



Our CR

Living 5 Seasons | November 2015



Ready for snow, pg. 4

Before the water rises, pgs. 11-13

PLAN

PREPARE

PERFORM



Inside!

POSTAL CUSTOMER
ECRWSS

PRSRST STD
US POSTAGE
PAID
ST. JOSEPH, MI
PERMIT NO. 335

CITY OF CEDAR RAPIDS
City Manager's Office
101 1st Street SE
Cedar Rapids, Iowa 52401

www.CityofCR.com

Table of Contents

SPECIAL SECTION: Preparedness-How Cedar Rapids plans, prepares and practices for critical situations4
News You Need to Know.....19
Cedar Rapids City Council & City Services Directory.....24



See page 25 for **PLAY!**, Your Parks & Recreation Guide

About Our CR Magazine

Our CR magazine is published four times a year by the City of Cedar Rapids, Iowa. It is distributed to over 66,500 households and businesses in Cedar Rapids, Robins, Hiawatha and surrounding communities that benefit from City services.

The magazine is printed by Walsworth Publishing of Michigan because the company provided the lowest bid in a competitive bidding process with local and national printing companies. Each magazine costs approximately \$60,000 to design, produce, print and mail, which means each edition costs about 90 cents per household or business location. Our generous advertisers offset a portion of those costs.



Contact the City Manager's Office at 319-286-5080 or CityManager@Cedar-Rapids.org about this publication. To read previous editions, visit CityofCR.com/Magazine.



SIGN UP to get more frequent City news updates

From the City Manager



As City government, it is our job to keep the City functioning, enjoyable and safe for the residents of Cedar Rapids. Usually that means everyday activities like collecting garbage and recycling, maintaining public parks and roads, and providing clean water to homes.

But part of our job is also to train and prepare for unknown and unusual events so our staff is ready to act quickly in these circumstances. In this issue you will read about just a few of the many events our departments prepare to tackle if and when the need arises. As you might expect, our police and fire departments are highly trained and prepared to act in a multitude of emergency situations. What you may not know is that our public safety departments also work closely with other City departments to ensure an organized and coordinated response to emergency situations throughout the City. And departments also take extra steps to train and prepare in order to prevent many emergency situations from ever occurring.

We hope this issue of Our CR will give you a better idea of what your City is doing to prepare to keep our community safe, and also a few tips for preparing yourself and your own home or business.



This issue, find the Play! guide on page 25.

Jeffrey Pomeranz
Cedar Rapids City Manager



THIS COMMUNITY. YOUR FUTURE. ONE UNIVERSITY.

MOUNT MERCY UNIVERSITY

1330 Elmhurst Drive NE | 319-363-8213
 Cedar Rapids, Iowa 52402 | www.mtmercy.edu

For all your financial needs, all you need is us!

- Checking Accounts
- Savings Accounts
- Debit & Credit Cards
- Auto Loans
- Recreational Loans
- Mortgage Loans
- Business Loans
- And More

VISA

Federally Insured By NCUA | Equal Housing Opportunity

Locations in Cedar Rapids, Des Moines, Dubuque, Iowa City, Marion and North Liberty.

COLLINS COMMUNITY CREDIT UNION

800-475-1150 • www.collinscu.org

Garbage & Recycling Collection Reminders

If a holiday is NOT included in this list, there is NO INTERRUPTION in the collection schedule.

- Thanksgiving Day - No Collection**
One-day delay in collection for the remainder of the week.
- Christmas Day - No Collection**
One-day delay in collection for the remainder of the week. No delay in collection if the holiday falls on the weekend.
- New Year's Day - No Collection**
One-day delay in collection for the remainder of the week. No delay in collection if the holiday falls on the weekend.

Get collection reminders sent directly to you before every service interruption. **Sign up** for **CR News Now** Garbage & Recycling News.

Get the message.
www.CRNewsNow.com

pre-par-ed-ness a state of readiness

PLAN PREPARE PERFORM

At all times of the year the City of Cedar Rapids spends time preparing; intentionally focusing on situations that might affect citizens, to ensure your city services are provided seamlessly despite challenges outside of our control. This edition of *Our CR* is dedicated to the many areas where departments plan, practice and prepare so your life is disrupted minimally when critical situations arise.

PREPARATION AHEAD OF IOWA WINTERS

Snow-Fighting FAST FACTS

Crews plow more than **1,475 lane miles** over the winter, typically digging out after a significant snow event in **less than 12 hours**.

An average winter in Cedar Rapids has a temperature around **30 degrees** and snow fall totals of **32 inches**.

On average, the City uses **9,000 tons of salt** and approximately **7,000 tons of sand** each year.

Crews prepare for **25 to 30** significant snow events during the winter, which ranges from either snow emergencies to simply applying brine to the roads.

The City has approximately **90** pieces of snow-removal equipment, works **3 shifts** around the clock between December and April, and spends approximately **\$2 million** during a typical winter, including materials, equipment, and overtime.

August is typically a “back to school” month for many families, but while you are thinking of school supplies like pencils, notebooks, and lunch boxes, City crews are thinking about salt, sand, and brine. The City’s Street Division is prepared for adverse snow weather as early as August, stocking material well in advance of any flurries.

The City stockpiles more than 6,000 tons of snow-fighting material at three different sites, including a huge 4,500-ton salt dome at the City Services Center. Before the fall season gets under way, crews are also working to service the City’s 90 pieces of snow-removal equipment to ensure the fleet is in top shape before winter.

“Our staff is very dedicated to the service of snow removal and takes great pride in providing this service to the community,” said Mike Duffy, Street Superintendent. “We always prepare for the worst and hope for the best.”

SNOW-FIGHTING TOOLS

Every snow event is different, and staff carefully evaluates each situation to determine the most effective material and equipment for each snow fight. The duration of the storm, accumulation, type of precipitation, current and forecasted

temperatures, wind speed/direction, surface temperatures and existing snow coverage are all factors that staff must weigh when determining how to handle a snow event. Using the right material on the road is crucial, and staff deploys the right mix for each specific weather condition in order to be most effective.

While there are blizzards so severe that all plows are deployed, most snowfalls require a staggered approach from crews – using half the number of trucks and staff and rotating as the event progresses. The City uses everything from snowblowers, to sidewalk snowplows, to large Motor Graders on streets, in addition to swap loader trucks that are effective at plowing and also distributing material. Last winter, the City deployed all plows for six significant snow events, and responded to more than 30 smaller snowfalls.



City forces are prepared for snow well in advance of any flurries – the material is stocked and the equipment is ready to go as early as August.

HOW THE CITY PREPARES



SALT

Most effective when applied during temperatures above 15 degrees. Anything below that temperature requires the addition of other additives to lower the effective melting temperature of the snow and ice.



SAND/SALT MIX

Most effective when temperatures are dropping or conditions require the abrasive qualities of the sand for added traction. The mixture is a 3:1 ratio of sand and salt, and is applied during snow events.



SAND/SALT/FLAKE CHLORIDE MIX

Most effective when temperatures plummet. This tactic uses the 3:1 sand/salt mix, and combines it with the added melting power of chloride flakes. The chloride is effective at melting snow/ice off the road at temperatures that drop to 20 below zero.



BRINE

Most effective when used before the snow or ice falls, and when temperatures at the time of application are above 15 degrees. The brine helps coat the roads and make them less susceptible to sticking snow. Brine should not be applied when rain is predicted before a snowfall, as the material will wash off the roads. Rain/snow events can be particularly challenging, as they require a combination of material in order to be effective.



Snow Emergency Safety

When a snow event brings more than two inches of accumulation, a snow emergency may be declared. This is often paired with a City response of "All Plow" – meaning every available piece of equipment has been dispatched to tackle the accumulation. Residents can assist snow fighting efforts by removing cars parked on Emergency Snow Routes. These routes are typically main arterials, bus routes, school zones, and areas near hospitals. They are designated with street signage and are prioritized for plows to clear due to their high traffic volumes. Vehicles parked on designated snow routes after a Snow Emergency has been declared may be ticketed and/or towed. A list of Emergency Snow Routes can be found on www.cityofcr.com.

In addition to Snow Emergencies, the City also can declare a Residential Snow Emergency. This is typically triggered as crews attempt to clear residential neighborhoods. During Residential Snow Emergencies, residents are asked to follow the odd/even rule: park on the odd numbered address side of the street on odd calendar days, and the even numbered address side of the street on even calendar days. This provides our snowplow operators with enough room to safely and efficiently plow residential areas. Need a text reminder on where to park during snow emergencies?

Sign up for text or email alerts at CityofCR.com/Subscribe.

WHERE TO PARK

Under a Residential Snow Emergency

1503

ODD side of the street on ODD calendar days

1504

EVEN side of the street on EVEN calendar days

PREVENT FROZEN PIPES

When the temperatures drop, home plumbing can become susceptible to freezing, which can lead to burst pipes and thousands of dollars in damages to your home. Consider some of the simple tips below to help protect your pipes this winter and be prepared if a pipe were to burst.

Open Cabinet Doors
During extreme cold weather, open under-sink cabinets to allow warm air to circulate near your pipes.

Set Your Thermostat
Leaving for a holiday vacation or traveling south for the winter? Be sure to keep your home's temperature above 55 degrees.

Eliminate Drafts
Seal any cracks allowing cold air into your home and cover drafty windows with plastic or insulation.

Check Your Water Meter
Locate your water meter shut-off valve in case an emergency turn off would be needed. Turn your shut-off valve on and off a few times to make sure it is in good working order. You can even cover your water meter with a blanket or rug to protect it.

Insulate Pipes
Use heat tape or pipe insulation to protect pipes located against exterior walls or in unheated areas of your home.

Protect Outdoor Faucets
Exterior faucets and hoses are the first to freeze. Bring in any hoses before the cold weather sets in. If possible, turn off any shut-off valves for outdoor house faucets or cover them.

What do I do if there is no water?

- Step 1** - Check Your Water Meter. If water is leaking or spraying from your meter or the bottom is cracked, your water meter is frozen. Turn your shut-off valve to the off position and call customer service.
- Step 2** - Feel for Frozen Pipes. Pipes located along exterior walls are most susceptible to freezing. To thaw pipes contact a licensed plumber or use hot towels or a hair dryer to thaw the pipes. Never use an open flame to thaw pipes.
- Step 3** - Check with Your Neighbors. If your neighbors also do not have water, call Customer Service to report the problem. Customer Service | 319-286-5900

WATER MAIN BREAKS

Preparing for Cold Weather

Each year, the Cedar Rapids Utilities Department – Water Distribution and Maintenance Division logs thousands of miles by vehicle and on foot checking water main valves, flushing and thawing fire hydrants, and maintaining and repairing the water distribution system.

As the ground begins to freeze and shift, water main pipes can become more susceptible to breaks. In anticipation of colder temps, the City's Water Distribution and Maintenance Division works diligently during each construction season to repair weak points in the water distribution system. The Division also coordinates with engineers within the Utilities Department to prioritize projects based on how many times a pipe has experienced breaks, the age of the pipes and valves, and any aging infrastructure located under a street that is slated to be reconstructed – helping to ensure new pavement doesn't have to be excavated to repair leaks.

Crews also test shut-off valves throughout the system and repair or replace valves as needed. In a year, the crews are able to test approximately 2,000 valves. The valve maintenance program ensures that each valve in the distribution system is checked once every five years. This intricate underground network of valves and pipes ensures emergency outages can be limited to a radius of a few blocks and impact the fewest number of customers possible.

While continual evaluation of the system and capital improvement projects can help limit the number of water main breaks, ultimately, it's impossible to determine the exact location and time a main break could occur. As a result, the ability to respond quickly, identify the issue, and implement a fix is always the top priority for crews. "Our philosophy around here is, 'if it's leaking, it needs fixed,'" said Bill Miller, water distribution manager. "Leaks don't stay little for long, so we are equipped to handle breaks quickly at any time of the year."

The division's 21 full-time employees have a stand-by schedule ensuring any break can be repaired 24 hours a day, seven days a week, 365 days a year. That means leaks don't wait until the Thanksgiving meal is finished, the final touchdown is scored, or the last gift is opened.

But the preparation, sacrifice, and quick response of these City employees ensures that on average, a Cedar Rapids water customer is without water for only 2-4 hours when a water main is being repaired, and the impacted outage area is limited to the fewest number of homes, businesses and apartments as possible.



48,584

Total number of customers served by the Cedar Rapids Water Division

664

Total miles of pipe in Cedar Rapids

151

Total number of main breaks during the fall and winter of 2013-2014

51

Total number of main breaks during the fall and winter of 2014-2015

2-4 hours

Average time a customer was without water in the event of an outage during the fall and winter of 2014-2015

78 days

Number of days the high temperature in Cedar Rapids was below freezing during the fall and winter of 2013-2014

vs

65 days

Number of days the high temperature in Cedar Rapids was below freezing during the fall and winter of 2014-2015



City Prepares Through National Incident Management System Training

All City of Cedar Rapids employees receive National Incident Management System training so they are able to recognize and participate within an Incident Command System (ICS) during an emergency. Members of the Fire Department and Police Department have additional training in ICS so that they can plan, administer, and coordinate a major event in which there is risk to lives and property.

Firefighters and police officers regularly train with other communities in Linn County to prepare for emergencies that may involve the activation of the Emergency Operations Center (EOC) at the Linn County Emergency Management Agency. The EOC was used during the Flood of 2008 to respond to the disastrous flood event and establish a recovery system to help the community return. On a regular basis, public safety personnel participate in drills and exercises, including preparation for a nuclear incident in the unlikely event that an emergency would occur at Iowa's only nuclear plant that is located just outside of Cedar Rapids. Public safety personnel collaborate with members of area fire departments and law enforcement agencies, nuclear plant employees, school systems, nonprofit organizations and others that would be part of a coordinated response if an incident should occur.

Local public safety representatives also serve on state asset teams, including a state Incident Management Team that supports local officials who become overwhelmed during a long-lasting disaster event. They serve in a support function, filling in for fatigued personnel and providing technical advice.



Several firefighters are part of Iowa Task Force 1, which is Iowa's Urban Search and Rescue team that have been trained and equipped to locate, rescue, and provide initial medical stabilization to victims in confined spaces, including collapsed structures, grain silos, and collapsed trenches. They are also trained in swift-water rescue. The local team has been deployed to cave rescues, floods, structural collapses and missing person cases. At the same time, other firefighters are members of Iowa's Weapons of Mass Destruction/HazMat team that provide statewide coverage for on-site testing and identifying, assessment, and support for render-safe operations involving increasingly sophisticated improvised explosive devices and those that may contain chemical, biological, radioactive, nuclear, or explosive materials.

Emergency Information

Your safety is the primary concern of the City of Cedar Rapids. While Cedar Rapids is a safe community, we need to be prepared if there is a threat to lives, property, or the environment. In the event of a citywide emergency, information will be shared through numerous communication mediums to keep you informed and provide action steps, if necessary.

Depending upon the type of emergency, such as an evacuation, large fire, or hazardous materials incident, information will be shared with local media and updated information will be

posted on the City's website. The Police Department and Fire Department have social media accounts which can be utilized to provide timely information as well. We encourage you to cut out and keep the sources of emergency information below.

The Emergency Alert System (EAS) is a group of radio and television stations that broadcast official information during an emergency. If the outdoor warning sirens sound, tune to radio 600 AM or 96.5 FM, the official designated EAS Radio Stations in this area, for up-to-the-minute emergency information.

FOLLOW US:

Police Department Facebook: facebook.com/cedarrapidspolicedepartment

Fire Department Facebook: facebook.com/cedarrapidfiredepartment

Police Department Twitter: twitter.com/cr_police (@cr_police)

Fire Department Twitter: twitter.com/cedar_rapids_fd (@cedar_rapids_fd)

We also encourage you to sign up for emergency alerts through CR News Now:

cedar-rapids.org/city-news/subscribe/crnewsnow

CRNewsNow.com

Social media is for information only and not intended for reporting emergencies.

CALL:

Police and Fire: 9-1-1

Alliant Energy: For life threatening emergencies such as a down wire or gas odor call 1-800-255-4268

Mid-American Energy:

Gas Leaks: 800-595-5325;

Power Outage/Wires Down: 800-799-4443

Listen To: Radio 600 AM or 96.5 FM





PUT A THERMOMETER ON FREEZE ON WINTER FIRES

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, **be fire smart!**

Half of all home heating fires occur in the months of



Keep portable generators outside, away from windows, and **as far away as possible from your house.**

Install and test carbon monoxide alarms at least **once a month.**



Have a qualified professional clean and inspect your chimney and vents **every year.**

Heating equipment **1** in every **6** is involved in reported **home fires** and **1** in every **5** home fire deaths.

Keep anything that can burn at least **3 feet** from any heat source like fireplaces, wood stoves, radiators, or space heaters.

Store cooled ashes in a tightly covered metal container, and keep it outside at least **10 feet** from your home and any nearby buildings.

Plug only **1** heat-producing appliance (such as a space heater) into an electrical outlet at a time.

For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter/ and www.nfpa.org/winter/



Traffic Operations Center Enhances Efficiency

The City's Public Works Department will soon have a new Traffic Operations Center – a central hub for monitoring traffic flow and signal operations throughout the city. The Operations Center will be housed at the City Services Center and will include a video wall and software system, work stations and joysticks for operating cameras remotely in the field. Staff will have the ability to pan, tilt or zoom into intersections to monitor the traffic signal system, perform troubleshooting remotely and improve the signal timings immediately in the case of car crashes. The new center boosts the division's ability to remain prepared to assist in emergency situations such as blizzards, flash flooding on the roadways, or incident management due to vehicle crashes. The Operations Center will be completed by the end of the year.



Rising Waters and River Life Require Additional Readiness

During periods of high water, many City departments work together to mitigate flooding risks and keep residents safe. Highlighted below are two ways the City stands ready to keep residents and our city safe from rising waters.

Operating the 5-in-1 Dam

The Cedar Rapids 5-in-1 Dam transforms the Cedar River into a recreational space for boating, fishing and more. The dam is composed of four underwater gates and five slide gates. For the majority of the year, the Dam's underwater gates operate automatically to maintain appropriate river levels – seamlessly lowering and raising to allow more or less water to pass over the dam.

All of the underwater gates are lowered automatically as the river levels rise, and when the water below the dam reaches a depth of 10 feet, City staff can manually open one of the slide gates to allow additional water to flow over the dam. If the water continues to rise, additional slide gates are opened. Once the water level below the dam reaches a depth of 12 to 12.5 feet, all the underwater and slide gates are opened so the dam doesn't obstruct the flow of the Cedar River. The dam will remain in this state until waters recede and gates can be closed. Once the river levels stabilize, the dam will return to automatic operation.



See a video about dam operations at www.CityofCR.com/5-in-1-Dam

Preparing for Ice Jams

Ice jams in the Cedar River have caused road closures during five of the last 12 years. In the late winter and early spring, when the weather begins to warm up, the ice in rivers begins to melt and break into pieces. As large chunks of ice float downstream, they can pile up near narrow passages or obstructions such as bridges, forming an ice dam. Water that backs up behind ice dams can cause localized flooding upstream.

Because ice slab migration and jams are extremely unpredictable, City crews keep a vigilant watch on river conditions once ice melt begins to occur. Specific procedures are in place for departments throughout the City in order to alleviate problems as best as possible, and most importantly, protect the health and safety of our citizens. However, effective man-made solutions to ice jam situations do not exist, and ice jams can form and dissipate in a few hours or last several days.

In the event of an ice jam, City staff will continue to monitor the ice jam and local flooding until it is no longer a threat, and if necessary, City staff will close roadways and deploy flood mitigation tools like pumps, sewer plugs, and sandbags if possible threats warrant action.

FLASH FLOODING:

Preparation before the Waters Rise



As the name implies, flash flooding happens quickly and often without warning, leaving you with only a few minutes to act. Having a plan is the best way to ensure you can respond quickly. Here are five simple steps you can take now to be prepared if a flash flood were to impact your home.

1. Know the Risks

- Flash floods happen fast – even if it's not raining at your location, rain may be falling upstream and creating a greater risk for flooding in your neighborhood.
- Flooding and debris flows can block roads, sweep away vehicles, and collapse bridges.
- Power outages and loss of phone and Internet communication services are possible.

2. Make an Emergency Plan

Create an emergency plan in advance and make sure that everyone in your family, home and business knows what to do and where to go during a flood. Your plan should include emergency contact information, meeting locations and other relevant information. Complete the plan together, discuss it with everyone and post the plan in a prominent location.

3. Consider Purchasing Flood Insurance

Flash flooding isn't limited to locations in floodplains or specific neighborhoods. Flash floods can quickly overwhelm the sanitary sewer system, causing backups in homes. Know your risks, and consider speaking with an insurance agent about your coverage options.

4. Install a Sanitary Sewer Backup Prevention Device

If your property has experienced a sanitary sewer backup from sewer flooding, you may want to consider installing sanitary sewer backwater prevention devices. The City has a reimbursement program for devices installed in areas that are susceptible to sanitary sewer surcharge conditions resulting in flooding damage. The City will provide assistance up to \$800 towards installation of a sanitary sewer backwater prevention valve or the actual cost of installation, whichever is less.

5. Assemble an Emergency Supply Kit

Gather emergency supplies to take with you if you need to evacuate quickly or are cut off from resources. Assemble an emergency supply kit in advance; including all of the items needed to be self-sufficient for several days without access to water, gas or electricity. Visit www.ready.gov/build-a-kit to find out what you will need to build your own emergency supply kit. Collect the items and store them in a portable container in an easily accessible location.



TURN AROUND DON'T DROWN

Did you know that more deaths occur due to flooding than any other thunderstorm-related hazard?

Flash floods can form in seconds and are particularly dangerous. Just this past summer, roadways that normally don't flood were inundated with several inches of water in a short time period, resulting in police officers and firefighters needing to rescue motorists from stranded automobiles.

Never underestimate the power of water. It only takes 12 inches of rushing water to carry away a small car, while two feet of rushing water can carry away most vehicles including sport utility vehicles and pickups.

Be aware that flash flooding is very dangerous and can move quickly. Public safety officials recommend that you "Turn Around Don't Drown."

A road covered with water could be concealing a washed out road or other hazards. It is never safe to drive into flood waters.

In fact, half of all flood-related drownings occur when a vehicle is driven into hazardous flood water. Many of the deaths occur in automobiles as they are swept downstream. Of these drownings, many are preventable, but too many

people continue to drive around the barriers that warn the driver that the road is flooded. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely.

Most other drownings are the result of people walking into flood waters. A mere six inches of

Be aware that flash flooding is very dangerous and can move quickly. Public safety officials recommend that you "Turn Around Don't Drown." A road covered with water could be concealing a washed out road or other hazards. It is never safe to drive into flood waters.

fast-moving flood water can cause an adult to fall down. Flood water typically moves much faster than it appears and can carry large debris which could potentially injure you. Remember that the appearance of flood waters is usually very deceptive.

Drowning isn't the only hazard with driving or walking through flood waters. Flood water can harbor dangerous

bacteria and other pollutants and can even be contaminated with raw sewage. Flood water also poses the danger of electrical shock. Downed wires pose a serious electrical hazard in flooded areas. This is another reason why it is so important to stay out of flood water until trained rescuers arrive.



"By failing to prepare, you are preparing to fail."

– Benjamin Franklin

Is Cedar Rapids Prepared for a DROUGHT?

This summer the national news reported many water conservation initiatives prompted by a severe drought impacting western states, especially California which is experiencing extreme drought conditions for the fourth consecutive year. With a national spotlight on water conservation, some residents are asking, "What would Cedar Rapids do during a drought?"

With community input, the Cedar Rapids Water Division created a Drought Contingency Plan that was adopted by City Council in 2013. Since the plan's initial inception, the Cedar Rapids Utilities Department regularly reviews and updates the contingency plan based on community feedback and operational concerns, always ensuring the plan could be implemented quickly if needed.

The drought plan is set up in stages depending upon the severity of the conditions. Each stage has a variety of actions that are recommended and/or required.

More information can be found at www.CityofCR.com/drought

DROUGHT STAGE	Indicator	REQUIRED ACTIONS*	VOLUNTARY ACTIONS
Drought Watch	Early indicators of drought conditions exist	Cedar Rapids Water will monitor conditions and our water system's response closely. Customers asked to use water wisely.	<ul style="list-style-type: none"> • Reduce landscape watering • Consider postponing new plantings until after the drought passes • Only run the dishwasher with full loads • Turn off water when brushing teeth or shaving
Drought Alert	Customer water demand reaches 65% of well capacity	Cedar Rapids Water asks customers to voluntarily reduce water consumption. All customers asked to reduce water usage by 5%	<ul style="list-style-type: none"> • Only watering between 6pm and 10am • Limit watering to odd/even days (addresses with odd house numbers water on odd calendar days and addresses with even house numbers water on even calendar days) • Reduce vehicle washing • Reduce pool filling/refilling
Drought Warning	Customer water demand reaches 75% of well capacity	Cedar Rapids Water implements mandatory water restrictions. All customers expected to reduce water usage by 15% <ul style="list-style-type: none"> • Landscape watering limited to 2 days per week with odd/even day restriction • Ornamental fountains shut down unless equipped with recirculation system • No hosing off paved areas, buildings, windows or other surfaces • Recreational activities that produce run-off prohibited • Vehicle washing restricted to using a hand-held hose with a positive shut off nozzle or at a commercial car wash station. 	<ul style="list-style-type: none"> • Restaurants encouraged to only provide water upon request • Customers encouraged to reduce pool filling/refilling • Consider replacing your toilet with a low-flow model • Consider purchasing a rain barrel to help with landscape watering
Drought Emergency	Customer water demand reaches 85% of well capacity	Mandatory water restrictions increase. All customers expected to reduce water consumption by 25%. <ul style="list-style-type: none"> • Landscape water limited to 1 day per week with the odd/even day restriction using only handheld or soaker hoses and buckets • All hose-end sprinklers and permanently installed automatic sprinkler systems are prohibited at all times • Only hand-held hoses, soaker hoses and buckets allowed • Vehicle washing restricted to commercial car washes during watering hours only • Water may be added to pools to replace losses during normal usage; filling new swimming pools is prohibited • Permitting for new swimming pools, hot tubs, ponds or fountains is prohibited • Foundations may be watered following landscape watering restrictions • Flushing of newly constructed water main will be managed by the City 	<ul style="list-style-type: none"> • Limit showers to 5 minutes • Take less frequent showers • Consider reducing the number of times the toilet is flushed • Save water from washing dishes or cooking and use it to water your plants

10

EVERYDAY TIPS FOR SAVING WATER

1 Install water saving shower heads and try to limit your showers to 5 minutes.



2 Wash full loads in your dishwasher and washing machine and use the "Eco" setting when possible.



3 Don't flush trash like facial tissue or wipes down your toilet. Not only is this bad for your plumbing, but it also wastes water. Use your trash bin instead.



4 Check and repair any possible leaks in your plumbing.



5 Install a dual flush toilet and use food coloring or dye tablets to check your toilet annually for leaks.



6 Don't leave water running when:

- ▶ Brushing your teeth
- ▶ Shaving (fill the sink)
- ▶ Washing dishes (fill the sink)



7 Water the garden and other outdoor plants when water is least likely to evaporate — early morning and late evening.



8 Install a rain barrel to collect rain water that can be used for gardening.



9 Keep water in your refrigerator so you don't have to let the tap run to get a cold drink.



10 Use buckets for cleaning floors, windows and cars.



PLAYING SAFE

While in the business of fun, the Cedar Rapids Parks and Recreation Department takes your safety seriously. Staff develops plans for scenarios which might negatively impact a park or recreation experience and follows those plans to lessen the likelihood of an adverse experience.

"Throughout the year we review, update, and implement policies that you are unaware of, but make your experience safe and enjoyable"

— Sven Leff, Parks and Recreation Director

Here are some of the ways that the Parks and Recreation Department prepares:

- Emergency action plans are created to keep recreation program users safe during extreme storms. Shelters are identified and the staff has established procedures to follow when severe storms approach.
- Playgrounds are inspected by two staff members who have received designation as Certified Playground Inspectors by taking courses which train them to identify any potential hazards on playground equipment.
- Pool staff is trained extensively for your safety. Each one of the 110 lifeguards who work at the municipal pools goes through 46 hours of training before sitting in a lifeguard chair. The guards participate in 9 additional lifeguard trainings throughout the summer and are retested 3 times to make sure they have mastered all required skills. If a lifeguard fails any mid-summer testing, they do not work until they have retested and passed.
- Water at municipal pools is tested every 2 hours and pool management attends trainings annually to be current in water borne illnesses. Rules for pool use are developed to keep the public safe from transmittal of diseases.

PROTECTING THE URBAN CANOPY

For more than five years, the City of Cedar Rapids has been working to reduce the impact of Emerald Ash Borer (EAB) disease. According to the United States National Arboretum, EAB has killed more than 25 million trees. In spite of tens of millions of dollars being spent nationally on control methods, infestation continues to spread. In a review published last year, scientists called the disease “the most destructive and economically costly forest insect to ever invade North America.”

The insect was recently discovered in Linn County, south of Cedar Rapids. Todd Fagan, City Arborist, estimates that 10,000 to 15,000 trees along Cedar Rapids streets in addition to an equal, if not double, amount of private ash trees may be affected. The majority of ash trees in Cedar Rapids are Green Ash, typically planted 40 to 60 years ago as replacements for the American Elms that were removed due to the Dutch Elm Disease.

The City has implemented a multi-year plan to reduce the impact of EAB. “We have been preparing for the arrival of EAB for more than five years knowing that our planning efforts may significantly reduce the impact of an infestation in Cedar Rapids,” Fagan said. “Among other things, we have increased our tree diversification and removed street ash trees that are in poor condition,” he continued.

Following the Iowa Department of Natural Resources guidelines for proactively reducing the ash population, approximately 2,000 declining public ash trees have been removed with an additional 200 to 300 to be removed this year. More than 60 different tree species are now planted to diminish the impact of the ash loss. The City has trained staff on EAB identification and crews inspect any ash tree

they remove or prune for signs of the insect.

The City’s plan to reduce the impact of EAB includes insecticide use in addition to tree removal. This approach is better than trying to remove every ash tree and more affordable than trying to inject every tree with insecticide. Trees will be targeted for treatment if they meet criteria for health and form. The initial goal is to treat 6,000 trees and prepare to remove and replace 9,000.

Extensive community outreach has been an important part of preparing for EAB

over the past five years. Forestry Division staff frequently attend meetings and public events to share information about EAB and the City’s plan to address it.

City staff are prepared to immediately implement the comprehensive plan to limit the spread of the insect and protect the urban canopy. For more information about the City’s EAB plan, go to CityofCR.com.

Emerald Ash Borer (EAB) is an exotic beetle. The larvae feed on the inner bark of ash trees, disrupting the tree’s ability to transport water and nutrients. Unlike other trees like oak or elm, which remain relatively stable after they die, ash trees lose moisture internally very quickly and begin to fall apart soon after they die.



The Emerald Ash Borer larvae bore exit holes in the bark of infected Ash trees.

What to look for if you suspect your ash tree might be infected:

- Canopy thinning or dying branches in the top of the tree
- Water sprouts (suckers) halfway up the trunk
- Feeding notches on edge of leaflets
- Woodpecker feeding sites/many bark flakes on lawn
- S-shaped feeding galleries under dead bark
- D-shaped exit holes (1/8 inch diameter)

Contact one of the following if you suspect Emerald Ash Borer in your tree:

- State Entomologist Office, IDALS: (515) 725-1465
- Iowa DNR Forestry: (515) 725-8453
- ISU Extension and Outreach: (515) 294-1101

Find more information at:

- www.EmeraldAshBorer.info
- www.iowadnr.gov/Environment/Forestry/ForestHealth/EmeraldAshBorer.aspx
- www.extension.iastate.edu/pme/EmeraldAshBorer.html

Preparing for a Tragedy

Tragic shooting incidents have occurred throughout the country. The Cedar Rapids Police Department wants to provide answers to some frequently asked questions about active shooter incidents. Our intention is to make the public vigilant, but not fearful by providing information on what to look for and how law enforcement will respond.

What is the profile on an active shooter?

An active shooter is a subject actively engaged in killing or attempting to kill people. They choose populated sites where individuals are easily confined like a school, office building, theater, or church. Shooters look for targets of opportunity with the goal to create as much damage as possible. They use firearms, often have unpredictable behavior, and have a plan. Nine out of 10 active shooters are suicidal.

What can you do if you encounter an active shooter?

Evacuate if there is a safe, accessible path. Have an escape route and plan in mind. Leave belongings behind. Assist others, if possible. Prevent others from entering the area that you are escaping. Be aware of improvised explosive devices along escape routes and near exit points. Keep your hands visible so first responders can determine whether or not you are a threat. Call 911 and provide as much information as you can when you reach a safe place.

If you cannot evacuate, attempt to evade the active shooter by hiding in an area where the shooter is less likely to find you.

If you are in a room when the shooting starts, stay there and lock the door – entering the hallway may turn you into a target. Avoid windows that can be seen from hallways. If the door does not lock, barricade it with furniture or a door stop.

Remain calm and quiet. Silence your cellular phone. Remain in place until you are advised by law enforcement that it is all clear – do not assume that the threat has been eliminated just because you cannot see or hear the shooter. Have a plan to ambush the shooter if they gain entry.

As a last resort, you may have to engage the shooter and attempt to incapacitate him or her. Use improvised weapons like scissors, box cutters, letter openers, furniture legs, backpack full of books, etc. Target the eyes, nose, throat and groin areas. Be aggressive and fight like your life depends on it.

What is the law enforcement response to an active shooter?

Law enforcement’s main objective during the initial response to an active shooter is to neutralize the threat. Initial responding officers will enter and proceed directly to the threat. Officers may be armed with rifles and shotguns.

If you make contact with law enforcement officers, follow their commands. Keep your hands visible and try to avoid yelling and pointing. Be prepared to give information, but do not hinder officers from moving to their objective. If you have barricaded yourself in a room, remain in the room until law enforcement officers retrieve you.

An Active Shooter PowerPoint Presentation is available on the main Police Department page of the City of Cedar Rapids website at www.Cedar-Rapids.com.

What information should be provided to 911 operators regarding an active shooter incident?

- Location (street address, which building, etc.)
- Location of shooter(s)
- Number of shooters
- Physical description of shooter(s)
- Types of weapons
- Number of victims
- Advise if there are any explosives

How can you prepare for the possibility of an active shooter?

Study the environment that you are in and identify locations of cover (something that can stop bullets) and concealment (something that will hide you). Identify exit points and evacuation routes. Identify objects in your environment that could be utilized as weapons. Also, identify objects that you could use to barricade a door.

Mentally prepare yourself by doing “What if?” scenarios. By having a simple plan in mind, you will be able to react more quickly.

Educate yourself and those around you. Take responsibility for your own safety.

Where can citizens get more information about active shooter procedures and recommendations?

An Active Shooter PowerPoint Presentation is available on the main Police Department page of the City of Cedar Rapids website at www.Cedar-Rapids.org.



What You'll See in 2016 for Flood Control

With the approval of the Cedar River Flood Control System Master Plan last June, work will begin behind the scenes on several segments. Residents might not think of it as part of the Flood Control System, but much of the prep work that is necessary for a successful system includes relocating utilities, removing structures, and creating a clear area for construction – all before the actual walls and levees begin to take shape.

As low-lying areas that are also seeing a lot of growth, Czech Village and NewBo areas are some of the first segments that city and consultant staff will prioritize. Contract work is already under way to ensure that projects continue to move forward. The long-term plan includes a timeline that anticipates segment completions 10 to 20 years out, and will be modified as the full project moves along to account for new grant opportunities, development, or shovel-readiness of other segments. The full plan can be viewed online at CityofCR.com.



CEDAR RAPIDS
FLOOD CONTROL SYSTEM
STRENGTHENING OUR COMMUNITY

What will residents see in 2016? Here's a quick overview of work anticipated for next year:

NewBo/Sinclair Area:

- Demolish Buildings in Sinclair Levee footprint – the area of the Flood Control System.
- Remove foundations and other debris in the way of levee construction.
- Remove utilities from footprint of proposed levee.
- Construct exterior of 10th Avenue Pump Station, the largest on the east side.

Czech Village:

- Relocating public utilities.



Citywide flood control system

Complete Streets Policy Adds Walkable Element to Paving for Progress

As of September, the City had completed 33 Paving for Progress projects throughout the community, with 11 miles of roadway seeing improvements. That's approximately the equivalent of traveling from Blairs Ferry Rd NE to the Cedar Rapids Airport. In fiscal year '15, approximately \$16.5M has been invested in Cedar Rapids roadways. The 10-year plan calls for improvements to be made to 150 miles of road, and with the second year of the program closing out, crews are making good headway toward that goal.

Neighborhood improvements also continue to take place as the City implements the new Complete Streets policy on all Paving for Progress construction projects. Adopted in 2014 based on significant community input, the policy calls for staff to examine all construction projects and to consider adding elements that will enhance the walkability/connectivity of the neighborhood (sidewalks, bike lanes, roundabouts, etc.). The policy does not mean that these elements are added to every project, but rather, it ensures considerations are being made to

at least consider if the project is a good candidate for a "complete street" – a street that supports all modes of transportation regardless of age or ability, or whether a person chooses to drive, walk, or bike. Staff will be considering these possibilities on all road projects, and some will be better candidates than others to include these elements, as each neighborhood is different. The policy helps support the City's vision of creating neighborhoods that are walkable and connected for generations to come.



Holiday Solid Waste, Recycling and Yard Waste Match Up

It's estimated that between Thanksgiving and New Year's Day, more than 1 million tons of additional waste is generated each week nationwide – 38,000 miles of ribbon alone is thrown out each year, which is enough to tie a bow around the Earth.

YARDY, CURBY and GARBY are the perfect place to put all your waste and recyclables this holiday season, but what goes in which cart? Use this quick reference list to tackle your trash and recycling this winter.

REMEMBER:

YARDY carts are for more than just grass clippings, leaves and twigs. Think of your YARDY cart as a curbside compost bin where you can place dryer lint; paper plates, towels, and napkins; baked goods; and all those fruit and veggie peelings. Best of all, the carts are collected year round!



YARDY

- Fruit and veggie peelings
- Unwanted fruit cakes or holiday baked goods
- Lightly soiled paper towels/plates
- Nonflocked greenery or wreaths with any artificial adornments removed

CURBY

- Cartons – Cooking stock, milk and creams, etc.
- Foil baking pans and tin foil
- Cardboard packaging from toys, games and electronics

GARBY

- Turkey bones
- Fats, oils, grease from cooking
- Gift wrap, ribbon and tissue paper

TIP: Consider using reusable shopping bags, newspaper or butcher paper to wrap your gifts, and when the gifts are all opened, you can place your wrapping in your CURBY instead of the GARBY. You can also skip the store-bought ribbons and bows and use sprigs of evergreen or hand-made paper bows to decorate packages.

- Flocked or artificial trees

If you set your artificial or flocked tree out for collection in 3 foot sections, a \$1.50 sticker is required for each section. In order to put the tree in your GARBY, the lid must close.

- Any Styrofoam packaging

More questions about how to use your carts?

Visit www.CityofCR.com/garbage or contact the Solid Waste and Recycling Division at **319-286-5897**.

Design Standards Create Beautiful Communities

Cities with design standards help establish beautiful buildings, attractive public spaces, desirable neighborhoods, and aesthetically pleasing development. The City of Cedar Rapids values design and holds a high standard of excellence for new development projects.

The City's Development Services Division upholds these design standards when working on new development projects in town. Many of the standards address the physical relationship between the new project and neighboring properties (neighborhoods, public

streets, or the natural environment). What do the standards call for? Here's a sampling of some of the ways the guidelines help create beautiful, attractive communities:

- Landscaping between sidewalks and parking lots
- Screenings around dumpsters
- Exterior lighting for bright, safe neighborhoods
- Encourage developers to design parking lots in the rear of buildings to make entrances more accessible and visible

- Design standards for Historic Districts to preserve the character of distinct neighborhoods
- Aesthetic guidelines for exteriors of buildings

The City first started adopting design standards in 2003, and over time has worked to update and expand the standards to support the City's long-term vision of creating a community where people want to live, work, and play.



Got a
business
idea?



Need help
to make it
happen?



The Cedar Rapids MICRO program may be able to help!

- Borrow between \$1,000-\$10,000
- Personal assistance to make your dream a reality
- All Cedar Rapids start-ups or expansions are eligible

Learn more at www.ecicog.org

MICRO
MICRO LOANS. MEGA IMPACT.



Two-Way Streets Unveiled

This summer, several streets were transformed from one-way to two-way travel, bringing additional pedestrian safety features and biking opportunities to the downtown. Cities across the country have seen firsthand the benefits of shifting to two-way streets and introducing more multi-modal transportation options. Some of these benefits include an increase in retail, an increase in pedestrian safety and activity, slower traffic speeds, and the opportunity for people to choose a bike over a car – quality of life issues that are important to the City and our residents.

22

Pedestrian Safety Features on 2nd and 3rd Avenues:

- The project has reduced the walking distance at intersections

to a manageable 22-24 feet (a pedestrian previously had to walk across 50-60 feet and multiple travel lanes).

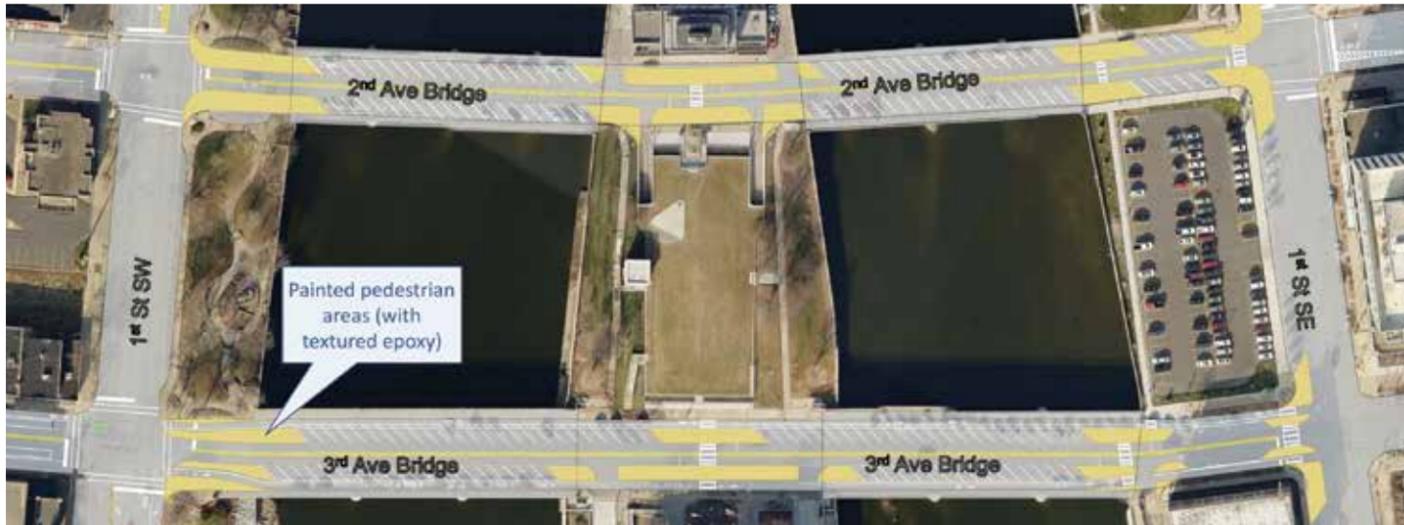
- The project is providing painted pedestrian refuge areas: Increasing visibility and decreasing walk distance when pedestrians cross the street. Residents will see this added next construction season.

As part of the project, protected bike lanes were also added to 3rd Avenue downtown, from 6th Street SW to 3rd Street SE. The new lanes connect to already existing bike lanes on 3rd Avenue, closing the gaps in our bike network. Protected bike lanes, while new to Cedar Rapids, have been used throughout the country for their safety, convenience, and comfort. Safety

features for motorists, cyclists, and pedestrians include:

- Removing the cyclist from the travel lane
- Providing a barrier between the cyclist and moving cars
- Providing a buffer area where motorists can open car doors and still avoid cyclists
- Encouraging cyclists to stay off the sidewalks, where pedestrians take priority
- Offering a more comfortable experience for cyclists of all experience levels

For more information on the conversions, including renderings and links to videos, visit www.CityofCR.com/Conversions.



By shifting both 2nd and 3rd Avenues to one lane in each direction, the City was able to include features that make it easier for people to walk across the street or opt to use a bike instead of a car.

BROUGHT TO YOU BY
CEDAR RAPIDS METRO ECONOMIC ALLIANCE

DEC. 5

DOWNTOWN CEDAR RAPIDS
FIRE & ICE
FESTIVAL

FAMILY FUN!
HOLIDAY DELIGHT PARADE!
CAROLING COMPETITION!

WWW.CEDARRAPIDS.ORG / FIREANDICE

You Live in
IOWA'S
CREATIVE
CORRIDOR

Iowa's creative corridor

Where **imagination** drives **innovation**.

CreativeCorridor.co

Join the **iGreenCR TEAM!**
and **Ditch Your Doses**
at the **Police Station**.

Medications that are improperly disposed of can enter and stay in our water supply.

Keep our water clean by properly disposing of your old medications. **Drop them into the secure drop box in the vestibule of the Cedar Rapids Police Department at 505 1st Street SW.**

CEDAR RAPIDS
City of Five Seasons





City Service	Location	Phone Number	Email Address
Animals	900 76 Avenue Drive SW	319-286-5993	AnimalControlMgmt@Cedar-Rapids.org
Bid opportunities	City Hall, 101 1st Street SE	319-286-5021	L.Carter@Cedar-Rapids.org
Building and housing codes	City Services Center, 500 15th Avenue SW	319-286-5831	J.Canaday@Cedar-Rapids.org
Buses	4th Avenue and 1st Street SE	319-286-5573	CRTransit@Cedar-Rapids.org
Fire safety inspections	713 1st Avenue SE	319-286-5166	CRFire@Cedar-Rapids.org
Garbage, recycling and yard waste collection	City Services Center, 500 15th Avenue SW	319-286-5897	SolidWaste&Recycling@Cedar-Rapids.org
Homestead and military credits	City Services Center, 500 15th Avenue SW	319-286-5888	CityAssessor@Cedar-Rapids.org
Housing assistance programs	City Hall, 101 1st Street SE	319-286-5872	Development@Cedar-Rapids.org
Land development	City Hall, 101 1st Street SE	319-286-5822	DevelopmentService@Cedar-Rapids.org
Park rentals	Ambroz Recreation Center, 2000 Mt. Vernon Rd. SE	319-286-5731	Ambroz@Cedar-Rapids.org
Potholes and street maintenance	City Services Center, 500 15th Avenue SW	319-286-5802 or 286-5826 for emergencies	Street@Cedar-Rapids.org
Recreation programs	Ambroz Recreation Center, 2000 Mt. Vernon Rd. SE	319-286-5731	Ambroz@Cedar-Rapids.org
Sewer backup or problems	City Services Center, 500 15th Avenue SW	319-286-5802 or 286-5826 for emergencies	Sewer@Cedar-Rapids.org
Traffic signals and street lighting	City Services Center, 500 15th Avenue SW	319-286-5802	Traffic@Cedar-Rapids.org
Utility billing	City Hall, 101 1st Street SE	319-286-5900	WaterMail@Cedar-Rapids.org

For more information about the City of Cedar Rapids and its services, call 319-286-5080 or visit www.CityofCR.com.

City Council

To leave a voice message for a City Council member, call 319-286-5051.

To find your district, go to www.CityofCR.com, click on City Council and look for the Find Your District link.



MAYOR Ron Corbett
Ron.Corbett@Cedar-Rapids.org



DISTRICT 3 Pat Shey
Pat.Shey@Cedar-Rapids.org



AT LARGE Ralph Russell
Ralph.Russell@Cedar-Rapids.org



DISTRICT 1 Kris Gulick
Kris.Gulick@Cedar-Rapids.org



DISTRICT 4 Scott Olson
Scott.Olson@Cedar-Rapids.org



AT LARGE Ann Poe
Ann.Poe@Cedar-Rapids.org



DISTRICT 2 Monica Vernon
Monica.Vernon@Cedar-Rapids.org



DISTRICT 5 Justin Shields
Justin.Shields@Cedar-Rapids.org



AT LARGE Susie Weinacht
Susie.Weinacht@Cedar-Rapids.org



PLAY!

Your Parks & Recreation Guide



*Winter & Spring Break
Camps, p. 4*

**NEW* Midwinter
Masquerade, p. 5*

**NEW* Youth Indoor
Soccer Skills, p. 12*

December 2015 -
April 2016

Winter & Spring
Art Classes, Camps, Sports,
Swimming & More Inside!

www.CRREC.org



Swim Lessons - Pages 38-44

Look for Open Swims, Lap Swims, Special Swims, Swim Programs and Lessons in the Swimming Section on pages 38-44.



Choose a **BLUE ZONES PROJECT** Encouraged Activity



ACTIVE CHOICE
Choose a high activity program

WEATHER CANCELLATION
HOTLINE 319 286-5700

WELCOME

Welcome to the Cedar Rapids Parks & Recreation Play! guide. Inside you'll find great programs that will keep you busy from December 2015 through April 2016.

TABLE OF CONTENTS

Activities27-29
Preschoolers, Youth, Winter/Spring Breaks, Family, Fitness

Cultural Arts30-31
Clay, Drawing, Painting, Mixed Media, Photography, Sculpture, Belly Dance, Guitar, Music Keyboard

Special Populations32

Sports33-37
Baseball, Softball, T-Ball, Blastball, Basketball, Football, Kickball, Bowling, Lacrosse, Skating, Soccer, Tennis, Track, Volleyball, Wrestling, Golf

Swimming38-44

Parks/Services45-46

Registration47

HOW-TO-READ OUR COURSE INFORMATION



Abbreviations: M=Monday Tu=Tuesday W=Wednesday Th=Thursday F=Friday Sa=Saturday Su=Sunday

R = Resident Fee (You must have a zip code with the first three numbers **524** to qualify for this discount.)

Locations: **Ambroz** = Ambroz Recreation Center **Bender** = Bender (Indoor) Pool
Tait Cummins = Tait Cummins Sports Complex **Gibson** = Viola Gibson Elementary School
Other locations, such as Harding, are schools.

TODDLER AND PRESCHOOLER

It's a Mess!

(2-4 yrs. with Adult)

Get messy and explore textures and mediums that might not normally be experienced at home. Wear your play clothes!

#310104-01	M	1/4-2/8	9:30-10:15am
#310104-02	M	1/4-2/8	10:30-11:15am
#310104-03	M	2/22-4/4*	9:30-10:15am
#310104-04	M	2/22-4/4*	10:30-11:15am

\$36 (R \$29) Ambroz
*No class 3/14

Movers and Shakers

(3-5 yrs.) Must be age 3 by start date.

Enjoy creative movement with themed music, rhythmic movement and gross motor skill activities. Wear loose fitting clothing. Must be able to separate from parent. Parents may observe the last class.

#310401-01	W	1/6-2/10	10-10:45am
#310401-02	W	2/24-4/6*	10-10:45am
#310401-03	W	4/13-5/18	10-10:45am

\$36 (R \$29) Ambroz
*No class 3/16

Play, Music and Fun

(1-3 yrs. with Adult)

Learn new 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.

#310102-01	Tu	1/5-2/9	9:15-10am
#310102-02	W	1/6-2/10	9:15-10am
#310102-03	Tu	2/23-4/5*	9:15-10am
#310102-04	W	2/24-4/6*	9:15-10am
#310102-05	Tu	4/12-5/17	9:15-10am
#310102-06	W	4/13-5/18	9:15-10am

\$36 (R \$29) Ambroz
*No class 3/15, 3/16

Youth Supervision Policy

Children are supervised by Cedar Rapids Parks & Recreation staff during class times listed for youth activities only. Please make arrangements for your child before and after class.



YOUTH

NEW Child/Baby Sitting Safety (8-12+ yrs.)

Become a super sitter! Learn about child development, care, discipline as well as basic first aid. Participants receive a backpack with supplies to take home. Participants must pass motor skills testing requirements. Those who enroll in the 12+ class receive CABS and CPR & First Aid certifications as well.

8-12 years			
#310206-01	Sa	2/13	1-3pm
\$63 (R \$55) Ambroz			
12+ years - includes CPR certification			
#310206-02	Sa	1/9	9am-12pm
#310206-03	Sa	3/12	1-4pm
\$73 (R \$65) Ambroz			

"Frozen" Princess Tea (4+ yrs.)

Join us for a magical "Frozen" tea party with Anna, Elsa and friends as we thaw out with hot tea and goodies, games and music.

#314709-01	\$14 (R \$13)	Child
#314709-02	\$2	Adult accompanying child

Sa 2/20 1-2pm Ushers Ferry

Home School Day (Ages 7-11)

This field trip is for homeschoolers in grades 2-5. Spend half a day in the school house studying and learning just as country school students would have in 1910. Bring a sack lunch to eat on the grounds, then take a tour of the entire village with an Ushers Ferry guide. Call (319) 286-5763 for more information.

#314602-01	Th	4/21	9:30am-1:30pm
------------	----	------	---------------

\$9.50 (R \$8.50)/student Ushers Ferry

NEW Little Prairie Girl Social (6-8 yrs.)

Hone your skills and manners at this fun social for a proper young miss. Dress up in period clothing, learn to make tea and bake goodies, then gather together to host a fun tea party with your friends in the hotel.

#314711-01	Sa	1/30	1-4pm
------------	----	------	-------

\$25 (R \$21) Ushers Ferry

NEW Prairie Girl Winter Stitching Social (9-13 yrs.)

Polish your skills and manners at this fun social for proper young ladies. Dress up in period clothing, learn to crochet your own winter scarf. Fun, conversation and hot cocoa will follow in the village hotel.

#314712-01	Sa	1/30	1-4pm
------------	----	------	-------

\$25 (R \$21) Ushers Ferry

*Middle School/High School Ski Trip to Sundown (10-17 yrs.)

Experienced and novice skiers are welcome on this trip scheduled on a Cedar Rapids Community School District inservice day. Register early to reserve your spot! The bus departs from and returns to the Ambroz Recreation Center.

Register by 1/13. Phone and online registration are not available. Mail registration is accepted only with a completed ski trip form.

M	1/18	10am-7pm
Depart/Return: Ambroz		
#302701-01	\$73 (R \$65)	with ski equipment rental
#302701-02	\$63 (R \$55)	without ski equipment rental
#302701-03	\$73 (R \$65)	with snow board rental

WINTER BREAK

American Girl Holiday Party (6-12 yrs.)

Join us for a winter party at Ushers Ferry. Explore the different holiday traditions of the American Girls by playing games, baking holiday foods and engaging in historical pastimes.

6-8 years			
#314706-01	Tu	12/29	9-10:30am
\$11 (R \$10)	Ushers Ferry		
9-12 years			
#314706-02	Tu	12/29	9am-12pm
\$24 (R \$20)	Ushers Ferry		

NEW Build A Flying Machine (6-8 yrs.)

Build your very own flying machine, test it out and participate in some friendly competition to see whose can fly the highest.

#314713-01	M	12/28	9-11am
\$20 (R \$16)	Ushers Ferry		

Winter Pioneer Day Camp (6-12 yrs.)

Explore the wonders of an early 1900's winter. Learn how to cook on a woodstove, make your own toys, and try your hand at all sorts of old-fashioned chores from hauling wood and water to mending socks, making quilts and using your imagination to make your own fun.

6-8 years			
#314105-01	W	12/30	9-10:30am
\$11 (R \$10)	Ushers Ferry		
9-12 years			
#314105-02	W	12/30	9am-12pm
\$24 (R \$20)	Ushers Ferry		

Puppetry Workshop (7-10 yrs.)

Make a papier mâché hand puppet using clay, tissue paper and scraps of fabric, buttons and other trim for your unique puppet's costume. Make puppets, play with puppets and learn to put on a puppet show by the end of the week. Create a funny character with exaggerated features and experiment with varied character voices to bring your puppet to life.

#203206-01	M, Tu, W, Th	9-11am
	12/28, 12/29, 12/30, 12/31	
\$44 (R \$37)	Ambroz	



SPRING BREAK

Learn & Play Youth Camp (7-9 yrs.)

This camp for kids in grades 2-3 will have your child reading better and having fun at the same time! CR Parks & Rec is partnering with Sylvan Learning Center to provide this quality program with certified teachers. Lessons will focus on basic reading comprehension and phonics to help your child become a more fluent reader. The recreation staff will bring the fun with active play, games and sports after the lessons. Pack a snack and drink to enjoy during the mid-morning break.

#310105-01	M-F	3/14-3/18	9am-12pm	\$105 (R \$97)	Ambroz
NEW Little Gladiators (6-8 yrs.)					
Make your own foam sword and shield, then learn to use it in a battle with your friends!					
#314107-01	M/W	3/14 & 3/16	9-11am	\$40 (R \$33)	Ushers Ferry

Prairie Girl Primer (6-12 yrs.)

Learn the art and skill of being a young lady in 1910. Step back in time each day by putting on period correct clothing and spending the morning with handiwork, crafts, games, writing, tea engagements, and having (ladylike) fun.

6-8 years					
#314104-04	M	3/14	9-10:30am		
#314104-05	Tu	3/15	9-10:30am		
#314104-06	W	3/16	9-10:30am		
#314104-07	Th	3/17	9-10:30am	\$12 (R \$11)/day	Ushers Ferry
9-12 years					
#314104-03	M-Th	3/14-3/17	9-10:30am	\$47 (R \$40)	Ushers Ferry
#314104-01	M-Th	3/14-3/17	9am-12pm	\$88 (R \$80)	Ushers Ferry

Zombie Survival (8-12 yrs.)

Hone your survival skills and use 19th century know-how to prepare for 21st century disaster in this day camp for adventurous kids! You'll learn to build a shelter, find your way in the wilderness, live off the land and assemble the necessary tools to survive any situation. On the last day, you will test your zombie survival skills with a water gun war of humans vs. zombies.

#314101-01	M-Th	3/14-3/17	1-4pm	\$93 (R \$85) includes shirt	Ushers Ferry
------------	------	-----------	-------	------------------------------	--------------

Intro to Sports (3-4 yrs. with Adult)

Must be age 3 by start date. Learn new skills and the basic movements for a variety of sports. Parents partner with their child to practice some of the skills. Register by 3/4.

#311906-01	M-Th	3/14-3/17	9-9:45am	\$39 (R \$32) includes shirt	Ambroz
------------	------	-----------	----------	------------------------------	--------

Sports Camp (6-9 yrs.)

Get out of the house and into the gym to enjoy a variety of sports activities in this five-day camp. Campers will participate in soccer, basketball, running, tag games and more. Register by 3/4.

#311908-01	M-Th	3/14-3/17	9-11am	\$49 (R \$42) includes shirt	Gibson
------------	------	-----------	--------	------------------------------	--------



ACTIVE CHOICE
Choose a high activity program

WEATHER CANCELLATION
HOTLINE 319 286-5700

FAMILY

Daddy/Daughter Dinner Dance (4-10 yrs. with Dad)

Enjoy a magical evening for dads and daughters. Put on formal attire for a sit-down dinner and dance.

#302801-01	\$60 (R \$52) dad + 1 daughter
#302801-02	\$37 (R \$30) additional child
F	1/29 6:30-8:30pm
Ushers Ferry Lodge	

NEW Mother/Son & Daddy/Daughter Dinner Dance (4-10 yrs. with Mom or Dad)

Enjoy a magical evening for moms and sons or dads and daughters. Put on formal attire for a sit-down dinner and dance.

#302803-01	\$60 (R \$52) parent + 1 child
#302803-02	\$37 (R \$30) additional child
Sa	1/30 6:30-8:30pm
Ushers Ferry Lodge	

Holiday Time in Santa's Workshop (12 & Under with Adult)

Enjoy a snack in the hotel, baking and decorating in the telephone house and toy making in the town hall. Have your photo taken with Santa Claus! Program starts at 9:00am. Free admission for adults accompanying children.

#314707-01	Sa	12/5	9-11am	\$14 (R \$13) Child	Ushers Ferry
------------	----	------	--------	---------------------	--------------

High Tea with Grandma (4+ yrs. with Grandma)

This Victorian tea party for grandmothers and grandchildren is held in the beautifully decorated hotel at Ushers Ferry. Sip your tea from fine china and delight in teatime goodies while listening to live music.

#314703-01	Sa	1/23	2-3pm	\$14 (R \$13)/person	Ushers Ferry
------------	----	------	-------	----------------------	--------------

Double Deck Pinochle for Seniors at Ambroz

Play Pinochle at Ambroz, 2000 Mount Vernon Road SE, year-round on Wednesdays and Fridays from 10am-3pm. FREE! Bring a sack lunch or participate in the Horizons meal program if eligible.

NEW Midwinter Masquerade (18+ yrs.)

Dance the night away! Lavish costume competitions, Royal Faerie Court dances and a dry mixology bar are only a few of the delights leading up to the evening finale, the de-masking and crowning of the new royal court.

#314715-01	Sa	2/6	7-10:30pm	\$24 (R \$20)	Ushers Ferry Lodge
------------	----	-----	-----------	---------------	--------------------

NEW Minions Party! (4+ yrs.)

Cast off the cold winter blahs and make merry with all your minion friends. Dress up as your favorite minion and go bananas singing happy songs, eating minion snacks and, of course, making more minions.

#314714-01	Sa	1/16	1-2pm		
#314714-02	\$2 Adult accompanying child			\$14 (R \$13)	Ushers Ferry Lodge

FITNESS

NEW Barre (14+ yrs.)

This is a fun, challenging and high-energy class using a ballet barre. Pilates, Yoga, ballet moves and resistance training are combined to tone and tighten the entire body.

#318118-01	M	1/4-1/25	5:30-6:30pm		
#318118-02	M	2/1-2/29*	5:30-6:30pm	\$39 (R \$32)	Ambroz *No class 2/15

NEW Karate (7+ yrs.)

Improve yourself with the traditional Okinawan Martial Art of Ryukyuu Kempo Karate. Gain confidence and self-discipline, learn self-defense and improve your physical health.

7-15 years					
#218108-04	Tu/Th	12/1-12/31*	6-7pm		
#318108-01	Tu/Th	1/5-1/28	6-7pm		
#318108-02	Tu/Th	2/2-2/25	6-7pm		
#318108-03	Tu/Th	3/1-3/29	6-7pm		
#318108-04	Tu/Th	4/5-4/28	6-7pm	\$52 (R \$45)	Ambroz *No class 12/24
16+ years					
#318109-01	Tu/Th	12/1-12/31*	7-8pm		
#318109-02	Tu/Th	1/5-1/28	7-8pm		
#318109-03	Tu/Th	2/2-2/25	7-8pm		
#318109-04	Tu/Th	3/1-3/29	7-8pm		
#318109-05	Tu/Th	4/5-4/28	7-8pm	\$52 (R \$45)	Ambroz *No class 12/24

Intro to Yoga (16+ yrs.)

Escape from the pressures of everyday life the healthy way. Use breathing exercises and movement to relax and improve wellness. This is a Fit Yoga class which will make you stronger, more flexible and more balanced, both in body and mind.

#218110-04	W	12/2-12/23	5:30-6:30pm		
#318110-01	W	1/6-1/27	5:30-6:30pm		
#318110-02	W	2/3-2/24	5:30-6:30pm		
#318110-03	W	3/2-3/30	5:30-6:30pm		
#318110-04	W	4/6-4/27	5:30-6:30pm	\$39 (R \$32)	Ambroz

NEW Restorative Yoga (16+ yrs.)

This relaxing class offers deep stretching with your body supported by blankets and blocks. Poses are completed lying down or seated and held 3-5 minutes. Focus is on opening your hips and chest, twisting and more. Sorry, punch cards not accepted for this class.

#318111-01	M	1/4-1/25	5:30-6:30pm		
#318111-02	M	2/8-2/29*	5:30-6:30pm		
#318111-03	M	3/7-3/28	5:30-6:30pm		
#318111-04	M	4/4-4/25	5:30-6:30pm	\$39 (R \$32)	Ambroz *No class 2/15

NEW Workout Thursday (6-10 yrs.)

Get in shape! Mix it up with 45 minutes of recreational and fitness activities each week. You'll enjoy jump rope, relays, stations, aerobics and more. Register by 1/5.

6-7 years					
#311510-01	Th	1/21-2/25	5:30-6:15pm	\$37 (R \$30) includes shirt	Ambroz
8-10 years					
#311510-02	Th	1/21-2/25	6:30-7:15pm	\$37 (R \$30) includes shirt	Ambroz

NEW Saturday Superstars (6+ yrs. with Adult)

Get moving together in this super fun parent/child program. Learn games and exercises for all ages that incorporate both walking and running. Register by 2/22.

#311511-01	Adult/1 child	\$39 (R \$32)			
#311511-02	additional person	\$20 (R \$16)			
Sa	3/5-4/16*	10-11am		Ambroz	
*No class 3/26					



CLAY

Adult Pottery (16+ yrs.)

Receive instruction in hand-building and potter's wheel construction with an emphasis on the wheel. Glaze application and special decorative effects will be covered. **A materials card for 10 lbs. of finished work is included in the fee.** Additional material cards may be purchased.

#303105-01	Tu	1/5-3/8	6:30-8:30pm
\$72 (R \$64)		Ambroz	

Adult/Child Pottery Workshop (5-9 yrs. with adult)

Learn the art of pottery with your child. Have fun experimenting with clay and learning building techniques while you complete a project to take home. One adult per child or one adult per two children.

#303405-01	Adult/1 Child	\$24 (R \$20)
#303405-02	Additional Child	\$11 (R \$10)
W	1/6-1/27	6-8pm
	Ambroz	

Kids & Clay (5-9 yrs.)

Learn to work with clay including forming techniques, decoration and glaze application. **Materials/firing are included in the class fee.**

#303201-01	Th	1/7-2/11	5-6pm
#303201-02	Sa	1/9-2/13	9-10am
#303201-03	Th	2/25-4/7*	5-6pm
#303201-04	Sa	2/27-4/9*	9-10am
#303201-05	Th	4/14-5/19	5-6pm
\$43 (R \$36)		Ambroz	
		*No class 3/17, 3/19	

NEW Pottery Badge for Scouts (17 yrs. & under)

Calling all scouts! Need to earn your pottery badge? Let us help. Come create a piece of pottery to take home, learn glazing techniques and tour the studio at Ambroz. Call (319) 286-5744 to set up date and time. **All materials included in fee.**

1.5 hour time slots available Jan.-Mar. 2016	\$10/person	Ambroz
----------------------------------------------	-------------	--------

NEW Punch & Pottery Evening Out (18+ yrs.)

Looking for a night out with friends or to meet other creative people? Come to Ambroz and make pottery, mingle and enjoy punch and hors d'oeuvres all at the same time!

#303101-01	F	2/5	6:30-8:30pm
#303101-02	Sa	3/5	6:30-8:30pm
\$37 (R \$30)		Ambroz	

NEW Semi-Private Pottery Lessons (16+ yrs.)

Want to learn how to make pottery but would like more individualized instruction? Learn the basics of handbuilding and wheel construction at your own pace. Glaze application and decorative effects will also be covered. **Materials (7 lbs.)/firing are included in fee.**

#303104-01	M*	1/18-3/7	6:30-8:30pm
\$135 (R \$125)		Ambroz	
		*Other days may be available	

DRAWING/PAINTING

Big Brush Watercolor for Adult Beginners with Dave Stauffer (50+ yrs.)

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

#303107-01	Th	1/7-2/11	9:30-11:30am
#303107-02	Th	2/25-3/31	9:30-11:30am
\$43 (R \$36)		Ambroz	

Drawing and Pastels with Jean Murray (16+ yrs.)

Learn drawing basics including perspective, creative use of line, shading and more. Color through the use of pastels and portraiture basics will also be included. The class is open to both beginners and advanced students. You'll receive a supply list at the first class.

#303108-01	Tu	1/5-2/23	10am-12pm
\$60 (R \$52)		Ambroz	



Kids' Drawing (7-11 yrs.)

Expand your drawing abilities through guided experiences using a variety of media including pencils, pastels, felt tip and charcoal. Practice specific exercises to develop your "seeing" skills.

#303811-01	Th	1/7-2/11	6-7pm
#303811-02	Th	2/25-4/7*	6-7pm
#303811-03	Th	4/14-5/19	6-7pm
\$43 (R \$36)		Ambroz	
		*No class 3/17	

NEW Wonderful Works of Watercolor Workshop (18+ yrs.)

Looking for a night out or maybe a creative venture with friends? Come to Ambroz and learn watercolor painting. **All materials and special treats are provided.**

#303118-01	Th	2/11	6:30-8:30pm
#303118-02	Th	3/10	6:30-8:30pm
\$37 (R \$30)		Ambroz	



WEATHER CANCELLATION HOTLINE 319 286-5700

OTHER MEDIA

Fun with Art (8-11 yrs.)

Explore the madness of mixing multiple media together! Paint, chalk, charcoal, gooey substances and found objects will be used to create fun and imaginative forms, constructions and paintings.

#303205-01	Th	2/18-3/31*	5-6pm
\$43 (R \$36)		Ambroz	*No class 3/17

NEW Introduction to Photography Workshop (14+ yrs.)

Confused by your camera? Learn to use your film or digital camera just in time for your vacation. You'll learn basic and artistic functions as well as how to compose great photos. Students provide their own cameras.

#303102-01	Sa	1/9 & 1/16	9-11:30am
\$43 (R \$36)		Ambroz	

Kids' Sculpture (8-11 yrs.)

Create whimsical sculptures from wire, clay, soap, papier mâché, paper and found objects.

#303123-01	Sa	1/9-2/13	10-11am
#303123-02	Sa	2/27-4/9	10-11am
\$43 (R \$36)		Ambroz	



NEW Ambroz Art Parties

(6-14 yrs.)
Want a new and creative way to celebrate a birthday or other event? Host a party at Ambroz and create something out of clay. Clay, glazing and firing are provided. Bring your own cake, snacks and beverages. Call (319) 286-5744 to set up date and time.

2 hour time slots available January-March 2016 (Dates may vary)
\$10/child Ambroz

ADULT BELLY DANCE

Belly Dance - Fun and Fitness (18+ yrs.)

Learn about the history of the Belly Dance, customs of the culture and many captivating movements and isolations that go into the dance. It is important to become proficient at this level before going on to the advanced level. SanDee will help you decide when you are ready.

#305204-01	M	1/4-2/8	7:30-8:30pm
#305204-02	M	2/22-4/4*	7:30-8:30pm
#305204-03	M	4/11-5/16	7:30-8:30pm
\$49 (R \$42)		Ambroz	*No class 3/14

Belly Dance - Serious Dancer (18+ yrs.)

Learn the intricate facets of Middle Eastern dance and perfect your technique. A veil, finger cymbals, and a belly dance belt or hip scarf are required. Participants selected to dance with SanDee at local events must purchase additional costumes. At least two six-week sessions of level one and pre-approval by SanDee are required to register for this class. Dancers may sign up for both belly dance classes.

#305205-01	M	1/4-2/8	8:30-9:30pm
#305205-02	M	2/22-4/4*	8:30-9:30pm
#305205-03	M	4/11-5/16	8:30-9:30pm
\$49 (R \$42)		Ambroz	*No class 3/14

GUITAR CLASSES

Intro to Guitar (9-15 yrs.)

Have you ever wanted to learn to play guitar? We'll teach you the basics, and have you playing in two lessons. Get ready for hours of fun and enjoyment. Guitars will be provided at Ambroz.

#318301-01	M	1/11-2/22*	5:30-6:30pm
\$76 (R \$68)		Ambroz	*No class 2/15

Adult Guitar (16+ yrs.)

It's never too late to learn to play the guitar. Ken Arnell will teach you the basics and have you playing in two lessons. Guitars are available for use at Ambroz if needed.

#318303-01	M	1/11-2/22*	6:30-7:30pm
\$76 (R \$68)		Ambroz	*No class 2/15



Guitar II (9+ yrs.)

Continue improving your skills and learn more great songs in this advanced guitar class. Participants are strongly encouraged to take Intro to Guitar. Guitars are available for use at Ambroz if needed.

#318302-01	M	1/11-2/22*	7:30-8:30pm
\$76 (R \$68)		Ambroz	*No class 2/15

KEYBOARD CLASSES

Learn keyboard skills in these six-week sessions using printed music.

- Music is available to purchase the first day of class. Prices range from \$8-\$10.
- Classes may be consolidated or canceled depending on class registration.
- Parents may observe only the last class of each session as viewers inhibit some students.

Adult (16+ yrs.)

This class is for adult beginners.

#306105-01	Sa	1/9-2/13	11am-12pm
#306105-02	Sa	2/27-4/9*	11am-12pm
\$49 (R \$42)		Ambroz	*No class 3/19

Beginner - Level I (7-12 yrs.)

Level I is for students with no prior keyboard experience.

#306102-01	Th	1/7-2/11	5-6pm
#306102-02	Sa	1/9-2/13	10-11am
#306102-03	Th	2/25-4/7*	5-6pm
#306102-04	Sa	2/27-4/9*	10-11am
\$49 (R \$42)		Ambroz	*No class 3/17, 3/19

Beginner - Level II (7-14 yrs.)

Students at this level understand note values of quarter, half, whole, and dotted half and have a basic knowledge of bass and treble staves.

#306103-01	Th	1/7-2/11	6-7pm
#306103-02	Th	2/25-4/7*	6-7pm
\$49 (R \$42)		Ambroz	*No class 3/17

The activities on this page have been coordinated for individuals with disabilities. They are also open to friends, family members as well as the general public. Individuals with disabilities are encouraged to register for any program that Cedar Rapids Parks & Recreation offers.

ACTIVITIES

Christmas Cooking (12+ yrs.)

Bake Christmas goodies to eat and to take home! Cookies and candy will include Hershey Kisses cookies, sugar cookies, chocolate dipped pretzels and other traditional treats.
#308104-01 Tu 12/8-12/15 6-8pm
\$34 (R \$27) Ambroz

Crafts (All Ages)

Make craft projects using different objects: leather, beads, clay and friendly plastic. You will increase fine motor control, understand cause and effect, and have lots of fun.
#308101-01 Tu 1/5-1/26 7-8pm
\$34 (R \$27) Ambroz

Cultural Foods (16+ yrs.)

Explore new foods from around the world. Learn basic food preparation and discover other culinary cultures.
#308103-01 Tu 2/2-2/23 6-7pm
\$34 (R \$27) Ambroz

ADA ACCOMMODATIONS

Reasonable accommodations are made for those who meet the essential eligibility requirements for participation in recreational programs. Send a written request stating the needed accommodations at least two weeks prior to the program start date to: Angie Cole, Parks & Recreation Supt., City Services Center (CSC), 500 15th Ave. SW, Cedar Rapids, IA 52404 or email a.cole@cedar-rapids.org. Questions? Call Rob Wagner (319) 286-5799.

Game Time with Sue (12+ yrs.)

Learn to play fun games such as charades, Pictionary, Bingo, board games and cards. Socialize as you work on sportsmanship, socialization and rule following skills.
#308105-01 Tu 2/2-2/23 7-8pm
\$34 (R \$27) Ambroz

Holiday Dance (All Ages)

Celebrate the holiday season with a dance! Put on your party hat and join friends old and new.
F 12/11 7-9pm \$5/person
Ushers Ferry Lodge

House on the Rock Christmas Trip (16+ yrs.)

See the House on the Rock transformed into a holiday wonderland. The fee covers transportation and admission. Lunch is not included.
#308703-01 Sa 12/12 8am-5pm
\$52 (R \$45) Depart/Return: Ambroz

Jordan Creek Mall Trip (16+ yrs.)

Shop 'til you drop! This day trip to West Des Moines features a two-level shopping area with 160 stores and over two million square feet. Fee is for transportation. Lunch is not included.
#308706-01 Sa 2/6 8am-6pm
\$52 (R \$45) Depart/Return: Ambroz

No Stove Cooking (14+ yrs.)

Learn to cook using a crockpot and microwave, and also about nutrition and eating healthy. Dishes will include soup, salad, entree and dessert.
#308102-01 Tu 1/5-1/26 6-7pm
\$34 (R \$27) Ambroz

Theater Backstage (16+ yrs.)

Have you ever wondered what goes on backstage at the theater? Come learn about stage makeup, set design, costumes and, of course, acting. Friends and family are invited to a live performance on the last night.
#308109-01 Th 1/7-2/25 6:30-7:30pm
\$34 (R \$27) Ambroz



SPORTS/FITNESS

Club R.E.C. Physical Fitness (10+ yrs.)

Take this opportunity to develop your physical fitness, demonstrate courage and have fun getting fit with yoga, aerobic activities, line dancing, stretching and cardio.
#308506-01 Th 1/7-1/28 4-4:45pm
#308506-02 Th 2/4-2/25 4-4:45pm
#308506-03 Th 3/3-3/24 4-4:45pm
#308506-04 Th 4/7-4/28 4-4:45pm
\$34 (R \$27) Ambroz

Aquatics (8+ yrs.)

Practices: Th, begin 2/11, 7:30-8:30pm at Bender Pool.

Bocce (8+ yrs.)

Practices: M, 3/14-5/16, 6-7:30pm at Gibson. State competition: 5/19.

Power Lifting (14+ yrs.)

Practices: Sa, begin 1/2, 9-10am at Washington High School. State competition: Iowa City, 3/11 & 3/12.

Six Person Soccer Team (8+ yrs.)

Practices: W, begin 3/16, 5:30-6:30pm at Jones Park.

Unified and Individual Tennis (8+ yrs.)

Practices: W, begin 3/16, 7:30-8:30pm at Westfield Tennis Club.

Track and Field Time Trials (8+ yrs.)

Practices: Sa, begin 3/5, 10am-12pm at Perfect Game.



ADULT SPRING/SUMMER SOFTBALL LEAGUES

Cedar Rapids Parks & Recreation will offer spring and summer adult softball leagues starting in April 2016. Adult Softball information will be available in early March 2016 on our softball website:

CRYouthSports.com

For more information about Cedar Rapids Parks & Recreation Adult Softball programs, contact Mike K. O'Neill at (319) 286-5743.

BASEBALL/SOFTBALL/T-BALL

Baseball, Softball & T-Ball Clubs

(4-10 yrs.) Must be age 4 by start date. Spring training is here! Work on all aspects of the game in these five week instructional programs that will improve your hitting, throwing, fielding and running skills. **No Games. Register by 3/30.**

Baseball
#311101-01 F 4/8-5/13 6:30-7:30pm
6-7 yrs. \$45 (R \$38) includes shirt
#311102-01 F 4/8-5/13 6:30-7:30pm
8-10 yrs. \$45 (R \$38) includes shirt
Noelridge

Softball
#311201-01 F 4/8-5/13 6:30-7:30pm
7-9 yrs. \$45 (R \$38) includes shirt
#311202-01 F 4/8-5/13 6:30-7:30pm
10-12 yrs. \$45 (R \$38) includes shirt
Noelridge

T-Ball
#311103-01 F 4/8-5/13 5:30-6:15pm
4-5 yrs. \$45 (R \$38) includes shirt
Noelridge

Registration Information: Page 47

BLASTBALL

Blastball

(3-4 yrs. with Adult) Must be age 3 by 4/8 and not turn age 5 by 5/13. Learn baseball basics including hitting, throwing, catching, running and fielding in this game for beginners. Parents partner with their child to practice skills and play the game. No gloves needed. A foam bat and ball will be used. **Register by 3/30.**
#311104-01 F 4/8-5/13 5:30-6:15pm
\$42 (R \$35) includes cap/shirt Noelridge

BASKETBALL

Adult Basketball League (18+ yrs.)

Put your team together and join us for a seven weeks of play plus a post season tournament. **Register by 1/2. Managers' Meeting 1/8.**
#302202-01 Sa 1/16-2/27 11-4pm
\$150/team (+\$10 cash/game/team for official) Harding

Adult Basketball Open Gym (18+ yrs.)

Come shoot some hoops! The gym is open for adult basketball players only. Go to CRYouthSports.com for more times and locations.
Su year-round 8-10am
\$5/day or punch pass
Location varies: Kennedy or Washington HS

Open Gym Punch Pass \$30

Enjoy the convenience of a punch pass! Each pass has six punches. They are nonrefundable and nontransferable.

NEW Teen Basketball Open Gym (14-18 yrs.)

Drop by for some extra practice. A waiver (available at Ambroz) must be signed by a parent in order to participate. Check for updates at: CRYouthSports.com.
12-2pm Harding
\$5/day (Exact cash. No credit cards/checks.)

Youth Basketball Open Gym (4-9 yrs.)

Drop by and get some extra practice in areas designated for specific age groups. Adults must accompany children. Check for updates at: CRYouthSports.com.
1-3pm Gibson
\$3/day (Exact cash. No credit cards/checks.)

Hoop It Up Basketball (4-12 yrs.)

Learn the fundamentals and rules of basketball and play games. **Register by 1/5.**
4-5 years (45 minute practices or games)
#311301-01 Sa 1/16-2/27 9-9:45am
\$45 (R \$38) includes shirt Gibson
4-5 years (45 minute practices or games)
#311301-02 M 1/18-3/7* 5:30-6:15pm
#311301-03 M 1/18-3/7* 6:30-7:15pm
\$45 (R \$38) includes shirt Ambroz
*No program 2/15

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)
#311302-01 M/F 1/18-2/22* 5:45-6:45pm
\$52 (R \$45) jersey not included
Gibson *No program 2/15

6-7 years (1 hour practices or games)
#311302-03 Tu/F 1/19-2/19 5:30-6:30pm
\$52 (R \$45) jersey not included
Ambroz

8-9 years (1 hour practices or games)
#311304-01 M/F 1/18-2/22* 6:50-7:50pm
\$52 (R \$45) jersey not included
Gibson *No program 2/15

10-12 years (1 hour practices or games)
#311305-01 Sa 1/16-2/27 9:30-10:30am
\$45 (R \$38) jersey not included
Harding

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)
#311302-02 M/F 1/18-2/22* 5:45-6:45pm
\$66 (R \$58) includes jersey Gibson
*No program 2/15

6-7 years (1 hour practices or games)
#311302-05 Tu/F 1/19-2/19 5:30-6:30pm
\$66 (R \$58) includes jersey Ambroz

8-9 years (1 hour practices or games)
#311304-02 M/F 1/18-2/22* 6:50-7:50pm
\$66 (R \$58) includes jersey Gibson
*No program 2/15

10-12 years (1 hour practices or games)
#311305-02 Sa 1/16-2/27 9:30-10:30am
\$59 (R \$51) includes jersey Harding

Girls Hoop It Up Basketball - Winter Season

(4-9 yrs.)

This all-female program teaches girls basketball fundamentals, sportsmanship and teamwork in a non-competitive atmosphere.

Register by 1/5.

4-5 years
#311313-01 Th 1/21-3/3 5:30-6:15pm
\$45 (R \$38) includes shirt Ambroz

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

6-7 years
#311311-01 Tu/F 1/19-2/19 6:40-7:40pm
\$52 (R \$45) jersey not included
Ambroz

8-9 years
#311312-01 Sa 1/16-2/27 9-10am
\$45 (R \$38) jersey not included
Harding

NEW If you DO NOT have a CR Parks & Rec basketball jersey, register for an activity listed below:

6-7 years
#311311-02 Tu/F 1/19-2/19 6:40-7:40pm
\$66 (R \$58) includes jersey Ambroz

8-9 years
#311312-02 Sa 1/16-2/27 9-10am
\$59 (R \$51) includes jersey Harding

Girls Hoop It Up Basketball - Spring Season

(6-9 yrs.)

This all-female program teaches girls basketball fundamentals, sportsmanship and teamwork in a non-competitive atmosphere.

Register by 3/30.

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

6-7 years
#311311-03 Sa 4/9-5/14 9:30-10:30am
\$45 (R \$38) jersey not included
Gibson

8-9 years
#311312-03 Sa 4/9-5/14 10:45-11:45am
\$45 (R \$38) jersey not included
Gibson

NEW If you DO NOT have a CR Parks & Rec basketball jersey, register for an activity listed below:

6-7 years
#311311-04 Sa 4/9-5/14 9:30-10:30am
\$59 (R \$51) includes jersey Gibson

8-9 years
#311312-04 Sa 4/9-5/14 10:45-11:45am
\$59 (R \$51) includes jersey Gibson



The Snow Kickball Tournament is January 16. Register early for this popular event!

FOOTBALL

Adult Flag Football League (18+ yrs.)

Put a team together for no-contact, seven-on-seven flag football. Teams will play a five game season plus a postseason tournament. **Register by 3/25. Managers' meeting: 3/31.**
#302105-01 Su 4/3-5/15 12-4pm
\$119/team (+\$15 cash/game/team for official)
Cleveland Park

Football Cheerleading (6-10 yrs.)

Learn chants, basic jumps and cheer fundamentals including flexibility, memorization of routines, showing personality and more! Practice these skills and perform them at the youth football games.

Register by 3/30.
#311601-01 Tu/Sa 4/5-5/7
Tu: 5:30-6:30pm, Sa: 9-10am
\$58 (R \$50) includes shirt Cleveland Park

Cedar Rapids Parks & Recreation Flag Football (6-10 yrs.)

Flag Football is back! This fun, instructional program is designed to teach the fundamentals of football and to promote teamwork and sportsmanship. This is a low-contact league with shirts, footballs, and flag belts. One-hour practices/games.

Register by 3/30.
6-7 years
#311401-01 Tu/Sa 4/5-5/7
Tu: 5:30-6:30pm, Sa: 9-10am
\$58 (R \$50) includes shirt Cleveland Park

8-10 years
#311402-01 Tu/Sa 4/5-5/7
Tu: 6:30-7:30pm, Sa: 10-11am
\$58 (R \$50) includes shirt Cleveland Park

Football Buddies

(4-5 yrs.) **Must be age 4 by start date.** Discover this exciting sport with a football buddy! Instruction will focus on learning in pairs with kids learning the basics of throwing, catching, kicking, punting, hand-offs, stances, offense, defense, and more in a fun, non-competitive atmosphere.

Register by 3/30.
4 years with adult
#311404-01 Sa 4/9-5/14 9:30-10:15am
\$42 (R \$35) includes shirt Cleveland Park

5 years
#311404-02 Sa 4/9-5/14 10:30-11:15am
\$42 (R \$35) includes shirt Cleveland Park

KICKBALL

Adult Snow Kickball Tournament (17+ yrs.)

Play the game you enjoyed as a kid with an added twist - SNOW! Coed teams consist of 10-12 players (at least 3 women per team). Standard softball rules apply and the top three finishers receive trophies. **Register by 1/8. Managers' meeting: 1/14.**
#302104-01 Sa 1/16 9am
\$99/team Noelridge

Youth Kickball (6-11 yrs.)

Who doesn't love kickball? Develop your kicking, running, throwing and strategy skills in the classic childhood game. Practice and game every week. **Register by 3/30.**

6-8 years
#311910-01 W 4/13-5/11 6-7pm
\$39 (R \$32) includes shirt Van Vechten

9-11 years
#311910-02 W 4/13-5/11 6-7pm
\$39 (R \$32) includes shirt Van Vechten

OTHER SPORTS

Junior Bowling (4-14 yrs.) **Must be age 4 by start date.** Learn the fundamentals and rules of bowling in a fun and entertaining manner. **Register by 1/5.**
#311509-01 Tu 1/12-3/1 4-5:30pm
\$70 (R \$62) includes ball/shoe rental + 2 games Westdale Bowling Center

Intro to Sports (3-4 yrs. with Adult) **Must be age 3 by start date.** Learn new skills and basic movements for a variety of sports. Parents partner with their child to practice some of the skills. **Register by 3/4.**
#311906-01 M-Th 3/14-3/17 9-9:45am
\$39 (R \$32) includes shirt Ambroz

Spring Break Sports Camp (6-9 yrs.) Get out of the house and into the gym to enjoy a variety of sports activities in this five-day camp. Campers will participate in soccer, basketball, running, tag games and more. **Register by 3/4.**
#311908-01 M-Th 3/14-3/17 9-11am
\$49 (R \$42) includes shirt Gibson

Start Smart Lacrosse (5-7 yrs. with Adult) Have you ever played lacrosse? This developmental program introduces kids and their parents to this exciting game. Parent/guardian participation is required. Work on shooting, passing, catching, cradling, stick handling and agility. Participants get to keep the lacrosse kit. **Register by 3/30.**
#311909-01 F 4/15-5/20 5:30-6:30pm
\$78 (R \$70) *includes stick, ball, manual Bever



ACTIVE CHOICE
Choose a high activity program

WEATHER CANCELLATION
HOTLINE 319 286-5700

Registration Information: Page 47

SKATING

Learn-to-Skate Lessons
This program is a partnership between CR Parks & Recreation and the CR Ice Arena. Classes are coordinated by the Cedar Rapids Ice Arena and use the U.S. Figure Skating Basic Skills Program. All students new to the sport of skating should sign up for Basic 1 or Snow-plow Sam (if age 4-6). Skaters will be evaluated the first day of class for level placement. Wear warm clothing, gloves and a protective helmet. **To register, call (319) 286-5731 or go online to CRREC.org. Questions? Call (319) 398-0100 or Tonya Frost at (319) 730-6202.**
*The USFSA annual fee will be collected by the Cedar Rapids Ice Arena.

Snow Plow Sam (Beginner) (4-6 yrs.)
For skaters ages 4-6 who have had little or no formal training.
#319101-01 M 1/4-2/22 5:30-6:30pm
#319101-02 Sa 1/9-2/27 9-10am
#319101-03 M 2/29-4/25 5:30-6:30pm
#319101-04 Sa 3/5-4/30 9-10am
\$93 (R \$85) +12.50 USFSA annual fee*
CR Ice Arena, 1100 Rockford Rd. SW

Basic Skills 1-2 (6+ yrs.)
For skaters age 7 and older who have little or no formal training or those ages 6 and older who have completed Snow Plow Sam series.
#319102-01 M 1/4-2/22 5:30-6:30pm
#319102-02 Sa 1/9-2/27 9-10am
#319102-03 M 2/29-4/25 5:30-6:30pm
#319102-04 Sa 3/5-4/30 9-10am
\$93 (R \$85) +12.50 USFSA annual fee*
CR Ice Arena, 1100 Rockford Rd. SW

Adults and Teens (13+ yrs.)
This class has four basic skills levels targeted for teens and adults.
#319106-01 M 1/4-2/22 6:45-7:45pm
#319106-02 Sa 1/9-2/27 10:15-11:15am
#319106-03 M 2/29-4/25 6:45-7:45pm
#319106-04 Sa 3/5-4/30 10:15-11:15am
\$93 (R \$85) +12.50 USFSA annual fee*
CR Ice Arena, 1100 Rockford Rd. SW

Youth Instructional Hockey (6-11 yrs.)
Participants are taught skating/hockey skills in a fun learning environment by experienced coaching staff. Helmets are required! Must be able to skate. A Rental Equipment Program is available to help defray costs. A deposit of \$75 is paid when the equipment is borrowed and is refunded when it is returned.
#319112-01 M/W 1/4-2/24 5:30-6:30pm
#319112-02 M/W 3/7-4/27* 5:30-6:30pm
\$110 (R \$100) *No class 4/11, 4/13
CR Ice Arena, 1100 Rockford Rd. SW

OLD CAPITOL OPEN

Come out and watch or participate in this USA Ultimate Sanctioned Tournament sponsored by Cedar Rapids Parks & Recreation and the Iowa Hawkeye Ultimate Club.



High school and collegiate womens and mens open divisions of play are offered.

For more information on how to participate, contact Liz Malloy at e.malloy@cedar-rapids.org or www.oldcapitolopen.com

Sa-Su 4/2-4/3
Tuma Sports Complex

PARENT VOLUNTEERS NEEDED FOR YOUTH SPORTS!

Parent volunteer coaches are needed for each youth sport. The Parks & Recreation Department will provide field supervisors to assist the parents coaching the teams. A handbook and training are provided. Parents may request to coach with ONE other parent. If you are interested in helping, please fill out the volunteer application online: CRYouthSports.com

or more information:
e.malloy@cedar-rapids.org





SOCCER

NEW 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 1/5.**

4-5 years		
#311506-01	Sa 1/16-2/20	11-11:30am
\$35 (R \$28) includes shirt Gibson		
6-7 years		
#311507-01	Sa 1/16-2/20	11:45am-12:30pm
\$42 (R \$35) includes shirt Gibson		
8-10 years		
#311508-01	Sa 1/16-2/20	12:45-1:30pm
\$42 (R \$35) includes shirt Gibson		

Outdoor Soccer

(4-10 yrs.) Must be age 4 by start date. Learn the basics of soccer and play fun games in this instructional program. One hour practices and games. **Register by 3/25.**

4-5 years		
#311501-01	M 4/4-5/16	5:30-6:15pm
\$48 (R \$41) includes shirt Noelridge*		
*Horseshoe Pits off Golf Street		
#311501-02	Th 4/7-5/19	5:30-6:15pm
\$48 (R \$41) includes shirt Van Vechten		
6-7 years		
#311502-01	M/Th 4/11-5/12	6:30-7:30pm
\$55 (R \$48) includes shirt Van Vechten		
#311502-02	M/Th 4/11-5/12	6:30-7:30pm
\$55 (R \$48) includes shirt Noelridge*		
*Horseshoe Pits off Golf Street		
8-10 years		
#311503-01	M/Th 4/11-5/12	6:30-7:30pm
\$55 (R \$48) includes shirt Noelridge*		
*Horseshoe Pits off Golf Street		

TENNIS

Youth Tennis Lessons

These lessons emphasize specific skills and games for each age level using the USTA QuickStart format. Classes are coordinated by the Westfield Tennis Club professionals for children ages 4-16. **To register, call (319) 286-5731. Questions? Call (319) 396-7060.**

Little Aces Tennis Lessons (4-6 yrs.)

#209101-07	Tu 12/1-12/22	4:15-5pm
#209101-08	Sa 12/5-12/26	3:30-4:15pm
#309101-01	Tu 1/5-1/26	4:15-5pm
#309101-02	Sa 1/9-1/30	3:30-4:15pm
#309101-03	Tu 2/2-2/23	4:15-5pm
#309101-04	Sa 2/6-2/27	3:30-4:15pm
#309101-05	Tu 3/1-3/22	4:15-5pm
#309101-06	Sa 3/5-3/26	3:30-4:15pm
#309101-07	Tu 3/29-4/19	4:15-5pm
#309101-08	Sa 4/2-4/23	3:30-4:15pm
#309101-09	Tu 4/26-5/17	4:15-5pm
#309101-10	Sa 4/30-5/21	3:30-4:15pm
\$49 (R \$42)		
Westfield Tennis Club, 3511 18th Ave. SW		

Hot Shots Tennis Lessons (7-11 yrs.)

#209102-10	M 11/30-12/21	5-6pm
#209102-11	Th 12/3-12/17*	4:30-5:30pm
#209102-12	Sa 12/5-12/26	4:30-5:30pm
#309102-01	M 1/4-1/25	5-6pm
#309102-02	Th 1/7-1/28	4:30-5:30pm
#309102-03	Sa 1/9-1/30	4:30-5:30pm
#309102-04	M 2/1-2/22	5-6pm
#309102-05	Th 2/4-2/25	4:30-5:30pm
#309102-06	Sa 2/6-2/27	4:30-5:30pm
#309102-07	M 2/29-3/21	5-6pm
#309102-08	Th 3/3-3/24	4:30-5:30pm
#309102-09	Sa 3/5-3/26	4:30-5:30pm
#309102-10	M 3/28-4/18	5-6pm
#309102-11	Th 3/31-4/21	4:30-5:30pm
#309102-12	Sa 4/2-4/23	4:30-5:30pm
#309102-13	M 4/25-5/16	5-6pm
#309102-14	Th 4/28-5/19	4:30-5:30pm
#309102-15	Sa 4/30-5/21	4:30-5:30pm
\$49 (R \$42) Westfield Tennis Club		

*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.)

#209103-04	Tu 12/1-12/22	5-6pm
#309103-01	Tu 1/5-1/26	5-6pm
#309103-02	Tu 2/2-2/23	5-6pm
#309103-03	Tu 3/1-3/22	5-6pm
#309103-04	Tu 3/29-4/19	5-6pm
#309103-05	Tu 4/26-5/17	5-6pm
\$49 (R \$42) Westfield Tennis Club		

TRACK

Field Games (4-6 yrs.)

This program promotes sportsmanship and running with movement including jumping, leaping, chasing and fleeing games like tag, red light-green light, and obstacle courses. **Register by 3/30.**

#311903-01 W 4/13-5/11 6-6:45pm
\$45 (R \$38) includes shirt Cleveland Park

Youth Track Club (7-12 yrs.)

Learn the proper techniques and training methods for track and field events. **Register by 3/30.**

#311905-01 W/F 4/13-5/13 5:30-7pm
\$55 (R \$48) includes shirt Wilson Track

VOLLEYBALL

Junior Volleyball (8-13 yrs.)

This program for both beginners and experienced players is sponsored by Mathnasium. Have fun learning the basic rules of this great sport. **Register by 1/5.**

Beginner: 8-10 years		
#311901-01	Sa 1/16-3/19	9-10am
\$52 (R \$45) includes shirt Gibson		
Intermediate: 8-10 years		
#311901-02	Sa 1/16-3/19	10:15-11:15am
\$52 (R \$45) includes shirt Gibson		
11-13 years		
#311901-03	Sa 1/16-3/19	11:30am-12:30pm
\$52 (R \$45) includes shirt Gibson		

WRESTLING

Take-Down Wrestling (6-10 yrs.)

Learn the fundamentals and rules of one of Iowa's favorite sports in this instructional program for kids. **Register by 1/5.**

Level 1		
#311902-01	W/Sa 1/20-2/20	
W: 5:30-6:30pm, Sa: 9-10am		
\$55 (R \$48) includes shirt/mouthguard Ambroz		
Level 2		
#311902-02	W/Sa 1/20-2/20	
W: 6:40-7:40pm, Sa: 10:15am-11:15pm		
\$55 (R \$48) includes shirt/mouthguard Ambroz		

GOLF COURSE CLOSINGS/OPENINGS

Jones Golf Course will remain open for as long as conditions allow in 2015. Other courses will begin closing by Veteran's Day, November 11. The courses will close for the season when weather conditions are no longer conducive to golfing. Next spring, the courses will reopen as the weather allows. All course openings and closings will be released to the newspaper and our website:

PlayCedarRapidsGolf.com

JONES CLUBHOUSE OPEN YEAR-ROUND

Need new clubs for 2016? Then stop by the Jones Park Clubhouse in January or February for a club fitting, golf lesson or just to hit balls for 30 minutes. Call our golf professionals or check the Web site: PlayCedarRapidsGolf.com for our winter hours.



SNOWMOBILES ARE NOT ALLOWED ON ANY CITY GOLF COURSES OR PARKS

Cross-country skiing is permitted on designated trails at Twin Pines, Jones and Ellis Golf Courses.

GOLF OPERATIONS

Administrative Office
City Services Center (CSC)
500 15th Avenue SW
286-5588

Jones Park Golf Course (18 Holes)
2901 Fruitland Blvd. SW
Clubhouse: 286-5581

Golf News:
PlayCedarRapidsGolf.com



Is there a golfer on your shopping list? Get the perfect gift at Jones Clubhouse.

OUTINGS

Thinking of organizing a golf outing in 2016? Want to have a quality golf course, excellent service, free advice and all at a value rate? Our professional staff can help make your event of 20 or 150 players a success. Contact Mark McMahon, PGA Professional at m.mcmahon@cedar-rapids.org.

GIFT CARDS

Give your favorite golfer a gift card this holiday season. Gift cards are available for any dollar amount and are valid for three years. Use the gift card for golf fee, golf car rental, food or merchandise.

Purchase passes and gift cards at Jones Park Clubhouse or online: PlayCedarRapidsGolf.com
For more information, call Golf Operations (319) 286-5588 or Jones Park Clubhouse (319) 286-5581.

HOLIDAY GOLF SHOP

Jones Park Clubhouse
Merchandise and 2016 season golf passes will be offered at the Jones Park Clubhouse through December 24 for gift giving. Golf bags and golf shoes are available along with our personalized service from our golf professionals. Get your clubs from Nike, Mizuno, Callaway, Titleist, Cobra, Ping and Wilson including clubs for juniors. The hottest push carts from Sun Mountain and Bag Boy will make great gifts. The newest gift ideas will be offered for the golfer or sport fan on your list plus Iowa Hawkeye, UNI Panther and ISU Cyclone gifts for your gift giving.

Holiday Hours

Monday-Saturday, 9am-5:30pm
December 24: 9am-12pm
December 25-January 4: Closed
January 4: 12-4pm

**January and February Hours:
Monday-Friday, 9am-5pm**
(limited weeks, check website)

Multiple golf experiences with one mission...
that's Cedar Rapids Golf!



BENDER POOL

940 14th Avenue SE
Phone: (319) 286-5790

Pool Accessibility

Bender Pool is equipped with a hydraulic chair and sloping steps in addition to traditional pool ladders.

Locker Rooms

The pool has locker rooms equipped with showers, hair dryers, electrical outlets, and baby changing tables. Bring your own padlock or rent one from the pool. (You will be required to leave your I.D. at the desk when you rent a lock. It will be returned when you return the lock.) Personal locks must be removed daily. Cedar Rapids Parks & Recreation is not responsible for locks or for lost or stolen items.

General Pool Rules:

- Children age 5 and under must be supervised by an adult within arm's length.
- Youths ages 6-10 must be supervised by an adult or responsible person at least age 14.
- Children's swimsuits with permanent built-in floats are permitted but are not recommended. Suits with removable floats are not permitted.
- Actual swim attire is required. Fibers from street clothing damage the pool filter. (Sorry, no basketball shorts.)
- Swim diapers are required for children who are not toilet trained. They are available from the pool cashier for \$1.

PUBLIC SWIMS

The public swim schedule below is in effect **12/1/15 through 3/31/16**. The schedule may vary for holidays, school inservice days, special events and maintenance needs.

**Bender Pool will be closed for Christmas Eve, December 24
Christmas Day, December 25
New Year's Day, January 1
Presidents' Day, February 15
Easter Sunday, March 27**

Open Swim (All Ages)

Large inflatables will be in the pool on the first and third Friday of each month. Deep end is open the remaining Fridays of each month. Food is not allowed. Flotation devices are allowed crowd permitting.

F	4-8pm (No swim 12/25, 1/1)
Su	1-4pm (No swim 3/27)

\$4.50 or pass

Lap Swim (15+ yrs.)

Take time for yourself and feel better after some laps. This is a wonderful time for water walking. The baby pool will be closed, noodles will not be permitted.

M/W/F	11am-12:45pm (No swim 12/25, 1/1, 2/15)
M/W	6:30-7:25pm (No swim 2/15)
Sa	7:30-8:45am* *7-8:15am - Starting 2/13-3/26
Su	11:15am-12:45pm (No swim 3/27)

\$4.25 or pass

Adult 50+ Swim

Open swim for ages 50 or over.
M/W/F 2-3:30pm (No swim 12/25, 12/28, 1/1, 2/10, 2/15)
\$3.75 or pass

Early Dismissal Mini Swims (All Ages)

School's out early - Let's swim!
W 2/10 2-4pm
\$2.25 or pass

Holiday & School Break Swims (All Ages)

School's Out! Enjoy an open swim at Bender Pool.

M	12/28	1-4pm
Th	12/31	4-8pm
Tu	3/5	1-4pm
Th	3/7	1-4pm

\$4.50 or pass



ACTIVE CHOICE
Choose a high activity program

WEATHER CANCELLATION
HOTLINE 319 286-5700

PHOTO I.D. SEASON PASSES

Passes valid
Sept. 8, 2015 - May 20, 2016

- You must bring your card with you to enter the facility.
- Plastic photo I.D. cards will be reusable from one season to the next. Don't throw them out, just renew them.
- Purchase passes at the Ambroz Recreation Center, 2000 Mount Vernon Road SE or the City Services Center (CSC), 500 15th Avenue SW. Renew passes at Bender Pool.
- Pass holders present cards for entry verification and then keep cards themselves while at the pool. The pool is not responsible for lost or stolen passes.
- Pass may be revoked for pool rule infractions.
- Passes are nonrefundable and nontransferable.
- Not all programs may be available even though the pass is valid.

Punch Pass

This pass may be used by an individual, transferred to another person, or used by a family or group. No photo required. Pass expires on the 16th punch or May 20, 2016, whichever comes first. Purchase passes at Bender Pool, Ambroz Recreation Center or City Services Center (CSC).
\$61 Valid 9/8/15-5/20/16
Nonrefundable

Individual & Senior 60+ Pass

May be used for water exercise, lap swims, open swims, adult 50+ swims, and holiday swims.
Individual: \$148 (R \$138)
Senior 60+: \$125 (R \$115)
Valid 9/8/15-5/20/16
Nonrefundable, nontransferable



WATER EXERCISE

Class Maximums

When a class reaches the maximum of 30 people, participants who arrive after that may be asked to attend at another time.

Water Exercise (15+ yrs.)

Concentrate on stretching, strengthening, flexibility and range of motion exercises during an aerobic workout. Drop-in program, preregistration is not required.

M-F	12/1-4/1*	9-9:55am
M/W	12/1-4/1*	5:30-6:25pm

\$4.50/class or pass
*No class 12/24, 12/25, 1/1, 2/15

Low Impact Water Exercise (15+ yrs.)

Are you recovering from an injury or do you just want to add variety to your fitness program? Exercise at your own pace without an instructor. M/W/F 12/1-4/1* 1-1:55pm
\$3.50/class or pass
*No class 12/25, 12/28, 1/1, 2/15

Aquatherapy (15+ yrs.)

Exercise at your own pace in the comfort of warm water. Please make your own arrangements if you need assistance dressing or in the locker room. Anyone entering the water must pay. M/W/F 12/1-4/1* 10-10:55am
\$3.50/class or pass
*No class 12/25, 12/28, 1/1, 2/15

BENDER POOL RENTALS

Reserve the pool now for your party from December 1 through May 1. Set up a birthday party, Boy or Girl Scout troop swim, church outing or other special event. Large inflatables are also available for rental. The fee is \$30 per rental period.

Call (319) 286-5731. **Payment is required at the time when the rental reservation is made.** Reservations must be made at least two weeks in advance of the requested date. Fees are non-refundable.

Rental Times:

Friday from 8:15-10:15pm
Saturday from 1-8pm
Sunday from 4:30-9pm

Rental Fees:

1-30 people.....\$150/2 hour block
31-60 people.....\$170/2 hour block
61-90 people.....\$190/2 hour block
91-120 people.....\$210/2 hour block



LIFEGUARD CLASSES

American Red Cross Lifeguard Training

(15+ yrs.)
Class begins at Ambroz. Successful completion results in certification as a lifeguard. Prerequisite skills test must be completed/passed prior to the first day of class. Skills assessed will be 300 yd. swim, timed 10 lb. brick retrieval, and 2 minutes treading water. Must be age 15 by the last day of class.

December Class (Register by 12/15)
#204209-01 F-Su 12/18-12/20
\$148 (R \$140) Ambroz/Bender

Pre-Test (Attend only one):

Sa	12/12	12-1pm
Tu	12/15	7:30-8:30pm

Class:

F	12/18	5-10pm
Sa	12/19	8am-9pm
Su	12/20	8am-9pm

February Class (Register by 2/9)
#304209-01 F-Su 2/12-2/14
\$148 (R \$140) Ambroz/Bender

Pre-Test (Attend only one):

Su	2/7	7-8pm
Tu	2/9	7:30-8:30pm

Class:

F	2/12	5-10pm
Sa	2/13	8am-9pm
Su	2/14	8am-9pm

March Class (Register by 3/15)
#304209-02 F-Su 3/18-3/20
\$148 (R \$140) Ambroz/Bender

Pre-Test (Attend only one):

Su	3/13	7-8pm
Tu	3/15	7:30-8:30pm

Class:

F	3/18	5-10pm
Sa	3/19	8am-9pm
Su	3/20	8am-9pm

April Class (Register by 4/12)
#304209-03 F-Su 4/15-4/17
\$148 (R \$140) Ambroz/Bender

Pre-Test (Attend only one):

Su	4/10	7-8pm
Tu	4/12	7:30-8:30pm

Class:

F	4/15	5-10pm
Sa	4/16	8am-9pm
Su	4/17	8am-9pm

May Class (Register by 5/17)
#304209-04 F-Su 5/20-5/22
\$148 (R \$140) Ambroz/Bender

Pre-Test (Attend only one):

Su	5/15	7-8pm
M	5/16	7:30-8:30pm

Class:

F	5/20	5-10pm
Sa	5/21	8am-9pm
Su	5/22	8am-9pm

Lifeguard Review (15+ yrs.)

Has it been two years since you last took a lifeguarding class? This class is for participants to demonstrate their knowledge and skill competency with little or no review. (Current lifeguard certifications are required.) Successful completion of this class renews your lifeguard, first aid, CPR-P, and AED. Bring pocket mask, book, suit, and towel.

January Class (Register by 1/7)
#304221-01 Sa 1/9 1-8pm

February Class (Register by 2/18)
#304221-02 Sa 2/20 1-8pm

March Class (Register by 3/17)
#304221-03 Sa 3/19 1-8pm

April Class (Register by 3/31)
#304221-04 Sa 4/2 1-8pm
\$93 (R \$85) Ambroz/Bender

Lifeguard Instructor - LGI (17+ yrs.)

Successful completion of this class results in certification to teach lifeguarding materials. Participants must be 17 years of age by the end of the class. The course includes AED Essentials, Oxygen Administration and Preventing Disease Transmission. Bring your pocket mask, suit and towel.

December Class (Register by 12/23)
#304211-01 Tu-Th 12/29-12/31
\$210 (R \$200) Ambroz/Bender

Class:

Tu	12/29	8am-9pm
W	12/30	8am-9pm
Th	12/31	8am-2pm



Water Safety Instructor - WSI (16+ yrs.)

Successful completion of this class results in certification to teach all levels of swim lessons. Participants must attend all sessions and be 16 years of age by the end of the class.

February Class (Register by 2/1)
#304212-01 F-Su 2/5-2/7
\$158 (R \$150) Ambroz/Bender

Class:

F	2/5	5-10pm
Sa	2/6	8am-9pm
Su	2/7	8am-9pm

March Class (Register by 3/7)
#304212-02 F-Su 3/11-3/13
\$158 (R \$150) Ambroz/Bender

Class:

F	3/11	5-10pm
Sa	3/12	8am-9pm
Su	3/13	8am-9pm

April/May Class (Register by 4/25)
#304212-03 F-Su 4/29-5/1
\$158 (R \$150) Ambroz/Bender

Class:

F	4/29	5-10pm
Sa	4/30	8am-9pm
Su	5/1	8am-9pm



Swim Instructors have a fun and rewarding job teaching people of all ages important skills that will keep them safe in and around the water. Join our team!

AQUATIC PROGRAMS

Adult Lessons (15+ yrs.)

Wish you could swim better? This is the perfect opportunity for you to learn. Classes are for beginner level swimmers or those with minimal formal instruction.

#304215-01 M/W 1/11-1/27 7:30-8:20pm
#304215-02 M/W 2/22-3/9 7:30-8:20pm
\$39 (R \$32) Bender

Teen/Tween Group Lessons (11-14 yrs.)

It's never too late to learn to swim! This is the perfect class for kids ages 11-14 to learn basic swimming skills with others their own age.

#304214-01 Sa 1/2-1/30 12-12:40pm
\$26 (R \$22) Bender

Private Swim Lessons (3+ yrs.)

Private (1 instructor/1 student) and semi-private (1 instructor/2 students of the same skill level) 30-minute lessons are available for kids or adults. Call 286-5731 for day/time.

Private Lessons \$40 (R \$33)/lesson
Semi-Private Lessons \$45 (R \$38)/lesson

SWIMMING LESSON INFORMATION

Advanced registration is required. Choose the session, then pick the level and time of the desired class. Register using the corresponding number.

Withdrawals, Refunds, Transfers

Withdrawals and transfers will be honored if they are made by 5pm the Wednesday before the first day of class. In all cases a \$4 nonrefundable handling fee will be deducted from the refund. **Once the Thursday before the first day of class arrives, refunds are not issued unless the program is cancelled by Parks & Recreation.**

Registration Information

See page 47 for registration information. On Friday before the session begins, limited registration may be available.

Youth Supervision Policy
Children are supervised by staff during the scheduled class time only. Please make arrangements for your child before and after class.

Cancellations
While every effort will be made, there are no guarantees that classes cancelled by Parks & Recreation will be made up. Make up times/days are subject to pool schedule.

Low/High Enrollment
Classes not making the minimum enrollment may be cancelled. Maximums are not guaranteed.

Age Requirement
If your child turns the minimum age required within 30 days of the start of the program, they may be registered for that program unless an exception is noted otherwise.

Health Requirement
If your child is sick, he/she may not enter the water for two weeks after the last episode of diarrhea.

Looking for a *Fun!* SEASONAL JOB?

Work for Cedar Rapids Parks & Recreation!

Go to CityofCR.com for current job opportunities

AMERICAN RED CROSS SWIM LESSONS PARENT/CHILD CLASSES

✓ Puddlejumpers (Parent & Child 6 mos.-3 yrs.)
The purpose of this class is to expose the child to water adjustment skills. Front kicking, underwater exploration, and entering and exiting the water will be covered. One parent per child.



SCHOOL AGE SWIM LESSON LEVELS

Read each level carefully and compare the skills listed to those your child is currently able to perform. **If you are certain that your child can complete the "TO PASS" skills, then register them for the next higher level if he/she is the appropriate age.**

Note: In most cases, it will take a child more than one session of lessons to pass the level.

Level I - Introduction to Water Skills (3-5 yrs.)

Must be age 3 by the first day of class. Four year-olds who have passed a Level I class may go to Level II

- SKILLS INCLUDE:**
- Putting face/head under water
 - Floating
 - Blowing bubbles
 - Gliding on front/back

- TO PASS:**
- Enter independently, bob unassisted
 - Glide on front, roll to back and return to vertical (with support if needed)



Class dates/times on pages 43-44

Level II - Fundamental Water Skills (5-10 yrs.)

Four year-olds may participate if they have passed Level I

- SKILLS INCLUDE:**
- Bobbing
 - Floating unsupported
 - Front/back glides
 - Combined stroke unsupported

- TO PASS:**
- Enter chest deep water, front float, roll to back float, return to vertical (Repeat starting with back float)
 - Swim using combined front stroke, roll to back and float, return to front and continue swimming

Level III - Stroke Development (5-10 yrs.)

- SKILLS INCLUDE:**
- Front crawl stroke
 - Rotary breathing
 - Elementary backstroke
 - Breast stroke/dolphin/scissors kicks

- TO PASS:**
- Treading
 - Sitting/kneeling dives
 - Jump into deep water, recover to surface, maintain position by floating/treading, swim front crawl or elementary backstroke, exit water
 - Swim front crawl, change position and direction and swim elementary backstroke, exit water
 - lengths under water
 - Swim breast stroke, change direction and swim back crawl

Level IV - Stroke Improvement (6-11 yrs.)

- Must pass Level III.
SKILLS INCLUDE:
- Breast stroke
 - Side stroke
 - Back crawl
 - Butterfly
 - Dives from side
 - Open Turns

- TO PASS:**
- Perform feet-first entry into deep water, swim front crawl, change direction and swim elementary backstroke
 - Submerge and swim 3-5 body lengths under water
 - Swim breast stroke, change direction and swim back crawl

Level V - Stroke Refinement (7-11 yrs.)

- Must pass Level IV
SKILLS INCLUDE:
- Side stroke
 - Shallow dives
 - Flip turns
 - Survival float
 - Stroke refinement

- TO PASS:**
- Perform shallow dive into deep water, swim front crawl, change direction and swim elementary backstroke
 - Swim breast stroke, change direction and swim back crawl

IMPORTANT!

If your child does not meet the age requirement, the computer will reject your registration and your child will not be enrolled.

If your child turns the minimum age required within 30 days of the start of the program, he/she may be registered for that program. In this instance, you cannot register online. Call the Ambroz Recreation Center office, 286-5731.



ACTIVE CHOICE Choose a high activity program

CEDAR RAPIDS PARKS & RECREATION SWIM LESSONS

BENDER SESSION DATES: "BB" 12/1-12/17 Tu/Th classes - more information at CRREC.org

"C" 1/2-2/4 Weekday classes meet 10 times Saturday classes meet 5 times
 "D" 2/6-3/12 (No class 2/15) Weekday classes meet 9 or 10 times Saturday classes meet 6 times
 "E" 3/28-5/7 Weekday classes meet 12 times Saturday classes meet 6 times

C	D	E	Level	Days	Times	C Fee	C Res. Fee	D Fee	D Res. Fee	E Fee	E Res. Fee
X	X	304208-13	Puddle-jumpers	Tu/Th	10-10:30am	X	X	X	X	\$42	\$35
304208-02	304208-08	304208-14	Puddle-jumpers	Tu/Th	5:40-6:10pm	\$37	\$30	\$37	\$30	\$42	\$35
304208-03	304208-09	304208-15	Puddle-jumpers	Tu/Th	6:50-7:20pm	\$37	\$30	\$37	\$30	\$42	\$35
X	304208-10	304208-16	Puddle-jumpers	Sa	9:10-9:40am	X	X	\$28	\$24	\$28	\$24
304208-04	X	X	Puddle-jumpers	Sa	9:35-10:05am	\$24	\$20	X	X	X	X
304208-05	X	X	Puddle-jumpers	Sa	10:45-11:15am	\$24	\$20	X	X	X	X
X	304208-11	304208-17	Puddle-jumpers	Sa	11:10-11:40am	X	X	\$28	\$24	\$28	\$24
304208-06	X	X	Puddle-jumpers	Sa	11:20-11:50am	\$24	\$20	X	X	X	X
X	304208-12	304208-18	Puddle-jumpers	Sa	11:50am-12:20pm	X	X	\$28	\$24	\$28	\$24
304201-01	304201-14	304201-28	Level I	M/W	4:15-4:45pm	\$37	\$30	\$34	\$27	\$42	\$35
304201-02	304201-15	304201-29	Level I	M/W	4:50-5:20pm	\$37	\$30	\$34	\$27	\$42	\$35
304201-04	304201-17	304201-31	Level I	Tu/Th	4:30-5pm	\$37	\$30	\$37	\$30	\$42	\$35
304201-05	304201-18	304201-32	Level I	Tu/Th	5:05-5:35pm	\$37	\$30	\$37	\$30	\$42	\$35
304201-06	304201-19	304201-33	Level I	Tu/Th	5:40-6:10pm	\$37	\$30	\$37	\$30	\$42	\$35
304201-07	304201-20	304201-34	Level I	Tu/Th	6:15-6:45pm	\$37	\$30	\$37	\$30	\$42	\$35
304201-08	304201-21	304201-35	Level I	Tu/Th	6:50-7:20pm	\$37	\$30	\$37	\$30	\$42	\$35
X	304201-22	304201-36	Level I	Sa	8:30-9am	X	X	\$28	\$24	\$28	\$24
304201-09	X	X	Level I	Sa	9-9:30am	\$24	\$20	X	X	X	X
X	304201-23	304201-37	Level I	Sa	9:10-9:40am	X	X	\$28	\$24	\$28	\$24
304201-10	X	X	Level I	Sa	9:35-10:05am	\$24	\$20	X	X	X	X
X	304201-24	304201-38	Level I	Sa	9:50-10:20am	X	X	\$28	\$24	\$28	\$24
304201-11	X	X	Level I	Sa	10:10-10:40am	\$24	\$20	X	X	X	X
X	304201-25	304201-39	Level I	Sa	10:30-11am	X	X	\$28	\$24	\$28	\$24
304201-12	X	X	Level I	Sa	10:45-11:15am	\$24	\$20	X	X	X	X
X	304201-26	304201-40	Level I	Sa	11:10-11:40am	X	X	\$28	\$24	\$28	\$24
304201-13	X	X	Level I	Sa	11:20-11:50am	\$24	\$20	X	X	X	X
X	304201-27	304201-41	Level I	Sa	11:50am-12:20pm	X	X	\$28	\$24	\$28	\$24

BENDER SESSION DATES: “BB” 12/1-12/17 Tu/Th classes - more information at CRREC.org

“C” 1/2-2/4

Weekday classes meet 10 times
Saturday classes meet 5 times

“D” 2/6-3/12 (No class 2/15)

Weekday classes meet 9 or 10 times
Saturday classes meet 6 times

“E” 3/28-5/7

Weekday classes meet 12 times
Saturday classes meet 6 times

C	D	E	Level	Days	Times	C Fee	C Res. Fee	D Fee	D Res. Fee	E Fee	E Res. Fee
304202-01	304202-08	304202-16	Level II	M/W	4:30-5:20pm	\$46	\$39	\$43	\$36	\$53	\$46
304202-02	304202-09	304202-17	Level II	Tu/Th	4:30-5:20pm	\$46	\$39	\$46	\$39	\$53	\$46
304202-03	304202-10	304202-18	Level II	Tu/Th	5:30-6:20pm	\$46	\$39	\$46	\$39	\$53	\$46
304202-04	304202-11	304202-19	Level II	Tu/Th	6:30-7:20pm	\$46	\$39	\$46	\$39	\$53	\$46
X	304202-12	304202-20	Level II	Sa	8:30-9:20am	X	X	\$39	\$32	\$39	\$32
304202-05	X	X	Level II	Sa	9-9:50am	\$34	\$27	X	X	X	X
X	304202-13	304202-21	Level II	Sa	9:30-10:20am	X	X	\$39	\$30	\$39	\$32
304202-06	X	X	Level II	Sa	10-10:50am	\$34	\$27	X	X	X	X
X	304202-14	304202-22	Level II	Sa	10:30-11:20am	X	X	\$39	\$32	\$39	\$32
304202-07	X	X	Level II	Sa	11-11:50am	\$34	\$27	X	X	X	X
X	304202-15	304202-23	Level II	Sa	11:30am-12:20pm	X	X	\$39	\$32	\$39	\$32
304203-01	304203-08	304203-16	Level III	M/W	4:30-5:20pm	\$46	\$39	\$43	\$36	\$53	\$46
304203-02	304203-09	304203-17	Level III	Tu/Th	4:30-5:20pm	\$46	\$39	\$46	\$39	\$53	\$46
304203-03	304203-10	304203-18	Level III	Tu/Th	5:30-6:20pm	\$46	\$39	\$46	\$39	\$53	\$46
304203-04	304203-11	304203-19	Level III	Tu/Th	6:30-7:20pm	\$46	\$39	\$46	\$39	\$53	\$46
X	304203-12	304203-20	Level III	Sa	8:30-9:20am	X	X	\$39	\$32	\$39	\$32
304203-05	X	X	Level III	Sa	9-9:50am	\$34	\$27	X	X	X	X
X	304203-13	304203-21	Level III	Sa	9:30-10:20am	X	X	\$39	\$32	\$39	\$32
304203-06	X	X	Level III	Sa	10-10:50am	\$34	\$27	X	X	X	X
X	304203-14	304203-22	Level III	Sa	10:30-11:20am	X	X	\$39	\$32	\$39	\$32
304203-07	X	X	Level III	Sa	11-11:50am	\$34	\$27	X	X	X	X
X	304203-15	304203-23	Level III	Sa	11:30am-12:20pm	X	X	\$39	\$32	\$39	\$32
X	304204-07	304204-14	Level IV	M/W	4:30-5:20pm	X	X	\$43	\$36	\$53	\$46
304204-01	304204-08	304204-15	Level IV	Tu/Th	4:30-5:20pm	\$46	\$39	\$46	\$39	\$53	\$46
304204-02	304204-09	304204-16	Level IV	Tu/Th	5:30-6:20pm	\$46	\$39	\$46	\$39	\$53	\$46
304204-03	304204-10	304204-17	Level IV	Tu/Th	6:30-7:20pm	\$46	\$39	\$46	\$39	\$53	\$46
X	304204-11	304204-18	Level IV	Sa	8:30-9:20am	X	X	\$39	\$32	\$39	\$32
304204-04	X	X	Level IV	Sa	9-9:50am	\$34	\$27	X	X	X	X
X	304204-12	304204-19	Level IV	Sa	9:30-10:20am	X	X	\$39	\$32	\$39	\$32
304204-05	X	X	Level IV	Sa	10-10:50am	\$34	\$27	X	X	X	X
X	304204-13	304204-20	Level IV	Sa	11:30am-12:20pm	X	X	\$39	\$32	\$39	\$32
304204-06	X	X	Level IV	Sa	11-11:50am	\$34	\$27	X	X	X	X
X	304205-03	304205-08	Level V	M/W	4:30-5:20pm	X	X	\$43	\$36	\$53	\$46
X	304205-04	304205-09	Level V	Tu/Th	5:30-6:20pm	X	X	\$46	\$39	\$53	\$46
304205-01	304205-05	304205-10	Level V	Tu/Th	6:30-7:20pm	\$46	\$39	\$46	\$39	\$53	\$46
X	304205-06	304205-11	Level V	Sa	8:30-9:20am	X	X	\$39	\$32	\$39	\$32
X	304205-07	304205-12	Level V	Sa	10:30-11:20am	X	X	\$39	\$32	\$39	\$32
304205-02	X	X	Level V	Sa	11-11:50am	\$34	\$27	X	X	X	X



PARK INFORMATION

Cedar Rapids Parks & Recreation manages 96 parks and trails on 4,171 acres of land. In addition to urban parks of all sizes, there are many acres reserved for future park expansion and flood control.

To locate a park and view amenities, use our online Parks Finder at <http://bit.ly/crparks>.

ICE RINKS

Cedar Rapids Parks & Recreation maintains two unsupervised rinks. They are constructed with a plastic liner for better quality ice and a longer skating season. There are timed lights that shut off at 10pm. They are located at:

Arthur School
Located just north of Arthur School

Bever Park Rink
Located in Bever Park

SLEDDING HILL

Soar down the giant, snow covered hill at Jones Park! The sledding hill opens when enough snow accumulates to completely cover the hill. Call the Winter Sports Hotline, (319) 286-5700, for sledding conditions before you head out into the cold.

Registration Information: Page 47

CROSS-COUNTRY SKI TRAILS

Cross-country (Nordic) ski on a trail near your home, or venture out to enjoy trails throughout the city. Trails are located at Cherry Hill Park, Ellis Golf Course, Jones Golf Course, Twin Pines Golf Course, and the Sac and Fox Trail. They are opened, marked, and groomed when they are completely covered with snow. Call the Winter Sports Hotline, (319) 286-5700, for trail openings and conditions.

TRAILS

Cedar Rapids Parks & Recreation maintains a variety of hard surface and crushed limestone recreational trails. The Cedar River Trail and Cedar Lake Loop Trail are hard surface and are kept open throughout the year. The crushed limestone trails are not cleared in the winter. If you make a complete tour of all the park trails, you will travel over 24 miles.

Visit www.linncountytrails.org for trail maps.



OFF-LEASH DOG PARKS

The City operates two off-leash parks for dog owners and their pets to enjoy. Cheyenne Off-Leash Dog Park is located on Cedar Bend Lane SW, off Old River Road and K9 Acres is located in Squaw Creek Park at 5200 Golf Course Road, Marion.

Permits are required to use these facilities. Season passes may be purchased at:

**Parks & Recreation Dept.
City Services Center (CSC)
500 15th Avenue SW
Weekdays, 7:30am-4:30pm
(319) 286-5566**

- or -

**Ambroz Recreation Center
2000 Mount Vernon Road SE
Weekdays, 8am-5pm
(319) 286-5731**

Proof of rabies vaccination from a vet is required and must be presented in order to purchase a permit. Discounts are available. See k9cola.org for details.

Daily Passes (for those who want to try the park or are just in the area for a short time) may be purchased at the park just inside the entry gate. Fill out an envelope, put the \$6 fee inside, and deposit the envelope in the slot of the green honor box.

NOELRIDGE GREENHOUSE

Tours
Greenhouse tours are available for your group or class, Monday-Friday, 7:30am-3pm. Please call (319) 286-5762 in advance to schedule. Fee: \$3 per person, adult chaperone admission is free.

Greenhouse Volunteers
Volunteer opportunities are available at the greenhouse beginning January 1, 2016. Call Bill Snyder at (319) 378-3141.



The new Ushers Ferry Lodge is perfect for weddings, receptions, business events and reunions. Tables and chairs are available for up to 300 people. More at UFHV.com.

FACILITY RENTALS

Ambroz Recreation Center

- Meeting Rooms
- Small Gym
- Parking

Basic rental rates begin at \$40 per three hour period for nonprofit organizations. Call (319) 286-5731 for reservations and use policies.

Bender Pool

Have a pool party! Set up a special birthday party, Boy or Girl Scout troop swim, church outing or other special event. For more information on availability, rental rates, and how to reserve the pool, see page 39.

Ushers Ferry Historic Village/ Ushers Ferry Lodge

The new Ushers Ferry Lodge as well as the gazebo, houses and grounds at Ushers Ferry Historic Village are available for rental. The Village is a great place for weddings, business events, church/company picnics, birthday/retirement parties, family/class reunions, graduation parties, hayrack rides/bonfires, and other special events. Call (319) 286-5699 or go to UFHV.com for more information.

WEDDING RENTALS

Parks

- Noelridge Flower Gardens
 - Ellis Shakespeare Garden
- The above park locations are available for daily reservations for wedding parties up to 50 people (including the wedding party and guests). Call (319) 286-5699 or go to UFHV.com for more information.

Ushers Ferry Historic Village

The gazebo, houses and grounds are available for wedding rentals at Ushers Ferry. Call (319) 286-5699 or go to UFHV.com for more information.

NEW Ushers Ferry Lodge

The new Ushers Ferry Lodge may be reserved for weddings, parties, receptions, business events and reunions. Tables and chairs are available for up to 300 people. Call Teresa White at (319) 286-5699 for availability and rates. Learn more at UFHV.com.



PARK PAVILION RENTAL

Rent one of 23 pavilions in the City parks at any time up to one year in advance of the intended use date. The first date for pavilion rental in the spring is April 16, 2016. They are rented for two use periods: 9am-3pm and 4-10pm. Sizes range from 7-30 tables. Rates vary based on pavilion size.

Call (319) 286-5731, Monday through Friday, between 8am-5pm for more information. See pavilions and their features at CRREC.org. Click on Pavilions & Other Rentals.

GARDEN PLOT RENTALS

Garden plots are available to rent to new gardeners at 8am on March 9 at:

Ambroz Recreation Center
2000 Mount Vernon Road SE
Weekdays, 8am-5pm
(319) 286-5731

Registrations must be made in person. Plots are available at:

- Ellis Park (Robbins Lake area)
- Tuma (County Home Road NE)
- Squaw Creek Park (North of Gardner Golf Course)

GIFT CERTIFICATES

Give them a gift they're sure to enjoy! Cedar Rapids Parks & Recreation Gift Certificates are the ideal present for birthdays, anniversaries or holidays. Gift certificates are available in any amount. Purchase them at the

Ambroz Recreation Center
2000 Mount Vernon Road SE
or the
City Services Center (CSC)
500 15th Avenue SW

Certificates are valid for one year.

Registration Guidelines

Payment must be received to register for a program.

The Department reserves the right to cancel or consolidate classes depending on registration. A full refund is issued for all cancelled classes. Minimum and maximum class sizes are utilized.

Waiting lists are established when classes are full. Additional classes may be offered if the minimum enrollment is reached and facility space is available.

Fees will not be prorated.

Registration is required prior to the start of class, unless otherwise noted.

A youth waiver must be completed for every participant under 17 years of age.

A \$4 nonrefundable handling charge will be deducted from the refund of each class when an enrollee withdraws prior to the first day of class. Once the first day of class arrives, refunds are not issued unless the class or program is cancelled by Parks & Recreation. Swimming exception: See page 41.

If your child turns the minimum age required within 30 days of the start of the program, they may register for that program unless noted otherwise.

Web registration is available up to the day prior to the start of the class or session or the registration deadline date.

T-Shirt Sizes

- Youth Sizes: YXS = 2-4**
YS = 6-8
YM = 10-12
YL = 14-16
Adult Sizes: S, M, L



I WANT TO REGISTER; NOW WHAT DO I DO?

GO ONLINE

Log on to CRREC.org. Click the "Register Online" button in the right hand column. Log on and follow the directions provided. The first time you use the system your user name is your household I.D. number and your password is the primary adult's last name (up to twelve characters, not case sensitive). Online registration is processed 24 hours a day with credit card payment up to the day prior to the start of the class or session or the registration deadline date.

CALL US

Weekdays from 8am-5pm
 Call 286-5731. Your registration will be processed by a customer service representative while you wait. Credit card payment only.

WALK IN

Stop by one of our two locations below and we will process your registration. Cash, check, Cedar Rapids Parks & Recreation gift certificates and credit cards accepted.

Ambroz Recreation Center
 2000 Mount Vernon Road SE
 Cedar Rapids, IA 52403
 Hours: 8:00am - 5:00pm

City Services Center (CSC)
 500 15th Avenue SW
 Cedar Rapids, IA 52404
 Hours: 7:30am - 4:30pm

FACILITY HOURS AND PHONE NUMBERS

Ambroz Center 286-5731
Weekdays: 8am-5pm

Bender Pool 286-5790
During programmed hours

City Services Center..... 286-5566
Weekdays: 7:30am-4:30pm

Golf Operations 286-5588
Weekdays: 7am-4pm

Park Operations..... 286-5760
Weekdays: 7am-4pm

Pavilion Rental..... 286-5731
Weekdays: 8am-5pm

Ushers Ferry 286-5763
During programmed hours

DISCOUNTS

Financial Assistance Program -

A discount is available for those who qualify on recreational programs and swim passes. Please call (319) 286-5731 for more information on guidelines and the qualification process.

Resident -

Those who reside in a zip code with 524 as the first three numbers receive a discount for programs and swim passes.

WHEN YOUR LITTLE SNOW BUNNY doesn't feel like hopping around.

**Urgent care
clinics are open.**

Hours:
Monday – Friday:
8 a.m. – 8 p.m.
Saturday – Sunday:
8 a.m. – 3 p.m.

Urgent Care locations

Hiawatha

1001 N. Center Point Road, Suite C
Hiawatha | (319) 375-6100

Marion

2996 7th Avenue, Suite B
Marion | (319) 377-4844

Westside

2375 Edgewood Road SW
Cedar Rapids | (319) 396-1983

If you need assistance selecting a health care provider you can learn more by viewing videos and profiles at unitypoint.org/doctor.



UnityPoint Clinic

MAYO
CLINIC

CareNetwork
Member

The point of unity is you.

Check wait times at
unitypoint.org/cedarrapids.