

# Cody Rec connect

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

## ASAP at a Glance: Daily Traditions

The first day of school also marked the first day back to ASAP - the City of Cody's After School Activities Program - for school year 2013-2014. This year, the award-winning program celebrates its 18th year of providing a safe, innovative and engaging atmosphere for children in Kindergarten through 6th grades after school.

### The Nuts & Bolts:

- Each school day from the dismissal bell until 6 PM
- Monday through Thursday at Eastside Elementary School (801 17th Street)
- Fridays staff & students travel together to the Paul Stock Aquatic & Recreation Center AFTER gathering at Eastside School
- Attendance is taken as students arrive to insure everyone expected to be at ASAP is there. **NOTE: If a child does not arrive, staff will contact parents, the school and bus dispatch to locate his/her**

*whereabouts as soon as possible. Parents should complete monthly attendance calendars so staff knows when to expect children.*

- Staff are all college age or older and trained to support and encourage your students in a safe, friendly environment while focusing on social and emotional learning as well as life skills development
- HomeFun (homework help and tutoring) is offered Monday through Thursday, as well as educational and exciting "Wackitivity" centers focused on science, arts and crafts, cooking, literacy, games and more
- Nutritious snack each day at no extra cost
- Fees: 1st child \$8/day; Additional children \$7 each/day
- As a registered childcare provider with the Department of Family Services those contracts are available for funding assistance
- Cody Recreation Foundation

scholarships also available for qualifying families; please inquire at the Rec Center front desk

- Parents and other family members are ALWAYS welcome to visit ASAP and see up close and personal how your child spends his or her afternoon
- For more information on the ASAP program, please contact Julie or Amy at (307) 587-0400 or (307) 250-8362 (ASAP cell phone).



**Kidz Programz**



### Fall Sports Leagues & Fitness Classes=Something for Everyone!

Team rosters are due for Co-Ed and Women's volleyball on Monday, September 16 at which time there is a manager's meeting at 6 PM to hash out details of the fall league. This fun, action-packed league will play games in Monday evenings (Women) and Tuesday and/or Thursday evenings (Co-Ed). Cost for play is \$ 175 per team and players must be 18 years and older and/or graduated from high school.

This fall, the fitness department introduces a new class AND a new fitness instructor. Tiffin Etter joined our staff this summer and has been a great help subbing for a variety of classes. She is excited to lead her own class beginning in October - Morning Mix will offer a variety format to keep your body guessing and challenged. Check it out Tuesdays and Thursdays from 8:30 to 9:30 AM.

# Upcoming Events at the Recreation Center

Mark your calendar for this month's events & activities for participants of all ages. For additional details, contact staff at 307-587-0400 or visit [www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)

- **SEPT 1: Cody Youth Soccer - Preschool Style** (4-5 Yr Olds)  
Registration Deadline
- **SEPT 2: Labor Day**  
Facility Closed!
- **SEPT 3: Cody Youth Soccer (K-8th Grades)**  
Registration Deadline
- **SEPT 3: New Session of Fitness Classes Begins!**
- **SEPT 3: Toddler Time** (5 Yrs & Younger)  
Pool; Mon - Thurs, 10 A to Noon
- **SEPT 3: Breakfast Buffet Aquatic Style**  
Pool; Mon - Fri, 5:45 to 6:30 A
- **SEPT 3: Arthritis Water Movement Class**  
Pool; Tues/Thurs, 9 to 9:45 A
- **SEPT 3: First Day of Tiny Tots Preschool** (3 & 4 Yr Olds)  
Tues & Fri, 8:15 to 10:15 A
- **SEPT 4: First Day of Tiny Tots Kindergarten Prep** (4 & 5 Yr Olds)  
Mon/Wed/Thurs, 8:15 to 11:15 A & Noon to 3 P
- **SEPT 4: Water Workout Hour**  
Pool; Mon/Wed/Fri, 6 A or 11 A
- **SEPT 4: Home School in the Pool** (School Age Youth)  
Pool; Wed, 1 P
- **SEPT 6: CHS Girls Swim Meet** (Terry Bartlett Invitational)  
Pools close at 11 A
- **SEPT 6: HCA Stay Safe - Flag Football**, Football Bites Snack & Sidewalk Chalk (Free for members; Daily fee for nonmembers)  
Gyms; 2:15 to 4:30 P

- **SEPT 11: Wyoming Health Fairs Blood Draw**  
Hallway; 7 to 10 A
- **SEPT 13: HCA Stay Safe - Capture the Flag**, Trail Mix Snack & Good Luck Charms (Free for members; Daily fee for nonmembers)  
Gyms; 2:15 to 4:30 P
- **SEPT 13: CHS Girls Quad Swim Meet**  
Pools close at 3 P
- **SEPT 16: CO-ED & Women's Volleyball Rosters Due**  
Manager's Meeting at 6 P
- **SEPT 20: HCA Stay Safe - Whiffle Ball**, Hot Dogs & Pool Party (Free for members; Daily fee for nonmembers)  
Gyms & Pool; 2:15 to 4:30 P
- **SEPT 20: Water Float Day**  
Pool; 2 to 5 P
- **SEPT 20: Open Kayaking** (\$4/person)  
Pool; 5 to 7:30 P
- **SEPT 21: FAMILY DAY!** (Family admission \$5)
- **SEPT 24: CHS Girls Swim Meet vs. Worland**  
Pools close at 3 P
- **SEPT 27: HCA Stay Safe - Football**, Nachos & Pool Fun (Free for members; Daily fee for nonmembers)  
Gyms & Pool; 2:15 to 4:30 P
- **SEPT 30: Adult Racquetball Registration Deadline**  
Player's Meeting at 6 P
- **SEPT 30 thru OCT 10: FREE After School Swim Lessons** (Eastside School 2nd Graders)  
Pool; Mon - Thurs, 3:30 to 4:10 P

## 2013-2014 SWIM MEET SCHEDULE

Pool hours will be modified and lap lanes will be limited on the following dates to accommodate our local swimmers. Thank you for your cooperation & understanding!

### CHS Girls

Friday, Sept. 6: Terry Bartlett Invitational, 2 P

Friday, Sept. 13: Cody Quad, 5 P

Friday, Sept. 24: Cody vs. Worland, 5 P

### Cody Middle School

Monday, Oct. 28: First Practice

Saturday, Nov. 2: Cody vs. Worland

Saturday, Nov. 9: Cody Invitational

### CHS Boys

Monday, Dec. 2: First Practice

Friday, Dec. 20: Cody vs. Lander & Sheridan, 4 P

Friday, Jan. 10: Cody Invitational, 4 P

Friday, Jan. 17: Cody vs. Powell & Worland, 5 P

### CKATS

February 8 & 9: Polar Bear Splash

Swim team practice & competition as well as physical education swim program schedules will be printed in monthly aquatic calendars. Please contact staff at 307-527-DIVE for details.



## Personal Trainers available soon at the Recreation Center!

Paul Stock Aquatic & Recreation Center staff are looking into the option of offering PERSONAL TRAINERS through the facility later this fall. Working with a qualified trainer can help take your fitness to the next level, no matter what your fitness level and goals. Stay tuned next month as more information becomes available, and please contact our Fitness Coordinator, Kelly Serfas Bower, with any questions on this great new opportunity at the Rec Center to help you reach all your fitness and health goals!



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