

FALL 2015 PROGRAMS

www.cityofgreenriver.org

GREEN RIVER PARKS AND RECREATION

-Creating Recreational Opportunities through People, Parks and Programs-



Green River Parks and Recreation



greenriverrecenter

Friday Night Roller Skating

7:00 PM to 8:45 PM

Resuming October 2nd

Join us in the gymnasium for roller skating fun. Music and games for your entertainment. Admission plus \$4.00 skate ticket provides you with an evening of FUN! Rental skates are available for \$2.00 a pair. Skaters are welcome to bring their own skates, but we ask that the wheels be clean.



Themed Skate Nights

Once a month we will have a different themed skate night with prizes, games, and tons of fun.

30th October
13th November
11th December
22nd January
12th February
18th March
15th April
27th May

Costume Skate Night
Hunger Games
Star Wars
Retro
Ugly Prom
Super Hero
Mystery
Finding Dory/Under the Sea

Special Pool Activities

The Recreation Center Swimming Pool will feature special activities throughout the week for your enjoyment. Come and join us for a splashing good time!

FLOAT TIME!

Features single and double floats, the log, and turtle! Slides and diving boards will be closed. Lap lanes will remain open.

Tuesday 7:00 PM to 8:30 PM

SPACE MOUNTAIN TIME!

Features a seven foot iceberg to climb and slide! Slides, diving board and lap lanes will be closed.

Saturday 1:00 PM to 2:30 PM

WIBIT!

Features a floating challenge course with a slide at the finish! Pool slides and diving board will be closed, one lap lane will remain open.

October 23rd & November 25th 12:30 PM to 5:30 PM



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Parks & Recreation Contact List

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Recreation Center Operations
872-0513

Katie Duncombe, Recreation Supervisor
Summer Day Camp, Special Events, and
Gymnastics
872-0514

Kevin Sadler, Recreation Supervisor
Youth Sports and Youth Leagues
872-0515

Sherry Schumacher, Recreation Supervisor
Fitness Classes and Swim Lessons
872-0517

Registration and Refund Procedures

1. Registration can be completed at the Recreation Center during hours of operation or on-line at www.cityofgreenriver.org and navigate to the parks and recreation department page or www.activityreg.com and navigate to the Green River, Wyoming page. Registration is on a first-come, first-serve basis.
2. Refunds will be granted on a case by case basis and will be reviewed by the supervisor in charge of the program. Refunds on room reservations will only be available with forty-eight hours notice.
3. Photos and videos are periodically taken at events and activities and may be used in the Parks and Recreation Department's marketing material and web site promotions.
4. A detailed printout of these procedures are available upon request.
5. In accordance with the Americans with Disability Act, (ADA), the City of Green River Parks and Recreation Department does not discriminate against individuals with disabilities.



If ADA accommodations are needed please call (307) 872-0511 or fax (307) 872-0509

Community Blood Drives

United Blood Services schedules blood drives at the Green River Recreation Center regularly, please contact United Blood Service or the Recreation Center for the next blood drive date.

Blood Drives Scheduled:
September 22nd
October 20th
November 24th



Be a Hero . . . Give Blood
 Call 362-1835 to schedule an appointment.

Assistance Program

The Green River Parks and Recreation Department has a program for area residents that don't have the financial means to participate in programs or recreation center usage. Youth may register for programs at 50% off the program cost if currently eligible. Verification will be necessary through State of Wyoming DFS. Applications are available at the Recreation Center.

Look for us on:



Facebook:

City of Green River and Green River Parks & Recreation



Instagram:

greenriverrecenter

Welcome Here!



Hours of Operation

General Facility Hours ■ ■ ■

Monday-Friday . . . 5:00 AM to 9:00 PM

Saturday 10:00 AM to 4:00 PM

*Beginning October 4
8:00 AM to 5:00 PM*

Sunday. 12:00 PM to 4:00 PM

Pool Hours ■ ■ ■ ■ ■

Monday-Friday . . .5:00 AM to 1:00 PM

4:00 PM to 8:30 PM

Saturday. 10:00 AM to 3:30 PM

*Beginning October 4
8:00 AM to 4:30 PM*

Sunday 12:00 PM to 3:30 PM

****Safety Alert:** Children under eight must be accompanied and supervised by an adult in the swimming pool! It is required not only for the safety of your child, but is also state law.

Holiday Closures

September

7th - Closed for Labor Day

November

26th - Closed for Thanksgiving

*** "Family" is defined as 2 adults plus dependant children in the household up to age 24.**

Active Military/Veterans Discount

Active Military/Veteran Personnel - Just show your I.D and sign up for your pass today at the youth rate for the day, month or year.

Admission Fees

Daily Admission Fees

Youth (8-18)	\$3.00
Senior Citizen (60+)	\$2.00
Adult (19-59)	\$5.00
*Family	\$15.00

Passes are your best buy if you come more than twice a week!

Monthly Pass

Youth (8-18)	\$25.00
Senior Citizen (60+)	\$10.00
Adult (19-59)	\$40.00
*Family	\$80.00

12 months for the price of 10!

Annual Pass

Youth (8-18)	\$200.00
Senior Citizen (60+)	\$100.00
Adult (19-59)	\$350.00
*Family	\$800.00

Passes include admission to the facility, health and fitness programs and court hour fees.

Passes expire from the date of purchase.

Annual Passes include towel service and four Complimentary Admission passes.

Punch Passes

Youth/Senior	\$50.00 (or \$2.50 per pass!)
Adult (19-59)	\$80.00 (or \$4.00 per pass!)

Punch Passes are 20 admissions good for one year from the date of purchase. Punch Passes do not cover class fees.

Special Closures

- Gym & Racquetball Courts 2 & 3 will be closed August 24 through September 7 for refinishing.
- Multi-purpose room will be closed August 25 (after 5:00 PM) through September 2 for refinishing.
- Pool will be closed August 31 through September 7.
- Wet Area will be closed September 1 through September 2.

Please be patient with us as we make these improvements!

Nursery Services

The Green River Recreation Center nursery is available for your convenience while using the facility or the outdoor walking track. This short term nursery service requires that each child have a responsible adult in the facility during the child's stay with us. Children age three months through seven years will be accepted. Nursery attendants provide activities, videos and toys.

(hours may be adjusted based on usage)

Monday - Friday
8:30 AM to 11:00 AM

Monday - Thursday
5:30 PM to 8:00 PM

Beginning October 3
Friday 5:30 PM to 8:00 PM
Saturday 8:30 AM to 11:00 AM

Fee
\$3.00 per hour/per child

Program, Court, and Rental Fees

Locker Fees

Locker rental \$1.00
Quarterly Rentals . . . \$40.00 (3 Month Rental)

Court Fees

Hourly \$5.00

Class Fees

Single Class Fee \$3.00
20 Punch Class Card \$30.00

Roller Skating Fees

Friday tickets \$4.00
Skate rentals \$2.00

Nursery and Room Rental Fees

Nursery fee . . . \$3.00 per hr/per child
Room rental \$40 per hour

Merchandise Fees

Swim goggles \$5.00
Gift Certificates . . . All denominations
Swim caps \$5.00
Pool diapers \$2.00



Birthday Party Packages

Wondering what to do for your child's next birthday? Have a party at the Green River Recreation Center! Each package includes one-hour room rental, admission to the facility for eight guests, set-up, clean-up, plates, cups, hats, horn blowers and birthday banner.

Basic Package \$60.00
Additional children \$5.00 each

Sports Package \$75.00
Additional children \$5.00 each
- Sports package includes: activity stations for pee-wee basketball, batting tee, and a pinata.

Roller Skating Package \$70.00
Available October 3rd
Additional children \$5.00 each
- The Roller Skate package includes: tickets to Friday Skate Night from 7:00 PM to 8:45 PM

Adult supervision and assistance required for all birthday packages.

Call 872-0511 for more information.



Gymnastics Birthday Party

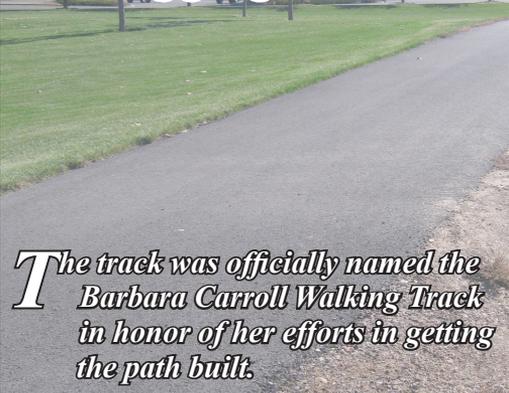
Celebrate your child's birthday with a gymnastics birthday party package at the Pavilion on Expedition Island. They can tumble, roll, and balance their way into a new year. Set-up, clean-up, plates and cups provided. An instructor will be on hand to answer questions and ensure equipment is used in a safe manner.

Contact Katie at 872-0514 for more information and to reserve your party day!
Limited dates available.

\$80.00 for a 2 hour party with up to ten children; \$5.00 for each additional child.

Adult supervision and assistance required.

Barbara Carroll Half Mile Walking and Jogging Track



The track was officially named the Barbara Carroll Walking Track in honor of her efforts in getting the path built.

General Track Rules:

*Beware of intersections - both are visible
Slower traffic stays to the right
Please be considerate of others
Nursery available during regular hours
No motorized vehicles allowed
Pets are welcome, but must be on a leash*

American Red Cross Learn To Swim

Sessions run Mondays and Wednesdays for three weeks.

Class Fee: \$28.00

Class size minimum is 3 Class size maximum is 5

<u>SESSION NAME</u>	<u>DATES</u>	<u>DEADLINE</u>	<u>LEVEL</u>
September	September 14 to 30	Thursday, September 10	1,2,&3 ONLY
October	October 5 to 21	Thursday, October 1	ALL
November	November 2 to 18	Thursday, October 29	ALL

CLASS TIMES: 6:00 PM - all levels & 6:35 PM - Level 1 and Level 2 only

Parent/Child (6 months to 3 years): Basic water introduction and skills for parent and child (30 minutes)

Level 1 (4 years and over): Introduction to water skills, under water activities and safety (30 minutes)

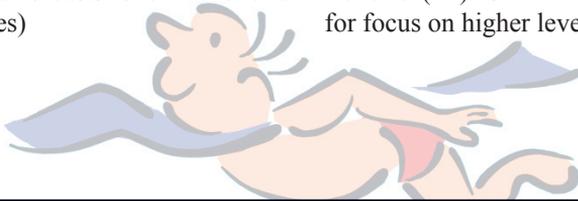
Level 4 (4+): Stroke improvement, confidence in skills, headfirst entries, breast stroke and butterfly (45 minutes)

Level 2 (4+): Fundamental skills, floats, glides, treading water, arm and leg motion (30 minutes)

Level 5 (4+): Stroke refinement, coordination, shallow angle dive, front and back flip turn and safety (45 minutes)

Level 3 (4+): Stroke development, flutter, dolphin, scissor and breaststroke kicks and backsroke (45 minutes)

Level 6 (4+): Swimming and skill proficiency for focus on higher level courses (45 minutes)



Private Swim Lessons

Private Swim Lessons are available for youth or adults in 30-minute sessions, based on availability of pool and instructors. Register at the Recreation Center and pay the lesson fee. Staff will contact you within two business days to set-up appointment times. Cancellations must be made 24 hours in advance. Limit two students per lesson.

**Fees: \$20.00 per 1/2 hour for 1 student
or \$35.00 per 1/2 hour for 2 students**

Personal Trainer Program

Need a little help getting started? Want a little one-on-one training? On-site certified trainers will get you started in the right direction and it is as easy as 1 - 2 - 3!

- 1. Register at the Recreation Center and pay assessment fee \$35.00**
- 2. Certified Trainer will contact you and set-up appointment time that works for you**
- 3. Arrive for appointment and pay admission to the recreation center and get started**

Additional training sessions can be purchased for \$35.00 per hour plus admission. See page 4-5 for complete admission details or check with the front desk staff.

Green River Recreation Center Class Schedule

*All classes are subject to cancellation pending adequate participation levels
 Classes are included as part of all monthly and annual passes.*

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 to 6:15 AM	Spinning®	Pump N' Flex	Spinning®	Pump N' Flex	Spinning®
6:30 to 7:30 AM	Shallow Water Aerobics		Shallow Water Aerobics		Shallow Water Aerobics
8:00 to 9:00 AM	Deep Water Aerobics	* Deep Water Aerobics	Deep Water Aerobics	* Deep Water Aerobics	Deep Water Aerobics
9:00 to 10:00 AM		Circuit Training in weight room	Spinning®/ Power Abs	Pump N' Flex	
9:15 to 10:15 AM	Shallow Water Aerobics	* Shallow Water Aerobics	Shallow Water Aerobics	* Shallow Water Aerobics	Shallow Water Aerobics
9:15 to 10:15 AM	Yoga				Yoga
10:15 to 11:15 AM		10:05 AM Zumba	Yoga *beginning in October	10:05 AM Zumba	
10:30 to 11:30 AM	Silver Sneakers® Cardio Circuit	Silver Sneakers® Muscular Strength		Silver Sneakers® Muscular Strength	
6:00 to 7:00 PM	Pump N' Flex	Spinning®/ Power Abs *beginning in October	Zumba	Pump N' Flex	
7:15 to 8:00 PM	Zumba	Yoga	PowerCore Class	Yoga	

All classes will be cancelled after 5:00 PM on Tuesday, August 25 thru September 2 so the floor in the Multi-purpose Room can be refinished. Classes will resume Thursday, September 3.

*** Beginning in September**

Deep Water Aerobics - Sandra, Angela, & Angelae

An intense workout with focus on core stabilization in deep water.

Circuit Training - Vickie L., Shannon, Chris, & Christine

In the weight room combines a series of aerobic and weight training exercises.

Pump N' Flex - Chris, Gina, Shannon, Vickie L, Rianne, & Christine

A barbell class to target every major muscle group using squats, presses, lifts and curls.

Shallow Water Aerobics - Liane, Sandra, Angela, & Angelae

A vigorous workout using the resistance and buoyancy of the water.

Spinning - Gina, Chris, Wade, Vickie L., Vickie R., & Christine

A group cycling class that is non-impact and perfect for all fitness levels.

PowerCore Class - Rianne, Vickie L., & Shannon

Targets those powerhouse muscles including abs, lower back, hips, buttocks and thighs.

Power A.B.S. - Shannon, Gina, Chris, Wade, Vickie L., Vickie R., & Christine

A 10 minute class designed to increase strength and endurance in abdominal and back muscles.

Yoga - Shannon & Vickie L.

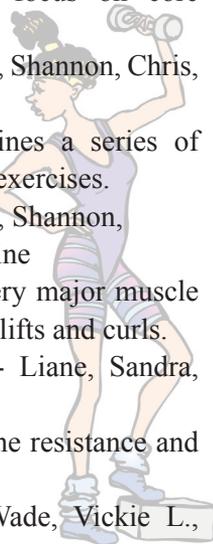
Improves flexibility, strength and balance while calming the mind and reducing stress.

Zumba - Mercedes & Christine

A latin inspired dance fitness class.

Silver Sneakers Cardio Circuit and Silver Sneakers Muscular Strength - Shannon & Christine

A group exercise program designed for older adults.



Adult Coed Volleyball

Games are tentatively scheduled to start Tuesday, September 8, 2015. Two divisions will be offered;

- Division "A" for more advanced players
- Division "B" for less-skilled

We will be limiting the number of teams to 7 in each division or to the number of teams that can play 6 games in one night.

Team rosters, rules, and league information may be picked up at the Green River Recreation Center beginning August 1, 2015. Team rosters are due Thursday, August 20, 2015.

A captains meeting to determine scheduling and discuss rules will be on Tuesday, August 25, 6:00 PM at the Green River Recreation Center. An individual sign-up sheet is available for players without teams.

For more information - call Sherry at 872-0517

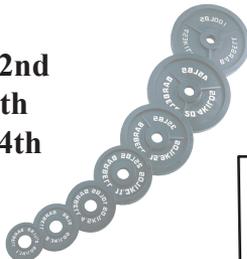
Weight Training Clinics

Join us in the weight room to learn the proper techniques for using the equipment. Two clinics are available to accommodate and train all ages. Class size is limited so register early. Admission to the Recreation Center plus class fee of \$3.00 is required or the clinic is included with the purchase of a monthly or annual pass. Special accommodations are available for youth 12-15 wishing to use this area without supervision. Please check at the front desk for details.

Senior Citizens Strength Training Clinic

Wednesdays
8:00 AM to 9:30 AM

September 2nd
October 7th
November 4th



Weight Training Clinic

Tuesdays
7:00 PM to 8:30 PM

September 15th
October 20th
November 17th

Winter Wallyball is Coming!

Look for meeting details soon!

Gymnastics

Session One August 31 - September 24
 (No Class Labor Day, September 7th)
 (No Class, September 22nd)

Session Two September 28 - October 22

Session Three October 26 - November 19

Classes are held at Expedition Island Pavilion, 475 S 2nd E

<u>SESSION NAME</u>	<u>DATES</u>	<u>FEES</u>
Parent and Child (3-5)	TU/TH 9:30 AM (30min)	\$30.00
Beginners (5+)	M/W 5:15 PM (45min)	\$35.00
Beginners (5+)	TU/TH 4:15 PM (45min)	\$35.00
Intermediate (5+)	TU/TH 5:00 PM (60 min)	\$45.00
Advanced (8+)	M/W 4:15 PM (60min)	\$45.00
Advanced (8+)	TU/TH 6:00 PM (60min)	\$45.00

Additional Children 1/2 Price

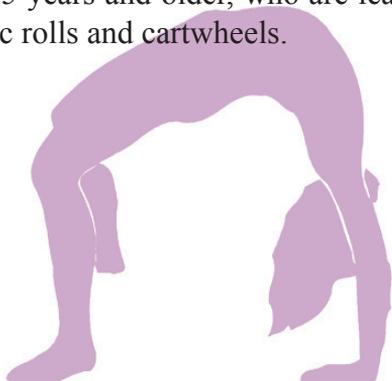
Parent and Child (ages 3-5): Designed for children ages 3-5 years old and their parents, this class challenges your little ones with fun activities. Students are taught basic tumbling skills that will give them an early boost in coordination, body awareness and motor skills. Parents are encouraged to participate with their children by helping spot and guide their child through the techniques taught.

Beginners (5+): Designed for children age 5 years and older, who are learning basic rolls and cartwheels.



Intermediate (5+): Designed for children 5 years and older who are able to do rolls and cartwheels advancing to back walk overs.

Advanced (8+): Designed for children ages 8 years and older, who can do beginner and intermediate skills advancing to power tumbling.



Jr. Jazz Youth Basketball

The Green River Parks and Recreation Department, in conjunction with the Utah Jazz, will be offering Jr. Jazz Basketball. Jr. Jazz Basketball is a recreational league for boys and girls 3rd to 6th grades.

Participation, learning skills, sportsmanship and having fun are the main goals of this program. Season is October 12 through November 19, 2015.

Age Divisions

3rd - 4th Grade Girls
3rd - 4th Grade Boys
5th - 6th Grade Girls
5th - 6th Grade Boys



Fees

\$38.00 with purchase of game jersey
\$28.00 without game jersey
\$24.00 for immediate additional family member with game jersey
\$14.00 for immediate additional family member without game jersey
\$10.00 for game jersey

Volunteer coaches are needed for this program! The number of participants that can register for the Jr. Jazz Basketball program will be dependent on the number of head coaches available in each age division. ***Coaches and Assistants receive a free registration*** and pay half price registration for additional children.

Registration Dates:

Registration is at the Green River Recreation Center on the following dates during regular hours of operation:

August 31 - September 8:

Registration for coaches, assistant coaches and their children only. Coaches and Assistants receive a free registration and half price registration for additional children.

September 9 - September 20:

Registration for participants (will still accept registration for coaches at this time). Registrations will be limited based on the number of head coaches available in each age division.

Registrations are on a first come basis.

For more information contact Kevin at 872-0515

Youth Coed Indoor Soccer

Fight the wintertime blues with our fun and exciting Youth Co-ed Indoor Soccer! This program is a recreational league that stresses fun, participation, sportsmanship and learning basic skills of soccer.

Preschool - 2nd Grades: League play is January 4 through February 11, 2016.

3rd - 8th Grades: League play is February 22 through April 7, 2016.

Age Divisions

Preschool-Kindergarden

Grades 1 - 2

Grades 3 - 4

Grades 5 - 6

Grades 7 - 8

Minimum age: Must be 3 by January 4, 2016.

Fees:

\$38.00 with purchase of game shirt

\$28.00 without game shirt

\$24.00 for immediate additional family member with game shirt

\$14.00 for immediate additional family member without game shirt

\$10.00 for game shirt

Volunteer coaches are needed to conduct this league. Volunteer coaches must be 15 years old or older. Coaches may be younger than 15 if coaching with an adult. Coaching only requires 2 - 3 hours per week for six weeks. ***Coaches receive free registration*** for one child and pay half price for each additional child participant.



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Registration Dates:

- Volunteer coaches are needed for this program!
- The number of participants that can register for the Youth Indoor Soccer program will be dependent on the number of coaches available in each age division.

- Registration is at the Green River Recreation Center on the following dates during regular hours of operation:

- November 9-16: **Registration for coaches, assistant coaches and their children only.** Coaches and Assistants receive a free registration and half price registration for additional children.

- November 17-30: **Registration for participants** (will still accept registration for coaches at this time). Registrations will be limited based on the number of head coaches available in each age division. Registrations are on a first come basis.

Contact Kevin at 872-0515 for more information

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Plato's Loft

Plato's Loft after school program is for 5th through 8th grade students. The program is currently running at Lincoln Cafeteria. The program will be open for full days on school closures, but will be closed on school holidays.

Monday through Friday
2:45 PM to 6:00 PM

Punch cards may be purchased upon submittal of completed registration form at \$6.00 per day.

Leftover punches will be credited to the account at the end of the school year.
Please call Katie at 872-0514 for more information.

Kids in Motion

Kids in Motion focuses on coordination, balance, and social interaction. Children 6 months thru 5 years will have fun interacting through free play in a creative environment. An adult must accompany every child and participate throughout the program (a ratio of one adult per three children is required).

\$3.00 per child; additional children \$1.50
**** Exact change is required.**

10 Punch card \$21.00
20 Punch card \$42.00

May be purchased on site or at the Recreation Center.

Mondays
6:00 PM to 7:00 PM
Wednesdays & Thursdays
10:00 AM to 11:00 AM

Located at Expedition Island Pavilion,
475 South 2nd East.
For more information call Katie at 872-0514

GRASP

Register your child for the Green River After School Program.

Participants will be involved in recreational games and sports along with creating crafts and participating in fun activities. They have the choice to join clubs and participate in themed events.

Our highly motivated and skilled staff will lead activities and provide homework help to all participants. GRASP is currently open for grades Kindergarten through 4th grade.

Monday through Friday
3:25 PM to 6:00 PM

Closed on all school holidays.

Leftover punches will be credited to the account at the end of the school year.

5 punches \$30.00
10 punches \$60.00
15 punches \$90.00
20 punches \$120.00
25 punches \$140/discount \$10.00
30 punches \$165/discount \$15.00

***Additional Child 1/2 Price**

Register at the Green River Recreation Center or call Katie at 872-0514 for more information.



Come Play!

9th Annual Play Day



City of Green River/Sweetwater County School District
No. 2 Health & Wellness Playful City USA, Play Day

Wednesday, September 23, 2015
9:00 AM to 12:00 Noon
at the Local Elementary Schools



Join a national movement and help
spread the message that play is vital
for America's children.

Call Sherry at 872-0517 if you or your
organization is interested in donating
time or materials for this event!



Tough Turkey Volleyball Tournament November 21st and 22nd

Pool play will be Saturday and teams bracketed for play on Sunday. The tournament is coed and features power and semi-power divisions.

Look for more details on this exciting tournament on the entry forms that will be available mid-September. For more information please call the Recreation Center at 872-0511.



Painting With a Twist

Green River Arts Council Fundraiser



Saturday, September 26, 2015
Expedition Island Pavilion

Join the Green River Arts Council for step-by-step painting instruction with experienced and enthusiastic artists at a Painting with a Twist Party! You'll leave with a one-of-a-kind creation and a newfound talent you'll want to explore.

Adult Class 4:00 PM to 6:00 PM
Early Bird Special: \$45.00

Register before September 19th at 5:00 PM

Regular Price: \$55.00

Adult Class 7:00 PM to 9:00 PM
Early Bird Special: \$45.00

Register before September 19th at 5:00 PM

Regular Price: \$55.00



Register at www.paintingwithatwist.com/murray

Search for the event in Green River, WY

Form more information contact

Katie Duncombe at 872-0514 or

email cduncombe@cityofgreenriver.org

