

City of Carroll Iowa
Volume 3, Issue 1
January 2009



A HAPPY
NEW YEAR

On Monday, December 8th the City Council approved the proposed fee changes for punch cards and daily admission. The new rates will begin on **Thursday, January 1st 2009.**

Daily Admission:

- Youth-\$5.00
- Adult-\$8.00
- Punch Cards:**
- 10 punch-\$35.00
- 20 punch-\$65.00

***It takes 1 punch for youth and senior citizens and 2 punches for adults.

Membership prices will NOT be going up in price, so get yours today!

Fitness Pass

Starting January 1, 2009 members and non-members will be able to purchase a fitness pass. The fitness pass will allow you to attend any of the fitness classes that are being offered. When signing up for a fitness pass you still must pre-register for the class.

Prices are as follows:

- 1 month-**
- \$79.00 Member
- \$99.00 Non-Member

- 3 month-**
- \$199.00 Member
- \$240.00 Non-Member

If you have any question please call the Rec Center office at 712-792-5400.

Aquatics

Preschool Floaters Swim Lessons

Preschool Floater class is for 4-5 year olds (who is/has attended preschool) who will float unassisted. Participants will also work on being able to float on their backs. Skills such as basic stroke coordination for front and back crawl will be introduced. They will also begin some deep water skills.

Date/Time: Session 1: M,W,Th 6-6:30 pm February 23 – March 12
Session 2: M,W,Th 6:30-7 pm February 23 – March 12

Registration Deadline: Wednesday, February 18

Location: Rec Center/ Swimming pool

Class Size: Limited to 4-6 students

Fee: \$19.00/member/session; \$25.00/non-member/session

Level 3 Swim Lessons

Will be working in deep water. For those students who know the basics of the crawl stroke. This level coordinates the front and back strokes. Skills such as deep water work, treading water and diving from the kneeling or standing position are taught. Butterfly kick and body motion is introduced.



Ages: Attending kindergarten and older

Date/Time: M, W, Th 6-6:45 pm February 2-19

Registration Deadline: Wednesday, January 28

Location: Rec Center/ Swimming pool **Class Size:** Limited to 10

Fee: \$21.00/member/session; \$26.00/non-member/session

Water Safety Instructor's Training

A WSI course is in the planning for Carroll and the surrounding area. This course enables the person to instruct Red Cross swimming lessons. To be eligible, you must be 16 years of age and be able to swim at a Level 5. There are approximately 30 hours involved in the WSI course. Classes will be set up at the organizational meeting scheduled for Sunday, February 22 at 3:00pm in Rec Center. Students should come with their swim suit, notebook, pen, and any schedule that they may need to work around. Swimming strokes will be checked after the organizational meeting. If interested in this class, please call the Rec Center office at 712-792-5400 to get on the class list.

Date/Time: Organizational meeting Sunday, Feb. 22, 2009 3:00pm

FEE: \$125.00member/\$135.00 non-member (includes all books needed)

Must pre-register. Prior to pre-registering, call the Rec Center office 712-792-5400, for availability.

A \$50 deposit is required at time of registration. Payable to the Carroll Recreation Center.

SNOWY WINTER REMINDER...

With the winter season upon us, it is imperative that everyone abides by the City of Carroll snow ordinance. This means that all motor vehicles and vehicles of any other kind shall be removed from streets (other than in the commercial districts) during any time when snow removal operations are in progress and before such operations have resulted in the removal or clearance of snow from the City streets. This is in order to facilitate snow removal and get the streets passable as quickly as possible.

Vehicles left standing or parked on the street while the snow ordinance is effect may be ticketed and impounded with the cost of towing and storage being assessed to the owner.

Also, it is the responsibility of the abutting property owner to remove snow, ice and accumulations promptly from sidewalks. If a property owner does not remove snow, ice or accumulations within a reasonable time, the City may do so and assess the costs against the property owner for collection in the same manner as a property tax.

THANK YOU to everyone for your cooperation as we work through another snowy winter season!!

Winter Adult Sports

Leagues:

Grab some friends and get a team together, time for some fun adult time. Registration forms and more information on the following leagues are available at the Rec Center: Adults 18+ (Out of High School)

Co-ed Volleyball-

Winter League Deadline:

Jan 16, 2008

Registration Fee:

\$50.00

3 on 3 Basketball-

Mens and Womens

Leagues

Registration Deadline:

Jan 16, 2008

Registration Fee:

\$30.00

PARKS & RECREATION

Aquastenics

Are you looking for something that is less stress on your joints? Try Aquastenics which is similar to calistenics but in the water. This class offers exercises that will tone your body by doing lunges, squats, jumping jacks, push ups and ab work. Fluctuate your heart rate with this exhilarating aqua class. Start the new year off with a SPLASH by signing up today!

Date:

Starts Tuesday, Jan 6th, Class is every Tuesday, Thursday

Time:

6:00-6:45am

Fee:

\$25.00 Member/\$30.00 Non-member
per month



Beginning Ballroom

Dancing

Learn the following dances, Foxtrot, Waltz and Swing. Classes will be held on Tuesday and will meet every Tuesday for 8 weeks. Classes will be held from 7-8:30pm except for the final class which will be held for 2 hours. **Pre-registration is required.**

Date:

February 3 – March 24
(Pre-register by Jan. 30, 2009)

Time:

7-8:30pm

Instructor:

Susan Glass
(Former Ballroom Dance instructor at ISU, 7 + years experience)

Fee:

Couple: \$65 member/\$70 non member

Single: \$35 member/\$40 non member

Location:

Rec Center Theater

Youth Programs

Youth Soccer League

Youth in grades 1-8.

Soccer registration begins Monday December 15 and ends Friday, February 27th. Registration forms will be available at the Rec Center. The leagues will be: 1st and 2nd, 3rd and 4th, 5th and 6th, 7th and 8th grades. Boys and girls will be in separate leagues unless we do not get enough in a certain age group to separate them. There is a late registration fee of \$10.00 after Feb. 27.

Date: Weather permitting, possible start of April 4th. With no games the next week due to the Easter Holiday

1st – 6th grades: Thurs, Fri evenings and Sat. afternoons, (possibly a Mon. or a Tues.)

7th -8th grades: Thurs, Fri evenings and Sat. afternoons, (possibly a Mon. or a Tues.)

Registration: Monday December 15 thru Friday, February 27th

FEE: \$25.00 (fee includes a T-shirt)

1-2 Grade Basketball Basics

Youth in grades 1st -2nd.

Here's the chance for those little ones to try out their basketball skills. We will be working on the very basics: dribbling, passing, shooting and maybe squeeze in some game time. The baskets will be lowered. Please pre-register at the Rec.

Date/Time: TBA Flyers will be available in January at the Rec Center.

Location: Fairview Gym

Valentine Tea Party

Ages: 3-5 year olds

Bring your favorite stuffed animal to a tea party. Kids will listen to a story, decorate cookies and make a special valentine. Get in your dress up clothes or come as you are. Please pre-register at the Rec by Wednesday, Feb. 11. Limit: First 20 to sign up.

Date/Time: Friday, February 13 10:00-11:00 or 1:30-2:30pm

FEE: \$5.00

Limit: First 20 to sign up for each time

Location: Rec Center Theatre Stage

Youth Baseball/Softball

Youth in grades 1-8

Baseball and Softball registration begins Monday, February 2nd and ends April 10th. Registration forms will be available at the Rec Center. The leagues will be: 1st and 2nd, 3rd and 4th, 5th and 6th, 7th and 8th grades. Teams will be picked in April and games will start sometime in May. Due to the number of participants in the league it may run into July.

Registration: Monday February 2nd and ends April 10th

FEE: \$25.00

There is a late registration fee of \$10.00 after April 10th.