



## Hours of Operation

|                |                 |
|----------------|-----------------|
| Monday- Thurs. | 8 a.m. – 9 p.m. |
| Friday         | 8 a.m. – 7p.m.  |
| Saturday       | 9 a.m. – 4p.m.  |
| Sunday         | Noon – 7p.m.    |

## Facilities

### **Gymnasium**

**High school & under- FREE**  
**18 & up- \$3.00 drop in fee**  
**or punch from punch card**  
 Children 5 & under must be accompanied by an adult at all times. All patrons must have a registration card on file.

### **Walking Track & Cardio Room**

**Fee: \$3.00 drop in or punch from a punch card**  
 Must be high school aged or older with a photo ID to use the track or cardio room. Strollers are allowed.

**Gym Rentals** are available for \$31 per hour. Contact Sara at 402.932.1080 for more information.

**Birthday Party Packages** are available! \$75 for a 2 hour party with a staff member. Contact Sara at 402.932.1080 for more information.

## Health & Fitness Programs



### **YOGA**

|                           |                      |
|---------------------------|----------------------|
| <b>Kids Yoga</b>          | <b>\$72 for 8wks</b> |
| Thur.                     | 4 p.m.               |
| 8/18 – 12/8               |                      |
| <b>Active Senior Yoga</b> | <b>\$96 for 8wks</b> |
| Thur.                     | 4:40 p.m.            |
| 8/18 – 12/8               |                      |
| <b>Active Yoga</b>        | <b>\$96 for 8wks</b> |
| Mon.                      | 7-8 p.m.             |
| Wed.                      | 6:45-7:45p.m.        |
| 8/15- 12/5                |                      |

Increase strength and flexibility with classes offered by Cynthia Gordon. Call 391-5406 or email [cynthgordon@cox.net](mailto:cynthgordon@cox.net) to register.

### **Zumba**

Mon. and Wed 6:30-7:30p.m.  
**\$10/class or 10 classes for \$50**  
 If you have any questions, contact Amanda Lakin at [zumbawithamanda@hotmail.com](mailto:zumbawithamanda@hotmail.com) or call 321-9983.

### **TAEKWONDO**

**6 week ongoing sessions plus one night of testing.**

|             |              |
|-------------|--------------|
| Tues.       |              |
| 5 and Under | 5:30 – 6p.m. |
| Kids 6+     | 6 – 7p.m.    |
| Kids 6+     | 7 – 8p.m.    |
| Adults 13+  | 8 – 8:45p.m. |

For more info or to register contact Mrs. Glassburner at 682-5425 or [www.atakramaga.com](http://www.atakramaga.com)

### **Stroller Camp**

**\$7 per class**  
**\$40 for 8 classes**  
**\$70 for 16 classes**  
 Mon. 9:30-10:30a.m.  
 9/12-11/7

To register or for more info, contact Jocie Minturn at 402.680.4453 or [strollercamp@gmail.com](mailto:strollercamp@gmail.com).

## Youth Programs



### **Turner Dance Classes**

Ages:3-5 **\$28/month**  
 Mon. 6-6:30/6:30-7p.m.  
 Sat. 9:30-10a.m.

Ages:4-6 **\$30/month**  
 Sat. 10-10:45a.m.

Ages:5-7 **\$30/month**  
 Mon. 7-7:45p.m.  
 Sat. 10:45-11:30a.m.  
 2-2:45p.m.

Ages:6-8 **\$30/month**  
 Sat. 11:30-12:15

Ages:6-12 **\$32/month**  
 Sat. 1-2p.m.

Ages:8-12 **\$32/month**  
 Mon. 5-6p.m.  
**Monday classes begin 8/29.**  
**Saturday classes begin 9/10.**

### **Adult Ballet**

Increase flexibility, balance, strength, and focus.  
 Mon. **\$35/6 weeks**  
 7:45-8:30p.m.  
 10/3-11/14

**Call Diane Turner at 321-2299 or email [trunerdance09@yahoo.com](mailto:trunerdance09@yahoo.com)**

**Color Me Crafts**



**\$1.00 drop in fee**

Ages: 2 1/2 -5

Mon. 10:00 a.m. – 10:45 a.m.

Come and have fun singing songs, reading a story and doing crafts.

**Itty Bitty T-Ball**



**\$10 / 4wks**

Ages: 3-5

Fri. 9-9:45a.m.

10/14 to 11/11

Kids will have a great time learning the basics of t-ball!

**Itty Bitty Active Fun**

Ages: 3-5

Fri. 9 – 9:45 a.m.

9/9 to 9/30 **\$10 / 4wks**

Mon. and Wed. 11-11:45a.m.

10/10 to 11/9 **\$20 / 4wks**

Children will be able to run around and have fun playing a variety of new games and activities!

**Itty Bitty All Stars**

Ages: 3-5

Mon. and Wed. 11-11:45

9/7 – 10/5 **\$20/4 wks**

Sun. 3-3:45

9/11 – 10/2 **\$10/4wks**

Thur. 1-1:45

10/13 – 11/17 **\$10/4wks**

Kids will spend classes learning the basics of soccer, basketball, t-ball, and track and field!

**Itty Bitty Basketball**



Ages: 3-5

Wed.

1-1:45

9/7 – 9/28

**\$10/4wks**

Tues. and Thur.

9:30-10:15

11/15-12/13 **\$20/4 wks**

Dribble, pass, shoot, and have a great time learning the basics of basketball!

**Itty Bitty Track and Field**

**\$10 / 4wks**

Ages: 3-5

Wed. 1-1:45p.m.

10/12 to 11/9

Get ready to run, jump, hurdle, and wear yourself out!



**Itty Bitty Music**

**\$10 / 4wks**

Ages: 3-5

Thur. 11-11:45a.m.

11/17 to 12/15

Children will have fun making their own music, singing, and dancing.

**Itty Bitty Iron Chef**



**\$15 / 4wks**

Ages: 3-5

Fri. 9-9:45a.m.

11/18 to 12/16

Children will learn the basics of baking and making fun snacks.



**Beginners Gymnastics**

Ages: 3-5

Tues./Thurs.

9:30-10:15

9/6-9/29

**\$20/ 4wks**

Thurs.

1:00-1:45

9/8-9/29

**\$10/4wks**

Sun.

3:00-3:45

10/9-11/6

**\$10/ 4wks**

Tues./Thur.

9:30-10:15

10/11-11/10

**\$20 / 4wks**

Mon./Wed.

11:00-11:45

11/14 – 12/12

**\$20 / 4wks**

Children will learn the basics of gymnastics, including somersaults, balance beam, and headstands.

**Little Guys and Gals Gym**

**\$1 Drop in per Adult**

Ages: 6 and Under

Tues. 10:30-12:00p.m.

Fri. 10-12p.m.

Open gym time for the little ones, with all of our toys and equipment available!

**Wiggles and Giggles**

**\$10 / 4wks**

Ages: 0-4

Wed. 10-10:30a.m.

9/7-9/28, 10/12-11/9, and 11/16-12/14

Wiggles and Giggles is a great way for parents and their children to get active with fun games and silly songs.

**Bricks for Kids**

**Kids will learn about Math and Science using LEGOs.**

Ages: 3-5 **\$20/4wks**

Fri. 10-10:30a.m.

10/7 – 10/28

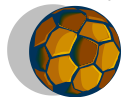
Grades: K-5<sup>th</sup> **\$40/4wks**

Tues. 4:15-5:15p.m.

10/4 – 10/25

Check out

www.bricks4kidz.com for more information. If you have questions or want to register contact Bill at 968-5723 or email him at brance@bricks4kidz.com.

**Soccer Tots \$88 / 8wks**

Soccer Tots is a professionally structured course that teaches the basics of soccer, building motor skills, encourages physical fitness, and promotes mental and physical wellness for the participants.

Ages: 2-3 Sat. 9-9:50a.m.

Ages: 3-4 Sat. 10-10:50a.m.

Ages: 4-6 Sat. 11-11:50a.m.

Classes begin 9/10.

For more information, call

759.7779 or email

[omahasoccertots@gmail.com](mailto:omahasoccertots@gmail.com).

**NEW! Little Guys Football Clinic \$10 / 2wks**

Ages: 5-6

Sun. 4:00-5:00p.m.

10/2 and 10/9

Not quite ready to play with the older kids? Check out our new football clinic, where your younger child can learn the basics of the game in an age appropriate group!

**DODGEBALL**

Do you think you're tough enough to play one of the world's fastest growing sports?

**FREE!!!**

1<sup>st</sup>-4<sup>th</sup> Grade Tues. 4-5p.m.

5<sup>th</sup>-8<sup>th</sup> Grade Thur. 4-5p.m.

Beginning 8/16 and 8/18

**Archery**

**\$20 / 4wks**

Grades: 2<sup>nd</sup>-5<sup>th</sup>

Fri. 4-4:45p.m.

9/9 to 10/7

Try this beginner class to learn some archery skills! You'll be shooting bulls-eyes before you know it!

**Hip-Hop**

**\$15 / 4wks**

Grades: 1-2 Tues. 6:45-7:30

Grades: 3-5 Tues. 7:30-8:15

11/15 – 12/6

Come learn the creativity and expression of hip hop dance with Mr. Miles Busby!

**Creative Kids**

**\$25 / 4 wks**

Grades: 1<sup>st</sup>-5<sup>th</sup>

Mon. 4:30-5:30p.m.

10/3 - 10/24

Come in after school to try a new, fun craft every week!

**REC'S KIDS CLUBHOUSE**

FREE

Ages: 6-13

Mon.-Fri. 4-6p.m.

Your favorite free summer youth program is at Saddlebrook every day after school. Structured activities, games, and events allow kids to run off all that built up energy from sitting in school all day. Let our staff wear them out before dinner time.

**Camps****Football Camp \$15 / 4wks**

1<sup>st</sup>-2<sup>nd</sup> Grade

Thur. 6-6:45p.m.

3<sup>rd</sup>-5<sup>th</sup> Grade

Thur. 6:45-7:30p.m.

9/8 – 9/29

A great camp for beginners to get a feel for the game and understanding of the rules!

**Basketball Camp \$15 / 4wks**

1<sup>st</sup>-2<sup>nd</sup> Grade

Tues. 6-6:45p.m.

3<sup>rd</sup>-4<sup>th</sup> Grade

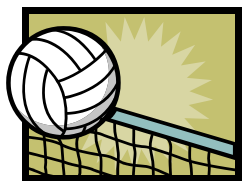
Tues. 6:45-7:30p.m.

5<sup>th</sup>-6<sup>th</sup> Grade

Tues. 7:30-8:15p.m.

10/4 – 10/25

Come learn the basics of the game in a fun, instructional atmosphere!



### Volleyball Camp \$15 / 4wks

1<sup>st</sup>-2<sup>nd</sup> Grade

Tues. 6-6:45p.m.

3<sup>rd</sup>-5<sup>th</sup> Grade

Tues. 6:45-7:30p.m.

NEW! Intermediate (2<sup>nd</sup>-6<sup>th</sup>)

Tues 7:30-8:15p.m.

9/6 to 9/27

NEW this year, try our beginners camps to learn the basics, or our intermediate camp if you already have some experience!

### Play and Perform Drama

#### Camp

\$30 / 2 weeks

Grades 1-5

Mon. -Fri. 6:30-8 p.m.

11/7-11/18

Performance on 11/18.



Spend two weeks practicing your lines, making costumes, and constructing sets for the final performance!

## Special Events

### School's Day Out

Cost varies

Grades: K-5<sup>th</sup>

9/23, 9/26, 10/20, 10/21, and

11/23 from 10a.m. to 3p.m.

Looking for something to do on your day off? Join us at Saddlebrook for fun activities and awesome field trips.

### Family Movie Night with Saddlebrook Community Center and Saddlebrook Library

**FREE!!!**

Thurs. 6:30-8:30p.m. 10/20

### SPOOKTACULAR

**FREE**

Sat. 1:00-3:00 p.m. 10/29

Bring the whole family to join us for an afternoon of Halloween fun!



### Santa Visits Saddlebrook



**FREE**

Sat. 10:30a.m. 12/3

Come in to Saddlebrook to sing winter songs, do holiday crafts, and meet Santa!

For more information, visit our website at

[www.cityofomaha.org/parks](http://www.cityofomaha.org/parks).