

SLEDDING HILL

Soar down the giant, snow covered hill at Jones Park! The sledding hill opens when enough snow accumulates to completely cover the hill. Call the Winter Sports Hotline, (319) 286-5700, for sledding conditions before you head out into the cold.

CROSS-COUNTRY SKI TRAILS

Cross-country (Nordic) ski on a trail near your home, or venture out to enjoy trails throughout the city. Trails are located at Cherry Hill Park, Ellis Golf Course, Jones Golf Course, Twin Pines Golf Course, and the Sac and Fox Trail. They are opened, marked, and groomed when they are completely covered with snow. Call the Winter Sports Hotline, (319) 286-5700, for trail openings and conditions.

WINTER SPORTS
HOTLINE 319 286-5700

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Become a fan of Cedar Rapids Parks and Recreation and get the latest information about upcoming programs and weather related program cancellations.

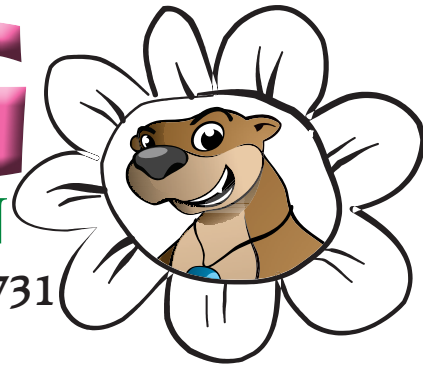
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SPRING CEDAR RAPIDS PARKS AND RECREATION

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



SPRING BREAK

Fire & Forge: Blacksmithing for Beginners (12+ yrs.)

Blacksmiths are the only artisans capable of crafting their own tools. They were essential to any community, making everything from farm implements and household tools to weapons and armor. Learn the secrets of metal, fire and forge in this workshop for beginners and forge your own small piece of metalwork.

#314502-01 F 3/20 1-4pm
#314502-02 Sa 3/21 9am-12pm
\$22 (R \$18) Child Ushers Ferry
(Free for adult accompanying child)

NEW Learn & Play Youth Spring Break Camp (Ages 7-9)

This Spring Break Camp for kids in grades 2-3 will have your child reading better and having fun at the same time! Cedar Rapids Parks & Recreation is partnering with Sylvan Learning Center to bring you this quality program with certified teachers who will focus their lessons on basic reading comprehension and phonics to help your child become a more fluent reader. Following lessons, the recreation staff will bring the fun with active play, games and sports. Pack a snack and drink to enjoy during the mid-morning break.

#310105-01 M-F 3/16-3/20 9am-12pm
#310105-02 M-F 3/23-3/27 9am-12pm
\$105 (R \$97)/student Ambroz

March Handy Kids Workshop: Victorian Sewing Case (6+ yrs. with Parent)

Learn a few simple stitches as you make and decorate your own pretty Victorian sewing case to hold all your needles and notions. Supplies are included in the fee.

#314106-03 Sa 3/21 9-11am
\$15 (R \$14) Child (Parents Free) Ushers Ferry

Spring Break Prairie Girl Primer (9-12 yrs.)

Learn the art and skill of being a young lady in 1910. Step back in time each day by putting on period correct clothing and spending the morning with handiwork, crafts, games, writing, tea engagements, and having lots of fun (as only a lady would)!

#314104-01 M-Th 3/16-3/19 9am-12pm
#314104-02 M-Th 3/23-3/26 9am-12pm
\$88 (R \$80) Ushers Ferry

NEW Spring Break Prairie Girl Primer for Little Ones (6-8 yrs.)

Learn the art and skill of being a proper young miss in 1910. Step back in time each day by putting on period correct clothing and spending each morning with handiwork, crafts, games and having lots of fun!

#314104-03 M-Th 3/16-3/19 9-10:30am
#314104-04 M-Th 3/23-3/26 9-10:30am
\$47 (R \$40) Ushers Ferry

Spring Break Zombie Survival Camp (8-12 yrs.)

Hone your survival skills and use 19th century know-how to prepare for 21st century disaster! Learn to build a shelter, find your way in the wilderness, live off the land and assemble the necessary tools to survive any situation. On the last day, test your zombie survival skills with a water gun war of humans vs. zombies.

#314101-01 M-Th 3/16-3/19 1-4pm
#314101-02 M-Th 3/23-3/26 1-4pm
\$93 (R \$85) includes shirt Ushers Ferry

*Intro to Sports (3-4 yrs. with Adult)

Must be age 3 by start date.

Learn new skills and basic movements for a variety of sports. Parents partner with their child to practice some of the skills.

Register by 3/4.

#311906-01 M-F 3/16-3/20 9-9:45am
#311906-02 M-F 3/23-3/27 9-9:45am
\$39 (R \$32) includes shirt Ambroz

*Spring Break Sports Camp (6-9 yrs.)

Get out of the house and into the gym to enjoy a variety of sports activities in this four-day camp. Campers will participate in basketball, soccer, running, tag games and more. Register by 3/12.

#311908-01 M-Th 3/23-3/26 9-11am
\$39 (R \$32) includes shirt Gibson

ACTIVITIES

NEW Child/Baby Sitting Safety (8-11 yrs.)

Become a super sitter! This course is taught by a certified ThinkSafe instructor. It includes instruction on basic first aid, infant/child CPR (hands only) as well as child development, care and discipline. Participants receive a backpack with supplies to take home.

#310206-01 Sa 2/21 9am-12pm
#310206-02 Sa 3/21 9am-12pm
\$63 (R \$55) Ambroz

NEW "Frozen" Princess Tea (3+ yrs.)

Calling all the Princesses of Winter! Join us for a magical "Frozen" tea party with Anna, Elsa and friends. Enjoy dancing, singing, a craft and goodies. Shy princesses may be accompanied by one adult.

#314709-01 Sa 2/21 1-2pm
\$14 (R \$13) Ushers Ferry Lodge

NEW Home School Day (Ages 7-11)

This field trip is for homeschoolers in grades 2-5. Before your tour, download the student orientation materials at www.UFHV.com and pick a character to research and play in the one-room school house. Spend half a day in the school. Bring a sack lunch to eat on the grounds, then take a tour of the village with a guide. Call (319) 286-5763 for more information.

#314602-01 Th 4/23 9:30am-1:30pm
\$9.25 (R \$8.25)/student Ushers Ferry

REGISTER NOW!

ONLINE: Go to www.CRREC.org and use our convenient online registration anytime, day or night. Credit card payment only.

FAX: Fill out the form below and fax it to 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: Mail the form below to: Cedar Rapids Parks & Recreation, 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.

Please Print

Adult Name: Last _____ First _____ Initial _____
Address _____ City _____ State _____ Zip Code _____
Phone Numbers: Home _____ Work _____ Cell _____

Choice	Prog. #	Program Name	Day/Time	Registrant's First, Last Name	M/F	DOB*	Shirt Size	Fee
First								
Second								
First								
Second								
First								
Second								

*Date of Birth _____ Total Program Fee _____

☐ CHECK ENCLOSED (Make payable to: City of Cedar Rapids)

Circle: Visa MasterCard Discover Expiration Date: / Signature: _____

Credit Card Number:

Can we email your receipt? If yes please list address: _____

YOUTH WAIVER AND PHOTO/VIDEO PERMISSION (One form per participant for youth programs only.)

Participant Name _____ Address _____
Phone _____ Age _____ Date of Birth _____

SIGNATURE OF PARENT OR GUARDIAN: I hereby authorize my son/daughter to register to participate in the above stated program(s) sponsored by the City of Cedar Rapids Parks & Recreation Department. I understand that this (these) program(s), like most programs similar in nature, has (have) some degree of inherent risk involved. Furthermore, my son/daughter is in good physical condition appropriate to participate in the stated activity(ies) AND I UNDERSTAND THAT THE PARTICIPANTS MUST ASSUME FULL RESPONSIBILITY FOR BODILY INJURY INCURRED WHILE TAKING PART IN THE ACTIVITY(IES). NO ACCIDENT INSURANCE IS PROVIDED THROUGH THE CITY OF CEDAR RAPIDS. I grant the Cedar Rapids Parks & Recreation Department permission to use pictures or videos taken of my child during participation in programs. I waive my right to inspection or compensation.

SIGNATURE _____ DATE _____

REGISTRATION FORM



ART CLASSES

Fun with Art (8-11 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.

#303205-01	Th	2/26-4/16*	5-6pm
\$43 (R \$36)		Ambroz	*No class 3/19, 3/26

Kids & Clay (5-9 yrs.)

Learn how to work with clay including forming techniques, decoration and glaze application. **Materials/firing are included in the class fee.**

#303201-03	Tu	2/24-4/14*	5-6pm
#303201-04	Sa	2/28-4/18*	9-10am
\$43 (R \$36)		Ambroz	
*No class 3/17, 3/21, 3/24, 3/28			

Kids, Clay & Wheel (8-17 yrs.)

Want to learn how to throw a pot on a wheel? This beginning wheel class is for 8-17 year olds. You'll also learn about glazing. **Materials/firing are included in the class fee.**

8-14 years			
#303203-04	Th	2/26-4/16*	6-7:30pm
\$50 (R \$43)		Ambroz	*No class 3/19, 3/26

13-17 years			
#303203-03	M	2/23-4/13*	6-7:30pm
\$50 (R \$43)		Ambroz	*No class 3/16, 3/23

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.

#303811-02	Tu	2/24-4/14*	6-7pm
\$43 (R \$36)		Ambroz	*No class 3/17, 3/24

MUSIC CLASSES

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 - Level I (7-12 yrs.)

Level I is for students with no prior keyboard experience.

#306102-03	Th	2/26-4/16*	5-6pm
#306102-04	Sa	2/28-4/18*	10-11am
\$49 (R \$42)		Ambroz	
*No class 3/19, 3/21, 3/26, 3/28			

Beginner - Level II (7-14 yrs.)

Students at this level understand note values of quarter, half, whole, and dotted half and have a basic knowledge of bass and treble staves.

#306103-02	Th	2/26-4/16*	6-7pm
\$49 (R \$42)		Ambroz	*No class 3/19, 3/26

SPORTS

Baseball, Softball & T-Ball Clubs (4-10 yrs.) Must be age 4 by 4/10.

Spring training is here! Work on all aspects of the game in these five week instructional programs that will improve your hitting, throwing, fielding and running skills. No Games. **Register by 3/30.**

Baseball			
#311101-01	F	4/10-5/15	6:30-7:30pm
6-7 yrs.		\$43 (R \$36) includes shirt	
#311102-01	F	4/10-5/15	6:30-7:30pm
8-10 yrs.		\$43 (R \$36) includes shirt	
Noelridge			

Softball			
#311201-01	F	4/10-5/15	6:30-7:30pm
7-9 yrs.		\$43 (R \$36) includes shirt	
#311202-01	F	4/10-5/15	6:30-7:30pm
10-12 yrs.		\$43 (R \$36) includes shirt	
Noelridge			

T-Ball			
#311103-01	F	4/10-5/15	5:30-6:15pm
4-5 yrs.		\$43 (R \$36) includes shirt	
Noelridge			

Blastball (3-4 yrs. with Adult) Must be age 3 by 4/10 and not turn age 5 by 5/15.

Learn baseball basics including hitting, throwing, catching, running and fielding in this game for beginners. Parents partner with their child to practice skills and play the game. No gloves needed. A foam bat and ball will be used. **Register by 3/30.**

#311104-01	F	4/10-5/15	5:30-6:15pm
\$42 (R \$35) includes cap/shirt			Noelridge

Girls Hoop It Up Basketball - Spring Season (6-9 yrs.)

This all-female program teaches girls basketball fundamentals, sportsmanship and teamwork in a non-competitive atmosphere. **Register by 3/30.**

NEW If you already have a CR Parks & Rec basketball jersey, register for an activity listed below:

6-7 years			
#311311-03	Sa	4/11-5/16	9:30-10:30am
\$52 (R \$45) jersey not included			Gibson

8-9 years			
#311312-03	Sa	4/11-5/16	10:45-11:45am
\$45 (R \$38) jersey not included			Gibson

NEW If you DO NOT have a CR Parks & Rec basketball jersey, register for an activity listed below:

6-7 years			
#311311-04	Sa	4/11-5/16	9:30-10:30am
\$66 (R \$58) incudes jersey			Gibson

8-9 years			
#311312-04	Sa	4/11-5/16	10:45-11:45am
\$59 (R \$51) includes jersey			Gibson

Football Buddies (4-5 yrs.) Must be age 4 by 4/18.

Discover the exciting sport of football with a football buddy. Instruction will focus on learning in pairs with kids learning the basics of throwing, catching, kicking, punting, hand-offs, stances, offense, defense, and more in a fun, non-competitive atmosphere. **Register by 3/30.**

4 years			
#311404-01	Sa	4/18-5/16	9:30-10:15am
\$42 (R \$35) includes shirt			Cleveland Park

5 years			
#311404-02	Sa	4/18-5/16	10:30-11:15am
\$42 (R \$35) includes shirt			Cleveland Park

Cedar Rapids Parks & Recreation 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 3/30.**

6-7 years			
#311401-01	Tu/Sa	4/14-5/16	
		Tu: 5:30-6:30pm, Sa: 9-10am	
\$58 (R \$50) includes shirt			Cleveland Park

8-10 years			
#311402-01	Tu/Sa	4/14-5/16	
		Tu: 6:30-7:30pm, Sa: 10-11am	
\$58 (R \$50) includes shirt			Cleveland Park

Football Cheerleading (6-10 yrs.)

Learn the basic skills of football cheerleading including chants and basic jumps while gaining an understanding of the fundamentals 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 3/30.			
#311601-01	Tu/Sa	4/14-5/16	
		Tu: 5:30-6:30pm, Sa: 9-10am	
\$58 (R \$50) includes shirt			Cleveland Park

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. One hour practices and games.

Register by 3/22.			
4-5 years			
#311501-01	M	4/6-5/18	5:30-6:15pm
\$48 (R \$41) includes shirt			Noelridge*
*Horseshoe Pits off Golf Street			

#311501-02	Th	4/9-5/21	5:30-6:15pm
\$48 (R \$41) includes shirt			Van Vechten

6-7 years			
#311502-01	M/Th	4/13-5/14	6:30-7:30pm
\$55 (R \$48) includes shirt			Van Vechten

#311502-02	M/Th	4/13-5/14	6:30-7:30pm
\$55 (R \$48) includes shirt			Noelridge*
*Horseshoe Pits off Golf Street			

8-10 years			
#311503-01	M/Th	4/13-5/14	6:30-7:30pm
\$55 (R \$48) includes shirt			Noelridge*
*Horseshoe Pits off Golf Street			

Youth Tennis Lessons
Game, Set and Match...Learn the lifelong sport of tennis. 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.)

#309101-05	Tu	3/3-3/24	4:15-5pm
#309101-06	Sa	3/7-3/28	3:30-4:15pm
#309101-07	Tu	3/31-4/21	4:15-5pm
#309101-08	Sa	4/4-4/25	3:30-4:15pm
#309101-09	Tu	4/28-5/19	4:15-5pm
#309101-10	Sa	5/2-5/23	3:30-4:15pm
\$49 (R \$42)			
Westfield Tennis Club, 3511 18th Ave. SW			

Hot Shots Tennis Lessons (7-11 yrs.)

#309102-07	M	3/2-3/23	5-6pm
#309102-08	Th	3/5-3/26	4:30-5:30pm
#309102-09	Sa	3/7-3/28	4:30-5:30pm
#309102-10	M	3/30-4/20	5-6pm
#309102-11	Th	4/2-4/23	4:30-5:30pm
#309102-12	Sa	4/4-4/25	4:30-5:30pm
#309102-13	M	4/27-5/18	5-6pm
#309102-14	Th	4/30-5/21	4:30-5:30pm
#309102-15	Sa	5/2-5/23	4:30-5:30pm
\$49 (R \$42)			Westfield Tennis Club

Future Stars Tennis Lessons (12-16 yrs.)

#309103-03	Tu	3/3-3/24	5-6pm
#309103-04	Tu	3/31-4/21	5-6pm
#309103-05	Tu	4/28-5/19	5-6pm
\$49 (R \$42)			Westfield Tennis Club

Field Games (4-6 yrs.)

Need to move? This program is guaranteed to keep you going with games and activities that promote running and movement as well as sportsmanship. Movements may include jumping, leaping, chasing and fleeing games like tag, red light-green light, and obstacle courses. **Register by 3/30.**

#311903-01	W	4/15-5/13	6-6:45pm
\$43 (R \$35) includes shirt			Cleveland Park

Youth Track Club (7-12 yrs.)

Do you like to run? This program is designed to encourage running as a sport. Learn the proper techniques and training methods for track and field events.

Register by 3/30.			
#311905-01	W/F	4/15-5/15	5:30-7pm
\$55 (R \$48) includes shirt			Wilson Track

SWIMMING

Swim Lessons
Get swimming! We offer swim lessons for ages 6 months and up. Go to www.CRREC.org for more information.

Session Dates:
“E” Mar. 28-May 7

Open Swim (through May 15, 2015) (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. Floats allowed as crowd permits.

F	4-8pm	
Su	1-4pm	
\$4.50 or pass		Bender

School Break Swims (All Ages)

School's Out! Swim at Bender Pool.		
Tu	3/24	1-4pm
Th	3/26	1-4pm
\$4.50 or pass		Bender

NEW Kids' Swim-Tri Clinic (5-18 yrs.) Must be age 5 by start date.

Want to get a jumpstart on improving your swimming skills? This clinic will help you improve your technique and endurance. Four basic strokes will be covered: freestyle, backstroke, breast stroke and butterfly. (This is not a swimming lesson. It should be considered preparation for triathlon training or swim team.)

Register by 4/8.			
#304213-01	Sa	4/11	1-3pm
\$24 (R \$20)			Bender

LOOKING FOR ACTIVITIES FOR YOUR PRESCHOOLERS?

Sign them up for Blastball, Field Games, Football Buddies, Frozen Princess Tea, Intro to Sports, Little Aces Tennis, Outdoor Soccer or T-Ball. Also, check out the Play! guide online for the following programs:

- It's a Mess!** (2-4 yrs. with Adult)
- Movers and Shakers** (3-5 yrs.)
- Play, Music & Fun** (1-3 with Adult)
- Private Swim Lessons** (3 yrs. & up)
- Red Cross Swim Lessons** (6 mos. & up)