

## **☒ SUMMER SOCCER KICKS**

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

Dribble, shoot, score! Play mostly games and work on basics in this fun summer-time program. **Register by 6/1.**

### **4-5 years**

#111704-01 W 6/15-7/27 5:30-6:15pm  
\$48 (R \$41) includes shirt Noelridge\*

\*Horseshoe Pits off Golf Street

### **6-7 years**

#111704-02 W 6/15-7/27 6:30-7:30pm  
\$48 (R \$41) includes shirt Noelridge\*

\*Horseshoe Pits off Golf Street

### **8-9 years**

#111705-01 W 6/15-7/27 6:30-7:30pm  
\$48 (R \$41) includes shirt Noelridge\*

\*Horseshoe Pits off Golf Street

## **☒ 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 **CRREC.org**.

To register, call (319) 286-5731. Questions? Call (319) 396-7060.

**Session A: 6/6-7/7 (No class 7/4)**  
**Session B: 7/11-8/11 (No class 7/18-7/21)**

**\*NEW\* ULTIMATE CAMP**

**(7-18 yrs.)**

Ultimate combines the non-stop movement and athletic endurance of soccer with the aerial passing skills of football. Learn the needed skills to play this exciting game in this co-ed eight-day camp. **Register by 6/13.**

### **7-10 years**

#111906-01 M-Th 6/20-6/30 5-7pm  
\$24 (R \$20) includes shirt/disc McKinley - Field

**11-14 years**

#111906-02 M-Th 6/20-6/30 5-7pm  
\$24 (R \$20) includes shirt/disc McKinley - Field

**15-18 years**

#111906-03 M-Th 6/20-6/30 5-7pm  
\$24 (R \$20) includes shirt/disc McKinley - Field

## **☒ SUMMER VOLLEYBALL**

**(8-12 yrs.)**

Bump, set and spike your way to glory while learning the basics in fun and entertaining ways. **Register by 6/1.**

### **8-10 years**

#111801-01 M-Th 6/13-6/23 4:30-5:30pm  
\$52 (R \$45) includes shirt Gibson

### **10-12 years**

#111801-02 M-Th 6/13-6/23 3-4pm  
\$52 (R \$45) includes shirt Gibson

## **☒ WRESTLING**

**(6-12 yrs.)**

Get ready to rumble! Learn one of the oldest sports in history and practice reversals, escapes and takedowns. **Register by 6/1.**

### **6-8 years**

#111604-01 Th 6/16-7/28 5:30-6:30pm  
\$45 (R \$38) includes shirt/mouthguard Ambroz

### **9-12 years**

#111604-02 Th 6/16-7/28 6:40-7:40pm  
\$45 (R \$38) includes shirt/mouthguard Ambroz



**Old MacDonald's  
FARM**

**Bever Park  
Cedar Rapids, Iowa**

**Open Daily: April 23 - October 2  
10:00 a.m. - 7:00 p.m.**

**Go to CRREC.org for a schedule  
of free, family events at Old  
MacDonald's Farm this summer.**

## 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: 6/4-7/9

**Bever, Jones, Cherry Hill** - AA: 6/13-6/24,

BB: 6/27-7/8 (no class 7/4), CC: 7/11-7/22,

DD: 7/25-8/5

**Bender, Ellis, Noelridge** - A: 6/6-6/24,

B: 6/27-7/15, C: 7/18-8/5

### **☒ COMPETITIVE SWIM LEAGUE**

**(6-17 yrs.)**

Enjoy friendly competition. Age divisions: 8 & under, 9-10, 11-12, 13-14, 15-17.

Weekly meets, Tuesdays at 7am or 5pm, and the All City Meet Saturday, July 16 at Cherry Hill highlight the season. End of season event will be held on Sunday, July 17. Requirement: Child must be able to swim 25 yards without stopping to participate. Please have a T-shirt size ready when you register.

**League Kickoff (All Participants & Parents)**  
Su 6/5 6:30-8pm  
Meet at Bever (Receive your first week's schedule at this meeting) Be ready to swim.

#104314-01 M/W/F 6/6-7/17 9-10am  
\$58 (R \$50) Bever

#104614-01 M/W/F 6/6-7/17 7:30-8:30am  
\$58 (R \$50) Noelridge

\*PARENTS: Meets depend on parents to help with timing events. Please volunteer.

#113102-01 Th 6/16 8-10am

#113102-02 Th 6/23 8-10am

#113102-03 Th 6/30 8-10am

#113102-04 Th 7/7 8-10am

#113102-05 Th 8/4 8-10am

#113102-06 Th 8/11 8-10am

#113102-07 Th 8/18 8-10am  
\$11 (R \$10) Old MacDonald's Farm

## PRESCHOOL PROGRAMS

We offer programs for preschool age children. Go to **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.



# SUMMER CEDAR RAPIDS PARKS AND RECREATION

WWW.CRREC.ORG

(319) 286-5731

2000 MOUNT VERNON ROAD SE



## SUMMER ACTIVITIES

### **☒ CREEK STUDY AND YOU**

**(8-11 yrs.)**

Learn about plants and critters and try fishing. This program is co-sponsored by CR Parks & Rec and Linn County Conservation. Bring a sack lunch not needing refrigeration and a bottle of water.

#113106-01 Th 6/16 10am-1pm  
\$12 (R \$11) Duck Pond Pavilion, Bever

### **FARMER FOR A DAY**

**(6-10 yrs.)**

Put on old clothes, tennis shoes or boots and find out more about the animals at Old MacDonald's Farm. Learn how to care for them and what goes on at the farm with hands-on activities. Pick a day or sign up for multiple sessions.

#113102-01 Th 6/16 8-10am

#113102-02 Th 6/23 8-10am

#113102-03 Th 6/30 8-10am

#113102-04 Th 7/7 8-10am

#113102-05 Th 8/4 8-10am

#113102-06 Th 8/11 8-10am

#113102-07 Th 8/18 8-10am  
\$11 (R \$10) Old MacDonald's Farm

### **FUZZY, FURRY, SLIMY, SCALY**

**(8-11 yrs.)**

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

#113103-01 Th 6/30 10am-1pm  
\$12 (R \$11) Duck Pond Pavilion, Bever

## FITNESS

### **☒ KARATE**

**(6+ 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.

#### **6-11 years**

#118108-01 Tu/Th 5/3-5/31 6-7pm

#118108-02 Tu/Th 6/2-6/30 6-7pm

#118108-03 Tu/Th 7/5-7/28 6-7pm

#118108-04 Tu/Th 8/2-8/30 6-7pm  
\$52 (R \$45) Ambroz

#### **12+ years**

#118107-01 Tu/Th 5/3-5/31 7-8pm

#118107-02 Tu/Th 6/2-6/30 7-8pm

#118107-03 Tu/Th 7/5-7/28 7-8pm

#118107-04 Tu/Th 8/2-8/30 7-8pm  
\$52 (R \$45) Ambroz

### **☒ 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 6/6.**

#### **6-7 years**

#111103-01 M 6/13-7/25\* 5:30-6:15pm  
\$37 (R \$30) Bever \*No program 7/4

#### **8-10 years**

#111103-02 M 6/13-7/25\* 6:30-7:15pm  
\$37 (R \$30) Bever \*No program 7/4

### **☒ \*NEW\* YOGA AT GREENE SQUARE**

**(12+ yrs.)**

Downshift this summer and gain mind/body awareness. Uniting breath with movement, work toward increasing your lung capacity, functional strength, range of motion, flexibility, balance and relaxation.

Sa 6/4-8/13 8:30-9:30am  
FREE Greene Square

### **☒ PARENT/CHILD YOGA**

**(5-10 yrs. with Parent)**

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

#118109-01 W 6/8-6/29 11-11:45am

#118109-02 W 7/6-7/27 11-11:45am

\$63 (R \$55) Advanced Yoga Studio

4089 21st Ave. SW #111

## PIONEER WORKSHOPS

### **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 in a Dutch oven or directly in the coals.

#114503-01 W 6/15 6-8pm

\$23 (R \$19) Adult Ushers Ferry

(Children FREE with adult admission)

### **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 7/13 6-8pm

\$15 (R \$14) Ushers Ferry

### **\*NEW\* SHUTTLE TATTING**

**(14+ yrs.)**

Love lace? Make your own! Learn the lost art of shuttle tatting. Tatting shuttles, thread and a guide to knots will be provided.

#114507-01 W 7/20 6-8pm

\$21 (R \$17) Ushers Ferry

## REGISTER NOW!



### **ONLINE (Credit Card Payment Only)**

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



### **WALK IN**

Stop by the **Ambroz, 2000 Mt. Vernon Rd. SE** or **City Services Center (CSC), 500 15th Ave. SW**  
Ambroz: Open 8am-5pm weekdays  
CSC: Open 7:30am-4:30pm weekdays



### **MAIL IN (Check or Money Order Only)**

Print a form at **CRREC.org** and mail it to:  
**Cedar Rapids Parks & Recreation Department**  
2000 Mt. Vernon Rd. SE, Cedar Rapids IA, 52403



### **CALL IN (Credit Card Payment Only)**

Call us at **(319) 286-5731** weekdays from 8am-5pm  
or **(319) 286-5566** weekdays from 7:30am-4:30pm.



**LIKE US 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.*

## 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 7/27 6-8pm  
\$23 (R \$19) Adult Ushers Ferry  
(Children FREE with adult admission)

## 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 8/3 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.

#114506-01 W 8/10 6-8pm  
\$23 (R \$19) Adult Ushers Ferry  
(Children FREE with adult admission)

## ART

## ADULT/CHILD POTTERY WORKSHOP

### (5-9 yrs. with adult)

Make 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 one adult per two children.

#103403-03 Adult/1 Child \$24 (R \$20)  
#103403-04 Additional Child \$11 (R \$10)  
W 6/15-7/6 6-8pm Ambroz

## ALIENS VS. MONSTERS & ROBOTS

### (5-10 yrs.)

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

#103807-01 Tu/Th 7/12-7/28 9-10:20am  
\$45 (R \$38) Ambroz



## CLAY CREATURES

### (5-10 yrs.)

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

#### 5-7 years

#103204-01 M/W 7/11-7/27 10:30-11:50am  
\$47 (R \$40) Ambroz

#### 8-10 years

#103204-02 M/W 6/13-6/29 10:30-11:50am  
\$47 (R \$40) Ambroz

## CHILDREN'S PAINTING

### (5-9 yrs.)

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

#103805-01 Tu/Th 6/14-6/30 9-10:20am  
\$45 (R \$38) Ambroz

## INTRODUCTION TO PHOTOGRAPHY

### (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. Bring your camera.

#103102-01 Sa 5/7, 5/14 9-10:30am  
\$43 (R \$36) Ambroz

## KIDS & CLAY

### (5-10 yrs.)

Work with clay including forming, decoration and glazing techniques. Materials/firing are included.

#### 5-7 years

#103201-01 M/W 6/13-6/29 9-10:20am  
\$47 (R \$40) Ambroz

#### 8-10 years

#103201-02 M/W 7/11-7/27 9-10:20am  
\$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.

#103811-01 Tu/Th 7/12-7/28 10:30-11:50am  
\$45 (R \$38) Ambroz

## KIDS' SCULPTURE

### (5-10 yrs.)

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

#103802-01 M/W 6/13-6/29 1-2:20pm  
\$45 (R \$38) Ambroz

## MESS MASTER

### (7-10 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 Tu/Th 6/14-6/30 10:30-11:50am  
\$45 (R \$38) Ambroz

## NATURE DRAWINGS

### (8-12 yrs.)

Let nature inspire you! Create drawings, collages and paintings of plants and animals, sky and ocean, and everything else on Earth.

#103814-01 M/W 7/11-7/27 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 7/11-7/27 1-2:20pm  
\$45 (R \$38) Ambroz

## MUSIC

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

## INTRO TO GUITAR

### (9-15 yrs.)

Want to play guitar? Learn the basics and start playing in two lessons. Get ready for hours of fun.

#118801-02 M 6/13-7/25\* 5:30-6:30pm  
\$76 (R \$68) Ambroz \*No class 7/4

## GUITAR II

### (9+ yrs.)

Continue improving your skills and learn more great songs in this advanced guitar class. You are strongly encouraged to take Intro to Guitar before this class.

#118802-02 M 6/13-7/25\* 7:30-8:30pm  
\$76 (R \$68) Ambroz \*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 6/1.**

**Day: 5-6 years (Check in at field #6)**  
#111702-01 M/W 6/13-7/18 10-10:45am  
\$52 (R \$45) includes cap/shirt Noelridge  
\*No program 7/4

#### Evening: 5-6 years

#111702-02 M/W 6/13-7/18 5:30-6:15pm  
#111702-03 M/W 6/13-7/18 6:30-7:15pm  
\$52 (R \$45) includes cap/shirt Van Vechten  
\*No program 7/4

**Evening: 5-6 years (Check in at field #5)**  
#111702-04 Tu/Th 6/14-7/14 5:30-6:15pm  
#111702-05 Tu/Th 6/14-7/14 6:30-7:15pm  
\$52 (R \$45) includes cap/shirt Noelridge

## ROOKIE BASEBALL

### (5-6 yrs.)

This program helps kids transition from T-ball to baseball. Focus is on hitting, fielding and throwing.

#### Register by 6/1.

**5-6 years (Check in at field #4)**  
#111403-01 M/W 6/13-7/18\* 10-11am  
\$58 (R \$50) includes cap/shirt Noelridge  
\*No program 7/4

## 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. 1 hour practices or games. **Register by 6/1.**

**Day: 6-7 years (Check in at field #2)**  
#111401-01 M/W 6/13-7/18 10-11am  
\$58 (R \$50) includes cap/shirt Noelridge  
\*No program 7/4

**Evening: 6-7 years (Check in at field #2)**  
#111401-03 Tu/Th 6/14-7/14 5:30-6:30pm  
#111401-04 Tu/Th 6/14-7/14 6:40-7:40pm  
\$58 (R \$50) includes cap/shirt Noelridge

**Evening: 8-9 years (Check in at field #8)**  
#111402-01 Tu/Th 6/14-7/14 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, expanding on the fundamentals taught in Minor League. Player pitch depending on skill level. 1½ hour practices or games. **Register by 6/1.**

**10-12 years (Check in at field #2)**  
#111501-01 W/F 6/15-7/20\* 5:30-7pm  
\$68 (R \$60) includes cap/shirt Noelridge  
\*No program 7/1

## CR GIRLS' SOFTBALL

### (7-12 yrs.)

Work on hitting, running, and fielding skills. This is a coach-pitch league with 1½ hour practices or games.

#### Register by 6/1.

**7-9 years (Check in at field #6)**  
#111201-01 W/F 6/15-7/20\* 5:30-7pm  
\$68 (R \$60) includes cap/shirt Noelridge  
\*No program 7/1

**10-12 years (Check in at field #6)**  
#111201-02 W/F 6/15-7/20\* 5:30-7pm  
\$68 (R \$60) includes cap/shirt Noelridge  
\*No program 7/1

## LAST HIT T-BALL & BASEBALL

### (4-7 yrs.) Must be age 4 by 8/2.

Step up to the plate one last time before the summer ends! Enjoy minimal practice and mostly games. **Register by 7/22.**

**T-Ball 4-5 years (Check in at field #6)**  
#111101-01 Tu 8/2-9/6 5:30-6:30pm  
\$43 (R \$36) includes cap/shirt Noelridge  
**Baseball 6-7 years (Check in at field #6)**  
#111102-01 Tu 8/2-9/6 5:30-6:30pm  
\$43 (R \$36) includes cap/shirt Noelridge

## 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 6/1.**

**4-5 years (45 minute indoor practices or games)**  
#111301-01 M 6/13-7/25\* 5-5:45pm  
#111301-02 M 6/13-7/25\* 6-6:45pm  
\$45 (R \$38) includes shirt Ambroz  
\*No program 7/4

**6-7 years (45 minute indoor practices or games)**  
#111302-01 W 6/15-7/20 5-5:45pm  
#111302-02 W 6:15-7:20 6-6:45pm  
\$45 (R \$38) includes shirt Ambroz

\*NEW\* If you already have a CR Parks & Rec basketball jersey, register for an activity listed below:  
**8-9 years (1 hour outdoor practices or games)**  
#111303-01 M/W 6/13-7/18\* 2:15-3:15pm  
\$52 (R \$45) jersey not included Time Check  
\*No program 7/4

**10-12 years (1 hour outdoor practices/games)**  
#111304-01 M/W 6/13-7/18\* 1-2pm  
\$52 (R \$45) jersey not included Time Check  
\*No program 7/4

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

**8-9 years (1 hour outdoor practices or games)**  
#111303-02 M/W 6/13-7/18\* 2:15-3:15pm  
\$66 (R \$58) jersey included Time Check  
\*No program 7/4

**10-12 years (1 hour outdoor practices/games)**  
#111304-02 M/W 6/13-7/18\* 1-2pm  
\$66 (R \$58) jersey included Time Check  
\*No program 7/4



**CHOOSE A HIGH  
ACTIVITY PROGRAM**



## 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 6/10.

**10-12 years**  
#111313-01 Tu 6/21-7/26 5:30-7pm  
\$39 (R \$32) includes shirt Ellis

**12-14 years**  
#111313-02 Tu 6/21-7/26 7-8:30pm  
\$39 (R \$32) includes shirt Ellis

## INTRO TO SPORTS

### (3-8 yrs.) Must be age 3 by 6/16.

Try soccer, baseball, football and more! Learn new skills and practice basic movements for a variety of sports.

#### Register by 6/1.

**3-4 years with adult**  
#111904-01 Th 6/16-7/14 9:30-10:15am  
#111904-02 Th 6/16-7/14 10:30-11:15am  
\$39 (R \$32) includes shirt Ambroz

**5-6 years (Check in at field #6)**  
#111904-03 Tu/Th 6/14-7/14 9-10am  
\$55 (R \$48) includes shirt Noelridge

**7-8 years (Check in at field #6)**  
#111904-04 Tu/Th 6/14-7/14 10-11am  
\$55 (R \$48) includes shirt Noelridge

## JUNIOR BOWLING

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

Learn to play one of America's favorite games! **Register by 6/1.**

#111601-01 F 6/17-7/29\* 10-11:30am  
\$68 (R \$60) includes ball/shoe rental  
Westdale Bowling Center \*No class 7/1

## FOOTBALL SKILLS

### (6-10 yrs.)

Go the whole nine yards in this instructional program with a focus on fundamentals. Perform different skills and drills each week. No games.

#### Register by 6/10.

**6-7 years**  
#111309-01 M 6/20-8/1\* 5:30-6:15pm  
\$42 (R \$35) includes shirt Van Vechten  
\*No program 7/4

**8-10 years**  
#111309-02 M 6/20-8/1\* 6:30-7:15pm  
\$42 (R \$35) includes shirt Van Vechten  
\*No program 7/4