Coralville Parks & Recreation

Coralville Recreation Center
1506 8th Street, Coralville

HOURS
Monday - Friday 9:00 a.m.-9:00 p.m.
Saturday 8:00 a.m.-7:00 p.m.
Sunday 1:00-5:00 p.m. (closed May – Sept.)

TELEPHONE: 319-248-1750
FAX: 319-248-1899
CANCELLATION HOTLINE: 319-248-1763
WEBSITE: www.coralville.org
RELAY IOWA SERVICE: Call 711 for text and voice

Class Locations
All classes are held at the Coralville Recreation Center or S.T. Morrison Park unless otherwise noted under the class description.

3 Easy Ways to Register

<table>
<thead>
<tr>
<th>Registration Method</th>
<th>Date You Can Begin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online for some programs at <a href="http://www.coralville.org">www.coralville.org</a></td>
<td>Sat., Apr. 9, 8:00 a.m.</td>
</tr>
<tr>
<td>Master Card, Visa, Discover, American Express</td>
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<tr>
<td>In Person at Coralville Recreation Center</td>
<td>Sat., Apr. 9, 8:00 a.m.</td>
</tr>
<tr>
<td>Cash, Check, or Master Card, Visa, or Discover</td>
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<tr>
<td>Phone at 319-248-1750</td>
<td>Sat., Apr. 9, 12:00 p.m.</td>
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<tr>
<td>Master Card, Visa or Discover</td>
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<tr>
<td>Mail to 1506 8th Street Coralville, IA 52241</td>
<td>Mon., Apr. 11, 9:00 a.m.</td>
</tr>
<tr>
<td>Check, Master Card, Visa or Discover</td>
<td>(will begin entering mailed registrations)</td>
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</tbody>
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All dates and operational procedures are subject to change due to the COVID-19 Pandemic.

Parks & Recreation Commission
The Parks and Recreation Commission is a volunteer board, which reviews and recommends policies, rules, and budgets relating to parks, playgrounds, and recreation programs. They meet on the third Monday of each month at 7:00 p.m. Agenda, minutes, and meeting locations are posted on our website at www.coralville.org.

Fred Fevold, Chair 319-338-4906
Marti Mount 319-337-9865
Kevin Goulding 319-330-8017
Mackensie Graham 319-330-8017
Dhuha Tawil 319-491-5929
Jill Dodds, Council Representative 319-351-2396
Coralville City-Wide Garage Sale
Spring has sprung, it’s time to dig out those treasures and get ready for the Coralville Annual City-Wide Garage Sale. Set up your sale and we’ll get the people there. We will advertise the City-Wide Garage Sale. A map will be available for pick up starting at 8:00 a.m. on Saturday morning with your address and directions to each location. Stop by the Recreation Center on Saturday morning and start your day with a limited first come, first served continental breakfast. For more information, contact Rhonda Hay 319-248-1750.

SATURDAY
<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>April 30</td>
<td>8:00 a.m.-12:00 p.m.</td>
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</table>

Price: $20 to list your sale
Deadline: Apr. 24

Stars and Stripes Youth Cross Park Race
Create your own fireworks and tear up our youth cross-park race following our 4th Fest 5K. This race is for youth looking for an approximate one mile race with obstacles and adventure. We will provide a warm-up before the race and plenty of motivation with popsicles for all that finish the race.

SATURDAY
<table>
<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>July 2</td>
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</table>

Location: S.T. Morrison Park
Price: $10 res. $12.50 non-res
Age: 5-11

4th Fest 5K Run/Walk
Our annual 4th Fest 5K Run/Walk is a part of Coralville’s 4th of July celebration. The course for this fun-run is challenging enough to satisfy experienced runners, but not too difficult for new runners. Same-day registration will be from 7:00-7:45 a.m. at the Coralville Recreation Center, and the Run/Walk will begin at 8:00 a.m.

The Firecracker Mini-Marathon, which is free for kids up to 6 years old, will be held in the Recreation Center parking lot immediately following the 5K Run/Walk, at approximately 9:00 a.m. Stick around after the race for light refreshments and the awards ceremony.

SATURDAY
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<tr>
<td>July 2</td>
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Note: $30 until June 17
$40 June 18 - July 2 or no t-shirt $30
Location: Coralville Recreation Center Parking Lot
Note: Race entry form must be filled out and turned in with registration. T-shirts guaranteed to the first 75 entrants in the 5K Run/Walk.
make a splash!

Coralville Community Aquatic Center
1513 7th Street  l  319-248-9330

Aquatic Center Hours
June 4 - Aug. 21
Monday-Friday: 11:00 a.m.-7:00 p.m.
Saturday-Sunday: 12:00-6:00 p.m.
Special Hours
July 4
1:00-6:00 p.m.

POOL CLOSING  l  CCAC may be closed for any of the following reasons: inclement weather, mechanical breakdown, chemical imbalance or any other situation for the safety of the patrons.

Daily Admission
$6 per person
Anyone, age 2 years and above entering the pool area will be charged a daily admission fee, regardless of their intent to swim. Persons leaving the pool area will be required to re-pay the daily admission fee unless pre-approved by the front desk staff.

SUPERVISION  l  Parents or responsible adult(s) age 16 and above must accompany and actively supervise in the pool until the child is nine (9) years of age. Lifeguards reserve the right to evaluate children for swimming ability when using deep water.

‘THE PATIO’ CONCESSION HOURS  l  Open daily 12:00 p.m.-6:00 p.m.
We have a great selection of items for you to enjoy! Hamburgers, cheeseburgers, hot dogs, pizza slices, shaved ice, and more.

AQUATIC CENTER PUNCH CARD  l  This punch card is ONLY permitted at the Coralville Community Aquatic Center. For your convenience, Aquatic Center punch cards may be purchased at Aquatic Center or Recreation Center.
10 punch card  l  $54
20 punch card  l  $114

PAYMENT OPTIONS AT THE AQUATIC CENTER
CREDIT CARD ACCEPTED – We are not able to provide cash back.
CASH – We are unable accept bills $50 or larger, please plan accordingly.
Checks are not accepted at the Coralville Community Aquatic Center.

SPLASH PARTIES!
Sun, fun, water, and friends at the pool! The aquatic center is a great place to enjoy all of these. Book your special gathering with us. Call 248-1750 to reserve your party today.

SPASH PARTY – 2 HOURS
10 - 15 people  $150
16 - 20 people  $190
21 - 25 people  $235
26 - 30 people  $275
31 - 35 people  $320
36 - 40 people  $370
Additional people – $10/person
Includes:
• One reserved deck section with picnic tables (2 hours)
  Weekdays: 4:30-6:30
  Weekends: 12:30-2:30, 3:00-5:00
• Admission to the Coralville Community Aquatic Center
• Cake (9 choices!)
• Pop/Water
• Hotdogs or Pizza (must choose one for all)
• Seven-day advance notice required

DECK ONLY – 4 HOURS
Looking for a place for your family or group to call “home base”? Then take advantage of our just rent the deck opportunity. This option is just the deck space, no food options available. We do not allow outside catering or bringing in your own food. We provide a concession stand for your convenience.
One deck:  1-50 people  $40
Two decks:  51-100 people  $70
Pool Pass & Punch Card Pricing

<table>
<thead>
<tr>
<th></th>
<th>POOL PASS ONLY</th>
<th></th>
<th>POOL &amp; EXERCISE</th>
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<th>EXERCISE ROOM ONLY</th>
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<tr>
<td>3-Month Single</td>
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<td>3-Month Additional</td>
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<tr>
<td>12-Month Single</td>
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<td>12-Month Couple</td>
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<td>12-Month Additional</td>
<td>$25/person</td>
<td>$30/person</td>
<td>$55/person</td>
<td>$60/person</td>
<td>$146/person</td>
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</tbody>
</table>

Exercise Room
- 10 punch - $18
- 20 punch - $38

Indoor Pool
- 10 punch - $40.50
- 20 punch - $85.50

Racquetball
- 5 punch - $20
- 10 punch - $45

Aquatic Center
- 10 punch - $54
- 20 punch - $114

PASS HOLDERS
Coralville Parks and Recreation Swim pass, allows you admittance to BOTH the Coralville Indoor Pool and Coralville Community Aquatic Center.

Please be aware that open and lap swim hours may be limited at various times throughout the year due to swim programs/activities and community school use.

*Three-month pass holders; please be advised if you purchase your pass after March 1, 2022, the indoor pool will be closed from approximately June 6 - Sept. 5, 2022 for maintenance. Pool passes will not be pro-rated during this timeframe.

The Indoor Pool at the Coralville Recreation Center will be closed from June 6 - Sept. 5, 2022 for pool and pool deck maintenance. We look forward to serving you again in the fall of 2022.

Group Reservations at the Aquatic Center
Reservations are required for day camps/groups to swim at the Coralville Community Aquatic Center. A group must have a reservation before swimming; group(s) arriving without reservation will be turned away.

Make a group reservation by downloading a reservation form from our website: www.coralville.org/273/Coralville-Community-Aquatic-Center

All requests must be made one week in advance. Please e-mail your request by the Monday before the week of your swimming date to: rmontgomery@coralville.org
CCAC Swim Lessons

Swim Lessons will be held at the Coralville Community Aquatic Center (outdoor pool) while the indoor pool is closed for renovations. Things to know about swim lessons being outdoors: we will hold lessons no matter the weather (the pool is heated) unless it is storming and raining too hard to see the bottom. If we do need to cancel the lesson, we will make it up that following Friday. We will only make up one lesson per week, if needed. Please note we will not be calling participants. Please visit our Facebook page if the weather is questionable.

“Wee” Swim (6-36 months)

Parents and children, in the water, learn together to increase a child’s comfort level in the water and build a foundation of basic skills. We have combined the two classes (Infant and Toddler) into one fun-filled class. This class will help the parent learn how to introduce water safety concepts and a healthy recreational habit for entire family.

Water Safety Skills
- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Adult supervision
- Experience wearing a U.S. Coast Guard-approved life jacket.

Water Skills
- Explore submerging to the mouth, nose and eyes and fully submerging
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Introduce glides, combine stroke (front and back)

Preschool Aquatics (3-4 year old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoying social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it’s safety first. **Children should be comfortable in a group learning situation and be able to stand alone in 2’8” depth of water.** Upon successful completion of all three levels of Preschool Aquatics and the child has reached the age of 5, they can enter Red Cross Level 2 or 3. Parents are not allowed in the water during class time but may sit near the class for the child’s comfort and security. Level 3 will be taught in 3’5” of water and deeper.

**PRESCHOOL I**
Orients children to the aquatic environment and helps them gain basic aquatic skills. Skills may be performed with support.
- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose, and eyes
- Open eyes under water and retrieve submerged objects
- Front glide (2 body lengths) and recover to a vertical position
- Back glide (2 body lengths) and recover to a vertical position
- Back float (3 seconds)
- Roll from front to back and back to front
- Tread with arm and hand actions (chest deep water)
- Alternating and simultaneous arm and leg actions on front (2 body lengths)
- Combined arm and leg actions on front and back (2 body lengths)
- Plus age-appropriate water safety topics

**PRESCHOOL II**
Helps children gain greater independence in their skills and develop more comfort in and around water. Skills may be performed with assistance.
- Enter water by stepping in from a deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide (2 body lengths) and Front float (3 seconds)
- Back glide (2 body lengths) and Back float (5 seconds)
- Roll from front to back and back to front
- Tread water using arm and leg actions (15 seconds) in shoulder deep water
- Combined arm and leg actions on front and back (3 body lengths)
- Finning arm action on back (3 body lengths)
- Plus age-appropriate water safety topics

**PRESCHOOL III**
Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Skills are performed independently.
- Enter water by jumping in shoulder deep water
- Fully submerge and hold breath (10 seconds)
- Bobbing (10 times)
- Rotary breathing (5 times)
- Front, jellyfish and tuck floats (10 seconds)
- Back float (15 seconds); Back glide (3 body lengths)
- Change direction of travel while swimming on front or back
- Tread water (30 seconds)
- Combined arm and leg actions on front and back (5 body lengths)
- Finning arm action on back (5 body lengths)
- Plus age-appropriate water safety topics
**CCAC Swim Lessons**

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### ITP Morning I

**MONDAY - THURSDAY**

**10:05-10:35 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 6 – 9</td>
<td>PS II</td>
<td>1950.200</td>
</tr>
<tr>
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<td>PS III</td>
<td>1975.200</td>
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<tr>
<td>June 13 – 16</td>
<td>PS I</td>
<td>1900.200</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1951.200</td>
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Price: $20 res. $25 non-res.
Note: 4 classes at 30 minutes

### ITP Morning II

**MONDAY - THURSDAY**

**10:05-10:35 A.M.**

<table>
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<tr>
<th>DATE</th>
<th>CLASS</th>
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<td>PS II</td>
<td>1952.200</td>
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<td>June 27 – 30</td>
<td>PS I</td>
<td>1902.200</td>
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<td>PS III</td>
<td>1976.200</td>
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Price: $20 res. $25 non-res.
Note: 4 classes at 30 minutes

### ITP Morning III

**MONDAY - THURSDAY**

**10:05-10:35 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
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<tr>
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<td>PS III</td>
<td>1977.200</td>
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<td>Wee Swim</td>
<td>1800.200</td>
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<tr>
<td>July 18 – 21</td>
<td>PS I</td>
<td>1903.200</td>
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Price: $20 res. $25 non-res.
Note: 4 classes at 30 minutes

### ITP Morning IV

**MONDAY - THURSDAY**

**10:05-10:35 A.M.**

<table>
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<tr>
<th>DATE</th>
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<td>Wee Swim</td>
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<td>Aug. 1 – Aug. 4</td>
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<td>PS II</td>
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<tr>
<td></td>
<td>Wee Swim</td>
<td>1803.200</td>
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Price: $20 res. $25 non-res.
Note: 4 classes at 30 minutes
Red Cross Swim Lessons

**Red Cross Swim Lessons:** Children must be 5 years of age or older to sign up for Red Cross lessons. Students should have successfully completed or be able to perform the skills in the preceding level/course. If undecided, ask our front desk staff to help you determine the appropriate level.

- **PARENTS:** PLEASE KEEP YOUR CHILD’S END OF LESSON REPORTS TO GUIDE YOU FOR YOUR NEXT SWIM LESSON ENROLLMENT.
- Please read the descriptions below to help place your student in the appropriate level. It is very helpful to the student, staff, and other classmates if you strive to place your student in the appropriate level the first time. The lesson staff will be evaluating the students on the first day of lessons. If the need arises to transfer a student, we will try to accommodate by moving the student to the appropriate level, if space is available.
- **REGISTRATIONS:** In order to give everyone a chance to participate in swim lessons we allow only one registration or wait list registration at a time. You may sign up for the next available class at the completion of your current session.

**Red Cross Level Descriptions**

*Please be advised it may take multiple sessions for your child to move on.* Each level has very specific skills that must be mastered in order to move to the next level. To help your child we encourage you to visit the pool during open swim and let your child practice what they have learned.

Listed below are the skills for each level. The lesson staff will be testing on the first day. They will assess your child’s ability and determine if the child is in the appropriate level. If the need arises, we will try to accommodate by moving the participant to the appropriate level, if space is available.

**Level 1—Introduction to Water Skills**
- Enter and Exit water using ramp, steps or side
- Blow bubbles through mouth and nose (3 seconds)
- Bobbing (5 times)
- Open eyes under water and retrieve submerged objects (2 times)
- Front and back glide (2 body lengths)
- Back float (5 seconds)
- Roll from front to back and back to front
- Tread water using arm and hand actions (chest deep water)
- Alternating and simultaneous arm and leg actions on front and back (2 body lengths)
- Combined arm and leg actions on front and back (2 body lengths)

**Level 2—Fundamental Aquatic Skills**
- Enter water by stepping or jumping from the side
- Exit water using ladder, steps, or side
- Fully submerge and hold breath (10 seconds)
- Bobbing (10 times)
- Open eyes under water and retrieve submerged objects (3 times)
- Rotary breathing (5 times)
- Front glide (3 body lengths), Front float (10 seconds)
- Back glide (2 body lengths), Back float (15 seconds)
- Roll from front to back and back to front
- Tread water (15 seconds)
- Combined arm and leg actions on front and back (5 body lengths)
- Finning arm action (5 body lengths)

**Level 3—Stroke Development**
- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety (15 times)
- Rotary breathing (15 times)
- Survival float (30 seconds) Back Float (1 minute)
- Change from vertical to horizontal position on front and back
- Tread water (1 minute)
- Push off and flutter kick (5 body lengths)
- Push off and begin dolphin kick
- Front crawl (25 yards)
- Breaststroke kick (15 yards)
- Elementary backstroke (15 yards)
- Scissors kick (15 yards)

**Level 4—Stroke Improvement**
- Headfirst entries from the side in compact and stride positions
- Swim under water (5 body lengths)
- Feet first surface dive
- Survival swimming (1 minute)
- Open turns using front crawl and backstroke
- Tread water using 2 different kicks (2 minutes)
- Front crawl (25 yards), Breaststroke (15 yards), Butterfly (15 yards)
- Flutter and dolphin kicks on back (5 body lengths)
- Elementary backstroke (25 yards) Back crawl (15 yards) Sidestroke (15 yards)

**Level 5—Stroke Refinement**
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Tread water with arms and legs (5 minutes)
- Tread water legs only (2 minutes)
- Front crawl (50 yards) Breaststroke (25 yards) Butterfly (25 yards)
- Elementary backstroke (50 yards) Back crawl (25 yards)
- Sculling (30 seconds)
- Sidestroke (25 yards)

**Level 6—Swimming and Skill Proficiency**

All options include the following skills:
- 100 yards each: Front Crawl; Elementary backstroke
- 50 yards each: Back Crawl; Breaststroke; Sidestroke; Butterfly
- Turns: Front open; Backstroke open; Front flip; Backstroke flip; Sidestroke; Butterfly; Breaststroke

**Specialty options:**
- **Personal Water Safety (P):** HELP position (2 minutes) Huddle position (2 minutes)
- Feet first, Tuck, and Pike surface dives
- Back float (5 minutes) Survival float (5 minutes)
- Survival swimming (10 minutes)
- Tread water: legs only (2 minutes)
- Surface dive and retrieve object deep water

**Fundamentals of Diving (D):**
- Basic Stretching exercises, Body alignment and control
- Surface dives
- Diving from side of pool; Kneeling, Fall-in, Standing
- Diving from diving board; Kneeling, Fall-in, Standing
- Takeoff from deck; Pool side; Board
  - One and two part takeoffs
- Tuck position
  - Forward jump and dive positions (side and board)
  - One and two part takeoffs
- Pike position
  - Forward jump and dive positions (side and board)
  - One and two part takeoffs

**Fitness Swimmer (F):**
- Circle Swimming; Using pace clock
- Equipment (Pull Buoys, Fins, Paddles)
- Setting up exercise plans, training techniques, heart rate
- Aquatic Exercise
- Surface dive and retrieve object deep water
CCAC Swim Lessons

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Red Cross Morning I
JUNE 6 – 16 MONDAY – THURSDAY

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<tr>
<th>TIME</th>
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<td>Level 1</td>
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<td>Level 2</td>
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<td>Level 3</td>
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<td>Level 4</td>
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<td>9:25-9:55 a.m.</td>
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<td></td>
<td>Level 4</td>
<td>1402.200</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1501.200</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Note: 8 classes at 30 minutes

Red Cross Morning II
JUNE 20 – 30 MONDAY – THURSDAY

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45-9:15 a.m.</td>
<td>Level 1</td>
<td>1102.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1203.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1303.200</td>
</tr>
<tr>
<td></td>
<td>Level 6F</td>
<td>1601.200</td>
</tr>
<tr>
<td>9:25-9:55 a.m.</td>
<td>Level 1</td>
<td>1103.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1204.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1304.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1403.200</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Note: 8 classes at 30 minutes

Red Cross Morning III
JULY 11 – 21 MONDAY - THURSDAY

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45-9:15 a.m.</td>
<td>Level 2</td>
<td>1205.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1305.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1404.200</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1502.200</td>
</tr>
<tr>
<td>9:25-9:55 a.m.</td>
<td>Level 1</td>
<td>1104.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1206.200</td>
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<tr>
<td></td>
<td>Level 3</td>
<td>1306.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1405.200</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Note: 8 classes at 30 minutes

Red Cross Morning IV
JULY 25 – AUG. 4 MONDAY – THURSDAY

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45-9:15 a.m.</td>
<td>Level 1</td>
<td>1105.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1207.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1307.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1406.200</td>
</tr>
<tr>
<td>9:25-9:55 a.m.</td>
<td>Level 1</td>
<td>1106.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1208.200</td>
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<tr>
<td></td>
<td>Level 4</td>
<td>1407.200</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1503.200</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Note: 8 classes at 30 minutes

WE LOOK FORWARD TO THE RETURN OF INDOOR SWIM LESSONS IN THE FALL OF 2022.
Lifeguard Training Course (Blended learning)

We are offering Blended Learning Lifeguard Training courses. The lifeguard course includes an online learning component, that will need to be completed before the first night of class. This is approximately 5-7 hours of course work. You will be asked to prove your completion of the online portion before continuing with the skill’s pre-requisites and rest of the course.

The American Red Cross Lifeguard Training course teaches you skills and knowledge required for effective life guarding at swimming pools. When you successfully complete the course, you will be certified in Lifeguard Training, CPR/AED, and First Aid as mandatory components of the class.

Attendance is mandatory for ALL classes. To be eligible for the Lifeguard Training certification, participants must score 80% or higher on all written exams and satisfactorily perform all combined skills in the water, first aid, and CPR/AED.

**PREREQUISITES:**
- Ability to swim 300 yards continuously using 100 yds. front crawl using rhythmic breathing and a stabilizing, propellant kick. 100 yds. breaststroke, 100 yds. of either front crawl using rhythmic breathing or breaststroke. These 100 yds. may be a mixture of front crawl and breaststroke. There is no time limit but it must be in strong fashion and non-stop.
- Starting in the water, swim 20 yds. using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a ten pound brick, return to the surface, and swim 20 yards back to the starting point with the object and exit the pool without using a ladder or steps. This is a timed event; you must complete this within 1 minute and 40 seconds.
- Participants must be 15 years of age before the last day of the course.

### Adult Beginner

If learning to swim has not been achieved yet, here is your chance! Adult beginner is for adults with little or no experience in the water. The goal of this class will be to help students feel comfortable in the water and learn essential aquatic skills. Skills taught will include water adjustment, front and back floats, and introductions to both back crawl and front crawl.

**MONDAY-THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 6 – 16</td>
<td>10:05-10:35 a.m.</td>
<td>2000.200</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Note: 8 classes at 30 minutes

### Adult Intermediate

Now that you are comfortable in deep water and able to swim the length of the pool your next step is Adult Intermediate! The intermediate swim class is geared those who are looking to learn expand their beginners’ strokes and techniques. This class will further develop your endurance and confidence in the water. We will concentrate on front and back crawl as well as introduction of the breast stroke.

**MONDAY-THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 20 – 30</td>
<td>10:05-10:35 a.m.</td>
<td>2005.200</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Note: 8 classes at 30 minutes

Interested in working for the City of Coralville Parks and Recreation Department?

We will train you to become a certified Lifeguard and/or Water Safety Instructor with the course fee waived. Starting wage is $14 per hour for the summer of 2022. Contact Amy Erickson, Recreation Superintendent for details on the hiring process.
PRESCHOOL PROGRAMS

Tiny Tumblers
Tiny Tumblers is an adult and child class. It will be an early introduction to tumbling skills, focusing on coordination and strength building exercises. This class will concentrate on:

- Basic body control
- Basic strength exercises
- Basic flexibility exercises

Instructors will teach the steps to achieve these goals. Prior tumbling practices or experience is not necessary.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 18 – June 8</td>
<td>5:15-5:45 p.m.</td>
<td>5510.201</td>
</tr>
<tr>
<td>June 22 – July 20</td>
<td>5:15-5:45 p.m.</td>
<td>5510.202</td>
</tr>
</tbody>
</table>

No class July 6

**Price:** $25 res. $31.25 non-res.
**Age:** 2-3
**Note:** An adult needs to accompany the child
**Deadline:** One week prior to the start of the session

Little Leapers
In our Little Leapers class, exercises and activities will emphasize basic tumbling skills and the development of muscular coordination, strength, and flexibility. This class will focus on:

- Basic body control
- Basic strength exercises
- Basic flexibility exercises
- Handstands
- Cartwheels
- Bridges/Back bends
- Forward and backward rolls

This class will teach the steps of achieving these goals and does not require any knowledge of tumbling practices or require any experience.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 18 – June 8</td>
<td>6:00-6:45 p.m.</td>
<td>5595.201</td>
</tr>
<tr>
<td>June 22 – July 20</td>
<td>6:00-6:45 p.m.</td>
<td>5595.202</td>
</tr>
</tbody>
</table>

No class July 6

**Price:** $25 res. $31.25 non-res.
**Age:** 4-5
**Deadline:** One week prior to the start of the session
**Growing Gymnasts**
Grow and develop your child’s tumbling skills on floor mats, bars and floor beams. No previous gymnastics experience is necessary. We will work on strength and flexibility to start each class followed by development of skills including; rolls, handstands, cartwheels, and backbends. We will host a mini-meet at our last class where the gymnasts will have the opportunity to demonstrate skills on each apparatus with a routine. Gymnasts must be able to be on their own for 45 minutes in class each week.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 18 – June 8</td>
<td>7:00-7:45 p.m.</td>
<td>5520.201</td>
</tr>
<tr>
<td>June 22 – July 20</td>
<td>7:00-7:45 p.m.</td>
<td>5520.202</td>
</tr>
</tbody>
</table>

No class July 6

Age: 6-8

**Music Time with Nancy**
Enter the magical world of music and watch your child grow! Nancy Bell, preschool music instructor, will lead your child on a musical adventure with songs that will have your child moving, singing, counting, listening, playing instruments, and dancing. Move and groove with your child and enjoy the fun.

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 14 – July 5</td>
<td>9:15-9:50 a.m.</td>
<td>5500.200</td>
</tr>
</tbody>
</table>

Price: $28 res. $35 non-res.
Age: 20 mos.-5, must be accompanied by an adult
Location: North Ridge Pavilion
Deadline: One week prior to the start of the class

**Fit4Mom Iowa City**
Coralville Parks and Recreation Department is partnering with Fit4Mom Iowa City to provide fitness classes for Moms at North Ridge Park in Coralville.

A fitness community supporting moms in every stage of motherhood.
Currently offering Stroller Strides®, Strides 360, Our Village Playgroup, and Run Club+
First Class Free
For more information please visit: iowacity.fit4mom.com
Wildlife Explorers Camp

Does your child love to explore in nature? In this camp we will spend time outdoors exploring nature through hiking, observing, participating in scavenger hunts as well as having fun playing unique outdoor games. Participant can bring their own water bottles, must wear well-fitted closed-toed shoes and clothes that will allow for fun, while getting dirty.

**MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 6 – 10</td>
<td>9:30 a.m.-12:00 p.m.</td>
<td>4600.200</td>
</tr>
</tbody>
</table>

Price: $65 res. $81.25 non-res.
Grade: Entering 1-6
Location: Kate Wickham Elementary (Community Room)
Deadline: June 1

Super Hero Camp

Do you have a superhero in the making? Send them to camp and let them explore their inner hero! Possibly a Superman, maybe a Wonder Women? Kids will discuss what it means to be a hero, design their own super hero logo, make costumes, draw comics and celebrate everything super hero! The days will be filled with fun festivities, adventures and thoughts of heroism.

**MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 13 – 17</td>
<td>9:30 a.m.-12:00 p.m.</td>
<td>4625.200</td>
</tr>
</tbody>
</table>

Price: $65 res. $81.25 non-res.
Grade: Entering K-6
Location: Kate Wickham Elementary (Community Room)
Deadline: June 8

Magnificent Mud Camp

Mud and Muck is Magnificent Stuff! Does your child love or want to play in the mud and muck? Your child will have a blast while exploring and playing in ooey-gooey, icky-sticky, grungy-grimy glory in this super-fun class! Participant can bring their own water bottles, must wear well-fitted closed-toed shoes and clothes that will allow for fun, while getting dirty.

**MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 20 – 24</td>
<td>9:30-12:00 p.m.</td>
<td>4610.200</td>
</tr>
</tbody>
</table>

Price: $65 res. $81.25 non-res.
Grade: Entering K-4
Location: Kate Wickham Elementary (Community Room)
Deadline: June 15

Young Chefs Camp

Youngsters enjoy learning about cooking and recipes in our Young Chefs Camp. Classes are a combination of demonstration and hands-on technique that get into the spirit of making cooking fun! This program is designed for your child to learn cooking, baking and tips. Whether your child is just starting out in the kitchen or is more advanced, these chef-led classes will be tailored so that your child(ren) can learn and develop the lifelong skill of cooking. If your child has food allergies, please notify us at the time of registration.

**MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 27 – July 1</td>
<td>9:30 a.m.-12:00 p.m.</td>
<td>4615.200</td>
</tr>
</tbody>
</table>

Price: $65 res. $81.25 non-res.
Grade: Entering 1-6
Location: Kate Wickham Elementary (Community Room)
Deadline: June 22

LEGO Kids Camp

Does your child love to build and play with LEGOs? There is no doubt about it, in this camp your child(ren) will use creativity, teamwork and learn problem solving with Legos alongside other young Lego builders. Your child(ren) will explore the origins of Legos and have fun designing their own creations. Along with different learning aspects of Legos there will be time for creative play that will spark their imagination and build relationships with other like-minded kids.

**MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 11 – 15</td>
<td>9:30 a.m.-12:00 p.m.</td>
<td>4620.200</td>
</tr>
</tbody>
</table>

Price: $65 res. $81.25 non-res.
Grade: Entering K-6
Location: Kate Wickham Elementary (Community Room)
Deadline: July 6

Mad Scientists Camp

Are you always thinking or creating inventions or asking how things are done or made? Put your curiosity to outstanding use with a chance to make observations, conduct experiments and unveil fun discoveries in the wacky world of science. You will perform a variety of safe and amazing scientific experiments, which will help you to learn and understand more about the world around you.

**MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 18 – 22</td>
<td>9:30 a.m.-12:00 p.m.</td>
<td>4605.200</td>
</tr>
</tbody>
</table>

Price: $65 res. $81.25 non-res.
Grade: Entering 2-6
Location: Kate Wickham Elementary (Community Room)
Deadline: July 13
**Trail Trekkers 2022**

Trekkers are required to have a working bike along with a helmet for their travels in Coralville & Iowa City area. Most mornings will be spent on community service learning projects and learning/self-development opportunities. The afternoons are spent swimming, exploring and going on local and out of town field trips.

The staff will facilitate, while the participants are actively involved with the planning of the program’s weekly development. Each week consist of new activities and adventures along with weekly field trips. This is a great opportunity to give back to the community while making and meeting new friends. The program is open for students entering 6th through 9th grade, program will meet at Kate Wickham. Trekkers will average about 5 to 10 miles a day on their bikes.

**MONDAY – THURSDAY 8:30 A.M.-4:30 P.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1: June 6 – 9</td>
<td>4500.200</td>
</tr>
<tr>
<td>Field Trip: Canoeing</td>
<td>Price: $130 res. non-res. $140</td>
</tr>
<tr>
<td>Week 2: June 13 – 16</td>
<td>4500.201</td>
</tr>
<tr>
<td>Field Trip: Adventureland Theme/Water Park</td>
<td>Price: $140 res. non-res. $150</td>
</tr>
<tr>
<td>Week 3: June 20 – 23</td>
<td>4500.202</td>
</tr>
<tr>
<td>Field Trip: Cedar Rapids Kernels Baseball Game</td>
<td>Price: $130 res. non-res. $140</td>
</tr>
<tr>
<td>Week 4: June 27 – 30</td>
<td>4500.203</td>
</tr>
<tr>
<td>Field Trip: Lost Island Water Park</td>
<td>Price: $140 res. non-res. $150</td>
</tr>
<tr>
<td>Week 5: July 11 – 14</td>
<td>4500.204</td>
</tr>
<tr>
<td>Field Trip: Jellystone Park Wibit Water Course</td>
<td>Price: $130 res. non-res. $140</td>
</tr>
<tr>
<td>Week 6: July 18 – 21</td>
<td>4500.205</td>
</tr>
<tr>
<td>Field Trip: Fun City Arcade/Water Park</td>
<td>Price: $130 res. non-res. $140</td>
</tr>
<tr>
<td>Week 7: July 25 – 28</td>
<td>4500.206</td>
</tr>
<tr>
<td>Field Trip: Movie Coral Ridge Mall</td>
<td>Price: $120 res. non-res. $130</td>
</tr>
<tr>
<td>Week 8: Aug. 1 – 4</td>
<td>4500.207</td>
</tr>
<tr>
<td>Field Trip: AirFX Trampoline</td>
<td>Price: $130 res., non-res. $140</td>
</tr>
<tr>
<td>Week 9: Aug. 8 – 11</td>
<td>4500.208</td>
</tr>
<tr>
<td>Field Trip: Kent Park</td>
<td>Price: $120 res. non-res. $130</td>
</tr>
</tbody>
</table>

**Babysitters Course**

The Red Cross Babysitters course will provide participants with knowledge and skills to safely and responsibly care for children and infants. Participants will learn how to build a babysitting business, develop leadership skills, and how to keep themselves and other safe. They will also learn some basic first aid and CPR. Each participant will receive a babysitting training set which includes a manual and a pocket emergency reference guide with helpful resources. It’s a great way to say, “Let me babysit for you.”

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 25</td>
<td>9:00-4:00 p.m.</td>
<td>2400.200</td>
</tr>
<tr>
<td>July 30</td>
<td>9:00-4:00 p.m.</td>
<td>2400.201</td>
</tr>
</tbody>
</table>

Price: $65 res. $81.25 non-res.
Age: 11-15
Note: Bring sack lunch and comfortable clothes

**Bike Helmets for Sale**

The Coralville Parks and Recreation Department in cooperation with Safe Kids Johnson County and Bell Sports are selling bike helmets for toddlers, children and adults again this year. Several styles and colors are available. Helmets are on sale and will remain on sale as supplies last. Each helmet is priced at $12 and may be purchased at the front desk at the Coralville Recreation Center 1506 8th Street.
SPARK Day Camp focuses on learning through play, socialization, and FUN! Campers will swim, play games, create arts and crafts, learn about STEAM topics, read, and travel. Themes and activities vary from week to week with a fairly consistent daily schedule.

<table>
<thead>
<tr>
<th>Session Dates</th>
<th>North (Van Allen)</th>
<th>Central (Rec Center)</th>
<th>South (Borlaug)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: June 6 – 10</td>
<td>Marcus Theatre</td>
<td>Children’s Museum</td>
<td>Children’s Museum</td>
</tr>
<tr>
<td>2: June 13 – 17</td>
<td>Adventureland</td>
<td>Adventureland</td>
<td>Adventureland</td>
</tr>
<tr>
<td>3: June 20 – 24</td>
<td>SPARK Party</td>
<td>SPARK Party</td>
<td>SPARK Party</td>
</tr>
<tr>
<td>4: June 27 – July 1</td>
<td>Blank Park Zoo</td>
<td>Blank Park Zoo</td>
<td>Blank Park Zoo</td>
</tr>
<tr>
<td>July 4 – 8</td>
<td>No Program</td>
<td>No Program</td>
<td>No Program</td>
</tr>
<tr>
<td>5: July 11 – 15</td>
<td>U of Iowa CRWC Rec Pool</td>
<td>Sky Zone</td>
<td>Sky Zone</td>
</tr>
<tr>
<td>6: July 18 – 22</td>
<td>The Falls</td>
<td>The Falls</td>
<td>The Falls</td>
</tr>
<tr>
<td>7: July 25 – 29</td>
<td>Sky Zone</td>
<td>U of Iowa CRWC Rec Pool</td>
<td>U of Iowa CRWC Rec Pool</td>
</tr>
<tr>
<td>8: Aug. 1 – 5</td>
<td>Lost Island</td>
<td>Lost Island</td>
<td>Lost Island</td>
</tr>
<tr>
<td>9: Aug. 8 – 12</td>
<td>Children’s Museum</td>
<td>Marcus Theatre</td>
<td>Marcus Theatre</td>
</tr>
</tbody>
</table>

**Weekly Field Trips**

**Basic Camp Hours:** 8:15 a.m.-4:30 p.m.

**Early/Late Option:** 7:30 a.m.-5:30 p.m.

**Fees per Week:**
- Basic Camp: $200 res. $210 non-res.
- Early/Late: $30 per week

**Additional Trip Fees:** Sessions: 2, 4, 6, & 8
($40-$50 per week depending on field trip)

Limited scholarship positions are available each week. Contact the Coralville Recreation Center with questions regarding eligibility and how to apply. Scholarship positions fill up quickly!

**Grade:** Completed Kindergarten through entering grade 6 in Fall 2022

**Registration Information:**
To register, go to the Parks and Recreation page at www.coralville.org or stop by the Coralville Recreation Center for a packet.
Tiny Tigers Taekwondo

This program is designed for children ages 4 through 7, teaches basic character qualities, improves motor skills, enhances their ability to pay attention and follow instructions, and teaches them how to stay safe. Classes are fun and exciting for this age group. Our focus for this group is to listen, pay attention and follow directions. With a heavy focus on basic life skills.

TUESDAY/THURSDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>6:00-6:30 p.m.</td>
<td>7020.200</td>
</tr>
<tr>
<td>June</td>
<td>6:00-6:30 p.m.</td>
<td>7020.201</td>
</tr>
<tr>
<td>July</td>
<td>6:00-6:30 p.m.</td>
<td>7020.102</td>
</tr>
<tr>
<td>Aug.</td>
<td>6:00-6:30 p.m.</td>
<td>7020.103</td>
</tr>
</tbody>
</table>

Price: $50 res. $60 non-res.
Age: 4-7

ATA Taekwondo Basics

Students in this class have advanced to the rank of Camo belt and above. Students in this class will learn advanced techniques, forms, sparring and board breaking. Prepare to challenge yourself and push to the next level as you work towards your Black Belt and beyond! Our focus for this group is on advanced self-defense techniques, structure in life, work ethic and the life skills it takes to make us all better people.

TUESDAY/THURSDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>6:30-7:15 p.m.</td>
<td>7010.200</td>
</tr>
<tr>
<td>June</td>
<td>6:30-7:15 p.m.</td>
<td>7010.201</td>
</tr>
<tr>
<td>July</td>
<td>6:30-7:15 p.m.</td>
<td>7010.202</td>
</tr>
<tr>
<td>Aug.</td>
<td>6:30-7:15 p.m.</td>
<td>7010.203</td>
</tr>
</tbody>
</table>

Price: $50 res. $60 non-res.
Age: 8-adult

Advanced ATA Taekwondo

Begin your quest towards your own Black Belt! Students will be instructed in the fundamentals of Taekwondo by our instruction team. Our instructors will guide you on your journey in the art of traditional taekwondo. Our focus for this group is on basic life skills, fundamentals, discipline and goal setting. Ages 8 and up.

TUESDAY/THURSDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>May</td>
<td>7:15-8:00 p.m.</td>
<td>7000.200</td>
</tr>
<tr>
<td>June</td>
<td>7:15-8:00 p.m.</td>
<td>7000.201</td>
</tr>
<tr>
<td>July</td>
<td>7:15-8:00 p.m.</td>
<td>7000.202</td>
</tr>
<tr>
<td>Aug.</td>
<td>7:15-8:00 p.m.</td>
<td>7000.203</td>
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</tbody>
</table>

Price: $50 res. $60 non-res.
$50 uniform required for Basics & Advanced
Age: 8-adult, must have graduated from Tiger or Basics

In order to make our program the best martial arts program available in the area we have made a change to our start dates. New and returning students will only be able to start at the beginning of odd-numbered months. (January, March, May, July, September and November). This allows the students to start at the best times and for our instructors to teach the best classes available.

For answers to any questions please contact Master Anderson directly at 319-331-1910 or atatopten@yahoo.com for more information visit www.andersonatataekwondo.com.
play ball!

YOUTH SPORTS

General Info
The goals of the Supreme Youth Sports Program and the Coralville Parks and Recreation Department is for children to learn the fundamentals of the sport and to have FUN! Please help us achieve this goal by reinforcing that your child’s participation is important, having fun is a necessity, and that winning or losing a game does not determine success or failure.

Summer Youth Tennis
QuickStart Tennis is a format designed to allow kids of all levels to learn and play the game of tennis in an EASY and FUN way! Equipment and courts are scaled down to the size of the child. This means playing on smaller courts with lower nets and using age-appropriate equipment such as smaller racquets and lower bouncing balls. Learn the game, be on a team with your friends, and have a great time. All youth ages 5-17 will be allowed to participate.

**MONDAY/WEDNESDAY/FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 6 – 24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 5-7</td>
<td>9:00-9:55 a.m.</td>
<td>6150.200</td>
</tr>
<tr>
<td>Age 8-10</td>
<td>10:00-10:55 a.m.</td>
<td>6150.201</td>
</tr>
<tr>
<td>Age 11-17</td>
<td>11:00-11:55 a.m.</td>
<td>6150.202</td>
</tr>
</tbody>
</table>

| July 11 – 29 |               |           |
| Age 5-7      | 9:00-9:55 a.m.| 6150.203  |
| Age 8-10     | 10:00-10:55 a.m.| 6150.204 |
| Age 11-17    | 11:00-11:55 a.m.| 6150.205 |

Price: $40 res. per session $50 non-res. per session
Location: S.T. Morrison Park Tennis Courts
Deadline: May 15 (session 1); July 19 (session 2)

Minors T-Ball & Majors Coach Pitch
Get your swing looking mean with Minors T-Ball & Majors Coach Pitch.

**MINORS** – this is an introduction to t-ball for youth age 4-6. Players will hit off a tee to start with and by the end of the 6 games season will have progressed to being pitched to by a coach. The season will run June 9 – July 14. Volunteer coaches needed.

**MAJORS** – this program is for youth age 6-8. Coaches will pitch 4 balls to the player. If contact is not made, then a batting tee will be used. Teams will bat until 3 outs have been achieved or have batted once through the lineup. 8 games will be played in the season that runs June 7 – July 26. All teams will be formed by the school each child attends. If there are not enough kids or coaches per school to form a team, they will be assigned with another school. Volunteer coaches needed.

**LEAGUE**

<table>
<thead>
<tr>
<th>LEAGUE</th>
<th>AGE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minors</td>
<td>4-6</td>
<td>Thursday</td>
<td>5:45-7:15 p.m.</td>
<td>6200.200</td>
</tr>
<tr>
<td>Majors</td>
<td>6-8</td>
<td>Tuesday</td>
<td>5:45-7:15 p.m.</td>
<td>6200.201</td>
</tr>
</tbody>
</table>

Price: $28 res. $35 non-res. **Minors**
$36 res. $45 non-res. **Majors**
Location: Coralville Youth Sports Park
Deadline: May 8
Tiny Tot Soccer

Designed for kids ages 3-6, this program will emphasize socialization, fun and good sportsmanship. Teams will have 6 weeks of practice/drills and games/scrimmages. Each team will play for 45 minutes; the first 20-25 minutes will be used to teach skills and the last 20 will be spent playing a game. Each child will receive a team t-shirt. Volunteer coaches are needed for this program!

5:45-6:30 P.M.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>AGE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 6 – July 18</td>
<td>Monday</td>
<td>3-4</td>
<td>6000.200</td>
</tr>
<tr>
<td>June 6 – July 18</td>
<td>Monday</td>
<td>5-6</td>
<td>6000.201</td>
</tr>
<tr>
<td>June 8 – July 13</td>
<td>Wednesday</td>
<td>3-4</td>
<td>6000.202</td>
</tr>
<tr>
<td>June 8 – July 13</td>
<td>Wednesday</td>
<td>5-6</td>
<td>6000.203</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Location: Coralville Youth Sports Park
Deadline: May 15

Blast Ball

BLASTBALL is an exciting introductory game to baseball and softball. There is more action at all times and will keep everyone involved. The game is safe and uses a foam bat and ball - no gloves required. BLASTBALL teaches the basics of T-Ball, baseball, and softball; hitting, throwing, and fielding while emphasizing the importance of teamwork and sportsmanship. Parents are encouraged to help and volunteer coaches are needed for this program!

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS#</th>
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</thead>
<tbody>
<tr>
<td>June 6 – July 11</td>
<td>Monday</td>
<td>10:00-10:45 a.m.</td>
<td>6315.200</td>
</tr>
<tr>
<td>June 14 – July 12</td>
<td>Tuesday</td>
<td>6:00-6:45 p.m.</td>
<td>6315.201</td>
</tr>
<tr>
<td>July 13 – Aug. 10</td>
<td>Wednesday</td>
<td>10:00-10:45 a.m.</td>
<td>6315.202</td>
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</tbody>
</table>

Price: $32 res. $40 non-res.
Age: 3-4
Location: Monday/Wednesday at S.T. Morrison Park
Tuesday at Coralville Youth Sports Park
Deadline: One week before session begins

Pee Wee Games

Designed for kids ages 4-5, this program will introduce your child to a variety of games and allow them to interact with other children their age. Pee Wee Games will emphasize socialization, fun and good sportsmanship. Each session will last for 45 minutes. Parents are encouraged to join in!

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 7 – July 5</td>
<td>10:00-10:45 a.m.</td>
<td>6305.200</td>
</tr>
<tr>
<td>July 12 – Aug. 9</td>
<td>10:00-10:45 a.m.</td>
<td>6305.201</td>
</tr>
</tbody>
</table>

Price: $32 res. $40 non-res.
Age: 4-5
Location: Coralville Recreation Center, S.T. Morrison Park
Deadline: One week before session begins

I-Sport

I stands for introduction. We will introduce you to the wonderful world of youth sports. This class is designed to teach and introduce your child to a variety of sports. Each week will focus on a different sport; the unit will include field hockey, t-ball, soccer, flag football, and lacrosse.

Thursday

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 9 – July 7</td>
<td>10:00-10:45 a.m.</td>
<td>6300.200</td>
</tr>
<tr>
<td>July 14 – Aug. 11</td>
<td>10:00-10:45 a.m.</td>
<td>6300.201</td>
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</tbody>
</table>

Price: $32 res. $40 non-res.
Age: 4-5
Location: Coralville Recreation Center, S.T. Morrison Park
Deadline: One week before session begins

High School Volleyball League

Register your team to compete in our High School Volleyball Summer League at GreenState Family Fieldhouse. Register as a team and bring your “A” game!

Tuesday

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 31 – July 12</td>
<td>6:00-9:00 p.m.</td>
<td>6800.200</td>
</tr>
</tbody>
</table>

Price: $175/team
Location: GreenState Family Fieldhouse
Deadline: May 15

Supreme Youth Volleyball

Learn the basics of volleyball and get a head start on junior high play. Participates will be given instruction on a variety of skills and will scrimmage each week. The junior division is for 3rd and 4th graders. Senior division is for 5th and 6th graders. In addition to the games on Tuesday's, there will be a practice on either Sundays or Mondays that will determined by your child’s coach. Volunteer coaches are needed for this program.

Tuesday

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 30 – Oct. 25</td>
<td>Senior</td>
<td>6:00-8:15 p.m.</td>
<td>6600.300</td>
</tr>
<tr>
<td>Aug. 30 – Oct. 25</td>
<td>Junior</td>
<td>6:00-8:15 p.m.</td>
<td>6600.301</td>
</tr>
</tbody>
</table>

Price: $50 res. $62.50 non-res.
Location: Volleyball scrimmages will be held at the GreenState Family Fieldhouse and the North Liberty Recreation Center.
Deadline: Aug. 14
Supreme Flag League
This instructional flag football league is for both boys and girls in 1st-6th grade. It will emphasize skill development, sportsmanship, total participation and fun. Teams will be formed in North Liberty, Tiffin and Coralville. If your son/daughter is registered in Coralville, they will be placed on a Coralville team (separate from a North Liberty or Tiffin team). Likewise, if your son/daughter is signed up through North Liberty or Tiffin, they will be placed on a team from the community through which they registered. All Coralville participants are placed on teams by school. If there are not enough kids signed up to make full roster or too many kids registered from that particular school, they will be assigned with another school. There will be one day out of the week for practices (location and time will be chosen by your child’s coach). Volunteer coaches are needed for this program.

SUNDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>GRADE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 16 – Oct. 23</td>
<td>1-2</td>
<td>6250.300</td>
</tr>
<tr>
<td>Aug. 16 – Oct. 23</td>
<td>3-4</td>
<td>6250.301</td>
</tr>
<tr>
<td>Aug. 16 – Oct. 23</td>
<td>5-6</td>
<td>6250.302</td>
</tr>
<tr>
<td>Aug. 16 – Oct. 23</td>
<td>7-8</td>
<td>6250.303</td>
</tr>
</tbody>
</table>

Price: $70 res. $87.50 non-res.
Location: Coralville Youth Sports Park; Tiffin Rec Fields
Note: Tuesday, Aug. 16 & Thursday, Aug. 18 will be Mini Camps
Sunday, Aug. 28 will be a designated scrimmage day
Sunday, Sept 11 games will start
No games or practices on Sunday, Sept. 4
Deadline: Aug. 7

KIXX Youth Soccer
Our youth soccer league is designed to provide an opportunity for children to have fun and build relationships while developing their soccer skills through small sided games. The emphasis is on introducing the concept of team play and building individual skills. Each participant will receive a t-shirt.

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 7 – Oct. 12</td>
<td>6:00-7:00 p.m.</td>
<td>6005.300</td>
</tr>
</tbody>
</table>

Price: $55 res. $68.75 non-res.
Age: 6-8
Location: Coralville Youth Sports Park
Note: KIXX Festival - Oct. 15
Deadline: Aug. 21

Intro to Youth Lacrosse
Our Intro to Lacrosse program is open to boys and girls in 2nd through 5th grade. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast-paced, high-scoring game. Participants will learn the fundamentals of stick handling, cradling, passing, and shooting, all in a fun, non-checking environment.

SUNDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 1 – June 12</td>
<td>5:45-6:45 p.m.</td>
<td>6070.200</td>
</tr>
<tr>
<td>July 10 – Aug 14</td>
<td>5:45-6:45 p.m.</td>
<td>6070.201</td>
</tr>
</tbody>
</table>

Price: $35 res. $43.75 non-res.
Grade: 2-5
Location: Coralville Youth Sports Park
Note: No practice on May 29 (Memorial Day weekend)
Deadline: April 17 (Spring), June 26 (Summer)

International Soccer Camp
Coralville Parks and Recreation has partnered with Challenger Sports, the leading soccer camp company in North America, to host a week-long youth International Soccer Camp for boys and girls. This program reflects the truly global nature of the sport today and provides young players with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded skill set.

MONDAY-FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>July 11 – 15</td>
<td>8:00-4:00 p.m.</td>
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</tbody>
</table>

Price: Varies based on session
Age: 3-16
Location: Coralville Youth Sports Park
Note: Each camper will receive a camp t-shirt, soccer ball, and access to the TopYa! app!
Register: Online at www.challengersports.com or contact Joe Janner at 913.599.4884 ext. 248 or jjanner@challengersports.com
Deadline: Sign up at least 30 days before camp to receive an International Soccer replica jersey! A $10 late fee will be applied for campers who register within 10 days of camp start date.
ADULT SPORTS

Sand Volleyball Leagues
Break out the sunscreen and meet us at the beach! Games are played at the Dovetail Recreation Area sand volleyball courts on Oakdale Boulevard. Grab 5 of your friends and get in the sand. Our 6 vs. 6 sand volleyball leagues are a great way to stay active and have some fun.

GAMES ARE PLAYED BETWEEN 6:00-9:00 P.M.

<table>
<thead>
<tr>
<th>DAY</th>
<th>LEAGUE</th>
<th>DATES</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues.</td>
<td>Recreational</td>
<td>Apr. 26 – Jun. 28</td>
<td>6350.200</td>
</tr>
<tr>
<td>Wed.</td>
<td>Competitive</td>
<td>Apr. 27 – Jun. 29</td>
<td>6350.201</td>
</tr>
<tr>
<td>SESSION 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues.</td>
<td>Recreational</td>
<td>July 12 – Aug. 23</td>
<td>6350.202</td>
</tr>
<tr>
<td>Wed.</td>
<td>Competitive</td>
<td>July 13 – Aug. 24</td>
<td>6350.203</td>
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</tbody>
</table>

Price: Session 1: $110 per team, plus a $6 per non-res. player fee
       Session 2: $70 per team, plus a $6 per non-res. player fee

Location: Dovetail Recreation Area
Deadline: April 17 (Session 1); July 3 (Session 2)

Adult Basketball League
Stay active and competitive by participating in Coralville’s 5 on 5 summer basketball league. Our league is self-officiated and teams are guaranteed to play 11 games. Games will consist of two 20-minute halves with a continuous clock. A tournament will be held at the end of the season. Must be age 18 or older

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>May 5 – July 14</td>
<td>6:00-9:00 p.m.</td>
<td>6360.200</td>
</tr>
</tbody>
</table>

Price: $125 per team, plus a $6 non-res. player fee
Location: Coralville Recreation Center
Deadline: April 24

Adult Coed Kickball League
For all adults out there who want to relive those elementary school playground years, or for those of you that still can’t let go of those childhood memories of being royalty of the kickball field, here is your opportunity. Join our Kickball League. Participants must be 18 years or older to play. At least 10 people must be on a team.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 28 – mid. Aug.</td>
<td>6:00-10:00 p.m.</td>
<td>6750.100</td>
</tr>
</tbody>
</table>

Price: $250/team, plus a $6 per non-res. player fee
Deadline: April 10

Essential Yoga
Take a step back from your busy day to relax, unwind, and explore the physical and mental benefits of yoga. This class is an excellent introduction to yoga, or a great way to reintroduce yourself to the practice. Participants will learn foundational yoga poses and breathing techniques. Please bring your yoga mat.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>May 9 – June 20*</td>
<td>6:00-7:00 p.m.</td>
<td>7400.200</td>
</tr>
</tbody>
</table>

* No class Monday, May 30.

July 11 – Aug. 15 | 6:00-7:00 p.m. | 7400.201 |

Price: $70 res. $87.50 non-res.
Age: 16 and up
Location: North Ridge Pavilion
Notes: Comfortable clothes and a yoga mat are recommended.
Deadline: One week prior to start of class

Coralville Creekside Ballpark
Coralville Creekside Ballpark leagues are filled on a first-come, first-served basis so, organize your team now!

Adult Softball League
Organize a team and get out to the diamond for a fun summer of softball games. League play will be held on Monday-Friday evenings beginning the week of April 25.

<table>
<thead>
<tr>
<th>DAY</th>
<th>LEAGUE</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Men’s D &amp; E &amp; Coed D &amp; E (Starts Aug. 1)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Men’s C, D &amp; E</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Men’s D &amp; Coed D &amp; E</td>
</tr>
<tr>
<td>Thursday</td>
<td>Men’s E, Coed D</td>
</tr>
<tr>
<td>Friday</td>
<td>Church League</td>
</tr>
</tbody>
</table>

Registration: Feb. 1 – April 10
Team Fees: $410, plus a $6 per non-res. player fee
Note: All registration fees are due at the time of registration.
Deadline: Apr. 10 or when leagues are filled
**PROVIDING RECREATION, SOCIAL, AND WELLNESS OPPORTUNITIES FOR ADULTS AGE 55+**

**Nature Walk**
As the temperature warms up it’s time to get out walking again! Did you know that Coralville has lots of trails to explore? Grab a friend and we’ll check out these trails while walking together.

- **THURSDAY**
  - **DATE**
    - June 23
    - July 14
    - Aug. 11
  - **LOCATION**
    - Clear Creek Trail, meet behind Five Guys
    - Dovetail Recreation Area, park in lot on south side of Oakdale Blvd.
    - Clear Creek Trail, meet at Old School House on 5th St.
  - **Time:** 9:30 a.m.-10:30 a.m.
  - **Price:** Free
  - **Note:** Walk is canceled if inclement weather.

**Kent Park Picnic**
Pack up your favorite sandwich or lunch item and eat while visiting with friends! We will meet at the boat dock picnic tables for lunch, and those who want to walk the lakeside trail can do so after lunch.

- **TUESDAY**
  - **DATE**
    - June 7*
    - July 6
    - Aug. 3
  - **TIME**
    - 11:30 a.m.-1:00 p.m.
  - **Price:** Free
  - **Location:** Kent Park
  - **Note:** Bring a lunch and wear comfortable walking shoes. No registration required.

**Patio Lunch Club**
Celebrate spring by meeting up with friends for lunch! We’ll meet on the outdoor patios. Reservations are required to reserve a space.

- **WEDNESDAY 11:30 A.M.-1:00 P.M.**
  - **DATE**
    - June 15
    - July 6
    - Aug. 3
  - **LOCATION**
    - 30Hop
    - Wig & Pen
    - Tribute
  - **CLASS #**
    - 9940.200
    - 9940.201
    - 9940.202
  - **Location:** Meet at restaurant
  - **Note:** Lunch paid by participant. Lunch is canceled if inclement weather.

**Coffee and Crafts**
Bring a project and enjoy some time with fellow crafters. Enjoy conversations and learn a new skill from one another or just get out of the house and work on a project in the company of others. Coffee, crafting, and conversation is all free.

- **1ST AND 3RD THURSDAY**
  - **DATE**
    - May 5 & May 19
    - June 2 & June 16
    - July 7 & July 21
    - Aug. 4 & Aug. 18
  - **TIME**
    - 9:30-11:30 a.m.
  - **Price:** Free
around town

Altmaier Family Park & Disc Golf Course
3444 Deer Creek Road
• Disc Golf
• Bags Games
• Park opens at 11:00 a.m. M-F
• Archery range opens at 1:00 p.m.
• Barnyard picnic area

Woodpecker Single Track Trail
Access from 719 Camp Cardinal Boulevard
• Six miles of single track trail
• Mountain bike skills course
• Walk or bike

Coralville Trail System
Enjoy over 45 miles of hard surface trails
www.coralville.org/trails

S.T. Morrison Park
1500 Block of 5th Street
• Playground
• Tennis courts
• 2 youth ball diamonds
• Sand volleyball court
• Home of the Recreation Center
• Small and large shelters
• Fishing pond
• Aquatic Center

North Ridge Park
2250 Holiday Road
• North Ridge Pavilion
• Playground
• Small shelters
• Trails
• Trail Head
• Fishing pond

Dovetail Recreation Area
Oakdale Boulevard
• Multi-purpose athletic field
• Sand volleyball courts
• Recreation trail
• Fishing pond
• Wetlands
• Available for canoes and kayaks

Central Park
501 6th Street
• Small picnic shelter
• Butterfly garden
• Trail

Auburn Hills Park
Auburn Hills Drive
• Trails
• Playground, Gym and Community Room
(Kate Wickham Elementary)

Rotary Camp Park/ Clear Creek Greenway
Camp Cardinal Boulevard
• 300 acre nature preserve area
• Trail System
• Bird Blind
• Shelter

Kiddie Korral
733 12th Avenue
• Preschool Playground
• Small Picnic Shelter

M.A. Ewalt Park
Old Highway 6
• 10 acre water detention pond/fishing
• Future trails
• Available for canoes and kayaks

Coralville Youth Sports Park
2480 Dempster Drive
• Playground
• Walking trails
• Fishing pond
• Bocce courts
• 5 Baseball / Softball Diamonds
• 3 Soccer Fields
Field 3 lighting donated by Iowa Soccer Club (ISC)
• Available for canoes and kayaks
Parks & Amenities

Shelters
Shelter Reservations are taken March 1 – Oct. 31 at the Coralville Recreation Center. Prices are based on size of group, residency and length of rental.

Shelter Rentals
We have three shelters available to be reserved: Hilltop & Fireside (S.T. Morrison Park), North Ridge (North Ridge Park). Shelters are reserved in four hour blocks – 10:00-2:00, 2:00-6:00, or 6:00-10:00.
Any amplified sound, commercial grills, or inflatables must be approved by the Recreation Superintendent prior to rental.

RESERVATION FEES

<table>
<thead>
<tr>
<th>GROUP SIZE</th>
<th>RES.</th>
<th>NON-RES.</th>
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</thead>
<tbody>
<tr>
<td>1-25</td>
<td>$20</td>
<td>$25</td>
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<tr>
<td>26-60</td>
<td>$35</td>
<td>$43.75</td>
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<tr>
<td>61-100</td>
<td>$55</td>
<td>$68.75</td>
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<tr>
<td>100-150</td>
<td>$75</td>
<td>$93.75</td>
</tr>
<tr>
<td>151+</td>
<td>Determined by Recreation Superintendent</td>
<td></td>
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</tbody>
</table>

Planning a picnic or family time outdoors?
Rent one of outdoor play kits for your event!

- $10 per day rental

Volleyball Kit: volleyball net and poles with volleyball
Picnic Kit: horseshoe set, bocce ball, toss n’ catch, frisbee, youth softball bat, ball and bases
Tennis Kit: four tennis racquets and balls
Pickleball Kit: pickle net with poles, four racquets and balls
Disc Golf Kit: four golf discs

Coralville Creekside Cross and Flow Trails
Our natural surface trails offer a unique biking experience. Both trails are best used with a wider cross course or mountain bike size tire. The cross course is a grass course with uphill and downhill grass trails, sand pits, mud pit, and bridge crossings. The flow trail is a machine built dirt natural surface trails with green, blue, and black trail designations.
The course is open daily – dawn to dusk. If there has been excessive rain or other conditions to make the course soft, it may be closed for a day or more to allow it to dry out. Check the website (www.coralville.org/creeksidecross) for current status.

Altmaier Family Park and Disc Golf Course
This beautiful 18-hole course sits on a former family farm with picturesque views of western Coralville. At the farmyard in the park, play a game of bags or relax with a picnic after a game. Newly added archery range.
Address: 3444 Deer Creek Road
Hours: Monday – Friday 11:00 a.m.*–Dusk
Saturday – Sunday Dawn–Dusk
*11:00 a.m is a firm open time.
No one allowed before 11:00 a.m.
Note: Check website for tournament/event closures.
Life on your Bike

National Bike to School Day – Friday, May 20
Riding a bicycle promotes independence, problem solving skills and physical fitness, teaches a good lifelong habit, and relieves traffic congestion around area schools. Join the National Bike to School Day movement this year.

Pick up a bike bell at the Coralville Recreation Center during the month of May and use it to indicate your presence as you pass on the left. Take a picture in front of your school with your bike and school name showing in the photo on May 20 and e-mail to recreation@coralville.org with your name and age to be entered in prize drawings for pool passes, new helmets, water bottles or other gear. You may also be spotted by our Parks and Recreation bike patrol that morning and win instant prizes on your ride. Develop a love for biking in your family by starting with Bike to School Day.

Leisure Rides
These leisure rides will be at a family pace with regular check-in stops with the riding group. We’ll leave from, and return to, the Brown Deer Golf Club parking lot. Rides will be approximately one to one and a half hours in length or about 8-10 miles at a moderate pace. Bring some cash in case there is an ice cream stop that can be worked into the route. Thanks to Bicyclists of Iowa City (BIC) for their help with ride leaders. Register for each ride by 3:00 pm. on day of by calling 319-248-1750 so we know how many riders to expect. Riders will need to sign a waiver for BIC. All riders must wear a helmet. Ride is free to participate.

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>May 12</td>
<td>9400.200</td>
</tr>
<tr>
<td>June 9</td>
<td>9400.201</td>
</tr>
<tr>
<td>July 14</td>
<td>9400.202</td>
</tr>
<tr>
<td>Aug. 11</td>
<td>9400.203</td>
</tr>
</tbody>
</table>

Location: Depart at 6:00 p.m., gather at south end of Brown Deer parking lot

Try It! Singletrack and Flow Trail Riding
Riders newer to mountain bike riding can ride with more experienced riders and gain tips and knowledge on these try it ride nights. Helmets required. We’ll have loaner bikes available to try compliments of World of Bikes.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>May 17</td>
<td>6:00-7:30 p.m.</td>
</tr>
<tr>
<td>June 21</td>
<td>6:00-7:30 p.m.</td>
</tr>
</tbody>
</table>

Location: Meet at Creekside Cross and Flow Trail, 3550 340th Street, near the kiosk

Bicycle Maintenance 101
Before you hit the trails, learn a few bicycle maintenance skills to increase your comfort level with cycling. Learn about correct tire pressure, who to adjust your handles or seat, adjusting a chain, and how to fix a flat. Program is taught by the bicycle experts from Scheels.

TUESDAY 7:00 – 8:00 P.M.

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>June 14</td>
<td>North Ridge Shelter, North Ridge Park</td>
<td>9405.200</td>
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</tbody>
</table>

Price: Free, registration required, spots limited.

Ready to Ride
Learn how to check your bike before each ride at Ready to Ride. You will learn a quick inspection routine, what to look for in worn out parts, how to tighten all your bolts properly, and how to air up your tires. Program taught by the bicycle experts at Scheels.

TUESDAY 7:00 – 8:00 P.M.

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>May 10</td>
<td>9415.200</td>
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</table>

Price: Free, registration required; spots limited
Location: Hilltop Shelter, S.T. Morrison Park

Kids Mountain Bike
With just a few pointers and some ride time with a leader, kids learn the fun of flow and singletrack trail riding. On this ride, the biking experts at Scheels will discuss bike etiquette for natural surface trails, give safety information, and lead the ride. Appropriate for riders up to 12 years of age who want to try riding flow and singletrack. Parents welcome too. Bikers should have a helmet and a bike with a mountain bike width tire.

TUESDAY 7:00 – 8:00 P.M.

<table>
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<tr>
<th>DATE</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>July 12</td>
<td>9410.200</td>
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</tbody>
</table>

Price: Free, registration required.
Location: Meet at Tom Harkin Trailhead
North Ridge Pavilion
2250 Holiday Road

The North Ridge Pavilion is a 1700 square foot, all season event venue. It is the perfect size for a company gathering, family reunion, wedding reception, or other function and can be easily accessed from Holiday Road. Seat up to 100 guests in the great room, prepare a meal in the kitchen, or have your event catered and relax as you take in a breath of fresh air on the veranda overlooking the park.

Facility Hours
Facility is available for rentals from 7:00 a.m.-11:00 p.m. Monday through Sunday. All guests and support personnel such as catering staff must exit the building and park by 11:00 p.m. Overnight rentals are not permitted at North Ridge Pavilion.

Reservations
Reservations are taken year round at the Coralville Recreation Center, 1506 8th Street, and can be made up to 18 months in advance of your event. Full rental fee and deposit are due at the time of reservation. An application fee of 1/3 the base fee is non-refundable in the event of a cancellation. Reservations must be made 10 days prior to date. Optional cleaning service is available for weekday (Monday-Thursday) rentals ending at 7:00 p.m. or later, and for weekend rentals ending at 11:00 p.m.

Seating Accommodations
Seat up to 100* guests with either (12) 5’ round tables or (12) 8’ rectangular tables.

Office Hours
The Pavilion is open Tuesdays 11:30 a.m.-1:30 p.m. and by appointment for general viewing unless otherwise booked for an event.

Rates:
<table>
<thead>
<tr>
<th></th>
<th>Resident/Coralville business</th>
<th>Non-Resident/Other business</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekday 4 hour block</td>
<td>$175</td>
<td>$220</td>
</tr>
<tr>
<td>Weekend 6 hour block Day</td>
<td>$255</td>
<td>$315</td>
</tr>
<tr>
<td>Weekend 6 hour block Evening</td>
<td>$300</td>
<td>$375</td>
</tr>
<tr>
<td>Weekend All Day 7:00 a.m.-11:00 p.m.</td>
<td>$400</td>
<td>$500</td>
</tr>
<tr>
<td>Holiday</td>
<td>$420</td>
<td>$525</td>
</tr>
<tr>
<td>Johnson County Not-for-profit 2 hour rental (Monday-Thursday)</td>
<td>$40**</td>
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<tr>
<td>Deposit</td>
<td>$300*</td>
<td>$300*</td>
</tr>
<tr>
<td>Optional Event Cleaning</td>
<td>$85</td>
<td>$85</td>
</tr>
</tbody>
</table>

*Paid by credit card or separate check (MC, Visa, Discover, or AMEX) and due at the time of reservation.

**Non-profits must provide proof of non-profit status to get a reduced rate (ex. 501(c)3)

Event Planning
Using North Ridge Pavilion for Profit
Groups or individuals using a Parks & Recreation Department facility to generate revenue will pay a higher rate.

- Person(s) reserving the facility to conduct fundraising activities for a non-profit organization or political candidate will pay two times the standard rate.
- Businesses, for profit organizations, or individuals conducting for profit activities will pay three times the standard rate.
- Fee may be waived or reduced by the Parks & Recreation Director if all net proceeds are donated to a non-profit organization(s) or an established Coralville charity event/fund.

Music is allowed inside the pavilion only.
AV equipment: 60” flat screen TV with VGA and USB inputs; DVD/CD player; small PA system suitable for speaking or background music with inputs for microphone(s) and iPod/mp3 player; overhead projector screen is available.
Decorations may be placed throughout the facility but must leave no marks or residue when removed.
The North Ridge Pavilion and its attached veranda is a smoke-free facility.
Alcohol, in the form of beer, wine, and wine cooler type drinks, is allowed at the facility if it is given away to those over 21 years of age. An alcohol permit of $25 is required. Selling alcohol is prohibited.

Youth Non-Profit Facility Use
The North Ridge Pavilion may be used by youth non profit organizations on Tuesday evenings. (Youth Non-Profit as defined by department policies). Each group may have no more than one free reservation per month. Additional rentals may be made by the group at the weekday non-profit rate. Check with the Recreation Center Supervisor for the time frames when requests can be made. A $30 deposit is required and can be kept filed with the department for up to one year.
Adult non-profits must provide proof of non-profit status to get a reduced rate (ex. 501(c)3).
CCPA Rental
The Coralville Center for the Performing Arts is available for performances, presentations, speakers, workshops and other uses. For available dates and information, contact 319-248-9370 or coralvillearts@coralville.org.

Volunteer at CCPA
The Coralville Center for the Performing Arts is always looking for some friendly faces to join our volunteer team. Volunteers help provide CCPA patrons with a memorable theater-going experience, whether assisting behind the scenes or working directly with audience members.
To join our volunteer usher team or find out more about ushering, contact Nancy Mayfield at 319-248-9372 or nmayfield@coralville.org.
If you are interested in performing or helping to produce theater, please contact Liz Tracey at 319-248-9374 or etracey@coralville.org.

Box Office
The CCPA Box Office is available via phone or email only at this time.
Wednesday - Friday | Noon-4:00 p.m.
One hour prior to ticketed events.
The box office phone is 319-248-9370.
Tickets are available 24 hours a day at CoralvilleArts.org.

May
6-8, 13-15 | City Circle Theatre Company presents Legally Blonde the Musical
18 | West Music present SoundReach
20-21 | Debut Dance Spring Recitals
22 | Orchestra Iowa presents Musical Pranks
25 | Beatles vs. Stones — A Musical Showdown
28-29 | Nancy Cree Music Studios Recitals

June
10-12 | City Circle Theatre Company presents Monty Python’s Spamalot
17-18 | Crescendo Opera Company presents The Orphan Train

July
13-14 | Broadway Bootcamp presents Roald Dahl’s Willy Wonka
July 22-24 | Young Footlighters Youth Theatre presents Chitty Chitty Bang Bang
July 29-30 | Ed Kottick presents The Machine Stops

Please check the CCPA website for upcoming events at CoralvilleArts.org.
There’s No Business Like Show Business!

Inspired by stories and songs from the golden age of Broadway, our young campers explore the powers of their imagination through theatre games, music, and activities. They’ll be meeting beloved characters and traveling to far-off places as they explore the world of make-believe! This program develops confidence, concentration, and self-assurance.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>June 13 - 17</td>
<td>9:00 a.m.- 12:00 p.m.</td>
<td>9930.200</td>
</tr>
</tbody>
</table>

Price: $65 res. $80 non-res.
Location: Coralville Public Library
Grade: 1-3
Note: Scholarships available for any student in need.

Footliters Traveling Playhouse: The Secret of the Sphinx

An unsuspecting class of middle school students and their overly enthusiastic teacher are transported back in time where they come face to face with some of the greatest mysteries known to humans. Set against the backdrop of Ancient Egypt, the students learn about Ancient cultures and are reminded of the importance of working as a team.

Designed for students at all levels of theatre experience, campers will audition, rehearse, and perform a musical alongside three professional teaching artists...in one week! The Secret of the Sphinx is a brand-new production with a script by Katie Colletta and original music by Jason Sifford. Performance on June 24 at 6:30 p.m.

<table>
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<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>June 20 - 24</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>9920.200</td>
</tr>
</tbody>
</table>

Price: $125 res. $155 non-res.
Location: CCPA
Age: 7-17
Note: Scholarships available for any student in need.

Footliters Traveling Playhouse: The Call of the Matterhorn

High above the foothills of the Swiss alps, one snowy mountain towers above them all – a mountain only for the bravest of heart. Join us for a musical adventure filled with magic, mystery, and tests of true character!
Together we’ll climb to the highest peak. Only one question remains... will YOU answer The Call of the Matterhorn?

Designed for students at all levels of theatre experience, campers will audition, rehearse, and perform a musical alongside three professional teaching artists...in one week! The Call of the Matterhorn is a brand-new production with a script by Katie Colletta and original music by Jason Sifford.
Performance on July 1 at 6:30 p.m.

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<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>June 27 - July 1</td>
<td>9:00 a.m.- 1:00 p.m.</td>
<td>9905.200</td>
</tr>
</tbody>
</table>

Price: $125 res. $155 non-res.
Location: CCPA
Age: 7-17
Note: Scholarships available for any student in need.

The Audition Bootcamp

Lead by professional acting teachers and directors, The Audition Bootcamp prepares high school students to rock auditions for school shows and colleges. Monologues, performance skills, cold-reading techniques, song selection, and so much more! Perfect your auditions to get the part!

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>July 5 - 8</td>
<td>10:00 a.m.- 12:00 p.m.</td>
<td>9900.200</td>
</tr>
</tbody>
</table>

Price: $75 res. $90 non-res.
Location: CCPA
Grade: 7-12
Note: Scholarships available for any student in need.
Mini Camp: Improv Olympics
Through a wild array of theatre games, campers will learn how to improvise, develop characters, and tell a compelling story on stage. This fun and welcoming exploration of the world of acting offers opportunities for new and experienced actors to develop their skills!

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<th>DATE</th>
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<th>CLASS #</th>
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<tbody>
<tr>
<td>July 11 – 12</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>9935.200</td>
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</tbody>
</table>

Price: $45 res. $55 non-res.
Location: CCPA
Grade: 4-12
Note: Scholarships available for any student in need.

So You Want to be an Actor?
Learn everything you need to know to join the theatre in this camp! We’ll focus on skills such as speaking on stage, collaborating with others, creating characters, and playing scenes from a script. A great introduction to the stage in a welcoming environment!

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<th>DATE</th>
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<th>CLASS #</th>
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<tbody>
<tr>
<td>July 25 – 29</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>9915.200</td>
</tr>
</tbody>
</table>

Price: $65 res. $80 non-res.
Location: Community of Christ Church
Grade: 4-5
Note: Scholarships available for any student in need.

Footliters Traveling Playhouse: The Call of the Matterhorn
High above the foothills of the Swiss alps, one snowy mountain towers above them all – a mountain only for the bravest of heart. Join us for a musical adventure filled with magic, mystery, and tests of true character! Together we’ll climb to the highest peak. Only one question remains... will YOU answer The Call of the Matterhorn?

Designed for students at all levels of theatre experience, campers will audition, rehearse, and perform a musical alongside three professional teaching artists... in one week! The Call of the Matterhorn is a brand-new production with a script by Katie Colletta and original music by Jason Sifford.
Performance on Friday evening at 6:30 p.m.

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<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>July 11 – 15</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>9940.200</td>
</tr>
<tr>
<td>Aug. 1 – 5</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>9910.200</td>
</tr>
</tbody>
</table>

Price: $125 res. $155 non-res.
Location: CCPA
Age: 7-17
Note: Scholarships available for any student in need.

Popcorn Players – Magical Journeys!
Explore the magic of storytelling with our youngest actors! These sessions introduce kids to great stories, far off lands, and interesting characters as we take the imaginary road trip of a lifetime! Campers will learn about teamwork, simple reading and storytelling, and some of the most interesting stories from across the globe!

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<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Aug. 8 – 12</td>
<td>9:00 a.m.-11:00 a.m.</td>
<td>9925.200</td>
</tr>
</tbody>
</table>

Price: $55 res. $70 non-res.
Location: CCPA
Grade: K-1
Note: Scholarships available for any student in need.

Character Factory
Through a wild array of theatre games, campers will learn how to improvise, develop characters, and tell a compelling story on stage. This fun and welcoming exploration of the world of acting offers opportunities for new and experienced actors to develop their skills.

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<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Aug. 15 – 19</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>9900.201</td>
</tr>
</tbody>
</table>

Price: $65 res. $80 non-res.
Location: CCPA
Grade: 5-6
Note: Scholarships available for any student in need.
**Brown Deer Youth Membership Program**

Youth program will include instruction on swing, rules, etiquette, playing opportunities, and FREE range balls. Golfers age 14-18 are eligible to sign up. Golfers younger than 14 may be admitted after consulting with our PGA professionals. Fee must be paid in full prior to participating. Youth Membership DOES NOT include motorized cart rental. Anyone with questions should contact Brian in the Pro Shop.

Price: $350

**Brown Deer Junior Camp**

The Annual Brown Deer Junior Camp will be held in June with two sessions each day.

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<tr>
<th>DATE</th>
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<tr>
<td>June 14 - 16</td>
<td>8:00-9:30 a.m. or 10:30 a.m.-Noon</td>
</tr>
</tbody>
</table>

Price: $65 res. $75 non-res.

Age: 6-15

Note: Call the pro shop for more information or to register

Deadline: June 10 or until filled

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**Bunkers Bar and Grill**

Enjoy great food in a relaxed atmosphere at Bunkers at Brown Deer. Dine outside and enjoy a game of bags or use the putting green while we prepare your meal fresh every day. Breakfast sandwiches available every morning the course is open. Stay past 8:00 p.m. for drinks and appetizers as long as we have guests.

Welcome to our new food and beverage provider, Bunkers at Brown Deer, LLC. If you like fresh food, flexible menus, and delicious flavor, you'll love our new offerings at Bunkers Bar & Grill and for catering with the upstairs banquet space, The Green View at Brown Deer.

For catering information, complete an event inquiry form at www.browndeergolf.org or call Kelley Carter at 319-512-0272. Bunkers at Brown Deer LLC will work with you to create a memorable event with great food and a spectacular view.
Online Registrations
You can register for many of our programs online at www.coralville.org, 24 hours a day. Follow the directions provided by Active.com, our online service, step by step as it walks you through class registrations. You will receive e-mail confirmation of your enrollment when it is complete.

Due to the popularity of programs such as preschool and levels 1-6 swim lessons and programs that require adult signatures, are not available for on-line registration. Due to the popularity of programs such as preschool and levels 1-6 swim lessons and programs that require adult signatures, are not available for on-line registration.

Scholarship Assistance
Participant scholarships are made available to Coralville resident youth for instructional programs funded by service clubs and area businesses. Families are asked to pay 25% of the program’s cost. The remainder of the program cost is covered by the scholarship. Inquire at the front desk for scholarship guidelines.

Accommodations for Disabilities
Many of our programs can accommodate persons with disabilities. If you need special accommodation, please contact us at least 48 hours prior to the start of the program.

We Welcome Children...
We welcome people of all ages to our recreation facilities. For the safety and well being of the children attending the Recreation Center and pools, we have set the following supervision parameters:

- Any child below 5th grade must be accompanied by an adult in the Recreation Center area of the facility. The adult may not be in the swimming pool area at the times the child is in the recreation area of the facility (or vice-versa).
- Parents or responsible adults must accompany children to the pools until the child is nine (9) years of age and possesses proficient swimming ability to be on his or her own. Lifeguards may test child for his/her swimming ability.

Gyms
- Organized practices outside of CRC programs are not permitted during open gym time.
- Gym calendars are provided at the front desk and on our website for our open gym schedule.

Open Gym Policy
Our open gym policy is designed to offer open gym time without structured team practices. The gym is available to everyone for shooting baskets and other gym type activities. Team practices are not allowed during open gym times. Check the monthly schedule for open gym times.

Rec Pass
The Coralville Recreation Center has a facility pass policy. All drop-in users of the Recreation Center are required to have a Rec Pass. This allows us to track attendance and monitor usage of different times and activities. The initial pass is FREE. We require that everyone in 5th grade and above get a pass and use it each time they come in for drop in use. A pass is not required if you are registered for a program or paying for services to use the swimming pool, the exercise room or renting the racquetball court. Stop at the front desk to get your pass made and picture taken. An ID is needed to create a pass for adults. A parent must be present in order to an issue a pass for a youth in 5th – 12th grade.

Racquetball/Wallyball Court
Call 319-248-1750 to make a reservation. (Up to 1 week in advance)
Court fee | $5 per hour
Equipment Rental | $.25 for each piece

Exercise Room
Stationary and recumbent bike, treadmills, elliptical, and Precor strength training system. Maximum of eight (8) patrons in the Exercise Room at one time. 30 minute time limit on each piece of equipment.
Drop-In $2 | 10 & 20 Punch Cards and 3, 6, and 12 month Passes available
Registration Information

• In order to plan properly for the classes, all enrollments should be made a minimum of 48 hours in advance of the start of the program. The staff reserves the right to close registration within this 48 hour time period or after noted program deadline or to alter the program offered if in the best interest of the participants. Classes which do not meet sufficient enrollment may be postponed or cancelled. If a program is cancelled, participants will be contacted 48 hours in advance.

• By applying for these recreation programs, each resident realizes the inherent risks involved in the program and appreciates the nature of these risks. The applicants hold the City of Coralville harmless for any damage caused by participation in these programs. The City provides no medical insurance. Participants registering for activities of strenuous nature are encouraged to seek physician’s approval.

• Registrants and participants permit the taking of photos and video of themselves and their children during city sponsored activities for publication and use, as the Department deems appropriate.

• To encourage first time participation, as well as repeated participation, the Coralville Parks and Recreation Department has a refund policy highlighted by a satisfaction guarantee. The policy covers all programs, activities, and services. It is our desire to provide quality services and exceed customer expectations. This policy does not apply to application fees which are required for facility usage, advanced training courses, and care programs.

• Credits are good for one year from date of issue.

<table>
<thead>
<tr>
<th>Activity No.</th>
<th>Participant’s Name</th>
<th>Birthdate</th>
<th>T-shirt size</th>
<th>Activity Name</th>
<th>Price</th>
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Visa/MasterCard/Discover/American Express will be accepted for payment of recreation fees and passes.

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<tr>
<th>TYPE</th>
<th>CARD NUMBER</th>
<th>Bearer’s Name</th>
<th>Expiration Date</th>
<th>3 Digit Code</th>
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Do you need a special accommodation due to a disability to participate? □ Yes □ No

Are you interested in coaching? □ Yes □ No

Coach’s T-shirt size _______
August 13
4:00-10:00 p.m.
on 5th Street
between 6th & 12th Avenue
Music Entertainment by:
Final Mix

Music, food, beer and fun for the whole family

2022 MOVIE SCHEDULE

Shang-Chi &
the Legend of
the 10 Rings
PG-13 2021
August 20
8:30PM
ST Morrison Park
Sponsored By:
Coralville Parks & Recreation

www.summeroftheARTS.org

Kevin Burt
will perform prior to
the movie from
7:00 - 8:00 p.m.