



Therapeutic Recreation

The activities below are for those with disabilities. Friends, family members, and the general public are also welcome. Individuals with disabilities are encouraged to register for any program that Cedar Rapids Parks & Recreation offers.

Activities

NEW BINGO NIGHT (15+ yrs.)

Join us for a fun night of BINGO with prizes for every BINGO and the BLACKOUT winner of the last game. Enjoy free popcorn and 50¢ pop. Pay at the door.

Tu 4/30 6:30-8pm
\$5/person Jones Lodge

END OF SUMMER POOL PARTY (All Ages)

Join us for a fun night marking the end of summer. We will have the pool to ourselves to hang out with friends and swim. Pizza and pop are included in the fee.

#108403-01 F 8/2 5:30-7:30pm
\$11 (R \$10) Jones Pool

NEW GREATER DES MOINES BOTANICAL GARDEN TRIP (18+ yrs.)

Visit the Botanical Gardens, eat lunch at Zombie Burger, then stop at the Art Center. The gardens/museum are included. Bring money for lunch. **Register by 4/12.**

#308711-01 Su 4/14 8am-5pm
\$20 Depart/Return: CSC

NEW GROTTO OF THE REDEMPTION (16+ yrs.)

Join us for a trip to West Bend to see the Grotto of the Redemption. Bring money for lunch and shopping at the gift shop.

#108722-01 Sa 6/15 8am-5pm
\$20 Depart/Return: CSC

NEW MUSIC TRIVIA NIGHT (16+ yrs.)

Challenge your music knowledge! Work with a teammate to try and get the most correct answers. Prizes will be given to two teams with the highest scores.

M 6/24 6:30-8pm
\$8/person at the door Jones Lodge

NEW THERAPEUTIC REC SWIM LESSONS

(8-17 yrs.)

Learn to swim! This class is taught by a WSI-certified Swim Instructor with extra assistance and lesson adaptation from the Recreation Therapist when needed. It meets twice a week for seven weeks to build skills and confidence in the water. New swimmers are welcome. Returning swimmers will continue from their last session.

#104507-01 Tu/Th 6/11-8/1* 9-9:45am
\$68 (R \$60) Jones Pool
*No class 7/2, 7/4

THRIVENT NIGHT AT THE BALLPARK (All Ages)

Show your support for the Kernels and for Special Olympics. Thrivent Financial has bought out the park for the day for a celebration of Special Olympics.

Tu 6/18 Game starts at 6:35pm
\$12/person Veterans Memorial Stadium

ADA MODIFICATIONS

Reasonable modifications are made for those who meet the essential eligibility requirements for participation in recreational programs. If you need modifications, send a written request stating what you require **at least two weeks prior to:** Barbara Penning, CTRS | City Services Center, 500 15th Avenue SW | Cedar Rapids, IA 52404 Email: b.penning@cedar-rapids.org Questions: Contact Barbara Penning, 319-286-5743

NEW VIDEO GAME TRIVIA NIGHT (16+ yrs.)

Make a team of three and challenge other teams to see who can answer the most questions about video games correctly. The top two teams will receive prizes.

F 7/26 6:30-8pm
\$8/person at the door Jones Lodge

Sports

NEW BOWLING (15+ yrs.)

Sign up for this program as a team or let us assign you to a team. Special Olympics bowling tournaments in October and November are included in the fee.

#108612-01 Sa 8/10 12-2:30pm
\$10/Saturday CR Bowling Center

NEW SAND VOLLEYBALL (15+ yrs.)

Come play sand volleyball. We'll assign you to a team each week.

#108622-01 M 7/1-7/29 5:30-7:30pm
\$15/all sessions or \$5/day at the door
Ellis VB Court

NEW S.O. FLAG FOOTBALL (8+ yrs.)

#108613-01 Th 8/8-9-26 5:30-6:30pm
FREE Cleveland Park

NEW S.O. PICKLEBALL (8+ yrs.)

#108617-01 Tu 8/6-9/24 5-6pm
FREE Jones Pickleball Courts

NEW S.O. SOFTBALL (18+ yrs.)

#108614-01 W 6/5-7/31 5:30-7pm
FREE Cleveland Park

NEW S.O. VOLLEYBALL (8+ yrs.)

#108615-01 W 8/7-9/25 7:30-8:30pm
FREE Jefferson High School

NEW WHEELCHAIR BASKETBALL OPEN GYM

(15+ yrs.)

Drop in for basketball! Teams will be formed each week at random.

#108512-01 Th 6/6-8/1 6-7pm
\$20 all or \$3/day at the door NW Rec