

# SportsPlex Newsletter



Activities Newsletter - Winter 2017 & 2018

www.cvsportsplex.org

## \*Basketball Clinic Pre-K & Kindergarten

This clinic will help assist participants in building a solid foundation in terms of fundamentals. The clinic will consist of a variety of drills to help improve ballhandling, shooting, passing, defense, rebounding, and more. The clinic will meet five times on Tuesdays and Thursdays at 5:30 at the Cedar Valley SportsPlex.

Site: Cedar Valley SportsPlex      Registration Deadline: 11/29/17  
 Fee: \$27      Member Fee: \$24  
 Program Dates: 12/5/17-12/19/17      Program #: 82020

## \* Youth Basketball 1st-3rd Girls & 1st-4th Boys

This program expands on the skills taught in the previous programs. There is a greater emphasis on rules of the game and understanding the basic flow of a basketball game. Practices and games will take place during the week in the evenings and on Saturday mornings. 1st/2nd boys and 1st/3rd girls will have 6 meetings and 3rd/4th boys will have 9 meetings.

Fee: \$33 ( \$37 3rd/4th Boys)      Member Fee: \$30 (\$33 3rd/4th Boys)  
 Site: Cedar Valley SportsPlex      Registration Deadline: 1/3/18

League	Days & Program #	Dates
1st/2nd Boys	Mon/Fri Evenings - 81020	Jan. 8 - Jan. 26
1st/3rd Girls	Mon/Fri Evenings - 81025	Jan. 8 - Jan. 26
3rd/4th Boys	Mon/Fri Evenings - 81030	Feb. 12 - March 9

## Start Smart - Ages 3-5

This program is aimed at preparing young future athletes to participate in organized sporting activities. The goal of this program is to equip participants with fundamental motor skill competence and confidence in order to make their future youth sport program experiences more enjoyable. This program is designed to be a parent (or adult)/child activity. The adult/child pairs work together at various skill stations throughout the program. Each pair will receive a participant manual that includes a wide range of skill development drills that will be utilized within the program and can be also done at home. This program will meet on Mondays at 5:30 PM.

Registration Begins: 12/6/17      Registration Deadline: 1/3/18  
 Site: Cedar Valley SportsPlex      Rate: \$20  
 Program Dates: 1/8/18-2/12/18      Program #: 55000

## Babysitting 101

In four weeks of interesting and engaging learning, your child will become a sought-after babysitter, implementing a plan to find babysitting jobs and care for kids of all ages with equal measures of skill and fun. Children will learn common problems babysitters face and the solutions, how to engage kids of all ages, and will become CPR certified. The class will meet on Mondays 5:30-7:30 PM for four weeks beginning January 8, 2017.

Registration Begins: 12/6/17      Registration Deadline: 1/3/18  
 Site: Cedar Valley SportsPlex      Rate: \$100  
 Program Dates: 1/8/18-1/29/18      Program #: 71000

## \*Spring Break Camp

This program is designed to keep participants active during Spring Break through an assortment of activities. Staff will lead participants through structured games each day. Participants will meet at the designated area in the Multipurpose Room each day. Snacks will be provided. Certified lifeguards will be on staff to supervise the pool area. Please bring a water bottle, swim suit, and towel each day.

Registration Begins: 2/14/18      Program #: 73075  
 Meets: Monday-Thursday  
 12:30-5:00 PM  
 Grades: Kindergarten- 5th grade      Dates: 3/12/18 - 3/15/18  
 Site: Cedar Valley SportsPlex      Registration Deadline: 3/14/18  
 Fee: \$150      Member Fee: \$125

## Registrations

You can now register online! Please visit the website to register your child today for our community recreation programs. It's quick and easy! Visit our website at www.cvsportsplex.org or email leisure.services@waterloo-ia.org.

## \*Tumbling

Join the Cedar Valley SportsPlex tumbling class! We teach beginner tumbling moves to kids while helping them develop body awareness, flexibility and strength. This beginning class is designed for children who have little to no experience with tumbling. It is a safe and enjoyable way for children ages 3 to 5 to learn the basics on tumbling. Program will meet at 5:30 Mondays and Wednesdays.

Site: Cedar Valley SportsPlex      Registration Deadline: 12/27/17  
 Fee: \$40      Member Fee: \$36

Ages 3-5	Days	Time & Program #	Dates
	Mon. & Wed	5:30 pm - 81010	Jan. 3 - Jan. 29

## \*Ballet Dance

This 45-minute dance class introduces preschoolers to ballet and creative movement in an enjoyable and nurturing environment. This class teaches students to dance at their current level of mental, physical, emotional, and cognitive development. It gives children a strong foundation in dance while keeping the movement on a child's level so they are always having fun and mastering new skills. Our program is designed for 3-5 year old students to learn dance. Session 1 will meet on Wednesdays and Thursdays. Session two will meet on Monday & Wednesdays.

Site: Cedar Valley SportsPlex      Registration Deadline Sess 1: 11/22/17  
 Fee: \$40      Member Fee: \$36

Ages 3-5	Days	Time & Program #	Dates
	Wed. & Thurs.	6:30 PM - 81500	Nov. 29 - Dec. 21
	Mon. & Wed.	6:30 PM - 81550	Feb. 5 - Feb. 28

## \*Taekwondo

Misting Dragon Martial Arts is committed to providing the highest quality martial arts instruction and training in a friendly, positive environment. Individuals of all ages with or without previous martial arts experience can learn to defend themselves, receive a great workout, have fun, and improve as individuals. In addition to punching and kicking techniques of Tae Kwon Do, students learn self-defense and martial arts weaponry. The program will be offered on Mondays and Wednesdays starting January 15, 2018.

### Beginner Taekwondo: Program # - 47040

This 10 week program is for all ages 5 and up, who have less than 1 year of experience in Taekwondo. This class is an introduction to "empty hand" defense. Students will learn punches, kicks and traditional form.

Time: 6:30 - 7:15 PM

### Intermediate Taekwondo: Program # - 47050

This 10 week program is for ages 8-16 years old with over 1 year of experience. Students will advance in sparring situations and begin to learn falling and throwing techniques from a variety of defense positions.

Time: 7:30 - 8:15 PM

### Adult Taekwondo: Program # - 47060

This 10 week program is for ages 16 and up, any experience level. Students will work at skill level, defining punches kicks and sparring tactics. Advanced students will progress to weaponry attacks and defense.

Time: 7:30 - 8:15 PM

Program Dates: 1/15/18 - 3/26/18

Registration Deadline: 1/10/18

Fee: \$60

Member Fee: \$40

## Key Card Holders

**Waterloo** Key Card holders may register for any program with an asterisk (\*) for half price. Registrants must present their Key Card at time of registration to be eligible for this fee reduction. Key Cards are issued exclusively through Operation Threshold. To inquire about eligibility, call Operation Threshold at 235-6243.

## Mark your calendars for these upcoming registration dates!

Optimist Baseball/Softball Registration Begins: February 21, 2018

Spring Tee Ball Registration Begins: February 22, 2018

Spring A Ball Registration Begins: April 11, 2018

# Cedar Valley SportsPlex Activities...

## Swimming Lessons

Classes are offered in four week sessions on **Tuesdays and Thursdays from 6:30-7:15PM**. Our classes are based on a program established by the Cedar Valley SportsPlex Staff. All class meetings are 40 minutes **Registration Deadline for Session 1 is February 7th and April 11th for Session 2.**

\* **Infant - 2 Week - \$25 (CVSP Member \$22.50)** - Infant classes are for children 6 months to 2 years old. Parents must be prepared to accompany the child in the water. Infant classes are designed to orientate the child to the water, develop basic swimming skills, and to help parents learn how to work with their child in the water.

\* **Toddler - 2 Week - \$25 (CVSP Member \$22.50)** - Classes are designed for children 2 to 4 years old. Parents must be prepared to accompany their children in the water. Toddler classes are designed to orientate the child to the water, develop basic swimming skills, and to help parents learn how to work with their child.

\* **Preschool - 4 Weeks - \$35 (CVSP Member \$31.50)** - Classes are designed for children 3 to 5 years old. Preschool classes are designed to orientate the child to the water, develop basic swimming skills, and to become more confident and independent in the water. Children will be introduced to deeper water. Parents may be asked to enter the water.

\* **Swabbies (age requirement: 5 years) - 4 Weeks - \$37 (CVSP Member \$33)** - This class is focused on water orientation and helping students enjoy the aquatic environment. There will be an introduction to kicking on front and back. This level is for those who have passed Preschool.

\* **Deck Hands - 4 Weeks - \$37 (CVSP Member \$33)** - This class is focused on helping students become more independent in the aquatic environment. There will be an introduction to freestyle and back stroke. This level is for those who have passed Swabbies and are able to do all skills taught in Swabbies.

\* **1st Mates - 4 Weeks - \$37 (CVSP Member \$33)** - Students will be introduced to more advanced freestyle skills, as well as an introduction to elementary backstroke. Students will be introduced to deep water. This level is for those who have passed Deck Hands and are able to do all skills in Deck Hands.

Session 1		Session 2	
February 13 - March 8		April 17 - May 10	
Infant (2/13-2/22)	Preschool	Infant (4/17-4/26)	Deck Hands
Toddler (2/27-3/8)	Swabbies	Toddler (5/1-5/10)	1st Mates

Parent's/Guardian's Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

CVSP is committed to inclusion. Does your child require any modifications to help him/her be successful? \_\_\_\_\_

Participant's Name (Last, First)	M/F	Birth Date	Current Grade	Program #	Program Name	Fee
		/ /				
		/ /				
<b>TOTAL \$</b>						

### Method of Payment

- Cash     Check  
 Visa     Mastercard  
 Discover

Card Number \_\_\_\_\_

Exp. Date (Month/Year) \_\_\_\_\_

### \*FOR OFFICE USE ONLY

Amount: \_\_\_\_\_

Date Received: \_\_\_\_\_

Staff Initials: \_\_\_\_\_

### Important Information

The City of Waterloo, Waterloo Leisure Services and the Cedar Valley SportsPlex are committed to conducting its recreation programs and activities in the safest manner possible and holds the safety of the participants in the highest possible regard. Participants and parents/guardians registering their child/ward in recreation programs must recognize however, that there is an inherent risk of injury when choosing to participate in recreation activities. The Waterloo Leisure Services & Cedar Valley SportsPlex continually strive to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect participants' safety.

**Warning of Risk:** Recreation activities are intended to challenge and engage the physical mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreation activities/programs exist. In this regard, it must be recognized that it is impossible for Waterloo Leisure Services and the Cedar Valley SportsPlex to guarantee absolute safety.

**WAVIER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:** Please read this form carefully and be aware that in signing up and participating in the identified program(s), you will be expressly assuming the risk and legal liability, waiving and releasing any and all claims for injuries, damages or loss which you or your minor child/ward might sustain arising out of or as a result of the activities of this program (including transportation services/vehicle operation, when provided). As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I voluntarily agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims my minor child/ward or I may have (or accrue to me or my child/ward) as a result of participating in the program against Waterloo Leisure Services and Cedar Valley SportsPlex, including officers, officials, agents, volunteers, independent contractors, instructors, servants and employees.

I further agree to indemnify and hold harmless and defend Waterloo Leisure Services and Cedar Valley SportsPlex staff to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's/ward's immediate care and I agree that I will be responsible for payment of any and all medical services rendered.

**PHOTO POLICY:** The Waterloo Leisure Services and Cedar Valley SportsPlex may video tape or take photographs of participants enrolled in Waterloo Leisure Services and Cedar Valley SportsPlex activities, classes, or programs or may take photographs. These photographs and/or video tapes are for use in future program magazines, brochures, promotional literature, websites, or for use on cable television.

**REFUND POLICY:** Refunds are issued in full if a class is full or cancelled by the Sports Department. Refunds for personal reasons must be submitted in writing. Approved refunds prior to the start date will be assessed a \$5 administration fee. Refunds may not be issued after team assignments have been made for select programs. Refunds approved after the first meeting will be charged a \$10 administrative fee. The Waterloo Leisure Services Department reserves the right to deny a request for a refund. If your request has been denied, you will be contacted by a staff member from the Leisure Services Department. All refunds will be mailed within three weeks.

**If registering online, via phone or email, my facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and fully understand the above important information, warning of risk, waiver and release of all claims and assumption of risk, permission to secure treatment and photo/video authorization.**

X \_\_\_\_\_  
Signature of Parent, Guardian or Participant (Under 18)

\_\_\_\_\_ Date

X \_\_\_\_\_  
Print Name of Parent, Guardian or Participant (Under 18)

\_\_\_\_\_ Date