



Congratulations to the winners of the 2009 Jr. Golf Tournament!!!

8 & Under Girls

Place	Name	Score
1	Josie Pettitt	64
2	Emily Boyer	69

9 -10 Girls

Place	Name	Score
1	McKenna Ludwig	62
2	Emma Snyder	68

11 - 12 Girls

Place	Name	Score
1	Jill Pettitt	59
2	Courtney Snyder	60
3	Paige Overmohle	61

13 -14 Girls

Place	Name	Score
1	Elyse Borchers	47
2	Brooke Kroeger	69

15-17 Girls

Place	Name	Score
1	Natalie Fischbach	43
2	Kristen Pettitt	43

8 & Under Boys

Place	Name	Score
1	Brian Pearson	43
2	Mitchell Badding	54
3	Slade Sibenaller	55

9 -10 Boys

Place	Name	Score
1	Cole Moore	53
2	Parker Badding	56
3	Koby Paulsen	59

11 - 12 Boys

Place	Name	Score
1	Zach Dreier	39
2	Josh Tigges	50
3	Mitchel Ludwig	56

13 -14 Boys

Place	Name	Score
1	Cole Neary	88
2	Nick Collison	88
3	Zach Riddle	90



Garbage Collection Notice

Residential garbage collection day will be affected the week of September 7, 2009. Carroll Refuse (792-0101) and Ray's Refuse will be collecting garbage one day later than the normal schedule due to the Labor Day holiday (September 7, 2009). If you have any questions, please contact your garbage hauler listed on your utility bill.



Registration Deadlines

Because of the time schedule we have to work with we request that you follow all program registration deadlines. These deadlines are put in place to enable us enough time to put the league together and allow for adequate practice time before the leagues start. Late registrations also change the size of the teams, the amount of playing time for each participant, and how long the season runs. Programs also suffer from late registrations. If we do not have enough people signed up by the deadline we are usually forced to cancel that program. So please make every effort to get the registration forms in before the deadline.

There are many ways to get registration forms:

1. At the Recreation Center's control desk or office
2. On-line at www.cityofcarroll.com (print off, fill out, and mail in or drop off at the Rec Center)
3. Join the e-mail distribution list (call Pam at the Rec office, Mon-Fri, 8am-5pm 712-792-5400)

Look for a full listing of all of the fitness classes at:
www.cityofcarroll.com
or stop by the Rec Center to pick up a copy today!
Registration forms can be found on-line or at the Rec Center.

PARKS & RECREATION

Punt, Pass & Kick Ages 8-13 year olds.
The Carroll Parks & Rec Dept. will be sponsoring this competition on Monday, September 14. The competition is open to boys and girls. The top finisher in each age group will advance to district competition.
Pre-register by Friday, September 11, forms will be available at the Rec Center. **Age Groups:** 8/9, 10/11, 12/13, 14/15 **Date/Time:** Monday, September 14 Sign In Begins at 5:30/Competition Starts at 6:00
Location: City Softball Fields (east of the football stadium) (Flag Football Fields) **Fee:** FREE

Beginning Cycling Orientation

When:
Wed, Sept. 9, 2009

Date:
4:45-5:30PM

Location:
Rec Center
Fitness Room

Instructor:
Christina Tait

Fee:
FREE

Check out some of the NEW Fitness classes that will be starting this Fall!!!

Hatha Yoga (Starting Tuesday, October 6th)

A slow paced, stretching class with simple breathing exercises. You will learn basic poses, relaxation techniques and become comfortable with Yoga. With this practice, you will gain flexibility & strength & bring health & energy to the body. You will learn to cope with stress, deal with anxiety & relieve tension in both body & mind.

Classes are held: Tues/Thurs 7:30-8:30PM
Fee: \$38.00 Mem/\$58.00 Non

Ab Focus (Starting Monday, October 5th)

A 30 minute class devoted to belly work. Great for men and women alike. Ab Focus will be a hard CORE workout on the midsection.

Classes are held: Mon/Wed 7:30-8:00PM
Fee: \$28.00 Mem/\$48.00 Non

Drums Alive® (Starting Monday, September 14th)

Drums Alive® is a unique, fun, and exciting alternative to traditional aerobics that will get your feet stomping and your body moving in a non-competitive environment. **Drums Alive®** is designed to burn fat while improving physical and mental fitness. Not only is **Drums Alive®** a workout for the entire body but it is a powerful tool for stress reduction and mental balance. Incorporating principles from movement, music, and sound therapy, **Drums Alive®** uses a stability ball and drumsticks, simple aerobic movements and rhythms along with powerful, motivating music, to provide a "whole mind, whole body" experience to help deliver real fitness results. Every person was born with the ability to move and feel rhythm! So, break the rules, open the door and enter a new dimension of fitness!

Classes are held: Mon/Wed 4:45-5:30PM
Fee: \$38.00 Mem/\$58.00 Non



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High Intensity Happy Hour (Indoor Cycling) (Starting Friday, November 6th)

Whether you are a seasoned athlete or recreational enthusiast, this class can help overcome plateaus. High intensity training is the use of training at the upper end of or beyond the aerobic training zones with a focus on training at the lactate threshold heart rate (LTHR). When done correctly, training at LTHR allows for large amounts of functional improvement. This class will focus on base building, raising LT, super-threshold and anaerobic work capacity. Heart rate monitors highly recommended. Starting Fridays in November 6:30-7:30 PM.

Classes are held: Fri. 6:30-7:30PM
Fee: \$28.00 Mem/\$48.00 Non

FIRST CLASS IS ALWAYS FREE!!!

*****All class fees are per month***Must pre-register for all classes***All Classes need to have a minimum of 6 participants to hold the class*****