

 **OUTDOOR SOCCER**

(4-10 yrs.) Must be age 4 by start date.
Learn the basics and play games in this instructional program. A schedule of games/times will be handed out the first day. **Register by 9/5.**

4-5 years
#211501-01 Th 9/14-10/19 5:30-6:15pm
\$49 (R \$42) includes shirt Van Vechten

#211501-02 M 9/11-10/16 5:30-6:15pm
\$49 (R \$42) includes shirt Noelridge*
*Horseshoe Pits off Golf Street

6-7 years
#211502-01M/Th 9/11-10/12 5:30-6:30pm
\$58 (R \$50) includes shirt Van Vechten

#211502-02 M/Th 9/11-10/12 5:30-6:30pm
\$58 (R \$50) includes shirt Noelridge*
*Horseshoe Pits off Golf Street

8-10 years
#211505-01 M/Th 9/11-10/12 5:30-6:30pm
\$58 (R \$50) includes shirt Noelridge*
*Horseshoe Pits off Golf Street

 ***NEW* WHEELCHAIR POWER SOCCER**

(7+ yrs.)
This sport was the first competitive sport adapted specifically for power wheel-chairs. Two teams, each with four play-ers, take turns attacking, defending and spin-kicking a 13-inch ball. Even people without disabilities may participate in this inclusive sport.
#208510-01 M 9/18-10/30 6-7pm
\$37 (R \$30) NW Rec

 **JUNIOR 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 9/5.**

Beginner: 8-10 years
#211901-01 Tu/Th 9/12-10/12 5:30-6:30pm
\$71 (R \$63) includes shirt NW Rec

10-12 years
#211901-02 Tu/Th 9/12-10/12 6:40-7:40pm
\$71 (R \$63) includes shirt NW Rec

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.)**

#209101-01	M	9/11-9/25*	4:15-5pm
#209101-02	Sa	9/9-9/30	3:30-4:15pm
#209101-03	M	10/2-10/23	4:15-5pm
#209101-04	Sa	10/7-10/28	3:30-4:15pm
#209101-05	M	10/30-11/20	4:15-5pm
#209101-06	Sa	11/4-11/25	3:30-4:15pm
#209101-07	M	11/27-12/18	4:15-5pm
#209101-08	Sa	12/2-12/23	3:30-4:15pm

\$54 (R \$47)
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.)**

#209102-02	M	9/11-9/25*	5-6pm
#209102-01	Sa	9/9-9/30	4:30-5:30pm
#209102-04	M	10/2-10/23	5-6pm
#209102-03	Sa	10/7-10/28	4:30-5:30pm
#209102-06	M	10/30-11/20	5-6pm
#209102-05	Sa	11/4-11/25	4:30-5:30pm
#209102-08	M	11/27-12/18	5-6pm
#209102-07	Sa	12/2-12/23	4:30-5:30pm

\$54 (R \$47)
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.)**

#209103-01	M	9/11-9/25	6-7pm
#209103-02	M	10/2-10/23	6-7pm
#209103-03	M	10/30-11/20	6-7pm
#209103-04	M	11/27-12/18	6-7pm

\$54 (R \$47)
Westfield Tennis Club, 3511 18th Ave. SW



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:
A: 8/28-10/5
B: 10/7-11/16 (No class 10/31- Saturday classes end on 11/4)
BB: 11/28-12/14

 **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 permit-ting. Begins 9/8.

F	3:30-7:30pm	\$5 or pass (No swim 10/27, 11/24)
Su	1-4pm	\$5 or pass

 **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.

F	10/27	6-8:30pm	\$6/person
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 **THANKSGIVING SWIM**

(All Ages)
School's Out! Enjoy an open swim at Bender Pool.
W 11/22 1-4pm \$5 or pass



FALL CEDAR RAPIDS PARKS AND RECREATION

WWW.CRREC.ORG



Fall Events

HARVEST HAYRACK NIGHTS: SUNSET PUMPKINS & NIGHT OWLS (Families)

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. Free admission for children under age 2.

SUNSET PUMPKINS		
W	5-6:30pm	Ushers Ferry
#214203-01	\$6 Child (2-12 yrs.)	9/6
#214203-02	\$9 Adult	9/6
#214203-03	\$6 Child (2-12 yrs.)	9/13
#214203-04	\$9 Adult	9/13
#214203-05	\$6 Child (2-12 yrs.)	9/20
#214203-06	\$9 Adult	9/20
#214203-07	\$6 Child (2-12 yrs.)	9/27
#214203-08	\$9 Adult	9/27
#214203-09	\$6 Child (2-12 yrs.)	10/4
#214203-10	\$9 Adult	10/4
#214203-11	\$6 Child (2-12 yrs.)	10/11
#214203-12	\$9 Adult	10/11
#214203-13	\$6 Child (2-12 yrs.)	10/18
#214203-14	\$9 Adult	10/18
#214203-15	\$6 Child (2-12 yrs.)	10/25
#214203-16	\$9 Adult	10/25

NIGHT OWLS		
W	6:30-8pm	Ushers Ferry
#214204-01	\$6 Child (2-12 yrs.)	9/6
#214204-02	\$9 Adult	9/6
#214204-03	\$6 Child (2-12 yrs.)	9/13
#214204-04	\$9 Adult	9/13
#214204-05	\$6 Child (2-12 yrs.)	9/20
#214204-06	\$9 Adult	9/20
#214204-07	\$6 Child (2-12 yrs.)	9/27
#214204-08	\$9 Adult	9/27
#214204-09	\$6 Child (2-12 yrs.)	10/4
#214204-10	\$9 Adult	10/4
#214204-11	\$6 Child (2-12 yrs.)	10/11
#214204-12	\$9 Adult	10/11
#214204-13	\$6 Child (2-12 yrs.)	10/18
#214204-14	\$9 Adult	10/18
#214204-15	\$6 Child (2-12 yrs.)	10/25
#214204-16	\$9 Adult	10/25

HARVEST FEST

(All Ages)

Fall is a great season on the farm! Learn about area businesses that thrive this time of year. Enjoy hayrack rides, apple bobbing, storytelling, scare-crow making contest, bonfire, bounce house, pumpkin painting and many more activities. Pet and feed our farm animals and end the day with a smile on your face.
Sa 9/30 10am-2pm
FREE* Old MacDonald's Farm
*\$1 donation recommended

***NEW* FALL FAMILY FEST**

Fun for the whole family! Enjoy an old-fashioned afternoon on the town with historic demonstrations in the buildings, crafts, hayrack rides, games and more! Visit the lodge and learn about changes coming to the village. Come hungry and eat lunch. Food will be available for purchase. (No picnics please.)
Su 9/17 1-4pm
FREE* Ushers Ferry
*Donations welcome!

SAFE HALLOWEEN FOR KIDS

Sunday, Oct. 22 1:00 - 4:00 p.m.

Enjoy the annual old-fashioned Halloween at the village with trick-or-treat-ing, games and costume contests. Advance registration is encouraged, but not required.
Su 10/22 1-4pm
#214901-01 \$7 per trick-or-treater



Activities

DOWNTON ABBEY TEA

(Families)

Are you missing Downton Abbey? Put on 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 Su 10/8 4-5:30pm
\$24 (R \$20)/person Ushers Ferry

FUN WITH ART

(5-9 yrs.)

Have fun exploring the madness of mix-ing multiple media together. Painting, drawing, chalk, charcoal, gooey sub-stances and found objects will be used to create fun and imaginative forms, constructions and paintings.
#203205-01 Th 9/14-10/19 5-6pm
#203205-02 Th 10/26-12/7* 5-6pm
\$43 (R \$36) NW Rec *No class 11/23

GRANDPARENTS' TEA

(4-10 yrs. with Grandparent)

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)
Su 9/10 1-2:30pm
Ushers Ferry

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.
#214603-01 Th 9/28 9:30am-1:30pm
\$9.50 (R \$8.50) 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. - 7:00 p.m. weekdays,
12:00 - 6:00 p.m. Saturday, 12:00 - 4:00 p.m. Sunday
CSC: Open 7:30 a.m. - 4:30 p.m. weekdays



MAIL IN (Check or Money Order Only)

Send form (available online or in "Play!" guide) with check or money order payment 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.

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.

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!

#210104-01	M	9/11-10/16	9:30-10:15am
#210104-02	M	10/23-12/4*	9:30-10:15am
\$37 (R \$30)	NW Rec	*No class 11/20	

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

#218108-01	Tu/Th	9/5-9/28	6-7pm
#218108-02	Tu/Th	10/3-10/26	6-7pm
#218108-03	Tu/Th	11/2-11/28*	6-7pm
#218108-04	Tu/Th	12/5-12/28*	6-7pm
\$55 (R \$48)	NW Rec	*No class 11/23, 12/26	

12+ years

#218107-01	Th	9/7-9/28	7-8pm
#218107-02	Th	10/5-10/26	7-8pm
#218107-03	Th	11/2-11/30*	7-8pm
#218108-04	Th	12/7-12/28	7-8pm
\$39 (R \$32)	NW Rec	*No class 11/23	

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.

#203811-01	Th	9/14-10/19	6:15-7:15pm
#203811-02	Th	10/26-12/7*	6:15-7:15pm
\$43 (R \$36)	NW Rec	*No class 11/23	

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.

#210401-01	W	9/13-10/18	10:15-11am
#210401-02	W	10/25-12/6*	10:15-11am
\$37 (R \$30)	NW Rec	*No class 11/22	

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.

#210102-01	W	9/13-10/18	9:30-10:15am
#210102-02	W	10/25-12/6*	9:30-10:15am
\$37 (R \$30)	NW Rec	*No class 11/22	



OPEN DAILY:
(Except City Holidays)
Monday - Friday
8:00 a.m. - 9:00 p.m.
Saturday
12:00 - 6:00 p.m.
Sunday
12:00 - 4:00 p.m.



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.

NORTHWEST RECREATION CENTER
1340 11th Street NW

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

#218301-01	M	9/18-10/23	5:30-6:30pm
\$78 (R \$70)	NW Rec		

16+ years

#218301-02	M	9/18-10/23	6:30-7:30pm
\$78 (R \$70)	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	9/18-10/23	7:30-8:30pm
\$78 (R \$70)	NW Rec		

Self-Defense for Women

CLASSES TAUGHT BY FURY UNLACED

www.FuryUnlaced.com

NEW PRINCESS POWER

(9-12 yrs.)

This course is an introduction to the concepts of body language, bullying, protecting personal information on social media, dating safety and the importance of physical fitness to your personal security.

#218201-01	F	9/15	4-6pm
#218201-02	F	10/20	4-6pm
#218201-03	F	11/17	4-6pm
\$27 (R \$20)	NW Rec		

NEW MISS INDEPENDENT

(13-15 yrs.)

With the increasing independence young women gain in their teen years, it is important that they learn the four stages of personal security. This course will help them develop awareness to keep themselves safe.

#218202-01	F	9/15	6:30-9pm
#218202-02	F	10/20	6:30-9pm
#218202-03	F	11/17	6:30-9pm
\$32 (R \$25)	NW Rec		

Sports

HOOP IT UP BASKETBALL

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

Learn the fundamentals of basketball and play games. **Register by 10/16.**

4-5 years (45 minute practices or games)

#211301-01	Sa	10/28-12/16*	9-9:45am
#211301-02	Sa	10/28-12/16*	10-10:45am
\$49 (R \$42) includes shirt		Gibson	
*No program 11/25			

#211301-03	W	10/25-12/13*	5:30-6:15pm
\$49 (R \$42) includes shirt	NW Rec		
*No program 11/22			

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

6-7 years (1 hour practices or games)

#211302-01	M/F	10/30-12/8*	5:45-6:45pm
\$52 (R \$45) jersey not included	Gibson		
*No program 11/20, 11/24			

#211302-03	Tu/Th	11/7-12/12*	5:30-6:30pm
\$52 (R \$45) jersey not included	NW Rec		
*No program 11/23			

8-9 years (1 hour practices or games)

#211304-01	M/F	10/30-12/8*	6:50-7:50pm
\$52 (R \$45) jersey not included	Gibson		
*No program 11/20, 11/24			

10-12 years (1 hour practices or games)

#211305-01	Sa	10/28-12/16*	10:30-11:30am
\$49 (R \$42) jersey not included		NW Rec	
*No program 11/2			

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	10/30-12/8*	5:45-6:45pm
\$66 (R \$58) jersey included			Gibson
*No program 11/20, 11/24			

#211302-04	Tu/Th	11/7-12/12*	5:30-6:30pm
\$66 (R \$58) jersey included			NW Rec
*No program 11/23			

8-9 years (1 hour practices or games)

#211304-02	M/F	10/30-12/8*	6:50-7:50pm
\$66 (R \$58) jersey included	Gibson		
*No program 11/20, 11/24			

10-12 years (1 hour practices orgames)

#211305-02	Sa	10/28-12/16*	10:30-11:30am
\$63 (R \$55) jersey included	NW Rec		
*No program 11/25			



ACTIVE CHOICE
Choose A High
Activity Program

facebook

LIKE US ON FACEBOOK!

GIRLS HOOP IT UP BASKETBALL

(4-9 yrs.)

This all-female program teaches girls basketball fundamentals, teamwork and sportsmanship in a non-competitive atmosphere. **Register by 10/16.**

4-5 years

#211311-01	F	10/27-12/15*	5:30-6:15pm
\$49 (R \$42) includes shirt	NW Rec		
*No program 11/24			

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

6-7 years

#211312-01	W/F	11/1-12/8*	6:30-7:30pm
\$52 (R \$45) jersey not included	NW Rec		
*No program 11/22, 11/24			

8-9 years

#211313-01	Sa	10/28-12/16*	9-10am
\$49 (R \$42) jersey not included			NW Rec
*No program 11/25			

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	11/1-12/8*	6:30-7:30pm
\$66 (R \$58) jersey included			NW Rec
*No program 11/22, 11/24			

8-9 years

#211313-02	Sa	10/28-12/16*	9-10am
\$63 (R \$55) jersey included	NW Rec		
*No program 11/25			

BLASTBALL

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

9/15 and not turn age 5 by 10/13.

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 9/5.**

#211309-01	F	9/15-10/13	5:30-6:15pm
\$45 (R \$38) includes cap/shirt	Noelridge		

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 9/5.**

6-7 years

#211401-01	Tu/Sa	9/12-10/14	
Tu: 5:30-6:30pm, Sa: 9-10am			
\$58 (R \$50) includes shirt	Cleveland Park		

8-10 years

#211402-01	Tu/Sa	9/12-10/14	
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 9/5.**

4 years

#211406-01	Sa	9/16-10/14	10-10:45am
\$42 (R \$35)	Cleveland Park		

5 years

#211406-02	Sa	9/16-10/14	10-10:45am
\$42 (R \$35)	Cleveland Park		

INTRO TO SPORTS

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

Try soccer, baseball, football and more!

Learn new skills and practice basic movements for a variety of sports.

Register by 9/5.

3-4 years with adult

#211906-01	W	9/13-10/11	5:30-6:15pm
\$41 (R \$34) includes shirt	NW Rec Greenspace		

5-7 years

#211906-02	W	9/13-10/11	6:30-7:15pm
\$41 (R \$34) includes shirt	NW Rec Greenspace		

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 10/25.

4-5 years

#211506-01	Sa	11/4-12/16*	11-11:30am
\$36 (R \$29) includes shirt	Gibson		
*No program 11/25			

6-7 years

#211507-01 Sa 11/4-12/16*	11:45am-12:30
\$43 (R \$36) includes shirt	Gibson
*No program 11/25	

8-10 years

#211508-01	Sa	11/4-12/16*	12:45-1:30pm
\$43 (R \$36) includes shirt	Gibson		
*No program 11/25			