



515-986-2143
www.grimesiowa.gov

spring/summer
2012



Grimes
Recreational
Program
Guide



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.

Charmin Sterbenz, Pres.	Phone 986-4797	January 2017	504 Hickory Court
Bill Rude, VP	Phone 986-2125	January 2014	505 SW Kennybrook
Doug Bickford, Sec.	Phone 563-320-4350	January 2015	516 SE 13th St
Morgan Molden	Phone 883-0360	January 2015	401 Hickory Glen
Bill Breed	Phone 986-7172	January 2015	1717 NW Morningside Dr

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.

gcc 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 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

www.grimesiowa.gov/ParksandRecreation.aspx

03

special events

easter eggstravaganza

Come join the fun at the annual Grimes Easter Eggstravaganza. This annual 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.

Date: Saturday, April 7, 2012
Time: 10am - Noon
Cost: Free
Location: Grimes Community Complex
Registration: Organized by the Grimes Chamber & Economic Development



3rd annual spring fling fashion show

Date: Saturday, May 12, 2012 12:30pm-2pm
Who: Sponsored by the Grimes Heritage Society.
Cost: \$7 Adults; \$3 Children 10 and Under
Tickets sold by Heritage Society Board Members
Location: GCC Gym
Contact: Carolyn Roth - 986-3776

city-wide garage sale

May 12 - Saturday before City-Wide Cleanup 9am-Noon

Sales throughout Grimes

Free and open to everyone in the Grimes community. It's time to do your spring cleaning and clean out the garage, basement, kid toys, you name it... we'll help get the people there to buy it.

Contact: Brett at bbarber@ci.grimes.ia.us with questions.
Registration: Register online for FREE at www.grimesiowa.gov

governors district kiddie parade - free

Date: Thursday, June 7th at 6:30 p.m.
Time: *Line-up starts at 6 p.m. at GCC
Location: Parade starts at Grimes Community Complex and runs down Main Street.
Registration: Pre-registration is appreciated but not required. Register online at www.grimesiowa.gov
Check-in at the GCC South Parking Lot.

This parade kicks off our annual community event - the Grimes Governor 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 Camp. All participants receive a ribbon.

Grimes Governor's Days is from June 7th through June 9th.



youth sports

bam bam baseball clinic (Ages 3-5)

Session 1: June 11 - June 28

Registration deadline June 1

Ages 3-4: Mon/Wed @ 5:30-6:15 pm
Tues/Thurs @ 9:30-10:15 am (staff coach)
Tues/Thurs @ 5:30-6:15 pm

Ages 4-5: Mon/Wed @ 6:30-7:15 pm
Tues/Thurs @ 10:30-11:15 am (staff coach)
Tues/Thurs @ 6:30-7:15 pm

Session 2: July 10 - July 26

Registration deadline June 29

Ages 3-4: Tues/Thurs @ 5:30-6:15 pm

Ages 4-5: Tues/Thurs @ 6:30-7:15 pm

Cost: \$20 per player (evenings, doesn't include red/white reversible jersey); \$30 per player (includes red/white reversible jersey); \$35 (mornings + jersey) + staff coaches

Location: Lions Park (North of Kum and Go)

Registration: Online or at GCC.



Registration begins Mar. 26 at 7pm

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.

tiny kickers soccer clinic (Ages 3-5)

Session 1: June 11 - June 28 - deadline June 1

Mondays/Wednesdays or Tuesdays/Thursdays

Ages 3-4: 5:30 - 6:15pm

Ages 4-5: 6:30pm - 7:15pm

Session 2: July 9 - July 25 - deadline June 29 Mondays/Wednesdays only

Ages 3-4: 5:30 - 6:15pm

Ages 4-5: 6:30pm - 7:15pm

Cost: \$20 per player (doesn't include red/white reversible jersey); \$30 per player (includes red/white reversible jersey)

Location: Grimes Sports Complex - located on South James St.

Registration: Online or at GCC.



youth golf clinic

Date: Monday, June 18 - Friday, June 22 (Ages 7-17)

Time: 6:00pm-7:00pm

Cost: \$40 per participant

Location: Longview Golf Centre (NW 54th Ave in Grimes)

Register: Online or at the Grimes Community Complex

Instructor: Longview Staff

**** flag football league (Registration starts Sunday, July 1 - ONLINE.) ****

www.grimesiowa.gov/ParksandRecreation.aspx

05

youth sports

Registration starts March 26!

running program (Grades K - 4)

Date: Monday, June 4 - Thursday, June 7
Time: 10:00 a.m. - 11:00 a.m.
Cost: \$30.00 per participant (Includes a t-shirt.)
*Min. number is 8 and max is 20 for this program.
Location: Meet at the Grimes Sports Complex South Concession Stand (by the playground).
Registration: Register online or at GCC.



tennis clinics (Ages 6+)

This program is designed for participants interested in learning the game of tennis in a fun way.

Session 1: Monday, May 21 - Thursday, May 24
Ages 6-8: 5:30-6:20pm
Ages 9-11: 6:30pm - 7:20pm

Session 2: Monday, June 11 - Thursday, June 14
Ages 6-8: 8-8:50am
Ages 9-11: 9:00-9:50am
Ages 12-15: 10:00 - 10:50am

Session 3: Monday, June 25 - Thursday, June 28
Ages 6-8: 8-8:50am
Ages 9-11: 9:00-9:50am
Ages 12-15: 10:00 - 10:50am

Session 4: Monday, July 23 - Thursday, July 26 (Instructor: Andy Grove of Grimes)
Ages 6-8: 8-8:50am
Ages 9-11: 9:00am - 9:50am

Cost: \$25 per person (Includes a t-shirt.)
Location: Grimes Sports Complex Tennis Courts
Instructor: Steven Harper, Asst. Coach at Urbandale



volleyball clinic (Grades K-6)

Dates: Monday, June 4 - Wednesday, June 6
Time: Currently in Grades 4-6- 1:00 pm - 2:30 pm
Currently in Grades 2-3- 2:30 pm - 3:30 pm
Currently in Grades K-1- 3:45 pm - 4:30 pm
Cost: \$25/child in Grades K-1; \$30/child in Grades 2-3; \$35/child in Grades 4-6
Location: North Ridge Elementary School in Grimes



sports training with eric

A complete training program designed to make junior high, high school, and older athletes run faster, jump higher, and improve their general athleticism.

Ages: For Grades 5-12, and Older Athletes
Cost: 10 sessions= \$180 per person; 20 sessions= \$285 per person
Registration: Contact Eric Shafer at 515-480-0131 or eric.c.shafer@gmail.com to setup times.

youth sports camps



NEW! quarterbacks clinic (Ages 9-13)

Session 1: Monday, July 16 and Tuesday, July 17

Session 2: Monday, July 23 and Tuesday, July 24

Ages 7-9: 5:30pm - 6:30pm

Ages 10-13: 6:30pm - 7:30pm

Location: Fields Behind the Grimes Community Complex

Register: Opens March 26, 2012 at 7pm - ONLINE!

isu basketball camp (Grades 1 - 8)

Boys and girls receive their own basketball, t-shirt, and autographs from the players and coaches. Past coaches/players included Chris Babb, Craig Brackins, and Diante Garrett.

Date: Check website.

Time: 12:30-1:00pm- Check in & Registration
1-4pm- Instruction

After- autographs and pictures

Cost: \$40 per player (includes two days of instruction and a t-shirt)

Location: North Ridge Elementary School in Grimes



isu volleyball camp (Grades 1 - 8)

This camp features the Iowa State University Women's Volleyball Team coaching the kids through several drills and games. Be up and close with them as they teach you what they have learned!

Date: Thursday, July 19 - Friday, July 20

Time: Currently in Grades K-2: 9:00am - 10:30am

Currently in Grades 3-5: 10:30-Noon

Currently in Grades 6-8: 1:00pm - 2:30pm

*Max of 20 participants in each time slot. Register early

Cost: \$40 per player (includes two days of instruction and a t-shirt)

Location: Grimes Community Complex (Located at 410 SE Main Street in Grimes)

Registration: Stop by the Grimes Parks and Rec Office at 410 SE Main Street with payment to register or Mail to 410 SE Main Street in Grimes 50111. All checks must be made payable to Cyclone Volleyball Camps.

Instructors: Selected ISU Volleyball Players

softball/baseball pitching lessons

Check website for details... www.grimesiowa.gov/ParksandRecreation.aspx

www.grimesiowa.gov/ParksandRecreation.aspx

07

youth programs

tiny tigers taekwondo (Ages 4-7)

Date: Tuesdays and Thursdays (ongoing program, join anytime)
Time: 6:00pm - 6:30pm
Cost: \$50 per participant per month (Plus one-time \$50 joiner's fee)
Location: Grimes Community Complex Room #102
Instructor: Certified MAA Black Belts



taekwondo by MAA (Ages 7+)

Date: Tuesdays and Thursdays (ongoing program, join anytime)
Time: 6:30pm - 7:30pm
Cost: \$50 per participant for 2 months
Instructor: Martial Arts America Mike Aves

tumbling classes (Ages 3-10 taught by Lexi Shafer)

Spring Session 1: Monday, March 26 - Thursday, April 19
Spring Session 2: Monday, April 23 - Thursday, May 17
Summer Session 1: Monday, May 21 - Thursday, June 14
Summer Session 2: Monday, June 18 - Thursday, July 12
Summer Session 3: Monday, July 30 - Thursday, August 23
Times, Fees & Levels available online at www.grimesiowa.gov
Location: Grimes Community Complex Room #400

NEW!! art in the parks (Ages 1-6)

Session 1: Thursdays, June 7 - 28 (4 times)
Session 2: Thursdays, July 5 - 26 (4 times)
Time: 10:30am - 11:30am- Activities and Craft with Instructor
11:30am - Free Play at the Park with Parent Supervision
Cost: \$20 per child per four-week session, OR \$7 for drop-in fee
Location: Local Grimes Parks and Shelters
*If raining or excessive heat, program will be held indoors at the Grimes Community Complex located at 410 SE Main Street.
Registration: Register ONLINE or Stop in to the Grimes Rec Office at the GCC.



grimes drama workshop (Grades K and up)

Dates: Monday, June 18 - Friday, June 22 @ Grimes Community Complex Banquet Hall
Who: **Kids going into Grades K-2:** 9am - 10:15am \$35 per child
Kids going into Grades 3-5: 10:30 - Noon \$35 per child
Kids going into Grades 6+: 1pm - 4pm \$75 per child

During a week-long workshop, students will create performances and "choose-your-own-adventure" tales as well as their own "living" video games.

NEW!! summer theatre & performance (Ages 7 - 17)

Date: Monday, August 6 - Friday, August 10
Time: Monday-Thursday- 9am - 4pm, Friday- 9am - 3pm and 6-8pm
*Performance will be from 7-8pm that Friday Night
Cost: \$100 per participant (Bring a sack lunch)
Register: Register online at www.grimesiowa.gov



youth programs

summer adventures - field trips (Ages 6+)

June 12- Iowa Cubs

June 14- Pump It Up

June 19- Skyzone

June 21- Blank Park Zoo

June 26- Sleepy Hollow
Sports Park

June 28- Mini Golf at Longview

July 10- Jester Park

July 12- Climb Iowa

July 17- Glazed Expressions

July 19- Tokens Family Fun Center

July 24- Science Center

July 26- Horseback Riding
at Jester Park

July 31- Bowling at Warrior
Lanes

August 2- Movie Trip

Fees vary. Register online at www.grimesiowa.gov.

NEW - HALF DAY TRAVEL CAMP - Runs Monday, June 11 - Thursday, August 2

Cost: \$35 per week (Includes pool admission and field trips, supervision, and transportation.)
More information online.

tiny adventures (Ages 4-7)

Mondays - Thursdays from 9:30am - 11:30am - \$30 per week

Session 1: June 11 - June 14 (Fairy Tales/Father's Day Gift)

Session 2: June 18 - June 21 (Ocean Creatures Theme)

Session 3: June 25 - June 28 (American Theme/ 4th of July)

Session 4: July 9 - July 12 (Dinosaurs Theme/Parks/Trails)

Session 5: July 16 - July 19 (Dr. Suess Theme)

Session 6: July 23 - July 26 (Sports of all Sorts Theme)

Registration: Starts Monday, March 26 at 7pm - ONLINE!



swimming trips (Ages 6 and up) to Dallas Center Pool

Mondays and Wednesdays starting June 11

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

Bus arrives back at Library at 3:45 p.m. and at GCC at 4:00 p.m.

Cost: \$2.00 per child (Includes bus/staff only, does not include pool admission or snacks/drink at the pool)

* Pool memberships can be purchased at the swimming pool.

swimming lessons (Ages 4+)

Session 1: Dallas Center: Monday, June 11 - Thursday, June 22 (9 times)

Session 2: Clive: Monday, July 9 - Thursday, July 19 (8 times)

Check website for levels, prices & departure times.



NEW! campfire usa full day camp at gcc (Grades 1-6)

Dates: Starts Week of June 4 - August 17

Time: Drop Off in GCC Taekwondo Room #102: 6:45am - 9am

Camp: 7:30am - 5:30pm

Pick Up in GCC Taekwondo Room #102: 4pm - 6pm

Cost: \$160 per child per week *Kids must register for entire week but can register week to week.

Register: Register online at www.campfireusaia.org and to learn more about the camps!

www.grimesiowa.gov/ParksandRecreation.aspx

09

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.

- Date:** Wednesdays, March 28 – May 2
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: Online or at GCC.

co-ed summer sand volleyball (Ages 16 & Up)

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 is declared the winner using rally point scoring. Must have at least two females on court.

- Session 1:** Sundays - June 3 through July 8
Session 2: Sundays, Aug 12 - Sept 23
Time: 5pm, 6pm or 7pm (Session 2 games at 4pm)
Who: Ages 16 years and older
Cost: \$50 per team
Location: Grimes Sports Complex Sand Volleyball Courts
Registration: Register Online or Stop in to the Grimes Community Complex (410 SE Main St.)



co-ed slow pitch softball (Ages 18 & Up)

This will be a non-officiated league with all participants calling their own game. Special rules with a home run limit due to the short field. Ten players are allowed on the field at one time. At least 4 women must be on the field. An alternating batting order must be used as well going male/female. See more rules online.

- Date:** Sundays - August 12 through Sept. 23
Time: Games start at 4pm or 5pm
Who: Ages 18 years and older
Cost: \$100 per team
Location: Grimes Sports Complex Softball Field #2 located on South James Street in Grimes
Registration: Register Online or Stop in to the Grimes Community Complex (410 SE Main St.)



adult programs



jazzercise®

Jazzercise is FUN and will transform your body from the core out! Enjoy a high energy, total body workout that will target and tone, burn mega calories, build lean muscles, increase cardiovascular fitness, enhance core stability, and improve flexibility. Trained, experienced and certified instructors provide a fusion of easy to follow dance movements, kickboxing, Pilates, yoga, and strength training all choreographed to today's hottest music. Bring a mat, hand-weights, and a non-breakable water bottle.

- Sessions:** Ongoing, year-round, 7-days each week. Join anytime!
- Cost:** Several session and unlimited access pass options to select from. Price range: \$34 - \$50/month. Walk-in, single class rate: \$15 (deducted off your first pass if you join the same day). New participants: bring in this page and get \$25 off your first monthly pass.
- Times:**
- 5:15 am on Monday, Wednesday, & Friday
 - 8:30 am on Saturday
 - 4:20 pm on Sunday, Monday, & Thursday
 - 5:30 pm on Monday (body sculpting), Tuesday, Wednesday, & Thursday
 - 6:40 pm on Monday, Tuesday, & Wednesday
- Registration:** Arrive 10-15 minutes prior to your first class, by phone: 515-480-0905, or E-mail jazz4k8@mchsi.com.
- Location:** Grimes Community Complex, Room 200

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.

- Spring Session:** Tuesdays, April 17 - May 22 from 6:45pm to 8:00pm.
- Location:** Grimes Community Complex Room #400 (North central part of GCC)
- Instructor:** Bethanie Lafferty, Certified Yoga Instructor
- Registration:** Online or at GCC.

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. No prior experience is necessary. Bring a towel and water! Wear comfortable clothes and sneakers.

- Spring Session:** Mondays and Wednesdays, March 26 - May 2 • 6:00pm - 7:00pm
- Summer Session:** TBA (see website for more details)
- Cost:** \$35 per person for a 6-week session or a \$7 drop-in fee per class.
- Location:** Grimes Community Complex Gym
- Instructor:** Katie Crow, Trained and Certified Zumba Instructor

seniors playing bridge

- Date:** Every Friday from Noon - 3pm
- Cost:** FREE to play
- Location:** Banquet Hall in the Grimes Community Complex





410 SE Main St. • Grimes, Ia 50111

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