2016 PROGRAM GUIDE

Rapid City Parks and Recreation

FALL

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

Youth Flag Football
Registration Deadline: September 9th
Register early to reserve your spot!
See Page 8 for details

Learn to Skate Classes
begin September 10, 2016.
register online at www.rcparksandrec.org

“Open for Play”
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

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.

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

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.

REGISTER ONLINE at 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.
Roosevelt Park 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
Eric Umbach, Hockey Program Supervisor

Upcoming Theme Skates
- Oct 22 from 7-9 PM: Fall Carnival. Come dressed in your best costume for some skating fun.
- Dec 12 from 6:15-7:15 PM: Learn to Skate Winter Carnival. Enjoy ice games and crafts in the lobby with your favorite skater. Warm up with hot chocolate and cookies!

Public Skate rates apply to all theme skates.

Register for all classes online at:
http://www.rcgov.org/Parks-and-Recreation/ice-arena.html

Like our OFFICIAL Facebook Page
Rapid City Parks & Recreation
& Follow us on Twitter @RC_ParksandRec

2016 Public Skate Rates

Admission: $5.00
Senior Rate (62 and up): $4.00
Skate Rental: $3.00
Group Rate: (Youth) $4.00
(Adult) $5.00
(Group Rate applies to groups of 30 or more. Please call ahead. Price includes skates.)

10 Punch Pass (Admission only): $43
Season Pass (Admission only):
  Individual $129
  Family (4 people) $313
  Each Additional $45

Note: 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 cancellations to Public Skate at any given time.
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.

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.

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.
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.

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.

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.

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.

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
3:45-4:45 pm - $5.00 per time

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

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.
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
   (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  $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

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.

I❤️Broomball!
**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

**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.

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**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; click on Employment and select Lifeguard, Parks Laborer, Recreation Worker, or Ice Arena Worker I and II.

* Lifeguards must be certified.

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**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 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 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
Cell (605)415-0226
Office (605)394-5223

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 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
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/.

The website is used for adult recreation leagues (basketball, volleyball, football and dodgeball).
**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.
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.
- 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!

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**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

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.

**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.

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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 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 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.)

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

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.)

<table>
<thead>
<tr>
<th>Water Class</th>
<th>Pool</th>
<th>Instructor</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Energizers</td>
<td>Leisure/Lap</td>
<td>Carrie - M/W/F</td>
<td>5:30-6:30 am</td>
<td>5:30-6:30 am</td>
<td>5:30-6:30 am</td>
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<tr>
<td>H2O-X</td>
<td>Leisure/Lap</td>
<td>Deb - M/W</td>
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<td></td>
<td></td>
<td>Simone</td>
<td>7:00-8:00 am</td>
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</tr>
<tr>
<td>Pilates Stretch</td>
<td>Leisure/Lap</td>
<td>Bjo - T/F</td>
<td>Advanced---&gt;</td>
<td>7:00-8:00 am*</td>
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<tr>
<td>Pilates Wet</td>
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</tr>
<tr>
<td>H2O Transformers</td>
<td>Indoor</td>
<td>Patti - M/W/Th</td>
<td>8:30-9:30 am</td>
<td>8:30-9:30 am</td>
<td>8:30-9:30 am</td>
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</tr>
<tr>
<td>Rusty Hinges</td>
<td>Leisure</td>
<td>Tara - T/Th</td>
<td>9:30-10:15 am</td>
<td>9:30-10:15 am</td>
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<td></td>
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</tr>
<tr>
<td>Silver Splash</td>
<td>Leisure</td>
<td>Nicky - M/W</td>
<td>9:30-10:15 am</td>
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<tr>
<td>Stroke Re-Growth</td>
<td>Leisure</td>
<td>Bjo - Th</td>
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<td></td>
<td>10:30-11:30 am</td>
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<tr>
<td>Parkinson's Wellness</td>
<td>Leisure</td>
<td>Bjo - F</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30-11:00 am</td>
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<tr>
<td>Recovery in Water</td>
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</tr>
<tr>
<td>Deep Water Energized</td>
<td>Lap Pool</td>
<td>Mary - M/W</td>
<td>9:45-10:30 am</td>
<td>9:45-10:30 am</td>
<td>9:45-10:30 am</td>
<td>9:45-10:30 am</td>
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<td></td>
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<td>Sue - T/Th</td>
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<tr>
<td>Master Swim</td>
<td>Lap Pool</td>
<td>Beth - M/T/Th/F</td>
<td>11:30-1:00 pm</td>
<td>11:30-1:00 pm</td>
<td>11:30-1:00 pm</td>
<td>11:30-1:00 pm</td>
<td>11:30-1:00 pm</td>
</tr>
<tr>
<td>Aqua Power</td>
<td>Lap Pool</td>
<td>Teri - M/Th</td>
<td>5:30-6:30 pm</td>
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<td>5:30-6:30 pm</td>
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</tr>
</tbody>
</table>

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

***CLASSES SUBJECT TO CHANGE***

*Channel closed from 7:30-7:45 am for Pilates on Tuesday and Friday

Fall 2016
Aquatics Programming for All Ages

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.

<table>
<thead>
<tr>
<th>2016</th>
<th>2017</th>
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</thead>
<tbody>
<tr>
<td>Oct 8</td>
<td>Jan 7</td>
</tr>
<tr>
<td>Nov 5</td>
<td>Feb 4</td>
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<tr>
<td>Dec 3</td>
<td>Mar 4</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>2016</th>
<th>2017</th>
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</thead>
<tbody>
<tr>
<td>September 10</td>
<td>Jan 14</td>
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<tr>
<td>October 8</td>
<td>Feb 11</td>
</tr>
<tr>
<td>November 12</td>
<td>Mar 11</td>
</tr>
<tr>
<td>December 17</td>
<td>Apr 8</td>
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<td></td>
<td>May 6</td>
</tr>
</tbody>
</table>

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

American Red Cross Health and Safety Courses

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 babysat 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, Waterpark Skills, Waterfront 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

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