

K-5th ARC Afterschool 2019-2020

Saint Agnes: Monday - Friday 3:30-5:30p
APS & IELS: Monday - Thursday 3:30p-5:30p; Friday 2:00p-4:00p
Fun Club: 4:00p-5:30p on ALL 2p early dismissal days

Weekly Fee
Members \$35
Non Member \$50
Fun Club \$5

Our experienced staff will ride the bus with APS kids to the ARC and walk with students from IELS, help them with homework, provide crafts, activities, recreation and more! All schools welcome. First 2 weeks fee due at enrollment. Weekly fee will be prorated following each school schedule. Read parent testimonials and learn more about our partners at www.alliancerecenter.com

Sign up by August 1st and your child will be enrolled in Fun Club free!

Adult Sports

Women's 4v4 Volleyball

May 7-July 9

Games will be Tuesdays at 5:45p & 6:30p

Ages 16+ // Team Fee \$120



NEW!! We are adding in another session so you can keep on Rec'n! Captains are responsible for turning in registration packet and fee. *Women's Registration Deadline is Wednesday, May 1st.* Late registrations will not be accepted. Tournaments will follow league play.

Men's & Women's 3v3 Basketball

Men's: July 23rd-September 10th

Games will be Tuesdays from 6:30p-8:00p

Women's: July 24th-September 11th

Games will be Wednesdays from 6:00p-7:30p

Ages 16+ // Team Fee \$100

NEW!! 3 on 3 basketball with separate men's and women's leagues. 15-minute, half-court games will be played. *Registration Deadline Tuesday, July 16th.* Tournaments will follow league play. Come enjoy basketball without full-court running. *Registration Deadline Friday 24th.*

Events

The School Year After Party

Friday, May 17th-8:00pm

Schools out for the summer!! Come join us at the ARC for a end of school year bash that you won't want to miss. Free admission for the whole family! Bring your own seating for an outdoor movie: Ralph Breaks the Internet. Open to all non-members and members. Join us for a family fun start to the summer!

Body Battle Outdoor Bootcamp (May 6th - June 27th)

Mondays, Tuesdays and Thursdays at 5:30pm

Free for ARC Plus Members or \$5 per class. Try your first class free!

Get ready to battle for the strongest version of you! Our instructors have teamed up to create an 8 week outdoor bootcamp challenge. We will push you past your hurdles and move towards a better stronger you just in time for summer. Kettlebells, tires, lebert equalizers, and sledge hammers are just a few of the tools we will use to battle through these workouts. This is a class you can drop into anytime, but we will be testing your strength and endurance level the first and last week.

Cattle Capital Rodeo Fundraiser

July 5th & 6th

Rodeo Grounds

The ARC Board and volunteers will host a beer garden at the annual Cattle Capital Rodeo. Come out and enjoy the rodeo followed by live music while supporting your Alliance Recreation Center.



Summer 2019 Program Guide May-August

Early bird registration for ARC Afterschool 2019-2020 is now open!
See back for full details.

ARC Summer Day Camp



June 3rd-August 9th // Monday-Friday—7:45a-5:30p

Weekly Fee: Members-\$70 // Non-members-\$95

Ages K-5th Grade

At the ARC Summer Day Camp, campers will have fun throughout the entire summer as they engage in daily physical activities, make new discoveries through STEM projects, and participate in weekly activities like crafts, sports, and swimming at Big Blue Bay. They will have the opportunity to connect to nature through gardening and outdoor activities, experience academic enrichment, practice positive social skills, and build new friendships.

Campers must bring a water bottle and sack lunch daily. Make sure your camper wears proper clothing and footwear. No flip-flops please. Leave toys and valuables home. Please make sure your child has had breakfast before arriving at camp. Snacks will be provided daily.

Preschool Summer Camp

Weekly Fee: Members-\$35 // Non-members-\$70

Monday—Friday 7:45a - 11a // Ages 3-5 years (must be potty trained)

All camps will include free play, character building, crafts, and physical activity. Make sure to wear proper clothing and footwear. No flip-flops please. Leave toys and valuables home. Please make sure your child has had breakfast before arriving at camp. Campers may arrive to camp no earlier than 7:45a. Pick up is at 11:00p. Please make sure to sign your child in & out of camp daily.

UNDER THE OCEAN

June 10th—June 14th

Deadline to register June 7th

Kids will explore the wonders of the deep blue sea, through crafts, water games, sea creatures, sand, and more! This camp is sure to kick off the summer fun!

LITTLE BUGS

June 24th—June 28th

Deadline to register June 21st

Kids will be buzzing all week long as they learn all about the garden and the bugs they find in it. They'll creep, crawl and test out their wings and antennae during this fun and busy week of camp.

KinderGYM

Mondays, Wednesdays, & Fridays—8:30a-9:30a

Ages 2-5 years // Starts June 3rd

Free for ARC Family Plus Members or \$3 Childwatch drop in.

Have a toddler with lots of energy, who likes to run, jump, and play? Your solution is back! Our instructors will use tumbling equipment, parachutes, tunnels, balls & more! Please check in and pick up kids in childwatch.



LITTLE RANGERS

July 8th—July 12th

Deadline to register July 5th

Kids will experience all the thrills of camping and exploring nature. We will make homemade ice-cream, play backyard games, create campfire stories, and more!

SUPERHEROES & PRINCESSES

July 22nd—July 26th

Deadline to register July 19th

Crafts, activities and more will be themed with all the super powers, capes, tiaras and more to make this camp the best end to summer! Come dressed as your favorite superhero or princess (not required).

Youth Programs & Martial Arts

****Price increases by \$5 if registering after the registration deadline****

Taekwondo

Session 1 (6 weeks): June 4th-July 9th *Registration Deadline: Friday, May 31st

Session 2 (6 weeks): July 23rd-August 27th *Registration Deadline: Friday, July 19th

Tuesdays 6-7p

Ages 6 years-Adult // \$15 members // \$30 non-members

Taekwondo combines combat and self-defense techniques with sport and exercise. Taekwondo teaches respect, discipline, patience, focus, integrity, and indomitable spirit. All levels welcome. Instructor Lyle Lurz.

Brazilian Jiu Jitsu

Session 1 (6 weeks): June 3rd-July 8th *Registration Deadline: Friday, May 31st

Session 2 (6 weeks): July 22nd-August 26th *Registration Deadline: Friday, July 19th

Mondays 5:30-6:30p

Ages 6-13 years // \$15 members // \$30 non-members

Brazilian Jiu Jitsu is a martial art system that focuses on grappling and ground fighting. BJJ promotes the concept that a person can learn skills to successfully defend themselves against bigger, stronger, and heavier opponents. Instructor Mike Garcia.

Youth Volleyball Camp

3rd-5th: June 24, 26, 28, & July 1 *Registration Deadline: Friday, June 21st

6th-8th: July 22, 24, 29, & 31 *Registration Deadline: Friday, July 19th

8:30a-10:30a

\$20 members // \$40 non-members *T-shirt included

Bump, Set, Spike! Player will work on skills, team work and apply them to drills and scrimmages. Former Western State college player and coach for Alliance Volleyball Club Melinda Cullan will lead camps. Parents who would like to help please contact the ARC.

Bulldog Youth Basketball

Girls 3rd-5th: June 4, 6, 11, & 13 *Registration Deadline: Friday, May 31st

Girls 6th-8th: July 9, 11, 16, & 18 *Registration Deadline: Friday, July 5th

1:00p-3:00p

\$20 members // \$40 non-members *T-shirt included

Dribble, Pass, Shoot!! Basketball skills and games led by AHS coaches and players. Camp will meet in the afternoons to develop your player this summer. Coaches will include skill work, scrimmage and fun team-building drills. Parents who would like to help please contact the ARC for further information. Go Bulldogs!



Youth Weight Training

May 11th or June 15th *Registration Deadline May 9th and June 13th

Ages 10-15 // 1-3:30p // \$15 members

Youth will learn lifting technique & how to operate weight machines as well as free weights. Youth 10-15 years must take the youth weight training class to use the weight room. Those ages 10-13 must still be accompanied by a parent after taking youth weight training. Youth only need to complete one session. Instructor Jimmy Lewis.