

Community Center Happenings

Fall 2018

Upcoming Recreation Special Events

EDGE BODY BOOT CAMP



PUMP ONLY

Friday, October 5, 2018
6 p.m. - 8 p.m.

RUN AND 5K

Saturday, October 6, 2018
Start time: 10 a.m.

CityofLaVista.org/PumpAndRun

Registration Open for the Third Annual Edge Body Pump & Run and 5K

Edge Body Boot Camp and the City of La Vista have teamed up once again for the 3rd Annual Edge Body Pump & Run and 5k.

The Pump & Run is a unique combination of weight lifting and running, offered to all racers, no matter gender or ability. Pump & Run participants will compete in a bench press competition, as well as a 5k run.

Don't lift weights? Don't worry runners, we have you covered too! We will also be offering the 5k as a separate event to those who just want to run and not participate in the bench press competition.

Racers will receive a custom designed dri-fit shirt, one free Infusion beer (for those 21 & over), pizza, soda & water, and a post-race party.

For more information and to register, visit CityofLaVista.org/PumpAndRun.

Event Details:

When: Friday, October 5 (Pump Only) & Saturday, October 6 (Run and 5k)

Start time: Friday, 6-8 p.m.; Saturday, 10 a.m.

Where: *Friday*, Edge Body Boot Camp, 10926 Emiline St., La Vista; *Saturday*, Infusion Brewing Company Tap Room, 6271 S. 118th St, Omaha, NE 68137

Fees: Register by September 7, \$30; after September 7, \$35

Registration Deadline: October 4 by noon (if you register after October 1, you will not receive a t-shirt).

HOURS OF OPERATION

| | |
|--------------------------------------|---------------|
| Mon.-Fri. (Year-round) | 8 a.m.-9 p.m. |
| Sat. (May-Aug.) | 9 a.m.-4 p.m. |
| Sat. (Sept.-April) | 8 a.m.-6 p.m. |
| Sun. (May-Aug.) | CLOSED |
| Sun. (Sept.-April) | 1-9 p.m. |
| Adults Only (Mon.-Fri.) | 8 a.m.-3 p.m. |
| Youth Mon.-Fri. (during school year) | 3-9 p.m. |
| Youth Mon.-Fri. (scheduled days off) | 1:30-9 p.m. |

Not all programs are listed in this newsletter. Check our social media accounts and website for latest on our program offerings and special events.

If you would like to be notified when we open registration for programs, please provide us with your e-mail address.



CONTACT INFORMATION

Director - Scott Stopak
Assistant Director - David Karlson
Program Coordinator - Denny Dinan
Program Coordinator - Ryan South
Administrative Assistant - Sue Tangeman

CityofLaVista.org/Recreation

402-331-3455
recreation@cityoflavista.org

DROP-IN FEES

| | |
|---|------|
| Resident Adults | \$3 |
| Non-Resident Adults | \$4 |
| Resident Youth (under 19) | Free |
| Resident Seniors (55+) | Free |
| Non-Resident Seniors (55+) | \$2 |
| Non-resident Youth are not allowed in the Community Center unless involved in a class or sport. | |

The Community Center is closed on all major holidays.

HEALTH AND WELLNESS

Indoor Walking

The Community Center is open to all La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference of other programs.

Zumba

Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility. You will have boosted energy and a serious dose of awesome each time you leave class. For more information, contact April Clark via e-mail at aprilc0113@yahoo.com.

Yoga

This class is designed for beginner and intermediate students. The class format focuses on breathing & relaxation techniques, stretching, joint & gland exercises, Hatha Yoga postures, and stress management techniques. For more information, contact Frank via e-mail at frankpferrante@gmail.com.

Easy Breezy Fitness Class

This class will work on strength, endurance, flexibility, and balance. For more information and/or to register, contact Angi Herrick, 402-659-6854, or via e-mail at aherrick7406@gmail.com.

| Program | Day | Time | Cost | Ages |
|---------------------------|----------------------------|------------------------------|-------------------------------------|--------|
| Indoor Walking | M, W, F Tues., Th. | 8-10 a.m. 8-9:30 a.m. | Free | Adults |
| Zumba | Sat. | 10-11 a.m. | \$6/class | All |
| Yoga | Sat. | 11 a.m.-noon | \$7/class Cash only | All |
| Easy Breezy Fitness | Tues., Th. | 9-10a.m. | \$6/class 10 classes for \$50 | Adults |
| Reiki | By appointment | 30 min. session | 18-54: \$25 55+: \$15 | Adults |
| Racquetball and Wallyball | Call to reserve a court | Regular business hours | Res.: \$7/hr. Non-Res.: \$14/hr. | All |

Reiki

Reiki is a Japanese technique that allows the practitioner to channel energy, with hands lightly over the imbalanced areas of the receiver. The person may experience one or more of the following: a deep relaxed state; an aura or chakra clearing; and/or energy movement through and around the physical body. For more information, call 402-253-5706, or via e-mail at reikibymarthaj@gmail.com.



MARTIAL ARTS

Aikido

The Sarpy Aikido Club is a Nebraska-based dojo teaching Aikikai style of Aikido under the organization of Aikido of Hawaii International (AHI). The school was founded by Ronald Christenham and has been serving the La Vista and Omaha area since 1991. For more information and/or to register, visit www.sarpyaikidoclub.com.

Ninjutsu

This class covers Taijutsu (unarmed combat), Kenjutsu (sword combat), Bojutsu (staff combat), as well as improvised weapons. For more information, contact Mike Benkis, 402-305-9210, or via e-mail at info@sakuraomaha.com.

| Program | Day | Time | Resident | Non-Resident | Ages |
|---------------------------------|----------|-----------------------|--------------|--------------|------|
| Aikido | M, Th. | Child: 6:30-7:30 p.m. | Child: \$20 | Child: \$25 | 5-11 |
| | | Adult: 7:30-9:30 p.m. | Adult: \$30 | Adult: \$35 | 12+ |
| Ninjutsu | Sun. | 4:30-6:30 p.m. | \$40/month | \$40/month | All |
| | Sat. | 9-11 a.m. | | | |
| Kendo "Japanese Sword Fighting" | Th. | Th.: 10 a.m.-noon | \$50/month | \$50/month | 10+ |
| | Sat. | Sat.: 11 a.m.-1 p.m. | | | |
| Women's Self-Defense | Last Tu. | 6-9 p.m. | \$50/session | \$50/session | All |

Kendo Japanese Sword Fighting

Classes include two swords - the wooden Bokken and the bamboo Shinai. For more information, contact Mark Porter, 402-715-0500, or via e-mail at learningkendo@cox.net.

Women's Self Defense Class

These classes are designed to instruct women of all ages, sizes, and skill levels in practical self-defense. We will dispel common self-defense myths, as well as teach basic tips and techniques on how to avoid becoming a victim. For more information, contact Claudia Brown-Jackman, 402-630-3169, or visit www.shuurindojo.com.



FITNESS CENTER

The fitness center is equipped with dumbbells up to 50 pounds and a Hoist multi-gym weight machine. For cardiovascular exercise, our fitness room offers some of the finest, user-friendly, aerobic equipment available, including: treadmills, an Airdyne bike, a Precor upright bike, Nautilus recumbent bikes, a Cybex Arc cross trainer, Precor and Matrix cross trainers, and a Reebok Bodytek cross trainer.

Our fitness room is for **adults ages 19 and older**. Everyone under the age of 19 years is not allowed in the fitness room for any reason.

HOURS OF OPERATION

| | |
|------------------------|---------------|
| Mon.-Fri. (Year-round) | 8 a.m.-9 p.m. |
| Sat. (Sept.-April) | 8 a.m.-6 p.m. |
| Sat. (May-Aug.) | 9 a.m.-4 p.m. |
| Sun. (Sept.-April) | 1-9 p.m. |
| Sun. (May-Aug.) | CLOSED |

FEES

| | |
|--|------|
| Resident Adults (19+) | \$3 |
| Non-Resident Adults 8 a.m.-5 p.m., M-F only | \$4 |
| Senior Resident (55+) | Free |
| Non-Resident Senior | \$2 |

PUNCH CARDS

| | | |
|---------------------|------|------------|
| Resident | \$50 | 20 punches |
| Non-Resident | \$35 | 10 punches |
| Non-Resident Senior | \$20 | 10 punches |

MEMBERSHIP

| | | |
|----------|------------|---|
| Resident | \$27/month | Includes exercise room, gym, racquetball/walleyball |
|----------|------------|---|

DANCING



| Program | Day | Time | Cost | Ages |
|---|--------|----------------------|---------------------|------------|
| Ballroom Dancing | M W | 7-8 p.m. By Appt. | \$40/4-week session | 16 & older |
| Belly Dancing Beginner Belly Dancing Advance | Tu., F | 6-7 p.m. 7-8 p.m. | \$20/month | 16 & older |

Adult Ballroom Dance Lessons

Join as a single or couple, minimum of six people per class. In each session, two-three dances will be taught. For more information, contact Terry Vargas, 402-639- 2209.

Adult Belly Dancing Classes

This is a continuing class where participants will learn an art form and musical instrument (finger cymbals). Enjoy this form of dance that brings out your unique self-expression! For more information, contact Renee Patchin, 402-403-8943.

FUN FOR ALL

| Program | Day | Time | Cost | Ages |
|----------------------------------|-----------------------------------|-----------------------|---|-----------|
| License & Field Times | Flying times posted at Hobby Town | | \$30 Resident \$40 Non-Resident | Adults |
| Indoor Flying | M | 11:30 a.m.- 1 p.m. | \$3 Resident \$4 Non-Resident Free Senior Resident \$2 Non-Resident Senior | Adults |
| Miniature Club | 3rd Sun. 4th Th. | 1 p.m. 7 p.m. | Free | Any |
| Preschool Play Time | Tu., Th. | 10 a.m.- noon | Free | Preschool |

Model Airplane License and Field Times

Where: La Vista Soccer Complex, ¼-mile south of Harrison on 66th Street. Flying licenses can be purchased at the Hobby Town, U.S.A. License includes 1-year license and Midwest Performance Flyers Club membership. A.M.A. card required to purchase a license.

Indoor Remote Control Model Airplane Flying

Where: Community Center. Watch at no cost, or pay a small drop-in fee to fly your own indoor plane. These lightweight planes will amaze you, as will the individuals who fly them.

Miniature Club

Miniature enthusiasts meet at the Community Center. Guests are always welcome. For more information, contact Edna Bonney, 402-426-4624.

Preschool Play Time

Zip around the Community Center gym on our tricycles and Cozy Coupe cars; play preschool-sized basketball; kick balls; or just run, jump and play with others! It's a great playdate for kids and parents! (Please do not bring your own bikes, tricycles, or scooters.)



Kites Take to the Sky over La Vista on October 14

Join the Midwest Winds Kitefliers and the Recreation Department for the fall One Sky, One World Kite Festival at the La Vista Soccer Complex on Sunday, October 14, noon-4 p.m.

Bring your whole family for an afternoon of kite flying fun, and it's free! Come see some of the world's largest and most creative kites! Bring your own kite to fly, and remember to bring a bag for the kite candy drop!

For more information, contact the Recreation Department, 402-331-3455, or visit our website CityofLaVista.org/Recreation.



Cooking Classes this Fall at the Community Center!

All classes will be held at the La Vista Community Center, 8116 Park View Blvd.
Register for your spot at www.ChefMoonsKitchen.com. Registration is first come, first reserved.

Big Chef, Little Chef

6-7:30 p.m.
\$35/class; three classes for \$90
Ages 7 and up

Fun, family-oriented cooking classes for adults, children and teens! If your child can stir, he can cook!

- August 3, 17
- September 7
- October 5



Date Night in the Kitchen

5-8 p.m.
\$60 per couple
Adults

Join us in creating an intimate dinner for two. Each meal is geared toward adding flair to a dish.

- August 10, 24
- September 14, 28
- October 12, 26

CityofLaVista.org/cookingclasses



"CityofLaVistaGovernment"



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YOUTH & ADULT SPORTS

| Sport | Day | Age | Season Begin | Season End | Registration Deadlines | Resident Costs Early-Bird After Early-Bird | Non-Resident Costs Early-Bird After Early-Bird |
|-------------------------------------|---------------------------------------|---------------|--------------|------------|---|--|--|
| Coed Soccer Clinic | Sat. 11:30 a.m.- 12:30 p.m. | Age 3 | Sept. 8 | Oct. 6 | Early-Bird: Aug. 4 Final: Aug. 18 | \$17 \$27 | \$22 \$32 |
| Coed Soccer Academy | Tu. 5:30-6:30 p.m. Sat. 9-10 a.m. | Ages 4-5 | Sept. 4 | Oct. 6 | Early-Bird: Aug. 4 Final: Aug. 18 | \$33 \$43 | \$53 \$63 |
| Coed Soccer League | Tu. 6:30-7:30 p.m. Sat. 10-11 a.m. | Ages 6-7 | Sept. 4 | Oct. 6 | Early-Bird: Aug. 4 Final: Aug. 18 | \$33 \$43 | \$53 \$63 |
| Coed Youth Volleyball | Games: Sat. & possibly Mon. | Grades 3-6 | *Oct. 15 | Dec. | Early-Bird: Sept. 15 Final: Sept. 29 | \$55 \$65 | \$65 \$75 |
| Youth Basketball League | Games: Vary | Grades 3-8 | *Jan. | March | Early-Bird: Nov. 10 Final: Nov. 24 | \$55 \$65 | \$65 \$75 |
| Coed Youth Basketball Clinic | Sat. 9-10 a.m. | Grades 1-2 | *Jan. 12 | Feb. 9 | Early-Bird: Dec. 15 Final: Dec. 29 | \$17 \$27 | \$22 \$32 |

*Start dates subject to change.

Coed Soccer Clinic

The soccer clinic is comprised of five 1-hour sessions at the La Vista Community Center. This is a parent participation clinic designed to teach the basic fundamentals of soccer while having fun. **Clinic is limited to 15 participants.**

Coed Soccer Academy and League

These programs focus on different soccer skills to develop each player with individual attention and maximum ball touches. All sessions will take place at the La Vista Sports Complex.

Coed Youth Volleyball

The Coed Youth Volleyball program provides a fun, safe recreational league in an instructional environment where the youth of the community can enjoy the sport of volleyball. Our teams participate in the Bellevue Junior Sports Youth Volleyball League.

Youth Basketball League

Practices, held at the coach's discretion on Sunday-Friday evenings, will tentatively begin the week of December 17. No practices are held on Wednesdays.

Coed Youth Basketball Clinic

The basketball clinic is comprised of five, 1-hour sessions on Saturdays at the La Vista Community Center. Participants will learn the basic skills of dribbling, passing, shooting, teamwork, and fun!

Adult Softball League



| Games tentatively start August 19. Registration is open through Aug. 4 or until leagues are full. | | |
|--|-----------------|---|
| League | Day | Fees |
| Coed | Sun., Fri. | \$120 \$44 forfeit deposit check |
| Mens | Sun., Tu., Fri. | \$120 \$44 forfeit deposit check |
| Double-Header | Th. | \$235 2 separate \$44 forfeit deposit checks |

Register & Pay Online www.cityoflavista.org/active



LA VISTA SENIOR ACTIVITY CENTER

The La Vista Senior Activity Center, located in the Community Center, offers friendship, food, fitness, field trips and many more fun activities. Bring a friend or come join others for a home-cooked meal Monday-Friday. The suggested contribution amount for the meal is \$3.50 for adults over 60 years of age. To make a lunch reservation, either call the Center or sign up at the Center by noon on the business day before. Be sure to look at the other activities. You are welcome to come early and/or stay late! The meal program is sponsored by ENOA and catered by Treat America. Visit our website, CityofLaVista.org/seniorcenter, for the monthly senior newsletter, and to look at scheduled activities/trips and lunch menus. For more information contact David Karlson, 402-331-3455.

Special Services Bus

The Special Services Bus is available for senior citizens ages 60 and older and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m.-4:30 p.m. The service does not operate on City of La Vista holidays or when Papillion-La Vista or Ralston public schools are closed due to weather conditions. For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455, or visit us online at www.cityoflavista.org. For reservations, call 402-657-3550 at least 48 hours in advance. We make every effort to accommodate, but sometimes due to prior scheduling, we may not be able to help everyone at their requested times.

55 AND UP ONGOING ACTIVITIES

Bingo

Unless noted, there will be no bingo on days when there is a scheduled speaker or other entertainment. Please see our monthly newsletter for more details.

Chair Volleyball

Fun and fast-paced game played with a beach ball while sitting in a chair.

Afternoon Movie Outings

Join us for a trip to the Westwood Cinema 8 movie theater. Space is limited on the bus, and pre-registration is required. Movie and departure times are announced on the previous Friday afternoon.

Drop-In Quilting Group

Come quilt with us! Anyone who is interested in quilting is welcome to join, whether already skilled with a needle or a first-time beginner. Other sewing projects are always welcome as well!

| Activity | Day | Time | Fee |
|--|----------------------|------------------|---|
| Senior Color Book Club | M | 10:30-11:15 a.m. | FREE |
| Bingo | M, F | 12:30-1:30 p.m. | 25¢ per card |
| Chair Volleyball | W, F | 10:30-11:15 a.m. | FREE |
| Movie Outings | 8/28, 9/18, 10/30 | Afternoon | \$2 per movie |
| Drop-In Quilting Group | W | 9-11:30 a.m. | FREE |
| Tai Chi for Balance Classes start Sept. 4 | Tu., Th. | 10:45 a.m. | Under 60: \$1 mandatory 60+: \$1 suggested |
| A Walk in the Park | 8/16, 9/13, 10/4 | 1 p.m. | FREE |

Tai Chi for Balance

Tai Chi is a series of rhythmic, slow, coordinated, and gentle movements. Tai Chi means great energy, because it helps the energy to flow through your body. It improves balance, flexibility, strength, posture, osteoporosis, strengthening your heart, lungs and circulatory system, coordination, deep breathing, mood and calmness. This Tai Chi class is Moving for Balance Tai Chi or Tai Chi 8, with eight different movements.

A Walk in the Park

Join us for short walks and discover the beauty of several parks in La Vista and surrounding areas. Arrive at the Community Center and we'll drive together to each location, spending 15 to 20 minutes walking at a leisurely pace. Bottled water will be provided. Walk schedule: August 16 - Cimarron Woods Park; September 13 - Ponderosa Park in Ralston; October 4 - Bob Kerrey Pedestrian Bridge in Omaha. Registration is required as space on the bus is limited. To register or for more information, call the Community Center, 402-331-3455.