



2018 SUMMER RECREATION

REGISTRATION

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2018 SUMMER RECREATION

Welcome to the 2018 Sheldon Recreation Program! We are excited for the summer that lies ahead and the programming that we have in place for your family to enjoy. Please follow this program guide to get details on all of our youth programs as well as instructions on how to get registered either online or at the City Office. **Summer Rec. will run June 4-July 12. No Summer Rec. on July 4 and July 5.**

LET'S START WITH SOME IMPORTANT PROGRAM INFORMATION

GRADE LEVELS FOR OUR PROGRAMS

- **Grade levels are based on 2017-2018 academic school year**

IMPORTANT REGISTRATION DEADLINES:

- **In-Person Youth Spring Soccer Registration: Friday, March 30 at 4:00PM**
- **Online Youth Spring Soccer Registration: Sunday, April 1 at 11:59PM**
- **3RD-6TH Grade Baseball & Softball: Friday, April 6 at 4:00PM**
- **In-Person Summer Rec. Registration: Friday, April 20 at 4:00PM**
- **Online Summer Rec. Registration: Sunday, April 22 at 11:59PM**

Refund Policy: For all programs you have 3 business days before the class started between the hours of 7:30am-4:30pm. Any requests made after are only granted for extreme family emergencies or health reasons (with a Dr. Excuse).

HOW TO REGISTER:

- The first things you need to do are print or browse the Shortcut Schedule (on page 9 of this document). This will be your best friend during this registration process. Once you have that in front of you please continue on.
- Register online at www.sheldoniowa.com. Scroll down on the home page and Click on the Sheldon Recreation Logo. This will bring you to our Active Net site where you can register your child and pay online from the comfort of your home. If you have already used this system, just login using your account information. If you are new to the system you will have to create an account. Click on "City Services" > "City Departments" > "Parks and Rec."
- You can search for a program by typing in the program name.
- Walk-in registration is also available at the City Office from 7:30am-4:00pm Monday – Friday. Our Office address is 416 9th St, located in the Community Building Downtown. All walk-in registrations will be charged a \$2.00 registration fee per child with a maximum of \$6.00 per family.
- Pay close attention to the registration deadlines above as late fees will be assessed to late registrations. On-time registration is very important for uniform orders as well as accurate program rosters and team schedules. Late registrations are not guaranteed a requested uniform size or entrance into the program.

PARENTS NIGHT:

- On July 12 at 6:00pm we will be hosting a Parent's Night at the High School for the participants in Cheer & Drill Team and Children's Theatre. Many more details on this event to follow. This will give our participants in these programs an opportunity to show the community what they have been working on during the 6 week program. Mark your calendars; this will be an exciting night and a great close to our summer recreation season!!

CHILDREN'S WORLD

- If your child attends Children's World, staff will be available to provide drop-off and pick-up from select approved activities within walking distance of the center.
- Approval from Children's World must be in place at least two weeks prior to the activity start date.
- For more information, contact Children's World at 712-324-4837.

PROGRAM COURSE DESCRIPTIONS

Indoor Activities

Beginner Tumbling

This program will be held at the Sheldon E. Elementary School Cafeteria. Children in grades 1st-3rd will learn basic tumbling skills, and progressive tumbling skills. Some examples of skills taught are Forward Rolls, Backward Rolls, Handstands, Cartwheels, Round-offs, and are introduced to Back Handspring techniques. Please refer to the activity schedule for class times and options.

Activity Cost: \$30

Need 5 or more participants per class.

Cheer/Drill Team

This program will be held at the High School Gymnasium. Participants will learn numerous cheers and a drill team performance as well as introducing Tumbling. The Cheer/Drill team will learn a routine to perform on Parent's Night on July 12. Open to kids currently enrolled in 2-6. Please refer to the activity schedule for class times and options.

Activity Cost: \$30

Need 5 or more participants per class time

Children's Theatre

This program will be held in the High School Choir Room. This program will allow participants to engage in theater games and drama activities. The kids will also be assigned a role in a play that will be presented at Parent's Night on July 12. Open to kids currently enrolled in 2-6. Please refer to the activity schedule for class times and options.

Activity Cost: \$30

Volleyball

This program will be held at the Sheldon East Elementary Gym. Kids will be able to learn and refine the basic volleyball skills that they can carry over to our fall recreation program. **3rd-4th Grade practices will be held on Monday & will have games on Wednesdays. 5th-6th Grade practices will be held on Tuesday & will have games on Thursday.** Open to kids currently enrolled in 3-6. Please refer to the activity schedule for class times and options.

Need 10 or more participants per Division

Activity Cost: \$25

Boys Basketball

This program will be held at the tennis courts (South of the Sheldon High School). Participants will meet two days a week, each week we'll be doing drills, learning technique and rules, playing supervised pickup games, and playing various games related to basketball. On the last day of Summer Rec. all participants will be in an All-Star contest in which they'll be participating in a skills challenge and free throw challenge. Open to kids currently enrolled in 3rd-6th grade. Please refer to the activity schedule for class times and options.

Need 10 or more participants per Division

Activity Cost: \$25

Taekwondo Program

We will be offering introductory classes through the Family Taekwondo Center, Inc. at the Courtyard. **Classes will be on Mondays, July 16, 23, 30, and August 6.** If you are interested in additional information contact Chris Albers at 712-631-0055.

Need 6 or more participants for each level to have the programs.

Tiny Tigers: Ages 4-7 from 6:00-6:25pm
Activity Cost: \$25

Karate for Kids: Ages 8 & Up from 6:30-7:05pm
Activity Cost: \$25

PROGRAM COURSE DESCRIPTIONS

Outdoor Activities

Golf

This program will be held at the Sheldon Golf Course. Participants will learn the basic fundamentals of the game of golf. Rules, etiquette and techniques of the game will be taught. Golf will be held two days a week and you can choose between Monday & Wednesday's and Tuesday & Thursday's. You do not need to have your own set of clubs to participate. Open to kids currently enrolled in 3-8. Please refer to the activity schedule on page 8 for class times and options.

Need 3 or more participants per class time

Activity Cost: \$25

Tennis / Pickle ball

This program will be held at the High School Tennis Courts. Participants will meet two days a week and the basic fundamentals of tennis will be introduced through drills and match play. Kids will also be introduced to pickle ball, which they will learn about the rules and the fundamentals of the game. Open to kids currently enrolled in 3rd-8th. Please refer to the activity schedule for class times and options.

Need 3 or more participants per class time

Activity Cost: \$25

CO-ED Soccer

This program will be held out at the Sheldon Sports Complex. Participants will meet two days a week and learn the basic fundamentals of soccer as well as the rules. Each day the participants meet they will have a 10-15 minute practice where they will learn dribbling, passing, and shooting skills. After practice they will then have a supervised game. This program is a CO-ED program and will have division for 5 years old (**must be 5 years old by June 4, 2018**)-Kindergarten, 1st-2nd Grade, 3rd-4th Grade, and 5th-6th Grade. Please refer to the activity schedule for class times and options.

Need 10 or more participants per Division

Activity Cost: \$25

Little Athletes

This program is open to boys and girls who will be 5 years old by the start date of June 4, 2018 or in Kindergarten. Little Athletes will cover a variety of sports, with each class incorporating a mixture of learning basic fundamentals with fun and challenging games! Children have the opportunity to play with others, making friendships along the way!

Activity Cost: \$25

Need 8 or more participants

Activity Mania

This program will be held outside on the High School Pickle Ball Courts. Each day we will feature a new and exciting activity for the kids to participate in. Games like kickball, flag football, Ultimate Frisbee are prime examples of games that will be played along with all of the playground favorites like tag, red rover, etc. Open to kids currently enrolled in 1-5. Please refer to the activity schedule for class times and options.

Activity Cost: \$30

Need 8 or more participants per class

PROGRAM COURSE DESCRIPTIONS

Softball/Baseball

Co-Ed T-Ball – 2 Volunteer Coaches are needed per Team

This program will be held at the East Elementary Diamonds & Sheldon Sports Complex. Practice times are 6:00pm-6:45pm, and Games will be 6:00pm-7:10pm. This program is open to boys and girls. Must be 5 years old by start date (May 30, 2018) or in Kindergarten. Practices will be held on May 30, June 4, and June 6 (Picture Day). Games will be held on June 11, 13, 18, 20, 25, and 27. Kids will need to bring their own glove and a team t-shirt is included in your registration cost.

In-Person Summer Rec. Registration: Friday, April 20 at 4:00PM

Online Summer Rec. Registration: Sunday, April 22 at 11:59PM

Volunteer Coaches receive a team t-shirt and a \$15 discount, Coaches Manual also provided.

Activity Cost: \$33(Team T-shirt included in Activity Cost)

Co-Ed Coach Pitch – 2 Volunteer Coaches are needed per Team

This program will be held at the East Elementary Diamonds & Sheldon Sports Complex. Practice times are 6:50pm-7:50pm, and Games will be 7:15pm-8:30pm. This program is open to boys and girls currently enrolled in 1st-2nd Grade. Practices will be held on May 30, June 4, and June 6 (Picture Day). Games will be held on June 11, 13, 18, 20, 25, and 27. Kids will need to bring their own glove and a team t-shirt is included in your registration cost.

In-Person Summer Rec. Registration: Friday, April 20 at 4:00PM

Online Summer Rec. Registration: Sunday, April 22 at 11:59PM

Volunteer Coaches receive a team t-shirt and a \$15 discount, Coaches Manual also provided.

Activity Cost: \$33(Team T-Shirt included in Activity Cost)

Blastball – 2 Volunteer Coaches are needed per Team

This program is for Boys & Girls at least 3years old as of May 3, 2018 and 4 years old as of May 2, 2018. Participants will have fun playing while learning the fundamentals of tee ball. The kids hit a nerf-type ball off a tee and run to first base, which honks when they jump on it. **Volunteer coaches will be needed.** A team t-shirt is included in your registration cost. NOTE: This program will be held on Wednesday Nights from 6-7pm. Blastball Dates: May 2, 9, 16, and 23

In-Person Summer Rec. Registration: Friday, April 20 at 4:00PM

Online Summer Rec. Registration: Sunday, April 22 at 11:59PM

Volunteer Coaches receive a team t-shirt and a \$10 discount, Coaches Manual also provided.

Activity Cost: \$28 (Team T-Shirt included in Activity Cost)

3RD-6TH GRADE LITTLE LEAGUE BASEBALL & SOFTBALL PROGRAM OVERVIEW AND REGISTRATION INSTRUCTIONS

We are excited to announce that we have formed a league with 5 other towns (Rock Valley, Sibley, Hull, Rock Rapids & Larchwood) to create a very balanced schedule for our little league this year. Each grade will be playing two games a week (1 home & 1 away) and will play on Tuesday & Thursday nights. Additional games may be added based on the number of participants. A complete schedule will be provided to you by your coach and will also be available online once the registration process is complete.

Volunteer Coaches: All volunteer coaches will receive a \$15 discount and will receive a free team t-shirt and hat. We will have a coaches meeting (date and time are TBD), in which we'll go over the game schedule, rules, and practices.

UNIFORMS: You will have the option to purchase a uniform top if needed. It is also recommended that you purchase black baseball/softball pants to complete your uniform. An additional uniform option for you is to purchase a baseball hat or softball visor for \$16. Also if you would like your last name on the back of your uniform top you can do that as well for an additional \$5. Both of these options will be made available for you when you register your child.

****We will be using the same jerseys as of last year (2017 season). If your son(s)/daughter(s) uniform still fits, you will not need to purchase a new jersey for the 2018 season.**

ACTIVITY FEE: \$35.00

UNIFORM FEE: \$13.00

After the registration deadline has passed you will be contacted by your head coach regarding your first official practice. The tentative first practice date is slated for Monday, May 1 with games starting at the end of May. All practice dates and times will be set up by the coaches since they're volunteering their time to coach our program.

In-Person 3rd-6th Grade Baseball & Softball Registration ends Friday, April 6 at 4:00PM

Online 3rd-6th Grade Baseball & Softball Registration ends Sunday, April 8 at 11:59pm

PROGRAM COURSE DESCRIPTIONS

OWL Program

FISHIN' FRIDAYS

Drop your son or daughter off at 8am Friday morning in front of the Sheldon City Office for four hours of supervised fishing. Pick-up your child(ren) at 12:00pm. We supply the bait and equipment if you don't have any. There are a maximum number of 5 participants per session. During our time we'll be going to fishing holes within the O'Brien County. Open to kids currently enrolled in 3rd-8th Grade.

-DATES: JUNE 29, July 13, 20

Activity Cost: \$12 per session

Wednesday, June 20 from 10:00 until 11:30 – Get Your Paddle Wet – Sheldon Crossing Pond -

Youths ages 10 to 16 invited to try their hand at water recreation sports. The O'Brien County Conservation Board is partnering with the Sheldon Park and Rec department to offer opportunities to learn to canoe, kayak and paddle board at the Sheldon Crossing Pond. All equipment including PFD will be provided. Bring an adventurous spirit! Registration limited to 10 participants.

Activity Cost: \$5

Friday, July 13 – 10:00am – 11:30am – Wetland Wonder – Sheldon Crossing Pond -

Youths ages 5 to 12 are invited to explore the waters of Sheldon Crossing. Head out on an adventure to discover the creatures living in and near the pond. Bring your sunscreen and be prepared to get your feet wet. This program is offered as a partnership between the O'Brien County Conservation Board and the Sheldon Park and Rec Department.

Activity Cost: \$5

Friday, July 20 – 10:00am – 11:30am – Sun, Earth, & Universe –Hills Park -

Youths ages 5 to 12 are invited to come out to Hills Park for a morning of activities. Explore more about the Sun, Earth, Moon and Universe with hands on activities. Compare Earth's mountains to Moon's craters. See what the sun and other stars look like through different filters. Explore planets in motion and more! This program is offered as a partnership between the O'Brien County Conservation Board and the Sheldon Park and Rec Department.

Activity Cost: \$5

Sunshine Fun Time

Sunshine Fun Time is a summer program offered at Children's World. This program is for 3 and 4 year-olds who have not yet attended preschool. Children must be toilet trained. Sunshine Fun Time is a time for children to participate in fun summer activities and crafts. Classes will be held on Tuesdays and Thursdays from 9:00 am to 11:00 am with the option of two sessions—June 5-June28 or July 10-August 2. There are a limited amount of spots for each session (8 children per session). Registration deadline is April. For more information please contact Children's World at childrensworld@sheldon.k12.ia.us

SHORTCUT SCHEDULE

Schedule of Morning Activities

Grade levels are based on 2017-2018 academic school year

	<u>9:00-9:50</u>	<u>10:00-10:50</u>	<u>11:00-11:50</u>
<u>Kindergarten</u> <u>(No Transitional</u> <u>Kindergarten</u> <u>Registration Allowed)</u>			Soccer 5 years old-K (M &W) Little Athletes 5 years old-K (T & Th) (If your son/daughter is 5 yrs. old by the summer rec. start date they can only do Soccer and Little Athletes)
<u>First Grade</u>	Activity Mania 1-2 Beginner Tumbling 1-3	Soccer 1-2 (M & W)	Activity Mania 1-2
<u>Second Grade</u>	Activity Mania 1-2 Beginner Tumbling 1-3	Soccer 1-2 (M & W) Children's Theatre 2-6 Activity Mania 2-3	Activity Mania 1-2 Cheer/Drill Team 2-6
<u>Third Grade</u>	Golf 3-5 (M &W) Boys Basketball 3-4 (M&W) Tennis 3-4 (T & Th) Beginner Tumbling 1-3 Soccer 3-4 (T &Th)	Children's Theatre 2-6 Golf 3-4 (T & Th) Tennis 3-4 (M & W) Activity Mania 2-3 Volleyball 3-4 (M&W)	Cheer/Drill Team 2-6 Golf 3-5 (M & W) Golf 3-5 (T & Th) Tennis 3-4 (M & W)
<u>Fourth Grade</u>	Golf 3-5 (M & W) Boys Basketball 3-4 (M & W) Tennis 3-4 (T & Th) Soccer 3-4 (T &Th)	Children's Theatre 2-6 Activity Mania 4-5 Golf 3-4 (T & Th) Tennis 3-4 (M & W) Volleyball 3-4 (M & W)	Cheer/Drill Team 2-6 Golf 3-5 (M & W) Golf 3-5 (T & Th) Tennis 3-4 (M & W)
<u>Fifth Grade</u>	Golf 3-5 (M & W) Boys Basketball 5-6 (T & Th) Tennis 5-8 (M & W) Soccer 5-6 (M & W)	Children's Theatre 2-6 Golf 5-8 (M & W) Activity Mania 4-5 Tennis 5-8 (T & Th) Volleyball 5 -6 (T & Th)	Cheer/Drill Team 2-6 Golf 3-5 (M & W) Golf 3-5 (T & Th) Tennis 5-8 (T & Th)
<u>Sixth Grade</u>	Golf 6-8 (T & Th) Boys Basketball 5-6 (T&Th) Tennis 5-8 (M & W) Soccer 5-6 (M & W)	Children's Theatre 2-6 Golf 5-8 (M & W) Tennis 5-8 (T & Th) Volleyball 5-6 (T & Th)	Cheer/Drill Team 2-6 Tennis 5-8 (T & Th)
<u>Seventh & Eighth Grade</u>	Golf 6-8 (T & T) Tennis 5-8 (M & W)	Golf 5-8 (M & W) Tennis 5-8 (T & Th) Children's Theatre 7-8	Tennis 5-8 (T & Th)

Activity	Location	Activity	Location
Little Athletes (T&Th)	Tennis Court/West Court	Volleyball (2x/week)	Sheldon E. Elementary Gym
Activity Mania	High School Pickle Ball Courts	Cheer/Drill Team	High School Gym
Soccer (2x/week)	Sheldon Sports Complex	Tennis (2x/week)	Tennis Courts
Children's Theatre	High School Choir Room	Boy Basketball (2x/week)	Tennis Courts/West Court
Beginner Tumbling	Sheldon E. Elementary Cafeteria	Golf (will meet 2x/week)	Golf Course

Summer Rec. will run June 4-July 12. No Summer Rec. on July 4 and July 5.

SHELDON OUTDOOR AQUATIC CENTER

SHELDON OUTDOOR AQUATIC ADDRESS

415 19th Ave.
Sheldon, IA 51201

PUBLIC SWIM HOURS

Tentative Opening Day: Tuesday, May 29, 2018

Monday-Saturday: 1:00pm-8:00pm

Sunday: 1:00pm-5:00pm

POOL ADMISSION PRICES

Students (4-18 years old) \$4

Adult (19+) \$5

***Sheldon Outdoor Aquatic Center does not accept debit or credit cards**

Children must be 9 years old to swim by themselves. If they are under 9 years old they must be accompanied by someone at least 16 years of age. For any special request or questions on this rule contact the Recreation Director at 712.324.2769. Certain exceptions can be made if approved by the Recreation Director.

MEMBERSHIP RATES

Membership	Cost	
Family (immediate only)	\$130	
Single	\$75	
Punch Card (10 passes)		
Student (4-18 years old)	\$35	
Adult (19+)	\$45	

*10 minute early seating available for Family and Single memberships on Saturdays & Sundays.
Must be 16 years or over. **Does not include early access to swim.***

POOL RENTAL RATES (PRIVATE USAGE)

1 hour \$150.00

2 hours \$250.00

Pool will be available to rent:

Monday-Friday: 8:00-10:00 p.m.

Saturday: 10 a.m. – 12 p.m., 8:00-10:00 p.m.

Sunday: 5-9 p.m.

HOLIDAY INN EXPRESS INDOOR POOL

HOLIDAY INN EXPRESS ADDRESS

201 34th Avenue, Sheldon, IA 51201

YOUTH OPEN SWIM HOURS

Monday-Friday: 1:00pm-9:00pm

Saturday-Sunday: 8:00am-9:00pm

ADULT OPEN SWIM HOURS

Monday-Sunday: 5:00am-11:00pm

POOL ADMISSION PRICES

Student (4-18 years old) \$4

Adult (19-54 years old) \$5

Senior (55+) \$4

MEMBERSHIP RATES

Membership	Annual	6-Month
Family (immediate only)	\$165	\$130
Single	\$90	\$75
Senior	\$55	\$35
Joint Indoor/Outdoor Family	\$220	
Joint Indoor/Outdoor Single	\$120	
Punch Card	10 Admissions	
Student / Senior Adult	\$35	
Adult (19+)	\$45	

SHELDON OUTDOOR AQUATIC EVENTS

WINNER WEDNESDAY

Every Wednesday we'll be having friendly competitions, in which the winner(s) will win prizes at our concession stand.

COLLEGE DAYS

Saturday, June 9 and Saturday, July 7 all college students pay \$1 for a daily admission. **You must bring your Student I.D. Card.**

FLOATIE FRIDAY

Every Friday night, all summer long, floating beach toys will be allowed after 6:00pm! (This does not include air mattresses and inner tubes)

DOLLAR DAY

On June 8 and August 3, all daily admission is \$1. (This includes adults and children)

HALF CHRISTMAS DAY

Come to the Sheldon Outdoor Aquatic Center on June 25th where we'll decorate the pool with Christmas decorations, and we'll be playing Christmas music! We'll be having games and prizes to win.

DOGGIE DAYS

Local dog owners and their furry best friends are invited to enjoy the pool. The cost per dog is \$5, humans get in free. The date and time for this event is to be determined.

Pool Rules: *Only dog owners and their dogs may be in the pool. When sitting poolside, please keep your lovable dog on a leash and don't forget to clean up after your dog.*

SWIMMING LESSONS

IMPORTANT REGISTRATION DEADLINES:

- **In-Person Swimming Lesson Registration Ends: Friday, May 18 at 4:00PM**
- **Online Swimming Lesson Registration Ends: Sunday, May 20 at 11:59PM**

PRIVATE SWIMMING LESSONS:

On Wednesday, May 23 the Recreation Department will be accepting private swimming lessons to anyone who would want one. You must contact Jake Kerr at jkerr@cityofsheldon.com. He will provide a list of WSI Certified Lifeguards that you may contact. **NOTE: The Sheldon Recreation Department does not set the cost of private swimming lessons.**

PRESCHOOL LESSONS (AGES 3-5)

This lesson group gives young children ages 3-5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Skills are age-appropriate helping participants achieve success on a regular basis while in a class environment with their peers. Age is determined by age on the first day of class.

LEVEL 1 – FEEL COMFORTABLE IN THE WATER

- Helps participants feel comfortable in the water and to enjoy the water safely. Children will learn to enter and exit the water using the ladder, steps or side and start working on submerging in the water. They will learn to open eyes under water, retrieve submerged objects and begin learning to float.

LEVEL 2 – FUNDAMENTAL SKILLS

- Builds on the skills learned in level 1 and gives participants success with fundamental skills such as floating and basic locomotion.

LEVEL 3 – WATER COORDINATION

- Builds on the skills in Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.

PRESCHOOL SWIMMING LESSONS SCHEDULE

SESSION 1

Date: June 25-29

Days: Monday-Friday

Levels: 1, 2, 3

Fee: \$30

Times: 9:00am-9:50am

10:00am-10:50am

11:00am-11:50am

***EACH LEVEL IS AVAILABLE AT EACH TIME SLOT**

SESSION 2

Date: July 16-20

Days: Monday-Friday

Levels: 1, 2, 3

Fee: \$30

Times: 9:00am-9:50am

10:00am-10:50am

11:00am-11:50am

***EACH LEVEL IS AVAILABLE AT EACH TIME SLOT**

PARENT AND CHILD AQUATICS

Ages 6 months – 3 years old

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water. Age is determined by the age on the first day of class.

PARENT AND CHILD AQUATICS SWIMMING LESSONS SCHEDULE

SESSION 1

Date: June 6, 13, 20, 27

Day: Wednesday

Levels: 1, 2

Fee: \$20

Times: 12:00pm-12:30pm

12:00pm-12:30pm

SESSION 2

Date: July 11, 18, 25 & August 1

Fee: \$20

Day: Wednesday

Times: 12:00pm-12:30pm

Levels: 1, 2

12:00pm-12:30pm

RED CROSS LEARN-TO-SWIM

Participants must be 5 years old or older on the 1st day of class

The Recreation Department will provide the American Red Cross Learn to Swim Program at the Sheldon Family Outdoor Aquatic Center. All swimming instructors are certified in First Aid, CPR, Lifeguard Training and/or Water Safety Instruction.

RED CROSS LEVELS

Level 1: Orientation to water for children who are uncomfortable putting their face in the water. Also for the child who cannot float without support on their back or front.

Level 2: Building on Basic Skills-Prerequisite: Child will put their face in the water and blow bubbles. Child is comfortable lying on their back or front with support

Level 3: Achieve Basic Water Competency-Prerequisite: Child has successfully passed level 2, or can front float for 10 seconds and back float for 15 seconds without support. Child is able to swim on front and back without support for 8 yards.

Level 4: Improve Proficiency and Learning All 6 Strokes-Prerequisite: Child has successfully passed level 3, or can front and back float for 30 seconds, swim front crawl, and elementary back stroke for 15 yards, and complete a kneeling head first entry in the deep end.

Level 5: Refining All 6 Swimming Strokes-Prerequisite: Child has successfully passed level 4; or can swim front crawl and elementary back crawl 25 yards and Breast stroke, Butterfly, Back stroke and Side stroke 15 yards.

Level 6: Refine Strokes and Introduce Self-Rescue Techniques-Prerequisite: Child has successfully passed level 5; or can swim front crawl and elementary back stroke 50 yards, tread water for 5 minutes and swim Breast stroke, Butterfly, Back Crawl, and Side stroke for 25 yards.

AMERICAN RED CROSS SWIMMING LESSONS SCHEDULE

SESSION 1

Date: June 11-15

Days: Monday-Friday

Levels: 1, 2, 3, 4, 5, 6

Fee: \$30

Times: 9:00am-9:50am
10:00am-10:50am
11:00am-11:50am

***EACH LEVEL IS AVAILABLE AT EACH TIME SLOT**

SESSION 2

Date: June 18-22

Days: Monday-Friday

Levels: 1, 2, 3, 4, 5, 6

Fee: \$30

Times: 9:00am-9:50am
10:00am-10:50am
11:00am-11:50am

***EACH LEVEL IS AVAILABLE AT EACH TIME SLOT**

SESSION 3

Date: July 9-13

Days: Monday-Friday

Levels: 1, 2, 3, 4, 5, 6

Fee: \$30

Times: 9:00am-9:50am
10:00am-10:50am
11:00am-11:50am

***EACH LEVEL IS AVAILABLE AT EACH TIME SLOT**

SESSION 4

Date: July 23-27

Days: Monday-Friday

Levels: 1, 2, 3, 4, 5, 6

Fee: \$30

Times: 9:00am-9:50am
10:00am-10:50am
11:00am-11:50am

***EACH LEVEL IS AVAILABLE AT EACH TIME SLOT**

RED CROSS JUNIOR LIFEGUARDING

Ages 11-14

Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14 year olds a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding Program: Introduction to Lifeguarding, Lifesaving skills, Leadership skills, Fitness and Professional development; when you turn 15. Lessons are carefully constructed to ensure effective training. Class completion does not certify you as a lifeguard. Prerequisites: Proficient swimmer having passed at least level 5.

RED CROSS JUNIOR LIFEGUARDING LESSONS SCHEDULE

SESSION 1

Date: July 2, 3, 9-12

Fee: \$15

Days: Monday-Thursday

Times: 12:00pm-12:45pm

HOW TO REGISTER FOR ANY OF THE ABOVE SWIMMING LESSON SESSIONS:

- Register online at www.sheldoniowa.com. Scroll down on the home page and Click on the Sheldon Recreation Logo. This will bring you to our Active Net site where you can register your child and pay online from the comfort of your home. If you have already used this system, just login using your account information. If you are new to the system you will have to create an account. Click on “City Services” > “City Departments” > “Parks and Rec.”
- Search for a program that you would like to register for online by typing in the program name.
- Walk-in registration is also available at the City Office from 7:30am-4:00pm Monday – Friday. Our Office address is 416 9th St, located in the Community Building Downtown. All walk-in registrations will be charged a \$2.00 registration fee per child with a maximum of \$6.00 per family.
- Pay close attention to the registration deadlines above as late fees will be assessed to late registrations. On-time registration is very important for uniform orders as well as accurate program rosters and team schedules. Late registrations are not guaranteed a requested uniform size or entrance into the program.

IMPORTANT REGISTRATION DEADLINES:

- **In-Person Swimming Lesson Registration Ends: Friday, May 18 at 4:00PM**
- **Online Swimming Lesson Registration Ends: Sunday, May 20 at 11:59PM**
- **Refund Policy: For all programs you have 3 business days before the program starts between the hours of 7:30am-4:30pm. Any requests made after are only granted for extreme family emergencies or health reasons (with a Dr. excuse).**

2018 SEASON OUTDOOR AQUATIC CENTER

MEMBERSHIP FORM

Season Passes are not transferable. To qualify for the Family Pass all members of the family pass must reside under the same roof, and be eligible to be claimed on the same federal tax forms. You may be asked to provide us your federal tax form sheets.

*If your son(s) or daughter(s) are a full-time college student and are living at home for the Summer they're allowed to be on the family pass. You must present a class schedule (fall or Summer) to indicate he/she is a full-time student.

Name: _____

Address: _____

City: _____ Zip: _____

Phone Number: Home _____ Work: _____

Type of Membership Requested.

_____ 1 Year Outdoor Individual \$75.00

_____ 1 Year Outdoor Family \$130.00

_____ Joint Indoor/Outdoor Individual \$120.00

_____ Joint Indoor/Outdoor Family \$220.00

Punch Card: (10 Admissions)

_____ Student \$35.00

_____ Adult \$45.00

Family Members: (Immediate Family Only)

Husband: _____

Wife: _____

Children:	Age	Date of Birth
_____	_____	____/____/____
_____	_____	____/____/____
_____	_____	____/____/____
_____	_____	____/____/____
_____	_____	____/____/____

*Please note that any children under the age of 9 years old must be accompanied by someone 16 or older. No child under the age of 9 will be allowed to swim by themselves and will not be allowed to enter the pool area. Certain exceptions may be made but will need to be approved by the Recreation Director prior to the start of the season.

FOR OFFICE USE ONLY

Date Received: _____ Date Expires: _____

Amount Paid: _____ Cash/Check

ISU EXTENSION AND OUTREACH

JUNE 4 & 5 A-MAZE-ING ROBOTICS – HMS High School – 9:00 – 3:30pm - Gr. 4-8 - Cost \$20

JUNE 6 & 7 SUMO, JOUSTING & ROBOTIC CHALLENGES – HMS High School – 9:00 – 3:30pm- Gr. 4-8 Cost \$20

JUNE 7 ART OF TINKERING – Sheldon Library – 9:00 – 3:30pm – Gr 4-8 – Cost \$10

JUNE 11 FIND IT, FIX IT, FLIP IT – O’Brien County Fairgrounds – 9:00 – 3:30pm –Gr 4-8- Cost \$10

JUNE 14 SEW HAPPY – O’Brien County Fairgrounds – 9:00 – 11:30am - Gr 1-3 -Cost \$5

JUNE 14 DESIGN MY WORLD –O’Brien County Fairgrounds – 1:00 – 3:30pm – Gr 1-3 – Cost 5

JUNE 18 LAND BEFORE TIME – Prairie Heritage Center – 9:00 – 11:30am –Gr 1-3 – Cost \$5

JUNE 18 CLOVER COOKIE FACTORY – Lau Building Paullina – 1:00 – 3:30pm – Gr 1-3 – Cost \$5

JUNE 19 SHOOTING SPORTS – Crosby Center, Paullina – 9:00 – 3:30pm – Gr 4 – 8 –Cost \$10

JUNE 25 & 26 OUTDOOR FUN – Mill Creek, Paullina – 9:00 – 3:30pm – Gr 4 -8 – Cost \$20

JUNE 27 FABRIC & FASHION FRENZY – Sheldon St. Pat’s – 9:00 – 3:30pm – Gr 4-8 – Cost \$10

JUNE 28 I’M GROWING UP SMART - Lau Building Paullina – 9:00 – 11:30am – Gr 1-3 – Cost \$5

JUNE 28 BRING ON THE HEAT – Lau Building Paullina – 1:00 – 3:30pm – Gr 1-3 – Cost \$5

JULY 16 JUMP START YOUR HEART – Zion, Paullina, 9:00- 3:30pm- Gr 4-8 – Cost \$10

JULY 17 DASH & DOT –Sanborn Library-9:00 – 11:30am, Gr 1-3 – Cost \$5

JULY 17 DISASTER BLASTER – Sanborn Library – 1:00 – 3:30pm – Gr 1-3 – Cost \$5

JULY 18 SINGLE SURVIVAL – Sutherland Library – 9:00 – 3:30pm – Gr 4-8 –Cost \$10

JULY 19 GARDEN TO PANTRY – Lau Building Paullina – 9:00 – 3:30pm – Gr 4-8 – Cost \$10

JULY 19 PARACHUTES & EGG-O-NAUTS- Zion Paullina – 9:00 – 3:30pm; Gr 4-8 – Cost \$10

JULY 24 CREEPY CRAWLERS/ NOISE NOISE EVERYWHERE – At the O’Brien County Fair – Free

JULY 30 NATURE’S FURY–Sheldon St. Pat’s- 9:00 – 3:30pm – Gr. 4-8, Cost \$10

AUG 2 MONARCH’S ON THE MOVE – Hartley Comm. Center – 9:00 – 3:30pm-Gr 4-8- Cost \$10

AUG 6-9 EXPLORE MEDICINE CAMP – Baum Harmon, Primghar – 1:00-4:00pm -Gr 6-8 – Cost \$10

AUG 8 ECOBOTS/CUBELETS – Sheldon Library – 9:00-11:30am – Gr 1-3 – Cost \$5

AUG 8 MAKEY MAKEY/CIRCUITS – Sheldon Library – 1:00 – 3:30pm – Costs \$5

AUG 9 DID YOU HEAR THAT? – Sanborn Library – 9:00 – 3:30pm –Gr 4-8 – Cost \$10

REGISTER ONLINE AT

<https://form.jotform.com/4Hregion1/2018-summer-camps>

OR CONTACT BETH BUNKERS

Office: 712-957-5045

bbunkers@iastate.edu

SHELDON PUBLIC LIBRARY SUMMER PROGRAM

LIBRARIES ROCK!

June 4 – July 14

ROCK OUT AT THE LIBRARY THIS SUMMER – make some music, discover new worlds, and maintain your reading skills! All ages and abilities are welcome, 1 month to 101 years!

There are weekly scavenger hunts, new books, important Would You Rather questions, guessing games, and more. There's always something happening at the library! Our library has books, audio books, ebooks, dvd movies, puppets, computers to use, graphic novels, and books in Spanish. Library cards and all programs are free!

PROGRAMS

EARLY LITERACY PROGRAM – birth through entering K

CHILDREN'S PROGRAM – entering 1st through entering 5th

ADULT PROGRAM – entering 11th grade – adult

TEEN PROGRAM – entering 6th through entering 10th grade

New this year! Our Teen Program (for students going into grades 6 - 10) will have special programs and prizes.

TUESDAY AFTERNOONS @ 3:00

- Crafts, challenges & activities for K - 6

WEDNESDAY MORNINGS @ 10:15

- Pre-school & Toddler programs

THURSDAYS AFTERNOONS @ 3:30

- Family Programs

June 7: The Hansons

June 14: Blank Park Zoo

June 21: Duke Otherwise

June 28: O'Brien County Naturalist

July 5: Lisa Laird

Wed, July 11: Drum Safari

CONTACT US

PHONE US AT:

712-324-2442

SEND MAIL TO: Sheldon Public Library
925 4th Avenue, Sheldon, Iowa 51201

EMAIL: sheldonpubliclibrary@gmail.com

WEBSITE: www.sheldon.lib.ia.us