

NOW HIRING

LIFEGUARDS

AT THE CARROLL RECREATION CENTER & AQUATIC CENTER

Flexible Schedule * Starting at \$9.00/hour * Hire 15 year olds * We Train You!

New Certification Options

\$165/\$155 CRC members/\$35 if City LG summer 2017

Class #1

Saturday, April 1, 9 AM–5 PM

Friday, April 7, 4–9 PM

Saturday, April 8, 9 AM–5 PM

Sunday, April 9, 9 AM–5 PM

Class #2

Friday, April 21, 4:00-8:30 PM

Sunday, April 23, 8:30 AM–6:30 PM

Friday, April 28, 4:00-8:30 PM

Sunday, April 30, 8:30 AM–6:30 PM

Class #3

Friday, May 19, 4:00-8:30 PM

Saturday, May 20, 8:30 AM–6:30 PM

Sunday, May 21, 8:30 AM–6:30 PM

Thursday, May 25, 4:00-8:30 PM

Re-Certification Options *(need CURRENT cert.)*

\$60/\$50 CRC members/Free covered current City LG employee

Class #1 Sunday, April 2, 9 AM–6PM

Class #2 Tuesday, April 18, 9 AM–6PM *(Carroll no school day)*

Class #3 Saturday, April 22, 9 AM–6PM

Register & Apply Now:

carrollreccenter.com OR

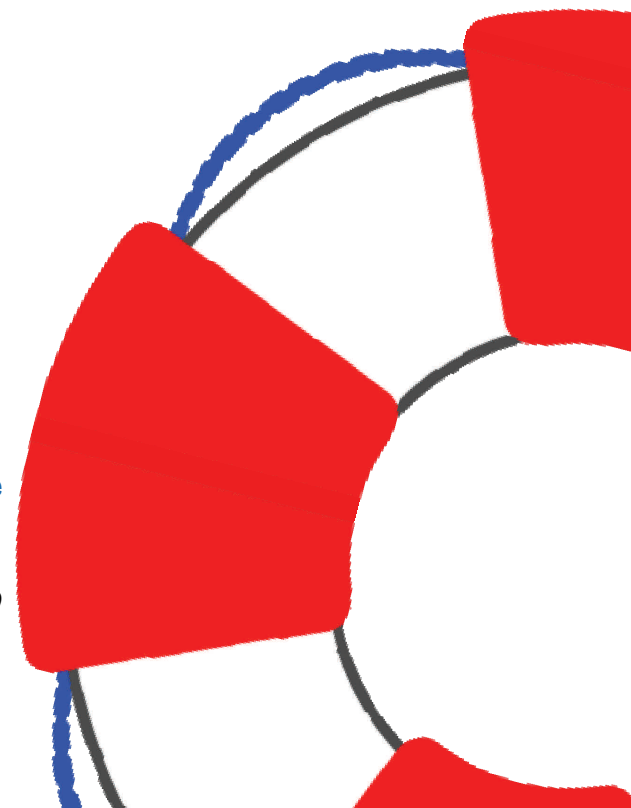
Carroll Recreation Center Office

Questions:

McKenzie, LGI/LGIT

712-792-5400

mkiger@ci.carroll.ia.us





Beginning Tai Chi for Arthritis

Tai Chi is a safe, low impact exercise that has been shown to improve mobility and balance, decrease blood pressure, and enhance immune system function. However initially you may feel awkward and clumsy, so be prepared to spend some time getting used to the movements. Generally it takes 2-3 months of practice to become comfortable with the movement and begin to see significant health benefits. Be patient and give yourself a chance by persevering-your life is worth it!

Date: Tuesday Nights, 8 weeks May 2—June 20 from 6:30-7:15 PM at Carroll Recreation Center Fitness Room
Instructor: Susan Glass- Certified Tai Chi for Arthritis Instructor
Fee: \$25.00 Member/\$35.00 Non-Member

Please register at the Rec Center or online at www.carrollreccenter.com by Friday, April 28th. ****Limit of 12 per session****



WANTED

Summer Day Camp Director & Aide Staff

Great for anyone currently or looking to be a teacher, medical field, recreation, or individuals who enjoy working with kids

NO WEEKENDS, Mondays— Fridays

Hours range between 7:30 AM—5:45 PM, flexible schedules

Work with kids approximately 3rd—4th grade

Must be at least 16 years old

HAVE FUN AT WORK!



Applications available at the Carroll Recreation Center or carrollreccenter.com