

# CODY REC Connect

MARCH 2015

Providing Quality of Life for a Lifetime

A NEWSLETTER OF THE CODY PARKS, RECREATION & PUBLIC FACILITIES DEPARTMENT

## MARCH MADNESS AT THE RECREATION CENTER!

March Madness at the Paul Stock Aquatic & Recreation Center is about more than just basketball! It means fitness classes, swimming lessons, adult leagues, toddler fun, kite making, safety classes, splash splashing & of course, **BASKETBALL!**

**FITNESS CLASSES:** The beginning of each month at the Rec Center marks the beginning of a new session of adult fitness offerings, including Cycle Challenge (M-F 6 to 7 A or M/W 5:30 to 6:30 P) & Cycle Circuit (T/Th 5 to 5:45 P), Fit & Fun Swim Squad (M/W/F 6 to 8 A), Lunchbox Variety (M-F 12:15-12:45 P), Morning Mix (M, T & Th 8:30 to 9:30 A), Water Workout (M/W/F 6 to 8 A), Yoga (T/Th 5:30 to 6:30 P) & MORE! If you're looking for a new favorite, come try your first class for free. We also offer drop-in passes if you want to try out several options.

**SWIMMING LESSONS:** From tots to seniors, we've got swimming lessons for everyone. Parent-Tot classes for little ones from 6 months to 3 years old begin March 2 & for toddlers ready to swim without a parent nearby we've got Water Tots starting March 16. A new session of

Learn-to-Swim lessons for anyone 4 years & older begins March 9. We also have private & semi-private lessons available as well as Home School in the Pool programs. Call 527-DIVE for info.

**ADULT LEAGUES:** Play like a kid & get your Adult Co-Ed Dodgeball team together now! Team rosters are due at the manager's meeting March 9. Co-Ed & Women's Volleyball is also in full swing with games Monday & Tuesday evenings. And, mark your calendar for our NEW Intro to Paddleboarding class on Saturday, March 28 (see below for more details).

**TODDLER FUN:** The final Friday of each month we have a fun (& somewhat messy) class for 3 to 6 year olds provided by the Children's Resource Center. Ooey Goopy is FREE & so much FUN your little one won't want to miss out!

**NATIONAL KITE MONTH:** March 21 marks the beginning of National Kite Month. We'll celebrate during Spring Break by making a variety of kites each morning, Monday through Thursday, March 30 to April 2, from 10:30 A to

12:30 P. Kids can then show off their kite creations on Friday, April 3, during our ELKS Eggstravaganza & Kite Festival where we'll let them soar in Canal Park from 12:30 to 2:30 P. Call 527-3490 for more info.

**SAFETY:** Safety is our #1 rule at the Rec Center! This month we're offering another Adult & Pediatric First Aid, CPR & AED blended learning class. Registration deadline is March 20. Call 527-DIVE for details.

**WATER FUN DAYS:** Each afternoon of Spring Break, beginning March 30, we'll have fun activities in the pools from 1 to 3 P. Activities include Noodle Madness, Squirt Guns, Snorkeling with Snorks & Big Inflatables.

**BASKETBALL:** What would March be without basketball? This month 1st & 2nd graders show off their hoop-la! Come cheer on all our little hoopsters Monday thru Thursday evenings ... the gyms are a busy place!

For info on all of this month's programs & activities, visit the City of Cody's website at [www.cityofcody-wy.com](http://www.cityofcody-wy.com) or stop in & pick up a Recreation Times brochure.

## INTRO TO PADDLEBOARDING CLASS OFFERED SATURDAY, MARCH 28

Have you been wondering what the Stand Up Paddleboarding (also known as SUP) craze is all about? Are you a little wary of getting out on a board in open water for your first time? Learn the basics of SUP in the safety & warmth of our main pool. An American Canoe Association-certified instructor from Gradient Mountain Sports will provide the boards & instruction. Plus, we'll have the water all to ourselves to paddle & play! Class meets Saturdays March 28, April 11 & May 16 from 8:30 to 10 A, before the pools are open to the public! Classes will progress according to participant interest & ability. We may even try a little Yoga on the boards if paddlers are willing! No previous experience necessary. Cost is \$25 (board included) or \$15 if you have your own board. Space is limited so please register early. We recommend wearing a bathing suit or comfortable clothes you don't mind getting wet. Call 527-3490 for more info. We can't wait to paddle with you!



# UPCOMING EVENTS AT THE PAUL STOCK AQUATIC & RECREATION CENTER

Mark your calendar for this month's events & activities for participants of all ages. For additional details, contact staff at (307) 587-0400 or visit [www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)

- **MARCH 2: New Session of Fitness Classes Begins** (Try your first class for free!)

Location, Days & Times Vary

- **MARCH 2 to 12: Parent Tot 1** (6 months to 1 ½ years old)  
Pools; Mon, Tues & Thurs, 5:30 to 6 P
- **MARCH 2 to 12: Parent Tot 2** (1 ½ to 3 years old)  
Pools; Mon, Tues & Thurs, 6 to 6:30 P

- **MARCH 2 to 25: Beginner Gymnastics** (K to 5th grades)  
Draw Street; Mon & Wed, 5 to 6 P

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- **MARCH 2 to 26: Tiny Tots Kindergarten Prep** (4 to 6 years old)  
Tiny Tots Room; Mon, Wed & Thurs, 8:15 to 11:15 A

- **MARCH 2 to April 30: Co-ed & Women's Spring Volleyball** (18+ & HS grad)  
Gyms; Mon & Tues, Times Vary

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- **MARCH 3 to 27: Tiny Tots Preschool** (3 to 4 years old)  
Tiny Tots Room; Tues & Fri, 8:15 to 10:15 A & 10:30 A to 12:30 P

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- **MARCH 3 to 26; Advanced Gymnastics** (K to 5th grades)  
Draw Street; Tues & Thurs, 4:15 to 5:15 P

- **MARCH 3 to 26: Elite Gymnastics** (K to 5th grades)  
Draw Street; Tues & Thurs, 5:15 to 6:15 P

- **MARCH 4 to 25: Pre-Gym** (4 to 5 yrs)  
Draw Street; Wed, 4:15 to 5 P

- **MARCH 5 to 26; Pick Up Indoor Soccer** (Middle School & Older, Free for members)

Maroon Gym; Thurs, 7:45 to 9:45 P

- **MARCH 7 to 28: Drop-In Saturday Body Sculpt** (16 years & older)  
Multipurpose Room; Saturdays; 9 to 10 A

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- **MARCH 9 to 19: Preschool & Learn to Swim Lessons** (4 years & older)  
Pools; Mon, Tues, & Thurs, 5:30 to 6:30 P

- **MARCH 11: Wyoming Health Fairs Blood Draw** (Costs vary depending on test; Many require fasting)  
Rec Hallway, 7 to 10 A

- **MARCH 16 to 26: Water Tots** (2 to 4 years old)  
Pools; Mon-Thurs, 9 to 9:30 A

- **MARCH 9: Adult Co-Ed Dodgeball Manager's Meeting – Season starts 3/17** (16 years & older)  
Maroon Gym; Tuesdays, 7:30 to 9:30 P

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- **MARCH 19 to May 14: Home School in the Pool** (School Age)  
Pools; Thursdays, 1 to 3 P

- **MARCH 20: Water Float Day** (FREE for members!)  
Pools, 12 to 5 P

- **MARCH 24: Adult & Pediatric First Aid, CPR & AED** (Blended Learning Class) **REGISTRATION DEADLINE MARCH 20**

Conference Room, 6 to 8 P

- **MARCH 27: Ooey Goopy** (3 to 5 years old, FREE)  
Multipurpose Room; 11 to 11:30 A

- **MARCH 28 : Intro to Paddle Boarding** (16 years & older)  
Main Pool; Saturday; 8:30 to 10 A

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## Spring Break Activities

- **MARCH 30 to April 2 (Mon-Thurs); Kite Building** (School Age, FREE for members)  
Concessions & Gyms; 10:30 A to 12:30 P

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- **MARCH 30: Noodle Madness** (School Age, FREE for members)  
Pools; 1 to 3 P

- **MARCH 31: Squirt Guns** (School Age, FREE for members)  
Pools; 1 to 3 P

- **APRIL 1: Snorkeling with Snorks** (School Age, FREE for members)  
Pools; 1 to 3 P

- **APRIL 2: Big Inflatable Day** (School Age, FREE for members)  
Pools; 1 to 3 P

- **APRIL 3: ELKS Eggstravaganza & Kite Festival** (ALL Ages, FREE!)

**Aquatic Easter Egg Hunt** by ages in the Pools from 10 to 11:30 A

**Lunch provided by Cody Elks Club** in the Concessions Area, 11:30 A to 12:30 P

**NEW Kite Festival in Canal Park** from 12:30 to 2:30 P (We'll be making kites Monday thru Thursday to fly in the park & will also provide some fun kites to try out. All ages welcome!)

## WYOMING SENIOR OLYMPICS WINTER GAMES ARE A WRAP!

Competitors from all over the state of Wyoming, as well as Montana, Washington & Texas, made the trip to Cody to take part in the Wyoming Senior Olympics Winter Games February 19 to 22. Approximately 110 athletes competed in a variety of events, including Alpine Skiing (giant slalom), Nordic Skiing (5K/10K classic & freestyle races), Snowshoeing (2.5K/5K races), Basketball (free throw, hot shot & 3 point contest), Indoor Mile Walk, Pickleball (singles, doubles & mixed play), Racquetball (singles), & Swimming (variety of events). More than 200 medals were awarded over the weekend to athletes ages 50 to 84. Some were competing in their very first senior games, & others have competed in either the winter &/or summer games since they became eligible to compete. The City of Cody was able to showcase many of the wonderful recreational opportunities in our community, including the Park County Nordic Ski Association trails at Pahaska Tepee, Sleeping Giant Ski Area, the Riley Arena, & the Paul Stock Aquatic & Recreation Center. While traveling to events on the North Fork, athletes & volunteers alike were delighted to see moose, buffalo, elk, deer, Big Horn sheep, golden eagles, wolf tracks, geese, & more. The games were a wonderful way to showcase the beauty of Wyoming in the winter. Results are currently posted on the City of Cody's website, [www.cityofcody-wy.gov](http://www.cityofcody-wy.gov) & will also be available at [www.wyseniorolympics.com](http://www.wyseniorolympics.com) in the near future. Cody will host the games for a second year, February 18 to 21, 2016. For more details, please e-mail [kellyb@cityofcody.com](mailto:kellyb@cityofcody.com) or call (307) 587-0400.



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