



Northwest Iowa
Community College

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NEWS RELEASE

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when received.*

Northwest Iowa Community College Announces the Grand Opening Celebration for the Northwest Iowa Lifelong Learning and Recreation Center

Northwest Iowa Community College is excited to host a week of grand opening celebration festivities for the new Northwest Iowa Lifelong Learning & Recreation Center (LLRC) the week of August 29 – September 1st. NCC partnered with the City of Sheldon, Sanford Sheldon Medical Center, and many other friends and supporters to make this outstanding facility a reality. We hope to serve and meet the wellness needs of residents of Northwest Iowa.

Many activities have been planned for the week long celebration. There are classes you can attend for free with topics that include everything from nutrition, zumba, and kettlebells. Activities scheduled for the week long celebration include:

Monday, August 29th

Student Day at the LLRC

Student Tours

Kick off Student Wellness Challenge

9:00 AM Thunder Games

12:00 noon Thunder Games

3:00 PM Thunder Games

4:00-8:00 PM Co-ed Volleyball Tournament

Tuesday, August 30th

Community Day at the LLRC

Free classes offered to community by Continuing Ed Group Fitness Instructors

4:30 PM Boot Camp

5:00 PM Pilates

5:30 PM Zumba

6:30 PM Strength Training

7:00 PM Core

7:30 PM Ballistic Strength

Wednesday, August 31st

Community Day at the LLRC

Community tours

8:30-11:30 AM Senior Citizen morning including breakfast, education sessions, and Bingo

8:45 AM Healthy Choices for 55 and Above

9:45 AM Strength Education Session

10:45 AM Balance Education Session

4:30-7:30 PM Grand Opening supper and games including Pork Producers supper, tours, shot clock basketball games and prizes

Thursday, Sept. 1st

Bring A Friend to the LLRC Day for current LLRC members

Education Sessions including exercise, nutrition, and holistic wellness

10:00 AM Food to Promote Weight Loss

3:30 PM Super Foods to fight Disease

7:30 PM active At Any Age

Free classes offered to community by Continuing Ed Group Fitness Instructors

12:00 noon Circuit Training Class

4:30 pm Yoga

5:00 PM Kettlebells

5:30 PM Kettlebells

Friday, Sept. 2nd

Chamber of Commerce Day with City of Sheldon and area Chamber members

9:30 AM Chamber coffee

10:00 AM Welcome to Dr. Alethea Stubbe the 9th president of Northwest Iowa Community College

10:30 LLRC Ribbon Cutting

Greta M. Giese, Coordinator of the Lifelong Learning and Recreation Center, commented, "It is our pleasure to offer a safe, clean, and friendly environment for our students and community members to gather and focus on the pursuits of lifelong learning, recreation, and wellness. The grand opening celebration week is a great time for people to try new things and see if they like them. Have you heard of Zumba or Kettlebell classes and you would like to try it before signing up for an entire series of classes. Stop out and try a class on us and see if it is a good fit for you in your pursuit of wellness. The LLRC will be a source of wellness and recreation information, and we look forward to serving you in the future for all of your fitness and recreation needs."

The LLRC opened on June 15, 2011. This state-of-the-art facility includes:

- Matrix cardiovascular equipment
- Matrix and Troy strength training equipment
- An aerobic/multi-use room to house a variety of fitness classes, events, and activities
- Indoor walking/running track
- Basketball, volleyball, and tennis courts
- Locker-room and shower amenities
- Towel service
- Kitchen and concessions capabilities
- Free WiFi
- Vending machines
- On-Site parking
- And most importantly a welcoming environment for participants of all ages and abilities

For more information about the Northwest Iowa Lifelong Learning and Recreation Center, please email us at llrc@nwicc.edu or call 324-2493, (800) 352-4907 ext.152. You can also sign up and pay for your membership online at <http://www.nwicc.edu/recreation-center/>. Or go to www.nwicc.edu and click on Recreation Center.

Membership costs:

| | Yearly | Monthly |
|-----------------------|---------------|----------------|
| Single | \$240 | \$30 |
| Couple | \$360 | \$45 |
| Family | \$400 | \$50 |
| Student (grades 7–12) | \$208 | \$26 |
| Senior (65+) | \$208 | \$26 |
| Senior Couple | \$344 | \$43 |
| Walker's Club–Single | \$144 | \$18 |
| Walker's Club–Couple | \$224 | \$28 |

Day Pass — \$5

**For information on discounted membership rates for local businesses and facility rental information contact Greta Giese, Coordinator.*

Hours

Monday–Thursday 5:00am–10:00pm

Friday 5:00am–8:00pm

Saturday 8:00am–3:00pm

Sunday 3:00pm–10:00pm

Summer Hours*

Monday–Friday 5:00am–8:00pm

Saturday 8:00am–1:00pm

Sunday Closed

***Memorial Day–Labor Day**