

October 2017

Here's what's Coming Up at the Cedar Falls Recreation Center

Total Rec...

110 E. 13th St. Cedar Falls, IA 50613 319-273-8636 www.cedarfalls.com/recreation



The CF Rec Center hours
Labor Day – Memorial Day
Monday-Friday 5:00am-9:30pm
Saturday 7:00am-8:00pm
Sunday 11:30am-8:00pm

Have you Signed up??

Sun, Oct 1 Volleyball League Registration Deadline

Mon, Oct 2 Racquetball League Registration

Special Days at the Pool

Double Dollar Deal Night

Sundays 7:00pm-8:45pm Location: Holmes Pool
Admission: \$2/person or season pass

Flotation & Squirt Gun Afternoons

Sundays 1:00pm-3:45pm Location: Holmes Pool
Admission: Daily Fee or season pass

At the Pools.....

INDOOR RECREATIONAL SWIMMING

Holmes Pool
Phone: 319-553-3012
7:00-8:45pm Tues, Thurs & Sun
1:00-3:45pm Sunday

Peet Pool
Phone: 319-553-3011
1:00-3:45pm Saturday

DAILY ADMISSION

Peet/Holmes	
Infant (2 & Under)	\$3.00
Youth 3-17 years	\$4.00
Adult 18 years & older	\$4.00

WINTER SEASON PASSES

	Without Rec Membership	With Rec Membership
	Resident / Non Resident	Resident Non Resident
Youth & Sr	\$75.00/\$80.00	\$25.00/\$30.00
Adult	\$95.00/\$100.00	\$25.00/\$30.00
Family	\$130.00/\$140.00	\$50.00/\$55.00

LAP SWIM (16 AND OLDER)

Fee: \$4.00 or season pass for respective season

Early Bird Lap Swim:	Peet	5:45-7:30am	MWF
Evening Lap Swim:	Holmes	6:15-7:00pm	T Th
	Holmes	8:55-9:50pm	T Th
Weekend Lap Swim:	Holmes	6:00-6:50pm	Sunday

AQUA TRIM-

October 9 - November 8
Monday & Wednesday
6:45 - 7:30pm
\$32.00 Holmes Pool

DEEP WATER AQUA TRIM

October 9 - November 8
Monday & Wednesday
7:30 - 8:15 pm
\$32.00 Holmes Pool

Pickleball Mornings - Adult

Join us at the Cedar Falls Recreation Center. Come in from the cold Play for fun with the other Pickleballers in attendance. Players of any level are invited to join in at all of the following opportunities to learn, play and enjoy the game.

Dates: thru October, Nov/Dec, Jan/Feb Sessions

Days & Times: Mon, Wed Fri 7:30-10:30am

**Play may be limited on days CF public schools are not in session*

Fee: FREE to Rec Center Members/FREE with Daily Admission. \$24.00/month session for non-members

Registration: Rec Center or Call 319-273-8636

Equipment: Balls provided, bring your own equipment or try it out using our Paddles

Dodgeball League - Adult

Age: 18 years or older

Dates: Begins October 18 **Days:** Wednesdays

Times: 7:00pm - 9:30pm **Location:** CF Rec Center

Registration Deadline: October 8

Fee: \$70.00

Description:

6-game season, Open Division-Teams may consist of any combination of men and women, 6 will play on the field at a time with unlimited substitution, Games are call your own. A site supervisor will be designated timer and will settle rule information.

Basketball League - Adult

Age: 18 years or older

Dates: Nov 8 - Mid Feb **Days:** Wednesdays

Times: 6:45pm - 10:30pm **Location:** Various CF Schools

Registration Deadline: October 30

Fee: \$360.00

Description:

This is a 5 on 5 League with a 10 game season , Open League with B & C Divisions available, Teams must wear numbered jerseys or shirts, A site supervisor and officials will be provided, Players may play on one team only.

Fall Fun Guide For Kids!

Home School Fitness

Age: For students grade 1-6

Dates: Oct 30-Dec 7

Days/Times: Monday & Thursday 11:00-11:45am

Fee: \$35/session for Rec Center Members,
\$40/session for Non Rec Center Members

Description: This is a high energy, boot camp style youth fitness class with a lot of variety that includes strength and cardio. Classes are instructed by nationally certified personal trainers.

Location: CF Rec Center

Indoor Park

Age: Parents & preschool age children only.

We do not allow older siblings in the gymnasium during indoor park. Children aged 9 months and older will be required to pay the admission fees.

Dates: October 3 - December 21

Days/Times: Tues and Thurs 9:00am-2:00pm

Fee: Daily Rate \$3.00 per child

Session Fee: \$40.00

Description: Come in from the cold and play in our Indoor Play park! Toys and Cars and Friends.....

Location: CF Rec Center

This Program meets only when CF Public Schools are in session. In the event of a School Holiday, scheduled day off or weather related cancellation, Indoor Park will not be held. If you have a day in question, please call the Rec Center at 273-8636.

Tumble and Move with Us!

Ages: 3 Years - Kindergarten

Children MUST be 3 prior to start of program, no exceptions. Children must be out of diapers, potty trained and follow directions.

Dates Session I: Begins October 7 for 6 weeks

Description: Class will teach your child rolling, moving and dancing! We ask that parents refrain from being in the room as we feel the children benefit from having no distractions.

Days/Times: Saturdays

10:00am 3-5 years 11:00am 4 years-K

Fee: \$32.00

Location: Cedar Falls Recreation Center

Still spaces
available!

Coed Basketball: Kindergarten

Program Begins: October 28

Location: Cedar Falls Recreation Center

Days and Times: Saturdays 9:00am & 10:00am

Fee: \$30.00 prior to October 22 deadline then \$35.00

This 6 session program will teach boys and girls the fundamentals and basic skills of basketball in a fun, organized, and non-competitive atmosphere.

*Sponsored by Amvets Post 49



Girls Basketball: 1st & 2nd Grade

Program Begins: October 28

Location: Cedar Falls Recreation Center

Days and Times: Saturdays 11:00am

Fee: \$30.00 before October 22 deadline then \$35.00

This 6 session program will teach the fundamentals and basic skills of basketball in a fun, organized, and non-competitive atmosphere.

*Sponsored by 1st National Bank

Boys Basketball: 3rd & 4th Grade

Program Begins: October 28

Location: Lincoln Elementary

Days and Times: Saturdays 9:00am or 10:30am

Fee: \$35.00 before October 21 deadline then \$40.00

This 6 session program is designed to give boys the opportunity to play, learn, and enjoy the game of basketball in an energetic and organized atmosphere.

*Sponsored by Cedar Falls Lions Club

**Don't see your age group here for Basketball?
Check our web site for more programs
available....www.cedarfalls.com/recreation**

We have New Bikes in the Cardio Cycling Room!

It's finally Fall and time to bring some of your workouts inside. Sign up for a fitness pass here at the Rec Center and take any of the classes we have to offer. A fitness pass permits your unlimited usage to any fitness class that does not require pre-registration. A Recreation Center facility membership is not needed to purchase a fitness pass.

Fitness Passes are 1/2 price if you have a Rec Membership.
Session 3: Sept-Dec

\$96 for a 4-month Pass/\$48 with Rec Center Membership.

\$35 for a 1-month Pass/\$30 with Rec Center Membership.



Cycling-All Levels

An intense but low impact aerobics class on a spinning bike set to great music and guaranteed to burn calories! First come first serve.

Tuesday Thursday 5:15am

Tuesday Thursday 9:00am

Monday Wednesday 4:30pm

Monday Wednesday 5:30pm

Tuesday Thursday 5:30pm

Saturday 8:30am

Saturday 9:30am

We also offer a pre-registered class that does not require a fitness pass but has a separate cost-1/2 price with a membership or fitness pass

Monday Wednesday Friday 8:00am \$42.00/month