



FALL
NORTH LIBERTY
ACTIVITY GUIDE



Activities run September through December 2017. Registration begins online and in person Aug. 7, 2017.

FALL HIGHLIGHTS

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

DOGGIE PLUNGE

Once the humans are out of the way, the outdoor pool goes to the dogs..... Page 12

HAUNTED HAPPENINGS

Treats, photo ops, games and more at a friendly frightful time Page 13

BREAKFAST WITH SANTA

Sign up early; it's a sure sell out..... Page 13

HOLIDAY VENDOR FAIR

Get your holiday shopping done with local, handmade flare Page 13

MOTION MADNESS

A fun way for kids to get moving with activities set up as an obstacle course. Go wild. Page 14

SPYDER HOUR

Free fun every Friday for school-age kids elementary through high school..... Page 16

ADULT CO-ED DODGEBALL

Team dodgeball league for adults Page 18

PORCHFEST

Arlington Ridge hosts the second annual Porchfest, where driveways and decks become stages. All are welcome, and admission is free Page 23

HALLOWEEN

Events to get you in a spooky spirit..... Back Cover

ON THE COVER

Frankenstein's mini-monster visited the North Liberty Community Library's annual Truck or Treat and scored some sweet treats. *We'd love to highlight your photos! Email a high-resolution version to communications@northlibertyiowa.org.*

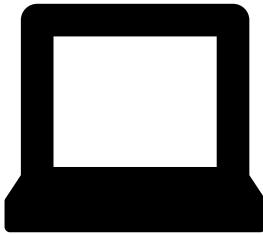
Community event calendar

Visit our new calendar of upcoming community events — and add your own — online at northlibertyiowa.org/calendar.



HOW TO REGISTER

ONLINE



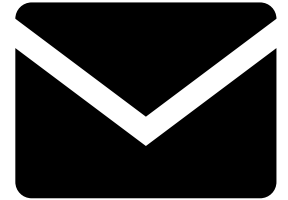
Set up an ActiveNet account and pay by a credit card 24/7. Click the "Register Online" button at northlibertyiowa.org/rec to register. (Online registration incurs an additional fee.)

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 Street in North Liberty, by phone at (319) 626-5716 or directly via email.



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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, as well as monthly passes for volleyball, pickleball and basketball **open gym** activities are 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.

			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 3 – 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
	OPEN GYM	Residents: \$10, Non-residents: \$15						
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 3 – 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
	TRACK ONLY	Residents: FREE, Non-residents: \$5	—	—	—	—	—	—

DAILY FEES

			Resident	Non-Res.	Exercise		
			Resident	Non-Res.	Resident	Non-Res.	
Summer Pool	Adult	Individual age 19 – 59	\$75	\$90	Adult	\$2	\$3
	Senior	Individual age 60 or older	\$60	\$72	Senior	\$1	\$2
	Child	Individual age 3 – 18	\$45	\$54	Pools		
	Student/Military	Full-time students and retired or active military	\$60	\$72	Adult	\$4	\$4
	Family	Up to two adults and two children	\$153	\$184	Child	\$3	\$3
	Add'l Member	Cost for each additional child for family membership	\$24	\$29	Senior	\$3	\$3
	Couple	Two adults sharing a residence	\$114	\$137	Basketball, Pickleball or Volleyball		
	Senior Couple	Two seniors sharing a residence; one member 60+	\$96	\$115	Individual	\$2	\$2

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, trails, ponds, green spaces and other outdoor recreation opportunities, visit 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

We maintain 23 miles of trails, including connections 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 one of our newest and features a zipline. Find other updated structures at Penn Meadows and Quail Ridge parks.

SHELTERS

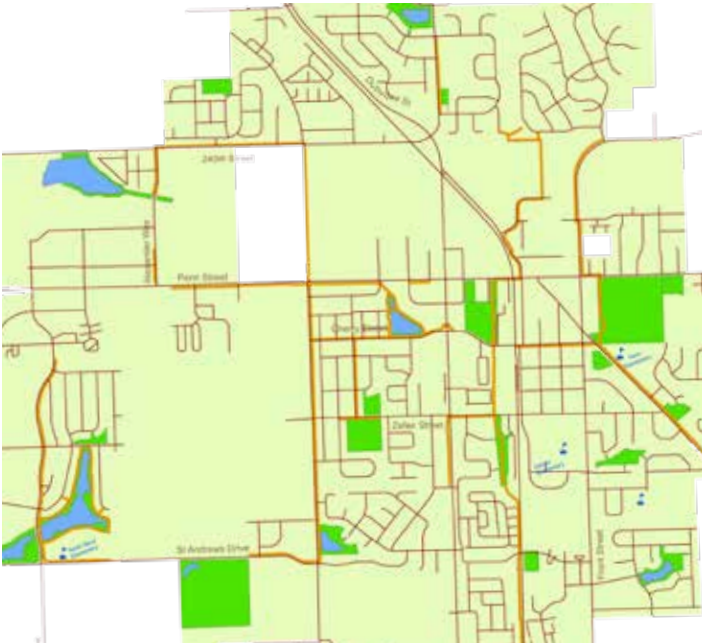
Penn Meadows and Quail Ridge parks offer picnic shelters with tables, perfect for your next party.

CENTENNIAL PARK

A paved walking trail and storm water management features were opened in 2017, with additional development planned in the near future.

OUTDOOR PURSUITS

Garden plots, fishing poles and educational O.N.E. Packs are available through the recreation department.



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	175	\$90	\$90	Regular fees
Outdoor Pool	480	\$190	\$190	Regular fees
Ball Field Game		\$15/hour	\$15/hour	Regular fees
Ball Field Tournament		\$10/hour	\$10/hour	Regular fees

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.

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 picnic shelters in Penn Meadows or Quail Ridge park for \$5 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, including pool hours, visit our online calendar at 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 AND 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 AND 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 AND FLOATIES

We offer kick boards and pull buoys for our lap swimming patrons' use. Kids can bring their 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

First-come, first-served registration, in person and online, begins 6 a.m. on the Monday of registration opening for North Liberty residents (proof of residency may be required). Non-residents can register the following Wednesday.

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

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 submerging their heads in the water. 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.

LEVEL 2 (PASSED LEVEL 1)

This level has similar skills as Level 1 but will provide practice of completing skills independently and with increased distance. Freestyle and backstroke will be completed independently. All glides and floats on front and back will be completed independently as well. 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, paddling on front with face in water.

LEVEL 3 (PASSED LEVEL 2)

This level includes increased distance of freestyle and backstroke as well as front glide and back glide. Elementary backstroke arms and legs and breaststroke arms are introduced in this level and completed independently. Also, rolling from front to back while gliding will be taught. Pre-requisites: Front and back float independently, front and back glide 10 feet independently, roll from front float to back float and back float to front float independently, swim freestyle and backstroke 10 feet independently.

LEVEL 4 (PASSED LEVEL 3)

This level continues increasing distance for freestyle and backstroke to 10 yards. Rotary breathing for freestyle is introduced in this level along with dolphin kick, and breaststroke. Elementary backstroke arms and legs are put together for the first time in this level. Pre-requisites: Freestyle and backstroke 15 feet, elementary backstroke arms independently, elementary backstroke legs independently, breaststroke arms, and rolling from front to back while gliding.

GROUP LESSONS

Date	Day	Start Times	Resident	Non-res.
Sep 18 – Oct 11	Mon, Wed	4:45 5:30 5:30 6:15 pm	\$30	\$35
Oct 23 – Nov 15	Mon, Wed	4:45 5:30 5:30 6:15 pm	\$30	\$35
Nov 27 – Dec 13	Mon, Wed	4:45 5:30 5:30 6:15 pm	\$22.50	\$27.50

PRIVATE LESSONS

One-on-one, 30-minute lessons for kids 5 and up led by North Liberty Aquatic Center staff in indoor pool. Teachers may vary between lessons and make-up classes cannot be offered. 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. No lessons will be held on Oct. 31.

Day	Date	Start Times	Resident	Non-res.
Tues	Sep 19 – Oct 10	4:40 5:15 5:50 6:25 pm	\$52	\$57
Tues	Oct 24 – Nov 14	4:40 5:15 5:50 6:25 pm	\$39	\$44
Tues	Nov 28 – Dec 12	4:40 5:15 5:50 6:25 pm	\$39	\$44
Thurs	Sep 21 – Oct 12	4:40 5:15 5:50 6:25 pm	\$52	\$57
Thurs	Oct 26 – Nov 16	4:40 5:15 5:50 6:25 pm	\$52	\$57
Thurs	Nov 30 – Dec 14	4:40 5:15 5:50 6:25 pm	\$39	\$44

LEVEL 5 (PASSED LEVEL 4)

This level continues increasing endurance for freestyle, backstroke, and elementary backstroke to 15 yards. Diving, sidestroke, butterfly arms, breaststroke arms and legs together and treading water are all introduced in this level. Pre-requisites: Freestyle with rotary breathing 10 yards, backstroke 10 yards, elementary backstroke with arms and legs together, dolphin kick and breaststroke 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: Freestyle 15 yards, tread 30 seconds, backstroke for 15 yards, breaststroke 15 yards, open turn, elementary backstroke 15 yards and butterfly arms.

REFUND AND MAKEUP POLICY

Monday and Wednesday evening lessons will make up a missed lesson the Friday following the missed class at the originally scheduled time, no refunds will be given.

Tuesday and Thursday private lessons will not make up a missed lesson and a credit will be applied to your NLRC account.

Requests for program/class refunds or transfers must be made at least three business days prior to the first meeting between the hours of 8 a.m. and 5 p.m.

Refunds for health reasons may be considered if they occur seven days prior to or during a session/class. Copy of a doctor's excuse with date of incident is required.

Credits may be applied to your NLRC account. Refunds are processed through City Hall and will be mailed to you; please allow 3 to 4 weeks.



Aquatic Programs & Open Swims



LUCKY DUCKS

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.

Days	Date	Time	Fee
Tues, Thurs	Sep 12 – Dec 21 no 11/23, 12/26, 12/28	9 – 11:30 am	\$1

HOME SCHOOLERS SWIM

Unstructured swim time for home educating parents and children. Provides a great way to supplement a physical education curriculum and socialize with other home schoolers. Open to all home-schooling families. Regular adult supervision rules apply.

Days	Date	Time	Fee
Wednesdays	Sep 13 – Dec 20 no 11/22, 12/27	1 – 3 pm	\$2

SPECIAL NEEDS SWIM

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 needing 1:1 assistance will need to have a companion 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.

Days	Date	Time	Fee
Thursdays	Sep 7 – Dec 14 no 10/26, 11/23	1:30 – 3 pm	Regular

HOLIDAY SWIMS

Come enjoy the pool for extended hours your breaks from school. Children must complete fifth grade to use facility without adult supervision.

Dates	Time	Adults	Kids
Nov 21, 22 no 11/23 11/24	1–4:30 pm	\$4	\$2
Dec 27 – 29 no 12/25 12/26 1/1	1–4:30 pm	\$4	\$2

SCHOOL'S OUT SWIM

Do your kids like to play at the pool? Are they bored and have lots of energy on days off from school? Join us for a fun filled morning at the pool! Kids ages 6 to 10 can play pool games, learn and practice safety skills and receive a swim lesson.

Dates	Time	Fee
Nov 22, Jan 4 – 5	9 – 11 am	\$10 per child

ADULT TRIATHLETE SWIM CLINICS

Train with Denise Barnhouse to learn swim stroke techniques for speed and performance in open-water swimming plus transition times for your next race. An ITCA triathlon coach, Denise has over 9 years' competitive experience. Must be able to complete basic swimming techniques. Contact crossfitphilia.com or (319) 855-0455.

RECREATIONAL SWIM TEAM

Is your child interested in joining a swim team but not sure if they're ready to jump into one at the competitive level? Then our new swim team is a perfect fit. We'll focus on improving stroke techniques and building endurance as well as instruction on flip turns and starts in an organized and relaxed environment. Option of signing up for one or both days. Minimum Requirements: Must be able to swim one length of the pool freestyle and one length backstroke. Your child should have an idea of how to swim breaststroke and butterfly but it is not required that they be able to swim them. Limited number of participants, register early.

Days	Date	Time	Resident	Non-res.
Tuesdays	Sep 12 – Oct 24	6:30–7:30 pm	\$28	\$33
Tuesdays	Nov 7 – Dec. 12 no 11/21	6:30–7:30 pm	\$20	\$25
Thursdays	Sep 14 – Oct 26	6:30–7:30 pm	\$28	\$33
Thursdays	Nov 2 – Dec 14 no 11/23	6:30–7:30 pm	\$24	\$29

RED CROSS LIFEGUARD CLASS

Become an American Red Cross-certified lifeguard to work at the pool year-round. Must be able to swim a 200-yard freestyle and 100-yard breaststroke continuously, tread water for two minutes without the use of your arms, and pass a timed brick test to complete the course pre-test. Candidates must demonstrate correct rescue skills, first aid/CPR, receive 80 proficiency on written exam and be 15 years old by Dec. 15.

Dates & Times	Resident	Non-res.
Required pre-test: Dec 12, 7-8 pm		
Class: Dec 15 5–9 pm; Dec 16, 17, 8 am–8 pm	\$160	\$165

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	Sep 7 – 28	6:05 – 6:50 am	\$21	\$26
Tues, Thurs	Oct 10 – 31	6:05 – 6:50 am	\$24.50	\$29.50
Tues, Thurs	Nov 2 – 16	6:05 – 6:50 am	\$17.50	\$22.50
	Drop in		\$4	\$4

WATER RESISTANCE EXERCISE

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 flotation belts and Hydrofit ankle cuffs (all equipment is provided). Three instructors, each with their 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 is recommended. This class is for ages 15 and up. New students: please arrive 15 minutes early. Instructors: Sue Carter, AEA certified; Colette Soult, Jacki Brennan, AEA & AF certified

Day	Date	Time	Resident	Non-res.
Mon, Wed, Fri	Sep 6 – 29	8 – 8:45 am	\$38.50	\$43.50
Mon, Wed, Fri	Oct 2 – 30	8 – 8:45 am	\$45.50	\$50.50
Mon, Wed, Fri	Nov 1 – 29, no 11/24	8 – 8:45 am	\$42	\$47
Mon, Wed, Fri	Dec 1 – 29, no 12/25	8 – 8:45 am	\$42	\$47
	Drop in		\$4	\$4

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 type of 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	Sep 5 – 28	5:45 – 6:30 pm	\$28	\$33
Tues, Thurs	Oct 3 – 31	5:45 – 6:30 pm	\$31.50	\$36.50
Tues, Thurs	Nov 2 – 30, no 11/23	5:45 – 6:30 pm	\$28	\$33
Tues, Thurs	Dec 5 – 14	5:45 – 6:30 pm	\$14	\$19
	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 their 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 Soult; Jacki Brennan, AEA & AF certified

Day	Date	Time	Resident	Non-res.
Mon, Wed, Fri	Sep 6 – 29	9 – 9:45 am	\$38.50	\$43.50
Mon, Wed, Fri	Oct 2 – 30	9 – 9:45 am	\$45.50	\$50.50
Mon, Wed, Fri	Nov 1 – 29, no 11/24	9 – 9:45 am	\$42	\$47
Mon, Wed, Fri	Dec 1 – 29, no 12/25	9 – 9:45 am	\$42	\$47
	Drop in		\$4	\$4

ARTHRITIS AQUATIC PROGRAM

Recreational exercise program designed for men & 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	Sep 6 – 29	10 – 10:50 am	\$22	\$27
Mon, Wed, Fri	Oct 2 – 30	10 – 10:50 am	\$26	\$31
Mon, Wed, Fri	Nov 1 – 29, no 11/24	10 – 10:50 am	\$24	\$29
Mon, Wed, Fri	Dec 1 – 29, no 12/25	10 – 10:50 am	\$24	\$29
	Drop in		\$3	\$3

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	Sep 9 – 30	8:15 – 9 am	\$14	\$19
Saturdays	Oct 7 – 28	8:15 – 9 am	\$14	\$19
Saturdays	Nov 4 – 25	8:15 – 9 am	\$14	\$19
Saturdays	Dec 2 – 16	8:15 – 9 am	\$10.50	\$15.50
	Drop in		\$4	\$4



Special Events



EASTERN IOWA OBSERVATORY

Friday, Aug. 11, 7 – 10:30 p.m. (Register by Aug. 8)

A night of stargazing with the Cedar Amateurs Astronomers at the Palisades-Dows Observatory in Palisades-Kepler State Park. Participants will meet at the Recreation Center and be transported to and from the observatory in city vans. (Participants who wish to stay past 10:15 p.m. can drive their own vehicles.) The night includes a walking tour of the observatory, 30-minute lecture on sky orientation with Stellarium and viewing the night sky from numerous on-site telescopes. Amateur astronomers will help participants locate celestial bodies. Pack a snack to enjoy! \$3 per person.

CEDAR RAPIDS KERNELS

Friday, Aug. 18, 6:35 p.m.

Everyone likes a trip to the ballpark for sights, sounds, food and fun, so join us for a night with the Kernels, family, friends and neighbors. Ticket prices are about \$7, with kids 3 years and under free. Tickets may be free if enough sponsors support this event. Individuals must provide own transportation to Cedar Rapids.

DOGGIE PLUNGE

Thursday, Sept. 7, and Friday, Sept. 8, 3 – 8 p.m.

Bring your dog for some fun in the water at the Doggie Plunge! Pet owners 16 years and up are welcome; children under 16 must be accompanied by adult. Early registration is \$7 per dog; day-of registration is \$10 per dog. One dog per person, please. Dogs must have proof of current rabies and distemper vaccinations present day of event. Adults are not allowed to be deeper than 2 feet due to limited chemicals for the dogs' safety, and children will not be allowed in the water. If dogs are unable to "play nice," they will be asked to leave without compensation or warning.

STAR PARTY

Saturday, Sept. 23, 6:30 – 9 p.m.

The night time is the right time! Join Take A Kid Outdoors and the City of North Liberty at Penn Meadows Park this fall to learn about the night sky and things that go bump in the night. Contact Judy at judy@earthviewenvironmental.com for more information and to register. A free, family event; children must be accompanied by an adult.

HALLOWEEN MOONLIGHT WALK

Friday, Oct. 13, 6:30 – 8:30 p.m.

Park at the Community Center and walk through the Highway 965 underpass to Liberty Centre Pond. The pathway will be lit by all kinds of friendly ghosts to help you along the way. Grab a scavenger hunt sheet for a chance to win special prizes. Costumes are welcome, but not required. Feel free to snap photos/selfies to share. Candy bags and hot chocolate will be provided. Event is free, but donations welcome. All ages, family event but children must be supervised by an adult.

PUMPKIN PAINTING & CARVING

Saturday, Oct. 14, 8:30 – 10 a.m.

Children 12 years and younger may come join us at the Rec Center for painting or carving a pumpkin prior to the Halloween season. Register kids for \$8 and on day of kids can pick out their own pumpkin to carve or decorate... or both! We will provide all materials needed to get the job done with treats included.



CEDAR RIVER KAYAKING TRIP

Saturday, Oct. 21, 6:30 a.m. – 1 p.m. (Register by Oct. 13)

Join the North Liberty Recreation Department for a kayaking trip down the Cedar River. Participants will either meet at the Community Center at 6:30 a.m. or the historic Sutliff Bridge landing at 7:30 a.m. All boats and bodies will be hauled to Palisades-Kepler State Park, where a short safety demonstration will be given before embarking on 2- to 3-hour float, 8.25 miles downriver back to the Sutliff Bridge. Participants are welcome to eat at Baxa's Sutliff Tavern or pack a picnic to enjoy out on the bridge at their own expense. Those who rode with Rec Staff will be shuttled back to the Community Center. Open to all ages and skill level. Children under the age of 16 need to be accompanied by an adult. Tandem kayaks are available for rent or trekkers can provide their own watercraft. Kayakers are encouraged to pack snacks and non-alcoholic refreshments, preferably in a dry-seal bag. Register early, \$35 per boat or \$7 per persons with own vessels. For more information, contact Matt Meseck at mmeseck@northlibertyiowa.org or (319) 626-5716.

HAUNTED HAPPENINGS

Thursday, Oct. 26, and Friday, Oct. 27, 6:30 – 8:30 p.m.

Tunnel, mazes, carnival games and fun for just \$2 per child. Children must be accompanied by adults. Come in costume and have a frightful time. Activities, snacks, drinks and candy supplied by NL Optimist Club & Recreation Staff. Don't worry about a camera, photos will be taken free of charge by Sandi Spurrell Photography and posted to her website just days later. Pay at the door, no preregistration required.

HOLIDAY VENDOR FAIR

Saturday, Dec. 9, 8 a.m. – 12 p.m.

Local vendors, crafters, and sellers will have their ware for sale so you can get your holiday shopping done with a local, handmade flair. Shopping runs from all morning, so stop by and see what's available. **Vendors:** 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 do not close up shop prior to the finish. Vendors must supply own tables, but chairs will be provided. Fee to vend is \$15 per 10' x 10' square spot; multiple spots can be purchased if more space is needed. Electricity is available upon request. Vendor set-up is 5 – 8 a.m. with fair open to public: 8 a.m. – 12 p.m. Register by contacting Matt Meseck at mmeseck@northlibertyiowa.org or call (319) 626-5716. Crafters/homemade have first chance to register through Nov. 10; starting Nov. 11, registration is open to all if spots remain.

BREAKFAST WITH SANTA

Saturday, Dec. 9, 8 – 11 a.m. (Register by Dec. 5)

Santa will be waiting for kids, 10 years and under, 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 and a model Christmas village and train display. Don't forget to visit with Santa and tell him what you want for Christmas. Don't worry about a camera; photos will be taken free of charge by Sandi Spurrell Photography and posted to her website just days later. Advanced registration required, no walk-ins. Entry is \$3 per person, regardless of intent to eat. Please register early as this program will fill up.



BINGO NIGHT

Friday, Dec. 22, 7 p.m. (Register by Dec. 15)

B-I-N-G-O! Test your luck in our annual bingo night at no cost for ages 21 and older. Standard, four corner and blackout games will be played. Prizes include free individual monthly memberships as well as gift certificates from the community center and possibly area businesses. Please register early!

OUTDOOR & NATURE EDUCATION (O.N.E.) PACKS

Free and available year round

The North Liberty Recreation Department has ten 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 perfect 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. 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.

COMMUNITY & SPECIAL EVENTS CALENDAR

Visit our online calendar for more special events at northlibertyiowa.org/events and add your own community and not-for-profit events here, too.

Preschool Programs



LUCKY DUCKS

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.

Days	Date	Time	Fee
Tues, Thurs	Sep 12 – Dec 21 no 11/23 12/26 12/28	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 begin 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.
Football	Wed	Sep 6 – 27	Aug 30	\$25	\$30
Soccer	Wed	Oct 4 – 25	Sep 27	\$25	\$30
Basketball	Wed	Nov 1 – 22	Oct 25	\$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, lead 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 4 to 5 years old. No equipment or knowledge of hockey is required.

Day	Date	Register by	Start Times	Fee	Location
Thursdays	Sep 7 – 28	Sep 1	6 pm, 6:40 pm	\$25	North Bend

MUSIC & MOVEMENT

This mommy-and-me class lets children and caregivers use instruments and manipulatives to explore music while getting their wiggles out by dancing, singing and socializing! This all-ages class is perfect for families with multiple children. Children and caregivers stay to participate together.

Day	Date	Time	Per family
Fridays	Sep 15 – 29	10 – 10:45 am	\$12
Fridays	Oct 13 – 23	10 – 10:45 am	\$12
Fridays	Nov 6 – 20	10 – 10:45 am	\$12
Fridays	Dec 1 – 15	10 – 10:45 am	\$12
	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	Sep 11 – 25	10 – 10:45 am	\$12
Mondays	Oct 9 – 23	10 – 10:45 am	\$12
Mondays	Nov 6 – 20	10 – 10:45 am	\$12
Mondays	Dec 4 – 18	10 – 10:45 am	\$12
	Drop in		\$5

DON'T FORGET SWIMMING LESSONS See pages 9 and 10.

MOTION MADNESS

Simply a recreational opportunity for kids to use all their body muscles in a fun way! Kids just want to play, so various activity points will be set up in an obstacle course format for kids to go wild!



Day	Date	Time	Reg. by	Resident/Non-res.	
Thursdays	Sept 7–28	10–10:45 am	Aug 24	\$25	\$30
Thursdays	Oct 5–26	10–10:45 am	Sept 21	\$25	\$30
Thursdays	Nov 2–30, no 11/23	10–10:45 am	Oct 19	\$25	\$30

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	Sep 5 – 26	9:30 – 11:30 am	\$28	\$20
Tuesday	Oct 3 – 24	9:30 – 11:30 am	\$28	\$20
Tuesday	Nov 7 – 28	9:30 – 11:30 am	\$28	\$20
Tuesday	Dec 5 – 19	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
TBA	TBA	12 – 2 pm	\$7

LIL CHEFS

Awesome class to put fun with food! Kids will create delicious treats to enjoy during class or to take home. Class is 1 hour in length. Ages: 3-5 years old

Day	Date	Start Times	Register by	Resident	Non-Res.
Tuesdays	Oct 3 – 24	11 am, 6 pm	Sep 28	\$30	\$35

HOLIDAY CRAFTS

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

Day	Date	Start Times	Register by	Res/Non-res.	
Tuesdays	Nov 7–28	10 am 10:30am 6pm 6:30pm	Oct 28	\$20	\$25
Tuesdays	Dec 5–19	10 am 10:30am 6pm 6:30pm	Nov 28	\$20	\$25

babyfair



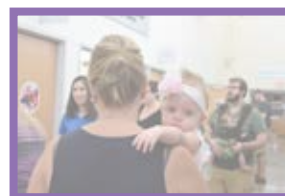
Sponsored by: MERCY IOWA CITY

SUNDAY, AUGUST 20
1 P.M. TO 3 P.M.
NORTH LIBERTY LIBRARY

LOCAL NON-PROFITS & BUSINESSES.
DOOR PRIZES!

OBSTETRICIANS & PEDIATRICIANS.
DOULAS & MIDWIVES.
VISION & DENTAL SCREENINGS.
CAR SEAT SAFETY CHECK.

SIGN UP FOR THIS FREE EVENT
AT EVENTBRITE.



Youth Sports & Programs

BEFORE & AFTER SCHOOL

Program provides recreational activities, supervision and guidance for students, kindergarten through sixth grade at Penn, Van Allen and Buford Garner Elementary Schools. For more information contact Matt Fielder at mfielder@northlibertyiowa.org or call (319) 626-5716.

RECSTERS

Program	Date	Time	Fee
Before school	Begins Aug 23	7 – 7:55 am	\$75
After school	Begins Aug 23	School end – 6 pm	\$200
Before & After	Begins Aug 23	Morning & Afternoon	\$230
ALL DAYS	Oct 6, Nov 15, Nov 22	7 am – 6 pm	\$50/day
HOLIDAY CAMP	Dec 27 – 29, Jan 3 – 5	7 am – 6 pm	\$50/day

Current enrollees can register for holiday camp from Nov. 1 through 30; open enrollment begins Dec. 8.

YOUTH 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	Sep 7 – 28	7:15 – 7:45 pm	June 28	\$25

YOUTH OUTDOOR SOCCER

The recreation department, in partnership with Cedar River Soccer Association, will offer an outdoor soccer program for kids kindergarten through fifth 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. A USSF National B License holder, Witt 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. A late fee of \$5 will be charged for any registrations after Aug. 20, if openings remain.

Day	Date	Register by	Time	Resident	Non-res.
Fridays	Sep 8 – Oct 13	Aug 20	5:30 – 6:45 pm	\$30	\$50

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 guaranteed five to seven games depends on the number of teams. Grades may be combined. Games are played at the North Liberty Community Center, and Garner and North Bend elementary schools. Grades will be combined if not enough register.

	Grades	Day	Dates	Times	Team
Boys	7 – 8	Mondays	Oct 9 – Dec 18	7, 7:50, 8:40 pm	\$330
Girls	7 – 8	Mondays	Oct 9 – Dec 18	6, 6:50, 7:40, 8:30 pm	\$330
Boys	5 – 6	Thursdays	Oct 12 – Dec 9	7, 7:50, 8:40 pm	\$330
Girls	5 – 6	Thursdays	Oct 12 – Dec 9	6, 6:50, 7:40, 8:30 pm	\$330

RECREATIONAL SWIM TEAM

Is your child interested in joining a swim team but not sure if they're ready to jump into one at the competitive level? Then our new swim team is a perfect fit. We'll focus on improving stroke techniques and building endurance as well as instruction on flip turns and starts in an organized and relaxed environment. Option of signing up for one or both days. Minimum Requirements: Must be able to swim 1 length of the pool freestyle and 1 length backstroke. Your child should have an idea of how to swim breaststroke and butterfly but it is not required that they be able to swim them. Limited number of participants, register early.

Days	Date	Time	Resident	Non-res.
Tuesdays	Sep 12 – Oct 24	6:30–7:30 pm	\$28	\$33
Tuesdays	Nov 7 – Dec. 12 no 11/21	6:30–7:30 pm	\$20	\$25
Thursdays	Sep 14 – Oct 26	6:30–7:30 pm	\$28	\$33
Thursdays	Nov 2 – Dec 14 no 11/23	6:30–7:30 pm	\$24	\$29

SPYDER HOUR

Every Friday from Sept. 8 to Dec. 15, we open our gyms for kids to come play. Spyderball and Spyder pong stations will be set up for groups to form and play this game. Each hour will be designated for a grade level. This program won't be held Oct. 27, Nov. 24 or Dec. 22 and 29. There is no fee for this drop in activity.



Grade	Time
Elementary	4:30 – 5:30 pm
Junior High	5:30 – 6:30 pm
Freshman/Sophomores	6:30 – 7:30 pm
Juniors/Seniors	7:30 – 8:30 pm

NORTH LIBERTY/CORALVILLE COOPERATIVE LEAGUES

The Recreation Departments from both cities work together to provide sport leagues for youth at as many facilities (recreation centers and schools) as possible due to the large participation numbers.

NLC YOUTH VOLLEYBALL

This program is designed to teach game fundamentals and to provide equal participation for grades 3 through 4 and 5 through 6 as of fall 2017. Games and practices will be played at the recreation centers in North Liberty and Coralville. First meeting date will be team practices and T-shirt distribution. Volunteer coaches are needed! Practices days and times vary depending on team and coach. Possible practice times are on Sundays from 4 to 8 p.m., Mondays from 6 to 8 p.m. or Wednesdays from 6 to 8 p.m. Late registration fee is \$5.

Grades	Day	Dates	Time	Reg. by	Res./Non-res
Junior (Grades 3-4)	Tues	Sep 5-Oct 17	6-8:15 pm	Aug 20	\$40 \$50
Senior (Grades 5-6)	Tues	Sep 5-Oct 17	6-8:15 pm	Aug 20	\$40 \$50

NLC YOUTH FLAG FOOTBALL

This program is designed to teach game fundamentals and to provide equal participation for first through fifth grades as of fall 2017. Games are played at the Coralville Youth Sports Park, 2480 Dempster Dr. Volunteer coaches are needed! Practices days/times vary depending on team or coach. Coaches meeting is Thursday, Aug. 31, 6 p.m. at the North Liberty Community Center. Late registration fee is \$5

Grades	Day	Dates	Time	Reg. by	Res/non-res.
Grades 1-2	Sun	Sep 10-Oct 22	12-4 pm	Aug 13	\$40 \$50
Grades 3-5	Sun	Sep 10-Oct 22	12-4 pm	Aug 13	\$40 \$50

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! Open practice date of Jan. 13 with games starting on Jan 20. Game times are estimates, teams will play at any time depending on number of teams in each grade. Practices for Grades 1-2 will be first half hour on Saturdays while Grades 3-4, 5-6 will be on Sundays 4-8 p.m., Mondays 6-8 p.m. or Tuesdays 6-8 p.m. depending on coach's availability. Coaches meeting is Jan. 4 at 6 p.m. at the North Liberty Community Center.

Grades	Day	Dates	Time	Reg. by	Res./non-res
Grades 1-2	Sat	Jan 13-Mar 3	9 am-4 pm	Dec 10	\$40 \$50
Grades 3-4	Sat	Jan 13-Mar 3	9 am-4 pm	Dec 10	\$40 \$50
Grades 5-6	Sat	Jan 13-Mar 3	9 am-4 pm	Dec 10	\$40 \$50



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. Five-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	First/second person in family
Mon, Thurs	Sep 7-28	5 - 6 pm	\$30 \$10
Mon, Thurs	Oct 2-30, no 10/26	5 - 6 pm	\$30 \$10
Mon, Thurs	Nov 2-30, no 11/30	5 - 6 pm	\$30 \$10
Mon, Thurs	Dec 4-14	5 - 6 pm	\$15 \$10
	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 student 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 and Nick Messersmith.

Ages	Day	Date	Time	First/second/third person
6-15	Tues, Wed	Sept 5-27	5:30-6:30pm	\$30 \$20 \$15
16+	Tues, Wed	Sept 5-27	5:30-6:30pm	\$30 \$20 \$15
6-15	Tues, Wed	Oct 3-25, no 10/31	6:30-7:30pm	\$30 \$20 \$15
16+	Tues, Wed	Oct 3-25, no 10/31	6:30-7:30pm	\$30 \$20 \$15
6-15	Tues, Wed	Nov 1-29		\$30 \$20 \$15
16+	Tues, Wed	Nov 1-29		\$30 \$20 \$15
6-15	Tues, Wed	Dec 5-13		\$15 \$10 \$7.50
16+	Tues, Wed	Dec 5-13		\$15 \$10 \$7.50
		Drop in		\$5 \$5 \$5

Adult Leagues & Programs

ADULT CO-ED VOLLEYBALL

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 Aug. 7; new-team registration begins Aug. 9.

Day	Dates	Time	Reg by	Team Fee	Location
Sundays	Sep 10 – Dec 17	12–4 pm	Aug 27	\$90	North Bend

MEN'S BASKETBALL

Officiated, 5-on-5 basketball league for men 18 and older who are no longer in high school. Existing teams can register beginning Aug. 7; new-team registration begins Aug. 9.

Day	Dates	Time	Reg by	Team Fee	Location
Sundays	Sep 17–Dec 17	4–8 pm	Sep 3	\$375	NLRC

ADULT CO-ED DODGEBALL

Love the game of dodgeball as a kid? Join a new six player, co-ed league for those 18 and older and are out of high school.



Day	Dates	Time	Reg by	Team Fee	Location
Wednesdays	Sep 13–Nov 15	6–9:30 pm	Sept 3	\$80	Buford Garner

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

Every Friday, we provide the chance seniors to get together for a catered lunch, to play an activity or just socialize with others at the North Liberty Community Center, just \$4 per person. Call the North Liberty Recreation Department 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	Zio Johno's	Movie
Third Friday	Subway	Bingo
Fourth Friday	Yang Chow Wok	Presenter
Fifth Friday	Maribito's	Varies



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	Fee
Tues, Thurs	6 – 7 am	\$2
Mon, Tues, Wed, Thurs, Fri	12 – 1:30 pm	\$2

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	Fee
Mon, Tues, Wed, Thurs, Fri	8 am – 12 pm	\$2
Mon, Fri	1:30 – 3 pm	\$2
Wednesdays	6 – 9 pm	\$2
Sundays	10 am – 2 pm	\$2

VOLLEYBALL

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

Day	Time	Daily
Fridays	6 – 9 pm	\$2

NORTH LIBERTY FIREFIGHTERS FOUNDATION

SALUTE TO SUMMER



SATURDAY, AUG. 19 • NORTH LIBERTY FIRE STATION 11AM – 6 PM •

Kids Inflatables • Silent Auction • Apparatus Displays

Jr. Firefighter Activities • Vehicle Extraction Demonstration •

Great Food and Fun! • Listen to the music of DJ JUAN

Learn more at facebook.com/NLFDSSaluteToSummer

Breakfast with Santa

Join Santa for a hot breakfast, trains, music, crafts, movies and, of course, photos.

Holiday Vendor Fair

Local crafters and other vendors offer their wares. Come get your holiday shopping done.

Saturday December 9
at the
NORTH LIBERTY COMMUNITY CENTER



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	Sep 6 – 27	7:30 – 8:30 pm	\$21	\$26
Mon, Wed	Oct 2 – 30	7:30 – 8:30 pm	\$27	\$32
Mon, Wed	Nov 1 – 29	7:30 – 8:30 pm	\$27	\$32
Mon, Wed	Dec 4 – 27 no 12/25	7:30 – 8:30 pm	\$21	\$26
	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	Sep 5 – 28	7:30 – 8:30 pm	\$24	\$29
Tues, Thurs	Oct 3 – 31 no 10/19	7:30 – 8:30 pm	\$24	\$29
Tues, Thurs	Nov 2 – 30 no 11/19	7:30 – 8:30 pm	\$24	\$29
Tues, Thurs	Dec 5 – 28	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

Dates	Day	Time	Resident	Non-res.
Sept 1 – 30	Fri 9/1 9/22	6-7:30 pm	\$20	\$25
	Sat 9/9, 9/16, 9/30	8:45-10:15 am		
Oct 6 – 27	Fri 10/6, 10/27 no 10/20	6-7:30 pm	\$16	\$21
	Sat 10/14 no 10/21	8:45-10:15 am		
Nov 3 – 25	Fri 11/3, 11/17	6-7:30 pm	\$16	\$21
	Sat 11/11, 11/25	8:45-10:15 am		
Dec 2 – 30	All Saturdays	8:45-10:15 am	\$20	\$20
	Drop in		\$4.50	\$4.50

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	Sept 5-28	6-7 pm	\$24	\$29
Tues, Thurs	Oct 3-31	6-7 pm	\$27	\$32
Tues, Thurs	Nov 2-30 no 11/23	6-7 pm	\$24	\$29
Tues, Thurs	Dec 5-28 no 12/26	6-7 pm	\$21	\$26
	Drop in		\$3.50	\$3.50



LOWER BODY BLAST

A complete lower-body focus with a low-impact cardio warm up. We use step 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	Sept 10-24	6-7 pm	\$3.50
Sundays	Oct 1-29	6-7 pm	\$3.50
Sundays	Nov 5-19 no 11/26	6-7 pm	\$3.50
Sundays	Dec 3-31 no 12/24	6-7 pm	\$3.50

PERSONAL TRAINING

Trainers 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	E-mail address	Phone number
Allan Bovenmyer	allan.bovenmyer@gmail.com	(352) 727-0614
Rachel West	coachwestfitness@gmail.com	(319) 759-6263

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	Sept 6-27	6-7 pm	\$21	\$26
Mon, Wed	Oct 2-30	6-7 pm	\$27	\$32
Mon, Wed	Nov 1-29	6-7 pm	\$27	\$32
Mon, Wed	Dec 4-27 no 12/25	6-7 pm	\$21	\$26
	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, lunch time 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

NLibertyLibrary

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 Sept. 4., closing at 6 p.m. on Nov. 22, and closed on Nov. 23 and 24, Dec. 24, 25, 31 and Jan. 1.

SEASONAL PROGRAM & EVENTS GUIDE

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 10:30 a.m. Tuesday

STORY TIME

Pre-kindergarten..... 10:30 a.m. Wednesday

TOT TIME

2 – 4 years 10:30 a.m. Friday

SATURDAY STORYTIME

Family 11 a.m. Saturday

NOT A PATRON YET?

Register online at 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!



IOWA SKY COLOR

Wednesday, Sept. 20, 2 – 4 p.m.

Join us at the North Liberty Library for a fun afternoon of painting and stories! We will dive into Peter Reynolds' wonderful book *Sky Color* and take a look at the landscapes of Iowa artist Grant Wood, who painted rural scenes of our beautiful state. Each participant will get to create their own "Iowa Sky Color" painting under the guidance of Becky Popelka, MFA, director of Big Picture Gallery & Studio. Registration required and limited to 20 first through fifth graders. Registration opens Sept. 1.

DARCIE MCGRATH: PARAPSYCHOLOGY

Friday, Oct. 13 at 6:30 p.m.

A paranormal researcher with 30 years of experience and a background in parapsychology, Darcie McGrath will discuss paranormal investigations she's been involved with as well as how investigations are carried out.

BELGIAN WAFFLE BREAKFAST

Saturday, Oct. 14, 8 – 11 a.m.

Be sure to come support the Friends of the Library while enjoying all-you-can-eat delicious waffles from Dad's Belgian Waffles of Algona, Iowa. Tickets are \$6 each or \$50 for a booklet of 10 in advance. \$8 at the door. Kids 5 and under are free.

TRUNK OR TREAT

Friday, Oct. 27 at 10:30 a.m.

Join us for our Third Annual Trunk or Treat. Bring the kid in costume to trick or treat with staff from different City of North Liberty departments and — new this year — local non-profit organizations. Cara of Cara Hocking Photography will be set up in the storytime room to take photos of your tots in costume. Stay tuned for more information. This event will not be limited but we do ask that you register via Eventbrite so that we can plan accordingly.

HOLIDAY COOKIE WALK

Saturday, Dec. 2; 9 a.m. – 12 p.m.

Just in time for the holidays, let the Library do you baking for you! Get your homemade holiday cookies here. \$6 per dozen of your choice.

SATURDAY
AUGUST 19TH

3 p.m – 8 p.m.

FREE



More info at www.porchfestnl.com

Porchfest is an afternoon where front porches in North Liberty becomes stages for FREE live music. We welcome the Corridor community to stroll between the stages to enjoy the music, activities in a laid back, family-friendly environment. Bring something to sit on and a smile.

ACTIVITIES

Bicycle parade @ 2:30 to kick off activities. Free ice cream for participants

New Orleans-style Second Line parade

Two bounce houses & kids craft area

Snapchat geofilter scavenger hunt

JCI sponsored photos on Porchfest chair

West Music musical petting zoo

Rock Star hair styling

Yard games

Family Yoga.



Located in the Arlington Ridge Neighborhood
around Penn Ridge Drive

FREE SHUTTLES BETWEEN PENN MEADOWS PARK AND PORCHFEST

5 FOOD TRUCKS ON SITE OR BRING YOUR OWN SNACKS





HALLOWEEN

descends on North Liberty

Fall is full of spooky fun. Join us for the programs below. Visit northlibertyiowa.org/events for updates and other community events all year long.

Parapsychology with Darcie McGrath

Friday, Oct. 13 at 6:30 p.m.

Free | North Liberty Community Library

McGrath shares her 30 years of experience in paranormal research. Learn more...if you dare.

Halloween Moonlight Walk

Friday, Oct. 13, 6:30 – 8:30 p.m.

Free | Liberty Centre Pond

Join a host of friendly ghosts for a scavenger hunt, prizes, candy and hot chocolate.

Pumpkin Painting and Carving

Saturday, Oct. 14, 8:30 – 10 a.m.

\$8 | North Liberty Community Center

We provide everything to make a jack-o-lantern masterpiece plus treats to fuel creativity.

Haunted Happenings

Thursday, Oct. 26 and Friday, Oct. 27, 6:30 – 8:30 p.m.

\$2 | North Liberty Community Center

Tons of fun, games, treats, photo ops, and more for a friendly frightful time.

Trunk or Treat

Friday, Oct. 27, 10:30 – 11:30 a.m.

Free | North Liberty Community Center

Come in costume and trick or treat with City of North Liberty staff and local non-profits.

Fire Station Open House

Tuesday, Oct. 31, 5:00 p.m. – sunset

Free | Fire Station

Trick-or-treat at the fire house.

Trick or Treat

Tuesday, Oct. 31, 5:00 – 8:00 p.m.

Free | Citywide

The annual tradition. Be safe.