

City of Carroll Iowa
Volume 3, Issue 5
May 2009



Look for more information on changes to Shelter House reservations in next months newsletter.

“Summer Special” Indoor Cycling Class

Are you looking for a worry-free environment where there are no traffic lights, cars or potholes and the weather is always perfect. Then the ideal class for you is Indoor Cycling. Come and try it, the first class is always free! Indoor Cycling is a great place to socialize, meet old friends and make new!

When: Month of June on Tues/Thurs
Time: 5:30-6:30pm
Fee: \$35 Member/\$55 Non-Member
Instructor: Christina Tait (NETA, SPINNING®, Cycle Reebok, YMCA-PT, MA)

Call the Rec Center office for availability
712-792-5400.

Upcoming youth leagues

Registration for the following youth leagues will start Monday, May 4th and end Friday, August 7th!



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

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, Aug. 7

(THIS IS THE DEADLINE)

FEE: \$20.00

Notice: Registrants will be charged a \$10 late fee after August 7



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. Pre-registration is required, **registration deadline is Friday, Aug. 7th. (There is a \$10 Late Fee)**

Registration: Monday, May 4-Friday, Aug. 7th

Games: Weekday & Saturdays, August, September and October

Location: Games played at Carroll Middle & High School

FEE: \$20.00



Adult Flag Football League

Adults 18 and older and out of high school. Sign up now to for a friendly game of Flag Football. Compete like you did in those high school days! Teams must consist of 10 players. Games will be played on the City Softball Fields on Wednesday and possibly Monday nights. Games will be officiated by other teams that are not playing that night. **Registration will start on Monday June 1st and the REGISTRATION DEADLINE IS FRIDAY AUG. 7!!!**

Date/Time:

Games are scheduled Sept-Oct. Wednesday and possibly Monday nights

Registration:

Mon June 1–Fri Aug. 7

Location:

City Softball Fields

Fee:

\$75.00 per/team

Notice:

Registrants will be charged a \$75 late fee after Aug. 7.



Summer Recreation Center Hours

Building Hours

May 1 – September 30

Mon-Fri: 5:30am-9:00pm

Sat-Sun: 8:00am-7:00pm

Pool Hours

May 1– Until school is out for the summer and again from the date school starts in the fall until September 30.

Monday-Friday:

6:00-7:30am Youth/Adult swim

11:00am-1:30pm –Youth/Adult

3:45-8:00pm-Youth/Adult swim

Saturday-Sunday:

10:00am-6:45pm-Youth/Adult

Pool Hours

While school is out for the summer.

Monday-Friday:

6:00-7:30am Youth/Adult swim

12:00am-1:00pm - Adult (18 yr.

+) (Pool will open at 11 am when swim team is over)

1:00-8:45pm-Youth/Adult swim

Saturday-Sunday:

10:00am-6:45pm-Youth/Adult

Office Hours:

Mon-Fri. 8:00am to 5:00pm

Holiday Hours:

The Rec Center will be closed on the following days:

Memorial Day (Mon, May 25, 2009)

4th of July (Sat, July 4, 2009)

Labor Day (Mon., Sept. 7, 2009)

Carroll Rec Center
716 N. Grant Road
Carroll, IA 51401

712-792-5400
www.cityofcarroll.com

PARKS & RECREATION

Adult Programs

Corporate Games

“Corporate Games” will be a fun competition among business around Carroll. We will be offering outdoor sand volleyball and Co-ed softball. Winning teams will receive T-shirts. If your business is interested in Corporate Games please contact Mike at the Rec Center, 792-5400

Co-ed Softball

Registration Deadline Friday June 5th

Co-ed Sand Volleyball

Registration Deadline Friday June 5th

The Great Rec Center Fitness Challenge

You will have from June 1st till Labor Day (September 7th) to get across Iowa on Highway 30. You have two options you can either Run/Walk or Bike It. For those looking to go for a swim we are offering the Raccoon River Challenge. For this you won't actually have to swim the Raccoon River just the distance it travels through Carroll County. New this year we are offering a rowing challenge. You can use one of our new rowing machines located in the upstairs of the weight room.

Highway 30 Run/Walk- 316 miles

Highway 30 Bike- 316 miles

Raccoon River Challenge-10.5 miles

Rowing Down The River- 16898 meters

Upcoming Youth Programs

Free Tennis Clinic (Registration going on now until May 29th)

This clinic will be an introduction to tennis. Participants will need to bring their own racquets. A free t-shirt to the first 50 registered participants. Clinic will be held in Graham Park. Contact Carroll Recreation Center at 712-792-5400, with any questions. Sponsored by the United States Tennis Association-Iowa Tennis Association.

Date/Time: 10:00-10:45am	4-6 year olds	June 5, 2009
11:00-11:45am	Grades 1-4	June 5, 2009
12:00-12:45pm	Grades 5-8	June 5, 2009

Location: Graham Park

Youth Tennis (Registration going on now until June 5th)

Youth having completed 1st-8th grades. This program is for the development of all players, beginners to advanced. Participants need to supply their own racket. Forms with more information will be available in May at the Rec Center, please pre-register by June 5.

Date/Time: Grades 1-3	8:30-9:15am	June 8-June 24 (M, W)
Grades 4-8	9:15-10:00am	June 8-June 24 (M, W)
Ages 4-6	9:30-10:00am	July 6-Aug. 5 (M)

Max/per group: 16

Location: Rolling Hills Tennis Courts

Instructors: Jack Wardell, Parks & Rec Director, tennis pro

FEE: \$24.00

Golf Fundamentals (Registration going on now until May 29th)

Ages: 8-14. This class will cover a number of things like the grip, posture, ball position, chipping, putting, rules, etiquette, and other aspects of the game. Participants will need to supply their own clubs for the class. There will be a practice round Monday, July 6 at 9:00am. There will be hot dogs and pop provided afterwards. Forms at Rec Center, please pre-register by Friday, May 29

Date/Time: Mondays **OR** Wednesdays (sign up for one day): June 8-July 1

Ages 8-9	8:00-9:00am
Ages 10-11	9:15- 10:15am
Ages 12-and up	10:30-11:30am

Max/per group: 8

Location: Carroll Muni

Instructor: Larry Clark

FEE: \$30.00/participant

Father/Child Golf Outing

This 9-hole event is a great way for Dad to spend his special day. Call the Golf Course at 792-9190 to get a tee time for your group-- ONLY foursomes will be taken. Father/child each golf their own game, we then combine the two scores for the total. This special event fills up fast, so call early to get your tee time.

Date/Time: Sunday, June 21

Tee times taken until Noon

Ages: 8 years & under, 9-10, 11-12, 13-14, 15-17, 18 – 25, 25 & up

Location: Carroll Municipal Golf Course

FEE: \$10.00/per team of two

Picnic in the Park (Registration going on now until May 29th)

Youth ages 3-6 (by 6-1-09). Plan a day to Picnic in the Park! Pack a lunch and enjoy an activity in Graham Park over the lunch hour. Picnics will be on Wednesdays in June. Parents are encouraged to send a sack lunch with their child to every picnic.

Pre-register at the Rec by Friday, May 29

Date/Time: Wednesdays in June 12:00-1:00

Ages: 3-6 yrs old (by 6-1-09)

FEE: \$8.00 per/child

Location: Graham Park Open Shelter house

Stop in at the Rec Center office to see what is available for Summer Swim Lessons!!

Summer Swim Lessons:

Session 1: M-F June 15-26, 2009

Session 2: M-F July 6-17, 2009

Each session lasts two weeks and consists of a daily lesson lasting 30 minutes for the Preschool classes (4-5 year olds who have not been to kindergarten) and 45 minutes for the Red Cross “Learn to Swim” Levels 1-5 (for those who have attended kindergarten and older.)

When registering, please fill in 2 choices, starting with your 1st choice, then your 2nd choice (in case the 1st choice class is full) as shown on the registration form. Then turn the registration form into the office, Mon-Fri. 8am-5pm.

There is still time to sign up for Blastball!

Blastball registration ends Friday, June 5th.

Stop by the Rec Center or visit www.cityofcarroll.com to get your registration form.