



SPORTS

 **Junior Volleyball**
(8-13 yrs.)
This program for both beginners and experienced players is sponsored by Mathnasium. Have fun learning the basic rules of this great sport. **Register by 1/5.**

Beginner: 8-10 years			
#311901-01	Sa	1/16-3/19	9-10am
\$52 (R \$45) includes shirt Gibson			
Intermediate: 8-10 years			
#311901-02	Sa	1/16-3/19	10:15-11:15am
\$52 (R \$45) includes shirt Gibson			
11-13 years			
#311901-03	Sa	1/16-3/19	11:30am-12:30pm
\$52 (R \$45) includes shirt Gibson			

 **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 1/5.**

Level 1		
#311902-01	W/Sa	1/20-2/20
W: 5:30-6:30pm, Sa: 9-10am		
\$55 (R \$48) includes shirt/mouthguard Ambroz		
Level 2		
#311902-02	W/Sa	1/20-2/20
W: 6:40-7:40pm, Sa: 10:15am-11:15pm		
\$55 (R \$48) includes shirt/mouthguard Ambroz		


LOOKING FOR
ACTIVITIES FOR YOUR
PRESCHOOLERS?

Sign them up for the Daddy/Daughter or Daddy/Daughter & Mother/Son Dinner Dances, "Frozen" Princess Tea, High Tea with Grandma, Hoop It Up Basketball, Junior Bowling, Little Aces Tennis, Minions Party or Santa's Workshop. Also, check out the Play! guide online for more 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)





SWIMMING

 **Swim Lessons**
Get swimming! We offer swim lessons for ages 6 months and up. For more information, go to [CRREC.org](http://www.CRREC.org).

Session Dates:
"C" **January 2-February 4**
"D" **February 6-March 12**
(no class 2/15)

 **Open Swim**
(All Ages)
Large inflatables will be in the pool on the first and third Friday of each month. Deep end is open the remaining Fridays of each month. Food is not allowed. Flotation devices are allowed crowd permitting.
F 4-8pm (No swim 12/25, 1/1)
Su 1-4pm (No swim 3/27)
\$4.50 or pass

 **Early Dismissal Mini Swims**
(All Ages)
School's out early - Let's swim!
W 2/10 2-4pm
\$2.25 or pass





 **Holiday & School Break Swims**
(All Ages)
School's Out! Enjoy an open swim at Bender Pool.
M 12/28 1-4pm
Th 12/31 4-8pm
\$4.50 or pass

facebook

"LIKE" US ON FACEBOOK!

Become a fan of **Cedar Rapids Parks and Recreation** on Facebook.

REGISTER NOW!

-  **ONLINE:** Go to www.CRREC.org and follow the directions provided.
-  **CALL IN:** Call us at (319) 286-5731 weekdays from 7:30am-5pm. Space permitting with a credit card only.
-  **WALK IN:** Stop by the Ambroz Recreation Center, 2000 Mt. Vernon Rd. SE, 8am-5pm weekdays or the City Services Center (CSC), 500 15th Ave. SW, 7:30am-4:30pm 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.

WINTER SPORTS

Outdoor Ice Rinks
Cedar Rapids Parks & Recreation maintains two unsupervised rinks. They are constructed with a plastic liner for better quality ice and a longer skating season. There are timed lights that shut off at 10pm. They are located at:
Arthur School
Located just north of Arthur School
Bever Park Rink
Located in Bever Park

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



Winter
CEDAR RAPIDS
PARKS & RECREATION

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

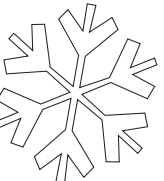


WINTER BREAK
ACTIVITIES

American Girl Holiday Party
(6-12 yrs.)
Join us for a winter party at Ushers Ferry. Explore the different holiday traditions of the American Girls by playing games, baking holiday foods and engaging in historical pastimes.
6-8 years
#314706-01 Tu 12/29 9-10:30am
\$11 (R \$10) Ushers Ferry
9-12 years
#314706-02 Tu 12/29 9am-12pm
\$24 (R \$20) Ushers Ferry

***NEW* Build A Flying Machine**
(6-8 yrs.)
Build your very own flying machine, test it out and participate in some friendly competition to see whose can fly the highest.
#314713-01 M 12/28 9-11am
\$20 (R \$16) Ushers Ferry

Winter Pioneer Day Camp
(6-12 yrs.)
Explore the wonders of an early 1900's winter. Learn how to cook on a wood-stove, make your own toys, and try your hand at all sorts of old-fashioned chores from hauling wood and water to mending socks, making quilts and using your imagination to make your own fun.
6-8 years
#314105-01 W 12/30 9-10:30am
\$11 (R \$10) Ushers Ferry
9-12 years
#314105-02 W 12/30 9am-12pm
\$24 (R \$20) Ushers Ferry



Puppetry Workshop
(7-10 yrs.)
Make a papier mâché hand puppet using clay, tissue paper and scraps of fabric, buttons and other trim for your unique puppet's costume. Make puppets, play with puppets and learn to put on a puppet show by the end of the week. Create a funny character with exaggerated features and experiment with varied character voices to bring your puppet to life.
#203206-01 M, Tu, W, Th 9-11am
12/28, 12/29, 12/30, 12/31
\$44 (R \$37) Ambroz

YOUTH ACTIVITIES

***NEW* Child/Baby Sitting Safety**
(8-12+ yrs.)
Become a super sitter! Learn about child development, care, discipline as well as basic first aid. Participants receive a backpack with supplies to take home. Participants must pass motor skills testing requirements. Those who enroll in the 12+ class receive CABS and CPR & First Aid certifications as well.
8-12 years
#310206-01 Sa 2/13 1-3pm
\$63 (R \$55) Ambroz
12+ years - includes CPR certification
#310206-02 Sa 1/9 9am-12pm
#310206-03 Sa 3/12 1-4pm
\$73 (R \$65) Ambroz

"Frozen" Princess Tea
(4+ yrs.)
Join us for a magical "Frozen" tea party with Anna, Elsa and friends as we thaw out with hot tea and goodies, games and music.
#314709-01 \$14 (R \$13) Child
#314709-02 \$2 Adult accompanying child
Sa 2/20 1-2pm Ushers Ferry

***NEW* Little Prairie Girl Social**
(6-8 yrs.)
Hone your skills and manners at this fun social for a proper young miss. Dress up in period clothing, learn to make tea and bake goodies, then gather together to host a fun tea party with your friends in the hotel.
#314711-01 Sa 1/30 1-4pm
\$25 (R \$21) Ushers Ferry

***NEW* Prairie Girl Winter**
Stitching Social
(9-13 yrs.)
Polish your skills and manners at this fun social for proper young ladies. Dress up in period clothing, learn to crochet your own winter scarf. Fun, conversation and hot cocoa will follow in the village hotel.
#314712-01 Sa 1/30 1-4pm
\$25 (R \$21) Ushers Ferry

 **Middle School/High School**
Ski Trip to Sundown
(10-17 yrs.)
Experienced and novice skiers are welcome on this trip scheduled on a Cedar Rapids Community School District inservice day. Register early to reserve your spot! The bus departs from and returns to the Ambroz Recreation Center. **Register by 1/13.** *Phone and online registration are not available. Mail registration is accepted only with a completed ski trip form.*
M 1/18 10am-7pm
Depart/Return: Ambroz
#302701-01 \$73 (R \$65)
with ski equipment rental
#302701-02 \$63 (R \$55)
without ski equipment rental
#302701-03 \$73 (R \$65)
with snow board rental



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.

FAMILY ACTIVITIES

✓ Daddy/Daughter Dinner Dance (4-10 yrs. with Dad)

Enjoy a magical evening for dads and daughters. Put on formal attire for a sit-down dinner and dance.

#302801-01	\$60 (R \$52) dad + 1 daughter
#302801-02	\$37 (R \$30) additional child
F	1/29 6:30-8:30pm

Ushers Ferry Lodge

✓ *NEW* Mother/Son & Daddy/Daughter Dinner Dance (4-10 yrs. with Mom or Dad)

Enjoy a magical evening for moms and sons or dads and daughters. Put on formal attire for a sit-down dinner and dance.

#302803-01	\$60 (R \$52) parent + 1 child
#302803-02	\$37 (R \$30) additional child
Sa	1/30 6:30-8:30pm

Ushers Ferry Lodge

✓ Holiday Time in Santa's Workshop (12 & Under with Adult)

Enjoy a snack in the hotel, baking and decorating in the telephone house and toy making in the town hall. Have your photo taken with Santa Claus! Program starts at 9:00am. Free admission for adults accompanying children.

#314707-01	Sa	12/5	9-11am
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\$14 (R \$13) Child Ushers Ferry

✓ High Tea with Grandma (4+ yrs. with Grandma)

This Victorian tea party for grand-mothers and grandchildren is held in the beautifully decorated Ushers Ferry hotel. Sip your tea from fine china and delight in teatime goodies while listening to live music.

#314703-01	Sa	1/23	2-3pm
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\$14 (R \$13)/person Ushers Ferry

NEW Minions Party! (4+ yrs.)

Cast off the cold winter blahs and make merry with all your minion friends. Dress up as your favorite minion and go bananas singing happy songs, eating minion snacks and, of course, making more minions.

#314714-01	Sa	1/16	1-2pm
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| #314714-02 | \$2 Adult accompanying child |

\$14 (R \$13) Ushers Ferry Lodge



FITNESS

✓ 🥋*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.

7-15 years			
#218108-04	Tu/Th	12/1-12/31*	6-7pm
#318108-01	Tu/Th	1/5-1/28	6-7pm
#318108-02	Tu/Th	2/2-2/25	6-7pm
\$52 (R \$45)	Ambroz	*No class 12/24	
16+ years			
#318109-01	Tu/Th	12/1-12/31*	7-8pm
#318109-02	Tu/Th	1/5-1/28	7-8pm
#318109-03	Tu/Th	2/2-2/25	7-8pm
\$52 (R \$45)	Ambroz	*No class 12/24	

🥋 *NEW* Workout Thursday (6-10 yrs.)

Get in shape! Mix it up with 45 minutes of recreational and fitness activities each week. You'll enjoy jump rope, relays, stations, aerobics and more. Register by 1/5.

6-7 years			
#311510-01	Th	1/21-2/25	5:30-6:15pm
#37 (R \$30) includes shirt			Ambroz
8-10 years			
#311510-02	Th	1/21-2/25	6:30-7:15pm
#37 (R \$30) includes shirt			Ambroz

ART

✓ Adult/Child Pottery Workshop (5-9 yrs. with adult)

Learn the art of pottery with your child. Have fun experimenting with clay and learning building techniques while you complete a project to take home. One adult per child or per two children.

#303405-01	Adult/1 Child	\$24 (R \$20)
#303405-02	Additional Child	\$11 (R \$10)
W	1/6-1/27	6-8pm

Ambroz

Kids & Clay (5-9 yrs.)

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

#303201-01	Th	1/7-2/11	5-6pm
#303201-02	Sa	1/9-2/13	9-10am
#303201-03	Th	2/25-4/7*	5-6pm
#303201-04	Sa	2/27-4/9*	9-10am
\$43 (R \$36)	Ambroz	*No class 3/17, 3/19	

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 to develop your “seeing” skills.

#303811-01	Th	1/7-2/11	6-7pm
#303811-02	Th	2/25-4/7*	6-7pm

\$43 (R \$36) Ambroz

*No class 3/17



Fun with Art (8-11 yrs.)

Explore the madness of mixing multiple media together! Paint, chalk, charcoal, gooey substances and found objects will be used to create fun and imaginative forms, constructions and paintings.

#303205-01	Th	2/18-3/31*	5-6pm
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\$43 (R \$36) Ambroz

*No class 3/17

NEW Introduction to Photography Workshop (14+ yrs.)

Confused by your camera? Learn to use your film or digital camera just in time for your vacation. You'll learn basic and artistic functions as well as how to compose great photos. Students provide their own cameras.

#303102-01	Sa	1/9 & 1/16	9-11:30am
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\$43 (R \$36) Ambroz

Kids' Sculpture (8-11 yrs.)

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

#303123-01	Sa	1/9-2/13	10-11am
#303123-02	Sa	2/27-4/9	10-11am

\$43 (R \$36) Ambroz

GUITAR CLASSES


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. Get ready for hours of fun and enjoyment. Guitars will be provided at Ambroz.

#318301-01	M	1/11-2/22*	5:30-6:30pm
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\$76 (R \$68) Ambroz

*No class 2/15



Choose a **BLUE ZONES PROJECT®** Encouraged Activity

Guitar II (9+ yrs.)

Learn more great songs in this advanced guitar class. Participants are strongly encouraged to take Intro to Guitar. Guitars are available for use at Ambroz if needed.

#318302-01	M	1/11-2/22*	7:30-8:30pm
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\$76 (R \$68) Ambroz

*No class 2/15

KEYBOARD CLASSES

Learn keyboard skills using printed music and recorded and 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.

#306102-01	Th	1/7-2/11	5-6pm
#306102-02	Sa	1/9-2/13	10-11am
#306102-03	Th	2/25-4/7*	5-6pm
#306102-04	Sa	2/27-4/9*	10-11am

\$49 (R \$42) Ambroz

*No class 3/17, 3/19

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 staves.

#306103-01	Th	1/7-2/11	6-7pm
#306103-02	Th	2/25-4/7*	6-7pm

\$49 (R \$42) Ambroz

*No class 3/17

SPORTS



🏀 Girls Hoop It Up Basketball (4-9 yrs.)

This all-female program teaches girls basketball fundamentals, sportsmanship and teamwork in a non-competitive atmosphere. Register by 1/5.

4-5 years			
#311313-01	Th	1/21-3/3	5:30-6:15pm
\$45 (R \$38) includes shirt	Ambroz		

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

6-7 years			
#311311-01	Tu/F	1/19-2/19	6:40-7:40pm
\$52 (R \$45) jersey not included	Ambroz		

8-9 years			
#311312-01	Sa	1/16-2/27	9-10am
\$45 (R \$38) jersey not included	Harding		

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

6-7 years			
#311311-02	Tu/F	1/19-2/19	6:40-7:40pm
\$66 (R \$58) incudes jersey	Ambroz		

8-9 years			
#311312-02	Sa	1/16-2/27	9-10am
\$59 (R \$51) includes jersey	Harding		

🏀 Hoop It Up Basketball (4-12 yrs.) Must be age 4 by start date. Learn the fundamentals and rules of basketball and play games. Register by 1/5.

4-5 years (45 minute practices or games)			
#311301-01	Sa	1/16-2/27	9-9:45am
\$45 (R \$38) includes shirt	Gibson		

4-5 years (45 minute practices or games)			
#311301-02	M	1/18-3/7*	5:30-6:15pm
#311301-03	M	1/18-3/7*	6:30-7:15pm
\$45 (R \$38) includes shirt		Ambroz	
*No program 2/15			

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)			
#311302-01	M/F	1/18-2/22*	5:45-6:45pm
\$52 (R \$45) jersey not included			
Gibson	*No program 2/15		

6-7 years (1 hour practices or games)			
#311302-03	Tu/F	1/19-2/19	5:30-6:30pm
\$52 (R \$45) jersey not included	Ambroz		

8-9 years (1 hour practices or games)			
#311304-01	M/F	1/18-2/22*	6:50-7:50pm
\$52 (R \$45) jersey not included			
Gibson		*No program 2/15	

10-12 years (1 hour practices or games)			
#311305-01	Sa	1/16-2/27	9:30-10:30am
\$45 (R \$38) jersey not included	Harding		

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)		
#311302-02	M/F 1/18-2/22*	5:45-6:45pm
\$66 (R \$58) includes jersey	Gibson	
*No program 2/15		

6-7 years (1 hour practices or games)			
#311302-05	Tu/F	1/19-2/19	5:30-6:30pm
\$66 (R \$58) includes jersey	Ambroz		

8-9 years (1 hour practices or games)		
#311304-02	M/F 1/18-2/22*	6:50-7:50pm
\$66 (R \$58) includes jersey	Gibson	
*No program 2/15		

10-12 years (1 hour practices or games)			
#311305-02	Sa	1/16-2/27	9:30-10:30am
\$59 (R \$51) includes jersey	Harding		

🏹 Junior Bowling (4-14 yrs.) Must be age 4 by start date.

Learn the fundamentals and rules of bowling in a fun and entertaining manner. Register by 1/5.

#311509-01	Tu	1/12-3/1	4-5:30pm
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\$70 (R \$62) includes ball/shoe rental + 2 games

Westdale Bowling Center



ACTIVE CHOICE

Choose a high activity program

🏈 *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 improve your skills with drills and mini games. No games will be played. Register by 1/5.

4-5 years			
#311506-01	Sa	1/16-2/20	11-11:30am
\$35 (R \$28) includes shirt	Gibson		

6-7 years			
#311507-01	Sa	1/16-2/20	11:45am-12:30pm
\$42 (R \$35) includes shirt	Gibson		

8-10 years			
#311508-01	Sa	1/16-2/20	12:45-1:30pm
\$42 (R \$35) includes shirt	Gibson		

TENNIS

Youth Tennis Lessons

These lessons emphasize specific skills and games for each age level using the USTA QuickStart format. Classes are coordinated by the Westfield Tennis Club professionals for children ages 4-16. To register, call (319) 286-5731. Questions? Call (319) 396-7060.

🏸 Little Aces Tennis Lessons (4-6 yrs.)

#209101-07	Tu	12/1-12/22	4:15-5pm
#209101-08	Sa	12/5-12/26	3:30-4:15pm
#309101-01	Tu	1/5-1/26	4:15-5pm
#309101-02	Sa	1/9-1/30	3:30-4:15pm
#309101-03	Tu	2/2-2/23	4:15-5pm
#309101-04	Sa	2/6-2/27	3:30-4:15pm

\$49 (R \$42)

Westfield Tennis Club, 3511 18th Ave. SW

🏸 Hot Shots Tennis Lessons (7-11 yrs.)

#209102-10	M	11/30-12/21	5-6pm
#209102-11	Th	12/3-12/17*	4:30-5:30pm
#209102-12	Sa	12/5-12/26	4:30-5:30pm
#309102-01	M	1/4-1/25	5-6pm
#309102-02	Th	1/7-1/28	4:30-5:30pm
#309102-03	Sa	1/9-1/30	4:30-5:30pm
#309102-04	M	2/1-2/22	5-6pm
#309102-05	Th	2/4-2/25	4:30-5:30pm
#309102-06	Sa	2/6-2/27	4:30-5:30pm

\$49 (R \$42) Westfield Tennis Club

*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.)

#209103-04	Tu	12/1-12/22	5-6pm
#309103-01	Tu	1/5-1/26	5-6pm
#309103-02	Tu	2/2-2/23	5-6pm

\$49 (R \$42) Westfield Tennis Club