



# 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.

<b>TUESDAYS</b>	<b>9:00 - 11:00 am</b>
DATE: November - March 11th	No Registration
AGE: 1 - 5 yr	PRICE: \$3/Free for Members

### LITTLE GYMNASTS *NEW!*

This preschool gymnastics class is for children ages 3-5 yrs. It will include beginning gymnastics activities for children to have some fun in the gym, while helping to develop their flexibility, strength, balance, body awareness and coordination.

<b>MONDAYS</b>	<b>9:00 - 9:45 am</b>
DATE: 1/27 - 3/3	DEADLINE: 1/22
AGE: 3-5 yr	PRICE: \$54/\$45 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.

<b>EARLY OUT DAYS</b>	<b>1:10 - 4:00 pm</b>
2/5, 3/5, 4/9, 4/23, 5/7	DEADLINE: Sunday prior
AGE: Kindergarten -10 yr	PRICE: \$15/\$12 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 Ryan Hook, NASM-CPT.

<b>TUESDAY &amp; THURSDAY</b>	<b>3:30 - 4:15 pm</b>
SESSION 1: 2/4 - 2/27	DEADLINE: 1/30
SESSION 2: 4/1 - 4/24	DEADLINE: 3/27
AGE: 8-13	PRICE: \$48/\$39 M

### YOUTH PICKLEBALL CLUB *NEW!*

Come join the Middle School Pickleball Club at the LBC. The Pickleball Club is for ages 11-14. Students will learn how to play pickleball and have fun competing with their friends.

<b>MONDAYS</b>	<b>7:00 - 8:00pm</b>
DATES: 1/20 - 2/24	DEADLINE: 1/13
AGE: 11-14 yr	PRICE: \$20/\$15 M

### AFTER SCHOOL CLUBS

The LBC is the place to be after school! LBC after school clubs are 8 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!* \*Session 1 only
- Wednesdays (8-14):** Arts & Crafts Club \*material fees apply
- Thursdays (8-12):** Lego/STEM \*Session 1 only

Session 1 starts 1/20	<b>3:30 - 4:30 pm</b>
Session 2 starts 3/24	DEADLINE: one week prior
AGE: varies	PRICE: See RecDesk/Free 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 for kids to be active and engaged while you get a much needed break.

<b>FRIDAY</b>	<b>5:00 - 8:30pm</b>
DATE: 1/17 or 2/14	DEADLINE: 1 week prior
AGE: 4-10 yr	PRICE: \$23/\$18M

### LATE NIGHT AT THE LBC *NEW!*

Calling all middle schoolers, this night is for you! Hang out with friends after hours at the LBC. Activities include basketball, volleyball, pickleball, I wall and t-wall, and rock climbing. Also video games, VR, 9 square in the air, mini golf, group karaoke and more. Pizza and concessions will be available for purchase.

<b>FRIDAY</b>	<b>9:00 - 10:30 pm</b>
DATE: 2/28	No Registration
GRADES: 5th-8th	PRICE: \$5 for everyone

### 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.**

<b>SATURDAY</b>	<b>8:00 am - 3:30 pm</b>
DATE: 2/8	DEADLINE: 2/5
AGES: 11-15 yr	PRICE: \$60/\$50 M (+\$20 CPR)

## 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 us on Facebook & Instagram.

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

## PICKLEBALL LEAGUE - OPEN DOUBLES

Join in the fastest growing sport in the nation. The LBC will be offering an Adult Pickleball League. This is a partner league, so grab a teammate and sign up now. 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.

<b>SUNDAYS</b>	<b>5:00 - 8:00 pm</b>
DATES: 1/26 - 3/9	DEADLINE: 1/27
AGE: 18+	PRICE: \$36/team

## 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 4:30, 5:30 and 6:30 with all matches ending within the 1 hour time limit.

<b>SUNDAYS</b>	<b>4:30 - 7:30 pm</b>
DATES: 3/23 - 5/11	DEADLINE: 3/13
AGE: 18+	PRICE: \$100/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.

## PICKLEBALL BEGINNER II CLINIC

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

<b>BEGINNER I: Tuesday, Feb 4</b>	<b>1:00 - 3:00 pm</b>
<b>BEGINNER II: Thursday, Feb 6</b>	<b>1:00 - 3:00 pm</b>
AGE: 18+	FREE; MUST PREREGISTER

## TAI CHI FOR ARTHRITIS

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 and overall quality of life. Tai chi movements emphasize weight transference to improve balance and prevent falls. Regular practice can improve posture, relaxation and concentration.

<b>FRIDAYS</b>	<b>12:00 - 1:00 pm</b>
DATE: 2/21 - 5/9 (12 week course)	DEADLINE: 2/17
AGE: 16+	PRICE: FREE

## DRAWING WITH COLOR - PASTEL *NEW!*

Join resident artist Susan Coleman for an introduction to drawing with color, using pastel. Learn how treating color as value (light to dark) and an emphasis warm and cool color bring you drawing to life. Color theory will be emphasized in the context of creating drawings, in a playful, low-pressure workshop. This course requires no prior knowledge of color theory, no advanced drawing skills required. Only a desire to see what happens if you make the effort. Suitable drawing paper, subject matter and enthusiastic encouragement provided. Participants need to bring chalk pastels, set of 24.

<b>TUESDAYS</b>	<b>1:30 - 3:00 pm</b>
DATE: 2/11 - 3/4	DEADLINE: 2/6
AGE: 16+	PRICE: \$40

## BEGINNER CROCHET

Have you always wanted to learn to crochet, but for some reason it never happened? This is a class for you. You will learn to cast on, and the single and double crochet stitches. This is a three session class and progresses from the first session. The last two session may offer some more advanced stitches depending on the interest and progress for the first session.

<b>TUESDAYS</b>	<b>1:30 - 3:00 pm</b>
DATE: 1/14, 1/21 and/or 1/28	RESERVE YOUR SPOT
AGE: 13+	PRICE: FREE

## 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.

<b>SUNDAY</b>	<b>1:00 - 6:00 pm</b>
DATE: 3/2	DEADLINE: 2/26
AGE: 9+	PRICE: \$55/\$45 M

## 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. Activities include Trivia Night, Bingo, and Family Board Games.

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