



TRX
Coming Soon

PLATTSMOUTH

recreation department

Where FAMILY, FUN & FITNESS come together!

www.plattsmouth.org/rec (402) 296-5800



308 S 18th Street, Plattsmouth, NE



Summer
Swim Lessons



Twins
River
Water Park
May 28-Aug. 7



Zumba
at the Plaza
June 3

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Recreation Brochure

Spring/Summer

May 5 - August 7, 2016

**Paid in part by Cass County Tourism*

A Special Supplement to

The Journal

As always our **#1 PRIORITY** is to provide **OUTSTANDING SERVICE** to our **MANY VALUED CUSTOMERS!!**



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FIND NEW ROADS™



Lennen

Greetings,

The Plattsmouth Recreation Department is at it again!

Here is another great edition of our Recreation Brochure that is your one-stop-shop for all recreational programs and events in Plattsmouth.

These wonderful brochures are released 3 time per year and will always be packed full of fun events, programs and activities

for all age ranges to enjoy. By partnering with many of the parent associations and other organizations, we are able to give you more complete data and information on what is happening in the area.

Please enjoy, remember to stay active and with us "you can play, your way, everyday."

"The mission of the Plattsmouth Recreation Department is to provide recreation and cultural opportunities for the enjoyment and education of present and future generations."

SPECIAL EVENTS



PRESCHOOL PE (3-5 years)

Preschool age children learn the importance of stretching, following directions in organized activities, and physical fitness through sports, games and other activities.

Location: PCC Gym

Day: Mondays (when Plattsmouth has school; Ends May 20th for summer. Back in fall)

Times: 10-10:30 a.m.

Fee: FREE Members; \$4 per class Non-members

TODDLER SWIM TIME (Birth-5 years)

Designated Pool time for you and your toddler to have fun swimming with other toddlers. Parents must be in the pool with children-No lifeguards on duty

Location: PCC Pool

Day: Fridays (Ends May 20th for summer. Back in fall)

Times: 10-11:45 a.m.

Fee: FREE Members; \$4 per Non-members-Parents are Free

PRESCHOOL PE, TODDLER SWIM TIME

Double the fun and participate in both of these wonderful activities for 1 price (free for members).

Location: PCC Gym and Pool

Day: Fridays (Ends May 20th for summer. Back in fall)

Times: 10 -11:45 a.m.

Fee: FREE Members; \$4 Non-members - Parents are Free

TIKAN JU-JITSU

Kids will learn the basics of the "Gentle Art" which include: personal awareness, self defense, striking, blocking, kicking and ground work. Your instructor is Sensei Tyrone Abdul, 4th Degree Black Belt with over 23 years experience teaching. Please call Tyrone to register; 402-965-1194

Location: PCC

Day: Saturdays

Bob Cats Program: 3-5 year olds

Time: 9:15-9:45 a.m.

Fee: \$20 per month for members \$35 per month for non members

Beginner Program: 6-12 year olds

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

Fee: \$35 per month for members \$55 per month for non members

Intermediate Program: 6-12 year olds

Time: 10:30 -11:30 a.m.

Fee: \$40 per month for members \$60 per month for non members



ZUMBA ON THE PLAZA

Enjoy an evening of Zumba! Prize drawings every 15 min. Bring a friend(s), all will get 2 chances to win.

Location: Plattsmouth Entertainment Plaza (Downtown)

Date: Friday, June 3

Time: 6:30 - 8:30 p.m.

Fee: FREE

In partnership with Plattsmouth Main Street Association.



SPORTS OF ALL SORTS (3.5 yrs-2nd grade)

Youth Sports Camps, different sport each day!
Kids will learn basics in baseball, soccer, football
and basketball.

Sample each to find which sport they like best!

Location: PCC Gym

AGES, DATES AND TIMES:

3 Sessions to choose from

3.5 - 6 yr olds; June 13 - 16; 9 - 9:45 a.m.

1st/2nd grade; June 27 - June 30; 9-10 a.m.

3.5 - 6yr olds; Aug 1 - 4; 9 - 9:45 a.m.

Fee:

1st child \$20 members; \$25 non-members per session

2nd+ child(ren) - \$12 each members; \$17 each non-mem-
bers per session

Includes a FREE t-shirt

Register 2 weeks prior to each session to be guaranteed a
shirt

MOVIE NIGHTS

Bring your blanket and/or lawn
chairs to enjoy an outdoor movie on
the big screen. Children under 13
must be accompanied by an adult.
Concessions available to purchase.
Sound and projection sponsored by
One Life Church.



Location	Movie*	Date
Garfield Park	Disney's Inside Out	Saturday April 30
Behind Twin Rivers Water Park	Teen Beach Movie 2	Friday July 29
Plattsmouth Entertainment Plaza	Hotel Transylvania 2	Friday, Sept. 9

Times: 8-10 p.m.

Fee: Free

In case of inclement weather, the movie will be shown at
Plattsmouth Community Center.

YOUTH BASKETBALL CLINIC (1st-12th Grade)

Ryan Sears (former Creighton player) and Brian Conklin
(all-time 3-point record holder at UNL) will instruct the kids
in this fun, one day clinic.

Location: Plattsmouth Community Center

Agges/Times/Fee:

1st - 3rd Grade / 8 -9:45 a.m. / \$8 Members; \$13 Non-
members

4th - 6th Grade / 10 a.m. - Noon / \$8 Members;

\$13 Non-members

Dates: Monday, July 18

50-person max for each age group

DOGGIE DAY

Enjoy swim time with your Canine friend! This event is for
non-aggressive dogs only. Must show proof of current rabies
vaccinations (not tags) at time of registration. Pre-register at
PCC or day of event at Twin Rivers Water Park. Dogs must
be on a leash when not in pool.

Location: Twin Rivers Water Park

Times: 6-8 p.m.

Date: Sunday August 7th

Weather Policy: Will be cancelled if weather does not
permit

Fee: \$4 per dog





THE NEBRASKA MASONIC HOME

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PLATTSMOUTH COMMUNITY CENTER



Access to the following amenities:

- Four-lane, 25 meter heated pool with two children play features
- Indoor walking track. 15 laps = 1 mile.
- Group Fitness room with shock absorbent wood flooring system
- Two sets of locker rooms for each male and female
- Three Basketball & three Volleyball courts in gym with special flooring
- Fitness area with 14 NEW Cardio pieces, 13 Paramount Weight Lifting Stations and more
- Cycle Studio with 14 Life Fitness LEMOND spinning bikes
- Childcare
- FREE Physical Fitness Evaluation/Weight Room Orientations(see below)

Daily Rates

Youth (3-17yrs) \$3.75

Adult (18-54yrs) \$5.35

Senior (55+) \$3.75

Active and retired military receive a \$1 discount. Please show proper ID.

PCC Membership Rates (No activation fees)

Membership types	Monthly dues	Semi-Annual Dues	Annual Dues
Family	\$61.26	\$367.28	\$660.99
Individual	\$42.80	\$257.07	\$462.78
Youth	N/A	\$70.09	\$126.80
Senior	\$36.92	\$220.42	\$397.24
Senior Family	\$48.95	\$293.72	\$529.65
**Wellness Memberships are for Weight Room and Walking Track only			
Wellness Individual	\$32.10	\$192.60	\$347.54
Wellness Couple	\$49.22	\$295.32	\$531.58
***Aquatic Memberships are for Pool only			
Aquatic Individual	\$32.10	\$192.60	\$347.54
Aquatic Couple	\$49.22	\$295.32	\$531.58
Military Rates "NEW"	10% Discount or \$1 Off Daily Admission (Must have a valid I.D.)		
Corporate Rates	Available Upon Request		
Twin Rivers Water Park	Plattsmouth Community Center Members receive 10% off Twin Rivers Park Passes		



All rates above include 7% sales tax.

Wellness only memberships have access to the upstairs fitness area and walking track.

Aquatics only memberships have access to the pool and aqua classes.

Youth only memberships have access to age requirement areas and pool when lifeguard is on duty.

All other memberships have complete access to the building, group fitness classes and aqua classes (age permitting).

Guest Passes: members receive up to 3 guest passes per unit a year (distance requirements apply).

PLATTSMOUTH COMMUNITY CENTER (continued)



HOURS OF OPERATION

May 1 – Sept. 30

Monday-Friday – 5 a.m. to 8 p.m.

Saturday – 7 a.m. to 6 p.m.

Sunday – Noon to 5 p.m.

Oct. 1 – April 30

Monday-Friday – 5 a.m. to 9 p.m.

Saturday – 7 a.m. to 7 p.m.

Sunday – Noon to 6 p.m.

Holiday Hours & Closings

New Years Eve: 7 a.m.-1 p.m.

New Years Day: Closed

Easter Day: Closed

Memorial Day: Closed

July 4th: Closed

Labor Day: Closed

Thanksgiving Day: Closed

Day after Thanksgiving: 7 a.m.-1 p.m.

Christmas Eve: 7 a.m.-1 p.m.

Christmas Day: Closed



Maintenance Closures

Wellness Area and Track: Aug. 11 and 12

Indoor Pool: Aug. 1 – 5

PCC CHILDCARE

This is a fun place for children ages 6 weeks to 7 years old. Our staff will closely supervise your children at all times. Our Childcare includes games, toys, movies, coloring and chance to play with new friends.

Hours of Operation:

Monday- Friday: 8:30 a.m.-12:30 p.m.

Monday-Wed 5:30 p.m.-7:00 p.m.

Saturday: 8:00 a.m.-Noon

Fee: \$10 per month per child Members; \$4 per visit per child Non-Members

Weather Policy: Childcare will be closed if Plattsmouth Public Schools are closed due to inclement weather, evening hours will be reassessed by the director.

SUMMER BIRTHDAY PARTIES

Host your party with us for two hours use of the childcare room for food, cake and presents and GYM time. Indoor pool is not available for parties during summer months. Ask us about Hy-Vee's NEW catering packages!!

Times: Saturdays and Sundays; 12:30 p.m. and 3:30 p.m.

Fee: \$75 Members, \$100 Non-Members. \$25 rental deposit that is used towards your fee

Reservations: Call 402-296-5800 Opt. 2 or visit the PCC Max 25

FACILITY RENTAL

Have your special occasion, dinner or sports event at the PCC. We have limited number of tables and chairs for your rental. Please contact us for more information.

Reservations: Call 402-296-5800 Opt. 2 or visit the PCC

Fee: \$500/ day plus \$100 refundable cleaning deposit
\$75/ hour plus \$50 refundable cleaning deposit

HALF GYM PRACTICE RENTAL

Fee: \$25/hour

BATTING CAGE RENTAL

Fee: \$25/ hour





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Hours: Mon. & Tues. Vendors Setups Only
W.-Sat. • 10 a.m.-6 p.m.
Sun. • Noon-4 p.m.

PCC FITNESS INFORMATION

NEW MEMBER ORIENTATIONS

The Plattsmouth Community Center offers FREE New Member Orientations to help you "Get Started" on your journey to a healthier lifestyle. By appointment

TEEN TRAINERS

This class is for 13 and 14 year olds to help them navigate the weight room. They will learn the general rules, basic exercise guidelines and lifting etiquette. This is a one day, two hour class.

Days: 2nd Saturday of each month

Time: 9-11 a.m.

Fee: \$20 Members; \$25 Non-members
Min 2/ Max 6

PERSONAL TRAINING

Need some help getting into shape? Our certified personal trainers will customize a program for you that is as unique as you are. Let us help you achieve your goals.

Membership status	Member	Non-member
One-hour session	\$47	\$94
3-one hour sessions	\$130	N/A
6 one-hour sessions	\$234	N/A
10 one-hour sessions	\$354	N/A
3 half-hour sessions	\$75	N/A

BALLROOM DANCING (12 years +)

Come learn how to Ballroom Dance, or come practice what you already know.

Wayne Campbell is your facilitator.

Days: 2nd and 4th Friday each month

Time: 6:30-8:30 p.m.

Fee: FREE Members; \$4 each per class Non-members



AEROBIC CLASSES (15 years +)

Visit the PCC or go online for current class schedules; www.plattsmouth.org/rec

Fees: Free for full members; \$4 for non-members and Wellness/Aquatic Memberships

Punch Cards: \$28 for 7 classes; \$56 for 14 classes

Priority for classes regarding space availability:

- First: Registered individuals
- Second: Individuals with punch cards
- Third: Drop-ins

Spring: March 16 to May 23

Summer: May 25 to August 1

Fall 1: August 3 to October 10

Fall 2: October 12 to December 19

Dec 21 – Jan 2, 2017 will have a special class schedule for the holidays

Aerobic Classes (15 years and up, unless otherwise noted)

Location: Plattsmouth Community Center Aerobic or Cycling Studios

RIP - A 55 minute barbell program for men and women of all ages and fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level
Min 6/ Max 33

Revolution - A 55 minute cycling program, choreographed to music, tailor-made for anyone who can ride a bike. Ride over hills, sprint in the flats and do interval training. Maximize your cardio training while having fun.
Min 6/Max 16

Hydro Fitness - Condition your body in the water without the pounding on your joints! Our water classes will help you increase cardiovascular endurance, range of motion, flexibility and core strength. 13 yrs and older

Location: Indoor Pool
Min 6

This is a sampling of our classes. Classes vary by session. Current schedule available at Plattsmouth.org/rec

The Plattsmouth Recreation Department Presents

SPORTS OF ALL SORTS

3.5 years to 2nd Grade

Baseball - Soccer - Football - Basketball

See page for info

PLATTSMOUTH COMMUNITY CENTER AQUATICS

SWIMMING LESSONS 2016

See class descriptions for summer session days and times. For complete class descriptions, visit the PCC or our website at www.plattsmouth.org/rec

Location: Plattsmouth Community Center

Summer Dates:

Summer Session 1 Mon/Wed/Fri - June 1st - June 15th

Summer Session 2 Mon/Wed/Fri - June 17th - July 1st

Summer Session 3 Mon/Wed/Fri - July 6th - July 20th

Summer Session 4 Mon/Wed/Fri - July 22nd - August 5th

Session Fees: \$28 Member/\$56 Non-Member

Classes for 3-5 years of age (30 minutes) Lt Blue/Purple are combined for Fall and Winter Sessions

Light Blue: This is the beginning level for children in this age group. Play games, becoming more comfortable in the water and begin learning the front, back and side paddle strokes.

Beginner

Summer Session Times:

Summer Sessions 1 - 4 Mon/Wed/Fri 10-10:30 a.m.

Purple: Continue learning the front, side and rear paddle strokes. Will master the front and back float and how to swim away from the wall and then back to it again. Intermediate

Summer Session Times:

Summer Sessions 1 - 4 Mon/Wed/Fri 10:35 - 11:05 a.m.

Classes for 4-6 and up (30 minutes)

Pink/Green: This class focuses on basic stroke development and rhythmic breathing. Your child will be working on increasing form development of the front, back, and side strokes. They will also be introduced to breaststroke and elementary backstroke. Beginner/Intermediate

Summer Session Times:

Summer Sessions 1 - 4 Mon/Wed/Fri 11:10-11:40 a.m.

Classes for 6 and up (30 minutes)

Orange/Red: In these classes your child will work on building their endurance to start swimming 25 yards of each stroke and develop better stroke form. They will be able to swim 25 yards of each major stroke.

Intermediate/Advanced

Summer Session Times:

Summer Sessions 1 - 4 Mon/Wed/Fri 10:35 - 11:05 a.m.

Classes for 7 and up (30 minutes)

Bronze, Silver, and Gold classes are combined.

Bronze: To be in this level the child must be able to swim 25 yards without any assistance. The children will learn to improve treading water, to refine their strokes, the beginning of the butterfly and the rotary kick.

Beginner

Silver: In this level the children will refine the breaststroke, elementary backstroke, side stroke, front and back crawl. Work on endurance, underwater swimming, flippers and snorkel gear. Intermediate

Gold: In this level the children will work on endurance and refining all of the strokes. They will also learn the inverted breaststroke, over arm sidestroke, trudgen crawl and learn to start from starting blocks. Advanced

Summer Session Times:

Summer Sessions 1 - 4 Mon/Wed/Fri 10-10:30 a.m.



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PLATTSMOUTH COMMUNITY CENTER AQUATICS (continued)

PRIVATE SWIM LESSONS

If you are interested in private swim lesson, please call Liz Van Wassenhoven 402-296-5800 ex202

POOL SCHEDULE

Open swim times vary, please pick up a pool schedule at the Plattsmouth Community Center or go online to Plattsmouth.org/rec

TWIN RIVERS WATER PARK

Hours of summer fun for the whole family! Reservations for private parties are made through the Plattsmouth Community Center 402-296-5800.

Amenities include:

- SPIRAL WATER SLIDE
- ZERO DEPTH ENTRY
- CONCESSION STAND AND EATING AREA
- SAND VOLLEYBALL COURT AND MORE

Location: 414 S. 18th Street Plattsmouth NE 68048, just west of Memorial Park.

Dates: May 28 - Aug. 7, 2016; seven days a week

Hours of Operation: Noon-5 p.m. and 6 - 8 p.m.

July 4th - closes at 5 p.m.

Closes at 4:45 p.m. on Swim Meet nights (schedule at pool)

Saturday, June 25th closed for Swim Team Invite

Weather Policy: Closes for lightning and thunder, heavy rain, heavy fog, high winds, and if temps are below 70F

Type of Admission/ Pass	Daily	After 6 p.m.	Seasonal
Under 2	Free		N/A
Youth (under 18)	\$3.50	\$1.50	\$72.23
Adult	\$5	\$2.50	\$94.70
Senior (62 and older)	\$3.50	\$1.50	\$72.23
Family, up to six members	N/A	N/A	\$183.51
Family, over six members	N/A	N/A	Base plus \$10.70 per family member



TWIN RIVERS WATER PARK PARTIES

(includes swim meets and competitions)

Semi-Private Parties are held during normal business hours and include a hot dog, chips, beverage, and an Icee for each guest. We will reserve a table for you and you can bring a dessert.

Private Parties are held after the facility is closed. There is no food or beverage provided during a private party however you are free to bring your own. No alcohol is permitted and all facility rules apply during any party. Groups with children under the age of 8 must have 1 adult per 5 children in the water with them.

Children must be 48 inches to use the slides. To book a party, call 402-296-5800 option 2

Location: Twin Rivers Water Park

Times: Semi-Private Parties are available Monday-Sunday 6-8 p.m.

Private Parties are available Thursday-Sunday 8 p.m.-10 p.m.

Weather Policy: Parties cancelled due to weather will be re-scheduled or refunded the amount paid

Fee: Semi-Private Parties; 1-15 guests \$115 / 16-25 guests \$150

Private Parties: \$300.

\$25 deposit at time of booking to be used towards the cost of the party. Parties must be paid in full by day of party

Cancellation Policy: Semi-Private Party - 24 hour notice to receive a full refund. Private Party - 48 hour notice to receive a full refund



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PLATTSMOUTH SENIOR CENTER

Facility Hours:

Monday thru Friday: 8 a.m.—3:30 p.m.
(Closed Holidays and Weather-Related Closures as Needed)

Special Hours and Closings:

New Year's Day: Closed
Good Friday (Friday before Easter): Closed
Memorial Day (Last Monday in May): Closed
Independence Day (July 3, 2015): Closed
Labor Day (First Monday in September): Closed
Veteran's Day (November 11th): Closed
Thanksgiving Day: Closed
Friday after Thanksgiving: Closed
Christmas Day: Closed
Weather-Related Closures: When schools are closed, the Senior Center is closed. During school vacation periods, closures will be at the discretion of the Senior Center Director.

SENIOR CENTER RENTAL

Location: Plattsmouth Senior Center

Times: by reservation call Carol Gray
402-296-5800 option 1

Fee: \$200/all day plus \$100.00 refundable cleaning deposit
\$50/hour plus \$25.00 refundable cleaning deposit

Cancellation Policy: 48 hour notice to receive a full refund

MEALS

The Plattsmouth Senior Nutrition Center provides a Noon CONGREGATE meal for seniors 55 years of age or any age for someone disabled. A contribution of \$4 is requested, but no one is turned away if unable to pay.

The Senior Center also provides the community the Meals on Wheels program. Any senior 55 years or older and any age for someone disabled is encouraged to take a home delivered meal. The cost for a home-delivered meal is \$4.50.

Call the Senior Center at 402-296-5800 Option #1 and talk to the Director for information on these meal programs.

SENIOR CENTER ACTIVITIES

Gym Walking: The Senior Center is open for walkers during facility hours. Walkers must be participants in the Senior Center program to be eligible to walk. Meet your friends for coffee and socialization then walk the trail. For information on eligibility to walk, call Senior Center Director or Community Center Director.

Women's Exercise Class: Class meets on Tuesday's and Thursday's from 8-10 a.m. This class is specifically programmed for seniors (55+). You work out with a fitness instructor who makes this class fun with music and low impact aerobic-type exercises. Stop in for coffee and conversation before going to the Gym for this class.

CARDS

Come have a delicious lunch at Noon and then play cards at 12:45 p.m. Call before 10 a.m. to sign up for lunch and cards.

Tuesday: Pinochle Cards.

Wednesday: 10 Point Pitch Cards

Community Cards: First Thursday of the month. This is open to the public. Sign-in is at 5:30 p.m., Snack Time at 6:00 p.m. and playing Pinochle cards at 6:30 p.m. You do not have to call ahead for this activity, but need to be here between 5:30 p.m. and 6:00 p.m. to sign up for a team.

There are other card clubs playing throughout the month. If interested in Pinochle, 10 Point Pitch or Bridge, call the Senior Center Director for information on these fun activities.

HEALTH PROGRAMS

Free Hearing Clinic: 1st Wednesday of the month: Clinic is open to the public. Hours are 9 a.m. to Noon. No appointment necessary. Call ahead and have lunch at the Senior Center.

Free Blood Pressure Clinic: 2nd Tuesday of the month: Provided by Golden Living Center from 11:30 a.m. to 12:30 p.m.

Foot Care Clinic: 3rd Monday of the month: This clinic is by appointment only. Hours are 9 a.m. to Noon. Call for an appointment to 402-392-1818. Services provided are: Blood Pressure/Weight Screening, Diabetic Foot Care and Toe Nail Trimming; and other health information provided. There is a \$5.00 fee for this clinic.

OTHER FUN ACTIVITIES

Contact the Senior Center for more information: 402-296-5800 ext 1

- Each month on the 2nd Thursday, celebrate all birthdays for that month.
- May: Mother's Day Luncheon—May 5th (Closed May 25th for Memorial Day)
- June: Father's Day Luncheon—June 16
- June 20—Dinner/Auction Senior Center Fundraiser
- July: 4th of July PicNic—July 2nd (Closed 3rd of July)
- August: August 8th—Senior Center Golf Scramble Fundraiser at Bay Hills Golf Course. Call Patty Weirauch at 402-298-7325 or Bay Hills Golf Club at 402-298-8191 for information.

The mission of the Plattsmouth, NE Senior Nutrition Center is to provide nutritious meals and other programs that help keep seniors healthy and to remain in their home. It also provides a safe and inviting environment for seniors to get together for socialization.

For more information about the Plattsmouth Senior Nutrition Center, contact the Director, at 402-296-5800 Opt. 1

YOUTH SPORTS ORGANIZATIONS

PLATTSMOUTH SOCCER CLUB

For more info call or visit: 402-296-4017 (leave message and appropriate board member will return your call) www.plattsmouthsoccer.org

Registration for Fall 2016 will begin in early June and ends July 15th. Visit PSC facebook page or website for more information.

Competitive games for Fall 2016 begin: TBD

Recreational games for Fall 2016 begin: approximately Saturday, Aug. 27, 2016*

PSC ANNUAL OPEN HOUSE

Players are encouraged to bring a ball, if possible. BRING WATER BOTTLES! Lunch will be provided immediately after the clinic.

Location: Plattsmouth Soccer Complex, 1402 Bay Rd

Date: Saturday, Aug. 20*

Time: 9:30 a.m. to 12:30 p.m.

Fee: FREE

Registration for the free clinic begins at 9 a.m.

BRITISH SOCCER CAMP (3-16 years)

The British are coming! The Plattsmouth Soccer Club will be hosting the Challenger British Soccer Camp again this year.

Location: Plattsmouth Soccer Complex, 1402 Bay Rd

Date: July 25- 29, 2016

Fee: \$90 - \$142

Register online at www.challengersports.com

For more information contact Ben H. Smyth at

913-599-4884 ext. 271 or bhsmyth@challengersports.com

Register for camp by June 10 to receive a FREE replica jersey.

\$10 late fee applies to all camp registrations received after July 15.

**Date subject to change, please check website or Facebook page for more information.*

PIRANHAS SUMMER SWIM TEAM (5-18 yrs)

Improve all four swim strokes and have fun competing with kids your age!

Location: Twin Rivers Pool (practice/meets)

Dates: End of May through mid-July

Fee: \$65 first swimmer (ages 5-15); \$5 discount for each additional in family; \$25 for ages 15-18

Registration: All registrations take place at the Plattsmouth Community Center

Monday, May 9, 5:30 - 7:30 p.m.

Tuesday, May 17, 5:30 - 7:30 p.m.

Wednesday, May 25, 5:30 - 8 p.m. Parent Meeting to start at 6:30 p.m. in Senior Center

For more information: plattsmouthswim.weebly.com

WRESTLING

Curtis Gocke (402) 297-2226 or cgocke@pcsd.org for more information

'SPRAWLIN ON THE TURF' WRESTLING

3rd annual outdoor wrestling tournament and clinic for K-12.

Location: PHS football field, if bad weather wrestling will be held at PHS gymnasiums.

Date: June 3

Weigh ins: 4:30-5:45 p.m.

Wrestling Clinic Time: 5-6:30 p.m. (grades K-12)

Instructors: Dana Vote- Concorida University Seward NE; TJ Dudley - Nebraska Lincoln

Wrestling Tournament Time: 7 p.m. (grades 6-12)

Fee: Clinic \$15; Tournament \$15; Both- \$25

Registration by May 30, 2016

Late Registration & Walk ins welcome June 3

Contact: Curtis Gocke - cgocke@pcsd.org

BASEBALL/SOFTBALL PARENTS ASSOC.

www.pbpa.net for more information

Contact: Monica Olsen - mfolsen6@gmail.com

FOOTBALL

www.pjyjrdevils.com for more information

Contact: Joe Burgert - President - jwburgert@gmail.com

VOLLEYBALL

Contact: Marla Smith - msmith@pcsd.org

BASKETBALL

Contact: Chris Wiseman - cwiseman@pcsd.org

YOUTH BASKETBALL CAMP (grades 1-8)

Little Diggers CAMP

Location: Plattsmouth Middle School

Dates: June 1 & 2 (Wed & Thur)

Grade / Time / Fee:

Incoming K-4th / 8:30 a.m. - 9:30 a.m. / \$15

Incoming 5th-8th / 10 a.m. - 11:30 a.m. / \$20

Contact: Marla Smith - msmith@pcsd.org

'SPRAWLIN' ON THE TURF' VOLLEYBALL

Grades 9-12

Location: PHS Turf Football Field

Date: Friday, June 3

Time: 4 p.m.

Fee: Teams of 8 only \$80 per team

Contact: Marla Smith - msmith@pcsd.org

PLATTSMOUTH PUBLIC LIBRARY

Address: 401 Avenue A, Plattsmouth

Phone: 402-296-4154

Hours:

Mon -Thurs: 9 a.m.-8 p.m.

Friday: 9 a.m.-5 p.m.

Saturday: 9 a.m.-4 p.m.

Sunday: Noon-4:30 p.m.

Visit www.plattsmouthlibrary.org, our Facebook page ([facebook.com/pages/Plattsmouth-Public-Library/](https://www.facebook.com/pages/Plattsmouth-Public-Library/)), or call for more information.

FEES

Copies: b&w, 10 cents; color, 25 cents

Fax: \$1.00 first page, .25 cents each additional page

Clean CDs, DVDs: \$2/disc

Laminate: \$1.50/foot

SERVICES

If we don't have the item you're looking for, we can get it for you from another library for a nominal fee.

Not able to visit the library in person? You can download e-books and audiobooks to your own devices or, if you're homebound, you can call us to have items delivered to you (our Reading at Home, or RAH, program).

Video gaming is offered on a regular basis; call for hours. The library has a Wii and two Xbox machines.



UPCOMING PROGRAMS

Library programs are scheduled at least once a month and are always free. Dates and times will be announced on our website, in the library, and in the media.

- Steampunk for Simpletons - Thursday, May 12, 6:30 p.m.

- Facebook classes - Tuesdays, May 17 and 24, 6-7:30 p.m.

- Read to Capone - read to a dog on the second and fourth Mondays of each month, 4-5 p.m. Call the library to schedule a time.

- The Friends of the Library's next book sale is May 20-22. Donations are always accepted at the library.

- Computer classes are held regularly; call for dates and times or check our website.

- 1,000 Books Before Kindergarten is an ongoing program that rewards families who read to their children.

SUMMER READING PROGRAM

PreK to 6th Grade (completed)

"On Your Mark, Get Set ... Read!" is the theme of the program this year with plenty of fun activities planned!

Location: Plattsmouth Public Library

Dates: Tuesdays, June 7-July 12

Time: 10-11 am

Fee: Free

*No Registration Necessary

MOVIES @ YOUR LIBRARY (Free popcorn)

Location: Plattsmouth Public Library Auditorium

Dates: Wednesdays, June 8-July 27

Time: 1-3 pm

Fee: Free

CRAFT DAY

Location: Plattsmouth Public Library Auditorium

Dates: Thursdays, June 9-July 28

Time: 1-2 pm

Fee: Free

*No Registration Necessary

PRESCHOOL STORYTIME

Location:
Plattsmouth Public Library
Children's Area

Dates: Wednesdays and Thursdays, year round

Time: 10-10:30 am

Fee: Free

*No Registration Necessary





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www.plattsmouthbank.com**

PSB Plattsmouth State Bank

PLATTSMOUTH MAIN STREET ASSOCIATION

DESTINATION PLATTSMOUTH OUTDOOR ENTERTAINMENT

Location: Plattsmouth Entertainment Plaza
Dates: Most Friday and Saturday Evenings - subject to fair weather only
 (Visit www.plattsmouthmainstreet.com for final scheduling)
Start Times: June & Sept: 7 p.m.; Jul & Aug: 7:30 p.m. - show times vary in length
Fee: FREE family events.
 Donations accepted.
 Bring your own chairs.
Sponsored by: The Plattsmouth Main Street Association, The City of Plattsmouth, and numerous businesses from our community



DATES	DAY AND TIME	ENTERTAINMENT
April 23	Saturday	Plattsmouth Community Band
May 6	Friday	High School Jazz Bands
June 3	7-8:30 p.m. Friday	Zumba Dance Party with PCC
June 4	7-8:30 p.m. Saturday	Irish Dancers
June 10	7-8:30 p.m. Friday	Living Water Church Arts Team
June 11	7-9 p.m. Saturday	Grease Band - Cass County
June 18	7-9 p.m. Saturday	1st Nebraska Infantry Band
June 25	7-9 p.m. Saturday	Terry and Jonathan Little
July 2	7-8:45 p.m. Saturday	USAF Heartland of America Band
July 9	7:30-9:30 p.m. Saturday	Daybreak
July 16	7:30-9:30 p.m. Saturday	Sandy Creek Bluegrass
July 23	7:30-9:30 p.m. Saturday	The Bill Chrastil Show
July 29	6-9 p.m. Friday	Taste of Plattsmouth - Nate Bray
July 30	7:30-9:30 p.m. Saturday	Red Raven Orchestra
August 6	Saturday	TBD
August 13	Saturday	County Fair
August 19	8:45 p.m. Friday	Movie- Hotel Transylvania 2 with the PCC
August 20	7:30-9:30 p.m. Saturday	Shadow Ridge Band
August 27	7:30-9:30 p.m. Saturday	Butch E. & The Brass Cats
Sept 11-15	Thursday-Saturday	Harvest Festival Weekend TBD

RECREATION DEPARTMENT ADMINISTRATIVE STAFF

Michael Lennen: Director of Recreation
Elizabeth Van Wassenhoven: Aquatics and
 Childcare Director
Lori Lias: Member Services Manager
Fran Walsh: Group Fitness Coordinator
Carol Gray: Senior Center Director



Twin Rivers
Water Park



FREE SODA!



with the
purchase of
a hot dog

PLATTSMOUTH
recreation department



Whitney Larsen, RD, LMNT

Meet Our Dietitian at Hy-Vee

Whitney is here to help answer your questions and concerns about food, products, nutrition and health.

EMAIL: 1527Dietitian1@hy-vee.com | PHONE: (402) 298-7600

Hy-Vee. DIETITIAN

PERSONAL NUTRITION COUNSELING

Whitney will meet with you to develop a personalized plan to help you reach your health goals.

Whitney specializes in: Weight Loss • Heart Disease
 • Diabetes • Gluten-Free and Other Food Intolerances
 • Sports Nutrition • Maternal and Pediatric Nutrition

HEALTH SCREENINGS

Your dietitian, Whitney, can conduct blood pressure, cholesterol, body composition and metabolism screenings in-store or on location at your worksite.


COMMUNITY AND WORKSITE WELLNESS SERVICES

Whitney will come to your business or organization to conduct cooking classes, teach weight loss programs, provide health screenings, offer immunization clinics, or present on a nutrition topic.

Popular topics include: Weight Management

- Quick and Healthy Meal Ideas
- Kids' Nutrition • Super-foods and Food Trends
- Healthy Cooking Demonstrations

Filthiest Plays of the Week!




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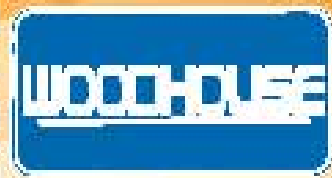
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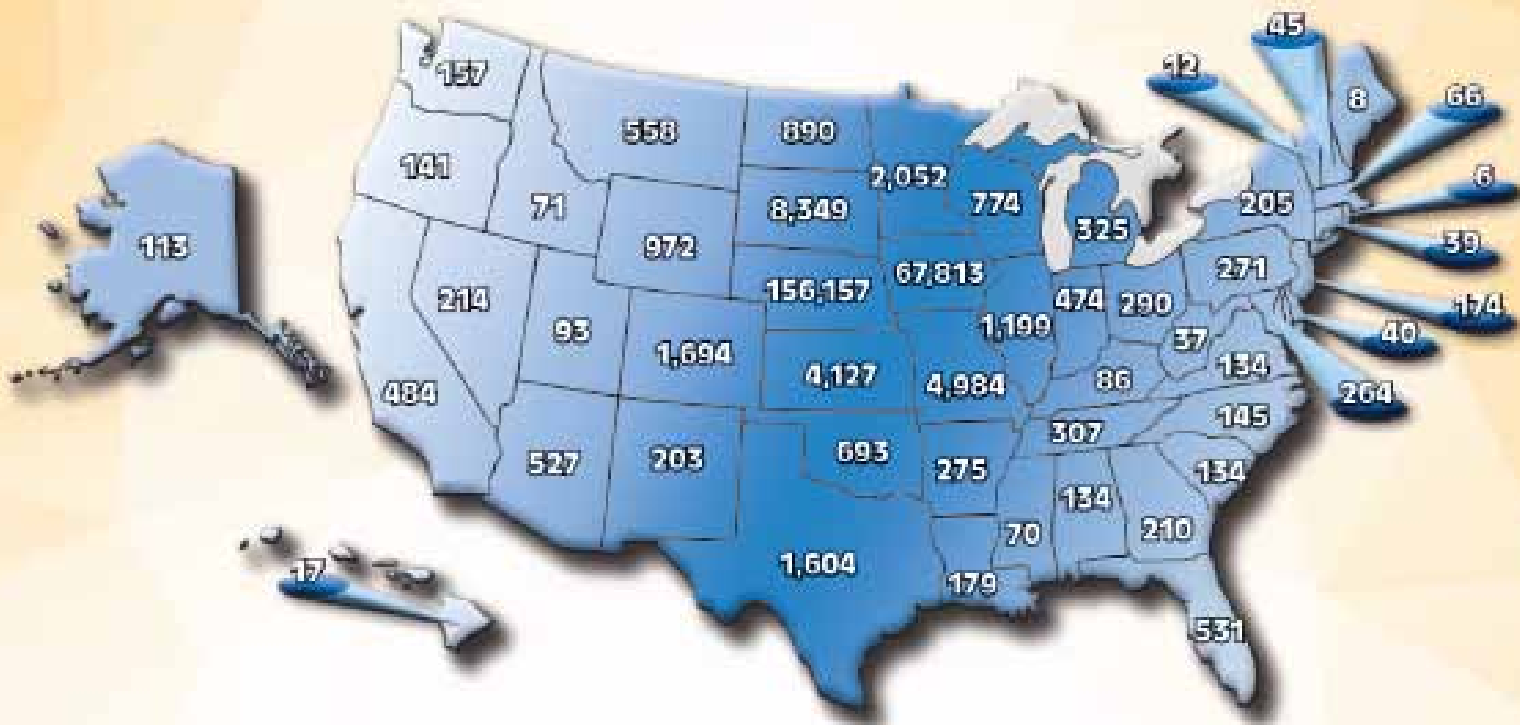
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