



# SPRING PROGRAMS

Learn · Build · Create



## MENTAL FITNESS CULTIVATING A GROWTH MINDSET

Energy & The Power of Choice

Led by professional mindset coach, Mandy Kuker, this 4-week program is designed to provide tools and resources to build mental fitness allowing one the ability to respond the life's challenges with a positive mindset. Creating a fun and safe space for your child to learn and explore emotions while gaining tools to use mental strength and positivity to respond to everyday life.

<b>TUESDAYS</b>	<b>4:00-5:00pm</b>
DATE: 4/5, 4/12, 4/19, 4/26	DEADLINE: 4/1
GRADES: 5TH & 6TH	PRICE: \$100

## EASTER EGGSTRAVAGANZA

Try out a variety of eggstraordinary ways to dye Easter eggs! Eggspirement decorating with dyes, glue, glitter, crayons, rice, and shaving cream. This is a self-guided activity. Children 10 and under must be accompanied by an adult. Decorating supplies are provided. **Bring your own hard boiled eggs.**

<b>FRIDAY</b>	<b>3:30-5:30pm</b>
DATE: 4/15	No Registration Required
AGE: All Ages	PRICE: Daily Adm/FREE M

## E-SPORTS ARENA

Play PS4 and Nintendo Switch games such as Super Smash Brothers, Madden, NBA2K, Rocket League, Mario Kart, and more against other friends and players.

<b>MONDAYS</b>	<b>3:30-4:30pm</b>
DATE: 3/21 - 5/2	No Registration Required
AGE: 11-16	PRICE: Daily Adm/FREE M

## EARLY OUT REC **NOW EXTENDED UNTIL 4PM**

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.

<b>EARLY OUT DAYS</b>	<b>TIME: 1:05-4:00pm</b>
3/9, 4/13, 4/27, 5/11	DEADLINE: 1 week prior
AGE: 6-10 yr	PRICE: \$12 per day/\$10 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.

<b>SATURDAY</b>	<b>8:30-10:00am</b>
DATE: 3/26, 4/9, 5/14	DEADLINE: 3/23, 4/6, 5/11
AGE: 11-15 yr	PRICE: \$25 /\$15 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!



<b>TUESDAYS</b>	<b>9:00-9:45am</b>
DATE: 3/22, 3/29, 4/5, 4/12	DEADLINE: 10/8
AGE: 2-5 yr	PRICE: \$25/\$20 M

## SPRING BREAK @ theLBC

Watch the LBC calendar and Facebook for spring break activities. Mini golf is back! 9 holes on the LBC patio.

### 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 news.



### VOLLEYBALL LEAGUE

This is an adult, recreational, co-ed 6 v 6 league. Teams have a max of 12 players per roster and must have a minimum of 3 females on the court at a time. All games will be played at the LBC on Sundays 3/20, 3/27, 4/3, 4/10, 4/24, 5/1. Regular league games will be played at 6:00pm, 7:00pm and 8:00pm with all matches ending within the 1 hour time limit.



<b>SUNDAYS</b>	<b>6:00-9:00pm</b>
DATE: 3/20—5/1	DEADLINE: 3/11
AGE: 18+	PRICE: \$90/team

### WOMEN'S SELF DEFENSE

This basic self defense class teaches techniques to help prepare you in the case of an assault.

This class will discuss situational awareness and safety. Participants will be instructed on basic striking and ground defense and will practice these skills. Please wear athletic clothing. A signed waiver form is required to participate. Instruction is provided by Mt Vernon/ Lisbon Police Officer Todd Gehrke.

<b>MONDAY</b>	<b>6:30-8:30pm</b>
DATE: 4/25	RESERVE YOUR SPOT
AGE: 14+	PRICE: FREE

### PICKLEBALL SKILL BUILDER CLINICS

This two-session, 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, Wednesdays and Thursdays 11:00-1:00.

<b>MONDAY &amp; WEDNESDAY</b>	<b>9:00-10:00am</b>
DATE: 4/4 & 4/6	RESERVE YOUR SPOT
AGE: 18+	PRICE: FREE

### LET'S PLAY BRIDGE

Learn how to play Contract Bridge. This class will provide participants free and low cost resources to learn how to play Contract Bridge. The basic rules and strategies of the game will be reviewed and players will learn as they play the game. Free and low cost apps for a computer or cell phone will be used to allow participants to continue to learn the game outside of class time. New and experienced players welcome.



<b>MONDAYS</b>	<b>7:00pm</b>
DATE: Ongoing	No Registration
AGE: 16+	PRICE: FREE

### DIGITAL PHOTOGRAPHY/ POSTER DESIGN

Class taught by master photographer Bob Campagna.

Participants will learn the art of seeing through photography using digital imagery. The final project will be to produce a themed poster which incorporates selected images. Technical instruction will be offered. Participants must provide their own camera or cell phone to capture digital images. The course will include a guided photo walk. Participants will create two 13x19 posters of varying design. \*Material fee of \$8 paid to the instructor includes: 3 fine art posters 13x19.



<b>MONDAYS</b>	<b>5:30-6:30pm</b>
DATE: 3/21, 3/28, 4/4	DEADLINE: 3/16
AGE: 21-99+	PRICE: \$49/\$42 M (+Fees*)

### VOLUNTEER IN THE GARDENS

The LBC is partnering with Linn Co Master Gardeners and SELCC to provide fresh produce to the food pantry. We need your help! Volunteers will amend the soil and plant early season crops. Watch Facebook and LBC calendar for spring planting dates. Contact Sarah to volunteer 319-895-9513.