

TOURNAMENTS

Middle School Tournaments

Thursday, January 2nd — Volleyball

Friday, January 3rd — Basketball

10:00a Start / Grades 6th –8th

Free Members / \$4 Day pass Non Member



No deadline, teams will be formed day of.
Must be present by 9:30a.

It's holiday break time! Grab some friends and come spend the day at the ARC playing volleyball or basketball in a tournament style play.

New Years Ball 3 on 3 Tournament

Saturday, January 4th

10:00a Start / Ages 16+ / \$60 per Team

Deadline Thursday, January 2nd

Grab some friends and get signed up! Winners win a cash prize and everyone gets to play ball.

Spring Slam Volleyball Tournament

Saturday, April 25th—Women

Sunday, April 26th—Coed

9:00a Start / Ages 16+ / \$100 per Team

Deadline Sunday, April 19th

Register now for our 6 on 6 Spring Slam Tournament. Late registrations will not be accepted. Sign up online, in person or over the phone.

Pickleball Tournament

Saturday, April 4th

Novice Division 8:00a –12:00p

Competitive 1:00p-5:00p

Ages 16+ / \$20 per person

Deadline Saturday, March 28th



Tournament will be doubles format, single registration. Partners will be paired day of the tournament. Competitive division is for advanced players.



**WINTER
PROGRAM
GUIDE**
January - April 2020



EVENTS

Shamrock Shuffle 5k



Saturday, March 14th

9:30a Registration / 10a Race

\$25 5K Race / \$10 Family Jig or free w 5k registration

Deadline for t-shirt Friday, March 6th

Join us on March 14th come sunshine or snow to chase down that pot 'o gold at the end of the rainbow! We will have family activities in the gym for kids. Prizes awarded for best costume, so come dressed with the luck of the Irish!

Prom: Midnight Masquerade

Senior Prom: February 13th, TBD

Adult Prom: February 14th, 7:30p-12a

Daddy/Daughter Prom: February 15th, TBD



Join us for prom and make all your magical prom dreams come true! Whether you've never gone to prom before or you're a prom-pro of years' past, you'll be sure to have fun. Last years prom was such a blast we decided to not only do it again but expanded to three different proms so all ages can enjoy a night our. Guy's—this is the perfect Valentines date! Formal attire is encouraged. More info coming soon!

ANNOUNCEMENTS

New Board Members Wanted!

We're adding to our board. Are you interested?

Applications can be picked up at the ARC and are due by Friday December 20th.



1. **GRAB AN APP**
2. **FILL IT OUT**
3. **TURN IT IN**

BECOME PART OF SOMETHING GREAT

Questions? Give us a call!

ARC Survey

We want to hear from YOU!

Survey open through Friday December 20th. Please check the ARC facebook page for the survey link.

Please take a few moments to help the ARC board of directors strategically plan for 2020 and beyond! Plus you could win your choice of two prizes:

2 free adult prom tickets & dinner on Feb 14th or ARC swag and free one month membership.

**ALLIANCE
RECREATION
CENTER**

www.alliancerecenter.com

ARC AFTER SCHOOL

Financial Assistance available, generously funded by Snow Redfern, United Way and the Mission Store.

Let us help with your evening to-do list with ARC Afterschool for grades K-5th. Our experienced staff will ride the bus with kids to the ARC, help them with homework and provide crafts, activities, recreation and more!

Weekly Fee: Members \$35 / Non-Members \$50 / Friday Fun Club \$5
Monday-Thursday pick up by 5:30p / Friday pick-up by 4:00p or Fun Club pick up by 5:30p

School Day Out—Day Camps

January 2nd, 3rd; February 7th, 17th; March 5th, 6th; April 10th & 13th

7:50a-5:30p / Grades K-5th Members
Daily Fee: \$15/\$20 Non-Members

Deadline will be 4 days prior to each day.

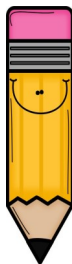
Need a fun solution for your kids when school is out but the workday isn't? Activities, crafts, games, recreation and free play will keep your school-ager busy and having fun. Please bring a sack lunch. Snacks will be provided.

Parents' Night Out

Saturday, March 14th / 6-9p
Ages 2 & Up (must be potty-trained)
Per Child: \$5 / \$7 Non-members

Deadline Friday, March 13th.

Parents, do you need a date night? You're in luck! We have a solution for you. You get a night out and we will make sure your children have a blast!



YOUTH SPORTS
Sponsored by Box Butte General Hospital



ARC Youth Volleyball

January 9th—February 14th

K-2nd: Thursdays 4:30-5:30p / \$20 / \$40 Non Members

3rd-6th: Thursdays 5:30-6:30 / Fridays 4:30p or 5:30p
\$25 / \$45 Non Members

Deadline: January 3rd—Late registrations will only be accepted if there are spots available.



K-2nd will have a 30 min group practice followed by a 30 min game on Thursdays. 3-6th will practice one hour on Thursdays and have games on Friday. Volunteer coaches are needed. Coaches will assist Christy Jelinek with practice and are supported with coaching manuals. Please contact the ARC if interested in coaching.

Jr. Bulldog Football Fundamentals

March 24th-April 28th

Tuesdays 4:30-5:30p - Beginner's

Tuesdays 5:30-6:30p - Inter/Advanced

Ages K-5th Grade / \$20 members / \$40 non-member

Deadline Friday, March 20th.

PUNT, KICK, & PASS! This session will focus on developing skills, team work and applying them through practice & scrimmage. Volunteers needed. Instructor's Tim Devlin & Jim Bargaen.

ARC Youth Indoor Soccer

April 16th—May 21st

Thursdays 4:30-6:30p

Ages K-6th \$25 / \$45 Non Members

Deadline: April 9th -Late registrations will only be accepted if there are spots available.

This is a fast and fun approach to the game, reminiscent of "street soccer" that is played inside. Program will meet on Thursday afternoons at the ARC. Teams will be coed and volunteer coaches are needed. K-3rd will meet at 4:30 with a practice followed by a game. 4th-6th will meet at 5:30 with short practices in beginning of the season but transitioning to most of the time spent in game mode.



Rookie Sports

February 22nd—March 28th

Saturdays 10-10:45a

Ages 3-5 years / \$20 members / \$40 non-member

Deadline Monday, January 7th

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 tennis, basketball, & soccer. Parent participation is required. Instructors Jim Bargaen, Morgan Wimmer & Marla Egleton.

MARTIAL ART CLASSES

Brazilian Jiu Jitsu

Session 1 January 6th - February 27th

Session 2 March 9th—April 30th

Mondays 5:30-6:30p / Ages 6-13

Per Session: \$20 / \$40 Non Members

Deadline: Session 1 -January 3rd / Session 2- March 6th

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. Check out our adult Jiu Jitsu on the fitness schedule! Instructor Mike Garcia.



ADULT LEAGUES
Sponsored by Alliance Physical Therapy



Coed & Women's Volleyball

January 5—March 11

Women's League: Wednesday's 5:45p & 6:45p

Coed League: Sundays 4 PM & 5 PM

Ages 16+ / Team Fee \$180

Deadline Wednesday, January 2nd.

You're never too old to bump, set and spike! 6 on 6 court volleyball. Captains are responsible for turning in registration packet and fee. Late registrations will not be accepted.

Beginner Pickleball

February 27th- April 2nd

Thursdays 5:30p-6:30p

Ages 16+ \$10 / \$20 Non Members

Deadline Thursday, March 26th

If you have been wanting to play during open pickleball but want to learn the game better first this is for you. Our pickleballers will be teaching you the sport so you can jump into open gym anytime!

NEW!!

Health & Fitness

Youth Weight Training

January 11th; February 8th; March 14th; April 11th

Ages 10-15 / \$15 members / 1:00p-2:30p

Deadline Thursday prior to class.

Youth will learn lifting technique on weight machines and free weights. Ages 10-13 years must take the youth weight training class to use the weight room and be accompanied by an adult after taking the class. Instructor Jimmy Lewis

Taekwondo

Session 1 January 6th - February 27th

Session 2 March 9th—April 30th

Tuesdays 6-7p - Beginner's / Ages 6-Adult

Thursdays 6-7p - Inter/Advanced

Per Session: \$20 / \$40 Non Members

Deadline: Session 1 -January 3rd / Session 2- March 6th

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

NO CLASS FEB. 25TH.

Y-Ball Basketball League

January 7th—March 10th

Tuesday's 6:30p & 7:30p

Ages 16+ / Team Fee \$180

Deadline Wednesday, January 1st

Lets throw it back to the good old days of Y-Ball! Grab a team for some 5 on 5 basketball. Late registrations will not be accepted.

Men's & Women's 3v3 Basketball

March 24th-May 13th

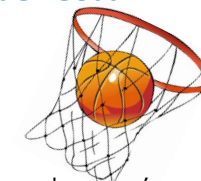
Men's Tuesdays 6:30p-8:00p

Women's Wednesdays 6:00p-7:30p

Ages 16+ / Team Fee \$100

Deadline Tuesday, March 17th

3 on 3 basketball with separate men's and women's leagues. 15-minute, half-court games will be played. Registration Deadline Tuesday, March 17th. Tournaments will follow league play. Come enjoy basketball without full-court running.



Adult Equipment Instruction

January 11th; February 8th; March 14th; April 11th

Ages 15+ / \$15 members/ 10:00a-11:30a

Deadline Thursday prior to class.

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, operate the cardio machine and more! **FREE Seminar 9am January 11th!**

****Program prices increase \$5 if registering after the deadline****

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