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., Dec. 11, 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., Dec. 11, 8:00 a.m.</td>
</tr>
<tr>
<td>Cash, Check, or Master Card, Visa, or Discover</td>
<td></td>
</tr>
<tr>
<td>Phone at 319-248-1750</td>
<td>Sat., Dec. 11, 12:00 p.m.</td>
</tr>
<tr>
<td>Master Card, Visa or Discover</td>
<td></td>
</tr>
<tr>
<td>Mail to 1506 8th Street Coralville, IA 52241</td>
<td>Mon., Dec. 13, 9:00 a.m.</td>
</tr>
<tr>
<td>Check, Master Card, Visa or Discover</td>
<td>(will begin entering mailed registrations)</td>
</tr>
</tbody>
</table>

All dates and operational procedures are subject to change due to the COVID-19 Pandemic.

Parks & Recreation Commission
The Parks and Recreation Commission is a volunteer board, which reviews and recommends policies, rules, and budgets relating to parks, playgrounds, and recreation programs. They meet on the third Monday of each month at 7:00 p.m. Agenda, minutes, and meeting locations are posted on our website at [www.coralville.org](http://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
**PART-TIME POSITIONS WE ARE HIRING FOR**

- Lifeguards • Program Instructors
- Water Safety Instructors (Swim Lesson Staff)
- Summer Camp Youth Counselors
- Youth and Adult Umpires and Officials
- Sports Site Managers
- Aquatic Center Cashiers and Slide Attendants
- Concession Stand Staff • Seasonal Parks Staff
- Golf Course Maintenance Staff
- Golf Course Cart Staff • Golf Course Pro Shop
- Recreation Associates

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**INSTA-HIRE**
Coralville Parks and Recreation
Part-Time Staff Information Event

**FREE PIZZA**
**AMAZING PRIZES**
**CORALVILLE SWAG**

**THURSDAY, MARCH 3**
**TIME: 6:00-7:30 PM**
**AGES: 15-99**

Enhance your profile in life with a part-time position with the Coralville Parks and Recreation Department. Not ready to “like” us just yet? No problem, we have just the event to learn all about what we have to offer you.

Save the date and plan to attend for free pizza, Coralville swag, and the possibility of winning a number of amazing door prizes. Stay for the opportunity of landing a summer job and level up your life’s experiences.

#INSTAHIRE  #CORALVILLEPARKSANDREC

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**Snow Day Selfie Contest**

Bundle up and head outside for a snow day selfie. Show us how you make the best of your #snowdays! We want to see you participating in your favorite way to spend a winter day. Send your name and picture to eeichhorn@coralville.org to enter the Snow Day Selfie Contest. Pictures will be posted to the City of Coralville social media accounts. We may even use your photo in a future activity guide. Prizes awarded to the top three most creative photos.

Contest timeframe will be from Dec. 1, 2021 – February 28, 2022
## 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.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 11 – Feb. 1</td>
<td>9:30-10:10 a.m.</td>
<td>5500.100</td>
</tr>
<tr>
<td>Feb. 15 – Mar. 8</td>
<td>9:30-10:10 a.m.</td>
<td>5500.101</td>
</tr>
</tbody>
</table>

**Price:** $24 res. $30 non-res.  
**Age:** 20 mos.-5, must be accompanied by an adult  
**Deadline:** One week prior to the start of the class

## Art Time with Nancy

A discovery and celebration of a child’s creativity! Join our preschool instructor, Nancy Bell, as your child uses his/her imagination to create art using paint, paper, glue, scissors, dough, crayons, marbles, and other media. Let your little artist blossom with creativity!

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 22 – Apr. 12</td>
<td>9:30-10:00 a.m.</td>
<td>5575.100</td>
</tr>
<tr>
<td>Apr. 19 – May 10</td>
<td>9:30-10:00 a.m.</td>
<td>5575.101</td>
</tr>
</tbody>
</table>

**Price:** $24 res. $30 non-res.  
**Age:** 2-5, must be accompanied by an adult  
**Deadline:** One week prior to the start of the class
Tiny Tumblers
Tiny Tumblers is an adult and child class. It will be an early introduction to tumbling skills, focusing on coordination and strength building exercises. This class will concentrate on:
• Basic body control
• Basic strength exercises
• Basic flexibility exercises
• Forward rolls
• Backward rolls

The students will learn the steps of achieving these goals and does not require any knowledge of tumbling or require any experience.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 26 – Feb. 16</td>
<td>5:15-5:45 p.m.</td>
<td>5510.100</td>
</tr>
<tr>
<td>Mar. 2 – 30</td>
<td>5:15-5:45 p.m.</td>
<td>5510.101</td>
</tr>
<tr>
<td>Apr. 13 – May 4</td>
<td>5:15-5:45 p.m.</td>
<td>5510.102</td>
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</tbody>
</table>

Price: $20 res. $25 non-res.
Age: 2-3
Note: An adult needs to accompany the child
Deadline: One week prior to the start of the session

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

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Jan. 26 – Feb. 16</td>
<td>7:00-7:45 p.m.</td>
<td>5520.100</td>
</tr>
<tr>
<td>Mar. 2 – 30</td>
<td>7:00-7:45 p.m.</td>
<td>5520.101</td>
</tr>
<tr>
<td>Apr. 13 – May 4</td>
<td>7:00-7:45 p.m.</td>
<td>5520.102</td>
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</tbody>
</table>

*No class Mar. 16

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

Little Leapers
Previously named Little Steps, this class will emphasize basic tumbling skills and the development of muscular coordination, strength, and flexibility. We will focus on:
• Basic body control
• Basic strength exercises
• Basic flexibility exercises
• Forward and backward rolls
• Handstands
• Cartwheels
• Bridges/Back bends

The students will learn the steps of achieving these goals and does not require any tumbling experience.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Jan. 26 – Feb. 16</td>
<td>6:00-6:45 p.m.</td>
<td>5595.100</td>
</tr>
<tr>
<td>Mar. 2 – 30</td>
<td>6:00-6:45 p.m.</td>
<td>5595.101</td>
</tr>
<tr>
<td>Apr. 13 – May 4</td>
<td>6:00-6:45 p.m.</td>
<td>5595.102</td>
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</tbody>
</table>

*No class Mar. 16

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

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| Facebook | facebook.com/coralvilleparksandrecreation |
| Twitter  | twitter.com/cvilleparksrec |
| Instagram | instagram.com/coralvilleparksrec |
**Daddy Daughter Hair Do Day**

Dads, would you like to learn how to get your daughter’s hair ready in the morning? Hair stylist Marilee Mai will teach dads the basics on styling your daughter’s hair. Instruction will include: 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 your daughter’s hair requires. Included with the class are hair care items to take home.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Mar. 5</td>
<td>9:30-11:30 a.m.</td>
<td>4305.100</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Age: 3-12
Location: Kate Wickham Community Room
Deadline: Feb. 26

**Bike Rodeo**

We will kick off spring with a bike rodeo for young kids. Please bring a working bike along with a helmet for this event.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>May 18</td>
<td>4:15-5:15 p.m.</td>
</tr>
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</table>

Price: Free
Grade: K-6
Location: Kate Wickham Elementary

**Winter Break in A Bag**

If you need new and fresh activities and ideas for your kids at home during winter break, you will love our program Winter Break In A Bag! Each bag will contain 5 crafts along with detailed directions. Also included will be fun snack ideas, directions for family games & activities and a few surprises. Families will be notified when bags are ready for pick up for the following week. Bag pick up will be at the Coralville Recreation Center.

**DATE** | **THEME** | **CLASS #**  
|----------|-----------|-------------|
| Dec. 20  | Winter Break | 3310.100   
| Dec. 27  | Bring on 2022 | 3310.101  

Price: $25 res. $30 non res.
Grade: K-4
Deadline: One week prior to each class date

**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 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 pay the resident rate.

**FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 21</td>
<td>6:00-9:00 p.m.</td>
<td>3300.100</td>
</tr>
<tr>
<td>Feb. 25</td>
<td>6:00-9:00 p.m.</td>
<td>3300.101</td>
</tr>
<tr>
<td>Mar. 25</td>
<td>6:00-9:00 p.m.</td>
<td>3300.102</td>
</tr>
<tr>
<td>Apr. 29</td>
<td>6:00-9:00 p.m.</td>
<td>3300.103</td>
</tr>
</tbody>
</table>

Price: $26 res. $30 non res.
Age: K-6
Location: Van Allen School
Deadline: 24 hours prior to each class date

**Babysitters Course**

The Red Cross Babysitters course will provide participants with knowledge and skills to safely and responsibly care for children and infants. Participants will learn how to build a babysitting business, develop leadership skills, and how to keep themselves and other safe. They will also learn some basic first aid and CPR. Each participant will receive a babysitting training set which includes a manual, 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>Feb. 12</td>
<td>9:00-4:00 p.m.</td>
<td>2400.100</td>
</tr>
<tr>
<td>Mar. 19</td>
<td>9:00-4:00 p.m.</td>
<td>2400.101</td>
</tr>
</tbody>
</table>

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

Pee Wee Games is designed for girls and boys ages 4 and 5 years old. This program introduces children 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!

**DATE**  **TIME**  **CLASS #**
Jan. 17 – Feb. 14 6:00-6:45 p.m. 6305.100

Price: $28 res. $35 non-res.
Age: 4-5
Deadline: Jan. 10

I-Sport Group

“I” stands for introduce me to a sport. Step up to the plate for a new exciting experience to the wonderful world of youth sports. This class is designed just for tots. The unit will include hockey, t-ball, soccer, football, and basketball.

**DATE**  **TIME**  **CLASS #**
Feb. 28 – Apr. 4 6:00-6:45 p.m. 6300.100

*No class on Mar. 14

Price: $28 res. $35 non-res.
Age: 4-5
Deadline: Feb. 21

Intro to Pee Wee Basketball

Pee Wee Basketball provides kids the opportunity to make new friends and have fun while participating in a healthy activity that encourages teamwork and good sportsmanship. Instructors will use fun group games (no teams formed) and drills to introduce basic basketball skills that will prepare your child for the Pee Wee program.

**SATURDAY**

**DATE**  **TIME**  **CLASS #**
Jan. 22 – Feb. 19 9:15-10:00 a.m. 6055.100
Jan. 22 – Feb. 19 10:30-11:15 a.m. 6055.101

Price: $28 res. $35 non-res.
Age: 3-4
Deadline: Dec. 20

Pee Wee Basketball

Participants will learn the fundamentals of basketball including: dribbling, passing, shooting, defense and sportsmanship. Instruction of basketball skills will be taught in a group format and include games and contests. Informal mini-scrimmages will be played once players have an understanding of the game. Players may request a friend when determining team formation. Parents will serve as volunteer coaches and your involvement helps this program be successful.

**SATURDAY**

**DATE**  **TIME**  **CLASS #**
Jan. 15 – Feb. 19 8:45-9:45 a.m. 6060.100
Jan. 15 – Feb. 19 10:15-11:15 a.m. 6060.101

Price: $36 res. $45 non-res.
Age: 5-6
Deadline: Dec. 20
General Info
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 these goals by reinforcing that:
A) Your child's participation is important
B) Having fun is a necessity
C) Winning or losing a game does not determine success or failure.

When putting teams together there are three factors that go into it:
1. What school the child attends
2. A request by a parent/child for one friend to be on the same team.
3. Carpooling purposes to and from games and practices

"We reserve the right to close registration if optimal numbers are reached."

N.L.C. Basketball
The N.L.C. Recreational Basketball League is organized 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 are not kept for 1st/2nd and 3rd/4th grade games. Games are played at the Coralville Recreation Center, North Liberty Recreation Center, Garner Elementary School, 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. 8 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 – Mar. 5</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>
</tr>
<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>
</tr>
<tr>
<td></td>
<td>5/6 Boys</td>
<td>9:00-3:00 p.m.</td>
<td>6050.304</td>
</tr>
<tr>
<td></td>
<td>5/6 Girls</td>
<td>9:00-3:00 p.m.</td>
<td>6050.305</td>
</tr>
</tbody>
</table>

Price: $45 res. $56.25 non-res.
Deadline: Dec. 5

Coralville Youth Volleyball Clinic
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 rules including setting, serving, and passing. The Junior division is for 3rd/4th graders. The Senior division is for 5th/6th graders.

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 18 – Mar. 8</td>
<td>Junior</td>
<td>6:30-7:30 p.m.</td>
<td>6610.100</td>
</tr>
<tr>
<td>Jan. 18 – Mar. 8</td>
<td>Senior</td>
<td>7:30-8:30 p.m.</td>
<td>6610.101</td>
</tr>
</tbody>
</table>

Price: $65 res. $81.25 non-res.
Grade: Junior 3 & 4; Senior 5 & 6
Location: GreenState Fieldhouse
Deadline: Jan. 9

Coralville Youth Volleyball Team League
Looking for a league for your club team? Come join Coralville’s 12U and 14U youth volleyball leagues. Games will be played at the GreenState Fieldhouse. You must have a full team to register. Game times will be 6:00 p.m., 7:00 p.m. or 8:00 p.m. Teams will be responsible to ref (like in club tournaments) when scheduled. The season will be scheduled for 8 games.

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Jan. 26 – Mar. 23</td>
<td>12U</td>
<td>6:00-9:00 p.m.</td>
<td>6615.100</td>
</tr>
<tr>
<td>Jan. 26 – Mar. 23</td>
<td>14U</td>
<td>6:00-9:00 p.m.</td>
<td>6615.101</td>
</tr>
</tbody>
</table>

Price: $250/team
Location: GreenState Fieldhouse
Deadline: Jan. 9 or when league is full.

KIXX Youth Soccer
KIXX is designed to provide an opportunity for kids to have fun and build relationships while developing their soccer skills through small sided games. Learn team play and building individual skills. Each participant will receive a t-shirt. The program will be instructed by Sarmad Saadi.

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Apr. 20 – June 4</td>
<td>6:00-7:00 p.m.</td>
<td>6005.100</td>
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</tbody>
</table>

Price: $55 res. $65 non-res.
Age: 6-8
Location: Coralville Youth Sports Park
Note: Last date is not a Wednesday for planned weekend game.
KIXX Festival – June 4
Deadline: Apr. 5
Youth Baseball & Softball

The cold weather and snow will be followed by sun and green grass. Then it will be time to play ball! Local options to play for boys and girls ages 9 and above are:

North Liberty Coralville Baseball and Softball
http://www.nlcbs.org/

Iowa City Boys Baseball
http://iowacityboysbaseball.org/index.html

Iowa City Girls Softball
http://icgs.siplay.com/site/

Babe Ruth Baseball
https://www.facebook.com/north.baberuth

Volunteer Opportunities

The Coralville Parks and Recreation Department utilizes volunteer coaches for all youth sports programs. As a volunteer, you will have the opportunity to broaden your knowledge of a specific sport and meet people within the community. To find out more information or to sign up for our next coaches’ training, please contact Erik Dinusson or Jordan Bleil at (319) 248-1750. Volunteer coached programs include:

• Youth Soccer
• Baseball & Softball
• T-Ball
• Flag Football
• Basketball
• Volleyball

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 have 6 scheduled practices/scrimmages. Each team will play for 45 minutes; the first 25 minutes will be used to teach skills and the last 20 minutes will be spent playing a scrimmage. Each child will receive a team t-shirt. Volunteer coaches are needed for this program.

All teams will be formed by the school each child attends. If there are not enough kids or coaches per school to form a team, they will be assigned with another school. Volunteer coaches needed.

<table>
<thead>
<tr>
<th>LEAGUE</th>
<th>AGE</th>
<th>DAY</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minors</td>
<td>4-6</td>
<td>Thursday</td>
<td>6200.200</td>
</tr>
<tr>
<td>Majors</td>
<td>6-8</td>
<td>Tuesday</td>
<td>6200.201</td>
</tr>
</tbody>
</table>


Location: Coralville Youth Sports Park

Deadline: May 8

Our ballfield scheduling meeting will be held on
Wednesday, Feb. 2 at 6:00 p.m.
Contact Erik Dinusson, Athletic Supervisor, to register.

This meeting is for independent baseball and softball teams looking for space to practice.
Tiny Tigers Taekwondo

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

**TUESDAY/THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Jan.</td>
<td>6:00-6:30 p.m.</td>
<td>7000.100</td>
</tr>
<tr>
<td>Feb.</td>
<td>6:00-6:30 p.m.</td>
<td>7000.101</td>
</tr>
<tr>
<td>Mar.</td>
<td>6:00-6:30 p.m.</td>
<td>7000.102</td>
</tr>
<tr>
<td>Apr.</td>
<td>6:00-6:30 p.m.</td>
<td>7000.103</td>
</tr>
</tbody>
</table>

**Price:** $50 res. $60 non-res.

**Age:** 4-7

ATA Taekwondo Basics

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

**TUESDAY/THURSDAY**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Jan.</td>
<td>6:30-7:15 p.m.</td>
<td>7010.100</td>
</tr>
<tr>
<td>Feb.</td>
<td>6:30-7:15 p.m.</td>
<td>7010.101</td>
</tr>
<tr>
<td>Mar.</td>
<td>6:30-7:15 p.m.</td>
<td>7010.102</td>
</tr>
<tr>
<td>Apr.</td>
<td>6:30-7:15 p.m.</td>
<td>7010.103</td>
</tr>
</tbody>
</table>

**Price:** $50 res. $60 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**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Jan.</td>
<td>7:15-8:00 p.m.</td>
<td>7020.100</td>
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<tr>
<td>Feb.</td>
<td>7:15-8:00 p.m.</td>
<td>7020.101</td>
</tr>
<tr>
<td>Mar.</td>
<td>7:15-8:00 p.m.</td>
<td>7020.102</td>
</tr>
<tr>
<td>Apr.</td>
<td>7:15-8:00 p.m.</td>
<td>7020.103</td>
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</tbody>
</table>

**Price:** $50 res. $60 non-res. $50 uniform - required

**Age:** 8-adult, must have graduated from Tiger or Basics

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.andersonatatataekwondo.com.
Adult Volleyball Leagues
Get off the couch and onto the court with our coed volleyball leagues. We will offer a competitive “A” league and a recreational “B” league. Grab some friends 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>
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</thead>
<tbody>
<tr>
<td>Jan. 11 – Mar. 22</td>
<td>Tues.</td>
<td>Recreational</td>
<td>6370.100</td>
</tr>
<tr>
<td>Jan. 12 – Mar. 23</td>
<td>Wed.</td>
<td>Competitive</td>
<td>6370.101</td>
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</tbody>
</table>

Price: $110 per team, plus a $6 non-res. player fee
Location: Recreational – GreenState Fieldhouse
Competitive – Rec. Center
Deadline: Dec. 26

Leagues at Creekside
Coralville Creekside Ballpark leagues are filled on a first come, first serve basis. Dust off your bat and glove and organize your team now!

Adult Softball League
Organize a team and get out to the diamond for a fun summer of softball games. League play will be held on Monday-Friday evenings beginning the week of Apr. 26.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Men’s D &amp; E &amp; Coed D &amp; E (Starts Aug. 1)</td>
<td>6350.100</td>
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<tr>
<td>Tuesday</td>
<td>Men’s C, D &amp; E</td>
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<tr>
<td>Wednesday</td>
<td>Men’s D &amp; Coed D &amp; E</td>
<td></td>
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<tr>
<td>Thursday</td>
<td>Men’s E, Coed D</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Church League</td>
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</table>

Registration: Feb. 1 – Apr. 10
Team Fees: $410, plus $6 per player non-res. fee
Note: All registration fees are due at the time of registration.
Deadline: Apr. 10 or when league is full

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

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

Price: $240/team, plus $6 for every non-resident on the team roster
Deadline: Apr. 10 or when league is full

Adult Pick Up Basketball and Volleyball
Did you know we have adult pick-up basketball and volleyball at the Coralville Recreation Center?

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS#</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Basketball</td>
<td>6:00-8:45 p.m.</td>
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<tr>
<td>Friday</td>
<td>Volleyball</td>
<td>6:00-8:45 p.m.</td>
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</tbody>
</table>

Price: $2.00 per person per day, sign up in advance or just drop in.
Age: Must be 18 or older to participate.
Coralville City-Wide Garage Sale

Spring has sprung, it’s time to dig out those treasures and get ready for the Coralville Annual City-Wide garage sale. Set up your sale and we will send people your way with a map provided of garage sale locations. Shoppers stop by the Recreation Center on Saturday morning starting at 8:00 a.m. for a map and limited first-come, first-serve donuts and juice. For more information, please contact Rhonda Hay at 319-248-1750 or rhay@coralville.org.

**SATURDAY**

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Apr. 30</td>
<td>8:00 a.m.-12:00 p.m.</td>
<td>7400.100</td>
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</table>

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

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>Jan. 10 – Feb. 28*</td>
<td>6:00-7:00 p.m.</td>
<td>7400.100</td>
</tr>
<tr>
<td>Mar. 21 – Apr. 25</td>
<td>6:00-7:00 p.m.</td>
<td>7400.101</td>
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</table>

*No class Feb. 7

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

Community Garden Registration

The Coralville Community Gardens are located at 900 E. 10th Street, just south of the Coralville Operations Facility.

<table>
<thead>
<tr>
<th>PLOT SIZE</th>
<th>PRICE</th>
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</thead>
<tbody>
<tr>
<td>10’ x 15’ plot</td>
<td>$20 res. $25 non-res.</td>
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<tr>
<td>10’ x 30’ plot</td>
<td>$35 res. $43.75 non-res.</td>
</tr>
<tr>
<td>8’ x 4’ Accessible raised bed</td>
<td>$10 res. $18.75 non-res.</td>
</tr>
</tbody>
</table>

Accessible raised beds will be available to gardeners who are in need of this accommodation. When registering for a garden plot, please mark the appropriate box on the form for an accessible raised bed.

Site amenities include water spigot at garden area, mulch, garden waste disposal area, and community tool shed. The shed will house tools or other gardening equipment that is donated for community garden use.

Previous garden participants will be mailed an application to renew. Deadline for returning gardeners is February 20, 2022.

New Coralville resident gardeners may register beginning February 21, 2022.

Non-residents may register beginning March 7, if remaining plots are available. Application, payment, and deposit are due at the time of registration at the Coralville Recreation Center, 1506 8th Street. Information and garden rental application is available at www.coralville.org.
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.

**1ST AND 3RD THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Jan. 6 &amp; Jan. 20</td>
<td>9:30–11:30 a.m.</td>
</tr>
<tr>
<td>Feb. 3 &amp; Feb. 17</td>
<td>9:30–11:30 a.m.</td>
</tr>
<tr>
<td>Mar. 3 &amp; Mar. 17</td>
<td>9:30–11:30 a.m.</td>
</tr>
<tr>
<td>Apr. 7 &amp; Apr. 21</td>
<td>9:30–11:30 a.m.</td>
</tr>
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</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, coffee, and water. You bring a dish to share and your own table service. We provide a speaker or activity at each lunch.

**1ST AND 3RD THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 10</td>
<td>12:00-1:30 p.m.</td>
</tr>
<tr>
<td>Feb. 14</td>
<td>12:00-1:30 p.m.</td>
</tr>
<tr>
<td>Mar. 14</td>
<td>12:00-1:30 p.m.</td>
</tr>
<tr>
<td>Apr. 11</td>
<td>12:00-1:30 p.m.</td>
</tr>
</tbody>
</table>

**Note:** Registration is not required.

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>
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<tbody>
<tr>
<td>Year Round</td>
<td>9:30-10:15 a.m.</td>
</tr>
</tbody>
</table>

**Price:** Free

EngAGE Tech Series
Technology is ever changing and it can be overwhelming at times. Lane McMullen will provide instruction, tips, and answer questions about technology and how it can impact your life. If you have questions regarding your computer, i-pad or smart phone, EngAGE Tech Series is your answer.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 10</td>
<td>1:00-2:00 p.m.</td>
<td>8035.100</td>
</tr>
<tr>
<td>Mar. 24</td>
<td>1:00-2:00 p.m.</td>
<td>8035.101</td>
</tr>
<tr>
<td>Mar. 31</td>
<td>1:00-2:00 p.m.</td>
<td>8035.102</td>
</tr>
</tbody>
</table>

**Price:** Free

Nature Walk
Spring is a good time to get outside and walk again! The Iowa River trail is a riverside 10-foot-wide concrete trail with 2 steel truss bridges. Connect with others on the trail.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Apr. 28</td>
<td>9:30-10:30 a.m.</td>
</tr>
</tbody>
</table>

**Price:** Free

**Location:** Iowa River Trail, meet at Iowa River Power parking lot.

**Note:** We will not meet if it’s raining.
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 for $1.00.

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.
CORALVILLE SWIM PASS
A 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.

Pool Pass & Punch Card Pricing

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<tbody>
<tr>
<td><strong>POOL PASS ONLY</strong></td>
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<tr>
<td>3-Month Single</td>
<td>$120</td>
<td>$148</td>
<td>$145</td>
<td>$177</td>
<td>$50</td>
<td>$61</td>
</tr>
<tr>
<td>3-Month Couple</td>
<td>$148</td>
<td>$182</td>
<td>$203</td>
<td>$246</td>
<td>$95</td>
<td>$117</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>$50/person</td>
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</tr>
<tr>
<td>6-Month Single</td>
<td>$177</td>
<td>$206</td>
<td>$230</td>
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<td>$117</td>
</tr>
<tr>
<td>6-Month Couple</td>
<td>$235</td>
<td>$269</td>
<td>$348</td>
<td>$390</td>
<td>$184</td>
<td>$229</td>
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<tr>
<td>6-Month Additional</td>
<td>$25/person</td>
<td>$30/person</td>
<td>$45/person</td>
<td>$50/person</td>
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<tr>
<td>12-Month Single</td>
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<td>$290</td>
<td>$347</td>
<td>$390</td>
<td>$185</td>
<td>$229</td>
</tr>
<tr>
<td>12-Month Couple</td>
<td>$320</td>
<td>$399</td>
<td>$555</td>
<td>$645</td>
<td>$365</td>
<td>$445</td>
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<tr>
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<tr>
<td><strong>POOL &amp; EXERCISE</strong></td>
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<tr>
<td><strong>EXERCISE ROOM ONLY</strong></td>
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<td>$230/person</td>
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**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.

**Iowa City School District Swim Meets**

**West High Boys Swim Team**
Swim meets will be Dec. 11, 14, 21, Jan. 11, 22

**Jr. High Boys Swim Team**
Swim meet will be Jan 6, 13
Infant, Toddler, Preschool (ITP)

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

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

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

### ITP Monday Evening I
**JAN. 24 – MAR. 7**
**MONDAY**

<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/Toddler</td>
<td>1800.110</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1900.110</td>
</tr>
<tr>
<td>6:10-6:40 p.m.</td>
<td>PS II</td>
<td>1950.110</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1975.110</td>
</tr>
</tbody>
</table>

Price: $31.50 res. $39.50 non-res.
Note: 7 classes at 30 minutes

### ITP Monday Evening II
**MAR. 21 – MAY 2**
**MONDAY**

<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>PS I</td>
<td>1901.110</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1976.110</td>
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<tr>
<td>6:10-6:40 p.m.</td>
<td>Infant/Toddler</td>
<td>1801.110</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1951.110</td>
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</table>

Price: $31.50 res. $39.50 non-res.
Note: 7 classes at 30 minutes

### ITP Wednesday Evening I
**JAN. 26 – MAR. 9**
**WEDNESDAY**

<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>PS I</td>
<td>1902.110</td>
</tr>
<tr>
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<td>PS II</td>
<td>1952.110</td>
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<tr>
<td>6:10-6:40 p.m.</td>
<td>Infant/Toddler</td>
<td>1802.110</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1977.110</td>
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</table>

Price: $31.50 res. $39.50 non-res.
Note: 7 classes at 30 minutes

### ITP Wednesday Evening II
**MAR. 23 – MAY 4**
**WEDNESDAY**

<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/Toddler</td>
<td>1803.110</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1953.110</td>
</tr>
<tr>
<td>6:10-6:40 p.m.</td>
<td>PS I</td>
<td>1903.110</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1978.110</td>
</tr>
</tbody>
</table>

Price: $31.50 res. $39.50 non-res.
Note: 7 classes at 30 minutes

### ITP Saturday I
**JAN. 29 – MAR. 12**
**SATURDAY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-10:00 a.m.</td>
<td>Infant/Toddler</td>
<td>1804.100</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1904.100</td>
</tr>
<tr>
<td>11:30-12:00 p.m.</td>
<td>PS II</td>
<td>1954.100</td>
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<tr>
<td></td>
<td>PS III</td>
<td>1979.100</td>
</tr>
</tbody>
</table>

Price: $31.50 res. $39.50 non-res.
Note: 7 classes at 30 minutes

### ITP Saturday II
**MAR. 26 – MAY 7**
**SATURDAY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-10:00 a.m.</td>
<td>Infant/Toddler</td>
<td>1805.100</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1955.100</td>
</tr>
<tr>
<td>11:30-12:00 p.m.</td>
<td>PS I</td>
<td>1905.100</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1980.100</td>
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</tbody>
</table>

Price: $31.50 res. $39.50 non-res.
Note: 7 classes at 30 minutes
American 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 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)
• 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 (1 minute)
• 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)
• 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: 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 I  
**JAN. 24 – MAR. 7**  
**TIME** | **CLASS** | **CLASS #**  
---|---|---  
6:50-7:20 p.m. | Level 1 | 1100.110  
6:50-7:20 p.m. | Level 2 | 1200.110  

Price: $31.50 res. $39.50 non-res.  
Note: 7 classes at 30 minutes

### Red Cross Monday Evening II  
**MAR. 21 – MAY 2**  
**TIME** | **CLASS** | **CLASS #**  
---|---|---  
6:50-7:20 p.m. | Level 4 | 1400.110  
6:50-7:20 p.m. | Level 3 | 1300.110  

Price: $31.50 res. $39.50 non-res.  
Note: 7 classes at 30 minutes

### Red Cross Wednesday Evening I  
**JAN. 26 – MAR. 9**  
**TIME** | **CLASS** | **CLASS #**  
---|---|---  
6:50-7:20 p.m. | Level 2 | 1201.110  
6:50-7:20 p.m. | Level 3 | 1301.110  

Price: $31.50 res. $39.50 non-res.  
Note: 7 classes at 30 minutes

### Red Cross Wednesday Evening II  
**MAR. 23 – MAY 4**  
**TIME** | **CLASS** | **CLASS #**  
---|---|---  
6:50-7:20 p.m. | Level 1 | 1101.110  
6:50-7:20 p.m. | Level 4 | 1401.110  

Price: $31.50 res. $39.50 non-res.  
Note: 7 classes at 30 minutes

### Red Cross Saturday I  
**JAN. 29 – MAR. 12**  
**TIME** | **CLASS** | **CLASS #**  
---|---|---  
10:10-10:40 a.m. | Level 1 | 1102.100  
10:10-10:40 a.m. | Level 2 | 1203.100  
10:10-10:40 a.m. | Level 5 | 1500.100  
10:50-11:20 a.m. | Level 2 | 1204.100  
10:50-11:20 a.m. | Level 3 | 1302.100  
10:50-11:20 a.m. | Level 4 | 1401.100  

Price: $31.50 res. $39.50 non-res.  
Note: 7 classes at 30 minutes

### Red Cross Saturday II  
**MAR. 26 – MAY 7**  
**TIME** | **CLASS** | **CLASS #**  
---|---|---  
10:10-10:40 a.m. | Level 3 | 1303.100  
10:10-10:40 a.m. | Level 4 | 1402.100  
10:10-10:40 a.m. | Level 6F | 1600.100  
10:50-11:20 a.m. | Level 1 | 1103.100  
10:50-11:20 a.m. | Level 2 | 1205.100  
10:50-11:20 a.m. | Level 5 | 1501.100  

Price: $31.50 res. $39.50 non-res.  
Note: 7 classes at 30 minutes
Lifeguard Training

We are now offering Blended Learning Lifeguard Training courses. The Lifeguard Course includes an online learning component that allows you to begin the class from home, approximately 5-7 hours of pre-course work. **The online component must be completed before the first night of class.** You will be asked to prove your completion of the online portion before continuing with the skill's pre-requisites and the rest of the course.

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

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

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

**DATE DAY TIME CLASS #**

**SESSION I**
- Jan. 14 Fri. 6:00-10:00 p.m. 2200.100
- Jan. 15, 16 Sat., Sun. 9:00 a.m.-5:00 p.m.

**SESSION II**
- Feb. 18 Fri. 6:00-10:00 p.m. 2200.101
- Feb. 19, 20 Sat., Sun. 9:00 a.m.-5:00 p.m.

**SESSION III**
- Mar 4, Fri. 6:00-10:00 p.m. 2200.102
- Mar. 5, 6 Sat., Sun. 9:00 a.m.-5:00 p.m.

**SESSION IV**
- Apr. 8 Fri. 6:00-10:00 p.m. 2200.103
- Apr. 9, 10 Sat., Sun. 9:00 a.m.-5:00 p.m.

Price: $130 res. $162.50 non-res.
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.

Water Safety Instructor

As a WSI, you will have the chance to reach hundreds of children and teach them a lifelong skill of swimming. Learn the skills to teach infants, toddlers, preschool and Level I - VI and more. WSI makes a great summer job as well as a school year job. Sign up today!

**PREREQUISITES:**
- Attendance to ALL classes is mandatory
- Must be 16 years of age before the last day of the course
- Must be able to demonstrate swimming skills comparable to Level IV.
- Must complete “ONLINE” 7 hours of course work PRIOR to first in person meeting of the class.

**DATE DAYS TIME CLASS #**

Feb. 5, 6 Sat., Sun. 9:00 a.m.-9:00 p.m. 2150.100

Price: $130 res. $162.50 non-res.
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: Jan. 28**

Arranged Private Lessons

Private lessons are one on one lessons at these pre-arranged times. Must be three years of age or older.

**DATE TIME CLASS #**

**MONDAY**
- Jan. 24 – Feb. 7 (3x) 7:30-8:00 p.m. 1000.100
- Feb. 14 – Mar. 7 (4x) 7:30-8:00 p.m. 1000.101
- Mar. 21 – Apr. 4 (3x) 7:30-8:00 p.m. 1000.102
- Apr. 11 – May 2 (4x) 7:30-8:00 p.m. 1000.103

**WEDNESDAY**
- Jan. 26 – Feb. 9 (3x) 7:30-8:00 p.m. 1000.104
- Feb. 16 – Mar. 9 (4x) 7:30-8:00 p.m. 1000.105
- Mar. 23 – Apr. 6 (3x) 7:30-8:00 p.m. 1000.106
- Apr. 13 – May 4 (4x) 7:30-8:00 p.m. 1000.107

Price: (3 lessons) $48 res. $60 non-res.
(4 lessons) $64 res. $80 non-res.
Note: Classes are 30 minutes

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

We will train you to become a certified Lifeguard and/or Water Safety Instructor with the course fee waived. Contact Amy Erickson, Recreation Superintendent, for details on the hiring process.
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 and a natural buoyancy factor to help you tone your muscles and increase or maintain your flexibility. This class is conducted in neck deep water and the deep end. Participants must be comfortable in deep water.

**MONDAY/ WEDNESDAY/ FRIDAY 7:45-8:30 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan.</td>
<td>$52 res. $65 non-res.</td>
<td>2560.100</td>
</tr>
<tr>
<td>Feb.</td>
<td>$48 res. $60 non-res.</td>
<td>2560.101</td>
</tr>
<tr>
<td>Mar.</td>
<td>$52 res. $65 non-res.</td>
<td>2560.102</td>
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<tr>
<td>Apr.</td>
<td>$52 res. $65 non-res.</td>
<td>2560.103</td>
</tr>
<tr>
<td>May</td>
<td>$52 res. $65 non-res.</td>
<td>2560.104</td>
</tr>
</tbody>
</table>

Note: Monthly session dates may change. Upon signing up for class, please verify price and dates.

**Deep Water Aerobics**

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

**MONDAY/WEDNESDAY 10:15-11:00 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 3 - Jan. 31</td>
<td>$36 res. $45 non-res.</td>
<td>2565.100</td>
</tr>
<tr>
<td>Feb. 2 - Feb. 28</td>
<td>$32 res. $40 non-res.</td>
<td>2565.101</td>
</tr>
<tr>
<td>Mar. 2 - Mar. 30</td>
<td>$28 res. $35 non-res.</td>
<td>2565.102</td>
</tr>
</tbody>
</table>

**No class Mar. 14 & 16**

| Apr. 4 - Apr. 27   | $32 res. $40 non-res. | 2565.103 |
| May 2 - May 25     | $32 res. $40 non-res. | 2565.104 |

Adult Beginner Small Group

Are you afraid of the water? Not really confident with your abilities? 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>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 29 - Mar. 12</td>
<td>9:30-10:00 a.m.</td>
<td>2000.100</td>
</tr>
</tbody>
</table>

Price: $31.50 res. $39.50 non-res.
Note: 7 classes at 30 minutes

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 strokes and techniques. This class will further develop your endurance and confidence in the water. We will concentrate on front and back crawl and introduction of the breast stroke.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 26 – May 7</td>
<td>9:30-10:00 a.m.</td>
<td>2005.100</td>
</tr>
</tbody>
</table>

Price: $31.50 res. $39.50 non-res.
Note: 7 classes at 30 minutes
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 Head
• Fishing pond

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

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

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

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

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

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

Coralville Youth Sports Park
2480 Dempster Drive
• Playground
• Walking Trails
• Fishing Pond
• Bocce Courts
• 5 Baseball / Softball Diamonds
• 3 Soccer Fields
• Available for canoes and kayaks
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>
</tr>
</thead>
<tbody>
<tr>
<td>1-25</td>
<td>$20</td>
<td>$25</td>
</tr>
<tr>
<td>26-60</td>
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<tr>
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<tr>
<td>100-150</td>
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<td>$93.75</td>
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<tr>
<td>151+</td>
<td>Determined by Recreation Superintendent</td>
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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

Planning Your Vegetable Garden
Choosing the right plants for your garden is essential, taking into consideration the needs of each plant. You will learn the basics for plotting your garden including proper layout, timing of planting, and the benefits of crop rotation. Our goal is to help you leave with the knowledge and inspiration to planting a bountiful garden yielding an impressive harvest.

FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Mar. 25</td>
<td>1:00-2:00 p.m.</td>
<td>9805.100</td>
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Price: Free
Location: Coralville Parks and Maintenance Facility, 900 10th Street
Deadline: Mar. 22

Selecting the Correct Tree for Your Yard
Trees have a big impact on the character of a neighborhood, and a diverse mix of trees is necessary for maintaining a healthy and resilient community forest. Learn the key reasons to plan a wide variety of species well-suited for your yard and neighborhood and how to prune smaller trees in your yard. You can help ensure our community’s tree canopy is a valuable resource for the future.

THURSDAY

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<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>Feb. 17</td>
<td>1:00-2:00 p.m.</td>
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Price: Free
Location: North Ridge Pavilion
Deadline: Feb. 15

Single Track Trail Walking Tour
Bundle up, put on your hiking boots, and meet Parks Superintendent, Alex Buhmeyer for a walking tour of our trail networks. Alex will guide you on the Coralville Creekside Singletrack Trail and provide information on the elements of the trail and how they were built. Explore the natural beauty that we have to offer in Coralville and enjoy a winter workout on the trails. You will be hooked and return again soon after. No sign up required.

FRIDAY

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<tr>
<td>Jan. 21</td>
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Price: Free
Location: Meet at Creekside Ballpark Parking Lot
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.

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:

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<tr>
<th></th>
<th>Resident/Coralville business</th>
<th>Non-Resident/Other business</th>
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<tr>
<td>Weekday 4 hour block</td>
<td>$130</td>
<td>$160</td>
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<tr>
<td>Weekend 6 hour block</td>
<td>$200</td>
<td>$250</td>
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<tr>
<td>Weekend Entire Day</td>
<td>$300</td>
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<td>7:00 a.m.-11:00 p.m.</td>
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<td>Johnson County Not-for-profit 2 hour rental (Monday-Thursday)</td>
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<td>Holiday</td>
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<td>Deposit</td>
<td>$300*</td>
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<tr>
<td>Optional Event Cleaning</td>
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<td>$85</td>
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*Paid by credit card or separate check (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)).
Winter Options at Brown Deer

Golf play may be over for the season, but Brown Deer hosts several winter sports that will give the community outdoor opportunities for winter fitness.

Sledding is a popular activity at Brown Deer. The City does not designate or groom hills for sledding. It is up to the participant to choose a hillside they feel is safe for their use. Snow conditions are monitored and Brown Deer staff will post signs regarding availability of sledding based on snow cover.

When the course is closed for the season, the public may use the cart paths for their walking enjoyment. Cart paths are not plowed or treated for icy conditions. Ice fishing is also available during the off season, it requires a valid fishing license. Fishing is at your own risk.

Questions regarding use of Brown Deer for winter activities can be directed to the Brown Deer staff at 319-248-9300.

Winter Pro Shop Hours

Monday - Friday 8:00 a.m.-2:00 p.m. or by appointment
*Closed Dec. 25 - Jan. 2

Golf Merchandise

Snow may be on the ground, but the Brown Deer Pro Shop is still open for business. All in stock apparel is 30% off until Christmas. Special order items from Taylor Made, Titleist, Callaway, Adams, Cobra, Ashworth, Adidas and others are all available for that special gift. Contact the Pro Shop for additional information or to place your order.

Play Packages/Gift Cards

<table>
<thead>
<tr>
<th>Buy</th>
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<tr>
<td>$300</td>
<td>$45</td>
<td>$345</td>
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<tr>
<td>$600</td>
<td>$120</td>
<td>$720</td>
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Coralville residents also receive an extra $25 credit for purchasing a golf play package. Gift cards are available in person, online at browndeergolf.org or by phone. They are redeemable for golf, cart, range, and merchandise. They make a perfect gift for any golfer.

Lessons

Golf lessons make a great gift for you or a friend. Our PGA Professionals combine for over 60 years of experience and can help you improve all aspects of your game. Lessons are available for men, women, youth, as well as groups. Call 319-248-9300 for additional information or to purchase your lessons.
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.

December
3 | Handel's Messiah, with the Muscatine Civic Chorale
10-12, 17-19 | Roald Dahl’s Matilda, presented by City Circle Theatre Company

January
16 | Shuttleworth Chamber Series - Three's a Crowd: Musical Trios, presented by Orchestra Iowa

February
11-13 | Lerner & Loewe’s Camelot in Concert, presented by City Circle Theatre Company
25-27 | Rodgers & Hammerstein’s Cinderella, presented by Regina High School

March
6 | Spring in the Air, presented by Orchestra Iowa
10 | ICCSD Kidsing Choir Festival
18 | An Evening of Irving Berlin with Ed Kottick and Josh Sazon
25-26 | Disney’s The Aristocats Kids, presented by Young Footliters Youth Theatre

April
1-2 | Stuart Little, presented by Young Footliters Youth Theatre
3 | Masterworks IV: Rach 3, presented by Orchestra Iowa
22-24 | H.M.S. Pinafore, presented by the University of Iowa School of Opera

Please check the CCPA website for upcoming events at CoralvilleArts.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.
Rentals at Partnership Schools

The gymnasiums and cafeterias/community rooms at our three partnership schools (Borlaug, Wickham, Van Allen) are available for rent on nights and weekends when not scheduled for school or department events.

Rental requests require completion of a request form, which can be found on our Parks and Recreation Facilities page at www.coralville.org. For more information on rental requests, please contact the following supervisors:

- Borlaug  Amy Erickson  319-248-1750
- Van Allen  Erica Eichhorn  319-248-9375
- Wickham  Travis Mai  319-248-1750

Open Gym at Partnership Schools

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 14. Participants will need to supply their own equipment (balls). Open Gym is closed during school breaks, holiday weekends and no school days. If school is canceled or let out early due to inclement weather, open gym will be canceled. Organized team practices are not allowed during open gym times.

- **Borlaug**  
  Sunday 1:00-4:00 p.m. / Thursday 6:00-8:00 p.m.

- **Van Allen**  
  Sunday 6:00-9:00 p.m. / Tuesday 6:00-8:00 p.m.

- **Wickham**  
  Sunday 3:00-6:00 pm / Wednesday 6:00-8:00 p.m.

Grants and Donations

We are grateful for the support of these individuals, businesses, and grant programs for supporting park and recreation initiatives in 2021.*

**Grants**

- Iowa DNR Derecho Community Forestry Grant Program
- Iowa DNR Urban Wood Utilization Grant
- ECOG community Development Block Grant
- Iowa DNR Resource Enhancement and Protection Program
- MidAmerican Foundation (donation)
- MidAmerican Trees Please!
- Trees Forever Planning Grant
- Wellmark Foundation Small MATCH Grant

**Programs and Sponsorships**

Branching Out Trees  
Alina Dumitrescu  
Deb Robin  
Jeff Rudolph  
Dhuha Tawil  
ICORR  
World of Bikes  
Sugar Bottom Bikes

**Sports**

- Buffalo Wild Wings  
- GreenState Credit Union  
- HyVee  
- Scheels

**Eagle Scout Projects**

- Errol Alden, Luke Prelle, Anja Rumping

**Memorial Benches and Trees**

- Family of Midge, Jerry, and Jim Dunham  
- Boy Scout Troop #2000 in memory of Brooke Langland  
- Richard and Doris Myers

**Special Events**

- 808 5th Street  
- GreenState Credit Union  
- Hills Bank  
- Think Iowa City  
- West Bank

**Youth Program Scholarships**

- Ken Krizan  
- Karen Palumbo  
- Cynthia Vanderwicken

**Brown Deer Golf Club**

- Andrew Pelzer State Farm  
- Brown Deer Co-op/Watts Group  
- Bryan Watkins State Farm  
- Helping Hands Moving  
- Jill Armstrong Realtor Team  
- Mercy Hospital

*Donations and grants for the Coralville Center for the Performing Arts are listed separately in the program wrap at the theater.
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.

Swim lessons and programs that require adult signatures to participate are not available for online registrations. Please call the Coralville Recreation Center for assistance.

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 his or her own. Lifeguards may test child for his/her swimming ability.

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

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

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

Masks are currently required for anyone entering the Recreation Center.
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.

City of Coralville Parks & Recreation 1506 8th Street, Coralville, IA 52241

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<th>LAST</th>
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Visa/MasterCard/Discover/American Express will be accepted for payment of recreation fees and passes.

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<th>TYPE</th>
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<th>BEARER’S NAME</th>
<th>EXPIRATION DATE</th>
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Do you need a special accommodation due to a disability to participate?  □ Yes  □ No

Are you interested in coaching?  □ Yes  □ No  Coach’s T-shirt size ________
Aisle of Lights

Free Community Meal

Open to All | Hosted by the Coralville Community Food Pantry and the City of Coralville

Celebrate the Season of good will with friends and neighbors at the Free Community Meal. Delicious food will be available to take with you or for dine-in at the Recreation Center. We will have giant board games, arts and craft projects, and the opportunity to decorate a luminary for the Aisle of Lights on Dec. 12. Refer to www.coralvillefoodpantry.org/events for updates and menu.

Pedal

Wrap yourself in winter gear and bring your bike to the Yeti Pedal at Woodpecker Singletrack Trail. Fat tire and mid fat bikes are recommended or a bike with a 3.7 inch tire or greater. Warm up your fingers and toes by the fire and have some hot chocolate and cookies. No bike? No problem. Event partners will bring bikes to try, if they still have them in stock, and ICORR will groom the trail and offer winter riding tips. Try out a winter wonderland of over six miles of groomed singletrack trail. Don’t forget your helmet and warm gloves.

Location: Tom Harkin Trailhead

Event Partners: Sugar Bottom Bikes, ICORR, World of Bikes, Scheels

Light the Way

with Community Wishes

Sunday, Dec. 12 | 3:30 – 5:00 p.m.
Fireside Shelter, 1513 7th Street

As part of Aisle of Lights, decorate a luminary with your wishes for 2022 and place around the walkway at the southern end of S.T. Morrison Park. Gather with your family near the fire to reflect on the year or grab a cup of hot cocoa and a bagged cookie to take along your walk to view the many wishes displayed on the park path. May our messages of good will carry us into a bright 2022 in Coralville. We’ll also have a winter craft activity for our smaller guests and holiday music. Cookies and hot cocoa provided by GreenState Credit Union.

Samuel Kirkwood

Eagle Watch

Saturday, February 5
9:30 a.m. – 12:00 p.m.
Iowa River Power Restaurant and Dam

We’ll be searching the skies for eagles and watching their swoops and dives as they fish in the Iowa River. Watch the eagles from the dam or come inside for viewing and activities brought to you by Coralville Parks and Recreation and our partners at the UI STEM Center, UI Recreational Outdoor Services, the Iowa City Bird Club, and Johnson County Conservation. This event is FREE!