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. (Oct. — Apr.)

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., Aug. 13, 8:00 a.m.</td>
</tr>
<tr>
<td>Master Card, Visa, Discover, American Express</td>
<td></td>
</tr>
<tr>
<td>In Person at Coralville Recreation Center</td>
<td>Sat., Aug. 13, 8:00 a.m.</td>
</tr>
<tr>
<td>Cash, Check, Master Card, Visa, American Express or Discover</td>
<td></td>
</tr>
<tr>
<td>Phone at 319-248-1750</td>
<td>Sat., Aug. 13, 12:00 p.m.</td>
</tr>
<tr>
<td>Master Card, Visa, American Express or Discover</td>
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<tr>
<td>Mail to Coralville, IA 52241</td>
<td></td>
</tr>
<tr>
<td>Check, Master Card, Visa, American Express or Discover</td>
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</tr>
</tbody>
</table>

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](http://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
Keith Jones, Council Representative 319-621-7958
A Fright Night Kickball Tournament

Register your team for a frightful good time at the Horrorville Fright Night Kickball Tournament. The night will include a boo-tiful good time on the field and a free snack at the concession stand for all those that play in costume. Play for the tricks and the treats, as the player voted for best costume will walk away with an amazing prize. Our concession stand will feature end of the season specials on food and drink.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 28</td>
<td>5:30 p.m.</td>
<td>6750.301</td>
</tr>
</tbody>
</table>

Price: $50 per team
Age: 18 and up
Location: Coralville Creekside Ballpark
Deadline: Oct. 23

Community Meal

Come for dinner and stay for the holiday fun. All are welcome. Vegetarian options available. Sponsored by the Coralville Food Pantry and in partner with the City of Coralville Parks and Recreation Department.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 9</td>
<td>5:00-7:00 p.m.</td>
</tr>
</tbody>
</table>

Price: Free

Celebrations Belle Riverboat Cruise (Oktoberfest River Cruise)

The 750-passenger paddlewheel boat, the “Celebration Belle” is specifically designed for cruising the waterways of the great Mississippi River. The cruise will start off with a hot lunch buffet and offer the wonderful sights of the Mississippi River. To top it off, Barefoot Becky & the Ivanhoe Dutchmen will have your toes a tapping. You can expect a mix of your favorite Oktoberfest polkas and waltzes with some party favorites.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 29</td>
<td>9:00 a.m.- 5:00 p.m.</td>
<td>8020.300</td>
</tr>
</tbody>
</table>

Price: $80 res. $100 non-res.
Limit: 18 participants
Location: Meet at the Coralville Recreation Center
Deadline: Sept. 23
### 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>Sept. 13 – Oct. 4</td>
<td>9:30-10:15 a.m.</td>
<td>5500.300</td>
</tr>
<tr>
<td>Oct. 11 – Nov. 1</td>
<td>9:30-10:15 a.m.</td>
<td>5500.301</td>
</tr>
<tr>
<td>Nov. 15 – Dec. 6</td>
<td>9:30-10:15 a.m.</td>
<td>5500.302</td>
</tr>
</tbody>
</table>

Price: $28 res. $35 non-res.
Age: 20 mos.-5, must be accompanied by an adult

**Deadline:** One week prior to the start of the class

### Tiny Tumblers

Tiny Tumblers is an introduction to tumbling skills with a focus on coordination and strength building skills. This class will concentrate on:
- Basic body control
- Basic strength exercises
- Basic flexibility exercises

Instructors will teach steps to achieve these goals. Prior tumbling practices or experience is not necessary. An adult is required to accompany each child at class.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 31 – Sept. 21</td>
<td>5:15-5:45 p.m.</td>
<td>5510.300</td>
</tr>
<tr>
<td>Oct. 5 – Nov. 2</td>
<td>5:15-5:45 p.m.</td>
<td>5510.301</td>
</tr>
<tr>
<td>Nov. 16 – Dec. 14</td>
<td>5:15-5:45 p.m.</td>
<td>5510.302</td>
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</tbody>
</table>

Age: 2-3
Note: An adult needs to accompany the child. Participants are encouraged to bring a water bottle.

**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 be focusing on:

- Basic body control
- Handstands
- Basic strength exercises
- Cartwheels
- Basic flexibility exercises
- 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>
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</thead>
<tbody>
<tr>
<td>Aug. 31 – Sept. 21</td>
<td>6:00-6:45 p.m.</td>
<td>5595.300</td>
</tr>
<tr>
<td>Oct. 5 – Nov. 2</td>
<td>6:00-6:45 p.m.</td>
<td>5595.301</td>
</tr>
<tr>
<td>Nov. 16 – Dec. 14</td>
<td>6:00-6:45 p.m.</td>
<td>5595.302</td>
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</tbody>
</table>

Age: 4-5
Note: Participants are encouraged to bring a water bottle.
Deadline: One week prior to the start of the session

Growing Gymnasts

Grow & develop your child's tumbling skills on floor mats, bars & 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.

**WEDNESDAY**

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<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>Aug. 31 – Sept. 21</td>
<td>7:00-7:45 p.m.</td>
<td>5520.300</td>
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<tr>
<td>Oct. 5 – Nov. 2</td>
<td>7:00-7:45 p.m.</td>
<td>5520.301</td>
</tr>
<tr>
<td>Nov. 16 – Dec. 14</td>
<td>7:00-7:45 p.m.</td>
<td>5520.302</td>
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</table>

Age: 6-8
Note: Participants are encouraged to bring a water bottle.
Deadline: One week prior to the start of the session

PRESCHOOL DANCE

Coralville Parks & Recreation partners with Tippi Toes Dance to provide dance classes. Classes are taught by staff that have completed dance training and have experience working with children. Tippi Toes' mission is to develop a love of dancing in children by creating a positive experience that promotes healthy living habits, helps build self-confidence and a love for others.

Baby Ballet

Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. Our teachers will keep the music and curriculum moving along in a way that is engaging and appropriate for children 2-3 years of age. Parent/Guardian does not need to be present. Baby Ballet is for children who are able to participate in class on their own.

**THURSDAY 5:30-6:00 p.m.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Sept. 1 – Oct. 20</td>
<td>$100 res. $125 non-res.</td>
<td>5585.300</td>
</tr>
<tr>
<td>Oct. 27 – Dec. 15*</td>
<td>$88 res. $110 non-res</td>
<td>5585.301</td>
</tr>
</tbody>
</table>

Age: 2-3
Deadline: One week prior to the start of the session

Ballet, Tap, & Jazz Combo

This class incorporates ballet, tap and jazz styles and technique while also encouraging self-expression and creativity. High-energy music is used throughout the class to get dancers moving, using their imagination, and having fun!

**THURSDAY 6:15-7:00 P.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Sept. 1 – Oct. 20</td>
<td>$130 res. $162.50 non-res.</td>
<td>5590.300</td>
</tr>
<tr>
<td>Oct. 27 – Dec. 15*</td>
<td>$115 res. $143.75 non-res.</td>
<td>5590.301</td>
</tr>
</tbody>
</table>

Age: 4-5
Deadline: One week prior to the start of the session

Hip Hop/Jazz

Hip Hop/Jazz dance classes are created especially for children 6-8 years old. Using popular and current music, students start learning dances and choreography quickly as well as learning various dance elements. Our class version is extremely tasteful and clean and our priority is offering age-appropriate material.

**THURSDAY 7:15-8:00 P.M.**

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<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 1 – Oct. 20</td>
<td>$115 res. $143.75 non-res.</td>
<td>5550.300</td>
</tr>
<tr>
<td>Oct. 27 – Dec. 15*</td>
<td>$115 res. $143.75 non-res.</td>
<td>5550.301</td>
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</table>

Age: 6-8
Deadline: One week prior to the start of the session

319.248.1750  FALL 2022 CORALVILLE ACTIVITY GUIDE  5
Friday Night Lights
Our days may be getting shorter, but we are lighting up the gym with a glow party, Friday Night Lights Style! Wear your neon colors and get ready to dance the night away under the disco ball stars. Glow bracelets, a neon paint party, and of course, dancing are all in store. Pizza along with fruit and a drink are provided. All families living in Coralville and all students who attend Borlaug Elementary pay the resident rate.

FRIDAY

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Nov. 4</td>
<td>6:00-9:00 p.m.</td>
<td>5805.300</td>
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</tbody>
</table>

Price: $30 res. $37.50 non-res.
Grade: K - 6
Location: Borlaug Elementary School Gymnasium
Deadline: Nov. 2

Kids Night In
Parents! Get your social life back on track! Go out “guilt-free” and have fun knowing that your children are having a blast. Why scramble for a sitter when you can bring your kids to Van Allen Elementary for our Kids’ Night In? Check out that restaurant you’ve heard so much about... catch a movie... enjoy a relaxing evening... hang out with friends... or just have a quiet night in... all while your kids are enjoying a fun-filled evening of themed games, crafts, pizza and more! They will not be missing you half as much as you will be missing them! So go ahead and treat yourself to a night off. Some nights we will be featuring a movie that will be rated either G or PG. All families living in Coralville and all students who attend Van Allen Elementary pay the resident rate.

FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Oct. 21</td>
<td>6:00-9:00 p.m.</td>
<td>3300.300</td>
</tr>
<tr>
<td>Nov. 4</td>
<td>6:00-9:00 p.m.</td>
<td>3300.301</td>
</tr>
<tr>
<td>Dec. 2</td>
<td>6:00-9:00 p.m.</td>
<td>3300.302</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Location: James Van Allen School
Grade: K - 6
Deadline: 48 hours prior to each program date

Babysitters Course (Red Cross)
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 others 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>Sept. 24</td>
<td>9:00-4:00 p.m.</td>
<td>2400.300</td>
</tr>
<tr>
<td>Nov. 19</td>
<td>9:00-4:00 p.m.</td>
<td>2400.301</td>
</tr>
</tbody>
</table>

Price: $70 res. $87.50 non-res.
Age: 11-15
Note: Bring a sack lunch, an afternoon snack, and wear comfortable clothes.
Deadline: One week prior to class

Facebook facebook.com/coralvilleparksandrecreation
Twitter twitter.com/cvilleparksrec
Instagram instagram.com/coralvilleparksrec
**General Info** The goal of the Coralville Parks & Recreation Department is for participants to learn the fundamentals of the sport and to have FUN! Please help us achieve this goal by reinforcing participation is important, having fun is a necessity and that winning or losing a game does not determine success or failure.

**Pee Wee Games**
Looking to run around and play some school yard games? Pee Wee Games is exactly that! Each session will last for 45 minutes and will be filled with stretching, running, tag, dodgeball, laughing and fun. Parents are encouraged to join in!

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 12 – Oct. 10</td>
<td>6:00-6:45 p.m.</td>
<td>6305.300</td>
</tr>
</tbody>
</table>

Price: $32 res. $40 non-res.
Age: 4-5
Deadline: Sept. 5

**Supreme Volleyball League**
Learn the basics of volleyball and get a head start on junior high play. Participants 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 Tuesdays, there will be practices held on Sundays or Mondays to be 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>Sr. Volleyball</td>
<td>6:00-8:15 p.m.</td>
<td>6600.300</td>
</tr>
<tr>
<td>Aug. 30 – Oct. 25</td>
<td>Jr. Volleyball</td>
<td>6:00-8:15 p.m.</td>
<td>6600.301</td>
</tr>
</tbody>
</table>

Price: $50 res. $62.50 non-res.
Location: Scrimmages will be held at the Green State Fieldhouse or at the North Liberty Recreation Center
Deadline: Aug. 14

**I-Sport**
I stands for introduce me to a sport. This class is designed just for tots. The unit will include hockey, t-ball, soccer, flag football, and basketball.

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 7 – Dec. 5</td>
<td>6:00-6:45 p.m.</td>
<td>6300.300</td>
</tr>
</tbody>
</table>

Price: $32 res. $40 non-res.
Age: 4-5
Deadline: Oct. 30
Supreme Flag League

Flag Football teaches agility, coordination, and teamwork. The Supreme Flag League is an NFL Flag affiliated league for the cities and surrounding communities of Coralville, North Liberty, and Tiffin. The mission of the Supreme Flag League is to provide an accessible, inclusive, active, organized and safe flag football league for boys and girls in first through eighth grade. It will emphasize skill development, sportsmanship, total participation and fun. Teams will be formed in North Liberty, Tiffin, and Coralville. If your child is registered in Coralville, they will be placed on a Coralville team (separate from a North Liberty/Tiffin team). Likewise, if your child is signed up through North Liberty or Tiffin Recreation, they will be placed on a North Liberty or Tiffin team. All Coralville participants are placed on teams by school. If there are not enough kids signed up to make a full roster or too many kids registered from that particular school, they will be assigned with another school. There will be one practice per week scheduled by the 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. 28 – Oct. 23</td>
<td>1–2</td>
<td>6250.300</td>
</tr>
<tr>
<td>Aug. 28 – Oct. 23</td>
<td>3–4</td>
<td>6250.301</td>
</tr>
<tr>
<td>Aug. 28 – Oct. 23</td>
<td>5–6</td>
<td>6250.302</td>
</tr>
<tr>
<td>Aug. 28 – 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
Note: *Sunday, Aug. 28 will be a designated scrimmage day*
*Sunday, Sept. 11 games will start*
Mini Camps: Aug. 16 and Aug. 18 for all SFL participants.
Deadline: Aug. 7

Pee Wee Flag Football

This league is designed for 5 and 6 year olds who want to learn the basics of football. The league emphasizes basic skill development and sportsmanship in a non-competitive environment. Players will learn how to hike, receive, and score the ball all while having fun! Each hour will include 30 minutes of practicing fundamentals and 20-30 minutes of game time against another team. Games will be 5 on 5 with volunteer coaches serving as quarterbacks. Teams will be put together by school. One friend request is allowed.

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS#</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 13 – Oct. 18</td>
<td>6:00-7:00 p.m.</td>
<td>6255.300</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Age: 5-6
Location: Coralville Youth Sports Park Diamond #1
Deadline: Aug. 28

Supreme Basketball League

The Supreme Basketball League is a developmental league for kids to learn basic basketball fundamentals and to have fun. 1st/2nd grade teams will have practice before scheduled games while 3rd-6th grade teams will have a practice on an alternate day of the week TBD. Scores of games are not kept in 1st - 4th grade games. Scoring is kept for 5th - 6th grade games. Games are played at the Coralville Recreation Center, North Liberty Recreation Center, Buford Garner Elementary School, James Van Allen Elementary School and North Bend Elementary. Teams will be assigned based on the school they attend.

Organized practices for 3rd/4th and 5th/6th grade teams will begin the week of Dec. 11. Location and time will be determined by the volunteer coaches availability.

An organized practice day is scheduled for Jan. 7 for 1st/2nd grade only at a location TBD. Games will start on Saturday, Jan. 14, 2023.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>GRADE</th>
<th>TIME*</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 7 – Feb. 25</td>
<td>1/2 Boys</td>
<td>9:00-3:00 p.m.</td>
<td>6050.300</td>
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<tr>
<td></td>
<td>1/2 Girls</td>
<td>9:00-3:00 p.m.</td>
<td>6050.301</td>
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<tr>
<td></td>
<td>3/4 Boys</td>
<td>9:00-3:00 p.m.</td>
<td>6050.302</td>
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<tr>
<td></td>
<td>3/4 Girls</td>
<td>9:00-3:00 p.m.</td>
<td>6050.303</td>
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<tr>
<td></td>
<td>5/6 Boys</td>
<td>9:00-3:00 p.m.</td>
<td>6050.304</td>
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<tr>
<td></td>
<td>5/6 Girls</td>
<td>9:00-3:00 p.m.</td>
<td>6050.305</td>
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</table>

Price: $55 res. $68.75 non-res.
Note: *Game times are between 9:30-3:00 p.m.*
Deadline: Nov. 20

KIXX Youth Soccer

Our youth soccer league is designed to provide an opportunity for youth 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**

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<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>CLASS#</th>
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<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 Soccer Festival Saturday, Oct. 15
Deadline: Aug. 21
Youth Lacrosse FREE Clinic

Lacrosse is one of the oldest team sports in America, it started on the East Coast by the Native Americans in the 12th century. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast paced, high scoring game. Participants will get an introduction to how the game is played and the equipment used.

SUNDAY

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<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 18</td>
<td>10:30 a.m.-12:00 p.m.</td>
<td>6065.300</td>
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</table>

Price: FREE
Grade: 2-6
Location: Coralville Youth Sports Park

Intro to Youth Lacrosse

Our Intro to Lacrosse program is open to kids in 2nd grade 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>
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</thead>
<tbody>
<tr>
<td>Oct. 2 – Oct. 23</td>
<td>10:00-11:00 a.m.</td>
<td>6070.300</td>
</tr>
</tbody>
</table>

Grade: 2-6
Location: Coralville Youth Sports Park
Deadline: Sept. 19

Youth Futsal League

Futsal is an indoor soccer game that promotes quality touches to help your athlete refine and maintain their control skills and touch. Our youth futsal league is designed to provide an opportunity for boys and girls to have fun and build relationships while developing their soccer skills through small sided games. If low enrollment, boys and girls may play together. Each participant will receive a t-shirt.

TUESDAY/WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>AGE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 8 – Dec. 21</td>
<td>5-6 Boys</td>
<td>6:00-7:00 p.m.</td>
<td>6015.300</td>
</tr>
<tr>
<td>Nov. 8 – Dec. 21</td>
<td>5-6 Girls</td>
<td>6:00-7:00 p.m.</td>
<td>6015.301</td>
</tr>
<tr>
<td>Nov. 8 – Dec. 21</td>
<td>7-8 Boys</td>
<td>7:00-8:00 p.m.</td>
<td>6015.302</td>
</tr>
<tr>
<td>Nov. 8 – Dec. 21</td>
<td>7-8 Girls</td>
<td>7:00-8:00 p.m.</td>
<td>6015.303</td>
</tr>
<tr>
<td>Nov. 8 – Dec. 21</td>
<td>9-10 Boys</td>
<td>8:00-9:00 p.m.</td>
<td>6015.304</td>
</tr>
<tr>
<td>Nov. 8 – Dec. 21</td>
<td>9-10 Girls</td>
<td>8:00-9:00 p.m.</td>
<td>6015.305</td>
</tr>
</tbody>
</table>

Price: $75 res. $90 non-res.
Age: 5-10
Location: GreenState Family Fieldhouse
Note: No practice on Nov. 22 and Nov. 23
Deadline: Oct. 23, pending space available

Tiny Tot Soccer

Tiny Tot Soccer is designed for children ages 3-6. The program will emphasize socialization, fun and good sportsmanship. The season will be 6 weeks long. Each team will play for 45 minutes; the first 20 minutes will be used to teach skills and the last 20-25 minutes will be spent playing a scrimmage. 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>Sept. 12 – Oct. 17</td>
<td>Mon.</td>
<td>3-4</td>
<td>6000.300</td>
</tr>
<tr>
<td>Sept. 12 – Oct. 17</td>
<td>Mon.</td>
<td>5-6</td>
<td>6000.301</td>
</tr>
<tr>
<td>Sept. 14 – Oct. 19</td>
<td>Wed.</td>
<td>3-4</td>
<td>6000.302</td>
</tr>
<tr>
<td>Sept. 14 – Oct. 19</td>
<td>Wed.</td>
<td>5-6</td>
<td>6000.303</td>
</tr>
</tbody>
</table>

Price: $45 res. $56.25 non-res.
Location: Coralville Youth Sports Park
Deadline: Aug. 28
**ADULT ACTIVITIES**

### 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 the foundational yoga poses and breathing techniques. Bring your yoga mat.

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 12 - Oct. 24</td>
<td>6:00-7:00 p.m.</td>
<td>7400.300</td>
</tr>
<tr>
<td>Oct. 31 - Dec. 12</td>
<td>6:00-7:00 p.m.</td>
<td>7400.301</td>
</tr>
</tbody>
</table>

Price: $70 res. $87.50 non-res.
Age: 16 and up
Location: North Ridge Pavilion
Notes: Comfortable, fitted clothes and a yoga mat are recommended.

### Self-Defense Class

Be prepared for the unthinkable with a class on self-defense and learn techniques to help you in a case of an assault. We will discuss situational awareness and safety. Participants will learn the foundational striking and ground defense, followed by practicing the skills learned. Please wear athletic clothing. A signed waiver is required to participate. Instruction is provided by Alton Poole with the University of Iowa. Must reserve a spot to participate.

**SUNDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 25</td>
<td>1:00-4:00 p.m.</td>
<td>4320.300</td>
</tr>
</tbody>
</table>

Price: FREE
Age: 14 and up
Limit: 25
Location: Wickham Elementary Gym
Deadline: Sept. 21

### Exercise Program

Starting an exercise program? Our exercise room is a pay-as-you-use facility, so it’s a great way to try different machines and strength training systems. Stationary and recumbent bikes, 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

Looking for a new hobby or passion?

Hoping to find a side gig that is both fulfilling and rewarding to your bank account? Interested in teaching a critical life skill? Consider training to become a lifeguard for the Coralville Parks and Recreation Department. Contrary to popular belief, lifeguarding and swim lesson instruction is not just for teens and young adults. Anyone who is active, energetic, enjoys helping others and is willing to learn a new skill can do it!

We offer a starting wage of $14.00 per hour and a flexible schedule. We are looking to employ staff from early morning lap swimming, to lunch hours to weeknight and weekends. If you have some free time, we most likely have a schedule that works for you.

For more information, see page 20 in this activity guide for upcoming training opportunities. Contact Amy Erickson, Recreation Superintendent, to schedule an interview and learn how to enroll in a lifeguard training class as a newly hired employee.

aerickson@coralville.org
319-248-1750
**Fall Softball League**

If you missed summer softball or just don't want the season to end, then our fall league is for you. Teams will be guaranteed 8 games. If schedule allows there will be double-headers.

**TUESDAY/WEDNESDAY/THURSDAY**
**AUG. 23 – END OF OCT.**

<table>
<thead>
<tr>
<th>LEAGUE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s D (Tuesday)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.300</td>
</tr>
<tr>
<td>Men’s E (Tuesday)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.301</td>
</tr>
<tr>
<td>Men’s E - 3-Pitch (Tuesday)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.306</td>
</tr>
<tr>
<td>Coed D (Wednesday)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.302</td>
</tr>
<tr>
<td>Coed E (Wednesday)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.307</td>
</tr>
<tr>
<td>Men’s D (Wednesday)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.303</td>
</tr>
<tr>
<td>Men’s D – 3-Pitch (Thursday)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.304</td>
</tr>
<tr>
<td>Coed E (Thursday)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.305</td>
</tr>
</tbody>
</table>

Price: $320, a $6 non-resident fee applies to each non-Coralville resident team member.

Location: Coralville Creekside Ballpark

Deadline: Aug. 7, pending space available

**Flag Football League**

Games will be played at the Coralville Youth Sports Park. Teams will play a seven game schedule with a single elimination end of season tournament. Games are played 5 vs. 5.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 17 – Oct. 12</td>
<td>6:00-10:00 p.m.</td>
<td>6505.300</td>
</tr>
</tbody>
</table>

Price: $280 team, plus a $6 non-res. player fee

Location: Coralville Youth Sports Park

Note: Mandatory Manager’s Meeting – Wed., Aug. 10, 6:00 p.m. at the Coralville Youth Sports Park.

Deadline: July 31, pending space available

**Basketball League**

Join our recreational basketball leagues that play in a 5 vs. 5 cross-court format. All leagues are self-officiated. Teams will play an eight-week schedule with an end of season tournament.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 15 – Nov. 17</td>
<td>6:00-9:00 p.m.</td>
<td>6350.300</td>
</tr>
</tbody>
</table>

Price: $150 per team, plus a $6 non-res. player fee

Location: Green State Fieldhouse

Note: The league is open to the first 12 teams registered.

Deadline: Sept. 4

**Coed Volleyball League**

Come bump, set & spike this fall. We will have a competitive “A” league and a recreational “B” league. Grab some co-workers and stay active through the winter. The league will consist of 8 weeks of league play with a single elimination end of season tournament.

**6:00-9:00 P.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>LEAGUE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 13 – Nov. 15</td>
<td>Tues.</td>
<td>Recreational</td>
<td>6370.300</td>
</tr>
<tr>
<td>Sept. 14 – Nov. 16</td>
<td>Wed.</td>
<td>Competitive</td>
<td>6370.301</td>
</tr>
</tbody>
</table>

Price: $120 per team, plus a $6 per player non-res. player fee

Location: Tuesday – Green State Fieldhouse

Wednesday – Coralville Recreation Center

Deadline: Sept. 5

**Coed Kickball**

For all adults out there that need 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 the Coralville Parks and Recreation Departments adult Coed Kickball League! Participants must be 18 years or older to play. We require at least 10 participants per team. Space is limited so don’t wait. You don’t want to miss this exciting opportunity to play like a kid again!

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 25 – Oct. 13</td>
<td>6:00-10:00 p.m.</td>
<td>6750.300</td>
</tr>
</tbody>
</table>

Price: $160, plus a $6 per player non-res. player fee

Location: Coralville Creekside Ballpark

Deadline: Aug. 14
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
DATE TIME CLASS #
Sept./Oct. 6:00-6:30 p.m. 7000.300
Nov./Dec. 6:00-6:30 p.m. 7000.301
Price: $100 res. $120 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
DATE TIME CLASS #
Sept./Oct. 6:30-7:15 p.m. 7010.300
Nov./Dec. 6:30-7:15 p.m. 7010.301
Price: $100 res. $120 non-res.
$50 uniform required
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
DATE TIME CLASS #
Sept./Oct. 7:15-8:00 p.m. 7020.300
Nov./Dec. 7:15-8:00 p.m. 7020.301
Price: $100 res. $120 non-res.
$50 uniform required
Age: 8-adult, must have graduated from Tiny Tigers or Basics
Senior Potluck
This monthly potluck is a great way to meet other senior residents and to learn about Coralville and other organizations in the community. We provide a main dish, coffee, and water. Donations suggested towards food expense, but not required to attend. You bring a dish to share and your own table service. We provide a speaker or activity at each lunch.

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PROGRAM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 10</td>
<td>*Coralville Food Pantry</td>
</tr>
<tr>
<td>Nov. 14</td>
<td>Heartlanders Hockey</td>
</tr>
<tr>
<td>Dec. 12</td>
<td>Annual Holiday Exchange</td>
</tr>
</tbody>
</table>

Price: Free
Time: 12:00-1:30 p.m.
Note: Registration is not required.

*Oct. 10 potluck to be held at the lower level of the Coralville United Methodist Church.

Nature Walk
Enjoy nature while exploring Coralville trails together! We will walk on hard surface trails and sidewalks. Bring a water bottle and meet at the designated location.

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 11</td>
<td>Iowa River Trail, north of Hyatt</td>
</tr>
<tr>
<td>Nov. 1</td>
<td>North Ridge Park, start near pavilion</td>
</tr>
</tbody>
</table>

Price: Free
Time: 9:30 a.m.-10:30 a.m.
Note: Walk will not meet if it’s raining.

Senior Exercise
Senior exercise promotes increased strength, flexibility, balance and coordination. Class is designed specifically for those who wish to ease their way into fitness as well as those who want to maintain their current fitness level.

**MONDAY/WEDNESDAY/FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year Around</td>
<td>9:30-10:15 a.m.</td>
</tr>
</tbody>
</table>

Price: Free
Note: Registration is not required.

Senior Card Games
Playing cards provides many health benefits! Develop or maintain your fine motor skills, sharpen your critical and cognitive thinking, and improve your overall well-being through socializing. This group will meet the second & fourth Thursday each month at the Coralville Rec. Center. The atmosphere is relaxed and casual and we welcome new players. Card games include; Gin Rummy, Pinochle, Hearts, Euchre, Spades etc... Come enjoy the fun!

**2ND & 4TH THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8</td>
<td>10:00 a.m.-12:30 p.m.</td>
</tr>
<tr>
<td>Dec. 22*</td>
<td></td>
</tr>
</tbody>
</table>

Price: Free

Coffee and Crafts
Bring a project and enjoy some time with fellow crafters. Enjoy conversations and learn a new skill from one another. Coffee, crafting, and conversations led by Director of Parks and Recreation Department, Sherri Proud.

**1ST AND 3RD THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 1</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Oct. 15</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Nov. 17</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Dec. 15</td>
<td>9:30-11:30 a.m.</td>
</tr>
</tbody>
</table>

Price: Free

*Oct. 10 potluck to be held at the lower level of the Coralville United Methodist Church.
DAILY ADMISSION:
$5 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:
Parents or responsible adult(s) age 16 and above must accompany and actively supervise children 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.

INDOOR POOL HOURS:
A calendar is provided each month representing the available lap swim and open swim. The calendar is available at the front desk of the Recreation Center or online at www.coralville.org (under Parks and Recreation Facilities) Call 248-1750 for specific availability.

LOCKERS AVAILABLE:
We recommend using our daily use of lockers for only 25 cents; to protect your valuables. We also have lockers available for rent. Lockers can be rented on a long-term basis for $7.50 for 3 months, $15 for six months or $30 for one year.

PARTNERSHIP:
We are proud to operate the Coralville indoor pool in partnership with the Iowa City Community School District. It is a shared use pool and we are host to physical education classes, adapted PE classes, and district swim teams. Please pick up a monthly calendar for the community open and lap swim times.

DIAPERS:
In an effort to ensure the safety and cleanliness of our swimming pool environment, anyone that requires the use of a diaper, MUST wear an appropriate swimming diaper. There are “Swim Diapers” for sale at the front desk of the recreation center and the concession stand at the aquatic center.

FLOTATION DEVICES AND TOYS:
Patrons may bring their own toys to enjoy at the pool. Flotation devices such as rafts may be used if they are small enough to hold only one person. The guards reserve the right to clear the pool of all flotation devices when it inhibits their view and remove toys for the safety of other patrons. Flotation devices are allowed in the shallow end and 4-5 ft. area. Please note that hard balls and squirt guns are not allowed.

PUNCH CARDS
• All punch cards will expire 2 years from date of purchase
• Aquatic Center punch cards may be purchased at the Aquatic Center, all others must be purchased at the Recreation Center
Pool Pass & Punch Card Pricing

<table>
<thead>
<tr>
<th></th>
<th>POOL PASS ONLY</th>
<th></th>
<th>POOL &amp; EXERCISE</th>
<th></th>
<th>EXERCISE ROOM ONLY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3-Month Single</td>
<td>$120</td>
<td>$148</td>
<td>$145</td>
<td>$177</td>
<td>$40</td>
<td>$50</td>
</tr>
<tr>
<td>3-Month Couple</td>
<td>$148</td>
<td>$182</td>
<td>$203</td>
<td>$246</td>
<td>$75</td>
<td>$94</td>
</tr>
<tr>
<td>3-Month Additional</td>
<td>$25/person</td>
<td>$30/person</td>
<td>$35/person</td>
<td>$40/person</td>
<td>$40/person</td>
<td>$50/person</td>
</tr>
<tr>
<td>6-Month Single</td>
<td>$177</td>
<td>$206</td>
<td>$230</td>
<td>$273</td>
<td>$75</td>
<td>$94</td>
</tr>
<tr>
<td>6-Month Couple</td>
<td>$235</td>
<td>$269</td>
<td>$348</td>
<td>$390</td>
<td>$146</td>
<td>$183</td>
</tr>
<tr>
<td>6-Month Additional</td>
<td>$25/person</td>
<td>$30/person</td>
<td>$45/person</td>
<td>$50/person</td>
<td>$75/person</td>
<td>$94/person</td>
</tr>
<tr>
<td>12-Month Single</td>
<td>$234</td>
<td>$290</td>
<td>$347</td>
<td>$390</td>
<td>$146</td>
<td>$183</td>
</tr>
<tr>
<td>12-Month Couple</td>
<td>$320</td>
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<td>$645</td>
<td>$288</td>
<td>$360</td>
</tr>
<tr>
<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>
<td>$183/person</td>
</tr>
</tbody>
</table>

Exercise Room | Indoor Pool | Racquetball | Aquatic Center |
<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10 punch - $18</td>
<td>10 punch - $45</td>
<td>5 punch - $20</td>
<td>10 punch - $54</td>
</tr>
<tr>
<td>20 punch - $36</td>
<td>20 punch - $90</td>
<td>10 punch - $40</td>
<td>20 punch - $108</td>
</tr>
</tbody>
</table>

CORALVILLE SWIM PASS(ES)

Coralville Parks and Recreation Swim pass, allows you admittance to BOTH the Coralville Indoor Pool and Coralville Community Aquatic Center. Pass prices are based on the number of pass holders in the household. No more than two (2) adults allowed per household. Passes must be purchased for children age 24 months through 18 years of age that are related to one or both the household adults by blood, marriage, adoption, foster care placement, or legal guardianship. All pass holders must reside in the same household address.

Pass holders: 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.

Aquacise

Aquacise is a dynamic, diverse, and FUN class. You will learn the value and benefits of exercising in the water. Water has a natural resistance as well as a natural buoyancy factor to help you tone your muscles and increase or maintain your flexibility. This class is conducted in chest deep water and in the deep end.

**MONDAY/WEDNESDAY/FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct.</td>
<td>$65 res. $81.25 non-res.</td>
<td>2560.300</td>
</tr>
<tr>
<td>Nov.*</td>
<td>$50 res. $62.50 non-res.</td>
<td>2560.301</td>
</tr>
<tr>
<td>Dec.*</td>
<td>$45 res. $56.25 non-res.</td>
<td>2560.302</td>
</tr>
</tbody>
</table>

*No class Nov. 21, Nov. 23 & Nov. 25


Time: 7:45-8:30 a.m.

Deep Water Aerobics

Water resistance is a great workout. Engage all of your muscles in this dynamic class held in deep water. Flotation belts are provided. Being able to tread water and to swim is necessary to attend this class.

**MONDAY/WEDNESDAY/FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 7-30</td>
<td>$55 res. $68.75 non-res.</td>
<td>2565.300</td>
</tr>
<tr>
<td>Oct. 7-31</td>
<td>$55 res. $68.75 non-res.</td>
<td>2565.301</td>
</tr>
<tr>
<td>Nov. 2-30*</td>
<td>$50 res. $62.50 non-res.</td>
<td>2565.302</td>
</tr>
</tbody>
</table>

*No class Nov. 21, Nov. 23 & Nov. 25

Dec. 2 – 16 | $35 res. $43.75 non-res. | 2565.303   |

Time: 10:15-11:00 a.m.

Swim Meet Schedule

Coralville Parks and Recreation is proud to host swim meets for ICCSD on the following dates:

- September 6, 20, 27
- October 11, 24
- November 7, 29
- December 19, 20
- January 12, 17

319.248.1750

FALL 2022 CORALVILLE ACTIVITY GUIDE
Infant, Toddler, Preschool (ITP)

“Wee” Swim
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.

“Wee” Swim (6-36 months)
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)
- Alternating and simultaneous arm and leg actions on back (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
### ITP Monday Evening

**SEPT. 12 – OCT. 17**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>5:30-6:00 p.m.</td>
<td>Wee</td>
<td>1800.310</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1900.310</td>
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<tr>
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<td>PS II</td>
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<td>PS III</td>
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</tbody>
</table>

Price: $30 res. $37.50 non-res.  
Note: 6 classes at 30 minutes

### On the weekend of University of Iowa home football games, class will be held on Sunday at the same scheduled time.

### ITP Wednesday Evening I

**SEPT. 14 – OCT. 12**

<table>
<thead>
<tr>
<th>TIME</th>
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<td>5:30-6:00 p.m.</td>
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Note: 5 classes at 30 minutes

### ITP Wednesday Evening II

**OCT. 19 – NOV. 16**

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<td>PS III</td>
<td>1979.310</td>
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</table>

Note: 5 classes at 30 minutes
Red Cross Swim Lessons

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
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 class mates 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 room allows it.

- **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. Lessons may be cancelled due to low enrollment or staffing issues.

### Red Cross Monday Evening
**SEPT. 12 – OCT. 17**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>6:50-7:20 p.m.</td>
<td>Level 1</td>
<td>1100.310</td>
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<td>Level 2</td>
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<td>Level 3</td>
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Price: $30 res. $37.50 non-res.
Note: 6 classes at 30 minutes

### Red Cross Wednesday Evening I
**SEPT. 14 – OCT. 12**

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<td>Level 2</td>
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<td>Level 3</td>
<td>1301.310</td>
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Note: 5 classes at 30 minutes

### Red Cross Wednesday Evening II
**OCT. 19 – NOV. 16**

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<tr>
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Note: 5 classes at 30 minutes

### Red Cross Saturday/Sunday I
**SEPT. 17 – OCT. 15**

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<tbody>
<tr>
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<td>Level 2</td>
<td>1203.300</td>
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<td>Level 5</td>
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<td>10:50-11:20 a.m.</td>
<td>Level 2</td>
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<tr>
<td>11:30-12:00 p.m.</td>
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Note: 5 classes at 30 minutes
Note: Saturdays: Sept. 24, Oct. 8, 15
Sundays: Sept. 18, Oct. 2

### Red Cross Saturday/Sunday II
**OCT. 22 – NOV. 19**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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<tbody>
<tr>
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<tr>
<td>11:30-12:00 p.m.</td>
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</table>

Note: 5 classes at 30 minutes
Note: Saturdays: Oct. 22, Nov. 5, 19
Sundays: Oct. 30, Nov. 13

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On the weekend of University of Iowa home football games, class will be held on Sunday at the same scheduled time.
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 that are 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.

SESSION I

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 16</td>
<td>Fri.</td>
<td>6:00-9:00 p.m.</td>
<td>2200.300</td>
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<tr>
<td>Sept. 17-18</td>
<td>Sat., Sun.</td>
<td>9:00 a.m.-4:00 p.m.</td>
<td>2200.301</td>
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SESSION II

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
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<td>Nov. 4</td>
<td>Fri.</td>
<td>6:00-9:00 p.m.</td>
<td>2200.301</td>
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<tr>
<td>Nov. 5-6</td>
<td>Sat., Sun.</td>
<td>9:00 a.m.-4:00 p.m.</td>
<td>2200.302</td>
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Price: $140 res. $175 non-res. (Price includes materials, mask, and Red Cross fees)

Note: A $25 application fee will be assessed if cancellation is made one week prior to the start of the session. A $40 application fee will be assessed if cancellation is made within one week of the start of the session or after the pre-test.

Deadline: One week prior to start of course.

Arranged Private Lessons

Our private lessons are arranged for you. Instructors are already assigned to teach on the following dates and times.

MONDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<td>Sept. 12 – Sept. 26 (3x)</td>
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<td>Oct. 3 - 17 (3x)</td>
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WEDNESDAY

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<td>Oct. 5 - Oct. 12 (2x)</td>
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<td>Oct. 19 – Nov. 2 (3x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.304</td>
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<tr>
<td>Nov. 9 – Nov. 16 (2x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.305</td>
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Price: (2 lessons) $32 res. $40 non-res. (3 lessons) $48 res. $60 non-res.

Note: Classes are 30 minutes

Adult Beginner Small Group

Are you afraid of water or not confident in the water? Adult beginner may be for you! We work with 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.

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
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<tbody>
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</table>


Note: 5 classes at 30 minutes

Note: Saturdays: Sept. 24, Oct. 8, 15
Sundays: Sept. 18, Oct. 2

Adult Intermediate Small Group

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 toward those who are looking to learn and expand their beginner's 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.

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>Oct. 22 – Nov. 19</td>
<td>9:30-10:00 a.m.</td>
<td>2005.300</td>
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</table>


Note: 5 classes at 30 minutes

Note: Saturdays: Oct. 22, Nov. 5, 19
Sunday: Oct. 30, Nov. 13
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

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

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

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

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

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

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

Creekside Sports Park
• 3 multi-purpose diamonds
• Playground (available during programming at the park)
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
Three shelters are able 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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<td>$20</td>
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<td>26-60</td>
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<tr>
<td>100-150</td>
<td>$75</td>
<td>$93.75</td>
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<tr>
<td>151+</td>
<td>Determined by Recreation Superintendent</td>
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</tr>
</tbody>
</table>

Iowa Mountain Bike Festival
Sunday, October 2
Clinics, group rides, and vendor fair
11:00 a.m. - 4:00 p.m.
Coralville Creekside Ballpark
3550 340th Street
www.iowacyclingcoalition.org

Hosted by the Iowa Bicycle Coalition and the City of Coralville
This is an opportunity to try our single track, cycle-cross course, and flow trails. Learn about mountain biking and check out all the latest gear. Let’s talk all things bikes!

Coralville Creekside Cross and Flow Trails
These natural surface trails are 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
The Altmaier Family Park and Disc Golf Course is our newest park in Coralville. 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.

Address: 3444 Deer Creek Road
Hours: Monday – Friday 11:00 am.–Dusk
Saturday – Sunday Dawn–Dusk
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  l  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.

September
2-4  l  Young Footliters Youth Theatre presents Wings
9  l  The CCPA presents An Evening with Irving Berlin
16-25  l  City Circle Theatre Company presents Little Shop of Horrors

October
14-16  l  University of Iowa School of Music presents Il Matrimonio Segreto
28-30  l  Young Footliters Youth Theatre presents Rudolph the Red Nosed Reindeer

November
5  l  Metromix Chorus presents a Fall Showcase
6  l  Orchestra Iowa presents From the Heartland
11  l  Eulenspiegel Puppet Theatre presents Peter and the Wolf
20  l  Orchestra Iowa presents Homecoming
29  l  Northwest Junior High Jazz Band presents a fall concert

December
9-18  l  City Circle Theatre Company presents Elf The Musical

Please check the CCPA website for upcoming events at CoralvilleArts.org.
Broadway Prep
Budding actors, singers, and dancers will strengthen skills in all three disciplines of musical theatre while embracing the beauty of making big, bold choices through this class. Students will explore songs and choreography from well-known musicals, interpret scenes and monologues, and develop their understanding of storytelling while learning proper technique and terminology. The 12-week session culminates in an informal sharing for friends and family!

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8 – Dec. 1</td>
<td>4:00-5:00 p.m.</td>
<td>9900.300</td>
</tr>
</tbody>
</table>

Location: CCPA Rehearsal Hall
Age:  7-9
Note:  No class on Nov. 24

Creative Drama & Dance: Disney
The best way to introduce your young thespian to the genre of musical theater! This class will encourage creative expression, confidence, and self-esteem while introducing young performers to stage performance basics, vocal instruction, and simple dance combinations... all through the classic Disney songs and characters students already know and love. The 12-week session culminates in an informal sharing for friends and family!

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 10 – Dec. 3</td>
<td>9:00-10:00 a.m.</td>
<td>9910.300</td>
</tr>
</tbody>
</table>

Location: CCPA Rehearsal Hall
Age:  5-7
Note:  No class on Nov. 26

Acting: Scene Study
Scene Study provides the opportunity to delve into acting concepts such as sense memory, stimulus/response, objectives, and tactics, and then apply those skills through text analysis and scene work. Scenes are chosen from realism-style plays. Students should be prepared to do memorization work outside of class so that their time in class can help them accomplish sophisticated and advanced technique goals. The 12-week session culminates in an informal sharing for friends and family!

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8 – Dec. 1</td>
<td>5:00-6:00 p.m.</td>
<td>9905.300</td>
</tr>
</tbody>
</table>

Location: CCPA Rehearsal Hall
Age:  9-12
Note:  No class on Nov. 24

Musical Theatre: Sing, Dance, Act
In this class, performers focus on scene and song work from musicals. These skills are integrated with a focus on sustaining energy and maintaining characters through dance. Dance technique focuses on Broadway-jazz style, developing flexibility, coordination, proper alignment and footwork, and strong and clean extension of the arms and legs... all while acting a story. The 12-week session culminates in an informal sharing for friends and family!

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 10 – Dec. 3</td>
<td>10:15-11:00 a.m.</td>
<td>9915.300</td>
</tr>
</tbody>
</table>

Location: CCPA Rehearsal Hall
Age:  9-12
Note:  No class on Nov. 26
You & Me: Planes, Trains, and Automobiles
Ride, fly, drive, and sail towards adventure! Designed for caregivers and children to take together, this class uses dramatic play, music, movement, and props to explore new stories about the vehicles used to travel around town or around the world each week. The creative, multi-sensory play approach in this class helps strengthen the bond between caretaker and child, promotes development of language and motor skills, and encourages associative play. All aboard!

SATURDAY

DATE | TIME | CLASS #
--- | --- | ---
Sept. 10-24 | 11:30 a.m.-12:15 p.m. | 9920.300

Price: $75 res. $93.75 non-res.
Location: CCPA Rehearsal Hall
Age: 24-36 months + Caregiver

Family Dance Disney!
Join us for an exciting offering that provides an experience for caregivers and children to dance together! Caregivers participate alongside students, working together to learn beginning level jazz dance for Broadway musicals. Come experience the world of Broadway through dazzling, sensational, and fun choreography together as a family unit!

SUNDAY

DATE | TIME | CLASS #
--- | --- | ---
Oct. 8 | 11:30 a.m.-12:30 p.m. | 9925.300

Price: $20 res. $25 non-res.
Location: CCPA Rehearsal Hall
Age: 5-11 + Caregiver

Dance Spotlight: Six the Musical
Experience the world of Broadway through dazzling, sensational, and fun choreography! This dance class draws from the popular Broadway musical Six the Musical. Students learn the basics of musical theatre and jazz dance technique while developing performance skills, learning how to portray a character and storyline, while exploring what it means to write your own story.

SATURDAY

DATE | TIME | CLASS #
--- | --- | ---
Oct. 15 | 1:00-3:00 p.m. | 9930.300

Price: $20 res. $25 non-res.
Location: CCPA Rehearsal Hall
Age: 11-15

Family Dance Disney!
Join us for an exciting offering that provides an experience for caregivers and children to dance together! Caregivers participate alongside students, working together to learn beginning level jazz dance for Broadway musicals. Come experience the world of Broadway through dazzling, sensational, and fun choreography together as a family unit!

SATURDAY

DATE | TIME | CLASS #
--- | --- | ---
Nov. 5 | 11:30 a.m.-12:30 p.m. | 9935.300

Price: $20 res. $25 non-res.
Location: CCPA Rehearsal Hall
Age: 5-11 + Caregiver

Acting the Song: Audition Technique
Students explore the differences between acting a song and spoken text and learn how to build the intention of the song in a time of heightened emotion. Performers deepen their understanding of character (making physical character choices, motivating actions, thinking through intention, etc.) and how to make a big impact in a short amount of time... the length of an audition! Students will also leave with an audition song suggestion tailored to their specific skill set and personality.

SATURDAY

DATE | TIME | CLASS #
--- | --- | ---
Nov. 19 | 1:00-4:00 p.m. | 9940.300

Price: $20 res. $25 non-res.
Location: CCPA Rehearsal Hall
Age: 10-14

Dance Spotlight: Mean Girls
Find “Where You Belong” in this upbeat musical theatre dance workshop where being yourself is always in style. Be “Fearless” while developing dance and storytelling technique so you can nail your next audition... or solo living room performance. Students will break down barriers of societal expectations while exploring what it means to be unapologetically, authentically, artistically themselves.

SATURDAY

DATE | TIME | CLASS #
--- | --- | ---
Dec. 3 | 1:00-3:00 p.m. | 9945.300

Price: $20 res. $25 non-res.
Location: CCPA Rehearsal Hall
Age: 11-14
**Drama Days**

**Drama Day: Underwater Adventures**
When school is out, the arts are in session! Drama Days offer a unique experience for students where professional teaching artists guide students through specialized workshops in drama, movement, music, and visual arts. Students will learn basic skills by using their bodies, voices, and imaginations to tell a story through performance and art. Drama Days are filled with improv games, workshops, free play time, and culminate in an informal sharing for families at the end of the day.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 5</td>
<td>9:00 a.m.-3:00 p.m.</td>
<td>9950.300</td>
</tr>
</tbody>
</table>

Price: $60, $10 additional for morning extended day, $30 additional for afternoon extended day

Location: CCPA Rehearsal Hall

Age: 5-11

Note: Extended Day offered from 8:00-9:00 and 3:00-6:00 for additional fee.

**Drama Day: Mythological Mayhem**
When school is out, the arts are in session! Drama Days offer a unique experience for students where professional teaching artists guide students through specialized workshops in drama, movement, music, and visual arts. Students will learn basic skills by using their bodies, voices, and imaginations to tell a story through performance and art. Drama Days are filled with improv games, workshops, free play time, and culminate in an informal sharing for families at the end of the day.

**FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 18</td>
<td>9:00 a.m.-3:00 p.m.</td>
<td>9955.300</td>
</tr>
</tbody>
</table>

Price: $60, $10 additional for morning extended day, $30 additional for afternoon extended day

Location: CCPA Rehearsal Hall

Age: 5-11

Note: Extended Day offered from 8:00-9:00 and 3:00-6:00 for additional fee.

**Date Night / Drama Night – Encanto**
Drop the kids off at our convenient downtown class location while the grown-ups hit the town! Students will enjoy a themed evening of theatre games, crafting, storytelling, and movie-watching while caregivers enjoy a night out. Drop off and pick up students as needed.

**FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 23</td>
<td>6:00-9:30 p.m.</td>
<td>9960.300</td>
</tr>
</tbody>
</table>


Location: CCPA Rehearsal Hall

Age: 5-11

**Date Night / Drama Night – Pirate Adventures**
Drop the kids off at our convenient downtown class location while the grown-ups hit the town! Students will enjoy a themed evening of theatre games, crafting, storytelling, and movie-watching while caregivers enjoy a night out. Drop off and pick up students as needed.

**FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 21</td>
<td>6:00-9:30 p.m.</td>
<td>9965.300</td>
</tr>
</tbody>
</table>


Location: CCPA Rehearsal Hall

Age: 5-11
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/</th>
<th>Non-Resident/</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Coralville business</td>
<td>Other business</td>
</tr>
<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>
<td></td>
</tr>
<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 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).
Crazy 8 Golf Tournament

Two Days this Year! Join us for this fun event on October 15 or October 16. There will be an 8 inch cup and a regular cup on each green, go to either one. This is a 4 person scramble with a 9:00 a.m. shotgun start each day.

SATURDAY/SUNDAY
Price: $240 per team
Note: Signup link will be emailed and posted to social media in September.

Youth Weekend Rates
Brown Deer offers discounted fees to youth age 13 and under on weekends after 3:00 p.m. Cost is just $14 per junior if playing with a paid adult. Please contact the Pro Shop for additional information or to reserve your time.

Enjoy great food in a relaxed atmosphere at Bunkers at Brown Deer. If you like fresh food, flexible menus, and delicious flavor, you’ll love our menu 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/events@browndeergolf.org. Bunkers at Brown Deer LLC will work with you to create a memorable event with great food and a spectacular view.

2022 Green Fees

<table>
<thead>
<tr>
<th>Weekdays (Monday-Friday)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Holes</td>
<td>$20</td>
</tr>
<tr>
<td>18 Holes</td>
<td>$29</td>
</tr>
<tr>
<td>Twilight Rates after 5 p.m.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Weekends (Saturday-Sunday)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Holes (before noon)</td>
<td>$29</td>
</tr>
<tr>
<td>9 Holes (after noon)</td>
<td>$24</td>
</tr>
<tr>
<td>18 Holes</td>
<td>$30</td>
</tr>
<tr>
<td>Juniors after 3 p.m.</td>
<td>$14</td>
</tr>
<tr>
<td>Twilight Rates after 4 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

Fall rates starting October 24

<table>
<thead>
<tr>
<th>Monday-Friday (All Day)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekday Special</td>
<td></td>
</tr>
<tr>
<td>18 Holes l $26 (walking),</td>
<td>$41 w/cart</td>
</tr>
<tr>
<td>9 Holes l $18 (walking),</td>
<td>$28 w/cart</td>
</tr>
<tr>
<td>Twilight rates after 4:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Weekends</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Holes l $24 (walking),</td>
<td>$34 w/cart</td>
</tr>
<tr>
<td>18 Holes l $28 (walking),</td>
<td>$48 w/cart</td>
</tr>
<tr>
<td>Twilight rates after 4:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

Cart Fees (per person)

| 9 Holes | $10  |
| 18 Holes | $19  |

Driving Range

| Small | $5  |
| Medium | $9  |
| Large  | $14  |

Play Packages

<table>
<thead>
<tr>
<th>Buy</th>
<th>Receive</th>
<th>Total</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$300</td>
<td>$45</td>
<td>$345</td>
<td>15% Free</td>
</tr>
<tr>
<td>$600</td>
<td>$120</td>
<td>$720</td>
<td>20% Free</td>
</tr>
</tbody>
</table>

Coralville residents also receive an extra $25 credit for purchasing a golf play package. Play Packages can be used for green fees, cart fees and range balls.
Partnership Gym Information

Partnership School Reservations
The gymnasiums and community rooms at our partnership schools (Borlaug, Wickham, Van Allen) are available for rent on nights and weekends when not being used for school or department events. The community rooms accommodate up to 120 people. Consider renting a partnership gym for your team’s regular weekly practice or hosting a tournament.

Coralville partnership rental request forms can be found at www.coralville.org. Rental request deadlines and rental rates are included on the forms. Contact the Recreation Program Supervisor for information or to request a form to be e-mailed to you.

Contacts:
Borlaug Elementary       Beth Downing       319-248-9393       bdowning@coralville.org
Van Allen Elementary     Erica Eichhorn     319-248-9375       eeichhorn@coralville.org
Wickham Elementary       Travis Mai         319-248-1750       tmai@coralville.org

Partnership Open Gyms
We have regularly scheduled open gym times at our three partnership schools twice per week. The open gyms will begin the first corresponding day in November and will run through April 16. Participants will need to supply their own equipment (balls).

There will be no open gym if school is cancelled or dismissed early, during school breaks, or if the date falls within a holiday week(end). Organized team practices are not allowed during open gym times.

<table>
<thead>
<tr>
<th>School</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Borlaug</td>
<td>Sunday</td>
<td>1:00-3:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>6:00-8:00 p.m.</td>
</tr>
<tr>
<td>Van Allen</td>
<td>Sunday</td>
<td>5:00-7:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>6:00-8:00 p.m.</td>
</tr>
<tr>
<td>Wickham</td>
<td>Sunday</td>
<td>3:00-5:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>6:00-8:00 p.m.</td>
</tr>
</tbody>
</table>

Contact: Travis Mai
319-248-1750
tmai@coralville.org
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.

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.

Coralville Recreation Center
1506 8th Street, Coralville
(for Recreation Center hours, see page 2)

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 their own. Lifeguards may test child for their 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.
Iowa Mountain Bike Festival
Sunday, Oct. 2 • Creekside Sports Park
www.iowabicyclecoalition.org

Fright Night
Adult Kickball Tournament
Friday, Oct. 28