

Registration Form



Participant's Name: _____ Age: _____

Parent's Name: _____

Address: _____ Phone: _____

Program: _____ Date: _____ Time: _____ Cost: \$ _____

Participant's Name: _____ Age: _____

Parent's Name: _____

Address: _____ Phone: _____

Program: _____ Date: _____ Time: _____ Cost: \$ _____

Participant's Name : _____ Age: _____

Parent's Name: _____

Address: _____ Phone: _____

Program: _____ Date: _____ Time: _____ Cost: \$ _____



Total Due: \$ _____

Payment type: Cash Check (payable City of North Platte)
 Visa Mastercard

Card # _____ Expiration _____
CVC Code on back of card: _____ (Month & Year)

September - December



North Platte Rec Center

1300 S. McDonald Rd.
North Platte, NE 69101
(308) 535-6772
www.ci.north-platte.ne.us

General Information

REC CENTER (308) 535-6772

September

Mon.-Fri. 5:30 am-9:00 pm
 Sat. 8:00 am-8:00 pm
 Sun. 1:00 pm-8:00 pm

October—December

Mon.-Thurs 5:30 am-10:00 pm
 (pool closes at 9 p.m.)
 Friday 5:30 am-9:00 pm
 Sat. 8:00 am-8:00 pm
 Sun. 1:00 pm-8:00 pm

Beginning Nov. 17

The pool will close 4-6 pm
 (Mon—Fri for Swim Team)
 * See waterslide schedule below

DAILY ADMISSION

Youth(3-18 years) \$3.75
 Adult \$5.75
 Senior (60+ years) \$5.00
 Family \$15.00

MEMBERSHIP

	6mo	3mo	1mo
Youth	\$71	\$40	\$20
Student*	\$92	\$52	\$28
Adult	\$120	\$64	\$34
Senior	\$92	\$52	\$28
Family	\$260	\$142	\$71

*Must present full time college ID

Family: A family consists of a mother and/or father (or legal guardian) and their children under the age of 19 living in the same household. Adult siblings, nannies, grandparents, grandchildren, aunts, uncles, and cousins do not fall under the classification of a family. All family members must be claimed on the same income tax form.
 *Additional fee for more than 6 family members.

Waterslide Hours

Monday thru Friday: 4-9 p.m.
 (6:15-7:15 closed M-Fri for water fitness classes)

Saturday: 11 a.m. to 8 p.m.

Sunday: 1 to 8 p.m.

The waterslide may be available on "NO SCHOOL" days for NPPS that include High School.

* Waterslide hours beginning Nov. 17th will be 7:15-9 p.m. Monday thru Friday.



Holidays & Special Events

Monday, Sept. 1 Open noon—6 p.m.
 Tuesday, Nov. 11 Open noon—6 p.m.
 Thursday, Nov. 27 CLOSED
 Friday, Nov. 28 Open noon—6 p.m.
 Wednesday, Dec. 24 TBA
 Thursday, Dec. 25 CLOSED
 Wednesday, Dec. 31 TBA



FREE Childcare

Mon/Wed/Fri: 8:00-11 a.m.
 Tues/Thurs: 9:00-11 a.m.
 Monday-Thursday: 5:30-7:30 p.m.

Services



North Platte Public Transit—1520 North Jeffers Street-535-8560
 The North Platte Public Transit offers a Fixed Route System (Road Runner) and the "demand-response" door to door service. Transportation available for citizens of all ages.

ROAD RUNNER Schedule (Monday thru Friday) 8:45 a.m. to 1:45 p.m. * \$1/ride

Parkade Plaza 201 E. 6th	8:45	9:30	10:15	11:00	11:45	12:30	1:15
Casey's 520 Rodeo Rd.	8:55	9:40	10:25	11:10	11:55	12:40	1:25
Liberty House Bus Shelter	9:00	9:45	10:30	11:15	12:00	12:45	1:30
Westfield Shopping Center	9:05	9:50	10:35	11:20	12:05	12:50	1:35
Buffalo Bill/South Oak	9:10	9:55	10:40	11:25	12:10	12:55	1:40
Walmart	9:21	10:06	10:51	11:36	12:21	1:06	

DOOR TO DOOR Service

The "demand-response" is a service that picks up directly at your door.

- Bus tickets available, please see driver for details
- All Public Transit buses are equipped with wheelchair lifts
- Call 532-1370 to schedule a ride anywhere within the city limits.

OPERATING HOURS

Mon-Fri 6 am to 8 pm
 Office closes at 7 pm
 Sat. 7 am to 5 pm
BUS FARE:
 \$1.50/ride (24 hr. notice)

R.S.V.P. North Platte Area Ready to Serve Volunteer Program

901 East 10th Street
 (308) 535-6777

Monday thru Friday 8 a.m. to 5 p.m.

The RSVP is excited to announce it is open to volunteers of all ages, not just those 55 years and older! If you are interested in becoming a volunteer, please contact the office at 535-6777 or check it out on FACEBOOK, Volunteer Match or the City of North Platte Website.

Volunteers are just ordinary people with extraordinary hearts. They offer the gift of their time to teach, to listen, to help, to inspire, to build, to grow, to learn. They've known the unexpected joy of a simple hug. They've planted tiny seeds of love in countless lives. Volunteers are just ordinary people who reach out and take a hand and together make a difference that lasts a lifetime.

"Volunteers are not paid.... Not because they are worthless,
 But because they are Priceless"



Mark Your Calendar

Sept.

Sept. 4	Drool in the Pool (5-7 pm)
Sept. 5	Drool in the Pool (5-7 pm)
Sept. 5	Movie in the park (Cloudy with a Chance of Meatballs2)
Sept. 6	Doggie Dash 5K (9 am)
Sept. 7	Arts in The Park 10 am to 5 pm
Sept. 8	Session I Swim Lessons
Sept. 9 & 11	Fall Volleyball Leagues
Sept. 19	Teen Dance (8-10:30 pm; cost is \$5)
Sept. 20	Railfest 5K
Sept 27-28	Potter's Pasture Campfire 5K



Oct

Oct. 3	Daytime/Playtime 9-11 a.m. \$1/child
Oct. 4	Autumn River Run 5K & Half Marathon
Oct. 5	Adult Dodgeball League
Oct. 6	Rookie Sports Camp (Oct. 6th, 13th, 20th, 27th) 6 pm
	Session II Swim Lessons
Oct. 10	Teen Dance (8-10:30 pm) \$5
Oct. 20	"3 on 3" Basketball League

November

Nov. 8	Flash your feathers 5K (Pratt Dental & NPCC sponsors)
Nov.11	Veterans' Day Open noon—6 pm
Nov. 17	NPBS Swim Team begins (pool closed 4-6 p.m.)
Nov. 21	Teen Dance 8-10:30 pm \$5
Nov. 27	Closed Happy Thanksgiving
	Turkey Trot 5K (sponsored by Blakely Enterprises)
Nov. 28	Holiday Hours Open noon –6 pm

December

Dec. 12	Teen Dance 8-10:30 pm \$5
Dec. 13	Jingle Bell 5K
Dec. 24	Christmas Eve Hours to be announced
Dec. 25	Christmas Day CLOSED
Dec. 3-30	Santa's Workshop at Cody Park

General Policies

REFUNDS: Refund requests for class activities must be accompanied by a receipt. NO REFUNDS will be allowed after the second class. Refunds might be in the form of a credit.

LOST & FOUND: All lost and found items will be stored for a 2 week period. They will then be donated to a needy facility. Items being claimed need to be fully described in detail before being released.

GIFT CERTIFICATES: Gift certificates are available for all services.

LOCKER RENTAL: A limited number of rental lockers are available. Check at the membership desk for availability and fees.

PADLOCKS: We recommend that you lock all personal items in a locker. Padlocks are for sale from the cashier OR bring your own lock. LOCKS MUST BE REMOVED EACH DAY.

COURT RENTALS: Racquetball, Pickleball and Tennis Courts are available for rental by the hour. Hourly fee is \$3.00.



PHOTOGRAPHY NOTICE

Staff takes pictures of program participants to use for publicity purposes. Photos may appear in brochures, on the website, social media or in other marketing publications.

PROGRAM INFORMATION

- 1) Registration for all programs are accepted on a first come, first serve basis until the maximum enrollment for each class is reached.
- 2) All registration fees MUST BE PAID at the time of registration.
- 3) Registration may be taken over the phone if a credit or debit card number is provided and charged.
- 4) If a class is full, you may be placed on a waiting list. If another class opens up or if students transfer or drop out, you will be called. Please attempt to register for another class/session as you will not automatically be placed in the next class/session
- 5) Nothing cancels a program quicker than someone waiting until the last minute to register for it. At some point we have to determine if our enrollment is sufficient to hold the program and schedule our staff. Pleaser pre-register early to ensure the program is held.

Special Days

NP Public Library

120 West 4th Street * 535-8036

Wee Read (ages infant to 3 years)

Parents and caregivers are invited to participate with their “wee” ones during this 20 minutes of fun and learning.

Wee Read meets the first and third Wednesdays of the month.

9:30—9:50 a.m.

10:00-10:20 a.m.

Preschool Story Time (ages 3 to kindergarten)

is a read-aloud and follow interactive time. It’s where friends are made, imaginations grow and independence is learned. We know every parent and caregiver would love to watch their children engage, sometimes it’s best for the child to learn those skills in a supervised non-threatening environment without the parent present.

Bring your child to Story Time and enjoy a little Library Time to yourself!



Preschool Story Time

Tuesdays

9:30-10 a.m.

10:30-11 a.m.

1:30-2 p.m.

Santa's Workshop

December 3-30, 2014

Cody Park

Concession Stand & Rides Open:

Saturday & Sunday 4-9 p.m.

Tuesday thru Thursday 6-9 p.m.

Display only will be open Dec. 25-30.

Hayrack rides, Santa visits, Horse drawn wagon rides!

Call 535-6700 for more information



Birthday Party

Packages include:

- Party Room
- *Guest Admission (everyone attending is considered a guest)
- FREE admission for the birthday child and his/her parents.

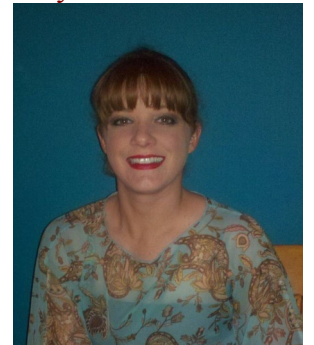


\$25 non-refundable deposit due at the time of reservation.

Package #1	Up to 10 guests	\$45.00
Package #2	11-15 guests	\$60.00
Package #3	16-20 guests	\$75.00
Package #4	21-30 guests	\$120.00
Package #5	31-40 guests	\$150.00

Health Coach

When was the last time you talked with someone about your health and received the personal attention *you* deserve?



Have you been wanting to:

- Improve your eating habits?
- Understand your body better?
- Make your self-care a priority?
- Feel confident in choosing and preparing better food for you and your loved ones?
- Experience an increase in overall happiness in your life?

It’s rare for anyone to get an hour to work on improving their health with a trained professional. Join me for a one-hour health consultation to discuss your unique situation and determine how I can help you reach your personal goals. I am here to create a supportive environment while we explore what really works for you.

Peggy is a health coach and Fitness Director at the North Platte Recreation Center. She decided to become a health coach to fulfill her passion of working with men and women who are struggling with auto-immune disorders and other digestive related disorders by helping them to discover individualized, natural methods of healing.

Peggy is currently training with the Institute of Integrative Nutrition in New York City. IIN is the world’s largest nutrition school in the world. Peggy leads workshops on nutrition and wellness and offers individual & group health and nutrition counseling to men and women.

Contact Peggy at 308-535-6772 or deaverpl@ci.north-platte.ne.us

No one diet works for everyone.

Imagine what your life would be like if you had clear thinking, energy, and excitement every day.



Water Fitness

Water Fitness classes use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. Water exercise helps increase energy, stamina and strength.

SPLASH

Something wonderful happens when you work-out in the water! Water exercise is a total body work-out that moves participants through full ranges of motion against multidirectional resistance, all while minimizing stress to joints, reducing injury risk and keeping students comfortable and cool.

Instructor: Peg Brogden

Day	Time	Fee
M/T/Th	10:00am	\$20.00/Month



AQUA BLAST

Aqua Blast is a fast-paced, full body aquatic workout, guaranteed to elevate your fitness level in a wet and wonderful way! Water aerobics is the perfect exercise for those who want to lose weight, tone muscles, and improve cardiovascular health, balance and coordination.

Instructor: Stephanie Dorr

Day	Time	Fee
Mon/Wed/Fri	6:30pm	\$20/month

AQUA SHAKE

This “pool dance party” gives new meaning to the idea of an invigorating workout. You will splash, stretch, twist, you might even do some shouting during this safe, challenging, water-based workout. You’ll get cardio, body-toning, and be exhilarated!

Instructor: Peggy Deaver

Day	Time	Fee
Tues/Thurs	6:30pm	\$15.00/month

AQUACISE FITNESS

Low-impact water class that focuses on muscle strength & balance.

Day	Time	Fee
Mon/Wed/Fri	8:00 am	\$20.00
Contact Kay Bodeen 532-8163		

Aqua Extreme

You really need to try this fun water class. You will have fun, get fit, and look forward to the next class! Instructor: Carl Rippe

Day	Time	Fee
Wed & Fri	10 am	\$15



www.ci.north-platte.ne.us

Youth Fun and Fitness



FIT KIDS

Looking for a great way to get your kids moving and more active? Check out the new 1 on 1 or group fitness sessions.

Contact Peggy for more details and scheduling options.

Rookie Sports Camp

(5-6 year olds)

Coach Klein will teach your child the fundamentals of 4 basic sports at this fun-filled camp. Sports taught will include baseball, football, basketball and soccer.

Day	Dates	Time
Monday	Oct. 6, 13, 20, 27	5:30-6:15
Fee is \$25.00		

Daytime/Playtime

(For little ones not yet in school) Come in out of the cold and bring your little ones for a morning of indoor playtime where the gym is transformed into a giant indoor playground, complete with blow up bouncers and toys. Bring a favorite riding toy if you want. Parents must supervise their own children.

Day	Dates	Time
Fridays	Oct. 3-April 24	9-11 am
Fee: \$1/child No playtime Nov. 28, Dec. 26, Jan 2		



Teen Dances

Teen Dances

Middle School and High School students should bring a student I.D. to attend Teen Dances. Cost is only \$5 and concessions are available.

September 19
October 10
November 21
December 12

8:00-10:30 p.m.

Advanced Aquatics

American Red Cross Lifeguard Training

The most up-to-date training anywhere! This edition of American Red Cross Lifeguard Training reflects the latest Emergency Cardiovascular Care (ECC) treatment recommendations and findings from the 2011 United States Lifeguarding Standards Coalition Report. This course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance, vigilance and recognition, first aid, breathing and cardiac emergencies, CPR/AED and more. Graduates of ARC Lifeguard Training receive a 2 year certification in Lifeguarding, First Aid and CPR/AED. The CPR/AED certification for working lifeguards in the State of Nebraska is valid for 1 year. Lifeguarding candidates must be 15 years of age by the last day of the session they are registering for. **NEW!** Free digital refreshers for First Aid and CPR/AED available.

Session 1		Session 2	
Nov. 14th	4-9 pm	Dec. 27-30	9 am—5 pm
Nov. 15 & 16	8 am –6 pm		
Fee is \$100 Pre-registration is required			



Pre-Course Requirements: 1) Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both but swimming on the back and side is not allowed. 2) Tread water for 2 minutes using only the legs. Candidates must place hands in armpits. 3) Complete a timed event within 1 minute and 40 seconds which includes starting in the water, swimming 20 yards with face in or out of the water. Goggles are not allowed. The candidate will then surface dive feet first or head first, swim to a depth of 7 to 10 feet to retrieve a 10 pound object, returning to the surface and swimming 20 yards on the back to return to starting point with both hands holding the object and then exit without using the ladder.

Get Fit... Stay Fit

INSANITY® Shaun T. uses a method called Max Internal Training. It's not your typical interval. You will do cardio & plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity with short periods of rest so you can burn up to 500 calories in half an hour!

Day	Time	Fee
Mon/Wed/Fri	8-9 am	\$50
Mon/Wed	6:30-7 pm	\$25/month



YOGA

Yoga benefits include a toned, flexible and strong body. It will help with respiration, energy, and vitality. Yoga can become part of your daily life... you won't just practice Yoga—you will live it.

Day	Time
Monday & Wednesday	9-9:45 am
Monday & Wednesday	5-5:30 pm
Tuesday & Thursday	4:30-5:15 pm
Fee: \$15/ month \$5/walk-in fee	



**PHYSICAL ACTIVITY HELPS YOU
LOSE POUNDS, MAKE YOU FEEL BETTER,
LOWERS YOUR BLOOD PRESSURE
AND CHOLESTEROL AND
SUPPRESSES YOUR APPETITE**

TRX Training Sessions

Don't miss out on your chance to learn how to use TRX equipment for an unforgettable workout using your entire body as weight. This workout will challenge your coordination, balance and endurance. Grab a couple of your friends and check out the latest way to firm up, challenge your entire body and transform into a lean, fat burning machine. Contact Peggy for private one on one or group sessions.

Fitness

Goals are attained not by Strength but by Perseverance.

CYCLE-LEAN

Cycle-LeanLean, strong, fit and fabulous! Based on strong fundamental cycling principles and a sound training philosophy, our indoor cycling program is designed to help you reach your fitness goals safely and confidently.

Day	Time
Mon/Wed/Fri	5:35am
Tuesday & Thursday	5:30 p.m.
3 days/Week \$30 w/o Rec Pass \$25 with Rec Pass	2 days/Week \$20 w/o Rec Pass \$15 with Rec Pass
\$5 walk-in fee by availability	



ZUMBA - Ditch the workout and join the party! This high-energy, Latin-inspired dance class will make you forget you're even exercising. Easy to follow dance moves will tone you up and slim you down. Great for all ages.

Day	Time	Fee
Mon/Wed	5:30-6:15 pm	\$20.00

All Fitness class schedules are subject to change depending on enrollment.

Cardio Pump

Expect to get your heart pumping and sweat dripping in this fun cardio mix class. Interspersed with resistance training and hand weights along with several cardio circuits to keep your body working and active. Come get your heart rate up and good vibes in this 30 minute workout.

Days	Time
Mon/Wed	4:30-5:00 pm
Fee: \$15/month or \$5/walk in Fee	

GEORGIA'S TOTAL FITNESS

H.A.B.I.T:

Hips, abs, butt and inner thighs. Non-stop movement using a variety of equipment.

Day	Time
Tuesday/Thursday	5:30 pm
Contact Georgia Osbon at 539-2764	

SilverSneakers® CLASSIC



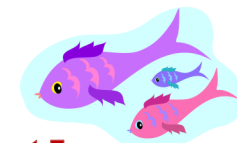
Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Instructor: Paula Smalley

Day	Time	Fee
Mon/Wed/Fri	10 a.m.	\$20.00
FREE with Humana Gold Choice or AARP Medicare Supplement		

Swim Lessons

\$24.00 for 8 Lessons (+ Pool Admission)	Session 1 Sept. 8-Oct. 1 Mon/Wed	Session 1 Sept 9-Oct. 2 Tues/Thurs	Session 2 Oct. 6-20 Mon/Wed	Session 2 Oct. 7-30 Tues/Thurs
Preschool Level 1	5:45-6:15 pm			5:45-6:15 pm
Preschool Level 2		5:45-6:15 pm	6:00-6:30 pm	
Level 1: Intro to Water Skills	6:25-6:55 pm			6:25-6:55 pm
Level 2: Fundamental Aquatic Skills		6:25-7:10 pm	6:35-7:20 pm	
Level 3: Stroke Development	7:05-7:50 pm			7:10-7:55 pm
Level 4: Stroke Improvement		7:20-8:05 pm	7:25-8:10 pm	
Level 5: Stroke Refinement	8:00-8:45 pm			8:00-8:45 pm
Level 6: Swimming & Skill Proficiency		8:15-9:00 pm	8:15-9:00 pm	

Class descriptions and requirements available at Rec Center.



Parent/Child Aquatics

Session A Sept. 8-Sept. 17 Monday & Wednesday 5:45-6:15 pm	Session B Oct. 6-15 Tuesday & Thursday 5:45-6:15 pm
\$10 + admission (adult & child 3 years and older)	

Little Otters



Little Otters Water Training for Infants and Toddlers is offered by the North Platte Recreation Center in conjunction with Great Plains Pediatrics. This training reflects guidelines from the American Academy of Pediatrics. *Little Otters* focuses on several basic aquatic skills that can benefit infants and toddlers in water rich environments, and offers water safety education to parents that teaches them how to be the first layer of protection for their children around water. The basic skills taught in the *Little Otter* program are propulsion through kicking and paddling to a point of safety, the ability to move along a wall or stationary object to a point of exit, blowing bubbles and breath holding skills, water adjustment, with the highest priority placed on learning to back float which allows a child to breathe. Early water education has been documented to reduce the risk of drowning, improve balance, coordination, strength and memory in children as well as improve cognitive function, learning readiness and socialization. *Little Otters* is the best first step in a child's complete water safety education, *Little Otters* is for children 9 months to 4 years. Lessons are 15 minute weekly lessons, one on one with an instructor. Lessons are by appointment only. Contact: Trudy Merritt 535-6772



Safety Tip

Children can drown in any pool of water, even something as small as 1 foot deep. Always watch that the children are no where near water without an adult that is alert and constantly watching them.

Platte River Fitness Series

2014 PRFS Schedule of Events

January 1	First National Bank New Year Midnight Magic 5K
February 15	Heart & Sole 5K & 10 K
March 22	NPBS Stu-Co Run for Wishes 5K
March 29	NebraskaLand National Bank Urban Adventure Race
April 5	CASA Superhero 5K
April 12	Jaycee's Bunny Run 5K
April 19	Sillasen Half-Marathon
April 25-27	NebraskaLand National Bank James O'Rourke Memorial Triathlon
May 3	Autism 5K Run/Walk
May 10	Happy Trails 5K & 15K Challenge
May 31	GPRMC Foundation Lake to Lake Relay
June 7	Hike the Spike Adventure Race
June 21	NebraskaLand Days Road Run 5K & 10K
July 4	Sutherland Firecracker 5K & 10K
July 5	Scott's Trot & Duathlon *(duathlon tentative)
July 12	Tri-Ogallala
July 13	Tri-Ogallala Twice 5K
August 2	Upstage Downtown Fun 5K
August 23	Hershey Fall Festival Adventure 5K
September 1	Running to Cure Breast Cancer 5K & 10K
September 6	Community Connections Doggy Dash
September 20	Railfest 5K
September 27-28	Potter's Pasture Campfire 5K & Duathlon *(duathlon tentative)
October 4	NP Physical Therapist's Autumn River Run 5K & Half Marathon
November 8	Pratt Dental Flash Your Feathers 5K
November 27	Turkey Trot 5K
December 13	NebraskaLand National Bank GPRMC Jingle Bell 5K



Our Vision: “Building better communities through strong bodies and bold spirits”



The Platte River Fitness Series (PRFS) is a unique model for community wellness. It is a fitness initiative representing a partnership between the North Platte Recreation Department and Great Plains Regional Medical Center, with the support of a variety of local businesses, civic organizations and communities. The PRFS is designed to support, inspire, motivate and educate citizens about the personal and community benefits of a healthy, active lifestyle by providing them with tangible, plentiful opportunities to make behavior changes last a lifetime. We embrace the model that in order to invite positive behavior change and healthier living, we must foster a community of people on the same quest to live their health and life to the fullest, create events that are open and inclusive where every ability level has a place at the start and finish lines, and where individuals feel cared for and that their health and happiness are important to the entire community. The PRFS is a socially responsible initiative that encourages local participation, local sponsorship, use of local businesses, and produces proceeds that benefit local charities and organizations. Because we believe that children cannot learn what we do not teach, the PRFS includes a fitness initiative specifically for children called “Platte River FitKids Series”, that is designed with the same mission as the adult version but with an emphasis on teaching children under 14 that exercise is something that we do for life.



GP Get Moving Club Wellness Sessions

Great Plains Get Moving Club knows the decision to make a healthy lifestyle change is a big commitment. It requires planning and focus.

Twice a month the club will offer motivating and informative sessions from 7-8 p.m. at the Rec Center.

Oct. 14: CrossFit: What is it and how does it work?

Oct. 28: Walking/Running/Biking

Nov. 4: Yoga-Do I have to be flexible? What do I wear?

Nov. 25: Shoes— so many kinds, so many questions

Dec. 9: Personal Fitness Plan for 2015—We’ll help you write

For more information, contact Pam Garrick at 308-696-7497.

Triathlon Training

START² Tri - Beginner Triathlon Training Class

Focused on the novice triathlete, *START² TRI* is a 12 week program designed to prepare you for your first triathlon experience.

Program includes:

- 90 minute group training sessions
- 12 week home training plan
- Specific instruction focusing on swimming, biking, running training
- Tips & guidance on transition, nutrition & gear choices in preparation for race goal: James O’Rourke Triathlon in April.



Date	Fee	Time
Jan. 25, 2015 to April 19, 2015 (Sundays)	\$130 + Rec Admission Mail to: 1314 West A Street	10:00-11:30 a.m.
Class size is limited. Registration deadline is Jan. 16, 2015		



Triathlete Klayton Pagel with Coach Scott & Coach Kara

Coach Scott and his wife, Coach Kara operate K & S Multisport Coaching.

“Together we PROVIDE the means to help you PERFORM at your best and PRODUCE the results you deserve.”

MEET THE COACHES

Coach Scott Wallace is a USA Triathlon Certified Coach, Level 1 since 2011 and an ACE certified Personal Trainer since 2011. Scott has been involved in Triathlons, road running, and cycling for the past 15 years. He has competed in the Boulder 5150 Olympic distance triathlon, Boulder 70.3 Ironman, Papillion Twilight Criterium bicycle race and is a former Platte River Fitness Series champion.

Coach Kara Wallace is a USA Triathlon Certified Coach Level 1. Kara’s background is completing triathlon distances from sprint to 70.3 which includes Kansas 70.3 Ironman and Boulder 70.3 Ironman, competed in running races from 5K’s to marathon distance to include the most recent 2014 Phoenix Rock & Roll Marathon and is a former Platte River Fitness Series Champion.

Coach Doug Wallace is a runner and triathlete who has been involved in the fitness community for 25+ years. Doug has competed in road running from 5K’s to marathons, including the Lincoln Marathon and qualified for and raced the Boston Marathon, for the last 5 years. He has attended running and racing seminars, and participated in many training classes. Coach Doug has seen many trends in exercise come and go and can use his experience in multisport to help you achieve your goals.

Adult Leagues

League Information and Schedules:

www.teamsideline.com/nprc

ADULT FLAG FOOTBALL LEAGUE

18 & Up

Get your team together for this fast paced 6 on 6 flag football league. Competitive and recreational leagues are available.

Contact: Travis
traviskl@ci.north-platte.ne.us

Day	Start Date	Time
Wednesday	Aug. 20	As Scheduled
Fee is \$165.00 per team. Deadline to register - Aug. 13th (\$25 late fee) Cody Park adult softball diamonds		

Fall Volleyball Leagues

Play begins Sept. 9 and Sept. 11.

Contact: Gerry
berglundgl@ci.north-platte.ne.us

Day	Start Date	Time
Tuesday	Sept. 9	6:00-9:00pm
Thursday	Sept. 11	as scheduled
Senior High students & Adults		

3 on 3 Basketball League

Teams will play 10 game season with a season ending tournament. Get a team and "Get In the Game"

Day	Start Date	Time
Monday	Oct. 20	As Scheduled
Adult League Team Registration Fee: \$80		

Adult Dodgeball League

Are you ready to dip, duck, and dive? Dodgeball is a fast paced game that anyone can play! Men's and Coed

Day	Start Date	Time
Sunday	Oct. 5	6:00-9:00pm as scheduled
Senior High students & Adults		



Gym & Swim

In the Pool



Monday	5:30 am -4 pm & 6-9 pm *4-6 pm	General Use Swim Team Practice
Tuesday	5:30 am -4 pm & 6-9 pm *4-6 pm	General Use Swim Team Practice
Wednesday	5:30 am -4 pm & 6-9 pm *4-6 pm	General Use Swim Team Practice
Thursday	5:30 am -4 pm & 6-9 pm *4-6 pm	General Use Swim Team Practice
Friday	5:30 am -4 pm & 6-9 pm *4-6 pm	General Use Swim Team Practice
Saturday	8 am-8 pm	General Use
Sunday	1 pm-8 pm	General Use

* Pool closed Monday thru Friday 4-6 p.m. beginning Nov. 17

In the Gym

Coming Soon



Monday	5:30 am-8:30 pm 8:30-9:30 pm	General Use Tennis Courts
Tuesday	6 am-3 pm 3 pm-6 pm 6 pm-10 pm	Tennis Courts General Use Volleyball League
Wednesday	5:30 am-8:30 pm 8:30-9:30 pm	General Use Tennis Courts
Thursday	6 am-3 pm 3 pm-6 pm 6 pm-10 pm	Tennis Courts General Use Volleyball League
Friday	5:30 am-9 pm * Close 8 pm Teen Dance Nights	General Use
Saturday	8 am-noon Noon-8 p.m.	Tennis Courts General Use
Sunday	1 pm-8 pm	General Use

