

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!

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 | 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



***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.

► Find the schedule at CityofCR.com/CRRecmobile

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**

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!*



NORTHWEST RECREATION CENTER

1340 11th Street NW
319-286-5731

BUILDING HOURS:
Monday - Friday
8 AM - 5 PM
See holiday exceptions below.

OPEN REC HOURS
See schedule below.

RECREATION CENTER ADMISSION

Enjoy access to the game room (billiards, foosball, table tennis) and the gym (basketball, pickleball) when available. **Please note: Facility policy prohibits youth ages 5 and under from using the facility unless accompanied by an adult or in a program.**

NW REC Card: Patrons must fill out a form that provides emergency information and have their photo taken. A parent's consent signature is required for those under age 18. Those ages 18 and older must show a government issued I.D., provide emergency information, and have their photo taken. Complete the form at CRREC.org. Replacement cards are \$2.

Admission Fee: \$1 Youth, \$3 Adult, \$1 Senior (60+), or Punch Pass



NW REC PUNCH PASS \$21

Enjoy the convenience of a punch pass! Each pass has 21 punches with a value of \$1 each. They are valid for all Open Gyms and Drop-In Programs. Nonrefundable.

Drop-In Programs

Drop-in/open gym schedules are online at CRYouthSports.com or at the Northwest Recreation Center.

DROP-IN OPEN GYM/ GAME ROOM

The gym and game area (billiards, foosball, table tennis) at Northwest Recreation are open for drop-ins during unscheduled gym times.

Adults (18+): \$3/day or pass

M-F 1-3pm
Sa/Su 1-4pm

Youth (6-17): \$1/day or pass

M-F 3-5pm
Sa/Su 1-4pm

ADULT PICKLEBALL

(40+ yrs.)

Drop in and play pickleball on Monday, Wednesday and Friday mornings!

M, W, F 4/1-8/30* 8am-12pm
\$3/morning or punch pass NW Rec
*Closed 5/27

NEW DROP-IN VOLLEYBALL

(18+ yrs.)

Drop in and play volleyball on Sunday evenings!

Su 5/12-7/28 4:30-7pm
\$3/morning or punch pass NW Rec

NEW HIGH SCHOOL OPEN GYM

Be active with your friends! Join us for pickup basketball or volleyball games. New teams will be chosen weekly.

Basketball (9-12 Grade)

Th 5/9-5/30 5-7pm
\$5/day at the door NW Rec

Volleyball (9-12 Grade)

Sa 6/8-6/29 5-7pm
\$5/day at the door NW Rec

BOOMERS & BEYOND

(50+ yrs.)

Drop by Northwest Rec, from Noon to 3:30 p.m. on Wednesday and Friday year-round, for coffee and cards.

Wednesday - Pinochle

Friday - Pinochle

W, F Year-round Noon-3:30pm
FREE NW Rec

NEW YOUNG LEADERS CLUB

(11-15 yrs.)

Hang out with your friends the first and third Friday of the month at NW Rec! Make crafts, play games, or complete guided activities. No registration required; walk-ins welcome!

1st & 3rd F 4/5-5/3 2:30-5pm
\$1/day or punch pass NW Rec

The center will be closed or have holiday hours on the following dates unless an event, program, or rental has been arranged.

- March 29 (Good Friday)
- March 31 (Easter)
- May 27 (Memorial Day)
- July 4 (Independence Day)

Fitness | Health

***NEW* BREAKFAST HIKE**

(18+ yrs.)

Meet at the Mt. Trashmore recreation building and start your day with a nice group hike up Mt. Trashmore. Hike up and rest while you enjoy the view, then head back down for a light breakfast. On arrival, each participant will need to sign a waiver at the kiosk.

#318132-01	Sa	4/20	8:30-10am
#318132-02	Sa	5/18	8:30-10am
#118132-01	Sa	6/15	8:30-10am
#118132-02	Sa	7/20	8:30-10am
#118132-03	Sa	8/17	8:30-10am
\$11 (R \$10) Mt. Trashmore			

***NEW* FULL MOON HIKE**

(All Ages - Under 18 with Adult)

Enjoy a beautiful and easy evening hike on the Sac and Fox Trail to see the Pink Moon. Meet at the trailhead at Prairie Park Fishery. It could be chilly, so remember to wear warm clothes.

#318123-01	Su	4/21	8:30-10pm
\$7 (R \$6) Prairie Park, 2125 Otis Rd. SE			

***NEW* HOWL AT THE MOON RUN**

(All Ages)

Meet at the Prairie Park Fishery trailhead and jog or run the 1.7-mile paved trail around the lake at your own pace. Make a second lap to complete just over a 5K. Bring a head lamp if you want.

#118133-01	Th	5/23	8:30-9:30pm
\$11 (R \$10) Prairie Park Fishery Trail			

***NEW* MEAL PREPPING**

(16+ yrs.)

Make your meal planning easy with the help of HyVee dieticians! Enjoy the benefits of time and cost savings by planning your meals. Fill your body with nourishing foods throughout the week. Learn tips and tricks to stay on track with your goals.

#118134-01	Th	8/22	6-7pm
\$11 (R \$10) Jones Lodge			

***NEW* POUND®**

(16+ yrs.)

Looking for a fun, full body Pound® workout? Don't just listen to the music, become the music! This exhilarating, full body workout combines, cardio, conditioning, and strength training with yoga and pilates inspired movements. The workouts are easily modified and welcoming for men and women of all ages and fitness levels. Come let loose, get energized, tone up, and rock out!

#118116-01	M	7/1-7/29	7-8pm
\$19 (R \$15) Jones Lodge			

***NEW* YOGA IN THE PARK**

(18+ yrs.)

This inclusive and accessible outdoor yoga class, offered in partnership with Heat Yoga, is for practitioners of all experience levels. Enjoy a unique and rejuvenating class that blends the benefits of yoga with the beauty of nature.

#118135-01	Sa	6/1-8/31	9:30-10:30am
\$42 (R \$35) Noelridge Gardens			



GOAT YOGA PARTIES

Need to let go and escape the usual routine with some friends, colleagues, or family? A Goat Yoga party may be the perfect option for you!

Fun and laughter are the foundation of this unusual yoga class where you can interact with these smart and social animals.

Parties for ages 13 and up are available June - August. Fee is \$150 for a one-hour class. Please wear appropriate clothing and bring your own mat or towel. Call 319-286-5763 to set up your party or to discuss a different age range. Reservations are required two weeks in advance.

BIRTHDAY PARTIES

The first hour of your party will be a guided farm tour with a party host. In this hour, you will have hands-on contact with the animals and will be able to feed them as well. The second hour will be free time at the pavilion near the duck exhibit. The birthday child will receive a gift. Bring your own cake, snacks, and beverages. Two-hour party reservations are available May 6 - September 29 and can be scheduled between 10 a.m. and 6 p.m. Call 319-286-5763 to set up your party.

Reservations are required two weeks in advance. Fee is \$175 per two-hour period and includes pavilion reservation and farm tour. Non-refundable.

GROUP TOURS

One-hour guided and unguided group tours of the farm are available by **appointment only** for all groups, including school groups and day cares. Guided tours are \$4 per person and available weekdays between the hours of 9 a.m. and 3 p.m. Each participant receives in-depth, hands-on experience with the animals. Call 319-286-5763 to schedule your tour.

OLD MACDONALD'S FARM MARKET

The open-air Farmers' Market is moving from Noelridge Park to Bever Park! Come to the market this summer in front of Old MacDonald's Farm every Wednesday, from 4-6 p.m., June 5 - September 25. Vendor space is available. Please contact Cathy Scanlon, 319-286-5699 or c.scanlon@cedar-rapids.org.

Wednesday | 4 - 6 p.m.

W.I.C.

Some vendors are certified by the Iowa State Agriculture Department to accept IFMNP checks from the WIC Program. The WIC Program's function is to supply supplemental foods rich in nutrients to women, infants and children in need. These checks are used in city farmers' markets to purchase fruits and vegetables.

SENIOR PROGRAM

To enroll in the Senior Program for the farmers' markets, call the Heritage Agency on Aging at 319-398-5559 for more details.

Goat Yoga at Old MacDonald's Farm

GOAT YOGA

(13+ yrs.)

Let go, have fun, and interact with these smart and social farm animals in this unusual and fun yoga class. Fun and laughter are the foundation of this mind, body and goat class! **Be sure to wear appropriate clothing and bring your own mat or towel.**



#113111-01 Sa 6/22 9-10am
 #113111-02 W 7/24 5:30-6:30pm
 \$15 (R \$14) Old MacDonald's Farm Barn

ADULT/CHILD GOAT YOGA

(6+ yrs. with Adult)

How can you make exercise more fun? Do it with your kids and ours! **Wear loose and comfortable clothing that can get dirty and bring your own mat or towel.** You may register more than one child.

#113110-01 Adult \$15 (R \$14)
 #113110-02 Child \$8 (R \$7)
 W 6/5 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-03 Adult \$15 (R \$14)
 #113110-04 Child \$8 (R \$7)
 Sa 6/8 9-10am
 Old MacDonald's Farm Barn

#113110-05 Adult \$15 (R \$14)
 #113110-06 Child \$8 (R \$7)
 W 6/19 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-07 Adult \$15 (R \$14)
 #113110-08 Child \$8 (R \$7)
 W 7/3 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-09 Adult \$15 (R \$14)
 #113110-10 Child \$8 (R \$7)
 Sa 7/20 9-10am
 Old MacDonald's Farm Barn

#113110-11 Adult \$15 (R \$14)
 #113110-12 Child \$8 (R \$7)
 W 8/7 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-13 Adult \$15 (R \$14)
 #113110-14 Child \$8 (R \$7)
 Sa 8/10 9-10am
 Old MacDonald's Farm Barn

#113110-15 Adult \$15 (R \$14)
 #113110-16 Child \$8 (R \$7)
 W 8/21 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-17 Adult \$15 (R \$14)
 #113110-18 Child \$8 (R \$7)
 W 8/28 5:30-6:30pm
 Old MacDonald's Farm Barn

Ushers Ferry

HISTORIC VILLAGE

TOURS

CURATOR'S TOUR OF USHERS FERRY

(All Ages)

Do you have a group of family or friends who want to dive deeper into our local history? Take a special fully-guided tour of Ushers Ferry with the curator and learn the real history behind the village homes and businesses - from the early pioneers who settled Linn County to the later waves of immigrants who left their unique mark on Cedar Rapids. This is a great opportunity to understand Iowa's local history and culture from the working class point of view. Tours are available May through October by appointment. Call 319-286-5699 for pricing and to reserve your tour.



NEW HISTORY TO YOU: SENIOR TRAVELING TRUNK PROGRAM

(18+ yrs.)

Too cold to venture outdoors? Let Ushers Ferry bring history to you! This traveling trunk and lecture program is for senior living and memory care facilities. The hour-long program features a short talk with an Ushers Ferry interpreter and a trunk full of durable objects from days gone by that are sure to spark memories, stories, and fun! Play an old-fashioned game, touch and feel clothes and tools from the past, and more. The program is available November through May by appointment. Call 319-286-5699 for pricing and to schedule.

SENIOR "STEP-ON" TOUR

(18+ yrs.)

Looking for a place to take your senior group or assisted living residents with mobility issues? Ushers Ferry Historic Village now offers "step-on" guided tours by appointment. Stop by the Visitor Center to meet your "step-on" guide and tour the village from the comfort of your own bus. Following your tour, your group has the option to explore one of the fully-accessible buildings and to share a Q & A with the guide. Tours are available May through October by appointment. Call 319-286-5699 to reserve your tour.

\$4/person Ushers Ferry



Ushers Ferry

HISTORIC VILLAGE

5925 Seminole Valley Trail NE 319.286.5763

**OPEN FOR
TOURS JUNE - AUGUST**

Monday - Friday:
9 a.m. - 3 p.m.

Admission:
\$4 Adult, \$2 Youth
Under 5 Years Free

USHERS FERRY SELF-GUIDED TOURS

(All Ages)

Come tour Ushers Ferry! The buildings are open Monday through Friday, June through August with self-guided smart phone tours and brochures. Please call 319-286-5763 in advance if your group is larger than 12.

M-F 6/3-8/30* 9am-3pm
\$4 Adult, \$2 Youth, under 5 years free
Ushers Ferry *Closed July 4

NEW HAPPY HOUR FRIDAYS

(All Ages)

The Ushers Ferry Saloon is open for business! Come to Ushers Ferry every Friday, June through August, from Noon to 1 p.m. for sarsaparilla and other old-time soda pop and non-alcoholic cold drinks for \$3 per bottle. Admission to the village is free during Happy Hour.

F 6/7-8/30 12-1pm
FREE Admission, \$3 Sodas
Ushers Ferry

NEW FREEDOM FESTIVAL: FAMILY TOUR DAY

(All Ages)

Enjoy a rare opportunity to spend Sunday afternoon with your family at Ushers Ferry! Take a self-guided tour of the village and visit with our volunteers while they demonstrate wood stove cooking, sewing, spinning, and other historic skills. Play old-fashioned games and enjoy popcorn and sodas at the Ushers Ferry saloon.

Su 6/30 1-4pm
\$5 Adult, \$2 Youth, under 5 years free*
*\$1 off admission with Freedom Fest button Ushers Ferry



NEW HISTORY FOR LUNCH

(All Ages)

Pack a sack lunch and spend your lunch hour at Ushers Ferry the last Friday of the month, June through August, from Noon to 1 p.m., and hear some local history while you eat. Ushers Ferry Program Coordinator and historian, Ann Cejka, will present a brief talk on local history topics related to Ushers Ferry, Cedar Rapids, and Linn County. The Ushers Ferry Saloon will be open if you would like to purchase a cold drink (\$3 sodas) to accompany your lunch.

#314749-04	F	4/26	12-1pm
#114749-01	F	6/28	12-1pm
#114749-02	F	7/26	12-1pm
#114749-03	F	8/30	12-1pm
\$5 (R \$4)/person			Ushers Ferry

FAMILY HAYRACK NIGHT

(3+ yrs. with Family)

Enjoy a last summer night out before the kids go back to school. Take a hayrack ride through Seminole Valley, eat s'mores around the bonfire, and even take a guided tour of the village with one of the "residents." Bring dinner if you want, or snack on popcorn and sarsaparilla at the Ushers Ferry saloon.

W 8/14 5:30-8:30pm
\$30/family (up to 4) Ushers Ferry

Pickleball

NEW PICKLEBALL LEAGUES (18+ yrs.)

Play weekly Pickleball matches at the Jones Park courts! Beginner and Intermediate Men's, Women's, and Co-ed Doubles Leagues are available. Matches are best two out of three. **One-hour games start at either 6 or 7 p.m.** The season will include five regular matches and conclude with a final match based on standings. **Register by 7/2.**

Beginner Men's

#109905-01 Tu/Th 7/9-8/29 6-8pm

Beginner Women's

#109905-02 Tu/Th 7/9-8/29 6-8pm

Beginner Co-ed Doubles

#109905-03 Tu/Th 7/9-8/29 6-8pm

Intermediate Men's

#109905-04 Tu/Th 7/9-8/29 6-8pm

Intermediate Women's

#109905-05 Tu/Th 7/9-8/29 6-8pm

Intermediate Co-ed Doubles

#109905-06 Tu/Th 7/9-8/29 6-8pm

\$80/team Jones Pickleball Courts

NEW CO-ED DOUBLES PICKLEBALL LEAGUE

(50+ yrs.)

Play weekly Pickleball matches at the new Jones Park courts on Tuesday or Thursday at 10 a.m. or 11 a.m.! Players will self-grade to determine skill division. Matches are best two out of three. The season will include five regular matches and conclude with a final match based on standings.

Register by 5/14.

#109906-01 Tu/Th 5/21-6/27 10am-12pm
\$80/team Jones Pickleball Courts

NEW YOUTH PICKLEBALL (11-16 yrs.)

Learn the fastest growing sport in America! Have fun learning the basic skills of pickleball and making new friends. Classes are coordinated and hosted by Smithfield Tennis & Pickleball Center.

Hot Shots - 11-13 yrs.

#309801-04 Sa 4/6-4/27 1-2pm

#309801-05 Sa 5/4-5/25 1-2pm

\$52 (R \$48) Smithfield, 3511 18th Ave. SW

Future Stars - 14-16 yrs.

#309901-04 Sa 4/6-4/27 2-3pm

#309901-05 Sa 5/4-5/25 2-3pm

\$52 (R \$48) Smithfield, 3511 18th Ave. SW

NEW INTRO TO PICKLEBALL CLINIC

(18+ yrs.)

If your brand new to Pickleball, this is the class for you. Learn how to play the game, focusing on basic shots, serving, and keeping score. Wear indoor court shoes. Other equipment is provided.

#109902-01 Tu 6/4 3-4pm

#109902-02 Tu 6/11 3-4pm

#109902-03 Tu 6/18 3-4pm

#109902-04 Tu 6/25 3-4pm

#109902-05 Tu 7/9 3-4pm

#109902-06 Tu 7/16 3-4pm

#109902-07 Tu 7/23 3-4pm

#109902-08 Tu 7/30 3-4pm

#109902-09 Tu 8/6 3-4pm

#109902-10 Tu 8/13 3-4pm

#109902-11 Tu 8/20 3-4pm

#109902-12 Tu 8/27 3-4pm

\$15/date Smithfield, 3511 18th Ave. SW

NEW BEGINNER PICKLEBALL CLINIC

(18+ yrs.)

You have the basics down, now it's time to level up your game! Focus on the fundamentals to improve. Wear indoor court shoes. Paddles may be rented for \$5.

#109903-01 Th 6/6 3-4pm

#109903-02 Th 6/13 3-4pm

#109903-03 Th 6/20 3-4pm

#109903-04 Th 6/27 3-4pm

#109903-05 Th 7/11 3-4pm

#109903-06 Th 7/18 3-4pm

#109903-07 Th 7/25 3-4pm

#109903-08 Th 8/1 3-4pm

#109903-09 Th 8/8 3-4pm

#109903-10 Th 8/15 3-4pm

#109903-11 Th 8/22 3-4pm

#109903-12 Th 8/29 3-4pm

\$15/date Smithfield, 3511 18th Ave. SW

NEW INTERMEDIATE PICKLEBALL CLINIC

(18+ yrs.)

Develop tactics, fine-tune techniques, and get that competitive edge. Wear indoor court shoes. Paddles may be rented for \$5.

#109904-01 F 6/7 3-4pm

#109904-02 F 6/14 3-4pm

#109904-03 F 6/21 3-4pm

#109904-04 F 6/28 3-4pm

#109904-05 F 7/12 3-4pm

#109904-06 F 7/19 3-4pm

#109904-07 F 7/26 3-4pm

#109904-08 F 8/2 3-4pm

#109904-09 F 8/9 3-4pm

#109904-10 F 8/16 3-4pm

#109904-11 F 8/23 3-4pm

#109904-12 F 8/30 3-4pm

\$15/date Smithfield, 3511 18th Ave. SW

Soccer

NEW SUPER KICKERS

(3 yrs. with Adult) Must be age 3 by start date.

Dribble, pass, shoot! Introduce your child to the sport of soccer in this entry level program with fun drills and mini-games! Program information will be sent prior to the start date. **Register by 4/8.**

Spring - Register by 4/8

#311511-01 M 4/15-5/6 5:30-6pm

#311511-02 M 4/15-5/6 6-6:30pm

\$41 (R \$34) includes shirt Noelridge

Summer - Register by 5/28

#111511-01 M 6/10-7/1 9-9:30am

#111511-02 M 6/10-7/1 9:30-10am

\$41 (R \$34) includes shirt Noelridge

LITTLE KICKERS SPRING SOCCER (4-5 yrs.) Must be age 4 by start date.

Learn the basics of soccer and play fun games in this instructional program for boys and girls. **Practices and games are 45 minutes in length.** Shin guards are required. Cleats are recommended. A schedule will be sent before the league begins. Volunteer coaches are needed! **Register by 4/1.**

#311501-01 Th 4/11-5/9 5:30-6:15pm

#311501-02 Th 4/11-5/9 6:30-7:15pm

\$59 (R \$51) includes shirt Noelridge*

*Horseshoe Pits off Golf Street

#311501-03 Sa 4/13-5/11 9-10:45am

\$59 (R \$51) includes shirt Cherry Hill

LITTLE KICKERS SUMMER LEAGUE (4-5 yrs.) Must be age 4 by start date.

Learn the basics of soccer in a fun environment! Each week, spend 10-15 minutes with a new skill/drill, followed by 30 minutes of game time. Practice/games are 45 minutes in length. **Games will start at 5:30 or 6:30 p.m.** A schedule will be sent before the league begins. Volunteer coaches are needed. **Register by 5/28.**

#111704-01 W 6/12-7/17* 5:30-7:15pm

\$58 (R \$51) includes shirt

Noelridge, Horseshoe Pits off Golf Street

*No program 7/3



CEDAR RAPIDS GOLF

TWIN PINES • ELLIS • GARDNER

2024 Season Passes

PLATINUM PASS

Unlimited, Unrestricted 7-Day Play

Adult (36-61 yrs.) \$1200*

Senior (62+ yrs.) \$995*

(Available to golfers who will be 62 years of age anytime in 2024)

Young

Professional (18-35 yrs.) \$895*

Driving Range \$350*

*Prices include tax. Pass does not include golf car usage.

*Prices include tax.

**5-Day Restricted Play pass holders are required to pay full greens fee rates on Saturday, Sunday and holiday mornings. Pass does not include golf car usage.

► Daily greens fee prices on website: PlayCedarRapidsGolf.com.

SEASON PASS

Unlimited, "5-Day+" Restricted Play**

Adult (36-61 yrs.) \$960*

Senior (62+ yrs.) \$785*

(Available to golfers who will be 62 years of age anytime in 2024)

Young

Professional (18-35 yrs.) \$665*

Junior (Under 18 yrs.) \$240*

Family \$1850*

(For up to four members, any combination of adults and juniors in a household)

Family - Additional

Child (Under 18 yrs.) \$214*



MINI PINES MINIATURE GOLF COURSE
3800 42ND STREET NE, CEDAR RAPIDS

Mini Pines Miniature Golf Course is a fully accessible course overlooking Twin Pines Golf Course. It features 18 lighted holes with four holes involving water play. Have your party at Mini Pines! Learn more at PlayCedarRapidsGolf.com

Hours: (Hours may vary due to inclement weather)

Before Memorial Day and After Labor Day:

Sunday-Saturday | 10 a.m. - Dusk

Memorial Day - Labor Day:

Sunday - Thursday | 10 a.m. - 10 p.m. Friday - Saturday | 10 a.m. - 11 p.m.

Rates:

\$8 Adult (Age 19-61)

\$7 Senior (Age 62 & Over)

\$3 Toddler (Age 0-4)

\$4/player Day Care

\$6 Student (Age 5-18)

\$1 Off Groups of 10 or More

Punch Cards (10 Punches): \$70 Adult | \$60 Senior | \$50 Student



Golf Lessons

► Register for lessons online:
PlayCedarRapidsGolf.com

GROUP GOLF LESSONS

We are the leader in Eastern Iowa in offering the national golf lesson initiative, "Get Golf Ready." Class sizes meet an 8:1 student-teacher ratio. More than five hours of beginner lessons PLUS a special gift for \$129. Specialty classes improve your game for \$159 per golfer. For dates/locations, go to our website.

GET GOLF READY - BEGINNER

(18-100 yrs.)

Are you returning to the game or just getting started and want to play on a course? Work on full swing development and short game development (pitching, bunker play, course management).

\$129 includes a special gift for individual practice time

WOMEN'S GROUP LESSONS

(18+ yrs.)

These lessons are open to women interested in improving their game or learning the game for pure enjoyment. Get more than five hours of instruction.

\$129 includes instruction and a special gift

JUNIOR GOLF ACADEMY

This fun and energetic program is designed to introduce or enhance your junior golfer's skill set: putting, chipping, full swing. This three-day academy will teach them proper etiquette and prepare them to take their game to the golf course. Register at PlayCedarRapidsGolf.com.

Twin Pines - June 17-19

Ages 6-8 M-W 6/17-6/19* 8:30-9:30am

Ages 9-11 M-W 6/17-6/19* 9:45-10:45am

Ages 12-17 M-W 6/17-6/19* 11am-12pm

\$80 includes program gift & punch card

*Raindate: 6/20

Twin Pines - July 15-17

Ages 6-8 M-W 7/15-7/17* 8:30-9:30am

Ages 9-11 M-W 7/15-7/17* 9:45-10:45am

Ages 12-17 M-W 7/15-7/17* 11am-12pm

\$80 includes program gift & punch card

*Raindate: 7/18

APRIL 1 - MAY 20

BENDER SCHEDULE (319-286-5790) Closed April 7 & 9. Call pool for other closings.

Activity	Days	Times	Cost
Open Swim (Ends 5/3)	F	3:30-7:30pm	\$5.75
Open Swim (Ends 5/5)	Su	1-4pm	\$5.75
Adult 18+	M/W/F	10-10:55am	\$5.25
Adult 18+	M/W/F	1-3pm	\$5.25
Adult 18+	Tu/Th	9-9:55am	\$5.25
Lap Swim	M/W/F	11am-12:45pm	\$5.50
Lap Swim	M/W	6:30-7:25pm	\$5.50
Lap Swim (Ends 5/4)	Sa	7:30-8:45am	\$5.50
Lap Swim (Ends 5/5)	Su	11:15am-12:45pm	\$5.50
Water Exercise	M/W/F	9-9:55am	\$6.25
Water Exercise	M/W	5:30-6:25pm	\$6.25
Water Exercise	Tu/Th	8-8:55am	\$6.25

MAY 20 - AUGUST 25

BENDER SCHEDULE (319-286-5790) Closed May 28-30, July 4. Call pool for other closings.

Activity	Days	Times	Cost
Adult 18+	M/W/F	10-10:55am	\$5.25
Adult 18+	M/W/F	1-3pm	\$5.25
Adult 18+	Tu/Th	9-9:55am	\$5.25
Lap Swim	M/W/F	11am-12:45pm	\$5.50
Water Exercise	M/W/F	9-9:55am	\$6.25
Youth Swim Lessons		See page 56	

AUGUST 26 - SEPTEMBER 1

BENDER SCHEDULE (319-286-5790) Call pool for other closings.

Activity	Days	Times	Cost
Adult 18+	M/W/F	10-10:55am	\$5.25
Adult 18+	M/W/F	1-3pm	\$5.25
Adult 18+	Tu/Th	9-9:55am	\$5.25
Lap Swim	M/W/F	11am-12:45pm	\$5.50
Lap Swim	M/W	6:30-7:25pm	\$5.50
Water Exercise	M/W/F	9-9:55am	\$6.25
Water Exercise	M/W	5:30-6:25pm	\$6.25
Water Exercise	Tu/Th	8-8:55am	\$6.25



PUNCH PASS

May be used by an individual, a group or transferred to another person for any age appropriate public swim and water exercise class. No photo required. Passes expire on the 20th punch. Purchase passes at the outdoor pools anytime they are open. **\$87 Non-refundable**



BENDER Indoor Pool

940 14th Avenue SE
Cedar Rapids IA 52403
319-286-5790

OPEN SWIM

(All Ages)

Fun for all and affordable! Food is not allowed. Water and float toys may be used, crowd permitting.

LAP SWIM

(15+ yrs.)

Take time for yourself. This is a good time for water walking. The baby pool is closed.

ADULT 18+ SWIM

Open swim for ages 18 or over.

WATER EXERCISE

(15+ yrs.)

This instructor-led class concentrates on stretching, strengthening, flexibility and range of motion exercises. Drop-in program, preregistration is not required. Current season pass or punch pass may be used.