

# Cody Rec Connect

March  
2019



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

## Providing Quality of Life for a Lifetime

*Check out our calendar of events on the back for details on our offerings and on Facebook for the most up to date information. We hope to see you in our facility or at one of our events soon!*

### **Nutrition Classes Now Available!**

RD Heather Brinkerhoff is offering a 5-part series of nutrition classes in March on Tuesdays from 12 to 1 P. Register for all classes for only \$20 or for an individual class for only \$5. Class subjects range from Smart Snacking to the Essentials of Cooking Oils. Call the Rec Center for more details!

### **Aquatics/Fitness Highlights**

Paddleboard Pilates will be offered for a 3rd session starting on March 1st. Strengthen your core & balance in this popular class. Register today to reserve your spot!

### **Fitness Highlights**

SPIN Cody is an annual event raising funds for a 3D mammography machine and a splash pad at Mentock Park. SPIN Cody is on Saturday, March 23rd from 9 A to 3 P.

To donate or ride visit [www.spincody.org](http://www.spincody.org)

### **Youth Highlights**

- The After School Activities Program Beyond offers full day programming for school aged youth on no school days. Send your kids to us on March 4th through 8th!
- St. Patrick's Day shenanigans are on Friday, March 15th. Come enjoy festive activities from 2 to 4 P in the pools and 4 to 5 P in the gym.
- Basic Babysitter training class is on March 6 & 7th. Register by March 4th to reserve a spot for your 11 to 15 year old.

### **Art Highlights**

Paige Bacon teaches art classes for youth and adults at the Rec Center on Tuesdays and Wednesdays. Check out her schedule of classes that include pointillism & sharpie shoes on the back!

✂ cut and save

**MARCH**

# CALENDAR OF EVENTS

## **March 1st: New Session of Fitness**

**Classes Begins (16+);**

Days & Times Vary

- **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
- **Lunchbox;** Mon-Fri; 12:15 to 12:45 P

## **1st to 28th: Paddleboard Pilates**

**(16+ yrs);** Fridays; 9 to 10 A

## **11th to 29th: Toddler Time in the Pool;**

M – F; 5:30 A to 12 P

## **2nd: CMS Swim Meet;** 10 A; Pools will

open at the conclusion of the meet

## **2nd to 16th: Body Sculpt (16+ yrs);**

Saturdays; 9 to 10 A

## **4th to 8th: ASAP Beyond (K-6th);**

7:30 A to 6 P

## **4th: Registration deadline for Basic**

**Babysitter Training Class held on**

**March 6 & 7 (11-15 yrs);** W/TH;

9 A to 3 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

## **4th to 28th: Morning Mix;** M/T/W/TH; 8:30

to 9:30 A

- **Fusion Core Fitness;** T/TH;

10 to 11 A

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

## **5th to April 2nd: Nutrition Noontime**

**Knowledge;** Tuesdays, 12 to 1 P

## **6th & 20th: Intro to Kayaking (5th to 12th**

**grade);** Wednesdays; 6 to 7:45

## **7th: Pick up Indoor Soccer**

**(Middle School+);** Thursdays;

7:45 to 9:45 P

## **8th: Water Float Day;** 1 to 3 P

## **9th: Family Day;** \$5.50 Entry fee for

whole family

- **Wallyball Tournament (16 yrs+);** 9 A

## **12th: March Madness Art Class-Bunny**

**Shelf (3-10th grade);**

4:15 to 5:15 P

## **12th to April 4: Pre-competitive swim**

**training (LTS 3);** T/TH; 5:30 to 6:15 P

- **Youth Boxing (8yrs+);** T/TH;

4 to 5 P

## **13th: Wyoming Health Fairs Blood Draw**

**(All Ages, Costs vary);**

7 to 10 A

- **Open Scuba;** 6 to 7:45 P

- **March Madness Art Class-**

**Pointillism (16yrs+);** 4 to 5:30 P

## **13th & 27th: Open Kayaking (Adults);**

6 to 7:45 P

## **14th: Registration deadline for 1st Aid/**

**CPR/AED Class held March 19th;**

6 to 8 P

- **Home School in the Pool (school**

**age);** Thursdays; 1 to 3 P

## **15th: St. Patrick's Day Shenanigans**

**(Youth);** 2 to 4 P (Pools) & 4 to 5 P

(Gyms)

## **18th to 28th: Water Tots (2-5yrs);**

M – TH; 5 to 5:30 P

- **SRD Livingston & Valley Swim**

**Lessons (3rd grade);** 3:40 to 4:10 P

or 4:15 to 4:45 P

## **19th: March Madness Art Class-Sharpie**

**Shoes (3-10th grade);**

4:15 to 5:15 P

## **19th to April 18th: Learn To Swim**

**Lessons (4-6 yrs);** T/TH; 5:30 to 6 P

or 6 to 6:30 P

## **20th: Madness Art Class-Abstract**

**Flowers (16yrs+);** 4 to 5:30 P

## **21st: Family Night Out;** 6 to 8 P

## **23rd: Spin Cody;** 9 A to 3 P

## **26th: March Madness Art Class-Butterfly**

**Wreath (3-10th grade);** 4:15 to 5:15 P

## **27th: March Madness Art Class-Spring**

**Sign (16yrs+);** 4 to 5:30 P

The Rec Center now opens at 5 AM Monday – Friday! (Pools at 5:30 A)

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 today!**

**M-TH 5A-10P  
Friday 5A-8P  
Saturday 8A-6P & Sunday 12-6P**