

# Cody Rec Connect

March  
2017

Providing Quality of Life for a Lifetime

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

## Check out classes at the REC!

### Get Fit Getaway Challenge

Sign up now! February calendars due March 5th to be entered for a Smart Bracelet!

Earn double points for attending classes at the REC in March!

### Family Day March 4th!

Bring the whole family to the REC Saturday, March 4th for \$5. Take advantage of our workout equipment, gyms, racquetball courts, pool & steam room!

### Turtle Tales

Children 2-5yrs enjoy a story, arts/crafts & learn beginning swim skills. Tuesdays March 28th & April 4th and Thursdays, March 30th & April 6th from 8:30-9:30am.  
\$30/\$9Drop-in

### Pool Activities

#### Open Kayaking

Wednesdays, March 8th & 22nd from 6-7:45pm.

#### Open Scuba

Wednesday, March 15th from 6-7:45pm.

#### Water Float Day

Friday, March 17th from 1-3pm

#### Adult & Pediatric 1st Aid, CPR & AED Class

Tuesday, March 21st from 6-8pm. Register by 3/17.

#### Learn to Scuba Meeting

Thursday, March 23rd.  
Contact Paul Brock for information/registration.  
899-7719



### New Youth Classes

#### Kiddie Cardio

Kid friendly exercises, gym equipment, and games!  
Tuesdays & Thursdays from 10-11am in March; 18 months - 3 yrs.  
*This class is offered during Fusion Core Fitness Class.*  
*Parents can work out in the class or solo while kids get some cardio fun!*  
\$30/month or \$5/drop-in

#### Krafty Kidz

Youth 2-5years explore their creative side through various crafts.  
Wednesdays, March 15th & 29th and April 12th & 26th from 11-11:45am. Parents can stay and play or get a 45 minute workout!  
\$30/session or \$9/drop-in

#### Youth Dance Fitness

Jam out in a new class for youth 3rd grade & up after school from 4-5PM Tuesdays & Thursdays in March starting the 7th!  
\$23 member/\$45 non-member  
Drop-ins available & 1st class is free to try!

# MARCH 2017

## Adult & Youth Fitness Classes-Ongoing

Mon	Tue	Wed	Thu	Fri	Sat
<b>Cycle Challenge</b> 6-7A <b>Water Workout</b> 6-7A <b>Fit &amp; Fun Swim Squad</b> 6-8A <b>Blender</b> 8:30-9:30A <b>Morning Mix</b> 8:30-9:30A <b>Water Workout</b> 11A-12P <b>Lunch Box</b> 12:15-12:45P <b>Fusion Dance</b> 4:30-6P <b>Fusion Core</b> 5:30-6:30P <b>Cycle Challenge</b> 5:30-6:30P	<b>Cycle Challenge</b> 6-7A <b>Morning Mix</b> 8:30-9:30A <b>Fusion Core</b> 10-11A <b>Kiddie Cardio</b> 10-11A <b>Lunch Box</b> 12:15-12:45P <b>YOUTH Dance Fitness</b> 4-5P <b>Yoga</b> 5:30-6:30P	<b>Cycle Challenge</b> 6-7A <b>Water Workout</b> 6-7A <b>Fit &amp; Fun Swim Squad</b> 6-8A <b>Blender</b> 8:30-9:30A <b>Water Workout</b> 11A-12P <b>Lunch Box</b> 12:15-12:45P <b>Fusion Dance</b> 4:30-6P <b>Fusion Core</b> 5:30-6:30P <b>Cycle Challenge</b> 5:30-6:30P	<b>Cycle Challenge</b> 6-7A <b>Morning Mix</b> 8:30-9:30A <b>Fusion Core</b> 10-11A <b>Kiddie Cardio</b> 10-11A <b>Lunch Box</b> 12:15-12:45P <b>YOUTH Dance Fitness</b> 4-5P <b>Yoga</b> 5:30-6:30P	<b>Cycle Challenge</b> 6-7A <b>Water Workout</b> 6-7A <b>Fit &amp; Fun Swim Squad</b> 6-8A <b>Water Workout</b> 11A-12P <b>Lunch Box</b> 12:15-12:45P	<b>Body Sculpt</b> 9-10A

## REC Center Activities-Ongoing

Mon	Tue	Wed	Thu	Fri	Sat
<b>Toddler Time Pools</b> 5:30A-12P  <b>Tiny Tots K Prep</b> 8:15-11:A & 12-3P	<b>Toddler Time Pools</b> 5:30A-12P  <b>Tiny Tots Preschool</b> 8:30-10:30A  <b>March 28th-Turtle Tales</b> 8:30-9:30A  <b>March 21st-1st Aid Class</b> 6-8P	<b>Toddler Time Pools</b> 5:30A-12P  <b>Tiny Tots K Prep</b> 8:15-11:A & 12-3P  <b>March 8th-Blood Draw</b> 7-10A  <b>March 8th &amp; 22nd-Open Kayaking</b> 6-7:45P  <b>March 15th-Open Scuba</b> 6-7:45P  <b>March 15th &amp; 29th Krafty Kidz</b> 11-11:45A	<b>Toddler Time Pools</b> 5:30A-12P  <b>Tiny Tots K Prep</b> 8:15-11:A & 12-3P  <b>March 30th-Turtle Tales</b> 8:30-9:30A  <b>Home School Pool</b> 1-3P	<b>Toddler Time Pools</b> 5:30A-12P  <b>Tiny Tots Pre-school</b> 8:30-10:30A  <b>March 17th-Water Float Day</b> 1-3P	<b>March 4th-FAMILY DAY!</b> \$5

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