



# **WINTER**

## **NORTH LIBERTY**

### **ACTIVITY GUIDE**



Activities run January through April 2018. Registration begins online and in person Dec. 4, 2017.

# WINTER HIGHLIGHTS

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

## BEAT THE BITTER

Get better at winter. North Liberty’s annual winter games and good cheer is back with a week full of events..... Back Cover

## COUCH POTATO TO 5K

You don’t have to be a runner to run a 5K. Go from 0 to 3.1 miles in 10 weeks..... Page 21

## HOLIDAY VENDOR FAIR

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

## AMERICAN SIGN LANGUAGE

Kids who learn sign language ..... Page 16

## CHILI SUPPER

Great chili and all the fixings..... Page 13

## MOTION MADNESS

A fun way for kids to get moving with activities set up as an obstacle course. Now in the evenings. Go wild..... Page 16

## FAMILY FOCUS

Special nights for the family, teens or just the kids so parents can get a night out..... Page 14

## RUN CRANDIC

The first Cedar Rapids-to-Iowa City marathon comes through town, and the half marathon starts on North Liberty’s west side ..... Page 23

## ON THE COVER

Horse-drawn carriage rides, fireworks and more are part of Beat the Bitter’s free Fire & Ice Friday on Feb. 2 at Penn Meadows Park. Details for this and more at [beatthebitter.com](http://beatthebitter.com).

# WHAT

# RECREATIONAL OPPORTUNITIES

# DO YOU WANT?

# WHAT

# UPGRADES

# DOES

# NORTH

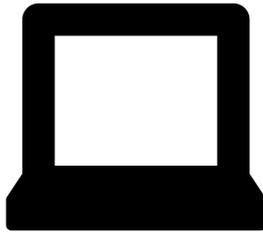
# LIBERTY

# NEED?

**Help us plan. Take a short survey at city hall, the community center or online at [northlibertyiowa.org/recneeds](http://northlibertyiowa.org/recneeds).**

# HOW TO REGISTER

## ONLINE



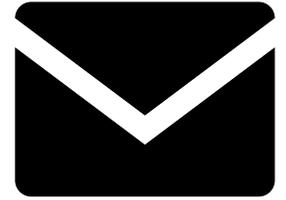
Set up an ActiveNet account and pay by a credit card 24/7. Click the "Register Online" button at [northlibertyiowa.org/rec](http://northlibertyiowa.org/rec) to register. (Online registration incurs an additional fee.)

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



**Shelly Simpson**  
Recreation Director  
[ssimpson@northlibertyiowa.org](mailto:ssimpson@northlibertyiowa.org)



**Brian Motley**  
Assistant Recreation Director  
[bmotley@northlibertyiowa.org](mailto:bmotley@northlibertyiowa.org)



**Matt Fielder**  
Youth Program Supervisor  
[mfielder@northlibertyiowa.org](mailto:mfielder@northlibertyiowa.org)



**Ashley Kipp**  
Aquatics Supervisor  
[akipp@northlibertyiowa.org](mailto:akipp@northlibertyiowa.org)



**Matt Meseck**  
Recreation Supervisor  
[mmeseck@northlibertyiowa.org](mailto:mmeseck@northlibertyiowa.org)



**Kyle Huisman**  
Site Supervisor  
[khuisman@northlibertyiowa.org](mailto:khuisman@northlibertyiowa.org)



**Jason Egly**  
Administrative Assistant  
[jegly@northlibertyiowa.org](mailto:jegly@northlibertyiowa.org)



**Noah Greene**  
Administrative Assistant  
[nngreene@northlibertyiowa.org](mailto:nngreene@northlibertyiowa.org)

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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 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](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

We maintain 23 miles of trails, including connections to Iowa City, Coralville and Solon.

## TENNIS COURTS & ICE RINK

Penn Meadows Park has four courts and a winter ice rink, 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 Kreek Park is home to one of our newest and features a zipline. Find other updated structures at Penn Meadows and Quail Ridge parks.

## SHELTERS

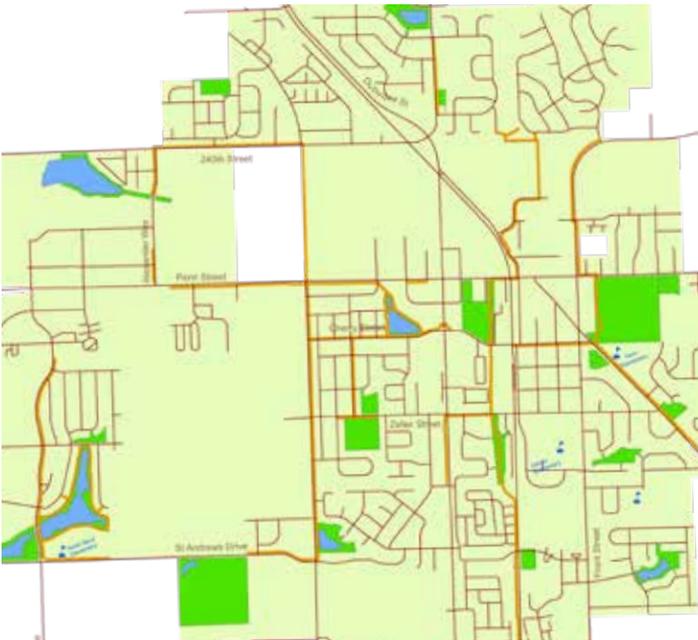
Penn Meadows and Quail Ridge parks offer picnic shelters with tables, perfect for your next party.

## 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.

## KID'S CAMPSITE PLAY AREA

Soft-play features are great for up to 49 energetic kids 48 inches tall or shorter. Rental is available weekends 6 p.m. to close for \$25 per hour.

## 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

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](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.

### 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

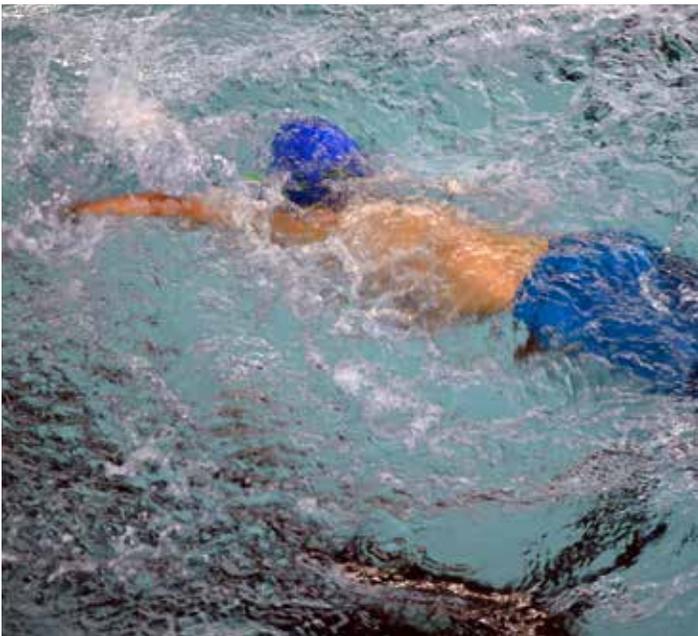
Our indoor pool is equipped with a chair lift, and we also offer use of an aquatic wheelchair, for those needing assistance into the water.

### 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. See class times on page 10.

## 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.

## 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.

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

Swimmers are asked to go barefoot or in pool sandals on the soft surface around the pool to help extend the life of the flooring.

Lessons will not be held March 12 to 17 for Spring Break. Check out our special swims!

## SWIMMING LESSONS

Parent-Tot, Tadpoles, Level 1, 2 and 3 classes are 30 minutes long. Level 4, 5 and 6 classes are 40 minutes long. See level descriptions on page 9.

### CHILD GROUP LESSONS (ALL LEVELS)

Date	Day	Start Times	Resident	Non-res.
Jan 15 – Feb 7	Mon, Wed	4:45, 5:30, 6:15 pm	\$30	\$35
Feb 19 – Mar 7	Mon, Wed	4:45, 5:30, 6:15 pm	\$22.50	\$27.50
Mar 19 – Apr 11	Mon, Wed	4:45, 5:30, 6:15 pm	\$30	\$35
Apr 23 – May 9	Mon, Wed	4:45, 5:30, 6:15 pm	\$22.50	\$27.50

### CHILD GROUP LESSONS (LEVELS 1 & 2)

Date	Day	Start Times	Resident	Non-res.
Jan 20 – Mar 10	Sat	9, 9:40, 10:20 am	\$30	\$35
Apr 7 – May 12	Sat	9, 9:40, 10:20 am	\$22.50	\$27.50

### CHILD 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.

Day	Date	Start Times	Resident	Non-res.
Tues	Jan 16 – Feb 6	4:40 5:15 5:50 6:25 pm	\$52	\$57
Tues	Feb 20 – Mar 6	4:40 5:15 5:50 6:25 pm	\$39	\$44
Tues	Mar 20 – Apr 10	4:40 5:15 5:50 6:25 pm	\$52	\$57
Tues	Apr 24 – May 8	4:40 5:15 5:50 6:25 pm	\$39	\$44
Thurs	Jan 18 – Feb 8	4:40, 5:15, 5:50, 6:25 pm	\$52	\$57
Thurs	Feb 22 – Mar 8	4:40, 5:15, 5:50, 6:25 pm	\$39	\$44
Thurs	Mar 22 – Apr 12	4:40, 5:15, 5:50, 6:25 pm	\$52	\$57
Thurs	Apr 26 – May 10	4:40, 5:15, 5:50, 6:25 pm	\$39	\$44

### ADULT LESSONS

A small-group setting for beginner adults looking to learn how to swim. Bring your swimming goals and our experienced instructor will help you reach them.

Day	Date	Start Times	Resident	Non-res.
Tues, Thurs	Jan 16 – Feb 8	6:25 pm	\$30	\$35
Tues, Thurs	Feb 20 – Mar 8	6:25 pm	\$22.50	\$27.50
Tues, Thurs	Mar 20 – Apr 12	6:25 pm	\$30	\$35
Tues, Thurs	Apr 24 – May 10	6:25 pm	\$22.50	\$27.50



## THIS WINTER, PENN MEADOWS PARK WILL BE HOME TO A 100-FOOT BY 115-FOOT OUTDOOR ICE RINK.

Installed on top of the tennis courts, the weather-dependent rink will be open 9 a.m. to 9 p.m. daily, December through March.

Bring your own skates or borrow skates from the Community Center.

Learn more about the rink, its rules and how to get a pair of skates at [northlibertyiowa.org/icerink](http://northlibertyiowa.org/icerink)

# Aquatic Programs & Open Swims

## LUCKY DUCKS

A special morning open swim for caregivers and young kids. 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	Jan 9 – Apr 26, no 3/13, 3/15	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	Jan 10 – Apr 25, no 3/14	1 – 3 pm	\$2

## SPECIAL NEEDS SWIM

This is an open swim time for participants to comfortably enjoy the pool, with pool noodles, swim lesson equipment and pool toys available. Participants needing 1:1 assistance must have a companion join them in the water. Admission for aids is free.

Days	Date	Time	Fee
Thursdays	Jan 11 – Apr 26, no 3/15	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
Jan 15, Feb 28, Mar 12 – 16, Apr 20	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
Mar 13, 15	9 – 11 am	\$10 per child

## DISCOUNT SWIM DAYS

Join us for deals and discounts at the pool.

Day	Date	Time	The Deal
Sunday	Feb 18	1:00-3:00 pm	Two for the price of one
Sunday	Mar 11	1:00-3:00 pm	Everyone gets in for \$1
Sunday	Apr 29	1:00-3:00 pm	Parents free, children pay

## FAMILY FRIDAYS

Friday nights at the pool, families swim at reduced price.

Day	Dates	Time	Fee
Fridays	Jan 5 – Apr 27, no 3/30	5:30 – 8 pm	\$10 per family

## ADULT TRIATHLETE SWIM CLINICS

Train with some of our staff members to learn swim stroke techniques for speed and performance in open-water swimming plus transition times for your next race. Must be able to complete basic swimming techniques. Contact Ashley Kipp, our aquatics supervisor for more information at (319) 626-5716 or [akipp@northlibertyiowa.org](mailto:akipp@northlibertyiowa.org).

## RECREATIONAL SWIM TEAM

Interested in joining a swim team but not sure if you're ready for the competitive level? Then our team is a perfect fit. Focus is on improving stroke techniques and building endurance, plus instruction on flip turns and starts in an organized but 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. Participants should have an idea of how to swim breaststroke and butterfly but it is not required that they be able to swim them.

Days	Date	Time	Resident	Non-res.
Tuesdays	Jan 9 – Mar 6	6:30 – 7:30 pm	\$36	\$41
	Mar 20 – May 8	6:30 – 7:30 pm	\$32	\$37
Thursdays	Jan 11 – Mar 8	6:30 – 7:30 pm	\$36	\$41
	Mar 22 – May 10	6:30 – 7:30 pm	\$32	\$37

## 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 pre-test. Candidates must demonstrate correct rescue skills, first aid/CPR, receive 80 proficiency on written exam and be 15 years old by April 22.

We'll reimburse the class fee for lifeguards who meet these qualifications:

Year-round part-time and high-school students who work an average of 22 hours per week Memorial Day weekend through Labor Day weekend.

Seasonal and college students who average 34 hours per week Memorial Day weekend through their post-July return to college.

Dates & Times	Resident	Non-res.
Required pre-test: April 17, 7-8 pm		
Class: April 20, 5-9 pm; April 21 & 22, 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	Mar 20 – April 26; no 4/12	6:05 – 6:50 am	\$36	\$41
	Daily 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 Soultis, Jacki Brennan, AEA & AF certified

Day	Date	Time	Resident	Non-res.
Mon, Wed, Fri	Jan 3 – 31	8 – 8:45 am	\$45.50	\$50.50
Mon, Wed, Fri	Feb 2 – 28	8 – 8:45 am	\$42	\$47
Mon, Wed, Fri	Mar 2 – 30	8 – 8:45 am	\$45.50	\$50.50
Mon, Wed, Fri	Apr 2 – 30	8 – 8:45 am	\$45.50	\$50.50
	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	Jan 2 – 30	5:45 – 6:30 pm	\$31.50	\$36.50
Tues, Thurs	Feb 1 – 27	5:45 – 6:30 pm	\$28	\$33
Tues, Thurs	Mar 1 – 29	5:45 – 6:30 pm	\$31.50	\$36.50
Tues, Thurs	Apr 3 – 26	5:45 – 6:30 pm	\$28	\$33
	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 Soultis; Jacki Brennan, AEA & AF certified

Day	Date	Time	Resident	Non-res.
Mon, Wed, Fri	Jan 3 – 31	9 – 9:45 am	\$45.50	\$50.50
Mon, Wed, Fri	Feb 2 – 28	9 – 9:45 am	\$42	\$47
Mon, Wed, Fri	Mar 2 – 30	9 – 9:45 am	\$45.50	\$50.50
Mon, Wed, Fri	Apr 2 – 30	9 – 9:45 am	\$45.50	\$50.50
	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	Jan 3-31	10-10:50 am	\$26	\$31
Mon, Wed, Fri	Feb 2-28	10-10:50 am	\$24	\$29
Mon, Wed, Fri	Mar 2-30	10-10:50 am	\$26	\$31
Mon, Wed, Fri	Apr 2-30	10-10:50 am	\$26	\$31
	Daily 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	Jan 6 – 27	8:15 – 9 am	\$14	\$19
Saturdays	Feb 3 – 24	8:15 – 9 am	\$14	\$19
Saturdays	Mar 3 – 31	8:15 – 9 am	\$17.50	\$22.50
Saturdays	Apr 7 – 28	8:15 – 9 am	\$14	\$19
	Drop in		\$4	\$4

# Special Events



## HOLIDAY FAIR

Saturday, Dec. 9, 8 a.m. – 12 p.m.

Come pick out the perfect locally crafted gifts for your friends and family. Shopping runs from all morning, so stop by and see what's available.

## SNOWMAN CONTEST

Dec. 1 – Feb. 28

Build your best snow creature in any city park or your yard, take a picture 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. The photos will be displayed at the Community Center. Judging is by recreation staff. The winner receives prize!

## BEAT THE BITTER

Jan. 28 – Feb. 3

Forget hibernating and embrace winter with the passion of Norsemen. North Liberty's Beat the Bitter is back with a full week of activities to get you out of the house during the bleakest days of the year. Fire & Ice Friday, Feb. 2 at Penn Meadows Park including fireworks, horse-drawn carriage rides and a community bonfire. The annual Beat the Bitter Winter Games, Saturday, Feb. 3, offer an obstacle run, a tournament for kickball domination and a slew of other games. Many businesses in North Liberty have joined the fun, too, and have prepared a full list of events to enjoy throughout the week. Visit [beatthebitter.com/schedule](http://beatthebitter.com/schedule) for the full listing and registration.

## BOY SCOUT ANNUAL CHILI SUPPER

Saturday, Feb. 3, 4:30 – 7 p.m.

Support North Liberty Boy Scout Troop 216 at 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, with children 5 and under free.

## NORTH LIBERTY NIGHT WITH ROUGH RIDERS HOCKEY

Saturday, Feb. 24, 7:05 p.m.

Join your neighbors cheering on the Rough Riders as they face off with Youngstown Phantoms. All ages welcome. Discounted tickets are available from the ticket office by calling (319) 261-GOAL and mentioning North Liberty. Transportation, food and drink not included. Tickets are \$10.75 to 16.75 depending on zone.

## NORTH CENTRAL JR. HIGH SKI TRIP

Wednesday, Feb. 28, 7:15 a.m. – 6:30 p.m. (Register by Feb. 21)

Head to Sundown Mountain with your North Central Junior High friends. Fee includes lift ticket, ski or snowboard rental, lesson and bus ride. Students who own snowboard or ski equipment may bring it for personal use and pay a reduced price. Permission slips must be filled out upon sign up and brought to the recreation center, not school. Slips are located at the NLRC 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.

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

## NL OPTIMIST PANCAKE BREAKFAST

Saturday, March 3, 7 a.m. – 1 p.m.

Help support your local Optimist Club and enjoy a great breakfast at the same time in attending this event held at the North Liberty Community Center. Fee: To be announced, with early ticket purchasing available.

## EASTER EGG HUNT

Free on Saturday, March 24, 10:30 a.m. – Sharp!

The North Liberty Optimist Club and Recreation Department will 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! This event is for supervised kids and 10 years and under, and will be held at the Community Center.

## SPRING SHED & SCAVENGER HUNT

Friday, April 20, 3 – 6 pm

Hunt for that big rack you've been dreaming about... in April! Adults gather your kids, come explore all that spring has to offer at Creekside Commons Park in North Liberty. Take a Kid Outdoors invites kids of all ages to join in a shed and scavenger hunt. 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. Dress in layers and be prepared 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/or binoculars. TAKO will be co-hosting the event, advance registration is requested, but not required. Those bringing six or more people should register to help TAKO plan equipment and food needs. Questions about the event can be directed to TAKO Executive Director, Judy Joyce at (319)-330-3833 or by email at earthview01@gmail.com. This event is free.

## CEDAR RIVER KAYAKING TRIP

Friday, April 27, 2:30 – 6:30 p.m. (Register by April 15)

Join the North Liberty Recreation Department for a kayaking trip down the Cedar River. Participants will meet the historic Sutliff Bridge landing at 2:30 p.m. All boats and bodies will be hauled to Palisades-Kepler State Park, where a short safety demonstration will be given before embarking on a 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. 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 (319) 626-5716 or mmeseck@northlibertyiowa.org.

## COMMUNITY GARDENS

May – November, registration starts April 6

Plots are available at North Liberty Meade Barn, east of Penn Meadows Park, on a first-come, first serve 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 must 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 2017 season can register, in person, starting 6 a.m. Friday, April 6. New plot holders can register, in person, starting 6 a.m. Friday, April 13.

## FAMILY FOCUS EVENTS

NEW!

### FAMILY OPEN GYM NIGHTS

Free on the first and third Tuesdays, second and fourth Fridays each month

We are bringing back dedicated family nights. Bring your family to the rec center to burn off some winter energy in Jones gymnasium. Children must be supervised by adult. No team practices, pick-up games or unsupervised children permitted. Supervision ratios; guardian to child: 1 to 4. Guardians must be 19 years and older.

### REGULAR OPEN GYM NIGHTS

Free on the second and fourth Tuesdays, first and third Fridays each month

Jones Gymnasium on these designated nights will be open for youth and adults to shoot hoops. Youth must be in Grade 6 or older to be in gymnasium without adult supervision. No team practices, pick-up games or unsupervised youngsters permitted.

### PARENTS NIGHT OUT

Fridays Jan. 12, Feb. 9, March 9, April 13 and May 11, 6 –10 p.m.

Get a break from the kid and have some fun solo! Recreation staff will offer crafts, games, movies, WiiU, pizza and snacks and supervision for participants. Bring toys from home, blankets, pillows, etc. This program is for kids kindergarten through sixth grade. Cost is \$20 per child per night.

### BOARD GAME CHECKOUT

Any day, any time

Create a cross-country railroad, battle as Star Wars' Rey and Kylo Ren, feed a hungry panda or solve a worldwide disease outbreak. Come to the Community Center to enjoy a better-than-Monopoly game for free. We have the space and 16 exciting games to choose from, all easy enough for most 6 to 8 year olds, but with enough strategy for adults to enjoy. Board gaming is a great alternative to video gaming and is a great family activity. Games available: Sushi Go Party, Evolution: The Beginning, Star Wars: Destiny, Splendor, Takenoko, Jaipur, Ticket to Ride, Pandemic, 7 Wonders: Duel, King of Tokyo and more. Board games can also be checked out with credit card and taken home to play for a week at a time.

# Community event calendar

Visit our new calendar of upcoming community events — and add your own — online at [northlibertyiowa.org/calendar](http://northlibertyiowa.org/calendar).

# Preschool Programs



## LUCKY DUCKS

A special morning open swim is for caregivers and young children. See page 10.

## 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.
Basketball	Wed	Jan 3 – 24	Dec 27	\$25	\$30
Soccer	Wed	Jan 31 – Feb 21	Jan 24	\$25	\$30
Baseball	Wed	Feb 28 – Mar 28, no 3/14	Feb 21	\$25	\$30

## 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 Time	Register by	Resident	Non-Res.
Tuesdays	Feb 6-27	6pm	Jan 28	\$35	\$40



## 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 8 – 26	10 – 10:45 am	\$16
Mondays	Feb 5 – 26	10 – 10:45 am	\$16
Mondays	Mar 5 – 26	10 – 10:45 am	\$16
	Drop in		\$5

## 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	Jan 5 – 26	10 – 10:45 am	\$16
Fridays	Feb 2 – 23	10 – 10:45 am	\$12
Fridays	Mar 2 – 23	10 – 10:45 am	\$12
	Drop in		\$5

## PAINTING 101

A 30-minute class for kids ages 3-5 years using various paints to create masterpieces.

Day	Date	Start Times	Register by	Res/Non-res.
Tuesdays	Jan 9-30	10am, 10:30am, 6pm, 6:30pm	Dec 30	\$25 \$30

**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	Jan 4-25	6-7 pm	Dec 22	\$25 \$30
Thursdays	Feb 2-23	6-7 pm	Jan 26	\$25 \$30
Thursdays	Apr 5-26	6-7 pm	Mar 23	\$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!

Day	Date	Time	1st child	Sibling
Tuesdays	Jan 9-30	9:30-11:30 am	\$28	\$20
Tuesdays	Feb 6-27	9:30-11:30 am	\$28	\$20
Tuesdays	Mar 6-27, no 3/13	9:30-11:30 am	\$28	\$20
Tuesdays	Apr 3-24	9:30-11:30 am	\$28	\$20
Tuesdays	May 1-29	9:30-11:30 am	\$28	\$20
	Drop in		\$7	\$7

# Youth Programs

## AMERICAN SIGN LANGUAGE

Studies have shown children learning sign language are more likely to have enhanced vocabulary, spelling and reading skills compared to their peers. Introduction class to learn the foundations of American Sign Language in a fun, engaging environment.



Ages	Day	Date	Time	Resident/ Non-res.
6 – 7 years	Tuesdays	April 3 – 24	7:15-8 pm	\$30 \$35
8 – 10 years	Thursdays	April 5 – 26	7:15-8 pm	\$30 \$35

## SPRING BREAK COOKING CLASS

Come try a new recipe each day of Spring Break! This class is for kids ages 7 to 12.



Day	Date	Time	Register by	Resident	Non-res.
Mon -Fri	Mar 12-16	11 am – 12 pm	Feb 26	\$30	\$35

## 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](mailto:mfielder@northlibertyiowa.org) or call (319) 626-5716.

## RECSTERS

Program	Date	Time	Fee
Before school	Jan. through May	7 – 7:55 am	\$75
After school	Jan. through May	School end – 6 pm	\$200
Before & After	Jan. through May	Morning & Afternoon	\$230
ALL DAYS	Jan 15, Feb 28, Apr 20	7 am – 6 pm	\$50/day
HOLIDAY CAMP	Dec 27 – 29, Jan 3 – 5	7 am – 6 pm	\$50/day
SPRING CAMP	March 12-16	7 am – 6 pm	\$50/day

Open enrollment begins Dec. 8 for Holiday Camp, March 1 for the Spring Camp, and April 2 for the fall of 2018 before- and after-school program.

# Youth Sports

## YOUTH SOCCER CLINICS

The recreation department, in partnership with Cedar River Soccer Association, will be hosting soccer clinics for children 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). All activities will focus on fun, individual skill development and player participation. Register early to guarantee spot! Clinics will be held inside at the North Liberty Recreation Center.

Grade	Date	Time	Fee
K-2	Dec 15, Jan 19, Mar 23	5:30-6:30 pm	\$5
3-5	Dec 15, Jan 19, Mar 23	6:30-7:30 pm	\$5

## 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 registrations after March 11.

Day	Date	Register by	Time	Resident	Non-res.
Fridays	Apr 6-May 18	March 11	5:30-6:45 pm	\$40	\$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. Existing teams can register Dec 4; new teams Dec. 6. Registration closes Dec. 13.

Grades	Day	Dates	Times	Team
Girls 5	Thursdays	Jan 11 - Mar 8	6, 6:50, 7:40, 8:30 pm	\$330
Girls 6	Thursdays	Jan 8 - Mar 5	6, 6:50, 7:40, 8:30 pm	\$330
Boys 5	Thursdays	Jan 11 - Mar 8	6, 6:50, 7:40, 8:30 pm	\$330
Boys 6	Thursdays	Jan 11 - Mar 8	6, 6:50, 7:40, 8:30 pm	\$330
Boys 7	Mondays	Jan 8 - Mar 5	7, 7:50, 8:40 pm	\$330
Boys 8	Mondays	Jan 8 - Mar 5	7, 7:50, 8:40 pm	\$330

## 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	1st/2nd person	
Mon, Thurs	Jan 4 - Feb 1, no 1/15	4:30-5:30 pm	\$30	\$15
Mon, Thurs	Feb 5 - Mar 1, no 2/19	4:30-5:30 pm	\$30	\$15
Mon, Thurs	Mar 5 - 29, no 3/12 3/15	4:30-5:30 pm	\$30	\$15
Mon, Thurs	Apr 2 - 30	4:30-5:30 pm	\$30	\$15
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	Jan 2-31	5:15-6:30pm	\$30	\$20	\$15
6-15	Tues, Wed	Feb 6-28	5:15-6:30pm	\$30	\$20	\$15
6-15	Tues, Wed	Mar 6-28, no 3/14 3/15	5:15-6:30pm	\$30	\$20	\$15
6-15	Tues, Wed	Dec 5-13	5:15-6:30pm	\$30	\$20	\$15
Drop in				\$5	\$5	\$5

## RANGE ROVERS

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 North Liberty Community Center at 4:30pm with your clubs and we will transport to golf course. This program is for kids ages 8 to 13 years.

Day	Date	Time	Register by	Resident	Non-res.
Tuesdays	April 4-25	4:30-5:30pm	March 28	\$ 35	\$40





### YOUTH DISC GOLF

Youth league with two age divisions: 6-8 and 9-11-year-olds. Winners will be awarded by lowest score over 4 rounds for each individual age and each division. Course will be laid out and supervised by recreation staff. Weeks 1 and 4 will be at Penn Meadows Park, week 2 at Quail Ridge Park and week 3 at Deerfield Park. Register by April 26.

Division	Day	Date	Time:	Fee
Ages 6-8	Thursdays	May 3-24	6-7:30 pm	\$25
Ages 9-11	Thursdays	May 3-24	6:30-8 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 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 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

## PARENT-RUN YOUTH SPORTS LEAGUES

These leagues are not affiliated with the City of North Liberty, but use city facilities and communicates well with city staff to offer excellent programs.

### 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. 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 [nlcbaberuth@yahoo.com](mailto:nlcbaberuth@yahoo.com). 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

# 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 Dec. 4; new-team registration begins Dec. 6.

Day	Dates	Time	Reg by	Team Fee	Location
Sundays	Jan 14 - Mar 25	12-4 pm	Dec 17	\$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 Dec. 4; new-team registration begins Dec. 6.

Day	Dates	Time	Reg by	Team Fee	Location
Sundays	Jan 7-Mar 18	5-9 pm	Dec 17	\$375	NLRC

## 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	Social

## OPEN GYM TIMES

We offer the specified times below when patrons can play their favorite sport. Check with the front desk for conflict dates when programming takes precedence. Daily drop-in fees assessed, or save with a monthly pass: \$10 for residents, \$15 for non-residents.

## 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

# 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.

Day	Dates	Time	Resident	Non-res.
Mon, Wed	Jan 3 - 31	7:30-8:30 pm	\$27	\$32
Mon, Wed	Feb 5 - 28	7:30-8:30 pm	\$24	\$29
Mon, Wed	Mar 5 - 28	7:30-8:30 pm	\$24	\$29
Mon, Wed	Apr 2 - 30	7:30-8:30 pm	\$27	\$32
	Drop in		\$4	\$4

## CROSS TRAINING

Workouts that contain a variety of exercises to improve your overall conditioning, aerobic endurance, strength and help correct muscle imbalance. Class is for ages 14 years and up. Instructor: Renee Manders, ACE certified

Day	Dates	Time	Resident	Non-res.
Tues, Thurs	Jan 4 - 30	7:30 - 8:30 pm	\$24	\$29
Tues, Thurs	Feb 1 - 27	7:30 - 8:30 pm	\$24	\$29
Tues, Thurs	Mar 1 - 29, no 3/13, 3/15	7:30 - 8:30 pm	\$21	\$26
Tues, Thurs	Apr 3 - 26	7:30 - 8:30 pm	\$24	\$29
	Drop in		\$4	\$4

## 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 6 -27	8:45-10:15 am	\$16	\$21
Saturdays	Feb 3 - 24	8:45-10:15 am	\$16	\$21
Saturdays	Mar 3 - 31, no 3/17	8:45-10:15 am	\$16	\$21
Saturdays	Apr 7 - 28	8:45-10:15 am	\$16	\$21
	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	Jan 2-30	6-7 pm	\$27	\$32
Tues, Thurs	Feb 1 - 27	6-7 pm	\$24	\$29
Tues, Thurs	Mar 1 - 29	6-7 pm	\$27	\$32
Tues, Thurs	Apr 3 - 26	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 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	Jan 7 - 28	6-7 pm	\$3.50
Sundays	Feb 4-25, no 2/18	6-7 pm	\$3.50
Sundays	Mar 4 – 25	6-7 pm	\$3.50
Sundays	Apr 8 – 29	6-7 pm	\$3.50

### 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 3 - 31	6-7 pm	\$27	\$32
Mon, Wed	Feb 5-28, no 2/19	6-7 pm	\$24	\$29
Mon, Wed	Mar 5-28	6-7 pm	\$24	\$29
Mon, Wed	Apr 2 – 30	6-7 pm	\$27	\$32
	Drop in		\$3.50	\$3.50

### COUCH POTATO TO 5K

Have you ever wanted to run a 5K, but didn't know where to start? Start here: a 10-week plan that gets you from the couch to the finish line. Any level of fitness welcome and only requirement is running shoes and a good attitude! This class is for ages 12 to 70 years old.



Days	Dates	Time	Resident	Non-res.
Mon, Wed	Feb 19 – Apr 25	7:30 – 8:30 am	\$40	\$45



### 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 Jan. 1, Feb. 19, March 30 and April 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](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!

Join us for after school snacks at 4 p.m. each weekday sponsored by JM Swank.

**BEAT THE BITTER**

Week of Jan. 28 to Feb. 3

The library is offering a slew of event as part of the winter celebration. Visit [beatthebitter.com](http://beatthebitter.com) for a complete description and schedule of community events.

**BEAT THE BITTER FIREWORKS VIEWING AT REDS ALEHOUSE**

Friday, Feb. 2, 6 p.m. (fireworks viewing at 7:15pm)

Registration required and must be 21 or older with a valid photo ID to attend. Register via Eventbrite starting Tuesday, Jan. 2. Freeze with your friends, warm up with a tasty beverage and enjoy the Beat the Bitter fireworks from the Reds Alehouse patio. Tickets are \$5, and purchase of ticket includes two specialty themed cocktails. Additional food and beverage purchases are at your own expense.

**ISU INSECT ZOO**

Saturday, February 3, 11 a.m.

Join us inside for a warm program full of creepy crawly bugs sure to make you shiver.

**MORE WINTER-THEMED FUN**

Jan 29: **10 a.m.** Join us for a special cozy social hour, with coffee, cocoa and a special treat!

Jan. 30: **4 p.m.** Wii Winter Sports Tournament during Super Tuesdays (K-3rd grade).

**5:30 p.m.** Teens take the plunge and join us for a warming session of improvisation.

**6:30 p.m.** Join us a chilling Last Tuesday of the Month Book Club discussing *The Mountain Between Us* by Charles Martin. Additional copies available for checkout in the library by Jan. 1. **7 p.m.** Beat the Bitter and take up a new hobby and join us for Stitching Around. Interested in knitting or crochet? This group meets each Tuesday at 7pm and is open to all experience levels.

Feb. 1: **3:30 p.m.** Wii Winter Sports Tournament during Tweendom (Grades 4-6).

Feb. 2: **10:30 a.m.** Keep your tots poppin' with Bubble Painting at Crafting Fridays.

Feb. 3: **2 p.m.** Teens are invited to ditch the cold and join us for a movie.

**TEEN AFTER HOURS**

Last Friday of each month 5 p.m. – 6 p.m. (Jan. 26, Feb. 23, March 30, April 27)

Enjoy this teen-ONLY after hours full of activities and games throughout the library, no shushing allowed.

**TV TRIVIA NIGHT**

Thursday, March 29, 6:30 p.m.

Registration required and will open via Eventbrite on March 19 at 9 a.m.

Think you know your TV trivia? Come and test your knowledge of 1980s, 1990s, and 2000s TV shows. Play solo or with a partner. We will be using the Kahoot platform, which requires a smartphone, tablet, or computer to participate.

**ADULTING 101**

Saturday, April 2, 9 and 16 at 6:30 p.m. Registration required via Eventbrite.

Adulting 101 is your go-to program series to learn the basics of being a responsible grown up! Each session will cover a different topic.

**April 2 Mug Meals** Come hungry! We will make fast and easy meals using simple ingredients, a mug, and the microwave.

**April 9 Financial Know-How** Side hustles, student loans, and budgeting.

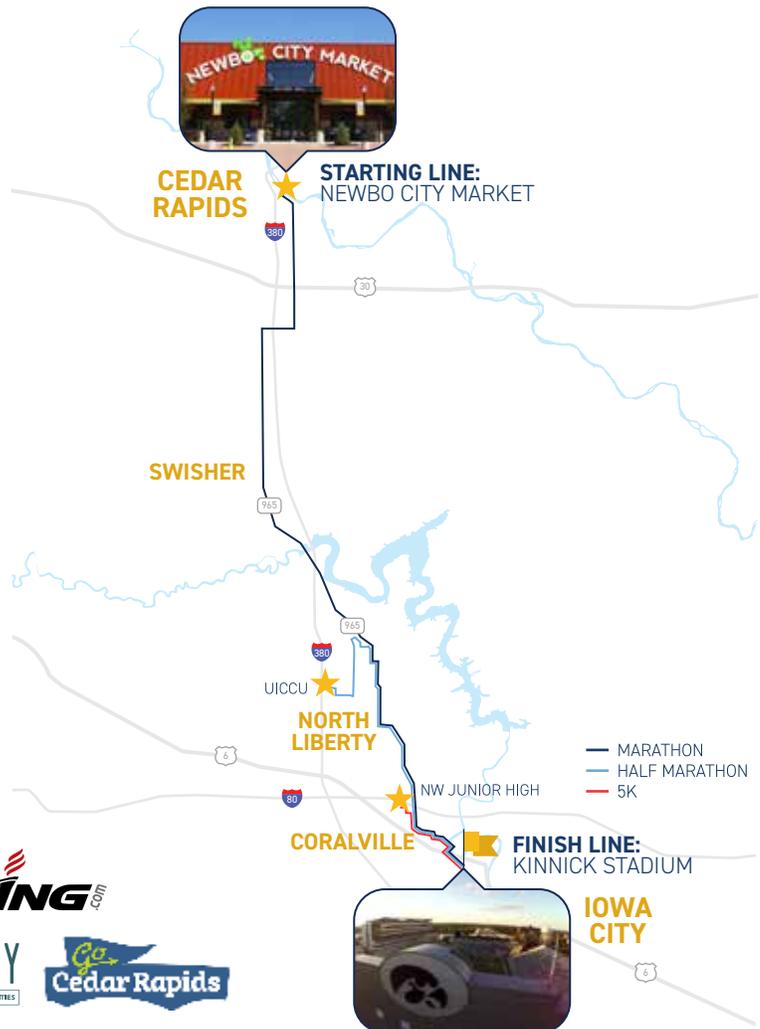
**April 16 Fake News** How to determine the credibility of resources in our 24/7 information world.



**MARATHON // HALF MARATHON // 5K**  
**SUNDAY, APRIL 29, 2018**

[RUNCRANDIC.COM](http://RUNCRANDIC.COM)

**RUN  
 CEDAR  
 RAPIDS  
 AND  
 IOWA  
 CITY**



**BIG GROVE**  
- BREWERY -

**CBJ**  
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**CORRIDOR RUNNING**.com

**NewBo**  
CITY MARKET

**ECONOMIC ALLIANCE**

**IOWA CITY**  
A COLLECTION OF CURIOUS COMMUNITIES

**Go Cedar Rapids**





# NORTH LIBERTY'S BEAT THE BITTER WINTER GAMES

☆AND GOOD CHEER

## JAN 28-FEB 3, 2018

**Ice skating** | Freezin' for a Reason Polar Plunge | **Ice carving**  
Ladies nights | **Horse drawn carriage rides** | Scavenger hunts  
**Food trucks** | Outdoor games | **Community Bonfire**  
**Fire batons** | **Curling** | Freeze your bags off tournament  
**Broomball** | Snowmobiling | **Tug of War** | Dance classes  
**5K-ish Obstacle Run** | Movie nights | **Fireworks**  
**Chili Supper** **Fire & Ice Friday** | Indoor games  
**KICK Winter in the Snow BALL** Tournament  
Kids' fun | **Snuggie Bar Crawl**

**NEW THIS YEAR:**  
**Ice Skating Rink!**

View a complete schedule of events at  
[BeatTheBitter.com](http://BeatTheBitter.com)



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