

what'shappening fall 2016



Just 4 Kids Garage Sale!

Friday, September 9, 5:30-8:30 p.m.
and Saturday, September 10, 8:30
a.m. -12:30 p.m., La Vista Community
Center gym. Attention parents and
grandparents...clean out your closets,
go through your toy boxes, and clean off
your book shelves! Take this opportunity
to sell gently used or new toys, books,
clothes, bedding, accessories, and other
baby/child/teen related items. All items
for this sale must be baby/child/teen
oriented. No exceptions!

We provide tables, chairs and
advertising. You provide the stuff to sell
and keep all profits! Families wishing to
rent a space must register and pay a \$5,
non-refundable fee. Each space includes
one seven-foot table and two chairs.
Multiple spaces may be purchased for
an additional fee. Space is limited to 30
sellers! Set up will take place on Friday,
September 9, 3-5:30 p.m.

Registration Deadline is September
1st, or until full. Don't delay, Register
today! Sellers are responsible for pricing
and selling their own merchandise,
providing their own change during the
sale, and removing unsold merchandise
from the premises once sale is over.
Tables may not be left unattended
during garage sale hours.

Family "Net Night" in the Community Center Gymnasium

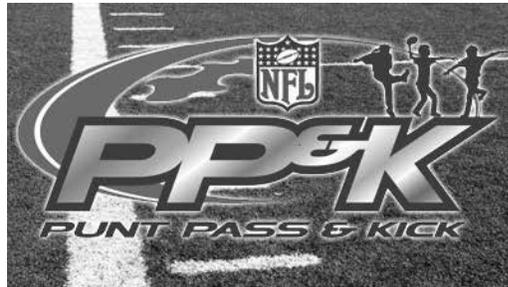
Wednesday, August 17, 6-8 p.m., Community Center gym. We will set up a volleyball net, wallyball and pickleball nets and participants can give each sport a try! This is a great opportunity for families to spend some time together, get out of the house, and run off some steam! All equipment will be provided. Pre-registration not required; just show up ready to play!

Pick-a-Park Preschool Storytime

Monday, August 22, 10 a.m. Camenzind Park (7120 Woodlane Drive).

Jedi Knight Training

Saturday, August 27, 10:30 a.m. - noon, Community Center gym. **FEE:** Free. Jedi training obstacle course, crafts and fun. Ages 5-10.



Punt, Pass and Kick

The Recreation Department has teamed up with Sarpy County Tourism and the Papillion-La Vista Optimist Club to offer a Punt, Pass & Kick competition on Saturday, September 24, 3:30 p.m. at the La Vista Sports Complex.

The NFL PUNT, PASS & KICK (PPK) program is a national skills competition for boys and girls between the ages of 6 and 15 to compete separately against their peers.

Girls and boys in five separate age divisions (6-7, 8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking in a fun and engaging forum. The PPK program is free to every child who wants to participate!

Registration is FREE and can be done online at www.nflppk.com or in person the day of the event!

Tween Adventure Series

Our Tween Adventure Series is geared toward boys and girls ages 9-12. Each event will have its own theme that leads our adventure! The program is free to all 9-12 year olds living in La Vista.

August 17, 4-5 p.m., Community Center, Hot Wheels Drag Racing

October 19, 4-5 p.m., Frogwarts School of Magic. Wand Making Presented by Master Wand maker Warty Ollivander, distant cousin of Garrick Ollivander renowned wand maker located in Diagon Alley in Great Britain, "Makers of Fine Wands since 382 B.C." and proud Ravenclaw Alumni! Supplies are limited, please call the Community Center, 402-331-3455, to reserve a spot.

Fall Kite Festival

Sunday, October 9, noon-4 p.m., La Vista Soccer Complex. **FEE:** Free. Bring the whole family for an afternoon of kite flying fun. The American Kite Fliers Association and the La Vista Recreation Department invite you to Go Fly a Kite! Come see some of the World's largest and most creative kites. Bring a kite to fly and remember kids to bring a bag for the Kite Candy Drop.

Preschool Play Time

Tuesdays and Thursdays, 10-11 a.m., 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.)

Special Preschool Playtime dates:

Craft days: Tuesday, August 30, 10 a.m. and Thursday, September 22, 10 a.m.
Halloween costume egg hunt: Thursday, October 27, 10 a.m.



Model Airplane License and 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.

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.

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.



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 Wren Newman, 402-596-1397.

YOUTH & ADULT SPORTS

Fees listed for residents then non-residents

YOUTH SOCCER

Season begins in September
Early Bird Registration: August 6
Registration Deadline: August 20

Coed Soccer Clinic

Ages: Boys and Girls age 3 as of August 1
FEES: Before August 6: \$17, non-residents \$22. After August 6: \$27, non-residents \$32

The soccer clinic is comprised of 5 one hour sessions to be held on Saturday mornings from 10:30 AM - 11:30 AM at the La Vista Community Center starting on September 10 and ending on October 8. 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 & 6/7 League will begin on Tuesday, September 6 and end on Saturday, October 8. The 4/5's meet on Tuesdays from 5:30 PM - 6:30 PM; 6/7's from 6:30 PM - 7:30 PM. On Saturdays, the 4/5's meet from 9:00 AM - 10:00 AM; 6/7's from 10:00 AM - 11:00 AM. All sessions will take place at the La Vista Sports Complex.

Academy

Ages: Boys and Girls ages 4 and 5 as of August 1. **FEES:** Before August 6: \$33, non-resident \$53. After August 6: \$43, non-resident \$63

League

Ages: Boys and Girls ages 6 and 7 as of August 1. **FEES:** Before August 6: \$33, non-resident \$53. After August 6: \$43, non-resident \$63

Coed Youth Volleyball

Season begins in October
Early Bird Registration: August 27
Registration Deadline: September 10

*Practices will tentatively begin the week of September 26. Practices are held at coach's discretion on Sunday - Friday evenings with no practices on Wednesdays. All games are held on Saturday mornings/afternoons beginning in October. *Start Date is Subject to change.

Ages: Boys and Girls grades 3-6 as of fall 2016
FEES: Before August 27: \$33, non-residents \$53. After September 10: \$43, non-residents \$63

Adult Softball League

Games tentatively start on August 21.

Leagues: Coed, Men's and Double-Header.

FEES: Coed & Men's: \$120 (separate \$50 check, forfeit deposit fee). **Double-Header:** \$235 (2 separate \$50 checks, forfeit deposit fee). Registration Deadline: Registration will run May 16 through August 6 or until leagues are full. Coed League will be held on Sunday & Friday evenings. Men's League will be held on Sunday, Monday, Tuesday & Friday evenings; Double-Header League will be held on Thursday evenings.

Women's Volleyball League

Registration Deadline: September 17 or until league is full

Matches are held on Wednesday evenings at the La Vista Community Center tentatively beginning on October 4. Ages: Must be 18 years old and out of High School. **FEES:** Women's League: *\$110 per team (separate \$20 check, forfeit deposit fee). \$10 cash per game paid directly to the officials before game start. *A late fee of \$10 if registered after September 17.

BASKETBALL

Seasons begin in January

Youth Basketball League

Early Bird Registration: November 5
Registration Deadline: November 19

*Practices will tentatively begin the week of December 12. Practices are held at coach's discretion on Sunday - Friday evenings with no practices on Wednesdays. All games are held on Saturdays for 3-4 grade with the potential of Friday evening & Saturday/Sunday afternoon games for 5-8 grade. Games will begin in January and end in March. *Start Date is Subject to change.

Ages: Boys and Girls, 3rd - 8th grade as of current school year. **FEES:** November 5: \$55, non-residents \$65. After November 5: \$65, non-residents \$75

Co-ed Youth Basketball Clinic

Early Bird Registration: December 17
Registration Deadline: December 31

*The basketball clinic is comprised of 5 one hour sessions to be held on Saturday mornings from 9:00 AM - 10:00 AM at the La Vista Community Center starting on January 14 and ending on February 11. Participants will learn the basic skills of dribbling, passing, shooting, teamwork and fun! *Start Date is Subject to change.

Ages: Boys and Girls, 1st - 2nd grade as of current school year. **FEES:** Before December 17: \$17, non-residents \$22. After December 17: \$27, non-residents \$32.



HEALTH AND WELLNESS

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

Indoor Walking Club

Monday/Wednesday/Friday, 8-10 a.m., Tuesday/Thursday 8-9:30 a.m., Community Center. **FEE:** Free. The Walking Club 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 aprilc01@yahoo.com.

Yoga

Saturdays, 1-2 p.m., Community Center. **FEE:** \$7 per class (upfront fee of \$24 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

The La Vista Community Center has two courts. To reserve a court time call 402-331-3455. **FEE:** La Vista residents \$7/hr., non-residents \$14/hr. If you are interested in learning the game of racquetball or improving your game, contact AmPro certified advanced instructor, Dave Duscher, 402-980-5646 or via e-mail at jamnram1@msn.com.

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 Bodytek cross trainer.



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., 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"

Wednesdays, 6-7:30 p.m. 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.

What do you think about
our Recreation
programs?

How can we improve?

Tell us what you think by
taking our Recreation
survey!

[www.cityoflavista.org/
recreationsurvey](http://www.cityoflavista.org/recreationsurvey)

Help us say 'Farewell' to La Vista Falls

La Vista Falls Golf Course will be closing on September 30.

To celebrate the years of memories, we will be offering a free day of golf to anyone who would like to play the course one more time.

Saturday, September 17

One free round of golf per person only on the date mentioned above.
FootGolf is excluded from this offer.

Tee times will be filled on a first come, first served basis.
Calling ahead is the preferred method of reserving a tee time.

For more information, call the clubhouse, 402-339-9147.

La Vista Falls Golf Course

Nestled in a valley below 84th Street in the heart of the City, La Vista Falls features finely mowed fairways, lush greens and elevated tee boxes amidst trees, small lakes and streams.

Affordability and flexibility are what makes La Vista Falls perfect for nearly every type of group outing. The course's wide-open format ensures you won't feel crowded, even with the biggest group. A wide variety of concessions and equipment are available from the clubhouse. After your outing, relax on the patio and enjoy the view. Openings are available for family, company, school and night time golf outings.

FootGolf

If golf's not your game but you love to do activities with your entire family, come play the newest sport in the Omaha area, FootGolf. This game is fun for all ages and skill levels and all you need is a soccer ball!

We have changed and updated our FootGolf course layout and have lowered our fees. The cost of nine holes of FootGolf is now \$8. You can use your own soccer ball or you can rent one of ours for \$2.

FootGolf will be played on Monday and Wednesday afternoons from 1 to 4 and Sundays from 4 p.m. to dark.

FootGolf is a combination of the popular sports of soccer and golf and is for everyone regardless of age and soccer or golf skill level. The game is played with a regulation soccer ball at a golf facility on shortened holes with 21-inch diameter cups. The rules largely correspond to the rules of golf.

For additional information on FootGolf or to set up a FootGolf tee time or outing, please call 402-339-9147.

Did you know now you can request a tee time online? Visit the City's web site, www.cityoflavista.org/teetime to request a specific time and even specify how many will be coming with you. When your request is received at the clubhouse, we will send you an email with confirmation of your tee time and then you're set to go!

2016 Green Fees:

(March through September)

Adult-16 and over, Junior-15 and under,
Senior-55 and over.

9-hole weekdays (adults)	\$11
9-hole weekends (Sat-Sun adults).....	\$13
18-hole weekdays (adults).....	\$17
18-hole weekends (Sat-Sun) (adults)....	\$19
9-hole weekdays (Jr/Sr).....	\$8.50
9-hole weekends (Sat-Sun) (Jr-Sr)....	\$10.50
18-hole weekdays (Jr/Sr)	\$13.50
18-hole weekends (Sat-Sun) (Jr/Sr)	\$15.50

Pull Carts	\$2.50
Electric Carts (9-hole) per rider.....	\$7
Electric Carts (18-hole) per rider.....	\$11



The La Vista Senior Center celebrated the Independence Day holiday with a special potluck. Mayor Kindig visited with the group and gave them an update on the 84th Street Redevelopment project as well as the Nebraska Multisport Complex.

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 Mondays, Wednesdays, and Fridays. 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 Valley Food Service. 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 Program Coordinator Rich Carstensen, 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.

Drop-In Quilting Group

Come Quilt with Us! Wednesday's mornings from 9:00am-11:30am at the La Vista Community Center. 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! Come socialize and work on your works or art! For more information, contact David Karlson at 402-331-3455.

Red Hat Society

La Vista's Red Hat Society will meet the second Wednesday of the month at 1 p.m. at the La Vista Community Center. For more information, contact Bobbette, 402-390-0478.

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.