



FALL PROGRAMS

Something for Everyone

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

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: 10/12, 11/9 or 12/14 DEADLINE: 3 days prior

AGE: 12-15 yr PRICE: \$25/\$15 M

BASIC DRAWING

Join resident artist Susan Coleman for a beginning drawing workshop. Learn basic drawing techniques in a low-pressure environment with emphasis on playfulness, and creativity. This course requires no prior knowledge or experience in drawing or artmaking. It's a workshop for beginners, and those who feel they have "no talent or ability" in drawing. The only requirement is a desire to see what happens if you withhold judgement and engage in the process of drawing. Basic drawing media (pencils, erasers, charcoal, pens), drawing paper, subject matter, and enthusiastic encouragement provided.

TUESDAYS 1:00-2:30pm

DATE: 10/22 - 11/12 DEADLINE: 10/16

AGE: 16 yr - Adult PRICE: \$40

AFTER SCHOOL CLUBS

The LBC is the place to be after school! LBC after school clubs are 7 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 (8-14): E-sports Arena

Tuesdays (6-10 yr): PE Games *NEW!*

Wednesdays (8-14): Arts & Crafts Club *material fees apply

Thursdays (8-12): Lego/STEM

Session 1 starts 9/9 3:30-4:30pm

Session 2 starts 10/28 DEADLINE: 9/5 & 10/24

AGE: varies 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

9/11, 9/25, 10/9, 10/23, 11/13, 12/11 DEADLINE: Sunday prior

AGE: Kindergarten-10 yr PRICE: \$15/\$12 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 do some holiday shopping.

FRIDAY 5:00-8:30pm

DATE: 11/22 or 12/13 DEADLINE: 1 week prior

AGE: 4-10 yr PRICE: \$23/\$18 M

MINI PORCH POTS

Let's bring some of garden indoors to enjoy thru the dreary winter months. Participants will create their own mini porch pots using a glass jar/container of their choice. The container will be filled with a variety of winter greens and embellishments to create a centerpiece to enjoy throughout the season. At the same time, participants will learn about the variety of conifers we can readily grow here in Iowa.

TUESDAY 1:00-2:00pm

DATE: 11/19 DEADLINE: 11/15

AGE: 16+ PRICE: \$5

HOW 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.

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

PICKLEBALL LEAGUE - MIXED DOUBLES

Pickleball is the fastest growing sport in the nation. The LBC will be offering an Adult Pickleball League on Sunday evenings. This is a partner league, so grab a teammate and sign up before 10/6. There will be two divisions, Recreational and Competitive. Teams will play 3 games to 11 (no win by 2) or 45 minute time limit. Regular pickleball scoring applies.

SUNDAYS 5:00-8:00pm

DATE: 10/13- 11/17 DEADLINE: 10/6

AGE: 18+ PRICE: \$36/team

PICKLEBALL BEGINNER I CLINIC

This clinic is geared for players new to the game to learn safety information, the rules of the game, and to practice basic skills including serving and return of the ball.

TUESDAY 9/10 5:00-7:00pm

TUESDAY 10/15 1:00-3:00pm

AGE: 18+ FREE, RESERVE YOUR SPOT

PICKLEBALL BEGINNER II CLINIC

This clinic is geared for players new to the game who have completed one Beginner I Clinic and want to practice the skills learned. The goal of this clinic is an opportunity for you to work on strategies and paddle control, giving you confidence for drop-in play.

WEDNESDAY 9/11 5:00-7:00pm

TUESDAY 10/16 1:00-3:00pm

AGE: 18+ FREE, RESERVE YOUR SPOT

WEIGHT LIFTING BASICS

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.

SATURDAYS 9:30-11:00pm

DATE: 10/5 - 11/9 DEADLINE: 9/29

AGE: 18+ PRICE: \$66/\$52 M



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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: 10/18 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: 11/9 DEADLINE: 11/6

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 1:00-6:00pm

DATE: 10/20 DEADLINE: 10/18

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

FRIDAYS 1:00-2:00pm

DATE: 9/6 - 12/13 (14 week course) DEADLINE: 9/4

AGE: 16+ PRICE: FREE