

PARKS & RECREATION

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Programs and Facilities Guide
SUMMER 2022

2022 SUMMER PROGRAM AND FACILITIES GUIDE



CITY OF
Ames[™]
PARKS & RECREATION

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**REGISTER FOR ALL CLASSES AT AMESPARKREC.ORG
OR BY CALLING THE COMMUNITY CENTER AT 515.239.5350**

PARKS AND RECREATION MISSION STATEMENT

TO ENRICH LIVES BY PROVIDING EXCELLENT PARKS,
FACILITIES AND PROGRAMS FOR CURRENT AND
FUTURE GENERATIONS.

FACILITY INFORMATION

AMES CITY AUDITORIUM.....515-239-5365

www.CityOfAmes.org/Aud

Reservations.....515-239-5365

Ticket Sales.....515-239-5350

AMES/ISU ICE ARENA.....515-292-6835

www.cityofames.org/icearena

AMES MUNICIPAL CEMETERY515-239-5341

COMMUNITY CENTER.....515-239-5350

www.CityOfAmes.org/CCenter

Program Registrations.....515-239-5350

Shelter Reservations.....515-239-5350

Weight Room Orientations.....515-239-5350

DURHAM BANDSHELL.....515-239-5365

FAX NUMBER515-239-5355

HOMWOOD GOLF COURSE.....515-239-5363

www.CityOfAmes.org/Golf

INFORMATION LINE-HOTLINE.....515-239-5434

(For Program Info & Weather Changes)

 Cancellations Category #1

 Furman Aquatic Center Hours Category #6

 Aquatics Brookside Wading Pool..... Category #7

POOLS

www.CityOfAmes.org/Aquatics

Furman Aquatic Center..... 515-232-POOL (7665)

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WWW.CITYOFAMES.ORG/CONTACTUS

VISIT US ON FACEBOOK

- Ames Parks and Recreation
- Furman Aquatic Center
- Ames City Auditorium & Durham Bandshell
- Ames/ISU Ice Arena

**VIEW FACILITY SCHEDULE & HOURS AT
WWW.CITYOFAMES.ORG/PRCALENDARS**

REGISTRATION OPPORTUNITIES

WWW.AMESPARKREC.ORG

MAIL- A registration form may be mailed to Ames Parks & Recreation, 515 Clark Avenue, Ames, IA 50010

FAX- A registration form may be faxed to 515.239.5355

DROP OFF- A registration form may be placed in a drop box on the east side of city hall, 515 Clark Avenue

WALK-IN- Register in person at the Community Center, 515 Clark Ave.

ONLINE- You may register at any time online with your Household ID. To obtain a Household ID go to our website at www.amesparkrec.org. Click on "Program Guide and Login Request"; then click on "Request a Household ID". Fill in the information and your Household ID will be emailed to you. You can also obtain a Household ID by calling the Parks and Recreation office at 515.239.5350.

WAIT LIST

Be sure to list a first and second choice on registration forms that are mailed, faxed or dropped off. If your first choice is full, we will automatically place you in your second choice. If your second choice is full or if no second choice is listed, we will place you on the wait list for your first choice. You must pay the full class fee to be placed on the waiting list. We will contact you if an opening occurs and will transfer you into the class. If an opening does not occur, fees paid will be placed as a credit on your account.

REGISTRATION DEADLINES

Classes may be cancelled, combined or modified based on registrations received by the suggested registration date. Class fees will not be prorated due to late registration.

CANCELLATIONS/INCLEMENT WEATHER

Please call 515.239.5434 or check the Ames Parks and Recreation Facebook page for cancellations or changes. Weather related cancellations will be posted at least one hour before a program starts. However, weather conditions may change and decisions may be made at the program site. If sudden threatening weather conditions occur, please pick up your children immediately.

GIFT CARDS

Gift cards are available and can be used for admission or concessions at our facilities or for registration in any of our programs. Please stop in and let us make your special occasion shopping easy! Gift cards can be purchased at the Community Center, Ames ISU Ice Arena, Homewood Golf Course, and Furman Aquatic Center and reloaded by calling 515.239.5350.

REFUND POLICY

Participants cancelling enrollment in activities at least 72 hours prior to a session/class beginning will receive a credit. Household Credits will also be automatically issued to participants in classes cancelled by Parks and Recreations Staff. Staff will try to reschedule cancelled daily activities, but refunds/credits will not be given if a make up date is not possible. Credit may be given due to medical, unforeseen circumstances, or class dissatisfaction on a case-by-case basis. To be refunded the amount of credit issued, please call 515.239.5350.

AMERICANS WITH DISABILITIES ACT/ INCLUSIVE RECREATION SERVICES

The Americans with Disabilities Act (ADA) prohibits discrimination on the basis of disability. In addition, the ADA requires that all citizens be given the opportunity to recreate in the "most integrated setting."

Individuals with disabilities are encouraged to recreate with their peers by registering for any activity offered by the Ames Parks and Recreation Department. Reasonable accommodations are provided to enable an individual's successful participation in a program.



**REGISTER FOR ALL CLASSES AT AMESPARKREC.ORG
OR BY CALLING THE COMMUNITY CENTER AT 515.239.5350**

SCHOLARSHIP PROGRAM

THE AMES PARKS AND RECREATION DEPARTMENT OFFERS SCHOLARSHIP FOR RECREATION PROGRAMS BASED ON THE FOLLOWING CRITERIA.

- 1** Recipient must be a resident of the City of Ames. A resident is defined as residing within the city limits of Ames or a non-resident who owns a business or property within those limits and pays property taxes to the City of Ames.
- 2** School age youth (up to age 13) are eligible.
- 3** Family income must coincide with guidelines as predetermined by Mid-Iowa Community Action (MICA).
- 4** Each elementary school aged youth receives up to \$60 dollars in assistance each calendar year. Each youth pays 50% of the program registration fee while the remaining 50% of the registration fee is forgiven through the scholarship.
- 5** To register, the head of household must submit their portion of the activity registration fee and the "Certification Form" issued by MICA. Basketball, Dance, Golf, Gymnastics, Soccer, Swim Lessons (group), T-Ball, Tae Kwon Do, Tennis, Youth Summer Camp, and Volleyball all qualify for scholarship registration.

SCHOLARSHIPS ARE ALSO AVAILABLE FOR SEASON SWIMMING PASSES BASED ON THE FOLLOWING CRITERIA.

- 1** Recipients must be a resident of the City of Ames as defined in criteria #1 above.
- 2** Family Income must coincide with guidelines as predetermined by MICA.
- 3** Family pass members must reside in the same household.
- 4** To purchase a season pass, head of household must submit 50% of the season pass fee and the "Certification Form" issued by MICA.



PLEASE CONTACT MICA AT 515.956.3333 OR 230 SE 16TH ST., AMES FOR MORE INFORMATION ON CERTIFICATION GUIDELINES.

AQUATICS INFORMATION

WWW.AMESPARKREC.ORG

FURMAN AQUATIC CENTER

PHONE: 515.232.POOL (7665)
HOTLINE: 515.239.5434, EXT: 6 FOR POOL HOURS
 1635 13TH STREET

Located in the heart of Ames, the Furman Aquatic Center includes a 550' lazy river with a waterfall and two tremendous water slides both over 200' in length. There's a 50-meter pool that boasts a 150' drop slide, basketball hoops, 3-meter platform, and a 1-meter spring board. A 5,000 square foot recreational pool includes zero-depth entry, spray features, a large play structure, youth slide, and a toddler slide.

BROOKSIDE WADING POOL

HOTLINE: 515.239.5434, EXT: 7 FOR POOL HOURS
 BROOKSIDE PARK, 1325 6TH STREET
 OPEN JUNE 2 - AUGUST 14

SUMMER SEASON PASSES

(VALID AT FURMAN AQUATIC CENTER FROM MAY 28-SEPT. 5)
 Call 515.239.5350 now to renew your current pass (FOB) over the phone.

AGE	RESIDENT FEE	NON RESIDENT FEE
Youth (1-15)	\$80	\$100
Adult (16-61)	\$115	\$144
Senior (62+)	\$80	\$100
ISU Student	\$100	\$100
Family	\$250	\$300

THROUGH MAY 1, PASSES PURCHASED WILL RECEIVE A 10% DISCOUNT.

CHILD SUPERVISION REMINDER

Children 6 and under must be actively supervised by an adult (16 and above) in the water. Children 7, 8, and 9 years old must be accompanied by an adult (16 and above) at the facility. For your child's safety, we require all groups visiting the aquatic facilities follow our adult-to-child ratio requirement.

Ages 6 and under	1 adult per 6 children
Ages 7-9	1 adult per 8 children
Ages 10-12	1 adult per 10 children

FURMAN AQUATIC CENTER ADMISSION FEES*

AGE	RESIDENT FEE**	NON RESIDENT FEE
Youth (1-15)	\$5.50	\$6.50
Adult (16-61)	\$6.50	\$7.50
Senior (62+)	\$5.50	\$6.50
ISU Student	\$6.00	\$6.00

* Discounted admission cards are available (12 visits for the price of 11)

** Residents may need to show photo ID with Ames city limits address

WADING POOL ADMISSION FEES

AGE	DAILY
All Waders	\$1.00

PRIVATE POOL RENTAL

CALL 515.239.5350 TO RESERVE:

FURMAN AQUATIC CENTER

POOL	Fee
50 Meter Pool	\$150 / hour
Lazy River	\$150 / hour
Splash Pool	\$150 / hour
Aqua Track	\$100/hour
Wiggle Bridge	\$50/hour
Aqua Track & Wiggle Bridge	\$125/hour
Key Logs (2 logs, 2 staff)	\$50/hour

BROOKSIDE WADING POOL

JUNE 2 - AUGUST 14

SWIMMERS/POOL	Fee
1-30 Swimmers	\$40 / hour



AQUATICS INFORMATION

WWW.AMESPARKREC.ORG

THERE WILL BE NO ADMITTANCE BETWEEN 12:30 AND 1:00 PM.
THREE LAP LANES WILL BE DEDICATED FOR ADULT LAP SWIM DURING OPEN SWIM (SHORT COURSE).
THE LAZY RIVER IS CLOSED ON TUESDAY, THURSDAY, AND SUNDAY 7:00-8:00 PM FOR ADULT WATER WALKING.

ADULT WATER WALKING

FURMAN LAZY RIVER

Water Walking is great exercise for those who enjoy the outdoors. Walk with the current or challenge your muscles by walking against the current. Daily admission fee or season pass required. Must be 16 years of age.

LONG COURSE LAP SWIM

AT FURMAN 50M POOL

MAY 28-SEPTEMBER 3*

Wake up and start your weekend with a swim. Available 7:00-10:00 AM Saturday mornings. Daily admission fee or season pass required.

*No Long Course June 4

FOR POOL HOURS AND CANCELLATION UPDATES

INFORMATION HOTLINE 515.239.5434

Furman Aquatic Center - press 6
Brookside Wading Pool - press 7

ADAPTIVE OPEN SWIM

AT FURMAN AQUATIC CENTER

FRIDAY MORNINGS JUNE 10-AUG 5*
(9:30-10:30 AM)

Individuals with intellectual, physical, and/or developmental disabilities are invited to enjoy the splash pool without all the commotion of open swim. Swimmers must be actively supervised by an adult. Siblings are welcome to participate. There is no cost for this activity.

*Not offered July 8 due to swim lessons.

BROOKSIDE WADING POOL HOURS

OPEN SWIM DAYS

Daily

Daily admission fee required

June 2 - August 14

11:00 AM - 4:00 PM

SCHOOL IN-SESSION HOURS

WEEKDAYS MAY 31- JUNE 1 AND AUGUST 22 - SEPTEMBER 2

Adult Lap Swim (short course) 11 am - 1 pm

Tot Time (Ages 7 & under) 11 am - 1 pm

Adult Water Walking 11 am - 1 pm

Open Swim 5 pm - 7 pm

TWILIGHT SWIM

NEW FOR 2022!

AT FURMAN AQUATIC CENTER

June 13 & 27, July 11 & 25: 8 - 9:30 PM

Enjoy an evening swim under the lights at Furman Aquatic Center. Season passes are valid or standard daily admission rates apply. Gates open at 8 PM as the facility will be closed for swim lessons and water walking from 6 -- 8 PM on these evenings.

ACAC SWIM MEET (JUNE 3-5)

For one weekend, the Ames Cyclone Aquatics Club hosts a swim meet to afford competitive swimmers an opportunity to participate in a local meet. Please check the monthly calendar at www.AmesParkRec.org for the adjusted schedule that weekend.

FURMAN AQUATIC CENTER HOURS

Opening May 28 (for School In-Session Hours see previous page)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swim Lessons		9-11 AM	9-11 AM	9-11 AM	9-11 AM		
Adaptive Open Swim						9:30-10:30 AM from June 10-Aug 5, EXCEPT July 8	
Long Course Lap Swim							7-10 AM
Adult Lap Swim (Short Course)	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM
Tot Time (Ages 7 & Under)	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM
Adult Water Walking	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM	11 AM-1 PM
Open Swim	1-8 PM	1-6 PM on Weeks with Swim Lessons (June 6, 13, 20, 27, July 11, 18, 25, and August 1), 1-8 PM on nights without swim lessons	1-8 PM	1-6 PM on Weeks with Swim Lessons (June 8, 15, 22, 29, July 13, 20, 27, and August 3), 1-8 PM on nights without swim lessons	1-8 PM	1-8 PM	1-8 PM + Wubit Inflatable Obstacle Course, available 5:30-8 PM (deep end closes at 5 PM for set-up)
Swim Lessons		6:10-7:55 PM June 6-27 & July 11-August 1		6:10-7:55 PM June 8-29 & July 13-August 3			
Adult Water Walking	7-8 PM	6-8 PM June 6-27 & July 11-August 1	7-8 PM	6-8 PM June 8-29 & July 13-August 3	7-8 PM		
Twilight Open Swim		8-9:30 PM on June 13 & 27, July 11 & 25					
8-9:30 PM Private Rentals Available*	8-9:30 PM Private Rentals Available*	8-9:30 PM Private Rentals Available* Except for June 13, 27, July 4, 11, 25	8-9:30 PM Private Rentals Available*	8-9:30 PM Private Rentals Available in Splash Pool & Lazy River Only*	8-9:30 PM Private Rentals Available*	8-9:30 PM Private Rentals Available*	8-9:30 PM Private Rentals Available*

*Except for swim lessons and rentals, all activities listed above are included in the season pass.

***CALL 515.239.5350 FOR PRIVATE RENTAL INFORMATION & BOOKINGS**

SPECIAL EVENTS

CONQUER THE CURRENT

Looking for a challenge? We have one for you. Instead of hitting the trails for a race this summer, join Ames Parks & Recreation for one in Furman Aquatic Center's lazy river! Enjoy the challenge of running 2 miles against the current! That is 19 laps around our 550-foot-long lazy river.

Open to first 100 participants.

Register early for a t-shirt.

NOTE: this event ends at 10:30 AM regardless of number of laps completed, gates will open at 7:45 AM. Event open to ages 16+

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 AUG 6
Conquer the Current	SA	8:00-10:30 AM	\$25/\$30	180601-1A

PRINCESS POOL PARTY

Party with a princess! Furman Aquatic Center has invited Ariel and her princess friends for a swim. Spend your time visiting with the princesses, creating a princess themed craft, and swimming in the splash pool. Donuts and juice will be served. Registration fee is for one adult (ages 16+) and one child. Be sure to pack your camera for photo opportunities with the princesses!

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 18
Princess Pool Party	SA	8:30-10:00 AM	\$25/\$30	180601-2A

SUPER HERO POOL PARTY

Party with a superhero! Furman Aquatic Center has invited the Iowa League of Heroes for a swim. Spend your time visiting with at least four different superheroes, creating a superhero themed craft, and swimming in the splash pool. Donuts and juice will be served. Registration fee is for one adult (ages 16+) and one child. Be sure to pack your camera for photo opportunities with the superheroes!

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUL 16
Super Hero Pool Party	SA	8:30-10:00 AM	\$25/\$30	180601-3A

LOG ROLLING

LOG ROLLING - Come out and try Log Rolling! Staff will start you off with a demonstration and lesson in log Rolling. Once you've participated in a demo, you'll be able to practice with the guidance of an instructor. Open to all ages! Youth 7, 8, and 9 years old must have a parent at the facility. Youth 6 and under must have a parent in the water providing active supervision.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 1-JUN 22	SESSION 2 JUN 29-JUL 20	SESSION 3 JUL 27-AUG 17
Log Rolling	W	8:15-9:00 PM	\$25/\$30	180801-1A	180801-2A	180801-3A

WATER POLO

WATER POLO - Water Polo is an exciting and fast-paced game. This program welcomes experienced and novice players. Scrimmages will be used to help participants learn ball handling, shooting, and player positions as well as several types of treading for maximum agility in the game. Participants must be at least 16 years of age and be comfortable swimming in deep water. Equipment is provided.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 1-AUG 17
Water Polo	W	8:00-9:00 PM	\$37/\$42	190400-1A

EARLY BIRD LAP SWIM

EBLS - (Long Course) Wake up early to swim laps! You will have a flexible 2-hour time frame to wake your body up with a nice swim before your day starts. Registration is required to participate in this 12-week program. Season Pass holders will still need to register and pay for this class.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 31-AUG 19
EBLS	M	5:30-7:30 AM	\$42/\$57	660400-A1
EBLS	TU	5:30-7:30 AM	\$42/\$57	660400-A2
EBLS	W	5:30-7:30 AM	\$42/\$57	660400-A3
EBLS	TH	5:30-7:30 AM	\$42/\$57	660400-A4
EBLS	F	5:30-7:30 AM	\$42/\$57	660400-A5

PRIVATE SWIM LESSONS

PRIVATE SWIM LESSONS - Sign up for private swim lessons. Students will work one-on-one with an instructor to develop their skills.

FOUR DAYS PER WEEK FOR ONE WEEK

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE	SESSION 1 JUN 6-JUN 9	SESSION 2 JUN 13-JUN 16	SESSION 3 JUN 20-JUN 23
Private Swim	M-TH	10:50-11:20 AM	\$108/\$108	660202-A1	660202-A3	660202-B1
Private Swim	M-TH	11:25-11:55 AM	\$108/\$108	660202-A2	660202-A4	660202-B2

CLASS	DAY	TIMES	FEE	SESSION 4 JUN 27-JUN 30	SESSION 5 JUL 5-JUL 8	SESSION 6 JUL 11-JUL 14
Private Swim	M-TH	10:50-11:20 AM	\$108/\$108	660202-B3		660202-C3
Private Swim	M-TH	11:25-11:55 AM	\$108/\$108	660202-B4		660202-C4
Private Swim	TU-F	10:50-11:20 AM	\$108/\$108		660202-C1	
Private Swim	TU-F	11:25-11:55 AM	\$108/\$108		660202-C2	

CLASS	DAY	TIMES	FEE	SESSION 7 JUL 18-JUL 21	SESSION 8 JUL 25-JUL 28
Private Swim	M-TH	10:50-11:20 AM	\$108/\$108	660202-D1	660202-D3
Private Swim	M-TH	11:25-11:55 AM	\$108/\$108	660202-D2	660202-D4

ADULT SWIM LESSONS

ADULT LESSONS 16+ - Have you always wanted to learn to swim, but just couldn't get up the courage? Our instructors are loaded with patience and understanding.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 6-JUN 29	SESSION 2 JUL 11-AUG 3
Adult Swim	M,W	7:25-7:55 PM	\$48/\$63	660200-E3	660200-F3

PRESCHOOL SWIM LESSONS

PRESCHOOL LESSONS
CHILDREN MUST BE 3 YEARS OF AGE BY FIRST DAY OF CLASS AND 36" TALL

Preschool Lessons for ages 3-4. Children 5 and up will be better served enrolling in Learn to Swim Level 1 (LTS1).

- Entering and exiting the water
- Blowing bubbles
- Submerging mouth and nose

- Opening eyes under water and retrieving submerged objects
- Front and back float/glide and recover to feet (assisted and unassisted)
- Flutter kicking
- Rolling from front to back and back to front
- Other skills may be added as children progress.

SWIM LESSON DESCRIPTIONS

LEVEL 1

LEVEL 1: INTRO TO WATER SKILLS

Helps participants feel comfortable in the water.

- Enter and exit water using ladder, steps, or side
- Blow bubbles through mouth and nose
- Bobbing
- Retrieve submerged objects with eyes open
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Combined arm and leg actions on back

LEVEL 1: EXIT SKILLS

- Enter independently, travel at least 5 yards, bob 5 times, and then safely exit the water.
- Glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position
- Back float independently

LEVEL 2

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental skills.

- Entering water by stepping or jumping
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front, jellyfish, and tuck floats
- Front and back glides and floats independently
- Recover to vertical position
- Roll from front to back and back to front
- Change direction while swimming on front or back
- Combined arm and leg actions on front and back
- Sculling arm action
- Introduce treading water

LEVEL 2: EXIT SKILLS

- Step from side into chest deep water, push off the bottom, move into a floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 seconds, roll to front, and then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

LEVEL 3A

LEVEL 3A: STROKE DEVELOPMENT

Builds on the skills in Level 2 through additional guided practice in deeper water.

- Front crawl with rotary breathing, 15 yards
- Elementary Backstroke, 15 yards
- Bobbing while moving to safety
- Enter water by jumping from the side into deep water
- Rotary breathing, 15 times
- Survival floats on front and back in deep water
- Change from vertical to horizontal on front and back
- Tread water for 30 seconds in deep water
- Flutter & elementary backstroke kicks

LEVEL 3A: EXIT SKILLS

- Jump into chest deep water from the side. Do the front crawl with rotary breathing for 15 yards. Maintain position by treading or floating for 30 seconds. Do elementary backstroke for 15 yards and exit the water.

LEVEL 3B

LEVEL 3B: STROKE DEVELOPMENT AND ENDURANCE

Prior to enrolling in 3B, students must show proficiency in ALL 3A skills.

- Tread water for 60 seconds in deep water
- While in a vertical position, rotate one full turn in deep water
- Front Crawl with rotary breathing, 25 yards
- Elementary Backstroke, 25 yards
- Breaststroke kick
- Scissors kick
- Dolphin kick
- Diving

LEVEL 3B: EXIT SKILLS

- Jump into deep water from the side, swim front crawl with rotary breathing for 25 yards. Maintain position by treading water for one minute.
- Push off in a streamline position on front then begin breaststroke kicking for 15 yards.

LEVEL 4

LEVEL 4: STROKE IMPROVEMENT

Develops confidence in the skills learned and improves other aquatic skills.

- New Strokes Introduced: Backcrawl, Breaststroke, Sidestroke
- Headfirst entries from compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Tread water using two different kicks
- Front crawl, elementary backstroke, breaststroke, sidestroke

- Flutter, scissor, and breaststroke kicks

LEVEL 4: EXIT SKILLS:

- Perform a feet first entry into deep water, swim front crawl with rotary breathing for 25 yards. Change direction and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards. Roll to back and swim back crawl for 15 yards.
- Submerge and swim 3-5 body lengths, return to the surface, and exit the water.

LEVEL 5

LEVEL 5: STROKE REFINEMENT

Provides further coordination as well as endurance and refinement of strokes.

- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly, 50 yards each
- Shallow-angle dive from side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front open turn and backstroke open turn while swimming

- Dolphin kick

LEVEL 5: EXIT SKILLS

- Perform a shallow angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards, using appropriate and efficient turning styles.
- Swim breaststroke for 25 yards. Turn and swim back crawl for 25 yards.

LEVEL 6

LEVEL 6: SWIMMING & SKILL PROFICIENCY

Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances.

- Fitness swimmer
- Must be able to swim:
- Front crawl, 50 yards
 - Back crawl, 50 yards
 - Breaststroke, 25 yards
 - Turns

LEVEL 6: EXIT SKILLS

- Swim continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.
- Complete a 12-minute swim maintaining good stroke control during the swim.

PRE-TEEN AND TEEN SWIMMERS

PRE-TEEN & TEEN SWIMMERS - If you are ages 9-17 and want to learn to swim, here is your opportunity! Participate in a learn to swim class with your peers. This class is for the non-swimmer or swimmer with limited skills. You will be working on the basics of front crawl, elementary backstroke, and treading water.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 6-JUN 16	SESSION 2 JUN 20-JUN 30	SESSION 3 * JUL 5-JUL 14	SESSION 4 JUL 18-JUL 28
Teen Swimmers	M-TH	9:35-10:05 AM	\$48/\$63	660204-B1	660204-B2	660204-B3	660204-B4

*The first week of this session of lessons will meet Tues - Friday due to the 4th of July holiday. The second week of class will meet Mon - Thurs.

MORNING SWIM LESSONS

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 6-JUN 16	SESSION 2 JUN 20-JUN 30	SESSION 3* JUL 5-JUL 14	SESSION 4 JUL 18-JUL 28
Parent Child	M-TH	10:15-10:45 AM	\$46/\$61	660112-A3	660112-B3	660112-C3	660112-D3
Preschool Age 3-4	M-TH	9:00-9:30 AM	\$46/\$61	660109-A1	660109-B1	660109-C1	660109-D1
Preschool Age 3-4	M-TH	9:35-10:05 AM	\$46/\$61	660109-A2	660109-B2	660109-C2	660109-D2
Preschool Age 3-4	M-TH	10:15-10:45 AM	\$46/\$61	660109-A3	660109-B3	660109-C3	660109-D3
Level 1	M-TH	9:00-9:30 AM	\$46/\$61	660101-A1	660101-B1	660101-C1	660101-D1
Level 1	M-TH	9:35-10:05 AM	\$46/\$61	660101-A2	660101-B2	660101-C2	660101-D2
Level 1	M-TH	10:15-10:45 AM	\$46/\$61	660101-A3	660101-B3	660101-C3	660101-D3
Level 2	M-TH	9:00-9:30 AM	\$46/\$61	660102-A1	660102-B1	660102-C1	660102-D1
Level 2	M-TH	9:35-10:05 AM	\$46/\$61	660102-A2	660102-B2	660102-C2	660102-D2
Level 2	M-TH	10:15-10:45 AM	\$46/\$61	660102-A3	660102-B3	660102-C3	660102-D3
Level 3A	M-TH	9:00-9:30 AM	\$46/\$61	660103-A1	660103-B1	660103-C1	660103-D1
Level 3A	M-TH	9:35-10:05 AM	\$46/\$61	660103-A2	660103-B2	660103-C2	660103-D2
Level 3A	M-TH	10:15-10:45 AM	\$46/\$61	660103-A3	660103-B3	660103-C3	660103-D3
Level 3B	M-TH	9:00-9:30 AM	\$46/\$61	660103-A5	660103-B5	660103-C5	660103-D5
Level 3B	M-TH	9:35-10:05 AM	\$46/\$61	660103-A6	660103-B6	660103-C6	660103-D6
Level 3B	M-TH	10:15-10:45 AM	\$46/\$61	660103-A7	660103-B7	660103-C7	660103-D7
Level 4	M-TH	9:35-10:05 AM	\$46/\$61	660104-A2	660104-B2	660104-C2	660104-D2
Level 4	M-TH	10:15-10:45 AM	\$46/\$61	660104-A3	660104-B3	660104-C3	660104-D3
Level 5	M-TH	9:35-10:05 AM	\$46/\$61	660105-A2	660105-B2	660105-C2	660105-D2
Level 6	M-TH	10:15-10:45 AM	\$46/\$61	660106-A3	660106-B3	660106-C3	660106-D3

*The first week of this session of lessons will meet Tues - Friday due to the 4th of July holiday. The second week of class will meet Mon - Thurs.

EVENING SWIM LESSONS

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 6-JUN 29	SESSION 2 JUL 11-AUG 3
Parent Child (6mo-3yrs)	M,W	6:15-6:45 PM	\$46/\$61	660112-E1	660112-F1
Parent Child (6mo-3yrs)	M,W	6:50-7:20 PM	\$46/\$61	660112-E2	660112-F2
Preschool Age 3-4	M,W	6:15-6:45 PM	\$46/\$61	660109-E1	660109-F1
Preschool Age 3-4	M,W	6:50-7:20 PM	\$46/\$61	660109-E2	660109-F2
Preschool Age 3-4	M,W	7:30-8:00 PM	\$46/\$61	660109-E3	660109-F3
Level 1	M,W	6:15-6:45 PM	\$46/\$61	660101-E1	660101-F1
Level 1	M,W	6:50-7:20 PM	\$46/\$61	660101-E2	660101-F2
Level 1	M,W	7:30-8:00 PM	\$46/\$61	660101-E3	660101-F3
Level 2	M,W	6:15-6:45 PM	\$46/\$61	660102-E1	660102-F1
Level 2	M,W	6:50-7:20 PM	\$46/\$61	660102-E2	660102-F2
Level 2	M,W	7:30-8:00 PM	\$46/\$61	660102-E3	660102-F3
Level 3A	M,W	6:15-6:45 PM	\$46/\$61	660103-E1	660103-F1
Level 3A	M,W	6:50-7:20 PM	\$46/\$61	660103-E2	660103-F2
Level 3A	M,W	7:30-8:00 PM	\$46/\$61	660103-E3	660103-F3
Level 3B	M,W	6:15-6:45 PM	\$46/\$61	660103-E5	660103-F5
Level 3B	M,W	6:50-7:20 PM	\$46/\$61	660103-E6	660103-F6
Level 3B	M,W	7:30-8:00 PM	\$46/\$61	660103-E7	660103-F7
Level 4	M,W	6:15-6:45 PM	\$46/\$61	660104-E1	660104-F1
Level 4	M,W	6:50-7:20 PM	\$46/\$61	660104-E2	660104-F2
Level 5/6 COMBO	M,W	7:30-8:00 PM	\$46/\$61	660105-E3	660105-F3

FIRST AID/CPR/AED

ADULT AND PEDIATRIC FIRST AID/CPR/AED - Open to anyone age 10+. This American Red Cross course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA workplace requirements. This is a blended learning course including an online portion and instructor led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high-speed internet connection. Allow approximately 2.5 hours to complete the online portion. Upon successful completion of this course, you will receive a digital certificate of Adult and Pediatric First Aid/CPR/AED valid for two years.

LOCATION: P&R ADMINISTRATION, 1500 GATEWAY HILLS PARK DRIVE

DAY	TIMES	FEE/NR FEE	SESSION 1 APR 13	SESSION 2 APR 30	SESSION 3 MAY 7
W	9:00-11:00 AM	\$70/\$85	660305-A1		
SA	6:00-8:00 PM	\$70/\$85		660305-B1	660305-C1

DAY	TIMES	FEE/NR FEE	SESSION 4 MAY 21	SESSION 5 JUNE 8
W	9:00-11:00 AM	\$70/\$85		660305-E1
SA	6:00-8:00 PM	\$70/\$85	660305-D1	

LIFEGUARDING

JUNIOR LIFEGUARDING

JUNIOR LIFEGUARDING - Are you 11 to 14 years of age? Are you interested in lifeguarding? Then Junior Lifeguarding is for you! This program is designed to provide a foundation of knowledge, attitudes, and skills for future lifeguards. This foundation consists of five key areas: prevention of drowning and diving accidents, physical fitness, emergency response, leadership, and professionalism. To enter this program, you must demonstrate the ability to swim the front crawl for 25 yards, tread water for 1 minute, and swim 10 feet underwater. Please note: this class is not a Lifeguard Certification course and does not certify participants as lifeguards.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 13-JUN 17	SESSION 2 JUL 11-JUL 15
Junior Lifeguarding	M-F	9:00-11:00 AM	\$65/\$80	660303-A1	660303-B1

LIFEGUARD TRAINING

LIFEGUARD TRAINING - Participants must be 15 years of age by the last day of the course.

Pre-requisite skills required to take the course: a 300-yard swim (goggles allowed), treading water for two minutes with legs only, and a timed retrieval of a brick from the deep end (goggles are not allowed). This is a blended learning course that requires 5-7 hours of online learning prior to the in-person class. A computer with internet access is required to complete the online course content prior to the first training date.

Successful completion of this course will result in a two-year certification for Lifeguard, First Aid, and CPR/AED for Professionals. Course length is scheduled in accordance with the American Red Cross recommendations. Actual course length may vary depending on number of participants enrolled and their current skills and abilities. Please

Note: The in-water skill test will be completed at the start of the first class. Enrollment in the course does not guarantee a certificate.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 20-MAY 22	SESSION 2 MAY 23-MAY 27	SESSION 3 JUN 10-JUN 12
Lifeguard Training	F	5:00 - 8:00 PM	\$195/\$210	660300-D1		660300-F1
Lifeguard Training	SA	8:00 AM-5:00 PM				
Lifeguard Training	SU	8:00 AM-5:00 PM				
Lifeguard Training	M-F	8:00 AM-12:00 PM	\$195/\$210		660300-E1	

LIFEGUARD REVIEW

This recertification course is for currently certified lifeguards to review skills including water rescues, CPR/AED for the professional rescuer, and first aid. Participants must provide proof of valid Lifeguarding/First Aid/CPR/AED certification and pass the Lifeguard Training course prerequisites.

To successfully complete the course, participants must be actively engaged in all required final rescue skill scenarios and pass both written exams (CPR/AED/First Aid for the Professional Rescuer and Lifeguarding Skills). Upon successful completion of the course, participants will receive a two-year renewal of their certification for Lifeguarding/First Aid/CPR/AED.

NOTE: Classroom times are scheduled in accordance with the American Red Cross guidelines. Actual time will vary based on class size and participant skill levels. Enrollment in the course does not guarantee a certificate.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 22	SESSION 2 MAY 24	SESSION 3 JUN 7
Lifeguard Review	SU	8:00 AM-6:00 PM	\$85/\$100	660301-D1		
Lifeguard Review	TU	8:00 AM-6:00 PM	\$85/\$100		660301-E1	660301-F1

YOUTH AND ADULT RECREATION

WWW.AMESPARKREC.ORG

START SMART

START SMART -Ages 3-5 will learn the basic motor skills such as running, jumping, throwing, kicking, and catching through fun drills and games! Children will also improve skills such as strength and balance. Staff will lead the class while parents' partner with their child to work on the skills and play fun games! It's never too early to start learning the basics! Don't miss out on this FUN opportunity!

LOCATION: MCCARTHY LEE PARK, 3400 ROSS ROAD

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 14-JUL 21
Baseball	TU	5:00-5:55 PM	\$46/\$61	111101-1A
Baseball	TU	6:00-6:55 PM	\$46/\$61	111101-1D
All Sport	TH	5:00-5:55 PM	\$46/\$61	111101-1B
All Sport	TH	6:00-6:55 PM	\$46/\$61	111101-1C

YOUTH SAND VOLLEYBALL

YOUTH SAND VOLLEYBALL - Meg Williams and the Ames High Little Cyclones volleyball team will lead participants through volleyball drills and games in the sand. Emphasis will be on passing, serving, setting, and moving in the sand. This program is open to boys and girls.

LOCATION: GATEWAY PARK, 1500 GATEWAY HILLS PARK DRIVE

GRADE	DAY	TIMES	FEE/NR FEE	SESSION 1* JUN 6-JUL 18
3rd - 4th	M	5:30-6:25 PM	\$40/\$55	110101-1A
5th - 6th	M	6:30-7:25 PM	\$40/\$55	110101-1B

* No Class: Monday, July 4

T-BALL

We offer T-Ball at three different levels! These are great introductory programs for boys and girls ages 4-8 to learn the basic skills and rules of baseball. Each program will end with a fun scrimmage at Miracle League Field at Inis Grove Park during class on July 13 and 14. Specific information about the scrimmage will be sent to parents after the program starts. PLEASE NOTE: Participants should bring a glove so proper technique and fundamentals can be taught. Please put name on child's glove.

BLASTBALL - a fun, introductory baseball program for boys and girls ages 4-5. Instructors will lead fun drills and activities that focus on skill development. For the activities, children will partner with their parents to learn the basics of throwing, catching, and hitting. Soft balls and bats will be used for this program! Everyone will have a BLAST in this class! PLEASE NOTE: Gloves are not required for Blastball.

LITTLE SLUGGERS - This program is for boys and girls ages 5-6. Emphasis will be on basic skill development of running, throwing, catching, and hitting through fun drills and games! Children will also start to learn the basic rules of the game. Participants will start scrimmaging near the end of the season to begin understanding offense and defense.

BIG HITTERS - for boys and girls ages 6-8 that have completed Little Sluggers. Emphasis will still be on skill development, but children will progress to instructor pitch as they improve on skills. Near the end of the season, participants will scrimmage during practices.

LOCATION: O'NEIL PARK, 300 SOUTH MAPLE AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* JUN 6-JUL 18
Blastball	TU,TH	5:30-6:25 PM	\$46/\$61	110603-1D
Lil Sluggers	M,W	5:30-6:25 PM	\$50/\$65	110601-1B
Lil Sluggers	M,W	6:30-7:25 PM	\$50/\$65	110601-1C
Big Hitters	TU,TH	6:30-7:25 PM	\$50/\$65	110602-1B

* No Class: Monday, July 4

TENNIS

LITTLE, YOUTH, AND ADULT TENNIS

Lessons will be held indoors at Ames Fitness Center, 3600 University Blvd, if inclement weather. If lessons are moved indoors, the information will be posted to our hotline, 515-239-5434 and Ames Parks and Recreation Facebook page. Ben Flaherty, Recreation Manager, 515-239-5367 or ben.flaherty@cityofames.org will coordinate the program.

LITTLE TENNIS - AGES 3-5

Parents will partner with their child to learn the bare basics of tennis in a fun learning environment! This is a great way to get involved with your kids and help them learn a new skill. Ames Racquet & Fitness Center tennis pros will lead you through fun activities and game that focus on learning the fundamentals of tennis. This program requires one parent per child. Age-appropriate equipment is used so participants can be more successful!

LOCATION: MCCARTHY LEE PARK, 3400 ROSS ROAD

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 7-JUN 28	SESSION 2 JUL 5-AUG 9
Little Tennis	TU	5:30-6:00 PM	\$28/\$43	110801-1A	
Little Tennis	TU	5:30-6:00 PM	\$42/\$57		110801-2A

YOUTH TENNIS

Ames Parks and Recreation partners with Ames Fitness Center to provide a quality tennis program! This is a great introductory program for those wanting to learn the sport and improve their skills! The program will emphasize specific skills and games for each age level using the USTA quick start format. Classes are coordinated by Ames Fitness Center tennis professionals and are offered to children ages 6 to 16. If lessons move indoors, lessons will remain indoors for the rest of the morning. Tennis rackets will be provided for those not having their own.

FEEs: SESSION 1,2,3 (2 WEEKS) RESIDENT \$110 NON RESIDENT \$125
SESSION 4 (3 WEEKS) RESIDENT \$165 NON RESIDENT \$180

LOCATION: MCCARTHY LEE PARK, 3400 ROSS ROAD

AGES	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 6-JUN 16	SESSION 2 JUN 20-JUN 30
6-8 yrs	M-TH	9:00-10:00 AM	\$110/\$125	110804-1A	110804-2A
9-12 yrs	M-TH	10:00-11:00 AM	\$110/\$125	110805-1A	110805-2A
13-16 yrs	M-TH	11:00 AM-12:00 PM	\$110/\$125	110806-1A	110806-2A

AGES	DAY	TIMES	FEE/NR FEE	SESSION 3 JUL 11-JUL 21	SESSION 4 * JUL 25-AUG 11
6-8 yrs	M-TH	9:00-10:00 AM	\$110/\$125	110804-3A	110804-4A
9-12 yrs	M-TH	10:00-11:00 AM	\$110/\$125	110805-3A	110805-4A
13-16 yrs	M-TH	11:00 AM-12:00 PM	\$110/\$125	110806-3A	110806-4A

*Fee is \$165/\$180

ADULT TENNIS LESSONS

Learn or improve your tennis skills with the help of the Ames Racquet and Fitness Tennis Pros. Adults will meet at the Ames Racquet and Fitness Center Tennis Bubble. Tennis rackets will be provided for those not having their own.

LOCATION: MCCARTHY LEE PARK, 3400 ROSS ROAD

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 7-JUN 28	SESSION 2 JUL 5-AUG 9
Adult Lessons (4 weeks)	TU	6:05-7:05 PM	\$55/\$70	190800-1A	
Adult Lessons (6 weeks)	TU	6:05-7:05 PM	\$82/\$97		190800-2A

ZAMBONI EXPERIENCE

DRIVE THE ZAMBONI EXPERIENCE - Have you always dreamed of driving an ice resurfacer? The experience of a lifetime where you learn all things ice resurfacing and get to take our Olympia for a spin on the ice. This class is open to ages 18+ with a valid driver's license. The class will be broken into two sections, a classroom session where fun facts and ice maintenance will be discussed and an on-ice session where participants will be able to drive the Olympia and get a commemorative photo.

LOCATION: AMES/ISU ICE ARENA, 1507 GATEWAY HILLS PARK DRIVE

DAY	DATE	TIMES	FEE	SESSION
SA	Mar 12	5:00-7:00 PM	\$95	480901-1A
F	Apr 15	6:00-8:00 PM	\$95	480901-2A
TU	Jun 28	6:00-8:00 PM	\$95	180901-1A
W	Jul 27	6:00-8:00 PM	\$95	180901-2A

KID'S ZUMBA

KIDS ZUMBA - It's a fast-forward fusion of the Zumba program designed to let kids max out on fun and fitness at the same time. Our Zumba classes will teach kids ages 7-13 to move, have fun and dance to fun Latin music!

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 8-JUL 13
Kid's Zumba	W	3:30-4:15 PM	\$36/\$41	130601-1A

YOUTH DANCE

Youth Dance classes introduce youth to basic ballet, tap, and jazz moves, in a fun learning environment! Children will also develop large motor skills such as balance and coordination. Please dress dancers in comfortable clothes. Ballet or tap shoes are not required but may be helpful when learning tap.

LITTLE STARS - Ages 2-3

Parent-Child. Staff will teach basic dance moves through fun music and games. Parents will take an active role in this class to help their child gain more confidence and independence.

TEENY BALLET - Ages 3-4

This class is for children that do not have experience in a structured class without a parent. Basic ballet and tap movements will be learned in this class through fun music and games. Emphasis will also be on learning the language of dance.

TEENY BALLET II - Ages 3-4

This class is for children that have at least one year of experience in a structured class without a parent. Basic ballet and tap movements will be learned in this class through fun music and games. Emphasis will also be on learning the language of dance.

TINY DANCERS - Ages 5-6

Review and build on ballet and tap movements learned in Teeny Ballet. Jazz skills will be introduced. Along with continuing to learn vocabulary, dancers will learn to incorporate counting with their dance steps.

DANCE BLAST - Ages 7-9

Dancers will learn more complex ballet, tap, and jazz moves than learned in Tiny Dancers. Focus will be on combining dance moves and learning stage direction.

HIP HOP - Ages 7+

Staff will break down hip hop and street dance moves through fun music in an easy to learn environment.

LOCATION: COMMUNITY CENTER, MULTI-PURPOSE ROOM, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 7-JUL 14
Little Stars	W	1:20-1:50 PM	\$34/\$49	120501-1A
Teeny Ballet I	TU	5:00-5:40 PM	\$48/\$63	120502-1A
Teeny Ballet I	TH	2:20-3:00 PM	\$48/\$63	120502-1B
Teeny Ballet II	W	2:00-2:40 PM	\$48/\$63	120503-1A
Tiny Dancers	TU	4:10-4:50 PM	\$48/\$63	120504-1A
Tiny Dancers	W	2:50-3:30 PM	\$48/\$63	120504-1B
Dance Blast	TU	5:50-6:30 PM	\$48/\$63	120505-1A
Dance Blast	TH	3:10-3:50 PM	\$48/\$63	120505-1B
Hip Hop	W	3:40-4:20 PM	\$48/\$63	120506-1A
Hip Hop	TH	1:30-2:10 PM	\$48/\$63	120506-1B

YOUTH TUMBLING & GYMNASTICS

TUMBLE BUGS - Ages 2-3

Parent-Child. Focus is primarily on large motor skills development. Children will learn strength, balance, and coordination. Parents will partner with their child to learn skills on the floor, beam, vault, and bars! Staff will lead parents and children through activities at each event. This program requires one parent per child.

TUMBLING TYKES - Ages 3-4

Designed for small group sizes. Children will develop large motor skills and learn independence.

- log rolls, forward rolls
- walks on beam, balance
- swings, walks, and supports on bar
- tuck and straddle jumps on vault

TUMBLING TOTS - Ages 4-5

Focus is on continuing to develop large motor skills and build on skills from Tykes.

- forward/backward rolls
- Introduce cartwheels and handstands
- forward roll on bars
- tuck and staddle-ons on vault
- walks, kicks, marches on beam
- toe touches, casts, skin the cat on bars

GYMNASTICS I - This gymnastics class is offered for children age 5 and up. It is designed for young gymnasts with minimal or no previous experience. This is a great introductory class! They will learn various skills such as: forward and backward rolls, handstand & cartwheel, squat-on using the vault, walks and pivot turns on beam, pullover on bars, and strength and conditioning.

GYMNASTICS II - This class builds on skills from Gymnastics I. This class is for gymnasts who have previous gymnastics experience. Some of the skills taught are: backbends, handstand forward roll, front handsprings on vault, forward mill circle on bars, cartwheel on beam, and strength and conditioning.

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* JUN 6-JUL 18
Tumble Bugs	M	10:40-11:10 AM	\$32/\$47	120601-1A
Tumble Bugs	TU	10:25-10:55 AM	\$32/\$47	120601-1B
Tumble Bugs	W	10:00-10:30 AM	\$32/\$47	120601-1C
Tumbling Tykes	M	10:00-10:30 AM	\$35/\$49	120603-1A
Tumbling Tykes	TU	9:00-9:30 AM	\$35/\$49	120603-1B
Tumbling Tykes	W	10:40-11:10 AM	\$35/\$49	120603-1C
Tumbling Tots	TU	9:40-10:20 AM	\$39/\$54	120604-1B
Tumbling Tots	W	11:15-11:55 AM	\$39/\$54	120604-1C
Gymnastics I	M,W	1:40-2:25 PM	\$59/\$74	120605-1A
Gymnastics I	M,W	2:35-3:20 PM	\$59/\$74	120605-1B
Gymnastics I	TU,TH	4:00-4:45 PM	\$59/\$74	120605-1C
Gymnastics II	M,W	3:30-4:15 PM	\$59/\$74	120606-1A
Gymnastics II	TU,TH	4:55-5:40 PM	\$59/\$74	120606-1B

* No Class: Monday, July 4

CAMP

This program offers six weeks of guaranteed fun! Each week, children grades K - 6 will participate in age-appropriated themed activities, games, arts and crafts, special events and trips to Furman Aquatic Center. The theme is different each week so activities will vary from week to week. Pick one week that sounds the most fun or pick them all! Camp meets Monday - Thursday from 1:00 PM - 5:00 PM at Inis Grove Park, Shagbark Shelter. On Fridays, we will spend the whole time at Furman Aquatic Center. In case of rain or high heat, camp will meet at the Ames/ISU Ice Arena or Municipal Indoor Pool. Cancellations will be posted one hour prior to the start of camp on our hotline, 515-239-5434 and Facebook page.

JUNIOR CAMPERS: Entering Grades K-1

CAMP FUNSHINE: Entering Grades 2-4

CAMP EXPLORERS: Entering Grades 5-6

THEMES

SESSION 1: CHAMPION CAMPERS - Campers will participate in teams and as individuals in classic games and even create their own!

SESSION 2: TIME TRAVELERS - Explore and learn about history along with creating time capsules and time machines.

SESSION 3: FUN AND FITNESS - Campers will have fun participating in games, sports, obstacle courses, and fitness.

SESSION 4: HEROES AND SUPERHEROS - Campers will design and create their superhero costume along with mastering their superhero skills!

SESSION 5: SURF'S UP - Have fun with water games, activities, and crafts.

SESSION 6: CARNIVAL - This week is all fun and games with a carnival on Thursday!

LOCATION: INIS GROVE PARK, 24TH & DUFF

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 13-JUN 17	SESSION 2 JUN 20-JUN 24	SESSION 3 JUN 27-JUL 1
Campers, Jr	M-F	1:00-5:00 PM	\$68/\$83	170100-1A	170100-2A	170100-3A
Camp Funshine	M-F	1:00-5:00 PM	\$68/\$83	170200-1A	170200-2A	170200-3A
Camp Explorers	M-F	1:00-5:00 PM	\$68/\$83	170300-1A	170300-2A	170300-3A

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 4 JUN 11-JUN 15	SESSION 5 JUL 18-JUL 22	SESSION 6 JUL 25-JUL 29
Campers, Jr	M-F	1:00-5:00 PM	\$68/\$83	170100-4A	170300-5A	170300-6A
Camp Funshine	M-F	1:00-5:00 PM	\$68/\$83	170200-4A	170200-5A	170200-6A
Camp Explorers	M-F	1:00-5:00 PM	\$68/\$83	170300-4A	170100-5A	170100-6A

TAE KWON DO

TAE KWON DO - This popular martial arts class is open to individuals aged 8 and older. Focus the mind and strengthen the body in Tae Kwon Do! Promoting leadership and cooperation among individuals, Tae Kwon Do also enhances self-confidence, balance, flexibility, and physical endurance.

Beginner – White Belt
 Intermediate – Yellow – Green Belt
 Advanced - Blue Belt and above

TKD ALL LEVELS - Our All Levels class is open to all TKD students.

TKD COMPETITION CLASS - This class is a great way for students to learn and practice Tae Kwon Do forms and spar in preparation for competition! Participants must be at least a yellow belt to register.

TKD DRAGON BEGINNERS - This class is designed for students 5 - 7 years of age. Basic Tae Kwon Do will be taught through games and age-appropriate practical exercises. The focus will be on coordination, balance flexibility and following directions.

Dragon Beginners - White Belt
 Dragon Intermediate - Yellow, Green, & Blue Belts

Please note: The registration fee covers class instruction. Testing opportunities are held throughout the year. A dobok uniform is only required for testing and is not included in the registration fee.

Session 1: 8 weeks Res/NR Fee \$32/\$37
 Session 2 & 3: 6 weeks Res/NR Fee \$26/\$31

LOCATION: WRESTLING ROOM, AMES MIDDLE SCHOOL, 3915 MORTENSEN ROAD

CLASS	DAY	TIMES	FEE	SESSION 1* MAR 8-MAY 8	SESSION 2** MAY 10-JUN 19	SESSION 3*** JUN 21-JUL 31
Dragon Beginner	SU	3:45-4:15 PM	see above	530410-2A	510410-1A	510410-2A
Dragon Beginner	SU	4:30-5:00 PM	see above	530410-2B	510410-1B	510410-2B
Dragon Intermediate	SU	5:15-6:00 PM	see above	530411-2A	510411-1A	510411-2A
Beginner	TU	6:00-7:00 PM	see above	530401-2A	510401-1A	510401-2A
Beginner	TH	6:00-7:00 PM	see above	530401-2B	510401-1B	510401-2B
Intermediate	TU	7:00-8:00 PM	see above	530402-2A	510402-1A	510402-2A
Intermediate	TH	7:00-8:00 PM	see above	530402-2B	510402-1B	510402-2B
Advanced	TU	8:00-9:00 PM	see above	530403-2A	510403-1A	510403-2A
Advanced	TH	8:00-9:00 PM	see above	530403-2B	510403-1B	510403-2B
All Levels	SU	6:00-7:00 PM	see above	530404-2A	510404-1A	510404-2A
Competition	SU	7:00-8:00 PM	see above	530405-2A	510405-1A	510405-2A

* No Class: Sunday-Thursdays, March 13-17

** No Class: Sunday, May 29

*** No Class: Sunday, July 3

SPORT LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

GOLF LEAGUES

Online registration is available for all golf leagues at www.amespark.rec.org and to register over the phone you may call Homewood Golf Course (Opens April 1, weather permitting) or the Community Center. All leagues are played at Homewood Golf Course, 401 E 20th St

YOUTH GOLF LEAGUE

YOUTH GOLF LEAGUE - Open to ages 8 - 18 included in the league is play, a year-end party, and an awards ceremony with prizes and food. Participants should have an understanding of golf rules and etiquette along with playing on a course before.

Registration Deadline: Monday, June 6

League Play: Wednesday mornings with tee times beginning at 8:00 AM.

League Dates: June 8 - July 27, 2022

League Fee: \$45 per person. Participants also pay a reduced green fee of \$12.00 each week.

COUPLES GOLF LEAGUE

COUPLES GOLF LEAGUE - This enjoyable league is open to all levels of golfers. Handicaps are assigned to golfers. Socialization and recreation are key ingredients of this league. Weekly contests, prizes, a season-ending tournament, and an end of season meal are all part of this league.

Registration Deadline: Thursday, April 28

League Play: Tuesday evenings with with shotgun start at 6:00 PM.

League Dates: May 3 - July 26, 2022

League Fee: \$80 per couple. Participants also pay green fees each week.

MEN'S GOLF LEAGUE

NEW!

MEN'S GOLF LEAGUE - Brand new this year! Men's League at Homewood Golf Course. League is Monday evenings shotgun start at 6 PM. Two player teams and individual handicaps will be assigned. Weekly flag prizes, season ending tournament, and an end of season meal are all part of this league.

Registration Deadline: Thursday, April 28

League play: Monday evenings with shotgun start at 6:00 PM.

League dates: May 2 - August 1, 2022. No League: Monday, May 30 and July 4

Registration Fee: \$40 per person. Participants also pay green fees each week.

HOW TO REGISTER

You can register for golf leagues online, or by calling Homewood Golf Course at 515-239-5363 or the Community Center at 515-239-5350. A Household ID is needed to register online.

Request Household ID

Golf League Registration

If you would like information on the Thursday Morning Women's League at Homewood, please contact Carol Payne at carolcoxpayne@gmail.com.

ADULT SPORTS LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

CO-ED SOCCER LEAGUE

The fee to play in the summer soccer league will be \$89.00/game (number of games up to 10) will be determined at manager's meeting). An additional \$15 will be added for each non-resident on the team.

LEAGUE FORMAT:

Coed 8 vs. 8 Adult League

Each gender shall be represented on the playing field (at least 2 females must be on the field at all times)

Participants shall be 17+ years of age

GAME INFORMATION:

22-minute quarters. 5-minute breaks between quarters. 5-minute breaks between halves. Games will be held at 1:00, 3:00 and 5:00 on Sundays. Additional games are played at 6:30 on Wednesday evenings. Two referees will be provided at all games

DIVISIONS:

Teams should sign up based on their desired level of play.

Division 1 Competitive

Division 2 Recreational

UNIFORM: Teams must provide their own jerseys for the season. Jerseys must be matching in color and have a printed number on the back. Any team not in compliance by the first game will forfeit their games until this requirement is met.

LEAGUE RULES AND EXCEPTIONS

HOW TO REGISTER

Team registration only; individual registrations will not be accepted. Individuals may join player pool on website or use the player pool registration link below.

ADULT SOCCER REGISTRATION FORM

ADULT SOCCER ROSTER FORM

2022 MANAGER MEETINGS, DEADLINES, & DATES TO REMEMBER:

League Dates: Season Starts: Wednesday, June 1

Fees Due: Wednesday May 25

Registration Deadline: May 15, 2022

Location: North River Valley Park, 725 E 13th St

Managers' Meeting: Week of May 16 via Zoom.

WANT TO PLAY IN A LEAGUE, BUT DON'T HAVE A TEAM?

Sign up for the sports/leagues you are interested in playing. This list is emailed out to team managers throughout the season in case they need extra players. If you are needed, managers will contact you directly. Entering your name in the player pool does not guarantee that you will be on a team.

PLAYER POOL REGISTRATION

ADULT SPORTS LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

SOFTBALL

Registrations for Summer 2022 softball teams are due Sunday, March 31.

12" MEN'S LEAGUES AVAILABLE

12" Men's Leagues Available
C2 (TH); C3 (TU); C4/C5 (W)
Approximate Dates: April 25 - July 14
Approximate number of games: < 20+

CO-ED LEAGUES AVAILABLE

C1 (F); C2 (F); C1/C2 (SU); C3 (SU); C4 (SU)
Approximate Dates: April 22-July 17
Approximate number of games: 16-20

LEAGUE	# OF GAMES	COST/GAME
MEN'S	10-15	\$33
MEN'S	16-18	\$32.50
MEN'S	19-21	\$32
MEN'S	22+	\$31.50
CO-ED	16-18	\$31.50

NOTES: Games scheduled 6:00-10:00 PM (M-F) and 1:00-8:00 PM (Sun) at North/South River Valley Parks. All players must be 17 years of age. Estimated cost per player for a 21-game season (15 players on a team) including USA Softball Fees Resident = \$2.24 per game

HOW TO REGISTER

Use the links below to register a team. To view more information about participating in adult softball use the link below to go to the Adult Softball information page on our website.

SUMMER SOFTBALL TEAM REGISTRATION

TEAM ROSTER FORM

SUMMER SOFTBALL INFORMATION

2022 MANAGER MEETINGS, DEADLINES, & DATES TO REMEMBER:

League Registration Deadline: (Registration form & roster due: March 31
Men's & Co-Ed Managers' Meeting: TBD
League Fees, USA Softball Fees & Non-resident Fees due: Tuesday, April 12
Pre-Season Games (Men's Leagues): Wednesday, April 20
Regular Season Games: April 25 (Men's), April 22 (Co-ed)
Iowa Games: (Adult) July 23 - 24 (Youth) July 30 - 31

WANT TO PLAY IN A LEAGUE, BUT DON'T HAVE A TEAM?

Sign up for the sports/leagues you are interested in playing. This list is emailed out to team managers throughout the season in case they need extra players. If you are needed, managers will contact you directly. Entering your name in the player pool does not guarantee that you will be on a team.

PLAYER POOL REGISTRATION

ADULT SPORTS LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

SAND VOLLEYBALL

6 on 6 matches are played at Inis Grove Park Sand Volleyball Courts (2500 Duff Ave.) at 6:00, 6:50, 7:40, and 8:30 PM
 4 on 4 matches are played at Inis Grove Park Sand Volleyball Courts (2500 Duff Ave.) on Sunday afternoons starting at 4:00 PM (times are flexible for this league)
 All players must be 17 years of age.

LEAGUE	LEVELS OF PLAY	GAME NIGHTS	SEASON LENGTH	FEES
6 ON 6				\$18/MATCH
COED	(C-) RECREATIONAL	MONDAY	MAY 16 - JULY 18	
COED	(B) COMPETITIVE	TUESDAY	MAY 17 - JULY 12	
COED	(C) RECREATIONAL	WEDNESDAY	MAY 18 - JULY 13	
COED	(C+) SEMI-COMPETITIVE	THURSDAY	MAY 29 - JULY 14	
4 ON 4				\$80/TEAM
COED	(A) COMPETITIVE	SUNDAY	MAY 22 - JULY 24	
COED	(B) RECREATIONAL	SUNDAY	MAY 22 - JULY 24	
2 ON 2				\$24/PLAYER
MEN'S		MONDAY	MAY 16 - JULY 11	
WOMEN'S		WEDNESDAY	MAY 18 - JULY 6	

HOW TO REGISTER

6 ON 6 / 4 ON 4 REGISTRATION FORM

6 on 6 teams participating in the optional season ending tournament will pay an additional \$40 tournament fee.

2 ON 2 INFORMATION

Teams consist of 2 men or 2 women. Season runs May 16 - July 11. Men play on Mondays, Women on Wednesdays. Registration fee is \$24 per individual. You will need a permanent partner in this league and each partner will register individually. Play takes place at Lloyd Kurtz Park (3710 Hyde Ave)

You can register for 2 on 2 online or call the Community Center at 515-239-5350. A Household ID is needed to register online.

REQUEST HOUSEHOLD ID

2 ON 2 REGISTRATION

2022 MANAGER MEETINGS, DEADLINES, & DATES TO REMEMBER:

League Registration Deadline (Registration & Roster due): April 28
 4 on 4 Manager's Meeting Location TBD: Week of May 2
 6 on 6 Manager's Meeting Location (TBD): Week of May 2
 4 on 4 and 6 on 6 League Fees due: One week prior to first game

ADULT SPORTS LEAGUES INFORMATION

WWW.AMESPARKREC.ORG

ULTIMATE FRISBEE

Are you looking for a fun yet competitive sport, then Ultimate Frisbee is right for you! We are excited to offer this league for participants 16 years of age and older. The league is open to all skill levels, from beginner to advanced. Participants will register individually and fill out a self-assessment on their disc skills, experience, and availability. Staff will put together teams based on this information to create equal competition. This self-officiated league will play on Monday evenings. Participants will receive a team t-shirt.

HOW TO REGISTER

Register online or call the Community Center at 515-239-5350. A Household ID is needed to register online: if you do not have an account, please click on the link below to request a Household ID.

REQUEST HOUSEHOLD ID

ONLINE REGISTRATION

After registering for Ultimate Frisbee, please complete the skill assessment.

SKILL ASSESSMENT FORM

2022 CAPTAIN MEETING, DEADLINES, & DATES TO REMEMBER:

League Dates: Mondays, May 16 through Aug 1, 2022

Fee: \$39/Player (Resident) \$54/Player (Non-Resident)

Registration Deadline: May 3, 2022

Location: North River Valley Park, 725 E 13th St

Captains' Meeting: TBD Rec Admin Office, 1500 Gateway Hills Park Dr

WATER POLO

Water Polo is an exciting and fast-paced game. This program welcomes experienced and novice players. Scrimmages will be used to help participants learn ball handling, shooting, and player positions as well as several types of treading for maximum agility in the game. Participants must be at least 16 years of age and be comfortable swimming in deep water. Equipment is provided.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

HOW TO REGISTER

You can register for water polo online, or by calling the Community Center at 515-239-5350. A Household ID is needed to register online.

REQUEST HOUSEHOLD ID

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 1-AUG 17
Water Polo	W	8:00-9:00 PM	\$37/\$42	190400-1A

WANT TO PLAY IN A LEAGUE, BUT DON'T HAVE A TEAM?

Sign up for the sports/leagues you are interested in playing. This list is emailed out to team managers throughout the season in case they need extra players. If you are needed, managers will contact you directly. Entering your name in the player pool does not guarantee that you will be on a team.

PLAYER POOL REGISTRATION

MIRACLE LEAGUE INFORMATION

WWW.AMESPARKREC.ORG

MIRACLE LEAGUE

MIRACLE LEAGUE (AGES 5 AND OLDER) - Ames Parks & Recreation is excited to offer Miracle League for youth and adults with disabilities! In the Ames Miracle League, everyone bats, everyone scores, and every game ends in a tie!

Youth (five years of age and older) and adults with special needs are eligible to play in this coed, non-competitive baseball league. Teams will be formed after registration is completed. Team rosters and game schedules will be emailed a week before first game. Games will be played at Miracle League Field, Inis Grove Park. Games will start at 9 AM each Saturday. Bats will be provided. Players are encouraged to bring their own bats, glove, and helmet if desired.

Location: Miracle Field at Inis Grove Park, 24th & Duff

Games Played: Saturdays 9:00 - 11:00 AM

Program Dates: May 7 - June 18 (no games on Saturday, May 28, 2022)

Fee: \$10.00

HOW TO REGISTER

HOW TO REGISTER

Register online or call the Community Center at 515-239-5350. A Household ID is needed to register online; if you do not have an account, please click on the link below to request a Household ID.

REQUEST HOUSEHOLD ID

ONLINE REGISTRATION

Register before April 17 to guarantee a Jersey on opening day.



PARK FACILITY RESERVATIONS

WWW.AMESPARKREC.ORG



SHELTERS

Shelters are available for rent in the parks listed below.

BROOKSIDE PARK

1325 6th St.

DALEY PARK & GREENBELT

340 Wilder Blvd

EMMA MCCARTHY LEE PARK

3400 Ross Rd

INIS GROVE PARK

2500 Duff Ave

MOORE MEMORIAL PARK

3050 Northridge Parkway

RIVER VALLEY PARK

725 E 13th St

The rental fee is \$17.00/hour with a two-hour minimum. Shelters may be reserved for use on any dates from approximately April 15 - October 15.

[VIEW PARK SHELTER AVAILABILITY/ONLINE RESERVATIONS](#)

PARK RULES

WEDDINGS IN THE PARK

SOFTBALL DIAMONDS

Softball Diamonds are available in River Valley Park and O'Neil Park and may be reserved by the general public approximately April 15 - October 15 of each year.

- Unlighted diamonds are \$10.00/hour (River Valley Diamonds 1-4 and O'Neil Park).
- River Valley Diamonds 5 & 6 have an additional \$5.00/hour fee for lighting after 8:00 PM.
- Full maintenance, including lines are available for \$25/diamond/time in addition to the hourly fee.

SAND VOLLEYBALL COURTS

- Single Sand Volleyball Courts are available for \$10 per hour in Brookside Park, Emma McCarthy Lee Park, Lloyd Kurtz Park.
- Multiple Sand Volleyball Courts are available in Emma McCarthy Lee Park and Gateway Hills Park. The base fee for these courts is \$10/hour. Lighted courts are available at Inis Grove. Additional charges will apply for lights (2 courts required for reservation) and sand grooming.

BASEBALL DIAMONDS

Baseball Diamonds in Brookside Park may be reserved April 15 - October 15 of each year.

- Field 7 (Former Ames High Diamond) is \$15.00/hour. Full maintenance, including lines is available for \$45 per time in addition to the hourly fee.
- Field 8 and 9 (Little League Diamonds) are \$10.00/hour. Full maintenance, including lines are available for \$25/diamond/time.

TENNIS COURTS

Tennis Courts are available for \$7.00/hour and are available in Brookside Park, Inis Grove Park and Emma McCarthy Lee Park.

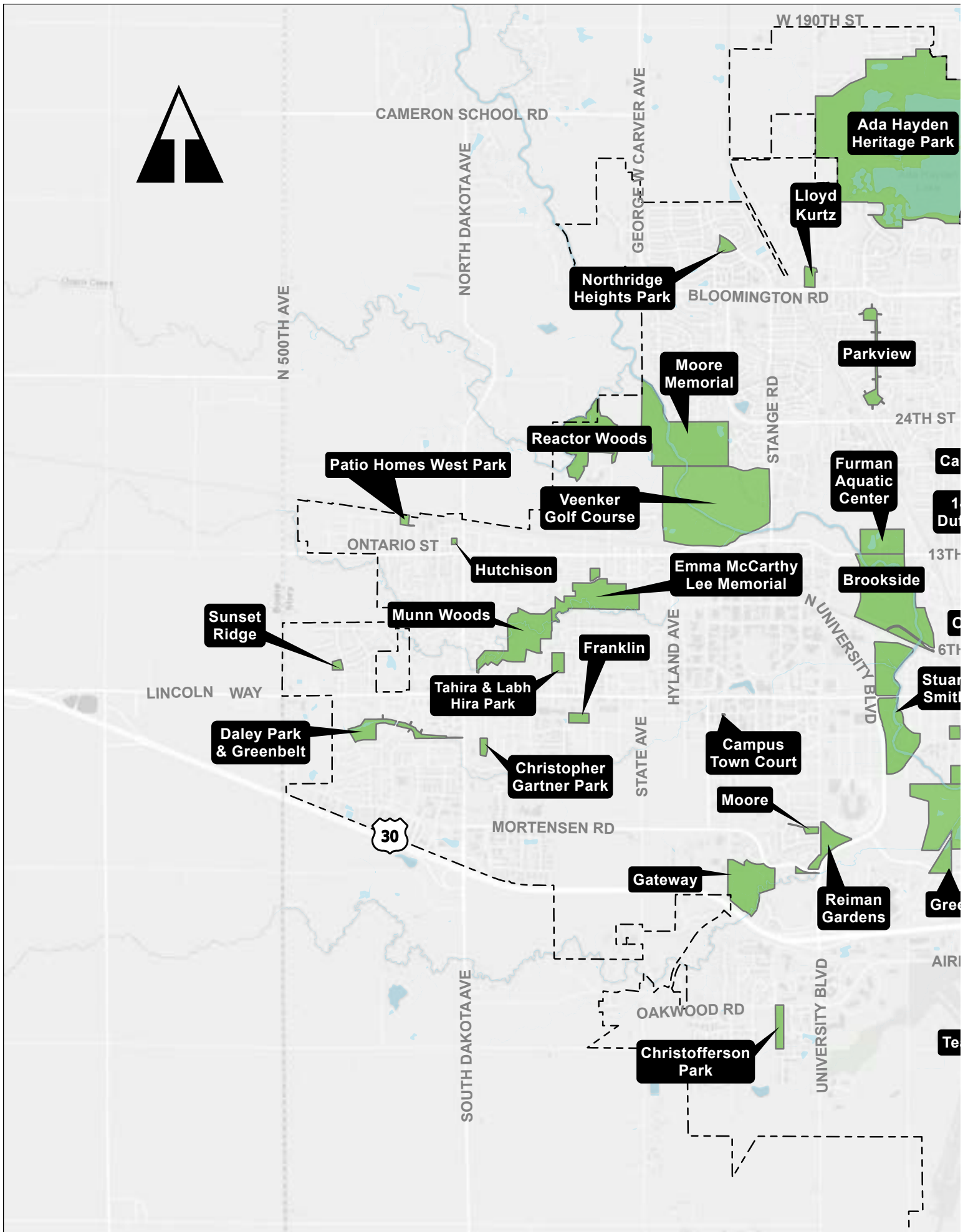
PLEASE CALL 515.239.5350 FOR SHELTER, DIAMOND, COURT, SAND GROOMING, TOURNAMENT AND FULL MAINTENANCE RESERVATIONS.

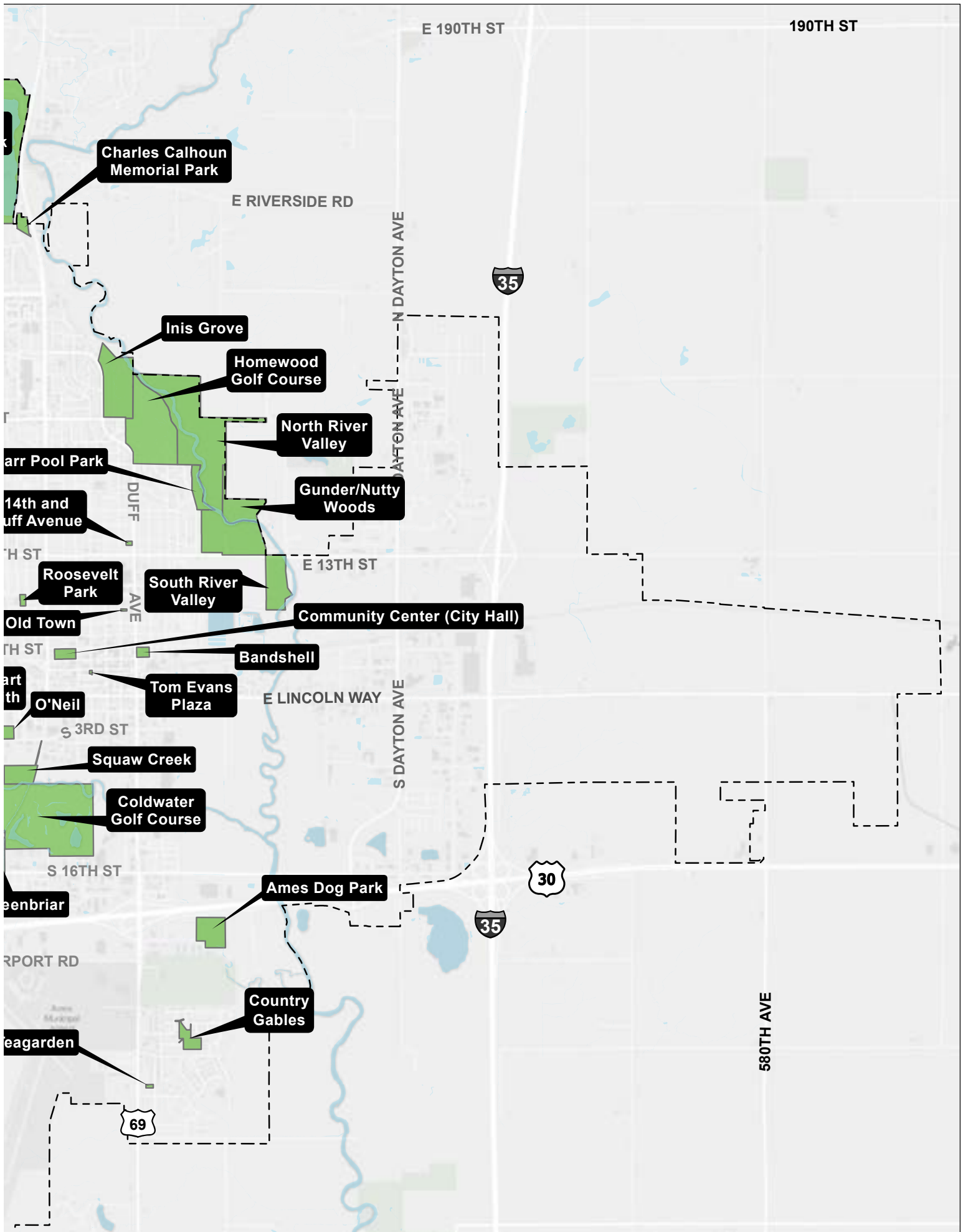


515.239.5350

www.AmesParkRec.Org

	ACRES	YEAR ACQUIRED	BALL FIELDS	BASKETBALL COURTS	BOAT ACCESS	BUS ROUTE	COMMUNITY GARDEN	COVERED SHELTER FREE USE	COVERED SHELTER W/ ELECTRIC (RENTAL FEE)	FISHING	HORSE SHOES	ICE SKATING	NATURE AREA	OFF STREET PARKING	OPEN GREEN SPACE	PAVED BIKE PATH	PICNIC AREA	PLAYGROUND	RESTROOMS	SAND VOLLEYBALL COURTS	TENNIS COURTS	WADING POOL	WALKING PATH
HUTCHISON 4517 HUTCHISON ST	1	1967		X		X							X	X		X	X	X					X
INIS GROVE 24TH & DUFF AVE	42	1949		X		X		X	X				X	X	X	X	X	X		X			X
IOWAY CREEK S MAPLE & S 4TH ST	40	1989					X							X									X
LLOYD KURTZ BLOOMINGTON RD & HYDE	4.5	1998		X		X		X						X	X	X	X	X		X			X
MOORE 1101 BEACH AVE	2	1964		X		X								X	X	X	X	X					X
MOORE MEMORIAL 3050 NORTHRIDGE PKY	50	1987		X					X	X			X	X	X	X	X	X					X
MUNN WOODS 401 HICKORY DR	40	1991											X	X									X
NORTHRIDGE HEIGHTS STANGE & HARRISON RD.	4.5	2012		X				X						X	X	X	X	X					
OLD TOWN 826 DOUGLAS AVE	0.5	1984																					
O'NEIL 300 S MAPLE AVE	2.5	1941		X		X									X	X	X	X					
PARKVIEW 2501 PIERCE	12	1967		X											X	X	X	X					
PATIO HOMES WEST 1515 IDAHO	2	1979		X		X		X							X	X	X	X					X
RIVER VALLEY 725 E 13TH ST	60	1965		X	X				X	X	X		X	X	X	X	X	X					X
ROOSEVELT PARK 9TH & ROOSEVELT	1.3	2013		X		X		X							X	X	X	X					X
SOUTH RIVER VALLEY 1200 E 13TH ST	17	1967		X				X				X		X	X	X	X	X					X
STUART SMITH UNIVERSITY BLVD & S 4TH ST	41	LEASED				X								X	X	X	X	X					X
SUNSET RIDGE	1.3	2020						X							X								
TEAGARDEN 3501 EMERALD DRIVE	1	1967				X																	
TOM EVANS PLAZA BURNETT & MAIN	0.25	1989															X						





HOMEWOOD GOLF COURSE INFORMATION

WWW.AMESPARKREC.ORG



WE OFFER ONLINE AND MOBILE TEE TIME RESERVATIONS!

Book tee times as a guest or with your Parks and Recreation account or for clubhouse rentals, golf outings, or more information contact:
Nate Pietz, Recreation Manager
Nate.Pietz@cityofames.org
515.239.5363

SEASON PASSES 2022

Adult Pass	\$520.00
Junior Pass(17 and under)	\$230.00
Senior Pass 62+	\$460.00
Senior 90+	FREE
Senior Couple (Married)	\$630.00
Couple (Married)	\$725.00
Family (4 Members) Each additional member \$198.00	\$882.00
ISU Student Spring Pass (April-May)	\$160.00
ISU Student Fall Pass (Aug-Oct)	\$160.00

DAILY ADMISSION GREEN FEES

WEEKDAYS	9 HOLES	18 HOLES
Opening to 3:00 PM	\$14.00	\$19.00
3:00 PM to Close	\$17.00	\$22.00
10 Round Punchcard	\$160.00	---
WEEKENDS AND HOLIDAYS		
Open to Close	\$19.00	\$25.00

HOMEWOOD GOLF COURSE INFORMATION

WWW.AMESPARKREC.ORG

SPECIALS GREEN FEES

Parent/Grandparent *and* Child(17and under) \$10.00 per person
Noon - 3:00 PM Tuesdays, 4:00 PM to Close Sundays

EQUIPMENT RENTALS	9 HOLES	18 HOLES
Pull Cart Rental	\$4.00	N/A
Golf Cart Rental	\$11.00 per seat	\$16.00 per seat
Golf Cart Rental Punchcard, (20 punches for the price of 19)	\$209.00	---

GOLF TOURNAMENTS/OUTINGS

Private tournaments/outings are always available for your group, business or organization at affordable rates. No matter how large or small your group, you will enjoy golfing at Homewood.

CLUBHOUSE EVENTS

- Birthday Parties • Work Outing • Family Reunion • Class Reunion • Bachelor/Bachelorette Parties • Graduations

Room	Occupancy	Fee	Availability
Community Room	80 people	\$100/hour	Year Round
Pro Shop	24 people	\$50/hour	November 1 - March 31
Community Room and Pro Shop	104 people	\$125/hour	November 1 - March 31



FOR MORE INFORMATION OR RENTAL INQUIRIES, PLEASE CONTACT NATE PIETZ,
RECREATION MANAGER, NATE.PIETZ@CITYOFAMES.ORG OR 515.239.5363

AMES/ISU ICE ARENA INFORMATION

WWW.AMESPARKREC.ORG



For ice rentals or more information contact:

Taylor Bassett,

Ice Arena Manager

taylor.bassett@cityofames.org

515.292.6835



facebook.com/AmesISUIceArena/



@amesisuiceArena



amesisuiceArena

ADMISSION TYPE & FEES

Youth (Age 15 & under)	\$5.00
Adult (Age 16 & above)	\$6.00
Skate Rental (All ages)	\$3.00
Skate Sharpening Overnight	\$6.00
Skate Sharpening Same Day	\$8.00
Group Rate (20 or more)	\$4.00

DISCOUNT PUBLIC SKATING VISIT CARDS (12 VISITS FOR THE PRICE OF 11 VISITS)

Youth (12 Sessions)	\$55.00
Adult (12 Sessions)	\$66.00

SPECIALTY ADMISSION TYPE & FEES

Pick up Hockey	\$12.00: 1.5hr
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A more organized hockey session. Teams are formed on site.
Full hockey gear is required.

Figure Freestyle	\$12.00: 1.5hr
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Designed to give skaters a chance to practice competitive routines.
There is more room on the ice to execute jumps and work on basic skills.

Stick and Helmet	\$12.00: 1.5hr
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Gives hockey players an opportunity to work on their
stick-handling and skating skills.
Only a helmet and skates are required on the ice. No games are allowed.

Discount Visit Cards (6 sessions for the price of 5)	\$60.00
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AMES/ISU ICE ARENA INFORMATION

WWW.AMESPARKREC.ORG

PRIVATE RENTAL

TYPE	CURRENT FEE	JUNE 1, 2022
Prime Time M-F 3:00 PM-Midnight; Sat/Sun 7:00 AM-Midnight	\$295.47/hr	\$310.24/hr
Non-Prime Time	\$231.53/hr	\$243.10/hr
Broomball Sticks and Helmets	\$50.00	\$50.00

THE IGLOO ROOM

The Igloo is the perfect room to host a birthday party, meeting or social for ice skating, hockey or broomball enthusiasts. You can reserve the Igloo for \$30.00 per hour. Special group rates are available. Party packages are available.

BIRTHDAY PACKAGES

1 \$160

- 8" Dairy Queen Ice Cream Cake
- 3 Large 1 Topping Pizzas
- 3 Pitchers of Pop
- Admission for up to 10 skaters
- Skate Rental for up to 10 skaters

2 \$205

- 10" Dairy Queen Ice Cream Cake
- 4 Large 1 Topping Pizzas
- 4 Pitchers of Pop
- Admission for up to 15 skaters
- Skate Rental for up to 15 skaters

3 \$260

- Dairy Queen Ice Cream Sheet Cake
- 5 Large 1 Topping Pizzas
- 5 Pitchers of Pop
- Admission for up to 20 skaters
- Skate Rental for up to 20 skaters

Would you like some pizza while you skate? Call ahead or ask us about pizzas. We keep them hot and fresh while you skate!



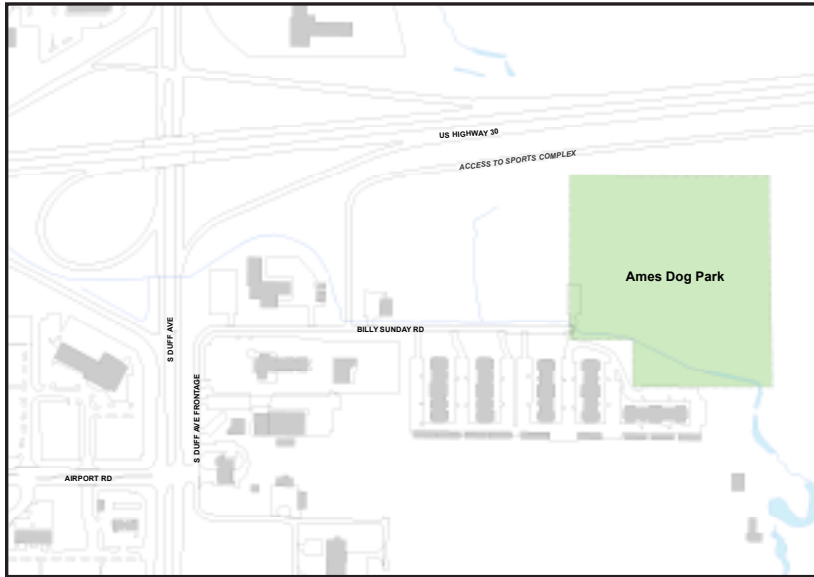
**Want to drive a Zamboni?
see page 20**



**FOR MORE INFORMATION OR RENTAL INQUIRIES, PLEASE CONTACT TAYLOR BASSETT,
ICE ARENA MANAGER, TAYLOR.BASSETT@CITYOFAMES.ORG OR 515.292.6835**

AMES DOG PARK

WWW.AMESPARKREC.ORG



The dog park is an exciting outdoor fenced facility for dog lovers and their dogs. The City of Ames offers an opportunity for dogs to play “off-leash” in a designated 10-acre dog park. The dog park is located at 605 Billy Sunday Road. Billy Sunday Road is located off South Duff Avenue, behind the City’s Animal Shelter. The Dog Park is comprised of two areas: a 2-acre area for dogs less than 25 pounds and an 8-acre area for larger dogs. To utilize the Dog Park, owners must provide a current rabies vaccination certificate and purchase a Facility Use Permit Tag.

HOURS: DAILY FROM 6 AM TO SUNSET

PERMIT TAGS

FACILITY USE PERMIT TAGS MAY BE PURCHASED AT:

COMMUNITY CENTER AT CITY HALL
515 Clark Avenue (515-239-5350)
Monday through Friday: 6 AM to 8 PM
Saturday: 8 AM to 1 PM Sunday: 3 to 7 PM

AMES ANIMAL SHELTER
325 Billy Sunday Rd (515-239-5530)
Monday and Saturday Noon-4:00 PM
Tuesday through Friday Noon-5:30 PM

DOG PARK FACILITY USE PERMIT FORM (Fillable PDF)

DOG PARK LIABILITY WAIVER (Fillable PDF)

Please attach your dog’s current rabies vaccination certificate to the email of your Facility Use Permit or Waiver Form. If you don’t have an electronic copy, please bring the certificate when you purchase your tag. We cannot assign a tag to your dog without this certificate on file. Thank you

Only the biodegradable bags provided can be used for the dog waste tubes. Please use the bags provided. Thank you for your cooperation!



DOG PARK FEES

		1ST DOG	2ND DOG
Resident	January - December	\$48.00	\$24.00
Resident	April - December	\$36.00	\$18.00
Resident	July - December	\$24.00	\$12.00
Non Resident	January - December	\$64.00	\$32.00
Non Resident	April - December	\$51.75	\$25.75
Non Resident	July - December	\$40.00	\$20.00
Resident	One Day Pass	\$5.00	\$2.50
Non Resident	One Day Pass	\$7.00	\$3.50
Resident	One Week Pass	\$10.00	\$5.00
Non Resident	One Week Pass	\$14.00	\$7.00

PLEASE NOTE:

To ensure that the turf and facility are well maintained, the Dog Park will be closed annually during the 3rd week of September. (Monday through Friday)

We shut off the water and winterizing throughout the park system starting October 15th. If you visit a park after this date, the water fountains and restrooms will not be available for use. This includes the Dog Park. Please remember to bring water and a bowl your dog when you visit the dog park. Thanks!



FOR MORE INFORMATION, PLEASE CONTACT THE COMMUNITY CENTER AT 515.239.5350
OR THE AMES ANIMAL SHELTER AT 515.239.5530

COMMUNITY CENTER INFORMATION

WWW.AMESPARKREC.ORG



515 Clark Ave
515.239.5350

More information contact:
Craig Kaufman,
Auditorium, Bandshell and
Community Center Manager
Craig.Kaufman.@cityofames.org
515-239-5365

To view monthly schedule go to
www.CityOfAmes.org/PRCalendars

OPEN GYM DAILY ADMISSION FEES

Adult Open Gym (ages 18 and over)	\$2.25
Youth Open Gym (ages 17 years and under)*	\$2.00
Adult Open Badminton	\$2.25
Adult Open Volleyball	\$2.25
Adult Open Pickleball	\$2.25

*Children 8 and under must be supervised during open gym

WEIGHT ROOM/CARDIO ROOM FEES

Orientation	\$15.00
10 Visit Package	\$40.00
30 Visit Package	\$90.00
50 Visit Package	\$125.00
100 Visit Package	\$200.00

The Ames Parks and Recreation Community Center is a full service facility consisting of the Ames City Auditorium, Multi-Purpose Room, Gymnastics Room, Aerobics Room, Weight Room, Cardio Room, Locker Rooms, and the Community Center Gym. We offer a variety of recreation activities, classes and programs including Play Pals, SilverSneakers, Badminton, Pickleball, Adult and Youth Volleyball, Dance, Gymnastics, Adult and Youth Basketball, and over 50 fitness classes per week. The Ames Parks and Recreation Office is also located at the Community Center and is open for league payments, registrations, dog tag sales, and other Ames Parks & Recreation business while the center is open.