



WINTER/SPRING PROGRAMS

Something for Everyone

HOT COCOA BOMB WORKSHOP

Join local hot cocoa bomb maker Megan Rife, for a two-hour workshop for kids to make, sample and create two hot cocoa bomb gifts. Dairy free option available upon request. Kids 10 and under must be accompanied by an adult.

SUNDAY 4:00-6:00pm

DATE: 12/11 DEADLINE: 12/8

AGE: All Ages PRICE: \$12

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 for kids to be active and engaged while you get a much needed break.

FRIDAY 5:00-8:30pm

DATE: 12/16, 1/20, or 2/10 DEADLINE: 1 week prior

AGE: 4-12 yr PRICE: \$20/\$15M

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 - March 7th No Registration

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

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: 3/21, 3/28, 4/4, 4/11 DEADLINE: 3/17

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

KIDFUN

KidFun program is designed to meet the needs of our families. Sign your child in for a high energy obstacle course, a game of soccer or a craft while you work out. First come, first served with limited space, sign up starts at 5:15pm.

MONDAY-THURSDAY 5:30-6:30pm

December 5th - March 9 No Preregistration

AGE: 2-10 PRICE: \$3/Free M

YOUTH FITNESS CERTIFICATION

This course covers the rules 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 class with youth 12-13 years old.

SATURDAY 8:30-10:00am

DATE: 12/10, 1/14, 2/11, 3/11, 4/8 DEADLINE: 2 days prior

AGE: 12-15 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. 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: 1:05-4:00pm

12/7, 2/8, 3/8, 4/12, 4/26, 5/10 DEADLINE: Sunday prior

AGE: K-10 yr PRICE: \$12 per day/\$10 M

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. Register for each club separately. Pre-registration is required.
Mondays: E-sports Arena
Wednesdays: Arts & Crafts Club* (Material fees may apply)
Thursdays: Lego/Stem Club

Session 1 starts 1/9	3:30-4:45pm
Session 2 starts 2/20	DEADLINE: one week prior
Session 3 starts 4/10	

AGE: 8-12 PRICE: \$3/session*/Free M*

EASTER EGGSTRAVAGANZA

Try out a variety of eggstraordinary ways to dye Easter eggs! Eggspiration decorating with dyes, glue, glitter, crayons, and rice. 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.**

FRIDAY 3:30-5:30pm

DATE: 4/7 No Registration Required

AGE: 18+ PRICE: Daily Adm/Free 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 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. Regular league games will be played at 6:00, 7:00 and 8:00 with all matches ending within the 1 hour time limit. Winter and spring 6-7 week sessions are available.

SUNDAYS 6:00-9:00pm

WINTER SESSION: starts 1/8 DEADLINE: 1/1

SPRING SESSION: starts 3/19 DEADLINE: 3/12

AGE: 18+ PRICE: \$90/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. Practice your skills at open pickleball play Tuesdays, Wednesdays & Thursdays 9:00-11:00am.

MONDAY & TUESDAY 11:00am-Noon

DATE: 12/12 & 12/13 RESERVE YOUR SPOT

AGE: 18+ PRICE: FREE

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 1:00-6:00pm

DATE: 3/5 DEADLINE: 3/3

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

Daytime Senior Programming to come in the New Year...watch the website theLBC.com for information.

DIGITAL PHOTOGRAPHY AND 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: 2 fine art posters 13x19.

MONDAYS 5:30-6:30pm

DATE: 3/20, 3/27, 4/3 DEADLINE: 3/17

AGE: 21-99+ PRICE: \$49/\$42 M (+Fees*)

BABYSITTER'S TRAINING

This course provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care to children and infants. Participants will learn how to develop a babysitting business, leadership skills, and how to keep themselves and others safe. Participants will also learn about basic child care and basic first aid. All participants will receive a babysitter's training set that will include a manual, reference guide and a cd that will help with starting their babysitter's business. **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: 3/25 DEADLINE: 3/17

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

LET'S LEARN 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. New and experienced players welcome.

WEDNESDAYS 7:00pm

DATE: Winter & Spring No Registration

AGE: 16+ PRICE: FREE