

TENNIS

YOUTH LESSONS

These lessons emphasize specific skills and games for each age level using the USTA QuickStart 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.)			
#209101-07	M	12/5-12/26	4-4:45pm
#209101-08	Sa	12/3-12/17*	3:30-4:15pm
#309101-01	M	1/9-1/30	4-4:45pm
#309101-02	Sa	1/14-2/4	3:30-4:15pm
#309101-03	M	2/6-2/27	4-4:45pm
#309101-04	Sa	2/11-3/4	3:30-4:15pm
\$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.			

HOT SHOTS TENNIS LESSONS

(7-11 yrs.)			
#209102-08	M	12/5-12/26	5-6pm
#209102-07	Sa	12/3-12/17*	4:30-5:30pm
#309102-01	M	1/9-1/30	5-6pm
#309102-02	Sa	1/14-2/4	4:30-5:30pm
#309102-03	M	2/6-2/27	5-6pm
#309102-04	Sa	2/11-3/4	4:30-5:30pm
\$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.)			
#209103-04	M	12/5-12/26	6-7pm
#309103-01	M	1/9-1/30	6-7pm
#309103-02	M	2/6-2/27	6-7pm
\$52 (R \$45)			
Westfield Tennis Club, 3511 18th Ave. SW			



LIKE US ON FACEBOOK!

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:
BB: 11/29-12/15
C: 1/2-2/4
D: 2/6-3/11 (no class 2/20)

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. Food is not allowed. Water toys, noodles, tubes, etc. are allowed crowd permitting.
F 3:30-7:30pm
Su 1-4pm (No swim 12/25, 1/1)
\$5 or pass

HOLIDAY & SCHOOL BREAK SWIMS

(All Ages)

School's Out! Enjoy an open swim at Bender Pool.
M 12/26 1-4pm \$5 or pass
Th 12/29 4-8pm \$5 or pass

OPEN KAYAK/CANOE PRACTICE

(10+ yrs.)

Practice your skills such as strokes and rolls in the controlled environment of Bender Pool in this drop-in program co-sponsored by Linn County Conservation. Experienced paddlers will be on hand to offer tips and suggestions. Bring your own equipment. (See CRREC.org for equipment requirements. No registration required.)

Su	11/20	4:30-6:30pm	\$10
Su	12/18	4:30-6:30pm	\$10
Su	1/15	4:30-6:30pm	\$10
Su	1/29	4:30-6:30pm	\$10
Su	2/12	4:30-6:30pm	\$10
Su	2/26	4:30-6:30pm	\$10
Su	3/12	4:30-6:30pm	\$10

Bender Pool

SLEDDING HILL

Sledding hills are located at Bowman, Jones and Shawnee Parks. They open when enough snow accumulates to completely cover the hills. Please observe the Safe Sledding Tips posted at the parks and at **CRREC.org**.

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 a solid base of heavy snow 6 inches deep is achieved. Call the Winter Sports Hotline (319-286-5700) for trail openings and conditions.



It Happens HERE!

OPEN DAILY:
(Except City Holidays)
Monday - Friday
8:00 a.m. - 9:00 p.m.
Saturday
10:00 a.m. - 6:00 p.m.
Sunday
12:00 - 6:00 p.m.

NORTHWEST RECREATION CENTER
1340 11th Street NW



Winter CEDAR RAPIDS PARKS AND RECREATION WWW.CRREC.ORG (319) 286-5566



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	W	12/28	9-10:30am
\$13 (R \$12) Ushers Ferry			
9-12 years			
#314706-02	W	12/28	9am-12pm
\$26 (R \$22) Ushers Ferry			

NEW FOOD, FIRE & FUN

(6-12 yrs.)

Banish the winter blahs with food, fire and fun! Learn how important fire was to the pioneers when you use it for heat, cooking and light. Build a fire in the wood burning stove and cook an old-fashioned treat. Then chase away the darkness by making your own candles using different methods.

6-8 years			
#314705-01	F	12/30	9-10:30am
\$13 (R \$12) Ushers Ferry			
9-12 years			
#314705-02	F	12/30	9am-12pm
\$26 (R \$22) 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	Tu, W, Th, F	12/27-12/30	9-11am	\$44 (R \$37)	NW Rec
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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	Th	12/29	9-10:30am
\$13 (R \$12) Ushers Ferry			
9-12 years			
#314105-02	Th	12/29	9am-12pm
\$26 (R \$22) Ushers Ferry			

WINTER BREAK SPORTS CAMP

(6-9 yrs.)

Get out of the house and into the gym to enjoy a variety of sports activities in this three-day camp. Campers will participate in basketball, soccer, running, tag games and more.

Register by 12/19.
#211308-01 W-F 12/28-12/30 9-11am
\$39 (R \$32) includes shirt Gibson

YOUTH ACTIVITIES

IT'S A MESS!

(2-4 yrs. with Adult)

Get messy and explore textures and mediums that you might not normally experience at home. Wear your play clothes and get messy!
#310104-01 M 1/9-2/13 9:30-10:15am
\$36 (R \$29) NW Rec

MOVERS AND SHAKERS

(3-5 yrs.) Must be age 3 by start date.

Get the wiggles out! 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.
#310401-01 W 1/11-2/15 10-10:45 am
\$36 (R \$29) NW Rec

PLAY, MUSIC AND FUN

(1-3 yrs. with Adult)

Learn fun 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.
#310102-01 W 1/11-2/15 9:15-10am
\$36 (R \$29) NW Rec

NEW THINK SAFE CHILD CARE

(8-16 yrs.)

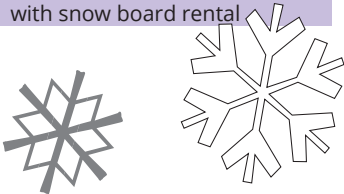
Become a super sitter in this interactive three-hour course! Learn about child development, infant and child care, behavior management, basic first aid, interviewing and marketing. You'll receive a babysitting care packet and manual. A snack will be provided.
#310404-01 Sa 1/21 10am-1pm
#310404-02 Tu 1/31 4-7pm
#310404-03 Sa 2/18 10am-1pm
\$37 (R \$30) NW Rec

MIDDLE SCHOOL/HIGH SCHOOL SKI TRIP TO SUNDOWN

(10-17 yrs.)

This trip for experienced and novice skiers is on a Cedar Rapids Community School District inservice day. Register early to reserve your spot! The bus departs from and returns to the Ambroz parking lot. **Register by 2/20.** Phone and online registration are not available. Mail registration is accepted only with a completed ski trip form.

F	2/24	11am-10pm
Depart/Return: Ambroz Parking Lot		
#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 2/10 6:30-8:30pm
Ushers Ferry Lodge

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 this dinner and dance.

#302803-01	\$60 (R \$52)	parent + 1 child
#302803-02	\$37 (R \$30)	additional child

Sa 2/11 6:30-8:30pm
Ushers Ferry Lodge

NEW GRANDPARENTS' TEA (All Ages)

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.

#314708-01	Adult	\$15 (R \$14)
#314708-02	Child	\$8 (R \$7)

Sa 1/21 2-3pm Ushers Ferry

NEW LAURA INGALLS WILDER 150TH BIRTHDAY PARTY (All Ages)

One of America's best-loved pioneer girls is turning 150! Help us celebrate this special birthday with a tea party, crafts, music and other period games in the Ushers Ferry hotel. Adults without children are welcome, too!

#314716-01	Su	2/5	2-3:30 p.m.
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\$24 (R \$20) Ushers Ferry

MINIONS PARTY!

(2+ 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	Child	\$15 (R \$14)
#314714-02	Accompanying Adult	\$2

Sa 2/18 1-2pm
Ushers Ferry Lodge

NEW ONCE UPON A TEETIME: FROZEN WINTER PRINCESS TEA (2+ yrs.)

Hey princesses! It's time for a tea party with all your fairy tale BFF's! Anna, Elsa, Merida, Belle, Snow, Ariel, Jasmine and others will help us decorate our winter wonderland. Can you guess whose table you'll sit at? Dress in your princess best and join us for music, games, food & fun!

#314709-01	Child	\$15 (R \$14)
#314709-02	Accompanying Adult	\$2

Sa 2/4 1-2pm
Ushers Ferry Lodge



Hosted by Macaroni Kid Cedar Rapids and Cedar Rapids Parks & Recreation
Come out, shop and let the kids play! Join us for the 6th Annual Macaroni Kid Family Fun Day and Xmas Expo - Frosty style! Lots of free activities for the kids, Stocking Scavenger Hunt, giveaways and multiple vendors. Vote for your favorite snowman built by local businesses. The winning snowman will receive the Frosty Award of the year and an advertising package worth \$500 from Macaroni Kid Cedar Rapids. Anyone who votes will be entered to win a brand new kids' bike and other prizes just in time for Christmas!

Sa	12/3	1-4pm	NW Rec
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FITNESS

NEW INTRO TO MIDDLE EASTERN DANCE WITH SANDEE

(8-14 yrs.)

Learn several popular Belly Dance movements and how to isolate various parts of your body at an easy pace. Authentic music will be used and a few coin scarfs will be available to try during class. You will be given information on where to purchase an inexpensive hip scarf or how to make one.

#305203-01	M	1/9-2/13	5:30-6:15pm
#305203-02	M	2/27-4/3	5:30-6:15pm

\$42 (R \$35) NW Rec

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

#218108-04	W/Th	12/1-12/29	6-7pm
#318108-01	W/Th	1/4-1/26	6-7pm
#318108-02	W/Th	2/1-2/23	6-7pm

\$53 (R \$46) NW Rec

12+ years

#218107-04	W/Th	12/1-12/29	7-8pm
#318109-01	W/Th	1/4-1/26	7-8pm
#318109-02	W/Th	2/1-2/23	7-8pm

\$53 (R \$46) NW Rec

GUITAR CLASSES

Guitars are available for use at Northwest Recreation 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

#318301-01	M	1/9-2/13	5:30-6:30pm
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\$76 (R \$68) NW Rec

16+ years

#318301-02	M	1/9-2/13	6:30-7:30pm
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\$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.

#318302-01	M	1/9-2/13	7:30-8:30pm
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\$76 (R \$68) NW Rec



NEW DROP-IN OPEN GYM/GAME ROOM

The gym and game area (billiards, foosball, table tennis) at Northwest Recreation Center are open for drop ins during unscheduled gym times. Adults (18+): \$2/day or punch pass, Youth (5-17)/Seniors (60+): \$1/day or pass
Call 319-286-5731 for dates and times.

SPORTS

NEW INDOOR BLASTBALL

(3-4 yrs. with Adult) Must be age 3 by 1/14 and not turn age 5 by 2/18.

Learn baseball basics 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. Register by 1/12.

#311104-02	Sa	1/14-2/18	8:30-9:15am
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\$45 (R \$38) includes cap/shirt NW Rec

GIRLS HOOP IT UP BASKETBALL- WINTER SEASON

(4-9 yrs.)

This all-female program teaches girls basketball fundamentals, teamwork and sportsmanship in a non-competitive atmosphere. Register by 1/6.

4-5 years

#311313-01	F	1/20-3/3	5:30-6:15pm
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\$49 (R \$42) includes shirt NW Rec

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

6-7 years

#311311-01	W/F	1/18-2/17	6:30-7:30pm
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\$52 (R \$45) jersey not included NW Rec

8-9 years

#311312-01	Sa	1/14-2/25	11am-12pm
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\$49 (R \$42) jersey not included NW Rec

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

6-7 years

#311311-02	W/F	1/18-2/17	6:30-7:30pm
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\$66 (R \$58) jersey included NW Rec

8-9 years

#311312-02	Sa	1/14-2/25	11am-12pm
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\$63 (R \$55) jersey included NW Rec

*HOOP IT UP BASKETBALL

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

Learn the fundamentals of basketball and play games. Register by 1/6.

4-5 years (45 minute practices or games)

#311301-01	Sa	1/14-2/25	9-9:45am
#311301-02	Sa	1/14-2/25	10-10:45am

\$49 (R \$42) includes shirt Gibson

#311301-03	W	1/18-3/1	5:30-6:15pm
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\$49 (R \$42) includes shirt NW Rec

If you 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	1/23-2/24	5:45-6:45pm
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\$52 (R \$45) jersey not included Gibson

#311302-03	Tu/Th	1/17-2/16	5:30-6:30pm
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\$52 (R \$45) jersey not included NW Rec

8-9 years (1 hour practices or games)

#311304-01	M/F	1/23-2/24	6:50-7:50pm
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\$52 (R \$45) jersey not included Gibson

10-12 years (1 hour practices or games)

#311305-01	Sa	1/14-2/25	9:30-10:30am
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\$49 (R \$42) jersey not included NW Rec

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	1/23-2/24	5:45-6:45pm
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\$66 (R \$58) jersey included Gibson

#311302-04	Tu/Th	1/17-2/16	5:30-6:30pm
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\$66 (R \$58) jersey included NW Rec

8-9 years (1 hour practices or games)

#311304-02	M/F	1/23-2/24	6:50-7:50pm
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\$66 (R \$58) jersey included Gibson

10-12 years (1 hour practices or games)

#311305-02	Sa	1/14-2/25	9:30-10:30am
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\$63 (R \$55) jersey included NW Rec



CHOOSE A HIGH ACTIVITY PROGRAM

*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 1/10.

4-5 years

#311506-01	Sa	1/21-2/25	11-11:30am
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\$35 (R \$28) includes shirt Gibson

6-7 years

#311507-01	Sa	1/21-2/25	11:45am-12:30pm
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\$42 (R \$35) includes shirt Gibson

8-10 years

#311508-01	Sa	1/21-2/25	12:45-1:30pm
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\$42 (R \$35) includes shirt Gibson

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 1/13.

Beginner 8-16 years

#311911-01	Su	1/22-2/26	3-4pm
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\$49 (R \$42) NW Rec

Intermediate 10-18 years

#311911-02	Su	1/22-2/26	4-5pm
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\$49 (R \$42) NW Rec

Adult 18+ years

#311911-03	Su	1/22-2/26	5-6pm
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\$49 (R \$42) NW Rec

NEW YOUTH ULTIMATE CAMP (7-16 yrs.)

Learn how to play the exciting game of Ultimate in this one-day camp.

Registration deadline is two days before camp start date.

Co-ed

#311310-01	Sa	1/14	11am-1pm
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\$11 (R \$10) NW Rec

Girls

#311310-02	Sa	2/25	12-2pm
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\$11 (R \$10) NW Rec

*JUNIOR VOLLEYBALL

(8-13 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 1/6.

Beginner: 8-10 years

#311901-01	Sa	1/21-3/4	8:30-9:30am
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\$52 (R \$45) includes shirt NW Rec

Intermediate: 8-10 years

#311901-02	Sa	1/21-3/4	9:45-10:45am
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\$52 (R \$45) includes shirt NW Rec

10-13 years

#311901-03	Sa	1/21-3/4	11am-12pm
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\$52 (R \$45) includes shirt NW Rec



BLUE ZONES PROJECT® ENCOURAGED ACTIVITY

