

Urbandale

PARKS & RECREATION

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Fall 2019

This is an official publication of the City of Urbandale. This is not an Urbandale Community School District publication. The UCSD neither endorses nor sponsors this organization or activity represented in this material. It is being distributed through the school district as a courtesy to inform families of community activities, opportunities, and services available.

URBANDALE

LET the
FUN
BEGIN!

PARKS & RECREATION

URBANDALE, IA
3600 86TH ST.
515-278-3963

**ONLINE REGISTRATION
OPENS AUGUST 5**

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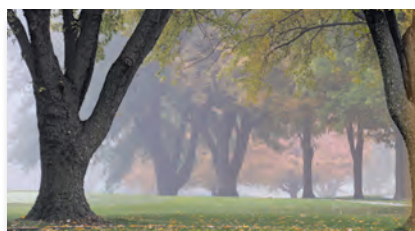
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 [Facebook.com/UrbandaleParksAndRec](https://www.facebook.com/UrbandaleParksAndRec)

 [Twitter.com/UrbandalePandR](https://twitter.com/UrbandalePandR)

 [Instagram.com/UrbandaleParksNRec](https://www.instagram.com/UrbandaleParksNRec)

 www.UrbandaleParksAndRec.org



COMMUNITY

URBANDALE ORGANIZATIONS

**Urbandale Girls
Recreation Association**
www.ugrasports.com
Softball & Volleyball
Contact: Bryce Able
Phone # 515-991-9579

Urbandale Soccer Club
www.urbandalesoccer.org
Contact: Scott VanderHart
Phone # 515-321-6043
Email: info@urbandalesoccer.org

J-Hawk Soccer Club
www.jhawksoccerclub.com
Contact: Brian Klass at 515-210-8780
Contact: Nic Hoover at 515-210-4799
Email: jhawksoccerclub@gmail.com

Urbandale Little League Baseball
Ages: 4-16
www.urbandalelittleleague.com
Email: UrbandaleLL@gmail.com

Where, Oh Where Can My Little Dog Go?

Here's the scoop! Dogs and their owners are welcome in many of our parks - as long as the pets are on a leash at all times and owners clean up after their animals. However, make no bones about it! We can't sidestep the issue of pet waste. Out of courtesy to others using the parks, pet owners must take responsibility and help to keep our parks clean. Please bring a scooper and/or bag with you when you enjoy the parks with your four-legged friends. Appreciation and thanks are extended to responsible pet owners who, along with their pets, respect other park users and the park system.

Bike Trails

Urbandale has an extensive bike trail system. A map of the bike trails is located on pages 38-39. Additional maps are available at the Parks and Recreation office. If you are sponsoring an activity that includes the use of the bike trails, there are guidelines that need to be followed. Please call the Parks and Recreation office at 515-278-3963 for more information.

Miscellaneous Information

The majority of our programs are held on school grounds. As such, there is to be no smoking or consuming of alcoholic beverages on school grounds - by participants or spectators! We schedule our activities in cooperation with the Urbandale and Waukee School Districts, but unforeseen conflicts do arise. Please be understanding when times or locations have to be changed - school programs do have first priority! Programs also come up during the year that have not been included in our Program Guide. Look for press releases in the Urbandale Register and our website at www.Urbandale.org regarding upcoming activities offered by Urbandale Parks and Recreation.

Urbandale Tree Board

For more information about the Urbandale Tree Board, please contact: Kevin James, Assistant Director, kjames@urbandale.org

Tennis Courts

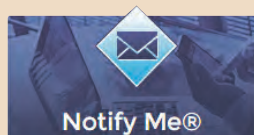
Lighted tennis courts are located at South Karen Acres Park, Walker Johnston Park, and Lions Park. All courts are open to the public FREE of charge except at times when there are instruction classes and competitions. Please honor these exceptions. Court courtesy applies. Available 6 AM - 10:30PM

Pickleball Courts

The additional lines painted on the Lions Park, South Karen Acres Park, and Walker Johnston Park tennis courts are for Pickleball! What is that? Pickleball is a racquet sport which combines badminton, tennis and table tennis. The sport is played on a smaller court with a net that's just a bit lower than a tennis net and is played with a hard paddle and a whiffle ball. For all ages and abilities!

Equipment Rentals

For your back yard get-together, family picnic, etc., rent some sports equipment that will provide you and your guests with a day of fun! Kits include: horseshoe set, bocce ball set, bean bag toss, and badminton racquets. Per game, the rental fee is \$10 for up to 3 days, with a \$20 deposit. Call Urbandale Parks and Recreation at 278-3963 to reserve your equipment!



Notify Me® Are you interested in what's going on with the City of Urbandale? It's so easy! Visit www.urbandale.org and click on **Notify Me®**. Subscribe with your e-mail and/or phone number and keep yourself updated on **CITY HAPPENINGS!**

INFORMATION



Please Don't Feed the Waterfowl!

While it may be tempting to feed the ducks and geese at City Parks, doing so is actually quite harmful. Human food causes malnutrition in waterfowl. Their delayed migration as a result, increases disease, erodes the landscape, and pollutes the water. Please help us preserve the balance of nature, the beauty of the parks and quality of life for neighbors - do not feed the ducks and geese! Thank you for your cooperation. For more information, contact Urbandale Parks & Recreation at 515-278-3963.

Urbandale Community Theatre

<http://www.urbandaletheatre.com>. All ages and talent levels are encouraged to be involved. For more information, contact info@urbandaletheatre.org.

Urbandale Food Pantry

7611 Douglas Ave., Suite 34/35, Urbandale 50322
 Phone: 515-251-6688 | Fax: 515-251-6699
 Email: info@urbandalefoodpantry.org
 Web: www.urbandalefoodpantry.org
 Hours: Monday - Thursday: 9:30AM-6:30PM
 Saturday: 8AM-Noon

The Urbandale Food Pantry is a collaborative community effort to provide food assistance with dignity and compassion to residents of Urbandale and Windsor Heights. The Pantry is a 501(c)(3) tax-exempt, non-profit organization that partners with the Des Moines Area Religious Council (DMARC), the Urbandale Ministerial Alliance, local churches, civic organizations, city officials, and area residents to provide assistance to the community.

Emerald Ash Borer Officially in Polk County

Now that the EAB has officially been confirmed in Polk County, the treatment phase for the City of Urbandale's EAB program has begun. Using the ash tree inventory assessment compiled by the Urbandale Tree Board, select ash trees are being preventatively treated with the tree injection method to protect them from infestation. Trees not selected for treatment will be monitored for condition and removed as necessary. The City will make efforts to replant trees using recommended varieties of deciduous and conifers native to Iowa.

Urbandale Community Action Network, (UCAN)

Contact: www.urbandalenetwork.org
 Phone #: 278-3936
 Office Hours: Monday - Friday, 9AM-1PM; Afternoon varies

The Urbandale Community Action Network, (UCAN), is a 501(c)(3) organization with the mission to provide support for comprehensive community based action to improve the quality of life in Urbandale. UCAN programs include the Caring Corps, Citizen University, High School Silver Cord and uFit. Call us for information on volunteer opportunities in the community or visit us online at www.urbandalenetwork.org, on Facebook and Twitter!

Urbandale families in need are served through our Caring Corps programs and include Backpack Buddies, Back to School Clinic & School Supplies, Services for Seniors: transportation, minor home repair, spring and fall yard clean up, outreach to isolated seniors. Services for youth/families in need: ELL Classes, Holiday Assistance, Mentoring Programs, Minor Home Repair, Winter Clothing/Shoes that Fit and school based assistance.

Our volunteer base provides transportation to doctor appointments, grocery shopping and/or errands. In addition, residents may register for Spring and/or Fall Yard Clean Up where volunteers do light yard work to prepare for each season. Volunteer Drivers are always welcome. Consider having your family or group volunteer for clean-up day. Residents in need of services; please contact UCAN for a client application at 515-278-3999.

[GET IN TOUCH]

A LISTING OF GENERAL CONTACTS, NUMBERS, ADDRESSES, AND URBANDALE DEPARTMENTS CAN BE FOUND AT THE END OF THIS PROGRAM GUIDE!

Do you love a particular park, trail, or facility? Leave us a 5-star review on Google! Leaving reviews helps tell everyone in Urbandale (and the world) about our fabulous parks and amenities.

Do you want to get involved in helping your community, but don't have a lot of time? We have an easy opportunity for you! Help keep Urbandale beautiful by picking up trash! We know it isn't glamorous, but it's a HUGE part of keeping our Urbandale Parks clean. Picking up trash is simple and anyone can do it! Early spring is a great time for trash pick-up, after the winter winds are done. Stop by our office anytime during office hours and we will even provide the bags and gloves. If you want, we can even pick up the bags when you are done! Thank you for your help!

CITY PARKS & FACILITIES

Urbandale has **eight** open air shelters, and **three** enclosed rental facilities available for private rental to residents and non-residents throughout the year. For 2020, residents may begin reservations on October 1, 2019. Non-residents may begin reservations on January 2, 2020. Rental reservations for the 3 indoor facilities must be made in person at the Parks and Recreation Office at 3600 86th Street. **Open Air Shelter reservations can be made online on our website at urbandaleparksandrec.org.**

Lions Park - Ralph Whitten Shelter is located in Lions Park, 72nd Street and Prairie Avenue. This shelter includes a kitchen and approximately 10 - 8' rectangle tables and 75 chairs. The building is air-conditioned and heated, and accommodates up to 100 people. Weekday and weekend rental time slots are available.

The Community Room is located in the Urbandale Senior Recreation Center, 7305 Aurora. The Community Room has a full commercial kitchen, air conditioning, and approximately 15 - 8 foot and 4 - 6 foot rectangular tables and 185 chairs. The building is available for rent only on Friday nights, and all day on Saturday or Sunday and accommodates up to 185 people.

Giovannetti Community Shelter pictured right, is located at 8900 Douglas Ave. in Walker Johnston Park. The building accommodates 300 people (180 seated). The building has a full kitchen, air conditioning, 16 - 6' round tables and 8 - 18" x 6' rectangle tables, and 180 chairs. Weekday and weekend rental time slots are available.



Open Air Shelters

The City of Urbandale has eight open-air park shelters within the park system for rent. Rentals are taken for open air shelters April 15 through October 15. Reservations for 2020 begin on January 2, 2020. These are buildings with no walls; only a roof. When not reserved, they are first-come, first-serve. Electricity is only available at the Bishop Family Shelter, Lions Centennial, Lions Gazebo, Murphy Park and Walker Johnston open shelters. Open shelters available for rent are:

- Charles Gabus Memorial Tree Park and Gardens
- Murphy Park
67th and Urbandale Avenue
- Bishop Family Shelter
Jackaline Baldwin Dunlap Arboretum
- Lions Gazebo
72nd and Prairie
- Lions Centennial Shelter
72nd and Aurora Avenue
- Rocklyn Park
70th and New York Avenue
- Walker Johnston Park
3740 86th Street (by police station)
- Walnut Creek Regional Park
4400 Walnut Creek Regional Park Road

SHELTER & FACILITY RENTAL INFORMATION

Check date availability online at www.urbandaleparksandrec.org

For more information on reservations, please call the Urbandale Parks & Recreation office at 515-278-3963.

Lions Shelter (72nd and Prairie Ave.)		
Times	RESIDENT	NON-RESIDENT
8AM - 3PM	\$175	\$215
4:30PM - 10:30PM	\$150	\$190
8AM - 10:30PM	\$300	\$340

In addition to the rental fee, there is a \$100 refundable deposit.

Community Room (7305 Aurora Ave.)		
Times	RESIDENT	NON-RESIDENT
8AM - 3PM	\$350	\$390
4:30PM - 10:30PM	\$300	\$340
8AM - 10:30PM	\$600	\$640

In addition to the rental fee, there is a \$200 refundable deposit.

Open Air Shelters		
Times	RESIDENT	NON-RESIDENT
8AM - 10:30PM	\$50	\$70

In addition to the rental fee, there is a \$50 refundable deposit.

Giovannetti Community Shelter (8900 Douglas Ave.)		
Times	RESIDENT	NON-RESIDENT
Weekdays 8AM - 4PM*	\$40.00/hr	\$40.00/hr + \$40
8AM - 3PM	\$525	\$565
4:30PM - 10:30PM	\$450	\$490
8AM - 10:30PM	\$925	\$965

In addition to the rental fee, there is a \$200 refundable deposit.
*3 hour minimum

SOFTBALL FIELDS FALL 2019 & SPRING 2020

Walker Johnston Sports Complex is located at 9000 Douglas Ave. in Urbandale. Four (4) fields are available for rental. The City of Urbandale manages and operates the Walker Johnston Sports complex and rents out the fields for tournament and non-tournament play. See below for rental reservation information for the August-October 2019, and 2020 season.

For information regarding fees and available rental dates and times, please check the website at urbandaleparksandrec.org. For more information please contact Chris Barkema, Recreation Coordinator at cbarkema@urbandale.org or 515-278-3963. Reservations are open for 2019. Groups can reserve as many time as are still available.



Policies and procedures for reserving Walker Johnston Fields in 2020:

- The available rental season is Monday, March 30, 2020 through Sunday, October 11, 2020.
- All payments are due at the time of reservation.
- Reservations will be taken via email, fax, and in person and starting Thursday, February 3, 2020. Groups may also reserve fields on-line starting Thursday, February 27, 2020.
- From Thursday, February 13, 2020 through Wednesday, February 26, 2020 all groups will be limited to a maximum of 4 hours per week.
- Beginning on Thursday, February 27, 2020 the restriction of 4 hour per week of reservations will be lifted. At that time groups can reserve as many times as are still available.

Rental applications are taken in person, by e-mail, or by fax: 515-278-8356. After submitting your application, please call the Urbandale Parks and Recreation Department to pay by Mastercard / VISA / Discover. Full payment is due at the time of reservation and tournament rentals require a refundable security/damage deposit of \$400 per tournament.

SOFTBALL FIELD RENTAL INFORMATION

Check date availability for the remainder of 2018 online at www.urbandaleparksandrec.org

For more information on reservations, please call the Urbandale Parks & Recreation office at 515-278-3963.

Non-Tournament Rates	
Prices	RESIDENT & NON-RESIDENT FEE
Field Hourly Rate	\$35/hr.
Field Light Usage	\$20 per field/per hr.
Scoreboard usage	\$10 per field/per day

Tournament Rates	
Days/Times	RESIDENT & NON-RESIDENT FEE
Fridays 4 PM - 10:30 PM	\$380 for 4 fields
Saturdays 8 AM - 10:30 PM	\$575 for 4 fields
Sundays 8 AM - 6 PM	\$575 for 4 fields

Full payment due at the time of reservation. Rentals available Sun. - Thurs. Times start and end on the hour, beginning at 4 PM. Last rental begins at 9 PM.

Tournament rentals require a refundable security/damage deposit of \$400 per tournament. Full payment is due at time of reservation. Fee includes usage of scoreboard and lights.

The City of Urbandale has 3' x 5' flags for sale. Purchase them at Urbandale City Hall for City of Urbandale Flags Only \$35



MIRACLE FIELD



The Miracle League is a FREE baseball/softball league for children with special needs from age 5 – 18 and adults 19 and older. The Miracle League is just like baseball. Players will bat, round the bases, catch, throw, and hit Home Runs! There are a few differences in how the game is played.

- Each player has a buddy that gets to assist them.
- Each player will bat once each inning.
- Every player is safe, no one is out.
- Every player will score a run before the inning is over.
- The last player up hits a HOME RUN.
- Every game ends in a tie.
- A game will last two innings or an hour.
- Special rubberized playing surface.

Urbandale Parks and Recreation will assign players to teams after registration is complete. Each team will need at least two parent coaches. **Sign-up Deadline: August 14** Please register at www.UrbandaleParksAndRec.org.

Sessions	DAY/TIME	LOCATION	FEE
Adult League August 25 – October 6	Sundays 1-3 PM	4871 78th St. Northview Park	FREE
Youth League August 25 – October 6	Sundays 1-3 PM	4871 78th St. Northview Park	FREE

ANGELS IN THE OUTFIELD

We also need **volunteers** to be Angels in the Outfield. Each player has a buddy that gets to spend the game with them. Buddies can be ages 13 and older. As a buddy you will protect the player at all times and assist when needed, helping them to play as much as possible. Support all the players with high fives, knuckles, and cheering. Enjoy the players and your experience.

If you, your company, or organization would like to be Angels in the Outfield for the Miracle League of Urbandale, please contact Chris Barkema, Recreation Coordinator at cbarkema@urbandale.org for more information.

ALL INCLUSIVE PLAYGROUND

The playground will be designed to provide opportunities for children of all ages and abilities, including those with special needs, to enjoy using the equipment and participating in fun outdoor activities. The playground surface will have a cushioned rubberized surface to help prevent injuries and has a completely flat surface to eliminate any barriers to wheelchair-bound or visually impaired participants.



HELP MAKE THIS PLAYGROUND A REALITY

Donations: Checks made payable to the Urbandale All Inclusive Playground Project, c/o Urbandale Parks and Recreation, can be mailed to: Urbandale Parks and Recreation, 3600 86th Street, Urbandale, Iowa 50322.

Gifts of \$1,000 and more will be permanently recognized at the playground. Questions can be directed to Jan Herke, Director Urbandale Parks and Recreation at (515) 331-6793 or jherke@urbandale.org.

THE PLAYGROUND WILL BE LOCATED NEXT TO THE URBANDALE MIRACLE LEAGUE FIELD, IN NORTHVIEW PARK.

Northview Park is also the home of the Urbandale Little League complex, owned by the City and leased to the Urbandale Little League.

To build the playground, purchase and install the equipment, plaza, fence, lighting, restrooms, and other miscellaneous features the project will cost \$720,000 to complete.

This project will be spearheaded by the Urbandale Parks and Recreation Department and the Urbandale All-Inclusive Playground Committee, under direction of the Mayor, City Council and City Manager.



MORE THAN 20,000 CHILDREN WITH SPECIAL NEEDS RESIDE IN THE GREATER METRO AREA.

Des Moines and Ankeny are home to All-Inclusive playgrounds, however, a playground like this does not exist for youth in the western suburbs. Please consider making a donation to help support this special project! Check out the website for more information on giving levels and donation opportunities. With your help and support we can make the all-inclusive playground a reality!
www.Urbandale.org/Playground

Check out the website for giving levels and donation opportunities. You can even get a paver installed at the park with your name or organization engraved on it! www.Urbandale.org/playground. With your help and support we can make the all-inclusive playground a reality!

PARTY IN THE PARK



Join us on **Friday, August 16** from 5-10 PM for Party in the Park! This FREE event features fun activities for the whole family! There's a beer garden for adults, food trucks, live music, and free kids activities including bounce houses, lazer tag, and lawn games: Learn more about each event on our facebook page. Music by Burnin' Sensations band starting at 5:30 PM.

VIKINGS FOOTBALL TRIP



We're heading back to U.S. Bank Stadium to see the Minnesota Vikings take on the Detroit Lions! Ride along to Minneapolis on **Sunday, Dec. 8** to watch the inter conference rivalry. Seating will be in the corner end zone, level 319. Game time is noon*; the charter bus will depart early Sunday morning around 6 a.m. (time subject to change). There will be one stop for restrooms and food each way, and travelers are welcome to bring food and beverages on the bus. Children are welcome but must be accompanied by an adult. The \$135 per-person-fee includes transportation, parking and a ticket to the game. Registration will open online Monday, Aug. 26 at 8 a.m. Spots will be filled on a first-come, first-served basis. Pick up location to be determined.

SENIOR RECREATION CENTER OPEN HOUSE



Join us on **Monday, October 14**, from 1:00-2:30 PM and learn about all the great programs available at the Urbandale Senior Recreation Center! The Open House will feature representatives from many groups who would love to tell you more about why they come to the Urbandale Senior Recreation Center. We'll also have snacks, door prizes, and fun! Come check it out!

REGISTRATION INFORMATION



REGISTRATION IS EASY! HOW & WHEN TO REGISTER:

**Anyone can participate in our programs!
You do not have to be an Urbandale resident.**

The Fall 2019 Program Guide goes online on July 29, and registrations will be taken starting August 5. Many of the programs fill quickly! Class sizes are limited and are filled on a first-come, first-serve basis. To ensure your best opportunity to enroll, it is important to register early. Please note the registration deadline for each activity.

Pre-registration for all classes and activities is required unless otherwise noted. All fees must accompany your registration.

Credit/Debit Card Service Fee. A non-refundable credit/debit card service fee of 3.95% will apply to all **in-office** and **over-the-phone** credit/debit card transactions with the City of Urbandale (including Urbandale Parks and Recreation Department, Urbandale Pool, and the Urbandale Senior Center). To avoid the service fee, simply register from your own computer, or pay by check or cash in office.

REGISTER ONLINE

www.UrbandaleParksAndRec.org/register

Login or create a new account.

---- OR ----

PHONE IN

Call 515-278-3963 to register over the phone with your VISA/Mastercard/Discover Card

---- OR ----

MAIL IN

Use the registration forms on the next pages 10 and 11 to sign up for classes. Simply mail your check and registration form to Urbandale Parks & Recreation located at:

3600 86th Street, Urbandale, IA 50322

ONLINE REGISTRATION

REGISTER FOR CLASSES ONLINE AT:
www.UrbandaleParksAndRec.org

- View Class Catalog
- Create Account
- Credit Card Payment
- Register for Classes

Secure, easy and convenient. Visit our site for more details.

REGISTRATION INFORMATION

CONFIRMATIONS

Will I receive a confirmation that I am enrolled in a class when I mail my registration? If you have an e-mail associated with your account, a receipt confirmation will automatically be e-mailed to you. You will be notified if a class is cancelled or changed. No other notifications are sent.

CLASS CANCELLATION

Why would my program be cancelled? All Parks and Recreation Programs are run assuming minimum numbers are met. If registration does not meet the stated minimum, we will cancel the program a few days before it is set to begin. In this case, participants will be contacted and will receive a full refund.

WEATHER CANCELLATIONS

Classes will automatically be cancelled on days when Urbandale Schools are closed due to weather. Evening classes will be cancelled if Urbandale Schools release early due to weather. Classes cancelled because of weather will be made up whenever possible.

REFUND POLICY

Registration Fees for programs cancelled by Parks and Recreation will be fully refunded. Our instructors, in most instances, are hired on the basis of enrollment. For this reason, participant cancellations will be eligible for a refund ONLY if cancellation is made before the registration deadline. Refunds may take up to 2 to 3 weeks.

TUITION ASSISTANCE

The City of Urbandale and Urbandale Parks and Recreation recognizes that, under certain circumstances, individuals cannot afford the program fees. If you are unable to pay full tuition for any of the Parks and Recreation programs, call the Parks and Recreation office at 278-3963. Tuition assistance is available for Urbandale residents only, under age 18.

PHOTO POLICY

Occasionally photos may be taken of participants in the programs, classes, and activities or of people in the district's parks. Please be aware that these photos may be used in future program guides, brochures, web site, pamphlets, flyers or news releases.

LOCATIONS

Many classes are held at Urbandale and Waukee Schools. When the class location says "High School", that indicates "Urbandale High School". The City of Urbandale would like to thank the Urbandale and Waukee Community School Districts for allowing free use of school facilities! Please be aware that schedules may change due to school events.

BEHAVIOR

In keeping with our program goals, we encourage fun for all of our participants. However, certain rules are necessary to ensure everyone's safety and enjoyment. Participants are expected to:

1. Show respect for all participants and staff.
2. Refrain from using foul language.
3. Refrain from causing bodily harm to participants or staff.
4. Show respect for equipment, supplies and facilities.

If our staff has concerns about a participant's behavior, the adult participant or child's parent/guardian will be consulted immediately. If inappropriate behavior continues, we will re-evaluate the participant's enrollment.

WAITING LISTS

Waiting lists are kept for classes that have reached maximum enrollment. We make every possible effort to add or expand these classes, depending on instructor and space availability. Names will remain on the waiting list until the day the program begins, in case an opening becomes available. Participants on the waiting list will be contacted if an opening becomes available.

INSURANCE AND WAIVERS OF LIABILITY

Individual accident and medical insurance for program participants is not provided by the City of Urbandale or Urbandale or Waukee School Districts. To participate in any Parks and Recreation Program, you must sign a waiver releasing the City and school districts from any and all liability. The waiver is on the registration form. It must be signed prior to participating in a program.







Senior Recreation Center

Recreation Supervisor: Carissa Williams

Recreation Coordinator: Jason Thraen

Administrative Technician: Katie Poirier

Center Hours:

Monday - Thursday: 8:30AM-3PM

Friday: 8:30AM-12:30PM

7305 Aurora Ave.

Urbandale, IA 50322

(515) 278-3907

www.UrbandaleSeniors.org

The Senior Recreation Center provides a safe, welcoming, and energizing environment where our community's senior adults (55+) can enhance their quality of life by engaging in a healthy and active lifestyle.

Transportation

The Urbandale Community Action Network provides free, limited transportation for Urbandale seniors in need. Visit www.UrbandaleNetwork.org or call UCAN at 515-278-3999 to receive an application.

Technology

Desktops, Laptops, and iPads are available for checkout throughout the center. A wireless printer is also available for use. Printing and copies are \$0.10 per sheet.

Fitness Room

Treadmills, NuStep cross-trainers, a recumbent bike, an elliptical, and a recumbent elliptical machine are available for use on a first-come, first-served basis.

Visual Assistance

A magnifier with a 20" monitor is available for personal use by anyone needing visual assistance with personal correspondence or other reading material.

Senior Recreation Center Newsletter

A bi-monthly calendar of events is published for your convenience. This newsletter is available via e-mail or can be viewed online at: www.urbandaleseniors.org. Newsletters are also available for pick-up at the Senior Recreation Center, Urbandale Public Library and the Parks and Recreation office.

Outdoor Bocce Court

A 60' x 12' outdoor bocce ball court is available for first-come, first-serve use during Senior Recreation Center hours. Bocce sets may be checked out from the office. *Court is not available during winter months.

Outdoor Pickleball Courts

Lions Park Courts (71st St. and Prairie Ave.)
Walker Johnston Park Courts (9000 Douglas Ave.)
South Karen Acres (77th St. and Roseland Ave.)
Urbandale Parks & Recreation is offering several drop-in pickleball times throughout the summer. Check out the latest schedule at www.Urbandale.org/CourtsCalendar.

Pool & Shuffleboard

Two 8' pool tables and a shuffleboard table are available for first come-first served play Monday-Friday. Cues and pucks are available for your convenience. Watch for information on shuffleboard leagues and tournaments.

Fitness Classes

To participate in our fitness classes, you must purchase an annual fitness membership. Memberships are \$50 for Urbandale residents and \$75 for non-residents. Memberships are valid for 365 days from the date of purchase.

Combo Pass

Purchase a Senior Recreation Center fitness membership with an annual pass to the Urbandale pool and save \$25! Resident passes are \$160 and non-resident passes are \$215.

Timely Toning

45 minutes will pass by quickly with this interval training style of class. Keep your heart rate up and give your metabolism a boost, all while having a good time.

Cardio & Strength

This class is 45-minutes of high-energy fun, focusing on functional fitness. Classes may include stretching, strengthening and toning, and aerobic exercise to keep the heart healthy, and to increase muscular strength and range of motion. Weights, resistance tubes and bands are provided for additional fitness benefit. All fitness levels are welcome. Please consult with the instructor, prior to class, if you have special health considerations or needs.

Barre

Barre helps you lengthen and strengthen muscles by combining ballet, Pilates, and yoga movement. Another great aspect of Barre is the focus it demands. Many of the exercises can be done seated or on a mat. Additional equipment may include a chair, ball, mat, small weights, and stretch bands. You'll reclaim focus as you go through your workout, always leaving with confidence!

Stronger Seniors

This seated fitness program is designed to help develop strength and improve the ability to function in daily life, including: stability and balance, mobility to go up and down stairs, or bend over and straighten back up. Designed to bring more movement to the individual with arthritis, it is also beneficial for anyone interested in relief from stiffness while improving mobility. The 1st and 3rd Wednesday classes will be led by Urbandale Health Care Center Staff. All other classes are video-led.

Double Fan

Tai Chi Double Fan offers the challenge of greater Tai Chi complexity and more vigorous movement. Class members deepen their sense of achievement, and their understanding of Tai Chi. This class uses whole-body movement with the added fun of a tai chi fan for each hand. These "toys" make noise, and they are flashy to watch! They challenge us to claim a larger personal space, to move with more authority

Tai Chi Chuan

Tai Chi Chuan brings time-honored whole-body exercises from China to benefit the whole being—mind, body and spirit. This class teaches a style of tai chi with one tai chi fan, which brings many added benefits. Wear comfortable clothing for gentle movement, and bring a sense of humor to these light-hearted classes. Questions? Ask any of the friendly class members or the instructor. Better yet: come try some and see for yourself!

Chi Kung

Chi Kung combines movement, breath, and meditation to enhance the flow of vital energy throughout the body. The simple looking repeated exercises are powerful means of building inner strength, mental calm, overall strength, and vitality.

Yoga

This class offers a mixture of hatha and yin yoga to encourage relaxation and provide a very good stretch. Bring a mat or rug and a light blanket or towel. Mats are available for use to anyone wanting to try the class before purchasing one. Beginners welcome!

Stability and Balance

Improve your stability and balance through a variety of exercises focused on agility, coordination, strength, and elements of yoga and Pilates. Class will include floor work on a mat.

Zumba Gold®

This easy-to-follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle! Bring a small towel and water. Wear workout clothes and sneakers with a smooth bottom.

Kickboxing

Are you ready for a great shadowboxing workout? This class will get you moving as you try something new! Kickboxing will help you build your stamina and improve your coordination. Beginners are welcome in this class!

Line Dancing

The perfect way to start your weekend is dancing! Join this enthusiastic group as they learn new, and revisit old-favorite line dances. This is a great class for beginners, or anyone who wants to dance and have a lot of fun (and get your some exercise!)

Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00			Double Fan		Double Fan
8:30	Timely Toning	Barre	Tai Chi		Tai Chi
9:00				Cardio & Strength	Chi Kung
9:30	Cardio & Strength	Cardio & Strength	Chi Kung		
10:00			Stability & Balance	Kickboxing	Line Dancing
10:30			Zumba Gold		
11:00					
11:30			Stronger Seniors		Stronger Seniors
12:00					
12:30					
1:00					
1:30					
2:00					
2:30	Stronger Seniors		Yoga		
3:00					

*Classes and times are subject to change

Exploring Meditation

Part learning-experience followed by practice, this class is for those who seek to be positive, healthy, nurturing, and stress-free!

Program	DATE	TIME	FEE
Exploring Meditation	Nov. 5 - Jan 21	1st and 3rd Tuesdays 1 - 2:30PM	\$20

Foot and Nail Care Clinic

Provided by Visiting Nurse Service
Monthly health service including: nail trim/foot care, blood sugar, and blood pressure testing. Because of high demand, appointments are limited. With more times available—you may now come in quarterly every 3 months! Please call the first Thursday of the month beginning at 8:30am to make your appointment for the following month. Donations to Visiting Nurse Service are accepted.

Program	DATE	TIME	FEE
Foot and Nail Care	1 st and 2 nd Thursday	By Appointment	FREE

SHIIP/SMP Medicare Info Assistance

Do you have questions about your Medicare insurance or statements that you've received from your Medicare supplement or Part D provider? Call to schedule a personal appointment with an on-site SHIIP volunteer at the Senior Recreation Center. This program is offered year-round for your convenience. SHIIP, the Senior Health Insurance Information Program is a service of the State of Iowa. SHIIP counselors are trained by the state and do not sell or promote any insurance companies, policies or agents. Urbandale Senior Recreation Center is a local sponsor for SHIIP in Polk County.

AARP Smart Driver Program

Offered monthly, February–November. Learn defensive driving techniques, new traffic laws, rules of the road, and more in this 4-hour course. Find out how to adjust your driving to age-related changes in vision, hearing, and reaction time. Auto insurance companies in most states provide a multiyear discount to graduates! (Consult your insurance agent, \$15 with AARP Membership)

Program	DATE	TIME	FEE
AARP Smart Driver	Last Friday of Month	8:30 AM - 12:30 PM	\$20

Lunch and Learn

Ready to learn something new over your lunch hour? Each month will feature a different guest speaker and topic to help you feed your brain. Bring your brown bag or register for lunch. See the newsletter for a listing of monthly topics and speakers. Education is free. Provided lunch is \$2.50 or bring your own.

Program	DATE	TIME	FEE
Lunch & Learn	4th Friday of Month	12:30 PM	\$2.50

Adult and Pediatric First Aid/CPR/AED

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an 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. Allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Program	DATE	TIME	FEE
First Aid/CPR/AED	Friday, September 6	9 - 11 AM	\$65

Welcome to Medicare Public Seminar

Are you going to be eligible for Medicare in the near future? Have you been on Medicare for a while and want to better understand what it offers? Do you have a family member you help with Medicare issues? "Welcome to Medicare" is for you! This two hour seminar is offered by the Urbandale Senior Recreation Center SHIIP counselors. The program will cover Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans and Medicare supplement insurance. SHIIP, the Senior Health Insurance Information Program is a service of the State of Iowa.

Program	DATE	TIME	FEE
Medicare Public Seminar	Thursday, October 17	5:30 PM	FREE

Memory Cafe

Join us for activity time for those with memory loss and their care partners. This program is designed to provide a safe, comfortable, engaging environment where people with memory loss and their care partners can laugh, learn, and remain socially engaged with others traveling the same journey. Each month will be sponsored by a support organization that will provide refreshments and an activity or social time. Call 515-218-2680 to register. Program is provided in partnership with the Alzheimer's Association.

Program	DAY	TIME	FEE
Memory Cafe	3 rd Friday	10-11:30 AM	FREE

Brain Resilience

Come learn about groundbreaking new research on Alzheimer's prevention. You'll learn simple but powerful techniques shown to improve memory, mood, and sleep, increase blood flow to the brain, and decrease inflammation. If you can eat, move, and breathe, you can learn to optimize your brain function and prevent Alzheimer's. Taught by Dr. Beverly Westra, psychologist and certified Brain Longevity Specialist.

Program	DAY	TIME	FEE
Brain Resilience	Fridays, 9/13-9/20	12:30-2:30 PM	\$40

Fall Bocce Leagues

We'll keep playing bocce until the leaves fall and the snow starts to fly! Teams of 4 will play a 6 week regular season followed by a single elimination tournament and a pizza party!

Event	DAYS	DATES	REG. FEE
Bocce League	Mon. & Tues. 10:30 AM - 3 PM	August 26 – Oct. 9	\$20 Per Team

Fall Shuffleboard Leagues

Our shuffleboard league is booming—so we added another one! Sign up your two-person team for either our Monday or Tuesday league. Leagues will be a round-robin regular season with a single elimination tournament.

Event	DAYS	DATES	REG. FEE
Shuffleboard League	Mon. & Tues. 10:30 AM - 3 PM	October 21 – December 17	\$10 Per Team

Learn to Play Pickleball

Have you heard about Pickleball? It's only the fastest growing sport in the United States! Come join us and learn all about the sport. Equipment will be available if you need it. Walker Johnston Tennis/Pickleball Courts.

Event	DAYS	DATES/TIME	FEE
Pickleball Session 1	Tues. & Thurs.	Sept. 17 – 26 / 9 - 10 AM	\$10

Pickleball 2.0

Are you a beginner pickleball player looking to take your game to the next level? Have you already taken our Learn to Play Pickleball class and want to learn more? Join us as we practice technique, court placement, shot selection, and much more! Equipment will be available if you need it. We'll play at the Walker Johnston Tennis/Pickleball Courts

Event	DAYS	DATES/TIME	FEE
Pickleball 2.0	Tues. & Thurs.	Sept. 17 – 26 / 10 - 11 AM	\$10





Amateur Artists Group

Whether you have been painting or sketching all of your life or just want to get started, this is the group for you. Bring your own supplies and drop in any time during the day. We'll provide the coffee!

Program	DAY	TIME
Amateur Artists Group	Mondays	9 AM - 3 PM

Senior Singers

No singing experience is necessary to join this enthusiastic, fun-loving, and talented group. Songbooks are filled with old favorites and classics. This group entertains at the Senior Recreation Center and for community groups. Men and women alike will enjoy this healthy and entertaining experience!

Program	DAY	TIME
Senior Singers	Tuesday	1:30 - 2:45 PM

Monday Open Bridge

Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table.

Program	DAY	TIME
Open Bridge	Mondays	10:30 AM - 2 PM

Bridge Workshop

No reservation is required for this fun and informative hour-long session. This is a great program for anyone wanting to learn bridge or wanting to improve their game.

Program	DAY	TIME
Bridge Workshop	Thursdays	10 - 11:30 AM

Timely Talkers

Join this discussion group for a cup of coffee and some lively conversation on a variety of topics including: current events, personal experiences, and local news. Everyone is welcome.

Program	DAY	TIME
Timely Talkers	Tuesdays	10:30 AM - Noon

Cards, Games & Mahjonn

Drop in and join the group for a variety of card and board games including: Pitch, Pinochle, 500, Rummikub, and many more. Cards and games provided or bring your own.

Program	DAY	TIME
Cards, Games & Mahjonn	Tuesdays	10:45 AM - 3 PM
Cards, Games & Mahjonn	Thursdays	12 - 3 PM

Wednesday Morning 'Bookies'

Monthly book selections may be picked up in the office or checked out from the Urbandale Library. See the newsletter for title of monthly selection.

Program	DAY	TIME
Morning 'Bookies'	3 rd Wednesday	10 - 11:30 AM

Origami

Learn the traditional art of paper folding. Step-by-step, we'll use fun and colorful papers to create animals, decorations, and packaging. No experience necessary!

Program	DATE	TIME	FEE
Origami	Monday, Oct. 7	1-3 PM	\$5
Origami	Monday, Dec. 2	1-3 PM	\$5

Pendoodle

Join us to discover your inner artist during these fun and light-hearted classes. Explore a meditative form of pen & ink art by learning repetitive, simple steps and patterns that are easy to recreate. No art experience required!

Program	DATE	TIME	FEE
Pendoodle	Wednesday, Nov. 6	10 AM - Noon	\$5

Bingo

Join us for some exciting bingo action! We'll play all of your favorites: traditional, 4 corners, picture frame, and blackout! All dimes played per round will go into that round's jackpot! If you are lucky enough to get a Bingo, the jackpot is yours! \$1 to play, plus 10 cents per card per round (Maximum 2 cards per round)

Program	DATE	TIME	FEE
Bingo	Thursday, Sept. 5	11 AM - 12:30 PM	\$1
Bingo	Thursday, Oct. 3	11 AM - 12:30 PM	\$1
Bingo	Thursday, Nov. 7	11 AM - 12:30 PM	\$1
Bingo	Thursday, December 5	11 AM - 12:30 PM	\$1

Team Trivia

Try your luck at team trivia! Put together your best team of 4 to 6 minds and compete to become our trivia champions! Questions can come from subjects such as music, movies, sports, history, pop culture, and many more! Winners will have their team photo on display and have a "champion's lunch" offered in their honor!

Program	DATE	TIME	FEE
Team Trivia	Thursday, August 1	11 AM - 12:30 PM	\$5

Garden Workshop

Canoyer Garden Center Staff will lead you through education about the monthly topic and provide you with the supplies to plant your own container to take home. .

Program	DATE	TIME	FEE
Birds and Bees	August 15	1 - 2:30 PM	\$25

Jewelry Making Workshop

Spend the morning creating a new, truly unique, handmade piece. We'll have supplies available for you to try your hand at jewelry making. This workshop is appropriate for beginners.

Program	DATE	TIME	FEE
Jewelry Making	Wed., September 4	9-10:30 AM	\$5

Halloween Cardmaking Class

Learn the art of cardmaking and send someone a spooky card this Halloween! Supplies will be provided.

Program	DATE	TIME	FEE
Halloween Cards	Friday, October 11	10-11 AM	\$5

Holiday Cardmaking Class

Learn the art of cardmaking and brighten someone's holiday this year! Supplies will be provided.
November 22

Program	DATE	TIME	FEE
Holiday Cardmaking	Friday, November 22	10-11 AM	\$5



Iowa vs. Iowa State Rivalry Week

The 2019 Cy-Hawk football game takes place on 9/14 in Ames. Show off your team allegiance the entire week leading up to the big game! Wear your favorite Hawkeye or Cyclone gear Monday 9/9 to Friday 9/13. Don't worry, we'll also allow Panther and Bulldog gear too.

Program	DATE	TIME	FEE
Rivalry Week	Sep. 9 - 13	All Week	FREE

Over the Hill Hiking Series

Back by popular demand for Fall 2019! We'll meet at the trailhead of each hike before setting off together. Please wear comfortable, protective footwear and bring water, sunscreen or a hat, and appropriate clothing. There is no fee for these hikes, so let's get out there and start hiking! See USRC newsletter for dates and locations.

Program	DATE	TIME	FEE
Hiking Series	See USRC newsletter for dates and locations.		

Summer Beach Party

Spend the evening relaxing at the "beach." This is the place to be to wrap up your summer with your friends, good food, and music. This is one of our most popular events of the year, so sign up early to reserve your spot. This is also a great event to invite friends who haven't been here before. Live music!

Program	DATE	TIME	FEE
Summer Beach Party	Friday, August 9	5:30 – 7:30PM	\$10

Tailgate Party

Help us celebrate the return of football with a giant tailgate party! Wear your favorite team colors as we enjoy a tailgate lunch. We'll have all of your favorite tailgating games ready too!

Program	DATE	TIME	FEE
Tailgate Party	Tues., September 5	12:30 PM	\$10

Chili Cook Off & Lunch

As it begins to get chilly outside, come inside and warm-up with our first annual Chili-Cook off! We'll enjoy a catered lunch of chili, cornbread, and delicious cinnamon rolls! You'll also get a chance to judge the USRC's best chili! Does your family have the recipe for the world's best chili? Then prove it by entering it in our chili cook-off! Entries are limited, so stop in the office and enter now!

Program	DATE	TIME	FEE
Chili Cook Off	Thursday, October 31	Noon	\$10

Veteran’s Day Luncheon

Join us for our annual Veterans Day luncheon in celebration and remembrance on November 8. Lunch will be served, followed by the music of Festival Brass. This event is free to Veterans and spouses, \$10 for all others. Everyone is welcome. Please register by Friday, November 1.

Program	DATE	TIME	FEE
Veteran’s Day Lunch	Friday, November 8	11:30 AM	\$10

Holiday Brunch

Our annual holiday meal is sure to be a treat! Brunch will be served at 10:30am followed by holiday bingo with wrapped prizes! We’ll also have some holiday music to help spread that holiday cheer! Please register by December 12.

Program	DATE	TIME	FEE
Holiday Brunch	Thursday, Dec. 19	10:30 AM	\$10

Holiday Cookie Swap

Get into the holiday spirit with our Holiday Cookie Swap! Bring 12 cookies, take 12 cookies! It’s that easy!

Program	DATE	TIME	FEE
Holiday Cookie Swap	Tues., December 17	1-2 PM	Swap

Dining Club

Join us as we travel all over central Iowa for some amazing eats! We’ll visit those small town, hole in the wall restaurants we’ve all heard about, but never tried. Registration includes transportation. Please bring money for your lunch. BON APETIT!

Program	DATE	TIME	FEE
Harvey’s at Hotel Pattee	Tuesday, September 3	10:30AM	\$8
Goldie’s Ice Cream Shoppe	Tuesday, October 1	10:30AM	\$8
Sisters in Cheese	Tuesday, November 5	10:30AM	\$8
The Chicken	Tuesday, December 3	11 AM	\$8

Cocoa & Cider Social

Learn something new about your fellow senior-rec-center friends while enjoying some seasonal hot drinks and tasty treats!

Program	DATE	TIME	FEE
Cocoa & Cider Social	Tuesday, Nov. 12	10:30 – 11:30 AM	FREE

Urbandale Community Band Holiday Concert

Bring your family and friends to enjoy an evening of holiday music! This is a free event.

Program	DATE	TIME	FEE
Holiday Concert	Monday, Dec. 2	7 PM	FREE

Senior Singers Holiday Concert

Enjoy your holiday favorites during this fun and entertaining event with our very own Senior Singers!

Program	DATE	TIME	FEE
Holiday Concert	Monday, Dec. 16	7 PM	FREE

Senior Fine Arts Show

Join us on September 30 to celebrate our center’s artists at the 8th Annual Senior Fine Arts Show will feature works by local 55+ artists in a variety of categories. Refreshments will be served.

Program	DATE	TIME	FEE
Fine Arts Show	Monday, Sept. 30	3:30-6 PM	FREE

Urbandale Senior Recreation Center Open House

Learn about all the great programs available at the Urbandale Senior Recreation Center! The Open House will feature representatives from many groups who would love to tell you more about why they come to the Urbandale Senior Recreation Center. We’ll also have snacks, door prizes, and fun! Come check it out!

Program	DATE	TIME	FEE
Open House	Monday, October 14	1-2:30 PM	FREE



Using your iPhone/iPad (Beginning)

In this class, the basics of using your Apple device will be covered. Topics include Wi-Fi versus cellular connections, keyboard, Notes, apps, photos, etc. Participants should bring their personal iPhone or iPad to use during class. A limited number of devices owned by the USRC are available to check out. This class DOES NOT cover Android phones or tablets.

Program	DATE	TIME	FEE
Using iPhone I	Thursday, October 17	1 – 3PM	\$10

Using your iPhone/iPad (Continuing)

Come back for more! Learn about maps, calendar, calculator, and more about photos. We'll also cover downloading eBooks and audio books.

Program	DATE	TIME	FEE
Using iPhone II	Thursday, October 24	1 – 3PM	\$10

Using your Android Smartphone or Tablet

Participants should bring their own Android device to use during class. This class will be an overview of using an Android device. You'll learn how to download and use APPS, organize you APPS and programs, type and use voice input, take photos, set up your contacts, maintain a calendar, and browse the internet.

Program	DATE	TIME	FEE
Android	Fri., December 6	1 – 3PM	\$10

Navigating Netflix

Have you heard of Netflix, but don't know what it is? Do you have a Netflix subscription, but aren't sure how to make the most of your experience? This class will walk you through the basics of how to enjoy Netflix. Bring your questions, we're here to help. Feel free to bring your own Netflix ready device as well!

Program	DATE	TIME	FEE
Navigating Netflix	Tuesday, Nov. 12	1 -2 PM	\$5

Introduction to Social Media

If you're interested in social media, but not sure where to start, this class is for you! An overview of different social media APPS will give you a glimpse into what they offer. We'll help you find out how these APPS can keep you connected to friends & family, news, and more!

Program	DATE	TIME	FEE
Social Media	Thursday, September 26	1 - 3PM	\$10

Facebook Marketplace

Have a collection of vinyl records in the basement? Looking for the perfect end table for your living room? Join us in this two-part class to learn how to use and navigate Facebook Marketplace, America's most connected yard sale! During the first session, you'll learn the basics of using the marketplace, as well as some tips on staying safe while buying and selling online. In the second session, you'll get some time to work on posting your own items or browsing for something to buy.

Program	DATE	TIME	FEE
Facebook Market	Friday, October 4 & 11	1 - 3PM	\$10

Pinterest Projects

Try out these top projects for crafts anyone can do! See the USRC newsletter for more details.

Program	DATE	TIME	FEE
Pinterest Projects	Tuesday, August 27	1-3 PM	\$5
Pinterest Projects	Tuesday, October 22	1-3 PM	\$5



Winery Tour

Join us as we visit 3-4 wineries in the Greater Des Moines area. We'll also stop for lunch in Winterset. Please bring money for lunch and any winery purchases. This trip is limited to 10 people, so sign up soon!

Program	DATE	TIME	FEE
Winery Tour	October 4	10am – 4pm	\$20

Garden Quilt Show at Reiman Gardens & Hickory Park

The annual Garden Quilt Show returns, bigger and better than ever! Reiman Gardens and the Iowa Quilters Guild will be hosting the annual Garden Quilt Show. The three-day show will encourage the art of quilting through beautiful displays of garden-themed quilts created by talented Midwesterners as part of a juried show with prizes awarded by central Iowa sponsors. Guests will be inspired by the quilts as well as the living beauty through the Gardens, in the Hughes Conservatory, and within the Christina Reiman Butterfly Wing. Please bring money for lunch at Hickory Park.

Program	DATE	TIME	FEE
Quilt Show	September 6	8am – 2pm	\$15

Art-rageous Adventures in Fort Dodge Day Trip

Journey alongside the Des Moines River as you spend a day enjoying all the art, culture and food Fort Dodge has to offer! View superb art displays at Iowa's first permanent art museum – the Blanden Art Museum, then follow that up with some art-making of your own at Studio Fusion. Lunch will be held at the upscale, yet friendly restaurant Tea Thyme. In the afternoon, participants will visit a 110-foot grain silo which was turned into a massive mural by Australian-born artist Guido van Helten as well as the Community Orchard where a tour, shopping and warm apple pie await. The fee includes transportation, lunch and art-making supplies (upgrades available).

Program	DATE	TIME	FEE
Art-rageous	September 18	7am-6pm	\$75





ISU Alumni Center & Athletics Tour

This day trip to Ames will have ISU fans on their feet! We'll take a tour of the ISU Alumni Center that was built in 2008 to be a home away from home for Cyclones everywhere. We'll also tour Hilton Coliseum and the new Sukup Endzone at Jack Trice Stadium. Enjoy lunch and ice cream at Hickory Park and you have a day fit for a Cyclone.

Program	DATE	TIME	FEE
ISU Athletics	October 10	8 AM - 2 PM	\$10

Outlets of Des Moines Shopping Trip

Join us for a day in Altoona at the Outlets of Des Moines and get a head start on your holiday shopping! (Or get something for yourself, we won't judge.) We'll enjoy lunch at the Outlets. Bring money for shopping and lunch!

Program	DATE	TIME	FEE
Outlets of DSM Shopping	December 4	10am - 2pm	\$5

John and Mary Papajohn Sculpture Park and Americana

This 4.4 acre park, located within a major crossroads of the urban grid, creates a pedestrian-friendly entryway to downtown Des Moines. This accessible setting, coupled with the skilled landscape design and caliber of the art, makes it unlike any other sculpture park in the United States. The Pappajohns' contribution of 29 works for the park is the most significant donation of artwork ever made to the Des Moines Art Center. A guided walking tour of the Papajohn Sculpture Park will be provided, followed by lunch at Americana. Fee includes transportation only. Please bring money for lunch.

Program	DATE	TIME	FEE
Sculpture Park	Friday, September 13	9:30am - 1pm	\$5

Urbandale Van Tour: Get to Know Your Community

Join us on a van tour about the history of Urbandale and how it shaped our community! Learn about community development and challenges and issues important to that development. Presenters will include City staff from the Community Development and Parks & Recreation Departments. The tour will include visits to recent city projects as well as those that are underway such as the Walnut Creek Regional Park, Waterford Park, Fire Department, western housing developments, the Miracle League Field, and other points of interest. Presenters will include information about each stop as well as future projects. We will depart from the Urbandale Senior Recreation Center.

Date	DAY/TIME	LOCATION	FEE
September 12	Thursday 9 - 11 AM	Senior Recreation Center	\$5



Simple Meals in 20 Minutes

Learn how to make simple, healthy meals in 20 minutes with Registered Hy-Vee Dietitian, Elizabeth. This class is great for beginners or busy families. Samples and recipes will be provided. Minimum 10 people

Session	DAY/TIME	LOCATION	COST
September 19	Thursday 5:30-6:30 PM	Urbandale Hy-Vee 8701 Douglas Ave.	\$15

Diabetes Store Tour

Do you have diabetes, pre-diabetes or just watching your carb intake? Discover the Urbandale Hy-Vee in a whole new way. Learn how to read labels and get recommendations on specific items throughout the store from Registered Dietitian, Elizabeth. You will leave having a whole new outlook on your diet. Max participation 16 people.

Session	DAY/TIME	LOCATION	COST
October 7	Monday 1-2 PM	Urbandale Hy-Vee 8701 Douglas Ave.	FREE

Crock Pot Soups & Stews

It's getting colder out, so let a warm delicious meal greet you when you get home. Urbandale Hy-Vee Dietitian, Elizabeth, will show you how to make effortless soups and stews in the crock pot. Just dump, set on low and go! Minimum 10 people

Session	DAY/TIME	LOCATION	COST
October 17	Thursday 5-6 PM	Urbandale Hy-Vee 8701 Douglas Ave.	\$15

Heart Healthy Store Tour

Follow your heart to the Urbandale Hy-Vee for this Store Tour. Learn about foods and supplements to help lower cholesterol, protect your heart and improve blood pressure. Max participation 16 people.

Session	DAY/TIME	LOCATION	COST
October 21	Monday 1-2 PM	Urbandale Hy-Vee 8701 Douglas Ave.	FREE

A Lighter Thanksgiving

Enjoy a lighter Thanksgiving this year with a healthier twist on some classic recipes. Sign up today, your waistline will thank you!

Session	DAY/TIME	LOCATION	COST
November 7	Thursday 5:30-6:30 PM	Urbandale Hy-Vee 8701 Douglas Ave.	\$15

Perfect Portions

Have you ever wondered what the correct portion size is for a food? Hy-Vee Dietitian, Elizabeth will teach you how to keep your portion sizes in check while still feeling full and satisfied.

Session	DAY/TIME	LOCATION	COST
November 18	Monday 1-1:30 PM	Urbandale Senior Recreation Center	\$5

Holiday Sweets and Easy Desserts

Help celebrate the holidays with some healthy desserts! Hy-Vee Dietitian, Elizabeth will show you quick and easy recipes that will be a hit with your friends and family. Minimum 10 people

Session	DAY/TIME	LOCATION	COST
December 5	Thursday 5-6 PM	Urbandale Hy-Vee 8701 Douglas Ave.	\$15

Plant-Based Cooking

Learn to make heart-healthy, plant-based meals using fresh, seasonal ingredients. Class members will prepare, cook, and enjoy the meal as a group. Menu will change each month.

Class	DATES	TIME	COST
Plant-Based Cooking	August 2	10:30 AM - Noon	\$8
Plant-Based Cooking	September 6	10:30 AM - Noon	\$8
Plant-Based Cooking	October 4	10:30 AM - Noon	\$8
Plant-Based Cooking	November 1	10:30 AM - Noon	\$8

Healthy and Homemade Cooking Series

Join ISU Extension for this 3 week cooking and nutrition series! Topics will include: Cooking for 1 or 2, Cook Now...Enjoy Later, and Veg Out (delicious ways to get more fruits and veggies into your life)!

Session	DAY/TIME	LOCATION	COST
September 16 - 30	Mondays Noon - 1:30 PM	Urbandale Senior Recreation Center	\$20

Squash & Pumpkins

Fall is squash and pumpkin season! Join ISU extension as we learn about the nutritional benefits of these tasty fall treats. We'll also cover some delicious recipes and enjoy some samples as well!

Session	DAY/TIME	LOCATION	COST
October 18	Friday 12:30 - 1:30 PM	Urbandale Senior Recreation Center	\$5







Urbandale Swimming Pool

Aquatic Program Supervisor: LeAnn Auxier

Pool Manager: Cara Hollingworth

Facility Manager: Stuart Duncan

Fall Hours Begin August 24, 2019:

Public Recreational Swimming:

Monday - Thursday: 7 - 8:30 PM

Saturday & Sunday: 1 - 4 PM

Cardio / Lap Swim:

Monday - Friday: 5:45 - 7:30 AM

Everyday: Noon - 1 PM

Monday - Thursday: 5 - 7 PM

Senior Lap Swim

Monday - Friday: 11 AM - Noon

7201 Aurora Ave.

Urbandale, IA 50322

(515) 278-3959

www.UrbandalePool.org

*Swim times may vary due to holidays and/or special events. Please check www.UrbandalePool.org for more information.

Changes to the Normal Schedule:

Date	SPECIAL EVENTS & CLOSINGS
Aug. 9	School Supply Collection Day. 1 - 4 PM (Bring school supplies, get in for free!)
Aug. 10	End of Summer Foam Bash 1 - 4 PM
Aug. 12-23	Closed for regular annual maintenance. The pool will re-open Saturday, August 24 at Noon
Sep. 2	Closed for Labor Day
Sep. 8	Grandparents are free with a paid grandchild (All Day)
Sep. 19 - 20	Closes at 1 PM for Homecoming
Sep. 21	Closed for Homecoming
Sep. 22	Human Ball Day 1- 4 PM
Oct. 5	Closed for High School Band Invitational
Oct. 27	Pick your pumpkin day! 50 pumpkins will be placed into the pool, swim around and find the pumpkin that you want to take home to decorate. 3:30 - 4 PM.
Nov. 23	Winter Carnival. 1 - 4 PM
Nov. 28	Closed for Thanksgiving
Dec. 24 - 25	Closed for Christmas
Dec. 23, 26, 27, 30	Winter Break Open Swim. 1 -4 PM
Dec. 31 - Jan. 1	Closed for New Year's Eve and Day
Jan. 2-3	Winter Break Open Swim. 1 -4 PM

Note: Please visit our web site at www.UrbandalePool.org for any additional closing dates and times.

Single Admission

Payments are accepted by cash, check, or credit/debit card. Processing fees apply. Groups with 10 or more are welcome, email lauxier@urbandale.org for more information on discounted rates.

Single Admission	COST
2 Years of Age & Under	FREE with paid adult
3 Years of Age & Over	\$5

Anyone entering the pool area is charged the admission rate

Annual Pass

Payments are accepted by cash, check, or credit/debit card. Processing fees apply. Annual Pass is valid for 365 days from the date of purchase.

Annual Pass	COST
Resident Individual	\$135
Resident Family	\$225
Non-Resident Individual	\$165
Non-Resident Family	\$275
Senior Center & Pool Combo Resident Individual	\$160
Senior Center & Pool Combo Non-Resident Individual	\$215

20% Discount Off Pool Fitness Classes with Annual Pass

Register for Classes or Lessons

1. Online at UrbandalePool.org/register. Click "register for activities/events" then "2019 Fall" then "Pool Programs" or,
2. Call 515-278-3959 to register over the phone with VISA/ MasterCard/or Discover Card (processing fees apply).
3. In-person at Parks and Recreation office at City Hall between the hours of 8AM-5PM, Monday-Friday or
4. In person at the Urbandale City Swimming Pool during open swim times with payment of cash, check or credit card.

Note: For any changes in lessons or programs, there will be a \$5.00 administration fee. Registration deadline for all programs at the pool is one week before the start of the class.



Using the Pool

Please enter pool area through locker room. Taking a shower prior to entering the pool is required by Federal and State regulations for all patrons. No access to the pool area is allowed through the side emergency exit. No food or drink in locker rooms.

Lockers

Bring your own padlock to lock a locker. Please remove the lock when finished each day. If you forget a padlock, you can purchase one at the pool for \$5.

Swimming Pool Refund Policy

To be eligible for a refund you must cancel at least 7 days before the first class meeting (14 days prior for pool rentals). After that, NO REFUNDS will be given unless (a) the program or class is canceled OR (b) The participant is unable to participate because of unforeseen medical reasons. The refund will then be prorated based on the number of classes attended. If more than 50% of the program has been completed, no refund will be issued. Refunds will not be issued for circumstances beyond our control, i.e. weather or electrical outages. (Please allow three weeks for a refund to be processed.)

Pool Closing Due to Inclement Weather

Whenever the Urbandale school system closes due to inclement weather, the pool will also close. If school starts late due to inclement weather, the pool will not open until school starts. In the event that school is not in session and the weather is questionable, the answering machine at the pool (515-278-3959) will announce if the pool is closed.

Looking for a fun job?

We're hiring! The Urbandale Indoor Swimming Pool is accepting applications for employment including, Part Time Assistant Managers, Water Safety Instructors, Water Fitness Instructors, Cashiers, and Lifeguards. Hours are flexible! Apply today online!



Pool Rentals

Rental of the Urbandale pool is available to all persons, organizations, clubs and youth groups. Rentals are available on Fridays from 6-8 PM and Saturdays from 5-9 PM.

Pool Rental	COST
1-30 persons	\$200 for 2 hours
31-100 persons	\$250 for 2 hours
101-250 persons	\$300 for 2 hours
POOL RENTALS ARE IN TWO HOUR BLOCKS OF TIME	
*\$50 refundable deposit required, terms in contract.	
*Two week advanced notice required.	

Themed Pool Parties

Have your party at the pool during evening or weekend open swim times. Prices include admission for up to 15 people (swimming or not) during public open swim. Tables will be reserved for you for ½ hour. Includes tableware, party favors, cake, drinks, and even cheese pizza for your group! We will eliminate the hassle for you; just show up and have fun! Reservations are arranged on a first come, first serve basis and must be scheduled at least two weeks in advance.

Choose your theme:

Themes	
Surf's Up	Gone Fishing
Pirate (boy or girl)	Pool Theme
Sharks	

Choose your package:

Package One	Package Two
\$200 during public swim times	\$250 during public swim times
Up to 15 people to public swim	Up to 15 people to public swim
½ hour table reservation	½ hour table reservation
--	Cheese Pizza
Cake & Drinks	Cake & Drinks
Decorations & Party Favors	Decorations & Party Favors
*There is an additional cost of \$10 per person after 15 persons	*There is an additional cost of \$15 per person after 15 persons
Call 515-278-3959 for more information or visit our web site at www.UrbandalePool.org	



School Supply Collection Day

No pre-registration is needed. Bring a school supply item for a child in need from the approved list located on our website, and your admission is free! If you have an annual pass, you will receive a free pass to bring a guest sometime within the next three months. All supplies will be donated to the Urbandale Community School District.

DATE	TIME	COST
Fri., August 9	1 - 4 PM	FREE with a school supply for a child in need

End of Summer Foam Bash

Come play in a sea of foam on our south patio and swim! A hypo allergenic foam machine will be set up on the patio!

DATE	TIME	COST
Sat., August 10	1- 4 PM	\$6

Cost is per person entering the pool area; \$1 for annual pass holders.

Human Ball Day

Come step into our large inflatable ball and walk, roll, or run on the water! Not recommended for children under the age of 5.

DATE	TIME	COST
Sun., September 22	1- 4 PM	\$5

Cost is per person entering the pool area; free for annual pass holders.

Winter Break Festivities

See the special events section for extra fun at the pool over winter break! In addition to the regular days and times, public recreational swim will be 1-4 PM throughout the week.

DATE	TIME	COST
Dec. 23, 26, 27, 30 & Jan. 2, 3	1- 4 PM	\$5

Cost is per person entering the pool area; free for annual pass holders.

Water Safety Instructor Class

This class is an American Red Cross course designed to teach you how to teach swimming lessons, and give you hands-on experience to better prepare you for a successful teaching experience. Prerequisites: Be at least 16 years of age, maintain a position on your back for 1 minute, tread water for 1 minute, and demonstrate the following skills 25 yards to a level 4 ability front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 15 yards butterfly. There is an approximately 10 hour online section to this class that will need to be completed and completion certification presented to the instructor at the beginning of the first day to continue in the class. The information for the online section will be sent via email to the participant 1 week prior to the first day of class. Price includes all books and materials for the class. Minimum 4, Maximum 10.

Registration Deadline: Two weeks prior to start of the class, due to the pre-course online homework that will need to be complete prior to the start of the class.

Session	DAY	TIME	FEE
Dec. 26, 27 & 30	Th, F, M	8AM-4PM	\$200

Lifeguarding Instructor and Instructor Trainer Review Course

This review class is for current Lifeguard Instructors/Instructor Trainers. This class is designed to update you on material, practice, polish and improve upon skills to ensure quality instruction for American Red Cross lifeguard classes. This is the in-water skills review for LGI/IT. This course will not renew your lifeguard certification.

Registration Deadline: One week before the start of the class.

Session	DAY	TIME	FEE
January 2	Thursday	8 AM-5 PM	\$125

Water Safety Instructor as High School PE Credit

Have you always wanted to be able to teach swimming lessons? Take this class during 8th period for PE gym credit! You'll need to pass the prerequisite skills from the Water Safety Instructor Class, and be 16 years of age by the end of the semester. **Sign-up with your high school counselor.** This class is free. Fees are associated only if you want certifications.

Lifeguard Class as High School PE Credit

Want to become a lifeguard and get credit for PE gym class? We offer a Lifeguard class that counts as your Urbandale High School PE credit. Classes are offered 8th period of the day and you must be at least 15 years old by end of September. **THIS CLASS IS FREE!** Fees are associated only if you want certifications. You will need to meet the prerequisites for the course as mentioned under Lifeguard Class. **Sign-up with your high school counselor TODAY!**

Lifeguard Class

This class is an American Red Cross course which upon completion will certify you for lifeguarding, lifeguarding first aid and professional CPR. These are all the certifications needed to become a lifeguard. Prerequisites: Must be 15 years of age by the end of the course, swim 300 yards continuously (using front crawl, breaststroke or combination of both; goggles can be worn), tread water using only legs for 2 minutes, and start in the water and swim 20-yards (no goggles allowed) surface dive 10 feet, retrieve a 10-pound brick, return to the surface and swim back 20 yards on back while both hands are on the object, and exit the pool without using a ladder within 1 minute, 40 seconds. There is 7.5 hours of online training that will need to be completed PRIOR to the start of this class. A copy of the completion certification will need to be presented at the beginning of the first day of class to continue in the class. Once you have enrolled and registration for the class has closed (one week prior to the first day of class), information will be given to you via e-mail to access the online training section of this course. Individuals will need to successfully pass online section, written exams, and in-person skills to be certified. Minimum 4, Maximum 10.

Registration Deadline: One week prior to the start of the class.

Session	DAY	TIME	FEE
Dec. 26, 27 & 28	Th, F, Sa	8AM-4PM	\$200

Lifeguard Instructor Class

This is an American Red Cross class to be able to instruct lifeguard classes for the American Red Cross. Prerequisites for the class are: at least 17 years of age and have current American Red Cross lifeguard certification. After the registration deadline, information will be emailed to you to do the following prior to class; successfully complete an online orientation to the Red Cross, lifeguarding instructor pre-course exam, pre-course session and orientation to lifeguarding course. Minimum 4, Maximum 10. **Registration Deadline: Two weeks prior to start of the class, due to the pre-course online homework that will need to be completed prior to the start of the class.**

Session	DAY	TIME	FEE
Jan. 3-4	Saturday & Sunday	7 AM - 6 PM	\$275



Scuba Class

This 7 week course will teach you proper care of equipment, mask and snorkel clearing, assembling of scuba equipment, regulator clearing, octopus breathing, basic diver rescue and more. Upon completion of this course there is an open water diving experience required to become fully certified. This is scheduled after the course is completed or a referral letter can be issued. After completing all classes and the open water requirements, you will receive a Scuba Educators International (SEI) certification card. Minimum age: 10 years. Mask, fin, and snorkel are required for the class. Certified Instructors will be provided by STC Dive Center. Scuba refresher and private/semi-private classes are available upon request with STC Dive Center at STCDiveCenter@yahoo.com

Registration Deadline: One week before the start of the class.

DATE	DAY/TIME	COST
Sept. 9 - Oct. 21	Mondays 6 - 9 PM	\$400

Adult Learn To Swim (Ages 14+)

This class is designed for adults who want to either learn to swim or improve their swimming skills. It is individualized. The instructor will spend time with each adult learner and give them things to practice while assisting other adult learners. Adults may partner up to assist each other through the class, so bring a friend. Class size: minimum 5; maximum 10.

Registration Deadline: One week before the start of the class.

DATE	DAY/TIME	COST
Sept. 24 – Oct. 3	Tues. & Thurs. 7 - 8 PM	\$55
Oct. 15 – Oct. 24	Tues. & Thurs. 7 - 8 PM	\$55
Nov. 5 – Nov. 14	Tues. & Thurs. 7 - 8 PM	\$55



Balance Board Fitness

This is a new and exciting class that will be a tremendous workout on the water. Stabilization, endurance, strength & fun! This safe and fun workout is designed to grow core and joint stabilization, improve your over-all fitness level, and burn calories. Workouts will vary from High Intense Interval Training, Abdominal / Core Workout, Pilates & Yoga! Holding a Yoga pose on top of the water will challenge your focus, strength, core and stability. Lose the pose and fall in the water! Pilates on a balance board in the pool takes it to the next level. Intervals involve squats, lunges, rows and more at a higher performance level than on land or water.

Registration Deadline: One week before the start of the class.

DATE	DAY	TIME	COST
Sept. 4 – Sept. 30	Mon. & Wed.	7 - 7:45 PM	\$48
Oct. 2 – Oct. 30	Mon. & Wed.	7 - 7:45 PM	\$54
Nov. 4 – Nov. 27	Mon. & Wed.	7 - 7:45 PM	\$48
Dec. 2 – Dec. 30*	Mon. & Wed.	7 - 7:45 PM	\$48

*Note: No class on December 25

Participants with annual passes receive a 20% discount on all water fitness classes!



Low Impact Senior Water Exercise Class

This class is designed to increase range of motion, strength, balance and flexibility without discomfort from weight and gravity on joints and muscles. This is not a cardio class and adjustments will be made for individuals to meet their personal fitness goals. This is a great class to pair with other fitness routines or as a stand alone class. Minimum 5; maximum 20.

Registration Deadline: One week before the start of the class

Session	DAY	TIME	FEE*
Sept. 4 – Sept. 30	Mon. & Wed.	11 – 11:45 AM	\$48
Oct. 2 – Oct. 30	Mon. & Wed.	11 – 11:45 AM	\$54
Nov. 4 – Nov. 27	Mon. & Wed.	11 – 11:45 AM	\$48
Dec. 2 – Dec. 30*	Mon. & Wed.	11 – 11:45 AM	\$48

*Note: No class on Dec. 25

Cardio Senior Water Exercise Class

(Note: Participants will need to complete the low impact Senior Water Exercise class and/or have instructor approval to register.) This class is designed with the active senior in mind. This class will have some cardiovascular work-out designed to individual's current fitness level, as well as improve flexibility, full range of motion, balance, strength and endurance. Minimum 5; maximum 20.

Registration Deadline: One week before the start of the class

Session	DAY	TIME	FEE*
Sept. 3 – Sept. 26	Tues. & Thurs.	11-11:45 AM	\$48
Oct. 1 - Oct. 31	Tues. & Thurs.	11-11:45 AM	\$60
Nov. 5 – Nov. 26*	Tues. & Thurs.	11-11:45 AM	\$42
Dec. 3 – Dec. 26*	Tues. & Thurs.	11-11:45 AM	\$42

*Note: No class on Nov. 28 or Dec. 24 & 31

Participants with annual passes receive a 20% discount on all water fitness classes!



Deep Cardio Interval Training and Sculpt

This class takes place in the deep end of the pool. Water belts are worn to assist you in maintaining the proper position needed to exercise in deep water. Take high intensity interval training to deeper waters to add challenge without impact to effectively target both cardio and core. The water adds unique resistance to achieve body sculpting and muscle conditioning. Minimum 5; maximum 20.

Registration Deadline: One week before the start of the class.

Session	DAY	TIME	FEE*
Sept. 4 – Sept. 30	Mon. & Wed.	5 - 5:45 PM	\$48
Sept. 4 – Sept. 30	Mon. & Wed.	6 - 6:45 PM	\$48
Oct. 2 – Oct. 30	Mon. & Wed.	5 - 5:45 PM	\$54
Oct. 2 – Oct. 30	Mon. & Wed.	6 - 6:45 PM	\$54
Nov. 4 – Nov. 27	Mon. & Wed.	5 - 5:45 PM	\$48
Nov. 4 – Nov. 27	Mon. & Wed.	6 - 6:45 PM	\$48
Dec. 2 – Dec. 30*	Mon. & Wed.	5 - 5:45 PM	\$48
Dec. 2 – Dec. 30*	Mon. & Wed.	6 - 6:45 PM	\$48

*Note: No class on Dec. 25

Shallow Water Aerobics

This is a challenging workout in the water approximately chest deep. The routine will offer a variety of different techniques such as weight resistance, drag equipment, cardio and strength endurance. The level of calorie burning, weight loss/fat burning, strength endurance and cardio-respiratory workout will vary depending on level of exercise and technique. Minimum 5; maximum 25.

Registration Deadline: One week before the start of the class.

Session	DAY	TIME	FEE*
Sept. 3 – Sept. 26*	Tues. & Thurs.	5 - 5:45 PM	\$42
Sept. 3 – Sept. 26*	Tues. & Thurs.	6 - 6:45 PM	\$42
Oct. 1 – Oct. 31	Tues. & Thurs.	5 - 5:45 PM	\$60
Oct. 1 – Oct. 31	Tues. & Thurs.	6 - 6:45 PM	\$60
Nov. 5 – Nov. 26*	Tues. & Thurs.	5 - 5:45 PM	\$42
Nov. 5 – Nov. 26*	Tues. & Thurs.	6 - 6:45 PM	\$42
Dec. 3 – Dec. 26*	Tues. & Thurs.	5 - 5:45 PM	\$42
Dec. 3 – Dec. 26*	Tues. & Thurs.	6 - 6:45 PM	\$42

*Note: No class on Sep. 19, Nov. 28, Dec. 24 & 31

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, and a processing fee will be applied. If space is not available in the child's appropriate level, no refund will be given. **Registration Deadline: One week before the start of the class. Registration fees are non-refundable.**

Parent & Child Lessons

Enjoy 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. This class is designed to make your child more comfortable in and enjoy being around the water. Minimum 5; Maximum 10.

Parent & Child	AGES	COST
Level 1	6 mos. – 18 mos.	\$50
Level 2	18 mos. – 3 yrs.	\$50

See Swim Lesson Schedule on Pages 42-44

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. 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

Preschool Lessons	AGES	COST
Level 1	3-5 Years	\$50
Minimum Class Size: 2; Maximum: 4 See Swim Lesson Schedule on Pages 42-44		

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. 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
- 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.

Preschool Lessons	AGES	COST
Level 2	3-5 Years	\$50
Minimum Class Size: 2; Maximum: 4 See Swim Lesson Schedule on Pages 42-44		

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.

Preschool Lessons	AGES	COST
Level 3	3-5 Years	\$50
Minimum Class Size: 2; Maximum: 4 See Swim Lesson Schedule on Pages 42-44		

Note: No goggles allowed for classes Preschool through LTS level 3A.

American Red Cross Swimming Lessons

Learn to Swim Lessons

Ages 5-12 for Levels 1, 2, & 3; Ages 5-14 for Levels 4 & 5

Participants must be 5 yrs. of age AND minimum of 45" tall.

Registration Deadline: One week before the start of the class.

Class Sizes:

LEVEL 1 & 2: Min 4 / Max 6

LEVEL 3A & 3B: Min 4 / Max 8

LEVEL 4 & 5: Min 5 / Max 10

Learn to Swim Level 1 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
- Bobbing independently
- Open eyes under water and retrieve submerged objects independently
- Front and back glides and floats independently
- Recover to vertical position independently
- Roll from front to back and back to front independently
- Tread water using arm and hand actions with minimal support
- 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.

Learn to Swim Level 2 Fundamental Aquatic Skills

Gives participants success with fundamental skills. (No goggles allowed)

- Everything listed in learn to swim level one plus:
- 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
- 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.

Learn to Swim Level 3A Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water (No goggles 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 (cont'd on next column)

- 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.

Learn to Swim Level 3B Stroke Development

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

- 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
- 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.

Learn to Swim Level 4 Stroke Development

Develops confidence in the skills learned and improves other aquatic skills.

- Everything in learn to swim levels 1,2 and 3, plus:
- Headfirst entries from the side in compact and stride positions

- successfully and independently
- Swim under water minimum 5 body lengths successfully and independently
- Feet-first surface dive successfully and independently
- Survival swimming minimum 30 seconds 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 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.

Learn to Swim Level 5 Stroke Development

Provides further coordination and refinement of strokes.

- Everything in learn to swim levels 1, 2, 3 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
- Front flip turn and backstroke flip turn while swimming successfully and independently
- Front and elementary backstroke minimum of 50 yards successfully and independently
- Back crawl, breaststroke, sidestroke and butterfly minimum of 25 yards successfully and independently
- Sculling successfully and independently

Learn to Swim Lessons	AGES	COST
Level 1	5-12	\$45
Level 2	5-12	\$45
Level 3A	5-12	\$45
Level 3B	5-12	\$45
Level 4	5-14	\$45
Level 5	5-14	\$45

See Swim Lesson Schedule on Pages 42-44

WEEKDAY SWIM LESSONS

September 4 –16

Level	Day	Time	Fee
Preschool Level 1	M, W	9:15-10:00 a.m.	\$50
Preschool Level 2	M, W	10:00-10:45 a.m.	\$50
Parent and Child Level 2	M, W	10:00-10:45 a.m.	\$50

September 3-12

Level	Day	Time	Fee
Preschool Level 3	T, TH	9:15-10:00 a.m.	\$50
Preschool Level 2	T, TH	10:00-10:45 a.m.	\$50
Preschool Level 1	T, TH	10:00-10:45 a.m.	\$50
Preschool Level 2	T, TH	1:30-2:15 p.m.	\$50
Preschool Level 1	T, TH	2:15 – 3:00 p.m.	\$50

September 23 – October 2

Level	Day	Time	Fee
Preschool Level 2	M/W	9:15-10:00 a.m.	\$50
Preschool Level 1	M/W	10:00-10:45 a.m.	\$50
Preschool Level 3	M/W	10:00-10:45 a.m.	\$50

September 24 – October 3

Level	Day	Time	Fee
Preschool Level 1	T, TH	9:15-10:00 a.m.	\$50
Preschool Level 2	T, TH	10:00-10:45 a.m.	\$50
Parent and Child Level 1	T, TH	10:00-10:45 a.m.	\$50
Preschool Level 1	T, TH	1:30-2:15 p.m.	\$50
Preschool Level 3	T, TH	2:15 – 3:00 p.m.	\$50

October 7- 16

Level	Day	Time	Fee
Preschool Level 1	M, W	9:15-10:00 a.m.	\$50
Preschool Level 2	M, W	10:00-10:45 a.m.	\$50
Parent and Child Level 2	M, W	10:00-10:45 a.m.	\$50

October 8 - 17

Level	Day	Time	Fee
Preschool Level 3	T, TH	9:15-10:00 a.m.	\$50
Preschool Level 2	T, TH	10:00-10:45 a.m.	\$50
Preschool Level 1	T, TH	10:00-10:45 a.m.	\$50
Preschool Level 2	T, TH	1:30-2:15 p.m.	\$50
Preschool Level 1	T, TH	2:15 – 3:00 p.m.	\$50

October 21 -30

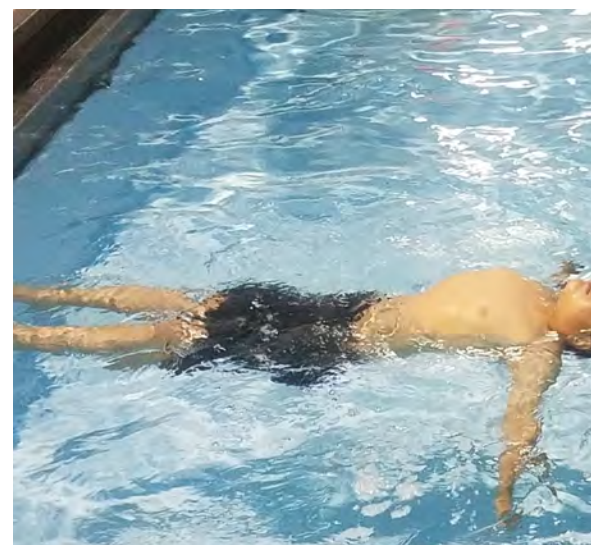
Level	Day	Time	Fee
Preschool Level 2	M/W	9:15-10:00 a.m.	\$50
Preschool Level 1	M/W	10:00-10:45 a.m.	\$50
Preschool Level 3	M/W	10:00-10:45 a.m.	\$50

October 22 - 31

Level	Day	Time	Fee
Preschool Level 1	T, TH	9:15-10:00 a.m.	\$50
Preschool Level 2	T, TH	10:00-10:45 a.m.	\$50
Parent and Child Level 1	T, TH	10:00-10:45 a.m.	\$50
Preschool Level 1	T, TH	1:30-2:15 p.m.	\$50
Preschool Level 3	T, TH	2:15 – 3:00 p.m.	\$50

November 6 -27

Level	Day	Time	Fee
Preschool Level 1	W	9:15-10:00 a.m.	\$50
Preschool Level 2	W	10:00-10:45 a.m.	\$50
Preschool Level 3	W	10:00-10:45 a.m.	\$50



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, and a processing fee will be applied. Registration fees are non-refundable. Thank you.

WEEKEND SWIM LESSONS



September 7 – October 12 (No Class on October 5)

Level	Day	Time	Fee
Learn to Swim Level 1	Saturdays	9:00-9:45 a.m.	\$45
Learn to Swim Level 2	Saturdays	9:00-9:45 a.m.	\$45
Learn to Swim Level 3A	Saturdays	9:00-9:45 a.m.	\$45
Preschool Level 1	Saturdays	9:00-9:45 a.m.	\$50
Learn to Swim Level 4	Saturdays	9:00-9:45 a.m.	\$45
Parent and Child Level 1	Saturdays	9:50-10:35 a.m.	\$50
Preschool Level 1	Saturdays	9:50-10:35 a.m.	\$50
Preschool Level 2	Saturdays	9:50-10:35 a.m.	\$50
Learn to Swim Level 3B	Saturdays	9:50-10:35 a.m.	\$45
Learn to Swim Level 5	Saturdays	9:50-10:35 a.m.	\$45
Parent and Child Level 2	Saturdays	10:40-11:25 a.m.	\$50
Preschool Level 1	Saturdays	10:40-11:25 a.m.	\$50
Learn to Swim Level 2	Saturdays	10:40-11:25 a.m.	\$45
Learn to Swim Level 3A	Saturdays	10:40-11:25 a.m.	\$45
Learn to Swim Level 3B	Saturdays	10:40-11:25 a.m.	\$45



October 19– November 16

Level	Day	Time	Fee
Preschool Level 1	Saturdays	9:00-9:45 a.m.	\$50
Preschool Level 2	Saturdays	9:00-9:45 a.m.	\$50
Learn to Swim Level 1	Saturdays	9:00-9:45 a.m.	\$45
Learn to Swim Level 2	Saturdays	9:00-9:45 a.m.	\$45
Learn to Swim Level 3A	Saturdays	9:00-9:45 a.m.	\$45
Preschool Level 3	Saturdays	9:50-10:35 a.m.	\$50
Parent and Child Level 2	Saturdays	9:50-10:35 a.m.	\$50
Learn to Swim Level 2	Saturdays	9:50-10:35 a.m.	\$45
Learn to Swim Level 3A	Saturdays	9:50-10:35 a.m.	\$45
Learn to Swim Level 4	Saturdays	9:50-10:35 a.m.	\$45
Parent and Child Level 1	Saturdays	10:40-11:25 a.m.	\$50
Learn to Swim Level 1	Saturdays	10:40-11:25 a.m.	\$45
Learn to Swim Level 2	Saturdays	10:40-11:25 a.m.	\$45
Learn to Swim Level 3B	Saturdays	10:40-11:25 a.m.	\$45
Learn to Swim Level 5	Saturdays	10:40-11:25 a.m.	\$45



November 23 – December 21

Level	Day	Time	Fee
Preschool Level 3	Saturdays	9:00-9:45 a.m.	\$50
Preschool Level 1	Saturdays	9:00-9:45 a.m.	\$50
Learn to Swim Level 1	Saturdays	9:00-9:45 a.m.	\$45
Learn to Swim Level 2	Saturdays	9:00-9:45 a.m.	\$45
Learn to Swim Level 3A	Saturdays	9:00-9:45 a.m.	\$45
Preschool Level 2	Saturdays	9:50-10:35 a.m.	\$50
Learn to Swim Level 1	Saturdays	9:50-10:35 a.m.	\$45
Learn to Swim Level 2	Saturdays	9:50-10:35 a.m.	\$45
Learn to Swim Level 3A	Saturdays	9:50-10:35 a.m.	\$45
Learn to Swim Level 3B	Saturdays	9:50-10:35 a.m.	\$45
Parent and Child Level 2	Saturdays	10:40-11:25 a.m.	\$50
Learn to Swim Level 1	Saturdays	10:40-11:25 a.m.	\$45
Learn to Swim Level 2	Saturdays	10:40-11:25 a.m.	\$45
Learn to Swim Level 3B	Saturdays	10:40-11:25 a.m.	\$45
Learn to Swim Level 5	Saturdays	10:40-11:25 a.m.	\$45

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, and a processing fee will be applied. Registration fees are non-refundable. Thank you.

AFTER SCHOOL & EVENING SWIM LESSONS

SEPTEMBER 23 – OCTOBER 3

Level	Day	Time	Fee
Learn to Swim Level 1	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 2	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 3A	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 4	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 1	M-TH	4:35-5:05 p.m.	\$45
Learn to Swim Level 2	M-TH	4:35-5:05 p.m.	\$45
Learn to Swim Level 3B	M-TH	4:35-5:05 p.m.	\$45
Learn to Swim Level 5	M-TH	4:35-5:05 p.m.	\$45
Parent and Child Level 1	M-TH	5:10- 5:40 p.m.	\$50
Preschool Level 1	M-TH	5:10- 5:40 p.m.	\$50
Preschool Level 2	M-TH	5:10- 5:40 p.m.	\$50
Preschool Level 3	M-TH	5:10- 5:40 p.m.	\$50

OCTOBER 14 – OCTOBER 24

Level	Day	Time	Fee
Learn to Swim Level 1	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 2	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 3B	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 5	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 1	M-TH	4:35-5:05 p.m.	\$45
Learn to Swim Level 2	M-TH	4:35-5:05 p.m.	\$45
Learn to Swim Level 3A	M-TH	4:35-5:05 p.m.	\$45
Learn to Swim Level 4	M-TH	4:35-5:05 p.m.	\$45
Parent and Child Level 2	M-TH	5:10- 5:40 p.m.	\$50
Preschool Level 1	M-TH	5:10- 5:40 p.m.	\$50
Preschool Level 2	M-TH	5:10- 5:40 p.m.	\$50
Preschool Level 3	M-TH	5:10- 5:40 p.m.	\$50

NOVEMBER 4 – NOVEMBER 14

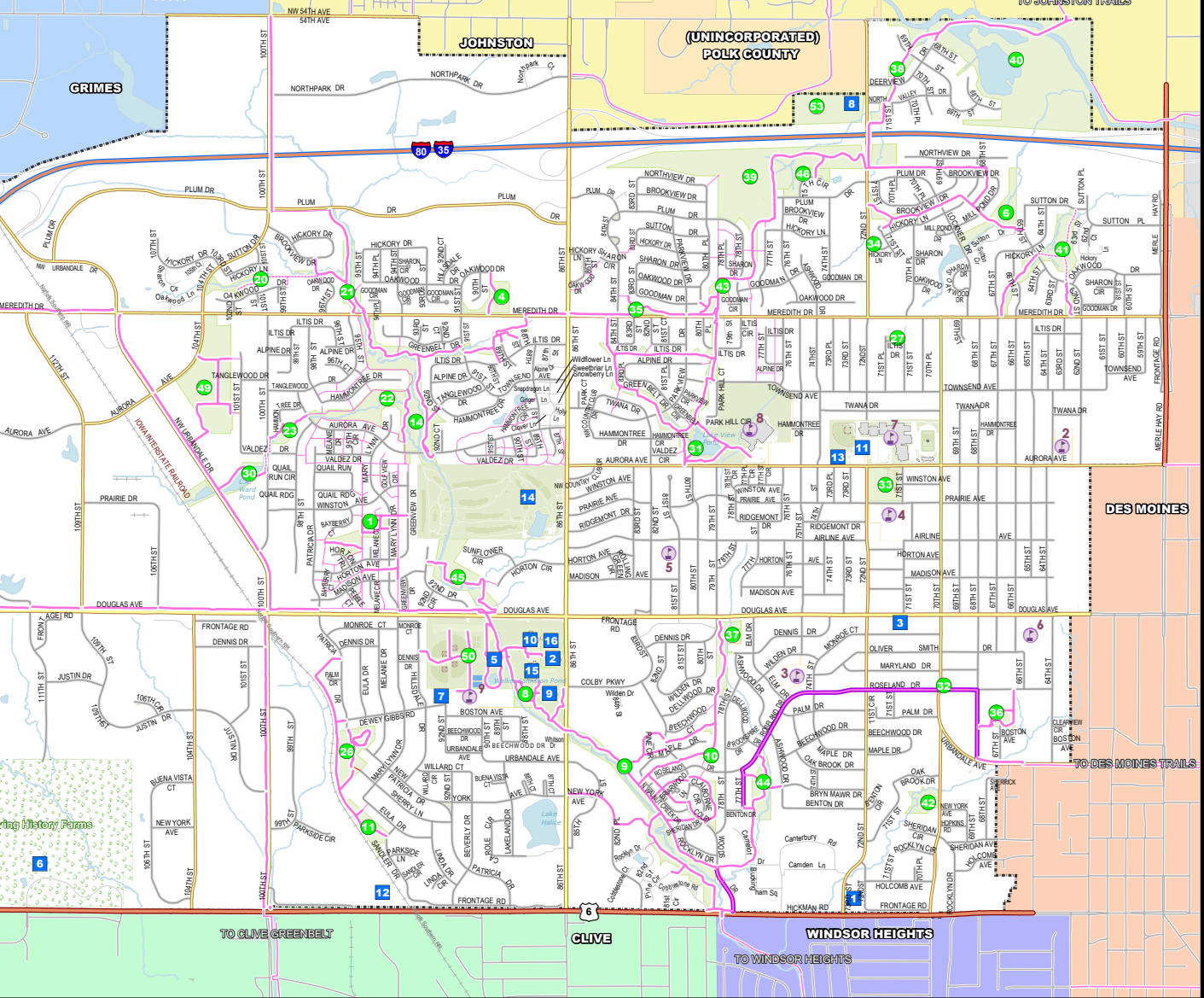
Level	Day	Time	Fee
Learn to Swim Level 1	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 2	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 3A	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 3B	M-TH	4:00-4:30 p.m.	\$45
Learn to Swim Level 1	M-TH	4:35-5:05 p.m.	\$45
Learn to Swim Level 2	M-TH	4:35-5:05 p.m.	\$45
Learn to Swim Level 3A	M-TH	4:35-5:05 p.m.	\$45
Learn to Swim Level 3B	M-TH	4:35-5:05 p.m.	\$45
Parent and Child Level 2	M-TH	5:10- 5:40 p.m.	\$50
Preschool Level 1	M-TH	5:10- 5:40 p.m.	\$50
Preschool Level 2	M-TH	5:10- 5:40 p.m.	\$50
Preschool Level 3	M-TH	5:10- 5:40 p.m.	\$50

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, and a processing fee will be applied. Registration fees are non-refundable. Thank you.





ID	School Name	Address
1	Des Moines Christian School	13007 Douglas Parkway
2	Jensen Elementary	6301 Aurora Avenue
3	Karen Acres Elementary	3500 74th Street
4	Olmsted Elementary	7110 Prairie Avenue
5	Rolling Green Elementary	8100 Airline Avenue
6	St Pius X School	3601 66th Street
7	Urbandale High School	7111 Aurora Avenue
8	Urbandale Middle School	7701 Aurora Avenue
9	Valerius Elementary	3305 92nd Street
10	Walnut Hills Elementary	4240 156th Street
11	Webster Elementary	12955 Aurora Avenue



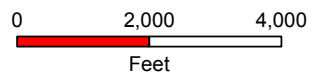
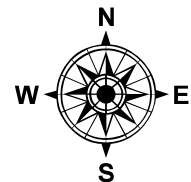
Urbandale Parks and Recreation Facilities

Urbandale Bike Trail System: There are currently over 48 miles of trails within Urbandale, and another 15 miles of future proposed trails as shown here.

Address	approx. acres	play equipment	picnic tables	open shelter	enclosed rental shelter	cocking grills	restrooms	waiting pool	open play field	league softball - adult	league softball - youth	soccer fields	tennis/pickleball courts	basketball courts	sand volleyball	bike walking trails	parking lot	public art	pond	skateboarding
128th and Aurora Ave.	6	X								X	X	X	X	X						
16211 Tanglewood Dr.	6.2	X	X					X												
3900 Block of NW Urbandale Dr.	8.7	X																		
80th and Aurora Ave.	23.7	X	X	X	X	X	X	X												
70th and Roseland Ave.	0.1																			
72nd and Prairie Ave.	8.2	X	X	X	X	X	X	X												
72nd and Hickory Ln.	0.5																			
82nd and Meredith Dr.	2.6	X						X												
67th and Urbandale Ave.	3.7	X	X	X	X	P	X			X	X	X	X	X						
77th and Douglas Ave.	7.7	X	X																	
69th and Deeriew Dr.	4.1	X	X																	
78th and I-35/80	67.1	X																		
68th and Deeriew Dr.	103.1																			
Oakwood Dr. and Hickory Ln.	9.66																			
70th and New York Ave.	4.3	X	X	X	X	P	X													
4624 78th St.	4.3	X	X																	
77th and Roseland Ave.	7.4	X	X																	
92nd Dr. and Douglas Ave.	14.3																			
75th Circle	3.6	X	X	X	X	P														
125th and Tanglewood Dr.	11.36							X												
135th and Ridgewood	54.2																			
Meredith Dr. and Aurora Ave.	29.1	X	X				X	X	X	X	X	X	X	X	X	X	X	X	X	X
9000 Douglas Ave.	72	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
153rd and Horton Ave.	216.3	X	X	X	X	P	X													
156th and Northview Dr.	39.3																			
5110 72nd Street	15.1																			X

Legend

- Notable Facilities
- Parks
- Schools
- Existing Trail
- On Street Trail
- Proposed Trail
- Sidewalk Program
- Water



Urbandale Parks and Recreation
 3600 86th Street
 (515) 278-3963
 EMAIL: parks-rec@urbandale.org

To the best of our knowledge, the information shown on this map was correct at the time of publication. However, the City of Urbandale makes no warranty to the accuracy of the information.





Youth Programs

Recreation Superintendent: Mollie Wilhite

Recreation Coordinator: Chris Barkema

3600 86th St.

Urbandale, IA 50322

(515) 278-3963

www.UrbandaleParksAndRec.org

Urbandale Parks and Recreation is dedicated to helping residents and neighbors stay fit, active, and healthy so everyone can enjoy the rich quality of life our community has to offer. Enjoy our programs, have fun, and maybe even learn something new!



Good Time Gang (Ages 2-3½)

This all-time favorite activity-plus development based program includes activities such as free play, simple crafts, stories, games, and songs all centered around our weekly theme. Our program will focus on coordination, socialization, large muscle development, and just plain FUN! Children will do crafts that include paint and glue – please dress accordingly! Participants MUST be 2 years of age before the first day of class. A snack will be served. (This is a program in which parents drop off their children.) Maximum 12 participants per session. First session lasts 6 weeks, second session lasts 7 weeks. Instructors: Ronda Stumberg and Diane Kruse.

Registration Deadlines: August 27, August 29, October 8, October 10

Session	DAY/TIME	LOCATION	FEE
Sept. 3 – Oct. 8	Tues. 9:15-11:15AM	Lions Park Shelter House	\$81
Sept. 5 – Oct. 10	Thurs. 9:15-11:15AM	Lions Park Shelter House	\$81
Oct. 15 – Dec. 3	Tues. 9:15-11:15AM	Lions Park Shelter House	\$94
Oct. 17 – Dec. 5	Thurs. 9:15-11:15AM	Lions Park Shelter House	\$94

*NO CLASS: November 26, November 28

Good Time Gang - Two Day Program (Ages 3½-5)

(To add another day of preschool, please check out Good Time Gang and MORE!) We will immerse your child in both structured and unstructured activities centered around our weekly theme to prepare them to venture into the kindergarten classroom. Participants will engage in simple crafts, free play, games, music, circle time (story, calendar, letter of the week, etc.) and table time (patterns, numbers, and letters) all with a focus on pre-academic skills. Children will create crafts that include paint and glue – please dress accordingly! Participants MUST be 3½ years of age before the first day of class and MUST be potty trained. A snack will be served. (This is a program in which parents drop off their children.) Maximum 12 participants per session. First session lasts 6 weeks, second session lasts 7 weeks. Instructors: Ronda Stumberg and Diane Kruse.

Registration Deadlines: August 27, October 8

Session	DAY/TIME	LOCATION	FEE
Sept. 3 – Oct. 10	Tuesday & Thursday 12:15-2:30 PM	Lions Park Shelter House	\$182
Oct. 15 – Dec. 5	Tuesday & Thursday 12:15-2:30 PM	Lions Park Shelter House	\$213

*NO CLASS: November 26 or November 28



Good Time Gang - Two Day Program (Ages 3-4)

(To add another day of preschool, please check out Good Time Gang and MORE!) We will immerse your child in both structured and unstructured activities centered around our weekly theme. Participants will engage in simple crafts, free play, games, music, circle time (story, calendar, letter of the week, etc.) all with a focus on pre-academic skills. Participant MUST be 3 years of age before the first day of class and MUST be potty trained. Children will create crafts that include paint and glue – please dress accordingly! Maximum 12 participants per session. A snack will be served. (This is a program in which parents drop off their children.) First session lasts 6 weeks, second session lasts 7 weeks. Instructors: Ronda Ammann and Diane Kruse.

Registration Deadlines: August 28, October 7

Session	DAY/TIME	LOCATION	FEE
Sept. 4 – Oct. 9	Monday & Wednesday 9:15-11:15AM	Lions Park Shelter House	\$149
Oct. 14 – Dec. 4	Monday & Wednesday 9:15-11:15AM	Lions Park Shelter House	\$175

*NOTE: First session begins on a Wednesday
 *NO CLASS: October 21, November 25, November 27

Good Time Gang and MORE! (Ages 3-5)

This class is the perfect option if you would like another day of preschool for your child! Participants will engage in simple crafts, free play, games, music, circle time (story, calendar, letter of the day, etc.), all with a focus on pre-academic skills centered around our weekly theme. Children will create crafts that include paint and glue – please dress accordingly! Participants MUST be 3 years of age and MUST be potty trained before the first day of class. (This is a program in which parents drop off their children.) A snack will be served. 6-week session. Maximum 12 participants per session. Instructors: Ronda Stumberg and Ronda Ammann.

Registration Deadlines: August 30, October 11

Session	DAY/TIME	LOCATION	FEE
Sept. 6 – Oct. 11	Fridays 9:15-11:15AM	Lions Park Shelter House	\$81
Oct. 18 – Dec. 6	Fridays 9:15-11:15AM	Lions Park Shelter House	\$81

NO CLASS: November 1, November 29

Parent and Me Creative Movement (Ages 18 mos.-3)

A parent and child take this 4-week class together! This class is all about exploring dance through music and props, learning to follow directions and waiting your turn all while having fun! Please register child only. Max. 10 children. Instructor: BU Dance Studio.

Registration Deadline: August 28

Session	DAY/TIME	LOCATION	FEE
Sept. 4 - Sept. 25	Wednesdays 5:30-6 PM	BU Dance Studio 8040 Douglas Ave.	\$60

TotLot (Ages 1-5)

Need a place for your toddler to burn some energy this fall? Tired of the crowded mall play area? Bring the kiddos to the Tot Lot at Giovannetti Community Shelter! Toddler toys, balls, tunnels, mats, music and more will be available in the large community room to get the kids running and playing. Parents/ caretakers are required to stay and watch their children. Register child only. 7 week sessions. Supervised by City Staff.

Registration Deadlines: September 6, October 25

Session	DAY/TIME	LOCATION	FEE
Sept. 10 – Oct. 22	Tuesdays 9-10:30 AM	Giovannetti Community Shelter	\$21
Oct. 29 – Dec. 10	Tuesdays 9-10:30 AM	Giovannetti Community Shelter	\$21



About Rounded Minds™

Rounded Minds’ mission is to make top-level extracurricular activities available, convenient and affordable to parents who desire to raise well-rounded children and establish a strong foundation for their lifelong success. This unique programming focuses on building strong bodies and minds while providing benefits of natural bilingual learning at an early age. Every Rounded Minds class is designed and led by attentive experts committed to providing safe, energetic, creative and fun educational experiences. All programs are bilingual programs that offer children experiences in sports without the threat of competition. Basic skills and fun games will reinforce listening, teamwork, and the joy of being active.

Rounded Minds - Sports Exploration (Ages 3-6)

Experience the new beneficial bilingual teaching methods of Rounded Minds. This 5-week program is a great way for children to experience a variety of new sports and activities in a format that is structured, engaging, and most of all... FUN! This program prepares children for organized Sports without the threat of competition or the fear of getting hurt. Children will have an opportunity to explore a new sport each day, learn some basic skills, and participate in fun games that will reinforce listening, teamwork, and the joy of being active! We focus on fundamental motor skills and coordination. This will provide them confidence to participate in athletics as they grow older. Your child will enjoy a sport and will be learning Spanish simultaneously. Instructor: Raul Cunarro.

Registration Deadline: October 29

Session	DAY/TIME	LOCATION	FEE
Nov. 6 - Nov. 27	Wednesdays 6-7 PM	Giovannetti Community Shelter	\$43



Rounded Minds – Soccer & Spanish Intro (Ages 3-6)

Experience the new beneficial bilingual teaching methods of Rounded Minds. This 4-week program is a great way for children to experience soccer in a format that is structured, engaging, and most of all.... FUN! This high-energy fitness program is led by professional soccer coaches who introduce children to fundamental soccer principles, such as using their feet, dribbling, passing, ball control, and shooting by using creative games, positive reinforcement, and even songs. Children will learn the basic rules of the game while practicing sportsmanship and teamwork. Your child will enjoy soccer and will be learning Spanish simultaneously! Instructor: Raul Cunarro.

Registration Deadline: September 2

Session	DAY/TIME	LOCATION	FEE
Sept. 7 - Sept. 28	Saturdays 10:45-11:45 AM	Lions Park Tennis Courts	\$43

Rounded Minds - Tumbling & Spanish Intro (Ages 2-7)

In this always-moving class, kids explore movement and tumbling through fun exercises and activities. Basic tumbling and calisthenics are introduced using stories, activities and games that kids enjoy. Skills include somersault, bridge, headstand, handstand, back bend and more. Kids won't get enough of this high energy 4-week class! Mix 5 / Max 15. Instructor: Raul Cunarro

Registration Deadline: September 27

Session	DAY/TIME	LOCATION	FEE
Oct. 3 - Oct. 24	Thursdays 6-7 PM	Giovannetti Community Shelter	\$43

Hooray for Halloween! (Ages 2-12)

Come to the Giovannetti Community Shelter for a spooktacular night! Children should dress in their favorite costumes and bring a sack for trick or treat candy! We will make Halloween crafts, decorate cookies and play games!

Registration Deadline: October 15

Session	DAY/TIME	LOCATION	FEE
October 28	Monday 6-7 PM	Giovannetti Community Shelter	\$8

Kids Yoga (Ages 6-12)

Kids are introduced to yoga in a fun and engaging way. From movement songs to yoga games, kids will move the entire class. This 6 week class will build body awareness and self-esteem as kids gain flexibility and strength. Instructor: Ashley Muilenburg. Min 6/ Max 12.

Registration Deadline: September 3

Session	DAY/TIME	LOCATION	FEE
Sept. 8 – Oct. 13	Sundays 4:30-5:30 PM	SweatFIT Club 3975 100th St.	\$65

Pee Wee's Tap/Ballet (Ages 3-4)

Learn tap and ballet in this fun-filled 4 week class. We will use lots of interactive props and kid friendly music to keep your little one interested and their imagination soaring. **Tap shoes are required for this class.** Instructor: BU Dance Company. BU Dance Company is located at 8040 Douglas Avenue, Urbandale.

Registration Deadlines: August 28, September 25

Session	DAY/TIME	LOCATION	COST
Sept. 4 - Sept. 25	Wednesdays 6-6:30 PM	BU Dance Studio 8040 Douglas Ave.	\$43
Oct. 2 - Oct. 23	Wednesdays 6-6:30 PM	BU Dance Studio 8040 Douglas Ave.	\$43

Prince and Princess for a Day! (Ages 3-10)

Girls and boys will love this class! They will create a tiara or a crown, a sash with their name and a royal wand or sword!

Registration Deadline: October 2

Session	DAY/TIME	LOCATION	COST
October 9	Wednesday 5:30-6:30 PM	Lions Park Shelter House	\$8

BU Ninjas Boys Breakdance and Hip Hop (Grades K-5)

We will play games and introduce hip hop dance in this 6-week class. They will learn to listen to their teacher, interact with other kids, wait their turn, and have lots and lots of fun!! We HAVE super capes and USE lots of props to keep their creative minds flowing!! Max. 10 children. Instructor: BU Dance Studio.

Registration Deadlines: September 25, October 30

Session	DAY/TIME	LOCATION	COST
Oct. 2 - Oct. 23	Wednesdays 6:30-7:30 PM	BU Dance Studio 8040 Douglas Ave.	\$64
Nov. 6 - Nov. 27	Wednesdays 6:30-7:30 PM	BU Dance Studio 8040 Douglas Ave.	\$64

Mini Mix Tap/Jazz/Lyrical (Grades K-2)

This 4 week class is for children who love to move! We will explore three types of dance Tap/Jazz/Ballet. This class is very interactive using props and music. Your kiddo will love it! **Tap shoes are required for this class.** Instructor: BU Dance Company. BU Dance Company is located at 8040 Douglas Avenue, Urbandale.

Registration Deadlines: September 2, October 30

Session	DAY/TIME	LOCATION	COST
Sept. 9 – Sept. 30	Mondays 6-6:45 PM	BU Dance Studio 8040 Douglas Ave.	\$64
Oct. 7 - Oct. 28	Mondays 6-6:45 PM	BU Dance Studio 8040 Douglas Ave.	\$64

Jr. Mix Tap/Jazz/Ballet (Grades 3-5)

This is a high energy 4-week dance class with lots of fun packed in. The kids will learn a routine, work in groups, and explore different styles of dance. Instructor: BU Dance Company is located at 8040 Douglas Avenue, Urbandale.

Registration Deadline: August 28

Session	DAY/TIME	LOCATION	COST
Sept. 3 – Sept. 24	Tuesdays 6-6:45 PM	BU Dance Studio 8040 Douglas Ave.	\$64

Pom/Ribbon Dance (Ages 4-6)

Learn fun techniques and a routine with pom poms and dance ribbons. Instructor: BU Dance Company. BU Dance Company is located at 8040 Douglas Avenue, Urbandale.

Registration Deadlines: September 3, September 30

Session	DAY/TIME	LOCATION	COST
Sept. 9 – Sept. 30	Mondays 5:30-6 PM	BU Dance Studio 8040 Douglas Ave.	\$43
Oct. 7 – Oct. 28	Mondays 5:30-6 PM	BU Dance Studio 8040 Douglas Ave.	\$43

Letter from Santa (Ages 10 and under)

Enjoy this opportunity to receive a letter from Santa mailed directly to your child. This letter, written in simple, easy to read language, is a thrilling surprise for any child. It will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Letter will arrive approximately one week before Christmas. A unique and touching idea for all of your nieces, nephews or grandchildren no matter where they live!

Registration Deadline: December 6

Session	COST
Registration begins September 1	\$2

Cookies for Santa (Ages 3-8)

Everyone knows that Santa loves COOKIES!! Join us as we decorate cookies for Santa. Please bring a container to take treats home. **Parental supervision required.** Fee is for child only, parents are free. Please register child only. Staff Instructor.

Registration Deadline: December 2

Session	DAY/TIME	LOCATION	COST
December 7	Saturday 10-11 AM	Giovannetti Community Shelter	\$12

Brunch With Santa (Ages 2-7)

Santa will be taking a break from making toys and wants you to join him! Come have a fun morning with Santa enjoying donuts and juice, making holiday crafts, cookie decorating, singing songs and more. Don't forget your list to give to Santa and a camera for a great photo opportunity! Parents/adults should attend with child. Donuts and juice are for registered child only. Maximum 60 participants.

Registration Deadline: December 9

Session	DAY/TIME	LOCATION	COST
December 14	Saturday 9-10 AM	Giovannetti Community Shelter	\$10

Flashlight Candy Cane Hunt (Ages 1-10)

It has been rumored someone has left candy canes and candy on the grounds around Giovannetti Community Shelter! Bring your bag and flashlight and come help us find them all! After collecting all the candy, enjoy hot cocoa inside the shelter house. Don't forget to bring your camera for a picture with Santa! Parents must accompany children, please register child only. Dress according to the weather. Giovannetti Community Shelter is located at 8900 Douglas Avenue.

Registration Deadline: December 6

Session	DAY/TIME	LOCATION	COST
December 13	Friday 6-7 PM	Giovannetti Community Shelter	\$8

Creative Genius Art (Ages 6-11)

Draw, paint, and sculpt in this 3 part series to explore many kinds of art materials and mediums. Students will develop technical skill and study many kinds of artworks in this engaging, educational, and student led community art program. Instructor: Creative Geniuses Instructor Min 4/ Max 16.

Registration Deadlines: Oct. 2, Oct. 30, Nov. 27

Session	DAY/TIME	LOCATION	COST
Drawing Oct. 9 – Oct. 23	Wednesdays 4:15 – 5:15 PM	Giovannetti Community Shelter	\$45
Painting Nov. 6 – Nov. 20	Wednesdays 4:15 – 5:15 PM	Giovannetti Community Shelter	\$45
Sculpture Dec. 4 – Dec. 18	Wednesdays 4:15 – 5:15 PM	Giovannetti Community Shelter	\$45

Monster Jamz Girls Hip Hop (Grades K-5)

Monster Jamz hip hop is a high energy hip hop 4-week class for girls. Grab a friend and learn the hottest new moves with a routine! Instructor: BU Dance Company. BU Dance Company is located at 8040 Douglas Avenue, Urbandale.

Registration Deadline: September 24, October 29

Session	DAY/TIME	LOCATION	COST
Oct. 1 – Oct. 22	Tuesdays 6:45-7:45 PM	BU Dance Studio 8040 Douglas Ave.	\$64
Nov. 5 – Nov. 26	Tuesdays 6:45-7:45 PM	BU Dance Studio 8040 Douglas Ave.	\$64

Science Arts & Crafts (Ages 5-11)

Calling all creative scientists! Each week we will experiment with different compounds and minerals to create fun works of art! Our experiments will include making: Slime, galaxy bottles, fossil soaps, marshmallow caterpillars, mineral painting and MORE! Each class will include an edible science experiment. Min. 3 / Max. 15. 5 week class. Instructor: Alex Lihs

Registration Deadline: September 24

Session	DAY/TIME	LOCATION	COST
Oct. 1 – Oct. 29	Tuesdays 6-7:30 PM	Giovannetti Community Shelter	\$70



Baking for Kids-Winter Treats (Ages 5-11)

Tis the Season for sweet treats and sharing! Each week we will create delicious treats that are so good you'll want to share! Recipe themes include, truffles, festive barks, all things chocolate and marshmallow creations! Ingredients and supplies will be provided. Min. 2 / Max 10. 4-week class. Instructor: Alex Lihs

Registration Deadline: November 25

Session	DAY/TIME	LOCATION	COST
Dec. 2 – Dec. 23	Mondays 5:30-7 PM	Senior Recreation Center Kitchen	\$60

Baking for Kids-All About Fall! (Ages 7-13)

Tis the Season for fall baking! Join us for a fun fall themed 4-week baking class! Each week we will focus on traditional fall recipes, such as: Pumpkin Muffins, Carrot Cakes, Fruit Crisp Crumbles, and Pumpkin Spice Truffles! Ingredients and supplies will be provided. Min. 2 / Max 7. Instructor: Alex Lihs

Registration Deadline: October 29

Session	DAY/TIME	LOCATION	COST
Nov. 5 – Nov. 26	Tuesdays 6-7:30 PM	Senior Recreation Center Kitchen	\$60

Holiday Art in the Park (Ages 5-11)

Join your friends as we make holiday themed crafts. Each session will be themed around the upcoming holiday! Staff instructor.

Registration Deadlines: October 2, November 4, December 2

Session	DAY/TIME	LOCATION	COST
October 9 Halloween	Wednesday 5:30-6:30 PM	Senior Recreation Center Art Room	\$8
November 11 Thanksgiving	Monday 5:30-6:30 PM	Senior Recreation Center Art Room	\$8
December 9 Christmas	Monday 5:30-6:30 PM	Senior Recreation Center Art Room	\$8

Beginner Roller Skate! (Ages 5-17)

Learn the basics of roller skating (stop, stride, getting up and bending down). Skate rental included if needed. This is a 5-week class. Skateland is located at 5621 Meredith Drive in Des Moines.

Registration Deadlines: Aug. 19, Sep. 30, Nov. 11

Session	DAY/TIME	LOCATION	COST
Aug. 24 – Sept. 28	Saturdays 10-11 AM	Skateland	\$45
Oct. 5 – Nov. 9	Saturdays 10-11 AM	Skateland	\$45
Nov. 16 – Dec. 21	Saturdays 10-11 AM	Skateland	\$45

Kids Spa - Arts & Crafts (Ages 6-12)

Join us for this beginner-friendly class making your own homemade bath and beauty products! You will learn a variety of techniques you can use to create DIY bath products that are as beautiful as they are useful. Each week you will create new products such as: Sugar Scrubs, Lip Balms, and Bath Boms. All supplies are provided. Min. 3 / Max. 15. 3 week class. Instructor: Alex Lihs.

Registration Deadline: November 27

Session	DAY/TIME	LOCATION	COST
Dec. 4 – Dec. 18	Wednesdays 6-7:30 PM	Senior Recreation Center Art Room	\$55

Cooking for Kids (Ages 6-13)

Calling all mini chefs! Join us for a fun, hands on cooking 4-week class for kids! Each week we will learn different cooking techniques, kitchen first aid and create delicious recipes such as: Meat Balls, Breakfast Egg Muffins, Pizzas, and our last class we will make a dessert! Ingredients and cooking supplies will be provided! Min. 2 / Max 10. Instructor: Alex Lihs

Registration Deadline: September 30

Session	DAY/TIME	LOCATION	COST
Oct. 7 – Oct. 28	Mondays 5:45-7:30 PM	Senior Recreation Center Kitchen	\$70

Robotics 100 Level (Grade 1 - 6)

Build robots. Build friendships. Build confidence! This program will give your child a lively introduction to building and programming robots using LEGO® bricks and award-winning WeDo™ software. 4-week class.

Registration Deadlines: September 26, October 24

Session	DAY/TIME	LOCATION	COST
Oct. 3 – Oct. 24	Thursdays 5:30-7:30 PM	Sylvan Learning Center 8707 Northpark Ct. Urbandale, Iowa	\$105
Oct. 31 - Nov. 21	Thursdays 5:30-7:30 PM	Sylvan Learning Center 8707 Northpark Ct. Urbandale, Iowa	\$105



Generation Pound (Ages 6-12)

MOVE, ROCK, PLAY & MAKE NOISE! Generation POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive activities, kids will learn new ways to explore movements, embrace their creativity and ROCK OUT-ultimately building strength, confidence and self-awareness. Instructor: Ashlee Seaton. Min 7 / Max 14.

Registration Deadlines: September 23, October 21, October 28, December 9

Session	DAY/TIME	LOCATION	COST
September 28	Saturday 10:00-10:30 AM	SweatFIT Club 3975 100th Street	\$18
October 26	Saturday 10:00-10:30 AM	SweatFIT Club 3975 100th Street	\$18
November 2	Saturday 10:00-10:30 AM	SweatFIT Club 3975 100th Street	\$18
December 14	Saturday 10:00-10:30 AM	SweatFIT Club 3975 100th Street	\$18

Babysitting Clinic (Ages 10 and up)

Participants will learn about the responsibilities of a babysitter, what employers expect, and how to care for infants and toddlers. There will also be guest speakers teaching on the subjects of age appropriate toys and activities, safety, and basic first aid and rescue breathing. All participants receive a book filled with information about childcare as well as a certificate of completion at the end of the course. Class taught in conjunction with ISU Extension and Outreach. Bring a lunch, a refrigerator and microwave are available.

Registration Deadline: October 10

Session	DAY/TIME	LOCATION	COST
October 19	Saturday 9AM - 3 PM	Giovannetti Community Shelter	\$30



Martial Arts (Ages 8+)

Join Jim Douglas, 6th degree black belt and Master Instructor. Learn a traditional martial art that stresses self-defense, physical fitness, self-control and discipline. This is full martial arts incorporating principles from karate, hap ki do, tae kwon do and kempo. The program is for ages 8 and above and the techniques taught are adaptable to any age or physical level. This is what makes this program different from other martial arts programs! This is a year-round program and you may join anytime. Maximum 40 participants per month. First uniform is included.

Registration Deadlines: September 4, October 2, November 1, December 2

Beginning Level Martial Arts			
Session	DAY/TIME	LOCATION	FEE
Sept. 4 – Sept. 30	Mon. 5:30-6:30 PM Wed. 5-6 PM	Senior Recreation Center	\$60
Oct. 2 – Oct. 30	Mon. 5:30-6:30 PM Wed. 5-6 PM	Senior Recreation Center	\$60
Nov. 4 – Nov. 27	Mon. 5:30-6:30 PM Wed. 5-6 PM	Senior Recreation Center	\$60
Dec. 2 – Dec. 30	Mon. 5:30-6:30 PM Wed. 5-6 PM	Senior Recreation Center	\$60

Advanced Level Martial Arts			
Session	DAY/TIME	LOCATION	FEE
Sept. 4 – Sept. 30	Mon. 5:30-7 PM Wed. 5-6:30 PM Fri. 6-7 PM	Senior Rec. Center Senior Rec. Center Valerius Elem.	\$80
Oct. 2 – Oct. 30	Mon. 5:30-7 PM Wed. 5-6:30 PM Fri. 6-7 PM	Senior Rec. Center Senior Rec. Center Valerius Elem.	\$80
Nov. 1 – Nov. 27	Mon. 5:30-7 PM Wed. 5-6:30 PM Fri. 6-7 PM	Senior Rec. Center Senior Rec. Center Valerius Elem.	\$80
Dec. 2 – Dec. 30	Mon. 5:30-7 PM Wed. 5-6:30 PM Fri. 6-7 PM	Senior Rec. Center Senior Rec. Center Valerius Elem.	\$80

NO CLASS: December 25, December 27
 CLASS IS MOVED TO LIONS SHELTER ON: September 30, October 16, December 2, December 16, December 18

New! Chess Club (Grades K-8)

Make the right move by signing up for Chess class! Each class you will learn the fundamentals and strategies for the game known around the world: Chess. Not only is this strategical game a fun way to pass the time, it also has a very positive impact on your education by improving logic, observation, problem-solving, and creativity skills all while utilizing both sides of your brain! Instructor: Anthony Swindell along with an assistant coach. 5 or 6 week classes. Min: 12 / Max 30.*No Class on September 19

Registration Deadlines: August 29, October 10

Session	DAY/TIME	LOCATION	COST
Sept. 5 – Oct. 10*	Thursdays 6:30-7:30 PM	Senior Recreation Center Art Room	\$73
Oct. 17 – Nov. 21	Thursdays 6:30-7:30 PM	Senior Recreation Center Art Room	\$85

Archery Class (Ages 11-17)

Archery, give it a "shot". Have you thought about trying archery, but you don't have any equipment? Come to the archery facility at Raccoon River Park to give it a try. Will provide the bow, arrows and instruction for you to try this exciting sport. Max 18 participants

Registration Deadline: September 3

Session	DAY/TIME	LOCATION	COST
Sept. 10	Tuesday 6-7 PM	Raccoon River Park Archery Facility, 2500 Grand Ave., West Des Moines, 50265	\$10

Kids Create Classes (Ages 5-9)

Fairy Camp

This fun art camp is all about FAIRIES! Students will create a beautiful mixed media painting, play games, create a fabulous jeweled wand, and watch Tinkerbell while enjoying theater style snacks. Expect your child to create, play, learn, and relax during this magical camp. Instructor: Elizabeth Lyons *Please send your student with a peanut free sack lunch.

Registration Deadline: October 14

Critter Class

This exciting class is half art, half animals! Students will create a fabulous mixed media artwork, meet and learn about a variety of small animals, play games, and enjoy a snack. This is an experience your animal enthusiast is sure to love! Join Kids Create and Blank Park Zoo for this one of a kind class! Instructor: Elizabeth Lyons

Registration Deadline: October 28

Session	DAY/TIME	LOCATION	COST
October 21 Fairy Camp Ages 5-9	Monday 9 AM - 2 PM	Lions Park Shelter	\$45
November 2 Critter Class Ages 4-6	Session 1 Saturday 9 AM – 11:30 AM	Giovannetti Community Shelter	\$34
November 2 Critter Class Ages 5-9	Session 2 Saturday 11:45 AM – 2:15 PM	Giovannetti Community Shelter	\$34

Australian Rules Football Clinic (Ages 8+)

Australian Rules Football (often called Aussie rules or footy), is a contact sport played between two teams of eighteen players on an oval-shaped field, often a modified cricket ground. Points are scored by kicking the oval-shaped ball between goal posts (worth six points) or between behind posts (worth one point). Instructor: Des Moines Roosters

Registration Deadline: August 25

Session	DAY/TIME	LOCATION	COST
August 31	Saturday 9-10:30 AM	Urbandale Middle School	\$10

Adaptive Soccer with Courage League (Ages 12-21)

EveryBODY deserves a chance to get in the game. Join our soccer program where we spend part of the time learning the skills that are adapted to each participant's ability, then we play the game! Each week learn new skills, teamwork and meet new friends! Min. 10 participants Max. 50 participants

Registration Deadline: August 29

Season	DAY/TIME	LOCATION	COST
Sept. 7 - 28	Saturdays 8-9 AM	Miracle League Field Northview Park	\$40

NEW! Adaptive Flag Football with Courage League (Ages 12-21)

EveryBODY deserves a chance to get in the game. Introducing our inaugural Flag Football Season for our ChAAmps Sports league: This league is for those with high functioning Autism, ADHD, Aspergers and have been sidelined from games. This league is designed for kids who want to compete but just need it as a different level. Each session will include skills, fitness and a game. This will be no contact with a 7 on 7 game format. Min. 10 participants Max. 50 participants

Registration Deadline: August 29

Season	DAY/TIME	LOCATION	COST
Sept. 7 - 28	Saturdays 9-10 AM	Miracle League Field Northview Park	\$40



Climb Iowa's Guided Experience (Ages 13-18)

Looking for a new activity this summer? Sign up for Climb Iowa's Guided Experience! Enjoy four weeks of climbing, community and summer time wellness. Participants will learn new skills while also engaging their bodies and minds in an activity. If you've ever been interested in climbing, now would be the time to see what it's all about. Minimum: 3 participants, Maximum: 10 participants.

Registration Deadline: September 30

Session	DAY/TIME	LOCATION	COST
Oct. 7-Oct. 28	Mondays 8 - 9 PM	Climb Iowa 3605 SE Miehle Dr. Grimes, IA 50111	\$110

NEW! Munio Self- Defense Workshop (ages 8 and up)

A MUNIO Self-Defense Workshop is a great way to be safer and better prepared if you are confronted with the epidemic of violence and a sexual assault that threatens us all. The name MUNIO (moon-yo) means "I defend" or "I protect" and that's exactly what it can do for you and your loved ones! This workshop combines self-defense education and hands-on practice using the MUNIO Designer Self-Defense Keychain, a unique, attractive and effective personal safety accessory. Working hands-on in simulated attack scenarios, you will learn and practice easy and natural ways to use MUNIO that can rapidly disable an attacker so you can escape unharmed. Each participant will receive a munio keychain at the class. Min 3 / Max 20 Instructor: Kevin Deaver.

Registration Deadlines: August 12, November 4

Session	DAY/TIME	LOCATION	COST
August 19	Monday 6-7 PM	Giovannetti Community Shelter	\$35
November 11	Monday 6-7 PM	Giovannetti Community Shelter	\$35







Adult Programs

Recreation Superintendent: Mollie Wilhite

Recreation Coordinator: Chris Barkema

3600 86th St.

Urbandale, IA 50322

(515) 278-3963

www.UrbandaleParksAndRec.org

Urbandale Parks and Recreation is dedicated to helping residents and neighbors stay fit, active, and healthy so everyone can enjoy the rich quality of life our community has to offer.

Enjoy our programs, have fun, and maybe even learn something new!

NEW! Cultivating Mindfulness

"When we get too caught up in the busyness of the world, we lose connection with one another and ourselves." - Jack Kornfield. The goal of mindfulness is to wake up to the inner workings of our mental, emotional and physical processes. Begin to wake up by learning meditation techniques and mindful awareness practices to help you step off of the "auto-pilot" treadmill. Please bring a yoga mat. 4-week class. Instructor: Susan Skinner.

Registration Deadline: September 30

Session	DAY/TIME	LOCATION	FEE
Oct. 7 – Oct. 28	Mondays 6:15-7:15 PM	Lions Park Shelter House	\$30

Yoga with Beth

For many years, yoga has helped people of all ages and walks of life improve their sense of health and well-being. Yoga combines fluid movements with focused and attentive breathing. This aligns the mind and spirit with the physical body, creating a perfect "union", or "yoga". In today's hectic world, daily stresses and constant mental distractions put tension into our bodies, sometimes to the point of making us ill. The purpose of yoga is to soothe the inner spirit by calming the mind and body. Yoga poses help slow us down, and we naturally become more focused and relaxed. As students grow in their yoga experience, the poses become more challenging, allowing the body to grow stronger and more limber. At any level, the benefits of yoga are the same-stronger muscular endurance, sharpened mental clarity, deeper flexibility, improved circulation and immunity and above all a heightened sense of well-being. Let yoga start you on a journey you can enjoy for a lifetime-body, mind and spirit! This class is for active individuals who are injury-free. Sessions last 5-8 weeks. Instructor: Beth Damm.

Registration Deadlines: August 12, August 29, October 21, October 24

Session	DAY/TIME	LOCATION	FEE
Aug. 19 – Oct. 21	Mondays 4:30-5:30 PM	Lions Park Shelter House	\$64
Sept. 5 – Oct. 24	Thursdays 6:45-7:45 PM	Community Room Senior Recreation Center	\$48
Oct. 28 – Dec. 16	Mondays 4:30-5:30 PM	Lions Park Shelter House	\$64
Oct. 31 – Dec. 19	Thursdays 6:45-7:45 PM	Community Room Senior Recreation Center	\$48

*NO CLASS: Aug. 26, Sep. 2, Sep. 19, Oct. 17, Nov. 7, Nov. 28

Yoga Basics with Beth

Discover your strength, flexibility, and balance while you learn to decrease stress through movement and relaxation. This class series is designed for the absolute beginner. In the classes, you will experience gentle warm-ups and receive step-by-step instructions for yoga postures and basic relaxation techniques. Your questions and interaction will be welcome. Yoga is popular for a simple reason. The practice will always meet you where you are, then help you move forward! Whether your intention is to maintain wellness, seek a healing refuge from all of the busyness in your life, or learn how to grow personally or spiritually, now is the time to honor your intention. As a registered yoga teacher, Beth will provide safe instructions, sensitivity, acceptance and encouragement to those who desire to learn about this practice. You will need your own yoga mat which can be found at many discount retailers, as well as a firm blanket or beach towel. Sessions last 6 or 7 weeks. Instructor: Beth Damm.

Registration Deadlines: August 28, October 23

Date	DAY/TIME	LOCATION	COST
Sept. 4 – Oct. 23	Wednesdays 6:45-7:45 PM	Community Room Senior Recreation Center	\$56
Oct. 30 – Dec. 11	Wednesdays 6:45-7:45 PM	Community Room Senior Recreation Center	\$48

NO CLASS: October 16, November 27



Zumba®

Everybody and Every Body! Each Zumba® class is designed to bring people together to sweat on it. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® fitness classes are often called exercise in disguise. Super effective? Check. Super Fun? Check and check. A total body workout, combining all elements of fitness – cardio, muscle conditioning, balance, flexibility, and boosted energy plus a serious dose of awesome each time you leave a class. Classes taught by Angel Zimmer.

Registration Deadlines: Aug. 27, Sep. 24, Oct. 22

Session	DAY/TIME	LOCATION	FEE
Sep. 3-24	Tuesdays 6-7 PM	Community Room Senior Recreation Center	\$37
Oct. 1-29	Tuesdays 6-7 PM	Community Room Senior Recreation Center	\$37
Nov. 5-Nov. 26	Tuesdays 6-7 PM	Community Room Senior Recreation Center	\$37
NO CLASS: October. 15			

Martial Arts (Ages 8+)

Join Jim Douglas, 6th degree black belt and Master Instructor. Learn a traditional martial art that stresses self-defense, physical fitness, self-control and discipline. This is full martial arts incorporating principles from karate, hap ki do, tae kwon do and kempo. The program is for ages 8 and above and the techniques taught are adaptable to any age or physical level. This is what makes this program different from other martial arts programs! This is a year-round program and you may join anytime. Maximum 40 participants per month. First uniform is included.

Registration Deadlines: September 4, October 2, November 1, December 2

Beginning Level Martial Arts			
Session	DAY/TIME	LOCATION	FEE
Sept. 4 – Sept. 30	Mon. 5:30-6:30 PM Wed. 5-6 PM	Senior Recreation Center	\$60
Oct. 2 – Oct. 30	Mon. 5:30-6:30 PM Wed. 5-6 PM	Senior Recreation Center	\$60
Nov. 4 – Nov. 27	Mon. 5:30-6:30 PM Wed. 5-6 PM	Senior Recreation Center	\$60
Dec. 2 – Dec. 30	Mon. 5:30-6:30 PM Wed. 5-6 PM	Senior Recreation Center	\$60

Advanced Level Martial Arts			
Session	DAY/TIME	LOCATION	FEE
Sept. 4 – Sept. 30	Mon. 5:30-7 PM Wed. 5-6:30 PM Fri. 6-7 PM	Senior Rec. Center Senior Rec. Center Valerius Elem.	\$80
Oct. 2 – Oct. 30	Mon. 5:30-7 PM Wed. 5-6:30 PM Fri. 6-7 PM	Senior Rec. Center Senior Rec. Center Valerius Elem.	\$80
Nov. 1 – Nov. 27	Mon. 5:30-7 PM Wed. 5-6:30 PM Fri. 6-7 PM	Senior Rec. Center Senior Rec. Center Olmsted Elem.	\$80
Dec. 2 – Dec. 30	Mon. 5:30-7 PM Wed. 5-6:30 PM Fri. 6-7 PM	Senior Rec. Center Senior Rec. Center Valerius Elem.	\$80

NO CLASS: December 25, December 27
 CLASS IS MOVED TO LIONS SHELTER ON: September 30, October 16, December 2, December 16, December 18





POUND®

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Please bring a yoga mat. Instructor: Ashlee Seaton. Sessions last 5 weeks.

Registration Deadlines: September 5, October 14

Session	DAY/TIME	LOCATION	FEE
Sept. 14 - Oct 12	Saturdays 9-9:45 AM	SweatFIT Club 3975 100th St.	\$45
Oct. 19 - Nov. 23	Saturdays 9-9:45 AM	SweatFIT Club 3975 100th St.	\$45

NO CLASS: November 2

Abz, Bunz & Gunz

Get ready to develop leaner, tighter, and more toned abs, arms and legs. This class is for all fitness levels and is co-ed. Please bring a yoga mat. 5-week classes. Instructor: Zach Lohner.

Registration Deadlines: September 9, October 14

Session	DAY/TIME	LOCATION	FEE
Sept. 14 - Oct. 12	Saturdays 8-9 AM	SweatFIT Club 3975 100th St.	\$45
Oct. 19 - Nov. 23	Saturdays 8-9 AM	SweatFIT Club 3975 100th St.	\$45

NO CLASS: November 2

Roll With It! Foam Roller Class

Join us for an hour of foam rolling and restorative stretching. The roller has had many nicknames including "roller of death", "torture machine", "devil roller", and many other pet names. We are hoping you fall a little more in love with your roller when you see the diversity it can bring to your home program. We will spend the class showing you how to use your full size foam roller (6x36) to relieve aches and pains, stretch out your body, and strengthen your core. Please bring a full size roller, a mat, water, and comfortable clothes to this one of a kind class. Room will be heated to 85 degrees. Min 4 / Max 16. Instructor: Julia Seaton.

Registration Deadlines: September 16, October 14, November 11, December 2

Session	DAY/TIME	LOCATION	FEE
September 21	Saturday 10-10:45 AM	SweatFIT Club 3975 100th St.	\$18
October 19	Saturday 10-10:45 AM	SweatFIT Club 3975 100th St.	\$18
November 16	Saturday 10-10:45 AM	SweatFIT Club 3975 100th St.	\$18
December 7	Saturday 10-10:45 AM	SweatFIT Club 3975 100th St.	\$18

FIT!

Small group personal training using body weight, medicine balls, TRX®, ropes, bands, dumbbells, kettlebells, boxes to strengthen and tone your body. Tabata, Circuit formats. Never the same workout twice. Personal training class with the energy of a group fitness class. Min 4/Max 14. Please bring a yoga mat. 5 week session. Instructor: Julia Seaton

Registration Deadlines: September 3, October 8

Session	DAY/TIME	LOCATION	FEE
Sept. 10 – Oct. 10	Tuesdays & Thursdays 4:30-5:15 PM	SweatFIT Club 3975 100th St.	\$68
Oct. 15 – Nov. 21	Tuesdays & Thursdays 4:30-5:15 PM	SweatFIT Club 3975 100th St.	\$68

*NO CLASS: October 29 and October 31

Sweat!

Small group personal training using body weight, medicine balls, TRX®, ropes, bands, dumbbells, kettlebells, boxes to get a total body cardio workout. HIIT, Tabata, Circuit formats. Never the same workout twice. Personal training class with the energy of a group fitness class. Please bring a yoga mat. 5 week sessions. Instructor: Julia Seaton. Min 4/ Max 14

Registration Deadlines: September 2, October 7

Session	DAY/TIME	LOCATION	FEE
Sept. 9 – Oct. 9	Mondays & Wednesdays 4:30-5:15 PM	SweatFIT Club 3975 100th St.	\$68
Oct. 14 – Nov. 20	Mondays & Wednesdays 4:30-5:15 PM	SweatFIT Club 3975 100th St.	\$68

*NO CLASS: October 28 and October 30

SweatFIT Run Club – Couch to 5K!

Have you ever wanted to run a 5K but excuses get in the way? I don't know where to start. I can't do this by myself. I used to run but I am out of shape now. I don't have time. Join us at SweatFIT for a 7-week 5K group training program. No running experience is necessary, just a pair of good running shoes. We will start at the beginning and work up to a 5K during the program. The program is designed to get you running for 30 minutes without stopping by the end of the 7 weeks. Your registration fee for this 5K will be covered in the registration fee for this group training program. This is a group training program where you will not only get support from your coach, but you will also have the support of the other runners in this program that are working toward the same goal. We will meet as a group 3 times per week for 45 minutes each. Saturday mornings, Tuesdays and Thursday evenings. You will also be given "homework" to complete on Sundays or Mondays that will take no longer than 45 minutes. Everyone is busy; can you spare 3 hours per week to get to your first 5K? Our training sessions will be outside and will start from the SweatFIT Fitness Studio (unless otherwise indicated by your coach). Instructor: Mark Seaton. Min 3 / Max 20 participants. Registration includes SweatFIT Run Club shirt and Race Registration Fee

Registration Deadline: August 28

Session	DAY/TIME	LOCATION	FEE
Aug. 31 – Oct. 17	Tues. & Thurs. 5:45-6:30 PM Saturdays 8:15-9 AM	SweatFIT Club 3975 100th St.	\$140

Race Date: Sunday, October 20

TRX® Fusion 101

Build next-level core strength and stability with TRX®. This circuit workout uses suspension trainers (developed by the Navy SEALs), resistance equipment, your own bodyweight and other tools to challenge you from every angle. The idea is to boost muscular endurance, cardiovascular fitness, core stability, balance, and flexibility—all at once. Sound hard core? It is (literally). But it is also a fun, effective, functional fitness method, that is appropriate for all fitness levels and will build on skills each week. This workout will also move through basic yoga poses and progressions. Instructor: Hannah Cutler. Maximum 6 participants.

Registration Deadlines: September 3, October 8

Session	DAY/TIME	LOCATION	FEE
Sept. 10 – Oct. 8	Tuesdays 5:30-6:30 PM	SweatFIT Club 3975 100th St.	\$45
Oct. 15 – Nov. 19	Tuesdays 5:30-6:30 PM	SweatFIT Club 3975 100th St.	\$45

* NO CLASS: October 29



Ballroom Dancing

Have you ever watched a couple glide across the dance floor? How graceful they looked and how much fun they were having. You can be a part of that too! Take this class and learn basic routines (foxtrot, swing, waltz, cha-cha and rumba). After you take this class you will be able to get on the floor and be a part of the action. It is fun and easy to learn - don't put it off any longer! Partners are encouraged. 6-week class. Instructor: Roger Chapman.

Registration Deadline: September 17

Session	DAY/TIME	LOCATION	FEE
Sept. 24 – Oct. 29	Tuesdays 8-9PM	Giovanetti Community Shelter	\$40/person

Walking the Trails

Bring a friend and enjoy leisurely walks on the beautiful trails of Urbandale. Experience nature's beauty along with the many health benefits walking provides. The program will meet the first night at Lakeview Park (parking lot of the middle school) and rotate to other sites throughout the duration of the 6-week class. Walk the trails with the entire family! Fee is per person. Minimum 12 participants. Instructor: Barb Beddow.

No Registration Deadline

Session	DAY/TIME	LOCATION	FEE
Sept. 3 – Oct. 10	Tuesdays & Thursdays 6-7 PM	Walking Trails	\$15

Archery Class

Archery, give it a "shot". Have you thought about trying archery, but you don't have any equipment? Come to the archery facility at Raccoon River Park to give it a try. Will provide the bow, arrows and instruction for you to try this exciting sport. Max 18 participants.

Registration Deadline: October 3

Session	DAY/TIME	LOCATION	COST
Oct. 10	Thursday 5:30-6:30 PM	Raccoon River Park Archery Facility, 2500 Grand Ave., West Des Moines, 50265	\$10

Simple Meals in 20 Minutes

Learn how to make simple, healthy meals in 20 minutes with Registered Hy-Vee Dietitian, Elizabeth. This class is great for beginners or busy families. Samples and recipes will be provided. Min 10/Max 20.

Registration Deadline: September 12

Session	DAY/TIME	LOCATION	COST
September 19	Thursday 5:30-6:30 PM	Urbandale Hy-Vee 8701 Douglas Ave.	\$15



Diabetes Store Tour

Do you have diabetes, pre-diabetes or just watching your carb intake? Discover the Urbandale Hy-Vee in a whole new way. Learn how to read labels and get recommendations on specific items throughout the store from Registered Dietitian, Elizabeth. You will leave having a whole new outlook on your diet. Min 10/Max 16.

Registration Deadline: September 30

Session	DAY/TIME	LOCATION	COST
October 7	Monday 1-2 PM	Urbandale Hy-Vee 8701 Douglas Ave.	FREE

Crock Pot Soups & Stews

It's getting colder out, so let a warm delicious meal greet you when you get home. Urbandale Hy-Vee Dietitian, Elizabeth, will show you how to make effortless soups and stews in the crock pot. Just dump, set on low and go! Min 10/Max 20.

Registration Deadline: October 10

Session	DAY/TIME	LOCATION	COST
October 17	Thursday 5-6 PM	Urbandale Hy-Vee 8701 Douglas Ave.	\$15

Heart Healthy Store Tour

Follow your heart to the Urbandale Hy-Vee for this Store Tour. Learn about foods and supplements to help lower cholesterol, protect your heart and improve blood pressure. Min 10/Max 16.

Registration Deadline: October 14

Session	DAY/TIME	LOCATION	COST
October 21	Monday 1-2 PM	Urbandale Hy-Vee 8701 Douglas Ave.	FREE

A Lighter Thanksgiving

Enjoy a lighter Thanksgiving this year with a healthier twist on some classic recipes. Sign up today, your waistline will thank you! Min 10/Max 20.

Registration Deadline: October 31

Session	DAY/TIME	LOCATION	COST
November 7	Thursday 5:30-6:30 PM	Urbandale Hy-Vee 8701 Douglas Ave.	\$15

Perfect Portions

Have you ever wondered what the correct portion size is for a food? Hy-Vee Dietitian, Elizabeth will teach you how to keep your portion sizes in check while still feeling full and satisfied. Min 10/Max 20.

Session	DAY/TIME	LOCATION	COST
November 18	Monday 1-1:30 PM	Urbandale Senior Recreation Center	\$5

Holiday Sweets and Easy Desserts

Help celebrate the holidays with some healthy desserts! Elizabeth will show you quick and easy recipes that will be a hit with your friends and family. Min 10/Max 20.

Registration Deadline: December 2

Session	DAY/TIME	LOCATION	COST
December 5	Thursday 5-6 PM	Urbandale Hy-Vee 8701 Douglas Ave.	\$15



Fall Coed Volleyball League

Join your friends for the fall season of Coed Volleyball in Urbandale! We will play an eight week schedule with a season ending tournament in November. Check www.Urbandale.org or call the Parks and Recreation office at 278-3963 for registration information. Maximum 30 teams so sign up early.

Registration Deadline: September 8

Season	DAY/TIME	LOCATION	COST
September 15 – November 24	Sunday Evenings	Urbandale Middle School	\$250/team

Winter Coed Volleyball League

Join your friends for the winter season of Coed Volleyball in Urbandale! We will play an eight week schedule with a season ending tournament in March. Check www.Urbandale.org or call Parks and Recreation office for registration information. Maximum 30 teams so sign up early!

Registration Deadline: November 24

Season	DAY/TIME	LOCATION	COST
December 8 – February 16	Sunday Evenings	Urbandale Middle School	\$250/team
No league play on December 22, December 29, and February 2			

Men’s Basketball League

Want to play some hoops this winter? Then this is the league for you and your friends. Maximum of 30 teams - so sign up early! We will play a ten week season with an optional season ending tournament. Call the Parks and Recreation office for registration information.

Registration Deadline: October 13

Season	DAY/TIME	LOCATION	COST
October 27 – Late February	Sunday Evenings	Urbandale High School	\$410/team
No league play on December 22, December 29, and February 2			

Adaptive & Accessible Yoga for Your Body

This is a 6-week yoga class for people experiencing body challenges whether due to injury, ongoing physical limitations, mobility issues, arthritis, physical disability, recovering from joint surgery or living in a larger body. During this class, you will learn how to do YOUR yoga. Postures/poses will be adapted to YOUR possibilities. Some students may practice on the mat while others practice in a chair on their mat for all or some of the class. Some students may be in wheelchairs. We will work together to discover your version of each posture, supporting you to do the right yoga for your body at this time. Our bodies change, and yet Yoga can still provide many benefits including building strength, balance, flexibility and peacefulness. All people deserve to have access to yoga if they choose it. Let’s learn how to quiet the mind and live better in the only body we have. If you have a body, a mind and breath, you can practice yoga. Yoga is for all, and that includes you. Students will need to bring a yoga mat and also a firm blanket. **IMPORTANT:** Contact Janis at youryogawithjanis@gmail.com for the intake form and email it to her at least 3 days prior to the first session. Waivers will be provided at the first class, and will need to be signed prior to practicing.

Janis Ware has practiced yoga for 15 years. She is a Registered Yoga Teacher and is certified in both Accessible Yoga and Trauma Informed Yoga. She believes people of all shapes, sizes, abilities and backgrounds deserve access to the practices of yoga. Her body has been a great teacher, and yoga has helped her to heal from knee replacement surgery, rotator cuff surgery and other challenges. Maximum 10 participants.

Registration Deadline: September 24

Session	DAY/TIME	LOCATION	COST
Oct. 1 - Nov. 5	Tuesdays 6-7 PM	Lions Park Shelter	\$54

Fall Miracle League

The Miracle League is a FREE baseball/softball league for children with special needs from age 5 – 18 and adults 19 and older. The Miracle League is just like baseball. Players will bat, round the bases, catch, throw, and hit Home Runs! There are a few differences in how the game is played.

- Each player has a buddy that gets to assist them.
- Each player will bat once each inning.
- Every player is safe, no one is out.
- Every player will score a run before the inning is over.
- The last player up hits a HOME RUN.
- Every game ends in a tie.
- A game will last two innings or an hour.
- Special rubberized playing surface. Urbandale Parks and Recreation will assign players to teams after registration is complete. Each team will need at least two parent coaches.

Registration Deadline: August 12

Season	DAY/TIME	LOCATION	COST
August 25 – October 6	Sundays 1-3 PM	Miracle League Field Northview Park	FREE

NEW! Munio Self- Defense Workshop (ages 8 and up)

A MUNIO Self-Defense Workshop is a great way to be safer and better prepared if you are confronted with the epidemic of violence and a sexual assault that threatens us all. The name MUNIO (moon-yo) means "I defend" or "I protect" and that's exactly what it can do for you and your loved ones! This workshop combines self-defense education and hands-on practice using the MUNIO Designer Self-Defense Keychain, a unique, attractive and effective personal safety accessory. Working hands-on in simulated attack scenarios, you will learn and practice easy and natural ways to use MUNIO that can rapidly disable an attacker so you can escape unharmed. Each participant will receive a munio keychain at the class. Min 3 / Max 20 Instructor: Kevin Deaver.

Registration Deadlines: August 12, November 4

Session	DAY/TIME	LOCATION	COST
August 19	Monday 6-7 PM	Giovannetti Community Shelter	\$35
November 11	Monday 6-7 PM	Giovannetti Community Shelter	\$35

Urbandale Bus Tour: Get to Know Your Community

Join us on a bus tour about the history of Urbandale and how it shaped our community! Learn about community development and challenges and issues important to that development. Participants will gather at the Olmsted House for an overview of Urbandale's history then board a bus to tour the city. Presenters will include Virginia Gee, Urbandale Historical Society, and City staff from the Parks & Recreation and Community Development departments. The bus tour will include visits to recent city projects as well as those that are underway such as the Walnut Creek Regional Park, Waterford Park, Fire Department, western housing developments, the Miracle League Field and other points of interest. Presenters will include information about each stop as well as future projects.

Date	DAY/TIME	LOCATION	FEE
September 21	Saturday 8:30 – 11:30 AM	Olmsted House	\$5

Minnesota Vikings vs. Detroit Lions Road Trip

We're heading back to U.S. Bank Stadium to see the Minnesota Vikings take on the Detroit Lions! Ride along to Minneapolis on Sunday, Dec. 8 to watch the inter conference rivalry. Seating will be in the corner end zone, level 319. Game time is noon*; the charter bus will depart early Sunday morning around 6 a.m. There will be one stop for restrooms and food each way, and travelers are welcome to bring food and beverages on the bus. Children are welcome but must be accompanied by an adult. The fee includes transportation, parking and a ticket to the game. Registration will open online Monday, Aug. 26 at 8 a.m. Spots will be filled on a first-come, first-served basis.

Date	DAY/TIME	LOCATION	FEE
December 6	Sunday, Approx. 6 AM	TBD	\$135

Urbandale Parks and Facilities

	approx. acres	play equipment	picnic tables	open shelter	enclosed rental facility	cooking grills	restrooms (P= Portable)	wading pool	open play field	league softball - adult	league softball - youth	league baseball - youth	soccer fields	tennis / pickleball courts	basketball courts	sand volleyball	bike / walking trails	parking lot	public art	pond	skateboarding
Ashleaf Park, 3934 Mary Lynn Drive	8.1	●	●	●		●			●						●		●				
Bent Creek Park, 148th and Meredith Dr.	3.7																●				
Bent Creek Ridge Park, 146th and Plum	6.4	●	●						●						●		●				
Bestland Park, 91st and Meredith	5.7	●	●	●		●			●						●		●		●		
Brookshire Open Space, 160th and Brookshire	11.3	●															●			●	
Brookview Park, 65th and Sutton Dr.	12.8	●	●						●						●		●				
Calvert Meadows Park, 144th and Meredith Dr.	3.9	UNDEVELOPED																			
Charles Gabus Memorial Tree Park, 3400 86th St.	3.3		●	●													●	●	●		
Colby Woods Open Space, Colby Woods Dr. and Maple Dr.	27.3	●	●														●		●		
Colby Woods Park, 3000 Colby Woods Dr.	2.9	●	●														●				
Coronado Park, Eula Dr. and Sandler Dr.	5.5	●	●	●		●			●						●		●				
Country Club North Open Space, 134th and Ridgeview Dr.	6.2																●				
Coyote Ridge, 147th and Waterford Rd.	3.7	UNDEVELOPED																			
Cross Creek Park, 92nd and Tanglewood Dr.	17.3	●	●						●						●						
Days Run Open Space, 122nd and Twana Dr.	4.7	UNDEVELOPED																			
Days Run Park, 124th St. and Tanglewood Dr.	9.3	●	●	●		●			●						●		●		●		
Deer Ridge Park, 13900 Buena Vista Drive	13.7	●	●						●								●		●		
Deer Ridge West Park, 147th and Briarwood Ln.	4.2	●	●						●						●		●		●		
Donald J. Brush Park, 129th and Cardinal Ln.	0.7	●	●						●						●		●	●			
Foxdale Park, 10115 Oakwood Drive	4.1	●															●				
Glen Eagles Park, 96th and Meredith Dr.	8.0																●				
Golfview Park, Hammontree Dr. and Aurora Ave.	26.5	●	●						●								●				
Golfview West Park, 100th and Aurora Ave.	2.9	●	●						●						●		●				
Hallbrook Park, 144th and Douglas Pkwy.	19.5	●	●	●		●			●								●		●		
Horizon's Ridge Park, 153rd and Airline Avenue		●	●			●									●		●		●		
Jackaline Baldwin Dunlap Park, Patricia Dr. and Dewey Gibbs Rd.	12.1	●	●	●			P		●						●		●	●	●		
Jaycee Park, 71st and Iltis Dr.	0.4	●	●			●			●						●		●				
Jeff Harm Park, 128th and Aurora Ave.	6.0	●							●				●		●		●	●			
Kollmorgen Park, 16211 Tanglewood Drive	6.2	●	●						●						●		●		●	●	
L.A. Ward Park, 3900 Block of NW Urbandale Dr.	8.7		●														●		●	●	
Lakeview Park, 80th and Aurora	23.7	●	●	●		●			●								●		●	●	
Lawson Trolley Park, 70th and Roseland Ave.	0.1																●		●		
Lions Park, 72nd and Aurora Ave.	8.2	●	●	●	●	●	●	●	●	●	●		●	●			●	●	●	●	
Lynner Woods, 72nd and Hickory Lane	0.5																●				
Meredith Park, 82nd and Meredith Dr.	2.6		●						●								●		●		
Murphy Park, 67th and Urbandale Ave.	3.7	●	●	●		●	P		●				●		●		●	●			
North Karen Acres Park, 77th and Douglas Ave.	7.7	●	●				P		●						●	●	●	●	●		
Northview Estates, 69th and Deerview Dr.	4.1	●	●						●						●		●				
Northview Park, 4871 78th Street	67.1	●										●					●	●			
Northview Wetlands, 68th and Deerview Dr.	103.1																●				
Oakwood Open Space, Oakwood Dr. and Hickory Ln.	9.66	UNDEVELOPED																			
Rocklyn Park, 70th and New York Ave.	4.3	●	●	●		●	P		●										●		
Sharon Heights Park, 4624 78th St.	4.3	●	●			●			●								●		●		
South Karen Acres Park, 77th and Roseland Ave.	7.4	●	●			●	●		●					●	●		●				
Sunflower Park, 92nd Dr. and Douglas Ave.	14.3																●				
Sylvan Ridge, 75th Circle	3.6	●	●	●		●	P								●		●				
Timberline East Open Space, 125th and Tanglewood Dr.	11.36								●								●				
Timberline Park, 135th and Ridgeview	54.2																●				
UGRA Softball & Soccer Club Complex, Meredith Dr. and Aurora Ave	29.1	●	●				●		●		●		●				●	●	●		
Walker Johnston Park, 9000 Douglas Ave	72.0	●	●	●	●	●	●	●	●	●			●	●			●	●	●	●	●
Walnut Creek Regional Park, 153rd and Horton	216.3	●	●	●		●	P		●						●		●	●	●		
Waterford Park, 156th and Northview Drive	39.3	●	●														●	●	●		
Winter Park Sledding Hill, 5110 72nd Street	15.1																	●			

URBANDALE PARKS & RECREATION

3600 86th Street
 Phone #: 278-3963 Fax #: 278-8356
 Hours: 8AM-5PM Mon.-Fri.
 parks-rec@urbandale.org
 www.UrbandaleParksAndRec.org

URBANDALE POOL

7201 Aurora Avenue
 Phone #: 515-278-3959
 parks-rec@urbandale.org
 www.UrbandalePool.org

URBANDALE CITY HALL

3600 86th Street
 Phone #: 515-278-3900
 cityhall@urbandale.org

URBANDALE LIBRARY

3520 86th Street
 Phone #: 515-278-3945
 library@urbandale.org

SENIOR RECREATION CENTER

7305 Aurora Avenue
 Phone #: 515-278-3907
 seniorcenter@urbandale.org
 www.UrbandaleSeniors.org

URBANDALE WATER DEPT.

3720 86th Street
 Phone #: 515-278-3940
 customerservice@urbandalewater.org

URBANDALE POLICE

3740 86th Street
 Phone #: 515-278-3938
 police@urbandale.org

COMMUNITY DEVELOPMENT

3600 86th Street
 Phone #: 515-278-3935
 communitydev@urbandale.org

URBANDALE PUBLIC WORKS

9401 Hickman Road
 Phone #: 515-278-3950
 engpw@urbandale.org

URBANDALE FIRE STATION

3927 121st Street
 Phone #: 515-278-3970
 fire@urbandale.org

URBANDALE BUILDING

3600 86th Street
 Phone #: 515-278-3935
 building@urbandale.org

URBANDALE ENGINEERING

3600 86th Street
 Phone #: 515-278-3950
 engpw@urbandale.org

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Kenadi Moore
 Administrative Technician



City of Urbandale
Parks & Recreation
3600 86th St.
Urbandale, IA 50322

Registration Opens on August 5th! Get the digital-only Program Guide today!

The Program Guide is available on July 29th
online at: www.UrbandaleParksAndRec.org



Online registration opens on August 5th
at: www.UrbandaleParksAndRec.org/Register

Get a monthly email about all the
programs, classes and events in Urbandale!
Sign up by texting URBANDALE to 22828



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 www.UrbandaleParksAndRec.org

DIGITAL PROGRAM GUIDE
Available July 29th
UrbandaleParksAndRec.org



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