

YOUTH PROGRAMS

PRESCHOOL PLAYTIME

City Hall Community Room
Ages 4 & 5

Preschoolers can enjoy playtime with others their age. The recreation staff will lead the children in a variety of games (Red Light-Green Light, Musical Chairs, Duck-Duck-Goose), crafts and educational activities. Participants will need to wear tennis shoes and clothing they can easily move in. Parents are welcome to stay and watch.



MIN./MAX. 6/10 FEE: \$20

Program #:	Dates:	Time:
111604-01	Thursdays, Nov. 3 – Dec. 1 (no class on Nov. 24)	10:30 – 11:45 a.m.

REGISTRATION DEADLINE: 7 days prior to program start date



KIDS IN THE KITCHEN

Special Events Building,
Clive Aquatic Center
Ages 8-12



Learn to read food labels and recipes, as well as use kitchen utensils and appliances safely. Education about nutrition and health is included.

MIN./MAX. 5/10 FEE: \$15

Program #:	Date:	Time:
112303-01	Wednesday, Oct. 19	4:30 – 6:00 p.m.
112303-02	Wednesday, Nov. 9	4:30 – 6:00 p.m.
112303-03	Wednesday, Dec. 7	4:30 – 6:00 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date



SOCCER CLINIC

Wildwood Park

This fundamental clinic teaches the basics of soccer, the positions, rules, sportsmanship, kicking, passing, and throwing of the soccer ball. We will have time for scrimmages. Participants should bring a water bottle and wear soccer/tennis shoes. Shin guards are recommended, but are not necessary.

MIN./MAX. 8/16 FEE: \$40 (includes a t-shirt)

Ages 4 & 5

Program #:	Dates:	Time:
111103-01	Mondays, Sept. 12 – Oct. 3	4:30 – 5:15 p.m.
111103-02	Mondays, Sept. 12 – Oct. 3	5:30 – 6:15 p.m.
111103-03	Thursdays, Sept. 15 – Oct. 6	4:30 – 5:15 p.m.
111103-04	Thursdays, Sept. 15 – Oct. 6	5:30 – 6:15 p.m.

Ages 6 & 7

Program #:	Dates:	Time:
111103-05	Tuesdays, Sept. 13 – Oct. 4	4:30 – 5:15 p.m.
111103-06	Tuesdays, Sept. 13 – Oct. 4	5:30 – 6:15 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

(Non-residents may begin registration on August 22)

BE SAFE! SELF PROTECTION SEMINAR FOR CHILDREN*

Special Events Building, Clive Aquatic Center

Ages 6-12

Children will be taught the ABC's of self protection. They will explore their own thoughts on safety through role play and age appropriate discussions. Participants will be actively engaged while learning how to escape from grabs, pushes, chokes, and the ground.



MIN./MAX. 8/15 FEE: \$15

Program #:	Date:	Time:
111305-01	Monday, Dec. 12	6:00 – 7:30 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

LITTLE NINJAS*

**Special Events Building,
Clive Aquatic Center
Ages 4 & 5**

This program teaches the basic fundamentals of both Tae-Kwon-Do and Karate. This class focuses on building self-respect, self-confidence, coordination of mind and body, and self-discipline.

MIN./MAX. 6/20 FEE: \$32



*Phil Dickey, Black Belt in Karate and Tae-Kwon-Do, is the instructor for Little Ninjas, Tae-Kwon-Do and "Be Safe" programs.

Program #:	Dates:	Time:
111403-01	Mondays, Sept. 19 – Oct. 24	6:00 – 6:30 p.m.
111403-02	Mondays, Oct. 31 – Dec. 5	6:00 – 6:30 p.m.
111403-03	Mondays, Jan. 9 – Feb. 13	6:00 – 6:30 p.m.
111403-04	Mondays, Feb. 27 – April 9 (no class on March 19)	6:00 – 6:30 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date



TAE-KWON-DO*

**Special Events Building,
Clive Aquatic Center
Ages 6 & up**

This Korean art of self-defense is beneficial in improving health, balance, and agility. This class will provide a fun learning environment that teaches students to develop, not only physically, but also mentally. Beginner classes are for white through green belts and Intermediate classes are for green belts and up.

MIN./MAX. 6/28 FEE: \$42

Program #:	Dates:	Time:
111404-01	Mondays, Sept. 19 – Oct. 24	6:30 – 7:30 p.m.
111404-02	Mondays, Oct. 31 – Dec. 5	6:30 – 7:30 p.m.
111404-03	Mondays, Jan. 9 – Feb. 13	6:30 – 7:30 p.m.
111404-04	Mondays, Feb. 27 – April 9 (no class on March 19)	6:30 – 7:30 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

BABYSITTING CLINIC

City Hall Community Room
Ages 11-14

Learn the basics of being a successful babysitter. First aid, feeding and safety information will be presented. Bring a sack lunch.

MIN./MAX. 6/10 FEE: \$105



Program #:	Dates:	Time:
112302-01	Thursday, Dec. 29	8:30 a.m. – 2:30 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

YOUTH VOLLEYBALL CLINIC

Indian Hills Jr. High
Grades K-3



This four-week fundamental clinic focuses on the basics of volleyball. Time will be spent passing, serving, setting, rules and games. Soft lightweight volleyballs and beach balls will be used for skill development. Participants must wear gym shoes. Dowling High School players will be involved in instruction.

MIN./MAX. 10/25 FEE: \$35 (includes a t-shirt)

Program #:	Dates:	Time:	Grades:
111107-01	Mondays, Sept. 19 – Oct. 10	5:45 – 6:30 p.m.	K – 1
111107-02	Mondays, Sept. 19 – Oct. 10	6:35 – 7:20 p.m.	2 – 3

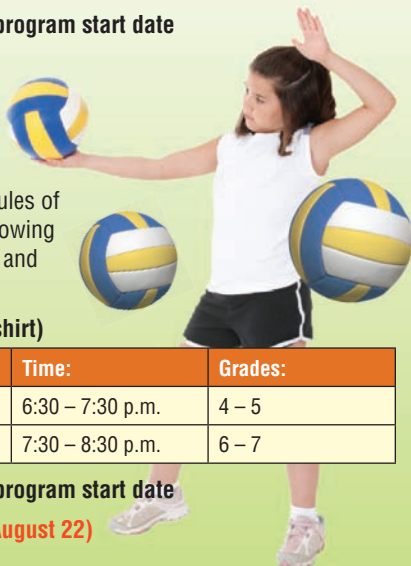
REGISTRATION DEADLINE: 7 days prior to program start date

YOUTH VOLLEYBALL CAMP

Valley High School (North gym)
Grades 4-7

Camps will teach passing, serving, setting, rules of the game, and good sportsmanship while allowing time for games. Valley High School Coaches and Players will be providing camp instruction.

MIN./MAX. 10/25 FEE: \$35 (includes a t-shirt)



Program #:	Dates:	Time:	Grades:
111104-01	Thursdays, Sept. 8 – 29	6:30 – 7:30 p.m.	4 – 5
111104-02	Thursdays, Sept. 8 – 29	7:30 – 8:30 p.m.	6 – 7

REGISTRATION DEADLINE: 7 days prior to program start date

(Non-residents may begin registration on August 22)



YOUTH BASKETBALL FUNDAMENTAL CLINIC

**Shuler Elementary, Eason Elementary & Clive Elementary
Grades K-1 and Grades 2-3**

Boys and girls will learn how to dribble, shoot, pass and hold the basketball. Team play and good sportsmanship are focused on in this clinic. The last session or two will include a controlled game/scrimmage. Participants should wear gym shoes.

MIN./MAX. 10/16 FEE: \$47 (includes a t-shirt)

Grades K and 1

Program #	Dates:	Time:	Location:
111102-01	Thursdays, Oct. 6 – Nov. 3	6:10 – 7:05 p.m.	Eason Elementary
111102-02	Saturdays, Nov. 5 – Dec. 10 (no session on Nov. 26)	9:05 – 10:00 a.m.	Shuler Elementary
111102-03	Saturdays, Nov. 5 – Dec. 10 (no session on Nov. 26)	10:05 – 11:00 a.m.	Shuler Elementary
111102-04	Saturdays, Jan. 7 – Feb. 4	9:05 – 10:00 a.m.	Clive Elementary
111102-05	Saturdays, Jan. 7 – Feb. 4	10:05 – 11:00 a.m.	Clive Elementary
111102-06	Thursdays, Jan. 12 – Feb. 9	6:10 – 7:05 p.m.	Eason Elementary

REGISTRATION DEADLINE: 7 days prior to program start date

Grades 2 and 3

Program #:	Dates:	Time:	Location:
111102-07	Thursdays, Oct. 6 – Nov. 3	7:15 – 8:10 p.m.	Eason Elementary
111102-08	Thursdays, Jan. 12 – Feb. 9	7:15 – 8:10 p.m.	Eason Elementary

REGISTRATION DEADLINE: 7 days prior to program start date



BOY'S BASKETBALL LEAGUE & GIRL'S BASKETBALL LEAGUE

Various local schools

Grades 4, 5, 6, 7 & 8

Sunday afternoons (two seasons will be offered)

First season leagues will begin in early November and second season leagues will begin in early January. The leagues will have certified referees, two 20-minute halves and good competition.

FEE: \$580/team (includes both seasons – 11 games)

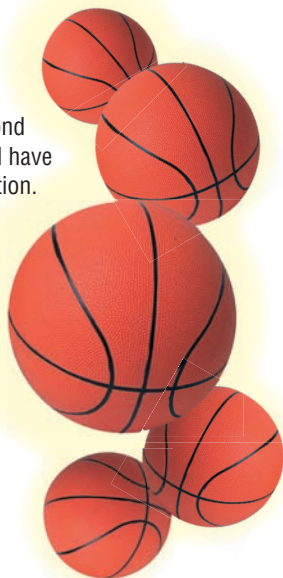
FEE: \$320.00/team (first season only – 6 games)

FEE: \$270.00/team (second season only – 5 games)

For more information and registration packets, contact the Parks & Recreation Office at 223-5246.

Deadline to register for first season is Friday, Oct. 7.

Deadline to register for second season is Friday, Dec. 9



3-on-3 BASKETBALL TOURNAMENT

Valley Southwoods

Saturday, March 31

The Parks & Recreation Department will be hosting its eleventh annual tournament. Age groups will be competing against each other and awards will be given to the top teams in each bracket. Teams are guaranteed 3 games. Age brackets will be divided for boys and girls in grade 4, 5, 6, 7, 8 and 9–12. For more information, call the Parks and Recreation Office in January 2012.

YOUTH GOLF LESSONS

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

Ages 7-17



Group lessons will be held at “Iowa’s Premier Practice Facility.” Golfers must bring their own wood, iron and putter. All lessons will be held inside the golf dome.

MIN./MAX. 6/10 FEE: \$45 (4 weeks)

Program #:	Dates:	Time:
111101-01	Saturdays, Sept. 10 – Oct. 1	11:00 a.m. – 12:00 p.m.
111101-02	Saturdays, Oct. 8 – 29	11:00 a.m. – 12:00 p.m.
111101-03	Saturdays, Jan. 7 – 28	10:00 a.m. – 11:00 a.m.

REGISTRATION DEADLINE: 7 days prior to program start date

*Kevin Boehler, PGA Teaching Professional is the golf instructor.

CHEERLEADING CLINIC*

Indian Hills Junior High
Ages 4 - 10

Join us for an afternoon of fun-filled cheers. Area cheerleaders will instruct groups as they learn simple cheers and moves. Age levels will be divided into smaller groups.

MIN./MAX. 8/40 FEE: \$20



*Dance-a-Cross will lead the Cheerleading, Hip-Hop Dance and Ballet clinics.

Program #:	Date:	Time:
111610-01	Saturday, Oct. 8	1:00 – 2:30 p.m. (Parents are welcome to watch final routine at 2:15 p.m.)

REGISTRATION DEADLINE: 7 days prior to program start date



HIP-HOP DANCE CLINIC*

Indian Hills Junior High
Ages 5 - 10

Does your child like Hip-Hop music? If your answer is yes, have them attend this clinic to learn current Hip-Hop dance and get their groove on!

MIN./MAX. 8/40 FEE: \$15

Program #:	Date:	Time:
111610-02	Saturday, Sept. 24	3:30 – 4:30 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

BALLET CLINIC*

Indian Hills Junior High
Ages 3 - 6

This one-hour clinic is the place to start for the beginner that would like to learn the fundamentals of Ballet.

MIN./MAX. 8/40 FEE: \$15



Program #:	Date:	Time:
111610-03	Saturday, Oct. 22	3:30 – 4:30 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

SEVEN OAKS/BOONE SKI TRIPS

Grades 4-8

Join us for a fun day of skiing! **Participants will leave from and return to the Parks & Recreation Office.** A mini lesson is offered as part of the package. Remember to dress warmly. Bring spending money for lunch and snacks or your own sack lunch and snacks.

MIN./MAX. 8/12 FEE: \$50



Program #:	Date:	Time:
111502-01	Wednesday, Dec. 28	9:00 a.m. – 5:00 p.m.
111502-02	Thursday, Dec. 29	9:00 a.m. – 5:00 p.m.
111502-03	Monday, Jan. 16	9:00 a.m. – 5:00 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date



SLEEPY HOLLOW SPORTS PARK

Two trips are planned over winter break. The first trip will be snow-tubing only on Tuesday, Dec. 27. The second trip will be on Friday, Dec. 30, and will provide youth their choice of skiing or snow-tubing. **Participants will leave from and return to the Parks & Recreation Office.** Dress warmly (gloves, hat, and boots) and bring spending money for snacks and lunch.

MIN./MAX. 8/12

Grades 4-8 FEE: \$48 (choose skiing or tubing)

Program #:	Date:	Time:
111501-01	Friday, Dec. 30	9:30 a.m. – 4:00 p.m.

REGISTRATION DEADLINE: 7 days prior to program start date

Grades 3-6 FEE: \$28 (tubing only)

111501-02	Tuesday, Dec. 27	9:30 a.m. – 2:00 p.m.
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REGISTRATION DEADLINE: 7 days prior to program start date