Rapid City
Parks and Recreation
2018
SUMMER
PROGRAM GUIDE

play!
Rapid City

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General Information

PARKS AND RECREATION ADVISORY BOARD
Karen Olson
Shon Hanczyc
Greg Oleson
Domico Rodriguez
Lynn Paulsen
Thomas Willock
Brent Lawlor

The Parks and Recreation Advisory Board meets the second Thursday of each month in the Board Room at the Parks and Recreation Office, 515 West Boulevard. Agendas for the current meeting, as well as minutes of past meetings, can be found on our web page at www.rcparksandrec.org. For information and questions please call 394-4175.

Mission Statement:
The mission of the Rapid City Parks and Recreation Department is to make Rapid City a better place to live, work and play.

Purpose:
To provide and maintain parks and open space throughout the community as well as a wide range of recreation facilities and opportunities for citizens of all ages.

PARKS AND RECREATION DEPARTMENT
Jeff Biegler, Director .......................... 394-5225
Scott Anderson, Parks Division Manager ............... 394-4175
Doug Lowe, Recreation Division Manager ............... 394-4168
Kristy Lintz, Recreation Specialist ...................... 394-4175
Jeri Taton, Administrative Coordinator .............. 394-5225
Amy Graves, Administrative Secretary ............. 394-4175

AQUATICS DIVISION
Barb Iwan, Aquatics Specialist ...................... 394-5223
Emily Carstensen, Aquatics Specialist .............. 394-5223
Nick Outka, Aquatics Coordinator ................. 394-5223
Cliff Zechiel, Recreation Maint. Chief ........... 394-5223
Karen Johnson, Administrative Secretary ....... 394-5223

RECREATION DIVISION
Matt Brandhagen, Recreation Specialist .............. 394-5223
Jeff Richardt, Recreation Specialist ................. 394-4175

ICE ARENA
Erin Holmes, Recreation Specialist .................. 394-6161

GOLF DIVISION
Matt Kimball, Golf Professional ................. 394-4191
JJ Walraven, Golf Course Superintendent .......... 394-4199
Lori Templeton, Administrative Secretary ....... 394-4191

PARKS DIVISION
Aaron Weeks, Maintenance Supervisor ............. 394-4175
Andy Bernard, Urban Forester ....................... 394-4175
Craig Nichols, Cemetery Supervisor ............... 394-4189

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**National Bike to School Day**

May 9
The Pedaler’s Prize is up for grabs. This roaming trophy will be awarded to the school with the most participants on National Bike to School Day scheduled for May 10th. It is our goal to inspire our youth and young adults to be active through cycling and encourage them to use cycling as a form of commuting. This trophy currently resides at Corral Drive Elementary School. For more information on how your school can participate contact Kristy Lintz at 394-4168 or kristy.lintz@rcgov.org.

**National Bike to Work Week**

May 14-18
Bike for Bacon
National Bike to Work Day is May 18th. This annual free Commuter’s Breakfast will be served at Founders Park from 6-8 am. Give yourself a few extra minutes to stop by for some fuel to continue on your cycling commute to work, school, or if you are just being active.

**Black Hills Senior Games**

July 17-20, 2018
Black Hills Senior Games was established to promote health, fitness and physical activity for men and women 50 years of age and older. This annual competition conducts a variety of events including Cycling, Swimming, Pickleball, Basketball, Horseshoes and much more. This year’s events will conclude with the annual Track and Field Meet to be held Friday, July 20th. Participants compete against others in their same gender and in the same age group. Activities will be played over the course of four days at various facilities throughout Rapid City. Be on the lookout for the BHSG entry form and full list of activities.

Entry fee is $8 per person (includes participation in any/all events, award medals for 1st – 3rd place and picnic meal).

T-shirts are available for $10 each and are pre-order only

**Rapid City Hike Club**

“Get your Tail on the Trail!” Our goal is to provide an enjoyable experience for our members and their guests.

Hikes will be scheduled every Thursday beginning May 3rd, weather permitting, at a trail within or near Rapid City. These trips will be 1-2 hours in length starting at 5:30 pm. Difficulty is moderate in level and open to all ages. Lengthier hikes will be scheduled on Saturday and/or Sunday mornings starting at 9 pm beginning on May 5th. All hikes will meet at the designated trailhead. Trail fees, park passes and transportation costs are the responsibility of the hiker. The membership fee for this 2018 hiking year is $5. Benefits will include weekly email of upcoming activities and reminders throughout the year.

**Find Your Park**

Find Your Park is a collaboration between the National Park Foundation and the National Park Service, designed to encourage people to find their personal connections to our national parks.

Find Your Park encourages each and every one of us to get up, get out there and find our own park. For all inquiries concerning FindYourPark.com, please contact info@findyourpark.com.

**July is National Parks Month**

**Black Hills Mountain Fest**

June 15-17, 2018
Our festival is centered on promoting outdoor recreational opportunities within our region and the camaraderie that surrounds them. The festival includes three days of mountain biking, hiking, trail running, rock climbing, clinics, an expo area, live music, craft beer, good food and lots of friends! Visit www.bhmtfest.com for more information or like us on Facebook @bhmtfest for the latest headlines.

Register online at https://www.itsyourrace.com/event.aspx?id=10547 or call 394-4168 for information.

**My City Bikes—Life is a Cycle Event**

April 21
Come be a part of the largest national group ride that cycles back every year! Learn to bike for transportation in a group ride with local biking experts including City of Rapid City Staff, Acme Bicycles and My City Bikes representative. Cost to participate is $10 and you can register at lifeisacycle.bike.

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Entry fee is $8 per person (includes participation in any/all events, award medals for 1st – 3rd place and picnic meal).

T-shirts are available for $10 each and are pre-order only
The Executive Golf Course
210 Founders Park Drive
Rapid City, SD  57701
(605) 394-4124
Doug Lowe, Recreation Div. Manager
Jeff Richardt, Recreation Specialist

Meadowbrook Golf Course
3625 Jackson Boulevard
Rapid City, SD  57702
(605) 394-4191
(605) 394-6635 FAX
For Online Tee Times visit
www.golfatmeadowbrook.com
Doug Lowe, Recreation Division Manager
JJ Walraven, Golf Course Superintendent
Lori Templeton, Admin. Secretary
Matt Kimball, Golf Professional

The Executive Golf Course Rates

18-Holes Mon-Sun              $ 17
9-Holes Mon-Sun               $ 10
9-Holes Junior               $   6
All Day Play               $  20
10-9 Hole Punch Card              $  80
25-9 Hole Punch Card              $180
Adult Single Pass               $315
Adult Couples Pass             $430
Senior Single Pass             $262
Senior Couples Pass             $67
Young Adult (Ages 18-25)              $142
Youth Season Pass (17 & under)    $  58
Meadowbrook Pass Holder
Executive Course Use (Adult) $  60
Executive Course Use (Youth) $  20

*Meadowbrook Golf Course Rates

Season Passes: **
Adult Single               $ 820
Adult Couple               $1,308
Senior Single (62+)         $ 731
Senior Couple (62+)         $1,138
Young Adult (18-25)         $ 315
Youth (17 & under)          $  248
Corporate * (4 single passes) $2,460
* Must be paid by company check or credit card.

Development Fees:
The development fee is included in all daily fees. Season pass holders pay a development fee for each round played.
18 Hole Development Fee $  2
9 Hole Development Fee $  1

Daily Fees:
18 Holes               $ 48.50
18 Holes, Jr/Sr (17 & under/62+) $ 44.00
9 Holes               $  31.50
9 Holes Jr/Sr (17 & under/62+) $ 29.50

Punch Cards
9 Hole Punch Card (10 Rounds) $ 203
9 Hole Punch Card (25 Rounds) $ 477

Range, Carts & Lockers:
Small Range (40 balls) $  5
Large Range (80 balls) $  9
18 Hole 1/2 Cart $ 17
9 Hole 1/2 Cart $  11
Daily Trail Fee $  19
Annual Trail Fee $ 249
Annual 1/2 Cart Rental $ 394
10-9Hole Cart Rental Punch Pass $ 25
25-9Hole Cart Rental Punch Pass $ 182
Annual Cart Storage, Electric $ 476
Annual Cart Storage, Gas $ 409
Annual Locker Rental $  63

**Sales tax will be charged when purchasing a golf pass.

Meadowbrook Golfers’ Association
The Meadowbrook Golfer’s Association is open to all male and female golfers ages 18 and older. In 2018 the Association will hold 10 tournaments for its members. Annual dues of $35 include a USGA handicap and grants each member eligibility to enter the Golfer’s Association events. The events typically have a $25 entry fee paid at the tournament check-in with 100% of all tournament fees paid out in the form of golf shop merchandise credit. Please stop in at the golf shop to join this fun association anytime!

2018 Merchant Golf League at Executive Golf Course
Trade in the Office for some fresh air and green grass at The Executive Golf Course. Find a partner and sign up for the Recreation Division’s Merchant Golf League. This is an eight week league and will include three weeks of tournament play. Teams consist of two players, with a third as a substitute. Various formats and weekly pin prizes will be used to keep things interesting and competitive. Tee times for the Executive League will begin at 5:30 PM.

Registration forms are available at the Executive Club House, the Parks and Recreation Office, or you can print one from the website (www.rcparksandrec.org). Registration deadline is May 31st.

June 4th - Aug 27th  Mondays  5:30 pm
$185 per team

**Sales tax will be charged when purchasing a golf pass.
2018 Junior Golf Camp

This golf instruction workshop is for kids ages 6-17. Have FUN learning the game of golf! Golf clubs will be provided for kids that need them. The affordable Meadowbrook Junior Golf Camp gives kids the opportunity to learn fundamentals of the golf swing, golf etiquette, golf vocabulary & basic rules. For more information visit http://www.golfatmeadowbrook.com/junior-golf/junior-golf-camp.

The camp fee includes a Youth Season Pass, golf instruction, camp T-shirt, daily prizes and a pizza party. Instruction will be at Meadowbrook Golf Course.

June 5 - July 31 Tues $135
(No camp on July 3)

Monday Men’s League
9 hole net match play using current USGA handicaps. USGA Handicap required.
June 4th starts the league off with a kickoff scramble. League matches begin June 11th. 6:00 pm shotgun start each Monday evening. Fee is $100 per player + weekly green fee with a 100% payout. Entry fee includes daily games as well as weekly matches. League will be limited to the first 48 paid players. Registrations will be taken at the golf shop through June 4th.

Tuesday Ladies’ Night
The 2018 season is May 29 – August 28 with a shotgun start at 5:30 pm. You are welcome to participate anytime during the season. All skill levels are welcome with no handicap required. Just come have FUN! Games will be two person scramble with flag and game prizes. Please sign up in the golf shop weekly (by noon on Tuesdays).

Thursday Bring a Child to Golf Night
Thursdays, 1:00 pm – close. Bring a child to golf for $10 per person, includes 9 holes golf with cart. Come check out our Family Friendly Purple Tees – shorter course!!

Friday Couples’ Night
The 2018 season is May 31– August 31, with a shotgun start at 5:30 pm. Sign up in the golf shop weekly (by noon on Fridays). All skill levels are welcome with no handicap required. You are welcome to participate anytime during the season. Two person scramble games with flag and game prizes.

Group Golf Lessons
Group golf lessons are available for all who would like to learn the basics of golf. Please contact Meadowbrook Golf Shop for information at 605-394-4191, ext. 2.

For more information on all the events happening at Meadowbrook Golf Course go to www.golfatmeadowbrook.com

Golf Course Policies
2018 season passes are for Meadowbrook Golf Course only. Meadowbrook season pass holders may purchase an Executive pass at a discounted rate of $60.

2018 annual cart rentals are for Meadowbrook Golf Course only. Meadowbrook annual cart renters may purchase an Executive cart pass at a discounted rate of $50.

Private Golf Lessons
Private lessons are available with Head Golf Professional Matt Kimball, Assistant Golf Professional Brady Foreman and Assistant Golf Professional Brian Voorhees. Call 394-4191, ext. 2, to schedule a lesson.
Roosevelt Ice Arena

235 Waterloo Street
Rapid City, SD  57701
(605) 394-6161
(605) 394-1879 FAX

Find us on Facebook under “Roosevelt Park Ice Arena”

Doug Lowe, Recreation Division Manager
Erin Holmes, Recreation Specialist
Patty Behnke, Learn to Skate Supervisor
Gary Stanley, Hockey Program Supervisor

Roosevelt Ice Arena Rates

<table>
<thead>
<tr>
<th>Rate Description</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Admission (Youth &amp; Adult)</td>
<td>$6</td>
</tr>
<tr>
<td>Senior Daily Admission (62+)</td>
<td>$5</td>
</tr>
<tr>
<td>Skate Rental</td>
<td>$4</td>
</tr>
<tr>
<td>Group Rate -</td>
<td>$5</td>
</tr>
<tr>
<td>10-Punch Pass -Admission</td>
<td>$47</td>
</tr>
</tbody>
</table>

Non-prime time consists of days school is in session before 3:00pm and any day after 9:00pm.

Call the Roosevelt Park Ice Arena to book your event at (605) 394-6161.

Birthday Party Packages

You bring the food and cake and we’ll supply the rest!

The Roosevelt Ice Arena’s birthday party package ensures a fun-filled day for the kids and a stress-free experience for parents. To reserve your ice skating birthday party, call the Roosevelt Park Ice Arena at 394-6161 in advance (availability is limited). Birthday parties may be booked during any regularly scheduled public skating session.

Package Fee - $95
- Includes admission and skates for 8 people
- 2 pitchers of soda
- Table in the mezzanine area
- Each additional skater is $8.00

Public Skate Hours
June 1 - August 31, 2018

We will make every attempt to have Public Skate as much as possible during the summer months. Our anticipated schedule is:

Monday-Thursday 1:30 - 3:30 pm
Friday 1:30 - 3:30 pm
7:00 - 9:00 pm
Saturday 1:30 - 3:30 pm
7:00 - 9:00 pm

Please be aware that some of these days will be taken up by special events such as hockey camps and tournaments. We recommend calling the rink before coming to ensure Public Skate is available on the day you are planning to attend. Thank you!
The Roosevelt Park Ice Arena is proud to deliver quality skating programs through Learn to Skate USA. These programs provide:

- A goal-oriented program that provides incentive and encouragement to keep skaters motivated.
- A personalized approach that allows skaters to progress at their own rate and advance after skill mastery is demonstrated.
- A curriculum that offers something for everyone—from first steps on the ice to mastering advanced techniques.

**Learn to Skate USA**

- Solid skill development based upon the ABCs of basic athleticism—agility, balance, coordination and speed.
- A progressive system that upon completion of the program, allows skaters to confidently advance to more specialized areas of skating.
- Access to continued education and resources for parents of young skaters to assist with making the appropriate decisions along the way.
- Nationally certified Learn to Skate USA instructors, assistants and volunteers.

**Snowplow Sam 1-4**

Snowplow Sam levels are for children ages 4 & 5. These classes are designed to develop preliminary coordination and strength necessary to maneuver on the ice independently. Skills include proper falling and getting up techniques as well as balance, marching and gliding maneuvers. Skills in Snowplow Sam classes are taught primarily through fun and games. Bike helmets and gloves are recommended. Classes are 35 minutes long with 5 minutes of off-ice warm up every class.

**Pre Freeskate and Freeskate 1-6**

Upon completion of the Basic Skills levels, the student is ready for Pre Freeskate and then Freeskate classes. Each level offers progressive skating skills, transitions, spins and jumps. Each skill builds on the last. Instructors focus on quality and mastery of skills. All skaters progress through these levels at different rates, and some levels may require repetition in order to master.

**Youth Hockey 1-4**

Our hockey curriculum is designed to teach the skater basic skills that are specifically geared for future hockey players. Proper beginning skating techniques are the primary focus. These classes are open to those 17 years of age and under. While full personal protective gear is not required, bike helmets are required.

**Session 6**

(June 4-July 9) Monday evenings only

- Basic 1-3: 6:15-7:00 pm
- Sam 1-4: 6:15-6:50 pm
- Hockey 1-4: 6:15-7:00 pm
  (skating technique only, no sticks and pucks)
- Basic 4-6: 7:00-7:45pm
- Pre-Freeskate: 7:00-7:45 pm
- Freeskate 1-6 7:00-7:45 pm

**Basic Skills 1-6**

There are 6 levels of “Basic Skills” that help students master the fundamentals of the sport. Students must be 6 years old to participate. Basic 1, 2 & 3 levels are designed for learning balance, stroking and edge control. Basic 4 & 5 focus on forward/ backward crossovers and 3 turns. Basic 6 teaches more advanced turns and edges. Students progress through these levels at different rates, and some levels may require repetition and extra practice time at Learn to Skate Drop In to master necessary skills fully. Bike helmets and gloves are recommended. Levels may be combined due to enrollment.

*ONE* **FREE Six Punch Pass** for each student enrolled in Learn to Skate Classes.

Each student enrolled in a Learn to Skate session will receive *ONE* “6 punch pass” (regardless of number of classes enrolled in). Pass is good for admission into Public Skate or Learn to Skate Drop In six times during their session. This will provide skaters time to practice newly emerging skills. These punch cards can ONLY be used for the registered student and will expire at the end of the session. If parents, siblings or friends accompany the child onto the ice, they must pay the regular skate admission for the session they are attending.
**Figure Skating Drop Ins**

**Learn to Skate Drop-In**
Learn to Skate Drop-In is a time set aside for students in our Learn to Skate Classes to practice their developing skills in a stress free environment. Parents, siblings or friends of the student may attend also.

Thursday 3:45-4:45 pm $6.00 per person per time.
Learn to Skate Drop-In 10 Punch Card: $47.00

**Freestyle Drop-In (Pre-Freeskate and above ONLY)**
Freestyle Drop In is a time set aside for advanced skaters to practice. Only the qualified skater may be on the ice during this Drop-In (no friends or family members allowed). Current USFSA or ISI membership or affiliation with a USFSA or ISI club is required to attend.

Tuesday 4:00-5:00 pm
Wednesday 6:00-7:00 pm
Saturday 10:00-11:00pm

$10 per time. Must register with front desk.

**Booster Lessons**
If you would like extra practice time for your skater with an instructor, you may schedule a Booster Lesson at the front desk. Booster Lessons are held during Public Skate or Learn to Skate Drop In sessions for Snowplow Sam and Basic 1-6. Pre-Freeskate Lessons may be given during Freestyle Drop In. Freeskate 1-6 lessons must be given by a private coach.

One hour lesson - $20
Half hour lesson - $10

**Summer Hockey League**
This is a two division league, consisting of an upper and lower league. Participants must be 16 years of age and older to play in this league without a parent. 14 and 15 year olds may only play if a parent is rostered on the same team and the parent is present at each game.

Teams are only eligible to play in this league if they contain ten or more members. Teams not meeting this requirement will be drafted on to other teams. “A” league players will all be put into a draft and assigned to a “B” team to compose the upper division. “A” league players may request the team they would like to be drafted into, but no guarantee can be made regarding team placement. You must sign up in the appropriate division according to your skill level. The Roosevelt Park Ice Arena reserves the right to move players for the benefit of the league if players have been rostered onto an inappropriate team. NO refunds will be given. For more information, please call the ice arena at (605) 394-6161.

Summer Session begins June 3 and will go through the 2nd week in August. There will be a two week break for our Maintenance Closure between July 15 and July 29.

$160 per session for players. Goalies are free.

**Youth Drop-In Hockey**
Monday, Wednesday & Friday
3:45-4:45 pm
$6.00 per time

**Adult Drop-In Hockey**
Full gear required. $8 per time
Please check the rink calendar (available in our front lobby) for current times or call the front office at 605-394-6161 for current information.

10 Punch Drop-in Hockey Pass
(Admission only)
Youth $50
Adult $64
Recreation Tennis Programs

Sioux Park Tennis Courts
900 Sheridan Lake Road
Rapid City, SD  57702
(605) 394-6965

Doug Lowe, Recreation Div. Manager
Jeff Richardt, Rec. Program Specialist
Jason Olson, Tennis Program Director

Tennis Leagues
Quick Start
Youth Tennis League (8 & Up)
Quick Start is for kids ages 8 and up who are just becoming ready to play matches and would like to learn the strategy of the game, how to keep score and how to play tournaments. There will be a free tournament at the end of each session!

Per Session  $30
1:00-3:00 PM
Jun 5-28  Tues/Thurs  Sioux Park
Jul 17-Aug 9  Tues/Thurs  Sioux Park

Junior Tennis League (10 & Up)
JTL is for kids ages 10 and up who have the ability to play on full sized courts. There will be a free tournament at the end of each session!

Per Session  $30
1:00 - 3:00 PM
Jun 5-28  Tues/Thurs  Sioux Park
Jul 17-Aug 9  Tues/Thurs  Sioux Park

Tennis Camps
Join the Rapid Stevens High School coaches and players along with Rapid City Rec Tennis Staff at the Sioux Park Tennis Courts where FUN is a priority! Participants “Play to Learn” while developing skills through a positive learning experience and with a sense of accomplishment. Certified professionals provide a great learning environment for the developmental learning stages. Players will focus on movement, balance, swing motions, making contact, grips, and stroke development. Players will also get the opportunity to play out points and learn how to play a match.

June 25-28  9:30 - 11AM  $40  Mon thru Thur
July 23-26  9:30 - 11AM  $40  Mon thru Thur
Aug 13-16  9:30 - 11AM  $40  Mon thru Thur

Young Hitters (5,6 & 7 Years)
This program is designed for children 6 and 7 years old and some advanced 5 year olds. Advanced 6 and 7 year olds may request to move to Junior Lessons. “Young Hitters” tennis keeps learning fun while practicing games and drills. This is a great way to get your child interested in tennis! Equipment will be furnished. The Tennis Skills Competition is a fun and educational event that will be held at the end of every session.

11:00 - 11:50 AM  Mon thru Fri  $45
Location: Sioux Park
•  Jun 4 - 15
•  Jun 18 - 29
•  July 16 - 27
•  July 30-Aug 10

Junior & Adult
A series of group lessons will be held ten consecutive weekdays covering the fundamentals of basic strokes, scoring and positioning. All levels are welcome! We will make groups based on age and ability. Bring your own racquet or borrow one from the Tennis Pro Shop! Balls will be furnished.

Mon Thru Fri  $47
Location: Sioux Park
6:00 - 6:50 am
7:00 - 7:50 am
8:00 - 8:50 am
9:00 - 9:50 am
10:00 - 10:50 am
11:00 - 11:50 am
•  Jun 4 - 15
•  Jun 18 - 29
•  July 16 - 27
•  July 30-Aug 10

Toddler (2-3 Years)
This program is designed to be fun and introduce your youngsters to the sport of tennis. The very basics of the game will be the focal point of these lessons. No need to bring a racquet; all equipment will be provided for a fun tennis experience.

9:00 - 9:50 AM  $40
Location: Sioux Park
Jun 4-15  Mon/Wed/Fri
Jun 5-15  Tue/Thur/Fri
Jun 18-29  Mon/Wed/Fri
Jun 19-29  Tue/Thur/Fri
Jul 16-27  Mon/Wed/Fri
Jul 17-27  Tue/Thur/Fri
Jul 30-Aug 10  Mon/Wed/Fri
July 31-Aug 10  Tue/Thur/Fri

Pee Wee (3, 4 & 5 Years)
This program is designed for children 4 and 5 years old and some advanced 3 year olds. “Pee Wee” tennis keeps learning fun while practicing games and drills. This is a great way to get your child interested in tennis. Equipment will be furnished.

10:00 - 10:50 AM  $40
Location: Sioux Park
Jun 4-15  Mon/Wed/Fri
Jun 5-15  Tue/Thur/Fri
Jun 18-29  Mon/Wed/Fri
Jun 19-29  Tue/Thur/Fri
Jul 16-27  Mon/Wed/Fri
Jul 17-27  Tue/Thur/Fri
Jul 30-Aug 10  Mon/Wed/Fri
July 31-Aug 10  Tue/Thur/Fri

Sioux Park Night Lessons
Lessons are available for all ages and ability levels Monday through Thursday evenings. Participants will be divided into age groups.

Location: Sioux Park

Young Hitters (Ages 5-8)
6:00-6:50 pm  Mon thru Thur  $45

Juniors & Adults (Ages 8 & Up)
7:00-7:50 pm  Mon thru Thur  $47
•  June 4-14
•  June 18 - 28
•  June 16 - 26
•  July 30-Aug 9
Private, Semi-Private and Small Group Lessons
Private and semi-private lessons are available for all ages. Please call the tennis courts for more information and scheduling. We will work around your schedule. Sign up for five or more lessons to receive a discount!

Private Lessons (1 person)   $15/hour
Semi-Private or Small Group Lesson   $25/lesson

Special Programs
USA Tennis - Free Tennis Lesson
Join us at Sioux Park Tennis Courts for free tennis lessons. All ages and abilities are welcome
May 22 Sunday  4-5 PM  FREE

Parkview Tennis Courts
4325 Parkview Drive
Rapid City, SD 57701

Toddler (2-3 Years)
This program is designed to be fun and introduce your youngsters to the sport of tennis. The very basics of the game will be the focal point of these lessons. No need to bring a racquet; all equipment will be provided for a fun tennis experience.

9:00 - 9:50 AM  $30
Location: Parkview
Jun 11-15 Mon-Fri
Jun 25-29 Mon-Fri
Jul 16-20 Mon-Fri

Young Hitters (5,6 & 7 Years)
This program is designed for children 6 and 7 years old and some advanced 5 year olds. Advanced 6 and 7 year olds may request to move to Junior Lessons. “Young Hitters” tennis keeps learning fun while practicing games and drills. This is a great way to get your child interested in tennis! Equipment will be furnished. The Tennis Skills Competition is a fun and educational event that will be held at the end of every session.

10:00 - 10:50 AM  Mon-Fri  $30
Location: Parkview
Jun 11-15 Mon-Fri
Jun 25-29 Mon-Fri
Jul 16-20 Mon-Fri

Pee Wee (3, 4 & 5 Years)
This program is designed for children 4 and 5 years old and some advanced 3 year olds. “Pee Wee” tennis keeps learning fun while practicing games and drills. This a great way to get your child interested in tennis. Equipment will be provided.

9:00 - 9:50 AM  $30
Location: Parkview
Jun 11-15 Mon-Fri
Jun 25-29 Mon-Fri
Jul 16-20 Mon-Fri

Junior Tennis Lessons
A series of group lessons will be held ten consecutive weekdays covering the fundamentals of basic strokes, scoring and positioning. All levels are welcome! We will make groups based on age and ability. Bring your own racquet or borrow one from the Tennis Pro Shop! Balls will be furnished.

10:00 - 10:50 AM  Mon-Fri  $30
Location: Parkview
Jun 11-15 Mon-Fri
Jun 25-29 Mon-Fri
Jul 16-20 Mon-Fri

Rapid City Recreation
Mini Sessions (6-18 years)
These camps are for kids ages 6 to 18 years who have little experience but would like to explore their talents. This is a great way to begin to learn about tennis before pursuing regular lessons. We will form groups based on age and ability levels.
Location: Sioux Park

Session 1  $30
Aug 13-17  Mon thru Fri
8:00 - 9:00 am
9:00 - 10:00 am
10:00 - 11:00 am
11:00 - 12:00 Noon

Parkview Night Lessons
Lessons are available for all ages and ability levels Monday through Thursday evenings. Participants will be divided into age groups.
Location: Parkview

Young Hitters (Ages 5-8)
6:00-6:50 pm  Mon thru Thur  $30

Juniors & Adults (Ages 8 & Up)
7:00-7:50 pm  Mon thru Thur  $30

- June 11 - 14
- June 16 - 19

Tennis and a Movie (6-15 Years)
Meet at Sioux Park Tennis Courts at Noon to take in a movie and play some tennis. Participants will leave from Sioux Park on the Rapid Ride bus for the 1:00 movie at the Elks Theatre. After the movie participants will return to the courts and play tennis until 4 pm. Movie tickets are included in the price. Jungle Packs are $2.50 if you want to send money for concessions. Kids should be picked up at Sioux Park by 4:00 PM.

12:15 - 4:00 pm  $75
June 4 - Aug 13  Monday
June 5 - Aug 14  Tuesday
2018 Junior & Adult Rec Tennis Lessons
A series of group lessons held ten consecutive weekdays covering the fundamentals of basic strokes, scoring and positioning. All levels are welcome! Bring your own racquet or borrow one from the Tennis Pro Shop! Balls will be furnished. We make the group based on age and ability level.

Fee: $47 Junior Fee $47 Adult Fee

Session # 1 June 4th – June 15th
Time: 6:00 – 6:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 7:00 – 7:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 8:00 – 8:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 9:00 – 9:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 10:00 – 10:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 11:00 – 11:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts

Session # 2 June 18th – June 29th
Time: 6:00 – 6:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 7:00 – 7:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 8:00 – 8:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 9:00 – 9:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 10:00 – 10:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 11:00 – 11:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts

Session # 3 July 16th – July 27th
Time: 6:00 – 6:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 7:00 – 7:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 8:00 – 8:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 9:00 – 9:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 10:00 – 10:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 11:00 – 11:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts

Session # 4 July 30th – August 10th
Time: 6:00 – 6:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 7:00 – 7:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 8:00 – 8:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 9:00 – 9:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 10:00 – 10:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts
Time: 11:00 – 11:50 am Age Group: Junior & Adult Site: Sioux Park Tennis Courts

Community Tennis Courts
- North Middle School
  1501 North Maple Avenue
- Parkview Tennis Complex
  4325 Parkview Drive
- Quarry Park
  City Springs Road
- Sioux Park Tennis Complex
  900 Sheridan Lake Road
- Wilson Park
  1701 Mt. Rushmore Rd

2018 Rapid City Summer Tournaments
Rapid City Summer Celebration - Juniors & Adults
May 31-June 1 (ID 550004518)
Mt. Rushmore Junior National Level 3 Tournament - Juniors
July 9-11 (ID 550001018)
BH Common Cents Open - Juniors
June 22-24 (ID 550011018)
Midland Scientific Firecracker Open
June 29-July 1 (ID 550020518)
Rapid City Open - Juniors & Adults
July 28-29 (ID 550006518)
Register: http://tennislink.usta.com
**Aquatics Division**

**Roosevelt Swim Center**

**Hours of Operation**
(Pools will close 15 minutes prior to the building.)

**Swim Center Hours of Operation**

- Monday-Friday: 5:30 am - 9:00 pm
- Saturday: 8:00 am - 8:00 pm
- Sunday: 1:00 pm - 8:00 pm

**Swim Center Pool Schedule**

**Open Swim**
- Monday-Thursday: 1:00 pm - 5:00 pm
- Monday & Wednesday: 6:30 pm - 8:45 pm
- Friday: 1:00 pm - 8:45 pm
- Saturday: 1:00 pm - 7:45 pm
- Sunday: 1:00 pm - 5:00 pm

**Family Swim**
- Tuesday & Thursday: 6:30 pm - 8:45 pm
- Sunday: 5:15 pm - 7:45 pm

**Lap Swim**
- Monday-Friday: 5:30 am - 8:45 pm
- Saturday: 8:00 am - 7:45 pm
- Sunday: 1:00 pm - 7:45 pm

**Channel Walking**
- Monday-Friday: 5:30 am - 1:00 pm
- Saturday: 8:00 am - 1:00 pm
- Sunday: 1:00 pm - 7:45 pm

**Aquatic Facility Admission Rates**

**Daily Pass**
- Adult/Youth: $6
- Senior (62+): $5
- Group Rate (30+): $5

**20 Punch Pass**
- Adult/Youth: $80
- Senior (62+): $61
- Family (4 passes): $201
- Additional Family Member: $36

**Quarterly Pass**
- Adult: $96
- Adult Couple*: $147
- Senior (62+): $65
- Senior Couple*: $105
- Young Adult (18-25): $82
- Youth (3-17): $77
- Family Pass (4 passes): $210
- Additional Family Member: $35

**Yearly Pass**
- Adult: $357
- Adult Couple*: $535
- Senior (62+): $250
- Senior Couple*: $378
- Youth (3-17 years): $272
- Young Adult (18-25 years): $296
- Family (4 passes): $642
- Additional Family Member: $65

*Couple - Defined as both customers married or producing information showing the same mailing address.

**Private Pool Rentals**

Private rentals are scheduled through the Swim Center for all pool facilities. Rentals must be made 10 business days in advance. Outdoor pools may be rented from June 10 through August 13. Please call 394-5223 for more information.

**Swim Center User Groups/Clubs:**

- Great Swim Team: [https://www.teamunify.com/Home.jsp?team=sdgrce](https://www.teamunify.com/Home.jsp?team=sdgrce)
- Paha Sapa Area Divers (Scuba): Contact Carol @ lorac@rushmore.com or Maurita @ keepspinning@msn.com. Also come see us during Bubble Night at the Swim Center.
- Black Hills Paddlers (Kayak): Come to Paddle Night at the Swim Center to meet area kayakers.
- Black Hills Aquatic Adventures - Full service dive shop: James Wallace (605) 791-1262

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**Roosevelt 50M Pool Schedule**

125 Waterloo Street
394-5223

**Open Swim**
- Monday-Sunday: 1:00 pm - 5:00 pm

**Lap Swim**
- Monday-Friday: 7:30 am - 7:30 pm
- Saturday: 8:00 am - 7:30 pm
- Sunday: 1:00 pm - 7:30 pm

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**Roosevelt Swim Center**

125 Waterloo Street
Rapid City, SD 57701
(605) 394-5223

Doug Lowe, Recreation Div. Manager
Cliff Zechiel, Maintenance Supervisor
Barb Iwan, Aquatics Specialist
Emily Carstensen, Aquatics Specialist
Nick Outka, Aquatics Coordinator
Karen Johnson, Admin. Secretary

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Swim Lesson Program
Course Descriptions
(All Pools)

Registration for Summer Swim Lessons begins May 5, 2018. In-House registration will begin at 8:00 AM and online registration will be available at 12:00 Noon. Phone registrations will be accepted at 394-5223 beginning May 7th.

The Swim Lesson University format used by the City is explained below. Aquatics staff is available to answer questions if you do not find the description that matches your swimmer’s level. Your child will be placed in the best suited swim level according to the prerequisites. Classes may be combined based on enrollment numbers. Ask to be added to the wait list if the class is full. (Being added to a wait list does not guarantee placement in a class.)

Parent & Me 101/102
Prerequisite: None
- Parent & Me 101 - 6-18 months
- Parent & Me 102 - 19-36 months

Required Equipment: Students MUST have a Swim Diaper.

Swim 100
Prerequisite: None
- Swim 101 for 3 to 5 years
- Swim 102 for 6 to 9 years
- Swim 103 for 10 to 12 years

Required Equipment: Students must use a Power Swimr Flotation Device which will be provided. This is a swim aid and used during lessons only; Power Swimrs are not US Coast Guard approved.

Diving Lessons
Have you always wanted to impress your friends with a nice dive off the diving board? Come to Parkview Pool and learn from our instructors how to do surface dives, dives off the side of the pool and dives off the diving board.

Students must have basic swimming skills (comfortable in the water, able to swim to the edge of the pool).

Swim Strokes 200
Prerequisite: Swim 15 feet without the aid of a flotation device, face in the water, and breathing as needed.
- Swim Strokes 201 for 3 to 5 years
- Swim Strokes 202 for 6 to 9 years
- Swim Strokes 203 for 10 to 12 years

After passing Swim Strokes 200, students can take either Advanced Swim Strokes 300 or Lifesaving Strokes 400 in no particular order.

Private Swim Lessons
Sessions are one-on-one with one student to one instructor. All private lessons are scheduled and taught at the Swim Center. Please stop by the Swim Center or call (605)394-5223 to fill out a Private Swim Lesson request form or contact Nick Outka @ nick.outka@rcgov.org.

Adaptive Swim
Have a special need? We can help you find the appropriate instructor. Call the Swim Center at 394-5223 for assistance.

Swim Lesson University
Swim Instructor Training
Learn how the Swim Lesson University swim lesson program works! Go through all four levels through four days with seasoned swim instructors. You will learn techniques and queues to teach a successful swim lesson. Students will get in the water each day to practice teaching techniques. Certification cost is not included in the course fee; tests are taken and paid for online.

Participants must be 14 years of age to take this course.

Fee: $50
June 4-7 9:00 am - 11:00 am

Swim Strokes 300
Prerequisite: Swim 25 feet of Backstroke and Freestyle with side breathing.
- Advanced Strokes 301 for 3 to 5 years
- Advanced Strokes 302 for 6 to 9 years
- Advanced Strokes 303 for 10 to 12 years

Lifesaving Strokes 400
Prerequisite: Swim 25 feet of both Backstroke and Freestyle with side breathing.
- Lifesaving Strokes 401 for 3 to 5 years
- Lifesaving Strokes 402 for 6 to 9 years
- Lifesaving Strokes 403 for 10 to 12 years

**All 103, 203, 303 and 403 classes are combined with 102, 202, 302 and 402 (6-9 year olds) to ensure classes will not be cancelled due to low enrollment of 10-12 year olds.
## Roosevelt Swim Center

125 Waterloo St • (605) 394-5223

### Swim Lesson Schedule

<table>
<thead>
<tr>
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<th>June 11-21</th>
<th>July 9-19</th>
<th>July 23-Aug 2</th>
<th>June 16-July 14</th>
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### Facility Amenities
- 8 Lane Lap Pool
- Hot Tub
- Vortex Pool
- Water Basketball
- Diving Board
- Current Channel
- Zero Depth Entry Leisure Pool
- Floating Clam Shell
- Play Structure
- Slide
- Fountains
- Multi-Purpose Room
- 2 Racquetball Courts
- Birthday Party Room
- Concession Stand
**Swim Lesson Schedule**

**June 11-21**
- 2 week session $50
- Monday-Thursday
  - Swim 101
    - 10-10:30am
    - 10:35-11:05am
    - 11:10-11:40am
  - Swim 102/103
    - 10-10:30am
    - 10:35-11:05am
    - 11:10-11:40am
  - Swim 201
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  - Swim 202/203
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**July 9-19**
- 2 Week Session $50
- Monday-Thursday
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  - Swim 402/403
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**July 23-Aug 2**
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    - 11:10-11:40am
  - Swim 402/403
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    - 10:35-11:05am
    - 11:10-11:40am

Open Swim:
- Monday thru Sunday
- 12:00-6:00 pm

**Pool Amenities**
- Zero Depth Entry
- Dinosaur Youth Slide
- 2 Big Slides
- Lily Pads
- Grass Area
- Concession Stand
**Parkview Pool**

- **4221 Parkview Drive**
- **(605) 394-1892**

**Open Swim:**
Monday thru Sunday
12:00-6:00 pm

**Pool Amenities**
- Zero Depth Entry
- Fountain Play Structure
- Diving Board
- Slide
- Grass Area
- Concessions
- Sand Volleyball

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### Swim Lesson Schedule

#### June 11-21
- 2 week session $50
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#### July 23-Aug 2
- 2 Week Session $50
  - Monday-Thursday
  - Swim 101
    - 10-10:30am
    - 10:35-11:05am
    - 11:10-11:40am
  - Swim 102/103
    - 10-10:30am
    - 10:35-11:05am
    - 11:10-11:40am
  - Swim 201
    - 10:35-11:05am
**Pool Amenities**
- ZeroDepth Entry
- Fountain Play Structure
- Youth Mountain Slide
- 2 Run-off Slides
- 1 Drop Slide
- Climbing Wall
- Water Basketball Hoop
- Vortex Pool
- Grass Area
- Concessions

**Swim Lesson Schedule**

<table>
<thead>
<tr>
<th>June 11-21</th>
<th>July 9-19</th>
<th>July 23-Aug 2</th>
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**Open Swim:**
Monday thru Sunday
12:00-6:00 pm
**General Pool Safety Rules**

1. Lifeguards are here for your safety. Please listen to them and follow the rules.
2. Swimmers must shower before entering the pool.
3. Children ages 9 and under must be accompanied by someone 15 years of age or older at the facility. Children ages 6 and under are required to be within arms reach and supervised by someone 15 years of age or older in the water.
4. All Personal Flotation Devices (PDF or Lifesjacket) must be Coast Guard approved and used with adult supervision. No one wearing a PDF/Lifesjacket will be allowed to go down the waterslide or off the diving board.
5. Swimmers must be 48 inches tall to go down the waterslide and be unassisted in the splash down. If either one is not met they maybe prohibited from using the slide or the diving board.
6. Headfirst entries are only allowed in water that is at least six (6) feet deep. Starting blocks may only be used under supervision of a certified swim coach or swim instructor employed by Rapid City Aquatics.
7. Air mattresses and other floatables are not allowed as lifeguards cannot see under or through them.
8. Appropriate swimwear is required; a T-shirt may be allowed as a cover up but must be of light color not dark nor contain offensive wording or graphics.
9. Coolers are not allowed at Roosevelt complex. Parkview, Jimmy Hilton and Horace Mann reserve the right to inspect coolers at any time. No alcohol or glass containers are permitted at any aquatic facility.
10. Video and Still cameras not allowed in locker rooms or common changing areas.
11. All personal belongings should be secured in a locker. The city is not responsible for lost, stolen or damaged items. No items are to be checked with staff.
12. REFUNDS WILL NOT BE OFFERED FOR WEATHER RELATED CLOSURES OR FECAL INCIDENTS.
13. Swimming at this facility is a privilege. Any swimmer not following these SAFETY RULES may be asked to leave.
14. Not every SAFETY RULE can be in print. Individual Rules are posted at each Rapid City Aquatic Facility as pool features vary. These SAFETY RULES and others dictated by common sense will be enforced by the staff.

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**Policies & Information**

**Supervision**

All Children ages 9 and under must be accompanied by someone 15 years of age or older at the facility. Children ages 6 and under are required to be within arms reach and supervised by someone 15 years of age or older in the water. Please refer to General Pool Safety Rules if you have any questions.

**Individual Supervision Ratios**

- 18 years of age and older: 8 children to 1 adult
- 17 to 15 years of age: 4 children to 1 teen
- See aquatics staff for groups larger than 10.

**Swim Pants**

Swimpants are required at all swimming pools for children who are not toilet trained.

**Inclement Weather**

No refunds will be offered for inclement weather. Patrons that enter aquatic facilities do so at their own risk. Every effort will be made to inform patrons of this policy when inclement weather seems to be approaching. Call the Roosevelt Swim Center or outdoor pool direct phone lines for closure information.

**Roosevelt Swim Center** 394-5223
**Parkview Pool** 394-1892
**Jimmy Hilton Pool** 394-1894
**Horace Mann Pool** 394-1891

**Kids Night Out**

Head to the Swim Center for an evening of fun! Start the night with a dip in the pool, fun and games in the multi-purpose room, and finish the night with popcorn and a movie. Bring a swim suit, towel, tennis shoes, comfortable clothes/pajamas, a sleeping bag and pillow. Concessions are available after swimming. Space is limited.

Roosevelt Swim Center 5:00-10:00 pm

- Saturdays $20 per child
  - April 14, 2018
  - May 12, 2018
  - June 9, 2018
  - July 21, 2018

**Scuba Bubble Night**

(Certified Scuba Divers)

Get your bubble fix and keep diving talents current! Certified divers must submit dive certification ID to front desk staff. Please clean your gear before entering the pool. Black Hills Aquatic Adventures will be available to answer questions. Call Jim at (605)791-1262 for all your gear needs ahead of time.

Roosevelt Swim Center: 7:00-9:00 pm

- April 27
- May 25
- June 29
- July 27

**Military Appreciation Weekend**

Get into any of the City’s pools during open swim by bringing 2 cans of food per person (with military ID). Call the Swim Center at 394-5223 for more information.

All Pools

- July 14-15, 2018

**Water Polo in Rapid City!!!**

Come play water polo at the Roosevelt Swim Center on Saturdays from 11:00 am to 12:30 pm. Requirements:

- Players must be at least 18 years of age
- All levels welcome
- Basic swimming skills are required (all activities are done in the deep end of the pool).
American Red Cross
Health and Safety Courses

American Red Cross CPR & Lifeguard Courses are now offered as Blended Learning. What does that mean for you? Less time in the classroom and less time away from work. Once you sign up for a course you will be required to email Barbara Iwan, Barbara.iwan@rcgov.org, for the link to your online class work. Print the completion certificate and come to the scheduled in-person class to meet with an instructor to demonstrate physical skills.

Adult/Ped/FA/CPR/AED 1-5pm
Friday: April 13, May 11, June 8, July 13, Aug 10

Basic Life Support 1-5pm
Friday: April 20, June 15

CPR for the Professional Rescuer 1-5pm
Friday: May 18, July 20

CPR/AED/First Aid
Various course components can be taught together. We offer Adult, Child, Infant CPR/AED for the Lay Rescuer, BLS for the Health Care Provider (Formerly CPR for the Professional Health Care Provider), AED Training, First Aid, Bloodborne Pathogens, and Oxygen Administration.

Lifeguard Training
Lifeguard training with CPR/AED for the Professional Rescuer. Waterpark and Waterfront options are also available. Must be 15 years of age or older.

Water Safety Instructor Course
Teaches principles of instruction to prospective swim lesson instructors. Candidates should have a good understanding of swimming strokes and be able to demonstrate each. Also must have the will to learn and teach Front Crawl, Backstroke, Breaststroke, Butterfly and Sidestroke. Must be 16 years of age or older.

Programming for All Ages

Aqua Kids
It's time for kids 8 and under to enjoy the pool for fun in the sun! Pool entrance fee or pool pass honored.
Horace Mann Pool 10:00-11:30 am
Fridays, June 8 - August 10

* If make up swim lessons are scheduled, this program will be cancelled. Please call in advance to check scheduling.

Chocolate Splash
Designed for families with small children ages 6 and under. Enjoy the leisure pool, play structure and lazy river with your little ones. Stay after for refreshing chocolate milk. No day cares please.
$3 per person.
Roosevelt Swim Center 11:00-12:00 pm
Fridays

Kayakers Paddle Night (All ages)
Swim Center 7:00-9:00 pm
Paddle night will be held April 7 and May 5 and resume in the fall in October. Boats and gear must be clean before entering pool. Contact Barb Iwan at 394-5223 if you have specific practice needs.

Look for special events throughout the summer on Facebook.
Like “Rapid City Aquatics”!

Birthday Parties at Roosevelt Swim Center
Parties are scheduled during open swim and pricing includes admission to swim, party favor bags, pop, mini melts ice cream and paper products.
Children under the age of 7 must have an adult in the water within arms reach. Call 394-5223 to reserve your time!

$89 - 2 1/2 hours for 8 children
$9 for each additional child
$6 admission for ages 3-59 not receiving the extras.

$73 - 1 1/2 hours for 8 children
$9 for each additional child
$6 admission for ages 3-59 not receiving the extras.

Lifeguard Instructor
Training for instructor candidates to teach American Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterfront Skills, Waterpark Skills, CPR/AED for the Professional Rescuer and Health Care Providers, Administering Emergency Oxygen, and Bloodborne Pathogens. Must be 17 years of age or older. See our website for additional requirements.

Call the Roosevelt Swim Center at 394-5223 for class times and rates.

American Red Cross
Together, we can save a life

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Call the Roosevelt Swim Center at 394-5223 for class times and rates.

American Red Cross
Together, we can save a life
### Land Exercise Class Descriptions

**See Online Schedule for Time, Location of Class and Instructor**

- **Beginner Yoga** - This class is suitable for all levels, from beginner to advanced.
- **Body Sculpt** - Combination of strength training and cardio. Instructor welcomes all ability levels; be ready to sweat!
- **Noon Spin** - Beginner to intermediate indoor cycling class with some basic sculpting added as a bonus. We will show you all you need to know to get started on a spin bike and begin burning calories on your lunch hour.
- **Muscle Pump** - The original barbell class that strengthens your entire body! Challenge your major muscles and get the results you came for.
- **Silver Sneakers Classic** - Move through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.
- **Spin Mornings** - Join the fun (no choreography here, just an awesome cardio workout!) as we ride on indoor bikes to great music. The workout changes every week as we focus on climbing hills, sprinting, intervals, and working “out of the saddle”. The class ends with about 10 minutes of abdominal training. All levels are welcome!
- **Strength/Core/Yoga** - Great class for any fitness level! We'll begin the class with 10 minutes of active and dynamic warm up, followed by a 30 minute circuit workout that will include cardio, strength, and core training. Experience the success of muscle confusion utilizing different pieces of equipment: dumbbells, barbells, bands, balls, kettle bells, body weight and more. Finally, enjoy 20 minutes of simple to follow Yoga poses combined with modern day stretches
- **Tai Chi** - Reduce stress through “meditation in motion”. TaiChi has evolved into a graceful form of exercise which promotes serenity through gentle movements connecting the mind and body.

**Saturday Tai Chi moves to Sioux Park near the flower gardens for the summer months.**

- **Zumba** - This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: we want you to want to work out, to love working out, and to get hooked!

### Water Exercise Class Descriptions

**See Online Schedule for Time, Location of Class and Instructor**

- **Aqua Power** - Join this moderate to intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.
- **Deep Water Energized** - Higher energy class in deep water for 45 minutes of strength and endurance training based on individual fitness levels. Whether you have been exercising for years or are just starting a new fitness program, you will enjoy the energy and variety this class has to offer.
- **Early Energizers** - Start this water class by warming up in the channel, then head to the deep pool for a guaranteed challenge by traveling through the water to maximize your stamina.
- **H2O Transformers** - Warm up in the leisure pool transitioning to the lap pool for balance, strength and toning. Belts, balance boards, noodles and other equipment will be used.
- **Masters Swiss** - Adult (17 & over) class for fitness swimmers, triathletes, and competitive or previously competitive swimmers. Class emphasizes improved stroke technique and swimming endurance while having fun in a group setting. Workouts for different levels/speeds are offered. **If you have any questions please contact Coach Beth at bbeth.eldridge@yahoo.com**
- **Parkinson’s Wellness Recovery In-Water** - Participants work in the water on motor skills essential to every day life.
- **Pilates Stretch/Wet** - The water is the perfect medium for performing motions that gently improve alignment, posture and balance. This is a low to non-impact, non-aerobic class suitable for all fitness levels including those with balance challenges on land. Beginner and Advanced classes offered.
- **Rusty Hinges** - Keep your joints moving, restore flexibility and strength, and protect your joints from further damage by exercising in shallow water.
- **Silver Sneakers Splash** - Improve your agility, flexibility and cardiovascular endurance through this shallow water exercise class.
- **Stroke Re-Growth** - Stroke recovery participants discover and share drills to enhance their re-wiring. Body mechanics are studied to re-learn the simple and intricate movements of daily life. The water is a friendly environment for stability and resistance.

**CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE SEE THE WEBSITE FOR UP-TO-DATE SCHEDULE.**

**OUTSIDE PERSONAL TRAINING IS NOT ALLOWED.**

Participants for water and land exercise classes must be 15 years of age.
Recreation Programs

Rapid City Recreation
125 Waterloo Street
Rapid City, SD  57701
(605) 394-5223

Doug Lowe, Recreation Div. Manager
Matt Brandhagen, Recreation Specialist

Summer Sand Volleyball

Come work on your tan and play in the sand. We offer leagues for all Divisions. This is a six week league followed by an end of the season tournament. All games are played at the Sand Volleyball Courts at Founders Park.

Games will begin the week of June 4th.
Registration deadline is May 30th.
$100.00 per team
$50.00 per team for 2 v 2

Divisions:
Monday Night: Coed 4 v 4, Coed 2 v 2
Tuesday Night: Coed Upper & Lower B
Wednesday: Women's Lower B
            Women's Upper B
Thursday:    Coed A
            Coed Upper B
            Coed Lower B

Youth Flag Football
(1st & 2nd Grade & 3rd & 4th Grade)

Staff recommends signing up for this program early as it fills fast. Space is limited.

This non-contact flag football league is for children in the 1st through 4th grades during the 2018-2019 school year. Youth Flag Football teaches players basic football skills while promoting teamwork and sportsmanship. Players will gain valuable football experience in a fun, non-contact setting. Mouthpiece recommended; all other equipment provided.

Volunteer Coaches are needed and we will waive your registration fee if you are willing to coach. You will be informed of your team and schedule on the first night when you will meet your coach and get schedules for the season.

A MANDATORY meeting with your coach will be held at the Omaha St. Soccer Fields across from Founders Park. The meeting will be held on Monday, September 10th at 5:30pm for all participants.

Games for 1st and 2nd graders will start on Monday, September 17th and for 3rd and 4th graders on Tuesday, September 18th. All games will be played at the Omaha St. Soccer Fields.

Summer Indoor Volleyball

Don't want to play in the sand then this is the league for you! This is a six week league followed by an end of the season tournament. All games are played at the South Community Gym. Games begin Wednesday, June 6th.
Registration deadline is May 30th.
$135.00 per Team.

Divisions:
Wednesday Night: Women's A
                Women's Upper B
                Women's Lower B
                Women's C

Please contact Matt Brandhagen if you are interested in coaching:
matt.brandhagen@rcgov.org or cell (605)415-0226 -- work (605)394-5223
Registration deadline is September 3rd.
Registration fee is $50.00 which includes a jersey.

You can register online at www.rcparksandrec.org or stop by these two locations:
Dive into Summer Sand Volleyball

Swim Center: 125 Waterloo Street
Parks and Rec Office: 515 West Blvd.

Adult Flag Football League

The Rapid City Recreation Division is offering its Non-Contact Flag Football League at Omaha St. Soccer Fields.

This is a six week league followed by an end of the season tournament. Games will begin the week of Aug 15th.

Registration deadline is Aug 8th.
$335.00 per team

Divisions:
Wednesday Night: Men's A
                Men's C
Thursday Night: Men's B
               Men's C

Please contact Matt Brandhagen if you are interested in coaching:
matt.brandhagen@rcgov.org or cell (605)415-0226 -- work (605)394-5223
Registration deadline is September 3rd.
Registration fee is $50.00 which includes a jersey.

You can register online at www.rcparksandrec.org or stop by these two locations:
Swim Center: 125 Waterloo Street
Parks and Rec Office: 515 West Blvd.
**Party at the Pavilion**

Summer fun for all to enjoy! Come enjoy Art in the Park with goop glop fun, beads galore or sidewalk chalk art. How about Wild Wednesdays with spider web wonders, tree cookies or wiggle worms? Fun in the Sun Kids camp is designed for children with special needs.

**Art in the Park (4-7 Years)**

Tuesdays 9:30-11:00 $15/class

Art in the Park encourages children to explore their creative thinking, use their imaginations, and get messy while having fun with arts and crafts.

- **June 12 Random Art**
  Various different art projects that allow children to explore their creativity and use their imaginations while having lots of fun.

- **June 19 Paint Fun**
  Masterpieces will be created by using various types of paint products on many different art canvases.

- **June 26 Sidewalk Chalk Art**
  Artists will play with chalk creating masterpieces with paper and on the sidewalk.

- **July 10 Beads Galore**
  Children will use beads, string, and other supplies to make art and craft projects.

- **July 17 Name Art**
  Art will be created using the child's name using different art supplies.

- **July 24 Goop Glop Fun**
  Don’t wear your Sunday best to class as children will be creating fun, messy, magical mixtures with weird textures using interesting materials to create fun concoctions.

- **July 31 Pint Sixed Picassos**
  Bring your artist to this fun-filled time of painting as children will create masterpieces with various art supplies.

- **August 7 Playdough Center**
  Children will make and play with various forms of playdough.

**Wild Wednesdays (4-7 Years)**

Wednesdays 9:30-11:00 $15/class

Wild Wednesdays will build a child’s sense of wonder about nature and invite each to explore the world around them. With a wide range of activities from Growing up Wild, Project Wild and Project Learning Tree, children will get an early foundation for developing a positive impression about nature and the environment they live in.

- **June 13 Senses Around**
  Children will explore the area using their 5 senses to understand why it is important for animals.

- **June 20 Spider Wed Wonders**
  Children learn various characteristics and fun facts about spiders.

- **June 27 Graphananimal**
  Children will identify the different kinds of animals that live in the area and learn characteristics about them.

- **July 11 Lunch Box**
  Children will identify the different kinds of food animals eat in our area to create a lunch box.

- **July 18 Tracks**
  Children explore the tracks that animals make, will make their own, and compare them to see the differences.

- **July 25 Tree Cookies**
  Children will learn about tree growth, a tree’s life, and better understand trees by examining a tree cookie.

- **August 1 Wiggle Worms**
  Children learn about and observe earthworms.

- **August 8 Everybody Needs A Home**
  Children will learn about an animal’s habitat and what is needed to adjust to the environment around them.

**Fun In the Sun (6 and older)**

Thursdays 9:30-1200 8 classes $125

Fun in the Sun is a camp to give children with special needs a fun and exciting summer. Activities encourage learning through play using the STEAM program along with integrating social skill development. Camp activities include art and craft projects involving science, physical activity, art, math, and other learning aspects. Participants will bring a snack lunch as social skill development is also integrated into camp. Space is limited so sign up early.

- **June 14, 21, 28**
- **July 12, 19, 26**
- **August 2, 9**
Rapid City Parks Division
515 West Boulevard
Rapid City, SD  57701
(605) 394-4175

Scott Anderson, Parks Division Manager
Aaron Weeks, Parks Maint. Supervisor
Andy Bernard, Urban Forester

The Parks Division maintains roughly 1,650 acres of park land in Rapid City. All parks provide unlimited opportunities for fun and enjoyment and are open to the public until 10:00 pm. Take time to enjoy Rapid City’s parks - have a picnic, play horseshoes, tennis, softball, golf, ride a bike, go walking or jogging, or browse the rose and formal gardens! No alcoholic beverages are allowed. In the park system dogs must be on a leash unless in a designated off-leash area, and you MUST clean up after your pet.

Flower Gardens of Rapid City
Rapid City has many beautiful flower gardens located throughout the community, so be sure to ‘stop and smell the flowers’ this summer.

- Butterfly Gardens  
  4515 Jackson Boulevard
- Halley Park Gardens  
  515 West Boulevard
- Memorial Park Rose Garden  
  444 Mt. Rushmore Road
- Memory Lane  
  915 Mountain View Road
- Native Wild Flower Garden  
  300 Omaha Street
- Roosevelt Park Gardens  
  235 Waterloo Street
- Sunken Gardens  
  2915 Canyon Lake Drive
- Wm. Noordermer Formal Gardens  
  2400 Canyon Lake Drive
- Wilson Park  
  1701 Mt. Rushmore Road
**Park Shelter Information**

There are several parks which have picnic shelters available for reservation. Please call 394-4175 for more information, to check availability, or to make a reservation.

**Shelter Fees:**
- 10:00 am - 3:00 pm $75.00
- 4:30 pm - 10:00 pm $75.00
- Gazebo $20/hour
- Bandshell $100/day

**Canyon Lake Shelter #1**
Enter at the intersection of Canyon Lake Drive and Jackson Boulevard. First shelter on the right, near the spillway.

**Canyon Lake Shelter #2**
Enter at the intersection of Canyon Lake Drive and Jackson Boulevard. Second shelter on the left.

**Canyon Lake Shelter #3**
Enter at Park Drive. Shelter is located straight ahead.

**Robbinsdale Park Upper Shelter**
Enter Robbinsdale Park off Oakland Street and drive through the park. The shelter is located at the top of the hill.

**Old Storybook Island Shelter**
Enter at the Park Maintenance Shop entrance, 2915 Canyon Lake Drive. Follow road down to the shelter.

**Canyon Lake Gazebo**
The Gazebo at Canyon Lake is available for reservation. The fee is $20 per hour and payment is due when reservation is made.

**Rapid City Parks**

Braeburn Park 3350 Idlehurst Lane
Canyon Lake Park 4181 Jackson Boulevard
Centennial Parkway 800 East Centennial
Chuck Lien Family Park North of Founders Park
Cliffside Park 5650 Jackson Boulevard
College Park 224 College Street
Dinosaur Park 940 Skyline Drive
Founders Park 1510 West Omaha Street
Halley Park 515 West Boulevard
Horace Mann Park 818 Anamosa
Jackson Park 3040 Jackson Boulevard
Legion Park 900 Van Buren
Mary Hall Park 3220 W. South Street
Memorial Park 8th & Omaha Street
Parkview Park 4221 Parkview Drive
Quarry Park City Springs Road
Red Rock Meadows Park 6606 Shalee Drive
Robbinsdale Park 631 East Oakland
Roosevelt Park 300 East Omaha Street
Scott Mallow Park 1100 Custer Street
Sioux Park 1000 Sheridan Lake Road
Skyline Wilderness Area Skyline Drive
Steele Avenue Park 260 East Main Street
Thomson Park 880 E. Meadowlark Drive
Vickie Powers Park 940 Kathryn Avenue
Wilderness Park 514 City Springs Road
Willow Park 155 Monroe Street
Wilson Park 1701 Mt. Rushmore Road

**Off-Leash Areas**

Braeburn Park
Vickie Powers Memorial Park (posted area)
Knollwood Drainage Area
Memorial Park East (Between East Blvd & 5th Street)
Robbinsdale Park (posted area)

Shelters in the following parks are available on a first come-first served basis:
- Jackson Park
- Horace Mann Park
- Thomson Park
- College Park, and
- Robbinsdale Park
### Department of Parks and Recreation

**Contact Information**

<table>
<thead>
<tr>
<th>Facility</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roosevelt Swim Center</td>
<td>394-5223</td>
</tr>
<tr>
<td>Parkview Pool</td>
<td>394-1892</td>
</tr>
<tr>
<td>Jimmy Hilton Pool</td>
<td>394-1894</td>
</tr>
<tr>
<td>Horace Mann Pool</td>
<td>394-1891</td>
</tr>
<tr>
<td>Roosevelt Park Ice Arena</td>
<td>394-6161</td>
</tr>
<tr>
<td>Meadowbrook Golf Course</td>
<td>394-4191</td>
</tr>
<tr>
<td>Executive Golf Course</td>
<td>394-4124</td>
</tr>
<tr>
<td>Sioux Park Tennis Complex</td>
<td>394-6965</td>
</tr>
<tr>
<td>Parks &amp; Recreation Office</td>
<td>394-4175</td>
</tr>
</tbody>
</table>

Register online for all programs at 
www.rcparksandrec.org