# Cody Rec Connect

January 2019

*A NEWSLETTER OF THE CODY PARKS, RECREATION & PUBLIC FACILTIES DEPARTMENT*

**Providing Quality of Life for a Lifetime**

***Happy New Year Everyone!***

*The Rec Center has so much to offer you and yours in 2019 including fitness classes, athletic leagues and youth programs. Check out our calendar of events on the back for details on our offerings. Please check us out on Facebook for the most up to date information and new events. We hope to see you in our facility or at one of our events soon!*

## Aquatics Highlights

January 4th kicks off our Paddleboard Pilates Class on Fridays through January. Hop on the water and get a workout with your own paddleboard or rent one for class!

## Fitness Highlights

Sign up for our annual fitness challenge through April 30th! Earn chances to win monthly raffle prizes with every visit to the Rec Center.

Down & Dirty Circuit Training is a NEW EVENING class that utilizes the upstairs workout area. Class starts on January 8th and runs Tuesdays & Thursdays from 7:15 to 8:15P.

## Youth Highlights

Kidz Night Out is back on January 25th! Staff takes school aged youth to a Quake hockey game after dinner and crafts! Science Kids instructors take over the Rec Center hall on January 31st for our Family Night Out from 6 to 8P. Enjoy hands-on activities for the whole family!

## Athletics Highlights

Sign your team of up to four people up for the Annual Leisure Sports Tournament featuring cornhole, Kan Jam, wallyball & bowling! Registration deadline is January 11th!

JANUARY

# CALENDAR OF EVENTS

**January 1st - 2019 Fitness Challenge kicks off!**
**Facility open 6 A to 6 P; Pools CLOSED**
**New Session of Fitness Classes Begins (16+);** Days & Times Vary
**2nd: ASAP Beyond (K to 6th grade);** $20; 7:30 A to 6 P
- **Cycle Challenge;** M/W/F; 6 to 7 A
- **Fit & Fun Swim Squad (High School & Older);** M/W/F; 6 to 8 A
- **Water Workout Hour (Adults);** M/W/F; 6 to 7 A & 11 A to 12 P
- **Blender;** M/W; 8:30 to 9:30 A
- **Lunchbox;** Mon-Fri; 12:15 to 12:45 P
- **Fusion Dance Fitness (14 +);** M/W; 4:30 to 6 P
- **Cycle Challenge;** M/W; 5:30 to 6:30 P
- **Yogilates;** M/W; 6 to 6:45 P
- **Deadline for 3rd & 4th Grade Co-Ed Basketball;** $50 before deadline, $70 after deadline

**2nd & 16th:**
- **Intro to Kayaking (5th grade to 12th grade);** W; 6 to 7:45 P

**3rd to 31st: Fusion Core Fitness (16+ yrs);** T/TH; 10 to 11 A
- **Yoga (16+ yrs);** T/TH; 5:30 to 6:30 P
- **Pick up Indoor Soccer (Middle School+);** Thursdays, 7:45 to 9:45 P

**4th: CHS vs. Big Piney & Worland Swim Meet;** 4 P (Pools close at 1 P)
**4th to 25th: Paddleboard Pilates (16+ yrs);** Fridays; 9 to 10 A
**4th to Feb. 22nd: Open Lacrosse (8+ yrs);** Fridays; 6 to 8 P
**5th to 26th: Body Sculpt (16+ yrs);** Saturdays; 9 to 10 A
**6th to 27th: Adult Sunday Basketball League;** Sundays; Noon to 5 P
**7th to 17th: FREE SRD-Sponsored Swim Lessons (Eastside School 3rd grade);** Mon -Thurs; 3:40 to 4:10 P OR 4:15 to 4:45 P
- **Water Tots (2-5 yrs);** Leisure Pool, Mon-Thurs, 5 to 5:30 P

**7th to 30th: Toddler Time in the Pool;** Mon – Fridays; 5:30 A to 12 P
**7th to 31st: Morning Mix (16+ yrs);** M/T/W/TH; 8:30 to 9:30 A
**7th to Feb 25th: Adult J BOW Archery TAG League;** Mondays; 7:15 to 9:45 P
**8th to 29th: Little Kickers(3 to 4 yrs);** Tuesdays, 1 to 1:30 P
**8th to Feb 14th: Down and Dirty Circuit Training (16+ yrs);** T/TH; 7:15 to 8:15 P
**8th to March 26th: Ai Chi (16+ yrs);** Tuesdays; 5:15 to 6 P
**8th to 29th: Youth Painting (K-4th grade);** Tuesdays; 4 to 5 P
**8th to 31st: Pre-school swim lessons;** (4 yrs+); T/TH; 5:30 to 6 & 6 to 6:30 PM
- **Learn-to-Swim Lessons, (6 yrs+);** T/TH; 5:30 to 6 & 6 to 6:30 PM
- **Pre-Competitive Swim Training (LTS Level 3 or swim 15 yds.);** T/TH; 5:30 to 6:15 P

**8th to 26th: Youth Volleyball League (5th to 8th grade);** Games & times vary
**9th: Wyoming Health Fairs Blood Draw;** Rec Hallway, 7 to 10 A
- **Open Kayaking (Adults);** 6 to 7:45 P
- **Open Scuba (Adults);** 6 to 7:45 P

**9th to 30th: Adult Painting (16 yrs +);** Wednesdays; 4 to 5 P
**15th: CPR & First Aid;** 6 to 8 P (Register by January 10!)
- **REGISTRATION DEADLINE for Youth Coed Dodgeball League (3rd to 5th grade)**

**18th: CHS vs. Worland Swim Meet;** 5 P (Pools close at 3 P)
**19th: Family Day!** Families enter the facility for just $5.50!
- **Leisure Sports Tournament!** (18+); Saturday; 8 A to 11 P

**21st: ASAP Beyond (K to 6th grade);** $20; 7:30 A to 6 P
- **Water Float Day;** 1 to 3 P; FREE to members, daily fee non-members

**21st to 31st: Parent Tot Level 1 (6 mo-1 ½ yrs);** Leisure Pool; M/T/TH, 5 to 5:30 P
**23rd: Open Kayaking (Adults);** 6 to 7:45 P
**25th: Kids Night Out (K-6th);** 6:30 P to 9:30 P; $15 pre-pay; $25 day of
**31st: Family Night Out-Cody Science Kids (All ages);** 6 to 8 PM; $10 pre-pay; $20 day of

**The Rec Center now opens at 5 AM Monday – Friday!**
**January 2019 Fitness Challenge! WIN A MEMBERSHIP**
**Private Swim Lessons Available**
**Take your fitness to another level with 1 of our 4 highly qualified personal trainers**
**Follow us on Facebook @codyreccenter for the latest happenings**

# CODY REC CENTER

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**Catch us on Facebook- @codyreccenter for updates and new events!**
**Call us at 307-587-0400 with any questions!**
**Stop in to the Rec Center and check it out!**
**M-TH 5A-10P**
**Friday 5A-8P**
**Saturday 8A-6P & Sunday 12-6P**

*Created & distributed by the City of Cody Parks, Recreation & Public Facilities, 2019. 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*