



Northwest Iowa
Community College

603 West Park Street
Sheldon, Iowa 51201

Phone 712-324-5061 or
toll free 1-800-352-4907, Ext. 105

June 15, 2011

NEWS RELEASE

*May be published
when received.*

Northwest Iowa Community College Announces the Opening of the Northwest Iowa Lifelong Learning and Recreation Center

Northwest Iowa Community College is excited to open (June 15) the Northwest Iowa Lifelong Learning and Recreation Center (LLRC) to our students and community members. NCC has 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.

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 Wi-Fi
- Vending machines
- On-Site parking
- And most importantly a welcoming environment for participants of all ages and abilities

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 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."

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.*

For more information about the Northwest Iowa Lifelong Learning and Recreation Center, please email us at llrc@nwicc.edu or call (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.

Summer Hours*

Monday–Friday 5:00am–8:00pm

Saturday 8:00am–1:00pm

Sunday Closed

****Memorial Day–Labor Day***

Hours

Monday–Thursday 5:00am–10:00pm

Friday 5:00am–8:00pm

Saturday 8:00am–3:00pm

Sunday 3:00pm–10:00pm