



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: 10/24 - 11/16	DEADLINE: 10/18
AGE: 8-13 yr	PRICE: \$44/\$35 M

YOUTH FITNESS CERTIFICATION

This course covers the rules and regulations of the fitness hallway including proper use of cardio 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: 9/9, 10/14, 11/11 or 12/9	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: 1 - 5 yr	PRICE: \$3/Free for Members

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.

FRIDAY	5:00-8:30pm
DATE: 11/17 or 12/8	DEADLINE: 1 week prior
AGE: 4-10 yr	PRICE: \$23/\$18 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. Each club meets one day a week except early out days. Register for each club separately. Pre-registration is required.

Mondays: E-sports Arena
Wednesdays: Arts & Crafts Club *material fees may apply
Friday Fun Days: Different game/activity each week

Session 1 starts 9/18	3:30-4:30pm
Session 2 starts 10/30	DEADLINE: 9/12 & 10/24
AGE: 8-14	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 will be provided.

EARLY OUT DAYS	TIME: 1:10-4:00pm
9/6, 9/20, 10/4, 10/18, 11/15, 12/6	DEADLINE: Sunday prior
AGE: Kindergarten-10 yr	PRICE: \$15/\$12 M

ART BreakoutEDU

Help solve artistic mysteries! Come and do art based puzzles to unlock real locks and figure out the mystery that awaits inside the locked box!

TUESDAYS	3:30-4:30pm
DATES: 9/26, 10/3, 10/10	DEADLINE: 9/20
AGE: 8-11	PRICE: \$30

MASTER ESCAPE ARTIST

Do you think you have the creative juices to make your own BreakoutEDU? Expand your creativity by designing your own codes and clues! Then spend two classes having YOUR game played and solving the codes other class participants have created.

TUESDAYS	3:30-4:30pm
DATES: 10/17, 10/24, 10/31	DEADLINE: 10/11
AGE: 8-11	PRICE: \$30

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 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.

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 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 5:00, 6:00, & 7:00pm with all matches ending within the 1 hour time limit.

SUNDAYS	5:00-8:00pm
DATE: 10/8 - 11/19	DEADLINE: 10/1
AGE: 18+	PRICE: \$100/team

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.

SATURDAY	1:00-3:00pm
DATE: 12/2	DEADLINE: 11/26
AGE: 11 yr - Adult	PRICE: \$17

PICKLEBALL BEGINNER CLINICS

This 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.

TUESDAY 10/17 or 10/24	5:00-7:00pm
MONDAY 10/23	1:00-3:00pm
AGE: 18+	FREE, RESERVE YOUR SPOT

WEIGHT LIFTING FOR SENIORS

Learn how to safely perform a wide variety of exercises and to structure your own workouts for a sustainable exercise regimen. This class will give you the tools and confidence you need to manage your own exercise program to make long-term progress and experience the benefits of weight training, including enhanced muscular strength and joint stability, balance, bone density maintenance, blood pressure regulation, improved energy levels and stress management.

TUESDAYS	9:30-10:30pm
DATE: 10/17 - 11/21	DEADLINE: 10/11
AGE: 60+	PRICE: \$66/\$52 M

FAMILY BINGO

Grab you family and head over to the LBC for an evening of BINGO, prizes and all the LBC has to offer! BINGO is included with daily admission or membership. Kids 10 and under must attend with an adult.

FRIDAY	6:00-8:00pm
DATE: 10/6	No Registration
AGE: All ages	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: 9/23	DEADLINE: 9/20
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: 10/8	DEADLINE: 10/6
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 10/7	No Registration
AGE: 12+	PRICE: Daily Admission/Free M