



501 East Market Street, Panora, IA 50216  
(641) 755-2164 - [panoraparkandrec@yahoo.com](mailto:panoraparkandrec@yahoo.com)

## Welcome

Welcome to the City of Panora Parks and Recreation Department. Our goal is to offer fun activities and programs for citizens of all ages. Enjoy all that Panora has to offer, and as always, feel free to contact the parks and recreation department with comments and suggestions.

## Volunteer Opportunities

Panora offers multiple volunteer opportunities for individuals to get involved in the community.

Volunteer activities range from coaching youth sports, park clean-up, tree planting, beautification of City flower beds and assisting with organizing events within the community.

### **We want to hear from you!**

- Are you interested in teaching a class such as yoga, cardio kickboxing, photography, fishing, boating, etc.
- Do you know of a current activity that we could list for the community?

Contact the parks and recreation department at (641) 755-2164 or [panoraparkandrec@yahoo.com](mailto:panoraparkandrec@yahoo.com).

## Park Maintenance

The park and recreation department is committed to providing quality facilities for recreation and leisure activities at the following parks:

- Water Works Park
- Michael Mills Park
- Town Square

For additional details, please visit: <http://www.panora.org>.

## Board Members

The following are the current board members of the park and recreation department:

- Kirby Klinge
- Tom Block
- Kurt Duis
- Lynnea Anderson
- Bryan Richey
- Dave Kemble
- Liz Reese Layman

# Wellness

## JSP(Jump Start Program)

The Jump Start Program is an exercise class, which will focus on teaching beginners simple exercise routines and proper technique. The goal of this class is to teach you the fundamentals of exercise and get a good workout in. During this half hour class we will go over warm ups, proper stretching, exercise form, proper cool down, and overall workout progression. JSP is an 8 session class that will meet for a ½ hour, twice a week.

\*In order to guarantee maximum individual involvement we are only allowing 6 people per class. You must attend the predetermined time or your session is lost.

\$50 per person = 8 sessions (4 weeks)

\*Savings of \$180 as compared to 8 individual personal training sessions

**Days:** Mondays & Thursdays **Time:** 4-4:30PM

**For More Information Contact:** 641.325.0100 | [nick@progressionsfitness.com](mailto:nick@progressionsfitness.com)

## Progressions Boot Camp

The Boot Camp is a full body high intensity workout. We meet on Tuesdays and Thursdays for 4 weeks. Each class is a 1/2 hour long. Bring a good pair of shoes and eat a small snack sometime before class (whole wheat toast, celery and peanut butter, etc.). Be ready to sweat!

\* In order to guarantee maximum individual involvement we are only allowing 6 people per class. You must attend the predetermined time or your session is lost.

\$50 per person = 8 sessions (4 weeks)

\*Savings of \$180 as compared to 8 individual personal training sessions

**Days:** Tuesdays & Thursdays **Time:** 6-6:30PM

**For More Information Contact:** 641.325.0100 | [nick@progressionsfitness.com](mailto:nick@progressionsfitness.com)

## PEP (Panora Exercise Pals)

Everyone Welcome! Free! Fun! Fitness! Friendship!  
Stretch – Boot Camp – Cross Training

**Days:** Monday – Thursdays 7:30 – 8:30 a.m.

# Youth Sports

## Youth Football (Tackle)

- Grades 3 – 6
- Season: September – October
- Games: Played on Saturdays and Sundays
- Registration: Closed (open May, 2012)
- Point-of-Contact: Kurt Duis
- <http://www.centraliowayouthfbleague.org/>

## Youth Basketball

- Grades 3 – 6
- Season: December - February
- Games: Played on Saturdays

- Registration: Closed
- Point-of-Contact: Kirby Klinge

### Youth T-Ball

- Grades: Pre K - K
- Season: May - June
- Games: Played on Saturdays
- Registration: Starts in February [[Download Form](#)]
- Point-of-Contact: Tom Block

### Rookie Softball/Baseball

- Grades: 1 - 2
- Season: May - June
- Games: Played on Saturdays
- Registration: Starts in February [[Download Form](#)]
- Point-of-Contact: Lynnea Andersen, Dave Kemble, or Kirby Klinge

### Minor Softball/Baseball

- Grades: 3 - 4
- Season: April - June
- Games: Monday and Thursday evenings
- Registration: Starts in February [[Download Form](#)]
- Point-of-Contact: Lynnea Anderson, Dave Kemble, or Kirby Klinge
- <http://www.eteamz.com/sdlla/> (Baseball Only)

### Major Softball/Baseball

- Grades: 5 - 6
- Season: April - June
- Games: Tuesday and Friday evenings
- Registration: Starts in February [[Download Form](#)]
- Point-of-Contact: Lynnea Anderson, Dave Kemble, or Kirby Klinge
- <http://www.eteamz.com/sdlla/> (Baseball Only)

*Check back for future activities that will be offered through the Panora Parks and Recreation Department.*