

Cody Rec Connect

February
2019



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

Providing Quality of Life for a Lifetime

Happy February Everyone!

The Rec Center has so much to offer you and yours this month with 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

Turtle Tales is offered this month for your little ones (2-5years) to learn beginning swim skills. Skills are paired with a fun story and craft. CKATS Annual Conference swim meet is Saturday, February 9th and Sunday, February 10th. Come on out and cheer them on!

Fitness Highlights

Boxing 101 & is back! Learn the basics of boxing and build technique and skills during this high intensity class over three months! Class starts Tuesday, February 12th and runs through May 2nd.

Youth Highlights

Our 2nd annual Valentines Kidz Night Out is Thursday, February 14th from 6 to 9 PM. Parents can enjoy a night together while children enjoy a fun filled evening with their peers. Staff will provide your children with a pizza dinner, cookie decorating fun, crafts and games! Send your child in pj's for the evening and we will take care of the rest.

Athletics Highlights

Kids (8years +) can come out Saturday, February 16th to Participate in our NBA All-Star Night! From 5 to 9:30 PM kids will participate in competitions for three-point, free throw and hot shot. Pizza dinner is included and the King of the Mountain float will be available in the pool while viewing the NBA Slam Dunk Contest in the pool!

 cut and save

FEBRUARY

CALENDAR OF EVENTS

1st: New Session of Fitness Classes Begins (16+); Days & Times Vary

- Cycle Challenge; M/W/F; 6 to 7 A
- Fit & Fun Swim Squad; M/W/F; 6 to 8 A
- Water Workout Hour; M/W/F; 6 to 7 A & 11 A to 12 P
- Lunchbox; Mon-Fri; 12:15 to 12:45 P

1st to 23rd: Open Lacrosse; Fridays; 6 to 8 P; Free to members; Daily fee for non-members

2nd: FREE DAY!

2nd to 23rd: Body Sculpt; Saturdays; 9 to 10 A

4th: Deadline for 1st & 2nd Grade Coed Basketball

- Toddler Time in the Pool; M – F; 5:30 A to 12 P
- FREE SRD-Sponsored Swim Lessons (Sunset 3rd grade); Mon-Thurs, 3:40 to 4:10 P & 4:15 to 4:45 P

5th to 28th: Morning Mix; M/T/W/TH; 8:30 to 9:30 A

- Cycle Challenge; T/TH; 6 to 7 A
- Fusion Core Fitness; T/TH; 10 to 11 A
- Youth Boxing (8 yrs +); T/TH; 4 to 5 P

- Yoga; T/TH; 5:30 to 6:30 P

5th to 26th: Little Ballers (3 to 4 yrs); Tuesdays, 1 to 1:30 P

- Youth Painting (K- 4th grade); Tuesdays; 4 to 5 P

4th to 27th: Blender; M/W; 8:30 to 9:30 A

- 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

6th to 27th: Adult Painting (16 yrs +); Wednesdays; 4 to 5 P

6th & 20th: Intro to Kayaking (5th to 12th grade); Wednesdays; 6 to 7:45 P

7th: Home School in the Pool; Thursdays; 1 to 3 P

- Last Chance Swim Meet; 5 P (Pools close at 2 P)

- Pick up Indoor Soccer (Middle School +); Thursdays, 7:45 to 9:45 P

9th & 10th: USA Conference Swim Meet; Times TBD

11th: First day of swim practice for CMS; M/T/W/TH; 3:30 to 5:30 P; F: 2:30 to 4 P

13th: Wyoming Health Fairs Blood Draw (All Ages, Costs vary); 7 to 10 A

- Open Kayaking; Main Pool, 6 to 7:45 P
- Open Scuba; Main Pool, 6 to 7:45 P

14th: Kids Night Out (K-6th); 6 to 9 P; \$15 pre-pay; \$25 day of

15th: Water Float Day; Pools, 2 to 4 P

16th: NBA ALL STAR NIGHT (8 +); Gyms & Pool; 5 to 9:30 P; \$5 pre-pay or \$10 at door

18th: President's Day, FACILITY CLOSED

19th: Registration Deadline for 3rd & 4th grade Volleyball League

- Adult & Pediatric First Aid, CPR & AED; 6 to 8 P; Register by FEB 14TH!

19th to 28th: Turtle Tales (2-5 yrs); T/TH; 11 A to Noon

21st: CMS vs. Worland Swim Meet; 5 P (Pools close at 2)

25th: Registration Deadline for Youth Coed Wiffleball League

27th: Open Kayaking; 6 to 7:45 P

The Rec Center now opens at 5 AM Monday – Friday!

WIN A MEMBERSHIP by joining the 2019 Fitness Challenge!

Private Swim Lessons Available

Take your fitness to another level by training with one of our 4 highly qualified personal trainers

Follow us on Facebook @codyreccenter for the latest happenings

CODY REC CENTER

 1402 Heart Mountain St. • Cody, WY • cityofcody-wy.gov • 587-0400

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