

The W Programs and Activities



2018

Spring & Summer Brochure



www.The-W.org

MEMBERSHIP/REGISTRATION/INFORMATION

The W

Wartburg-Waverly Sports & Wellness Center
100 Wartburg Blvd.
P.O. Box 1003
Waverly, IA 50677-0903

Welcome Desk: 319-352-8311
Office: 319-352-8716
Fax: 319-352-8720

Membership

The W offers programming and fitness opportunities to accommodate a wide variety of personal needs. We provide a comprehensive wellness program with facilities, equipment, and programming to meet your exercise needs.

Our facility offers:

- A fitness area with free weights/stacked weights and cardio machines, including treadmills, elliptical machines, and conventional stationary and recumbent bikes.
- A 200-meter track in the fieldhouse and a walking/jogging track in Center Court.
- Four multipurpose courts in the fieldhouse that accommodate tennis, volleyball, and basketball, plus an additional basketball court in Center Court.
- A 30-foot climbing wall that can hold up to six climbers at one time, with no height or weight restrictions. Harnesses, ropes, and other necessary equipment are provided by The W, along with the assistance of our certified belayer.
- A steam room and sauna.
- A pool, hot tub, water slide, and vortex pool for walking.
- Racquetball courts.
- Golf hitting area.
- Child care.

Membership extras include:

- Member locker rooms, showers, and free towel service.
- Member parking lot privileges.
- Reduced rates for group fitness classes.
- Free admission to Wartburg home athletic events.

Guests Passes

Adults: \$10/day
 Children: \$5/day
Gift cards available

Everyone Belongs!

If you or a family member has special needs and would like to participate in a program, we will be happy to make accommodations to meet your needs. Please contact our office at **319-352-8716**.

Fitness Area Orientation

Let us teach you how to use the equipment in the Fitness Area. Whether you need full instruction or are looking for a review, we can get you started with proper equipment use. Offered free of charge on the first Saturday of each month, September through May.

Registration Information

Pre-registration is required for all programs with fees due and payable at the time of registration. No registration is complete until the fee is paid and your name is added to the registration list. All registrations are accepted on a first-come, first-served basis. Always use correct age/grade at the beginning of the program.

All community recreation programs have a code for each class offered. The code system helps simplify the registration process for you and our office. Please indicate the correct code when registering for programs.

Registration begins upon receipt of this brochure.

Register online at **www.The-W.org**.

A printable registration form is available at **www.The-W.org/form.pdf**.

Refunds

Each withdrawal from a program will be assessed a \$5 processing fee whether a refund check is issued or credit is put on an account. There will be no transfers. Any changes will be treated as a refund, and participants must re-register for the desired class.

No refunds will be given after the registration deadline. If a deadline date is not indicated, it will be seven calendar days prior to the program start date.

If a medical problem arises during the activity/class, a physician's written excuse must be presented, stating that participation is restricted. In the case of a medical excuse, a percentage of whatever class time remains will be refunded.

If the program/activity is canceled by the department, you will get the choice of having a full refund issued to your account or a refund check issued to the person who paid for the enrollment.

Reduced-Price Program Fees

Reduced-price programs are available. Families or members of families are eligible for reduced-price programs if they are currently receiving food stamps. Youth are eligible for reduced-price programs if they receive reduced-price or free school lunches.

Participants will need to provide verification of assistance. Due to privacy laws, The W will no longer verify assistance with the schools or federal/state agencies. A letter is mailed or emailed to each family receiving free or reduced lunches at the beginning of each school year. A copy of this letter may be submitted to qualify for reduced-price programming. Other forms of verification are accepted, the participant should provide The W a copy for review. Please call **319-352-8716** for questions concerning qualifications.

Hold Your Event at The W

We offer options for renting the pool, wet classroom, rock wall, tennis courts, racquetball courts, fieldhouse, and Center Court. Call Heather at **319-352-8717** to check availability.

Inclement Weather or Cancellations

Cancellation announcements will be posted at **www.The-W.org**. You also may call the Welcome Desk at **319-352-8311** for postponements or cancellations.

Pool Parties at The W

Pool: Two-hour time period for 15 swimmers

Member: \$60 for 15 participants

Guest: \$85 for 15 participants

Wet Classroom: (member and guest rate)

\$15 for the same two-hour time period.

This room may be used for treats and opening presents. A \$50 deposit is required. After tables have been cleaned, garbage thrown away, and floor swept, the deposit will be returned.

AVAILABILITY

Monday-Friday: 4-8 p.m. for a specific two-hour time block

Saturday: 11 a.m.-6 p.m. for a specific two-hour time block

Sunday: 2-8 p.m. for a specific two-hour time block

You may book a pool party by emailing

jill.eckenrod@wartburg.edu or calling **319-352-8716**

Monday-Friday, 8:30 a.m.-5 p.m. Each party request must be approved by the office, based on pool and classroom availability.

Cancellations may be made seven days prior to scheduled date. If cancelled after the seven-day deadline, the \$50 deposit will not be returned.

Community Opportunities

Information about the City of Waverly recreation opportunities, including the outdoor pool, trail system, and golf course, can be found at **www.waverlyia.com/leisureservices**.

For more information about the Bremer County Outdoor Explorers program, visit

www.co.bremer.ia.us/conservation-board/environmental-education.aspx.

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Mission Statement

The Wartburg-Waverly Sports & Wellness Center is dedicated to promoting lifelong wellness for people of all ages and levels of ability by providing outstanding facilities, programs, and educational services to the campus community and the citizens of Waverly and the surrounding area.

FITNESS CLASSES/SPECIALTY CLASSES

Fitness Pass Prices

Session dates: Sept.-Dec., Jan.-April, May-Aug.

Member: \$20 for 4 months or \$7/month (unlimited)

Guest: \$130 for 4 months or \$35/month (unlimited)

How to register: At Welcome Desk

Waverly Health Center Pass Prices

Waverly Health Center Therapy Pool (W Member)

\$20 for 4 months or \$7/month

(three class maximum per week)

Waverly Health Center Therapy Pool (Guest)

\$130 for 4 months or \$35/month

(three class maximum per week)

How to register: Call Jill Eckenrod at 319-352-8716

Fitness Classes

Our general group fitness classes feature aerobics and calisthenics, cycling, yoga, water, and senior fitness.

These classes are offered year-round and are open to members and guests of The W.

Barre Blend

Box Fusion

Cardio Dance

Cardio Sculpt

Combo

Combo Tone

Cycles, Strength, Core

Cycling

Deep H2O

Express Barre Burner

Fit-to-the-Core

Fusion Fit

H2O Fitness

HeartZone Cycle

HIIT

Hydro HIIT

Kickboxing

P3 (water class)

Senior Body Toning

Vinyasa Yoga

Yoga Stretch

H2O Outdoor Fitness

Move and groove in the water for a great, highly motivated cardio class. This class is for all fitness levels.

Dates: Monday-Friday, 12:05-12:55 p.m.,

Monday, Wednesday, 5:10-6 p.m.

Session 1: June 11-July 6

Session 2: July 9-30

Fees: Member

\$20 for 4 months or \$7/month (unlimited)

Guest

\$35/month (unlimited)

\$3 drop in

Registration deadline: June 8

Location: Waverly outdoor pool

Weather policy: In case of rain or lightning, the class will be moved inside.

How to register: At Welcome Desk

7TH ANNUAL TRI BY KNIGHT

The TriByKnight Triathlon sponsored by The W and Thompson Shoes, now in its seventh year, was the first triathlon in the Waverly area and is one of the most popular early-season events in the region.

This sprint tri (300-yard swim, 15-mile bike, 3.1-mile run) is perfect for those just getting started in the sport. The event, staged on the Wartburg College campus, features a time-trial pool start in The W's state-of-the-art Schuldt Natatorium. We hope to see you there Saturday, May 5. To register, visit www.active.com and search TriByKnight.

SENIOR PROGRAMMING

(open to all ages)

Forever Strong

This class will increase your strength for everyday life with functional movements emphasizing core, postural awareness, and balance. Exercises and principles from TRX, yoga, and strength training will be used, as well as a variety of other equipment. This class is for all fitness levels.

Low-Impact Combo

This class is designed for the older individual who prefers to work at a lower intensity and/or the participant who is just getting started in an exercise program.

"No Floor" Yoga

This 40-minute yoga class uses seated and standing positions and chair support to increase flexibility, range of motion, muscular endurance, balance, and mobility. Participants will increase their total-body awareness through guided imagery and restorative breathing techniques that promote relaxation and mental clarity. Closed-toe shoes are required for safety purposes. This class is suitable for all fitness levels.

H2O Senior

This class is designed for seniors who are looking for a cardio and body toning exercise program with the benefits of an aqua class.

Senior Body Toning

Tone your muscles and increase your strength while using a variety of equipment. Participants will leave class feeling great, knowing they are creating a toned body! This class is for all fitness levels.

Tai Chi

Tai chi is one of the most effective exercises for health and body originating in ancient China. The essential principles include mind integrated with the body and control of movements and breathing. Tai chi can be a moving meditation as well as an integral exercise for all parts of the body and mind. It offers tranquility, may help you think more clearly, and improve your balance. We offer Sun-style tai chi at The W.

Walk-n-Talk

This all-ages program meets Monday-Friday, 5:30-9 a.m., for walking and weekly blood pressure checks. Twice-a-month educational briefings focus on senior-related health concerns. \$10 a month.

Register for these classes at the **Welcome Desk**.

SPECIALTY CLASSES

Athlete Within

The Athlete Within is a strength-and-conditioning-based program that focuses heavily on learning new skills and mastering the proper technique of all barbell, kettlebell, and dumbbell lifts to build usable strength and endurance. Members new to the Athlete Within family will be taught everything they need to know to be successful and become stronger both physically and mentally by a highly qualified coach.

Delay the Disease (NEW)

The W now offers group exercise for people with Parkinson's. Delay the Disease™ is an evidenced-based fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

Developed by David Zid and Jackie Russell, this national wellness program is designed to retrain the mind and body. Participants report improvement in quality of life, regained ability to successfully manage the disease, and maintenance of independence. This program targets daily functional challenges and symptom-specific fitness agendas. Exercise plans are adapted to all levels of the disease, valuable to newly diagnosed and progressed states alike.

TRX Fit Fusion

Are you looking for something that will improve your overall fitness? TRX Fit Fusion combines TRX and kettlebells for a high fat-burning workout! This unique fitness class provides participants with both strength and cardio training.

FXT (Functional XTraining)

FXT (Functional XTraining) is designed to challenge you, help you feel better, and get stronger. This 10-week, four-days-a-week program includes everything from kettlebells, TRX, and medicine balls to body weight exercises and kickboxing. Functional fitness training — designed to mimic and improve everyday movements — is combined with cross training for an all-around, high-energy, fat-burning workout. The first two weeks of this program includes fitness testing, optional body fat measurements, and form preparation to get you ready to start your journey.

Summer S.W.A.T. Challenge

Unleash your inner beast and train without limitations with Summer S.W.A.T. (Special Workouts and Training) Challenge, a course designed specifically for those who enjoy obstacle-based races and competitions. Adventure-seekers and extreme athletes alike will be challenged with a workout regimen that includes hill sprints, battle ropes, sand bag carries, tire flips, burpees, and more!

The Hybrid (New)

The Hybrid is a new option combining two days a week of Athlete Within with two days of FXT. Build your own personalized hybrid class by choosing two days of FXT to attend including: TRX, kickboxing, cardio, and weights. Pair that with two days of the Athlete Within's barbell work specifically written for you, and you have the best of both worlds. The first two weeks will concentrate on form so that even someone new to both programs can join and learn new movements. All three programs include an optional Wednesday mobility class at 5:15 a.m.

Register for specialty classes at the **Welcome Desk**.

PRIVATE SWIMMING LESSONS

Learn-to-Swim Program Descriptions

**More detailed descriptions of the Learn-to-Swim program may be found at www.The-W.org under Aquatics.*

Swim lessons include all levels of the American Red Cross Learn-to-Swim Program. Lessons are taught by American Red Cross-certified water safety instructors. Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people of all ages to swim; be safe in, on, and around the water; and give students a positive learning experience.

Parent/Infant - 6 months to 3 years old accompanied by a parent/guardian.

Parent/Toddler - Approximately 2 to 4 years old accompanied by parent/guardian.

Preschool Level A - Must be 4 years old. No parent allowed.

Preschool Level B - Approximately 4 to 5 years old.

Preschool Level C - Approximately 5 to 6 years old.

Level 1 Introduction to Water Skills - Must be 6 years old at the start of class; no exceptions.

Level 2 - Fundamental Aquatic Skills

Level 3 - Stroke Development

Level 4 - Stroke Improvement

Level 5 - Stroke Refinement

Level 6 - Swimming and Skill Proficiency

Arranged private lesson sessions

*Instructors teach one-on-one for 25 minutes. Time is scheduled by instructor and participant. *Participants will not be allowed to make up lessons due to scheduling conflicts.*

April 2-13

Requests submitted before session start date will receive a call the week of March 26.

Code: AP4

Deadline: Monday, March 19

Fee: 4 lessons \$60

***Maximum enrollment for April session:** 4 arranged lessons

May 1-18

Requests submitted before session start date will receive a call the week of April 23.

Code: MP4

Deadline: Monday, April 16

Fee: 4 lessons \$60

***Maximum enrollment for May session:** 4 arranged lessons

June 11-29

Requests submitted before session start date will receive a call the week of June 4.

Code: JNP4

Deadline: Monday, May 28

Fee: 4 lessons \$60

***Maximum enrollment for June session:** 2 arranged lessons

July 9-27

Requests submitted before session start date will receive a call the week of July 2.

Code: JLP4

Deadline: Monday, June 25

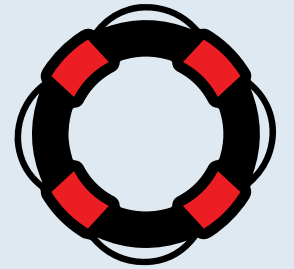
Fee: 4 lessons \$60

***Maximum enrollment for July session:** 2 arranged lessons

Certification Classes

**Refund policy applies to all certification classes.*

- Lifeguard Instructor (LGI)
- Lifeguard Training
- Lifeguard/First Aid/Lifeguard CPR Certification Review
- Water Safety Instructor (WSI)
- Adult and Pediatric CPR/AED and First Aid



Check online for up-to-date course offerings at www.The-W.org/cert.

Private Lessons

Private lessons may be taken at any skill level. Instructors teach one-on-one for 25 minutes.

*Lessons will not start before the start date of each session.

*Lesson requests submitted after ending date will be honored during the next private lesson session.

How to register: Online at www.the-w.org. An instructor will call you to arrange a lesson time. Please submit a current phone number and allow 5-10 business days to schedule lessons.

SET PRIVATE LESSONS			
<i>Instructors teach one-on-one for 25 minutes. Four private lessons: \$60</i>			
<i>*Participants will not be allowed to make up lessons due to scheduling conflicts.</i>			
M/W		T/TH	
April 30-May 9	Code	May 1-10	Code
4-4:25 p.m.	1P	4-4:25 p.m.	9P
4:30-4:55 p.m.	2P	4:30-4:55 p.m.	10P
5-5:25 p.m.	3P	5-5:25 p.m.	11P
5:30-5:55 p.m.	4P	5:30-5:55 p.m.	12P
6-6:25 p.m.	5P	6-6:25 p.m.	13P
6:30-6:55 p.m.	6P	6:30-6:55 p.m.	14P
7-7:25 p.m.	7P	7-7:25 p.m.	15P
7:30-7:55 p.m.	8P	7:30-7:55 p.m.	16P
May 14-23	Code	May 15-24	Code
4-4:25 p.m.	17P	4-4:25 p.m.	25P
4:30-4:55 p.m.	18P	4:30-4:55 p.m.	26P
5-5:25 p.m.	19P	5-5:25 p.m.	27P
5:30-5:55 p.m.	20P	5:30-5:55 p.m.	28P
6-6:25 p.m.	21P	6-6:25 p.m.	29P
6:30-6:55 p.m.	22P	6:30-6:55 p.m.	30P
7-7:25 p.m.	23P	7-7:25 p.m.	31P
7:30-7:55 p.m.	24P	7:30-7:55 p.m.	32P
June 18-27	Code	June 19-28	Code
5:30-5:55 p.m.	33P	5:30-5:55 p.m.	38P
6-6:25 p.m.	34P	6-6:25 p.m.	39P
6:30-6:55 p.m.	35P	6:30-6:55 p.m.	40P
7-7:25 p.m.	36P	7-7:25 p.m.	41P
7:30-7:55 p.m.	37P	7:30-7:55 p.m.	42P
July 23-Aug. 1	Code	July 24-Aug. 2	Code
5:30-5:55 p.m.	43P	5:30-5:55 p.m.	48P
6-6:25 p.m.	44P	6-6:25 p.m.	49P
6:30-6:55 p.m.	45P	6:30-6:55 p.m.	50P
7-7:25 p.m.	46P	7-7:25 p.m.	51P
7:30-7:55 p.m.	47P	7:30-7:55 p.m.	52P

Participants must be able to attend all assigned lesson times. Participants will not be allowed to make up lessons due to scheduling conflicts. It is the responsibility of the participant to make sure they can attend all session times.

PUBLIC SWIMMING LESSONS

MAY EVENING PUBLIC LESSONS				
Monday-Thursday, April 30-May 10 Weather-related makeup days: May 4 and 11 8 Public Lessons: \$40 Deadline: Wednesday, April 18				
Location	Level	5-5:30 p.m.	5:45-6:15 p.m.	6:30-7 p.m.
The W	Parent/Infant			700
The W	Parent/Toddler	800		
The W	Preschool A		100 A	101 A
The W	Preschool B		200 B	
The W	Preschool C	300 C		
The W	Level 1	100	101	
The W	Level 2	200		
The W	Level 3		300	
The W	Level 4			400
The W	Level 5			500

JULY EVENING PUBLIC LESSONS				
Monday-Thursday, July 9-19 Weather-related makeup days: July 13 and 20 8 Public Lessons: \$40 Deadline: Wednesday, June 27				
Location	Level	5:30-6 p.m.	6:15-6:45 p.m.	7-7:30 p.m.
The W	Parent/Infant			704
The W	Parent/Toddler		804	
The W	Preschool A	107 A		
The W	Preschool B	207 B		
The W	Preschool C		306 C	
The W	Level 1			109
The W	Level 2		208	
The W	Level 3	307		
The W	Level 4			405

JUNE EVENING PUBLIC LESSONS				
Monday-Thursday, June 4-14 Weather-related makeup days: June 8 and 15 8 Public Lessons: \$40 Deadline: Wednesday, May 23				
Location	Level	5:30-6 p.m.	6:15-6:45 p.m.	7-7:30 p.m.
The W	Parent/Infant		701	
The W	Parent/Toddler	801		
The W	Preschool A			102 A
The W	Preschool B	201 B		202 B
The W	Preschool C		301 C	
The W	Level 1		102	
The W	Level 2	201		
The W	Level 3			301
The W	Level 4		401	
The W	Level 5			501
Outdoor	Level 6	600		

JUNE MORNING PUBLIC LESSONS					
Monday-Thursday, June 4-14 Weather-related makeup days: June 8 and 15 8 Public Lessons: \$40 Deadline: Wednesday, May 23					
Location	Level	8:30-9 a.m.	9:15-9:45 a.m.	10-10:30 a.m.	10:45-11:15 a.m.
The W	Parent/Infant			702	
The W	Parent/Toddler	802			
The W	Preschool A	103 A	104 A		
The W	Preschool B			203 B	204 B
The W	Preschool C	302 C			303 C
The W	Level 1	103	104	105	
The W	Level 2		202	203	204
The W	Level 3	302	303		304
The W	Level 4			402	
The W	Level 5		502		
Outdoor	Level 6				601

JUNE MORNING PUBLIC LESSONS					
Monday-Thursday, June 18-28 Weather-related makeup day: June 22 and 29 8 Public Lessons: \$40 Deadline: Wednesday, June 6					
Location	Level	8:30-9 a.m.	9:15-9:45 a.m.	10-10:30 a.m.	10:45-11:15 a.m.
The W	Parent/Infant	703			
The W	Parent/Toddler		803		
The W	Preschool A	105 A			106 A
The W	Preschool B		205 B	206 B	
The W	Preschool C	304 C			305 C
The W	Level 1	106	107	108	
The W	Level 2		205	206	207
The W	Level 3	305		306	
The W	Level 4		403		404
The W	Level 5			503	
Outdoor	Level 6				602

Class Size

Minimum enrollment for public swimming lessons: Four participants.

Maximum enrollment: Parent/Infant, Parent/Toddler: Six swimmers per instructor; Preschool Levels A-C: Five swimmers per instructor; Levels 1-3: Six swimmers per instructor; Levels 4-5: 10 swimmers per instructor.

Lesson evaluations: Participants will receive a swim lesson evaluation at the conclusion of class from their water safety instructor. All exit skills **MUST** be completed to pass the level. Swimmers may miss only **one class** to pass the requirements of a given level.

Swim lesson suggestion: Please allow six months between sessions to allow child to develop skills.

Registration forms: Available at the Welcome Desk, or online at www.The-W.org.

Please keep a copy of your registration. The W will not call to confirm your classes. Online registrations will receive an email confirmation.

Register at www.The-W.org or at the Welcome Desk.

Swim Lesson Expectations

- One absence is permitted. Swimmers who miss more than one class will not pass their designated level.
- Children should use designated changing areas (member locker rooms or family changing rooms) and arrive at their lesson dressed in a swimsuit or swim trunks and ready to swim.
- Children should use the restroom before class. Leaving during class shortens learning time.
- Children in diapers are required to wear swim diapers.
- Long hair should be tied back so it doesn't get in child's face.
- Only swimmers are allowed on the pool deck (except for Parent/Infant and Parent/Toddler classes). Spectators (parent, guardian, other family members) may watch from the window in the Zesty Orange. This will be strictly enforced.
- Cancellations or postponements will be posted at www.the-w.org, and available by calling the Welcome Desk, **319-352-8311**.
- Makeup classes due to weather-related postponements will be scheduled during the designated class day (see lesson schedule for more information).

YOUTH ACTIVITIES/YOUTH SPORTS

P.E. 101 APRIL-MAY

P.E. 101 teaches young children basic motor/movement patterns, introduces sport skills and concepts, and shows kids the fun they can have participating in fitness activities and games.

Dates: Saturdays, April 7, 14, May 5, 12

2-3 years: 9:30-10:20 a.m. **Code: PE1**

4-5 years: 10:30-11:20 a.m. **Code: PE2**

Registration deadline: Wednesday, April 4

Location: The W

Fee: \$25

Enrollment: Minimum 4, maximum 15

Basic Racquet Sports JUNE

This is a great chance to learn basic racquet skills, footwork, and other concepts. Participants will have a ton of fun while learning the rules and fundamentals of pickleball, tennis, and more.

Dates: June 11-21, **Days:** M-TH

Age/Time:

6-8 years, 11:30 a.m.-12:20 p.m. **Code: BR1**

8-10 years, 12:30 p.m.-1:20 p.m. **Code: BR2**

10-12 years, 1:30 p.m.-2:20 p.m. **Code: BR3**

Location: The W

Fee: \$35

Enrollment: 20

Deadline: Friday, June 8

Football 101 JUNE

This is a great chance to learn basics skills, team fundamentals, and other concepts. In this noncontact clinic, participants will have a ton of fun, learn from Wartburg football players, and get ready for the NFL Flag and tackle football seasons.

Dates: June 11-21, **Days:** M-TH

Age/Time:

10-12 years, 12:30-1:20 p.m. **Code: FB1**

8-10 years, 1:30-2:20 p.m. **Code: FB2**

6-8 years, 2:30-3:20 p.m. **Code: FB3**

Location: The W

Fee: \$35

Enrollment: 20

Deadline: Friday, June 8

Rock Climbing Program JUNE-JULY

Participants will learn the fundamentals all the way up to advanced climbing techniques. It is a great way to exercise, learn a new skill, and have fun.

*No gear needed

PeeWee Climbing (4-6-year-olds)

Time: 8:30-9:30 a.m.

Session 1: June 9, 16, 23 Code: PWC1

Session 2: July 14, 21, 28 Code: PWC2

Fee: \$25 *for one month

Basic Climbing (6-12-year-olds)

Time: 9:30-11 a.m.

Session 1: June 9, 16, 23 Code: BC1

Session 2: July 14, 21, 28 Code: BC2

Fee: \$30 *for one month

Intermediate Climbing (13 and up)

Time: Noon-2 p.m.

Session 1: June 9, 16, 23 Code: IC1

Session 2: July 14, 21, 28 Code: IC2

Fee: \$35 *for one month

Deadline: Session 1: Saturday, June 2

Session 2: Saturday, July 7

Location: The W rock climbing wall

Enrollment: Minimum 3, maximum 12

Interested in an adult class?

Contact Steve Walker at **319-352-8492** or

steve.walker@wartburg.edu.

Soccer JUNE-JULY

Building skills in ball handling and dribbling, all fundamental skills, teamwork, and fair play. Boys and girls are all invited to join the fun. This class fills quickly, so register early.

Dates: June 4-15*

Days: M-F

Deadline: Friday, June 1

Age/Time: 7-9 years, 8:30-9:20 a.m. **Code: S1**

Dates: July 9-20

Days: M-F

Deadline: Friday, July 6

Age/Time:

6-8 years, 9-10 a.m. **Code: S2**

9-11 years, 10-11 a.m. **Code: S3**

Location: Wartburg Football Field**

Fee: \$35

Enrollment: 30

*Schedule may be adjusted due to W-SR snow days.

**Site subject to change.

Pee Wee Soccer JUNE

Younger participants learn the fundamentals and skills of the game, with an emphasis on skill development, games, and fun.

Dates: June 4-15*

Days: M/W/F

Deadline: Friday, June 1

Age/Time: 4-6 years, 9:30-10:20 a.m. **Code: S4**

Location: Wartburg Football Field**

Fee: \$30

Enrollment: 30

*Schedule may be adjusted due to W-SR snow days.

**Site subject to change.

Tennis JUNE-JULY

Learn the basic fundamentals and skills of the game. Emphasis will be on skill development, games, and fun. Participants bring their own rackets. Classes lead by Ryan and Luke Willis.

Dates: June 11-22, **Days:** M-F

Level/Time:

Beginner, 9:30-10:20 a.m., **Code: T1**

Advanced Beginner, 10:30-11:20 a.m., **Code: T2**

Deadline: Thursday, June 7

Dates: July 9-20, **Days:** M-F

Level/Time:

Beginner, 9:30-10:20 a.m., **Code: T3**

Beginner, 10:30-11:20 a.m., **Code: T4**

Advanced Beginner, 11:30 a.m.-12:20 p.m., **Code: T5**

Deadline: Thursday, July 5

Fee: \$35

Enrollment: 20

Ages: 8-14

Location: Wartburg Tennis Courts

Pee Wee Tennis JUNE-JULY

Younger participants learn the fundamentals and skills of the game using age-appropriate equipment. Emphasis will be on skill development, games, and fun. Age-appropriate racquets will be provided and available for purchase at the end of the program.

Code: PWT1

Dates: June 11-22

Days: M/W/F

Time: 11:30 a.m.-12:20 p.m.

Deadline: Thursday, June 7

Code: PWT2

Dates: July 9-20

Days: M/W/F

Time: 8:30-9:20 a.m.

Deadline: Thursday, July 5

Ages: 5-7

Location: Wartburg Tennis Courts

Fee: \$30

Enrollment: 8

Tumbling JUNE

This is a great program for kids who might one day be interested in gymnastics. It teaches basic tumbling movements and games incorporating those movements, as well as use of the balance beam.

Dates: June 5-21*

Days: T/TH

3-4 years: 11:30 a.m.-12:20 p.m. **Code: BT1**

4-6 years: 12:30-1:20 p.m. **Code: BT2**

6-8 years: 1:30-2:20 p.m. **Code: BT3**

Location: The W

Fee: \$30

Enrollment: Minimum 4, maximum 12

Deadline: Friday, June 1

*Schedule may be adjusted due to W-SR snow days.



FIND THE W ON FACEBOOK

For the latest information on new classes, schedules, cancellations, and specials.



YOUTH ACTIVITIES/YOUTH SPORTS

Youth Baseball/Softball Program JUNE

Boys and girls will learn fundamentals, fair play, and good sportsmanship in one of our two levels of baseball/softball. Year after year this program is one of the most popular.

Ages determined by the 2017-18 school year.

Minor League JUNE

This league is designed to build on skills introduced in T-ball. Youngsters will participate in two weeks of practice and play two weeks of games. T-shirt provided (indicate size on registration form).

Dates: June 4-29*

Days: M/W/F

Level/Time:

Boys grades 1-3, 9:30-10:20 a.m. **Code: MLB1**

Girls grades 1-3, 10:30-11:20 a.m. **Code: MLB2**

Location: Wartburg Softball Field

Fee: \$50

Enrollment: 60

Deadline: Friday, June 1

**Schedule may be adjusted due to W-SR snow days.*

T-ball JUNE

This league introduces boys and girls to the proper mechanics of throwing, fielding, and hitting off a tee. Youngsters will learn the positions in the playing field and play games in the final weeks. T-shirt provided (indicate size on registration form). Year after year this program is one of the most popular so register early!

Dates: June 5-28*

Days: T/Th

Level/Time:

Girls Pre-K-1, 9:30-10:20 a.m. **Code: TB1**

Boys Pre-K-1, 10:30-11:20 a.m. **Code: TB2**

(minimum age 5 years old)

Location: Wartburg Softball Field

Fee: \$40

Enrollment: 60

Deadline: Thursday, May 31

**Schedule may be adjusted due to W-SR snow days.*

Youth Basketball Skills Clinic JUNE

Emphasis will be skill development in areas of ball handling, shooting, offensive and defensive play, teamwork, and learning basic game rules. Games will be played within the context of teaching and developing skills.

Dates: June 11-21

Days: M-TH

Age/Time:

Girls 6-8 years, 11:30 a.m.-12:20 p.m. **Code: BBC1**

Boys 6-8 years, 12:30-1:20 p.m. **Code: BBC2**

Boys 9-10 years, 1:30-2:20 p.m. **Code: BBC3**

Girls 9-10 years, 2:30-3:20 p.m. **Code: BBC4**

Location: The W

Fee: \$35

Enrollment: 20

Deadline: Thursday, June 7

Creative Arts Program JULY

This program explores different art media and is designed to bring out creativity and imagination in children. Activities may include painting, drawing, ceramics, sculpture, and more. Classes fill up quickly, so sign up early.

Dates: M-F, July 9-20

Age/Time: 9-12 years, 11 a.m.-noon **Code: CA1**

4-5 years, 12:15-1:15 p.m. **Code: CA2**

6-9 years, 1:30-2:30 p.m. **Code: CA3**

6-9 years, 2:45-3:45 p.m. **Code: CA4**

Location: The W

Fee: \$35

Enrollment: 20

Deadline: Thursday, July 5

Fun in the Sun JULY

Boys and girls join all the fun in the sun this summer with crafts, games, musical activities, storytelling, and nature walks. Classes fill quickly, so sign up early. Program will be indoors at The W if weather is bad.

Dates: July 10-26

Days: T/TH

Age/Time: 3-4 years, 8:30-9:20 a.m. **Code: FS1**

5-6 years, 9:30-10:20 a.m. **Code: FS2**

Location: The W

Fee: \$30

Enrollment: 15

Deadline: Friday, July 6

Lacrosse 101 JULY

This is a great chance to learn basic skills, team fundamentals, and other concepts of the new sport emerging in the Midwest: lacrosse. In this program, participants will have a ton of fun, learn from Wartburg lacrosse players, and become ready for future lacrosse seasons.

Dates: July 9-19, **Days:** M-TH

Age/Time: 11-12 years, 12:30-1:20 p.m. **Code: LC1**

9-10 years, 1:30-2:20 p.m. **Code: LC2**

6-8 years, 2:30-3:20 p.m. **Code: LC3**

Location: The Wartburg Lacrosse Field

Fee: \$35

Enrollment: 20

Deadline: Friday, July 6

Wartburg Sports for Shorts JULY

***Sponsored by Wartburg Athletic Coaches**

This is a fun and active introductory sports program for girls and boys ages 4-6. The basic concepts of a variety of sports will be introduced and taught by Wartburg athletic coaches. This class fills quickly, so register early.

Dates: July 9-27

Days: M/W/F

Age/Time: Girls 4-6 years, 9:30-10:20 a.m. **Code: SS1**

Boys 4-6 years, 10:30-11:20 a.m. **Code: SS2**

Location: The W, Wartburg Football Field

Fee: \$35

Enrollment: 20

Deadline: Thursday, July 5

NFL Flag Football AUG.-OCT.

The NFL flag football program is growing and expanding! The program is an instructional league that teaches the basic fundamentals of flag football through team practices and games. The style of play is a 5-on-5 format, and teams will have distinct NFL uniforms. *Participants will be required to wear mouth guards.* Fee includes jersey and flags. Parent volunteer coaches needed and desired. Please contact us at 352-8307 or ryan.doty@wartburg.edu if interested.

Deadline: Wednesday, Aug. 1, to ensure NFL jersey and flags (deadline may change based on NFL requirements)

Dates: Aug 27-Oct. 13 (Practice and competition schedule will be communicated with each participant prior to Aug. 27.)

Grades: 1, 2, 3, 4, 5, 6 *(Grades based on 2018-19 school year) *Structure subject to change based on rosters

Codes: NFL1, NFL2, NFL3, NFL4, NFL5, NFL6

(Codes based on 2018-19 school grade)

Location: Practice at multiple locations and games will be played at multiple locations, including Walston-Hoover Stadium at Wartburg College

Fee: \$65

Enrollment: variable

The W Shinkyudo Karate Kids' Classes by Frank Martinez

The martial arts offer a blend of benefits, including physical fitness, awareness, self-control, discipline, self-confidence, and self-defense. The classes are available to children age 6 or older.

Code: KAR + number of corresponding month
Example: KAR9 = September, KAR10 = October

Dates: Year-round with monthly sign-up

Time/Day: M/TH, 6:30-7:30 p.m.

Location: The W, Walker Wrestling Room

Fee: \$30/month payable at beginning of each month's session

Enrollment: Minimum 6, maximum 20

Contact: Frank Martinez at 319-352-9038,

Martinez@newoldwaykarate.com, or

www.newoldwaykarate.com

Ninja Kids Class

Now kids can begin learning the fundamentals even earlier. This class is designed for children ages 3 to 6.

Dates: April 7, 14, 21, 28 **Code: NKA**

May 5, 12, 19, 26 **Code: NKM**

Day/Time: Saturdays, 9-9:40 a.m.

Location: The W, Aerobics Room

Fee: \$20/month payable at beginning of each month's session

Enrollment: Minimum 6, maximum 20

Contact: Frank Martinez at 319-352-9038,

Martinez@newoldwaykarate.com, or

www.newoldwaykarate.com.

ADULT LEAGUES AND ACTIVITIES

Eleventh Annual Community Wellness Fair APRIL

**Sponsored by The W, Waverly Health Center,
and Hy-Vee**

Date: Saturday, April 21

Time: 9-11 a.m.

Location: The W

• Free admission.

• Local businesses will offer health information and free screenings.

Self-Defense Training for Women APRIL

This course was developed for women and will be taught in two two-hour sessions. You will learn simple, effective skills that may help you prevent and/or survive an assault. Participants will learn awareness, assertiveness, mind-set, safety strategies, and how to use simple, effective techniques to vulnerable areas of the body. The class will be taught by Frank Martinez, a Shinkyudo Karate Association Inc.-certified black belt karate instructor. No prerequisite training required. This is a great refresher for those with experience.

Wear comfortable clothes and socks — no shoes on mats.

Minimum Age: 16

Dates: April 9 and 16

Days: M

Time: 6:30-8:30 p.m.

Code: SD1

Location: Walker Wrestling Room, The W

Fee: \$30

Registration: www.the-w.org

The W Sand Volleyball Leagues JUNE-AUG

Come outside and get a feel for playing in the sand! Join us for this spring-summer season, playing the ever-popular sand volleyball. **T-shirts are given to the winning teams.**

Women's Doubles League (minimum age 16)

Code: SV1

Registration Deadline: Thursday, May 31

Location: Wartburg Sand Volleyball Courts

League Dates: Tuesdays, June 5-July 31

Time: Evenings **More specific information will be emailed to team captains.*

Fee: \$50

Adult Co-Rec 6s League (3 male/3 female)

Code: SV2

Registration Deadline: Monday, June 4

Location: Wartburg Sand Volleyball Courts

League Dates: Thursdays, June 7- Aug. 9

Time: Evenings **More specific information will be emailed to team captains.*

Fee: \$80

Co-ed Adult Soccer League JUNE-AUG

Join us for this two-month outdoor soccer league on Sunday and Wednesday nights, followed by a league tournament. Teams consist of six players, with at least two females on each team.

T-shirts are given to the winning teams.

Competitive League

Code: SC1

Registration Deadline: Wednesday, May 30

Location: Wartburg Soccer Field

League Dates: Sundays, June 3-July 29

Time: Evenings **More specific information will be emailed to team captains.*

Fee: \$80 per team

Recreation League

Code: SC2

Registration Deadline: Friday, June 1

Location: Wartburg Soccer Field

League Dates: Wednesday, June 6- Aug. 1

Time: Evenings **More specific information will be emailed to team captains.*

Fee: \$80 per team

Disc Golf League JUNE-JULY

Join us for this new, fun-filled, disc golf league. It will be a six-week league followed by a tournament the final week. Teams will consist of two people with a best shot format. Find a friend and come join the fun!

T-shirts are given to the winning teams.

Code: DG1

Registration Deadline: Thursday, May 31

Location: Wartburg Disc Golf Course

League Dates: Schedule own weekly games, June 4-July 12

Time: Evenings **More specific information will be emailed to team captains.*

Fee: \$40 per team

The W Shinkyudo Karate Adult Classes by Frank Martinez

Karate classes provide exploration and experience in the martial arts. The martial arts offer a blend of benefits including physical fitness, self-control, discipline, self-confidence, and self-defense. **NEW: Extreme MA workout Saturdays, 9:45-11 a.m.**

Code: AKAR + number of corresponding month

Example: AKAR4 = April, AKAR5 = May

Dates: Year-round with monthly sign-up

Time/Day: M/TH, 7:30-8:30 p.m.;

and Saturdays, 9:45-11 a.m.

Location: Aerobics Room, The W

Fee: \$35/month payable at beginning of each month's session

Enrollment: Minimum 6, maximum 20

Contact: Frank Martinez at **319-352-9038**,
martinez@newoldwaykarate.com,
or www.newoldwaykarate.com.

Register at www.The-W.org or at the Welcome Desk.

Silver&Fit®



The W is a Silver&Fit® participating fitness facility. Silver&Fit is designed to help older adults achieve better health through regular exercise and health education. It provides eligible members with no-cost or low-cost fitness memberships through arrangements with certain health plans. Silver&Fit is provided by American Specialty Health Fitness Inc., a subsidiary of American Specialty Health Inc.

If your health plan offers Silver&Fit and you would like more information about The W, visit the gym or call **319-352-8716**. You also may visit Silver&Fit at www.SilverandFit.com.

SilverSneakers®



The W is an authorized location for Healthways SilverSneakers®, a health, exercise, and wellness program for older adults.

SilverSneakers is a benefit offered to members of many Medicare plans. If you are part of a Medicare health plan or if you are a group retiree, you may already qualify, which provides you with a basic membership at The W.

To find out if your health plan qualifies, visit www.silversneakers.com; call 1-888-423-4632 Monday-Friday, 7 a.m.-7 p.m.; or call Jill Eckenrod at **319-352-8716**.

Personal Training

Want to increase the benefits from your workout plan or need help to get back on track? Let one of our qualified personal trainers help you reach your exercise goals!

Personal Training Packages

Member Package (Includes specialty training)

1 session	\$30
4 sessions	\$112
8 sessions	\$208
12 sessions	\$288
20 sessions	\$440

Guest Package (Includes specialty training)

1 session	\$40
4 sessions	\$150
8 sessions	\$280
12 sessions	\$400
20 sessions	\$600

Group (2 or more) Package

(Fee is based per person. Group training is only for basic personal training services.)

1 session	\$25
4 sessions	\$92
8 sessions	\$160
12 sessions	\$216
20 sessions	\$300