Leisure Times
Summer Brochure 2022
1452 29th Street
West Des Moines, IA 50266
(515) 262-8888
Time to register for the Summer 2022 Leisure/Recreation programs offered by LINK LEISURE SERVICES!
We will provide a variety of seasonal activities that promote independent leisure lifestyles.
Please read through this brochure carefully and make yourself familiar with Link’s registration and program guidelines!

**LINK LEISURE HOTLINE**

For program information, updates, and weather related cancellations, utilize the Link Leisure Hotline!
Individual calls will not be made to participants!

**Call: 262-8888 Option #4**
**After 4:30 pm!**

**LINK ASSOCIATES WEBSITE:**

For more information about Leisure Services, log onto Link’s website at:

[www.linkassociates.org](http://www.linkassociates.org)

To locate Leisure Services information:
* Click on Services on the homepage
* Click on Leisure Services

Leisure Hotline Updates can be found on the Home Page under Information.
ACKNOWLEDGEMENTS

Link Associates Leisure Services would like to thank the following:

- West Des Moines Parks and Recreation Funding Support
- Stowe Ropes Course - Program Support & Facility Usage
- Hailey Cole - Program Support
- Clive Aquatic Center - Facility Usage
- United Way of Central Iowa - Funding Support
- Knights of Columbus - Funding Support
- Bowlerama - Facility Usage
- University of Iowa Therapeutic Recreation Program
- MVP Sports - Facility Usage
- Special Olympics - Athletic opportunities and Trainings
- Krave Gym - Program Support
- Warrior Run Golf Course - Program Support & Facility Usage
- Melody & Kolby Cook - Program Support

The many Volunteers that help make our programs successful; we couldn’t do it without you!!
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>S.O. Softball 5:30 pm – 8:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td>Spinners: National Balloon Classic 6:00 pm – 10:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physicals Due For Special Olympic Volleyball</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Last Day To Register Special Olympic Volleyball</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pool Party: Ode to Summer 6:30 pm – 8:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>S.O. State Softball</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pool Party: Ode to Summer (Rain Date) 6:30 pm – 8:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td>Spinners: Iowa State Fair 5:00 pm – 9:30 pm</td>
<td>Club Travel: Lost Island Water Park 8:30 am – 5:30 pm</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>S.O. Volleyball Assessments 5:30 pm – 6:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Spinners: Movie Night 6:00 pm – 9:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td>S.O. Flag Football 6:00 pm – 7:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td>CAC: Upcycled Glass Jars 6:00 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td>New Adventures Wacky Water Day Camp 9:00 am – 2:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>S.O. Volleyball 5:30 pm – 7:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td>New Adventures Wacky Water Day Camp 9:00 am – 2:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td>New Adventures Wacky Water Day Camp 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>S.O. Flag Football 6:00 pm – 7:00 pm</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td>New Adventures Wacky Water Day Camp 9:00 am – 2:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td>New Adventures Wacky Water Day Camp 9:00 am – 2:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td>S.O. Volleyball 5:30 pm – 7:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Spinners: Paddle Boats 5:30 pm – 8:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td>S.O. Flag Football 6:00 pm – 7:00 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
TABLE OF CONTENTS

Leisure Office Contact Information ........................................ 2
General Information about Activities .................................. 3-4
New Programs & Special Events ........................................... 5-6
River City Spinners ............................................................. 7-11
Day Trip Club Travel ......................................................... 12
New Adventures Day Camp .................................................. 13
Overnight Club Travel .......................................................... 14
Community Art Connection .................................................... 15-16
Fun & Fitness ........................................................................ 17-18
Special Olympics Athletics .................................................... 19-20
May Calendar ........................................................................ 21
June Calendar ......................................................................... 22
July Calendar .......................................................................... 23
August Calendar ..................................................................... 24
Acknowledgements ............................................................... 25
Registration & Contact Information Form ........... Center Insert

Link Associates:

1452 29th Street
West Des Moines, IA 50266

Phone (515) 262-8888

Fax (515) 468-2952
Leisure Services’ Mission Statement:
Providing opportunities for individuals with disabilities to achieve an independent and healthy leisure lifestyle.

Leisure Office Contact Information:

**Adria Smith, CTRS**  
Leisure Services Manager/Volunteer Coordinator  
(515) 262-8888 ext 207  
asmith@linkassociates.org

**Ashley Clark, CTRS**  
Leisure Services Specialist  
(515) 262-8888 ext 404  
aclark@linkassociates.org

**Gabrielle Cole, CTRS**  
Leisure Services Specialist  
(515) 262-8888 ext 405  
gcole@linkassociates.org

**Lora Williams, RT & Carsen Kurth, RT**  
On-Call Leisure Services Specialists  
lwilliams@linkassociates.org  
ckurth@linkassociates.org

**MAILING ADDRESS:**  
Link Associates  
1452 29th Street  
West Des Moines, IA 50266  
Website: www.linkassociates.org

Due to the large number of Link Leisure Times’ participants and programs, the Leisure Department staff is not always available during office hours. We will respond to questions and concerns as quickly as possible.

*We thank you for your patience!*
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Independence Day</td>
<td>New Adventures Magical Disney Day Camp 9:00 am – 2:00 pm</td>
<td>Water Walking 7:15 pm – 8:30 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>Independence Day Office Closed</td>
<td>Spinettes: Ankeny Summerfest 6:00 pm – 9:00 pm</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>S.O. Softball 5:30 pm – 8:00 pm</td>
<td>Beat The Heat Bingo 6:00 pm – 8:00 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Water Walking 7:15 pm – 8:30 pm</td>
<td>Water Walking 7:15 pm – 8:30 pm</td>
<td>S.O. Softball Districts</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Water Walking 7:15 pm – 8:30 pm</td>
<td>Water Walking 7:15 pm – 8:30 pm</td>
<td>Club Travel: Lake Geneva, WI Day 4</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>Water Walking 7:15 pm – 8:30 pm</td>
<td>Club Travel: Lake Geneva, WI Day 3</td>
</tr>
<tr>
<td>31</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Club Travel: Lake Geneva, WI Day 3</td>
<td>Club Travel: Lake Geneva, WI Day 2</td>
<td>Club Travel: Lake Geneva, WI Day 1</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>S.O. Softball 5:30 pm – 8:00 pm</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>Independence Day Office Closed</td>
</tr>
</tbody>
</table>

**July 2022**
June 2022

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gym Class Heroes Session 1</td>
<td>3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 1</td>
<td>3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>S.O. Softball Assessments</td>
<td>5:30 pm – 6:30 pm</td>
<td>S.O. Softball</td>
<td>5:30 pm – 6:00 pm</td>
<td>S.O. Softball</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gym Class Heroes Session 1</td>
<td>3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 1</td>
<td>3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CAC: Water Colors</td>
<td>6:00 pm – 7:00 pm</td>
<td>Match Making Series</td>
<td>6:00 pm – 8:00 pm</td>
<td>Match Making Series</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gym Class Heroes Session 1</td>
<td>3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 1</td>
<td>3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gym Class Heroes Session 1</td>
<td>3:00 pm – 4:00 pm</td>
<td>S.O. Softball</td>
<td>5:30 pm – 6:00 pm</td>
<td>S.O. Softball</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spinners: Big Creek Beach</td>
<td>5:30 pm – 8:00 pm</td>
<td>Spinners: Big Creek Beach</td>
<td>5:30 pm – 8:00 pm</td>
<td>Spinners: Big Creek Beach</td>
</tr>
<tr>
<td></td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>S.O. Softball</td>
<td>5:30 pm – 6:00 pm</td>
<td>Spinners: Oma Storm Chasers</td>
<td>9:00 pm – 10:00 pm</td>
<td>Club Travel: Iowa Lavender Farm</td>
<td>1:00 pm – 2:00 pm</td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td></td>
<td>S.O. Softball</td>
<td>5:30 pm – 6:00 pm</td>
<td>Match Making Series</td>
<td>6:00 pm – 8:00 pm</td>
<td>New Adventures</td>
<td>Magical Disney Day Camp</td>
</tr>
<tr>
<td></td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>New Adventures</td>
<td>Magical Disney Day Camp</td>
<td>9:00 am – 2:00 pm</td>
<td>Spinners: Big Creek Beach</td>
<td>5:30 pm – 6:30 pm</td>
<td>Gym Class Heroes Session 1</td>
</tr>
</tbody>
</table>

New Adventures
Magical Disney Day Camp
9:00 am – 2:00 pm

Spinners: Bath Bombs
6:00 pm – 8:30 pm
GENERAL INFORMATION

Registration Forms
All forms must be completed on both sides prior to participation. Incomplete forms will be returned. Pre-registration is required for all Link Leisure activities.

*ON SITE REGISTRATIONS WILL NOT BE ACCEPTED!!*
Information collected from registration forms is used to enhance individual program needs, ensure expedient medical attention if required, and demonstrate merits of leisure programming to funding sources.

Spinners, Club Travel, Community Art Connection
Registrations for these activities will be accepted according to individual needs in the following priority on a first come/first served basis:
1. Individuals living alone, with parents or independent of scheduled support
2. Individuals with 2-30 hours per week of SCL support.
3. Individuals with 31-90 hours per week of SCL support.*
4. Individuals with 91-167 hours per week of SCL support.*
   *Support verification may be required

Consent and Waiver Forms
EVERYONE registering for activities must complete these forms. All consent and waiver forms received during this brochure period will be good through December 31, 2022. Registrants will be ineligible for participation without these forms on file.

Confirmation for Participation
Activity Confirmation Invoices* will be sent to you once your registration is processed. The invoice includes the total amount of payment for activities, payable to Link Leisure Services. (This includes late payments from prior brochures.)

*It is the responsibility of the individual, guardian, care-provider, staff, or payee, receiving the invoice to relay all necessary information to the participant.

PAYMENTS ARE DUE MAY 31ST, 2022

Waiting Lists
Waiting lists will be established for each activity. You will not be responsible for payment of activities that you are on the waiting list for until you receive confirmation for participation.

Staffing Assistance
If 3 or more individuals from the same residence are attending an activity, accompanying staff must remain at the activity site. Staff is also required for any participant requiring special assistance and/or one-on-one support. If staff will be accompanying a participant to a ticketed event the staff must pay the fee by the deadline.
General Information

REGISTRATION PROCESSING BEGINS: APRIL 11TH, 2022

Program Times
We ask that you please adhere to times posted for activities. Activities are often scheduled back to back and we are unable to provide supervision prior to or after an activity. For the safety of your family member or person served, PLEASE DO NOT drop off any earlier than 5 minutes prior to an activity and pick up promptly at the scheduled conclusion. Please make sure transportation is arranged prior to the activity. Phone service may not be available at each activity.

Program Fees
Program registration fees vary for each program. Individuals will be charged for each activity or program that they are registered and confirmed for, according to the registration fees indicated in the Leisure Times brochure. Send no money with your registration, you will be billed! Payment schedules may be arranged on an individual basis by contacting the Link Leisure Department. If staff will be accompanying a participant to a ticketed event the staff must pay by the following date.

PAYMENTS ARE DUE MAY 31ST, 2022

Transportation
Individuals who register for Spinners, Club Travel and/or Special Events and who receive 0-30 hours of SCL support, live alone or have no means of transportation, except mass transit, are eligible for transportation. Contact the Leisure Department at 262-8888 when you receive your confirmation letter to request transportation. Transportation services are limited and available on a first come first served basis. The cost for transportation is $8 round trip or $5 one-way. Once transportation is confirmed you are responsible for payment unless proper cancellation notice is given. In the event an unconfirmed/unscheduled ride is provided for take home, you will be billed $25.00.

Cancellation Policy
If a participant is unable to attend any program activity, they must contact the Leisure Department at 262-8888 no later than NOON 2 BUSINESS DAYS PRIOR to the activity. If proper notice is not received, the participant risks losing all pre-paid fees for the activity. Failure to give proper notice of cancellations 2 times in the same brochure period will result in removal of the individual’s name from all scheduled activities in that brochure period. Registration fees in this situation are non-refundable! Extended trips may have a different cancellation policy. Please see the specific brochure activity for any cancellation policy changes or updates. We do not receive messages left on the Leisure Hotline; you must dial a direct extension.

Special Olympics (SO) Athlete Forms
Physicals and releases must be updated every three years.
Anyone interested in competing in ANY Special Olympic events must complete an “Iowa Special Olympics Physical & Release Form” prior to participation. Please check with the Leisure Department to verify your forms are current and on file.

Volunteer Opportunities
Volunteer opportunities are identified throughout the brochure. No matter what your special talents, interests and schedules are, you can help change someone’s life at Link. If you share our commitment to the continued well being of our participants and community, consider becoming a Link volunteer! Please contact Adria Smith, the Volunteer Coordinator at 262-8888 ext 207 or asmith@linkassociates.org.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.O. Bocce 5:30 – 6:30 pm</td>
<td>S.O. Soccer 6:30 – 7:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>MEMORIAL DAY Office Closed</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.O. Bocce 5:30 – 6:30 pm</td>
<td>S.O. Soccer 6:30 – 7:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.O. Bocce: Around the World Tumbling Performance 6:00 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Bocce: Around the World Tumbling Performance 6:00 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Bocce: Around the World Tumbling Performance 6:00 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.O. Bocce 5:30 – 6:30 pm</td>
<td>S.O. Soccer 6:30 – 7:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td>S.O. Bocce: Around the World Tumbling Performance 6:00 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S.O. Swimming 5:30 pm – 6:15 pm</td>
<td>S.O. Track &amp; Field 6:15 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinners: Around the World Tumbling Performance 6:00 pm – 9:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinners: Around the World Tumbling Performance 6:00 pm – 9:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinners: Around the World Tumbling Performance 6:00 pm – 9:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinners: Around the World Tumbling Performance 6:00 pm – 9:00 pm</td>
<td>Gym Class Heroes Session 1 3:00 pm – 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MAY 2022**

**MEMORIAL DAY Office Closed**
Special Olympic Athletics

S.O. Flag Football  
*Limit of 12 Athletes*

Punt, pass and kick…try this new Special Olympics Flag Football program. This program gives athletes of all ability levels the chance to play America’s game. It is the newest state competition! Flag football is a 5-on-5 non-contact sport played by both male and female athletes. When played as a Unified Sport, teams are made up of athletes with and without intellectual disabilities. We will have a total of two Unified football teams, with a competition in Cedar Rapids – more information to come! Last day to register and physicals are due by August 6th.

**PROGRAM REGISTRATION FEE:** $35.00  
**TIME:** 6:00 pm – 7:00 pm  
**DATE:** Regular practices will begin on Wednesday, August 10th  
**COST:** Registration Fee Only  
**PLACE:** MVP Sports; 4600 Park Ave; Des Moines, IA 50321

S.O. Bowling  
*Limit of 90 Athletes*

Let’s go bowling and have fun! Bowlers will bowl two games per practice to prepare for the Special Olympics District competition in October. Bowlers will be split in three groups by last name so we can better assist the athletes. Physicals will be due by September 9th, 2022 or you will NOT be able to participate.

**Bowling times are as follows:**  
4:30 – 5:45 pm; 6:00 – 7:15 pm; 7:30 – 8:45 pm

You will be assigned your bowling time/lane by September 14th – prior to the first practice. Leisure staff will individually make calls/emails. Please arrive 15 minutes early to get your shoes and find your lane assignment. Bowling will begin promptly at 4:30, 6:00, and 7:30 pm. Arriving late results in missing frames/games, and bowlers are NOT able to make up frames.

All participants must be signed up by September 9th, 2022 or you will not be able to participate. New participants must have a ten-game average turned into the Leisure Department no later than September 9th, 2022 in order to participate in Special Olympics Competition.

**PROGRAM REGISTRATION FEE:** $40.00  
**DATE:** Regular practices will begin on Tuesday, September 20th  
**COST:** Registration Fee Only  
**PLACE:** Bowlerama; 1313 E. Diehl Ave., Des Moines
NEW PROGRAMS & SPECIAL EVENTS

REGISTRATION PROCESSING BEGINS: APRIL 11TH, 2022

Outdoor Game Night 🍃

It’s time to have some fun outdoors! We are having a one of a kind outdoor game night that is surely going to be a summer hit. We plan on having some friendly outdoor competitions that everyone is bound to love! Your favorite yard games and outdoor activities are going to be used for a fun-filled night.

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 8:00 pm
DATE: Wednesday, May 25th
COST: Registration Fee Only
LOCATION: Link Associates; 1452 29th St., WDM

Limited to 20 Participants

Match Making Series

Calling all singles! Join us for the first ever match making class series. In a world where it is hard to meet people, we are using this series to help you find a date in a safe, monitored environment. For the first session you will meet at Link Associates to begin your dating journey, as we will administer personality profiles and preferences to match you with a date(s). During your dates a Leisure Services Specialist will be on hand to guide you. We hope you take this opportunity to make the leap into the dating world!

PROGRAM REGISTRATION FEE: $60.00
TIME: 6:00 pm - 8:00 pm
DATE: Wednesday’s - June 8th, 15th, 22nd
COST: Registration Fee Only
LOCATION: Link Associates; 1452 29th St., WDM

Limited to 10 Participants
NEW PROGRAMS & SPECIAL EVENTS

Beat The Heat Bingo 🎉
Join us while it is still warm and toasty outside to “Beat the Heat”! We will be playing the traditional game of Bingo with an “oh-so-summery” spin, so you won’t want to miss this. This event is certainly a one-of-a-kind evening filled with summer & snacks, fun & friends, and games & great prizes. Will you be the first person to call a “Bingo!”?

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 8:00 pm
DATE: Wednesday, July 6th
COST: Registration Fee Only
LOCATION: Link Associates; 1452 29th St., WDM

Limited to 40 Participants

Pool Party: Ode to Summer 🎉
Life is better when you’re swimming, ESPECIALLY when it’s at the Clive Aquatic Center for our annual pool party! Be sure to bring your swimsuit and a towel. If the weather is bad, we will reschedule for the following day noted below. As Dory famously says “Just keep swimming, just keep swimming, just keep swimming”.

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:30 pm - 8:30 pm
DATE: Monday, August 8th (rain date is Tuesday, August 9th)
COST: Registration Fee Only
LOCATION: Clive Aquatic Center; 1801 NW 114th St., Clive, IA 50325
NEW PROGRAMS & SPECIAL EVENTS

**SPECIAL OLYMPICS ATHLETICS**

Anyone interested in competing in ANY Special Olympic events must complete an “Iowa Special Olympics Physical” prior to participation. Physicals must be updated every three years. The fees charged for Link Leisure Special Olympics are to participate through Leisure Services. These fees cover facility rentals, charter buses, equipment, uniforms, banquet, and t-shirts. If you have questions regarding these fees please contact the Leisure Office.

**REGISTRATION PROCESSING BEGINS: APRIL 11TH, 2022**

### S.O. Softball

It’s time to break out the bats and balls because it’s SOFTBALL SEASON! We will be covering all the basics of softball such as: fielding, hitting, running the bases, catching and throwing. Teams will also be scrimmaging in preparation for the Special Olympics Iowa Softball tournaments. Please remember to bring your softball glove with you to every practice; if you don’t have a glove, please let us know. Athletes are more than welcome to bring their own bats or helmets also but please write your name on them so they don’t get mixed up with the team equipment. Participants will practice Tuesday evenings starting on Tuesday, June 14th either from 5:30 - 6:45 pm or 6:45 - 8:00 pm. More information on district and state competition to follow.

**Physicals will be due by May 27th, 2022 or you will NOT be able to participate. Last day to register for softball will be on May 27th, 2022. NEW participants must attend a mandatory assessment session on Tuesday, June 7th from 5:30 – 6:30 pm.**

**PROGRAM REGISTRATION FEE:** $35.00  
**TIME:** 5:30 pm - 8:00 pm  
**DATE:** Regular practices will begin on Tuesday, June 14th  
**COST:** Registration Fee Only  
**PLACE:** Savage Fields; 2601 Hubbell Avenue, Des Moines

### S.O. Volleyball

Dig out your kneepads and get ready for another great season of Special Olympics Volleyball! Our volunteers will be teaching you the basics, helping you to strengthen your skills, to get you ready for the Special Olympics competition in October. This program is for all skill levels! Whether you are brand new or have been playing for years, there is a spot for you!

**Physicals will be due by August 5th or you will NOT be able to participate. NEW participants must attend a mandatory assessment session on August 15th from 5:30 - 6:30 pm. All participants need to be registered by August 5th to be able to participate.**

**PROGRAM REGISTRATION FEE:** $35.00  
**TIME:** 5:30 pm – 7:30 pm  
**DATE:** Regular practices will begin on Monday, August 22nd  
**COST:** Registration Fee Only  
**PLACE:** Valley Community Center; 4444 Fuller Road; West Des Moines
**Fun & Fitness**

**Water Walking**
Dive right into the opportunity to walk around the lazy river! We will meet at the Cascade Falls Aquatic Center for this fun aquatic activity. Please show up in your swimsuit so we can get right in the water! Also, don’t forget to bring a towel and a change of clothes if you would like to. It is important that all participants feel comfortable and can be safe in the water independently, as swim lessons will not be provided. Be prepared for this fun experience and everything will go swimmingly!

**PROGRAM REGISTRATION FEE:** $22.00  
**TIME:** 7:15 pm - 8:30 pm  
**DATE:** July 7th, 14th, 21st, & 28th  
**COST:** Registration Fee Only  
**LOCATION:** Cascade Falls Aquatic Center; 2350 SW Prairie Trail Pkwy, Ankeny, IA 50023

**Golf**
Let’s take a swing at learning the sport of golf! We will be heading back to Warrior Run Golf Course (3089 North Ave, Norwalk, IA 50211) for our two-month season. We will be getting trained on how to use our clubs all over the course, practice green and putting range. Clubs will be provided, but be sure to bring plenty of sunscreen and cold water!

**PROGRAM REGISTRATION FEE:** $50.00  
**TIME:** 3:00 pm - 5:00 pm  
**DATE:** Tuesdays; Starting July 12th through August 30th  
**COST:** Registration Fee Only  
**LOCATION:** Link Associates - 1452 29th Street, West Des Moines

*Limited to 10 Participants*
RIVER CITY SPINNERS

PROGRAM DESCRIPTION: A social group for adults with mild intellectual and/or physical disabilities, who may be socially isolated within our community. Participants must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. Social activities are scheduled three to four times per month. (Participants requiring medication during the event, must bring only necessary dosage and it must be labeled with medication name, dosage, and directions.) Staff to participant ratio is 1:4 or 1:6. Ratios of 1:1 or 1:2 are not available.

Please note the meeting place for each activity.

REGISTRATION PROCESSING BEGINS: APRIL 11TH, 2022

Friday, May 6th: Around the World Tumbling Performance

We are headed to watch an ultimate performance done by a local tumbling group. This group will perform routines related to different countries all around the world. This event will leave you on the edge of your seat with excitement!

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm - 9:00 pm
COST: Registration Fee Only
MEETING PLACE: Link Associates -1452 29th St., WDM

Tuesday, May 17th: Ropes Course

We are so excited to have the time of our lives participating in the Stowe Heights Challenge Course! We have the amazing opportunity to try out their high ropes course with the goal of increasing self-efficacy and teamwork. Be sure to wear active clothes and closed toed shoes at this great adventure!

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm - 9:00 pm
COST: $25; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM
Thursday, May 26th: Firebirds

Are you fired up? Join us to dine in at Firebirds Wood Fired Grill - known for its bold flavors, scratch kitchen, and inviting atmosphere, which specializes in classic American cuisine prepared over an authentic wood-fired grill. The extensive menu includes hand-cut steaks, fire-grilled burgers, scratch-made soups, and more. This meal is guaranteed to be a flipping good one!

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 6:00 pm – 8:30 pm  
**COST:** $40; pay when confirmed  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM

Tuesday, May 31st: Spare Time Arcade

What is a guitarist’s favorite arcade game...? De-Fender! Join us as we head to Spare Time and spend time playing games in the arcade. With a $25 game card, play all your favorites and win points to redeem a prize! With so many options there is something for everyone. Please bring your own money if you plan to play more games than the $25 game card.

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 6:00 pm – 8:00 pm  
**COST:** $25; bring money for concessions  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM

Thursday, June 9th: Big Creek Beach

Let’s go to the beach, let’s go get a wave! We are so excited to go swimming at Big Creek Beach. Bring your swimsuit and towel as we are about to get wet and wild in the water!

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 5:30 pm - 8:00 pm  
**COST:** Registration Fee Only  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM
Fun and Fitness

REGISTRATION PROCESSING BEGINS: APRIL 11TH, 2022

Gym Class Heroes - Session 1

This program will offer you new and exciting ways to stay fit and keep you moving. On each Monday, join us at Link Associates Leisure Department from 3:00 pm – 4:00 pm for a workout you won’t forget. We will try it all: yoga, pound fitness, dance aerobics, pilates, stepping class, strength training, tai-chi, nutrition info, and power walking.

On Wednesdays, we will head out to different locations around town including, but not limited to Krave Gym, Walnut Creek YMCA, Grays Lake, and Water Works Park from 3:00 pm – 4:30 pm, where we will continue our fitness by trying classes, basketball, cardio machines, weight machines, swimming and walking. This program will not only keep you moving but also make you feel accomplished!

We will begin Monday May 9th and go through June 29th
No Class on May 30th (Memorial Day)

PROGRAM REGISTRATION FEE: $25.00
TIME: Mondays 3:00 pm – 4:00 pm
          Wednesdays 3:00 pm – 4:30 pm
DATE: See description above
COST: Registration Fee Only
MEETING PLACE: Link Associates-1452 29th St.

Limited to 12 Participants

Gym Class Heroes - Session 2

This program is the second session for the above description. We will offer you new and exciting ways to stay fit and keep you moving. You are welcome to sign up for one or both of the sessions!

We will begin Wednesday, July 6th and go through August 24th

PROGRAM REGISTRATION FEE: $25.00
TIME: Mondays 3:00 pm – 4:00 pm
          Wednesdays 3:00 pm – 4:30 pm
DATE: See description above
COST: Registration Fee Only
MEETING PLACE: Link Associates-1452 29th St.

Limited to 12 Participants
Community Art Connection

Monday, July 18th: Seed Bombs

Seed bombs are a great way to add some color to your life! We will be creating little pockets for seeds in clay. Not only are seed bombs fun to make, but you also get to experience the plants long after completing this craft. After this event, you will get to go home and throw your bombs into a flowerpot, garden, or wild patch and watch your plants grow!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:00 pm
COST: Registration Fee only
LOCATION: Link Associates -1452 29th St, WDM

Limited to 20 Participants

Thursday, August 18th: Upcycled Glass Jars

Looking to create unique decorative pieces for your home? Join us for a night of fun while we experiment with recycled glass jars and a range of nail polish colors to create the perfect jar for you! Your creations will make a perfect container, pen holder, brush holder, plant pot and so much more! We look forward to hosting you for a fun filled crafty night!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:00 pm
COST: Registration Fee only
LOCATION: Link Associates -1452 29th St., WDM

Limited to 20 Participants
Friday, June 17th: Iowa Cubs

Take me out to the ballgame! It’s time to watch the Iowa Cubs play against the Omaha Storm Chasers. We’re so excited to eat all the peanuts, and cracker jacks while watching lots of runs get scored! You don’t want to miss this game, for if you do; it’s one, two, three strikes, you’re out, at the old ball game!

PROGRAM REGISTRATION FEE: $10.00
TIME: TBD; If confirmed for activity we will contact you
COST: $38; bring money for concessions
MEETING PLACE: Link Associates - 1452 29th St., WDM

Monday, June 20th: Bath Bombs

We are going to head over to Buff City Soap to make our own handmade bath bombs! The expert soap makers will assist each person in making 10 - 12 bath bombs to take home. This activity is not something you want to miss! You get a fun evening with friends and bath bombs to use at home for many relaxing nights!

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 8:30 pm
COST: $40; bring money for shopping
MEETING PLACE: Link Associates - 1452 29th St., WDM

Friday, July 8th: Ankeny Summerfest

Craving a thrilling carnival ride and a deep-fried corn dog? This is your chance to fulfill your excitement needs by attending Ankeny Summerfest with us for an evening filled with fun. Come along to enjoy carnival rides, games, live music, food, beverages, and more. It’s a neon lights, Ferris Wheel kind of night!

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 9:00 pm
COST: Bring money for food, drinks, and games
MEETING PLACE: Link Associates - 1452 29th St., WDM
River City Spinners

**Wednesday, July 13th: Fishing**

A bad day fishing beats a good day of anything else! Come join us for a evening full of fishing at Jester Park. No need to bring bait, or poles, we have that all covered for you! Just come ready to reel in a big one!

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 6:00 pm – 8:30 pm  
**COST:** $5; pay when confirmed  
**MEETING PLACE:** Link Associates -1452 29th St., WDM

**Wednesday, July 27th: Biaggis**

Life is all about exploring pasta-bilities. Biaggis has something that everyone is bound to love; pasta, pizza, seafood & steak. Bring your appetite because we are going to feast at this delicious Italian restaurant!

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 6:00 pm - 8:30 pm  
**COST:** $40; pay when confirmed  
**MEETING PLACE:** Link Associates -1452 29th St., WDM

**Thursday, August 4th: National Balloon Classic**

The Sky’s the limit! Join us for an evening filled with hundreds of colorful hot air balloons, a guaranteed beautiful sunset and fireworks at the National Balloon Classic! There is no better way to end a warm summer night than with some friends, warm weather, and fun!

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 6:00 pm - 10:00 pm  
**COST:** $10; bring money for concessions  
**MEETING PLACE:** Link Associates -1452 29th St., WDM
COMMUNITY ART CONNECTION

PROGRAM DESCRIPTION: Community Art Connection (CAC) is a program designed to introduce participants to a variety of leisure time alternatives. Speakers are scheduled to present information and/or a hands-on experience for the topic they are addressing. Come view, listen to, and experience a new leisure option.

REGISTRATION PROCESSING BEGINS: APRIL 11TH, 2022

Tuesday, May 24th: Vision Boards

Vision Boards can be a great way to really focus on what you want to achieve in life, intentions you want to set and goals you want to reach. However, you do need to put some work into making them really work for you; it’s not something to do once, never look at again and file away in a drawer. Vision Boards and the work that goes into them can help you cultivate a positive mindset. Let your Vision Board serve as a daily reminder and a guide to working towards your goal; they are a great way to help you visualize your dream life every day.

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:00 pm
COST: Registration Fee only
LOCATION: Link Associates - 1452 29th St., WDM

Limited to 20 Participants

Monday, June 6th: Watercolor

Come and create some amazing watercolor art! You will learn some new techniques from an instructor and leave with a masterpiece or two. We cannot wait for you to experience the joy of creating your own unique art using water, a brush, and of course paint.

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:00 pm
COST: Registration Fee only
LOCATION: Link Associates - 1452 29th St., WDM

Limited to 20 Participants
OVERNIGHT CLUB TRAVEL

PROGRAM DESCRIPTION: A program designed for adults with mild intellectual disabilities and/or physical disabilities who may be socially isolated within our community, and want to do an overnight travel experience. Travelers must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. All inclusive trips with the exclusion of snacks and souvenirs. No transportation will be available. Additional waiver, paperwork, and cancelation policy must be filled out prior to attending. If confirmed, all paperwork will be sent with confirmation letter. Participant must be able to be alone overnight in hotel with roommate of same gender. Travelers will have own but must share room. These trips have ratio of 1:5, and all medications must be prepackaged and labeled. We will not require a COVID-19 vaccination to travel (unless noted in specific trip), but we strongly encourage all travelers and staff to get vaccinated as soon as they are able. We will require that all travelers bring face masks as we do not know which places will require masks.

REGISTRATION PROCESSING BEGINS: APRIL 11TH, 2022

Lake Geneva, Wisconsin: July 20th - July 23rd, 2022
Time to slow down and relax with this beachside trip. We are staying at one of the top resorts on Lake Geneva, to unwind and relax. Get ready for relaxing waterfront sunsets, delicious food at 5-star restaurants on the marina, beach picnics, and fireside s’mores. This resort also has several outdoor pools with live music and an indoor movie theater/arcade. Treat yourself to this fabulous lakeside vacation.

PROGRAM REGISTRATION FEE: $1,600 (covers; admission, hotel, transport, and meals)
COST: Payment plans available; bring money for souvenirs and snacks
MEETING PLACE: Link Associates - 1452 29th St., WDM

West Coast Road Trip: September 11th - September 23rd, 2023
Now that we have toured the East Coast – lets head over to the West Coast in 2023. This will be once in a lifetime, 12-day road trip. Our first stop is Billings, Montana for 2 nights, where we explore this western heritage. The group will then head over to Seattle, Washington for 3 nights to check out all the fun sights this hip town has to offer. The 3rd stop is New Port, Oregon, where we will enjoy the sights and sounds of this coastal town. 4th stop will be Boise, Idaho, where we will spend 2 nights enjoying the beautiful scenery. The 5th and last stop will be Moab, Utah for 2 nights as we check out the Moab Arches. I hope you can get on the road with us, for the unforgettable journey!

PROGRAM REGISTRATION FEE: $7,670 (covers; admission, hotel, transport, and meals)
COST: Payment plans available; bring money for souvenirs and snacks
MEETING PLACE: Link Associates - 1452 29th St., WDM

*MUST BE FULLY COVID-19 VACCINATED TO ATTEND THIS TRIP*
Many of the locations/restaurants will require vaccination proof to enter!
Thursday, August 11th: Iowa State Fair

Nothing compares to the Iowa State Fair! Take a trip down the big slide, bite into a delicious corn dog, and see the different animals. With lots of different attractions and food items, there is something for everyone to enjoy.

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 5:00 pm – 9:30 pm  
**COST:** $9; bring money for food/drinks  
**MEETING PLACE:** Link Associates -1452 29th St., WDM

Tuesday, August 16th: Movie Night

Life is Butter with you in it! Join us for an evening out with friends to the latest flix! What’s better than a movie and popcorn? Watching it with friends! This motion picture, big screen movie will have you at the edge of your seat and wanting more! The Leisure department will choose the best movie being shown this week to enjoy!

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 6:00 pm – 9:30 pm  
**COST:** $12; bring money for concessions  
**MEETING PLACE:** Link Associates -1452 29th St., WDM

Tuesday, August 30th: Pedal Boats

Are you ready for an evening at the lake? We are going to take out some pedal boats and explore Gray’s Lake. You won’t want to miss pedaling these boats around the lake and relaxing with your friends. Be sure to bring sunscreen and water for this outdoor water excursion.

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 5:30 pm – 8:00 pm  
**COST:** $15; Pay when confirmed  
**MEETING PLACE:** Link Associates -1452 29th St., WDM
DAY TRIP CLUB TRAVEL

PROGRAM DESCRIPTION: A program designed for adults with mild intellectual disabilities and/or physical disabilities who may be socially isolated within our community, and want to travel one weekend day each month to a new destination in Iowa and the Midwest. Travelers must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others.

REGISTRATION PROCESSING BEGINS: APRIL 11TH, 2022

Saturday, May 14th: Field of Dreams

They built it and we’re going! Join us to visit the Field of Dreams movie site in Dyersville, Iowa. It will be an out of the park experience as we tour the home from the movie. Then, spend some time on the baseball diamond where dreams do come true. Whether you’re a baseball fan or a movie fanatic, this experience will be a homerun!

PROGRAM REGISTRATION FEE: $20.00
TIME: 8:00 am - 5:00 pm
COST: $40; (includes lunch and admission)
MEETING PLACE: Link Associates - 1452 29th St., WDM

Saturday, June 25th: Iowa Lavender Farm

Join us for a day trip to the Iowa Lavender Farm in Ames, IA. Iowa Lavender is a boutique, family-owned farm where they grow, harvest and personally handcraft all of their amazing lavender products. While visiting we look forward to a tour of the farm along with two private classes where you will be able to take home your very own lavender plant and creations, meet the farm animals and sip on some lavender lemonade! We will end our trip at Hickory Park restaurant for some savory house-smoked BBQ dinner.

PROGRAM REGISTRATION FEE: $20.00
TIME: 1:00 pm – 7:00 pm
COST: $80 (includes admission, gift shop voucher, and dinner)
MEETING PLACE: Link Associates - 1452 29th St., WDM

Saturday, August 13th: Lost Island Water Park

Are you in need of a sunny vacation under the “palm trees”? Come join us for 24 entire acres of island summer fun at Lost Island Waterpark! We will be swimming through a wide array of waterslides, a water coaster wave pool, lazy river, raft rides, and more. Choose from grilled burgers, hot dogs, chicken, and more for a poolside lunch. Grab your swimsuits, sunscreen, and sandals because you will not want to miss this splashtastic time!

PROGRAM REGISTRATION FEE: $20.00
TIME: 8:30 am – 5:30 pm
COST: $55 (includes lunch and admission)
MEETING PLACE: Link Associates - 1452 29th St., WDM
NEW ADVENTURES DAY CAMP

PROGRAM DESCRIPTION: New Adventures Day Camp offers indoor and outdoor adventures for adults with disabilities! Our dedicated, mature, and fun-loving staff will take our campers on an unforgettable journey. Our goal is to create an environment that facilitates physical, social, and emotional well-being. The safety and well being of our campers is always our first concern. Our camp staff have spent months planning unique and exciting activities for this upcoming brochure. We look forward to sharing and experiencing a fun camp week with our campers. Campers should bring a cold lunch, mask, water bottle, change of clothing, all medications (packaged and labeled) and sunscreen. You must cancel at least 14 business days in advance. If proper notice is not recieved, the participant risks losing all pre-paid fees for the activity.

REGISTRATION PROCESSING BEGINS: APRIL 11TH, 2022

Magical Disney Day Camp: June 27th - July 1st

Calling all Disney Lovers! From cooking, crafts, and outings everything will be Disney themed. We will take advantage of the magical summer weather and do some fun outdoor activities, along with Disney games. We may even experience some of the thrills of Disney World with a virtual visit. Be prepared to do some Disney karaoke when it gets to warm outside. This camp will be sure to bring you a Disney magical week! “Any day spent with you is my favorite day. So, today is my new favorite day.” — Pooh, Winnie the Pooh

PROGRAM REGISTRATION FEE: $350.00 (covers admissions & supplies)
TIME: 9:00 am - 2:00 pm daily
COST: Registration fee only; bring cold lunch/water each day
MEETING PLACE: Link Associates - 1452 29th St., WDM

Wacky Water Day Camp: August 22nd - August 26th

Lets take advantage of the summer heat, and help you cool down with Wacky Water Camp! We plan to visit as many pools and beaches as possible this week! During our daily outings, we will teach you the basics of canoeing, paddle boats, kayaking, and paddle boards (no prior experience needed). We will also incorporate water games and activities each day as well. Bring your swimsuit and towel, and lets have some fun this week!

PROGRAM REGISTRATION FEE: $350.00 (covers admissions & supplies)
TIME: 9:00 am - 2:00 pm daily
COST: Registration fee only; bring cold lunch/water each day
MEETING PLACE: Link Associates - 1452 29th St., WDM
If you would like a copy of this release please call the Leisure Department at 515-262-8888.

______________________________
Date

Person Legally Responsible ______________________________________________

Consent, and Waiver Agreement.

by signing this form, I understand and agree with the photo consent agreement and the hold harmless,

______________________________

HOLD HARMLESS, CONSENT, & WAIVER AGREEMENT:

activities i.e. practices, scrimmages, competitions, etc. link associates will adhere to the special olympics photo consent policy.

video or photograph of any individual presented, pictures on display boards, brochures, website, link social media, outside media (print or digital) link associations will not grant permission of use or publish any photograph of any individual presented.

T-Shirt Size ________ (Please refer to website for sizes)

Birth date _______________ Age __________ Sex ________ Email ____________________________________________

Zip Code __________

PLACE A CHECK BY THE PROGRAM(S) YOU ARE REGISTERING FOR: Please refer to brochure for program times, dates, and costs~

REGISTRATION PROCESSING BEGINS:  April, 11th

ODD PROGRAMS ARE BEING OFFERED THIS YEAR, SO FIRST COME, FIRST SERVED.

SEND NO MONEY

Mail to:  3100 Willow Street, West Des Moines, IA  50266

www.linkassociates.org

_________________________________________________________________________

DATES & PRICING:

Pedal Boats ($25.00)

$40.00)

Fireworks folly ($35.00)

Volleyball ($35.00)

Soccer ($35.00)

Pedal Boats ($35.00)

Movie Night ($22.00)

Iowa State Fair ($19.00)

National Balloon Classic ($20.00)

Bragg ($50.00)

Fishing ($15.00)

Barrier Islander ($75.00)

Ankeny Summerfest ($10.00)

Iowa Cubs ($48.00)

Wacky Water Day Camp ($350.00)

Magical Disney Day Camp

FUN & FITNESS:

$75.00)

Overnight Club Travel:

River City Spinners:

Beat The Heat BINGO ($10.00)

Match Making Series ($60.00)

Ode to Summer: Pool Party ($10.00)

Around the World Tumbling ($10.00)

Field of Dreams ($60.00)

Water Colors ($5.00)

Vision Boards ($5.00)

Day Trip Club Travel: Community Art Connection:

Special Olympics Athletes Only

Beat The Heat BINGO ($10.00)

Match Making Series ($60.00)

Ode to Summer: Pool Party ($10.00)

Around the World Tumbling ($10.00)

Field of Dreams ($60.00)

Water Colors ($5.00)

Vision Boards ($5.00)

Special Olympic Athletes Only

Beat The Heat BINGO ($10.00)

Match Making Series ($60.00)

Ode to Summer: Pool Party ($10.00)

Around the World Tumbling ($10.00)

Field of Dreams ($60.00)

Water Colors ($5.00)

Vision Boards ($5.00)

Golf ($50.00)

Water Walking ($22.00)

Gym Class Heroes Session 2 ($25)

Lost Island Water Park ($75.00)

Train Day ($25.00)

Train Day ($15.00)

High School ($15.00)

$12.00)

$25.00)

$25.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)

$15.00)
HOLD HARMLESS, CONSENT, & WAIVER AGREEMENT:

I (participant and/or guardian) have read and understand the Link Leisure Services policies and procedures included in the Leisure Times. I (participant and/or guardian) understand that a photo may be used in emergency purposes. If participating in Special Olympics, I am aware and in agreement, for all Special Olympics (see pg.14) videos or other publications. Because the leisure program is community based I understand that there is a possibility that my photograph may be used in education, program promotion, and public relations, (i.e. Link slide presentations, pictures on display boards, brochures, website, Link social media, etc.)

In consideration of your acceptance of my participation, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may now or hereafter have against the Leisure Services Program, Link Associates, Dowling Schools, Warrior Run Golf Course, Valley Community Center, MVP Sports, Ankeny, Urbandale, West Des Moines, & Des Moines Parks and Recreation, Bowlerama, YMCA or any of their respective subsidiaries, affiliates, employees or agents for any and all injuries suffered by me in said programs/activities for the period of January 1, 2021- December 31, 2021. I certify that I have full knowledge of the risks involved in leisure/recreation activities and that I am physically fit and have no medical or physical conditions that prevent my participation.

I grant permission for photographs, testimonials, and/or video tapes as a participant to be used by Leisure Services sponsoring agencies for the purpose of education, program promotion, and public relations, (i.e. Link slide presentations, pictures on display boards, brochures, website, Link social media, etc.)

________________________________
Date: _______________________

Person Legally Responsible ______________________________________________
PARTICIPANT CONTACT INFORMATION
Summer 2022
REGISTRATION PROCESSING BEGINS: April, 11th 2022

Name: _______________________________ Phone: _______________________________

Behaviors to encourage__________________________________________________________

Behaviors to discourage_____________________________________________________________________________________

Health &/or behavior concerns that may affect participation________________________________________________________

Do you currently have a recreation, leisure, or community integration goal: ____Yes ____No

If yes, what is your current goal? __________________________________________________________

EMERGENCY CONTACT INFORMATION

Residential Provider: _______________________________ Phone: _______________________________

Agency Supervisor: _______________________________ Emergency Cell: __________________________ Email: _______________________________

Case Manager: _______________________________ Phone: ___________________________ Email: _______________________________

Payee: _______________________________ Address: _______________________________ Email: _______________________________

1. EMERGENCY CONTACT PERSON – Evening and Weekend

Name: _______________________________ Phone: _______________________________

Address: ________________________________________________________________

Relationship to Client: _______________________________ Email: _______________________________

2. EMERGENCY CONTACT PERSON – Evening and Weekend

Name: _______________________________ Phone: _______________________________

Address: ________________________________________________________________

Relationship to Client: _______________________________ Email: _______________________________
PARTICIPANT CONTACT INFORMATION

Name: __________________________________________ Phone: ____________________
Address: __________________________________________
Relationship to Client: ___________________________ Email: _____________________

Physician Name: __________________________________________ Phone: ____________________
Hospital Preference: ________________________________

PROGRAM EVALUATION DATA

The following information is required for program evaluation purposes and funding proposals for the continuation of Leisure Services. This information is also necessary to inform our staff of the individuals enrolled, so that they may better structure activities. This information will be kept confidential and will only be available to Leisure Services personnel.

Place a (X) by the participant’s primary disability:

- Developmental
- Borderline
- ID Mild
- ID Moderate
- ID Severe
- ID Profound
- Autism

Place a (X) by the participant’s secondary disability:

- Autism
- Cerebral Palsy
- Visually Impaired
- Hearing Impaired
- Seizure Disorder
- Physical Disability
- Emotional/Behavioral Disorder
- Wheelchair Assistance
- Diagnosed Mental Illness
- None Reported
- Other

Place a (X) by the participant’s current living arrangement:

- Independent (individuals with NO scheduled support)
- Independent (individuals living with family with no support)
- Individuals with 2-30 hours SCL support per week
- Individuals with 31-90 hours SCL support per week
- Individuals with 91-167 hours SCL support per week
- Individuals with 24 hours of support per day

Place a (X) by the participant’s ethnic group:

- Caucasian/White
- Hispanic
- Asian
- African-American/Black
- Native Indian/Alaskan
- Native Hawaiian
- Other