

We are community

Cody Park on No. Highway 30 is home to a collection of animals, picnic areas and a fine collection of children's rides, including a restored antique carousel. In addition the park houses the beautiful life-size stature of "Buffalo Bill" Cody, the display of flags from the tours of the Wild West Show and a collection of railroad locomotives and cars donated by the UPRR. In addition the 100 acre park features: swimming pool, concession area, campsite, reservable shelter for picnics, reunions and other events, horseshoe pitching, softball complex, tennis courts, large playground areas and the "Flight to 9" disc golf course.

Centennial Park, comprised of 103 acres is located between the South Platte River and Francis and Oak Streets. The park consists of youth baseball diamonds, lighted tennis courts, soccer fields, playground area, picnic shelter and gazebo. The gazebo has a raised floor, electrical hook up and is handicap accessible. Reservations can be made 1 year in advance at the Public Service Department, 1402 N. Jeffers Street.

Memorial Park, located between Bryan and Tabor on East 4th Streets consists of approximately four square blocks. Within the park are tennis courts, several open areas for picnicking, a large playground area, splash pad, UPRR small steam locomotive display and a reservable gazebo shelter.

Other parks include: Eisenhower Park, Iron Horse Park, Kris Park, Orabella Park, St. Mary's Park, South Park, West 2nd Street Park, Wilderness Park

Frequently Called Numbers

Recreation Center	535-6772
Cody Park Pool	535-6770
Police Department (business)	535-6789
Animal Control/Animal Shelter	535-6780
Library	535-8036
Parks Department	535-6706
Cody Park Concessions	535-6718
Train Display	535-6719
RSVP	535-6777
NP Public Transit (dispatcher)	532-1370
NP Public Transit (manager)	535-8560



1976-2016

Celebrating 40 years

Family - Fitness - Fun



July, August, September



www.ci.north-platte.ne.us

General Information Rec Center

REC CENTER (308) 535-6772

1300 S. McDonald Road

July & August Hours

Mon.-Fri. 5:30 am-8:00 pm
Adults only noon-1 pm
 Sat. 7:00 am-8:00 pm
 Sun. 1:00 pm-8:00 pm

September Hours

Mon.-Fri. 5:30 am-9:00 pm
 Sat. 7:00 am-8:00 pm
 Sun. 1:00 pm-8:00 pm

All Hours Subject to change for special events.



June, July, August Waterslide Hours

Monday thru Friday: 1-6:30 pm & 7:15-close
 Saturday: 11 a.m. to 8 p.m.
 Sunday: 1 to 8 p.m.

DAILY ADMISSION

Youth(3-18 years)	\$4.00
Adult	\$6.00
Senior (60+ years)	\$5.50
Family	\$16.00



MEMBERSHIP

	6mo	3mo	1mo
Youth	\$77	\$43	\$21
Student*	\$98	\$55	\$29
Adult	\$126	\$68	\$35
Senior	\$98	\$55	\$29
Family	\$272	\$150	\$73

*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.

FREE Childcare

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

Holidays



July 4th: CLOSED
 July 4th: Cody Pool Open 1-7 p.m.
 (Rec Center passes honored at Cody July 4th)
 Sept. 5th: Labor Day
 (open noon-6 pm)

COMMUNITY ROCKS

On Your Mark, Get Set... READ!

North Platte Public Library
 535-8036

Summer reading programs for children and adults!
 No registration, No fees..... Just FUN!
 Ask about the teen summer reading program and the finale lock-in
 Scheduled for Friday, July 22 from 7:00-11:00 p.m.



North Platte Area Ready to Serve Program

- * Serve your neighbor
- * Serve your community
- * Serve your country

Our Mission:

The North Platte Area Ready to Serve Volunteer Program provides a variety of volunteer opportunities within the community for individuals of all ages. These opportunities enable volunteers to participate more fully in the life of their community through significant volunteer service. (308) 535-6777

"We make a living by what we get, We make a life by what we give"
 ~ Winston Churchill



Proudly serving the citizens of North Platte!
 The NP Public Transit is a demand-response bus system sponsored by the City of North Platte, available to EVERYONE in the North Platte city limits.
 Contact Marilee Hyde, Manager at (308) 535-8562
 Dispatcher: (308) 532-1370

Mark your



July

- 1st: Registration opens for Fall Flag football (1st & 2nd grades)
- 4th: Rec Center CLOSED
Rec passes honored at the Cody Park Pool
- 4th: PRFS Sutherland Firecracker 5K and 10K
- 6th: Wacky Water Day 1:30-3:30 p.m.
- 8th: Movie in the Park (Max) - Rain date is July 15
- 9th: PRFS Tri-Ogallala Triathlon
- 11th: American Rec Cross Jr. Lifeguarding (12th; 13th; 18th; 19th; 20th; 25th)
- 11th: Session B Parent/Child Swimming lessons begin
- 11th: Session 3 Learn-To-Swim lessons begin
- 13th: Preschool soccer (July 13, 20, 27)
- 21st: Lincoln County Fair 5K
- 25th: Session 4 Learn-To-Swim lessons begin
- 25th: 1st & 2nd grades flag football camp
- 26th: 1st & 2nd grades flag football camp
- 27th: Wacky Water Day 1:30-3:30 p.m.
- 30th: "Here's to Health" WCNDHD Health Fair

August

- 1st-4th: Lifeguard Training
- 5th: Movie in the Park (Minions)
- 6th: Upstage Downtown 5K
- 10th: Wacky Water Day 1:30-3:30 p.m.
- 24th: Adult Flag Football League
- 27th: Hershey Fall Fun Festival Adventure 5K

September

- 5th: Labor Day (open noon-6 pm)
- 6th: Drool in the Pool
- 8th: Drool in the Pool
- 9th: Drool in the Pool
- 10th: PRFS Doggie Dash 5K
- 10th: Drool in the Pool
- 11th: Arts In The Park
- 12th: Session C Parent/Child Swimming Lessons begin
- 12th: Session 5 Learn-To-Swim lessons begin
- 15th: Fall Volleyball (Thursday league)
- 20th: Fall Volleyball (Tuesday league)
- 24th: PRFS Potters Campfire 5K Trail Run/Walk

Cody Pool

(308) 535-6770
1401 North Jeffers Street

Weather Alert! If lightning is in the area, Cody pool, Rec pool, sauna and hot tub will be closed until no lightning has been spotted for 30 minutes.



Stay Cool at the Pool



Daily Admission

Youth (3-18 years)	\$ 2.25
Adult	\$ 3.00
Senior (60 + years)	\$ 2.50
Family	\$ 8.00

Cody Summer Pool Pass

Youth (3-18 years)	\$ 30.00
Adult	\$ 42.00
Senior (60 + years)	\$ 35.00
Family	\$ 85.00

July & August
Open 1-8 p.m. daily
(Adult lap swim: Monday-Friday 11:30 am-1 p.m.)

Cody Pool will have adjusted hours when
The NPPS begin Aug. 16

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.

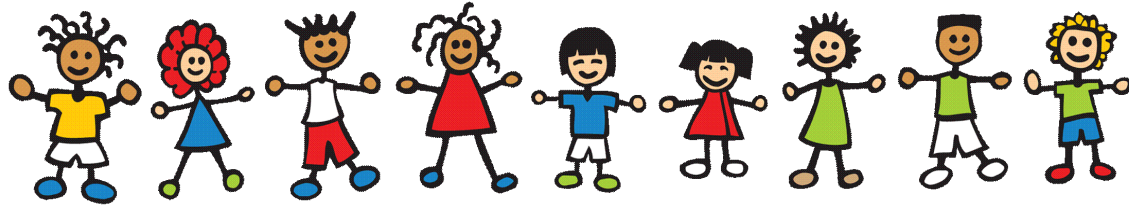
PADLOCKS: We recommend that you lock all personal items in a locker. Padlocks are for sale from the cashier OR bring your own lock. LOCKS MUST BE REMOVED EACH DAY.

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

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. Please pre-register early to ensure the program is held.

Childcare



Monday	Tuesday	Wednesday	Thursday	Friday
8-11 a.m.	8:30-11 a.m.	8-11 a.m.	8:30-11 a.m.	8-11 a.m.
5:30-7:30 p.m.	5:30-7:30 p.m.	5:30-7:30 p.m.	5:30-7:30 p.m.	

Our goal is to provide a safe and fun environment for your child!

Childcare is offered for children while parents workout or take a fitness class. Parents must be in the building at all times. Children 12 months and older or, at least, walking.

Ask for childcare guidelines.

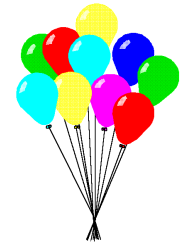
Your child must be checked-in when entering the childcare area.

PLAY
SHARE
Clean up
LAUGH
TAKE TURNS
IMAGINE
CREATE
NO FIGHTING
giggle

Party Time

Today you are you.
THAT IS TRUER THAN TRUE

There is no one alive who
IS YOUER THAN YOU.
 - Dr. Seuss



Have your birthday party at the "REC"

RESERVATION TIMES

Saturday: 11:30 am-1:30 pm
 (waterslide opens at 11 a.m.)
 2:00 pm-4:00 pm
 4:30 pm-6:30 pm

Sunday: 1:30 pm-3:30 pm
 (other times available pending room availability)

PACKAGE INCLUDES:

- Birthday party room
 - Guest admission
 - FREE admission for the birthday child and his/her parents
- Blow-up "Bouncers" and a Wii System are available for \$25.00 extra/each

RESERVATION POLICY

\$25.00 is due at time of time of reservation. This amount is non-refundable and will be applied to the total cost of your birthday party package.

1/2 of Party Room

Package #1
 Up to 10 guests
 \$45.00

Package #2
 11-15 guests
 \$60.00

Package #3
 16-20 guests
 \$75.00

Full Party Room

Package #4
 21-30 guests
 \$120.00

Package #5
 31-40 guests
 \$150.00

Package #6
 Over 40 guests
 \$150 + \$3.00/guest

Aquatic Fitness

A "cool" way to get in shape

SPLASH

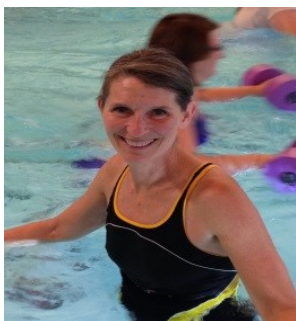
Something wonderful happens when you work-out in the water! Water exercise is a total body work-out for all fitness levels & ages. You will LOVE it!

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

Splash



Aqua Blast



AQUA BLAST

Aqua Blast is a fast-paced, full body aquatic workout, guaranteed to elevate your fitness level in a wet and wonderful way. Some deep water workouts.

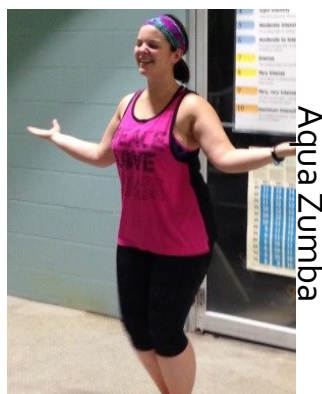
Day	Time	Fee
Mon/Wed/Fri	6:30pm	\$20/month

AQUA ZUMBA

Looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine? We're bringing the fitness party to the pool! Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class, so you can really get loose! Water creates natural resistance, which means every step is more challenging and helps tone your muscles!

Days	Time
Tuesday/Thursday	6:30 pm
Fee: \$15/month or \$5/walk in Fee July & August class meets at Cody Pool	

*"Just add water
and shake!"*



Aqua Zumba

AQUACISE FITNESS

Low-impact water class that focuses on muscle strength & balance. Call Kay Bodeen at 532-8163 (Private Instructor)

Mon/Wed/Fri	8:00 am	\$20.00
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FAMILY - time for fun

FREE



Family Movie Nights

Watch your favorite movie under the stars at "Movie in the Park". The big 16' screen will give you the feeling of the old time drive-in theater.

Bring your lawn chairs, blanket and snacks. Concession stand will open 30 minutes before each movie with hot dogs, popcorn and other concession items. All movies will start at dusk. This project is funded in part by a grant from Mid-Nebraska Community Foundation.

Date	Movie
July 8th	Max 
August 5th	Minions 
Rain dates: July 15th, August 19th	
Cody Park Adult Softball Fields (concessions will be sold)	



Skate

Bring your skates & your friends!

Tuesdays
(beginning June 7th)
2-4 p.m.

Daily admission or current Rec Pass required.

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.



FUN Wacky Water Days

Children ages 3-8
SUPER water fun on the lawn
(north side of Rec Center)
Waterslide, slip & slide, and MORE
Parents supervise their own children.
Fee: \$2.00

Wednesdays (1:30-3:30 pm)
July 6, July 27, Aug. 10

Advanced Aquatics



Lifeguard Training

Summer Session	
August 1-4	
9 a.m. to 5 p.m.	\$100

Lifeguards protect their community by preventing, recognizing, and responding to water-related emergencies. 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 victim recognition, first aid, breathing and cardiac emergencies, CPR/AED and more. American Red Cross Lifeguarding is the premier training for swimming pool lifeguards and gives you a 2-year certification in Lifeguarding, First Aid and CPR/AED.

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.

American Red Cross Jr. Lifeguarding Day Camp

American Red Cross Junior Lifeguarding Day Camp

American Red Cross Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills, but will learn techniques and build stamina during this program. Junior Lifeguarding is an effective transition from upper-level Learn-to-Swim courses to the ARC Lifeguarding program, challenging participants to stay involved with aquatics. Junior lifeguards will be introduced to the skills needed for entry into the American Red Cross Lifeguarding course, communication and decision-making skills, the basic knowledge and skills required to be a lifeguard. Leadership starts early, and Junior Lifeguarding is a great first experience for youth 11-14.

Dates: July 11, 12, 13, 18, 19, 20, 25		
9 a.m. to 1 p.m.	Cody Pool	\$50

.... And you're halfway there!

Silver Sneakers



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. Silver Sneakers is an innovative program offered through participating health plans & gives you the freedom to get fit your way.

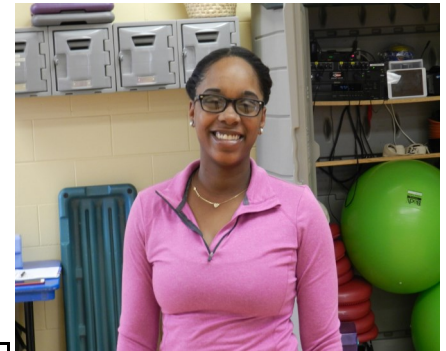
Day	Time	Fee
Mon/Wed/Fri	10 a.m.	\$20.00
FREE with Humana Gold Choice or AARP Medicare Supplement		



EXERCISE
has been known
to cause health
HAPPINESS

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. \$15/month



Yoga

Mon/Wed	9-9:45 a.m.
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Pound

POUND—Rock Out Workout!

A full-body jam session, combining easy to follow cardio moves with strength training and drumming. It's 30 minutes of burning calories, strengthening and sculpting infrequently used muscles. Drum your way to a leaner, slimmer physique, all while rocking out to your favorite music.

Days	Time
Mon/Wed	6:30-7:00 p.m.
Fee: \$15/month or \$5/walk in Fee	

Believe you can


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
3 days/Week \$30 w/o Rec Pass \$25 with Rec Pass	2 days/Week \$20 w/o Rec Pass \$15 with Rec Pass



Cycle-Lean

Cycle daily for a healthy 

Zumba HIIT



Zumba

Zumba HIIT

(High Intensity Interval Training) Kick it up a notch with this fast-paced, high intensity workout!

Day	Time	Fee
Tues/Thurs	7 p.m.	\$20.00

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

Little Otters

 **Great Plains Pediatrics**

A clinic of North Platte Nebraska Physician Group, LLC



Call Phil at 535-6772

Little Otters Early 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 is a flexible, family-friendly program that focuses on core skills that lay the groundwork for swimming readiness. Basic skills include propulsion to a point of safety, breath control, floating, gliding, and entering and exiting the water.

Little Otters is a child-centered program that respects the developmental stage of each little swimmer and with its one-on-one instruction, allows each child to progress at his or her own pace. Early water training has been documented to reduce the risk of drowning, and improve balance, coordination and strength. Studies also show that not only do child swimmers achieve physical feats faster; they are more cognitively advanced, testing months and sometimes years ahead of their peers intellectually! There is magic in the water! Lessons are private 15-minute sessions. All children 3 and over must pay daily admission or have a membership.

Children 6 months to 3 years of age.

Parent Child Aquatics

Session B	Session C
July 11, 13, 18, 20 Mon/Wed	Sept. 12, 14, 19, 21 Mon/Wed
5:15-5:45 pm	5:15-5:45 pm

The purpose of the Parent/Child aquatics program is to teach safe behaviors around the water exploration activities with the object of having fun and becoming comfortable in, on & around the water. A parent accompanies the child in the water.

\$10 + daily fee or current rec pass.

Swim Lesson Descriptions

PARENT & CHILD AQUATICS

Developed for children 6 months to 3 years. The purpose of Parent & Child Aquatics is to teach safe behaviors around the water & develop swimming readiness by leading parents & their children in water exploration activities with the object of having fun and becoming comfortable in, on & around the water.

PRESCHOOL AQUATICS

Preschool Aquatics aims to promote the developmentally appropriate learning of fundamental water safety & aquatic skills by young children 3-5 years of age.

LEVEL 1: INTRODUCTION TO WATER SKILLS

- Enter & Exit Water
- Front glide/back glide/back float/recover to vertical position
- Roll from front to back
- Bobbing
- Open eyes & retrieve objects in shallow water

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

- Fully submerge and hold breath
- Open eyes under water and retrieve objects
- Front jellyfish and tuck floats
- Front and back glides and back float
- Change direction of travel while swimming on front or back
- Staying safe around water



LEVEL 3: STROKE DEVELOPMENT

- Enter water by jumping from the side, headfirst entries from side in sitting and kneeling positions
- Back float
- Change from vertical to horizontal positions on front and back
- Flutter, dolphin and scissor kicks
- Front crawl and elementary backstroke

LEVEL 4: STROKE IMPROVEMENT

- Headfirst entries from side in compact and stride positions
- Swim under water & survival swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back

LEVEL 5: STROKE REFINEMENT

- Shallow-angle dive from side
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly

LEVEL 6: SWIMMING & SKILL PROFICIENCY

Refines strokes so participants swim with ease. Prepares participants for advanced aquatics including Water Safety course & competitive swimming.

Get Up & Get Started Beginning 5K Program



In partnership with Great Plains Health and the Platte River Fitness Series, the Rec Center will be offering you an opportunity to train and prepare for a 5K walk, walk/run, or run. The process of training to cover 3.1 miles on foot is a proven method to improve your level, minimize the risk of injury, and learn how to make exercise a positive daily habit and allow you to claim a healthy life. This program offers 2 opportunities each week for you to meet with others who are also trying to reach the finish line! We will gradually build the time and distance you cover over a 12-week period to get you to the starting line in a healthy way. Group walk/runs are held on Tuesdays at 6:30 a.m. and Thursdays at 7:30 p.m. with a program for every level ability. Come once per week or both days! Groups meet at the Rec Center. The goal race is the Autumn River Run 5K on October 8th. A complete program and group support is provided. Participants receive a free t-shirt for the program, a free race shirt, and free entry into the 5K.

July 19 thru Oct. 10

Georgia's Total Fitness

Improve strength, cardiovascular endurance and flexibility.

Call Georgia for personal training or
Come to one of her FIT classes:

Day	Time
Mon/Wed/Fri	BUILD & BURN 8 am
Tues/Thurs	H.A.B.I.T. 5:30 pm
Call for personal training information 539-2764	



Changing Lives

Platte River Fitness Series 2016 Outreach

Platte River FitKids

The **Platte River Fitness Series** includes an outreach specifically for children 14 & under. The FitKids Series has the same mission as the adult version with the emphasis on teaching children 14 and under that exercise is something we do for life. The FitKids Series includes Finisher's Distinction for kids completing all events except the adult triathlons. The Points Competition will include point awards for all the adult events plus the kids mile for those events having this distance. FitKids can compete for awards in both the adult Points Competition and FitKids competition. Watch for additional Platte River FitKids events throughout 2016.



LEADING LADIES Nebraska

"Everyone is a star!"



Leading Ladies Nebraska is an outreach of the Platte River Fitness Series specifically for women. It is an on-line community where women can seek and find support, encouragement, information, and care in leading active, healthy lives. It is a community intended to empower women to live fully in a spirit of acceptance and to develop their full potentials as women and as fitness enthusiasts. The Leading Ladies are provided with training information and go as a team to specially selected marathon/half-marathons. The next 2016 Leading Ladies Nebraska event will be the summer Aspen Valley Marathon and Half-Marathon on July 16, 2016. They will also participate in North Platte's first full marathon, the Chris Jarvis Memorial Marathon/Autumn River Run Half-Marathon on October 8, 2016.

Learn To Swim

Rec Center

\$25 for 8 Lessons (+ Admission)	Session 3 July 11-21 Mon-Thurs 2 weeks	Session 4 July 25-Aug. 4 Mon-Thurs 2 weeks	Session 5 Sept. 12-Oct. 5 Mon/Wed. Evening	Session 5 Sept. 13-Oct. 6 Tues/Thurs Evening
Preschool Aquatics	9:00-9:30 am 10:00-10:30 am 11:00-11:30 am	9:00-9:30 am 10:00-10:30 am 11:00-11:30 am	5:45-6:15 pm	5:45-6:15 pm
Level 1 Intro to Water Skills	8:15-8:45 am 9:00-9:30 am 10:00-10:30 am 11:00-11:30 am	8:15-8:45 am 9:00-9:30 am 10:00-10:30 am 11:00-11:30 am	6:25-6:55 pm	
Level 2 Fundamental Aquatic Skills	8:00-8:45 am 9:00-9:45 am 11:00-11:45 am	8:00-8:45 am 9:00-9:45 am 11:00-11:45 am		6:25-7:10 pm
Level 3 Stroke Development	8:00-8:45 am 10:00-10:45 am	8:00-8:45 am 10:00-10:45 am	7:04-7:50 pm	
Level 4 Stroke Improvement	10:00-10:45 am 11:00-11:45 am	10:00-10:45 am 11:00-11:45 am		7:20-8:05 pm
Level 5 Stroke Refinement	9:00-9:45 am	9:00-9:45 am	8:00-8:45 pm	
Level 6 Swimming & Skill Proficiency	8:00-8:45 am	8:00-8:45 am		8:15-9:00 pm

Cody Pool Evening

\$25/8 Lessons + Admission	Session 3 July 11-21 Mon-Thurs 2 weeks	Session 4 July 25-Aug. 4 Mon-Thurs 2 weeks
Level 1 Intro to Water Skills	4:30-5:00 pm	4:30-5:00 pm
Level 2 Fundamental Aquatic skills	5:10-5:55 pm	5:10-5:55 pm
Level 3 Stroke Development	6:05-6:50 pm	6:05-6:50 pm
Level 4 Stroke Improvement	7:00-7:45 pm	7:00-7:45 pm

Rec Center Evening (Summer)

\$25/8 Lessons (+ admission)	Session A June 6-29 Mon & Wed.	Session B July 11-Aug. 3 Mon & Wed.
Preschool	5:55-6:25 pm	5:55-6:25 pm
Level 1	6:35-7:05 pm	6:35-7:05 pm
Level 2	7:15-8:00 pm	7:15-8:00 pm

All classes require lesson fee + admission. Registration fee is required at the time of registration. All programs are on a first come, first serve basis until the maximum enrollment for each class is reached. If a class is full, you may be placed on a waiting list. No refunds will be allowed after the second class. Refunds may be in the form of a credit. Please pre-register early.

Special Events

Drool In The Pool

Calling all well behaved dogs!
 Have your “people” bring you to the Cody Park Swimming Pool and join in the shenanigans!
 “Drool In The Pool” is a time to take a dip in the pool, chase a tennis ball and play with your 4-legged friends.
 No humans in the pool, please!



- Sept. 6 (Tuesday) 5-7 p.m.
- Sept. 8 (Thursday) 5-7 p.m.
- Sept. 9 (Friday) 5-7 p.m.
- Sept. 10 (Saturday) 10:30 am to 3 pm

Arts in the Park



Get ready for this annual FREE event September 11 from 10 am to 4 pm in beautiful Cody Park. Going on 43 years, this “show” has become a favorite fall event drawing over 1,000 visitors during the day of food, entertainment, kids’ zone, shopping and FUN!

Call Marilee Hyde for more information
 (308) 539-7217

Like us on Facebook:
 Arts in the park and spring fling craft shows

2016 PRFS Schedule of Events

- January 1 New Year Morning Magic 5K (*race will NOT be held at midnight! Will be held New Year’s morning at the Rec Center for warmth for pre- and post-race activities!)
- February 13 Heart, Mind & Sole 5K & 10K
- March 19 Light Up the Night 5K
- April 16 Sillassen Half-Marathon and 5K
- April 22-24 James O’Rourke Memorial Triathlons
- May 21 Lake to Lake Relay
- June 18 NEBRASKAland Days 5K & 10K Road Run
- July 4 Sutherland Firecracker 5K & 10K
- August 27 Hershey Fall Festival Adventure 5K
- September 10 Doggie Dash 5K
- September 24 Campfire Trail 5K at Potter’s Pasture
- October 8 Autumn River Run 5K & Half-Marathon
- November 24 Turkey Trot 5K
- December 10 Jingle Bell 5K



INAGURAL CHRIS JARVIS MEMORIAL MARATHON

The following “ALUMNI EVENTS” do not count for PRFS points, but will use PRFS timing equipment operated by our experienced race directors! Additional Alumni Events may be added. Paper entry forms for all Alumni Events will be available at the Recreation Center.

- April 2 CASA Superhero 5K
- June 10 Twilight 5K & Dog Walk
- July 21 Lincoln County Fair 5K
- August 6 Upstage/Downtown Fun 5K
- November 5 Flash Your Feathers 5K





"Building 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 Health with the support of a variety of local businesses, civic organizations and communities. The Platte River Fitness Series is designed to support, inspire, motivate and educate citizens about the personal and community benefits of a healthy, active lifestyle. The PRFS does so by providing participants with tangible and consistent goals to work toward. We embrace the model that in order to achieve positive behavior change and healthier living, we must foster a community of people with the same desire to live a full and healthy life. We nurture our "fitness family" by creating events that are open and inclusive, where every ability level has a place at the start and finish lines, and where individuals feel 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.

www.platteriverfitness.com

After 3 years of outreach to teach organizations how to benefit their cause AND encourage community fitness by hosting races, **the 2016 PRFS will return to its original competition format!** The Finishers Challenge will once again be a single category, where participants must complete all 15 events (any distance) to achieve the Finisher's Distinction. The Points Competition will remain the same. Those 60 & over will not be required to complete the triathlons while those 14 & under must participate in the O'Rourke Kids Triathlon, but will not be required to compete in the other triathlons.



**Decide! Commit!
Train! Achieve!**

*Autumn River Run 5K
Half Marathon
Chris Jarvis Memorial Marathon*



Always in our hearts!

Whether you are trying your first 5K, crushing 13.1 miles in the half-marathon, or you've ever dreamed of completing a marathon, your hometown fitness family will be alongside you on the road! A unique, certified course, an 8 hour time limit (making this event walker friendly), professional timing, large custom finishers medal and neck ribbon; technical race shirt; race photos, pre-race party and so much more!

www.autumnriverrun.com

"Here's to Health"

2016 Health Fair/Community Health Improvement Process (CHIP)



"The community, working together to promote, protect, and improve the health for all, through education and services."

Mark your calendar for July 30th, 2016! West Central District Health Department (WCDHD) and community partners will be sponsoring a Health Fair and Community Health Improvement Process kick-off event at the Recreation Center in North Platte from 7 am to 2 pm.

Festivities include:

- "Salute to Veterans" 5K Run 7 am
- Healthy breakfast snacks.
- Health & Wellness booths from 10 am to 2 pm from WCDHD & other community partners.
- Free health screening services including: Body Mass Index (BMI), blood pressure checks, and finger-stick glucose
- Preventive health education
- Environmental education
- Demonstrations
- Special Veterans services
- Smart 911
- Grilled lunch provided by Nebraskaland National Bank
- Car seat education
- Medication checks

Visit our website at www.wcdhd.org and Facebook to sign-up for the "Salute to Veterans" 5K or to view continuing updates and information on this upcoming event. Contact Brandi @ 308-221-6839 or email her lemonb@wcdhd.org with any further questions.

Leagues

League Information and Schedules:
www.teamsideline.com/nprc

Adult Flag Football League

Ages 18 and older
 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

Days	Date	Time
Wednesday	Begins Aug. 24th	As scheduled
Fee: \$165 (\$50 late fee if registration is not paid in full by week1) Entry deadline: August 17th Cody Park adult softball diamonds		

Fall (women's) Volleyball Leagues

Days	Date	Time
Tuesdays	September 20	6-9 pm as scheduled
Thursdays	September 15	6-9 pm as scheduled
(High school age students and older) Fee: \$140/team Registration deadline: September 9th 9 weeks + tournament play Contact: Gerry berglundgl@ci.north-platte.ne.us		

Together
Everyone
Achieves
More



Watch for details!

Adults call it "working out"

Kids call it "playing"

Preschool Soccer

4 and 5 year old soccer is all about having fun and making friends. Fitness is just a bonus. Passing, dribbling and taking shots at the goal is the focus for this summer preschool activity. Coach: Gerry



Days	Date	Time
Wednesday	July 13, 20, 27	10-10:45 am
Fee: \$30 Includes t-shirt Limited to 20 children		



1st and 2nd Grade Flag Football Camp
 Select coaches and players will guide participants through a series of football fundamentals. All skill levels are encouraged to participate

Days	Date	Time
Monday	July 25th	10-11 am
Tuesday	July 26th	10-11 am
Fee: \$30 (includes t-shirt) Camp will be held on the t-ball fields directly south of the Rec Center		



1st & 2nd Grade Flag Football
 Rec Center flag football supports the development of young athletes socially and athletically. This league is 5 on 5 allowing each player an opportunity to play every position on the field. An emphasis will be placed on equal playing time and making sure every player has a positive experience. Teams are organized by school. Volunteer coaches are needed. Playbooks are provided.

Contact: Travis
 Registration begins July 1st

Days	Date	Time
Thursdays	Watch for details	
\$40 through July 31; \$45 Aug 1 Registration opens July 1 Games played at Centennial soccer fields		