

What's Cooking? Back to School Blast

Hungry for something fun and different to do? Learn how to make school lunches fun & healthy!



Join Hy-Vee Registered Dietitian Denise Boozell for a monthly cooking class. At each session you will prepare and enjoy a delicious meal while learning about cooking and nutrition. Class space limited!

Program# 5719
Age: 4-8th grades
Min/Max: 5/10
Fee: \$16, or \$13 with Res Disc
Day/Date: Tues, September 22
Time: 4:30 - 5:30 p.m.
Instructor: Denise Boozel
Location: Activity Center Kitchen
Registration Deadline: Tuesday, September 15, or when full



Get Into It!

Mondays & Thursdays
3:20—5:00 pm

September 14, 2009 -
April 29, 2010

at the
Indianola Middle School Cafeteria

FREE to all Indianola Middle School students, The Zone is **the place to be** for after school activities. Students at The Zone can enjoy a variety of different activities each week such as:

- **Video Games:** Jump into the action of our interactive video games such as DDR, Wii and more...
- **Great Games:** Try your strategies at giant (or regular) size versions of your favorite games!
- **Fun & Fitness:** Join in on a variety of games and activities with an emphasis on fun!
- **Walk & Talk:** Grab a pedometer and earn rewards as you chart your distance!
- **Homework Help:** Get assistance with homework, or finish up your assignments or studying.

Check in, enjoy a snack – and then the fun begins!

Visit our website at

[Indianolaparks.com/Zone at IMS.asp](http://Indianolaparks.com/Zone_at_IMS.asp)

Girls Basketball Leagues

Whether you are just starting, or have played for a few years, there is a place for you on a team!

Adult volunteer coaches will teach basketball skills through practices and games. The program will emphasize participation, teamwork and sportsmanship. Practices are held 1-2 times per week and are determined by coaches and facility availability. **When registering, please include shirt size, accurate height and weight, number of years played,** and whether a parent is willing to coach.

Program # 5759 Majors (5th & 6th Grades)
Game Days: Monday/ Tuesday
Registration Deadline: Wednesday, September 9
Practice Dates: Begin the week of October 5
Game Dates: October 20—December 17
Game Times: 6:30—8:30 p.m.
Fee: \$50 (\$45 with Resident Discount)



Registration deadline is
September 9!

Volunteer Coaches Meetings

We are looking for enthusiastic adults who enjoy working with children. Your assistance is needed to maintain quality programs at affordable prices.

Day: Tuesday, September 29 **Location:** Indianola Activity Center
Program #5761 Majors (5th & 6th Grades) **Time:** 7:00—7:45 p.m.



Sleepy Hollow Sports Park

Wednesday, September 16

11:45 am—5:00 pm

Come spend the afternoon with us at Sleepy Hollow Sports Park! Your registration will cover one go kart race, one rock wall climb, a token for the batting cage, 2 carnival rides and unlimited mini-golf, basketball hot shot and inflatable obstacle course. This outing offers a little bit of something for everyone! Students may bring extra money for concessions or extra games/rides. Regular school lunch will be served at the Middle School or you may bring your own sack lunch.

We will return to the Middle School by 5:00 pm.

- ★ Parents must sign & return a Sleepy Hollow release form, available on the downloads page of our website.
- ★ The registration fee does not include lunch. Please indicate on the registration form if you will be eating school lunch or bringing a sack lunch from home.

Program# 5729 **Date:** Wednesday, September 16 **Time:** 11:45 a.m. – 5:00 p.m. **Min/Max:** 35/50
Age: 6-8th grades **Fee:** \$18.75 or \$15 with resident discount
Registration deadline: Tuesday, September 8, or when full.
Location: We will leave from and return to the Indianola Middle School

MAIL-IN/DROP-OFF/FAX REGISTRATION FORM

Indianola Parks & Recreation Department, 2204 W 2nd Avenue, Indianola, IA 50125 (515) 961-9420 FAX (515) 961-9426



(Please Print)

ADULT NAME: Last _____ First _____

Address _____ Apt.# _____

City _____ State _____ Zip Code _____

PHONE NOS: Home () _____ Work () _____ Cell () _____

E-MAIL: _____ (please print very clearly)

Avoid missing program deadlines by subscribing to our email newsletter, *The Fun Times*. Keep up with what's happening each month with sports, family events, and activities for all ages. You may unsubscribe at any time.

I want to receive *The Fun Times* email newsletter.

| PROGRAM NUMBER | PARTICIPANT NAME | | SEX | BIRTH DATE | GRADE | ACTIVITY NAME | FEES |
|----------------|------------------|-------|-----|-------------|-------|---------------|------|
| | Last | First | | Mo/ Day/ Yr | | | |
| | | | | | | | \$ |
| | | | | | | | \$ |

| YOUTH SPORTS LEAGUE INFORMATION | | | | Previous # Yrs In Program |
|---------------------------------|--------|--------|------------|---------------------------|
| Name | Height | Weight | Shirt Size | |
| | | | | |

Total Amount Due \$

MAKE CHECK PAYABLE TO: Indianola Parks & Recreation

CHARGE: (circle) MasterCard VISA Discover
 Card #: _____ - _____ - _____ - _____
 Expiration Date: _____
 Card Holder's Signature: _____

Please make sure to circle the type of charge card you are using.

T-shirt Sizes: Youth S,M,L or Adult S,M,L,XL

Choose One:

School Lunch Sack Lunch from Home

To Our Participants with Disabilities: If you need special accommodations for program participation, please contact our office by phone or in writing. We are waiting to serve you.

Note: Registrants in any program assume full responsibility for any risk, implicit or direct, by participation in said activity or facility. You are advised that the City does not provide medical insurance covering injuries to its participants.