Recreation

**Adul t Spring Volleyball Leagues**
Come join the fun whether it is for competitive players or players who just want to have some recreational fun. We offer leagues for all levels of experience. These leagues play for 6 weeks followed by an end of the season tournament. Games will be played at South and West Community Gyms. Season begins the week of March 27th.

**REGISTRATION DEADLINE:** Mar. 21
**Team Fee:** $135

**Leagues:**
- **Tuesday Night:**
  - Coed Upper B, Coed Lower B, Coed 4v4 (A Division)
- **Wednesday Night:** LIMITED TEAMS
  - Women’s 4v4, Women’s Upper B (A) & (B), Women’s Lower B (A) & (B), Women’s C
- **Thursday Night:**
  - Coed A, Coed Upper B, Coed Lower B, Men’s

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 W. Blvd.

Contact Matt Brandhagen with questions:
- Email: matt.brandhagen@rcgov.org
- Cell (605) 415-0226
- Office: (605) 394-5223

**Adult Winter Basketball Leagues**
Come join the fun whether it is for competitive players or players who just want to have some recreational fun. We offer leagues for all levels of experience. Leagues play for 6 weeks followed by an end of the season tournament. Games will be played at South and West Community Gyms. Season begins Sunday, January 7th.

**REGISTRATION DEADLINE:** Jan. 3
**Team Fee:** $335

**Leagues:**
- **Sunday Night:**
  - Men’s A
  - Men’s B
  - Men’s Upper C
  - Men’s Lower C
  - Women’s

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 W. Blvd.

Contact Matt Brandhagen with questions:
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**Young Athletes Program and Balance Bike Camp**

The Recreation Division’s Young Athletes is a unique sport and play program designed for children with special needs.

The Balance Bike Camp is a fun program which provides a solid foundation of balance and the ability to stride using a STRIDER No-Pedal Balance Bike.

Both of these programs will be offered again in March. “Like” Rapid City Parks and Recreation on Facebook for information and dates, or call 394-4168 to be put on a notification list.

**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.
Aquatics

Winter
Swim Center Building Hours
Dec. 10, 2017 - May 31, 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

SWIM LESSONS

Session/Registration Dates:
January 15-February 17, 2018
Walk-In/In-House and Phone-In registration starts December 16 at 8:00 am.
Online Registration starts December 16 at 10:00 am.

March 5 - April 14, 2018
Walk-In/In-House and Phone in registration starts December 16 at 8:00 am
Online Registration starts December 16 at 10:00 am.

- Swim Lesson schedules are available at the Swim Center or online at www.rcgov.org/departments/parks-recreation/aquatics/swim-lessons.html.
- Class offerings and times change each session.
- Cost for Swim 100-400 Levels:
  Once Per Week for 5 Weeks (Parent & Me) - $30
  Once Per Week for 5 Weeks (ages 3-13) - $35
  Twice per Week for 5 weeks (ages 3-13) - $50

Wait List Procedures
Swim Center staff will notify wait list sign-ups if your child is placed in a class; you will have until Friday, March 3 at 8:00 pm to come in or call the Swim Center at (605) 394-5223 to pay for registration.

If we do not hear from you by Friday, the slot will be offered to the next person on the wait list. Individuals on the wait lists are not guaranteed placement into swim lessons.

“Lifeguard for a Day” - Mayor Steve Allender and Swim Center Staff
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 floating 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. E-mail emily.carstensen@rcgov.org with questions.

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 2-6 weeks to be assigned to an instructor. E-mail nick.outka@rcgov.org for more information.

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

Water Polo
Learn the sport of Water Polo or practice your skills with a fun group.

Saturdays: 11:30am - 1:00 pm

Call the Swim Center at 394-5223 for more information.

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.

Register for all classes online at:
http://www.rcgov.org/Parks-and-Recreation/ice-arena.html
Like our Facebook Page
Rapid City Parks & Recreation
and follow us on Twitter @RC_ParksandRec
Aquatics Programming for All Ages

Chocolate Splash
11:00 am - 12:00 pm on 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 daycares please. Chocolate milk served after swimming. $3.00 per person.

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.

• January 20
• February 17
• March 17
• April 14
• May 12

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. Contact Barb @ barbara.iwan@rcgov.org with questions.

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 Instructor
Call the Swim Center at 394-5223 for details.

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.
2018 Public Skate Rates

Admission: $6.00
Senior Rate (62 and up): $5.00
Skate Rental: $4.00
Group Rate: $5.00

(Group Rate applies to groups of 30 or more. Please call ahead. Price includes skates.)

10 Punch Pass (Admission only): $47
Season Pass* (Admission only):
  Individual $151
  Family* (4 people) $349
  Each Additional $50

* Sales taxes will be added to purchase price for season and family passes.

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.**

School’s Out! Public Skate
When Rapid City Area Schools dismiss early, the Roosevelt Park Ice Arena will offer a special Public Skate from 1:30-3:30 pm. Admission will be $5 for everyone and will include skates. Check our calendar monthly or call (605) 394-6161 for the latest information!

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 (availability is limited). Birthday parties may be booked during any regularly scheduled public skating session. A minimum 24 hours advance notice is required.

Cost: $95.00 for 8 people.
Package includes:
  • Admission and skates for 8 people
  • Table in the mezzanine area
  • Tablecloth and paper products
  • 2 pitchers of soda
  • Additional pitcher of soda is $3
  • Each additional skater is $8

FREE Six Punch Pass
Each student enrolled in a Learn to Skate session will receive *ONE* 6-punch pass good for six admissions into Public Skate or Learn to Skate Drop In during the session. Only one pass will be provided regardless of the number of classes enrolled in. This will provide skaters time to practice newly emerging skills. These punch cards can ONLY be used for the registered student and will expire at the end of the session. If parents, siblings or friends accompany the child onto the ice, they must pay the regular skate admission for the session they are attending.
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 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 with 5 minutes of off-ice warm up.

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

Special Olympics
A program 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 regular 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.

Edges and 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 for figure skating or hockey.

Specialty Classes
These classes vary by session and are open to skaters at listed skill levels above Basic 4. Call the rink at (605) 394-6161 for more information.
**Youth Hockey 1-4**

Our hockey curriculum is designed to teach the skater basic skills that are specifically geared for future hockey players. Proper beginning skating techniques are the primary focus 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 required. A limited number of hockey sticks may be available to borrow on a first come, first serve basis.

**Learn to Play Hockey**

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

**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. All four levels are taught together, however the instructors will decide which level placement is appropriate for the individual. Lesson plans will be created to accommodate each adult individually. No sticks or pucks will be allowed on the ice.

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### Session Three (Jan 6-Feb 10)

**Saturday Classes (Jan 7-Feb 11)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-10:30</td>
<td>Learn to Play Hockey</td>
<td>$65</td>
</tr>
<tr>
<td>10:45-11:30</td>
<td>Hockey 1-4</td>
<td>$65</td>
</tr>
<tr>
<td>11:30-12:05</td>
<td>Snowplow Sam 1-4</td>
<td>$50</td>
</tr>
<tr>
<td>11:30-12:15</td>
<td>Special Olympics</td>
<td>$65</td>
</tr>
<tr>
<td>12:15-1:00</td>
<td>Basic 1-3</td>
<td>$65</td>
</tr>
<tr>
<td>12:15-1:00</td>
<td>Pre-Freeskate</td>
<td>$65</td>
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</table>

**Monday Classes (Jan 8-Feb 12)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15-6:50</td>
<td>Snowplow Sam 1-4</td>
<td>$50</td>
</tr>
<tr>
<td>6:15-7:00</td>
<td>Basic 1-4</td>
<td>$65</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Adult Figure Skate</td>
<td>$65</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Adult Hockey 1</td>
<td>$65</td>
</tr>
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**Tuesday Classes (Jan 9-Feb 13)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15-7:00</td>
<td>Basic 5-63-6</td>
<td>$65</td>
</tr>
<tr>
<td>6:15-7:00</td>
<td>Pre Freeskate</td>
<td>$65</td>
</tr>
<tr>
<td>6:15-7:00</td>
<td>Freeskate 1-6</td>
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**Friday Classes (Jan 12-Feb 16)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>5:00-5:30</td>
<td>Edges &amp; Conditioning</td>
<td>$70</td>
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### Session Four (Feb 24-Apr 7)

**Saturday Classes (Feb 24-Apr 7)**

<table>
<thead>
<tr>
<th>Time</th>
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<th>Fee</th>
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<tbody>
<tr>
<td>9:30-10:30</td>
<td>Learn to Play Hockey</td>
<td>$55</td>
</tr>
<tr>
<td>10:45-11:30</td>
<td>Hockey 1-4</td>
<td>$55</td>
</tr>
<tr>
<td>11:30-12:05</td>
<td>Snowplow Sam 1-4</td>
<td>$55</td>
</tr>
<tr>
<td>11:30-12:15</td>
<td>Special Olympics</td>
<td>$55</td>
</tr>
<tr>
<td>12:15-1:00</td>
<td>Basic 4-6</td>
<td>$55</td>
</tr>
<tr>
<td>12:15-1:00</td>
<td>Pre-Freeskate</td>
<td>$55</td>
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**Monday Classes (Feb 26-Apr 7)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
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</thead>
<tbody>
<tr>
<td>6:15-6:50</td>
<td>Snowplow Sam 1-4</td>
<td>$50</td>
</tr>
<tr>
<td>6:15-7:00</td>
<td>Basic 1-4</td>
<td>$65</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Adult Figure Skate</td>
<td>$65</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Adult Hockey 1</td>
<td>$65</td>
</tr>
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</table>

**Tuesday Classes (Feb 27-Apr 3)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
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<tr>
<td>6:15-7:00</td>
<td>Basic 5-6</td>
<td>$65</td>
</tr>
<tr>
<td>6:15-7:00</td>
<td>Pre Freeskate</td>
<td>$65</td>
</tr>
<tr>
<td>6:15-7:00</td>
<td>Freeskate 1-6</td>
<td>$65</td>
</tr>
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**Friday Classes (Mar 2-Apr 6)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00-5:30</td>
<td>Edges and Conditioning</td>
<td>$40</td>
</tr>
</tbody>
</table>
**Facility Rental**

Rent the Roosevelt Park Ice Arena:

- **Prime Time:** With Skates $234/hr
  - Without Skates: $145/hr
- **Non Prime Time:** With Skates $183/hr **
  - Without Skates: $87/hr
- **Broomball with Equipment:** $118/hr

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

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**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 the Club. 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.

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**Booster Lessons**

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

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

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**Pro Shop Services**

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Skate Sharpening</strong></td>
<td></td>
</tr>
<tr>
<td>Regular Service</td>
<td>$6</td>
</tr>
<tr>
<td>Same Day Service</td>
<td>$8</td>
</tr>
<tr>
<td>10-Punch Regular Service Card</td>
<td>$48</td>
</tr>
<tr>
<td>10 Punch Next Day Service Card</td>
<td>$64</td>
</tr>
</tbody>
</table>

Inquire about skate repair and maintenance services. The Roosevelt Park Ice Arena carries laces, sock/stick tape and hockey wax.

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**Figure Skating Drop-In**

**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 pm
- $6 per person per time
- Learn to Skate Drop-In 10 Punch Card: $47.00

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

- Monday: 6:15-7:15 am
- Tuesday: 3:45-4:45 pm
- Wednesday: 6:15-7:15 am
- Saturday: 7:30-8:30 am
- Sunday: 12:30-1:30 pm
- $10 per time. Must register at the Front Desk.

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**Hockey League**

This is a two division league consisting of upper and lower divisions. You must be 16 years of age and older to play in this league without a parent. Youth ages 14 and 15 may play if a parent is rostered on the same team and present at each game. The league will consist of fall and spring sessions. Teams are only eligible to play in this league if they contain ten or more members. Members of teams not meeting this requirement will be drafted onto other teams. “A” league players will be put into a draft and assigned to a “B” team to compose the upper division. “A” league players may request a team to be drafted onto, but no guarantee is made. Players must sign up in the appropriate division according to their skill level. The Roosevelt Park Ice Arena reserves the right to move players for the benefit of the league if players have been drafted onto an inappropriate team.

**NO REFUNDS WILL BE GIVEN.** For more information contact the Ice Arena at (605) 394-6161.

Winter session begins January 14th.
Registration Deadline: Dec. 30th.
$160 per session for players. Goalies are free.

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**Hockey Drop-In**

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

Youth Drop-In
Mon/Wed/Fri: 3:45-4:45 pm
$6 per time

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