

WINTER 2020 PROGRAMS GREEN RIVER PARKS AND RECREATION

WWW.CITYOFGREENRIVER.ORG

Next Brochure: Spring 2021 & Registration: February 18th, 2021



Stay up to date on program information and happenings by checking online or by calling the Green River Recreation Center at (307) 872-0511 ext. 0.



Green River Parks and Recreation



greenriverreccenter

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Parks & Recreation Contact List

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Rec. Center Supervisor; Operations

Katie Duncombe, 872-0514
Rec. Program Supervisor;
GRASP, Summer Day Camp, & Gymnastics

Kevin Sadler, 872-0515
Rec. Program Supervisor;
Youth Sports & Youth Leagues

Sherry Schumacher, 872-0517
Rec. Program Supervisor;
Fitness Classes & Swim Lessons

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 grpr.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 ext. 0

Friday Night Roller Skating

7:00 PM to 8:45 PM through Friday, April 30th

(Skate night resumes; to be determined per health order)

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.



**Cancelled Until
Further Notice**

THEMED SKATE NIGHT

December 18th Christmas Sweater

February 19th Mardi Gras

Assistance Program

The Green River Recreation Center is pleased to offer assistance to area residents that do not have the financial means to utilize the facility and its leisure programs. Individuals that qualify for Food Stamps (FS), Temporary Assistance for Needy Families (TANF) and/or Title XIX (Medicaid) receive 75% reduction on approved program fees and you must re-qualify every six months by providing verification.

Recreation Center Pass Program: This program allows eligible seniors, adults, and youth a six month membership at 75% off their regular cost. If approved; six-month membership fees are: Senior's \$18.00, Adults \$60.00, and Youth \$37.50.

Youth Scholarship Program: This program allows eligible youth to register for approved leisure programs at 75% off their regular cost.

Applications are available at the Recreation Center.

Rec Center Hours of Operation

General Facility Hours



Monday-Friday 5:00 AM to 9:00 PM
Saturday (Oct-April) . . . 8:00 AM to 5:00 PM
Saturday (May-Sept) . . . 10:00 AM to 4:00 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
Mon-Fri (School Out) . . . 5:00 AM to 8:30 PM
Saturday (Oct-April) . . . 8:00 AM to 4:30 PM
Saturday (May-Sept) . . . 10:00 AM to 3:30 PM
Sunday 12:00 PM to 3:30 PM

Punch Passes

Youth (8-18) . . . \$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. Classes are included in all admissions.

Active Military/ Veterans Discount

Active Military/Veteran Personnel -
Just show your I.D. or DD214 and sign up for your pass today at the youth rate for the day, month or year.

Recurring Membership

Tired of forgetting to bring your money when your membership expires?
Be comforted knowing on the 25th of each month your membership is renewed automatically. Withdraw by the 1st of the month.
Ask the front desk about Recurring Memberships, number listed above.

Admission Fees

NEW! Fitness classes and health and fitness programs are included with all admittances.

Daily Admission Fees

Youth (8-18) \$3.00
Adult (19-59) \$5.00
Senior Citizen (60-79) \$2.00
*Family \$15.00

Monthly Pass

Youth (8-18) \$25.00
Adult (19-59) \$40.00
Senior Citizen (60-79) \$12.00
*Family \$80.00

Annual Pass

Youth (8-18) \$200.00
Adult (19-59) \$350.00
Senior Citizen (60-79) \$125.00
*Family \$700.00
Senior Citizen (80+) **FREE!!**

Passes include admission to the facility and health and fitness programs.

Annual Passes include towel service and four Complimentary Admission passes (Up to 12 maximum; Senior 80+ not included). Passes expire 1 year from the date of purchase. Renew your Annual pass before you expire and receive 10% discount on your annual membership.



****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.

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

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. Two nursery attendants provide activities, videos, games, and toys. **Hours and policies are subject to change based on usage and needs.**



Winter Hours (Oct-Apr):

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

Summer Hours (May-Sept):

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

Fee

\$3.00 per hour/per child

Holiday Closures

November 26th - Closed for Thanksgiving

December 24th - Closed at 5:00 PM

December 25th - Closed for Christmas

December 31st - Closed at 5:00 PM

January 1st - Closed for New Year Day

Gift Certificate

Give a Green River Recreation Center gift certificate!

You can be purchase in any denomination for holiday gift giving ease. Gift a specific type of membership or leave a dollar amount, redeemable within the year.

Give the gift of health this holiday season...

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

No motorized vehicles allowed

Pets are welcome, but must be on a leash



Program, Court, and Rental Fees

Locker Fees

Daily Locker rental	■	■	■	■	■	\$1.00
Quarterly Rentals						\$40.00 (3 Month)

Court Rental

Hourly	■	■	■	■	■	\$5.00
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Roller Skating Fees

Friday tickets	■	■	■	\$4.00
Skate rentals				\$2.00

Room Rental Fees

Room rental	■	■	■	\$40 per hour
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Rec Center Birthday Parties

Wondering what to do for your child's next birthday? Have a party at the Green River Recreation Center! Each package includes admission to the facility, 2 hours in an available room (includes set-up and clean-up time), plates, cups, hats, horn blowers and a personalized birthday banner.

**Cancelled Until
Further Notice**

- Basic Package** **\$90.00**
- Sports Package** **\$100.00**
Also includes 1 quarter of the gym and a pinata.
- *Pool Party Package** **\$115.00**
Also includes some pool activities (ask the front desk for more information).
- Rollerskating Package** **\$130.00**
Also includes Skate Tickets, Skate Rental, & and an available room from 7-8:45 PM.
- Additional Items:**
 - Extra Room Time \$40.00
 - *WIBIT (recommend Age 12+) . . \$45.00
 - *Individual Skate Party (not skate night; gym must be available) \$130.00

*10 days advance notice are required for some of the above listed items.

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.

\$90.00 for a 2 hour party with a recommendation of 15 children (includes set-up and clean-up time).



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.

\$110.00 for a 2 hour party with a recommendation of 10 children (includes set-up and clean-up time).
10 Nerf guns & eye protection provided.
Recommended for 8 years and up.

Adult supervision and assistance required.

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

Themed Pool Events

(regular admission rates apply)



Join the Green River Recreation Center in celebrating some fun holiday events! The pool will be decorated for each event by theme. Special games will be taking place along with prizes and unique floats for each event.

*Friday, December 18th - Winter Wonderland
4:30 PM to 6:00 PM*

American Red Cross Learn to Swim

December - February Sessions: Monday & Wednesday
Class Fee: \$30.00 **Class size minimum is 3** **Class size maximum is 4**
CLASS TIMES: 6:00 PM - All Levels &
6:35 PM - Level 1 & Level 2 only

<u>SESSION NAME</u>	<u>DATES</u>	<u>DEADLINE</u>	<u>LOCATION</u>
December	M/W 11/30 - 12/16	Wednesday, November 25	Rec Center
January	M/W 1/4 - 1/20	Thursday, December 31	Rec Center
February	M/W 2/1 - 2/17	Thursday, January 28	Rec Center

- **Parent/Child** (6 months to 3 years): Basic water introduction and skills for parent and child (30 minutes)
- **Level 1** (Age 4+): Introduction to water skills, under water activities and safety (30 minutes)
- **Level 2** (Age 4+): Fundamental skills, floats, glides, treading water, arm and leg motion (30 minutes)
- **Level 3** (Age 4+): Stroke development, flutter, dolphin, scissor, breaststroke kicks, and backstroke (45 minutes)
- **Level 4** (Age 4+): Stroke development, confidence in skills, headfirst entries, breast stroke, and butterfly (45 minutes)
- **Level 5** (Age 4+): Stroke refinement, coordination, shallow angle dive, front and back flip, and safety (45 minutes)
- **Level 6** (Age 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 *(must be same swimming ability)

Special Pool Activities

Iceberg Times

1st Saturday of the Month
 1:00 PM to 2:30 PM

WIBIT

November 23 12:50 AM to 1:30 PM
 December 26 11:30 AM to 1:30 PM
 January 18 11:30 AM to 1:30 PM

Float Times

Tuesday 4:30 PM to 6:00 PM
 Thursday 4:30 PM to 6:00 PM
 Saturday 1:00 PM to 2:30 PM

**WIBIT and Iceberg
 are Cancelled Until
 Further Notice**

**Float Time is now
 available!**

Green River Recreation Center Class Schedule

All classes are subject to cancellation pending adequate participation levels. Classes are included with all admittances (i.e. Daily, Monthly, Annual, Punch Passes, etc.).

**See our flier or website for the most up-to-date schedule. Class sizes are limited, first come, first serve.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 to 6:15 AM	Pump N' Flex	Group Cycling		Group Cycling	Pump N' Flex	
8:00 to 9:00 AM	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	
9:15 to 10:00 AM	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	
9:00 to 10:00 AM	Yoga	Pump N' Flex	Yoga	Group Cycling	Pump N' Flex	
10:30 to 11:15 AM		Silver Sneakers® Muscular Strength	10:15 AM 	Silver Sneakers® Muscular Strength		
6:00 to 7:00 PM		Group Cycling		Pump N' Flex		

Deep Water Aerobics - An intense workout with focus on core stabilization in deep water.

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

Poundfit - Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

Pump N' Flex - A barbell class to target every major muscle group using squats, presses, lifts and curls.

Silver Sneakers Muscular Strength/Stability - A group exercise program designed for older adults who are fit and active as well as those who are sedentary, intimidated, and unfamiliar with exercise.

Shallow Water Aerobics - A vigorous workout using the resistance and buoyancy of the water.

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

Zumba - A Latin inspired dance fitness class that incorporate Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system.



Winter Wallyball

Winter Coed Wallyball League will begin Tuesday, January 5, 2021. Captains meeting will be at 6:00 PM on Thursday, December 10, 2020 at the Green River Recreation Center. Games will be played on Tuesday and Thursday evenings at the Recreation Center. Team fees are \$85.00 and the roster deadline is Friday, December 4, 2020. Roster forms and rules will be available at the Recreation Center on Wednesday, October 21, 2020. Please call Sherry at 872-0517 for more information.

Weight Training Clinics

Join us in the weight room to learn the proper techniques for using the equipment. Clinics are available to accommodate and train all ages. Class size is limited so register early. Admission to the Recreation Center is required and comes with any admittance. Special accommodations are available for youth 12-15 wishing to use this area without supervision. Weight training cards cost \$2.00 when you pass the class. Please check at the front desk for details.



Register at the front desk today. When we have 4 signed up we will set a date! Staff will contact participants when we schedule the clinic.

Personal Trainer Program

Need a little help getting started? Want a little one-on-one training? On-site certified personal 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 the initial assessment fee \$90.00.**
2. **Our Certified Trainer will contact you and set-up an appointment time that works for you.**
3. **Arrive for your appointment, pay admission to the Recreation Center, and get started!**

Initial assessment includes a one-on-one consultation to help identify your fitness goals; followed by a 2nd personalized session to train and review your plan. Additional training sessions can be purchased for \$45.00 per hour plus admission.

Kids In Motion

Kids in Motion focuses on coordination, balance, and social interaction. Children 8 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). **Punch cards may be purchased on site or at the Recreation Center. Each child must have their own punch card.**

Wednesdays

9:30 AM to 10:30 AM

Thursdays

9:30 AM to 10:30 AM

CLOSED

November 25 - 27 &
December 24 - January 1

\$3.00 per child; additional children \$2.25

**** Exact change is required.**

10 Punch card

\$21.00

20 Punch card

\$42.00

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



Gymnastics

October 26 - November 19
*Closed: November 2 & 3

January 4 - January 28

November 30 - December 17
*3 Week Session

February 1 - February 25

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

Pre-School/Pre-Gymnastics

M 6:00 PM (45min) \$30.00

Creative Movement

W 9:00 AM (30min) \$22.50

Beginners

M/W 5:15 PM (45min) \$35.00

TU/TH 4:15 PM (45min) \$35.00

Combo Beginner/Intermediate

W 11:30 AM (60min) \$30.00

Combo Intermediate/Advanced

W 12:30 PM (60min) \$30.00

Intermediate

M/W 4:15 PM (60min) \$45.00

TU/TH 5:00 PM (60min) \$45.00

Advanced

TU/TH 6:00 PM (60min) \$45.00

W 6:00 PM (60min) \$22.50



Pre-school/Creative Movement (ages 3-4): A **pre-gymnastics** class where participants in this class will start with a warm-up that often includes simple movements that progress into tumbling skills. We will play games, burn off some energy, learn how to control our bodies and follow basic instructions.

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

Youth Volleyball

3rd through 6th Grades
League play is:
April 12 through May 13, 2021

Age Divisions:
3rd - 4th Grade Girls & Boys
5th - 6th Grade Girls & Boys

Coaches receive free registration for one child and receive 25% off for each additional child participant.

FEES

\$0.00 Coaches & Assistant Coaches

\$38.00 with purchase of game shirt

\$28.00 without game shirt

\$31.00 for immediate additional family member WITH game shirt

\$21.00 for immediate additional family member WITHOUT game shirt

\$10.00 for game shirt

February 22 - March 1: Registration for coaches, assistant coaches, and their children only (would only pay \$10 for jersey).

March 2 - 9: Registration for participants (will still accept coaches). Registrations will be limited based on the number of head coaches available in each age division.



Youth Co-ed Indoor Soccer

Preschool through 2nd Grades
League play is:
January 4 through February 11, 2021

3rd through 6th Grades
League play is:
February 15 through March 31, 2021

Age Divisions:
Preschool-Kindergarten
Grades 1 and 2
Grades 3 and 4
Grades 5 and 6

Coaches receive free registration for one child and receive 25% off for each additional child participant.

FEES

\$0.00 Coaches & Assistant Coaches

\$40.00 with purchase of game shirt

\$28.00 without game shirt

\$33.00 for immediate additional family member WITH game shirt

\$21.00 for immediate additional family member WITHOUT game shirt

\$12.00 for game shirt

Minimum age:

Must be 3 by January 4, 2021

November 2 - 9: Registration for coaches, assistant coaches and their children only (would only pay \$12 for jersey).

November 10 - 23: 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.



Green River After School Program

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. A healthy after school snack will be provided. Our highly motivated and skilled staff will lead activities and provide homework help to all participants. GRASP is currently open for grades Junior-K through 5th grade.

Location: Monroe Elementary

All other schools will be bussed by School District #2 to Monroe.

Monday through Friday

3:25 PM to 6:00 PM

Closed on all school holidays.

Open on the following Half Days

1:00 PM to 6:00 PM

Dec 23rd, Feb 12th, & Mar 5th

Open on the following Full Days

Cancelled for the rest of the school year due to lack of interest.

Last day of program: May 20th

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

5 punches \$35.00

10 punches \$70.00

15 punches \$105.00

20 punches \$140.00

25 punches \$165/discount \$10.00

30 punches \$195/discount \$15.00

***Additional Children 25% Off**

***Masks will be required per school district guidelines**

Leftover punches will be refunded at the end of the school year.



FROSTBITE 5K/10K

FEBRUARY 20, 2021

Expedition Island Pavilion

Register @ runnercard.com

