



Activities

**BACKYARD GAMES**

(16+ yrs.)

Do you enjoy being outdoors and playing games? Join us for bag toss, Frisbee golf, ladder golf, backyard bowling and much more!

#208104-01 Tu 9/6-9/27 6-7pm  
\$34 (R \$27) NW Rec Greenspace

**DELICIOUS NUTRITIOUS DESSERTS**

(13+ yrs.)

Learn how to make your favorite part of the meal...and make it healthy!

Create nutritious, delicious desserts that are great for your body.

#208102-01 Tu 9/6-9/27 7-8pm  
\$34 (R \$27) NW Rec

**GAME TIME WITH SUE**

(12+ yrs.)

Play games such as charades, Uno Attack, Pictionary, cards and other board games. Focus on fun while you socialize with old and new friends.

#208105-01 Tu 10/11-11/1 7-8pm  
\$34 (R \$27) NW Rec

**25TH ANNUAL HALLOWEEN DANCE**

(All Ages)

Join your friends at the 25th annual Halloween fling with prizes for the best costumes! No pre-registration. Pay at the door. The general public is encouraged to attend.

F 10/28 7-9pm \$5/person  
NW Rec

The activities on these pages are for those with disabilities. These programs are also open to friends, family members, and the general public. Individuals with disabilities are also encouraged to register for any program that Cedar Rapids Parks & Recreation offers.

**HOLIDAY FOODS**

(16+ yrs.)

Learn to prepare Halloween, Thanksgiving and Christmas foods. Enjoy lots of fun and fellowship with new themes each week.

#208103-01 Tu 10/11-11/1 6-7pm  
\$34 (R \$27) NW Rec

**PLANET X SPECIAL OLYMPICS FUNDRAISER**

(All Ages)

What a great way to support our Special Olympics program! The admission price includes unlimited mini golf, rock climbing, indoor playground, Spaceball, Jumpshot, bumper cars, pizza and soda and one game of laser tag. Face painting, balloon art and caricatures are available as well. Game tokens may be purchased for 25¢ each.

Su 9/25 5-8pm \$10/person  
Planet X, 4444 1st Ave. NE #3001

**\*NEW\* TEEN NIGHT**

(12-21 yrs.)

Drop by the new NW Rec Center and hang out with your friends! Play pool, shoot hoops or just chill and enjoy some popcorn. Special Populations staff will lead games and activities.

F	10/7	6-9pm	\$5/person
F	11/4	6-9pm	\$5/person
F	12/2	6-9pm	\$5/person
NW Rec			

Sports

**ADAPTIVE BASKETBALL**

(6-21 yrs.)

Come learn the fundamentals of team basketball. Doug and Gary will teach you to shoot, dribble and pass. Games will be played in a fun, non-competitive atmosphere.

#208502-01 M 9/12-10/17 6-7pm  
\$45 (R \$38) NW Rec

**SPECIAL OLYMPICS ADULT BASKETBALL**

(16+ yrs.)

Play on a Special Olympics Basketball team. Practices are held weekly, and the district competition will be held in February with winners advancing to state competition on March 11.

W	11/2-3/8	7:15-8:30pm
FREE	Jefferson	

**SPECIAL OLYMPICS BASKETBALL SKILLS**

(8+ yrs.)

Shoot hoops and have a good time! Learn basketball skills without playing on a team. Practices will be held weekly, ending with a district competition in January and a state competition March 11 in Iowa City.

M	11/7-3/6	6-7pm
FREE	NW Rec	

**SPECIAL OLYMPICS  
3-ON-3 BASKETBALL**

**(16+ yrs.)**

This program is for athletes with lower ability levels, and participants who are tired of riding the bench. There will be district and state Special Olympics competitions. Games will be played on half courts.

W	11/2-3/8	7:15-8:15pm
FREE	Jefferson	

**SPECIAL OLYMPICS  
YOUTH BASKETBALL**

**(8-21 yrs.)**

Practices will be held weekly for this co-ed team. The district competition will be in February with winners advancing to state on March 12.

M	11/2-3/7	6-7pm
FREE	NW Rec	

**SPECIAL OLYMPICS  
FALL BOCCE**

**(8+ yrs.)**

This fall program will be played outdoors at NW Rec. Participants will be placed on teams for the spring competitions with all district winners advancing to the state competition May 26 in Ames.

M	9/12-10/3	6-7:30pm
FREE	NW Rec Green Space	

**SPECIAL OLYMPICS  
FLAG FOOTBALL**

**(8+ yrs.)**

Learn the fundamentals and rules of football. Work on your skills and participate in scrimmages. The state competition will be held in Cedar Rapids October 3.

W	8/10-10/12	5:30-6:30pm
FREE	Cleveland Park	

**LEARN TO SKI**

**(8+ yrs.)**

Special Olympians who want to learn to downhill ski will receive two days of instruction at Sundown Mountain in Dubuque. Room and board will be provided. **Register by 11/21.**

#208604-01	M-W	1/9-1/11
\$52 (R \$45)		
Depart: NW Rec, 7:30am, 1/9		
Return: NW Rec, 11am, 1/11		

**SPECIAL OLYMPICS  
ALPINE SKIING**

**(10+ yrs.)**

Learn to ski, or sharpen your skiing skills at Sundown Mountain, Dubuque. Then compete in an exciting Special Olympics three-day competition.

**Register by 11/21.**

#208601-01	Su	12/11
#208601-02	Su	12/18
#208601-03	M-W	1/9-1/11
Depart: NW Rec, 7:30am		
Return: NW Rec, 5pm		
\$52 (R \$45)/person/session		
Fee includes ski pass, rental and lesson		

**WORLD FOOD & MUSIC  
FESTIVAL / ZIPLINE ADVENTURES**

**(16+ yrs.)**

The World Food and Music Festival in Des Moines features food from around the world. Entrees are \$5 or less and there are many fun activities and live music with free admission. You'll also experience three ziplines at Sunstream Retreat Center on this trip. Bring at least \$20 to buy lunch on your own and for other activities.

#208706-01	Sa	9/17	8am-5pm
\$52 (R \$45)	Depart/Return: NW Rec		

**DESTINATION WINTER  
WONDERLAND**

**(16+ yrs.)**

Get in the holiday spirit with a trip to the Festival of Trees in Muscatine. Finish your Christmas shopping and enjoy a delicious meal. The evening will conclude with a horse and buggy ride. Fee includes meal/transportation.

#208701-01	F	12/2	3:30-9pm
\$47 (R \$40)	Depart/Return: NW Rec		



Photo by Jim Messina

ADA ACCOMMODATIONS

Cedar Rapids Parks & Recreation makes reasonable accommodations for those who meet the essential eligibility requirements for participation in recreational programs. If you need accommodations, send a written request stating the needed accommodations to:

Angie Cole, Recreation Superintendent  
City Services Center  
500 15th Avenue SW  
Cedar Rapids, IA 52404  
Email: a.cole@cedar-rapids.org

Submit your request at least 2 weeks prior to the program in order to be considered. Questions: Contact Robert Wagner, 319-286-5799.

