

INDEX

ADULT

Indoor Walking
Coed Volleyball Leagues
Women's Volleyball Leagues
Women's 4 on 4 Volleyball
Open Gym Volleyball
Adult Open Gym Basketball
Fencing
Beginning Aikido

YOUTH THROUGH HIGH SCHOOL

Jr Tiger Basketball Program
Jr Jazz Basketball Program
5th & 6th Grade Volleyball
USA Wrestling
Lander Youth Bowling
Library Story Time, and Toddler Time
Super Sitters
Easter Egg Hunt

WINTER ACTIVITIES

Ice Skating
Drop In Ice Hockey
Youth Hockey

SWIM POOL AND WEIGHTS

Swim Lessons
Recreation Swim Time
Water Aerobics
Lander Swim Club
Pool Weight Schedule

OTHER RECREATION SERVICE PROVIDERS

Lander Baseball Association
Lander Valley Youth Soccer
Lander Strikers Soccer Club
Lander Junior Football League
Lander Tennis Club
Lander Swim Club
Lander Youth Bowling
Adult Softball
Girls Softball
Wind River Shotokan Karate Club
Blue Victory TaekwonDo
Anytime Fitness Center
Olympic Style Sword Fencing Club
Kindermusik
Rummel Dance Studio
Dance Academy
Lander Art Center

REGISTRATION

Registration will be held from 8:00 a.m. to 5:00 p.m. Monday thru Friday at City Park Office up to one week before the scheduled activity begins or as stated in the brochure.

IMPORTANT NOTICES

PARKS & RECREATION POLICY-IT IS THE POLICY OF THE CITY OF LANDER PARKS AND RECREATION DEPARTMENT TO WAIVE PARTIAL TUITION FEES FOR CHILDREN WHO ARE UNABLE TO PAY THE FULL FEE FOR PARTICIPATION IN CITY PARKS AND RECREATION PROGRAMS AND WHO **RESIDE WITHIN SCHOOL DISTRICT #1**. TO BE ELIGIBLE, THE FAMILY MUST EARN AN INCOME BELOW THE LEVEL SET AND SUBMIT AN AFFIDAVIT STATING AND VERIFYING THEIR INCOME. FORMS ARE AVAILABLE AT THE TIME OF REGISTRATION. IN ORDER TO PARTICIPATE IN ANY CITY PARKS AND RECREATION PROGRAM, PARTICIPANTS MUST FIRST BE REGISTERED, AND EITHER PAY THE REQUIRED FEE, OR OBTAIN A WAIVER THROUGH FILING OF THE APPROPRIATE DOCUMENTS AND PAY THE ADJUSTED FEE.

***ALL PARTICIPANTS SHOULD BE AWARE THAT THE CITY OF LANDER DOES NOT CARRY INSURANCE FOR INJURY TO PARTICIPANTS OF PROGRAMS. PARTICIPANTS ARE ENCOURAGED TO CARRY HEALTH INSURANCE.

PAYMENT—You must pay for the classes or activities at the time of registration unless otherwise stated in this brochure. Make all checks payable to Lander Parks and Recreation. All activities are on a first come basis. (Fee listed covers the entire activity period.)

CANCELLATION—The Parks and Recreation Department reserves the right to cancel any class or activity due to insufficient registration, lack of facilities or lack of instructors/supervisors. A full refund will be given for any canceled class or activity.

REFUNDS—No refunds will be given for any reason other than cancellation of a class or activity. You may drop a class up to one week before the scheduled starting date and a credit toward another Parks and Recreation activity will be given. This credit will be good for one full year.

HOLIDAY—No classes or programs will be held on holidays.

INFORMATION—For further information, call the Parks and Recreation office at 332-4647.

PARKS AND RECREATION DEPARTMENT STAFF

Director-Don Reynolds
Secretary-Lori Eckhardt
Program Director-Sara Felix
Park Foreman-Kevin Johnson
Assistant Park Foreman-Janet Boulette

PARKS AND RECREATION COMMISSION MEMBERS

Chairperson-Leslie Calkins
Members- Greg Meeker, Dan Hahn, Jim Orr, Judy Sutt, Don Webber, Chuck Yargas, Don Burns, Scott Estep, Misty Atnip, John Erickson

The cost is \$40. Call Tom Massey Jr at 332-5387 for more information.

LANDER TENNIS CLUB—For information on tennis in Lander, contact Barbara Huggins at 332-9225 or 332-4465. Also call Barb if you are looking for people to play, either with NTRPA ratings or people of equal ability.

LANDER SWIM CLUB—The Lander Swim Club is a competitive age group swimming team affiliated with the USA Swimming Association (USAS). For more information call Jennifer Schaff at 332-5074.

LANDER YOUTH BOWLING—Try a change of pace in your sport life this year and join a youth bowling league. Open for all youth ages 4 to 21. For more information please contact the Silver Spur Lanes at 332-5830.

ADULT SOFTBALL—Leagues will be offered in Men's, Women's, Co Ed. For more information contact Dan Camphouse at 856-1996.

GIRLS SOFTBALL—This program is run by the Lander Girls Fast Pitch Softball Association and is for girls ages 7—19 years. For more information, please contact Andrea Schurg at 335-8788. Registration forms can be picked up in April at the Parks and Recreation Office.

WIND RIVER SHOTOKAN KARATE CLUB—Shotokan Karate is for ages 8 thru adult. This Oriental tradition, through rigorous training, improves mental discipline, cardiovascular health, muscle coordination and strength along with instilling self-confidence. Call Donna at 332-9828 to register or for more information.

BLUE VICTORY TAEKWON DO—Blue Victory TaeKwonDo teaches the Korean art of self defense and the Olympic sport. Call John Kidwell at 332-7447 for more information.

ANYTIME FITNESS CENTER (formerly Wind River Fitness)—The Anytime Fitness Center offers Free Weights, Nautilus, Wallyball Leagues, Racquetball Leagues, and Aerobics Classes (club membership is not required for aerobics classes). Call 332-2811 for more information.

OLYMPIC STYLE SWORD FENCING CLUB—The Club meets on Mondays and Thursdays 6:00—7:30pm at West School Gym. Please call Al Baur at 332-0410 for more information.

KINDERMUSIK—Please contact Lisa Aronson at

332-0319 for more information.

RUMMEL DANCE STUDIO— For more information and fall schedule call 335-5084 or stop by 455 Main Street.

DANCE ACADEMY— To register call Susan Cooper at 332-6042 or 332-4377. The Dance Academy is located at 550 Garfield Street.

LANDER ART CENTER— Located at 224 Main Street offers a full range of art classes for children and adults. Call for schedule at 332-5772 or log on to www.landerartcenter.com

RECREATIONAL SWIM TIME

Lander Parks and Recreation purchases public swim time from School District #1. The following hours are available to the community.



Recreational swim time

Monday – Friday 10:30-12:00 am
Monday – Friday 7:30-9:00 pm
Saturday & Sunday 2:00-4:00 pm & 6:00-8:00 pm

The Climbing wall will be up

Saturdays & Sundays 2:00-4:00 pm
Tuesdays & Thursdays 7:30 –9:00 pm

Lap Swim

Monday thru Friday 5:15-6:15 am
7:45-9:00 am 12:00-1:00 pm 9:00- 10:00 pm

Family Discount Night

Friday 7:30-9:00pm

***The pool will be closed the following dates: Labor Day –Sept. 7 Thanksgiving Day- Nov.26 , Christmas Day-Dec. 24 at 4:00 pm & 25 , New Years-Dec. 31 at 4:00 pm & Jan 1 , Easter– April 4 , Memorial Day-May 31 . The Pool will be closed May 22 - June 6.

WATER AEROBICS

This class is designed to strengthen and tone muscles and depending on your level of fitness, give you a mild to moderate cardiovascular workout. The minimal impact due to the buoyancy of the water allows people who have joint or other problems to benefit from exercise without the stress to the body from conventional exercise.

Always check with your doctor before starting any exercise program. The class consists of toning movements using the water for resistance, and walking in the shallow end of the pool. Swimmers of all abilities are welcome. Class times are 7:45 am to 8:30 am Monday through Friday. Evenings are 7:30 pm to 8:15 pm on Mondays, Wednesdays, and Fridays. Cost is \$1.50 per time.

LANDER SWIM CLUB

The Lander Swim Club is a competitive age group swimming team affiliated with the USA Swimming Association (USAS). Swim meets are held throughout the state on weekends and all swimmers are encouraged to attend any meet they desire. Anyone who enjoys swimming is invited to join. All swimmers are taught the four competitive

strokes: freestyle, back, breast, and butterfly by qualified coaches. Learn to swim classes are available for the beginners. Swimmers practice Monday and Thursdays from 3:00 pm – 7:30 pm. For more information call Jennifer Schaff at 332-5074. Registration begins August 31 and runs until September 9. You can register at the pool during those dates at 3:45 pm daily. For more information check out the website at www.landerswimclub.org.

POOL WEIGHT SCHEDULE

The Swim Pool has weights, a universal and a swim bench for use by the public during recreation and lap swim times. Admission fee will be charged and includes use of the showers, hot pool and swim pool.

OTHER RECREATION SERVICE PROVIDERS



LANDER BASEBALL ASSOCIATION—

Little League Baseball is for boys and girls ages 7—12 years. Babe Ruth Baseball is for boys and girls ages 13—15 years and is run by the Lander Baseball Association. For more information contact Tom Massey at 332-5387.

LANDER VALLEY YOUTH SOCCER—

Spring registration forms will go out through the schools in March. Additional forms will be available at the Parks and Recreation Office. The Spring Season will be played Mon—Thurs. Cost is \$15 per season. For more information, contact Kris Sandall at 349-0167 or Parks and Recreation at 332-4647.

LANDER STRIKERS SOCCER CLUB—

These soccer teams are put together for individuals who want to travel to other towns to compete. For more information please contact Sabrina Thoren at 332-2587.

LANDER JR FOOTBALL LEAGUE—

Open to 5th and 6th grade boys ages 10—12. Registration will take place in August at the Parks and Recreation Office.

ADULT SPORTS & ACTIVITIES

INDOOR WALKING

Now that the weather is getting colder and the mornings and evenings are dark, all you walkers can get out of the cold and stay with the program. The High School Auxiliary Gym will be open weekday mornings for walking from 5:30—6:30 a.m. on days when school is in session. The Jr. High halls will be available weekdays from 5:00—6:00 pm when school is in session. Please use the door by the swimming pool. Call Lander Parks and Recreation at 332-4647 for more information.

COED VOLLEYBALL

A great program providing fun and exercise for all! There are two levels of play consisting of an "A" Competitive and "B" Recreational Leagues.

DATES:

SESSION I: September 16—December 9

SESSION II: January 13—March 31

TIMES: Wednesdays, 7:00-10:00 pm with games on the hour

PLACE: Jr. High Gym

FEE: \$70 per team

REGISTRATION: Deadline to register for Session I September 11, 5:00 pm. Session II January 8, 5:00 pm. Fees must be paid at the time of sign up and team name and rosters turned in. FINAL ROSTERS are due two weeks into the session.

WOMEN'S VOLLEYBALL

Ladies' night out! Come join the fun! League play is on Monday evenings and game times are at 7:00, 8:00, and 9:00. Call the Parks and Recreation office or stop by and sign up your team. You can also get on an individual players list.

DATES:

SESSION I: September 14-December 7

SESSION II: January 11 – March 22

TIMES: Mondays, 7:00, 8:00, and 9:00 p.m.

PLACE: Jr. High Gym, Fieldhouse Gym

FEE: \$70 per team

REGISTRATION: Deadline to register for Session I, September 9, 5:00 pm. Session II, January 6, 5:00 pm. Fees must be paid at the time of sign up and team names and rosters turned in. FINAL ROSTERS are due two weeks into the session.

WOMEN'S 4 ON 4 VOLLEYBALL

Games will be played on Monday evenings. The season begins on March 29 and runs to May 17. Deadline to register is March 24. Fees must be paid at the time of sign up and team names and rosters turned in.

OPEN GYM VOLLEYBALL

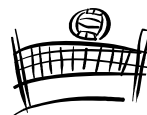
All those interested in playing volleyball for fun are welcome!

DATES: October 4 – March 28

TIMES: Sundays, 2-5 p.m.

PLACE: Jr. High Gym

FEE: Free!



ADULT OPEN GYM BASKETBALL

Open Gym Basketball will kick off its fall season at the Jr. High Gym on Wednesday, September 2 at 7:00 pm. Open Gym participants will pay a \$1 fee each session. Only those carrying gym shoes will be allowed to enter. **ABSOLUTELY NO CHILDREN WILL BE ALLOWED TO ATTEND!** The schedule for the winter will be Wednesdays 7:00 p.m. and Sundays 11:00—1:00 p.m. at the Jr High Gym.

OLYMPIC STYLE SWORD FENCING CLUB

Fencing, besides being fun, develops, grace, balance, reflexes and quick thinking. It is also a sport for the wheel chair athlete.

Participants must provide their own equipment which meets USFA Safety Specifications. Expect to pay \$125. Participants must be(come) members of the United States Fencing Association, which provides Accident Insurance Coverage. Membership is \$30 per year. Coach's liability insurance of \$100 will be divided equally among the students.

The club meets on Mondays and Thursdays 6:00-7:30 pm. Starting September 10 at the West School gym. Please call Al Baur at 332-0410 for more information

BEGINNING AIKIDO

Aikido is a martial art that stresses harmony, non-fighting, a positive attitude and self development. Contact Robert Thompson at 349-0146 for more information.

DATES: September 14—December 17 (Mon,Tues,Thurs)

TIMES: 6:30 p.m.—8:00 p.m.

FEE: \$40 per month

PLACE: North Elementary School Gym

INSTRUCTOR: Robert Thompson

YOUTH THROUGH HIGH SCHOOL



JR TIGER BASKETBALL PROGRAM

Boys and girls in 3rd and 4th grade will receive instruction skills, drills and scrimmage experience in the game of basketball. Coaches are needed to head up the programs at each school. Games will be played at all three grade schools.

DATES: October 27-December 3
TIMES: Tuesdays and Thursdays from 3:15 – 4:15 p.m.
Oct. 27,29, Nov. 10,12– Practices
Tuesdays and Thursdays from 4:00-5:00 p.m.
Nov. 17,19,24, Dec 1,3—Games
PLACE: West, North, and South schools if enough coaches are found
AGES: 3rd and 4th grades
FEE: \$5

JR JAZZ BASKETBALL PROGRAM

This is the 19th year our 5th and 6th grade boys and girls Youth Basketball Program will be a part of the Jr. Jazz program. 4th graders who wish to will be allowed to join this league. Volunteer coaches are needed to make the program a reality. Please call Sara Felix at 332-4647 if you can help in any way. A clinic by the high school coaches and the boys and girls varsity teams will kick off the season.

DATES: January 11 through February 25
TIMES: Practices will be held at the convenience of the volunteer coaches. Games will be held on Saturday mornings and some weekday evenings.
AGES: 4th, 5th, and 6th grade boys and girls (separate teams)
COST: \$17 (includes jersey). If any players and parents are interested in Jazz game tickets, please let us know during registration.
REGISTER: Monday, December 28 through Monday, January 4.

5th AND 6th GRADE VOLLEYBALL

Lander Parks and Recreation along with Janet Winger will be offering a 5th and 6th grade instructional volleyball league. Volunteers are needed to help with the program.

DATES: April 20—May 13
Tuesdays and Thursdays
TIMES: 5:00—6:00 p.m.
PLACE: Jr. High Gym
FEE: \$10

USA WRESTLING

USA Wrestling is a folkstyle/ free style wrestling program which is the same style used in the Olympic Games. The program will kick off in March for ages 5 and up. Cost for the program is approximately \$40. For more information please call Nick Fulton at 332-2394 or Richard Atnip at 332-3174.

LANDER YOUTH BOWLING

Try a change of pace in your sport life this year and join a youth bowling league. Youth bowlers are eligible for scholarships to further their education, make new friends, earn patches and awards, and enjoy spending time with friends. Open for all youth ages 5 to 21. Juniors (ages 11-21) sign ups are being held now and play begins September 13 at 3:00 pm. Prep League (ages 5-11) sign up September 12 at 1:00 pm and begins October 3 at 9:00 am. For more information please contact the Silver Spur Lanes at 332-5830.

LIBRARY STORYTIME, AND TODDLERTIME

Fremont County Library is offering story times for all the little ones this fall.; Toddler Time for one to three years old (need a lap to sit on); and Story time for three to five year olds. Both Toddler Time and Story Time are on Wednesdays at 10:30 am These programs are FREE. Please call the library at 332-5260, extension 307, with additional questions about the programs.

SUPER SITTERS

This class is offered in cooperation with the Fremont County Public Health Office. Babysitting has more than ever become a satisfying occupation for young persons interested in work that is both stimulating and fulfilling. Being responsible for a child does not “come naturally”. There are many facets of child care that can be taught.

DATES: Friday, March 19
TIMES: 8:30 am to 12:00 pm
FEE: \$5.00

PLACE: City Park Recreation Building
 AGES: Boys and Girls, 11 years and older
 INSTRUCTOR: Jan Hubenka

EASTER EGG HUNT

This is an old fashioned Easter Egg Hunt for children ages 2—12 years.

DATE: Saturday, April 3
 TIME: 9:30 a.m.
 PLACE: City Parks
 FEE: FREE

WINTER ACTIVITIES



ICE SKATING

Ice skating will be offered at the City Park Rink and Northside Park as soon as weather permits. Skating at City Park will be offered the following hours:

Monday thru Thursday.....9 am-5 pm
 Tuesday & Thursday Evenings 7-9 pm
 Friday.....9 am-5 pm and 7-10 pm
 Saturdays 10-5 pm and 7-10 pm
 Sundays 12-5 pm

HOURS FOR CHRISTMAS VACATION, DECEMBER 18 -JANUARY 2 ARE FROM 10 AM-5 PM AND 7-10 PM. EXCEPT SUNDAYS, WHEN WE WILL OPEN AT NOON INSTEAD OF 10 AM.

- The ice rink will be closed on Christmas Eve from 7—10 pm and all day Christmas Day.
- Admission is \$1.00, skate rental \$2.00 and skate sharpening \$3.00.
- Skating Lessons will be Tuesdays 3:45—4:45 pm, \$2.00 per lesson, after Christmas Break.

Weather permitting we will have an ice rink at Northside Park. There is no supervision and no fees are charged for the use of this rink.

DROP IN ICE HOCKEY

The rink will be open for drop in Ice Hockey only on Tuesdays, Thursdays, and Saturdays from 5:30-7:00 p.m. as soon as the rink opens.



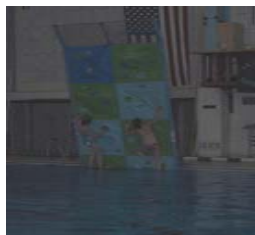
YOUTH ICE HOCKEY

This program is intended for youth ages 5-12 and will begin after Christmas Break on Mondays and Wednesdays from 5:30-7:00 pm. Fundamental skating skills are introduced and strong skating skills as the foundation of ice hockey are repeatedly reinforced.

Each session will be composed of skating drills, puck/stick handling drills and a scrimmage. This is non-checking ice hockey and rough play is absolutely not tolerated. The emphasis is on learning and fun.

Participants are required to wear an approved ice hockey helmet with face guard, which can be rented for a nominal fee from the Parks and Recreation Office and each person must have their own stick. Ice hockey skates may also be rented at the Parks and Recreation building.

SWIM POOL AND WEIGHTS



SWIM LESSONS

Preschool and Adult Swim Lessons and Adult Exercise Classes will be offered through the School District.

REGISTRATION DATES

September 14—20
 October 26-November 1
 December 28-January 3
 February 8-14
 March 29-April 4

SESSION DATES

September 21-October 29
 November 2-December 17
 January 4-February 11
 February 15- March 25
 April 12—May 20

Classes are Monday and Wednesday or Tuesday and Thursday. Cost is \$20 per swimmer per four week session. For More information call the pool at 332-7478.

- *No Pre-School swim the week of Thanksgiving
- *No Pre School swim the week of Mid-Winter Break
- *No Pre-School (April 5-8) Spring Break



GAZEBO



LIONS

Valley Parks and Recreation Shelters



KIWANIS



DILLON

Lander Parks and Recreation



Email: parkrec@wyoming.com

Web: www.landerwyoming.org



2009-2010

**Fall and Winter
Activity Schedule**