

# PlayCR

SPRING - SUMMER 2024

YOUTH ACTIVITIES • 26

MASTER GARDENERS | ISU  
MINI CAMPS • 28

FOR KIDS ONLY! DAY CAMP • 29

ADVENTURE CAMPS • 30

SNAPOLOGY STEAM CAMPS • 32

FAMILY ACTIVITIES • 32

ADULT | TEEN ACTIVITIES • 33

BOOMERS & BEYOND • 33

ARCHERY | KARATE | DANCE • 34

NORTHWEST REC CENTER • 35

FITNESS | HEALTH • 36

FARMERS' MARKET • 36

OLD MACDONALD'S FARM • 37

GOAT YOGA • 38

USHERS FERRY • 39

THERAPEUTIC RECREATION • 40

SPORTS • 41

GOLF • 46

SWIMMING • 47

NOELRIDGE GREENHOUSE • 60

PARKS • 60

FACILITY RENTALS • 61

REGISTRATION INFO • 63

## FINANCIAL ASSISTANCE PROGRAM: RecAssist

A discount is available for those who qualify on recreational programs and swim passes.

- ▶ For more information on guidelines and to apply, go to [CityofCR.com/RecAssist](https://CityofCR.com/RecAssist).

## CONNECT WITH CR PARKS & REC



[CityofCR.com/Subscribe](https://CityofCR.com/Subscribe)



**ACTIVE CHOICE**  
Choose A High  
Activity Program



## Young Learners

### ANIMALS ON THE FARM

(3-7 yrs. with or without Adult)

Get creative while learning the types of animals on the farm. Study a new animal each week and make a craft resembling the theme. Songs, sounds, and activities will be a part of each class. Wear your old clothes!

#113107-01 Tu 6/4-6/25 10:15-11am

#113107-02 Tu 7/9-7/30 10:15-11am

\$37 (R \$30) Old MacDonald's Farm Barn

### 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.

#310102-03 W 4/3-5/8 9:30-10:15am

\$41 (R \$34) NW Rec



**SUPPORT YOUR PARKS**

<https://crparkfoundation.org>

# Activities

## WALK LIKE A DUCK, QUACK LIKE A DUCK

(3-6 yrs.)

Learn about our local waterfowl with a behind-the-scenes, up-close look at the Waterfowl Exhibit at Old MacDonald's Farm! Learn basic facts about ducks, like how they live and eat, and make a fun craft. Parents welcome.

#113115-01 W 6/19 10:15-11am  
 #113115-02 W 8/7 10:15-11am  
 \$8 (R \$7) Duck Pond Pavilion, Bever

## Youth

### BUILD A BIRDHOUSE

(8-10 yrs.)

Come to Old MacDonald's Farm and build and paint your very own birdhouse! All supplies will be provided.

#113117-01 W 7/17 1:30-2:30pm  
 \$25 (R \$21) Duck Pond Pavilion, Bever

### MAKE A WIND CHIME

(8-12 yrs.)

Make your own wind chime at Old MacDonald's Farm! Combine wind power and art to create your personal chime. All supplies will be provided.

#113119-01 W 7/24 1:30-2:30pm  
 \$32 (R \$25) Duck Pond Pavilion, Bever

### CREEK STUDY AND YOU

(8-11 yrs.)

This program is sponsored by CR Parks & Recreation, Linn County Conservation, and the Iowa DNR. Discover the living creatures in the stream at Bever Park. Learn about plant and critter life and practice fishing. Bring a lunch not requiring refrigeration and water. Dress to wade in the stream.

#113106-01 Th 6/13 10am-1pm  
 \$20 (R \$16) 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 each day with hands-on activities. Pick a day or sign up for multiple sessions.

#113102-01 W 6/12 8-9:30am  
 #113102-02 Th 6/13 8-9:30am  
 #113102-03 Th 6/20 8-9:30am  
 #113102-04 Th 6/27 8-9:30am  
 #113102-05 W 7/10 8-9:30am  
 #113102-06 Th 7/11 8-9:30am  
 #113102-07 Th 7/18 8-9:30am  
 #113102-08 Th 7/25 8-9:30am  
 #113102-09 W 7/31 8-9:30am  
 #113102-10 Th 8/1 8-9:30am  
 #113102-11 Th 8/8 8-9:30am  
 #113102-12 Sa 8/17 8-9:30am  
 #113102-13 Sa 8/24 8-9:30am  
 #113102-14 Sa 8/31 8-9:30am  
 \$37 (R \$30) Old MacDonald's Farm

### FUN WITH ART

(5-9 yrs.)

Explore mixing multiple media. Painting, drawing, chalk, charcoal, gooey substances, and found objects will be used to create fun and imaginative forms, constructions and paintings.

#103205-01 Th 6/13-7/25 5:15-6:15pm  
 \$61 (R \$53) NW Rec

### FUZZY, FURRY, SLIMY, SCALY

(8-11 yrs.)

Explore the group of animals called vertebrates by comparing mammals, birds, reptiles, fishes, and amphibians with live creatures and hands-on examples. This program is sponsored by CR Parks & Recreation, Linn County Conservation, and the Iowa DNR. Bring water and a lunch that doesn't require refrigeration. Dress to wade in the stream.

#113103-01 Th 6/20 10am-1pm  
 \$20 (R \$16) Duck Pond Pavilion, Bever

### \*NEW\* SNAPOLOGY AMUSEMENT PARK ENGINEERING

(7-12 yrs.)

Design your own amusement park! Learn how to use LEGO® bricks and other building materials to make coasters and other awesome rides.

#310115-01 M 4/1-4/29 6-7pm  
 \$70 NW Rec

### \*NEW\* SNAPOLOGY ROBLOX

(5-12 yrs.)

Explore Roblox™ adventures using LEGO® bricks and creating games! From designing an Obby to building 3-D character skin, you will be fully immersed in the gameplay and game design world of Roblox™!

#310114-01 M 4/1-4/29 5-6pm  
 \$60 NW Rec

### \*NEW\* VISIT THE PUTNAM MUSEUM (10-12 yrs.)

Ride along with us to the Putnam Museum and Science Center in Davenport! Discover and learn new things with hands-on exhibits and galleries. Bring money for lunch/drink at the museum or pack a sack lunch that doesn't require refrigeration.

**Register by 7/25.**

#113126-01 F 8/2 9:30am-5:30pm  
 \$78 (R \$70) Depart/Return: Old MacDonald's Farm parking lot, Bever



## Master Gardeners Mini Camps

### \*NEW\* BEGINNING GARDENING FOR ADULTS

(16+ yrs.)

Are you new to gardening and want to grow flowers and/or vegetables? Learn the basics in this clinic for beginners. You will receive a packet of seeds and a plant to get you started.

#113120-01 M 5/20 5:30-7pm  
\$13 (R \$12) Red Oak Pavilion, Bever

### MAKE A BEE HOUSE

(7-10 yrs.)

Bees are important pollinators! Have you ever heard of a Mason Bee? Learn more about them and other common Iowa bees, then make your very own Mason Bee house!

#114129-01 M 6/10 9:30-11am  
\$13 (R \$12) Duck Pond Pavilion, Bever

### \*NEW\* GARDENING FOR BIRDS, BEES, AND BUTTERFLIES

(18+ yrs.)

It's important to provide for birds, bees, and butterflies in our home gardens to facilitate pollination of our plants as well as provide habitat for our friends in nature. Learn a variety of ways to give them these essential resources with a focus on good plants for your backyard garden.

#113127-01 M 6/17 5:30-7pm  
\$13 (R \$12) Red Oak Pavilion, Bever

### GARDEN ROCK CRITTERS

(7-10 yrs.)

Discover the beneficial critters in our gardens, then paint a rock to look like a garden bug -- maybe a ladybug, monarch caterpillar, or a bee. Take your rock critter home and put it in your garden.

#113121-01 M 6/24 9:30-11am  
\$13 (R \$12) Duck Pond Pavilion, Bever

### \*NEW\* FAIRY GARDENS

(7-10 yrs.)

Want to lure magical fairies to your home? Find out all about fairy gardens and see a variety of examples. Make your very own fairy garden to take home!

#113128-01 M 7/8 9:30-11am  
\$27 (R \$23) Duck Pond Pavilion, Bever

### \*NEW\* THE MIGHTY MONARCH

(7-10 yrs.)

Learn about the life cycle of a monarch from egg to adult butterfly! Find out about the importance of these insects and the host plants and nectar plants that are needed to attract them to your yard. Go on a caterpillar hunt and take one home to "grow," with your parent's permission.

#114128-01 M 7/22 9:30-11am  
\$13 (R \$12) Duck Pond Pavilion, Bever

### \*NEW\* COMPOSTING ADVENTURE

(7-10 yrs.)

Do you know what can be composted and what can't? What is vermicomposting? Come learn how to turn your kitchen and garden scraps into wonderful soil! Prepare a tub with wigglers that may be taken home to use for composting.

#113129-01 M 8/5 9:30-11am  
\$13 (R \$12) Duck Pond Pavilion, Bever

### \*NEW\* LET'S MAKE SALSA

(7-10 yrs.)

Make your own salsa with fresh garden produce. Learn about kitchen safety while preparing your salsa. Then, eat it or take it home to share with your family.

#113123-01 M 8/12 9:30-11am  
\$13 (R \$12) Duck Pond Pavilion, Bever

### \*NEW\* GARDENING AS WE AGE

(50+ yrs.)

Gardening provides many health benefits as we get older. Learn about these benefits and get tips for successful gardening and information on vertical gardening, good tools, and more.

#113130-01 M 8/19 10:30am-12pm  
\$13 (R \$12) Red Oak Pavilion, Bever

## ISU EXTENSION MINI CAMPS

Register at  
[www.extension.iastate.edu/linn/summer-programs](http://www.extension.iastate.edu/linn/summer-programs)

Questions?

[linn4h@iastate.edu](mailto:linn4h@iastate.edu) | 319-377-9839

### \*NEW\* ROBO-CHALLENGE

(8-12 yrs.)

Meet robots, Dot and Dash, and their bee bot friends and help them navigate tricky situations. Put on your problem solving hat and learn how to code your way through a challenge.

W 7/10 9am-3pm \$30 NW Rec

### \*NEW\* PLANTING CURIOSITY

(5-8 yrs.)

Discover the origins of food and the processes that plants depend on to grow and thrive. Through hands-on activities, learn about Earth's resources all around you. You might just have to plant a garden after this camp!

Th 7/11 9am-3pm \$30 NW Rec

### \*NEW\* FIZZ, BUBBLE, GOO

(5-8 yrs.)

Come and explore the wonders of science by creating amazing chemistry experiments with everyday materials. Watch them fizz, bubble, and goo! Learn about matter and its three states, make slime, and observe chemical and physical changes.

W 8/7 9am-3pm \$30 NW Rec

### \*NEW\* ON THEIR OWN AND OKAY (9-11 yrs.)

This camp builds skills in youth and incorporates ways for adults in the home to support this step towards independence. Youth, with adequate education from parents, teachers, and community partners can develop their self-care skills to make good decisions and be safe while staying home alone.

Th 8/8 9am-3pm \$30 NW Rec



# Day Camp

*for Kids Only!*

**(6-11 yrs.)**

Stay busy all summer long in this camp for kids entering grades 1-5. Spend your days playing games, making crafts, swimming, participating in special events, and going on an occasional field trip. Payment for the first week is due when you register. Additional week's payments are due the Monday of the specific week. Campers bring their own lunches. Morning and afternoon snacks and swimming are provided. Campers will swim every day weather permitting.

M-F      6/10-8/2      7am-5:30pm      \$155 (R \$145)/week      \$42 (R \$35)/day      Noelridge, Cherry Hill



**NOELRIDGE PARK SITE**

Begin and end the day at the small pavilion beside the splash pad, located next to the Harding School parking lot. During inclement weather, activities will be held in Harding Middle School.

**CHERRY HILL PARK SITE**

The camp is located in the older section of Cherry Hill Park. (Take Cherry Hill Road to Ivy Lane.) A camp building is available in case of inclement weather.

**WEEKLY THEMES**

<b>Summer Kick-Off</b>	<b>M-F</b>	<b>6/10-6/14</b>	#110701-01 Noelridge	#110801-01 Cherry Hill
School's out! It's time to kick back and have some fun.				
<b>Athletic Adventures</b>	<b>M-F</b>	<b>6/17-6/21</b>	#110702-01 Noelridge	#110802-01 Cherry Hill
This week's campers will be exposed to the basics of a variety of sports and get a chance to experience some traditional and non-traditional sports and activities.				
<b>Carnival Time</b>	<b>M-F</b>	<b>6/24-6/28</b>	#110703-01 Noelridge	#110803-01 Cherry Hill
A penny carnival will be the highlight of this week of carnival happenings.				
<b>All-American</b>	<b>M, W-F</b>	<b>7/1-7/5* (No camp 7/4)</b>	#110704-01 Noelridge	#110804-01 Cherry Hill
Enjoy a week of wacky relays and silly games. *Fee for this week is \$126 (R \$116)				
<b>Games Galore</b>	<b>M-F</b>	<b>7/8-7/12</b>	#110705-01 Noelridge	#110805-01 Cherry Hill
Enjoy a variety of active and quiet games, special events, and contests during this week.				
<b>Beach Party</b>	<b>M-F</b>	<b>7/15-7/19</b>	#110706-01 Noelridge	#110806-01 Cherry Hill
Keep cool with special water games and activities.				
<b>Nature All Around Us</b>	<b>M-F</b>	<b>7/22-7/26</b>	#110707-01 Noelridge	#110807-01 Cherry Hill
Come explore the nature around us! Hiking all over the park and finding out what's in the creek will keep you busy this week. Adult family members are welcome to join in the fun.				
<b>Fun and Fitness</b>	<b>M-F</b>	<b>7/29-8/2</b>	#110708-01 Noelridge	#110808-01 Cherry Hill
What a great way to spend a week of our summer day camp experience! This week will be filled with activities to keep us fit and healthy.				

# Summer Adventure

## Camps

### JUNIOR ZOMBIE SURVIVAL (6-8 yrs.)

Prepare for Zombie Survival next year with this fun, three-day introductory camp! Learn how to pack a "bug out" bag, prepare for evacuation, and -- most importantly -- how to avoid zombies!

#114105-03 M-W 6/17-6/19 1-2:30pm  
\$54 (R \$47) Ushers Ferry

### NERF ARMY CAMP FOR KIDS (9-13 yrs.)

There's more to being a soldier than what you see in movies and video games. We will study classical military arts and tactics from the ancient to the present day. Join us as we apply these lessons in various NERF settings.

#114118-01 M-F 6/10-6/14 6-8pm  
\$93 (R \$85) Ushers Ferry

### FANTASY FOAM BATTLE CAMP (8-15 yrs.)

A call to arms! Help defend our realm! Using LARP (Live Action Role Play) rules of Dagohir Battle Games, this full-contact sport will train you for combat with different weapons. First year and new participants start with a basic sword. Returning players are eligible for additional weapons based on their skill and experience. Get fitted with a weapon to personalize and take home. Focus on safety, honor, training, and learning new games as you prepare for your ultimate quest. **Register by 6/1.**

#114106-01 M-F 6/10-6/14 9am-12pm  
\$161 (R \$151) Ushers Ferry

### FANNIE FARMER COOKING SCHOOL: TEATIME

#### (9-14 yrs.)

This fun, three-day camp for young foodies will cover the basics of cooking the old-fashioned way! Learn how to set up your kitchen, plan a menu, prepare your dishes, and set a table. On the last day, put away your apron and sit down to an elegant afternoon tea with a guest of your choice.

**Register by 6/17.**

#114738-01 M-W 6/24-6/26 1-4pm  
\$107 (R \$99) includes 1 tea guest  
#114738-02 Additional tea guest \$16  
Ushers Ferry

### ZOMBIE SURVIVAL (8-12 yrs.)

Hone your survival skills and use time tested know-how to prepare for 21st century disaster in this camp for adventurous kids! Zombies have been sighted in the abandoned grounds around the old lodge in Jones Park. Have they escaped Ushers Ferry or is this a new threat? Build situational awareness, secure food, water, and shelter, and find your way in the wilderness. Test your new survival skills on the last day with a water gun war -- Humans vs. Zombies!

#### 8-11 years

#114105-01 M-F 7/8-7/12 9am-12pm  
\$142 (R \$132) includes shirt Jones Lodge

#### 9-12 years

#114105-02 M-F 7/8-7/12 2-5pm  
\$142 (R \$132) includes shirt Jones Lodge

### \*NEW\* COUNTRY SUMMER SCHOOL (8-12 yrs.)

Make learning fun again! Beat summer brain drain and get back to basics in a camp that recreates lessons from the one-room country school. Use chalk, slates, and pen and ink to practice handwriting and penmanship. Read and recite poems from the McGuffey Readers. Play old recess games and more. Enjoy cookies and lemonade on the last day after competing in a spelling bee, reciting pieces you memorized, and showing off all you learned!

#114140-01 M/W/F 7/15-7/19 9am-12pm  
\$86 (R \$78) Ushers Ferry

### PADDLE PIRATES (9-13 yrs.)

Prepare for an adventure! Learn the basics, build your crew, and practice with your kayaks. Then, test your skills with team games and a pirate obstacle course.

#114111-01 Th 7/18 9am-12pm  
\$51 (R \$44) Ushers Ferry

### PADDLE ADVENTURE (9-14 yrs.)

Be the captain of your own boat! Start with learning paddling basics and safety, including what to do if you capsize. Play some fun paddling games, then spend the last day on the Wapsi in a canoe! Bring a sack lunch and some money for ice cream on Wednesday. (Thursday and Friday of this week will be reserved as rain dates for the float trip.)

#114130-01 M-W 7/22-7/24  
M/Tu: 9am-12pm W: 9am-4:30pm  
\$147 (R \$137) Ushers Ferry



**ACTIVE CHOICE**  
Choose A High  
Activity Program



**\*NEW\* SHEEP TO SHAWL**  
(10-14 yrs.)

Are you a crafty animal lover? Learn about the animal that grows it's own sweater every year and one for you, too! Meet the sheep at Old MacDonald's Farm on the first day, then spend the rest of the week at Ushers Ferry processing the fleece -- picking, washing, carding, and spinning it into yarn. Learn to crochet a simple project to take home along with some of the wool yarn you make.

#114141-01 M-F 7/29-8/2 9am-12pm  
\$160 (R \$150) Ushers Ferry

**NERF ARMORY WORKSHOP**  
(11-17 yrs.)

Want to upgrade your NERF gun, but don't know where to start? Try our NERF-oriented maker space! We will supply you with a blaster and some intro mods to install, then try your modified blaster on our chronograph range to see the improvement. Discuss other NERF mods you would like to try with our staff and volunteers, who are passionate about all things NERF, for tips and other resources.

#114131-01 Th 7/25 4-8pm  
\$44 (R \$37) Ushers Ferry

**\*NEW\* KIDS' ADVENTURE TRIP:  
UNDERGROUND IOWA**  
(9-13 yrs.)

Explore Iowa's Maquoketa Caves! Pack a sack lunch, bring a flashlight, and wear old clothes and hiking shoes for this rugged, underground adventure! Be sure to bring along some pocket money for ice cream on the way home!

#114204-01 Th 7/25 9am-5pm  
\$88 (R \$80) Ushers Ferry

**ARCHERY ADVENTURE CAMP**  
(10-14 yrs.)

Learn the basics of archery including a brief history of the bow and arrow, and safety protocols for the equipment and range. Enjoy the benefits of acquiring a unique life-skill and expand your personal development with NASP certified instructors. **Register by 7/26.**

#114114-01 M/W/F 8/5-8/9 3-5pm  
#114114-02 M/W/F 8/5-8/9 6-8pm  
\$84 (R \$76) Ushers Ferry

**SUMMER PIONEERS**  
(6-12 yrs.)

Have some good, old-fashioned summer fun before you head back to school! After you finish your summer chores, make and enjoy a refreshing snack, and play some games before heading into the woods for one more summer adventure!

**6-8 years**  
#114119-01 M 8/12 9-10:30am  
\$16 (R \$15) Ushers Ferry

**9-12 years**  
#114119-02 M 8/12 9am-12pm  
\$33 (R \$26) Ushers Ferry

**SUMMER NERF TACTICAL**  
(9-13 yrs.)

Here's your last chance for summer fun! Learn basic NERF safety rules and strategy, then break into teams to play 'Capture the Flag' and other games to defend your fortress. Bring your own NERF gear, ammo, and eye protection.

#114120-01 F 8/16 9am-12pm  
\$23 (R \$19) Ushers Ferry

**PADDLE EXPLORERS**  
(18+ yrs.)

Have you ever wanted to try canoeing or kayaking, but didn't know where to start? Are you wondering what opportunities there are for paddling in the local area? Join us for a basic introduction to flat-water paddling as we explore one of the City's hidden gems with great access to the water. Canoes or kayaks, and all necessary equipment are provided.

#114125-01 Tu 7/2 6-7pm  
\$25 (R \$21) Prairie Park

#114125-02 Tu 8/6 6-7pm  
\$25 (R \$21) Mohawk



*Rollin'*  
**into your  
neighborhood  
this summer!**

The Rollin' Recmobiles will take to the streets again this summer, bringing recreational activities to your neighborhood park. Each van, loaded to the top with recreation equipment, games, and crafts brings staff to lead activities at various City parks each week. The vans also have WIFI hot spots that you can use during park visits. For more information, contact Max Kearns at [m.kearns@cedar-rapids.org](mailto:m.kearns@cedar-rapids.org).

► Find the schedule at [CityofCR.com/CRRecmobile](http://CityofCR.com/CRRecmobile)

# SNAPOLOGY S.T.E.A.M. SUMMER CAMPS

## \*NEW\* JEDI MASTERS (5-12 yrs.)

Explore the galaxy in this Star Wars®-inspired program with master building skills and an intergalactically-focused curriculum. Build battle drones, AT-walkers, and maybe a lightsaber.

#110109-01 M-F 6/10-6/14 9am-12pm  
\$190 NW Rec

## \*NEW\* STEAM SURVIVOR (8-13 yrs.)

Design and build complicated objects, work cooperatively to secure your spot on a team, and compete to be the fastest and most precise with the guidance of a trained Snapologist.

#110110-01 M-F 6/17-6/21 9am-12pm  
\$200 NW Rec



## \*NEW\* EXPLORING ARENDELLE (5-12 yrs.)

Design your own ice castle or create a snowman like Olaf. Have a blast creating your own kingdom with LEGO® bricks!

#110111-01 M-F 6/24-6/28 9am-12pm  
\$190 NW Rec

## \*NEW\* COMBAT ROBOTS (9-13 yrs.)

Learn engineering strategies for building sturdy structures using LEGO® bricks and then apply that knowledge to build a robot for friendly competition. Play robot football and complete the hoop challenge!

#110112-01 M-W 7/1-7/3 9am-12pm  
\$200 NW Rec

## \*NEW\* ESCAPE SNAPOLOGY (4-12 yrs.)

Hurry! Your team has 60 minutes to discover clues, solve puzzles, answer riddles, and manipulate contraptions to unlock the door! Play escape games using your budding STEAM skills.

#110113-01 M-F 7/15-7/19 9am-12pm  
\$190 NW Rec

## \*NEW\* PLANES, TRAINS, & AUTOMOBILES (4-12 yrs.)

Explore the world of transportation by building models of your favorite forms. Learn about energy, wheels and axles, air resistance, and more!

#110114-01 M-F 7/22-7/26 9am-12pm  
\$200 NW Rec

## \*NEW\* RESPONSIVE ROBOTICS USING CUBELETS® (5-12 yrs.)

Develop computational thinking skills by playing with modular, robotic cubes called Cubelets®! Snap the magnetic cubes together to make robots to solve a specific challenge. Work in small teams to create energy-efficient lighthouses, racer bots, maze-solvers, goofy animals, and more!

#110115-01 M-W 7/29-8/2 9am-12pm  
\$225 NW Rec



## Families | Events

### \*NEW\* SPRING FAMILY NERF (8+ yrs.)

Grab the kids and your NERF gear and enjoy NERF combat in the tactical urban setting of Ushers Ferry or amid the bunkers and hills of the old Jones Golf Course. Adults and older kids can play, too!

Su 4/28 12-1pm Ushers Ferry  
Su 5/19 12-1pm Jones Lodge  
\$10/person at the door

#### Advance Registration Only

#314133-01	\$35 (R \$28)	Family of 4	4/28
#314133-02	\$9 (R \$8)	Add'l person	4/28
#314133-03	\$35 (R \$28)	Family of 4	5/19
#314133-04	\$9 (R \$8)	Add'l person	5/19

### \*NEW\* FAMILY FUN NIGHT (All Ages)

Have a fun night with your family playing board and outdoor games, and making crafts. Team up with your family members or compete against each other. There's something for everyone!

#118304-01	M	6/3	6:30-8:30pm
#118304-02	Tu	7/30	6:30-8:30pm
#118304-03	F	8/30	6:30-8:30pm

\$24 (R \$20)/family (up to 4) Jones Lodge

### MINI PINES MOVIE NIGHT (All Ages)

Golf cart "drive-in" movie night at Mini Pines is back! Enjoy the film from a golf cart. The fee includes one round of mini golf before the movie. Golf carts are available for the first 40 registered, otherwise bring a blanket or chair. Advance registration is required.

#113125-01 *Pirates of the Caribbean: The Curse of the Black Pearl* F 6/14  
Mini Golf starts between 6:30-7:30pm  
Movie starts at 9pm \$15/person  
Mini Pines Miniature Golf Course

### \*NEW\* RAPTORS LIVE! (All Ages)

The Iowa Raptor Project is bringing live raptors to Ushers Ferry. Meet a few of the birds and learn about raptor conservation in this special presentation. Advance registration is required. **Register by 6/20.**

#113131-01 Th 6/27 6-7pm  
\$11 (R \$10) Doors Open: 5:30pm  
Ushers Ferry Lodge

### \*NEW\* SUMMER MOVIE FREE-FOR-ALL!

(All Ages)  
Enjoy FREE movies in the parks this summer courtesy of GreenState Credit Union! Bring your own snacks, drinks, blankets, and something to sit on.



F	7/26	<i>Strange World</i>	Daniels Park
9pm		FREE	
F	8/16	<i>The Super Mario Brothers Movie</i>	Ellis Park
9pm		FREE	

## Adults | Teens

### \*NEW\* DIY SEAMSTRESS

(18+ yrs.)

Learn how to sew starting with "step one" -- how to select fabric for your pattern. Spend class time completing a pattern (pajamas or vest) from start to finish. Bring your sewing machine. You must know how to thread and wind the bobbin. (A limited number of machines are available if you don't have one.) A supply list will be sent a week prior to the start of class.

#318130-01 M 4/1-4/29 6:30-8:30pm  
\$58 (R \$50) Jones Lodge

### \*NEW\* GROWING NATIVE PLANTS

(18+ yrs.)

Learn about native plants -- what they are, why to grow, and how to grow. Discover some of the great natives that thrive here in Iowa and in your own yard.

#114750-01 W 6/5 5:30-7pm  
\$12 (R \$11) Ushers Ferry

### \*NEW\* HERBS: GARDEN TO TABLE

(18+ yrs.)

Herbs are easy to grow and have many uses for the gardener. Learn about some of the common herbs and how to grow, harvest, and use them. See, smell, touch, and taste the herbs discussed. Plant one or two herbs to take home.

#114751-01 W 5/22 5:30-7pm  
\$12 (R \$11) Ushers Ferry

### \*NEW\* HISTORY MYSTERY: LINN COUNTY SCHOOL HOUSE TOUR

(16+ yrs.)

In 1907, more than 120 one-room schools dotted the hills, fields, and crossroads of Linn County. Join Ann Cejka and explore the back roads of southeast Linn County to see the six surviving country schools of Putnam Township. This informal van trip will also take a quick detour to nearby Stone Academy in Johnson County and stop for ice cream!

#314208-01 Sa 4/27 1-4pm  
\$37 (R \$30) Depart/Return: Bever Park

### \*NEW\* TREADLE SEWING MACHINE: MAKE AN IOWA PILLOW

(14+ yrs.)

Show the state of Iowa some love with this classic pillow design. Learn the ease of appliqué and piping. Use one of our treadle sewing machines to complete the project.

#314207-01 Su 4/28 1:30-4:30pm  
\$28 (R \$24) Ushers Ferry

### WATERCOLOR MADE EASY WITH DAVE STAUFFER

(18+ yrs.)

Develop a new hobby! Absolutely no experience is needed for this class. Basic watercolor techniques will be taught in a relaxed and fun manner. You'll receive a small supply list the first day of class.

#303107-03 Tu 4/9-5/14 1:30-3:30pm  
#103107-01 Tu 6/11-7/16 1:30-3:30pm  
\$52 (R \$45) NW Rec

## Boomers & Beyond: Programs for Seniors

Cedar Rapids Parks & Recreation is committed to providing programs for adults ages 50+. Gardening as We Age (page 28), Boomers & Beyond (page 35), Co-ed Doubles Pickleball (page 44), and Friends at the Lodge (below) are specific to this age group. Special events and other adult and family programs, while not only for seniors, are available as well.

### OTHER ACTIVITIES FOR BOOMERS:

- Beginning Gardening for Adults (p. 28)
- Gardening: Bees, Birds, & Butterflies (p. 28)
- Paddle Explorers (p. 31)
- DIY Seamstress (p. 33)
- Growing Native Plants (p. 33)
- Herbs: Garden to Table (p. 33)
- Linn County School House Tour (p. 33)
- Treadle Sewing Machine (p. 33)
- Watercolor Made Easy (p. 33)
- Gotta Dance Classes (p. 34)
- Kyudo Renmei (p. 34)
- Adult Pickleball (p. 35)
- Breakfast Hike (p. 36)
- Full Moon Hike (p. 36)
- Howl at the Moon Run (p.36)
- Meal Prepping (p. 36)
- Pound (p. 36)
- Yoga in the Park (p. 36)
- Goat Yoga (p. 38)
- History for Lunch (p. 39)
- Pickleball Leagues (p. 44)
- Pickleball Clinics (p. 44)
- Golf Lessons (p. 46)
- Lap Swim (p. 52)
- Water Exercise (p. 52)

### \*NEW\* FRIENDS AT THE LODGE

(55+ yrs.)

Gather with your friends and meet new ones at the Jones Park Lodge. Have a cup of coffee, take part in activities, or just enjoy being! A variety of activities such as crossword puzzles, card games, board games, or jigsaw puzzles will be available on a drop-in basis - no need to register.

F 5/10-8/23\* 1-3pm  
Free Jones Lodge

\*No program 7/5.



**SATURDAY, JULY 27 | 10AM-1PM | OLD MACDONALD'S FARM, BEVER**

#103602-01 \$5/person (ages 3-17) includes school supply basics, activities, games, and more! Advance registration required!



## Japanese Archery

### KYUDO RENMEI - BEGINNERS

(16+ yrs.)

Spend six weeks learning to use and shoot the yumi (Japanese longbow) and receive an introduction to this ancient martial art. Equipment is provided.

#302303-03	Su	4/14-5/19	9-10am
#102303-02	Su	6/2-7/7	9-10am
#102303-03	Su	7/14-8/18	9-10am
\$41 (R \$34)		NW Rec	

### KYUDO RENMEI - ADVANCED

(16+ yrs.)

After successful completion of the class for beginners, continue your training in this course and become more proficient in the individual and group aspects of Kyudo Renmei.

#302304-03	Su	4/14-5/19	10am-12pm
#102304-02	Su	6/2-7/7	10am-12pm
#102304-03	Su	7/14-8/18	10am-12pm
\$47 (R \$40)		NW Rec	

## Ryuku Kempo Karate



These classes are taught by Shihan Adam Frey and use the principles and practices of traditional martial arts to develop a stronger, more connected, and empowered community.

In addition, Intermediate and Advanced classes are available by invitation only.

Call 319-286-5566 for more information.

### FUNDAMENTALS

(6+ yrs.)

Physical and social confidence, self-discipline, situational awareness, and strong moral character are developed in this karate class for all abilities and skill levels.

#318108-04	Tu/Th	4/2-4/30	6-6:45pm
#118108-01	Tu/Th	5/2-5/30	6-6:45pm
#118108-02	Tu/Th	6/4-6/27	6-6:45pm
#118108-03	Tu/Th	7/2-7/30*	6-6:45pm
#118108-04	Tu/Th	8/1-8/29	6-6:45pm
\$75 (R \$67)		NW Rec	*No class 7/4



**ACTIVE CHOICE**  
Choose A High  
Activity Program



## Faythe Kubik's "Gotta Dance" Program

Faythe teaches all styles of social dance and breaks them down so they're easy and fun to learn. She uses every style of music, so you are confident and prepared to hit the dance floor, no matter what type of music is playing. Private lessons are available before the Wednesday group classes. If you want to progress faster, take more than one class, or do both group and private lessons.

► **Call or text Faythe to register for private lessons: 319-232-7594 or email: [gofaythe@prodigy.net](mailto:gofaythe@prodigy.net)**

Please bring and change into a clean pair of shoes before class.

### \*NEW\* WEDNESDAY STUDIO DANCES 2024

(15+ yrs.)

Have fun and practice all styles of dance! All are welcome. Faythe will help if you need a little reminder of a dance move you've learned. Bring your own beverages.

W	4/3, 5/15	7:30-9pm
\$10/person/date at the door		NW Rec

### \*NEW\* LINE DANCING: FUN FOR ALL!

(18+ yrs.)

You already know the party dances. It's time to learn new ones, starting with Cowboy Boogie and Cruisin'. The number of dances you learn depends on the class; we'll move at the speed of the class. No partner needed.

#105207-01	W	4/10-5/8	5:30-6:20pm
\$76 (R \$68)		NW Rec	

### \*NEW\* WONDERFUL ROCK SWAY BEGINNING

(18+ yrs.)

There's still time to learn to dance before summer weddings and parties! Rock Sway is perfect for slow romantic songs and upbeat tunes with a slow beat. This dance uses a one step pattern that moves and flows, makes you look good fast, and is a must for all social events!

W	4/10-5/8	6:30-7:20pm
#105213-01	\$76 (R \$68)	single
#105213-02	\$146 (R \$136)	couple
		NW Rec

### \*NEW\* WALTZ & ROCK SWAY INTERMEDIATE

(18+ yrs.)

This class is for those who can dance. Take some intermediate variations learned in Waltz and move them into Rock Sway for a different look in each dance.

W	4/10-5/8	7:30-8:20pm
#105214-01	\$76 (R \$68)	single
#105214-02	\$146 (R \$136)	couple
		NW Rec

### \*NEW\* ROCK SWING PART 1 BEGINNING

(18+ yrs.)

Swing has lots of fun styles and timings! Start with the basics and learn turns and twirls. Plus, Rock Swing and Rock Sway are companions that go back and forth with each other.

W	4/10-5/8	8:30-9:20pm
#105215-01	\$76 (R \$68)	single
#105215-02	\$146 (R \$136)	couple
		NW Rec

*The fun starts when you  
learn to dance!*