ADULT PROGRAMS

MAYOR'S BIKE RIDE

Start and finish at Clive Aquatic Center parking lot
All ages (children must be accompanied by an adult)

Join Mayor Cirksena for a fun-filled morning during the Clive Festival! Two rides will be offered – a longer ride and a shorter "family" ride. Proceeds from the ride will go to planting trees within the City of Clive.

Program #:	Date:	Time:	Fee:
215710-01	Saturday, July 18	8:00 a.m.	$10

STRENGTH TRAINING

Special Events Building
at 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 $7.00.)

MIN./MAX. 6/25

Program #:	Dates:	Time:	Fee:
213224-01	Tuesdays and Thursdays, April 14–May 21 (12 classes)	6:15–7:15 p.m.	$48
213224-02	Tuesdays, May 26–August 25 (14 classes)	6:15–7:15 p.m.	$56
213224-03	Tuesdays, May 26–July 7 (7 classes)	6:15–7:15 p.m.	$40
213224-04	Tuesdays, July 14–August 25 (7 classes)	6:15–7:15 p.m.	$40

SOCIAL SECURITY SEMINAR

City Hall Council Chambers (Ages 55–68)

The Retirement Planning Center is offering a one-hour presentation for married couples that have not filed for social security. Registration is required but the program is free. The seminar will have helpful hints of filing for Social Security benefits based on age and could save them money during their retirement.

Program #:	Dates:	Time:
214301-01	Tuesday, March 31	6:00–7:00 p.m.

COMMUNITY EVENTS

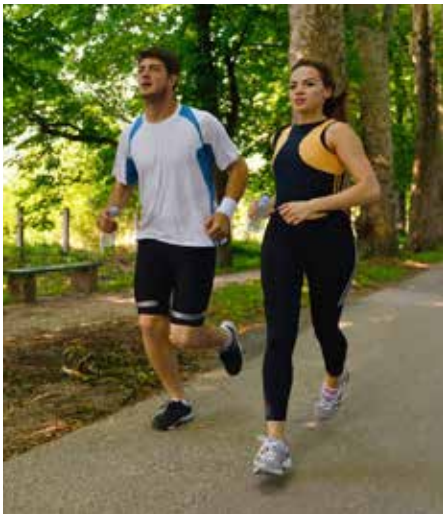
BEGINNING RUNNERS GROUP "RUNNING WITH THE ANIMALS"

This course includes weekly runs every Monday beginning April 6 at 6:00 p.m. from Campbell Park in Clive. For more information, check www.runwiththeanimals.com or contact Curt and Nancy Hoegh at 226-0860.

CLIVE RUNNING FESTIVAL

Join us for the Clive Running Festival on Saturday, June 13. A scenic course takes you through the neighborhoods of Clive and on the beautiful Clive Greenbelt Trail. With a 5K, a 10K, a mile run and the tadpole trot there is an event for all members of the family. This popular trail is used year round by runners, walkers and bicyclists.

Proceeds from the race are used for trail improvements such as the new drinking fountains which were installed from past races. Your participation in the Clive Running Festival directly benefits all who love and enjoy the use of this wonderful trail. To register, go to getmeregistered.com (Event I.D. #120778). If you have any questions please contact Tom Trygstad at 250-3936.



Catch Des Moines active. Outdoor exploration. Biking trails and water slides. Experience edge-of-your-seat sports action. The thrill of crossing the finish line. The excitement of cheering in the stands. The connection with nature. Choose your journey. Watch. Do. Engage with health and wellness. It's all here in Greater Des Moines!

catchdesmoinesactive.com

REGISTRATION DEADLINE is 7 days prior to start date

LEAGUES

ADULT COED SAND VOLLEYBALL LEAGUES

Campbell Recreation Area Volleyball Courts

Teams will play a seven-game schedule with eight teams per league. Coed leagues will consist of Tuesday Recreational 6's, Wednesday Recreational 6's or Thursday Recreational 6's. Games will be scheduled at 6:15 and 7:15 p.m.

FEE: $120 (per league or season)

First season games start the first week in May. Second season games will start late June/ early July.

First season deadline is Friday, April 10. Second season deadline is Friday, June 5.

CLIVE SOFTBALL LEAGUES

Campbell Recreation Area Softball Fields

Adult Coed and Men's 12" Softball Leagues will play a 14-game schedule in each league. League fees with umpires are $380 plus fees. Leagues will consist of Men's Monday Church, Men's Tuesday Double Header C, Men's Thursday Double Header C, Men's Friday C, Coed Wednesday Double Header C, and Coed Sunday C1 and C2.

Spring Leagues begin the week of April 12. Summer Leagues start late June or first part of July. Fall Leagues begin in mid-August.

Spring League deadline is Friday, March 13. New teams will be considered Monday, March 16. Summer League deadline is Friday, May 15. Fall League deadline is Friday, July 31.

HOLD YOUR OWN TOURNAMENT:

Contact **Doug Harris** at 867-5091 to reserve softball fields or sand volleyball courts. Clive Parks and Recreation Department prepares the fields/courts and will operate the concession stand while you run your tournament. Fields/courts are available for weekend rentals.

YOUTH AND ADULT TOURNAMENTS

Clive Parks and Recreation is offering tournaments for youth and adults (team participation only).
Check out http://www.cityofclive.com/government/parks-and-recreation/leagues-and-tournaments.

YOUTH 3-ON-3 BASKETBALL TOURNAMENT

Valley Southwoods Freshman High School
(625 S. 35th St., West Des Moines)
Boy's and Girl's Divisions
Grades: 4th and Younger, 5th, 6th, 7th, 8th, 9th–12th

Clive's 15th Annual 3-on-3 Tournament guarantees all teams three or more games. Teams consist of a five-player roster. Awards will be given to the top teams.

Date:	Registration Deadline:	Fee:
Saturday, March 28	Monday, March 23 at 4:30 p.m.	$75 per team

ADULT COED AND MEN'S SLOW-PITCH 12" SOFTBALL TOURNAMENTS

Campbell Recreation Area Softball Fields

Coed and Men's divisions are offered in July. Teams are guaranteed three games for these one-day tournaments.

Division:	Date:	Registration Deadline:	Fee:
Coed	Saturday, July 11	Monday, July 6	$150 per team
Men's	Saturday, July 18	Friday, July 10	$150 per team

ADULT COED SAND VOLLEYBALL TOURNAMENT

Campbell Recreation Area Volleyball Courts

Teams consist of six players and are guaranteed three games.

Date:	Registration Deadline:	Fee:
Saturday, July 18	Friday, July 10	$60 per team

ADULT BAGS TOURNAMENT

Campbell Recreation Area Basketball Court

Teams consist of two players and are guaranteed three games. Not an official ACA tournament.

Date:	Registration Deadline:	Fee:
Saturday, July 18	Friday, July 10	$30 per team

REGISTRATION DEADLINE is 7 days prior to start date

SENIOR DAY TRIPS

THE GROTTO OF THE REDEMPTION AND TEA THYME

The Grotto of the Redemption at West Bend, Iowa is the largest Grotto in the world. It is frequently considered "the Eighth Wonder of the World." It represents the largest collection of minerals and petrification concentrated in any one spot. Wear your walking shoes to enjoy a leisurely day outdoors as we stroll through the nine separate Grotto scenes. The Grotto has a gift shop with a large selection of souvenirs and religious gifts. Lunch will also be included at the restaurant on the grounds. After departing West Bend, we'll travel to Fort Dodge for flavorful coffee and desserts at Tea Thyme. It's a perfect stop on our way home!

DATE.....Thursday, May 28
TIME..... 8:00 a.m. – 6:00 p.m.
LOCATION .....West Bend and Fort Dodge
FEE.....$54
REGISTER BY..... May 7

40TH ANNUAL GLENN MILLER FESTIVAL

Join us as visitors and entertainers from around the world converge in Clarinda, Iowa — the birthplace of Glenn Miller! We'll celebrate the music and memory of Alton Glenn Miller, American bandleader, trombonist, composer and arranger who disappeared while directing the "Glenn Miller AAF Band" during World War II. Our day will include a stage show concert upon arrival, tour of historic exhibits at the festival, lunch, a performance by the Toronto All-Star Big Band and a tour of the new Glenn Miller Birthplace Museum.

DATE.....Friday, June 12
TIME..... 7:00 a.m. – 6:30 p.m.
LOCATION .....Clarinda
FEE.....$76
REGISTER BY..... May 22

LADY OF THE LAKE

All Aboard for Adventure! We're off to the beautiful community of Clear Lake today. This relaxing day by the lake will include free time for shopping downtown and a luncheon cruise on "The Lady of the Lake." This double-deck sternwheeler riverboat has an upper sun deck for viewing. It will be a splendid way to enjoy the day! Come experience the charm of this Main Street community and take a deep breath of the fresh, lakeside air.

DATE..... Wednesday, July 1
TIME..... 8:00 a.m. – 5:00 p.m.
LOCATION ..... Clear Lake
FEE.....$54
REGISTER BY..... June 10

DISCOVERING THE "ART" IN DYSART

Get ready for small town hospitality today as we travel to DysART for a fun-filled, fabulous day appreciating ART. Upon arrival, we'll be welcomed by the Dysart Hospitality and Tour Team. (AKA: HAT Team). We'll visit the artwork at Zion Lutheran Church where new and beautiful modern stained glass art pieces are on display. The Garden Blacksmith will give a unique presentation on welded artworks. Stops will also include natural art at Pat's Potting Shed and the Rose Garden. The HAT team will jazz up our lunch with a style show before we enjoy free time for shopping downtown! Next, we will travel to Gladbrook where matchsticks are used to create incredible works of art at Matchstick Marvels. Join us, and be ART inspired!

DATE.....Tuesday, July 14
TIME..... 7:30 a.m. – 6:30 p.m.
LOCATION ..... Dysart and Gladbrook
FEE.....$49
REGISTER BY..... June 23

"SHEAR MADNESS" AT THE AMANA THEATRE

This unique comic whodunit takes place today in the Shear Madness hairstyling salon. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery seen on stage. The outcome is never the same! Voted "Best Comedy of the Year" seven times by the Boston Globe and is rated PG. Lunch is included at the famous Ox Yoke Inn, where food is served family style. There will also be free time for shopping, making it a wonderful day in the Amana Colonies.

DATE.....Thursday, July 30
TIME..... 8:00 a.m. – 7:00 p.m.
LOCATION ..... Amana Colonies
FEE.....$69
REGISTER BY..... July 9

SULLIVAN BROTHERS IOWA VETERANS MUSEUM AND GROUT MUSEUM OF HISTORY AND SCIENCE

The Sullivan Brothers Iowa Veterans Museum honors the service and sacrifice of all Iowa veterans from the Civil War to present. Step into their stories through traditional exhibits, interactive activities and an electronic Wall of Honor. The Museum consists of over 35 interactive exhibits. Interviews collected via the Voices of Iowa Oral History Project total over 1,500. The Grout Museum of History and Science features permanent and continually changing exhibitions of area history, regional flora and fauna, and the only public planetarium in Northeast Iowa. Lunch will be served in the corn crib of Cedar Fall's "Barn Happy." Enjoy this relaxing atmosphere in a great old dairy barn built in 1925. They feature homemade baked goodies, delicious coffee, homemade soup and sandwiches, and a unique shopping experience found only in Iowa.

DATE..... Wednesday, August 12
TIME..... 7:30 a.m. – 5:00 p.m.
LOCATION ..... Waterloo and Cedar Falls
FEE.....$52
REGISTER BY..... July 22

DAY TRIP INFORMATION

Please note: These trips are run in conjunction with West Des Moines Parks and Recreation — please call 222-3444 to register. Space is limited to the first 52 people that register. These trips generally fill quickly, so please register early. Registration begins on Tuesday, March 10. 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.