



FALL PROGRAMS

LEARN • BUILD • CREATE



SPEED & AGILITY

Increasing speed and agility takes time and follows a progression. This class focuses on improving athleticism, enhancing neuromuscular adaptations, and preventing injuries.

FUN! This is the overarching goal of the class. The progressive drills completed with cones, ladders, plyometric boxes and much more will increase the capabilities, skillset, and confidence of those included. Every session will be full of high energy and completed with fun, competitive games. Led by Casey Allen, Certified Personal Trainer.

TUESDAYS & THURSDAYS	3:30-4:15pm
DATE: 9/6 - 9/29	DEADLINE: 9/2
AGE: 8-13 yr	PRICE: \$40/\$32 M

YOUTH FITNESS CERTIFICATION

This course covers the rules and regulations of the fitness hallway including proper use of cardiovascular and weight training equipment. A parent/guardian must attend with youth 12-13 years old. 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.

SATURDAY	8:30-10:00am
DATE: 9/10, 10/8, 11/12 or 12/10	DEADLINE: 3 days prior
AGE: 12-15 yr	PRICE: \$25 /\$15 M



TOT TIME

Bring your toddler or preschooler for high energy fun! Open gym and free play include hula hoops, obstacle course, tents, balls, bouncy house, slide and more. Children must be supervised by caregiver. No charge for caregiver.

TUESDAYS	9:00-11:00am
DATE: November - mid March	No Registration
AGE: Infant - 5 yr	PRICE: \$1/Free for Members

AFTER SCHOOL CLUBS

The LBC is the place to be after school! LBC after school clubs are 6 week sessions designed for your child to explore what they love. These kid-based clubs allow the participants the flexibility to plan projects/games they are most interested in. Each club meets one day a week. Register for each club separately. Pre-registration is required. *Material fees may apply

- Mondays: E-sports Arena
 - Wednesdays: Arts & Crafts Club*
 - Thursdays: Lego Club (starting Session 2)
- Have a club idea? Let us know.

Session 1 starts 9/12	3:30-4:45pm
Session 2 starts 10/31	DEADLINE: 9/7 & 10/26
AGE: 8-12	PRICE: See RecDesk/Free 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 provided.

EARLY OUT DAYS	TIME: 1:10-4:00pm
9/14, 10/5, 10/19, 11/16, 12/7	DEADLINE: 1 week prior
AGE: 6-10 yr	PRICE: \$12 per day/\$10 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 with 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: 10/4, 10/11, 10/18, 10/25	DEADLINE: 9/30
AGE: 2-5 yr	PRICE: \$25/\$20 M

KID'S NIGHT OUT

Kids will enjoy a night of games, crafts, dinner and snacks, while parents have the chance to have their own evening out. This is the perfect opportunity to get some holiday shopping done.

FRIDAYS	5:00-8:30pm
DATE: 11/11 or 12/16	DEADLINE: 1 week prior
AGE: 4-12yr	PRICE: \$20/\$15 M


3 EASY WAYS TO REGISTER

Online: Visit theLBC.com, click on “Program Registration.” Sign into your RecDesk account or create a new account if you do not have one.

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 get the latest updates.



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 in October and November. Regular league games will be played at 6:00, 7:00, & 8:00pm with all matches ending within the 1 hour time limit.



SUNDAYS 6:00-9:00pm

DATE: 10/2 - 11/20 DEADLINE: 9/25

AGE: 18+ PRICE: \$90/team

PICKLEBALL SKILL BUILDER CLINICS

Beginners: This two-session clinic is geared for players new to the game to work with experienced players to develop skills and to learn the basics of the game. Practice your skills at open pickleball play Mondays, Wednesdays and Thursdays 11:00-1:00.

Skills & Drills: Designed for players who have completed the beginner class and want to improve skills including, serves, ball placement and control.

MONDAY & WEDNESDAY Beginners: 9:00-10:00am

DATES: 9/19 & 9/21 Skills & Drills 10:00-11:00am

DATES: 9/26 & 9/28 Beginners: 7:00-8:00pm

AGE: 18+ FREE, RESERVE YOUR SPOT

LET'S PLAY CARDS

Euchre, Hearts, Spades, Whist, 500, Bridge, Up and Down the River, etc. We'll play cards at as many tables as the number of players allow. Each table will select the game they want to play. Bring a friend, come to play.



MONDAYS 7:00-8:30pm

DATE: Starts 9/12 No Registration

AGE: 12+ PRICE: Daily Admission/Free M

BABYSITTER 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 and learn how to develop a babysitting business. Basic child care and first aid, along with safety and behavior management skills will also be learned. Add on CPR/First Aid certification from 3:30-5:30 for an additional \$20 fee. **This program will not certify you in First Aid and CPR, if you would like that certification please select the add on class.**

SATURDAY 8:00am-3:30pm

DATE: 10/1 DEADLINE: 9/28

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.

SUNDAY 1:00pm-6:00pm

DATE: 10/16 DEADLINE: 10/14

AGE: 9-99+ PRICE: \$55/\$45 M

LET'S LEARN BRIDGE

Learn how to play Contract Bridge. The rules and basic 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 are welcome.

WEDNESDAYS 7:00-8:30pm

DATE: Starts 9/7 No Registration

AGE: 12+ PRICE: Daily Admission/Free M