

City of Carroll, Iowa
Volume 4, Issue 1
January 2010



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:

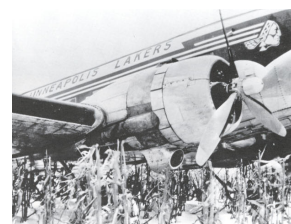
712-792-3097

E-mail:

reccenter@ci.carroll.ia.us

Web-site:

www.cityofcarroll.com



A ceremony for the 1960 Minneapolis Lakers plane crash will be held at 4:00pm on Monday, January 18, 2010 at the Harald Bierl Building. Contact Jack Wardell at 792-5400 for more information.

New Fitness Classes

Just in time to make your New Years resolution! Come check out the new Fitness Classes that are being offered in January, the **first** class is always **free!**

8 Weeks to Healthy Habits-

Join us for this new 8 week fitness and cycling class. Participants will meet to discuss goals, challenges, and effective weight loss strategies before ending the class with a 40 minute 'ride'. A great way to help you naturally reinforce healthy habits with a personal trainer as your guide. This program is a great way to get in shape for the spring and summer season. **Class is limited so sign up now.**

Date: Monday & Wednesday (**Beginning Monday, January 11**)
Time: 4:30-5:30PM

Fee: \$50.00 Member/\$70.00 Non-member

Instructor: Christina Tait *Certified Spinning®*, *USAC level 3 Cycling Coach*, *NETA Group-X*, *NETA-PT*, *Schwin Indoor Cycling*, *Drums Alive®*

Location: Rec Center Fitness Room

Yogilates-

Yogilates combines the practice of yoga & Pilates. It is designed to strengthen both the mind & the body through a combination of poses & exercises. Uniting the two, yoga focuses on strength, flexibility, and spirituality while Pilates focuses on building strength in the deep muscles of the abdominal region, the body's core. This unique blend of movements gives the entire body a complete workout.

Date: Friday (**Beginning Friday, January 15**)

Time: 8:30-9:30AM

Fee: \$28.00 Member/\$48.00 Non-member

Instructor: Patti Sundermann

Location: Rec Center Fitness Room

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.

SNOWY WINTER REMINDER...

With the winter season upon us, it is imperative that everyone abides by the City of Carroll snow ordinance. This means that all motor vehicles and vehicles of any other kind shall be removed from streets during any time when snow removal operations are in progress and before such operations have resulted in the removal or clearance of snow from the City streets. This is in order to facilitate snow removal and get the streets passable as quickly as possible.

Vehicles left standing or parked on the street while the snow ordinance is effect may be ticketed and impounded with the cost of towing and storage being assessed to the owner.

Also, it is the responsibility of the abutting property owner to remove snow, and ice accumulations promptly from sidewalks. If a property owner does not remove snow or ice accumulations within a reasonable time, the City may do so and assess the costs against the property owner for collection in the same manner as a property tax.

THANK YOU to everyone for your cooperation as we work through another snowy winter season!!



PARKS & RECREATION

Beginning Ballroom Dancing

Learn the following dances: Foxtrot, Waltz and Swing. Classes will be held on Tuesday and will meet every Tuesday for 8 weeks. Classes will be held from 7-8:30pm except for the final class which will be held for 2 hours. (Pre-register by Feb. 4, 2010)

Date/Time:

Feb 9 – Mar 30
7-8:30pm

Instructor: Susan Glass

Fee:

Couple: \$65 member/\$70 non member

Single: \$35 member/\$40 non member

Location:

Rec Center Theater

Preschool Level 2 Swim Lessons (Dunker Swim Lessons)

Date/Time: Session 1: M,W,Th 6-6:30 pm January 25 – February 11
Session 2: M,W,Th 6:30-7 pm January 25 – February 11

Registration Deadline: Wednesday, January 20

Class Size: Limited to 4-6 students

Fee: \$19.00/member/session; \$25.00/non-member/session

Level 3 Swim Lessons

Date/Time: M, W, Th 6-6:45 pm February 1-18

Registration Deadline: Wednesday, January 27 **Location:** Rec Center/Swimming pool

Class Size: Limited to 10 **Fee:** \$21.00/member/session; \$26.00/non-member/session

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 5th**.

Date: Weather permitting, possible start of April 9th.

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

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

Registration: Monday, December 7 and ends **Friday, March 5th**.

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 1st -2nd. Please pre-register at the Rec.

Date/Time: TBA Flyers will be available in January at the Rec Center.

Location: Fairview Gym



Youth Baseball/Softball

Youth in grades 1-8. The leagues will be: 1st and 2nd, 3rd and 4th, 5th and 6th, 7th and 8th 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****