

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.)

#209101-02	Sa	9/5-9/26	3:30-4:15pm
#209101-01	Tu	9/8-9/29	4:15-5pm
#209101-04	Sa	10/3-10/24	3:30-4:15pm
#209101-03	Tu	10/6-10/27	4:15-5pm
#209101-06	Sa	11/7-11/28	3:30-4:15pm
#209101-05	Tu	11/3-11/24	4:15-5pm
#209101-08	Sa	12/5-12/26	3:30-4:15pm
#209101-07	Tu	12/1-12/22	4:15-5pm

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

Hot Shots Tennis Lessons (7-11 yrs.)

#209102-02	Th	9/3-9/24	4:30-5:30pm
#209102-03	Sa	9/5-9/26	4:30-5:30pm
#209102-01	M	9/14-9/28*	5-6pm
#209102-05	Th	10/1-10/22	4:30-5:30pm
#209102-06	Sa	10/3-10/24	4:30-5:30pm
#209102-04	M	10/5-10/26	5-6pm
#209102-08	Th	10/29-11/19	4:30-5:30pm
#209102-09	Sa	11/7-11/28	4:30-5:30pm
#209102-07	M	11/2-11/23	5-6pm
#209102-11	Th	12/3-12/17*	4:30-5:30pm
#209102-12	Sa	12/5-12/26	4:30-5:30pm
#209102-10	M	11/30-12/21	5-6pm

\$49 (R \$42)
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*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	9/8-9/29	5-6pm
#209103-02	Tu	10/6-10/27	5-6pm
#209103-03	Tu	11/3-11/24	5-6pm
#209103-04	Tu	12/1-12/22	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 program is designed for kids ages 8-12. Beginners and experienced players are welcome. Learn the basic rules of this great sport in a fun atmosphere.

Register by 10/14.

Beginner: 8-10 years

#211901-01	Sa	10/24-12/12*	9-10am
\$52 (R \$45)	includes shirt	Gibson	
*No program 11/28			

Intermediate: 8-10 years

#211901-02	Sa	10/24-12/12*	10:15-11:15am
\$52 (R \$45)	includes shirt	Gibson	
*No program 11/28			

10-12 years

#211901-03	Sa	10/24-12/12*	11:30am-12:30pm
\$52 (R \$45)	includes shirt	Gibson	
*No program 11/28			

Take-Down Wrestling (6-10 yrs.)

Learn the fundamentals of one of Iowa's favorite sports in this instructional program for kids. Register by 10/10.

Level 1 - 6-8 years

#211902-01	Sa	10/24-12/12*	11:15am-12:15pm
\$45 (R \$38)	includes shirt/mouthguard		
Ambroz	*No program 11/28		

Level 2 - 7-10 years

#211902-02	Sa	10/24-12/12*	10-11am
\$45 (R \$38)	includes shirt/mouthguard		
Ambroz	*No program 11/28		

facebook

“LIKE” US ON FACEBOOK!

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

SWIMMING

Swim Lessons

Get swimming! We offer swim lessons for ages 6 months and up. Go to [CRREC.org](http://www.CRREC.org) for more information.

Session Dates:

“A” August 31-October 10

“B” October 12-November 21

“BB” November 30-December 17

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 9/4, 10/30, 11/27)
Su	1-4pm	(No swim 9/6)
\$4.50 or pass		

Mini Swims

(All Ages)

School's out early - Let's swim!

W	9/16	2-4pm
W	10/14	2-4pm

\$2.25 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	10/30	6-8:30pm	\$5.75/person
Bender Pool			

Thanksgiving Swim

(All Ages)

School's Out! Swim at Bender Pool.

W	11/25	1-4pm
\$4.50 or pass		



FAIL CEDAR RAPIDS PARKS & RECREATION

WWW.CRREC.ORG

(319) 286-5731

2000 MOUNT VERNON ROAD SE



SPECIAL EVENTS

Harvest Hayrack Nights

(Families)

Enjoy a hayrack ride through the valley, gather around the bonfire with hot cocoa to roast marshmallows, make a craft and play card games in the saloon. Popcorn and sarsaparilla available for purchase. Sunset Pumpkins is for families with young children (older children welcome). Pack your supper and come for an early evening with activities for the younger ones.

Sunset Pumpkins

Advance registration is not required.

#214203-01	\$5 Child (2-12 yrs.)	9/9
#214203-02	\$9 Adult	9/9
#214203-03	\$5 Child (2-12 yrs.)	9/23
#214203-04	\$9 Adult	9/23
#214203-05	\$5 Child (2-12 yrs.)	10/7
#214203-06	\$9 Adult	10/7
#214203-07	\$5 Child (2-12 yrs.)	10/21
#214203-08	\$9 Adult	10/21
W	5-6:30pm	Ushers Ferry

Night Owls

Advance registration is not required.

#214204-01	\$5 Child (2-12 yrs.)	9/9
#214204-02	\$9 Adult	9/9
#214204-03	\$5 Child (2-5 yrs.)	9/23
#214204-04	\$9 Adult	9/23
#214204-05	\$5 Child (2-12 yrs.)	10/7
#214204-06	\$9 Adult	10/7
#214204-07	\$5 Child (2-12 yrs.)	10/21
#214204-08	\$9 Adult	10/21
W	6:30-8pm	Ushers Ferry

NEW Ushers Ferry Town Social

Hosted by Friends of Ushers Ferry

Games! Hayrack rides! Free popcorn and lemonade! Bake sale in the square! Sarsaparilla in the saloon! Fun for the whole family! Historic crafts and activities are available as you tour the buildings: one room schoolhouse, blacksmith shop, general store. Come enjoy small town living at its best - the turn of the 20th century. Free admission for children under age 3.

Su	9/20	1-4pm	Ushers Ferry
\$6/person \$25/4+ vehicle			

Safe Halloween for Kids

Enjoy an old-fashioned Halloween with trick-or-treating, games and costume contests. Bring your best decorated pumpkin for the jack-o'-lantern contest.

Advance registration is encouraged, but not required.

#214901-01	Su	10/25	1-4pm
\$7 per trick-or-treater Ushers Ferry			

Thanksgiving Candlelight Tour

Ushers Ferry is candle lit and decked out for the holidays! This magical and nostalgic tour will transport you, your family and friends to a charming Thanksgiving celebration of the past. Taste holiday specialties, learn a dance, play parlor games, make crafts and enjoy live music by the musical duo Jewel in the cozy village church. A tea is available for a fee. Free admission for children under age 2.

Advance registration is not required.

#214903-01	Sa	11/21	\$13 Adult
#214903-02	Sa	11/21	\$5 Child (2-12)
2-8pm Ushers Ferry			

ACTIVITIES

NEW Child/Baby Sitting Safety

(8-12 yrs.)

Become a super sitter! Take this course and receive instruction on child development, care and discipline as well as basic first aid. Participants receive a backpack with supplies to take home. Participants must pass motor skills testing requirements. Participants in the 12+ class receive CABS and CPR & First Aid certifications as well.

8-12 years

#210404-01	Sa	9/19	1-3pm
#210404-02	Sa	10/17	1-3pm
#210404-03	Sa	11/21	1-3pm
\$63 (R \$55) Ambroz			

12+ years - includes CPR certification

#210403-01	Sa	9/19	1-4pm
#210403-02	Sa	10/17	1-4pm
#210403-03	Sa	11/21	1-4pm
\$73 (R \$65) Ambroz			

Creek Study and You

(8-11 yrs.)

Learn about plants and critters and practice fishing. This program sponsored with Linn County Conservation. Bring a sack lunch not needing refrigeration and bottled water.

#210206-01	F	9/4	10am-1pm
\$12 (R \$11) Old MacDonald's Pavilion, Bever			

NEW Karate

(7+ yrs.)

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

#218108-01	Tu/Th	9/1-9/29	6-7pm
#218108-02	Tu/Th	10/1-10/29	6-7pm
#218108-03	Tu/Th	11/3-11/24	6-7pm
#218108-04	Tu/Th	12/1-12/31*	6-7pm
\$52 (R \$45) Ambroz *No class 12/24			

NEW Little Prairie Girl Social

(6-8 yrs.)

Hone your skills and manners at this fun social. Dress in period clothing, learn to make tea and bake goodies, then host a fun tea party with your friends.

#214602-01	Su	9/13	1-4pm
\$24 (R \$20) Ushers Ferry			

NEW Prairie Girl Sewing & Social

(9-13 yrs.)

Learn the skills of a proper young lady. Dress up in period clothing, use an old-fashioned sewing machine and work together to make a simple sewing project to take home. Fun, conversation and tea will follow in the village hotel.

#214505-01	Su	9/13	1-4pm
\$24 (R \$20) Ushers Ferry			

Living Off the Grid: Woodstove Cooking

(All Ages)

Explore off-the-grid living and enjoy new adventures in cooking. Learn basic care and maintenance of a woodstove and cook a little something while you're at it!

#214503-01	Sa	9/19	9am-12pm
\$28 (R \$24)/person Ushers Ferry			

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* Tea with Laura Ingalls Wilder (8-12 yrs.)**

This special afternoon includes an over-view of the “Little House” books, old-fash-ioned crafts and chores that Laura wrote about, and a tea with foods from the books while discussing favorite Laura stories.

#214701-01	Su	10/18	1-4pm
\$24 (R \$20)		Ushers Ferry	

ART CLASSES

Adult/Child Pottery Workshop

(5-9 yrs. with adult)

Have fun experimenting with clay and learning building techniques while you complete a project to take home. One adult per child or one adult per two children.

#203405-01	Adult/1 Child	\$24 (R \$20)
#203405-02	Additional Child	\$11 (R \$10)
Th	10/22-11/12	6:15-8:15pm

Ambroz

Fun with Art

(5-9 yrs.)

Painting, drawing chalk, charcoal, gooey substances and found objects will be used to create fun and imaginative forms, con-structions and paintings.

#203205-01	Th	9/17-10/22	6-7pm
#203205-02	Th	10/29-12/10*	6-7pm
\$43 (R \$36)		Ambroz	*No class 11/26

Kids & Clay

(7-12 yrs.)

Learn clay forming techniques, decoration and glaze application. Materials/firing are included in the class fee.

#203201-01	Tu	9/15-10/20	5-6pm
#203201-02	Th	9/17-10/22	5-6pm
#203201-03	Tu	10/27-12/8*	5-6pm
#203201-04	Th	10/29-12/10*	5-6pm
\$43 (R \$36)		Ambroz	
*No class 11/24, 11/26			

Kids’ Drawing

(8-13 yrs.)

Expand your drawing abilities with guided experiences using a variety of media: pencils, pastels, felt tip and charcoal.

#203811-01	Tu	9/15-10/20	6-7pm
#203811-02	Tu	10/27-12/8*	6-7pm
\$43 (R \$36)		Ambroz	*No class 11/24

MUSIC CLASSES

Intro to Guitar

(9-15 yrs.)

Learn guitar basics and start playing in two lessons. Guitars will be provided at Ambroz if needed.

#218301-01	M	9/21-10/26	5:30-6:30pm
\$76 (R \$68)		Ambroz	

Guitar II

(9+ yrs.)

Continue improving and learn more great songs in this advanced guitar class. Com-pletion of Intro to Guitar recommended. Guitars are available for use at Ambroz.

#218302-01	M	9/21-10/26	7:30-8:30pm
\$76 (R \$68)		Ambroz	

Keyboard Classes

Learn keyboard skills 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 years

A level I student has no prior experience.

#206102-01	Th	9/17-10/22	5-6pm
#206102-02	Sa	9/19-10/24	10-11am
#206102-03	Th	10/29-12/10*	5-6pm
#206102-04	Sa	10/31-12/12*	10-11am
\$49 (R \$42)		Ambroz	*No class 11/26, 11/28

Beginner - Level II: 7-14 years

A level II student understands note values: quarter, half, whole and dotted half and has a basic knowledge of bass and treble staffs.

#206103-01	Th	9/17-10/22	6-7pm
#206103-02	Th	10/29-12/10*	6-7pm
\$49 (R \$42)		Ambroz	*No class 11/26

SPORTS

🏀 Girls Hoop It Up Basketball

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

This all-female program teaches basketball fundamentals, sportsmanship and team-work in a non-competitive atmosphere. **Register by 10/14.**

4-5 years

#211311-01	Th	10/29-12/17*	5:30-6:15pm
\$45 (R \$38)		includes shirt	Ambroz
*No program 11/26			

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

6-7 years

#211312-01	Tu/F	11/3-12/11*	6:40-7:40pm
\$52 (R \$45)		jersey not included	Ambroz
*No program 11/24, 11/27			

8-9 years

#211313-01	Sa	10/24-12/12*	9-10am
\$45 (R \$38)		jersey not included	Harding
*No program 11/28			

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

6-7 years

#211312-02	Tu/F	11/3-12/11*	6:40-7:40pm
\$66 (R \$58)		incudes jersey	Ambroz
*No program 11/24, 11/27			

8-9 years

#211313-02	Sa	10/24-12/12*	9-10am
\$59 (R \$51)		includes jersey	Harding
*No program 11/28			

🏀 Hoop It Up Basketball

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

Learn the fundamentals and rules of bas-ketball and play games in this program for both boys and girls. **Register by 10/14.**

4-5 years (45 minute practices or games)

#211301-03	W	10/28-12/16*	5:30-6:15pm
#211301-04	W	10/28-12/16*	6:30-7:15pm
\$45 (R \$38)		includes shirt	Ambroz
*No program 11/25			

#211301-01	Sa	10/24-12/12*	9-9:45am
#211301-02	Sa	10/24-12/12*	10-10:45am
\$45 (R \$38)		includes shirt	Gibson
*No program 11/28			

#211301-05	M	10/26-12/14*	5:30-6:15pm
#211301-06	M	10/26-12/14*	6:30-7:15pm
\$45 (R \$38)		includes shirt	Ambroz
*No program 11/23			

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

6-7 years (1 hour practices or games)

#211302-01	M/F	11/2-12/11*	5:45-6:45pm
\$52 (R \$45)		jersey not included	Gibson
*No program 11/23, 11/27			

#211302-03	Tu/F	11/3-12/11*	5:30-6:30pm
\$52 (R \$45)		jersey not included	Ambroz
*No program 11/24, 11/27			

8-9 years (1 hour practices or games)

#211304-01	M/F	11/2-12/11*	6:50-7:50pm
\$52 (R \$45)		jersey not included	Gibson
*No program 11/23, 11/27			

10-12 years (1 hour practices or games)

#211305-01	Sa	10/24-12/12*	9-10am
\$45 (R \$38)		jersey not included	Harding
*No program 11/28			

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)

#211302-02	M/F	11/2-12/11*	5:45-6:45pm
\$66 (R \$58)		includes jersey	Gibson
*No program 11/23, 11/27			

#211302-04	Tu/F	11/3-12/11*	5:30-6:30pm
\$66 (R \$58)		includes jersey	Ambroz
*No program 11/24, 11/27			

8-9 years (1 hour practices or games)

#211304-02	M/F	11/2-12/11*	6:50-7:50pm
\$66 (R \$58)		includes jersey	Gibson
*No program 11/23, 11/27			

10-12 years (1 hour practices or games)

#211305-02	Sa	10/24-12/12*	9-10am
\$59 (R \$51)		includes jersey	Harding
*No program 11/28			

🏀 Youth Basketball Open Gym

(4-10 yrs.)

Drop by and get some extra basketball practice. All children must be accompanied by an adult. Check **CRYouthSports.com** for dates and locations.

1-3pm	Gibson
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\$3/day (Exact cash. No credit cards or checks.)

🏈 Youth Flag Football

(6-10 yrs.)

Learn football fundamentals, teamwork and sportsmanship in this fun, instructional program. This is a low-contact league with shirts, footballs, and flag belts. One-hour practices/games. The first Saturday will be a practice. Meet at the pavilion.

Register by 9/8.

6-7 years

#211401-01	Tu/Sa	9/15-10/17
	Tu:	5:30-6:30pm, Sa: 9-10am
\$58 (R \$50)		includes shirt Cleveland Park

8-10 years

#211402-01	Tu/Sa	9/15-10/17
	Tu:	5:30-6:30pm, Sa: 9-10am
\$58 (R \$50)		includes shirt Cleveland Park

🏈 Football Buddies

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

Discover the exciting sport of football. Learn the basics of throwing, catching, hand-offs, stances, offense, defense, and more in a fun, non-competitive atmo-sphere. **Register by 9/8.**

4 years

#211406-01	Sa	9/19-10/17	9:30-10:15am
\$42 (R \$35)			Cleveland Park

5 years

#211406-02	Sa	9/19-10/17	9:30-10:15am
\$42 (R \$35)			Cleveland Park

🏈 Football Cheerleading

(6-10 yrs.)

Learn chants, basic jumps and cheer funda-mentals including flexibility, memorization of routines, showing personality and more! Practice these skills and perform them at youth football games. This program stress-es teamwork and fun. **Register by 9/8.**

#211601-01	9/15-10/17
	Tu: 5:30-6:30pm, Sa: 9-10am
\$58 (R \$50)	includes shirt Cleveland Park

🏈 Intro to Sports

(3-7 yrs.) Must be age 3 by start date.

Try soccer, baseball, football and basket-ball! Learn new skills and basic move-ments for all of these sports. Parents partner with their child to practice some of the skills. **Register by 9/8.**

3-4 years with Adult

#211906-01	W	9/16-10/14	5:30-6:15pm
\$39 (R \$32)		includes shirt	Ambroz

5-7 years

#211906-02	W	9/16-10/14	6:30-7:15pm
\$39 (R \$32)		includes shirt	Ambroz



ACTIVE CHOICE
Choose a high
activity program

🏃 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 9/8.

#211509-01	Tu/Th	9/15-10/15	5:30-6:30pm
\$55 (R \$48)		includes shirt	
Cherry Hill Park - Meet at the Pavilion			

#211509-02	W/Sa	9/16-10/17
	W:	6-6:45pm, Sa: 9-9:45am
\$55 (R \$48)		includes shirt

Bever Park - Meet at the Bever Pavilion

🏆 *NEW* Saturday Superstars

(6+ yrs. with Adult)

Get moving together in this parent/child program. Learn games and exercises for all ages that incorporate walking and running and make it fun. **Register by 9/8.**

#211903-01	Adult/1 child	\$39 (R \$32)
#211903-02	additional parent/child	\$20 (R \$16)
Sa	9/12-10/17	10-11am Ambroz

🏃 Workout Wednesday

(6-10 yrs.)

Get in shape! Mix it up with 45 minutes of different recreational and fitness activities each week. Enjoy jump rope, relays, sta-tions, aerobics and more. **Register by 9/8.**

6-7 years

#211510-01	W	9/16-10/14	5:30-6:15pm
\$37 (R \$30)		includes shirt	Ambroz

8-10 years

#211510-02	W	9/16-10/14	6:30-7:15pm
\$37 (R \$30)		includes shirt	Ambroz

🏈 *NEW* Youth Indoor Soccer Skills

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

Build your soccer skills in this indoor practice program. Learn the basics and im-prove your skills with drills and mini games. No games played. **Register by 10/28.**

4-5 years

#211506-01	Sa	11/7-12/12	11-11:30am
\$35 (R \$28)		includes shirt	Gibson

6-7 years

#211507-01	Sa	11/7-12/12	11:45am-12:30pm
\$42 (R \$35)		includes shirt	Gibson

8-10 years

#211508-01	Sa	11/7-12/12	12:45-1:30pm
\$42 (R \$35)		includes shirt	Gibson

🏈 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 9/8.**

4-5 years

#211501-01	Th	9/17-10/15	5:30-6:15pm
\$48 (R \$41)		includes shirt	Van Vechten

#211501-02	M	9/14-10/12	5:30-6:15pm
\$48 (R \$41)		includes shirt	Noelridge*
*Horseshoe Pits off Golf Street			

6-7 years

#211502-01	M/Th	9/14-10/15	5:30-6:30pm
\$55 (R \$48)		includes shirt	Van Vechten

#211502-02	M/F	9/14-10/16	6:30-7:30pm
\$55 (R \$48)		includes shirt	Noelridge*
*Horseshoe Pits off Golf Street			

8-10 years

#211505-01	M/F	9/14-10/16	5:30-6:30pm
\$55 (R \$48)		includes shirt	Noelridge*
*Horseshoe Pits off Golf Street			

LOOKING FOR ACTIVITIES FOR YOUR PRESCHOOLER?

Sign them up for Sunset Pumpkins, Safe Halloween, Hoop It Up Basketball, Intro to Sports, Football Buddies, Little Aces Tennis, Indoor Soccer or Outdoor Soccer. Also, check out the Play! guide online at CRREC.org for additional programs:

Blastball (3-4 yrs. with Adult) Register by 9/8 - Starts 9/18

It’s a Mess! (2-4 yrs. with Adult) Session 1 starts 9/14 - Session 2 starts 10/26

Movers and Shakers (3-5 yrs.) Session 1 starts 9/16 - Session 2 starts 10/28

Play, Music and Fun (1-3 yrs. with Adult)
Session 1 starts 9/15 & 9/16 - Session 2 starts 10/27 & 10/28

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

***NEW* Puddlejumpers Splash & Craft** (2-5 yrs. with Adult) Starts 10/2

Red Cross Swim Lessons (6 mos. and up)
Session A: 8/31-10/10 - Session B: 10/12-11/21 - Session BB 11/30-12/17