

SWIMMING

SWIM LESSONS

Get swimming! We offer swim lessons for ages 6 months and up. View the Play! Guide online for more information.
Session E Dates: 3/20-4/29

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 3/26)
\$5 or pass

HOLIDAY & SCHOOL BREAK SWIMS

(All Ages)
School's Out! Enjoy an open swim at Bender Pool.
Tu 3/14 1-4pm \$5 or pass
Th 3/16 1-4pm \$5 or pass

KAYAK & CANOE CLINIC

Learn the basics of kayaking or canoeing or just practice your skills. More information will be available online at CRREC.org in the spring.
Su 3/26 Bender Pool

facebook
LIKE US 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 12 through August 4, 7:00 AM to 5:30 PM. Registration begins February 27. Go to **CRREC.org**.

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



SPRING BREAK ACTIVITIES

NEW AMERICAN GIRL CAMP

(6-12 yrs.)
It's an American girl party every day at Ushers Ferry! The time periods and lives of American girls throughout history will be explored each day. Discover what each girl did for fun, what crafts she created, what goodies she made and ate, and what was happening in her world. Bring your doll!

6-8 years				
#314106-01	M	3/13	9-10:30am	
#314106-02	Tu	3/14	9-10:30am	
#314106-03	W	3/15	9-10:30am	
#314106-04	Th	3/16	9-10:30am	
\$13 (R \$12)/day		Ushers Ferry		
#314106-05	M-Th	3/13-3/16	9-10:30am	
\$51 (R \$44)		Ushers Ferry		
9-12 years				
#314106-06	M-Th	3/13-3/16	9am-12pm	
\$96 (R \$88)		Ushers Ferry		

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 receive a babysitting care packet and manual. A snack will be provided.
#310404-04 Tu 3/14 9am-12pm
\$37 (R \$30) NW Rec

NEW SPRING SAMPLER

(6-8 yrs.)
Get a taste of our Summer Adventure Camps in this special sampler for younger children. Try a day of Huckleberry Finn; Food, Fire & Fun; Zombies, and/or make old-fashioned Easter eggs. Sign up for a day or for the whole week.

6-8 years				
Huckleberry Finn				
#314108-01	M	3/13	9-10:30am	
Food, Fire & Fun				
#314108-02	Tu	3/14	9-10:30am	
Zombie				
#314108-03	W	3/15	9-10:30am	
Old-Fashioned Easter Eggs				
#314108-04	Th	3/16	9-10:30am	
\$13 (R \$12)/day		Ushers Ferry		
#314108-05	M-Th	3/13-3/16	9-10:30am	
\$51 (R \$44)		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 3/13-3/16 1-4pm
\$100 (R \$92) includes shirt Ushers Ferry

INTRO TO SPORTS

(3-5 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 3/3.**
#311906-01 M-Th 3/13-3/16 9-9:45am
\$39 (R \$32) includes shirt NW Rec

SPORTS CAMP

(6-10 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 3/3.**
6-7 years
#311908-01 M-Th 3/13-3/16 9-11am
\$49 (R \$42) includes shirt NW Rec
8-10 years
#311908-02 M-Th 3/13-3/16 9-11am
\$49 (R \$42) includes shirt NW Rec

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!
#310104-02 M 3/6-4/17* 9:30-10:15am
\$36 (R \$29) NW Rec *No class 3/13

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.
#310401-02 W 3/1-4/12* 10-10:45 am
#310401-03 W 4/19-5/24 10-10:45 am
\$36 (R \$29) NW Rec *No class 3/15

NEW OLD-FASHIONED EASTER EGGS

(3-5 yrs. with Adult)
Celebrate spring and help the Easter bunny! Decorate your own Easter eggs with natural dyes and other fun techniques. After the work is done, play games and enjoy other old time Easter fun.
#314803-01 Sa 4/1 10-11am
\$9 (R \$8) /child 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 **NW Recreation, 1340 11th St. NW** or **City Services Center (CSC), 500 15th Ave. SW.**
NW Rec: Open 8:00 a.m. - 9:00 p.m. weekdays, 10:00 a.m. - 6:00 p.m. Saturday, 12:00 - 6:00 p.m. Sunday
CSC: Open 7:30 a.m. - 4:30 p.m. weekdays

MAIL IN (Check or Money Order Only)
Mail the form below to :
Cedar Rapids Parks & Recreation Department
NW Recreation Center, 1340 11th St. NW,
Cedar Rapids IA, 52405

CALL IN (Credit Card Payment Only)
Call us at **319-286-5566** weekdays from 7:30 a.m. - 5:00 p.m.

Please Print

Adult Name: Last _____ First _____ Initial _____

Address _____ City _____ State _____ Zip Code _____

Phone Numbers: Home _____ Work _____ Cell _____

Choice	Prog. #	Program Name	Day/Time	Registrant's First, Last Name	M/F	DOB*	Shirt Size	Fee
First								
Second								
First								
Second								
First								
Second								

*Date of Birth _____ Total Program Fee _____

☐ PAYMENT ENCLOSED (Check or money order only. Make payable to: City of Cedar Rapids)

Can we email your receipt? If yes please list address: _____

YOUTH WAIVER AND PHOTO/VIDEO PERMISSION (One form per participant for youth programs only.)

Participant Name _____ Address _____

Phone _____ Age _____ Date of Birth _____

SIGNATURE OF PARENT OR GUARDIAN: I hereby authorize my son/daughter to register to participate in the above stated program(s) sponsored by the City of Cedar Rapids Parks & Recreation Department. I understand that this (these) program(s), like most programs similar in nature, has (have) some degree of inherent risk involved. Furthermore, my son/daughter is in good physical condition appropriate to participate in the stated activity(ies) AND I UNDERSTAND THAT THE PARTICIPANTS MUST ASSUME FULL RESPONSIBILITY FOR BODILY INJURY INCURRED WHILE TAKING PART IN THE ACTIVITY(IES). NO ACCIDENT INSURANCE IS PROVIDED THROUGH THE CITY OF CEDAR RAPIDS. I grant the Cedar Rapids Parks & Recreation Department permission to use pictures or videos taken of my child during participation in programs. I waive my right to inspection or compensation.

SIGNATURE _____ DATE _____

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.



✓ **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.

#310102-02	W	3/1-4/12*	9:15-10am
#310102-03	W	4/19-5/24	9:15-10am

\$36 (R \$29) NW Rec *No class 3/15

HOME SCHOOL DAY
(5+ yrs.)
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	4/20	9:30 am-1:30pm
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\$9.50 (R \$8.50) Ushers Ferry

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

***NEW* DROP-IN OPEN GYM AND GAME ROOM**
The gym and game area (billiards, foosball, table tennis) at Northwest Recreation are open for drop-ins during unscheduled gym times. Drop-in and open gym dates and times are available online at **CRYouthSports.com** and at the Northwest Recreation Center.

Adults (18+): \$2/day or punch pass
M-F 8am-9pm
Sa 10am-6pm
Su 12-6pm

Seniors (60+): \$1/day or pass
M-F 8am-9pm
Sa 10am-6pm
Su 12-6pm

Youth (6-17): \$1/day or pass
April - End of School Year Hours:
M-F 3-7pm
Sa 10am-6pm
Su 12-6pm

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.

#305203-03	M	4/10-5/15	5:30-6:15pm
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\$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

#318108-03	W/Th	3/1-3/30	6-7pm
#318108-04	W/Th	4/5-4/27	6-7pm

\$53 (R \$46) NW Rec

12+ years

#318109-03	W/Th	3/1-3/30	7-8pm
#318109-04	W/Th	4/5-4/27	7-8pm

\$53 (R \$46) NW Rec

SPORTS

BASEBALL, SOFTBALL & T-BALL
(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	4/7-5/19*	6:30-7:30pm
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6-7 yrs. \$45 (R \$38) includes shirt

#311102-01	F	4/7-5/19*	6:30-7:30pm
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8-10 yrs. \$45 (R \$38) includes shirt

Noelridge *No program 4/14

Softball

#311201-01	F	4/7-5/19*	6:30-7:30pm
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7-9 yrs. \$45 (R \$38) includes shirt

#311202-01	F	4/7-5/19*	6:30-7:30pm
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10-12 yrs. \$45 (R \$38) includes shirt

Noelridge *No program 4/14

T-Ball

#311103-01	F	4/7-5/19*	5:30-6:15pm
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4-5 yrs. \$45 (R \$38) includes shirt

Noelridge *No program 4/14

BLASTBALL
(3-4 yrs. with Adult) Must be age 3 by 4/7 and not turn age 5 by 5/19.
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 3/30.**

#311104-01	F	4/7-5/19*	5:30-6:15pm
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\$45 (R \$38) includes cap/shirt Noelridge

*No program 4/14

GIRLS HOOP IT UP BASKETBALL- SPRING SEASON
(6-9 yrs.)
This all-female program teaches girls basketball fundamentals, teamwork and sportsmanship in a non-competitive atmosphere. **Register by 3/30.**

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

6-7 years

#311311-03	Tu/F	4/18-5/19	5:30-6:30pm
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\$52 (R \$45) jersey not included NW Rec

8-9 years

#311312-03	Tu/F	4/18-5/19	6:30-7:30pm
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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

#311311-04	Tu/F	4/18-5/19	5:30-6:30pm
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\$66 (R \$58) jersey included NW Rec

8-9 years

#311312-04	Tu/F	4/18-5/19	6:30-7:30pm
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\$63 (R \$55) jersey included NW Rec

YOUTH FLAG FOOTBALL
(6-10 yrs.)
Flag Football is back! Learn the fundamentals of football, teamwork and sportsmanship in this fun, instructional program. This is a low-contact league with shirts, footballs, and flag belts. One-hour practices/games. The first Saturday will be a practice. Meet at the pavilion. **Register by 3/30.**

6-7 years

#311401-01	Tu/Sa	4/11-5/13
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Tu: 5:30-6:30pm, Sa: 9-10am

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

8-10 years

#311402-01	Tu/Sa	4/11-5/13
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Tu: 5:30-6:30pm, Sa: 9-10am

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

FOOTBALL BUDDIES
(4-5 yrs.) Must be age 4 by start date.
Learn the basics of throwing, catching, hand-offs, stances, offense, defense, and more in a fun, non-competitive atmosphere. **Register by 3/30.**

4 years with Adult

#311404-01	Sa	4/8-5/13	9-9:45am
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\$42 (R \$35) Cleveland Park

5 years

#311404-02	Sa	4/8-5/13	10-10:45am
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\$42 (R \$35) Cleveland Park

FOOTBALL CHEERLEADING
(6-10 yrs.)
Learn chants, basic jumps and cheer fundamentals. Practice these skills and perform them at the youth football games. **Register by 3/30.**

#311601-01	Tu/Sa	4/11-5/13
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Tu: 5:30-6:30pm, Sa: 9-10am

\$58 (R \$50) 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	4/12-5/10	5:30-6:15pm
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\$39 (R \$32) includes shirt Van Vechten

9-11 years

#311910-02	W	4/12-5/10	6:30-7:15pm
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\$39 (R \$32) includes shirt Van Vechten

BLUE ZONES PROJECT®
ENCOURAGED ACTIVITY

CHOOSE A HIGH ACTIVITY PROGRAM



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 3/25.**

4-5 years

#311501-01	M	4/3-5/15	5:30-6:15pm
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\$49 (R \$42) includes shirt Van Vechten

#311501-02	Th	4/6-5/18	5:30-6:15pm
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\$49 (R \$42) includes shirt Noelridge*

*Horseshoe Pits off Golf Street

6-7 years

#311502-01	M/Th	4/10-5/11	6:30-7:30pm
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\$58 (R \$50) includes shirt Van Vechten

#311502-02	M/Th	4/10-5/11	6:30-7:30pm
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\$58 (R \$50) includes shirt Noelridge*

*Horseshoe Pits off Golf Street

8-10 years

#311503-01	M/Th	4/10-5/11	5:30-6:30pm
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\$58 (R \$50) includes shirt Noelridge*

*Horseshoe Pits off Golf Street

TAKE-DOWN WRESTLING CAMP
(6-10 yrs.)
Learn the fundamentals and rules of one of Iowa's favorite sports in this instructional two-week camp. **Register by 3/9.**

Level 1

#311902-01	M-F	3/20-3/31
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5:30-6:30pm

\$55 (R \$48) includes shirt NW Rec

Level 2

#311902-02	M-F	3/20-3/31
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6:40-7:40pm

\$55 (R \$48) includes shirt NW Rec

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	4/12-5/17	6-6:45pm
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\$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	4/5-5/10*	5:30-7pm
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\$55 (R \$48) includes shirt Wilson Track

*No program 4/14

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.)

#309101-05	M	3/6-3/27	4-4:45pm
#309101-06	Sa	3/11-4/1	3:30-4:15pm
#309101-07	M	4/3-4/24	4-4:45pm
#309101-08	Sa	4/8-4/29	3:30-4:15pm
#309101-09	M	5/1-5/22	4-4:45pm
#309101-10	Sa	5/6-5/27	3:30-4:15pm

\$52 (R \$45)

Westfield Tennis Club, 3511 18th Ave. SW

HOT SHOTS TENNIS LESSONS
(7-11 yrs.)

#309102-05	M	3/6-3/27	5-6pm
#309102-06	Sa	3/11-4/1	4:30-5:30pm
#309102-07	M	4/3-4/24	5-6pm
#309102-08	Sa	4/8-4/29	4:30-5:30pm
#309102-09	M	5/1-5/22	5-6pm
#309102-10	Sa	5/6-5/27	4:30-5:30pm

\$52 (R \$45)

Westfield Tennis Club, 3511 18th Ave. SW

FUTURE STARS TENNIS LESSONS
(12-16 yrs.)

#309103-03	M	3/6-3/27	6-7pm
#309103-04	M	4/3-4/24	6-7pm
#309103-05	M	5/1-5/22	6-7 pm

\$52 (R \$45)

Westfield Tennis Club, 3511 18th Ave. SW