



WINTER/SPRING PROGRAMS

Something for Everyone

TOT TIME

Bring your toddler or preschooler for high energy fun! Activities include hula hoops, obstacle course, bouncy house, tents, balls, slide and hammocks. Children must be supervised by caregiver.

TUESDAYS	9:00 - 11:00am
DATE: November - March 5th	No Registration
AGE: Infant - 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 for kids to be active and engaged while you get a much needed break.

FRIDAY	5:00 - 8:30pm
DATE: 1/19 or 2/9	DEADLINE: 1 week prior
AGE: 4-10 yr	PRICE: \$23/\$18M

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: 3/26, 4/2, 4/9, 4/16	DEADLINE: 3/19
AGE: 2-5 yr	PRICE: \$25/\$20 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.

EARLY OUT DAYS	TIME: 1:05 - 4:00pm
1/24, 2/7, 3/6, 4/10, 4/24, 5/8	DEADLINE: Sunday prior
AGE: Kindergarten -10 yr	PRICE: \$15/\$12 M

FIRST AID/CPR/AED CERTIFICATION

This American Red Cross 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. Certification is valid for two years.

SUNDAY	1:00 - 6:00pm
DATE: 3/24	DEADLINE: 3/17
AGE: 9+	PRICE: \$55/\$45 M

AFTER SCHOOL CLUBS

The LBC is the place to be after school! LBC after school clubs are 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 only)

Session 1 starts 1/15	3:30 - 4:30pm
Session 2 starts 3/18	DEADLINE: one week prior
AGE: 8-14	PRICE: See RecDesk/Free M*

SPEED & AGILITY

Increasing speed and agility takes time and the training 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 using cones, ladders, plyometric boxes and much more will increase the capabilities, skillset, and confidence of each participant. Every session will be full of high energy and will end with fun, competitive games. Led by Casey Allen, NASM-CPT.

TUESDAY & THURSDAY	3:30 - 4:15pm
DATE: 3/19 - 4/11	DEADLINE: 3/12
AGE: 8-13	PRICE: \$44/\$35 M

BABYSITTER'S TRAINING

This American Red Cross 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. **If you would like First Aid and CPR certification please select the add on class.**

SATURDAY	8:00am - 3:30pm
DATE: 2/10	DEADLINE: 2/3
AGES: 11-15 yr	PRICE: \$60/\$50 M (+\$20 CPR)

FAMILY FUN NIGHTS

Beat cabin fever with a family night out! Join in the planned games and challenges to beat those long, dark days of winter.

FRIDAYS	6:00 - 8:00pm
DATES: 12/27, 1/5, 2/2, 3/8	No registration required
All ages	\$5 (2-17), \$7 (18+)/Free M

HOW 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.

Scholarships are available through SELCC, contact Nicole at 319-455-2844.

For the latest updates, follow **Lester Buresh Family Community Wellness Center on Facebook.**

Thursday Speaker Series starts in January. Go to theLBC.com for the full schedule.

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. Regular league games will be played at 5:00, 6:00 and 7:00 with all matches ending within the 1 hour time limit. Winter and spring 6-7 week sessions are available.

SUNDAYS	5:00 - 8:00pm
WINTER SESSION: starts 1/7	DEADLINE: 1/1
SPRING SESSION: starts 3/24	DEADLINE: 3/17
AGE: 18+	PRICE: \$100/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 Tue, Wed & Thur mornings 9:00-11:00am. Mondays 1:00-3:00pm.

TUESDAYS	1:00 - 3:00pm
DATES: 1/9 or 1/16	RESERVE YOUR SPOT
AGE: 18+	PRICE: FREE

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. Nathan Smith, ACE-CPT

MONDAYS	9:30 - 11:00am
DATE: 1/22 - 2/26	DEADLINE: 1/15
AGE: 50+	PRICE: \$68/\$58 M

TAI CHI FOR ARTHRITIS 2 (prior course not required)

Tai chi is one of the most effective exercises for health of mind and body. Numerous studies have shown tai chi improves: muscular strength, flexibility, fitness, immunity, pain relief an overall quality of life. Tai chi movements emphasize weight transference to improve balance and prevent falls. Regular practice can improve posture, relaxation and concentration.

THURSDAYS	12:00 - 1:00pm
DATE: 4/4 - 7/25 (16 week course)	DEADLINE: 4/1
AGE: 16+	PRICE: FREE

ART COLLAGE

Join resident artist Susan Coleman for a collage workshop. Collage is a way of making art that uses glueable found materials, as well as paint, ink, pencil and other available materials to make 2-dimensional works. By utilizing the technique of collage, participants will discover possibilities that enable them to make art that reflects their experience while taking advantage of free materials in their environment. It requires no prior knowledge of drawing or painting, only scissors, glue stick or glue and the participants willingness to engage in the act of making. Susan will show examples of her own collage works and discuss materials. Participants will be invited to choose from materials provided and devise their own collages with paper, scissors, glue stick and other materials available.

TUESDAYS	1:00 - 2:30pm
DATE: 2/20 and/or 2/27	DEADLINE: one week prior
AGE: 16+	PRICE: \$10/session

BY HOOK OR BY CROOK: BUILDING TECHNOLOGY BASICS

Ever feel a bit like Captain Hook with technology - afraid of the big, bad, ticking crocodile that is the world of smartphones, tablets, and streaming devices? Technology is changing fast. Keeping up with the changes feels heavy. But don't fear! Armed with a little pixie dust, and a bit of knowledge, you'll be ready to join the crew of Lost Boyz to use technology for communication, creativity, and entertainment. Join Maggie Pickett for a workshop series focused on building technology basics. You'll walk away armed with skills to navigate three foundational areas of technology including: smart phones and tablets, streaming devices and services, and cloud based services in a safe and secure manner.

FRIDAYS	1:00 - 2:30pm
DATE: 2/2, 2/16, 3/1, 3/8	DEADLINE: 1/26
AGE: 13+	PRICE: \$40 all 4 sessions

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 - 8:30 pm
DATE: Winter & Spring	No Registration
AGE: 12+	PRICE: Daily Admission/Free M