. Instructors: Sue Carter, AEA certified; Colette Soultz; Jacki Brennan, AEA & AF certified

Day	Date	Time	Resident	Non-res.
Mon, Wed, Fri	Jan 4 – 30	9 – 9:45 AM	\$42	\$47
Mon, Wed, Fri	Feb 1 – 27	9 – 9:45 AM	\$42	\$47
Mon, Wed, Fri	Mar 1 – 31	9 – 9:45 AM	\$49	\$54
Mon, Wed, Fri	Apr 3 – 28, no 4/14	9 – 9:45 AM	\$38	\$43
	Drop in		\$4	\$4

## ARTHRITIS AQUATIC PROGRAM

Recreational exercise program designed for men and women, regardless of age. This class allows anyone to exercise without putting excess strain on joints and muscles while performing gentle range-of-motion exercises and stretching muscles. Participants enjoy physical benefits such as decreased pain and stiffness, increased muscle strength, flexibility and joint mobility. Leaders develop a fun, friendly supportive group with lasting friendships. This class is for ages 15 and up. Instructors: Suzy Richter and Verlee Lauderbaugh

Day	Date	Time	Resident	Non-res.
Mon, Wed, Fri	Jan 4 – 30	10 – 10:50 AM	\$24	\$29
Mon, Wed, Fri	Feb 1 – 27	10 – 10:50 AM	\$24	\$29
Mon, Wed, Fri	Mar 1 – 31	10 – 10:50 AM	\$28	\$33
Mon, Wed, Fri	Apr 3 – 28, no 4/14	10 – 10:50 AM	\$22	\$27
	Drop in		\$3	\$3

## AQUA BOOT CAMP

Fun and energizing activities designed to help you reach your fitness goals. Exercises are performed using the full length of the pool, but no swimming skills are needed. Regardless of age, size, or fitness level, you can achieve noticeable results. Whether a beginner, an avid fitness enthusiast or simply looking for a new workout, this aquatic adventure is for you. This class is for ages 15 and up. Instructor: Janet Holland

Day	Date	Time	Resident	Non-res.
Tues, Thurs	Jan 3 – 31	5:45 – 6:30 PM	\$31	\$36
Tues, Thurs	Feb 2 – 28	5:45 – 6:30 PM	\$28	\$33
Tues, Thurs	Mar 2 – 30	5:45 – 6:30 PM	\$31	\$36
Tues, Thurs	Apr 4 – 27	5:45 – 6:30 PM	\$28	\$33
	Drop in		\$4	\$4

## NOODLE TRIATHLON WORKOUT

A great way to kick start your weekend! Workout incorporates lap swimming with noodle biking and noodle kayaking. Bring your goggles and come *tri* it! This class is for ages 15 and up. Instructor Janet Holland

Day	Date	Time	Resident	Non-res.
Saturdays	Jan 7 – 28	8:15 – 9 AM	\$14	\$19
Saturdays	Feb 4 – 25	8:15 – 9 AM	\$14	\$19
Saturdays	Mar 4 – 25	8:15 – 9 AM	\$14	\$19
Saturdays	Apr 1 – 29	8:15 – 9 AM	\$17	\$22
	Drop in		\$4	\$4



# Special Events



## SNOWMAN CONTEST

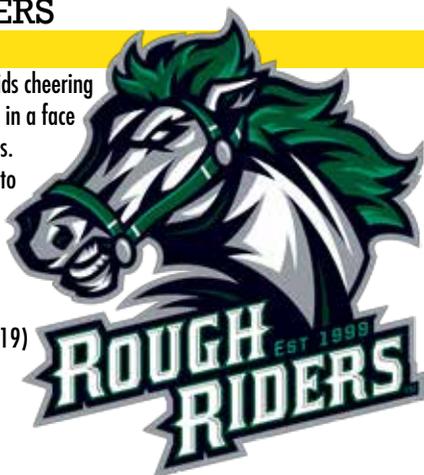
Dec. 1 – Feb. 28

Build a snowman in any city park or your yard between Dec. 1 and Feb. 28, take a photo and submit it to Jason Egly at [jegly@northlibertyiowa.org](mailto:jegly@northlibertyiowa.org) along with your name, contact information and where the snowman was built. Entries will be displayed at the North Liberty Community Center and online to be judged by recreation staff. The winning family receives prize!

## NORTH LIBERTY HOCKEY NIGHT WITH THE ROUGH RIDERS

Friday, Jan. 20, 7:05 p.m.

It's a night to spend in Cedar Rapids cheering on the Rough Riders hockey team in a face off with the Youngstown Phantoms. Discounted tickets will be offered to all interested. Individuals must provide own transportation. Food and beverage at the arena is an additional cost. All ages welcome. Order tickets at (319) 261-GOAL and mention "North Liberty" for discount. Tickets are \$10.75–\$16.75, based on zone.



## BOY SCOUT ANNUAL CHILI SUPPER

Saturday, Feb. 4, 4:30 – 7 p.m.

Support North Liberty Boy Scout Troop 216 by attending this annual all-you-can-eat chili supper at the Community Center. Meat and vegetarian chili served with all the fixings plus dessert, including homemade dutch oven treats made by the scouts. \$5 per person. Children 5 and under free.

## NORTH CENTRAL JUNIOR HIGH SKI TRIP

Wednesday, March 1, 7:15 a.m. – 6:30 p.m. (Register by Feb. 22)

The recreation department is planning a ski trip to Sundown Mountain for students of North Central Junior High. Fee includes lift ticket, ski/board rental, lesson and bus ride. Students who own a snowboard or ski equipment may bring it for personal use and pay a reduced rate. Permission slips must be filled out on sign up and brought to the Community Center, not the school. Slips are located at the Community Center and will be sent out through the school backpack program. Additional cash should be brought for locker use, food and drink, which are not included and must be purchased by the individual. Buses depart from and return to the Community Center.

Ski pass, lesson and transportation only	\$50
Snowboard or ski equipment rental	\$15
Helmet rental (optional)	\$8



## NL OPTIMIST PANCAKE BREAKFAST

Saturday, March 4, 7 a.m. – 1 p.m.

Help support the local Optimist Club and enjoy a great breakfast at the same time by attending this event held at the Community Center. Ticket prices to be announced later, with early ticket purchases to be available.

## SPRING SHED AND SCAVENGER HUNT

**Saturday, March 25, 10 a.m. –12 p.m.**

Hunt for that big rack you've been dreaming about—in March! Adults gather your kids, come explore all that spring has to offer. Take a Kid Outdoors, or TAKO, invites kids of all ages to come see if the bucks have been generous with their antlers. Be prepared to go on a short hike and possibly walk on some muddy trails to see spring birds, bugs and flowers. Participants should dress to walk in the woods in layers and for a range of weather conditions. Bring a hat, work gloves, sunglasses, sunscreen, insect repellent, drinking water and any other items you may need to be comfortable in the outdoors. Participants are encouraged to bring a digital camera and binoculars.

TAKO will be co-hosting the event; please help us reduce waste by bringing a water bottle, plates, silverware and other lunch items. Lunch will be served at 11:30 a.m. Advance registration is requested, but not required for groups of fewer than six.

This free event requires children to be accompanied by an adult and will be held at Creekside Commons Park, off Vandello Drive and Sadler Lane in North Liberty.

TAKO events may be canceled or postponed due to weather.

Registrations and questions can be directed to TAKO Executive Director Judy Joyce at (319) 330-3833 or by e-mail at earthview01@gmail.com.

## EASTER EGG HUNT

**Saturday, April 8, 10:30 a.m. SHARP!**

The North Liberty Optimist Club and the NLRC co-sponsor the annual Easter Egg Hunt. Candy is spread on the ground. If inclement weather, event is moved inside. Don't be late, the candy vanishes in minutes! The hunt is held on the Community Center grounds and inside in cases of inclement weather. This activity is for ages 10 years and under.

FREE

## FISHING POLE RENTAL

**March – April**

North Liberty offers a number of stocked ponds, including Liberty Centre, and rod and reels are available at the recreation front desk during regular open hours. Rentals are free, though a credit card number must be left on file as a deposit. All equipment must be returned to the Community Center by the end of the day after it was rented. This service is for ages 12 years and older.

FREE. \$7.50 will be charged to replace a rod, \$10 reel replacement fee

## CEDAR RIVER KAYAKING TRIP

**Saturday, April 22, 7:30 a.m. (Register by April 15)**

Join the North Liberty Recreation Department for a kayaking trip down the Cedar River. Participants will drive and park at the historic Sutliff Bridge landing. All boats and bodies will be hauled to Palisades-Kepler State Park, where a short safety demonstration will precede embarking on the three-hour float, 8 ¼ miles downriver back to the Sutliff Bridge. Participants are welcome, at their own expense, to eat at Baxa's Sutliff Tavern or pack a picnic to enjoy out on the bridge. Open to all ages and skill level. Children under the age of 16 need to be accompanied by an adult. At time of registration, specify if you would like a single kayak, a tandem kayak or if you will provide your own watercraft. Rentals are limited, so sign up early! Kayakers are encouraged to pack snacks and non-alcoholic refreshments, preferably in a dry-seal bag. For more information, contact Matt Meseck at mmeseck@northlibertyiowa.org or (319) 626-5716.

\$35 per watercraft or \$5 per person using own equipment



## COMMUNITY GARDENS

**Registration starts Friday, April 7**

Plots are available at North Liberty Meade Barn, east of Penn Meadows Park, on a first-come, first-served basis. Each plot is 10 by 30 feet. A hydrant is available on site for water, but no hose hook-ups are allowed. Individuals need to bring buckets to transport water to plot. Planting may begin May 1, earlier if plots ready, and be cleared by Nov. 1. Plots are assigned after registration, payment and completed lease agreement. Each plot is \$30 for residents or \$35 for non-residents. Plot holders from the 2016 season can register, in person, starting 6 a.m. Friday, April 7. New plot holders can register, in person, starting 6 a.m. Thursday, April 13.

## O.N.E. PACKS

**Free and available year round**

The recreation department has 10 Outdoor Nature and Education Pack backpacks available for free check-out to the public. These packs were prepared with the support of a Resource Enhancement and Protection Conservation Education Program Grant. Check out a backpack for a two-week period. 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 are filled with fun and educational materials to get you and your children involved in the outdoors. Activities can be done in a city park located or in one of the natural areas surrounding our community. Packs work perfectly for scouts and home school groups. Any opinions, findings, conclusions or recommendations expressed herein are those of the author and do not necessarily reflect the views of the REAP CEP Board.

# Preschool Programs

## LUCKY DUCK MORNING SWIM

This special morning open swim is for caregivers and young children. We recommend a caregiver-to-child ratio of one to one for infants, one to five for up to 3 years old, with all children within arm's reach for safety and supervision needs. No swim on March 14 or 16.

Day	Date	Time	Fee
Tues, Thurs	Jan 10 – Apr 27	9 – 11:30 AM	\$1

## PEE WEE SPORTS

Non-competitive approach to help your child, age 3 to 5 years old, learn sports basics, socialize and have fun! Class is 45 minutes and begins at 10 a.m., 10:45 a.m., 5:45 p.m., 6:30 p.m. and 7:15 p.m. Participants must be 3 years old by first class.

Sport	Day	Date	Register by	Resident	Non-res.
Basketball	Wed	Jan 4 – 25	Dec 28	\$25	\$30
Soccer	Wed	Feb 1 – 22	Jan 25	\$25	\$30
Baseball	Wed	Mar 1 – 29, no 3/15	Feb 22	\$25	\$30

## WIGGLE TOGETHER

Children and caregivers using instruments and manipulatives to explore music while getting their wiggles out by dancing, singing and socializing! All ages, perfect for families with multiple children. Children should be accompanied by a caregiver.

Day	Date	Time	Per family
Fridays	Jan 6 – 27	10 – 10:45 AM	\$15
Fridays	Feb 3 – 24	10 – 10:45 AM	\$15
Fridays	Mar 3 – 24	10 – 10:45 AM	\$15
	Drop in		\$5

## WIGGLE WORMS

A “get up and move” type of class! Children will use instruments and manipulatives to explore music while getting our wiggles out by having fun dancing, singing and socializing! This is a drop-off class for children ages 3 and up.

Day	Date	Time	Per child
Mondays	Jan 9 – 30	10:15 – 11 AM	\$16
Mondays	Feb 6 – 27	10:15 – 11 AM	\$16
Mondays	Mar 6 – 27	10:15 – 11 AM	\$16
	Drop in		\$5



## KINDER CLUB

Children and nature just go together — naturally! Build your child’s inherent curiosity about the world in using hands-on sensory and nature-based activities to foster social, physical and academic development. Class will flow from active play, large group circle time, to fine motor and sensory-based activities. This includes painting, crafts, sensory tables, STEM activities, outdoor lessons, music and dance, cooperative games and fun storytelling. Weather appropriate clothes are needed and play clothes a must! Reduced price for siblings.

Day	Date	Time	1st child	Sibling
Tuesday	Jan 10 – 31	9:30 – 11:30 AM	\$28	\$20
Tuesday	Feb 7 – 28	9:30 – 11:30 AM	\$28	\$20
Tuesday	Mar 7 – 28, no 3/14	9:30 – 11:30 AM		
Tuesday	Apr 4 – 25	9:30 – 11:30 AM	\$28	\$20
	Drop in		\$7	\$7

### POP-UP MAKERSPACE

Kickstart your creativity with a Pop-up Makerspace. We believe if you can imagine it, you can make it! Participate in two hours of hands-on fun and creativity, choosing your own adventure in our free-choice environment filled with DIY materials and activities such as Makey Makey, robotics, squishy and paper circuits, science experiments, LEGO builds, arts and crafts and so much more. Activities vary per class. Weather appropriate clothing is needed and play clothes a must. This class is for kids in kindergarten through 6th grade.

Day	Date	Time	Per child
Tuesday	Jan 3	12 – 2 PM	\$7
Wednesday	Mar 1	12 – 2 PM	\$7
Friday	Apr 21	12 – 2 PM	\$7

### STROLLER STRIDES

Stroller Strides is a stroller-based fitness program for parents with little ones. Each 60-minute, total body workout incorporates power walking, strength, toning, songs and activities. Taught by certified instructors (who are also moms), it's a great workout for any level of exerciser.

Day	Date	Time	Per family
Mon, Wed	Jan 4 – 30	8:30 – 9:30 AM	\$30
Tues, Thurs	Jan 3 – 31	7:30 – 8:30 PM	\$30
Mon, Wed	Feb 1 – 27	8:30 – 9:30 AM	\$30
Tues, Thurs	Feb 2 – 28	7:30 – 8:30 PM	\$30
Mon, Wed	Mar 1 – 29	8:30 – 9:30 AM	\$30
Tues, Thurs	Mar 2 – 30	7:30 – 8:30 PM	\$30
Mon, Wed	Apr 3 – 26	8:30 – 9:30 AM	\$30
Tues, Thurs	Apr 4 – 27	7:30 – 8:30 PM	\$30

### PAINTING 101

Create masterpieces using tempera, watercolor and acrylic paints in this 30-minute class for kids ages 3 to 5 years old. Register by Dec. 30.

Day	Date	Start Times	Resident	Non-res.
Tuesdays	Jan 3 – 24	10 AM, 10:30 AM, 6 PM, 6:30 PM	\$25	\$30

### YOUTH HOCKEY

This program introduces your child to ice hockey — without the ice! Kids learn basic individual skills, including passing, stick handling, shooting and cross-court mini-games. The focus of 30-minute classes, led with the help of Iowa Hawkeye Hockey Club members, is instruction with an emphasis on having fun. This is a non-competitive league using foam equipment for kids ages 3 to 5 years old. No equipment or knowledge of hockey is required.

Day	Date	Register by	Start Times	Fee	Location
Thursdays	Feb 2 – 23	Jan 30	6 PM, 6:35 PM	\$25	North Bend



### LIL CHEFS

Awesome class to put fun with food! Kids will create delicious treats to enjoy during class or to take home. This one-our class is for ages 3 to 5.

Day	Date	Register by	Start Times	Resident	Non-res.
Tuesdays	Feb 7 – 28	Jan 28	11 AM, 6 PM	\$35	\$40

### SPRING CRAFTS

A 30-minute recreational class for kids ages 3 to 5 years old to seasonal crafts.

Day	Date	Register by	Times	Resident	Non-res.
Tuesdays	Mar 7 – 28	Feb 26	10 AM, 10:30 AM	\$25	\$30
Tuesdays	Mar 7 – 28	Feb 26	6PM, 6:30 PM	\$25	\$30

### DON'T FORGET SWIMMING LESSONS

For parent and tot, tadpoles, and levels 1 to 6. Lessons are offered Monday and Wednesday evenings. Private lessons are offered on Tuesday or Thursday evenings. See pages 9 and 10.

### KIDS' CAMPSITE

Our padded play area for tots 48 inches or shorter, is open from 9 a.m. to 8 p.m. weekdays and all day on weekends, and it's free.

# Youth Sports & Programs

## WRESTLING

Taught by former University of Iowa wrestler Derek Coorough, this class teaches fundamentals of wrestling and proper techniques. Held at North Central Junior High wrestling room. This class is for grades kindergarten through 6th.

Grade	Day	Dates	Time	Fee
Kinder – 2nd	Mondays	Jan 9 – Mar 6	6 – 6:50 PM	\$35
3rd – 4th	Mondays	Jan 9 – Mar 6	7 – 7:50 PM	\$35
5th – 6th	Tuesdays	Jan 9 – Mar 7	6 – 7:30 PM	\$50

## HOCKEY

Program introduces your child to ice hockey — without the ice! Basic individual skills, such as passing, stick handling, shooting and cross-court mini-games, will be taught. Core focus of class will be instruction with emphasis on having fun. Non-competitive league and no knowledge of hockey or equipment required. Iowa Hawkeye Hockey Club members will help lead the class. Classes are 30 minutes in length. Program will be held at North Bend Elementary School. This class is for youth ages 6 to 9.

Day	Dates	Time	Register by	Fee
Thursdays	Feb 2 – 23	7:10 – 7:40 PM	Jan 30	\$25

## CHOL CHOE'S TAEKWONDO

Learn self-control, self-confidence, discipline, respect, courtesy and self-defense through the teachings of Grandmaster Chol Choe 7th Dan (kwan jang nim). Grandmaster opened the academy in 1983. Before he opened his TKD School, he was teaching at the Army Reserves. Grandmaster has taught traditional taekwondo for more than 33 years. Kukkiwon/WTF Style Style Moo Duk Kwan, ITF. All his instructors follow his guidance and leadership to maintain a traditional Korean martial art. This class is for ages 7 and up. Registration: 5 student minimum required to teach class. No uniform required for the first month of class. Instructor: Oscar Perez, 2nd Dan (kyo sah nim).

Day	Date	Time	Resident	Non-res.
Mon, Thurs	Jan 5 – 30	5 – 6 PM	\$56	\$61
Mon, Thurs	Feb 2 – 27	5 – 6 PM	\$56	\$61
Mon, Thurs	Mar 2 – 30, no 3/13 3/16	5 – 6 PM	\$49	\$54
Mon, Thurs	Apr 3 – 27	5 – 6 PM	\$56	\$61
	Drop in		\$7	\$7

## WTF/UI TAEKWONDO

Classes teach respect, discipline and self-control. Kids will learn kicks, blocks, hand strikes and forms for their respective levels. Sparring coach is available to students who want it. Joining a competition team is also available. Beginner and advanced levels provided. These classes are for ages 6 to 15 and for ages 16 and up. For more details, contact Master Story at (712) 522-9139 or shawnstory@ccaschools.org or Master Messersmith at (515) 408-4671 or nicholasmessersmith@gmail.com. Register by the first of each month. Pricing based on number of family members registering. Instructors: Masters Shawn Story or Nick Messersmith.

Ages	Days	Dates	Times	1st person	2nd	3rd
6 – 15	Tues, Wed	Jan 3 – 31	5:30 – 6:30 PM	\$30	\$20	\$15
16 +	Tues, Wed	Jan 3 – 31	6:30 – 7:30 PM	\$30	\$20	\$15
6 – 15	Tues, Wed	Feb 1 – 28	5:30 – 6:30 PM	\$30	\$20	\$15
16 +	Tues, Wed	Feb 1 – 28	6:30 – 7:30 PM	\$30	\$20	\$15
6 – 15	Tues, Wed	Mar 1 – 29	5:30 – 6:30 PM	\$30	\$20	\$15
16 +	Tues, Wed	Mar 1 – 29	6:30 – 7:30 PM	\$30	\$20	\$15
6 – 15	Tues, Wed	Apr 4 – 26	5:30 – 6:30 PM	\$30	\$20	\$15
16 +	Tues, Wed	Apr 4 – 26	6:30 – 7:30 PM	\$30	\$20	\$15
Drop in				\$5	\$5	\$5

## NLC YOUTH BASKETBALL

This league helps boys and girls in first through sixth grades learn fundamentals of the game and provides equal participation. Games and practices at various locations. Teams are chosen at random, and there is no guarantee on being placed on a friend's team. If you register in North Liberty you are placed on a North Liberty team; register in Coralville to be placed on a Coralville team.

Volunteer coaches are needed! Coaches meeting: 6 p.m. Jan 5 at Community Center

Dates	Jan 14 – Mar 4, make-up Mar 11 if needed
Leagues	Grades 1 & 2, 3 & 4 and 5 & 6; Girls and Boys divisions
Practices	Once weekly, Sun 5 – 8 PM, Mon 6 – 8 PM or Tues 6 – 8 PM
Games	Starting Jan 21, Saturdays 9 AM – 4 PM
Locations	North Liberty and Coralville recreation centers Garner, Van Allen and North Bend elementary schools
Fee	Resident: \$40, Non-res.: \$50; \$5 late fee if after Dec 11 deadline



### YOUTH COMPETITIVE TEAM BASKETBALL LEAGUES

Officiated 5-on-5 basketball for boys and girls, fifth through eighth grades. Team-oriented program where an entire team and coach sign up. Each team is guaranteed 5 to 7 games depends on the number of teams. Grades may be combined.

Games are played at the North Liberty Community Center and Garner Elementary School. Grades will be combined if not enough register.

Grade	Day	Dates	Times	Team
7 – 8	Mondays	Jan 9 – Mar 6	7, 7:50, 8:40 PM	\$325
5 – 6	Thursdays	Jan 12 – Mar 9	6, 6:50, 7:40, 8:30 PM	\$325

Existing team register beginning Dec 5, new teams Dec 7; deadline Dec 14

### RECREATIONAL SWIM TEAM

Is your child interested in joining a swim team but just not sure if they are ready for the competitive level? If so, our new swim team is perfect. Team members will focus on improving stroke techniques and building endurance, as well as be given instruction on flip turns and starts in an organized but relaxed environment. Minimum requirements: Must be able to swim one length of the pool freestyle and one length backstroke. Child should have an idea of how to swim breaststroke and butterfly but is not required to swim them. Limited number of participants so sign up early.

Days	Date	Time	1 × week		2 × week	
			Res	Non	Res	Non
Tues, Thurs	Jan 10 – 31	6:30 – 7:30 PM	\$16	\$21	\$28	\$33
Tues, Thurs	Feb 2 – 28	6:30 – 7:30 PM	\$16	\$21	\$32	\$37
Tues, Thurs	Mar 2 – 30 no 3/14 3/16	6:30 – 7:30 PM	\$12	\$17	\$28	\$33
Tues, Thurs	Apr 4 – May 11	6:30 – 7:30 PM	\$24	\$29	\$48	\$53

### JUNIOR GOLF

Great introduction to the game of golf for kids. Learn skills at the Quail Creek Golf Course range and practice green. Participants need to bring their own set of clubs. Meet at the Community Center with your clubs and transport to golf course. This class is for youth ages 8 to 13.

Day	Date	Register by	Time	Resident	Non-res.
Tuesdays	Apr 4 – 25	Mar 28	4:30 – 5:30 PM	\$35	\$40

### YOUTH SOCCER CLINICS

In partnership with Cedar River Soccer Association, the recreation department will be hosting soccer clinics for children grades kindergarten through fourth grade. Each clinic will consist of age-appropriate activities and small-sided games for boys and girls interested in playing soccer. All activities are run by Jason Witt, staff coach at Cedar River Soccer Association. Witt, a United States Soccer Federation National B License holder, has 11 years of coaching experience in the corridor and has studied under coaches from teams such as Ajax (Amsterdam) and Breiðablik UBK (Reykjavik, Iceland). All activities will focus on fun, individual skill development and player participation, and be held at the Community Center.

Grades	Day	Date	Time	Fee
K – 2	Friday	Dec 16	5:30 – 6:30 PM	\$5
3 – 4	Friday	Dec 16	6:30 – 7:30 PM	\$5
K – 2	Friday	Jan 20	5:30 – 6:30 PM	\$5
3 – 4	Friday	Jan 20	6:30 – 7:30 PM	\$5
K – 2	Friday	Feb 17	5:30 – 6:30 PM	\$5
3 – 4	Friday	Feb 17	6:30 – 7:30 PM	\$5
K – 2	Friday	Mar 24	5:30 – 6:30 PM	\$5
3 – 4	Friday	Mar 24	6:30 – 7:30 PM	\$5

### YOUTH SPRING SOCCER

The recreation department, in partnership with Cedar River Soccer Association, will offer an outdoor soccer program for kids kindergarten through fourth grade. Age-appropriate activities and small-sided games for boys and girls interested in soccer focus on fun, individual skill development and player participation. Activities are run by Jason Witt, staff coach at Cedar River Soccer Association. Witt, a USSF National B License holder, has 11 years of coaching experience in the corridor and has studied under coaches from teams such as Ajax (Amsterdam) and Breiðablik UBK (Reykjavik, Iceland). Program will be held at Penn Meadows Park. A late fee of \$5 will be charged for any registrations after March 12, if openings remain.

Day	Date	Register by	Time	Resident	Non-res.
Fridays	Mar 31 – May 19	Mar 12	5:30 – 6:45 PM	\$40	\$50

## BEFORE & AFTER SCHOOL

The program provides recreational activities, supervision and guidance for kids kindergarten through sixth grade before and after school.

## RECSTERS

Our Recsters program serves students at Penn, Van Allen and Garner elementary schools. Transportation is provided to and from school.

Program	Days & Times	Fee
Before school	Mon – Fri, 7 – 7:55 AM	\$75
After school	Mon – Fri, school end – 6 PM	\$200
Before & After school	Morning and afternoon	\$230

Recsters offers full-day programming during ICCSD days off for \$50 per day or \$230 per week. At least 10 kids must be enrolled per day to hold the program.

## FULL DAYS

Jan 16, Mar 1, Apr 21; 7 AM – 6 PM

## HOLIDAY CAMP

Dec 26 – 30; Jan 2 – 4; 7 AM – 6 PM

Registration: Current Recsters from Nov 1-30; open enrollment begins Dec 8.

## SPRING CAMP

Mar 13 – 17; 7 AM – 6 PM

Registration: Current Recsters from Feb 1-28; open enrollment begins March 1.

Program requires 10 children enrolled per day to be held.

## FALL 2017

Open enrollment begins April 1; call Matt Fielder at (319) 626-5734 for openings or to be placed on our waiting list.

# PARENT-RUN YOUTH SPORTS LEAGUES

## NORTH LIBERTY YOUTH BASEBALL & SOFTBALL

NLYBS is a recreational league run by volunteers since 1992 and serves nearly 1,000 boys and girls from 4-year-olds to 8th Graders. NLYBS is not affiliated with the City of North Liberty, but uses city facilities and communicates well with city staff to offer an excellent program. Register online at [www.eteamz.com/NLYBS](http://www.eteamz.com/NLYBS) beginning mid-January; closes March 3. No paper registration available. Registration is \$55 per child. Computers with Internet access are available in the library. Call the NLYBS hotline 248-1283 with questions, if you need assistance with registration or check the FAQ page on the NLYBS website.

Practices start the week of April 3; Games start the week of May 1.



## NORTH LIBERTY BABE RUTH

Registration forms available at the North Liberty recreation center, online at [nlbr.org](http://nlbr.org) or by email to [nlcbareruth@yahoo.com](mailto:nlcbareruth@yahoo.com). NLBR is not affiliated with the City of North Liberty, but use city facilities and communicate with city staff to offer an excellent program. All new players must have a copy of their birth certificates on file. Babe Ruth is a competitive league, and players are not guaranteed equal playing time. Please complete and return registration form early to help get accurate number of teams and game schedules.

13-15U (players born May 1, 1999 – April 30, 2002)

Jan – Feb 28: \$130; Feb 29 – Mar 16: \$150 per player; \$25 late fee after Mar 20

16-18U (players born January 1, 1996 – April 30, 1999) through Jan. 2: \$200





## KEEPING OUR KIDS IN THE GAME

The City of North Liberty has fulfilled its commitment to build a pavilion at Penn Meadows Park that includes restrooms, a concession stand and a shelter. North Liberty Youth Baseball and Softball partnered with the city to cover the cost of the building, and NLYBS still needs to raise 45 percent of the funds. You can help by buying an engraved brick to be placed in the Commemorative Baseball Diamond courtyard. Individuals, families, organizations and businesses have the opportunity to leave their own lasting legacy for future generations to see by purchasing a brick on the NLYBS website at [www.eteamz.com/NLYBS](http://www.eteamz.com/NLYBS). Pictures of the bricks that have already arrived can be seen on the North Liberty Youth Baseball and Softball page.

NLYBS board members needed: NLYBS is a not-for-profit organization run by a volunteer board. We had 998 players this year and 83 teams. Planning for next year begins in July. The current board consists of nine members covering 22 positions. Things run much smoother when board members aren't covering multiple positions. We have several openings, including registrar, secretary, head umpire, multiple league commissioner positions, field enhancement director and concession stand director (shadowing for a year). You do not have to have a child in the league to serve on the board. If you are interested, please email [registrar.nlybs@gmail.com](mailto:registrar.nlybs@gmail.com).



# Adult Leagues & Programs

## ADULT CO-ED VOLLEYBALL LEAGUE

Six-player, self-officiated games with two divisions. Our "A" League is more competitive, while our "B" League is recreational. Players can be anyone 18 years old or older not in high school volleyball. Existing teams can register beginning Dec. 5; new-team registration begins Dec. 7.

Day	Dates	Time	Register by	Fee	Location
Sun	Jan 15 – Mar 26, no 2/5	12 – 4 PM	Dec 18	\$90	North Bend

## MEN'S BASKETBALL

Officiated, 5-on-5 basketball league with two divisions for men 18 and older who are no longer in high school. Our "A" League is more competitive, while our "B" League is recreational. Players 34 years old or under, who have played Division 1 college basketball, must play in the "A" League. Existing teams can register beginning Dec. 5; new-team registration begins Dec. 7.

League	Day	Dates	Time	Register by	Fee
A	Sun	Jan 8 – Mar 19, no 2/5	3 – 5 PM	Dec 18	\$375
B	Sun	Jan 8 – Mar 19, no 2/5	5 – 9 PM	Dec 18	\$375

## OPEN GYM ACTIVITIES



## BASKETBALL

Get together for a half- or full-court pick-up game. 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).

Day	Time	Resident	Non-res.
Tues, Thurs	6 – 7 AM	\$2	\$2
Mon, Tues, Wed, Thurs, Fri	12 – 1:30 PM	\$2	\$2
Monthly pass		\$10	\$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. Games are held in the recreation center's Jones Gym and outside at Penn Meadows Tennis Courts.

Day	Time	Resident	Non-res.
Mon, Tues, Wed, Thurs, Fri	8 AM – 12 PM	\$2	\$2
Wednesdays	6 – 9 PM	\$2	\$2
Sundays	10 AM – 2 PM	\$2	\$2
Monthly Pass		\$10	\$15



## VOLLEYBALL

Get together and play some volleyball at the recreation center's Roberts Gym.

Day	Time	Daily	Monthly residents	Monthly Non-res.
Friday	6 – 9 PM	\$2	\$10	\$15

## SENIOR DINING: GOOD FOOD, GOOD FRIENDS, GOOD FUN!

Every Friday, we provide the chance for seniors to get together for a catered lunch, to play an activity or just socialize with others at the North Liberty Community Center, for just \$4 per person. Call the recreation front desk at (319) 626-5716 by noon on Thursday to make a reservation. The meal is served at 11:30 a.m., with a rotating activity beginning at noon. Program ends at 1 p.m.

Week of the month	Restaurant	Activity
First Friday	Pizza Ranch	Bingo
Second Friday	El Cactus	Movie
Third Friday	Subway	Bingo
Fourth Friday	Yang Chow Wok	Presenter
Fifth Friday	Maribito's	TBD

# Adult Fitness Classes

## CARDIO PUMP

The interval training using progressive and moderate resistance with free weights combined with cardio drills in this class will help build muscle, improve cardiovascular health and reduce muscle wasting. All fitness levels ages 14 and up welcome.

Instructor: Renee Manders, ACE certified

Day	Dates	Time	Resident	Non-res.
Mon, Wed	Jan 4 – 30	7:30 – 8:30 PM	\$24	\$29
Mon, Wed	Feb 1 – 27	7:30 – 8:30 PM	\$24	\$29
Mon, Wed	Mar 1 – 29	7:30 – 8:30 PM	\$27	\$32
Mon, Wed	Apr 3 – 26	7:30 – 8:30 PM	\$24	\$29
	Drop in		\$3.50	\$3.50

## CARDIO KICKBOXING

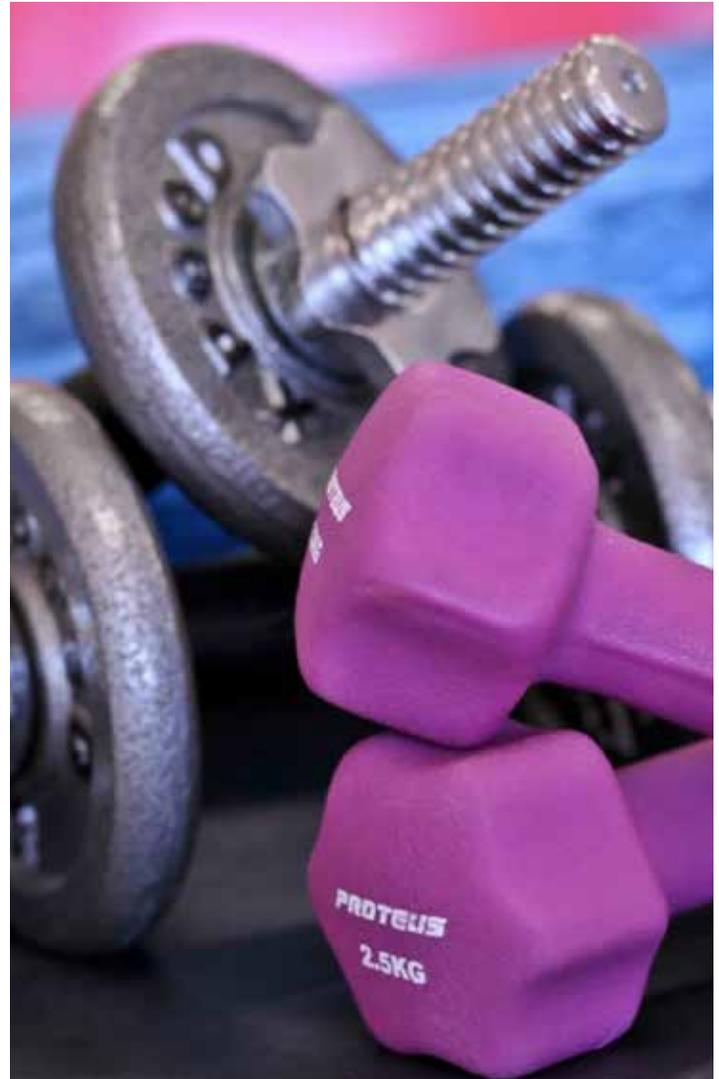
Learn basic kickboxing combos that will help strengthen your core and improve your cardiovascular system and balance. This class is for ages 14 years and up. Instructor: Renee Manders, ACE certified

Day	Dates	Time	Resident	Non-res.
Tues, Thurs	Jan 3 – 31	7:30 – 8:30 PM	\$27	\$32
Tues, Thurs	Feb 2 – 28	7:30 – 8:30 PM	\$24	\$29
Tues, Thurs	Mar 2 – 30, no 3/14 3/16	7:30 – 8:30 PM	\$21	\$26
Tues, Thurs	Apr 4 – 27	7:30 – 8:30 PM	\$24	\$29
	Drop in		\$3.50	\$3.50

## BOOT CAMP

Improve your athletic capacity and overall strength, conditioning and metabolism. Running or cross training shoes are recommended. This class is for ages 14 and up. Please note the new time. Instructor: Renee Manders, ACE certified

Day	Dates	Time	Resident	Non-res.
Saturdays	Jan 7 – 28	8:30 – 9:45 AM	\$16	\$21
Saturdays	Feb 4 – 25	8:30 – 9:45 AM	\$16	\$21
Saturdays	Mar 4 – 25, no 3/18	8:30 – 9:45 AM	\$12	\$17
Saturdays	Apr 1 – 29	8:30 – 9:45 AM	\$20	\$25
	Drop in		\$4.50	\$4.50



## ABS - ABS, BUTTOCKS, STRETCHING

This non-cardio class will help strengthen your core and glutes and improve your flexibility. This class is for ages 14 and up. Instructor: Renee Manders, ACE certified

Day	Dates	Time	Resident	Non-res.
Fridays	Jan 6 – 27	6 – 7 PM	\$12	\$17
Fridays	Feb 3 – 24	6 – 7 PM	\$12	\$17
Fridays	Mar 3 – 31, no 3/17	6 – 7 PM	\$12	\$17
Fridays	Apr 7 – 28, no 4/14	6 – 7 PM	\$9	\$14
	Drop in		\$3.50	\$3.50



### BODY BLAST

Blast your body into shape! This motivating workout is 20 to 25 minutes of low-impact aerobics to ramp up your heart rate using light hand weights. Then, 20 minutes of strength training with free weights to enhance overall body definition, increase muscle strength and tone. The workout finishes with 15 minutes of abdominal work. This class is for ages 14 and up. Instructor: Sandi Cook, ACE certified.

Day	Dates	Time	Resident	Non-res.
Tues, Thurs	Jan 3 – 31	6 – 7 PM	\$27	\$32
Tues, Thurs	Feb 2 – 28	6 – 7 PM	\$24	\$29
Tues, Thurs	Mar 2 – 30	6 – 7 PM	\$27	\$32
Tues, Thurs	Apr 4 – 27, no 4/15	6 – 7 PM	\$24	\$29
	Drop in		\$3.50	\$3.50

### LOWER BODY BLAST

A complete lower-body focus with a low-impact cardio warm up. We use steps for lunging and light free weights for resistance. This class is for ages 14 and up. Instructor: Sandi Cook, ACE certified.

Day	Dates	Time	Fee per class
Sundays	Jan 8 – 29	1 – 2 PM	\$3.50
Sundays	Feb 5 – 26	1 – 2 PM	\$3.50
Sundays	Mar 5 – 26	1 – 2 PM	\$3.50
Sundays	Apr 2 – 30, no 4/16	1 – 2 PM	\$3.50

### PERSONAL TRAINING

Two individuals who can assist you with your workout. Registration and payment must be made at the front desk. Clients pay both the personal training rates and the recreation department's daily fees or membership rates when using the facility or equipment outside of personal trainer appointments.

Trainer	Email address	Phone number
Kris Cameron	kcameron@renyouurlife.com	(319) 361-7673
Rachel West	coachwestfitness@gmail.com	(319) 759-6263

### WELLNESS CLASS

Get geared up with new goals! Live more fully! Workout with cardio, strength, ab moves. Learn how to make healthy nutrition a larger part of your lifestyle! This class is for ages 14 and up. Instructor: Laurie Schillinger

Day	Dates	Time	Register by	Fee
Mondays	Jan 9 – 30	10 – 11 AM	Jan 16	\$25

### BODY SCULPT

This total-body program employs exercises to tone and sculpt your deepest, hard-to-reach muscles. You'll use your own body weight as resistance and small hand weights to really challenge and build muscles. Build sculpted abs, arms, legs and glutes. This class is for ages 14 and up. Instructor: Sandra Cook, ACE certified

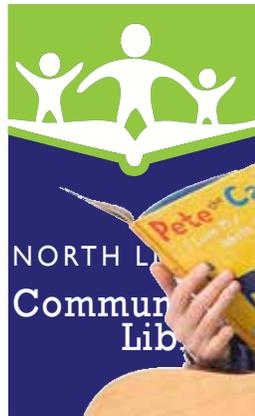
Day	Dates	Time	Resident	Non-res.
Mon, Wed	Jan 2 – 30	6 – 7 PM	\$27	\$32
Mon, Wed	Feb 1 – 27, no 2/20	6 – 7 PM	\$21	\$26
Mon, Wed	Mar 1 – 29	6 – 7 PM	\$27	\$32
Mon, Wed	Apr 3 – 26	6 – 7 PM	\$24	\$29
	Drop in		\$3.50	\$3.50



### FITNESS ON DEMAND

Your kind of workout, right at your 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 our space and equipment.

This is a drop-in activity, open during mornings, lunchtime and through early evenings. You choose the time that works best for you! Cost is the daily exercise fee and is included with monthly and annual memberships; see Page 4 for pricing.



**CONTACT**

(319) 626-5701  
northlibertylibrary.org



**HOURS**

Monday..... 9 a.m. – 8 p.m.  
 Tuesday ..... 8 a.m. – 8 p.m.  
 Wednesday..... 9 a.m. – 8 p.m.  
 Thursday..... 8 a.m. – 8 p.m.  
 Friday..... 9 a.m. – 5 p.m.  
 Saturday..... 10 a.m. – 5 p.m.  
 Sunday ..... 1 p.m. – 4 p.m.

**CLOSINGS**

We're closed Jan. 1, Feb. 20, April 14 and 16, and close early at 6 p.m. on Jan. 2.

**SEASONAL PROGRAM & EVENTS BROCHURE**

For a full listing of upcoming library events, pick up a copy of our brochure at the information desk or download online.

**STORY TIMES**

**MY BABY STORY TIME**

0 – 24 months ..... 10 a.m. .... Tuesday

**STORY TIME**

Pre-kindergarten..... 10 a.m. .... Wednesday

**PJ STORY TIME**

Family ..... 7 p.m. .... Thursday

**TOT TIME**

2 – 4 years ..... 10 a.m. .... Friday

**SATURDAY STORYTIME**

Family ..... 11 a.m. .... Saturday

**NOT A PATRON YET?**

Register online at [www.northlibertylibrary.org](http://www.northlibertylibrary.org) or stop by the library information desk. On your first visit, please provide a photo ID and proof of address. Hope to see you soon!

**AUTHOR VISIT**

**ERIC LITWIN & PETE THE CAT**

**Wednesday, April 5, 6:30 p.m.**

Eric Litwin is a song-singing, guitar-strumming, #1 *New York Times* Best Selling author who brings early literacy and music together. He is the original author of the Pete the Cat series as well as the author of *The Nuts* and *Groovy Joe*. Eric's books have sold over 8.5 million copies, been translated into 13 languages, and won 18 literacy awards including a Theodor Geisel Seuss Honor Award.

**ABSOLUTE SCIENCE**

**Wednesday, March 15, 6:30 p.m.**

Join us for this exciting science program that will include experiments for the entire family to enjoy. What is elephant toothpaste? You'll have to come to find out!

**LOCAL AUTHOR VISIT**

**CAROL STEINGREABER**

**Monday, March 27, 6:30 p.m.**

Carol Steingreaber is the author of *Pants Optional*, a refreshingly honest book and a quick read that offers hilarious insights into how to use comedy and humor when disciplining your children, caring for an elderly parent or experiencing eternal moments of embarrassment.

**iPAD PRIMER**

**4 Sessions: Tuesdays and Thursdays, April 11– 20, 1:30 p.m. – 3:30 p.m.**

Have you recently acquired an iPad and want a general introduction to its features and use? Have you owned your iPad for a while and would like to expand your knowledge of its capabilities? This class will provide an overview of the applications that come on the iPad including mail, searching the web, setting up a contacts list and calendar, using the photo features and using "The Cloud."





**SAVE THE DATE!**  
**FEB 3-4, 2017**

**NORTH LIBERTY'S  
BEAT THE BITTER  
WINTER GAMES**

**AND GOOD CHEER**

Get excited North Liberty! Year 2 is bigger and better!  
Brrrrr...ing the community together for Winter Fun & Festivities

Outdoor family-friendly fun including a Winter Kickball Tournament, 5K-ish Run,  
Scavenger Hunt and NEW this year - **FIREWORKS! and BAR CRAWL!**

**REGISTER TODAY** [www.BeatTheBitter.com](http://www.BeatTheBitter.com)

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for more details

