Rapid City Parks and Recreation

FALL
2017 PROGRAM GUIDE

Youth Flag Football
Registration Deadline:
September 8th

Learn to Skate
Classes begin September 9
Register online at
www.rcparksandrec.org

Ice Arena Programming 2-9
• Learn to Skate Classes
• Learn to Play Hockey
• Adult Hockey League

Recreation Programming 10-11
• Indoor Volleyball
• Flag Football
• Adult Basketball

Swim Center Programming 12-18
• Swim Lessons
• Scuba Night
• Kids Night Out
• Land & Water
• Exercise Classes
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  
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

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 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.

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

Upcoming Theme Skates

- Oct 29 from 2:45-6:00 pm: Costume Skate. Come dressed in your best Halloween costume and skate with members of the Black Hills Figure Skating Club. BHFSC will perform a free exhibition from 2:30-2:45.

- Dec 23 from 1:30-3:30. Ugly Christmas Sweater Skate. Come dressed to “impress” in your ugliest Christmas sweater. BHFSC members will perform a free exhibition from 1:15 to 1:30 and will also skate during the event.

Public Skate rates apply to all theme skates.

2017 Public Skate Rates

<table>
<thead>
<tr>
<th>Rate</th>
<th>Cost</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>$3</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>$144</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.

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!

2017 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; 7:00 - 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 $21. Regular admission will be charged after the fourth family member. (Sunday skate only).
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 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
This program is designed for skaters with special needs. Our Special Olympics program offers 12 levels of classes. Upon completion of these classes the skater may enroll in the Basic Skills curriculum.

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 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.

Edges & Conditioning
Our Edges & Conditioning Class is perfect for those skaters at a Basic 4 Level or above, Adult Figure and Hockey Skaters and youth hockey players who have played one year at a Squirt level or above. This class will focus on building power and strength and improving edge quality for better performance, whether it be figure skating or hockey.

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!

Free Six-Punch Pass for Students Enrolled in Learn to Skate Class
Each student enrolled in Session 1 or 2 will receive one 6 punch pass (regardless of number of classes enrolled in) good for 6 admissions into either public skate or Learn to Skate Drop-In during their session. The purpose of this pass is to provide skaters with time to practice skills they are learning. These punch cards can ONLY be used for the registered student and will expire at the end of the session. If parents, siblings or friends accompany the child onto the ice, they must pay the regular skate admission for the session they are attending.
Youth 1-4 Hockey
Our hockey curriculum is designed to teach the skater basic skills that are specifically geared for future hockey players. Proper beginning skating techniques are the primary focus for the first four weeks, and then for the last two weeks we will add some controlled stick and puck practice. These classes are open to those 17 years of age and under. While full personal protective gear is not required, bike helmets, hockey sticks and gloves are. We may have sticks available to borrow, but there is a limited supply and they are first come, first serve.

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 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. Offered during Session 1 only!

Adult 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 techniques. For those adults that are interested in playing hockey, this is the perfect class to improve your skating skills and learn about edges. There are four levels in this class and all four are taught together. The instructors will decide which level placement is appropriate and create a lesson plan to accommodate each adult, individually. No sticks or pucks will be allowed on the ice.

Facility Rental
Rent the Roosevelt Park Ice Arena.
Prime Time: With Skates $223/hr
Without Skates $138/hr
*Non-prime Time:
With Skates $174/hr
Without Skates $83/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.

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. “A” league players will all be put into a draft and assigned to a “B” team to compose the upper division. “A” league players may request the team they would like to be drafted onto, but no guarantee can be made regarding team placement. You must sign up in the appropriate division according to your skill level. The Roosevelt Park Ice Arena reserves the right to move players for the benefit of the league if players have been rostered onto an inappropriate team. No refunds will be given. For more information, please call the Roosevelt Ice Arena at (605) 394-6161.

$160 per session for players
Goalies are free.

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, Wednesday & Friday: 3:45-4:45 pm
$6.00 per time

10 Punch Drop-in Hockey Pass
(Admission only)
Youth $50 Adult $64
**Roosevelt Ice Arena Class Schedule**

**Session One**: Sept. 9-Oct 20

**SATURDAY CLASSES** - Sept 9-Oct 14

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 - 10:30 am</td>
<td>Learn to Play Hockey</td>
<td>$65</td>
</tr>
<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>$50</td>
</tr>
<tr>
<td>11:30 am - 12:15 pm</td>
<td>Special Olympics</td>
<td>$65</td>
</tr>
<tr>
<td>11:30 am - 12:15 pm</td>
<td>Basic Skills 1-3</td>
<td>$65</td>
</tr>
<tr>
<td>12:15 - 1:00 pm</td>
<td>Basic Skills 4-6</td>
<td>$65</td>
</tr>
<tr>
<td>12:15 - 1:00 pm</td>
<td>Pre-Freeskate</td>
<td>$65</td>
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**MONDAY CLASSES** - Sept 11-Oct 16

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 6:50 pm</td>
<td>Snowplow Sam 1-4</td>
<td>$50</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Basic 1-4</td>
<td>$65</td>
</tr>
<tr>
<td>7:00 - 7:45 pm</td>
<td>Basic 5 &amp; 6</td>
<td>$65</td>
</tr>
<tr>
<td>7:00 - 7:45 pm</td>
<td>Pre-Freeskate</td>
<td>$65</td>
</tr>
<tr>
<td>7:00 - 7:45 pm</td>
<td>Freeskate 1-6</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>

**FRIDAY CLASSES** - Sept. 15 - Oct 20

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>5:00 - 5:30 pm</td>
<td>Edges &amp; Conditioning</td>
<td>$40</td>
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</table>

**Session Two**: Oct 21-Dec 1

Rehearsals for Winter Show will follow these dates and extend the session by one week.

**SATURDAY CLASSES** - Oct 21-Nov 25

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45 - 10:30 am</td>
<td>Hockey 1-4</td>
<td>$70</td>
</tr>
<tr>
<td>10:30-11:35 am</td>
<td>Snowplow Sam 1-4</td>
<td>$55</td>
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<tr>
<td>10:30-11:15 pm</td>
<td>Special Olympics &amp; Therapeutic Skating</td>
<td>$70</td>
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<tr>
<td>10:30-11:15 pm</td>
<td>Basic Skills 1-3</td>
<td>$70</td>
</tr>
<tr>
<td>11:15-12:00 pm</td>
<td>Basic Skills 4-6</td>
<td>$70</td>
</tr>
<tr>
<td>11:15-12:00 pm</td>
<td>Pre-Freeskate</td>
<td>$70</td>
</tr>
<tr>
<td>12:15-1:15 pm</td>
<td>Show Class</td>
<td>$70</td>
</tr>
</tbody>
</table>

**MONDAY CLASSES** - Oct 23-Nov 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 6:50 pm</td>
<td>Snowplow Sam 1-4</td>
<td>$55</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Basic Skills 1-4</td>
<td>$70</td>
</tr>
<tr>
<td>7:00 - 7:45 pm</td>
<td>Adult Figure Skating</td>
<td>$70</td>
</tr>
<tr>
<td>7:00 - 7:45 pm</td>
<td>Adult Hockey</td>
<td>$70</td>
</tr>
</tbody>
</table>

**TUESDAY CLASSES** - Oct 24-Nov 28

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Basic Skills 5&amp;6</td>
<td>$70</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Pre-Freeskate</td>
<td>$70</td>
</tr>
<tr>
<td>6:15 - 7:00 pm</td>
<td>Freeskate 1-6</td>
<td>$70</td>
</tr>
</tbody>
</table>

There will be no classes on Tuesday, Oct. 31. These classes will be made up on Saturday, Oct. 28th from 5:30-6:15 pm. This is the only makeup date available.

**FRIDAY CLASSES** - Oct 27 - Dec 1

<table>
<thead>
<tr>
<th>Time</th>
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<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00-5:30 pm</td>
<td>Edges &amp; Conditioning</td>
<td>$40</td>
</tr>
</tbody>
</table>
Come Skate With Us!

Club members are focused on:
- Having fun with figure skating
- Improving their skating skills
- Performing at community events
- Representing the BH at area competitions

Club membership available for skaters in Basic 4+

www.bhfsc.org

Homeschool Fridays
Homeschool students may attend public skate from 1:30-3:30 for $5 (includes skates) the last Friday of each month. Please tell the front desk staff you are with the homeschool group when you pay.

Combined Learn to Skate USA Lessons for Homeschool Families
$60

Session 1: Sept 13-Oct 18 - Wednesdays 1:30 - 2:30 pm
Session 2: Oct 25-Nov 29 - Wednesdays 1:30 - 2:30 pm

Our talented Learn to Skate instructors will provide lessons for Homeschool Families (Mom and Dad are welcome, too) in a blended classroom environment. Instructors will work with each student at the class appropriate for their age and skill level. Each family member who wishes to participate must register at the front desk or online.

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

Homeschool Fridays
Homeschool students may attend public skate from 1:30-3:30 for $5 (includes skates) the last Friday of each month. Please tell the front desk staff you are with the homeschool group when you pay.

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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.

- 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

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.

- 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
Wanna Be A “Hot Shot” Workshop

Rapid City Swim Center
125 Waterloo Street
Rapid City, SD  57701
Sept. 12-Oct. 17, 2017
4:00-5:00 pm
Tuesdays
(6 classes)

Hot Shot Workshop Cost:  $50
Auditions will be
October 17th at 4:00 pm

The Hot Shots Dance Team is a youth performance group that provides dance entertainment at numerous social events. This workshop is for those who are at least 8 years old who would like to try-out for the Hot Shots Dance Team. Previous dance classes are not required. Students will learn the Hot Shots routine required for tryouts.

Send payment and registrations to:
Hot Shots, PO Box 7521, Rapid City SD 57709

Questions:
(605) 484-1054 or
dellerton@rushmore.com
www.heartlanddancing.com

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Winter Ice Show: “An Olympic Christmas”

Participation in the combined Black Hills Skating Academy Learn to Skate & Black Hills Figure Skating Club Winter Ice Show “An Olympic Christmas” is encouraged in Session 2 lessons. Each class will have a performance in the show and will also participate in a joint opening and finale. Rehearsals will take place between Dec. 2 and Dec. 7, 2017. The Winter Ice Show will be held on Friday, Dec. 8 at 7:00 pm and Saturday, Dec. 9 at 1 pm. With rehearsals, participants will receive 7 weeks of ice time instead of the standard 6 weeks. Parents/Guardians and other spectators will need to purchase wristbands to attend the Winter Ice Show.

Admission per person per day:  $5
Wristbands good for Fri & Sat:  $7

Cover Art Competition for “An Olympic Christmas” Program
Learn to Skate participants are encouraged to turn in an original piece of artwork for consideration to have their drawing featured on the front cover of the Winter Ice Show Program “An Olympic Christmas”. Entries must be received at the front desk of the Ice Arena by Noon on November 18, 2017.

Happy Ads for “An Olympic Christmas” Program
Parents/grandparents/coaches/friends may place a “Happy Ad” congratulating and supporting their skater in the Winter Ice Show Program at a cost of $5 per ad. Happy Ad request forms will be available at the front desk. Happy Ads must be received at the front desk of the Ice Arena by Noon on Nov 18, 2017 along with an envelope containing your payment. Cash or checks only. Checks should be made out to Black Hills Figure Skating Club.

Black Hills Skating Academy’s Icicles Club
From 5:45-6:45 pm on Friday evenings, students in Snowplow Sam and Basic 1-6 or Hockey 1-4 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.

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. At this advanced level, fees will be determined by the private coach hired.

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

**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: $90

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

**TRY CURLING!**

At Roosevelt Ice Arena

Contact skip@rushmorecurling.com

Open House
Dec 2
4-6 pm

Lessons
Oct 14-
Nov 18
Saturdays
4-5 pm

Curling League
Saturdays
4-6 pm
Starting in January

Contact skip@rushmorecurling.com
Or ice arena for cost and more info
Girls Play Hockey Too!

TRY SOMETHING NEW THIS YEAR!

- AGES 4 TO HIGH SCHOOL
- RENTAL EQUIPMENT AVAILABLE
- THUNDER SISTERS MENTOR PROGRAM
- FOR MORE INFO EMAIL hmc118@yahoo.com
- REGISTRATION NOW OPEN AT www.RushmoreThunder.com

LET'S PLAY HOCKEY!

WE ARE LOOKING FOR NEW PLAYERS!

- AGES 4 TO HIGH SCHOOL
- SCHOLARSHIPS AVAILABLE
- FAST, FUN & SAFE!!
- FOR MORE INFO EMAIL rhawebmaster@gmail.com
- REGISTRATION NOW OPEN AT www.RushmoreThunder.com
**Rapid City**

**RECREATION**

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

**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).

**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 South and West Community Gyms. Season play begins the week of October 31st.

Registration deadline is October 26th.  
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 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 October 31st.

Registration deadline is October 26th.  
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

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 at matt.brandhagen@rcgov.org  
Cell (605)415-0226  
Office (605)394-5223
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. A mandatory meeting with your coach will be held at the Omaha Street Soccer Fields (across from Founders Park) on Monday, September 11th. 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 18th 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; Cell (605)415-0226; Office (605)394-5223

Registration deadline is September 9th.

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.

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. This is a five week camp with an additional fun day scheduled at the end.

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 16 – Oct 14 Saturday $30
Ages 3-7 9:00-9:45 am
Ages 8 & up 11:00-12:00
** No class on Oct. 21st
Fun Day: Oct 28 10:00-Noon

Nov 4 – Dec 16 Saturday $30
Ages 3-7 9:00-9:45 am
Ages 8 & up 11:00-12:00
**No class on Nov. 11 & 25
Fun Day: Dec 28 1:00-4:00 and Dec 29 from 10:00-2:00 at West Community Gym

Young Athletes Holiday Break Fun Days & Open Gym at West Community Center.
Thursday, December 28th 1-4 pm and Friday, December 29th 10 am-2 pm.
Fee: $2

We will have the bike obstacle course set up along with many fun open gym activities to give the kids some fun time to play. You can come, play, and stop the kids from saying “I’m bored”. This fun event is at West Community Gym and everyone is welcome to attend. We will have Strider bikes to ride on the course but ask that you bring your own helmets and wear tennis shoes.
Rapid City

Aquatics

Staff
Doug Lowe
Recreation Division Manager
Barb Iwan
Aquatics Program Specialist
Emily Carstensen
Aquatics Program Specialist
Nick Outka
Aquatics Program Coordinator
Karen Johnson
Administrative Secretary

Kids Night Out
4 years and over (must be potty trained)
5:00 - 10:00 pm $20 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.

2017
September 16
October 14
November 11
December 9, 16

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.

Cost is $8 per person

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

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

$3.00 per person

Fall/Winter
Swim Center Building Hours
Sept. 5, 2017 - May 24, 2018

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

Pre-Swim Team Competitive Swim Strokes
Individuals interested in this class should submit a Private Lesson Request form and select Pre-Swim Team.

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 11 - October 14, 2017**

(5 Week Session)

Walk-In/In-House Registration starts August 26 at 8:00 am.

Online Registration starts August 26 at 10:00 am.

Phone-In Registration starts August 28 at 8:00 am.

**October 30 - December 9, 2017**

(5 Week Session)

Walk-In/In-House Registration starts August 26 at 8:00 am

Online Registration starts August 26 at 10:00 am.

Phone-In Registration starts August 28 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 floatation 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.

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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.
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!

Oct 27: 4-8 pm and Oct 28: 8-4 pm. Must attend both sessions to gain certification.

**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.

**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.

**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 Rescuer and Health Care Provider, Administering Emergency Oxygen and Bloodborne Pathogens. Participants must be 17 years of age or older. See website for additional requirements.

**CPR/AED/First Aid Instructor Course** also offered.
**CPR for the Professional Rescuer**
This course teaches those with a duty to respond how to care for breathing and cardiac emergencies in adults, children and infants. First Aid will be added to this course. If you do not need first aid you may leave when the instructor notifies you have completed the C-PRO course. (First Aid maybe included dependent upon needs of participants.)

Core Content:
Performing a primary assessment
Giving ventilations (includes BVM)
Choking (conscious and unconscious)
CPR (one- and two-rescuer)
AED

**First Aid/CPR/AED – Adult/Infant/Child**
The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.
# Water Exercise Class Schedule

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

<table>
<thead>
<tr>
<th>Water Classes</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 Sue T</td>
<td>5:45-6:30 am</td>
<td>5:45-6:30 am</td>
<td>5:45-6:30 am</td>
<td>5:45-6:30 am</td>
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</tr>
<tr>
<td>Pilates Wet</td>
<td>Leisure</td>
<td>Bjo - T/F</td>
<td>7:00-8:15 am*</td>
<td></td>
<td></td>
<td>8:00-9:15 am*</td>
<td></td>
</tr>
<tr>
<td>H2O Transformers</td>
<td>Leisure/Lap</td>
<td>Patti - M/W/Th</td>
<td>8:00-9:00 am</td>
<td>8:00-9:00 am</td>
<td>8:00-9:00 am</td>
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</tr>
<tr>
<td>Rusty Hinges</td>
<td>Leisure</td>
<td>Barb-T June-Th</td>
<td>9:30-10:15 am</td>
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<td>9:30-10:15 am</td>
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<td></td>
</tr>
<tr>
<td>Silver Splash</td>
<td>Leisure</td>
<td>Nicky - M/W</td>
<td>9:00-9:45 am</td>
<td>9:00-9:45 am</td>
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<td></td>
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<tr>
<td>Stroke Re-Growth</td>
<td>Leisure</td>
<td>Bjo - Th</td>
<td></td>
<td>10:00-11:00 am</td>
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<tr>
<td>Parkinson’s Wellness Recovery in Water</td>
<td>Leisure</td>
<td>Bjo - F</td>
<td></td>
<td>9:30-10:30 am</td>
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<td></td>
</tr>
<tr>
<td>Deep Water Energized</td>
<td>Lap Pool</td>
<td>Mary - M/W Sue - T/Th</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>
<td></td>
</tr>
<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></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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</tbody>
</table>

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

***CLASSES SUBJECT TO CHANGE WITHOUT NOTICE***

*Channel may close for a short time on Tuesday and Friday mornings for Pilates class.

Fall 2017
# 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>
</tr>
</thead>
<tbody>
<tr>
<td>Spin-M/Muscle Pump-W Yoga-Th</td>
<td>Nicky</td>
<td>5:35-6:35 am</td>
<td>5:35-6:35 am</td>
<td>5:35-6:35 am</td>
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</tr>
<tr>
<td>Spin Mornings</td>
<td>Nicky</td>
<td>6:45-7:30 am</td>
<td>6:45-7:30 am</td>
<td></td>
<td>6:45-7:30 am</td>
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<td></td>
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<tr>
<td>Muscle Pump</td>
<td>Nicky</td>
<td></td>
<td>7:30-8:30 am</td>
<td>7:30-8:15 am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner Yoga</td>
<td>Nicky</td>
<td>7:30-8:30 am</td>
<td>7:30-8:30 am</td>
<td>7:30-8:30 am</td>
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<tr>
<td>Strenth/Core/Yoga Stretch</td>
<td>Nicky</td>
<td></td>
<td>9:00-10:00 am</td>
<td>9:00-10:00 am</td>
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<tr>
<td>Silver Sneakers Classic</td>
<td>Sue</td>
<td></td>
<td>10:45-11:30 am</td>
<td>10:45-11:30 am</td>
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<tr>
<td>Spin Noon</td>
<td>Josie</td>
<td>12:00-1:00 pm</td>
<td>12:00-1:00 pm</td>
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<td></td>
<td></td>
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<tr>
<td>Body Sculpt</td>
<td>Brenda</td>
<td>5:15-6:15 pm</td>
<td>5:15-6:15 pm</td>
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<tr>
<td>Zumba</td>
<td>Rachel - T Liz-Th</td>
<td></td>
<td>5:15-6:15 pm</td>
<td>5:15-6:15 pm</td>
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<tr>
<td>Tai Chi</td>
<td>Gregg &amp; Phil</td>
<td></td>
<td>6:30-7:30 pm</td>
<td></td>
<td>9:00-10:15 am</td>
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<tr>
<td>American Red Cross Courses</td>
<td>Varies</td>
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<td></td>
<td>10:00 am - ??</td>
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<tr>
<td>Room Rentals</td>
<td></td>
<td>Hot Shots 4:00-5:00</td>
<td>Heartland Dance 6:30-7:30 pm</td>
<td>Fencing 6:30-8:30 pm</td>
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<td></td>
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</tr>
</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 2017
ENJOY SWIMMING?
Come Try Out for the
http://www.rapidcityracers.com

RAPID CITY RACERS
Free, no obligation trial period for the first two weeks!

★ Fun and healthy activity
★ Encouraging environment
★ Non-competitive and competitive swimmers welcome

Whether you’ve just learned how to swim, or want to perfect your technique – all levels welcome!

Join a GREAT Team!
We’ll show you how GREAT Swimming is done!

First two weeks are free!
Contact Duncan for more information!
www.greatswimming.org ~ 605.484.3264
Parks & Recreation Offices

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

Recreation Facilities

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

Municipal Swimming Pools

Swim Center  394-5223
Horace Mann  394-1891
Parkview  394-1892
Sioux Park  394-1894

Register online for all programs at
www.rcparksandrec.org