

AQUATICS UPDATES

Lap Pool Renovation!

We are excited for the Lap Pool and the Dive Well to get a much needed face-lift. Here's what is involved

- Resurfacing the pool shells
- Testing the gutters and piping systems for leaks and making any necessary repairs
- Repairing the stainless-steel gutters, steps and railings
- Performing regular annual maintenance and cleaning

The Lap Pool and Dive Well will reopen 6 a.m. Saturday, April 6.

Note: The Water Park and whirlpool will remain open during the renovations.

No School? Head to the Pool!

When school is out in ISD 199, our Indoor Water Park is open from Noon-7:30 p.m. It's FREE for members to use!

- Fri., March 8
- Mon.-Fri., March 25-29

SPRING BREAK

March 25-29

We will have extended hours for Spring Break fun at the Community Center for open swim, open skate and open hockey!

These amenities are included in your membership, which means they are FREE for you to use. Your kiddos must have a membership, also, to enjoy these amenities free.

Rates below are for daily admission if you bring guests. But remember, you also have complimentary guest passes with your membership!

Schedule:

Open Skate: 11 a.m.- 1 p.m.

Fees: Ages 17 & younger: \$4
Ages 18 and older: \$5

Open Swim (Water Park Only):

Noon-7:30 p.m.
Fee: \$6/person

Open Hockey:

Ages 13-17: 2:50-4:10 p.m.
Fee: \$6/person

Ages 6-12: 4:20-5:50 p.m.
Fee: \$6/person



FITNESS UPDATES

Specialty Classes



Looking to spice up your workout routine or start working out? New sessions coming in April include:

Stand Up Paddleboard

Gain confidence and practice centering on a board. Classes begin the week of April 16.

Tues. and Thurs.: 8-8:50 p.m.
Fri. and Sun.: 10:30-11:20 a.m.
Fee: \$65/members

Pre-Teen & Teen Instafit Classes

Instafit is specially designed fitness for ages 8-14 to increase balance, endurance, speed, agility and strength using cardio, resistance and core exercises.

Dates: Tue./Thu. April 4-30;
6:30-7:20 p.m.
Fee: \$35/members

Back to Balance

Improve your balance.

Mon./Wed. April 3-29; 1-1:50 p.m.
Tue./Thu. April 4-30; 11-11:50 a.m.
Fee: \$39 members

Spring Break

Specialty classes will not run during the week of March 25. Classes resume Sunday, March 31.

Register at Guest Services, by calling 651-450-2480 or online at: invergroveheights.org/register

HIGH TRAFFIC DAYS

During the following days, a higher volume of traffic is anticipated at VMCC. On these days, you can park on Barbara Ave. or Babcock Trl.

Saturday, March 9

Perfectly Unique Craft Show

March 25 - March 29

Spring Break



Looking for a great place to work that has flexible hours and an environment that encourages fun while getting paid?! Then look no further! IGH Parks & Rec is hiring seasonal staff! [Apply online!](#)

SWIM LESSONS

Summer Swim Lessons

Summer Swim Lessons will begin in June. Swim lessons are offered for ages 6 months to adults, with a 1 to 6 ratio.

Visit the Aquatics website to view lesson descriptions:

www.invergroveheights.org/swimminglessons

Register now to save your spot, lessons fill up fast!

Fee: \$59/member;
\$65 non-member

UPCOMING EVENTS

Free Blood Pressure Check

Get your blood pressure checked for free on Friday, March 15 from 9:30-11 a.m. in the lobby of

The Grove Aquatic & Fitness Center.

Provided by HealthEast



Spring Egg Hunts

All hunts are FREE! And held Rain or Shine!

Must pre-register to participate!

www.invergroveheights.org/register



Aqua Egg Hunt

Swim and dive for eggs and then trade them in at the end of your hunt for an awesome goody bag! We will have 2 waves of hunts. Limited to 50 swimmers per wave.

Date: Sun, April 7: 10-11 a.m.; 11 a.m.-Noon

Location: VMCC, Lap Pool

Traditional Egg Hunt (ages 3-10; accompanied by an adult)

Hop on over to **Rich Valley Athletic Complex** and join us for some egg-citing fun. Kids will enjoy scrambling all over to collect their eggs.

Date: Sat, April 13: 1 p.m.; 1:10 p.m.; 1:20 p.m.

Flashlight Egg Hunt (ages 10-13; accompanied by an adult)

Join us at **Rich Valley Athletic Complex** for an exciting twist to an old tradition! This adventure takes place at night and you only have your flashlight to guide you.

Date: Sat, April 13: 8:30 p.m.

Summer Registration Kick-Off

Saturday, March 9 - All day

www.invergroveheights.org/register

We're kicking off summer in a big way! Register online for summer youth programs and you'll be entered into a drawing to win one of two \$50 gift cards to be used for Parks & Rec programs.



Scan the above code with your Smart Phone camera to open our online registration website.

City of Inver Grove Heights Parks & Recreation
8055 Barbara Avenue E.
Inver Grove Heights, MN 55077
www.invergroveheights.org/communitycenter |
651-450-2585 | 651-450-2480

