



ROCK ISLAND  
**PARKS &  
RECREATION**

**OVER 20  
PARKS TO:**

Explore  
Play  
Exercise

**Fall *To-Do* List**

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**ACTIVITY GUIDE**

**FALL 2016**



ROCK ISLAND  
ILLINOIS



# August & September October

- Aug 28 QC Vintage Football Game
- Sept 1 Groove featuring Candymakers
- 8 Groove featuring Funktastic 5
- 15 Groove featuring Soul Storm
- 22 Groove featuring North of 40
- 24 Fall Community Garage Sale
- 29 Groove featuring Ellis Kell Band

- 6 Groove featuring Jason Carl & The Whole Damn Band
- 13 Groove featuring Machine Gun Willie
- 15 Laura's Legacy Concert
- 27 Fright Night in The District



# November

Nov 5 Holiday Market

# December

Dec 3, 4, 10, 11 Winter in Bloom Days

# Experience the Neises Touch

# Neises

Chiropractic Clinic

Dr. Daniel W. Neises | Chiropractor

309-786-3012  
www.neiseschiro.com  
Rock, Island, IL



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## PARKS & RECREATION BOARD

Fred Dasso	Chairman
Moses Robinson	Vice Chairman
Vacant	Secretary
David Conroy	Board Member
Vacant	Board Member

## STAFF

John Gripp	Executive Director	732-7275
Todd Winter	Assistant Director	732-2277
Kent Towler	Parks Maintenance	732-7263
Chris Podunajec	Sports Recreation Manager	732-7279
Jennifer Klinefelter	Recreation Manager	732-7439
Nora Johnson	Recreation Manager	732-7280
Kimberly Miller	Park & Recreation Office Manager	732-7267
Pete Peña	RIFAC Front Office Manager	732-7264
Bj Ballard	Aquatics and Fitness Manager	732-7442
Carrie Roelf	Public Information Manager	732-7286
Marc DeMarlie	Chief Horticulturist	732-7261
Dave Driskill	Sports Field Maintenance	732-2153
Chris Steeber	Saukie Maintenance Superintendent	732-2279
Tanner Thompson	Highland Maintenance Superindendant	732-2124

## REGISTRATION PROCEDURES: 3 WAYS TO REGISTER!

### ePark- ePark has been upgraded!

Our **New Online Registration** has just gotten easier, faster and more convenient! Register for your favorite activities on ePark at <https://apm.activecommunities.com/rockislandparksandrec>. Please call the office if you already have an account to obtain user name and password. (309) 732-PARK

**Phone In-** Phone in your registration by calling us at (309)732-PARK (7275) and provide the class code number and have your VISA or MasterCard number ready to pay by phone.

**Mail or Walk In** Bring in or mail your registration to the park board at 4303 24th Street, Rock Island, IL, and follow these procedures.

1. Registration is on a first come-first served basis.
2. Any instructions or additional information required prior to the meeting of the first class will be available when registering for that class.
3. If a class is full, a waiting list will be kept for all individuals interested in participating.
4. Most recreation programs, unless specifically noted, have a registration deadline one week prior to that program's start date.

## Fall Registration Begins: August 1, 2016

## CONNECT WITH US!



Find out about activities, updates and view photos.

- [Facebook.com/rockislandparksandrec](https://www.facebook.com/rockislandparksandrec)
- [Facebook.com/rockislandgolf](https://www.facebook.com/rockislandgolf)
- [Facebook.com/rockislandcampbellcomplex](https://www.facebook.com/rockislandcampbellcomplex)
- [Facebook.com/WhitewaterJunction](https://www.facebook.com/WhitewaterJunction)
- [Twitter.com/riparksandrec](https://twitter.com/riparksandrec)



## Preschool Teaching Team

## CONTACT INFORMATION

Rock Island Park and Recreation Office  
4303 24th Street  
Rock Island, Illinois 61201  
Phone (309) 732-PARK (7275)  
FAX (309) 732-7278

Rock Island Fitness & Activity Center  
4303 24th Street  
Rock Island, Illinois 61201  
Phone (309) 732-RIFC (7432)  
Racquetball Court Reservations 732-7436

Hauberg Civic Center  
1300 – 24th Street  
Rock Island, Illinois 61201  
Phone (309) 732-ROOM (7666)

Longview Park Greenhouse  
18th Avenue & 17th Street  
Rock Island, Illinois 61201  
Phone (309) 732-7261

Saukie Golf Course  
3101 – 38th Street  
Rock Island, Illinois 61201  
Phone (309) 732-CART (2278)

Highland Springs Golf Course  
9500 – 35th Street West  
Rock Island, Illinois 61201  
Phone (309) 732-PARS (7277)  
(309) 732-7265

Rock Island Alan Campbell Sports Complex  
78th Avenue West & 29th Street West  
Rock Island, Illinois 61201  
Phone Press Booth (309) 732-BALL (2255)  
Field Conditions 732-RAIN (7246)  
Maintenance 732-2153

Whitewater Junction  
18th Avenue & 17th Street  
Rock Island, Illinois 61201  
(309) 732-SWIM (7946)

## CLASS CANCELLATION POLICY

1. If your desired class is cancelled, you will be notified and offered another choice, if one is available.
2. Classes may be cancelled due to low enrollment, facility or instructor availability.
3. The Department reserves the right to alter, cancel, postpone, combine classes, or change instructors as needed.



## Fall Softball League

Ages 18 and up

The summer may be over, but the softball season isn't. Come out to the Rock Island Campbell Sports Complex for more slow-pitch softball action. Co-Ed leagues will be offered Sunday, Wednesday and Thursday nights, and men's leagues will be offered Wednesday and Thursday nights. All weekday leagues begin at 6:00 pm and Sundays will start in the afternoon. All leagues consist of a 5 week doubleheader schedule (10 games) with a single-elimination tournament to finish out the season. To receive a league registration packet please call the Park Office at (309)732-PARK. Registration is limited and based on first-come, first-served. Team registration only, orphan teams will not be formed.

### Registration Deadline is August 26.

Like us on Facebook at Rock Island Campbell Complex for updates.  
 Fee: \$285.00 per team

Registration Code	League	Start Date
Code #: 6033	Wednesday Men's	9/7/2016
Code #: 6032	Wednesday Coed	9/7/2016
Code #: 6031	Thursday Men's	9/8/2016
Code #: 6030	Thursday Coed	9/8/2016
Code #: 6029	Sunday Coed	9/11/2016

## Men's Full Court Basketball League

Ages 18 and up

He's got the ball, he's dribbling down the court. He passed the first defender. Oh no! The second defender steals the ball. It's an easy lay-up at the other end. Want to play basketball? Rock Island Parks and Rec is offering a men's full court basketball league in our rec gymnasium at the Rock Island Fitness and Activity Center.

All league fees are due at the time of registration. No registration will be accepted without full payment! Games will be played in one hour intervals between 6:00 and 10:00 pm. The Parks and Rec department will provide two referees and a game ball for each game. All teams must have at least one representative at the pre-season manager's meeting. Deadline to register is December 23rd.

Fee: \$350.00 per team

Code #: 6371

Date: Wed 01/11/17-03/08/17

Time: 6:00PM - 10:00PM

Location: Rock Island Fitness & Activity Center – Rec Gym

## Indoor Pickleball

Come try out the popular sport that's been exploding on the tennis court and is now moving indoors. This game combines the skills of tennis with the rapid volley of ping-pong. It burns calories, boosts your mood, is low impact, tones muscles, and it's fun!

Fee: \$2.00 RIFAC Members

\$3.00 Non-Members

\$1.00 Paddle Rental

Mon-Fri 9:00 AM - 3:30 PM

Mon 7:00 PM - 9:00 PM

Location: RIFAC Rec Gym

## Racquetball

This is a friendly, but competitive league for advanced racquet ball players.

Fee: \$15.00 RIFAC Member

\$50.00 Non Member

### League Level A

Code #: 6377

Date: Mon 09/12/16-11/28/16

Time: 7:00 PM - 8:00 PM

Location: RIFAC Racquetball Courts

### League Level B

Code #: 6378

Date: Mon 09/12/16-11/28/16

Time: 7:00PM-8:00PM

Location: RIFAC Racquetball Courts

## Private Racquetball Lessons

Private racquetball lessons are available for individuals 10 and older. This is an excellent opportunity to learn the basics about the game of racquetball. Please call Dan Baker for more information at 309-738-4764

## Fitness Punch Pass

Purchase to drop in any land or water fitness class

5 class punches - \$25

10 class punches - \$45

15 class punches - \$65

Daily drop in fee without punch pass is \$6

Passes are valid for current seasonal activity guide. They will not be refunded or replaced if lost. Does not guarantee a spot if class is full. Does not apply to Yoga, Tai Chi, or Tae Kwon Do.

## ROCK ISLAND FITNESS AND ACTIVITY CENTER FITNESS EXERCISE CLASS SCHEDULE AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUATIC BOOT CAMP 5:30-6:30 AM POOL	CYCLING CLASS 5:30-6:30 AM	AQUATIC BOOT CAMP 5:30-6:30 AM POOL	CYCLING CLASS 5:30-6:30 AM	AQUATIC BOOT CAMP 5:30-6:30 AM POOL	BUTTZ, GUTZ, BI'S/ TRIS/&THYS 6:15 -7:00 AM
DEEP BLUE 8:00-8:45 AM POOL	PILATES 8:00 -8:50 AM	DEEP BLUE 8:00-8:45 AM POOL	PILATES 8:00 -8:50 AM	DEEP BLUE 8:00-8:45 AM POOL	DEEP BLUE 8:30-9:15 AM
ZUMBA GOLD 8:45 - 9:45 AM	WET WAVES/ DEEP BLUE 9:00-9:45 AM POOL	ZUMBA GOLD 8:45 - 9:45 PM	WET WAVES/ DEEP BLUE 9:00-9:45 AM POOL	ZUMBA GOLD 8:45 - 9:45 PM	ZUMBA 9:30-10:30 AM
STRETCH & TONE 9:00 - 9:30 AM	LATIN, AFRICAN, CARIBBEAN DANCE 9:00-10:00 AM	STRETCH & TONE 9:00 - 9:30 AM	LATIN, AFRICAN, CARIBBEAN DANCE 9:00-10:00 AM	DEEP BLUE/ WET WAVES 9:00-9:45 AM POOL	
DEEP BLUE/ WET WAVES 9:00-9:45 AM POOL	SILVERSNEAKERS 11:15-12:00 PM	DEEP BLUE/ WET WAVES 9:00-9:45 AM POOL	SILVERSNEAKERS 11:15-12:00 PM	AQUA ABS 9:50-10:50 AM POOL	
AQUA ABS 9:50-10:50 AM POOL		AQUA ABS 9:50-10:50 AM POOL		STABILITY BALL 10:00-10:50 AM	
STABILITY BALL 10:00-10:50 AM		STABILITY BALL 10:00-10:50 AM		AQUA EASY 11:00-12:00 PM POOL	
AQUA EASY 11:00-12:00 PM POOL		AQUA EASY 11:00-12:00 PM POOL			
CYCLING CLASS 5:15-5:45PM	DEEP BLUE 4:15 - 5:00 PM POOL	CYCLING CLASS 5:15-5:45 PM	DEEP BLUE 4:15 - 5:00 PM POOL	BUTTZ, GUTZ, BI'S/ TRIS/&THYS 5:45-6:30 PM	CLASSES THAT ARE FREE TO MEMBERS: CARDIO STEP & PUMP
CARDIO STEP AND PUMP 6:00-7:00 PM	CARDIO W/ CAITLIN 5:45 PM - 6:30 PM	DEEP BLUE/ WET WAVES 6:00-6:45 PM POOL	BEGINNER YOGA 5:00-6:00 PM		LATIN, AFRICAN, & CARIBBEAN DANCE
DEEP BLUE WET WAVES 6:00-6:45 PM POOL	ZUMBA 6:00-7:00 PM	PURE STEP 6:15-6:55 PM	INTERMEDIATE/ ADVANCED YOGA 6:15-7:15 PM		DEEP BLUE 4:15 PM
STABILITY BALL INTENSE 6:15-6:55 PM		BUTTZ, GUTZ, BI'S/ TRIS/&THYS 7:00-7:45 PM	LINE DANCE 7:00 - 9:30 PM		WET WAVES 6:00 PM



### **Buttz, Gutz, Bi's, Tri's and Thy's**

A great strength & toning class for those with emphasis on those terrible 'bat-wings' while building bicep strength and target those trouble spots around the thys. Instructor will have a variety of exercises using weights & floor mats to help improve these stubborn areas.  
Instructor: Rebecca Winstead

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00

Code #: 6096  
Date: Wed 08/10/16-08/31/16  
Time: 7:00pm-7:45pm  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00

Code #: 6097  
Date: Wed 09/07/16-09/28/16  
Time: 7:00pm-7:45pm  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00

Code #: 6098  
Date: Wed 11/09/16-11/30/16  
Time: 7:00pm-7:45pm  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: \$22.00  
Non-member: \$28.00

Code #: 6092  
Date: Fri 08/12/16-09/02/16  
Time: 5:45pm-6:30pm  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: \$22.00  
Non-member: \$28.00

Code #: 6093  
Date: Fri 09/09/16-09/30/16  
Time: 5:45pm-6:30pm  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: \$22.00  
Non-member: \$28.00

Code #: 6094  
Date: Fri 11/11/16-12/09/16  
Time: 5:45pm-6:30pm  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00

Code #: 6385  
Date: Sat 08/13/16-09/03/16  
Time: 6:15am-7:00am  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00

Code #: 6386  
Date: Sat 09/10/16-10/01/16  
Time: 6:15am-7:00am  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00

Code #: 6387  
Date: Sat 11/12/16-12/03/16  
Time: 6:15am-7:00am  
Location: RIFAC - Class Room 7

### **Cardio Step and Pump**

A great way to end your day. This class offers a hi/lo aerobic

workout and ends with toning work.  
Instructor: Miny Diaz

Fee: RIFAC Member: Free  
Non-member: \$38.00

Code #: 6100  
Date: Mon 08/08/16-10/10/16  
Time: 6:00pm-7:00pm  
Location: RIFAC - Class Room 4

Fee: RIFAC Member: Free  
Non-member: \$30.50

Code #: 6101  
Date: Mon 10/17/16-12/12/16  
Time: 6:00pm-7:00pm  
Location: RIFAC - Class Room 4

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### **Cardio with Caitlin**

This is an interval training class that alternates between intermediate and advanced step ups, free weights and cardio exercises for a total body workout.  
Instructor: Caitlin Herrera

Fee: RIFAC Member: \$23.00  
Non-member: \$33.00

Code #: 6116  
Date: Tue 08/09/16-10/11/16  
Time: 5:45pm-6:30pm  
Location: RIFAC - Class Room 5-6

Fee: RIFAC Member: \$21.00  
Non-member: \$31.00

Code #: 6117  
Date: Tue 10/18/16-12/13/16  
Time: 5:45pm-6:30pm  
Location: RIFAC - Class Room 5-6

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### **Cycling**

Want to burn a lot of calories? Join this high energy, highly motivating class. Cycle your way back to fitness. This class is a half hour of cycling and a half hour of strengthening. This class will get you toned and feeling great, with great music to keep you moving.

Fee: RIFAC Member: \$28.00  
Non-member: \$37.00

Code #: 6102  
Date: Mon,Wed 08/08/16-10/12/16  
Time: 5:15pm-5:45pm  
Location: RIFAC - Class Room 7  
Instructor: Alison Vandegrift

Fee: RIFAC Member: \$26.00  
Non-member: \$34.00

Code #: 6104  
Date: Mon,Wed 10/17/16-12/14/16  
Time: 5:15pm-5:45pm  
Location: RIFAC - Class Room 7  
Instructor: Alison Vandegrift

Fee: RIFAC Member: \$57.00  
Non-member: \$76.00

Code #: 6103  
Date: Tue,Thu 08/09/16-10/13/16  
Time: 5:30am-6:30am  
Location: RIFAC - Class Room 7  
Instructor: Steve Morenz

Fee: RIFAC Member: \$49.50  
Non-member: \$66.00

Code #: 6105  
Date: Tue,Thu 10/18/16-12/15/16  
Time: 5:30am-6:30am  
Location: RIFAC - Class Room 7  
Instructor: Steve Morenz

### **Latin, African, Caribbean Low Impact Dance Workout**

Get ready to work muscles you didn't realize you had. This is a low impact/high energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins.

Instructor: Carolyn Aman

Fee: RIFAC Member: Free  
Non-member: \$54.00  
Code #: 6108  
Date: Tue,Thu 08/09/16-10/13/16  
Time: 9:00am-10:00am  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: Free  
Non-member: \$46.00  
Code #: 6109  
Date: Tue,Thu 10/18/16-12/15/16  
Time: 9:00am-10:00am  
Location: RIFAC - Class Room 7

### **Pilates**

This class consists of Pilates-based stretching and strengthening exercises for your body's core muscles. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites mind and body, and creates a more streamlined shape.

Instructor: Ann Austin

Fee: RIFAC Member: \$41.00  
Non-member: \$60.00  
Code #: 6112  
Date: Tue,Thu 08/09/16-10/13/16  
Time: 8:00am-8:50am  
Location: RIFAC - Class Room 4

Fee: RIFAC Member: \$25.00  
Non-member: \$36.00  
Code #: 6113  
Date: Tue,Thu 11/8/16-12/15/16  
Time: 8:00am-8:50am  
Location: RIFAC - Class Room 4

### **Pure Step**

Don't be put off by the complicated STEP classes; this class is straight forward, pure step! This "no frills" class is perfect for participants who prefer a non-thinking workout and just want to work hard or for those new to STEP. Pattern will be basic, but you will work hard. This class is appropriate for all fitness levels.

Instructor: Rebecca Winstead

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00  
Code #: 6114  
Date: Wed 08/10/16-08/31/16  
Time: 6:15pm-6:55pm  
Location: RIFAC - Class Room 5-6

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00  
Code #: 6115  
Date: Wed 09/07/16-09/28/16  
Time: 6:15pm-6:55pm  
Location: RIFAC - Class Room 5-6

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00  
Code #: 6137  
Date: Wed 11/09/16-11/30/16  
Time: 6:15pm-6:55pm  
Location: RIFAC - Class Room 5-6

### **SilverSneakers® I - Muscular Strength & Range of Movement**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and /or standing support. Although the class is geared for seniors there is no age limit.

Fee: Free Silversneakers® Members  
\$2.50/Class Non-Silversneakers® Members  
Date: Tue, Thu  
Time: 11:15-12:00 PM  
Location: RIFAC Room 7  
Instructor: Carolyn Aman

### **Stability Ball**

50 minutes of total body conditioning. You will strengthen and tone your body using various exercises and props in this class. Core strength is emphasized in the rolling workout.

Instructor: Robin Ellis

Fee: RIFAC Member: \$61.00  
Non-member: \$83.00  
Code #: 6118  
Date: Mon,Wed,Fri 08/08/16-10/14/16  
Time: 10:00am-10:50am  
Location: RIFAC - Class Room 7

Fee: RIFAC Member: \$55.00  
Non-member: \$75.00  
Code #: 6119  
Date: Mon,Wed,Fri 10/17/16-12/16/16  
Time: 10:00am-10:50am  
Location: RIFAC - Class Room 7

### **Stability Ball Intense**

40 minutes of total body conditioning. You will strengthen and tone your body using various exercises and props in this class. Core strength is emphasized in the rolling workout.

Instructor: Rebecca Hove

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00  
Code #: 6120  
Date: Mon 08/08/16-08/29/16  
Time: 6:15pm-6:55pm  
Location: RIFAC - Class Room 5-6

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00  
Code #: 6136  
Date: Mon 09/12/16-10/03/16  
Time: 6:15pm-6:55pm  
Location: RIFAC - Class Room 5-6

Fee: RIFAC Member: \$24.00  
Non-member: \$28.00  
Code #: 6121  
Date: Mon 11/07/16-11/28/16  
Time: 6:15pm-6:55pm  
Location: RIFAC - Class Room 5-6

## Stretch and Tone

This is a interval training class that alternates between intermediate and advanced step ups, free weights and cardio exercises for a total body workout

Instructor: Caitlin Herrera

Fee: RIFAC Member: \$28.00  
Non-member: \$37.00

Code #: 6380

Date: Mon,Wed 08/08/16-10/12/16

Time: 9:00am-9:30am

Location: RIFAC - Class Room 4

Fee: RIFAC Member: \$25.00  
Non-member: \$33.00

Code #: 6381

Date: Mon,Wed 10/17/16-12/14/16

Time: 9:00am-9:30am

Location: RIFAC - Class Room 4

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## Yoga-Beginner

This class will concentrate on proper postures, controlled breathing, and relaxation. You can gain strength, flexibility, peace of mind, poise, and balance. Any age or physical ability can do yoga! Please bring yoga mat and blanket.

Instructor: Eliza Fazliu

Fee: \$72.00

Code #: 6090

Date: Thu 08/11/16-10/13/16

Time: 5:00pm-6:00pm

Location: RIFAC - Class Room 4

Fee: \$65.00

Code #: 6091

Date: Thu 10/20/16-12/15/16

Time: 5:00pm-6:00pm

Location: RIFAC - Class Room 4

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## Yoga-Intermediate/Advanced

This class is for students with some background in yoga. If you have taken one of the sessions at RIFAC before and want to step it up a bit, this class will be great for you. We will focus on the Sun Salutations as we work out poses into the sequence. This class will keep you moving for sure!

Instructor: Eliza Fazliu

Fee: \$72.00

Code #: 6106

Date: Thu 08/11/16-10/13/16

Time: 6:15pm-7:15pm

Location: RIFAC - Class Room 4

Fee: \$65.00

Code #: 6107

Date: Thu 10/20/16-12/15/16

Time: 6:15pm-7:15pm

Location: RIFAC - Class Room 4



## Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be fun and easy to do. Zumba is not only great for the body, but is also great for the mind. It is a "feel-happy" workout. Zumba is a fusion of Latin and international music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Fee: RIFAC Member: \$25.00  
Non-member: \$35.00

Code #: 6126

Date: Tue 08/09/16-10/11/16

Time: 6:00pm-7:00pm

Location: RIFAC - Class Room 4

Instructor: Brenee James

Fee: RIFAC Member: \$23.00  
Non-member: \$33.00

Code #: 6127

Date: Tue 10/18/16-12/13/16

Time: 6:00pm-7:00pm

Location: RIFAC - Class Room 4

Instructor: Brenee James

Fee: RIFAC Member: \$25.00  
Non-member: \$35.00

Code #: 6128

Date: Sat 08/13/16-10/15/16

Time: 9:30am-10:30am

Location: RIFAC - Class Room 7

Instructor: Tika Gomez

Fee: RIFAC Member: \$23.00  
Non-member: \$33.00

Code #: 6129

Date: Sat 10/22/16-12/17/16

Time: 9:30am-10:30am

Location: RIFAC - Class Room 7

Instructor: Tika Gomez

---

## Zumba Gold

This program was designed for the older active adult. Zumba Gold is done at a much lower intensity. Zumba Gold utilizes the same great Latin styles of music and dance that are used in Zumba.

Instructor: Lisa McClurg

Fee: RIFAC Member: \$58.00  
Non-member: \$77.00

Code #: 6134

Date: Mon,Wed,Fri 08/08/16-10/14/16

Time: 8:45am-9:45am

Location: RIFAC - Class Room 4

Fee: RIFAC Member: \$52.50  
Non-member: \$69.50

Code #: 6135

Date: Mon,Wed,Fri 10/17/16-12/16/16

Time: 8:45am-9:45am

Location: RIFAC - Class Room 4

### **Aqua Abs**

This is a fun water aerobics class conducted in the deep end of the pool. Class will focus on strengthening the abdominal muscles.

Instructor: Olinda Gunther

Fee: RIFAC Member: \$32.00  
Non-member: \$48.00

Code #: 6138  
Date: Mon,Wed,Fri 08/08/16-09/09/16  
Time: 9:50am-10:50am  
Location: RIFAC - Pool

Fee: RIFAC Member: \$12.50  
Non-member: \$17.00

Code #: 6063  
Date: Fri 09/16/16-10/07/16  
Time: 9:50am-10:50am  
Location: RIFAC - Pool

Fee: RIFAC Member: \$56.00  
Non-member: \$85.50

Code #: 6065  
Date: Mon,Wed,Fri 10/10/16-12/16/16  
Time: 9:50am-10:50am  
Location: RIFAC - Pool



### **Aqua Easy**

This water exercise class takes advantage of the gentle resistance and buoyant properties of water. Easy to learn movements will increase joint flexibility, strengthen muscles, and increase endurance.

Instructor: Olinda Gunther

Fee: RIFAC Member: \$56.00  
Non-member: \$85.50

Code #: 6067  
Date: Mon,Wed,Fri 08/08/16-10/14/16  
Time: 11:00am-12:00pm  
Location: RIFAC - Pool

Fee: RIFAC Member: \$53.00  
Non-member: \$82.00

Code #: 6066  
Date: Mon,Wed,Fri 10/17/16-12/16/16  
Time: 11:00am-12:00pm  
Location: RIFAC - Pool

### **Aquatic Boot Camp**

A high energy workout using the shallow and deep end. Work outs include strength, core, cardio and endurance.

Instructor: Heidi Rettig

Fee: RIFAC Member: \$56.00  
Non-member: \$85.50

Code #: 6068  
Date: Mon,Wed,Fri 08/08/16-10/14/16  
Time: 5:30am-6:30am  
Location: RIFAC - Pool

Fee: RIFAC Member: \$53.00  
Non-member: \$82.00

Code #: 6069  
Date: Mon,Wed,Fri 10/17/16-12/16/16  
Time: 5:30am-6:30am  
Location: RIFAC - Pool

### **Deep Blue**

This class is a no-impact workout in deep water using floatation belts and other equipment. Workout will include warm-up, aerobic, cool-down, strength and toning. Intensity is easily adjusted for all levels of fitness. No swimming skills required.

Fee: RIFAC Member: \$56.00  
Non-member: \$85.50

Code #: 6165  
Date: Mon,Wed,Fri 08/08/16-10/14/16  
Time: 8:00am-8:45am  
Location: RIFAC - Pool  
Instructor: Olinda Gunther

Fee: RIFAC Member: \$53.00  
Non-member: \$82.00

Code #: 6148  
Date: Mon,Wed,Fri 10/17/16-12/16/16  
Time: 8:00am-8:45am  
Location: RIFAC - Pool  
Instructor: Olinda Gunther

Fee: RIFAC Member: \$56.00  
Non-member: \$85.50

Code #: 6070  
Date: Mon,Wed,Fri 8/08/16 - 10/14/16  
Time: 9:00 am - 9:45 am  
Location: RIFAC - Pool  
Instructor: Olinda Gunther

Fee: RIFAC Member: \$53.00  
Non-member: \$82.00

Code #: 6071  
Date: Mon,Wed,Fri 10/17/16 - 12/16/16  
Time: 9:00 am - 9:45 am  
Location: RIFAC - Pool  
Instructor: Olinda Gunther

Fee: RIFAC Member: \$51.00  
Non-member: \$70.00

Code #: 6080  
Date: Mon,Wed 08/08/16-10/12/16  
Time: 6:00pm-6:45pm  
Location: RIFAC - Pool  
Instructor: Kayla Wolfe

Fee: RIFAC Member: \$46.00  
Non-member: \$63.50

Code #: 6081  
Date: Mon,Wed 10/17/16-12/14/16  
Time: 6:00pm-6:45pm  
Location: RIFAC - Pool  
Instructor: Kayla Wolfe

Fee: RIFAC Member: \$51.00  
Non-member: \$70.00

Code #: 6149  
Date: Tue,Thu 8/09/16-10/13/16  
Time: 9:00am-9:45am  
Location: RIFAC - Pool  
Instructor: Olinda Gunther

Fee: RIFAC Member: \$44.00  
Non-member: \$60.00  
Code #: 6075  
Date: Tue,Thu 10/18/16-12/15/16  
Time: 9:00am-9:45am  
Location: RIFAC - Pool  
Instructor: Olinda Gunther

Fee: RIFAC Member: Free  
Non-member: \$70.00  
Code #: 6151  
Date: Tue,Thu 08/09/16-10/13/16  
Time: 4:15pm-5:00pm  
Location: RIFAC - Pool  
Instructor: Laura Vyncke

Fee: RIFAC Member: Free  
Non-member: \$63.50  
Code #: 6152  
Date: Tue,Thu 10/18/16-12/15/16  
Time: 4:15pm-5:00pm  
Location: RIFAC - Pool  
Instructor: Laura Vyncke

Fee: RIFAC Member: \$23.00  
Non-member: \$33.00  
Code #: 6078  
Date: Sat 08/13/16-10/15/16  
Time: 8:30am-9:15am  
Location: RIFAC - Pool  
Instructor: Laura Vyncke

Fee: RIFAC Member: \$21.00  
Non-member: \$30.00  
Code #: 6079  
Date: Sat 10/22/16-12/17/16  
Time: 8:30am-9:15am  
Location: RIFAC - Pool  
Instructor: Laura Vyncke

### Wet Waves

A complete water fitness class using a variety of exercises and equipment. Activities include dance, calisthenics, walking and kicking. Intensity and impact can be varied on an individual basis. No swimming skills required.

Fee: RIFAC Member: \$56.00  
Non-member: \$85.50  
Code #: 6083  
Date: Mon,Wed,Fri 08/08/16-10/14/16  
Time: 9:00am-9:45am  
Location: RIFAC - Pool  
Instructor: Olinda Gunther

Fee: RIFAC Member: \$53.00  
Non-member: \$82.00  
Code #: 6084  
Date: Mon,Wed,Fri 10/17/16-12/16/16  
Time: 9:00am-9:45am  
Location: RIFAC - Pool  
Instructor: Olinda Gunther

Fee: RIFAC Member: Free  
Non-member: \$70.00  
Code #: 6087  
Date: Mon,Wed 08/08/16-10/12/16  
Time: 6:00pm-6:45pm  
Location: RIFAC - Pool  
Instructor: Heidi Rettig

Fee: RIFAC Member: Free  
Non-member: \$63.50  
Code #: 6088  
Date: Mon,Wed 10/17/16-12/14/16  
Time: 6:00pm-6:45pm  
Location: RIFAC - Pool  
Instructor: Heidi Rettig

Fee: RIFAC Member: \$51.00  
Non-member: \$70.00  
Code #: 6160  
Date: Tue,Thu 08/09/16-10/13/16  
Time: 9:00am-9:45am  
Location: RIFAC - Pool  
Instructor: Linsey Baker/Ann Austin

Fee: RIFAC Member: \$44.00  
Non-member: \$60.00  
Code #: 6086  
Date: Tue,Thu 10/18/16-12/15/16  
Time: 9:00am-9:45am  
Location: RIFAC - Pool  
Instructor: Linsey Baker/Ann Austin



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## ARTS & CRAFTS

### **Basket Weaving: French Bread Basket**

This unique basket features a base that is lashed rather than woven. The lashing is done using chair cane. The sides are woven in a twill design, and then the rim is lashed again with chair cane. Weavers with experience only for this class. Bring to class a \$30 material fee payable to the instructor.

Fee: \$17.00  
Code #: 5963  
Date: Thu 08/18/16  
Time: 5:30pm-9:30pm  
Location: RIFAC - Class Room 3

### **Basket Weaving: Tool Basket**

Now is the perfect time to weave a Basket Werk's classic. Only this time we will be making an extra long version of the favorite Tool Basket. This basket will also work well as a silverware & plate holder. It features a solid woven base, single dividing wall and wrapped handle. Prior basket weaving experience is needed to complete this basket in the allotted time. Please bring regular basketry tools. A \$30 material fee is payable to the instructor night of class.

Fee: \$25.00  
Code #: 6185  
Date: Tuesdays 09/13/16 & 10/04/16  
Time: 6:00pm-9:00pm  
Location: RIFAC - Class Room 3

### **Basket Weaving: Covered Drink Container**

You may have seen instructor Tracy carrying one of these custom woven drink containers to classes. Now is your opportunity to weave your very own. Bring your favorite container, one that you can also fit a coozie around the bottle is ideal. We will also incorporate a Shaker Tape handle to top of the basket. Please bring your regular basketry tools to class. A \$12 material fee is payable to the instructor night of class.

Fee: \$17.00  
Code #: 6186  
Date: Wed 10/26/16  
Time: 6:00pm-9:00pm  
Location: RIFAC - Class Room 3

### **Basket Weaving: Puffed Out Market Basket**

Come learn to weave this traditional style market basket. It has a solid woven base and oak handle. Dyed reed curl embellish the completed basket to give it a "puffy" look. Basket weavers of all levels will enjoy creating this functional basket. Please bring your regular basketry tools to class. A \$30 material fee is payable to the instructor night of class.

Fee: \$17.00  
Code #: 6187  
Date: Tue 11/08/16  
Time: 5:30pm-9:00pm  
Location: RIFAC - Class Room 3

### **Basket Weaving: Willow Ornaments**

In this class you will make 3-4 willow ornaments using instructor Tracy's homegrown fresh cut willow. First you will make willow Christmas trees and the willow stars. These simple ornaments also make great package tie-ons. All left over willow supplies will be sent home with the class to allow students to keep making more! Please bring your regular basketry tools. A \$10 material fee is payable to the instructor night of class.

Fee: \$17.00  
Code #: 6188  
Date: Wed 12/07/16  
Time: 6:00pm-8:30pm  
Location: RIFAC - Class Room 3

### **Beginning Drawing**

Anyone can draw! Learn how to increase observation skills and interpret what you see and what you feel into basic drawing techniques. The beautiful Hauberg Mansion & Gardens are the perfect backdrop to get inspired and spend some quiet time creating. All art abilities welcome, students will be taught how to use supplies and create their work. Supply list to be purchased and brought to first class.  
Instructor: Carrie Mages

Fee: \$30.00  
Code #: 6199  
Date: Tue 09/20/16-10/18/16  
Time: 2:30pm-3:30pm  
Location: Tulip Room at Hauberg Center

### **String Art: Pick Your State**

Part instruction, part creation - students will learn the craft of string art, creating a State outline with heart suitable for display in their home, office or craft also makes a great gift. Fee includes all materials and is per board, couples may take class together creating one board. Intermediate skill level but beginners are also welcome, completed project goes home with students. Tell us what state you would like to create upon registering.

Fee: \$35.00  
Code #: 6008  
Date: Thu 08/18/16  
Time: 6:00pm-9:00pm  
Location: Hauberg Center

### **String Art: Variety of Christmas Designs**

Part instruction, part creation - students will learn the craft of string art, creating a Holiday/Christmas design suitable for display in their home, office or craft also makes a great gift. Fee includes all materials and is per board, couples may take class together creating one board. Intermediate skill level but beginners are also welcome, completed project goes home with students. Examples of designs will be viewable at RIFAC as class date approaches.

Fee: \$35.00  
Code #: 6200  
Date: Tue 11/08/16  
Time: 6:00pm-9:00pm  
Location: RIFAC - Class Room 3

## DANCE

### **Argentine Tango Dance**

Argentine Tango is beautiful blend of relaxed music and close hold with flicks of the leg and slow drawn shape changes. Günter will walk you through some beginning movements that will let you tango whenever the need arises. Come down for this fun and sexy secret-agent couples dance. Five weeks of lessons and on the sixth week there will be a milonga (tango party). Pairs are recommended to register together but not required. Single registrants will be paired up during class. Instructor: Gunter Schulter of QC Social Dancing

Fee: \$42.00  
Code #: 6175  
Date: Thu 10/13/16-11/17/16  
Time: 8:30pm-9:30pm  
Location: RIFAC - Class Room 4

## Line Dance

Learn steps to numerous line dances for any occasion in a high energy class with up-tempo music from rock to disco to Motown and everything in between. Every Thursday night - Drop-ins welcome! Instructor: Cindy Baker: 309-496-9685

Fee: \$45.00  
Code #: 6189  
Date: Thu 09/01/16-09/29/16  
Time: 7:00pm-8:30pm  
Location: RIFAC - Class Room 5-6

Fee: \$36.00  
Code #: 6190  
Date: Thu 10/06/16-10/27/16  
Time: 7:00pm-8:30pm  
Location: RIFAC - Class Room 5-6

Fee: \$27.00  
Code #: 6191  
Date: Thu 11/03/16-11/17/16  
Time: 7:00pm-8:30pm  
Location: RIFAC - Class Room 5-6

Fee: \$36.00  
Code #: 6192  
Date: Thu 12/01/16-12/22/16  
Time: 7:00pm-8:30pm  
Location: RIFAC - Class Room 5-6

## Tap Dance

Tap is a fun dance style that is limitless on the type of music you can dance to. It's the one style of dance that allows you to make music with your feet! It's also great exercise! The more advanced you become, the more physically demanding it will be. It is an excellent way to get those legs in shape and have fun doing it!

### Beginner

Fridays 5:00 PM - 5:45 PM  
RIFAC Class Room 5/6

Code #:	Dates:	Fee:
6237	8/12/16 - 9/2/16	\$40.00
6238	9/9/16 - 9/30/16	\$40.00
6240	11/11/16 - 12/09/16	\$40.00

### Intermediate/Advanced

Mondays 7:00 PM - 7:55 PM  
RIFAC Class Room 5/6

Code #:	Dates:	Fee:
6235	8/8/16 - 8/29/16	\$48.00
6236	9/12/16 - 10/03/16	\$48.00
6239	11/7/16 - 11/28/16	\$48.00

## World Dance

No dance partner, no problem! Learn celebration dances from around the world including (Week One - Horas from Greece), (Week Two - Mahi Ve from India), (Week Three - Jigs and Reels from Ireland), (Week Four - Fanga from Rwanda), (Week Five - Opa Cupa from Romania) and (Week Six - Bailes Folkoricos from Mexico). Bring your friends (or make new ones!) and have fun learning new cultured expressions of movement. Whether you're happy, joyful, sad, mad or in pain - there is a dance to express and let go of your emotions. Instructor: Gunter Schlueter of QC Social Dancing (QC SoDa)

Fee: \$42.00  
Code #: 6174  
Date: Thu 10/13/16-11/17/16  
Time: 7:30pm-8:30pm  
Location: RIFAC - Class Room 4

## MARTIAL ARTS

### Fencing

Moms, Dads, or Grandparents are invited to join in on the fun and register with their kids, ages 9 and up. Learn how to move, defend, and attack. Not to worry you will be using plastic foils and protective masks and vests. Students will learn modern fencing skills and develop physical agility, mental focus, hand-eye coordination, balance, and increase confidence. Exciting fencing games and bouts will be incorporated into each class allowing the students to duke it out in a safe and fun way.

#### Beginner

Fee: \$40.00  
Code #: 6241  
Date: Wed 09/07/16-10/12/16  
Time: 6:00pm-7:00pm  
Location: RIFAC - Class Room 7

Fee: \$40.00  
Code #: 6242  
Date: Wed 10/26/16-12/07/16  
Time: 6:00pm-7:00pm  
Location: RIFAC - Class Room 7

#### Intermediate

Fee: \$40.00  
Code #: 6243  
Date: Wed 09/07/16-10/12/16  
Time: 7:00pm-8:00pm  
Location: RIFAC - Class Room 7

Fee: \$40.00  
Code #: 6244  
Date: Wed 10/26/16-12/07/16  
Time: 7:00pm-8:00pm  
Location: RIFAC - Class Room 7

### Kung Fu

Ages 16 and up  
Kung Fu is the ancient Chinese martial art that combines grace with function. Learn relaxation techniques to find your center while increasing balance and strength. A fee of \$60 must be paid to instructor for uniform and shoes.

Days: Mon, Wed  
Times: 6:00 PM - 7:00 PM  
Location: YWCA Downtown Rock Island, 3rd Floor

Code#:	Dates:	Fee:
5935	9/7/16 - 9/28/16	\$35.00
5936	10/3/16 - 10/26/16	\$40.00
6168	11/2/16 - 11/30/16	\$45.00
6169	12/5/16 - 12/28/16	\$35.00





### Self Defense Workshop

Anytime, anywhere. Home, work, errands even in the park you could be approached by an attacker. This workshop session will give you the basic knowledge to gain confidence that when the unthinkable happens, you are prepared. Learn self defense techniques through drills and scenarios to strengthen your control. Learn how to escape from holds and traps and what to do if approached by an assailant with a gun, knife or other weapon. No experience necessary, taught for all mobility and appropriate for both men and women. Taught by Kung Fu Quad Cities

Fee: \$40.00  
 Code #: 6201  
 Date: Thu 08/18/16-09/15/16  
 Time: 5:30pm-6:30pm  
 Location: Located the next building down from the YWCA. There is a Place2B sign next to the door. Kung Fu Quad Cities is on the 3rd floor.

### Tae Kwon Do

Tae Kwon Do is a Korean martial art for self defense only. Techniques learned include various stretching skills, correct kicking, punching, and blocking skills. It's a fun and easy activity for the entire family to enjoy. Taught to ages 5 through adult. Students will need to purchase a uniform made available from the instructor. Ages 5 and up.

#### White - Black Belts

Days: Tue, Thu (No class Thanksgiving)  
 Times: 5:30 PM - 7:00 PM  
 Location: RIFAC Classroom 7

Code#:	Dates:	Fee:
6203	8/9/16 - 9/1/16	\$50.00/\$10 black belts
6204	9/6/16 - 9/29/16	\$50.00/\$10 black belts
6205	10/4/16 - 10/27/16	\$50.00/\$10 black belts
6206	11/8/16 - 12/8/16	\$45.00/\$10 black belts

### Tae Kwon Do Weapons Class

This is a specialized class for registered TaeKwonDo students Yellow belt - Black belt to further their training in multiple martial arts weapons including but not limited to bo staff, sai, nunchucks and cane techniques. For safety reasons, students are required to be currently registered for the regular TaeKwonDo class to qualify for registration of this class.

#### Yellow - Black Belts

Days: Tue, Thu (No class Thanksgiving)  
 Times: 5:00 PM - 5:25 PM  
 Location: RIFAC Classroom 7

Code#:	Dates:	Fee:
6207	8/9/16 - 9/1/16	\$35.00
6208	9/6/16 - 9/29/16	\$35.00
6209	10/4/16 - 10/27/16	\$35.00
6210	11/8/16 - 12/8/16	\$31.50

### Tai Chi Chuan

T'ai Chi Ch'uan is rounded, fluid, balanced movements based on ancient Chinese teachings of living in harmony with nature. T'ai Chi promotes mental tranquility, improves physical fitness, and increases blood circulation. Instructor is Scott Caulpetzer.

#### Beginner Class

Fee: \$42.00  
 Code #: 6193  
 Date: Mon 08/08/16-09/19/16  
 Time: 6:00pm-7:00pm  
 Location: RIFAC - Class Room 7

Fee: \$36.00  
 Code #: 6194  
 Date: Mon 09/26/16-10/31/16  
 Time: 6:00pm-7:00pm  
 Location: RIFAC - Class Room 7

Fee: \$42.00  
 Code #: 6195  
 Date: Mon 11/07/16-12/19/16  
 Time: 6:00pm-7:00pm  
 Location: RIFAC - Class Room 7

#### Intermediate Class

Fee: \$42.00  
 Code #: 6196  
 Date: Mon 08/08/16-09/19/16  
 Time: 7:00pm-8:00pm  
 Location: RIFAC - Class Room 7

Fee: \$36.00  
 Code #: 6197  
 Date: Mon 09/26/16-10/31/16  
 Time: 7:00pm-8:00pm  
 Location: RIFAC - Class Room 7

Fee: \$42.00  
 Code #: 6198  
 Date: Mon 11/07/16-12/19/16  
 Time: 7:00pm-8:00pm  
 Location: RIFAC - Class Room 7

## MODELING

### Modeling & Modern Manners: Beginner

For those 8 years old and up (no maximum age) who want to learn to be more graceful and confident or taking a step further to pursue modeling. Learn the basics of posing, the runway walk and beginning choreography in a fun way. Taught by Holly Bell, owner MAXX Models & Talent. Dress comfortably and bring heels or ballet flats.

Fee: \$25.00  
 Code #: 6170  
 Date: Wed 09/07/16  
 Time: 6:00pm-7:30pm  
 Location: Hauberg Center

Fee: \$25.00  
 Code #: 6171  
 Date: Wed 10/12/16  
 Time: 6:00pm-7:30pm  
 Location: Hauberg Center

### **Modeling & Modern Manners: Intermediate**

For those who have already taken a class or have previous modeling experience. Learn how to bring your modeling to the next level with tricks of the professionals and more advanced catwalk choreography. Auditioning tips will put you ahead of the competition. Taught by Holly Bell, owner MAXX Models & Talent. Dress comfortably and bring heels or ballet flats.

Fee: \$25.00  
Code #: 6172  
Date: Wed 09/14/16  
Time: 6:00pm-7:30pm  
Location: Hauberg Center

Fee: \$25.00  
Code #: 6173  
Date: Wed 10/19/16  
Time: 6:00pm-7:30pm  
Location: Hauberg Center

## WINE TASTING

### **Wine Tasting: Rosé Wines ETC**

Rosé Wines ETC featuring selections for the perfect way to wind down summer are presented in a tasting with instructor Dimitri Papageorgiou - owner of Dimitri Wines & Spirits. Explore and learn about the methods in creating this variety as well as the regions of the world where it's produced. Wines will be paired with a delicious four course dinner to enjoy from Chef Jerry of Jake O's.

Fee: \$40.00  
Code #: 6177  
Date: Thu 08/25/16  
Time: 6:30pm-9:00pm  
Location: Meeting room at JAKE O's



### **Wine Tasting: Germany & Austria**

Explore and learn about a variety of German & Austrian wines instructor Dimitri Papageorgiou - owner of Dimitri Wines & Spirits. Wines will be paired with a delicious four course dinner to enjoy from Chef Jerry of Jake O's.

Fee: \$40.00  
Code #: 6178  
Date: Thu 09/22/16  
Time: 6:30pm-9:00pm  
Location: Meeting room at JAKE O's

### **Wine Tasting: French Wines**

Discover different French wines with instructor Dimitri Papageorgiou - owner of Dimitri Wines & Spirits. Wines will be paired with a delicious four course meal to enjoy from Chef Jerry of Jake O's.

Fee: \$40.00  
Code #: 6179  
Date: Thu 10/13/16  
Time: 6:30pm-9:00pm  
Location: Meeting room at JAKE O's

### **Wine Tasting: California Red Wines**

Discover different red wines from California's Wine Country with instructor Dimitri Papageorgiou. Wines will be paired with a delicious four course dinner to enjoy from Jake O's.

Fee: \$40.00  
Code #: 6180  
Date: Thu 11/03/16  
Time: 6:30pm-9:00pm  
Location: Meeting room at JAKE O's

### **Wine Tasting: Champagne & Sparkling Wines**

The historic Hauberg mansion will be fully decorated with an historic Christmas theme and will provide the perfect festive atmosphere to taste and discuss champagne and sparkling wines for the holidays. A delicious four course dinner will be served paired with selections while you discuss wines with expert instructor, Dimitri Papageorgiou.

Fee: \$45.00  
Code #: 6176  
Date: Thu 12/08/16-12/08/16  
Time: 6:30pm-9:00pm  
Location: Hauberg Center

## TRIPS



### **Cubs Vs. Giants at Wrigley Field**

Come with us on a trip to renovated Wrigley Field for a matchup between the Chicago Cubs and San Francisco Giants in a 1:20 pm game. Trip Price includes a seat on a deluxe motorcoach and a game ticket in Section 205 or 206. Bus will break on the way back and forth on the road, but all meals/food are not included. Please register early. Please note Cubs/Cardinals Trip on 9/23 is still scheduled but full.

Fee: \$104.00  
Code #: 6056  
Date: Fri 09/02/16  
Time: 7:00am-10:00pm  
Location: Rock Island Fitness & Activity Center

### **Presentation: Northern National Parks with Collette**

RI Parks & Recreation are partnering with Collette Vacations to present "Northern National Parks", a domestic tour to the beautiful Northern National Parks including Yellowstone & Grand Teton National Parks. Tour is scheduled for June 16-23, 2017 but first come to this informative session for more information about the trip and what to expect. Trip includes air travel, all hotel stays, some meals, some planned stops and plenty of time to explore on your own as well. Please register if attending, no obligation to purchase anything including trip. Session is strictly informative.

Fee: Free  
Code #: 6184  
Date: Wed 09/21/16  
Time: 6:00pm-7:00pm  
Location: RIFAC - Class Room 3

### **Presentation: Shades of Ireland Tour with Collette**

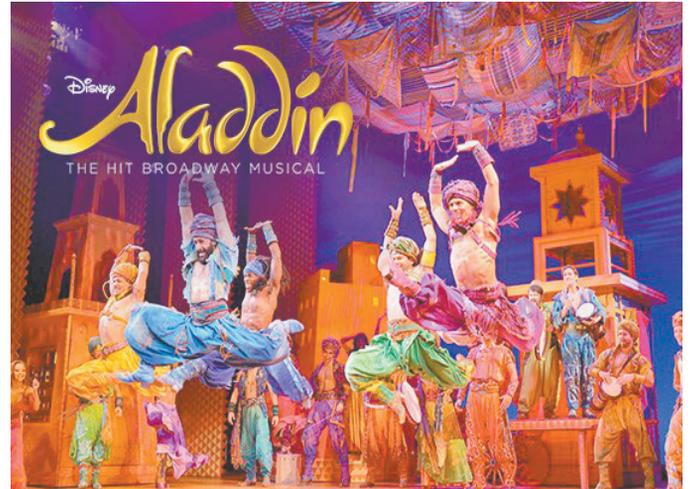
RI Parks & Recreation are partnering with Collette Vacations to present "Shades of Ireland", an international tour to the beautiful country of Ireland. Tour is scheduled for November 1-10, 2017 but first come to this informative session for more information about the trip and what to expect. Trip includes air travel, all hotel stays, some meals, some planned stops and plenty of time to explore on your own as well. Please register if attending, no obligation to purchase anything including trip. Session is strictly informative.

Fee: Free  
Code #: 6181  
Date: Wed 09/21/16  
Time: 6:00pm-7:00pm  
Location: RIFAC - Class Room 3

### **Bus Trip: Downtown Chicago Holiday Shopping**

Enjoy a fun day of shopping in downtown Chicago during the beautiful early Holiday shopping Season. Drop off will be at the Water Tower Place, a world premier shopping destination, featuring the largest number of stores exclusive to Chicago. Let us take you there and create your own day itinerary in one of America's most beautiful cities.

Fee: \$40.00  
Code #: 6182  
Date: Sat 11/19/16  
Time: 7:00am-11:00pm  
Location: Rock Island Fitness & Activity Center



### **Bus Trip: Broadway in Chicago - Disney's Aladdin**

Come with us on a trip to Chicago to see the award winning theatrical production of Disney's Aladdin. Take the journey through the streets of Agrabah with Aladdin, Princess Jasmine, Jafar & the Genie with all the songs you know and love from the film. Award winning choreography, sets and costumes make up a memorable theater experience in the heart of historic downtown Chicago. This trip includes transportation via motorcoach, and ticket to the show in the lower balcony. We will stop on the way to and from the show but all meals/food are not provided. Please note this show is in June 2017, but tickets make a great Holiday gift.

Fee: \$99.00  
Code #: 6202  
Date: Sat 06/24/17  
Time: 7:00am-9:00pm  
Location: Rock Island Fitness & Activity Center



Presented by:



This project is also supported with Quad City Arts Dollar\$ funds, provided by Hubbell-Waterman Foundation, Illinois Arts Council Agency, John Deere, and the Doris and Victor Day Foundation.

**Free concerts in Schwiebert Riverfront Park**

- 6:00 Rock Island Happy Joe's Pizza & Bent River Brewing Company Serving
- 6:30 Dance Lesson with QCSoda (Quad Cities Social Dancing)
- 7:00-8:30 Concert

**September**

- 1 Candymakers
- 8 Funktastic 5
- 15 Soul Storm
- 22 North of 40
- 29 Ellis Kell Band

**October**

- 6 Jason Carl & The Whole Damn Band
- 13 Machine Gun Willie



\*\*Event Parking Available in Lot at 17th Street/1st Avenue (next to Playground) after 6pm\*\*

**5th Annual Laura's Legacy**

**ALS Benefit Concert**

Proceeds benefit the ALS Division of the Muscular Dystrophy Association of Iowa and Western Illinois [mda.org](http://mda.org)

**Saturday - October 15th**  
**2:00 pm-8:00 pm**  
**Live Concert starring Lissie**

Stay tuned for additional band line-up, admission, & announcements.

Schwiebert Riverfront Park- Rock Island, IL

**A FAMILY FRIENDLY DAY OF LIVE MUSIC, FOOD, & FUN!**

- Fun family fall activities
- Hot fall drinks & yummy food for purchase
- Bent River Beer Garden

To donate to the MDA or to sponsor this event, please contact the Rock Island Parks & Recreation Office at (309) 732-PARK.



## Quad Cities Vintage Football Game

Rock Island Vs. Moline

**Free**  
**Sunday August 28th**  
**1:30 pm - 4:00 pm**  
**Douglas Park**

In 1920 Douglas Park was the site of the first football game involving a team from the NFL. Co-Presented by Quad Cities Vintage Football & Rock Island Parks & Recreation, the 2nd annual 1920's style 9 on 9 flag football game will take place on the field with historical uniforms and game rules. For more information, please visit:  
<http://vintageamericanfootball.com/>

## Fall Community Garage Sale

**Saturday, September 24**  
**8:00 am - 2:00 pm**  
**Upper Longview Park**  
**(rain date September 25)**

Over 6,000 square feet of shopping for toys, trinkets, furniture, home décor, books, videos, clothes, antiques and much more. Clean out that basement, attic, garage and those closets. It's time to get rid of all that 'stuff' you no longer want. Rent a space at Longview Park and sell it all.

Spaces are available on a first register, first served basis:

Code #6183  
10x10 \$15.00  
10x20 \$25.00  
10x30 \$40.00

## FRIGHT NIGHT

**Free**  
**Thursday, October 27, 2016**  
**5:00 pm - 8:00 pm**  
**The District of Rock Island**

The District will be full of spooky fun for children including trick-or-treating, entertainment, music, and a costume contest.

Co-Presented by The District & Rock Island Parks & Recreation

## Shop Holiday Market

November 5, 2016  
9:00 - 1:00 pm

Hand-Crafted Items at the Historic Tulip Mansion  
Hauberg Center  
1300 24th Street  
Rock Island, IL 61201

### Vendors

Reserve a table to sell your hand-crafted items for holiday gift-giving. Due to the irregular space of Hauberg and already placed furniture, vendors will be placed throughout the first floor of the house with varied booth space.

Vendor space: Includes one 6 foot table and chairs. Pre-registration required.

First Floor \$25.00 Code #: 6393  
Second Floor \$20.00 Code #: 6394

# Friends of Hauberg Center

## Upcoming Events

### **Brainstorming Meeting**

August 9th 6:30 pm - 8:30 pm  
Ideas for Fundraisers, Programming & Public Uses of the Hauberg Facility to be discussed in a forum setting. FREE to attend.



FRIENDS OF  
**HAUBERG**  
CIVIC CENTER

P.O. Box 3174 □ Rock Island, IL 61204-3174

### **Great Gatsby Gala**

October 1st  
Fundraiser event – please stay tuned for details

### **Jens Jensen Day**

October 8th 10:00 am - 6:00 pm  
Tours of the grounds & information pertaining to the Tulip Mansion's original landscaper, Jens Jensen, will be presented during public business hours of the facility. FREE to attend.

For updated information, please check out:

Friends of Hauberg Facebook Page ([www.facebook.com/FriendsOfHauberg](http://www.facebook.com/FriendsOfHauberg))

or email [friendsofhauberg@gmail.com](mailto:friendsofhauberg@gmail.com)

## *58th Annual* **Winter In Bloom**

Something magical happens during the holiday season at the Hauberg Center with the annual Winter in Bloom presentation! In collaboration with the Friends of Hauberg group, Rock Island Parks & Recreation invites you to visit the beautiful and annual historic holiday tradition of Rock Island with extended viewing hours for 2016. Rooms will be beautifully designed and decorated for the Holidays and docent tours of the historic home will be available.

Free to attend

### **Docent Tours & Public Viewing**

**Saturday December 3rd 10:00 am - 4:00 pm**

- Cookies & Refreshments available (first come/first serve)

**Sunday December 4th 10:00 am - 4:00 pm**

- Live Music will be featured throughout the day

**Saturday December 10th 12:00 pm - 4:00 pm**

- Kids Day! Scavenger Hunts, Crafts & Character Meet & Greet

**Sunday December 11th 10:00 am - 4:00 pm**

- Kids Day! Scavenger Hunts, Crafts & Character Meet & Greet



# RIFAC JUNGLE

## Indoor Playground

Free with RIFAC Family Membership!

Playground Hours:

Monday-Friday 8:00 AM – 9:00 PM

Saturday 8:00 AM – 4:00 PM

Sunday 10:00 AM - 3:30 PM

Playground is for children 10 and under.  
 Children 6 and under must be accompanied by  
 an adult  
 (18 or older) or parent.  
 Socks are required.

Rental times available for parties.  
 Contact Aquatics & Fitness Manager at  
 (309) 732-7442 for more information.

## AQUATICS

### Parent-Tot Saturday Swim

This program is designed for children under 3 years of age. Parents will learn how to work with their child in the following areas: water adjustment, safety skills, and introductory swim skills.

Fee: RIFAC Member: \$35.00  
 Non-member: \$44.00  
 Code #: 6375  
 Date: Sat 09/10/16-10/22/16  
 Time: 9:00am-9:30am  
 Location: RIFAC - Pool

Fee: RIFAC Member: \$35.00  
 Non-member: \$44.00  
 Code #: 6376  
 Date: Sat 10/29/16-12/17/16  
 Time: 9:00am-9:30am  
 Location: RIFAC - Pool

### Private Swim Instruction

Private instruction is available for children and adults from beginner level through competitive swimming. This program is an excellent choice for the individual who is looking for one on one attention. Lessons are given in 30-minute intervals. Please call the Aquatics and Fitness Manager for more information at (309) 732-7442.

Fee: Four 1/2 hour Private Lessons  
 \$60.00 RIFAC Members  
 \$72.00 Non Members

## LEARN TO SWIM LEVELS

### Level 1

- Introduction to basic skills
- Skills include: entering the water safely, blowing bubbles, bobbing, floating, kicking on front and back and safety topics

### Level 2

- Stepping from the side into chest-deep water
- Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position.
- Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

### Level 3

- Stroke Development
- Jumping into deep water from the side.
- Swimming the front crawl for 15 yards.
- Maintaining position by treading or floating for 30 seconds.
- Swimming the elementary backstroke for 15 yards.

### Level 4

- Stroke Improvement include
- Swimming the front crawl for 25 yards.
- Swimming the elementary backstroke for 25 yards.
- Swimming the breaststroke for 15 yards
- Swimming the back crawl for 15 yards
- Open turns on the front and back.

### Level 5

- Stroke Refinement
- Performing a shallow-angle dive into deep water
- Swimming the front crawl for 50 yards
- Swimming the elementary backstroke for 50 yards
- Swimming the breaststroke for 25 yards
- Swimming the back crawl for 25 yards

### Level 6

- Swimming 500 yards continuously using any 3 strokes of choice
- Swimming at least 50 yards of each stroke
- Jumping into deep water and performing a survival float for 5 minutes
- Rolling onto back and performing a back float for 5 minutes
- Performing a surface dive, retrieving an object from the bottom of the pool at a depth of 7-10 feet, returning to the surface and returning to the starting point

# RIFAC LEARN TO SWIM

\*No class 9/5, 11/24, 11/26

## LEVEL 1

Registration Code	Days	Dates	Time	Fee
# 6249*	MW	8/29-9/21/16	4:15-4:55pm	\$35.00/\$44.00
# 6250	MW	9/26-10/19/16	4:15-4:55pm	\$40.00/\$50.50
# 6251	MW	10/24-11/16/16	4:15-4:55pm	\$40.00/\$50.50
# 6252	MW	11/21-12/14/16	4:15-4:55pm	\$35.00/\$45.50
# 6259	TTH	8/30-9/22/16	6:00-6:40pm	\$40.00/\$50.50
# 6260	TTH	9/27-10/20/16	6:00-6:40pm	\$40.00/\$50.50
# 6261	TTH	10/25-11/17/16	6:00-6:40pm	\$40.00/\$50.50
# 6262*	TTH	11/22-12/15/16	6:00-6:40pm	\$35.00/\$44.00
# 6257	Sat	9/10-10/22/16	9:40-10:20am	\$35.00/\$44.00
# 6253	Sat	9/10-10/22/16	10:25-11:05am	\$35.00/\$44.00
# 6255	Sat	9/10-10/22/16	11:10-11:50am	\$35.00/\$44.00
# 6258*	Sat	10/29-12/17/16	9:40-10:20am	\$35.00/\$44.00
# 6254*	Sat	10/29-12/17/16	10:25-11:05am	\$35.00/\$44.00
# 6256*	Sat	10/29-12/17/16	11:10-11:50am	\$35.00/\$44.00

## LEVEL 2

Registration Code	Days	Dates	Time	Fee
#6263*	MW	8/29-9/21/16	4:15-4:55pm	\$35.00/\$44.00
#6264	MW	9/26-10/19/16	4:15-4:55pm	\$40.00/\$50.50
#6265	MW	10/24-11/16/16	4:15-4:55pm	\$40.00/\$50.50
#6266	MW	11/21-12/14/16	4:15-4:55pm	\$40.00/\$50.50
#6273	TTH	8/30-9/22/16	6:00-6:40pm	\$40.00/\$50.50
#6274	TTH	9/27-10/20/16	6:00-6:40pm	\$40.00/\$50.50
#6275	TTH	10/25-11/17/16	6:00-6:40pm	\$40.00/\$50.50
#6276*	TTH	11/22-12/15/16	6:00-6:40pm	\$35.00/\$44.00
#6271	Sat	9/10-10/22/16	9:40-10:20am	\$35.00/\$44.00
#6267	Sat	9/10-10/22/16	10:25-11:05am	\$35.00/\$44.00
#6269	Sat	9/10-10/22/16	11:10-11:50am	\$35.00/\$44.00
#6272*	Sat	10/29-12/17/16	9:40-10:20am	\$35.00/\$44.00
#6268*	Sat	10/29-12/17/16	10:25-11:05am	\$35.00/\$44.00
#6270*	Sat	10/29-12/17/16	11:10-11:50am	\$35.00/\$44.00

## LEVEL 3

Registration Code	Days	Dates	Time	Fee
#6277*	MW	8/29-9/21/16	4:15-4:55pm	\$35.00/\$44.00
#6278	MW	9/26-10/19/16	4:15-4:55pm	\$40.00/\$50.50
#6279	MW	10/24-11/16/16	4:15-4:55pm	\$40.00/\$50.50
#6280	MW	11/21-12/14/16	4:15-4:55pm	\$40.00/\$50.50
#6287	TTH	8/30-9/22/16	6:00-6:40pm	\$40.00/\$50.50
#6288	TTH	9/27-10/20/16	6:00-6:40pm	\$40.00/\$50.50
#6289	TTH	10/25-11/17/16	6:00-6:40pm	\$40.00/\$50.50
#6290*	TTH	11/22-12/15/16	6:00-6:40pm	\$35.00/\$44.00
#6285	Sat	9/10-10/22/16	9:40-10:20am	\$35.00/\$44.00
#6281	Sat	9/10-10/22/16	10:25-11:05am	\$35.00/\$44.00
#6283	Sat	9/10-10/22/16	11:10-11:50am	\$35.00/\$44.00
#6286*	Sat	10/29-12/17/16	9:40-10:20am	\$35.00/\$44.00
#6282*	Sat	10/29-12/17/16	10:25-11:05am	\$35.00/\$44.00
#6284*	Sat	10/29-12/17/16	11:10-11:50am	\$35.00/\$44.00

## LEVEL 4

Registration Code	Days	Dates	Time	Fee
# 6291*	MW	8/29-9/21/16	4:15-4:55pm	\$35.00/\$44.00
# 6292	MW	9/26-10/19/16	4:15-4:55pm	\$40.00/\$50.50
# 6293	MW	10/24-11/16/16	4:15-4:55pm	\$40.00/\$50.50
# 6294	MW	11/21-12/14/16	4:15-4:55pm	\$40.00/\$50.50
# 6301	TTH	8/30-9/22/16	6:00-6:40pm	\$40.00/\$50.50
# 6302	TTH	9/27-10/20/16	6:00-6:40pm	\$40.00/\$50.50
# 6303	TTH	10/25-11/17/16	6:00-6:40pm	\$40.00/\$50.50
# 6304*	TTH	11/22-12/15/16	6:00-6:40pm	\$35.00/\$44.00
# 6299	Sat	9/10-10/22/16	9:40-10:20am	\$35.00/\$44.00
# 6295	Sat	9/10-10/22/16	10:25-11:05am	\$35.00/\$44.00
# 6297	Sat	9/10-10/22/16	11:10-11:50am	\$35.00/\$44.00
# 6300*	Sat	10/29-12/17/16	9:40-10:20am	\$35.00/\$44.00
# 6296*	Sat	10/29-12/17/16	10:25-11:05am	\$35.00/\$44.00
# 6298*	Sat	10/29-12/17/16	11:10-11:50am	\$35.00/\$44.00

## LEVEL 5 or 6

Registration Code	Days	Dates	Time	Fee
#6305-Level 5	Sat	9/10-10/22/16	10:25-11:05am	\$35.00/\$44.00
#6306-Level 5*	Sat	10/29-12/17/16	10:25-11:05am	\$35.00/\$44.00
#6307-Level 6	Sat	9/10-10/22/16	10:25-11:05am	\$35.00/\$44.00
#6308-Level 6*	Sat	10/29-12/17/16	10:25-11:05am	\$35.00/\$44.00



### Flag Football

Grades K-6th

This recreational league is designed to build skills, teamwork, and sportsmanship. Teams will be divided by the Parks & Recreation Department staff. Volunteer coaches will lead practices and games. Practices are held in various parks throughout the city. The coach will contact the players regarding practice times and location before the season starts. Practices and games will be held on Monday and Wednesday evenings at Hauberg Park. Games will begin approximately two weeks after practices begin. Each child will receive a jersey and one mouth piece.

**Registration deadline is August 5.** After August 5, if space is available, a \$5.00 late fee will be charged. Roster spots are limited and may fill up before the deadline. Don't delay!

Fee: \$45.00

\*Volunteer Coaches are needed for this program. Coaching guidelines and materials are provided by the Park Department. Please call 732-PARK if you are interested.

\*Register for the practice location that is most convenient for your family.

Registration Code	Grade Level & Practice Location	Program Date
Code # 6015	K-1st Grades – Intown	8/22/16-10/12/16
Code # 6016	K-1st Grades - Ridgewood	8/22/16-10/12/16
Code # 6018	2nd-3rd Grades – Intown	8/22/16-10/12/16
Code # 6017	2nd-3rd Grades - Ridgewood	8/22/16-10/12/16
Code # 6020	4th-6th Grades – Intown	8/22/16-10/12/16
Code # 6019	4th-6th Grades - Ridgewood	8/22/16-10/12/16

### Fall Soccer

Children born before 7/31/2012 – 2nd Grade

Not only is it the most popular sport in the world soccer is the most popular youth sport in America. Soccer provides the opportunity for your child to have a great time while learning teamwork, developing individual skills, and maintaining physical fitness. In the Youth Soccer league each child participates in every game. Teams of boys and girls are divided by the Park & Recreation Department staff. The size of the ball and field are proportional to the age of the participants to help build skills, rules knowledge, and game strategies.

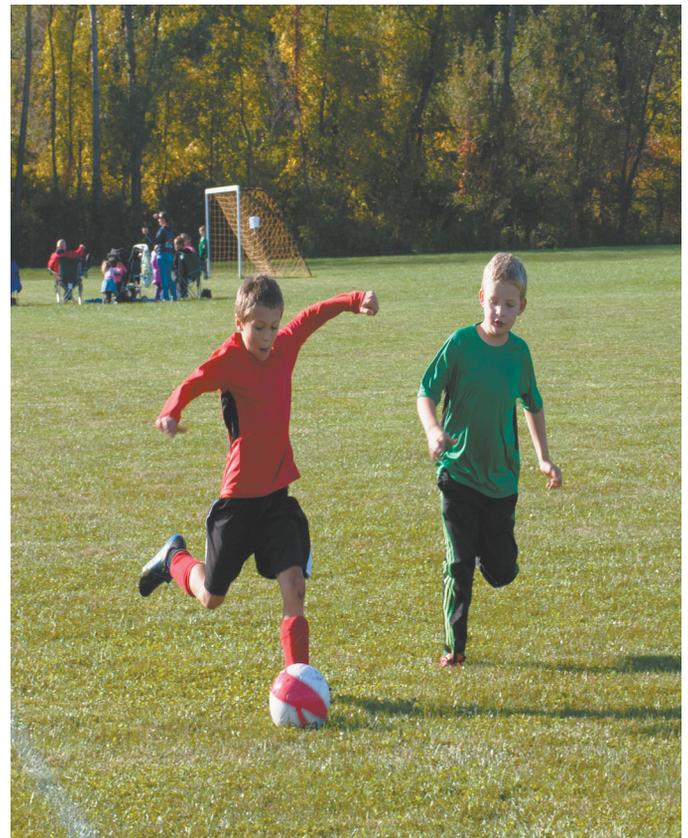
Practices are held on Tuesday and Thursdays from 5:30 to 6:30 pm, games will be played on Saturday mornings and some weekday evenings at the Rock Island Sports Complex, Andalusia Road and 29th Street. Participants will receive a team jersey, shorts, and socks. Shin guards and athletic shoes are required for play.

**Registration deadline is August 5th.** After August 5, if space is available, a \$5.00 late fee will be charged. Roster spots are limited and may fill up before the deadline. Don't delay!

\*Volunteer coaches are needed for this program. We provide training material and guidelines to assist volunteer coaches. Please call 732-PARK if you are interested.

Fee: \$45.00  
 Dates: 8/23/16-10/13/16

\*Select the practice location that is most convenient for your family.



Registration Code	League Name & Practice Location	Birth Date/Grade
Code # 6021	Pee Wee @ Hauberg	Born before 7/31/11-Kindergarten
Code # 6022	Pee Wee @ Ridgewood	Born before 7/31/11-Kindergarten
Code # 6023	Kickers @ Reservoir	1st & 2nd Grades
Code # 6024	Kickers @ Ridgewood	1st & 2nd Grades

## River Valley Soccer Fall League

Grades 3rd – 8th

Keep your child active with soccer in the River Valley Soccer League. Teams of boys and girls will be divided by the Park & Recreation Department staff. Volunteer coaches will lead the teams in practices and games focusing on teamwork, individual skills, and physical fitness. Practices are held on Tuesdays and Thursdays. Teams will compete in games on Saturday mornings against each other and other teams from the greater Quad City area. Participants will receive a team jersey, shorts, and socks. Shin guards and athletic shoes are required for play.

**Registration deadline is July 31st.** After July 31st, if space is available, a \$5.00 late fee will be charged. Roster spots are limited and may fill up before the deadline. Don't delay!

\*Volunteer coaches are needed for this program. We provide training material and guidelines to assist volunteer coaches. Please call 732-PARK if you are interested.

Fee: \$45.00  
Dates: 8/23/16-10/13/16

\*See below for League Names, Practice Location, & Grade levels.

\*Select the practice location that is most convenient for your family.

Code	Practice Location	Grade
# 6025	Strikers @ Hauberg Ball Field	3rd-4th Grades
# 6026	Strikers @ Ridgewood	3rd-4th Grades
# 6027	Intermediate @ Sports Complex	5th-6th Grades
# 6028	Middle School @ Sports Complex	7th-8th Grades

## Girls Youth Volleyball

Grades 3rd & 4th / 5th & 6th

This program is designed to introduce the sport of volleyball to girls in grades 3rd-6th. Leagues will be formed for 3rd-4th grades and 5th-6th grades. Volunteer coaches will instruct participants in basic volleyball fundamentals such as: serving, passing, setting, team play, and (most importantly) good sportsmanship. Participants will be encouraged to show respect for teammates, opponents, and coaches. Practices and games will be held on Tuesday and Thursday evenings at the rec gym at the Rock Island Fitness and Activity Center.

### Fall Session

Registration deadline is September 17th. After September 17th, if space is available, a \$5.00 late fee will be added to the registration. Roster spots are limited and may fill up before the deadline, so don't delay!

Fee: \$40.00  
Code #: 6373  
Date: Tue, Thu 10/04/16-11/10/16  
Time: 5:30 PM - 8:30 PM (1 hour time intervals)  
Location: Rock Island Fitness & Activity Center- Rec Gym

### Winter Session

Registration deadline is December 17th. After December 17th, if space is available, a \$5.00 late fee will be added to the registration. Roster spots are limited and may fill up before the deadline, so don't delay!

Fee: \$40.00  
Code #: 6374  
Date: Tue, Thu 1/10/17-2/23/17  
Time: 5:30 PM - 8:30 PM (1 hour time intervals)  
Location: Rock Island Fitness & Activity Center- Rec Gym

## Kindergarten Basketball

Grade K

This program is designed for children currently enrolled in Kindergarten during the 2016-2017 school year. Volunteer coaches will instruct participants in basic basketball fundamentals such as: dribbling, passing, shooting, team play, and (most importantly) good sportsmanship. Participants will be encouraged to show respect for teammates, opponents, and coaches. Teams will have a 30 minute practice followed by a 30 minute scrimmage over 6 consecutive Saturday mornings at the rec gym at the Rock Island Fitness and Activity Center.

Registration deadline is December 17th. After December 17th, if space is available, a \$5.00 late fee will be added to the registration. Roster spots are limited and may fill up before the deadline, so don't delay!

Fee: \$30.00  
Code #: 6370  
Date: Sat 1/7/17 - 2/11/17  
Time: 8:00 AM - 1:00 AM (one hour time frames)  
Location: Rock Island Fitness and Activity Center-Rec Gym (other gyms may be used)

## Pee Wee Basketball

Grades 1 and 2

This program is designed for children currently enrolled in the 1st and 2nd grades of the 2016-2017 school year. Volunteer coaches will instruct participants in basic basketball fundamentals such as: dribbling, passing, shooting, team play, and (most importantly) good sportsmanship. Participants will be encouraged to show respect for teammates, opponents, and coaches. Teams will have a total of 4 practices and 4 games on Saturday mornings at the rec gym at the Rock Island Fitness and Activity Center for a one-hour time frame between 8am-4pm, depending on the number of participants.

Registration deadline is December 17th. After December 17th, if space is available, a \$5.00 late fee will be added to the registration. Roster spots are limited and may fill up before the deadline, so don't delay!

Fee: \$40.00  
Code #: 6372  
Date: Sat 1/7/17 - 2/25/17  
Time: 8:00 AM - 4:00 PM (1 hour time intervals)  
Location: Rock Island Fitness and Activity Center (other gyms may be used)

## 3rd/4th Grade Co-ed Basketball

This program is for students currently in 3rd or 4th grade during the 2016-17 school year to enhance their basketball skills. All practices will be held at the Rock Island YWCA Monday-Friday. Games will be held Saturdays at RIFAC. Registration deadline is Dec 17, 2016. After December 17th, if space is available, a \$5.00 late fee will be added to the registration. Roster spots are limited and may fill up before the deadline, so don't delay!

Fee: \$60.00  
Code #: 6369  
Date: Sat 1/7/17 - 3/4/17  
Time: 1:00 PM - 5:00 PM  
Location: Practices at RI YWCA  
Games at RIFAC Rec Gym

## GYMNASTICS

### Tiny Tot Tumbling

This class, for ages 3 through 5, will be a fun class teaching beginner basics. Kids will learn beginner somersaults, straddle rolls, cartwheels, crab walks, log rolls, and many fun exercises. There are no required leotards or uniforms. Students may dress in comfortable clothing that is easy to move in and long hair must be in ponytails. No jeans please.

Days: Mondays or Wednesdays

Times: 5:00 PM - 5:25 PM

Location: RIFAC Classroom 5/6

Code#:	Dates:	Fee:
6215	Mon 08/08/16-08/29/16	\$36.00
6226	Mon 09/12/16-10/03/16	\$36.00
6227	Mon 11/07/16-11/28/16	\$36.00
6212	Wed 08/10/16-08/31/16	\$36.00
6213	Wed 09/07/16-09/28/16	\$36.00
6223	Wed 11/09/16-11/30/16	\$36.00

### Tumbling- Level 1 & 2

This class, for ages 6 and up, will refine basic tumbling skills and increase their strength and flexibility. Students must be able to do cartwheels, round-offs and standing back bends without help.

Days: Wednesdays

Times: 5:30 PM - 6:10 PM

Location: RIFAC Classroom 5/6

Code#:	Dates:	Fee:
6217	8/10/16 - 8/31/16	\$48.00
6218	9/7/16 - 9/28/16	\$48.00
6230	11/9/16 - 11/30/16	\$48.00

### Tumbling Advenaced - Level 3

This class, for ages 6 and up, will refine beginner tumbling skills and increase their strength and flexibility. Students must be able to stand up from a backbend, do a hand stand into a backbend and stand up, and be working on back & front limbers, walkovers, arabians, aerials & back flop-flops.

Days: Mondays

Times: 5:30 PM - 6:10 PM

Location: RIFAC Classroom 5/6

Code#:	Dates:	Fee:
6216	8/8/16 - 8/29/16	\$48.00
6228	9/12/16 - 10/03/16	\$48.00
6229	11/7/16 - 11/28/16	\$48.00

### Gymnastics Private/Semi-Private Lessons

Lessons with instructor Rebecca Hove. Maximum registration is 4 students per session.

#### Level 1 & 2

Days: Tuesdays

Times: 7:00 PM - 7:50 PM

Location: RIFAC Classroom 5/6

Code#:	Dates:	Fee:
6384	Tue 08/09/16-08/30/16	\$60.00
6388	Tue 09/06/16-09/27/16	\$60.00
6389	Tue 11/22/16-12/06/16	\$60.00

#### Level 3

Days: Thursdays

Times: 7:00 PM - 7:50 PM

Location: RIFAC Classroom 5/6

Code#:	Dates:	Fee:
6390	Thu 08/11/16-09/01/16	\$80.00
6391	Thu 09/08/16-09/29/16	\$80.00
6392	Thu 11/10/16-12/08/16	\$80.00

## MARTIAL ARTS

### Fencing

Moms, Dads, or Grandparents are invited to join in on the fun and register with their kids, ages 9 and up. Learn how to move, defend, and attack. Not to worry you will be using plastic foils and protective masks and vests. Students will learn modern fencing skills and develop physical agility, mental focus, hand-eye coordination, balance, and increase confidence. Exciting fencing games and bouts will be incorporated into each class allowing the students to duke it out in a safe and fun way.

#### Beginner

Fee: \$40.00

Code #: 6241

Date: Wed 09/07/16-10/12/16

Time: 6:00pm-7:00pm

Location: RIFAC - Class Room 7

Fee: \$40.00

Code #: 6242

Date: Wed 10/26/16-12/07/16

Time: 6:00pm-7:00pm

Location: RIFAC - Class Room 7

#### Intermediate

Fee: \$40.00

Code #: 6243

Date: Wed 09/07/16-10/12/16

Time: 7:00pm-8:00pm

Location: RIFAC - Class Room 7

Fee: \$40.00

Code #: 6244

Date: Wed 10/26/16-12/07/16

Time: 7:00pm-8:00pm

Location: RIFAC - Class Room 7

### Kung Fu

Ages 16 and up

Kung Fu is the ancient Chinese martial art that combines grace with function. Learn relaxation techniques to find your center while increasing balance and strength. A fee of \$60 must be paid to instructor for uniform and shoes.

Days: Mon, Wed

Times: 6:00 PM - 7:00 PM

Location: YWCA Downtown Rock Island, 3rd Floor

Code#:	Dates:	Fee:
5935	9/7/16 - 9/28/16	\$35.00
5936	10/3/16 - 10/26/16	\$40.00
6168	11/2/16 - 11/30/16	\$45.00
6169	12/5/16 - 12/28/16	\$35.00



## Tae Kwon Do

Tae Kwon Do is a Korean martial art for self defense only. Techniques learned include various stretching skills, correct kicking, punching, and blocking skills. It's a fun and easy activity for the entire family to enjoy. Taught to ages 5 through adult. Students will need to purchase a uniform made available from the instructor. Ages 5 and up.

### White - Black Belts

Days: Tue, Thu (No class Thanksgiving)  
Times: 5:30 PM - 7:00 PM  
Location: RIFAC Classroom 7

Code#:	Dates:	Fee:
6203	8/9/16 - 9/1/16	\$50.00/\$10 black belts
6204	9/6/16 - 9/29/16	\$50.00/\$10 black belts
6205	10/4/16 - 10/27/16	\$50.00/\$10 black belts
6206	11/8/16 - 12/8/16	\$45.00/\$10 black belts

### Tae Kwon Do Weapons Class

This is a specialized class for registered TaeKwonDo students Yellow belt - Black belt to further their training in multiple martial arts weapons including but not limited to bo staff, sai, nunchucks and cane techniques. For safety reasons, students are required to be currently registered for the regular TaeKwonDo class to qualify for registration of this class.

### Yellow - Black Belts

Days: Tue, Thu (No class Thanksgiving)  
Times: 5:00 PM - 5:25 PM  
Location: RIFAC Classroom 7

Code#:	Dates:	Fee:
6207	8/9/16 - 9/1/16	\$35.00
6208	9/6/16 - 9/29/16	\$35.00
6209	10/4/16 - 10/27/16	\$35.00
6210	11/8/16 - 12/8/16	\$31.50

## MODELING

### Modeling & Modern Manners: Beginner

For those 8 years old and up (no maximum age) who want to learn to be more graceful and confident or taking a step further to pursue modeling. Learn the basics of posing, the runway walk and beginning choreography in a fun way. Taught by Holly Bell, owner MAXX Models & Talent. Dress comfortably and bring heels or ballet flats.

Fee: \$25.00  
Code #: 6170  
Date: Wed 09/07/16  
Time: 6:00pm-7:30pm  
Location: Hauberg Center

Fee: \$25.00  
Code #: 6171  
Date: Wed 10/12/16  
Time: 6:00pm-7:30pm  
Location: Hauberg Center

### Modeling & Modern Manners: Intermediate

For those who have already taken a class or have previous modeling experience. Learn how to bring your modeling to the next level with tricks of the professionals and more advanced catwalk choreography. Auditioning tips will put you ahead of the competition. Taught by Holly Bell, owner MAXX Models & Talent. Dress comfortably and bring heels or ballet flats.

Fee: \$25.00  
Code #: 6172  
Date: Wed 09/14/16  
Time: 6:00pm-7:30pm  
Location: Hauberg Center

Fee: \$25.00  
Code #: 6173  
Date: Wed 10/19/16  
Time: 6:00pm-7:30pm  
Location: Hauberg Center

## PARTY TIME



### American Girl Doll Halloween Party

You're invited to take a Trick - or - Treating tour of the beautiful 107 year old Hauberg Mansion. We will be doing crafts, fun Halloween games and making a treat for your doll. You'll receive a costume for your doll to wear at the party (and take home!). Cute handmade doll clothing and accessories will also be available for purchase.

Fee: \$27.00  
Code #: 6382  
Date: Sat 10/29/16  
Time: 10:30am-12:00pm  
Location: Hauberg Center



### Finding Dory American Girl Party

Girls and Dolls - Celebrate all things Dory at this doll party at the Hauberg Center. Bring your American Girl and other 18" dolls and we will be playing new and fun games. There will also be crafts and a light snack. Registered girls will receive a romper dress for their doll with a special blue fish on it with entry fee and other cute doll clothing and additional accessories will be available for purchase after the party. The party wouldn't be complete without a visit from Dory and playing games with her. Don't forget to dress like a princess and take your picture with Dory.. Parents - remember to bring your camera!

Fee: \$27.00  
Code #: 6383  
Date: Sat 12/10/16  
Time: 10:30am-12:00pm  
Location: Hauberg Center

## SCHOOL BREAK PROGRAM

### Day Trippers (Ages 5-12)

Day Trippers is a supervised recreational program designed to give your child an opportunity to socialize, play, and learn with other children. The children will have structured and unstructured playtime. Guest speakers, enrichment activities, and field trips will be scheduled throughout the program. Lunches are not provided. Field Trips will be to the pumpkin patch and movie theater on Thursdays and Swimming at RIFAC on Wednesdays. Extra \$5.00 Field Trip Fee applies if you only register for Wednesday and Thursdays of a given week.

Fee: Rise & Shine (7:00 AM – 8:00 AM) \$2.00 per day

Day Trippers (8:00 AM – 4:00 PM) \$25.00/day  
Stay & Play (4:00 PM – 5:30 PM) \$3.00 per day  
Field Trip Fee \$5.00 if only registering for Wed/Thur

Code #: 6182

Date: M,Tu,W,Th,F 10/6/2016-10/21/2016

Time: 7:00 AM - 5:30 PM

Location: RIFAC Classroom 5/6



### Veteran's Day School Day Out

Kids aren't in school- let us take your child on a sports adventure to the new trampoline park in Eldridge, IA- Sky Zone. We will be doing Veteran's Day activities and crafts in the morning, followed by a fun afternoon field trip to jump at Sky Zone. Please make sure your child is wearing socks and brings a lunch, we will provide snack.

Fee: \$40.00

Code #: 6246

Date: Fri 11/11/16

Time: 7:00am-5:30pm

Location: RIFAC - Class Room 5-6

## HOLIDAY FUN

### Letter from Santa!

Share the excitement of opening a personalized letter from Santa at the North Pole! Santa provides this great opportunity to communicate with your child, grandchild, niece, nephew or friend. Let Santa tell your children they've been good, but need to clean their room more. Or have Santa compliment a behavior change, good grades or super activity in sports. It will be a lasting memory and the talk around the holiday table! There is a \$5.00 fee for this program. Form you need to fill out is available at RIFAC park office.

Deadline is Dec 9th.

Fee: \$5.00

Code: 6247

### Visit from Santa

The Parks and Recreation Department has made arrangements with Santa Claus to be available from Saturday, December 10 through Christmas Eve, December 24, for home visits and group get-togethers. In order to defray Santa's travel expenses, a fee of \$50.00 will be charged for home visits with fees for larger groups varying, depending on the size of the group and the length of the visit. Reservations can be made beginning on Monday, November 28th, by calling 732-PARK.

Code #: 6248





## **PRESCHOOL: Rock Island Fitness & Activity Center**

Our Preschool programs are based on the premise that children learn through play. Play stimulates and organizes cognitive learning; when shared with other children, play aids socialization; play helps children master stress, conflicts and concerns. Play, in terms of exploration, initiation, testing and construction is truly a child's work.

### **3- Day Preschool**

(Ages 4-5)

These are educational and developmental programs for the preschool and pre-kindergarten child. Must turn 4 before Sept. 1st, 2016.

Fee: \$987.00 10% additional savings when paying in full. For individuals not paying in full: \$329.00 due at registration and \$329.00 due October 21, 2016 and February 10, 2017

Code #: 6045

Date: Mon,Wed,Fri 8/8/16-5/26/17

Time: 8:45 AM - 12:00 PM

Location: RIFAC Class Room 1

Code #: 6046

Date: Mon,Wed,Fri 8/8/16-5/26/17

Time: 8:45 AM - 12:00 PM

Location: RIFAC Class Room 2

### **2- Day Preschool**

(Ages 3-4)

These are educational and developmental programs for the preschool and pre-kindergarten child. Must turn 3 before Sept. 1st, 2016.

Fee: \$663.00 10% additional savings when paying in full. For individuals not paying in full: \$221.00 due at registration and \$221.00 due October 21, 2016 and February 10, 2017

Code #: 6043

Date: Tue,Thu 8/9/16-5/25/17

Time: 8:45 AM - 12:00 PM

Location: RIFAC Class Room 1

Code #: 6044

Date: Mon,Wed,Fri 8/9/16-5/25/17

Time: 8:45 AM - 12:00 PM

Location: RIFAC Class Room 2

# GOLF

## Highland Springs Golf Course and Driving Range

9500 35th St West  
(309) 732-PARS

- Player friendly with multiple sets of tees
- Friendly, helpful staff
- Championship style golf at its best
- Rolling terrain with strategic placement of ravines and ponds
- Reservations taken up to a week in advance
- Corporate and fundraiser outing reservations available, including shotgun starts
- Large shelter with barbeque capabilities available at no charge with outing reservations
- Snack bar with extensive menu of tasty items
- Adult beverages available
- Outdoor barbeque and beverage cart weekends and select weekdays in season
- Golf lessons and driving range available



### Saukie Golf Course

3101 38th St  
(309) 732-CART

- Beautiful executive style Par 66 Golf Course
- Friendly, helpful staff
- Historical interest built in the 1920's
- Hundreds of mature oaks line the holes
- Terrain is rolling with ravines and many doglegs
- Very beginner friendly, but can challenge any level of player
- Snack bar with many tasty items on the menu
- Adult beverages available
- Reservations taken up to a week in advance
- Couples events every month in season
- Outings and leagues available



Follow us on Facebook @ [www.facebook.com/rockislandgolf](http://www.facebook.com/rockislandgolf)

### Rates

#### Highland Springs

Weekday Rates  
Adult: \$20.00  
Senior: \$17.00  
Junior: \$14.00  
9 holes \$15.00

Weekend/Holiday Rates  
Everyone: \$24.00  
9 holes \$17.00

Afternoon Rates  
After 1:00 PM  
Mon.-Fri.: \$17.00  
Sat, Sun, & Holidays: \$19.00

Cart Fees  
Adult: \$15.00  
Senior: \$11.00  
9 hole: \$8.00  
Afternoon: \$12.00  
Pull Cart: \$3.00  
Driving Range at Highland Springs - \$5 for large bucket

#### Saukie

Weekday Rates  
Adult: \$19.00  
Senior: \$15.00  
Junior: \$13.00  
9 holes \$14.00

Weekend/Holiday Rates  
Everyone: \$21.00  
9 holes \$16.00

Afternoon Rates  
After 1:00 PM  
Mon.-Fri.: \$16.00  
Sat, Sun, & Holidays: \$18.00

Cart Fees  
Adult: \$13.00  
Senior: \$11.00  
9 Hole: \$7.00  
Afternoon: \$11.00  
Pull Cart: \$3.00

## 2017 Season Passes

Passes are valid times and days as shown, and may be used when the course is available for public play. Passes are not memberships and no other benefits or privileges are included, whether implied or actual.

- **Adult Unlimited:** \$800.00 (7Days/Week)
- **Family Unlimited:** \$1,395.00 (Two Adults) (7 Days/Week)
- Additional Family Members:  
Youth 18 to 22 FT Student+\$475.00  
Youth 10 thru 17 +\$170.00 (Jr. Restrictions apply)
- **Adult Limited:** \$610.00 (Mon – Fri @ Both Courses; No Holidays. Discounted Weekend Fees)
- **Family Limited:** \$1,040.00 (Mon – Fri @ Both Courses; No Holidays. Discounted Weekend Fees) (Two Adults) Additional Family Members:  
Youth 18 to 22 FT Student +\$370.00  
Youth 10 thru 17 +\$150.00 (Jr. Restrictions apply)
- **Senior Limited:** \$610.00 (Mon – Fri @ Both Courses; No Holidays. Discounted Weekend Fees)
- **Junior Limited\*:** \$200.00 (Mon – Fri @ Both Courses; No Holidays. Discounted Weekend Fees)
- **Saukie Only:** \$495.00 (Mon-Fri at Saukie Only; No Holidays. Discounted Weekend Fees)
- **Saukie Only Junior:** \$125.00 (Mon-Fri at Saukie Only; No Holidays. Discounted Weekend Fees)
- **Saukie Only Weekend:** \$335.00 (Saukie Only. Saturday, Sunday and Holidays Only. No weekday play or discounts.)  
(Junior Pass Weekend upgrade fees are waived if playing with adult family member of household after 11AM.)

### Besides calling two beautiful courses home our Passholders enjoy the following benefits:

- 10% off Proshop merchandise
- Discounted practice range balls
- Access to USGA Handicapping system (additional charge)
- Passholder special events, tournaments, and appreciation days

### Great golf specials and tee-time savings are offered through:

Facebook @ [facebook.com/rockislandgolf](http://facebook.com/rockislandgolf)

Sign up for our email club to receive information on upcoming specials and events.

Email [winter.todd@rigov.org](mailto:winter.todd@rigov.org)

Sign up for our text message program to receive exclusive deals on golf and merchandise. Text "highland" to the # 99000.

## SEASON SPECIALS

### Highland Springs

**Birdie Bundle: 18 holes + cart = \$26**

**Mondays & Wednesdays**

**Text highland to 99000 for additional specials all season!**

### Saukie

**18 holes + Cart = \$25**  
**Every day after 10am**

**KIDS PLAY FREE!**

**Age 8-14 after 1pm with paid adult**



## **Golf and Driving Range Punch Passes**

### **Highland Springs**

12 Rounds (Including cart) = \$395

12 Rounds (Not Including Cart) = \$250

### **Highland Springs Driving Range**

12 Punches each good for a Large Driving Range  
Bucket = \$50

### **Saukie**

12 Rounds (Including Cart) = \$275

12 Rounds (Not Including Cart) = \$180

Saukie Senior Play Card- Ages 62+, Monday-Fri-  
day use

12 Rounds (Including Cart) = \$240

12 Rounds (Not Including Cart) = \$160



**Weddings & Showers**  
**Graduation, Anniversary & Birthday Parties**  
**Business Meetings & Retreats**  
**Alcohol allowed with proper documents & fees**

**Now booking for 2017**  
**[www.rigov.org](http://www.rigov.org)**

**Perfect venue for your Holiday Party with a fully decorated mansion.**

**HAUBERG CENTER**  
**"Historic Tulip Mansion"**  
**1300 24th Street, Rock Island**  
**309 732 - room (7666)**  
**call for site visit**





## ROCK ISLAND FITNESS & ACTIVITY CENTER

*Fitness that's fun!*

### ROCK ISLAND FITNESS & ACTIVITY CENTER

4303 24th Street  
(309) 732-7432

#### Fitness Center Hours

September – May  
Monday – Friday 5:00 AM – 10:00 PM  
Saturday 6:00 AM – 5:00 PM  
Sunday 10:00 AM – 4:00 PM

June – August  
Monday – Friday 5:00 AM – 10:00 PM  
Saturday 6:00 AM – 3:00 PM  
Closed for annual spruce up July 25-Aug 7th  
(fitness/cardio rooms open only)

Please see pool schedule on page 32.

#### Office Hours

For information on memberships and programs:  
Monday – Thurs. 7:00 AM – 6:00 PM  
Friday 7:00 AM – 5:00 PM.  
Saturday 9:00 AM – 1:00 PM

Hours are subject to change based on demand.

#### Holidays Closed

Thanksgiving Day  
Christmas Eve close at 11:00 AM  
Christmas Day  
New Year's Eve close at 11:00 AM  
New Year's Day  
Easter Day  
Memorial Day  
Independence Day – July 4  
Labor Day

#### Membership

There is no joining Fee

Fees & Charges	Annual
Child 13 and under	\$140
Youth 14-18	\$180
Young Adult 19-22	\$275
Adult (23 and older)	\$380
Couple	\$520
Family	\$640
Single Parent Family	\$495
Senior Citizen (62)	\$325
Senior Couple (62)	\$475
Non-Prime Time *	\$265*
One-Month	\$ 65
Three-Month	\$150
6-Month	\$230

Inquire about our income based memberships.

\*ONLY valid 8:30-11am or 1-3pm any age any day

#### Time Payment Plan

1. Paid in Full – Annual membership paid upon first visit.
2. Three Payment Plan – The annual membership is paid in three installments over the first three months in addition to a small service fee.
3. ECP (Electronic Check Process) – With a \$15.00 enrollment fee and an annual contract, your checking account will be charged a monthly fee. All bank plans are contracted for a one year minimum and do not end until a form is filled out and signed along with a written 30-day notice.

#### Guest Fees

Children Ages 13 & Under	\$4
Youth Ages 14-18	\$6
Adult Ages 19 & Older	\$8
Adult Pool Only	\$5

ALL GUESTS MUST BE ACCOMPANIED BY A MEMBER.

Management has the right to restrict guest passes during crowded periods. Guest visitation is usually closed during peak months, school breaks, school out days, and holidays. Please call in advance to verify guest availability

Guests 15 years and younger must be accompanied by an adult member (19 years or older) at all times.

Guests 16-18 years must be accompanied by a member (16 years or older) at all times.

Guests 19 years or older may come in without a member, but must provide a valid photo ID showing birth date.

#### Amenities

- Fitness room
- Free-weight room
- Cardio theater loft
- Indoor heated 25-yard swimming pool
- In-ground whirlpool
- Basketball courts
- Indoor walking/running track
- Racquetball courts
- Steam saunas
- Dry heat saunas
- Full locker and shower facilities
- Indoor youth jungle playroom
- Outdoor playground

#### Services

- Babysitting
- Group lessons
- Private lessons
- Personal training
- Tanning
- Kit lockers
- Towel rental
- Preschool program
- Structured adult programs
- Structured youth programs
- Facility rentals
- Room rentals
- Pool rentals

# RIFAC FALL POOL SCHEDULE

## Pool Descriptions

### NON-SWIMMER

Unable to stand in the shallow end. Must be supervised.

### ADULT LAP

Lap swimming only, 18 years and older.

### OPEN SWIM

Aqua Jogging, recreational and lap, 8 years and older. Anyone under 8 years old must be accompanied by an adult.

THIS SCHEDULE IS SUBJECT TO CHANGE BASED ON USAGE PATTERNS.

Fall Schedule begins September 12th.

### Monday

5:15 AM - 7:30 AM.....Adult Lap  
 7:00 AM - 9:00 AM.....Open Swim  
 (Deep end closed for class from 8-8:45am, 2 lap lanes and shallow end still open)  
 12:00 Noon - 1:30 PM.....Adult Lap  
 1:00 PM - 4:15 PM.....Open Swim  
 5:00 PM - 6:00 PM.....Adult Lap  
 6:50 PM - 9:15 PM.....Open Swim

### Tuesday

5:15 AM - 7:30 AM.....Adult Lap  
 7:00 AM - 9:00 AM.....Open Swim  
 12:00 Noon - 1:30 PM.....Adult Lap  
 1:00 PM - 4:15 PM.....Open Swim  
 5:00 PM - 6:00 PM.....Adult Lap  
 6:45 PM - 9:15 PM.....Open Swim

### Wednesday

5:15 AM - 7:30 AM.....Adult Lap  
 7:00 AM - 9:00 AM.....Open Swim  
 (Deep end closed for class from 8-8:45am, 2 lap lanes and shallow end still open)  
 12:00 Noon - 1:30 PM.....Adult Lap  
 1:00 PM - 4:15 PM.....Open Swim  
 5:00 PM - 6:00 PM.....Adult Lap  
 6:50 PM - 9:15 PM.....Open Swim

### Thursday

5:15 AM - 7:30 AM.....Adult Lap  
 7:00 AM - 9:00 AM.....Open Swim  
 12:00 Noon - 1:30 PM.....Adult Lap  
 1:00 PM - 4:15 PM.....Open Swim  
 5:00 PM - 6:00 PM.....Adult Lap  
 6:45 PM - 9:15 PM.....Open Swim

### Friday

5:15 AM - 7:30 AM.....Adult Lap  
 7:00 AM - 9:00 AM.....Open Swim  
 (Deep end closed for class from 8-8:45am, 2 lap lanes and shallow end still open)  
 12:00 Noon - 1:30 PM.....Adult Lap  
 1:00 PM - 3:30 PM.....Open Swim  
 5:00 PM - 6:00 PM.....Adult Lap  
 6:00 PM - 9:15 PM.....Open Swim

### Saturday

6:00 AM - 7:30 AM.....Adult Lap  
 7:00 AM - 9:00 AM.....Open Swim  
 (Deep end closed for class from 8:30-9am, 2 lap lanes and shallow end still open)  
 12:00 Noon - 1:00 PM.....Adult Lap  
 1:00 PM - 4:00 PM.....Open Swim

### Sunday

11:00 AM - 12:00 PM.....Adult Lap  
 12:00 PM - 3:30 PM.....Open Swim



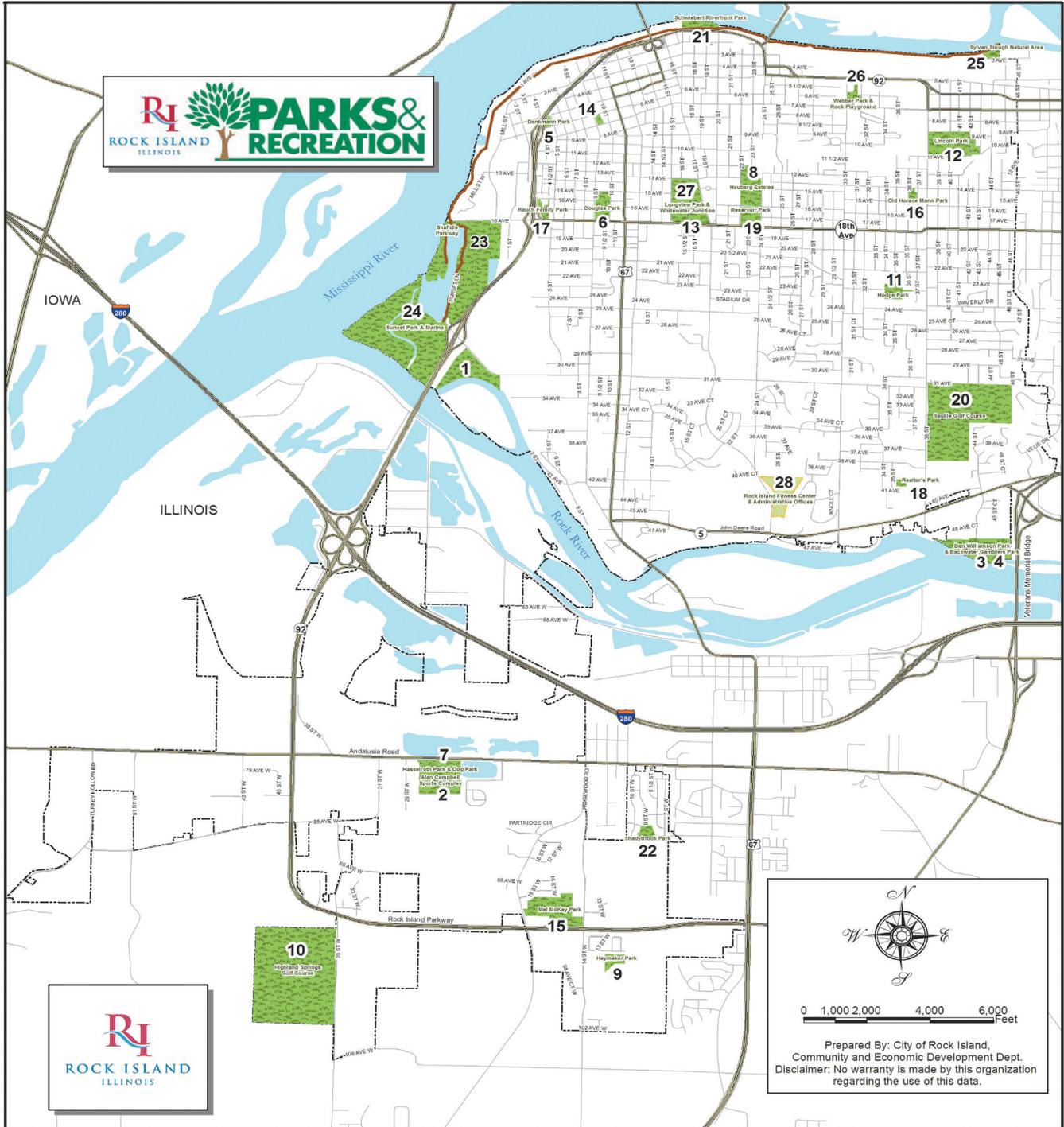
## WHIRLPOOL FALL HOURS

Monday & Wednesday	5:15 AM-10:45 AM 11:15 AM - 4:15 PM 5:00 PM - 9:15 PM
Tuesday & Thursday	5:15 AM -9:45 AM 12:00 PM - 6:00 PM 6:45 PM - 9:15 PM
Friday	5:15 AM -10:45 AM 11:15 AM -3:30 PM 5:00 PM -9:15 PM
Saturday	6:00 AM -9:00 AM 12:00 PM -4:00 PM
Sunday	11:00 AM - 3:30 PM

# City of Rock Island, Illinois

## City Park & Golf Course Locations

-  Great River Bike Trail
-  1 31st Ave Park
-  2 Alan Campbell Sports Complex
-  3 Backwater Gamblers Park
-  4 Ben Williamson Park
-  5 Denkmann Park
-  6 Douglas Park
-  7 Hasselroth Park & Dog Park
-  8 Hauberg Estates
-  9 Haymaker Park
-  10 Highland Springs Golf Course
-  11 Hodge Park
-  12 Lincoln Park
-  13 Longview Park & Park Maintenance
-  14 Martin Luther King Jr. Park
-  15 Mel McKay Park
-  16 Old Horace Mann Park
-  17 Rauch Family Park
-  18 Realtor's Park
-  19 Reservoir Park
-  20 Saukie Municipal Golf Course
-  21 Schwiebert Riverfront Park
-  22 Shadybrook Park
-  23 Skafidis Parkway
-  24 Sunset Park & Marina
-  25 Sylvan Slough Natural Area
-  26 Webber Park
-  27 Whitewater Junction
-  28 Rock Island Fitness Center & Admin. Offices



# PARK INFORMATION

Please respect the rights and property of neighbors living near city parks.

A few reminders:

- Use sidewalks or pathways when walking to parks. Do not cut through yards or private property.
- Deposit trash into trash cans located in the park. Do not use shrubs, bushes, or the neighbor's yards to discard waste.
- If you witness or discover vandalism in any of our city parks or facilities, please call the Park Office at 732-PARK immediately.

By following these guidelines, your visit will be more enjoyable for everyone.

## DO'S AND DON'TS IN OUR PARKS

- Please help us make the parks safe and enjoyable for everyone.
- Dogs without leashes are not allowed on park property. The pet owner is responsible for removal of all waste deposited on park property.
- Alcoholic beverages are not permitted in city parks.
- Intoxicated persons are not allowed on park property.
- Hitting of golf balls in our city parks is prohibited.
- Motorized vehicles of any kind are not allowed on park property unless authorized by the Parks and Recreation Department.
- Dumping of debris, grass clippings, etc., on park property is against city ordinance.
- All parks close at 10:00 p.m.

## Rentals

### WEDDINGS IN THE PARK

The Parks and Recreation Department offers several sites throughout the park system that are ideal for these very special occasions. Call (309) 732-7439 for Park Rentals and (309) 732-2132 for Hauberg Civic Center.

The most popular sites are:

- Hauberg Center Tulip Fountain and Lawn (up to 200 people) - fee starts at \$200 for 4 hours
- Lincoln Park Wedding Plaza (100 plus people)-\$40
- Lincoln Park Gazebo (50-100 people)-\$40
- Schwiebert Riverfront Park (up to 500 people)
- Sunset Park Overlook (50 people)-\$40

The most popular dates are between June and October, when flowers and landscape beds are in full bloom.

### PICNIC SHELTER RESERVATIONS

Reservations can be made at the Rock Island Park Board Office 4303 24th St., Rock Island, Illinois 61201 or by calling 732-PARK (7275) and making the reservation with a VISA or MASTERCARD. Call 732-7275 for Shelter Permits – \*Electricity Available  
Shelter reservations may be made beginning April 1, 2015.

#### Shelter (large) \$60.00

Lincoln Park Shelter*	16 tables
Longview Park Shelter*	24 tables
Sunset Park Shelter*	24 tables

#### Accommodates

100
175
175

#### Shelter (small) with Electricity\*\$40.00

Mel McKay Park	6 tables
Lincoln Park	8 tables
Sunset Park	6 tables
Martin Luther King Jr Park	6 tables

#### Accommodates

40
48
40
38

#### Without electricity\*\$30.00

Hasselroth Park	6 tables
Hodge Park Shelter	8 tables
Longview Park	6 tables

#### Accommodates

Observation Shelter \$60	6 tables
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## Special Events

Special Event refers to an event that takes place on Park & Recreation property that is open to the public, or where an admission fee is charged, or food or alcohol is sold. An application to the Park Board should be submitted at least six weeks prior to the event; or 8 weeks if requesting alcohol.

The Board meets the third Tuesday of each month. The request MUST be received one week prior to the meeting to make the agenda. The Parks and Recreation Department offers several sites throughout the park system that are ideal for special events including:

• Hauberg Civic Center	732-2132
• Lincoln Park Bandshell	732-7439
• Longview Park	732-7439
• Martin Luther King Jr Park	732-7439
• Rock Island Fitness & Activity Center	732-7432
• Schwiebert Riverfront Park	732-7439
• Sunset Park	732-7439

## ROCK ISLAND KIWANIS CLUB WALK/JOG PATH

Sunset Park is the site of our 1.1 mile, 8 foot wide, blacktop walk/jog path. This path follows the entire shoreline of Lake Potter. Young families, senior citizens, as well as avid walkers and runners, enjoy the path and the exercise it offers from daylight to dark, seven days a week. Please understand that bicycles are not allowed on the path at any time.

## GREAT RIVER TRAIL

Bike, hike, or jog the Great River Trail. The trailhead is located in Sunset Park and continues northeast to Sylvan Island on the Rock Island/Moline border. The Rock Island portion is a multifaceted, meandering trail that includes park areas, the new Schwiebert Riverfront Park, unfettered views of the towboat operations on the river, views of Arsenal Island, and eagle watching in the winter. The trail also provides access to The District in downtown Rock Island and the natural wonders of the Botanical Center. Continue up the trail through Moline, East Moline, and as far as the Mississippi Palisades.

## LONGVIEW PARK CONSERVATORY

The Longview Park Conservatory and Greenhouse Complex is located in Longview Park, 18th Avenue and 17th Street. The conservatory is open to the public Monday through Friday, from 9:00 a.m. to 3:30 p.m., and on Saturdays and Sundays, from 12:00 noon to 3:30 p.m., to view indoor floral displays.

## DISC GOLF COURSE

Longview also hosts one of the best Disc Golf Courses in the Quad Cities. The course offers 18 holes beginning at the top of the hill, and meandering throughout the park on hilly terrain with demanding 3, 4 and 5 par holes. Each "tee and green" provides panoramic views of the park, Mississippi River, and IL/IA QC area. Layouts of the course may be picked up at the Longview Park Greenhouse or at the Park Office, 4303 24th Street, Rock Island, IL.

## ELEANOR WALLACE DOG PARK

Please follow these rules for the benefit of your dog and others who use the park.

- All users (people and dogs) use the park at your own risk.
- This is a non supervised area. Dogs can not be left unattended.
- All dogs must have a current license and updated vaccinations.
- Owners are required to clean up after the dog.
- Unruly dogs are not allowed.
- Female dogs in heat are not to use the park.
- Dogs are to be on leash anytime they are outside the fenced area.
- Dogs (and people) are not to dig in the turf.

Wallace Dog Park is dependent on its users. If you would like to make an annual donation, please call 732-7275 or send to 4303 24th Street, Rock Island, IL. Mark it as "dog park donation".



**OUTDOOR PICKLEBALL COURTS**

Location	# of Courts	Lighted
Mel McKay Park Ridgewood Road & 92nd Avenue	6	Yes
Lincoln Park 38th Street & 11th Avenue	3	Yes
Longview Park 17th Street & 18th Avenue	2	Yes

Courts are lighted until 10:00 p.m.

**OUTDOOR TENNIS COURTS**

Location	# of Courts	Lighted
Mel McKay Park Ridgewood Road & 92nd Avenue	3	Yes
Hodge Park 35th Street & 22nd Avenue	4	Yes
Lincoln Park 38th Street & 11th Avenue	3	Yes
Longview Park 17th Street & 18th Avenue	2	Yes

Courts are lighted until 10:00 p.m.

**“PLANT A TREE” PROGRAM & “PATRON OF THE PARKS” PROGRAM**

Are you looking for that special gift to express your love for someone dear? Consider a Tree Gift. This special remembrance is a living, growing, beautiful tree. There are many special events which would be appropriate for just such a gift; a birthday, anniversary, graduation, or remembering someone who has passed away.

The tree would be planted on park property. The family and/or donor must coordinate the purchase and location of the planting with our Chief Horticulturist. Advice will be given regarding the cost and type of tree to be planted. The tree is carefully maintained and, if necessary, replaced by the Rock Island Parks and Recreation Department. Recognizing an individual or group include Tree, Bench, Table, or other projects. Contact Marc DeMarlie, Chief Horticulturist, at 732-7261 for more information. Trees and benches are no longer available at Sunset Park.

Tree	\$300-\$400
Bench	\$450
Table	\$550
Other Projects	\$500-\$25,000

These programs are to make an improvement to an individual Park and Recreation facility. It is a great opportunity to recognize an individual or groups for their contributions. Both the “Tree & Patron Program,” are intended to be a celebration of life.

**INSURANCE**

The Rock Island Parks and Recreation Department DOES NOT carry medical or accident insurance for program participants or for accidents, injuries, or damage occurring on park property. Please review your own health, property, and/or auto insurance to be certain that your family has adequate coverage. All adult program participants are required to sign the Rock Island Parks and Recreation Department liability waiver before participating in our recreation activities. A parent or guardian must sign a liability waiver for a child under the age of 18.

**REFUND POLICY**

- The Rock Island Parks and Recreation Department reserves the right to cancel any program with insufficient enrollment. If a class is cancelled a full refund will be issued to those registered in the program.
- Once programs begin, refunds will not be issued.
- Refunds will not be issued for trips or workshops unless the spot can be filled from a waiting list.
- A \$5.00 service charge will be deducted to defray clerical and administrative costs.
- Processing of refunds takes approximately 15 to 30 days.
- Refunds requested for anything credited to VISA or MASTERCARD will be credited directly through your charge card account.

**PHOTO POLICY**

Photos are periodically taken of participants in our classes, during special events, or at the various park locations, and facilities. These photos are for Department use only and may be used in our brochures, pamphlets, or flyers. If you have any questions regarding this policy, please call the Park Office at 732-PARK.

**ADA INFORMATION**

The Americans with Disabilities Act (ADA) has been in effect since January 1992, and the Rock Island Parks and Recreation Department will comply with the legislation’s purpose which prohibits discrimination on the basis of a disability. The Department will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that leisure program and facility. The ADA requires that recreation programs be available in the most integrated setting appropriate for each individual. If you believe you have been unfairly discriminated against by the Park and Recreation Department, please contact William Nelson, Executive Director, 732-7275.

**GIFT CARDS**

We have GIFT CARDS available for special interest programs, fitness center memberships, and golf course greens fees and merchandise. For additional information, call the Park Office at (309)732-PARK, the Rock Island Fitness and Activity Center at (309)732-7432, or Saukie Golf Course at (309)732-2278.



## SCHWIEBERT RIVERFRONT PARK

**Downtown Rock Island IL on the Mississippi River**  
**(309) 732-7439**      **www.rigov.org**

**klinefelter.jennifer@rigov.org**

Now booking weddings and special events for 2017

- Digital Playground
- Observation Shelter
- Great River Bike Trail
- Play Fountain
- Stage for Special Events & Weddings
- River Viewing







# ROCK ISLAND PARKS & RECREATION

4303 24th Street, Rock Island, IL 61201

Phone: 309-732-PARK Fax: 309-732-7278

**Register on-line at ePark! [www.rigov.org](http://www.rigov.org)**

## REGISTRATION FORM

### STEP 1: Family/Main Contact Information

Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_ Adult Birth Date \_\_\_/\_\_\_/\_\_\_ M / F

Home Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_ Email \_\_\_\_\_

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

**\* I would like to receive the eFUNews eblast sent each month containing coupons and activity updates provided by the Rock Island Parks & Recreation Department.**  YES  NO

### STEP 2: Program Registration

PROGRAM CODE	PROGRAM NAME	PARTICIPANTS NAME	GRADE	M/F	BIRTH DATE	SWIM LEVEL	SHIRT SIZE	SHORT SIZE	PROGRAM FEE

**\*Reference Only: Please put size in area above\***

**Shirt Size for sports registration:**

**YOUTH: S (6-8) M (10-12) L (14-16)**

**ADULT: S M L**

**I would like to coach**  Yes  No

**XL Name:** \_\_\_\_\_

**TOTAL**

**Short Size:**

**YOUTH: S (6-8) M (10-12) L (14-16)**

**ADULT S M L**

**XL**

### STEP 3: Waiver

#### Waiver and Release of all Claims - Must be Signed

Please read this form carefully and be aware that in signing up and participating in this program, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any service/vehicle operation, when provided. I recognize and acknowledge that there are certain risks of physical injury to participants in this program, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program against the Rock Island Park Board including its officials, agents, volunteers, and employees, (hereinafter collectively referred to as the Parks/Rec. Dept.) I do hereby fully release and forever discharge the Parks/Rec. Dept. from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program. Warning of Risk: Recreational programs 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 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 recreational programs exist. In this regard, it must be recognized that it is impossible for the Parks/Rec Dept. to guarantee absolute safety. The Parks/Rec Dept. does take pictures of the programs and participants during the normal course of programming, special events, as well as any function pertaining to the Parks/Rec Dept. I agree to allow the Parks & Rec Dept. or its agents to take pictures and use them for publicity.

Signature \_\_\_\_\_

Date \_\_\_/\_\_\_/\_\_\_

### STEP 4: Credit Card Information

Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_ CVC \_\_\_\_\_

Card Holder (print name) \_\_\_\_\_

Authorized Signature \_\_\_\_\_

RIFAC has the ROOM  
for your next party!

**Pool, Gym, or  
Indoor Jungle Playroom  
AND 1 hour room rental**

**\$95.00**

Call (309) 732-7442



## WE HAVE A CARD FOR THAT.

- *My First Library Card* for children under six
- **Rock Island Public Library card** for all other ages

*Get books, video games, movies, music, magazines,  
mobile digital content, launch pads & even cake pans.*

*Free to those who live in Rock Island and the  
Milan-Blackhawk Area Public Library District.*

**Begin at any Rock Island Library!**

**309-732-READ**

**[www.rockislandlibrary.org](http://www.rockislandlibrary.org)**



Thanks to the following groups who  
are actively involved in acquiring  
resources to complete Parks and  
Recreation projects for our  
community.

**Friends of Hauberg**

**Friends of Douglas**

**Parks and Recreation Foundation**



To get involved or show support please contact  
Parks and Recreation Director,  
John Gripp at (309) 732-7275.



# Discover the Fun

ROCK ISLAND PARKS & RECREATION

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Permit 122

## RESIDENTIAL CUSTOMER

# GROOVE

## Thursday Night

### FREE CONCERTS in Schwiebert Riverfront Park!

6:00 Rock Island Happy Joe's Pizza & Bent River Brewing Company Serving  
 6:30 Dance Lesson with QCSoDa (Quad Cities Social Dancing)  
 7:00-8:30 Concert

**September**

- 1 Candymakers
- 8 Funktastic 5
- 15 Soul Storm
- 22 North of 40
- 29 Ellis Kell Band

**October**

- 6 Jason Carl & The Whole Damn Band
- 13 Machine Gun Willie

\*\*Event Parking Available in Lot at 17th Street/1st Avenue (next to Playground) After 6pm\*\*

Thursday Night Groove  
PRESENTED by:



Rock Island Happy Joe's

This project is also supported with Quad City Arts Dollar\$ funds, provided by Hubbell-Waterman Foundation, Illinois Arts Council Agency, John Deere, and the Doris and Victor Day Foundation.

