Check the Ark City Rec Center website
for game cancellations.
Go to: www.arkcity.org
select Recreation Commission
select Cancellation Information.

Arkansas City Recreation Center
225 East Fifth Ave.
Arkansas City, KS 67005
620.441.4300

May 2005

ARKANSAS CITY
ACRC
RECREATION COMMISSION

Recreation...
The benefits are endless

Arkansas City Recreation Center
225 East Fifth Avenue
Arkansas City, KS 67005

620.441.4300
www.arkansascityks.gov
e-mail: recdirector@arkcity.org

ACRC Fitness Center

Summer Hours Begin May 1:

Monday - Thursday:	5:00 a.m. to 7:00 p.m.
Friday:	5:00 a.m. to 6:00 p.m.
Saturday:	8:00 a.m. to 1:00 p.m.
Sunday:	Closed

Membership Prices:

Individual:	$15 per month
	$120 per year
Family:	$25 per month
	$240 per year

Save money and purchase a combination membership - access to the Fitness Center AND the Family Aquatics Center.

Family Aquatic Center

Hours of Operation:

Open Swim and Lap Swim	**From**	**To**
Monday - Friday:	6:00 a.m.	8:00 a.m.
Monday - Thursday:	3:30 p.m	7:00 p.m.
Friday:	3:30 p.m.	5:00 p.m.
Saturday:	9:00 a.m.	1:00 p.m.
Sunday:	2:00 p.m.	5:00 p.m.
Water Aerobics:		
Monday thru Thursday	3:30 p.m.	4:30 p.m.
Water Waves:		
Monday and Wednesday	10:15 a.m	11:15 a.m.
Aqua Pump:		
Monday and Wednesday	6:00 p.m.	6:45 p.m.

The instructor led class will take water fitness a step farther. Improves flexibility and strength, as well as cardiovascular endurance.

Private Pool Parties, Group Parties are available

Membership:

Individual	**Family:**
$2.00 daily	$4.00 daily
$15.00 month	$25.00 month
$120.00 year	$240.00 year

Second Annual OKKIDS Fishing Derby

Get outdoors and have a GREAT Time! Kids ages 8 and older (first time fishers are welcome). The bus will leave the Rec Center at 10:00 and go to the Cowley County State Lake to fish and eat lunch. Cost is $5.00 and covers everything. The bait, tackle, fishing poles and gear will be provided. Sign up now...space is limited.

Youth Tennis

Boys and girls tennis instruction for grades 2nd through high school will be offered under the direction of J.C. Louderback and Jan Krisik. Supervisor of instruction is Aaron O'Donnell.

All lessons will be held at Wilson Park Tennis Complex, 700 North Summit. There will be two sessions offered during June and July. Please contact the Rec Center Office for session details.

Youth Football

Youth football registration for youth in grades 1-6 (next years grade) will be held at the Rec Center office, May 2nd through August 1, 2005. Practices will begin in mid August with games scheduled September 10 through November 5th. Home games will be played at Covey Field in Ark City. Registration Cost is $30.00. Annual physicals are required and are offered free of charge on May 4, 2005 at the Ark City High School

Annual Physicals

Exams will be held at ACHS on May 4, 2005 for all recreation football players. Youth players will meet on north side of cafeteria area @ 6:15. Physical exam forms can be picked up at the Rec Office prior to May 4th. Questions? call 441-4300

Fastpitch Softball Hitting Clinic

ACRC will offer a fastpitch softball hitting clinic for girls 6th grade and older (next years grade). The Clinic will be held June 13 - 16 from 1:00 to 3:00 p.m. Registration fee is $12.00. First day of clinic will be held at the Rec Center. Instructor will be ACHS Softball Coach Joe Krisik.

Gymnastics:

Session I:	June 6 thru June 16	Mon/Tues/Thurs
Session II:	June 20 thru June 30	Mon/Tues/Thurs
Session III:	July 11 thru July 21	Mon/Tues/Thurs

Classes offered for youth ages 3 - 12. These one hour classes will be offered on Mondays, Tuesdays and Thursday mornings. Call the Rec Center Office for details - 441-4300. **Cost:** $25 Pre-School (ages 3&4) $30 Beginner, Intermediate and Advanced

Beginning Cheerleading:

Cheer instruction offered for youth in K - 6th grades under direction of Cowley College Tiger Cheerleading Coach, Kristi Shaw. Lessons held @Rec Center Gymnastics area.

Session I:	June 7 thru June 23	Tu/Th 1-2 p.m.
Session II:	July 5 thru July 21	Tu/Th 1-2 p.m.

Cost per session: $10 (one class per week)
$20 (two classes per week)

Paris Park Pool opens May 28, 2005

Regular Hours:	Mon - Sat	1:00 - 7:00 p.m.
	Sunday	2:00 - 7:00 p.m.
Special Hours:	Monday July 4th	2:00 - 5:00 p.m.
Admissions:	Daily - 16 & under	$1.50
	Daily - 17 & older	$2.00

Coupon books with 20 coupons for $25 (1 coupon admits child or adult)

"IYQ" Summer Camp

IYQ (I Like You) summer camp registration will be held from April 30 to May 20 at the Rec Center Office.

Camp location will be based out of the Agri-Business Building @ 712 W. Washington. This is adjacent to Paris Park and Paris Park Pool.

Program Information

Ages K-6th grade (next year)
All sessions run from 9:30 a.m. to 3:30 p.m. Monday thru Thursday

Session I:	**Theme**
June 6 thru June 16	*Back to Basic Fun*
Session II:	
June 20 thru June 30	*Games Galore*
Session III:	
July 11 thru July 21	*What a Wonderful World*

Camp includes swimming, games and teamwork activities. Lunch and afternoon snack included. Cost for each session is $40.00 (after May 20th - $50.00)

IYQ camp is designed to provide a safe, fun and educational experience for our young campers.

Tae Kwan Do:

Tae Kwan Do Martial Arts instruction offered throughout the summer at the Rec Center for ages 5 and older. For class times, tournament or other information, contact Primo Venegas @ 441-0950 or Shawna Hernandez @ 442-4491.

Questions, call the Rec Center Office 441-4300

Kidzrec

Kidzrec is a summer program for early childhood development. It is offered at the Rec Center and includes various games, activities, arts and crafts, and field trips for children ages 4 - 9. Registration Fee: $20.00 per session.

Session I:

June 6 thru June 30
Ages 4 - 6 yrs.
Mon / Wed
10:00 a.m. to Noon
Ages 7 - 9 yrs.
Tue / Thurs
10:00 a.m. to Noon

Session II:

July 5 thru July 28
Ages 4 - 6 yrs.
Mon / Wed
10:00 a.m. to Noon
Ages 7 - 9 yrs.
Tue / Thurs
10:00 a.m. to Noon

Youth Team Golf

Youth golf for ages 9 - 15 will be held at Springhill Golf Course on Tuesdays June 7 - June 28. Registration will be taken starting April 30 and continue until classes are full.
First come first serve basis.

Participants will learn individual fundamentals of golf, while enjoying the benefits and camaraderie of a team format.

Session I:
June 7 thru June 28
10:00 a.m. - 11:00 a.m.

Session II:
June 7 thru June 28
11:00 a.m. to Noon

Registration Fee: $20.00

Red Cross Swimming Lessons

The Family Aquatic Center located at ACHS, 1200 W. Radio Lane, will be offering swimming lessons for children ages 6 months and up during June and July. Swimming lessons from Level 1 through Level 6 will be offered. Classes will meet Monday through Thursday during each 2 week session. (No classes on Friday) All classes are taught by Red Cross certified instructors. Registration Fee is $20.00 per session.

Session I:
June 6 through June 16
Session II:
June 20 through June 30
Session III:
July 11 through July 21

Class times:
8:00 - 8:50 a.m.
9:00 - 9:50 a.m.
10:00 - 10:50 a.m.

**Note: Classes must meet minimum enrollment of 6 per level or they will be combined.

**Registrations will only be taken for one session at a time.

Wigglers:
11:00 - 11:30 (6 months to 3 years with parent, on Monday, Tuesday and Thursdays) all sessions unless posted otherwise.

Splashers:
11:30 to 12:00 (4 and 5 year olds without parent, on Monday, Tuesday and Thursdays) all sessions unless posted otherwise.