



KETCHIKAN GATEWAY BOROUGH

PARKS & RECREATION

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2016-2017

# REGISTRATION GUIDE

## 2 Ways To Register...

### Online:

#### **ONLINE REGISTRATION STARTS NOVEMBER 25<sup>th</sup>, 2016**

Visit us online at [www.kgbak.us/Parks-Recreation](http://www.kgbak.us/Parks-Recreation) and click "Register Online" or go to <http://activenet.active.com/kgb> (no www.)  
If you have questions please feel free to give us a call.

### Visit the facility:

#### **IN PERSON REGISTRATION STARTS NOVEMBER 28<sup>th</sup>, 2016**

Bring your information and your payment (check, cash or credit card) to the Gateway Recreation Center and our staff will assist you in registering.

**We do not accept phone, fax or early registrations.** Fees for activities must be paid at the time of registration.

### Americans with Disabilities Act:

The Ketchikan Gateway Borough Parks & Recreation Department fully supports the ADA, and will take the necessary action to comply with its provisions. If you need special assistance to participate in the programs offered in this brochure, please let us know at the time of registration or contact us at Parks & Recreation @ 228-6650 to discuss your needs.

### Parks & Recreation

601 Schoenbar Rd  
Ketchikan, AK 99901  
Phone: 228-6650  
Fax: 247-3394  
[parksandrec@kgbak.us](mailto:parksandrec@kgbak.us)

### Facility Hours

Monday-Friday 5:00 AM-9:00 AM\*

\*Pool closes @ 8:15 PM Monday-Friday

Saturday 7:00 AM-9:00 PM\*

Sunday 11:00 AM-6:00 PM\*

\*Pool closes @ 5:00 PM Saturday & Sunday

## Facility Closures...

December 24th - @5 PM - BOTH FACILITIES - Christmas Eve

December 25th - ALL DAY - BOTH FACILITIES - Christmas Day

December 26th - Open @ 8 AM

December 31st - @5 PM - BOTH FACILITIES - New Year's Eve

January 1st, 2017 - ALL DAY - BOTH FACILITIES - New Year's Day

## Program Cancellations and Refunds:

If a participant cancels before the activity begins or after the first class, a \$6 non-refundable fee will be deducted from the refund. No refunds will be issued after the second class meets. If the Parks & Recreation Department cancels an activity a full refund will be issued. Parks & Recreation reserves the right to cancel any activity due to insufficient registration.

\*Memberships are non-refundable and non-transferable.

## Who we are...

Wendy Miller, Karen Taylor,  
Ericka Rud, Eryn Brooks,  
Eric Taylor, Bob Bankson,  
Ken Ketah, Betty Saalsaa, Ashley Turner,  
Maegan Jackson, Ryan Chapel,  
Niccole Ripley, Stefan Medford,  
Jeremy Guinn, Sam Weston.

Like us on Facebook  
Ketchikan Parks &  
Recreation



Visit us online @

[www.kgbak.us/Parks-Recreation](http://www.kgbak.us/Parks-Recreation)

### Community Reference Guide

#### **Big Brothers/Sisters of Alaska:**

247-3350

#### **Boy Scouts:**

Dennis Olsen - 225-1311

#### **Dance Mania/Youth Fitness:**

Alma Parker - 821-0488

#### **Girl Scouts of Alaska:**

Alison - 907-273-0312

#### **Ktn. Area Arts & Humanities Council:**

Office - 225-2211

#### **Ketchikan Dribblers League:**

Office - 225-8133

Fax - 247-8133

#### **Ketchikan Fight Club:**

Jack Duckworth - 247-2022

#### **Ketchikan Football League:**

247-3319

#### **Ketchikan Gymnastics Club:**

Office/Msg - 247-4966

#### **Ketchikan Indoor/Youth Soccer:**

Office/Msg - 225-5975

Fax - 247-5975

#### **Ketchikan Killer Whales:**

Patrick Burda - 440-570-8586

[kkswim@gmail.com](mailto:kkswim@gmail.com)

#### **Ketchikan Little League Assoc:**

Cade King - 617-3764

#### **Ketchikan Rod & Gun Club:**

247-8400

#### **Ketchikan Running Club:**

Tom Fowler - 617-3736

#### **Ketchikan Softball Assoc:**

2721 7th Ave - 225-2745

Or Box 5716 Fax - 247-8133

#### **Ketchikan Theater Ballet:**

Office - 225-9311

#### **Ketchikan Wrestling Club:**

Rick Collins - 225-1011

#### **Ketchikan Youth Court:**

Office - 225-2293

#### **Ketchikan Youth Initiatives**

617-5990

#### **ORCA/SAIL:**

225-4735

#### **Rainy Day Quilters:**

<http://rainydayquilters.com>

### Community Reference Guide

# PARKS & RECREATION

## Pickleball Drop-in

Times: Tuesdays & Thursdays

8:30-11:30 AM

Fee: \$3.00 per person, 10 punch passes \$25.00 or is included with a membership



## Gateway Recreation Center Rentals

We have many rooms which can be rented based on availability, two weeks advance notice is suggested.

**\*\*We do NOT allow helium balloons in our facility\*\***

### FEES:

**GYMS:** \$50/hour per Gym (Gym A or Gym B), Bouncy House available upon request with the rental of the Gym (\$25 rental fee)

**ACTIVITY ROOM:** \$35/per hour, Bouncy House available upon request with the rental of the activity room (\$25 rental fee), or Traverse Climbing Wall available upon request with the rental of the activity room (w/ \$35 deposit)

**EXERCISE ROOMS:** \$35/hour per Exercise Room (Room A or Room B)

**ART ROOM:** \$35/hour

**CHILDREN'S ROOM:** \$35/hour (w/ \$35 deposit)

**CONCESSION STAND:** \$10/hour

(non-profit organizations, please call for any discounts)



## Rollerskating

**\*\*Skating will be the 1<sup>st</sup> & 3<sup>rd</sup> Saturdays of each month! \*\***

Clear your slate and make SATURDAYS available for your night of roller skating fun! Come into the Gateway Recreation Center to enjoy this activity with your friends and family!

**TIMES:** 3:00-4:45 PM, 5:00-6:45 PM

**FEE:** \$3 per person, 10 Punch Passes \$25 or is included with a membership

There will only be skating on the 1<sup>st</sup> & 3<sup>rd</sup> Saturdays of each month! No skating on December 17th due to the Rainbird Soccer Tournament.

### Holiday Skates

Tuesday 12/20 - 2-3:30 PM

Tuesday 12/27 - 2-3:30 PM

Fee: \$3 per person, 10 punch passes \$25 or is included with a membership

### Presidents' Day Skate

Monday 2/20 - 2-3:30 PM

Fee: \$3 per person, 10 punch passes \$25 or is included with a membership

# PARKS & RECREATION

## Facebook Fridays

Parks & Recreation has a Facebook page. Become a fan and keep up to date on upcoming events, specials and closures. In addition, take a look at our photo albums.

Every month we will have a **FACEBOOK FRIDAY "SPECIAL"**.

Go to the Ketchikan Parks and Recreation Facebook page on the last Friday of each month and find out the "special" word. Come to Parks and Recreation and tell the receptionist the "special" word and.....

you will receive a **FREE PASS** for any Drop-in activity. All Facebook Friday free passes will expire after one week.

## Gateway Aquatic Center Rentals

Pool rentals are booked on a space-available basis. We have exclusive rentals (you have the specific pool rented to yourself and the use of the art room for 1 hour) and Pool parties (You get 20 people in an open swim and the use of the art room for 1 hour).

Two week advanced notice is required. Great for birthdays, church groups, a family get together or just because.

See the front desk for more details or to reserve the pool for your party today!

Fees:	1-50 people	51-100 people	101-150 people
Entire Pool	250.00	300.00	350.00
Competition Pool (Without features and dive tank)	100.00	150.00	200.00
Competition Pool (With drop slide, Climbing wall & Dive Tank)	150.00	200.00	250.00
Recreation Pool (Without slide)	100.00	150.00	200.00
Recreation Pool (With slide)	150.00	200.00	250.00

### Exclusive Rentals:

Saturdays - Both Pools 5:15-7:15 PM

Sundays - Recreation Pool 5:15-7:15 PM

### Pool Parties: \$75.00

Saturdays - 3:30-5:00 PM Pool - 5:00-6:00 PM Art Room

Sundays - 3:30-5:00 PM Pool - 5:00-6:00 PM Art Room

## Ketchikan Parks & Recreation Fitbit Challenge

Do you own a Fitbit? Join the Ketchikan Gateway Borough Parks & Recreation Fitbit Challenge and track your monthly fitness goals along with others from Ketchikan.

This group will automatically reset and roll over each month. Feel free to stay on the board for as long or as little as you would like. This challenge is purely for encouraging healthy, fun competition and to encourage Ketchikan to get moving. No prizes will be awarded for finishing atop the leaderboard. Please use good sportsmanship and keep your steps honest for the sake of friendly competition. We will randomly recognize one person on our Facebook page for different achievements (i.e. Most Steps, Most Average Daily Steps, Most Active Minutes, etc.).

To join just sign in to your Fitbit account, click "community", "activity groups" and search for Ketchikan Parks & Recreation Fitbit Challenge. Anyone with a Fitbit in Ketchikan is welcome to join us.

## Snow Shoes & Ice Skate Rentals

(per day, per pair) - \$12.00

(weekend rate, per pair) - \$26.00

\$100.00 deposit required per pair of snow shoes.

\$50.00 deposit required per pair of ice skates.

Deposits will be returned if all snowshoes and poles and/or ice skates are returned in the same condition as originally rented.

Winter Rentals

# PRE SCHOOL FUN

## Preschool Craft



**AGES:** 2-6 years old

**WHEN:** Tuesdays 10:30-11:30 AM

**WHERE:** Art Room

**FEE:** \$3.50 each

\*\*\*INCLUDES Tot Gym before or after the craft.\*\*\*

The Children's Room is NOT included with the craft.

### DECEMBER



12/6 —Christmas Tree Ornaments

12/20 —NO CRAFT



### JANUARY



1/3 —Popsicle Stick Snowmen

1/17 —Cardstock Penguins

1/31 —Paper Plate Polar Bears



### FEBRUARY



2/14 —Valentine's Cards

2/28 —Canvas Paintings



## Children's Room



**WHEN:** DECEMBER/JANUARY/FEBRUARY

**AGE:** 2-6 years old

**WHERE:** GRC Children's Room

**TIME:** Mon-Fri, 9:00 AM-1:00 PM

& 4:00-7:00 PM

\*Hours subject to change\*

**FEE:** \$3 per child, per hour OR 10 passes for \$25

\*\*\* This room is supervised \*\*\*

\*\*\* Parent/Guardian MUST be in the building \*\*\*



## Tot Gym

**WHEN:** DECEMBER/JANUARY/FEBRUARY

**AGE:** 2-6 years old

**WHERE:** GRC, Gym A

**TIME:** Mon-Fri, 9:00 AM-2:00 PM

(NO TOT GYM — Winter Break,  
12/19/16-1/2/17)

**FEE:** \$3 per child OR 10 passes for \$25

\*This is an unsupervised activity\*



## Preschool CLIMBING Wall

**DAYS:** December 13<sup>th</sup>, January 10<sup>th</sup>,  
January 24<sup>th</sup>, February 7<sup>th</sup>  
& February 21<sup>st</sup>

**TIME:** Tuesdays 11:00 AM-1:00 PM

**WHERE:** GRC, Activity Room

**AGE:** 2-6 years old

**FEE:** \$3 OR

\$25-10 PUNCH PASS

\*\*\*This room is supervised.\*\*\*

\*\*\*Parent/Guardian MUST be in the building!\*\*\*



## Bouncy House Crazy!

We're going to include  
the Bouncy House to  
Tot Gym every  
Wednesday & Thursday  
this winter at the  
same price as regular  
Tot Gym!



# YOUTH EVENTS

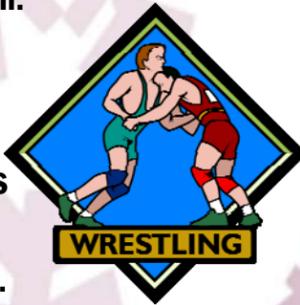
## Mat Rats Wrestling

**Mat Rats is back for another Winter!**

Children in grades 1-6 are encouraged to join the program. Practices will be at the Gateway Recreation Center with coach Brian Pearce or Point Higgins Elementary School with coach Geoff Glover.

Duel Wrestling Tournaments to be held Saturdays 2 Days TBD & 3/25.

Mat Rats is looking for volunteers to help with coaching. Please contact the respective coaches if you are interested or have any questions.



### GATEWAY RECREATION CENTER

#### 1st—3rd Grade

**WHEN:** 2/14-3/25,  
Tues, 4:30-5:15 PM & Wed, 4:30-6:30 PM  
**WHERE:** GRC Activity Room  
**AGES:** 7-9 years **FEE:** \$60

### GATEWAY RECREATION CENTER

#### 4th—6th Grade

**WHEN:** 2/15-3/25,  
Wed, 4:30-6:30 PM & Thurs, 4:30-5:30 PM  
**WHERE:** GRC Activity Room  
**AGES:** 9-12 years **FEE:** \$60

### POINT HIGGINS ELEMENTARY

#### 1st—6th Grade

**WHEN:** 2/14-3/25, Tues & Fri, 3:30-5:00 PM  
**WHERE:** PHE School Gym  
**AGES:** 7-12 years **FEE:** \$60



## No School Specials

\$3 PER PERSON (UNLESS OTHERWISE NOTED)

### \*\*\* WINTER BREAK SPECIALS \*\*\*

#### \*\*\* OPEN SWIM — All Ages — 1:15-2:45 PM \*\*\*

- MONDAY 12/19 ~ Snowflake Swim  
Bring in your neatly cut out snow flake & swim for FREE
- TUESDAY 12/20 ~ \$1.00 Swim
- WEDNESDAY 12/21 ~ Canned Food Drive  
(Bring a non-perishable can to donate & swim for FREE)
- THURSDAY 12/22 ~ \$1.00 Swim
- FRIDAY 12/23 ~ Bring a neatly colored holiday coloring page & swim for FREE
- MONDAY 12/26 ~ \$1.00 Swim
- TUESDAY 12/27 ~ BOGO - 2 for the price of one! Bring a friend swimming!
- WEDNESDAY 12/28 ~ ALOHA!  
Dress in something that reminds us of summer & swim for FREE
- THURSDAY 12/29 ~ \$1.00 Swim
- FRIDAY 12/30 ~ HAPPY NEW YEARS  
Bring in an item with 2017 on it and swim for FREE

#### \*\*\* ROLLER SKATING — All Ages — 2:00-3:30 PM \*\*\*



**MONDAY 1/2**  
DOLLAR SWIM ~ \$1.00  
All Ages — 1:15-2:45 PM

**MONDAY 1/16**  
DOLLAR SWIM ~ \$1.00  
All Ages — 1:15-2:45 PM  
**BLACKLIGHT DODGEBALL ~ Wear NEON & Play for FREE!**  
Elementary School Ages — 1:00-1:45 PM  
Middle & High School Ages — 2:00-2:45 PM



**MONDAY 2/20**  
DOLLAR SWIM ~ \$1.00  
All Ages — 1:15-2:45 PM  
ROLLER SKATING  
All Ages — 2:00-3:30 PM

## After School Club

**Parks & Recreation is offering After School Club this winter.**

After School Club will offer structured activities, crafts, playtime and an on-going homework table.

Parks & Recreation will have a quiet area, supplies and a staff member available to assist participants with their homework.

**Your child will need to bring their homework every day.**

**This program will run Monday—Friday 4:00-5:30 PM December 5<sup>th</sup>—February 24<sup>th</sup>.**

**After School Club will NOT operate on non school days or when the Gateway Recreation Center is closed.**

**WHEN:** 12/5-2/24, MON-FRI, 4:00-5:30 PM  
(No AFTER SCHOOL CLUB 12/19-1/2, 1/16 & 2/20)

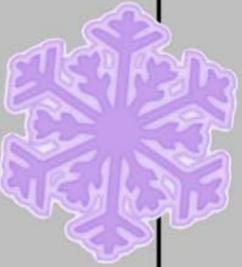
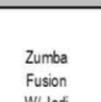
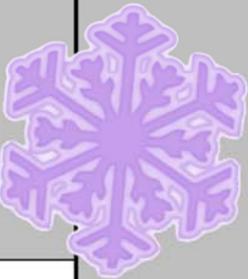
**WHERE:** GRC, Children's Room  
**FEE:** \$245 all quarter (must pay by 12/5/16),  
\$52 December, \$94 January,  
\$99 February OR \$26/week\*

\*Prorated for days After School Club is not offered.

**GRADES:** 1-6 (6-12 years old)



# CLASS SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
6:00 AM	Shall We Pilates? W/ Su (6:00-7:00 AM Exercise B)	Step On It! W/ Su (6:00-7:00 AM Exercise B)	Brazilian Jiu-Jitsu (6:00-7:30 AM Activity Room)	Shall We Pilates? W/ Su (6:00-7:00 AM Exercise B)	Step On It! W/ Su (6:00-7:00 AM Exercise B)	Step On It! W/ Su (6:00-7:00 AM Exercise B)	Brazilian Jiu-Jitsu (6:00-7:30 AM Activity Room)		
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM	Zumba Fitness W/ Britt (9:00-10:00 AM Exercise B)		Zumba Fitness W/ Britt (9:00-10:00 AM Exercise B)		Zumba Fitness W/ Britt (9:00-10:00 AM Exercise B)	Tae Kwon Do All Ages (9:00-10:00 AM Exercise B)			
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM	Pilates For Lunch W/ Su (12:15-12:45 PM Exercise B)		Pilates For Lunch W/ Su (12:15-12:45 PM Exercise B)		Pilates For Lunch W/ Su (12:15-12:45 PM Exercise B)		Okinawan & Open Karate-Do Teen/Adult (12:00-2:00 PM Exercise B)		
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM						Judo All Ages (3:00-4:00 PM Adults Only 4:00-4:30 PM Exercise B)			
4:00 PM		Judo Youth & Parents (4:15-5:15 PM Exercise B)							
4:30 PM	Step, Up & Pilates W/ Su (4:30-5:30 PM Exercise B)		Step, Up & Pilates W/ Su (4:30-5:30 PM Exercise B)						
5:00 PM	Line Dancing W/ Karen (5:00-6:00 PM Exercise A)	Youth Brazilian Jiu-Jitsu (5:00-6:00 PM Activity Room)	You Can Dance W/ Nancy (5:15-5:45 PM Exercise A)	Line Dancing W/ Karen (5:00-6:00 PM Exercise A)	You Can Dance W/ Nancy (5:15-5:45 PM Exercise A)				
5:30 PM		Judo Teen/Adult (5:15-6:15 PM Exercise B)	Every Body Pilates W/ Su (5:25-6:25 PM Activity Room)	Tae Kwon Do All Ages (5:45-6:45 PM Exercise B)	Every Body Pilates W/ Su (5:25-6:25 PM Exercise B)	Adaptive Self-Defense (5:00-6:30 PM Activity Room)	You Can Dance W/ Nancy (5:30-6:00 PM Exercise A)	Every Body Pilates W/ Su (5:25-6:25 PM Exercise B)	
6:00 PM			Aging with Grace W/ Nancy (5:45-6:30 PM Exercise A)						
6:30 PM	Tai Chi (6:30-7:30 PM Exercise A)	Brazilian Jiu-Jitsu (Beginners 6:00-7:00 PM Advanced 7:00-8:00 PM Activity Room)	Okinawan Karate-Do Youth (6:30-7:30 PM Exercise B)		Okinawan Karate-Do Youth (6:30-7:30 PM Exercise B)				
7:00 PM	Zumba Strong W/ Larissa (6:30-7:30 PM Exercise B)		Brazilian Jiu-Jitsu (All Levels 6:30-8:00 PM Activity Room)		Brazilian Jiu-Jitsu (Beginners 6:00-7:00 PM Advanced 7:00-8:00 PM Activity Room)	Zumba Strong W/ Larissa (6:30-7:30 PM Exercise B)			
7:30 PM									
8:00 PM									
8:30 PM									

**Try It Before You Buy It!**

**FREE** drop-in to any martial arts or group fitness class 12/5-12/11.

# MARTIAL ARTS

## Okinawan Karate-Do

Shorin-ryu Seibukan Karate is a traditional form of Okinawan Karate. Training focuses on basic techniques, conditioning, philosophy and kata. Training also places emphasis on etiquette and respect inside and outside the dojo. It is our goal to preserve and pass on this traditional art to future generations. **Instructors:**  
Sensei Kathy Holcomb and Sempai Rod Jaehnig

### YOUTH

WHEN: 12/1-2/28, TUES/THURS 6:30-7:30 PM

WHERE: EXERCISE ROOM B

FEE: \$30 monthly Or \$74 quarterly AGES: 5-12 years

### TEEN/ADULT

WHEN: 12/1-2/28, TUES/THURS 7:30-9:00 PM,  
SAT 7:00-9:00 AM AND SUN 12:00-2:00 PM (HIGH RANKING)

WHERE: EXERCISE ROOM B

FEE: \$45 monthly Or \$119 quarterly AGES: 13+ years

No Class  
12/25 & 1/1

### Please REGISTER before attending classes!

Nothing ends a Parks & Recreation program faster than people who wait until the last minute to enroll. There is a point when programs must be cancelled if there is not sufficient registration.

Register with Parks & Recreation for all classes listed in this brochure.

Registration begins 11/25 Online  
(<http://activenet.active/kgb>)  
& 11/28 In-Person.

## Open Karate-Do

Karate is a method of unarmed combat where practitioners learn to use their arms, legs and entire body to defend themselves against a spontaneous attack. The goal of Karate-Do is to condition and train the mind and body to act with self control, humility and calm judgement. The basic techniques of Taisabaki (evasive body shifting), Kata (pre-arranged forms) and other training methods will be covered in this practical style of Karate.

**Instructor, Christopher Donar**

### OPEN KARATE-DO

WHEN: 12/4-2/26, SUN 12:00-2:00 PM

WHERE: EXERCISE ROOM B

FEE: \$25 monthly AGES: 13+ years

No Class  
12/25 & 1/1

## Judo

Judo is a martial art which evolved from jiu-jitsu in Japan at the end of the 1800's. Its techniques include throws, hold-downs, chokes and arm-locks for submission purposes. It has been an Olympic sport since 1964. Whether you are looking for self-defense, fitness, focus, or fun, Judo is a life sport that offers all of those things. **Certified Judo Coaches:**  
Yodan, Justin Breese and Nidan, Becky King

USJA Members receive a \$15 discount.

Must register in person & show USJA membership card.

### YOUTH & PARENTS

WHEN: 12/6-2/25, All ability levels- TUES 4:15-5:15 PM,

Yellow belts & above are invited to attend an additional advanced class on Saturdays, 3:00-4:00 pm

WHERE: EXERCISE ROOM B

FEE: \$45 AGES: 5+ years

### TEEN/ADULT

WHEN: 12/6-2/25, TUES 5:15-6:15 PM

AND SAT 3:00-4:30 PM

WHERE: EXERCISE ROOM B

FEE: \$45 AGES: 13+ years

No Class  
12/24 & 12/31

## Tae Kwon Do

Tae Kwon Do is a Korean style karate class that is taught in graduated steps of preparatory exercises, self-defense, offense and conditions. This class concentrates on the use of the body in the method of self-defense, in which it has gained the ultimate use of its facilities through intensive physical and mental training. **Instructor, Jack Duckworth**

### ALL AGES

WHEN: 12/7-2/25, WED 5:45-6:45 PM

AND SAT 9:00-10:00 AM

WHERE: Exercise Room B

FEE: \$55 AGE: 5+ years

No Class  
12/17-1/2

## Youth Jiu Jitsu

In Jiu-Jitsu, youth learn self-defense skills, develop strength, improve their motor skills, and have fun! Jiu-Jitsu teaches that technique and practice can beat size and strength, which helps children feel confident and positive when life challenges them. **Instructor, Jordan Tabb**

### YOUTH

WHEN: 12/5-2/20, MON 5:00-6:00 PM

WHERE: Activity Room

FEE: \$40 quarterly AGE: 5-16 years

## Brazilian Jiu Jitsu

Brazilian Jiu-Jitsu is a martial art and combat sport that focuses on grappling and especially ground fighting with the goal of gaining a dominant position and using joint-locks and chokeholds to force an opponent to submit.

It promotes the principle that a smaller, weaker person using the appropriate amount of leverage and proper technique can successfully defend themselves against a bigger, stronger attacker. This class is for all levels of experience from beginner to advanced and is for male and female students 16+. **Instructor, Jordan Tabb**

### ALL LEVELS

WHEN: 12/1-2/28, MON 6:00-7:00 PM, TUES 6:00-7:30 AM,

TUES 6:30-8:00 PM, THURS 6:00-7:00 PM, FRI 6:00-7:30 AM

(Special class for advanced levels MON/THURS 7:00-8:00 PM)

WHERE: Activity Room

FEE: \$60 monthly or \$150 quarterly AGE: 16+ years

## Tai Chi

Tai Chi is a Chinese system of physical exercises designed for the development of self-discipline and well being. Beginners and all levels welcome to this class! Make sure to wear loose, comfortable clothing to the class. **Instructor, Tony Rowan**

WHEN: 12/5-2/20, MONDAYS, 6:30-7:30 PM

WHERE: Exercise Room A

FEE: \$39 AGES: 13+ years

## Adaptive Self-Defense

Adaptive Self-Defense offers a dynamic self-defense and fitness program. Students will become highly proficient in Adaptive Self-Defense: which is an extremely effective and efficient self-defense system that individuals of all ages can execute with power and authority. Not only will you develop self-defense techniques that will keep you and your loved ones safe, but you will also get a high intensity workout while your at it. Our commitment is to empower our students, making them stronger, more confident, and better prepared to defend themselves in every situation and environment. You will develop lifelong self-defense habits that will keep you aware, prepared, and safe! **Head Instructor: Clint Shultz**

WHEN: 12/9-2/24, FRIDAYS, 5:00-6:30 PM

WHERE: Activity Room

FEE: \$21 monthly or \$63 quarterly AGES: 16+ years

Try It Before You Buy It!  
Free Drop-in to martial art classes 12/5-12/11.

# ADULT FITNESS

## Please REGISTER before attending classes!

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Registration begins 11/25 Online (<http://activenet.active/kgb>) & 11/28 In-Person.

### Shall We Pilates? w/ Su

This tried and true form of exercise created by Joseph Pilates is the absolute best way to strengthen, lengthen and tone your entire body from the core out! Modifications to the exercises and props allow for a range of difficulty from beginning to advanced.

WHEN: 12/5-2/22, MON/WED, 6:00-7:00 AM  
WHERE: Exercise Room B  
FEE: \$74 AGES: 14+ years

No Class  
12/26

### Pilates for Lunch w/ Su

Get your moving parts moving with this total body workout! A variety of props, precise movements and stress relieving breaths will conquer that afternoon slump!

WHEN: 12/5-2/24, MON/WED/FRI, 12:15-12:45 PM  
WHERE: Exercise Room B  
FEE: \$58 AGES: 14+ years

### Every Body Pilates w/ Su

Pilates training strengthens your core muscles, increases flexibility, eases back pain and improves posture. Add your mind to this full body workout and you become a Pilates Hottie!

WHEN: 12/6-2/24, TUES/THURS/FRI, 5:25-6:25 PM  
WHERE: Tues-Activity Room, Thurs/Fri-Exercise Room B  
FEE: \$116 AGES: 14+ years

### You Can Dance w/ Nancy

The rhythm will get you as you learn dances. Versions of swing, Latin and country will show up in routines that you will learn and be able to do by the end of the session. Join in an aerobic workout and have fun while you do.

No Class  
12/22-12/27,  
1/31-2/2 &  
4 Days TBD

WHEN: 12/6-2/24,  
TUES/THURS, 5:15-5:45 PM & FRI, 5:30-6:00 PM  
WHERE: EXERCISE ROOM A  
FEE: \$43 AGE: 14+

### Aging With Grace w/ Nancy

Hey it's not for just old folks. Some folks haven't started to enjoy a more toned and stretched body. We all age, lose our balance, feel stiff & our back and joints start to misbehave. Get back in control of your body. Join us!

WHEN: 12/6-2/23, TUES/THURS, 5:45-6:30 PM  
WHERE: Exercise Room A  
FEE: \$40 AGE: 14+

No Class  
12/22-12/27, 1/31-2/2  
& 3 Days TBD

### Line Dancing w/ Karen

Get those muscles moving to a new drummer. One hour of choreographed steps that are easy to learn and fun to perform. Let your muscle memory do the work while you relax from the days stress and confusion. Beginners to low intermediate will feel challenged.

No Class  
12/26 & 12/28

WHEN: 12/5-2/22, MON/WED, 5:00-6:00 PM  
WHERE: Exercise Room A  
FEE: \$70 AGES: 14+ years

### Step On It! w/ Su

Rev up your engines and drive calories away! All makes and models of fitness can benefit from this fun pace of simple step moves. Final lap is a core toning segment so you can cross the finish line all tuned up and ready to go!

WHEN: 12/6-2/24, TUES/THURS/FRI, 6:00-7:00 AM  
WHERE: Exercise Room B  
FEE: \$116 AGES: 14+ years

### Step, Up & Pilates w/ Su

Target 3 trouble spots in this unique combo class! Start with basic STEP moves that blast calories and reshape your backside into your best side! Power up your UPPER body with weighted bars and balls for sleek, toned arms. Then, tone and strengthen abs and calm yourself down with the slow precision and deep breathing of PILATES!

WHEN: 12/5-2/22, MON/WED, 4:30-5:30 PM  
WHERE: Exercise Room B  
FEE: \$77 AGES: 14+ years

### Zumba® Strong w/ Larissa

STRONG by Zumba® combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

No Class  
12/16-1/2

WHEN: 12/5-2/24, MON/FRI, 6:30-7:30 PM  
WHERE: Exercise Room B  
FEE: \$56 AGES: 13+ years

### Zumba® Fitness w/ Britt

Are you ready to party yourself into shape? Forget boring workouts and lose yourself in the music! You will find yourself in shape at the original dance-fitness party! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

WHEN: 12/5-2/24, MON/WED/FRI, 9:00-10:00 AM  
WHERE: Exercise Room B  
FEE: \$95 AGES: 13+ years

No Class  
6 Days TBD

### Zumba® Fusion w/ Jodi

Jodi's Zumba® classes will be a mixture of Zumba® Fitness, Zumba® Toning & Zumba® Step and will include burst intervals. Are you ready to party yourself into shape? Forget boring workouts and lose yourself in the music! You will find yourself in shape at the original dance-fitness party! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

WHEN: 12/10-2/25, SAT, 10:30-11:30 AM  
WHERE: Exercise Room B  
FEE: \$35 AGES: 13+ years

No Class  
1 Day TBD

## Try It Before You Buy It!

FREE drop-in to any group fitness class 12/5-12/11.

PILATES

DANCE

AEROBICS

ZUMBA®

# SPECIAL EVENTS

## Try it Before

**MOST** AEROBICS, PILATES, DANCE & MARTIAL ARTS CLASSES will be **FREE** December 5<sup>th</sup>-11<sup>th</sup>!

So you want to sign up for a class, but you don't know which one? Well, here is your chance to **TRY THEM ALL!** The week of December 5<sup>th</sup>-11<sup>th</sup>, **MOST** group fitness and martial arts classes will be **FREEEEEE**.

**BUT WAIT, THERE'S MORE!**

You will be entered into a drawing for passes & classes! The drawing will be held Monday, December 12<sup>th</sup>.

PICK UP A DETAILED SCHEDULE AT THE GRC or look on the Adult Fitness & Martial Arts pages of this brochure for more information.

## You Buy It!

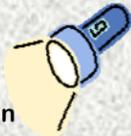
### Flashlight CANDY CANE Hunt

Did you hear the latest news? A particular someone has left candy canes all over the Ketchikan Charter School/Tongass School of Arts & Sciences (KCS/TSAS) playground. Bring your flashlights and help us find them! We will start with sign-in/registration where you will receive a bag for collecting candy canes. Followed by hunting for the candy canes. Finishing up the evening with goodies, a raffle and enjoying hot chocolate.



Age Groups:

1-5 years old, 6-8 years old & 9-12 years old



5:30-5:45 PM — Registration (**CASH ONLY**) & Sign-in

5:45 PM — Candy Cane Hunt Starts

Followed by Goodies, Hot Chocolate & Raffle

**AGES:** 1-12 years

(Parents **MUST** accompany children under 6 years)

**FEE:** \$5 per participant

**WHEN:** Friday, 12/16/15, 5:30 PM

**WHERE:** KCS/TSAS Playground

### Breakfast with The Grinch



The Whos will be serving a variety of muffins and juice for breakfast out of the Gateway Recreation Center's Concession Stand to enjoy in the Art Room.

The Grinch will make an appearance and be available for pictures in the Children's Room.



**AGES:** 1-10 years old, (must be accompanied by a parent/guardian)

**FEE:** \$5 per participant

**WHEN:** Saturday, 12/17/16, 9:00-10:00 AM



## Total Miles Challenge

**WHEN:** 5:00 AM 12/05/16-6:00 PM 2/05/17

**WHERE:** Anywhere

**AGES:** 14+ years old

**FEE:** \$15 per participant

Keep your **FITNESS** going in the right direction this Winter with the **TOTAL MILES CHALLENGE**.

**\*New this year:** compete independently or as a team (up to 5 participants).\*

Challenge yourself, challenge a friend, challenge your co-workers, or challenge your family! You can run, walk, swim, bike, skate, skip and/or crawl to accumulate miles. Just track and turn in your miles daily. That's it!

Miles can be turned in at the GRC front desk OR emailed to [erynb@kgbak.us](mailto:erynb@kgbak.us)

Every two weeks a poster will be exhibited showing everyone's standing.

Winners will be announced and final poster done by February 8<sup>th</sup>.

**AWARDS FOR 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place Solo & Team Winners**

Rule book, personal mileage journal and tally slips available at the Receptionist desk.

Anchorage, AK 774 Miles

Seattle, WA 680 Miles

Juneau, AK 234 Miles

Sitka, AK 183 Miles

Wrangell, AK 82 Miles

Craig, AK 57 Miles

\*Air miles from Ketchikan\*

# SPECIAL EVENTS

## Aqua Aerobics Returns!

Need an exercise class that is low impact or just wanting to try something NEW? Then AQUA AEROBICS is the class for you!

An early morning class for those who want to get a workout before they start their day. Water aerobics is an excellent low impact way to build strength, reduce body fat and increase flexibility. Everyone is welcome.

Participants are encouraged to wear water shoes or clean tennis shoes.

Instructor:  
Karen Kimberley

WHEN: 12/5-2/24 (No Class 12/26-12/30), MON/WED/FRI, 6:30-7:30 AM

WHERE: GAC Recreation Pool

FEE: \$80 \*Returning Special\*

AGES: 14+ years

## Virtual Run/Walks

What are virtual runs? A virtual race is a race that can be ran at any location. You can walk, use the treadmill, run outside or participate in another race. You can run your race at your pace wherever you like.

\* Register for the race or races of your choice, on the designated date(s) run your race, submit your race time and distances at the GRC and that is it! Every virtual run/walk you register for and complete you will receive a themed pin. \* Collect Parks & Recreation's Virtual Run/Walk pins. \*

### December

12k's of Christmas  
Complete 1k (0.62 miles)  
everyday for 12 days before  
Christmas (12/12-12/24)

FEE: \$5 per person

### January

Penguin Marathon  
Walk, Waddle and Slide your way to complete  
a marathon (26.2 miles) in honor of  
National Penguin Day January 20th (1/1-1/20)

FEE: \$5 per person

### February

Love 2 Run  
February is the month of love.  
Complete 2.14 miles during  
Valentine's Day week (2/13-2/17)

FEE: \$5 per person

WHO: All Ages & Abilities

WHERE: Anywhere & Everywhere! Any city & any location. You can map your own course & you choose where you want to run/walk.

## Rainbird Cup

## Indoor Soccer

## Tournament

This is a "5 a side" round robin style tournament. Teams may have up to 9 players on a roster, with a minimum of 4 players on the field to play. Each game will be two - 20 minute halves.



**TEAM CAPTAINS:** Please pick up team packets to register your team for this tournament. Each team captain must have each member complete a registration form prior to playing and all rosters must be turned in at the same time with the \$50 fee. Team packets **MUST** be turned in by the team captain no later than Tuesday 12/13/16 at the captains meeting, 5:30 PM in Art Room @ GRC.

WHEN: 12/17 Sat 2:00-9:00 PM, 12/18 Sun 1:00-7:00 PM,  
12/19 Mon 5:30-9:30 PM, AND 12/20 Tues 5:30-9:30 PM

AGES: High School & Adults—COED

WHERE: GRC Gym A & B

Medals for the winning team!



# AQUATIC FUN

## OPEN SWIMS

Come join the fun at the Gateway Aquatic center, we offer fun for everyone!  
 The Recreational Pool offers a play feature with spraying & splashing water and sliding for the younger crowd. Try out the twisty and drop slide if you dare.  
 We also have a climbing wall, 3 meter and 1 meter diving board in the competition pool.

**Swimmers must be at least 48" to use the slides.**

*Jewelry (including earrings), aqua shoes, suits or shorts with snaps, zippers or buttons are not allowed on the slides.*

### OPEN SWIM ENTRANCE RULES

Persons using the competition pool must be at least 48 inches tall, 7 years of age or be able to swim one width of the pool using over arm crawl stroke. Persons using the recreation pool must be at least 6 years of age or be able to swim one width of the pool. Patrons not meeting these requirements **MUST** be accompanied in the pool and in the direct supervision (within arm's length) of another person 14 years of age or older.

### OPEN SWIM TIMES

Mom- Wed - Fri 7:15 - 8:15 PM  
 Mon 1:45 - 2:45 PM  
 Sat & Sun 1:15 - 3:15 PM  
 3:30 - 4:30 PM \$1.00 Swim  
 Tues & Thurs 1:45 - 2:45 PM  
 Fri 4:15 - 6:45 PM Rec Pool



### OPEN SWIM FEES

1 & under - Free  
 2 and up - \$3.00  
 Seniors - \$1.50  
 Goggles - \$1.00  
 Swim diapers - \$2.00  
 Fins - \$2.00  
 Towels - \$3.00  
 Suits - \$1.00

## HO HO HO for Holiday Swims!

Looking for something to keep the kids busy during the holiday break?  
 Bring them to our special theme swims!

**TIME: 1:15 - 2:45 PM**

**Cost: \$3.00 unless you participate in the theme for that day**

Monday 12/19~ Snowflake swim ~ Bring in your neatly cut out snow flake and swim for free.

Tuesday 12/20 ~ \$1.00 swim

Wednesday 12/21 ~ Canned food drive (Bring a non-perishable can to donate and swim for free).

Thursday 12/22 ~ \$1.00 Swim

Friday 12/23 ~ Bring a neatly colored holiday coloring page and swim for FREE.

Monday 12/26 ~ \$1.00 swim.

Tuesday 12/27 ~ BOGO - 2 for the price of one! Bring a friend swimming!

Wednesday 12/28 ~ ALOHA! Come dressed in something that reminds us of summer & swim for free.

Thursday 12/29 ~ \$1.00 Swim

Friday 12/30 ~ HAPPY NEW YEARS ~ Bring in an item with 2017 on it and swim for FREE.



## TINY WAVES

Moms, dads and babysitters can bring their children (ages 5 and under) to this special time set aside for toddlers.

**Children must be accompanied in the pool by an adult.**  
 (3 children per 1 adult)

AGE LEVEL: 5 and under

WHEN: Wed & Fri,  
 11:45 AM - 12:45 PM

FEE: \$3 (1& under 1 free)

LOCATION: Gateway Aquatic Center  
 Swim Diapers available for purchase.

## LOG ROLLING



This class is designed to be a fun, safe introduction to log rolling. During this class you will learn to develop the quick feet and balance required to stay on top of a floating log. Log rolling is an exciting, fast-paced activity that improves agility and speed.

Instructor: Aubrey Lee and Justin Oster

When: Tuesdays & Wednesdays - January 10th - March 1st

Advanced 5:00-6:00 PM (Class #1218.410)

Beginners 6:00-7:00 PM (Class #1219.410)

Ages 5 years to adults ~ Special Winter rate \$25.00 - Sorry **NO Drop In**

## NO SCHOOL \$1 swim special

Bring the family and join the fun at these special swims held on days when students are out of school.

January 2nd  
 1:15- 2:45 PM

January 16th  
 1:15 - 2:45 PM

February 20th  
 1:15- 2:45 PM

# AQUATIC FUN

## LAP SWIM

### MEMBERSHIP

Memberships are valid at the Gateway Aquatic Center and the Gateway Recreations Center. All passes are good for racquetball, fitness room, lap swim, drop in activities, open swim, weights and sauna.

	1 Month	3 Month	6 Month	Annual
Adult	\$60	\$153	\$295	\$365
Senior/Student	\$42	\$107	\$206	\$320
Adult +1	\$102	\$260	\$501	\$620
<b>Family Rates</b>				
1 Adult/1 Student	\$90	\$230	\$442	\$558
1 Adult/2 Students	\$120	\$306	\$590	\$730
1 Adult/3 Students	\$150	\$382	\$738	\$915
2 Adults/1 Student	\$132	\$336	\$650	\$800
2 Adult/2 Students	\$162	\$413	\$797	\$985
2 Adults/3 Students	\$192	\$490	\$945	\$1170

### GROUP RATES

Up to 5 people \$1,125 Annual pass  
 Up to 10 people \$1,750 Annual pass  
 Please call for more information on group rates.

### PASSES

Daily Drop in Fee \$6  
 10-Visit punch passes \$50

Limited lap swim lanes will be available throughout the day for lap swim in the competition pool. There will be times when lanes are limited to 2 or less lanes or unavailable due to other scheduled programs.



## SENIOR SWIM

This special swim is for senior citizens and people who need to use the pool for therapy. This is for anyone 55 or older or at a therapists or doctor's request.

**Cost: Drop in fee \$1.50 or 10 punch pass \$12.50**  
**When: December, January, February**  
**Monday - Friday**  
**Both Pools 8:00 - 9:00 AM**  
**Recreation Pool Only 3:00 - 4:00 PM**

## GATEWAY SWIMMERS

Class #1321.410

Join our coach, Patrick Burda, for a great workout. This swimming program provides an instructor to guide novice to experienced swimmers. Gateway Swimmers is a great way to benefit from swimming as an exercise and as a social activity. There will be several non-coached days during this class. Workouts will be posted for those days.

**Cost: \$100**  
**When: 12/5/16 - 3/4/17**  
**Monday & Wednesday 6:00 - 7:00 AM**  
**Tuesdays & Thursdays 7:00 - 8:00 PM**  
**Saturdays 8:00 - 9:00 AM**

## ADULT & TEEN SWIM LESSONS

Class #1322.410

Adults and teens will learn the fundamentals of swimming while perfecting stroke techniques. Our Instructors will tailor swim instruction to fit each individuals needs.

**When: Saturday's**  
**12/17/16 - 2/18/17 from 8 - 8:45 AM**  
**Ages: 12+**  
**Cost: \$50.00**

## SUPER SEALS

Class #1220.410

Come join Super Seal coach Chase Hoyt for this special class designed to help prepare your child for the competitive swimming program. The objective of this class is for participants to learn more about the 4 competitive strokes (Front crawl, back crawl, butterfly and breaststroke), learn flip turns and build endurance. Prerequisite; level 3 swimmer or higher

**12/5/16 - 2/22/17**  
**Monday & Wednesday 4:15 - 5:00 PM**  
**Cost: \$75.00**



# SWIM LESSONS

All of our instructors are American Red Cross certified swim instructors. Brief descriptions of each level, includes some of the skills your child will learn in that level and must master to advance to the next level. We ask that parents and spectators watch class from the lobby or seating area during lessons. It is very distracting for students if parent are on the side of the pool or in the water during classes.

## Parent Child Aquatics - Ages 6 months - 3 years

**PARENT & TOT:** Ages 6 months - 2 years — Water adjustment with a parent. This class is designed to introduce appropriate skills and readiness through water play and instruction in a positive atmosphere.

**PARENT & CHILD:** Ages 2 - 3 years — This class is for the 2 and 3 year olds who need to become more independent in the water. A parent will participate in the water with the instructor emphasizing on making your child ready for the preschool classes.

## Preschool - Ages 3 - 4 years

**PRESCHOOL LEVEL I:** This class will cover water entry and exit, floats and glides on front and back; submerged head; arm and leg action; rolling over; treading water; combined arm and leg action on front and back; and water safety skills.

**PRESCHOOL LEVEL II:** This class will continue to cover water entry and exit, independent floats and glides on front and back; submerged head; arm and leg action; rolling over; treading water; combined arm and leg action on front and back; finning and water safety skills.

**PRESCHOOL LEVEL III:** This class teaches more independent swimming. Students will learn water entry by jumping; fully submerging their head; jelly fish float; back and front glides; combined arm and leg action; finning; recovery from a front or back float and change directions while swimming.

## Level 1 - 6 - Ages 5 - 12 years

**Ages 5 and older - Children under 5 years of age will not be accepted into the Level 1 - 6 classes with out managements approval.**

**LEVEL I: Introduction to Water Skills** - Water entries & exits, buoyancy, breath control, treading, arm & leg action on front and back, water safety, lifejacket safety, and stroke development.

**LEVEL II: Fundamental Aquatic Skills** - Water entry in deep water, swimming on back and front with combined arm & leg action, finning, changing positions, treading, introduction to deep water skills, lifejacket safety, boating safety and basic rescue skills.

**LEVEL III: Stroke Development** - Front & back crawl, treading in deep water, water entry, diving, survival float, kicks: flutter, Breaststroke, dolphin and scissors, elementary backstroke, endurance and water safety skills.

**LEVEL IV: Stroke Improvement** - Improve on skills learned in Level 3, diving, change directions while swimming, treading using 2 different kicks, improve front & back crawl, elementary backstroke, sidestroke, water rescue skills, lifejacket safety and building endurance.

**LEVEL V: Stroke Refinement** - Diving, breath control, treading water for 5 minutes, stroke work on front & back crawl, elementary backstroke and sidestroke, learn breaststroke, butterfly, flip turns, sculling, deep water skills and basic water safety.

**LEVEL VI: Level 6** - introduces other aquatic activities and offers three components, Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as Water Safety Instructor or Lifeguarding. Endurance along with stroke work and special skills are taught with each component.

**Refund Policy:** There will be no refunds after the 2<sup>nd</sup> class meets. Refunds are subject to a \$6.00 fee. There will be no refund or make up class if a student misses a class.

# AMERICAN RED CROSS LEARN TO SWIM

# SWIM LESSONS

## SWIM LESSON FEES

**\$50.00 Per Session**

No reduced rates if your child can not attend the whole session

A \$6.00 fee will be deducted from all refunds.

**NO REFUNDS AFTER THE 2nd LESSON**

No transferring between classes once the first class has met.

Registration for swimming lessons begins;  
on line Friday, 11/25 at <http://activenet.active.com/kgb>  
In person (in facility) beginning Monday, 11/28

**We do not accept, phone, fax or early registrations**

## SATURDAY LESSONS

These lessons meet on Saturdays only

12/10/16 - 2/18/17 ~ (No class 12/24)

9:00-9:30 AM	Parent & Tot	1211.410
9:30-10:00 AM	Parent & Child	1212.410
10:15-11:00 AM	Preschool - Level 6	1213.410
11:00-11:45 AM	Preschool - Level 6	1214.410

## PARENT AND TOT

This class is designed to help infants and toddlers become comfortable in and around the water. Children will learn the basics of water safety, water adjustment, breath control, assisted floating, kicking and submerging.

Age: 6 months - 3 years

When: 12/10/16 - 2/18/17 ~ (No class 12/24)

9:00-9:30 AM ~ Saturdays

COST: \$50

This is not a drown proofing class.

## Parent & Child Aquatics

This class is for the 2 and 3 year old who has successfully completed the Parent & Tot class and is ready to learn more about becoming independent in the water. Parents will participate in the water with the instructor emphasizing on teaching your child more about independency in the water. Kicking, floating, water safety, water adjustment, breath control and submerging will be taught.

Age: 2 - 3 years of age

When: 12/10/16 - 2/18/17 ~ (No class 12/24)

9:30-10:00 AM ~ Saturdays

COST: \$50

## EVENING LESSONS

### Monday & Wednesday Lessons

These lessons meet on Monday & Wednesdays

12/5/16 - 1/4/17

5:15 - 6:00 PM Preschool & Level 1 - 6 1201.410

6:00 - 6:45 PM Preschool & Level 1 - 6 1202.410

1/9/17 - 2/8/17

5:15 - 6:00 PM Preschool & Level 1 - 6 1203.410

6:00 - 6:45 PM Preschool & Level 1 - 6 1204.410

### Tuesday & Thursday Lessons

These lessons meet on Tuesday & Thursdays

12/6/16 - 1/5/17

5:15 - 6:00 PM Preschool & Level 1 - 6 1205.410

6:00 - 6:45 PM Preschool & Level 1 - 6 1206.410

1/10/17 - 2/9/17

5:15 - 6:00 PM Preschool & Level 1 - 6 1207.410

6:00 - 6:45 PM Preschool & Level 1 - 6 1208.410

## WINTER SPECIAL SWIM LESSON

This special 8 lessons class will run for 2 weeks Monday - Thursday

Cost \$40

2/13 - 2/23

Classes meets Mon - Thur

5:15 - 6:00 PM Preschool & Level 1 - 6  
1209.410

6:00 - 6:45 PM Preschool & Level 1 - 6  
1210.410

## HOLIDAY LESSONS

What a great time to get your children into swim lessons.

These classes are held during the holiday break!

These classes run Monday - Friday

12/19/16 - 12/30/16

Cost: \$40 (special holiday price)

9:30 - 10:15 AM Preschool - Level 6 ~ #1215.410

10:15 - 11:00 AM Preschool - Level 6 ~ #1216.410

11:00 - 11:45 AM Preschool - Level 6 ~ #1217.410

# GATEWAY AQUATIC CENTER

Winter 2016/2017 ~ November 28th - February 28th

## COMPETITION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM - 8 PM Lap lanes Open 6 - 7 AM Gateway Swimmers	5 AM - 8 PM Lap lanes Open	5 AM - 8 PM Lap lanes Open 6 - 7 AM Gateway Swimmers	5 AM - 8 PM Lap lanes Open	5 AM - 8 PM Lap lanes Open		
8 - 9 AM Senior Swim	8 - 9 AM Senior Swim	8 - 9 AM Senior Swim	8 - 9 AM Senior Swim	8 - 9 AM Senior Swim	8 - 9 AM Gateway Swimmers	
8 AM - 3 PM School Swims	8 AM - 3 PM School Swims	8 AM - 3 PM School Swims	8 AM - 3 PM School Swims	8 AM - 3 PM School Swims	9 - 11 AM Swim Team	11 AM - 5 PM Lap lanes Open
1:15 - 2:45 PM Open Swim	1 - 3 PM School Swims	1 - 3 PM School Swims	1 - 3 PM School Swims	1 - 3 PM School Swims	1:15 - 3:15 PM Open Swim	1:15 - 3:15 PM Open Swim
3 - 6 PM Swim Team (6 lanes)	3 - 6 PM Swim Team (6 lanes)	3 - 6 PM Swim Team (6 lanes)	3 - 6 PM Swim Team (6 lanes)	3 - 6 PM Swim Team (6 lanes)	3:30 - 4:30 PM \$1.00 Swim	3:30 - 4:30 PM \$1.00 Swim
7:15 - 8:15 PM Open Swim	7 - 8 pm Gateway Swimmers	7:15 - 8:15 PM Open Swim	7 - 8 pm Gateway Swimmers	7:15 - 8:15 PM Open Swim	4:45 - 6 PM Pool Rentals	

## RECREATIONAL POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 - 8 AM Lap lanes Open	5 - 8 AM Lap lanes Open	5 - 8 AM Lap lanes Open	5 - 8 AM Lap lanes Open	5 - 8 AM Lap lanes Open		
8 - 9 AM Senior Swim	8 - 9 AM Senior Swim	8 - 9 AM Senior Swim	8 - 9 AM Senior Swim	8 - 9 AM Senior Swim		
8 AM - 3 PM School Swims	8 AM - 1:45 PM School Swims	8 AM - 3 PM School Swims	8 AM - 1:45 PM School Swims	8 AM - 3 PM School Swims	9 AM - 12 PM Swim Lessons	
1:15 - 2:45 PM Open Swim	1:45 - 2:45 PM Open Swim	11:45 AM - 12:45 PM Tiny Waves	1:45 - 2:45 PM Open Swim	11:45 AM - 12:45 PM Tiny Waves		11 AM - 1 PM Vortex Open
3 - 4 PM Senior Swim	3 - 4 PM Senior Swim	3 - 4 PM Senior Swim	3 - 4 PM Senior Swim	3 - 4 PM Senior Swim	1:15 - 3:15 PM Open Swim	1:15 - 3:15 PM Open Swim
4:15 - 5:15 PM Super Seals	4 - 5 PM \$1.00 Swim	4:15 - 5:15 PM Super Seals	4 - 5 PM \$1.00 Swim	4:15 - 6:45 PM \$1.00 Swim	3:30 - 4:30 PM \$1.00 Swim	3:30 - 4:30 PM \$1.00 Swim
5 - 7 PM Swim Lessons	5 - 7 PM Swim Lessons	5 - 7 PM Swim Lessons	5 - 7 PM Swim Lessons		4:45 - 6 PM Pool Rentals	
7:15 - 8:15 PM Open Swim		7:15 - 8:15 PM Open Swim		7:15 - 8:15 PM Open Swim		

## FACILITY CLOSURES / CHANGES

Closed December 24th @ 3 PM  
 Closed all day December 25th  
 Open December 26th @ 8 AM  
 Closed December 31st @ 5 PM  
 Closed all day January 1st

### No school special \$1 open swims

January 16th from 1:15—2:45 PM  
 February 20th from 1:15—2:45 PM