



TOT TIME

Bring your toddler or preschooler for high energy fun! Activities include hula hoops, obstacle course, bouncy house, tents, balls, slide and music. Children must be supervised by caregiver. No charge for caregivers.

TUESDAYS 9:00-11:00am

DATE: November - mid March No Registration

AGE: Infant - 5 yr PRICE: \$1/Free for Members

MUSIC & MOVEMENT

Children will work on coordination, balance, and flexibility through movement. The goal of the class is to enjoy music, while working on gross motor skills. Students will be exposed to different styles of dance and music from around the world!

TUESDAYS 4:15-5:00pm

DATE: 10/12, 10/19, 10/26, 11/2 DEADLINE: 10/8

AGE: 4-8 yr PRICE: \$25/\$20 M



MESSY ART

Bring your toddler to create, experiment, and get messy! Messy Art is child-directed and allows your toddler to learn and explore different materials and art processes. A new activity will be introduced each week. Enjoy time creating with your toddler and leave the mess with us!

TUESDAYS 9:00-9:45am

DATE: 10/12, 10/19, 10/26, 11/2 DEADLINE: 10/8

AGE: 2-5 yr PRICE: \$25/\$20 M

BLACK & WHITE PHOTOGRAPHY

Class taught by master photographer Bob Campagna. Students will experience photographing with black & white film, take a photo walk to apply visual terms, experience darkroom printing and fine art presentation of finished photographs. Students will learn to see as an artist, create and present fine art photographs, and think critically. *Material fee of \$35 paid to the instructor includes: 2 rolls of 35mm film, printing paper, window cut mats, chemistry, use of camera, enlarger and processing materials.



MONDAYS

3:45-5:15pm

DATE: 10/11, 10/18, 10/25, 11/1 DEADLINE: 10/6

AGE: 12-99+ PRICE: \$70/\$62 M (+Fees*)

BABYSITTER'S TRAINING AMERICAN RED CROSS

The purpose of this course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care to children and infants. This training will help participants develop leadership skills; learn how to develop a babysitting business, keep themselves and other safe and help children behave; and learn basic child care and basic first aid. Add on CPR/First Aid certification from 3:30-5:30 for an additional \$20 fee.

SATURDAY

8:00am-3:30pm

DATE: 11/6 DEADLINE: 11/3

AGES: 11-15 yr PRICE: \$60/\$50 M (+\$20 CPR)

FIRST AID/CPR/AED CERTIFICATION AMERICAN RED CROSS

This course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older. Successful students will receive a certificate for Adult First Aid/CPR/AED valid for two years. Lunch is provided.

SUNDAY

11:00am-5:00pm

DATE: 10/3 DEADLINE: 10/1

AGE: 9-99+ PRICE: \$65/\$55 M

3 Easy Ways to Register

Online: Visit theLBC.com, go to Programs, click on "View all Programs." Sign into your RecDesk account or create a new account.

In Person: Stop by the LBC welcome desk during our operational hours and our Customer Service staff can set up your registration with cash, check or credit card payment.

Phone: Call the LBC Welcome Desk at 319-895-9513 and our Customer Service staff can set up your registration with a credit card payment.

Scholarships are available through SELCC, contact Nicole at 319-455-2844.



Follow Lester Buresh Family Community Wellness Center on Facebook to see what is happening at the LBC and get the latest updates.

PICKLEBALL LEAGUE

Sign up as a two-person Men's or Women's doubles team. There are 7 weeks of play taking place on Sunday evenings between 6-8pm. This recreational league is for players who are just starting out in a league or have a skill level of 3.0 and lower. All players should have a slight understanding of rules and play. Teams should only register if they are available for all seven weeks (Oct 10, 17, 24 / Nov 7, 14, 21/ Dec 5). Teams are required to secure their own subs. All subs must be pre-approved by the league director to ensure equitable play. Game Format: Best of two games with OT to break tie/must win by 2. Games are self-officiated. Full rules may be acquired via email sent to msiders@cityofmtvernon-ia.gov



SUNDAYS 6:00-8:00pm

DATE: 10/10 - 12/5 DEADLINE: 10/2

AGE: 18+ PRICE: \$30/team

PICKLEBALL SKILL BUILDER CLINICS

This free clinic is geared for beginners to work with experienced players to develop skills and to learn the basics of the game. Join one or both sessions. Practice your skills at open pickleball play Mondays and Wednesdays 11:00-1:00.

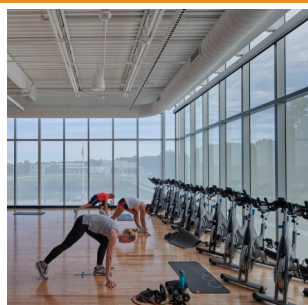
MONDAYS 10:00-11:00am

DATE: 10/18, 10/25 RESERVE YOUR SPOT

AGE: 18+ PRICE: FREE

FITNESS CLASSES

Reach your fitness goals by working out with our amazing team of group fitness instructors! Whether you are looking for high energy, sweat-soaked workouts or gentle stretch and toning, we have you covered. With all standard classes included in your membership you can try them all. Don't have a membership? Join a class by paying a drop-in rate (\$10 adult, \$6 senior/military/youth) with no commitment. View our full schedule at theLBC.com.



CLIMB CLUB

Hone your climbing skills in a small group setting with Raud as your guide. Improving your technique leads to a much more fulfilling and gratifying climbing experience and opens more opportunities for future climbing endeavors. Participants will work on proper footwork, body positioning, and route reading skills. These foundational techniques and concepts are sure to help you improve!

THURSDAYS

3:30-4:30pm

DATE: 9/30, 10/7, 10/14

DEADLINE: 9/27

AGE: 11-14 yr

PRICE: \$20/\$15 M



YOUTH FITNESS CERTIFICATION

This course covers the rules and regulations of the fitness hallway including proper use of cardiovascular and weight training equipment. After successful completion of the course, youth 12-13 years old are allowed to work out in the fitness hallway under the supervision of a parent/guardian, youth 14-15 years old may use the equipment without a parent/guardian. A parent/guardian must attend with youth 12-13 years old.

SATURDAY

8:30-10:00am

DATE: 10/9 or 11/13

DEADLINE: 10/8, 11/12

AGE: 11-15 yr

PRICE: \$25 /\$15 M

EARLY OUT REC

Early out days mean more time for FUN AND GAMES! Kids will be active, creative, and engaged through planned activities, games and crafts. Kids will have time to hang out with friends during open gym and kids choice time. Our staff will walk with kids from MV school to the LBC. Snacks are provided. Must pre-register for this program.

EARLY OUT DAYS

TIME: 1:05-3:30pm

10/20, 11/17, 12/8, 12/22

DEADLINE: 2 wks prior

AGE: 6-10 yr

PRICE: \$10 per day/\$8 M