

SEPT/OCT 2015

CODY REC Connect

Providing Quality of Life for a Lifetime

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

WE'RE BACK! AFTER A SUMMER HIATUS, HERE'S ALL THAT'S COMING UP THIS FALL!

Where has the time gone? It's hard to believe another summer is already behind us & we're turning in our sunhats & baseball bats for soccer balls & more great fun this fall.

We've got a handful of NEW programs starting this fall that you & your family will certainly want to check out -

LITTLE SPANISH LEARNERS - Two classes meet weekly on Tuesdays beginning September 15th for 3 to 5 year olds (3 to 3:30 P) & 6 to 9 year olds (3:45 to 4:15 P). This is an immersion class taught by fluent speakers in a creative, fun & interactive way. Students will leave class with a basic knowledge & vocabulary. Space is still available but limited so please register as soon as possible!

SCHOOL'S OUT, STAY SAFE - Recreation & Aquatic staff have planned a variety of fun activities for school-age youth on No School Days. Join us Monday, September 21st, for a Youth Pickleball Tournament from 10:30 A to 12:30 P (snacks

provided) & Noodle Fun in the pools from 1 to 3 P. Limited supervision available; this activity is FREE for members or a daily entrance fee for nonmembers.

FALL GIRLS LACROSSE CLINIC - Is your daughter on the fence about joining our summer league? Try out the fastest sport on two feet at this introductory clinic. All ages & abilities are welcome on Friday, September 25th, from 2:30 to 4 P at the Rec Center & Canal Park. Cost is \$5. Call for more details.

SKI CONDITIONING - Get ready to hit the slopes this winter with a body that can conquer the mountain! We'll get you ski ready in this awesome class focused in prepping you for all your winter pursuits. This class is led by a skilled physical therapist & meets Mondays & Wednesdays from 6:15 to 7:15 P beginning September 28th. Note: With all our fitness classes, try your first class free & then fall in love with the workout & register at the Rec Center.

FIESTA FUN - Celebrate Spanish Language Day (Monday, October 12th) with creative art projects, snacks & more all while being immersed in the Spanish language with fluent speakers. Class meets from 10:30 A to 12:30 P & costs \$5. Registration deadline is October 7! The fun continues on the 12th with Inflatable Boats in the pools from 1 to 3 P.

SPOOKY FUN - Friday, October 30th, is another day out of school & we'll be getting ready for the annual Halloween Carnival with a little help from our friends - YOU! From 10:30 A to 12:30 P we'll decorate the gyms & make yummy (spooky) treats to devour. Then we can head to the pools for Coffin Races from 1 to 3 P. All of this is FREE for members or a daily entrance fee for nonmembers. Be sure to join us later that evening for the Halloween Carnival & show off all your hard work. Parents, purchase your carnival tickets in advance & save \$\$\$!



UPCOMING EVENTS AT THE PAUL STOCK AQUATIC & RECREATION CENTER

Mark your calendar for these upcoming events & activities for participants of all ages. For additional details, contact staff at (307) 587-0400 or visit www.cityofcody-wy.gov

- **SEPT 15: Adult & Pediatric First Aid, CPR & AED** (*Blended Learning Class*)
Wet Classroom; 6 to 8 P
- **SEPT 15 to NOV 3: Little Spanish Learners 1 & 2**
MP Room; Tues, 3 to 5 yrs, 3 to 3:30 P/6 to 9 yrs, 3:45 to 4:15 P
- **SEPT 15 to 29: Cycle Circuit** (*1/2 Session, 16 yrs & older*)
Spectator Area; Tues & Thurs, 5 to 5:45 P
- **SEPT 16: Open Scuba** (*Adults, \$4*)
Main Pool; 5:30 to 7:45 P
- **SEPT 17 to NOV 12: Home School in the Pool** (*K to 8th grade*)
Pools; Thurs, 1 to 3 P
- **SEPT 18: Water Float Day** (*All Ages; Free for members*)
Pools; 1 to 3 P
- **SEPT 18: Open Kayaking** (*Adults, \$4*)
Main Pool; 5 to 7:30 P
- **SEPT 19: FAMILY DAY** (*\$5 Entry for entire family!*)
- **SEPT 21: School's Out, Stay Safe** (*School Age, Free for members*)
Youth Pickleball Tournament; Gyms, 10:30 A to 12:30 P; Noodle Madness; Pools, 1 to 3 P
- **SEPT 24: CHS Girls Swim Meet vs. Powell** (*Senior Night; Pools close @ 3 P*)
Pools; 5 P
- **SEPT 25: Fall Girls Lacrosse Clinic** (*All Ages, \$5*)
Gyms & Canal Park; 2:30 to 4 P
- **SEPT 28 to OCT 8: FREE SRD Swim Lessons** (*Livingston 2nd grade*)
Pools; Mon-Thurs, 3:30 to 4:10 P
- **SEPT 28 to NOV 18: Ski Conditioning** (*16 years & older*)
Blue Gym; Mon & Wed, 6:15 to 7:15 P
- **OCT 1: NEW Session of Adult Fitness & Aquatic Classes Begins!** (*16 yrs & older*)
Location, Days & Times Vary
- **OCT 1 to DEC 3 1: Winter Swim Challenge** (*All Ages, \$15*) - *Track your swim miles for some great prizes!*
- **OCT 5 to 15: Parent Tot 1** (*6 mos to 1 1/2 yrs*)
Leisure Pool; MT/Th, 5 to 5:30 P
- **OCT 5 to 15: Parent Tot 2** (*1 1/2 to 3 yrs*)
Leisure Pool; MT/Th, 5:30 to 6 P
- **OCT 6 to 15: Turtle Tales** (*2 to 5 yrs old*)
Wet Classroom & Leisure Pool; Tues & Thurs, 8:30 to 9:30 A
- **OCT 9: Water Float Day** (*All Ages, Free for members*)
Pools; 2 to 4 P
- **OCT 12: COLUMBUS DAY - FACILITY OPEN REGULAR HOURS!**
- **OCT 12: Fiesta Fun** (*School Age, \$5*)
Concessions; 10:30 A to 12:30 P
- **OCT 12: Inflatable Boats** (*School Age, Free for members*)
Pools; 1 to 3 P
- **OCT 12: Cody Youth Basketball Registration Deadline** (*5th & 6th grade Boys & Girls*)
Coach's mtg Oct. 19 @ 6 P
- **OCT 13: Adult & Pediatric First Aid, CPR & AED** (*Blended Learning Class - REGISTRATION DEADLINE OCT 9!*)
Wet Classroom; 6 to 8 P
- **OCT 14: Wyoming Health Fairs Blood Draw**
Rec Hallway; 7 to 10 A
- **OCT 14: Open Scuba** (*Adults, \$4*)
Main Pool; 5:30 to 7:45 P
- **OCT 16: Open Kayaking** (*Adults, \$4*)
Main Pool; 5 to 7:30 P
- **OCT 19 to 29; FREE SRD Swim Lessons** (*Eastside 2nd grade*)
Pools; Mon-Thurs, 3:30 to 4:10 P
- **OCT 20 to 29: Turtle Tales** (*2 to 5 yrs old*)
Wet Classroom & Leisure Pool; Tues & Thurs, 8:30 to 9:30 A
- **OCT 23 & 24: CHS Girls 3A East Swim Conference** (*Pools Closed!*)
Pools; Times TBA
- **OCT 24: Pumpkin Decorating** (*All Ages, FREE!*)
- WPH Long Term Care Center; 10 A to Noon
- **OCT 26: CMS 1st Swim Practice**
- **OCT 30: Spooks & Spoons** (*School Age, Free for members*) - *Decorate gyms for Halloween Carnival & make yummy treats!*
Concessions & Gyms, 10:30 A to 12:30 P
- **OCT 30: Spooks & Splashes Coffin Races** (*School Age, Free for members*)
Pools, 1 to 3 P
- **OCT 30: Annual Halloween Carnival** (*All Ages; \$3 Prepay, \$5 Door, Adults & Children Under 2 Free*)
Gyms; 6 to 7:30 P (Costume judging at 7 P)
- **OCT 31: FREE DAY AT THE REC CENTER! HAPPY HALLOWEEN!**

PUMPKIN SPICE & EVERYTHING NICE

Nothing spells (or smells!) like fall more than PUMPKINS! This October we've got some great fall fun planned for young & old centered around that round, orange gourd! Our annual **PUMPKIN DECORATING** activity at West Park Hospital Long Term Care Center is Saturday, October 24th, from 10 A to Noon. This activity is FREE & geared to all ages. We provide the pumpkins & decorating supplies, you bring the creativity! Enjoy a holiday tradition with the residents of the LTC & put a smile on someone's face ... maybe even your own! Friday, October 30th, we're all about Halloween & getting spooky at the Rec Center. In the morning school-age youth are invited to help us decorate the gyms for that evening's **HALLOWEEN CARNIVAL** & splish splash in the pools for some coffin races - not as terrifying as it sounds! These activities begin at 10:30 A & are FREE for members or a daily entrance fee for nonmembers. The whole family should plan to attend the carnival from 6 to 7:30 P for carnival games, photo booth, cookie walk & a costume contest (7 P). Call or stop by the Rec Center for more details.



*Created & distributed by the City of Cody Parks, Recreation & Public Facilities, 2015
You are receiving this newsletter because you subscribed through the City of Cody website or were signed up through an activity registration at the Paul Stock Aquatic & Recreation Center. If you no longer wish to receive this correspondence, please update your subscription preferences at www.cityofcody-wy.gov or contact us at*

City of Cody Parks, Recreation & Public Facilities

1402 Heart Mountain Street

PO Box 2200

Cody, WY 82414

Phone: (307) 587-0400

Fax: (307) 587-2565