



Forest City

PARKS & RECREATION

2018 Summer Brochure

FOREST CITY PARKS AND RECREATION DEPARTMENT

ADDRESS: 146 WEST L STREET **PHONE:** 585-4860

WEBSITE: forestcityparksandrec.com **E-MAIL:** fcparksrec@wctatel.net

SUMMER OFFICE HOURS: 9:00 A.M. – 4:00 P.M.

AQUATIC CENTER PHONE NUMBER: 641-585-2650

PARKS AND RECREATION BOARD MEMBERS

Chad Reece, Chairman

Mary Beth Barnes

Jason Bruckhoff

Mike Johnson

Missy Reynolds

FULL TIME STAFF

Sue Edmondson, Director Cell: 641-251-4534

Amy Vrieze, Program Director

Tuff Anderson, Park Superintendent

REGISTRATION INFORMATION

Registration is on a first come first serve basis. Pre-registration is required for ALL programs with fees due and payable at the time of registration! No registration is complete until the fee has been paid and your name has been added to the registration list. Some programs have a minimum or maximum number of participants – this is done to ensure the quality of our activities.

Ways to Register:

* **Mail in to:** Forest City Parks & Recreation P.O. Box 121 Forest City, Iowa 50436

* **Walk in to:** Parks & Recreation Office at 146 West L Street

* **Online at:** forestcityparksandrec.com

CANCELLATIONS / INCLEMENT WEATHER

All outdoor programs will be held as scheduled if at all possible. Please listen to KIOW 107.3 FM for possible cancellations due to inclement weather conditions also posted on website. When youth are involved, parents are asked to pick up their children from the program site as soon as possible if threatening weather conditions occur.

RECREATION PROGRAM SIGN - UP WEEK

MAY 14 - MAY 18 9:00 a.m. – 5:00 p.m.

(Family Pool Passes are \$10 off the regular price this week only!)

* SWIM LESSON REGISTRATION *

SATURDAY, MAY 12 online starting at:

8:00 a.m. for Session I

10:00 a.m. for Session II

NOON for Session III

Will take no more than 10 in a class! Fee: \$30.00

A “SPECIAL THANKS”

To Our Baseball / Softball Sponsors:

- * A & W Restaurant And Drive Thru
- * Farm & City Insurance Services
 - * Forest City Family Dentistry
 - * Forest City Ford Mercury Inc.
 - * H & R Block
 - * KIOW 107.3
 - * Lichtsinn RV
 - * MBT Bank
 - * Miller Pharmacy
 - * Poet Biorefining
 - * Shooterz
 - * Scoopy Doos
 - * TSB Bank

To Our Adopt-A-Garden Volunteers:

- * Joan Kobriger – Woodland Park
- * Ann & Madalyn Schott – Sunshine Park
- * Evelyn Vrieze – Civic Auditorium

AQUATIC CENTER INFORMATION

HOURS OF OPERATION: **WEEKDAYS:** 1:00 – 8:00 p.m.
WEEKENDS: **Saturday:** 1:00 – 8:00 p.m.
Sunday: 1:00 – 6:30 p.m.
** Family Time: 6:30 - 8:00 p.m.*

ADMISSION PRICES: **DAILY:** \$4.00 (2 and under are free) 55 & up: \$3.50
FAMILY PASS: \$120.00
(Immediate Family Members **ONLY** ie: Father, Mother, Sisters & Brothers)
INDIVIDUAL PASS: \$80.00
(*Family Pool Passes \$10 off the week of May 14th*)

***FAMILY POOL PASSES AND INDIVIDUAL PASSES MAY BE PURCHASED AT THE
PARKS & RECREATION OFFICE AND AQUATIC CENTER***

AQUATIC CENTER RENTAL:

Groups may rent the aquatic center for private parties, during the week, on Thursday, Friday or Saturday from 8:00 – 10:00 p.m. All food must be served on picnic tables in concession stand area. Must fill out rental form & **PAY AT PARKS & RECREATION OFFICE.** Fee: \$200/2 hours.

SWIMMING APPAREL:

All users of the Forest City Family Aquatic Center must wear a regulation swimsuit - **NO** colored T-shirts, cutoffs, sweatpants, or shoes allowed. We are not responsible for lost or stolen items. Swim diaper or tight fitting plastic pants are required for all non-toilet trained children. Swim diapers will be available at no charge, at the front desk.

POOL CLOSING:

For inclement weather, mechanical breakdown, low participation, schedule changes! We will also close at 3:00 p.m. for home swim meets: June 13, 20 & 27 - signs posted on the door.

**REMEMBER: ALL YOUTH UNDER 8 MUST BE ACCOMPANIED BY SOMEONE
16 YEARS OF AGE OR OLDER TO BE ADMITTED INTO THE AQUATIC CENTER**

SWIM TEAM INFORMATION

SUMMER SWIM TEAM:

Competitive swimming at its best for kids age 6-18. Swim in the AHEELA Conference with Algona, Cherokee, Eagle Grove, Emmetsburg, Fort Dodge, Humboldt, Laurens, Rockwell City and Storm Lake. League meets on Wednesday nights starting at 5:30 and practices M-T-TH-F starting at Noon. Fee: \$62.00 (includes t-shirt). **Swim Team Suits may be purchased at the Parks & Rec Office during Recreation Program sign – up week only!!** Girls: \$50.00 Boys: \$35.00. First day of practice, June 4. **Parent Swim Team Shirts (\$10.00) must also be ordered the week of May 14TH ONLY! Sign – up deadline: May 25th.**

SWIM TEAM PICTURES:

Swim Team Pictures will be taken at the Aquatic Center Wednesday, JUNE 6 11:00 a.m. – NOON for individual photos and at Noon for the team photo. Raindate: Thursday, June 7th same time. Picture packets will be handed out the **first day of practice, June 4.**

2018 SWIM TEAM SCHEDULE

JUNE 13	HOME	VS	WEBSTER CITY
JUNE 20	HOME	VS	EAGLE GROVE
JUNE 27	HOME	VS	LAURENS
JULY 11	AWAY	VS	HUMBOLDT
JULY 18	AWAY	VS	EMMETSBURG

**** Conference Meet Saturday, July 21 in Eagle Grove ****

SWIM LESSON INFORMATION

Fee: \$30.00

Sign up Saturday, May 12 (online only)

Session I at 8:00 a.m.

Session II at 10:00 a.m.

Session III at Noon

SESSION I: JUNE 18-28

10:00 LEVEL 2, 3, 5

11:00 LEVEL 1, 4, **pre - 1**

5:00 LEVEL 1, 2, 3, 4, **pre - 2**

Pre-1= Pre-School Aquatics level 1

Pre-2= Pre-School Aquatics level 2

SESSION II: JULY 2-12

10:00 LEVEL 2, 3, 5

11:00 LEVEL 1,6(**ws**), **pre-2**

5:00 LEVEL 1, 2, 3, 4

WS= Personal Water Safety

Pre-2= Pre-School Aquatics level 2

SESSION III: JULY 16-26

10:00 LEVEL 3, 4, 6(**FS**)

11:00 LEVEL 1, 2, 5

5:00 LEVEL 1, 3, 5, **pre-3**

FS= Fitness Swimmer

Pre-3= Pre-School Aquatics level 3

*** IF YOUR CHILD CAN DO ALL THE SKILLS LISTED IN A LEVEL, HE/SHE NEEDS TO BE PLACED IN THE NEXT LEVEL.**

Pre-School Aquatics: LEVEL 1

- > Enter & exit water independently
- > blow bubbles: 3 seconds
- > submerge mouth, nose and eyes
- > Open eyes underwater and retrieve submerged objects
- > Front glide with or without assistance (2 body lengths)
- > Back glide with or without assistance (2 body lengths)
- > Roll from front to back with assistance & recover
- > Arm and hand treading action
- > Alternating arm and leg action on front & back
- > Water Safety rules

Pre-School Aquatics: LEVEL 2

- > Enter & exit water independently
- > Bobbing (5 times) independently
- > Open eyes underwater and retrieve submerged objects
- > Front & back glide with or without assistance (2 body lengths)
- > Front & back float (3 seconds) with or without assistance
- > Tread water using arms & legs (15 seconds)
- > Combined Leg & arm action on front & back (3 body lengths) with or without assistance
- > Finning arm action on back (3 body lengths)
- > Water Safety rules

Pre-School Aquatics: LEVEL 3

- > Enter water by jumping in independently
- > Fully submerged and hold breath (10 seconds)
- > Rotary breathing (5 times) independently
- > demonstrate front float, jellyfish float& tuck float (10 seconds) independently
- > Back glide (3 body lengths) independently
- > Back float (15 seconds) independently
- > Recovery from front and back floats independently
- > Changing direction while traveling independently
- > Tread water (30 seconds) independently
- > Combined arm & leg action on front and back (5 body lengths) independently
- > Finning arm action (5 body lengths) independently
- > Safety rules

LEVEL 1: INTRODUCTION TO WATER SKILLS

- > Enter & exit water independently
- > Fully submerged face / blow bubbles
- > Open eyes under water and retrieve an object
- > Front float (2 body lengths)
- > Back float (2 body lengths)
- > Bounce up & down, 3 times, in chest deep water
- > Walk 5 yards in chest deep water with balance
- > Alternating leg action on front and back (2 body lengths)
- > Alternating arm action on front (2 body lengths)
- > Combined arm and leg action on front and back (2 body lengths)
- > Tread water in chest deep water
- > Safety rules
- > Lifejacket in shallow water

LEVEL 4: STROKE IMPROVEMENT

- > Deep water bobbing
- > Experiment with buoyancy & floating position
- > Rotary breathing
- > Dive from side of pool from stride and standing positions
- > Elementary backstroke (25 yards)
- > Survival swimming (30 seconds)
- > Front crawl (25 yards rotary breathing)
- > Front crawl and backstroke open turns
- > Breaststroke, Sidestroke, Back crawl (15 yards)
- > Tread water using 2 different kicks (2 min)
- > Swim under water (5 yards)

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

- > Hold breath & submerge head 5 seconds
- > Opening eyes under water & retrieve object in chest deep water 2 times
- > Front float/glide, unsupported & recovery (2 body lengths)
- > Back float/glide, unsupported and recovery (2 body lengths)
- > Leveling off from a vertical position
- > Bob 5 times; rhythmic breathing
- > Water entry and exit
- > Flutter kick on front and back
- > Finning on back
- > Back crawl arm action
- > Combined stroke front, using kick and alternating arm action (5 yds)
- > Combined stroke back using kick and choice of arm movement (5 yds)
- > Turns; front to back and back to front
- > Change direction of travel while swimming on front or back

LEVEL 5: STROKE REFINEMENT

- > Buoyancy & breath control / with alternate breathing
- > Stride jump entry
- > Tuck and Pike surface dives
- > Long shallow dive and glide and begin any front stroke (10yds)
- > Breaststroke, butterfly, back crawl & sidestroke (25 yards)
- > Sculling (30 seconds)
- > Butterfly (dolphin kick 10 yards, kickboard optional)
- > Front crawl & elementary backstroke (50 yards)
- > Front and backstroke flip while swimming
- > Tread water (5 min.)

LEVEL 3: STROKE DEVELOPMENT

- > Retrieve object, eyes open, from bottom in chest deep water
- > Bobbing while moving toward safety (5 times) in chest deep water
- > Jump into deep water from side of pool
- > Dive from side of pool from sitting & kneeling positions
- > Survival and back float for 30 seconds in deep water
- > Push off in streamline position on front using dolphin and flutter kick (5 body lengths)
- > Front crawl, Elementary backstroke (15 yards)
- > Turns; reverse direction while swimming on front & back and rescue breathing.

LEVEL 6: PERSONAL WATER SAFETY

- > Huddle and HELP position in deep water (2 min)
- > Feet first and tuck surface dive in deep water
- > Front crawl and elementary backstroke (100 yards)
- > Breaststroke, back crawl, sidestroke and butterfly
- > Front and backstroke flip turns while swimming
- > Front crawl and back crawl open turn
- > Side stroke, butterfly and breaststroke turns
- > Survival and back float (5 min.)
- > Survival swimming (10 min)
- > Treading water, kick only, (2 min)
- > Surface dive to retrieve an object from the bottom (10 feet)

LEVEL 6: FITNESS SWIMMER

- > Front crawl and elementary backstroke (100 yds)
- > Back crawl, breaststroke, sidestroke and butterfly (50 yds)
- > Front crawl, backstroke, side stroke, butterfly and breaststroke open and flip turns while swimming.
- > Swim continuously for (500 yds)

*** YOUTH SPORTS / YOUTH PROGRAMS *** **(Start the week of June 11th)**

BRICKSTREET THEATRE:

Brickstreet Theatre & Parks and Rec are partnering to bring you TWO fantastic Jr. Theatre Camps in 2018! Everyone ages 6-17 are invited to participate. Each student will have a chance to work on their singing, dancing, acting and stage presence while we put on **KID FRANKENSTEIN** (Play) & **HIGH SCHOOL MUSICAL JR.** Each camp will conclude with two live 60 minute performances (Tickets: \$5.00 / person) Not only will you get to learn from experienced actors, directors and choreographers based in the North Iowa area, you will have opportunity to meet other students who are just as passionate about theatre as you. Come join us Monday – Friday 9:00 a.m. – NOON at Brickstreet Theatre (122 N. Clark Street, Forest City). In another program at the same time?... NO PROBLEM – just come before or after that program.

KID FRANKENSTEIN: Camp will run June 11th – June 22nd
Performances: June 22 & 23

HIGH SCHOOL MUSICAL JR.: Camp will run July 9th – Aug. 3rd
Performances: August 3 & 4

Fee is \$40/ Camp Deadline to sign up is Friday, May 25th

CHEERLEADING:

Everything you'll need to know & more for M.S & H.S Cheerleading: Chants, cheers, dance, stunts, jumps and the motion drill. Then, show off what you've learned on the last day of the program Wednesday, July 18 and also during the Puckerbrush Parade Saturday, July 21. This MONDAY AND WEDNESDAY 6 week program will be held from 11:00 – Noon for grades K-5, in the CIVIC AUDITORIUM. Fee: \$30.00 (includes **t-shirt**). **Sign – up deadline: May 25th.**

SUMMER READING AT THE LIBRARY:

Libraries Rock! The Forest City Public Library Summer Reading Program kicks off June 11 and ends July 13. Programs will have music themes and even pet rocks! More info available after June 4.

YOUTH VOLLEYBALL:

This SATURDAY morning program will begin on September 8 in the Civic Aud! All youth in grades 4- 6 will learn fundamentals of the bump, set, spike and serve. The first day will consist of fundamentals and each grade will participate from 9:00 – 10:30 a.m. Teams will be made from the combined grades and after the fundamentals are taught games will be played with sportsmanship and teamwork stressed. Schedules given out the first day and t-shirts the following week. Fee: \$30.00. **More info at a later date!**

YOUTH SOCCER:

A FALL program for boys and girls ages 4-7, held at the Pammel Park fields, starting Sept. 8. Waldorf Soccer coaches and players will assist with this Saturday morning program. The first day will consist of fundamentals and will run from 10:30 – 11:30 a.m. with schedules given out the first day and t-shirts the following week. Fee: \$30.00. **More info at a later date!**

TRAVELING SOCCER LEAGUE:

A NEW FALL program for boys and girls in grades 3 – 6 (boys and girls will be on separate teams), held at the Pammel Park fields. Waldorf Men's Soccer players will be coaching and reffing this September / October League. Schedules given out the first day and t-shirts the following week. **More info at a later date!**

* RECREATION SPECIAL EVENTS *

ELEMENTARY POOL PARTY:

Held Monday, August 6th for all kids entering 1st – 5th grade. Sign – up from 6:00 -7:00 p.m. and the party will end at 9:00 p.m. There will be contests, with prizes awarded, a DJ and a treat for all at the end. \$5.00 admission, payable at sign – up. No pool passes accepted. Raindate: Tuesday, August 7th.

PUCKERBRUSH MIDDLE SCHOOL POOL PARTY:

Held Thursday, July 19th for all kids entering 6th, 7th & 8th grade. Sign up will be from 7:00 – 8:00 p.m. and the party will end @ 10:00 p.m. Admission fee is \$5.00, payable that night. Pool passes not acceptable for this event. There will be contests with prizes awarded, and “Music on the Move” with Mark Skaar for entertainment, and a treat for everyone when the night is over. NO Raindate

4TH – 7TH GRADE TRAVELING BASEBALL / SOFTBALL CLINIC:

For all traveling players May 8 & 10 – Softball and Baseball at Pammel. 4th & 5th grade times: 3:30 -4:45; 6th & 7th grade times: 5:00 – 6:15 P.M. This clinic will involve a lot of fundamentals to get you ready for the season. Uniforms and schedules will be handed out at this time. There will be a parents meeting at 6:30 p.m., on May 8 (rain-date: 10). Picture packets will also be handed out at this time as the **Baseball / Softball pictures will be taken Tuesday, May 22nd, 3:30 p.m. for Softball and 4:30 p.m. for Baseball at Pammel.**

May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 LIFEGUARD MEETING 1:00 P.M. CIVIC
6	7	8 BASEBALL / SOFTBALL CLINIC	9	10 BASEBALL / SOFTBALL CLINIC	11	12
13 CONGRATS TO OUR GRADUATES!	14	15	16	17	18	19
REC PROGRAM SIGN UP WEEK						
20	21	22	23	24	25 DEADLINE FOR ALL REC SIGN-UPS	26
27 POOL STAFF MEETING 6:00 p.m.	28 AQUATIC CENTER OPENS	29 AQUATIC CENTER OPEN 4:00 – 8:00 p.m.	30 AQUATIC CENTER OPEN 4:00 – 8:00 p.m.	31		

Spectators...Please Remember

1. These are **KIDS**
2. This is ***THEIR*** game
3. Coaches & Officials **ARE** human
4. This is for **FUN**
5. Positive cheering **IS** encouraged

Thank you!

Forest City Parks & Recreation

June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
LIFEGUARD MEETING 8:00 p.m. 3	SWIM TEAM STARTS 4	5	6	7	8	9
LIFEGUARD MEETING 8:00 p.m. 10	REC PROGRAMS START 11	12	HOME SWIM MEET VS WEBSTER CITY 13	14	15	16
LIFEGUARD MEETING 8:00 p.m. 17	1 ST SESSION SWIM LESSONS 18	19	HOME SWIM MEET VS EAGLE GROVE 20	21	22	23
LIFEGUARD MEETING 8:00 p.m. 24	25	26	HOME SWIM MEET VS LAURENS 27	28	29	30

WATER SLIDE RULES

1. Riders must enter the slide position and wait for instructions from the lifeguard stationed at the slide starter tub.
2. All riders must be at least 4' tall.
3. Maximum riders weight is 300 pounds
4. Riders must lie on their backs at all times. Do not sit up while riding the slide.
5. No combs or foreign objects are allowed in pockets and no jewelry can be worn while riding the slide. No cut-off jeans or swimwear with exposed zippers, buckles, rivets or metal ornamentation; only approved swim suits allowed.
6. All riders must ride FEET FIRST while lying on their back with arms across their chest. Do not go down the slide head first.
7. Only one rider at a time. Absolutely no trains or chains of riders are permitted.
8. The line should form on the deck with one rider on each landing and one rider in the starter tub. Wait until landing area is clear before entering.
9. Rider assumes all risk of injury due to misuse of this slide or failure to follow these rules.

**“FAILURE TO FOLLOW RULES COULD
RESULT IN SERIOUS INJURY”**

***THE FOREST CITY PARKS & RECREATION DEPARTMENT RESERVES THE RIGHT
TO CHANGE, ADD OR MODIFY THESE RULES AND REGULATIONS AT ANY TIME***

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 2 ND SESSION SWIM LESSONS	3	4 AQUATIC CENTER OPEN 1:00 – 5:00 p.m. No Swim Lessons	5	6	7
8 LIFEGUARD MEETING 8:00 p.m.	9 PARK BOARD MEETING 5:30 P.M.	10	11	12	13	14
15 LIFEGUARD MEETING 8:00 p.m.	16 3 RD SESSION SWIM LESSONS	17	18	19 PUCKERBRUSH MIDDLE SCHOOL POOL PARTY	20	21 CONFERENCE SWIM MEET IN EAGLE GROVE
22	23	24	25	26	27	28
29 LIFEGUARD MEETING 8:00 p.m.	30	31				

FOREST CITY FAMILY AQUATIC CENTER

general rules & regulations

1. A complete shower is required before entering pool.
2. Bathing suits required, **no** cut-offs, gym shorts or t-shirts.
3. For the safety of others **no** pushing, dunking, splashing or other horseplay allowed
4. For safety, **walk – do not run** on the deck. No diving in shallow water.
5. Alcoholic beverages, tobacco of any kind, or chewing gum are **not** allowed within the pool grounds.
6. Food and beverages are **not** allowed outside of concession area. No glass bottles allowed at all!
7. Take pride in this facility – put all trash in trash receptacles.
- 8. You must be 8 years old to be admitted into the Aquatic Center, unless accompanied by a person 16 years or older who will be responsible for that child at all times.**
9. Flotation devices allowed **only** during family swim.
10. The management reserves the right to prohibit any person(s) from using these facilities due to conduct which is detrimental to safety, welfare or enjoyment of other patrons. A conduct policy will be in effect.
11. No refunds will be made on daily admissions without consent of Pool Manager.
12. Lockers are available for personal items. Aquatic Center is not responsible for lost or stolen items.
13. Swim diapers are required for all children not potty-trained and free of charge at the front desk.
14. No flotation devices in current channel or off diving boards at all during open swim.

DIVING AREA RULES

1. At the request of a lifeguard, you must demonstrate the ability to swim one width across the pool, to be in the diving area.
2. One person and one bounce on the board per time.
3. Person on diving board must wait until landing area is clear.
4. No handstands, cartwheels, back dives or hanging on diving boards allowed.
5. Divers should swim immediately to the nearest ladder and climb out.
6. No swimming allowed in diving area.
7. No diving permitted off deck of diving area.

August 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1	2	3	4
LIFEGUARD MEETING 8:00 p.m. 5	Elementary Pool Party 6	*RAINDATE* Elementary Pool Party 7	8	9	10	11
LIFEGUARD MEETING 8:00 p.m. 12	PARK BOARD MEETING 5:30 p.m. 13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

ROTARY / WEST-GATE

A neighborhood park located in the Westgate Subdivision.

Size: 2.0 acres.

Facilities: : Playground unit, gazebos, large slide, basketball court and several benches, small baseball diamond.

MERRICK PARK

Located on Park Street

Size: 1.9 acres.

Facilities: Jerry Tweeten Pavilion, 1 small slide, 1 large slide, 2 spring animals, 2 swing sets (1 with handicap swing), picnic tables and a fireplace.

THOMAS BEARSE PARK

Located North of the Golf Course Road on East J Street.

Size: 7.1 acres.

Facilities: entrance sign to commemorate Thomas Bearse as the first settler of the county. Picnic tables and a gazebo.

SUNSHINE PARK

Located at the North end of Gilbert Street.

Size: 1 acre.

Facilities: Tot Lot with playground unit, gazebo, swing set and playhouse.

FOREST CITY PARKS

PAMMEL PARK

Located East of Highway 69.

Size: 34.9 acres.

Facilities: 2 lighted softball diamonds, NEW concession stand, storage shed, Campground with 43 RV power outlets, suspension bridge, 2 mile Hynes Spur Trail and 2 playground units.

WOODLAND PARK

Neighborhood park located in Woodland Housing Subdivision.

Size: 1 acre.

Facilities: new shelter with picnic tables, adding new playground unit early summer.

BOMAN PARK

Located by Forest City Family Aquatic Center on John K. Hanson Drive

Facilities: basketball hoop, 2 tennis courts, 2 pickleball courts, , 3 court sand volleyball area and a walking trail. Adding 2 basketball courts in May.

CLARKS WOODS PARK

Located and adjacent to the East of Pammel Park, across the Winnebago River.

Size: 29.4 acres

Facilities: new playground area, 2 gazebos, 2 grills and a shelterhouse. New entrance signs & gates.

