



WINTER SCHEDULE 2016

# OPPORTUNITY LIVING

## Yoga



Time to find your inner strength & mental and physical health

Form of exercise which uses slow movements & stretching to increase flexibility and balance

*"Providing Special Persons Opportunities for Living"*

### WINTER FEATURES

\*American Red Cross Swim Lessons

- Yoga
- High Impact Water Aerobics
- Morning Groove Water Aerobics
- Private Swim Lessons

## High Impact H2O Aerobics

This class uses belts, barbells, fun tubes, and kickboards



Rejuvenate and maintain muscle strength

Receive a full body work out without the stress on joints.

Non-Members: \$54  
Members: \$48  
Daily: \$4

Mondays & Thurs. - 5:30pm to 6:30pm  
Beginning Nov 28th-Jan 26th

Pre-register by calling 712-464-8961 or email

### Fall & Winter Hours

(October thru April)

Monday thru Friday—Gym 8am –4pm

Pool 11am-1 pm

Mon., Tues, & Thursday Evenings- pool & gym  
6:30pm-8:30pm,

Saturdays & Sundays—pool & gym 1pm—5pm

We are on the Web, @  
Opportunityliving.org



### Spring & Summer Hours

( May thru September)

Monday thru Friday - Gym 8am –4pm

Pool 11am—1 pm

Wednesday Evenings—Pool & gym 6:30pm—  
8:30pm

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# AMERICAN RED CROSS SWIM LESSONS

Saturdays  
Jan. 7th thru  
Feb. 11th



Levels  
Exploration  
To Level IV

## Swimming Lessons

6 Weeks— Saturday Mornings, Jan. 7th thru Feb. 11th.  
8:30 –9:30 Levels 3&4/9:30-10:30 Level 2  
10:30-11:30 Level 1/11:30–12:15 Exploration  
*(Water Exploration Class requires a parent to be in the water with their child)*

Must Pre-register by calling 712-464-8961  
Members: \$40 / Non-Members \$45

POOL:  
THERAPEUTIC  
TEMPERATURE

# MORNING GROOVE Water Aerobics

NETA Certified Instructor: Janice Knobbe

This class increases flexibility, range of motion, and strengthening of muscles by using the resistance of the water. This class will also help improve cardiovascular system. Anyone experiencing soreness or stiffness should give this program a try. Splash into the "new wave" of exercise and enjoy meeting others with similar interests.



10 WEEK SESSIONS—20 classes  
Mondays & Thursdays  
9:00 am –10:00 am  
Non Members: \$45 / Members \$40  
Daily: \$3

Continuing Non-Stop Sessions

# BIRTHDAY BASH

Let Opportunity Living help make your child's special day exciting. Schedule your child's birthday party at Opportunity Living. The fee will include an hour use of pool fun (lifeguards are provided, but *adult "in water" supervision* is required for children who can't swim) and an hour use of one of our rooms. We will provide a decorated sheet cake and a beverage for your child and up to 20 of his/ her friends, (over 20 kids will be an additional fee of \$2 each. The room will be available an hour in advance to add any additional decorations.

Fee: Non Members \$75  
Members \$70

Fee includes: Decorated sheet cake, plates, forks, napkins, beverage, & cups

Daily Admission:  
Adults-\$3  
Youth-\$2

## Opportunity Living Recreation Center Fee Schedule

### Family Membership

October.....\$175  
November....\$165  
December....\$155  
January.....\$145  
February.....\$135  
March.....\$125  
April.....\$115

### Single Membership

October.....\$100  
November.... \$95  
December.....\$90  
January.....\$85  
February.....\$80  
March.....\$75  
April.....\$70

All memberships are good through September 30th of the following year. Employees must sign up in the Recreation office for free membership. For use of Racquetball and Wallyball please call (712) 464-8961 to Reserve Court.

### Exclusive Use of Facility Fees

Commons.....\$25 ( Recommended)  
Pool (2 Hours).....\$50  
Gym (Recreational Use)..\$50  
Gym (other use).....\$100 (Anniversaries & Dances)  
Overnighters.....\$150

For Profit Events will be charged accordingly.

