

CARROLL RECREATION CENTER



716 N Grant Rd
Carroll, IA 51401
712-792-5400
CarrollRecCenter.com

HOURS

Monday – Friday 5:30 a.m. – 9:00 p.m.
(*Starting November 1, facility will remain open until 9:30 PM for winter hours)
Saturday – Sunday 8:00 a.m. – 7:00 p.m.
Pool Hours vary from facility hours – please check with the facility for seasonal schedules.

DAILY ADMISSION

Adults 18+	\$8
Youth 6-17	\$5
Ages 0-5	Free

MEMBERSHIPS: “Best Deal in Town” – we offer rates for families, sneiors, adults, youth, and more! Stop by the Recreation Center to enroll and find the rate that is right for you.

Includes use of:

- Gymnasium
- Indoor pool, Sauna & Spa
- Weight/Cardio Room
- Racquetball Court
- Optional: Group Fitness Classes



SHELTER HOUSE RESERVATIONS

Reservations can be made by calling the Carroll Recreation Center, 712-792-5400
Mondays – Fridays, 8:00 a.m. – 5:00 p.m.

SHELTER HOUSE RENTING PROCEDURE:

- **Fee:** \$40 enclosed, \$25 open shelters for new 2017 rentals (\$25 deposit due when pick up shelter keys)
- Shelter rentals may be done 1 calendar year in advance or the following Monday if renting a weekend.
- Rent payment must be mailed or dropped off at the Recreation Center within 10 days of making the reservation.
- The rental fee is non-refundable, but may be used towards another date within a one-year period in the event you need to reschedule. This “reschedule” must be done at least 2 weeks in advance of the original rental date. Any cancellations less than 2 weeks in advance, will not be granted the option to reschedule.

ENCLOSED SHELTER HOUSES

Graham Park # 8: Grant Road between 7th St & 11th St.

A 19.6 –acre park with 3 lighted tennis courts, historical buildings, enclosed and open shelter houses, sand volleyball, band shell, grills and play equipment.

Southside # 11: Main & Bluff Streets

A 2.5 acre park with baseball diamond, enclosed and open shelter houses, grills, play equipment, sand volleyball and basketball courts.

OPEN SHELTER HOUSES

Maple Park (Fifth and Washington Streets)

Rolling Hills Park (South Main Street)

Veteran’s Memorial Park (South end of Collison addition)

Northeast Park (East of Amy Ave. between 12th St & Capistrano)

Northwest Park (17th & 18th Streets, adjacent to the Carrollton Inn),

Kids and Family Nights at the CRC

Kids Night Out

Kids only time at the Recreation Center! The night includes games in the gym, swimming and refreshments. Drop-off begins at 7:00 PM, and kids may be picked up any time before 9:00 PM.

Fee: \$5 drop-in
Dates/ Time: 7:00 – 9:00 pm
3rd & 4th Grade Saturday December 10th and Saturday, January 14th
5th & 6th Grade Saturday December 10th and Saturday, January 21st



Parent/ Child Turkey Shoot

Win your family a holiday turkey. Mom and/or Dad along with a child will each shoot free throws to win a turkey. Sponsored by Hy-Vee and Carroll Parks and Recreation Department.

Date / Time: Sunday, November 13th @ 2:00 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 Food Pantry of Carroll.

Registration deadline is Friday, November 11th

Movie Night at the CRC

Join the Carroll Recreation Center staff for a late night movie in the gym! Bring your jammies, sleeping bags, chairs and blankets while we watch a movie in the “dark of the gym”. Kids are welcome to come alone if at least ages 10 and above, parents are needed to stay and watch with kids under the age of 10. *Free popcorn while supplies last!*

Dates/Times: Saturday, February 18 - movie begins at 7:15 PM
Fee: Drop-in: \$2 per person for CRC member/ \$4 per person for non-members



Teen Improv Night: “Thrift Shop Improv”

Get your creative mind to work on a Friday night! We ask that all actors bring a “thrift shop” item or something old from home to use as an inspirational piece. We’ll provide pizza for the actors!

Date / Time: Friday, February 10 from 7:00-9:00 PM
Fee: \$5

Registration deadline is Friday, February 3rd

TEEN
IMPROV

For more information on these and other programs we offer check out the
Carroll Rec Center web page.

*Please register at least 1 week prior to class start date,
unless otherwise noted.*

www.carrollreccenter.com

Youth Programs

Winter Youth Basketball

Registration Begins: Monday, October 24

Registration Deadline: Friday, December 23

1st & 2nd Grade

Participants practice for 20 minutes then play a 20 minute game. Limit of 20 participants per session.

Sessions: Saturdays January 7,14,21,28
Boys 10:00 - 10:45 am Girls 11:00 – 11:45 am

Fee: \$30.00 participant (includes t-shirt)

Location: Fairview West Gym



3rd & 4th Grade

Participants practice for 20 minutes then play a 20 minute game. Limit of 20 participants per session.

Sessions: Saturdays January 7,14,21,28
Boys 10:00 - 10:45 am Girls 11:00 – 11:45 am

Fee: \$30.00 participant (includes t-shirt)

Location: Fairview East Gym



5th & 6th Grade

Participants practice for 20 minutes then play a 20 minute game. Limit of 20 participants per session.

Sessions: Saturdays January 7,14,21,28
Boys 9:00 – 9:45 am Girls 9:00 – 9:45 am

Fee: \$30.00 participant (includes t-shirt)

Location: Fairview East Gym



Spring Youth Soccer League

Registration Begins: TBD in January

Registration Deadline: Friday, February 10th

4 year old - 2nd Grade

Spring league with age divisions for 4 year olds (as of 4/3/17), Opt. Kdg. & Kdg. and 1st & 2nd Games will be played on weekdays and Saturdays.

Coaches Meeting: Saturday, March 18th
Fee: \$30.00 participant (price includes t-shirt)

3rd - 8th Grade

Spring league with age divisions for 3rd & 4th / 5th & 6th / 7th & 8th. Games will be played on weekdays and Saturdays.

Coaches Meeting: Saturday, March 18th
Fee: \$40.00 participant (price includes t-shirt)





Smart Start: General Sports Development

for ages 3-5 with parents

The Start Smart Sports Development Program is a proven instructional program that prepares children (ages 3-5) for the world of organized sports without the threat of competition or the fear of getting hurt. Parents work together with their children in a supportive environment to learn all of the basic skills for a variety of sports. Held twice a week for 3 weeks, each meeting the exercises become increasingly more difficult as the class progresses and children show improvement.

Special Thanks to the National Alliance for Youth Sports for awarding the Carroll Recreation Center with a grant valued above \$500 of supplies to offer this program!



Dates/ Times: Mondays & Wednesdays, 4:15-5:15 PM, November 28 – December 14
Fee: \$20.00 for parent/child couple (includes kids t-shirt)



Zumba® Kids®

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

Instructor: Michelle Prichard, ZIN member and instructor

Dates/ Times: **Tuesdays, 6:30-7:30 PM**
Session 1: October 4-25
Session 2: November 1-22
Session 3: January 10-31
Session 4: March 7-28

Fee: \$20/ per session for Carroll Recreation Center members
\$30/per session for non-members



Power Kids

Power Kids is for children 18 months through age 7 who are excited to play and burn some energy while their parents are working on their fitness goals. Power Kids is designed to develop body awareness and control, motor skills, social skills and self-esteem using movement and play. Classes are fast paced and include many activities to keep your little ones engaged! This program is designed to be repeated so kids continue to develop their skills, and parents can get exercise time as well! Mixed age groups allow for older children to shine as leaders while younger children develop positive role models. Class is held in the after-school room and the fitness studio. Parents are required to remain in the building during all youth participation. Register for as many dates/times/sessions as you desire!



Instructor: Summer Parrott, MAMFT, Child Development Specialist & Health Education Consultant.

<u>Choose a day of the week (as many as you would like)</u>		<u>Choose a session (as many as you would like)</u>	
Mondays	8:30-10:00 AM	Session 1:	October 3-December 16 (skip Nov. 21-25)
Tuesdays	5:45-7:15 PM	Session 2:	January 2-March 10 (10 weeks)
Wednesdays	8:30-10:00 AM	Session 3:	March 13 - May 19 (10 weeks)
Thursdays	5:45-7:15 PM		

Fee: \$35 per session/day of week (\$55 for non-members of the Carroll Recreation Center)

**Not a member? Carroll Recreation Center rates are affordable!*

Family= \$35.08/ Single Adult= \$17.58 per month with pre-authorized monthly payment plan! Membership includes use of cardio/weight room, pool, and gymnasium as well as discounts to swim lessons and other programs. Become a member today!



The CRC helps build healthy families!

Look for this symbol to help identify classes that happen on a regular basis so parents could get a membership and work out at the same time!

AQUATICS



Lifeguard Training: Ages 15+

Gain entry-level knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS takes over.

Prerequisites: 15 years old, swim 300 yards using front crawl or breaststroke; tread water 2 minutes legs only; complete timed event 1 minute 40 seconds with 20 yard swim then dive for brick then swim 20 yards on back with brick in both hands then exit water without ladder.

Classes offered quarterly: fall (October/ November), winter (December/ January) and spring (March/ April), and as needed.

Call 792-5400 at Recreation Center to get on the list!

Water Safety Instructor (WSI): Ages 16+

Become trained and certified to teach courses and presentations with the American Red Cross including swim lessons. This course develops leaders and instructors by teaching students how to use course materials, conduct training sessions, evaluate participant progress and become a better instructor. Upon certification requirements being met, a WSI can teach Parent & Child Aquatics, Preschool Aquatics, Learn-to-Swim, adult lessons, Basic Water Rescue and Personal Water Safety Courses, as well as several presentations.

Prerequisites: 16 years old, tread water 1 minute, Float on back in deep water 1 minute, swim 6 strokes 25 yards (butterfly only 15 yards)

Classes offered quarterly: fall (November), winter (January), spring (April) and as needed.

Call 792-5400 at Recreation Center to get on the list!



Personal Water Safety: Ages 11-13

Swim with your clothes! PWS shares the knowledge and skills to avoid aquatic emergencies and perform self-rescues in a variety of aquatic emergency situations. Class includes classroom work and in-water skills, while building on basic swim and survival skills to improve technique and endurance. This class would be great for boy scouts to earn a badge, kids who were in swim team, kids finished or past upper Red Cross levels, and youth interested in becoming a lifeguard! Have the bus bring you over after school!

Wednesdays, January 4-25 from 3:45 – 5:00 PM

Fee: \$20

Junior Lifeguarding/ GuardStart: Ages 12-14

Set a foundation of knowledge, attitude and skills of future lifeguards. This course introduces students to many lifeguard skills, as well as works to prepare students for the lifeguard class. Course includes classroom work and water skills. Class meets 4 Wednesdays for 3 hours each and half of the class is in water while half is on land.

Early Out Wednesdays: January 25, February 8, February 22 and March 8 from 1:45-4:45 PM

Fee: \$30



PARENT & CHILD AQUATICS

Ages: 6 months through 3 years old

Limit: 10 parent/child couples per class

Parents and children learn together to increase child's comfort level in the water and build a foundation of basic skills. Classes help introduce water safety concepts, encourage a healthy recreational habit for the entire family. Each class can be repeated multiple times.

Session 1

Date/Time: Tuesdays & Thursdays November 1-17 5:05 – 5:35 p.m.

Fee: \$25.00/member \$35.00/non-member

Session

Date/Time: Mondays & Wednesdays March 6-22 4:45 – 5:15 p.m.

Fee: \$25.00/member \$35.00/non-member

Swim Lessons



Carroll Parks & Recreation is an Authorized Provider of the American Red Cross

Indoor Lessons at the Carroll Recreation Center

Fall Lessons: T/Th evenings, October 25 – November 17

Spring Lessons: T/Th evenings, February 7 – March 2

Preschool 1 & Level 1	5:20-5:50 PM
Preschool 2 & Preschool 3	5:55-6:25 PM
Level 2 & Level 3	6:30-7:00 PM
Level 4 & Level 5/6	7:00-7:30 PM

FEE: \$32/MEMBER
\$40/NON-MEMBER

REGISTRATION

DEADLINE:

1 WEEK IN ADVANCE OR
WHEN FULL

<u>Class</u>	<u>Age</u>	<u>Description</u>	<u>Prerequisites</u>
Preschool 1	4-6	comfort in water, submerging the face and blowing bubbles, floating and gliding with support, and building overall confidence in and around the water	child does not yet put face in the water, little to no fear of water, 30 minute attention span
Preschool 2	4-6	develop independent movement in the water by learning skills such as floating, gliding and kicking, working to complete floating with only assistance to start and stop	child is comfortable going under water independently, but cannot yet float without help
Preschool 3	4-6	work to float with complete independence, from start to finish, moving to shoulder deep water is introduced with treading and other safety skills	can float without assistance, or just needs help to “start” or “stand up”.
Level 1: Introduction to Water Skills	K/opt. K or above	comfort in water such as submerging the face, breathe control and building overall confidence in the water, learning to fully submerge face and body, breath rhythmically, experience buoyancy while float/swim on front and back with support.	child not comfortable holding breath or submerging, may have fears <i>*for children who did not pass Preschool 1</i>
Level 2: Fundamental Aquatic Skills	K/opt. K or above	work to become independent with floating on stomach and back without support and recover to a vertical position. Gliding, swimming with arm and leg action, rhythmic breathing, rolling in water, changing directions, treading, and other safety skills will be taught.	child can submerge entire body, can float relaxed on front and back with support <i>*for children who passed any preschool aquatics class</i>
Level 3: Stroke Development	K/opt. K or above	front crawl and elementary back float is introduced, along with side swimming and various kicks of dolphin, whip, and scissor. Deep-water work including seated and kneeling dives and treading. This level coordinates the front and back strokes. Safety topics introduce survival floats and bobbing to safety	child is ready to attempt swimming across the lap pool, and be introduced to the deep end
Level 4: Stroke Improvement	K/opt. K or above	strokes introduced includes breaststroke, butterfly, sidestroke, and back crawl, as well as open turns 25 yards. Students continue front crawl and elementary back stroke work. Deep-end skills include standing head-first diving, feet-first surface dives, treading with various kicks and safety topics.	child who can swim across the pool without stopping using front crawl or elementary back stroke, must be able to tread in deep water with comfort.
Level 5: Stroke Refinement	K/opt. K or above	continue developing endurance for all 6 strokes and flip turns, working to swim most strokes 50 yards. Diving is continued as well as surface dives and various safety skills.	Swim all 6 strokes across the pool at least 25 yards and able to do a standing dive.
Level 6: Fitness Swimmer	K/opt. K or above	Level 6 Fitness Swimmer introduces healthy life habits for swimming and fitness, including the “Cooper 12 minute swim”, planning a workout, various water fitness, using equipment and finding target heart rate.	Swim all 6 strokes across the pool at least 50 yards

ADULT PROGRAMS



Adult Coed Volleyball

League games will be played on Wednesday nights in January, February & March.

Registration deadline is Friday, January 6th

Registration: Monday, November 7th – Friday January 6th

Fee: \$100 per team



Ballroom Dance

Learn the following dances, Foxtrot, Waltz and Swing on Wednesday nights in January, February & March.

Dates/Times: Wednesdays, March 1-April 19 from 7:00-8:00 PM

Fee: TBD



Tai Chi

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.

Dates/Times: Class will begin in May. Dates TBD. 6:30-7:15 PM

Fee: TBD

GROUP FITNESS CLASSES

CHECK OUT OUR MONTHLY SCHEDULE:

carrollrecenter.com/fitness

Payment Options

Already a member of the Carroll Recreation Center- Get a Discount!

-Add to your annual membership the “+plus+” package, including ALL group fitness classes!

- Only attend 1x/week? Get a discount on a 10-punch group fitness card!

- Pay “month to month” for unlimited classes - great if just in town for 30 days at a time

Not a member of the Carroll Recreation Center

Options include a 1 year commitment to pay automatically from your bank account, pay month to month for unlimited classes, or purchase a 10-punch group fitness card.

Group Fitness Fees

	<u>Member</u>	<u>Non-Member</u>
Punch Card – 10*	\$40/10 punches	\$50/10 punches
Unlimited Pass – Month to Month	\$45/month	\$72.50/month
Unlimited Pass – “PAMP”	\$35/month	\$62.50/month

“PAMP” = Pre-Authorized Monthly Payment, with a 1 year commitment

“Senior Class” Discount = Flex & Stretch OR Stretch & Strengthen

Unlimited	\$20/month	\$30/month
Punch Card -10*	\$25/10 punch	\$35/10 punch

**punches expire 1 year from purchase*

PERSONAL TRAINING PROGRAM: FIT FOR LIFE

Interested in starting an exercise program but not sure how to get started? Let our certified personal trainer help!

Susan Glass, Exercise Physiologist at St. Anthony and Certified Personal Trainer can work with you individually to develop a fitness program to fit your ability and lifestyle.

Call the Recreation Center for more information 712-792-5400 or stop by to sign up.

SPECIAL INTRODUCTORY OFFER-\$85-8 SESSIONS!!!

\$25-1 session / \$77-4 sessions / \$133-8 sessions / \$185-12 sessions