CORALVILLE
PARKS AND RECREATION
ACTIVITY GUIDE

FALL 2021

Youth Activities
Sports
EngAGE
Aquatics
Around the Community

REGISTRATION BEGINS
AUGUST 14
SEE PAGE 2
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. 14, 8:00 a.m.</td>
</tr>
<tr>
<td>In Person at Coralville Recreation Center</td>
<td>Sat., Aug. 14, 8:00 a.m.</td>
</tr>
<tr>
<td>Phone at 319-248-1750</td>
<td>Sat., Aug. 14, 12:00 p.m.</td>
</tr>
<tr>
<td>Mail to 1506 8th Street Coralville, IA 52241</td>
<td>Mon., Aug. 16, 9:00 a.m. (will begin entering mailed registrations)</td>
</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.

Fred Fevold, Chair 319-338-4906
Marti Mount 319-337-9865
Alex Taylor 319-321-7616
Kyle McEvilly 815-715-0824
Dhuha Tawil 319-491-5929
Jill Dodds, Council Representative 319-351-2396

All dates and operational procedures are subject to change due to the COVID-19 Pandemic.
Celebrations Belle Riverboat Cruise (Classic Oldies Cruise)

While you're cruising down the Mississippi, just sit back and reminisce to the songs that bring back all the memories of the Juke Box era. The magical songs that made the 50’s and 60’s the era to remember. Enjoy a show with the oldies coming to life once again. Imagine Patsy Cline, Johnny Cash, Chuck Berry, Jerry Lee Lewis and a whole cast of others, and of course, a little Elvis. This is a must-see Classic Oldies show cruise!!

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 23</td>
<td>9:00 a.m.-5:00 p.m.</td>
<td>8020.300</td>
</tr>
</tbody>
</table>

Price: $70 res. $87.50 non-res.
Limit: 20 participants
Deadline: Aug. 23

Community Meal

Friday, Dec. 10 5:00-7:00 p.m.

Come for dinner and stay for fun. All are welcome. Vegetarian options available. Sponsored by the Coralville Food Pantry.

Youth Sports Statement

The goals of the N.L.C. Youth Sports Program and the Coralville Parks & Recreation Department is for children to learn the fundamentals of the sport and to have FUN! Please help us achieve this goal by reinforcing that your child’s participation is important, having fun is a necessity, and that winning or losing a game does not determine success or failure.
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. 14 – Oct. 5</td>
<td>9:15-9:55 a.m.</td>
<td>5500.300</td>
</tr>
<tr>
<td>Oct. 12 – Nov. 2</td>
<td>9:15-9:55 a.m.</td>
<td>5500.301</td>
</tr>
<tr>
<td>Nov. 16 – Dec. 14</td>
<td>9:15-9:55 a.m.</td>
<td>5500.302</td>
</tr>
</tbody>
</table>

*No class Nov. 23

Price: $24 res. $30 non-res.
Age: 21 mos.-5, must be accompanied by an adult
**Deadline:** One week prior to the start of the class

It’s a Mess

Create an art project with your preschooler that you don’t want to do at home. Bring your imagination and we will provide the supplies to create projects such as homemade slime, glue & glitter projects, finger painting & sand art. So come on in and let’s make a mess!

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 30 – Sept. 27*</td>
<td>10:30-11:15 a.m.</td>
<td>5565.300</td>
</tr>
<tr>
<td>Oct. 4 – 25</td>
<td>10:30-11:15 a.m.</td>
<td>5565.301</td>
</tr>
<tr>
<td>Nov. 8 – Dec. 6*</td>
<td>10:30-11:15 a.m.</td>
<td>5565.302</td>
</tr>
</tbody>
</table>

*No class Sept. 6
*No class Nov. 22

Age: 2.5-5, must be accompanied by an adult
Location: Community of Christ Church
**Deadline:** One week prior to the start of the class
Builder’s Corner
How would your child like to spend a Saturday afternoon using different building items to create their own little masterpieces? This winter your little Frank Lloyd Wright can spend the mornings building away. Building materials will be items like LEGOS, blocks, and large connects. These masterpieces will not be sent home with those that sign up but instead a picture will be taken and sent to parents so you can share your masterpieces with even grandma and grandpa.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 2</td>
<td>1:00-2:30 p.m.</td>
<td>5515.300</td>
</tr>
<tr>
<td>Nov. 6</td>
<td>1:00-2:30 p.m.</td>
<td>5515.301</td>
</tr>
<tr>
<td>Dec. 4</td>
<td>1:00-2:30 p.m.</td>
<td>5515.302</td>
</tr>
</tbody>
</table>

Price: $10 res. $12.50 non-res.
Age: 4-12
Deadline: 1 week prior to the session date

**PRESCHOOL GYMNASTICS**

**Tiny Tumblers**
This class is an adult and child class. It will be an early introduction to tumbling skills, focusing on coordination and strength building exercises, concentrating on: basic body control, basic strength exercises, basic flexibility exercises, forward rolls and backward rolls. It will teach the steps of achieving these goals and does not require knowledge of tumbling practices or any experience.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 1 - 22</td>
<td>5:00-5:30 p.m.</td>
<td>5510.300</td>
</tr>
<tr>
<td>Oct. 6 - 27</td>
<td>5:00-5:30 p.m.</td>
<td>5510.301</td>
</tr>
<tr>
<td>Nov. 10 - Dec. 8*</td>
<td>5:00-5:30 p.m.</td>
<td>5510.302</td>
</tr>
</tbody>
</table>

*No class Nov. 24

Price: $22 res. $27.50 non-res.
Age: 2-3
Note: An adult needs to accompany the child
Deadline: One week prior to the start of the session

**Little Steps**
This class will emphasize basic tumbling skills and the development of muscular coordination, strength, and flexibility. This class will be focusing on: basic body control, basic strength exercises, basic flexibility exercises, forward and backward rolls, handstands, cartwheels and bridges/backbends. It will teach the steps of achieving these goals and does not require knowledge of tumbling practices or any experience.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 1 - 22</td>
<td>5:45-6:30 p.m.</td>
<td>5595.300</td>
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<tr>
<td>Oct. 6 - 27</td>
<td>5:45-6:30 p.m.</td>
<td>5595.301</td>
</tr>
<tr>
<td>Nov. 10 - Dec. 8*</td>
<td>5:45-6:30 p.m.</td>
<td>5595.302</td>
</tr>
</tbody>
</table>

*No class Nov. 24

Price: $22 res. $27.50 non-res.
Age: 4-5
Deadline: One week prior to the start of the session

WANT TO GIVE BACK TO YOUR COMMUNITY?
Consider a part time position with Coralville Parks and Recreation. Make an impact on lives and improve quality of life. www.coralville.org/jobopportunities
**Slumber Party in a Bag... Thanksgiving Break Edition**

School is on a break, family and friends are coming over and the weather may be questionable. How do you plan to keep your child entertained? We’ve got it covered with our Slumber Party in a Bag - Thanksgiving Edition. Each bag will include indoor game ideas, art projects, an indoor scavenger hunt, snack suggestions, and more. Pick up bag for the Thanksgiving holiday weekend.

**DATE**  **CLASS #**

<table>
<thead>
<tr>
<th>Sat. Nov. 20 or Sun. Nov. 21</th>
<th>5835.300</th>
</tr>
</thead>
</table>

**Price:** $15 res. $18.75 non-res.

**Grade:** 1-5

**Deadline:** Nov. 10

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**Doodle Art Exploration**

Do you have a knack for doodling? Do you dream of becoming a better artist? Doodle art has so many possibilities for the very beginners to the self-proclaimed artist. We will use graph paper, sharpies, watercolors, everyday household items and more to create masterpieces. There is no wrong way to create doodle art! Inspiration provided, but will come from within too.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Nov. 17</td>
<td>1:00-4:00 p.m.</td>
<td>5830.300</td>
</tr>
</tbody>
</table>

**Price:** $20 res. $25 non-res.

**Age:** 2-6

**Deadline:** Nov. 10

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**Babysitters Course (Red Cross)**

The Red Cross Babysitter’s Course will provide participants with knowledge and skills to safely and responsibly care for children and infants. Participant 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 skills. Each participant will receive a babysitting training set which includes a manual, a pocket emergency reference guide, and a cd 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>
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<tbody>
<tr>
<td>Oct. 9</td>
<td>9:00-4:00 p.m.</td>
<td>2400.300</td>
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<tr>
<td>Nov. 13</td>
<td>9:00-4:00 p.m.</td>
<td>2400.301</td>
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</tbody>
</table>

**Price:** $55 res. $68.75 non-res.

**Age:** 11-15

**Note:** Bring a sack lunch and comfortable clothes

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

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**Daddy Daughter Hair Do Day**

Dads, would you like to learn how to get your daughters hair ready in the morning? Hair stylist Marilee Mai will teach dad’s the basics on styling your daughter’s hair. She will teach how to: detangle hair, do a half ponytail, full ponytail, pigtails and fundamental hair styles. Please bring your daughter and any special hair care products or supplies she may need. (Included in the class are hair care items to take home)

**SUNDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Oct. 2</td>
<td>9:30 a.m.-11:30 p.m.</td>
<td>4305.300</td>
</tr>
</tbody>
</table>

**Price:** $30 res. $37.50 non-res.

**Age:** 3-12

**Location:** Kate Wickham Community Room

**Deadline:** Sept. 25

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**Jack-o-Lantern Photo Contest**

We want to see your pumpkins! Once you have finished carving your jack-o-lanterns, snap a quick picture and email it to eechhorn@coralville.org We will post pictures to our Facebook and Instagram accounts during the week leading up to Oct. 31. All pictures will be entered in a drawing for a Halloween prize!

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**Kids Journaling Club**

Kids love to write, doodle and decorate! All you need is a journal or notebook and we will provide the rest! Each month you will receive a delightful package which will include stickers, writing & drawing prompts, a new pen and a surprise. Each unique addition to your journaling supplies help grow your imagination! Each shipment will be mailed out during the first week of the month.

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Oct. – Dec.</td>
<td>3315.301</td>
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</table>

**Price:** $7 res. $9.75 non-res.

**Deadline:** 72 hours prior to the first Monday of each month

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**Letter from Santa**

Add a little extra magic to the season and receive a letter from Santa mailed directly to your child. This letter, written in an easy-to-read format, is a delightful surprise for any child. The letter will arrive with Santa’s name and return address in the corner and will be addressed directly to your child, grandchildren, nieces and nephews! All letters will be mailed the week of Dec. 13.

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Sept. 1 – Dec. 3</td>
<td>3305.300</td>
</tr>
</tbody>
</table>

**Price:** $4.00

**Location:** Coralville Recreation Center

**Deadline:** Dec. 4
**YOUTH SPORTS**

**Pee Wee Games**

Pee Wee Games is designed for girls and boys ages 4 and 5 years old. This program introduces your child to a variety of games and allows them to interact with other children their age. The program will emphasize socialization, fun, and good sportsmanship. Each session will last for 45 minutes. Parents are encouraged to join in!

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 11 – Nov. 8</td>
<td>6:00-6:45 p.m.</td>
<td>6305.300</td>
</tr>
</tbody>
</table>

Price: $28 res. $35 non-res.
Age: 4-5
**Deadline:** Oct. 3

**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. Participants will receive a t-shirt.

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 15 – Dec. 13</td>
<td>6:00-6:45 p.m.</td>
<td>6300.300</td>
</tr>
</tbody>
</table>

Price: $28 res. $35 non-res.
Age: 4-5
**Deadline:** Nov. 7

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**Supreme Youth NFL Flag Football**

This instructional league is for both boys and girls (1st-6th grade). It will emphasize skill development, sportsmanship, total participation and fun. Teams will be formed in North Liberty, Tiffin, and Coralville. If your child is registered in Coralville, they will be placed on a Coralville team (separate from a North Liberty team). Likewise, if your child is signed up through North Liberty or Tiffin, they will be placed on a team from the community through which they registered. All Coralville participants are placed on teams by school. If there are not enough kids signed up to make full roster or too many kids registered from that particular school, they will be assigned with another school. There will be one day out of the week for practices (location and time will be chosen by your child’s coach). Volunteer coaches are needed for this program.

**SUNDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>GRADE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 24 – Oct. 24</td>
<td>1 – 2</td>
<td>6250.300</td>
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<tr>
<td>Aug. 24 – Oct. 24</td>
<td>3 – 4</td>
<td>6250.301</td>
</tr>
<tr>
<td>Aug. 24 – Oct. 24</td>
<td>5 – 6</td>
<td>6250.302</td>
</tr>
</tbody>
</table>

*No game or practice on Sept. 5*

Price: $65 res. $81.25 non-res.
**Location:** Coralville Youth Sports Park/Tiffin Rec Fields
**Note:** Sunday, Aug. 29 is designated practice day
Sunday, Sept. 12 games will start
**Deadline:** Aug. 8
N.L.C.T. Youth Volleyball
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. In addition to the games on Tuesday’s, there will be on either Sundays or Mondays that will determined by your child’s coach. Volunteer coaches are needed for this program.

**TUESDAY 6:00-8:15 P.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 7 - Oct. 19</td>
<td>Sr. (5th &amp; 6th grade)</td>
<td>6600.300</td>
</tr>
<tr>
<td>Sept. 7 - Oct. 19</td>
<td>Jr. (3rd &amp; 4th grade)</td>
<td>6600.301</td>
</tr>
</tbody>
</table>

Price: $43 res. $53.75 non-res.
Location: Scrimmages will be held at the Green State Fieldhouse or at the North Liberty Recreation Center

Deadline: Aug. 15

Pee Wee Flag Football
This league is designed for 5 and 6 year old boys and girls who want to learn the basics of football. The league emphasizes basic skill development and sportsmanship in a low-competition 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 or one friend request.

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14 - Oct. 19</td>
<td>6:00-7:00 p.m.</td>
<td>6255.300</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Location: Coralville Youth Sports Park Diamond #1
Deadline: Aug. 30

Tiny Tot Soccer
Tiny Tot Soccer is designed for children ages 3-6, emphasizing 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. 13 - Oct. 18</td>
<td>Mon.</td>
<td>3-4</td>
<td>6000.300</td>
</tr>
<tr>
<td>Sept. 13 - Oct. 18</td>
<td>Mon.</td>
<td>5-6</td>
<td>6000.301</td>
</tr>
<tr>
<td>Sept. 8 - Oct. 13</td>
<td>Wed.</td>
<td>3-4</td>
<td>6000.302</td>
</tr>
<tr>
<td>Sept. 8 - Oct. 13</td>
<td>Wed.</td>
<td>5-6</td>
<td>6000.303</td>
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</tbody>
</table>

Price: $40 res. $50 non-res.
Location: Coralville Youth Sports Park
Deadline: Aug. 22

N.L.C. Basketball
The N.L.C. Recreational Basketball League is for kids to learn the 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. Games are played at the Coralville Recreation Center, North Liberty Recreation Center, Bufof Garner Elementary School, James Van Allen Elementary School and North Bend Elementary. Teams will be assigned based on the school they attend. An organized practice day is scheduled for Jan. 9 at a location TBD. Games will start on Jan. 15.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>GRADE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 8 - Feb. 26</td>
<td>1/2 Boys</td>
<td>9:00-3:00 p.m.</td>
<td>6050.300</td>
</tr>
<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>
</tr>
<tr>
<td></td>
<td>3/4 Girls</td>
<td>9:00-3:00 p.m.</td>
<td>6050.303</td>
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<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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</tbody>
</table>

Price: $45 res. $56.25 non-res.
Deadline: Dec. 6

KIXX Youth Soccer
Our youth soccer 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. The emphasis is on introducing the concept of team play and building individual skills. Each participant will receive a t-shirt.

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 7 - Oct. 19</td>
<td>6:00-7:00 p.m.</td>
<td>6005.300</td>
</tr>
</tbody>
</table>

Price: $55 res. $68.75 non-res.
Age: 6-8
Location: Coralville Youth Sports Park
Note: KIXX Festival – Oct.23
Deadline: Aug. 22

Intro to Youth Lacrosse
Our Intro to Lacrosse program is open to boys and girls 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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<tbody>
<tr>
<td>Sept. 12 - Oct. 17</td>
<td>1:00-2:00 p.m.</td>
<td>6070.300</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Grade: 2-5
Location: Coralville Youth Sports Park
Deadline: Aug. 29
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>
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<tbody>
<tr>
<td>Men’s D (Tues.)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.301</td>
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<tr>
<td>Men’s C (Tues.)</td>
<td>6:00 – 10:00 p.m.</td>
<td>6500.300</td>
</tr>
<tr>
<td>Men’s E (Tues.)</td>
<td>6:00 – 10:00 p.m.</td>
<td>6500.306</td>
</tr>
<tr>
<td>Coed D (Wed.)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.302</td>
</tr>
<tr>
<td>Men’s D (Wed.)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.303</td>
</tr>
<tr>
<td>Men’s D (Thurs.)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.304</td>
</tr>
<tr>
<td>Coed D (Thurs.)</td>
<td>6:00-10:00 p.m.</td>
<td>6500.305</td>
</tr>
</tbody>
</table>

Price: $310
Note: A $6 non-res. fee applies to each non-Coralville res. team member
Location: Coralville Creekside Ballpark
Deadline: Aug. 18 (If space is available)

Flag Football League
Teams will play a seven week 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. 18 – Oct. 13</td>
<td>6:00-10:00 p.m.</td>
<td>6505.300</td>
</tr>
</tbody>
</table>

Price: $270 team, plus a $6 non-res. player fee
Location: Coralville Youth Sports Park
Note: Mandatory Manager’s Meeting – Wed., Aug. 11, 6:00 p.m. at the Coralville Recreation Center
Deadline: Aug. 1 (If space is available)

Basketball League
Join our recreational basketball leagues in a 5 vs. 5. All leagues are self-officiated. Teams will play an 8-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. 16 – Nov. 18</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: Games played at the Green State Fieldhouse
Note: The league is open to the first 12 teams
Deadline: Sept. 5

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 in shape 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. 14 – Nov. 16</td>
<td>Tues.</td>
<td>Recreational</td>
<td>6370.300</td>
</tr>
<tr>
<td>Sept. 15 – Nov. 17</td>
<td>Wed.</td>
<td>Competitive</td>
<td>6370.301</td>
</tr>
</tbody>
</table>

Price: $110 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, who need to relive those elementary school playground years or for those of you who 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 Co-Rec Kickball League! Participants must be 18 years or older to play. At least 10 people must be on a team, with no more than 20. Space is limited so don’t wait. You won’t want to miss this exciting opportunity to act like a kid again!

THURSDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 26 – Oct. 14</td>
<td>6:00-10:00 p.m.</td>
<td>6750.200</td>
</tr>
</tbody>
</table>

Price: $125, plus $6 for every non-res. on the team roster
Location: Coralville Creekside Ballpark
Deadline: Aug. 18
# Latin Dance For Beginners
Would you like to learn some Latin dance moves to get you out on the floor and enjoy an evening, a wedding, or party? April Hubbard will instruct you in this 8-week beginner series of Latin dance. Participants in this class will learn both Salsa and Bachata dance. This will be a progressive series where each class will build off of the previous material. Masks are still highly recommended as you will be switching partners in this class. No previous dance experience required.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8 – Oct. 27</td>
<td>6:30-7:30 p.m.</td>
<td>4300.300</td>
</tr>
</tbody>
</table>

**Price:** $80 res. $100 non-res.
**Age:** 18 + Years
**Location:** Kate Wickham Elementary (Gym)
**Note:** You must sign up with a partner.
**Deadline:** Sept. 3

---

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

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 13 – Oct. 25</td>
<td>6:00-7:00 p.m.</td>
<td>7400.300</td>
</tr>
<tr>
<td>Nov. 1 – Dec. 13</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.
**Deadline:** One week prior to start of class

---

# Exercise Program
Starting a 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
- Coralville Parks and Recreation is committed to:
  - clean, sanitized surfaces
  - encouraging only healthy staff report to work
  - giving room for social distancing
  - encouraging staff to get vaccinated
  - to wear masks when transmission is high in Johnson County.

---
Coralville Parks and Recreation has partnered with Anderson’s ATA Taekwondo to provide taekwondo classes for beginners through Black Belt students. Anderson’s ATA has been affiliated with the Rec Center since 2002. Classes are taught by 4th Degree Black Belt Dr. David Dick a certified ATA instructor, as well as other instructors in the ATA leadership program. Key to our program is the focus on life skills and physical skills that challenge you both mentally and physically.

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

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

**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.

**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 you 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.

**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 #**

Tiny Tigers Taekwondo

| September | 6:00-6:30 p.m. | 7000.300 |
| October | 6:00-6:30 p.m. | 7000.301 |
| November | 6:00-6:30 p.m. | 7000.302 |
| December | 6:00-6:30 p.m. | 7000.303 |

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

**ATA Taekwondo Basics**

| September | 6:30-7:15 p.m. | 7010.300 |
| October | 6:30-7:15 p.m. | 7010.301 |
| November | 6:30-7:15 p.m. | 7010.302 |
| December | 6:30-7:15 p.m. | 7010.303 |

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

**Advanced ATA Taekwondo**

| September | 7:15-8:00 p.m. | 7020.300 |
| October | 7:15-8:00 p.m. | 7020.301 |
| November | 7:15-8:00 p.m. | 7020.302 |
| December | 7:15-8:00 p.m. | 7020.303 |

Price: $50 res. $60 non-res. $50 uniform - required
Age: 8-adult, must have graduated from Tiger or Basics
Nature Walk
Enjoy nature while exploring new Coralville trails! We will walk on hard surface trails and sidewalks. Bring a water bottle and meet at that month’s location. FREE!

**TUESDAYS**

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 21</td>
<td>Clear Creek Trail, meet at Tom Harkin Trailhead</td>
</tr>
<tr>
<td>Oct. 12</td>
<td>Peninsula Park, meet at IRP</td>
</tr>
<tr>
<td>Nov. 9</td>
<td>Muddy Creek, meet at Wickham School</td>
</tr>
</tbody>
</table>

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

Coffee & 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.

**1ST & 3RD THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 2 &amp; Sept. 16</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Oct. 7 &amp; Oct. 21</td>
<td></td>
</tr>
<tr>
<td>Nov. 4 &amp; Nov. 18</td>
<td></td>
</tr>
<tr>
<td>Dec. 2 &amp; Dec. 16</td>
<td></td>
</tr>
</tbody>
</table>

Price: Free
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 for a good will donation, and coffee and water. You bring a dish to share and your own table service. We provide a speaker or activity at each lunch.

MONDAYS

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 11</td>
<td>12:00–1:30 p.m.</td>
</tr>
<tr>
<td>Nov. 8</td>
<td>12:00–1:30 p.m.</td>
</tr>
<tr>
<td>Dec. 13</td>
<td>12:00–1:30 p.m.</td>
</tr>
</tbody>
</table>

Note: Registration is not required.

Outdoor Patio Lunch Club

Lunch Club is back with a new twist...with outdoor seating! Enjoy chatting with your friends as we eat safely outdoors. If it is raining, we will cancel.

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 15</td>
<td>11:30 a.m.</td>
<td>Monica’s</td>
<td>8010.300</td>
</tr>
<tr>
<td>Oct. 6</td>
<td>11:30 a.m.</td>
<td>Pat and Fran’s</td>
<td>8010.301</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Irish Pub</td>
<td></td>
</tr>
</tbody>
</table>

Note: Meet at restaurant. Lunch is on your own. Deadline: 24 hours prior to date.

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>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year Round</td>
<td>9:30-10:15 a.m.</td>
<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>9:00-9:30 a.m.</td>
<td>Line Dancing</td>
</tr>
</tbody>
</table>

Price: Free

Let’s Make Sushi

Learn a simple way to make sushi rolls or sushi bowls at home. Not only are these delicious and healthy, it’s a just plain fun way to spend an afternoon.

THURSDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 14</td>
<td>1:00-2:30 p.m.</td>
<td>8020.300</td>
</tr>
</tbody>
</table>

Price: Free
DAILY ADMISSION:
$4 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 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.
**Pool Pass & Punch Card Pricing**

<table>
<thead>
<tr>
<th></th>
<th>POOL PASS ONLY</th>
<th>POOL &amp; EXERCISE</th>
<th>EXERCISE ROOM ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-Month Single</td>
<td>$120</td>
<td>$148</td>
<td>$145</td>
</tr>
<tr>
<td>3-Month Couple</td>
<td>$148</td>
<td>$182</td>
<td>$203</td>
</tr>
<tr>
<td>3-Month Additional</td>
<td>$25/person</td>
<td>$30/person</td>
<td>$35/person</td>
</tr>
<tr>
<td>6-Month Single</td>
<td>$177</td>
<td>$206</td>
<td>$230</td>
</tr>
<tr>
<td>6-Month Couple</td>
<td>$235</td>
<td>$269</td>
<td>$348</td>
</tr>
<tr>
<td>6-Month Additional</td>
<td>$25/person</td>
<td>$30/person</td>
<td>$45/person</td>
</tr>
<tr>
<td>12-Month Single</td>
<td>$234</td>
<td>$290</td>
<td>$347</td>
</tr>
<tr>
<td>12-Month Couple</td>
<td>$320</td>
<td>$399</td>
<td>$555</td>
</tr>
<tr>
<td>12-Month Additional</td>
<td>$25/person</td>
<td>$30/person</td>
<td>$55/person</td>
</tr>
</tbody>
</table>

**Exercise Room**

- Indoor Pool
- Racquetball
- Tot Lot
- Aquatic Center
- Water Aerobics

**Exercise Room Indoor Pool Racquetball Tot Lot Aquatic Center Water Aerobics**

- **10 punch - $20**
- **20 punch - $40**
- **10 punch - $10**
- **20 punch - $20**
- **10 punch - $50**
- **20 punch - $100**

**Drop In Fee:** $5.50 (if availability)  
**Time:** 7:45-8:30 a.m.

**Deep Water Aerobics**

Water resistance is a great workout. Engage all your muscles in this dynamic class held in deep water. Floatation belts are provided. Being able to tread water and to swim is needed for this class.

**MONDAY/WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 13 – 29</td>
<td>$24 res. $30 non-res.</td>
<td>2565.300</td>
</tr>
<tr>
<td>Oct. 6 – 27</td>
<td>$32 res. $40 non-res.</td>
<td>2565.301</td>
</tr>
<tr>
<td>Nov. 1 – 29</td>
<td>$32 res. $40 non-res.</td>
<td>2565.302</td>
</tr>
<tr>
<td>Dec. 1 – 15</td>
<td>$20 res. $25 non-res.</td>
<td>2565.303</td>
</tr>
</tbody>
</table>

*no class Nov. 24

**Drop In Fee:** $5.50 (if availability)  
**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 2, 14, 28
- October 5, 7, 19, 25
- November 1

**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 benefits of exercising in the water. Water has a natural resistance and buoyancy factor to help you tone and increase or maintain flexibility. This class is taught in chest deep water and moves to deep water for part of class. If you do not know how to swim, a shallow water option is offered.

**MONDAY/WEDNESDAY/FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept.</td>
<td>$48 res. $60 non-res.</td>
<td>2560.300</td>
</tr>
<tr>
<td>Oct.</td>
<td>$52 res. $65 non-res.</td>
<td>2560.301</td>
</tr>
<tr>
<td>Nov.</td>
<td>$48 res. $60 non-res.</td>
<td>2560.302</td>
</tr>
<tr>
<td>Dec. 1 – 17</td>
<td>$32 res. $40 non-res.</td>
<td>2560.300</td>
</tr>
<tr>
<td>Drop In Fee</td>
<td>$5.50 (if availability)</td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>7:45-8:30 a.m.</td>
<td></td>
</tr>
</tbody>
</table>
Infant and Toddler Courses

Parents and children learn together to increase a child’s comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

Infant Course (6-18 months)

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- 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.
- Learn how to play safely.
- Experience wearing a U.S. Coast Guard-approved life jacket.
- Plus age-appropriate water safety topics.

Toddler Course (19-36 months)

- Establish expectation for adult supervision.
- Learn how to enter and exit the water in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.
- Experience wearing a U.S. Coast Guard-approved life jacket in the water.
- Plus age-appropriate water safety topics.

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. Please note RC 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)
- Alternate and simultaneous arm and leg actions on front (2 body lengths)
- Alternate 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 Morning I

**SUNDAYS**  
**SEPT. 19 – OCT. 17**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30-12:00 p.m.</td>
<td>Infant</td>
<td>1803.300</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1905.300</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1953.300</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1978.300</td>
</tr>
</tbody>
</table>

Price: $20 res. $25 non-res.  
Note: 5 classes at 30 minute

**SATURDAYS OCTOBER 23, 30, NOV. 6**  
**SUNDAY, NOV. 14**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30-12:00 p.m.</td>
<td>Toddler</td>
<td>1853.300</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1906.300</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1954.300</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1979.300</td>
</tr>
</tbody>
</table>

Price: $16 res. $20 non-res.  
Note: 4 classes at 30 minutes

---

### We Swim Together

Your child’s best swim teacher is you! Our instructor will guide you in teaching your child basic swimming skills and will lead fun songs and games to engage the class. Parent must accompany child in water. Instructor will facilitate skill instruction.

---

### WEDNESDAYS

**DATE**  
**CLASS**  
**CLASS #**

| Oct. 13–Nov. 17 | 9:30-10:00 a.m. | 2215.300 |

Price: $24 res. $30 non-res.  
Age: 1-4 years

---

### ITP Evening I

**MONDAYS**  
**SEPT. 13 - OCT. 18**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-6:00 p.m.</td>
<td>Infant</td>
<td>1800.310</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1900.310</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1950.310</td>
</tr>
<tr>
<td>6:05-6:35 p.m.</td>
<td>Toddler</td>
<td>1850.310</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1901.310</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1975.310</td>
</tr>
</tbody>
</table>

Price: $24 res. $30 non-res.  
Note: 6 classes at 30 minutes

**OCT. 25 – DEC. 6**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-6:00 p.m.</td>
<td>Infant</td>
<td>1801.310</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1902.310</td>
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<tr>
<td></td>
<td>PS II</td>
<td>1951.310</td>
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<tr>
<td>6:05-6:35 p.m.</td>
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<td>1851.310</td>
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<tr>
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<td>PS I</td>
<td>1903.310</td>
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<tr>
<td></td>
<td>PS III</td>
<td>1976.310</td>
</tr>
</tbody>
</table>

Price: $24 res. $30 non-res.  
FYI: 6 classes at 30 minutes  
Note: October 25 and Nov. 1, classes will start 30 minutes later. No class Nov. 22

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### WEDNESDAYS

**SEPT. 15 – OCT. 20**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>6:10-6:40 p.m.</td>
<td>Toddler</td>
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<tr>
<td></td>
<td>PS I</td>
<td>1904.310</td>
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<tr>
<td></td>
<td>PS II</td>
<td>1952.310</td>
</tr>
</tbody>
</table>

Price: $24 res. $30 non-res.  
FYI: 6 classes at 30 minutes

**OCT. 27 – DEC. 8**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:10-6:40 p.m.</td>
<td>Infant</td>
<td>1802.310</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1905.310</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1977.310</td>
</tr>
</tbody>
</table>

Price: $24 res. $30 non-res.  
FYI: 6 classes at 30 minutes  
Note: No class Nov. 24
Red Cross Swim Lessons

Red Cross Swim Lessons: 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.

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 room allows it.

**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)
- 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 5—Stroke Refinement**
- Shallow-angel 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 Buoy, Fins, Paddles)
  - Setting up exercise plans, training techniques, heart rate
  - Aquatic Exercise
  - Surface dive and retrieve object deep water
### Red Cross Monday Evening

**SEPT. 13 – OCT. 18**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45-7:15 p.m.</td>
<td>Level 1</td>
<td>1100.310</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1200.310</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1300.310</td>
</tr>
<tr>
<td>7:20-7:50 p.m.</td>
<td>Level 1</td>
<td>1101.310</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1201.310</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1301.310</td>
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**OCT. 25 – DEC. 6**

<table>
<thead>
<tr>
<th>TIME</th>
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<th>CLASS #</th>
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<tbody>
<tr>
<td>6:45-7:15 p.m.</td>
<td>Level 1</td>
<td>1102.310</td>
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<tr>
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<td>Level 2</td>
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<td>1302.310</td>
</tr>
<tr>
<td>7:20-7:50 p.m.</td>
<td>Level 1</td>
<td>1103.310</td>
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<td>Level 2</td>
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<tr>
<td></td>
<td>Level 3</td>
<td>1303.310</td>
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</table>

Price: $20 res. $25 non-res.
Note: 6 classes at 30 minutes

### Red Cross Wednesday Evening

**SEPT. 15 – OCT. 20**

<table>
<thead>
<tr>
<th>TIME</th>
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<th>CLASS #</th>
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<tbody>
<tr>
<td>6:50-7:20 p.m.</td>
<td>Level 1</td>
<td>1104.310</td>
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<td>Level 2</td>
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<td>Level 3</td>
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<tr>
<td>7:25-7:55 p.m.</td>
<td>Level 1</td>
<td>1105.310</td>
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**OCT. 6 – DEC. 8**

<table>
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<tr>
<th>TIME</th>
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<tbody>
<tr>
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<td>7:25-7:55 p.m.</td>
<td>Level 1</td>
<td>1107.310</td>
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<td>Level 2</td>
<td>1207.310</td>
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<td></td>
<td>Level 3</td>
<td>1307.310</td>
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</tbody>
</table>

Price: $20 res. $25 non-res.
Note: 6 classes at 30 minutes

### Red Cross – Saturday/Sunday

**SEPT. 19 – OCT. 17**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>9:15-9:55 a.m.</td>
<td>Level 1</td>
<td>1108.300</td>
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<td>Level 2</td>
<td>1208.300</td>
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<td>1308.300</td>
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<tr>
<td></td>
<td>Level 4</td>
<td>1400.300</td>
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<tr>
<td></td>
<td>Level 6F</td>
<td>1600.300</td>
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<tr>
<td>10:00-10:40 a.m.</td>
<td>Level 1</td>
<td>1109.300</td>
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<tr>
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<td>1209.300</td>
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<td>1309.300</td>
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<td></td>
<td>Level 4</td>
<td>1401.300</td>
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<tr>
<td>10:45-11:25 a.m.</td>
<td>Level 1</td>
<td>1110.300</td>
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<tr>
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<td>1310.300</td>
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<td>Level 5</td>
<td>1500.300</td>
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**OCT. 24 – NOV. 14**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
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<tbody>
<tr>
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<tr>
<td></td>
<td>Level 5</td>
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<td>10:00-10:40 a.m.</td>
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<td>1502.300</td>
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<tr>
<td></td>
<td>Level 6P</td>
<td>1601.300</td>
</tr>
</tbody>
</table>

Note: 5 classes at 40 minutes

On the weekends of U. of Iowa home football games, the classes will be held on Sundays, at the same times.
Lifeguard Training

Do you like working with the public and giving back to your community? The American Red Cross Lifeguard Training course teaches skills and knowledge required for effective life guarding at swimming pools. When you successfully complete the course you will be certified in Lifeguard Training, CPR/AED, and First Aid as mandatory components of the class.

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

**PREREQUISITES:**

- Ability to swim 300 yards continuously using 100 yds. front crawl using rhythmic breathing and a stabilizing, propellant kick. 100 yds. breaststroke, 100 yds. of either front crawl using rhythmic breathing or breaststroke. These 100 yds. may be a mixture of front crawl and breaststroke. There is no time limit but it must be in strong fashion and non-stop.
- Starting in the water, swim 20 yds. using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a ten pound brick, return to the surface, and swim 20 yards back to the starting point with the object and exit the pool without using a ladder or steps. This is a timed event; you must complete this within 1 minute and 40 seconds.
- Participants must be 15 years of age before the last day of the course.
- **Please note that to be eligible for employment, the City of Coralville requires lifeguards to be 16 years of age.**

**DATE** | **DAY** | **TIME** | **CLASS #**
--- | --- | --- | ---
Sept. 14 – 30 | Tues., Thurs. | 9:00-11:30 a.m. | 2200.300
Nov. 19 | Fri. | 6:00-8:00 a.m. | 2200.301
Nov. 20 – 21 | Sat., Sun. | 9:00 a.m.-3:00 p.m. |

Price: $130 res. $162.50 non-res. (Price includes book, mask and Red Cross fees)

Note: A $25 application fee will be assessed for any cancellation made prior to one week before the class starts. If a cancellation occurs within one week or less a $40 application fee will be assessed.

This is a blended learning class with almost 12 hours of ????? work that needs to be completed prior ot class.

Deadline: One week prior to start of course.

Arranged Private Lessons

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

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 15 – Sept. 29</td>
<td>5:00-5:30 p.m.</td>
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</tr>
<tr>
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<td>5:35-6:05 p.m.</td>
<td>1000.302</td>
</tr>
<tr>
<td>Oct. 6 – Oct. 20</td>
<td>5:00-5:30 p.m.</td>
<td>1000.303</td>
</tr>
<tr>
<td></td>
<td>5:35-6:05 p.m.</td>
<td>1000.304</td>
</tr>
<tr>
<td>Oct. 27 – Nov. 10</td>
<td>5:00-5:30 p.m.</td>
<td>1000.305</td>
</tr>
<tr>
<td></td>
<td>5:35-6:05 p.m.</td>
<td>1000.306</td>
</tr>
<tr>
<td>Nov. 17 – Dec. 8</td>
<td>5:00-5:30 p.m.</td>
<td>1000.307</td>
</tr>
<tr>
<td></td>
<td>5:35-6:05 p.m.</td>
<td>1000.308</td>
</tr>
<tr>
<td>No class</td>
<td>No class</td>
<td>Nov. 24.</td>
</tr>
</tbody>
</table>

Price: $48 res. $60 non-res.

Note: 3 classes at 30 minutes

Have time to give back to your community?

Was swimming a part of your past? We’d love to have people of all ages as part of our lifeguard and swim lesson instructor team. Take Lifeguard Training in one weekend or spread it out over several weeks if you have your mornings open. Sign up to attend our Swim Lesson Instructor class where we will refresh skills and show you how to become a swim lesson assistant who will work in our lesson program with our Water Safety Instructors.

**Lifeguard Skills Brush Up**

Been awhile since you’ve been in the water? We’ll help you brush up on your skills to see if you are ready for a lifeguarding class.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 1</td>
<td>9:00-10:00 a.m.</td>
<td>2205.300</td>
</tr>
</tbody>
</table>

Price: Free

Note: Registration required.

**Swim Lesson Instructor Class**

Brush up your swimming skills and learn how to teach those skills to kids. All ages welcome. If you have time and a willingness to share your love of swimming with our community, we want to talk to you!

**DATE** | **TIME** | **CLASS #**
--- | --- | ---
Oct. 4, 5, and 7 | 9:00-11:00 a.m. | 2210.300

Price: Free

Note: There is no certification earned but you will be eligible to be a swim lesson assistant with Coralville Parks and Recreation when completed.

Get Your Lifeguarding Class Reimbursed!

Your lifeguard class fee will be reimbursed to you after completing a period of hours with our aquatics area. Find out more by calling 319-248-1750.
Altmaier Family Park & Disc Golf Course
3444 Deer Creek Road
• Disc Golf
• Bags Games
• Park opens at 11:00 a.m. M-F
• Archery range opens at 1:00 p.m.
• Barnyard picnic area

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

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

S.T. Morrison Park
1500 Block of 5th Street
• Playground
• Tennis Courts
• 2 Youth Ball Diamonds
• Sand Volleyball Court
• Home of the Recreation Center
• Small and Large Shelters
• Fishing pond
• Aquatic Center

North Ridge Park
Holiday Road and South Ridge Drive
• North Ridge Pavilion
• Playground
• Small Shelters
• Trails
• Trail Hub
• Fishing pond

Dovetail Recreation Area
Oakdale Boulevard
• Multi-purpose athletic field
• Sand volleyball courts
• Recreation trail
• Fishing pond

Central Park
501 6th Street
• Small Picnic Shelter
• Butterfly garden
• Trail

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

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

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

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

Coralville Youth Sports Park
2480 Dempster Drive
• Playground
• Walking Trails
• Fishing Pond
• Bocce Courts
• 5 Baseball / Softball Diamonds
• 3 Soccer Fields
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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</thead>
<tbody>
<tr>
<td>1-25</td>
<td>$20</td>
<td>$25</td>
</tr>
<tr>
<td>26-60</td>
<td>$35</td>
<td>$43.75</td>
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<tr>
<td>61-100</td>
<td>$55</td>
<td>$68.75</td>
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<tr>
<td>100-150</td>
<td>$75</td>
<td>$93.75</td>
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<tr>
<td>151+</td>
<td></td>
<td>Determined by Recreation Superintendent</td>
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</tbody>
</table>

Iowa Mountain Bike Festival

Sunday October 3
Clinics 10:00 a.m.-Noon
Vendor Fair Noon-5:00 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, cyclocross course, and new flow trails. Learn about mountain biking and check out all the latest gear.

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
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 6:00 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.
*Currently reduced due to COVID regulations.

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:

<p>|                                | Resident/         | Non-Resident/     |</p>
<table>
<thead>
<tr>
<th></th>
<th>Coralville business</th>
<th>Other business</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekday 4 hour block</td>
<td>$130</td>
<td>$160</td>
</tr>
<tr>
<td>Weekend 6 hour block</td>
<td>$200</td>
<td>$250</td>
</tr>
<tr>
<td>Weekend Entire Day 7:00 a.m.-11:00 p.m.</td>
<td>$300</td>
<td>$375</td>
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<tr>
<td>Johnson County Not-for-profit 2 hour rental (Monday-Thursday)</td>
<td>$30**</td>
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<tr>
<td>Holiday</td>
<td>$340</td>
<td>$425</td>
</tr>
<tr>
<td>Deposit</td>
<td>$300*</td>
<td>$300*</td>
</tr>
<tr>
<td>Optional Event Cleaning</td>
<td>$75</td>
<td>$75</td>
</tr>
</tbody>
</table>

*Paid by separate check or credit card (MC, VISA, DISCOVER, AMEX)
**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 $25 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).
2021 Green Fees

**Weekdays (Monday-Thursday)**
- 9 Holes $19
- 18 Holes $28
- Twilight Rates after 5 p.m.

**Weekends (Friday-Sunday)**
- 9 Holes (before noon) $28
- 9 Holes (after noon) $23
- 18 Holes $34
- Juniors after 3 p.m. $12
- Twilight Rates after 3 p.m.

**Cart Fees (per person)**
- 9 Holes $9
- 18 Holes $18

**Driving Range**
- Small $5
- Medium $8
- Large $13

**Play Packages**

<table>
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<tr>
<th>Receive</th>
<th>Buy</th>
<th>Free</th>
<th>Total</th>
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<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.

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Fall rates starting in November

**MONDAY - FRIDAY (ALL DAY)**
- Weekday Special for 18 Holes | $39 w/cart
- 9 Holes | $17 (walking), $26 w/cart
- Twilight rates begin at 4:00 p.m.

**WEEKENDS**
- $28 for 18 Holes | $46 w/cart
- $23 for 9 Holes | $32 w/cart
- Twilight rates after 4:00 p.m.

**Crazy 8 Golf Tournament**
Join us for this fun event. There will be an 8 inch cup and a regular cup on each green. This is a 4 person scramble with a 9:00 a.m. shotgun start. Contact the Pro Shop for more information or to register.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>Oct. 23</td>
<td>9:00 a.m.</td>
<td>$200 per team</td>
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</table>

**Brown Deer Youth Golf Offerings**

**Youth Weekend Rates**
Brown Deer offers discounted fees to youth age 13 and under on weekends after 3:00 p.m. Cost is just $12 per junior if playing with a paid adult. Please contact the Pro Shop for additional information or to reserve your time.

Our restaurant is now **Bunkers Bar and Grill**
We’re excited about our new menus coming at the end of August. Visit us for lunch or dinner.
September
10-12  | Young Footliters presents Sherlock Holmes and the First Baker Street Irregular
24-26  | City Circle presents The Importance of Being Earnest
28     | Coralville Arts Commission Annual Meeting

October
3      | Orchestra Iowa presents Horn Calls – Shuttleworth Chamber Series
10     | Orchestra Iowa presents Beethoven 5X5 – Masterworks Series
12     | Tonic Sol-Fa
22-24  | Young Footliters presents Stuart Little

November
12-14  | University of Iowa School of Music presents The Three Decembers
16     | The Glenn Miller Orchestra
20     | An Evening with Irving Berlin

December
3      | The Sing-Along Messiah
10-19  | City Circle presents Matilda: The Musical

Please check the CCPA website for upcoming events at CoralvilleArts.org.

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. Areas for volunteering include:
• Welcoming and ushering patrons during events
• Event promotions through poster and flyer distribution
• Technical staff assistance to help create theatrical magic

If you are interested in performing or helping to produce theater, please contact Liz Tracey at 319-248-9374 or etracey@coralville.org.

Box Office
The CCPA Box Office is available via phone or email only at this time.

Wednesday - Friday  | Noon-4:00 p.m.
One hour prior to ticketed events.

The box office phone is 319-248-9370. Tickets are available 24 hours a day at CoralvilleArts.org.
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, or programs which require adult signatures or team rosters to participate, those programs will not be offered online for registration.

Scholarship Assistance
Participant scholarships are made available to Coralville resident youth for instructional programs 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 his or her own. Lifeguards may test child for his/her swimming ability.

Gyms
• Organized practices outside of CRC programs are not permitted during open gym time.
• Gym calendars are provided at the front desk or 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 times.**

Rec Pass
The Coralville Recreation Center has implemented a new pass policy. All drop in users of the Recreation Center are now 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. Stop at the front desk to get your pass made and picture taken.

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

Partnership Program Open Gyms
Our partnership program open gyms are on hold while we continue to work through pandemic protocols. We hope to resume these in November so check back with us for our schedule.

Masks may be required for anyone entering the Recreation Center as indicated by mask policy for City facilities.
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.

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**City of Coralville Parks & Recreation**

1506 8th Street, Coralville, IA 52241

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<thead>
<tr>
<th>ADULT</th>
<th>LAST</th>
<th>FIRST</th>
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<tbody>
<tr>
<td>ADDRESS</td>
<td>CITY/STATE/ZIP</td>
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<tr>
<td>TELEPHONE: HOME</td>
<td>WORK</td>
<td>EMERGENCY</td>
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<tr>
<td>E-MAIL ADDRESS</td>
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<table>
<thead>
<tr>
<th>Activity No.</th>
<th>Participant’s Name</th>
<th>Birthdate</th>
<th>T-shirt size</th>
<th>Activity Name</th>
<th>Price</th>
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Visa/MasterCard/Discover/American Express will be accepted for payment of recreation fees and passes.

<table>
<thead>
<tr>
<th>TYPE</th>
<th>CARD NUMBER</th>
<th>BEARER’S NAME</th>
<th>EXPIRATION DATE</th>
<th>3 DIGIT CODE</th>
</tr>
</thead>
</table>

Do you need a special accommodation due to a disability to participate?  □ Yes  □ No

Are you interested in coaching?  □ Yes  □ No  
Coach's T-shirt size__________
Community Meal
December 10
5:00-7:00 pm
Food and Fun with your neighbors!
Enjoy a bounce house, crafts and games along with a great meal!

Iowa Mountain Bike Festival
Sunday, Oct. 3 • Creekside Sports Park
www.iowabicyclecoalition.org