

# Adult Programs

## ADULT GOLF LESSONS

### Adults and Seniors

Longview Golf Centre  
10300 NW 54th Avenue, Urbandale

Group golf lessons will be held five Wednesday evenings at Longview Golf Centre. Golfers must supply their own wood, iron, and putter. David Gantt (PGA Teaching Professional) will be teaching the class. Longview Golf is "Iowa's Premier Practice Facility" and the place to play golf year-round. Lessons will be held outdoors if weather permits.

**MIN./MAX. 6/15 FEE:** \$70

**Program No:** 213101-01

**Date:** Wednesdays, May 20-June 17

**Time:** 6:00-7:00 p.m.

**REGISTRATION DEADLINE:** May 13

## ADULT TENNIS LESSONS

### Adults and Seniors

Campbell Recreation Area

Six evening lessons will be held on Mondays and Wednesdays. Rain make-up nights will be the following night of the missed lesson. Participants need to bring their own tennis racket.

**MIN./MAX. 6/12 FEE:** \$30

**Level:** Beginning/Intermediate

**Program No:** 213105-01

**Date:** June 1-17

**Time:** 6:00-7:00 p.m.

**REGISTRATION DEADLINE:**

7 days prior to start date

## ADULT/CHILD GOLF LESSONS

### Minimum age 7 for child

Longview Golf Centre  
10300 NW 54th Avenue, Urbandale

Golfers need to bring their own clubs. Classes will be held outside. If weather does not cooperate, classes will be moved inside. David Gantt will be teaching this class. It is an excellent opportunity to help your game and also work with your child.

**MIN./MAX. 8/14**

**FEE:** \$65 total includes child & adult

**Program No:** 216101-01

**Date:** Wednesdays, July 8, 15, 22, 29

**Time:** 5:30-6:30 p.m.

**Program No:** 216101-02

**Date:** Wednesdays, August 5, 12, 19, 26

**Time:** 5:30-6:30 p.m.

**REGISTRATION DEADLINE:**

7 days prior to start date

## "HEARTS 'N HARMONY" BALLROOM DANCING

Waukee Middle School Commons,  
905 S. Warrior Lane, Waukee

Join Rick and Julie Muselman in learning the basics of Ballroom Dancing, including the Merengue, East Coast Swing, Rumba, Fox Trot, Waltz, Latin Dances (Cha Cha, Salsa), and the Two-Step. Enjoy time with your partner while learning the dance steps.

**MIN./MAX. 5/14 FEE:** \$65 (6 weeks)

**Day:** Tuesday **Program No:** 213310-01

**Date:** March 24-April 28

**Time:** 6:30-8:00 p.m.

**REGISTRATION DEADLINE:**

7 days prior to class start date

# LEAGUES

## ADULT COED SAND VOLLEYBALL LEAGUE

### Campbell Recreation Area

The Parks and Recreation Department will be offering 6-on-6 Coed Sand Volleyball Leagues at the Campbell Recreation area courts. Games will take place on Monday or Thursday evenings at 6:15 and 7:15 p.m. Teams will play a 7-game schedule. For a team packet and registration form, call the Parks and Recreation Department at 223-5246.

## CLIVE SOFTBALL

### Campbell Softball Fields

Adult Coed and Men's 12" Softball Leagues will begin the week of April 19th with 14 games scheduled in each league. Fees for the commercial leagues with umpires are \$335 + \$26 ASA + \$12 non-resident + 6% tax. Leagues will consist of a Men's Monday Double Header B League, Men's Tuesday/Thursday Double Header C or C2 Leagues, Friday One Night B and C Leagues, Wednesday Coed Double-Header C League, and a Sunday Coed C or C2 League.

**Spring Leagues begin the week of April 19th.** Summer Leagues generally start late June or the first part of July. Fall Leagues begin in mid-August.

**Deadline for Spring fees is March 12th.** Summer League fees are due by May 27th. Fall League deadline is July 29th.

Contact us for field rentals to hold your own tournament. Fields are available for weekend rentals. We prepare the fields, run the concession stand, and you run the tournament.

# FITNESS

## ZUMBA FITNESS

### Special Events Building, Clive Aquatic Center

Ditch the routine, join the party! Zumba is a Latin-inspired dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body. You are guaranteed to have fun and burn calories! No prior experience necessary. Bring a mat, towel, and water. Wear comfortable clothes and sneakers.

**MIN./MAX. 8/25 FEE:** \$45 (6 weeks)

**Day:** Wednesday **Time:** 6:30-8:00 p.m.

Program No.	Dates
213207-01	March 25-April 29
213207-02	May 6-June 10
213207-03	July 22-August 26

### REGISTRATION DEADLINE:

7 days prior to class start date

## STRENGTH TRAINING

### Special Events Building, Clive Aquatic Center

This eight-week 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 \$7.00.

**MIN./MAX. 6/25 FEE:** \$50

**Drop-In FEE:** \$5 per class

**Program No:** 213105-01

**Day:** Tuesdays & Thursdays

**Time:** 6:15-7:15 p.m.

Program No.	Dates
213224-01	April 14-June 4
213224-02	June 16-Aug. 6
213224-03	Aug. 18-Oct. 8

### REGISTRATION DEADLINE:

7 days prior to start date

# YOGA

Yoga is an ancient Indian heritage. It provides strength, flexibility and balance for both body and mind. In today's stressful world, yoga offers a unique lifestyle in which the

body is relaxed, your mind is focused and the spirit lifted. Regular yoga practice can help to improve circulation, digestion and posture, stimulate the immune system, decrease stress level, boost self-esteem and create a sense of calmness and well-being.

Beginning and multi-level classes are being offered. Lily Hou, owner of Green Yoga House, will primarily teach these classes — substitutes will occasionally be used. All props (mats, blankets, bolsters, blocks and straps) are provided. Just come in with an open mind and open heart.

## ALL-LEVEL YOGA

Special Events Building,  
Clive Aquatic Center

**MIN./MAX. 8/20**

**FEE:** \$81 (9 weeks)

**Drop-In FEE:** \$13 per class

**Day:** Wednesday

Program No.	Dates	Time
215205-01	April 29- June 24	10:30-11:45 a.m.
215205-02	July 1- August 26	10:30-11:45 a.m.

### REGISTRATION DEADLINE:

7 days prior to start date

## BEGINNER YOGA

**MIN./MAX. 8/20**

**FEE:** \$40

**Program No:** 215205-03

**Date:** Tuesdays, March 31-April 21  
(Session 215205-03 will meet at the City Hall Community Room on April 21)

**Time:** 9:30-10:30 a.m.

**Program No:** 215205-04

**Date:** Fridays, April 17 & April 24

**Time:** 5:30-7:30 p.m.

### REGISTRATION DEADLINE:

7 days prior to class start date

## PILATES

**Adults and Seniors**

Special Events Building,  
Clive Aquatic Center

With an emphasis on breath, core conditioning, and body awareness, Pilates is a safe and effective way to stretch, strengthen and streamline the body without building bulk or stressing the joints. It increases flexibility, develops optimal core control, creates flat abdominals, slender thighs, and a strong back. It is challenging yet safe for all ages. Pilates is the perfect complement to cardiovascular exercise, sport, yoga, and rehab. The exercises will leave you looking toned, feeling revitalized and moving with ease.

**FEE:** \$81 (9 weeks) **Level:** All

**Day:** Friday **Program No:** 215207-01

**Date:** May 1\*-June 26

**Time:** 10:30-11:20 a.m.

*\*May 1st class will meet in the City Hall Community Room.*

**FEE:** \$40 (4 weeks) **Level:** Beginner

**Day:** Tuesday **Program No:** 215207-02

**Date:** March 31-April 21\*

**Time:** 8:30-9:20 a.m.

*\*April 21st class will meet in the City Hall Community Room.*

### REGISTRATION DEADLINE:

7 days prior to class start date