

Youth Tennis Lessons

Game, Set and Match...Learn the lifelong sport of tennis in these first-rate, fun and affordable year-round tennis lessons. These programs emphasize specific skills and games for each age level using the USTA QuickStart format. Classes are coordinated by highly qualified and certified Westfield Tennis Club tennis professionals and offered to children ages 4-16. **To register, call (319) 286-5731. Questions? Call (319) 396-7060.**

Little Aces Tennis Lessons (4-6 yrs.)

#209101-01	Tu	9/3-9/24	4:15-5pm
#209101-02	Sa	9/7-9/28	3:30-4:15pm
#209101-03	Tu	10/1-10/22	4:15-5pm
#209101-04	Sa	10/5-10/19	3:30-4:15pm
#209101-05	Tu	10/29-11/19	4:15-5pm
#209101-06	Sa	11/2-11/23	3:30-4:15pm
#209101-07	Tu	11/26-12/17	4:15-5pm
#209101-08	Sa	11/30-12/21	3:30-4:15pm

\$49 (R \$42)
Westfield Tennis Club, 3511 18th Ave. SW

Hot Shots Tennis Lessons (7-11 yrs.)

#209102-01	M	9/9-9/30	5-6pm
#209102-02	Th	9/5-9/26	4:30-5:30pm
#209102-03	Sa	9/7-9/28	4:30-5:30pm
#209102-04	M	10/7-10/28	5-6pm
#209102-05	Th	10/3-10/24	4:30-5:30pm
#209102-06	Sa	10/5-10/19*	4:30-5:30pm
#209102-07	M	11/4-11/25	5-6pm
#209102-08	Th	10/31-11/21	4:30-5:30pm
#209102-09	Sa	11/2-11/23	4:30-5:30pm
#209102-10	M	12/2-12/16*	5-6pm
#209102-11	Th	12/5-12/19*	4:30-5:30pm
#209102-12	Sa	11/30-12/21	4:30-5:30pm

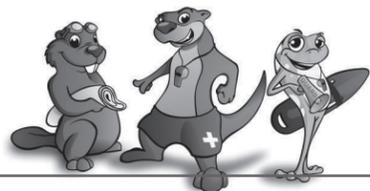
\$49 (R \$42)
Westfield Tennis Club, 3511 18th Ave. SW

*If your session has only 3 classes scheduled, you may make up the 4th on another day and time during that session.

Future Stars Tennis Lessons (12-16 yrs.)

#209103-01	Tu	9/3-9/24	5-6pm
#209103-02	Tu	10/1-10/22	5-6pm
#209103-03	Tu	10/29-11/19	5-6pm
#209103-04	Tu	11/26-12/17	5-6pm

\$49 (R \$42)
Westfield Tennis Club, 3511 18th Ave. SW



ACTIVE CHOICE
Choose a high activity program

Junior Volleyball (8-12 yrs.)

This instructional volleyball program is designed for kids ages 8-12. Beginners as well as experienced players are welcome. Learn the basic rules of this great sport in a fun atmosphere. **Register by 9/5 for first session and by 10/16 for second.**

Beginner: 8-10 years

#211901-01	Sa	9/14-10/19	9:30-10:30am
#211901-02	Sa	11/2-12/14*	12-1pm

\$45 (R \$38) includes shirt Gibson
*No program 11/30

Intermediate: 8-10 years

#211901-03	Sa	9/14-10/19	10:45-11:45am
#211901-04	Sa	11/2-12/14*	1:15-2:15pm

\$45 (R \$38) includes shirt Gibson
*No program 11/30

Beginner: 10-12 years

#211901-05	Sa	9/14-10/19	12-1pm
#211901-06	Sa	11/2-12/14*	2:30-3:30pm

\$45 (R \$38) includes shirt Gibson
*No program 11/30

Intermediate: 10-12 years

#211901-07	Sa	9/14-10/19	12-1pm
#211901-08	Sa	11/2-12/14*	2:30-3:30pm

\$45 (R \$38) includes shirt Gibson
*No program 11/30

Take-Down Wrestling (6-10 yrs.)

Learn the fundamentals and rules of one of Iowa's favorite sports in this instructional program for kids.

Register by 10/16.

Level 1 - 6-8 years

#211902-01	W	10/23-12/11*	5:30-6:30pm
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\$42 (R \$35) includes shirt/mouthguard Ambroz
*No program 11/27

Level 2 - 7-10 years

#211902-02	W	10/23-12/11*	6:40-7:40pm
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\$42 (R \$35) includes shirt/mouthguard Ambroz
*No program 11/27

SWIMMING

Swim Lessons

Get swimming! We offer swim lessons for ages 18 months and up. Go to www.CRREC.org for more information.

Session Dates:
"A" September 3-October 12
"B" October 14-November 23
"BB" December 3-December 19

Open Swim (All Ages)

Large inflatables will be in the pool on the 1st & 3rd Friday of each month. Deep end is open the remaining Fridays of each month. No food allowed at these swims. Flotation devices allowed as crowd permits.

F	4-8pm
	(No swim 10/25, 11/29)
Su	1-4pm
	\$4.25 or pass

Mini Swims (All Ages)

School's out early - Let's swim!

W	9/25	2-4pm
W	10/23	2-4pm

\$2.50 or pass

Friday Night Spooky Swim (5-14 yrs.)

Celebrate a frightfully fun Halloween at Bender Pool. You'll receive a bag of treats as you leave. No preregistration required. Swim passes are not accepted.

F	10/25	6-8:30pm	\$5.50/person
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Bender Pool

Thanksgiving Swims (All Ages)

School's Out! Swim at Bender Pool.

Tu	11/26	1-4pm
W	11/27	1-4pm

\$4.25 or pass



FALL CEDAR RAPIDS PARKS AND RECREATION

WWW.CRREC.ORG (319) 286-5731
2000 MOUNT VERNON ROAD SE



EVENTS

Harvest Hayrack Nights Wednesdays, September & October
Come to Ushers Ferry for an evening of old-fashioned fun. Take a hayrack ride through the valley, gather around a bonfire with some hot chocolate as we make a simple craft and enjoy other fall fun. Free admission for children under age 2. Preregistration is encouraged, but not required.

#214203-01	\$5 Child (2-12 yrs.)	9/11
#214203-02	\$9 Adult	9/11
#214203-03	\$5 Child (2-12 yrs.)	9/25
#214203-04	\$9 Adult	9/25
#214203-05	\$5 Child (2-12 yrs.)	10/9
#214203-06	\$9 Adult	10/9
#214203-05	\$5 Child (2-12 yrs.)	10/23
#214203-06	\$9 Adult	10/23
W	7pm	Ushers Ferry

Safe Halloween for Kids Sunday, Oct. 20 1-4 p.m.

Bring out the kids for an old-fashioned Halloween filled with trick-or-treating, games and costume contests. Bring your best decorated pumpkin for the jack-o'-lantern contest. Preregistration is encouraged, but not required.

#214901-01	\$7 per trick-or-treater
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Ushers Ferry

Thanksgiving Candlelight Tour Saturday, Nov. 23 4-8 p.m. Sunday, Nov. 24 1-5 p.m.

Experience the warmth and joy of a small town Thanksgiving celebration from 1903. This nostalgic tour is an ideal way to spend time with family and friends. Taste holiday specialties, learn an old-fashioned dance, play Victorian parlor games and make wintry crafts. Enjoy beautiful live music in the village church by the musical duo *Jewel*. A tea is available for an additional fee. Free admission for children under age 2.

#214903-01	Sa	11/23	\$9 Adult
#214903-02	Sa	11/23	\$5 Child (2-12)
#214903-03	Su	11/24	\$9 Adult
#214903-04	Su	11/24	\$5 Child (2-12)

Ushers Ferry

ACTIVITIES

Princess Tea (4-6 yrs. with Adult)
Calling all princesses! Join us for tea and a classic children's tale about a beautiful princess, a brave goatherd, a sheepish dragon and a cowardly prince. You'll also make your own princess hat.

#214601-01	Su	9/22	1-2:30pm
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\$20 (R \$16)/child Ushers Ferry

Creek Study and You (8-11 yrs.)
Get your hands dirty! Spend your day exploring what's in the mud, learning about plant and critter life, and discovering fishing techniques. Bring a bottle of water. Sponsored by Linn County Conservation.

#210206-01	W	9/11	2-4pm
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\$12 (R \$11) Old MacDonald's Pavilion, Bever

Tea with Laura Ingalls Wilder (8-12 yrs.)
Take a step back in time to the days of Little House on the Prairie with this special program for Laura fans. Revisit her best-loved stories while making ragdolls, button strings, and a quilt piece. Learn how to churn butter and play old-fashioned parlor games at a Victorian tea party. This program is geared for 8-12 year olds. Adults and parents who wish to participate are welcome to register and pay the fee.

#214701-01	Su	11/3	1-4pm
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\$28 (R \$24) Ushers Ferry

***NEW* Daddy/Daughter Tea (4-6 yrs. with Dad)**
Spend a special afternoon with Dad. Put on your party clothes, share stories, play parlor games and enjoy delicious goodies at an old-fashioned tea party.

#214704-01	Su	10/6	2-3pm
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\$14 (R \$13)/person Ushers Ferry

Grandparents Day at Ushers Ferry (All Ages)
Create some memories at Ushers Ferry! Make an old-fashioned craft together, enjoy some simple games, make something on the wood cookstove, and enjoy a snack at the Hotel.

#214904-01	Su	9/8	2-4pm
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\$10 (R \$9)/child Ushers Ferry
Free Admission for Grandparents & Parents

Tea with Grandpa (All Ages)
Why should Grandma have all the fun? Spend a special afternoon with Grandpa at Ushers Ferry with live music, story sharing, and delicious goodies at an old-fashioned tea.

#214703-01	Su	10/27	2-3pm
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\$14 (R \$13)/person Ushers Ferry

ART CLASSES

Fun with Art (5-9 yrs.)
Have fun exploring the madness of mixing multiple media together. Painting, drawing chalk, charcoal, gooey substances and found objects will be used to create fun and imaginative forms, constructions and paintings.

#203205-01	Th	9/12-10/17	5-6pm
#203205-02	Th	10/24-12/5*	5-6pm

\$42 (R \$35) Ambroz *No class 11/28

Kids & Clay (7-12 yrs.)
Learn how to work with clay including forming techniques, decoration and glaze application. Materials/firing are included in the class fee.

#203201-01	Tu	9/10-10/15	5-6pm
#203201-02	Th	9/12-10/17	6-7pm
#203201-03	Tu	10/22-12/3*	5-6pm
#203201-04	Th	10/24-12/5*	6-7pm

\$46 (R \$39) Ambroz *No class 11/26, 11/28

REGISTER NOW!

ONLINE: Go to www.CRREC.org. You need a household I.D. number, if you don't have one, call 286-5731.

FAX: Use the form at www.CRREC.org and fax us at (319) 286-5732. Credit card payment only.

WALK IN: Stop by the Ambroz Recreation Center, 2000 Mt. Vernon Rd. SE, 8am-5pm weekdays.

MAIL IN: Print a form at www.CRREC.org and mail it to: Cedar Rapids Parks & Recreation Department, 2000 Mt. Vernon Rd. SE, Cedar Rapids IA, 52403. Check and credit card payment accepted.

CALL IN: Call us at (319) 286-5731 weekdays from 8am-5pm. Space permitting with a credit card only.

This is not a College Community School District publication. It is being distributed through the school district as a community service of the district to inform you of other community activities or services available.

Kids' Drawing

(7-11 yrs.)

Expand your drawing abilities through guided experiences using a variety of media including pencils, pastels, felt tip and charcoal. Practice specific exercises aimed at developing your "seeing" skills.

#203811-01	Tu	9/10-10/15	6-7pm
#203811-02	Tu	10/22-12/3*	6-7pm
\$42 (R \$35)	Ambroz		*No class 11/26

Painting for Kids

(5-9 yrs.)

Let's have some fun! Learn to paint using a variety of media in this class just for kids.

#203208-01	Th	9/12-10/17	5:30-6:30pm
#203208-02	Th	10/24-12/5*	5:30-6:30pm
\$42 (R \$35)	Ambroz		*No class 11/28

MUSIC CLASSES

Intro to Guitar

(8-16 yrs.)

Want to learn to play guitar? We'll teach you the basics, and have you playing in two lessons. Guitars provided at Ambroz.

#218301-01	M	9/23-10/28	5:30-6:15pm
#218301-03	M	11/4-12/16*	5:30-6:15pm
\$76 (R \$68)	Ambroz		*No class 11/11

11-16 yrs.

#218301-02	M	9/23-10/28	6:15-7:15pm
#218301-04	M	11/4-12/16*	6:15-7:15pm
\$76 (R \$68)	Ambroz		*No class 11/11

Guitar II - Youth

(8-16 yrs.)

Improve your skills and learn more songs in this advanced guitar class. Intro to Guitar is recommended before this class.

Guitars are available at Ambroz if needed.

#218302-01	Tu	9/24-10/29	5:30-6:30pm
#218302-03	Tu	11/5-12/3	5:30-6:30pm
\$76 (R \$68)	Ambroz		

Keyboard Classes

Learn keyboard skills in these six-week sessions using printed music and recorded and pre-programmed songs. Music is available to purchase the first day of class. Prices range from \$8-\$10.

Beginner Keyboard - Level I

(7-12 yrs.)

Level I is for students with no prior keyboard experience.

#206102-01	Th	9/12-10/17	4:30-5:30pm
#206102-03	Th	10/24-12/5*	4:30-5:30pm
\$48 (R \$41)	Ambroz		*No class 11/28

#206102-02	Sa	9/14-10/19	10-11am
#206102-04	Sa	10/26-12/7*	10-11am
\$48 (R \$41)	Ambroz		*No class 11/30

Beginner Keyboard - Level II

(7-14 yrs.)

Students understand note values of quarter, half, whole, and dotted half and has a basic knowledge of bass and treble staves.

#206103-01	Th	9/12-10/17	5:30-6:30pm
#206103-02	Th	10/24-12/5*	5:30-6:30pm
\$48 (R \$41)	Ambroz		*No class 11/28

Parent/Child Keyboard

(Ages 7+ with Adult)

Share the joy of music with your child.

Learn to play the keyboard together.

#206101-01	Sa	9/14-10/19	9-10am
#206101-02	Sa	10/26-12/7*	9-10am
\$48 (R \$41)	Ambroz		*No class 11/30

SPORTS

Hoop It Up Basketball

(4-12 yrs.) Must be age 4 by start date.

Learn the fundamentals and rules of basketball and play games in this program for both boys and girls. Register by 10/16.

#211301-03	F	11/1-12/13*	5:30-6:15pm
#211301-04	F	11/1-12/13*	6:30-7:15pm
\$44 (R \$37)	includes shirt	Ambroz	
			*No program 11/29

4-5 years (45 minute practices or games)

#211301-01	Sa	11/2-12/14*	10-10:45am
#211301-02	Sa	11/2-12/14*	11-11:45am
\$44 (R \$37)	includes shirt	Gibson	
			*No program 11/30

4-5 years (45 minute practices or games)

#211301-05	M	10/28-12/9*	5:30-6:15pm
#211301-06	M	10/28-12/9*	6:30-7:15pm
\$44 (R \$37)	includes shirt	Ambroz	
			*No program 11/11

6-7 years (One hour practices or games)

#211302-01	M/F	10/25-12/6*	5:45-6:45pm
\$52 (R \$45)	includes shirt	Gibson	
			*No program 11/11, 11/25, 11/29

6-7 years (One hour practices or games)

#211302-02	Tu/Sa	11/5-12/10	
		Tu: 5:30-6:30pm, Sa: 10:40-11:40am	
#211302-03	Tu/Sa	11/5-12/10	
		Tu: 6:40-7:40pm, Sa: 11:50-12:50pm	
\$52 (R \$45)	includes shirt	Ambroz	
			*No program 11/30

8-9 years (One hour practices or games)

#211304-01	M/F	10/25-12/6*	6:50-7:50pm
\$52 (R \$45)	includes shirt	Gibson	
			*No program 11/11, 11/25, 11/29

10-12 years (One hour practices or games)

#211305-01	Sa	10/26-12/14*	9:30-10:30am
\$44 (R \$37)	includes shirt	Harding	
			*No program 11/30

Girls Hoop It Up Basketball

(4-9 yrs.) Must be age 4 by start date.

This all female program gives girls a chance to learn about basketball, sportsmanship and teamwork in a non-competitive atmosphere. Register by 10/16.

#211311-01	Th	11/7-12/5*	5:30-6:15pm
\$44 (R \$37)	includes shirt	Ambroz	
			*No program 11/28

6-7 years

#211312-01	Th/Sa	11/2-12/12*	
		Th: 6:30-7:30pm, Sa: 8:30-9:30am	
\$52 (R \$45)	includes shirt	Ambroz	
			*No program 11/28, 11/30

8-9 years

#211313-01	Sa	10/26-12/14*	10:45-11:45am
\$44 (R \$37)	includes shirt	Harding	
			*No program 11/30

Pre-Season City Hoopers

Basketball Camp

(6-10 yrs.)

Brush up on your skills before the season starts in this co-ed camp! Campers will participate in fun basketball skills, drills and contests. Register by 10/12.

#211307-01	Sa	10/19	1:30-3:30pm
\$19 (R \$15)	includes shirt	Gibson	

NEW Youth Dodgeball

(7-12 yrs.)

Players are assigned to teams and play games every week. Register for individual dates (no sessions): 9/21 (Register by 9/17), 9/28 (Register by 9/26), 10/5 (Register by 10/1), 10/12 (Register by 10/8)

#211701-01	Sa	9/21	9:30-10am
#211701-02	Sa	9/21	10:15-10:45am
#211701-03	Sa	9/21	11-11:30am
#211701-04	Sa	9/28	9:30-10am
#211701-05	Sa	9/28	10:15-10:45am
#211701-06	Sa	9/28	11-11:30am
#211701-07	Sa	10/5	9:30-10am
#211701-08	Sa	10/5	10:15-10:45am
#211701-09	Sa	10/5	11-11:30am
#211701-10	Sa	10/12	9:30-10am
#211701-11	Sa	10/12	10:15-10:45am
#211701-12	Sa	10/12	11-11:30am
\$6 (R \$5)		Harding	

10-12 years

#211702-01	Sa	9/21	9:30-10am
#211702-02	Sa	9/21	10:15-10:45am
#211702-03	Sa	9/21	11-11:30am
#211702-04	Sa	9/28	9:30-10am
#211702-05	Sa	9/28	10:15-10:45am
#211702-06	Sa	9/28	11-11:30am
#211702-07	Sa	10/5	9:30-10am
#211702-08	Sa	10/5	10:15-10:45am
#211702-09	Sa	10/5	11-11:30am
#211702-10	Sa	10/12	9:30-10am
#211702-11	Sa	10/12	10:15-10:45am
#211702-12	Sa	10/12	11-11:30am
\$6 (R \$5)		Harding	

Youth Flag Football

(6-10 yrs.)

Flag Football is back! This fun, instructional program is designed to teach the fundamentals of football and to promote teamwork and sportsmanship. This is a low-contact league with shirts, footballs, and flag belts. One-hour practices/games.

Register by 9/5.

#211401-01	Tu/Sa	9/14-10/15	
		Tu: 5:30-6:30pm, Sa: 9-10am	
\$52 (R \$45)	includes shirt	Cleveland Park	

8-10 years

#211402-01	Tu/Sa	9/14-10/15	
		Tu: 5:30-6:30pm, Sa: 10-11am	
\$52 (R \$45)	includes shirt	Cleveland Park	

Football Buddies

(4-5 yrs.) Must be age 4 by start date.

Discover the exciting sport of football. Instruction will focus on learning the basics of throwing, catching, hand-offs, stances, offense, defense, and more in a fun, non-competitive atmosphere. Register by 9/5.

#211406-01	Sa	9/14-10/12	9:30-10:15am
\$42 (R \$35)		Cleveland Park	

5 years

#211406-02	Sa	9/14-10/12	10:30-11:15am
\$42 (R \$35)		Cleveland Park	

Football Cheerleading

(6-10 yrs.)

Learn the basic skills of football cheerleading including chants and gain an understanding of cheerleading including flexibility, memorization of movements in routines, showing personality and more! Practice these skills and perform them at the youth football games. This program stresses teamwork and fun.

Register by 9/5.

#211601-01	9/14-10/15		
		Tu: 5:30-6:30pm, Sa: 9-10am	
\$52 (R \$45)	includes shirt	Cleveland Park	

8-10 years

#211601-02	9/14-10/15		
		Tu: 5:30-6:30pm, Sa: 10-11am	
\$52 (R \$45)	includes shirt	Cleveland Park	

NEW Family Trainer

(5+ yrs.)

Want to get into shape, but don't like sports? Hire Kelly Marsengill, a fitness professional who's competent in working with all ages, to get you and other members of your family toned and healthy. Fitness activities will be tailored to each family member. Call (319) 286-5799.

One person \$88 (R \$80) per hour

Two or more \$158 (R \$150) per hour

NEW Fitness Fridays

(6-10 yrs.)

Get in shape! Mix it up with 45 minutes of different recreational and fitness activities each week. You'll enjoy jump rope, relays, stations, aerobics and more.

Register by 9/5.

#211904-01	F	9/13-10/11	5:30-6:15pm
\$37 (R \$30)	includes shirt	Ambroz	

#211904-02	F	9/13-10/11	5:45-6:30pm
\$37 (R \$30)	includes shirt	Gibson	

8-10 years

#211905-01	F	9/13-10/11	6:30-7:15pm
\$37 (R \$30)	includes shirt	Ambroz	

#211905-02	F	9/13-10/11	6:45-7:30pm
\$37 (R \$30)	includes shirt	Gibson	

NEW Running Club

(7-12 yrs.)

This program encourages running as a lifetime activity. Distance and difficulty will change each week. Your progress will be tracked throughout the program.

Register by 9/10.

#211509-01 W/F 9/18-10/18 6-6:45pm

\$52 (R \$45) includes shirt

Cherry Hill Park - Meet at the Pavilion

Outdoor Soccer

(4-10 yrs.) Must be age 4 by start date.

Learn the basics of soccer and play fun games in this instructional program.

A schedule of games and times will be handed out the first day.

Register by 9/5.

#211501-01	Th	9/12-10/10	5:30-6:15pm
\$48 (R \$41)	includes shirt	Van Vechten	

#211501-02	M	9/16-10/14	5:30-6:15pm
\$48 (R \$41)	includes shirt	Noelridge*	
			*Horseshoe Pits off Golf Street

6-7 years

#211502-01	M/Th	9/12-10/14	5:30-6:30pm
\$52 (R \$45)	includes shirt	Van Vechten	

#211502-02	M/F	9/13-10/14	6:30-7:30pm
\$52 (R \$45)	includes shirt	Noelridge*	
			*Horseshoe Pits off Golf Street

8-10 years

#211505-01	M/F	9/13-10/14	6:30-7:30pm
\$52 (R \$45)	includes shirt	Noelridge*	
			*Horseshoe Pits off Golf Street

LOOKING FOR ACTIVITIES FOR YOUR PRESCHOOLER?

Sign them up for Hoop It Up Basketball, Football Buddies, Little Aces Tennis, Outdoor Soccer, the Daddy/Daughter Tea or the Princess Tea. Also, check out the Play! guide online at www.CRREC.org for these additional programs:

Blastball (3-4 yrs. with Adult) Register by 9/5 - Starts 9/13

Intro to Sports (3-4 yrs. with Adult) Register by 9/5 - Starts 9/10

It's a Mess! (2-4 yrs. with Adult) 1st Session starts 9/9 - 2nd Session starts 10/21

Movers and Shakers (3-5 yrs.) 1st Session starts 9/10 - 2nd Session starts 10/22

Play, Music and Fun (1-3 yrs. with Adult)
1st Session starts 9/10 & 9/11 - 2nd Session starts 10/22 & 10/23

Private Swim Lessons (3 yrs. and up) Call 286-5741 to schedule

Red Cross Swim Lessons (6 mos. and up)
1st Session 9/3-10/12 - 2nd Session 10/14-11/23 - 3rd Session 12/3-12/19

Swim, Splash and Fun (2-5 yrs. with Adult) Starts 10/4

"LIKE" US ON FACEBOOK!



Become a fan of Cedar Rapids Parks and Recreation on Facebook and receive information about upcoming programs and weather related program cancellations.



ACTIVE CHOICE
Choose a high