

WINTER 2024 ACTIVITY GUIDE

including recreation, library and other community programming held January through April



*Pictured: North Liberty Lights, part of Beat the Bitter. Learn more about **Beat the Bitter** 2024 on pages 29-30.*

Registration for most programs begins Dec. 4 for North Liberty residents



Winter 2024 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 January to April 2024. We 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 calendar at northlibertyiowa.org/events.

Registration for most classes/programs begins Dec. 4 and is available on a first-come, first-served basis. Find more information and register at the Rec Center front desk or 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. Track passes are free for North Liberty residents and are available for a fee for non-residents.

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.

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 January through April, April 1 for May through August and Aug. 1 for September through December. Visit northlibertyiowa.org/recreation/facilities to submit a request or call (319) 626-5716.

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 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 northlibertyiowa.org/recdesk.com 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.

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 available to members and drop-in users. Membership 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 Program (HACAP) for certification. Once income is certified, a chart like the ICCSD reduced/free lunch program is used to determine the percentage of fee to be paid. To learn more, visit northlibertyiowa.org/financial-assistance.

SilverSneakers memberships for older adults are available for qualifying Medicare recipients. Learn more at medicare.org/articles/what-is-the-silversneakers-program.

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 six months), 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 Dec. 4 for residents and Dec. 6 for non-residents and is available first-come, first-served, online beginning at 6 a.m. Additional information such as level descriptions and fees can be found at northliberty.recdesk.com.

Jan 15-Mar 4 Mar 18-May 8	Mondays (Group)	4:45, 5:30 or 6:15pm	\$30-35
Jan 16-Feb 6 Feb 13-Mar 5 Mar 19-Apr 9 Apr 16-May 7	Tuesdays (Private)	4:40, 5:15, 5:50 or 6:25pm	\$52-57
Jan 17-Mar 6 Mar 20-May 8	Wednesdays (Group)	4:45, 5:30 or 6:15pm	\$30-35
Jan 18-Feb 8 Feb 15-Mar 7 Mar 21-Apr 11 Apr 18-May 9	Thursdays (Private)	4:40, 5:15, 5:50 or 6:25pm	\$52-57
Jan 20-Mar 2 Mar 30-May 11	Saturdays (Group, Levels 1-4)	9, 9:45 or 10:30am	\$26.25-31.25

Adult Group Lessons

Bring your swimming goals to class and an experienced instructor will provide the tools to help you reach them in a small group setting.

Jan 16-Mar 5	Tuesdays	6:25-6:55pm	\$30-35
Mar 19-May 7	Tuesdays	6:25-6:55pm	\$30-35

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.

Feb 4	Sunday	12-3pm	\$50-55
Mar 4	Monday	9:30am-12:30pm	\$50-55
Apr 10	Wednesday	9:30am-12:30pm	\$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.

Feb 23-25	Friday-Sunday	Fri: 5-9pm, Sat: 9am-6pm, Sun: 9am-6pm	\$175-180
Apr 5-7	Friday-Sunday		
Apr 26-28	Friday-Sunday		

Recreational Swim Team

Is your child interested in joining a swim team but not sure if they're ready to jump in at the competition level? If so, our swim team is perfect for them. Focus on improving stroke techniques and building endurance and get 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.

Jan 18-Mar 7	Thursdays	7-8pm	\$32-37
Mar 21-May 9	Thursdays	7-8pm	\$32-37

Special Swims

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

Holiday Swims	Jan 15, Feb 9, Mar 4, Apr 10	1-4pm	\$2/child; \$4/adult
Family Fridays	Jan 26-Apr 26	5:30-8:30pm	\$10/family of 4, then \$2/person
Sunday Swims	Feb 11 - Bring a Friend	1-3pm	One at regular price; one free
	Mar 3 - Spring into the Pool		\$1/person
	Apr 21 - Parents Day		\$2/child; \$0/adult

WATER FITNESS CLASSES

Registration begins on Dec. 4 for residents and Dec. 6 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 a low-impact warm-up, a no-impact deep end cardio workout and an abdominal workout with a cool down. Ages 15 and up. Younger participants may attend with an adult. Daily drop-in fee: \$5. Instructor: Jennifer Arturo

Jan 3-31	Wednesdays	7:15-8:05pm	\$17.50-22.50
Feb 7-28	Wednesdays	7:15-8:05pm	\$14-19
Mar 6-27	Wednesdays	7:15-8:05pm	\$14-19
Apr 3-24	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 drop-in fee: \$5. Instructor: Janet Holland

Jan 2-30	Tues/Thurs	5:45pm-6:30pm	\$31.50-36.50
Feb 1-29	Tues/Thurs	5:45pm-6:30pm	\$31.50-36.50
Mar 5-28	Tues/Thurs	5:45pm-6:30pm	\$28-33
Apr 2-30	Tues/Thurs	5:45pm-6:30pm	\$31.50-36.50

Aqua Zumba

Are you looking to try something new? Come 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. Come ready to work those muscles! Ages 15 and up. Daily drop-in fee: \$5. Instructor: Abby Noelck

Jan 7-28	Sundays	9:15-10am	\$14-19
Jan 9-30	Tuesdays	7:15-8pm	\$14-19
Feb 4-25	Sundays	9:15-10am	\$14-19
Feb 6-27	Tuesdays	7:15-8pm	\$14-19
Mar 3	Sunday	9:15-10am	\$5 drop-in
Mar 5-26 (no 3/12)	Tuesdays	7:15-8pm	\$10.50-15.50
Apr 2-30	Tuesdays	7:15-8pm	\$17.50-22.50
Apr 7-28	Sundays	9:15-10am	\$14-19

Arthritis Aquatic Class

This recreational exercise program is designed for men and women, regardless of age. Exercise without putting excess strain on joints and muscles while performing gentle range of motion exercises and stretching muscles. 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 drop-in fee: \$3. Leaders: Verlee Lauderbaugh and Becky Peters

Jan 2-30	Tues/Thurs	10-10:50am	\$18-23
Jan 3-31	Mon/Wed/Fri	10-10:50am	\$26-31
Feb 1-29	Tues/Thurs	10-10:50am	\$18-23
Feb 2-28	Mon/Wed/Fri	10-10:50am	\$24-29
Mar 1-29	Mon/Wed/Fri	10-10:50am	\$26-31
Mar 5-28	Tues/Thurs	10-10:50am	\$16-21
Apr 1-29	Mon/Wed/Fri	10-10:50am	\$26-31
Apr 2-30	Tues/Thurs	10-10:50am	\$18-23

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 and up. Daily drop-in fee: \$5. Instructor: Jennifer Arturo

Jan 3-31	Mon/Wed/Fri	9-9:50am	\$45.50-50.50
Feb 2-28	Mon/Wed/Fri	9-9:50am	\$42-47
Mar 1-29	Mon/Wed/Fri	9-9:50am	\$45.50-50.50
Apr 1-29	Mon/Wed/Fri	9-9:50am	\$45.50-50.50

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 and up. Daily drop-in fee: \$5. Instructor: Colette Soultis

Jan 3-31	Mon/Wed/Fri	8-8:50am	\$45.50-50.50
Feb 2-28	Mon/Wed/Fri	8-8:50am	\$42-47
Mar 1-29	Mon/Wed/Fri	8-8:50am	\$45.50-50.50
Apr 1-29	Mon/Wed/Fri	8-8:50am	\$45.50-50.50

BABIES, TODDLERS & PRESCHOOLERS

Registration for some of the programs below has begun. Registration for most other classes/programs begins Dec. 4 and is available on a first-come, first-served basis. Find more information and register at the Rec Center front desk or at northliberty.recdesk.com.

ARTS & CRAFTS

Painting 101

Who doesn't love to paint? Class for ages 3 to 5. Registration deadline: Jan. 2

Jan 9-30	Tuesdays	10am or 6pm	\$25-30
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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: Jan. 27

Feb 6-27	Tuesdays	6pm	\$45-50
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Builders Club

The new class for ages 3 to 5 is centered around your child's imagination. Different items such as Legos and Kapla Blocks will be used to build many creations. Class will have challenges and competitions between building teams. Creations will not go home with students, but we will take pictures that you can access. Registration deadline: Mar. 29

Apr 9-30	Tuesdays	6pm	\$25-30
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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.

Jan 16-Mar 5	Tuesdays	5:30pm	\$110
Jan 17-Mar 6	Wednesdays	9:30am	\$110
Mar 19-May 7	Tuesdays	5:30pm	\$110
Mar 20-May 8	Wednesdays	9:30am	\$110

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.

Jan 17-Mar 6	Wednesdays	10:15am or 5:30pm	\$110
Mar 20-May 8	Wednesdays	10:15am or 5:30pm	\$110

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!

Jan 16-Mar 5	Tuesdays	6:15pm	\$140
Jan 17-Mar 6	Wednesdays	6:15pm	\$140
Mar 19-May 7	Tuesdays	6:15pm	\$140
Mar 20-May 8	Wednesdays	6:15pm	\$140

PEE-WEE SPORTS

A non-competitive approach to help children ages 3 to 5 learn sports basics, socialize and have fun! Each class is 40 minutes long. Participants must be 3 by first class.

Soccer	Jan 3-31	Wednesdays	10am or 5:30, 6:15 or 7:00pm	\$30-35
Basketball	Feb 7-28	Wednesdays	10am or 5:30, 6:15 or 7:00pm	\$30-35
Baseball	Mar 6-27	Wednesdays	10am or 5:30, 6:15 or 7:00pm	\$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 inside at North Liberty Community Center or outside at Penn Meadows Park. 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; Drop-in: \$20/class. Other fee options available.
Our Village Playgroup & Stroller Strides	Fridays	9:30-11am	

SCHOOL-AGED YOUTH

Registration for some of the programs below has begun. Registration for most other classes/programs begins Dec. 4 and is available on a first-come, first-served basis. Find more information and register at the Rec Center front desk or at northliberty.recdesk.com.

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 in a fun environment. Our class is extremely tasteful and clean, and offering age-appropriate material is our priority.

Jan 22-Mar 4	Mondays	6:45pm	\$155
Mar 18-May 6	Mondays	6:45pm	\$170

Tippi Pro (Ballet/Jazz)

This class is for children in grades K through 2 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.

Jan 22-Mar 4	Mondays	5:30pm	\$155
Mar 18-May 6	Mondays	5:30pm	\$170

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 on the Iowa City Community School District calendar, serving Penn, Van Allen and Garner students. Open enrollment for Spring Camp begins Feb. 1. Open enrollment for fall 2024 BASP care begins Apr. 1. Contact Matt Fielder at mfielder@northlibertyiowa.org or call (319) 626-5716 for more information or to inquire about openings.

Recsters BASP	2023-2024 school year	Before and after school	AM: \$85/month PM: \$240/month Both: \$275/month
All-Day Dates	Feb 9, Feb 12, Mar 4, Apr 10, Apr 19	7am-6pm	\$60/day
Spring Break Camp	Mar 11-15	7am-6pm	\$60/day

YOUTH SPORTS

NL Wrestling Club

A true club for wrestlers of all abilities and experience levels in the North Liberty community, offered as a feeder program to Liberty High School and North Central Junior High. Beginner level class for all ages. No prior wrestling experience needed. A free t-shirt is included. Learn more at northlibertywrestlingclub.com. Any questions can be directed to the instructor, Derek Coorough, via the contact information on the program website.

Feb 5-26	Mondays	6-6:50pm or 7-7:50pm	\$75
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North Liberty Coralville Baseball & Softball (NLCBS)

This recreational league serves more than 2,000 boys and girls ages 4 years old to 8th grade. NLCBS is not affiliated with the City of North Liberty, but uses city facilities, and offers Tee Ball, Coach-Pitch and developmental leagues for anyone who wants to try the game or further develop their skills. Games and practices primarily take place at Penn Meadows Park but also on fields throughout the area. Register online at www.nlcbs.org beginning Dec. 11. Registration closes in mid-March. No paper registration is available. Registration fees vary based upon age/division. All ages and skill levels are welcome and scholarships are available.

Union Baseball/Softball is NLCBS' answer to travel ball. Composed of select NLCBS players, we play in three local tourneys: Iowa City, Tiffin and North Liberty. The cost is \$250 and fundraising opportunities are offered to help cover expenses. We are seeking to grow this initiative, limited only by the number of coaches willing to take on a team. Teams will be formed based on USSSA's age guidelines. Players must also compete in our standard weeknight program on Tuesday or Wednesdays (division-dependent). Email NLCBS at operations@nlcbs.org with questions or if you need assistance with registration or check the FAQ page on the [NLCBS website](http://nlcbs.org). Practices start at the beginning of April with games starting in May.

Outdoor Soccer - Spring

Features two options: recreation or hybrid divisions for Grades 1-6. Jason Witt and his coaches combine 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. The program will be held at Penn Meadows Park. Registration deadline: Mar. 24

Hybrid Practice, Grades 1-3	Apr 15-Jun 1	Mondays	5:30-6:30pm	\$90
Hybrid Practice, Grades 1-3	Apr 15-Jun 1	Tuesdays	5:30-6:30pm	
Hybrid Practice, Grades 4-6	Apr 15-Jun 1	Tuesdays	6:40-7:40pm	
Hybrid Games, Grades 1-3	Apr 15-Jun 1	Saturdays	9-11am	
Hybrid Games, Grades 4-6	Apr 15-Jun 1	Saturdays	11:15am-12:15pm	\$60
Recreational, Grades 1-3	Apr 15-Jun 1	Thursdays	5:30-6:30pm	
Recreational, Grades 4-6	Apr 15-Jun 1	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 North Liberty Recreation Center, Buford Garner and North Bend Elementary. Registration opens on Dec. 4 for returning teams and Dec. 6 for new teams. Registration deadline: Dec. 17

Boys, Grade 4	Jan 8-Mar 4	Mondays	6, 6:50, 7:40 or 8:30pm	\$375/team
Girls, Grade 4	Jan 8-Mar 4	Mondays	6, 6:50, 7:40 or 8:30pm	\$375/team
Boys, Grades 5-6	Jan 11-Mar 7	Thursdays	6, 6:50, 7:40 or 8:30pm	\$375/team
Girls, Grades 5-6	Jan 11-Mar 7	Thursdays	6, 6:50, 7:40 or 8:30pm	\$375/team

ADULTS & SENIORS

Registration for some of the programs below has begun. Registration for most other classes/programs begins Dec. 4 and is available on a first-come, first-served basis. Find more information and register at the Rec Center front desk or at northliberty.recdesk.com.

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.

Balance, Strength, Coordination for Seniors

Work on functional balance, strength and coordination! If you are interested in health, being part of a group and sharing in a positive and supportive environment, then join us. Balance, strength and coordination exercises can help prevent falls, increase strength when getting up out of a chair and improve tolerance when walking on uneven surfaces or getting up and down when playing with grandkids. Daily drop-in fee: \$15. Instructor: Natalie Johnston

Jan 16-30	Tuesdays	11:15am-12pm	\$45
Feb 6-27	Tuesdays	11:15am-12pm	\$60
Mar 5-26 (no 3/12)	Tuesdays	11:15am-12pm	\$45
Apr 2-30	Tuesdays	11:15am-12pm	\$75

Basics of Yoga

Come learn the foundational poses of yoga in a welcoming environment with guided instruction on basic yoga poses, breathing techniques and safe practice. The instructor is a physical therapist who uses her background with anatomy and chronic pain training to help guide participants through beginning yoga poses. Please bring your own yoga mat and a couple of yoga blocks to class. Those under 16 may attend with an adult. Daily drop-in fee: \$15. Instructor: Natalie Johnston

Jan 13-17	Saturdays	10-11am	\$45
Feb 3-17 (no 2/24)	Saturdays	10-11am	\$45
Mar 2 and Mar 23	Saturdays	10-11am	\$30
Apr 6-27	Saturdays	10-11am	\$45

Beginners Yoga

Explore the fundamentals of this ancient practice. Whether you're new to yoga or just haven't done it in a long time, come 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-in fee: \$15. Additional sessions may be added. Instructor: Shuva Rahim

Jan 30-Feb 8	Tues/Thurs	5:15-6:15pm	\$48
Apr 16-29	Tues/Thurs	5:15-6:15pm	\$48

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-in fee: \$5. Instructor: Sandi Cook, ACE Certified

Jan 2-30	Tues/Thurs	6-7pm	\$27-32
Feb 1-29	Tues/Thurs	6-7pm	\$27-\$32
Mar 5-28	Tues/Thurs	6-7pm	\$24-29
Apr 2-30	Tues/Thurs	6-7pm	\$27-32

Desk Jockey Yoga

Do you spend at least 4 hours a day on the computer or maybe just sitting in general? Do you experience strain in your body on a regular basis? This yoga class will teach you simple movements you can do at your desk without having to change out of business attire. Learn how to release muscles that become tight, strengthen unused muscles and gain peace of mind through deadlines and distractions. Leave with a routine that you can do on your own, as well as tips on keeping yourself nourished to maintain energy throughout the day. Instructor: Shuva Rahim

Feb 15	Thursday	5:15-6:15pm	\$15
Mar 14	Thursday	5:15-6:15pm	\$15

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 inside at North Liberty Community Center or outside at Penn Meadows Park. 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	

Gentle Yoga

Class offers slow flowing movements with gentle stretching. The use of chairs, walls or some blocks for support is welcome. The instructor is a physical therapist and pairs her knowledge of the joints, muscles and nervous system with the goal of leaving you feeling better than when you arrived. Please bring your own yoga mat. Those under 16 can attend with an adult. Daily drop-in fee: \$15. Instructor: Natalie Johnston

Jan 16-30	Tuesdays	10-11am	\$75
Feb 6-27	Tuesdays	10-11am	\$60
Mar 5-26 (no 3/12)	Tuesdays	10-11am	\$45
Apr 2-30	Tuesdays	10-11am	\$75

Hapkido JiuJitsu

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

Jan 2-30	Sundays	4:30-6pm	\$60/month (1× per week) \$100/month (2× per week)
	Tuesdays	8-9pm	
Feb 4-27	Sundays	4:30-6pm	
	Tuesdays	8-9pm	
Mar 3-26	Sundays	4:30-6pm	
	Tuesdays	8-9pm	
Apr 2-30	Sundays	4:30-6pm	
	Tuesdays	8-9pm	

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-in fee: \$15. Instructor: Deb Cannon

Jan 7-Mar 17	Sundays	4-5:15pm	\$150
Mar 24 (Yoga Nidra)	Sunday	4-5:15pm	\$15
Apr 7-28	Sundays	4-5:15pm	\$45

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 participants of conflicts when class is not offered. Instructor: Haiming Chen

Taiji Club	Jan 8-Jun 24 (no 1/15, 2/19 or 5/27)	Mondays	5:20-6:20pm	\$120
Taiji Level 1	Jan 22-Mar 11 (no 2/19)	Mondays	6:30-7:50pm	\$76.50

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 20 minutes of ab and core work. All fitness levels welcome. Ages 14 and up. An online option is available to work out from home. Daily drop-in fee: \$5. Instructor: Sandi Cook, ACE Certified

Jan 3-31	Mon/Wed	6-7pm	\$27-32
Feb 5-28	Mon/Wed	6-7pm	\$24-29
Mar 4-27	Mon/Wed	6-7pm	\$24-29
Apr 1-29	Mon/Wed	6-7pm	\$27-32

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-in fee: \$5. Instructor: Abby Noelck

Jan 2-30	Tues/Thurs	5-5:45pm	\$27-32
Feb 1-29	Tues/Thurs	5-5:45pm	\$27-32
Mar 5-28 (no 3/12 or 3/4)	Tues/Thurs	5-5:45pm	\$18-23
Apr 2-30	Tues/Thurs	5-5:45pm	\$27-32

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 and North Liberty Community Center. Maximum of 12 teams. Registration opens on Dec. 4 for returning teams and Dec. 6 for new teams. Registration deadline: Dec. 17

Jan 7-Mar 24 (no 2/11)	Sundays	12-3pm	\$100/team
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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 practices or pick-up games allowed. Youth in 5th grade and below must be supervised.

First and third Tuesdays Second and fourth Fridays	6-9pm	Free
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Men's Basketball

Officiated 5-on-5 league for men. Competitive Division for ages 18 and older (not in high school) and 35 & Older League. Games held at North Liberty Community Center. Max of eight teams. Registration opens on Dec. 4 for returning teams and Dec. 6 for new teams. Registration deadline: Dec. 17

Jan 7-Mar 10 (no 2/11)	Sundays	4-8pm	\$400/team
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Open Gym Activities

Stop by the Rec Center during the times specified below to play your favorite sport. Check with the front desk for conflict dates when programming takes precedence. Ages 18 and up (not in high school).

Basketball	Mon-Fri	12-1:30pm	Rec Center pass required: Daily: \$4-5 Monthly: \$10-13 Annually: \$60-75
	Tues/Thurs	6-7am	
Pickleball	Sundays	10am-2pm	
	Mon-Fri	8am-12pm	
	Mon/Fri	1:30-3pm	
Volleyball	Fridays	6-9pm	

Pickleball League for Beginners

We are offering a new singles round-robin league for beginners ages 35 and older! A "round-robin" is a structured form of play organized by skill levels for players just learning the basics of playing in leagues (with skill ratings from 1.0 to 2.5 as explained below). In the time allocated to each round-robin session (60 minutes) you will play three games, each with a different partner and against a different pair of opponents. It is designed so that all players are playing against people of roughly equal ability, which makes play the most fun and competitive for most players. The first couple of nights we will have our instructors on-site to help get the games going.

Not sure where you rate? Here's how ratings are determined:

1.0 to 2.0 Skill Rating – This player has no other sports background. Minimal understanding of the rules of the game.

2.5 Skill Rating – This player has limited experience and can sustain a short rally with players of equal ability. Basic ability to keep score.

Jan 5-Feb 16	Fridays	6:30-7:30pm	\$45
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Pickleball Beginner Lessons 1.0

A fun and easy way to learn the game for ages 18 and older and a great way to stay active with friends. Led by a pickleball instructor, you'll learn the rules and how to play with fun lessons and drills. We'll match you up with a partner of like ability to practice various skills in a low-key, fun environment. Equipment provided.

Jan 2-23	Tuesdays	7:30-8:30pm	\$50
Feb 1-22	Thursdays	11am-12pm	\$50

Pickleball Beginner Lessons 2.0

Get to learn the sport of pickleball a little more through these additional beginner classes. Continue through the basics and get to learn some strategies.

Mar 5-26	Tuesdays	7:30-8:30pm	\$50
Apr 4-25	Thursdays	11am-12pm	\$50

SPECIAL PROGRAMS

55+ Connections Lunch

Come for lunch, play an activity, listen to speakers or just socialize at the North Liberty Community Center. Must call the Rec Center at (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. Monthly flyers will show meal providers, activities and speakers.

Ongoing	Fridays	11:30am-1pm	\$5
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Club 24

Named in honor of Heisman Trophy winner and Iowa Hawkeye Nile Kinnick, Club 24 is an opportunity for older adults to socialize while watching highlights from the most recent Iowa football game. Sit back, relax and watch and discuss the game or hear from a guest speaker. Cinnamon rolls from Bluebird Café available for \$6.

Ongoing	Mondays	9am	Free
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Walking with Quin

Join Community Center volunteer Quin on a walk around the indoor track. Program will not happen on days when ICCSD does not have school.

Ongoing	Wed/Fri	12:30-1:30pm	Free
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Squash Bend Resolution

Start off your New Year’s resolution by taking on our monthly fitness challenges. Named for the area before it became North Liberty, Squash Bend Resolution challenges recreation patrons high-school aged and older, whether pass holders or daily drop-in users, to challenge themselves and each other to be active. Participate in each monthly workout challenge to be eligible to win prizes.

Game Night

Learn to play a variety of board games provided by the Recreation Department. Sessions will include time for instruction and time for gameplay. For ages 10 and older and all levels of experience. Weekly attendance is not required. Come when you have time and have fun!

Jan-Feb	Thursdays	6-9pm	Free
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SPECIAL EVENTS

Take a Kid Outdoors: Ice Fishing

Bundle up and come on out to try your luck catching some panfish at Liberty Centre Pond as part of the annual Beat the Bitter winter festival. Ice fishing equipment will be provided as well as a free lunch. A valid fishing license will be required for those taking part in this event. Visit takeakidoutdoors.org for more information and to register ahead of time. Children must be accompanied by an adult throughout each event. An alternative date if needed is Saturday, February 3.

Jan 27	Saturday	11am-1pm	Free
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Boy Scouts Annual Chili Supper

North Liberty Boy Scout Troop 216 will host their annual chili supper in the Gerdin Conference Center at the North Liberty Community Center. Meat and vegetarian chili will be offered.

Feb 3	Saturday	4:30-7pm	TBD
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Euchre Tournament

Bring your own partner with official rules depending on the number of teams. For more information, contact Matt Meseck at mmeseck@northlibertyiowa.org or Zach Pilcher at zpilch@northlibertyiowa.org or call (319) 626-5716.

Feb 25	Sunday	11am	\$20/team
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North Liberty Optimist Pancake Breakfast

Save the date! More information will be available soon.

Mar 9	Saturday	7am-1pm	TBD
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Operation Leprechaun

Follow the string of clues around North Liberty to help capture a runaway leprechaun from March 9 to March 17. Complete the full clue hunt and win a prize. Be careful and watch out for traps! Stay tuned for more details or contact Matt Meseck at mmeseck@northlibertyiowa.org or (319) 626-5750 to learn more.

EGGstravaganza

A free weekend of fun bringing together family favorites for a true EGGstravaganza! Rec Department staff will supply wooden eggs, markers and spinners to decorate. Explore springtime dioramas on the Bunny Clue Trail. Take photos with spring inflatables and other décor and earn spring treasure, including a treat bag and a succulent. Then join us underwater for a twist on your typical egg hunt! Swim around the indoor pool to collect colorful plastic eggs. There will be raffles, arts and crafts and goodie bags for participants! Caregivers must be in the water with all children ages 1 to 5 and all non-swimmers ages 6 to 10. Registration is required for the Underwater Egg Hunt and registration opens on Sun., March 17, at 8 a.m.

Bunny Clue Trail	Mar 23	Saturday	8am-12pm	Free
Egg Decorating	Mar 23	Saturday	8:30-10am (ages 6-10)	
Underwater Egg Hunt	Mar 24	Sunday	9:45-10:45am (ages 1-5)	
			11am-12pm (ages 6-10)	

Take a Kid Outdoors: Spring Shed & Scavenger Hunt

Hunt for that big rack you've been dreaming about...in the spring! Gather your kids and come explore all that spring has to offer at Creekside Commons Park. 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. This free event is open to the public, including kids of all ages, and advance registration is requested. Visit takeakidoutdoors.org for more information and to register ahead of time. Questions about the event can be directed to TAKO Executive Director, Judy Joyce at (319) 330-3833 or by e-mail at earthview01@gmail.com.

Apr 13	Saturday	11am-1pm	Free
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Iowa River Kayaking Trip

Join Rec Center staff for a 9-mile float/paddle, starting in Iowa City and ending in Hills. Participants will meet at Sturgis Ferry Park, 1300 S Riverside Drive in Iowa City. Open to people of all ages and skill levels. Children under 17 must be accompanied by an adult. For rentals, contact the University of Iowa Outdoor Rentals at (319) 384-1225. Come prepared with proper attire, safety equipment, snacks and non-alcoholic drinks. Registration deadline is April 15 or when capacity is reached. For more information, contact Matt Meseck at mmeseck@northlibertyiowa.org or call (319) 626-5750. Registration deadline: Apr. 23

Apr 26	Friday	4-8pm	Free
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COMMUNITY PROGRAMS

Board Game Checkout

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

Community Gardens

Save the date and register this spring. Garden plots (10×30 feet) are available at the Meade Barn on the east side of Penn Meadows Park. A hydrant is available, but no hose hookups are allowed. Plot holders must bring buckets to carry water. Planting may begin May 1 and must be cleared by Nov. 1. Plots are assigned on a first-come, first-served basis at time of registration with payment and a completed lease agreement. Returning plot holders can register in-person at the Community Center on Friday, Apr. 12, at 6 a.m. Open registration begins in-person on Friday, Apr. 19, at 6 a.m. Residents: \$30 per plot; non-residents: \$35 per plot.

Fishing

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. A deposit will be collected for rod and reel use and will be refunded upon return of undamaged equipment. Open to anyone ages 12 and older. Download a map of the ponds where fishing is available in North Liberty at northlibertyiowa.org/departments/parks/parks-trails.

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

Each week during the school year, the Recreation Department offers a new to-go pack with a hands-on activity, coloring pages and other fun items in weekly themed kits. Stop by the North Liberty Community Center and pick up a free activity kit while supplies last.

Outdoor & Nature Education (O.N.E.) Packs

We've updated our Outdoor Nature Education Packs – activity kits to help you explore the outdoors – to include some [winter activities and games](#). Packs are prepared with the support of the Resource Enhancement and Protection Conservation Education Program. Go bald eagle watching, hand feed chickadees, ID evergreens and more. These packs work perfectly for scouts and home school groups. Check them out at the North Liberty Recreation Center during regular facility hours.

Rec Fun Packs

Check out bocce ball, croquet, speedminton, horseshoes, corn hole, an agility course or water fun packs that include a sprinkler item, water balloons and squirt guns.

Recreation Trails

Even in winter, our parks team clears our trail system – all 25 miles of it. And with recent years' emphasis on expanding and connecting, it's even easier to find a route that suits you and your family. Our trail system not only offers safe places for beginning bicyclists but assists many who log miles of walking or running and connects to the larger trail system throughout the county. You can get a map of the [North Liberty Trail Corridor Network](#) or the larger [regional trail system](#) online.

Winter 2024 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 January to April 2024. We 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 calendar at northlibertyiowa.org/events. Learn more about upcoming library programs at northlibertylibrary.org.

LIBRARY STAFF

Jennie Garner, Library Director – jgarner@northlibertyiowa.org
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FACILITIES & FEATURES

Library Cards

Get a free library card at the library or register online at www.northlibertyiowa.org under the Use the Library tab. 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 story times 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.

Library Services

The library has many FREE services:

- Check out **computers, laptops and e-tablets** you can use in the library
- Enjoy **great interactive programming** for all ages
- Take on one of our reading challenges, including the **Summer Reading Program** and the **Winter Reading Challenge**
- Join a **book club** or listen to one of our **podcasts**
- Need help finding something? Our **friendly library staff** are available to answer your questions or help you locate materials

You can explore and discover great information about these services on the library's **website**, and access thousands of free ebooks and eaudios through Digital Johnson County.

While you're there, click on the **Reference tab** and scroll down to see a variety of FREE resources where you can gain access to thousands of movies and documentaries for free on *Kanopy*, learn new languages on *Mango Languages*, get homework help using *BrainFuse* and *HelpNow*, brush up on your professional skills with *LinkedIn Learning* and more.

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 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.

Percussion	Feb 8	Thursday	9am	Free
Woodwinds	Apr 11	Thursday	9am	Free

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	Free
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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	Free
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Family Storytime

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

Ongoing	Saturdays	10:30am	Free
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SCHOOL-AGED YOUTH

Junior Optimist International (JOI) Club

Join an enthusiastic group of young people in grades 4-8 who complete fun projects and activities to improve our community and better the lives of all around us! Our first meeting of 2024 will be held on January 15. Check the [Library Calendar of Events](#) for meeting dates. Potential members can join at any point in the year.

Ongoing	First and third Mondays	6:30pm	Free
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Super Tuesdays

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

Jan 9, Feb 6, Mar 5, Apr 2	Tuesdays	4:30-5:30pm	Free
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Tweendom

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

Jan 16, Feb 13, Mar 19, Apr 9	Tuesdays	4:30-5:30pm	Free
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Teen Tuesdays

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

Jan 23, Feb 20, Mar 26, Apr 16	Tuesdays	4:30-5:30pm	Free
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Teen Lock-in: Mac & Murder

Bring your friends for mac and cheese, snacks, games, crafts and a murder mystery. Scream, shout and run around with us after hours at the library. Registration opens on March 1.

Mar 22	Friday	5:30-8pm	Free
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ADULTS & SENIORS

55+ Connections Lunch

Come for lunch, play an activity, listen to speakers or just socialize at the North Liberty Community Center. Must call the Rec Center at (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. Monthly flyers will show meal providers, activities and speakers.

Ongoing	Fridays	11:30am-1pm	\$5
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Conversational English Group

Practice and hear English in a relaxed, no pressure environment. Increase your confidence and competence and meet others who are learning English. All are welcome. No registration is required and snacks will be provided.

Ongoing beg. Feb 5	Mondays	6:30pm	Free
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55+ Connections Social Gathering

Join us at the library for a weekly social gathering that will feature rotating activities to do while chatting - board games, puzzles, art, book discussions and more! No registration is required and coffee and snacks will be provided.

Ongoing beg. Mar 5	Tuesdays	10am	Free
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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	Free
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FAMILY PROGRAMS & SPECIAL EVENTS

After New Year's Eve

Kick off 2024 by joining us in the Jones Gym for an After New Year's celebration, enjoy crafts, snacks and a balloon drop at 7:30pm.

Jan 4	Thursday	6:30-8pm	Free
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Cold Blooded Redhead

Lindsay Butikofer is a local reptile enthusiast who is passionate about sharing reptiles/invertebrates. She will bring several of her various lizards, snakes, arachnids and more to the library to get up close and personal with attendees. People of all ages are invited to learn about, touch and even hold some reptiles.

Feb 21	Wednesday	6:30-7:30pm	Free
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Miss Carole's Macaroni Soup

A sing-along, dance-along, do-along concert for families! Join us in the Gerdin Conference Center at the North Liberty Community Center for a fun and sneakily educational show that features a snowball freeze fight.

Mar 19	Tuesday	6:30-7:15pm	Free
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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.

Beat the Bitter – Winter Games & Good Cheer

Forget hibernating and embrace winter. North Liberty's Beat the Bitter is back with activities to get you out of the house for outdoor winter games and good cheer. Brighten up the bleakest days of the year by joining us in the tundra of North Liberty, Iowa. Learn more and register for select ticketed events at beatthebitter.com.

Scheels Ice Rink

Enjoy winter and take advantage of Scheels Ice Rink, North Liberty's seasonal 100-foot by 80-foot outdoor ice rink at Penn Meadows Park. The rink is open to all ages for free public skating from 9 a.m. to 9 p.m. daily during the season, as weather conditions allow. Check the status of the rink (and sign up for notifications) at northlibertyiowa.org/rinkstatus. Bring your own skates or borrow skates. A variety of skate sizes will be available for the public to borrow at no cost for up to two hours at a time at the Rec Center front desk.

5K-ish Glow Run

A fun run or walk around Liberty Center Pond amidst the North Liberty Lights illuminated display!

Jan 26	Friday	6pm (Run)	\$10/child; \$15/adult
		7pm (Walk)	

Fire & Ice

Bundle up and enjoy all things fire and ice in Penn Meadows Park. Activities include ice sculptures, fire performances, ice skating, giveaways, fireworks and more thanks to GreenState Credit Union.

Jan 28	Sunday	4-8pm	Free
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North Liberty Lights

Winter days can be dark, but North Liberty will be a bit brighter in February thanks to a free month-long light display around Liberty Centre Pond's trail. The 2024 exhibit invites spectators to escape winter with illuminated flowers, forest animals, butterflies and more.

Snuggie Crawl

A comfy night out on the town presented by McGrath Toyota of Iowa City. Move between North Liberty establishments on your own schedule thanks to shuttle buses on continuous loop. Tickets include an event Snuggie, transportation, food and drink specials and activities.

Feb 3	Saturday	7pm-12am	\$55
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Sip & Stroll

Taste samples of wine and beer from local manufacturers as you stroll the trail of Liberty Centre Pond for North Liberty Lights. Receive a commemorative tasting glass and enjoy complimentary sips as you explore the illuminated winter display. Presented by North Liberty's [City Slate](#).

Feb 22	Thursday	6-8pm	Free
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EMBRACE



WINTER

ICE RINK

Seasonal • presented by Scheels

5K-ish GLOW RUN

Jan 26 • 6 pm Run & 7 pm Walk

FIRE & ICE

Jan 28 • 4 to 8 pm • presented by GreenState Credit Union

ICE SCULPTURE WALK

Jan 28 • 4 to 8 pm • presented by the Community Foundation of Johnson County

NORTH LIBERTY LIGHTS

Every evening in February around Liberty Centre Pond

SNUGGIE CRAWL

Feb 3 • 7 pm to 12 am • presented by McGrath Toyota of Iowa City

SIP & STROLL

Feb 22 • 6 to 8 pm • presented by North Liberty's City Slate

More events, details and registration available at

BEATTHEBITTER.COM



SCHEELS



Additional support by: Centro, Inc. • Eastern Iowa Airport – CID • Hills Bank • MidWestOne Bank • South Slope Think North Liberty • Veridian Credit Union • UI Health Care • Urban Acres Real Estate • ICAN • Z102.9

