

RECREATION TIMES

Cody Parks, Recreation & Public Facilities

JANUARY thru MAY 2017

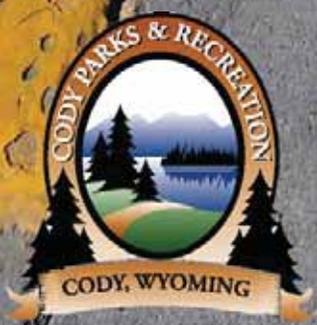


SMILE!

SMILE!

SMILE!

SMILE!



307/587-0400

www.cityofcody-wy.gov

A Look Inside

As the seasons change & the pace slows after the buzz of summer, the Paul Stock Aquatic & Recreation Center continues to offer a great number of programs & activities to keep you & your family fit & having fun. The following pages are FULL of programs for all ages & abilities this winter & spring. Additional offerings may be available during this time that are not listed in this guide. Watch for fliers & additional details at the Front Desk, on our **Facebook page** (www.facebook.com/codyreccenter) or on the **NEW City of Cody website** (www.cityofcody-wy.gov).

WHAT'S IN THIS BOOK?

Program Registration Information	2
Daily Fees & Membership Rates	3
General Info	4
Facilities Info	5
Parks Info	6
Recreation & Aquatic Info	7
Preschool & Toddler Programs	8 - 9
ASAP & Kidz on the Move	10
School's Out, Stay Safe	11
Youth Programs	12 - 13
Special Events	14
Birthday Party Info	15
Adult Programs	16
Weekly Fitness Schedule	17
Adult Fitness	18 - 19
Personal Training	20
Wellness & Senior Programming	21
Safety & First Aid	22
Community Info	23
City Info	24
Rec Hours, Family/Free Days, Holidays	25
Back Cover	26



PROGRAM REGISTRATION

OPENS DECEMBER 15 AT 5:30 A

Registration materials also available on the City's website at www.cityofcody-wy.gov

In-person registrations have priority on this date & any mailed, e-mailed or faxed registrations will be processed after all walk-in registrations are complete based on class space availability.

Program fees listed in this brochure cover the entire activity period except programs involving additional sessions & are subject to change. Classes are limited & fill on a first-come basis. Patrons are encouraged to register early. Registration for all programs & classes for minors must be made by a parent or legal guardian.

To save time at registration, please use the registration forms available online on the Parks & Recreation pages. For assistance, contact staff at 307-587-0400.

PAUL STOCK AQUATIC & RECREATION CENTER DAILY & MEMBERSHIP PRICING

Member Info



***NOTE: PRICES ARE SUBJECT TO CHANGE!**

RECREATION CENTER PASS TYPE*	DAILY FEE LOCKERS & TOWELS NOT INCLUDED	10 PACK GUEST PASSES LOCKERS & TOWELS NOT INCLUDED	ANNUAL MEMBERSHIP
4 Years Old & Younger	FREE	FREE	FREE
5 to 15 Years Old	\$4.50	\$31.50	\$156
Full Time Student, 16+ Years Old**	\$5.50	\$42	\$219
Adult, 18+ Years Old	\$8.50	\$68	\$315
Golden Individual, 65+ Yrs	\$8.50	\$68	\$282 (10% discount)
Golden Couple, 65+ Yrs	N/A	N/A	\$450 (10% discount)
Active Military	\$4.50	\$42	\$315
Non-Resident Youth or Student	\$7	\$31.50 or \$42	\$156 or \$219
Non-Resident Adult	\$13	\$68	\$315
Additional Adult/Senior	N/A	N/A	\$189/\$168
Additional Youth or Student	N/A	N/A	\$63 Each Youth 5 Yrs+; \$30 5th Child+
Corporate Individual#	N/A	N/A	\$255
Corporate Family#	N/A	N/A	\$507

Monthly & 6 Month Memberships Available - Call the Rec Center for details!

SPECIAL RATES: \$2.50 Facility Entry for Last 2 Hours of the Day & \$5.50/Day Shower Fee (Lockers & towels not included!)

*PRICES ARE SUBJECT TO CHANGE

A family is defined as any immediate family member residing within the same household. Additionally, any child living in the household that is being claimed according to IRS guidelines may be included in a family membership.

**College students must show current class schedule & be enrolled full time.

#Corporate membership plans are available to qualifying organizations interested in purchasing memberships for any of their employees & families. Employees of a corporation, their spouse & dependent children are eligible for a family rate. Any employee alone is eligible for an individual rate.

HAVE YOU CONSIDERED THE BENEFITS OF A MEMBERSHIP?

Rec Center members receive

- Free locker during each visit
- Discounts on adult fitness or aquatic exercise classes

MEMBERSHIPS & DAILY PASSES MAKE GREAT GIFTS, TOO!

PURCHASE BUNDLES OF GUEST PASSES & SAVE \$\$\$\$

- 10 Adult & Golden Adult Passes \$68
- 10 Student or Military Passes \$42
- 10 Youth Passes \$31.50

The Rec Center maintains contact information for various COMMUNITY SPECIAL ACTIVITY GROUPS. See Page 23 for info or call 307-587-0400.

Get ALL the latest Recreation Center news on the City of Cody website! Sign up for our CODY REC CONNECT e-newsletter & other news flashes at www.cityofcody-wy.gov

Electronic Funds Transfer (EFT) monthly payments are available for annual Rec Center memberships (excluding Corporates)! For additional details, call 307-587-0400 or e-mail cindyv@cityofcody.com

PARKS, RECREATION & PUBLIC FACILITIES

Mission Statement: The City of Cody Parks, Recreation & Public Facilities Department will provide attractive parks, facilities & innovative recreational opportunities to enhance the quality of life for everyone.

General
Info



DAILY LOCKER RENTALS

SMALL LOCKERS

\$.50 (free for members)

MEDIUM LOCKERS

\$.75 (free for members)

LARGE LOCKERS

6 months \$90; 3 months \$45

\$10 CHARGE TO REPLACE LOST KEYS.

The Rec Center is not responsible for any lost or stolen items. Please secure all belongings while using the facility!

DISABILITIES: The City of Cody Parks, Recreation & Public Facilities Department complies with the Americans with Disabilities Act. Anyone within the community needing reasonable accommodations to participate in activities is encouraged to call 307-587-0400.

MEDICAL INSURANCE: The City of Cody does not provide medical insurance to cover participants during activities. This is the responsibility of each individual involved in any program or activity.

PERSONAL CONDUCT: Personal conduct within City of Cody facilities must be such that the safety & enjoyment of others is not jeopardized. Patrons to the Recreation Center who disregard rules or vandalize the facility may be evicted & possibly prosecuted. The Department will not tolerate any behavior &/or conduct that is considered disruptive or destructive. Behavioral problems may result in expulsion from the program or facility without reimbursement. For details on Department rules & regulations, please contact staff & request a copy of the "Rules of the Game".

PHOTO POLICY: The City of Cody reserves the right to take & use photographs of individuals using the Cody Recreation Center &/or participating in programs sponsored by the City of Cody. Such photographs are the property of the City of Cody & may be used in brochures, advertisements & other promotional materials. To opt out, please contact staff at 307-587-0400.

Become a fan of the Recreation Center by clicking "Like" on our page & receive up-to-date information on all our latest aquatic, athletic, fitness & recreation programs. Go to www.facebook.com/codyreccenter to become a fan today!



ACTIVITY RESCHEDULING & CANCELLATIONS

Due to facility scheduling by other groups, weather conditions & maintenance, it is sometimes necessary to reschedule & relocate activities. Cancellation decisions will be made as soon as possible before class or activity time & posted on Facebook or with local media. Class participants, coaches & team captains also will be notified by recreation staff as appropriate.

FORGET SOMETHING?

We have many items for sale including swim goggles & caps, swim diapers, racquetball equipment & more! Inquire at the Front Desk.

TOWEL RENTALS \$1

PARKS & PUBLIC FACILITIES

The City of Cody proudly offers a variety of park amenities & public facility rental opportunities for groups of almost any size, providing flexibility for a variety of special functions. Rental equipment includes tables, chairs, projectors, bleachers, & pipe & drape. Horseshoes, volleyball systems & various other recreation equipment also available. For details on checkout & reservation information, please contact Jessica Reesy at 307-587-0400.



FACILITY RENTALS

CODY AUDITORIUM: \$375 per event; \$100 per extra consecutive day.

CODY CLUBROOM: \$100 per event; \$50 per extra consecutive day.

CLUBROOM KITCHEN: \$100 per event; \$50 per extra consecutive day.

Event defined as 1/2 day set up, event day, 1/2 day tear down. rates apply to commercial & non-commercial events.

EQUIPMENT RENTALS

TABLES:

3' x 6', \$3.50 each

3' x 8', On-site only, \$3.50 each

Round Tables, 5', On-site only, \$3.50 each

CHAIRS:

\$5.50/dozen

Additional Equipment available.

50% discount on tables & chairs for groups that set and remove all chairs and tables.

PARK RESERVATIONS

Park reservations are approved on a first-come, first-serve basis for \$25 per reservation. Alcohol permits are available, with approval, for an additional \$50 fee.

Some picnic shelters & special features require additional approval and/or fees. Call 587-0400 for more information.



NEW & EVOLVING: BECK LAKE PARK MOUNTAIN BIKE TRAILS

The Beck Lake Bike Park and Trail System is a work in progress. It is a joint effort between Park County Pedalers, City of Cody, Bureau of Land Management (BLM), Shoshone Recreation District and the State of Wyoming Recreational Trails Program. This exciting collaborative trail system is accessed via Beck Lake Park, 2401 14th Street. For more information, including maps, see www.parkcountypedalers.org.



The Cody Auditorium, Clubroom & Kitchen are located at 1240 Beck Avenue & can be rented for a wide variety of special events, from banquets & weddings to auctions and more.



Parks Info



	Amphitheater/Bandshell	Outdoor Basketball	BBQ Grill	Dog Park	Drinking Fountain	Electrical	Fishing	Open Green Space	Horseshoe Pits	Pathway/Trail	Picnic Tables	Picnic Shelter	Play Equipment	Restroom	Skate Park	Tennis Court	Volleyball	Additional Amenities
Beck Lake Park 2401 14th Street			X	X			X			X	X	X		X				X
Canal Park 1444 Alger Avenue	X					X		X		X								
Circle Drive Park 16th Street								X										
City Park 908 Sheridan Avenue	X		X		X	X		X			X	X	X	X				
Dacken Park Kerper N & S and 22nd St		X	X					X			X	X	X	X				
Don Little Park 426 River View		X	X					X			X	X	X					
Donny Anderson Mini Golf Course 902 Sheridan Avenue														X				
Dorse Miller Park 2500 Carter Avenue		X	X					X			X	X	X	X		X		
East Sheridan Softball Complex 3708 Sheridan Avenue					X	X							X	X				
Glendale Park 1906 14th Street		X	X		X			X			X	X	X	X		X		
Horseshoe Park 1302 Horseshoe Drive											X		X					
Hugh Smith Park 131 19th Street			X		X	X		X	X		X	X	X	X			X	X
Mentock Park 901 Blackburn Avenue			X		X	X		X	X		X	X	X	X	X			X
Nielson Park 17th & 18th Streets		X						X					X				X	
Paul Stock Nature Trail 801 Spruce Drive							X			X				X				
River View Park 901 Riverview Drive		X						X			X	X						X
Shoshone Riverway Trail Access 1113 Riverview Drive		X					X			X	X	X		X				
State of Wyoming Veterans Memorial Park 2519 26th Street														X				
Ted Ebert Park 2908 Bass Avenue								X			X	X	X					
Valley View Park Wallace & Rio Vista		X	X					X			X	X	X					

* There are additional parks & City maintained spaces not included in this chart. For more information on these as well as additional amenities, contact Parks Supervisor, Eric Asay, [easay@cityofcody.com](mailto: easay@cityofcody.com).



AQUATIC & RECREATION CENTER FEATURES

- Gymnasium with 3 Full Length Courts
- Cardiovascular & Weight Training Exercise Equipment
 - Free Weight Room
- Suspended Walking & Jogging Track
 - 2 Racquetball Courts
 - Multipurpose Space
- 8 Lane x 25 Yard Lap Pool with Diving Board
- 3,500 Square Foot Leisure Pool - Depth 0 to 3½ Feet
 - Toddler Fish Slide, Finnius
- 170 Foot Long Water Slide (for everyone taller than 3'6") & Water Activity Equipment (Features turn on at 4 P weekdays, 2 P Fridays & Noon on weekends)
- Aqua Climbing Wall (Available for anyone who can pass a swim test)
 - Therapy Pool with ADA lift
 - Under water exercise bike
 - Jacuzzi Spa (for patrons 13 years & older)
- Wet Steam Room (for patrons 18 years & older)

WATER TEMPS

Lap Pool: 80-82 degrees
 Leisure Pool: 87-89 degrees
 Therapy Pool: 90-92 degrees
 Hot Tub: 102-104 degrees
 Wet Steam Room: 115 degrees

SWIM MEETS & PRACTICES

Pool hours will be modified to accommodate swim meets. Limited lap swimming will be available for patrons during swim practices.

CHS BOYS

Friday, December 16	vs. Powell & Sheridan, 4 P
Friday, January 6	vs. Lander & Powell, 4 P
Friday, January 20	vs. Powell, 5 P
Tuesday, January 24	vs. Worland, 5 P
Friday & Saturday, February 10 & 11	Conference, TBA
Practices M - TH, 4 - 6 P & F, 2:30 - 4 P	

CODY KOUNTRY AQUATIC TEAM (CKATS)

Saturday & Sunday,
 January 28 & 29 Polar Bear Splash, TBA
 Practices M/T/TH, 6 - 8 P

SPECIAL OLYMPICS

Friday, April 28 1 P

PAUL STOCK AQUATIC CENTER INFORMATION

An adult (18 years or older) is required to be directly in the water with children younger than 8 years old OR shorter than 3'6" tall unless they are capable of passing a swim test with a lifeguard. One adult may accompany up to four children in the water. This policy makes the Aquatic Center a safer place for everyone.

Family members who are not big water fans are welcome to enjoy the fun from the pool deck in shorts & a T-shirt.

Children in diapers are allowed in the pool as long as they wear swim diapers or snug fitting rubber pants over the diaper underneath a bathing suit. Swim diapers are available to purchase at the Front Desk for \$2 each.

Pools may be closed for swim lessons, meets & routine maintenance. Call ahead for availability!

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Learn new skills or refine current ones with low instructor-to-student ratios. These lessons are offered Monday through Thursday, January through May for both youth and adults, & are dependent upon instructor availability. Contact Aquatic staff at 307-527-DIVE for more info.





PRESCHOOL & TODDLER PROGRAMS *6 months to 6 years

TODDLER AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Cost	Location	Session Start	Session End	No Class	Time Start	Time End	Code
Little Kickers (min 8/max 12)	4 - 6 yrs	Thurs	\$20	Red Gym	Jan 5	Jan 26	---	1 P	1:30 P	110103-1
Little Ballers (min 4/max 8)	4 - 6 yrs	Thurs	\$20	Red Gym	Feb 2	Feb 23	---	1 P	1:30 P	110131-1
Little Flame Throwers (min 4/max 8)	4 - 6 yrs	Thurs	\$20	Red Gym	March 2	Mar 23	---	1 P	1:30 P	110130-1
Little Treasures (min 2 pairs/max 8 pairs)	3-5 yrs w/adult	Thurs	\$5/pair	Tiny Tots Classroom	Feb 9 May 11	Feb 9 May 11	---	5:30 P	6:15 P	110122-2 110122-5
Parent Tot 1 (min 3/max 10)	6 mths- 1.5 yrs	M/T/TH	\$25	Leisure Pool	Feb 6	Feb 16	---	5 P	5:30 P	101107-1
Parent Tot 2 (min 3/max 10)	1.5- 3 yrs	M/T/TH	\$25	Leisure Pool	Feb 6	Feb 16	---	5:30 P	6 P	101108-1
Private Swim Lessons	3 - 14 yrs	Mon - Thurs	Varies	Pools	January	May	---	Varies	Varies	501001 - 1 thru 5
Tiny Tots Kinder Prep (min 5/max 12)	4-5 yrs	M/W/TH	\$85/ month	Tiny Tots Classroom	Jan 4 Feb 1 March 1 April 3 May 1	Jan 30 Feb 27 Mar 30 April 27 May 18	Jan 16 Feb 20 April 10-17	8:15 A 12 P	11:15 A 3 P	110101 A 110120 P
Tiny Tots Preschool (min 5/max 10)	3-4 yrs	Tue/Fri	\$65/ month	Tiny Tots Classroom	Jan 6 Feb 3 March 3 April 4 May 2	Jan 31 Feb 28 Mar 31 April 28 May 19	Jan 17 Feb 21 April 11&14	8:30 A	10:30 A	110100- 1 thru 5
Toddler Time	6 & Under	M - F	FREE	Leisure Pool	Jan 3	May 24	April 10 - 17	5:30 A	Noon	---
Turtle Tales (min 3/max 8)	2-5 yrs	T & TH	\$30/\$9 Drop in	Wet Classroom/ Leisure pool	Mar 28 April 18	April 6 April 27	---	8:30 A	9:30 A	101116-3 101116-4
Water Tots (min 3/max 8)	2-4 yrs	M - TH	\$30	Leisure Pool	Feb 6	Feb 16	---	5:30 P	6 P	101119-2



Space is limited in many of these activities so please register your child early! For more details, visit our website at www.cityofcody-wy.gov/NEWLINK or call 307-587-0400. Be sure to regularly check our Facebook page (www.facebook.com/codyreccenter) for last-minute class updates & changes.

Preschool Programs
 o Infant to 6



PRESCHOOL CLASS DESCRIPTIONS

- **LITTLE KICKERS** - Kick up your heels & learn basic soccer skills and a love for the game.
- **LITTLE BALLERS** - Tots learn basic basketball skills, including dribbling, passing and shooting.
- **LITTLE FLAME THROWERS** - Rookies get an intro to the fundamentals of catching & throwing a baseball or softball.
- **LITTLE TREASURES** - Create a special crafty treasure with your little one!
- **PARENT TOT 1** - Parents learn to safely work with their child in the water. **ONLY** one child per adult.
- **PARENT TOT 2** - Participants improve on activities from Parent Tot 1 & learn more advanced skills. **ONLY** one child per adult.
- **PRIVATE & SEMI-PRIVATE SWIM LESSONS** - Youth 3 - 14 years can learn more skills or refine current ones with low student-to-instructor ratios.
- **TODDLER TIME** - Little swimmers & an adult are invited to splash & play weekday mornings. Toys available until noon.
- **TURTLE TALES** - A fun class where kids enjoy a story, arts/crafts & learn beginning swim skills.
- **WATER TOTS** - Offers a first-time swimming experience for young ones **WITHOUT** a parent. Children must be able to separate from a parent.

Tiny Tots Preschool & Kindergarten Prep

We offer two age-specific preschool programs to prepare little learners for the rigors of Kindergarten. Both are academic yet play-based & follow the school schedule September through May.

First session payment & \$20 materials fee per child are **NON-REFUNDABLE** class deposits. Children must have met minimum age requirement by September 15, 2016. Vaccination records or waivers & proof of child's age are required before attending class.

PLEASE SEE PG 8 FOR SESSION DATES & TIMES

Preschool Learn-to-Swim Lessons *American Red Cross*

Swim Level	Ages	Days	Cost	Location	Session Start	Session End	Time Start	Time End	Code
Preschool LTS Level 1 <i>(min 3/max 6)</i>	4 to 5	Tues & Thurs	\$35	Leisure Pool	Jan 3	Feb 2 <i>Excl. Jan 24</i>	5 P 5:30 P	5:30 P 6 P	101111-1 101111-2
					April 4	May 4	5 P 5:30 P	5:30 P 6 P	101121-1 101121-2
Preschool LTS Level 2 <i>(min 3/max 6)</i>	4 to 5	Tues & Thurs	\$35	Leisure Pool	Jan 3	Feb 2 <i>Excl. Jan 24</i>	5 P 5:30 P	5:30 P 6 P	101112-1 101112-2
					April 4	May 4	5 P 5:30 P	5:30 P 6 P	101122-1 101122-2
Preschool LTS Level 3 <i>(min 3/max 6)</i>	4 to 5	Tues & Thurs	\$35	Leisure Pool	Jan 3	Feb 2 <i>Excl. Jan 24</i>	5 P 5:30 P	5:30 P 6 P	101113-1 101113-2
					April 4	May 4	5 P 5:30 P	5:30 P 6 P	101123-1 101123-2

Please note that charter discounts do not apply to American Red Cross swim or safety classes

ASAP & Kidz on the Move



AFTER SCHOOL ACTIVITIES PROGRAM (ASAP)

ASAP offers innovative programming for school age youth. Staff is dedicated to fostering positive relationships in a safe, friendly & active community of youth & adults. ASAP puts the FUN back in after school while focusing on learning, retention & involvement.

The foundation of ASAP is the Home Court Advantage: SAFETY is our #1 priority, we strive for everyone to feel a sense of BELONGING & VALUE & we ask everyone to have COURAGE to try new things.

WHO: Kindergarten to 6th Graders

WHAT: Wactivities, HomeFUN tutoring, swimming (Wed & Fri) & other fun

WHEN: School dismissal until 6P. ASAP is NOT open on school holidays. See School's Out, Stay Safe activities.

WHERE: Tiny Tots room in the back of the Rec Center.

COST: Prepay with punch cards; \$8/day or \$150 for 20 days. Snacks & supplies provided.

TRANSPORTATION: From Livingston #5 bus (Lizard) & from Sunset/Eastide #31 (Squirrel).

REGISTRATION: Packets are required for each child prior to attending ASAP.

ATTENDANCE: Calendars are recommended for best planning. Call/text 307-250-8362 with schedule changes.

FOR MORE INFO:

Contact Youth Recreation Coordinator, Kym Quinn at kquinn@cityofcody.com or 307-527-3490 or 307-250-8362.

KIDZ ON THE MOVE (KOM) DAY CAMP

*May 30- Aug 18 *No camp July 4th!*

KOM offers age specific day camps to keep kids engaged & entertained in activities over summer vacation.

EXPLORERZ Day Camp introduces youth who completed kindergarten through 2nd grade to the camp experience.

ADVENTURERZ Day Camp allows youth who completed 3rd through 6th grad to take camp to the next level.

WHEN: Mon-Fri; 7A-5:30P

WHAT: Activities include: Sport Shorts, Full STEAM Ahead, Lit is a Hit, Morning Motion, Park Play, Friday at the Movies, Swimming & more!

WHERE: Tiny Tots Room in the back of the Rec Center.

COST: Prepay with punch cards (share w/siblings); \$25/day or \$170 for 10 days.

REGISTRATION: Packets required for each child BEFORE attending camp. \$25 material fee per child due with registration.

FIELD TRIPS: KOM heads out of town on Wednesday to explore Wyoming. Permission slips due MONDAY before each trip to attend.

JUNIOR COUNSELOR: Program available for youth in 6th to 8th grades who have previously attended camp. Contact us to set up an interview.

SCHOOL'S OUT, STAY SAFE

CREATING A SAFE PLACE FOR CODY'S YOUTH!

Aquatic & recreation staff offer a variety of activities to make sure school age youth have fun in a safe place during No School Days. Activities take place on the dry side & gyms. Most programs are offered FREE to members or a daily entrance fee for nonmembers. Nonmembers in need should inquire at the Front Desk about donated guest passes for entry. *Please Note: the Rec Center is closed on most City holidays (see Pg 26 for closures). Watch our Facebook page & contact the Front Desk for more details on planned No School Day activities.*



School's Out, Stay Safe!

Date	Cost	Class Name	Location	Time Start	Time End	Code
Jan 3	Free/Daily Fee NM	New Years' Fun Polar Plunge	Concessions/Gyms Pools	10 A 1 P	12 P 3 P	---
Jan 16	Free/Daily Fee NM	MLK Day Activities Boat Day	Concessions/Gyms Pools	10 A 1 P	12 P 3 P	---
Jan 17	Free/Daily Fee NM	Sticky Activities Noodle Madness	Concessions/Gyms Pools	10 A 1 P	12 P 3 P	---
Feb 21	Free/Daily Fee NM	Presidents Activities Squirt Guns	Concessions/Gyms Pools	10 A 1 P	12 P 3 P	---
April 10	Free/Daily Fee NM	Siblings Day Activities Floats	Concessions/Gyms Pools	10 A 1 P	12 P 3 P	---
April 11	Free/Daily Fee NM	Beach Day Activities Snorkeling with Snorks	Concessions/Gyms Pools	10 A 1 P	12 P 3 P	---
April 12	Free/Daily Fee NM	Scavenger Hunt Day Picnic in the Pool	Concessions/Gyms Pools	10 A 1 P	12 p 3 P	---
April 13	Free/Daily Fee NM	Park Play Activities RC Boats	Canal Park Pools	10 A 1 P	12 P 3 P	---
April 14	Free/Daily Fee NM	Elks Eggstravaganza & Eggylympics	Pools, Concessions & Gyms	10 A	2:30 P	---
April 17	Free/Daily Fee NM	Earth Day Activities Big Inflatables	Concessions/Gyms Pools	10 A 1 P	12 P 3 P	---



YOUTH PROGRAMS

*Kindergarten+

AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Cost	Location	Session Start	Session End	No Class	Time Start	Time End	Code
ASAP (See Pg 10)	K to 6th Grade	Mon-Fri	10 Day Card: \$80 20 Day Card: \$150	Rec Center	Aug 22	May 24	No School Days	School Dismissal	6 P	140340-1 140340-2
3rd & 4th Grade Cody Youth Basketball	3rd-4th Gr	Varies	\$35 by Jan 2; \$55 After	Gyms	Register by Jan 3	Late Feb	---	Varies	Varies	120271-1
1st & 2nd Grade Cody Youth Basketball	1st - 2nd Gr	Varies	\$35 by Feb 6; \$55 After	Gyms	Register by Feb 6	Late March	---	Varies	Varies	120270-1
Competitive Swim Feeder Program	LTS Level 2 or PLTS Level 3	Tues & Thurs	\$45	Leisure & Main Pool	April 4 May 2	April 27 May 30	---	4 P	5 P	101201-1 101201-2
Home School in the Pool (min 1/max 60)	School Age	Thursdays	\$30	Pools	Jan 19	March 9	---	1 P	3 P	101202-1
MLB Pitch, Hit & Run	7 - 14 yrs	Monday	FREE	Glendale Park	April 17	April 17	---	Register at 2 P; Event at 3 P		-----
Private Swim Lessons	3 - 14	Mon - Thurs	Varies	Pools	Varies	Varies	---	Jan	May	501001-1 thru 501001-5
SRD Swim Lessons Eastside	3rd Grade	Mon - Thurs	FREE	Pools	Jan 23	Feb 2	Jan 24	3:40 P	4:15 P	---
SRD Swim Lessons Sunset	3rd Grade	Mon - Thurs	FREE	Pools	Feb 6	Feb 16	---	3:40 P	4:15 P	---
SRD Swim Lessons Livingston	3rd Grade	Mon - Thurs	FREE	Pool	Feb 27	March 9	---	3:40 P	4:15 P	---
Youth Coed Dodgeball League	3rd-5th 6th-8th	Mon & Wed	\$35 by Feb 13; \$55 After	Gyms	Register by Feb 13	March 8	---	4 P	5 P	120274-1 120274-1
Youth Coed Wiffleball League	3rd-5th 6th-8th	Mon & Wed	\$35 by March 6; \$55 After	Gyms	Register by March 6	April 26	---	4 P	5P	120277-1 120277-2

WATER FLOAT DAYS

Come splash in the pools with friends & family. Bring your own floaties or enjoy some of ours! FREE for members or a daily entrance fee for nonmembers. Call 307-587-DIVE for more info.

• JAN 13, 2 to 4 P • FEB 24, 2 to 4 P • MAR 17, 2 to 4 P • MAY 19, 2 to 4 P

YOUTH CLASS DESCRIPTIONS

Youth Programs
6 to 16



- 3RD & 4TH GRADE CODY YOUTH BASKETBALL - REGISTRATION DEADLINE JANUARY 3RD!
- 1ST & 2ND GRADE CODY YOUTH BASKETBALL - REGISTRATION DEADLINE FEBRUARY 6TH!
- COMPETITIVE SWIM FEEDER PROGRAM - An introduction to competitive swimming.
- HOME SCHOOL IN THE POOL - A fun swim program for homeschoolers.
- MLB PITCH, HIT & RUN - A FREE 1-day event for boys & girls ages 7 - 14.
- PRIVATE & SEMI-PRIVATE SWIM LESSONS - Learn more skills or refine current ones with low student-to-instructor ratios.
- SRD FREE SWIM LESSONS - The Shoshone Recreation District provides FREE swim lessons for all 3rd graders this winter. Students are bused to the Rec Center after school for 8 days (M-TH) of lessons. Once lessons are over, kids are welcome to enjoy the Rec Center free of charge.
- YOUTH DODGEBALL LEAGUE - REGISTRATION DEADLINE FEBRUARY 13!
- YOUTH WIFFLEBALL LEAGUE- REGISTRATION DEADLINE MARCH 6TH!



BE SURE TO CHECK OUT OUR MONTHLY CALENDAR AD IN THE CODY ENTERPRISE!

Learn-to-Swim Lessons American Red Cross

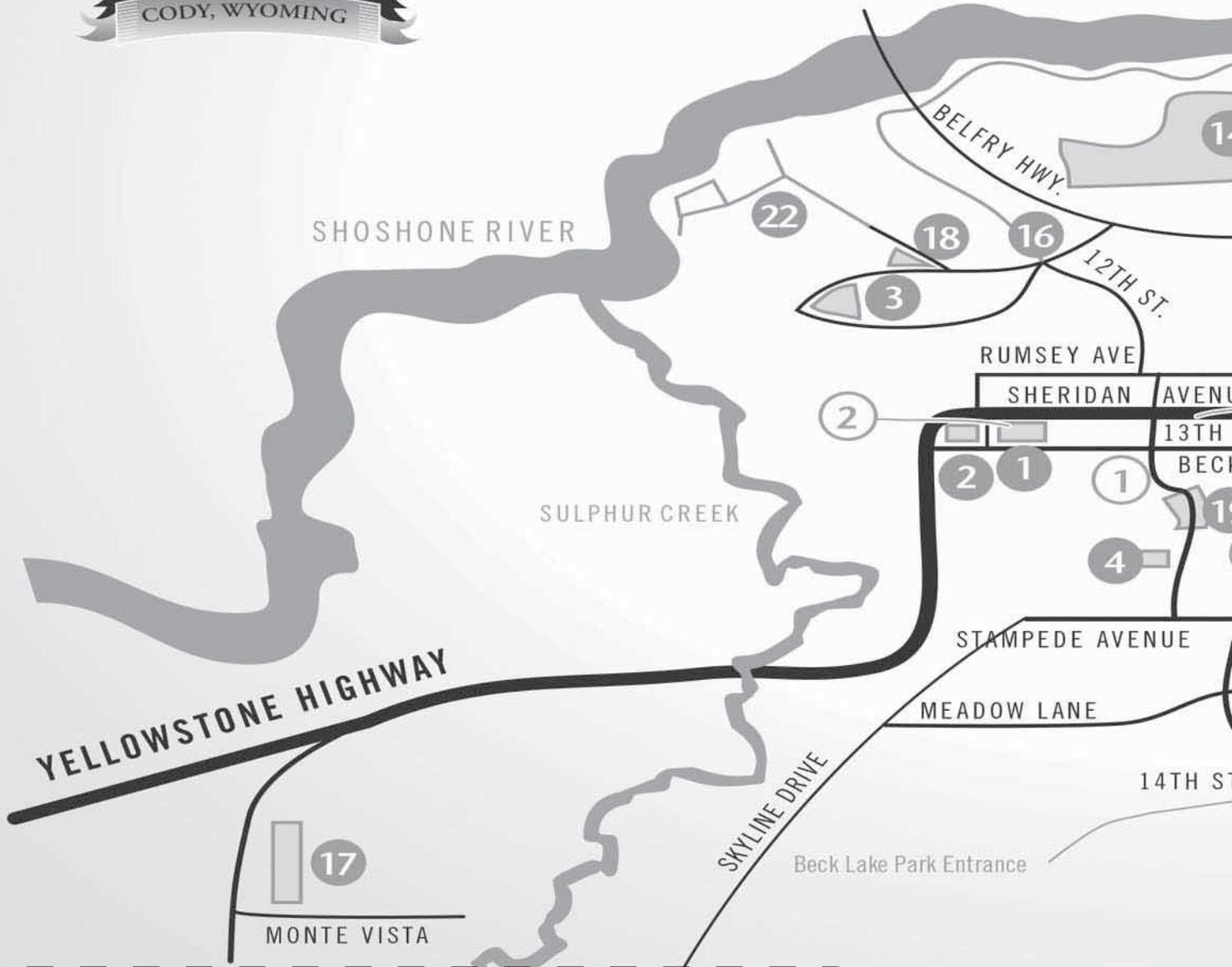
Swim Level	Ages	Days	Cost	Location	Session Start	Session End	Time Start	Time End	Code
Learn-to-Swim Level 1	6+	Tues & Thurs	\$35	Leisure Pool	Jan 3	Feb 2 Excl. Jan 24	5 P 5:30 P	5:30 P 6 P	101211-1 101211-2
					April 4	May 4	5 P 5:30 P	5:30 P 6 P	101221-1 101221-2
Learn-to-Swim Level 2	6+	Tues & Thurs	\$35	Leisure Pool	Jan 3	Feb 2 Excl. Jan 24	5 P 5:30 P	5:30 P 6 P	101212-1 101212-2
					April 4	May 4	5 P 5:30 P	5:30 P 6 P	101222-1 101222-2
Learn-to-Swim Level 3	6+	Tues & Thurs	\$35	Leisure Pool	Jan 3	Feb 2 Excl. Jan 24	5 P 5:30 P	5:30 P 6 P	101213-1 101213-2
					April 4	May 4	5 P 5:30 P	5:30 P 6 P	101223-1 101223-2
Learn-to-Swim Level 4	6+	Tues & Thurs	\$40	Leisure Pool	Jan 3	Feb 2 Excl. Jan 24	5 P	5:45 P	101214-1
Learn-to-Swim Level 5/6	6+	Tues & Thurs	\$40	Leisure Pool	April 4	May 4	5 P	5:45 P	101215-1

Please note that charter discounts do not apply to American Red Cross swim or safety classes

Map of Cody Parks & Public Facilities



Additional Parks & Open Spaces:
 Roger Sedam Pocket Park
 Chugwater
 Holm View
 Trail Head Subdivision
 Date Street Trail
 Service Club Park

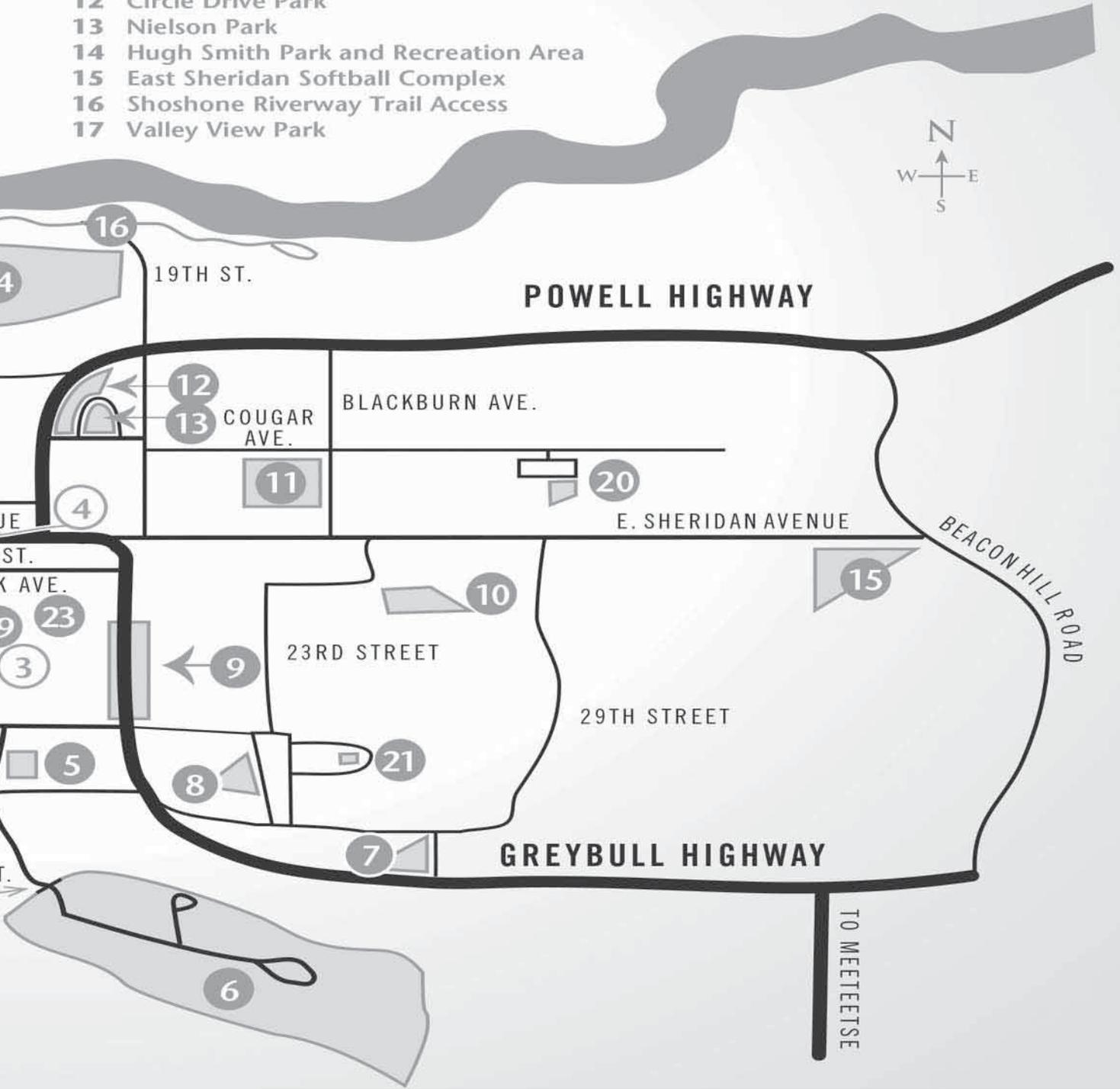


* Highland Manor is now Dorse Miller Park; Shadow Mountain is now Ted Ebert Park

- 1 City Park
- 2 Paul Stock Park
- 3 Don Little Park
- 4 Horseshoe Park
- 5 Glendale Park
- 6 Beck Lake Park
- 7 Vietnam Memorial
- 8 Dacken Park
- 9 Greybull Hill
- 10 Highland Manor Park*
- 11 Mentock Park
- 12 Circle Drive Park
- 13 Nielson Park
- 14 Hugh Smith Park and Recreation Area
- 15 East Sheridan Softball Complex
- 16 Shoshone Riverway Trail Access
- 17 Valley View Park

- 18 River View Park
- 19 Heart Mountain Street Landscaping
- 20 Shadow Mountain Park*
- 21 Meadowbrook Park
- 22 Paul Stock Nature Trail
- 23 Canal Park

- 1 Cody Auditorium
- 2 Miniature Golf Course
- 3 Paul Stock Aquatic and Recreation Center
- 4 Cody Main Street Restrooms



Special Events



ANNUAL FITNESS CHALLENGE

Start 2017 off on the right foot with the help of this annual fitness challenge sure to motivate you to move! Earn points for time spent exercising and the chance to win one of several exciting prizes. More details to come!

WHEN: January 1 - April 30, 2017

COST: \$20

CODE: 160399-1

FAMILY NIGHT IN THE POOL

Join us for some family fun & socialize with other local families once a month in our pools. Small pool floats & toys will be allowed & we'll have our "King of the Mountain" inflatable too!

WHEN: Fridays, December 30, February 17 & April 21

WHERE: Recreation Center Pools

COST: Members FREE; \$5/Nonmember Families
PLEASE SIGN IN UPON ARRIVAL!



ELKS EGGSTRAVAGANZA & EGGLYMPICS

Join us for the 6th annual spring fun day sponsored by the Cody Elks Club - no yolking about it!

WHEN: Friday, April 14 10 A - 2:30 P

10 to 11:30 A Aquatic Easter Egg Hunt, Pool

Deck Games, Crafts, Prizes & More! (Pools)

11:30 A to 12:30 P - Lunch provided by the Cody

Elks Club (Concessions) & Photos with the

Easter Bunny (Rec Hallway)

12:30 P to 2:30 - Egglympics (Gyms)

COST: FREE!

MLB PITCH, HIT & RUN

Boys & Girls ages 7 to 14 are invited to take part in Major League Baseball's Pitch, Hit & Run competition.

WHEN: Monday, April 17

Register @ 2 P, Event @ 3 P

WHERE: Glendale Park

COST: FREE

ANNUAL PARENTS' DAY TEA

Mark your calendar & bring your friends to our annual Parents' Day Tea. This activity is FREE for all adults 60+. Enjoy yummy treats & live entertainment.

WHEN: Friday, May 5; 10:30 A

WHERE: Recreation Center Hallway

COST: FREE to all Seniors 60+

FIT 4 FUN

No matter your age, fitness should be a FUN life-long habit. Celebrate the last day of school with a variety of games, relays and more. The whole family is welcome! This event is co-sponsored by the Children's Resource Center.

WHEN: Wednesday, May 24, 1 to 2:30 P

WHERE: Rec Center

COST: FREE

WORLD'S LARGEST SWIM LESSON

Help us set another Guinness World Record this summer & be a part of the World's Largest Swim Lesson.

WHEN: Thursday, June 22; 10 A

WHERE: Recreation Center Pools

COST: FREE



**CHECK OUT OUR
AWESOME NEW
POOL INFLATABLE!
AVAILABLE FOR
PARTIES!**



BIRTHDAY PARTY PACKAGE ADD ON:
“King of the Mountain” Inflatable for 2 hour party for additional \$100/party.
AVAILABLE OCTOBER 15 TO MAY 31!
Call 307-527-DIVE for details.

BIRTHDAY PARTIES AT THE REC CENTER

Birthday party packages are based on a **MAX OF 10 GUESTS FOR TWO HOURS**. Additional fees will be assessed for more than 10 guests. Parents & siblings free. Full day facility admission included.

Parties may be scheduled at the following times **ONLY**:

FRIDAY ~ 2:30 to 4:30 P

SATURDAY ~ 10 A to Noon (Toddler Pool Party)

12:30 to 2:30 P or 3 to 5 P

SUNDAY ~ 12:30 to 2:30 P or 3 to 5 P

Party reservations must be made **ONE WEEK** prior to the date of the party & the party must be paid for when the reservation is confirmed. A \$45 fee will be charged for late reservations.

Call 307-587-0400 or stop by the Rec Center for additional details.

PLEASE NOTE: A \$50 FEE WILL BE CHARGED FOR EXCESSIVE CLEAN UP.

1. BIRTHDAY BLOWOUT (\$85)

- Use of Birthday Party Room for 2 hours & full day admission to the Rec Center
- Birthday child's name on outside marquee
- Happy Birthday sign in reserved area
- Disposable camera (wet or dry)
- Basic party decorations; Refreshments **NOT** included

2. BIRTHDAY BLOWOUT EXTRAVAGANZA (\$155)

- Use of Birthday Party Room for 2 hours & full day admission to the Rec Center
- 1/2 of leisure pool or 1 gym designated for your use along with exclusive toys
- Birthday child's name on outside marquee
- Happy Birthday sign in room
- Disposable camera (wet or dry)
- 3 Pizzas (Choice of single toppings)
- 3, 2-Liter sodas
- Birthday cake
- Decorations & tableware



Adult class & league participants must be at least 16 years old unless otherwise noted. For more information about any adult sports leagues or programs, please contact Ryan Brown at rbrown@cityofcody.com or call 307-527-3488. **LEAGUES MAY BE CANCELLED IF MINIMUM ENROLLMENT IS NOT MET BY THE REGISTRATION DEADLINE.**

ADULT AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Time Start	Time End	Cost	Location	Mtg Date	Session Start	Session End	Code
Adult Swim Class	16 +	Mon - Fri	6:30 P	7:15 P	\$40	Pools	—	Feb 27	March 10	101308-1
Coed Softball	16 +	Mondays	Evening	Evening	\$350/team	East Sheridan Softball Complex	June 19	July 10	Varies	---
Learn to Scuba	15 +	Friday - Sunday	TBD	TBD	See info below	Main Pool	March 23	Varies	Varies	See info below
Men's Softball	16 +	Mon & Wed	Evening	Evening	\$350/team	East Sheridan Softball Complex	May 3 6 P	May 15	Varies	---
Pick Up Indoor Soccer	Middle School +	Thursdays	7:45 P	9:45 P	Free/Daily Fee NM	Rec Center Gyms	--	Oct 6	March 30	--
Private Swim Lessons	Adults 15 +	Mon - Thurs	Varies	Varies	Varies	Pools	—	Varies	Varies	501001-1 thru 5
Open Kayaking	Adults	Wednesday	6 P	7:45 P	\$4/Class	Main Pool	Jan 11, 25 Feb 8, 22 March 8, 22 April 12, 26 May 10, 24	---	---	---
Open Scuba	Adults	Wednesday	6 P	7:45 P	\$4/Class	Main Pool	Jan 18 Feb 15 March 15 April 19 May 17	---	---	---
Spring Women's & Co-Ed Volleyball	16+	Monday Tuesday	Evening	Evening	\$125/team	Maroon & Blue Gyms	Feb 13	Feb 27 & 28	Varies	---

- **ADULT SWIM LESSONS** - This class is customized to individual needs, whether you want to learn the basics or improve stroke proficiency.
- **COED SOFTBALL** - ROSTERS DUE JUNE 12. Manager's meeting June 19; play begins July 10.
- **MEN'S SOFTBALL** - ROSTERS DUE MAY 1. Games will be played on Mondays & Wednesdays. Manager's meeting May 3; play begins May 15.
- **LEARN TO SCUBA**- This class offers mandatory meetings & pool times for Scuba. Contact Paul Brock at 307-899-7719 for more information & to register.
- **PICK UP INDOOR SOCCER** - Enjoy indoor play with a Futsal ball. Non-marking shoes required. *Play may be canceled due to gym availability.*
- **PRIVATE & SEMI-PRIVATE SWIM LESSONS** - Learn new skills or refine current ones with low instructor-to-student ratios.
- **OPEN KAYAKING** - Keep paddling skills sharp. Kayakers should clean off boats **BEFORE** entering the pool.
- **SPRING WOMEN'S & CO-ED VOLLEYBALL** - ROSTERS DUE FEBRUARY 12.
- **OPEN SCUBA** - Get ready for your next dive in the safety & warmth of our pool.



WEEKLY FITNESS CLASS SCHEDULE

A new session of fitness classes begins at the start of each calendar month. Below is a weekly schedule of regular fitness classes offered both on the dry & wet side at the Rec Center. See pages 16 - 19 for additional class information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 to 7 A Cycle Challenge <i>Jake</i>	6 to 7 A Cycle Challenge <i>Roy</i>	6 to 7 A Cycle Challenge <i>Kristen</i>	6 to 7 A Cycle Challenge <i>Roy</i>	6 to 7 A Cycle Challenge <i>Kelly</i>	
6 to 7 A Water Workout Hour		6 to 7 A Water Workout Hour		6 to 7 A Water Workout Hour	
6 to 8 A Fit & Fun Swim Squad <i>Volunteer Coach</i>		6 to 8 A Fit & Fun Swim Squad <i>Volunteer Coach</i>		6 to 8 A Fit & Fun Swim Squad <i>Volunteer Coach</i>	
8:30 to 9:30 A Blender <i>Kelly</i>	8:30 to 9:30 A Morning Mix <i>Tiffn</i>	8:30 to 9:30 A Blender <i>Kelly</i>	8:30 to 9:30 A Morning Mix <i>Tiffn</i>		9 to 10 A Body Sculpt <i>Lori B</i>
8:30 to 9:30 A Morning Mix <i>Tiffn</i>					
	10 to 11 A Fusion Core Fitness <i>Tiffani</i>		10 to 11 A Fusion Core Fitness <i>Tiffani</i>		
11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour	
12:15 to 12:45 P Lunch Box Variety <i>Kelly</i>	12:15 to 12:45 P Lunch Box Variety <i>Kelly</i>	12:15 to 12:45 P Lunch Box Variety <i>Kelly</i>	12:15 to 12:45 P Lunch Box Variety <i>Kelly</i>	12:15 to 12:45 P Lunch Box Variety <i>Kelly</i>	
4:30 to 5:30 P Fusion Dance Fitness <i>Tiffani</i>		4:30 to 5:30 P Fusion Dance Fitness <i>Tiffani</i>			
5:30 to 6:30 P Fusion Core Fitness <i>Tiffani</i>	5:30 to 6:30 P Yoga <i>Kevin</i>	5:30 to 6:30 P Fusion Core Fitness <i>Tiffani</i>	5:30 to 6:30 P Yoga <i>Kevin</i>		
5:30 to 6:30 P Cycle Challenge <i>Mike</i>		5:30 to 6:30 P Cycle Challenge <i>Mike</i>			



FITNESS CLASS DESCRIPTIONS

- **BLENDER** - A combination of Pilates, barre & traditional strength training to tone the whole body.
- **BODY SCULPT** - Sculpt your body from head to toe in this full body toning class. **DROP-IN ONLY.**
- **CYCLE CHALLENGE** - A high energy indoor cycling workout with hill climbs, sprints & intervals.
- **FIT & FUN SWIM SQUAD** - Our volunteer coach offers a friendly & fun aquatic training program for all swimming abilities.
- **FUSION CORE FITNESS** - Designed to increase strength, flexibility & balance using weight training along with Pilates & Yoga elements.
- **FUSION DANCE FITNESS** - Move to many different dance formats & music styles to keep things fresh for a full hour cardio burn.
- **LUNCH BOX VARIETY** - Maximize your results in minimum time with both cardio & strength elements.
- **MORNING MIX** - This class incorporates a variety of formats & equipment to keep the body challenged & the results coming.
- **WATER WORKOUT HOUR** - Volunteers lead exercises in this great low-impact aquatic fitness class.
- **YOGA** - Build strength & flexibility through flowing movements & postures synchronized with the breath.

CYCLE CHALLENGE INDOOR CYLING CLASSES (MIN 6/MAX 14)

Class Name	Age	Day	Start	End	No Class	Cost/Session	Location	Time Start	Time End	Code
Cycle Challenge	16+	M/W/F	Monthly Jan 4	May 26	Jan 2 Feb 20	\$28 M; \$45 NM		6 A	7 A	131353 - 1 thru 5
Cycle Challenge	16+	Mon/Wed	Monthly Jan 4	April 26	Jan 2 Feb 20	\$23 M; \$40 NM		5:30 P	6:30 P	131368 - 1 thru 4
Cycle Challenge	16+	Tues/Thurs	Monthly Jan 3	April 27	---	\$23 M; \$40 NM		6 A	7 A	131354 - 1 thru 4



FITNESS CLASS

DROP-IN PASSES:

\$5 MEMBERS; \$8 NONMEMBERS

Passes may be purchased individually or in bulk at the Front Desk for any class IF space is available.

10 CLASS PUNCH CARDS:

\$40 MEMBERS; \$65 NONMEMBERS

Enjoy classes at your convenience. Sample a variety of classes when it best fits your schedule. Entry into class is available on a first-come basis. Signing up for a class is the **ONLY** way to insure your spot.

BE THE BEST POSSIBLE YOU! Our fitness staff provides innovative fitness programming for all levels, interests & abilities while meeting the most current industry trends & user interests. Class times & offerings sometimes change due to instructor availability & public interest, please check with the Front Desk or contact the Fitness Coordinator, Kelly Serfas Bower, at kellyb@cityofcody.com or call 307-527-3487 for the most up-to-date schedule. Adult fitness class participants must be at least 16 years old unless otherwise noted.

**Adult
Fitness**
16+



ADULT FITNESS PROGRAMS

Class Name	Age	Day	Start	End	No Class	Cost/Session	Location	Time Start	Time End	Code
Body Sculpt (max 20)	16+	Saturday	Jan 7	May 20	TBA	Drop In/ Punch Card	MP Room	9 A	10 A	---
Blender (min 6/max 15)	16 +	Mon/ Wed	Monthly Jan 4	May 24	Jan 2 Feb 20	\$23 M; \$40 NM	MP Room	8:30 A	9:30 A	131303- 1 thru 5
Fusion Dance Fitness (min 6/max 20)	14 +	Mon/ Wed	Monthly Jan 4	May 24	Jan 2 Feb 20	\$23 M; \$40 NM	MP Room	4:30 P	5:30 P	131302- 1 thru 5
Fusion Core Fitness (min 6/max 20)	16 +	Mon/ Wed	Monthly Jan 4	May 24	Jan 2 Feb 20	\$23 M; \$40 NM	MP Room	5:30 P	6:30 P	131304- 1 thru 5
Fusion Core Fitness (min 6/max 20)	16 +	Tues/ Thurs	Monthly Jan 3	May 25	---	\$23 M; \$40 NM	MP Room	10 A	11 A	131305-1 thru 5
Fit & Fun Swim Squad (max 20)	High School +	M/W/F	Monthly Jan 4	May 31	Jan 2 Feb 20	Free/ Daily Fee NM	Main Pool	6 A	8 A	---
Lunch Box Variety (min 6/max 20)	16 +	Mon-Fri	Monthly Jan 3	May 26	Jan 2 Feb 20	\$40 M; \$58 NM	MP Room, Gyms & Spectator Area	12:15 P	12:45 P	131323- 1 thru 5
Morning Mix (min 6/max 20)	16+	M/T/TH	Monthly Jan 3	May 25	Jan 2 Feb 20	\$28 M; \$45 NM	MP Room, Gyms & Spectator Area	8:30 A	9:30 A	131327- 1 thru 5
Water Workout Hour	Adults	M/W/F	Monthly Jan 4	May 31	Jan 2 Feb 20 May 29	Free Members; \$40 NM	Main Pool	6 A	7 A	101313- 1, 3, 5, 7
Water Workout Hour	Adults	M/W/F	Monthly Jan 4	May 31	Jan 2 Feb 20 May 29	Free Members; \$40 NM	Main Pool	11 A	12 P	101313- 2, 4, 6, 8
Yoga	16+	Tues/ Thurs	Monthly Jan 3	May 25	---	\$23 M; \$40 NM	MP Room	5:30 P	6:30 P	131350- 1 thru 5



PERSONAL TRAINING

For more information on any of our Personal Training Services, please contact our Fitness Coordinator, Kelly Serfas Bower, at kellyb@cityofcody.com or call 307-527-3487.

CHARTER DISCOUNTS DO NOT APPLY TO PERSONAL TRAINING SERVICES!

PERSONAL TRAINING

Take your fitness to the next level with programming designed specifically for your unique goals. Want to lose weight? Hoping to gain strength? Or want to improve your heart health or body composition? Our four qualified & certified personal trainers can help you see results & meet your goals! For more details, visit with Front Desk staff or contact our Fitness Coordinator, Kelly Serfas Bower, at 307-527-3487.

ONE-ON-ONE SESSIONS			
ONE HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$140	\$266	\$399
Nonmembers	\$180	\$342	\$513
HALF HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$80	\$152	\$228
Nonmembers	\$120	\$228	\$342
GROUP SESSIONS			
ONE HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$210	\$399	\$599
Nonmembers	\$280	\$532	\$798

** Groups are two to three people with similar training goals.*

MEET OUR TRAINERS

Our highly qualified & well educated personal trainers hold some of the premier certifications in the fitness industry & have valuable experience working with clients of all levels & abilities. Stop at the Front Desk for bios & additional details on each trainer so you can pick the perfect one for you & your goals.



Rinda Eastman



Amy Jones



Lucas Krubeck

WELLNESS SERVICES & SENIOR PROGRAMS

For more information on any of our Wellness Services or Senior Programs, please contact our Fitness Coordinator, Kelly Serfas Bower, at kellyb@cityofcody.com or call 307-527-3487.

Wellness
& Senior
Programs



REASONS TO WORK WITH A PERSONAL TRAINER:

- Accountability
 - Consistency
 - Motivation
 - Expertise
- Help Identifying & Reaching your Goals
 - Personalized Workouts
- Individualized Instruction
 - Effective Workouts
 - Efficient Gym Time
 - Injury Prevention
 - Supervision
 - Safety
- Focus on your Unique Health Concerns
 - Learn New Skills
 - Special Needs Training
 - Sport Specific Training

AND SO MUCH MORE! Contact the Front Desk about our Personal Training Services & schedule a consultation with one of our four highly qualified trainers TODAY!

ANNUAL PARENT'S DAY TEA

Mark your calendar & bring your friends to our annual Holiday Senior Brunch. This activity is FREE for all adults 60+. Enjoy treats & live entertainment, too.

WHEN: Friday, May 5; 10:30 A

WHERE: Recreation Center Hallway

COST: FREE to all Seniors 60+



TANITA BODY COMPOSITION ANALYZER

Gain the information you need to optimize your health with the Recreation Center's Tanita Body Composition Analyzer. The noninvasive test provides invaluable information about your health, including body fat percentage, Body Mass Index (BMI), Basal Metabolic Rate (BMR) & much more. Schedule an appointment today with our Fitness Coordinator, Kelly Serfas Bower. Call 307-527-3487 for more information.

Purchase individual tests or buy a Punch Card for 3 tests & get the 4th test FREE!

Single Test:	\$10 Members
	\$15 Nonmembers
4 Test Punch Card:	\$30 Members
	\$45 Nonmembers

WYOMING HEALTH FAIRS MONTHLY BLOOD DRAW

Are you looking for more information about the state of your health? Wyoming Health Fairs offers monthly blood draws including a wide variety of tests (complete blood chemistry profile, prostate cancer screening, health risk assessments & more). No appointment necessary although some tests require fasting. Call 307-587-0400 or visit wyominghealthfairs.com for more details.

WHEN: 2nd Wednesday/Month; 7 to 10 A
JAN 11, FEB 8, MARCH 8, APRIL 12, MAY 10

WHERE: Recreation Center

COST: Varies Depending on Tests



SAFETY & FIRST AID PROGRAMS

Charter discounts do NOT apply to these American Red Cross classes. For more information on these classes, please contact Aquatic staff at 307-527-DIVE or e-mail jennip@cityofcody.com.

"Safety isn't expensive, its priceless." ~Author Unknown

SAFETY & FIRST AID PROGRAMS AMERICAN RED CROSS

Class Name	Age	Day	Registration Deadline	Date	Time Start	Time End	Cost	Location	Code
Adult & Pediatric First Aid/CPR/AED Blended Learning (min 6/max 12)	---	Tuesday	Jan 13 Feb 17 March 17 April 14 May 12	Jan 17 Feb 21 March 21 April 18 May 16	6 P	8 P	\$90	Online & Conference Room for Skills Session	180015-1 180015-2 180015-3 180015-4 180015-5
Wilderness First Aid Current CPR required (min 4/max 12)	14 +	Thurs/Fri/Sat	May 5	May 11 May 12 May 13	5:30 P 5:30 P 9 A	9:30 P 9:30 P 5 P	\$125	Conference Room & Outdoor location TBD	180300-1
Basic Babysitter Training (min 6/max 16)	11 - 15	Wed/Thurs/Fri	May 26	May 31 - June 2	10 A	3 P	\$55; \$65 after deadline	Conference Room	180102-1
Water Safety Instructor (min 4/max 10)	16 +	Mon - Fri	June 2	June 5 - 9	8 A	5 P	\$140	Wet Classroom & Pools	180016-1
Professional Lifeguarding (min 4/max 10)	15 +	Mon - Fri	June 9	June 12 - 16	8 A	5 P	\$140	Wet Classroom & Pools	180018-1

- **ADULT & PEDIATRIC FIRST AID/CPR/AED -** Recognize & care for a variety of First Aid & cardiac emergencies. Certificate is valid for two years.
- **WILDERNESS FIRST AID -** Teaches advanced skills to be used in emergencies when help from professional first responders may be far away. Pre-requisites: Must be at least 14 years old & hold current adult CPR/AED certification.
- **BASIC BABYSITTING TRAINING -** Created for both young babysitters & seasoned childcare professionals, our best-in-class training gives the opportunity to sharpen skills and become a safe, reliable babysitter.
- **WATER SAFETY INSTRUCTOR CLASS -** Proficient swimmers 16 and up can enhance knowledge of swimming skills in order to teach a variety of red cross swimming classes.
- **PROFESSIONAL LIFEGUARDING -** Learn team work, rescue & surveillance skills, First Aid, CPR & AED & other skills needed to work as a lifeguard.

CLASSES UPON REQUEST
 Interested in a specialty First Aid class? We have many classes available upon request! Many of these classes require a minimum enrollment. Call 307-527-DIVE for additional information.



OPEN LACROSSE

Want to learn about the fastest game on two feet? Come check out open lacrosse! No experience necessary. Equipment available to use on site.

WHEN: Fridays, January 6 though Feb 24
Excludes Feb 17; 6 - 8 P

WHERE: Recreation Center Gyms

COST: FREE to members; daily fee for non members



Community
Info



COMMUNITY SPECIAL ACTIVITY GROUPS

4-H	Extension Office	527-8560	CODY YOUTH FOOTBALL	Ryan Brown	250-2372
ABSAROKA FIGURE SKATING CLUB	Sarah Mathuin	406-850-3747	CODY JUNIOR RODEO	Melanie Ellis	527-5577
AMERICAN LEGION BASEBALL	Sharyn Polley	899-9169	GIRL SCOUTS OF WYOMING & MONT.	Main Office	800-736-5243
BOY SCOUTS	Andrew Allgeier	307-699-1064	HEART MOUNTAIN ROLLER DERBY	Heather Rhodes	899-0896
CITY PARK MINI GOLF	Office	213-5179	HUNTER SAFETY	WY Game & Fish	527-7125
CODY ARCHERY CLUB	Mark Kipley	250-5814	JUNIOR LITTLE LEAGUE	Sharyn Polley	899-9169
CODY COUNCIL ON AGING	Front Office	587-6221	PARK COUNTY ARTS COUNCIL	Steve Schrepferman	899-6693
CODY GIRLS SOFTBALL	Stacy Kondelis	250-7792	PARK CO. NORDIC SKI ASSOCIATION	Ann Anderson	587-3773
CODY KOUNTRY AQUATIC TEAM	Amber Boysen	272-3197	PARK COUNTY PEDALERS	John Gallagher	272-2953
CODY USA WRESTLING CLUB	codywrestlingclub@gmail.com		PARK COUNTY YOUTH CYCLING	Werner Noesner	272-3909
CODY VOLLEYBALL CLUB	Lisa Young	899-3988	PARK COUNTY YOUTH HOCKEY	Errell Beaudry	254-0144
CODY WILD WEST RIVER FEST	Andy Quick	587-4659	RILEY ICE ARENA	Office	587-1681
CODY YOUTH BASEBALL	Tim Poley	272-3704	SLEEPING GIANT SKI AREA	Office	587-3125
CODY YOUTH BOWLING	Pennie Morgan	587-5310	WILD WEST PADDLE CLUB	Andy Quick	587-4659
			YELLOWSTONE DIVERS	Paul Brock	899-7719
			YELLOWSTONE FIRE SOCCER	Yvonne Dewey	272-5851

City
Info



CITY OF CODY GOVERNING BODY

City Administrator: Barry Cook

Mayor: Nancy Tia Brown

Mayor Elect: Matt Hall

City Council Members:

Donny Anderson, Karen Ballinger, Jerry Fritz, Landon Greer, Steve Miller & Stan Wolz

City Council Member Elect:

Glenn Nielson

SHOSHONE RECREATION DISTRICT

Board of Directors:

Melissa Allen, Scott Aune, Jake Fulkerson, Sarah Mikesell Growney, Matt Hall, Dan Haman, Tony Hult, Jacob Ivanoff, Dossie Overfield, Alan Rosenbaum & Stan Wolz



CITY OF CODY
WYOMING



PARKS, RECREATION & PUBLIC FACILITIES STAFF

Director: Rick Manchester;

rickm@cityofcody.com

Administrative Secretary: Jolene Selk;

jo@cityofcody.com

Aquatic Supervisor: Jenni Phillips;

jennip@cityofcody.com

Aquatic Coordinator: Suzanne Palmer;

suzannep@cityofcody.com

Head Lifeguards: Seth Agee & Heidi Frost

Parks Supervisor: Eric Asay;

easay@cityofcody.com

Parks Maintenance Workers: Monte

Bales, Mike Daems, Tim Latham &

Gary Wheeler

Public Facilities Supervisor: Mike Fink;

mfink@cityofcody.com

Facilities Maintenance Workers: Mike

Creech, Mark Curless, Janice Grush,

Mike Kinder & Dale VanDusen

Recreation Supervisor: TBD

Athletic Coordinator: Ryan Brown;

rbrown@cityofcody.com

Fitness Coordinator: Kelly Serfas Bower;

kellyb@cityofcody.com

Youth Coordinator: Kymberli Quinn;

kquinn@cityofcody.com

Tiny Tots Instructor: Debbie Cottonware;

dcottonware@cityofcody.com

Recreation Assistant: Kayla Rivers;

krivers@cityofcody.com

Accounting Technician: Cindy Vaughn;

cindyv@cityofcody.com

Customer Service Specialist: Jessica

Reesy; jreesy@cityofcody.com

Office Assistants: Hannah Banks, Kevin

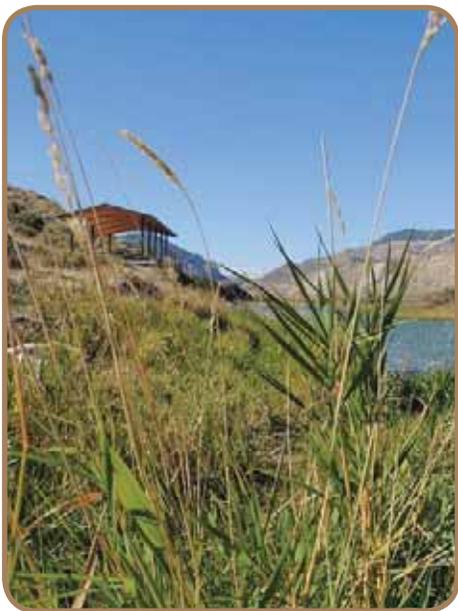
Johnson, Karla Scovel & Greg Warner



FOR MORE INFO:

Stay up to date with all the Parks, Recreation & Public Facilities happenings by subscribing to the Cody Rec Connect Newsletter at www.cityofcody-wy.gov. Be sure to watch for our monthly calendar ads in the Cody Enterprise and find us on facebook!

Parks & Rec Fun



Find us on:
facebook



RECREATION CENTER FACILITY HOURS

Effective Labor Day through Memorial Day

MONDAY to THURSDAY

5:30 AM to 10 PM

(POOL HOURS 5:30 AM TO 8 PM; FEATURES ON AT 4 PM; NO SCHOOL DAYS FEATURES ON AT 1 PM)

FRIDAY

5:30 AM to 8 PM

(POOL HOURS 5:30 AM TO 7:45 PM; FEATURES ON AT 2 PM NO SCHOOL DAYS FEATURES ON AT 1 PM)

SATURDAY

8 AM to 6 PM

(POOL HOURS 10 AM TO NOON NO FEATURES; NOON TO 5:45 PM WITH FEATURES)

SUNDAY

Noon to 6 PM

(POOL HOURS NOON TO 5:45 PM WITH FEATURES)

HOLIDAY SCHEDULE & CLOSURES

- CHRISTMAS EVE - DECEMBER 24
FACILITY OPEN 8 A TO 3 P!
- CHRISTMAS DAY - DECEMBER 25
FACILITY CLOSED!
- CITY HOLIDAY - DECEMBER 26
FACILITY OPEN NOON TO 6 P!
- NEW YEAR'S EVE - DECEMBER 31
FACILITY OPEN 8 A TO 3 P!
- NEW YEAR'S DAY - JANUARY 1
FACILITY CLOSED!
- CITY HOLIDAY - JANUARY 2
FACILITY CLOSED!
- FAMILY DAY - JANUARY 14
- FREE DAY - FEBRUARY 4
- PRESIDENT'S DAY - FEBRUARY 20
FACILITY CLOSED!
- FAMILY DAY - MARCH 4
- FREE DAY - APRIL 1
- EASTER - APRIL 16
FACILITY CLOSED!
- FAMILY DAY - MAY 7
- MEMORIAL DAY - MAY 29
FACILITY CLOSED!