Coralville Parks & Recreation

Coralville Recreation Center
1506 8th Street, Coralville

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

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

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

3 Easy Ways to Register

Registration Method                          Date You Can Begin
Online for some programs at www.coralville.org  Sat., Apr. 8, 8:00 a.m.
Master Card, Visa, Discover, American Express

In Person at Coralville Recreation Center  Sat., Apr. 8, 8:00 a.m.
Cash, Check, Master Card, Visa, or Discover

Phone at 319-248-1750  Sat., Apr. 8, 12:00 p.m.
Master Card, Visa, or Discover

Mail to 1506 8th Street  Mon., Apr. 10
Coralville, IA 52241
Check, Master Card, Visa, or Discover

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  319-859-5419
Dhuha Tawil  319-491-5929
Keith Jones, Council Representative  319-351-2396
4th Fest 5K Run/Walk

Our annual 5th Fest 5K Run/Walk is a part of Coralville’s 4th of July celebration on Saturday, July 1, 2023. The course for this fun-run is challenging enough to satisfy experienced runners, but not too difficult for new runners. Same-day registration will be from 7:00-7:45 a.m. at the Coralville Recreation Center, and the Run/Walk will begin at 8:00 a.m.

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

Register early to take advantage of the reduced race entry fee.

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 1</td>
<td>8:00 a.m.</td>
<td>9600.200</td>
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</table>

Note: $30 until June 20
$40 June 21 – 28
$45 June 29 – July 1

Location: Coralville Recreation Center Parking Lot
Note: T-shirts guaranteed to participants registered by June 20.

Stars and Stripes Youth Cross Park Race

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

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 1</td>
<td>10:00 a.m.</td>
<td>9605.200</td>
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</table>

Location: S.T. Morrison Park
Price: $12 res. $15 non-res
Age: 6-11

Treasure Hunt

Ahoy Mateys! Splash on in and hunt for treasure at the Coralville Community Aquatic Center. The summer may be heating up, but the prizes will be cool in the pool. Let’s go hunting for treasure and enjoy a little grub on the pool deck. Arrgh.... follow your treasure map to the X by the pool and dive on in!

MONDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>July 3</td>
<td>11:00 a.m.-12:30 p.m.</td>
<td>2405.200</td>
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Price: $15 res. $18.75 non-res.
Age: 5-10
Note: A snack and drink will be included. Aquatic Center will be closed to the public during this event.
Coralville City-Wide Garage Sale

Spring has sprung, it's time to dig out those treasures and get ready for the Coralville Annual City-Wide garage sale. Set up your sale and we'll get the people there. We will advertise the City-Wide Garage Sale. A map will be available for pick up starting at 8:00 a.m. on Saturday morning with your address and directions to each location. Stop by the Recreation Center on Saturday morning and start your day with a limited first come first serve continental breakfast. For more information, please contact Rhonda Hay 319-248-1750.

SATURDAY

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<tr>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>May 6</td>
<td>8:00 a.m.-12:00 p.m.</td>
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</table>

Price: $20 to list your sale
Deadline: Apr. 30

Rise & Shine with 9Round

Grab a friend and head to the park for a summer sweat sesh! Join the trainers from 9Round Kickboxing in Coralville for a fun full-body workout. Training begins with learning the basic kicking and punching techniques of kickboxing. Then the fun begins, as you'll work through nine three-minute sets that include kicking, punching, and some functional fitness to give you that full-body workout. We can't wait to kick it with you!

SATURDAY

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>June 17</td>
<td>10:00-11:00 a.m.</td>
<td>9700.200</td>
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Price: FREE
Location: Hilltop Shelter S.T. Morrison Park

Summer Polar Bear Swim

Today is the first day of summer! We are offering an open swim in the early morning. Start off the longest day of the year with a refreshing dip in the pool!

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>June 21</td>
<td>6:00-8:00 a.m.</td>
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</table>

Drop-In Price: $6

Cubs vs. Royals Baseball Road Trip

Summer just isn't summer without taking the opportunity to sit in the stands watching a baseball game. The Coralville Parks & Recreation staff are making it easier for you to check this off of your summer bucket list. We will depart from the Coralville Recreation Center with enough time for you to enjoy lunch in Wrigleyville before watching the Cubs take on the Kansas City Royals. Then, head back to Coralville. Participants will be transported using a charter bus. Go Cubs Go!

FRIDAY

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Aug. 18</td>
<td>Approx. 7:00 a.m. - 9:00 p.m.</td>
<td>4700.200</td>
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Price: $125 res. $156.25 non-res. Cost includes transportation and ticket to the game.
Age: 18+ if under 18, must be accompanied by an adult.
Deadline: Aug. 4

ICM2Go

Dates: June 12-Aug. 7
Times: 9:30-11 a.m.
Location: Coralville Central Park

Join The Iowa Children’s Museum for weekly outdoor fun in Central Park! Each Monday morning, families can enjoy a variety of playful and hands-on activities that promote creativity, exploration, and discovery. From building challenges to sing-a-longs, each week features a different theme that encourages children to unleash their imagination and engage in open-ended play. This is a family-focused event; children must be supervised by their caregivers. No registration is required.
Coralville Community Aquatic Center
1513 7th Street  |  319-248-9330

Aquatic Center Hours
June 3 – Aug. 20
Monday-Friday:  11:00 a.m.-7:00 p.m.
Saturday-Sunday:  12:00-6:00 p.m.

Special Hours and Closures
June 5, 6: Aquatic Center will be closed
July 3: 1:00-6:00 p.m.
July 4: 2:00-6:00 p.m.
July 28: We will be hosting RAGBRAI this day. Special hours for the day to be determined.

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

Daily Admission
$6 per person
$4 per person, Sunday 3:00-6:00 p.m.

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 in the pool until the child is nine (9) years of age. Lifeguards reserve the right to evaluate children for swimming ability when using deep water.

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

AQUATIC CENTER PUNCH CARD  |  This punch card is ONLY permitted at the Coralville Community Aquatic Center. For your convenience, Aquatic Center punch cards may be purchased at Aquatic Center or Recreation Center.
10 punch card  |  $54  20 punch card  |  $108

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

SPLASH PARTIES!
Sun, fun, water, and friends at the pool! The aquatic center is a great place to enjoy all of this. Book your special gathering with us. Call 319-248-1750 to reserve your party today.

SPLASH PARTY – 2 HOURS
10 – 15 people  $150  26 – 30 people  $275
16 – 20 people  $190  31 – 35 people  $320
21 – 25 people  $235
Additional people – $10/person

Includes:
• One reserved deck section with picnic tables (2 hours)
  Weekdays: 4:30-6:30 p.m.
  Weekends: 12:30-2:30 p.m., 3:00-5:00 p.m.
• Admission to the Coralville Community Aquatic Center
• Cake (6 choices!)
• Pop/Water
• Hotdogs or Pizza (must choose one for all)
• Seven-day advance notice required

DECK ONLY – 4 HOURS  |  Just want a place for your family or group to call “home base”? Then take advantage of our just rent the deck opportunity. This option is just the deck space, no food options available. We do not allow outside catering or bringing in your own food. We provide a concession stand for your convenience.

One deck: 1-50 people  $40  Two decks: 51-100 people $70
### Pool Pass & Punch Card Pricing

<table>
<thead>
<tr>
<th></th>
<th>POOL PASS ONLY</th>
<th>POOL &amp; EXERCISE</th>
<th>EXERCISE ROOM ONLY</th>
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</thead>
<tbody>
<tr>
<td>3-Month Single</td>
<td>$120</td>
<td>$148</td>
<td>$145</td>
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<tr>
<td>3-Month Couple</td>
<td>$148</td>
<td>$182</td>
<td>$203</td>
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<tr>
<td>3-Month Additional</td>
<td>$25/person</td>
<td>$30/person</td>
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<tr>
<td>6-Month Single</td>
<td>$177</td>
<td>$206</td>
<td>$230</td>
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<td>6-Month Couple</td>
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<td>$269</td>
<td>$348</td>
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<tr>
<td>6-Month Additional</td>
<td>$35/person</td>
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<td>12-Month Single</td>
<td>$234</td>
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<td>12-Month Couple</td>
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<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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### CORALVILLE SWIM PASS(ES)

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

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

### PUNCH CARDS

- All punch cards will expire 2 years from date of purchase
- Aquatic Center punch cards may be purchased at the Aquatic Center or Recreation Center. Indoor punch cards are only available at the Recreation Center

<table>
<thead>
<tr>
<th></th>
<th>Exercise Room</th>
<th>Racquetball</th>
<th>Indoor Pool</th>
<th>Aquatic Center</th>
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<tbody>
<tr>
<td></td>
<td>10 punch - $18</td>
<td>5 punch - $20</td>
<td>10 punch - $45</td>
<td>10 punch - $54</td>
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<tr>
<td></td>
<td>20 punch - $38</td>
<td>10 punch - $40</td>
<td>20 punch - $90</td>
<td>20 punch - $108</td>
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</table>

### Group Reservations at the Aquatic Center

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

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

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

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**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
### WSP Morning I
**MONDAY – FRIDAY**
**10:45-11:15 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 12 – 16</td>
<td>PS I</td>
<td>1900.200</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1950.200</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1975.200</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Note: 5 classes at 30 minutes

### WSP Morning II
**MONDAY – FRIDAY**
**10:45-11:15 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>June 19 – 23</td>
<td>PS I</td>
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<tr>
<td></td>
<td>PS II</td>
<td>1951.200</td>
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<tr>
<td>June 26 – 30</td>
<td>PS I</td>
<td>1902.200</td>
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<td></td>
<td>PS III</td>
<td>1976.200</td>
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Price: $30 res. $37.50 non-res.
Note: 5 classes at 30 minutes

### WSP Morning III
**MONDAY – FRIDAY**
**10:45-11:15 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS</th>
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<tbody>
<tr>
<td>Jul. 31 – Aug. 4</td>
<td>PS I</td>
<td>1903.200</td>
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<td></td>
<td>PS II</td>
<td>1952.200</td>
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Price: $30 res. $37.50 non-res.
Note: 5 classes at 30 minutes

### WSP Evening I
**JUNE 13 – JUNE 29**
**TUESDAY/THURSDAY**

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<thead>
<tr>
<th>DATE</th>
<th>CLASS</th>
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<td>Wee</td>
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<td></td>
<td>PS I</td>
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<td>PS II</td>
<td>1953.210</td>
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<td></td>
<td>PS III</td>
<td>1977.210</td>
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<tr>
<td>6:10-6:40 p.m.</td>
<td>Wee</td>
<td>1851.210</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1905.210</td>
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<tr>
<td></td>
<td>PS II</td>
<td>1954.210</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1978.210</td>
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</table>

Price: $36 res. $45 non-res.
Note: 6 classes at 30 minutes

### WSP Evening II
**JULY 11 – AUG. 3**
**TUESDAY/THURSDAY**

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<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
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<td>1852.210</td>
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<td></td>
<td>PS I</td>
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<td></td>
<td>PS III</td>
<td>1979.210</td>
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<tr>
<td>6:10-6:40 p.m.</td>
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<td>1853.210</td>
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<td>1956.210</td>
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<tr>
<td></td>
<td>PS III</td>
<td>1980.210</td>
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Price: $42 res. $52.50 non-res.
Note: 7 classes at 30 minutes
No class July 27
Red Cross Swim Lessons

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

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

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

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

Level 1 — Introduction to Water Skills
• Enter and Exit water using ramp, steps or side
• Blow bubbles through mouth and nose (3 seconds)
• Bobbing (5 times)
• Open eyes under water and retrieve submerged objects (2 times)
• Front and back glide (2 body lengths)
• Front 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 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

319.248.1750
SUMMER 2023 CORALVILLE ACTIVITY GUIDE 9
New for the Summer of 2023: Free Level 1 Swim Lessons for Coralville residents.
Coralville residents qualify for a free session of Level 1 Swim Lessons. Simply bring a current (within 30 days) utility bill with your name and Coralville address to the Coralville Recreation Center to register for a free session of Level 1 swim lesson. Space is limited and not guaranteed, in-person registration is required.

### Red Cross Morning I - Indoor Pool
**JUNE 12 – 16 MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45-9:15 a.m.</td>
<td>Level 1</td>
<td>1101.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1201.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1301.200</td>
</tr>
<tr>
<td>9:25-9:55 a.m.</td>
<td>Level 1</td>
<td>1102.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1202.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1302.200</td>
</tr>
<tr>
<td>10:05-10:35 a.m.</td>
<td>Level 1</td>
<td>1103.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1203.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1303.200</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Note: 5 classes at 30 minutes

### Red Cross Morning III - CCAC
In sticking with the tradition of outdoor swim lessons; Session III of swim lessons will be held at the Coralville Community Aquatic Center (outdoor pool). Things to know about swim lessons being outdoors: we will hold lessons regardless of the weather (the pool is heated) unless it is storming and raining too hard to see the bottom. If we do need to cancel the lesson, we will make it up that following Friday. We will only make up one lesson per week, if necessary. Please note we will not be calling participants. Please visit our Facebook page if the weather is questionable.

**JULY 10 – 20 MONDAY-THURSDAY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45-9:15 a.m.</td>
<td>Level 1</td>
<td>1107.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1207.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1308.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1405.200</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1502.200</td>
</tr>
<tr>
<td>9:25-9:55 a.m.</td>
<td>Level 1</td>
<td>1108.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1208.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1309.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1406.200</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1503.200</td>
</tr>
<tr>
<td>10:05-10:35 a.m.</td>
<td>Level 1</td>
<td>1109.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1209.200</td>
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<td></td>
<td>Level 3</td>
<td>1310.200</td>
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<tr>
<td></td>
<td>Level 4</td>
<td>1407.200</td>
</tr>
<tr>
<td></td>
<td>Level 6F</td>
<td>1602.200</td>
</tr>
</tbody>
</table>

Price: $48 res. $60 non-res.
Note: 8 classes at 30 minutes

### Red Cross Morning II - Indoor Pool
**JUNE 19 – 30 MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45-9:15 a.m.</td>
<td>Level 1</td>
<td>1104.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1204.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1304.200</td>
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<tr>
<td></td>
<td>Level 4</td>
<td>1401.200</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1501.200</td>
</tr>
<tr>
<td>9:25-9:55 a.m.</td>
<td>Level 1</td>
<td>1105.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1205.200</td>
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<tr>
<td></td>
<td>Level 3</td>
<td>1305.200</td>
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<tr>
<td></td>
<td>Level 4</td>
<td>1402.200</td>
</tr>
<tr>
<td></td>
<td>Level 6P</td>
<td>1601.200</td>
</tr>
<tr>
<td>10:05-10:35 a.m.</td>
<td>Level 1</td>
<td>1106.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1206.200</td>
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<tr>
<td></td>
<td>Level 3</td>
<td>1306.200</td>
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<tr>
<td></td>
<td>Level 4</td>
<td>1403.200</td>
</tr>
<tr>
<td>10:45-11:15 a.m.</td>
<td>Level 3</td>
<td>1307.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1404.200</td>
</tr>
</tbody>
</table>

Price: $60 res. $75 non-res.
Note: 10 classes at 30 minutes

### Red Cross Morning IV - Indoor Pool
**JULY 24 – AUG. 4 MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45-9:15 a.m.</td>
<td>Level 1</td>
<td>1110.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1210.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1311.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1408.200</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1504.200</td>
</tr>
<tr>
<td>9:25-9:55 a.m.</td>
<td>Level 1</td>
<td>1111.200</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1211.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1312.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1409.200</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1505.200</td>
</tr>
<tr>
<td>10:05-10:35 a.m.</td>
<td>Level 2</td>
<td>1212.200</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>1313.200</td>
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<tr>
<td></td>
<td>Level 4</td>
<td>1410.200</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1506.200</td>
</tr>
<tr>
<td>10:45-11:15 a.m.</td>
<td>Level 3</td>
<td>1314.200</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1411.200</td>
</tr>
</tbody>
</table>

Price: $48 res. $60 non-res.
Note: 8 classes at 30 minutes. No class July 27, 28
Arranged Privates

Private lessons are one on one lessons at these pre-aranged times. Must be three years of age or older. Please note, we do not offer any other individual private lessons.

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 13 – 27 (3x)</td>
<td>8:05-8:35 p.m.</td>
<td>1000.200</td>
</tr>
<tr>
<td>July 11 – Aug. 1 (4x)</td>
<td>8:05-8:35 p.m.</td>
<td>1000.201</td>
</tr>
</tbody>
</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 15 – 29 (3x)</td>
<td>8:05-8:35 p.m.</td>
<td>1000.202</td>
</tr>
<tr>
<td>July 13 – Aug. 3 (3x)*</td>
<td>8:05-8:35 p.m.</td>
<td>1000.203</td>
</tr>
</tbody>
</table>

Price: (3 lessons) $48 res. $60 non-res.
(4 lessons) $64 res. $80 non-res.
Note: *No class July 27

Aquacise

This aquacise is a fun and dynamic class. Learn the value and benefits of exercising in the water. With the waters natural resistance and buoyancy factor you will tone your muscles and increase or maintain your flexibility while having fun. This class is taught in chest deep water and the deep end.

**MONDAY/WEDNESDAY 7:30-8:15 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 1-31</td>
<td>$54 res. $67.50 non-res</td>
<td>2560.200</td>
</tr>
<tr>
<td></td>
<td><em>No class on May 29</em></td>
<td></td>
</tr>
<tr>
<td>June 12-28</td>
<td>$36 res. $45 non-res</td>
<td>2560.201</td>
</tr>
<tr>
<td>August 2-30</td>
<td>$54 res. $67.50 non-res.</td>
<td>2560.202</td>
</tr>
</tbody>
</table>

Price: $36 res. $45 non-res.
Note: 7 classes at 30 minutes
No class July 27

---

**Evening Lessons – Indoor Pool**

**Red Cross Evening I**

**JUNE 13 – JUNE 29 TUESDAY/THURSDAY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:50-7:20 p.m.</td>
<td>Level 1</td>
<td>1101.210</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1201.210</td>
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<tr>
<td></td>
<td>Level 3</td>
<td>1301.210</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1401.210</td>
</tr>
<tr>
<td>7:30-8:00 p.m.</td>
<td>Level 1</td>
<td>1102.210</td>
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<tr>
<td></td>
<td>Level 2</td>
<td>1202.210</td>
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<td></td>
<td>Level 3</td>
<td>1302.210</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>1501.210</td>
</tr>
</tbody>
</table>

Price: $36 res. $45 non-res.
Note: 6 classes at 30 minutes

**Red Cross Evening II**

**JULY 11 – AUG. 3 TUESDAY/THURSDAY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:50-7:20 p.m.</td>
<td>Level 1</td>
<td>1103.210</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1203.210</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>1402.210</td>
</tr>
<tr>
<td></td>
<td>Level 6F</td>
<td>1601.210</td>
</tr>
<tr>
<td>7:30-8:00 p.m.</td>
<td>Level 1</td>
<td>1104.210</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1204.210</td>
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<td></td>
<td>Level 3</td>
<td>1303.210</td>
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<td></td>
<td>Level 4</td>
<td>1403.210</td>
</tr>
</tbody>
</table>

Price: $42 res. 52.50 non-res.
Note: 7 classes at 30 minutes
No class July 27
Lifeguard Training Course (Blended Learning)

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

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

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

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

DATE    DAY     TIME      CLASS #
June 3, 4   Sat., Sun. 9:00 a.m.- 9:00 p.m.  2200.200

Price:   $140 res. $175 non-res. (Price includes materials, mask, and Red Cross fees)
Note:   A $25 application fee will be assessed for any cancellation made prior to one week before the class starts. If a cancellation occurs within one week or less a $40 application fee will be assessed.

Adult Beginner

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

MONDAY-FRIDAY

DATE    TIME      CLASS #
June 19 – 30 10:05-10:35 a.m.  2000.200

Price:   $60 res. $75 non-res.
Note:   10 classes at 30 minutes

Adult Intermediate

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

MONDAY-FRIDAY

DATE    TIME      CLASS #
July 24 – Aug. 4 10:05-10:35 a.m.  2005.200

No class July 27, 28

Price:   $48 res. $60 non-res.
Note:   8 classes at 30 minutes

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

We will train you to become a certified Lifeguard and/or Water Safety Instructor with the course fee waived. Starting wage is $14.50 per hour for the summer of 2023. Contact Amy Erickson, Recreation Superintendent for details on the hiring process.
Nature Walk
As the temperature warms up it’s time to get out walking again! Did you know that Coralville has lots of trails to explore? Grab a friend and we’ll check out these trails while walking together.

**THURSDAY 9:30-10:30 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 18</td>
<td>Iowa River Trail, meet at IRP</td>
</tr>
<tr>
<td>June 29</td>
<td>Clear Creek Trail, meet at Applebee’s</td>
</tr>
<tr>
<td>July 13</td>
<td>Muddy Creek Trail, meet at Youth Sports Park</td>
</tr>
<tr>
<td>Aug. 10</td>
<td>Clear Creek Trail, meet at Tom Harkin Trailhead</td>
</tr>
</tbody>
</table>

Price: Free
Note: Walk is canceled if inclement weather.

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!

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 4 and 18</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>June 1 and 15</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>July 6 and 20</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Aug. 3 and 17</td>
<td>9:30-11:30 a.m.</td>
</tr>
</tbody>
</table>

Note: Registration is not required.

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

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 21</td>
<td>11:30 a.m.-1:00 p.m.</td>
</tr>
</tbody>
</table>

Price: Free
Location: Kent Park
Note: Bring a lunch and wear comfortable walking shoes.
Rain Date: June 22

Patio Lunch Club
Grab a friend, meet new friends, and have lunch at a different restaurant each month. We’ll meet at the outside eating area.

**TUESDAY 11:30 A.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 23</td>
<td>Monica’s 8010.200</td>
</tr>
<tr>
<td>June 13</td>
<td>Pat N Frans 8010.201</td>
</tr>
<tr>
<td>July 11</td>
<td>Wig &amp; Pen 8010.202</td>
</tr>
<tr>
<td>Aug. 15</td>
<td>Jethro’s BBQ 8010.203</td>
</tr>
</tbody>
</table>

Note: Lunch paid by participant. Lunch is canceled if inclement weather.

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

Price: Free
PRESCHOOL PROGRAMS

Tiny Tumblers
This class is an adult and child class. It will be an early introduction to tumbling skills, focusing on coordination and strength building exercises. This class will be concentrating on:
• Basic body control
• Basic strength exercises
• Basic flexibility exercises

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

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 24 – June 14 5:15-5:45 p.m.</td>
<td>5510.200</td>
<td></td>
</tr>
<tr>
<td>July 12 – Aug. 2 5:15-5:45 p.m.</td>
<td>5510.201</td>
<td></td>
</tr>
</tbody>
</table>

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
• Basic strength exercises
• Basic flexibility exercises
• Handstands
• Cartwheels
• Bridges/Back bends
• Forward and backward rolls

This class will teach the steps of achieving these goals and does not require any knowledge of tumbling practices or require any experience. Gymnasts must be able to be on their own for 45 minutes.

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 24 – June 14 6:00-6:45 p.m.</td>
<td>5595.200</td>
<td></td>
</tr>
<tr>
<td>July 12 – Aug. 2 6:00-6:45 p.m.</td>
<td>5595.201</td>
<td></td>
</tr>
</tbody>
</table>

Age: 4-5
Deadline: One week prior to the start of the session
Music Time with Nancy

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

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 6 – 27</td>
<td>9:30-10:10 a.m.</td>
<td>5525.100</td>
</tr>
</tbody>
</table>

Price: $28 res. $35 non-res.

Age: 20 mos.-5, must be accompanied by an adult

Location: North Ridge Pavilion

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

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**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 24 – June 14</td>
<td>7:00-7:45 p.m.</td>
<td>5520.200</td>
</tr>
<tr>
<td>July 12 – Aug. 2</td>
<td>7:00-7:45 p.m.</td>
<td>5520.201</td>
</tr>
</tbody>
</table>


Age: 6-8

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

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, helps build self-confidence and a love for others.

Baby Ballet

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

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 8 – July 6</td>
<td>5:30-6:00 p.m.</td>
<td>5585.200</td>
</tr>
<tr>
<td>July 13 – Aug. 10</td>
<td>5:30-6:00 p.m.</td>
<td>5585.201</td>
</tr>
</tbody>
</table>

Price: $62 res. $77.50 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**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>June 8 – July 6</td>
<td>6:15-7:00 p.m.</td>
<td>5590.200</td>
</tr>
<tr>
<td>July 13 – Aug. 10</td>
<td>6:15-7:00 p.m.</td>
<td>5590.201</td>
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</tbody>
</table>


Age: 4-5

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

Hip Hop/Jazz

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

**THURSDAY**

<table>
<thead>
<tr>
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<th>TIME</th>
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</tr>
</thead>
<tbody>
<tr>
<td>June 8 – July 6</td>
<td>7:15-8:00 p.m.</td>
<td>5550.200</td>
</tr>
<tr>
<td>July 13 – Aug. 10</td>
<td>7:15-8:00 p.m.</td>
<td>5550.201</td>
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</tbody>
</table>


Age: 5-10

**Deadline:** One week prior to the start of the session
Wildlife Explorers Camp
Does your child love to explore in nature? In this camp we will be spending time outdoors exploring nature through hiking, observing, participating in scavenger hunts as well as having fun playing unique outdoor games. Participants should bring their own water bottles and must wear well-fitted closed-toed shoes and clothes that will allow you to have fun, while getting dirty.

**MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 12-16</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>4600.200</td>
</tr>
</tbody>
</table>

Price: $75 res. $93.75 non-res.
Grade: Entering 1-6
Location: Kate Wickham Elementary (Community Room)
Deadline: June 7

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

**MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>June 19-23</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>4620.200</td>
</tr>
<tr>
<td>June 19-23</td>
<td>12:30 p.m.-3:30 p.m.</td>
<td>4620.201</td>
</tr>
</tbody>
</table>

Price: $75 res. $93.75 non-res.
Grade: Entering K-6
Location: Kate Wickham Elementary (Community Room)
Deadline: June 14

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

**MONDAY-FRIDAY**

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>June 26-30</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>4610.200</td>
</tr>
</tbody>
</table>

Price: $75 res. $93.75 non-res.
Grade: Entering K-6
Location: Kate Wickham Elementary (Community Room)
Deadline: June 21

Harry Potter Wizardry Camp
A Harry Potter Wizardry Camp is a summer program designed for fans of the popular book and movie series. At this camp, participants can immerse themselves in the magical world of Hogwarts, learning spells, making potions, and participating in Quidditch matches. In addition to these classes, campers can engage in activities such as wand-making and sorting into houses. With its focus on creativity, teamwork, and imagination, a Harry Potter specialty camp offers an exciting and unique summer experience for fans of all ages.

**MONDAY-FRIDAY**

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>July 10-14</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>4615.200</td>
</tr>
</tbody>
</table>

Price: $75 res. $93.75 non-res.
Grade: Entering 1-6
Location: Kate Wickham Elementary (Community Room)
Deadline: July 5

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

**MONDAY-FRIDAY**

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>July 17-21</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>4625.200</td>
</tr>
</tbody>
</table>

Price: $75 res. $93.75 non-res.
Grade: Entering K-6
Location: Kate Wickham Elementary (Community Room)
Deadline: July 12

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

**MONDAY-FRIDAY**

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>July 24-28</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>4605.200</td>
</tr>
</tbody>
</table>

Price: $75 res. $93.75 non-res.
Grade: Entering 2-6
Location: Kate Wickham Elementary (Community Room)
Deadline: July 19
CIT Program (Counselor In Training)
Scheduling kids’ summers during the first few years post-elementary school is challenging. Eager for more independence but not quite ready for all the responsibilities of later teendom, kids are in a kind of limbo between elementary-aged camps and traditional summer jobs. Volunteer work with younger kids is a great way to gain the confidence and skills needed to build a strong foundation for future endeavors. This is why we are offering the counselor-in-training (CIT) program. CITs (also known as leaders-in-training, recreation assistants or junior counselors) are for kids entering 7th through 10th grades—too old to be campers and too young to be staffers, but just right for taking on more responsibility and contributing in meaningful ways.
This CIT program can help secure a junior leader or volunteer spot this summer and beyond. *Completion of this program does not guarantee a volunteer position.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
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<tbody>
<tr>
<td>June 8</td>
<td>1:00-3:00 p.m.</td>
<td>3320.200</td>
</tr>
</tbody>
</table>

Price: $20 res. $25 non-res.
Grade: Entering 7th grade through entering 10th grade, Fall 2023
Location: James Van Allen Elementary School

Basissitters Course
The Red Cross Basissitters course will provide participants with knowledge and skills to safely and responsively care for children and infants. Participants will learn how to build a babysitting business, develop leadership skills, and how to keep themselves and others safe. They will also learn some basic first aid and CPR. Each participant will receive a babysitting training set which includes a manual and a pocket emergency reference guide with helpful resources.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 15</td>
<td>9:00 a.m.-4:00 p.m.</td>
<td>2400.200</td>
</tr>
</tbody>
</table>

Price: $70 res. $87.50 non-res.
Age: 11-15
Note: Bring sack lunch and comfortable clothes

**YOUTH PROGRAMS**

**CIT Program (Counselor In Training)**

**Trail Trekkers 2023**
Participants are required to have a working bike along with a helmet for their travels in Coralville & Iowa City area. Most mornings will be spent on community service learning projects and learning/self-development opportunities. The afternoons are spent swimming, exploring and going on local and out of town field trips.

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

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Week 1:</td>
<td>4500.200</td>
<td></td>
</tr>
<tr>
<td>Field Trip: Lost Island Water Park</td>
<td>$150 res. non-res. $160</td>
<td></td>
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<tr>
<td>Week 2:</td>
<td>4500.201</td>
<td></td>
</tr>
<tr>
<td>Field Trip: Canoeing Monticello River</td>
<td>$140 res. non-res. $150</td>
<td></td>
</tr>
<tr>
<td>Week 3:</td>
<td>4500.202</td>
<td></td>
</tr>
<tr>
<td>Field Trip: Lost Island Theme Park</td>
<td>$150 res. non-res. $160</td>
<td></td>
</tr>
<tr>
<td>Week 4:</td>
<td>4500.203</td>
<td></td>
</tr>
<tr>
<td>No program July 3 &amp; 4</td>
<td>Cedar Rapids Bowling Center</td>
<td>$75 res. non-res. $85</td>
</tr>
<tr>
<td>Week 5:</td>
<td>4500.204</td>
<td></td>
</tr>
<tr>
<td>Field Trip: Jellystone Park Wibit Water Course</td>
<td>$140 res. non-res. $150</td>
<td></td>
</tr>
<tr>
<td>Week 6:</td>
<td>4500.205</td>
<td></td>
</tr>
<tr>
<td>Field Trip: Movie: Coral Ridge Mall</td>
<td>$130 res. non-res. $140</td>
<td></td>
</tr>
<tr>
<td>Week 7:</td>
<td>4500.206</td>
<td></td>
</tr>
<tr>
<td>Field Trip: Adventureland Theme/Water Park</td>
<td>$150 res. non-res. $160</td>
<td></td>
</tr>
<tr>
<td>Week 8:</td>
<td>4500.207</td>
<td></td>
</tr>
<tr>
<td>Field Trip: Mini Golf &amp; AirFX Trampoline Park</td>
<td>$140 res. non-res. $150</td>
<td></td>
</tr>
<tr>
<td>Week 9:</td>
<td>4500.208</td>
<td></td>
</tr>
<tr>
<td>Field Trip: Fun City Arcade/Water Park</td>
<td>$140 res. non-res. $150</td>
<td></td>
</tr>
</tbody>
</table>

**Location:** Kate Wickham Elementary (Gym)
Grade: Entering 6th - 9th Grades in the fall of 2023
Note: All field trips will be on Tuesdays.
Cedar Rapids Bowling Center will be on Wednesday.

**Summit Games & Grub**

5th - 8th graders
Tuesday and Thursday • 2:00-4:00 p.m.
FREE, Coralville Rec Pass required
Come hang with us at the Coralville Rec Center and play staff led games in the gym and in our game room. A snack will be provided each afternoon.

**319.248.1750 SUMMER 2023 CORALVILLE ACTIVITY GUIDE 17**
SPARK Day Camp focuses on learning through play, socialization, and FUN! Campers will swim, play games, create arts and crafts, learn about STEAM topics, read, and travel. Themes and activities vary from week to week with a fairly consistent daily schedule.

<table>
<thead>
<tr>
<th>Session Dates</th>
<th>Weekly Field Trips</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>North (Van Allen)</td>
</tr>
<tr>
<td>1: June 12-16</td>
<td>Cedar Rapids Bowling Center</td>
</tr>
<tr>
<td>2: June 19-23</td>
<td>Adventureland</td>
</tr>
<tr>
<td>3: June 26-30</td>
<td>The Falls</td>
</tr>
<tr>
<td>4: July 5-7</td>
<td>AirFX</td>
</tr>
<tr>
<td>No Program 7/3 or 7/4</td>
<td></td>
</tr>
<tr>
<td>5: July 10-14</td>
<td>SPARK Party</td>
</tr>
<tr>
<td>6: July 17-21</td>
<td>Des Moines Science Center</td>
</tr>
<tr>
<td>7: July 24-28</td>
<td>UI Wellness Center</td>
</tr>
<tr>
<td>8: July 31-Aug. 4</td>
<td>Lost Island</td>
</tr>
<tr>
<td>9: Aug. 7-11</td>
<td>Coral Ridge Movie</td>
</tr>
</tbody>
</table>

Basic Camp Hours: 8:15 a.m.-4:30 p.m.
Early/Late Option: 7:30 a.m.-5:30 p.m.
Fees per Week:
- Basic Camp: $210 res. $220 non-res.
- Early/Late: $30 per week

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

Additional Trip Fees:
- Sessions: 2, 3, 6 & 8 ($35 per week)

Grade: Completed Kindergarten through entering grade 6 in Fall 2023

Registration Information:
See the Parks and Recreation page at www.coralville.org or stop by the Coralville Recreation Center for a packet.

Junior Leaders at SPARK Day Camp

Junior leaders have a very important role at our SPARK Day Camps. Campers look up to you for support and guidance which will teach you leadership skills as you teach your leadership skills as a role model for our campers.

Junior leaders have the opportunity to serve 15-25 hours per week. Scheduling will be based upon program need. For further information, pick up a Junior Leader application at the Coralville Recreation Center or respective camp sites after April 1, 2023. Applications must be returned by April 26, 2023.

Once you have been accepted into the Junior Leader program, you will be required to sign up for our CIT (Counselor in Training) program.

*The Junior Leader Program is designed to teach adolescents responsibility and the value of service. This program is not designed to provide a child-care service nor all day supervision for your child.
Tiny Tigers Taekwondo

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

**TUESDAY/THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May/June</td>
<td>6:00-6:30 p.m.</td>
<td>7000.200</td>
</tr>
<tr>
<td>July/Aug.</td>
<td>6:00-6:30 p.m.</td>
<td>7000.201</td>
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</tbody>
</table>

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

Advanced Tiny Tigers

Students in this class have graduated from the basic Tigers class. They have earned the rank of Camo belt and are now ready for advanced training. This class will challenge students with advanced techniques, sparring, self-defense and board breaking.

**TUESDAY/THURSDAY**

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<tbody>
<tr>
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<td>7025.200</td>
</tr>
<tr>
<td>July/Aug.</td>
<td>5:30-6:00 p.m.</td>
<td>7025.201</td>
</tr>
</tbody>
</table>

Price: $100 res. $120 non-res.
Age: 4-7 who have graduated from the basic Tigers class.

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

**TUESDAY/THURSDAY**

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<tr>
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<td>7010.200</td>
</tr>
<tr>
<td>July/Aug.</td>
<td>6:30-7:15 p.m.</td>
<td>7010.201</td>
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</tbody>
</table>

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

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 you Black Belt and beyond! Our focus for this group is on advanced self-defense techniques, structure in life, work ethic and the life skills it takes to make us all better people.

**TUESDAY/THURSDAY**

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<tr>
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<td>7:15-8:00 p.m.</td>
<td>7020.200</td>
</tr>
<tr>
<td>July/Aug.</td>
<td>7:15-8:00 p.m.</td>
<td>7020.201</td>
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</table>

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

Coralville Parks and Recreation has partnered with Anderson’s ATA Taekwondo to provide taekwondo classes for beginners through Black Belt students. Anderson’s ATA has been affiliated with the 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. The 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 atatopten@yahoo.com for more information visit www.andersonatataekwondo.com.
YOUTH SPORTS

General Info
The goal of the Coralville Parks & Recreation Departments youth sports programs are for children to learn the fundamentals of a specific sport and to have FUN! Please help us achieve this goal by reinforcing that your child’s participation is important, having fun is a necessity, and that winning or losing a game does not determine success or failure.

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

MONDAY/WEDNESDAY/FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>June 7–26</td>
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<tr>
<td>Age 5-7</td>
<td>9:00-9:55 a.m.</td>
<td>6150.200</td>
</tr>
<tr>
<td>Age 8-10</td>
<td>10:00-10:55 a.m.</td>
<td>6150.201</td>
</tr>
<tr>
<td>Age 11-17</td>
<td>11:00-11:55 a.m.</td>
<td>6150.202</td>
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<tr>
<td>July 7–26</td>
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<tr>
<td>Age 5-7</td>
<td>9:00-9:55 a.m.</td>
<td>6150.203</td>
</tr>
<tr>
<td>Age 8-10</td>
<td>10:00-10:55 a.m.</td>
<td>6150.204</td>
</tr>
<tr>
<td>Age 11-17</td>
<td>11:00-11:55 a.m.</td>
<td>6150.205</td>
</tr>
</tbody>
</table>

Price: $40 res. $50 non-res.
Location: S.T. Morrison Park Tennis Courts
Deadline: May 14 (session 1); June 18 (session 2)

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

MINORS – this is an introduction to t-ball for youth ages 4-6. Players will hit off a tee to start with and by the end of the 6 games season will have progressed to being pitched to by a coach. The season will run June 8 – July 13. 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 then 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. If there are not enough kids or coaches per school to form a team, they will be assigned with another school. Volunteer coaches needed.

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

Price: $30 res. $37.50 non-res. Minors
$36 res. $45 non-res. Majors
Location: Coralville Youth Sports Park
Deadline: May 7
Tiny Tot Soccer
This program is designed for girls and boys age 3 through 6 years old. It will emphasize socialization, fun and good sportsmanship. Teams will have 6 weeks of practice/drills and games/scrimmages. Each team will play for 45 minutes; the first 25 minutes will be used to teach skills and the last 20 will be spent playing a game. Each child will receive a team t-shirt. Volunteer coaches are needed for this program!

5:45-6:30 P.M.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>AGE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 5 – July 17</td>
<td>Monday</td>
<td>3-4</td>
<td>6000.200</td>
</tr>
<tr>
<td>June 5 – July 17</td>
<td>Monday</td>
<td>5-6</td>
<td>6000.201</td>
</tr>
<tr>
<td>June 7 – July 12</td>
<td>Wednesday</td>
<td>3-4</td>
<td>6000.202</td>
</tr>
<tr>
<td>June 7 – July 12</td>
<td>Wednesday</td>
<td>5-6</td>
<td>6000.203</td>
</tr>
</tbody>
</table>

Price: $45 res. $56.25 non-res.
Location: Coralville Youth Sports Park
Deadline: May 21

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS#</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 12 – July 17</td>
<td>10:00-10:45 a.m.</td>
<td>6315.200</td>
</tr>
<tr>
<td>June 13 – July 11</td>
<td>6:00-6:45 p.m.</td>
<td>6315.201</td>
</tr>
<tr>
<td>July 12 – Aug. 9</td>
<td>10:00-10:45 a.m.</td>
<td>6315.202</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Age: 3-4
Location: Monday/Wednesday at S.T. Morrison Park
Tuesdays at Coralville Youth Sports Park
Deadline: One week before session begins

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

THURSDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 8 – July 6</td>
<td>10:00-10:45 a.m.</td>
<td>6300.200</td>
</tr>
<tr>
<td>July 13 – Aug. 10</td>
<td>10:00-10:45 a.m.</td>
<td>6300.201</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Age: 4-5
Location: Coralville Recreation Center, S.T. Morrison Park
Deadline: One week before session begins

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

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 30 – July 11</td>
<td>6:00-9:00 p.m.</td>
<td>6800.200</td>
</tr>
</tbody>
</table>

Price: $160/team
Location: GreenState Family Fieldhouse
Deadline: May 14

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

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 29 – Oct. 24</td>
<td>Senior</td>
<td>6600.300</td>
</tr>
<tr>
<td>Aug. 29 – Oct. 24</td>
<td>Junior</td>
<td>6600.301</td>
</tr>
</tbody>
</table>

Price: $50 res. $62.50 non-res.
Location: Volleyball scrimmages will be held at the GreenState Family Fieldhouse and the North Liberty Recreation Center.
Deadline: Aug. 14
Supreme Flag League

This instructional league is for both boys and girls in 1st - 6th grade. The league will emphasize skill development, sportsmanship, total participation and fun. Teams will be formed in North Liberty, Tiffin and Coralville. If your child is registered in Coralville, they will be placed on a Coralville team. If your child is signed up through North Liberty or Tiffin, they will be placed on a team from the community through which they were registered. All Coralville participants are placed on teams by school. If needed based upon registration numbers, teams may be created of students from multiple schools. There will be one practice session planned per week. Location and time of the practice session will be determined by your child’s coach. Volunteer coaches are needed for this program.

SUNDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>GRADE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 27 – Oct. 22</td>
<td>1-2</td>
<td>6250.300</td>
</tr>
<tr>
<td>Aug. 27 – Oct. 22</td>
<td>3-4</td>
<td>6250.301</td>
</tr>
<tr>
<td>Aug. 27 – Oct. 22</td>
<td>5-6</td>
<td>6250.302</td>
</tr>
<tr>
<td>Aug. 27 – Oct. 22</td>
<td>7-8</td>
<td>6250.303</td>
</tr>
</tbody>
</table>

PLEASE NOTE:
Tuesday, Aug. 15 & Thursday, Aug. 17 will be Mini Camps going over skills and basic fundamentals of flag football.

Sunday, Aug. 27
Il be a scheduled scrimmage day
Sunday, Sept. 10 games will start
No games or practices on Sunday, Sept. 3

Price: $75 res. $93.75 non-res.
Location: Coralville Youth Sports Park; Tiffin Rec Fields
Deadline: Aug. 7

KIXX Youth Soccer

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

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 13 – Oct. 18</td>
<td>6:00-7:00 p.m.</td>
<td>6005.300</td>
</tr>
</tbody>
</table>

Price: $55 res. $68.75 non-res.
Age: 7-8
Location: Coralville Youth Sports Park
Note: KIXX Festival – Oct. 21
Deadline: Aug. 27

Intro to Youth Lacrosse

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

SUNDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr. 16 – May 21</td>
<td>9:00-10:00 a.m.</td>
<td>6070.200</td>
</tr>
<tr>
<td>June 11 – July 23</td>
<td>9:00-10:00 a.m.</td>
<td>6070.201</td>
</tr>
</tbody>
</table>

Price: $35 res. $43.75 non-res.
Grade: 2-5
Location: Coralville Youth Sports Park
Note: No practice on May 28 or July 2
Deadline: April 2 (Spring), May 27 (Summer)

Challenger Soccer Camp

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

MONDAY-FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 10 – 14</td>
<td>8:00-4:00 p.m.</td>
</tr>
</tbody>
</table>

Price: Varies based on session
Age: 3-16
Location: Coralville Youth Sports Park
Note: Each camper will receive a camp t-shirt, soccer ball, and access to Challenger Virtual!
Register: Online at www.challengersports.com or contact Mike Parry at 913-232-5166 or mparry@challengersports.com
Deadline: Sign up at least 30 days before camp to receive a Challenger Soccer replica jersey! A $10 late fee will be applied for campers that register within 10 days of camp start date.
ADULT SPORTS

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

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>LEAGUE</th>
<th>DATES</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Session 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues.</td>
<td>Recreational</td>
<td>Apr. 25 – Jun. 27</td>
<td>6350.200</td>
</tr>
<tr>
<td>Wed.</td>
<td>Competitive</td>
<td>Apr. 26 – Jun. 28</td>
<td>6350.201</td>
</tr>
<tr>
<td></td>
<td>Session 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues.</td>
<td>Recreational</td>
<td>Jul. 11 – Aug. 22</td>
<td>6350.202</td>
</tr>
<tr>
<td>Wed.</td>
<td>Competitive</td>
<td>Jul. 12 – Aug. 23</td>
<td>6350.203</td>
</tr>
</tbody>
</table>

Price:  Session 1: $95 per team, plus a $6 per non-res. player fee
Session 2: $60 per team, plus a $6 per non-res. player fee
Location: Dovetail Recreation Area
Deadline: Apr. 17 (Session 1); July 3 (Session 2)

Adult Coed Kickball League
Want to relive those elementary school playground years? Can’t let go of those childhood memories of being MVP of the kickball field? 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>
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</tbody>
</table>

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

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

MONDAY 6:00- 7:00 P.M.

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 1 - 22</td>
<td>$40 res. $50 non-res.</td>
<td>7400.200</td>
</tr>
<tr>
<td>June 12 – July 17</td>
<td>$60 res. $75 non-res.</td>
<td>7400.201</td>
</tr>
<tr>
<td>July 24 – Aug. 28</td>
<td>$60 res. $75 non-res.</td>
<td>7400.202</td>
</tr>
</tbody>
</table>

Age: 16 and up
Location: North Ridge Pavilion
Notes: Comfortable clothes and a yoga mat are recommended.
Deadline: One week prior to start of class

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

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

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

Registration:  Feb. 1 – Apr. 9
Team Fees:  $415, plus a $6 per non-res. player fee
Note:  All registration fees are due at the time of registration.
Deadline:  Apr. 9 or when leagues are filled

Pup Walk!
Exercise is important! Especially for your pup. Walk with other Coralville dogs on Saturday mornings this summer! Bring your walking shoes, leash and good puppy to the Tom Harkin Trailhead/Clear Creek Green Belt Parking Lot for an hour long walk along the Clear Creek Trail. We look forward to meeting you and your pup!

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 8</td>
<td>10:00- 11:00 a.m.</td>
<td>5525.200</td>
</tr>
<tr>
<td>July 15</td>
<td>10:00- 11:00 a.m.</td>
<td>5525.201</td>
</tr>
</tbody>
</table>

Price:  Free
Age:  Owner should be 16 yrs. or older
Note:  We ask that your dog is friendly with other dogs to ensure the safety of everyone on the walk. We will meet at the Tom Harkin Trailhead/ Clear Creek Green Belt Parking Lot. All dogs must be leashed.
Altmaier Family Park & Disc Golf Course
3444 Deer Creek Road
- Disc Golf
- Bags Games
- Park opens at 11:00 a.m. M-F
- Barnyard picnic area

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

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

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

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

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

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

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

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

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

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

Archery Range
Coralville Creekside Ballpark
3550 340th Street
- Ground level and raised level shooting pads.
- Handicapped access to solid surface shooting pad and solid surface parking.
- 50 yard range with multiple targets.
Shelters
Shelter Reservations are taken March 1 – Oct. 31 at the Coralville Recreation Center. Prices are based on size of group, residency and length of rental.

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

<table>
<thead>
<tr>
<th>RESERVATION FEES</th>
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</thead>
<tbody>
<tr>
<td>GROUP SIZE</td>
</tr>
<tr>
<td>1-25</td>
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<tr>
<td>26-60</td>
</tr>
<tr>
<td>61-100</td>
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<tr>
<td>100-150</td>
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<tr>
<td>151+</td>
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</tbody>
</table>

Altmaier Family Park and Disc Golf Course
This beautiful 18-hole course sits on a former family farm with picturesque views of western Coralville. At the farmyard in the park, play a game of bags or relax with a picnic after a game.

Address: 3444 Deer Creek Road
Hours: Monday – Friday 11:00 a.m.*–Dusk
Saturday – Sunday Dawn–Dusk
*11:00 a.m is a firm open time.
No one allowed before 11:00 a.m.
Note: Check website for tournament/event closures.

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

Planning a picnic or family time outdoors?
Rent one of outdoor play kits for your event!
$10 per day rental
Volleyball Kit: volleyball net and poles with volleyball
Picnic Kit: horseshoe set, bocce ball, toss n’ catch, frisbee, youth softball bat, ball and bases
Tennis Kit: four tennis racquets and balls
Pickleball Kit: pickle net with poles, four racquets and balls
Disc Golf Kit: four golf discs
Life on your Bike

Try It! Singletrack and Flow Trail Riding

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

**TUESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 16</td>
<td>6:00-7:30 p.m.</td>
</tr>
<tr>
<td>June 27</td>
<td>6:00-7:30 p.m.</td>
</tr>
</tbody>
</table>

Location: Tom Harkin Trailhead, 719 Camp Cardinal Blvd.

Explore Coralville Family Ride

Explore the trails on this bicycle ride at a family pace with regular check-in stops with the riding group. We’ll leave from and return to Dovetail Recreation Area parking lot. Ride will be approximately 1.5 hours in length or about 10 miles at a moderate pace. All riders must wear a helmet. Ride is free to participate.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 8</td>
<td>6:30-8:00 p.m.</td>
</tr>
</tbody>
</table>

Location: Dovetail Recreation Area  
Price: Free

Bicycle Maintenance 101

**SCHHEELS**  Make sure your bike is ready to ride for the season. Learn how to set saddle height and tire pressure. Also learn how to change a tube and maintain your drivetrain. Program is taught by the bicycle experts from Scheels.

**TUESDAY 7:00 – 8:00 P.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 20</td>
<td>North Ridge Shelter,</td>
<td>9405.200</td>
</tr>
<tr>
<td></td>
<td>North Ridge Park</td>
<td></td>
</tr>
</tbody>
</table>

Price: Free, registration required, spots limited.

Kids Mountain Bike

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

**TUESDAY 7:00 – 8:00 P.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 11</td>
<td>9410.200</td>
</tr>
</tbody>
</table>

Price: Free, registration required.  
Location: Meet at Tom Harkin Trailhead

Singletrack Tuesdays

Meet at the Tom Harkin Trailhead on Tuesdays at 6:00 p.m. and ride with others who love natural surface trail riding. No registration or commitment, just drop in and ride with others. Choose ride leaders and sweepers from who shows up. All ability levels welcome.

Location: Tom Harkin Trailhead, 719 Camp Cardinal Blvd.

Bike Helmets for Sale

The Coralville Parks and Recreation Department in cooperation with Safe Kids Johnson County and Bell Sports are selling bike helmets for toddlers, children and adults again this year. Several styles and colors are available. Helmets are now on sale and will remain on sale as supplies last. Each helmet is priced at $12.00 and may be purchased at the front desk at the Coralville Rec. Center, 1506 8th Street.
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.

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).
Junior Golf Program

Brown Deer offers a junior golf program which includes unlimited golf, special golf clinics, and programs for the junior golfers ages 14-18 years old. Contact the Pro Shop for more details at 319-248-9300. Membership does not include motorized cart rental.

Junior Golf Membership: $400

Brown Deer Junior Camp

The Annual Brown Deer Junior Camp will be held in June with two sessions each day. Registration begins on April 1.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>June 13 – 15</td>
<td>8:00-9:30 a.m. or 10:30 a.m.-Noon</td>
</tr>
</tbody>
</table>

Price: $85 res. $95 non-res.
Age: 6-15
Note: Call the Pro Shop for more information or to register
Deadline: June 9

Green Fees

**Weekdays (Monday-Friday)**
- 9 Holes: $22
- 18 Holes: $32

**Weekends (Friday-Sunday & Holidays)**
- 9 Holes (before noon): $31
- 9 Holes (after noon): $26
- 18 Holes: $38

Cart Fees
(per person)
- 9 Holes: $11
- 18 Holes: $21

Driving Range
- Small: $5
- Medium: $9
- Large: $14

Play Packages

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

Coralville residents also receive an extra $25 credit for purchasing a golf play package.

Play Packages can be used for green fees, cart fees and range balls. The balance carries over from season to season.

Bunkers Bar and Grill

Hours
11:00 a.m. – 8:00 p.m.

Bunkers at Brown Deer, LLC, is our food and beverage provider at Brown Deer Golf Course. Enjoy fresh food, flexible menus and delicious flavor in a relaxed atmosphere. Dine outside and enjoy a game of bags or use the putting green while we prepare your meal fresh every day. Stay past 8:00 p.m. for drinks and appetizers as long as we have guests.

Are you planning a special event? Consider the upstairs banquet space, The Green View at Brown Deer. For catering information, complete an event inquiry form at www.browndeergolf.org or call 319-248-9303. Bunkers at Brown Deer LLC will work with you to create a memorable event with great food and a spectacular view.
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.

April
14-16 | U of Iowa School of Music: Giuseppe Verdi’s La Traviata
20 | Silver Swing
23 | MOST Benefit
25 | Iowa City Youth Choir

May
5-7, 12-14 | Dancing at Lughnasa, presented by City Circle Theatre Company
20-21 | Nancy Cree Spring Recitals

June
8 | The World Famous Glenn Miller Orchestra
23-25 | Frozen JR., presented by Young Footlitters Youth Theatre

July
14-16, 21-23 | Disney’s High School Musical, presented by City Circle Theatre Company

Please check the CCPA website for upcoming events at CoralvilleArts.org.
Summer Camps 2023

All are welcome!
Register at www.Coralville.org/RecRegister

There’s No Business Like Show Business!

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 12 – 16</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>9930.200</td>
</tr>
<tr>
<td>June 12 – 16</td>
<td>2:00-5:00 p.m.</td>
<td>9930.201</td>
</tr>
</tbody>
</table>

Price: $70 res. $87.50 non-res.
Location: CCPA Rehearsal Hall
Age: 7-9
Note: Scholarships available for students with financial need! Visit CoralvilleArts.org/Scholarships to learn more and apply

Footlitters Traveling Playhouse: The Vanishing of the Jolly Roger

Anchors aweigh! When the Jolly Roger vanished into the Bermuda Triangle three hundred years ago, the world thought it was gone for good... until now. Join this swashbuckling pirate crew on an island adventure as they learn what is possible when we work together. Designed for students at all levels of theatre experience, campers will audition, rehearse, and perform a musical alongside three professional teaching artists...in one week! The Vanishing of the Jolly Roger is a brand-new production with a script by Katie Colletta and original music by Jason Sifford.

A public performance is held on Friday evening at 6:30 p.m. A camp t-shirt and tickets to the final performance are included in your registration. Campers will need to bring a sack lunch and a water bottle each day.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 12 – 16</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>9905.200</td>
</tr>
<tr>
<td>June 26 – 30</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>9905.201</td>
</tr>
<tr>
<td>July 24 – 28</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>9905.202</td>
</tr>
</tbody>
</table>

Location: CCPA Rehearsal Hall
Age: 7-18
Note: Scholarships available for students with financial need! Visit CoralvilleArts.org/Scholarships to learn more and apply

Popcorn Players – Actor Detectives

Exploring what makes a character tick is a job for the Actor Detectives! In this session, students will use their powers of imagination and observation to become a wide variety of characters. Campers will learn about the power of teamwork to tell a story (and solve a mystery!) while building creativity and confidence.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 26 – 30</td>
<td>9:00-11:00 a.m.</td>
<td>9925.200</td>
</tr>
<tr>
<td>June 26 – 30</td>
<td>1:00-3:00 p.m.</td>
<td>9925.201</td>
</tr>
</tbody>
</table>

Price: $70 res. $87.50 non-res.
Location: CCPA Rehearsal Hall
Age: 5-7
Note: Scholarships available for students with financial need! Visit CoralvilleArts.org/Scholarships to learn more and apply

The Audition Bootcamp

Led by professional acting teachers and directors, The Audition Bootcamp prepares high school students to rock auditions for school shows and colleges. Practice monologues, performance skills, cold-reading techniques, song selection, and so much more! Fine-tune your technique and nail every audition!

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 5 – 7</td>
<td>10:00 a.m.-12:00 p.m.</td>
<td>9900.200</td>
</tr>
<tr>
<td>July 5 – 7</td>
<td>2:00-4:00 p.m.</td>
<td>9900.201</td>
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</tbody>
</table>

Price: $75 res. $93.75 non-res.
Location: CCPA Rehearsal Hall
Age: 12-18
Note: Scholarships available for students with financial need! Visit CoralvilleArts.org/Scholarships to learn more and apply

Actors, Animals, & Antics (Oh My!)

Calling all performers on the prowl! Young actors will use their powers of imagination to become a wild array of creatures (both real and imaginary!) while learning the basics of telling a story through acting. Campers will build confidence and creativity by working together!

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 10 – 14</td>
<td>9:00-11:00 a.m.</td>
<td>9910.200</td>
</tr>
<tr>
<td>July 10 – 14</td>
<td>1:00-3:00 p.m.</td>
<td>9910.201</td>
</tr>
</tbody>
</table>

Price: $70 res. $87.50 non-res.
Location: CCPA Rehearsal Hall
Age: 5-7
Note: Scholarships available for students with financial need! Visit CoralvilleArts.org/Scholarships to learn more and apply
Cabaret Intensive:
The Golden Age of Broadway
Life is a cabaret, old chum, so step into the spotlight! Middle and high school students will work together to craft a cabaret performance showcasing their vocal stylings, quick wit, and personal flair onstage. This class is perfect for the older student interested in putting it all together with music, dance, and acting skills.

**DATE** | **TIME** | **CLASS #**
--- | --- | ---
July 17 – 21 | 9:00 a.m.-1:00 p.m. | 9915.200

Location: CCPA Rehearsal Hall
Age: 12-18
Note: Scholarships available for students with financial need! Visit CoralvilleArts.org/Scholarships to learn more and apply

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

**DATE** | **TIME** | **CLASS #**
--- | --- | ---
July 24 – 26 | 9:00 a.m.-12:00 p.m. | 9935.200
July 24 – 26 | 2:00-5:00 p.m. | 9935.201

Price: $50 res. $60 non-res.
Location: CCPA Rehearsal Hall
Age: 10-18
Note: Scholarships available for students with financial need! Visit CoralvilleArts.org/Scholarships to learn more and apply

Footliters Traveling Playhouse:
The Call of the Matterhorn
High above the foothills of the Swiss alps, one snowy mountain towers above them all – a mountain only for the bravest of heart. Join us for a musical adventure filled with magic, mystery, and tests of true character! Designed for students at all levels of theatre experience, campers will audition, rehearse, and perform a musical alongside three professional teaching artists...in one week! The Call of the Matterhorn is a new production with a script by Katie Colletta and original music by Jason Sifford. A public performance is held on Friday evening at 6:30 p.m. A camp t-shirt and tickets to the final performance are included in your registration. Campers will need to bring a sack lunch and a water bottle each day.

**DATE** | **TIME** | **CLASS #**
--- | --- | ---
July 31 – Aug 4 | 9:00 a.m.-12:00 p.m. | 9905.204

Location: CCPA Rehearsal Hall
Age: 7-18
Note: Scholarships available for students with financial need! Visit CoralvilleArts.org/Scholarships to learn more and apply

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

**DATE** | **TIME** | **CLASS #**
--- | --- | ---
Aug. 7 – 11 | 9:00 a.m.-12:00 p.m. | 9940.200
Aug. 7 – 11 | 2:00-5:00 p.m. | 9940.201

Price: $70 res. $87.50 non-res.
Location: CCPA Rehearsal Hall
Age: 9-12
Note: Scholarships available for students with financial need! Visit CoralvilleArts.org/Scholarships to learn more and apply
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.

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

We Welcome Children...
We welcome people of all ages to our recreation facilities. For the safety and well being of the children attending the Recreation Center and pools, we have set the following supervision parameters:
• Any child below 5th grade must be accompanied by an adult in the Recreation Center area of the facility. The adult may not be in the swimming pool area at the times the child is in the recreation area of the facility (or vice-versa).
• Parents or responsible adults must accompany children to the pools until the child is nine (9) years of age and possesses proficient swimming ability to be on their own. Lifeguards may test child for their swimming ability.

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

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

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

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

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

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

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

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

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

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

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

<table>
<thead>
<tr>
<th>ADULT</th>
<th>LAST</th>
<th>FIRST</th>
<th>MI</th>
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<tbody>
<tr>
<td>ADDRESS</td>
<td>CITY/STATE/ZIP</td>
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<tr>
<td>TELEPHONE: HOME</td>
<td>WORK</td>
<td>EMERGENCY</td>
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<tr>
<td>E-MAIL ADDRESS</td>
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<table>
<thead>
<tr>
<th>Activity No.</th>
<th>Participant’s Name</th>
<th>Birthdate</th>
<th>T-shirt size</th>
<th>Activity Name</th>
<th>Price</th>
</tr>
</thead>
</table>

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 ____________
Summer of the Arts Movie at Dusk:
May 20 at Brown Deer Golf Course

Summer of the Arts Movie at Dusk:
June 10 at S.T. Morrison Park

Coralville welcomes the 50th anniversary of RAGBRAI on July 28.

For volunteer opportunities go to: www.coralvilleragbrai.com

RAGBRAI
ONE OF A KIND • SINCE 1973
JULY 22-29, 2023 • 500 MILES