

ACTIVITIES

WEDNESDAY AFTER SCHOOL

PROGRAM NEW! With the new school year bringing an early dismissal every Wednesday, we have created a fun Active Games program for kids to attend! Each week different active games will be played. This program will be held at the Community Center on Grant Street. Register online at www.bettendorf.org/register or in person at City Hall 1609 State Street. Program starts Wednesday, Aug 30th and ends Wednesday, May 23rd. Program will NOT be held 11/22, 12/27, 1/3, 3/14. **Cost: \$125 for 35 Wednesdays.** Time: 2:45-4:00pm. Must pre-register prior to start of program.



LIL' KICKERS INDOOR SOCCER CLINICS

Let's get those feet moving! Join in our fun indoor soccer clinic! This clinic focuses and teaches BASIC skills & drills to players new to the sport. This is not designed for advanced players. A new soccer drill will be taught each week and previous skills will be practiced over 6 Saturday sessions. The last week will be a scrimmage game. Our Parks & Rec reversible jersey is required. Clinics are held on Saturdays at the Bettendorf Life Fitness gymnasiums. All participants will receive a medal of performance.

4/5 yr olds: 12:45-1:30

6-8 yr olds: 11:30-12:30

Session 1: Saturdays Sept 23-Oct 28

Session 2: Saturdays Nov 4-Dec 16

Cost: Early Bird Fee \$30 • Regular Fee \$40

LITTLE ALL STARS BASKETBALL CLINICS

Shoot! Shoot! Shoot! Defense! Defense! Defense! This is a clinic that focuses and teaches BASIC skills & drills to players new to the sport. This is not designed for advanced players. A new basketball skill will be taught each week and previous skills will be practiced over 6 Saturday sessions. The last week will be a scrimmage game. Our Parks & Rec reversible jersey is required. Clinics are held on Saturdays at the Bettendorf Life Fitness gymnasiums. All participants will receive a medal of performance.

Girls (6-10yrs): 9:00-10:00am

Boys (6-10yrs): 10:15-11:15am

Tiny Tots (4/5 yr olds): 11:30am-12:15pm

Session 1: Saturdays Sept 23-Oct 28

Session 2: Saturdays Nov 4-Dec 16

Cost: Early Bird Fee \$30 • Regular Fee \$40



WINTER SPORTS & GAMES

Looking for a fun place for your child to get some energy out, try new games, and practice great sportsmanship? Winter Sports & Games is the place for you!

Winter Sports & Games will be held every Sunday from 1-3 in the 3rd Gym at the Life Fitness Center

(2222 Middle Road). There are three 6-week sessions available: November 5th - December 17th (no program on Nov. 26th); January 7th - February 11th; February 18th - March 25th. **Early Bird pricing is \$30 per child. Regular pricing is \$40 per child.** Registration deadline is at midnight on the Friday before each session begins. For questions, please contact the Recreation Department at 563-344-4091 or City Hall at 563-344-4113.

LIL SPIKERS VOLLEYBALL CLINICS

It's time to SPIKE, SET, HIT that ball into our beginner's volleyball clinic! This league has been moved up from the last few years we have offered it. It will now be offered in Jan-Feb. This clinic is designed to teach both girls and boys the BASIC

FUNDAMENTALS of volleyball. Participants will learn new skills and drills each week, while practicing on previous skills learned. The last day of the session they will put it all together and scrimmage each other. We want to stress that this is strictly a recreational clinic, and is not an advanced or competitive program, nor is it a league. We emphasize and stress basic skills and having FUN! Our Parks & Rec reversible jersey is required. All participants will receive a medal of performance.

6-11 yr olds: 2:00-3:00

Session 1: Saturdays January 6-Feb 10

Session 2: Saturdays Feb 17-Mar 24

Early Bird Fee \$35 • Regular Registration Fee \$45

SKIING & SNOWBOARDING LESSONS

Take on a new challenge this winter with Skiing and Snowboarding lessons! Participants will meet in the parking lot of Splash Landing and be taken by bus to Snowstar Ski Resort in Andalusia, IL. Participants of all skill levels are welcome. You may provide your own skis or board, but the fee below includes rentals if

needed. For your safety, all boards will be approved by Snowstar staff upon your arrival. Boards will be required to have continuous metal edges, not plastic, with bindings mounted to the board. Snowstar staff will place participants with appropriate instructors upon arrival. Group lessons for downhill skiing and snowboarding will emphasize the fundamentals and safety including proper use of equipment, how to move on skis/boards, turn and control speed, and how to fall and get back up. Participants will receive a one hour lesson each of the first three Tuesday nights. On the fourth Tuesday night, the participants will get to show off what they've learned on the slopes! Those who complete the program will earn a Snowstar Gold Pass for the remainder of the season! Families are welcome to visit that night, but participants will still need to travel to and from the facility by our designated bus. There are two 4-week sessions available to choose from: Session 1 - Tuesdays, January 9th-30th Session 2: Thursdays, January 11th-February 1st. For questions, please contact the Recreation Department at 563-344-4091 or City Hall at 563-344-4113.

CHEER CLINIC

We will introduce very basic cheers and skills of cheerleading and HAVE FUN! Each week the cheerleaders will learn new cheers and perfect the ones they learned the previous weeks. They will also learn jumps and simple tumbling moves. Participants will put on a performance the last day of each session. Parents are encouraged to attend performance. Our Parks & Rec reversible jersey is required. All participants will receive a medal of completion on the last day. The clinic is held on Saturday mornings at the Bettendorf Life Fitness Center.

3-6 yr olds: 9:00-9:45

7-11 yr olds: 10:00-11:00

Session 1: Saturdays Mar 10-Apr 14

(we will not meet Mar 31)

Session 2: Saturdays April 21-May 19

Early Bird Fee \$35 • Regular Registration Fee \$45

