



# WINTER/SPRING PROGRAMS

## Something for Everyone

### TOT TIME

Bring your toddler/preschooler for high energy fun! Open gym and free play will engage large motor skills as children climb, balance, run, throw and spin with swings, slides, balls, bouncy house and more. Children must be supervised by caregiver.

<b>TUESDAYS</b>	<b>9:00 - 11:00 am</b>
DATE: November - March 10th	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.

<b>THURSDAYS</b>	<b>10:00 - 10:45 am</b>
DATE: 2/5 - 3/12; 3/26 - 4/30	DEADLINE: 2/1; 3/23
AGE: 3-5 yr	PRICE: \$54/\$45 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 - 8:30 pm</b>
DATE: 1/16 or 2/6	DEADLINE: 1 week prior
AGE: 4-10 yr	PRICE: \$27/\$22M

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

<b>FRIDAY</b>	<b>9:30 - 11:00 pm</b>
DATE: 2/27	No Registration
GRADES: 5th-8th	PRICE: \$5 for everyone

### ROYAL TEA PARTY *NEW!*

Join us for a magical morning and step in to a world of sparkle, stories, and royal fun! You will learn royal etiquette, make a royal craft, dance to royal music and dine on royal snacks & tea. Featuring: Coronation Ceremony, Kid-friendly Tea & Treats, Royal Crafts, Fairy-Tale Storytime. Dress-up is Encouraged!

<b>SATURDAY</b>	<b>9:30 - 11:30 am</b>
DATE: 2/7	DEADLINE: 1/31
AGE: 3-6 yr	PRICE: \$25/\$20 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

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

**Thursdays (8-12):** Lego/STEM *\*Session 1 only*

**Thursdays (11-14):** Pickleball *\*Session 2 only*

Session 1 starts 1/19	<b>3:30 - 4:30 pm</b>
Session 2 starts 3/23	DEADLINE: one week prior
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. 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>1:15 - 4:30 pm</b>
2/4, 3/4, 4/8, 4/29, 5/6	DEADLINE: Sunday prior
AGE: Kindergarten -10 yr	PRICE: \$20/\$15 M

### YOUTH PICKLEBALL

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, work on skill development, and have fun competing with their friends.

<b>MONDAYS</b>	<b>7:00 - 8:00 pm</b>
DATES: 2/2 - 3/9	DEADLINE: 1/28
AGE: 11-14 yr	PRICE: \$20/\$15 M

### NINJA ADVENTURE PARTY *NEW!*

Kids will step in to a world of imagination as they train to become real ninjas-in-training. The party includes fun, age-appropriate activities like obstacle courses, balance challenges and "stealth" games. Children will learn simple ninja moves, test their agility, and earn their Ninja badge or headband. With exciting music, themed decorations, and lots of chances to cheer, every child will feel like a hero. Perfect for energetic little ones, this party is all about movement, teamwork, confidence and tons of ninja fun!

<b>SATURDAY</b>	<b>9:30 - 11:30 am</b>
DATE: 1/24	DEADLINE: 1/17
AGE: 3-6 yr	PRICE: \$25/\$20 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 January. Go to theLBC.com for the full schedule.**

## HOLIDAY PICKLEBALL MIXER

Have some holiday break fun with a pickleball 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. Play with a different partner each match. Every point scored will go to your individual tally.

**SATURDAY 9:00 - 11:30 am**

**DATES:** 12/27 **DEADLINE:** 12/21

**AGE:** 16+ **PRICE:** \$15

## 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.

**SUNDAYS 4:30 - 7:30 pm**

**DATES:** 3/22 - 5/10 **DEADLINE:** 3/15

**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

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

**BEGINNER I: SUNDAY 1/25 5:00 - 7:00 pm**

**BEGINNER I: TUESDAY 1/27 1:00 - 3:00 pm**

**BEGINNER II: THURSDAY 1/29 1:00 - 3:00 pm**

**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.

**FRIDAYS 1:00 - 2:00 pm**

**DATE:** 1/9 - 3/27 (12 week course) **DEADLINE:** 1/4

**AGE:** 16+ **PRICE:** FREE

## LEARN TO PLAY LACROSSE

Learn the fundamentals of America's original game! Lacrosse is a fast-paced game that will improve your hand-eye coordination, develop agility, and you get to work with a really cool stick! Our clinic will show you how to throw and catch using the lacrosse stick, introduce you to the basics of the game, and have a lot of fun! Taught by Kingfisher Lacrosse.

**TUESDAY 12:00 - 1:30 pm**

**DATE:** 12/30 **DEADLINE:** 12/23

**AGE:** 9-12 yr **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:** 2/28 **DEADLINE:** 2/23

**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 - 5:00 pm**

**DATE:** 3/8 **DEADLINE:** 3/1

**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 Minute to Win It, Bingo, and Family Puzzles.

**FRIDAYS 6:00 - 8:00 pm**

**DATES:** 12/30, 1/17, 2/7 **No registration required**

**All ages \$5 (2-17), \$7 (18+)/Free M**