

Family Aquatic Center

The Family Aquatic Center located @ Ark City High School is open all year for your aquatic programs. Activities include water aerobics, rec swimming, lap swimming, lifeguard training, water safety classes & swim lessons. Private swim lessons are also available.

Days	Pool Hours
Monday-Thursday	6:00 to 7:30 am & 3:30 to 7:00 pm
Friday	6:00 to 7:30 am & 3:30 to 5:00 pm
Saturday	9:00 am to 1:00 pm
Sunday	2:00 to 5:00 pm

- * Monthly memberships; \$20 individual
- * Daily fee @ \$2
- * Combination Fitness Center & Aquatic Center memberships available @ \$30 individual
- * Water Aerobic class offered Mon thru Thurs from 4-5
- * Aqua Fun is scheduled for 10 am on Mon, Wed, & Fri.
- * Aqua Tone is scheduled for 6 pm on Mon and Wed.

Receive text messages/alerts from ACRC

Text @h782 to 81010 (580-215-0260) for ACRC or email h782@mail.remind.com

Text @familyaq to 81010 (580-215-0260) for Aquatics or email familyaq@remind.com



ACRC •(620) 441-4300 •Facebook / Ark City Rec •
www.arkcityrec.org •jkrisik@arkcityrec.org

Ark City Rec Center Fall 2017



*Join the fun this
fall...activities
for all!*



Girls' Basketball Program

Registration: Aug 1 thru Sept 15
 Season: Sept 18 thru mid Nov
 Grades: 3-6
 Fee: \$25 & \$20 2nd child

Practices & games held weekday evenings.
 Divisions offered for 3rd/4th & 5th/6th grades. Practices begin Sept 18; 3rd/4th grade @ 5:15-6:15 pm & 5th/6th grade @ 6:30-7:30 pm.

Wrestling Sign-up

Registration starts Oct 2 / Practices start Nov 6
 Beginners: Kindergarten and older
 Practice: Tues / Thurs evenings @ ACRC / 5:30—6:30
 Cost: \$20 / 2nd child \$15
 Intermediate
 Practice: Mon/Tues/Thurs evenings @ ACRC / 6:30—7:30
 Cost: \$30 Fee; \$37 USA Card
 Advanced Takedown Club
 Practice: Mon/Tues/Thurs@ ACHS 6:00—7:30
 Cost: \$30 Fee; \$37 USA Card
 For more info visit: www.arkcitytakedownclub.com

Youth Football Cheer registrations underway until Aug 18 for students in K thru 6th grade. \$30 fee includes uniform. Practices held on Monday's @ ACRC South Gym starting Aug 29.

1st & 2nd grade flag football sign-ups currently underway @ Rec Office thru Aug 11. Practice scheduled to start Aug 21. Call the Rec @ 441-4300 for additional info. Fee is \$25

Fitness Center



ACRC Fitness Center offers the latest cardiovascular and strength training equipment. Daily, monthly & annual memberships offered for ages 12 and older (ages 12 to 14 accompanied by an adult). The Center is supervised at all times with Staff available to offer assistance as needed. Fitness Center prices are \$20 per month for individual.

The Fitness Center is equipped with the latest in fitness equipment including the following:

- ◆ Paramount Weight Machines
- ◆ Treadmills
- ◆ Elliptical Cross Trainers
- ◆ Exercise Bikes
- ◆ Stairmaster
- ◆ Free Weights
- ◆ Sauna
- ◆ Fitness Cinema
- ◆ Lockers Available

Days	Fitness Center Fall Hours
Monday-Thursday	5:00 am to 8:00 pm
Friday	5:00 am to 6:00 pm
Saturday	9:00 am to 5:00 pm
Sunday	1:00 pm to 5:00 pm

Winter Hours Start September 5, 2017

Arkalalah 2-Mile Run



The Arkalalah 2-Mile Run will be held Saturday, October 28 @ 9:00 am in downtown Ark City. Pre-registration is held @ the Rec Center Office through Oct. 26 (guarantees a t-shirt). Race day registration held @ the Chamber Office on Sat. from 7:30-8:30 am. Cash prizes awarded to overall and divisions winners. Early registration fee (by Oct 26) is \$10 for 18 & under; \$20 for ages 19 & older. Contact the Rec @ 441-4300

Mother & Son Blitz

Mom's spend quality time with your sons as you enjoy a variety of activities & adventures. The Mother / Son Blitz will be held @ the Agri-Business Building Oct 7 from 6-8 pm. Pre-register @ the Rec Center prior to Oct 6 with fee of \$20 per couple & \$5 for additional child. Questions? Call 441-4300

Santa Saturday

Santa Saturday will be held at the Rec Center on December 9 from 10:00 am to 3:00 pm for kids ages 5 to 12. Santa Saturday will be a full day of activities including visit from Santa, games, activities, lunch and shopping @ ACRC Mini-Mall.



Pre-registration is required by Dec 6 with fee of \$15. No registrations at door.

Find us online

www.arkcityrec.org



Boys Basketball



Registration: Oct 16 thru Nov 17
 Season: Practices start early Dec
 Grades: 3-6
 Fee: \$25 & \$20 2nd child
 Late Fee: \$10 November 20-22

Practices and games held weekday evenings. Divisions offered for 3rd/4th & 5th/6th grades. Practices start early December with games scheduled for January & February

Youth Gymnastics

Three-week sessions offered monthly with classes held Tues & Thurs for ages 3 & older

Classes:

- Pre-school (ages 3 & 4)
- Beginners (ages 5 & older)
- Intermediate
- Advanced

Class Times:

- 4:00 pm: Preschool / Beginners
- 5:00 pm: Beginners / Intermediate
- 6:00 pm: Advanced

Cost:

\$15 per month (1-class per week)
 \$25 per month (2-classes week)

Gymnastic Monthly
Sept 12-28
Oct. 3-19
Nov 2-21
Nov 28—Dec 14

Youth Soccer sign-ups open thru August 25 for ages 4 thru 8th grade. Practices will begin mid-Sept. and games will start Sept 26th. Fee is \$30 and \$25 for 2nd child
 Late Fee \$10 August 28-30th

Adult Volleyball

Divisions offered for Women's and Coed with games held Mon, Tues, or Thurs evenings. Team registration held thru Sept 15 & Captains meeting scheduled for Sept 18 @ 6:00 pm @ ACRC Meeting Room. Games set to begin week of Sept 25. Team fee is \$60 Questions, call AJ Davidson @ 441-4303

NFL Punt Pass & Kick

Young football fans will have the opportunity to exhibit their skills at NFL Punt Pass & Kick contest. The competition is open to boys and girls ages 6-15. Entry forms available at Rec Center. The event is scheduled for Sept 24 @ 2:00 pm @ C Dow Complex Call 441-4300 for info

Trick or Treat Night

Join ACRC and other area organizations / businesses @ the Rec Center for an evening of trunk & trick or treating. The gym will be decorated, car trunks will be decked out and the participants will be dressed up... all for a howling good time. The fun starts @ 5:30 pm on Oct 31 & will continue until 7:30 pm. Bring your scariest costume and get ready for a scary, but good time

On-Line Registrations

ACRC is now offering on-line registration option to sign-up for programs, On-line registration can be accessed @ www.arkcityrec.org

Note: There is an additional \$3 fee associated with registering on-line. Some program registrations are not available on-line due to fee structure or program design.

ac Fitnezz

This cardio fitness program has a variety of benefits utilizing light weights, resistance bands, kickboxing, interval training and cardio. Enjoy Zumba @ ACRC, where fitness is fun!!



♦ Zumba: Monday thru Friday 5:00-5:45 am
Classes held in ACRC Aerobic Room. Come join the fun and make your workout a BLAST! For registration info call instructor Maria Hettenbach @ 620-506-1395. \$5 per class \$40 punch card (10) / \$50 monthly unlimited.

Martial Arts

Master Primo Venegas, Jr. conducts classes in Tae Kwan Do on Monday, Wednesday & Friday evenings @ the Rec Center. For scheduling information and program fees contact Master Venegas at 506-7047

Fit For Life

Exercise class is held Monday, Wednesday and Friday @ ACRC Aerobics Room @9:00 am. Class involves low-impact aerobics, dancing, stretching and low impact cardiovascular workout. There is no fee for this class.

Silver Sneakers Exercise Program

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Classes held Monday and Wednesday @10:30 am in Aerobics Room. Come join the fun. Instructor: Bobbie Ollenborger

Please be mindful of registration deadlines

For your child's greatest success with our programs a \$10 service charge will be imposed on all our programs after registration date has ended. This will ensure we have adequate staff, supervision, supplies, uniforms and coaches. Thanks