

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
Visa

Check (payable City of North Platte)
Mastercard

Card # _____ Expiration _____

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

December - March



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

www.ci.north-platte.ne.us/recreation

North Platte Recreation Center

General Information

REC CENTER (308) 535-6772

December—March Hours

Mon.-Thurs 5:30 am-10:00 pm
 * (pool closes at 9 p.m.)
 Friday 5:30 am-9:00 pm
 Sat. 7:00 am-8:00 pm
 Sun. 1:00 pm-8:00 pm

All Hours Subject to change for special events.

* Nov. thru Feb. Pool Hours
 The pool will close 4-6 pm
 (Mon—Fri for Swim Team)
 * See waterslide schedule below

Waterslide Hours

Monday thru Friday: 4-6:30 pm & 7:15-9 p.m.
 (7:15 p.m.-9 p.m. during swim team season)
 Saturday: 11 a.m. to 8 p.m.
 Sunday: 1 to 8 p.m.

The waterslide may be available on "NO SCHOOL" days for NPPS that include High School.

* Waterslide hours beginning Nov. 16th will be 7:15-9 p.m. Monday thru Friday.

FREE Childcare

Mon/Wed/Fri: 8:00-11 a.m.
 Tues/Thurs: 8:30-11 a.m.
 Monday-Thursday: 5:30-7:30 p.m.
 NO childcare on holidays.

DAILY ADMISSION

Youth(3-18 years)	\$4.00
Adult	\$6.00
Senior (60+ years)	\$5.50
Family	\$16.00

MEMBERSHIP

	6mo	3mo	1mo
Youth	\$77	\$43	\$21
Student*	\$98	\$55	\$29
Adult	\$126	\$68	\$35
Senior	\$98	\$55	\$29
Family	\$272	\$150	\$73

*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.

Holidays

November 26:	Closed
November 27:	Open noon to 6 p.m.
December 24:	5:30 a.m. to 4 p.m.
December 25:	Closed (Merry Christmas)
December 31:	5:30 a.m. to 4 p.m.
January 1:	New Year's Day Closed
January 18:	M.L. King Jr. Day Open noon to 8 p.m.
February 15:	Presidents' Day Open noon to 8 p.m.
March 27:	Easter CLOSED



Mark Your Calendar

November:

1st: Daylight Savings Time begins (Fall Back)
 7th: Flash Your Feathers 5K & mile (PRFS) @ NPCC
 11th: Open noon—6 p.m. Veterans' Day
 20th: Teen Dance 8-10:30 p.m.
 26th: Turkey Trot 5K and family mile (PRFS) @ McDaid School
 26th: Rec Center CLOSED—Happy Thanksgiving!
 27th: Open noon—6 p.m.

December:

12th: Jingle Bell 5K (PRFS) @ Rec Center
 14th: Walk & Talk With Doc 5:30-7:30 pm presented by GP Health (FREE)
 18th: Holly Jolly Party at Daytime/Playtime
 18th: Teen Dance 8-10:30 pm
 24th: Open 5:30 am to 4 pm
 25th: CLOSED—Merry Christmas
 31st: Open 5:30 am to 4 pm

January:

1st: CLOSED (Happy New Year)
 18th: Open noon—8 p.m. (M.L. King Jr. Day)
 22nd: Teen Dance 8-10:30 p.m.

February:

5th: Family Skate Night 6:30-8:30 p.m.
 12th: Daddy/Daughter Valentine Dinner & Dance
 12th: Pampered & pretty Princess Party
 13th: Heart, Mind, & Soul 5K & 10K @ Rec Center
 15th: Open noon—8 p.m. (Presidents' Day)
 26th: Teen Dance 8-10:30 p.m.

March:

18th: Family Skate Night 6:30-8:30 p.m.
 19th: "Light Up the Night" 5K & Kids Mile
 23rd: Pre-School "Eggstravaganza" 1p.m.
 25th: Teen Dance 8-10:30 p.m.
 27th: CLOSED (Easter Sunday)



Something NEW



Discover Scuba Diving February 7th, March 13th or April 3rd, 2016

Have you ever wondered what it is like to breathe underwater? If you want to try scuba diving, but aren't quite ready to take the plunge into a certification course, Discover Scuba Diving is for you! Watersports Unlimited and Platte River Scuba Divers are offering this program at the North Platte Recreation Center pool. While not a scuba certification course, Discover Scuba Diving is a quick and easy introduction to what it takes to explore the underwater world.

To sign up for a PADI Discover Scuba Diving experience, you must be at least 10 years old. No prior experience with scuba diving is necessary, but you need to be in reasonable physical health.

You will learn the basic safety guidelines and skills needed to dive under the direct supervision of a PADI Professional. Go over [scuba equipment](#) you use to dive and discover how easy it is to move around underwater with your gear!

Find out what it is like to breathe underwater.

Learn key skills that you'll use during every scuba dive.

Have fun swimming around, exploring, and getting some exercise.

Hear about becoming a certified diver through the [PADI Open Water Diver course](#).

Cost is \$35 plus Rec Center admission (membership or daily admission)

[Register at Mid-Plains Center for Enterprise at 535-3678 or online at www.centerforenterprise.com.](#)

General Policies

REFUNDS: Refund requests for class activities must be accompanied by a receipt. *NO REFUNDS will be allowed after the second class.* Refunds might be in the form of a credit.

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. Prime Time 4-7 p.m. \$4



PHOTOGRAPHY NOTICE

Staff takes pictures of program participants to use for publicity purposes. Photos may appear in brochures, on the website, social media or in other marketing publications.

PROGRAM INFORMATION

- 1) Registration for all programs are accepted on a first come, first serve basis until the maximum enrollment for each class is reached.
- 2) All registration fees MUST BE PAID at the time of registration.
- 3) Registration may be taken over the phone if a credit or debit card number is provided and charged.
- 4) If a class is full, you may be placed on a waiting list. If another class opens up or if students transfer or drop out, you will be called. Please attempt to register for another class/session as you will not automatically be placed in the next class/session
- 5) Nothing cancels a program quicker than someone waiting until the last minute to register for it. At some point we have to determine if our enrollment is sufficient to hold the program and schedule our staff. Please pre-register early to ensure the program is held.

Special Days

Have your birthday party at the “REC”



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
(other times available pending
room availability)



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

Full Party Room

Package #4

21-30 guests
\$120.00

Package #5

31-40 guests
\$150.00

Package #6

Over 40 guests



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

RESERVATION POLICY

\$25.00 is due at time of time of reservation.

This amount is non-refundable and will be applied to the total party fee.

A Rare Opportunity ..



.....for all levels of swimmers
from beginners to triathletes!

Millions of people all over the world love to swim the Total Immersion (TI) way because the technique is satisfying, easy to learn and really works!
TI is the only program in history to have created a worldwide following of enthusiastic and empowered swimmers.

TI gives average swimmers—even beginners—the knowledge, skills and confidence to become their own best teacher.

TI brings hope and a sense of accomplishment to those who have experienced only failure with traditional approaches to learn to swim.

TI technique is healthful—injury free and good to your body—and adapts easily to any goal!

What's Your Goal?

Do you aspire to do one or more of the following?

Swim for pleasure, relaxation and well-being?

Learn more efficient technique and improve skills.

Swim farther. To complete your first lap...or your first mile.

Swim faster. Not just to race (though we don't rule it out!) but for the satisfaction of steady and measurable progress.

Explore open water or participate in triathlon

And most importantly, to ENJOY SWIMMING!

This workshop will help you achieve any goal—and with surprising ease and enjoyment.

How is Total Immersion Different?

A critical distinction between Total Immersion and other programs is that we also help you:

Use your body intelligently and healthfully...to swim for life.

Acquire skills that can help you learn and improve anything.

Discover and develop new capacities...AT ANY AGE!

Total Immersion believes swimming is both an essential life skill and unparalleled as a way to enjoy peak physical and mental health throughout life. Our mission is to help people of all ages and abilities achieve meaningful goals through intelligent, effective and satisfying practice. This workshop also promises to help you feel better physically—feeling you're working with the water, finishing each swim feeling refreshed and energized, and over the long term, feeling fit, strong, supple and avoiding injury and to feel better about yourself by having a stroke you're proud of, setting any reasonable goal, and feeling confident reaching it, swimming better every year for life, and making swimming the BEST PART OF YOUR DAY

What do you get?

A specially trained Total Immersion coaches

At least 6 hours of pool instruction

Underwater video taping and analysis

January 23 & 24, 2016; 9:00 a.m.-
4:30 p.m.

Special North Platte Rate!
\$395.00 (a \$100 savings!)

Questions? Contact Trudy Merritt at 535-6772 or MerrittTD@ci.north-platte.ne.us

www.active.com/north-platte-ne/camps/total-immersion-weekend-workshop-north-platte.2016

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 for all fitness levels & ages. You will LOVE it!

Instructor: Peg Brogden

Day	Time	Fee
M/T/Th	10:00am	\$20.00/Month

AQUA BLAST

Aqua Blast is a fast-paced, full body aquatic workout, guaranteed to elevate your fitness level in a wet and wonderful way. Some deep water workouts.

Instructor: Stephanie Dorr

Day	Time	Fee
Mon/Wed/Fri	6:30pm	\$20/month

AQUACISE FITNESS

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

Call Kay Bodeen at 532-8163

Mon/Wed/Fri	8:00 am	\$20.00
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AQUA SHAKE

This "pool dance party" gives new meaning to the idea of an invigorating workout. Splash, stretch, twist, and be exhilarated!

Instructor: Meghan Trevino

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

**"Remember the guy that gave up?
Neither does anyone else!"**

Beginner Yoga/Deep Stretch

Slower paced class is designed for all skill levels.

Wed/Fri	7 p.m.
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Mommy & Little Yoga

Have fun interacting with your little yogi while toning, stretching, and getting fit.

Monday	4:30 pm
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Yoga

Yoga

In this class you will work on toning, flexibility & strength.

Mon/Wed	9-9:45 a.m.
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YOGA

Yoga benefits include a toned, flexible and strong body. It will help with respiration, energy, and vitality. Yoga can become part of your daily life... you won't just practice Yoga—you will live it.

\$15/month

Special Memories

Making Memories Magic.....

Daddy/Daughter Valentine Dinner and Dance

You are cordially invited to attend a special evening celebrating daughters and their dads! Join us and make memories that will last a lifetime.

Friday, February 12, 2016
Dinner served at 6 p.m.
Followed by
Dancing until 9 p.m.

The best thing about

Memories

is making them.



This magical night will include a delicious dinner, dancing and an event photographer * to capture your special moment. This event is for dads (or any important man in her life!) and their daughters, kindergarten through 5th grade.

Dinner and Dancing \$30/couple
(\$8 for each additional daughter)

Sign up early to avoid the late fee! (\$35 after Feb. 8th)

* Additional fee for professional photographer.

Pampered and Pretty Princess Party

We want to make sure everything about the *Daddy/Daughter Dinner and Dance* is memorable for daddy's little girl. Dad's date will enjoy an afternoon of pampering that will make her feel like a princess.

The spa includes hair styling by Joseph's College of Beauty, a mini-manicure, a touch of make-up. Each princess will receive her own tiara as a memento!

Precedes the Daddy/Daughter Dinner and Dance



3:00-6:00 p.m.
Rec Center Spa (Meeting Room)
\$5/princess



Advanced Aquatics



Lifeguard Training

Lifeguards protect their community by preventing, recognizing, and responding to water-related emergencies. This 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 victim recognition, first aid, breathing and cardiac emergencies, CPR/AED and more. American Red Cross Lifeguarding is the premier training for swimming pool lifeguards and gives you 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 only. Lifeguard candidates must be 15 years old by the last day of the session they are registering for.

Session 1	Session 2	Session 3
March 4 (4 pm to 9 pm)	April 29 (4 pm to 9 pm)	May 6 (4 pm to 9 pm)
March 5 (8 am to 8 pm)	April 30 (8 am to 8 pm)	May 7 (8 am to 8 pm)
March 6 (8 am to 8 pm)	May 1 (8 am to 8 pm)	May 8 (8 am to 8 pm)

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.



You need to be fit, focused, and ready to carry out first aid in an emergency. So, with that in mind, could you be a lifeguard?

“Forty Years of Fitness”
 “A Week of *Fitness Bliss!*”
 January 4-8, 2016

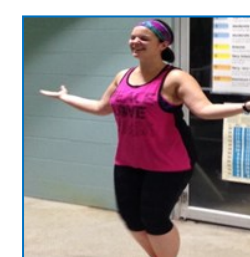
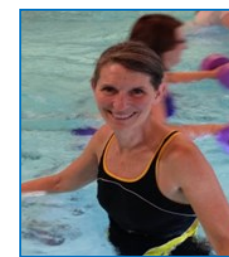


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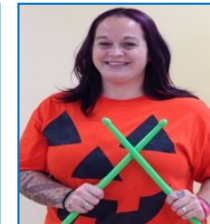
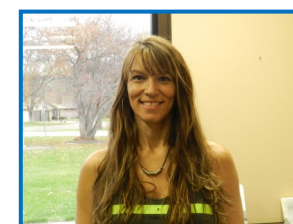
Our Instructors!



To celebrate the 40th Anniversary of the North Platte Recreation Center, we are offering you an opportunity to find your “fitness bliss.” A healthy life is not “one size fits all,” so we are offering you an opportunity to try any Rec Center sponsored fitness class FREE for one week! Perhaps you’ll fall head over pedals for *Cycle-Lean*, turn your love of dancing into a passion for *Zumba and Zumba HIIT*, or find rejuvenation in the pool with water aerobics. You might like the energizing rhythms of POUND or the serenity and flow of Yoga. We have a class to help you find the kind of exercise you look forward to and these *inspired and inspiring* instructors are ready to help you find the fitness class that is just perfect for you! . Find your “*fitness bliss*” with us at the “Rec”...your Center for fitness!



Passion.. Commitment.. Strength



Fitness ~~Impossible~~

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 & 10:00am
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	

Zumba HIIT

(High Intensity Interval Training)
Kick it up a notch with this fast-paced, high intensity workout!



Day	Time	Fee
Tues/Thurs	7 p.m.	\$20.00

ZUMBA - Ditch the workout and join the party! This high-energy, Latin-inspired dance class will make you forget you're even exercising. Easy to follow dance moves will tone you up and slim you down. Great for all ages.

Day	Time	Fee
Mon/Wed	5:30-6:15 pm	\$20.00

POUND—Rock Out Workout!

A full-body jam session, combining easy to follow cardio moves with strength training and drumming. It's 30 minutes of burning calories, strengthening and sculpting infrequently used muscles. Drum your way to a leaner, slimmer physique, all while rocking out to your favorite music.

Instructor: Jenn Pettit

Days	Time
Mon/Wed	6:30-7:00 p.m.
Fee: \$15/month or \$5/walk in Fee	

GEORGIA'S TOTAL FITNESS

Exercise that improves strength, cardiovascular endurance and flexibility.

Day	Time
Mon/Wed	Build N Burn 8 am
Tues/Thurs	H.A.B.I.T. 5:30 pm
No Class December 21-January 1	
Contact Georgia Osbon at 539-2764	

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		

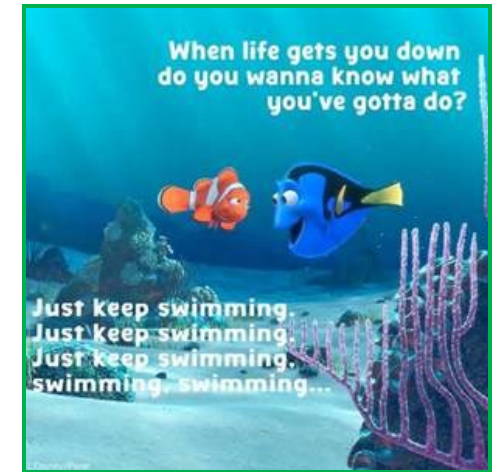
All Fitness class schedules are subject to change depending on enrollment.



Did You Know?

Studies show that children who learn to swim at an early age demonstrated advanced development in:

1. Motor skills
2. Reaction time (reflexes)
3. Power of concentration (focus)
4. Intelligence
5. Social behavior
6. Social interaction
7. Self-confidence
8. Independence



Why Your Child Should Learn To Swim

Learning to swim is fun, provides health benefits and could save a child's life. Sadly, drowning is the 3rd most common form of accidental death in children, so learning to swim really is an essential life skill.

The great thing about swimming is that children of any age, size or ability can take part—and it is more accessible to children with disabilities than most other sports.

Children absolutely love swimming and with one in three saying it's their favorite family activity. But it's not all about having fun, there are other great reasons to get your child swimming.

- It keeps your child's heart and lungs healthy, improves strength and flexibility, increases stamina and even improves balance and posture.
- Your child will have plenty of opportunities to make friends and grow in confidence.
- Swimming opens the door to other sports and activities, including, swimming with dolphins, scuba diving, rowing and sailing and even becoming the next Olympic or Paralympic champion.
- It's a skill that once learned is rarely forgotten, there are even swimming events for those over 100 years of age.

Little Otters



Great Plains
Pediatrics
A Member of North Platte Nebraska Physician Group



Little Otters Early Water Training for Infants and Toddlers is offered by the North Platte Recreation Center in conjunction with Great Plains Pediatrics. This training reflects guidelines from the American Academy of Pediatrics. Little Otters is a flexible, family-friendly program that focuses on core skills that lay the groundwork for swimming readiness. Basic skills include propulsion to a point of safety, breath control, floating, gliding, and entering and exiting the water. Little Otters is a child-centered program that respects the developmental stage of each little swimmer and with its one-on-one instruction, allows each child to progress at his or her own pace. Early water training has been documented to reduce the risk of drowning, and improve balance, coordination and strength. Studies also show that not only do child swimmers achieve physical feats faster; they are more cognitively advanced, testing months and sometimes years ahead of their peers intellectually! There is magic in the water! Lessons are private 15-minute sessions. All children 3 and over must pay daily admission or have a membership. 8 lessons for \$24.00

Facts

Drowning is one of those types of experiences people fear the most, and one that most parents fear their child will fall victim to. Contrary to popular belief, drowning doesn't happen like it does in the cinema. While media depictions often include a loud, violent struggle, the truth is that an asphyxiated person can seldom call for help.



Never leave
your child
unattended
around water.

Don't wish for it..WORK FOR IT.

*Looking for a new approach to High Intensity Interval Training (HIIT)?
Trying to get the most results in the shortest amount of
time?*

*Want to build muscle AND aerobic fitness?
CrossSwim!*

*Rec Center Saturday mornings (beginning Jan. 9th)
Time: 7:00 a.m. (30 minute class) \$15/month*

CrossSwim is a new circuit workout that alternates fast swimming or water running for one length of the pool with 30-second bursts of body weight exercises on the deck or in the water. Water packs a powerful punch when used in combination with strength-building exercises on land. The workout does not require you to be a good swimmer, but will build on the swimming skill you have to create a one-of-a-kind, high intensity workout. You will stay cooler than in the gym and in just 30 minutes, build aerobic fitness, muscle and boost your fat-burning rate with this HIIT approach to exercise. Add it to your current training plan to enhance your goals!



Tri Training

Tri-Masters

“One, two, three, four”... Love to swim for fitness, but get bored counting endless solitary laps?
Why not “Tri”- Masters!?

Tri-Masters is a group swim training program for all ability levels and is designed for both fitness swimmers and triathletes. Whether you are an Ironman triathlete or simply love to swim for good health and fitness, interval-style workouts maximize the aerobic, anaerobic and calorie-burning potential of swimming beyond what those uninteresting laps can do. The group setting of Tri-Masters also provides the social support that is an important influence on an individual’s overall health and well-being. The group setting encourages and challenges you to reach your potential in the pool. Tri-Masters will keep you in great shape or prepare triathletes to compete in the NebraskaLand National Bank James O’Rourke Memorial Triathlon and beyond!

January 26-April 21* Tuesdays/Thursdays 5:30-6:30 a.m. \$85 plus admission or membership
*Tri-Masters MAY be extended depending upon interest. Each additional month \$25.00

START² Tri

START² Tri - Beginner Triathlon Training Class

Focused on the novice triathlete, *START² TRI* is a 12 week program designed to prepare you for your first triathlon experience.

Program includes:

- 90 minute group training sessions
- 12 week home training plan
- Specific instruction focusing on swimming, biking, running & strength training
- Tips & guidance on transition, nutrition & gear choices in preparation for race goal: James O’Rourke Triathlon, April 23-24
- 1st Class will be 2 hours. Please bring swimming attire.
- Will meet in the Rec Center fitness room.
- Don’t forget your goggles!

Date	Fee	Time
Sundays Jan. 17-April 17 No Class Easter & April 10	\$130 + Rec Admission	10-11:30 a.m.
Class size is limited. Registration deadline is Jan. 10, 2016		



K & S Multisport Coaching
Registrations available at the Rec Center or by calling the coaches.



Certified Coaches
Kara Wallace: 520-6516
Scott Wallace: 650-2638

Swim Lessons

Mon/Wed	Session 1 Jan. 11– Feb. 8 No class Jan. 18	Session 2 Feb. 22—March 16	Session 3 March 28-April 20
Preschool Level 1	6:15-6:45 pm		6:00-6:30 pm
Preschool Level 2		6:15-6:45 pm	
Level 1:	6:50-7:20 pm		6:35-7:05 pm
Level 2:		6:50-7:20 pm	
Level 3:	7:25-8:10 pm		7:10-8:55 pm
Level 4:		7:25-8:10 pm	
Level 5:	8:15-9:00 pm		8:00-8:45 pm

Tues/Thurs	Session 1 Jan. 12-Feb. 9 No class Jan. 28	Session 2 Feb. 23-March 17	Session 3 March 29-April 21
Preschool Level 1		6:15-6:45 pm	
Preschool Level 2	6:15-6:45 pm		6:00-6:30 pm
Level 1:		6:50-7:20 pm	
Level 2:	6:50-7:35 pm		6:35-7:20 pm
Level 3:		7:25-8:10 pm	
Level 4:	7:40-8:25 pm		7:25-8:10 pm
Level 5:		8:15-9:00 pm	

Parent/Child Aquatics

\$10/4 lessons
Admission for adult and children ages 3+ years required.

The purpose of the Parent/Child aquatics program 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.

Session A Jan. 11, 13, 20, 25 Monday & Wednesday	Session B Feb. 23, 25, March 1, 3 Tuesday & Thursday	Session C March 28, 30, April 4, 6 Monday & Wednesday
6:15-6:45 pm	6:15-6:45 pm	6:15-6:45 pm

Leagues

League Information and Schedules:

www.teamsideline.com/nprc

5 on 5 Basketball League

Day	Start Date	Time
Mondays	Feb. 22	As scheduled
Adult League Team Registration Fee: \$150 Registration deadline: Feb. 15 Games played at the Rec Center & Adams Middle School Contact: Travis		



Pickleball League

Day	Start Date	Time
Mondays	Jan. 11	6:30 pm (as scheduled)
\$30/Registration Fee Contact: Travis		

The basics of Pickleball:
 Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. The game is played with a paddle and plastic ball. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, complete game for experienced players. A game for all ages and skill levels!

Coed Church Volleyball League

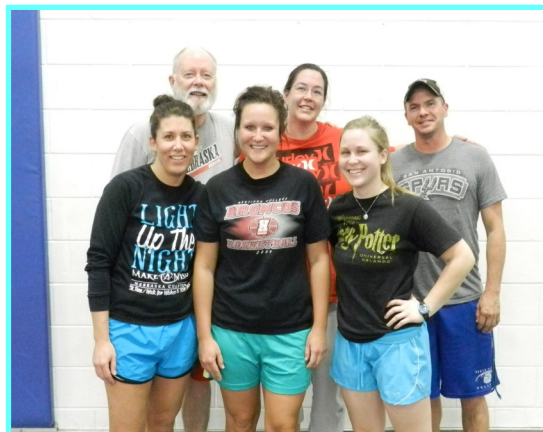
Recreational & Competitive Rec

Day	Start Date	Time
Tuesday	Jan. 5	6:00-9:00pm
Thursday	Jan. 7	as scheduled
Senior High students & Adults Registration deadline: Dec. 28 Contact: Gerry		

Spring Volleyball League

6 on 6 league (limited to 10 teams)

Day	Start Date	Time
Tuesday	March 15	6:00-9:00pm
Thursday	March 17	as scheduled
Senior High students & Adults \$140/team Registration deadline: March 7 Contact: Gerry		



2016 PRFS Schedule of Events

January 1 New Year Morning Magic 5K (*race will NOT be held at midnight! Will be held New Year's morning at the Rec Center for warmth for pre- and post-race activities!)

February 13 Heart, Mind & Sole 5K & 10K

March 19 Light Up the Night 5K

April 16 Sillassen Half-Marathon and 5K

April 22-24 James O'Rourke Memorial Triathlons

May 21 Lake to Lake Relay

June 18 NEBRASKAland Days 5K & 10K Road Run

July 4 Sutherland Firecracker 5K & 10K

July 9 Ogallala Triathlons

August 27 Hershey Fall Festival Adventure 5K

September 10 Doggie Dash 5K

September 24 Campfire Trail 5K at Potter's Pasture

October 8 Autumn River Run 5K & Half-Marathon & **INAGURAL CHRIS JARVIS MEMORIAL MARATHON**

November 24 Turkey Trot 5K

December 10 Jingle Bell 5K

The following "ALUMNI EVENTS" do not count for PRFS points, but will use PRFS timing equipment operated by our experienced race directors! Additional Alumni Events may be added. Paper entry forms for all Alumni Events will be available at the Recreation Center.

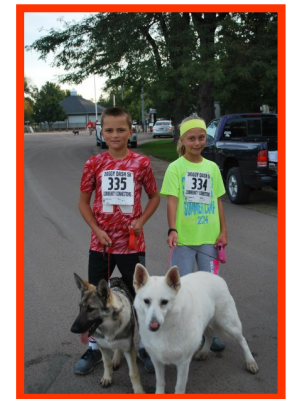
April 2 CASA Superhero 5K

June 10 Twilight 5K & Dog Walk

July 21 Lincoln County Fair 5K

August 6 Upstage/Downtown Fun 5K

November 5 Flash Your Feathers 5K



15 Events; 15 Years of Community Fitness!

"Building 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 Health with the support of a variety of local businesses, civic organizations and communities. The Platte River Fitness Series is designed to support, inspire, motivate and educate citizens about the personal and community benefits of a healthy, active lifestyle. The PRFS does so by providing participants with tangible and consistent goals to work toward. We embrace the model that in order to achieve positive behavior change and healthier living, we must foster a community of people with the same desire to live a full and healthy life. We nurture our "fitness family" by creating events that are open and inclusive, where every ability level has a place at the start and finish lines, and where individuals feel 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.

After 3 years of outreach to teach organizations how to benefit their cause AND encourage community fitness by hosting races, **the 2016 PRFS will return to its original competition format!** The Finishers Challenge will once again be a single category, where participants must complete all 15 events (any distance) to achieve the Finisher's Distinction. The Points Competition will remain the same. Those 60 & over will not be required to complete the triathlons while those 14 & under must participate in the O'Rourke Kids Triathlon, but will not be required to compete in the other triathlons.

www.platteriverfitness.com



Just for Fun!



1st & 2nd Grade Basketball League
(Registration begins Dec. 1)
 Games are played on a 8' rim. Teams are assigned by school, girls and boys divisions. Volunteer coaches are needed.



Day	Start Date	Time
Wednesdays	March 9 (4 weeks)	5:30-8 p.m. (as scheduled)
\$40/registration fee (Register by school) Deadline to register: Feb. 17 Contact: Travis		

Daytime/Playtime

(For little ones not yet in school)
 The gym is transformed into a giant indoor playground, complete with blow up bouncers and toys. Parents must supervise their own children.
Watch for our THEME parties!
 Contact: Travis

Fridays	Oct. 9-April 29	9-11 am
Fee: \$1/child No playtime Nov. 27; Dec. 25; Jan. 1, Feb 12; March 25		



Indoor Youth Soccer League
 Show up and play league for children ages 4 -10. This league stresses fitness, good sportsmanship and fun. No practices & new teams assigned each week of play. Age groups will be determined based upon the number of participants.

Day	Start Date	Time
Saturdays	Jan. 30-Feb. 27 (5 weeks)	5-8 p.m. (as scheduled)
\$30 (includes t-shirt) Registration deadline: Jan. 16 Contact: Gerry		

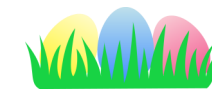
Teen Dances

Middle School and High School students should bring a student I.D. to attend Teen Dances.
 8:00-10:30 p.m. \$5/person
 Nov. 20
 Dec. 18
 Jan. 22
 Feb. 26
 March 25
Music by "Rascal"
 Contact: Gerry

Family Skate Night

Daily Admission
 Or Rec Pass Required
 6:30-8:30 p.m.
 Jan. 8, Feb 5, March 18
 Roller blading in the winter is lots of fun when done inside out of the cold and ice.
 Families are encouraged to bring skates and spend an evening of fun and game.
 Music—Games—Prizes
 Contact: Gerry

Pre-School "Eggstravaganza"



Wednesday, March 23, 2016 * 1 p.m.
(Promptness will be important in the hunt!)
Easter Scavenger Hunt

This won't be your typical Easter Egg Hunt! This event is for the little ones not yet in school and a grown-up partner who will help them on the hunt! Weather permitting; the scavenger hunt will take place on the south lawn of the Rec Center. Be sure to bring a basket and a camera for pictures with the Easter Bunny!

"HEALTHY You-niversity"

"Healthy YOU-niversity" is a free, 3-part "brown bag lunch" series, open to the public, to help you on your journey to health and wellness. Think of it as our 40th Anniversary gift to YOU!

Session I: "There's An App for That." Trying to navigate the world of wearable fitness devices and fitness apps? We do the research for you! This session will help you understand the role of technology in making healthy choices. Whether you are trying to solve the mysteries of your wearable fitness device or trying to find a fitness app that really helps you toward your goals, this session will provide a primer for integrating technology and fitness. Topics will include electronic fitness journals, wearable fitness devices and the top rated fitness apps for your mobile devices. *Friday, January 22nd; Rec Center; Noon-1 p.m.*

Session II: "What Strange Language Are You Speaking?" Have you ever gone to a gym or fitness class and wondered what strange language was being spoken? Have you ever felt like an outsider, looking in? A good fitness program is inclusive, inviting and educational, and that starts with helping you understand the terminology of fitness. What is "aerobic" or "anaerobic" and what does that mean to me? What is HIIT, after-burn or cool-down, and how can my understanding of these terms help me be healthy? Let us help you understand fitness by learning to speak its language! *Friday, February 19th Rec Center; Noon-1 p.m.*

Session III: "Life is Too Short to Never Eat Ice Cream." This quote from author Leo Buscaglia, describes the message of this fun session on healthier eating. The landscape for good nutrition can feel restrictive and unforgiving, and the "all or nothing" approach to nutrition may make people either give up or not even try. "Don't eat this, and never eat that" can make a healthy diet seem more like a punishment than a way of life. This session will help you understand the simple basics of good nutrition while taking a balanced approach to eating well. You will learn how to look at nutrition with a philosophical approach that keeps you healthy, but also gives you the freedom to enjoy that occasional dish of ice cream! *Friday, March 18th; Rec Center; Noon-1 p.m.*

Changing Lives

Platte River Fitness Series 2016 Outreach

Platte River FitKids

The Platte River Fitness Series includes an outreach specifically for children 14 & under. The FitKids Series has the same mission as the adult version with the emphasis on teaching children 14 and under that exercise is something we do for life. The FitKids Series includes Finisher's Distinction for kids completing all events except the adult triathlons. The Points Competition will include point awards for all the adult events plus the kids mile for those events having this distance. FitKids can compete for awards in both the adult Points Competition and FitKids competition. Watch for additional Platte River FitKids events throughout 2016.



Leading Ladies Nebraska



Leading Ladies Nebraska is an outreach of the Platte River Fitness Series specifically for women. It is an on-line community where women can seek and find support, encouragement, information, and care in leading active, healthy lives. It is a community intended to empower women to live fully in a spirit of acceptance and to develop their full potentials as women and as fitness enthusiasts. The Leading Ladies are provided with training information and go as a team to specially selected marathon/half-marathons. The 2016 Leading Ladies Nebraska summer marathon/half marathon will be the Aspen Valley Marathon and Half-Marathon on July 16, 2016. They will also participate in North Platte's first full marathon, the Chris Jarvis Memorial Marathon/Autumn River Run Half-Marathon on October 8, 2016.