



spring  
summer



2011



**GRIMES  
PARKS &  
RECREATION  
GUIDE**



515-986-2143  
[www.grimesiowa.gov](http://www.grimesiowa.gov)

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To register for any Youth or Adult Programs, go to [www.grimesiowa.gov/ParksandRecreation](http://www.grimesiowa.gov/ParksandRecreation) or register and pay in person at the Grimes Community Complex at 410 S.E. Main Street.

Reminder: the Rec programs are non-refundable and non-transferrable. The only time we offer credit is if the City Rec has to cancel the program.

# GENERAL INFORMATION

## Mission Statement

It is the mission of the Grimes Parks and Recreation Department to create recreational opportunities for growth and enhancement by developing services and programs that promote citizen involvement and a strong sense of community while striving to increase the social, cultural, and physical well-being of its residents and visitors.

## Office Location

The Grimes Parks and Recreation is located inside of the Grimes Community Complex (old Middles School), located at 410 S.E. Main Street in Grimes. The Department is responsible for all City Parks, Grimes Community Complex, Summer Rec Program, and numerous other community Recreational Programs.

Recreation Office Hours: 9:00 a.m. - 5:00 p.m. Monday through Friday  
(After-hours Registration/Payment Drop Box available outside the GCC.)

Office Phone: 515-986-2143  
Recreation Cell Phone: 515-205-8881

## Parks and Recreation Staff

**Joe McAreavy, Public Works Director**

Email: [jmcareavy@ci.grimes.ia.us](mailto:jmcareavy@ci.grimes.ia.us) • City Hall Phone: 515-986-3036

**Brett Barber, Parks and Recreation Director**

Email: [bbarber@ci.grimes.ia.us](mailto:bbarber@ci.grimes.ia.us) • Recreation Office Phone: 515-986-2143

**Dawn Wood, Parks and Recreation Administrative Assistant**

Email: [dwood@ci.grimes.ia.us](mailto:dwood@ci.grimes.ia.us) - Recreation Office Phone: 515-986-2143

## The Park and Recreation Advisory Board

The Park and Recreation Advisory Board is hereby created to advise the City Council on facilities and funds which are needed to provide open space such as parks and playgrounds and community facilities for other types of recreation. The Board meets on the 4th Wednesday of each month at 5:30pm at City Hall.

The operations of the parks system is managed by the Public Works Director, Joe McAreavy and supervised by the Park and Recreation Director, Brett Barber.

Lynette Wineland, Pres.	Phone: 986-3232	January 2013	401 Hickory Glen
Charmin Sterbenz, VP	Phone: 986-4797	January 2017	504 Hickory Court
Bill Rude, Sec.	Phone: 986-2125	January 2014	505 SW Kennybrook
John Feltner	Phone: 986-4373	January 2012	104 Hickory Glen
Kathi Scott	Phone: 986-4556	January 2012	704 S Maplewood
*Jill Altringer, Council Liaison			

## PARKS & FACILITIES

### Grimes South Sports Complex .....

The complex is located at 300 South James Street, just south of the South Prairie Elementary School. Covers 44 acres in the southwest area of Grimes. Constructed in 2002, it includes two tennis courts; multiple soccer fields, including one lighted tournament field; three sand volleyball courts; three softball fields; two basketball courts; a skate park; walking trails; two concession stands and a large play structure.



### Field Rental Rates

Fields	Tournament Fee	Non-DCG Camp Fee	Non-Resident Team Fee**
*Soccer Fields (All 15 fields)	20% of tourney fees	n/a	n/a
*Soccer Fields (#2 - #16)	20% of tourney fees	min. 10% of fees	\$20/field per hour
*Soccer Field (Main Field #1)	20% of tourney fees	min. 10% of fees	\$50 per hour
<b>*Lights Usage Fee on Field #1</b>	<b>\$250 per year or \$25/her with a \$200 refundable key deposit</b>		
*Softball Fields #1, #2, #3	20% of tourney fees	min. 10% of fees	\$40/field per hour
*Baseball Fields #4, #5, #7	20% of tourney fees	min. 10% of fees	\$40/field per hour
*Baseball Field #6 (300ft fence)	20% of tourney fees	min. 10% of fees	\$50 per hour
Waterworks Park (each field)	20% of tourney fees	min. 10% of fees	\$25/field per hour
Lions Park (each field)	20% of tourney fees	min. 10% of fees	\$25/field per hour

\*Located at the Grimes Sports Complex

\*\*Those living outside the DCG School District or City of Grimes. 50% of team lives outside these boundaries.

-Play Maintenance Fees can also be added on for use of equipment (goals, flags, etc) or field prep.

-Deposits may be required for consistent rentals to ensure fields are properly maintained after each use.

**North Sports Complex - Construction will begin Spring 2011 on Phase I.**

### Skate Park .....

Located on the south side of the Grimes Sports Complex off South James Street.



### Beaverbrooke Park .....

Installed in November of 2007, this neighborhood park is located at the south end of Park Circle off of James Street. Access by North Walking Trail. Shelter, Grill, Play set, and Trail.



## PARKS & FACILITIES

### Waterworks Park .....

One of Grimes' first parks, Waterworks Park is located at 200 North of Hwy44. It has two open shelters, two playgrounds, open green space, electricity, and ball diamonds.



### North Pointe Park .....

Installed in October of 2009, this 3.5 acre park has a play structure, swing set, 16' square open shelter, and 2 picnic tables. The park is located on the northeast side of Grimes just east of Hwy 141.



### Glenstone Park .....

Installed in September 2009, this park has a 20' wide open gazebo with two picnic tables. It's located in the heart of Glenstone Trail off of S.E. 37th Street in the S.E. portion of Grimes along the Johnston Border.



### Lions Park .....

Has an open shelter, two grills, two baseball/softball fields, soccer field, and playground equipment.



### Shawver Park .....

Neighborhood park located off of Shawver Drive. Access by walking trail. Has a shelter, grill, and play structure.



### Reserve a Park Shelter - *FREE to Reserve*

To reserve one of the park shelters, please fill out a reservation form that can be downloaded from [www.grimesiowa.gov/ParksandRecreation/Parks](http://www.grimesiowa.gov/ParksandRecreation/Parks) and stop by the Grimes Community Complex and talk with Brett Barber, Grimes Parks and Recreation Director at 515-986-2143 or email him at [bbarber@ci.grimes.ia.us](mailto:bbarber@ci.grimes.ia.us) with questions.

# GRIMES COMMUNITY COMPLEX

410 S.E. Main Street • Grimes  
(formerly the DC-G middle school)

The Grimes Community Complex opened the Summer 2006 just for the Summer Recreation program. This building now hosts several community programs and events. Numerous sports practices, adult open gym, parties, reunions, anniversaries, wedding receptions, and meetings have been held there since.

## Rental Rates

Facility	Resident Fee/Local Business*	Non-Resident Fee**
Gym	\$20 per hour	\$40 per hour
Kitchen/Cafeteria	\$25 per hour	\$50 per hour
Banquet Hall		
Mon.-Fri. 8 a.m. - 3 p.m.	\$25 per hour	\$50 per hour
Evenings 3 p.m. - 10 p.m.	\$30 per hour	\$60 per hour
Weekends - per hour	\$30 per hour	\$60 per hour
Weekends - per day	\$250 per day	\$500 per day
Room #400	\$20 per hour	\$40 per hour
Meeting Room/Taekwondo Room #102	\$20 per hour	\$40 per hour
Meeting Rooms #106 or #107	FREE	\$10 per hour
Board Room 302 (up to 10)	FREE	\$10 per hour
Batting Cage	\$10 per hour	\$20 per hour
Kitchen Only	\$15 per hour	\$30 per hour

\*Living in DC-G school district

\*\*Living outside DC-G school district

TO RESERVE the Grimes Community Complex, please call the Grimes Parks and Recreation Office at 515-986-2143, City Hall at 515-986-3036 or email Brett at bbarber@ci.grimes.ia.us. An access card is required to purchase or activate to enter the building at times outside of our normal business hours.



### FACILITY HOURS

**April - August**  
Monday - Friday: 5 a.m. - 8 p.m.  
Saturday: 7 a.m. - noon  
Sunday: Noon - 4 p.m.  
**September - March**  
Monday - Friday: 5 a.m. - 8 p.m.  
Saturday: 7 a.m. - 3 p.m.  
Sunday: Noon - 6 p.m.

# SPECIAL EVENTS

## “Think Spring” Fashion Show Saturday, May 7 12:30p.m. - 4:00 p.m.

Adults: \$7  
10 & Under: \$3

Grimes Community Complex Gym & Banquet Hall (410 S.E. Main Street).  
Sponsored and organized by the Grimes Heritage Society.



## Governors District Kiddie Parade - FREE Thursday, June 9 at 6:30 p.m.

\*Line-up starts at 6 p.m. at GCC

Parade starts at Grimes Community Complex and runs down Main Street

Pre-registration is appreciated but not required. Check-in at the GCC South Parking Lot.

This parade kicks off our annual community event, the Grimes Fantastic Days! This is a dress-up, let's make believe, costumed event for kids. Little ones are asked to dress up in their costumes and "strut their stuff" down Main Street in Grimes. Special Appearance by the Isiserettes Drill Team and Drum Corp!

## 3rd Annual Kids Garage Sale at the GCC

Saturday, June 25, 2011 - 9 a.m. - Noon

Grimes Community Complex (410 S.E. Main Street)

Register at the Parks and Recreation Office.

Vendors should pay \$5 by June 10 in order to sell at the event.

A chance for kids to sell their old clothes, games, toys, etc.! Only items pertaining to kids will be on sale. Participants receive a designated space outside the GCC (indoors if raining).

## ISU Travel Basketball Camp (Boys & Girls Grades K-9)

Date/Time/Cost - TBA

North Ridge Elementary School in Grimes

Over 70 kids participated in 2009! Kids received their own basketball, t-shirt, and autographs from the players and coaches. (Instructor: ISU Men's Players and Coaches.)

## Crossroads Community Church Science Camp - FREE

Monday - Thursday, Jun 27 - 30 (Grades 6 - 8)

3:00 p.m. - 5:00 p.m.

Grimes Community Complex - Banquet Hall



Ever wondered what makes the world go round? Come explore the wonderful world of Science this summer at the Grimes Community Complex with Crossroads Community Church. We'll be doing experiments, launching things and building fun projects that all explore Science! For questions, check out our website at [www.experiencecrossroads.com](http://www.experiencecrossroads.com)

# YOUTH SPORTS

## NEW! PE at the GCC (Must be ages 6-10 at time of program)

**June 7 - June 30: Tuesdays - Thursdays from 9:30am - 11:30am**

- |  |   |
|--|---|
| <b>Week 1:</b> June 7 - 9 - Soccer Games (Eric)        | <b>Week 5:</b> July 5 - 7 - Basketball Games (Eric)   |
| <b>Week 2:</b> June 14 - 16 - Floor Hockey             | <b>Week 6:</b> July 12 - 14 - Olympics (Eric)         |
| <b>Week 3:</b> June 21 - 23 - Kickball                 | <b>Week 7:</b> July 19 - 21 - Football Games (Eric)   |
| <b>Week 4:</b> June 28 - 30 - Cooperative Games (Eric) | <b>Week 8:</b> July 26 - 28 - Water Games- Sprinklers |

ONLY \$20.00 per child per week OR \$5 per day.

**Drop Off/Pick Up at Grimes Community Complex at 410 SE Main St in Grimes**

(Instructor: Eric Shafer (Certified PE Teacher), Brett Barber, and the other trained Grimes Parks and Rec Staff will be on hand to supervise this program.)

**Different PE Games will be organized and supervised by the staff.** Little instruction will be given so this is more of a "come and play" type program in a safe and controlled environment. Min. of 10 kids per class.

\*Max of 30 kids per class.

## Bam Bam Baseball Clinic (Ages 3-5)

**Session 1: June 13 - June 30 Tuesdays & Thursdays**

(Ages 3-4) Mon./Wed. | Tues./Thurs. @ 5:30 p.m. - 6:15 p.m.

(Ages 3-4) Mon./Wed. | Tues./Thurs. @ 6:30 p.m. - 7:15 p.m.

**Session 2: July 11 - July 28 Tuesdays & Thursdays**

(Ages 3-4) Mon./Wed. | Tues./Thurs. @ 5:30 p.m. - 6:15 p.m.

(Ages 4-5) Mon./Wed. | Tues./Thurs. @ 6:30 p.m. - 7:15 p.m.

(GPR Staff will coach Ages 3-4) Tues./Thurs. @ 9:30 a.m. - 10:15 a.m.

(GPR Staff will coach Ages 4-5) Tues./Thurs. @ 10:30 a.m. - 11:15 a.m.



\$25 per player per session for evening sessions. (Includes a t-shirt per session)

\$30 per player per session for morning sessions. (Includes t-shirt and Grimes Parks and Rec Coaches.)

**Lions Park (North of Kum and Go) Check online for parking suggestions**

(Instructors: Parent Volunteers)

Geared toward a fun and rewarding experience in a low-competitive atmosphere that is taught by parent volunteers. Players should bring a hat, glove, and water bottle. All other equipment is provided by the Parks and Rec.

## Golf Clinics (Ages 7-17)

**June 20 - June 24 6:30 p.m. - 7:30 p.m.**

\$40 per participant per session

**Longview Golf Centre (NW 54th Ave in Grimes)**

(Instructor: David Gantt, PGA Class A Teaching Professional)

**Taught by a pro and learn like a pro!** Designed for participants interested in learning the game of golf in a fun way. In case of bad weather, outdoor summer lessons will be moved inside the golf dome



# YOUTH SPORTS

## Tiny Kickers Soccer Clinic (Ages 3-5)

**Session 1: June 13 - June 30**

(Ages 3-4) Mon./Wed. | Tues./Thurs. @ 5:30 p.m. - 6:15 p.m.

(Ages 4-5) Mon./Wed. | Tues./Thurs. @ 6:30 p.m. - 7:15 p.m.

**Session 2: July 11 - July 28**

(Ages 3-4) Mon./Wed. | Tues./Thurs. @ 5:30 p.m. - 6:15 p.m.

(Ages 4-5) Mon./Wed. | Tues./Thurs. @ 6:30 p.m. - 7:15 p.m.

**Ages 3-5 (Must be this age at the time of the program start date.)**

\$25 per child if you need a red/white reversible soccer jersey

\$20 per child if you DO NOT need a jersey

**Grimes Sports Complex Soccer Fields**

(Instructors: Grimes Parks and Recreation Staff along with Parent Volunteers)

**Registration deadline is 2 weeks prior to each session.**

Geared toward a fun and rewarding experience in a low-competitive atmosphere that is taught by the parent volunteers. Please have player wear tennis shoes and socks, bring a water bottle, and wear appropriate clothing. Shin guards are optional but recommended.



## Tennis Clinic (Ages 6 and up)

**Dates/Times TBA**

\$20 per person ages 6-10

\$25 per person ages 11 and up

\*Max of 20 per time slot. Includes a t-shirt.

(please indicate child's t-shirt size during registration)

**Grimes Sports Complex Tennis Courts (Located off of South James St.)**

(Check online for details)

Designed for participants interested in learning the game of tennis in a fun way.



## Volleyball Camp (Grades K-6)

**Monday, June 20 - Thursday, June 23**

(Currently in Grades K-1) 2:00 p.m. - 2:50 p.m.

(Currently in Grades 2-3) 3:00 p.m. - 3:50 p.m.

(Currently in Grades 4-6) 4:00 p.m. - 5:15 p.m.

\$25 per child in Grades K-3

\$30 per child in Grades 4-6

**Grimes Community Complex**

(Instructor: Dawn Wood of Grimes)

This clinic allows the kids to get a jump start to the upcoming fall season.



## Flag Football (Registration starts Friday, July 1 at 7:00 p.m. ONLINE.)

# YOUTH PROGRAMS

## Taekwondo & Tiny Tigers Taekwondo

**Tiny Tigers: Tuesdays and Thursdays** (Held at Grimes Community Complex)  
(Ages 4-7) 6:00 p.m. - 6:30 p.m.

\$50 per participant per month (plus one-time \$50 joiner's fee)

Tiny Tigers is an age appropriate version of Taekwondo that will help direct that energy into confidence and character building skills.

**Taekwondo: Tuesdays and Thursdays** (Held at Grimes Community Complex)  
(Ages 6+) 6:30 p.m. - 7:30 p.m.

\$50 per participant for 2 months (Sessions start every even month - join anytime)

These classes allow families to take part together and provide a positive atmosphere for everyone to improve their mind and their body. (Instructor: Martial Arts America)

## Summer Adventures - Field Trips

**Iowa Cubs Game:** June 28 & August 10

Other trips include: Climb Iowa, Sleepy Hollow, Bowling, Mini-Golf, Horseback Riding, Pottery, Skating...and more!

[Register online.](#)



## Tiny Adventures (1/2 day camps for ages 4 - 7)

**Mondays - Thursdays from 9:30am - 11:30am**

**Session 1:** June 13 - June 16, 2011 (Family Theme/Father's Day Gift)

**Session 2:** June 27 - June 30, 2011 (Americana Theme/4th of July)

**Session 3:** July 11 - July 14, 2011 (A Camping We Will Go/Tents/Water)

**Session 4:** July 25 - July 28, 2011 (Safari Theme/Parks/Trails)

\$30.00 per child per week OR \$5.00 per child per day

**Drop Off/Pick Up at Grimes Community Complex at 410 SE Main St. in Grimes**

(Instructor: Grimes Parks and Rec Staff will be on hand to supervise this program.)

**Registration starts Monday, March 21, 2011 at 7 p.m. ONLINE!**

Tiny Adventures is a program that contains fun activities, age appropriate games, crafts, and explorations in the parks and sports complex. These one-week sessions are ONLY offered in the mornings.



## Open Swimming Trips (Ages 6+)

**Tuesdays and Thursdays starting June 7, 2011**

Bus departs from Library at 12:30 p.m. and GCC at 12:45 p.m.

Bus arrives back at Library at 3:15 p.m. and at GCC at 3:30pm

**\$2.00 per child** (includes bus/staff only) with a pool membership or a pool punch pass

**\$6.00 per child ages 6 and up** (includes bus, pool, staff supervision)

\*Pool Memberships can be purchased at the Aquatic Parks. Please tell the Grimes Rec what your child's membership number is or send their card with them.

Grimes Parks and Rec Staff will be on hand to supervise at a ratio of 1:8 kids. They will wear wristbands that will clearly mark them as being a part of the Grimes P & R group. Kids must check in during rest periods before being allowed to enter the pool again. Kids will not be allowed to exit the aquatic park. Kids can bring their own money for concessions and should bring a towel, sunscreen, and swimsuit.



# YOUTH PROGRAMS

## Tumbling Clinic (Kids ages 3 - 6 taught by Lexi Shafer)

**Session 1: Wednesdays, April 6-27 Session 2: Wednesdays, May 4-25**

(Ages 3-4) 5:15 p.m. - 5:45 p.m. (Ages 3-4) 5:50 p.m. - 6:20 p.m. (Ages 5-6) 6:30 p.m. - 7:15 p.m.

(Ages 3-4) \$20 (Ages 5-6) \$25

## Swimming Lessons at Clive Aquatic Park (Ages 4 & up)

**Session 1: Mondays - Thursdays June 13 - June 23**

**Session 2: Mondays - Thursdays July 11 - July 21**

Bus departs from the Library at 7:45 a.m. and from GCC at 7:55 a.m.

Bus arrives back at GCC at 9:20 a.m. and at the Library at 9:30 a.m.

**Pre-K ages 4-5:** Check website

**Levels 1-3:** Check website

**Levels 4-6:** Check website

**Cost includes lessons, staff supervision, and bus trip.**

**Registration starts March 21 at 7 p.m. ONLINE!**

Trained Grimes Rec Staff will be on hand to supervise the kids before their lesson and after their lesson. At registration, please specify your desired level. Max of 25 kids per session.



## Cheer Clinic (Ages 3-7)

**Session 1: Mondays, June 6 - June 27**

**Session 2: Mondays, July 11 - August 1**

(Ages 4-6) 5:30 p.m. - 6:15 p.m. - \$25 per child

(Ages 5-7) 6:30 p.m. - 7:15 p.m. - \$25 per child

**At the Grimes Community Complex** (Instructor: McKenna Zimmerman)

Kids should wear shorts/tank top or leotard, and tennis shoes. No jean shorts or baggy t-shirts.



## Grimes Drama Workshop

**Monday, June 27 - Friday, July 1**

**Kids Going into Grades K-2:** 10:00 a.m. - 11:30 a.m. - \$35 per child

**Kids Going into Grades 3 and up:** 12:30 p.m. - 3:00 p.m. - \$75 per child

This week long camp introduces kids to acting and everything needed for the production of a play at the end. Programs will include Fairy Tail Adventures, Robin Hood and Maid Marian Adventures

**Grimes Community Complex Banquet Hall** (Instructors: Sarah Shafer)

## Sports Specific Training (For grades 5-12)

**Available Mondays from 6:00 p.m. - 9:00 p.m. or by appointment**

**10 Sessions:** \$180 per person **3 or more teammates for 10 sessions:** \$150 per person

**20 Sessions:** \$285 per person **3 or more teammates for 20 sessions:** \$230 per person

\*Sessions last 45 minutes each (Instructor: Eric Shafer) Set up times by calling Eric at 515-480-0131

## Hunters Education Class

**More classes coming soon!** (classes fill up quickly)

Check online for updates on this program.

# ADULT FITNESS PROGRAMS

## Adult Yoga Classes

Tuesdays and Thursdays (check online for session start dates)

For Ages 16 and up

\$45 per person (Includes 6-week session, 1x per week) OR

\$80 per person (Includes 6-week session, 2x per week) OR

\$10 for drop-in fee per class

Grimes Community Complex (Old Middles School) on 410 SE Main Street

Yoga increases strength, flexibility, and balance for both body and mind. Regular yoga practice is known to improve circulation, increase core strength, stability, digestion and posture, stimulate the immune system, decrease stress level, boost self-esteem and create a sense of calmness and well being. Please bring your own mat, towel & water. This class could fill up, so register now!

Instructor: Bethanie Lafferty.

# jazzercise®



**Push your body and find your beat at Jazzercise.** offered in partnership with Grimes Parks and Rec. You will blast fat, burn mega calories, target, tone, and build lean muscles as you workout to today's hottest music genres. Jazzercise is the world's leading dance fitness program that combines jazz and Latin-style dance movements, muscle toning, core stability training, Pilates, yoga, and kickboxing into a fun, high-energy 60-minute total-body workout. Certified instructors provide easy-to-follow cues and demonstrate high and low impact options to accommodate all ages and fitness levels.

**Join anytime!** Classes are offered year-round, 7-days each week. Your monthly pass includes unlimited access to all regular classes, including body sculpting, circuit training, and Express.

- **New pricing options!** Choose the plan that works for you. For as little as \$32/month and up.
- **Register at your first class or by phone or E-mail by contacting Kate Payne, Instructor at 515-480-0905 or jazz4k8@mchsi.com.**
- Bring a mat for floor work, hand-weights, and a non-breakable water bottle.
- Give us a try! Attend a FREE class during our Wonderful Wednesdays promotion in March, April & May. Valid for new customers only that have not attended jazzercise in the past.
- Jazzercise also offers several specialty session classes throughout the year, including personal training sessions, body blast sessions for the abs, legs, and gluts, junior jazzercise for kids, girl scout dance badge class, girl's night out, and jazzercise lite. Call or E-mail to request to be added to our mailing distribution list.
- **For more information, visit [www.jazzercise.com](http://www.jazzercise.com) or [facebook.com/jazzercisegrimes](https://facebook.com/jazzercisegrimes).**

Regular Class Schedule:

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5:30 AM		X		X		X	
8:30 AM							X
4:20 PM	X	X			X		
5:30 PM		X	X	X	X		
6:40 PM		X	X	X			

# ADULT SPORTS LEAGUES

## Adult Indoor Co-ed Volleyball League

Wednesdays, March 23 - April 27

Games start at 6:30 p.m., 7:30 p.m., or 8:30 p.m.

\$100 per team for a 6-week schedule with tournament (must be 18 years and older to play)

North Ridge Elementary School located off of North James Street in Grimes.

Non-officiated league with all participants calling their own game. Gym supervisor will be present if needed. This is a for-fun league with standings. Matches run approx. 50 minutes with rally point scoring. Best of 2 of 3 games to 25, playing the rest of the allotted time just for fun.



## Adult Co-ed Sand Volleyball League

Sunday, June 5 - July 17 (skipping July 3)

Games start at 5 p.m., 6 p.m. or 7 p.m.

\$50 per team (must be 16 years and older to play)

Grimes Sports Complex Sand Volleyball Courts

This will be a non-officiated league with all participants calling their own game. Tournament will conclude this league. Winner of 2 out of 3 games to 25 using rally point scoring is declared the winner.



## Adult Co-ed Slow Pitch Softball League

Sundays, August 14 - September 25 (skipping Labor Day weekend)

Games start at 3 p.m., 4 p.m. or 5 p.m.

\$100 per team (must be 18 years and older to play)

Grimes Sports Complex Baseball Fields on South James Street in Grimes

This will be a non-officiated league with all participants calling their own game. Special rules with a home run limit. Ten players are allowed on the field at one time. At least four women must be on the field. An alternating batting order must be used as well going male/female.



If you have a program idea, please e-mail Brett Barber at [bbarber@ci.grimes.ia.us](mailto:bbarber@ci.grimes.ia.us) or call 515-986-2143

## ADULT & SENIOR PROGRAMS

### Zumba® Fitness Classes

Wednesdays, April 6 - May 11 from 6:00 p.m. - 7:00 p.m.

\$45 per session for 6-week session

#### Grimes Community Complex

ZUMBA® Fitness is a high energy, fast-paced total body workout using a spicy, upbeat mixture of Latin and international music such as salsa, merengue, samba, belly dancing, hip-hop and many other beats. It is a cardio class that combines dance moves and fitness elements. Be prepared to shimmy and shake! You are guaranteed to have fun and burn calories! No prior experience is necessary. Bring a towel and water! Wear comfortable clothes and sneakers with a smooth bottom.

### Boot Camp (Ages 16+)

Tuesdays, Thursdays & Fridays from 5:00 a.m. - 5:45 a.m.

Sessions: TBA

\$80 per participant for a 4-week session

A fun and non-traditional total body workout. Focus on cardiovascular strength training and functional core stability. Lose weight, lower body fat, tone up or just get a great workout. By the end of the session, you can expect to have a tremendous feeling of self accomplishment. Class meets at the Grimes Community Complex Gym. Bring a mat, towel and water bottle! Wear comfortable clothes and sneakers. **Register TODAY!**

### Taekwondo by Martial Arts America

6:30 p.m. - 7:30 p.m.

Grimes Community Complex Room (Taekwondo Room)

\$50 per participant for 2 months

### Bus Trip to the Iowa State Fair

Active Older Adults Day (TBA)

Bus departs from the GCC at 8:30 a.m. and arrives back at the GCC at 2:30 p.m.

\$7 per ticket for those ages 60 and over

\$1 for bus ride

**Recommended for Active Older Adults but all adults are welcome to attend this day.** A chance to see the fair up close. The bus takes you to the middle of the fair and picks you up in the middle of the fair for no-hassle parking. Min. 10 / Max 60

### Free Bridge & Card Games

Fridays from noon - 3 p.m.

GCC - in Banquet Hall

This group meets every Friday and enjoys the luxury of the Banquet Hall to themselves. Bring a snack and your best card-playing skills. They welcome all skill levels.

**Any questions, please call Bill Lego at 986-0008.**



## OTHER COMMUNITY EVENTS

### Grimes Eggstravaganza Event .....

Saturday, April 23 at the GCC

Come join the fun at the annual Grimes Easter Eggstravaganza. This Grimes Chamber and Economic Development sponsored event is chock full of fun for children. It includes over 10,000 eggs in the egg hunt, games, food, and a chance to meet the Easter Bunny in person.



### Grimes City-Wide Garage Sale

Saturday, May 7, 2011 - 9 a.m. - 3 p.m.

Free and open to everyone in the Grimes community. It's time to do your Spring cleaning and clean out the garage, basement, kids toys - you name it, we'll help get the people there to buy it. Email Brett at bbarber@ci.grimes.ia.us with your address to be included on the garage sale map that will be placed at city-owned facilities for the public to pick up. **City-Wide Clean-up is May 14, 2011**

### Grimes Funtastic Days .....

June 9-11

A Grimes tradition! Every summer the community comes together to celebrate with parades, carnivals, a car show, music, dancing, vendors, and so much more. Bring your family, friends, and neighbors to the is all encompassing community celebration! Contact Grimes Chamber for questions.



### Highway 141 Garage Sale

Friday & Saturday, August 5-6

Always the first Friday and Saturday in August, the Highway 141 Garage Sale extends all the way from Grimes to Manilla. Vendors, Garage Sales, and Flea Markets will be found both in the towns and along the highway for 100 miles of fun and bargains. Whether you are a seller or a buyer, this event is just good old fashioned fun. For more information, go to [www.141sales.com](http://www.141sales.com).

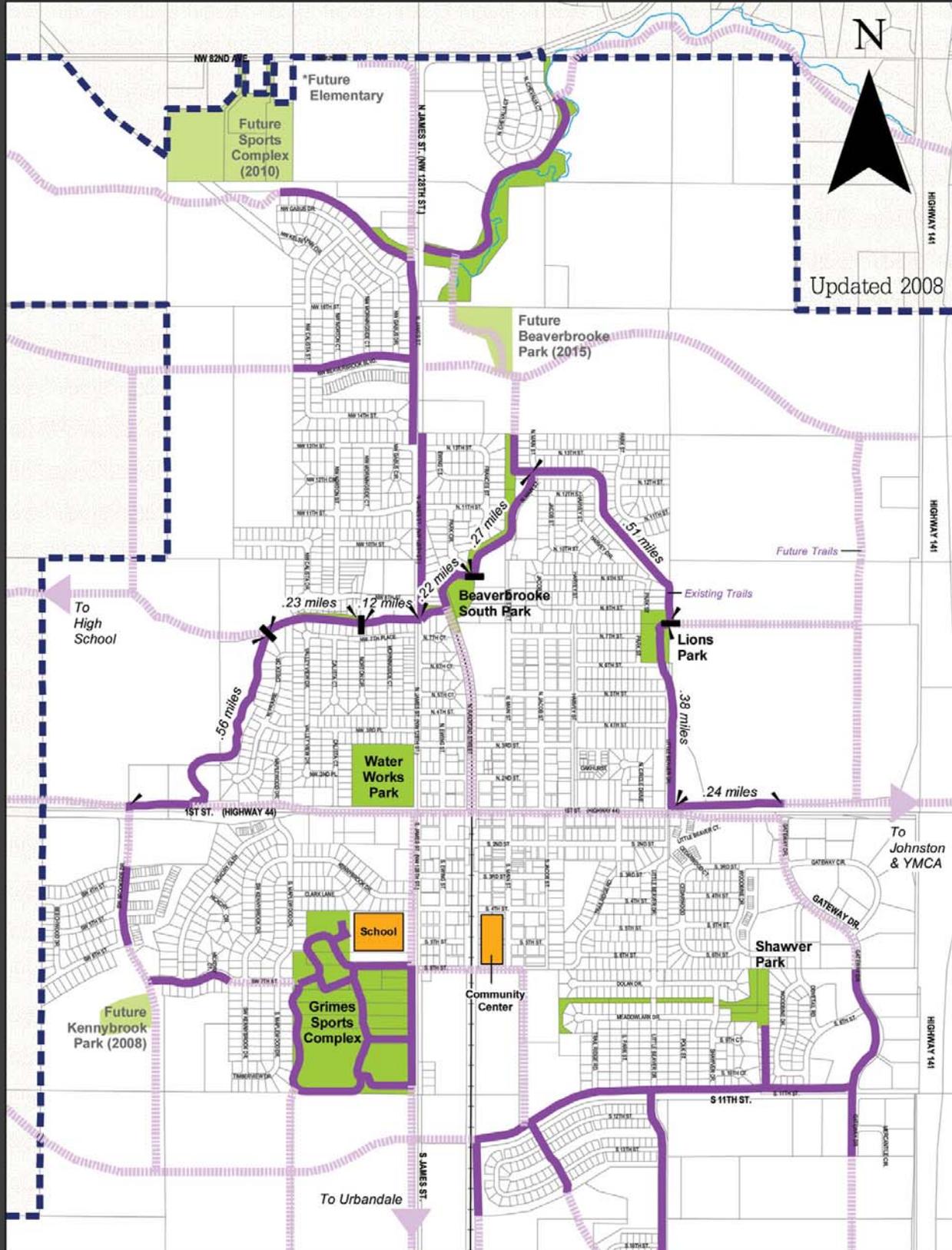
### Grimes Library Summer Programs

*Calling All World Travelers to the Grimes Public Library Summer Reading Program!*

Readers of **ALL AGES** will travel the globe this summer as Grimes Public Library presents **'One world, Many Stories.'** The Summer Reading Program will include Friday morning programs and a reading program to encourage readers to visit the library (and enjoy the mysteries of the world that can be found at the Library!)

**The programs will begin when school is dismissed for the summer.** For more information call the library at 986-3551 or visit our Web site at [www.grimes.lib.ia.us](http://www.grimes.lib.ia.us). The library also has a Facebook page to visit for current announcements and reminders of programs. **Summer reading will continue through July 30.** During August, story times will take vacation for next year's planning and start once again in September. Have a great summer around the world at the Grimes Public Library.

# GRIMES PARKS & TRAILS MAP



[www.grimesiowa.gov](http://www.grimesiowa.gov)

