

MIDAMERICAN
ENERGY COMPANY.

REC **RP** PLEX



Parents Night Out



6500 Grand Avenue

West Des Moines, IA 50265



www.TheRecPlex.com



The MidAmerican Energy Company RecPlex is West Des Moines's newest multi-use sports and event complex. The RecPlex features nearly 300,000 square feet of space for sporting events, conventions, concerts, community events, business meetings, corporate events and adaptive recreation.

The RecPlex is excited to offer our new **Parents Night Out**. Our Parents Night Out is a great opportunity for parents to have an enjoyable, stress free evening while their children are having fun in a safe environment at the RecPlex!

Parents can enjoy a night out on the town, a relaxing evening in, or whatever it is you'd like to do while your kids have a blast with us. Each Parents Night Out will have a fun theme, arts & crafts, healthy activities and a pizza party!

FAQ'S

Q. Who are the recreation staff and how many are there?

A. Our Program Directors and Recreation Leaders are a variety of trained individuals from multiple different backgrounds. Several have been highly involved in youth recreation for many years and are all CPR, AED and First Aid Certified. The average recreation leader to camper ratio will be around 10:1.

Q. Do you have medical trainers?

A. We do have very quick access to medical professionals at the RecPlex. If we ever need any medical assistance, they are there within minutes to help us! Again—safety is our number one priority.

Q. How are the groups divided?

A. Children are divided as much as possible into two age groups: 5-8 and 9-11.

Q. Can my child bring money to buy snacks?

A. Yes—we can't be totally responsible for the money or items purchased so this is at the discretion of the parent.

Q. Does my child need to be signed-in at the beginning of the night and signed-out at the end?

A. Yes—we ask that parents/guardians/grandparents/etc. come in each day to do this.

Q. I need to pick-up my child early from Parents Night Out—or drop them off late—can I do this?

A. Yes—just make sure to check-in with us to confirm where we will be. The daily schedule is on-line but depending on several situations, including weather, it may change. Our phone numbers are posted on the website.

Q. Is food provided?

A. Absolutely! No Friday night is complete without a pizza party.

Q. My child has dietary restrictions. Will they be able to eat?

A. We can certainly try to accommodate your child's needs, however, it cannot be guaranteed. If your child has a dairy or gluten allergy we would recommend bringing a sacked dinner.

Q. My child isn't potty trained. Is that okay?

A. All children must be potty trained to attend Parents Night Out.

If you have any questions that you don't see here, please let us know and we'll be happy to answer them!

Sample Daily Schedule

- 4:45-5:00: DROP OFF
- 5:00-6:30: THEMED EVENT
- 6:30-7:00: PIZZA PARTY!
- 7:00-8:00: OPEN PLAY
- 8:00-8:15: PICK UP

Children will get to participate in themed nights during Parents Night Out including themed activities and arts & crafts. In addition, children will have the opportunity to try many activities throughout the RecPlex including soccer, football, basketball, esports, pickleball and many others during open play.

Nightly Themes:

Below are some examples of nightly themes:

Themes Subject to Change

- Survivor
- Treasure Hunters
- Star Wars
- Pajama Party
- Olympic Games
- Carnival
- Nerf Gun Blaster Wars

Fees:

- \$15/person—includes pizza party!

How to register:

Registration for Parents Night Out can be completed in several ways:

- Visit the WDM Parks & Recreation website at: www.wdm.iowa.gov/parkrecreg
- Call the City of WDM Parks & Recreation Department at: 515-222-3444

Additional Questions

For more information on Parents Night Out at the RecPlex please contact Guest Services Coordinator, Brett Slaby at: 515.440.4811 or brett.slaby@wdm.iowa.gov