

# Youth Programs

## PEE-WEE FLAG FOOTBALL (grades 1 and 2)

All children entering 1<sup>st</sup> and 2<sup>nd</sup> grades this fall can participate in our flag football program. Participants will learn the fundamentals of flag football through drills and basic football skills. A mini flag football game will be played towards the end of each session. This fundamental program will prepare them for the Grinnell Football League (GFL) that is played when they are in 3<sup>rd</sup> -6<sup>th</sup> grade.

Volunteers are needed as Coaches/Instructors.

### #102 Registration Deadline: August 25

Dates: Tuesdays - September 1, 8, 15, 22, and 29

Time: 6:00 p.m. - 7:00 p.m.

Site: Ahrens Park baseball diamonds

Fee: \$25.00

## NEW! GRINNELL FOOTBALL LEAGUE GFL (grades 3rd-6th)

Boys and girls entering 3<sup>rd</sup> - 6<sup>th</sup> grade can play flag football this fall with the Grinnell Recreation Department. One league will be 3<sup>rd</sup> and 4<sup>th</sup> graders and another league will be 5<sup>th</sup> and 6<sup>th</sup> graders. Teams will practice for three weeks followed by six weeks of games. Games will be played on Monday and Thursday evenings. Each player will receive an official flag football jersey and a mouth piece.

### #105 Registration Deadline: August 19

\*Register by Friday August 7 to guarantee jersey size\*

Dates: Monday and Thursday evenings

September 14 - October 22

Times: 5:30 or 7:00 pm game

Site: Ahrens Park Baseball diamonds

Fee: \$35.00



## NEW! YOUTH PLACEKICK, PUNT AND THROW FOOTBALL (ages 8 to 13)

The Iowa Parks and Recreation and the Grinnell Recreation Department are teaming up to give you a chance to compete in the local Placekick, Punt and throw football contest. Winner will advance on to the State Competition.

### #150 Registration Deadline: September 26

Date: Saturday September 26

Time: 10:00 a.m.

Site: Ahrens Park South-East corner, behind sledding hill

Fee: \$4.00

## HAPPY FEET SOCCER (Ages 3 - 6)

Happy Feet will introduce children ages 3 - 6 years old to the game of soccer, develop coordination, encourage teamwork, and ensure participation for all. Parents are encouraged to join in on this outdoor program to learn about soccer skills that can be taught at home.

*Limited enrollment of 20 participants per session*

### Registration Deadline: September 1

Dates: Tuesdays and Thursdays -  
September 8, 10, 15, 22, 24 and 28  
(no class the 17th)

Site: Ahrens Park Soccer complex (NEW LOCATION)

Times: #104A 5:30 - 6:15pm

#104B 6:15 - 7:00pm

Fee: \$25.00



## BOYS YOUTH BASKETBALL CLINIC (Grades 3 - 6)

Scott Sharp and the High School Boys' Basketball Team will instruct our Boys Youth Basketball. The boys will work on shooting skills, technique and team work.

### #119 Registration Deadline: November 30

Dates: Saturdays - December 5, 12, 19 and January 9 and 16

Time: 9:30 - 11:00 a.m.

Site: Grinnell Middle School

Fee: \$20.00 (includes jersey)



## GIRLS YOUTH BASKETBALL CLINIC (Grades 3 - 6)

Trent Edsen and the High School Girl's Basketball team will instruct our Girls Youth Basketball. Girls in grades 3<sup>rd</sup> - 6<sup>th</sup> will learn the fundamentals of the game of basketball through fun and challenging drills. *Minimum of 10 participates need to run program*

### #120 Registration Deadline: November 3

Dates: Sundays - November 8, 15, 22 and December 6, 13, 20

Time: 4:00 - 5:00pm

Site: GARC

Fee: \$20.00 (includes jersey)

## HAPPY HOOPS BASKETBALL (Ages 3 - 5)

Emphasis will be on skill-development for 3 - 5 year olds in the areas of ball handling, shooting, offensive and defensive footwork, teamwork and fair play. Youth sized basketballs and baskets lowered to 8' will be used to aid in the skill development of young children.

*Limited enrollment of 16 participants per session.*

### #121A Registration Deadline: September 29

Dates: Tuesdays - October 6, 13, 20 and 27

Time: 6:00 p.m. - 6:50 p.m.

Site: Ahrens Family Center

Fee: \$20.00

### #121B Registration Deadline: October 27

Dates: Tuesdays - November 3, 10, 17 and 24

Time: 6:00 p.m. - 6:50 p.m.

Site: Ahrens Family Center

Fee: \$20.00

## PEE-WEE BASKETBALL (Grades K - 2)

Dribble, Pass, & Shoot. It's time for Pee-Wee Basketball! This is a fifty minute instructional basketball program for boys and girls who are in K - 2<sup>nd</sup> grade. Children will learn the basics of basketball through fun instructional drills. Youth sized basketballs and baskets lowered to 8' will be used to aid in the skill development of young children.

*Limited enrollment of 16 participants per session.*

### #122A Registration Deadline: September 29

Dates: Tuesdays - October 6, 13, 20 and 27

Time: 7:00 p.m. - 7:50 p.m.

Site: Ahrens Family Center

Fee: \$20.00

### #122B Registration Deadline: October 27

Dates: Tuesdays - November 3, 10, 17 and 24

Time: 7:00 p.m. - 7:50 p.m.

Site: Ahrens Family Center

Fee: \$20.00

# Youth Programs

## CHEERLEADING FOR MIDDLE SCHOOL KIDS (Grades 5-8)

Do you want to do the same cheers as the high school cheerleaders? Girls and Boys can stay after school and learn the fundamentals of this sport.

Instructor: Tracy Rosburg (high school cheerleading coach)

**#151 Registration Deadline: September 17**

Dates: Thursdays - September 24, October 1, 8, 15, 22 and 29

Time: 3:45 -5:00 PM

Site: Grinnell Middle School lunch room

Fee: \$20.00

## HOOPS & SWIM (Grades K - 2)

Here's a chance for kids in K - 2<sup>nd</sup> to develop ball handling, shooting, and enjoy a refreshing swim. The program includes forty five minutes of instructional basketball and will conclude with a choice of open gym or swim.

*Limited enrollment of 20 participants.*

**#125 Registration Deadline: February 25**

Dates: Thursdays - March 4, 11, 18 and 25

Time: 6:30 p.m. - 7:45 p.m.

Site: Ahrens Family Center

Fee: \$20.00

## WINTER WATERLAND (Pre-School and Kindergarten)

Come in from the cold and enjoy the warmth of an indoor pool and gym. Pre-School and Kindergarten age children and their parents are invited to play in the gym and swim in the pool.

*Limited enrollment of 20 participants.*

**#106 Registration Deadline: January 28**

Dates: Tuesdays- February 2, 9, 16 and 23

Time: 6:00 - 7:30 p.m.

Site: Ahrens Family Center

Fee: \$20.00



## BOWLING (grades K - 8th)

Let's meet at the bowling alley for some fun after school. Bumpers can be used to help aid in learning the sport of bowling. Each participant will bowl two games every night we meet. *Limited enrollment of 30 students per session*

**#140A Registration Deadline: October 6**

Dates: Mondays - October 12, 19, 26 and Nov 2, 9

Time: 3:45 - 5:00 p.m.

Site: Bowladrome Inc - 915 State Street

Fee: \$35.00

**#140B Registration Deadline: November 10**

Dates: Mondays - November 16, 23, 30 and Dec 7, 14

Time: 3:45 - 5:00 p.m.

Site: Bowladrome Inc - 915 State Street

Fee: \$35.00

**#140C Registration Deadline: December 28**

Dates: Mondays - January 4, 11, 18, 25 and Feb 1

Time: 3:45 - 5:00 p.m.

Site: Bowladrome Inc - 915 State Street

Fee: \$35.00

**#140D Registration Deadline: February 1**

Dates: Mondays - February 8, 15, 22 and March 1, 8

Time: 3:45 - 5:00 p.m.

Site: Bowladrome Inc - 915 State Street

Fee: \$35.00

## NEW!! YOUTH SOCCER CLINIC (U-6, U-8, U-10, U12)

All youth are invited to join the Grinnell Women's Soccer team and kick the season off with a soccer clinic. Participants will learn the fundamentals of soccer while having fun. The soccer team will use their donations to participate in the "Kid's Against Hunger" program hosted in Grinnell as one of their community service projects throughout the year.

**#109 No pre-registration required**

Date: Saturday August 22

Time: 1:00-3:00pm

Site: Ahrens Park Soccer Complex - Penrose Street

Fee: FREE!

Donations will be accepted for "Kid's Against Hunger"

## NEW! SPOT SHOT CONTEST (AGES 8 - 13)

The Iowa Parks and Recreation Association invites all boys and girls ages 8-13 to participate in the local spot shot contest. All winners will advance on to the state competition hosted at the GARC in April. Participants will shoot from seven locations on the court and score points.

**#108 Registration Deadline: March 20**

Date: Saturday, March 20

Time: 10:00am

Site: Grinnell Athletic and Recreation Center (GARC)

Fee: \$4.00

## YOUTH TRACK CLINIC (grades 2 - 6)

Explode into summer with a running start. Boys and girls completing 2nd - 6th grades are encouraged to join this clinic and learn more about the exciting individual and team sport of track. This program will provide participants an opportunity to participate in and learn techniques involved in various track events including sprints, distance running, relays and field events. Participants will also learn proper ways to stretch, warm-up and cool down.

**#107 Registration Deadline: March 31**

Dates: Wednesdays - April 7, 14, 21, 28 and May 5

Time: 5:00 - 6:00 p.m.

Site: Grinnell High School Track



## TIGER HEADQUARTERS

T-Shirts - Sweatshirts - Caps  
Key Chains - Gift Items  
And Much More

### Awards Unlimited

931 Main Street, Grinnell  
641-236-4615 or  
1-800-236-4615





# Youth Gymnastics/Tumbling Programs

The Grinnell Recreation Department's gymnastics instructor, Miss Olga Baldwin, was trained in the former Soviet Union, where she earned a master of gymnastics competitions for the Belarusian team. She has instructed children aged 3-15 and has now taught gymnastics in Iowa for 7 years. With an emphasis on fun and fundamentals, Miss Olga's gymnastics classes are intended to create a love of gymnastics and build basic skills on the floor, balance beam, vault and uneven bars.

*Appropriate attire - boys should wear athletic shorts and t-shirt, girls should wear leotard and have hair tied up.*

**\*All classes taught at the Community Center Gymnasium**

**\*Registration is limited to a maximum of 8 students per class (6 for Pre-Level classes) and will be taken on a first-come, first-served basis.**

**\*All make up classes cancelled by the Recreation Department will be held on Saturdays.**

**PRE-LEVEL:** For the youngest beginners, pre-level is intended for boys and girls ages 3-4. Students will learn simple tumbling with large muscle movements and skills.

Class #	Dates	Times	Reg. Deadline
126A	Tues. Aug 25-Nov 10	3:00-3:30	Aug 17
126B	Wed. Aug 26-Nov 11	5:30-6:00	Aug 17
126C	Fri. Aug 28-Nov 13	4:30-5:00	Aug 17
126D	Tues. Nov 17-Feb 23	3:00-3:30	Nov 9
126E	Wed. Nov 18-Feb 24	5:30-6:00	Nov 9
126F	Fri. Nov 20-Feb 26	4:30-5:00	Nov 9
126G	Tues. Mar 2-May 25	3:00-3:30	Feb 22
126H	Wed. Mar 3-May 26	5:30-6:00	Feb 22
126I	Fri. Mar 5-May 28	4:30-5:00	Feb 22
<b>Fee:</b>			\$84.00

**LEVEL 1:** This class is intended for older beginner boys and girls. Gymnasts will build on their floor-work basics and focus on coordination, flexibility strength and balance.

Class #	Dates	Times	Reg. Deadline
127A	Wed. Aug 26-Nov 11	6:00-7:00	Aug 17
127B	Fri. Aug 28-Nov 13	3:30-4:30	Aug 17
127C	Tues. Aug 25-Nov 10	4:30-5:30	Aug 17
127D	Wed. Nov 18-Feb 24	6:00-7:00	Nov 9
127E	Fri. Nov 20-Feb 26	3:30-4:30	Nov 9
127F	Tues. Nov 17-Feb 23	4:30-5:30	Nov 9
127G	Wed. Mar 3-May 25	6:00-7:00	Feb 22
127H	Fri. Mar 5-May 28	3:30-4:30	Feb 22
127I	Tues. Mar 2-May 25	4:30-5:30	Feb 22
<b>Fee:</b>			\$120.00

**LEVEL 2:** This class is intended for gymnasts with some prior experience. Gymnasts will add more advanced work on the balance beam, uneven bars, and vault.

Class #	Dates	Times	Reg. Deadline
128A	Thurs Aug 27-Nov 12	5:30-6:30	Aug 17
128B	Tues Aug 25-Nov 10	5:30-6:30	Aug 17
128C	Thurs Nov 19-Feb 25	5:30-6:30	Nov 9
128D	Tues Nov 17-Feb 23	5:30-6:30	Nov 9
128E	Thurs Mar 4-May 26	5:30-6:00	Feb 22
128F	Tues Mar 2-May 25	5:30-6:30	Feb 22
<b>Fee:</b>			\$120.00

**LEVEL 3:** For students who have previously attended level 2. Gymnasts will continue to work on more advanced skills in tumbling, balance beam, uneven bars and vault.

Class #	Dates	Times	Reg. Deadline
129A	Wed Aug 26-Nov 11	3:30-4:30	Aug 17
129B	Mon Aug 28-Nov 9	3:45-4:45	Aug 17
129C	Wed Nov 18-Feb 24	3:30-4:30	Nov 9
129D	Mon Nov 16-Feb 22	3:45-4:45	Nov 9
129E	Wed Mar 3-May 26	3:30-4:30	Feb 22
129F	Mon Mar 1-May 24	3:45-4:45	Feb 22
<b>Fee:</b>			\$120.00

**LEVEL 4:** For girls and boys who have previously attended level 3. This level has a natural progression and learning curve. The emphasis is on personal growth and advancement, with the opportunity for every child to set their own goals.

Class #	Dates	Times	Reg. Deadline
130A	Tues. Aug 25-Nov 10	3:30-4:30	Aug 17
130B	Thurs. Aug 27-Nov 12	5:30-6:30	Aug 17
130C	Tues. Nov 17-Feb 23	3:30-4:30	Nov 9
130D	Thurs. Nov 19-Feb 25	5:30-6:30	Nov 9
130E	Tues. Mar 2-May 25	3:30-4:30	Feb 22
130F	Thurs. Mar 4-May 27	5:30-6:30	Feb 22
<b>Fee:</b>			\$120.00

**ADVANCED LEVEL I:** Students will be working on front and back walkovers, front and back hand springs etc. They also will be taught simple routines on the balance beam and uneven bars.

Class #	Dates	Times	Reg. Deadline
131A	Thurs Aug 27-Nov 12	3:30-4:30	Aug 17
131B	Mon Aug 24-Nov 9	5:45-6:45	Aug 17
131C	Thurs Nov 19-Feb 25	3:30-4:30	Nov 9
131D	Mon Nov 16-Feb 22	5:45-6:45	Nov 9
131E	Thurs Mar 4-May 27	3:30-4:30	Feb 22
131F	Mon Mar 1-May 24	5:45-6:45	Feb 22
<b>Fee:</b>			\$120.00

**ADVANCED LEVEL II:** For boys and girls who have previously attend Advanced Level I. Students will continue to advance with routines.

Class#	Dates	Times	Reg. Deadline
133A	Thurs Aug 27-Nov 12	6:30-7:30	Aug 17
133B	Mon Aug 24-Nov 9	6:45-7:45	Aug 17
133C	Thurs Nov 19-Feb 25	6:30-7:30	Nov 9
133D	Mon Nov 16-Feb 22	6:45-7:45	Nov 9
133E	Thurs Mar 4-May 27	6:30-7:30	Feb 22
133F	Mon Mar 1-May 24	6:45-7:45	Feb 22
<b>Fee:</b>			\$120.00

**BOYS ONLY:** For boys of all ages and abilities.

Class #	Dates	Times	Reg. Deadline
132A	Thurs Aug 27 - Nov 12	4:30-5:30	Aug 17
132B	Thurs Nov 19-Feb 25	4:30-5:30	Nov 9
132C	Thurs Mar 4-May 27	4:30-5:30	Feb 22
<b>Fee:</b>			\$120.00

**No classes will be held September 7 - make up date TBD**

**No classes will be held November 23-27 - Thanksgiving week**

**No classes will be held December 21-January 1 - winter break**

**No classes will be held March 29-April 2 - spring break**

# League/Tournament Play

## MEN'S BASKETBALL LEAGUES

The team fee of \$255 includes t-shirts for the players on the tournament championship teams and referees. The regular season will consist of 8 games and the post season tournament will be single elimination. Captains may pick up league rules and roster forms upon registration. Leagues will be filled on a first come - first served basis. \*\*Basketball officials are needed for the leagues. If you are interested in officiating, please contact the Recreation Department.

### #406A - FALL LEAGUE

**Registration Deadline: September 17**

Start Date: September 24, Thursday nights

Time: 6:30 p.m. – 10:00 p.m.

Site: TBD

Fee: \$255.00 / team

### #406B - WINTER LEAGUE

**Registration Deadline: December 31**

Start Date: January 7, Thursday nights

Time: 6:30 p.m. – 10:00 p.m.

Site: TBD

Fee: \$255.00 / team

## 2009-2010 YOUTH BASKETBALL TOURNAMENTS

### 14<sup>th</sup> Annual Primetime Hoops Classic

December 5 (5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade – Girls)

December 19 (5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade - Boys)

### 14<sup>th</sup> Annual Primetime Hoops Jam-Ball-Ree

January 9 (4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade – Girls)

January 23 (4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade – Boys)

### Tournament Information

Entry fee for each tournament is \$115.00. Teams are not officially registered until the entry fee is paid and a postcard confirming your entry is mailed back to you. All tournaments are open until one week prior to the tournament date or the division is full, whichever is first. All teams are guaranteed three (3) games. Twelve (12) players maximum per team.



## ADULT VOLLEYBALL LEAGUES

The team fee of \$80 includes t-shirts for players on the tournament championship teams and referees. The regular season will consist of 10 games and the post season tournament will be single elimination. Captains may pick up league rules and roster forms upon registration. Leagues will be filled on a first come - first served basis. \*\*volleyball officials are needed for the leagues. If you are interested please contact the Recreation Department.

### #405A – Women's Fall Volleyball League

**Registration Deadline: September 14**

Start Date: September 21, Monday nights

Time: 6:30 p.m. – 10:00 p.m.

Site: Grinnell Middle School

Fee: \$80.00 / team

### #405B – Coed Fall Volleyball League

**Registration Deadline: September 16**

Start Date: September 23, Wednesday nights

Time: 6:30 p.m. – 10:00 p.m.

Site: Grinnell Middle School

Fee: \$80.00 / team

### #405D – Women's Winter Volleyball League

**Registration Deadline: January 4**

Start Date: January 11, Monday nights

Time: 6:45 p.m. – 10:00 p.m.

Site: Grinnell Middle School

Fee: \$80.00 / team

### #405E – Coed Winter Volleyball League

**Registration Deadline: January 6**

Start Date: January 13, Wednesday nights

Time: 6:45 p.m. – 10:00 p.m.

Site: Grinnell Middle School

Fee: \$80.00 / team



## NEW!! DISC GOLF LEAGUE

You are invited to play in Grinnell's first disc golf league. All ages and skill levels are welcome. Each week, players will play 18 holes, measuring their score against their handicap. New players will be assigned a generic handicap until they build up their own handicap. The players with the lowest adjusted scores win weekly cash prizes. Players can also compete for bonuses including longest putt, closest to the pin, and hole-in-one. Pay \$3 each week to be eligible for winnings. You may also choose to play for free to learn the course and play with other disc golfers. Location of course is Miller Park.

For more information, contact Dan McCue 990-6705 or danmcq13@gmail.com.

**No pre-registration required - just show up any week!**

### FALL LEAGUE:

Mondays, August 24-October 26 (10 weeks) at 6 p.m.

### WINTER LEAGUE:

Sundays, November 1-February 28 (18 weeks) at 2 p.m.

# American Red Cross Swimming Lessons

## Parent / Tot Class (Children 6 months to 5 years, parents)

Parent must be prepared to accompany their child into the water. This class is to orient the child to the water and to help parents learn to work with their child in the water.

*Minimum 5 students and maximum 10 students per class.*

### #200A Registration Deadline: October 27

Dates: Tuesdays and Thursdays –  
November 3, 5, 10, 12, 17 and 19

Time: 6:00 p.m. - 6:30 p.m.

Site: Ahrens Family Center Pool

Fee: \$25.00

### #200A Registration Deadline: January 5

Dates: Tuesdays and Thursdays –  
January 12, 14, 19, 21, 26 and 28

Time: 6:00 p.m. - 6:30 p.m.

Site: Ahrens Family Center Pool

Fee: \$25.00

## Level I: Water Exploration

Students are taught independent floating and gliding and beginning arm strokes.

*Minimum 5 students and maximum 10 students per class.*

### #203A Registration Deadline: October 27

Dates: Tuesdays and Thursdays –  
November 3, 5, 10, 12, 17 and 19

Time: 6:35 p.m. - 7:05 p.m.

Site: Ahrens Family Center Pool

Fee: \$27.00

### #203B Registration Deadline: January 5

Dates: Tuesdays and Thursdays -  
January 12, 14, 19, 21, 26 and 28

Time: 6:35 - 7:05 p.m.

Site: Ahrens Family Center Pool

Fee: \$27.00

## Level II: Primary Skills

Students are taught treading water, rolling front to back and back to front.

*Minimum 5 students and maximum 10 students per class.*

### #204A Registration Deadline: October 27

Dates: Tuesdays and Thursdays –  
November 3, 5, 10, 12, 17 and 19

Time: 7:10 p.m. - 7:40 p.m.

Site: Ahrens Family Center Pool

Fee: \$27.00

### #204B Registration Deadline: January 5

Dates: Tuesdays and Thursdays -  
January 12, 14, 19, 21, 26 and 28

Time: 7:10 - 7:40 p.m.

Site: Ahrens Family Center Pool

Fee: \$27.00

## LIFEGUARD TRAINING (Ages 15 and up)

Students must be 15 years of age by the last day of class. At the conclusion of the course participants will receive a certificate in lifeguard training and First Aid, CPR-PR and AED. Students must attend all sessions.

*If interested please call the Grinnell Recreation Department*

## Level III: Stroke Readiness

Students are taught rotary breathing, survival float and front crawl.

*Minimum 5 students and maximum 10 students per class.*

### #205A Registration Deadline: September 29

Dates: Tuesdays and Thursdays –  
October 6, 8, 13, 15, 20 and 22

Time: 6:30 p.m. - 7:15 p.m.

Site: Grinnell College PEC Pool

Fee: \$27.00

### #205B Registration Deadline: January 26

Dates: Tuesdays and Thursdays –  
February 2, 4, 9, 11, 16 and 18

Time: 6:30 p.m. - 7:15 p.m.

Site: Grinnell College PEC Pool

Fee: \$27.00

## Level IV: Stroke Development

Students are taught all strokes and surface dives.

*Minimum 5 students and maximum 10 students per class.*

### #206A Registration Deadline: February 23

Date: Tuesdays and Thursdays -  
March 2, 4, 9, 11, 16 and 18

Time: 6:30 p.m. – 7:15 p.m.

Site: Grinnell College PEC Pool

Fee: \$27.00

## Level V: Stroke Refinement

Students increase yardage of all strokes, flip turns and learn safety skills.

*Minimum 5 students and maximum 10 students per class.*

### #207A Registration Deadline: March 30

Date: Tuesdays and Thursdays -  
April 6, 8, 13, 15, 20 and 22

Time: 6:30 p.m. – 7:15p.m.

Site: Grinnell College PEC Pool

Fee: \$27.00

## Level VI: Skill Proficiency

Students will learn about personal water safety and swimming for fitness as they increase their yardage and work on stroke efficiency.

*Minimum 5 students and maximum 10 students per class.*

### #207A Registration Deadline: March 30

Date: Tuesdays and Thursdays -  
April 6, 8, 13, 15, 20 and 22

Time: 7:15 p.m. – 8:00p.m.

Site: Grinnell College PEC Pool

Fee: \$27.00

## WATER SAFETY INSTRUCTOR (Ages 16 and up)

Students must be 16 years of age by the last day of class. You will receive training to teach American Red Cross swimming lessons. This class is also great if you plan to teach private swimming lessons.

*If interested please call the Grinnell Recreation Department*

# Aquatics

## TIGER SHARKS SWIM CAMP

Come and see what Tiger Sharks is all about. The coaching staff is holding a stroke clinic one week before the start of the Winter season. If you are new to the program come try it out. If you are a swimming veteran, sign up and get a jump on the season.

**#214B Registration Deadline: October 20**  
Dates: October 26-29  
Times: 6:30 - 7:30 p.m.  
Site: Grinnell College PEC Pool  
Fee: \$10.00



## TIGER SHARKS SWIM TEAM

Tiger Sharks is a competitive swim program that is open to all swimmers who can swim 25 yards in deep water. Swimmers learn all four competitive swimming strokes and can compete in swim meets.

**\*\*Mandatory parents' meeting November 2nd at the PEC Pool\*\***

**Registration Deadline: November 2**

### #214A Competitive - practice 3 times per week

Dates: Mondays, Tuesdays, Thursdays Nov. 2 - Jan 30  
Times: 10 and under 6:30 - 7:15pm  
11 and over 7:00-8:00pm  
Site: Grinnell College PEC Pool  
Fee: \$90.00

\$47.00 (Optional YMCA Membership Fee— swimmers must swim in three meets prior to January 30 to be eligible to swim at the Sectional meet.

### #214C Recreational - practice 2 times per week

Dates: Tuesdays and Thursdays Nov. 2 - Jan 30  
Times: 10 and under 6:30 - 7:15pm  
11 and over 7:00-8:00pm  
Site: Grinnell College PEC Pool  
Fee: \$60.00

\$47.00 (Optional YMCA Membership Fee— swimmers must swim in three meets prior to January 30 to be eligible to swim at the Sectional meet.

Tiger Sharks swim team suits and caps are available for purchase at the Recreation Department all year.

## TINY SHARKS

Swimmers that are not able to swim 25 yards in deep water will be invited to swim at the Ahrens Family Center pool each Monday evening during the swim season. Candidates for Tiny Sharks should feel comfortable in the water and they must possess the ability to float. This team will work on the front stroke, learn how to float on their backs and progress to back stroke.

*Maximum 8 students per class*

**Registration Deadline: November 2**

Dates: Mondays -  
Nov 9, 16, 23, 30, Dec 7, 14, Jan 4, 11, 18 and 25  
Times: **#214D** 6:00 - 6:45pm  
**#214E** 6:45 - 7:30pm  
Site: Ahrens Family Center Pool  
Fee: \$40.00



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[www.ramseyweeks.com](http://www.ramseyweeks.com)

## AQUALITE - WATER FITNESS PASS

Aqualite is for those individuals just starting out, continuing exercising, or senior citizens. Aqualite explores ways to use the water to exercise with less stress on joints. It will help you with muscle tone, flexibility, and cardiovascular conditioning.

- *Exercise equipment will be available to participants any time the pool is open to the public.*
- *Aqualite gloves available for purchase at the Grinnell Recreation Department.*
- *Passes are available for purchase through the Grinnell Recreation Department.*



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[www.coryhallphoto.com](http://www.coryhallphoto.com)**

# Family Programs

## GRINNELL TAE KWON DO CLUB

Class is open to beginner and advanced students and is taught as a traditional Tae Kwon Do class. Grinnell TKD Club provides an atmosphere where students can excel at their own rate and many gain confidence in themselves and their abilities which are sometimes overlooked in team sports. Instructor: Stephanie Schinnow

#301

<b>Dates:</b>	<b>Times:</b>	<b>Level:</b>
Mondays	7:00 - 8:30 p.m.	All
Wednesdays	7:00 - 8:00 p.m.	Beginner
Fridays	7:00 - 8:30 p.m.	Advanced

Site: Ahrens Family Center Gym - (NEW LOCATION)

Fee: \$35.00 / calendar month

## NEW!! DISC GOLF

Come one - come all! Learn the sport of disc golf on Grinnell's new disc golf course located at Miller Park by Lake Nyanza. Participants will learn the rules of the game while getting a chance to become familiar with the course. Discs will be available for those that need them.

**No pre-registration required**

Date: Sunday August 23

Time: 1:00 - 5:00pm

Site: Miller Park Disc Golf Course

Fee: **Free!!** Donations accepted with proceeds going to the disc golf course.

## Ag Appreciation Day - September 10



# Steve Link

**Ford \* Lincoln \* Mercury**

**916 West St. - Grinnell**

**Sales & Service**

**(641) 236-3172 (641) 236-7918**

**www.steve-link.com**

# Facility Use

## GRINNELL ATHLETIC AND RECREATION CENTER

The GARC will open to the public beginning October 1, 2009 through April 30, 2010. Passes are available for purchase at the Recreation Department only.

### Open Recreation Hours

Monday – Friday	6:45 p.m. - 9:00 p.m.
Saturday	1:00 p.m. - 9:00 p.m.
Sunday	1:00 p.m. - 8:00 p.m.

\*The building or portions of the building may be closed for programming purposes on occasion. Please check the schedule at the GARC for these dates and times.

### Admission / Passes

	Daily	Monthly	Season
Youth	\$2.00	\$15.00	\$85.00
Adult	\$3.00	\$18.00	\$95.00
Family	---	\$24.00	\$120.00
Senior	\$2.00	\$15.00	\$85.00

## GRINNELL COLLEGE - PHYSICAL EDUCATION CENTER

The PEC pool and racquetball courts will open to the public on Tuesday, September 8, 2009, with regular hours through May 13, 2010. Passes are available for purchase at the Recreation Department only.

### Racquetball court reservations

PEC Equipment Room (269-3834) after 10:00 a.m.

### Pool Hours

Monday – Friday	6:00 – 8:00 a.m.
Monday – Friday	12:00 – 1:00 p.m.
Monday – Thursday	6:30 – 8:00 p.m.
Friday – Saturday	6:30 – 9:00 p.m.
Saturday – Sunday	1:00 – 4:00 p.m.

### The PEC will be closed on the following dates:

Fall Break (October 16 - 25)

Thanksgiving Break (November 25 - 29)

Winter Break (December 18 - January 24)

Spring Break (March 19 - April 4).

\*The building or portions of the building may be closed for programming purposes on occasion. Please check the schedule at the PEC for these dates and times.

### Admission / Passes

	Daily	Monthly	Season
Youth	\$2.00	\$15.00	\$85.00
Adult	\$3.00	\$18.00	\$95.00
Family	---	\$24.00	\$120.00
Senior	\$2.00	\$15.00	\$85.00