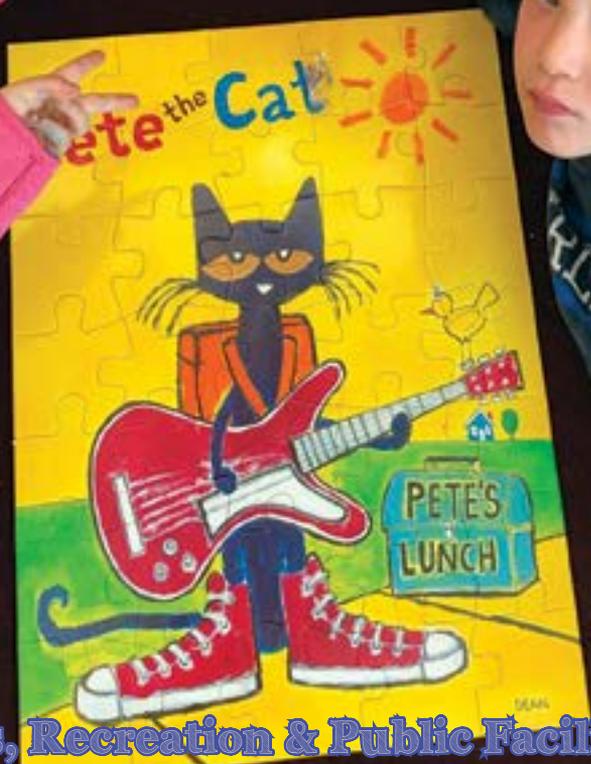




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Cody Parks, Recreation & Public Facilities  
**RECREATION TIMES**

January - May 2020

# PAUL STOCK AQUATIC & RECREATION CENTER WINTER/SPRING REC TIMES BROCHURE 2020

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## PROGRAM REGISTRATION OPENS DECEMBER 12 @ 5 A.M.

In-person registrations have priority.  
Program fees are subject to change.  
Classes are limited & fill on a first-come basis.  
Early registration is strongly encouraged,  
as space is limited and classes with low  
enrollment may be canceled.  
Registration for all programs & classes for  
minors must be made by a parent or legal  
guardian.  
Call 587-0400 for more information or with  
questions.



## CELEBRATE WITH US!

Plan a birthday party  
at the Rec Center!

Call 587-0400 for more details

# PAUL STOCK AQUATIC & RECREATION CENTER DAILY & MEMBERSHIP PRICING

OUR VISITORS	ANNUAL MEMBERSHIP	DAILY FEE LOCKERS & TOWELS NOT INCLUDED	10 PACK GUEST PASSES LOCKERS & TOWELS NOT INCLUDED
4 Years Old & Younger	FREE	FREE	
5 to 15 Years Old	\$156	\$4.50	\$31.50
Military	\$282	\$4.50	\$42
Resident Adult, 18+ Years Old*	\$315	\$8.50	\$68
Full Time Student, 16 + Years Old**	\$219	\$5.50	\$42
Non-Resident Adult	\$315	\$13	\$68
Non-Resident Youth or Student	\$156 or \$219	\$7	\$31.50 or \$42
Last 2 hours of the day		\$2.50	
Shower ONLY		\$5.50	

OTHER ANNUAL PASSES	FEES
Golden Individual, 65+ Yrs	\$282 10% discount
Golden Couple, 65+ Yrs	\$450
Additional Adult/Senior	\$189/\$168
Additional Youth or Student	\$63/Youth 5 Yrs+; \$30 5th Child+
Corporate Individual #	\$255
Corporate Family #	\$507

\*Resident rates apply to Park County residents

\*\*College students must show proof of enrollment & be enrolled full time

# Corporates should sign up through employer

A family is defined as any immediate family member residing within the same household, and any dependant living in the household who can be claimed according to IRS guidelines.

Automatic monthly Electronic Fund Transfers (EFTs) are available for annual memberships!

Get the latest Recreation Center news on the City of Cody website! Sign up for our CODY REC CONNECT e-newsletter & other news flashes at [www.cityofcody-wy.gov](http://www.cityofcody-wy.gov) and be sure to follow us on Facebook, [www.facebook.com/codyreccenter](http://www.facebook.com/codyreccenter).

Monthly & 6 Month  
Memberships available  
Call 587-0400 for details!



Prices are subject to change

## PARKS, RECREATION & PUBLIC FACILITIES

**Mission Statement:** The City of Cody Parks, Recreation & Public Facilities Department will provide attractive parks, facilities & innovative recreational opportunities to enhance the quality of life for everyone.

**DISABILITIES:** The City of Cody Parks, Recreation & Public Facilities Department complies with the Americans with Disabilities Act. Anyone within the community needing reasonable accommodations to participate in activities is encouraged to call 307-587-0400.

**MEDICAL INSURANCE:** The City of Cody does not provide medical insurance to cover participants during activities. This is the responsibility of each individual involved in any program or activity.

**PERSONAL CONDUCT:** Personal conduct within City of Cody facilities must be such that the safety & enjoyment of others is not jeopardized. Patrons to the Recreation Center who disregard rules or vandalize the facility may be evicted & possibly prosecuted. The Department will not tolerate any behavior &/or conduct that is considered disruptive or destructive. Behavioral problems may result in expulsion from the program or facility without reimbursement. For details on Department rules & regulations, please contact staff & request a copy of the "Rules of the Game".

**PHOTO POLICY:** The City of Cody reserves the right to take & use photographs of individuals using the Cody Recreation Center &/or participating in programs sponsored by the City of Cody. Such photographs are the property of the City of Cody & may be used in brochures, advertisements & other promotional materials. To opt out, please contact staff at 307-587-0400.

**ACTIVITY RESCHEDULING & CANCELLATIONS:** Due to activity scheduling by other groups, weather conditions & maintenance, it is sometimes necessary to reschedule and/or relocate activities. Cancellation decisions will be made as soon as possible before a class or activity time & will be posted on Facebook or with local media. Class participants, coaches and team captains will be notified by recreation staff as appropriate.

## RECREATION & AQUATIC INFORMATION

### AQUATIC & RECREATION CENTER FEATURES

- Gymnasium with 3 Full Length Courts
- Cardiovascular & Weight Training Exercise Equipment
  - Free Weight Room
  - Suspended Walking & Jogging Track
  - 2 Racquetball Courts
  - Multipurpose Space
- 8 Lane x 25 Yard Lap Pool with Diving Board
- 3,500 Square Foot Leisure Pool - Depth 0 to 3½ Feet
  - Toddler Fish Slide, Finnius
- 170 Foot Long Water Slide (for everyone taller than 3'6") & Water Activity Equipment (Features turn on at 4 P weekdays, 2 P Fridays, Noon on weekends & 1 P on No School Days dependent on staff availability)
  - Therapy Pool with ADA lift, Treadmill & Bike
    - Jacuzzi Spa (for patrons 13 years & older)
  - Wet Steam Room (for patrons 18 years & older)

### FORGET SOMETHING?

We have many items for sale including swim goggles & caps, swim diapers, racquetball equipment & more!  
Inquire at the Front Desk.  
**TOWEL RENTALS \$1**

### DAILY LOCKER RENTALS

#### **SMALL LOCKERS**

\$.50 (free for members)

#### **MEDIUM LOCKERS**

\$.75 (free for members)

#### **LARGE LOCKERS**

6 months \$90; 3 months \$45

#### **\$10 CHARGE TO REPLACE LOST KEYS**

The Rec Center is not responsible for any lost or stolen items. Please secure all belongings while using the facility!



Become a fan of the Recreation Center by clicking "Like" on our page & receive up-to-date information on all our latest aquatic, athletic, fitness & recreation programs. Go to [www.facebook.com/codyreccenter](http://www.facebook.com/codyreccenter) to become a fan today!

# AQUATIC CENTER INFORMATION

An adult (18 years or older) is required to be directly in the water with children younger than 8 years old OR shorter than 3'6" tall unless they are capable of passing a swim test with a lifeguard. One adult may accompany up to four children in the water. This policy makes the Aquatic Center a safer place for everyone.

Children in diapers are allowed in the pool as long as they wear swim diapers or snug fitting rubber pants over the diaper underneath a bathing suit. Swim diapers are available to purchase at the Front Desk for \$2 each.

Pools may be closed for swim lessons, meets & routine maintenance. Call ahead for availability!

## WATER TEMPS

### LAP POOL:

80-82 degrees

### LEISURE POOL:

87-89 degrees

### THERAPY POOL:

90-92 degrees

### HOT TUB:

102-104 degrees

### WET STEAM ROOM:

115 degrees

## SWIM MEETS & PRACTICES

Pool hours will be modified to accommodate swim meets. Limited lap swimming will be available for patrons during swim practices.

### CHS BOYS

Monday, December 2 First Practice  
 Saturday, December 14 Cody Invitational, 10 A  
 Friday, January 10 vs. Big Piney & Riverton, 4 P  
 Friday, January 24 vs. Worland, 5 P  
 Thursday, February 13 Last Chance Meet, 5 P  
 PRACTICES M - TH, 4 - 6 P & F, 2:30 - 4 P

### CODY KOUNTRY AQUATIC TEAM (CKATS)

Saturday & Sunday,  
 February 1 & 2 Polar Bear Splash  
 PRACTICES M - TH, 6 - 8 P

### CODY MIDDLE SCHOOL

Monday, February 10 First Practice  
 Saturday, February 29 Cody Invitational 10 A

### SPECIAL OLYMPICS

April 2020

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

Learn new skills or refine current ones with low instructor-to-student ratios. These lessons are offered Monday through Thursday, January through May & are dependent upon instructor availability. Contact Aquatic staff at 307-527-DIVE for more info.

# PARKS & PUBLIC FACILITIES

## FACILITY RENTALS

### CODY AUDITORIUM:

\$375 per event;  
 \$100 per extra consecutive day.

### CODY CLUBROOM:

\$100 per event;  
 \$50 per extra consecutive day.

### CLUBROOM KITCHEN:

\$100 per event;  
 \$50 per extra consecutive day.

Event defined as 1/2 day set up, event day, 1/2 day tear down. Rates apply to commercial & non-commercial events.

### EQUIPMENT RENTALS

#### TABLES:

3' x 6', \$3.50 each  
 3' x 8', On-site only, \$3.50 each  
 Round Tables, 5', On-site only, \$3.50 each

#### CHAIRS:

\$5.50/dozen

Additional equipment available.

50% discount on tables & chairs for groups that set up and remove all chairs and tables.

The Cody Auditorium, Clubroom & Kitchen are located at 1240 Beck Avenue & can be rented for a wide variety of special events, from banquets & weddings to auctions and more.



In addition to tables & chairs, projectors, bleachers & pipe and drape are also available. Horseshoes, volleyball systems and various other recreation equipment also available. For details on checkout & reservation information, please contact Jessica Reesy at 307-587-0400.

# PARK AMENITIES

## PARK RESERVATIONS

Reservations are approved on a first-come, first-serve basis for \$25 per reservation. Alcohol permits are available, with approval, for an additional \$50 fee. Some picnic shelters & special features require additional approval and/or fees. Call 587-0400 for more information.

## TRAIL SYSTEMS

### Beck Lake Park - 2401 14th Street

Beck Lake Park includes over 2 miles of paved trails, encircling two large reservoirs with spectacular views of Cody & beyond. The park also features a developed Braille Trail (.3 miles), picnic shelters, handicapped accessible fishing piers, floating docks & restrooms. The

Beck Lake Park area is also home to the Mountain Bike Trail system & Bike Park.

### Shoshone Riverway Trail - 1113 Riverview Drive

A 1.3 mile trail follows the scenic Shoshone River & is accessible from two locations in the community. The recycled asphalt base allows for walking, jogging & biking. A restroom is located at the west trailhead.

### Paul Stock Nature Trail - 801 Spruce Drive

The 1.3 mile gravel trail features interpretive markers, park benches & a restroom.

## BECK LAKE MOUNTAIN BIKE PARK & TRAILS

The Beck Lake Bike Park and Trail System includes over 10 miles of skill building trails, jumplines, pumptrack & drop zone! The project is a joint effort between Park County Pedalers, City of Cody, Bureau of Land Management (BLM), Shoshone Recreation District & the State of Wyoming Recreational Trails Program. This exciting trail system is accessed via Beck Lake Park, 2401 14th Street. For more information, including maps, see [www.parkcountypedalers.org](http://www.parkcountypedalers.org).



\* There are additional parks & City maintained spaces not included in this chart. For more information on these as well as additional amenities, contact Parks Supervisor, Eric Asay, [easy@cityofcody.com](mailto:easy@cityofcody.com).

	Amphitheater/Bandshell	Outdoor Basketball	BBQ Grill	Dog Park	Drinking Fountain	Electrical	Fishing	Open Green Space	Horseshoe Pits	Pathway/Trail	Picnic Tables	Picnic Shelter	Play Equipment	Restroom	Skate Park	Tennis Court	Volleyball	Additional Amenities
<b>Beck Lake Park</b> 2401 14th Street			X	X		X				X	X	X		X				X
<b>Canal Park</b> 1444 Alger Avenue	X					X		X		X	X							
<b>Circle Drive Park</b> 16th Street								X										
<b>City Park</b> 908 Sheridan Avenue	X		X		X	X		X			X	X	X	X				
<b>Dacken Park</b> Kerper N & S and 22nd St		X	X					X			X	X	X	X				
<b>Don Little Park</b> 426 River View		X	X					X			X	X	X					
<b>Donny Anderson Mini Golf Course</b> 902 Sheridan Avenue														X				
<b>Dorse Miller Park</b> 2500 Carter Avenue		X	X					X			X	X	X	X		X		
<b>East Sheridan Softball Complex</b> 3708 Sheridan Avenue					X	X							X	X				
<b>Glendale Park</b> 1906 14th Street		X	X		X			X			X	X	X	X		X		
<b>Horseshoe Park</b> 1302 Horseshoe Drive											X		X					
<b>Hugh Smith Park</b> 131 19th Street			X		X	X		X	X		X	X	X	X			X	X
<b>Mentock Park</b> 901 Blackburn Avenue			X		X	X		X	X		X	X	X	X	X			X
<b>Nielson Park</b> 17th & 18th Streets		X						X			X		X				X	
<b>Paul Stock Nature Trail</b> 801 Spruce Drive						X				X	X			X				
<b>River View Park</b> 901 Riverview Drive		X	X					X			X	X	X					X
<b>Shoshone Riverway Trail Access</b> 1113 Riverview Drive							X			X	X	X		X				
<b>State of Wyoming Veterans Memorial Park</b> 2519 Lieutenant Childers St						X								X				
<b>Ted Ebert Park</b> 2908 Bass Avenue			X					X			X	X	X					
<b>Valley View Park</b> Wallace & Rio Vista		X	X					X			X	X	X					

# Map of Cody Parks & Public Facilities



- ① Cody Auditorium
- ② Miniature Golf Course
- ③ Paul Stock Aquatic and Recreation Center
- ④ Cody Main Street Restrooms

- 1 City Park
- 2 Paul Stock Park
- 3 Don Little Park
- 4 Horseshoe Park
- 5 Glendale Park
- 6 Beck Lake Park
- 7 State of WY Veterans Memorial Park
- 8 Dacken Park
- 9 Greybull Hill
- 10 Dorse Miller Park
- 11 Mentock Park
- 12 Circle Drive Park
- 13 Nielson Park
- 14 Hugh Smith Park and Recreation Area
- 15 East Sheridan Softball Complex
- 16 Shoshone Riverway Trail Access
- 17 Valley View Park
- 18 River View Park
- 19 Heart Mountain Street Landscaping
- 20 Ted Ebert Park
- 21 Meadowbrook Park
- 22 Paul Stock Nature Trail
- 23 Canal Park
- 24 Roger Sedam Pocket Park
- 25 Chugwater
- 26 Holm View
- 27 Trail Head
- 28 Date Street Trail
- 29 Service Club Park



# PRESCHOOL & TODDLER PROGRAMS 6 months to 6 years

- **PARENT TOT 1 (6 months to 1.5 years)**- Parents learn how to support & hold their child in the water, and how to prepare & encourage their child to participate fully in the skills. One child ONLY per adult.
- **PARENT TOT 2 (1.5 to 3 years)** - Participants improve on activities from Parent Tot 1 & learn more advanced skills. One child ONLY per adult.
- **TODDLER TIME (4 & under)**- Little swimmers and an adult are invited to splash and play weekday mornings. Toys are available until noon.
- **WATER TOTS (2 to 4 years)**- This class offers a first-time swimming experience for young ones WITHOUT a parent in the water using fun games & toys to help learn beginning swim skills & safety around water. *Children must be able to separate from adult.*

## Preschool & Toddler Programs

Class	Days	Session Start - End	Time Start - End	Cost	Code
Parent Tot 1 <small>(min 3/max 12)</small>	M/T/TH	Jan 20 - 30 March 30 - April 9	5 - 5:30 P	\$30	101107-1 101107-2
Parent Tot 2 <small>(min 3/max 12)</small>	M/T/TH	Jan 20 - 30 March 30 - April 9	5:30 - 6 P	\$30	101108-1 101108-2
Toddler Time	M - F	Jan 6 - May 27 <small>Excludes No School Days</small>	5:30 A - Noon	FREE/ Daily Fee for Non Members	---
Water Tots <small>(min3/max 8)</small>	M - TH	Jan 6 - 16 March 16 - 26	5 - 5:30 P	\$32	101119-1 101119-2



## Preschool Learn-to-Swim Lessons American Red Cross 4 to 5 yrs +

Swim Level	Days	Session Start - End	Time Start - End	Cost	Code
Preschool Learn-to-Swim L1 <small>(min 3/max 8)</small>	Tues & Thurs	Jan 7 - 30	5 - 5:30 P 5:30 - 6 P	\$30	101111-1 101111-2
Preschool Learn-to-Swim L2 <small>(min 3/max 8)</small>	Tues & Thurs	Jan 7 - 30	5 - 5:30 P 5:30 - 6 P	\$30	101112-1 101112-2
Preschool Learn-to-Swim L3 <small>(min 3/max 8)</small>	Tues & Thurs	Jan 7 - 30	5 - 5:30 P 5:30 - 6 P	\$30	101113-1 101113-2

*Please note that charter discounts do not apply to American Red Cross swim or safety classes*



## WATER FLOAT DAYS

Come splash in the pools with friends & family. Bring your own floaties or enjoy some of ours! FREE for members or a daily entrance fee for nonmembers.

Call 307-587-DIVE for more info.

Jan 20, 2 to 4 P    Feb 14, 10 to Noon    March 6, 10 to Noon  
April 24, 2 to 4 P    May 15, 2 to 4 P

# TINY TOTS PRESCHOOL & KINDERGARTEN PREP 3 to 6 years

# AFTER SCHOOL ACTIVITIES PROGRAM (ASAP) K to 6th grades

- TINY TOTS KINDERGARTEN PREP** - Students learn about the world around us through thematic units & centers (math, science, art, dramatic play, games & puzzles, reading, writing, songs, sensory stations, & gym activities) & focus on writing names, counting to 100, simple math, sight words & social skills.

- TINY TOTS PRESCHOOL** - Students learn colors, shapes, numbers & letters, recognizing names, social skills & fine motor skills.



Class Name	Age	Day	Session Start - End	No Class	Time Start - End	Cost	Code
Tiny Tots Kinder Prep <i>(min 5/max 12)</i>	4 - 6 yrs <i>(by Sept 15, 2019)</i>	Mon - Thurs	Jan 6 - 30 Feb 3 - 27 Mar 2 - 30 April 1 - 30 May 4 - 21	Jan 20 Feb 17 April 9 & 13	Noon - 3P	\$150/month	110120-1 thru 5
Tiny Tots Kinder Prep <i>(min 5/max 12)</i>	4 - 6 yrs <i>(by Sept 15, 2019)</i>	M/W/TH	Jan 6 - 30 Feb 3 - 27 Mar 2 - 30 April 1 - 30 May 4 - 21	Jan 20 Feb 17 April 9 & 13	8:15 - 11:15 A	\$115/month	110101-1 thru 5
Tiny Tots Preschool <i>(min 5/max 10)</i>	3 - 4 yrs <i>(by Sept 15, 2019)</i>	Tues/Fri	Jan 7 - 31 Feb 4 - 28 Mar 3 - 31 April 3 - 28 May 1 - 22	March 6 April 10	9 - 11 A	\$70/month	110100-1 thru 5

**ASAP** offers choice-based programming for school age youth. Staff foster positive relationships in a safe, fun, friendly & active community. The foundation of ASAP is the Home Court Advantage: **SAFETY** is our #1 priority, we strive for everyone to feel a sense of **BELONGING & VALUE** & we ask everyone to have **COURAGE** to try new things.

**WHO:** Kindergarten to 6th Graders  
**WHAT:** Wactivities, homework help, swimming (Wed & Fri) & other fun events!  
**WHEN:** School Days from school dismissal until 6 P. ASAP Beyond (see box) is available on most No School Days. There is NO ASAP or ASAP Beyond when the Rec Center is closed.  
**WHERE:** Tiny Tots room in the Rec Center.

**COST:** Prepay with punch cards; \$8.50/day or \$160 for 20 days. Snacks & supplies provided.  
**TRANSPORTATION:** From Livingston #5 bus (Lizard) & from Sunset/Eastside #31 (Squirrel).  
**REGISTRATION:** Packets are required for each child prior to attending.  
**ATTENDANCE:** Calendars are recommended for best planning. Call/text 307-250-8362 with schedule changes.

## ASAP BEYOND

ASAP Beyond offers full day programming for school aged youth on Park County #6 no school days. ASAP Beyond is an extension of our ASAP program and follows the same Home Court Advantage guidelines.

**WHO:** Kindergarten to 6th Graders.  
**WHAT:** School's Out Stay Safe activities, swimming daily, library visits, story time, park play & more!  
**WHEN:** 7:30 A to 6 P.  
**WHERE:** Tiny Tots room in the Rec Center.  
**COST:** Prepay with punch card; \$20/day. Snacks & supplies provided.

**LUNCH:** Children need to bring a nutritious lunch daily.  
**DATES:** Jan 2 & 3, March 6, April 9, 10 & 13  
**REGISTRATION:** Packets are required for each child prior to attending.  
**ATTENDANCE:** Call/text 307-250-8362 with schedule changes.  
**CODE:** Jan 2 & 3, 340340-3; March & April, 140340-3

# KIDZ ON THE MOVE

*K to 6th grades*

KOM day camp keeps school aged youth engaged & entertained in many activities!

- **EXPLORERZ DAY CAMP:** Introduces youth who completed kindergarten - 2nd grade to the fun activities & camp experience.
- **ADVENTURERZ DAY CAMP:** Allows youth who completed 3rd - 6th grade to take camp activities to the next level.

**WHEN:** Mon - Fri; 7 A - 6 P, June 1st - August 21, 2020

**WHAT:** Full STEAM Ahead, Lit is a Hit, Morning Motion, Park Play, Movies, Swimming & more!

**WHERE:** Tiny Tots Room in the Rec Center.

**LUNCH:** KOM participates in the Summer Food Service Program and provides a light lunch for campers daily. Menus are provided for planning.

KOM does not offer alternative lunches for picky eaters or allergies.

**COST:** Prepay cards (share w/siblings) are available. Check out additional information in the KOM brochure. *Snacks included.*

**REGISTRATION:** Required for children BEFORE attending KOM.

**FIELD TRIPS:** KOM hits the road Wednesdays to explore Wyoming.

Permission slips due MONDAY before each trip.

**JUNIOR COUNSELORS:** Available for youth who completed 7th grade+ who have modeled responsible behavior at camp previously. \$50/month. Call to set up an interview.

## FOR MORE INFO:

Contact Youth Recreation Coordinator Kayla Rivers at [krivers@cityofcody.com](mailto:krivers@cityofcody.com) or 307-527-3490/307-250-8362.



# YOUTH PROGRAMS

*Kindergarten+*

## Learn-to-Swim Lessons American Red Cross 6 yrs+

Swim Level	Days	Session Start - End	Time Start - End	Cost	Code
Learn-to-Swim L1 (min 3/max 6)	Tues & Thurs	March 3 - 26	5 - 5:30 P 5:30 - 6 P	\$30	101221-1 101221-2
Learn-to-Swim L2 (min 3/max 6)	Tues & Thurs	March 3 - 26	5 - 5:30 P 5:30 - 6 P	\$30	101222-1 101222-2
Learn-to-Swim L3 (min 3/max 6)	Tues & Thurs	March 3 - 26	5 - 5:30 P 5:30 - 6 P	\$30	101223-1 101223-2
Learn-to-Swim L4 (min 3/max 10)	Tues & Thurs	March 3 - 26	5 - 5:45 P	\$38	101224-1
Learn-to-Swim L5 (min 3/max 10)	Tues & Thurs	March 3 - 26	5 - 5:45 P	\$38	101225-1

*Please note that charter discounts do not apply to American Red Cross swim or safety classes*



## SCHOOL'S OUT STAY SAFE

*Creating a safe place for Cody's youth!*

Aquatic & rec staff offer a variety of activities to school age youth during No School Days. Activities are offered in the pool from 10 A to Noon & on the dry side from 1 to 3 P. FREE to members of daily entrance fee for nonmembers. The Rec Center is closed on most City holidays (see back for closures).

# YOUTH AQUATIC PROGRAMS

Class Name	Day	Session Start - End	Time Start - End	Cost	Code
Home School in the Pool <i>(min 1/max 50)</i>	Thursdays	Feb 6 - March 26	1 - 3 P	\$45	101202-1
PADI Discover SCUBA Diving <i>(min 2/max 8)</i>	Fridays	Jan 17 Feb 21 March 20 April 17 May 15	5:30 - 7:30 P	\$20	101340-1 101340-2 101340-3 101340-4 101340-5
Pre-Competitive Swim <i>(min 3/max 10)</i>	Tues/ Thurs	Jan 7 - 30 Mar 3 - 26	5:15 - 6 P	\$45	101201-1 101201-2
Private Swim Lessons	Varies	Monthly	Varies	Varies	501001-1 thru 5
SRD Free Swim Lessons <i>(min 3/max 15)</i>	Mon - Thurs	Eastside & Wapiti Jan 6 - 16	3:40 - 4:10 P 4:15 - 4:45 P	FREE	600070-1 600070-2
	Mon - Thurs	Sunset School & Alternative Schools Feb 3 - 12 <i>Excl. Feb 13</i>	3:40 - 4:10 P 4:15 - 4:45 P		600050-1 600050-2
	Mon - Thurs	Livingston & Valley March 2 - 12	3:40 - 4:10 P 4:15 - 4:45 P		600060-1 600060-2

- **HOME SCHOOL IN THE POOL** (*school-age*): A fun swim & aquatic activity program for homeschoolers.
- **PADI DISCOVER SCUBA DIVING** (*10+*): Learn what it takes to explore the under water world, no SCUBA experience necessary.
- **PRE-COMPETITIVE SWIM** (*LTS level 3, or able to swim 15 yards*): An introduction to competitive swimming.
- **PRIVATE SWIM LESSONS** (*3 - 15 yrs*): Private and semi-private lessons are available January - May for those looking to hone their swimming skills.



- **SRD FREE SWIM LESSONS** (*3rd grade*): The Shoshone Recreation District provides FREE swim lessons for all 3rd graders. Students are bused to the Rec Center after school; once lessons are over, kids are welcome to enjoy the Rec Center free of charge! Info packets available at schools prior to lessons.

# YOUTH ATHLETIC PROGRAMS

Class Name	Day	Session Start - End	Time Start - End	Cost	Code
3rd & 4th Grade Cody Youth Basketball	Varies	Register by Jan 2; Games T/TH Jan 21 - Feb 20	Varies	\$50 by Jan 2; \$70 After	120271-1
1st & 2nd Grade Cody Youth Basketball	Varies	Register by Feb 3; Games T/TH Feb 25 - March 26	Varies	\$50 by Feb 3; \$70 After	120270-1
Middle School Life Sports Camp	Mon - Thurs	June 8 - July 23	Boys 10A - Noon Girls 1 - 3 P Drop In	\$75 \$75 \$7/Class	240299-1 240299-2 240299-3
Open Lacrosse	Fridays	Jan 10 - Feb 21	6 to 8 P	FREE members; Daily Fee NM	---

- **3RD & 4TH GRADE BASKETBALL:** Girls and boys take to the hardwood for this fun developmental league. **REGISTER BY JAN 2!** Families will hear from a coach the week of Jan 6.
- **1ST & 2ND GRADE BASKETBALL:** This co-ed league is a great introduction to the sport of basketball! **REGISTER BY FEB 3!** Families will hear from a coach the week of Feb 10.
- **MIDDLE SCHOOL LIFE SPORTS CAMP** (*5th - 8th grades*): Kids get an introduction to sports they can play throughout their lives. No camp the week of July 4.
- **OPEN LACROSSE:** Come learn the fastest game on two feet! Equipment provided, girls & boys welcome.



Early registration is imperative for the success of our sports leagues. Be sure to register before the deadline!

# YOUTH RECREATION PROGRAMS

Class Name	Day	Session Start - End	Time Start - End	Cost	Code
Sunday Afternoon Family Paint Day	Sundays	January 5 February 2 March 1 April 5	1:30 to 3:30 P	\$15/person	110270-1 110270-2 110270-3 110270-4
Home School Art	Wed	Drawing Jan 8, 15, 22 & 29 Painting Feb 5, 12, 19 & 26 Sculpture March 4, 11, 18 & 25 Clay - Air Dry April 1, 15, 22 & 29	4 - 5 P	\$35/month \$10 Drop In	110270-5 110270-6 110270-7 110270-8
May Make-It	Wed	Flowers for Mom May 6 Flip Flop Into Summer May 13	3:45 - 4:45 P	\$15/Session	110270-9 110270-10

- **SUNDAY AFTERNOON FAMILY PAINT DAY** (ages 8 & up, adults welcome): Feeling short on family time and looking to do something fun together? Create something great as a family! No experience necessary; pre-registration required one week prior.
- **HOME SCHOOL ART** (school age youth): Home & private school students are welcome to join in the creative fun as we explore our world in different artistic media.



- **MAY MAKE-IT** (ages 8 & up): Create flowers for mom May 6, and bring your own flip flops to get ready for summer! Pre-registration is required by May 1.



# SPECIAL EVENTS

## CITY OF CODY YOUTH BASKETBALL TOURNAMENT

5th & 6th grade boys and girls play in this one day tournament with a 3 game guarantee. **REGISTER BY DECEMBER 9!**

**WHEN:** Saturday, December 14

**WHERE:** Rec Center Gyms

**COST:** \$150/team

**CODE:** 310205-1



## ANNUAL LEISURE SPORTS TOURNAMENT

Teams of 4 will compete in Corn Hole, KanJam, WallyBall & Bowling. Prizes for 1st - 3rd place overall. Trophies awarded for 1st place in each individual competition.

**WHEN:** Saturday, January 11, 2020  
8 A to 11 P

**REGISTER BY JANUARY 4**

**WHERE:** Rec Center Gyms & Cody  
Bowling Alley

**COST:** \$125/team

**CODE:** 130300-1

## NBA ALL STAR NIGHT

Kids compete in free throw, three point and hot shot competitions, followed by pizza and watching the NBA dunk & three point contest on the pool's BIG score board.

**WHEN:** Saturday, February 15  
5 to 9:30 P

**WHERE:** Rec Center gyms & pool

**COST:** \$5 pre-register/\$10 @ door

**CODE:** 160010-1



## WALLY BALL TOURNAMENT

Have a blast at this fun, coed 4 vs 4 tournament!

**WHEN:** Saturday, February 22  
10 A to 5 P

**REGISTER BY FEBRUARY 18**

**WHERE:** Rec Center Racquetball Courts

**COST:** \$75/team

**CODE:** 130303-1

# SPECIAL EVENTS

## ST. PATRICK'S DAY SHENANIGANS

Have a blast in the pool, dyed a festive green! Join staff for some St. Patty's day adventures, including arts & crafts, swimming and more!

**WHEN:** Friday, March 13  
2 - 4 P in pools; 4 - 5 P in gyms  
**COST:** FREE to members; daily fee for nonmembers.

## MLB PITCH, HIT & RUN

Boys & girls 7 - 14 years old can compete at the local Major League Baseball Pitch, Hit & Run event for the change to move on to the next level!

**WHEN:** Friday, May 15  
Register @ 3, Compete at 3:30 P  
**WHERE:** Glendale Park  
**COST:** FREE



## MLB JR HOME RUN DERBY

Swing for the fences in Major League Baseball's JR Home Run Derby. Competition is for 12U & 14U boy & girls.

**WHEN:** Saturday, May 16  
Register @ 10:30 A  
Compete at 11 A

**WHERE:** Majors Little League Field  
**COST:** FREE

# ADULT PROGRAMS

16+

Class Name	Day	Session Start - End	Time Start - End	Cost	Code
Coed Dodgeball	Wednesday	March 18 - April 22 ROSTERS DUE MARCH 9	7 - 10 P Rec Center Gyms	\$100/team	120274-1
Coed Softball	Mon/Wed	July 6 - August ROSTERS DUE JUNE 22	Evenings @ East Sheridan Softball Complex	\$400/team	---
Corn Hole League	Wednesday	Jan 15 - March 25 ROSTERS DUE JANUARY 2	Evenings @ Cody Auditorium	\$100/team	131390-1
J-BOW Archery Tag	Monday	Jan 6 - Feb 24 ROSTERS DUE JANUARY 2	7 - 10 P Rec Center Gyms	\$500/team	---
Marvelous Masterpieces	Wednesday	March 4, 11, 18 & 25 April 1, 15, 22 & 29	5 - 6 P	\$40	110270-11 110270-12

- **COED DODGEBALL (15+):** Manager's meeting Match 16 at 6 P at the Rec Center. Teams are coed and should consist of at least 4 males & 3 females.
- **COED SOFTBALL (15+):** Manager's meeting June 29th at the Rec Center.
- **CORN HOLE LEAGUE (18+):** Teams of 2 to 4 compete in this fun league each Wednesday night at the Cody Auditorium.
- **J-BOW ARCHERY TAG LEAGUE (16+):** Teams of 5 battle it out dodgeball-style, but with bows & cushioned arrows.
- **MARVELOUS MASTERPIECES (18+):** Learn how to create your own masterpiece from start to finish. March's class focuses on abstracts, from real to Picasso in 4 weeks, and April's class focuses on florals & landscapes.

*continued on page 24*



# ADULT PROGRAMS

Class Name	Day	Session Start - End	Time Start - End	Cost	Code
Men's Softball	Mon/Wed	May 14 - July 2 ROSTERS DUE APRIL 27	Evenings @ East Sheridan Softball Complex	\$400/team	---
Open Kayaking	Friday	Jan 3 Feb 7 March 6 April 3 May 1	5:30 - 7:30 P	\$5/session	---
Open SCUBA	Friday	Jan 17 Feb 21 March 20 April 17 May 15	6 - 7:45 P	\$5/session	---
PADI Discover SCUBA Diving	Friday	Jan 17 Feb 21 March 20 April 17 May 15	5:30 - 7:30 P	\$20/session	101340-1 101340-2 101340-3 101340-4 101340-5
Pick Up Indoor Soccer	Thursday	Jan 2 - March 26	7:45 - 9:45 P Rec Center Gyms	Free/Daily fee Non Members	---
Private Swim Lessons	M - TH	January - May	Varies	Varies	501001-1 thru 5
Spring Women's Volleyball	Monday	March 2 - April ROSTERS DUE FEBRUARY 18	Monday Evenings Rec Center Gyms	\$200/team	---
Sunday Basketball League	Sunday	Jan 5 - March 1 ROSTERS DUE DECEMBER 23	Noon - 5 P Rec Center Gyms	\$200/team	---

- **MEN'S SOFTBALL (16+):** Teams play at least two games/week, May 12 - July 2.
- **OPEN KAYAKING:** Keep paddling skills sharp in the safety of the pool. A variety of watercraft are welcome; please clean off boats BEFORE entering the pool.
- **OPEN SCUBA:** Get ready for your next dive in the safety & warmth of the pool.
- **PADI DISCOVER SCUBA DIVING (10+):** Learn what it takes to explore the under water world, no SCUBA experience necessary.
- **PICK UP INDOOR SOCCER (middle school +):** Enjoy indoor play with a Futsal ball, Non-marking shoes required & shin guards recommended. *Play may be canceled due to gym availability.*
- **SPRING WOMEN'S VOLLEYBALL (16+):** Teams will play Monday evenings.
- **SUNDAY BASKETBALL (18+):** Manager's meeting on Wednesday, January 2 at 6 P. Teams will referee their own games.

# FITNESS

16+



- **BLENDER** - A combination of Pilates, barre & strength training to tone the whole body.
- **BODY SCULPT** - Sculpt your body from head to toe in this full body toning class. DROP-IN ONLY.
- **CYCLE CHALLENGE** - A high energy indoor cycling workout with hill climbs, sprints & intervals.
- **DOWN & DIRTY CIRCUIT TRAINING** - We plan your workout and put you through the paces in this intense circuit training class utilizing all the upstairs workout area has to offer.
- **FIT & FUN SWIM SQUAD** - A volunteer coach offers a friendly & fun aquatic training program for all swimming abilities.
- **FUSION CORE FITNESS** - Designed to increase strength, flexibility & balance using weight training along with Pilates & Yoga elements.
- **FUSION DANCE FITNESS (14+)** - Move to many different dance formats & music styles to keep things fresh for a full 90 minute cardio burn.
- **H2O CARDIO** - This aquatic fitness class blends cardio & resistance training to tone & sculpt your body with no impact on your joints.
- **LUNCH BOX VARIETY** - Maximize your results in minimum time with both cardio & strength elements.
- **MORNING MIX** - This class incorporates a variety of formats & equipment to keep the body challenged & the results coming.
- **PADDLE BOARD PILATES** - Take your Pilates workout to the water! No bathing suits or paddle board experience required! Come with your own board (\$40/month), or rent one (\$60/month).
- **SPIN CODY BEGINNER (NEW!)** - Did you sign up your team for the fundraiser of the year and need to know how to cycle? This class is for you - a great introduction to indoor cycling before you sweat it out for great causes.
- **SPIN CODY TIME TRIAL (NEW!)** - Arrive on event day with your game face ready! This class will give you an edge and push you past your comfort zone so you can rack up the miles on March 14.
- **WATER WORKOUT HOUR** - Volunteers lead exercises in this great low-impact class.
- **YOGA** - Build strength & flexibility through flowing movements & postures synchronized with the breath.
- **YOGILATES** - Enjoy yoga & pilates movements in the short but sweet class of 45 minutes.

# ADULT FITNESS CLASSES

Class Name	Day	Session Start - End	No Class	Time Start - End	Cost/Session	Code
<b>Blender</b> <i>(min 6/max 15)</i>	M/W	Monthly Jan 6 - May 27	Feb 17 May 25	8:30 - 9:30 A	\$29 M; \$44 NM	131303-1 thru 5
<b>Body Sculpt</b> <i>(max 20)</i>	Saturday	Monthly Jan 4 - May 30	Jan 11	9 - 10 A	Drop In/ Punch Card	---
<b>Down &amp; Dirty Circuit Training</b> <i>(min 4/max 8)</i>	T/TH	Monthly Jan 7 - May 28	---	7:15 - 8:15 P	\$29 M; \$44 NM	131300-1 thru 5
<b>H2O Cardio</b> <i>(6 min /max 20)</i>	T/TH	Monthly Jan 7 - May 28 <i>(no class in March)</i>	March	10 - 11 A	\$29 M; \$49 NM	101330-1, 2, 4 & 5
<b>Saturday Drop In H2O Cardio</b>	Saturday	Monthly Jan 6 - May 27 <i>EXCL. MARCH</i>	Feb 1 March	10 - 11 A	Drop In/ Punch Card	---
<b>Fusion Dance Fitness</b> <i>(min 6/max 20)</i>	M/W	Monthly Jan 6 - May 27	Feb 17 May 25	4:30 - 6 P	\$35 M; \$50 NM	131302-1 thru 5
<b>Fusion Core Fitness</b> <i>(min 6/max 20)</i>	T/TH	Monthly Jan 7 - May 28	---	10 - 11 A	\$29 M; \$44 NM	131305-1 thru 5
<b>Fit &amp; Fun Swim Squad</b> <i>(max 20)</i>	M/W/F	Monthly Jan 3 - May 29	Feb 17 May 25	6 - 8 A	Free/ Daily Fee NM	---
<b>Lunch Box Variety</b> <i>(min 6/max 20)</i>	Mon-Fri	Monthly Jan 6 - May 29	Feb 7 May 25	12:15 - 12:45 P	\$50 M; \$65 NM	131323-1 thru 5
<b>Morning Mix</b> <i>(min 6/max 20)</i>	M/T/W/TH	Monthly Jan 6 - May 28	Feb 17 May 25	8:30 - 9:30 A	\$50 M; \$65 NM	131327-1 thru 5
<b>Paddle Board Pilates</b> <i>(min 3/max 8)</i>	Friday	Monthly Jan 10 - Feb 28	---	9 - 9:45 A	\$40/ month; \$60/ month w/rental	131320-1 thru 2
<b>Water Workout Hour</b>	M/W/F	Monthly Jan 6 - May 29	Feb 18 May 27	11 A - 12 P	Free M; \$50 NM	101313-1 thru 5
<b>Yoga</b> <i>(min 6/max 15)</i>	T/TH	Monthly Jan 7 - May 38	---	5:30 - 6:30 P	\$29 M; \$44 NM	131350-1 thru 5
<b>Yogilates</b> <i>(min/max 20)</i>	M/W	Monthly Jan 6 - May 27	Feb 18 May 27	6 - 6:45 P	\$29 M; \$44 NM	131359-1 thru 5

## 2020 FITNESS CHALLENGE

Your fitness goal in 2020? Check out all the Rec Center has to offer! Purchase a \$5 Fitness Bingo card at the Front Desk and check off strength equipment, cardio equipment and classes as you try each one! You'll be entered into fun drawings for each Bingo and could win Cody Bucks to use at local businesses as well as other great prizes!

WHEN: January 2 - March 31, 2020

COST: \$5/card; 3 card types: Strength, Cardio, Group Fitness

## DROP IN PASSES & PUNCHCARDS

Attend classes at your convenience!

Drop In Passes: \$7/Members; \$10 Nonmembers  
10 Class Punch Cards: \$50/Members; \$80 Nonmembers



### SPIN CODY 2020

The Cody Recreation & Cody Regional Health Foundations join forces to bring you the can't miss fund raising event of the year! Teams of ten compete to raise funds for both foundations and to rack up the miles on the Keiser M3 spin bikes!

WHEN: Saturday, March 14

9 A to 3 P @ The Cody Rec Center

For more information, check out [www.codyregionalhealth.org](http://www.codyregionalhealth.org).

CHECK OUT OUR NEW SPIN CODY CLASSES IN PREPARATION FOR THE EVENT!

## CYCLE CHALLENGE INDOOR CYCLING CLASSES

16+ (MIN 6/MAX 14)

Class Name	Day	Session Start - End	No Class	Time Start - End	Cost/Session	Code
Cycle Challenge	M/W/F	Monthly Jan 6 - May 29	Feb 17	6 - 7 A	\$35 M; \$50 NM	131353-1 thru 5
Cycle Challenge	T/TH	Monthly Jan 7 - April 30	---	5:30 - 6:30 A	\$29 M; \$44 NM	131354-1 thru 4
SPIN CODY Beginner	Thurs	Feb 20 - Mar 12	---	5:15 - 5:45 P	\$20 M; \$35 NM	131370-1
SPIN CODY Time Trial	Thurs	Feb 20 - Mar 12	---	6 - 6:30 P	\$20 M; \$35 NM	131370-2

# PERSONAL TRAINING & NUTRITION SERVICES

Take your fitness to the next level with programming designed specifically for your unique goals. Want to lose weight? Hoping to gain strength? Or want to improve your heart health or body composition? Our four qualified & certified personal trainers can help you see results & meet your goals! For more details, visit with Front Desk staff or contact our Fitness Coordinator, Kelly Serfas Bower, at 307-527-3487.

ONE-ON-ONE SESSIONS			
<b>ONE HOUR</b>	<b>4X PACKAGE</b>	<b>8X PACKAGE</b>	<b>12X PACKAGE</b>
Members	\$140	\$266	\$399
Nonmembers	\$180	\$342	\$513
<b>HALF HOUR</b>	<b>4X PACKAGE</b>	<b>8X PACKAGE</b>	<b>12X PACKAGE</b>
Members	\$80	\$152	\$228
Nonmembers	\$120	\$228	\$342
GROUP SESSIONS			
<b>ONE HOUR</b>	<b>4X PACKAGE</b>	<b>8X PACKAGE</b>	<b>12X PACKAGE</b>
Members	\$210	\$399	\$599
Nonmembers	\$280	\$532	\$798

\* Groups are two to three people with similar training goals.

Charter discounts do not apply to personal training or nutrition services.

## NUTRITION SERVICES

### ONE-ON-ONE NUTRITION COUNSELING

Members ~ \$25/30 minute session  
Nonmembers ~ \$30/30 minute session

### NUTRITION COUNSELING PACKAGE

Three sessions; a one hour assessment &  
Two 30 minute follow up sessions  
Members ~ \$75  
Nonmembers ~ \$90



For more information on Personal Training & Nutrition Services, contact Fitness Coordinator Kelly Serfas Bower at [kellyb@cityofcody.com](mailto:kellyb@cityofcody.com) or 307-527-3487.

# SAFETY & FIRST AID

- **ADULT & PEDIATRIC FIRST AID/CPR/AED (AGE):** This blended learning format includes an online portion as well as a live class in order to recognize & care for a variety of first aid & cardiac emergencies. Certificate is valid for two years.
- **PROFESSIONAL LIFEGUARDING (15+):** Learn team work, rescue & surveillance skills, First Aid, CPR & AED & other skills needed to work as a lifeguard.
- **WATER SAFETY INSTRUCTOR (16+):** Proficient swimmers 16 and up can enhance knowledge of swimming skills in order to teach a variety of Red Cross swimming classes.
- **BASIC BABYSITTING CLINIC (11 - 15 yrs):** Created for both young babysitters & seasoned childcare professionals, our best-in-class training gives the opportunity to sharpen skills and become a safe, reliable babysitter.

Class Name	Registration Deadline	Class Dates	Time Start - End	Cost	Code
Adult & Pediatric First Aid/CPR/AED (min 3/max 10)	Jan 16 March 12 May 14	January 21 March 17 May 19	6 - 8 P	\$90	180015-1 180015-3 180015-5
Basic Babysitting Training (min 5/max 16)	February 18	March 6 @ Rec Center Conference Room	8 A - 4 P	\$55/ \$65 after deadline	180102-1
Professional Lifeguarding (min 4/max 10)	May 22	June 1 - 5 @ Rec Center Conference Room and Pools	8 A - 5 P	\$145/ \$165 after deadline	280018-1
Water Safety Instructor (min 4/max 10)	April 13 meeting to schedule dates & times	@ Rec Center Birthday Party Room	8 A	\$145	180016-1



## PARKS, RECREATION & PUBLIC FACILITIES STAFF

**Director:** Rick Manchester;  
rickm@cityofcody.com

**Administrative Assistant:** Jolene Selk;  
jo@cityofcody.com

**Aquatic Supervisor:** Marc Dean;  
mdean@cityofcody.com

**Aquatic Coordinator:** Suzanne Palmer;  
suzannep@cityofcody.com

**Aquatic Specialist:** Jasper Mork;  
jmork@cityofcody.com

**Parks Supervisor:** Eric Asay;  
easay@cityofcody.com

**Parks Maintenance Workers:** Monte Bales,  
Mike Daems, Tim Latham & Gary Wheeler

**Recreation & Public Facilities  
Superintendent:** Mike Fink;  
mfink@cityofcody.com

**Facilities Maintenance Workers:** Don  
Abdella, Mike Creech, Mark Curless, Janice  
Grush & Dale VanDusen

**Athletic Coordinator:** Ryan Brown;  
rbrown@cityofcody.com

**Fitness Coordinator:** Kelly Serfas Bower;  
kellyb@cityofcody.com

**Youth Coordinator:** Kayla Rivers;  
krivers@cityofcody.com

**Tiny Tots Instructor:** Debbie Cottonware;  
dcottonware@cityofcody.com

**Accounting Technician:** Cindy Vaughn;  
cindyv@cityofcody.com

**Customer Service Specialist:** Jessica Reesy;  
jreesy@cityofcody.com

**Office Assistants:** Ellen Hayes, Kevin  
Johnson, Mackenzie Michaels, Noreen  
Schoonover, Karla Scovel, Cindy Selby, Don  
Shreve & Greg Warner



Check out the Rec Center page on the City's website by scanning the code above!

## CITY OF CODY GOVERNING BODY

**City Administrator:**  
Barry Cook

**Mayor:** Matt Hall

**City Council Members:**  
Justin Baily, Diane Ballard, Jerry  
Fritz, Landon Greer, Glenn  
Nielson & Heidi Rasmussen

## SHOSHONE RECREATION DISTRICT

**Board of Directors:** Melissa Allen,  
Diane Ballard, Megan Fox, Sarah  
Mikesell Growney, Tony Hult, Jacob  
Ivanoff, Tom Keegan, Jay Nielson,  
Dossie Overfield, Alan Rosenbaum  
& Rick Stonehouse

## WEEKLY FITNESS SCHEDULE AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 to 7 A Cycle Challenge Linda	5:30 to 6:30 A Cycle Challenge Roy	6 to 7 A Cycle Challenge Kristen	5:30 to 6:30 A Cycle Challenge Roy	6 to 7 A Cycle Challenge Kelly
6 to 8 A Fit & Fun Swim Squad Volunteer Coach		6 to 8 A Fit & Fun Swim Squad Volunteer Coach		6 to 8 A Fit & Fun Swim Squad Volunteer Coach
8:30 to 9:30 A Blender Kelly		8:30 to 9:30 A Blender Kelly		9 to 9:45 A Paddleboard Pilates Tiffani * Jan & Feb ONLY
8:30 to 9:30 A Morning Mix Tiffin	8:30 to 9:30 A Morning Mix Tiffin	8:30 to 9:30 A Morning Mix Tiffin	8:30 to 9:30 A Morning Mix Tiffin	
	10 to 11 A Fusion Core Fitness Tiffani		10 to 11 A Fusion Core Fitness Tiffani	
11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour
12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly
4:30 to 6 P Fusion Dance Fitness Tiffani		4:30 to 6 P Fusion Dance Fitness Tiffani		
	5:30 to 6:30 P Yoga Kevin		5:30 to 6:30 P Yoga Kevin	
6 to 6:45 P Yogilates Tiffani	7:15 to 8:15 P Down & Dirty Circuit Training Tiffani	6 to 6:45 P Yogilates Tiffani	7:15 to 8:15 P Down & Dirty Circuit Training Tiffani	

**Class Schedule is subject to change**  
Stay up to date and follow us on Facebook for updates!  
Additional classes may be available dependent on instructor availability.



## RECREATION CENTER FACILITY HOURS

*Effective Labor Day through Memorial Day*

### MONDAY to THURSDAY

5 AM to 10 PM

(POOL HOURS 5:30 AM TO 8 PM;

FEATURES ON AT 4 PM;

NO SCHOOL DAYS FEATURES ON AT 1 PM)

### FRIDAY

5 AM to 8 PM

(POOL HOURS 5:30 AM TO 7:45 PM;

FEATURES ON AT 2 PM;

NO SCHOOL DAYS FEATURES ON AT 1 PM)

### SATURDAY

8 AM to 6 PM

(POOL HOURS 10 AM TO NOON NO

FEATURES;

NOON TO 5:45 PM WITH FEATURES)

### SUNDAY

Noon to 6 PM

(POOL HOURS NOON TO 5:45 PM WITH

FEATURES)

## HOLIDAY SCHEDULE & CLOSURES

### FACILITY CLOSURES

- December 25 - Christmas Day
- January 1 - New Years Day
- February 17 - Presidents Day
  - April 12 - Easter
- May 25 - Memorial Day

### MODIFIED HOURS

- December 24 - Christmas eve  
Facility Open 5 A to 3 P
- December 31 - New Years Eve  
Facility Open 5 A to 3 P

## FREE & FAMILY DAYS

### FREE DAYS

- December 21
- February 8
  - April 4
  - June 6

### FAMILY DAYS

Families enter for just \$5.50!

- January 18
- March 7
- May 2