

Registration Form



Participant's Name: _____ Age: _____

Parent's Name: _____

Address: _____ Phone: _____

Program: _____ Date: _____ Time: _____ Cost: \$ _____

Participant's Name: _____ Age: _____

Parent's Name: _____

Address: _____ Phone: _____

Program: _____ Date: _____ Time: _____ Cost: \$ _____

Participant's Name : _____ Age: _____

Parent's Name: _____

Address: _____ Phone: _____

Program: _____ Date: _____ Time: _____ Cost: \$ _____



Total Due: \$ _____

Payment type: Cash Check (payable City of North Platte)
 Visa Mastercard

Card # _____ Expiration _____
CVC Code on back of card: _____ (Month & Year)

May thru August



North Platte Rec Center

**1300 S. McDonald Rd.
North Platte, NE 69101
(308) 535-6772**

General Information

REC CENTER (308) 535-6772

MAY

Mon.-Fri. 5:30 am-9:00 pm
 Sat. 8:00 am-8:00 pm
 Sun. 1:00 pm-8:00 pm

JUNE-AUGUST

Mon.-Fri. 5:30 am-8:00 pm
 Sat. 8:00 am-8:00 pm
 Sun. 1:00 pm-8:00 pm

Adult Hour (Pool Only)
M-F Noon-1:00 pm

Waterslide available
Saturday 11 am to 8 pm
Sun thru Fri. 1 pm-8 pm

Holidays/Special Events

5/26 (Memorial Day) Noon-6pm
 6/19 (Golden Games) Open 5 p.m.
 6/21 (Parade Day) 8-noon & 5-8
 7/4 (Independence Day) Closed

DAILY ADMISSION

Youth(3-18 years) \$3.75
 Adult \$5.75
 Senior (60+ years) \$5.00
 Family \$15.00

MEMBERSHIP

	<u>6mo</u>	<u>3mo</u>	<u>1mo</u>
Youth	\$71	\$40	\$20
Student*	\$92	\$52	\$28
Adult	\$120	\$64	\$34
Senior	\$92	\$52	\$28
Family	\$260	\$142	\$71

*Must present full time college ID

Family: A family consists of a mother and/or father (or legal guardian) and their children under the age of 19 living in the same household. Adult siblings, nannies, grandparents, grandchildren, aunts, uncles, and cousins do not fall under the classification of a family. All family members must be claimed on the same income tax form. *Additional fee for more than 6 family members.

CLOSED AUG. 24—30
ANNUAL
MAINTENANCE WEEK

FREE Childcare

Mon/Wed/Fri: 8:00-11 a.m.
 Tues/Thurs: 9:00-11 a.m.
 Monday-Thursday: 5:30-7:30 p.m.

CODY POOL (308) 535-6770

HOURS

June: 1:00-7:00 pm
 July & August: 1:00-8:00 pm
 (Hours change when school starts)
 Adult Hour:
 M-F 11:30 am-1:00 pm

DAILY ADMISSION

Youth (3-18 years) \$2.00
 Adult \$2.75
 Senior (60+ years) \$2.25
 Family \$7.00

Cody Pool Pass

Youth \$28.00
 Adult \$40.00
 Senior \$33.00
 Family \$82.00

Services



North Platte Public Transit—1520 North Jeffers Street-535-8560
 The North Platte Public Transit offers a Fixed Route System (Road Runner) and the “demand-response” door to door service. Transportation available for citizens of all ages.

ROAD RUNNER Schedule (Monday thru Friday) 8:45 a.m. to 1:45 p.m. * \$1/ride

Parkade Plaza 201 E. 6th	8:45	9:30	10:15	11:00	11:45	12:30	1:15
Casey’s 520 Rodeo Rd.	8:55	9:40	10:25	11:10	11:55	12:40	1:25
Liberty House Bus Shelter	9:00	9:45	10:30	11:15	12:00	12:45	1:30
Westfield Shopping Center	9:05	9:50	10:35	11:20	12:05	12:50	1:35
Buffalo Bill/South Oak	9:10	9:55	10:40	11:25	12:10	12:55	1:40
Walmart	9:21	10:06	10:51	11:36	12:21	1:06	

DOOR TO DOOR Service

The “demand-response” is a service that picks up directly at your door.

- Bus tickets available, please see driver for details
- All Public Transit buses are equipped with wheelchair lifts
- Call 532-1370 to schedule a ride anywhere within the city limits.

OPERATING HOURS
 Mon-Fri 6 am to 8 pm
 Office closes at 7 pm
 Sat. 7 am to 5 pm
BUS FARE:
 \$1.50/ride (24 hr. notice)
 \$3.00/ride (same day call)

R.S.V.P. North Platte Area Ready to Serve Volunteer Program

901 East 10th Street
 (308) 535-6777

Monday thru Friday 8 a.m. to 5 p.m.

The RSVP is excited to announce it is open to volunteers of all ages, not just those 55 years and older! If you are interested in becoming a volunteer, please contact the office at 535-6777 or check it out on FACEBOOK, Volunteer Match or the City of North Platte Website.

Volunteers are just ordinary people with extraordinary hearts. They offer the gift of their time to teach, to listen, to help, to inspire, to build, to grow, to learn. They’ve known the unexpected joy of a simple hug. They’ve planted tiny seeds of love in countless lives. Volunteers are just ordinary people who reach out and take a hand and together make a difference that lasts a lifetime.

*“Volunteers are not paid.... Not because they are worthless,
 But because they are Priceless”*



Mark Your Calendar

MAY

2nd: D.A.R.E. Day
2nd: Teen Dance 8-10:30 p.m.
4th: Spring Fling at Cody Park 10 am to 5 pm
13th: Recreational Softball League begins
13th: Community 5K for Beginners Training Program
15th: Adams Middle School Fun Day at the REC
15th: Competitive Softball League begins
17th: Hershey Youth Track Meet 11 a.m.
19th: Church League Softball begins
22nd: W.S.I. (Water Safety Instructor) training
23rd: Teen Dance 8-10:30 p.m.
26th: Memorial Day Open noon—6 p.m.

JUNE

5th: Sand Volleyball begins
6th: Movie in the Park (Monsters University)
8th: Coed Softball Leagues begin
19th: Golden Games (Rec closed until 5 p.m.)
21st: NebraskaLand Days Parade (Rec Open 8-noon & 5-8)
27th: Teen Dance 8-10:30 p.m.

JULY

4th: CLOSED
5th: Movie in the Park (Frozen)
July 14th & 15th: Junior Lifeguarding Day Camp
16th, 23rd, 30th: Preschool Soccer 10 a.m.
25th, 26th, 27th: Lifeguard Training
25th: Teen Dance 8-10:30 p.m.
28th & 29th: 1st & 2nd grade basketball camp (5-6 p.m.)
30th & 31st: 1st & 2nd grade basketball camp (5-6 p.m.)

AUGUST

1st: Movie in the Park (Despicable Me 2)
2nd: Upstage/Downtown 5K Fun Run/Walk
20th: Adult Flag Football
22nd: Teen Dance (8-10:30 p.m.)

September

5th: Movie in the Park (Cloudy with a Chance of Meatballs 2)
11th: 1st & 2nd grade flag football

General Policies

GENERAL POLICIES

REFUNDS: Refund requests for class activities must be accompanied by a receipt. NO REFUNDS will be allowed after the second class.

LOST & FOUND: All lost and found items will be stored for a 2 week period. They will then be donated to a needy facility. Items being claimed need to be fully described in detail before being released.

GIFT CERTIFICATES: Gift certificates are available for all services.

LOCKER RENTAL: A limited number of rental lockers are available. Check at the membership desk for availability and fees.

PADLOCKS: We recommend that you lock all personal items in a locker. Padlocks are for sale from the cashier OR bring your own lock. LOCKS MUST BE REMOVED EACH DAY.

COURT RENTALS: Racquetball, Pickleball and Tennis Courts are available for rental by the hour. Hourly fee is \$3.00.

HEALTHY PEDALS BORROW A BIKE PROGRAM

Healthy Pedals offers 8 of the latest adult and youth bicycles, two tandem bikes, a road bike and a cub trailer which fits 2 small children. (Cub trailer users must be able to hold their head and upper body in an upward position and be able to wear a helmet). Your safety is very important to the Healthy Pedals program, therefore we provide a helmet and lock with every bike rental. Bikes may be checked out for free. We want you to share many great experiences with family and friends so we have added Global Positioning System (GPS). Additionally, you can also search for buried treasures with metal detectors. GPS and metal detectors may be rented out for \$5.00.

Check Out Times

May-August

Monday-Saturday 11:00am-7:00pm

Sunday 1:30-7:00pm

No equipment checkouts on holidays observed by the City of North Platte. (If you are planning a family event, work group outing, or other related gathering please call us for reservations.)

Special Days

Birthday Party Packages

RESERVATION TIMES

Saturday: 11:30 am-1:30 pm
(waterslide opens at 11 a.m.)
2:00 pm-4:00 pm
4:30 pm-6:30 pm
Sunday: 1:00 pm-3:30 pm

1/2 of Party Room

Package #1

Up to 10 guests
\$45.00

Package #2

11-15 guests
\$60.00

Package #3

16-20 guests
\$75.00

PACKAGE INCLUDES:

- Birthday party room
 - Guest admission
 - FREE admission for the Birthday child and his/her parents
- Blow-up "Bouncers" and a Wii System are available for \$25.00 extra/each

*** Ask about parties for 21 + guests**

RESERVATION POLICY

\$25.00 is due at time of reservation.
This amount is non-refundable and will be applied to the total cost of your birthday party package.

WACKY WATER MEGA DAY FUN IN THE SUN!

Ages 3-8

Children will have some SUPER WATER FUN on the lawn (north side of Rec Center).

Waterslide, slip & slide and water toys!

Day	Date	Time
Tuesday	July 8	1:30-3:30
Tuesday	Aug. 5	1:30-3:30
Fee is \$2.00 Parents supervise their children		



Tuesday is skate day in the gym.
Come inside out of the heat for an afternoon of skating fun.

Day	Dates	Time
Tuesdays	June 3—Aug. 5	2-4 pm
Daily admission or FREE with Rec Center membership		

Get up & Get Started

Community "5K for Beginners" Training Program

- ◆ May 13-July 31
- ◆ Tuesdays 7:30 p.m. or Thursday 6:30 a.m.
- ◆ FREE
- ◆ NP Recreation Center
- ◆ **Goal 5K Event: Upstage Downtown 5K, August 2, 2014**



Great Plains Regional Medical Center and the Platte River Fitness Series are teaming up to help you train for your first 5K! Fitness events are positive, encouraging, motivating, and getting started in a community of others is an effective way to make active living a way of life. Participation is free, and you have 2 opportunities each week to join with others along with group leaders guiding you along the way. There are groups of walkers, "woggers" (those who would like to try running and walking) and runners. You may join us once or twice per week. Joining a group is fun, motivating, and helps you make those positive changes into habits through accountability and dedication to the group. You will be provided with a logbook and training program, tips and inspiration all designed to get you confidently and safely to the starting and finishing lines!

* Workouts are subject to weather conditions. Participants will be notified of cancellations due to weather.



*"First they'll ask you why you did it.
Later, they'll ask you how you did it"*

Water Fitness

Water Fitness classes use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. Water exercise helps increase energy, stamina and strength.

SPLASH

Something wonderful happens when you work-out in the water! Water exercise is a total body work-out that moves participants through full ranges of motion against multidirectional resistance, all while minimizing stress to joints, reducing injury risk and keeping students comfortable and cool.

Instructor: Peg Brogden

Day	Time	Fee
M/T/Th	11:00am	\$20.00/Month



Water Fitness is appropriate for all ages and fitness levels, even for professional athletes.

AQUA BLAST

Aqua Blast is a fast-paced, full body aquatic workout, guaranteed to elevate your fitness level in a wet and wonderful way! Water aerobics is the perfect exercise for those who want to lose weight, tone muscles, and improve cardiovascular health, balance and coordination.

Instructor: Stephanie Dorr

Day	Time	Fee
Mon/Wed	6:30pm	\$15.00/month

AQUA SHAKE

This “pool dance party” gives new meaning to the idea of an invigorating workout. You will splash, stretch, twist, you might even do some shouting during this safe, challenging, water-based workout. You’ll get cardio, body-toning, and be exhilarated!

Instructor: Peggy Deaver

Day	Time	Fee
Tues/Thurs	6:30pm	\$15.00/month

AQUACISE FITNESS

Low-impact water class that focuses on muscle strength & balance.

Mon/Wed/Fri	8:00am	\$20.00
Contact Kay Bodeen 532-8163		

Youth Camps & Leagues

1st & 2nd GRADE BASKETBALL CAMP

Coach Klein will teach the basics of the game of basketball with emphasis on good sportsmanship and fitness. Come dribble, pass and shoot the basketball at this fun camp and you’ll get a camp t-shirt!

Day	Dates	Time
Wed. & Thurs.	July 30 & 31	5-6 pm
Fee is \$30.00 Includes a T-Shirt		



PRESCHOOL SOCCER

Ages 4-5

Preschool soccer is all about having fun with soccer basics such as passing, dribbling and taking shots on the goal. A fun summer activity for preschoolers.

Coach: Gerry

Day	Dates	Time
Wednesday	July 16, 23, 30	10-10:45 a.m.
Fee is \$30.00 and includes T-Shirt Limited to first 20 kids		

1st & 2nd GRADE FOOTBALL CAMP

Select area coaches and players will guide participants through a series of football fundamentals. Participants will learn basic skills and/or sharpen All skill levels are encouraged to participate.

Coach: Travis

Day	Dates	Time
Mon/Tues	July 28 & 29	5-6 p.m.
Fee is \$30.00 Includes a T-Shirt		



1st & 2nd GRADE FLAG FOOTBALL LEAGUE

Rec Center flag football supports the development of young athletes socially and athletically. This league is 5 on 5 allowing each player an opportunity to play every position on the field. An emphasis will be placed on equal playing time and making sure every player has a positive experience. Teams are organized by school. Volunteer coaches are needed. Playbooks are provided.

Contact: Travis

Day	Dates	Time
Thurs.	Begins Sept. 11	Scheduled
\$35 fee by July 31 \$40 fee after Aug. 1 Registration deadline is Aug. 25th		

Make a Splash

Build Swimming Skills that last a lifetime.

PARENT & CHILD AQUATICS

Developed for children 6 months to 3 years. The purpose of Parent & Child Aquatics is to teach safe behaviors around the water & develop swimming readiness by leading parents & their children in water exploration activities with the object of having fun and becoming comfortable in, on & around the water.

PRESCHOOL AQUATICS

Preschool Aquatics aims to promote the developmentally appropriate learning of fundamental water safety & aquatic skills by young children. Children will be taught aquatic & safety skills in a logical progression through 2 levels of courses.
PRESCHOOL LEVEL 1 – For children 3 to 5 years old, who have little or no previous water experience.
PRESCHOOL LEVEL 2 – For children 3 to 5 years old with some water experience and are comfortable in the water.

LEVEL 1: INTRODUCTION TO WATER SKILLS

- Enter & Exit Water
- Front glide/back glide/back float/recover to vertical position
- Roll from front to back
- Bobbing
- Open eyes & retrieve objects in shallow water

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

- Fully submerge and hold breath
- Open eyes under water and retrieve objects
- Front jellyfish and tuck floats
- Front and back glides and back float
- Change direction of travel while swimming on front or back
- Staying safe around water



LEVEL 3: STROKE DEVELOPMENT

- Enter water by jumping from the side, headfirst entries from side in sitting and kneeling positions
- Back float
- Change from vertical to horizontal positions on front and back
- Flutter, dolphin and scissor kicks
- Front crawl and elementary backstroke

LEVEL 4: STROKE IMPROVEMENT

- Headfirst entries from side in compact and stride positions
- Swim under water & survival swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back

LEVEL 5: STROKE REFINEMENT

- Shallow-angle dive from side
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly

LEVEL 6: SWIMMING & SKILL PROFICIENCY

- Refines strokes so participants swim with ease.
- Prepares participants for advanced activities, including the Water Safety Instructor course and competitive swimming.

Get Fit... Stay Fit

EXTREME BASIC TRAINING

Looking for an extreme workout? Then look no further! Be inspired by each member of your class and instructor to be the best you can be. This program will help you change your lifestyle and reach your goals, sign up today!

Extreme Basic Training Includes:

- 3 group workouts each week, for 5 weeks, that will challenge every muscle in your body
- A team atmosphere that will push you to be your best
- Extreme Basic Training t-shirt upon completion of full program.
- Guidance, support, motivation and encouragement!



INSANITY

Instructor: Eric Lowman

In INSANITY® Shaun T. uses a method called Max Internal Training. It's not your typical interval. You'll do cardio & plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum intensity with short periods of rest so you can burn up to 1,000 calories in an hour!

You will need shoes with minimal soles/ cross fit shoes, not the typical running tennis shoe.

Dates	Day	Time
May 19-June 20 5 week session	M/W/F	8:00 am
Fee: \$70.00 per 5 weeks session Must pre-register!		



Day	Dates	Time
Session 1 M/W/F	May 2-June 13	5:30-6:30 pm
Session 2 M/W/F	June 23-Aug. 4	8:00-9:00 am
Fee: \$70 per 6 week session Must pre-register \$10 Walk-In Fee		

“You can throw in the towel, or you can use it to wipe the sweat off of your face and keep going”

Fitness *is not a destination, It's a way of LIFE*

CYCLE-LEAN

Cycle-LeanLean, strong, fit and fabulous! Based on strong fundamental cycling principles and a sound training philosophy, our indoor cycling program is designed to help you reach your fitness goals safely and confidently.

Day	Time
Mon/Wed/Fri	5:35am
Tuesday & Thursday	5:30 p.m.
3 days/Week \$30 w/o Rec Pass \$25 with Rec Pass	2 days/Week \$20 w/o Rec Pass \$15 with Rec Pass
\$5 walk-in fee by availability	

SilverSneakers® CLASSIC

Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Instructor: Paula Smalley

Day	Time	Fee
Mon/Wed/Fri	10 a.m.	\$20.00
FREE with Humana Gold Choice or AARP Medicare Supplement		



Cardio Kickboxing

Knock out boredom and blast fat all over with these muscle-sculpting kickboxing exercise moves. This is an easy and fun way to lose weight, burn calories (an average of 500/hour) and get stronger!

Instructor: Tish Lovitt

Days	Time
Mon/Wed	6:45 –7:30 p.m.
Fee: \$15/month or \$5/walk in Fee	

GEORGIA'S TOTAL FITNESS

H.A.B.I.T:

Hips, abs, butt and inner thighs. Non-stop movement using a variety of equipment.

Day	Time
Tuesday/Thursday	5:30pm
Contact Georgia Osbon at 539-2764	

YOGA (beginning June 2)

Yoga can be as much or as little as you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Instructor:

Julie Kinnamen

Day	Time
Mon/Tues/Thurs	9-9:50 a.m.
Fee: \$20.00/ month \$5/walk-in fee	

Swim Lessons

Rec Center Morning Lessons

\$24.00 for 8 Lessons (+ Pool Admission)	Session 1 June 2-12 M -TH	Session 2 June 16-26 Week 1: M/T/W & F Week 2: M-Th	Session 3 July 7-17 M-TH	Session 4 July 21-31 M-TH
Preschool Level 1	10:00-10:30	10:00-10:30	10:00-10:30	10:00-10:30
Preschool Level 2	9:00-9:30	9:00-9:30	9:00-9:30	9:00-9:30
Level 1: Intro to Water Skills	8:15-8:45 10:00-10:30	8:15-8:45 10:00-10:30 11:00-11:30	8:15-8:45 10:00-10:30 11:00-11:30	8:15-8:45 10:00-10:30 11:00-11:30
Level 2: Fundamental Aquatic Skills	8:00-8:45 10:00-10:45 11:00-11:45	8:00-8:45 10:00-10:45 11:00-11:45	8:00-8:45 10:00-10:45 11:00-11:45	8:00-8:45 10:00-10:45 11:00-11:45
Level 3: Stroke Development	9:00-9:45 11:00-11:45	9:00-9:45 11:00-11:45	9:00-9:45 11:00-11:45	9:00-9:45 11:00-11:45
Level 4: Stroke Improvement	10:00-10:45 11:00-11:45	10:00-10:45 11:00-11:45	10:00-10:45 11:00-11:45	10:00-10:45 11:00-11:45
Level 5: Stroke Refinement	9:00-9:45	9:00-9:45	9:00-9:45	9:00-9:45
Level 6: Swimming & Skill Proficiency	8:00-8:45	8:00-8:45	8:00-8:45	8:00-8:45
Adult Swimming Lessons				
Adult: Learn The Basics	6-6:30 am	6-6:30 am	6-6:30 am	6-6:30 am
Adult: Learning & Refining Swim Strokes	6:35-7:05 am	6:35-7:05 am	6:35-7:05 am	6:35-7:05 am
Adult: Swimming for Fitness	7:15-7:45 am	7:15-7:45 am	7:15-7:45 am	7:15-7:45 am

Rec Center Evening Lessons

* \$10.00 for 4 Lessons (+Adult Admission)	Session A June 2-11 M & W	Session B July 7-16 M & W
* Parent Child Aquatics	5:30-6:00	5:30-6:00

\$24.00 for 8 Lessons (+ Pool Admission)	Session A June 2-25 M &W	Session B July 7-30 M &W
Preschool Level 2	6:05-6:35	6:05-6:35
Level 1: Intro to Water Skills	6:40-7:10	6:40-7:10
Level 2: Fundamental Aquatic Skills	7:15-8:00	7:15-8:00

Cody Pool Evening Lessons

\$24.00 8 Lessons (+ Pool Admission)	Session A July 7-17 M-TH	Session B July 21-31 M-TH
Level 1: Intro to Water Skills	4:30-5:15	4:30-5:15
Level 2: Fundamental Aquatic Skills	5:20-6:05	5:20-6:05
Level 3: Stroke Development	6:10-6:55	6:10-6:55
Level 4: Stroke Improvement	7:00-7:45	7:00-7:45

Little Otters



Water Training Program

“Little Otters” water training program is offered by the NP Recreation Center, in conjunction with Great Plains Pediatrics. This training reflects guidelines from the American Academy of Pediatrics. “Little Otters” is designed to provide early water training for all children living in water rich environments. Classes are individual lessons with instructor and child that teach children how to breathe while in the water by rolling over to the back and floating. This class does NOT drown-proof a child (there is no such thing) but does teach basic skills that will give a family precious seconds in case a water incident should occur. Children learn safety skills that can be used throughout life and parents learn that there is no substitute for constant supervision of young children. With the help of a Water Safety Instructor, children will learn to float, swim to the side of the pool and move in and out of the water comfortably. This class does NOT replace regular swimming lessons or constant supervision, but is an enhancement to a child’s overall water safety education.

Lessons are 15 minutes each. Each lesson is 10-12 minutes with 3-5 minutes of parent education. Little otters should be scheduled for at least one lesson per week, but may register for multiple weekly lessons. Lessons by appointment only.

Contact: Trudy Merritt at 535-6772

\$24 for 8 lessons + admission for ages 3 years and older



Adult Learn To Swim

Adult Swim: These courses are intended for teens or adults at different levels of swimming ability. The following courses are available:

- Adults-Learn the Basics can help Teens or adults overcome their fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance as indicated in the Learn -To-Swim Level 3 outline and performance chart.
- Adults-Learning and Refining Swim Strokes is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water, to be able to enjoy the water more safely with children, because they own a home pool or to open the door to training for other aquatic opportunities, such as to learn SCUBA. The Adult Swim-Improving Skills and Swimming Strokes strive for skill & performance as indicated in the Learn-To-Swim Level 5 outline & performance charts.
- Adults-Fitness Swimming is for adults who swim for fitness and want to learn their strokes for a variety of reasons. Some may want to use the benefits of the water to improve their fitness levels, while others want to participate in a master swimming program or other competitive sports, such as, triathlons or open water distance swimming. The Adult-Swimming for Fitness strive for stroke performance as indicated in the Learn-To-Swim Level 6 performance charts.

(Lesson Schedule on Page 6)

Platte River Fitness Series

2014 PRFS Schedule of Events

January 1	First National Bank New Year Midnight Magic 5K
February 15	Heart & Sole 5K & 10 K
March 22	NPBS Stu-Co Run for Wishes 5K
March 29	NebraskaLand National Bank Urban Adventure Race
April 5	CASA Superhero 5K
April 12	Jaycee’s Bunny Run 5K
April 19	Sillasen Half-Marathon
April 25-27	NebraskaLand National Bank James O’Rourke Memorial Triathlon
May 3	Autism 5K Run/Walk
May 10	Happy Trails 5K & 15K Challenge
May 31	GPRMC Foundation Lake to Lake Relay
June 7	Hike the Spike Adventure Race
June 21	NebraskaLand Days Road Run 5K & 10K
July 4	Sutherland Firecracker 5K & 10K
July 5	Scott’s Trot & Duathlon *(duathlon tentative)
July 12	Tri-Ogallala
July 13	Tri-Ogallala Twice 5K
August 2	Upstage Downtown Fun 5K
August 23	Hershey Fall Festival Adventure 5K
September 1	Running to Cure Breast Cancer 5K & 10K
September 6	Community Connections Doggy Dash
September 20	Railfest 5K
September 27-28	Potter’s Pasture Campfire 5K & Duathlon *(duathlon tentative)
October 4	NP Physical Therapist’s Autumn River Run 5K & Half Marathon
October 11	Say Boo to Bullying 5K
November 8	Pratt Dental Flash Your Feathers 5K
November 27	Turkey Trot 5K
December 13	NebraskaLand National Bank GPRMC Jingle Bell 5K

Fitness



Our Vision: “Building better communities through strong bodies and bold spirits.”

The Platte River Fitness Series (PRFS) is a unique model for community wellness. It is a fitness initiative representing a partnership between the North Platte Recreation Department and Great Plains Regional Medical Center, with the support of a variety of local businesses, civic organizations and communities. The PRFS is designed to support, inspire, motivate and educate citizens about the personal and community benefits of a healthy, active lifestyle by providing them with tangible, plentiful opportunities to make behavior changes last a lifetime. We embrace the model that in order to invite positive behavior change and healthier living, we must foster a community of people on the same quest to live their health and life to the fullest, create events that are open and inclusive where every ability level has a place at the start and finish lines, and where individuals feel cared for and that their health and happiness are important to the entire community. The PRFS is a socially responsible initiative that encourages local participation, local sponsorship, use of local businesses, and produces proceeds that benefit local charities and organizations. Because we believe that children cannot learn what we do not teach, the PRFS includes a fitness initiative specifically for children called “Platte River FitKids Series”, that is designed with the same mission as the adult version but with an emphasis on teaching children under 14 that exercise is something that we do for life.



Advanced Aquatics

AMERICAN RED CROSS LIFEGUARD TRAINING

The most up-to-date training anywhere! This edition of American Red Cross Lifeguard Training reflects the latest Emergency Cardiovascular Care (ECC) treatment recommendations and findings from the 2011 United States Lifeguarding Standards Coalition Report. This updated course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance, vigilance and recognition, first aid, breathing and cardiac emergencies, CPR/AED and more. Graduates of ARC Lifeguard Training receive a 2 year certification in Lifeguarding, First Aid and CPR/AED. The CPR/AED certification for working lifeguards in the State of Nebraska is valid for 1 year. Lifeguarding candidates must be 15 years of age by the last day of the session they are registering for. New! Free digital refreshers for First Aid and CPR/AED available.

Days	Dates	Time
Fri/Sat/Sun	July 25, 26, 27	8 am to 5 pm
Fee is \$100 - Rec Center Pre-registration required		

Pre-Course Requirements: 1) Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both but swimming on the back and side is not allowed. 2) Tread water for 2 minutes using only the legs. Candidates must place hands in armpits. 3) Complete a timed event within 1 minute and 40 seconds which includes starting in the water, swimming 20 yards with face in or out of the water. Goggles are not allowed. The candidate will then surface dive feet first or head first, swim to a depth of 7 to 10 feet to retrieve a 10 pound object, returning to the surface and swimming 20 yards on the back to return to starting point with both hands holding the object and then exit without using the ladder.

AMERICAN RED CROSS JUNIOR LIFEGUARDING DAY CAMP

American Red Cross Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills, but will learn techniques and build stamina during this program. Junior Lifeguarding is an effective transition from upper-level Learn-to-Swim courses to the ARC Lifeguarding program, challenging participants to stay involved with aquatics. Junior lifeguards will be introduced to the skills needed for entry into the American Red Cross Lifeguarding course, communication and decision-making skills, the basic responsibilities of lifeguards, and the basic knowledge and skills required to be a lifeguard. Leadership starts early, and Junior Lifeguarding is a great first experience for youth 11-14.

Days	Dates	Time
Mon-Fri	July 14-25	10 am - 1 pm
Fee is \$50.00 * Cody Pool Rec Center in case of inclement weather		

W.S.I.

(Water Safety Instructor)

If you are 16 years of age and a proficient swimmer, you can become a water safety instructor. Learn to teach children and adults safety, survival and swimming skills, and give water safety presentations to kids and their parents. It is fun and you'll develop valuable teaching and leadership skills
Contact: Trudy Merritt

Dates	Time	Fee
May 22, 23, 24, 25	8 am-6 pm	\$100
Class size is limited, please pre-register. Must be 16 years of age by the last day of the course.		

Adult Leagues

League Information and Schedules:
www.teamsideline.com/nprc

ADULT FLAG FOOTBALL LEAGUE

18 & Up
 Get your team together for this fast paced 6 on 6 flag football league. Competitive and recreational leagues are available.
 Contact: Travis
traviskl@ci.north-platte.ne.us



Day	Start Date	Time
Wednesday	Aug. 20	As Scheduled
Fee is \$165.00 per team. Deadline to register - Aug. 13th (\$25 late fee) Cody Park adult softball diamonds		

ADULT SOFTBALL LEAGUE

18 & Up
 This is a great opportunity to spend time with friends, stay active and enjoy time at Cody Park.
 Contact: Travis

League	Day	Start Date	Fee
Recreational	Tuesdays	May 13	\$500.00
Competitive	Thursdays	May 15	\$500.00
Church	Mondays	May 19	\$400.00
Coed	Sundays	June 8	\$400.00

“When we played softball, I’d steal second base, feel guilty and go back”

- Woody Allen

COED SAND VOLLEYBALL

Sand Volleyball... Are you ready? Summer heat & Sand Volleyball just seem to go together. Leagues for Competitive and Recreational players!
 Contact: Gerry

Day	Start Date	Time
Thursday	June 5	6:00-9:00pm as scheduled
Senior High students & Adults Fee is \$85.00 per team of 6 Registration Deadline is May 29		

Special Events

**Family Movie Night—
under the stars.**

FREE event



Presents the “Golden Games”

Golden Games returns with a full day of activities for our senior citizens. Join us at the Rec Center for games, food, music, prizes and fun. Plus appearances from special guests! FREE to participants 55 and older. Coffee and rolls served at 9:00 am, lunch at noon (suggested donation of \$4). Cake and ice cream social begins at 2:00 pm. Closing ceremonies along with prize drawings at 2:30 p.m.

Day	Date	Time
Thursday	June 19	9:00am
FREE Event		

Family Movie Nights

Watch your favorite movie under the stars at “Movie in the Park”. The Big 16 ft. Screen will give you the feeling of the old time drive-in theater. Bring your lawn chairs, blanket and snacks. Concession stand will open 30 minutes before each movie with hot dogs, pop corn and other concession items. All Movies will start at dusk. This project is funded in part by a grant from Mid-Nebraska Community Foundation.

Day	Date	Movie
Friday	June 6	Monster University
Sat.	July 5	Frozen
Friday	Aug. 1	Despicable Me 2
Friday	Sept. 5	Cloudy with a Chance of Meatballs 2
FREE! Cody Park Softball Fields		



HERSHEY'S TRACK & FIELD PROGRAM

Ages 9-14 (Age as of Dec. 31, 2014)
 The North Platte Recreation Center is proud to sponsor the Hershey National Track & Field Meet. This program was founded to promote physical fitness among youth and puts emphasis on participation and good sportsmanship. Pre-registration is required.

Contact: Gerry or Bob 535-6772

Day	Dates	Time
Saturday	May 17	11:00am
Entry Deadline is May 15 North Platte High School Track		