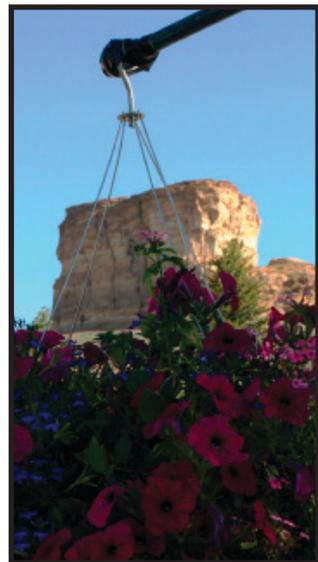
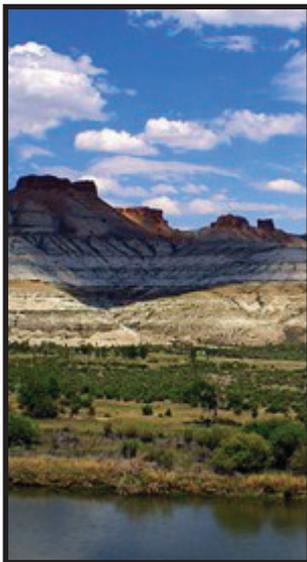


SPRING 2016 PROGRAMS

www.cityofgreenriver.org

GREEN RIVER PARKS AND RECREATION

-Creating Recreational Opportunities through People, Parks and Programs-



Green River Parks and Recreation



greenriverrecenter

Arbor Day Celebration
May 21, 2016
10:00 AM
Indian Hills Park

Arbor Day is a day set aside for the planting and appreciation of trees.

The City Tree Board in conjunction with the City of Green River Parks Division will be conducting a small ceremony commemorating Arbor Day and distributing seedlings to those present. Door prizes will be given out and special performances will be conducted by the Middle School Morning Choir.

Friday Night Roller Skating

7:00 PM to 8:45 PM

Final Skate Night will be Friday, May 27th

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.

**UGLY
PROM**



**It's
a**



MYSTERY

Themed Skate Nights

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

12th February

Ugly Prom

18th March

Super Hero

15th April

Mystery

27th May

Finding Dory/Under the Sea

Join us for Special Zumba Theme Classes!

Sat, February 20 - Pink and Red Day

Fri, April 1 - Glow Zumba

Sat, April 30 - Funky Socks & Goofy Hats

Fri, May 20 - 80's Zumba

Call Sherry Schumacher is you have any questions, 307-872-0517

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Parks & Recreation

Contact List

*Brad Raney, Director
 Parks & Recreation, City Hall
 872-6147*

*Doug Stewart,
 Parks Facilities and Project Manager
 872-6153*

*Kristy Lessard
 Senior Administrative Assistant, City Hall
 Parks & Recreation Main Office
 Cemetery, Parks & Pavilion 872-6151*

*Debbie Hansen
 Field Usage & Concession Stands
 872-6148*

*Katie Blood, Recreation Supervisor
 Recreation Center Operations
 872-0513*

*Katie Duncombe, Recreation Supervisor
 After School Program, 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. Refund on room reservations will only be available with forty-eight hours notice.
3. Photos and videos are periodically taken at events and activities and this footage 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.

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 Drive Scheduled:

March 29th

April 26th

May 31st



Be a Hero . . . Give Blood

Call 362-1835
to schedule an
appointment.



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

Welcome



Here!

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:

greenriverreccenter

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!

Add towel service to monthly pass for only \$5.00 more!

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 1 year 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 punch)
Adult (19 to 59) . .	\$80.00 (or \$4 per punch)

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

Punch passes are transferable!

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.

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

Friday Night Roller Skating

7:00 PM to 8:45 PM

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.

12th February	Ugly Prom
18th March	Super Hero
15th April	Mystery
27th May	Finding Dory/ Under the Sea

Friday, May 27th will be the final Skate Night for the 2015-2016 school year. Skate Night will resume in October.

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

Fee
\$3.00 per hour/per child

Quarterly Locker Rental Program

Tired of carrying your gear
back and forth?
Forgot something
you really needed?

Try the convenient and affordable
Quarterly Locker Rental Program.

Rent a large locker for three
months for only \$40.00.

Lockers are limited so
reserve one today!

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

Tuesday 7:00 PM to 8:30 PM

Saturday (except 1st of Month) 1:00 PM to 2:30 PM

SPACE MOUNTAIN TIME!

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

1st Saturday of the Month 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.

Monday, March 28 12:30 AM to 5:30 PM

Saturday, April 23 11:30 AM to 4:30 PM

Friday, May 27 12:30 PM to 5:30 PM



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
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.



Multi-Purpose Rooms

Looking for a room to hold a meeting or a party?

The Green River Recreation Center has two multi-purpose rooms complete with tables and chairs!

The cost is \$40.00 per hour.

Give us a call today to reserve your next activity in the multi-purpose room.

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.

NEW!!

Nerf War Birthday Party

Celebrate your child's birthday with a nerf war birthday party package at the Pavilion on Expedition Island. 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.

\$80.00 for a 2 hour party with up to ten children; \$5.00 for each additional child. 10 Nerf guns & eye protection provided.

Adult supervision and assistance required.

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

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>March</u>	<u>March 7 to 23</u>	<u>Thursday, March 3</u>
<u>April</u>	<u>April 4 to 20</u>	<u>Thursday, March 31</u>
<u>May</u>	<u>May 2 to 18</u>	<u>Thursday, April 28</u>

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.

Safety Focus: staying safe around water; recognizing the lifeguards; don't just pack it, wear your jacket; recognizing an emergency; how to call for help; too much sun is no fun; the danger of drains; look before you leap; think so you don't sink; and reach or throw, don't go. (30 minutes)

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

Safety Focus: staying safe around water; recognizing the lifeguards; don't just pack it, wear your jacket; recognizing an emergency; how to call for help; and too much sun is no fun. (30 minutes)

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

Safety Focus: staying safe around water; don't just pack it, wear your jacket; recognizing an emergency; how to call for help; too much sun is no fun; look before you leap; think so you don't sink; reach or throw, don't go; and the danger of drains. (30 minutes)

Level 3 (4+): Stroke development, flutter, dolphin, scissor and breaststroke kicks and backstroke.

Safety Focus: reach or throw, don't go; think twice before going near cold water or ice; look before you leap; developing breath control safely; and making good decisions-choosing an exit point. (45 minutes)

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

Safety Focus: reaching assist; throwing assist; recreational water illnesses; think so you don't sink; and look before you leap. (45 minutes)

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

Safety Focus: how to call for help and the importance of knowing first aid and CPR; recreational water illnesses; reach or throw, don't go; look before you leap; think so you don't sink; think twice before going near cold water or ice; and wave, tide or ride; follow the guide. (45 minutes)

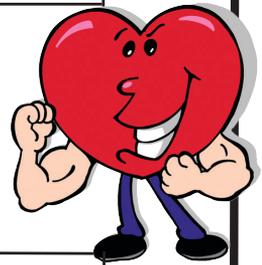
Level 6 (4+): Swimming and skill proficiency for focus on higher level courses.

Safety Focus: learn about boating before you go floating; think so you don't sink; swim as a pair near a lifeguard's chair; look before you leap; the danger of drains; and the dangers of hyperventilation and extended breath-holding. (45 minutes)

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	Saturday
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	Zumba	Pump N' Flex		Zumba
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			Yoga	10:05 AM Zumba		
10:30 to 11:30 AM	Silver Sneakers® Cardio Circuit	Silver Sneakers® Muscular Strength		Silver Sneakers® Muscular Strength		
4:00 to 5:00 PM		Rusty Hinges		Rusty Hinges		
6:00 to 7:00 PM	Pump N' Flex	Zumba	Zumba	Pump N' Flex		
7:15 to 8:00 PM	Zumba	Yoga	PowerCore Class	Yoga	Zumba	



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.

Weight Training Clinic

Tuesdays
7:00 PM to 8:30 PM

March 15
April 19
May 17



Senior Citizens Strength Training Clinic

Wednesdays
8:00 AM to 9:30 AM

March 2
April 6
May 4

Fitness Class Description

Deep Water Aerobics - Sandra, Angela, Angelae, Brenda, & Ranae

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., Rieanne, & Christine

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

Shallow Water Aerobics - Liane, Sandra, Angela, Brenda, Ranae, Mary Jane, & Lois

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 - Rieanne, Vickie L, Shannon, & Sonja

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., & Sonja

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

Zumba - Mercedes, Christine, & Juanita

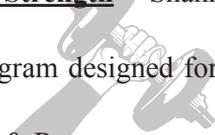
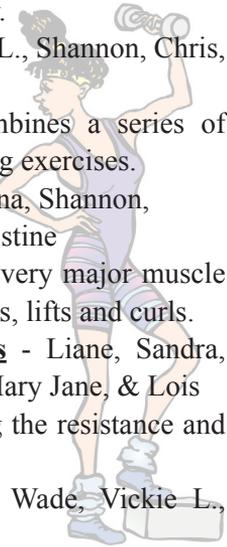
A latin inspired dance fitness class.

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

A group exercise program designed for older adults.

Rusty Hinges - Julee & Ranae

Water exercise class for folks with arthritis, hip/knee difficulties or those of us experiencing general aches and pains



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 5-6 for complete admission details or check with the front desk staff.

Gymnastics

Session One February 29 - March 17
Session Two March 28 - April 21
Session Three April 25 - May 19
(No Class - May 11 & May 12)

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

<u>SESSION NAME</u>	<u>DATES</u>	<u>FEES</u>
Toddler (2-4)	M 6:00 PM (45min)	\$30.00
Parent and Child (2-5)	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 (60min)	\$45.00
Intermediate (5+)	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 2-5): Students are taught basic tumbling skills that will give them an early boost in coordination, body awareness and motor skills. Parents are required to participate with their children by helping spot and guide their child through the techniques taught.



Toddler (ages 2-4): Designed for children ages 2-4 years old. This class will focus on basic tumbling skills, balance, body awareness, and motor skills. Limit of 6 participants.

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.

Private Gymnastics Lessons

Private Gymnastics Lessons are available for youth or adults in 30-minute sessions, based on availability of space 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

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

11:00 AM to 12:00 PM

Wednesdays

10:00 AM to 11:00 AM

Thursdays

10:30 AM to 11:30 AM

Closed the following days:

May 11 & 12, 2016

May 30, 2016

Located at Expedition Island Pavilion,
475 South 2nd East.

For more information call Katie at 872-0514

Kids in Motion will be closed for the summer beginning June 1st - September 6th. Please visit some of our amazing parks this summer. See you in the fall.



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. Our highly motivated and skilled staff will lead activities and provide homework help to all participants. GRASP is currently open for grades Kindergarten through 6th grade at Truman and Jackson Elementary. Harrison and Washington Elementary children are bused to Truman Elementary.

Monday through Friday

3:25 PM to 6:00 PM

Closed on all school holidays

Closed Spring break March 21-28

Leftover punches will be credited to the participants Recreation Center 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 Children 1/2 Price**

Last day of GRASP will be May 23rd.

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



Girls Softball

American Softball Association Sanctioned Girls Softball is available for girls ages eight to twenty one.

Fee is \$60.00 for first player, then \$50.00 for each additional family member. If you are registering for the first time you must bring a copy of your birth certificate with you, when you register. Please call Tana Gnose 871-9130 or Neil Malicoat 707-5099 for more information on Green River Girls Softball.

Registrations will be taken at the Green River Recreation Center on the following dates and times:

March 5 from 6:00 PM to 8:00 PM

March 19 from 6:00 PM to 8:00 PM

Green River Spurs Soccer



Please call Darrell Arellano at 875-1489 for more information.

Green River

American Legion Knights

Registration dates: TBA

Age: Boys 16 to 18

Registration Costs:

New Player: \$250.00

Returning Player: \$200.00

Fundraising info will be give at parents meeting in March.



For more information call:

Mindi Roberts 871-5715

Stub Hatfield 871-6526

Little League, T-Ball, and Pitching Machine

Ed Taliaferro 350-7715

Nichole Jensen 875-4414

www.eteamz.com/grllwyo/

Fee: Pitching Machine, Minors, and Majors: \$55.00. Fee for T-Ball: \$50.00

First child is full price. A discount is offered for multiple children: \$5.00

Registration can be completed on line at the above website. Dates for in person registration: TBA.

Green River Jr Babe Ruth League

FOR AGES 13-15

Experienced, Knowledgeable Staff

Top Quality Uniforms & Equipment

Minimum Playing Time Rule

Over 20 Regular Season Games

Games vs. Rock Springs JBR Teams

Post-Season City Play-offs

Sweetwater County Championship

All-Star Teams to District and

State Tournaments

Free Trip to SLC Stingers Game

Fall Ball

For registration information contact:

Trish Evett at 870-8753

New players must show original or certified copy of birth certificate.

FEE STILL ONLY \$60.00

White Mountain Archers

Hot Dog Shoot - April 2, 2016

Shoot on the Green -

May 21 & 22, 2016

Located at FMC Red Barn

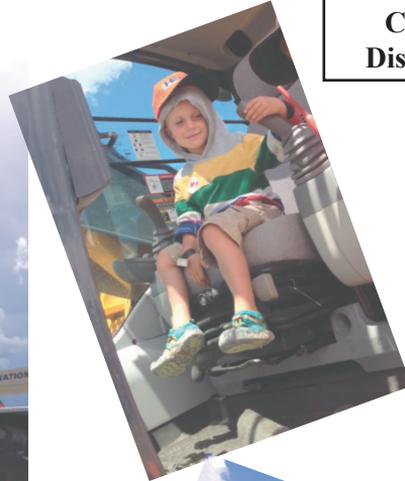


Summer Day Camp!

The City of Green River Parks and Recreation Department would like to invite you to join us for a summer of fun and excitement. Each week children will participate in gymnastics, out of town field trips, library activities, archer, swimming, the Summer Movie Series, and much MORE!

NEW!! Register for Summer Day Camp per day, per week, or all 10 weeks.
Camp will be held for 10 weeks total.

**** Additional
Child
Discount**



Dates: June 6th - August 12th
CLOSED: Monday, July 4th

Time: 7:30 AM to 5:30 PM

Days: Monday through Friday

Grades: K - 7th Grade
(16/17 school year)

Cost:
Daily - \$20.00
Weekly - \$75.00
\$650.00 for all 10 weeks

Location: TBD

Registration Begins: February 19
You may register for one week or all 10 weeks starting in February. Please be aware there are a maximum number of participants we can have per day.

Minimum: 10 participants

Maximum: 60 participants

American Red Cross Lifeguarding Course

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Prerequisites:

1. Must be 15 years old on or before the final schedule session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.

Class size minimum is 3, maximum is 10.
Candidates must attend all classes. Contact the Recreation Center for further details.

Class Dates/Times

- Friday*
April 1 from 3:30 PM to 5:30 PM
Saturday
April 2 from 9:00 AM to 12:00 PM
Thursday - Friday
April 7 - 8 from 4:00 PM to 8:00 PM
Saturday
April 9 from 9:00 AM to 12:00 PM
Thursday - Friday
April 14 - 15 from 4:00 PM to 8:00 PM
Saturday
April 16 from 9:00 AM to 1:00 PM

Register by

9:00 PM - **Friday, March 11** at the Green River Recreation Center

Fees

\$130.00 to Green River Parks & Recreation when you register (includes books & a pocket mask).

American Red Cross Water Safety Instructor Course

The American Red Cross Water Safety Instructor (WSI) Course trains Instructor Candidates to teach water safety, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics. To participate in the Water Safety Instructor course, individuals:

Prerequisites:

1. Must be 16 years old on or before the final schedule session of this course.
2. Swim (in good form for 25 yards each) Front Crawl, Back crawl, Breaststroke, Elementary backstroke, Sidestroke, and Butterfly (15 yards).
3. Maintain position on back for 1 minute in deep water (floating or sculling).
4. Tread water for 1 minute.

Class size minimum is 4, maximum is 6.
Candidates must attend all classes. Contact the Recreation Center for further details.

Class Dates/Times

- Monday*
April 25 from 5:00 PM to 6:30 PM
Tuesday - Friday
April 26 - 29 from 5:00 PM to 8:00 PM
Saturday
April 30 from 9:00 AM to 4:00 PM
Tuesday & Thursday
May 3 & 5 5:00 PM to 8:30 PM
Friday
May 6 from 4:00 PM to 9:00 PM

Register by

9:00 PM - **Friday, April 8** at the Green River Recreation Center

Fees

\$130.00 to Green River Parks & Recreation when you register (includes WSI Manual with CD-ROM, Swimming & Water Safety Manual, Water Safety Handbook, and the Learn-to-swim participant's booklets).

American Red Cross Adult CPR/AED and First Aid

The purpose of the *American Red Cross First Aid/CPR/AED program* is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Classes are limited to 10 students (ages 15 and up) so register early.

Call Sherry at 872-0517.

Dates/Times

Saturday

March 19 from 8:00 AM to 12:00 PM

Register by

9:00 PM - Friday, March 4 at the Green River Recreation Center



Fees

\$55.00 (fee includes materials)

Batting Cages

Opening as soon as weather permits!

Come and practice your batting skills in our outdoor batting tunnels. Tunnels are open for those ages nine and over. HELMETS are required for all batting cage customers and are available at no cost.

HOURS

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

Saturday/Sunday Noon to 3:30 PM

Half hour rental (team) \$20.00

Hour rental (team) \$35.00

25 balls \$2.00

50 balls \$4.00

100 balls \$7.00



Coed Spring Volleyball League

League play begins March 1 and will end in May. Team rosters are due February 19. Teams will be accepted on a first come/first serve basis with a limit of 7 teams in each league.

A captains' meeting is scheduled for 6:00 PM, Tuesday, February 23, at the recreation center. Games will be played on Tuesday and Thursday evenings at the Green River Recreation Center.

For more information call Sherry at 872-0517



Looking for something to do or someplace to go?

Check out one of the 28 parks throughout the City. Some of the many benefits of parks are:

- Improved health and wellness;
- Recreational experiences;
- Fostering environmental stewardship and appreciation of nature;
- Engaging nature through outdoor play and exploration



It has been reported that childhood play, as a whole, in comparison to a generation ago, has moved indoors versus outdoors. It is estimated that in the last few decade's child obesity rates have more than doubled, is it possible that this could, in part, be attributed to sedentary and indoor lifestyles. Let's turn things around, let's change those statistics - get outside – go to a park - get together with friends, family and co-workers for a picnic - take a walk or just enjoy an outing to see nature and all that it has to offer. Let's work together to create a happier, healthier generation of children with more awareness and connection to the natural world.

You can rent a picnic shelter by contacting the Green River Parks & Recreation Office at 872-6151 or 872-6148 between the hours of 8:00 AM and 5:00 PM.

Shelter rates are \$30.00 per day – Call and reserve yours today!

Painting With a Twist

Green River Arts Council Fundraiser

DATE: March 19

Located at **TBD**

Adult Class 4:00 PM to 6:00 PM

Adult Class 7:00 PM to 9:00 PM

Early Bird Special: \$45.00 on or before March 11.

Regular Price: \$55.00 March 11 to March 19.

Search for our event in Green River, WY
For more information contact Katie
Duncombe at 872-0514 or
email cduncombe@cityofgreenriver.org



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.

Quilting on the Green June 3 - 4

Expedition Island

**Admission is \$2.00
one admission for the entire show
(excluding the Trunk Show)**

Show Hours

**Friday, June 3 10:00 AM to 5:00 PM
Saturday, June 4 . . . 10:00 AM to 4:00 PM**

Trunk Show & Desserts

**Only 100 advance tickets available!
Friday, June 3 6:30 PM \$10.00**

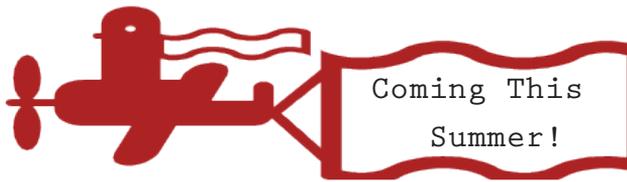
Merchant's Mall! Classes!

**For more information call:
Patsy 871-0838 or Sherry at 872-0517
"Like us on Facebook" - Quilting on The Green**



Background picture:
Jewel of the Prairie by
Nancy Vase

*Produced in cooperation with
the Sweetwater County Joint Travel and Tourism Board*



Summer Run Series

The Green River Parks and Recreation Department is pairing up with the Rock Springs Parks and Recreation Department to provide you with a summer of fun, fitness, and family. Walk/Run your way to a happier and healthier community and self.

Rock Springs Theme

June 6 Super Hero & Villain
June 20 Zombies
July 11 Color Run
July 20 Slip N' Slide
August 8 Poker Run
August 22 Glow



Green River

Monday, June 13
Monday, June 27
Monday, July 18
Monday, August 1
Themes have yet to be determined



For further information contact:

Green River: Kevin Sadler 307-872-0515 or Rock Springs: Robyn Rasmussen 307-352-1420

Overland Stage Stampede Rodeo

Bulls, Broncos, and Barrels



Photo courtesy of the Green River Star

Hope to see you at the 29th Annual

Overland Stage Stampede Rodeo
June 3 & 4, 2016



Summer Gymnastics Camps



Gymnastics camps will be held this summer in June, July and August. Camps will be designed for children 5 years and older. Half day and full day options will be available. Children will work on their tumbling skills and fitness while at camp. At the end of the four day camp participants will perform a short routine to showcase the skills they have learned.

