

Cody Rec connect

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

NEW FALL PROGRAMS DESIGNED TO KEEP YOU MOTIVATED & ON TRACK!

This Fall, aquatic and fitness staff are introducing some new class formats that are sure to keep you on track and motivated throughout the holidays.

BREAKFAST BUFFET AQUATIC

STYLE: Maximize your results in only 45 minutes! This aquatic class is constantly changing to keep your body guessing and the results coming with deep water, interval training, strength, toning and cardio exercises. This class meets Monday through Friday mornings from 5:45 to 6:30 and is led by lifeguard Heidi Frost.

WINTER SWIM CHALLENGE: Worried about your waistline during the holidays or maybe just need some motivation through the end of the year? Plan to take part in the 2013 Swim Challenge for a chance at awesome prizes & great fitness outcomes!

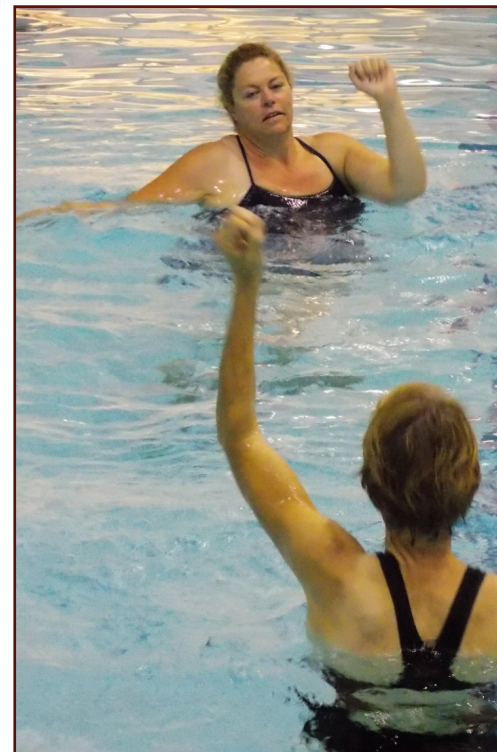
This winter we're heading to the Costa Rican rainforest where participants will have three locations and distances to complete. Cost is \$ 15 and the challenge runs from November 1 to December 31. Plus, sign up for **BOTH** the Swim

Challenge and the Trip Challenge and you can transfer 50 swimming miles to your Trip Challenge totals in January through April! More details at the Front Desk.

MORNING MIX: On the dry side we're mixing things up in the morning with a new class taught by new instructor, Tiffin Etter. Improvements to your health and fitness levels come with a challenge and this class will provide it with a variety of formats and equipment to keep the body working and the results coming. This class meets Tuesdays and Thursdays from 8:30 to 9:30 AM.

NEW YOGA OPTIONS: This Fall we're also excited to welcome a new Yoga instructor to our staff - Natalie Gregarek - who has a variety of ideas for new classes and is eager to work with our patrons. We are looking into a number of possible options, including SUP Yoga, Yoga Sculpt, family Yoga, candlelight Yoga, prenatal classes and more at a variety of times. We would love to hear from you about when and what types of classes you would like! Please contact the Fitness Coordinator.

And, if you haven't been to the Rec Center for a while or are new to our programs, we invite you to try your first aquatic or fitness class for FREE! We're optimistic you'll be back for more!



Fall Program Registration Begins October 21st!

Registration for all programs & classes beginning this November through May 2014 opens Monday, October 21st. Registration for minors must be made by a parent or legal guardian at the Recreation Center (1402 Heart Mountain Street). Individuals may register for any number of activity sessions at the time of registration. The Recreation Times brochure with a list of upcoming programs will be available by October 11th at the Rec Center and online at www.cityofcody-wy.gov. Classes are limited & fill on a first-come basis; therefore, patrons are encouraged to register early. In order to assist those unable to attend registration in person, participants may sign up one additional person per class. Staff also can fax, mail or e-mail registration materials; however, in-person registrations will take precedence. Save time by filling out the worksheet and registration form inside the Recreation Times or from our website.

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

- **SEPT 30 to OCT 10: FREE Swim Lessons** (Eastside & Wapiti 2nd Graders)
Pools; Monday thru Thursday, 3:30 to 4:10 P
- **OCT 1: New Session of Fitness Classes Begins** (16 Yrs & Older)
Location & Times Vary
- **OCT 1: New Session of Aquatic Fitness Classes Begins** (Breakfast Buffet Aquatic Style, Gentle Joints & Water Workout Hour)
Pools; Times Vary
- **OCT 1: New Session of Private/Semi-Private Swim Lessons Begins** (3 Yrs & Older)
Pools; Times Vary
- **OCT 1: New Session of Tiny Tots Preschool & Kindergarten Prep Begins** (3 to 5 Yr Olds)
- **OCT 1: Toddler Time** (5 Yrs & Younger)
Pool; Monday thru Friday, 10 A to Noon
- **OCT 2: Home School in the Pool** (School Age Youth)
Leisure Pool; Wednesdays, 1 to 3 P
- **OCT 3: Pick Up Indoor Soccer Begins** (Middle School & Older)
Maroon Gym; Thursdays, 7:45 to 9:45 P
- **OCT 4: HCA Stay Safe - National Golf Day** (School Age Youth)
Gym, Concessions & Pools; 2:15 to 4:30 P
- **OCT 9: Wyoming Health Fairs Blood Draw** (Prices Vary)
Hallway; 7 to 10 A
- **OCT 11: HCA Stay Safe - World Egg Day** (School Age Youth)
Gym, Concessions & Pools; 2:15 to 4:30 P
- **OCT 14: School's Out, Stay Safe - National Spider-Man Day!** (School Age Youth, FREE for members or daily fee)
Gym, MP Room, Concessions & Pools; 10 A to 2:30 P
- **OCT 15 to 24: FREE Swim Lessons** (Sunset 2nd Graders)
Pools; Monday thru Thursday, 3:30 to 4:10 P

- **OCT 16: Open Scuba** (\$4/person)
Lap Pool; 5:30 to 7:45 P
- **OCT 18: HCA Stay Safe - No Beard Day** (School Age Youth)
Gym, Concessions & Pools; 2:15 to 4:30 P
- **OCT 18: Water Float Day**
Pools; 2 to 5 P
- **OCT 18: Open Kayaking** (\$4/person)
Lap Pool; 5 to 7:30 P
- **OCT 20: Cody Youth Basketball 5th & 6th Grade Boys & Girls**
Registration Deadline
- **OCT 21: REGISTRATION OPENS FOR FALL & WINTER PROGRAMS**
Front Desk; 5:30 A
- **OCT 25: Water Float Day**
Pools; 2 to 5 P
- **OCT 25: HCA Stay Safe - World Pasta Day** (School Age Youth)
Gym, Concessions & Pools; 2:15 to 4:30 P
- **OCT 25: Halloween Carnival** (\$3 Pre Pay; \$5 at the Door; Adults & Kids under 2 are FREE)
Gyms; 6 to 7:30 P
- **OCT 26: FREE DAY!**
- **OCT 26: Pumpkin Decorating** (All Ages, FREE!)
West Park Hospital Long Term Care Center; 10 A to Noon
- **OCT 28: CMS Swim Team Practice Begins**
Pools; 3:30 to 5:30 P
- **OCT 28 to NOV 7: FREE Swim Lessons** (Livingston & Valley 2nd Graders)
Pools; Monday thru Thursday, 3:30 to 4:10 P
- **OCT 23 to NOV 1: Food Drive** (Bring in non-perishable or toiletry items for FREE guest pass or daily entrance fee)
- **NOV 1: HCA Stay Safe - Lacrosse Fun** (School Age Youth)
Gym, Concessions & Pools; 2:15 to 4:30 P
- **NOV 2: CMS Swim Meet vs. Worland**
Pools; 10 A

Needed: Gymnastics Instructors!

Our new gymnastics program has exploded with popularity! Since last Spring, more than 400 boys and girls either registered or were on a waiting list to register for a variety of tumbling programs. Now, however, we have been forced to put the program on hold while we figure out space and instructor issues. The huge numbers of gymnastics participants requires us to shut down an open gym on occasion, affecting other programs that also need gym space. The new, high-quality equipment purchased for the program also takes up quite a lot of space and storage has become an issue. However, our biggest concern is finding qualified instructors available to teach the youth who love to jump, tumble and roll in this active sport. Staff would like to schedule new sessions of Beginner, Advanced Beginner and Pre-Gym programs starting in October or November if we can resolve these concerns. If you or someone you know is interested and available to help with this program, please e-mail Julie Brown as soon as possible at julie@cityofcody.com or call 307-587-0400. We are eager to get kids tumbling again very soon!

5th & 6th Graders Hit the Hoops this October!

The REGISTRATION DEADLINE for Boys & Girls 5th & 6th Grade Basketball is SUNDAY, OCTOBER 20! Girls & boys will play in separate leagues and should hear from a coach by October 24th. Games will be played Monday through Thursday evenings, November 4th to December 5th. Cost to play is \$30 if registered by the deadline or \$35 after October 20th. Please note: T-SHIRTS ARE ONLY GUARANTEED FOR PLAYERS REGISTERED BY OCTOBER 20! The success of this league depends on volunteer coaches & helpers. If you are interested in volunteering please notify Rec staff at 307-587-0400.



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