

# Youth & Adult Programs

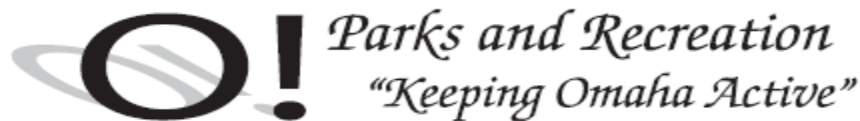
## City of Omaha – Parks & Recreation

### Summer 2009



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**Mayor – Mike Fahey**

• • • Visit our web page at [www.ci.omaha.ne.us/parks](http://www.ci.omaha.ne.us/parks) • • •

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**Omaha World-Herald**





*Mission: To facilitate inclusive recreation/leisure opportunities designed to fulfill, uplift and encourage positive healthy lifestyles as well as benefit the community's quality of life.*

Any individual, or groups of individuals who feel they are being discriminated against based on race, sex, national origin, age, disability, or religion in the programs or facilities of the Parks, Recreation and Public Property Department may file a complaint by contacting the Director of Parks, Recreation and Public Property Department at 444-5900 and/or the Director of the Human Relations Department at 444-5055 and/or the Personnel Director at 444-5307. The City of Omaha is committed to supporting the Americans With Disabilities Act. If you require assistance with registration or to actively participate in our programs, please call each respective phone number.

## **Brochure Distribution**

This brochure is published four times per year during the months of May for Summer programs, September for Fall programs, December for Winter programs and February for Spring programs. The Summer and Fall publications are distributed through the Omaha World Herald. All four publications are available at City Recreation facilities and Libraries. It is also available at [www.ci.omaha.ne.us/parks](http://www.ci.omaha.ne.us/parks)

## **Payment of Fees/ Refunds**

Fees must be paid at the time of registration or in some cases prior to the first class. Checks are payable to: City of Omaha or in some cases directly to the instructor. Checks made payable to the City of Omaha are subject to a \$20 returned check fee. Refund policy varies from class to class. Participants should ask instructor about refund policy. For some classes a \$10 administrative fee will be charged if a participant withdraws from a class. An administrative fee will not be charged if the City cancels a class. All requests for refunds must be in writing and accompanied by your registration receipt.

## **Lock-ins**

Many of our facilities are available for Lock-ins from 10 p.m. to 7 a.m. Interested groups should contact the facility supervisor. The cost is \$110 plus \$15 per hour for our staff to oversee the use of our facility.

## **Class Registration**

Each instructor establishes their registration times and procedures. Participants should contact the instructor for information on how to register. In some cases class enrollments are limited. Patrons are served on a first-come, first served basis. All Class schedules and fees are subject to change.

## **Facility Rental**

Are you planning a Birthday Party, Family Reunion or Reception? Maybe you are looking for a gym to use for basketball or volleyball. How about a neighborhood pool party? Many of our facilities have meeting rooms, kitchens, game rooms, etc. Our facilities are available and our staff is ready to help. Call any of our facilities TODAY and schedule your next party!!!

**Rental fees: \$30 to \$40 per hour**

## **Show Mobile Unit Rental**

The Show Mobile Unit is the portable stage which is used for the Show Wagon Talent Program. It is available for rental during the months of April through October. Rental prices vary depending of size of stage (configuration) and length of rental period. For more information call Chuck Williams at Camelot Community Center 444-5972.

## **Bike Trails and Skate Park**

The Metro Area Trails Network consists of over 67 miles of paved, interconnected trails for walkers, bicyclists, and skaters. This trail system is connected to the City of Omaha's skate park located in Roberts Park at 78th & Cass Street. Enjoy our trails and skate park but remember to show courtesy to other trail users and always wear your helmet on our bike trails. Skaters using the trails or skate park should remember to always wear their helmet, kneepads and elbow pads.



## Sun Dawgs Program

**June 8<sup>th</sup> – July 30<sup>th</sup>**

Offering fun filled summer activities such as crafts, games and sports, swimming, special events and field trips at 36 sites. For youth ages 6-15.

**Full-time sites: Monday – Friday 8 a.m. – 5 p.m.**

Adams Park 3230 N. John Creighton Blvd.  
 Elmwood Park 802 S. 60th Street  
 Holy Name School 2901 Fontenelle Blvd.

**Full-time sites: Monday - Friday 10 a.m. - 4 p.m.**

Cottonwood 728 S. 154th Street  
 Gifford 3528 Davenport  
 Hillsborough 136th & Boyd  
 Hillrise School 20110 Hopper Street  
 Karen 6288 "H" Street  
 Keystone 7819 Keystone  
 Kountze Park 1920 Pinkney  
 Miller Park 30th & Kansas Street  
 Mockingbird Hills 10242 Mockingbird Dr.  
 Montclair 2304 S. 135th Ave.  
 Ralston 79th & Park Dr.  
 Roanoke 11235 Fowler Ave.  
 Schroeder-Vogel 5115 Hickory Street  
 Sherman 5701 N. 16th Street  
 Springlake 4020 Hoctor Blvd.  
 Ta-Ha-Zouka 724 Center Street  
 Walnut Grove 15050 "Q" Street

**Part-time Sites: Monday - Friday 10 a.m. - 12:30 p.m.**

Applewood Heights 10706 Washington Dr.  
 Churchich 3712 S. 50th Street  
 Columbus 1515 S. 24th Street  
 Hanscom 3201 Woolworth  
 Meadow Lane 11707 Farnam Street  
 Morton 5724 S. 41st Street  
 Orchard 6502 Hartman Ave.  
 Sunny Slope 104th & Fowler Ave.

**Part-time Sites: Monday – Friday 1:30 – 4 p.m.**

Autumn Heights 14206 Grant  
 Brown 5708 S. 15th Street  
 Florence 2920 Bondesson Street  
 Harper 6606 S. 48th Street  
 Harvey Oaks 14948 West Center Rd.  
 Pipal 7802 Hascall Street  
 Pulaski 40th & "G" Street  
 Tomahawk 9545 Tomahawk Blvd.

## Sun Dawgs Special Events

**The Omaha Public Library** will be working closely to provide reading material and literary appreciation at all sites. Don't forget the Summer Reading club during the summer.

**Henry Doorly Zoo-** a day of fun for all Sun Dawgs sites on July 8<sup>th</sup> Transportation will be provided.

**Omaha Royals** -will provide "A Day at The Blatt" on June 30<sup>th</sup> for registered participants. Transportation will be provided.

**Western Bowl** - "DAWG BOWL" a day of bowling fun. Participants will experience regular bowling, bumper bowling or "Cosmic Bowling".

**SkateDaze** – A fun filled day of Roller Skating!

**Ice Skating at McLean Arena-** Each Dawg site will have an afternoon on the ice.



## Sun Dawgs Kickoff

**Sunday, May 31<sup>st</sup> 4 p.m.- 6 p.m.**  
**Elmwood Park**

You'll have a chance to sign up for the Sun Dawgs Summer Youth Program and the Library's Summer Reading Club. Clowns, magicians, dancers, and even zoo animals will be there! You can listen to music from the teen band "Side Effects", be entertained by Zumba dancers and Taekwondo instructors! The afternoon promises enjoyment for the entire family, so bring a blanket, a picnic (if you wish) and be ready for fun and laughter

**Omaha Public Library**  
**Summer Reading Program**

Exciting programs and events are offered June 1 – Aug. 1 at each library during the Summer Reading Program. **“Be Creative at Your Library”** is the 2009 theme. Kids and teens will have fun attending creative programs, reading or listening to electrifying books and collecting cool prizes. By reading just 20 minutes each day, kids will reach their reading goal and be ready for school in the fall. An exciting finale party will be held at the Joslyn Art Museum on Aug. 1. Online signup for Summer Reading Program begins May 1 at [omahapubliclibrary.org](http://omahapubliclibrary.org).

Call your nearest library for hours of operation or visit [omahapubliclibrary.org](http://omahapubliclibrary.org)

- W. Dale Clark Library  
215 S. 15th St. 444-4800
- Milton R. Abrahams Branch  
5111 N. 90th St. 444-6284
- Benson Branch  
6015 Binney St. 444-4846
- Bess Johnson Elkhorn Branch  
2100 Reading Plz. 289-4367
- Florence Branch  
2920 Bondesson St. 444-5299
- Millard Branch  
13214 Westwood Ln. 444-4848
- A.V. Sorensen Branch  
4808 Cass St. 444-5274
- South Omaha Library  
2808 Q St. 444-4850
- W. Clarke Swanson Branch  
9101 W. Dodge Rd. 444-4852
- Charles B. Washington Branch  
2868 Ames Ave. 444-4849
- Willa Cather Branch  
1905 S. 44th St 444-4851

**Outdoor Pools**

The City of Omaha has two types of outdoor Aquatic Facilities. Leisure Pools (a family oriented facility with zero depth access and/or play equipment) and Traditional Pools with shallow depths, baby pools and deep depths for diving. Season passes are sold at each pool.

**Leisure Pools**

**Deer Ridge**  
**585 So. 126th St. 444-4256**  
 Open 5/30 – 8/9  
 Mon. thru Thurs. Noon-8 p.m.  
 Fri. thru Sun. 1-5 p.m.

**Elmwood**  
**606 Happy Hollow Blvd. 444-4271**  
 Open 5/30-8/9  
 Mon. thru Thurs. 1-8 p.m.  
 Fri. thru Sun. 1-5 p.m.

**Gallagher**  
**2936 N. 52nd St. 444-4270**  
 Open 5/30-8/9  
 Mon. thru Thurs. Noon-5 p.m.  
 Mon. thru Thurs. 6-8 p.m.  
 Fri. thru Sun. 1-5 p.m.

**Hanscom**  
**3110 Ed Creighton Blvd. 444-4257**  
 Open 5/30 – 8/9  
 Mon. thru Thurs. Noon-8 p.m.  
 Fri. thru Sun. 1-5 p.m.

**Miller Park**  
**6275 N. 30th St. 444-4262**  
 Open 5/30-8/9  
 Mon. thru Thurs. Noon-5 p.m.  
 Mon. thru Thurs. 6-8 p.m.  
 Fri. thru Sun. 1-5 p.m.

**Leisure Pools**

**Oak Heights**  
**10205 U St. 444-4265**  
 Open 5/30 – 8/9  
 Mon. thru Thurs. Noon-8 p.m.  
 Fri. thru Sun. 1-5 p.m.

**Leisure Pool Daily Fee**

<b>Youth 5 &amp; under</b>	<b>Free</b>
<b>with paid adult</b>	<b>Free</b>
<b>Youth 6-17</b>	<b>\$3.00</b>
<b>Adults</b>	<b>\$3.50</b>



**Traditional Pools**

**Camelot**  
**9270 Cady Ave. 444-7300**  
 Open 6/6-8/2  
 Mon. thru Thurs. 1-8 p.m.  
 Fri. thru Sun. 1-5 p.m.

**Cryer**  
**11738 Cryer Ave. 444-4255**  
 Open 6/6-8/9  
 Mon. thru Thurs. 1-8 p.m.  
 Fri. thru Sun. 1-5 p.m.

**Elkhorn**  
**600 Hillcrest Dr. 289-3240**  
 Open 5/30-8/9  
 Mon. thru Thurs. 1-8 p.m.  
 Fri. thru Sun. 1-5 p.m.

**Hitchcock**  
**5025 So. 45th St. 444-4258**  
 Open 5/30-8/9  
 Mon. thru Thurs. 1-8 p.m.  
 Fri. thru Sun. 1-5 p.m.



**Traditional Pools**

**Karen**  
**6288 "H" St. 444-4259**  
Open 6/6-8/2  
M/W/F/Sa/Sun. 1-5 p.m.  
Tues. & Thurs. 1-7 p.m.

**Lee Valley**  
**10605 Charles St. 444-4261**  
Open 6/6-8/2  
Mon. thru Thurs. 1-7 p.m.  
Fri. thru Sun. 1-5 p.m.

**Mockingbird Hts.**  
**8989 Lakeview St. 444-4263**  
Open 6/6-8/2  
M/W/F/Sa/Sun. 1-5 p.m.  
Tues. & Thurs. 1-7 p.m.

**Morton**  
**5724 S. 41st St. 444-4264**  
Open 6/6-8/2  
Mon. thru Thurs. 1-7 p.m.  
Fri. thru Sun. 1-5 p.m.

**Roanoke**  
**4747 N. 113th St. 444-4266**  
Open 5/30-8/9  
Mon. thru Thurs. 1-8 p.m.  
Fri. thru Sun. 1-5 p.m.

**Springlake**  
**4020 Hoctor Blvd. 444-4267**  
Open 6/6-8/2  
M/W/F/Sa/Sun. 1-5 p.m.  
Tues. & Thurs. 1-7 p.m.

**Traditional Pool Daily Fee**

<b>Youth 5 &amp; under</b>	<b>Free</b>
with paid adult	
<b>Youth 6-17</b>	<b>\$2.50</b>
<b>Adults</b>	<b>\$3.00</b>

**Season Pool Passes**  
**are Good at all Facilities**

<b>Youth 3-17</b>	<b>\$70</b>
<b>Adults</b>	<b>\$90</b>
<b>Household</b>	<b>\$160</b>
<b>6 household members</b>	
<b>No more than 2 adults per pass.</b>	
<b>Each additional child \$20</b>	

**Coupon Books**

Daily Admission Tickets for all pools  
**15 adult or 30 youth admissions**  
**for \$45**

**Aquatic Special Events**

Weekly special events will be conducted at all City of Omaha Aquatic Facilities. Some regional events will also be conducted. Contact your closest pool for details.

**Fun Filled Fridays**

Enjoy fun filled activities at the pool.  
D.J. from 5-8 p.m.  
Elmwood 6/19    Elkhorn 7/17  
Roanoke 7/3    Springlake 7/31

**Father's Day Swim**

Dad's swim free with one youth paid admission.  
All facilities 6/21 1-5 p.m.

**Christmas in July**

Visit Santa at the pool from 1-3 p.m.  
Mockingbird Hills 7/8  
Montclair 7/15  
Common Ground 7/22

**\$4 on the 4<sup>th</sup> Family Swim**

Up to 6 family members admitted for \$4. No more than two adults with each family.  
All Facilities 7/4 1-5 p.m.

**Aquatic Special Events**

**Flick & Float**

Bring a float to float on and enjoy a movie  
Cryer 7/18 8-11 p.m.  
Elmwood 8/1 8-11 p.m.

**Mom's Day Swim**

Mom's swim free with one youth paid admission.  
All facilities 7/12 1-5 p.m.

**Water Safety Day**

Learn water safety skills during planned activities.  
All Facilities 7/10

**Can Drive for a Dive**

Bring 2 cans of food for one admission  
All Facilities 7/19

**Noodle Night**

Bring your noodle to float with during open swim.  
All Facilities  
Tuesday Nights 5 p.m.-close



**Doggie Dip**

The Nebraska Humane Society and the City of Omaha are creating a unique event for our four legged friends! Come enjoy the pool with your dog.  
Gallagher Pool 8/9 6-8 p.m.



**Learn To Swim Program**

Registration for outdoor learn to swim:

**June 6<sup>th</sup> 9 a.m.- 5 p.m.**

Deer Ridge, Elmwood, Elkhorn,  
 Gallagher, Oak Heights, Roanoke

**June 13<sup>th</sup> 9 a.m.- 5 p.m.**

Camelot, Cryer, Spring Lake

**Fee: \$30.00**

**Sessions:** 6/15/09-6/25/09  
 7/6/09-7/16/09  
 7/20/09-7/30/09

**Camelot 444-5972**

Morning Classes

Levels 1, 3, 4 9:30 -10:15 a.m.  
 Levels 1, 2, 3 10:20 -11:05 a.m.  
 Levels 2, 5/6 11:10 -11:55 a.m.  
 Preschool 11:10 -11:40 a.m.

Evening Classes

Levels 1, 2, 3, 4 5:30 -6:15 p.m.  
 Levels 2, 3, 4, 5/6 6:20 -7:05 p.m.  
 Levels 1, 2, 3 7:10 -7:55 p.m.  
 Preschool 7:10 -7:40 p.m.

**Cryer 444-4255**

Morning Classes

Levels 1, 2, 3, 4 10:15 -11:00 a.m.  
 Levels 1, 2, 3, 5/6 11:05 -11:50 a.m.  
 Preschool 10:15 -10:45 a.m.  
 Adult/tot 10:50 -11:20 a.m.  
 Preschool 11:25 -11:55 a.m.

Evening Classes

Levels 1, 2 6:00 -6:45 p.m.  
 Levels 2, 3 6:50 -7:35 p.m.

**Deer Ridge 444-4256**

Morning Classes

Levels 1, 2 10:45 -11:30 a.m.  
 Preschool 10:45 -11:15 a.m.  
 Preschool 11:20 -11:50 a.m.



**Elmwood 444-4271**

Morning Classes

Levels 1, 2, 3, 4 9:30 -10:15 a.m.  
 Levels 2, 3, 4, 5/6 10:20 -11:05 a.m.  
 Levels 1, 2, 3, 4 11:10 -11:55 a.m.  
 Preschool 10:20 -10:50 a.m.  
 Adult Tot 10:55 -11:25 a.m.  
 Preschool 11:30 a.m.-Noon

Evening Classes

Adult Tot 5:45 -6:15 p.m.  
 Preschool 5:45 -6:15 p.m.  
 Levels 1, 2 6:20 -7:05 p.m.  
 Levels 2, 3 7:10 -7:55 p.m.

**Elkhorn 289-3240**

Morning Classes

Levels 1, 2, 3, 4 10:15 -11:00 a.m.  
 Levels 2, 3, 4, 5/6 11:05 -11:50 a.m.  
 Preschool 10:15 -10:45 a.m.  
 Preschool 10:50 -11:20 a.m.  
 Preschool 11:25 -11:55 a.m.

Evening Classes

Adult Tot 5:45 -6:15 p.m.  
 Preschool 5:45 -6:15 p.m.  
 Levels 1, 2 6:20 -7:05 p.m.  
 Levels 2, 3 7:10 -7:55 p.m.

**Gallagher 444-4270**

Session 6/16-6/26

Evening Classes

Levels 1, 2, 3, 4 5:10 -5:55 p.m.  
 Preschool 5:15 -5:45 p.m.  
 Adult Tot 5:15 -5:45 p.m.

Sessions 7/7-7/17 and 7/21-7/31

Levels 1, 2, 3, 4 5:10 -5:55 p.m.  
 Levels 2, 3, 4, 5/6 6:00 -6:45 p.m.  
 Preschool 5:10 -5:40 p.m.  
 Preschool 5:45 -6:15 p.m.  
 Adult Tot 6:20 -6:50 p.m.



**Oak Heights 444-4265**

Morning Classes

Levels 2, 3, 4, 5/6 8:30 -9:15 a.m.  
 Levels 1, 2, 3, 4 9:20 -10:05 a.m.  
 Levels 1, 2, 3, 4 10:10 -10:55 a.m.  
 Preschool 9:20 -9:50 a.m.  
 Preschool 9:55 -10:25 a.m.  
 Preschool 10:30 -11:00 a.m.

Evening Classes

Levels 1, 2 6:00 -6:45 p.m.  
 Levels 2, 3 6:50 -7:35 p.m.

**Roanoke 444-4266**

Morning Classes

Levels 1, 2, 3, 4 9:30 -10:15 a.m.  
 Levels 2, 3, 4, 5/6 10:20 -11:05 a.m.  
 Levels 1, 2, 3, 4 11:10 -11:55 a.m.  
 Preschool 10:20 -10:50 a.m.  
 Preschool 10:55 -11:25 a.m.  
 Preschool 11:30 a.m.-Noon

Evening Classes

Levels 1, 2 6:00 -6:45 p.m.  
 Levels 2, 3 6:50 -7:35 p.m.

**Springlake 444-4267**

Morning Classes

Levels 2, 3, 4 10:15 -11:00 a.m.  
 Levels 1, 2, 3 11:05 -11:50 a.m.  
 Preschool 10:45 -11:15 a.m.  
 Preschool 11:20 -11:50 a.m.

**Water Playgrounds**

Water Playgrounds are open  
 Memorial Day to Labor Day.

Kountze Park  
 3505 Florence Blvd.

Orchard Park  
 6502 Hartman Ave.

Upland Park  
 3104 Jefferson Street

Westwood Heights Park  
 12334 Seldin Drive

**Recreational Swim League**

Register at your local swimming pool. Youth ages 6 through 17 may participate in this program which runs during June and July. Teams are formed at City swimming facilities. Each participant receives a T-shirt. Meets are on Wednesday evenings.

**Fee: \$38 One family member**  
**\$35 Second family member**  
**\$25 Each additional member**

Early Bird Swim Meet 6/24  
 Weekly Swim Meets  
 7/1, 7/8, 7/15, 7/22  
 City Swim Meet 7/29  
 Rain Date 7/30

For more information call Brandon Vail at 289-0451.

**Tennis** 493-0420

**Metro Omaha Tennis Alliance**

Join the growing number of individuals who are finding the sport of Tennis to be a lifetime leisure activity. For only \$15 per year an adult (youth \$10) can become a member of the Omaha Tennis Association and be in the partnership known as the Metro Omaha Tennis Alliance (MOTA). This partnership between the City of Omaha and the Omaha Tennis Association provides every OTA member, a bi-monthly newsletter with all the local tennis league and tournament information, discounts on entry fees and so much more. If you are a beginner or an advanced player, MOTA has a program for you. For information about membership, tennis leagues or tournaments go on-line at [omahatennis.org](http://omahatennis.org) to visit the MOTA web site or call 680-6303.

**Tennis** 493-0420

**Koch Tennis Center at Tranquility Park**  
**12440 West Maple Road**  
**493-0420**

24 outdoor courts \$6 per court hour



**1-2-3 Learn To Play**

**Koch Family Tennis Center**  
**At Tranquility Park**  
**12440 West Maple Road**  
**493-0420**

Monday & Wednesday **\$48**  
 June 1, 3, 15, 17, 22, 24, 29,  
 July 1, 8, 13, (15)  
 9 - 9:50 a.m. Beginner 7 - 10  
 10 - 10:50 a.m. Beginner 4 - 6  
 11 - 11:50 a.m. Beginner 11 & over  
 Advanced Beginner

Tuesday & Thursday **\$48**  
 June 2, 4, 11, 16, 18, 23, 25,  
 July 2, 9, 14, (16)  
 9 - 9:50 a.m. Beginner 4 - 8  
 10 - 10:50 a.m. Beginner 9 & over  
 11 - 11:50 a.m. Advanced Beginner  
 Intermediate

Wednesday Evening **\$48**  
 June 3, 10, 17, 24, July 1, 8 (15)  
 6 - 7:30 p.m.  
 Beginner/Advanced Beginner

Thursday Evening **\$48**  
 June 4, 11, 18, 25, July 2, 9 (16)  
 6 - 7:30 p.m. Beginner 10 & under  
 7:30 - 9 p.m. Beginner 11 & over,  
 Advanced Beginner

**Dewey Park**  
**550 Turner Boulevard**

Monday & Wednesday **\$48**  
 June 1, 3, 8, 10, 15, 17, 22, 24, 29,  
 July 1, (6)  
 9-9:50 a.m. Beginner 4 - 8  
 10 - 10:50 a.m. Beginner 9 & over,  
 Advanced Beginner

**Montclair Community Center**  
**2304 South 135th Street**

Monday & Wednesday **\$48**  
 June 1, 3, 8, 10, 15, 17, 22, 24, 29,  
 July 1, (6)  
 9 - 9:50 a.m. Beginner 4 - 6  
 10 - 10:50 a.m. Beginner 7 - 10  
 11 - 11:50 a.m. Beginner 11 & over,  
 Advanced Beginner

Tuesday & Thursday **\$48**  
 June 2, 4, 9, 11, 16, 20, 23, 25, 30,  
 July 2, (7)  
 9 - 9:50 a.m. Beginner 4 - 8  
 10 - 10:50 a.m. Beginner 9 & over  
 11 - 11:50 a.m. Advanced Beginner,  
 Intermediate

Wednesday Evening **\$48**  
 June 3, 10, 17, 24, July 1, 8 (15)  
 6 - 7:30 p.m. Beginner 10 & under  
 7:30 - 9 p.m. Beginner 11 & over,  
 Advance Beginner

**Mockingbird Hills**  
**Community Center**  
**10242 Mockingbird Drive**

Tuesday & Thursday **\$48**  
 June 2, 4, 9, 11, 16, 20, 23, 25, 30,  
 July 2, (7)  
 9 - 9:50 a.m. Beginner 4 - 8  
 10 - 10:50 a.m. Beginner 9 & over/  
 Advanced Beginner

**Tennis**                      **493-0420**

**1-2-3 Learn To Play**

**Pipal Park**  
**78th and Center Streets**

Tuesday & Thursday            **\$48**  
 June 2, 4, 9, 11, 16, 18, 23, 25, 30,  
 July 2, (7)  
 9 - 9:50 a.m.            Beginner 8 under  
 10 - 10:50 a.m.        Beginner 9 & over/  
    Advanced Beginner

**Millard South**  
**14905 "Q" Street**

Monday & Wednesday            **\$48**  
 June 8, 10, 15, 17, 22, 24, 29,  
 July 1, 6, 8, (13)  
 9- 9:50 a.m.            Beginner 6 – 8  
 10 – 10:50 a.m.        Beginner 9 – 12  
 11 – 11:50 a.m.        Beginner 13 & over/  
    Advanced Beginner/  
    Intermediate

**Westside High School**  
**87th and Pacific**

Monday Evening                      **\$48**  
 June 1, 8, 15, 22, 29, July 6 (13)  
 6 - 7:30 p.m.            Beginner 8 and over  
    Advanced Beginner

Thursday Evening                      **\$48**  
 June 4, 11, 18, 25, July 2, 9 (16)  
 6 - 7:30 p.m.            Beginner 12 & under



**1-2-3 Learn To Play**

Some scholarships may be available for each program; contact the program coordinator for details.  
Deadline for Scholarship Applications is May 31, 2009.

**Children may be asked to change clinics due to number of entrants or skill level.**

The year-end Tennis Carnival will be held at the Koch Family Tennis Center on July 17<sup>th</sup> from 9 a.m.-noon.

Class on the date in parentheses will only be held if a class is cancelled due to one or more weather related cancellations.

For additional information, call Kim Gradoville or Ben Wigert, program coordinators, at 493-0420. You may leave registrations at Koch Tennis Center starting April 20.

You may also mail registrations to:  
 Metro Omaha Tennis Alliance  
 P. O. Box 8313  
 Omaha, NE 68108

Please make all checks payable to:  
City of Omaha.

All fees are nonrefundable

**Show Wagon Program**

The Show Wagon program is a talent competition for youth ages 1 - high school graduation.

Age Divisions:

- Wee-tots ages 1 through 5
- Tiny-tots ages 6 through 8
- Juniors ages 9 through 11
- Seniors ages 12 through 14
- High school ages 15 through graduating seniors,
- Adults Exhibition only.

District Shows:

**All District Shows start at 7 p.m.**

- June 23    Elmwood Park
- June 25    Mockingbird Hills C.C.
- June 30    Benson Park
- July 7      Montclair C.C.
- Rain Date: July 9    Montclair C.C.

Regional Shows:

**All Regional Shows start at 7 p.m.**

- July 14    Mockingbird Hills C.C.
- July 21    Montclair C.C.
- July 23    Benson Park
- Rain date: July 28    Benson Park

Finals:

**Finals start at 6:30 p.m.**

- August 5    Elmwood Park
- Rain date: August 6    Elmwood Park

District Show winners advance to Regional Shows. Regional winners advance to Finals.

Download information at  
[www.ci.omaha.ne.us/parks](http://www.ci.omaha.ne.us/parks)  
 or call Marcia or Amanda at  
 444-5184.

E-mail –  
[marcia.coffeen@ci.omaha.ne.us](mailto:marcia.coffeen@ci.omaha.ne.us)  
[amanda.english@ci.omaha.ne.us](mailto:amanda.english@ci.omaha.ne.us)

**City Wide Sports**  
**444-5931**

*(All Adult Registration Information & Schedules are on-line: [www.ci.omaha.ne.us/parks](http://www.ci.omaha.ne.us/parks))*

**Youth Basketball Leagues**

Youth Basketball league play is offered at A.V. Sorensen Center  
PHONE: 444-5596

**Summer Adult Basketball Leagues**

If you missed Spring Ball, summer play starts the week of July 6. League play is 8 weeks and will be conducted at various Community Centers around the City. Divisions are offered for Men's BB,B,C, and Women's. Call NOW and get on the mailing list.

**Fall Adult Basketball Leagues**

League play begins the week of September 27. League play is 10 weeks and will be conducted at various Community Centers and schools around the City. Divisions are offered for both men and women.

**Summer Adult Volleyball Leagues**

If you missed Spring Ball, summer play starts the week of July 6. League play is 8 weeks and will be conducted at various Community Centers around the City. Divisions include Women's Open, A, B and Coed A, B. Call NOW and get on the mailing list.

**Fall Adult Volleyball Leagues**

League play begins the week of September 27. League play is 10 weeks and will be conducted at various Community Centers and schools around the City. Men's, Women's and Coed divisions are offered.

**All American Baseball Upper Deck League**

Team registration for the 2008 All American Baseball/Upper Deck league is finished; registration for 2009 will begin in the fall. League play begins in late May of each year and continues through mid August. The All American league is comprised of area college age and older players. Call 444-5931 or The Strike Zone for more information, to register a team, or to place your name on the player sign-up board for 2009.

**Adult Player Sign-up Board/ Mailing List**

Players - looking for a team????  
Teams - looking for some additional players???? Call 444-5931 and add your name to the Player Sign-Up Boards for basketball and /or volleyball. Teams will be made aware of this service from City Wide Sports. Please contact 444-5931 to place your name on our mailing list. Please identify the sport(s) of interest. Please also call to verify that we have a current address for you.

**Adult & Youth Sports Leagues**

The Park & Recreation Department provides some of the Midwest's finest outdoor sports facilities. The Department is proud to partner with several agencies in Omaha to provide leagues, tournaments and a wide selection of opportunities for adult and youth softball, baseball and soccer. For specific information regarding the league that will fit your leisure needs please call 444-5930.

**Metro Omaha Softball**

Youth and Adult Softball Leagues.  
1606 S. 50th Street  
Omaha, NE 68106  
Phone: 551-1181  
Fax: 551-2522

**Hummel Park Day Camp**

**\$90 per camper.**

Hummel Camp is a one week day-camp designed to give kids

a taste of a variety of outdoor recreation activities such as archery, arts & crafts, hiking, nature identification, camp songs, cooking over the campfire and so much more!!

For youth in grades 1<sup>st</sup> through 8<sup>th</sup> this current school year.

Monday-Thursday 9 a.m.-3:45 p.m.  
Friday 1-6:45 p.m.

Registration taken through participating schools and transportation provided from schools.

Camps run from June 1<sup>st</sup> through August 7<sup>th</sup>, with no camp the week of June 29<sup>th</sup>. For information contact Sara at 444-5216.

**Hydrant Parties**

Hydrant parties are scheduled at different locations throughout the City between 1 and 5 p.m., Monday through Friday. The weekly schedule of locations is published in the Omaha World Herald, as well as on our Parks Recreation and Public Property Department web site.  
<http://www.ci.omaha.ne.us/parks/>



# Adams Park Community Center

## 3230 John Creighton Blvd. 444-5164

### Health & Fitness Programs

#### **Adult Open Gym \$3.00**

18 and older  
 Monday - Friday  
 11:30 a.m. – 3:00 p.m.

#### **Youth Open Gym Free**

Monday – Friday  
 3:00 p.m. – 5:00 p.m.  
 Saturday  
 12:00 p.m. – 4:00 p.m.



#### **Weight Room \$3 Drop-In Fee**

(18 and older)  
 Monday –Friday  
 7:30 a.m. – 9:00 p.m.  
 Saturday  
 12:00 p.m.– 4 p.m.

#### **“New” One-on-One Personal Training**

Are you tired of the same old workout /fitness program? Reach your fitness goals by working with a certified personal trainer. Gain valuable knowledge about nutrition and fitness while having fun!! Your first session is free and groups are welcome.

#### **\$25 per hour session**

For more information contact  
 Orentheian Everett at 444-5164

#### **Gym Cards**

**\$15.00 per 10 Visits**  
**\$25.00 per 20 Visits**  
**Cards may be used for**  
**Adult drop in basketball**

#### **Summer Heat**

#### **Youth Basketball Leagues**

Start May 16th

Divisions:

Boys 5 <sup>th</sup> -6 <sup>th</sup> Grade	<b>\$175.00</b>
Boys 7 <sup>th</sup> - 8 <sup>th</sup> Grade	<b>\$175.00</b>
Girls 5 <sup>th</sup> -6 <sup>th</sup> Grade	<b>\$175.00</b>
Girls 7 <sup>th</sup> - 8 <sup>th</sup> Grade	<b>\$175.00</b>

#### **Youth Summer Basketball Clinic**

Start: May 25<sup>th</sup>  
**\$10.00 6-weeks**

Learn the fundamentals and have fun!

6 – 8 yrs	Monday 6:15 p.m.-7:00 p.m.
9-12 yrs	Monday 7 p.m. – 8 p.m.

For more information contact Adams  
 Park Community Center at 444-5164

#### **Basketball Skillz Challenge**

Every Saturday in June  
 2 p.m. -4 p.m.

Come and show off your dribbling and shooting skills while hanging out with other youth. Awards will be given to the division champion.

Boys 5 <sup>th</sup> -6 <sup>th</sup> Grade	
Boys 7 <sup>th</sup> - 8 <sup>th</sup> Grade	
Boys 9 <sup>th</sup> -12 <sup>th</sup> Grade	
Girls 5 <sup>th</sup> -6 <sup>th</sup> Grade	
Girls 7 <sup>th</sup> - 8 <sup>th</sup> Grade	
Girls 9 <sup>th</sup> -12 <sup>th</sup> Grade	

For more information contact Adams  
 Park Community Center at 444-5164

#### **3 on 3 Basketball Tournament**

Start: July 18<sup>th</sup> **\$35.00**

Come and compete at a fast pace for a good price. Double elimination tournament. Honors will be awarded to each division champion.

Boys 5 <sup>th</sup> -6 <sup>th</sup> Grade
Boys 7 <sup>th</sup> - 8 <sup>th</sup> Grade
Boys 9 <sup>th</sup> -10 <sup>th</sup> Grade
Boys 11 <sup>th</sup> -12 <sup>th</sup> Grade
Girls 5 <sup>th</sup> -6 <sup>th</sup> Grade
Girls 7 <sup>th</sup> - 8 <sup>th</sup> Grade
Girls 9 <sup>th</sup> -10 <sup>th</sup> Grade
Girls 11 <sup>th</sup> -12 <sup>th</sup> Grade

For more information contact Adams  
 Park Community Center at 444-5164



#### **Youth Soccer \$20.00**

Ages 3-5 years & 6-9 years  
 Saturday 10:00 a.m. – 10:45 a.m.  
 Start May 30<sup>th</sup> 6- weeks  
 For more information contact Adams  
 Park Community Center at 444-516

#### **Volleyball**

**\$3.00 Drop-in fee for Adults**

**Youth – Free**

For more information contact Adams  
 Park Community Center at 444-5164

# Adams Park Community Center

## 3230 John Creighton Blvd. 444-5164

### Health & Fitness Programs

**“New” Box –N- Shape  
 Six Week Program \$25.00**

Learn the fundamentals of boxing while getting in shape. Class is designed for all ages and fitness levels.

Monday 5:00 p.m. – 6:00 p.m.  
 Wednesday 6:00 p.m. – 7:00 p.m.  
 Friday 6:00 p.m. – 7:00 p.m.  
 Saturday 10:00 a.m. – 11:00 a.m.

For more information contact Adams Park Community Center at 444-5164

**“New” Youth Box –N- Shape / 8yrs- 12 yrs  
 6 weeks \$10.00**

Saturday 11a.m.- 12 p.m.  
 Learn the fundamentals of boxing while having fun.

**“New “ Athletic Conditioning Challenge  
 6 sessions \$25.00**

Do you enjoy training like an athlete? Come push yourself to new heights and improve your strength, balance, and speed. For more information contact Adams Park Community Center at 444-5164

**Judo**

Youth (10 & Under)  
 Thursday 6:30 p.m.  
 Adults  
 Thursday 7:30 p.m.

For more information contact Adams Park Community Center at 444-516

**Banister’s Tae Kwon Do  
 & Self Defense Classes \$35**

Ages: 5-Adult  
 Monday Beginner 6 – 7:30 p.m.  
 Saturday Adults 1 - 2 p.m.  
 Includes membership and instruction.  
 Contact Akile Banister at 203-8838

### Senior Programs

Creighton Medical Center will host a Wellness Exercise Program in the gym every Tuesday and Thursday from 8-9:30 a.m.

**Weigh-In and get your blood pressure checked.**

**It’s open to the public.**

**For Further Information Contact:  
 Orentheian Everett, Recreation Supervisor or Claude White, Recreation Leader at 444-5164**

**Senior Fitness Training  
 6 weeks \$25.00**

Mon. & Wed. 8 a.m. - 9 a.m.  
 Enjoy weight lifting and cardiovascular training while having fun. For more information contact Adams Park Community Center at 444-5164

**Safe Walk Free**

Walking, Weight Lifting and Exercise  
 Mon.- Fri. 7:30 a.m. – 10:30 a.m.

### Education General Interest Programs

**Ping Pong/Pool Tournament  
 Fee \$3.00**

May 15 6:00 p.m.  
 Trophies Awarded



**Guitar \$10.00**

Guitar furnished  
 All Ages  
 Six Week Classes  
 Contact Hillard Nero at 444-516

# **A.V. Sorensen Community Center**

## **4808 Cass Street**

## **444-5596**

### Summer Camps

#### **Basketball Camp**

**\$10.00 / One day Camp**

Wed. June 24<sup>th</sup>

11:00 a.m. – 3:00 p.m.

Wed. July 22<sup>nd</sup>

11:00 a.m. – 3:00 p.m.

Ages 7 – 14 Ready to play some hoops? Fun games, challenges and Competition in a positive, challenging environment. So lace up those high tops and get ready to have some fun. Boys and girls welcome. Participants must bring a sack lunch. Contact A.V. Sorensen at 444-5596 for more information.

#### **Sports Camp**

**\$10.00 / One day Camp**

Wed. June 17<sup>th</sup>

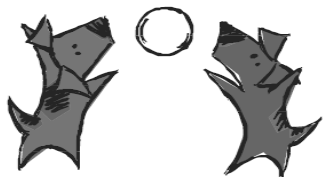
11:00 a.m. – 3:00 p.m.

Wed. July 15<sup>th</sup>

11:00 a.m. – 3:00 p.m.

Ages 7 – 14 Ready to get your game on? Your sports fanatic will love this one day camp. Basketball, Badminton, dodge ball, flag football and more. Fun games, challenges and competition in a positive environment. Boys and girls welcome. Participants must bring a sack lunch.

Contact A.V. Sorensen at 444-5596 for more information.



#### **Crafty Kids Camp**

**\$12.00 / One day Camp**

Wed. June 10<sup>th</sup>

11:00 a.m. – 3:00 p.m.

Wed. July 8<sup>th</sup>

11:00 a.m. – 3:00 p.m.

Ages 5 – 10 Boys and girls Let your child's creative side run free. Creative projects and much more. Participants must bring a sack lunch. Contact A.V. Sorensen at 444-5596 for more information.

#### **5 v 5 Basketball Leagues**

**\$250.00 per team**

Registration deadline May 22<sup>nd</sup>

June 8<sup>th</sup> – July 31<sup>st</sup>

7<sup>th</sup> Grade Boys - Monday's

8<sup>th</sup> Grade Boys - Wednesday's

High School Boys

Thursday's & Sunday's

Players must play for the league that applies to the grade they will enter this fall '09.

#### **3 v 3 Basketball League**

**\$125.00 per team**

Receive a \$25.00 discount if registered before May 1<sup>st</sup>.

Thursday's, June 18<sup>th</sup> – July 16<sup>th</sup>

Game Schedule (Boy's & Girl's)

9<sup>th</sup> - 10<sup>th</sup> Grade & 11<sup>th</sup> & 12<sup>th</sup> Grade

11:00 a.m. – 12:30 p.m.

7<sup>th</sup> & 8<sup>th</sup> Grade

12:45 p.m. – 2:00 p.m.

5<sup>th</sup> - 6<sup>th</sup> Grade & 3<sup>rd</sup> - 4<sup>th</sup> Grade

2:00 p.m. – 3:30 p.m.

Call for more information or email Kristi.Peitzmeier@ci.omaha.ne.us

#### **Pick up Dodge Ball FREE**

Ages: 6 - 16 Co-ed

Tired of playing the same old sports? Grab your friends and come to AVS for some dodge ball fun!

Tuesday's 6:45 p.m. – 8:00 p.m.

Wednesday's 3:00 p.m. – 4:00 p.m.

Contact Kristi at 444-5596 for information.

#### **"Secrets of the Pros"**

#### **Shooting Basketball Camps**

**Cost \$75.00**

Presented by PRO SHOT

July 6 – 7 (Mon-Tue)

Youth Camp 4<sup>th</sup> – 8<sup>th</sup> Grade

9:00 a.m. – 12:00 p.m.

High School Camp 9<sup>th</sup> – 12<sup>th</sup> Grade

1:00 p.m. – 4:00 p.m.

For more information or to register call 444-5596.

### Health & Fitness Programs

#### **Adult Open Gym \$3.00**

18 and older

Mon – Fri Noon – 3 p.m.

\*Unless otherwise noted\*

#### **Youth Open Gym Free**

Mon. thru Fri. 12 - 5 p.m.

\*Unless otherwise noted

#### **Weight Room**

**Drop-in fee \$3.00**

**Punch card**

**\$25.00 for 20 visits**

**\$15.00 for 10 visits**

Mon. – Thurs. 8:30 a.m. – 8:30 p.m.

Friday 8:30 a.m. – 5:00 p.m.

Saturday 8:30 a.m. – Noon

# A.V. Sorensen Community Center

## 4808 Cass Street 444-5596

### Health & Fitness Programs

#### **Women's Weight Lifting**

**\$30 / 8wks**

**Seniors (62+) \$25 / 8wks**

Tues. /Thurs. 6:15-7:15 p.m.

Session starts 6/2

Contact Keith at 444-5596 to register.

#### **Adult Total Fitness**

**Adults: 3x per wk \$35**

**2x per wk \$30**

**Seniors: ( 62+)**

**3x per wk \$30**

**2x per wk \$25**

M/W/F 9-10 a.m.

Contact A.V. Sorensen at 444-5596 to register.

#### **Adult Jazzercise**

M/T/W/F 9:15 - 10:15 a.m.

Child care available for the above class

M/T/W/Th/F 5:30 – 6:30 p.m.

M/T/TH 4:20 - 5:20 p.m.

Sat. 8:30 – 9:30 a.m.

Sun. 4:00 – 5:00 p.m.

Contact Sally at 333-9844 to register

#### **Pilates, Yoga, & Stability Ball Classes**

**9 weeks \$99**

**Offered by Cynthia Gordon**

Call 391-5406

Classes start the week of May 11<sup>th</sup> and July 13<sup>th</sup>

#### **Pilates -Strengthen Your Core!**

Monday 2:15 p.m.

Tuesday 6:30 p.m.

Wednesday 2:15 p.m.

Thursday 9:30 a.m.

Saturday 10:00 a.m.

#### **Power Yoga**

##### **Build A Strong Body!**

Thursday 6:30 p.m.

Saturday 8:30 a.m.

**"New"**

##### **Yoga in the Park!**

Tuesday 2:15 p.m.

Wednesday 6:15 p.m.

Friday 8:30 a.m.

#### **Stability Ball –**

##### **Challenge Your Core and**

##### **Build Muscle!**

Tuesday 5:25 p.m.

Call Cynthia Gordon at 391-5406

#### **Adult Tai Chi & Wellness**

**1 x per week \$20 / 8wks**

**2 x per week \$35 / 8wks**

Tues. 11 a.m.-Noon

Fri. 11 a.m.-Noon

Contact Lucretia Danielson at 558-8299 to register.

#### **Adult Tai Chi**

**2 x per week \$35**

**1 x per week \$25**

8 wks Mon./Wed. 6-7 p.m.

Class starts May 27<sup>th</sup>

Contact Michele Shearer at 558-8645 to register.

#### **Women's Self-Defense**

**\$10.00 / per class**

This class will teach basic self defense techniques to help defend and deter an attacker

Thursday 6:30 – 9:00 p.m.

(3<sup>rd</sup> Thurs of the month)

Call Claudia Brown-Jackman at 630-3169 for more information.

#### **Anahata Yoga**

Simple clear heart centered instruction. Renew energy, increase productivity and flexibility, reduce stress and anxiety. Certified & experienced instructor, Ruth Bailey, back from 9 years in California brings this beautiful Anahata style to Nebraska.

**\$12.00/class**

**Save \$20.00 by signing up for all 8 classes in advance for \$76.00.**

4 week sessions

May 11 - Jun 4

Jun 8 – Jul 2

Mon/Wed 6:30 p.m.

Tues/Thurs Noon

#### **Petak's Tae Kwon Do**

**\$20/Month**

Sun. 9-10 a.m.

Contact Petak at 734-7402 to register.

#### **Youth Beg. Tae Kwon Do**

Ages: 6-12 **\$30 / 8 wks**

Thurs. 6:30-7:30 p.m.

Sessions: 5/28 – 7/16 and 7/30 – 9/24

Contact Scott Tibbels at 491-4122 to register.

#### **Adult Adv. Tae Kwon Do**

**\$30/ 8 wks**

Thurs. 7:30-8:30 p.m.

Sessions: 5/28 – 7/16 and 7/30 – 9/24

Contact Scott Tibbels at 491-4122 to register.

#### **Shinkendo \$35 / Monthly**

(Japanese Swordsmanship)

Wed. 5 - 7 p.m.

Sat. 10 a.m. – Noon

Contact Lyle at 578-9873 to register.

# A.V. Sorensen Community Center

## 4808 Cass Street 444-5596

### Health & Fitness Programs

**Aikido \$35 / Monthly**  
 (Japanese Self-Defense)  
 Adults and Youth (5 yrs. & up)  
 Monday 6:00 - 9:00 p.m.  
 Friday 5:30 - 8 p.m.  
 Saturday Noon - 2 p.m.  
 Open enrollment for beginners at  
 anytime class is in session.  
 Contact Lyle at 578-9873 to register.

**Adult & Youth  
 Beginning Fencing**  
**\$35/ 8 wks**  
 Tues. 6:30-7:30 p.m.  
 Ages: 10 & up  
 All equipment is provided.  
 To register Contact Patrick DeSimio  
 at [pdessimio@omahafencingclub.org](mailto:pdessimio@omahafencingclub.org)

### Pre-school Programs

**Tot's Tumbling \$25/ 8wks**  
 Ages: 3-5  
 Registration 5/18  
 Classes start 6/1 & 6/3  
 Mon. or Wed. 11-11:45 a.m.  
 Contact Joyce at 444-5596 for  
 information.

**Munchkins on the Move**  
**\$25/ 8 wks**  
 Registration 5/18  
 Ages: Co-ed 3-5  
 Class start Friday 6/5  
 11:00 a.m. - 11:45 a.m.  
 Ages: 6 - 8  
 Class start Tuesday 6/2  
 11:00 a.m. - 11:45 a.m.  
 Bring your munchkin and join us for  
 games, music and more. Call  
 444-5596 for information.

**Jump-N-Jax**  
**\$20/ Monthly**  
 A fun way for preschool age children  
 to exercise and learn how to keep  
 their bodies strong. Look for a new  
 schedule in the fall! Classes start in  
 October. Contact Jill Goodrich at  
 677-5355 for more information.

### Senior Programs

**Bridge / Pinochle / Pitch**  
 Tues. 10 a.m.-2 p.m.

**Visiting Nurse**  
 1st & 3rd Tue. of each month  
 10:00 a.m. - 11:30 a.m.

**Amazing Angel Health Clinic**  
 4<sup>th</sup> Tuesday of the month  
 10:15 - 11:15 a.m.

### Cultural Arts Programs

**Adult Beginner Tap Dance**  
**Seniors (62+): \$20 Adults: \$25**  
 8 week session starts 6/6  
 Sat. 11:15 a.m. - 12:15 p.m.  
 Tap shoes required. Contact  
 A.V. Sorensen at 444-5596 to  
 register.

**Clogging III \$48 / 8wks**  
 Tues./Thurs. 9-10 a.m.  
 Contact Evelyn Rudeen at 556-8884  
 to register.

**Belly Dance**  
**Instructor: "Diva Soma"**  
**\$50 / 6wks**  
 Wed. 7:15-8:15 p.m.  
 Contact Jennifer Kreissler at  
 697-5484 to register.

**Music Together with Darla**  
 Music and Movement Classes for  
 newborn to kindergarten with the  
 adults who love them. Music  
 Together<sup>®</sup> is an internationally  
 recognized early childhood music  
 program. All classes are mixed age  
 (0-6 years) with parents or guardians.  
 Illustrated songbook and  
 professionally recorded CD's are  
 included in the fee.

Summer Schedule  
 June 23 - July 28  
 Tuesdays 10:00 - 10:45 a.m.

Summer Fees  
**One child - \$95.00**  
**Additional sibling - \$65.00**  
**8 months and under - free with a  
 paid sibling**  
 For information contact Darla  
 Sullivan at 573-6370. Visit on-line at  
[MusicTogetherWithDarla.com](http://MusicTogetherWithDarla.com)

### **NEW!!** Art Classes

**Pre School Art**  
**\$40.00 + \$8.00 materials fee**  
 Ages: 3 - 5 9:00 - 9:45 a.m.  
 Ages: 3 - 5 10:00 - 10:45 a.m.  
 Eight week session  
 Fridays Jun. 5 - Jul 24

**Primary Art**  
**\$40.00 + \$8.00 materials fee**  
 Ages 6 - 9 11:00 a.m. - 12:00 p.m.  
 Eight week session  
 Fridays Jun. 5 - Jul 24  
 Class sizes limited.  
 Please call to make your reservation  
 Call Jennifer Borelli at 212-2170

# A.V. Sorensen Community Center

## 4808 Cass Street 444-5596

### Nisha's Little Buddies

**Contact information:**  
 Nisha at 402-315-3585

#### **Safe Kids 101 Workshop**

**Cost : \$30.00**  
 June 13<sup>th</sup> or July 11<sup>th</sup>  
 2:00-4:30 p.m.

This course is designed to teach your kids to be safe at home and in the community. Participants will learn common sense approach safety and will receive a student workbook.

#### **Babysitting Workshop**

**Cost: \$55.00**  
 Pre-requisites: Students must be 11 years old before Sept. 1, 2009.  
 June 13<sup>th</sup> or July 11<sup>th</sup>  
 9:00 a.m. – 1:00 p.m. This workshop is an outstanding introduction to babysitting and it will insure that the habits developed will be good habits. During the workshop, we will focus on how to interact with children to keep them active and interested. You will learn to plan age appropriate activities, develop outstanding organizational and communication skills, and how to interview parents in order to collect all the crucial information you will need to have a safe, productive, and enjoyable time with the children. This workshop will also include simple business skills such as record keeping and advanced planning. **Nisha's Little Buddies** babysitters will also learn what is expected of them as a babysitter and the magnitude of these expectations.

#### **Preschool & Children's Educational Workshops**

Orientation July 6<sup>th</sup> 10:00 a.m.  
 Classes begin July 13<sup>th</sup>  
 Let's get ready for preschool  
 Ages 2.5 to 3.5 years  
 Let's get a jumpstart on kindergarten  
 Ages 4 – 6 years  
 Nisha's Little Buddies Preschool provides a safe and pleasant atmosphere in which little buddies may develop socially and mentally. Our goals and objectives are carefully designed to fulfill the needs and developmental stages of the individual child. We work with each family and instill a true love for learning, challenge your little buddy through play, show your little buddy how much fun learning can be and support you in your teaching efforts. We are committed to a low-key readiness plan for this age group. We use familiar teaching vehicles to introduce language skills and number awareness. The program is lightly structured, based on our presumption that children thrive and learn in an atmosphere that stresses "fun with a purpose," or learning through play.

#### **"It's All About Family"**

Hands on Crafts & Cooking Workshops  
**\$20.00 per workshop**  
**\$10.00 each additional sibling**  
 Monday's 10:00 a.m. – 11:00 a.m.  
 Tuesday's 6:30 p.m. – 7:30 p.m.  
 Ages: 3 - 6  
 We live together...we play together...and we learn together!  
 Join in on all the fun, here at Nisha's Little Buddies. Pre-registration required. Projects and recipes vary week to week.



### Facility Rentals

A.V. Sorensen Community Center Is perfect for....

- Birthday Parties
- Business Meetings
- Anniversaries
- Wedding & Baby Showers
- Family Reunions
- And More...

**\$30.00/hr during operational hours**  
**\$40.00/hr outside operational hours**  
 Contact us for more information at 444-5596.

### Birthday Parties

Does planning your child's birthday party leave you too tired to party? Do you dread trying to come up with games and activities that will satisfy busy, active bodies?

A.V. Sorensen Community Center offers sanity saving solutions with our ultimate party package. Our enthusiastic party leader will guide your guests through the party, lead the activities and serve refreshments, including the cake. Call us today for more information and reserve the best birthday party ever!

# Benson Community Center

## 6008 Maple Street      444-5184

### Health & Fitness Programs

#### Open Gym

Ages: 10 yrs – 17 yrs    **FREE**  
 18 yrs. & up    **\$1 each visit**  
 Monday – Friday  
 3:00 p.m.- 5:00 p.m.  
 Saturday  
 2:00 p.m. – 6:00 p.m.  
 \*\*Must show picture ID\*\*

#### Adult Open Gym

Ages: 10 yrs – 17 yrs    **FREE**  
 18 yrs. & up    **\$1 each visit**  
 Tuesday & Thursday  
 3:00 p.m.– 6:00 p.m.  
 Friday Iron Man Open Gym  
 5:00 p.m. – 8:00 p.m.  
 Saturday  
 2:00 p.m. – 6:00 p.m.  
 \*\*Must show picture ID\*\*

#### **ZUMBA Class**

**Fee: walk-in \$7.00**  
**Punch cards: 5 classes for \$25**  
**or 10 classes for \$40**  
 Get ready...exercise is about to get FUN! Ditch the workout and join the party with Zumba! Dance your way to a fitter you while learning exciting Latin moves and rhythms. You will learn basic steps for music such as Salsa, Merengue, Bachata, and Samba while sweating away your stress. Zumba is designed to be FUN and easy to do. Join the party!  
 Instructors: Nicole & Amanda  
 Days: Tuesdays & Thursdays  
 Times: 6:30 p.m. – 7:30 p.m.  
 For more information, call Amanda at 402-321-9983 or Nicole at 402-651-5530 or send emails to [omahazumba@gmail.com](mailto:omahazumba@gmail.com).



#### **Martial Arts**

**Fee: \$20 per month**  
 Instructor: Randy Miller  
 Thursdays 6:30 p.m. – 7:30 p.m.  
 Ages: 7 yrs. & up  
 To register call Randy Miller at 510-6378. Classes are on going!

#### **Kendo & Laido**

**The Way of the Sword**  
**Fee: \$20 per month**  
 Instructor: Steve Sasaki  
 Monday & Wednesday  
 5:00 p.m. – 8:00 p.m.  
 Ages: Juniors & Adults welcome  
 To register call Steve Sasaki at 968-0615. Classes are on going!

#### **Anahata Yoga Omaha**

Anahata Yoga is a style for students who are beginning or have limitations that might otherwise make yoga a challenge. Anahata Yoga also reaches and supports children in the Wat Don Chan Orphanage in Chang Mai, Thailand.  
 Wednesdays Noon – 1:00 p.m.  
 Ages: All ages welcome  
 To register call Ruth at 402-301-2960 or [baileybysea@aol.com](mailto:baileybysea@aol.com)

#### **Beginning Belly Dance**

**Price: \$45 (per 6 week session)**  
 Ages: 16 yrs. & up  
 Tuesday 1:00 p.m. – 2:00 p.m.  
 Instructor: Della  
 To register call Della at 658-4978  
 E-mail: [workshopdance@aol.com](mailto:workshopdance@aol.com)

#### **Tiny Tots Fitness**

**Cost: \$10.00 per child**  
 Ages: 3+  
 6 Week Session  
 Kids! Stay fit with games and activities suited just for you!  
 June 11 – July 16  
 Thursdays Noon- 1:00 p.m.  
 To register call the Benson Center at 444-5184

#### **Me & You Open Gym Time!**

**Cost: \$1 per child**  
 Open gym for children 12 & younger. Parents must be present.  
 Wednesdays 11:30 a.m.- 12:30 p.m.  
 Walk-in's welcome! Have time to play basketball or just goof around in the gym!



# Benson Community Center

## 6008 Maple Street 444-5184

### Health & Fitness Programs

#### **Indoor Football Clinic**

**Fee:\$20.00**

Fundamentals of football including throwing, catching, ball handling, defending, and running routes.

June 10 – July 29

Wednesday 1:30 p.m. – 2:30 p.m.

Ages: Ages 8 – 12 years old

Instructor: Ben Olbertz

#### **Kid Candy Bar Bingo**

FREE! Enjoy a fun morning Bingo!

June 9 – July 28

Tuesday 10:00 a.m.- 11:00 a.m.

#### **Indoor Baseball Clinic**

**Fee:\$20.00**

Fundamentals of baseball including throwing, catching, base running, and rules.

June 8 – July 27

Mondays 11:00 a.m. – Noon

Ages: 8 – 12 years old



#### **Open Gym Dodge Ball**

**FREE!!**

Tuesdays 1:00 p.m. – 2:00 p.m.

### Visual Arts Programs

#### **Bead Busy!**

**Cost: \$7 per person / per class**

Make creative animal key chains!

Instructor: Monica Otterberg

To register call Monica at 884-6314

Fridays 1:00 p.m. – 2:00 p.m.

Ages: All ages are welcome

16 yrs and under need to be accompanied by an adult.

Limited spots available.

#### **A is for Art**

#### **Pre-School Summer Program**

State-licensed preschool with a fine art curriculum.

Instructor: Jennifer Borelli

Age 3-5

Mondays 9:30-11:30 a.m.

Session 1: June 1- June 29

**Session 1: \$50.00 per child**

Session 2: July 6 – July 27

**Session 2: \$40.00 per child**

To register call 212-2170 or visit

[www.AisforArtPreschool.com](http://www.AisforArtPreschool.com)

### Visual Arts Programs

#### **A is for Art**

#### **Pre-School Open House**

August 24<sup>th</sup> 7:00 p.m. – 8:30 p.m.

State-licensed preschool with a fine art curriculum.

Instructor: Jennifer Borelli

Age 3-5

**\$25 non-refundable deposit charged upon registration for 2009-2010 school year Sept.-May**

Register: Call 212-2170 or visit

[www.AisforArtPreschool.com](http://www.AisforArtPreschool.com)



### Teen Programs

#### **Friday Wii Day**

**Fee:\$1.00**

TGIF! Enjoy Wii Tournaments, Guitar Hero World Tour, and other games and movies! Make this place your hang out on Fridays!

June 12 – July 31

Fridays 1:00 p.m. – 3:00 p.m.

# **Benson Community Center**

## **6008 Maple Street      444-5184**

### **Teen Programs**

#### **Summer Teen Chat**

Together with the Nebraska Children's Home Society, female teens can chat about sensitive issues.

June 1 – July 27

Mondays 1:00 p.m. – 3:00 p.m.

Contact the Nebraska Children's Home at 451-0787

#### **Garage Band Practice**

**Fee:\$5.00 per usage**

Need a place to practice??

We have the space!

Fridays 3:00 p.m. – 5:00 p.m.

Saturdays 2:00 p.m. – 6:00 p.m.

**\*\*Practice times must be reserved in advance.\*\***

#### **Youth Connecting with the Community**

Join other teens to discuss important issues in our community!

Neighborhood advocates will also allow helpful tips on important issues. Great on your resume!!

June 26, July 17 & July 24

Fridays 10:30 a.m. – 11:30 a.m.

### **Senior Programs**

#### **Power Hour Walking Group**

**FREE**

Cardio Workout Indoors!

Monday – Friday 9 a.m.- 10 a.m.

To register call 444-5184 or

[amanda.english@ci.omaha.ne.us](mailto:amanda.english@ci.omaha.ne.us)

#### **Interested in Tai Chi?**

Call 402-444-5184



#### **Bingo!**

Tuesday, Wednesday, Friday

1:00 p.m. – 3:00 p.m.

To register call Arline Jirsak at 346-1541. Bring a food goody to share with the group!

#### **Pitch Club**

Thursdays 1:00 p.m. – 3:00 p.m.

To register call 444-5184 or

[amanda.english@ci.omaha.ne.us](mailto:amanda.english@ci.omaha.ne.us)

#### **Interested in Dog Training?**

Call the Benson Staff at 444-5184

#### **Interested in a Senior Weight Loss Program?**

Call Benson Staff at 444-5184!

### **Special Events**

#### **Benson Arts Festival**

Come join the festivities with activities at the Benson Community Center, classic car show, and arts/crafts galore!

Saturday, June 13

9:00 a.m. (pancake breakfast)

11:00 a.m. festivities begin

More info: contact Amanda at 444-518

#### **Rebel Craft Show**

**FREE! FREE!**

Omaha's 1<sup>st</sup> EVER alternative craft show!

Saturday, August 22

Noon – 7:00 p.m.

Benson Community Center

**\*\*Interested in selling crafts, please contact Liz at 880-4664**

#### **\*\* Benson Show Wagon**

Enjoy talent from all across the Omaha Metro!

Date: Tuesday, June 30

Time: 7:00 p.m.

Place: Benson Park

More info: contact Amanda at 444-5184

#### **Party Packages**

Party packages may include: selected theme decorations, cupcakes or cake, punch, plates, napkins, cups, & planned games with staff leader! Call for package prices and book your party today!

# Camelot Community Center

**9270 Cady Ave. 444-5972**

## Facility Rentals

**Gym \$46.00**  
 Volleyball / basketball 14 days  
 notice required

**Lounge \$46.00**  
 Max. Capacity 75  
 Kitchen, gas fireplace  
 Beer, wine, champagne permits  
 available for \$65 (3 week advance  
 notice required)  
**Security/Damage Deposit \$100**

## Health & Fitness Programs

**Open Gym L'il Guys**  
 (Times subject to change)  
 Ages: 2-6 **FREE**  
 M - F 10 a.m. – 11:30 a.m.  
 Adult MUST remain, tennis shoes  
 required. Rim ball, hula-hoops,  
 balls, etc. provided

**Open Gym Youth/Teen**  
 Ages: 7-17 **FREE**  
 Mon. & Fri 3-5 p.m.  
 Sat. 1-4 p.m.  
 School ID is required for all high  
 school students. Tennis shoes  
 required.

**Open Game Room**  
**\$1 deposit** required for  
 equipment & games  
 Mon. thru Fri. 1-5 p.m.  
 Sat. 1- 4 p.m.  
 Pool, foosball, ping-pong, board  
 games

**Senior Exercise Free**  
 Mon. thru Fri. 10 - 11a.m.  
 Video aerobics. Please call ahead  
 (444-3091)

## **Game Day Contests**

**Ages 8 ~ 15**  
 Billiard Champs **FREE**  
 Wednesday's 3 - 5 p.m.  
 Ping Pong Tournaments **FREE**  
 Friday's 3 - 5 p.m.  
 Air Hockey Champs **FREE**  
 Monday's 3 - 5 p.m.

**Pilates \$99 per session**  
 Mon. 6:45-7:45 p.m.  
 9 weeks May 11 – July 13  
 July 20 – Sep 21

Friday 10:00 ~ 11:00 a.m.  
 9 weeks May 15 – July 10  
 July 17 – Sept 11  
 Contact Cynthia Gordon at 391-5406  
 to register.

**Tae Kwon Do – Youth**  
 (Offered by the Kicking Tigers)  
**Monthly fee: \$40 once per week;**  
**\$50 twice per week**  
 Ages range from 16 and under  
 to 17 and older  
 Tues. 5:30-6:30 p.m.  
 Sat. 10 -11 a.m.  
 Contact Wes Hall at 596-1051  
 to register.

**Aikido Japanese**  
**Martial Art**  
 (Offered by Aikido Omaha, LLC)  
**Monthly fee \$45**  
 12 & over  
 Tue & Thurs 6:30-8:30 p.m.  
 Sat. 9 a.m. - Noon  
 Contact Randy Porter at 968-4419  
 to register.  
[www.AikidoOmaha.com](http://www.AikidoOmaha.com)

## **Revolutionary Fighting Arts**

Offering A.S.A.P. Method  
 (Adrenal, Situational, Awareness &  
 Projection)  
**Cost: \$40 per month**  
 Discount if you bring a friend for  
 2 months (\$70)  
 Wednesday 5:15 - 6:45 p.m.  
 Ages 12 & up  
 Contact Jeff Christenham at  
 402-650-5941

**Walking –Indoors FREE**  
 Ages: 19-up  
 Mon. thru Thurs 9-10 a.m.  
 (Tennis shoes required)

## Visual Art Programs

**Adult Ceramic Classes**  
 May 12 – July 8  
 Tue 9:30 - 11:30 a.m.  
 May 14 – July 9  
 Thurs. 6:30 – 8:30 p.m.  
**Adult 2hr. class Tues. or Thurs.**  
**Adult \$30+ materials +**  
**\$5 user fee**  
**Senior \$28 + materials +**  
**\$5 user fee**  
 Contact Helen Whiteing at  
 896-0728 to register.

**Hand Built Ceramic Class**  
**Cost is \$24.00**  
 Monday, May 4<sup>th</sup> 5:15 – 6:15 p.m.  
 Ages: 12 – up (Limited to 7 max)  
 Students are responsible for their own  
 materials and supplies. Call Charlene  
 Potter at 457-5846 or email  
[mcp842@cox.net](mailto:mcp842@cox.net) to register.

# Camelot Community Center

**9270 Cady Ave. 444-5972**

## Visual Art Programs

### **Beginning sewing**

**Cost is \$24.00 (6 week sessions)**

Classes start Monday, May 4<sup>th</sup>

6:15 – 7:45 p.m.

Ages: 12 and up

per session (Limited to 5 max)

Students are responsible for their own materials and supplies. Call Charlene

Potter at 457-5846 or email

[mcp842@cox.net](mailto:mcp842@cox.net) to register.

### **Community Mural Workshop**

Pre-registration Monday, May 18<sup>th</sup>

7:00 – 8:00 p.m.

Become a part of this innovative art project. We will hold a community mural workshop at Camelot

Community Center on Saturday,

May 23<sup>rd</sup> between 9 a.m. – 2 p.m.

Bring a sack lunch.

**Workshop** Saturday, May 23<sup>rd</sup>

9:00 a.m. - 2:00 p.m.

## Senior Programs

### **Camelot Friendship Center**

Mon. thru Fri. 9:30 a.m.-3 p.m.

Card games, bingo, parties and trips. Lunch served daily at

11:30 a.m. **\$2.50 donation**

### **Bingo**

Monday & Thursday

Starting at 12:15 p.m.

### **Walking Club**

Monday through Thursday

9:00 - 10:00 a.m.

## Senior Programs

### **Health Clinics**

Every Wednesday morning

9:45 – 11:45 a.m.

(Call 392-1818 for appointment)

### **Pinocle Tournament**

Tuesday starting

at 12:15 p.m.

### **Pitch**

Wednesday starting at 12:15 p.m.

Call 444-3091 for more information

### **Camelot Chess Club**

Friday 12-4 p.m.

Learn to play or improve your game. Free and no age limit.

Drop-Ins welcome!

Contact Roger Anderson at

572-0946.

### **55 Plus Club**

This is a seniors social club that meet

on the 1st & 3rd Wednesday of each

month between 7-9 p.m. Games,

field trips, and supper meetings.

Contact Mildred Hartsell at 393-5961

## General Education Classes

### **Books & Coffee**

**\$1.00 per person**

Come socialize and discuss different

books, music, and other

miscellaneous topics while sipping on

a warm cup of gourmet coffee!

Fridays 9:30 - 11:00 a.m.

## General Education Classes

### **EGAD Science**

### **Imagination Camps**

#### Crime Scene: Imagination Camp

**Cost: \$155.00 per child.**

Science is an important tool for solving mysteries. In this program,

campers will become detectives,

using scientific tests and critical

thinking to track down a thief.

Topics included:

- Detective training- learning to use skills of observation and reasoning
- Footprints and fingerprints
- Fiber testing
- Decoding secret messages
- Whodunit? Putting it all together

June 8 – 12 1:00 – 5:00 p.m.

Price includes take-home projects, souvenirs and snacks

#### Green Camp: We care best for what we understand.

**Cost: \$155 per child.**

Green Scientists will take a closer look at the life and the water cycle.

Topics include:

- How recycling works – and why!
- Reusing plastic and paper waste
- Alternate energy, such as solar, wind, etc.
- Water treatment and recovery
- Substantial living

June 22 – 26 1:00 – 5:00 p.m.

Price includes take-home souvenirs and snacks

# Camelot Community Center

**9270 Cady Ave. 444-5972**

## General Education Classes

### **Youth Tech Computer Classes**

Youth Tech Inc. is an interactive computer camp that focuses on providing enrichment opportunities to students in the world of computers. With a caring environment at the core of camp values, Youth Tech strives to create a positive learning community that encourages creativity, fun and academics excellence. Our age suggestion is ages 10 -17 on most classes. Commonly we accept students who may be younger. Ultimately, we leave the final decision up to you, the parents as to what you think your student is capable of doing. Our courses are open to any student with a passion for learning. Class size is a minimum of 5 and a maximum of 20. No refunds will be offered after the first day of class. For more information about Youth Tech Inc. please visit our web site at [www.youthtechinc.com](http://www.youthtechinc.com) or call 913-940-3155.

### **Animation \$160.00**

Ages 10 -17

Students who enjoy going to various sites to see fun interactive animations will love this course. The class will utilize Adobe's award winning animation software in Adobe Flash. Students will create fun interactive animations that can share with the world.

Mon ~ Thurs. 6/15 – 6/18  
 9:00 a.m. – Noon

To register contact Youth Tech Inc. at [www.youthtechinc.com](http://www.youthtechinc.com) or call 913-940-3155.

### **Video Game Design \$180.00**

Ages 10 -17

This course provides students with a fun interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive videogames to share with their friends and family.

Mon. ~ Thurs. 6/15 -6/18  
 1:00 – 4:00 p.m.

To register contact Youth Tech Inc. at [www.youthtechinc.com](http://www.youthtechinc.com) or call 913-940-3155.

## Cultural Art Programs

### **Music Together with Darla**

Music and Movement Classes for Newborn to Kindergarten with the adults who love them. Music Together® is an internationally recognized early childhood music program, based on the recognition that all children are musical. Each semester includes ten (10) weekly classes teaching a new song collection every fall, winter, and spring. All classes are mixed age (0-6) with parents or guardians.

**One child - \$95.00**

**Each Additional sibling - \$65.00**

**8 months and under - free with a paid sibling**

June 24 – July 29

Wednesday 10:00~ 10:45 a.m.

For more information contact Darla Sullivan at 573-6370. Visit on-line at [MusicTogetherWithDarla.com](http://MusicTogetherWithDarla.com).

### **Adair Dance Academy**

#### **Intermediate/ Advanced Dance Workshop**

**Cost \$72**

Dancers can sharpen their ballet and modern dance skills with this summer workshop. This workshop is for the experienced dancer. Level 5 dancers will work en pointe.

June 8th - 19th

Mon., Wed., and Fri. 5:30 - 7 p.m.  
 Levels 3 and 4 for Pre-teens and above with dance experience, but not yet en pointe.

#### **Summer Dance Workshop for the Young Dancer**

This workshop is for the young dancer with little or no experience. Three levels are offered: Pre-ballet provides an introduction to dance, with ballet and creative movement exercises and nurtures balance, coordination, motor skills.

Primary class introduces tap to the young dancer, which enhances dexterity, and musicality along with all the benefits of ballet training. Levels 1 & 2 build on these skills, developing ballet technique and more tap mastery.

June 8th - 19th

Mondays, Wednesdays and Fridays

Upstairs Studio

Pre-Ballet (4-5 year olds). **Cost \$60**  
 5:30 - 6:15 p.m.

Primary Ballet and Tap(6-8 year olds)  
 6:30 - 7:15 p.m. **Cost \$60**

Level 1 and 2 Ballet and Tap  
 (9-11 year olds) **Cost \$72**  
 7:30 - 8:30 p.m.

# Camelot Community Center

**9270 Cady Ave. 444-5972**

## Adair Dance Academy

**Intermediate/Advanced Dance Workshop** Cost \$84  
 June 8th - 19th  
 Mondays, Wednesdays and Fridays  
 Main studio 5:30 - 7:30 p.m.  
 Level 5 for experienced dancers currently en pointe.

**Dance Production Workshop**  
**Create - Produce - Perform!**  
**Cost: \$120 plus costume supplies**  
 (will not exceed \$20, and a basic black tank leo is required).

Join us for this new, exciting dance production workshop! This is your chance create your own dances, learn about costuming, make-up, marketing, and producing your own dance performance. The final class will include a studio performance for family and friends and a pot luck dinner to celebrate your success! Don't miss it!

July 20th - 31st  
 Mondays, Wednesdays, and Fridays  
 3:00 - 6:00 p.m.  
 Level 2 - 5 dancers (approximate ages: pre-teens and older, with prior dance experience).  
 Performance and pot luck dinner at 6:00 p.m. on Friday July 31<sup>st</sup>

## Free Demo Classes and Open Houses

Join us for these free classes! Observe your child in action and visit with the instructor or just stop by during Open House time to tour the facility, meet the faculty and enroll for fall classes.

Monday, August 3<sup>rd</sup> 5:00- 8:00 p.m.

Free Classes:  
 5:00-5:30 p.m. Pre ballet, ages 4-5  
 6:00-6:30 p.m.

Primary Ballet and tap, ages 6-8  
 7:00-7:30 p.m. Dance for ages 9-11

Saturday, August 8th 10 a.m.- 1 p.m.

Free Classes:  
 10:00-10:30 a.m. Pre ballet, ages 4-5  
 11:00-11:30 a.m.

Primary Ballet and tap, ages 6-8  
 12 -12:30 p.m. Dance for ages 9-11

Tuesday, August 11th 5 - 8 p.m.

Free Classes:  
 5:00-5:30 p.m. Dance for ages 9-11  
 6:00-6:30 p.m. Pre ballet, ages 4-5  
 7:00-7:30 p.m.

Primary Ballet and tap, ages 6-8  
 Space is limited! Register Today!  
 For more information call Adair Dance Academy at 551-4200, email us at [Adairdance@gmail.com](mailto:Adairdance@gmail.com) or visit our website at [Adairdance.com](http://Adairdance.com)

Ages are suggested ranges. Adair Dance Academy reserves the right to place students in appropriate levels. Schedule and faculty are subject to change. Minimum enrollment required for all summer classes and workshops.

## Dance Class Attire

Pre-Ballet: Any style leotard; bare feet or footless tights. Hair pulled back. Primary and older students: Any style leotard, pink tights, pink ballet slippers, black tap shoes. Hair pulled back.

## Open Auditions for "Nutcracker Delights"

### \$5 audition fee

By Ever After Productions Inc. Dancers, actors and singers are needed for this original production.

Saturday, August 8th

1:30 -2:15 p.m. dancers ages 5-7  
 2:30- 3:15 p.m. dancers ages 8-10  
 3:30-4:15 p.m. dancers ages 11-13  
 4:30-5:15 p.m. for young "Clara", acting/singing roles ages 10-13

Saturday, August 15th

10 -11 a.m. teen dancers with pointe experience  
 11:45 a.m.- 12:45 p.m. advanced dancers with pointe experience  
 1:30-2:30 p.m. for adult "Clara" and Acting/singing roles for teens and older.

# Christie Heights Community Center

**5105 So. 37th Street      444-5081**

## Health & Fitness Programs

### Youth Beginning

#### Tae Kwon Do

Ages: 6 & up  
 Tues./Thurs. 5:30-6:30 p.m.  
 Contact Wesley Hall at 346-4551 to register.

### Youth Advanced

#### Tae Kwon Do

Ages: 6 & up  
 Tues./Thurs. 6:30-7:30 p.m.  
 Contact Wesley Hall at 346-4551 to register.

### Adult Beginning Tae Kwon Do

Tues./Thurs. 5:30-6:30 p.m.  
 Contact Wesley Hall at 346-4551 to register.

### Adult Advanced Tae Kwon Do

Tues./Thurs. 6:30-7:30 p.m.  
 Contact Wesley Hall at 346-4551 to register.

### Zumba Fitness

Monday 6:30 – 7:30 p.m.  
 Wednesday 6:30 – 7:30 p.m.  
 Contact Nicole Mann at 651-5530 to register.

### Open Gym

Ages 18 and above      **Fee: \$3**  
**Adult Gym Card: 20 visits/\$25**  
 Youth Ages 17 and under      **Free**  
 School Id/Activity Card must be shown.  
 Mon-Fri. 1 - 6 p.m.  
 Saturdays Noon – 4 p.m.  
 Youth Gym and Game Room time  
 May be expanded during school vacations and days off.

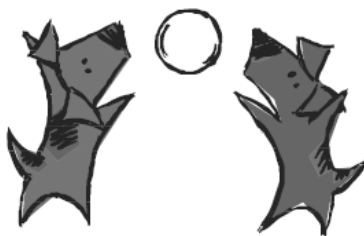
## Youth Activities

### Indoor Soccer

**\$25.00 per player**  
 Ages: 3 – 9 years old  
 7 weeks  
 11:00 a.m. – 4:00 p.m.  
 May 3, 10, 17, 31, June 7, 14, 21  
 Contact Kari at 444-5081 for information

### Youth Volleyball Clinic

Ages 9 -13  
 Contact Kari at 444-5081 for more information.



### Youth Sports Camps

Ages 9 -13  
 Contact Kari at 444-5081 for more information or check online for updates!

### Kids Night Out

**Cost: \$3.00/person**  
 Fridays nights  
 June 19, July 17, Aug 21  
 7:00 p.m. to 10:00 p.m.  
 Ages 8 – 13 years old  
 Activities include:

- Wii Tournament
- Board games
- Gym games
- Creation Station
- Snacks



## Birthday Parties

Package 'A' Party Room **\$15 per hr**

Gym Package **\$35.00 For 10 people**  
 Includes: Party Room for 1 hour, Cupcakes, Drink, Gym and Game Room. Access during public times.

## General Interest Programs

### Youth Game Room Activities

**FREE**

Billiards, Foosball, Ping Pong, Air Hockey and Table Games  
 Monday thru Friday 3 to 5:30 p.m.

### Model Car Building

Please call Matt for more information at 444-5081

## Rentals

### Room Rentals:

- Birthday Parties
- Business Meetings

### Gym Rentals:

- Basketball Practices
- Soccer Practices
- Volleyball Practice
- Tournaments

**Please Call 444-5081 To Book Your Event.**

# Christie Heights Community Center

**5105 So. 37th Street**      **444-5081**

## Senior Programs

Contact Senior Programmer at 444-5154 for specifics.

Weather policy for Senior Center is: When OPS are closed due to weather conditions the Senior Center will be closed. Any questions please call 444-5154 to confirm.

### **Senior Wii Fit/Sport      Free**

Wednesdays      10 a.m. – 2 p.m.

Come and have fun with your friends! Work on balance and flexibility. Play sports like bowling, golf, tennis and boxing!

### **Quilting**

Mondays      9 a.m. – 2:30 p.m.

Pot luck every 3rd Monday of the month. Quilting instructor is on site. Quilters group is for beginners up to expert. Projects include "Project Linus" (three times a year), which are quilts for hospitalized children and quilts to various shelters in the area.

Coffee Available 10¢ per cup.

### **Double-deck Pinochle**

Tuesday      8:30 a.m. – 3 p.m.

All levels of players are welcome. Cost is 25¢ per week. Bring your lunch and come play cards.

Coffee Available 10¢ per cup.

### **Bingo**

12:30 – 3:30 p.m.

2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month  
Several types of games are offered.  
Snacks and door prizes are offered.

Cards are 25¢ each

### **Crafts**

Friday      8:30 a.m. – 11:30 a.m.

Different crafts are planned every week for all types of skills.

Cost is usually 25¢ per week.

Coffee Available 10¢ per cup.



### **Senior Gym Walking**

9 – 11 a.m.

Come walk in a safe, warm environment. Just over 18 laps around the gym is equivalent to a mile. Bring your walk man or i-pod to listen to Music

### **Visiting Nurse**

Monday & Thursday

9:30 – 11:30 a.m.

(Closed on Federal Holidays)

Call 392-1818 for an appointment  
Services are for persons 60 and over. Minor services are performed such as blood pressure checks, heart rate checked, weight and lungs are monitored. All of these services for \$1.00 per visit.

Other services include Mediset pre-fills, insulin syringes prepared, foot care, toenails trimmed and blood glucose monitoring. All of these services for \$2.00 per visit. Maximum contribution \$5.00.

### **Get Acquainted Cards**

Friday      Noon – 3 p.m.

Play a variety of table and card games... double deck pinochle, dummy rummy, manipulation, single deck pinochle and pitch. Instruction is available.

Coffee Available 10¢ per cup.

**Columbus Park Community Center**  
**1515 South 24th Street 444-411**

**Health & Fitness Programs**

**Fitness Center \$3.00**  
 M thru Th 9 a.m.-8 p.m.  
 Fri. 9 a.m.-5 p.m.  
 Minimum age: 18, unless with a parent

**Health Walk Free**  
 Wed. 9 a.m. – 10 a.m.



**Adult Basketball Leagues**  
 17 & Over Wed. 6 p.m.

**Youth Open Gym Free**  
 High school age & under  
 Mon.-Wed.-Thurs. 3-6 p.m.  
 Tues.- Fri. 3-5 p.m.

**Adult Open Gym \$3.00**  
 18 & Over  
 Mon. 9 a.m. - 3 p.m.  
 Tues.-Wed.-Thurs. 9 a.m. - 6 p.m.  
 Fri. 9 a.m. - 5 p.m.



**See Jane Get Fit**  
 Adults: 5:30 a.m. – 6:30 a.m.  
 Mon, Tues, Thurs, Fri.  
 See Jane get fit is a results-driven exercise boot camp program for women. For more information checkout our website [www.seejanegetfit.com](http://www.seejanegetfit.com) or call: (402) 561-0886

**Zumba Fitness**  
 Saturday: 10:30 a.m. – 11:30 a.m.  
 Surrender yourself to the hypnotic Latin rhythms that will burn calories, tone your body and maintain a healthy heart.

(402) 651-5530  
[nicole.zumba@gmail.com](mailto:nicole.zumba@gmail.com)

**Visual Art Programs**

**Community Mural Workshop**  
**Cost \$15.00 per person**  
**Families of 4 - \$30.00**  
 Innovative art project.  
 Pre-registration  
 Tuesday May 19, 2009  
 7:00 - 8:00 p.m.

**Workshop**  
 Saturday, May 30, 2009  
 9:00 a.m. - 2:00 P.M.  
 Bring your own sack lunch  
 Wear old paint clothes and shoes  
 Ages 7 - up - Limit 15 people  
 Instructor - Charlene Potter  
 Contact Charlene at 402-457-5846 or [mcp842@cox.net](mailto:mcp842@cox.net)



# Common Ground Community Center

## 1701 Veterans Drive 289-0451

### Swimming Lessons

**Members \$30 Non-Members \$45**  
**Registration for members begins Monday, May 11th**  
**Registration for non-members begins Monday, May 18th**

#### **Adult Infant/Tot**

##### **Two Week Sessions (Min 4 / Max 8)**

Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 9:05 a.m. - 9:35 a.m. **Code 301**  
 Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 9:05 a.m. - 9:35 a.m. **Code 302**  
 Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 9:05 a.m. - 9:35 a.m. **Code 303**  
 Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 9:05 a.m. - 9:35 a.m. **Code 304**

##### **8 week session (Min 4/Max 8)**

Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 9:40 a.m. - 10:10 a.m. **Code 305**  
 No class July 4<sup>th</sup>  
 Sunday June 7<sup>th</sup> - Aug 2<sup>nd</sup>  
 5:05 p.m. - 5:35 p.m. **Code 306**  
 No class July 5<sup>th</sup>

#### **Preschool**

##### **Two Week Sessions (Min 4 / Max 6)**

Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 8:30 a.m. - 9:00 a.m. **Code 307**  
 Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 9:40 a.m. - 10:10 a.m. **Code 308**  
 Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 8:30 a.m. - 9:00 a.m. **Code 309**  
 Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 9:40 a.m. - 10:10 a.m. **Code 310**  
 Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 8:30 a.m. - 9:00 a.m. **Code 311**  
 Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 9:40 a.m. - 10:10 a.m. **Code 312**  
 Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 8:30 a.m. - 9:00 a.m. **Code 313**  
 Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 9:40 a.m. - 10:10 a.m. **Code 314**

##### **8 week session (Min 4 / 6 Max)**

Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 8:30 a.m. - 9:00 a.m. **Code 315**  
 No class July 4<sup>th</sup>  
 Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 9:05 a.m. - 9:35 a.m. **Code 316**  
 No class July 4<sup>th</sup>  
 Sunday June 7<sup>th</sup> - Aug 2<sup>nd</sup>  
 4:30 p.m. - 5:00 p.m. **Code 317**  
 No class July 5<sup>th</sup>  
 Sunday June 7<sup>th</sup> - Aug 2<sup>nd</sup>  
 5:40 p.m. - 6:10 p.m. **Code 318**  
 No class July 5<sup>th</sup>



#### **Level One**

##### **Two Week Sessions (Min 4 / Max 6)**

Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 319**  
 Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 320**  
 Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 321**  
 Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 322**  
 Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 323**  
 Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 324**  
 Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 325**  
 Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 326**

##### **8 week session (Min 4 / 6 Max)**

Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 8:30 a.m. - 9:15 a.m. **Code 327**  
 No class July 4<sup>th</sup>  
 Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 9:20 a.m. - 10:05 a.m. **Code 328**  
 No class July 4<sup>th</sup>  
 Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 10:10 a.m. - 10:55 a.m. **Code 329**  
 No class July 4<sup>th</sup>  
 Sunday June 7<sup>th</sup> - Aug 2<sup>nd</sup>  
 4:30 p.m. - 5:15 p.m. **Code 330**  
 No class July 5<sup>th</sup>  
 Sunday June 7<sup>th</sup> - Aug 2<sup>nd</sup>  
 5:20 p.m. - 6:05 p.m. **Code 331**  
 No class July 5<sup>th</sup>

#### **Level Two**

##### **Two Week Sessions (Min 4 / Max 6)**

Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 332**  
 Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 333**  
 Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 334**  
 Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 335**  
 Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 336**  
 Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 337**  
 Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 338**  
 Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 339**  
 Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 340**  
 Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 341**  
 Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 342**  
 Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 343**

# Common Ground Community Center

1701 Veterans Drive **289-0451**

## Swimming Lessons

### Level Two

**8 week session (Min 4 / 6 Max)**

Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 10:10 a.m.-10:55 a.m. **Code 344**

No class July 4<sup>th</sup>

Sunday June 7<sup>th</sup>-Aug 2<sup>nd</sup>  
 4:30 p.m. – 5:15 p.m. **Code 345**

No class July 5<sup>th</sup>

Sunday June 7<sup>th</sup>-Aug 2<sup>nd</sup>  
 5:20 p.m. -6:05 p.m. **Code 346**  
 No class July 5<sup>th</sup>

### Level Three

**Two Week Sessions (Min 4 / Max 6)**

Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 347**

Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 348**

Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 10:10 a.m - 10:55 a.m. **Code 349**

Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 350**

Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 351**

Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 352**

Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 353**

Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 354**

Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 355**

Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 8:30 a.m. - 9:15 a.m. **Code 356**

Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 357**

Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 358**

### Level Three

**8 week session (4 Min / 6 Max)**

Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 9:20 a.m. - 10:05 a.m. **Code 359**

No class July 4<sup>th</sup>

Sunday June 7<sup>th</sup>-Aug 2<sup>nd</sup>  
 6:10 p.m.- 6:55 p.m. **Code 360**

No class July 5<sup>th</sup>

### Level Four

**Two Week Sessions (Min 4 / Max 6)**

Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 361**

Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 362**

Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 363**

Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 9:20 a.m. - 10:05 a.m. **Code 364**

**8 week session (Min 4 / 6 Max)**

Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 8:30 a.m. – 9:15 a.m. **Code 365**

No class July 4<sup>th</sup>

Sunday June 7<sup>th</sup>-Aug 2<sup>nd</sup>  
 6:10 p.m.- 6:55 p.m. **Code 366**

No class July 5<sup>th</sup>

### Level Five/Six

**Two Week Sessions (Min 4 / Max 6)**

Mon-Thur June 1<sup>st</sup> - June 11<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 367**

Mon-Thur June 15<sup>th</sup> - June 25<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 368**

Mon-Thur July 6<sup>th</sup> - July 16<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 369**

Mon-Thur July 27<sup>th</sup> - Aug 6<sup>th</sup>  
 10:10 a.m. - 10:55 a.m. **Code 370**

### Level Five/Six

**8 week session (Min 4 / 6 Max)**

Saturday June 6<sup>th</sup> - Aug 1<sup>st</sup>  
 10:10 a.m. - 10:55 a.m. **Code 371**

No class July 4<sup>th</sup>

Sunday June 7<sup>th</sup>-Aug 2<sup>nd</sup>  
 6:10 p.m.- 6:55 p.m. **Code 372**

No class July 5<sup>th</sup>

## Summer Memberships available!

**Call or Stop by the Welcome  
 Desk for additional details.**

**High School & Younger \$30.00  
 College Students \$75.00**

3 month membership.

Summer Memberships sold

5/16/09 - 6/13/09

College Students must show student ID



# Common Ground Community Center

## 1701 Veterans Drive 289-0451

### Special Events

#### **Antler Stampede**

5K run, 1 mile run/walk and  
 Firecracker run  
 Sunday, June 28 9:00 a.m.

#### **5K run:**

**\$15.00 (in advance) Code: 373**  
**\$20.00 (day of run)**

#### **1 mile run/walk:**

**\$10.00 (in advance) Code: 374**  
**\$15.00 (day of run)**

300 yard Firecracker Run

(6 years of age and younger)

**FREE!!! Pre-registration required.**

Medals for top finishers. Run starts  
 and ends at Common Ground  
 Community Center. Refreshments  
 while supplies last.

Check in times:

Saturday, June 27<sup>th</sup> 10 a.m. to 5 p.m.  
 or Sunday, June 28<sup>th</sup> at 7:00 a.m.

Stop by Common Ground  
 Community Center for registration  
 forms, go to our website or call  
 289-0451 for more information

### Special Events

#### **Customer Appreciation Day**

Sunday, June 28<sup>th</sup> 10 a.m. to 7 p.m.

Common Ground Community Center  
 will be open and free to the public all  
 day. There will be refreshments,  
 special fitness classes, water tag, disc  
 golf, demonstrations and a climbing  
 wall. Frequent visitor cards will be  
 half price on Sunday only. Blood  
 drive from 11 a.m. to 3 p.m. and pet  
 vaccination clinic from 11 a.m. to  
 2 p.m. For more details contact  
 Common Ground Community Center  
 at 289-0451.

### **ITTY BITTY CLASSES**

(For ages 3-4)

#### **Itty Bitty T-Ball**

(ages 3-4) Co-Ed  
 Children rotate through skill building  
 stations such as hitting, running the  
 bases, catching, throwing. A game  
 will be played during the final week.  
 Guardians and/or parents will be  
 asked to be station leaders

Min: 10 Max: 20

**Cost: Members- \$30.00**

**Non-Members-\$40.00**

Saturdays: June 6<sup>th</sup>-July 18<sup>th</sup>

No session on July 4<sup>th</sup>

Session 1: 8:30-9:15 a.m. **Code: 375**

Session 2: 9:30-10:15 a.m. **Code: 376**

Session 3: 10:30-11:15 a.m.

**Code: 377**

Session 4: 11:30 a.m.-12:15 p.m.

**Code: 378**

### Kids and Youth Camps

#### **Kids Day Out**

Thursday, May 14<sup>th</sup> **Code: 379**

Tuesday, June 16<sup>th</sup> **Code: 380**

Monday, July 13<sup>th</sup> **Code: 381**

Tuesday, August 18<sup>th</sup> **Code: 382**

12:30 - 4:00 p.m.

Ages: 2 and older

**Member: \$8 Non-Member: \$12**

Register at the welcome desk.

\$2.00 discount if registered one week  
 in advance. No registration taken the  
 day of the event.

#### **Flag Day**

June 12<sup>th</sup> 9:30 a.m.

**FREE to childwatch participants**

We'll make a flag to take home

### **Tie Dye Camp**

Tired of the same boring old crafts?  
 Come and enjoy some awesome tie-  
 dyeing adventures! Each day will be  
 a new project and then you can keep  
 your creation or give it away as a gift.  
 You bring all your items to tie-dye  
 and we'll supply everything you need  
 to make them wild and crazy!

Possible items to bring are a bandana,  
 socks, canvas bag, pillow case, a  
 t-shirt or think of your own creation!

June 16, 17, 18 1:00-2:30 p.m.

**Fee: \$25 member**

**\$35 non-member Code: 383**

Ages 7-12 Co-ed Min 5/Max 16

### **Craft Camp**

We will do a different fun and  
 exciting craft every day! Make  
 everything from a kaleidoscope to a  
 rhythm drum. On the last day we'll  
 make a memory book to save all your  
 special camp memories!

June 29, July 1, 2 1:00-3:00 p.m.

**Fee: \$25 member**

**\$35 non-member Code: 384**

Ages 7-12 Co-ed Min 6/Max 24

### **Camp Cookie**

Do you love helping mom in the  
 kitchen? Come and enjoy some  
 hands-on fun making cookies, edible  
 play dough, homemade ice cream and  
 many other fun treats to eat!

Classes are Co-ed Min 4/Max 16

Session 1: Age 3-5 **Code: 385**

June 2, 3, 4 1 p.m. - 2:30 p.m.

Session 2: Age 6-9 **Code: 386**

July 28, 29, 30 1 p.m. - 2:30 p.m.

**Fee: \$25 member**

**\$35 non-member**

# Common Ground Community Center

## 1701 Veterans Drive 289-0451

### Kids and Youth Camps

#### **Babysitting 101**

Are you planning on making some extra money this summer babysitting? Have you wanted to try babysitting but are a little nervous? This class is exactly what you need to learn everything from scheduling jobs to handling emergencies. By the end of this class you will be a certified babysitter! Bring a sack lunch or purchase one from the concession stand.

May 27<sup>th</sup> 10:00 a.m.-1:00 p.m.

Ages 11-14 Co-ed

**\$20 member**

**\$30 non-member Code: 387**

#### **Safe Kids 101**

Designed to teach your kids how to be safe at home and in the community. Learn a common sense approach to safety and receive a workbook & certification at graduation. Bring a sack lunch or purchase one from the concession stand.

May 29<sup>th</sup> 10:00 a.m.-1:00 p.m.

Ages: 9-14 Co-ed

**\$20 member**

**\$30 non-member Code: 388**

#### **Hip Hop Dance Camp**

Who doesn't love Hannah Montana and High School Musical? Come and learn some new modern dance moves to some of your favorite songs! Meet new friends and dance the day away!

Ages 5-12 Co-ed (Min 6/Max 20)

**Members \$15/ Non-members \$25**

June 9, 10, 11 1:00-3:00 p.m.

**Code: 391**

#### **Games Galore Day Camp**

Needing some fun this summer? Head over to Common Ground Community Center for an awesome week of games and sports in the gym and then some great games in the pool! Bring a sack lunch or buy one from the concession stand.

Ages 6-12 Coed (Min 10/Max 50)

**Member \$20/ Non-member \$30**

Session 1:

June 23, 24, 25 11 a.m.-2 p.m.

**Code: 389**

Session 2:

July 7, 8, 9 11 a.m.-2 p.m.

**Code: 390**

#### **Cheer Camp**

READY – OK! This camp is for anyone who would like to be a cheerleader or just someone with a lot of team spirit! Campers will get instruction on jumps, cheers, yells, chants, and dances. Parents are invited at the end of the camp to see the great performance.

Ages 5-12 Co-ed (Min 6/Max 20)

**Members \$15/Non-members \$25**

July 14, 15, 16 1:00-3:00 p.m.

**Code: 392**

#### **Twinkle Toes Dance Camp**

This dance camp is geared for our future dancers. Campers will be introduced to movement and rhythm. Learn basic steps and terminology in this high energy, fun dance camp. No experience required!

Ages 3-5 Co-ed (Min 4/Max 12)

**Members \$15/Non-members \$25**

July 21, 22, 23 1:00-3:00 p.m.

**Code: 393**

#### **Back to School Beach Bash**

Enjoy one last hurrah at the pool before heading back to school! Bring your rafts and floats and have a blast relaxing at our beach party. Cool down with a root beer float when you get thirsty!

Ages 6 and up

Pre-registration required

Last day to register August 3<sup>rd</sup>

**Members \$2/ Non-members \$4**

August 7<sup>th</sup> 5:00-7:00 p.m.

**Code: 394**

### Fitness Programs

#### **Master Swimming**

Mon., Wed. and Fri. at 5:00 a.m.

Swimming for fitness, fun and competition is what our program is all about. No matter what your goal is we offer year-round, group swim practices. Come see first hand what our program can do for you!

Whether you are a beginner, wanting a fitness program, a lap swimmer seeking variety or a tri-athlete needing to improve your swimming, there is a place for you!

**Cost: United States Master**

**Swimming membership \$35.00**

Questions: Call Coach Brandon at 289-0451



# Common Ground Community Center

1701 Veterans Drive **289-0451**

## Fitness Programs

### **Pick up Basketball**

Ladies - Wednesdays 6 -7:30 p.m.

Men - Wednesdays 7:30-9 p.m.

**Free for members**

**Non-members \$3.00**



## Calling all Seniors

2<sup>nd</sup> Wed. of the Month

10:00 a.m. -Game Day

4<sup>th</sup> Fri. of the Month

10:00 a.m. -Game Day

4<sup>th</sup> Wed. of the Month

10:00 a.m.

Free Blood Pressure Checks

Every Tuesday - Poker Walk

7 a.m. – 10 a.m.

See Lori or Carol at the Welcome

Desk for more information

**BINGO; Left, Right, Center;**

**BUNKO; CARDS**

## Contract Classes

### **ATA Martial Arts**

(Ages 5 and up)

### **Summer Stranger Danger**

#### **Safety Class**

Thursday, May 21 5:45 to 6:15 p.m.

Topic: "good and bad strangers"

Saturday, May 23 9-9:45 a.m.

Topic: "the magic word"

Monday, June 1 5:45 to 6:15 p.m.

Topic "how to break-away"

Thursday, June 4 5:45 to 6:15 p.m.

Topic: "stand tall be confident"

All classes will overlap topics. Space limited please pre-register 672-7135.

### **Songahm Taekwondo**

Monday, Thursday

5:45 to 6:15 p.m. Beginners Class

6:15 to: 6:45 p.m.

Intermediate/Advance Class

7:15 to 8:00 p.m.

Leadership/Black Belt Class

Saturday

9:00-9:45 a.m.

(family class) all ranks

### **Fitness/Conditioning**

Monday, Thursday 6:45 - 7:15 p.m.

ATA 360 Fit Class (ages 13 +)

### **Self-Defense**

Monday, Thursday 8 - 8:45 p.m.

Krav Maga (ages 16 +)

Full time martial arts program offered by Kassabaum's ATA Black Belt Academy. Classes on going, beginners welcome. Register with Jim Weisbecker 672-7135

### **Krav Maga**

#### **Gun Defense Seminar**

90 minutes, no experience necessary. Learn basics against a firearm assailant. Based on simple principles and instinctive movements this reality-based system is battlefield proven and street tested.

**Cost \$ 40 pre-register by 5/22.**

Includes rubber practice gun. Class covers two evenings

Monday, June 1 & Thursday, June 4

8-8:45 p.m. Age 16 and up.

Space limited, pre-register 672-7135.

### **Kidz'N'Power Street**

#### **Wise Safety Classes**

Free to the Kids 5-12.

### **Women's Self-Defense Class**

June 6 9 a.m. - 10:30 a.m.

**Cost \$15**, includes class T-shirt

Reserve your space, call 672-7135

Women of all ages and fitness levels will learn what the best weapon is for self-defense. Do you think the best place to strike an attacker is in the groin? Not necessarily! Come learn where the best targets are, regardless of the size of your attacker. Learn how to put your natural reflex motor skills to work in a threatening situation. Participants have the opportunity to practice life-saving techniques during class. Be prepared to learn. Warning: while learning self-defense is a serious subject be prepared to have a lot of fun.

# Common Ground Community Center

## 1701 Veterans Drive 289-0451

### Contract Classes

#### **Music Together With Darla**

Music and Movement Classes for Newborn to Kindergarten With the Adults Who Love Them

Music Together® is an internationally recognized early childhood music program, based on the recognition that all children are musical. Summer classes meet once a week for 6 weeks. All classes are mixed age (0-6 years) with parents or guardians. Materials are included in the fee.

**One child - \$95**

**Each Additional sibling - \$65**

**8 months and under - free with a paid sibling**

June 25 – July 30

Mixed-Age

Thursdays 10:00-10:45 a.m.

For more information contact Darla Sullivan at (402) 573-6370  
Visit on-line at MusicTogetherWithDarla.com

#### **7 PM Line Dance**

Exercise, social and fun basic to intermediate line dances for all ages  
Contact Deborah 651-9015 or Rob 681-9546

#### **8 PM West Coast**

Circle, Triple-Two, Waltz & Cha Cha's basic to intermediate experienced dancers to help you learn, partners interchangeable for mixers or keep yours.  
Contact Deborah 651-9015 or Rob 681-9546

#### **Lil Dragon Program**

4-7 year olds.

This is designed for 4-7 year olds. It is a developmental program designed to teach kids about balance- focus- self discipline- self control and self respect. Students will be taught basic kicking and hand strikes, rolling, falling properly and Stranger Danger. This class will teach your child to function and behave in athletic class for any sports they will participate in.

Fridays 4:30-5:00 p.m.

Your Instructor is Darrol Prusia

402-720-6855 (C)

402-727-7688 (H)

#### **Youth Classes**

Ages 8-16 years old.

This class is geared toward Youth ages 8-16 years old. The serious student will learn all aspects of Martial Arts including hand to hand combat, weapons combat, weapons forms, kata and combination kicking and hand striking skills. The road to Mixed Martial Arts Black Belt begins in this class.

Fridays (Youth) 5:00-6:00 p.m.

Sundays (Mixed Youth/Adult)

3:00-4:30 p.m.

Your Instructor is Darrol Prusia

402-720-6855 (C) 402-727-7688 (H)

#### **Adult Classes**

Men, women, husband & wives can learn practical self defense techniques. This class is for the Beginner to the serious Martial Artist and combines all aspects of Martial Arts. Kicking, hand strikes, combat weapons and grappling skills. Learn to be self confident, aware and focused to feel safe anywhere you go. All classes will help you get in shape – stay fit- firm and ready to take on the world each day.

Fridays (Adults) 6 - 7 p.m.

Sundays (Mixed Youth/Adult)

3:00-4:30 p.m.

Your Instructor is Darrol Prusia

402-720-6855 (C) 402-727-7688 (H)

Mr. Prusia is a Black Belt Advanced Status (3rd Degree) in Mixed Martial arts. He has been involved with martial arts for 9 years and has 3 years of teaching experience and was a Defensive Tactics Instructor for the Nebraska State Patrol. In 2007 he was inducted into the USA Martial Arts Hall of Fame in Indiana as Instructor of the Year.



# Common Ground Community Center

## 1701 Veterans Drive 289-0451

### Contract Classes

#### **Scuba Lessons**

Scuba diving is a wonderful sport that offers everything from heart-pumping action to quiet relaxation. Whatever kind of adventure you're looking for, a scuba training program from Scuba Schools International will best prepare you for a lifetime of serious diving and serious fun!

- May 2 / 9 / 16
- June 7 / 14 / 21
- July 5 / 12 / 19
- August 2 / 9 / 16
- September 6 / 13 / 20

Call MidCoast Scuba Center, Inc. to register for one of the above sessions.  
**391-1559**

#### **Egad! Science Camps**

##### **Crime Scene:**

##### **Imagination Camp**

Five days, four hours per day (morning or afternoon)

**Price: \$155** includes take-home projects, souvenirs and snacks

June 15-19 8:00 a.m. to Noon

Science is an important tool for solving mysteries. In this program, campers will become detectives, using scientific tests and critical thinking to track down a thief. Topics include:

- Detective training--learning to use skills of observation and reasoning
- Footprints and fingerprints
- Fiber testing
- Decoding secret messages
- Whodunit? Putting it all together

For more information, call 517-5843 or e-mail [egadscience@yahoo.com](mailto:egadscience@yahoo.com)

#### **"Green" Camp**

Five days, four hours per day (morning or afternoon)

**Price: \$155** includes take-home projects, souvenirs and snacks

July 20-24 8:00 a.m. to Noon

We care best for what we understand, so our Green Scientists will take a closer look at the life and the water cycle. Topics include:

- How recycling works--and why!
- Reusing plastic and paper waste
- Alternative energy, such as solar, wind, etc.

- Water treatment and recovery
- Sustainable living

For more information, call 517-5843 or e-mail [egadscience@yahoo.com](mailto:egadscience@yahoo.com)



**Youth Tech Inc.** is an interactive computer camp that focuses on providing enrichment opportunities to students in the world of computers.

With a caring environment at the core of camp values, Youth Tech strives to create a positive learning community that encourages creativity, fun and academic excellence. For more information about Youth Tech Inc. please visit our web site at [www.youthtechinc.com](http://www.youthtechinc.com) or call 913-940-3155

#### **Animation \$160**

Ages 10-17

Students who enjoy going to various sites to see fun interactive animations will love this course. This class will utilize Adobe's award winning animation software in Adobe Flash. Students will create fun interactive animations that they can share with the world.

Mon.-Thurs. 6/8-6/11

9:00 a.m. - Noon

**On-line Registration only at [www.youthtechinc.com](http://www.youthtechinc.com)**

#### **Video Game Design \$180**

Ages 10-17

This course provides students with a fun interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family.

Mon.-Thurs. 6/8-6/11

1:00-4:00p.m.

Mon.-Thurs. 6/22-6/25

1:00-4:00 p.m.

**On-line Registration only at [www.youthtechinc.com](http://www.youthtechinc.com)**

#### **Web Design \$160**

Ages 10-17

This course is an in-depth look at the world of web design and development. Students enrolled in this session will learn how to build their own web site from start to finish using Adobe's award winning suite of products.

Mon.-Thurs. 6/22-6/25

1:00-4:00 p.m.

**On-line Registration only at [www.youthtechinc.com](http://www.youthtechinc.com)**

# Florence Community Center

## 2920 Bondesson Street      444-5216

**Florence Community Center will be closed May 24<sup>th</sup> -30<sup>th</sup> and August 9<sup>th</sup> -15<sup>th</sup>**

### Summer Hours

Monday thru Thursday  
 8:30 a.m.-6 p.m.  
 Friday  
 8 a.m.-5 p.m.  
 Saturday  
 10:00 a.m.-6 p.m.

### Health & Fitness Programs

#### **Adult Safewalk**

FREE walking in the gym.  
 20 laps = 1 mile How far can you go?  
 Hand weights available for check out.  
 M-W-F                8:30-10 a.m.  
 T-TH                 8:30-11 a.m.

#### **Adult Weight Room**

**\$3 drop-in**  
 Mon. - Thurs.    8:30 a.m. – 6 p.m.  
 Fri.                 8:30 a.m. – 5 p.m.  
 Saturday         10 a.m. – 6 p.m.  
 Minimum age for weight room is 14

#### **Weight room/Gym punch cards**

**\$25 for 20 visits**  
**\$15 or 10 visits**

#### Open Gym

**Adults (18 & older)    \$3**  
**Youth                    Free**  
**High School & younger**  
**High School I.D is required.**

#### **Game Room            Free**

Youth & Adult  
 Pool, foosball, ping pong, and other board games. A deposit is required for all checked out equipment.

#### **Sun Dawgs Summer Program at Florence Community Center**

Free youth program that provides summer activities for kids.  
 Registration: May 31<sup>st</sup> 4-6 p.m.  
 Elmwood Park  
 Program dates: June 8<sup>th</sup>-July 31<sup>st</sup>  
 Ages 6-15  
 Monday-Friday    1-4:30 p.m.

#### **Tiny Tot Gym**

**\$1.00 per child (adult free)**  
**Under 1 year is free.**  
 Fridays            11:30 – 1:30 p.m.  
 Ages 6 and under.  
 Must be supervised by an adult at all times.

#### **Low Impact Fitness Aerobics**

A fun fitness class that is great for beginners or seniors!  
**2 Day Adult            \$30**  
**2 Day Senior          \$25**  
**3 Day Adult            \$35**  
**3 Day Senior          \$30**  
**Drop in \$3**

8 weeks session  
 Class begins June 8<sup>th</sup>  
 Mon.                10:30-11:30 a.m.  
 Wed. & Fri.    10:00-11:00 a.m.  
 Registration: First day of class at Florence Community Center

#### **Youth & Adult**

**Tae Kwon Do**  
 Mon. & Wed.    Noon-1 p.m.  
 Classes are continuous. Contact Wesley Hall at 596-1051 for pricing and to register.

#### **Tae Kwon Do – NEW!**

Wednesdays  
 8 week sessions  
 Contact Ben Conrad at 453-1856 for pricing and to register.

#### **Turner Dance**

Many classes available:  
 Ballet, Jazz, Tap – Pre-school through Adults

#### **Dance Camp        July 13<sup>th</sup> – 17<sup>th</sup>**

Call Diane Turner at 575-0214 for more information and to register.  
[turnerdance09@yahoo.com](mailto:turnerdance09@yahoo.com)

#### **Big Kicks Soccer Camp**

**Fee: \$15**  
 A great program to teach some of the basic fundamentals of soccer!  
 Instructor is a former skilled soccer player!  
 June 29-July 2  
 8-12 years    10 a.m.-11:30 a.m.  
 4-7 years     1:00-2:30 p.m.

### Pre-School Programs

#### **Kiddie Korner Pre-school**

A state licensed preschool that runs from September through May.  
**Register now for fall.**  
 School starts Aug. 31 and Sept. 1.  
 Age 3 -5  
 (Must be 3 by Sept. 1, 2010)  
 Mon, Wed, Fri.    **\$55/month**  
 9:30 – 11:30 a.m.  
 Tues./Thurs.      **\$40/month**  
 9:15 - 11:30 a.m. or 1-3 p.m.

# Florence Community Center

## 2920 Bondesson Street 444-5216

Florence Community Center will be closed May 24<sup>th</sup> -30<sup>th</sup> and August 9<sup>th</sup> -15<sup>th</sup>

### Pre-School Programs

#### **Kiddie Korner Preschool**

##### **Open House**

August 27<sup>th</sup> 5-7 p.m.

Come and meet the teachers and see our school!

#### **Kiddie Korner Summer Fun Preschool Program**

**Fee: \$45 per session**

A summer program filled with gym time, crafts, games, music, story time, snacks, and so much more!

Ages: 3-6

Mon-Fri 9:30 a.m. - Noon

Session 1: June 8-19

Session 2: June 22- July 3

Session 3: July 6-17

Session 4: July 20-31

Space is limited!



#### **Preschool Carnival**

**\$2.00/person**

Come and enjoy lots of games, food and fun things to do at this exciting carnival!

Friday, May 8<sup>th</sup> 10 a.m.-1 p.m.

Reservations a must for preschools and daycares. Call 444-5216.

### Special Events



#### **Library Programs partnered with the Florence Center**

June 8, 22, July 6 1:30 p.m.

Mystery Movie

June 2, 9, 23, 30, July 7, 14

10:30 a.m. Special Guests

June 16, July 21 6:30 p.m.

P.J. Story time

June 3, 10, 17, July 1, 8, 15, 22

10:30 a.m. Be Creative Crafts

June 4, 11, 18, 25, July 2, 9, 16, 23

10:30 a.m. Preschool Story time

June 4 10:30-4 p.m.

Babysitting Clinic

June 6 11:00 a.m.

Magic Tree Book Club

July 30 1:00-2:30 p.m.

Finale Party

#### **Dodgeball! FREE**

Every Thursday 11 a.m.-Noon

Beginning June 4 Ages 8 - 14

#### **Wii Tournaments – NEW!!!**

Don't miss a great chance to show off your talents on the Wii!

Every Tuesday 10:30-11:30 a.m.

Beginning June 2 Ages 8 and older

### Senior Programs

#### **Florence Community Center**

Mon.- Fri. 10:00 a.m. – 3:00 p.m.

Cards, bingo, parties, and socialization.

Lunch served daily at Noon for a \$2.50 donation.

Must be reserved 1 day in advance.

The Senior Center has a new Wii game system! Come and enjoy bowling, golf, tennis and lots more! Each morning at 10:00 a.m.!

Monday – Cards

Tuesday -Cards & Visiting Nurse

Wednesday – Bingo

Thursday – Card Tournaments

Friday – Music and Dance Day!

Come and enjoy entertainment, food, and socializing! For information call Darlene at 444-6333.

#### **Senior Safe Walk in Gym**

M-W-F 8:30 – 10 a.m.

T-TH 8:30 – 11 a.m.

#### **Senior Center Picnic**

NP Dodge Park

August 16<sup>th</sup> 1:00 p.m.



# Mockingbird Hills Community Center

## 10242 Mockingbird Drive 444-6103

**Mockingbird Hills Center & Pool will be closed May 17<sup>th</sup>-May 23<sup>rd</sup>**

### Health & Fitness Programs

#### **Youth Open Gym Free**

Ages 17 & under

Mon. thru Fri. 1:30-5 p.m.

Sat. & Sun. 1:30-5 p.m.

High School students must show picture ID with date of birth.

Everyone must have tennis shoes to use gym.

Every Child ages 17 & under must have a current information card on file.

Adults 18 & over must pay \$3.00 to use the gym during youth open gym.



#### **Adult Safe Walking Free**

Mon, Tues, Wed & Fri 8-11 a.m.

Thurs 8-10 a.m.

**These hours are subject to change**

#### **Parent & Tot Open Gym**

**\$1 per child 5 & under**

Thursday 10 a.m.-Noon

(Child Must be accompanied by an adult)

#### **Adult Open Basketball \$3**

18 & over

Mon,Tue,Wed.,Fri. 11 a.m.-1:30 p.m.

Thurs Noon-1 p.m.

Sat. /Sun. 11:30 a.m.-1:30 p.m.

#### **Youth Tae Kwon Do**

**\$55 a month** 16 & under

Mon./Wed. 5:30-6:30 p.m.

Classes are ongoing.

Contact Wes Hall at 596-1051 to register.

#### **Adult Tae Kwon Do**

**\$55 a month** 17 & over

Mon./ Wed. 5:30-6:30 p.m.

Classes are ongoing.

Contact Wes Hall at 596-1051 to register.

#### **Ninjutsu/Budo Taijutsu**

**Fee: \$5 per class**

Ages 5-15 yrs old

Monday 6:30- 7:30 p.m.

Wednesday 6:30-7:30 p.m.

Call James Menephee at 905-2298 to register.

#### **ShinKendo /Samuri**

**Swordsmanship**

**Fee: \$25.00 per month**

Ages: 13 & up

Thurs 4:30-6:30 p.m.

Call Tony Ferguson at 699-5024 to register

#### **Aikido**

**Fee: \$35 a person**

Ages: 12& up

Mon/Wed 7-9 p.m.

Sat. 1:30-3:30 p.m.

Call Dan Hayes at 785-341-3378 to register



#### **Home School Parents**

Interesting in a water program for youth in the fall? Contact Pamela at 444-6103 for more information

#### **Birthday Party Package**

Rental of room 12-5 p.m.

**\$31 an hour**

Open swim 1-5 p.m.

**\$1 per person**

Pool Coupon book:

**30 coupons for \$45.00**

Open gym 1:30 - 5 p.m.

**Free**

Time of your life: **Priceless**

Please call Pamela at 444-6103 for more information.

#### **Party Room / Gym Rentals!**

**\$31 an hour for open hours**

**\$46 an hour for after hours**

Please call Pamela at 444-6103 or 444-6105 for more details.

# Mockingbird Hills Community Center

## 10242 Mockingbird Drive 444-6103

**Mockingbird Hills Center & Pool will be closed May 17<sup>th</sup>-May 23<sup>rd</sup>**

### Special Events

**“FREE”**

**Mockingbird Hills and Bank of The West End of The Year Swim Party!**

Thursday 5/21 12-3 p.m.  
 Ages 6-12 yrs. old  
 For the First 250 Ralston Elementary Students

PARENTS must Pre-register their children by phone or in person.  
 Please call Pamela at 444-6103 for more details.

### **Family Game Night**

**Fee: \$5 per family**

Friday 6/26 6-9 p.m.  
 Come and play old and new games with your Parents and Grandparents.  
**Must pre-register for this event!**  
 Please call Pamela at 444-6103 for more details.

### **Christmas In July**

**Fee: \$2.50 per child**  
**\$3.00 per adult**

5 & under is free with a paid adult  
 Wednesday 7/8 1-3 p.m.  
 Come and visit Santa at the pool.

### **Back To School Game Night!**

**Fee: \$3.00 per child**

Friday 8/21 6-9 p.m.  
 Come and play old and new games with your peers.  
**Must pre-register for this event!**  
 Please call Pamela at 444-6103 for more details.

### Public Swimming

**Fee:**

**Adults (18 & over) \$3.00**  
**Youth (6-17) \$2.50**  
**Youth (5 & under)**  
**\*Free with a paid Adult**

M-Thurs 1-5 p.m.  
 Tues Thurs 7:30-9 p.m.  
 Fri, Sat & Sun 1-5 p.m.  
 (Everyone must be in proper swim attire to be in pool area)

### **Season Passes:**

Good from May 30<sup>th</sup> - Aug 31<sup>st</sup>  
 Pass is good at all City Pools in summer

**Child: 6-17yrs old \$70.00**  
**Adult: 18 & Over \$90.00**  
**Household: \$160.00**  
**(Max 2 adults & 4 children)**  
**Each additional child is \$20.00**

### **Coupon Books: \$45.00**

15 adult or 30 youth Admissions  
 Expires 12/31/09

### **Adult Lap Swim**

**Fee: \$3.00**  
**Ages: High School & Up**  
**High School Students must show School ID**  
 Mon. thru Fri. Noon-1 p.m.  
 Sat & Sun Noon -1 p.m.  
 Mon. & Wed. 7:30-9 p.m.  
 (Only when Aqua Fit is in session)

### Learn to Swim

Registration **STARTS**

Monday May 11<sup>th</sup> 8 a.m.-9 a.m.

### **Eight classes for \$30**

Session 1 6/1 to 6/11  
 Session 2 6/15 to 6/25  
 Session 3 7/6 to 7/16  
 Session 4 7/20 to 7/30

M/T/W/TH

#### Morning Classes

10 a.m. Levels 1, 3, 5, 6  
 10:45 a.m. Levels 2, 4  
 11:30 a.m. Pre-school  
 11:30 a.m. Adult Infant/Tot

#### Evening Classes

5 p.m. Levels 2, 5, 6  
 5:45 p.m. Levels 1, 3, 4  
 5 p.m. Pre-school  
 5:30 p.m. Adult Infant/Tot

Saturday

Session from 6/6 to 8/1

No class July 4<sup>th</sup>

9 a.m. Levels 1, 3, 5  
 9:45 a.m. Levels 1, 2 & 4  
 10:30 a.m. Levels 2,6  
 11:15 a.m. Levels 2,3 & 4  
 9 a.m. Pre-school  
 9:30 a.m. Adult Infant Tot  
 10:30 a.m. Pre-school  
 10:30 a.m. Adult infant Tot  
 11 a.m. Pre-school  
 11:30 a.m. Pre-school



**Mockingbird Hills Center & Pool will be closed May 17<sup>th</sup>-May 23<sup>rd</sup>**

**Learn to Swim**

Sunday  
 Session from 6/7 to 8/2  
 No class July 5<sup>th</sup>  
 5:30 p.m. Levels 1, 3, 5  
 6:15 p.m. Levels 2, 4 & 6  
 5:30 p.m. Pre-school  
 6 p.m. Adult Infant Tot  
 6:30 p.m. Preschool

**Private & Semi Private  
 Swim Lessons Available!**

**Private Fee:**

\$50 per 1 hour/ per person  
 \$30 per ½ hour/ per person  
**1 student to 1 instructor**

**Semi Private Fee:**

\$30 per person/ per 1 hour  
 \$15 per person/ per ½ hour  
**Must have 2-3 students to be eligible for this option.**

Please call Pamela or Kaitlyn at 444-6103 or 444-6105.



**Omaha Parks & Recreation**



**National Excellence In  
 Aquatics Award  
 2003 and 2008**

**Pool Rentals Available!**

**\$166 for 2 hrs  
 (Includes Facility fee & Staff)**

For more details please call Pamela at 444-6103 or 444-6105.

**Recreation Endurance Swim**

**Fee: \$2.50 per child  
 \$3.00 per adult**

6/7 to 8/2 No July 5<sup>th</sup>  
 Sun 7:30-8:30 p.m.

Ages: 7 & up

Each individual must be able to swim 25 yards unassisted.

Please call Pamela or Frank at 444-6103 or 444-6105 for more details!

**Adult Aqua Fit**

Mockingbird Hills Pool uses a punch card system.

A Punch Card is good for one individual.

A Punch Card is good for entire 8 week session.

A Punch Card is good for any class offered.

If you forget your punch card you must pay the drop in fee or get a punch from someone else in the class.

<b>Adult (2 times a week)</b>	<b>\$45</b>
<b>Adult (3 times a week)</b>	<b>\$52</b>
<b>Senior (2 times a week)</b>	<b>\$40</b>
<b>Senior (3 times a week)</b>	<b>\$45</b>
<b>Drop-in</b>	<b>\$5.00</b>

Eight Week Session 6/1 to 7/24  
 No Eve class on 7/15  
 Make up class 7/27

**Aqua Fit Shallow Water only**

M/W/F	8-9 a.m.
M/W/F	9-10 a.m.
Tues./Thurs.	8-9 a.m.
Mon./Wed.	6:30-7:30 p.m.

**Aqua Fit Deep Water only**

M/W/F	8:45- 9:45 a.m.
Tues./Thurs.	6:30-7:30 p.m.

# Montclair Community Center

## 2304 South 135th Avenue 444-4956

### Public Swimming

**Fees:**  
**Adults \$3.00**  
**Youth (6-17) \$2.50**  
**Youth (5 & under) FREE**  
 \* with a paid adult  
 Mon. thru Thurs. 1-4:30 p.m.  
 Mon. and Wed. 7:30-9 p.m.  
 Fri./Sat./Sun. 1-5 p.m.

### Adult Lap Swimming

**Fee: \$3.00**  
 Mon. thru Fri. Noon-1 p.m.  
 Mon. and Wed. 6:30-7:30 p.m.  
 Tues. and Thurs. 7:45-8:45 p.m.  
 Sat. Noon-1 p.m.  
 Sun. 11:30 a.m.-1 p.m.

### Season Passes:

Good from May 30<sup>th</sup>- August 31<sup>st</sup>  
 at All City Pools  
**Child: 6-17yrs old \$70.00**  
**Adult: 18 & Over \$90.00**  
**Household: \$160.00**  
 (Max 2 adults & 4 children)  
 Each additional child is \$20.00

### Coupon Books: \$45.00

15 adult or 30 youth Admissions  
 Expires 12/31/09



### Adult Water Fitness:

**Shallow Water/Deep Water Fees:**  
**Adult (2 times a week/8weeks) \$45**  
**Adult (3 times a week/8weeks) \$52**  
**Senior (2 times a week/ 8 weeks)\$40**  
**Senior (3 times a week/ 8 weeks)\$45**  
**Drop-in \$5**

### Session Days and Times

**Shallow Water**  
 Mon./Wed./Fri. 7:45-8:45 a.m.  
 Mon./Wed./Fri. 9 -10 a.m.  
**Deep Water**  
 Tuesday & Thursday 9-10 a.m.  
**Shallow**  
 Tues. & Thurs. 7:30-8:30 p.m.

### Learn to Swim

Registration will be held on May 18th  
 Registration will be from 6-8 p.m.  
 Numbers will be handed out at  
 5:30 p.m.

### Monday thru Thursdays

**Two-week fee: \$30**

### Session Dates:

M - TH 6/1-6/11  
 M - TH 6/15-6/25  
 M - TH 6/29 - 7/9  
 M - TH 7/13 - 7/24  
 M - TH 7/27 - 8/6

### Morning Classes:

Adult/ Tot 10:00-10:30 a.m.  
 Pre-school 10:30 -11:00 a.m.  
 Pre-school 11-11:30 a.m.  
 Pre-school 11:30 a.m. - Noon  
 Levels 1, 2, 4 9:45-10:30 a.m.  
 Levels 1, 3, 5/6 10:30-11:15 a.m.  
 Levels 1, 2, 3, 11:15 a.m. - Noon

### Learn to Swim

### Monday thru Thursdays

**Two-week fee: \$30**

### Session Dates:

M - TH 6/1-6/11  
 M - TH 6/15-6/25  
 M - TH 6/29 - 7/9  
 M - TH 7/13 - 7/24  
 M - TH 7/27 - 8/6

### Evening Classes:

Adult/Tot 6:30 - 7 p.m.  
 Pre-school 5 - 5:30 p.m.  
 Pre-school 5:30 - 6 p.m.  
 Pre-school 6 - 6:30 p.m.  
 Levels 1, 2, 4 5 -5:45 p.m.  
 Levels 1, 2, 3 5:45-6:30 p.m.  
 Levels 2, 3, 5/6 6:30-7:15 p.m.

### Adult Beginning Swim Lessons

**Monday-Thursday 6:30 -7:30 p.m.**

### Saturdays

**Eight-week fee: \$30**

Session Date: 6/6 - 8/1

**No class July 4th**

Adult Tot 9:00- 9:30 a.m.  
 Pre-school 9:30 - 10:00 a.m.  
 Pre-school 10 -10:30 a.m.  
 Pre-school 10:30 - 11 a.m.  
 Pre-school 11-11:30 a.m.  
 Pre-school 11:30 a.m. - Noon  
 Levels 1, 2, 3 9 -9:45 a.m.  
 Levels 2, 3, 4 9:45-10:30 a.m.  
 Levels 1, 4, 5 10:30-11:15 a.m.  
 Levels 1, 2, 6 11:15 a.m. - Noon

### Sundays

**Eight-week fee: \$30**

Session Date: 6/7 - 8/2

**No class July 5**

Adult Tot 5:30 - 6 p.m.  
 Pre-school 6 - 6:30 p.m.  
 Pre-school 6:30-7 p.m.  
 Levels 1, 3, 5 5:30- 6:15 p.m.  
 Levels 2, 4, 6 6:15- 7 p.m.

# Montclair Community Center

## 2304 South 135th Avenue 444-4956

### Health & Fitness Programs

#### **Stroller Fit**

An interactive workout experience for moms and babies to burn fat, strengthen muscles and connect with other moms.

Monday/Wednesday/Friday  
 9:00 a.m.-10:00 a.m.

Contact Rachel Larson at 210-5607  
 or [www.strollerfit.com](http://www.strollerfit.com)

**\*\*Call for Teacher Special \*\***

#### **Adult Low Impact Aerobics**

**6 week sessions - \$36.00**

**Drop in fee- \$3.50**

Tues & Thurs 9 a.m. -10 a.m.

Session 1: April 28 – June 9

No class May 19

Session 2 : June 16<sup>th</sup> – July 23<sup>rd</sup>

Session 3 ; August 4<sup>th</sup> – Sept. 15<sup>th</sup>

No class August 27

Contact Teri Roberts at 333-6052 to register.

#### **Zumba**

Dance your way to a fitter you while learning exciting Latin moves and rhythms. Learn basic steps for Salsa, Merengue, Bachata, Samba and others.

Saturday 10 a.m. -11a.m.

Contact Amanda Lakin at  
 402-321-9983 or

[Zumbawithamanda@hotmail.com](mailto:Zumbawithamanda@hotmail.com)



#### **See Jane Get Fit**

Mon/Tues/Thurs/Fri

5:30 a.m.- 6:30 a.m.

Contact Jane McNeil for more information at 561-0806 or

[www.seejanegetfit.com](http://www.seejanegetfit.com)

#### **Belly Dancing**

**Monthly fee of \$50.00**

Thursday 6:45 – 8:15 p.m.

Contact Christine Kadlec at 612-4254  
 or Magdalene@divasoma.com

#### **Mom & Tot Open Gym**

**\$1 per Child** 5 & under

Wednesday 10 a.m. – Noon

Saturday 9 a.m. – 10 a.m.

(Child MUST be accompanied by an adult)



#### **Adult & Youth**

#### **Beginning Fencing**

**\$25/8 weeks**

Ages: 10 & up

Starts: May 27<sup>th</sup>

Wednesday 6:30-7:30 p.m.

Contact James Askew at 936-0965  
 or [jaskew@omahafencingclub.org](mailto:jaskew@omahafencingclub.org)  
 to register.

#### **Adult & Youth**

#### **Intermediate Fencing**

**\$25/8 weeks**

Starts: May 27<sup>th</sup>

Wednesday 6:30-7:30 p.m.

Contact James Askew at 936-0965  
 or [jaskew@omahafencingclub.org](mailto:jaskew@omahafencingclub.org)  
 to register.

#### **Club (Open) Fencing**

**\$25/month (includes class)**

Ages: 10 & up

Wednesday 6:30- 9 p.m.

Friday 6:00-8:00 p.m.

**\$ 5 Drop-in Fee**

Classes are on-going.

Contact James Askew at 936-0965  
 or [jaskew@omahafencingclub.org](mailto:jaskew@omahafencingclub.org)  
 to register.

#### **Youth Karate \$30/8weeks**

Ages 5 & up

Beginning Thursday 6:15-7 p.m.

Advanced Thursday 7- 8 p.m.

Contact Regina Peterson at 676-2276  
 to register.

#### **Adult Karate \$30/8 weeks**

Ages: 15 & up

Thursday 8-9 p.m.

Contact Regina Peterson at 676-2276  
 to register.

# Montclair Community Center

## 2304 South 135th Avenue 444-4956

### Health & Fitness Programs

**Kendo**  
**The Way Of The Sword \$20**  
Juniors & Adults  
Saturday 12:00 - 3:30 p.m.  
Classes are ongoing.  
Contact Steve Sasaki at 968-0615 to register.

**Youth Judo \$20/8 Weeks**  
Ages: 6 & up  
Beginning Tuesday 6-7 p.m.  
Intermediate Tuesday 7-8 p.m.  
Contact Montclair at 444-4956 to register.

**Adult Judo \$25/8 Weeks**  
Beginning Tuesday 6-7 p.m.  
Intermediate Tuesday 7-8 p.m.  
Contact Montclair at 444-4956 to register.

**"New Class"**  
**Tang Soo Do \$20**  
Traditional Korean Martial Arts  
Ages: 7 & Up  
Saturdays  
Beginners 11:30 a.m.-12:30 p.m.  
Advanced 11:30 a.m.-1:00 p.m.  
Contact  
Bruce Finger Sah Dan WTSDA  
847-421-2500 or [sbfinger@cox.net](mailto:sbfinger@cox.net).

**Walk For The Heart Free**  
Adults/Seniors  
Mon. thru Fri. 9-10 a.m.  
**\*\*Walkers might be sharing the gym with other fitness classes\*\***

### Visual Arts Programs

**Adult Ceramics**  
**\$25 plus materials + firing fee**  
Tuesday 1-3 p.m.  
Contact Arnie Fischer at 339-7132 to register.

**Youth Ceramics**  
Ages: 8-12  
Tuesday 4-5 p.m.  
Contact Arnie Fischer at 339-7132 for cost and to register.

### Senior Programs

#### **Millard Senior Center at Montclair**

**Rita (Coordinator) 546-1270**  
Mon. thru Fri. 9 a.m.-2 p.m.  
Exercise, card games, bingo, parties and trips. Lunch served daily at 11:30 a.m. for a \$2.50 donation.  
Come and socialize, meet a lot of nice folks.

**Tai Chi for Seniors**  
Mondays/Fridays  
10:30 a.m.- 11:30 a.m.



### Education Programs

**Mathercise**  
Math enrichment classes  
Ages: 5 & up  
Classes are twice a week (8 sessions/month)  
Wednesday 5-6 p.m. or 6-7 p.m.  
Saturday 2-3 p.m. or 3-4 p.m.  
Year long program. Individual one-on-one math tutoring grade 1 to college: Algebra, calculus, geometry, trigonometry, SAT/PSAT. Free diagnostic testing, flexible timings, & individualized programs. Contact Sangeeta at 214-9674 to register.

#### **Egad! Science Preschool Workshops**

Fun, hands-on science activities for ages 3-5. Each session will have a different theme, such as dinosaurs, the senses, rainforest life and more! Class themes will be posted at [www.egadscience.com](http://www.egadscience.com).  
Mondays 2-2:45 p.m.  
**Cost: \$13 per session** includes all supplies and a project/souvenir.  
To register call 517-5843 or e-mail [egadscience@yahoo.com](mailto:egadscience@yahoo.com).

#### **Egad! Science Workshops**

Fun, interactive science classes for ages 6-12. Each session will focus on a different topic, such as dry ice, chromatography, crime scene science and more! Weekly themes will be posted at [www.egadscience.com](http://www.egadscience.com).  
Mondays 3:30-4:30 p.m.  
**Cost: \$17 per session** includes all supplies and a project/souvenir to take home.  
To register: call 517-5843 or e-mail [egadscience@yahoo.com](mailto:egadscience@yahoo.com).

**Pipal Park Community Center**  
**7770 Hascall** **444-5140**

**Health & Fitness Programs**

**Traditional Karate**

**\$25/monthly**  
 Ages: 6 & up  
 Mon./Thurs. 6:00-7:30 p.m.  
 Dates: Ongoing  
 Call Charles Regan at 592-4017 or  
 Marv Freimund at 292-1022  
 to register.  
 E-mail: [marvlf@cox.net](mailto:marvlf@cox.net)

**Sport Karate Beginners**

**\$40/monthly/twice a week**  
 (Ages 6 & up)  
 Tue. 6:00-6:30 p.m. AND  
 Sat. 10:30 – 11 a.m.  
 Dates: Ongoing  
 Contact George Weaver at 551-7352  
 or [George@sportkaratecenter.com](mailto:George@sportkaratecenter.com)  
 or [www.sportkaratecenter.com](http://www.sportkaratecenter.com)

**Sport Karate**

**Intermediate & Advanced**  
**\$40/monthly/twice a week**  
**Ages 6 and Up**  
 Tuesdays and Saturdays  
 Dates: Ongoing  
 Contact George Weaver at 551-7352  
 for times and to register.  
 or [George@sportkaratecenter.com](mailto:George@sportkaratecenter.com)  
 or [www.sportkaratecenter.com](http://www.sportkaratecenter.com)

**Anahata Yoga Omaha**

Friday Noon  
 Call 301-2960 or e-mail at  
[Baileybythesea@aol.com](mailto:Baileybythesea@aol.com)  
[www.omwearjewelry.com](http://www.omwearjewelry.com)  
 Ruth Bailey

**Visual Arts Classes**

**Ceramics for Ages 50 Plus**

**\$109 + firing fees/8wks**  
 Adults Mon. 6:30-9 p.m.  
 Summer session 6/8 – 7/27  
 Course #ARTC-106N01  
 Contact Metro at 457-5231 to  
 register.

**Ceramics for Ages 50 Plus**

**\$109 + firing fees/8wks**  
 Adults Thurs. 6:30-9 p.m.  
 Summer session 6/11 – 7/30  
 Course #ARTC-106N02  
 Contact Metro at 457-5231 to  
 register.

**Jewelry Making:**

**Lost Wax Casting Style**

**\$96 plus \$5 lab/9wks**  
**(2 hr. credit course)**  
 Adults Mon. 6:30-9 p.m.  
 Summer session 6/18 - 8/3  
 Course #ARTS 0901 HN  
 Contact Metro at 457-5231 to  
 register.

**Silversmithing-Beg./Inter.**

**\$136 plus lab fee/10 wks**  
 Adults Tues. 6:30-9 p.m.  
 Summer session 6/9 – 8/11  
 Course #ARTC-168N01  
 Contact Metro at 457-5231 to  
 register.

**Silversmithing-Beg./Inter.**

**\$109 plus lab fee/8 wks**  
 Adults Wed. 6:30-9 p.m.  
 Summer session 6/10 – 7/29  
 Course #ARTC-104N01  
 Contact Metro at 457-5231 to  
 register.

**Watercolor (for ages 50+)**

**Intermediate**

**\$89/8 wks**  
 Adults Mon. 1 – 3 p.m.  
 Summer session 6/8 – 7/27  
 Course # ARTC-217N-70  
 Contact Metro at 457-5231 to  
 Register.

**Pre-school Programs**

**Pipal's Little People Pre-school**

**\$35/monthly plus \$8/monthly for**  
**Ages: 3-6**  
 Sept. 2009 - May 2010  
 Tuesday 9:15 - 11:45 a.m.  
 Thursday 9:15 - 11:15 a.m.  
**YOU MAY REGISTER NOW.**



**Stretch 'N Grow**

**Fabulous, Fun, Fitness Program  
 for Kids**

**Call for fees & other class times**  
 Ages 3 - 5 years  
 Contact Erin Sheckells at 541-2885  
 to register.  
[www.stretch-n-growkc.com](http://www.stretch-n-growkc.com)

**Pipal's Little Puppies**

**\$12/session**  
 Ages: 3 – 5  
 MUST have turned 3 by  
 March 1, 2009  
 Tues./Thurs. 9:30 – 11:30 a.m.  
 Four 2/week sessions beginning  
 6/2, 6/16, 6/30, 7/14

# Pipal Park Community Center

## 7770 Hascall 444-5140

### Senior Programs

#### Bridge

Mon. 1:00 p.m.

#### Lunch & Bingo

Tues. Noon

#### Men's Bridge

Wed. 1:00 p.m.

Call John at 391-7976 or Phil at 334-7465 if interested

THERE ARE OPENINGS!

### Science Programs

#### Egad! Science Workshops

Fun, interactive science classes for children in 1<sup>st</sup>-6<sup>th</sup> grade.

Each session will focus on a different topic, such as chromatography, dry ice and crime scene science.

Weekly themes will be posted at [www.egadscience.com](http://www.egadscience.com).

Tuesdays - June 9 through August 25  
 Time: 4-5 p.m.

**Cost: \$17 per session** includes all supplies and a project/souvenir to take home.

To register: call 517-5843 or e-mail [egadscience@yahoo.com](mailto:egadscience@yahoo.com).

### Crime Scene: Imagination Camp July 13-17

Ages: 8- to 12-year-olds

Time: 8:00 a.m.-12:00 p.m.

**Price: \$155 per child**, includes take-home projects, souvenirs and snacks.

Campers will become detectives, using scientific tests and critical thinking to track down a thief.

To register, fill out an online form at [www.egadscience.com](http://www.egadscience.com) or call the Egad! Science office at 517-5843

# Sherman Community Center

## 5701 North 16<sup>th</sup> Street 444-5673

### Health & Fitness Programs

#### Adult Open Gym

Fee \$1.00

#### Through May

18 & up

Tues. & Thurs. 6 p.m.-9 p.m.

#### Baby Gym

Fee: Free

Tues. & Thurs. 10-11 a.m.

#### Sun Dawgs

June 8-July 30

10 a.m.-4 p.m.

#### Youth 6-15

FREE (lunch included)

Register at the Center

### Youth Programs

#### Open Gym

Mon. thru Thurs. 3 p.m.-6 p.m.

Fri. 3 p.m.-5 p.m.

#### It's Your Birthday Month

Fee: Free

Wed May 13 4 p.m.-6 p.m.

Fri June 19 11 a.m.-12 p.m.

It's your birthday month is a brand new program for birthday celebrations!!

If it is your birthday month come on down for cake and great activities. All are welcome to help celebrate our friend's birthdays!!

#### Kids BINGO Day Fee: \$.50

Wed. May 6 4:30 p.m.-6:00 p.m.

Come for BINGO fun, food and prizes!!

#### Schools Out Party Fee: \$2.00

Fri. May 29 6:00 p.m.-8:00 p.m.

### Senior Programs

#### Bingo

M/T/Thurs. Noon -2:30 p.m.

#### July 4<sup>th</sup> Cook Out

Thurs. July 2<sup>nd</sup>

11:30 a.m.-2:30 p.m.

## Eastern Nebraska Office on Aging Senior Sites

These sites offer a variety of social, educational and recreational activities. They also provide health services and a daily lunch. Lunch reservations must be made by noon the preceding day. The suggested contribution for lunch is \$2.50.

- Camelot Friendship Center**                      **444-3091**  
 Mon. thru Fri.    9:30 a.m.-3 p.m.
- Florence Community Center**                      **444-6333**  
 Mon. thru Thurs 10:00 a.m.-3 p.m.  
 Friday                      10 a.m.-4 p.m.
- Near North Senior Center**                      **444-6278**  
 Mon. thru Fri.    9:30 a.m.-2:30 p.m.
- Montclair Community Center**                      **546-1270**  
 Mon. thru Fri.    9 a.m.-2 p.m.




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## Junior Golf Programs

**Junior Golf Heroes**  
**Summer Golf Clinic/Camp**                      **444-5396**  
**Five-week fee is \$150**  
**Limited scholarships are available**  
 Ages 5 to 17 can register.  
 Registration forms are available at Steve Hogan Golf Course  
 (formerly Miller Park) or [www.thefirstteeomaha.org](http://www.thefirstteeomaha.org)  
 June 8 - July 15  
 Session times:  
 Mon. and Wed.                      8-9:30 a.m.  
 Mon. and Wed.                      10-11:30 a.m.  
 Friday                                      8 a.m.  
 Optional Tournament & League Play  
 All equipment is provided.

**Junior Golf Clinic**  
 Ages 8-14 can register.  
 Limited enrollment.  
 You must pre-register between April 27<sup>th</sup> and May 29<sup>th</sup> by  
 calling the City of Omaha Golf Office at 444-5953  
 Monday thru Friday 8 a.m.-3:30 p.m.

Clinic dates are June 15-19.  
 J. Goodman Golf Course 6/15-6/17  
 Schmidleys Driving Range 6/16-6/18  
 Practice Tee Driving Range 6/17-6/19  
 Your choice of participating locations for  
 3 consecutive days, from 10-11 a.m. for 8-11 yr. olds  
 and from 11 a.m. to Noon for 12-14 yr. olds

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## Harry A. Koch Trap & Skeet Range

**6802 Harrison Street**                      **331-1249**

The Harry A. Koch Trap & Skeet Range is one of the finest Gun Clubs throughout the Midwest. This facility offers open shooting, leagues, tournaments and competitions, private and group lessons. All arrangements are made through the Club Manager by calling 331-1249.

**Summer Hours**  
 Monday thru Friday.                      Noon-Dusk  
 Saturday/Sunday                              10 a.m.- Dusk

# Motto McLean Ice Arena

## 5015 South 45th Street 444-4955

### Public Skating

Public Skating is offered throughout the week and weekends. Please find monthly schedules at [www.ci.omaha.ne.us/parks](http://www.ci.omaha.ne.us/parks) or call our Public Skating Update line: 537-8201

<b>Public Skating Fees (May-Sept)</b>	
Admission	<b>\$3.00</b>
Child (0-5 yrs)	<b>FREE</b>
Skate Rental	<b>\$2.00</b>

**Group Rate**  
 for groups of 15 or more,  
**\$5.00 per person, including**  
 skate rental.

**Discount Public Skating**  
**Punch Card (no skates)**  
**10 Visit Punch Card \$28.00**

**Discount Public Skating**  
**Punch Card (with skates)**  
**10 Visit Punch Card \$52.00**

**Home School Discount:**  
**Admission \$3.00**  
 (all ages)  
**Skate Rental \$2.00**  
 This fee only applies to Public Skating sessions Monday through Friday between 11 a.m. and 3 p.m. on days when Omaha Public Schools have class.



### Open Freestyle Sessions

These sessions are for figure skaters to practice their skills. Times are offered throughout the week

Please find monthly schedules at [www.ci.omaha.ne.us/parks](http://www.ci.omaha.ne.us/parks) or call 444-4955.

**\$6.00 per hour session**

**Discount Open Freestyle**  
**Punch Card**  
**10 sessions for \$48.00**

### Stick & Puck/ Drop-In Hockey Sessions

These sessions are for hockey players to practice their skills. **Helmets are required for everyone.**

Please find monthly schedules at [www.ci.omaha.ne.us/parks](http://www.ci.omaha.ne.us/parks) or call 444-4955.

**\$5.00 per session**

**Discount Punch Card**  
**10 sessions for \$40.00**

### Facility Rental

Visit [www.ci.omaha.ne.us/parks](http://www.ci.omaha.ne.us/parks) for a complete list of available ice times to rent.

**Motto McLean \$160 per hour**  
**Does not include skate rental fee**  
**of \$2.00 per person**



### Skating Parties

Party packages are available during public skating times at **Motto McLean Ice Arena only.**

Party Packages include admission, skate rental, a party room for one hour, hot dog or pizza, popcorn, soda, and a cupcake for each person, and a discount skate pass for the Birthday person.

**Fee: \$90 for 10 people or less.**  
**\$9 for each additional person.**

Call 444-4955 and book your party today!

### Youth & Adult Programs

#### **Learn to Skate**

To register call Andrea Williamson at 896-5747.  
[www.fscomaha.org](http://www.fscomaha.org)

#### **Learn to Skate**

To register call Roxanne Tyler at 571-0779.  
[www.bladeandedge.org](http://www.bladeandedge.org)

#### **Learn Speed Skating**

All ages.  
 Contact Kevin Leahy at 493-9465 to register.

# Therapeutic Recreation & Inclusion Services

Therapeutic Recreation and Inclusion services provides recreational and leisure activities for persons with disabilities. For more information please call Pamela Perry at 444-6103. **You must register for each class! Space is limited so please sign up early.**

## A.V. Sorensen Community Center

<b>Weight Lifting</b>	<b>\$7 per month</b>	
Thurs.	6/11 to 6/25	7:30-8 p.m.
Thurs.	7/9 to 7/23	7:30-8 p.m.
Thurs.	8/6, 8/20, 8/27	7:30-8 p.m.
Thurs	9/10 to 9/24	7:30-8 p.m.

## **Make It Take It Ceramics**

	<b>\$7 per class</b>	
Thurs.	6/11	6-7 p.m.
Thurs.	7/9	6-7 p.m.
Thurs.	8/6	6-7 p.m.
Thurs	9/3	6-7 p.m.

## Mockingbird Hills Community Center

<b>Water Exercise</b>	<b>\$7 per month</b>	
Tues.	6/9 to 6/23	6:30-7:30 p.m.
Tues.	7/7 to 7/21	6:30-7:30 p.m.
Tues.	8/4, 8/18, 8/25	6-7 p.m.
Tues	9/8 to 9/22	6-7 p.m.

## **Low Impact Fitness**

	<b>\$7 per month</b>	
Mon.	6/8 to 6/22	6:15-7 p.m.
Mon.	7/6 to 7/20	6:15-7 p.m.
Mon.	8/3, 8/17, 8/24	6:15-7 p.m.
Mon	9/7 to 9/21	6:15-7 p.m.

## Special Events

Co- Sponsored by the Ollie Webb Center.

### **Annual Picnic Fun & Games**

**Pre-Pay Dena**  
 Fri 6/19 6-8 p.m.  
 Elmwood Park Pavilion  
**Please RSVP to Dena only at 346-5220**

### **Hawaiian Luau/ Push America Guys Food & Swimming**

**Pre-Pay Dena**  
 Wed. 7/15 6-8 p.m.  
 Mockingbird Community Center  
 10242 Mockingbird Drive  
**Please RSVP to Dena only at 346-5220**

### **Omaha Royals Baseball Bash**

**Pre Pay Dena**  
 Fri 8/28 6 p.m.- ?  
 Come and enjoy a buffet and prime seats in the clubhouse.  
**Please RSVP to Dena only at 346-5220**

### **Fall Formal**

**Pre-Pay Dena**  
 Fri 9/11 7-9 p.m.  
 PVA  
 7612 Maple St  
**Please RSVP to Dena only at 346-5220**

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# Junior Wheelchair Sports & Recreation Camp

Monday, July 27 – Friday, July 31st

This is a week long camp for youth with physical disabilities. It will be held at the Iowa School for the Deaf. For more information, volunteer and camper forms call Jena at 572-2276 or Marcia at 444-5184.

Jena e-mail: [jena.munson@alegent.org](mailto:jena.munson@alegent.org)  
 Marcia e-mail: [marcia.coffeen@ci.omaha](mailto:marcia.coffeen@ci.omaha)