

# Cody Rec Connect

January 2017

Providing Quality of Life for a Lifetime

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

**GET FIT GETAWAY CHALLENGE STARTS JANUARY 16TH!  
REGISTER NOW!**

## THIS YEAR

I will make a genuine  
and dedicated effort to

???

### Get Fit Getaway Challenge

Conquer your New Years resolution to get or stay fit with our Fitness Challenge! Track your fitness activities for Tickets Jan 16th-April 30th. Tickets can be entered into various trip getaways. Mini drawings will happen throughout the challenge for other prizes. Cost is \$20 to register anytime during the challenge.

### Little Kickers Class

Youth 4-6yrs kick up their heels & learn basic soccer skills and a love for the game. Classes are Thursdays January 5th - 26th & Costs \$20 to register.

### Schools Out Stay Safe Activities

In January we have two NO SCHOOL DAYS; Monday the 16th & Tuesday the 17th Our staff have prepared activities for school age youth to participate in on these days. FREE for members; daily fee for non-members.

#### **January 16th**

MLK Activities & Wallyball 10A-12P  
BOAT DAY in pools 1-3P

#### **January 17th**

Sticky Activities & Games 10A-12P

### Turtle Tales

Parents with tots aged 2 to 5 years old enjoy a story along with a craft project & beginning swim skills in the leisure pool. Classes held January 10th & 12th from 8:30 to 9:30 AM. Cost is \$15; drop in \$9.

### Cody Youth Basketball

#### Registration Deadline

#### Friday January 6th

3rd & 4th Basketball has been split into boys league & girls league. Registration is \$35 per child & includes a shirt.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<b>30</b> *Cycle Challenge & *Water Workout 6-7A *FF Swim Squad 6-8A *Blender & Morning Mix 8:30-9:30A *Water Workout 11A-12P *LunchBox 12:15-12:45P *Fusion Dance 4:30-5:30P *Cycle Challenge &Fusion Core 5:30-6:30P	<b>31</b> *Cycle Challenge 6-7A *Morning Mix 8:30-9:30A *Fusion Core 10-11A *LunchBox 12:15-12:45P *Yoga 5:30-6:30P	<b>4</b> *Cycle Challenge & *Water Workout 6-7A *FF Swim Squad 6-8A *Blender 8:30-9:30A *Water Workout 11A-12P *LunchBox 12:15-12:45P *Fusion Dance 4:30-5:30P *Cycle Challenge & *Fusion Core 5:30-6:30P	<b>5</b> *Cycle Challenge 6-7A *Morning Mix 8:30-9:30A *Fusion Core 10-11A *LunchBox 12:15-12:45P <b>Little Kickers @1P</b> *Yoga 5:30-6:30P	<b>6</b> *Cycle Challenge & *Water Workout 6-7A *FF Swim Squad 6-8A *Water Workout 11A-12P *LunchBox 12:15-12:45P <b>CHS SWIM MEET @4P</b>	<b>7</b> *Body Sculpt 9-10A
<b>9</b> *Cycle Challenge & *Water Workout 6-7A *FF Swim Squad 6-8A *Blender & Morning Mix 8:30-9:30A *Water Workout 11A-12P *LunchBox 12:15-12:45P *Fusion Dance 4:30-5:30P *Cycle Challenge &Fusion Core 5:30-6:30P	<b>10</b> *Cycle Challenge 6-7A *Morning Mix 8:30-9:30A <b>Turtle Tales 8:30-9:30A</b> *LunchBox 12:15-12:45P *Yoga 5:30-6:30P	<b>11</b> *Cycle Challenge & *Water Workout 6-7A *FF Swim Squad 6-8A *Blender 8:30-9:30A *Water Workout 11A-12P *LunchBox 12:15-12:45P *Fusion Dance 4:30-5:30P <b>*Open Kayaking 5-7:30P</b> *Cycle Challenge & *Fusion Core 5:30-6:30P	<b>12</b> *Cycle Challenge 6-7A *Morning Mix 8:30-9:30A <b>Turtle Tales 8:30-9:30A</b> *Fusion Core 10-11A *LunchBox 12:15-12:45P <b>Little Kickers @1P</b> *Yoga 5:30-6:30P	<b>13</b> *Cycle Challenge 6-7A *Water Workout 6-7A *FF Swim Squad 6-8A *Water Workout 11A-12P *LunchBox 12:15-12:45P <b>*WATER FLOAT DAY 2-4P</b>	<b>14</b> FAMILY DAY *Body Sculpt 9-10A
<b>16 FITNESS CHALLENGE STARTS</b> *Cycle Challenge & *Water Workout 6-7A *FF Swim Squad 6-8A *Blender & Morning Mix 8:30-9:30A *Water Workout 11A-12P *LunchBox 12:15-12:45P *Fusion Dance 4:30-5:30P *Cycle Challenge &Fusion Core 5:30-6:30P	<b>17</b> *Cycle Challenge 6-7A *Morning Mix 8:30-9:30A *LunchBox 12:15-12:45P *Yoga 5:30-6:30P <b>1st Aid Class 6-8P</b>	<b>18</b> *Cycle Challenge & *Water Workout 6-7A *FF Swim Squad 6-8A *Blood Draw 7-10A *Blender 8:30-9:30A *Water Workout 11A-12P *LunchBox 12:15-12:45P *Fusion Dance 4:30-5:30P *Cycle Challenge 5:30-6:30P *Fusion Core 5:30-6:30P <b>*Open Scuba 6-7:45P</b>	<b>19</b> *Cycle Challenge 6-7A *Morning Mix 8:30-9:30A *Fusion Core 10-11A *LunchBox 12:15-12:45P <b>Little Kickers @1P</b> *Yoga 5:30-6:30P	<b>20</b> *Cycle Challenge 6-7A *Water Workout 6-7A *FF Swim Squad 6-8A *Water Workout 11A-12P *LunchBox 12:15-12:45P <b>CHS SWIM MEET @ 5P</b>	<b>21</b> *Body Sculpt 9-10A
<b>23 SAME AS ABOVE</b>	<b>24</b> SAME AS ABOVE <b>CHS SWIM MEET @ 5P</b>	<b>25</b> SAME AS ABOVE <b>*Open Kayaking 5-7:30P</b>	<b>26</b> SAME AS ABOVE <b>Little Kickers @1P</b>	<b>27</b> SAME AS ABOVE	<b>28</b> SAME AS ABOVE

