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. 10, 8:00 a.m.</td>
</tr>
<tr>
<td>In Person at Coralville Recreation Center</td>
<td>Sat., Dec. 10, 8:00 a.m.</td>
</tr>
<tr>
<td>Phone at 319-248-1750</td>
<td>Sat., Dec. 10, 12:00 p.m.</td>
</tr>
<tr>
<td>Mail to 1506 8th Street, Coralville, IA 52241</td>
<td>Mon., Dec. 12</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
Kevin Goulding 319-330-8017
Mackensie Graham 319-330-8017
Dhuha Tawil 319-491-5929
Keith Jones, Council Representative 319-621-7958
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.

**WEDNESDAY, MARCH 1**
**TIME: 5:30-7:00 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

Spring has sprung, it’s time to dig out those treasures and get ready for the Coralville Annual City-Wide garage sale. Set up your sale and we’ll send the shoppers your way with advertisements in local publications. A map will be available for pick up starting at 8:00 a.m. on Saturday morning with your address and directions to each sale location. Stop by the Recreation Center on Saturday morning and start your day with a pastry and juice (while supplies last). For more information, please contact Rhonda Hay at 319-248-1750.

**Coralville City-Wide Garage Sale**

**SATURDAY**
**DATE**
May 6

**TIME**
8:00 a.m.-12:00 p.m.

**Price:** $20 to list your sale

**Deadline:** Apr. 30
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>Feb. 14 – Mar. 7</td>
<td>9:30-10:10 a.m.</td>
<td>5500.100</td>
</tr>
<tr>
<td>Mar. 21 – Apr. 11</td>
<td>9:30-10:10 a.m.</td>
<td>5500.101</td>
</tr>
</tbody>
</table>

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

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

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Jan. 10 – Jan. 31</td>
<td>9:30-10:00 a.m.</td>
<td>5575.100</td>
</tr>
<tr>
<td>Apr. 18 – May 9</td>
<td>9:30-10:00 a.m.</td>
<td>5575.101</td>
</tr>
</tbody>
</table>

Price: $28 res. $35 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 introduction to tumbling skills with a focus on coordination and strength building skills. This class will concentrate on:

- Basic body control  
- Basic strength exercises  
- Basic flexibility exercises  
- Forward rolls  
- Backward rolls

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

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Feb. 1 – Feb. 22</td>
<td>5:15-5:45 p.m.</td>
<td>5510.100</td>
</tr>
<tr>
<td>Mar. 8 – Apr. 5*</td>
<td>5:15-5:45 p.m.</td>
<td>5510.101</td>
</tr>
</tbody>
</table>

*No class Mar. 15

| Apr. 19 – May 10 | 5:15-5:45 p.m. | 5510.102 |

Age: 2-3  
Note: An adult needs to accompany the child.  
Deadline: One week prior to the start of the session
Little Leapers

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

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

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

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Feb. 1 – Feb. 22</td>
<td>6:00-6:45 p.m.</td>
<td>5595.100</td>
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<tr>
<td>Mar. 8 – Apr. 5*</td>
<td>6:00-6:45 p.m.</td>
<td>5595.101</td>
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<tr>
<td>Apr. 19 – May 10</td>
<td>6:00-6:45 p.m.</td>
<td>5595.102</td>
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</table>

*No class Mar. 15

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

Growing Gymnasts

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

**WEDNESDAY**

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<th>TIME</th>
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<tr>
<td>Feb. 1 – Feb. 22</td>
<td>7:00-7:45 p.m.</td>
<td>5520.100</td>
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<tr>
<td>Mar. 8 – Apr. 5*</td>
<td>7:00-7:45 p.m.</td>
<td>5520.101</td>
</tr>
<tr>
<td>Apr. 19 – May 10</td>
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</table>

*No class Mar. 15

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

TIPPI TOES DANCE

**PRESCHOOL & YOUTH DANCE**

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

Baby Ballet

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

**THURSDAY**

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Jan. 19 – Mar. 9</td>
<td>5:30-6:00 p.m.</td>
<td>5585.100</td>
</tr>
<tr>
<td>Mar. 23 – May 11</td>
<td>5:30-6:00 p.m.</td>
<td>5585.101</td>
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</table>

Price: $100 res. $125 non-res.
Age: 2-3
Deadline: One week prior to the start of the session

Ballet, Tap & Jazz Combo

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

**THURSDAY**

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<tr>
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<th>TIME</th>
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<tbody>
<tr>
<td>Jan. 19 – Mar. 9</td>
<td>6:15-7:00 p.m.</td>
<td>5590.100</td>
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<tr>
<td>Mar. 23 – May 11</td>
<td>6:15-7:00 p.m.</td>
<td>5590.101</td>
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</table>

Price: $130 res. $162.50 non-res.
Age: 4-5
Deadline: One week prior to the start of the session

Hip Hop/Jazz

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

**THURSDAY**

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<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>Jan. 19 – Mar. 9</td>
<td>7:15-8:00 p.m.</td>
<td>5550.100</td>
</tr>
<tr>
<td>Mar. 23 – May 11</td>
<td>7:15-8:00 p.m.</td>
<td>5550.101</td>
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</table>

Price: $130 res. $162.50 non-res.
Age: 5-10
Deadline: One week prior to the start of the session
Winter Break In A Bag
If you need new and fresh activities and screen-free 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. Bag pick up will be at the Coralville Recreation Center.

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>THEME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Dec. 27</td>
<td>Winter Fun</td>
<td>3310.100</td>
</tr>
<tr>
<td>Jan. 3</td>
<td>Happy New Year</td>
<td>3310.101</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.  
Grade: K-4  
Deadline: 1 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 themed games, crafts, pizza and more! 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 James Van Allen pay the resident rate.

**FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Jan. 20</td>
<td>6:00-9:00 p.m.</td>
<td>3300.100</td>
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<tr>
<td>Feb. 24</td>
<td>6:00-9:00 p.m.</td>
<td>3300.101</td>
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<tr>
<td>Mar. 24</td>
<td>6:00-9:00 p.m.</td>
<td>3300.102</td>
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<tr>
<td>Apr. 28</td>
<td>6:00-9:00 p.m.</td>
<td>3300.103</td>
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</table>

Price: $30 res. $37.50 non-res.  
Grade: K-6  
Location: James Van Allen School  
Deadline: 24 hours prior to each class date

Lego Kids Day
Does your child love to build and play with Legos? This program is designed to spark their imagination and build relationships with other like-minded kids. Your child will have fun designing their own Lego creations for creative play. We will serve a healthy snack and drink while we watch a Lego movie at the end of each session. Limit: 20 participants

**SUNDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Jan. 15</td>
<td>2:00-5:00 p.m.</td>
<td>4620.100</td>
</tr>
<tr>
<td>Feb. 5</td>
<td>2:00-5:00 p.m.</td>
<td>4620.101</td>
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</tbody>
</table>

Price: $30 res. $37.50 non-res.  
Grade: K-6  
Location: Kate Wickham Elementary Community Room  
Deadline: 72 Hours Before Date

Bike Rodeo
We will kick off spring with a bike rodeo that will take place at Kate Wickham Elementary. Please bring a working bike along with a helmet for this event. Each child will practice and develop skills that will help them to become better bicyclists and avoid crashes. The goal of any bicycle rodeo is to provide an opportunity for the participants to learn, practice, and demonstrate their bicycle handling skills in a fun, non-competitive atmosphere.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>May 24</td>
<td>4:15-5:15 p.m.</td>
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</table>

Price: Free  
Location: Kate Wickham Elementary

Friday Night Lights
Thank goodness it’s Friday Night Lights! Let’s celebrate all that is great about Fridays together. Get ready to sweat it out in the gym, express your creativity with art & hang out with friends “Friday Night Lights” style. Pizza along with fruit and drink are provided.

**FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>Feb. 3</td>
<td>6:00-8:30 p.m.</td>
<td>5805.100</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.  
Grade: K-6  
Location: Borlaug Elementary School MPR & Gymnasium  
Deadline: Jan. 27
Common Sense Camp
Based on author Catherine Newman’s book, “How to be a Person: 65 Highly Useful, Super-Important Skills to Learn before You’ve Grown Up,” this class focuses on guiding children, grades 5 – 9, through learning various essential life skills. We will discuss how to load a dishwasher, how to start a conversation or make a phone call, how to fold a T-shirt, how to stick up for others, and a wide variety of other essential chores and helpful skills. This class will be a first step to allowing your child to become more responsible and independent!

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Feb. 7 – 28</td>
<td>6:15-7:00 p.m.</td>
<td>5820.100</td>
</tr>
</tbody>
</table>

Price: $24 res. $30 non-res.
Grade: 5-9
Deadline: 1 week prior to each class date

Nerf Battle Royale
Calling all Nerf Warriors! The Coralville Recreation Center is under attack and needs your help! During this evening of nerf games, participants will battle it out playing many different games nerf style. All nerf gun pellets, eye protection, a snack and drink are provided. Participants are encouraged to bring their own nerf gun, limited supply of nerf guns available.

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Feb. 11</td>
<td>6:00-8:00 p.m.</td>
<td>5825.100</td>
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</tbody>
</table>

Price: $30 res. $37.50 non-res.
Grade: 2-6
Deadline: Feb. 3

Babysitters Course (Red Cross)
The Red Cross Babysitters course will provide participants with knowledge and skills to safely and responsibly care for children and infants. Participants will learn how to build a babysitting business, develop leadership skills, and how to keep themselves and others safe. They will also learn some basic first aid and CPR. Each participant will receive a babysitting training set which includes a manual and a pocket emergency reference guide. 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>Feb. 18</td>
<td>9:00-4:00 p.m.</td>
<td>2400.100</td>
</tr>
<tr>
<td>Apr. 15</td>
<td>9:00-4:00 p.m.</td>
<td>2400.101</td>
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</tbody>
</table>

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

NEW!
Minds in Motion STEM Programs
Coralville Parks & Recreation partners with Minds in Motion to provide STEM programming for school age children. Classes are taught by staff that have been properly trained and equipped to instruct. Minds in Motion is dedicated to providing the highest quality programs to inspire and educate elementary school aged children in a fun, interesting, and hands-on approach.

Future Engineers
Take home your very own engineering kit! Build eight working models such as a crane and windmill and learn how the mechanics and science work. You will also work in groups on our 100 in 1 STEM lab kit and learn all about circuits.

THURSDAY

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Feb. 2 – 23</td>
<td>5:30-7:30 p.m.</td>
<td>5810.100</td>
</tr>
</tbody>
</table>

Price: $150 res. $187.50 non-res.
Age: 7-12
Location: Borlaug Elementary
Deadline: Jan. 25

Cybercrawler Robot
Build and take home your own CyberCrawler Robot! This smart coding robotics kit entertains and teaches programming skills to inquisitive young future robotic engineers. With its LEDs illuminating, this is a terrific starter tool to learn the job of coding!

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Feb. 18, 25</td>
<td>1:00-4:00 p.m.</td>
<td>5815.100</td>
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</table>

Price: $125 res. $156.25 non-res.
Age: 7-12
Location: Borlaug Elementary
Deadline: Feb. 10
Family Forage Walk

Thank goodness foraging for our food may seem distant to us! But you won’t want to miss this fun and unique opportunity to be surprised and wowed as you learn about foraging. Nature really is all around us and Hai Huynh will show you which plants are edible, as well as common uses for plants.

**THURSDAY**

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<th>DATE</th>
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<tbody>
<tr>
<td>Apr. 27</td>
<td>5:00-6:30 p.m.</td>
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**Price:** FREE  
**Location:** Tom Harkin Trailhead  
**Note:** Please dress for the weather. Be sure to wear appropriate shoes.

Family Night

The event is open to all ages and your child doesn’t need to attend Wickham elementary. Bring the whole family for a night of games, fun, and the opportunity to meet new friends. The community room will be available for board games and social time. The gym will be open for shooting hoops and free play.

**FRIDAY**

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<tr>
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<tbody>
<tr>
<td>Jan. 13</td>
<td>6:00-9:00 p.m.</td>
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**Price:** FREE  
**Age:** Wickham Elementary Community Room & Gym  
**Note:** An adult will need to accompany children in attendance.

Family Bingo

This winter, unplug and tune into old-fashioned fun for your chance to shout “Bingo” during our family Bingo! Weekly themes are optional, but having a good time is not! Prizes will be awarded to the winner of each round. We provide the fun, you provide your own snacks or drinks.

**SUNDAY**

<table>
<thead>
<tr>
<th>DATE/THEME</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 29 Wild, Wild West</td>
<td>1:00-3:00 p.m.</td>
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<tr>
<td>Feb. 12 Athlete Look Alike</td>
<td>1:00-3:00 p.m.</td>
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<tr>
<td>Mar. 26 Counsel of the Super Heroes</td>
<td>1:00-3:00 p.m.</td>
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</table>

**Price:** FREE  
**Location:** Borlaug Elementary School
YOUTH SPORTS

Pee Wee Games

Pee Wee Games is designed for children 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>
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<tbody>
<tr>
<td>Jan. 16 – Feb. 13</td>
<td>6:00-6:45 p.m.</td>
<td>6305.100</td>
</tr>
</tbody>
</table>

Price: $32 res. $40 non-res.
Age: 4-5
Deadline: Jan. 9

I-Sport Group

I stands for introduce me to a sport. Step up to the plate for an introduction to the wonderful world of youth sports. I-Sport is designed specifically for pre-school children. The program will include: hockey, t-ball, soccer, football, and basketball.

MONDAY

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<tr>
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<tr>
<td>Feb. 27 – Apr. 3*</td>
<td>6:00-6:45 p.m.</td>
<td>6300.100</td>
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</table>

*No class on Mar. 13

Price: $32 res. $40 non-res.
Age: 4-5
Deadline: Feb. 20

Intro to Pee Wee Basketball

Make new friends on the court 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. Volunteer coaches are needed.

SATURDAY

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<tbody>
<tr>
<td>Jan. 21 – Feb. 18</td>
<td>9:15-10:00 a.m.</td>
<td>6055.100</td>
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<tr>
<td>Jan. 21 – Feb. 18</td>
<td>10:30-11:15 a.m.</td>
<td>6055.101</td>
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</tbody>
</table>

Price: $32 res. $40 non-res.
Age: 3-4
Deadline: Dec. 27

Pee Wee Basketball

An introduction to the fundamentals of basketball: dribbling, passing, shooting, defense and sportsmanship. Children will learn basketball skills through group instruction, games and contests. Once participants have an understanding of the game, informal mini scrimmages will be played. Parents will be asked to coach and instruct teams. Teams assignments will be random or by one friend request. Volunteer coaches are needed.

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 14 – Feb. 18</td>
<td>8:45-9:45 a.m.</td>
<td>6060.100</td>
</tr>
<tr>
<td>Jan. 14 – Feb. 18</td>
<td>10:15-11:15 a.m.</td>
<td>6060.101</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Age: 5-6
Deadline: Dec. 27
General Info

The goal of the Supreme 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.*

Supreme Basketball League

The Supreme Basketball League is a developmental league for kids to learn basic basketball fundamentals and to have fun for children in 1st – 6th Grade.

NOTE: Registration deadline has passed. Please contact the Coralville Recreation Center for availability if interested in participating.

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. Space for both clinics is limited, don’t delay in registering your volleyball player.

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 17 – Mar. 7</td>
<td>Junior</td>
<td>6:15-7:15 p.m.</td>
<td>6610.100</td>
</tr>
<tr>
<td>Jan. 17 – Mar. 7</td>
<td>Senior</td>
<td>7:15-8:15 p.m.</td>
<td>6610.101</td>
</tr>
</tbody>
</table>

Price: $65 res. $81.25 non-res.
Location: GreenState Fieldhouse
Deadline: Jan. 8

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 six 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.

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 3 – May 8</td>
<td>Mon.</td>
<td>5:45-6:30 p.m.</td>
</tr>
<tr>
<td>April 4 – May 9</td>
<td>Tues.</td>
<td>5:45-6:30 p.m.</td>
</tr>
<tr>
<td>April 5 – May 10</td>
<td>Wed.</td>
<td>5:45-6:30 p.m.</td>
</tr>
<tr>
<td>April 6 – May 11</td>
<td>Thurs.</td>
<td>5:45-6:30 p.m.</td>
</tr>
</tbody>
</table>

Price: $45 res. $56.25 non-res.
Location: Coralville Youth Sports Park
Deadline: March 19

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. The program will be instructed by Sarmad Saadi.

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr. 19 – June 3</td>
<td>6:00-7:00 p.m.</td>
<td>6005.100</td>
</tr>
</tbody>
</table>

Price: $55 res. $68.75 non-res.
Age: 6-8
Location: Coralville Youth Sports Park
Note: KIXX Festival – June 3
Deadline: Apr. 4

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
- T-Ball
- Basketball
- Baseball & Softball
- Flag Football
- Volleyball
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 (NLCBS):
NLCBS is a recreational league serving more than 1500 boys and girls. NLCBS is not a city-run program but works closely with both the City of Coralville and the City of North Liberty.

Register online at www.nlcbs.org beginning Mon., December 5; closing in mid-March. No paper registration available. Registration fees vary based upon age/division. All skill levels are welcome and scholarships are available. Computers with Internet access are available, please contact the North Liberty Library.

The 2023 season includes two seasons of 13/14 Baseball, Prep Baseball and Prep Softball! We will be partnering with both Iowa City Girls Softball and Iowa City Boys Baseball to offer the best program possible.

Email NLCBS at operations@nlcbs.org with questions, if you need assistance with registration or check the FAQ page on the NLCBS website. Practices start at the beginning of April with games starting in May.

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

Minors - this is an introduction to t-ball for youth ages 4-6. Players will hit off a tee to start and progress to learning to hit from a coach’s pitch. The season will run June 6 – July 25. All teams will be formed by the school each child attends, when possible. Volunteer coaches needed.

Majors - this program is for youth ages 6-8. Coaches will pitch 4 balls to the player. If contact is not made, a batting tee will be used. Teams will bat until 3 outs have been achieved or have batted once through the lineup. 7 games will be played in the season that runs from June 6 – July 25. All teams will be formed by the school each child attends, when possible. Volunteer coaches needed.

Youth 10U, 12U Softball Team League
Looking for more competitive youth softball? Come join Coralville’s 10U and 12U youth softball leagues. Games will be played at the Coralville Youth Sports Park or Creekside Ballpark. You must have a full team to register. Teams must provide their own game balls. Umpires will be provided. Games are played mid April - end of June. Game times will be 5:00, 6:00 or 7:30. Make-up games may occur on Fridays as needed.

Youth 10U, 12U Softball Team League
Looking for more competitive youth softball? Come join Coralville’s 10U and 12U youth softball leagues. Games will be played at the Coralville Youth Sports Park or Creekside Ballpark. You must have a full team to register. Teams must provide their own game balls. Umpires will be provided. Games are played mid April - end of June. Game times will be 5:00, 6:00 or 7:30. Make-up games may occur on Fridays as needed.

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

Price: $32 res. $40 non-res. Minors $40 res. $50 non-res. Majors
Location: Coralville Youth Sports Park
Note: Parents/guardians will be contacted by the volunteer coach in late May with the team’s practice and game schedule.

Deadline: May 7
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 Coralville Parks and Recreation Department 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.

For answers to any questions please contact Master Anderson directly at 319-331-1910 or atatopaten@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**

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

**Advanced ATA Taekwondo**

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.

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**TUESDAY/THURSDAY**

**DATE** | **TIME** | **CLASS #**
--- | --- | ---
Jan./Feb. | 6:00-6:30 p.m. | 7000.100
Mar./Apr. | 6:00-6:30 p.m. | 7000.101

Price: $100 res. $120 non-res.
Age: 4-7

**DATE** | **TIME** | **CLASS #**
--- | --- | ---
Jan./Feb. | 6:30-7:15 p.m. | 7010.100
Mar./Apr. | 6:30-7:15 p.m. | 7010.101

Price: $100 res. $120 non-res.
$50 uniform required
Age: 8-adult

**DATE** | **TIME** | **CLASS #**
--- | --- | ---
Jan./Feb. | 7:15-8:00 p.m. | 7020.100
Mar./Apr. | 7:15-8:00 p.m. | 7020.101

Price: $100 res. $120 non-res.
$50 uniform required
Age: 8-adult, must have graduated from Tiny Tigers or Basics
## Adult Sports

### Adult Volleyball Leagues
Bump, set, and spike your way to beat the winter blues at our recreation volleyball leagues. We will offer two different recreational leagues on two different nights. Each league will consist of 8 weeks of league play with a single elimination end of season tournament. Grab some friends and stay active through the winter.

**RECREATIONAL**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 10 – Mar. 21</td>
<td>Tues.</td>
<td>6:00-9:00 p.m.</td>
<td>6370.100</td>
</tr>
<tr>
<td>Jan. 11 – Mar. 22</td>
<td>Wed.</td>
<td>6:00-9:00 p.m.</td>
<td>6370.101</td>
</tr>
</tbody>
</table>

Price: $120 per team, plus a $6 non-res. player fee  
Location: Tuesday – GreenState Field House  
Wednesday – Rec. Center  
Deadline: Dec. 26

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

### Adult Softball League
Organize a team and get out to the diamond for a fun summer of softball games. League play will be held on Tuesday-Friday evenings beginning the week of April 24.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr. 27 – mid Aug</td>
<td>6:00-10:00 p.m.</td>
<td>6750.100</td>
</tr>
</tbody>
</table>

Price: $240 per team, plus $6 for every non-resident on the team roster  
Deadline: Apr. 9

### Adult Coed Kickball League
Ready to relive the joy of elementary school recess? Join our Kickball League! Participants must be 18 years or older to play. At least 10 people must be on a team.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Apr. 27 – mid Aug</td>
<td>6:00-10:00 p.m.</td>
<td>6750.100</td>
</tr>
</tbody>
</table>

Price: $240 per team, plus $6 for every non-resident on the team roster  
Deadline: Apr. 9

### Adult Pick Up Basketball and Volleyball
Meet up with members of the community interested in playing pick-up basketball or volleyball. No team needed to play!

**MONDAY**

<table>
<thead>
<tr>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
</tr>
<tr>
<td>Volleyball</td>
</tr>
</tbody>
</table>

Price: $2 per person per day, sign up in advance or just drop in.  
Age: Must be 18 or older to participate.
ADULT ACTIVITIES

Needlework
Needlework is a wonderful hobby that travels well. Classes are taught by members of the Iowa Chapter of the American Needlepoint Guild. Materials for the project listed are included in the price. For all classes, students should bring scissors for cutting thread and reading glasses if used. Classes are limited to 10 learners per class.

Pattern Darning
This is an easy, reversible, embroidery technique that only uses straight stitches to create the design. Come stitch a bookmark and learn about this technique that creates fun gifts or ways to brighten a day.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 7</td>
<td>Sat.</td>
<td>10:00 a.m.-12:00 p.m.</td>
<td>9305.100</td>
</tr>
<tr>
<td>Feb. 15</td>
<td>Wed.</td>
<td>1:00-3:00 p.m.</td>
<td>9305.101</td>
</tr>
</tbody>
</table>

Price: $15 res. $18.75 non-res.
Age: 14 and up
Deadline: One week prior to class.

Needlepoint Ornament
In this beginner level class, create an ornament using perforated paper, pearl cotton, and a few needlepoint stitches.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 17</td>
<td>Sat.</td>
<td>10:00 a.m.-12:00 p.m.</td>
<td>9310.100</td>
</tr>
<tr>
<td>Mar. 7</td>
<td>Tues.</td>
<td>1:00-3:00 p.m.</td>
<td>9310.101</td>
</tr>
</tbody>
</table>

Price: $20 res. $25 non-res.
Age: 14 and up
Deadline: One week prior to class.

Cross Stitch
Cross stitch is a great technique to learn as a beginner to hand embroidery. You will create a ladybug in your first cross stitch class to take home. You will have the skills to start your next cross stitch project at home. Each participant will be provided with a cross stitch kit including: fabric, thread, needle, needle threader, and instructions.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 12</td>
<td>Thurs.</td>
<td>6:00-8:00 p.m.</td>
<td>9315.100</td>
</tr>
<tr>
<td>Feb. 4</td>
<td>Sat.</td>
<td>1:00-3:00 p.m.</td>
<td>9315.101</td>
</tr>
</tbody>
</table>

Price: $15 res. $18.75 non-res.
Age: 14 and up
Deadline: One week prior to class.

Swedish (Huck) Weaving
This is a beginner level class that will stitch on a small, terry cloth towel having an aida fabric insert. Students will learn basic stitches, how to read the pattern, estimate the amount of thread needed for the pattern, and how to begin and end threads.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 24</td>
<td>Tues.</td>
<td>1:00-3:00 p.m.</td>
<td>9300.100</td>
</tr>
<tr>
<td>Feb. 18</td>
<td>Sat.</td>
<td>10:00 a.m.-12:00 p.m.</td>
<td>9300.101</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Age: 16 and up
Deadline: One week prior to class.

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. 9 – Feb. 20</td>
<td>6:00-7:00 p.m.</td>
<td>7400.100</td>
</tr>
<tr>
<td>Mar. 13 – Apr. 24</td>
<td>6:00-7:00 p.m.</td>
<td>7400.101</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

Women’s Self Defense Class
This basic self-defense class teaches techniques to help prepare you in a case of an assault. Instruction will include situational awareness and safety. Participants will be instructed on basic striking and ground defense and the practice of these skills. A signed waiver is required to participate and will be available prior to the start of the class. Instruction is provided by Steve Nash, Johnson County Sheriff Department.

**SUNDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr. 2</td>
<td>12:00-3:00 p.m.</td>
<td>4320.100</td>
</tr>
</tbody>
</table>

Price: $5 All fees will be donated to the Shelter House.
Age: 14+
Location: Kate Wickham Elementary
Note: Please wear athletic clothing. This class is for women only.
Deadline: 48 hours before date
Coffee and Crafts
Bring a project and enjoy some time with fellow crafters. Enjoy conversation and learn a new skill from one another. Coffee, crafting, and conversations...a great way to spend a morning together!

### 1ST AND 3RD THURSDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 5 and 19</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Feb. 2 and 16</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Mar. 2 and 16</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Apr. 6 and 20</td>
<td>9:30-11:30 a.m.</td>
</tr>
</tbody>
</table>

Price: Free

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

### MONDAY/WEDNESDAY/FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Year</td>
<td>9:30-11:15 a.m.</td>
</tr>
</tbody>
</table>

Price: Free

Senior Potluck
This monthly potluck is a great way to meet other senior residents to learn about Coralville and other organizations in our community. We provide a main dish for a good will donation, coffee, and water. You are asked to bring a dish to share and your own table service. A speaker or special event is planned for each date.

### MONDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 9</td>
<td>12:00-1:30 p.m.</td>
</tr>
<tr>
<td>Coralville 150th Committee</td>
<td></td>
</tr>
<tr>
<td>Feb. 13</td>
<td>12:00-1:30 p.m.</td>
</tr>
<tr>
<td>Heart Healthy Month</td>
<td></td>
</tr>
<tr>
<td>Mar. 13</td>
<td>12:00-1:30 p.m.</td>
</tr>
<tr>
<td>Johnson County Genealogical Society</td>
<td></td>
</tr>
<tr>
<td>Apr. 10</td>
<td>12:00-1:30 p.m.</td>
</tr>
<tr>
<td>Lawn Renovation presented by Kyle Moehlis, Parks Supervisor</td>
<td></td>
</tr>
</tbody>
</table>

Note: Registration is not required.
**DAILY ADMISSION:**
$5 per person. **Anyone age 2 years and above entering the pool area will be charged a daily admission fee, regardless of their intent to swim.** Persons leaving the pool area will be required to re-pay the daily admission fee unless pre-approved by the front desk staff.

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

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

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

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

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

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

**PUNCH CARDS**
- All punch cards will expire 2 years from date of purchase
- Aquatic Center punch cards may be purchased at the Aquatic Center, all others must be purchased at the Recreation Center

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Coralville Indoor Pool
Coralville Recreation Center
1506 8th Street
319-248-1750

WWW.CORALVILLE.ORG/PARKSANDREC
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>$35/person</td>
<td>$40/person</td>
<td>$45/person</td>
</tr>
<tr>
<td>12-Month Single</td>
<td>$234</td>
<td>$290</td>
<td>$347</td>
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<tr>
<td>12-Month Couple</td>
<td>$320</td>
<td>$399</td>
<td>$555</td>
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<tr>
<td>12-Month Additional</td>
<td>$45/person</td>
<td>$50/person</td>
<td>$55/person</td>
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</tbody>
</table>

Exercise Room
- 10 punch - $18
- 20 punch - $36

Indoor Pool
- 10 punch - $45
- 20 punch - $90

Racquetball
- 5 punch - $20
- 10 punch - $40

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

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

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

MONDAY/WEDNESDAY/FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan.</td>
<td>$60 res. $75 non-res.</td>
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<tr>
<td>Feb.</td>
<td>$60 res. $75 non-res.</td>
<td>2560.101</td>
</tr>
<tr>
<td>Mar.</td>
<td>$70 res. $87.50 non-res.</td>
<td>2560.102</td>
</tr>
<tr>
<td>Apr.</td>
<td>$60 res. $75 non-res.</td>
<td>2560.103</td>
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</tbody>
</table>

Time: 7:45-8:30 a.m.
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. Flotation belts are provided. Being able to swim and tread water is necessary to attend this class.

MONDAY/WEDNESDAY/FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
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<tr>
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<td>Mar. 1 - 31*</td>
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<td>April 3 - 28</td>
<td>$60 res. $75 non-res.</td>
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</table>

*No class on Jan. 23.
*No class on Feb. 17.
*No class on Mar. 13, 15, and 17.
*No class April 24

Time: 9:00-9:45 a.m.

Iowa City School District Swim Meets
Coralville Parks and Recreation is proud to host swim meets for ICCSD on the following dates:
December 19, 20  January 12, 17

319.248.1750
Infant, Toddler, Preschool (ITP)

“Wee” Swim

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

“Wee” Swim (6-36 months)

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

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

Preschool Aquatics (3-4 year old)

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

PRESCHOOL I

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

PRESCHOOL II

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

PRESCHOOL III

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Skills are performed independently.
- Enter water by jumping in shoulder deep water
- Fully submerge and hold breath (10 seconds)
- Bobbing (10 times)
- Rotary breathing (5 times)
- Front, jellyfish and tuck floats (10 seconds)
- Back float (15 seconds); Back glide (3 body lengths)
- Change direction of travel while swimming on front or back
- Tread water (30 seconds)
- Combined arm and leg actions on front and back (5 body lengths)
- Finning arm action on back (5 body lengths)
- Plus age-appropriate water safety topics
## ITP Monday Evening I
**JAN. 23 – MAR. 6**
**MONDAY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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<tr>
<td>5:30-6:00 p.m.</td>
<td>Wee</td>
<td>1800.110</td>
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<td>PS I</td>
<td>1900.110</td>
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<td>PS III</td>
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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

## ITP Wednesday Evening I
**JAN. 25 – MAR. 8**
**WEDNESDAY**

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<thead>
<tr>
<th>TIME</th>
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<td>PS II</td>
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<td>PS I</td>
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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

## ITP Saturday I
**JAN. 28 – MAR. 11**
**SATURDAY**

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<tr>
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<td>PS II</td>
<td>1955.100</td>
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<td>PS III</td>
<td>1979.100</td>
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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

## ITP Monday Evening II
**MAR. 20 – MAY 1**
**MONDAY**

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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

## ITP Wednesday Evening II
**MAR. 22 – MAY 3**
**WEDNESDAY**

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<td>PS I</td>
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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

## ITP Saturday II
**MAR. 25 – MAY 6**
**SATURDAY**

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<th>TIME</th>
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<td>PS III</td>
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<td>PS I</td>
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<td>PS II</td>
<td>1957.100</td>
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</table>

Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes
Red Cross Swim Lessons

Red Cross Level Descriptions

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

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

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

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

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

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

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

Level 6—Swimming and Skill Proficiency

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

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

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

- Fitness Swimmer (F)
  - Circle Swimming; Using pace clock
  - Equipment (Pull Buoys, Fins, Paddles)
  - Setting up exercise plans, training techniques, heart rate
  - Aquatic Exercise
  - Surface dive and retrieve object deep water
**Red Cross Swim Lessons:** Children must be 5 years of age or older to sign up for Red Cross lessons. Students should have successfully completed or be able to perform the skills in the preceding level/course. If undecided, ask our front desk staff to help you determine the appropriate level.

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

### Red Cross Monday Evening I
**JAN. 23 – MAR. 6**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>6:50-7:20 p.m.</td>
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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

### Red Cross Monday Evening II
**MAR. 20 – MAY 1**

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<tbody>
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<td>6:10-6:40 p.m.</td>
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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

### Red Cross Wednesday Evening I
**JAN. 25 – MAR. 8**

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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

### Red Cross Wednesday Evening II
**MAR. 22 – MAY 3**

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<td>Level 2</td>
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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

### Red Cross Saturday I
**JAN. 28 – MAR. 11**

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Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes

### Red Cross Saturday II
**MAR. 25 – MAY 6**

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<td>Level 5</td>
<td>1502.100</td>
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</table>

Price: $35 res. $43.75 non-res.
Note: 7 classes at 30 minutes
Lifeguard Training Course (Blended Learning)

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

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

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

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

SESSION I

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
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<td>Jan. 4</td>
<td>Wed.</td>
<td>10:00 a.m.-5:00 p.m.</td>
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<tr>
<td>Jan. 5</td>
<td>Thurs.</td>
<td>10:00 a.m.-5:00 p.m.</td>
<td></td>
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</tbody>
</table>

SESSION II

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 10</td>
<td>Fri.</td>
<td>6:00-9:00 p.m.</td>
<td>2200.101</td>
</tr>
<tr>
<td>Feb. 11, 12</td>
<td>Sat., Sun.</td>
<td>9:00 a.m.- 4:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

SESSION III

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 10</td>
<td>Fri.</td>
<td>6:00-9:00 p.m.</td>
<td>2200.102</td>
</tr>
<tr>
<td>Mar. 11, 12</td>
<td>Sat., Sun.</td>
<td>9:00 a.m.- 4:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

SESSION IV

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 24</td>
<td>Fri.</td>
<td>6:00-9:00 p.m.</td>
<td>2200.103</td>
</tr>
<tr>
<td>Mar. 25, 26</td>
<td>Sat., Sun.</td>
<td>9:00 a.m.- 4:00 p.m.</td>
<td></td>
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</tbody>
</table>

SESSION V

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr. 21</td>
<td>Fri.</td>
<td>6:00-9:00 p.m.</td>
<td>2200.104</td>
</tr>
<tr>
<td>Apr. 22, 23</td>
<td>Sat., Sun.</td>
<td>9:00 a.m.- 4:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

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

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

Deadline: One week prior to start of course.

NOW IS THE TIME... to think about a Summer Job. Sign up today for a Lifeguard Training class!
**Arranged Private Lessons**

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

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 23 – Feb. 6 (3x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.100</td>
</tr>
<tr>
<td>Feb. 13 – Mar. 6 (4x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.101</td>
</tr>
<tr>
<td>Mar. 20 – Apr. 3 (3x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.102</td>
</tr>
<tr>
<td>Apr. 10 – May 1 (4x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.103</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 25 – Feb. 8 (3x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.104</td>
</tr>
<tr>
<td>Feb. 15 – Mar. 8 (4x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.105</td>
</tr>
<tr>
<td>Mar. 22 – Apr. 5 (3x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.106</td>
</tr>
<tr>
<td>Apr. 12 – May 3 (4x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.107</td>
</tr>
</tbody>
</table>

Price:  
(3 lessons) $48 res. $60 non-res.  
(4 lessons) $64 res. $80 non-res.

Note: 30 minute lessons

**Adult Beginner Small Group**

Are you afraid of the water? Not really confident with your abilities? Adult beginner swim lessons 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. Instruction 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. 28 – Mar. 11</td>
<td>9:30-10:00 a.m.</td>
<td>2000.100</td>
</tr>
</tbody>
</table>

Price: $35 res. $43.75 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 expand their beginner's strokes and techniques. This class will further develop your endurance and confidence in the water. We will concentrate on front and back crawl as well as introduction of the breast stroke.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 25 – May 6</td>
<td>9:30-10:00 a.m.</td>
<td>2005.100</td>
</tr>
</tbody>
</table>

Price: $35 res. $43.75 non-res.

Note: 7 classes at 30 minutes

**Water Safety Instructor – Blended Learning**

Water Safety Instructor course is a blended learning course. It includes an online learning component (5-7 hours) that needs to be completed BEFORE the first night of class. On Feb. 4, you will be asked to prove your completion of the online portion before continuing with the skill's pre-requisites and rest of the course.

What a great opportunity to be a positive role model for children. As a WSI, you will have the chance to teach 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**

**DAY**

**TIME**

**CLASS #**

Jan. 23 | 9:00 a.m.-12:00 p.m. | 2205.100

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

Grade: 6-8

Note: Wear comfortable clothes and bring a swim suit and towel. Must be able to swim and feel comfortable in deep water.

**Deadline:** Jan. 18
Altmaier Family Park & Disc Golf Course
3444 Deer Creek Road
• Disc Golf
• Bags Games
• Park opens at 11:00 a.m. M-F
• Archery range opens at 1:00 p.m.
• Barnyard picnic area

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

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

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

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

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

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

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

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

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

Creekside Sports Park
• 3 multi-purpose diamonds
• Playground (available during programming at the park)
CCPA Rental
The Coralville Center for the Performing Arts is available for performances, workshops, and other presentations. Contact us for dates and information: 319-248-9370 or coralvillearts.org

Volunteer at CCPA
The Coralville Center for the Performing Arts is always looking for some friendly faces to join our volunteer team. Volunteers help provide CCPA patrons with a memorable theater-going experience, whether assisting behind the scenes or working directly with audience members.

To join our volunteer usher team or find out more about ushering, contact Nancy Mayfield at 319-248-9372 or nmayfield@coralville.org.

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

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

December
9-11, 16-18  |  City Circle Theatre Company presents Elf the Musical
20  |  Iowa City Youth Choir
23  |  The Well of Iowa presents The Joy of Christmas

January
29  |  Orchestra Iowa Chamber Players: Wind Energy

February
10-12  |  City Circle Theatre Company presents The Secret Garden in Concert
17  |  Orchestra Iowa Masterworks: American Dreams Featuring the Harlem Quartet
24-26  |  Regina High School Drama: Grease: School Version

March
2  |  ICCSD presents KIDSING
10-12  |  Young Footliters Youth Theatre presents Jack and the Giant Beanstalk
19  |  Orchestra Iowa Chamber Players: Strumming Strings
24  |  Des Moines Metro Opera: Beauty and the Beast

April
14-16  |  U of Iowa School of Music: Giuseppe Verdi’s La Traviata
18  |  Kirkwood Elementary School Concert
19  |  Coralville Central School Concert
23  |  MOST Benefit
25  |  Iowa City Youth Choir

Please check the CCPA website for upcoming events at CoralvilleArts.org.
Acting: Scene Study
Scene Study provides the opportunity to delve into acting concepts such as sense memory, stimulus/response, objectives, and tactics, and then apply those skills through text analysis and scene work. Scenes are chosen from realism-style plays. Students should be prepared to do memorization work outside of class so that their time in class can help them accomplish sophisticated and advanced technique goals. The 12-week session culminates in an informal sharing for friends and family!
This course is a continuation of Fall 2022 Acting: Scene Study with all new material. Appropriate for new and returning students.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 26 – Apr. 27</td>
<td>5:00-6:00 p.m.</td>
<td>9905.100</td>
</tr>
<tr>
<td>Jan. 26 – Apr. 27</td>
<td>5:00-6:00 p.m.</td>
<td>9905.101</td>
</tr>
</tbody>
</table>

Price: $170 res. $212.50 non-res.
Location: CCPA Rehearsal Hall
Age: 9-12
Note: No class on March 16, April 6.

Musical Theatre: Sing, Dance, Act
In this class, performers will focus on scene and song work from musicals. These skills are integrated with a focus on sustaining energy and maintaining characters through dance. Dance technique focuses on Broadway-jazz style, developing flexibility, coordination, proper alignment and footwork, and strong and clean extension of the arms and legs... all while acting a story. The 12-week session culminates in an informal sharing for friends and family!
This course is a continuation of Fall 2022 Musical Theatre: Sing, Dance, Act with all new material. Appropriate for new and returning students.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Jan. 28 – Apr. 29</td>
<td>9:00-10:00 a.m.</td>
<td>9910.100</td>
</tr>
</tbody>
</table>

Price: $170 res. $212.50 non-res.
Location: CCPA Rehearsal Hall
Age: 5-7
Note: No class on March 18, April 8.

Creative Drama & Dance: Storybook Adventures
The best way to introduce your young thespian to the genre of musical theater! This class will encourage creative expression, confidence, and self-esteem while introducing young performers to stage performance basics, vocal instruction, and simple dance combinations... all through the classic Disney songs and characters students already know and love. The 12-week session culminates in an informal sharing for friends and family!
This course is a continuation of Fall 2022 Creative Drama & Dance: Disney with all new material. Appropriate for new and returning students.

**SUNDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 28 – Apr. 29</td>
<td>9:00-10:00 a.m.</td>
<td>9910.100</td>
</tr>
</tbody>
</table>

Price: $170 res. $212.50 non-res.
Location: CCPA Rehearsal Hall
Age: 5-7
Note: No class on March 18, April 8.

Broadway Prep
Budding actors, singers, and dancers will strengthen skills in all three disciplines of musical theatre while embracing the beauty of making big, bold choices through this class. Students will explore songs and choreography from well-known musicals, interpret scenes and monologues, and develop their understanding of storytelling while learning proper technique and terminology. The 12-week session culminates in an informal sharing for friends and family!
This course is a continuation of Fall 2022 Broadway Prep with all new material. Appropriate for new and returning students.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Jan. 26 – Apr. 27</td>
<td>4:00-5:00 p.m.</td>
<td>9900.100</td>
</tr>
</tbody>
</table>

Price: $170 res. $212.50 non-res.
Location: CCPA Rehearsal Hall
Age: 7-9
Note: No class on March 16, April 6.

Creating a Character
In this 12-week class, students will learn to develop distinct and believable characters who find themselves in all sorts of unique situations. Students will develop skills in spontaneity and adaptability while working as a part of an ensemble. The session culminates in an informal sharing for friends and family.

**THURSDAY**

<table>
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<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Jan. 26 – Apr. 27</td>
<td>4:00-5:00 p.m.</td>
<td>9935.100</td>
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</tbody>
</table>

Price: $170 res. $212.50 non-res.
Location: CCPA Rehearsal Hall
Age: 9-12
Note: No class on March 16, April 6.
In the Heights: Musical Dance
Lights up on Washington Heights! Explore the music and movement of Lin Manuel Miranda’s hit Broadway musical in this two hour class. Students will learn the basics of musical theatre and jazz dance technique while developing performance skills, learning how to portray a character and storyline, while exploring what it means to be authentically, unapologetically you.

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 25</td>
<td>12:30-2:00 p.m.</td>
<td>9925.100</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Location: CCPA Rehearsal Hall
Age: 12-18

Descendants Dance Workshop
Find yourself on the Isle of the Lost in this one-hour dance workshop! Students will learn choreography (and create their own!) to the deliciously wicked music from this beloved movie-musical while channeling their inner villain. Suitable for dancers of all levels of experience.

SATURDAY

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>March 25</td>
<td>12:30-1:30 p.m.</td>
<td>9920.100</td>
</tr>
</tbody>
</table>

Location: CCPA Rehearsal Hall
Age: 8-11

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

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Apr. 1</td>
<td>12:30-3:30 p.m.</td>
<td>9940.100</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Location: CCPA Rehearsal Hall
Age: 11-15

Dancing Through Life: The Wicked Dance Workshop
Welcome to the merry old land of Oz! Dance the day away as we learn choreography from the blockbuster Broadway musical and explore the beloved characters of L. Frank Baum’s world. Good witches and bad witches welcome! Suitable for dancers of all levels of experience.

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Apr. 22</td>
<td>1:30–3:30 p.m.</td>
<td>9930.100</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Location: CCPA Rehearsal Hall
Age: 11-14
DRAMA DAYS

No School Drama Day: Medieval Mayhem
Calling all knights, lords, ladies, dragons, and jesters! School’s out, theatre is in! Drama Days offer students an enriching day of theatre, music, art, and movement on days the school district is closed. Professional teaching artists guide students through theatre games, improv activities, and crafts to create characters and scenes. The day culminates in an informal sharing for families.

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 3</td>
<td>9:00 a.m.-3:00 p.m.</td>
<td>9950.100</td>
</tr>
</tbody>
</table>

Price: $65, $10 additional for morning extended day, $30 additional for afternoon extended day
Location: CCPA Rehearsal Hall
Age: 5-12
Note: Extended Day offered from 8:00-9:00 a.m. and 3:00-6:00 p.m. for additional fee.

No School Drama Day: Jungle Safari
Join the jungle fun! School’s out, theatre is in! Drama Days offer students an enriching day of theatre, music, art, and movement on days the school district is closed. Professional teaching artists guide students through theatre games, improv activities, and crafts to create characters and scenes. The day culminates in an informal sharing for families.

MONDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>April 24</td>
<td>9:00 a.m.-3:00 p.m.</td>
<td>9955.100</td>
</tr>
</tbody>
</table>

Price: $65, $10 additional for morning extended day, $30 additional for afternoon extended day
Location: CCPA Rehearsal Hall
Age: 5-12
Note: Extended Day offered from 8:00-9:00 a.m. and 3:00-6:00 p.m. for additional fee.

DATE NIGHT, DRAMA NIGHT

Date Night / Drama Night – Frozen Adventures
Drop the kids off at our convenient downtown class location for a night of theatre magic while the grown-ups hit the town! Students will enjoy a themed evening of theatre games, crafting, storytelling, and movie-watching while caregivers enjoy a night out. Students may bring a sack dinner to eat on site from 6:00 - 6:30 pm. Drama activities begin at 6:30 pm. Drop off and pick up students as needed.

FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 17</td>
<td>6:00-9:30 p.m.</td>
<td>9960.100</td>
</tr>
</tbody>
</table>

Location: CCPA Rehearsal Hall
Age: 5-11

Date Night / Drama Night – Tangled Ever After
Drop the kids off at our convenient downtown class location for a night of theatre magic while the grown-ups hit the town! Students will enjoy a themed evening of theatre games, crafting, storytelling, and movie-watching while caregivers enjoy a night out. Students may bring a sack dinner to eat on site from 6:30-7:00 pm. Drama activities begin at 7:00 pm. Drop off and pick up students as needed.

FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 12</td>
<td>6:30-10:30 p.m.</td>
<td>9965.100</td>
</tr>
</tbody>
</table>

Location: CCPA Rehearsal Hall
Age: 5-11
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>
<td>$35</td>
<td>$43.75</td>
</tr>
<tr>
<td>61-100</td>
<td>$55</td>
<td>$68.75</td>
</tr>
<tr>
<td>100-150</td>
<td>$75</td>
<td>$93.75</td>
</tr>
<tr>
<td>151+</td>
<td>Determined by Recreation Superintendent</td>
<td></td>
</tr>
</tbody>
</table>

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

PLOT SIZE | PRICE
10’ x 15’ plot | $20 res. $25 non-res.
10’ x 30’ plot | $35 res. $43.75 non-res.
8’ x 4’ Accessible raised bed | $10 res. $12.50 non-res.

Accessible raised beds will be available to gardeners who are in need of the 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 Sunday, Feb. 19, 2023.**

• New Coralville resident gardeners may register beginning Monday, Feb. 20, 2023.

• Non-Coralville residents may register on Mar. 20, 2023, 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. The application will be available online for new gardeners on Feb. 20, 2023.
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 weekend rentals ending at 11:00 p.m.

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

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

Rates:

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

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

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

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

Music is allowed inside the pavilion only.
AV equipment: 60” flat screen TV with VGA and USB inputs; DVD/CD player; small PA system suitable for speaking or background music with inputs for microphone(s) and iPod/mp3 player; overhead projector screen is available.

Decorations may be placed throughout the facility but must leave no marks or residue when removed.

The North Ridge Pavilion and its attached veranda is a smoke-free facility.

Alcohol, in the form of beer, wine, and wine cooler type drinks, is allowed at the facility if it is given away to those over 21 years of age. An alcohol permit of $25 is required. Selling alcohol is prohibited.

Youth Non-Profit Facility Use
The North Ridge Pavilion may be used by youth non profit organizations on Tuesday evenings. (Youth Non-Profit as defined by department policies). Each group may have no more than one free reservation per month. Additional rentals may be made by the group at the weekday non-profit rate. Check with the Pavilion Specialist for the time frames when requests can be made. A $30 deposit is required and can be kept filed with the department for up to one year.

Adult non-profits must provide proof of non-profit status to get a reduced rate (ex. 501(c)3).
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 winter 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. 24 - Jan. 2

Golf Merchandise

Snow may be on the ground, but the Brown Deer Pro Shop is still open for business. 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>
<th>Receive Free</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>$300</td>
<td>$45</td>
<td>$345</td>
</tr>
<tr>
<td>$600</td>
<td>$120</td>
<td>$720</td>
</tr>
</tbody>
</table>

15% Free!
20% Free!

Coralville residents also receive an extra $25 credit for purchasing a golf play package. Gift cards are available in person, online at browndeer golf.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.
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** Beth Downing 319-248-9393
- **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 1:00-3:00 p.m. / Thursday 6:00-8:00 p.m.
- **Van Allen** Sunday 5:00-7:00 p.m. / Tuesday 6:00-8:00 p.m.
- **Wickham** Sunday 3:00-5:00 p.m. / 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 2022.

**Grants**
- Iowa DNR Tree Grant
- Iowa DNR Resource Enhancement and Protection Program
- MidAmerican Trees Please!
- West Bank Foundation

**Programs and Sponsorships**
- Ken Krizan
- Terry Lindquist
- Claire Hernandez
- Janice Allen
- ICORR
- World of Bikes
- Sugar Bottom Bikes
- Take a Kid Outdoors
- Coralville North Rotary Club

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

**Eagle Scout Projects**
- Alex Rohm

**Memorial Benches and Trees**
- Friends of Holly Hirko
- Family of Charles (Chuck) Nida
- Rotary International

**Special Events**
- 808 on 5th
- Coldwell Banker Real Estate
- Hills Bank
- Think Iowa City
- West Bank

**Youth Program Scholarships**
- Ken Krizan
- Karen Palumbo
- Aleka Saunders

**Brown Deer Golf Club**
- Alpha Graphics
- Andrew Pelzer State Farm
- Brown Deer Co-op/Watts Group
- Bryan Watkins State Farm
- Chart Room
- 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.

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

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

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

ADULT

<table>
<thead>
<tr>
<th>LAST</th>
<th>FIRST</th>
<th>MI</th>
</tr>
</thead>
</table>

ADDRESS
CITY/STATE/ZIP

TELEPHONE: HOME
WORK
EMERGENCY

E-MAIL ADDRESS

Activity No. | Participant’s Name | Birthdate | T-shirt size | Activity Name | Price
---|---|---|---|---|---

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 ____________
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

Winterfest

January 21 | 1:00-4:00 p.m.
in the Iowa River Landing

Winterfest is a celebration of all things winter and provides the opportunity for families to get out of the house and enjoy time together. Winterfest activities and programming will take place throughout the Iowa River Landing in Coralville.

Activities will include:
- Samuel Kirkwood Eagle Watch: *in partnership with Iowa Raptor Project, Iowa City Bird Club, Johnson County Conservation, and Coralville Parks and Recreation Department*
- Outdoor winter sports
- Broomball
- Carriage rides
- Ice skating at Extreme Arena: bring your own skates
- Hot cocoa
- Free admission to the Johnson County Historical Museum
- And much, much more!

For more details go to: https://iowariverlanding.com/event/winterfest-2023/

Insta-Hire

Ages: 15-99
Wednesday, March 1
Time: 5:30-7:00 PM