

ADULT PROGRAMS

FREEZER MEALS

Special Events Building, Clive Aquatic Center

Are you trying to find a way to feed your family healthy meals quickly? Are you serving a dinner for one or two? Try freezer cooking! New or returning to this concept, learn the basics of implementing freezer cooking into your current lifestyle. Leave with a plan, start-up recipes, and a dish to sample and freeze. The class will go through the process of weekly meal planning, cooking and freezing a meal, and create a plan for a “freezer meal” day.



MIN./MAX. 5/15 FEE: \$20

Program #:	Date:	Time:
113306-01	Sunday, Nov. 13	3:00 – 6:00 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

BALLROOM DANCING – “Hearts ‘N Harmony”

Special Events Building, Clive Aquatic Center

Learn the basics of Ballroom Dancing during six classes featuring the Merengue, East Coast Swing, Rumba, Fox Trot, Waltz, Latin Dances (Cha Cha, Salsa) and also Two-Step Country. Have fun and enjoy time with your partner while learning the dance steps.



MIN./MAX. 5/12 FEE: \$75 per couple

Program #:	Dates:	Time:
113310-01	Tuesdays, Sept. 13 – Oct. 18	7:30 – 9:00 p.m.
113310-02	Tuesdays, Jan. 10 – Feb. 14	7:30 – 9:00 p.m.
113310-03	Thursdays, Feb. 16 – March 22	7:30 – 9:00 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

**Rick and Julie Muselman are instructors for “Hearts ‘n Harmony.”*

ADULT COED GOLF LESSONS

**Longview Golf Centre,
10300 NW 54th Ave., Grimes**

Group golf lessons will be held at Longview Golf Centre. Golfers must supply their own clubs. Lessons will be held inside the golf dome.

MIN./MAX. 4/10 FEE: \$65



Program #:	Dates:	Time:
113101-01	Thursdays, Jan. 12 – Feb. 2	6:00 – 7:00 p.m.
113101-02	Thursdays, Feb. 16 – March 8	6:00 – 7:00 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

ADULT COED VOLLEYBALL LEAGUES

Indian Hills Junior High or Other Local Area Schools

Two seasons of recreational coed volleyball leagues will be offered. Games will be played on the hour, with teams playing 7 games per season. Standings will be kept and awards given to the top teams. Teams will officiate their own games. Registration packets are available at the Parks & Recreation Office.

First Season: Monday evenings (7 games, October – December)

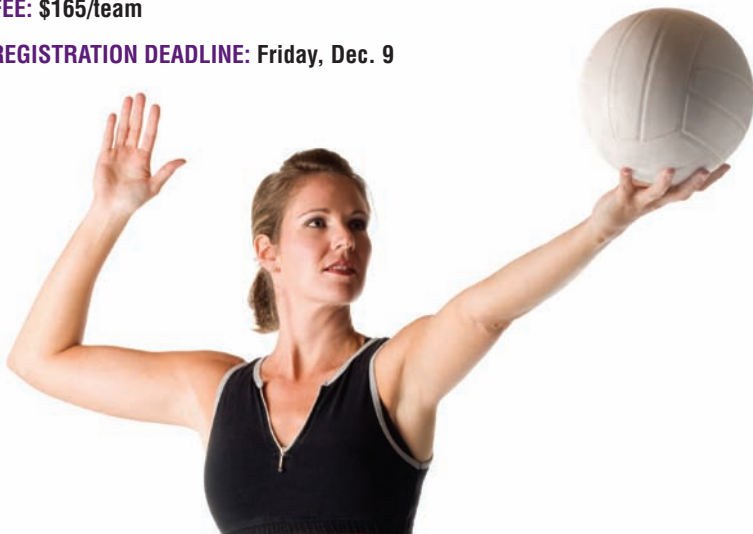
FEE: \$165/team

REGISTRATION DEADLINE: Friday, Sept. 30

Second Season: Monday evenings (7 games, January – March)

FEE: \$165/team

REGISTRATION DEADLINE: Friday, Dec. 9



ADULT BASKETBALL LEAGUES

Locations TBA

Two seasons of basketball will be held during the winter months. The first season will include 6 games starting late October and ending mid-December. The second season will include 10 games starting in January and ending mid-March. Teams will play 1–2 games a week depending on the number of teams registered. Games will be officiated and trophies will be awarded to the top teams. Players must be 18 or older.

MIN./MAX. 6/10 teams

First Season: Tuesday and Thursday evenings
(6 games, October – December)

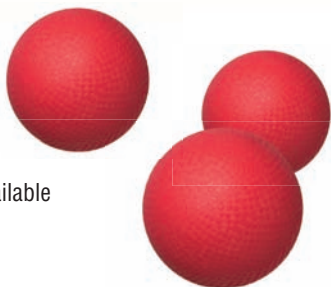
FEE: \$255/team

REGISTRATION DEADLINE: Friday, Oct. 14

Second Season: Tuesday and Thursday evening
(10 games, January – March)

FEE: \$425/team

REGISTRATION DEADLINE: Friday, Dec. 9



ADULT DODGE BALL TOURNAMENT

Clive Elementary, Sunday, March 4

Clive Parks & Recreation will be hosting their Annual Dodge Ball Tournament. Registration packets are available at the Parks & Recreation Office.

FEE: \$65/team

REGISTRATION DEADLINE: Monday, February 27

MINNESOTA TWINS/MINNESOTA VIKINGS TRIP

The West Des Moines Parks and Recreation will be heading north to watch the Twins play the Cleveland Indians and the Vikings battle the Tampa Bay Buccaneers and former Hawkeye great Adrian Clayborn. The trip takes place the weekend of September 17-18 and includes transportation by Charter Bus, Game Tickets and a one-night hotel stay. For more information please call the West Des Moines Parks and Recreation at 222-3441.



WELLNESS

CLASSES & OPPORTUNITIES

FIRST AID & CPR

City Hall Council Chambers
Ages 15+

Learn CPR and become certified through an American Red Cross Standard First Aid and CPR Course. Class includes adult, child and infant CPR, as well as AED training. Please bring a sack lunch for the day.

MIN./MAX. 6/12 FEE: \$75



Program #:	Date:	Time:
113100-01	Sunday, October 16	11:00 a.m. – 7:00 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

STRENGTH TRAINING

Special Events Building, Clive Aquatic Center

This training program is designed to increase metabolism, lose weight, increase flexibility, and tone and strengthen muscles. Light weights will be used for this non-aerobic, deep muscle toning program. Participants should bring their own exercise ball, weights and bands. (Bands can be purchased at the first class for \$7.)

MIN./MAX. 6/25



Program #:	Dates:	Time:	FEE:
	<i>Tuesdays & Thursdays</i>		
113204-01	Sept. 6 – Oct. 13 (12 classes)	6:15 – 7:15 p.m.	\$40
113204-02	Oct. 18 – Dec. 15 (16 classes - no classes Nov. 22 & 24)	6:15 – 7:15 p.m.	\$54
113204-03	Jan. 3 – Feb. 23 (16 classes)	6:15 – 7:15 p.m.	\$54
113204-04	Feb. 28 – April 12 (12 classes - no classes March 20 & 22)	6:15 – 7:15 p.m.	\$40

REGISTRATION DEADLINE: 7 days prior to program start date

ZUMBA® Toning

Special Events Building, Clive Aquatic Center

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Participants learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. Be prepared to shimmy and shake! No prior experience is necessary. Toning Sticks can be purchased from the instructor but are not a requirement for the class.

Class includes 45 minutes of Zumba Toning and 15 minutes of core work and stretching. Bring a mat, small towel and water. Wear comfortable clothes and sneakers with a smooth bottom.



**Class Instructor is Ildiko Kadar, certified ZUMBA Instructor and ZIN Member*

MIN./MAX. 8/25 FEE: \$50

Program #:	Dates:	Time:
113207-01	Wednesdays, Sept. 7 – Oct. 12	6:30 – 7:30 p.m.
113207-02	Wednesdays, Nov. 9 – Dec. 14	6:30 – 7:30 p.m.
113207-03	Wednesdays, Jan. 11 – Feb. 15	6:30 – 7:30 p.m.
113207-04	Wednesdays, Feb. 22 – Mar. 28	6:30 – 7:30 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

(Session 1 only: non-residents may begin registration on August 22)



ACTIVE OLDER ADULT PROGRAMS

CARD CLUB

City Hall Community Room

Join us for conversation, friends and a little competition. Each week learn a new card game or choose to play a favorite. The group has learned games such as Hand & Foot, Euchre, Hearts, Up & Down the River, and a little information about Bridge. Join the “club”!



FEE: Free

Dates:	Time:
Tuesdays, Oct. 4 – Mar. 6 (skip Nov. 22, Dec. 20, 27)	10:00 a.m. – Noon

Trips and Outings

“Fall Foliage Cruise Through Two Lock and Dams” on the Celebration Belle

Enjoy the scenic fall colors as we cruise downriver and enjoy all of the wonderful food and live entertainment along the Mississippi River to the historical town of Muscatine, Iowa. We’ll board the largest luxury excursion vessel on the upper Mississippi River and experience the breathtaking views. As if that weren’t enough to tempt you...our day will also include sticky rolls and fruit as the cruise departs, a full hot lunch buffet, and a snack in the afternoon. Prepare yourself for a fun, relaxing day on the river!

DATE: Tuesday, October 11

TIME: 7:00 a.m. – 7:00 p.m.

LOCATION: Moline, IL to Muscatine, IA

FEE: \$87

REGISTRATION DEADLINE: September 26
at West Des Moines Parks and Recreation –
222-3444.

DEPARTURE LOCATION: Valley West Mall –
S.E. corner parking lot



“The Iowa Wine Trail”

Join us today as we follow one of the “wine trails” that will take us to three local wineries. You’ll have the opportunity to sample several Iowa-grown wines as we travel a circuit just south of the Des Moines metro. We will make stops at La Vida Loca Winery, Summerset Winery and Two Saints Winery. Enjoy a glass of chardonnay or cabernet as we learn how these local wineries got their start. Lunch will be included today – but feel free to pack your own crackers and cheese!

DATE: Tuesday, November 1

TIME: 9:30 am – 3:30 pm

LOCATION: Indianola, St. Charles

FEE: \$54

REGISTRATION DEADLINE: October 10

DEPARTURE LOCATION: West Des Moines City Hall



“A Don’t Hug Me Christmas Carol” at the Amana Theatre

Oh for cryin’ in the egg nog! The good folks of Bunyan Bay are back for the third time in an all-new holiday show. Christmas Eve takes a strange turn as Gunner falls through the ice on his Ski-Doo and is visited by the Ghosts of Christmas Past, Present and Future, in the form of folk singing legend Sven Yorgensen no less. With songs like “I Love You More Than Football,” and “The Christmas Cheese Polka,” you’ll be laughing until the fruitcake ferments. You betcha, yah, for sure! Lunch is included at the Ox Yoke Inn with free time for shopping. Enjoy the day out with us at the Amana Colonies!

DATE: Thursday, December 1

TIME: 8:00 a.m. – 7:00 p.m.

LOCATION: Amana Colonies

FEE: \$63

REGISTRATION DEADLINE: November 11

at West Des Moines Parks and Recreation – 222-3444.

DEPARTURE LOCATION: West Des Moines Community Center – rear parking lot



DAY TRIP INFORMATION:

***PLEASE NOTE:** These trips are offered in conjunction with West Des Moines Parks and Recreation. Space is limited to the first 42 people that register. These trips generally fill quickly, so please register early. The date listed is a registration cut-off date. These trips are open to people 55 years old and over. All trips depart from the Southeast corner of the Valley West Mall parking lot unless otherwise noted.