

Tennis Lessons

(4-18 yrs.)

The Youth Tennis Program is a partnership between Cedar Rapids Parks & Recreation and Westfield Tennis Club. Classes are coordinated by Westfield Tennis Club tennis professionals and offered to children ages 4-18. These programs emphasize specific skills and games for each age level using the USTA QuickStart format. For more information go to www.CRRREC.org. To register, call (319) 286-5731. Questions? Call (319) 396-7060.

Session A: 6/8-7/9

Session B: 7/13-8/13 (No class 7/20-7/23)

Summer Junior Volleyball

(8-12 yrs.)

Learn the fundamentals and basic rules of this great sport in a fun and entertaining way. Register by 6/4.

8-10 years

#111801-01 Tu/Th 6/16-7/16 3-4pm
\$71 (R \$63) includes shirt Gibson

10-12 years

#111801-02 Tu/Th 6/16-7/16 2-3pm
\$71 (R \$63) includes shirt Gibson



RESIDENT APPRECIATION DAY

Saturday, June 6 7:30 a.m.-12 p.m.

Downtown Farmers' Market

Free bags will be given to Cedar Rapids residents who stop by City booth locations at the parking lot at 3rd Street & 4th Avenue SE.

Stop by the City tents in the parking lot for prize drawings, free water and kids' games and activities. Several City vehicles will be on display.

Wrestling

(6-12 yrs.)

Come learn one of the oldest sports in history. This program will have an impact on your winter performance. Register by 6/4.

6-8 years

#111604-01 Th 6/18-7/30 5:30-6:30pm
\$45 (R \$38) includes shirt/mouthguard Ambroz

9-12 years

#111604-02 Th 6/18-7/30 6:40-7:40pm
\$45 (R \$38) includes shirt/mouthguard Ambroz

SWIMMING

Swim Lessons

Get swimming! We offer swim lessons for ages 6 months and up. View the Play! Guide online for more information.

Session Dates:

Bender, Bever, Ellis - SAT: 5/30-7/11 (No class 7/4)

Bever, Jones, Cherry Hill - AA: 6/15-6/26,

BB: 6/29-7/10, CC: 7/13-7/24, DD: 7/27-8/7

Bender, Ellis, Noelridge - A: 6/8-6/26, B: 6/29-7/17, C: 7/20-8/7

Competitive Swim League

(6-17 yrs.)

Enjoy friendly competition. Age divisions for both boys and girls are: 8 & under, 9-10, 11-12, 13-14, 15-17. Weekly meets (Tuesdays beginning at 7am or 5pm) and the All City Meet (Saturday, July 18 at Cherry Hill) highlight the season. End of season event will be held on Sunday, July 19. Requirement: Child must be able to swim 25 yards without stopping to participate. Please have a T-shirt size ready when you register.

Swim League Kick-off (All Participants & Parents)

Su 6/7 6:30-8pm

Meet at Bever (First week's schedule handed out at this meeting) Be ready to swim.

#104314-01 M/W/F 6/8-7/19 9-10am

\$55 (R \$48) Bever

#104614-01 M/W/F 6/8-7/19 7:30-8:30am

\$55 (R \$48) Noelridge

*PARENTS: Swim meets depend on parents to help with timing events. Please volunteer.

NEW AQUATICS PROGRAMS

***NEW* Seatasea Discover**

Snorkeling

(8+ yrs.)

This intro to snorkeling equipment and techniques is taught in a pool. Learn proper fin techniques, mask and snorkel clearing and skin diving. All equipment is provided.

#104722-01 Sa 6/6 8:30-10:30am
\$24 (R \$20) Cherry Hill Aquatic Center

***NEW* Seatasea Discover Scuba**

(12+ yrs.)

Experience what it's like to dive by completing some basic training and diving in a swimming pool under direct professional supervision. All equipment is provided.

#104721-01 Sa 6/20 8:30-11am
\$68 (R \$60) Cherry Hill Aquatic Center

A signed waiver is required before you can take these classes. Forms are available at the Ambroz Center or online at <http://bit.ly/seatasea>



JONES POOL BIRTHDAY SPLASH

Saturday, June 6

6:00-8:00pm

Celebrate Jones Pool's first 10 years with a FREE swim! Help kick off the next 10 years with a giant group plunge right after a short rededication ceremony.



SUMMER CEDAR RAPIDS PARKS AND RECREATION

WWW.CRREC.ORG

2000 MOUNT VERNON ROAD SE

(319) 286-5731



SUMMER ACTIVITIES

***NEW* Child/Baby Sitting Safety**

(12+ yrs.)

Become a super sitter! Take this course and receive CABS and CPR & First Aid certifications as well as instruction on child development, care and discipline. Participants receive a backpack with supplies to take home.

#110403-01 Sa 5/9 9am-1pm
\$72 (R \$65) Ambroz

Creek Study and You

(8-11 yrs.)

Learn about plant and critter life and practice your fishing. This program is co-sponsored by Cedar Rapids Parks & Recreation and Linn County Conservation. Bring a sack lunch that does not need refrigeration and a bottle of water.

#113106-01 Th 6/11 10am-1pm
\$12 (R \$11) Old MacDonald's Pavilion, Bever

Fuzzy, Furry, Slimy, Scaly

(8-11 yrs.)

Explore the group of animals called vertebrates, comparing the birds, mammals, reptiles, amphibians and fishes using live creatures and many hands-on examples. This program is sponsored by Cedar Rapids Parks & Recreation and Linn County Conservation. Bring a sack lunch not needing refrigeration and a bottle of water.

#113103-01 Th 6/18 10am-1pm
\$12 (R \$11) Old MacDonald's Pavilion, Bever

Pet Care

(7-12 yrs.)

Become a pet expert! Find out more about your pet and how to care for your furry and non-furry friends. This class covers cats, dogs, ferrets, birds, guinea pigs and rabbits.

#113104-01 W 6/10-7/1 11am-12pm
\$22 (R \$18) Duck Pond Pavilion, Bever

Old-Fashioned Fishing:

Make Your Own Fishing Gear

(8-12 yrs.)

Fish anytime, anywhere using some old-fashioned backwoods ingenuity to help you make anything you need to catch a fish. Make your own fishing pole, minnow bucket and catch net, then test them out to see if they work!

#114304-01 F 6/12 9am-12pm
\$22 (R \$18) Ushers Ferry

FAMILY ACTIVITIES

Summer Solstice Celebration

(All Ages)

Celebrate the Summer Solstice with activities and fun for the whole family at Ushers Ferry. Donations accepted.

W 6/24 7:30-9pm
FREE Ushers Ferry

***NEW* Karate**

(7+ yrs.)

Improve yourself with the traditional Okinawan Martial Art of Ryukyu Kempo Karate. Gain confidence and self-discipline, learn self-defense and improve your physical health.

#118108-02 Tu/Th 5/5-5/28 6-7pm

#118108-03 Tu/Th 6/4-6/25 6-7pm

#118108-04 Tu/Th 7/2-7/30 6-7pm

#118108-05 Tu/Th 8/6-8/27 6-7pm

\$52 (R \$45) Ambroz

***NEW* Parent/Child Yoga**

(5-10 yrs. with Parent)

Enjoy a physical class with your child that encourages self-expression and builds social skills. You will strengthen your body and learn to focus through breathing and relaxation techniques.

#118109-01 W 6/10-7/1 11-11:45am

#118109-02 W 7/8-8/5 11-11:45am

\$55 (R \$48) Advanced Yoga Studio
4089 21st Ave. SW #111

PIONEER WORKSHOPS AT USHERS FERRY

Pioneer Fare on the Open Fire

(Adults - Children with a Parent)

Get ready for camping with this open-fire cooking workshop. Learn the secrets of cast iron and what you have to do to really get cooking with it! Experiment with other fun open fire techniques such as baking bread in a Dutch oven, rotisserie chicken on a string and baking directly in the coals.

#114503-01 W 6/17 6-8pm

\$23 (R \$19) Adult (Children FREE with adult)

Ushers Ferry

***NEW* Treadle Sewing Machine**

(12+ yrs.)

Did you inherit great-grandma's sewing machine, but don't know how it works? Sew like it's 1899! Learn all about the operation and care of antique treadle sewing machines and make a small quilt block pot-holder to take home with you.

#114504-01 W 6/17 6-8pm

\$15 (R \$14) Ushers Ferry

Bread and Butter

(Adults - Children with a Parent)

Nothing is tastier than hot, buttered bread! Make a simple and historic no-knead bread that can be baked either in an earth oven or in a Dutch oven on the fire. While the bread is baking, churn some fresh butter to go with it!

#114505-01 W 7/22 6-8pm

\$23 (R \$19) Adult (Children FREE with adult)

Ushers Ferry

***NEW* Make Your Own Apron**

(13+ yrs.)

Make a simple, utilitarian and downright essential piece of any 19th century lady's wardrobe - an apron! An apron was used as a dishtowel, hotpad, clothespin holder and fan. Learn the basics of sewing and try out the antique treadle machines.

#114507-01 W 7/22 6-8pm

\$23 (R \$19) Ushers Ferry

REGISTER NOW!



ONLINE (Credit Card Payment Only)

Go to www.crrec.org. Our improved process is convenient and easy!



MAIL IN (Check & Credit Card Payment Accepted)

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



WALK IN

Stop by the **Ambroz Recreation Center**, 2000 Mt. Vernon Rd. SE.
Open 8am-5pm weekdays.



CALL IN (Credit Card Payment Only)

Call us at (319) 286-5731 weekdays from 8am-5pm.

facebook

LIKE CEDAR RAPIDS PARKS AND RECREATION ON FACEBOOK!

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.

***NEW* Wood Stove Baked Pie (Adults - Children with a Parent)**

Homemade pie crust is the best, but making one can be a challenge! Join us in grandma's kitchen and learn to make a pie from scratch. Experiment with different crusts (lattice, crumble and the challenging full crust), then bake it all in the wood stove.

#114509-01 W 8/12 6-8pm
\$23 (R \$19) Adult (Children FREE with adult)
Ushers Ferry

***NEW* Drop Spindle Spinning (12+ yrs.)**

Do you knit or crochet, but have trouble finding the perfect yarn? Learn to spin your own! Don't have space for a spinning wheel? No problem! Try the drop spindle, an affordable and portable alternative for the yarn aficionado on the go!

#114510-01 W 8/19 6-8pm
\$23 (R \$19) includes spindle Ushers Ferry

I Scream, You Scream, Let's Make Some Ice Cream!

(Adults - Children with a Parent)

Nothing tastes better in the summer than homemade ice cream! Test some early ice cream recipes and take your turn cranking the ice cream freezer. If you don't have an ice cream freezer at home, learn what simple household supplies can be used instead to make your own ice cream at home.

#114506-01 W 8/19 6-8pm
\$23 (R \$19) Adult (Children FREE with adult)
Ushers Ferry

***NEW* Making Rope & Stringing a Rope Bed**

(Adults - Children with a Parent)

"Sleep tight" on a rope bed after learning how to string one! Learn to make and wind your own rope with an antique rope machine, then practice stringing a simple rope bed.

#114511-01 W 8/19 6-8pm
\$15 (R \$14) Adult (Children FREE with adult)
Ushers Ferry

PRESCHOOL PROGRAMS

We offer programs for preschool age children. Go to www.CRREC.org to view the Play! Guide for more information on Blastball, Intro to Sports, Minor League T-Ball, Movers & Shakers, Play-Music-and Fun and much more.

ART

Aliens vs. Monsters and Robots (5-10 yrs.)

Paint, sculpt, draw, and print aliens, monsters and robots. You will also make one of your creatures out of clay.

#103807-01 Tu/Th 7/7-7/23 9-10:20am
\$45 (R \$38) Ambroz

Clay Creatures (5-10 yrs.)

Make all kinds of funny creatures, scary monsters, aliens and more while having fun experimenting with clay and learning new building techniques.

#103204-01 M/W 7/20-8/5 9-10:20am
\$47 (R \$40) Ambroz

Children's Painting (5-9 yrs.)

Let's have some fun! Using watercolor and tempera, you'll try your hand at color mixing, brush techniques, use of resist materials and more.

#103805-02 M/W/F 6/15-6/26 9-10:20am
#103805-03 Tu/Th 7/14-7/30 5:30-6:50pm
\$45 (R \$38) Ambroz

Kids & Clay (5-17 yrs.)

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

5-11 years
#103201-04 M/W/F 6/15-6/26 5:30-6:50pm
#103201-05 M/W/F 7/6-7/17 5:30-6:50pm
\$47 (R \$40) Ambroz

12-17 years

#103201-03 M/W/F 6/15-6/26 2:30-3:50pm
\$47 (R \$40) Ambroz

Kids' Drawing (7-11 yrs.)

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

#103811-02 M/W 7/6-7/22 9-10:20am
\$45 (R \$38) Ambroz

***NEW* Birthday Parties at Ambroz (6-14 yrs.)**

Host your birthday party at Ambroz and create something out of clay. Clay, glazing and firing are provided. Bring your own cake, snacks and beverages. Call 286-5744 to set up date and time. 2 hour time slots available May-August 2015 \$10/child Ambroz

Kids' Sculpture (5-10 yrs.)

Create sculptures from wire, clay, soap, papier mâché, paper and found objects.

#103802-01 M/W/F 6/15-6/26 1-2:20pm
\$45 (R \$38) Ambroz

Mess Master (5-9 yrs.)

Make extremely messy art projects with common materials. Use paint, soap, papier mâché, glue, and other messy materials to make unique art projects.

#103827-01 M/W/F 6/15-6/26 10:30-11:50am
\$45 (R \$38) Ambroz

Nature Drawings (8-12 yrs.)

Let nature inspire you! Make drawings, collages and paintings of plants and animals, sky and ocean, and everything else from Mother Earth.

#103814-01 Tu/Th 7/7-7/23 10:30-11:50am
\$45 (R \$38) Ambroz

Painting with Pizzazz (10-15yrs.)

Use paint in different ways than you're used to. Combine sand, salt and other foreign materials with paint for interesting effects and learn creative ways of painting.

#103817-01 M/W 7/20-8/5 10:30-11:50am
\$45 (R \$38) Ambroz

MUSIC

Guitars are available for students to use at Ambroz if needed.

Intro to Guitar (9-15 yrs.)

Have you ever wanted to learn to play guitar? We'll teach you the basics, and have you playing in two lessons.

#118801-02 M 6/8-7/13 5:30-6:30pm
\$76 (R \$68) Ambroz

Guitar II (9+ yrs.)

Improve your skills and learn more great songs in this advanced class. Prerequisite: Intro to Guitar.

#118802-02 M 6/8-7/13 7:30-8:30pm
\$76 (R \$68) Ambroz

Music Keyboard Lessons (7-14 yrs.)

We offer beginner lessons for ages 7-14. Adult classes are available for ages 16+.

Go to www.CRREC.org to learn more.
Session Dates: 6/11-7/23 (No class 7/2)
6/13-7/25 (No class 7/4)

SPORTS

Major League T-Ball (5-6 yrs.)

This beginner's T-Ball program will start with players batting from the tee and then incorporate coach-pitch. 45 minute practices or games. **Register by 6/4.**

Day: 5-6 years (Check in at field #6)

#111702-01 M/W 6/15-7/15 10-10:45am
\$52 (R \$45) includes cap/shirt Noelridge

Evening: 5-6 years
#111702-02 M/W 6/15-7/15 5:30-6:15pm
#111702-03 M/W 6/15-7/15 6:30-7:15pm

\$52 (R \$45) includes cap/shirt Van Vechten

Evening: 5-6 years (Check in at field #5)
#111702-04 Tu/Th 6/16-7/16 5:30-6:15pm
#111702-05 Tu/Th 6/16-7/16 6:30-7:15pm

\$52 (R \$45) includes cap/shirt Noelridge

Rookie Baseball (5-6 yrs.)

This program will help kids transition from T-ball to baseball. Focus is on hitting, fielding and throwing. **Register by 6/4.**

(Check in at field #4)
#111403-01 M/W 6/15-7/15 10-10:45am
\$58 (R \$50) includes cap/shirt Noelridge

CR Minor League Baseball (6-9 yrs.)

Learn more fundamentals and team skills in this coed, coach-pitch club that focuses on individual hitting, fielding and throwing skills in a group setting. 1 hour practices or games. **Register by 6/4.**

Day: 6-7 years (Check in at field #2)
#111401-01 M/W 6/15-7/15 10-11am
\$58 (R \$50) includes cap/shirt Noelridge

Evening: 6-7 years (Check in at field #2)
#111401-03 Tu/Th 6/16-7/16 5:30-6:30pm
#111401-04 Tu/Th 6/16-7/16 6:40-7:40pm

\$58 (R \$50) includes cap/shirt Noelridge

Evening: 8-9 years (Check in at field #8)
#111402-01 Tu/Th 6/16-7/16 6-7pm
\$58 (R \$50) includes cap/shirt Noelridge

CR Major League Baseball (10-12 yrs.)

Refine your hitting, pitching, and fielding skills in this upper level instructional program designed to expand on fundamentals taught in Minor League. This is player-pitch depending on skill level. 1½ hour practices or games. **Register by 6/4.**

(Check in at field #2)
#111501-01 W/F 6/17-7/22* 5:30-7pm
\$68 (R \$60) includes cap/shirt Noelridge

*No program 7/3



CHOOSE A HIGH ACTIVITY PROGRAM

CR Girls' Softball (7-12 yrs.)

Work on hitting, running, and fielding skills. This is a coach-pitch league with 1½ practices or games. **Register by 6/4.**

7-9 years (Check in at field #6)
#111201-01 W/F 6/17-7/22* 5:30-7pm
\$68 (R \$60) includes cap/shirt Noelridge

*No program 7/3

10-12 years (Check in at field #6)
#111201-02 W/F 6/17-7/22* 5:30-7pm
\$68 (R \$60) includes cap/shirt Noelridge

*No program 7/3

***NEW* Fall T-Ball & Baseball (4-7 yrs.) Must be age 4 by 8/11.**

Summer's almost over, but keep playing the sport you love with minimal practices and mostly games. **Register by 7/31.**

T-Ball 4-5 years (Check in at field 6)
#111101-01 Tu 8/11-9/15 5:30-6:30pm
\$43 (R \$36) Noelridge

Baseball 6-7 years (Check in at field 6)
#111102-01 Tu 8/11-9/15 5:30-6:30pm
\$43 (R \$36) Noelridge

Hoop It Up Basketball (4-12 yrs.) Must be age 4 by start date.

Learn the fundamentals and rules in this skill-focused program. **Register by 6/4.**

4-5 years
#111301-01 M 6/15-7/27 5-6pm
\$45 (R \$38) includes shirt Gibson

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

6-7 years (1 hour practices or games)
#111302-01 M 6/15-7/27 4-5pm
\$45 (R \$38) jersey not included Gibson

8-9 years (1 hour practices or games)
#111303-01 M/W 6/15-7/27 3-4pm
\$55 (R \$48) jersey not included Gibson

10-12 years (1 hour practices or games)
#111304-01 M/W 6/15-7/27 2-3pm
\$55 (R \$48) 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 (1 hour practices or games)
#111302-02 M 6/15-7/27 4-5pm
\$59 (R \$51) includes jersey Gibson

8-9 years (1 hour practices or games)
#111303-02 M/W 6/15-7/27 3-4pm
\$69 (R \$61) includes jersey Gibson

10-12 years (1 hour practices or games)
#111304-02 M/W 6/15-7/27 2-3pm
\$69 (R \$61) includes jersey Gibson

***NEW* 3-on-3 Outdoor Basketball (12-17 yrs.)**

This fun, summer league has no coaches on or near the court. Games are half-court and play 25 minutes. Court supervisors, shirts and colors are provided. **Register by 6/12.**

12-14 years
#111312-01 M 6/22-7/27 6-8:30pm
\$60/team - includes shirts Ellis

15-17 years
#111312-02 M 6/22-7/27 6-8:30pm
\$60/team - includes shirts Ellis



***NEW* Outdoor Basketball (10-14 yrs.)**

Individuals are placed on a team and provided with a coach in this "games only" league. Play is 3-on-3 or 5-on-5. Games start between the times listed below.

Register by 6/12.

10-12 years
#111313-01 Tu 6/23-7/28 5:30-7pm
\$39 (R \$32) includes shirt Ellis

12-14 years
#111313-02 Tu 6/23-7/28 7-8:30pm
\$39 (R \$32) includes shirt Ellis

Junior Bowling (4-14 yrs.) Must be age 4 by 6/19.

Learn the fundamentals and rules of one of America's favorite games! **Register by 6/12.**

#111601-01 F 6/19-7/31* 10-11:30am
\$68 (R \$60) includes ball/shoe rental

Westdale Bowling Center *No class 7/3

***NEW* Monday Movement (6-10 yrs.)**

Get in shape! Mix it up with different recreational and fitness activities each week. You'll enjoy jump rope, relays, stations, aerobics and more. **Register by 6/4.**

6-7 years
#111103-01 M 6/15-7/20 5:30-6:15pm
\$37 (R \$30) Bever

8-10 years
#111103-02 M 6/15-7/20 6:30-7:15pm
\$37 (R \$30) Bever

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

This is a fun and relaxing program specifically for the summertime. Parents: Bring a lawn chair and enjoy. **Register by 6/4.**

4-5 years
#111704-01 W 6/17-7/29 5:30-6:15pm
\$48 (R \$41) includes shirt Noelridge*

*Horseshoe Pits off Golf Street

6-7 years
#111704-02 W 6/17-7/29 6:30-7:30pm
\$48 (R \$41) includes shirt Noelridge*

*Horseshoe Pits off Golf Street

8-9 years
#111705-01 W 6/17-7/29 6:30-7:30pm
\$48 (R \$41) includes shirt Noelridge*

*Horseshoe Pits off Golf Street