

Holiday Special



Winter 2017

**Purchase an annual
membership to the ACRC
Fitness Center and/or
Family Aquatic Center**

- ♦ Individual / \$125
- ♦ Individual Combination / \$175



Offer expires January 31, 2018
For more information call the Rec @
441-4300

225 East Fifth Avenue
Arkansas City, KS 67005
ACRC Main Phone: 620.441.4300
Facebook / arkcityrec
www.arkcityrec.org

Youth Soccer

- Registration Jan 2 thru Feb 9
- Ages 4 thru 8th grade (4 by March 1)
- \$30 registration fee (includes team drink)
- 2nd child fee is \$25 / **\$10 late fee added 2/12-2/16**

Practices and games held weekday evenings & Sat mornings. Divisions offered for Pre-School through 8th grade. Practices begin in early March with games held late March through April. For registration information call the Rec Office @ 441-4300

Jr. Bulldog 1st & 2nd Grade Basketball

Register @ the Rec Office through Feb 2. Coaches will be ACHS Coach Jennings, Assistant Coaches & Bulldog players. Program will be held @ ACRC South Gym from 1-2:30 pm on Saturday's in February. Fee is \$20.

ACRC Adult Basketball League

- ♦ League play on Tues & Thurs evenings starting March 27
- ♦ \$150 per team due by March 16; pick up team form @ Rec Office
- ♦ Ages 16 & older
- ♦ Games played @ ACRC South Gym
- ♦ For registration info call 441-4300

Stay Informed! Sign up for Ark City Rec Center Text Alerts.

1. Send text message to **580.215.0260**
2. Send message **@h782**

You can opt out anytime and your phone number will not be shared.

Santa Saturday

Santa Saturday will be held at the Rec Center on Dec. 9 from 10 to 3 for youth ages 4 to 12. Santa Saturday will consist of a full day of activities; lunch, visit from Santa & shopping at the mini-mall. Pre-register @ the Rec Center (by Dec 6) with fee of \$20.

Note: **No** registrations will be taken Sat Dec 9

ACRC Pickle Ball

Open Court Pickle Ball (mini-tennis) is offered @ the Rec Center South Gym Mon thru Friday from 11:00 am to 1:00 pm. Pickle Ball is played on a badminton size court with wooden paddles and plastic ball.

On-Line Registrations

ACRC is now offering on-line registration option to sign-up for ACRC programs. On-line registration can be accessed at 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

Keep on the lookout... upcoming events

- ♦ Spring baseball & softball sign-ups
- ♦ Fitness & aquatic classes





Facility Rentals

Rec Center Meeting Room

The ACRC Meeting Room can be rented for private programs and activities including birthday parties, wedding & baby showers etc. The rate is \$20 per hour. To reserve please call the Rec Office @ 441-4300 (Deposit required \$50)

Pool Rentals

Family Aquatic Center pool rentals are available before or after regular hours of operation. The number of persons using the pool determines price:

- * 0-25 swimmers \$46 per hour
- * 26-50 swimmers \$75 per hour
- * 50+ swimmers (call 441-2018 for info)

Birthday party packages

- * \$60 for 10-children, includes cookie, drinks, birthday gift & 90 minute party
- * \$75 for 20-children, includes cookie, drinks, gift & 90 minute party

To reserve the pool call 441-2018

Daddy / Daughter Dance

Theme: *Flower Power*

Dad's Grandpa's, Uncles, Daughter's & Niece's... Have an evening to remember with dancing, games, refreshments and pictures.

When: March 3, 2018
 Where: Agri-Business Building
 Time: 6:00 to 8:00pm
 Cost: \$20 per couple (\$25 after March 2)
 \$5 each additional daughter



Youth Gymnastics

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

Classes:

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

Class Times:

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

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

Monthly Sessions
Jan 9-25
Feb 6-22
March 6-15 & March 27-29
April 3-19
May 1-17

Adult Volleyball

Divisions offered for Women's and Coed with games held Mon or Thurs evenings. Team registration held Jan 2 thru Feb 2, Captains meeting scheduled for Feb 6 5:30 pm @ ACRC Meeting Room. Games set to begin week of Feb 12. Questions call AJ Davidson @ 441-4303

ACRC Youth Volleyball Clinic

Volleyball clinic will teach players basic skills in preparation for ACRC summer league. Instructors will cover basic fundamentals including serving and passing. Clinic will be held @ ACRC South Gym, Friday March 9, 9 am to 11 am for students K-2nd & 1-3 pm for students 3rd-6th. Pre-registration required by March 8, with \$10 fee

"One Step At A Time..."

Countywide Walking Program

**Earn prizes for reaching goals each month
Reap the benefits of walking together with
family and friends of all ages.**

**Program brought to you by the Ark City Rec
Center and The Regional Community Legacy
Foundation**

For more information call the Rec 441-4300

Family Aquatic Center Winter Programs

Swimming Lessons:

- ◆ Private swimming lessons are offered during the winter months at the Family Aquatic Center. Call 441-2018 to schedule times
- ◆ Private lesson fee is \$40 & includes 6-lessons

Water Aerobic Classes: Held Monday thru Thursday from 4-5 pm. Water aerobics is a great low-impact program to workout muscles and joints. Class fee is \$2 per class. Punch cards available.

Aqua Fun offers low intensity exercises designed to improve mobility and cardiovascular fitness. Classes held Monday-Wednesday-Friday from 10-11:00 am. Fee is \$2 per day and punch cards are available

For additional information on aquatic programs call the Family Aquatic Center @ 441-2018 or the Rec Center @ 441-4300

Spring Break Camp@ Family Aquatic Center

Date: March 19-21, 10am to 3pm

Cost: \$30 (includes lunch)

Ages: 5-12

Come ready for swimming, games & activities, arts/crafts and tons of fun. Pre-registration required by Friday March 16.

Family Aquatic Center

The Family Aquatic Center located @ Ark City High School is open year around for your aquatic programs. Aquatic activities include water aerobics, aqua fun, aqua tone, rec swimming, lap swimming, lifeguard training, water safety classes & swim lessons.

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

Family Aquatic Center Prices

Individual: \$20 per month / \$150 annual
Day Passes: \$2.00

Stay Informed! Sign up for Family Aquatic Center Text Alerts.

1. Send text message to **580.215.0260**
2. Send message **@familyaq**

You can opt out anytime and your phone number will not be shared.

AC Zumba Toning & Fitness:

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

- ♦ Zumba: Mon thru Fri 5:15-6:00 am

Classes held in ACRC Aerobic Room. \$5 per class or 10 punch card for \$40. Come join the fun and make your workout a BLAST! For registration info call instructor Maria Hettenbach @ 620-506-1395

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.

SilverSneakers:

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. Hand-held elastic tubing with handles and balls are offered for resistance. Classes held Monday, Wednesday and Thursday @10:30 am in Aerobics Room. For details call Rec Office @ 441.4300. Instructor: Bobbie Ollenborger

ACRC Fitness Center

The ACRC Fitness Center offers the latest cardiovascular and strength training equipment. Daily, monthly and annual memberships are offered for ages 12 and older (ages 12 to 14 must be accompanied by an adult). The Fitness Center is supervised at all times with Staff available to offer assistance as needed. Fitness Center prices are \$20 per month for individual / \$3 day pass / \$7 per week.

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	Winter Fitness Center 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 to 5:00 pm

Kidz Café

Ark City Recreation is pleased to announce the KIDZ CAFÉ is now open in the meeting room on Monday, Tuesday, Wednesday and Thursday from 5:00 pm-6:30 pm

Free dinner and activity for ages 18 and under. You never know what celebrity might drop in to have dinner. Make sure to be there and join the fun!

Kidz Café II

Thursday 5-6:30pm

Northwest Community Center



Please be mindful of registration deadlines

For your child's greatest success with our program 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.