

# PARKS & RECREATION



## *Programs and Facilities Guide* SPRING/SUMMER 2024



CITY OF  
**Ames**  
PARKS & RECREATION

515.239.5350 | [WWW.AMESPARKREC.ORG](http://WWW.AMESPARKREC.ORG)

# 2024 SPRING/SUMMER PROGRAM AND FACILITIES GUIDE



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REGISTER FOR ALL CLASSES AT [AMESPARKREC.ORG](https://amesparkrec.org)  
OR BY CALLING THE COMMUNITY CENTER AT 515.239.5350

# PARKS AND RECREATION MISSION STATEMENT

TO ENRICH LIVES BY PROVIDING EXCELLENT PARKS, FACILITIES  
AND PROGRAMS FOR CURRENT AND FUTURE GENERATIONS.

## FACILITY INFORMATION

<b>AMES CITY AUDITORIUM</b> .....	515.239.5365
www.CityOfAmes.org/Aud	
Reservations.....	515.239.5365
Ticket Sales.....	515.239.5350
<b>AMES/ISU ICE ARENA</b> .....	515.239.5110
www.CityOfAmes.org/IceArena	
<b>AMES MUNICIPAL CEMETERY</b> .....	515.239.5341
www.CityOfAmes.org/Cemetery	
<b>COMMUNITY CENTER</b> .....	515.239.5350
www.CityOfAmes.org/CCenter	
Program Registrations.....	515.239.5350
Shelter Reservations.....	515.239.5350
Weight Room Orientations.....	515.239.5353

<b>DOG PARK</b>	
www.CityOfAmes.org/DogPark	
<b>DURHAM BANDSHELL</b> .....	515.239.5365
<b>FAX NUMBER</b> .....	515.239.5355
<b>FURMAN AQUATIC CENTER</b> .....	515.232.7665
<b>HOMWOOD GOLF COURSE</b> .....	515.239.5363
www.CityOfAmes.org/Golf	
<b>INFORMATION LINE-HOTLINE</b> .....	515.239.5434
(For Program Info & Weather Changes)	
Cancellations .....	Category 1
Furman Aquatic Center Hours.....	Category 6

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[WWW.CITYOFAMES.ORG/CONTACTUS](http://WWW.CITYOFAMES.ORG/CONTACTUS)

## VISIT US ON FACEBOOK

- Ames Parks and Recreation
- Furman Aquatic Center
- Ames City Auditorium & Durham Bandshell
- Ames/ISU Ice Arena

**VIEW FACILITY SCHEDULE & HOURS AT [WWW.CITYOFAMES.ORG/PRCALENDARS](http://WWW.CITYOFAMES.ORG/PRCALENDARS)**

# REGISTRATION OPPORTUNITIES

[WWW.AMESPARKREC.ORG](http://WWW.AMESPARKREC.ORG)

**ONLINE-** You may register at any time online with your Household ID. To obtain a Household ID go to our website at [www.amesparkrec.org](http://www.amesparkrec.org). Click on "Program Guide and Login Request"; then click on "Request a Household ID". Fill in the information and your Household ID will be emailed to you. You can also obtain a Household ID by calling the Parks and Recreation Office at 515.239.5350.

**MAIL-** A registration form may be mailed to Ames Parks & Recreation, 515 Clark Ave., Ames, IA 50010

**FAX-** A registration form may be faxed to 515.239.5355

**DROP OFF-** A registration form may be placed in a drop box on the east side of city hall, 515 Clark Ave.

**WALK-IN-** Register in person at the Community Center, 515 Clark Ave.

## WAIT LIST

Be sure to list a first and second choice on registration forms that are mailed, faxed or dropped off. If your first choice is full, we will automatically place you in your second choice. If your second choice is full or if no second choice is listed, we will place you on the wait list for your first choice. You must pay the full class fee to be placed on the waiting list. We will contact you if an opening occurs and will transfer you into the class. If an opening does not occur, fees paid will be placed as a credit on your account or refunded to your credit card.

## REGISTRATION DEADLINES

Classes may be cancelled, combined, or modified based on registrations received by the suggested registration date. Class fees will not be prorated due to late registration.

## CANCELLATIONS/INCLEMENT WEATHER

Please call 515.239.5434 or check the Ames Parks and Recreation Facebook page for cancellations or changes. Weather related cancellations will be posted at least one hour before a program starts. However, weather conditions may change and decisions may be made at the program site. If sudden threatening weather conditions occur, please pick up your children immediately.

## GIFT CARDS

Gift cards are available and can be used for admission or concessions at our facilities or for registration in any of our programs. Please stop in and let us make your special occasion shopping easy! Gift cards can be purchased at the Community Center, Ames ISU Ice Arena, Homewood Golf Course, and Furman Aquatic Center and reloaded by calling 515.239.5350.

## REFUND POLICY

Participants cancelling enrollment in activities at least 72 hours prior to the first day of a session/class will receive a credit. Household Credits will also be automatically issued to participants in classes cancelled by Parks and Recreation staff. Staff will try to reschedule cancelled daily activities, but refunds/credits will not be given if a make up date is not possible. Credit may be given due to medical, unforeseen circumstances, or class dissatisfaction on a case-by-case basis. To be refunded the amount of credit issued, please call 515.239.5350.

*Please note: Photos and videos may be taken during program activities which may be used for future department promotional materials.*

## AMERICANS WITH DISABILITIES ACT/ INCLUSIVE RECREATION SERVICES

The Americans with Disabilities Act (ADA) prohibits discrimination on the basis of disability. In addition, the ADA requires that all citizens be given the opportunity to recreate in the "most integrated setting."

Individuals with disabilities are encouraged to recreate with their peers by registering for any activity offered by the Ames Parks and Recreation Department. Reasonable modifications are provided to enable an individual's successful participation in a program.

**REGISTER FOR ALL CLASSES AT AMESPARKREC.ORG  
OR BY CALLING THE COMMUNITY CENTER AT 515.239.5350**



# SCHOLARSHIP PROGRAM

## THE AMES PARKS AND RECREATION DEPARTMENT OFFERS SCHOLARSHIP FOR RECREATION PROGRAMS BASED ON THE FOLLOWING CRITERIA.

- 1** Recipient must be a resident of the City of Ames. A resident is defined as residing within the city limits of Ames or a non-resident who owns a business or property within those limits and pays property taxes to the City of Ames.
- 2** School age youth (up to age 13) are eligible.
- 3** Family income must coincide with guidelines as predetermined by Mid-Iowa Community Action (MICA).
- 4** Each elementary school aged youth receives up to \$60 dollars in assistance each calendar year. Each youth pays 50% of the program registration fee while the remaining 50% of the registration fee is forgiven through the scholarship.
- 5** To register, the head of household must submit their portion of the activity registration fee and the "Certification Form" issued by MICA. Basketball, Dance, Gymnastics, Soccer, Swim Lessons (group), T-Ball, Tae Kwon Do, Tennis, Youth Summer Camp, and Volleyball all qualify for scholarship registration.

## SCHOLARSHIPS ARE ALSO AVAILABLE FOR SEASON SWIMMING PASSES BASED ON THE FOLLOWING CRITERIA.

- 1** Recipients must be a resident of the City of Ames as defined in criteria #1 above.
- 2** Family income must coincide with guidelines as predetermined by MICA.
- 3** Family pass members must reside in the same household.
- 4** To purchase a season pass, head of household must submit 50% of the season pass fee and the "Certification Form" issued by MICA.



**PLEASE CONTACT MICA AT 515.956.3333 OR 230 SE 16TH ST., AMES FOR MORE INFORMATION ON CERTIFICATION GUIDELINES.**

# AQUATICS

## LESSON DESCRIPTIONS

### PARENT CHILD SWIM (AGES 6MO. – 3YRS.)

Enjoy the water with your child. This class emphasizes parental teaching methods for water adjustment and basic skills. An adult must be in the water with the child throughout the class time. A minimum of one adult per child is required. This class is designed to make your child more comfortable and enjoy being around the water.

Minimum 5 pairs; Maximum 10 pairs  
Ratio 1 instructor to 10 pairs (parent and child)

### PRESCHOOL LEVEL 1 (AGES 3 - 5)

Orients children to the aquatic environment and helps them gain basic aquatic skills. Note: All skills may be performed with support from the instructor. No goggles allowed.

- Enter and exit water using ladder, steps, or side.
- Blow bubbles through mouth and nose for 3 seconds.
- Submerge mouth, nose, and eyes.
- Open eyes under water and retrieve submerged objects in shallow water.
- Front and back glides 2 body lengths and recover to a vertical position.
- Front and back float for 3 seconds and recover to a vertical position.
- Roll from front to back and back to front.
- Tread with arm and hand actions.
- Alternating and simultaneous leg actions on front and back.
- Alternating and simultaneous arm actions on front and back.
- Combined arm and leg actions on front and back.
- Complete the series of skills with support. Enter the water independently, using steps or side, travel at least 5 yards, submerge to mouth and blow bubbles, then safely exit the water.

Minimum Class Size: 2; Maximum: 4  
Ratio: 1 instructor to 4 children.

## PRESCHOOL LEVEL 2 (AGES 3 - 5)

Helps children gain greater independence in their skills and develop more comfort in and around water. Note: All skills to be completed with minimal support from equipment such as a noodle or barbell. No goggles allowed.

- Enter water by stepping into shoulder deep water.
- Exit water using ladder, steps, or side.
- Bobbing 5 times.
- Open eyes under water and retrieve submerged objects in chest deep water (goggles are not used).
- Front and back floats (3 seconds on front 5 seconds on back) and glides (2 body lengths).
- Recover from a front or back float or glide to a vertical position.
- Roll from front to back and back to front.
- Tread water using arm and leg actions.
- Combined arm and leg actions on front and back (3 body lengths).
- Finning arm action on back (3 body lengths).
- Complete the series of skills with minimal assistance. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
- Complete the series of skills with minimal assistance. Glide on back for at least 2 body lengths, roll to front, and then recover to a vertical position.
- Complete the series of skills with minimal assistance. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

Minimum Class Size: 2; Maximum: 4

Ratio: 1 instructor to 4 children.

## PRESCHOOL LEVEL 3 (AGES 3 - 5)

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Note: All skills to be completed independently. No goggles allowed.

- Enter water by jumping into shoulder deep water.
- Fully submerge and hold breath for 10 seconds.
- Bobbing 10 times in chest deep water.
- Front, jellyfish and tuck floats for 10 seconds.
- Recover from a front or back float or glide to a vertical position.
- Back float (15 seconds) and glide (3 body lengths).
- Change direction of travel while swimming on front or back.
- Tread water for 30 seconds in shoulder deep water.
- Combined arm and leg actions on front and back for 5 body lengths.
- Finning arm action on back for 5 body lengths.
- Complete the series of skills independently. Step from the side into chest deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Complete the series of skills independently. Move into a back float for 15 seconds, roll to front, and then recover to a vertical position.
- Complete the series of skills independently. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.

Minimum Class Size: 2; Maximum: 4

Ratio: 1 instructor to 4 children.

## LEARN TO SWIM LEVEL 1 (AGES 5 - 12)

### INTRO TO AQUATIC SKILLS

Helps participants feel comfortable in the water. No goggles allowed.

- Enter and exit water using ladder, steps, or side independently.
- Blow bubbles through mouth and nose independently for minimum of 3 seconds.
- Bobbing independently, a minimum of 5 times.
- Open eyes under water and retrieve submerged objects independently (goggles are not used).
- Front and back glides and floats independently, minimum of 5 seconds, 2 body lengths.
- Recover to vertical position independently.
- Roll from front to back and back to front independently.
- Alternating and simultaneous leg actions on front and back.
- Alternating and simultaneous arm actions on front and back.
- Combined arm and leg actions on front and back.

Upon successful completion of all skills in this level, advance to Level 2.

Minimum Class Size: 3; Maximum: 6

Ratio: 1 instructor to 6 children

## LEARN TO SWIM LEVEL 2 (AGES 5 - 12)

### FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental skills. No goggles allowed.

- Everything listed in learn to swim level one plus:
  - Bobbing independently, a minimum of 10 times.
  - Back float a minimum of 15 seconds.
  - Front, jellyfish and tuck floats independently.
  - Change direction of travel while swimming on front and back independently.
  - Tread water using arm and leg actions independently for a minimum of 15 seconds.
  - Combined arm and leg actions on front and back independently.
  - Finning arm action independently.

Upon successful completion of all skills in this level, advance to Level 3A.

Minimum Class Size: 3; Maximum: 6

Ratio: 1 instructor to 6 children

## LEARN TO SWIM LEVEL 3A (AGES 5 - 12)

### STROKE DEVELOPMENT

Builds on the skills in Level 2 through additional guided practice in deeper water. Goggles are allowed.

- Everything listed in learn to swim levels 1 and 2 plus:
  - Bobbing while moving toward safety successfully and independently.
  - Jump from side in deep water, fully submerge, then recover to the surface and return to the side.
  - Rotary breathing 15 times.
  - Survival float successfully and independently for 30 seconds.
  - Back float successfully and independently for minimum of 30 seconds.
  - Change from vertical to horizontal position on front and back successfully and independently.
  - Tread water for minimum of 30 seconds successfully and independently.
  - Push off in streamlined position on front and back and flutter kick 3-5 body lengths.
  - Front crawl and elementary backstroke minimum of 15 yards successfully and independently.
  - Jump into deep water from the side, recover, tread water for 30 seconds and swim to side of the pool.
  - Push off in a streamlined position, swim front crawl for 15 yards, change direction and swim 15 yards elementary backstroke.

Upon successful completion of all skills in this level, advance to Level 3B.

Minimum Class Size: 3; Maximum: 6

Ratio: 1 instructor to 6 children



## LEARN TO SWIM LEVEL 3B (AGES 5 - 12)

### STROKE DEVELOPMENT

Builds on the skills in Level 3A through additional guided practice in deeper water. Goggles are allowed.

- Everything listed in learn to swim levels 1, 2 and 3A plus:
  - Headfirst entries from the side in sitting and kneeling positions successfully and independently. (Provided pool depth is at least 9-feet)
  - Survival float for 1 minute successfully and independently.
  - While in a vertical position, rotate 1 full turn in deep water.
  - Tread water for minimum of 1 minute successfully and independently.
  - Flutter, scissor, dolphin and breaststroke kicks on front / side minimum 15 yards successfully and independently.
  - Front crawl with rotary breathing and elementary backstroke minimum of 15 yards successfully and independently.
  - Jump into the deep water from the side, recover, tread water for 1 minute, and rotate one full turn, swim front crawl and/or elementary backstroke for 25 yards.
  - Push off in a streamlined position then swim front crawl for 15 yards, change position/direction as necessary, swim elementary backstroke for 15 yards.

Upon successful completion of all skills in this level, advance to Level 4.

Minimum Class Size: 4; Maximum: 8

Ratio: 1 instructor to 8 children

## LEARN TO SWIM LEVEL 4 (AGES 5 - 12)

### STROKE IMPROVEMENT

Develops confidence in the skills learned and improves other aquatic skills. Goggles are allowed.

- Everything in learn to swim levels 1,2 and 3A, 3B, plus:
  - Headfirst entries from the side in compact and stride positions successfully and independently. (Provided pool depth is at least 9-feet)
  - Swim under water minimum 5 body lengths successfully and independently.
  - Feet-first surface dive successfully and independently.
  - Survival swimming minimum 1 minute successfully and independently.
  - Front crawl and backstroke open turns successfully and independently.
  - Tread water using 2 different kicks minimum of 2 minutes successfully and independently.
  - Front crawl and elementary backstroke minimum 25 yards successfully and independently.
  - Back crawl, breaststroke, sidestroke and butterfly minimum of 15 yards successfully and independently.
  - Streamlined flutter and dolphin kicks on back minimum 3-5 body lengths successfully and independently.

Upon successful completion of all skills in this level, advance to Level 5.

Minimum Class Size: 4; Maximum: 8

Ratio: 1 instructor to 8 children

## LEARN TO SWIM LEVEL 5 (AGES 5 - 12)

### ADVANCED STROKE REFINEMENT

Provides further coordination and refinement of strokes. Goggles are allowed.

- Everything in learn to swim levels 1, 2, 3A, 3B, and 4, plus:
  - Shallow-angle dive from the side then glide and begin a front stroke successfully and independently.
  - Tuck and pike surface dives, submerge completely successfully and independently.
  - Tread water for minimum of 5 minutes successfully and independently.
  - Tread water using legs only for a minimum of 2 minutes successfully and independently.
  - Front flip turn and backstroke flip turn while swimming successfully and independently.
  - Front crawl and elementary backstroke minimum of 50 yards successfully and independently.
  - Back crawl, breaststroke, sidestroke and butterfly minimum of 25 yards successfully and independently.
  - Sculling for 30 seconds successfully and independently.

Upon successful completion of all skills in this level, advance to competitive swimming.

Minimum Class Size: 5; Maximum: 10

Ratio: 1 instructor to 10 students

## TEEN SWIM LESSON (AGES 13 - 16)

This class allows teens to work with their peers who want to learn to swim or improve their basic skill set. It is not designed for competitive swimmers or improvement on competitive strokes. The course will focus on basic skills such as front crawl, elementary backstroke, and treading water. It is designed to assist students to get to a comfortable skill level in deep water.

Minimum Class Size: 5; Maximum: 10

Ratio: 1 instructor to 10 children

## ADULT LEARN TO SWIM (AGES 16 AND UP)

This course is designed for students with no or limited swimming ability. It is individualized to fit the student's needs and skill level. The instructor will spend time with each adult learner and give them things to practice while assisting other adult learners. The student should come to the class on the first day with goals of learning in mind to discuss with the instructor. Students may be partnered with other students to assist in the learning process. This class will begin in shallow water and advance towards deeper water as the student progresses.

Class size: minimum 5; maximum 10.

Ratio: 1 instructor to 10 students

## PRIVATE LESSON (AGES 6 AND UP)

Private lessons are designed to assist students who require a more individualized learning program. Keep in mind that most younger students will learn best in an environment with their peers. These are one-on-one lessons tailored to the individual student. These are not American Red Cross lessons and may not follow the strict requirement of American Red Cross courses. No American Red Cross certifications will be given out in private lessons. The first class will evaluate the student's current level and establish reasonable goals to achieve in private lessons.

# MORNING SWIM LESSONS

**AMERICAN RED CROSS SWIMMING LESSONS:** To ensure the best learning experience for your child; and more importantly, their safety, please carefully review the skill levels for each class. Your child must be proficient in all of the skills listed in a lower level before being registered for a higher level. Should pool staff determine your child is not in the appropriate level, your child will be asked to move to a different class, if available. If no class is available, your child might not be able to continue in lessons at that time.

Children must be the minimum age by first day of class.

Parent/Child Level 1..... Ages 6 months - 18 months

Parent/Child Level 2..... Ages 18 months - 3 years

Preschool Level 1 - 3..... Ages 3 - 5 years

Level 1 - 5 ..... Ages 5 - 12 years

Teen Swim..... Ages 13 - 16 years

Adult Swim..... Ages 16 years and up

Private Swim ..... Ages 6 years and up

Registration deadline one week prior to the begin date.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 10-JUN 20	SESSION 2* JUN 24-JUL 5
Parent Child Level 1	M-TH	10:20-10:50 AM	\$62/\$77	1601121-A3	1601121-B3
Parent Child Level 2	M-TH	10:20-10:50 AM	\$62/\$77	1601122-A3	1601122-B3
Preschool Level 1	M-TH	9:00-9:30 AM	\$62/\$77	1601091-A1	1601091-B1
Preschool Level 1	M-TH	9:40-10:10 AM	\$62/\$77	1601091-A2	1601091-B2
Preschool Level 1	M-TH	10:20-10:50 AM	\$62/\$77	1601091-A3	1601091-B3
Preschool Level 2	M-TH	9:00-9:30 AM	\$62/\$77	1601092-A1	1601092-B1
Preschool Level 2	M-TH	9:40-10:10 AM	\$62/\$77	1601092-A2	1601092-B2
Preschool Level 2	M-TH	10:20-10:50 AM	\$62/\$77	1601092-A3	1601092-B3
Preschool Level 3	M-TH	9:00-9:30 AM	\$62/\$77	1601093-A1	1601093-B1
Preschool Level 3	M-TH	9:40-10:10 AM	\$62/\$77	1601093-A2	1601093-B2
Preschool Level 3	M-TH	10:20-10:50 AM	\$62/\$77	1601093-A3	1601093-B3
Level 1	M-TH	9:00-9:30 AM	\$62/\$77	160101-A1	160101-B1
Level 1	M-TH	9:40-10:10 AM	\$62/\$77	160101-A2	160101-B2
Level 1	M-TH	10:20-10:50 AM	\$62/\$77	160101-A3	160101-B3
Level 2	M-TH	9:00-9:30 AM	\$62/\$77	160102-A1	160102-B1
Level 2	M-TH	9:40-10:10 AM	\$62/\$77	160102-A2	160102-B2
Level 2	M-TH	10:20-10:50 AM	\$62/\$77	160102-A3	160102-B3
Level 3A	M-TH	9:40-10:10 AM	\$62/\$77	160103A-A2	160103A-B2
Level 3A	M-TH	10:20-10:50 AM	\$62/\$77	160103A-A3	160103A-B3
Level 3B	M-TH	9:40-10:10 AM	\$62/\$77	160103B-A2	160103B-B2
Level 3B	M-TH	10:20-10:50 AM	\$62/\$77	160103B-A3	160103B-B3
Level 4	M-TH	9:00-9:30 AM	\$62/\$77	160104-A1	160104-B1
Level 4	M-TH	10:20-10:50 AM	\$62/\$77	160104-A3	160104-B3
Level 5	M-TH	9:00-9:30 AM	\$62/\$77	160105-A1	160105-B1

\* Classes July 1 - 5 meet Mon - Wed and Fri. No class on Thurs, July 4.

# MORNING SWIM LESSONS continued

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 3 JUL 8-JUL 18	SESSION 4 JUL 22-AUG 1
Parent Child Level 1	M-TH	10:20-10:50 AM	\$62/\$77	1601121-C3	1601121-D3
Parent Child Level 2	M-TH	10:20-10:50 AM	\$62/\$77	1601122-C3	1601122-D3
Preschool Level 1	M-TH	9:00-9:30 AM	\$62/\$77	1601091-C1	1601091-D1
Preschool Level 1	M-TH	9:40-10:10 AM	\$62/\$77	1601091-C2	1601091-D2
Preschool Level 1	M-TH	10:20-10:50 AM	\$62/\$77	1601091-C3	1601091-D3
Preschool Level 2	M-TH	9:00-9:30 AM	\$62/\$77	1601092-C1	1601092-D1
Preschool Level 2	M-TH	9:40-10:10 AM	\$62/\$77	1601092-C2	1601092-D2
Preschool Level 2	M-TH	10:20-10:50 AM	\$62/\$77	1601092-C3	1601092-D3
Preschool Level 3	M-TH	9:00-9:30 AM	\$62/\$77	1601093-C1	1601093-D1
Preschool Level 3	M-TH	9:40-10:10 AM	\$62/\$77	1601093-C2	1601093-D2
Preschool Level 3	M-TH	10:20-10:50 AM	\$62/\$77	1601093-C3	1601093-D3
Level 1	M-TH	9:00-9:30 AM	\$62/\$77	160101-C1	160101-D1
Level 1	M-TH	9:40-10:10 AM	\$62/\$77	160101-C2	160101-D2
Level 1	M-TH	10:20-10:50 AM	\$62/\$77	160101-C3	160101-D3
Level 2	M-TH	9:00-9:30 AM	\$62/\$77	160102-C1	160102-D1
Level 2	M-TH	9:40-10:10 AM	\$62/\$77	160102-C2	160102-D2
Level 2	M-TH	10:20-10:50 AM	\$62/\$77	160102-C3	160102-D3
Level 3A	M-TH	9:40-10:10 AM	\$62/\$77	160103A-C2	160103A-D2
Level 3A	M-TH	10:20-10:50 AM	\$62/\$77	160103A-C3	160103A-D3
Level 3B	M-TH	9:40-10:10 AM	\$62/\$77	160103B-C2	160103B-D2
Level 3B	M-TH	10:20-10:50 AM	\$62/\$77	160103B-C3	160103B-D3
Level 4	M-TH	9:00-9:30 AM	\$62/\$77	160104-C1	160104-D1
Level 4	M-TH	10:20-10:50 AM	\$62/\$77	160104-C3	160104-D3
Level 5	M-TH	9:00-9:30 AM	\$62/\$77	160105-C1	160105-D1

# EVENING SWIM LESSONS

**AMERICAN RED CROSS SWIMMING LESSONS:** To ensure the best learning experience for your child; and more importantly, their safety, please carefully review the skill levels for each class. Your child must be proficient in all of the skills listed in a lower level before being registered for a higher level. Should pool staff determine your child is not in the appropriate level, your child will be asked to move to a different class, if available. If no class is available, your child might not be able to continue in lessons at that time.

Children must be the minimum age by first day of class.

Parent/Child Level 1..... Ages 6 months - 18 months

Parent/Child Level 2..... Ages 18 months - 3 years

Preschool Level 1 - 3..... Ages 3 - 5 years

Level 1 - 5 ..... Ages 5 - 12 years

Teen Swim..... Ages 13 - 16 years

Adult Swim..... Ages 16 years and up

Private Swim ..... Ages 6 years and up

Registration deadline one week prior to the begin date.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 10-JUL 3	SESSION 2 JUL 8-JUL 31
Parent Child Level 1	M,W	6:15-6:45 PM	\$62/\$77	1601121-E1	1601121-F1
Parent Child Level 2	M,W	6:50-7:20 PM	\$62/\$77	1601122-E2	1601122-F2
Preschool Level 1	M,W	6:15-6:45 PM	\$62/\$77	1601091-E1	1601091-F1
Preschool Level 1	M,W	6:50-7:20 PM	\$62/\$77	1601091-E2	1601091-F2
Preschool Level 1	M,W	7:25-7:55 PM	\$62/\$77	1601091-E3	1601091-F3
Preschool Level 2	M,W	6:15-6:45 PM	\$62/\$77	1601092-E1	1601092-F1
Preschool Level 2	M,W	6:50-7:20 PM	\$62/\$77	1601092-E2	1601092-F2
Preschool Level 2	M,W	7:25-7:55 PM	\$62/\$77	1601092-E3	1601092-F3
Preschool Level 3	M,W	6:15-6:45 PM	\$62/\$77	1601093-E1	1601093-F1
Preschool Level 3	M,W	6:50-7:20 PM	\$62/\$77	1601093-E2	1601093-F2
Preschool Level 3	M,W	7:25-7:55 PM	\$62/\$77	1601093-E3	1601093-F3
Level 1	M,W	6:15-6:45 PM	\$62/\$77	160101-E1	160101-F1
Level 1	M,W	6:50-7:20 PM	\$62/\$77	160101-E2	160101-F2
Level 1	M,W	7:25-7:55 PM	\$62/\$77	160101-E3	160101-F3
Level 2	M,W	6:15-6:45 PM	\$62/\$77	160102-E1	160102-F1
Level 2	M,W	6:50-7:20 PM	\$62/\$77	160102-E2	160102-F2
Level 2	M,W	7:25-7:55 PM	\$62/\$77	160102-E3	160102-F3
Level 3A	M,W	6:15-6:45 PM	\$62/\$77	160103A-E1	160103A-F1
Level 3A	M,W	6:50-7:20 PM	\$62/\$77	160103A-E2	160103A-F2
Level 3A	M,W	7:25-7:55 PM	\$62/\$77	160103A-E3	160103A-F3
Level 3B	M,W	6:15-6:45 PM	\$62/\$77	160103B-E1	160103B-F1
Level 3B	M,W	6:50-7:20 PM	\$62/\$77	160103B-E2	160103B-F2
Level 3B	M,W	7:25-7:55 PM	\$62/\$77	160103B-E3	160103B-F3
Level 4	M,W	6:15-6:45 PM	\$62/\$77	160104-E1	160104-F1
Level 5	M,W	6:50-7:20 PM	\$62/\$77	160105-E2	160105-F2



## EARLY BIRD LAP SWIM

**EARLY BIRD LAP SWIM (EBLS) - LONG COURSE:** Wake up early to swim laps! You will have a flexible 2-hour time frame to wake your body up with a nice swim before your day starts. Registration is required to participate in this 12-week program. Season Pass holders will still need to register and pay for this program.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 27-AUG 23
EBLS	M	5:30-7:30 AM	\$48/\$63	160400-1A
EBLS	TU	5:30-7:30 AM	\$48/\$63	160400-1B
EBLS	W	5:30-7:30 AM	\$48/\$63	160400-1C
EBLS	TH	5:30-7:30 AM	\$48/\$63	160400-1D
EBLS	F	5:30-7:30 AM	\$48/\$63	160400-1E

## ADAPTIVE SWIM LESSONS

**ADAPTIVE SWIM LESSONS - AGES 3 – 12:** Children of special needs who do not excel in typical group lessons are invited to join the adaptive swim lesson program. Skills learned in a lower stimulus environment with no features running in the splash pool. The ratios are 1 instructor to 2 children. There is an adaptive open swim time every Friday 9:30am-10:00am for practice.

Note: Handicapped lift is available as needed. Adaptive equipment is used as needed to fit the needs of the individual.

Registration deadline one week prior to begin date.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 14-AUG 2
Adaptive Swim	F	10:00-10:30 AM	\$62/\$77	160205-A2

## ADULT SWIM LESSONS

**ADULT SWIM LESSONS - AGES 16 YEARS AND UP:** This course is designed for students with no or limited swimming ability. It is individualized to fit the student's needs and skill level. The instructor will spend time with each adult learner and give them things to practice while assisting other adult learners. The student should come to the class on the first day with goals of learning in mind to discuss with the instructor. Students may be partnered with other students to assist in the learning process. This class will begin in shallow water and advance toward deeper water as the student progresses.

Class size: minimum 5; maximum 10. Ratio: 1 instructor to 10 students

Registration deadline one week prior to begin date.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 10-JUL 3	SESSION 2 JUL 8-JUL 31
Adult Swim	M,W	7:25-7:55 PM	\$64/\$79	160200-E3	160200-F3

# TEEN SWIM LESSONS

**TEEN SWIMMERS - AGES 13 - 16:** This class allows teens to work with their peers who want to learn to swim or improve their basic skill set. It is not designed for competitive swimmers or improvement on competitive strokes. The course will focus on basic skills such as front crawl, elementary backstroke, and treading water. It is designed to assist students in getting to a comfortable skill level in deep water.  
Minimum Class Size: 5; Maximum: 10 Ratio: 1 instructor to 10 children

Registration deadline one week prior to begin date.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 10-JUN 20	SESSION 2* JUN 24-JUL 5
Teen Swimmers	M-TH	9:40-10:10 AM	\$52/\$67	160204-A2	160204-B2

\* Classes July 1 – 5 meet Mon - Wed and Fri. No class on Thurs, July 4.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 3 JUL 8-JUL 18	SESSION 4 JUL 22-AUG 1
Teen Swimmers	M-TH	9:40-10:10 AM	\$52/\$67	160204-C2	160204-D2

# PRIVATE SWIM LESSONS

**PRIVATE SWIM LESSONS - AGES 6 AND UP:** Private lessons are designed to assist students who require a more individualized learning program. Keep in mind that most younger students will learn best in an environment with their peers. These are one-on-one lessons tailored to the individual student. These are not American Red Cross lessons and may not follow the strict requirements of American Red Cross courses. No American Red Cross certifications will be given out in private lessons. The first class will evaluate the student's current level and establish reasonable goals to achieve in private lessons.

Registration deadline one week prior to begin date.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE	SESSION 1 JUN 10-JUN 20	SESSION 2* JUN 24-JUL 5
Private Swim	M-TH	10:55-11:25 AM	\$268	160202-A1	160202-B1
Private Swim	M-TH	11:30 AM-12:00 PM	\$268	160202-A2	160202-B2

\* Classes July 1 – 5 meet Mon - Wed and Fri. No class on Thurs, July 4.

CLASS	DAY	TIMES	FEE	SESSION 3 JUL 8-JUL 18	SESSION 4 JUL 22-AUG 1
Private Swim	M-TH	10:55-11:25 AM	\$268	160202-C1	160202-D1
Private Swim	M-TH	11:30 AM-12:00 PM	\$268	160202-C2	160202-D2

# POOL PARTY

**SUPERHERO & PRINCESS POOL PARTY:** Party with a princess and superhero in the splash pool! Spend time meeting your favorite character(s), doing crafts, eating a snack, and swimming in the splash pool. Participants will have the opportunity for meet and greets, along with photo opportunities with princesses and superheroes! Registration fee includes one child admission, with adult (16+). Additional children require additional registration.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 15
SA	8:30-10:00 AM	\$30/\$35	180603-1A



# CHRISTMAS IN JULY

**NEW!!! CHRISTMAS IN JULY:** Come and enjoy Christmas in the summer! Games, events, and prizes will be held both in and out of the water. Summer Santa will be present from 7 - 8:30 PM. Fun for the whole family! Paid daily admission or season passes do not apply for this event. Pool will close at 5:00 PM for this special event. No registration required.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

DAY	DATE	TIMES	FEE
TH	July 25	6:00-9:00 PM	\$10 or \$5 for season pass holders.

# RIVER RACE

**NEW!! WRANGLE THE RIVER RACE:** Race in the Lazy River AGAINST the current for 1 mile (8 laps). This type of race is challenging and easy on your joints. The current provides the challenge of resistance while running and the water reduces stress on the joints. A win-win! Participants must complete all laps within their heat. There is a 45-minute time limit. Times will be recorded for each heat and matched to your specific age category.

Winners will be announced per age categories at the end of the event. Categories are 16 -25, 26-40, 41-59, and 60+. Space is limited. Sign up early to ensure your heat time; space is limited.

Register one week in advance to guarantee a t-shirt. However, registration will be open during the event and a heat time will be assigned for walk-ins.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 AUG 3
Heat 1	SA	6:55-7:40 AM	\$35/\$40	180602-1A
Heat 2	SA	7:45-8:30 AM	\$35/\$40	180602-1B
Heat 3	SA	8:35-9:20 AM	\$35/\$40	180602-1C
Heat 4	SA	9:25-10:10 AM	\$35/\$40	180602-1D
Heat 5	SA	10:15-11:00 AM	\$35/\$40	180602-1E

## BOAT RACE

**NEW!!! BUILD YOUR OWN BOAT RACE - LAZY RIVER:** Design and build your own boat to race one lap around the lazy river. Boats will be put in at the entrance of the Lazy River to start, and a net will catch the boats at the finish line. Boats can only be made from cardboard and duct tape. Maximum size of a boat can be 12" L x 10" W x 12" H. Enter your boat as a group or individual under the appropriate age category. Ribbons will be awarded for 1st, 2nd, and 3rd places in each category.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

AGES	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 8
8 years and under	SA	8:30-10:30 AM	\$25/\$30	180604-1A
9 - 12 years	SA	8:30-10:30 AM	\$25/\$30	180604-1B
13-17 years	SA	8:30-10:30 AM	\$25/\$30	180604-1C
Ages 18+ years	SA	8:30-10:30 AM	\$25/\$30	180604-1D

## BOAT RACE

**NEW!! BUILD YOUR OWN BOAT RACE - 50 METER:** Design and build your own boat to race and be the captain of your boat to maneuver it one length (50-meters) in the 50-meter pool. All participants must stay on their boat the entire race to qualify. No paddles are allowed. Boats can only be constructed from cardboard and duct tape. All participants who cannot pass the deep-water test must provide and wear a U.S. Coast Guard-approved life jacket. Adults with children in the 8 and under category are allowed to walk/swim alongside the child but cannot assist in steering, guiding, or moving the boat forward. Adults are there for security purposes only. Ribbons will be awarded to 1st, 2nd, and 3rd places for each heat. Each heat will be a maximum of 8 participants. Sign up early to ensure your spot in a heat.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET, 50 METER BASIN**

AGES	DAY	TIMES	FEE/NR FEE	SESSION 1 AUG 24
8 years and under	SA	6:15 - 8:00 PM	\$30/\$35	180605-1A
9-12 years	SA	6:15 - 8:00 PM	\$30/\$35	180605-1B
13-17 years	SA	6:15 - 8:00 PM	\$30/\$35	180605-1C
18 years and up	SA	6:15 - 8:00 PM	\$30/\$35	180605-1D

## WATER POLO

**WATER POLO:** Water Polo is an exciting and fast-paced game. This program welcomes experienced and novice players. Scrimmages will help participants learn ball handling, shooting, and player positions as well as several types of treading for maximum agility in the game. Participants must be at least 16 years of age and be comfortable swimming in deep water. Equipment is provided.

Registration deadline one week prior to begin date.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 12-AUG 21
Water Polo	W	8:00-9:00 PM	\$50/\$65	190400-1A

# RECREATIONAL INNERTUBE WATER POLO

**NEW!!! RECREATIONAL INNERTUBE WATER POLO:** Fun, new, exciting twist on water polo for ages 14+. Play water polo while sitting horizontally on an inner tube. Equipment is provided.

Note: Players who cannot swim are strongly encouraged to provide and wear U.S. Coast Guard life jackets while playing. A pre-skills test of swimming across the pool without assistance will be performed prior to play.

Rules of Play

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 12-JUL 3	SESSION 2 JUL 10-JUL 31	SESSION 3 AUG 7-AUG 28
Inner Tube Water Polo	W	8:00-9:00 PM	\$40/\$55	190400-1B	190400-2B	190400-3B

# AQUATICS CERTIFICATIONS

## FIRST AID/CPR/AED

**ADULT AND PEDIATRIC FIRST AID/CPR/AED:** Open to anyone age 10+. This American Red Cross course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants. This class meets OSHA workplace requirements.

This is a blended learning course including an online portion and instructor led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high-speed internet connection.

Complete the class by clicking the following link, <https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a653o0000017pTYAAY>. Create an account with the Red Cross to register for the online portion of the class. There will not be any additional fees associated with the online portion. Allow approximately 2.5 hours to complete the online portion.

Upon successful completion of both, the online and classroom sessions of this course, you will receive a digital certificate of Adult and Pediatric First Aid/CPR/AED valid for two years.

Registration deadline one week prior to begin date.

**LOCATION: P&R ADMINISTRATION, 1500 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 APR 7	SESSION 2 MAY 15
First Aid/CPR/AED	SU	9:00 AM - 12:00 PM	\$85/\$100	460305-A1	
First Aid/CPR/AED	W	5:30-8:30 PM	\$85/\$100		460305-B1



# WATER SAFETY INSTRUCTOR

**WATER SAFETY INSTRUCTOR (WSI):** The American Red Cross Water Safety Instructor, also known as WSI, course trains instructor candidates to teach all of the courses presented in the Swimming and Water Safety program to all age groups. This certification provides the most comprehensive training for swim instructors. Participants must be 16 years of age by the end of the course.

The link for the online portion of the class will be sent via email 1 week prior to the start of the class. This online portion will take approximately 8 hours to complete and must be completed prior to the first day of class.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET, 50 METER BASIN**

CLASS	DAY TIMES	FEE/NR FEE	SESSION 1 JUN 3-JUN 5
WSI		\$235/\$250	160310-A1
	MON 8:00 AM-5:00 PM		
	TUES 8:00 AM-5:00 PM		
	WED 8:00 AM-5:00 PM		

# BABYSITTER'S TRAINING COURSE

**BABYSITTER'S TRAINING COURSE:** This American Red Cross training course will provide youth planning (ages 11-16) to babysit with the knowledge and skills necessary to care for children and infants safely and responsibly. This training will help participants develop leadership skills, develop a babysitting business, keep themselves and others safe, help children behave, and learn basic childcare CPR and first aid. Bring a water bottle and lunch to eat on-site.

Registration deadline one week prior to start date.

**LOCATION: P&R ADMINISTRATION, 1500 GATEWAY HILLS PARK DRIVE**

CLASS	DAY TIMES	FEE/NR FEE	SESSION 1 MAR 30
Babysitter's Training	SA 8:30 AM-3:30 PM	\$66/\$81	420101-1A

# SWIM CAMP

**NEW!! SWIM CAMP FOR JUNIOR LIFEGUARDING (LG):** Always wanted to know what it would be like to be a lifeguard and work at a pool? Come try out this camp! For ages 11-14-year-olds.

Pre-requisites: Swim 25 yards of front crawl, breaststroke, and backstroke/ elementary backstroke, tread water for one minute, swim underwater for minimum of 10 yards, and back float for 30 seconds.

You will learn basic water rescue techniques, water survival skills, how to assist other children learn to swim, help with programs at the pool, assist with lifeguard scanning, and, of course, able to enjoy some free time at the pool. You will earn your junior lifeguard and CPR/First Aid certifications during this camp. Participants will also receive a junior lifeguard t-shirt, whistle, and lanyard! Bring your own sack lunch and water bottle.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY TIMES	FEE/NR FEE	SESSION 1 JUN 17-JUN 21	SESSION 2 JUL 8-JUL 12	SESSION 3 JUL 22-JUL 26
Swim Camp Jr. LG	M-F 9:00 AM-3:00 PM	\$175/\$190	160303-A1	160303-B1	160303-C1

# LIFEGUARD BLENDED REVIEW

**LIFEGUARD REVIEW:** This recertification course is for currently certified lifeguards to review skills including water rescues, CPR/AED for the professional rescuer, and first aid. Participants must provide proof of valid Lifeguarding/First Aid/CPR/AED certification and pass the Lifeguard Training course prerequisites.

To successfully complete the course, participants must be actively engaged in all required final rescue skill scenarios and pass both written exams (CPR/AED/First Aid for the Professional Rescuer and Lifeguarding Skills). Upon successful completion of the course, participants will receive a two-year renewal of their certification for Lifeguarding/First Aid/CPR/AED.

This class has an online section that will need to be completed and proof of completion given to the instructor on the first day of the class to stay in the course. Online portion may take up to 6 hours to complete and may vary for individuals with possible test-out sections available. To access the online section of this course, participants will need to go to: <https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a653o0000038IzIAAQ>

NOTE: Classroom times are scheduled in accordance with the American Red Cross guidelines. Actual time will vary based on class size and participant skill levels. Enrollment in the course does not guarantee a certificate.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 7
Lifeguard Review	F	8:00 AM-6:00 PM	\$105/\$120	160301-A1



# LIFEGUARD BLENDED TRAINING

**LIFEGUARD TRAINING:** Participants must be 15 years old by the last day of the course. Successfully complete the two prerequisite swimming skills evaluations:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke, or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed).
- Maintain position at the surface of the water for two minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke, or a combination of both.

AND

Prerequisite 2: Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Surface dive (feet-first or head-first) to a depth of 7-10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

These skills will be conducted at the beginning of the first day of the class. Participants must successfully complete these skills to stay in the course.

This class also has an approximate 8-hour online section that will need to be completed and proof of completion given to the instructor on the first day of the class to stay in the course. To access the online section of this course, participants will need to go to:

<https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a653o0000038lxgAAA>

Successful completion of this course will result in a two-year certification for lifeguard, first aid and CPR/AED for Professionals. Course length is scheduled in accordance the American Red Cross recommendations.

## LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 APR 12-14	SESSION 2 APR 26-28	SESSION 3 JUN 21-23
Lifeguard Blended			\$215/\$230	460300-A1	460300-B1	160300-A1
	FRI	5:00-9:00 PM				
	SAT	8:00 AM-6:00 PM				
	SUN	8:00 AM-6:00 PM				



# YOUTH PROGRAMS

## DANCE

**LITTLE STARS - AGES 2-3:** Parent-Child. Staff will teach basic dance moves through fun music and games. Parents will take an active role in this class to help their child gain more confidence and independence.

**TEENY BALLET I - AGES 3-4:** This class is for children who do not have experience in a structured class without a parent. Basic ballet and tap movements will be learned in this class through fun music and games. Emphasis will also be on learning the language of dance.

**TEENY BALLET II - AGES 3-4:** This class is for children who have at least one year of experience in a structured class without a parent. Basic ballet and tap movements will be learned in this class through fun music and games. Emphasis will also be on learning the language of dance.

**TINY DANCERS - AGES 5-6:** Review and build on ballet and tap movements learned in Teeny Ballet. Jazz skills will be introduced. Along with continuing to learn vocabulary, dancers will learn to incorporate counting with their dance steps.

**DANCE BLAST - AGES 7-9:** Dancers will learn more complex ballet, tap, and jazz moves than learned in Tiny Dancers. Focus will be on combining dance moves and learning stage direction.

**HIP HOP - AGES 7+ :** Staff will break down hip hop and street dance moves through fun music in an easy-to-learn environment.

**BALLET - AGES 11+ :** This is an introductory class for kids/teens, open to dancers of every level. This class will cover foundational ballet steps and techniques. Join us for a wonderful opportunity for students interested in learning ballet.

Registration deadline one week prior to begin date.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* JUN 11-JUL 25
Little Stars	TU	5:00-5:30 PM	\$38/\$53	120501-1A
Little Stars	W	1:20-1:50 PM	\$38/\$53	120501-1B
Teeny Ballet I	TU	6:35-7:15 PM	\$53/\$68	120502-1A
Teeny Ballet I	TH	2:20-3:00 PM	\$53/\$68	120502-1B
Teeny Ballet II	W	2:00-2:40 PM	\$53/\$68	120503-1A
Tiny Dancers	TU	4:10-4:50 PM	\$53/\$68	120504-1A
Tiny Dancers	W	2:50-3:30 PM	\$53/\$68	120504-1B
Dance Blast	TU	5:40-6:20 PM	\$53/\$68	120505-1A
Hip Hop	W	3:40-4:20 PM	\$53/\$68	120506-1A
Hip Hop	TH	1:30-2:10 PM	\$53/\$68	120506-1B
Ballet	TH	3:10-3:50 PM	\$53/\$68	120507-1A

\* No Class Thursday, July 4.

# YOUTH DANCE

## KIDS ZUMBA

**KIDS ZUMBA:** It's a fast-forward fusion of the Zumba program designed to let kids max out on fun and fitness at the same time. Our Zumba classes will teach kids to move, have fun and dance to fun Latin music! Open to ages 7 plus.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* JUN 5-JUL 17
Kids Zumba	W	3:45-4:30 PM	\$37.50/\$42.50	130601-1A

\* No class on Wednesday, July 3.

## BELLY DANCE

**BELLY DANCE YOUTH:** Focus your wiggle in this new class introducing movements from Middle Eastern fusion belly dance for youth ages 8-12. Learn bouncy hip movements, snaky arms, and more, through short combos and fun music.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAR 7-APR 11
Belly Dance Youth	TH	6:30-7:30 PM	\$37.50/\$42.50	320508-1A

# START SMART - SOCCER

**START SMART SOCCER** - Children ages 3-5 will learn basic motor skills through fun drills and games! Staff will lead the class while parents partner with their children to work on the skills and play fun games. It is never too early to start learning the basics. Do not miss out on this FUN opportunity!

Registration deadline one week prior to begin date.

**SPRING LOCATION: MCCARTHY LEE PARK, 3400 ROSS ROAD**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 APR 2-MAY 7
Start Smart Soccer	TU	5:15-6:05 PM	\$51/\$66	411101-1A
Start Smart Soccer	TU	6:10-7:05 PM	\$51/\$66	411101-1B

**SUMMER LOCATION: MCCARTHY LEE PARK, 3400 ROSS ROAD**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 4-JUL 9	SESSION 2* JUN 6-JUL 18
Start Smart Baseball	TU	5:00-5:55 PM	\$51/\$66	111101-1A	
Start Smart Baseball	TU	6:00-6:55 PM	\$51/\$66	111101-1D	
Start Smart All Sport	TH	5:00-5:55 PM	\$51/\$66		111101-1B
Start Smart All Sport	TH	6:00-6:55 PM	\$51/\$66		111101-1C

\* No Class on Thursday, July 4.



# KIDDIE KICKERS SOCCER

**KIDDIE KICKERS SOCCER:** Children ages 5-6 will learn the fundamentals of soccer while participating in this program! Emphasis will also be on teamwork and sportsmanship. Children are divided into teams of 6-8 players and assigned a volunteer coach. Parks and Recreation staff will lead coaches through a variety of fun drills and games! Teams will play games the final few weeks as skills develop.

Volunteer coaches are necessary for the success of this program. Training and equipment are provided for coaches, plus your child's registration fee is returned at the end of the season. Contact Ben Flaherty at 515-239-5367 or [ben.flaherty@cityofames.org](mailto:ben.flaherty@cityofames.org).

Registration deadline one week prior to begin date.

**LOCATION: RIVER VALLEY PARK, NORTH RIVER VALLEY 725 E. 13TH**

CLASS	DAY TIMES	FEE/NR FEE	SESSION 1 APR 1-MAY 8
Kiddie Kickers	M,W 5:30-6:30 PM	\$55/\$70	411201-1A

# SOCCER SUMMER CAMPS '24

IGNITE THE PASSION

**JOIN US IN 2024!**

Week-long summer camps for all ages and ability levels across North America with international and professional staff.

Passionate International Coaches
 Established Curriculum
 Best-In-Class Safety & Care
 Value & Affordability
 Innovative Programming

SCAN TO REGISTER

LOVE THE GAME. LEARN THE GAME.

**NORTH AMERICA'S MOST TRUSTED SOCCER CAMP PROVIDER**

**City of Ames Park and Recreation**

North River Valley Park, 725 E 13th St Ames IA, 50010

August 5th - August 9th

CAMP SESSION	AGES	TIME	PRICE
TinyTikes	3 - 5	8:00am-9:00am	\$105* \$429
Half Day	6- 16	9:30am - 12:30pm	\$190* \$229
Full Day	8 - 16	9:30am - 4:00pm	\$235* \$279

\* EARLY BIRD DISCOUNT EXPIRES 30 DAYS BEFORE CAMP  
AVOID A \$10 LATE FEE BY COMPLETING YOUR REGISTRATION 10 DAYS BEFORE CAMP

Click this link to register online at [www.challengersports.com](http://www.challengersports.com)

**CHALLENGERSPORTS.COM**

# YOUTH SOCCER

**YOUTH SOCCER:** The Youth Soccer League offers three divisions: 1/2 Grade, 3/4 Grade, and 5/6 Grade. All divisions are Co-Ed. Games for grades 1/2 and 5/6 are held on Tuesday evenings and Saturday mornings. Games for grades 3/4 are held on Thursday evenings and Saturday mornings.

Teams will be divided equally for fair play. Participants are allowed one friend request. Practices will be twice a week and could be any combination of Monday, Tuesday, Wednesday, Thursday, or Friday. Once games start, practices may go to one time per week plus games. Practice times and locations will be determined once teams have been divided. You will be contacted by your coach as to where and when your practices will be held.

Parent coaches and volunteers are needed for the season. If you are interested in coaching a team, please contact Ben Flaherty 515-239-5367 or [ben.flaherty@cityofames.org](mailto:ben.flaherty@cityofames.org). Training and equipment are provided for coaches. Your child's registration fee is returned at the end of the season.

Youth participants will be required to wear a Parks and Recreation reversible jersey. Jerseys will be used for soccer (1 - 6 Grade) and basketball (3 - 6 Grade) programs. If your child does not have a jersey, the cost of the jersey is \$26 in addition to the class registration fee. The same jersey can be used for both programs. This jersey can be used until a replacement is needed; at which time an additional fee would apply.

**REGISTRATION DEADLINE:** Sunday, March 3

**SKILLS ASSESSMENT:** Wednesday, March 6, weather permitting at North River Valley Park.

**PRACTICES:** Begin week of March 25

**PRACTICE LOCATION:** North River Valley Park or other City of Ames Park Locations

**GAMES:** Begin on April 6

**LOCATION: RIVER VALLEY PARK, NORTH RIVER VALLEY 725 E. 13TH**

CLASS	FEE/NR FEE*	SESSION 1 MAR 25-MAY 9
Soccer 1 - 2 Grade	\$61/\$76	410420-1A
Soccer 3 - 4 Grade	\$61/\$76	410420-1B
Soccer 5 - 6 Grade	\$61/\$76	410420-1C

\* If your child does not have a jersey, the cost of the jersey will be added to the class registration fee.

## WANT TO VOLUNTEER COACH?

You don't have to be an athlete to join our coaching team. If you've got energy and love working with children, we'll train you as a youth sports coach! Contact Ben Flaherty at 515-239-5367 or [ben.flaherty@cityofames.org](mailto:ben.flaherty@cityofames.org) for more information.

- Be a mentor to children
- Spend time with your child
- Program credit
- Get involved
- Training is free

# SUMMER CAMP

**SUMMER CAMP:** This program offers six weeks of guaranteed fun! Each week, children grades K - 6 will participate in age-appropriate themed activities, games, arts and crafts, special events and trips to Furman Aquatic Center. The theme is different each week so activities will vary from week to week. Pick one week that sounds the most fun or pick them all!

Camp meets Monday - Thursday from 1:00 PM - 5:00 PM at Inis Grove Park, Shagbark Shelter. On Fridays, camp meets at the Furman Aquatic Center.

In case of inclement weather, camp will meet at the Ames/ISU Ice Arena or Community Center. Cancellations will be posted one hour prior to the start of camp on our hotline, 515-239-5434 and Ames Parks and Recreation Facebook page.

## THEMES

### SESSION 1: OLYMPIAN CAMPERS

Campers will participate in teams and as individuals in classic games and create their own!

### SESSION 2: EXPLORATION WEEK

A week dedicated to the great outdoors. Campers will explore and learn about nature.

### SESSION 3: FUN AND FITNESS

Campers will have fun participating in games, sports, obstacle courses, and fitness.

### SESSION 4: CAMP HOLLYWOOD

Campers will design and create their own outfit or superhero costume. Games and crafts will be centered around camper's favorite movies and TV shows.

### SESSION 5: SURF'S UP

Have fun with water games, activities, and crafts.

### SESSION 6: CARNIVAL

This week is all fun and games with a carnival on Thursday!

**CAMP JUNIORS:** Entering K - 1 Grade

**CAMP FUNSHINE:** Entering 2 - 3 Grade

**CAMP EXPLORERS:** Entering 4 - 6 Grade

Registration deadline one week prior to begin date.

**LOCATION MON - THUR: SHAGBARK SHELTER, INIS GROVE PARK, 2500 DUFF AVE.**

**LOCATION FRIDAY: FURMAN AQUATIC CENTER, 1635 13TH ST**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 10-JUN 14	SESSION 2 JUN 17-JUN 21	SESSION 3 JUN 24-JUN 28
Camp Juniors	M-F	1:00-5:00 PM	\$72/\$87	170100-1A	170100-2A	170100-3A
Camp Funshine	M-F	1:00-5:00 PM	\$72/\$87	170200-1A	170200-2A	170200-3A
Camp Explorers	M-F	1:00-5:00 PM	\$72/\$87	170300-1A	170300-2A	170300-3A

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 4 JUL 8-JUL 12	SESSION 5 JUL 15-JUL 19	SESSION 6 JUL 22-JUL 26
Camp Juniors	M-F	1:00-5:00 PM	\$72/\$87	170100-4A	170100-5A	170100-6A
Camp Funshine	M-F	1:00-5:00 PM	\$72/\$87	170200-4A	170200-5A	170200-6A
Camp Explorers	M-F	1:00-5:00 PM	\$72/\$87	170300-4A	170300-5A	170300-6A

# LACROSSE

**LACROSSE CLINIC:** Ames Parks and Recreation has partnered with Cyclones Youth Lacrosse Club to bring Youth Lacrosse Flex6 clinic to Ames. Flex6 is a simplified version of lacrosse designed to introduce the game to youth grades 2 - 8. Equipment will be provided for this program.

Registration deadline one week prior to begin date.

**LOCATION: MCCARTHY LEE PARK, 3400 ROSS ROAD**

CLASS	DAY TIMES	FEE/NR FEE	SESSION 1 JUN 10-JUN 27
Lacrosse Clinic	M,TH 5:00-6:00 PM	\$35/\$50	110301-1A

# YOUTH T-BALL

**YOUTH T-BALL:** Parks and Recreation offers T-Ball at three different levels! These are great introductory programs for boys and girls ages 4 - 8 to learn the basic skills and rules of baseball. On the final day of the session a scrimmage will be held on Miracle League Field, Inis Grove Park. Specific information about the scrimmage will be sent to parents after the program starts.

**BLASTBALL:** A fun, introductory baseball program for boys and girls ages 4-5. Instructors will lead fun drills and activities that focus on skill development. For the activities, children will partner with their parents to learn the basics of throwing, catching, and hitting. Soft balls and bats will be used for this program! Everyone will have a BLAST in this class!

PLEASE NOTE: Gloves are not required for Blastball.

**LITTLE SLUGGERS:** This program is for boys and girls ages 5-6. Emphasis will be on basic skill development of running, throwing, catching, and hitting through fun drills and games! Children will also start to learn the basic rules of the game. Participants will start scrimmaging near the end of the season to begin understanding offense and defense.

**BIG HITTERS:** Big Hitters is for boys and girls ages 6-8. Emphasis will still be on skill development, but children will progress to instructor pitch as they improve on skills. Near the end of the season, participants will scrimmage during practices.

PLEASE NOTE: Participants in Little Sluggers and Big Hitters should bring a glove so proper technique and fundamentals can be taught. Please put your child's name on the glove.

Registration deadline one week prior to begin date.

**LOCATION: O'NEIL PARK, 300 SOUTH MAPLE AVE.**

CLASS	DAY TIMES	FEE/NR FEE	SESSION 1* JUN 3-JUL 16
Blastball	TU,TH 5:30-6:25 PM	\$54/\$69	110603-1D
Lil Sluggers	M,W 5:30-6:25 PM	\$54/\$69	110601-1B
Lil Sluggers	M,W 6:30-7:25 PM	\$54/\$69	110601-1C
Big Hitters	TU,TH 4:30-5:25 PM	\$54/\$69	110602-1A
Big Hitters	TU,TH 6:30-7:25 PM	\$54/\$69	110602-1B

\* No class Thursday, July 4

# TENNIS LESSONS

## TENNIS LESSONS

**TENNIS LESSONS:** Ames Parks and Recreation partners with Ames Fitness Center to provide a quality tennis program! This is a great introductory program for those wanting to learn the sport and improve their skills! The program will emphasize specific skills and games for each age level using the USTA quick start format. Classes are coordinated by Ames Fitness Center tennis professionals. Tennis rackets will be provided for those not having their own.

Please note: In the case of inclement weather, lessons will be moved indoors or postponed to the following Friday. The information will be posted to our hotline, 515-239-5434 and Ames Parks and Recreation Facebook page. Ben Flaherty, Recreation Manager, 515-239-5367 or [ben.flaherty@cityofames.org](mailto:ben.flaherty@cityofames.org) will coordinate the program.

Registration deadline one week prior to begin date.

**SPRING SESSION 1 LOCATION: AMES FITNESS CENTER, TENNIS BUBBLE, 3600 UNIVERSITY BOULEVARD**  
**SPRING SESSION 2 LOCATION: INIS GROVE PARK, TENNIS COURTS, 2500 DUFF AVENUE**

CLASS	DAY	TIMES	SESSION 1 MAR 23-APR 20 \$70 FEE/\$85 NR FEE	SESSION 2 APR 27-MAY 18 \$56 FEE/\$71 NR FEE
Tennis 1 - 2 Grade	SA	9:00-10:00 AM	410802-1A	410802-2A
Tennis 3 - 4 Grade	SA	10:00-11:00 AM	410802-1B	410802-2B
Tennis 5 - 6 Grade	SA	10:00-11:00 AM	410802-1C	410802-2C

**SUMMER LOCATION: INIS GROVE PARK, TENNIS COURTS, 2500 DUFF AVENUE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 3-JUN 13	SESSION 2 JUN 17-JUN 27
Tennis 6-8 yrs	M-TH	9:00-10:00 AM	\$112/\$127	110804-1A	110804-2A
Tennis 9-12 yrs	M-TH	10:00-11:00 AM	\$112/\$127	110805-1A	110805-2A
Tennis 13-16 yrs	M-TH	11:00 AM-12:00 PM	\$112/\$127	110806-1A	110806-2A

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 3 JUL 8-JUL 18	SESSION 4 JUL 22-AUG 1
Tennis 6-8 yrs	M-TH	9:00-10:00 AM	\$112/\$127	110804-3A	110804-4A
Tennis 9-12 yrs	M-TH	10:00-11:00 AM	\$112/\$127	110805-3A	110805-4A
Tennis 13-16 yrs	M-TH	11:00 AM-12:00 PM	\$112/\$127	110806-3A	110806-4A





# LITTLE TENNIS - PARENT/CHILD

**LITTLE TENNIS:** This program is for youth ages 3-5. Parents will partner with their children to learn the basics of tennis in a fun learning environment! This program is a great way to get involved with your kids and help them learn a new skill. Ames Fitness Center tennis professionals will lead you through fun activities and games that focus on learning the fundamentals of tennis. This program requires one parent per child. Age-appropriate equipment is provided so participants can be successful!

Registration deadline one week prior to begin date.

**SPRING SESSION 1 LOCATION: AMES FITNESS CENTER, TENNIS BUBBLE, 3600 UNIVERSITY BOULEVARD**  
**SPRING SESSION 2 LOCATION: INIS GROVE PARK, TENNIS COURTS, 2500 DUFF AVENUE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAR 19-APR 23	SESSION 2 APR 30-MAY 28
Little Tennis	TU	5:30-6:00 PM	\$52/\$67	410801-1A	
Little Tennis	TU	5:30-6:00 PM	\$43/\$58		410801-2A

**SUMMER LOCATION: INIS GROVE PARK, TENNIS COURTS, 2500 DUFF AVENUE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 4-JUL 2	SESSION 2 JUL 9-AUG 6
Little Tennis	TU	5:30-6:00 PM	\$43/\$58	110801-1A	110801-2A

# TENNIS CAMP

**SPRING BREAK TENNIS CAMP:** Spend your break learning the game of tennis from the professionals at Ames Fitness Center! Ames Parks and Recreation will be offering tennis lessons for kids grades 1-6! Participants will meet for one hour at the Ames Fitness Center South Tennis Bubble. Focus will be on skill development and learning the game. Open to all skill levels.

Registration deadline one week prior to begin date.

**LOCATION: AMES FITNESS CENTER, TENNIS BUBBLE, 3600 UNIVERSITY BOULEVARD**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAR 11-MAR 14
Tennis Camp 1 - 2 Grade	M-TH	9:00-10:00 AM	\$56/\$71	410800-1A
Tennis Camp 3 - 4 Grade	M-TH	10:00-11:00 AM	\$56/\$71	410800-1B
Tennis Camp 5 - 6 Grade	M-TH	11:00 AM-12:00 PM	\$56/\$71	410800-1C



# TUMBLING

**TUMBLE BUGS - AGES 2-3, PARENT-CHILD:** Focus is primarily on large motor skills development. Children will learn strength, balance, and coordination. Parents will partner with their child to learn skills on the floor, beam, vault, and bars! Staff will lead parents and children through each activity at each event. This program requires one parent per child.

**TUMBLING TYKES - AGES 3-4:** Designed for small group sizes. Children will develop large motor skills and learn independence. Students will engage in the following movements: Log/forward rolls, walking on the balance beam, tuck and straddle jumps on the vault, and swings, walks, and supports on bar.

**TUMBLING TOTS - AGES 4-5:** Focus is on continuing to develop large motor skills and build on skills from Tykes. Students will engage in the following movements: Forward/backward rolls, forward roll on bars, introduction of cartwheels and handstands, tuck and straddle on vault, beam walks/kicks/marches, along with toe touches, casts, and skin the cat on bars.

Registration deadline one week prior to begin date.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* JUN 11-JUL 25
Tumble Bugs	TU	10:25-10:55 AM	\$35/\$50	120601-1A
Tumble Bugs	W	10:00-10:30 AM	\$35/\$50	120601-1B
Tumble Bugs	TH	10:40-11:10 AM	\$35/\$50	120601-1C
Tumbling Tykes	TU	9:00-9:30 AM	\$39/\$54	120603-1A
Tumbling Tykes	W	10:40-11:10 AM	\$39/\$54	120603-1B
Tumbling Tykes	TH	10:00-10:30 AM	\$39/\$54	120603-1C
Tumbling Tots	TU	9:40-10:20 AM	\$43/\$58	120604-1B
Tumbling Tots	W	11:15-11:55 AM	\$43/\$58	120604-1C

\* No Class Thursday, July 4



# GYMNASTICS

**GYMNASTICS I:** This gymnastics class is offered for children aged 5 and up. It is designed for young gymnasts with minimal or no previous experience. This is a great introductory class! They will learn various skills such as: forward and backward rolls, handstand & cartwheel, squat-on using the vault, walks and pivot turns on beam, pullover on bars, and strength & conditioning.

**GYMNASTICS II:** This class builds on skills from Gymnastics I. This class is for gymnasts who have previous gymnastics experience. Some of the skills taught are backbends, handstand forward roll, front handsprings on vault, forward mill circle on bars, cartwheel on beam, and strength & conditioning.

Registration deadline one week prior to begin date.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* JUN 10-JUL 25
Gymnastics I	M,W	1:40-2:25 PM	\$64/\$79	120605-1A
Gymnastics I	M,W	2:35-3:20 PM	\$64/\$79	120605-1B
Gymnastics I	TU,TH	4:00-4:45 PM	\$64/\$79	120605-1C
Gymnastics II	M,W	3:30-4:15 PM	\$64/\$79	120606-1A
Gymnastics II	TU,TH	4:55-5:40 PM	\$64/\$79	120606-1B

\* No Class Thursday, July 4

# VOLLEYBALL

**VOLLEYBALL CLINIC:** Meg Williams, Ames High School Volleyball Coach, and the Ames Little Cyclone volleyball team will lead this clinic. Coach Williams is excited to partner with Ames Parks and Recreation to teach the game to future Little Cyclones! This program introduces the sport of volleyball to boys and girls in grades 3-6. Participants will learn the game through fun drills and games! Youth will learn skills, including passing, serving, and setting, along with the basic rules of the game.

Registration deadline one week prior to begin date.

**SPRING LOCATION: TO BE DETERMINED.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* MAR 24-MAY 5
Volleyball Grades 3 - 4	SU	11:15 AM-12:25 PM	\$47/\$62	410101-1A
Volleyball Grades 5 - 6	SU	12:30-1:40 PM	\$47/\$62	410101-1B

\* No Class: Sunday, March 31

**SUMMER LOCATION: GATEWAY PARK, SAND VOLLEYBALL COURTS, 1500 GATEWAY HILLS PARK DRIVE**

CLASS	GRADE	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 3-JUL 8
Sand Volleyball	Entering 3 - 4	M	5:30-6:25 PM	\$43/\$58	110102-1A
Sand Volleyball	Entering 5 - 6	M	6:30-7:25 PM	\$43/\$58	110102-1B

# YOUTH GOLF LEAGUE

**GOLF YOUTH LEAGUE - HOMEWOOD YOUTH GOLF LEAGUE (AGES 8-18):** The league includes play, a year-end party, and an awards ceremony with prizes and food. Participants should understand golf rules and etiquette along with playing on a course.

Participants pay a reduced green fee of \$12 each week.

Please meet at 8:00 AM on the putting green.

Participants are responsible for providing their own equipment.

Registration Deadline: Monday, June 3

**LOCATION: HOMEWOOD GOLF COURSE, 401 E 20TH ST**

CLASS	DAY	TIMES	FEE	SESSION 1* JUN 5-JUL 31
Golf League Youth	W	8:00-10:30 AM	\$45	180501-1A

\*No league play on Wednesday, July 3.

# GOLF SEASON (GRADES 6-12)

This is a drop in youth league that offers flexibility that works with your schedule. Participants are expected to turn in six, 9-hole scores between June and July. Participants can play with anyone they want. Integrity and improving your golf skills are key. Staff will take the average of your 6 scores to determine the winner. After each round turn in the scorecard to the clubhouse. Rounds must be played at Homewood. Participants pay youth rate of \$12 each round for green fees. Prizes are to be determined and a pizza party is scheduled for July 31 at 11:00 AM.

**LOCATION: HOMEWOOD GOLF COURSE, 401 E 20TH ST**

CLASS	GRADE	FEE*	SESSION 1 JUN 1-JUL 31
Middle School Golf Season	6-8	\$20	110706-1A
High School Golf Season	9-12	\$20	110707-1A

\* Plus \$12 green fee per round.



# TAE KWON DO DRAGON

**TKD DRAGON:** This class is designed for students 5 - 7 years of age. Basic Tae Kwon Do will be taught through games and age-appropriate practical exercises. The focus will be on coordination, balance flexibility, and following directions.

Beginner Level = White Belt

Intermediate Level = Yellow-Green Belt

**LOCATION: P&R ADMINISTRATIVE OFFICE, 1500 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 7-JUN 16	SESSION 2 JUN 18-JUL 28
Dragon Beginner	SU	3:45-4:15 PM	\$27/\$32	510410-1A	510410-2A
Dragon Beginner	SU	4:30-5:00 PM	\$27/\$32	510410-1B	510410-2B
Dragon Intermediate	SU	5:15-6:00 PM	\$27/\$32	510411-1A	510411-2A

# TAE KWON DO (TKD) - ALL AGES

**TKD:** Focus the mind and strengthen the body in Tae Kwon Do! This popular martial arts class is open to individuals aged 8 and older. Promoting leadership and cooperation among individuals, Tae Kwon Do also enhances self-confidence, balance, flexibility, and physical endurance. The registration fee covers class instruction. Testing opportunities are held throughout the year. A dobok uniform is required for testing and is not included in the registration fee but can be purchased through the instructors.

**BEGINNER LEVEL** = White Belt

**INTERMEDIATE LEVEL** = Yellow-Green Belt

**ADVANCED LEVEL** = Blue Belt and above.

**TKD ALL LEVELS** - Open to all TKD students.

**TKD COMPETITION CLASS** - This class is a great way for students to learn and practice Tae Kwon Do forms and spar in preparation for competition! Participants must be at least a yellow belt to register.

**LOCATION: P&R ADMINISTRATIVE OFFICE, 1500 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 7-JUN 16	SESSION 2* JUN 18-JUL 28
Beginner	TU	6:00-7:00 PM	\$27/\$32	510401-1A	510401-2A
Beginner	TH	6:00-7:00 PM	\$27/\$32	510401-1B	510401-2B
Intermediate	TU	7:00-8:00 PM	\$27/\$32	510402-1A	510402-2A
Intermediate	TH	7:00-8:00 PM	\$27/\$32	510402-1B	510402-2B
Advanced	TU	8:00-9:00 PM	\$27/\$32	510403-1A	510403-2A
Advanced	TH	8:00-9:00 PM	\$27/\$32	510403-1B	510403-2B
All Levels	SU	6:00-7:00 PM	\$27/\$32	510404-1A	510404-2A
Competition	SU	7:00-8:00 PM	\$27/\$32	510405-1A	510405-2A

\* No class on Thursday, July 4.

# ADULT PROGRAMS

## STROLLER POWER

**STROLLER POWER:** Stroller Power is a stroller fitness class where adults can work out with their babies! It's a great way to get in shape, be with your baby and meet other moms or dads. While the kids are in the stroller, adults get a great workout and meet others who want to be active and exercise in beautiful outdoor parks.

**LOCATION: NUMEROUS, FIRST CLASS MEETS AT FRONT ENTRANCE OF BROOKSIDE PARK, 1325 6TH ST**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 5-JUN 26	SESSION 2 JUL 10-JUL 31
Stroller Power	W	11:00-11:45 AM	\$25/\$30	140129-1A	
Stroller Power	W	11:00-11:45 AM	\$25/\$30		140129-2A

## ADULT TENNIS

**TENNIS ADULT LESSONS:** Learn or improve your tennis skills with the help of the Ames Fitness tennis professionals.

Registration deadline one week prior to begin date.

**SPRING SESSION 1 LOCATION: AMES FITNESS CENTER, TENNIS BUBBLE, 3600 UNIVERSITY BOULEVARD**

**SPRING SESSION 2 LOCATION: INIS GROVE PARK, TENNIS COURTS, 2500 DUFF AVENUE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAR 23-APR 20	SESSION 2 APR 27-MAY 18
Tennis Adult	SA	9:00-10:00 AM	\$75/\$90	490101-1A	
Tennis Adult	SA	9:00-10:00 AM	\$60/\$75		490101-2A

**SUMMER LOCATION: INIS GROVE PARK, TENNIS COURTS, 2500 DUFF AVENUE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 4-JUL 2	SESSION 2 JUL 9-AUG 6
Tennis Adult	TU	6:05-7:05 PM	\$75/\$90	190101-1A	190101-2A

# DANCE LESSONS

## BELLY DANCE

**BELLY DANCE MIXED LEVEL:** Whether you are a beginner or an experienced belly dancer, our new mixed-level class will teach you new dance techniques including posture, shimmies, isolations and travelling steps. Open to ages 12 and up.

**LOCATION: ROOSEVELT PARK, 9TH ST**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUL 10-AUG 14
Belly Dance Mixed Level	W	6:00-7:00 PM	\$39/\$44	190364-1B

## LINE DANCE

**LINE DANCE:** Learn the basics of Country Line Dancing! You will be taught a variety of dances during a six-week class beginning with the favorite “Electric Slide”! This is a great form of exercise in a fun-filled environment. No experience necessary, no partners needed. Open to ages 14 and up.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 3-JUL 8
Line Dance	M	4:30-5:15 PM	\$39/\$44	190330-1B

## WEST COAST SWING

**BEGINNER:** Join us in our West Coast Swing (WCS) dance class! In this open-style dance class, no experience or partner is necessary. Partners rotate during the class so you will get to dance with various partners. In this beginner’s WCS class focus is on the 6-count basic rhythm patterns and turns, as well as lead/follow connection and technique. WCS is a social dance and can be danced to almost any 4-count music including R&B, Hip Hop, Lyrical, and Blues. Open to ages 18 and up.

**INTERMEDIATE:** Take things up a notch with our Intermediate West Coast Swing class. The intermediate class offers dancers with some experience a chance to learn more complex patterns, styling, and techniques.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 13-JUN 17
WCS Beginner	M	6:45-7:45 PM	\$39/\$44	190355-1A
WCS Intermediate	M	7:45-8:45 PM	\$39/\$44	190355-1B



# YOGA IN THE PARK

NO NEED TO  
REGISTER, JUST  
SHOW UP!

Ames Parks & Recreation presents the eleventh annual Yoga in the Park!

This FREE class begins June 1-July 27 on Saturday mornings from 9:00-10:00 am.

Join certified Yoga instructors from various yoga studios in Ames for a free class appropriate for all skill levels. Get a different yoga experience each week from one of our eight volunteer instructors.

Wear comfortable clothing and bring your own mat if possible. The outdoor classes offer a unique atmosphere to relax and invigorate at the same time. Participants must sign a waiver; those under 18 need the signature of a legal guardian. For more information, contact Nancy Shaw at 515-239-5353.

**LOCATION: BANDSHELL PARK, 125 E 5TH STREET**

CLASS	DAY	TIMES	FEE	SESSION 1 JUN 1-JUL 27
Yoga in the Park	SA	9:00-10:00 AM	FREE	Just show up!



# EVENTS & SPECIALTY PROGRAMS

## SPRING BREAK DAY CAMP (3-8 GRADE)

**SPRING BREAK DAY CAMP:** Looking for something fun for your child to do during spring break? The Ames/ISU Ice Arena is offering a five-day camp during spring break where you can either select a few days to attend or attend the whole week. Each day will offer different and fun ice activities that require no skating experience. For more information, email [amesparkrec@cityofames.org](mailto:amesparkrec@cityofames.org). To register, call 515-239-5350 or visit [www.amesparkrec.org](http://www.amesparkrec.org).

**LOCATION: AMES/ISU ICE ARENA, 1507 GATEWAY HILLS PARK DRIVE**

DAYS	TIMES	FEE	SESSION 1 MAR 11-MAR 15
All Days	8:00 AM-12:00 PM	\$150	480115-1F
Monday	8:00 AM-12:00 PM	\$35	480115-1A
Tuesday	8:00 AM-12:00 PM	\$35	480115-1B
Wednesday	8:00 AM-12:00 PM	\$35	480115-1C
Thursday	8:00 AM-12:00 PM	\$35	480115-1D
Friday	8:00 AM-12:00 PM	\$35	480115-1E

## BROOMBALL

**BROOMBALL TOURNAMENT:** The Ames/ISU Ice Arena is excited to offer its first one-day, double-elimination, Broomball Tournament. Broomball is a blend of hockey rules and formations, and soccer-like strategy. Games are played in athletic clothing and shoes, no skating experience required. Teams must have a minimum of 5 and a maximum of 10 players. Players must be 16+ years of age. Sign up your team today to fight for Broomball Tournament glory and a championship t-shirt.

**LOCATION: AMES/ISU ICE ARENA, 1507 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE	SESSION 1 MAR 23
Team Registration	SA	9:30-11:30 AM	\$150	480215-1A

# PAINTING CLASS

**PAINTING CLASS:** Join us at the Ames/ISU Ice Arena for a teacher-led painting class! Painters will explore art in a whole new way. You will have fun and learn with the patient and energetic artist guiding you step-by-step. This class is geared toward youth, but adults are welcome!

**LOCATION: AMES/ISU ICE ARENA, 1507 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE	SESSION 1 MAR 15	SESSION 2 JUN 21
Paint & Skate *	F	1:15-5:00 PM	\$46	480125-1B	180125-1B
Painting Class	F	3:30-5:00 PM	\$37	480125-1A	180125-1A

\*Includes admission to the 1:00 – 3:00 PM public skate session, skate rental, and painting class.

# CURLING

**CURLING LEAGUE:** Join us for our first Curling League at the Ames/ISU Ice Arena. Grab your friends for a team of four and get ready to slide into Spring. Register your team today. Games times are dependent on the number of teams registered.

**LOCATION: AMES/ISU ICE ARENA, 1507 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE	SESSION 1* MAR 9-APR 20
Team of 4	SA	4:30-6:30 PM	\$250	490410-1A

\* No games Saturday, March 30.

# SRING EGG HUNT

**SPRING EGG HUNT:** Hunt eggs on the ice at the Ames/ISU Ice Arena. Groups can go on the ice in shoes or skates and collect eggs. Divisions are open to those aged four & up! Pre-register today for an eggcellent experience! The cost is \$5 per participant, with no admission/spectator fee. Public Skate will follow at 2 pm. Regular Public Skate rates will apply.

**LOCATION: AMES/ISU ICE ARENA, 1507 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE	SESSION 1 MAR 30
Egg Hunt	SA	12:30-1:30 PM	\$5	480120-1A

## IMPORTANT NOTICE:

The Ames/ISU Ice Arena will be closed May 1 through May 31 for Facility and Ice Maintenance. Dates may be subject to change.

# SUMMER DAY CAMP

**SUMMER DAY CAMP:** Looking for something fun for your child? The Ames/ISU Ice Arena is offering a five-day camp where you can either select a few days to attend or attend the whole week. Each day will offer different and fun ice activities that require no skating experience. Open to grades 3 - 8. For more information, email [amesparkrec@cityofames.org](mailto:amesparkrec@cityofames.org).

Registration deadline one week prior to begin date.

**LOCATION: AMES/ISU ICE ARENA, 1507 GATEWAY HILLS PARK DRIVE**

DAY	TIMES	FEE	SESSION 1 JUN 3-JUN 7
All Days	8:00 AM-12:00 PM	\$150	180115-1F
Monday	8:00 AM-12:00 PM	\$35	180115-1A
Tuesday	8:00 AM-12:00 PM	\$35	180115-1B
Wednesday	8:00 AM-12:00 PM	\$35	180115-1C
Thursday	8:00 AM-12:00 PM	\$35	180115-1D
Friday	8:00 AM-12:00 PM	\$35	180115-1E

# BACK TO SCHOOL SKATE

Start the new year out right at the Ames/ISU Ice Arena! Registration not required. Rental skates are an additional \$3.50 to the admission fees below.

**LOCATION: AMES/ISU ICE ARENA, 1507 GATEWAY HILLS PARK DRIVE**

DROP-IN	DATE	DAY	TIMES	ADULT FEE	YOUTH FEE (AGE 1- 15)
Back to School Skate	Aug. 22	TH	4:00-5:30 PM	\$6.50	\$5.50

# HOCKEY CLASSIC

**SEPTEMBER HOCKEY CLASSIC (OPEN TOURNAMENT):** Kick off the hockey season by signing up for the September Classic. Players will register individually and be assigned a team day of the tournament. Open to ages 18+. Games will be played throughout the day. Brackets and format will be created based on the number of teams and goalies registered. Games will be played 6 v 6.

Registration deadline one week prior to begin date.

**LOCATION: AMES/ISU ICE ARENA, 1507 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE	SESSION 1 SEP 14
Hockey Tournament	SA	8:00 AM Start	\$100	180118-1A



# THEATER CLASSES

**BACKSTAGE BASICS:** Participants will learn the basics of building scenery, safe fly system operation, and how to operate basic backstage equipment. Participants will also learn how to navigate scene changes safely and effectively during a production.

**INTRO TO STAGE MANAGEMENT:** Participants will learn the basics of stage management, such as how to run rehearsals, stage manager duties, setting up a prompt book, and calling a show.

**INTRO TO THEATRE TECHNOLOGY:** Participants will learn the basics of operating audio, video, and lighting technology. They will also learn basic terminology that is used in technical theatre production.

**INTRO TO THEATRICAL DESIGN:** Participants will learn the basics of sound, lighting, video, costume, scenic, and props design. Participants will also explore how design concepts are created and how design is used as a storytelling concept.

**INTERMEDIATE SOUND DESIGN:** Participants will learn about sound design, soundboard programming, creating sound cues, audio editing, and Qlab playback.

Classes open to participants 14 years of age or older.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 17-JUN 21	SESSION 2 JUN 24-JUN 28	SESSION 3 AUG 6-AUG 30
Backstage Basics	M-F	10:00 AM-12:00 PM	\$100/\$115	181601-1A		
Intro to Stage Management	M-F	1:00-3:00 PM	\$100/\$115	181605-1A		
Intro to Theatre Technology	M-F	1:00-3:00 PM	\$100/\$115		181603-1A	
Intro to Theatrical Design	M-F	10:00 AM-12:00 PM	\$100/\$115		181604-1A	
Intermediate Sound Design	TU	6:00-8:00 PM	\$150/\$165			181606-1A



# DUCK DERBY

**DUCK DERBY:** The Duck Derby at Furman Aquatic Center will take place again on the final day of the 2024 season. The event will take place at the Lazy River, where up to 2,000 rubber ducks will be released and race through the current channel. Parks and Recreation will work with community partners to donate prizes for winners to select. Parks and Recreation anticipates this event to become an annual event, promote a fun community atmosphere of involvement and benefit the scholarship program. Buy your ducks at the Community Center or Furman Aquatic Center.

**LOCATION: FURMAN AQUATIC CENTER, 1635 13TH ST**

CLASS	DAY	TIMES	AGE	ADOPT A DUCK	SEPT. 2
Duck Derby	M	6:30 PM	All	Lone Duck (1 Duck): \$5 Quack Pack (6 Ducks): \$25 Quacker's Dozen (13 Ducks): \$50 Flock (25 Ducks): \$100	

# DISC GOLF OPEN

**DISC GOLF CARROLL MARTY OPEN:** Tee off with Ames Parks and Recreation for the 2nd Annual Carroll Marty Disc Golf Tournament with some exciting changes! Teams will register individually for the Recreational Doubles division that follows last year's best throw format or put your skills to the test in the new Competitive Singles division! Regardless of division, teams will be paired up to encourage honest scoring. Fees are per registrant.

Registration deadline one week prior to begin date.

**LOCATION: GATEWAY PARK, 1500 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE/NR FEE PER PLAYER	SESSION 1 APR 27
Recreational (Doubles)	SA	10:00 AM-2:00 PM	\$10/\$15	490109-1A
Competitive (Singles)	SA	10:00 AM-2:00 PM	\$20/\$35	490109-1B

# FLORAL WORKSHOP

**NEW! FLORAL WREATH WORKSHOP:** Join Parks and Recreation and Grace Fiore Co. to get ready for spring by decorating a wreath with artificial flowers for your front door! Each wreath will be designed in a modern style with spring-related flowers and colors. All materials are supplied. Come get your creativity on and participate in some flower therapy. Open to ages 16 and up.

**NEW! FLORAL WORKSHOP FOR KIDS:** Children accompanied by an adult will decorate a vase and use dried flowers to fill it. This is a keepsake to cherish and not worry about watering. All materials are supplied. Imagine the fun and memories you will make! Open to ages 5 and up.

Registration deadline one week prior to begin date.

**LOCATION: HOMEWOOD GOLF COURSE, 401 E 20TH ST**

CLASS	DAY	TIMES	FEE	SESSION 1 APR 8	SESSION 2 MAY 7
Floral Wreath Workshop	M	6:30-7:30 PM	\$50	481901-1A	
Floral Workshop for Kids	TU	6:30-7:30 PM	\$25		481902-1A



# MIRACLE LEAGUE INFORMATION

WWW.AMESPARKREC.ORG

## MIRACLE LEAGUE

**MIRACLE LEAGUE (AGES 5 AND OLDER)** - Ames Parks & Recreation is excited to offer Miracle League for youth and adults with disabilities! In the Ames Miracle League, everyone bats, everyone scores, and every game ends in a tie!

Youth (five years and older) and adults with special needs are eligible to play in this coed, non-competitive baseball league. Teams will be formed after registration is completed. Team rosters and game schedules will be emailed a week before first game. Games will be played at Miracle League Field, Inis Grove Park. Games will start at 9 AM each Saturday. Bats will be provided. Players are encouraged to bring their own bats, glove, and helmet if desired.

**LOCATION:** Miracle Field at Inis Grove Park, 2500 Duff Ave.

**GAMES PLAYED:** Saturdays, 9:00 – 11:00 AM

**PROGRAM DATES:** May 4 – June 15 (no games on Saturday, May 25)

**FEE:** \$10.00

## HOW TO REGISTER

### HOW TO REGISTER

Register online or call the Community Center at 515-239-5350. A Household ID is needed to register online; if you do not have an account, please click on the link below to request a Household ID.

### REQUEST HOUSEHOLD ID

### ONLINE REGISTRATION

Register before April 15 to guarantee a Jersey on opening day.



# SPORT LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

## GOLF LEAGUES

### COUPLES/PAIRS GOLF LEAGUE

**GOLF LEAGUE COUPLES/PAIRS:** An enjoyable league open to all levels of golfers. Socialization and recreation are key ingredients of this league. This league includes weekly contests, prizes, and an end-of-season meal. Participants pay green fees each week.

Registration deadline one week prior to begin date.

**LOCATION: HOMEWOOD GOLF COURSE, 401 E 20TH ST**

CLASS	DAY	TIMES	FEE PER COUPLE	SESSION 1 APR 30-JUL 30
Couple's Golf League	TU	6:00 PM	\$90	480507-1A

League format schedule

### MEN'S GOLF LEAGUE

**MEN'S GOLF LEAGUE:** Men's League at Homewood Golf Course is Monday evening; shotgun start at 6 PM. Two-player teams and individual handicaps will be assigned. Weekly flag prizes, a season-ending tournament, and an end-of-season meal are all part of this league. Participants pay green fees each week.

Registration deadline one week prior to begin date.

**LOCATION: HOMEWOOD GOLF COURSE, 401 E 20TH ST**

CLASS	DAY	TIMES	FEE	SESSION 1* APR 29-AUG 19
Men's Golf League	M	6:00 PM	\$45	480509-1A

\* No league play on Monday, May 27



# ADULT SPORTS LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

## CO-ED SOCCER LEAGUE

The fee to play in the summer soccer league will be \$92.50/game. An additional \$15 will be added for each non-resident on the team. The number of games, up to 10, will be determined at managers' meeting.

### LEAGUE FORMAT:

Coed 8 vs. 8 Adult League

Each gender shall be represented on the playing field (minimum of 2 females)

Participants shall be 17+ years of age

### GAME INFORMATION:

Four 22-minute quarters. 5-minute breaks between quarters. Games will be held at 1:00, 3:00 and 5:00 on Sundays. Additional games are played at 6:30 on Wednesday evenings. Two referees will be provided at all games (dependent on availability).

### DIVISIONS:

Teams should sign up based on their desired level of play.

Division 1 Competitive

Division 2 Recreational

**UNIFORM:** Teams must provide their own jerseys for the season. Jerseys must be matching in color and have a printed number on the back. Any team not in compliance by the first game will forfeit their games until this requirement is met.

### LEAGUE RULES AND EXCEPTIONS

## HOW TO REGISTER

Team registration only; individual registrations will not be accepted. Individuals may join the player pool on our website or use the player pool registration link below.

### ADULT SOCCER REGISTRATION FORM

### ADULT SOCCER ROSTER FORM

### 2024 MANAGER MEETINGS, DEADLINES, & DATES TO REMEMBER:

Registration Deadline: Sunday, May 12, 2024

Fees Due: Tuesday, May 21

Season Starts: Wednesday, May 29

Location: North River Valley Park, 725 E 13th St

Managers' Meeting: May 16 via Zoom.

## WANT TO PLAY IN A LEAGUE, BUT DON'T HAVE A TEAM?

Sign up for the sports/leagues you are interested in playing. This list is emailed out to team managers throughout the season in case they need extra players. If you are needed, managers will contact you directly. Entering your name in the player pool does not guarantee that you will be on a team.

### PLAYER POOL REGISTRATION

# ADULT SPORTS LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

## SAND VOLLEYBALL

6 on 6 matches are played at 6:00, 6:50, 7:40, and 8:30 PM Monday-Thursday.

4 on 4 matches are played on Sunday afternoons starting at 4:00 PM (times are flexible for this league).

All matches are played at Inis Grove Park Sand Volleyball Courts (2500 Duff Ave.)

All players must be 17 years of age.

LEAGUE	LEVELS OF PLAY	GAME NIGHTS	SEASON LENGTH	FEES
<b>6 ON 6</b>				<b>\$19.50/MATCH*</b>
Co-Ed	(C-) Recreational	Monday	May 13 - July 15	
Co-Ed	(B) Competitive	Tuesday	May 14 - July 9	
Co-Ed	(C) Recreational	Wednesday	May 15 - July 10	
Co-Ed	(C+) Semi-Competitive	Thursday	May 16 - July 18	
<b>4 ON 4</b>				<b>\$81/TEAM</b>
Co-Ed	(A) Competitive	Sunday	May 19 - July 21	
Co-Ed	(B) Recreational	Sunday	May 19 - July 21	

## HOW TO REGISTER

### 6 ON 6 / 4 ON 4 REGISTRATION FORM

\*6 on 6 teams participating in the optional season-ending tournament will pay an additional \$45 tournament fee.

### 2024 MANAGER MEETINGS, DEADLINES, & DATES TO REMEMBER:

League Registration Deadline (Registration & Roster due): April 28

6 on 6 Manager's Meeting Location (TBD): Week of April 29

4 on 4 and 6 on 6 League Fees due: May 7





# ADULT SPORTS LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

## SOFTBALL

Registrations for Summer 2024 softball teams are due Friday, March 29.

### 12" MEN'S LEAGUES AVAILABLE

12" Men's Leagues Available

C2 (TH); C3 (TU); C4/C5 (W)

Approximate Dates: April 23 - July 11

Approximate number of games: 20

### CO-ED LEAGUES AVAILABLE

C1 (F); C2 (F); C1/C2 (SU); C3 (SU); C4 (SU)

Approximate Dates: April 28-July 16

Approximate number of games: 16

LEAGUE	# OF GAMES	COST/GAME
Men's	10-15	\$34.50
Men's	16-18	\$34
Men's	19-21	\$33.50
Men's	22+	\$33
Co-Ed	16-18	\$33

**NOTES:** Games scheduled 6:00-10:00 PM (M-F) and 1:00-7:00 PM (Sun) at North/South River Valley Parks. All players must be 17 years of age. Estimated cost per player for a 20-game season plus \$45 tournament fee (15 players on a team) including USA Softball Fees Resident = \$2.37 per game.

## HOW TO REGISTER

Use the links below to register a team. To view more information about participating in adult softball, use the link below to go to the Adult Softball information page on our website.

### SUMMER SOFTBALL TEAM REGISTRATION

### TEAM ROSTER FORM

### SUMMER SOFTBALL INFORMATION

#### 2024 MANAGER MEETINGS, DEADLINES, & DATES TO REMEMBER:

League Registration & Roster Deadline: Friday, March 29

Men's & Co-Ed Managers' Meeting: week of April 1

League Fees, USA Softball Fees & Non-resident Fees due: Tuesday, April 9

Pre-Season Games (Men's Leagues): Wednesday, April 17

Regular Season Games: April 23 (Men's), April 26 (Co-ed)

Iowa Games: Dates TBD

## WANT TO PLAY IN A LEAGUE, BUT DON'T HAVE A TEAM?

Sign up for the sports/leagues you are interested in playing. This list is emailed out to team managers throughout the season in case they need extra players. If you are needed, managers will contact you directly. Entering your name in the player pool does not guarantee that you will be on a team.

### PLAYER POOL REGISTRATION

# ADULT SPORTS LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

## PICKLEBALL

**PICKLEBALL** - Join the fun and participate in the simple, yet fast-paced game of Pickleball!! Open to all skill levels. One registration per team of two. Match schedules will be sent out prior to the season. Double-elimination tournament will follow the 5-week regular season. Prizes will be awarded to league and tournament champions.

### REGISTER BY MAY 1.

Sign up teams of 2, \$35\* per team. Team captain registers both members.  
(\$15 additional fee for non-resident players)

League Season: May 7 – June 20

Match Format: 45 minutes, 3 games played to 11 points (win by 2 cap of 13) or time expires

Games per day/night: 2

Game Times: Tu/Th Evenings 6:00, 6:50, 7:40, 8:30 PM, W Mornings 8:15, 9:05, 9:55, 10:45 AM

Ranking Information: <https://usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/>

**LOCATION: MCCARTHY LEE PARK, 3400 ROSS RD.**

### TUESDAY NIGHT (Recreational Level) Recommended Ranking (1.5-3.0)

CLASS	DAY	TIME	SESSION 1 MAY 7-JUN 18
Recreational League	TU	6:00 PM	490801-1A

### WEDNESDAY MORNING (Senior League) Age 53+ Recommended Ranking (1.5-3.5)

CLASS	DAY	TIME	SESSION 1 MAY 8-JUN 19
Senior League	W	8:15 AM	490801-1B

### THURSDAY NIGHT (Intermediate / Competitive Level) Recommended Ranking (3.25-4.5)

CLASS	DAY	TIME	SESSION 1 MAY 9-JUN 20
Competitive League	TH	6:00 PM	490801-1C

## HOW TO REGISTER

### REQUEST HOUSEHOLD ID

### ONLINE REGISTRATION

Note: Fall Pickleball League begins the week of August 19. Registration will open July 1.



# ADULT SPORTS LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

## ULTIMATE FRISBEE

Are you looking for a fun yet competitive sport? Then Ultimate Frisbee is right for you! We are excited to offer this league for participants 16 years and older. The league is open to all skill levels, from beginner to advanced. Participants will register individually and fill out a self-assessment on their disc skills, experience, and availability. Staff will put together teams based on this information to create equal competition. This self-officiated league will play on Monday evenings. Participants will receive a team t-shirt.

## HOW TO REGISTER

Register online or call the Community Center at 515-239-5350. A Household ID is needed to register online: if you do not have an account, please click on the link below to request a Household ID.

### REQUEST HOUSEHOLD ID

### ONLINE REGISTRATION

After registering for Ultimate Frisbee, please complete the skill assessment.

### SKILL ASSESSMENT FORM

### 2024 CAPTAIN MEETING, DEADLINES, & DATES TO REMEMBER:

League Dates: Mondays, May 13 through July 29, 2024

Fee: \$41/Player (Resident) \$56/Player (Non-Resident)

Registration Deadline: April 29, 2024

Location: North River Valley Park, 725 E 13th St.

Captains' Meeting: May 2, Rec Admin Office, 1500 Gateway Hills Park Dr

Please reach out to [ben.flaherty@cityofames.org](mailto:ben.flaherty@cityofames.org) if you are interested in becoming a team captain.



AMES PARKS AND RECREATION

# SCHOLARSHIP



# *Duck* DERBY



SCAN FOR MORE  
INFORMATION

**FUNDRAISER TO BENEFIT THE PARKS AND  
RECREATION SCHOLARSHIP PROGRAM**

**FURMAN AQUATIC CENTER  
MONDAY, SEPTEMBER 2  
6:30 PM**

## **ADOPT A DUCK!**

**LONE DUCK (1 DUCK): \$5**

**QUACK PACK (6 DUCKS): \$25**

**QUACKER'S DOZEN (13 DUCKS): \$50**

**FLOCK (25 DUCKS): \$100**

## **PURCHASE DUCKS AT:**

**COMMUNITY CENTER (515 CLARK AVE | 515-239-5350)**

**FURMAN AQUATIC CENTER (1635 13TH ST)**

**ONLINE FORMS AVAILABLE AT [WWW.AMESPARKREC.ORG](http://WWW.AMESPARKREC.ORG)**



CITY OF  
**Ames**  
PARKS & RECREATION



# AQUATICS INFORMATION

**POOL PASSES ON  
SALE NOW!**  
[WWW.AMESPARKREC.ORG](http://WWW.AMESPARKREC.ORG)

## FURMAN AQUATIC CENTER

**PHONE:** 515.232.POOL (7665)

**HOTLINE:** 515.239.5434, Ext: 6 for pool hours

**ADDRESS:** 1635 13th St.

Located in the heart of Ames, the Furman Aquatic Center includes a 555' lazy river with a waterfall and two tremendous water slides both over 200' in length. There's a 50-meter pool that boasts a 150' drop slide, basketball hoops, 3-meter platform, and a 1-meter spring board. A 5,000 square foot recreational pool includes zero-depth entry, spray features, a large play structure, youth slide, and a toddler slide.

## SUMMER SEASON PASSES

Valid at Furman Aquatic Center from May 25-Sept. 2  
Call 515.239.5350 now to renew your current pass (FOB) over the phone.

AGE	RESIDENT FEE	NON RESIDENT FEE
Youth (1-15)	\$90	\$112
Adult (16-61)	\$130	\$160
Senior (62+)	\$90	\$112
ISU Student	\$112	\$112
Family	\$275	\$330

**THROUGH MAY 1, PASSES PURCHASED  
WILL RECEIVE A 10% DISCOUNT.**

### CHILD SUPERVISION REMINDER

Children 6 and under must be actively supervised by an adult (16 and above) in the water. Children 7, 8, and 9 years old must be accompanied by an adult (16 and above) at the facility. For your child's safety, we require all groups visiting the aquatic facilities follow our adult-to-child ratio requirement.

Ages 6 and under	1 adult per 6 children
Ages 7-9	1 adult per 8 children
Ages 10-12	1 adult per 10 children

### FURMAN AQUATIC CENTER ADMISSION FEES\*

AGE	RESIDENT FEE**	NON RESIDENT FEE
Youth (1-15)	\$6.00	\$7.00
Adult (16-61)	\$7.00	\$8.00
Senior (62+)	\$6.00	\$7.00
ISU Student	\$6.50	\$6.50

\* Discounted admission cards are available (12 visits for the price of 11)

\*\* Residents may need to show photo ID with Ames city limits address

## PRIVATE POOL RENTAL

Call 515.239.5362 to reserve:

### FURMAN AQUATIC CENTER POOL

	Fee
50 Meter Pool	\$205/hour
Lazy River	\$205/hour
Splash Pool	\$205/hour
Aqua Track	\$130/hour
Wiggle Bridge	\$65/hour
Aqua Track & Wiggle Bridge	\$160/hour
Key Logs (2 logs, 2 staff)	\$65/hour



# AQUATICS INFORMATION

[WWW.AMESPARKREC.ORG](http://WWW.AMESPARKREC.ORG)

THERE WILL BE NO ADMITTANCE BETWEEN 12:30 AND 1:00 PM.

THREE LAP LANES WILL BE DEDICATED FOR ADULT LAP SWIM DURING OPEN SWIM (SHORT COURSE).

THE LAZY RIVER IS CLOSED ON TUESDAY, THURSDAY, AND SUNDAY 7:00-8:00 PM FOR ADULT WATER WALKING.

## ADULT WATER WALKING

### FURMAN LAZY RIVER

Water Walking is great exercise for those who enjoy the outdoors. Daily admission fee or season pass required.

Must be 16 years of age.

Sunday-Saturday: 11 am - 1 pm

Sunday, Tuesday, Thursday: 7 pm - 8 pm

Monday, Wednesday: 6 pm - 8 pm (June 10 - July 31)\*

\*Walking against the current encouraged at this time.

## ADAPTIVE OPEN SWIM

### FURMAN AQUATIC CENTER

Friday Mornings June 14-August 2\*

(9:30-10 am)

Individuals with intellectual, physical, and/or developmental disabilities are invited to enjoy the splash pool without all the commotion of open swim. Swimmers must be actively supervised by an adult. Siblings are welcome to participate. There is no cost for this activity.

\*Not offered July 5 due to swim lessons.

## LONG COURSE LAP SWIM

### FURMAN 50M POOL

May 25-September 2

Wake up and start your weekend with a swim. Available 7-10 am Saturday mornings. Daily admission fee or season pass required.

## ADAPTIVE SWIM LESSONS

NEW!!

June 14 - August 2

Fridays 10-10:30 am

For more information see page 14 . Registration required.

## FOR POOL HOURS AND CANCELLATION UPDATES

### INFORMATION HOTLINE 515-239-5434

Furman Aquatic Center - press 6

### FACEBOOK

Furman Aquatic Center

## SCHOOL IN-SESSION HOURS

### WEEKDAYS MAY 28 - MAY 31 AND AUGUST 26 - AUGUST 30

Adult Lap Swim (short course) 11 am - 1 pm

Tot Time (Ages 7 & under) 11 am - 1 pm

Adult Water Walking 11 am - 1 pm

Open Swim 5 pm - 7 pm

## TWILIGHT SWIM

### AT FURMAN AQUATIC CENTER

June 10 & 24, July 8 & 22: 8:15 - 9:30 pm

Enjoy an evening swim under the lights at Furman Aquatic Center. Season passes are valid or standard daily admission rates apply. Gates open at 8:15 pm as the facility will be closed for swim lessons and water walking from 6 - 8 pm on these evenings.

# FURMAN AQUATIC CENTER HOURS

## Opening May 25 (School In-Session Hours May 28-May 31, Aug. 26-Aug. 30)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swim Lessons*		9-11 AM	9-11 AM	9-11 AM	9-11 AM		
Adaptive Open Swim						9:30-10:30 AM from June 7-Aug 2, except July 5	
Long Course Lap Swim							7-10 AM
Adult Lap Swim (Short Course)	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM
Tot Time (Ages 7 & Under)	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM
Adult Water Walking	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM
Open Swim	1-8 PM	1-8 PM (except June 10, 17, 24, July 1, 8, 15, 22, 29: 1-6 PM)	1-8 PM	1-8 PM (except June 12, 19, 26, July 3, 10, 17, 24, 31: 1-6 PM)	1-8 PM *Pool closes at 5 PM on July 25 for Christmas in July event 6-9 PM	1-8 PM	1-8 PM + Wibit Inflatable Obstacle Course and Log Rolling, available 5:30-8 PM (deep end closes at 5 PM for set-up)
Swim Lessons		6:10-7:55 PM June 5-26 & July 10-31		6:10-7:55 PM June 7-28 & July 12-Aug 2			
Adult Water Walking	7-8 PM	7-8 PM	7-8 PM	7-8 PM	7-8 PM *No water walking July 25		50 Meter closes at 6 PM on Aug. 24 for Build Your Own Boat
Twilight Open Swim		8-9:30 PM on June 10 & 24, July 8 & 22					
Private Rentals Available*	8:15-9:45 PM*	8:15-9:45 PM Except for June 10, 24, July 8, 22			8:15-9:45 PM except July 4	8:15-9:45 PM	8:15-9:45 PM

\*Except for swim lessons, and Christmas in July event rentals, all activities listed above are included in the season pass.

**\*VIEW FACILITY HOURS AT [WWW.CITYOFAMES.ORG/PRCALENDARS](http://WWW.CITYOFAMES.ORG/PRCALENDARS)**

# HOMewood GOLF COURSE

[WWW.CITYOFAMES.ORG/GOLF](http://WWW.CITYOFAMES.ORG/GOLF)



401 E 20th St.  
515.239.5363

Homewood Clubhouse is a year-round facility open to host your next holiday party, celebration, meeting, and so much more! The clubhouse features a stone fireplace, beautiful views of the golf course, large windows with generous natural light, flexible room set up to accommodate any need, and an outdoor patio. A large projector, screen, microphones, and speakers are available, as well as the option of adult beverage service. Join us at Homewood and make your next event one to remember!

For more information contact:  
Nate Pietz, Recreation Manager  
[Nate.Pietz@cityofames.org](mailto:Nate.Pietz@cityofames.org)

## CLUBHOUSE RENTALS

Host your next outing at the Homewood Clubhouse. Great location for birthday celebrations, work outings/meeting, family/class reunions, baby showers, graduations parties, bachelor/bachelorette parties, and so much more!

Room	Occupancy	Fee	Availability
Community Room	80 people	\$105/hour	Year Round
Pro Shop	24 people	\$53/hour	November 1 – March 31
Community Room and Pro Shop	104 people	\$132/hour	November 1 – March 31

## GOLF TOURNAMENTS/OUTINGS

Private tournaments/outings are always available for your group, business, or organization at affordable rates. No matter how large or small your group, you will enjoy golfing at Homewood. Plan ahead for the 2024 golf season!

**MOTHER'S DAY** - Sunday, May 12: Mom plays FREE with a paid family member between 8:00 AM and 1:00 PM.

**FATHER'S DAY** - Sunday, June 16: Dad plays FREE with a paid family member between 8:00 AM and 1:00 PM.

**YOUTH DAY** - Sunday, August 4: Youth golfers plays FREE if accompanied by a paid adult between 8:00 AM and 1:00 PM.

## CARD LEAGUES

Homewood Clubhouse is offering Euchre and Cribbage Leagues November through March. Find more information on Euchre and Cribbage contact [Nate.Pietz@cityofames.org](mailto:Nate.Pietz@cityofames.org).



**FOR MORE INFORMATION OR RENTAL INQUIRIES, PLEASE CONTACT NATE PIETZ,  
RECREATION MANAGER, [NATE.PIETZ@CITYOFAMES.ORG](mailto:NATE.PIETZ@CITYOFAMES.ORG) OR 515.239.5363**



# HOMEWOOD GOLF COURSE

[WWW.CITYOFAMES.ORG/GOLF](http://WWW.CITYOFAMES.ORG/GOLF)

Grab your clubs and come golf at Homewood Golf Course! Homewood is a beautiful, well-groomed 9-hole, par 34 golf course. Players of all ages and abilities will have a fun and challenging experience at Homewood, which is located at the corner of 20th St. and Duff Ave. The course features a variety of challenging holes, mature oak trees, beautiful clubhouse, and a friendly, responsive staff.

Open daily; April through October, weather permitting. Walk-ins welcome. Tee times are recommended.

## BOOK OR CANCEL A TEE TIME

If you would like information on the Thursday Morning Women's League at Homewood, please contact Linda at [lstradeau@gmail.com](mailto:lstradeau@gmail.com).

## SEASON PASSES 2024

Adult Pass	\$550.00	<b>PARENT/ GRANDPARENT AND CHILD*</b> <b>\$10.00 PER PERSON</b> <b>TUESDAYS:</b> <b>NOON-3:00 PM</b> <b>SUNDAYS:</b> <b>4:00 PM-CLOSE</b> <b>*CHILD 17 AND UNDER</b>
Junior Pass (17 and under)	\$230.00	
Senior Pass 62+	\$490.00	
Senior 90+	FREE	
Senior Couple	\$660.00	
Couple	\$725.00	
Family (4 Members) Each additional member \$198.00	\$882.00	
ISU Student Spring Pass (April-May)	\$190.00	
ISU Student Fall Pass (Aug-Oct)	\$190.00	

## DAILY ADMISSION GREEN FEES

WEEKDAYS	9 HOLES	18 HOLES
Open to 3:00 PM	\$15.00	\$20.00
3:00 PM to Close	\$18.00	\$23.00
10 Round Punchcard	\$165.00	---
<b>WEEKENDS AND HOLIDAYS</b>		
Open to Close	\$20.00	\$26.00
NEW! Junior Rate (All season - 17 and under)	\$12.00	\$17.00

## EQUIPMENT RENTALS

Golf Club Rental	\$8.00
Pull Cart Rental	\$4.00
Golf Cart Rental	\$11.00/Seat
Golf Cart Rental Punchcard, 20 for the price of 19	\$209.00

**FOR MORE INFORMATION OR RENTAL INQUIRIES, PLEASE CONTACT NATE PIETZ,  
RECREATION MANAGER, [NATE.PIETZ@CITYOFAMES.ORG](mailto:NATE.PIETZ@CITYOFAMES.ORG) OR 515-239-5363**

# AMES/ISU ICE ARENA

[WWW.CITYOFAMES.ORG/ICEARENA](http://WWW.CITYOFAMES.ORG/ICEARENA)



1507 Gateway Hills Pk Dr.  
515.239.5110

The Ames/ISU Ice Arena is a year-round facility that offers private ice rentals along with an array of programs, drop-in activities, public skates, and special events. To stay up to date on all activities, follow the Ames/ISU Ice Arena on social media.

To view monthly calendars at [www.CityOfAmes.org/prcalendars](http://www.CityOfAmes.org/prcalendars).



@AmesISUIceArena



@AmesISUIceArena



@AmesISUIceArena

## PUBLIC SKATE FEES

Public skate is open to youth and adults for recreational skating. Figure skating spins, jumps, and/or moves where blades leave the ice are prohibited.

Youth (Age 15 & under)	\$5.50	
Adult (Age 16 & above)	\$6.50	
Skate Rental (All ages)	\$3.50	Beginning June 1
Skate Sharpening Overnight	\$6.00	\$6.50
Skate Sharpening Same Day	\$8.00	\$8.50
Group Rate (20 or more)	\$4.50	

### DISCOUNT PUBLIC SKATING VISIT CARDS (12 VISITS FOR THE PRICE OF 11 VISITS)

Youth (12 Sessions)	\$60.50
Adult (12 Sessions)	\$71.50

## DROP-IN ACTIVITIES ([www.CityOfAmes.org/PRCalendars](http://www.CityOfAmes.org/PRCalendars) for schedule)

### PICK UP HOCKEY \$12.00: 1.5hr

Drop-in hockey session. Teams are formed on-site. Full hockey gear is required.

### FIGURE FREESTYLE \$12.00: 1.5hr

Designed to give skaters a chance to practice competitive routines.

There is more room on the ice to execute jumps and work on basic skills.

### STICK AND HELMET \$12.00: 1.5hr

Gives hockey players an opportunity to work on their stickhandling and skating skills.

Only a helmet and skates are required on the ice. No games are allowed.

### DISCOUNT DROP-IN VISIT CARDS (6 visits for the price of 5) \$60.00

### POWER SKATING \$10.00

Enhance your skills with practice. Sticks are allowed, no nets or shooting.

### LAP SKATING \$10.00

Skate laps for exercise.

## PRIVATE RENTAL

TYPE	FEES	BEGINNING JUNE 1
Prime Time M-F 3:00 PM-Midnight; Sat/Sun 7:00 AM-Midnight	\$325.75/hr	\$335.52/hr
Non-Prime Time	\$255.75/hr	\$262.91/hr
Broomball Equipment (Sticks and Helmets)	\$50.00	\$85.00

Curling Instruction can be provided by contacting courtney.kort@cityofames.org. Additional fee may apply.

## IGLOO ROOM

The Igloo Room is the perfect room to host a birthday party, meeting or social event. Reserve the Igloo Room for \$30 per hour (\$35 beginning June 1). Special group rates are available. Party packages are available (see below). Please note that the Igloo Room is only available with a birthday package on Saturdays and Sundays, during public skate.

## BIRTHDAY PACKAGES

- |   |  |  |
|---|--|--|
| <b>1 \$205 (\$215 BEGINNING JUNE 1)</b> <ul style="list-style-type: none"> <li>• 8" Dairy Queen Ice Cream Cake</li> <li>• 3 Large 1 Topping Pizzas</li> <li>• 3 Pitchers of Pop</li> <li>• Admission for up to 10 skaters</li> <li>• Skate Rental for up to 10 skaters</li> </ul> | <b>2 \$255 (\$268 BEGINNING JUNE 1)</b> <ul style="list-style-type: none"> <li>• 10" Dairy Queen Ice Cream Cake</li> <li>• 4 Large 1 Topping Pizzas</li> <li>• 4 Pitchers of Pop</li> <li>• Admission for up to 15 skaters</li> <li>• Skate Rental for up to 15 skaters</li> </ul> | <b>3 \$285 (\$310 BEGINNING JUNE 1)</b> <ul style="list-style-type: none"> <li>• Dairy Queen Ice Cream Sheet Cake</li> <li>• 5 Large 1 Topping Pizzas</li> <li>• 5 Pitchers of Pop</li> <li>• Admission for up to 20 skaters</li> <li>• Skate Rental for up to 20 skaters</li> </ul> |
|---|--|--|

**WOULD YOU LIKE SOME PIZZA WHILE YOU SKATE? CALL 515.239.5110 TO ORDER.  
WE KEEP THEM HOT AND FRESH WHILE YOU SKATE!**

## UPCOMING PROGRAMS & EVENTS

**SPRING BREAK DAY CAMP** - See page 37

**BROOMBALL** - See page 37

**PAINTING CLASS** - See page 38

**CURLING LEAGUE** - See page 38

**SPRING EGG HUNT** - See page 38

**SUMMER DAY CAMP** - See page 39

**BACK TO SCHOOL SKATE** - See page 39

**HOCKEY CLASSIC** - See page 39



**FOR MORE INFORMATION OR RENTAL INQUIRIES, PLEASE CONTACT  
AMESPARKREC@CITYOFAMES.ORG OR 515.239.5110**

# AMES CITY AUDITORIUM

[WWW.AMESPARKREC.ORG](http://WWW.AMESPARKREC.ORG)



515 Clark Ave.  
515-239-5365

Whether you are looking for entertainment or the perfect venue for your event, The Ames City Auditorium is your smart choice. The Ames City Auditorium is an 881-seat theater in Historic Downtown Ames that features abundant parking and is a short walk to restaurants, shopping, and ground transportation. This professionally staffed venue is ideal for music, dance, live theater performances, meetings, lectures, and events. Contact us today for rental information or visit our website for a complete listing of upcoming events!

## UPCOMING EVENTS

### AUDITORIUM EVENTS

		April 27	India Cultural Association Event
April 5 & 6	Waves Dance Competition	May 4	Central Iowa Symphony
April 7	India Cultural Association Event	May 5	Chai Tunes Fundraiser
April 12	Comedy for A Cause Fundraiser	May 11 & 12	Performance Dance Recital
April 13	"Thrash of the Titans"	May 18	Dancenter Dancer Recital
	A Tribute to 80's Metal	June 1 & 2	Bold Dance Recital
April 14	Ames Park and Rec Dance Recital	June 14, 15,	Story Theater Company "Finding Nemo Jr."
April 19 & 20	International Barbershop Competition	16, 21, 22, 23	
April 21	ISU Campus and Concert Bands	June 29	Lott Studios Recital
April 26	ISU Hip Hop Club		

### BANDSHELL EVENTS

		June 27	Ames Municipal Band
May 31	Ames on the Halfshell	June 28	Ames On the Halfshell
June 1	Yoga in the Park	June 29	Yoga in the Park
June 6	Ames Municipal Band	July 4	Ames Municipal Band
June 7	Ames On the Halfshell	July 6	Yoga in the Park
June 8	Yoga in the Park	July 11	Ames Municipal Band
June 13	Ames Municipal Band	July 13	Yoga in the Park
June 14	Ames On the Halfshell	July 18	Ames Municipal Band
June 15	Yoga in the Park	July 20	Yoga in the Park
June 20	Ames Municipal Band	July 25	Ames Municipal Band
June 21	Ames On the Halfshell	July 27	Yoga in the Park
June 22	Yoga in the Park		

\*Starting times subject to change. Contact the Community Center or visit [www.CityOfAmes.org/PRCalendars](http://www.CityOfAmes.org/PRCalendars)

# COMMUNITY CENTER

[WWW.CITYOFAMES.ORG/CCENTER](http://WWW.CITYOFAMES.ORG/CCENTER)



515 Clark Ave.  
515.239.5350

More information contact:  
Craig Kaufman,  
Auditorium, Bandshell and  
Community Center Manager  
[Craig.Kaufman.@cityofames.org](mailto:Craig.Kaufman.@cityofames.org)  
515-239-5365

To view monthly schedules visit  
[www.CityOfAmes.org/PRCalendars](http://www.CityOfAmes.org/PRCalendars)

**VIEW FITNESS PROGRAMS**

## DAILY ADMISSION FEES

Adult Drop-In Basketball (ages 18 and over)	\$2.50
Youth Drop-In Basketball (ages 17 years and under)*	\$2.25
Adult Drop-In Badminton	\$2.50
Adult Drop-In Volleyball	\$2.50
Adult Drop-In Pickleball	\$2.50
Play Pals (5 and under)	\$2.25

\*Children 8 and under must be supervised during open gym

The Parks and Recreation Department reserves the right to alter days and times if events or activities warrant.  
Changes will be posted at [www.CityOfAmes.org/PRCalendars](http://www.CityOfAmes.org/PRCalendars).

## WEIGHT ROOM/CARDIO ROOM FEES

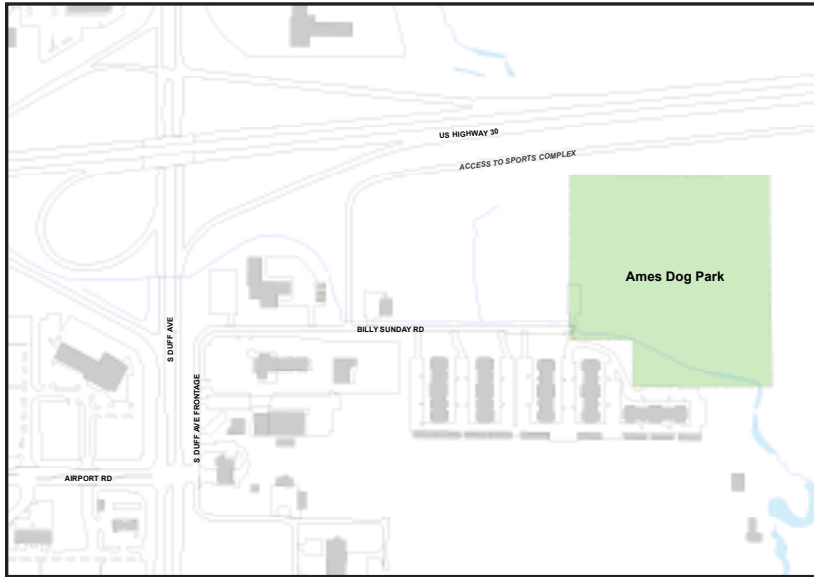
	THROUGH JUNE 30	BEGINNING JULY 1
Orientation	\$15	\$15
10 Visit Package	\$42	\$43
30 Visit Package	\$95	\$97
50 Visit Package	\$131	\$135
100 Visit Package	\$210	\$216

The Ames Parks and Recreation Community Center is a full-service facility consisting of the Ames City Auditorium, Multi-Purpose Room, Gymnastics Room, Aerobics Room, Weight Room, Cardio Room, Locker Rooms, and the Community Center Gym. We offer a variety of recreation activities, classes and programs including, Play Pals, SilverSneakers, Badminton, Pickleball, Adult and Youth Volleyball, Dance, Gymnastics, Adult and Youth Basketball, and over 50 fitness classes per week. The Ames Parks and Recreation Office is also located at the Community Center and is open for league payments, registrations, dog tag sales, and other Ames Parks & Recreation business while the center is open.



# AMES DOG PARK

[WWW.CITYOFAMES.ORG/DOGPARK](http://WWW.CITYOFAMES.ORG/DOGPARK)



605 Billy Sunday Rd.

The dog park is an exciting outdoor fenced facility for dog lovers and their dogs. The City of Ames offers an opportunity for dogs to play “off-leash” in a designated 10-acre dog park. The dog park is located at 605 Billy Sunday Road. Billy Sunday Road is located off South Duff Avenue, behind the City’s Animal Shelter. The Dog Park is comprised of two areas: a 2-acre area for dogs less than 25 pounds and an 8-acre area for larger dogs. To utilize the Dog Park, owners must provide a current rabies vaccination certificate and purchase a Facility Use Permit Tag.

**HOURS: DAILY FROM 6:00 AM TO SUNSET**

## PERMIT TAGS

In an effort to ensure the safety of pass holders and their dogs, the entry gate at the dog park is locked at all times. Each pass holder will gain access into the park by using an app on their cellular phone. All dogs entering the park are required to have a current dog park facility use permit tag on their collar.

### FACILITY USE PERMIT TAGS MAY BE PURCHASED AT:

#### COMMUNITY CENTER AT CITY HALL

515 Clark Avenue (515-239-5350)

Monday through Friday: 6:00 AM to 8:00 PM

Saturday: 8:00 AM to 1:00 PM Sunday: 3:00 to 7:00 PM

#### AMES ANIMAL SHELTER

325 Billy Sunday Rd (515-239-5530)

Monday and Saturday Noon-4:00 PM

Tuesday through Friday Noon-5:30 PM

### DOG PARK FACILITY USE PERMIT FORM (Fillable PDF)

### DOG PARK LIABILITY WAIVER (Fillable PDF)

Please attach your dog’s current rabies vaccination certificate to the email of your Facility Use Permit or Waiver Form. If you don’t have an electronic copy, please bring the certificate when you purchase your tag.

We cannot assign a tag to your dog without this certificate on file. Thank you.

Only the biodegradable bags provided can be used for the dog waste tubes. Please use the bags provided. Thank you for your cooperation!



## 2024 DOG PARK FEES

		1ST DOG	ADDITIONAL DOG
Resident	January - December	\$62.00	\$31.00
Resident	April - December	\$48.00	\$24.00
Resident	July - December	\$32.00	\$16.00
Non Resident	January - December	\$78.00	\$39.00
Non Resident	April - December	\$64.00	\$32.00
Non Resident	July - December	\$48.00	\$24.00

## DAILY AND WEEKLY DOG PARK FEES

		1ST DOG	ADDITIONAL DOG
Resident	One Day Pass	\$6.00	\$3.00
Non Resident	One Day Pass	\$8.00	\$4.00
Resident	One Week Pass	\$12.00	\$6.00
Non Resident	One Week Pass	\$16.00	\$8.00

### PLEASE NOTE:

To ensure that the turf and facility are well maintained, the Dog Park will be closed annually during the 3rd week of September. (Monday through Friday)



FOR MORE INFORMATION, PLEASE CONTACT THE COMMUNITY CENTER AT 515.239.5350  
OR THE AMES ANIMAL SHELTER AT 515.239.5530

# PARK FACILITY RESERVATIONS

WWW.AMESPARKREC.ORG



## SHELTERS

*Shelters are available for rent in the parks listed below.*

### **BROOKSIDE PARK**

1325 6th St.

### **DALEY PARK & GREENBELT**

340 Wilder Blvd

### **EMMA MCCARTHY LEE PARK**

3400 Ross Rd

### **INIS GROVE PARK**

2500 Duff Ave

### **MOORE MEMORIAL PARK**

3050 Northridge Parkway

### **RIVER VALLEY PARK**

725 E 13th St

The rental fee is \$18.00/hour with a two-hour minimum. Shelters may be reserved for use on any dates from approximately April 15 - October 15.

**VIEW PARK SHELTER AVAILABILITY/ONLINE RESERVATIONS**

## **PARK RULES**

## **WEDDINGS IN THE PARK**

## SOFTBALL DIAMONDS

Softball Diamonds are available in River Valley Park and O'Neil Park and may be reserved by the general public approximately April 15 - October 15 of each year.

- Unlighted diamonds are \$10.00/hour (River Valley Diamonds 1-4 and O'Neil Park).
- River Valley Diamonds 5 & 6 have an additional \$5.00/hour fee for lighting after 8:00 PM.
- Full maintenance, including lines, is available for \$25/diamond/time in addition to the hourly fee.

## SAND VOLLEYBALL COURTS

- Single Sand Volleyball Courts are available for \$10 per hour in Brookside Park, Emma McCarthy Lee Park, Lloyd Kurtz Park.
- Multiple Sand Volleyball Courts are available in Emma McCarthy Lee Park and Gateway Hills Park. The base fee for these courts is \$10/hour. Lighted courts are available at Inis Grove. Additional charges will apply for lights (2 courts are required for reservation) and sand grooming.

## BASEBALL DIAMONDS

Baseball Diamonds in Brookside Park may be reserved April 15 - October 15 of each year.

- Field 7 (Former Ames High Diamond) is \$15.00/hour. Full maintenance, including lines, is available for \$45 per time in addition to the hourly fee.
- Field 8 and 9 (Little League Diamonds) are \$10.00/hour. Full maintenance, including lines, are available for \$25/diamond/time in addition to the hourly fee.

## TENNIS AND PICKLEBALL COURTS

Tennis and Pickleball Courts are available for \$7.00/hour and are available in Brookside Park, Inis Grove Park and Emma McCarthy Lee Park.

**PLEASE CALL 515.239.5350 FOR SHELTER, DIAMOND, COURT, SAND GROOMING, TOURNAMENT AND FULL MAINTENANCE RESERVATIONS.**

	ACRES	YEAR ACQUIRED	BALL FIELDS	BASKETBALL COURTS	BOAT ACCESS	BUS ROUTE	COMMUNITY GARDEN	COVERED SHELTER FREE USE	COVERED SHELTER W/ ELECTRIC (RENTAL FEE)	FISHING	HORSE SHOES	ICE SKATING	NATURE AREA	OFF STREET PARKING	OPEN GREEN SPACE	PAVED BIKE PATH	PICNIC AREA	PLAYGROUND	RESTROOMS	SAND VOLLEYBALL COURTS	TENNIS COURTS	WADING POOL	WALKING PATH
<b>ADA HAYDEN HERITAGE PARK</b> 5205 GRAND	437	2004			X			X		X			X	X	X	X			X				X
<b>BANDSHELL</b> 6TH & DUFF AVE	2.5	1892				X									X		X	X	X				
<b>BROOKSIDE</b> 1325 6TH ST	82	1925	X	X		X			X				X	X	X	X	X	X	X	X	X	X	X
<b>CAMPUSTOWN COURT</b> WELCH & CHAMBERLAIN	0.25	1990				X											X						
<b>CARR PARK</b> 1704 MEADOWLANE AVE	9	1965					X						X	X		X				X			X
<b>CHARLES &amp; JUNE CALHOUN</b> 4320 DAWES DR	9	2005						X						X		X	X						X
<b>CHRISTOFFERSON</b> 2130 OAKWOOD RD	7	1999		X				X						X	X	X		X					X
<b>CHRISTOPHER GARTNER</b> 400 ABRAHAM DR	2.4	1996														X		X					X
<b>COUNTRY GABLES</b> 500 CRYSTAL ST	14	1978		X				X							X		X	X					X
<b>DALEY PARK &amp; GREENBELT</b> 340 WILDER BLVD	15.5	1995		X		X			X					X	X	X	X	X	X				X
<b>DOG PARK</b> 605 BILLY SUNDAY RD	64	2009												X									
<b>DUFF</b> 1323 DUFF AVE	0.5	1942		X		X								X				X					
<b>EAST RIVER VALLEY</b> 1704 MEADOWLANE AVE	120	1965											X	X									
<b>EMMA MCCARTHY LEE</b> 3400 ROSS RD	38	1949		X					X				X	X	X	X	X	X	X	X	X		X
<b>FRANKLIN</b> 147 S FRANKLIN AVE	4.5	2017		X				X							X		X	X					
<b>FURMAN AQUATIC CENTER</b> 1635 13TH ST	17	2010												X		X							X
<b>GATEWAY</b> 1500 GATEWAY HILLS PARK DR	42	1979				X						X	X	X				X		X			
<b>GREENBRIAR</b> 1120 S 16TH ST	3.7	1969				X		X						X			X	X					
<b>HOMWOOD GOLF COURSE</b> 20TH & DUFF	64	1967				X								X					X				



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	ACRES	YEAR ACQUIRED	BALL FIELDS	BASKETBALL COURTS	BOAT ACCESS	BUS ROUTE	COMMUNITY GARDEN	COVERED SHELTER FREE USE	COVERED SHELTER W/ ELECTRIC (RENTAL FEE)	FISHING	HORSE SHOES	ICE SKATING	NATURE AREA	OFF STREET PARKING	OPEN GREEN SPACE	PAVED BIKE PATH	PICNIC AREA	PLAYGROUND	RESTROOMS	SAND VOLLEYBALL COURTS	TENNIS COURTS	WADING POOL	WALKING PATH
<b>HUTCHISON</b> 4517 HUTCHISON ST	1	1967		X		X								X			X	X					
<b>INIS GROVE</b> 24TH & DUFF AVE	42	1949		X		X			X				X	X	X	X	X	X	X	X			X
<b>IOWAY CREEK</b> S MAPLE & S 4TH ST	40	1989					X							X									
<b>LLOYD KURTZ</b> BLOOMINGTON RD & HYDE	4.5	1998		X		X		X							X			X		X			X
<b>MOORE</b> 1101 BEACH AVE	2	1964		X		X									X			X					
<b>MOORE MEMORIAL</b> 3050 NORTHRIDGE PKY	50	1987		X					X	X			X	X	X	X	X	X	X				X
<b>MUNN WOODS</b> 401 HICKORY DR	40	1991											X										X
<b>NORTH RIVER VALLEY</b> 725 E 13TH ST	40	1965	X		X				X	X	X		X	X	X	X	X	X	X				X
<b>NORTHRIDGE HEIGHTS</b> STANGE & HARRISON RD.	4.5	2012		X				X							X			X					
<b>OLD TOWN</b> 826 DOUGLAS AVE	0.5	1984																X					
<b>O'NEIL</b> 300 S MAPLE AVE	2.5	1941	X	X		X									X		X	X					
<b>PARKVIEW</b> 2501 PIERCE	12	1967		X											X			X					
<b>PATIO HOMES WEST</b> 1515 IDAHO	2	1979		X		X		X							X			X					X
<b>ROOSEVELT PARK</b> 9TH & ROOSEVELT	1.3	2013		X		X		X							X			X					
<b>SOUTH RIVER VALLEY</b> 1200 E 13TH ST	22	1967	X					X				X		X	X	X	X	X					X
<b>STUART SMITH</b> UNIVERSITY BLVD & S 4TH ST	37	1973				X								X	X	X	X	X					X
<b>SUNSET RIDGE</b> 325 WILDER AVE	1.3	2020						X							X			X					
<b>TAHIRA &amp; LABH HIRA</b> 3622 WOODLAND	5	2019		X				X						X	X			X					X
<b>TEAGARDEN</b> 3501 EMERALD DRIVE	1	1967				X												X					
<b>TOM EVANS PLAZA</b> BURNETT & MAIN	0.25	1989															X						



