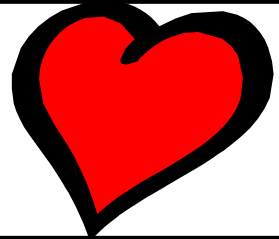


City of Carroll, Iowa  
Volume 4, Issue 2  
February 2010

City of *Carroll*



**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 **Easter Sunday, April 4, 2010**

The Recreation Center office will be **closing at Noon on Friday, April 2nd**

**Upcoming Meetings**

**City Council at 5:15pm:**

February 9  
February 22

**Planning and Zoning at 5:15pm:**

February 10

**New Fitness Class**

Come check out the new class Move It & Lose It. This class is a great way to “kick” off 2010! First class is always FREE!

**Move It & Lose It**

Are you a morning person? Then this is the class for you! Laurie Kasperbauer and Lesleh Heim lead an energy filled 45 minute workout that mixes cardio, some kickboxing techniques, abdominal work and power Pilates! In by 5:45am and out by 6:30am, it is a great way to begin your day! Join us for Move It & Lose It- you won't be disappointed!



**Classes:** Tuesday & Thursday 5:45-6:30am

**Instructors:** Lesleh Heim & Laurie Kasperbauer

**Location:** Fitness Room

**Fee:** 1 Month-\$38.00 Member/\$58.00 Non-member

Check out all other fitness classes & class schedule at [www.cityofcarroll.com](http://www.cityofcarroll.com)



**SENIORS mark your calendars...**

On Wednesday, February 3rd and Wednesday, March 3rd, we will be offering free admission all day to all Sr. Citizens. Participants can attend a Stretch and Strengthen class from 8:30-9:15am or a Flex and Stretch class held in the pool from 9-10am, get your blood pressure checked, and get questions answered in the weight room. Relax and visit in the lobby with a cup of coffee and a snack anytime between 9am and noon. Free admission all day for anyone 62 and older.

**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. 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.

**Late Registrations**

Late registrations can considerably alter team sizes, scheduling, getting sponsors, ordering t-shirts, and the entire process of coordinating a season. Registrations received after a program is full and any late registrations will be put on a waiting list. If participants in the program drop out or the waiting list becomes large enough and it's possible to have another team, persons on the list will be contacted.



# PARKS & RECREATION

## Lifeguard Training Class

This class is open to anyone who is 15 years and older and possesses at least a Level 5 swim Certificate or that ability. There are approximately 30 hours involved in this class. CPR and Red Cross First Aid are included as part of the class. Students should bring their swimsuit, notebook, pen, and any schedule they might have so the class scheduling may be set up on the first day for the March class.

### Date/Time:

Organizational meeting Sunday, March 21, 2010 1:00pm  
**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.

## Water Safety Instructor's Training

This course enables the person to instruct Red Cross swimming lessons. To be eligible, you must be 16 years of age and be able to swim at a Level 5. There are approximately 30 hours involved in the WSI course. Classes will be set up at the organizational meeting scheduled for Sunday, February 21 at 3:00pm in the Rec Center. Students should come with their swim suit, notebook, pen, and any schedule that they may need to work around. Swimming strokes will be checked after the organizational meeting. If interested in this class, please call the Rec Center office at 712-792-5400 to get on the class list. **A \$50 deposit is required at time of registration.**

**Date/Time:** Organizational meeting Sunday, Feb. 21, 2010 3:00pm

**Fee:** \$125.00member/\$135.00 non-member (includes all books needed)

## Preschool Level 3 (Floaters Swim Lessons)

Date/Time: Session 1: M,W,Th 6-6:30 pm February 22 – March 11

Session 2: M,W,Th 6:30-7 pm February 22 – March 11

**Registration Deadline:** Wed, February 17 **Location:** Rec Center Swimming pool

**Class Size:** Limited to 4-6 students **Fee:** \$19.00/member/\$25.00/non-member/session

## Youth Soccer League

Youth in grades 1-8

Soccer registration begins Monday, December 7 and ends **Friday, March 5<sup>th</sup>.**

**Date:** Weather permitting, possible start of April 9<sup>th</sup>.

1<sup>st</sup> - 6<sup>th</sup> grades: Thurs, Fri evenings and Sat. afternoons, (possibly a Mon. or a Tues.)

7<sup>th</sup> - 8<sup>th</sup> grades: Thurs, Fri evenings and Sat. afternoons, (possibly a Mon. or a Tues.)

**Registration:** Monday, December 7 and ends **Friday, March 5<sup>th</sup>.**

**FEE:** \$25.00 (fee includes a T-shirt)



## Valentine Tea Party

**Ages:** 3-5 year olds. Please pre-register at the Rec by Wednesday, Feb. 10. **Limit:** First 10 to sign up in each time slot.

**Date/Time:** Friday, February 12 9:00-10:00am, 10:30-11:30am, or 1:00-2:00pm

**FEE:** \$6.00

**Limit:** First 10 to sign up for each time

**Location:** Rec Center Theatre Stage



## 1-2 Grade Basketball Basics

Youth in grades 1<sup>st</sup> -2<sup>nd</sup>. Please pre-register at the Rec.

**Date/Time:** 1st grade: Feb. 15, 16, and 18 4:00-4:45pm

2nd grade: Feb. 22, 23, and 25 4:00-4:45pm

**Location:** Fairview Gym

**Fee:** \$10.00



## Youth Baseball/Softball

Youth in grades 1-8. The leagues will be: 1<sup>st</sup> and 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grades. Teams will be picked in April and games will start sometime in May. Due to the number of participants in the league it may run into July.

**Registration:** Monday, February 1st and ends **Friday, April 2nd**

**FEE:** \$25.00

**\*\*Late Signups will be put on waiting list,  
then added to the league if room is available\*\***

