

Community Center Happenings

Spring 2018



Cooking Classes Available This Spring!

The Community Center has partnered with Chef Amber Moon to offer a variety of cooking classes this spring, including Big Chef Little Chef, an Adult Cooking Club and Date Night in the Kitchen.

Big Chef, Little Chef

6-7:30 p.m., Community Center

\$35/class; three classes for \$90

Fun, family-oriented cooking classes for adults, children and teens! If your child can stir, they can cook!

- February 6, 13, 20
- March 6, 13, 20
- April 3, 10, 17

Adult Cooking Club

5-8 p.m., Community Center

\$35/individual; \$60/couple

Concentrate on skills and techniques to help you cook foods that may be intimidating. Each class will focus on a theme with flavors from around the world and America.

- February 2
- March 2
- April 20

Date Night in the Kitchen

5-8 p.m. in Feb., March; 1-4 p.m. in April

Community Center, \$60 per couple

Join us in creating an intimate dinner for two. Each meal is geared toward adding flair to a dish.

- February 9, 23
- March 9, 23
- April 7, 21

www.cityoflavista.org/cookingclasses



Easter Egg Hunt and Food Drive

Saturday, March 31, La Vista Sports Complex Softball fields, 1/4th mile south of Harrison on 66th Street. Please come early to allow time to park and walk to the appropriate field. Staggered starting times. Ages 4 and under without parents (watch from the sidelines, kids only on the field), 10 a.m. Ages 4 and under with parents helping on the field, 10 a.m. Ages 5, 6 and 7 at 10:10 a.m. Ages 8, 9 and 10 at 10:20 a.m. Children may only participate in one age group. We will be collecting food and or cash donations for the Tri City Food Bank.

Arbor Day Celebration

Thursday, April 26, 10 a.m. at the La Vista Community Center. Join us for an outdoor story time and Arbor Day tree planting followed by Preschool Play Time in the Community Center gym. There will be a special gift to all children who attend.

Free Tax Help

February 1 – April 17, Tuesday, Thursdays and Saturdays, 9 a.m. – 1 p.m.; Wednesdays, 3 p.m. – 7 p.m., Community Center. Geared towards taxpayers with low-middle income with special attention to those ages 60 and older. No appointments, walk-ins only. To prepare for your visit, see the instruction sheet at the Community Center, or visit the City's website, www.cityoflavista.org/taxes.

Omaha Bead Affair

Saturday, April 14, 10 a.m.-5 p.m. and Sunday, April 15, 10 a.m.-4 p.m. **FEE:** \$3 admission at the door, Community Center. An event for jewelry makers and designers of all skill levels, from beginner to expert! Featuring vendors from all over the United States with an enormous selection of merchandise for you to choose from. Browse through gemstones, beads, jewelry findings, seed beads and more. There will be many local lampworking artists who create imaginative pieces of art that will be demonstrating and selling their work. In addition, classes will be available for all levels of jewelry making and lampworking. Visit www.OmahaBeadAffair.com for a current list of classes and vendors, and remember your coupon for \$1 off admissions!

Preschool Play Time

NEW HOURS Tuesdays, Thursdays, 10 a.m.-noon, Community Center gym. **FEE:** Free. Preschool ages and under. Zip around the gym on our tricycles and cozy coupe cars, play

preschool-sized basketball, kick balls or just run, jump and play with others! It's a great play date for kids and parents! (Please do not bring your own bikes, tricycles or scooters.)

Model Airplane License & Field Times

Flying times will be posted on the City's website, www.cityoflavista.org and Hobby Town U.S.A. La Vista Soccer Complex, ¼ mile south of Harrison on 66th street. **FEE:** \$30, non-residents \$40, includes 1 year license and Midwest Performance Flyers Club membership. Model airplane flying licenses may be purchased at the Hobby-Town, U.S.A. store. A.M.A. card required to purchase a license.

HEALTH AND WELLNESS

Unless otherwise noted, there are no age restrictions for these activities.

Indoor Walking

Monday, Wednesday, Friday, 8-10 a.m., Tuesday, Thursday 8-9:30 a.m., Community Center. **FEE:** Free. It is open to any La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference of other programs.

Zumba

Saturdays, 10-11 a.m., Community Center. **FEE:** \$6 per class or \$30 punch card. Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Ditch the workout and join the party! For more information contact April Clark via e-mail at aprilc0113@yahoo.com.

Yoga

Saturdays, 11 a.m.-noon, Community Center. **FEE:** \$7 per class (upfront fee of \$28 for four classes). Cash only. This class is designed for beginner and intermediate students focusing on breathing and relaxation techniques, stretching, joint and gland exercises, Hatha Yoga postures and stress management techniques. For more information contact Frank via e-mail at frankpferrante@gmail.com.

Racquetball and Walleyball

The La Vista Community Center has two courts. To reserve a court time call 402-331-3455. **FEE:** La Vista residents \$7 per hour, non-residents \$14 per hour.

Indoor Remote Control Model Airplane Flying

Mondays, 11:30 a.m.-1 p.m., Community Center gym. **FEE:** La Vista seniors free, adults \$3, non-residents senior \$2, non-resident adult \$4. Watch at no cost or bring your indoor plane and pay a small drop-in fee to fly. These lightweight planes will amaze you, as will the individuals who fly them.

Country Music Jam Session

First Sunday of the month through April, 1-4 p.m., Community Center. **FEE:** Free. Bring your instruments, voices and enthusiasm for a down home good time! Just sit back and listen or join the band.



Easy Breezy Fitness Class

Mondays, 9:30 a.m., Community Center. **FEE:** \$6 per class or purchase a punch card, 10 classes for \$50.

This class will work on strength, endurance, flexibility and balance. For more information and to register, contact certified fitness instructor Angi Herrik, 402-659-6854 or email aherrick7406@gmail.com.



Core DeForce Live

Wednesdays and/or Fridays, 6:30-7:30 p.m., Community Center. **FEE:** First session free, individual sessions \$7, loyalty cards available - \$40 for eight sessions. Core DeForce Live is a mixed martial arts fitness class. The training consists of three, 11-minute blocks consisting of three, 3-minute segments each. Each segment alternates with one minute of exercise and a 30-second spike to get your heart rate up. You do not have to be experienced in martial arts or have a high level of fitness and it is self-paced so everyone can adjust to their own fitness level. For more information, contact Brian Keller via e-mail at brian.keller.bu@gmail.com.

Register & Pay Online
www.cityoflavista.org/active



MARTIAL ARTS

Aikido

Mondays and Thursdays, 6-7 p.m. for children (ages 5-11), 7-9 p.m. for adults. **FEE:** children \$20; non-resident children \$25; adults \$30, nonresident adult \$35. For more information, contact Ron Christenham, 402-339-6124.

Ninjutsu

Saturdays, 9-11 a.m., Sundays, 4:30-6:30 p.m., Community Center. **FEE:** \$40 per month. This class covers Taijutsu (unarmed combat), Kenjutsu (sword combat), Bojutsu (staff combat), as well as improvised weapons. For more information, call 402-305-9210, or send an e-mail to info@sakuraomaha.com.

Kendo "Japanese Sword Fighting"

Thursdays, 10 a.m.-noon for 12 weeks, Community Center. **FEE:** \$50 per month. (swords are included) or \$135 for the full 12 weeks. Classes include two swords - the wooden Bokken and the bamboo Shinai. Students will learn the fundamentals of Kendo "the way of the Sword". For more information, contact Mark Porter, 402-715-0500, or via e-mail at learningkendo@cox.net.

Women's Self Defense Class

Fourth Tuesday of each month, 6-9 p.m., Community Center. **FEE:** \$50 per session. The self-defense classes are designed to instruct practical self-defense to women of all ages, sizes, and skill level. We will dispel common self-defense myths as well as teach you basic tips and techniques on how to avoid becoming a victim. Self-defense classes are a practical and easy approach to safety and empowerment. For more information, contact Claudia Brown-Jackman, 402-630-3169 or visit www.shuurindojo.com.

DANCING

Adult Ballroom Dance Lessons

Mondays, 7-8 p.m., Community Center, ages 16 and older. **FEE:** \$40 per 4 week session. Join as a single or couple, minimum of 6 people per class. In each four-week session, 2-3 dances will be taught. For more information, contact Terry Vargas, 402-639-2209.

Adult Belly Dancing Classes

Tuesdays, 5:30-6:30 p.m. for beginners, 7-8 p.m. for advanced, Community Center, ages 16 and older. **FEE:** \$20 per month. This is a continuing class where you will learn an art form and musical instrument (finger cymbals). Enjoy this form of dance that brings out your unique self-expression! For more information, contact Renee Patchin, 402-403-8943.

Square Dance Lessons

Sundays, 2 p.m., Community Center. **FEE:** \$50 per 5 week session. Square dancing is a great low impact aerobic exercise that burns a lot of calories while having fun dancing. For more information, contact Ken Young at 402-690-3020.

Fitness Center

The fitness center is equipped with dumbbells up to 50 pounds, and a Hoist multi-gym weight machine. For cardiovascular, our fitness room offers some of the finest, user-friendly, aerobic equipment available, including: treadmills, Airdyne bike, Precor upright bike, Nautilus recumbent bikes, a Cybex Arc cross trainer, Precor and Matrix cross trainers, and a Reebok Bodytrek cross trainer.

Hours of Operation

Monday - Friday:

Year-round, 8 a.m. - 9 p.m.

Saturdays:

September - April, 8 a.m. - 6 p.m.

May - August, 9 a.m. - 4 p.m.

Sundays:

September - April, 1 p.m. - 9 p.m.

May - August, Closed

Fees for the Fitness Room:

Resident adults (19+)..... \$3 per day

Non-Resident Adults \$4

(8:00 a.m. - 5:00 p.m., M-F only)

Senior resident (55+)..... Free

Senior non-resident..... \$2 per day

Punch cards:

Resident: \$50 for 20 punches

Non-Resident: \$35 for 10

Non-Resident senior: \$20 for 10

Resident Membership:

\$27 per month (includes exercise room, gym, racquetball/walleyball)

Our fitness room is for adult ages 19 and older. Anyone under the age of 19 years is not allowed in the fitness room to work out or observe.





COMMUNITY CENTER PROVIDES GATHERING PLACE FOR RESIDENTS

The La Vista Community Center, located at 8116 Park View Boulevard adjacent to City Hall, provides a variety of services and amenities for La Vista residents.

Built in 1995, the Community Center is home to the City's Recreation Department and offers amenities such as a fitness room, gymnasium, game room, meeting rooms and full kitchen, all of which can be reserved for special functions. La Vista residents receive special pricing on rentals of any of these spaces.

The Community Center is also home to the La Vista Senior Center as well as numerous special events throughout the year, including Halloween Safe Night and the Tree Lighting Celebration.

For more information about the La Vista Community Center, visit our website, www.cityoflavista.org/communitycenter, give us a call at 402-331-3455, or stop by for a tour!

Community Center hours of operation (please note: hours are different for adult and youth):

Mon. - Fri.:..... 8 a.m. - 9 p.m.
Sat. (Sept. - April):..... 8 a.m. - 6 p.m.
Sun. (Sept. - April):..... 1 p.m. - 9 p.m.

Adults Only

Mon. - Fri. (School year):.....8 a.m. - 3 p.m.

Adults and Youth

Mon. - Fri. (School year):..... 3 p.m. - 9 p.m.

Mon. - Fri. (Sched. days off):..... 1:30 - 9 p.m.

The Community Center will be closed on all major holidays.

FEES:

Resident Adults: \$3.00 Drop-In

Non-Residents Adults: \$4.00 Drop-In

**Resident Youth (Under 19): Free

Resident Seniors (55+): Free

Non-Resident Senior (55+): \$2.00 Drop-In

** (Non-Resident Youth not allowed in Center unless involved in a class or sport).

ATTENTION PARENTS: Snow days, not included in the above schedule, are considered the same as school days for youth (3 p.m.).



ALWAYS CHECK AT THE RECREATION CENTER FOR EVENTS THAT MAY NOT BE LISTED IN THIS NEWSLETTER. WE POST FLIERS OFTEN FOR SPECIAL EVENTS PLANNED AFTER THE NEWSLETTER IS PRINTED.

Please Note: The La Vista Recreation Department sends youth and adult sport registration information via e-mail only. If you have provided us with your e-mail address, you will receive a message each season when we open registrations. This information is also available by visiting the City's Web site, www.cityoflavista.org/sports and by visiting the La Vista Community Center.

YOUTH & ADULT SPORTS

Fees listed for residents then non-residents

BASEBALL

Season begins in April

Early Bird Registration Deadline: Feb. 24

Final Registration Deadline: March 10

*Practices will tentatively begin the week of April 2. Practices are held at coach's discretion during the week. Games will begin in May. Game days and locations vary and can be held during the week and on weekends.

***Start Date is Subject to change.**

Pony Baseball League

Ages: Boys ages 13/14 as of April 1.

FEES: Before February 25: \$85, non-residents \$105. After February 25: \$95, non-residents \$115

Bronco Baseball League

Ages: Boys ages 11/12 as of April 1.

FEES: Before February 25: \$75, non-residents \$105. After February 25: \$85, non-residents \$115

Mustang Baseball League

Ages: Boys ages 9/10 as of April 1.

FEES: Before February 25: \$65, non-residents \$85. After February 25: \$75, non-residents \$95

Yearling (Coach Pitch) Baseball League

Ages: Boys ages 7/8 as of April 1.

FEES: Before February 25: \$50, non-residents \$65. After February 25: \$60, non-residents \$75

COED T-BALL

Season begins in June

Early Bird Registration Deadline: April 28

Final Registration Deadline: May 12

*Practices will tentatively begin the week of May 28. Practices are held at coach's discretion during the week. Games will be played on Saturday morning's beginning in June at the La Vista City Park ball fields.

***Start date is subject to change.**

Ages: Boys and Girls ages 5/6 as of April 1.

FEES: Before April 28: \$45, non-residents \$60. After April 28: \$55, non-residents \$70

SOFTBALL

Season begins in April

Early Bird Registration Deadline: March 10

Final Registration Deadline: March 24

*Practices will tentatively begin the week of April 9. Practices are held at coach's discretion during the week. Games will begin in May. Game days are Friday evenings and Saturday mornings/afternoons.

***Start Date is Subject to change.**



13-18 Year Old Softball League

Ages: Girls ages 13-18 as of April 1.

FEES: Before March 10: \$110, non-residents \$140. After March 10: \$120, non-residents \$150

Bronco Softball League

Ages: Girls ages 11/12 as of April 1.

FEES: Before March 10: \$75, non-residents \$105. After March 10: \$85, non-residents \$115

Mustang Softball League

Ages: Girls ages 9/10 as of April 1.

FEES: Before March 10: \$65, non-residents \$85. After March 10: \$75, non-residents \$95

Pinto Softball League

Ages: Girls ages 7/8 as of April 1.

FEES: Before March 10: \$50, non-residents \$65. After March 10: \$60, non-residents \$75

ADULT SOFTBALL LEAGUE

Games tentatively start on April 8

Leagues: Coed, Men's and Double-Header Men's. **FEES:** Coed & Men's: \$215 (separate \$40 check, forfeit deposit fee). Double-Header: \$420 (2 separate \$40 checks, forfeit deposit fee). **(Registration Period)** Registration will run February 1 through March 24 or until leagues are full. Coed Leagues will be held on Sunday and Friday evenings. Men's League will be held on Sunday, Tuesday & Friday evenings. Double-Header Men's League will be held on Thursday evenings.

YOUTH SOCCER

Seasons begin in April

Early Bird Registration Deadline: March 3

Final Registration Deadline: March 17

Coed Soccer Clinic

Ages: Boys and Girls age 3 as of April 1.

FEES: Before March 3: \$17, non-residents \$22. After March 3: \$27, non-residents \$32

The soccer clinic is comprised of 5 one hour sessions to be held on Saturday

mornings from 11:30 a.m.-12:30 p.m. at the La Vista Community Center starting on April 7 and ending on May 5. This is a parent participation clinic designed to teach the basic fundamentals of soccer while having fun.

***Clinic is limited to 15 participants.**

Soccer Academy and League

Focusing on different soccer skills to develop each player with individual attention and maximum ball touches. Sessions are twice a week for five weeks - academy training/practices Tuesdays with games on Saturdays.

The 4 & 5 Soccer Academy and 6 & 7 League will begin on Tuesday, April 3 and end on Saturday, May 5. The Academy will meet on Tuesdays 5:30-6:30 p.m. and the League 6:30-7:30 p.m. On Saturdays, the Academy will meet 9-10 a.m. and the League 10-11 a.m. All sessions will take place at the La Vista Sports Complex.

Academy

Ages: Boys and Girls ages 4 and 5 as of April 1.

FEES: Before March 3: \$33, non-resident \$53. After March 3: \$43, non-resident \$63

League

Ages: Boys and Girls ages 6 and 7 as of April 1.

FEES: Before March 3: \$33, non-resident \$53. After March 3: \$43, non-resident \$63

SPRING FLAG FOOTBALL

Seasons begin in April

Early Bird Registration Deadline: March 3

Final Registration Deadline: March 17

*Practices will tentatively begin the week of April 2. Practices are held at coach's discretion during the week. All games will be played on Saturday mornings/afternoons at the La Vista Sports Complex beginning on April 14 and ending on June 9. ***Start date is subject to change.**

Ages: k-6th grade as of spring 2017.

FEES: Before March 3: \$33, non-residents \$53. After March 3: \$43, non-residents \$63



LA VISTA SENIOR ACTIVITY CENTER

La Vista Senior Activity Center

The La Vista Senior Activity Center, located in the Community Center, offers friendship, food, fitness, field trips and many more fun activities. Bring a friend or come join others for a homecooked meal on Monday through Friday. The suggested contribution amount for the meal is \$3.50 for adults over 60 years of age. To participate, call or sign-up at the La Vista Community Center to reserve your meal by noon the business day before you intend to join us for lunch. Be sure to look at the other activities. You may want to come early or stay late! The meal program is sponsored by ENOA, and catered by Treat America. Visit our website, www.cityoflavista.org/seniorcenter, for the monthly senior newsletter, and to look at scheduled activities/trips and lunch menus. For more information contact David Karlson, 402-331-3455.

Special Services Bus

Available for senior citizens age 60 and older and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m.- 4:30 p.m., including a second bus Tuesdays and Thursdays. The service does not operate on City of La Vista declared holidays or when Papillion-La Vista or Ralston schools are closed due to weather conditions. For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455 or visit us online at www.cityoflavista.org. For reservations, call 402-657-3550 at least 48 hours in advance. We make every effort to accommodate, but due to prior scheduling, we may not be able to help everyone at their requested times.

Senior/JOY (Just Old Youth) Center Activities (55 and up)

Senior Color Book Club

Join us to explore your creative side on Mondays 10:30-11:15 a.m.

Book Time for Grown ups

Fridays, 10 a.m., Community Center. Come and listen to an assortment of stories and poems.

Drop-In Quilting Group

Wednesdays, 9-11:30 a.m., Community Center. Come quilt with us! Beginners are welcome, including those who have quilted before and/or anyone who is interested in learning how to quilt. If you have quilted in the past, bring your unfinished projects! Other sewing projects are always welcome as well!

Tai Chi for Balance

Tuesdays and Thursday, 10:45 a.m., Community Center. **FEE:** under age 60 mandatory \$1 per week; age 60 and over \$1 per week suggested contribution. Tai Chi is a series of rhythmic, slow, coordinated and gentle movements. Tai Chi means great energy, because it helps the energy to flow through your body. It improves balance, flexibility, strength, posture, osteoporosis, strengthening your heart, lungs and circulatory system, coordination, deep breathing, mood and calmness. This Tai Chi class is moving for balance Tai Chi or Tai Chi 8, with eight different movements.

Bingo

Mondays and Fridays, 12:30-1:30 p.m., Community Center. **FEE:** 25¢ per card, four card max. Unless noted there will be no bingo on days when there is a scheduled speaker or other entertainment, please see our monthly newsletter for more details at www.cityoflavista.org/seniors.

Chair Volleyball

Wednesdays and Fridays, 10:30-11:15 a.m., Community Center. **FEE:** Free. Fast and fun paced game played with a beach ball while sitting in a chair.

Afternoon Movie Outings

Last Tuesday afternoon of the month. **FEE:** \$2 per movie. Join us for a trip to the Westwood Cinema 8 movie theater. Space is limited on the bus and pre-registration is required. Movie and departure times announced on the previous Friday afternoon.