



**SUMMER  
2018**



**WELCOME TO NORWALK PARKS & REC**

New for 2018! The Parks and Recreation guide will now be coming straight to your home via *Norwalk Living* magazine. You can pull this insert out and keep it for your reference. Detailed class information and registration will still be available online at [http://www.norwalk.iowa.gov/government/departments/parks\\_recreation](http://www.norwalk.iowa.gov/government/departments/parks_recreation). Copies will still be available in the lobby of the Public Safety building.

**EASY WAYS TO REGISTER FOR PROGRAMS**

Registrations can be made at the Norwalk Parks and Recreation office or directly online. There are four easy sign-up options for your convenience:

1. Walk in and register during office hours (forms in entry).
2. Place your registration form and payment in a sealed envelope and put it in the drop box located inside our front door (forms in entry or on city website to print).
3. Mail your registration form and payment.
4. Online registration (paperless). Website: [www.norwalk.iowa.gov](http://www.norwalk.iowa.gov), click on "Government," "Department," "Parks and Recreation," "Recreation Programs" (on the left) and, lastly, the white rectangle box link "Parks & Rec Program Registration" (top of page).

**FOLLOW ON TWITTER** Find us on Twitter to keep up-to-date on all cancellation, registration, and department information! (<http://twitter.com/NorwalkPR>) It's quick, easy, and free!

**LIKE US ON FACEBOOK** Keep current with cancellations, program changes and happenings at the Norwalk Parks and Recreation.

**NORWALK AQUATIC CENTER** 1112 E. 18th St., Norwalk, IA 50211 • 981-4002  
**Opens Friday, June 1 • Tentative Closing Day Tuesday, August 21**  
 1:00 p.m. to 5:00 p.m. and 6:30 p.m. to 8:30 p.m. (Monday - Friday)  
 1:00 p.m. to 5:00 p.m. and 6:00 p.m. to 8:00 p.m. (Saturday & Sunday)

Pool Admission Rates (Children age 5 and under swim for free with paid adult admission):	
Daily (afternoon and evening session)	\$4.00
6:00 p.m. to 8:00 p.m. Saturday and Sunday	\$2.00
6:30 p.m. to 8:30 p.m. Monday-Friday	\$2.00
Punch Card Passes	\$25.68 sales tax included (get fourteen \$2.00 punches)

**Season Pool Passes** (Must be purchased at the Norwalk Parks and Recreation office): Household passes, nanny passes and individual passes are available. A household is defined as all immediate family members residing at the same street address. This includes children of divorced parents who have joint custody, stepchildren, and foster children. Babysitters, cousins, aunts, uncles, grandparents, and ex-spouses are not considered immediate family members. A non-resident is defined as anyone living outside the Norwalk city limits. Prices shown below include state sales tax.

Type of Pass	March 5- June 30	July 1 - July 30	August 1 - August 21
* Household Pass	\$113.42	\$75.97	\$37.45
Individual Pass	\$56.71	\$37.99	\$18.99
* Non-Resident Family Pass	\$130.54	\$87.47	\$43.07
Non-Resident Individual Pass	\$65.27	\$43.71	\$21.83
Nanny Pass (M-F)	\$42.80	\$29.96	\$14.98

\* Household passes are good for the first 5 family members. Please add \$11.24 (\$12.93 for non-residents) for each additional family member. Remember children age 5 and under swim for free, and should not be included on a season pass.

# of People	Cost Per Hour
1-25	\$100 + tax
26-50	\$110 + tax
51-75	\$120 + tax
76-100	\$130 + tax

**Private Pool Parties** Pool parties will be offered on Fridays from 8:30 pm to 10:00 pm and on Saturdays and Sundays from 8:00 pm to 10:00 pm beginning June 2 and ending August 18. You can reserve the pool by calling 981-9206 until pool opens. Please call the pool at 981-4002 after it opens. A signed rental agreement and a \$30.00 deposit will be required to guarantee a date. All swimmers and non-swimmers will be counted as party guest and will need to be listed on the contract.

**WATER FITNESS PROGRAMS + ACTIVITIES**

**Lap Swim Hours for Adults**

Adults who wish to swim laps may do so from noon to 1:00 pm seven days a week and from 5:00 to 6:00 pm on Saturdays and Sundays. The diving board and slide will be closed during this time.

<b>Dates:</b>	6/1-8/21
<b>Fee:</b>	\$1.00 (tax included; free with a season pass)

**Learn to Swim Programs**

Initial Registration Date for Learn to Swim Programs: Swimming registration will begin Tuesday, May 1. Please register on-line, walk-in, or by drop box, just like our other programs. If classes do not meet the minimum of four students, we will move them to another class with notification. To enroll in an American Red Cross course, the participant must have successfully completed or must be able to perform the skills in the preceding course. Only one swim class reservation per child is allowed at one time. Upon completion of each course, another registration may be made. Please see our website for all class descriptions or stop by our office.

<b>Parent &amp; Child</b> (Baby lessons: 18 months to age 2) A parent will need to get in the water with this age group.	
<b>Cost:</b>	\$20.00 with resident / \$23.00 non-resident
<b>Min/max:</b>	4/10 participants per class

**Preschool Aquatics** (Ages 3 and 4)

Parents do not get in the water for this age group.

<b>Cost:</b>	\$25.00 resident / \$29.00 non-resident
<b>Min/max:</b>	4/6 participants per class

**Learn-to-Swim** (children ages 5 through 15)

<b>Cost:</b>	\$30.00 resident / \$34.50 non-resident
<b>Min/max:</b>	4/6 participants per class

**American Red Cross Lifeguard Training**

Students must be 15 years old and be able to pass certain swimming requirements. Instruction in water rescue, first aid, CPR, AED and use of special lifesaving equipment will be taught. Participants who pass will be awarded a two year Red Cross Certification.

<b>Registration:</b>	Call Norwalk Parks and Rec at 515-981-9206
<b>Dates:</b>	June 3-7
<b>Fee:</b>	\$200.00 resident / \$230.00 non-resident
<b>Min/Max:</b>	6/10

**H2O Workout for Adults**

Our aquatic workout is performed in the cool and relaxing pool atmosphere. Each class consists of a 60-minute aerobic workout that includes muscle toning for arms, stomach, hips, and legs along with flexibility and relaxation exercises. This program stresses going at your own pace. All exercises can be performed either high or low impact. You decide how hard you want to work.

<b>Registration:</b>	5/21-6/1
<b>Dates:</b>	6/5-7/26 (no class week of 7/2: Rain dates: 7/31 and 8/2)
<b>Time:</b>	Tuesdays and Thursdays, 8:30 p.m.-9:30 p.m.
<b>Fee:</b>	\$49.00 resident / \$56.00 non-resident

**End of Summer Family Splash Bash**

Celebrate one of the last days of summer before school begins, with a splash at the 25th Annual Summer Family Splash Bash. The day will offer lots of fun games for the whole family.

<b>Date:</b>	Sunday, August 19
<b>Time:</b>	1:00 to 5:00 p.m.
<b>Fee:</b>	\$4.00 (tax included; free with pool pass)

**"DIVE-IN" MOVIE**

Bring your own lawn chair or blanket and get outdoors to watch a movie on the giant 11x17 movie screen! Join us for a fun, relaxing evening under the stars! Concessions will be available. The movie is TBA at a later date.

<b>Location:</b>	Norwalk Aquatic Center
<b>Date:</b>	Sunday, August 19, 8:00 - 10:00 p.m.
<b>Fee:</b>	FREE

**We Have Gone To the Dogs**

This is a special time for dogs to swim and play in the water. Try jumping off the diving board, going down the slide or just having a "dog gone good time"! Dogs will follow their owner's rules, but are free to do as they please. Be sure to bring their favorite ball or toy to play with. Owners must be with their dog at all times.

<b>Date:</b>	Wednesday, August 22
<b>Time:</b>	5:30-7:30 p.m.
<b>Location:</b>	Norwalk Aquatic Center
<b>Fee:</b>	\$4.00 per dog (tax included; owners free)

**FITNESS PROGRAMS**

**CIRCUIT BOOTCAMP SENSATION**

This new workout is athletic, intense and lots of fun. Using the motivational power of teamwork and competition in combination with the balance challenges presented by the bosu balance workout, you will discover how to change ordinary circuit workouts into extraordinary workouts.

<b>Registration:</b>	July 9 - July 20
<b>Dates:</b>	July 25 - Sept 5
<b>Time:</b>	6:15-7:15 p.m. on Wednesdays
<b>Location:</b>	Oviatt Multi-Purpose Room - Door #16
<b>Fee:</b>	\$24.50 resident / \$28.20 non-resident

**STEP BENCH AEROBICS/INTERVAL**

Step aerobics/interval is a class of high energy aerobic routines interspersed with intense cardio segments and followed by a recovery period. This class is for any fitness level and can be adjusted to a low or high impact. The bench is provided and you may bring floor mat/towel and hand-held weights to increase intensity.

<b>Registration:</b>	July 9 - July 20
<b>Dates:</b>	July 23 - Sept 10 (no class Sept 3)
<b>Time:</b>	6:15-7:15 p.m., Mondays
<b>Location:</b>	Oviatt Multi-Purpose Room - Door #16
<b>Fee:</b>	\$24.50 resident / \$28.20 non-resident

**EARLY BIRD BODY SCULPTING**

Come join this early morning class that will work on ultimate body sculpting, Pilates and Chico Metrics. It's designed to maximize core strength, firm and tone your butt, thighs and arms. This class will use dumbbells, big exercise balls (your own on designated days) and dynabands that will put you to the test with added intensity.

<b>Registration:</b>	July 9 - July 20
<b>Dates:</b>	July 24 - Sept 6
<b>Time:</b>	5:30 - 6:15 a.m., Tuesday/Thursday
<b>Location:</b>	Norwalk Easter Public Library, Community Room
<b>Fee:</b>	1 class/week \$24.50 resident / \$28.20 non-resident 2 classes/week \$49.00 resident / \$56.40 non resident

**Adult Pickle-ball**

Pickle-ball is a lively racket game for all ages. It is a cross between badminton, tennis and ping pong. It is played with a paddle on a badminton sized court with a ball similar to a whiffle ball but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities. You can play singles or doubles. If you are interested in wanting to learn to play the game, call the office and we will get you started.

<b>Registration</b>	May 21 - Jun 1
<b>Dates</b>	Wed; June 13, 20, 27, July 11, 18, 25, 6-8 p.m.
<b>Location</b>	Oviatt gym
<b>Cost</b>	\$26.75 resident / \$30.75 non-resident
<b>Min/Max</b>	10/24

**REGISTER ON-LINE NOW AT WWW.NORWALK.IOWA.GOV  
515.981.9206**

**City of Norwalk Parks and Recreation @NorwalkPR**

### Adult Coed Volleyball - A and B League

Two separate leagues are offered for coed volleyball. A league is considered a power league, while B league is considered a recreation league. Each league is limited to 6 teams. Officials are provided for each game. Please register as a team. There is a six-player minimum and ten player maximum. Registration accepted on first come, first serve basis until it is full.

<b>Registration</b>	August 13 – August 24
<b>Dates</b>	Mon; - Sept 10, 17, 24 Oct 1, 8, 15, 22, 29
<b>Time</b>	7:15, 8:00, and 8:45 pm (time could vary)
<b>Location</b>	Norwalk Middle School
<b>Cost</b>	\$87.10 per team (includes state sales tax)
<b>Min/Max</b>	4/12 number of teams

### Fall Youth Soccer 2018

This program is for children entering first through seventh grades. Soccer is a great aerobic sport, and many children enjoy playing the game because of the constant motion. Shin guards are required to participate in this sport. Parks and Rec provides a team shirt. This is a six-week program including one game and one practice each week. Volunteer coaches will be needed.

<b>Divisions:</b>	1st & 2nd Grade Boys: 4 vs. 4 – Play on Tues & Fri 1st & 2nd Grade Girls: 4 vs. 4 – Play on Mon & Thurs 3rd & 4th Grade Coed: 8 vs. 8 – Play on Mon & Thurs 5th – 7th Grade Coed: 8 vs. 8 – Play on Tues & Fri
<b>Registration:</b>	June 11 – June 29
<b>Begins:</b>	Week of August 20 (tentatively)
<b>Time:</b>	6:00 pm or 6:45 pm
<b>Location:</b>	Norwalk-McAninch Sports Complex
<b>Equipment:</b>	Will need shin guards
<b>Cost:</b>	\$51.00 resident / \$58.65 non-resident

### PeeWee Flag Football

This fundamental program is for children entering 1st, 2nd, and 3rd grade this coming school year. Children will learn offensive and defensive fundamentals of football. Parks and Rec provides a team shirt. This is a six-week program; players will have practices/games twice per week. Volunteer coaches will be needed.

<b>Registration:</b>	June 11 – June 29
<b>Begins:</b>	Week of August 13 (tentatively)
<b>Days:</b>	Mondays & Thursdays
<b>Time:</b>	6:00 pm
<b>Location:</b>	Norwalk-McAninch Sports Complex
<b>Equipment:</b>	Will need mouthpiece
<b>Cost:</b>	\$39.50 resident / \$45.45 non-resident

### Just for Kicks

This program is for children 4 or 5 years old that are NOT starting Kindergarten yet. This is a coed league. The children will have fun while learning the fundamentals of soccer. The skills of dribbling, passing, and shooting will be introduced. Volunteer coaches will be needed. There will be one week of practice and five weeks of practice/games.

<b>Registration:</b>	June 11 – June 29
<b>Begins:</b>	Mon; Week of August 20 (tentatively)
<b>Time:</b>	6:00 pm
<b>Location:</b>	Norwalk-McAninch Sports Complex
<b>Equipment:</b>	Will need shin guards
<b>Cost:</b>	\$33.75 resident / \$38.80 non-resident

### Menace Soccer Camp

Join members of the Des Moines Menace – Iowa's Premier Soccer Team – for a fun camp experience June 4-7 at the Norwalk-McAninch Sports Complex. (June 30 rain date) Camp is open for ages 3-14. Kids will develop and maintain active soccer skills and knowledge, while learning from the best Men and Women players on the Menace soccer team. Everyone stays active playing fun soccer games and drills! Menace t-shirt & tickets included for home game.

<b>Registration:</b>	MenaceCamp.com OR evan.janssen@menacesoccer.com
<b>Days:</b>	June 4-7 (June 8 rain date)
<b>Location:</b>	Norwalk-McAninch Sports Complex
<b>Details:</b>	3-4 year olds 9:30 AM – 10:30 AM - \$60 5-8 year olds 9:00 AM – 10:30 AM - \$80 9-14 year olds 9:00 AM – 11:30 AM - \$100

### Kindergarten Soccer

This program is for both boys and girls entering Kindergarten. The children will have fun while learning the fundamentals of soccer. Shin guards are required. Parks and Rec will provide a team shirt. This is a six-week program including one game and one practice each week. Volunteer coaches will be needed.

<b>Registration:</b>	June 11 – June 29
<b>Begins:</b>	Tues/Thur; Week of August 20 (tentatively)
<b>Time:</b>	6:00 pm or 6:45 pm
<b>Location:</b>	Norwalk-McAninch Sports Complex
<b>Equipment:</b>	Will need shin guards
<b>Cost:</b>	\$39.50 resident / \$45.40 non-resident

### Rounded Minds

This program is a four week lesson soccer series that teaches your child to speak Spanish while learning soccer skills through fun games, songs, and positive reinforcement. They do not play games. For children ages 3 to 6.

<b>Registration:</b>	July 30 – August 17
<b>Begins:</b>	Wed; Aug 29 – Sept 19
<b>Time:</b>	6:00 pm
<b>Location:</b>	Norwalk-McAninch Sports Complex
<b>Cost:</b>	\$37.00 resident / 42.55 non-resident

### NORWALK FAMILY TAEKWONDO

This program offers classes for ages 5 through adults. Little Dragon program is designed for children ages 5 to 7. All programs consist of hand and foot techniques, forms, self-defense and lessons and instructions on topics such as respect, self-discipline, and perseverance. Competition is also available for those students who are interested. Families are strongly encouraged to join and train together. Kids learn better when one parent is learning alongside them. Cost of testing for belts and competition is extra along with an annual \$20 association fee paid directly to the club.

<b>Registration:</b>	July 9 - July 20
<b>Dates:</b>	July 24 - Sept 13
<b>Location:</b>	Oviatt Multi-Purpose Room – Door #16

#### LITTLE DRAGONS

<b>Time:</b>	6:15 p.m. Tuesday/Thursday
<b>Fee:</b>	\$46 resident / \$53 non-resident
<b>Age:</b>	5 to 7

#### FAMILY TAEKWONDO

<b>Time:</b>	6:15 p.m.–8:00 p.m. Tuesday/Thursday
<b>Fee:</b>	\$57.50 resident / \$66.25 non-resident
<b>Age:</b>	Children 8 and above–Adult

\* First family member. 2nd and 3rd family members \$28.75/\$33.25 each.  
\* Maximum family fee \$115/\$132.25

### Norwalk Junior Police Academy

The Norwalk Police Department is again conducting the Junior Police Academy for the City of Norwalk. The program is a partnership between the Parks and Recreation Department and the Norwalk Police, and is an opportunity for the police officers to build a positive bridge with the youth of the community. Cadets will take part in fingerprinting, investigating a crime scene, taking photos, casting footprints, and running an obstacle course. Each student will receive a tee shirt at the end of the week.

<b>Registration:</b>	June 18 – June 29
<b>Dates:</b>	July 10 – July 13 (students who completed grades 3rd - 6th)
<b>Time:</b>	10:00 a.m. – 12 p.m.
<b>Location:</b>	Norwalk Public Safety Building
<b>Cost:</b>	\$23.00 resident / \$26.50 non-resident
<b>Max:</b>	16 students

### Tractors Trucks and Cars That Go!

What do you want to be when you grow up? Norwalk Parks and Rec invites you and your family to come and join us for a free event! An assortment of interesting vehicles, including a police car, fire truck, front-end loader, school bus, tractor and many more, will be available for your child to explore and touch.

<b>Date:</b>	Saturday, Aug 4
<b>Time:</b>	10:00 a.m. – Noon
<b>Location:</b>	Norwalk Oviatt School parking, rain or shine

### Jr Warrior Chefs Club

Young chefs cooking can be quite creative, full of discovery, and a whole lot of fun! One afternoon a week join the High School foods kitchen for a fun time of making healthy after school snacks. Come and enjoy learning how to prepare special treats that you can take home to the family and prepare for them. For grades 5th – 8th.

<b>Registration:</b>	Aug 27 – Sept 7
<b>Dates:</b>	Tues: Sept 18, 25, Oct 2, 9, 16, 23   4:00 – 5:30 p.m.
<b>Location:</b>	Norwalk HS Food/Nutrition Classroom
<b>Cost:</b>	\$50.00 resident / \$57.55 non-resident
<b>Min/Max:</b>	12/20 students

## YOUTH ENRICHMENT LEAGUE - SUMMER CAMPS

### Robotics Evolution

Enter the world of robotics with LEGO Mindstorms software and LEGO EV3 bricks and technology! They will then use their teams robot to complete various challenges related to our animal friends. Put an end to summer brain drain! For ages entering 4-8 grades (Fall '18).

<b>Registration:</b>	May 28 – June 22
<b>Dates:</b>	June 25 – June 29
<b>Location:</b>	Public Safety Building
<b>Time:</b>	1 p.m. – 4 p.m.
<b>Fee:</b>	\$127 resident / \$146.05 non-resident
<b>Min/max:</b>	6/15

### Art in the Park

Come join us in the park to make special arts and craft projects. The kids meet once a month and make a different project each month. This program is for students who just completed Kindergarten through sixth grade.

<b>Registration:</b>	June 4 – August 10
<b>Dates:</b>	June 22, July 20, August 17
<b>Time:</b>	2:00 p.m. – 3:15 p.m.
<b>Location:</b>	Windflower Park
<b>Cost:</b>	\$17.00 resident / \$19.55 non-resident
<b>Min/Max:</b>	10/20 participants

## MAD SCIENCE OF IOWA - SUMMER CAMPS

### “Sparking Imaginations”

Inviting all young budding scientists to join us for our summer camps. The kids are introduced to the key steps of the innovation design process using LEGO bricks and Mad Science kits. Make & Take to take home daily.

<b>Location:</b>	Public Safety Building
<b>Cost:</b>	2 day camp \$75.00 res/\$86.25 non res (M/T or W/Th) 4 day camp \$145.00 res/\$166.75 non res (M-Th)
<b>Min/Max:</b>	9/18

#### CAMP ONE

<b>Registration:</b>	May 14 – June 8
<b>Dates:</b>	June 11 - 14
<b>Time:</b>	9am – Noon; 1st & 2nd graders (*18-'19 school year) 1pm – 4pm; 3rd – 5th graders (*18-'19 school year)

#### CAMP TWO

<b>Registration:</b>	July 2 – July 27
<b>Dates:</b>	July 30 – Aug 2
<b>Time:</b>	9am – Noon; 1st & 2nd graders (*18-'19 school year) 1pm – 4pm; 3rd – 5th graders (*18-'19 school year)

### Junior League Robotics

Build it, program it, play with it and learn from it using LEGO WeDo software and LEGO bricks! Students will build race cars, a forklift, boat and more, then program them to complete various tasks. Sign up today to restrain summer brain drain! For ages entering 1-5 grades (Fall '18).

<b>Registration:</b>	May 28 – July 20
<b>Dates:</b>	July 23 – July 27
<b>Location:</b>	Public Safety Building
<b>Time:</b>	1 p.m. – 4 p.m.
<b>Fee:</b>	\$107 resident / \$123.05 non-resident
<b>Min/Max:</b>	6/20

## OPALS - OLDER PEOPLE WITH ACTIVE LIFE STYLES

### SENIOR CITIZEN EXERCISE

Everyone ages 55 and older is invited to attend a free exercise program that will include stretching and toning. We will meet at Norwalk Christian Church, located at 701 Main St.

<b>Registration:</b>	Not required
<b>Dates:</b>	Tuesday and Thursday
<b>Time:</b>	10:00 a.m.–10:30 a.m.
<b>Location:</b>	Norwalk Christian Church
<b>Fee:</b>	Free

### WELL-SEASONED POTLUCK

...the meat as well as the people! Anyone age 55 and older is invited to attend a potluck dinner with meat, tableware and coffee/ beverage provided. Bring a side dish and dessert to share with everyone. After the meal, we will have some entertainment from local talent or guest speakers.

<b>Registration:</b>	Not required; call or email a few days in advance
<b>Dates:</b>	OFF FOR THE SUMMER
<b>Time:</b>	11:30 a.m.–1:00 p.m.
<b>Location:</b>	Norwalk Public Safety Building
<b>Fee:</b>	Free, but please bring a side dish or dessert to share

REGISTER ON-LINE NOW AT [WWW.NORWALK.IOWA.GOV](http://WWW.NORWALK.IOWA.GOV)  
515.981.9206

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