

City of Carroll Iowa
Volume 3, Issue 4
April 2009



ARE YOU READY?

Carroll's First Indoor Group Cycling RACE DAY™ is coming soon!!

**When: April 14th, 09
4:30-5:15 PM**

Where: Fitness Room, Carroll Rec Center

Start building your Endurance Energy Zone™ & Strength Energy Zone™

Instructor:
Christina Tait,
NETA, SPINNING®,
Cycle Reebok,
YMCA-PT, MA

There is still time to sign up for the following Leagues:

**1st-8th Grade Youth Baseball/Softball
Deadline:
Friday, April 10th**

**T-ball
Deadline:
Friday, May 10th**



Upcoming Youth Programs.....

Blastball Youth aged 4 -5

Youth will learn the basic baseball/softball fundamentals. Participants hit off a tee and run to a base that honks when stepped on. Fielders field the ball, hold the ball up and yell Blastball! This allows children to have more opportunities to touch the ball and be more involved, great for beginners! This is instructional, and *FUN*, there is no normal field positions. Participants must supply their own glove.

Forms at Rec Center, please pre-register by June 5. **Date/Time:** 4 or 5 year old: T & TH June 9-June 30 10:00-10:45am or 11-11:45am Max/per group: 16

Location: City Softball Fields (East of the Stadium)

FEE: \$12.00

Hershey Track Meet Ages 9-14 (born 1995-2000)

Special registration forms for the local Hershey Track competition will be available at the Rec Center.

This event is open to boys and girls, participants can enter individual and team running events. First place winners qualify for the state meet held in Marshalltown on June 14. **Forms are available at the Rec Center. Registration begins Monday, March 30th, pre-register by Friday, May 15. *No registration or changing of events on Monday May 18th*** **Date/Time:** Monday, May 18 5:00pm

Location: Carroll Athletic Field

FEE: No Charge

5th and 6th Grade Volleyball League Youth in grades 5-6

All participants will be placed on teams and coached by volunteers. Teams will practice during the week and games will be played on Saturdays. Registration forms will be available at the Rec Center beginning June 1. Pre-registration is required, **registration deadline is Friday, Aug. 7th. (There is a \$10 Late Fee)** **Registration:** Monday, May 4-Friday, August 7th **Games:** Weekday & Saturdays, August, September and October

Location: Games played at Carroll Middle & High School

FEE: \$20.00

Youth Flag Football League Youth in grades 3-6

Special registration forms will be available at the Rec Center beginning Monday, May 4 and the

REGISTRATION DEADLINE IS FRIDAY AUGUST 7!!

We offer two leagues: 3rd-4th grade and 5th-6th grade.

Date/Time: Games scheduled Sept-Oct. T, TH evenings & Sun afternoons

Registration: Monday, May 4-Friday, August 7 (THIS IS THE DEADLINE) **FEE:** \$20.00

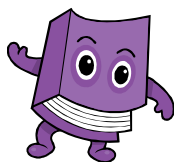
Fall Soccer League Youth-5 year olds-2nd grade

Soccer registration begins Monday, May 4 and ends Friday, August 7. We will offer 2 leagues: 5 year olds who have not been to kindergarten-kindergarten age kids and 1st-2nd grade. Registration forms will be available at the Rec Center. Girls and boys will be in separate leagues unless we do not get enough for separate leagues.

Date: Games will be played on Monday and Tuesday evenings.

Registration: Monday, May 4 -Friday, August 7

FEE: \$20.00



Watch for New Program booklets coming out in the beginning of April.

The program booklet will include all summer swim lessons and summer programs.



New Indoor Morning Cycling Time

Monday and Wednesday class is now from 5:30am-6:15am. Any questions please call the Rec Center at 712-792-5400.



PARKS & RECREATION

"Mom's are Great" Essay

Youth/Adult -Compose a short essay on why "My Mom is the greatest!" Print your essay on one side and write your name, age, address, phone #, and your mother's name on the back side. Winning moms will receive a gift certificate for lunch at Mac's Corner Cafe and a bouquet of flowers from the Hy-Vee floral department. Sponsored by Mac's Corner Cafe, Hy-Vee and the Rec Center.

Date/Time: Essays must be submitted by 5:00pm on Monday, May 5

Youth Theater Production "The Little Mermaid"

Youth (ages 10 to 14) are invited to audition for the Carroll Recreation Center's Summer Production "The Little Mermaid," by Rosemary Nursey-Bray. Auditions are scheduled for Tuesday and Thursday, April 21st and 23rd. Audition/Crew forms will be made available in the Rec Center office. These forms are to be filled out and brought to either audition. Auditions will be held on a first come-first serve basis (5 to 6 auditions will be taken at one time). Auditions may range from 5 to 15 minutes. Everyone who wants to audition will! The production will need a cast of at least 20, however, as many parts will be given as possible to accommodate more youth. As many people are needed to audition as possible. In addition, many positions for youth who do not want to act but would like to be involved include: set construction, lighting, stagehands, etc. A few adults will be needed to help and supervise as well. This is great way for families in the Carroll area to work on a project together.

Ages: 10 to 14 **Auditions Dates:** Tuesday, April 21st, 6:00-8:00 p.m.
Thursday, April 23rd, 6:00-8:00 p.m.

Rehearsals: Monday through Friday from 1-3:30 p.m. (beginning Tuesday, June 2nd from 2:30-4:00 p.m.)

Productions: Thursday, June 25th at 7:30 p.m.

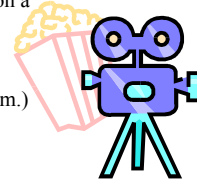
Saturday, June 27th at 7:30 p.m.

Sunday, June 28th at 2:00 p.m.

-Tickets for all performances will be sold at the door (no tickets will be sold in advance) and will cost \$2.00 for all ages. Fee: There is no audition fee. However, upon receiving a part, each cast/crew member will be required to pay \$25.00. This will cover the cost of a t-shirt and the cast party.

Director: Scott Cullen

Assistant Director: Matthew McCarty



Carroll Swim Team-Summer 2009

The Carroll Parks and Recreation Department will be sponsoring the Carroll Swim Team for boys and girls 5-18 years of age (have attended kindergarten and can swim the length of the pool). The team meets daily Monday through Friday for practice and competes in swim meets approximately twice a week. Swim team practice will begin on Tuesday, May 26. Practice times will be 8:00am for 11-12 year olds, 9:00am for 13-18 year olds, 10am for 9-10 year olds, and 11:00am-11:45 for 8 and unders. Please remember that swim team is not a substitute for swim lessons. Encourage your child to take swim lessons also.

There are additional fees that are due to the Swim Team Parents Organization (separate from the Carroll Rec Center.) First time participants need to bring a birth certificate to the first practice or just drop it off at the Rec Center when signing up.

Ages: 5-18 years

Registration ends Friday, June 5, 2009

Fee: Both fees can be left at the Rec Center office when registering. Payable to Carroll Rec Center-\$40.00 member; \$70.00 non member. Payable to Carroll Swim Team Parents Club-\$15.00/family

Swim Meet Schedule

Tuesday, June 9—at Southern Cal 6:30pm

Thursday, June 11—at home/Denison 6:30pm

Tuesday, June 16—at Perry 6:30pm

Thursday, June 18—at Glidden 6:30pm

Tuesday, June 23—at home/Jefferson 6:30pm

Thursday, June 25—at home/Sac City 6:30pm

Tuesday, June 30—at Coon Rapids 6:30pm

Thursday, July 2—at home/Guthrie Center 6:30pm

Tuesday, July 7—at Manning 6:30pm

Saturday, July 11—Conference meet at Jefferson 1:00 pm

