

Community Center Classes, Events & Programs



FALL 2023 GUIDE including recreation and library programming held September through December

Registration for most programs begins Aug. 7 for North Liberty residents.



Fall 2023 Recreation Program Guide

The North Liberty Recreation Center offers year-round space for exercise, arts and crafts, meetings and celebrations, leagues and more.

Weekdays	6 a.m. to 9 p.m.
Weekends	8 a.m. to 6 p.m.
Phone	(319) 626-5716
Web	northliberty.recdesk.com

This program guide includes information about recreation classes and programs taking place September to December 2023. Starting this fall, we'll offer a monthly newsletter featuring upcoming programming highlights from the Recreation Department, Library and other city departments. Sign up to get it delivered to your inbox at northlibertyiowa.org/subscribe or check the city's website at northlibertyiowa.org.

Registration for most rec programs begins on Monday, Aug. 7, for residents and Wednesday, Aug. 9, for non-residents. Register at the Rec Center front desk or online at northliberty.recdesk.com.

RECREATION STAFF

Shelly Simpson, Recreation Director (Operations) - ssimpson@northlibertyiowa.org
Brian Motley, Assistant Recreation Director (Leagues/Sports) - bmotley@northlibertyiowa.org
Matt Fielder, Youth Program Supervisor (Recsters BASP/Summer Camp) - mfielder@northlibertyiowa.org
Ashley Bjork, Aquatics Supervisor (Pool/Aquatics) - abjork@northlibertyiowa.org
Matt Meseck, Recreation Supervisor (Facility Rentals and Special Events) - mmeseck@northlibertyiowa.org
Jonathan Moore, Recreation Program Supervisor (Programs) - jmoore@northlibertyiowa.org
Jason Egly, Administrative Assistant - jegly@northlibertyiowa.org
Zach Pilcher, Administrative Assistant - zpilch@northlibertyiowa.org

FACILITIES & FEATURES

Gymnasiums

Our two gyms offer full-size basketball and volleyball courts, wood floors, air-conditioning and bleachers for basketball, pickleball and other sports. They're in high demand, particularly during the winter, but we usually have one available for drop-in users. Included with facility passes.

Indoor & Outdoor Pools

Both pools offer zero-depth entries and diving boards, with the year-round indoor pool hosting lap swimming, aqua fitness and open swim, and a seasonal outdoor pool featuring two large slides, climbing features and new upgrades. Included in Black & Gold and Silver passes.

Running Track

Our indoor track is well suited for running, walking and jogging. Strollers are welcome. Free track passes for North Liberty residents; fee for others.

Weight & Cardio Equipment

A mix of free weights, Matrix and Precor weight stations, treadmills, ellipticals, recumbent and upright bikes, steppers and rowing machines. Included in Black & Gold and Gold passes.

Meeting Rooms & Conference Center

The Recreation Department offers a variety of meeting rooms that can be configured to accommodate groups smaller than 20 or up to 400. Spaces are available on the main level or lower level (Gerdin Conference Center) of the North Liberty Community Center located at 520 W Cherry Street.

POOL OPERATIONS

Indoor pool use is first-come, first-served for pass holders and daily drop-in patrons for lap swim, scheduled aqua fitness classes and evening swim lessons. All pool users will need to share lanes and space. Pass holders will need to scan their ID cards at the front desk or pay daily drop-ins fees. Please reference the indoor pool schedule at northliberty.recdesk.com/Community/Page?pagelid=22750 or grab a copy at the Rec Center front desk.

Our outdoor pool is open for daily open swim at noon during the summer. For the first hour of each day's outdoor pool operation, pass holders can access the pool, with access opening to all users beginning one hour later until we reach capacity. Access is at the outside concessions window and gate; pass holders will need to scan their ID cards and daily drop-in users will need to pay respective fees upon entry. Check the outdoor pool's status prior to arrival at northlibertyiowa.org/poolstatus. Pool hours may be limited for mechanical issues or weather conditions.

FACILITY RENTALS

Gyms, pools, baseball/softball fields, park shelters and rec center meetings rooms are available to rent for special events, practices, meetings, parties and more. Requests are accepted beginning Dec 1 for Jan-Apr, Apr 1 for May-Aug and Aug 1 for Sept-Dec. Visit northlibertyiowa.org/recreation/facilities to submit a request or call (319) 626-5716.

CHILD SUPERVISION POLICY

Children in Grade 5 and under must be enrolled in a supervised program or accompanied by a caregiver who is at least 16 years old when using the facility.

MEMBERSHIPS & FEES

Facility use is open to members and drop-in users. Memberships and daily drop-in rates are listed below.

Black & Gold includes access to weight and cardio equipment, indoor pool and outdoor pool.

Gold includes facility access and weight and cardio equipment use.

Silver includes facility access and indoor and outdoor pool use.

Facility Passes include access to open-gym activities such as basketball, pickleball and volleyball.

Track Passes include access to our indoor track.

Daily Fees include one-visit access to our entire facility.

			Resident	Non-resident
Daily	Adult	Individuals ages 19 to 59	\$4	\$5
	Senior	Adults ages 60 or older	\$3	\$4
	Child	Children ages 3 to 18 years old	\$3	\$4
	Infant	Children ages 2 or younger	Free	Free

			Black & Gold		Gold or Silver		Facility Pass		Track Pass	
			Res.	Non	Res.	Non	Res.	Non	Res.	Non
Monthly	Adult	Individuals ages 19 to 59	\$54	\$68	\$36	\$45	\$10	\$13	Free	\$13
	Discounted	Under 19, over 60, retired or active military or full-time students	\$45	\$56	\$30	\$38	\$5	\$6	Free	\$6
	Couple	Two adults sharing a residence	\$93	\$116	\$62	\$78	\$15	\$19	Free	\$19
	Family	Entire household	\$180	\$225	\$120	\$150	\$20	\$25	Free	\$25
Annual	Adult	Individuals ages 19 to 59	\$324	\$405	\$216	\$270	\$60	\$75	Free	\$75
	Discounted	Under 19, over 60, retired or active military or full-time students	\$270	\$338	\$180	\$225	\$30	\$38	Free	\$38
	Couple	Two adults sharing a residence	\$558	\$698	\$372	\$465	\$90	\$113	Free	\$113
	Family	Entire household	\$1,080	\$1,350	\$720	\$900	\$120	\$150	Free	\$150

Residents are those who live within North Liberty's corporate limits. County residents and others outside city limits with a 52317 ZIP code are classified as non-residents. Please be prepared to show ID when registering for or attending recreation programs.

FINANCIAL ASSISTANCE

The Recreation Department offers financial assistance for memberships or programs based on need.

Completed forms are sent to Hawkeye Area Community Action (HACAP) for certification. Once income is certified, a chart like the ICCSD reduced/free lunch program is used to determine percent of fee to be paid. To learn more, visit northlibertyiowa.org/financial-assistance.

SilverSneakers memberships are available for qualifying Medicare recipients.

AQUATICS

SWIMMING LESSONS

Group and private swimming lessons for children are offered year-round and are in high demand. Classes include Parent & Tot (for children as young as three), Tadpoles and Levels 1 through 6. Students must demonstrate proficiency at each level before successfully passing to the next level. Swimmers may be required to repeat levels before moving up.

Registration for lessons begins on August 7 for residents and August 9 for non-residents and is available first-come, first-served, on-line beginning at 6 a.m. Additional information such as level descriptions, schedule, times and fees can be found at northliberty.recdesk.com.

Oct 16-Dec 11 (no 11/20-11/25)	Weeknight Group Lessons: \$30-35 Weeknight Private Lessons: \$52-\$57 Sat Morning Group Lessons: \$26-31
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Adult Beginner Group Lessons

Bring your swimming goals to class and an experienced instructor will give you the tools to help you reach them in a small group setting. Space limited to four participants.

Oct 17-Dec 10 (no 11/21)	Tuesdays	6:25-6:55pm	\$30-35
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WATER FITNESS CLASSES

Registration begins on Aug. 7 for residents and Aug. 9 for non-residents and is available first-come, first-served, online at northliberty.recdesk.com beginning at 6 a.m. Daily drop-ins allowed if class roster is not full.

Aqua Aerobics, Toning and Stretching

Join us for a class that will include low-impact warm-up, a no-impact deep end cardio workout and abdominal workout with a cool down. Ages 15 and up. Daily \$5 drop-in fee. Instructor: Jennifer Arturo

Session 1	Oct 11-25	Wednesdays	7:15-8:05pm	\$10.50-15.50
Session 2	Nov 1-29	Wednesdays	7:15-8:05pm	\$17.50-22.50
Session 3	Dec 6-27	Wednesdays	7:15-8:05pm	\$14-19

Aqua Boot Camp

This class is full of fun and energizing activities designed to help you reach your fitness goals now! The exercises are performed using the full length of the pool, but no swimming skills are needed to participate. Regardless of your age, size or fitness level, you can achieve very noticeable results. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout this aquatic adventure is for you. Ages 15 and up. Daily \$5 drop-in fee. Instructor: Janet Holland

Session 1	Oct 10 -31	Tues/Thurs	5:45pm-6:30pm	\$24.50-29.50
Session 2	Nov 2-30 (no 11/23)	Tues/Thurs	5:45pm-6:30pm	\$28-33
Session 3	Dec 5-28	Tues/Thurs	5:45pm-6:30pm	\$28-33

Aqua Zumba

Are you looking to try something new? Come and try Aqua Zumba! The "Pool Party" experience that takes the high energy Zumba moves and incorporates low-impact Aqua Fitness! The instructor is on deck for your view and come ready to work those muscles! Ages 15 and up. Daily \$5 drop-in fee. Instructor: Abby Noleck

Session 1	Oct 10-24 (no 10/31)	Tuesdays	7:15-8:00pm	\$10.50-\$15.50
	Oct 8 -29 (no 10/22)	Sundays	9:15-10:00am	\$10.50-15.50
Session 2	Nov 7-28	Tuesdays	7:15-8:00pm	\$14-19
	Nov 5-19 (no 11/26)	Sundays	9:15-10:00am	\$10.50-15.50
Session 3	Dec 5-19 (no 12/26)	Tuesdays	7:15-8:00pm	\$10.50-15.50
	Dec 3-17	Sundays	9:15-10:00am	\$10.50-15.50

Arthritis Aquatic Class

This recreational exercise program is designed for men and women, regardless of age. This class will allow 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, as well as increased muscle strength, flexibility and joint mobility. Leaders develop a fun, friendly supportive group with lasting friendships. Daily \$3 drop-in fee. Leaders: Verlee Lauderbaugh and Becky Peters

Session 1	Oct 9-30	Mon/Wed/Fri	10-10:50am	\$20-25
	Oct 10-31	Tues/Thurs	10-10:50am	\$14-19
Session 2	Nov 1-29 (no 11/24)	Mon/Wed/Fri	10-10:50am	\$24-29
	Nov 2-30 (no 11/23)	Tues/Thurs	10-10:50am	\$16-21
Session 3	Dec 1-29	Mon/Wed/Fri	10-10:50am	\$24-29
	Dec 5-28 (no 12/26)	Tues/Thurs	10-10:50am	\$14-19

Easy Does It

This water workout is slower-paced with plenty of no-impact options in both shallow and deep water. Resistive and buoyant equipment may be used, as well as floatation belts for deep water. All equipment is provided. Improve your range of motion, joint flexibility, posture, balance, core strength and endurance. Water shoes and water bottle recommended. Ages 15 & up. Daily \$5 drop-in fee. Instructor: Jennifer Arturo

Session 1	Oct 9-30	Mon/Wed/Fri	9-9:50am	\$35-40
Session 2	Nov 1-29 (no 11/24)	Mon/Wed/Fri	9-9:50am	\$42-47
Session 3	Dec 1-29	Mon/Wed/Fri	9-9:50am	\$42-47

Water Resistance

Exercise in shallow and deep water, which results in low to no impact on your joints. Improve your posture and core strength, range of motion, flexibility, endurance and overall muscle strength in a liquid gym. A variety of resistive and buoyant equipment may be used and will be provided. Floatation belts and Hydro Fit ankle cuffs are provided for deep water workouts. This fast-paced class is a great way to burn calories and decrease stress. Water shoes and water bottle recommended. Ages 15 & up. Daily \$5 drop-in fee. Instructor: Colette Soultis

Session 1	Oct 9-30	Mon/Wed/Fri	8-8:50am	\$35-40
Session 2	Nov 1-29 (no 11/24)	Mon/Wed/Fri	8-8:50am	\$42-47
Session 3	Dec 1-15	Mon/Wed/Fri	8-8:50am	\$26.25-31.25

SPECIAL PROGRAMS

Adult and Pediatric First Aid/CPR/AED

Become American Red Cross-certified in adult and pediatric first aid/CPR/AED. This is a blended-learning class that will teach you how to care for victims with cardiac emergencies, give CPR, use an AED, care for choking victims, and address sudden illness, injuries and environmental emergencies. Participants will be required to view course videos before coming to class. Open to anyone 12 and older.

Session 1	Oct 16	Monday	9am-12pm	\$50-55
Session 2	Nov 22	Wednesday	9am-12pm	\$50-55

Blended Learning Lifeguard Class

Become an American Red Cross-certified lifeguard to work at the pool. Pre-test required: 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 complete a timed brick test. Must demonstrate correct rescue skills, first aid/CPR and receive 80 percent proficiency on written exam. Participants will be required to view course videos before coming to class. Must be 15 years of age by the last day of course.

Dec 27-29	Wednesday-Friday	9am-5pm	\$170-175
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Holiday Swims

Enjoy the pool for extended open swim hours on your breaks from school!

Oct 16, Nov 7, Nov 17, Nov 22, Winter Break (TBD)	1-4pm	Children: \$2 / Adults: \$4
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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 competition level? If so, our swim team is perfect for them. Focus on improving stroke techniques and building endurance as well as instruction on flip turns and starts in an organized and relaxed environment. Minimum requirements: Must be able to swim one length of the pool freestyle and one length of the pool 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.

Nov 19-Dec 13 (no 11/23)	Thursdays	7-8pm	\$32-37
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BABIES, TODDLERS & PRESCHOOLERS

Full program descriptions, schedule, times and fees can be found at northliberty.recdesk.com. Registration for most classes/programs will begin August 7 for residents and August 9 for non-residents and is available first-come, first-served, on-line beginning at 6 a.m.

ARTS & CRAFTS

Lil Chefs

In this awesome class that brings together fun and food, kids will create delicious treats to enjoy during class or take home. This class is for kids ages 3 to 5. Registration deadline: Sept. 30

Oct 3-24	Tuesdays	6-7pm	\$40-45
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Hodge Podge Crafts

Kids ages 3 to 5 are invited to join us for a different messy craft each week. Let your imagination guide you in your creations! Registration deadline: Oct. 28

Nov 7-21	Tuesdays	10-10:30am or 6-6:30pm	\$20-25
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DANCE CLASSES

The mission of Tippi Toes Dance is to develop a love of dancing in children by creating a positive experience that promotes healthy living habits, helps build self-confidence and a love for others. Questions can be directed to Carson Simpson at iowacitymgr@tippitoesdance.com or Kaylee Hanf at (319) 853-8488 or misskaylee@tippitoesdance.com.

Toddler & Me

Dance for children 18 months to three years of age. Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. Class includes mom, dad or another loved one participating in the class along with the little dancer.

Session 1	Aug 29-Oct 17	Tuesdays	5:30pm	\$110
	Aug 30-Oct 18	Wednesdays	9:30am	\$110
Session 2	Oct 24-Dec 12 (no 10/31)	Tuesdays	5:30pm	\$95
	Oct 25-Dec 13 (no 11/22)	Wednesdays	9:30am	\$95

Baby Ballet

Transition class for ages two to three years old. Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class is for children who can participate on their own, without parental involvement. Teachers will keep the music and curriculum moving along.

Session 1	Aug 30-Oct 18	Wednesdays	10:15am	\$110
	Aug 30-Oct 18	Wednesdays	5:30pm	\$110
Session 2	Oct 25-Dec 13 (no 11/22)	Wednesdays	10:15am	\$95
	Oct 25-Dec 13 (no 11/22)	Wednesdays	5:30pm	\$95

Ballet/Tap/Jazz

This class incorporates ballet, tap and jazz styles and techniques encouraging self-expression and creativity for children four to five years old. High-energy music is used throughout the class to get dancers moving, using their imagination and having fun!

Session 1	Aug 29-Oct 17	Tuesdays	6:15pm	\$140
	Aug 30-Oct 18	Wednesdays	6:15pm	\$140
Session 2	Oct 24-Dec 12 (no 10/31)	Tuesdays	6:15pm	\$125
	Oct 25-Dec 13 (no 11/22)	Wednesdays	6:15pm	\$125

PEE-WEE SPORTS

Non-competitive approach to help your three- to five-year-old child learn sports basics, socialize and have fun! Participants must be three by first class.

Football	Sept 6-27	Wednesdays	10am or 5:45, 6:30 or 7:15pm	\$30-35
Soccer	Oct 4-25	Wednesdays	10am or 5:45, 6:30 or 7:15pm	\$30-35
Basketball	Nov 1-29 (no 11/22)	Wednesdays	10am or 5:45, 6:30 or 7:15pm	\$30-35

SPECIAL PROGRAMS

FIT4MOM Classes

North Liberty's Recreation Department is partnering with FIT4MOM Iowa City to provide Stroller Strides, a total fitness program that moms can do with their kids in tow. It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Classes are held at North Liberty Community Center. September classes continue outside. Inside classes may start in October.

For more information and to register email RebeccaRicheal@fit4mom.com or call (563) 343-1983.

Stroller Strides	Mon/Wed	9:30-10:30am	Monthly: \$59 unlimited stroller classes, 10-Class Pass \$150 or Drop-in \$20 each class. Other fee options available.
Our Village Playgroup & Stroller Strides	Fridays	9:30-11am	

SCHOOL-AGED YOUTH

Full program descriptions, schedule, times and fees can be found at northliberty.recdesk.com. Registration for some of the programs below has begun. Other classes/programs will begin August 7 for residents and August 9 for non-residents, and is available on a first-come, first-served basis.

RECSTERS BASP

Our before- and after-school program provides recreational activities, supervision and guidance for children in kindergarten through sixth grade, during the school year. Program operates off the Iowa City Community School District calendar. Session begins Aug. 23, serving Penn, Grant and Garner students. Open enrollment begins Dec. 1; registration deadline is Dec. 14. Contact Matt Fielder at mfielder@northlibertyiowa.org or call 319-626-5716 for more information.

Recsters BASP	2023-2024 school year	Before and after school	AM - \$85/month; PM - \$240/month; Both - \$275/month
All-Day Dates	Sept 25, Oct 13, Oct 16, Nov 7, Nov 17	7am-6pm	\$60/day
Holiday Camp	Dec 26-29, Jan 2-5	7am-6pm	\$60/day

DANCE CLASSES

The mission of Tippi Toes Dance is to develop a love of dancing in children by creating a positive experience that promotes healthy living habits, helps build self-confidence and a love for others. Questions can be directed to Carson Simpson at iowacitymgr@tippitoesdance.com or Kaylee Hanf at (319) 853-8488 or misskaylee@tippitoesdance.com.

Poms / Hip Hop

Using popular and current music, students begin learning choreography quickly, along with various dance elements including isolations, jumps, turns and current hip hop and poms techniques. Students will work on formations, develop teamwork skills, build self-confidence and improve rhythm all in a fun environment. Our class is extremely tasteful and clean, and our priority is offering age-appropriate material.

Session 1	Aug 28-Oct 16 (no 9/4)	Mondays	6:45pm	\$155
Session 2	Oct 23-Dec 11	Mondays	6:45pm	\$170

Tippi Pro

This class is for children six to eight years old who are ready to experience a bit of a challenge, while still enjoying a fun and supportive atmosphere. More time is spent on ballet jazz technique development and choreography. A high-energy, encouraging and no-pressure class environment. No previous dance class requirements and all skill levels welcome.

Session 1	Aug 28-Oct 16 (no 9/4)	Mondays	5:30pm	\$155
Session 2	Oct 23-Dec 11	Mondays	5:30pm	\$170

YOUTH SPORTS

NL Wrestling Club

A true club for wrestlers of all abilities and experience levels in the North Liberty Community as a feeder program to the Liberty High School and North Central Junior High. Beginner level class for all ages. No prior wrestling experience needed.

Nov 27-Dec 18	Mondays	6-6:50pm or 7-7:50pm	\$75
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Outdoor Soccer - Fall

Fall Outdoor Soccer, featuring two options: recreation or hybrid divisions for Grades 1-6. Jason Witt and his coaches will be combining professional coaching with an age-fun, introductory program for new, co-ed players in a recreational environment. Hybrid players will receive one night of guided practice with a staff coach and league games on Saturday mornings. Recreational players will work on fundamentals with no league games. Emphasis will be on skill development and learning the game of soccer. Program will be held at Penn Meadows Park. Registration deadline: Aug. 13

Hybrid Practice, Grades 1-3	Aug 29-Oct 21	Tuesdays	5:30-6:30pm	\$90
Hybrid Practice, Grades 4-6	Aug 29-Oct 21	Tuesdays	6:40-7:40pm	
Hybrid Games, Grades 1-3	Aug 29-Oct 21	Saturdays	10-11am	
Hybrid Games, Grades 4-6	Aug 29-Oct 21	Saturdays	11:15-12:15pm	
Recreational, Grades 1-3	Aug 29-Oct 21	Thursdays	5:30-6:30pm	\$60
Recreational, Grades 4-6	Aug 29-Oct 21	Thursdays	6:40-7:40pm	

Youth Competitive Team Basketball Leagues

Officiated 5 on 5 basketball for Grades 4-6 boys and girls. Entire team and coach sign up together. Each team will play five to eight games, depending on the number of teams registered. Eight teams per division or combined if not enough teams. Games will be played at the NL Recreation Center, Buford Garner and North Bend Elementary. Registration deadline: Sept. 10

Grade 4	Oct 16-Dec 18	Mondays	6-9:30pm	\$375/team
Grades 5 & 6	Oct 19-Dec 21 (no 11/23)	Thursdays	6-9:30pm	\$375/team

SPECIAL PROGRAMS

LEGO Alliance

Put together a different LEGO project each week as a team. Finished projects will be displayed at the Community Center. For ages 6 to 12. Registration deadline: Sept. 8

Sept 12-26	Tuesdays	6-7pm	\$20-25
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ADULTS & SENIORS

For adults, programs include fitness classes, co-ed volleyball and basketball leagues. Additional information such as program descriptions, schedule, times, and fees can be found at northliberty.recdesk.com.

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FITNESS CLASSES

We offer a variety of fitness and wellness classes. Most sessions are offered on a monthly basis, with drop-ins allowed for a fee if space permits.

Beginners Yoga

Whether you're new to yoga or haven't done it in a long time, this class will go over the fundamentals of this ancient practice. Learn about common poses, how to transition ("flow") between them, plus breathing basics. Over time, experience increased flexibility and strength, as well as enhanced concentration and energy. Bring a mat and water bottle. Yoga straps and blocks will be provided. Ages 16 and up. Daily drop-ins: \$15 per class if not at capacity. Additional sessions may be added. Instructor: Shuva Rahim

Nov 28-Dec 14	Tues/Thurs	5:15-6:15pm	\$72
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Body Blast

Motivating workout features 25 minutes of low-impact aerobics to ramp up your heart rate, 20 minutes of strength training with free weights to increase strength and tone and 15 minutes of abdominal work. Ages 14 and up. An online option is available to work out from home. Daily drop-ins: \$5 per class if not at capacity. Instructor: Sandi Cook, ACE Certified

Sept 5-28	Tues/Thurs	6-7pm	\$24-29
Oct 3-31	Tues/Thurs	6-7pm	\$27-\$32
Nov 2-30 (no 11/23)	Tues/Thurs	6-7pm	\$24-29
Dec 5-28	Tues/Thurs	6-7pm	\$24-29

Coordination, Balance, Strength

For Seniors, this class includes low-impact cardio, combined with balance, flexibility and strength training exercises to help you stay fit and prevent falls. Instructor: Megan Turner, certified Fitness Coach, Health Coach and Nutritionist

Sept 5-28	Tues/Thurs	11:45am-12:30pm	\$30
Oct 3-31	Tues/Thurs	11:45am-12:30pm	\$30
Nov 2-30 (no 11/23)	Tues/Thurs	11:45am-12:30pm	\$30
Dec 5-21	Tues/Thurs	11:45am-12:30pm	\$15

FIT4MOM Classes

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For more information and to register email RebeccaRicheal@fit4mom.com or call (563) 343-1983.

Stroller Strides	Mon/Wed	9:30-10:30am	Monthly: \$59 unlimited stroller classes, 10-Class Pass \$150 or Drop-in \$20 each class. Other fee options available.
Our Village Playgroup & Stroller Strides	Fridays	9:30-11am	

Hapkido Jujitsu

Martial arts class with strong roots from both Korea and Japan. An all-encompassing system that uses both hard and soft movements/techniques. Ground fighting and weapons are also part of the curriculum. Students will learn nerve, blood and bone strikes. This is a combat-oriented style. Choose between Tuesday evenings or Sunday afternoons or both. Open to ages 17 and older. Instructor: Paul York

Sept 3-24	Sundays	4:30-6pm	\$70/month (1× per week) \$110/month (2× per week)
Sept 5-26	Tuesdays	8-9pm	
Oct 1-29	Sundays	4:30-6pm	
Oct 3-31	Tuesdays	8-9pm	
Nov 5-26	Sundays	4:30-6pm	
Nov 7-28	Tuesdays	8-9pm	
Dec 3-17	Sundays	4:30-6pm	
Dec 5-19	Tuesdays	8-9pm	

Health Coach Zoom Sessions

Megan Turner is a certified Health Coach and is willing to help you surpass your struggles with changing habits. A health coach will assist you in setting better goals, developing a personalized plan and improving your mindset, self-confidence and overall happiness. Sessions will be over Zoom and you can meet weekly, bi-weekly, or once a month. Each session is 30 to 45 minutes. Register for the number of sessions and the instructor will be in contact with you soon. Individual Session – \$30, 3 Sessions – \$75, 5 Sessions – \$115, 10 Sessions – \$200

Integrative Yoga

A functional blend of hatha, vinyasa, Bikram (schools of yoga) and mindfulness, we explore body and mind with a gentle beginning to a balanced workout for body and time for the mind in savasana. For ages 16 and up. Yoga experience is desired but not required. Daily drop-ins: \$15 per class if not at capacity. Instructor: Deb Cannon

Sept 3-17	Sundays	4-5:15pm	\$40
Sept 24 (Yoga Nidra)	Sunday	4-5:15pm	\$15
Oct 1-29	Sundays	4-5:15pm	\$65
Nov 5-Dec 10	Sundays	4-5:15pm	\$75
Dec 17 (Yoga Nidra)	Sunday	4-5:15pm	\$15

Taiji Classes

Learn fundamental Taiji movements: ward off, roll back, press and push in a Four Hands form. At the end of the session, students will know what Taiji is! Taiji Garden is for students that have completed Level 1, Taiji Club is for students who have completed Level 4. Instructor will inform you of conflicts when class is not offered.

Instructor: Haiming Chen

Taiji Club	Ongoing thru Dec 18	Mondays	5:20-6:20pm	\$100
Taiji Garden	Sept 11-Dec 18	Mondays	6:30-7:20pm	\$50

Taiji Level 1	Sept 7-Oct 19	Thursdays	5:30-6:50pm	\$69
Taiji Level 1	Oct 26-Dec 14 (no 11/23)	Thursdays	5:30-6:50pm	\$69

Total Body Recharge

If you are looking to become stronger and have more energy throughout your day, this class is what you need! 30 minutes of strength training along with some cardio training. This class is great for all types of exercisers because you pick your own weights and go at your own pace. The only person you are in competition with is yourself! Instructor offers hybrid classes using YouTube live as an alternative option to in-person classes. Daily drop-in fee \$7 per person. Instructor: Megan Turner

Sept 6-27	Mon/Wed	5:15-5:45pm	\$30
Oct 2-30	Mon/Wed	5:15-5:45pm	\$30
Nov 1-29	Mon/Wed	5:15-5:45pm	\$30
Dec 4-20	Mon/Wed	5:15-5:45pm	\$15

Total Body Sculpt

Put the fun back into your workout! Boost metabolism, tone muscle, increase strength and cardio endurance using free weights, body weight and other equipment. We will hit all the major muscle groups including twenty minutes of ab and core work. All fitness levels welcome. Ages 14 and up. An on-line option is available to work out from home discussed with through the instructor. Daily drop-ins: \$5 per class if not at capacity. Instructor: Sandi Cook, ACE Certified

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

Zumba

A cardio focused class infused with Latin dances and hip-hop. Variances to the steps are offered to ensure it is adaptable for all fitness levels. It is a fun class, with no judgement on skill level. Come join the party! Daily drop-ins \$5 per person if class not full. Instructor: Abby Noelck

Sept 5-28	Tues/Thurs	4:50-5:45pm	\$24-29
Oct 3-31	Tues/Thurs	4:50-5:45pm	\$27-32
Nov 2-30 (no 11/23)	Tues/Thurs	4:50-5:45pm	\$24-29
Dec 5-21	Tues/Thurs	4:50-5:45pm	\$18-23

ADULT LEAGUES & OPEN GYM

Adult Co-ed Volleyball

Six-player, self-officiated league with two divisions for anyone 18 years or older (not in high school) at North Bend Elementary. Six teams per division. Registration deadline: Aug. 27

Sept 10-Dec 10	Sundays	12-3pm	\$95/team
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Adult Open Gym Volleyball

Volleyball enthusiasts 18 and older have half of Roberts Gymnasium. Individuals can pay the daily rate: Residents \$4, non-residents \$5 or obtain a monthly or annual facility pass.

Fridays	6-9pm	Regular gym rates
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Free Gym Nights

Designated free nights to play basketball in Jones Gymnasium. Subject to cancelation for special events or programs. No team or practices allowed. Regular facility supervision rules apply.

First & Third Tuesdays Second & Fourth Fridays	6-9pm	Free
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Men's Basketball

Officiated 5 on 5 league for men 18 and older (not in HS). Games held at NL Recreation Center. Max of eight teams. Registration deadline: Aug. 27

Sept 10-Nov 19	Sundays	4-8pm	\$400/team
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Pickleball

Open play pickleball is held in Jones Gymnasium. Two courts are available for pickup games. Monthly, Annual or Daily fees apply. Play is subject to city holidays and special events.

Sundays	8am-12pm	Regular gym rates
Mon-Fri	6am-12pm	Regular gym rates

SPECIAL PROGRAMS

Club 24

Named in honor of Heisman Trophy winner and Iowa Hawkeye Nile Kinnick, Club 24 is an opportunity for seniors to socialize while watching the most recent Iowa football game. Sit back, relax, and watch and discuss the game over coffee and snacks. Participants must sign up weekly by calling the Rec Center at (319) 626-5716, visiting the Rec Center front desk or registering online.

Ongoing (beg. Oct 2)	Mondays	9am	\$6
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Senior Connections Lunch

Catered lunch every Friday continues. Come for lunch, play an activity, listen to speakers or just socialize. Must call the Rec Center: 319-626-5716 or go online by noon on Thursday to make a reservation. Meal is served at 11:30 a.m., followed by an activity or speaker from 12 to 1 p.m. \$5 per person. Meal providers include Hy-Vee Catering, Pizza Ranch, Mirabito's Italian, Yang Chow Wok and Sugapeach.

Ongoing	Fridays	11:30am-1pm	\$5
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FAMILY PROGRAMS

Board Games

If board games interest you, come play at the North Liberty Community Center during regular facility hours or check out one of the 16 games to take home and play. This is a good alternative to video gaming and a great way to bring the family together.

Fishing

Ages 12 and older may check out rod and reels if fishing is your fancy. Many of our local ponds are stocked with fish and offer the opportunity to find your favorite fishing hole. Check out is through the North Liberty Community Center during regular facility hours.

Free Gym Nights

Designated free nights to play basketball in Jones Gymnasium will be offered from 6 to 9 p.m. on the first and third Tuesdays and second and fourth Fridays of each month. Subject to cancelation for special events or programs. No team practices allowed. Regular facility supervision rules apply.

Make It Mondays

Free, to-go activities for kids. Stop by the North Liberty Community Center each Monday to pick up a new activity kit while supplies last.

ONE Packs

Get outside and explore the world around you. Packs include activities to learn about the outdoors, wildlife and habitats in Iowa. Check out is through the North Liberty Community Center during regular facility hours.

Pop-Up Disc Golf

Marked disc golf courses and maps will be set up for free play at designated parks. Stop by the North Liberty Recreation Center for maps, equipment or more information.

August – Penn Meadows Park

September – Centennial Park

October – Recreation Center and Ranshaw House

Rec Fun Packs

Available for check out are different games such as bocce ball, croquet, speedminton, horseshoes, corn hole, an agility course and water fun packs that include a sprinkler item, water balloons and squirt guns. Check out is through the North Liberty Community Center.

SPECIAL EVENTS

Binspire Play Events

Looking for a fun and messy way for your kids to have fun? Look no further than BinSpire LLC's play events! One will be held outdoors, the other indoors. The outdoor event will have various stations set up with paint, water, mud, shaving cream, and more for your little ones to get messy. The indoor event will include a wide range of sensory activities to stimulate senses, enhance fine motor skills, and ignite passion for scientific exploration. Our child-led, open-ended play encourages creativity, builds confidence, and helps children experience new textures and practice social skills. And the best part? We'll take care of the clean-up at the end, so you don't have to worry about a thing. Bring your kids in clothes that can get messy and let them explore and play with us. Geared for ages three to eight years old.

Messy Playdate (outdoor event)	Sept 9	Saturday	1-2:30pm	\$15
Sensory Playdate (indoor event)	Nov 4	Saturday	1-2:30pm	\$15

Community Center Open House

Learn about the many different programs that the Community Center has to offer. Enjoy membership promotions, free fitness classes and free swim lessons. Come check us out!

Sept 14	Thursday	6-8:30pm	Free
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Murder Mystery Dinner

Enjoy an evening of food, entertainment and BYOB on the Ranshaw House lawn. More information to follow.

Sept 15	Friday	6-8:30pm	Free
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Star Party

Fall nights and the STARS are OUT! Take A Kid Outdoors (TAKO) offers this event to view planets, stars and other celestial bodies with help from local Amateur Astronomers. Spend the night under the stars as we listen for owls and other nocturnal creatures. Come out early to see Jupiter in the daytime! Stay for nighttime snacks including gourmet S'mores and refreshments. This event is FREE and OPEN to the public. In the case of rain, the event may be canceled. Please check online for updates as the weather can be unpredictable. Advanced registration is requested, but not required. To register, like us on Facebook and let us know you are "Going" on our Moon Walk & Star Party EVENT page. In the comment section, note how many adults and children will be attending. For questions and event status please contact Judy Joyce, Executive Director, at judy@takeakidoutdoors.org. This event is co-sponsored by the City of North Liberty Park and Recreation.

Sept 23	Saturday	6-9pm	Free
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Halloween Moonlight Walk

Park at the Community Center and walk through the Ranshaw Way underpass over to Liberty Centre Pond. The pathway will be lit by all kinds of friendly ghosts and ghouls giving out candy and guiding 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 on social media. Candy bags and hot chocolate will be provided. This is a family event for all ages, but children must be supervised by an adult.

Oct 13	Friday	10:30am-12:30pm or 6:30-8:30pm	Free
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Pumpkin Painting & Carving

Let the kids get your home ready for Halloween. Children ages 12 and under 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.

Oct 18	Wednesday	6-8:30pm	\$12/child
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Floating Pumpkin Patch

The indoor pool will be full of small pumpkins. Jump in and swim to your favorite pumpkin to take home. Event includes raffles, a pumpkin decorating station, and goody bags. Parents are required to be in swim suit, in the water with all children ages 1-5, and with children ages 6-10 who are non-swimmers, and remain within an arms-length of child. Registration is required and opens on Sunday, Oct. 15 at 8:00am.

Ages 1-5	Oct 22	Sunday	9:45-10am followed by a 45 min free swim	Free
Ages 6-10	Oct 22	Sunday	11-11:15am followed by a 45 min free swim	

City-wide Trick or Treat

Remember to take an adult, only knock on doors at houses that have their outdoor lights on and **be safe**.

Oct 31	Tuesday	5-8pm	Free
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Golden Turkey Hunt

Use a set of clues to locate four golden turkeys hidden around North Liberty. Each Tuesday in November, a new turkey will be hidden, and new clue will drop. All turkeys will be on public land. Find a turkey and win a prize package which will include items like a free Black & Gold Family Annual Pass and Beat the Bitter swag. Open to everyone. Contact Matt Meseck at mmeseck@northlibertyiowa.org or call 626-5716 for more information.

Turkey Hoop Shoot

Form teams of two – a parent and child – to complete in a fun basketball shooting competition. Also test your skills in a free-throw shootout! Turkeys will be given out to winners. Three age groups: 5-8, 9-13, 14-17.

Nov 8	Wednesday	6-8pm	Donate two food items for the food pantry as your entry fee
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Elf on the Shelf Scavenger Hunt

Pick up a free elf hunt guide, visit businesses, find elves and get friendly employees to stamp guide from Nov. 24 to Dec. 23. Once all locations are visited and stamped, return the guide to Rec Center to be rewarded with prize from a grateful Santa Claus. Please take time while hunting for elves to support each participating business.

Vendor Fair

Like to holiday shop? Local vendors will have items on display and available to purchase in Roberts Gymnasium. To sign up as vendor, contact Matt Meseck at mmeseck@northlibertyiowa.org or call 626-5716.

Dec 2	Saturday	8am-12pm	Free to attend; \$15 for vendor spot
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Breakfast With Santa

For infants to 10 years old. Registration limited to 500. Register early to visit with Santa, eat a hot meal from Lions Club and enjoy photos by Sandi Spurrell. No walk-ins allowed. Registration deadline: Dec. 1

Dec 2	Saturday	8am-12pm	Free
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Santa's Workshop

Come visit the workshop, enjoy a cup of hot chocolate by the fire, send a letter to Santa, join in some activities and get into the holiday spirit with holiday décor and festivities.

Dec 11-23	Mon-Fri	8am-8pm	Free
	Sat/Sun	9am-5pm	

WINTER PROGRAMS

Save the date for these upcoming programs and register this fall.

Rookie Basketball

Introductory basketball program for co-ed kindergarteners. Kids will be split up into 8 teams of 8 to 10 players. First two weeks will consist of practices from 6 to 7 p.m. or 7 to 8 p.m., rotating. The last three weeks will consist of playing games from 6 to 7 p.m. Program held at Buford Garner Elementary. Volunteer coaches will referee once we get to weeks three to five. Volunteer coaches are needed for this program so if you are interested, please sign up. Registration deadline: Nov. 12
Session: Jan 24-Feb 21, Wednesdays, \$35

Supreme Youth Basketball

Cooperative city program, with boy/girl divisions designed to teach game fundamentals and to provide equal participation in Grades 1-2, 3-4 and 5-6, as of the Fall 2023 school year. Session: Jan 6-Feb 24, 2023, on Saturdays from 9:00am-6:00pm depending on the team the child is placed on. Grade 5-6 season ending tournament begins on Mar 4. Games will be played at NL & CV Recreation Centers, Buford Garner, Tiffin, Oak Hill and Van Allen Elementary Schools. If you sign up in North Liberty you will be placed on a North Liberty Team. Jan 6 is an open practice for Grades 1 & 2 and scrimmage for Grades 3-6. All games will begin on Jan 13. Grades 1 & 2 will practice first ½ hour and then play game. The fee is \$55. The registration deadline is November 19. Practices for 3-4 Grade and 5-6 Grade will begin Dec 10, Sundays from 3-8 pm, Mondays or Tuesdays from 6-8 pm depending on the coach's schedule. Practices are for 1 hour. No practices on Dec 24, 25, 31, or Jan 1.

Fall 2023 Library Program Guide

The North Liberty Library offers year-round space for reading, learning, arts and crafts, meetings and celebrations, workshops and more.

Mon –Thurs	8 a.m. to 8 p.m.
Friday	8 a.m. to 5 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	1 p.m. to 4 p.m.
Phone	(319) 626-5701
Web	northlibertylibrary.org

This program guide includes information about some of the library programs taking place September to December 2023. Starting this fall, we'll offer a monthly newsletter featuring upcoming programming highlights from the Recreation Department, Library and other city departments. Sign up to get it delivered to your inbox at northlibertyiowa.org/subscribe or check the city's website at northlibertyiowa.org. Learn more about upcoming library programs at northlibertylibrary.org.

LIBRARY STAFF

Jennie Garner, Library Director – jgarner@northlibertyiowa.org

Jennifer Jordebrek, Assistant Library Director – jjordebrek@northlibertyiowa.org

Andrew Frisbie, Collection Development Librarian – afrisbie@northlibertyiowa.org

Kellee Forkenbrock, Public Services Librarian – kforkenbrock@northlibertyiowa.org

Melanie Harrison, Marketing & Engagement Coordinator – mharrison@northlibertyiowa.org

Dani Grandinetti, Library Marketing Assistant – dgrandinetti@northlibertyiowa.org

Emily O'Sheridan-Tabor, Family Services Librarian – etabor@northlibertyiowa.org

Kayla Hodgson, Youth and Teen Services Librarian – khodgson@northlibertyiowa.org

Zoë Murphy, Assistant Youth and Teen Services Librarian – zmurphy@northlibertyiowa.org

Nick Shimmin, Adult Services Librarian – nshimmin@northlibertyiowa.org

Corrie Brase, Assistant Adult Services Librarian – cbrase@northlibertyiowa.org

Chris Nelson, IT Coordinator – cnelson@northlibertyiowa.org

FACILITIES & FEATURES

Library Cards

Get a card with a photo ID and proof of address if your ID does not have your current address. That card grants access to our physical and digital collections.

Fine Free

The North Liberty Library is fine free. Patrons will be notified by text message or email of overdue material, and items unreturned for more than eight weeks are subject to the replacement cost of the materials.

Meeting & Study Rooms

Rooms for individual study or group work, as well as for nonprofit, general informational, educational, cultural and civic purposes, are available at no charge.

Learning Center

Home to our regular indoor storytimes as well as a space for engagement and interactive play.

Teen Lounge

A safe space for teens and tweens to meet, play, connect and engage.

Adventure Pass

Looking for a weekend adventure or something to do when the kids are out of school? Use your library card to reserve FREE access to select Iowa attractions. Visit northlibertylibrary.org/adventure-pass for complete details and to reserve passes.

BABIES, TODDLERS & PRESCHOOLERS

DoodleBugs

Join the Cedar Rapids Museum of Art for their inspiring and creative DoodleBugs monthly program. Every class starts with a book and ends with imagination and creation! Check the library website for upcoming program dates and times.

Pied Piper

Join Orchestra Iowa's talented String, Percussion, Woodwind and Brass Chamber Ensembles as they introduce preschool-aged children to the instruments of the orchestra! Focused on fun and learning, Pied Piper programs offer children the opportunity to enjoy an up-close and personal 30-minute chamber concert. Check the library website for upcoming program dates and times.

Baby Storytime

This storytime is geared for ages 0 to 2 and consists of a short book, songs, rhymes, fingerplays and fun for baby!

Ongoing	Tuesdays	10:30am
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Toddler Storytime

Geared for ages 18m to 3, Toddler Storytime consists of one or two books, songs, rhymes, fingerplays, bubbles and dancing!

Ongoing	Fridays	10:30am
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Family Storytime

Family Storytime features books, songs and fun for children 5 and under.

Ongoing	Saturdays	10:30am
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SCHOOL-AGED YOUTH

Fall Tween Lock-in

Bring your friends for pizza, snacks, games, crafts and fun. Scream, shout and run around with us after hours at the library. All participants will need to have a permission waiver signed when they are dropped off at the library.

Oct 6	Friday	5:30-8pm
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Junior Optimist International (JOI) Club

Join an enthusiastic group of young people who complete fun projects and activities to improve our community and better the lives of all around us! Check the Library Calendar of Events for meeting dates. Potential members can join at any point in the year.

Pizza & Politicians

Curious about how local and state government work? Have questions for your representatives? Join us for pizza and conversation with local politicians.

Nov 8	Wednesday	6-7:30pm
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Super Tuesdays

Join us for monthly programs geared toward K-3rd graders.

Sept 5, Oct 3, Nov 7, Dec 5	Tuesdays	4pm
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Teen Tuesdays

Bring a friend for monthly programs geared toward 7th-12th graders.

Sept 19, Oct 17, Nov 21, Dec 19	Tuesdays	4pm
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Tweendom

Join us for monthly crafts and activities geared toward 4th-6th graders.

Sept 12, Oct 10, Nov 14, Dec 12	Tuesdays	4pm
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ADULTS & SENIORS

Adults' Paint Along

Follow along with a video from a renowned landscape artist as he guides us through one of his tutorials. Paint, canvases and snacks provided. Wear clothes you don't mind getting covered in paint. Beer and wine are permitted at this adults-only event.

Oct 6	Friday	6:30pm
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Social Hour

Indulge in the perfect blend of community and caffeine at our weekly social hour, where coffee flows and connections grow!

Ongoing	Mondays	10am
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FAMILY PROGRAMS & SPECIAL EVENTS

Halloween Moonlight Walk

Park at the Community Center and walk through the Ranshaw Way underpass over to Liberty Centre Pond. The pathway will be lit by all kinds of friendly ghosts and ghouls giving out candy and guiding 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 on social media. Candy bags and hot chocolate will be provided. This is a family event for all ages, but children must be supervised by an adult.

Oct 13	Friday	10:30am-12:30pm	Free
Oct 13	Friday	6:30-8:30pm	

Playful Parenting

The North Liberty Library is proud to be a Family Place Library, and to offer the cornerstone program of Family Place Libraries, the Playful Parenting Group. All families need information, support and connections to local resources. Our new fun and play-based Playful Parenting Group is a relaxed, informal program where families can play and learn together, make friends and talk one-on-one with specialists in child development, speech and language, music and movement, nutrition and early literacy. This group is targeted toward children ages 1 to 3 and their grownups, however children 0 to 5 may attend. The group is offered two times a year, for five-week sessions. Times vary between weekday mornings, weekend mornings and evenings. Check the Library website for future dates and times and registration.

StoryWalk

The North Liberty Library's permanent StoryWalk, made possible by Veridian Credit Union, is located at Liberty Centre. Each year, it will display about six different stories, with recordings of your favorite librarians reading each story available for download. Select stories are available in braille overlay, provided by The Iowa Library for the Blind and Print Disabled.