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Photos by  
Brett Smith and Jim Messina



**ACTIVE CHOICE**  
Choose A High  
Activity Program



**CHOOSE A HEALTHY  
HOMETOWN  
ENCOURAGED ACTIVITY**



# ACTIVITIES

## Young Learners & Families

### ✓ ANIMALS ON THE FARM (3-7 yrs.)

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

#113107-01 Tu 6/11-7/2 9:30-10:15am  
#113107-02 Tu 7/16-8/6 9:30-10:15am  
\$32 (R \$25) Duck Pond Pavilion, Bever

### BE A BEE (4-7 yrs.)

Learn about pollination by acting out the work of the honeybee. In this game, you will create a bee costume to wear as you fly out to find pollen and nectar. Communicate with your fellow bees through waggle dances and bring everything back to the hive.

#113109-01 W 6/19 9:30-10:30am  
#113109-03 Sa 8/10 9:30-10:30am  
\$19 (R \$15) Duck Pond Pavilion, Bever

### ✓ IT'S A MESS!

**(2-4 yrs. with Adult)**

Get messy and explore textures and mediums that you might not normally experience at home. Wear your play clothes and get messy!

#310104-03 M 4/15-5/20 9:30-10:15am  
#110104-01 M 6/10-7/15 9:30-10:15am  
\$38 (R \$31) NW Rec

### ✓ MAKE & TAKE STORY TIME (0-7 yrs. with Adult)

Get ready to take the Cedar Rapids Library's Summer Dare! Attend most of the sessions presented by library staff and receive an award.

Tu 6/4-7/23 10-10:45am  
FREE Jacolyn Park Pavilion

### ✕ MOVERS AND SHAKERS

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

Get the wiggles out! 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.

#310401-03 W 4/17-5/22 10:15-11am  
\$38 (R \$31) NW Rec

### ✓ ✕ PLAY, MUSIC AND FUN (1-3 yrs. with Adult)

Learn fun songs and finger plays with your child. Introduce them to simple rhythm instruments in a fun group setting. This is a high-energy class with concentration on motor skill activities.

#310102-03 W 4/17-5/22 9:30-10:15am  
#110402-01 W 6/19-7/31\* 9:30-10:15am  
\$37 (R \$30) NW Rec \*No class 7/3





## Youth

### ALIENS VS. MONSTERS & ROBOTS (7-10 yrs.)

Paint, sculpt, draw, and print aliens, monsters and robots, then make one of your creatures out of polymer clay.

#103807-01 Tu/Th 7/9-7/25 10:30-11:30am  
\$45 (R \$38) NW Rec

### CHILDREN'S PAINTING (7-10 yrs.)

Let's have some fun! Using tempura and watercolor, you'll try your hand at color mixing, brush techniques, use of resist materials and more.

#103805-01 Tu/Th 6/11-6/27 10:30-11:30am  
\$45 (R \$38) NW Rec

### CREEK STUDY AND YOU (8-11 yrs.)

Learn about plant and critter life and practice fishing. This program is sponsored by CR Parks & Rec and Linn County Conservation. Bring a lunch not requiring refrigeration and water.

#113106-01 Th 6/13  
10am-1pm  
\$13 (R \$12)  
Duck Pond Pavilion, Bever



### FARMER FOR A DAY (6-10 yrs.)

Put on old clothes, tennis shoes or boots and find out more about the animals at Old MacDonald's Farm. Learn how to care for them and what goes on at the farm each day with hands-on activities. Pick a day or sign up for multiple sessions.

#113102-01	M	6/10	8-10am
#113102-02	Th	6/13	8-10am
#113102-03	M	6/17	8-10am
#113102-04	Th	6/20	8-10am
#113102-05	M	6/24	8-10am
#113102-06	Th	6/27	8-10am
#113102-07	M	7/1	8-10am
#113102-08	M	7/8	8-10am
#113102-09	Th	7/11	8-10am
#113102-10	M	7/15	8-10am
#113102-11	Th	7/18	8-10am
#113102-12	M	7/22	8-10am
#113102-13	Th	7/25	8-10am
#113102-14	M	7/29	8-10am
#113102-15	Th	8/1	8-10am
#113102-16	M	8/5	8-10am
#113102-17	Th	8/8	8-10am

\$14 (R \$13) Old MacDonald's Farm

### FUN WITH ART (5-9 yrs.)

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

#103205-01 Tu/Th 7/9-7/25 9-10am  
\$45 (R \$38) NW Rec

### FUZZY, FURRY, SLIMY, SCALY (8-11 yrs.)

Explore the group of animals called vertebrates by comparing mammals, birds, reptiles, fishes and amphibians with live creatures and hands-on examples. This program is sponsored by CR Parks & Rec and Linn County Conservation. Bring a lunch not needing refrigeration and water.

#113103-01 Th 6/27 10am-1pm  
\$13 (R \$12) Duck Pond Pavilion, Bever

### HOME SCHOOL DAY (5+ yrs.)

Spend half a day in the school house studying and learning just as students would have in 1910. Take a tour of the entire village with an Ushers Ferry guide. Bring a sack lunch. Call 319-286-5763 for more information.

#314602-01 W 4/17 9:30 am-1:30pm  
\$9.75 (R \$8.75) Ushers Ferry

### KIDS' DRAWING (7-11 yrs.)

Expand your drawing abilities through guided experiences with a variety of media including pencils, pastels, felt tip and charcoal. Go through specific exercises aimed at developing your "seeing" skills.

#103811-01 Tu/Th 6/11-6/27 9-10am  
\$45 (R \$38) NW Rec



# FOR KIDS ONLY! DAY CAMP

**(6-12 yrs.)**

Stay busy all summer long in this camp for kids entering grades 1-6. Spend your days playing games, making crafts, swimming, participating in special events and going on an occasional field trip. Payment for the first week is due when you register. Additional week's payments are due the Monday of the specific week. Campers bring their own lunches. Morning and afternoon snacks and swimming are provided. Campers will swim every day weather permitting.

M-F 6/10-8/2 7am-5:30pm \$134 (R \$124)/week \$37 (R \$30)/day Cherry Hill or Noelridge Parks

## CHERRY HILL PARK SITE

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

## NOELRIDGE PARK SITE

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

### Weekly Themes

<b>Summer Blast Off</b> School's out! It's time to kick back and have some fun.	<b>M-F 6/10-6/14</b>	#110701-01 Noelridge	#110801-01 Cherry Hill
<b>Athletic Adventures</b> This week's campers will be exposed to the basics of a variety of sports and get a chance to experience some traditional and non-traditional sports and activities.	<b>M-F 6/17-6/21</b>	#110702-01 Noelridge	#110802-01 Cherry Hill
<b>Carnival Time</b> A penny carnival will be the highlight of this week of carnival happenings.	<b>M-F 6/24-6/28</b>	#110703-01 Noelridge	#110803-01 Cherry Hill
<b>All-American</b> Enjoy a week of wacky relays and silly games. *Fee for this week is \$109 (R \$99)	<b>M, W-F 7/1-7/5* (no camp 7/4)</b>	#110704-01 Noelridge	#110804-01 Cherry Hill
<b>Games Galore</b> Enjoy a variety of active and quiet games, special events and contests during this week.	<b>M-F 7/8-7/12</b>	#110705-01 Noelridge	#110805-01 Cherry Hill
<b>Beach Party</b> Keep cool with special water games and activities.	<b>M-F 7/15-7/19</b>	#110706-01 Noelridge	#110806-01 Cherry Hill
<b>Nature All Around Us</b> Come explore the nature around us! Hiking all over the park and finding out what's in the creek will keep you busy this week. Parents are welcome to join in the fun.	<b>M-F 7/22-7/26</b>	#110707-01 Noelridge	#110807-01 Cherry Hill
<b>Fun and Fitness</b> What a great way to spend a week of our summer day camp experience! This week will be filled with activities to keep us fit and healthy.	<b>M-F 7/29-8/2</b>	#110708-01 Noelridge	#110808-01 Cherry Hill



# SUMMER ADVENTURE CAMPS & TRIPS

## AMERICAN GIRL (Girls 6-12 yrs.)

It's an American Girl party every day at Ushers Ferry! The time periods and lives of five dolls will be explored each day. Discover what each American Girl did for fun, what crafts she created, what goodies she made and ate, and what was happening in the world around her. Bring your doll!

### 6-8 years Moms can stay with the shy ones!

#114103-03	M	6/10	9-10:30am
#114103-04	Tu	6/11	9-10:30am
#114103-05	W	6/12	9-10:30am
#114103-06	Th	6/13	9-10:30am
#114103-07	F	6/14	9-10:30am
\$14 (R \$13)/day Ushers Ferry			

#114103-02	M-F	6/10-6/14	9-10:30am
\$66 (R \$58)/week Ushers Ferry			

### 8-12 years

#114103-01	M-F	6/10-6/14	9am-12pm
\$125 (R \$115) Ushers Ferry			

## ARMY CAMP FOR KIDS

Evening Program!

### (9-13 yrs.)

There's more to being a soldier than what you see in movies and video games. Learn more about the history, traditions, uniforms and equipment of America's military branches and study classic military science and tactics. You'll join your own military company and participate in drills, obstacle courses, fitness training and a NERF tactical on the last day.

#114118-01	M-F	6/10-6/14	5:30-8:30pm
\$130 (R \$120) Ushers Ferry			

## LITTLE ADVENTURES WITH TOM AND HUCK (6-8 yrs.)

Get up to some good, old-fashioned fun like Tom and Huck did! Explore the woods and look for buried treasure, play hookie from school, enjoy games and make mischief while avoiding Aunt Polly's long list of chores.

#114117-01	M/Tu	6/10, 6/11	9-10:30am
\$33 (R \$26) Ushers Ferry			

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

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

#114105-03	W/Th	6/12, 6/13	1-2:30pm
\$33 (R \$26) Ushers Ferry			

## HARRY POTTER CAMP & TRI-WIZARD TOURNAMENT

### (9-13 yrs.)

Make some magic! You will be sorted into your respective house upon arrival and meet your new professors for special classes on wizarding and wand-making. Over the course of the week, you will study potions and alchemy, learn to play (muggle) quidditch, and compete against other houses in a Tri-Wizard Tournament rescuing loved ones and finding dragon's eggs and other magical relics.

#114115-01	M-F	6/17-6/21	9am-12pm
#114115-03	M-F	6/17-6/21	2-5pm
\$130 (R \$120) 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 camp for adventurous kids! Learn to build a shelter, find your way in the wilderness, live off the land and assemble the tools to survive any situation. Test your zombie survival skills on the last day with a water gun war - Humans vs. Zombies!

#114105-01	M-F	7/8-7/12	9am-12pm
#114105-02	M-F	7/8-7/12	2-5pm
\$130 (R \$120) Ushers Ferry			

## PRAIRIE GIRL PRIMER (Girls 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 Moms can stay with the shy ones!

#114101-02	M	7/15	9-10:30am
#114101-03	Tu	7/16	9-10:30am
#114101-04	W	7/17	9-10:30am
#114101-05	Th	7/18	9-10:30am
#114101-06	F	7/19	9-10:30am
\$14 (R \$13)/day Ushers Ferry			

#114101-01	M-F	7/15-7/19	9-10:30am
\$66 (R \$58)/week Ushers Ferry			

### 8-12 years

#114102-01	M-F	7/15-7/19	9am-12pm
\$125 (R \$115) Ushers Ferry			



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

Evening Program!

Discover your inner Katniss or Hawkeye! Learn the basics of archery as you practice with the bow and arrow, and play games to develop your skills of stealth and observation. Learn how to walk quietly and track your prey. (This program corresponds with the ATA Explorer Bow Hunting program.)

**Register by 7/24.**

#114114-01 M-F 7/29-8/2 5:30-8:30pm  
\$130 (R \$120) Ushers Ferry

**DANGEROUS DAY CAMP JUNIOR: MAD SCIENTIST'S LAB (6-8 yrs.)**

Attention! Mad scientists wanted to aid the ZRF (Zombie Resistance Forces)! The area has been cleared of zombies, but now a strange, green slimy substance has been found in Seminole Valley! Is it the source of the zombie contagion? Explore the woods, collect samples and specimens, and test for acids and bases to see if you can replicate the zombie slime.

#114108-02 M/W 7/29, 7/31 1:30-3pm  
\$33 (R \$26) Ushers Ferry

**CANOE PIRATE ADVENTURE (9-13 yrs.)**

Prepare for a canoe adventure! Learn the basics or refresh your skills in this two-day camp. Build your crew and get into your canoes to practice in the shallow pond on Monday and then test your skills in our fun Pond Pirate obstacle course on Wednesday.

#114111-01 M/W 7/29, 7/31 9am-12pm  
\$53 (R \$46) Ushers Ferry



**CANOE ADVENTURE CAMP & FLOAT TRIP**

**(9-13 yrs.)**

Paddle your own canoe! Start by learning the basics in our shallow pond (gear, strokes, steering and what to do if you capsize) before your open water adventure down the Wapsipinicon River on the last day.

#114112-01 M-Th\* 7/15-7/18  
M-W: 9am-12pm, Th: 9am-4pm  
\*Float trip will be Friday if it rains Thursday  
\$115 (R \$105) includes canoe rental  
Ushers Ferry

**FANTASY FOAM BATTLE CAMP (8-12 yrs.)**

Get offline and out into nature in this LARP (Live Action Role Play) camp. Make fun foam weapons and shields, create your character and costume, and spend the last day in the woods fighting elves, dwarfs or orcs!

#114106-01 M-F 7/22-7/26 9am-12pm  
\$140 (R \$130) includes \$10 materials fee  
Ushers Ferry

**\*NEW\* HUNGER GAMES TRAINING CAMP (9-13 yrs.)**

Could you survive the Hunger Games? Learn basic wilderness survival and foam combat skills (including archery!) as you and your partner team up to represent your district in the ultimate battle. Sign up with a friend as a duo, or register on your own and draw your teammate in the lotto.

#114113-01 M-F 6/24-6/28 9am-12pm  
\$130 (R \$120) Ushers Ferry

**HARRY POTTER ACADEMY (6-8 yrs.)**

Make your own magic in this fun new camp for Harry Potter fans. On Monday, you will be sorted into your new "house" and meet your professors for lessons in magic, making your own wand. On Wednesday, you'll learn some wizarding spells and go on a search for the Sorcerer's Stone.

#114116-01 Tu/Th 7/30, 8/1 9-10:30am  
#114116-02 Tu/Th 7/30, 8/1 1-2:30pm  
\$33 (R \$26) Ushers Ferry

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

Have some good, old-fashioned summer fun before you head back to school! Learn how to cook on a wood stove or maybe over an open fire. After you finish your summer chores, head on down to the river and try some fishing.

**6-8 years**

#114119-01 M 8/5 9-10:30am  
\$14 (R \$13) Ushers Ferry

**9-12 years**

#114119-02 M 8/5 9am-12pm  
\$27 (R \$23) Ushers Ferry

**\*NEW\* UNDERGROUND IOWA: MAQUOKETA CAVES VAN TRIP (9-13 yrs.)**

Explore Iowa's Maquoketa Caves! Pack a sack lunch, bring a flashlight, and put on old clothes and hiking shoes for this rugged, underground adventure. Bring some money for ice cream on the way home.

#114204-01 W 8/7 8am-5pm  
\$46 (R \$39) Depart: Ushers Ferry

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

Grab your friends and your NERF gear and head out to Ushers Ferry to take your last shot at summer fun! Learn basic NERF safety rules and strategy, then break into teams to play Capture the Flag and other games to defend your fortress. Bring your own NERF gear, ammo and eye protection.

#114120-01 F 8/9 9am-12pm  
\$20 (R \$16) Ushers Ferry

## Adult

### **\*NEW\* DIGITAL STORYTELLING WITH YOUR CAMERA (18+ yrs.)**

Professional photographer/teacher Jim Messina will instruct you on basic exposure, equipment, composition, photo journalism and storytelling. You don't need your own equipment to participate, but you may bring it.

#103128-01 Tu 4/2-6/4 6-8:30pm  
\$78 (R \$70) NW Rec

### **\*NEW\* DRAWING FOR BEGINNERS WITH JEAN MURRAY (18+ yrs.)**

Learn drawing basics: perspective, creative use of line, shading and more. This class is open to beginners as well as advanced students. You'll receive a supply list the first day of class.

#103109-01 Tu 4/9-5/14 10am-12pm  
\$49 (R \$42) NW Rec



### **\*NEW\* WATERCOLOR MADE EASY (18+ yrs.)**

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

#103107-01 Tu 4/9-5/14 1:30-3:30pm  
#103107-02 Tu 6/11-7/23\* 1:30-3:30pm  
\$49 (R \$42) NW Rec \*No class 7/2

## BOOMER & BEYOND

Boomer and Beyond Activities are for ages 50+. **Silver and Gold Club** and **Walking Club** (page 36) are programs specific to this age group. Other programs, while not specific to seniors, are available.

They are:

- **Adult Art Classes** (page 32)
- **Guitar Classes** (page 32)
- **Dance Classes** (page 33)
- **Fitness Classes** (pages 33-34)
- **Pickleball** (page 36)
- **Events** (pages 35, 37, 38)
- **Golf** (pages 48, 49)
- **Water Exercise** (pages 54-56)

## Guitar Classes

Guitars are available for use at Northwest Recreation if needed.

### INTRO TO GUITAR

(9+ yrs.)

Have you ever wanted to learn to play guitar? Ken Arnell will teach you the basics and have you playing in two lessons. Get ready for hours of fun.

#### 9-15 years

#118801-01 M 4/8-5/13 5:30-6:30pm  
#118801-02 M 6/10-7/15 5:30-6:30pm  
\$81 (R \$73) NW Rec

#### 16+ years

#118801-03 M 4/8-5/13 6:30-7:30pm  
#118801-04 M 6/10-7/15 6:30-7:30pm  
\$81 (R \$73) NW Rec

### GUITAR II

(9+ yrs.)

Continue to improve your skills and learn more great songs in this advanced guitar class. Completion of Intro to Guitar is recommended before taking this class.

#118802-01 M 4/8-5/13 7:30-8:30pm  
#118802-02 M 6/10-7/15 7:30-8:30pm  
\$81 (R \$73) NW Rec

## April 12-14, 2019

### CEDAR RAPIDS



**Eastern IOWA  
SENIOR  
CHALLENGE CEDAR RAPIDS**



**GOLF**



**GRANNY  
BASKETBALL**



**CEDAR RAPIDS  
PARKS & RECREATION**



**IOWA  
senior games**



**PICKLEBALL**



**SWIMMING**

**MEN & WOMEN  
AGE 50+**



**TABLE TENNIS**



**TENNIS**



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## Dance

### BASIC BALLROOM FOR SOCIAL DANCERS

(18+ yrs.)

Planning or attending a wedding? Don't be left out when the dancing starts! Learn two of these dances (determined by class participants): swing, rumba, waltz, foxtrot, two-step. Singles welcome, partners preferred. Private group lessons are also available; call 319-286-5744 to schedule.

#105117-01	M	4/15-5/20	6-7pm
#105117-02	M	6/3-7/8	6-7pm
\$52 (R \$45)/person		NW Rec	

### FUN BASICS BELLY DANCE

(18+ yrs.)

Learn the most popular movements and step combinations used in modern belly dance. In addition to captivating movements and isolations, you will learn some of the history of this art form and about the culture that brought it to this country.

It is important to become proficient at this level before going on to the intermediate level. SanDee will help you decide when you're ready. You may continue taking this class along with the next level.

#305204-03	M	4/15-5/13	7-8pm
#105204-01	M	6/3-7/8	7-8pm
#105204-02	M	7/15-8/19	7-8pm
\$52 (R \$45)		NW Rec	

### INTERMEDIATE BELLY DANCE - PERFORMERS

(18+ yrs.)

Do you have the basics under your "belt" and want to perform? Focus on performing in costume (veils, finger cymbals, props). Learn stage direction, choreography, costuming, make-up and how to perform with personality and charm. Costumes are needed for performances.

At least two sessions of Fun Basics and pre-approval by SanDee are required to register for this class. You may sign up for both classes. Performing is encouraged, not mandatory.

#305205-03	M	4/15-5/13	8-9pm
#105205-01	M	6/3-7/8	8-9pm
#105205-02	M	7/15-8/19	8-9pm
\$52 (R \$45)		NW Rec	



## Fitness

### \*NEW\* FUSION: POUND® + ZUMBA

(16+ yrs.)

Looking for a new way to work out? Sweat. Sculpt. Rock. Dance. Mix it up with Pound®, an energizing cardio jam session inspired by the fun of playing the drums, and Zumba, a Latin/world dance experience.

#318117-04	M	4/1-4/29	5-6pm
#118117-01	M	5/6-5/20	5-6pm
#118117-02	M	6/3-6/24	5-6pm
#118117-03	M	7/1-7/29	5-6pm
#118117-04	M	8/5-8/26	5-6pm
\$42 (R \$35)		NW Rec	

### KYUDO RENMEI

(16+ yrs.)

Kyudo is one of the oldest martial arts in Japan and has both martial and ceremonial influences. This traditional form of archery uses an asymmetrical longbow, and emphasizes self-improvement and shooting as a group.

#102303-01	Su	4/28-6/2	10am-12pm
#102303-02	Su	6/9-7/28*	10am-12pm
#102303-03	Su	8/11-9/15	10am-12pm
\$42 (R \$35)		NW Rec	
*No class 6/23, 7/14			



### RYUKU KEMPO KARATE

(6+ yrs.)

Conflict resolution, situational awareness, and developing a strong moral character will be taught in addition to Ryuku Kempo in this class for all abilities and skill levels. Opportunities for advanced practice are available. This class is part of Open Hand, a nonprofit that uses the principles and practices of traditional martial arts to develop a stronger, more connected and empowered community.

#### 6-11 years

#318108-04	Tu/Th	4/2-4/30	6-7pm
#118108-01	Tu/Th	5/2-5/30	6-7pm
#118108-02	Tu/Th	6/4-6/27	6-7pm
#118108-03	Tu/Th	7/2-7/30*	6-7pm
#118108-04	Tu/Th	8/1-8/29	6-7pm
\$65 (R \$57)		NW Rec *No class 7/4	

#### 12+ years

#318109-04	Th	4/4-4/25	7-8pm
#118107-01	Th	5/2-5/30	7-8pm
#118107-02	Th	6/6-6/27	7-8pm
#118107-03	Th	7/11-8/1	7-8pm
#118107-04	Th	8/8-8/29	7-8pm
\$36 (R \$29)		NW Rec	

### YOGA IN THE PARK

(12+ yrs.)

Downshift and gain mind/body awareness. Uniting breath with movement, work on increasing your lung capacity, functional strength, range of motion, flexibility, balance and relaxation. Bring a yoga mat or towel.

Su	6/2-7/21	8-9am
FREE	Noelridge Park Gardens	



### \*NEW\* SELF DEFENSE SEMINAR

(16+ yrs. or 12+ with Adult)

Learn situational awareness tools and leave this seminar with the ability to use the OODA (Observe, Orient, Decide, Act) method to recognize and break down social "hacks" that predators use. This seminar is part of Open Hand, a nonprofit that uses the principles and practices of traditional martial arts to develop a stronger, more connected and empowered community.

#118119-01	Sa	4/13	10am-12pm
\$42 (R \$35)		NW Rec	

 **GOAT YOGA**  
(13+ yrs.)

Let go, have fun and interact with these smart and social farm animals in this unusual and fun yoga class. Fun and laughter are the foundation of this mind, body and goat class! Other farm animals may join in on the fun as well. Wear appropriate clothing and bring your own mat or rent one for \$2 (cash only).

#113111-01	M	6/3	5:30-6:30pm
#113111-02	M	6/10	5:30-6:30pm
#113111-03	M	6/17	5:30-6:30pm
#113111-04	M	6/24	5:30-6:30pm
#113111-05	M	7/1	5:30-6:30pm
#113111-06	M	7/8	5:30-6:30pm
#113111-07	M	7/15	5:30-6:30pm
#113111-08	M	7/22	5:30-6:30pm
#113111-09	M	7/29	5:30-6:30pm
#113111-10	M	8/5	5:30-6:30pm
#113111-11	M	8/12	5:30-6:30pm
#113111-12	M	8/19	5:30-6:30pm
#113111-13	M	8/26	5:30-6:30pm

\$11 (R \$10)  
Old MacDonald's Farm Barn

 **PARENT/CHILD GOAT YOGA**  
(5+ yrs. with Adult)

How can you make exercise more fun? Do it with your kids and ours as well as chickens and rabbits! Be sure to wear loose and comfortable clothing that can get dirty. Bring your own mat or rent one for \$2 (cash only). You may register more than one child.

#113110-01	\$11 (R \$10) Adult
#113110-02	\$5 (R \$4) Child
M	5/20 5:30-6:30pm
Old MacDonald's Farm Barn	
#113110-03	\$11 (R \$10) Adult
#113110-04	\$5 (R \$4) Child
Sa	6/8 9-10am
Old MacDonald's Farm Barn	



GOAT YOGA PARTIES

Need to let go and escape the usual routine with some friends, colleagues or family? A Goat Yoga party may be the perfect option for you! Fun and laughter are the foundation of this unusual yoga class where you can interact with these smart and social animals. Other farm animals may join in on the fun as well!

Parties for ages 13 and up are available June - August: Mondays 4:30-5:30 p.m., Thursdays between 4:30-6:30 p.m., and Saturdays 8:30-9:30 a.m. Fee is \$90 for a one-hour class. Please wear appropriate clothing and bring your own mat or rent one for \$2 (cash only). Call 319-286-5763 to set up your party or to discuss a different age range. Reservations are required two weeks in advance.

BIRTHDAY PARTIES

The first hour of your party will be a guided farm tour with a party host. In this hour, you will have hands-on contact with the animals and will be able to feed them as well. The second hour will be free time at the pavilion near the duck exhibit. The birthday child will receive a gift. Bring your own cake, snacks and beverages. Two-hour party reservations are available May 1-October 9 and can be scheduled between 10:00 a.m. - 6:30 p.m. Call 319-286-5763 to set up your party.

Reservations are required two weeks in advance. Fee is \$108 per 2 hour period and includes pavilion reservation and farm tour. Non-refundable.

**\*NEW\* LEARN, GROW, EAT & GO!**  
**FREE SUMMER HANDS-ON GARDENING PROGRAM FOR KIDS**

*Growing good kids by igniting a passion for learning, success, and service through a unique gardening education.*

**(Grades 2-5) Must have completed 2nd Grade**

Learn, Grow, Eat and Go! is a Junior Master Gardener program hosted by Old MacDonald's Farm and the Linn County Master Gardeners. Held for ten weeks during the garden growing season, the program engages children in hands-on group and individual learning experiences that provide a love of gardening, develop an appreciation for the environment, and cultivate the mind.

The Junior Master Gardener program also inspires youths to be of service to others through service learning and leadership development projects, and rewards them with certification and recognition. Each child who completes the ten-week course will receive a certificate, a T-shirt, and recognition at the end of the year party on the last day of class.

#113202-01	M	6/10-8/12	9-10:30am
Free	Old MacDonald's Farm - Garden		

