

February 20th, 2015

For more information on programs
please contact"

Park and Recreation

Director Melissa Russell

319.930.0393

melissa@westbranchiowa.org

West Branch Parks and Recreation

Tough Mother Fitness Early Spring Session

February 23rd-April 9th

Trainers Shawn Pierce, Jodi Yeggy, and Deb Fiderlein will focus is on muscular strength and endurance with some high intensity interval training. This is a boot camp style class.

Mondays and Thursdays

5:30pm-6:00pm(Intermediate Class)

6:00pm-6:15pm(Abs workout)

6:15pm-7:00pm(Advanced Class)

Wednesdays

7:00pm-7:45pm (HITT)

Location: West Branch Town Hall

Register online at

<http://www.westbranchiowa.org/departments/programs>

****No classes March 16th– March 20th*****

Youth Sports Foundation 5th/6th Grade Track and Field



The purpose of this program is to introduce youth to the beginning fundamentals of track & field. Emphasis will be placed on proper warm-ups and conditioning, followed by training techniques in running and field events (shot put and long jump). Teams will work on baton exchanges and understand the concepts of the track area and composition of relays.

YSF Co-ed Track & Field is a 6 week program beginning the week of April 6th. Teams will practice 2 times a week (TBD). There are 4 Sunday afternoon meets (April 19th, April 26th, May 3rd, and May 17th)sites TBD..

Drop in registration will be Wednesday March 11th from 4:30pm-8:00pm at West Branch City Office. Registration deadline is March 13th. There is a \$35 registration fee payable to YSF.

VOLUNTEER COACHES ARE NEEDED !!



Nothing kills a program faster than last minute

Preschool Soccer

April 6th-April 27th

This is a parent coached introductory program.

- Participants must be at least 3 years old to participate.
- The April 6th will be practice only. April 13th, April 20th, and April 27th will be scrimmages .
- Preschool soccer will meet and play games on Monday evenings at 6:00 on the following dates – April 6th, April 13th, April 20th, and April 27th.
- Cost: \$35 per child or \$20 if you already have a Park and Recreation reversible jersey.
- Schedule and location is subject to change based on the number of participants and weather.
- Games will be played at Lions Field.

We will need parent volunteers to coach!



DONATIONS NEEDED

West Branch Parks and Recreation is seeking donations of plastic unfilled Easter Eggs for the Annual Easter Egg Hunt! Please contact Melissa Russell or a Park and Recreation Commission member for more information. Eggs can be dropped off at West Branch City Office 110 North Poplar Street.

Annual Easter Egg Hunt

**Saturday April 4th @ 10:00am
Hoover Elementary Playground.**

Summer 2015 Events

WBPR Get Moving This Summer

Program Description

Take summer to a new level of exploration and excitement with the Get Moving This Summer program, hosted by West Branch Parks and Recreation. This summer-long challenge is designed to help keep residents fit and moving with 80 daily activities to span the summer break. Many activities are family-friendly.

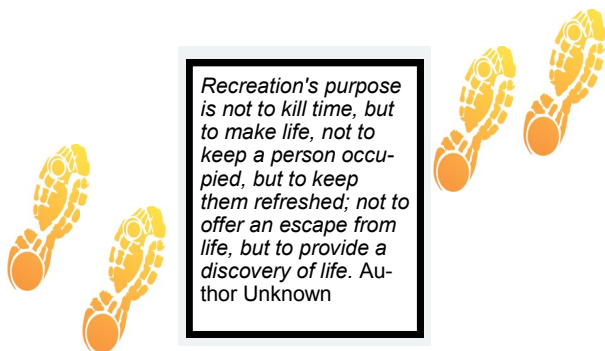
- **Ages:** All ages
- **Cost:** Many activities are free or low cost
- **Program Dates:** June 1st-August 30th
- **Times:** Varied

Activities

Program participants can choose from a variety of games, sports, special events, hands-on activities, and community programs. The options offer opportunities to discover the area parks and trails, explore new foods, and try new sports.

Prizes

Program participants who complete at least 30 of the 80 selections will earn a free t-shirt and will be eligible to win prizes.



Day Camp

July 27th-July 31st

Join WBPR for a week of adventure in a Gillian's Island themed day camp! Register for a few days or for the whole week! Registration opens April 1st. Registration is limited to the first 30 participants.

- K(Completed)-6th grade
- \$135 a week or daily rates available
- Before and after care available for a minimal fee.

SWIM LESSONS JULY 6TH-JULY 17TH(MONDAY-FRIDAY)
9:25 AM LESSON
JAMES KENNEDY AQUATIC CENTER
*****SUBJECT TO CHANGE****

Youth Sports Registration Night

- **When:** Wednesday March 11th
- **Time:** Drop in from 4:30pm-8:00pm
- **Where:** West Branch City Office -110 North Poplar Street
- Registration forms will be available for the former Summer League summer ball program (t-ball, softball and baseball for grades PreK-6th grade girls), preschool soccer, and 5th/6th grade YSF track and field.
- Online registration is also available for all programs. Stop in on registration night to pay registrations.
- Volunteer coaches are needed for all programs.



Harvey Peden Adult Coed Sand Volleyball League

When: Sunday June 7th-August 9th

Cost: \$75 (league only) \$100(league and tournament)

All Day Tournament August 15th- Subject to change

Registration Deadline: May 22nd

**Registration forms and
Community Calendar are available at
<http://www.westbranchiowa.org/>**

Day Camp

TBD (Camp is the week before the school starts)

Join us for a week of crazy activities with a Muppets Mania theme camp. Register for a few days or for the whole week! Registration opens April 1st. Registration is limited to the first 30 participants.

- K(Completed)-6th grade
- \$135 a week or daily rates available
- Before and after care available for a minimal fee.