

# Rapid City Parks and Recreation

# FALL

## 2016 PROGRAM GUIDE

### Youth Flag Football

Registration Deadline:

September 9th

Register early to reserve your spot!  
See Page 8 for details

### Ice Arena Programming 2-6

- Swim Lessons
- Land and Water Exercise Classes

### Recreation Programming 7-8

- Indoor Volleyball
- Flag Football
- Dodgeball

### Aquatics Programming 9-13

- Learn to Skate Classes
- Learn to Play Hockey
- Adult Hockey League

### Golf Course Information 14

“Open for Play”



*Learn to Skate Classes  
begin September 10, 2016.*

*register online at  
[www.rcparksandrec.org](http://www.rcparksandrec.org)*

**City of Rapid City, South Dakota**  
**Parks and Recreation Staff**

**Parks & Recreation Administrative Offices**

515 West Boulevard - 394-4168

Jeff Biegler, Parks and Recreation Director  
Doug Lowe, Recreation Division Manager  
Lon VanDeusen, Parks Division Manager  
Andy Bernard, Urban Forester  
Alex DeSmidt, 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-Limbo, 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  
Eric Umbach, Hockey program Supervisor  
Patty Behnke, Learn to Skate Program Super.

**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

**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](http://www.rcparksandrec.org) for updated information.

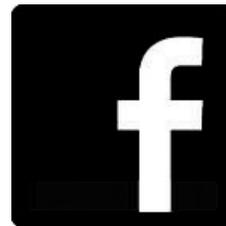
This is a “non-school” material that is neither endorsed nor necessarily reflective of the views of Rapid City Area Schools.

**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.
- **Photo Release:** Please note that photos may be taken during program activities, which may be used for future city promotions and media press releases.

For more information visit our web page at [www.rcgov.org/Parks-and-Recreation](http://www.rcgov.org/Parks-and-Recreation).

LIKE our Official Facebook Page, Rapid City Parks & Recreation and follow us on Twitter @ RC\_ParksandRec.



**REGISTER ONLINE** at [www.rcparksandrec.org](http://www.rcparksandrec.org) (button in upper right corner).

You can also register at the following locations:

Roosevelt Swim Center, 125 Waterloo Street, and  
Parks & Recreation Admin. Office, 515 West Blvd



## *Learn to Skate Classes*

### **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.

### **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.

### **Basic Skills 1-6**

There are 6 levels of "Basic Skills" that help students master the fundamentals of the sport. Students must be at least 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 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.

### ***Special Olympics and Therapeutic Skating***

This program is designed for skaters with special needs. Our Special Olympics program offers 12 levels of classes. Therapeutic Skating offers 14 levels. Upon completion of these classes the skater may enroll in the Basic Skills curriculum.

### ***Adult Figure Skating***

The Adult curriculum is designed for the beginning adult skater. It will promote physical fitness as well as improve balance and coordination while learning proper skating techniques. For those adults that skated in their youth but wish to build on their skills, this is the perfect class to regain your confidence and master new techniques.

### ***Ice Dance*** (Basic 4 and above)

Ice Dancing is a discipline of figure skating that draws from ball room dancing. This is the perfect class for a skater who may not want to jump or spin. This program will focus on the components of ice dancing which include basic edges, turns, patterns, speed, flow and better posture. Skaters will learn the first of six dance patterns in the test structure. Students should be at a Basic 4 level or above.

### ***Show Class***

Want to perform a solo or duet routine in the Winter Ice Show? Specific rehearsal dates and times for skaters will be announced. Offered during Session 2 only! A \$10 solo fee is required and payable to Black Hills Figure Skating Club in order to perform your routine in the Winter Ice Show.

### **Adult 1-4 Hockey**

The Adult Hockey curriculum is designed for the beginning adult hockey skater. It will promote physical fitness as well as improve balance and coordination while learning proper hockey skating techniques. For those adults that are interested in playing hockey, this is the perfect class to improve your skating skills and learn about edges. All four levels are taught together, however the instructors will decide which level placement is appropriate for each participant, and create the lesson plan to accommodate each adult individually. No sticks or pucks will be allowed on the ice.

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### **Youth 1-4 Hockey**

Our hockey curriculum is designed to teach the skater basic skills that are specifically geared for future hockey players. Proper skating technique is the primary focus for this class. These classes are open to those 17 years of age and under. The Saturday class will allow sticks and pucks on the ice while the Monday class will be skating only. Full personal protective gear is not required, however bike helmets are. Hockey sticks and gloves are required for the Saturday class. We may have sticks available to borrow, but there is a limited supply and they are first come, first serve.

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### **Facility Rental**

Rent the Roosevelt Park Ice Arena.  
Prime Time: With Skates \$213/hr  
Without Skates \$132/hr

\*Non-prime Time:  
With Skates \$166/hr  
Without Skates \$79/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.

### **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 1-4 program before participating in this class. Skating, puck control, passing/receiving, shooting, defensive and offensive tactics will be introduced and taught throughout the program. Full protective gear is not required for this specific program but is recommended for your safety. Skates, a helmet, and a stick are required and may be available at no additional cost. This is a six week program and meets once a week.

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### **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. The fee is \$10 per time and participants must register at the Front Desk.

- Monday: 6:15-7:15 am
- Tuesday: 3:45-4:45 pm
- Wednesday: 6:15-7:15 am
- Saturday: 7:30-8:30 pm
- Sunday: 12:30-1:30 pm

### **Hockey League**

This is a three division league consisting of upper, middle and lower leagues. There will be 4 teams in each level. **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. There will be 8 weeks of round robin play and 4 weeks of tournament play in each session. The first four full teams who turn in completed paperwork by the deadline are the four we will have in each division. For more information, please call the Roosevelt Ice Arena at (605) 394-6161 or email the Hockey Program Supervisor at [eric.umbach@rcov.org](mailto:eric.umbach@rcov.org).

The Fall Session will start Sept. 25th and will end on Dec. 18th.

Registration deadline: Thursday, Sept. 8th.  
Cost: \$160 per session for players (goalies are free).  
Team captains are responsible for collecting registration fees. No exceptions.

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### **Hockey Drop-In**

Adult Drop In (18 and up only)  
Please check our schedule for current times! \$7.00 per time

Youth Drop In  
Monday, Wednesday & Friday  
3:45-4:45pm - \$5.00 per time

10 Punch Drop-in Hockey Pass  
(Admission only)  
Youth \$35  
Adult \$55

# Roosevelt Ice Arena Class Schedule

Session One: Sept. 10-Oct 18

**SATURDAY CLASSES - Sept 10-Oct 15**

9:45 - 10:30 am	Learn to Play Hockey	\$60
10:45-11:30 am	Hockey 1-4	\$60
11:30 am - 12:05 pm	Snowplow Sam 1-4	\$45
11:30 am - 12:15 pm	Special Olympics & Therapeutic Skating	\$60
11:30 am - 12:15 pm	Basic Skills 1-3	\$60
12:15 - 1:00 pm	Basic Skills 4-6	\$60

**MONDAY CLASSES - Sept 12-Oct 17**

6:15 - 6:50 pm	Snowplow Sam 1-4	\$45
6:15 - 7:00 pm	Hockey 1 & 2	\$60
6:15 - 7:00 pm	Basic Skills 1 & 2	\$60
7:00 - 7:45 pm	Adult Figure Skating	\$60
7:00 - 7:45 pm	Adult Hockey	\$60

**THURSDAY CLASSES -Sept. 15 - Sept 29 \*3 weeks only\***

6:15 - 7:00 pm	Basic Skills 3-6	\$30
6:15 - 7:00 pm	Pre-Freeskate	\$30
6:15 - 7:00 pm	Freeskate 1-6	\$30

\*\*Sign up for Tuesday classes after this series to complete the entire 6 week course\*\*

6:15 - 7:15 pm	Ice Dance	\$40
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(Oct 6, 13, 20) \*\* 3 weeks only\*\*

**TUESDAY CLASSES - Oct 4-Oct 18 \*3 weeks only\***

6:15 - 7:00 pm	Basic Skills 3-6	\$30
6:15 - 7:00 pm	Pre-Freeskate	\$30
6:15 - 7:00 pm	Freeskate 1-6	\$30

Session Two: Oct 22-Dec 1

Rehearsals for Winter Show will follow these dates.

**SATURDAY CLASSES - Oct 22-Nov 26**

9:45 - 10:30 am	Learn to Play Hockey	\$60
10:45-11:30 am	Hockey 1-4	\$70
11:30 am - 12:05 pm	Snowplow Sam 1-4	\$55
11:30 am - 12:15 pm	Special Olympics & Therapeutic Skating	\$70
11:30 am - 12:15 pm	Basic Skills 1-3	\$70
12:15 - 1:00 pm	Basic Skills 4-6	\$70

**MONDAY CLASSES - Oct 24-Nov 28**

6:15 - 6:50 pm	Snowplow Sam 1-4	\$55
6:15 - 7:00 pm	Hockey 1 & 2	\$70
6:15 - 7:00 pm	Basic Skills 1 & 2	\$70
7:00 - 7:45 pm	Adult Figure Skating	\$70
7:00 - 7:45 pm	Adult Hockey 1	\$70

There will be no classes on Monday, Oct. 31. These classes will be made up on Saturday, Oct. 29th from 3:45 - 5:15 pm. This is the only makeup date available.

**TUESDAY CLASSES - Oct 25-Oct 29**

6:15 - 7:00 pm	Basic Skills 3-6	\$70
6:15 - 7:00 pm	Pre-Freeskate	\$70
6:15 - 7:00 pm	Freeskate 1-6	\$70

**THURSDAY CLASSES - Oct 27 - Dec 1**

6:15 - 7:15 pm	Show Class	\$75
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There will be no classes on Thursday, Nov. 24. These classes will be made up on Friday, Nov. 18th from 5:15 - 6:15 pm. This is the only makeup date available.

## 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 15-Nov 9                      \$60  
 Saturday 5:30-6:30 pm, except for last Saturday of the session.  
 That class will be held from 4:30 - 6:30 pm.

**Broomball**  
 With Equipment - \$118 per hour.

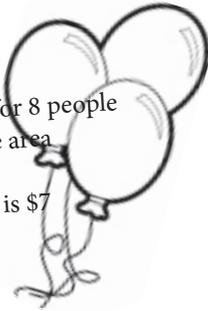


### **Roosevelt Park Ice Arena Birthday Party Packages**

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 48 hours advance notice is required.

Cost: \$75.00 for 8 people.  
Package includes:

- Admission and skates for 8 people
- Table in the mezzanine area
- 2 Pitchers of soda
- Each additional skater is \$7



## **City of Rapid City, South Dakota Department of Parks and Recreation**

### ***Part-time Employment Opportunities***

Are you looking for a great part-time employment opportunity? The Rapid City Parks and Recreation Department may have what you're looking for. We are looking for hard-working individuals to fill the following needs:

- Lifeguards \*
- Swim Instructors
- Fitness Instructors
- Maintenance Workers
- Rink Guards
- Concession/Front Desk Staff
- Golf Course Maintenance Workers, and
- Golf Pro-Shop Workers

Year-round employment is available at the Swim Center and Ice Arena.

Applications can be filled out online at [www.rcgov.org](http://www.rcgov.org); click on Employment and select Lifeguard, Parks Laborer, Recreation Worker, or Ice Arena Worker I and II.

\* Lifeguards must be certified;

### ***Pro Shop Services***

Skate Sharpening:

Regular Service \$5

Same Day Service \$7

Inquire about skate repair and maintenance services.

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

# **COUPON**

*Rapid City  
Department of Parks and Recreation*

*Aquatics Division and Ice Arena*

Buy one daily admission to the  
Roosevelt Swim Center or Ice Arena  
and get the second admission free!



**Coupon Expires  
December 31, 2016**



### **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 26th and the season begins November 1st.

Team registration fee: \$140.00

#### Leagues:

Tuesday Coed League

Tuesday Men's League

Register online at [www.rcparksandrec.org](http://www.rcparksandrec.org) or stop by these two locations:

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

If you have questions, contact Matt Brandhagen:

[matt.brandhagen@rcgov.org](mailto:matt.brandhagen@rcgov.org)

Cell (605)415-0226

Office (605)394-5223

### **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 1st.

Registration deadline is October 26th.  
Team registration fee: \$225

#### 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

Coed C

Register online at [www.rcparksandrec.org](http://www.rcparksandrec.org) or stop by these two locations:

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

If you have questions, contact Matt Brandhagen:

[matt.brandhagen@rcgov.org](mailto:matt.brandhagen@rcgov.org)

Cell (605)415-0226

Office (605)394-5223

### **Check Scores And Schedules**

Get sports schedules, standings, game locations, and more at [www.allprosoftware.net/RapidCityRec/](http://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 2016-2017 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. A mandatory meeting with your coach will be held at the Omaha Street Soccer Fields (across from Founders Park) on Monday, September 12th. First and second graders will meet at 5:30 pm and third and fourth graders will meet at 6:30 pm. Games will start on Monday, September 19th and be played at the Omaha Street Soccer 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](mailto:matt.brandhagen@rcgov.org); Cell (605)415-0226; Office (605)394-5223

Registration deadline is September 9th.

Program fee is \$45.00 which includes a jersey. You can register online at [www.rcparksandrec.org](http://www.rcparksandrec.org) or stop by either of these two locations:

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



### **Balance Bike Camp**

The goal of this camp is to provide a solid foundation of balance and the ability to stride using STRIDER™. No-Pedal Balance Bikes.

Learn balance, coordination, special awareness, confidence and stellar bike handling skills to maneuver obstacles BEFORE pedaling. Each child must have a bike helmet to participate. Classes meet at Pinedale Elementary Gym (4901 West Chicago). STRIDER™ Bikes are available for sale at the end of the camp at a reduced rate. This is an inclusive program and individuals with special needs of any age may participate.

Sept 5 – Oct 29 Saturday \$30  
10:00 – 10:45 am  
\*\* No class on October 15th

Nov 5 – Dec 17 Saturday \$30  
10:00 – 10:45 am

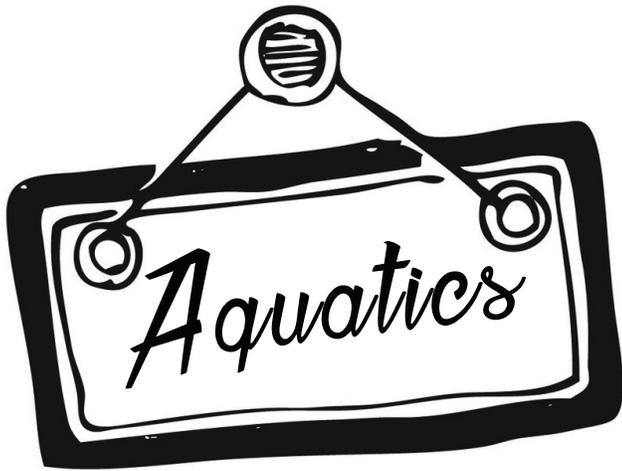
### **Young Athletes™**

This program is a unique sport and play program designed for individuals with special needs. The focus is on fun activities that are important to mental and physical growth. Young Athletes develop gross and fine motor skills, hand and eye coordination, social skills, and confidence through structured activities while having lots of fun. Class meets at Pinedale Elementary Gym (4901 West Chicago).

Sept 24 – Dec 17  
Saturdays 11:00 – 12:00 Noon  
All ages Free

No class on Oct 15 or Nov 26.





**Fall/Winter  
Swim Center Building Hours**

Sept. 5, 2016 - May 31, 2017

M-F            5:30 am - 9:00 pm  
Saturday      8:00 am - 8:00 pm  
Sunday        1:00 pm - 8:00 pm

\*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:**

\$5.00 Ages 3 to 59  
\$4.00 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. No day cares please. Chocolate milk served after swimming.

Program begins September 9th and continues through the school year.

\$5.00 admits one child and adult.

**Schools Out Open Swim**

Open Swim will begin at 1:00 pm on the following Wednesdays in the leisure pool; access to the lap pool during this time will be limited.

<u>2016</u>	<u>2017</u>
Sept 14, 21, 28	Jan 11, 25
Oct 5, 19, 26	Feb 1, 8, 15
Nov 2, 16, 30	Mar 1, 8, 15, 22, 29
Dec 7, 14	Apr 5, 26
	May 3, 10

**Competitive Swim Strokes Bridge Program**

This class is for swimmers wishing to participate with the private swim organizations in our facility but are not yet able to meet the minimum requirements (swimming 25 yards freestyle and 25 yards of backstroke).

Mon /Thur        3:30 - 4:00 pm  
\$60 per 2 week session

Please sign up at the front desk for this program. You may begin the day after registration.

Notes:

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 12 - October 15, 2016**

Walk-In/In-House Registration starts  
August 27 at 8:00 am.

Online Registration starts August 27 at  
10:00 am.

Phone-In Registration starts August 29 at  
8:00 am.

**October 29 - December 7, 2016**

Walk-In/In-House Registration starts  
August 27 at 8:00 am

Online Registration starts August 27 at  
10:00 am.

Phone-In Registration starts August 29 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 5 Weeks - \$35  
Twice per Week for 5 weeks - \$50
- Cost for Parent and Me 101/102:  
Once Per Week for 5 Weeks - \$30
- All Swim 100-400 lessons are now 35 minutes long!

### **Swim Lesson University Lesson Format:**

Aquatics staff will place your child in the best suited level according to the prerequisites listed. Contact the aquatics staff with all questions related to swim levels.

#### ***Parent & Me 101/102***

Prerequisite: None  
Parent & Me 101: 6-18 months  
Parent & Me 102: 19-36 months  
Required Equipment: Students must wear swim diaper

#### ***Swim 100***

Prerequisite: None  
Swim 101: 3-5 years  
Swim 102: 6-9 years  
Swim 103: 10-12 years  
Required Equipment: Students must use a Power Swimr Flotation Device which is provided by Rapid City Aquatics. This is a swim aid used during lessons only; Power Swimrs are not Coast Guard approved.

#### ***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: 3-5 years  
Swim Strokes 202: 6-9 years  
Swim Strokes 203: 10-12 years

#### ***Advanced Swim Strokes 300***

Prerequisite: Swim 25 feet of both backstroke and freestyle with side breathing.  
Advanced Swim Strokes 301: 3-5 years  
Advanced Swim Strokes 302: 6-9 years  
Advanced Swim Strokes 303: 10-12 years

#### ***Lifesaving Strokes 400***

Prerequisite: Swim 25 feet of both backstroke and freestyle with side breathing.  
Lifesaving Strokes 401: 3-5 years  
Lifesaving Strokes 402: 6-9 years  
Lifesaving Strokes 403: 10-12 years

1. After passing Swim Strokes 200, students can take either Advanced Swim Strokes 300 or Lifesaving Strokes 400 in no particular order.
2. 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.



#### **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 found on the website or at the Swim Center. The cost is \$25 per half hour, per swimmer. Lesson may take 2-6 weeks to be assigned to an instructor. Contact Nick Outka with questions at [nick.outka@rcgov.org](mailto: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.

### Land Exercise Class Schedule

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

Land Classes	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin-M, Muscle Pump-W Yoga-F	Nicky	5:30-6:30 am		5:30-6:30 am		5:30-6:30 am	
Spin Mornings	Nicky	6:45-7:30 am		6:45-7:30 am		6:45-7:30 am	
Muscle Pump	Nicky		7:30-8:30 am		7:30-8:15 am		
Beginner Yoga	Nicky	7:30-8:30 am		7:30-8:30 am		7:30-8:30 am	
Strength/Core/Yoga Stretch	Nicky		9:30-10:30 am		9:30-10:30 am		
Silver Sneakers Classic	Sue		10:45-11:30 am		10:45-11:30 am		
Spin Noon	Josie	12:00-12:50 pm		12:00-12:50 pm			
Body Sculpt	Brenda	5:15-6:15 pm		5:15-6:15 pm			
Zumba	Rachel/Angel/Liz		5:15-6:15 pm		5:15-6:15 pm		
Tai Chi	Gregg & Phil			6:30-7:30 pm			8:15-9:30 am
American Red Cross Courses	Varies		6:30 pm - ??		6:30 pm - ??	9:00 am - ??	10:00 am - ??
CPR/First Aid/ AED/Babysitter			AS NEEDED		AS NEEDED	AS NEEDED	AS NEEDED
Room Rentals		<u>Hot Shots</u> 4:00-5:00 6:30-8:15	<u>Heartland</u> <u>Dance</u> 6:30-7:30 pm		<u>Fencing</u> 6:30-8:30 pm		

Water/Land Exercise participants must be 15 years of age.

\*\*\*CLASSES SUBJECT TO CHANGE\*\*\*

**Intermittent Rentals may be scheduled and not listed. Please do not interrupt room when in use.**

Fall 2016

### Water Exercise Class Schedule

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

Water Class	Pool	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
Early Energizers	Leisure/Lap	Carrie - M/W/F Sue T	5:30-6:30 am	5:30-6:30 am	5:30-6:30 am		5:30-6:30 am
H2O-X	Leisure/Lap	Deb - M/W Simone	7:00 -8:00 am				
Pilates Stretch Pilates Wet	Leisure/Lap	Bjo - T/F	Advanced-->	7:00-8:00 am*		Advanced--> Beginner -->	7:00-8:00 am* 8:00-9:00 am
H2O Transformers	Indoor	Patti - M/W/Th	8:30-9:30 am		8:30-9:30 am		
Rusty Hinges	Leisure	Tara - T/Th		9:30-10:15 am		9:30-10:15 am	
Silver Splash	Leisure	Nicky - M/W	9:30-10:15 am				
Stroke Re-Growth	Leisure	Bjo - Th				10:30-11:30 am	
Parkinson's Wellness Recovery in Water	Leisure	Bjo - F					9:30-11:00 am
Deep Water Energized	Lap Pool	Mary - M/W Sue - T/Th	9:45-10:30 am	9:45-10:30 am	9:45-10:30 am		
Master Swim	Lap Pool	Beth - M/T/Th/F	11:30-1:00 pm	11:30-1:00 pm		11:30-1:00 pm	11:30-1:00 pm
Aqua Power	Lap Pool	Teri - M/Th	5:30-6:30 pm			5:30-6:30 pm	
<b>*** CLASSES SUBJECT TO CHANGE ***</b>							
Water/Land Exercise participants must be 15 years of age.							
*Channel closed from 7:30-7:45 am for Pilates on Tuesday and Friday							
Fall 2016							

## Aquatics Programming for All Ages

## American Red Cross Health and Safety Courses



Together, we can save a life

### **Kayakers Paddle Night** (All Ages)

Learn a new hobby or keep your skills polished during the winter months. Call ahead if you want to participate but do not have a boat or gear. Boats and gear must be clean before entering pool. Paddle Night will be held on the first Saturday of each month unless otherwise noted or due to holiday. October thru March.

<u>2016</u>	<u>2017</u>
Oct 8	Jan 7
Nov 5	Feb 4
Dec 3	Mar 4

Cost is \$8 per person



### **Kids Night Out**

**4 years and over (must be potty trained)**  
5:00 - 10:00 pm \$15 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 20 participants; you must sign up by Thursday prior to close of business.

<u>2016</u>	<u>2017</u>
September 10	Jan 14
October 8	Feb 11
November 12	Mar 11
December 17	Apr 8
	May 6



### **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

Rapid City Aquatics is pleased to be a Licensed Training Provider (LTP) and Strategic Partner with the American Red Cross. Please see our website for class information offered at the Swim Center.

### **Babysitter Training**

What you need to know and what every parent wants in a safe and responsible babysitter! Designed for 11 to 15 year olds, the Babysitter's Training course can help you

- Care for children and infants
- Be a good leader and role model.
- Make good decisions and solve problems.
- Keep the children you babysit and yourself safe
- Handle emergencies such as injuries, illnesses and household accidents.
- Write resumes and interview for jobs.
- And much more!

### **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, AED training, First Aid, Bloodborne Pathogens and Oxygen Administration.

**CPR/AED/First Aid Instructor Course** also offered

### **Lifeguard Training**

Lifeguard training with CPR/AED for the Professional Rescuer. Waterpark and Waterfront options are also available. Must be 16 years of age or older.



### **Scuba Certification**

Rapid City Aquatics will be working with Aloha Scuba of Gillette, WY to set up scuba certification. Please contact Barb Iwan-Limbo at barbara.iwan-limbo@rcgov.org if you have any questions.

### **Water Safety Instructor Course**

This course teaches the principals of instruction to prospective swim lesson instructors. Candidates should have a good understanding of swimming strokes and be able to demonstrate each and have the will to learn and teach Front Crawl, Backstroke, Breaststroke, Butterfly and Sidestroke. Must be 16 years of age or older.

### **Lifeguard Instructor**

This program offers training for instructor candidates to teach American Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterfront Skills, Waterpark Skills, CPR/AED for the Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens. Participants must be 17 years of age or older. See website for additional requirements.

### **Basic Lifesupport for the Health Care Professional**

Designed specifically for healthcare professionals and first-responders, our BLS courses deliver information and skills training on:

- Scene Safety & Assessment
- CPR/AED Use for Adults, Children and Infants
- Obstructed Airways
- Critical Thinking, Problem Solving, Communication and Teamwork
- The Emergency Medical Services System
- Legal Considerations, and
- Precautions



## Golf Course Season Pass Sale



### 2017 Season Pass Sale December 1-31, 2016

Mark your calendar to get 10% off 2017 Season Passes for Meadowbrook and Executive Golf Courses.  
(excluding Corporate passes and City Employee Wellness passes).

Shop On-line, by phone or stop in at Meadowbrook or Executive to get your 2017 Pass.

Meadowbrook: 394-4191

Executive: 394-4124

#### **Meadowbrook Golf Course**

3625 Jackson Boulevard  
394-4191

#### **Fall Promo** (Effective September 8)

Green Fees:

18 Holes - \$25 (Regularly \$40)

9 Holes - \$15 (Regularly \$25)

The course is open from sunrise to sunset through the fall season.



#### **Executive Golf Course**

200 Founders Park Drive  
394-4124

#### **Fall Pricing**

Green Fees:

9 Holes - \$10.00

Twilight Rate - \$8.00 (after 3:00 pm)

Hours: 7:00 am to sunset.

**Municipal Swimming Pools**

Swim Center	394-5223
Horace Mann	394-2891
Parkview	394-1892
Sioux Park	394-1894



**PARKS & REC**  
**RAPID CITY**

**Recreation Facilities**

Roosevelt Ice Arena	394-6161
Sioux Park Tennis	394-6965
Meadowbrook Golf	394-4191
Executive Golf	394-4124

**Parks & Recreation Offices**

Administration	394-5225
Parks Division	394-4175
Recreation Office	394-4168

Register online for all  
programs at  
[www.rcparksandrec.org](http://www.rcparksandrec.org)