

## Toddler and Preschooler

### ✓ 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!

#310104-01 M 1/9-2/13 9:30-10:15am  
 #310104-02 M 3/6-4/17\* 9:30-10:15am  
 \$36 (R \$29) NW Rec \*No class 3/13

### ✦ 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.

#310401-01 W 1/11-2/15 10-10:45 am  
 #310401-02 W 3/1-4/12\* 10-10:45 am  
 #310401-03 W 4/19-5/24 10-10:45 am  
 \$36 (R \$29) NW Rec \*No class 3/15

### \*NEW\* OLD-FASHIONED EASTER EGGS

(3-5 yrs. with Adult)

Celebrate spring and help the Easter bunny! Decorate your own Easter eggs with natural dyes and other fun techniques. After the work is done, play games and enjoy other old time Easter fun.

#314803-01 Sa 4/1 10-11am  
 \$9 (R \$8) /child Ushers Ferry

### ✓ ✦ 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.

#310102-01 W 1/11-2/15 9:15-10am  
 #310102-02 W 3/1-4/12\* 9:15-10am  
 #310102-03 W 4/19-5/24 9:15-10am  
 \$36 (R \$29) NW Rec \*No class 3/15

## Youth

### \*NEW\* THINK SAFE CHILD CARE (8-16 yrs.)

Become a super sitter in this interactive three-hour course! Learn about child development, infant and child care, behavior management, basic first aid, interviewing and marketing. You'll receive a babysitting care packet and manual. A snack will be provided.

#310404-01 Sa 1/21 10am-1pm  
 #310404-02 Tu 1/31 4-7pm  
 #310404-03 Sa 2/18 10am-1pm  
 #310404-04 Tu 3/14 9am-12pm  
 \$37 (R \$30) NW Rec

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

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 4/20 9:30 am-1:30pm  
 \$9.50 (R \$8.50) Ushers Ferry



### ✦ MIDDLE SCHOOL/HIGH SCHOOL SKI TRIP TO SUNDOWN (10-17 yrs.)

This trip for experienced and novice skiers is on a Cedar Rapids Community School District inservice day. Register early to reserve your spot! The bus departs from and returns to the Ambroz parking lot. **Register by 2/20.** Phone and online registration are not available. Mail registration is accepted only with a completed ski trip form.

F 2/24 11am-10pm  
 Depart/Return: Ambroz Parking Lot  
 #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



## SCHOOL BREAK Camps

### 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 W 12/28 9-10:30am  
\$13 (R \$12) Ushers Ferry

##### 9-12 years

#314706-02 W 12/28 9am-12pm  
\$26 (R \$22) Ushers Ferry

#### \*NEW\* FOOD, FIRE & FUN

##### (6-12 yrs.)

Banish the winter blahs with food, fire and fun! Learn how important fire was to the pioneers when you use it for heat, cooking and light. Build a fire in the wood burning stove and cook an old-fashioned treat. Then chase away the darkness by making your own candles using different methods.

##### 6-8 years

#314705-01 F 12/30 9-10:30am  
\$13 (R \$12) Ushers Ferry

##### 9-12 years

#314705-02 F 12/30 9am-12pm  
\$26 (R \$22) Ushers Ferry

#### WINTER PIONEER DAY CAMP

##### (6-12 yrs.)

Explore the wonders of an early 1900's winter. Learn how to cook on a wood-stove, 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 Th 12/29 9-10:30am  
\$13 (R \$12) Ushers Ferry

##### 9-12 years

#314105-02 Th 12/29 9am-12pm  
\$26 (R \$22) 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 Tu, W, Th, F 12/27-12/30  
9-11am \$44 (R \$37) NW Rec





# Spring

**WINTER BREAK SPORTS CAMP (6-9 yrs.)**

Get out of the house and into the gym to enjoy a variety of sports activities in this three-day camp. Campers will participate in basketball, soccer, running, tag games and more. **Register by 12/19.**

#211308-01 W-F 12/28-12/30 9-11am  
\$39 (R \$32) includes shirt Gibson

## Spring Break

**\*NEW\* AMERICAN GIRL CAMP (6-12 yrs.)**

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

**6-8 years**  
#314106-01 M 3/13 9-10:30am  
#314106-02 Tu 3/14 9-10:30am  
#314106-03 W 3/15 9-10:30am  
#314106-04 Th 3/16 9-10:30am  
\$13 (R \$12)/day Ushers Ferry  
#314106-05 M-Th 3/13-3/16 9-10:30am  
\$51 (R \$44) Ushers Ferry

**9-12 years**  
#314106-06 M-Th 3/13-3/16 9am-12pm  
\$96 (R \$88) Ushers Ferry

**\*NEW\* THINK SAFE CHILD CARE (8-16 yrs.)**

Become a super sitter in this interactive three-hour course! Learn about child development, infant and child care, behavior management, basic first aid, interviewing and marketing. You receive a babysitting care packet and manual. A snack will be provided.

#310404-04 Tu 3/14 9am-12pm  
\$37 (R \$30) NW Rec

**\*NEW\* SPRING SAMPLER (6-8 yrs.)**

Get a taste of our Summer Adventure Camps in this special sampler for younger children. Try a day of Huckleberry Finn; Food, Fire & Fun; Zombies, and/or make old-fashioned Easter eggs. Sign up for a day or for the whole week.

**6-8 years**  
Huckleberry Finn  
#314108-01 M 3/13 9-10:30am  
Food, Fire & Fun  
#314108-02 Tu 3/14 9-10:30am  
Zombie  
#314108-03 W 3/15 9-10:30am  
Old-Fashioned Easter Eggs  
#314108-04 Th 3/16 9-10:30am  
\$13 (R \$12)/day Ushers Ferry  
#314108-05 M-Th 3/13-3/16 9-10:30am  
\$51 (R \$44) Ushers Ferry

**ZOMBIE SURVIVAL (8-12 yrs.)**

POPULAR!

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 3/13-3/16 1-4pm  
\$100 (R \$92) includes shirt Ushers Ferry

**INTRO TO SPORTS (3-5 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 3/3.**

#311906-01 M-Th 3/13-3/16 9-9:45am  
\$39 (R \$32) includes shirt NW Rec

**SPORTS CAMP (6-10 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 3/3.**

**6-7 years**  
#311908-01 M-Th 3/13-3/16 9-11am  
\$49 (R \$42) includes shirt NW Rec

**8-10 years**  
#311908-02 M-Th 3/13-3/16 9-11am  
\$49 (R \$42) includes shirt NW Rec



## ✓ Master Gardener Speakers' Series

Hear from the gardening experts and get answers to all your gardening questions. This series offers nine weekly sessions. Choose only those that interest you or sign up for all nine. Specifics on weekly discussion topics may be found at [www.mastergardener.iastate.edu](http://www.mastergardener.iastate.edu).

#313202-01 Th 1/5-3/2 6:30-7:30pm \$36 NW Rec

### \*NEW\* ORGANIC VEGETABLE GARDENING AT HOME (All Ages)

What's better than home-grown vegetables? Raising them using proven organic techniques is! Master Gardener Phil Phister will teach you how to maximize production without using harmful chemicals.

#313202-02 Th 1/5 6:30-7:30pm \$5 NW Rec

### \*NEW\* CONTAINERS: BEYOND THRILLERS, SPILLERS, FILLERS (All Ages)

Learn how to elevate your container arrangements in dramatic ways from Master Gardener Cindy Fagan.

#313202-03 Th 1/12 6:30-7:30pm \$5 NW Rec

### \*NEW\* GARDENING WITH COLOR (All Ages)

Add pizzazz to your landscape with color! Master Gardener Mike Anderson will cover basic color theory and describe the principles of using color to create an inviting and interesting garden design.

#313202-04 Th 1/19 6:30-7:30pm \$5 NW Rec

### \*NEW\* A TASTE OF HERBS (All Ages)

Learn how and where to grow herbs, how to use and preserve them. Master Gardener Judy Bemer will introduce some new herbs and discuss some familiar ones over a "cuppa" tea and a plate of herbal goodies.

#313202-05 Th 1/26 6:30-7:30pm \$5 NW Rec

### \*NEW\* BEE HOUSES - HANDS ON (All Ages)

A pollinator-friendly garden includes nesting sites for native bees. Make an unique, decorative and functional bee house and learn of other things you can do to help support a diverse insect pollinator population from Master Gardener Karla McGrail. **Materials and tools provided with an additional fee of \$10 due when you attend the class.**

#313202-06 Th 2/2 6:30-7:30pm \$5 NW Rec

### \*NEW\* RAISED BED GARDENING (All Ages)

No space for a garden? Master Gardener Deb Walser has been gardening in raised beds for more than 20 years. Let her show you how a 4x4 space can feed two or a 4x8 space a family of four for a season. Raised bed gardening is for you if you hate weeding, bug control and have trouble getting up from the ground.

#313202-07 Th 2/9 6:30-7:30pm \$5 NW Rec

### \*NEW\* LIVING WITH BAMBI (All Ages)

It is possible to have a beautiful garden with deer in the neighborhood. Master Gardener Karla McGrail will share some tips and strategies to make this happen.

#313202-08 Th 2/16 6:30-7:30pm \$5 NW Rec

### \*NEW\* MINIATURE GARDENS FOR FAIRIES & OTHER TINY THINGS (All Ages)

Learn some fairy history and how to create miniature gardens with tiny plants and little things. Master Gardener Sylvia Kelley will share pictures and ideas for indoors and outside.

#313202-09 Th 2/23 6:30-7:30pm \$5 NW Rec

### \*NEW\* COMPOSTING (All Ages)

Explore the mysteries of composting and make your own "black gold." Learn about different ways to build a compost bin from the Linn County Master Gardeners.

#313202-10 Th 3/2 6:30-7:30pm \$5 NW Rec



## 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 2/10 6:30-8:30pm  
 Ushers Ferry Lodge

### ✓ 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 2/11 6:30-8:30pm  
 Ushers Ferry Lodge

### ✓ \*NEW\* GRANDPARENTS' TEA (All Ages)

Have a grand time with Grandma and Grandpa at this special tea for children and their grandparents. Enjoy tea at the Schulze Cottage. Share stories, make a craft and play games.

#314708-01 Adult \$15 (R \$14)  
 #314708-02 Child \$8 (R \$7)  
 Sa 1/21 2-3pm Ushers Ferry

### \*NEW\* LAURA INGALLS WILDER 150TH BIRTHDAY PARTY

(All Ages)

One of America's best-loved pioneer girls is turning 150! Help us celebrate this special birthday with a tea party, crafts, music and other period games in the Ushers Ferry hotel. Adults without children are welcome, too!

#314716-01 Su 2/5 2-3:30 p.m.  
 \$24 (R \$20) Ushers Ferry

### MINIONS PARTY!

(2+ 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 Child \$15 (R \$14)  
 #314714-02 Accompanying Adult \$2  
 Sa 2/18 1-2pm  
 Ushers Ferry Lodge

### \*NEW\* ONCE UPON A TEETIME: FROZEN WINTER PRINCESS TEA

(2+ yrs.)

Hey princesses! It's time for a tea party with all your favorite fairy tale BFF's! Anna, Elsa, Merida, Belle, Snow, Ariel, Jasmine and others will help us decorate our winter wonderland. Can you guess whose table you'll sit at? Dress in your princess best and join us for music, games, food & fun!

#314709-01 Child \$15 (R \$14)  
 #314709-02 Accompanying Adult \$2  
 Sa 2/4 1-2pm  
 Ushers Ferry Lodge



Hosted by Macaroni Kid Cedar Rapids and Cedar Rapids Parks & Recreation

Come out, shop and let the kids play! Join us for the 6th Annual Macaroni Kid Family Fun Day and Xmas Expo - Frosty style! Lots of free activities for the kids, Stocking Scavenger Hunt, giveaways and multiple vendors. Vote for your favorite snowman built by local businesses. The winning snowman will receive the Frosty Award of the year and an advertising package worth \$500 from Macaroni Kid Cedar Rapids. Anyone who votes will be entered to win a brand new kids' bike and other prizes just in time for Christmas!

Sa 12/3 1-4pm NW Rec



## Teen/Adult

### DRAWING AND PASTELS WITH JEAN MURRAY

(16+ yrs.)

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

#303108-01 Tu 1/10-2/28 10am-12pm  
 \$60 (R \$52) NW Rec

## Adult

### \*NEW\* COLOR YOUR WORLD WITH DAVE STAUFFER

(18+ yrs.)

Ready for the best stress buster hobby ever? Take the colorbook craze to another phase! Specially designed colorbook landscapes will help you learn a newly developed painting process using paints, brushes and watercolor pencils.

#303106-01 Th 1/19 6-8pm  
 #303106-02 Th 2/16 6-8pm  
 \$37 (R \$30) NW Rec

### \*NEW\* DRAWING FOR BEGINNERS WITH DAVE STAUFFER

(18+ yrs.)

So you've always wanted to draw but didn't think you could. This class is for those who think they can't draw a straight line. Learn to draw with Dave.

#303109-01 W 1/11-2/15 6-8pm  
 \$44 (R \$37) NW Rec



## Boomer & Beyond

Boomer & Beyond activities are for ages 50 and up. More adult activities on pages 30-35, while not specific to seniors, are offered including:

- Master Gardener Series *p.* 30
- Grandparents' Tea *p.* 31
- Laura Ingalls Wilder Birthday *p.* 31
- Drawing and Pastels *p.* 31
- Color Your World *p.* 31
- Drawing for Beginners *p.* 31
- Guitar *p.* 32
- Belly Dance *p.* 32
- Low Impact Workout *p.* 33
- Meditation *p.* 33
- Pilates *p.* 33
- Chair Yoga *p.* 33
- Intro to Yoga *p.* 33
- Slow Flow Yoga *p.* 33
- Pickleball *p.* 35

### BIG BRUSH WATERCOLOR WITH DAVE STAUFFER

(50+ yrs.)

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

#303107-01	M	1/9-2/13	9:30-11:30am
#303107-02	M	2/27-4/3	9:30-11:30am
#303107-03	M	4/10-5/15	9:30-11:30am
\$44 (R \$37) NW Rec			



### \*NEW\* SENIOR DROP-IN (50+ yrs.)

Drop by Northwest Recreation, 10:00 a.m.-2:00 p.m. Monday-Friday for coffee, cards, Bingo, board games and dances. There's a different activity each day. Bring a lunch or sign up for a meal from Horizons.

Monday - Coffee & Cards		
Tuesday - Bingo & Board Games		
Wednesday - Pinochle		
Thursday - Dance & Music		
Friday - Pinochle		
M-F	Year-round	10am-2pm
\$1/day or punch pass		NW Rec

## 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.

<b>9-15 years</b>			
#318301-01	M	1/9-2/13	5:30-6:30pm
\$76 (R \$68) NW Rec			
<b>16+ years</b>			
#318301-02	M	1/9-2/13	6:30-7:30pm
\$76 (R \$68) 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.

#318302-01	M	1/9-2/13	7:30-8:30pm
\$76 (R \$68) NW Rec			

## Belly Dance

### \*NEW\* INTRO TO MIDDLE EASTERN DANCE WITH SANDEE (8-14 yrs.)

Learn several popular Belly Dance movements and how to isolate various parts of your body at an easy pace. Authentic music will be used and a few coin scarfs will be available to try during class. You will be given information on where to purchase an inexpensive hip scarf or how to make one.

#305203-01	M	1/9-2/13	5:30-6:15pm
#305203-02	M	2/27-4/3	5:30-6:15pm
#305203-03	M	4/10-5/15	5:30-6:15pm
\$42 (R \$35) NW Rec			

### \*NEW\* FUN BASICS (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 and origins 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.

#305204-01	M	1/9-2/13	7-8pm
#305204-02	M	2/27-4/3	7-8pm
#305204-03	M	4/10-5/15	7-8pm
\$49 (R \$42) NW Rec			

### \*NEW\* INTERMEDIATE (PERFORMERS) (18+ yrs.)

Do you like to perform and have the basics under your "belt?" This class will focus on performing in costume (veils, finger cymbals, props). Learn stage direction, group 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.

#305205-01	M	1/9-2/13	8-9pm
#305205-02	M	2/27-4/3	8-9pm
#305205-03	M	4/10-5/15	8-9pm
\$49 (R \$42) NW Rec			



## Fitness

### **KARATE** (6+ yrs.)

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

#### 6-11 years

#218108-04	W/Th	12/1-12/29	6-7pm
#318108-01	W/Th	1/4-1/26	6-7pm
#318108-02	W/Th	2/1-2/23	6-7pm
#318108-03	W/Th	3/1-3/30	6-7pm
#318108-04	W/Th	4/5-4/27	6-7pm
\$53 (R \$46)	NW Rec		

#### 12+ years

#218107-04	W/Th	12/1-12/29	7-8pm
#318109-01	W/Th	1/4-1/26	7-8pm
#318109-02	W/Th	2/1-2/23	7-8pm
#318109-03	W/Th	3/1-3/30	7-8pm
#318109-04	W/Th	4/5-4/27	7-8pm
\$53 (R \$46)	NW Rec		

### **\*NEW\* LOW IMPACT WORKOUT** (18+ yrs.)

Do you have arthritis or other body aches? Take care of those painful joints with a heart pounding workout that's easy on your body and reduces the risk of injury.

#318121-01	M	1/9-1/30	5:30-6:30pm
\$40 (R \$33)	NW Rec		

### **MEDITATION @ NORTHWEST REC** (16+ yrs.)

Whether you are new to meditation or have been practicing for years, this class is for you! Learn new types of meditation and imagery that are simple to learn, don't require a large time commitment and are easy to incorporate into your day.

#318125-01	M	2/13	7-8pm
\$11 (R \$10)	NW Rec		

### **\*NEW\* PILATES BASICS WORKSHOP**

#### (16+ yrs.)

Increase your vitality, improve your posture, eliminate back pain and create longer, leaner muscles. Learn the basics of Pilates, its benefits and key mat principles. Over 20 exercises will be practiced in this class.

#318112-01	Sa	1/14	10:30am-12pm
#318112-02	Sa	2/11	10:30am-12pm
\$19 (R \$15)	NW Rec		

### **\*NEW\* CHAIR YOGA** (All Ages)

Want to get the benefits of yoga but have trouble getting up from or down to the floor? Seated in a chair for support, you will increase your flexibility, range of motion and mobility with gentle exercises.

#318106-01	W	2/1-2/22	9:30-10:15am
\$40 (R \$33)	NW Rec		

### **INTRO TO YOGA** (16+ yrs.)

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

#218110-04	W	12/7-12/28	5:30-6:30pm
#318110-01	W	1/4-1/25	5:30-6:30pm
#318110-02	W	2/1-2/22	5:30-6:30pm
#318110-03	W	3/1-3/29	5:30-6:30pm
#318110-04	W	4/5-4/26	5:30-6:30pm
\$40 (R \$33)	NW Rec		

### **\*NEW\* SLOW FLOW YOGA** (16+ yrs.)

This is a gentle Vinyasa yoga class that links poses to your breath. Focus will be on centering, strength, balance, and guided relaxation.

#318104-01	Sa	1/7-1/28	9-10am
#318104-02	Sa	2/4-2/25	9-10am
\$40 (R \$33)	NW Rec		

