

🏃 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 3/25.**

4-5 years			
#311501-01	M	4/4-5/16	5:30-6:15pm
\$48 (R \$41) includes shirt Noelridge*			
*Horseshoe Pits off Golf Street			
#311501-02	Th	4/7-5/19	5:30-6:15pm
\$48 (R \$41) includes shirt Van Vechten			

6-7 years			
#311502-01	M/Th	4/11-5/12	6:30-7:30pm
\$55 (R \$48) includes shirt Van Vechten			
#311502-02	M/Th	4/11-5/12	6:30-7:30pm
\$55 (R \$48) includes shirt Noelridge*			
*Horseshoe Pits off Golf Street			

8-10 years			
#311503-01	M/Th	4/11-5/12	6:30-7:30pm
\$55 (R \$48) includes shirt Noelridge*			
*Horseshoe Pits off Golf Street			

🏈 Field Games
(4-6 yrs.)
This program promotes sportsmanship and running with movement including jumping, leaping, chasing and fleeing games like tag, red light-green light, and obstacle courses. **Register by 3/30.**

#311903-01	W	4/13-5/11	6-6:45pm
\$45 (R \$38) includes shirt Cleveland Park			

🏃 Youth Track Club
(7-12 yrs.)
Learn the proper techniques and training methods for track and field events. **Register by 3/30.**

#311905-01	W/F	4/13-5/13	5:30-7pm
\$55 (R \$48) includes shirt Wilson Track			

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.)

#309101-05	Tu	3/1-3/22	4:15-5pm
#309101-06	Sa	3/5-3/26	3:30-4:15pm
#309101-07	Tu	3/29-4/19	4:15-5pm
#309101-08	Sa	4/2-4/23	3:30-4:15pm
#309101-09	Tu	4/26-5/17	4:15-5pm
#309101-10	Sa	4/30-5/21	3:30-4:15pm

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

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

#309102-07	M	2/29-3/21	5-6pm
#309102-08	Th	3/3-3/24	4:30-5:30pm
#309102-09	Sa	3/5-3/26	4:30-5:30pm
#309102-10	M	3/28-4/18	5-6pm
#309102-11	Th	3/31-4/21	4:30-5:30pm
#309102-12	Sa	4/2-4/23	4:30-5:30pm
#309102-13	M	4/25-5/16	5-6pm
#309102-14	Th	4/28-5/19	4:30-5:30pm
#309102-15	Sa	4/30-5/21	4:30-5:30pm

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

🏸 Future Stars Tennis Lessons
(12-16 yrs.)

#309103-03	Tu	3/1-3/22	5-6pm
#309103-04	Tu	3/29-4/19	5-6pm
#309103-05	Tu	4/26-5/17	5-6pm

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

SWIMMING

🏊 Swim Lessons
Get swimming! We offer swim lessons for ages 6 months and up. For more information, go to **CRREC.org**.
Session Dates:
“E” March 28-May 7

🏊 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
Su	1-4pm (No swim 3/27)

\$4.50 or pass

🏊 Holiday & School Break Swims
(All Ages)
School's Out! Enjoy an open swim at Bender Pool.

Tu	3/15	1-4pm
Th	3/17	1-4pm

\$4.50 or pass



“LIKE” US ON FACEBOOK!
Become a fan of **Cedar Rapids Parks and Recreation** on Facebook.



For Kids Only! DAY CAMP
For ages 6 to 12 years. Stay busy all summer long in this camp for kids entering grades 1-6. Monday through Friday, June 13 through August 5, 7:00 AM to 5:30 PM.

Registration begins February 29. Go to **CRREC.org**.



SPRING
CEDAR RAPIDS
PARKS & RECREATION

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

SPRING BREAK

🏊 Learn & Play Youth Camp
(7-9 yrs.)
This camp for kids in grades 2-3 will have your child reading better and having fun at the same time! CR Parks & Rec is partnering with Sylvan Learning Center to provide this quality program with certified teachers. Lessons will focus on basic reading comprehension and phonics to help your child become a more fluent reader. The recreation staff will bring the fun with active play, games and sports after the lessons. Pack a snack and drink to enjoy during the mid-morning break.

#310105-01	M-F	3/14-3/18	9am-12pm
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\$105 (R \$97)
Ambroz

***NEW* Little Gladiators**
(6-8 yrs.)
Make your own foam sword and shield, then learn to use it in a battle with your friends!

#314107-01	M/W	3/14 & 3/16	9-11am
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\$40 (R \$33)
Ushers Ferry

Prairie Girl Primer
(6-12 yrs.)
Learn the art and skill of being a young lady in 1910. Step back in time each day by putting on period clothing and spending the morning with handiwork, crafts, games, writing, tea engagements, and having (ladylike) fun.

6-8 years			
#314104-04	M	3/14	9-10:30am
#314104-05	Tu	3/15	9-10:30am
#314104-06	W	3/16	9-10:30am
#314104-07	Th	3/17	9-10:30am
\$12 (R \$11)/day Ushers Ferry			
#314104-03	M-Th	3/14-3/17	9-10:30am
\$47 (R \$40) Ushers Ferry			
9-12 years			
#314104-01	M-Th	3/14-3/17	9am-12pm
\$88 (R \$80) Ushers Ferry			

Zombie Survival
(8-12 yrs.)
Hone your survival skills and use 19th century know-how to prepare for 21st century disaster in this day camp for adventurous kids! You'll 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, you will test your zombie survival skills with a water gun war of humans vs. zombies.

#314101-01	M-Th	3/14-3/17	1-4pm
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\$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 the 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-Th	3/14-3/17	9-9:45am
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\$39 (R \$32) includes shirt Ambroz

🏊 Sports Camp
(6-9 yrs.)
Get out of the house and into the gym to enjoy a variety of sports activities in this five-day camp. Campers will participate in soccer, basketball, running, tag games and more. **Register by 3/4.**

#311908-01	M-Th	3/14-3/17	9-11am
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\$49 (R \$42) includes shirt Gibson



YOUTH ACTIVITIES

🏊 Movers and Shakers
(3-5 yrs.) Must be age 3 by start date.
Enjoy creative movement with themed music, rhythmic movement and gross motor skill activities. Wear loose fitting clothing. Must be able to separate from parent. Parents may observe the last class.

#310401-03	W	4/13-5/18	10-10:45am
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\$36 (R \$29)
Ambroz

🏊 Play, Music and Fun
(1-3 yrs. with Adult)
Learn new songs and finger plays with your child. Introduce them to simple rhythm instruments in a fun group setting. This is a high-energy class with concentration on motor skill activities.

#310102-05	Tu	4/12-5/17	9:15-10am
#310102-06	W	4/13-5/18	9:15-10am

\$36 (R \$29)
Ambroz



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.

REGISTER NOW!

🖨️ ONLINE: Go to 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 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: Fill out the form at CRREC.org and mail it to:

Cedar Rapids Parks & Recreation
2000 Mt. Vernon Rd. SE
Cedar Rapids IA, 52403



Home School Day
(Ages 7-11)

This field trip is for homeschoolers in grades 2-5. Spend half a day in the school house studying and learning just as country school students would have in 1910. Bring a sack lunch to eat on the grounds, then take a tour of the entire village with an Ushers Ferry guide. Call (319) 286-5763 for more information.

#314602-01	Th	4/21	9:30am-1:30pm
\$9.50 (R \$8.50)/student			Ushers Ferry

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			
#318108-03	Tu/Th	3/1-3/29	6-7pm
#318108-04	Tu/Th	4/5-4/28	6-7pm
\$52 (R \$45)		Ambroz	
16+ years			
#318109-04	Tu/Th	3/1-3/29	7-8pm
#318109-05	Tu/Th	4/5-4/28	7-8pm
\$52 (R \$45)		Ambroz	

✓  *NEW* Saturday Superstars
(6+ yrs. with Adult)

Get moving together in this super fun parent/child program. Learn games and exercises for all ages that incorporate both walking and running. Register by 2/22.

#311511-01	Adult/1 child	\$39 (R \$32)
#311511-02	additional person	\$20 (R \$16)
Sa	3/5-4/16*	10-11am Ambroz

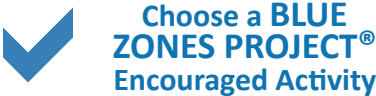
*No class 3/26

ART

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.

#103205-01	Th	4/21-5/26	5-6pm
\$45 (R \$38)		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.

#303201-05	Th	4/14-5/19	5-6pm
\$43 (R \$36)		Ambroz	

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.

#303811-03	Th	4/21-5/26	6-7pm
\$43 (R \$36)		Ambroz	

Kids’ Sculpture
(8-11 yrs.)

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

#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.

#118801-01	M	4/11-5/16	5:30-6:30pm
\$76 (R \$68)		Ambroz	

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.

#118802-01	M	4/11-5/16	7:30-8:30pm
\$76 (R \$68)		Ambroz	

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.			
#106102-01	Th	4/14-5/19	5-6pm
#106102-02	Sa	4/16-5/21	10-11am
\$49 (R \$42)		Ambroz	

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.			
#106103-01	Th	4/14-5/19	6-7pm
\$49 (R \$42)		Ambroz	

SKATING

Learn-to-Skate Lessons

This program is a partnership between CR Parks & Recreation and the CR Ice Arena. Classes are coordinated by the Cedar Rapids Ice Arena and use the U.S. Figure Skating Basic Skills Program. All students new to the sport of skating should sign up for Basic 1 or Snowplow Sam (if age 4-6). Skaters will be evaluated the first day of class for level placement. Wear warm clothing, gloves and a protective helmet. To register, call (319) 286-5731 or go online to CRREC.org. Questions? Call (319) 398-0100 or Tonya Frost at (319) 730-6202.

*The USFSA annual fee will be collected by the Cedar Rapids Ice Arena.

 Snow Plow Sam (Beginner)
(4-6 yrs.)

For skaters ages 4-6 who have had little or no formal training.

#319101-03	M	2/29-4/25	5:30-6:30pm
#319101-04	Sa	3/5-4/30	9-10am
\$93 (R \$85)		+12.50 USFSA annual fee*	
CR Ice Arena, 1100 Rockford Rd. SW			

 Basic Skills 1-2
(6+ yrs.)

For skaters age 7 and older who have little or no formal training or those ages 6 and older who have completed Snow Plow Sam series.

#319102-03	M	2/29-4/25	5:30-6:30pm
#319102-04	Sa	3/5-4/30	9-10am
\$93 (R \$85)		+12.50 USFSA annual fee*	
CR Ice Arena, 1100 Rockford Rd. SW			

 Adults and Teens
(13+ yrs.)

This class has four basic skills levels targeted for teens and adults.

#319106-03	M	2/29-4/25	6:45-7:45pm
#319106-04	Sa	3/5-4/30	10:15-11:15am
\$93 (R \$85)		+12.50 USFSA annual fee*	
CR Ice Arena, 1100 Rockford Rd. SW			

 Youth Instructional Hockey
(6-11 yrs.)

Participants are taught skating/hockey skills in a fun learning environment by experienced coaching staff. Helmets are required! Must be able to skate. A Rental Equipment Program is available to help defray costs. A deposit of \$75 is paid when the equipment is borrowed and is refunded when it is returned.

#319112-02	M/W	3/7-4/27*	5:30-6:30pm
\$110 (R \$100)		*No class 4/11, 4/13	
CR Ice Arena, 1100 Rockford Rd. SW			

SPORTS


 Baseball, Softball & T-Ball Clubs

(4-10 yrs.) Must be age 4 by start date. 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	4/8-5/13	6:30-7:30pm
6-7 yrs.	\$45 (R \$38) includes shirt		
#311102-01	F	4/8-5/13	6:30-7:30pm
8-10 yrs.	\$45 (R \$38) includes shirt		
Noelridge			

Softball			
#311201-01	F	4/8-5/13	6:30-7:30pm
7-9 yrs.	\$45 (R \$38)	includes shirt	
#311202-01	F	4/8-5/13	6:30-7:30pm
10-12 yrs.	\$45 (R \$38)	includes shirt	
Noelridge			

T-Ball			
#311103-01	F	4/8-5/13	5:30-6:15pm
4-5 yrs.	\$45 (R \$38) includes shirt		
Noelridge			

 **Blastball**

✓  Blastball
(3-4 yrs. with Adult) Must be age 3 by 4/8 and not turn age 5 by 5/13.

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.

#311104-01	F	4/8-5/13	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	4/9-5/14	9:30-10:30am
\$45 (R \$38)		jersey not included	Gibson
8-9 years			
#311312-03	Sa	4/9-5/14	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	4/9-5/14	9:30-10:30am
\$59 (R \$51)		includes jersey	Gibson
8-9 years			
#311312-04	Sa	4/9-5/14	10:45-11:45am
\$59 (R \$51)		includes jersey	Gibson

 Football Cheerleading
(6-10 yrs.)

Learn chants, basic jumps and cheer fundamentals including flexibility, memorization of routines, showing personality and more! Practice these skills and perform them at the youth football games. Register by 3/30.

#311601-01	Tu/Sa	4/5-5/7
		Tu: 5:30-6:30pm, Sa: 9-10am
\$58 (R \$50)		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	4/5-5/7	
		Tu: 5:30-6:30pm, Sa: 9-10am	
\$58 (R \$50)		includes shirt	Cleveland Park
8-10 years			
#311402-01	Tu/Sa	4/5-5/7	
		Tu: 6:30-7:30pm, Sa: 10-11am	
\$58 (R \$50)		includes shirt	Cleveland Park



ACTIVE CHOICE
Choose a high
activity program

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

Discover this exciting sport 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 with adult			
#311404-01	Sa	4/9-5/14	9:30-10:15am
\$42 (R \$35)		includes shirt	Cleveland Park
5 years			
#311404-02	Sa	4/9-5/14	10:30-11:15am
\$42 (R \$35)		includes shirt	Cleveland Park

 Youth Kickball
(6-11 yrs.)

Who doesn’t love kickball? Develop your kicking, running, throwing and strategy skills in the classic childhood game. Practice and game every week. Register by 3/30.

6-8 years			
#311910-01	W	4/13-5/11	6-7pm
\$39 (R \$32)		includes shirt	Van Vechten
9-11 years			
#311910-02	W	4/13-5/11	6-7pm
\$39 (R \$32)		includes shirt	Van Vechten

 Start Smart Lacrosse
(5-7 yrs. with Adult)

Have you ever played lacrosse? This developmental program introduces kids and their parents to this exciting game. Parent/guardian participation is required. Work on shooting, passing, catching, cradling, stick handling and agility. Participants get to keep the lacrosse kit.* Register by 3/30.

#311909-01	F	4/15-5/20	5:30-6:30pm
\$78 (R \$70)		*includes stick, ball, manual	Bever

