

WINTER 2012

Common Ground Community Center 1701 Veterans Drive

402-289-0451

2012 WINTER

LEARN TO SWIM SCHEDULE

402-289-0451

Cost:

Members \$40

Non-Members \$55

Registration for members begins January 2nd

Registration for Non-members begins January 9th.

Adult Infant/Tot-Level 1 (Min 4 / Max 8)

Eight week session

Saturdays 1/14- 3/10

No class on 2/4

9:35 a.m. – 10:05 a.m. **Code 100**

Sundays 1/15 -3/4

5:05 p.m.- 5:35 p.m. **Code 101**

Preschool-Level 2

8 week session (Min 4 /6 Max)

Saturdays 1/14- 3/10

No class on 2/4

9:00 a.m. - 9:30 a.m. **Code 102**

Saturdays 1/14- 3/10

No class on 2/4

10:10 a.m. – 10:40 a.m. **Code 103**

Saturdays 1/14- 3/10

No class on 2/4

10:55 am-11:25 a.m. **Code 104**

Sundays 1/15 -3/4

4:30 p.m. – 5:00 p.m. **Code 105**

Sundays 1/15 -3/4

5:40 p.m. – 6:10 p.m. **Code 106**

Level One

8 week session (Min 4 /6 Max)

Saturdays 1/14- 3/10

No class on 2/4

9:00 a.m. - 9:45 a.m. **Code 107**

Saturdays 1/14- 3/10

No class on 2/4

10:40 a.m. – 11:25 a.m **Code 108**

Sundays 1/15 -3/4

4:30 p.m. - 5:15 a.m. **Code 109**

Level Two

8 week session (Min 4 /6 Max)

Saturdays 1/14- 3/10

No class on 2/4

9:50 a.m. – 10:35 a.m. **Code 110**

Saturdays 1/14- 3/10

No class on 2/4

9:50 a.m. – 10:35 a.m. **Code 111**

Saturdays	1/14- 3/10
No class on 2/4	
10:40 a.m.-11:25 a.m.	Code 112
Sundays	1/15 -3/4
4:30 p.m. – 5:15 p.m.	Code 113
Sundays	1/15 -3/4
5:20 p.m. – 6:05 p.m.	Code 114
Sundays	1/15 -3/4
6:10 p.m. – 6:55 p.m.	Code 115

Level Three

8 week session (Min 4 /6 Max)

Saturdays	1/14- 3/10
No class on 2/4	
9:00 a.m. – 9:45 a.m.	Code 116
Saturdays	1/14- 3/10
No class on 2/4	
10:40 a.m.-11:25 a.m.	Code 117
Sundays	1/15 -3/4
4:30 p.m. – 5:15 p.m.	Code 118
Sundays	1/15 -3/4
5:20 p.m. – 6:05 p.m.	Code 119

Level Four

8 week session (Min 4 /6 Max)

Saturdays	1/14- 3/10
No class on 2/4	
9:50 a.m. – 10:35 a.m.	Code 120
Sundays	1/15 -3/4
5:20 p.m. – 6:05 p.m.	Code 121
Sundays	1/15 -3/4
6:10 p.m. – 6:55 p.m.	Code 122

Level Five/Six

8 week session (Min 4 / 6 Max)

Saturdays	1/14- 3/10
No class on 2/4	
9:00 a.m. – 9:45 a.m.	Code 123
Sundays	1/15 -3/4
6:10 p.m. – 6:55 p.m.	Code 124

Special Events

COMMON GROUND ANNUAL OPEN HOUSE

Sat 1/7/2012

Free to the public from 7:00am-8:00pm
Special activities, refreshments and more!!

Open House Specials

No activation fee for new members that sign-up the weekend of January 6th-8th. Members renewing in January get one month free.

Frequent Visitor and Childwatch punch cards 1/2 price
1/6-1/8

New Membership Rates

Effective 1/1/2012

This includes monthly, paid in full and corporate membership rates (Charter membership rates will remain the same).

See the Welcome Desk for a 2012 rate sheet or go to www.cityofomaha.org/parks for more details

Snowball Showdown

Mon. 1/9/12 1:00-2:00 p.m. Code: 125

Pre-Register

Member \$2.00 Non-Member \$4.00

Day of the Event

Member \$4.00 Non-Member \$6.00

Come test your snowball slinging skills.

Real snow in the pool! All kids 12

and under are invited to this awesome event!

Prizes will be given away for top scorers!

Don't miss this one of a kind event!

Dodgeball Tournament (FREE) Ages 6-13

Thurs. 2/16/12 1:00-4:00 p.m.

Enjoy your day off from school. Gather your friends together, form a team and come to Common Ground for an afternoon of fun in a dodgeball tournament.

Beach Party Blowout Ages: 5-12

Fri. 2/17/12 1:00-3:00 p.m. Code: 126

Pre-Register

Member: \$2.00 Non-Member: \$4.00

Day of the Event

Member: \$4.00 Non-Member: \$6.00

Come and enjoy two hours at the beach during the cold winter months. There will fun activities in the pool and on the pool deck. Break out your sandals and sunglasses for a warm time in the winter time.

ITTY BITTY CLASSES (For ages 3-4)

Itty Bitty Indoor Soccer (ages 3-4) Co-Ed

A great way to introduce your child to the sport of soccer.

They will learn basic skills such as dribbling, trapping,

shooting, goal keeping and the basic rules of soccer.

Min: 6 Max: 10

Cost: Members- \$20 Non-members- \$30

Tues. 1/17-2/21

9:00 a.m.-9:45 a.m.

Code: 127

Itty Bitty Basketball (ages 3-4) Co-Ed

Children rotate through skill building stations such as dribbling,

passing and shooting. A game will be played during the final week.

Guardians will be asked to be station leaders

Min: 10 Max: 20

Cost: Members- \$20 Non-Members-\$30

Wed.: 1/18-2/22

9:00 a.m.-9:45 a.m.

Code 128

Childwatch Activities

Kids Day out!

12/9: 5:00-8:00pm

Code: 430

12/15: 1:00-4:00pm

Code: 431

Need to finish your Holiday shopping? Drop off the kids for some games, crafts, and lots of fun! Ages 3 - 12

Member \$8.00 Non-Members \$12.00

\$2 discount of registered up to 1 week prior

January

Snowball Party!

Mon. 1/2 9:00 a.m. Free with paid childwatch admission

Come enjoy a fun day of snowball activities with a snowball challenge, craft and games.

Bake off the Chill!

Tues. 1/31 9:00 a.m. Free with paid childwatch admission

Come in from the cold and enjoy baking cookies and make some fun crafts.

February

Hearts and Crafts Party

Mon. 2/13 9:00 a.m. Free with paid childwatch admission

Nothing says I LOVE YOU like a gift from the heart. Your child will be able to create a personal valentine.

Kids Night Out!

Fri. 2/10 5:00-8:00 p.m.

Members \$8 Non-Members \$12 **Code: 129**

\$2 Discount if registered one week prior

March

Dr Seuss celebration!

Fri. 3/2 9:00 a.m. Free with paid childwatch admission

Celebrate Dr Seuss day! We will spend the day with Dr. Seuss books and activities.

Luck of the Irish party!

Fri. 3/16 9:00 a.m. Free with paid childwatch admission

It's our lucky day! Come help us find the shamrocks. We will have a fun scavenger hunt, Irish music and fun games.

Common Ground Boot Camps

Boot Camp

Boot Camp is a comprehensive physical conditioning program with the camaraderie and motivation of working in a group.

We do fitness the old-fashioned way with sit-ups, push-ups, pull-ups, running and a whole lot of sweat.

Special Holiday Session

12/12-1/6

Mon/Wed/Fri-5:15 a.m.

Member cost: \$52.00 Non-Member: \$110.00 Code: 443

Tuesday/Thursday-5:15 a.m.

Member cost: \$42.00 Non-Member: \$100.00 Code: 445

Mon/Wed/Friday-8:30 a.m.

Member cost: \$52.00 Non-Member: \$110.00 Code: 444

Early Winter Schedule

1/9-2/17

Session 1: Mon/Wed/Fri-5:15 a.m.

Member cost: \$52.00 Non-Member: \$110.00 Code: 130

Session 2: Tues/Thurs-5:15 a.m.

Member cost: \$42.00 Non-Member: \$100.00 Code: 131

Session 3: Mon/Wed/Fri-9:15 a.m.

Member cost: \$52.00 Non-Member: \$110.00 Code: 132

Session 4: Tues/Thurs-5:00 p.m.

Member cost: \$42.00 Non-Member: \$100.00 Code: 133

Min: 10

Max.: 25

Dance Classes

Beginning Line Dance

Tues. 6:00 – 7:00 p.m.

Basic beginners line dance for all ages dress in comfortable clothes.

Line 7:00 – 8:00 p.m.

New Line Dances and Standards from the past shown slowly and builds up to a workout.

Couples 8:00 – 9:00 p.m.

Many of the dances can be done without a partner including Line and Circle Dances. Contact: Rob Tiedgen

CountryRobT@aol.com 402.895.6146 www.country-kickers.com

Martial Arts Program

Lil Dragon Program

This is designed for 4-7 year olds. Fri. 4:30-5:00 p.m.

It is a developmental program designed to teach kids about balance, focus, self discipline, self control and self respect.

Youth Classes

This class is geared toward youth ages 8-16 years old. Youth Class: Fri. 5:00 – 6:00 p.m. Mixed Youth/Adult: Wed. 6:30 - 8:00p.m.

Adult class: Fri. 6:00 –7:00 p.m.

Mixed Youth/Adult class: Wed 6:30-8:00 p.m. This class is for the Beginner to the serious Martial Artist and combines all aspects of Martial Arts. Contact: James Rosenbach

402-721-7294 or 1-402-720-9775

Martial Arts

ATA TaeKwonDo

Ages 5 and up

M/Th Beginners (ages: 5+)

5:45 - 6:15 p.m.

Intermediate 6:30 - 7:10 p.m.

Advanced/Leadership

7:15 - 8:00 p.m.

Complete martial arts program offered by Kassabaum's ATA Black Belt Academy. Classes ongoing, beginners welcome.

Register with Ryan: 305-9377

Youth Sports Specific Training Program-T7 program

By completing the 10 week program, each athlete should expect increases in: Vertical Jump, Speed, power, and agility, Balance and coordination, Athleticism, Flexibility, Injury prevention, Self Confidence.

Program information:

Who: 5th-8th grade athletes (male/female)

When: To Be Announced

Training days/times: Mon./Thurs. 4-5 pm)

Testing:

Pre-test: TBD

Post-test: TBD

To Register or for more information contact:

Troy Watchorn at 402-350-5178 or t7fitness@gmail.com