

Cody Rec Connect

February
2017



Providing Quality of Life for a Lifetime

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

It's not too late to sign up for the GET FIT GETAWAY FITNESS CHALLENGE!

Get Fit Getaway Challenge

Track your fitness activities for tickets through April 30th. Tickets can be entered for various trip getaways. Mini drawings will happen throughout the challenge for other prizes. Cost is \$20 to register **anytime** during the challenge. January calendars are due February 5th.

Sunday Family Play Hour

Sunday, February 5th 3-4P
\$2/child (members)
\$4/child (non-members)
Price is good for class only.
Not a member?
Stay & Play for only
\$2/each from 4-6P

Adult Wiffle-Ball League

Adult Indoor Wiffle-Ball League for 16 years & older from March 1st-April 23rd. Registration deadline is Monday, February 20th. \$100/team-umpire provided. Games last for 7 innings or 45 minutes Wednesday evenings & Sunday afternoons. Contact Ryan Brown for information 527-3488.

Kiddie Cardio Class

Are your toddlers bouncing off the walls? Let them bounce off ours with kid friendly exercises, gym equipment, and games! Tuesdays and Thursdays in February
18 months - 3 years old
10 am - 11 am
\$30/month or \$5/drop in
This class is offered during the Fusion Core Fitness Class. Parents can work out in the class or on their own while the kids get some cardio fun!

Little Ballers Class

Tots learn basic basketball skills, including, dribbling, passing & shooting. Classes are Thursdays February 2nd - 23rd from 1-1:30P. \$20 to register.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>27 *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 *Spring Co-Ed Volleyball Starts</p>	<p>28*Cycle Challenge 6-7A *Morning Mix 8:30-9:30A *Fusion Core 10-11A *Kiddie Cardio 10-11A *LunchBox 12:15-12:45P *Yoga 5:30-6:30P</p>	<p>1*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</p>	<p>2*Cycle Challenge 6-7A *Morning Mix 8:30-9:30A *Fusion Core 10-11A *Kiddie Cardio 10-11A *LunchBox 12:15-12:45P Little Ballers 1-1:30P *Yoga 5:30-6:30P</p>	<p>3*Cycle Challenge & *Water Workout 6-7A *FF Swim Squad 6-8A *Water Workout 11A-12P *LunchBox 12:15-12:45P</p>	<p>4 *Body Sculpt 9-10A 5 FREE DAY Fam-ilyly Play Hour 3-4P</p>
<p>6 *SAME AS ABOVE *Registration Deadline 1st & 2nd grade youth basketball</p>	<p>7 *SAME AS ABOVE</p>	<p>8 *SAME AS ABOVE *Open Kayaking 6-7:45P</p>	<p>9 * SAME AS ABOVE</p>	<p>10 * SAME AS ABOVE CHS SWIM MEET</p>	<p>11 *Body Sculpt 9-10A CHS SWIM MEET</p>
<p>13 *SAME AS ABOVE *Rosters due for Co-Ed Volleyball & Meeting TBA</p>	<p>14 *SAME AS ABOVE</p>	<p>15 * SAME AS ABOVE *Open Scuba 6-7:45P</p>	<p>16 *SAME AS ABOVE</p>	<p>17 *SAME AS ABOVE *1st Aid/CPR Registration Deadline FAMILY NIGHT IN POOL</p>	<p>18 *Body Sculpt 9-10A</p>
<p>20 FACILITY CLOSED!!</p>	<p>21 *SAME AS ABOVE * 1st Aid/CPR Class 6-8P.</p>	<p>22 SAME AS ABOVE *Open Kayaking 6-7:45P</p>	<p>23 SAME AS ABOVE</p>	<p>24 SAME AS ABOVE</p>	<p>25 SAME AS ABOVE</p>



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