

The Rec Report

March 2010

Norwalk Park & Rec ◦ 100 Republic St ◦ Norwalk, OH 44857
419-663-6775 ◦ norwalkoh.com ◦ parknrec@rrbiznet.com

Ballroom & Social Dance

Join instructors from Black Tie Dance Studio in Sandusky, as you are guided through the foxtrot, waltz, rumba, swing and even the salsa! Grab your spouse, friend or parent and enjoy the challenge of learning something new or just refresh your memory. Dancing is always great exercise and a wonderful way to bond with that special someone. For more information about the studio, instructors or the dances you will learn visit www.blacktiedancestudio.com.

Age: 16 & up
Day: Sundays
Time: 2:30-4:00 Level 1
4:00-5:30 Level 2
Location: Ernsthausen Community Center
Spring: March 14-May 9 (no class 4/4)
Register: 2/15-3/10
Fee: \$16 @ time of registration (per couple)
\$50 to instructor @ 1st class (per couple)

Adult Summer Softball Leagues

Get out your dusty glove and hit the diamond. We have Church, Coed, Men's and Women's leagues. Each league features several divisions, from the great to the not so great... one of the reasons we had over 1100 players on 107 different teams for the summer 09 season. Anyone wishing to put a team together, should attend the organizational meeting.

Date: Wednesday, March 10
Time: 6:30 PM (all divisions)
Location: Meeting Room

Summer Volleyball

Ladies, not ready to turn in your volleyball shoes? Grab your teammates for the next season of Women's Volleyball. With our new Heating and AC system.... yes AC as in Air Conditioning....., summer volleyball won't kill you during the dog days of August! **An organizational meeting will be held on Monday, March 8 at 6pm.** League play will be May 3 through mid August. For more information, contact Ludi, 668-3502.

Upcoming Dates:

March

1 Boating Ed Registration Begins
8 Adult Summer V-Ball Meeting (6:00)
10 Adult S-Ball Meeting (6:30)
10 Yoga Begins
14 Ballroom Dance Begins
15 Babysitter's Course Regist. Begins
19 Swim Lesson Place Test (5:00)
19 Swim Registration Members (6:00)
20 Swim Registration Universal (8:00)
27 Boating Education
27 Saturday Swim Lessons Begin
29 Mon/Wed Swim Lessons Begin
29 Archery Registration Begins
29 Youth T-Ball/S-Ball Regist. Begins

April

2 No School Daze Gym Schedule
3 Spring Egg Hunt
5-9 No School Daze Gym Schedule
10 Babysitter's Training Course
12 Field Reservations Begin
12 J.A.M.M. Registration Begins
19 Archery Begins
21 Umpire Meeting (6:30)

EZ Hoops

Home of the "Perfect Shot", EZ Hoops will be bringing their unique training equipment and expertise to the REC. This program is for the VERY serious student of basketball. This is not a camp! It is personalized training designed for students ages 10-18. So if you are looking to take your game to the next level, register for a 5 session class held on either Tuesday nights or Saturday mornings.

Sessions begin in April, May and June. For more information go to www.ezhoops.com or for a detailed flyer, contact the Rec.

Boating Education

This is an 8-hour class in boating and water safety designed by ODNR Division of Watercraft. It covers the fundamentals of safe boating: state-required equipment, watercraft laws, navigation Rules of the Road, basic safety and risk management, and aids to navigation. Classes are enhanced with videos, slides, overheads, handouts, and other visual aids. If you were born on or after January 1, 1982, it is required by law that you successfully complete a boating course. Pre-registration is required due to limited class size. Participants are responsible for providing their own lunch.

Date: Saturday, March 27
(Register: 3/1-3/21)
Time: 8-5 PM
Ages: All ages
Fee: \$8 per person
Location: Ernsthausen Meeting Room

Yoga

In this course, a variety of yoga postures, breathing exercises, and mindful relaxation are integrated into a program that is supportive, yet expansive in scope. Both alignment and creative flow in postures are emphasized to allow for individuals to progress at their own pace.

Because yoga is dynamic and highly adaptable, people of ALL LEVELS can reap the benefits of this relaxing and revitalizing practice. Please bring a yoga mat and blanket or firm cushion for sitting postures.

Day/Time: Wednesdays 6:30 - 7:30 PM
Dates: 3/10-4/21 (Register: 2/15-3/8)
*No class 3/24
Fees: \$30 members; \$36 universal
(\$5 late fee)
Drop-in: \$5.50 members; \$6.50 universal

Swimming Lessons

Spring I Session:

Mon & Wed 3/29 - 4/28 (Between 5:00 - 7:00 PM)
\$33 members; \$43 universal

Saturdays 3/27 - 5/15 (Between 9:00 - 11:00 AM)
\$27 members; \$35 universal

Register: 3/19 @ 6:00 PM Members
3/20 @ 8:00 AM Universal

Free Placement Testing: Fri, March 19 @ 5:00 PM
Reserve a spot by calling 419-663-6775 x30

*Complete schedule available at the front desk.

Skate Night At The Rec.

The Norwalk Parks & Rec. will be hosting SKATE NIGHT at the Ernsthausen Community Center for children on **Saturday nights**. Grab your friends and join us as we rock the gym. There will be music, games, glow lighting and much more! Skates will be provided. Bring a couple extra bucks for pop and pizza!

Ages: 6-14
Time: 6:30 - 8:00 PM
Fee: \$3 per person

Babysitter's Training Course

This American Red Cross course will teach young caregivers how to safely care for infants through school-age children. Participants will specifically learn how to: perform first aid including responding effectively to emergencies, give basic care like diapering and feeding, identify common safety hazards and prevent injuries, and more. Certification cards are awarded to each student who successfully completes the class. Class fee will include a guidebook. ****Students should bring a lunch, newborn size doll, and baby blanket.****

Age: 10-16
Date: Saturday, April 10
(Register: 3/15-4/4)
Time: 9:00-4:00
Fee: \$40 members, \$45 universal
(\$20 to American Red Cross @ class)
Late Fee: \$5
Location: Ernsthausen Center Meeting Room

Youth Softball / Tee-ball

We'll offer many program options from 5 yrs up to 11th grade (2009-2010 school year).

Pre-register: 3/29 - 4/25
Fees: \$27 Norwalk students/members
\$37 Out-of-town students

Spring Egg Hunt

Kids from toddler through 4th grade are welcome to attend the Norwalk Park & Rec.'s annual Egg Hunt, sponsored by Walmart. Get your picture taken with the bunny and collect the many prizes she left behind. With nearly 300 dozen eggs filled with candy and 200 prize bags, no child will leave empty handed. A special thanks to the Norwalk Jaycess, Norwalk Fire Dept. and the Carriage House for their assistance.

Date: Sat. April 3 (make-up Sat. Apr. 10)
Time: 1:00pm Ages 2 & under
1:15pm Preschool 3-5
1:30pm K & 1st
1:45pm 2nd - 4th grade

Location: McGuan Park ball diamonds