

EVENTS

ARC Bingo

Starting September 16th

\$5 sign up // open to ages 14+

Grab a bingo card and let's play! Each day you come to workout, join a class, play basketball, etc. mark off the numbers posted for the day on your card. Each bingo you complete gets your name in a drawing for prizes each week for six weeks. Prizes include ARC t-shirts, water bottles, \$10 and \$15 dollar account credits to use towards programs, free month memberships and \$20 in chamber bucks!

Catwalk & Cocktails—Annual Fundraiser

Saturday, September 21st

7:00 p—Cocktails & Hor d'oeuvres

8:00p— Showtime w/ DJ to follow

Tickets \$50 / VIP Seating \$75



Join us for a full night of laughter and entertainment. Community members will compete for a cause, while the audience votes for their favorite fashionista. We are looking for individuals or groups who want to have fun while supporting the ARC. All proceeds benefit the financial aid fund for any members, old or young, in need.

Restorative Yoga

Friday, October 4th, 6-7:30p

Members \$5 per class / Non-Members \$10

Registration Required. Limit of 8 spots available.

Restore your body, mind and soul with a restorative yoga practice using the support of essential oils, yoga bolsters, blankets, and blocks. Class will begin with a restorative yoga practice for gentle release and end with a yoga nidra practice for total relaxation.

Parents Night Out—Halloween Bash

Saturday October 26th, 6-9p

Ages 2 & Up (must be potty-trained)

Members-\$5 per child or \$10 Family/

Non Members-\$10 per child or \$15 Family



Do you need a night out on the town? We have your solution. Enjoy a night out while we make sure your children have a blast with this themed Halloween night. Spooky games, activities and snacks galore. *Registration deadline: Friday, October 25th.*

2019 Turkey Trot & Fun Run Wobble

Thanksgiving Day—November 28th

8:00a—Laing Lake

Day of registration begins at 7:15a.

5k Run \$25 / Fun Run Wobble \$10 per family / Race Shirt \$15

Come join the ARC for a fun, family-focused way to start your Thanksgiving Day. 5k runners **registered by 11/20** will receive a t-shirt. Family Fun Run does not include a t-shirt. Shirts may be purchased separately.

NEW HOURS

Staffed Hours

Monday—Friday 8a-8p

Saturday 8a-6p

Sunday 1p-6p

Child Watch Hours

Monday—Friday 8a-11a

Monday—Thursday 4:30p-7:30p



24-Hour Access Weight Room & Gymnasium

Ages 19+

Ages 16-18 (5AM-9PM)
Ages 15 and under must be
accompanied by an adult.

Facility rules apply.



2019 Fall

Program Guide

New hours and 24/7 gymnasium access starting September 3rd!
See back for full details.

ARC AFTERSCHOOL

ACTIVITIES + LEARNING + RECREATION

School Pick Up ✓ Snack Time ✓ Homework Help ✓ Activities & Fun ✓

Kindergarten-5th Grade // Members \$35/Non-Members \$50/Fun Club \$5

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

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. Weekly fee will be prorated following each school schedule. Students qualifying for free or reduced lunch services are eligible for financial aid. Call the ARC for more details.

YOUTH PROGRAMS

*\$5 price increase after registration deadline.

Youth Flag Football

September 10th - October 15th

K-2nd Grade

Tuesdays 4:30p & 5:30p

\$25 Members / \$45 Non Members

*Registration deadline: September 3rd

PUNT, KICK & PASS! Flag Football games will be on Tuesdays and practices will be held at the coaches discretion. First meeting will be a skills camp @ 4:30. Volunteer coaches are needed and appreciated. Contact the ARC to learn more.

*Coaches meeting September 5th at 5:45p.

Bulldog Youth Basketball

October 26th - December 14th

Grades 3rd-6th

Thursdays—Games starting at 4:30p

Saturdays—Practice 8:30 Boys / 9:45 Girls

\$25 Members / \$45 Non Members

Registration deadline: October 13th (Late registrations will only be accepted if there are spots available.)

Depending on sign-ups, boys and girls will be split grades 3rd-4th and 5th-6th separately. Practice will be lead as a group supported by AHS coaches. Volunteer coaches are needed. Please contact the ARC. Gym locations, teams and coaches will be announced. Go Bulldogs!

School Day Out—Day Camp

October 18th, 25th, & 28th; December 30th & 31st; January 2nd & 3rd

Grades K-5th // 7:45a-5:30p

Members \$15/day // Non-Members \$20/day

*Registration deadline: 3 days prior to each School Day Out

Need a fun solution for your kids when school is out but the workday isn't? Activities, crafts, games, and free play will keep your school-ager busy and having fun. Please bring a sack lunch. Snacks will be provided.

Youth Cheerleading

September 10th-October 15th

K-2nd Grade

Tuesdays 4:00p-5:00p

\$20 Members / \$40 Non Members

*Registration deadline: September 6th

Got Spirit? We have the program for you! Our cheerleaders will learn cheers, proper hand and body movements, and jumping techniques. They will use their skills to lead the crowd and support our youth flag football teams. Tennis shoes required.

ARC Youth Basketball

October 26th - December 7th

Grades K-2nd

Saturdays 11:00a-12:00p

\$20 Members / \$40 Non Members

Registration deadline: October 13th (Late registrations will only be accepted if there are spots available.)

Basketball skills and games led by coaches and players from AHS. Program will meet Saturday mornings for practice and a game. Parents who would like to help please contact the ARC.

Youth Weight Training

September 14th, October 19th, & November 16th

1:00-2:30p

Ages 10-15 // \$15 members

*Registration deadline: September 12th, October 17th & November 14th

Youth will learn lifting technique, how to operate weight machines as well as free weights, and safety in the weight room. Youth 10-13 years must take this class to use the weight room and must still be accompanied by a parent after taking youth weight training.

NEW

NEW



MARTIAL ARTS

Brazilian Jiu Jitsu

September 9th—December 9th

Ages 6-13 years

Monday's 5:30p-6:30p

\$30 Members / \$60 Non Members

Registration deadline: September 6th

*\$5 price increase after deadline

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 or others against bigger, stronger, heavier opponents. This session will be 12 weeks and you can join at anytime! No class the week of Halloween and Thanksgiving.

Taekwondo

September 10th—December 12th

Ages 6 years - adult

Tuesday's 6:00-7:00p - Beginner's

Thursday's 6:00-7:00p - Inter / Advanced

\$30 Members / \$60 Non Members

Registration deadline: September 6th

*\$5 price increase after deadline

Taekwondo combines combat and self-defense techniques with sport and exercise. Taekwondo teaches respect, discipline, patience, focus, integrity, and indomitable spirit. This session will be 12 weeks and you can join at anytime! No class the week of Halloween and Thanksgiving.

PRE-SCHOOL PROGRAMS

KinderGYM

Ages 2-5 years

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

Starting September 4th: Mondays &

Wednesdays—5:30p-6:30p

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.

Rookie Sports

September 14th—October 19th

Ages 3-5 years

Saturday's 10-10:45a

\$20 Members / \$40 Non Members

Registration deadline: September 11th

*\$5 price increase after deadline

Calling all little sports enthusiasts. This program is for you and your child to have fun together while learning basics sports skills. This session will focus on basketball, football, & tennis. Parent participation is required. Instructors Kari Bargaen & Morgan Wimmer.

ADULT PROGRAMS

Adult Flag Football

September 5th-October 3rd

Games Thursdays—6:30p, 7:30p, & 8:30p

Ages 16+ // \$25/player

Down, Set, Hike! Bring your A-game for 5 on 5 adult flag football. Don't have a team? Don't worry! We can help find you a team. Registration deadline: September 2nd.

Adult Weight Training

September 14th, October 12th, & November 9th

10:00-11:30a

Ages 16+ // \$15 members

*Registration deadline: September 12th, October 10th & November 7th

Need some help navigating the weight room? This class is for you! Certified personal trainer Shjon Myhre will ensure you are correctly set up on the weight machines, teach proper form, show you how to operate the cardio machines and more!

Volleyball Women's & Coed

September 15th-November 20th

Ages 16+

Women's League—Wed 5:45p & 6:30p

Coed League - Sun 4:00p & 5:00p

Team Fee \$180

Captains are responsible for turning in registration packet and fee. Coed registration: Monday, September 9th. Women's registration: Wednesday, September 11th.



Y-Ball Basketball League

October 15th-December 17th

Games-Tuesday's 7p & 8p

Ages 16+ // Team Fee \$180

Lets throw it back to the good old days of Y-Ball! Grab a team for some 5 on 5 basketball. Captains are responsible for turning in registration packet and fee. Registration deadline: Tuesday, October 8th.