

THE WATER COOLER

WINTER 2014-15

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.
Tuesday	6:00-7:00 p.m.
Thursday	6:00-7:00 p.m.
Saturday	7:00-9:00 a.m. 6:00-7:00 p.m.

SENIOR SWIM

Admission: \$1 (for ages 55 and over)

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

WATER EXERCISE CLASSES

Monday	Basic 9:30 a.m. Cardio 5:35 p.m.
Tuesday	Cardio 5:45 a.m. Zumba 7 p.m.
Wednesday	Basic 9:30 a.m. Ex-Fit 5:45 p.m.
Thursday	Cardio 5:45 a.m. Cardio 5:35 p.m.
Friday	Basic 9:30 a.m.
Saturday	Ex-Fit 8:00 a.m.

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

First water exercise class is FREE

Zumba and Ex-Fit are NEW classes. See the class descriptions on second page of newsletter.

Questions? Contact Lorna 712-722-4809.



Water Aerobics class enjoying their morning workout

- No 1:00-4:00 p.m. public swim on Saturday, December 6, February 7, and March 7 due to a Seahawks swim meet. Spectators welcome. Free admission.
- Group water running on Wednesdays evenings from 5:45-6:45 p.m. General admission applies. If you have a pool membership, this is covered under your membership.

ADMISSION DISCOUNTS

BOGO Tuesday and Thursday 6:00-8:00 p.m. Buy one pool admission get one free pool admission of lesser value.

½ Price Ice Skating Tuesday from 2:00-4:00 p.m.

Fun Day Pass Swim and skate combo day pass. Adult \$6 Youth \$5.

Friday Family Fun Night

Skate for \$25 per family (includes skate rental).

Groups of 30 or more: \$1 off each admission. Must come as a group to utilize this discount.

RENTALS Contact the All Seasons Center by phone or through [email](mailto:asc@allseasonscenter.org) if you are interested in renting the pool, senior center, arena, or upper lobby for a private party. [Party packages](#) are also available.

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](mailto:emily@allseasonscenter.org) at the All Seasons Center for more information on this program at 712-722-4386 or [online](#).

TODAY IN THE TOWN OF DAVID A SAVIOR HAS BEEN BORN TO YOU. HE IS CHRIST THE LORD. LUKE 2:11



IN THE POOL Water Exercise. There are classes for all ages and abilities. No swimming skills needed. BASIC WATER EXERCISE is a great cardio work out that strengthens muscles and bones. Good for rehab after surgeries and injuries. AQUA CARDIO is an “intermediate” class with more jumps and an interval section to really get the heart going. WATER EX-FIT is a challenging cross-training class with intervals of jumps, jacks, pushups, crunches, burpees, and more. AQUA ZUMBA is “Zumba” in the water. It’s fun with great music. Contact Lorna 712-722-4809 for information.

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 rehab and maintaining fitness when injured. Water running can be done anytime during public swim, lap swim, or during group water running Wednesdays at 5:45 pm. Contact Lorna at the ASC for tips on technique.

ON THE ICE Learn to Skate: There is one session left for 2014-2015 ice season. January 20-February 24 from 5:30-6:30p.m. Register [online](#) or by phone. Prepayment and registration are required. For more information or to register contact Colton 712-722-4386 ext. 4.

Dordt Blades There’s plenty of college hockey action with the DORDT BLADES. Check out Dordt College [website](#) for more information and game schedules.

Public Skate Tuesdays 2:00-4:00pm, Fridays 5:30-7:30pm, Saturdays 7:00-9:00pm & Sundays 1:30-3:30pm. Stick & Helmet (for individuals who are 10 years of age and older. Everyone on ice must wear a helmet.) 3:45-4:45pm. Please check the All Seasons Center for special events that might change the public skate hours. Admission is \$4.00. Preschool and under free. Skate rental \$3 per pair. Helmet rental \$1.

Moonlight Skate The lights are turned down and glow rings are given. There are games and music requests. General admission applies. Dates: Saturday, November 29 from 9:15-11:15pm / Saturday, January 3 from 9:15-11:15pm / Friday, January 23 from 7:45-9:45pm / Friday, February 6 from 7:45-9:45pm/ Saturday, February 14 from 9:15-11:15pm.

HOLIDAY HOURS

Thanksgiving Day 11/27 Closed

Friday 11/28

Stick & Helmet 10-11:30am
Public Swim 1-4 & 6-8:45pm
Public Skate 1-4 5:30-7:30pm

Saturday 11/29

Public Swim 1-4 & 6-8:45pm
Public Skate 1-4 & 7-9pm
Turkey Bowl 4:15-5:15pm
Moonlight Skate 9:15-11:15pm

Wednesday 12/24

Stick & Helmet 10-11:30am
Public Swim 1-4pm
Public Skate 1-4pm

Christmas Day 12/25 Closed

Friday 12/26

Stick & Helmet 10-11:30am
Public Swim 1-4 & 6-8:45pm
Public Skate 1-4 & 5:30-7:30pm

Saturday 12/27

Public Swim 1-4 & 6-8:45pm
Public Skate 1-4 & 5:30-7:30pm

Sunday 12/28

Public Swim 1:30-4:30pm
Public Skate 1:30-3:30pm
Stick & Helmet 3:45-4:45pm

Monday 12/29

Stick & Helmet 10-11:30am
Public Swim 1-4pm
Public Skate 1-4pm

Tuesday 12/30

Stick & Helmet 10-11:30am
Public Swim 1-4 & 6-8pm
Public Skate 1-4pm

Wednesday 12/31

Stick & Helmet 10-11:30am
Public Swim 1-4pm
Public Skate 1-4pm

Thursday New Year’s Day

Public Swim 1-4pm
Public Skate 1-4pm

Friday 1/2

Stick & Helmet 10-11:30am
Public Swim 1-4 & 6-8:45pm
Public Skate 1-4 & 5:30-7:30pm

Saturday 1/3

Public Swim 1-4 & 6-8:45pm
Public Skate 7-9pm
Moonlight Skate 9:15-11:15pm

Sunday 1/4

Public Swim 1:30-4:30pm
Public Skate 1:30-3:30pm
Stick & Helmet 3:45-4:45pm

The All Seasons Center would like to thank you for your business and support this year. We look forward to serving you and your needs in the upcoming year.