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

<table>
<thead>
<tr>
<th>Registration Method</th>
<th>Date You Can Begin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online for some programs at <a href="http://www.coralville.org">www.coralville.org</a></td>
<td>Sat., Aug. 12, 8:00 a.m.</td>
</tr>
<tr>
<td>Master Card, Visa, Discover, American Express</td>
<td></td>
</tr>
<tr>
<td>In Person at Coralville Recreation Center</td>
<td>Sat., Aug. 12, 8:00 a.m.</td>
</tr>
<tr>
<td>Cash, Check, Master Card, Visa, or Discover</td>
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<tr>
<td>Phone at 319-248-1750</td>
<td>Sat., Aug. 12, 12:00 p.m.</td>
</tr>
<tr>
<td>Master Card, Visa, or Discover</td>
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</tbody>
</table>

Parks & Recreation Commission
The Parks and Recreation Commission is a volunteer board, which reviews and recommends policies, rules, and budgets relating to parks, playgrounds, and recreation programs. They meet on the third Monday of each month at 7:00 p.m. Agenda, minutes, and meeting locations are posted on our website at www.coralville.org.

Fred Fevold, Chair 319-338-4906
Marti Mount 319-337-9865
Kevin Goulding 319-330-8017
Mackensie Graham 319-859-5419
Dhuha Tawil 319-491-5929
Keith Jones, Council Representative 319-351-2396
special events

Iowa Mountain Bike Festival
Our 4th annual Iowa Mountain Bike Festival will be held on Sunday, Oct. 1st at Creekside Park. The festival will offer demonstrations, vendors, and group rides. This event is for trail enthusiasts to those just beginning to ride on the dirt trails. Come experience the Creekside Flow Trail, the Connector Trail, and the Woodpecker Singletrack and enjoy the beauty of autumn on your ride.
Hosted by the Iowa Bicycle Coalition and the City of Coralville. www.iowacyclingcoalition.org

SUNDAY
DATE TIME
Oct. 1 11:00 a.m. - 3:00 p.m.
Price: Free
Location: Creekside Park
Note: Concession stand open for food and beverage sales.

Rise & Shine with 9Round
It’s time to power our way into fall with a workout for all ages in S.T. Morrison Park! Join the trainers from 9Round Kickboxing in Coralville for a full body workout. Training begins with learning basic kicking and punching, preparing your mind and body for the 9Round workout. The workout consists of 9 three minute sets that include basic kickboxing moves and functional fitness for a full-body workout. Youth 8+ may register for the class, if accompanied by a parent or guardian.

SUNDAY
DATE TIME CLASS #
Sept. 24 11:00 a.m.-12:00 p.m. 9700.300
Price: $5 res. $6.25 non-res.
Age: 16+, youth 8+ if accompanied by an adult
Location: Hilltop Shelter in S.T. Morrison Park

North Ridge Pavilion 20th Anniversary
We are celebrating the 20th year anniversary of the North Ridge Pavilion with an open house. Plan to stop by our celebration to see the venue, review rental options and set-up of the facility, and learn about the North Ridge Park playground enhancements. Refreshments will be provided. Celebrate this wonderful community amenity that’s hosted so many friend and family special occasions.

TUESDAY
DATE TIME
Sept. 26 4:30-6:30 p.m.
Price: Free

Coralville Recreation Center 50th Birthday Party
Celebrate like it’s 1973, with a groovy party to honor the Coralville Recreation Center and the many memories made and to be made recreating! Play 1970's inspired gym games, win a cupcake in our cake walk, braid a macramé bracelet, and play a little 4-Square, the Grand Prize Game, knockout or ping-pong party games. Swim at our indoor pool at 1973 prices, just $1 per person.

SUNDAY
DATE TIME
Oct. 29 1:00-3:30 p.m.
Tiny Tumblers
Tiny Tumblers is an introduction to tumbling skills with a focus on coordination and strength building skills. This class will concentrate on:
• Basic body control
• Basic strength exercises
• Basic flexibility exercises
Instructors will teach steps to achieve these goals. Prior tumbling experience not necessary for your child to enjoy Tiny Tumblers.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Aug. 24 – Sept. 14</td>
<td>5:15-5:45 p.m.</td>
<td>5510.300</td>
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<tr>
<td>Sept. 28 – Oct. 19</td>
<td>5:15-5:45 p.m.</td>
<td>5510.301</td>
</tr>
<tr>
<td>Nov. 2 – Nov. 30</td>
<td>5:15-5:45 p.m.</td>
<td>5510.302</td>
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</tbody>
</table>

No class Nov. 23

Price: $28 res. $35 non-res.
Age: 2-3
Note: An adult needs to accompany the child.
Deadline: One week prior to the start of the session

Little Leapers
Little Leapers will learn exercises and activities that will emphasize basic tumbling skills and the development of muscular coordination, strength, and flexibility. Little Leapers will focus on:
• Basic body control
• Basic strength exercises
• Basic flexibility exercises
• Forward and backward rolls
We will teach the steps of achieving these goals and we do not require any knowledge of tumbling practices or require any experience. Participants must attend the class independently, without a parent or guardian.

**THURSDAY**

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<tbody>
<tr>
<td>Aug. 24 – Sept. 14</td>
<td>6:00-6:45 p.m.</td>
<td>5595.300</td>
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<tr>
<td>Sept. 28 – Oct. 19</td>
<td>6:00-6:45 p.m.</td>
<td>5595.301</td>
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<tr>
<td>Nov. 2 – Nov. 30</td>
<td>6:00-6:45 p.m.</td>
<td>5595.302</td>
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</table>

No class Nov. 23

Price: $28 res. $35 non-res.
Age: 4-5
Note: Participants are encouraged to bring a water bottle.
Deadline: One week prior to the start of the session

PRESCHOOL GYMNASTICS
PRESCHOOL PROGRAMS

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 skill development; 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. Participants must attend class independently, without a parent or guardian.

THURSDAY

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<thead>
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<th>TIME</th>
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<tbody>
<tr>
<td>Aug. 24 – Sept. 14</td>
<td>7:00-7:45 p.m.</td>
<td>5520.300</td>
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<tr>
<td>Sept. 28 – Oct. 19</td>
<td>7:00-7:45 p.m.</td>
<td>5520.301</td>
</tr>
<tr>
<td>Nov. 2 – Nov. 30</td>
<td>7:00-7:45 p.m.</td>
<td>5520.302</td>
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</tbody>
</table>

No class Nov. 23

Price: $28 res. $35 non-res.
Age: 6-8
Note: Participants are encouraged to bring a water bottle.
Deadline: One week prior to the start of the session

PRESCHOOL DANCE

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

Toddler & Me
Dance for children 18 months to 3 years of age. Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. Class includes mom, dad or another loved one participating in the class moving for the little dancer. Teachers will keep the music and curriculum moving for our little dancers. Tippi Toes Dance 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.

WEDNESDAY 5:30-6:00 P.M.

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Aug. 30 – Oct. 18</td>
<td>$110 res. $137.50 non-res. 5580.300</td>
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<tr>
<td>Oct. 25 – Dec. 13</td>
<td>$95 res. $118.75 non-res. 5580.301</td>
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</tbody>
</table>

No class Nov. 22

Price: $28 res. $35 non-res.
Age: 1.5-3
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>
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<tbody>
<tr>
<td>Sept. 12 – Oct. 3</td>
<td>9:30-10:10 a.m.</td>
<td>5500.300</td>
</tr>
<tr>
<td>Oct. 10 – Oct. 31</td>
<td>9:30-10:10 a.m.</td>
<td>5500.301</td>
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<tr>
<td>Nov. 14 – Dec. 5</td>
<td>9:30-10:10 a.m.</td>
<td>5500.302</td>
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</tbody>
</table>

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

Poms/Hip Hop
Using popular and current music, the students start learning choreography quickly as well as various dance elements including isolations, jumps, turns, and current hip hop and poms techniques. Students in this class will work on formations, develop teamwork skills, build self-confidence and improve rhythm all in a fun environment. Our version of Hip Hop/Poms is extremely tasteful and clean, and our priority is offering age-appropriate material.

WEDNESDAY 6:15-7:15 P.M.

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 30 – Oct. 18</td>
<td>$170 res. $212.50 non-res. 5570.300</td>
<td></td>
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</tbody>
</table>

No class Nov. 22

Grade: K-2
Deadline: One week prior to the start of the session
Baby Ballet
Dance for children 2-3 years of age. Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. Class is for children who are able to participate in class on their own, without parental involvement. Teachers will keep the music and curriculum moving along to provide a fun and positive experience.

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Aug. 31 – Oct. 19</td>
<td>$110 res. $137.50 non-res.</td>
<td>5585.300</td>
</tr>
<tr>
<td>Oct. 26 – Dec. 14</td>
<td>$95 res. $118.75 non-res.</td>
<td>5585.301</td>
</tr>
</tbody>
</table>

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

Ballet, Tap, & Jazz Combo
Class incorporates ballet, tap, jazz styles & techniques, encouraging self-expression and creativity for children 4-5 years old. High energy music is played throughout the class to get dancers moving, using imagination and having fun.

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>PRICE</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Aug. 31 – Oct. 19</td>
<td>$140 res. $175 non-res.</td>
<td>5590.300</td>
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<tr>
<td>Oct. 26 – Dec. 14</td>
<td>$125 res. $156.25 non-res.</td>
<td>5590.301</td>
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</table>

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

Children’s Yoga
Designed to teach your child mindfulness, calming techniques, and physical activity through games, songs, stories, imaginative play, yoga poses, meditation, and activities. This class is led by Grace Balison, 90 hour Children’s Yoga Certified Instructor.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Oct. 4 – Oct. 25</td>
<td>6:00-6:45 p.m.</td>
<td>7405.300</td>
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</tbody>
</table>

Age: 5-7 yrs
Location: North Ridge Pavilion
Deadline: One week prior to the start of the session

Kids’ Night In
Parents! Get your social life back on track! Go out “guilt-free” and have fun knowing that your children are having a blast. Why scramble for a sitter when you can bring your kids to Van Allen Elementary for our Kids’ Night In? Check out that restaurant... catch a movie... enjoy a relaxing evening... hang out with friends... or just have a quiet night in... all while your kids are enjoying a fun-filled evening of themed games, crafts, pizza and more! Some nights we will be featuring a movie that will be rated either G or PG. All families living in Coralville and all students who attend James Van Allen pay the resident rate.

**FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
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<tbody>
<tr>
<td>Sept. 22</td>
<td>6:00-9:00 p.m.</td>
<td>3300.300</td>
</tr>
<tr>
<td>Nov. 3</td>
<td>6:00-9:00 p.m.</td>
<td>3300.301</td>
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<tr>
<td>Dec. 1</td>
<td>6:00-9:00 p.m.</td>
<td>3300.302</td>
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</table>

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

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

**SUNDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Nov. 5</td>
<td>2:00-5:00 p.m.</td>
<td>4620.300</td>
</tr>
<tr>
<td>Dec. 3</td>
<td>2:00-5:00 p.m.</td>
<td>4620.301</td>
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</table>

Price: $30 res. $37.50 non-res.
Grade: Entering K – 6th
Limit: 20 Participants
Location: Kate Wickham Elementary (Community Room)
Deadline: 72 Hours Before Date

Nerf Battle Royale
Calling all Nerf Warriors! The Coralville Recreation Center is under attack and needs your help! In this evening of nerf games, participants will battle it out playing different games, Nerf style. All Nerf gun pellets, eye protection, a snack and drink are provided. Participants are encouraged to bring their own Nerf gun. Limited supply of nerf guns available. During this event the rec center will be closed to the public; must be registered to attend.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Nov. 4</td>
<td>6:00-8:00 p.m.</td>
<td>5825.300</td>
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</tbody>
</table>

Price: $35 res. $43.75 non-res.
Grade: 2-6
Deadline: Oct. 28
Engineering Challenge #1: Parachutes & Landing Gear
Attention all future engineers, inventors, and scientists! Your expertise is needed to help design parachutes and landing gear to keep some precious, and easily breakable cargo, safe. Join us to complete the first engineering challenge, the egg drop! See what you can create to keep your egg safe, and learn about how new technology works to keep us safe the same way!

SATURDAY

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<thead>
<tr>
<th>DATE</th>
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<th>CLASS #</th>
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<tbody>
<tr>
<td>Oct. 7</td>
<td>7:00-8:30 p.m.</td>
<td>5800.300</td>
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</table>

Price: $20 res. $25 non-res.
Location: Borlaug Elementary
Grade: 3-6
Deadline: Sept. 30

Mini Sports Fan Kit
Go Team, Go! It doesn’t matter who you cheer for or who wins. It is just fun to be part of the crowd. Get ready to cheer alongside everyone at the big game when you become a Mini Sports Fan! Pick up your kit of sports themed crafts and activities to help you bring your energy and support your favorite players.

FRIDAY

<table>
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<tr>
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<tbody>
<tr>
<td>Sept. 1</td>
<td>3315.300</td>
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</table>

Price: $30 res. $37.50 non-res.
Grade: K-4
Note: Sports kit will be ready for pick-up by 1:00 p.m. on Friday, Sept. 1.
Deadline: 1 week prior to each class date

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>THEME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Dec. 22</td>
<td>Snow Much Fun</td>
<td>3310.300</td>
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<tr>
<td>Dec. 29</td>
<td>Arctic Adventure</td>
<td>3310.301</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Grade: K-4
Deadline: 1 week prior to each class date

Facebook
facebook.com/coralvilleparksandrecreation
Twitter
twitter.com/cvilleparksrec
Instagram
instagram.com/coralvilleparksrec
Tiny Tigers Taekwondo
This program is designed for children ages 4 through 7. Tiny Tigers 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 direction with a heavy focus on basic life skills.

**TUESDAY/THURSDAY**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Sept./Oct.</td>
<td>6:00-6:30 p.m.</td>
<td>7000.300</td>
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<tr>
<td>Nov./Dec.</td>
<td>6:00-6:30 p.m.</td>
<td>7000.301</td>
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Price: $100 res. $125 non-res.
Age: 4-7

Advanced Tiny Tigers
Students in this class have graduated from 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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<tr>
<td>Sept./Oct.</td>
<td>5:30-6:00 p.m.</td>
<td>7025.300</td>
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<tr>
<td>Nov./Dec.</td>
<td>5:30-6:00 p.m.</td>
<td>7025.301</td>
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</table>

Price: $100 res. $125 non-res.
Age: 4-7
General Info
The goals of the Coralville Parks & Recreation Department are for participants to learn the fundamentals of the sport and to have FUN! Please help us achieve our goals by reinforcing that participation is important, having fun is a necessity and that winning or losing a game does not determine success or failure.

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

**YOUTH SPORTS**

**Pee Wee Games**

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

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<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>Sept. 11 – Oct. 9</td>
<td>6:00-6:45 p.m.</td>
<td>6305.300</td>
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</table>

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

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

**MONDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Nov. 6 – Dec. 4</td>
<td>6:00-6:45 p.m.</td>
<td>6300.300</td>
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</tbody>
</table>

Price: $32 res. $40 non-res.
Age: 4-5
Deadline: Oct. 29

**Tiny Tot Soccer**
Tiny Tot Soccer is designed for children ages 3-6. The program will emphasize socialization, fun and good sportsmanship. The season will be 6 weeks long. Each team will play for 45 minutes; the first 20 minutes will be used to teach skills and the last 20-25 minutes will be spent playing a scrimmage. Each child will receive a team t-shirt.

**5:45-6:30 P.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>AGE</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 11 – Oct. 16</td>
<td>Mon.</td>
<td>3-4</td>
<td>6000.300</td>
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<tr>
<td>Sept. 11 – Oct. 16</td>
<td>Mon.</td>
<td>5-6</td>
<td>6000.301</td>
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<tr>
<td>Sept. 13 – Oct. 18</td>
<td>Wed.</td>
<td>3-4</td>
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<tr>
<td>Sept. 13 – Oct. 18</td>
<td>Wed.</td>
<td>5-6</td>
<td>6000.303</td>
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Price: $45 res. $56.25 non-res.
Location: Coralville Youth Sports Park
Deadline: Aug. 28
Supreme Flag League

The Supreme Flag League is an NFL Flag affiliated league for the cities and surrounding communities of Coralville, North Liberty, and Tiffin. The mission of the Supreme Flag League is to provide an accessible, inclusive, active, organized and safe flag football league for youth in grades 1-8. It will emphasize skill development, sportsmanship, total participation and fun. Teams will be formed in North Liberty, Tiffin, and Coralville. If your child is registered in Coralville, they will be placed on a Coralville team. If your child is signed up through North Liberty or Tiffin Recreation, they will be placed on a North Liberty or Tiffin team. All Coralville participants are placed on teams by school. If there are not enough kids signed up to make a full roster or too many kids registered from that particular school, they will be assigned with another school. There will be one practice per week scheduled by the coach. Volunteer coaches are needed for this program.

SUNDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>GRADE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Aug. 27 - Oct. 22</td>
<td>1-2</td>
<td>12:00-6:00 p.m.</td>
<td>6250.300</td>
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<tr>
<td>Aug. 27 - Oct. 22</td>
<td>3-4</td>
<td>2:00-6:00 p.m.</td>
<td>6250.301</td>
</tr>
<tr>
<td>Aug. 27 - Oct. 22</td>
<td>5-6</td>
<td>2:00-6:00 p.m.</td>
<td>6250.302</td>
</tr>
<tr>
<td>Aug. 27 - Oct. 22</td>
<td>7-8</td>
<td>2:00-6:00 p.m.</td>
<td>6250.303</td>
</tr>
</tbody>
</table>

All registered Supreme Flag League participants are invited to participate in mini-camps on Tuesday, Aug. 1 & Thursday, Aug. 3 located at the Tiffin Fields. Times for the mini-camps along with additional information will be e-mailed to enrolled Supreme Flag League participants. Mini camps will cover skills and basic fundamentals of flag football.

Price: $75 res. $93.75 non-res.  
Location: Tiffin fields  
Mini Camps: Aug. 1 and Aug. 3 for all SFL participants.  
Deadline: Aug. 7

Supreme Volleyball League

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

There will be a preseason camp for coaches and players on Tuesday, Aug. 15 at the North Liberty Recreation Center. Juniors: 5:15-6:45 p.m., Seniors 7:00-8:30 p.m.

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEAGUE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 29 - Oct. 24</td>
<td>Sr. Volleyball</td>
<td>6:00-8:15 p.m.</td>
<td>6600.300</td>
</tr>
<tr>
<td>Aug. 29 - Oct. 24</td>
<td>Jr. Volleyball</td>
<td>6:00-8:15 p.m.</td>
<td>6600.301</td>
</tr>
</tbody>
</table>

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

Supreme Basketball League

The Supreme Basketball League is a developmental league for kids to learn basic basketball fundamentals and to have fun. 1st-2nd grade teams will have practice before scheduled games on Saturday. An organized practice day is scheduled for Saturday, Jan. 6 for 1st-2nd grade teams, information will be e-mailed to the registered participants.  
The 3rd-4th grade and 5th-6th grade teams will have a practice on an alternate day of the week to be determined by the volunteer coach. Scores of games are not kept. Organized practices for 3rd-4th and 5th-6th grade teams will begin the week of Dec. 10. Location and time will be determined by the volunteer coaches’ availability and gym availability.  
Games are played at the Coralville Recreation Center, North Liberty Recreation Center, Buford Garner Elementary School, James Van Allen Elementary School and North Bend Elementary. Games will start on Saturday, Jan. 13, 2024.

Players will be assigned to teams based on the school they attend. If there are not enough kids signed up to make a full roster or too many kids registered from a particular school, participants may be assigned with players from another school.

SATURDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>GRADE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 6 – Feb. 24</td>
<td>1/2 Boys</td>
<td>9:00-4:00 p.m.</td>
<td>6050.300</td>
</tr>
<tr>
<td></td>
<td>1/2 Girls</td>
<td>9:00-4:00 p.m.</td>
<td>6050.301</td>
</tr>
<tr>
<td></td>
<td>3/4 Boys</td>
<td>9:00-3:00 p.m.</td>
<td>6050.302</td>
</tr>
<tr>
<td></td>
<td>3/4 Girls</td>
<td>9:00-3:00 p.m.</td>
<td>6050.303</td>
</tr>
<tr>
<td></td>
<td>5/6 Boys</td>
<td>9:00-2:00 p.m.</td>
<td>6050.304</td>
</tr>
<tr>
<td></td>
<td>5/6 Girls</td>
<td>12:00-5:00 p.m.</td>
<td>6050.305</td>
</tr>
</tbody>
</table>

Price: $55 res. $68.75 non-res.  
Note: Times are estimates. Teams can play anytime during the time frame listed.  
Deadline: Nov. 19

Pee Wee Flag Football

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

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS#</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 12 - Oct. 17</td>
<td>6:00-7:00 p.m.</td>
<td>6255.300</td>
</tr>
</tbody>
</table>

Price: $45 res. $56.25 non-res.  
Age: 5-6  
Location: Coralville Youth Sports Park Diamond #1  
Deadline: Aug. 28
Intro to Youth Lacrosse
Our Intro to Lacrosse program is open to kids in 2nd grade through 5th grade. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast paced, high scoring game. Participants will learn the fundamentals of stick handling, cradling, passing, and shooting, all in a fun, non-checking environment.

SUNDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 17 - Oct. 15</td>
<td>10:00-11:00 a.m.</td>
<td>6070.300</td>
</tr>
</tbody>
</table>

Price: $32.50 res. $40 non-res.
Grade: 2-5
Location: Coralville Youth Sports Park
Deadline: Sept. 25

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

TUESDAY & WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>GRADE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 7 – Dec. 20</td>
<td>1-3 Boys</td>
<td>5:30-6:30 p.m.</td>
<td>6015.300</td>
</tr>
<tr>
<td>Nov. 7 – Dec. 20</td>
<td>1-3 Girls</td>
<td>5:30-6:30 p.m.</td>
<td>6015.301</td>
</tr>
<tr>
<td>Nov. 7 – Dec. 20</td>
<td>4-6 Boys</td>
<td>6:30-7:30 p.m.</td>
<td>6015.302</td>
</tr>
<tr>
<td>Nov. 7 – Dec. 20</td>
<td>4-6 Girls</td>
<td>6:30-7:30 p.m.</td>
<td>6015.303</td>
</tr>
</tbody>
</table>

Price: $75 res. $93.75 non-res.
Age: 5-10
Location: GreenState Family Fieldhouse
Note: No practice on Nov. 21 and Nov. 22
Deadline: Oct. 22

Half Day Basketball Camp
Our Half Day Basketball Camp gives young players the chance to build and enhance a solid fundamental base in an energetic and positive environment. Campers will be placed into groups with players of similar age and skill level. Campers will work on offensive and defensive fundamentals with some fun contests to add excitement to the activities. Each camper should arrive 15-30 minutes prior to the start of the camp. The gym will be available for free shooting until camp begins. At the conclusion of camp, campers should be picked up by 12:15 p.m.

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 7</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>6030.300</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Grade: 3-6
Note: Check-in starts at 8:15 a.m.
Deadline: Oct. 23

Half Day Dodgeball Camp/Tournament
Looking to have some friendly competition to start your 3-day weekend? Come play some dodgeball! Campers will be placed into groups with players of similar age. Campers will learn dodgeball fundamentals and play some tournaments for prizes. Each camper should arrive 15-30 minutes prior to the start of the camp. The gym will be available for pickup dodgeball until camp begins. At the conclusion of camp, campers should be picked up by 12:15 p.m.

FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Nov. 17</td>
<td>9:00 a.m.-12:00 p.m.</td>
<td>6025.300</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
Grade: 3-8
Note: Check-in starts at 8:15 a.m.
Deadline: Nov. 8

Coralville Basketball Club
The CBC is for 5th – 8th students, who reside in Coralville or attend a school located in Coralville, who would like to work on their basketball skills and have some fun. Each session will include basic skills and working on basketball fundamentals, as well as some friendly competition. Volunteer coaches are needed for this program.

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>GRADE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 7 – Dec. 5</td>
<td>5-6</td>
<td>5:30-7:00 p.m.</td>
<td>6020.300</td>
</tr>
<tr>
<td>Nov. 7 – Dec. 5</td>
<td>7-8</td>
<td>7:15-8:45 p.m.</td>
<td>6020.301</td>
</tr>
</tbody>
</table>

Price: $20
Deadline: Oct. 30
Fall Softball League
If you missed summer softball or just don’t want the season to end, then our fall league is for you. Teams will be guaranteed 8 games. If schedule allows there will be double-headers.

TUESDAY/WEDNESDAY/THURSDAY
AUG. 22 – MID/END OF OCT.

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

Price:  Team fee $325
Note: A $6 non-resident fee applies to each non-Coralville resident team member.
Location: Coralville Creekside Ballpark
Deadline: Aug. 7

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

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 16 – Oct. 11</td>
<td>6:00-10:00 p.m.</td>
<td>6505.300</td>
</tr>
</tbody>
</table>

Price:  Team fee $280
Note: A $6 non-resident fee applies to each non-Coralville resident team member.
Location: Coralville Youth Sports Park
Note: Mandatory Manager’s Meeting – Wednesday, Aug. 9, 6:00 p.m. at the Coralville Recreation Center.
Deadline: July 31

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

THURSDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14 – Nov. 16</td>
<td>6:00-9:00 p.m.</td>
<td>6360.300</td>
</tr>
</tbody>
</table>

Price:  Team fee $150
Note: A $6 non-resident fee applies to each non-Coralville resident team member.
Location: Games will be played at the Green State Fieldhouse
Note: The league is open to the first 8 teams
Deadline: Sept. 3

Coed Volleyball League
Come bump, set & spike this fall. Grab some co-workers and stay in shape through the winter. The league will consist of 8 weeks of league play with a single elimination end of season tournament.

6:00-9:00 P.M.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 12 – Nov. 14</td>
<td>Tues.</td>
<td>6370.300</td>
</tr>
<tr>
<td>Sept. 13 – Nov. 15</td>
<td>Wed.</td>
<td>6370.301</td>
</tr>
</tbody>
</table>

Price:  Team fee $120
Note: A $6 non-resident fee applies to each non-Coralville resident team member.
Location: Tuesday – Green State Fieldhouse
          Wednesday – Coralville Recreation Center
Deadline: Sept. 3

Coed Kickball!
For all adults out there that need to relive those elementary school playground years or for those of you that still can’t let go of those childhood memories of being royalty of the kickball field, here is your opportunity. Join the Coralville Parks and Recreation Department adult Co-Rec Kickball League! Participants must be 18 years or older to play. At least 10 people must be on a team. Space is limited so don’t wait. You won’t want to miss this exciting opportunity to play like a kid again!

THURSDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 24 – Oct. 12</td>
<td>6:00-10:00 p.m.</td>
<td>6750.300</td>
</tr>
</tbody>
</table>

Price:  Team fee $160
Note: A $6 non-resident fee applies to each non-Coralville resident team member.
Location: Coralville Creekside Ballpark
Deadline: Aug. 14

Looking for a team?
Coralville Parks and Recreation Department may be able to help with our new free-agency program. How does it work? Contact the Coralville Recreation Center at 319-248-1750 or sign-up online at www.coralville.org and register as a free agent for the sport activity of your choice at no cost. We will create a roster of potential team members to provide to an existing team looking for additional team members. Unfortunately, we cannot guarantee placement on a team, but we will do our best to assist players with making a connection with existing teams. New teams may also be formed from the list of players. A team manager will be required in order to create the team. Fees to play will only be charged if a team is formed. For more information, Contact Erik Dinusson, Athletic Supervisor for Adult Sports. Submit your name and contact information for the sport or sports you wish to play.

Free Agent Flag Football  Free Agent Volleyball
Free Agent Basketball  Free Agent Wiffle Ball
Free Agent Softball

www.coralville.org/parksandrec
**Adult Pick-Up Basketball**

Do you eat, sleep, and play basketball? Monday just became your favorite day of the week with our adult pick-up basketball night! Meet up with members of community interested in playing a little pick-up ball. Registration is required prior to play, which can be done in advance or upon arrival.

**MONDAY 6:00-8:45 P.M.**

**Price:** $2 per person, per day

**Age:** Must be 18 years old or above to participate.

**Note:** Maximum is 24 persons per date, no exceptions.

First come, first serve.

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**ADULT ACTIVITIES**

Embroidery is a wonderful hobby that travels well. Classes below are taught by members of the Iowa Chapter of the American Needlepoint Guild. Materials for the project listed are included in the price. For all classes, students should bring scissors for cutting thread and don’t forget reading glasses if used. Classes are held at the Coralville Recreation Center. Classes are appropriate for learners 14 years and older. Participants who are 10-13 years old must be accompanied by an adult to participate. Classes are limited to 6 learners per class.

---

**Swedish (Huck) Weaving**

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

**DATE** | **TIME** | **CLASS #**
---|---|---
Sat., Sept. 23 | 10:00 a.m.-12:00 p.m. | 9300.300
Wed., Oct. 4 | 1:00-3:00 p.m. | 9300.301

**Price:** $40 res. $50 non-res.

**Age:** 14+

**Deadline:** Two weeks prior to the class.

---

**Cross Stitch**

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

**DATE** | **TIME** | **CLASS #**
---|---|---
Sat., Oct. 14 | 10:00 a.m.-12:00 p.m. | 9315.300
Wed., Oct. 25 | 1:00-3:00 pm. | 9315.301

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

**Age:** 14+

**Deadline:** One week prior to the class.

---

**Pattern Darning**

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

**DATE** | **TIME** | **CLASS #**
---|---|---
Sat., Sept. 2 | 10:00 a.m.-12:00 p.m. | 9305.300
Wed., Sept. 13 | 1:00-3:00 p.m.| 9305.301

**Price:** $25 res. $31.25 non-res.

**Age:** 14+

**Deadline:** One week prior to the class.

---

**Needlepoint Ornament**

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

**DATE** | **TIME** | **CLASS #**
---|---|---
Sat., Nov. 4 | 10:00 a.m.-12:00 p.m. | 9310.300
Wed., Nov. 15 | 1:00-3:00 pm. | 9310.301

**Christmas Tree**

**DATE** | **TIME** | **CLASS #**
---|---|---
Sat., Nov. 18 | 10:00 a.m.-12:00 p.m. | 9310.302
Wed., Dec. 6 | 1:00-3:00 pm. | 9310.303

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

**Age:** 14+

**Deadline:** One week prior to the class.
ADULT ACTIVITIES

**Exercise Program**
Starting an exercise program? Our exercise room is a pay-as-you-use facility, so it’s a great way to try different machines and strength training systems. Stationary and recumbent bikes, treadmills, elliptical, and Precor strength training system. Maximum of eight (8) patrons in the Exercise Room at one time. 30 minute time limit on each piece of equipment.

Drop-In $2  |  10 & 20 Punch Cards and 3, 6, and 12 month Passes available

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

**Zumba**
Dance your way to fitness with Zumba at the Coralville Recreation Center. This “feel good” workout in a no-stress, no-judgement class is instructed by Jamie Achrazoglou. Jamie has over 12 years of experience instructing Zumba and she can’t wait to share her passion with you. Zumba will be a great way to kick off your week!

**Celebrations Belle Riverboat Cruise (Oktoberfest River Cruise)**
This 750-passenger paddlewheel boat, the “Celebration Belle” is specifically designed for cruising the waterways of the great Mississippi River. The cruise will start off with a hot lunch buffet and offering the wonderful sights of the Mississippi River. To top this off Barefoot Becky & the Ivanhoe Dutchmen will have your toes a tapping. You can expect a mix of your favorite Oktoberfest polkas and waltzes and a mix of some party favorites. We will meet at the Coralville Recreation Center and we will provide transportation to and from the riverboat cruise.

**THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 28</td>
<td>9:00 a.m.-5:00 p.m.</td>
<td>8020.300</td>
</tr>
</tbody>
</table>

Price: $75 res. $93.75 non-res.
Limit: 10 participants
Deadline: Sept. 7

**Curse of the Parrot Island Treasure Murder Mystery Party**
Captain Jack Blacksparrow has sent word to the most notorious pirate crews of the Caribbean Sea that he is seeking to recruit pirates for a journey to find the legendary treasures on Parrot Island. Accordingly, Cap’n Jack has summoned everyone to the Pillagin’ Pirate Tavern - a land-lubbin’ waterin’ hole owned by the ex-Leader of the Privateers and most dangerous pirate at sea—Sir Henry Barburosa.

Any pirate looking to enjoy a break from the vile sea grog should sign up to attend this party. It will be an evening of pirate talk, deceit and a yo-ho-ho good time!

**FRIDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 6</td>
<td>7:00-9:30 p.m.</td>
<td>5815.300</td>
</tr>
</tbody>
</table>

Price: $35 res. $43.75 non-res.
Age: 21-99
Location: North Ridge Pavilion
Note: Guests of this event will be assigned a character. Characters will be sent out 1 week in advance so that you may dress your part! Please be prompt, as the party cannot start without all characters present.
Deadline: Oct. 25
Nature Walk
Fall is a great time to get out walking and admire the fall foliage. 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>Sept. 7</td>
<td>Muddy Creek Trail: meet at YSP</td>
</tr>
<tr>
<td>Oct. 5</td>
<td>M. A. Ewalt Recreation Area</td>
</tr>
<tr>
<td>Nov. 2</td>
<td>Biscuit Creek/Clear Creek Trail; meet at 1876 School House</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 conversations and learn a new skill from one another. Coffee, crafting, and conversations led by Director of Parks and Recreation Department, Sherri Proud.

**1ST & 3RD THURSDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Sept. 7 &amp; 21</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Oct. 5 &amp; 19</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Nov. 2 &amp; 16</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Dec. 7 &amp; 21</td>
<td>9:30-11:30 a.m.</td>
</tr>
</tbody>
</table>

Note: Free

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. Please register in advance to ensure adequate seating is reserved at the restaurant.

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 12</td>
<td>Foundry Food and Tap</td>
<td>8010.300</td>
</tr>
<tr>
<td>Oct. 3</td>
<td>Barrel House</td>
<td>8010.301</td>
</tr>
</tbody>
</table>

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

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>Sept. 20*</td>
<td>11:30 a.m.-1:00 p.m.</td>
</tr>
</tbody>
</table>

*Rain Date: Sept. 21

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

engAGE Lunchtime League
Let’s do lunch! When the weather gets colder it’s time to spend time indoors socializing, learning, and enjoying good food together. The $5 registration fee provides lunch, table service, coffee and water. Please register by Thursday before the lunch date.

**MONDAY 12:00-1:30 P.M.**

<table>
<thead>
<tr>
<th>DATE</th>
<th>MEAL</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 13</td>
<td>Olive Garden &amp; Bingo</td>
<td>8000.300</td>
</tr>
<tr>
<td>Dec. 11</td>
<td>Hy-Vee &amp; Gift Exchange</td>
<td>8000.301</td>
</tr>
</tbody>
</table>

Price: $5
Age: 55+
Deadline: 1 week prior to the lunch date.

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

**MONDAY/WEDNESDAY/FRIDAY**

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

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

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

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

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

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

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

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

<table>
<thead>
<tr>
<th></th>
<th>Pool Pass Only</th>
<th></th>
<th>Pool &amp; Exercise</th>
<th></th>
<th>Exercise Room Only</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>3-Month Single</td>
<td>$120</td>
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<td>$145</td>
<td>$177</td>
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<tr>
<td>3-Month Couple</td>
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<td>3-Month Additional</td>
<td>$25/person</td>
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<td>6-Month Single</td>
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<tr>
<td>6-Month Additional</td>
<td>$35/person</td>
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<tr>
<td>12-Month Single</td>
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<td>$55/person</td>
<td>$60/person</td>
<td>$30/person</td>
<td>$35/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>
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<tr>
<td>10 punch</td>
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<td>$45</td>
</tr>
<tr>
<td>20 punch</td>
<td>$36</td>
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<td>$90</td>
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### Aquacise

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

### Swim Meet Schedule

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

- August 15, 22, 29
- September 5, 12
- October 3, 30
- November 6
- December 5, 14, 18
- January 11

Time: 8:00-8:45 a.m.
Drop-in: $8
Note: Maximum enrollment is 15 participants.
“Wee” Swim  
(6-36 months)

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.

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

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

Preschool Aquatics  
(3-4 year old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoying social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it’s safety first. Children should be comfortable in a group learning situation and be able to stand alone in 2'8” depth of water. Upon successful completion of Preschool Aquatics and the child has reached the age of 5, they can enter Red Cross Level 1, 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. Lesson 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 are performed with assistance.
• Enter water by stepping in from a deck or low height
• Exit water using ladder, steps or side
• Bobbing, 5 times
• Open eyes under water and retrieve submerged objects
• Front glide (2 body lengths) and Front float (3 seconds)
• Back glide (2 body lengths) and Back float (5 seconds)
• Roll from front to back and back to front
• Tread water using arm and leg actions (15 seconds) in shoulder deep water
• Combined arm and leg actions on front and back (3 body lengths)
• Finning arm action on back (3 body lengths)
• Plus age-appropriate water safety topics

PRESCHOOL III
Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Skills are performed independently.
• Enter water by jumping in shoulder deep water
• Fully submerge and hold breath (10 seconds)
• Bobbing (10 times)
• Rotary breathing (5 times)
• Front, jellyfish and tuck floats (10 seconds)
• Back float (15 seconds); Back glide (3 body lengths)
• Change direction of travel while swimming on front or back
• Tread water (30 seconds)
• Combined arm and leg actions on front and back (5 body lengths)
• Finning arm action on back (5 body lengths)
• Plus age-appropriate water safety topics
## ITP Monday Evening
### SEPT. 11 – OCT. 23

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>5:30-6:00 p.m.</td>
<td>Wee</td>
<td>1800.310</td>
</tr>
<tr>
<td></td>
<td>PS I</td>
<td>1900.310</td>
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<tr>
<td></td>
<td>PS II</td>
<td>1950.310</td>
</tr>
<tr>
<td>6:10-6:40 p.m.</td>
<td>PS I</td>
<td>1901.310</td>
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<tr>
<td></td>
<td>PS II</td>
<td>1951.310</td>
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<td></td>
<td>PS III</td>
<td>1975.310</td>
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</table>

Price: $42 res. $52.50 non-res.
Note: 7 classes at 30 minutes

## ITP Wednesday Evening I
### SEPT. 13 - OCT. 11

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>5:30-6:00 p.m.</td>
<td>PS I</td>
<td>1902.310</td>
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<tr>
<td></td>
<td>PS II</td>
<td>1952.310</td>
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<tr>
<td></td>
<td>PS III</td>
<td>1976.310</td>
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<tr>
<td>6:10-6:40 p.m.</td>
<td>Wee</td>
<td>1801.310</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1953.310</td>
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<tr>
<td></td>
<td>PS III</td>
<td>1977.310</td>
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</table>

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

## ITP Wednesday Evening II
### OCT. 18 - NOV. 15

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
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<tr>
<td>5:30-6:00 p.m.</td>
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<td>1802.310</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1954.310</td>
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<tr>
<td></td>
<td>PS III</td>
<td>1978.310</td>
</tr>
<tr>
<td>6:10-6:40 p.m.</td>
<td>PS I</td>
<td>1903.310</td>
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<tr>
<td></td>
<td>PS II</td>
<td>1955.310</td>
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<tr>
<td></td>
<td>PS III</td>
<td>1979.310</td>
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</table>

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

## ITP Saturday/Sunday I
### SEPT. 17 – OCT. 14

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Wee</td>
<td>1803.300</td>
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<tr>
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<td>PS I</td>
<td>1904.300</td>
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<tr>
<td>11:30-12:00 p.m.</td>
<td>PS II</td>
<td>1956.300</td>
</tr>
<tr>
<td></td>
<td>PS III</td>
<td>1980.300</td>
</tr>
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</table>

Price: $30 res. $37.50 non-res.
Note: Saturdays: Sept. 23, Oct. 14
Sundays: Sept. 17, Oct. 1, 8

## ITP Saturday/Sunday II
### OCT. 22 - NOV. 19

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
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<tbody>
<tr>
<td>9:30-10:00 a.m.</td>
<td>Wee</td>
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<tr>
<td></td>
<td>PS II</td>
<td>1957.300</td>
</tr>
<tr>
<td>11:30-12:00 p.m.</td>
<td>PS I</td>
<td>1905.300</td>
</tr>
<tr>
<td></td>
<td>PS II</td>
<td>1958.300</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.
FYI: 5 classes at 30 minutes
Note: Saturdays: Oct. 28, Nov. 4
Sundays: Oct. 22, Nov. 12, 19

*On the weekend of University of Iowa home football games, class will be held on Sunday at the same scheduled time.*
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. Please note: We follow American Red Cross swim lessons curriculum. North Liberty offers similar lessons, however the titles and class format are different from Red Cross. Please read our descriptions below to help you place your child in the appropriate class level.

- REGISTRATIONS: In order to give everyone a chance to participate in swim lessons we allow only one registration, private lesson, or wait list registration at a time. You may sign up for the next available class at the completion of your current session.

Red Cross Level Descriptions

Please be advised it may take multiple sessions for your child to move on. Each level has very specific skills that must be mastered, in order to move to the next level. To help your child we encourage you to visit the pool during open swim and let your child practice what they have learned 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)
- Back float (5 seconds)
- Roll from front to back and back to front
- Tread water using arm and hand actions (chest deep water)
- Alternating and simultaneous arm and leg actions on front and back (2 body lengths)
- Combined arm and leg actions on front and back (2 body lengths)

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

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

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

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

Level 6—Swimming and Skill Proficiency
All options include the following skills:
- 100 yards each: Front Crawl; Elementary backstroke
- 50 yards each: Back crawl; Breaststroke; Sidestroke; Butterfly
- Turns: Front open; Backstroke open; Front flip; Backstroke flip; Sidestroke; Butterfly; Breaststroke

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

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

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

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

### Red Cross Monday Evening
**SEPT. 11 – OCT. 23**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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<tbody>
<tr>
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<td>Level 2</td>
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<tr>
<td></td>
<td>Level 3</td>
<td>1300.310</td>
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Price: $42 res. $52.50 non-res.  
Note: 7 classes at 30 minutes

### Red Cross Wednesday Evening I
**SEPT. 13 – OCT. 11**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>6:50-7:20 p.m.</td>
<td>Level 1</td>
<td>1101.310</td>
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<tr>
<td></td>
<td>Level 2</td>
<td>1201.310</td>
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<tr>
<td></td>
<td>Level 3</td>
<td>1301.310</td>
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</tbody>
</table>

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

### Red Cross Wednesday Evening II
**OCT. 18 – NOV. 15**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>CLASS #</th>
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<tbody>
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<td>Level 2</td>
<td>1202.310</td>
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<td>Level 3</td>
<td>1302.310</td>
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Price: $30 res. $37.50 non-res.  
Note: 5 classes at 30 minutes

### Red Cross Wednesday Evening II
**OCT. 17 – OCT. 14**

<table>
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<th>TIME</th>
<th>CLASS</th>
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<tbody>
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<td>1203.310</td>
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<td>Level 5</td>
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<td>10:50-11:20 a.m.</td>
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Price: $30 res. $37.50 non-res  
Note: 5 classes at 30 minutes  
Note: Saturdays: Sept. 23, Oct. 14  
Sundays: Sept. 17, Oct. 1, 8

**On the weekend of University of Iowa home football games, class will be held on Sunday at the same scheduled time.**
Lifeguard Training Course (Blended Learning)

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

The American Red Cross Lifeguard Training course teaches you skills and knowledge required for effective lifeguarding 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.

SESSION I

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8</td>
<td>Fri.</td>
<td>6:00-9:00 p.m.</td>
<td>2200.300</td>
</tr>
<tr>
<td>Sept. 9-10</td>
<td>Sat., Sun.</td>
<td>9:00 a.m.-4:00 p.m.</td>
<td></td>
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</tbody>
</table>

SESSION II

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 20</td>
<td>Fri.</td>
<td>6:00-9:00 p.m.</td>
<td>2200.301</td>
</tr>
<tr>
<td>Oct. 21-22</td>
<td>Sat., Sun.</td>
<td>9:00 a.m.-4:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

Price: $140 res. $175 non-res. (Price includes books, 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.

Deadline: One week prior to start of course.

Arranged Private Lessons

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

MONDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 11 - 25 (3x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.300</td>
</tr>
<tr>
<td>Oct. 2 - 23 (4x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.301</td>
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</table>

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 13 - 27 (3x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.302</td>
</tr>
<tr>
<td>Oct. 4 - 11 (2x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.303</td>
</tr>
<tr>
<td>Oct. 18 - Nov. 1 (3x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.304</td>
</tr>
<tr>
<td>Nov. 8 - 15 (2x)</td>
<td>7:30-8:00 p.m.</td>
<td>1000.305</td>
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</table>

Price: (2 lessons) $32 res. $40 non-res.
       (3 lessons) $48 res. $60 non-res.
       (4 lessons) $64 res. $80 non-res.

Note: Classes are 30 minutes

Adult Beginner Small Group

Are you afraid of the water? Not really confident with your abilities? Adult beginner may be for you! We work with adults with little or no experience in the water. The goal of this class will be to help students feel comfortable in the water and learn essential aquatic skills. Skills taught will include water adjustment, front and back floats, and introductions to both back crawl and front crawl.

SATURDAY/SUNDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Sept. 17 - Oct. 14</td>
<td>9:30-10:00 a.m.</td>
<td>2000.300</td>
</tr>
</tbody>
</table>

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

Note: 5 classes at 30 minutes

Note: Saturdays: Oct. 28, Nov. 4
      Sundays: Oct. 22, Nov. 12, 19

Adult Intermediate Small Group

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

SATURDAY/SUNDAY

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

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

Note: 5 classes at 30 minutes

Note: Saturdays: Oct. 28, Nov. 4
      Sundays: Oct. 22, Nov. 12, 19
2023 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
- Large: $9

Play Packages

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

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

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

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Crazy 8 Golf Tournament
Two Days Again This Year!

Join us for this fun event on October 28 or October 29. There will be an 8 inch cup and a regular cup on each green, go to either one. This is a 4-person scramble with a 10:00 a.m. shotgun start each day.

**SATURDAY/SUNDAY**
Price: $260 per team
Note: Signup link will be emailed and posted to social media in September.

Youth Weekend Rates

Brown Deer offers discounted fees to youth age 13 and under on weekends after 3:00 p.m. Cost is just $16 per junior if playing with a paid adult. Please contact the Pro Shop for additional information or to reserve your time.

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Bunkers at Brown Deer 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.
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 l Noon-4:00 p.m.
One hour prior to ticketed events.
The box office phone is 319-248-9370. Tickets are available 24 hours a day at CoralvilleArts.org.

August
20 l The Big O Foundation presents Let’s Talk Mental Health

September
8-10 l City Circle Theatre Company Season Celebration
17 l Orchestra Iowa Masterworks presents Forged in Fire
20 l Eulenspiegel Puppet Theatre
23 l American Songbook: An Evening of Cole Porter

October
13 & 15 l University of Iowa School of Music presents Fall Opera: L’amico Fritz
27-29 l Young Footlights Youth Theatre presents Peter Pan Jr.
30 l Jukebox Saturday Night

November
4 l Metro Mix Chorus
5 l Orchestra Iowa Shuttleworth Chamber presents Rags to Riches
19 l Orchestra Iowa Masterworks presents Mountain Air

December
8-17 l City Circle Theatre Company presents Disney’s Mary Poppins

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

Scholarships are available for every student in need through the Charlie Bates Memorial Scholarship. To request a scholarship, visit www.CoralvilleArts.org/scholarships. Monthly payment plans are also available by calling 319.248.9371.

Acting Adventures: Magic Suitcase
A day at the beach, a trip to outer space… adventure awaits when you open the suitcase! Each week students will create and act out adventures based on the contents of the Magic Suitcase. This class is perfect for students new to the magic of theatre and develops creativity, confidence, and teamwork. The 12-week session culminates in an informal sharing for friends and family.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Sept. 7 – Nov. 30</td>
<td>5:00-5:55 p.m.</td>
<td>9920.300</td>
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</table>

No class on Nov. 23.

Price: $180 res. $205 non-res. Price includes a $10 non-refundable registration fee.
Age: 5-6
Location: CCPA Education Space (860 Quarry Road)
Deadline: Sept. 14

Creative Drama & Dance: Disney
A perfect intro to the magic of theatre! Students will develop creative expression and confidence while learning performance basics, embodying characters, and creating dances based on favorite Disney stories! The 12-week session culminates in an informal sharing for friends and family.

This course is a continuation of Fall 2022 and Spring 2023 Creative Drama & Dance with all new material. Appropriate for both new and returning students.

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<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 9 – Dec. 2</td>
<td>9:00-9:55 a.m.</td>
<td>9910.300</td>
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<tr>
<td>Sept. 9 – Dec. 2</td>
<td>9:00-9:55 a.m.</td>
<td>9910.301</td>
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</tbody>
</table>

No class on Nov. 25.

Price: 180 res. $205 non-res. Price includes a $10 non-refundable registration fee.
Age: 5-6
Location: CCPA Education Space (860 Quarry Road)
Deadline: Sept. 16

Broadway Prep
Budding actors, singers, and dancers will strengthen skills in all three disciplines of musical theatre. Students will explore songs and choreography from popular musicals, act out scenes and monologues, and develop storytelling skills while learning proper technique and terminology. The 12-week session culminates in an informal sharing for friends and family. This course is a continuation of Fall 2022 and Spring 2023 Broadway Prep with all new material. Appropriate for both new and returning students.

<table>
<thead>
<tr>
<th>THURSDAYS</th>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 7 – Nov. 30</td>
<td>4:00-4:55 p.m.</td>
<td>9900.300</td>
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</table>

Fractured Fairy Tales
What if the Big Bad Wolf wasn’t really so bad? What if Sleeping Beauty wasn’t so sleepy after all? Students will explore the importance of perspective, setting, and plot in storytelling by creating their own riff on familiar favorites. The 12-week session culminates in an informal sharing for friends and family.

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<tr>
<th>SATURDAYS</th>
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<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 9 – Dec. 2</td>
<td>11:00-11:55 a.m.</td>
<td>9925.300</td>
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</table>

No class on Nov. 23.

Price: $180 res. $205 non-res. Price includes a $10 non-refundable registration fee.
Age: 7-9
Location: CCPA Education Space (860 Quarry Road)
Deadline: Sept. 14

Comedy Kids Acting
Calling kids who love to laugh! Students will explore the science of comedy and develop comedic timing and improv skills in this ensemble-driven class. The 12-week session culminates in an informal sharing for friends and family.

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<tr>
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<td>4:00-4:55 p.m.</td>
<td>9930.300</td>
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</table>

No class on Nov. 25.

Price: $180 res. $205 non-res. Price includes a $10 non-refundable registration fee.
Age: 10-13
Location: CCPA Education Space (860 Quarry Road)
Deadline: Sept. 14
Acting: Scene Study
Students will explore advanced acting concepts and apply those principles to scenes and monologues. Students should be prepared to memorize material outside of class in order to dig deeper into material. The 12-week session culminates in an informal sharing for friends and family.

This course is a continuation of Fall 2022 and Spring 2023 Acting: Scene Study with all new material. Appropriate for both new and returning students.

THURSDAY

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<tr>
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<tr>
<td>Sept. 7 – Nov. 30</td>
<td>5:00-5:55 p.m.</td>
<td>9905.300</td>
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</tbody>
</table>

No class on Nov. 23.

Price: $180 res. $205 non-res. Price includes a $10 non-refundable registration fee.

Age: 10-13
Location: CCPA Education Space (860 Quarry Road)
Deadline: Sept. 14

Musical Theatre: Sing, Dance, Act
All the world’s a Broadway stage! In this high-energy class, students will act, sing, and dance songs from a variety of musicals. Dance technique focuses on Broadway-jazz style, developing flexibility, coordination, proper alignment, and clean extensions... all while acting a story. The 12-week session culminates in an informal sharing for friends and family.

This course is a continuation of Fall 2022 and Spring 2023 Musical Theatre: Sing, Dance, Act with all new material. Appropriate for both new and returning students. Choose the 11:00 session for Advanced Musical Theater.

SATURDAY

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<tr>
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<td>11:00-11:55 a.m.</td>
<td>9915.301</td>
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</table>

No class on Nov. 25.

Price: $180 res. $205 non-res. Price includes a $10 non-refundable registration fee.

Age: 10-13
Location: CCPA Education Space (860 Quarry Road)
Deadline: Sept. 16

DRAMA DAYS

Prehistoric Adventures
Roar! Drama Days offer students an enriching day of creativity through theatre, music, art, and movement on days the school district is closed. Professional teaching artists guide students through theatre games, improv activities, and crafts to create characters and scenes. The day culminates in an informal sharing for families.

MONDAY

<table>
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<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 25</td>
<td>9:00 a.m.-3:00 p.m.</td>
<td>9950.300</td>
</tr>
</tbody>
</table>

Price: $65 res. $80 non-res.
Age: 5-12
Location: CCPA Education Space (860 Quarry Road)
Note: Extended day offered from 8:00-9:00 a.m. and 3:00-6:00 p.m. for additional fee. $10 additional for morning extended stay, $30 additional for afternoon extended stay.

Zoo Stories
Animals have stories too! Drama Days offer students an enriching day of creativity through theatre, music, art, and movement on days the school district is closed. Professional teaching artists guide students through theatre games, improv activities, and crafts to create characters and scenes. The day culminates in an informal sharing for families.

TUESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Nov. 7</td>
<td>9:00 a.m.-3:00 p.m.</td>
<td>9950.302</td>
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</tbody>
</table>

Price: $65 res. $80 non-res.
Age: 5-12
Location: CCPA Education Space (860 Quarry Road)
Note: Extended day offered from 8:00-9:00 a.m. and 3:00-6:00 p.m. for additional fee. $10 additional for morning extended stay, $30 additional for afternoon extended stay.

Headed to Hollywood
Lights, camera, action! Drama Days offer students an enriching day of creativity through theatre, music, art, and movement on days the school district is closed. Professional teaching artists guide students through theatre games, improv activities, and crafts to create characters and scenes. The day culminates in an informal sharing for families.

FRIDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Oct. 13</td>
<td>9:00 a.m.-3:00 p.m.</td>
<td>9950.301</td>
</tr>
</tbody>
</table>

Price: $65 res. $80 non-res.
Age: 5-12
Location: CCPA Education Space (860 Quarry Road)
Note: Extended day offered from 8:00-9:00 a.m. and 3:00-6:00 p.m. for additional fee. $10 additional for morning extended stay, $30 additional for afternoon extended stay.

Intergalactic Escapades
We’re headed to outer space! Drama Days offer students an enriching day of creativity through theatre, music, art, and movement on days the school district is closed. Professional teaching artists guide students through theatre games, improv activities, and crafts to create characters and scenes. The day culminates in an informal sharing for families.

WEDNESDAY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Nov. 22</td>
<td>9:00 a.m.-3:00 p.m.</td>
<td>9950.303</td>
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</table>

Price: $65 res. $80 non-res.
Age: 5-12
Location: CCPA Education Space (860 Quarry Road)
Note: Extended day offered from 8:00-9:00 a.m. and 3:00-6:00 p.m. for additional fee. $10 additional for morning extended stay, $30 additional for afternoon extended stay.
**Nuts & Bolts Audition Workshop**
This *free* workshop is perfect for those who have never auditioned for a musical before or who want some extra practice at the nuts and bolts of auditioning. Learn what to expect, and how to prepare so you can nail your next audition. Please note that this workshop focuses on the process of auditioning for Young Footlighters upcoming production of Peter Pan. Older students who want feedback on their audition pieces should attend the Acting the Song: Audition Technique class on Aug. 18 from 10:00-11:30 a.m. or 12:00-1:30 p.m.

**Wednesday**

<table>
<thead>
<tr>
<th>DATE</th>
<th>AGE</th>
<th>TIME</th>
<th>CLASS #</th>
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</thead>
<tbody>
<tr>
<td>Aug. 16</td>
<td>7-9</td>
<td>10:00-11:00 a.m.</td>
<td>9935.300</td>
</tr>
<tr>
<td>Aug. 16</td>
<td>10-13</td>
<td>11:00 a.m.-12:00 p.m.</td>
<td>9935.301</td>
</tr>
<tr>
<td>Aug. 16</td>
<td>14-18</td>
<td>12:00-1:00 p.m.</td>
<td>9935.302</td>
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</table>

Price: *FREE*  
Location: CCPA Education Space (860 Quarry Road)

**Acting the Song: Audition Workshop**
Students will explore how to mine the text and music of a song to tell a sophisticated story during their audition. Singers will also learn best practices in marking audition music, slating, and making their audition stand out!

Interested in focusing on preparing an audition monologue? Check out the Monologue Audition Workshop on Wednesday, Oct. 18.

**Thursday**

<table>
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<tr>
<th>DATE</th>
<th>AGE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tr>
<td>Aug. 17</td>
<td>10-13</td>
<td>10:00-11:00 a.m.</td>
<td>9940.300</td>
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<tr>
<td>Aug. 17</td>
<td>14-18</td>
<td>11:00 a.m.-12:00 p.m.</td>
<td>9940.301</td>
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</tbody>
</table>

Price: $35 res. $43.75 non-res.  
Location: CCPA Education Space (860 Quarry Road)

**Hard Knock Life Dance Workshop**
Smile, darn ya, smile! Students will sing and dance to songs from the popular Broadway musical in this high-energy workshop. Students will learn fundamental musical theatre dance steps and performance basics through this fun combination. No prior dance experience necessary!

**Wednesday**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 20</td>
<td>5:30-6:30 p.m.</td>
<td>9945.300</td>
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</tbody>
</table>

Price: $35 res. $43.75 non-res.  
Age: 8-10  
Location: CCPA Education Space (860 Quarry Road)

**Dear Evan Hansen Vocal Workshop**
Break down the riffs and sing the beautifully iconic music from the hit Broadway musical *Dear Evan Hansen*. Students will explore vocal technique in contemporary musical theatre and how to tell a story through song.

Please note this musical and workshop explores mature themes and language.

**Saturday**

<table>
<thead>
<tr>
<th>DATE</th>
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<th>CLASS #</th>
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<tbody>
<tr>
<td>Sept. 30</td>
<td>12:30-2:00 p.m.</td>
<td>9955.300</td>
</tr>
</tbody>
</table>

Price: $35 res. $43.75 non-res.  
Age: 12-18  
Location: CCPA Education Space (860 Quarry Road)

**The Addams Family Dance Workshop**
Channel your inner Wednesday Addams in this creepy, kooky workshop! Students will take a leaf out of Wednesday’s book and explore what it means to dance to the beat of your own drum. No prior dance experience necessary!

**Saturday**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
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<tbody>
<tr>
<td>Oct. 7</td>
<td>1:00-2:00 p.m.</td>
<td>9960.300</td>
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</tbody>
</table>

Price: $35 res. $43.75 non-res.  
Age: 8-11  
Location: CCPA Education Space (860 Quarry Road)

**Monologue Audition Workshop**
Brush up your audition chops at this acting-focused workshop. Students are strongly encouraged to memorize a monologue in order to get maximum benefit out of this workshop experience. A list of great audition monologues can be found here.

Want to focus on preparing a singing audition? Check out the Acting the Song: Audition Workshop on Thursday, Aug. 17.

**Wednesday**

<table>
<thead>
<tr>
<th>DATE</th>
<th>AGE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Oct. 18</td>
<td>10-13</td>
<td>5:30-7:00 p.m.</td>
<td>9970.300</td>
</tr>
<tr>
<td>Oct. 18</td>
<td>14-18</td>
<td>7:00-8:30 p.m.</td>
<td>9970.301</td>
</tr>
</tbody>
</table>

Price: $35 res. $43.75 non-res.  
Location: CCPA Education Space (860 Quarry Road)
### The Prom: Musical Theatre Workshop
The Broadway musical and popular movie *The Prom* follows four Broadway actors as they travel to the conservative town of Edgewater, Indiana, to help a lesbian student banned from bringing her girlfriend to high school prom. Theatre is often used as a catalyst for social change and this workshop explores the importance of being authentically yourself. Everyone deserves to take up space in the world, no matter who they choose to dance with at the prom. Students will sing and dance to material from this upbeat musical celebrating the LGBTQIA+ community. Please note this musical and workshop explores mature themes and language.

**WEDNESDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 8</td>
<td>6:00-8:00 p.m.</td>
<td>9975.300</td>
</tr>
</tbody>
</table>

Price: $35 res. $43.75 non-res.  
Age: 14-18  
Location: CCPA Education Space (860 Quarry Road)

### DRAMA NIGHTS

#### Drama Night: Under the Sea!
Drop the kids off at our convenient Iowa River Landing location for a night of theatre magic while the grown-ups hit the town! Students will enjoy a themed evening of theatre games, crafting, and movie-watching while caregivers enjoy a night out. Students may bring a sack dinner to eat on site from 6:00-6:30 p.m. Drama activities begin at 6:30 p.m. Drop off and pick up students as needed.

**SATURDAY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CLASS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 23</td>
<td>6:00-10:00 p.m.</td>
<td>9990.300</td>
</tr>
</tbody>
</table>

Price: $30 res. $37.50 non-res.  
Age: 5-11  
Location: CCPA Education Space (860 Quarry Road)

#### Drama Night: Monstr...
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

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

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

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.
- 3 multi-purpose diamonds
- Playground, available during programming at the park

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

**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.

**RESERVATION FEES**

<table>
<thead>
<tr>
<th>GROUP SIZE</th>
<th>RES.</th>
<th>NON-RES.</th>
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</thead>
<tbody>
<tr>
<td>1-25</td>
<td>$20</td>
<td>$25</td>
</tr>
<tr>
<td>26-60</td>
<td>$35</td>
<td>$43.75</td>
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<tr>
<td>61-100</td>
<td>$55</td>
<td>$68.75</td>
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<tr>
<td>100-150</td>
<td>$75</td>
<td>$93.75</td>
</tr>
<tr>
<td>151+</td>
<td>Determined by Recreation Superintendent</td>
<td></td>
</tr>
</tbody>
</table>

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

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**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 farm-yard 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 designs.

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.
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>
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<tr>
<td>Weekend 6 hour block</td>
<td></td>
<td></td>
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<tr>
<td>Day</td>
<td>$255</td>
<td>$315</td>
</tr>
<tr>
<td>Evening</td>
<td>$300</td>
<td>$375</td>
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<tr>
<td>All Day</td>
<td>$400</td>
<td>$500</td>
</tr>
<tr>
<td>7:00 a.m.-11:00 p.m.</td>
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<tr>
<td>Holiday</td>
<td>$420</td>
<td>$525</td>
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<tr>
<td>Johnson County</td>
<td></td>
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<tr>
<td>Not-for-profit</td>
<td></td>
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<tr>
<td>2 hour rental</td>
<td>$40**</td>
<td></td>
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<tr>
<td>(Monday-Thursday)</td>
<td></td>
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<tr>
<td>Deposit</td>
<td>$300*</td>
<td>$300*</td>
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<tr>
<td>Optional Cleaning Fee,</td>
<td>$85</td>
<td>$85</td>
</tr>
<tr>
<td>available Fri. - Sun.</td>
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</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 with inputs for microphone(s) and an overhead projector screen is available.
Decorations may be placed throughout the facility but must leave no marks or residue when removed.
The North Ridge Pavilion and its attached veranda is a smoke-free facility.
Alcohol, in the form of beer, wine, and wine cooler type drinks, is allowed at the facility if it is given away to those over 21 years of age. An alcohol permit of $25 is required. Selling alcohol is prohibited.

Youth Non-Profit Facility Use
The North Ridge Pavilion may be used by youth non profit organizations on Tuesday evenings. (Youth Non-Profit as defined by department policies). Each group may have no more than one free reservation per month. Additional rentals may be made by the group at the weekday non-profit rate. Check with the Recreation Program Supervisor for the time frames when requests can be made. A $30 deposit is required and can be kept filed with the department for up to one year.
Adult non-profits must provide proof of non-profit status to get a reduced rate (ex. 501(c)3).
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. There is a maximum of $100 per child, per calendar year.

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.

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

We Welcome Children...
We welcome people of all ages to our recreation facilities. For the safety and well being of the children attending the Recreation Center and pools, we have set the following supervision parameters:

- Any child below 5th grade must be accompanied by an adult in the Recreation Center area of the facility. The adult may not be in the swimming pool area at the times the child is in the recreation area of the facility (or vice-versa).
- Parents or responsible adults must accompany children to the pools until the child is nine (9) years of age and possesses proficient swimming ability to be on their own. Lifeguards may test child for their swimming ability.

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

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

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

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.
Partnership Gym Information

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

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

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

Partnership Open Gyms
We have regularly scheduled open gym times at our three partnership schools twice per week. The open gyms will begin the first corresponding day in November and will run through April 18. Participants will need to supply their own equipment (balls).

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

**Borlaug**
- Sunday  1:00-3:00 p.m.
- Thursday  6:00-8:00 p.m.

**Van Allen**
- Sunday  5:00-7:00 p.m.
- Tuesday  6:00-8:00 p.m.

**Wickham**
- Sunday  3:00-5:00 p.m.
- Wednesday  6:00-8:00 p.m.
SUNDAY, OCTOBER 29
1:00-3:30 P.M.

Celebrate like it’s 1973, with a groovy party to honor the Coralville Recreation Center and the many memories made and to be made recreating! Play 1970’s inspired gym games, win a cupcake in our cake walk, braid a macramé bracelet, and play a little 4-Square, the grand prize game, knockout or ping-pong party games. Swim at our indoor pool at 1973 prices, just $1 per person!

Coralville Recreation Center
50th Birthday Party

FRIDAY, DECEMBER 8
5:00-7:00 P.M.

Happy 150th Birthday!
City of Coralville
1873 - 2023
Celebrating 150 years

Rich History,
Bright Future

Mountain Bike Festival
SUNDAY, OCT. 1

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

FRIDAY, DECEMBER 8
5:00-7:00 P.M.