

FALL 2024 ACTIVITY GUIDE

including recreation, library, City Slate and other community programming held September through December



Registration for most programs begins Aug. 5 for North Liberty residents.



IN THIS GUIDE

City Slate (Sept-Dec)

Page 2

Rec Program Guide

Page 3

Library Program Guide

Page 23

City Slate

North Liberty's City Slate is a collection of our largest special events planned by city staff. Every event on the Slate is free to attend and our team has tons of events in store this fall. The yearlong schedule of events is made possible by A2Z Heating and Plumbing, Centro, Inc, Collins Community Credit Union, The Eastern Iowa Airport – CID, Hills Bank, MidWestOne Bank, South Slope Cooperative, University of Iowa Hospitals & Clinics, Urban Acres Real Estate and Veridian Credit Union. Learn more at northlibertyiowa.org/cityslate.

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. Costumes are welcome but not required. Feel free to snap photos to share on social media. Free giveaways will be provided while supplies last. This is a family event for all ages, but children must be supervised by an adult.

Oct 11	Friday	10-11am and 6:30-8:30pm	Liberty Centre Pond
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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 a new clue will drop to those **subscribed to our special event emails**. All turkeys will be on public land. Find a turkey and win a prize package. Contact Matt Meseck at mmeseck@northlibertyiowa.org or call (319) 626-5716 for more information.

Breakfast with Santa

Visit and capture a photo with Santa (compliments of Sandi Spurrell Photography), meet the Grinch, enjoy a hot meal from the Lions Club, admire a model train and Christmas village and shop the holiday vendor fair next door. Space is limited. Free registration will open one month out from the event on Thursday, Nov. 7.

Dec 7	Saturday	8am-12pm	North Liberty Community Center
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Fall 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 September to December 2024. Seasonal activity guides are available online or in person at the community center each winter (Jan-April), summer (May-Aug) and fall (Sept-Dec). We also 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 recreation classes/programs begins Aug. 5 and is available on a first-come, first-served basis. To register online, visit northliberty.recdesk.com and select the **Programs** button to see view activities currently accepting registration. If you do not already have an account, you will need to make one before registering. To see a video about how to set up an online account, visit northlibertyiowa.org/recreation.

RECREATION STAFF

Shelly Simpson, Recreation Director (Operations) - ssimpson@northlibertyiowa.org
Brian Motley, Assistant Recreation Director (Leagues/Sports) - bmotley@northlibertyiowa.org
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Ashley Bjork, Aquatics Supervisor (Pool/Aquatics) - abjork@northlibertyiowa.org
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Jason Egly, Administrative Assistant - jegly@northlibertyiowa.org
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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. For more information or to inquire about availability, contact Matt Meseck via email at mmeseck@northlibertyiowa.org call (319) 626-5716. Requests can also be made online at northlibertyiowa.org/departments/recreation/facilities.

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 northliberty.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.

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.

Daily	Adult	Children ages 3 or older, Adults, Seniors	\$6 per person
	Senior		
	Child		
	Infant	Children ages 2 or younger	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

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 sliding scale 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 Aug. 5 for residents and Aug. 7 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.

Sept 23-Oct 28	Mondays (Group, all levels)	4:45, 5:30, 6:15pm	\$30-40
Sept 24-Oct 29	Tuesdays (Private)	4:40, 5:15, 5:50, 6:25pm	\$90-100
Sept 25-Oct 30	Wednesdays (Group, all levels)	4:45, 5:30, 6:15pm	\$30-40
Sept 26-Oct 31	Thursdays (Private)	4:40, 5:15, 5:50, 6:25pm	\$90-100
Oct 19-Nov 23	Saturdays (Group, levels 1-4)	9, 9:45, 10:30am	\$30-40
Nov 4-Dec 9 (no 11/25)	Mondays (Group, all levels)	4:45, 5:30, 6:15pm	\$25-35
Nov 5-Dec 10 (no 11/26)	Tuesdays (Private)	4:40, 5:15, 5:50, 6:25pm	\$75-85
Nov 6-Dec 11 (no 11/27)	Wednesdays (Group, all levels)	4:45, 5:30, 6:15pm	\$25-35
Nov 7-Dec 12 (no 11/28)	Thursdays (Private)	4:40, 5:15, 5:50, 6:25pm	\$75-85

Adult Beginners 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.

Sept 24-Oct 29	Tuesdays	6:25-6:55pm	\$30-40
Nov 5-Dec 10 (no 11/26)	Tuesdays	6:25-6:55pm	\$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.

Oct 15	Tuesday	9:30am-12:30pm	\$50-55
Nov 27	Wednesday	9:30am-12:30pm	\$50-55

Holiday Swims

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

Oct 11, Nov 27, Winter Break (TBD)	1-4pm	Children: \$3 / 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.

Sept 26-Oct 24	Thursdays	7-8pm	\$36-41
Nov 7-Dec 12 (no 11/28)	Thursdays	7-8pm	\$30-35

WATER FITNESS CLASSES

Registration begins on Aug. 5 for residents and Aug. 7 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 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

Sept 3-26	Tues/Thurs	5:45pm-6:30pm	\$28-33
Oct 1-31	Tues/Thurs	5:45pm-6:30pm	\$31.50-36.50
Nov 5-26	Tues/Thurs	5:45pm-6:30pm	\$24.50-29.50
Dec 3-26	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

Sept 3-25	Tuesdays	7:15-8pm	\$14-19
Sept 8-29	Sundays	9:15-10am	\$14-19
Oct 1-29	Tuesdays	7:15-8pm	\$17.50-22.50
Oct 6-20	Sundays	9:15-10am	\$10.50-15.50
Nov 3-24	Sundays	9:15-10am	\$14-19
Nov 5-26	Tuesdays	7:15-8pm	\$14-19
Dec 1-15	Sundays	9:15-10am	\$10.50-15.50
Dec 3-17	Tuesdays	7:15-8pm	\$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

Sept 3-26	Tues/Thurs	10-10:50am	\$16-21
Sept 4-30	Mon/Wed/Fri	10-10:50am	\$24-29
Oct 2-30	Mon/Wed/Fri	10-10:50am	\$26-31
Oct 3-31	Tues/Thurs	10-10:50am	\$20-25
Nov 1-27	Mon/Wed/Fri	10-10:50am	\$24-29
Nov 5-26	Tues/Thurs	10-10:50am	\$14-19
Dec 2-30 (no 12/25)	Mon/Wed/Fri	10-10:50am	\$24-29
Dec 3-26	Tues/Thurs	10-10:50am	\$16-21

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

Sept 4-30	Mon/Wed/Fri	9-9:50am	\$42-47
Oct 2-30	Mon/Wed/Fri	9-9:50am	\$45.50-50.50
Nov 1-27	Mon/Wed/Fri	9-9:50am	\$42-47
Dec 2-30 (no 12/25)	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

Sept 4-30	Mon/Wed/Fri	8-8:50am	\$42-47
Oct 2-30	Mon/Wed/Fri	8-8:50am	\$45.50-50.50
Nov 1-27	Mon/Wed/Fri	8-8:50am	\$42-47
Dec 2-30 (no 12/25)	Mon/Wed/Fri	8-8:50am	\$42-47

BABIES, TODDLERS & PRESCHOOLERS

Full program descriptions, schedule, times and fees can be found at northliberty.recdesk.com. Registration for most classes/programs will begin Aug. 5 for residents and Aug. 7 for non-residents and is available first-come, first-served, on-line beginning at 6 a.m.

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	Sept 3-Oct 22	Tuesdays	5:30pm	\$110
	Sept 4-Oct 23	Wednesdays	9:30am	\$110
Session 2	Oct 29-Dec 10	Tuesdays	5:30pm	\$95
	Oct 30-Dec 11	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	Sept 4-Oct 23	Wednesdays	10:15am	\$110
	Sept 4-Oct 23	Wednesdays	5:30pm	\$110
Session 2	Oct 30-Dec 11	Wednesdays	10:15am	\$95
	Oct 30-Dec 11	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	Sept 3-Oct 22	Tuesdays	6:15pm	\$140
	Sept 4-Oct 23	Wednesdays	6:15pm	\$140
Session 2	Oct 29-Dec 10	Tuesdays	6:15pm	\$125
	Oct 30-Dec 11	Wednesdays	6:15pm	\$125

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 8-29	Tuesdays	6-7pm	\$45-50
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Crazy Crafts

Kids ages 3 to 5 are invited to join us for a different craft each week. Participants will use their imagination to guide them in their creations! Registration deadline: Oct. 28

Nov 5-19	Tuesdays	10-10:30am or 6-6:30pm	\$20-25
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PEE-WEE SPORTS

Non-competitive approach to help your 3- to 5-year-old child learn sports basics, socialize and have fun! Participants must be three by first class.

Football	Sept 4-25	Wednesdays	10am or 5:30, 6:15 or 7pm	\$30-35
Soccer	Oct 2-30	Wednesdays	10am or 5:30, 6:15 or 7pm	\$30-35
Basketball	Nov 6-Dec 4 (no 11/27)	Wednesdays	10am or 5:30, 6:15 or 7pm	\$30-35

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 Aug. 5 for residents and Aug. 7 for non-residents, and is available on a first-come, first-served basis.

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 in grades K-2 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	Sept 9-Oct 21	Mondays	6:30pm	\$125
Session 2	Oct 28-Dec 9	Mondays	6:30pm	\$125

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. 3

Sept 10-24	Tuesdays	6-7pm	\$25-30
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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. Session begins Aug. 23, serving Garner, Grant and Penn students. Contact Matt Fielder at mfielder@northlibertyiowa.org or call (319) 626-5716 for more information.

Recsters BASP	2024-2025 school year	Before and after school	AM - \$85/month; PM - \$240/month; Both - \$275/month; Non-refundable hold fee: AM - \$75; PM - \$75
All-Day Dates*	Oct 11, Oct 14-15, Oct 31, Nov 5, Nov 22	7am-6pm	\$60/day
Holiday Camp*	Dec 26-27, Jan 2-3	7am-6pm	\$60/day

*All-Day Dates/Holiday Camp must have at least 10 enrollments per day. All-Day Dates registration deadline is five business days before program date. Holiday Camp enrollment begins Nov. 1 for current BASP participants. Open enrollment begins Dec. 1 at 6 a.m. in person or online, if space allows. Registration deadline is Dec. 14.

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.

TBD	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. 11

Aug 26-Oct 26	Hybrid Practice, Grades 1-3	Mondays	5:30-6:30pm	\$90
	Hybrid Practice, Grades 1-3	Tuesdays	5:30-6:30pm	
	Hybrid Practice, Grades 4-6	Tuesdays	5:30-6:30pm	
	Hybrid Practice, Grades 1-3	Saturdays	9am-1pm (TBD – based on # of teams)	
	Hybrid Games, Grades 4-6	Saturdays	12-2pm (TBD – based on # of teams)	
	Recreational, Grades 1-3	Thursdays	5:30-6:30pm	\$60
	Recreational, Grades 4-6	Thursdays	5:30-6:30pm	

Self Defense Class

Roni's self-defense class for ages 16 and older is designed to empower individuals with practical skills and knowledge to protect themselves in various situations. Learn techniques and strategies that focus both on physical and mental self-defense. Suitable for individuals of all fitness levels and skills, offering a safe and supportive environment for learning and growth. Gain knowledge and confidence to protect yourself in today's world. Learn hits, kicks, how to get out of shoulder grabs, wrist grabs and more. Roni, a certified self-defense instructor, has been teaching for 18 years, working with ages 6 to 75. Roni is also a certified personal trainer with experience in boxing, taekwondo and MMA.

Sept 10	Tuesday	6:30-8:30pm	\$52
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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. 15

Grade 4	Oct 14-Dec 17 (no 11/28)	Mondays	6-9:30pm	\$400/team
Grades 5 & 6	Oct 17-Dec 19	Thursdays	6-9:30pm	\$400/team

Youth Pickleball Lessons

This program for ages 8 to 14 will introduce participants to one of the fastest growing sports in the nation. Fun meets fitness as participants learn from our passionate instructors who will tailor sessions to skill level. Paddles and pickleballs are provided. Held at Penn Meadows Pickleball Courts.

Sept 9-30	Mondays	7-7:50pm	\$40
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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. Registration for some of the programs below has begun. Other classes/programs will begin Aug. 5 for residents and Aug. 7 for non-residents, and is available on a first-come, first-served basis.

FITNESS CLASSES

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

Beginners Yoga

This full body movement class helps you get stretched and poised for an awesome day, physically and mentally, as you set intentions with awareness and breath. Perfect for all levels, this practice focuses on alignment and encourages you to do what feels good in your mind and body for the rest of the day. Bring a mat and water bottle. Ages 16 and up. Daily drop-ins: \$15 per class if not at capacity. Additional sessions might be added.

Instructor: Shuva Rahim

Oct 25-Nov 22	Tues/Thurs	6:45-7:45am	\$48
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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 3-26	Tues/Thurs	6-7pm	\$24-29
Oct 1-31	Tues/Thurs	6-7pm	\$30-35
Nov 5-26	Tues/Thurs	6-7pm	\$21-26
Dec 3-19	Tues/Thurs	6-7pm	\$18-23

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. Open to ages 17 and older. Additional sessions might be added. Instructor: Paul York

TBD	Tuesdays or Thursdays	8-9pm	\$60/month (1x per week) \$100/month (2x per week)
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Intermediate Yoga

Want to continue or restart your yoga practice? Join us on Sundays to reset for the coming week. A functional blend of different schools of yoga, exploring your body and adequate time to rest the mind. Some exposure to yoga preferred. Daily drop-ins: \$15 per class if not at capacity. Instructor: Deb Cannon

Sept 1-15	Sundays	4-5:15pm	\$45
Sept 22 (Yoga Nidra)	Sunday	4-5:15pm	\$15
Sept 29-Oct 27	Sundays	4-5:15pm	\$75
Nov 3-Dec 15	Sundays	4-5:15pm	\$90
Dec 21 (Yoga Nidra)	Sunday	4-5:15pm	\$15
Dec 29	Sunday	4-5:15	\$15

Personal Trainer – Megan Turner

Becoming healthier is not only about looking good. It's also about FEELING GOOD. Regular exercise and better nutrition can prevent and reverse chronic diseases, increase mood and energy level, increase sleep quality, improve depression and lower anxiety and stress. Why not work with a personal trainer to help you work toward your goals? Sessions are 45 min each. Training sessions are scheduled Monday and Wednesday evenings at 4:30, 5:30 and 6:30pm or Friday mornings at 6 or 7am. Once you sign up, the instructor will contact you to set up date/times for your sessions that work best for your schedule. If you have any questions, email the trainer at megturnercoaching@gmail.com.

Self Defense Class

Roni's self-defense class for ages 16 and older is designed to empower individuals with practical skills and knowledge to protect themselves in various situations. Learn techniques and strategies that focus both on physical and mental self-defense. Suitable for individuals of all fitness levels and skills, offering a safe and supportive environment for learning and growth. Gain knowledge and confidence to protect yourself in today's world. Learn hits, kicks, how to get out of shoulder grabs, wrist grabs and more. Roni, a certified self-defense instructor, has been teaching for 18 years, working with ages 6 to 75. Roni is also a certified personal trainer with experience in boxing, taekwondo and MMA.

Sept 10	Tuesday	6:30-8:30pm	\$52
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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 and 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 through Dec 23	Mondays	5:20-6:20pm	\$120
Taiji Garden	Ongoing through Dec 23	Mondays	6:30-7:20pm	\$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 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 2-30	Mon/Wed	6-7pm	\$27-32
Oct 2-30	Mon/Wed	6-7pm	\$27-32
Nov 4-27	Mon/Wed	6-7pm	\$24-29
Dec 2-23	Mon/Wed	6-7pm	\$21-26

Zumba

A cardio-focused class infused with Latin dances and hip-hop. Variations 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 3-26	Tues/Thurs	5-5:45pm	\$24-29
Oct 1-31	Tues/Thurs	5-5:45pm	\$30-35
Nov 5-26	Tues/Thurs	5-5:45pm	\$21-26
Dec 3-19	Tues/Thurs	5-5:45pm	\$18-23

ADULT LEAGUES, TOURNAMENTS & 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. 25

Sept 8-Dec 8	Sundays	5:30-8:30pm	\$95/team
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Adult Open Gym Volleyball

Volleyball enthusiasts 18 and older can play in Roberts Gymnasium. Pay the daily rate (\$6 per person) 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 cancellation for special events or programs. No team practices or pick-up games 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 high school). Games held at North Liberty Recreation Center. Maximum of eight teams. Registration deadline: Aug. 25

Sept 8-Nov 17	Sundays	4-8pm	\$400/team
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Supreme Adult Flag Football League

Five-player, self-officiated league. Games will be played at the Coralville Youth Sports Park/Tiffin Auxiliary fields. Teams will play a seven-game schedule with a single elimination end of season tournament. Registration begins July 22 online at <https://www.coralville.org/443/Flag-Football>.

Aug 18-Oct 20	Sundays	2-6pm	\$200/team
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Pickleball

Adult Pickleball Beginner Lessons 2.0-2.75

If you have already taken our beginner 1.0 and 2.0 lessons, this is the class for you! Led by our enthusiastic instructors, you will be matched with a partner of the like ability to practice the various skills in a fun environment. Paddles and balls provided. Participants should wear tennis shoes, athletic clothing and bring bottled water. Open to ages 18+.

Sept 9-30	Mondays	8-9pm	\$50/player
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Adult Pickleball Beginner Lessons 3.0-3.5

Continue your growth in pickleball with our elevated intermediate plus class! Learn not only the how, but also the why of pickleball skills, covering topics like strategy, shot selection and mechanics. Paddles and balls provided. Participants should wear tennis shoes, athletic clothing and bring bottled water. Open to ages 18+.

Sept 9-30	Mondays	7-8pm	\$50/player
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North Liberty Pickleball Turkey Tourney

Indoor doubles tournament with two age divisions (13-54 and 55+) and two skill level divisions (2.0-3.0 and 3.25). Round robin; double elimination. Five-game guarantee. Grab a partner and come on out to the North Liberty Recreation Center!

Nov 23	Saturday	8am-6pm	\$40/team
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Open Play 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. Sept 9)	Mondays	6:30pm	Free
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Euchre Club

Come play Euchre at the Community Center. No experience is needed; we can teach you the game. Come with a partner or we can pair you with someone. Sign up online, over the phone or in person at the Recreation Center.

Ongoing (beg. Sept 6)	Fridays	1:30-3:30pm	Free
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Senior Connections Lunch

Catered lunch every Friday continues. Come for lunch, play an activity, listen to speakers or just socialize in the Rec Center meeting rooms. 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.

Outdoor & Nature Education Packs

Get outside and explore the world around you. Our O.N.E. Packs include activities to learn about the outdoors, wildlife and habitats in Iowa. Themes included are Birds, Animals of Iowa, Trees, Insects & Spiders, Outdoor Skills, Aquatic Habitats, Creatures of the Night, Wildflowers & Prairies, Rocks & Minerals, and the Wild Turkey. These packs are free to check out at the North Liberty Community Center with completion of check out forms and a deposit.

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. Course will be on the Community Center grounds in September and October.

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.

SPECIAL EVENTS

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. If there is 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 Recreation Department.

Sept 21	Saturday	6-9pm	Free
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Puzzle Palooza

Gather your team of four and compete against other teams to be the first to finish a 500-piece puzzle to win a puzzle prize! First, second and third place prizes will be awarded. Bring your own snacks and non-alcoholic beverages. Registration deadline: Sept. 29

Oct 4	Friday	6-8pm	\$30/team
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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. Costumes are welcome but not required. Feel free to snap photos/selfies to share on social media. Free giveaways will be provided while supplies last. This is a family event for all ages, but children must be supervised by an adult.

Oct 11	Friday	10-11am and 6:30-8:30pm	Liberty Centre Pond
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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 16	Wednesday	6-8:30pm	\$15/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 a swimsuit in the water with all children ages 1-5, and with children ages 6-10 who are non-swimmers, and remain within arms-length of child. Registration is required and opens on Monday, Oct. 15.

Oct 27	Sunday	Ages 1-5	9:45-10am followed by a 45 min free swim	Free
		Ages 6-10	11-11:15am followed by a 45 min free swim	

Citywide 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 a 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. Contact Matt Meseck at mmeseck@northlibertyiowa.org or call (319) 626-5716 for more information.

North Liberty Pickleball Turkey Tourney

Indoor doubles tournament with two age divisions (13-54 and 55+) and two skill level divisions (2.0-3.0 and 3.25). Round robin; double elimination. Five-game guarantee. Grab a partner and come on out to the North Liberty Recreation Center!

Nov 23	Saturday	8am-6pm	\$40/team
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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. 29 to Dec. 23. Santa needs your help as multiple elves escaped Santa's workshop. While the elves magic won't allow us to find them yet, Special Forces have noticed elf tracks all over the area. This elf magic will wear off on Nov. 29, so stop by the Community Center and pick up an elf hunt guide. Visit businesses, find elves, and get friendly employees to stamp guides. Once all locations are visited and stamped return guide to Rec Center to be rewarded with prizes. Once Santa has enough stamped maps the elves will be magically returned to the North Pole. Please be respectful and do not go into areas of business that are restricted to the public and take time while hunting for elves to support each participating business on our list.

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 (319) 626-5716.

Dec 7	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 700. Register early to visit with Santa, eat a hot meal from Lions Club and enjoy photos by Sandi Spurrell, make crafts and view a model Christmas Village and model train. No walk-ins allowed. Registration deadline: Dec. 1

Dec 7	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.

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.

Jan 2-4 (2025)	Thursday, 9am-5pm; Friday, 9am-5pm; Saturday, 9am-3pm	\$175-180
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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 2024 school year. Grade 5-6 season ending tournament begins on Mar 1. Games will be played at North Liberty and Coralville 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. Practice times determined by coaches begins Dec. 8. Jan 4 is an open practice for Grades 1-2 and scrimmage for Grades 3-6. All games will begin on Jan 11. Grades 1-2 will practice first 40 minutes and then play two 14-minute games. Registration deadline: Nov. 10.

Session: Jan 4-Mar 1, 2025, Saturdays, between 9 a.m. to 6 p.m. depending on the team the child is placed on. \$55 for Grades 1-4; \$70 for Grades 5-6

Rookie Basketball

Introductory basketball program for co-ed kindergarteners. Kids will be split up into 8 teams of 8 to 10 players. The 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 and North Bend 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. 10

Session: Jan 22-Feb 19, 2025, Wednesdays, \$35

Fall 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 September to December 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
Jennifer Jordebrek, Assistant Library Director – jjordebrek@northlibertyiowa.org
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Nick Shimmin, Adult Services Librarian – nshimmin@northlibertyiowa.org
Corrie Brase, Assistant Adult Services Librarian – cbrase@northlibertyiowa.org

FACILITIES & FEATURES

Library Cards

Get a free library card at the library or register online at northlibertylibrary.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! This program is typically held on the fourth Monday of each month at 10:30 a.m. 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.

Library Storytimes

Find us in the Library's Learning Center (located in the Children's Area).

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

Smokey Bear Reading Challenge

Did you know 9 out of 10 wildfires are caused by people? Smokey Bear does! Help Smokey prevent wildfires by joining the Smokey Bear Reading Challenge this September through December. Read books, take action and have fun.

Super Tuesdays

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

Sept 3, Oct 1, Nov 5, Dec 3	Tuesdays	4:30-5:30pm
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Tweendom

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

Sept 10, Oct 8, Nov 12, Dec 10	Tuesdays	4:30-5:30pm
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Teen Tuesdays

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

Sept 17, Oct 15, Nov 19, Dec 17	Tuesdays	4:30-5:30pm
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Youth Impact Initiative

The Youth Impact initiative is back this year! The program aims to give teens and tweens critical tools and information to be engaged, contributing members of our community. Participants will graduate from the program with CPR certification, a binder full of information, and a wealth of life skills. It's an eight-week program meeting on Sundays 2-4 PM where you can pick which weeks you want to attend. Registration required.

Oct 6-Nov 24	Sundays	2-4pm
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Kids Vote

Bluey versus Taylor Swift. Who has what it takes to win the 2024 North Liberty Library Kids Vote? All ages are invited to join us in the Children's Area to cast a vote.

Nov 2	Saturday	10:30am
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Pizza & Politicians

Curious about how local and state government work? Have questions for your representatives? Like pizza? Teens, join us for our annual program with pizza and conversation with local politicians.

Nov 13	Wednesday	6-7:30pm
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After Hours – Nerf Wars

Nerf wars in the library is back! Bring your friends for pizza, snacks, games, crafts, and fun. Scream, shout, run around with us after hours at the library. You can bring your unmodified nerf guns or borrow one of ours. This program is geared toward tweens and all participants will need to have a permission waiver signed when they are dropped off at the library. Registration required.

Nov 22	Friday	5:30-8pm
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Nacho Party

Teens and tweens, bring your friends to make your own nachos! We'll snack while playing some awesome board games.

Dec 4	Wednesday	4:30pm
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ADULTS & SENIORS

Senior Connections Lunch

Catered lunch every Friday continues. Come for lunch, play an activity, listen to speakers or just socialize in the Rec Center meeting rooms. 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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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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55+ Connections: Tuesday Gathering

Join us for a weekly social gathering of rotating activities and friendly conversation - board games, puzzles, art, book discussions and more!

Ongoing	Tuesdays	10:30am
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Fall Trivia Nights

Who doesn't love a good battle of the brains? Invite your friends to join us for a night of trivia, snacks and small prizes! Teams can be made up of five people or fewer, but you don't have to bring a team. Individuals can work together or separately.

Sept 5 & Nov 7	Thursdays	6:30pm
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Growth Blueprint

Learn how to turn your hobbies and skills into a business from business coach Shrravonii Paul. Make a little extra on the side or turn your enjoyment into your full-time job.

Sept 18	Wednesday	6pm
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Beginning with Machine Sewing

Learn from the very beginning how to sew with a sewing machine. Space is limited and registration is required: <https://northliberty-ia.whofi.com/calendar/event/5289312>. It is best to bring and learn on your own machine if at all possible.

Sept 19-Oct 24	Thursdays	6:30pm
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Good Neighbor Book Club

Join your neighbors, North Liberty Ambassadors and city staff each Thursday, September 19th through October 24th for a community discussion of *The Righteous Mind* by Jonathan Haidt. Discussions take place at the Ranshaw House and books will be distributed at the first meeting. Space is limited and registration is required: <https://northliberty-ia.whofi.com/calendar/event/5287008>.

Sept 19-Oct 24	Thursdays	6:30-8pm
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Bad Art Portraits

Terrible at art? Good at art but need a brain break? Bring your friend or significant other for a night of painting, snacks, and laughs. Based off the viral portrait painting trend, we'll be painting pictures of each other with whatever skill level we can muster. It's the most fun if you bring a painting partner, but if you are on your own, that's okay too!

Sept 20	Friday	6:30pm
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Living Room Conversations

Participants will explore personal experiences and perspectives in a respectful environment, fostering skills to tackle complex topics while suspending judgments.

Polarization

Join us for an engaging Living Room Conversation about modern political polarization. This thought-provoking event aims to promote open dialogue and active listening around how political polarization is affecting our personal lives and world around us. Space is limited and registration is required: <https://northliberty-ia.whofi.com/calendar/event/5289321>.

Oct 23	Wednesday	6-8pm
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Political Peace Building

Join us for an engaging Living Room Conversation about the process of building peace with one another following a national election. This thought-provoking event aims to promote open dialogue and active listening to build bridges and learn from one another. Space is limited and registration is required: <https://northliberty-ia.whofi.com/calendar/event/5289323>.

Nov 14	Thursday	6-8pm
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FAMILY PROGRAMS & SPECIAL EVENTS

Costume Closet

Get the kids spooky season ready by shopping North Liberty's Costume Closet. The Library will collect gently used Halloween costumes during the month of September and the community is invited to shop the closet for free on Sept. 28 and 29.

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. Costumes are welcome but not required. Feel free to snap photos/selfies to share on social media. Free giveaways will be provided while supplies last. This is a family event for all ages, but children must be supervised by an adult.

Oct 11	Friday	10-11am and 6:30-8:30pm	Liberty Centre Pond
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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.