K IUNIOR VOLLEYBALL

(8-12 yrs.)

Bump, set and spike your way to glory while learning the basics in fun and entertaining ways. Beginners as well as experienced players are welcome.

Register by 9/7. Beginner: 8-10 years

#211901-01 Tu/Th 9/13-10/13 5:30-6:30pm \$71 (R \$63) includes shirt 10-12 years

#211901-02 Tu/Th 9/13-10/25*6:40-7:40pm \$71 (R \$63) includes shirt NW Rec *No program 10/6, 10/13, 10/20

BTB: BEYOND THE BELL AFTER SCHOOL PROGRAM AT NW REC

(Grades K-8)

Come to NW Rec after school for a variety of fun activities. Elementary students meet in the designated area at Harrison School and walk to the rec center as a group. Middle school students meet each day in the NW Rec activity room. After the kids are checked in, they can participate in pre-planned programs, arts and crafts, games and gym time. The program meets Monday through Friday.

BTB: ELEMENTARY STUDENTS (Grades K-5)

Elementary students may register by the day or for the entire month. Space is limited and advance registration is required. M-Th: 3:50-5:15pm, F: 2:20-4pm Monthly Fee: \$120 Daily Fee: \$7

BTB: MIDDLE SCHOOL STUDENTS

(Grades 6-8)

Middle school students may purchase a punch pass for this program. Each day is one punch. Students check in with the program leader.

M-Th: 3-5pm, F: 1:30-4pm Punch Pass: \$25/5 punches

TENNIS

YOUTH LESSONS

These lessons emphasize specific skills and games for each age level using the USTA OuickStart format. Classes are coordinated by Westfield Tennis Club professionals for children ages 4-16. **To** register, call 319-286-5566. Questions? Call 319-396-7060.

LITTLE ACES TENNIS LESSONS

(4-6 yrs.)

#209101-02	Sa	9/10-10/1	3:30-4:15pm
#209101-01	M	9/12-10/3	4-4:45pm
#209101-04	Sa	10/8-10/29	3:30-4:15pm
#209101-03	M	10/10-10/31	1 4-4:45pm
#209101-06	Sa	11/5-11/26	3:30-4:15pm
#209101-05	M	11/7-11/28	4-4:45pm
#209101-08	Sa	12/3-12/17	*3:30-4:15pm
#209101-07	M	12/5-12/26	4-4:45pm
\$52 (R \$45)			
Wostfield Ton	nic Club	2511 10th	Ava C\\\

Westfield Tennis Club, 3511 18th Ave. SW *If your session has only 3 classes scheduled, you may make up the 4th on another day and time during that session.

K HOT SHOTS TENNIS LESSONS

(7-11 vrs.)

(· · · J · · ·)			
#209102-01	Sa	9/10-10/1	4:30-5:30pm
#209102-02	M	9/12-10/3	5-6pm
#209102-03	Sa	10/8-10/29	4:30-5:30pm
#209102-04	M	10/10-10/31	l 5-6pm
#209102-05	Sa	11/5-11/26	4:30-5:30pm
#209102-06	M	11/7-11/28	5-6pm
#209102-07	Sa	12/3-12/17	⁴ :30-5:30pm
#209102-08	M	12/5-12/26	5-6pm
\$52 (R \$45)			

Westfield Tennis Club. 3511 18th Ave. SW *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.)

#2	09103-01	M	9/12-10/3	6-7pm
#2	09103-02	M	10/10-10/31	6-7pm
#2	09103-03	M	11/7-11/28	6-7pm
#2	09103-04	M	12/5-12/26	6-7pm

\$52 (R \$45) Westfield Tennis Club, 3511 18th Ave. SW

X SWIM LESSONS

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

SWIMMING

A: 8/29-10/8

B: 10/10-11/19 (No class 10/31) BB: 11/29-12/15

X OPEN SWIM

(All Ages)

Large inflatables will be in the pool on the first and third Friday of each month. The deep end is open the remaining Fridays of each month. Food is not allowed. Flotation devices, tubes, noodles, etc. are allowed crowd permitting. Begins 9/9.

3:30-7:30pm

(No swim 10/28, 11/11, 11/25) 1-4pm

Su \$5 or pass

K FRIDAY NIGHT SPOOKY SWIM (5-14 yrs.)

Celebrate Halloween at Bender Pool. You'll receive a bag of treats as you leave. No preregistration required. Swim passes are not accepted.

10/28 6-8:30pm \$6/person

K THANKSGIVING SWIM

(All Ages)

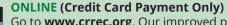
School's Out! Enjoy an open swim at Bender Pool.

11/23 1-4pm \$5 or pass



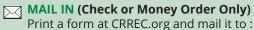
LIKE US ON FACEBOOK!

REGISTER NOW!

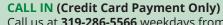


Go to www.crrec.org. Our improved process is convenient and easy!

Stop by NW Recreation, 1340 11th St. NW or City Services Center (CSC), 500 15th Ave. SW. NW Rec: Open 8am-9pm weekdays, 10am-6pm Saturday, 12-6pm Sunday **CSC:** Open 7:30am-4:30pm weekdays



Cedar Rapids Parks & Recreation Department NW Recreation Center, 1340 11th St. NW, Cedar Rapids IA, 52405



Call us at **319-286-5566** weekdays from 7:30am-9pm.



WWW.CRREC.ORG

FALL EVENTS

✓ *NEW* HARVEST FEST

(All Ages)

Fall is a great season on the farm! Enjoy hayrack rides, kids' tractor pull, apple bobbing, storytelling, scarecrow making contest, bonfire and many more activities. Pet and feed the animals and end the festival with a smile on your face. 9/24 10am-2pm FREE Old MacDonald's Farm

✓ HARVEST HAYRACK NIGHTS: **SUNSET PUMPKINS & NIGHT OWLS**

(Families)

Enjoy an evening of old-fashioned fun! Take a hayrack ride through the valley, gather around the bonfire with hot cocoa to roast marshmallows, make a simple craft and join us in the saloon for some card games. Popcorn/sarsaparilla will be 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.

Advance registration is not required.

SUNSET PUMPKINS

#214203-01	\$5 Child (2-12 yrs.) 9/14
#214203-02	\$9 Adult	9/14
#214203-03	\$5 Child (2-12 yrs.) 9/28
#214203-04	\$9 Adult	9/28
#214203-05	\$5 Child (2-12 yrs.) 10/12
#214203-06	\$9 Adult	10/12
#214203-07	\$5 Child (2-12 yrs.) 10/26
#214203-08	\$9 Adult	10/26
W	5-6:30pm	Jshers Fer

NIGHT OWLS

	#214204-01	\$5 Child (2-12 yrs.)	9/14
	#214204-02	\$9 Adult	9/14
	#214204-03	\$5 Child (2-12 yrs.)	9/28
	#214204-04	\$9 Adult	9/28
	#214204-05	\$5 Child (2-12 yrs.)	10/12
	#214204-06	\$9 Adult	10/12
	#214204-07	\$5 Child (2-12 yrs.)	10/26
	#214204-08	\$9 Adult	10/26
	W	6:30-8pm U	shers Ferry

✓ 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. Come enjoy small town living at its best - the turn of the 20th century. Admission free for children under age 3. No advance registration

9/18 1-4pm Ushers Ferry \$6/person \$25/4+ vehicle

SAFE HALLOWEEN FOR KIDS

Enjoy Halloween at the village with trickor-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 10/23 1-4pm \$7 per trick-or-treater Ushers Ferry

ACTIVITIES

✓ *NEW* DOWNTON ABBEY TEA (Families)

Are you missing Downton Abbey? Put on

\$24 (R \$20)

your elegant attire and pay a social call to Ushers Ferry! Spend the afternoon in our newly restored Schulze Cottage with fine china, linens, silver, tea and dainties from the period. Polish your table manners and enjoy some music as well! #214604-01 Sa 10/1 4-5:30pm

Ushers Ferry

✓ *NEW* GRANDPARENTS' TEA (Families)

Have a grand time with Grandma and Grandpa at this special tea for children and their grandparents. Enjoy tea at the Schulze Cottage. Share stories, make a craft and play games.

#214705-01 Adult \$14 (R \$13) #214705-02 Child \$7.50 (R \$6.50) 2-3:30pm **Ushers Ferry**

LIVE. LEARN & PLAY (5+ yrs.)

NEW HOME SCHOOL DAY:

Explore how children learned, lived and played 100 years ago! Come to Ushers Ferry for a special tour just for home school students. This 90 minute program includes a guided tour of the one-room school, select village homes and a few old-fashioned recess games. #214603-01 Th 9/29 10-11:30am \$6.50 (R \$5.50) Ushers Ferry

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 village hotel.

#214602-01 Su 9/25 1-2:30pm \$11 (R \$10) **Ushers Ferry**

PRAIRIE GIRL SEWING & SOCIAL (9-13 vrs.)

Polish your skills and manners at this fun social for young ladies. Dress up in period clothing, learn to use an old-fashioned sewing machine and work together to make a simple sewing project for everyone to take home. Fun, conversation and tea will follow in the village hotel. #214505-01 Su 9/25 1-3pm \$24 (R \$20) Ushers Ferry

PRESCHOOL PROGRAMS

We offer programs for preschool age children. Go to **CRREC.org** to view the Play! Guide for more information on It's A Mess, Movers & Shakers, Play-Music-and-Fun and Puddlejumpers Splash & Craft.

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.



FITNESS

KARATE

(6+ vrs.)

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

#218108-01 W/Th 9/7-9/29 6-7pm #218108-02 W/Th 10/5-10/27 6-7pm #218108-03 W/Th 11/2-11/30* 6-7pm #218108-04 W/Th 12/1-12/29 6-7pm NW Rec *No class 11/24 \$53 (R \$46) 12+ years #218107-01 W/Th 9/7-9/29 7-8pm #218107-02 W/Th 10/5-10/27 7-8pm #218107-03 W/Th 11/2-11/30* 7-8pm #218107-04 W/Th 12/1-12/29 7-8pm \$53 (R \$46) NW Rec *No class 11/24

✓ KRUNNING CLUB

(7-12 yrs.)

Running is a lifetime activity! Distance and difficulty will change each week. Track your progress throughout the program. Register by 9/7. #211509-01 W/Sa 9/14-10/15

W: 6-6:45pm, Sa: 8:30-9:15am \$55 (R \$48) includes shirt NW Rec/Ellis

✓ K SUNDAY SUPERSTARS

(6+ yrs. with Adult)

Get moving together in this parent/child program. Learn games and exercises for all ages that incorporate walking and run-

ning and make it fun. Register by 9/7. #211903-01 Adult/1 child \$41 (R \$34) #211903-02 addl parent/child \$20 (R \$16) Su 9/11-10/16 11am-12pm NW Rec

✓ X WORKOUT WEDNESDAY

(6-10 yrs.)

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

Register by 9/7.

6-7 years #211510-01 W 9/14-10/12 5:30-6:15pm \$37 (R \$30) includes shirt NW Rec 8-10 years

#211510-02 W 9/14-10/12 6:30-7:15pm \$37 (R \$30) includes shirt NW Rec

✓ ✓ *NEW* CHAIR YOGA

(All Ages)

Want to get the benefits of yoga but have trouble getting up from or down to the floor? Seated in a chair for support, you will increase your flexibility, range of motion and mobility with gentle exercises. #218106-01 W 10/5-10/26 9:30-10:15am \$40 (R \$33) NW Rec

ART

KIDS' DRAWING

(8-13 vrs.)

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.

#203811-01 Th 9/22-10/27 6:15-7:15pm #203811-02 Th 11/3-12/15* 6:15-7:15pm \$43 (R \$36) NW Rec *No class 11/24

FUN WITH ART

(7-10 yrs.)

Have fun exploring the madness of mixing multiple media together. Painting, drawing chalk, charcoal, gooey substances and found objects will be used to create fun and imaginative forms, constructions and paintings.

#203205-01 Th 9/22-10/27 5-6pm #203205-02 Th 11/3-12/15* 5-6pm *No class 11/24 \$43 (R \$36) NW Rec

MUSIC

Guitars are available for students to use if needed.

INTRO TO GUITAR

(9+ yrs.)

Have you ever wanted to learn to play guitar? Ken Arnell will teach you the basics and have you playing in two lessons. Get ready for hours of fun.

9-15 years

#218301-01 M 9/19-10/31 5:30-6:30pm NW Rec \$76 (R \$68)

16+ years M

\$76 (R \$68) NW Rec

9/19-10/31 6:30-7:30pm #218301-02 \$76 (R \$68) NW Rec

GUITAR II

(9+ yrs.)

Continue to improve your skills and learn more great songs in this advanced guitar class. Completion of Intro to Guitar is recommended before taking this class. #218302-01 M 9/19-10/31 7:30-8:30pm

CHOOSE A HIGH **ACTIVITY PROGRAM**

SPORTS

K GIRLS HOOP IT UP BASKETBALL (6-9 vrs.)

This all-female program teaches girls basketball fundamentals, teamwork and sportsmanship in a non-competitive atmosphere. Register by 10/13.

4-5 years

#211311-01 F 10/28-12/16* 5:30-6:15pm \$49 (R \$42) includes shirt

NW Rec *No program 11/25

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

6-7 years

#211312-01 W/F 11/2-12/9* 6:30-7:30pm \$52 (R \$45) jersey not included NW Rec *No program 11/23, 11/25

8-9 years

#211313-01 Sa 10/22-12/10* 8:30-9:30am \$49 (R \$42) jersev not included NW Rec *No program 11/26

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

6-7 years

#211312-02 W/F 11/2-12/9* 6:30-7:30pm \$66 (R \$58) jersey included *No program 11/23, 11/25

8-9 years

#211313-02 Sa 10/22-12/10* 8:30-9:30am \$63 (R \$55) jersey included NW Rec *No program 11/26

OPEN DAILY:

Monday - Friday

8:00 a.m. - 9:00 p.m.

Saturday 10:00 a.m. - 6:00 p.m.

12:00 - 6:00 p.m.

Sunday

It Happens

NORTHWEST

RECREATION

1340 11th Street

#211302-04 Tu/Th 11/1-12/6* 5:30-6:30pm \$66 (R \$58) jersey included NW Rec *No program 11/24

8-9 years (1 hour practices or games)

Gibson

#211305-02 Sa 10/22-12/10 9:45-10:45am \$63 (R \$55) jersey included

and not turn age 5 by 10/16.

Learn baseball basics in this game for to practice skills and play the game. No used. Register by 9/7.

\$45 (R \$38) includes cap/shirt Noelridge



X YOUTH FLAG FOOTBALL

(6-10 yrs.)

8-10 years

4 years

5 years

\$42 (R \$35)

#211406-02

\$42 (R \$35)

(6-10 yrs.)

(6-15 yrs.)

9/7.

at **nflppk.com**.

Register by 9/7.

#211601-01 Tu/Sa

\$58 (R \$50) includes shirt

KICK NFL PUNT, PASS, KICK

Date/time TBA on website FREE

K INTRO TO SPORTS

3-4 years with adult

NW Rec Greenspace

NW Rec Greenspace

#211906-02 W

5-7 years

\$39 (R \$32) includes shirt

\$39 (R \$32) includes shirt

Kingston Stadium, 907 15th Street SW

(3-8 yrs.) Must be age 3 by start date.

Try soccer, baseball, football and more!

Learn new skills and practice basic move-

ments for a variety of sports. Register by

#211906-01 W 9/14-10/12 5:30-6:15pm

9/14-10/12 6:30-7:15pm

#211406-01 Sa

#211402-01

Learn the fundamentals of football, teamwork and sportsmanship in this fun, instructional program. This is a lowcontact league with shirts, footballs, and flag belts. One-hour practices/games. The first Saturday will be a practice. Meet at the pavilion. Register by 9/7. 6-7 years

\$58 (R \$50) includes shirt Cleveland Park

\$58 (R \$50) includes shirt Cleveland Park

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

Learn the basics of throwing, catching,

more in a fun, non-competitive atmo-

hand-offs, stances, offense, defense, and

K FOOTBALL BUDDIES

sphere. Register by 9/7.

Sa

K FOOTBALL CHEERLEADING

Learn chants, basic jumps and cheer fun-

damentals. Practice these skills and per-

form them at the youth football games.

This local contest is for boys and girls.

Qualifiers go to the regional contest in

Minneapolis. No cleats allowed. Register

Tu/Sa 9/13-10/15

Tu: 5:30-6:30pm, Sa: 9-10am

9/17-10/15 10-10:45am

9/17-10/15 10-10:45am

9/13-10/15

Cleveland Park

Cleveland Park

Cleveland Park

Tu: 5:30-6:30pm, Sa: 9-10am

#211301-03 W 10/26-12/14* 5:30-6:15pm \$49 (R \$42) includes shirt NW Rec #211401-01 Tu/Sa 9/13-10/15 *No program 11/23 Tu: 5:30-6:30pm, Sa: 9-10am

10/22-12/10*10-10:45am

Gibson

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

KHOOP IT UP BASKETBALL

play games. Register by 10/13.

#211301-02 Sa

*No program 11/26

\$49 (R \$42) includes shirt

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

Learn the fundamentals of basketball and

4-5 years (45 minute practices or games)

#211301-01 Sa 10/22-12/10* 9-9:45am

6-7 years (1 hour practices or games) #211302-01 M/F 10/24-12/5*5:45-6:45pm \$52 (R \$45) jersey not included Gibson *No program 10/31, 11/21, 11/25

#211302-03 Tu/Th 11/1-12/6* 5:30-6:30pm \$52 (R \$45) jersey not included *No program 11/24 NW Rec 8-9 years (1 hour practices or games)

#211304-01 M/F 10/24-12/5* 6:50-7:50pm \$52 (R \$45) jersey not included *No program 10/31, 11/21, 11/25 Gibson

10-12 years (1 hour practices or games) #211305-01 Sa 10/22-12/10 9:45-10:45am \$49 (R \$42) jersey not included NW Rec *No program 11/26

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 10/24-12/5*5:45-6:45pm \$66 (R \$58) jersey included Gibson *No program 10/31, 11/21, 11/25

#211304-02 M/F 10/24-12/5* 6:50-7:50pm

\$66 (R \$58) jersey included *No program 10/31, 11/21, 11/25 10-12 years (1 hour practices or games)

*No program 11/26 NW Rec

BLASTBALL

(3-4 yrs. with Adult) Must be age 3 by 9/18

beginners. Parents partner with their child gloves needed. A foam bat and ball will be

#211309-01 F 9/16-10/14 5:30-6:15pm



X 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 10/20.

4-5 years

#211506-01 Sa 10/29-12/10* 11-11:30am \$35 (R \$28) includes shirt Gibson

6-7 years

#211507-01 Sa 10/29-12/10* 11:45am-12:30 \$42 (R \$35) includes shirt *No program 11/26

8-10 years

#211508-01 Sa 10/29-12/10* 12:45-1:30pm \$42 (R \$35) includes shirt Gibson

X 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 9/7.

4-5 years

#211501-01 Th 9/15-10/13 5:30-6:15pm \$49 (R \$42) includes shirt Van Vechten

#211501-02 M 9/12-10/10 5:30-6:15pm \$49 (R \$42) includes shirt Noelridge* *Horseshoe Pits off Golf Street

6-7 years

#211502-01M/Th 9/12-10/13 5:30-6:30pm \$58 (R \$50) includes shirt Van Vechten

#211502-02 M/Th 9/12-10/13 6:30-7:30pm \$58 (R \$50) includes shirt Noelridge* *Horseshoe Pits off Golf Street

8-10 years

#211505-01 M/Th 9/12-10/13 5:30-6:30pm \$58 (R \$50) includes shirt Noelridge* *Horseshoe Pits off Golf Street

***NEW* TABLE TENNIS**

(8+ yrs.)

Come play some pong! This program is open to all levels and is taught by Mike, a USATT certified coach with 12 years of playing experience. Register by 9/7.

8-13 years #211907-01 Tu

9/13-10/18 5:30-6:30pm NW Rec \$49 (R \$42) 14-18 years #211907-02 Tu 9/13-10/18 6:30-7:30pm

\$49 (R \$42)

NW Rec 19+ years #211907-03 9/13-10/18 7:30-8:30pm

\$49 (R \$42) NW Rec