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Local
Postal Customer

fall/winter
2011-2012



GRIMES
PARKS &
RECREATION
GUIDE



515-986-2143

www.grimesiowa.gov

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 Department is located inside of the Grimes Community Complex (old Middle 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: 9:00am - 5:00pm 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 • City Hall Phone: 515-986-3036

Brett Barber, Parks and Recreation Director

Email: bbarber@ci.grimes.ia.us • Recreation Office Phone: 515-986-2143

Dawn Wood, Parks and Recreation Administrative Assistant

Email: 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
* Jill Altringer, Council Liaison			

adult programs

jazzercise®

Jazzercise is a high-energy, fun and effective total-body 60-minute workout that includes a fusion of dance movements, kickboxing, Pilates, yoga, and strength training all choreographed to today's hottest music. Burn mega calories, build lean muscles, increase cardiovascular fitness, core stability, and improve flexibility. Year-round classes and unlimited access to 14 classes each week!

Cost: Several pass options to choose from. Join for as little as \$34/month, up to \$50/month. Walk-in, per class rate: \$15 (deducted off your first pass if you join the same day)
New participant offer: Valid for those who have never tried jazzercise. Bring in this page and get \$25 off your first monthly pass. Cannot be combined with other offers.

Registration: Arrive 10-15 minutes prior to your first class, by phone: 515-480-0905, or E-mail jazz4k8@mchsi.com.

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 (body sculpting)	X	X	X		
6:40 PM		X	X	X			



grimes fit club

We will be hosting a FREE Beachbody workout & Shakeology Drink tasting every Tuesday at 5:30pm at the Grimes Community Center Gymnasium! ...Beachbody workouts are designed to get you moving and feeling good. Come for a jolt of endorphins and simple, healthy fun. Best of all, it's FREE. From the makers of P90X®, INSANITY®, and TurboFire®.

If you live in the Grimes or NW Des Moines area, come join us & have some fun getting fit! What to bring: Water, a towel & a positive fitness attitude! If you are interested in attending this Fit Club please e-mail Jason Simmons at w8training@yahoo.com. Jason will answer your questions and provide further details and directions if needed. All fitness levels are welcome.

adult yoga

Yoga is for everyone! It increases strength, flexibility, and balance for both body and mind. Regular yoga practice is known to improve circulation, increase core strength and 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. \$45 per 6-week session.

Fall Session I: Tuesdays, September 13 - October 18, 2011
Fall Session II: Tuesdays, November 1 - December 6, 2011
Winter Session I: Tuesdays, January - February, 2012
Winter Session II: Tuesdays, February - April, 2012
Location: Grimes Community Complex Room #400 (North central part of GCC)
Instructor: Bethanie Lafferty, Certified Yoga Instructor

adult sports

co-ed adult indoor volleyball (Ages 18 & Up)

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.

Session 1: Wednesdays, Nov. 2 - Dec. 14 (Skipping Nov. 23rd) *Deadline is October 26, 2011

Session 2: Wednesdays, March 28 - May 2, 2012 *Deadline is March 14, 2012

Time: Games start at 6:15pm, 7:15pm, or 8:15pm

Cost: \$100 per team for a 6-week schedule with tournament

Location: North Ridge Elementary School located off of North James Street in Grimes

Registration: Register Online or Stop in to the Grimes Community Complex (410 SE Main St.)

men's basketball league (Ages 18 & Up)

Non-officiated 5v5 league with participants calling their own game. This is a for-fun league with standings with no award given out except for recognition. Games run approximately one hour.

Date: Wednesdays, January 11 - February 29, 2012

*Deadline is January 6, 2012 at 5pm

Time: 6:15pm, 7:15pm, or 8:315pm

Who: Men 18 years and older

Cost: \$150 per team for an 8-week schedule

Location: North Ridge Elementary School in Grimes off of North James St. or at South Prairie Elementary School off of South James St.

Registration: Register Online or Stop in to the Grimes Community Complex (410 SE Main St.)



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

zumba® fitness classes

ZUMBA® Fitness is a high energy, fast-paced total body workout using a spicy, upbeat mixture of Latin and international music. It is a cardio class that combines dance moves and fitness elements. Be prepared to shimmy and shake! No prior experience is necessary. Bring a towel and water! Wear comfortable clothes and sneakers with a smooth bottom.

Fall Session I: Wednesdays, September 21 - October 26, 2011

Fall Session II: Wednesdays, November 2 - December 14, 2011 (No class on Nov. 23)

Winter Session I: Wednesdays, January 4 - February 8, 2012

Winter Session II: Wednesdays, February 15 - March 21, 2012

Time: 6:00pm - 7:00pm

Cost: \$45 per person for a 6-week session or a \$10 drop-in fee per class.

Location: Grimes Community Complex Gym

Instructor: Jennifer Harned, Trained and Certified Zumba Instructor

grimes community complex

410 S.E. Main Street • Grimes

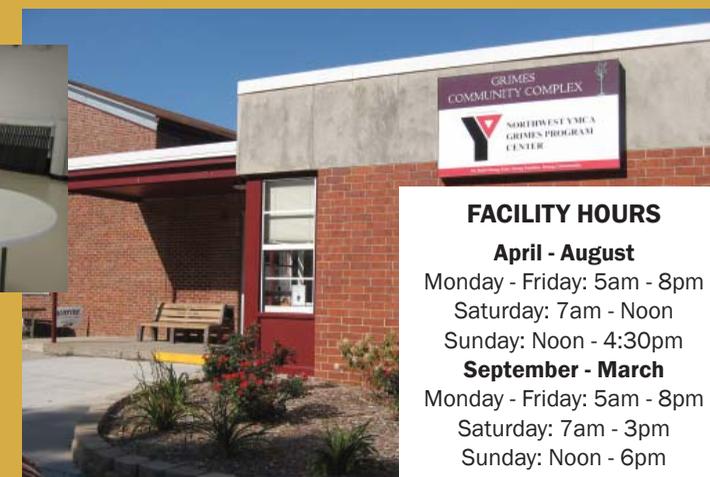
The Grimes Community Complex opened the Summer of 2006 just for the Summer Recreation program. This building now hosts several community programs and events. Numerous sports practices, adult open gym, parties, reunions, anniversaries, wedding receptions, and meetings have been held there since.

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 am - 3 pm	\$25 per hour	\$50 per hour
Evenings 3 pm - 10 pm	\$30 per hour	\$60 per hour
Weekends - per hour	\$30 per hour	\$60 per hour
Weekends - per hour	\$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 Room #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 DCG school district or reside in Grimes **Living outside DCG 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 activated access card is required to enter the building at times outside our normal business hours.



FACILITY HOURS

April - August

Monday - Friday: 5am - 8pm

Saturday: 7am - Noon

Sunday: Noon - 4:30pm

September - March

Monday - Friday: 5am - 8pm

Saturday: 7am - 3pm

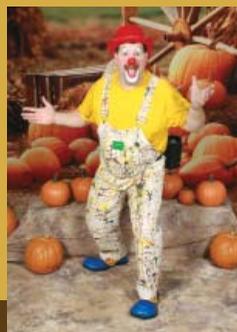
Sunday: Noon - 6pm

special events

4th annual halloween fest at GCC

The Annual Halloween Fest is back! The gym will be packed with inflatables, carnival games, and candy. See the Kids Fun Room, Banquet Hall, and cafeteria full of baked goods and concessions. Visit a few of the other rooms that have been turned into scary destinations (recommended for ages 8 and up). **Make sure the kids wear their costumes.**

Date: Sunday, October 30 from 4-7pm
Who: All ages welcome *Volunteers NEEDED for Haunted Maze and Carnival Games
Cost: \$3.00 per person OR \$10.00 per family (Ages 2 & Under are FREE)
Location: Grimes Community Complex (410 S.E. Main Street)
Registration: No registration required.



holiday celebration at the GCC

The Grimes Holiday Celebration is an event will be held on Sunday, December 4th from 4 – 6 PM at Grimes Community Complex. The annual Guests of Honor are none other than Mr. & Mrs. Santa Claus, who travel the community courtesy of the Grimes Fire & Rescue Department before arriving at the Grimes Community Complex on 410 SE Main Street. This family friendly event features, games & crafts, treat bags for children, pictures with Santa, refreshments, and entertainment by our local dance studios. There is no cost to attend.

Contact the Grimes Chamber Office at 986-5770 or view additional information on our website www.grimesiowa.com (closer to the event date).

letters from santa

Enjoy this opportunity to receive a letter from Santa mailed directly to your child. This letter is written in simple, easy to read language, and is a thrilling surprise for any child. It will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. A unique and touching idea for all, no matter where they live! All Ages and Open to anyone.

Date: All orders must be received by December 10 at Noon
Cost: \$3 per participant by stopping in to the Rec Office
 \$5 per participant if registering ONLINE



senior program

FREE Bridge and Card Games on Fridays from Noon - 3pm at the GCC. Contact Bill Lego at 986-0008 with questions.

youth programs

hunter education class (Ages 11 and Up)

This class is taught by Doug Beavers of Dallas Center. There are no guns and live ammo in the room at the same time. NO ammo! One shotgun, 2 or 3 rifles, and no handguns are present. There is a maximum of 25 people per class. More classes are being set up throughout the year.

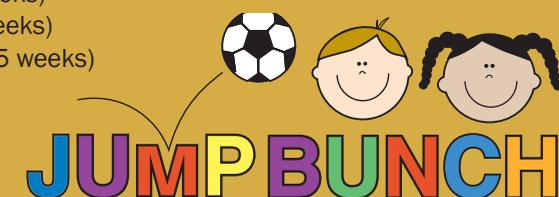
Fall Session 1: Monday, September 12 - Wednesday, September 14, 2011
Fall Session 2: Monday, October 3 - Wednesday, October 5, 2011
Time: 6:00pm - 9:00pm
Cost: \$5 per child (Paid to the City of Grimes)
Location: Grimes Community Complex (410 S.E. Main Street)
Registration: Stop in to the Grimes Community Complex or go to Grimes Park and Rec Office.



jumpbunch for 2 year olds

JumpBunch provides great exercise, but in a structured format that introduces a wide variety of sports, working on coordination, balance and confidence. Each class includes warm-ups, exercises and movement, along with a new sport or activity every week, then an obstacle course to close. It's not about competition for our youngest JumpBunch kids, it's about exposure to new things and having a great time. For more information visit: www.jumpbunchlocations.com/centraliowa

Sessions: September 7th-October 5th (5 weeks)
 October 12th-November 9rd (5 weeks)
 November 16th-December 14th (5 weeks)
Time: Wednesdays 10-10:30 am
Cost: \$50 per child per session
Location: GCC Gym at 410 S.E. Main



jumpbunch for 3-5 year olds

JumpBunch offers kids a chance to get active and learn about all kinds of sports and activities. Our 3-5 year-olds are ready to develop some skills and expand their confidence with equipment. Each week our intro warm-up is the same while the sport or activity changes for exposure to lots of different sports. We're building coordination and helping everyone succeed! Kids don't think about how carefully structured and age-appropriate JumpBunch is set up to build their skills - they just have fun. For more information visit: www.jumpbunchlocations.com/centraliowa

Sessions: September 7th-October 5th (5 weeks)
 October 12th-November 9rd (5 weeks)
 November 16th-December 14th (5 weeks)
Time: Wednesdays 10:30-11:15 am
Cost: \$50 per child per session
Location: GCC Gym at 410 S.E. Main

youth programs

taekwondo by martial arts america (Ages 6 and Up)

Since 1985, Martial Arts America has been in Central Iowa and now comes to the GCC in Grimes to teach the disciplines involved in taekwondo. These classes allow families to take part together. They provide a positive atmosphere for everyone to improve their mind and their body. Sessions start on every even month, but you can start anytime.

Date: Tuesdays and Thursdays at 6:30pm - 7:30pm
Who: Ages 6 and Up (Can participate with your child.)
Cost: \$50 per participant for 2 months
Location: Grimes Community Complex
Registration: Please show up to class with payment made to Martial Arts America. No online registration available.



tiny tigers taekwondo (Ages 4-7)

Our Tiny Tigers program is an age appropriate version of Taekwondo that will help direct that energy into confidence and character building skills. The students (ages 4-7) will be learning their new techniques. At the end of each session, students participate in regular testing (in Ankeny, additional \$35) to show what they have learned. After completing the testing, students are promoted to the next belt color level and learn new techniques. Once they have reached the Tiger black belt level (at parent/instructor discretion), they are ready to go on to the regular class with ages 6 on up can attend. **Stop in for a FREE class! Ongoing program, join in any time.**

Date: Tuesdays and Thursdays at 6:00pm - 6:30pm
Who: Ages 4 - 7 (Must be 4 by the time the class starts)
Cost: \$50 per participant per month (Plus one-time \$50 joiner's fee)
Location: Grimes Community Complex
Registration: Please show up to class with payment made to Martial Arts America. No online registration available.



tots rock & more music class (Ages 1-5)

This class is an opportunity for children ages 1 to 5 and their caregivers to have hands on time with instruments and other fun props while enjoying age appropriate music! This 45-minute class includes familiar songs and will incorporate movement and dance activities to improve coordination and balance with music making. Parachutes, shakers, and pom poms are just a few of the props we will enjoy during this class. Choose this weekly class for an informal, fun time that will nurture your child's natural love of music!

Session 1: Mondays, September 12 - October 3 from 6:15 - 7:00pm
Session 2: Mondays, November 7 - November 28 from 6:15 - 7:00pm
Cost: \$25 per student for 4 classes (parents/caregivers are free)
Location: Grimes Community Complex #400
Instructor: Mandi Nelsen - mandinelsen@hotmail.com or 986-4325.



youth sports

grimes parks and rec flag football (Ages 5-Grade 4)

This program allows players to play in a recreational atmosphere supervised by parent volunteers. Teams practice the first few weeks and then play their league games on Sunday afternoons. Players are assigned to a team randomly so no requests will be taken.

Date: All Practices start Sunday, August 21 - Sunday, October 2
 Deadline for registration was August 3, 2011

beginners flag football (Ages 3-5)

Date: Mondays, September 12 - October 10, 2011 (5 times)
 *Deadline to register is September 1, 2011
 Ages 3-4: 5:15 - 6:00pm / Ages 4-5: 6:00pm - 6:45pm
Cost: \$25 per child (Includes a T-Shirt)
Location: Lions Park (North of Kum and Go)
Instructors: Parents and Volunteers

This program introduces the skills and rules needed to play football. Led by the Grimes Rec Staff, the participants move through drills with their parent/guardian/older sibling working on passing/receiving, running, defense, and blocking. Each child must have a "coaching" parent present that is willing to go through each drill throughout the clinic. Kids progress at their own pace. Equipment used is a nerf football, cones, and flags. Kids should bring a water bottle.



fall bam bam baseball clinic

Date: Tuesdays/Thursdays, September 6 - 22
 Ages 3-4: 5:15pm - 6:00pm
 Ages 4-5: 6pm - 6:45pm
Cost: \$25 per player
Location: Lions Park (North of Kum and Go)
Instructors: Parents and Volunteers

The main purpose of the Bam Bam Clinic is to teach children to hit the ball, run the bases, become familiar with being on the field, and most of all, to have FUN. This is not a competitive league. Players use an oversized orange bat to hit a whiffle ball off of a tee and run the bases. Players should bring a hat, glove, and water bottle. All other equipment is provided by the Grimes Parks and Rec.



fall youth volleyball (Ages 5-Grade 6)

Younger kids will be using a beach ball and lowered net height and the older kids will be using VolleyLite Balls and a lowered net to work on skill development. Geared toward having a fun time.

Date: TBD at a later date
Location: North Ridge Elementary in Grimes
Instructor: Dawn Wood - DCG High School Volleyball Coach



youth sports

beginners indoor soccer (Ages 3-5)

This program introduces the skills and rules needed to play soccer. Led by the Grimes Rec Staff, the participants move from station to station with their parent/guardian/older sibling working on the different skills of soccer. The Grimes Rec Clinic Leader warms the kids up and cools the kids down with fun lead-up games and drills. Each child must have a "coaching" parent present who is willing to go to each station throughout the clinic. Kids progress at their own pace. No shin guards necessary. Max of 15 kids.

Session 1: Mondays, November 7-28, 2011

Session 2: Tuesdays, February 7-28, 2012

Time: Ages 3-4: 5:15pm - 6:00pm / Ages 4-5: 6:00pm - 6:45pm

Cost: \$25 per child per session

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

Registration: Stop in to the Grimes Community Complex (410 SE Main Street) or go to Grimes Park and Rec Office.

youth basketball league (Ages 5-Grade 6)

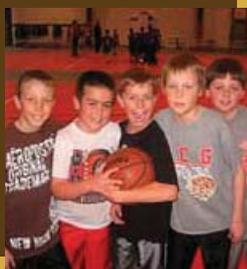
This program allows players to play in a recreational atmosphere supervised by parent volunteers and the Grimes Rec Staff. Players are assigned to a team randomly. Register Online or Stop in to the Grimes Community Complex (410 SE Main St.).

Date: Ages 5- Grade 2: Runs Saturdays, December 3, 2011 - February 4, 2012 (Skip Dec. 24 & Dec. 31)
Grades 3-6: Starts Week of November 28, 2011 through February 4, 2012 (No Practice over the Holiday Break)

Time: To be announced later.

Cost: Ages 5 - Grade 2- \$25 per player*; Grades 3-6- \$35 per player*
*Plus Purchase a Red/White Reversible Jersey \$15

Location: Ages 5- K play at Grimes Community Complex (410 SE Main St.)
Grades 1-2 play at North Ridge Elementary School
Grades 3-4 play games at South Prairie Elementary School
Grades 5-6 play games at Dallas Center Elementary School



beginners basketball clinic (Ages 3-5)

This program introduces the skills and rules needed to play basketball. Led by the Grimes Rec Staff, the participants move from station to station with their parent/guardian/older sibling working on passing, dribbling, shooting, running and defense. The Grimes Rec Clinic Leader warms the kids up and cools the kids down with fun lead-up games and drills. Each child must have a "coaching" parent present who is willing to go to each station throughout the clinic. Equipment used is a mini basketball for shooting and a smaller "Little Tykes" hoop. **Location: Grimes Community Complex.**

Cost: \$25 per player per session

Who: Boys & Girls Ages 3-5 (Min. of 10/Max. of 15)

Session 1: Mondays, Jan. 9 - Jan. 30

Time: Ages 3-4: 5:15pm - 6pm

Session 2: Mondays, Feb. 6 - Feb. 27

Ages 4-5: 6pm - 6:45pm

youth camps/clinics/tournaments

sports specific training

Explosive Performance is a complete training program designed to make junior high, high school, and older athletes run faster, jump higher, and improve their general athleticism. The program will begin with an evaluation so that Eric can tailor the program to your specific needs. Then, Eric will guide a series of speed, agility, and acceleration drills using Flex Bands by Jump Stretch. After a few weeks, Eric will reassess you to show you the progress you've made and to allow Eric to make necessary changes to ensure you're improving quickly.

Dates: Available Mondays from 6-9pm; Saturdays/Sundays; Set up Times by contacting Eric

Ages: For Grades 5-12, and Older Athletes

Cost: 10 sessions= \$180 per person; 20 sessions= \$285 per person

Location: Grimes Community Complex at 410 SE Main Street in the Taekwondo Room

Registration: Contact Eric Shafer at 515-480-0131 or eric.c.shafer@gmail.com

family open gym

This time is set up for families and not recommended for teams practice or those wanting to play full court. We have the basketballs for you or you can bring in your own. Kids 12 and under must be accompanied by an adult.

Date: Saturdays & Sundays, September 10, 2011 - March 25, 2012

Time: Noon - 3pm

During Basketball League in Dec-Feb (only 1-3pm on Saturdays)

Cost: FREE

Location: Grimes Community Complex Gym at 410 SE Main Street

3on3 basketball tournament

Teams are guaranteed at least 3 games or more. Lower divisions play on a lowered hoop. Please see the rules online. Divisions may be combined if needed, ex. Grades 1/2, Grades 3/4, etc. Teams required to have matching jerseys/T-shirts with numbers.

Date: Saturday, February 25, 2012 *Deadline is February 10 at 5pm

Time: Starts at 8:30am

Ages: Separate Boys and Girls Divisions that include- Grade 1, Grade 2, Grade 3, Grade 4

Cost: \$65 per non-resident team (Max of 5 players per team.)

\$35 per DCG team (Majority of team must be from DCG School District.)

Location: North Ridge Elementary School in Grimes - Located on North James Street.

Registration: Stop in to the Grimes Parks and Rec Office. ONLY TEAM REGISTRATIONS.

indoor baseball camp

Dates and times to TBA. Information can be found online.

softball pitching lessons

Please go to the city website for more information.