

October 17th, 2014

West Branch City Office  
319.643.5888

Park and Rec. Office  
319.930.0393

Public Library  
319.643-2633

# West Branch Parks and Recreation

## TOUGH MOTHER FITNESS STARTS OCTOBER 20TH!

Trainers Shawn Pierce, Jodi Yeggy, and Deb Fiderlein will focus is on muscular strength and endurance with some high intensity interval training.

**Time:** Mondays and Thursdays 6:00pm-7:00pm Wednesdays 7:00pm

**Dates:** October 20th-December 12th

**Location:** West Branch Town Hall @ 201 East Main Street

Register online at

<http://www.westbranchiowa.org/departments/programs>

*Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life. Author Unknown*

## PILATES WITH ANGELA

Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. Pilates' flexible system allows for different exercises to be modified in range of difficulty from beginning to advanced. It enhances core strength and brings increased reach, flexibility, sure-footedness, and agility.

**Time:** Thursdays 7:30pm-8:30pm

**Date:** October 2nd, 2014- January 8th, 2015

**Location:** West Branch Town Hall @ 201 East Main Street

**Payment:** 6 Week Session \$40 12 Week Session \$75 Checks are made to Angela Herren the first day of class. Drop in fee \$7.00 a class.

Register online at

<http://www.westbranchiowa.org/departments/programs>

## West Branch Trick or Treat



October 31st from 5:30-8:00pm.

## YOGA AND STRENGTH TRAINING

Yoga can be as much or as little as you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Whatever your reason for practicing, or your level of experience - we welcome you!

**Time:** Strength Training Mondays 8:30am-9:20am

**Yoga:** Mondays 9:30am-10:30am and/or Tuesdays 6:00pm-7:00pm

**Location:** West Branch Town Hall @ 201 East Main Street

**Payment:** Drop in fee \$7.00 a class

Register online at

<http://www.westbranchiowa.org/departments/programs>

## INDOOR WALKING STARTS NOVEMBER 5TH!

Take your walking or walking indoors this winter. All ages of walkers and runners welcome. Please bring clean shoes when you walk.

**Time:** 6:00pm-7:00 pm

**Location:** Hoover Gym

**Dates:** Wednesdays November 5th-March 14th. No walking on November 26th, December 24th, or December 31st.

**This is a drop in activity.**

**No registration required.**



Nothing kills a program faster than last minute registrations.

## PRESCHOOL-2ND GRADE BASKETBALL

REGISTRATION DEADLINE OCTOBER 23RD

### **VOLUNTEER COACHES ARE NEEDED!**

**Time:** 9:00pm Preschool( must be at least 4) -K division  
10:00am 1st-2nd grade division

**Dates:** November 1st, November 8th, November 15th and  
November 22nd.

**Location:** Hoover Gym

**Fee:** \$20 if you already have a Park and Recreation  
jersey or \$35 if you do not have a jersey.

Questions? Please contact Melissa Russell at  
Melissa@westbranchiowa.org.

**Register online at**

[http://www.westbranchiowa.org/departments/  
programs](http://www.westbranchiowa.org/departments/programs)

## CITY LEAF PICKUP

OCTOBER 13TH-DECEMBER 4TH

- ◇ Public works staff will pick up leaves Monday, Wednesday, and Friday. They will start on the East side and work West.
- ◇ City Crews are unable to get to all locations every collection day.
- ◇ If your leaves are not picked up for an entire week or if you have questions or concerns please contact West Branch City office at (319)643-5888.

*You can learn more about a man in an hour of play than in a lifetime of conversation." Plato*

## ANNUAL HALLOWEEN CHILI SUPPER AND COSTUME CONTEST

OCTOBER 31ST 5PM-8:30PM

WEST BRANCH FIRE STATION

Food will be served from 5pm-8pm.  
Choice of Chili, Broccoli Cheese Soup  
or Hotdog meal.

\$5.00 a meal or \$20.00 for a family.

To go meals are available.

Costume Contest starts at 8:00pm

Sponsored by West Branch Parks and Recreation,  
West Branch Public Library, West Branch Fire  
Department, West Branch Animal Commission,  
and West Branch Police Department.

## STRATEGIC PARK PLAN INFORMATIONAL NIGHT

OCTOBER 21ST

7:00PM

WEST BRANCH TOWN HALL

- ◇ Do you have questions about the upcoming park projects? What is the timeline for the 4 phases? What is included in each phase? What is the storm water management plan? How are the phases funded?
- ◇ If you have any questions regarding the upcoming Park Plans for Beranek, Wapsi Creek Park, Lions Field or the new complex located in the Pedersen Development please consider attending the informational nights.

**Please contact Park and Recreation Director Melissa Russell @ 319-930-0393 for further information.**