

City of Carroll, Iowa
Volume 3, Issue 11
November 2009



Carroll Rec Center
716 N. Grant Rd.
Carroll, Iowa 51401

Building Hours:

5:30am-9:30pm Mon-Thurs
5:30am-9:00pm Fri
8am-7pm Sat-Sun

Office Hours:

8am-5pm Mon-Fri

Phone:

712-792-5400

Fax:

712-792-3097

E-mail:

reccenter@ci.carroll.ia.us

Web-site:

www.cityofcarroll.com

The Recreation Center will be closed on the following days:

Thanksgiving:

Thurs., Nov. 26, 2009

Christmas Day:

Friday, Dec. 25, 2009

New Year's Day:

Friday, Jan. 1, 2010

The Recreation Center will close at 3:00pm on the following days:

Christmas Eve:

Thurs., Dec. 24, 2009

New Year's Eve:

Thurs., Dec. 31, 2009

With the holiday season coming upon us we need to remember to take time to keep holiday stress at a minimum. This time of year can get very busy with shopping, family gatherings, and work parties. Dealing with your stress is necessary if you want to get any sort of enjoyment out of the holiday season. Dealing with stress also helps you to maintain your health, your weight, and your sanity. Here is a list of 10 ways to avoid holiday stress.

1. **Hit the gym for your workouts**-It's tempting to take the gym off your to-do list, but getting in some exercise is one of the best ways to burn off tension, get time to yourself, and boost your energy and mood.
2. **Lift weights**-Resistance training helps you build stronger bones and raise your metabolism.
3. **Take a run or walk**-Cardio is proven to increase those feel-good hormones, which helps reduce stress. Second, it helps you maintain your weight, or at least minimize weight gain from eating too many treats.
4. **Relax with Mind/Body Exercise**-If gym workouts or more strenuous routines are out of reach, try setting aside 5-10 minutes in the morning or at night for a gentle mind/body workout, such as yoga. Yoga is great for flexibility and helps you unwind after a long day.
5. **Sleep**-You may be busier than ever, but getting enough sleep is essential for keeping your stress hormones in check and your weight from creeping up. In fact, lack of sleep can affect hormones so much that your body may actually store extra fat when things get stressful.
6. **Avoid eating out too frequently**-Resisting the temptation to eat out all the time can help save your waistline as well as keep stress at bay. Eating out may be the easy way out, but all those extra calories can add up, leaving you feeling guilty and stressed.
7. **Ease up on yourself**-Do what you can to keep some kind of exercise program. If you can't stick to your normal workout schedule, try short bouts of exercise.
8. **Drink more water**-Being dehydrated zaps your energy and makes it difficult to concentrate, so keep a water bottle handy throughout the day.
9. **Learn to say no**-Your first priority should be taking care of yourself—if you don't, nothing will get done. Don't be afraid to decline activities that only add more stress.
10. **Reward yourself**-When the holidays are over, reward yourself for a job well done with a massage, a facial, new workout music, or even an hour of reading a book.

Source: Waehner, Paige. "10 Ways to Avoid Holiday Stress." June 21, 2007. About.com. Exercise.

Reminder:
Renting of Shelter Houses may be done 1 calendar year in advance.

If you want to rent a shelter house in which the date falls on a weekend of the next year you will need to make the reservation on the following Monday.

The rent payment must be mailed in or dropped off at the Rec Center within 10 days of making the reservation.

The rental fee is nonrefundable but may be used towards another date within a one-year period in the event you need to cancel within 2 weeks of your reservation. If you cancel less than 2 weeks, no credit will be given unless there is an emergency.

Weather Cancellations

There will be no Parks and Recreation activities when school is dismissed early or cancelled for the day due to winter storms. The policy applies to youth activities. **Class participants will not be called individually when these cancellations occur.** If you are unsure about a cancellation, you may call the **weather line at 792-3472** or listen to **radio stations 93.7/106.7 FM and 1380 AM** for weather cancellations. We will also post any cancellations on the City of Carroll webpage.

PARKS & RECREATION

Aquatics

Aquasthenics

Date/Time:

Session 1: Tues. and Thurs. Oct. 27-Dec. 17 6:00-6:45 am

Session 2: Tues. and Thurs. Jan. 5-Feb. 25 6:00-6:45 am

FEE: 8 Week Session: \$45.00 Member/\$50.00 Non-Member

Lifeguard Training Class

The December class schedule will be held for 3 ½ days in a row during Christmas break, if you have any conflicts (vacations) during this time, please sign up for the March Lifeguarding class.

Date/Time: Class Mon, Dec.28, Tues, Dec. 29, Wed., Dec. 30 from 8am-5pm and Thurs. Dec. 31 8am-noon.

FEE: \$120.00 member/\$130.00 non-member

Must pre-register. Prior to pre-registering, call the Rec Center office 712-792-5400, for availability.

A \$50 deposit is required at time of registration. Payable to the Carroll Recreation Center.



E-Mail List

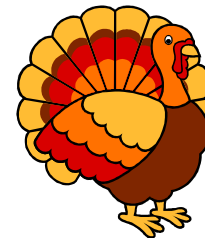
The Rec Center will be creating an e-mail list for parents to receive registration notifications when they are available. If you would like to be a part of this list please call 712-792-5400 and talk with Pam or you can e-mail her at pwess@ci.carroll.ia.us All we need to get this started is your name and e-mail address.

Youth Programs

Thanksgiving Coloring Contest

All ages. Forms will be available at the Rec Center on Monday, Nov. 2. Pictures will be displayed at the Rec Center. Winners will be announced Monday Nov. 23.

No Fee



Parent/Child Turkey Shoot

All Ages. **Please pre-register by Wed, Nov. 11.**

Date/Time: Friday, Nov. 13 Time: 6:00 pm

Location: Fairview Gym

FEE: At the time of registration a minimum donation of 3 can goods or non-perishable food items per family. Items will be given to the Community of Concern of Carroll.

5th and 6th Grade Basketball League

Registration Deadline: Friday, November 13

FEE: \$20.00 participant



Youth Wrestling

Youth in grades 1-6

Date: Mondays and Fridays November-February

Time: 5:30-6:30pm

Location: Mondays at Carroll High School Wrestling Area, Fridays at Carroll Middle Wrestling Room

Deadline: Friday, November 6th

FEE: \$40.00 (Registration includes a t-shirt)

