Youth Flag Football
Registration Deadline: September 5th

Learn to Skate Classes begin September 8

Register online for Parks and Recreation leagues and classes:

www.rcparksandrec.org
City of Rapid City, South Dakota
Parks and Recreation Staff

Parks & Recreation Administration Office
515 West Boulevard - 394-4168
Jeff Biegler, Parks and Recreation Director
Doug Lowe, Recreation Division Manager
Scott Anderson, Parks Division Manager
Andy Bernard, Urban Forester
Chelsea Levenson, Landscape Designer
Jeff Richardt, Recreation Program Specialist
Kristy Lintz, Recreation Program Specialist
Jeri Taton, Administrative Coordinator
Amy Graves, Administrative Secretary

Roosevelt Park Swim Center
125 Waterloo Street - 394-5223
Barbara Iwan, Aquatic Specialist
Emily Carstensen, Aquatic Specialist
Matt Brandhagen, Rec. Program Specialist
Nick Outka, Aquatic Coordinator
Cliff Zechiel, Maintenance Supervisor
Karen Johnson, Administrative Secretary

Roosevelt Park Ice Arena
235 Waterloo Street - 394-6161
Erin Holmes, Recreation Program Specialist
Patty Behnke, Learn to Skate Program Super.
Gary Stanley, Hockey Program Supervisor

Recreation Facilities
- Sioux Park Tennis Complex - 394-6965
  900 Sheridan Lake Rd
- Parkview Tennis Complex
  4325 Parkview Drive
- South Community Center
  2 Indiana Street
- West Community Center
  1304 Sioux San Drive

Parks and Recreation Division Policies:
- Registrations are taken on a first come first serve basis.
- Class fees will not be prorated due to late registrations.
- Wait lists are taken for filled classes. You will only be contacted if someone cancels or class numbers are increased.
- For inclement weather questions, please contact the facility where program is offered. If City offices are closed then City programs will be closed. May not be the same as school closures.
- Photo Release: Please note that photos may be taken during program activities, which may be used for future city promotions and media press releases.

REGISTER ONLINE at www.rcparksandrec.org
You can also register at the following locations:
Roosevelt Swim Center
125 Waterloo Street
Parks & Recreation Office
515 West Boulevard

For more information visit our web page at www.rcparksandrec.org
LIKE our Facebook Page, Rapid City Parks & Recreation and follow us on Twitter @RC_ParksandRec.

PARKS & REC
RAPID CITY

DISCLAIMER
Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors. Please visit www.rcparksandrec.org for updated information.

This is a “non-school” material that is neither endorsed nor necessarily reflective of the views of Rapid City Area Schools.

Roosevelt Park Ice Arena Birthday Party Packages
You bring the cake, and we supply the fun! The Roosevelt Park 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 of your desired date (availability is limited). Birthday parties may be booked during any regularly scheduled public skating session. A minimum 24 hours advance notice is required and will depend on available space.

Cost: $95
Package includes:
- Admission and skates for 8 people
- Table in the mezzanine area
- Tablecloth and paper products
- 2 Pitchers of soda (additional pitchers are $3)
- Each additional skater is $8

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Rapid City
Ice Arena

“The Coolest Place in Town”

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

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

Facility Rental
Rent the Roosevelt Park Ice Arena.
Prime Time: With Skates $234/hr
Without Skates $145/hr

*Non-prime Time:
With Skates $183/hr
Without Skates $87/hr

Broomball with Equipment $118/hr

*Non-prime time consists of days school is in session before 3:00 pm and any day after 9:00 pm. Call the Roosevelt Park Ice Arena to book your event at (605) 394-6161.

School’s Out! Public Skate
When Rapid City Area Schools have a day off that does not normally have a public skate session, the Roosevelt Park Ice Arena will offer a special Public Skate from 1:30-3:30 pm. Admission will be $6 and will include skates. Check our calendar monthly or call (605) 394-6161 for the latest information!

2018 Public Skating Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>1:30 - 3:30 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>1:30 - 3:30 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>11:30 am - 3:30 pm &amp; 7:00-9:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>1:30 - 3:30 pm &amp; 6:00 - 9:00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>2:45-6:00 pm *</td>
</tr>
</tbody>
</table>

*Family Package: Admission and skates for a family of four for $25. Regular admission will be charged after the fourth family member. (Sunday skate only).

2018 Public Skate Rates

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admission</td>
<td>$ 6</td>
</tr>
<tr>
<td>Senior Rate (62 and up)</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 (Adm. only)</td>
<td>$ 47</td>
</tr>
<tr>
<td>Season Pass (Admission only)</td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$151</td>
</tr>
<tr>
<td>Family (4 people)</td>
<td>$349</td>
</tr>
<tr>
<td>Each Additional</td>
<td>$ 50</td>
</tr>
</tbody>
</table>

*Group Rate is for 30 or more participants and skates are included. Please call ahead for scheduling.

The City of Rapid City and the Roosevelt Park Ice Arena reserve the right to make changes to these times and costs as necessary. Special events may cause cancellation of Public Skate at any given time. Please check our Facebook page under Roosevelt Park Ice Arena for updated information.

Curling
Introduction to Curling
This class is designed to teach the basics of curling including delivery, sweeping, rules and strategy. Participants must wear gripper soled shoes and layered jacket. No other equipment is required to participate. Just in time to improve your skills for Curling season!

Oct 14-Nov 18: Saturday 4:00-5:00 pm
$60

Pro Shop Services

<table>
<thead>
<tr>
<th>Skate Sharpening</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Service</td>
<td>$ 6</td>
</tr>
<tr>
<td>Same Day Service</td>
<td>$ 8</td>
</tr>
<tr>
<td>10 Punch Regular Service Card</td>
<td>$54</td>
</tr>
<tr>
<td>10 Punch Next Day Service Card</td>
<td>$72</td>
</tr>
</tbody>
</table>

Inquire at the front desk about skate repair and maintenance services.

The Roosevelt Park Ice Arena carries laces, sock/stick tape & hockey wax.

Broomball
With Equipment - $118 per hour.

I Love Broomball!
Learn to Skate USA
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.
- 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.

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 during Learn to Skate Drop-In sessions to fully master necessary skills. Bike helmets and gloves are recommended. Levels may be combined based on enrollment.

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.

Snowplow Sam 1-4
Snowplow Sam levels are for children ages 4 & 5. These classes are designed to develop the 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.

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.

1 hour lesson: $20    --  1/2 hour lesson-$10

Learn to Play Hockey
This program is suitable for beginner hockey players. It is highly recommended that students complete Youth Hockey 1-4 or the Adult Hockey program before participating in this class. Skating, puck control, passing/receiving, shooting, defensive tactics and offensive tactics will be introduced and taught throughout the program. Full protective gear is required for this program. This is a six week program and meets once a week.

Hockey League
This is a two division league consisting of upper and lower leagues. Participants must be 16 years of age and older to play in this league without a parent. Players who are 14 and 15 years may only play if a parent is on the same team roster and present at each game. The league will consist of a fall and spring session. 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. 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 Roosevelt Ice Arena at (605) 394-6161.

$160 per session for players
Goalies are free.
Session begins October 7
### Roosevelt Ice Arena Class Schedule

#### Session One: Sept. 8-Oct 16

**SATURDAY CLASSES - Sept 8-Oct 13**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:45-11:30 am</td>
<td>Hockey 1-4</td>
<td>$65</td>
</tr>
<tr>
<td>11:30 am - 12:05 pm</td>
<td>Snowplow Sam 1-4</td>
<td>$55</td>
</tr>
<tr>
<td>11:30 am - 12:15 pm</td>
<td>Basic Skills 1-4</td>
<td>$65</td>
</tr>
<tr>
<td>12:15 - 1:00 pm</td>
<td>Basic Skills 5-6</td>
<td>$65</td>
</tr>
<tr>
<td>12:15 - 1:00 pm</td>
<td>Pre-Freeskate</td>
<td>$65</td>
</tr>
</tbody>
</table>

**MONDAY CLASSES - Sept 10-Oct 15**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Snowplow Sam 1-4</td>
<td>$55</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Basic 1-3</td>
<td>$65</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Mini Class (Basic 2-3) For Sam Graduates</td>
<td>$65</td>
</tr>
<tr>
<td>7:00 - 7:45 pm</td>
<td>Adult Figure Skate</td>
<td>$65</td>
</tr>
<tr>
<td>7:00 - 7:45 pm</td>
<td>Adult Hockey</td>
<td>$65</td>
</tr>
</tbody>
</table>

**TUESDAY CLASSES - Sept 11-Oct 16**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Basic 4-6</td>
<td>$65</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Pre-Freeskate</td>
<td>$65</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Freeskate</td>
<td>$65</td>
</tr>
</tbody>
</table>

#### Session Two: Oct 20-Dec 6

* Prices are $10 more during Session 2 as all students are offered the opportunity to participate in our Winter Show at no extra charge. Students also receive more than 6 weeks of ice time during Session 2. More information will be forthcoming on the Winter Show.

**SATURDAY CLASSES - Oct 20-Dec 6**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:45-11:30 am</td>
<td>Hockey 1-4</td>
<td>$75</td>
</tr>
<tr>
<td>11:30-12:15 pm</td>
<td>Snowplow Sam 1-4</td>
<td>$65</td>
</tr>
<tr>
<td>11:30-12:15 pm</td>
<td>Basic Skills 1-4</td>
<td>$75</td>
</tr>
<tr>
<td>12:15-1:00 pm</td>
<td>Basic Skills 5-6</td>
<td>$75</td>
</tr>
<tr>
<td>12:15-1:00 pm</td>
<td>Pre-Freeskate</td>
<td>$75</td>
</tr>
</tbody>
</table>

**MONDAY CLASSES - Oct 22-Nov 26**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Snowplow Sam 1-4</td>
<td>$65</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Basic 1-3</td>
<td>$75</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Mini Class (Basic 2-3) For Sam Graduates</td>
<td>$75</td>
</tr>
<tr>
<td>7:00 - 7:45 pm</td>
<td>Adult Figure Skating</td>
<td>$75</td>
</tr>
<tr>
<td>7:00 - 7:45 pm</td>
<td>Adult Hockey</td>
<td>$75</td>
</tr>
</tbody>
</table>

**TUESDAY CLASSES - Oct 23-Nov 27**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Basic Skills 4-6</td>
<td>$75</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Pre-Freeskate</td>
<td>$75</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Freeskate 1-6</td>
<td>$75</td>
</tr>
</tbody>
</table>

**Black Hills Skating Academy’s Icicles Club**

From 5:45-6:45 pm on Friday evenings, students in any of our Learn to Skate classes may attend our Icicles Club. We will have several Learn to Skate Instructors monitoring this event. Participants will be able to skate and practice their new skills in a relaxed, fun atmosphere, make friends and warm up in the lobby with a small craft and a snack. $7 per person, per time. Skates are included. The Free 6 Punch pass cannot be used during this event.

**Hockey Drop-In**

Adult Drop In (18 and up only)
Please check our schedule for current times!
$8.00 per time

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

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

**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 also attend.

Thursday: 3:45-4:45
$6 per person per time
Learn to Skate Drop In 10 Punch Card: $47

Freestyle Drop-In
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. The fee is $10 per time and participants must register at the Front Desk.

- Tuesday: 3:45-4:45 pm
- Wednesday: 6:15-7:15 am
- Friday: 6:15-7:15 am
- Saturday: 7:30-8:30 am
- Sunday: 12:30-1:30 pm
**Rapid City Recreation**

**Staff**
Doug Lowe  
Recreation Division Manager  
Matt Brandhagen  
Recreation Program Specialist

---

**Adult Winter Volleyball**

Come join the fun whether it is for competitive players or just players that want to have some recreational fun. We offer leagues for all levels of experience. These leagues consist of 11 weeks of regular match play followed by an end of the season double elimination tournament. Games will be played at South and West Community Gyms. Season play begins the week of November 6th.

Registration deadline is October 31st.  
Team registration fee: $235

**Leagues**

- Tuesday Night:
  - Coed Upper B  
  - Coed Lower B  
  - Coed 4 v 4 (A Division)

- Wednesday Night:
  - Women's 4 v 4 (A Division)  
  - Women's Upper B (A)  
  - Women's Upper B (B)  
  - Women's Lower B (A)  
  - Women's Lower B (B)  
  - Women's C

- Thursday Night:
  - Men's  
  - Coed A  
  - Coed Upper B  
  - Coed Lower B

---

**Adult Dodgeball (6 on 6)**

Dodgeball is an alternative sport requiring minimal equipment and playing experience. Teamwork and strategy are more valuable factors in dodgeball than athletic skill and individual competitiveness. The league uses safe, rubber coated foam balls and safety conscious rules. We utilize slightly modified basic Dodgeball rules which see each game start with 6 players per side and continue until one team has eliminated the other. Leagues games are scheduled for 6 weeks followed by an end of the season tournament. Games will be played at West Community Gym.

Registration Deadline is October 24th and the season begins October 30th.

Team registration fee: $140.00

**Leagues:**

- Tuesday Coed League  
- Tuesday Men's League

---

**Check Scores And Schedules**

Get sports schedules, standings, game locations, and more at www.allprosoftware.net/RapidCityRec/.

The website is used for adult recreation leagues (basketball, volleyball, football and dodgeball).
Youth Flag Football
This non-contact Flag football program is for children in the 1st through 4th grades during the 2017-2018 school year. Youth Flag Football league 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 the 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. All participants are must attend the mandatory meeting with your coach at the Omaha Street Fields (across from Founders Park) on Monday, September 10th at 5:30 pm. Games will start on Monday, September 17th and be played at the Omaha Street Fields. First and second graders will play on Monday nights and third and fourth graders will play on Tuesday nights.

Space is limited to the first 40 kids in each age division.

Anyone interested in coaching should contact Matt Brandhagen at matt.brandhagen@rcgov.org; Cell (605)415-0226; Office (605)394-5223

Registration deadline is September 5th and the season begins September 17th.

Program fee is $50.00 which includes a jersey. You can register online at www.rcparksandrec.org or stop by either of these two locations:

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

Tennis Lessons
September 4-27, 2018
Tuesdays and Thursdays (8 Lessons)
6:00-6:50 pm Fee: $40 per person

Junior Lessons - ages 7 to 18
These lessons are for players who have a basic understanding of the game and have match experience. Participants should be able to play a match keeping score and rally back and forth. They can use all tennis strokes including serves, backhands, forehands, volleys and overheads.

Adult - All Levels - Ages 18 and up
These lessons are for teens and adults of all ability levels. Participants will be exposed to all tennis strokes and learn how to keep score and play a match.

Call Rapid City Recreation at 394-4168 or the Sioux Park Tennis Courts at 394-6965 for more information.
Swim Teams are not permitted to provide swim lessons per contract and facility use agreement with Rapid City Aquatics.

No outside personal training or coaching is permitted without direct consent of Rapid City Aquatics.

### SWIM LESSONS

**Session/Registration Dates:**
September 10 - October 20, 2018

Walk-In/In-House Registration starts August 25 at 8:00 am.

Online Registration starts Aug 25 at 10:00 am.
Phone-In Registration starts Aug 27 at 8:00 am.

October 29 - December 15, 2018
Walk-In/In-House Registration starts August 25 at 8:00 am.

Online Registration starts Aug 25 at 10:00 am.
Phone-In Registration starts Aug 27 at 8:00 am.

- Swim Lesson schedules are available at the Swim Center or online at [www.rcgov.org/departments/parks-recreation/aquatics.html](http://www.rcgov.org/departments/parks-recreation/aquatics.html).
- Class offerings and times change each session.
- Cost for Swim 100-400 Levels:
  - Once Per Week for 6 Weeks - $37
  - Twice per Week for 5 weeks - $52
- Cost for Parent and Me 101/102:
  - Once Per Week for 6 Weeks - $30
- All Swim 100-400 lessons are now 35 minutes long!

### 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 Lifejacket) must be Coast Guard approved and used with adult supervision. No one wearing a PDF/Lifejacket 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.
**Fall/Winter**
**Swim Center Building Hours**

Sept. 4, 2018 - May 31, 2019

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-F</td>
<td>5:30 am - 9:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00 am - 8:00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>1:00 pm - 8:00 pm</td>
</tr>
</tbody>
</table>

*Pools close 15 minutes prior to building. Hours are subject to change without notice. See website for full listing of programming dates and times.

**Daily Admission:**

- $6.00 Ages 3 to 59
- $5.00 Seniors ages 60 & over

---

**Chocolate Splash**

11:00 am - 12:00 pm Fridays

Open Swim time for children ages 6 and under with adult supervision in the water. Children enjoy water exploration, and float toys are provided. Chocolate milk served after swimming. No day care please.

Program begins September 7th and continues through the school year.

$3.00 per person

---

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

Come play water polo at the Roosevelt Swim Center on Saturdays from 11:00 am to 1:00 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)

---

**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. Scuba Bubble Night will be held on the last Friday of each month unless otherwise noted or due to holiday.

Year Round: 7:00 - 9:00 pm

$8 per person

---

**Chocolate Splash**

11:00 am - 12:00 pm Fridays

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Year Round: 7:00 - 9:00 pm

$8 per person

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**NOTES:**

Daycare Lessons: Daycares may schedule group lessons at the Swim Center through Emily Carstensen - 394-5223.

If you are looking for Private Swim Lessons, fill out a request form at the Swim Center. The cost is $25 per half hour, per swimmer. Lesson may take 2-4 weeks to be assigned to an instructor.

Contact Nick Outka with questions at nick.outka@rcgov.org or 605-394-5223.

Adaptive Swim: Have a special need? Staff at the Swim Center can assist with finding the appropriate instructor. Call 394-5223 for assistance.

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**Kids Night Out**

4 years and over (must be potty trained)

5:00 - 10:00 pm $25 per child

Join us for creative activities, swimming, games, movies and more! Please bring swim suit, towel, comfortable clothing or PJs, sleeping bag and pillow. Concessions are available after swimming. Space is limited to 25 participants; you must sign up by Thursday prior to close of business.

2018

September 29
October 27
November 17
December 15
**Land Exercise Class Descriptions**

See Online Schedule for Time, Location of Class and Instructor

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Yoga</td>
<td>This class is suitable for all levels, from beginner to advanced.</td>
</tr>
<tr>
<td>Body Sculpt</td>
<td>Combination of strength training and cardio. Instructor welcomes all ability levels; be ready to sweat!</td>
</tr>
<tr>
<td>Muscle Pump</td>
<td>The original barbell class that strengthens your entire body! Challenge your major muscles and get the results you came for.</td>
</tr>
<tr>
<td>Silver Sneakers Classic</td>
<td>Move through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.</td>
</tr>
<tr>
<td>Spin Mornings</td>
<td>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!</td>
</tr>
<tr>
<td>Strength/Core/Yoga</td>
<td>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</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>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. <strong>Saturday Tai Chi moves to Sioux Park near the flower gardens for the summer months.</strong></td>
</tr>
<tr>
<td>Zumba</td>
<td>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!</td>
</tr>
</tbody>
</table>

**Water Exercise Class Descriptions**

See Online Schedule for Time, Location of Class and Instructor

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqua Power</td>
<td>Join this moderate to intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.</td>
</tr>
<tr>
<td>Deep Water Energized</td>
<td>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.</td>
</tr>
<tr>
<td>Early Energizers</td>
<td>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.</td>
</tr>
<tr>
<td>H2O Transformers</td>
<td>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.</td>
</tr>
<tr>
<td>Masters Swim</td>
<td>Adult (17 &amp; 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 <a href="mailto:bbeth.eldridge@yahoo.com">bbeth.eldridge@yahoo.com</a></td>
</tr>
<tr>
<td>Parkinson’s Wellness Recovery In-Water</td>
<td>Participants work in the water on motor skills essential to every day life.</td>
</tr>
<tr>
<td>Pilates Stretch/Wet</td>
<td>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.</td>
</tr>
<tr>
<td>Rusty Hinges</td>
<td>Keep your joints moving, restore flexibility and strength, and protect your joints from further damage by exercising in shallow water.</td>
</tr>
<tr>
<td>Silver Sneakers Splash</td>
<td>Improve your agility, flexibility and cardiovascular endurance through this shallow water exercise class.</td>
</tr>
<tr>
<td>Stroke Re-Growth</td>
<td>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.</td>
</tr>
</tbody>
</table>
American Red Cross
Health and Safety Courses

Rapid City Aquatics is a Licensed Training Provider (LTP) and Strategic Partner with the American Red Cross. We offer a wide array of Health and Safety Courses at the Swim Center.

New this year is the American Red Cross Blended Learning. Participants complete online studies then participate in an in-person skills session to complete their certification. This greatly reduces the amount of time a participants spends in the class room while being able to review material at their own pace and after the course for review material at any time.

**American Red Cross Health and Safety Courses**

**Lifeguard Training**
American Red Cross lifeguard participants must be at least 15 years old by the last day of class and must pass a pre-course swimming skills test. Courses are available in person, or via our blended Simulation Learning experience, which combines online coursework with in-person skills sessions. Waterpark & CPR for the Professional Rescuer is included. We also offer Waterfront Lifeguarding.

In addition to full courses, abbreviated recertification courses are also available for those who hold current lifeguard certifications.

**Babysitter Training**
This course will prepare you to become one of the most capable, trusted and in-demand sitters in your neighborhood. In fact, 8 in 10 surveyed parents said they would pay more for a trained babysitter who holds Red Cross babysitting certifications.

You will be certified in First Aid and CPR/AED, and add even more value to your clients. Class designed for ages 11-15.

**CPR/AED/First Aid**
The following courses are offered and various course components can be taught together.

- Adult/Pediatric CPR/First Aid & AED
- Basic Life Support
- CPR for the Professional Health Care Provider

**Water Safety Instructor Course**
This course trains instructor candidates to teach all of the courses presented in the Swimming and Water Safety program to all age groups; all of the courses listed above, plus Learn-to-Swim Levels 4-6 and Adult Swim. This certification is the gold standard and provides the most comprehensive training for swim instructors.

**Instructor Level**
Health and Safety instructors are an elite group of professionals who teach valuable lifesaving skills to an average of more than 9 million people each year in businesses, schools and communities. Using the latest proven science and a blended approach to teaching, including lecture and hands-on skills sessions. We offer the following instructor courses:

- Lifeguard Instructor
- Water Safety Instructor
- CPR Instructor
### Parks & Recreation Offices

<table>
<thead>
<tr>
<th>Department</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration</td>
<td>394-5225</td>
</tr>
<tr>
<td>Parks Division</td>
<td>394-4175</td>
</tr>
<tr>
<td>Recreation Office</td>
<td>394-4168</td>
</tr>
</tbody>
</table>

### Recreation Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roosevelt Ice Arena</td>
<td>394-6161</td>
</tr>
<tr>
<td>Sioux Park Tennis</td>
<td>394-6965</td>
</tr>
<tr>
<td>Meadowbrook Golf</td>
<td>394-4191</td>
</tr>
<tr>
<td>Executive Golf</td>
<td>394-4124</td>
</tr>
</tbody>
</table>

### Municipal Swimming Pools

<table>
<thead>
<tr>
<th>Pool</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim Center</td>
<td>394-5223</td>
</tr>
<tr>
<td>Horace Mann</td>
<td>394-1891</td>
</tr>
<tr>
<td>Parkview</td>
<td>394-1892</td>
</tr>
<tr>
<td>Sioux Park</td>
<td>394-1894</td>
</tr>
</tbody>
</table>

### Rapid City Parks

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

### Off-Leash Pet Areas

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

### Flower Gardens of Rapid City

- Butterfly Gardens: 4515 Jackson Boulevard
- Halley Park Gardens: 515 West Boulevard
- Memorial Park Rose Gdn: 444 Mt. Rushmore Road
- Memory Lane: 915 Mountain View Road
- Native Wild Flower Gdn: 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

Open for Play