

DOWLING CATHOLIC POST PROM FAQ KNOW BEFORE YOU GO!

Location & Time

Spare Time
340 Jordan Creek Pkwy
West Des Moines

May 9, 2026 - 11:00 p.m. - 2:00 a.m

- The doors open at 11:00 p.m. You and your guest must be checked in to the party by 11:30 p.m.
- This is a LOCK-IN EVENT. Once you enter, you will be with us until 2:00 a.m. when the event ends.
- Students will be required to check in to Post Prom with their student IDs.
- All students who have purchased Post Prom tickets will be checked in to the event. Follow-up with parents/guardians will be done for any student who purchased a ticket but does not check in.

Free Stuff & Fun

- Prizes will be awarded toward the end of the evening. Your ticket includes unlimited food, dessert, soft drinks and water.
- You will be entertained with free bowling, arcade games, laser tag, casino games, escape rooms, Bingo and prizes! You won't want to leave!

Post Prom Attire

- Casual and comfy, but follow the Dowling dress code.
- Students must change out of formal attire before arriving at Post Prom.
- Remember your tennis shoes and socks for bowling and laser tag!

Leave These Items in Your Car

- Coats
- Extra Clothing items - Change out of formal wear before arriving!
- Large purses, backpacks (small purses allowed)
- Outside food or drink - There will be plenty of food and beverages to last all night.
- Absolutely no alcohol, controlled substances, tobacco or vaping allowed.

Things to Know

- Police will be monitoring the party.
- Dowling Seniors and Juniors and dates may attend Post Prom festivities, even if not attending Prom.
- We want to ensure all registered students arrive safely. Parents of students not arriving by 11:45pm will be contacted by Dowling Staff to ensure their students are in a safe place.
- Students with an intermediate license are not legally allowed to drive without adult supervision between 12:30 a.m. and 5 a.m. Guardians may complete a Waiver of Intermediate Driver's License Hour Restriction form to waive this restriction for school purposes. Once completed, the form must be carried in the vehicle when driving after hours. You may pick a waiver up at Mrs. Navarro's desk, or print off one from this link and take it to her to sign.
- [\[Iowa DOT\] 431170. Waiver of Intermediate Driver License Hour Restriction](#)
- Parents must print and sign the attached **Release of Liability** form and return it to Mrs. Navarro at Dowling. Blank forms can be picked up at her desk if needed. *Forms must be turned in by May 9th at 3:15 pm.*

REQUIRED RELEASE LANGUAGE

We, the undersigned, as parent, legal guardian, student participant, or adult attendee, are aware of, understand and agree to abide by the "2026 Post Prom FAQ Know Before You Go" rules. We understand that activities include, but are not limited to, physical and non-physical games, use of electronic equipment (such as video games) and refreshments. We acknowledge any risk that may be involved in these activities and hold blameless Dowling Catholic High School and/or the Dowling Catholic Post Prom Committee and all volunteers, both individually and as a group, for any and all liability or injuries that may arise from these activities. We, as parents, legal guardian or adult attendee, understand these potential risks and give full consent for our student/self to participate in the 2026 Dowling Catholic High School Post Prom activities.

<https://forms.gle/HEepTZG8njtJffLM6>

THIS YEAR AT POST PROM

You will want to be comfortable and casual (in line with Dowling dress code). And remember to wear comfortable shoes for games and bring or wear socks for bowling.

Fun Activities with Friends!

Arcade games
Bowling
Laser Tag
Escape Rooms
Bingo
Casino Games - put on by Royale Flush Casino company

Great Food!

Pizza
Chicken tenders
Tator Tots
Mac n cheese
Cupcakes and mini donuts
Unlimited soft drinks & water

The Grand Finale - Raffle Prize Giveaway!

During the event, thousands of dollars in prizes will be given away! If you are a Dowling junior or senior in attendance, you could win:

2 - 4 day passes to Hinterland music festival
Multiple TV's
Multiple dorm fridge's
Apple Air Pod Pro 3
Digital Camera
Igloo Cooler filled with snacks
Dorm Essentials
Cash Prizes and lots more
Tons of tickets and gift cards

Grand Prizes of

\$500 Cash donated by Stew Hansen

Giant JBL Party Box bluetooth speaker and microphone donated by Calcium Products

Theresa Schumacher mini photoshoot session with friends

Roku 40 inch Television

Apple Air Pod Pro 3

SEE YOU AT SPARE TIME ON MAY 9TH!