



SUMMER PROGRAMS

Learn · Build · Create



NATURE EXPLORERS

Explore trails, streams, and critters around the quarry. Activities will include nature studies, fun games, and crafts

using what we find in nature. Prepare to get wet and muddy!

TUESDAY - THURSDAY 9:30-10:45 am

DATE: 8/8 - 8/10 LOCATION: Nature Park Pavilion

AGE: 4-5 yrs PRICE: \$25/\$20 M

NATURE TRAILBLAZERS

We will blaze our own trail as we search for local critters in their natural habitat. You will learn the basics of orienteering through a scavenger hunt and create crafts and your own habitat with supplies provided by Mother Nature.

TUESDAY - THURSDAY 9:30am-12:00pm

DATE: 7/11 - 7/13 LOCATION: Nature Park Pavilion

GRADE: Completed K-2nd PRICE: \$48/\$40 M

NATURE SURVIVORS

Are you ready for the challenge? Step into nature to develop your survival skills. You will learn to safely build a fire using flint and steel, create a shelter, locate food and water sources and more! Participants gain confidence, cooperation, and problem solving skills with daily team building challenges.

TUESDAY - THURSDAY 9:30am-12:00pm

DATE: 7/18 - 7/20 LOCATION: Nature Park Pavilion

GRADE: Completed 3rd-5th PRICE: \$48/\$40 M

INTRO TO SPORTS CAMP

Intro to Sports provides the ultimate FUN sports experience for your child. They'll be introduced to a variety of sports including basketball, team hand ball, pickleball, kickball, and more! Skills learned include balance, attention, eye-hand coordination, following directions, rules of playing games, cooperation, sharing, teamwork, and basic sports skills. Players will learn and develop the basic skills for different sports. The skills are taught through interactive, structured games, so each child can progress at their own level.

TUESDAY-THURSDAY 11:00am-12:00pm

DATE: 7/25 - 7/27

GRADE: K-2nd PRICE: \$25/\$20 M

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.

MONDAYS & WEDNESDAYS 3:15-4:00 pm

DATE: 6/5 - 6/28

AGE: 8-13 yrs PRICE: \$40/\$32 M

ADVENTUROUS ARTISTS

Join the splatter art craze with your chance to step into the splatter booth and create your own Andrew Pollack inspired art! This camp is all about the process and experimenting with various art materials including hydro dipping and tie dying.

TUESDAY - THURSDAY 9:30am-12:00pm

DATE: 6/20 - 6/22

GRADE: Completed 2nd-6th PRICE: \$48/\$40 M

BLACK & WHITE FILM & PRINTMAKING

Experience the traditional magic of fine art photography through BLACK & WHITE film and paper. Participants will shoot two rolls of 36 exposure film and print as many photos as time permits in a darkroom setting. Final exhibit images will be matted and a group critique will take place. *Materials fee includes 2 rolls of 36 b/w film, custom cut mats, photo paper, chemistry, cameral rental, negative sleeves, and adhesives.

MONDAY - THURSDAY 9:00am-noon (W 2:30-5:30pm)

DATE: 7/31 - 8/3 *Materials Fee \$39

GRADE: Completed 6th-12th PRICE: \$60/\$50 M

BreakoutEDU

Do you enjoy puzzles? Have you ever been to an escape room or wanted to go to one? If you said yes, then this is the class for you! Come and do science and art based puzzles to unlock real locks and figure out the mystery that awaits inside of the locked box!

MONDAY-FRIDAY 1:00-2:00 pm

DATE: 7/31 - 8/4

GRADE: Completed 1st-5th PRICE: \$50

HOW TO REGISTER - Registration begins April 15th

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 operational hours and the Customer Service staff can set up your registration with cash, check, or credit card payment.

Registration: Deadline for all programs is one week prior to the start date.

Grade is current grade (as of spring 2023).

Location: All activities take place at the LBC unless otherwise noted.

Pricing: M indicates LBC Member pricing. Go to theLBC.com for membership info.

Scholarships are available. Contact Nicole at SELCC 319-455-2844.

HERITAGE DAYS KICK-OFF EVENT

Kick off Heritage Days with a party at the LBC on **Thursday, July 6 at 5 pm**. Join us to celebrate with a night of music, games, food and fun! Open gyms, rock climbing wall, inflatables, food trucks, games, prizes and live music by "Fork in the Road". Free to attend. Bring a lawn chair.

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. Play to include mini-tournaments and 1v1, and much more!

MONDAYS 1:00-2:30pm

DATE: 6/5 - 6/26 & 7/10 - 7/31 Must Preregister

AGES: 8 - 14 yr PRICE: \$3/Free M

LEARN TO PLAY LACROSSE

Learn the fundamentals of America's original game! Lacrosse is a fast-paced game that will improve your hand-eye coordination, develop agility, and you get to work with a really cool stick! Our clinic will show you how to throw and catch using the lacrosse stick, introduce you to the basics of the game, and have a lot of fun! Taught by Kingfisher Lacrosse.

SATURDAYS 10:00-11:00am

DATES: 7/15 & 7/22 Reserve your spot

GRADE: Completed 3rd - 6th PRICE: FREE

CIRCLE OUT WOMEN'S SELF DEFENSE

Women High School age and up, are welcome to join us for an INTERACTIVE Women's Self-Defense class. Student will be actively learning over 12 essential techniques and strategies to ward off any sized attacker. Mixed into the physical techniques will be lessons on situational awareness and personal safety. For younger women, learning your "Dating Bill of Rights" will be an important take-away. Jeff Schmatt has been teaching martial arts for over 30 years and is a Certified www.JustYellFire.com instructor.

WEDNESDAY 5:30 - 7:30pm

DATE: 8/9

AGE: High School - Adult PRICE: \$30

PICKLEBALL SKILLS & DRILLS

Designed for players who have completed the beginner class and want to improve skills including, serves, ball placement and control. Join open pickleball play Mondays 1-3, Tuesday -Thursday 9-11am.

MONDAYS 1:00-3:00pm

DATES: 5/8, 5,22, 6/5 Reserve your spot

AGE: 18+ PRICE: FREE

CANDLE MAKING

Join us for this fun class where you will learn just how easy it is to make candles at home! Each person will be able to make 3 soy wax candles that you can customize with different scents, jar sizes, ribbons and even wrap up as a gift. This will make the perfect Mother's Day gift! Kids 13 and under must be accompanied by an adult.

FRIDAY 6:30-7:30pm

DATE: 5/12

AGE: 6 yr - Adult PRICE: \$15

NAILED IT!

Kids can test out their decorating skills, Nailed It! style. Kids will receive pre-made cupcakes and instruction on how to work with the materials to recreate a fun, intricate dessert. Each kid will get to take home their creations.

WEDNESDAY 1:00-2:15 pm

DATE: 7/19

AGES: 8-12 yr PRICE: \$15

PRESSED FLOWER FUN

Make biodegradable sun catcher, bookmarks, candle holders, and cards using pressed flowers. Learn about the benefits of different native Iowa prairie flowers and choose your own for your artwork. You will arrange them, secure them with biodegradable glue and enjoy! The flowers used are native Iowa prairie plants locally foraged with permission from a private land owner.

THURSDAY 12:30 - 2:30pm

DATES: 6/29

AGE: 7 yr - Adult PRICE: \$15

GARDEN CREATIONS

The LBC has partnered with Linn Co Master Gardeners to explore with your children what is happening in the garden as it grows. Come to learn about growing a garden and create fun projects in the garden setting. Preschool children must be accompanied by an adult. Space is limited, reserve your spot.

WEDNESDAYS 1:00 - 2:00pm

DATE: 6/28, 7/12, 7/26, 8/9 Reserve your spot

AGE: 4 - 12 yr PRICE: \$3/Free M