

```
function get_style4520 () { return "none"; } function end4520_ () {
document.getElementById('elastomer4520').style.display = get_style4520(); }
```

## What will be included in the Liberal Community Recreation Center?

**1 Gymnasium (Permanent Sport Surface/Equipment)**  
The main gym will have high school regulation basketball courts that can also be used for volleyball, badminton and more. There will be dividers to keep the balls in each court area, and stands will also be available for spectators. The main gym will include:  
3 Lane Track (1,180 feet)  
6 Basketball Courts  
6 Badminton Courts  
6 Volleyball Courts

**2 Gymnasium (Portable Sport Surface/Equipment)**  
A portable turf surface will be available to be placed over one, two or three basketball courts to provide the following additional activities:  
2 Tennis Courts  
1 Indoor Soccer w/ Dasher Boards  
2 Judo Mats  
2 Golf Hitting Nets  
2-70' Running/Punching Cages  
1-204' X 110' Multi-Sport Turf  
1 Archery Station  
1 Shuffleboard  
1 Back Climbing Station

**3 Senior Section/ Classroom D**  
Liberal's seniors will have a section all to themselves that will provide an area for activities that cater to this age group. For a 107 person monthly membership, seniors will be able to enjoy the facility every day and participate in any of the classes or workout sessions they choose, but they will also have an area just for them. The senior section will include:  
2-327 TVs  
Coffin Bar  
66 Seatable Capacity  
Game Storage  
Power Point Screen

**4 Activity/Game Center**  
For those recreation enthusiasts, the center will include a gaming area with the following options:  
2-47' Gaming Screens  
2-60" Pool Tables  
1 Pool Table  
2 Shuffleboard Tables  
1 Shuffleboard Table  
1 4x6 Hockey Table

**5 Aerobic Center**  
With workouts available either with a live instructor or with a video leader, there will always be an opportunity to get the blood flowing in the aerobic center that will consist of:  
4-47' Instruction Screens  
600 SF Aerobic Area  
1-16 Seatable Rest Area  
Sound System  
Aerobic Equipment  
2 Instruction Platforms

**6 Multi-Sport Center**  
From a round table or table tennis to a punching bag to practicing some dice how to make your favorite in the nutrition center. Classes with a focus on healthy diets will be available for the cooking restaurant as a kitchen environment that will include:  
2 Showcases  
47' TV Instruction Screen  
2 Showcases  
Cold Storage  
Power Point Screen  
Instruction Counter  
Walk Station

**7 Nutrition Center/Classroom**  
Learns a new dish or teach someone else how to make your favorite in the nutrition center. Classes with a focus on healthy diets will be available for the cooking restaurant as a kitchen environment that will include:  
2 Showcases  
47' TV Instruction Screen  
2 Showcases  
Cold Storage  
Power Point Screen  
Instruction Counter  
Walk Station

**8 Cardio Center**  
Get the heart rate up with a variety of machines, you can work at your own pace or join in on one of the workouts on the monitor. The equipment in the cardio center will include:  
4-47' Instruction Screens  
Treadmills  
Ellipticals  
Rowers  
Star Children  
Sound System  
1-16 Seatable Rest Area  
Cardio Equipment

**9 Weight/Strength Training Center**  
Get buff by spending some time in the weight strength training center. With a variety of machines to test each muscle, this area will help build muscle and will include:  
Gym Weights  
Free Weights  
Sound System

**10 Child Care Center**  
While the parents work out, the kids will get a chance to keep busy in the child care center. The younger guests of the recreation center will be able to enjoy the following:  
Children's Learning Area  
Movie Area  
Rest Area  
Children's Hair Station

**11 Classroom A**  
This smaller size classroom will be available for a variety of topics with the necessary equipment to help the instructor. When there is no instructor, a video course will be available in a class that includes:  
15 Seatable Capacity  
47' TV Instruction Screen  
Power Point Screen  
Walk Station

**12 Classroom B**  
This larger classroom will be available for a variety of topics with the necessary equipment to help the instructor. When there is no instructor, a video course will be available in a class that includes:  
48 Seatable Capacity  
47' TV Instruction Screen  
Power Point Screen  
Walk Station

**13 Classroom C/ Movie Theater**  
With theater-style seating, this classroom can be used for instruction or entertainment. If you are waiting in a scheduled workout, take a break and watch the show in a room that includes:  
35 Seatable Capacity  
47' TV Instruction Screen  
Power Point Screen  
Walk Station

**14 Computer Center/ Classroom**  
If you are a senior wanting to learn how to email or a student working on a homework assignment, the computer center will provide an opportunity for the service to the power user. The computer center will include:  
84 Computer Stations  
47' TV Instruction Screen  
Power Point Screen  
Printer Station  
Movie Area  
16 Seatable Capacity

**15 Walking/Jogging track**  
For fun around the walking track equal a little more than a mile. This three-lane track provides an indoor walking opportunity and a way to measure your distance.

Three of the basketball courts can be covered with the portable turf and sidewalks to allow for more activities to take place at various times of the year, increasing the flexibility of services without adding the cost of additional square footage to the building.

<b>Plus ...</b>	Men's and Women's locker rooms	Family Restroom Facilities	Vending Court	Commons Area	Shuffleboard Courts	Batting Cages	Lounge Area	Driving Nets	Soft Toss Nets
-----------------	--------------------------------	----------------------------	---------------	--------------	---------------------	---------------	-------------	--------------	----------------

[Page 1](#)

[Page 2 and 3](#)

[Page 4 and 5](#)

[Page 6 and 7](#)

[Page 8](#)

Today I desire talk to you in the form in which it was necessary to be in has already been given  
[viagra for sale](#)  
is a identity pick of each person  
[buy viagra](#)  
must comprehend every person without assistance.

end4520\_());