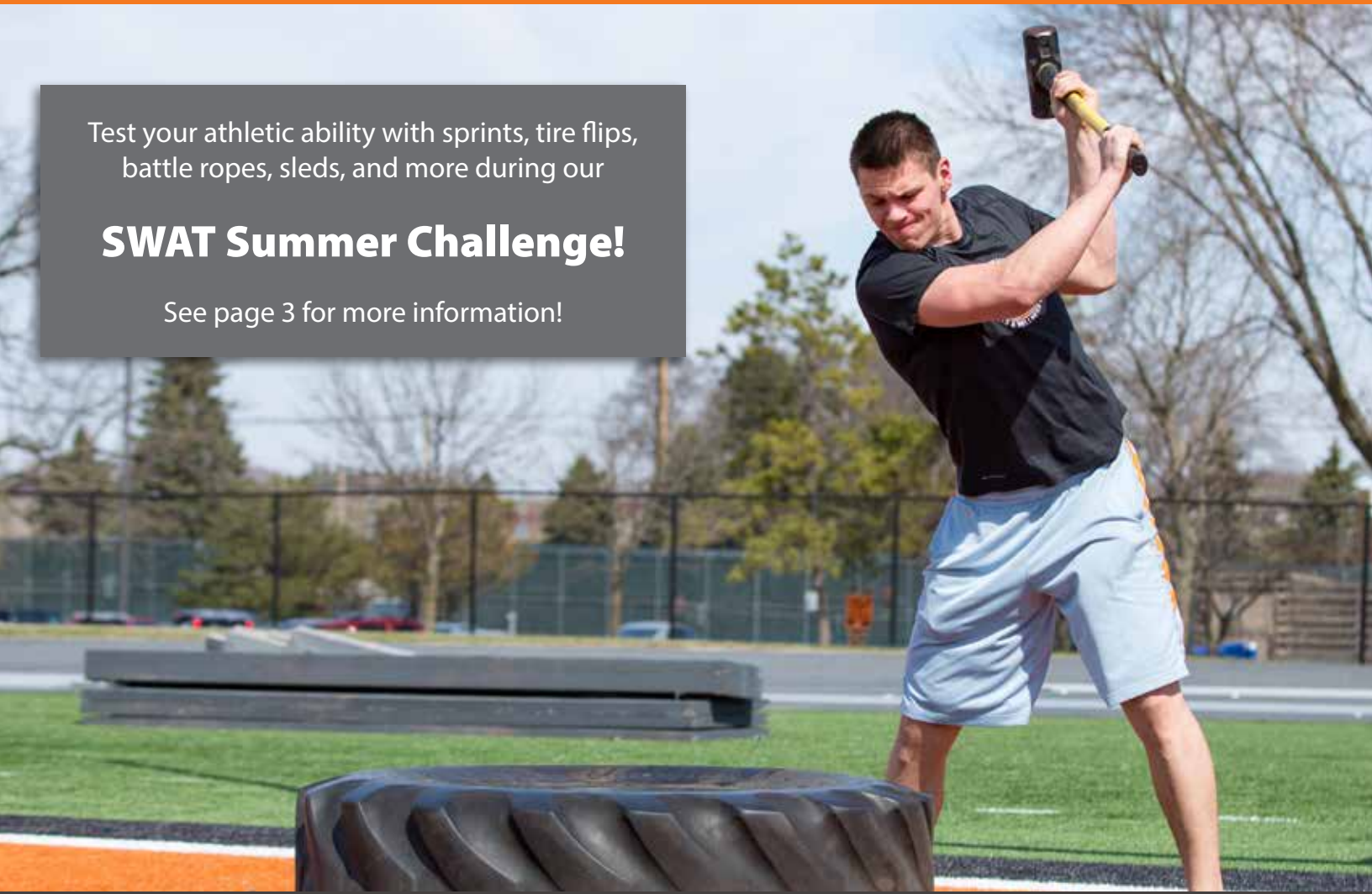


# The W Programs and Activities

Test your athletic ability with sprints, tire flips, battle ropes, sleds, and more during our

## SWAT Summer Challenge!

See page 3 for more information!



# 2021

## Spring & Summer Brochure



[www.The-W.org](http://www.The-W.org)

# MEMBERSHIP/REGISTRATION/INFORMATION

## The W

Wartburg-Waverly Sports & Wellness Center  
**100 Wartburg Blvd.**  
**P.O. Box 1003**  
**Waverly, IA 50677-0903**

**Welcome Desk: 319-352-8311**  
**Office: 319-352-8716**

## Registration Information

Pre-registration is required for all programs with fees due and payable at the time of registration. No registration is complete until the fee is paid and your name is added to the registration list. All registrations are accepted on a first-come, first-served basis. Always use correct age/grade at the beginning of the program.

All community recreation programs have a code for each class offered. The code system helps simplify the registration process for you and our office. Please indicate the correct code when registering for programs.

Registration begins upon receipt of this brochure. Register online at [www.The-W.org](http://www.The-W.org). A printable registration form is available **online**.

## Refunds

Each withdrawal from a program will be assessed a \$5 processing fee whether a refund check is issued or credit is put on an account. There will be no transfers. Any changes will be treated as a refund, and participants must re-register for the desired class.

**No refunds will be given after the registration deadline.** If a deadline date is not indicated, it will be seven calendar days prior to the program start date.

If a medical problem arises during the activity/class, a physician's written excuse must be presented, stating that participation is restricted. In the case of a medical excuse, a percentage of whatever class time remains will be refunded.

If the program/activity is canceled by The W, you will get the choice of having a full refund issued to your account or a refund check issued to the person who paid for the enrollment.

## Fitness Orientation

Let us teach you how to use the equipment in the fitness area. Whether you need full instruction, a comprehensive review, or if you need a rundown of just a few machines we are here to help! To schedule your orientation call **319-352-8460** or email [clay.cook@wartburg.edu](mailto:clay.cook@wartburg.edu).

## Fitness Assessment

The W offers one free assessment per membership. Let one of our certified personal trainers take you through an extensive assessment including a functional movement screen to help you move forward with your training. To schedule your assessment call **319-352-8460**.



## FIND THE W ON FACEBOOK

For the latest information on new classes, schedules, cancellations, and specials.

## Hold Your Event at The W

We offer options for renting the pool, wet classroom, rock wall, tennis courts, racquetball courts, fieldhouse, and Center Court. Email [heather.zajicek@wartburg.edu](mailto:heather.zajicek@wartburg.edu) or fill out the form online at [www.wartburg.edu/pool-parties/#facility](http://www.wartburg.edu/pool-parties/#facility).

## Pool Parties at The W

**Pool:** Two-hour time period for 15 swimmers  
**Member:** \$150 for 15 participants  
**Guest:** \$180 for 15 participants

## Wet Classroom: (member and guest rate)

\$15 for the same two-hour time period as the pool party. This room may be used for treats and opening presents. A \$50 deposit is required. After tables have been cleaned, garbage thrown away, and floor swept, the deposit will be returned the following business Monday.

## AVAILABILITY

**Monday-Thursday:** after 7 p.m.

**Friday:** 4-5 p.m. or after 7 p.m.

**Saturday:** after 2 p.m.

**Sunday:** after 4 p.m.

You may book a pool party by emailing

[heather.zajicek@wartburg.edu](mailto:heather.zajicek@wartburg.edu) or calling **319-352-8311**

Monday-Friday, 8:30 a.m.-5 p.m. Each party request must be approved by the office, based on pool and classroom availability. Cancellations may be made seven days prior to scheduled date. If cancelled after the seven-day deadline, the \$50 deposit will not be returned.

## Inclement Weather or Cancellations

All cancellations are posted on **The W's Facebook page** or call the Welcome Desk at **319-352-8311**.

## Reduced-Price Program Fees

Reduced-price programs are available. Families or members of families are eligible for reduced-price programs if they are currently receiving food stamps. Youth are eligible for reduced-price programs if they receive reduced-price or free school lunches.

Participants will need to provide verification of assistance. Due to privacy laws, The W cannot verify assistance with the schools or federal/state agencies. A letter is mailed or emailed to each family receiving free or reduced lunches at the beginning of each school year. A copy of this letter may be submitted to qualify for reduced-price programming. Other forms of verification are accepted; the participant should provide The W a copy for review. Please call **319-352-8716** with questions concerning qualifications.

## Everyone Belongs!

If you or a family member has special needs and would like to participate in a program, we will be happy to make accommodations to meet your needs. Please contact our office at **319-352-8716**.

## THANKS TO OUR SPONSORS

### GOLD

Hawkeye Stages

Taylor Physical  
Therapy

### SILVER

Waverly Health  
Center

Coca-Cola

### BRONZE

First Bank

First Maxfield Mutual

Fidelity Bank & Trust

# FITNESS CLASSES/PERSONAL TRAINING

## Fitness Pass Prices

**Session dates:** Sept.-Dec., Jan.-April, May-Aug.

**Member:** \$20 for 4 months or \$7/month (unlimited)

**Nonmember:** \$130 for 4 months or \$35/month (unlimited)

**How to register:** At Welcome Desk or call 319-352-8460

(Prices subject to change.)



Visit the website for the general fitness class descriptions and schedule, as well as information about our many specialty classes! [www.The-W.org](http://www.The-W.org)

## Personal Training Packages

Want to increase the benefits from your workout plan or need help to get back on track? Let one of our qualified personal trainers help you reach your exercise goals!

(Prices subject to change.)

### Member Package

(Includes specialty training)

1 session	\$30	\$40
4 sessions	\$112	\$150
8 sessions	\$208	\$280
12 sessions	\$288	\$400
20 sessions	\$440	\$600

### Nonmember

### Group Package (2 or more)

(Fee is based per person. Group training is only for basic personal training services.)

1 session	\$25
4 sessions	\$92
8 sessions	\$160
12 sessions	\$216
20 sessions	\$300

### Student Packages

(Price for Wartburg student members and members/guests utilizing a student-trainer.)

1 session	\$18
4 sessions	\$68
8 sessions	\$128
12 sessions	\$180
20 sessions	\$280

### Family Member Package 3-8 people (NEW)

1 session	\$40	\$50
4 sessions	\$150	\$180
8 sessions	\$280	\$340
12 sessions	\$400	\$500
20 sessions	\$600	\$750

## Classes Offered in Facility

Body Blast  
Box Fusion  
Combo Cardio  
CSC Cycling  
Cycling  
Deep H2O  
Fusion Fit  
H2O Fitness  
Mindfulness Power Yoga  
Tight and Tone  
TRX Express  
Yoga Stretch

## Virtual Zoom Classes

HIIT  
Low Impact Combo  
No Floor Yoga  
TaiChi Beginner  
Yoga Stretch

## Classes Designed for Seniors in Facility

Forever Strong  
H2O Senior  
Low Impact Combo  
No Floor Yoga  
Tai-Chi Beginner/Intermediate  
Walk and Talk (\$10 a month membership) M-F, 5-9 a.m.

## Outdoor H2O

**Dates:** June 7-July 30

**Days/Times:** M-F: 12:05-12:55 p.m.,  
M-TH: 5:10-6 p.m.

**Fees:** Regular group fitness class prices

**Member:** \$20 for 4 months or \$7/month

**Nonmember:** \$130 for 4 months or \$35/month

**Registration deadline:** June 5

**Location:** Waverly outdoor pool

**Weather policy:** In case of rain or lightning, the class will be postponed.

**How to register:** At Welcome Desk

(Prices subject to change.)

# SPECIALTY CLASSES

## SWAT

**Dates:** June 7-August 12

**Days/Times:** M/T/TH: 5:15-6:15 a.m.

**Fees:** Members \$75, nonmembers \$115 or \$100 if 2 nonmembers sign up together

**Registration deadline:** June 5

**Location:** Walston Hoover Stadium

**Weather policy:** In case of weather, the class will be moved inside The W fieldhouse.

## Athlete Within

**Dates:** June 7-August 13

**Days/Times:** M/T/TH/F: 5-6 a.m.

**Fees:** Members \$100, nonmembers \$155, \$140 if two nonmembers sign up together

**Registration deadline:** June 5

**Location:** Wartburg athletic weight room

## Delay the Disease

**Dates:** Every month of the year

**Days/Times:** M/W/F: 10-10:50 a.m.

**Fees:** Members \$45 a month, nonmembers \$60 a month

**Location:** The W fieldhouse

# PRIVATE SWIMMING LESSONS

## Learn-to-Swim Program Descriptions

\*More detailed descriptions of the Learn-to-Swim program may be found at [www.The-W.org](http://www.The-W.org) under Aquatics.

Swim lessons include all levels of the American Red Cross Learn-to-Swim Program. Lessons are taught by American Red Cross-certified water safety instructors. Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people of all ages to swim; be safe in, on, and around the water; and give students a positive learning experience.

**Parent/Infant** - 6 months to 3 years old accompanied by a parent/guardian.

**Parent/Toddler** - Approximately 2 to 4 years old accompanied by parent/guardian.

**Preschool Level A** - Must be 4 years old. No parent allowed.

**Preschool Level B** - Approximately 4 to 5 years old.

**Preschool Level C** - Approximately 5 to 6 years old.

**Level 1 Introduction to Water Skills** - Must be 6 years old at the start of class; no exceptions.

**Level 2** - Fundamental Aquatic Skills

**Level 3** - Stroke Development

**Level 4** - Stroke Improvement

**Level 5** - Stroke Refinement

**Level 6** - Swimming and Skill Proficiency

## Private Lessons

Private lessons may be taken at any skill level. Instructors teach one-on-one for 25 minutes.

\* Lessons will not start before the start date of each session.

\* Lesson requests submitted after ending date will be honored during the next private lesson session.

**How to register:** Online at [www.the-w.org](http://www.the-w.org). An instructor will call you to line up a lesson time. Please submit a current phone number and allow 5-10 business days to schedule lessons.

SET PRIVATE LESSONS			
<b>Instructors teach one-on-one for 25 minutes. Four private lessons: \$70</b>			
<i>*Participants will not be allowed to make up lessons due to scheduling conflicts.</i>			
Monday/Wednesday		Tuesday/Thursday	
<b>June 7-16</b>	<b>Code</b>		
5:30-5:55 p.m.	100 SP		
6-6:25 p.m.	101 SP		
6:30-6:55 p.m.	102 SP		
7-7:25 p.m.	103 SP		
<b>June 21-30</b>	<b>Code</b>		
5:30-5:55 p.m.	104 SP		
6-6:25 p.m.	105 SP		
6:30-6:55 p.m.	106 SP		
7-7:25 p.m.	107 SP		
<b>July 12-21</b>	<b>Code</b>	<b>July 13-22</b>	<b>Code</b>
8-8:25am	108 SP	8-8:25am	112 SP
8:30-8:55am	109 SP	8:30-8:55am	113 SP
9-9:25am	110 SP	9-9:25am	114 SP
9:30-9:55am	111 SP	9:30-9:55am	115 SP

## Arranged private lesson sessions

**Instructors teach one-on-one for 25 minutes. Time is scheduled by instructor and participant.** Private lessons may be taken at any skill level.

**June 7-26**

**Code: AP6**

**Registration deadline:** May 20

Requests submitted before session start date will receive a call the week of June 1.

**Max. Enrollment:** 8

**Fee:** 4 lessons \$70

**July 12-30**

**Code: AP7**

**Registration deadline:** June 21

Requests submitted before session start date will receive a call the week of July 5.

**Max. Enrollment:** 8

**Fee:** 4 lessons \$70

*Lessons will not start before the start date of each session.*

*Lesson requests submitted after ending date will be honored during the next private lesson session.*

**How to register:** Online at [www.The-W.org](http://www.The-W.org). An instructor will call you to line up a lesson time. Please submit a current phone number and allow 5-10 business days to schedule lessons.

**Participants must be able to attend all assigned lesson times. Participants will not be allowed to make up lessons due to scheduling conflicts. It is the responsibility of the participant to ensure they can attend all session times.**

## SWIMMING LESSON EXPECTATIONS

- One absence is permitted. Swimmers who miss more than one class will not pass their designated level.
- Children should use designated changing areas—either member lockers or the community family changing rooms.
- Children should arrive at lessons dressed in a swimsuit or swim trunks and ready to swim.
- Children should use the restroom before class. Leaving during class shortens learning time.
- Children in diapers are required to wear swim diapers.
- Long hair should be tied back so it doesn't get in child's face.
- Only swimmers are allowed on the pool deck (except Parent/Child and Parent/Toddler). Spectators (parents, guardians, and other family members) may watch from the window in the Zesty Orange. This will be strictly enforced.
- **Cancellations or postponements will be posted on [www.The-W.org](http://www.The-W.org), or you may call the Welcome Desk at 319-352-8311.**
- Makeup classes due to weather-related postponements will be made up during the designated day (see lesson schedule for more information).

## GROUP SWIMMING LESSONS

### JUNE EVENING PUBLIC LESSONS

Tuesday/Thursday, June 8-July 1				
Deadline: Wednesday, May 26				
Fee: 8 Public Lessons \$45				
Location	Level	5:30-6 p.m.	6:15-6:45 p.m.	7-7:30 p.m.
The W	Parent/Infant		750	
The W	Parent/Toddler	850		
The W	Preschool A			150 A
The W	Preschool B	250 B		251 B
The W	Preschool C		350 C	
The W	Level 1		125	
The W	Level 2	225		
The W	Level 3			325
The W	Level 4		425	
The W	Level 5			525
Outdoor	Level 6	625		

### JULY EVENING PUBLIC LESSONS

Monday-Thursday, July 12-22				
Deadline: Wednesday, June 30				
Fee: 8 Public Lessons \$45				
Location	Level	5:30-6 p.m.	6:15-6:45 p.m.	7-7:30 p.m.
The W	Parent/Infant			753
The W	Parent/Toddler		853	
The W	Preschool A	154 A		
The W	Preschool B	255 B		
The W	Preschool C		353 C	
The W	Level 1			130
The W	Level 2		228	
The W	Level 3	328		
The W	Level 4			428

### JUNE MORNING PUBLIC LESSONS

Monday-Thursday, June 7-17				
Deadline: Wednesday, May 26				
Fee: 8 Public Lessons \$45				
Location	Level	8:45-9:15 a.m.	9:30-10 a.m.	10:15-10:45 a.m.
The W	Parent/Infant			751
The W	Parent/Toddler		851	
The W	Preschool A	151 A	152 A	
The W	Preschool B			252 B
The W	Preschool C	351 C		
The W	Level 1	126		127
The W	Level 2		226	
The W	Level 3	326		
The W	Level 4			426
The W	Level 5		526	

### JUNE MORNING PUBLIC LESSONS

Monday-Thursday, June 21-July 1				
Deadline: Wednesday, June 2				
Fee: 8 Public Lessons \$45				
Location	Level	8:45-9:15 a.m.	9:30-10 a.m.	10:15-10:45 a.m.
The W	Parent/Infant	752		
The W	Parent/Toddler		852	
The W	Preschool A	153 A		
The W	Preschool B		253 B	254 B
The W	Preschool C	352 C		
The W	Level 1	128	129	
The W	Level 2			227
The W	Level 3			327
The W	Level 4		427	
The W	Level 5			527

**Minimum enrollment** for public swimming lessons is 4 participants.

**Maximum enrollment:** Parent/Infant, Parent/Toddler: 6 swimmers per instructor

**Preschool Levels A-C:** 5 swimmers per instructor

**Levels 1-3:** 6 swimmers per instructor

**Levels 4-5:** 10 swimmers per instructor

**Lesson evaluations:** Participants will receive a swim lesson evaluation at the conclusion of class from their designated water safety instructor (WSI). Swimmers may miss only **one class** in order to meet the requirements to pass a given level.

**Swim lesson suggestion:** Please allow six months between sessions to allow child to develop skills.

**Registration forms:** Available at Welcome Desk, or online at [www.The-W.org](http://www.The-W.org).

**Please keep a copy of your registration. The W will not call to confirm your classes. Online registrations will receive an email confirmation.**

### Certification Classes

**\*Refund policy applies to all certification classes.**

- Lifeguard Instructor (LGI)
- Lifeguard Training
- Lifeguard/First Aid/Lifeguard CPR Certification Review
- Water Safety Instructor (WSI)
- Adult and Pediatric CPR/AED and First Aid

**Check online for up-to-date course offerings at [www.wartburg.edu/aquatics](http://www.wartburg.edu/aquatics).**

## YOUTH ACTIVITIES/YOUTH SPORTS

### Summer Yard Games JUNE

Come and learn how to play yard games to keep away summer boredom. Participants will learn official rules and how to play various games like corn hole, ladder, KanJam, Spikeball, etc.

**Dates:** June 7-18

**Days:** M/W/F

**10-12 years:** 8:30-9:20 a.m. **Code: CP1 – Fee \$35**

**7-9 years:** 9:30-10 a.m. **Code: CP2 – Fee \$30**

**Location:** The W

**Enrollment:** 20

**Registration deadline:** Friday, June 4

### Football 101 JUNE

This is a great chance to learn basics skills, team fundamentals, and other concepts. In this noncontact clinic, participants will have a ton of fun, learn from Wartburg football players, and get ready for the NFL Flag and tackle football seasons.

**Dates:** June 7-17

**Days:** M-TH

**10-12 years:** 12:30-1:20 p.m. **Code: FB1 – Fee \$40**

**8-10 years:** 1:30-2:20 p.m. **Code: FB2 – Fee \$40**

**6-8 years:** 2:30-3 p.m. **Code: FB3 – Fee \$30**

**Location:** The W

**Enrollment:** 20

**Registration deadline:** Friday, June 4

### Tumbling JUNE

This is a great program for kids who might one day be interested in gymnastics. It teaches basic tumbling movements and games incorporating those movements, as well as use of the balance beam.

**Dates:** June 8-24

**Days:** T/TH

**3-4 years:** 11:30 a.m.-12 p.m. **Code: BT1 – Fee \$25**

**4-6 years:** 12:10 p.m.-12:50 p.m. **Code: BT2 – Fee \$30**

**6-8 years:** 1-1:40 p.m. **Code: BT3: – Fee \$30**

**Location:** The W

**Enrollment:** Minimum 4, maximum 12

**Registration deadline:** Friday, June 4

### Pee Wee Soccer JUNE

Younger participants learn the fundamentals and skills of the game, with an emphasis on skill development, games, and fun.

**Dates:** June 7-18

**Days:** M/W/F

**4-6 years:** 8:30-9:20 a.m. **Code: S4 – Fee \$35**

**Location:** Wartburg Football Field

**Enrollment:** 30

**Registration deadline:** Friday, June 4

### Soccer JUNE

Build skills in ball handling and dribbling, all fundamental skills, teamwork, and fair play. Boys and girls are all invited to join the fun. This class fills quickly, so register early.

**Dates:** June 7-18

**Days:** M-F

**7-9 years:** 9:30-10:20 a.m. **Code: S1 – Fee \$40**

**10-12 years:** 10:30-11:20 a.m. **Code: S2 – Fee \$40**

**Location:** Wartburg Football Field

**Enrollment:** 35

**Registration deadline:** Friday, June 4

### Baseball/Softball Skill Development JUNE

This program is designed to teach and develop baseball and softball skills. Participants will work on skills, position development as well as team concepts. Great program for the new player or one involved in other leagues that is looking for extra reps!

**Dates:** June 14-24

**Days:** M-TH

**10-12 years:** 8:30-9:20 a.m. **Code: SB1 – Fee \$40**

**8-10 years:** 9:30-10:20 a.m. **Code: SB2 – Fee \$40**

**6-8 years:** 10:30-11 a.m. **Code: SB3 – Fee \$30**

**4-6 years:** 11:15 a.m.-11:45 a.m. **Code: SB4 – Fee \$30**

**Location:** Wartburg Softball Field

**Enrollment:** 30

**Registration deadline:** Friday, June 4

### Youth Basketball Skills Clinic JUNE

Emphasis will be skill development in areas of ball handling, shooting, offensive and defensive play, teamwork, and learning basic game rules. Games will be played within the context of teaching and developing skills.

**Dates:** June 7-17

**Days:** M-TH

**4-6 years:** 2:30 p.m.- 3:00 p.m. **Code: BBC1 – Fee \$35**

**7-9 years:** 3:10 p.m.-4:00 p.m. **Code: BBC2 – Fee \$40**

**10-12 years:** 4:10- 5 p.m. **Code: BBC3 – Fee \$40**

**Location:** The W

**Enrollment:** 20

**Registration deadline:** Friday, June 4

### Tennis JUNE

Learn the basic fundamentals and skills of the game. Emphasis will be on skill development, games, and fun. Participants bring their own rackets.

**Dates:** June 14-24

**Days:** M-TH

**PeeWee:** 8:30 a.m. – 9 a.m. **Code : PWT1 – Fee \$30**

**Beginner:** 9:30-10:20 a.m. **Code: T1 – Fee \$40**

**Advanced Beginner:** 10:30-11:20 a.m. **Code: T2 – Fee \$40**

*\*If classes are full another class will be offered at 11:30 a.m.*

**Location:** Wartburg Tennis Courts

**Enrollment:** 20

**Registration deadline:** Friday, June 11

## YOUTH ACTIVITIES/YOUTH SPORTS

### Babysitter Training Class JUNE

Participants will learn to perform basic child-care skills such as diapering and feeding, how to handle bedtime and discipline issues, plus care for common injuries and emergencies such as choking, burns, cuts, and bee stings. All materials will be provided.

**Date:** Saturday, June 26

**Code:** BTC1

**Time:** 9 a.m.-3:30 p.m. (Lunch is available for purchase at the Zesty Orange or you can bring your own food and beverages.)

**Age:** 11 and older

**Location:** The W, Large Conference Room

**Fee:** \$70

**Enrollment:** Minimum 7, Maximum 15

**Registration deadline:** Wednesday, June 23

### Card Playing 101 JULY

Running out of card ideas to learn? Let us help! Card Playing 101 will help your kids learn all types of card games while keeping them cool during the hot days of summer. Decks of cards will be supplied.

**Dates:** July 13-22

**Days:** T-TH

**10-12 years:** 1-1:50 p.m. **Code:** CP3

**7-9 years:** 2-2:50 p.m. **Code:** CP4

**Location:** The W, Classrooms

**Fee:** \$30

**Enrollment:** 20

**Registration deadline:** Friday, July 9

### Creative Arts Program JULY

This program explores different art media and is designed to bring out creativity and imagination in children. Activities may include painting, drawing, ceramics, sculpture, and more. Classes fill up quickly, so sign up early.

**Dates:** July 12-23

**Days:** M-F

**9-12 years:** 11 a.m.-noon **Code:** CA1 – Fee \$40

**4-5 years:** 12:15-1 p.m. **Code:** CA2 – Fee \$30

**6-9 years:** 1:30-2:30 p.m. **Code:** CA3 – Fee \$40

**6-9 years:** 2:45-3:45 p.m. **Code:** CA4 – Fee \$40

**Location:** The W

**Enrollment:** 20

**Registration deadline:** Friday, July 9

### Fun in the Sun JULY

Boys and girls join all the fun in the sun this summer with crafts, games, musical activities, storytelling, and nature walks. Classes fill quickly, so sign up early. Program will be indoors at The W if weather is bad.

**Dates:** July 6-22

**Days:** T/TH

**3-4 years:** 8:30-9:00 a.m. **Code:** FS1 – Fee \$25

**5-6 years:** 9:10-9:50 a.m. **Code:** FS2 – Fee \$30

**7-8 years:** 10-10:40 a.m. **Code:** FS3 – Fee \$30

**Location:** The W

**Enrollment:** 15

**Registration deadline:** Friday, July 2

### Wartburg Sports for Shorts JULY

*\*Sponsored by Wartburg Athletic Coaches*

This is a fun and active introductory sports program for girls and boys ages 5-8. The basic concepts of a variety of sports will be introduced and taught by Wartburg athletic coaches. This class fills quickly, so register early.

**Dates:** July 12-23

**Days:** M/W/F

**5-6 years:** 8:30 a.m.-9:10 a.m. **Code:** S4S1 – Fee \$30

**7-8 years:** 9:15 a.m.-10 a.m. **Code:** S4S2 – Fee \$35

**Location:** The W, Wartburg Football Field

**Enrollment:** 20

**Registration deadline:** Friday, July 9

### Tennis JULY

Learn the basic fundamentals and skills of the game. Emphasis will be on skill development, games, and fun. Participants bring their own rackets.

**Dates:** July 12-22

**Days:** M-TH

**PeeWee:** 8:30 a.m. – 9 a.m. **Code:** PWT2 – Fee \$30

**Beginner:** 9:30-10:20 a.m. **Code:** T3 – Fee \$40

**Advanced Beginner:** 10:30-11:20 a.m. **Code:** T4 – Fee \$40

*\*If classes are full another class will be offered at 11:30 a.m.*

**Location:** Wartburg Tennis Courts

**Enrollment:** 20

**Registration deadline:** Friday, July 9

### Soccer JULY

Build skills in ball handling and dribbling, all fundamental skills, teamwork, and fair play. Boys and girls are all invited to join the fun. This class fills quickly, so register early.

**Dates:** July 12-22

**Days:** M-TH

**4-6 years:** 9:15-9:45 a.m. **Code:** S3 – Fee \$30

**7-9 years:** 9:50-10:30 a.m. **Code:** S5 – Fee \$35

**10-12 years:** 10:40-11:30 a.m. **Code:** S6 – Fee \$40

**Location:** Wartburg Football Field

**Enrollment:** 35

**Registration deadline:** Friday, July 9

### Lacrosse 101 JULY

This is a great chance to learn basic skills, team fundamentals, and other concepts of the new sport emerging in the Midwest: lacrosse. In this program, participants will have a ton of fun, learn from Wartburg lacrosse players, and become ready for future lacrosse seasons.

**Dates:** July 5-15

**Days:** M-TH

**11-12 years:** 12:30-1:20 p.m. **Code:** LC1 – Fee \$40

**9-10 years:** 1:30-2:20 p.m. **Code:** LC2 – Fee \$40

**6-8 years:** 2:30-3 p.m. **Code:** LC3 – Fee \$35

**Location:** The Wartburg Lacrosse Field

**Enrollment:** 20

**Registration deadline:** Friday, July 2

## YOUTH ACTIVITIES/YOUTH SPORTS

### Sand Volleyball Skill Development JULY

Want to improve on volleyball skills while still enjoying the summer weather? This is a great program where participants will be able to learn the fundamentals of the sport and the differences between sand and indoor volleyball, all while having fun.

**Dates:** July 5-15

**Days:** M-TH

**6-8 years:** 12:30-1 p.m. **Code: SV1 – Fee \$35**

**9-10 years:** 1:10-2 p.m. **Code: SV2 – Fee \$40**

**11-12 years:** 2:10-3 p.m. **Code: SV3 – Fee \$40**

**Location:** Wartburg Sand Volleyball Courts

**Enrollment:** 20

**Registration deadline:** Friday, July 2

### Rock Climbing Program JULY

Participants will learn the fundamentals all the way up to advanced climbing techniques. It is a great way to exercise, learn a new skill, and have fun. *\*No gear needed*

**Dates:** July 9, 16, 23

**Day:** Fridays

*Participants are welcome to sign up for both June and July sessions.*

#### Pee Wee Climbing (4-6-year-olds)

**Time:** 9-9:35 a.m.

**Code:** PWC1

**Fee:** \$30

#### Basic Climbing (7-12-year-olds)

**Time:** 9:45-10:30 a.m.

**Code:** BC1

**Fee:** \$35

#### Intermediate Climbing (13 and up)

**Time:** 10:45-11:45 a.m.

**Code:** IC1

**Fee:** \$40

**Registration deadline:** Wednesday, July 7

**Location:** The W rock climbing wall

**Enrollment:** Minimum 3, maximum 12

### NFL Flag Football AUG.-OCT.

The NFL flag football program is growing and expanding! The program is an instructional league that teaches the basic fundamentals of flag football through team practices and games. The style of play is a 6-on-6 format, and teams will have distinct NFL uniforms. **Participants will be required to wear mouth guards.** Fee includes jersey and flags. Parent volunteer coaches needed and desired. Please contact us at **352-8307** or [ryan.doty@wartburg.edu](mailto:ryan.doty@wartburg.edu) if interested.

**Registration deadline:** Friday, July 30, to ensure NFL jersey and flags (deadline may change based on NFL requirements)

**Dates:** Sept. 4-Oct. 16 (Practice and competition schedule will be communicated with each participant prior to Aug. 26.)

**Grades:** 1, 2, 3, 4, 5, 6 \*(Grades based on 2021-22 school year)

*\*Structure subject to change based on rosters*

**ALL INFORMATION and REGISTRATION FOUND AT**  
**[www.TheWNFLflag.com](http://www.TheWNFLflag.com)**

**Location:** Practice at multiple locations and games will be played at multiple locations, including Walston-Hoover Stadium at Wartburg College

**Fee:** \$70

**Enrollment:** variable

### The W Shinkyudo Karate Kids' Classes

*by Joe Edwards*

The martial arts offer a blend of benefits, including physical fitness, awareness, self-control, discipline, self-confidence, and self-defense. The classes are available to children age 6 or older.

**Code:** KAR + number of corresponding month

*Example: KAR9 = September, KAR10 = October*

**Dates:** Year-round with monthly sign-up

**Day/Time:** M/TH, 6:40-7:30 p.m.

**Location:** The W, Aerobic Room

**Fee:** \$30/month payable at beginning of each month's session

**Enrollment:** Minimum 6, maximum 20

**Contact:** Joe Edwards at [jedw89@hotmail.com](mailto:jedw89@hotmail.com)



### Mission Statement

The Wartburg-Waverly Sports & Wellness Center is dedicated to promoting lifelong wellness for people of all ages and levels of ability by providing outstanding facilities, programs, and educational services to the campus community and the citizens of Waverly and the surrounding area.



## ADULT LEAGUES AND ACTIVITIES

### The W Shinkyudo Karate

#### Adult Classes by Joe Edwards

Karate classes provide exploration and experience in the martial arts. The martial arts offer a blend of benefits including physical fitness, self-control, discipline, self-confidence, and self-defense.

#### Code: AKAR + number of corresponding month

Example: AKAR4 = April, AKAR5 = May

**Dates:** Year-round with monthly sign-up

**Day/Time:** M/TH, 7:30-8:30 p.m.

**Location:** Aerobics Room, The W

**Fee:** \$35/month payable at beginning of each month's session

**Enrollment:** Minimum 6, maximum 20

**Contact:** Joe Edwards at [jedw89@hotmail.com](mailto:jedw89@hotmail.com)

### Silver&Fit®

The W is a Silver&Fit® participating fitness facility. Silver&Fit is designed to help older adults achieve better health through regular exercise and health education. It provides eligible members with no-cost or low-cost fitness memberships through arrangements with certain health plans. Silver&Fit is provided by American Specialty Health Fitness Inc., a subsidiary of American Specialty Health Inc.

If your health plan offers Silver&Fit and you would like more information about The W, visit the gym or call **319-352-8249**. You also may visit Silver&Fit at [www.SilverandFit.com](http://www.SilverandFit.com).

### SilverSneakers®

The W is an authorized location for Healthways SilverSneakers®, a health, exercise, and wellness program for older adults.

SilverSneakers is a benefit offered to members of many Medicare plans. If you are part of a Medicare health plan or if you are a group retiree, you may already qualify, which provides you with a basic membership at The W.

To find out if your health plan qualifies, visit [www.silversneakers.com](http://www.silversneakers.com); call 1-888-423-4632 Monday-Friday, 7 a.m.-7 p.m.; or call Sheila Kittleson at **319-352-8249**.

# MASSAGE THERAPY

Massage therapy provides several benefits, including reduced stress and tension, enhanced performance, improved conditioning, faster recovery, injury prevention, and assistance maintaining peak fitness.

Our licensed massage therapist offers a variety of massages with flexible scheduling.

MASSAGE  
**\$40**

30 minutes

**\$65**  
60 minutes

**\$100**  
90 minutes

CHAIR MASSAGE  
**\$20**  
15 minutes

**\$35**  
30 minutes

Visit [www.the-w.org](http://www.the-w.org)  
to schedule your  
massage today!



**How to register:** Go to [www.The-W.org](http://www.The-W.org)  
for online registration information