

The Water Cooler

Spring 2014

All Seasons Center

770 7th Street NE Sioux Center, IA 51250 Phone: 712-722-4FUN
www.allseasonscenter.org Email: asc@allseasonscenter.org

Public Swim Hours

Sunday	1:30-4:30 p.m.
Tuesday	6:00-8:00 p.m.
Thursday	6:00-8:00 p.m.
Friday	6:00-8:45 p.m.
Saturday	1:00-4:00 p.m. 6:00-8:45 p.m.

Pool Admission Prices

Adults \$5 Youth \$4 Pre-K \$1 2 & under FREE

Lap Swim Hours

Admission: \$5 or \$45/10 punches

Monday-Friday	5:45-7:45 a.m.
Monday	5:30-7:00 p.m.
Tues., Thurs. & Sat.	6:00-7:00 p.m.
Tue. & Thur.	8:00-10:00 p.m.
Saturday	7:00-9:00 a.m.

Senior Swim (for ages 55 and over)

Admission: \$1

Monday	1:00-2:00 p.m.
Thursday	1:30-2:30 p.m.

Water Aerobics Classes

Lorna Moss-instructor

Admission: \$35/10 classes or \$4/class

Monday	9:30 a.m. & 5:30 p.m.
Tuesday	5:45 a.m.
Wednesday	9:30 a.m.
Thursday	5:45 a.m. & 5:30 p.m.
Friday	9:30 a.m.
Saturday	8:00 a.m.

Arthritis Foundation Aquatics

Gloria Vander Plaats - Instructor

Admission: \$35/10 classes or \$4/class

Tuesday & Thursday **10:30 a.m.** (note time change)

First water aerobics or arthritis foundation aquatics class is FREE!

What's New?

Extended lap swim hours: Tuesday and Thursday 8:00-10:00pm.

Introduction to Water Running: Instructed classes to equip those who want to water-run for cross-training purposes or injury rehab. 5:30-6:15pm Wednesdays through February. First class is free. 10 admissions for \$35 or \$4 admission each class. Questions: Call Lorna 441-3410.

Upcoming Events at the ASC

Wiffleball League	March 11
Indoor Fair	March 19-20
Bean Bag Tournament	March 29
Annual Craft Expo	April 5
Easter Egg Hunt	April 19
Siouxperman Triathlon	May 3
Annual Pool Maintenance	May 5-19

ASC Admission Discounts

BOGO Tuesday and Thursday 6:00-8:00pm buy 1 pool admission get 1 pool admission of lesser value FREE. **Live Healthy Iowa** \$1 off admission for LHI participants. **Groups of 30 or more** receive a \$1 off each admission. We ask that you come as a group to utilize this discount.

Rentals

Contact the All Seasons Center by phone or through [email](#) if you are interested in renting the pool, senior center, arena, or upper lobby for a private party. [Party packages](#) are also available for \$10/person. Contact Jill at ext. 6 for more information or to book your party.

All Seasons Center Financial Assistance Program

The City of Sioux Center recognizes there may be Sioux Center residents and residents from the surrounding area who may require financial assistance to become members at the All Seasons Center. Contact [Emily](#) at the All Seasons Center for more information on this program at 712-722-4386 or [online](#).

The Water Cooler

Spring 2014

IN THE POOL **Spring Tot Lessons:** “Water Fun” (ages 2-6), parents MUST accompany child in water. Session I: Tuesdays (5:15-6pm) Feb. 11-March 11. Session II: Fridays (10:30-11:15am) Feb. 28-March 28. Session III: Saturdays (9:15-10am) March 15-April 12. “Beginning Swimming Skills” (ages 4-6) NO parents allowed in water. Session IV: Tuesdays (5:15-6pm) March 25-April 22. Session V: Thursdays (5:15-6pm) March 27-April 24. **Kindergarten-1st Grade Lessons** begin will also be offered this Spring. Session I: Wednesdays (5-5:45pm) March 19-April 23. Session II: Saturdays (10:15-11am) March 22-April 26. Please register online www.allseasonscenter.org or complete a registration form found at the information station located at the front desk in the ASC.

Thinking of private swim lessons for your children or even yourself? The ASC has a list of WSI certified instructors [online](#) or made available at the front desk. Lorna Moss specializes in adult lessons and triathlon training 712-441-3410.

Red Cross Lifeguard Training class will be offered March 18-April 1. Lifeguard and CPR recertification class will be offered five different dates: April 5 & 17 9am-1pm, May 1 & 17 6-10pm and May 28 8am-12pm. Water Safety Instructor training will possibly be offered late spring. Contact Jill at ext. 6 or jillm@allseasonscenter.org for details.

Water Aerobics: Classes are adaptable for all ages and abilities. No swimming skills needed. A great cardio work-out that tones and strengthens muscles and bones. Good for rehab after knee, hip, and back surgeries or injuries. There is quite a bit one can do in the water that can be more difficult to do on land. Contact Lorna at the ASC for information.

Arthritis Foundation Aquatics: This is a class developed for individuals with joint or mobility problems. It provides a safe way to exercise by doing range of motion, stretching and flexibility moves in the water. Contact Gloria Vander Plaats for more information 712-722-0403.

The ASC pool also has a number of “water running belts” which can be used by individuals or groups. Water running is an excellent cardio activity for cross training or rehab and maintaining fitness when injured. Contact Lorna at the ASC for tips on technique. Reminder that pool memberships are again pro-rated March 1 and a reminder that all pool memberships end May 31.



A few of the seniors enjoying a game of snooker.

The Senior Center room is open to all senior citizens from 7:00am-5:00pm. Monday-Saturday. Usually pool and snooker are played in the morning with cards and some pool played in the afternoon. It costs 25 cents to play and 10 cents for each game loss. All senior citizens are welcome to come and enjoy fellowship and game playing in a warm bright atmosphere.