

2015-2016 Winter Recreation Guide



Redfield Parks & Recreation

Heidi Appel, Director

Office: 309 3rd Street West

Phone: (605) 472-4552

parkandrec@redfield-sd.com

for emergencies only 460-1326

Boys Basketball: (#062)

Dates & Times: Jan 4- Apr 9

Grade 3 Skills

Start: Jan 10 Schedule TBD

Grade 4 Start: Jan 4 Schedule TBD

Grade 5 Start: Jan 4 Schedule TBD

Grade 6 Start: Jan 4 Schedule TBD



Early Registration Fee: \$20.00

Registration Deadline: December 23, 2015

Fee after December 23rd: \$35.00

Facility: Armory/Greeno

Coaches may add or change practices as gym space becomes available.

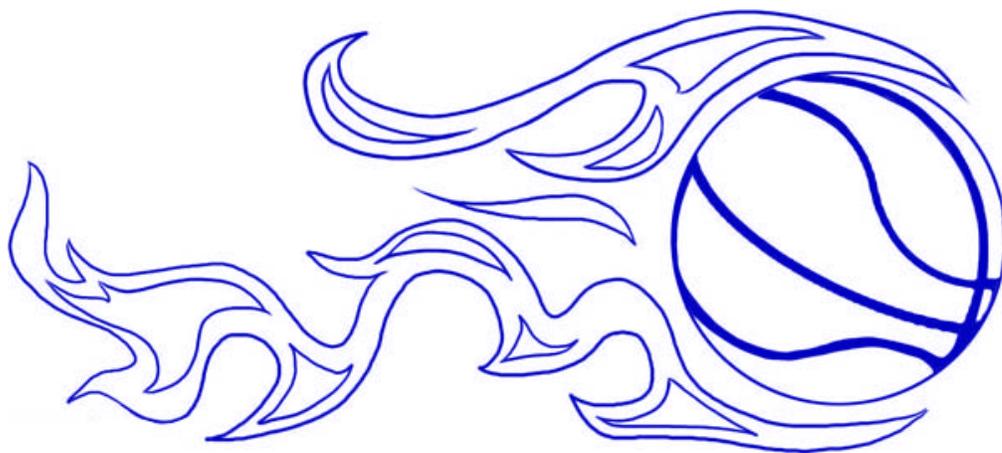
Volunteer Coaches may be added after registration if grade levels need to break into teams.

Coaches: Grade 3 David Gatzke

Grade 4 Jamie Campbell & Ryan Sattler

Grade 5 Keith Gall & Ryan Boomsma

Grade 6 Brent Osborn & Rachelle Williams



Girls Volleyball: (#073)

Dates and Times: December 14 - Mid March

Grades 3 (Skills Only)

Start Dec 14 Mondays 6:00-7:00

Thursdays 6:00-7:00

(After Jan 4) TBD

Season will end January 30th

Grade 4 Start: Jan 4 Schedule TBD

Grade 5 Start: Jan 4 Schedule TBD

Grade 6 Start: Jan 4 Schedule TBD



Registration Fee: \$20.00

Registration Deadline 3rd Grade Skills: December 9, 2015

Registration Deadline 4th-6th Grade: December 23rd

Fee after December 23rd: \$35.00

Facility: Armory

Coaches may add practices as gym space becomes available.

Volunteer Coaches may be added after registration if grade levels need to break into teams.

Coaches: Grade 3 Getta Ratigan and Erin Schroeder

Grade 4 Coach Needed

Grade 5 Jess Gatzke

Grade 6 Sonja Muellenberg



Lap Swim & Water Exercise: (#090) (#091) (#092)

Lap Swim & Water Exercise are available to ages 16 and above.

Participants will not be given access to the facilities without prior completion of registration form and waiver.

Registration payment is to be made at the armory or City Hall, not at SDDC pool.

Participants are not allowed in the activity center south of the dividing doors in the hallway.

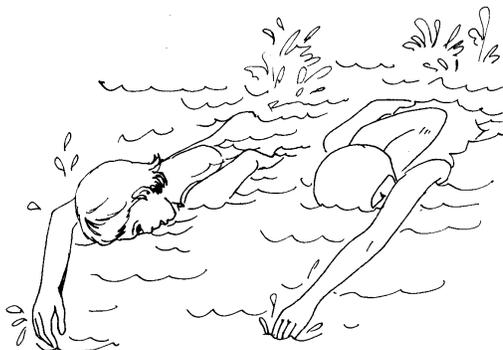
The instructor reserves the right to dismiss any participant unwilling to follow these procedures

2016 Winter Lap Swim : (#091)

Dates: January 18th—March 24th

Time: 5:15-6:15

Days: Monday and Wednesday



Registration Fee: \$50.00

If you register for both Lap Swim and Water Exercise, Registration Fee: \$80.00

Must be registered by January 4th to ensure minimum number requirements are met.

2016 Water Exercise : (#090)

Dates: January 18th—March 24th

Time: 5:15-6:15

Days: Tuesday and Thursday



Registration Fee: \$50.00

If you register for both Lap Swim and Water Exercise, Registration Fee: \$80.00

Must be registered by January 4th to ensure minimum number requirements are met.

Zumba: (#096)

Dates: March 28th—May 26th

Time: 5:15-6:15

Days: Monday and Wednesday

Location: Armory

Registration Fee: \$50.00



If you register for both Zumba and Yoga, Registration Fee: \$80.00

Must be registered by March 14 to ensure minimum number requirements are met.

Yoga: (#097)

Dates: March 28th—May 26th

Time: 5:15-6:15

Days: Tuesday and Thursday

Location: Armory

Registration Fee: \$50.00



If you register for both Zumba and Yoga, Registration Fee: \$80.00

Must be registered by March 14 to ensure minimum number requirements are met.



Christmas Break Gym Rat Program

Elementary Gym Rats (#065)

JH Gym Rats (#066)

High School Gym Rats (#067)

6 Basketball Stations – 10 minutes each

December 22nd – January 3rd

Prizes Will be Awarded in Each Age Group

Sign-In and Sign-Out Required

Parental Consent Required



Disclaimer:

Park and Recreation Staff will be present and available M-F 8am-5pm.

Young Athletes choosing to come to the armory after normal business hours or on Holidays will NOT be under adult supervision.

The Armory has 24 hr. video surveillance. Parents will be responsible for damages caused by their children.

Adult Pinterest Class:

Registration Fee: Priced Per Project

To Register call or email Lynn Brace:

450-0570 or lynn.brace@k12.sd.us

Facility: Redfield High School Shop



Project #1 - Merry Christmas

December 16th, 2015

\$30

Project #2 - Snowman

January 13, 2016

\$40



Project #3 - Pallet Shelf

February 10, 2016

\$30

Project #4 - Welcome Post w/ Sign

March 9th, 2016

\$40



Project #5- Spring Garden Fence

April 13th, 2016

\$30

Melt Intro:

2 Hour Intro Class: Learn the basics of MELT. Try a few of the treatments and take home a few handouts.

Date: Sunday Jan. 10

Time: 1-3pm

Early Registration Fee: \$50.00

Call or email Heidi Morrissey to register :

605-216-6594 or meltaberdeen@yahoo.com

Registration deadline: January 3, 2016

There must be a minimum of 8 registrants or class will be canceled.

Facility: Armory



Melt On-Going:

60 Minute Class, Twice a month

January, February and March (6 classes)

Dates: (Jan. 17, Jan. 31, Feb. 7, Feb. 21, March 6, March 20) If you are not able to attend every class, you can make it up at one of the Aberdeen classes by request.

Times: Sundays 1:00-2:00

Registration Deadline: January 11

Early Registration Fee: \$90

Melt Classes will require a minimum class size of 8 participants. Registration and Equipment for Melt On-Going will need to be purchased through

Heidi Morrissey @ 605-216-6594 or meltaberdeen@yahoo.com.

The MELT Method® (MELT®) is a simple self-treatment that reduces chronic pain and helps you stay healthy, youthful, and active for a lifetime. Just 10 minutes of MELT three times a week is all you need to begin reducing the effects of accumulated tension and stress caused by daily living.

New research has revealed the missing link to pain-free living: a balanced nervous system and healthy connective tissue. These two components work together to provide your body support and optimal mind-body communication. MELT directly addresses these two systems of your body in a way no other self-treatment can, including diet and exercise. You'll see and feel results in the first session. The ultimate goal of MELT is to improve your body's ability to restore balance and repair itself, which can create remarkable, lasting changes. MELT offers natural pain relief, allowing you to address the true cause of chronic pain, not just mask the symptoms.

Open Gym:

No registration fee

Dates: Dec. 6 – Jan 3

Times: Sunday Afternoons 1:00 – 4:45 PM

Facility: Recreation Center/Armory



Dates: Jan 3 - April 24

Times: Saturday Afternoons 1:00 – 5:00 PM

Facility: Recreation Center/Armory

Walking Hours :

6:00am - 9:00pm Monday—Friday

7:30am - 5pm Saturdays

8:00am - 5pm Sundays

- ◆ Open Gym Participants will be asked to sign the ***“Open Gym Waiver Form.”***
- ◆ Copies will be available at the front door of the Armory or in the Park and Recreation Directors Office.

Make Plans to Join us for Some **HOLIDAY FUN!**

THURSDAY, DECEMBER 10TH

- 5pm-8pm Shop Local and **Build a Snowman** (at Participating Businesses)
Enjoy Refreshments & Collect Snowman Parts for a chance to win \$100 Chamber Bucks and many additional Door Prizes!
- 4pm-7pm Train Depot Open
Enjoy Refreshments & 10% Off Gift Items



SATURDAY, DECEMBER 12TH



- 10am-4pm **HOLIDAY OPEN HOUSE** at Participating Businesses
- 11am-2pm **LIVE NATIVITY & STORY TIME** at the Train Depot
- 11am-4pm **TOY TRAINS & CHRISTMAS TREE DISPLAY** at the Train Depot
- 1pm-3pm **LIVE NATIVITY SCENE** at the Train Depot



SANTA'S FUN SHOP

(at the Armory)



- 1pm-4pm **GAMES, CRAFTS, FACE PAINTING, INFLATABLES & MORE!**
- 1:30-3:30pm Visit with **SANTA**
- 1pm-5pm **CONCESSIONS** (Knights of Columbus Fundraiser)
- 4pm-5pm **BINGO**

(There is no Charge for Admission of for the Activities Listed Above)



RAAC CANTATA



- 5:30-6:30pm RAAC Cantata Supper
- 7pm RACC Cantata **"THE CHRISTMAS STORY"**
(at our Saviors Lutheran Church)



Class #	Program	Fee
() #062	Boys Basketball (3rd-6th Grade)	\$20.00
() #073	Girls Volleyball (3rd—6th Grade)	\$20.00
() #000	Pinterest Projects—Contact Lynn Brace	\$0.00
() #000	Melt—Contact Heidi Morrissey	\$0.00
() #090	Winter Water Aerobics	\$50.00
() #091	Winter Lap Swim	\$50.00
() #092	Both Water Aerobics and Lap Swim	\$80.00
() #096	Zumba	\$50.00
() #097	Yoga	\$50.00
() #098	Both Zumba and Yoga	\$80.00
() #065	Elementary Gym Rat	\$0.00
() #066	JH Gym Rat	\$0.00
() #067	High School Gym Rat	\$0.00

*** All registration forms must be completely filled out.***

Participant's name _____ birth date _____

Address _____

Parent/guardian name _____

Contact phone number _____

Email Address _____

Emergency Contact:

Name _____ Phone _____

Relationship to participant _____

Any medical conditions your coach should be aware of _____

Personal Release Statement: I understand that the registered activities and services may have an element of hazard or inherent danger of injury, and I take full responsibility for my actions and physical condition and/or of my child. I agree to indemnify and release the City of Redfield or any of its agents, volunteers, and employees, from any liability, loss cost or expense that may occur while participating in Park and Recreation Activities.

Signature _____

Office Use Only:

\$ _____ Cash/Check _____

Total Paid

Date

Redfield Park and Recreation

Open Gym Waiver Form

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT (“AGREEMENT”)

In consideration of participating in various activities at the **Redfield Armory** I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the “releasees” named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue the **City of Redfield**, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the “RELEASEES” herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Printed name of participant _____

Date: _____

Signature of participant _____

PARENTAL CONSENT

AND I, the minor’s parent and/or legal guardian, understand the nature of the above referenced activities and the Minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby Release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor’s account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim.

Printed name of Parent/or Legal Guardian _____

Date: _____

Signature of Parent/or Legal Guardian _____