



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 - 11:00 am
DATE: 11/4 - 3/10	No Registration
AGE: 1 - 5 yr	PRICE: \$3/Free for Members

LITTLE GYMNASTS

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.

THURSDAYS	10 - 10:45 am or 1 - 1:45 pm
DATE: 9/25 - 10/30	DEADLINE: 9/21
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.

EARLY OUT DAYS	1:15 - 4:30 pm
DATES: 9/10, 9/24, 10/15, 11/5, 11/19, 12/10	DEADLINE: Sunday prior
AGE: Kindergarten -10 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 yr): E-sports Arena

Tuesdays (6-10 yr): PE Games

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

Thursdays (8-12 yr): Lego/STEM

Thursdays (11-14 yr): Pickleball Club (Session 2 only)

Session 1: 9/15 - 10/30	3:30 - 4:30 pm
Session 2: 11/3 - 12/18	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.

FRIDAYS	5:00 - 8:30pm
DATE: 10/24, 11/21, 12/12	DEADLINE: 1 week prior
AGE: 4-10 yr	PRICE: \$27/\$22 M

LATE NIGHT AT THE LBC

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, group karaoke and more. Pizza and concessions will be available for purchase.

FRIDAY	9:30 - 11:00 pm
DATE: 12/5	No Registration
GRADES: 5th-8th	PRICE: \$5 for everyone

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.

SATURDAYS	8:30 - 9:30 am
DATE: 9/13, 10/11, 11/8, 12/13	DEADLINE: 3 days prior
AGE: 12-15 yr	PRICE: \$25/\$15 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 us on Facebook & Instagram.

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

GAMERS NIGHT *new!*

If you are an adult and you like to play video game consoles this night is for you. Play solo, PVP, or team up with a friend and play online on one of our gaming consoles. PS5, PS4, Xbox One, Nintendo Switch, and Nex Playground are all on hand carrying some of your favorite games or bring your own system and games to share with others. We have ethernet connections with our fiber optic network for fast connections. We will have TV's and monitors available along with the LBC's 98-inch Mega TV (Call of Duty looks great on this). Also available the Infinity Game Table, Hand-Held Gaming consoles, NBA Jam tabletop arcade and more. Register for one or more dates.

MONDAYS	6:30 - 8:30 pm
DATES: 9/29, 10/27, 11/10	DEADLINE: Friday prior
AGE: 18+	PRICE: Daily Admission/FREE M

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 10/14	5:00 - 7:00 pm
TUESDAY 10/21	1:00 - 3:00 pm
AGE: 18+	FREE; MUST PREREGISTER

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.

THURSDAY 10/16	5:00 - 7:00 pm
THURSDAY 10/23	1:00 - 3:00 pm
AGE: 18+	FREE; MUST PREREGISTER

CRAZY 8 PICKLEBALL MIXER

Have some pickleball fun with a Crazy 8 Mixer. Register as an individual and you will be placed in a pool of max 8 players. Games will be played in a round robin format, playing a max of 7 rounds, one game each round. Players play with a different partner each match. Every point you score adds to your individual tally.

SUNDAY	5:00 - 7:00 pm
DATE: 11/2	DEADLINE: 10/29
AGE: 16+	\$15/person

TRUNK-OR-TREAT

Come in costume for treats and fall themed activities! Also prescription drug drop with MVLDP. This event is hosted by the Wellness Coalition of Rural Linn Co and supported by local businesses and organizations.

SUNDAY	2:00 - 4:00 pm
DATE: 10/26	No registration
AGE: Everyone	PRICE: FREE

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	8:00 am - 3:30 pm
DATE: 11/8	DEADLINE: 11/5
AGES: 11-15 yr	PRICE: \$65/\$55 M (+\$20 CPR)

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 - 6:00 pm
DATE: 10/5	DEADLINE: 10/2
AGE: 9+	PRICE: \$50/\$45 M

FAMILY FUN NIGHT

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

FRIDAY	6:00 - 8:00 pm
DATE: 10/10	No registration required
All ages	\$5 (2-17), \$7 (18+)/Free M