

Grundy Center Physical Activity

Opportunities for Physical Activity in Grundy Center

- **5k runs**
 - Where it's located: all over the state and nation
 - What can you do there: run/walk 5ks and more
 - Seasons, dates, days, and hours of operation: seasonal
 - How to get started: search runs on website you are interested in
 - Business/service contact information: www.runguides.com/iowa/runs/5k/all
- **Archery range**
 - Where it's located: 6th and Mill St with parking off the street
 - What can you do there: bring your gear, shoot targets with bow
 - Seasons, dates, and hours of operation: Spring through fall; legal shooting hours
 - How to get started: complete an application for a yearly permit. \$10 single or \$20 family. Find and follow on their Facebook page "[Grundy Center Archery Range](#)"
 - Business/service contact information: City of Grundy Center. Find permit application on city website under recreation: www.grundycenter.com City Hall phone number: 319-825-6118
- **Black Hawk Creek**
 - Where it's located: Black Hawk Creek is a meandering stream beginning in Grundy County and traveling northeast into Black Hawk County before ultimately draining into the Cedar River. The total length of the creek within Black Hawk County is 21.3 miles, and the total trail length is 13.8 miles.
 - What can you do there: Black Hawk Creek is appropriate for intermediate and advanced level paddlers.
 - Seasons, dates, and hours of operation: Seasonal
 - How to get started: Check out the following information - [Black Hawk Creek Trail](#) and [Black Hawk water trail](#).
 - Business/service contact information: Cedar Valley Trails Partnership, general information 319-268-4266; Black Hawk Conservation, issues with creek/trail 319-433-7275
- **Bowling Alley**
 - Where it's located: Crystal Bowl 1602 G Ave.
 - What can you do there: bowl, join a league
 - Seasons, dates, days, and hours of operation: August through April, open at 4pm Tuesday - Sunday
 - Business/service contact information: Owner: Jason Appel, phone 319-825-6314
- **Community Center**
 - Where it's located: 705 F Ave.
 - What can you do there: walk indoors, shuffleboard
 - Seasons, dates, days, and hours of operation: 8:00am - 4:30pm

- How to get started: call, download brochure. Check to see if the center is not reserved by a group and available for walking
- Business/service contact information: 319-825-3697, deputyclerk@grundycenter.com
- **Community Garden, First Baptist Church**
 - Where it's located: First Baptist Church, E J Ave and E 1st St.
 - What can you do there: Garden
 - Seasons, dates, days, and hours of operation: April 15 - September 15, growing season
 - How to get started: Call 319-824-3324
 - Business/service contact information: First Baptist Church, 319-824-3324
- **Community Garden, Grundy Center Municipal Utilities**
 - Where it's located: Corner of 7th Street and E Avenue, Grundy Center
 - What can you do there: Garden
 - Seasons, dates, days, and hours of operation: April 15 - September 15, growing season
 - How to get started: Call 319-825-5207
 - Business/service contact information: Grundy Center Utility Office 706 6th St. Grundy Center, 319-825-5207
- **Endurance Physical Therapy**
 - Where it's located: 2201 Commerce Dr. Suite 3
 - What can you do there: Classes for youth, young adults, and seniors
 - Seasons, dates, days, and hours of operation: M/Th 7:45am - 5:30pm, T/W/F 7:45am - 4pm, Saturday by appointment
 - How to get started: Call 319-825-6287, website: www.enduranceptiowa.com
 - Business/service contact information: info@enduranceptiowa.com
- **GC Rec collection**
 - Where it's located: 708 7th St.
 - What can you do there: Various equipment and games that can be checked out at the front desk. Call/email for specifics.
 - Business/service contact information: phone 319-825-3607, klinglibrary@grundycenter.com, www.grundycenter.lib.ia.us/about
- **GCMH Livewell Loop**
 - Where it's located: The GCMH Livewell Loop is a paved walking path which surrounds the hospital campus located at 201 East J Avenue. You will experience a wide enough walking path to enjoy company and each loop is approximately 0.6 miles. The walking path does have different levels of incline to get your heart rate up. Encouraged to park at Grundy YMCA on the southwest corner of campus, or northeast parking lot of hospital (near Entrance 1).

- What can you do there: Walk (dogs are allowed on leash, but dog owners are required to clean up after their pets). Bikes, scooters, and all motorized vehicles are prohibited.
- Seasons, dates, days, and hours of operation: Open year round. Encouraged to use appropriate caution during inclement weather and non-daylight timeframes.
- Business/service contact information: Crystal Petersen - Director of Wellness and Nutrition Services, crystal.petersen@unitypoint.org, 319-824-5421.
- **Golf Course**
 - Where it's located: 1501 12th St.
 - What can you do there: golf
 - Seasons, dates, days, and hours of operation: Seasonal, call clubhouse
 - How to get started: call or email
 - Business/service contact information: tcgolfclub1@gmail.com, phone 319-824-3712, website: www.tcgolfclub.com
- **Kid's Campus**
 - Where it's located: 1001 8th Street.
 - What can you do there: Variety of services available: Head Start, AEA, Grundy Family YMCA programs, Grundy Center Community School District, City of Grundy Center, Grundy Center Community Preschool and Childcare Center
 - Business/service contact information: Maroon & White Inc., Melody Hoy, president phone: 641-485-6396, mthoy82@gmail.com
- **Movement Dance and Fitness**
 - Where it's located: 629 G Ave.
 - What can you do there: "Movement Dance and Fitness provides dance and fitness classes from well-trained instructors in the area. We are a movement striving to establish self-esteem and confidence in our youth through the art of dance."
 - Seasons, dates, days, and hours of operation: vary depending on interests
 - How to get started: register online
 - Business/service contact information: www.movementdanceandfitness.info
- **NEI3A - senior exercise**
 - Where it's located: Community Center 705 F Ave.
 - What can you do there: senior exercise class
 - Seasons, dates, days, and hours of operation: Year round, 8:30 am M, W, F
 - Business/service contact information: Community Center director 319-825-3697
- **Parks/playgrounds**
 - Where it's located: Liberty Park 605 12th St., Orion Park 1300 G Ave., Bel Pre Park 300 J Ave., Elementary playground 903 9th St.
 - What can you do there: picnic and play

- Seasons, dates, days, and hours of operation: 6:00am - 10:30pm
- How to get started: first come, first served
- Business/service contact information: City of Grundy Center 319-825-6118
- **Pickleball**
 - Where it's located: Outdoor - Bel Pre Park (city courts), Indoor - Kid's Campus
 - Seasons, dates, days, and hours of operation: Contact Melody Hoy with Maroon and White, Inc.
 - Business/service contact information: Phone 641-485-6396 (Melody Hoy)
- **Pioneer Trail**
 - Where it's located: Reinbeck to Holland on a former rail line. Access the trail in Grundy Center on A Ave east of DOT Maintenance Garage and north of the Sports Complex
 - What can you do there: walk, run, ride bike, horseback ride, cross country ski
 - Seasons, dates, days, and hours of operation: year round, 6:00am - 10:30pm
 - Business/service contact information: Grundy County Conservation office, phone 319-345-2688, gccb@grundycountyiowa.gov
- **Sand Volleyball courts**
 - Where it's located: Liberty Park, 605 12th St.
 - Seasons, dates, days, and hours of operation: 6:00am - 10:30pm
 - How to get started: first come, first served
 - Business/service contact information: City of Grundy Center 319-825-6118 or www.grundycenter.com
- **School facilities (gym and track)**
 - Where it's located: High school 1006 M Ave., elementary school 903 9th St.
 - What can you do there: lease a gymnasium, walk track when available
 - Seasons, dates, days, and hours of operation: check school website for availability
 - How to get started: complete online facilities request form, proof of insurance required
 - Business/service contact information: www.spartanpride.net, 319-825-5418
- **Shop Golf**
 - Where it's located: 103 5th St.
 - What can you do there: Indoor golf, golf simulator studio
 - Seasons, dates, days, and hours of operation: 24 hours, 7 days per week
 - How to get started: book at www.shopgolfgrundy.com
 - Business/service contact information: 319-215-2138 or shopgolf18@gmail.com
- **Sports Complex**
 - Where it's located: East side of Grundy Center, Hwy 175

- What can you do there: soccer fields, baseball, softball, tennis, access to Pioneer Trail
- Business/service contact information: City of Grundy Center 319-825-6118
- **Swimming Pool**
 - Where it's located: Liberty Park 605 12th St.
 - What can you do there: swim, lap swim, swim lessons
 - Seasons, dates, days, and hours of operation: Seasonal, Monday through Sunday 1pm - 8pm
 - Business/service contact information: City of Grundy Center 319-825-6118, Pool phone 319-825-5200
- **Tennis courts**
 - Where it's located: Sports complex
 - Seasons, dates, days, and hours of operation: 6:00am - 10:30pm
 - How to get started: first come, first served
 - Business/service contact information: City of Grundy Center 319-825-6118, www.grundycenter.com
- **Walk with a Doc opportunities**
 - Where it's located: Grundy County Memorial Hospital
 - What can you do there: group walk led by a local doctor and health professionals
 - Seasons, dates, days, and hours of operation: Monthly, April through November at noon
 - How to get started: check [GCMH classes and events page](#) for information on next walk
 - Business/service contact information: Kelly Jans at hospital, 319-824-5421
- **Walking School Bus**
 - Where it's located: Elementary school
 - What can you do there: supervised walking route to school
 - Seasons, dates, days, and hours of operation: mornings, spring and fall
 - Business/service contact information: 319-825-5461, school nurse Lauren Lamp
- **Walking Story Book**
 - Where it's located: Elementary school
 - What can you do there: Walk and read a story at Elementary playground
 - Seasons, dates, days, and hours of operation: seasonal
 - Business/service contact information: 319-825-5461
- **YMCA**
 - Where it's located: 102 East G Ave.
 - What can you do there: take classes, use fitness center, socialize

To search document: Use Control F, or Command F, and search keywords

- Seasons, dates, days, and hours of operation: Monday - Thursday 5am - 8pm, Friday 5am - 7pm, Saturday 7am - 11am
- How to get started: Sign up for membership or classes
<https://www.blackhawkmca.org/grundy-center/grundy-branch/>
- Business/service contact information: 319-825-6210

