From the City Manager

As City government, it is our job to keep the City functioning, enjoyable and safe for the residents of Cedar Rapids. Usually that means everyday activities like collecting garbage and recycling, maintaining public parks and roads, and providing clean water to homes.

But part of our job is also to train and prepare for unknown and unusual events so our staff is ready to act quickly in these circumstances. In this issue you will read about just a few of the many events our departments prepare to tackle if and when the need arises. As you might expect, our police and fire departments are highly trained and prepared to act in a multitude of emergency situations. What you may not know is that our public safety departments also work closely with other City departments to ensure an organized and coordinated response to emergency situations throughout the City. And departments also take extra steps to train and prepare in order to prevent many emergency situations from ever occurring.

We hope this issue of Our CR will give you a better idea of what your City is doing to prepare to keep our community safe, and also a few tips for preparing yourself and your own home or business.

Jeffrey Pomeranz
Cedar Rapids City Manager

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Garbage & Recycling Collection Reminders


For all your financial needs, all you need is us!

- Checking Accounts
- Savings Accounts
- Debit & Credit Cards
- Auto Loans
- Recreational Loans
- Mortgage Loans
- Business Loans
- And More

Locations in Cedar Rapids, Des Moines, Dubuque, Iowa City, Marion and North Liberty.

Collins Community Credit Union

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August is typically a "back to school" month for many families, but while you are thinking of school supplies like pencils, notebooks, and lunch boxes, City crews are thinking about salt, sand, and brine. The City’s Street Division is prepared for adverse snow weather as early as August, stocking material well in advance of any flurries.

City forces are prepared for snow well in advance of any flurries – the material is stocked and the equipment is ready to go as early as August.
What do I do if there is no water?

Step 1 – Check Your Water Meter. If water is leaking or spraying from your meter or the bottom is cracked, your water meter is frozen. Turn your shut-off valve to the off position and call customer service.

Step 2 – Feel for Frozen Pipes. Pipes located along exterior walls are most susceptible to freezing. To thaw pipes, contact a licensed plumber or use hot towels or a hair dryer to thaw the pipes. Never use an open flame to thaw pipes.

Step 3 – Check with Your Neighbors. If your neighbors also do not have water, call Customer Service to report the problem. Customer Service | 319-286-5900

When the temperatures drop, home plumbing can become susceptible to freezing, which can lead to burst pipes and thousands of dollars in damages to your home. Consider some of the simple tips below to help protect your pipes this winter and be prepared if a pipe were to burst.

PREVENT FROZEN PIPES

When a snow event brings more than two inches of accumulation, a snow emergency may be declared. This is often paired with a City response of “All Plow” – meaning every available piece of equipment has been dispatched to tackle the accumulation. Residents can assist snow fighting efforts by removing cars parked on Emergency Snow Routes. These routes are typically main arterials, bus routes, school zones, and areas near hospitals. They are designated with street signage and are prioritized for plows to clear due to their high traffic volumes. Vehicles parked on designated snow routes after a Snow Emergency has been declared may be ticketed and/or towed. A list of Emergency Snow Routes can be found on www.cityofcr.com.

In addition to Snow Emergencies, the City also can declare a Residential Snow Emergency. This is typically triggered as crews attempt to clear residential neighborhoods. During Residential Snow Emergencies, residents are asked to follow the odd/even rule: park on the odd numbered address side of the street on odd calendar days, and the even numbered address side of the street on even calendar days. This provides our snowplow operators with enough room to safely and efficiently plow residential areas. Need a text reminder on where to park during snow emergencies? Sign up for text or email alerts at CityofCR.com/Subscribe.

WHERE TO PARK

Under a Residential Snow Emergency

1503 ODD side of the street on ODD calendar days
1504 EVEN side of the street on EVEN calendar days

When a snow event brings more than two inches of accumulation, a snow emergency may be declared. This is often paired with a City response of “All Plow” – meaning every available piece of equipment has been dispatched to tackle the accumulation. Residents can assist snow fighting efforts by removing cars parked on Emergency Snow Routes. These routes are typically main arterials, bus routes, school zones, and areas near hospitals. They are designated with street signage and are prioritized for plows to clear due to their high traffic volumes. Vehicles parked on designated snow routes after a Snow Emergency has been declared may be ticketed and/or towed. A list of Emergency Snow Routes can be found on www.cityofcr.com.
WATER MAIN BREAKS
Preparing for Cold Weather

Each year, the Cedar Rapids Utilities Department – Water Distribution and Maintenance Division logs thousands of miles by vehicle and on foot checking water main valves, flushing and thawing fire hydrants, and maintaining and repairing the water distribution system.

As the ground begins to freeze and shift, water main pipes can become more susceptible to breaks. In anticipation of colder temps, the City’s Water Distribution and Maintenance Division works diligently during each construction season to repair weak points in the water distribution system. The Division also coordinates with engineers within the Utilities Department to prioritize projects based on how many times a pipe has experienced breaks, the age of the pipes and valves, and any aging infrastructure located under a street that is slated to be reconstructed – helping to ensure new pavement doesn’t have to be excavated to repair leaks.

Crews also test shut-off valves throughout the system and repair or replace valves as needed. In a year, the crews are able to test approximately 2,000 valves. The valve maintenance program ensures that each valve in the distribution system is checked once every five years. This intricate underground network of valves and pipes ensures emergency outages can be limited to a radius of a few blocks and impact the fewest number of customers possible.

While continual evaluation of the system and capital improvement projects can help limit the number of water main breaks, ultimately, it’s impossible to determine the exact location and time a main break could occur. As a result, the ability to respond quickly, identify the issue, and implement a fix is always the top priority for crews. “Our philosophy around here is, ‘if it’s leaking, it needs fixed,’” said Bill Miller, water distribution manager. “Leaks don’t stay little for long, so we are equipped to handle breaks quickly at any time of the year.”

The Division’s 21 full-time employees have a stand-by schedule ensuring any break can be repaired 24 hours a day, seven days a week. When a break occurs, firefighters are deployed to locate the break, coordinate with engineers and determine if there is enough water in the system to make repairs. Once the investigation is completed, crews are able to repair the leak within hours, and service is restored.

2-4 hours Average time a customer was without water in the event of an outage during the fall and winter of 2014-2015

78 days Number of days the high temperature in Cedar Rapids was below freezing during the fall and winter of 2013-2014

48,584 Total number of customers served by the Cedar Rapids Water Division

664 Total miles of pipe in Cedar Rapids

51 Total number of main breaks during the fall and winter of 2013-2014

65 days Number of days the high temperature in Cedar Rapids was below freezing during the fall and winter of 2014-2015

City Prepares Through National Incident Management System Training

All City of Cedar Rapids employees receive National Incident Management System training so they are able to recognize and participate within an Incident Command System (ICS) during an emergency. Members of the Fire Department and Police Department have additional training in ICS so that they can plan, administer, and coordinate a major event in which there is risk to lives and property.

Firefighters and police officers regularly train with other communities in Linn County to prepare for emergencies that may involve the activation of the Emergency Operations Center (EOC) at the Linn County Emergency Management Agency. The EOC was used during the Flood of 2008 to respond to the disastrous flood event and establish a recovery system to help the community return. On a regular basis, public safety personnel participate in drills and exercises, including preparation for a nuclear incident in the unlikely event that an emergency would occur at Iowa’s only nuclear plant that is located just outside of Cedar Rapids. Public safety personnel collaborate with members of area fire departments and law enforcement agencies, nuclear plant employees, school systems, nonprofit organizations and others that would be part of a coordinated response if an incident should occur.

Emergency Information

Your safety is the primary concern of the City of Cedar Rapids. While Cedar Rapids is a safe community, we need to be prepared if there is a threat to lives, property, or the environment. In the event of a citywide emergency, information will be shared through numerous communication mediums to keep you informed and provide action steps, if necessary.

Depending upon the type of emergency, such as an evacuation, large fire, or hazardous materials incident, information will be shared with local media and updated information will be posted on the City’s website. The Police Department and Fire Department have social media accounts which can be utilized to provide timely information as well. We encourage you to cut out and keep the sources of emergency information below.

Mid-American Energy:

Power outage/wires Down: 800-799-4443

Alliant Energy: For life threatening emergencies such as a down wire or gas odor call 1-800-255-4268


Listen To: Radio 600 AM or 96.5 FM, the official designated EAS Radio Stations in this area, for up-to-the-minute emergency information.
During periods of high water, many City departments work together to mitigate flooding risks and keep residents safe. Highlighted below are two ways the City stands ready to keep residents and our city safe from rising waters.

Operating the 5-in-1 Dam

The Cedar Rapids 5-in-1 Dam transforms the Cedar River into a recreational space for boating, fishing and more. The dam is composed of four underwater gates and five slide gates. For the majority of the year, the Dam’s underwater gates operate automatically to maintain appropriate river levels – seamlessly lowering and raising to allow more or less water to pass over the dam.

All of the underwater gates are lowered automatically as the river levels rise, and when the water below the dam reaches a depth of 10 feet, City staff can manually open one of the slide gates to allow additional water to flow over the dam. If the water continues to rise, additional slide gates are opened. Once the water level below the dam reaches a depth of 12 to 12.5 feet, all the underwater and slide gates are opened so the dam doesn’t obstruct the flow of the Cedar River. The dam will remain in this state until waters recede and gates can be closed. Once the river levels stabilize, the dam will return to automatic operation.

Preparing for Ice Jams

Ice jams in the Cedar River have caused road closures during five of the last 12 years. In the late winter and early spring, when the weather begins to warm up, the ice in rivers begins to melt and break into pieces. As large chunks of ice float downstream, they can pile up near narrow passages or obstructions such as bridges, forming an ice dam. Water that backs up behind ice dams can cause localized flooding upstream.

Because ice slab migration and jams are extremely unpredictable, City crews keep a vigilant watch on river conditions once ice melt begins to occur. Specific procedures are in place for departments throughout the City in order to alleviate problems as best as possible, and most importantly, protect the health and safety of our citizens. However, effective man-made solutions to ice jam situations do not exist, and ice jams can form and dissipate in a few hours or last several days.

In the event of an ice jam, City staff will continue to monitor the ice jam and local flooding until it is no longer a threat, and if necessary, City staff will close roadways and deploy flood mitigation tools like pumps, sewer plugs, and sandbags if possible threats warrant action.

Rising Waters and River Life Require Additional Readiness

Traffic Operations Center Enhances Efficiency

The City’s Public Works Department will soon have a new Traffic Operations Center – a central hub for monitoring traffic flow and signal operations throughout the city. The Operations Center will be housed at the City Services Center and will include a video wall and software system, work stations and joysticks for operating cameras remotely in the field. Staff will have the ability to pan, tilt or zoom into intersections to monitor the traffic signal system, perform troubleshooting remotely and improve the signal timings immediately in the case of car crashes. The new center boosts the division’s ability to remain prepared to assist in emergency situations such as blizzards, flash flooding on the roadways, or incident management due to vehicle crashes. The Operations Center will be completed by the end of the year.

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**Flash Flooding:**

**Preparation before the Waters Rise**

As the name implies, flash flooding happens quickly and often without warning, leaving you with only a few minutes to act. Having a plan is the best way to ensure you can respond quickly. Here are five simple steps you can take now to be prepared if a flash flood were to impact your home.

1. **Know the Risks**
   - Flash floods happen fast – even if it’s not raining at your location, rain may be falling upstream and creating a greater risk for flooding in your neighborhood.
   - Flooding and debris flows can block roads, sweep away vehicles, and collapse bridges.
   - Power outages and loss of phone and Internet communication services are possible.

2. **Make an Emergency Plan**
   Create an emergency plan in advance and make sure that everyone in your family, home and business knows what to do and where to go during a flood. Your plan should include emergency contact information, meeting locations and other relevant information. Complete the plan together, discuss it with everyone and post the plan in a prominent location.

3. **Consider Purchasing Flood Insurance**
   Flash flooding isn’t limited to locations in floodplains or specific neighborhoods. Flash floods can quickly overwhelm the sanitary sewer system, causing backups in homes. Know your risks, and consider speaking with an insurance agent about your coverage options.

4. **Install a Sanitary Sewer Backup Prevention Device**
   If your property has experienced a sanitary sewer backup from sewer flooding, you may want to consider installing sanitary sewer backwater prevention devices. The City has a reimbursement program for devices installed in areas that are susceptible to sanitary sewer surcharge conditions resulting in flooding damage. The City will provide assistance up to $800 towards installation of a sanitary sewer backwater prevention valve or the actual cost of installation, whichever is less.

5. **Assemble an Emergency Supply Kit**
   Gather emergency supplies to take with you if you need to evacuate quickly or are cut off from resources. Assemble an emergency supply kit in advance; including all of the items needed to be self-sufficient for several days without access to water, gas or electricity. Visit www.ready.gov/build-a-kit to find out what you will need to build your own emergency supply kit. Collect the items and store them in a portable container in an easily accessible location.

**Flash Floods Can Form in Seconds**

Flash floods can form in seconds and are particularly dangerous. Just this past summer, roadways that normally don’t flood were inundated with several inches of water in a short time period, resulting in police officers and firefighters needing to rescue motorists from stranded automobiles.

Never underestimate the power of water. It only takes 12 inches of rushing water to carry away a small car, while two feet of rushing water can carry away most vehicles including sport utility vehicles and pickups.

Be aware that flash flooding is very dangerous and can move quickly. Public safety officials recommend that you “Turn Around Don’t Drown.” A road covered with water could be concealing a washed out road or other hazards. It is never safe to drive into flood waters.

**“By failing to prepare, you are preparing to fail.”**

— Benjamin Franklin

**Flash Flooding Facts**

- **Did you know that more deaths occur due to flooding than any other thunderstorm-related hazard?**

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This summer the national news reported many water conservation initiatives prompted by a severe drought impacting western states, especially California which is experiencing extreme drought conditions for the fourth consecutive year. With a national spotlight on water conservation, some residents are asking, “What would Cedar Rapids do during a drought?”

With community input, the Cedar Rapids Water Division created a Drought Contingency Plan that was adopted by City Council in 2013. Since the plan’s initial inception, the Cedar Rapids Utilities Department regularly reviews and updates the contingency plan based on community feedback and operational concerns, always ensuring the plan could be implemented quickly if needed.

The drought plan is set up in stages depending upon the severity of the conditions. Each stage has a variety of actions that are recommended and/or required.

More information can be found at www.CityofCR.com/drought

<table>
<thead>
<tr>
<th>Drought Stage</th>
<th>Water Demand</th>
<th>Stage Description</th>
<th>Recommended Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drought Watch</td>
<td>80% of well capacity</td>
<td>Early indicators of drought conditions exist</td>
<td>Cedar Rapids Water will monitor conditions and our water system’s response closely. Customers asked to use water wisely.</td>
</tr>
<tr>
<td>Drought Alert</td>
<td>85% of well capacity</td>
<td>Customer water demand reaches</td>
<td>Cedar Rapids Water asks customers to voluntarily reduce water consumption. All customers asked to reduce water usage by 9%</td>
</tr>
<tr>
<td>Drought Warning</td>
<td>75% of well capacity</td>
<td>Customer water demand reaches</td>
<td>Cedar Rapids Water implements mandatory water restrictions. All customers expected to reduce water usage by 15%</td>
</tr>
<tr>
<td>Drought Emergency</td>
<td>65% of well capacity</td>
<td>Mandatory water restrictions increase</td>
<td>All customers expected to reduce water consumption by 25%. Landscape watering limited to 1 day per week with odd-numbered day restrictions. Ornamental fountains shut down unless equipped with recirculation system. No hand-held sprayers, no watering of sidewalks, walkways or other surfaces. No outdoor activities that produce runoff prohibited. Vehicle washing restricted to using a hand-held hose with a positive shut-off nozzle or at a commercial car wash station.</td>
</tr>
</tbody>
</table>

For more information, please visit www.CityofCR.com/drought. www.CityofCR.com/drought

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**Is Cedar Rapids Prepared for a Drought?**

While in the business of fun, the Cedar Rapids Parks and Recreation Department takes your safety seriously. Staff develops plans for scenarios which might negatively impact a park or recreation experience and follows those plans to lessen the likelihood of an adverse experience.

**“Throughout the year we review, update, and implement policies that you are unaware of, but make your experience safe and enjoyable.”**

— Don Leff, Parks and Recreation Director

Here are some of the ways that the Parks and Recreation Department prepares:

- Emergency action plans are created to keep recreation programs safe during extreme storms. Shelters are identified and the staff has established procedures to follow when severe storms approach.
- Playgrounds are inspected by two staff members who have received designation as Certified Playground Inspectors through courses which train them to identify any potential hazards on playground equipment.
- Lifeguards are trained extensively for your safety. Each one of the 110 lifeguards who work at the municipal pools goes through 46 hours of training before sitting in a lifeguard chair. The guards participate in 4 additional lifeguard trainings throughout the summer and are retested 3 times to make sure they have mastered all required skills. If a lifeguard fails any mid-summer testing, they do not work until they have retested and passed.
- Water at municipal pools is tested every 2 hours and pool management attends trainings annually to be current in water borne illnesses. Rules for pool use are developed to keep the public safe from transmittal of diseases.

**Everyday Tips for Saving Water**

1. Install water saving shower heads and try to limit your showers to 5 minutes.
2. Wash full loads in your dishwasher and washing machine and use the “Eco” setting when possible.
3. Don’t flush trash like facial tissue or wipes down your toilet. Not only is this bad for your plumbing, but it also wastes water. Use your trash bin instead.
4. Check and repair any possible leaks in your plumbing.
5. Install a dual flush toilet and use food coloring or dye tablets to check your toilet annually for leaks.
6. Don’t leave water running while:
   - Brushing your teeth
   - Shaving (fill the sink)
   - Washing dishes (fill the sink)
7. Water the garden and other outdoor plants when water is least likely to evaporate — early morning and late evening.
8. Install a rain barrel to collect rain water that can be used for gardening.
9. Keep water in your refrigerator so you don’t have to let the tap run to get a cold drink.
10. Use buckets for cleaning floors, windows and cars.

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PROTECTING THE URBAN CANOPY

For more than five years, the City of Cedar Rapids has been working to reduce the impact of Emerald Ash Borer (EAB) disease. According to the United States National Arboretum, EAB has killed more than 25 million trees. In spite of tens of millions of dollars being spent nationally on control methods, infestation continues to spread. In a review published last year, scientists called the disease “the most destructive and economically costly forest insect to ever invade North America.”

The insect was recently discovered in Linn County, south of Cedar Rapids. Todd Fagan, City Arborist, estimates that 10,000 to 15,000 trees along Cedar Rapids streets in addition to an equal, if not double, amount of private Cedar Rapids streets in addition to an equal, if not double, amount of private 40 to 60 years ago as replacements for the American Ash, typically planted 40 to 60 years ago as replacements for the American Ash, typically planted Elms that were removed due to the Dutch Elm Disease.

The City has implemented a multi-year plan to reduce the impact of EAB. “We have been preparing for the arrival of EAB for more than five years knowing that our planning efforts may significantly reduce the impact of an infestation in Cedar Rapids,” Fagan said. “Among other things, we have increased our tree diversification and removed street ash trees that are in poor condition.”

Emerald Ash Borer (EAB) is an exotic beetle. The larvae feed on the inner bark of ash trees, disrupting the tree’s ability to transport water and nutrients. Unlike other trees like oak or elm, which remain relatively stable after they die, ash trees lose moisture internally very quickly after they die, and begin to fall apart soon after they die.

What to look for if you suspect your ash tree might be infested:
- Canopy thinning or dying branches in the top of the tree
- Water sprouts (suckers) hallway up the trunk
- Feeding notches on edge of leaves
- Woodpecker feeding sites/many bark flakes on trunk
- S-shaped feeding galleries under dead bark
- D-shaped exit holes (1/8 inch diameter)

Contact one of the following if you suspect Emerald Ash Borer in your tree:
- State Entomologist Office, IDALS: (515) 725-1445
- Iowa DNR Forestry: (515) 725-8453
- ISU Extension and Outreach: (515) 294-1101
Find more information at: www.extension.iastate.edu/pme/EmeraldAshBorer.html
www.iowadnr.gov/Environment/Forestry/ForestHealth/EmeraldAshBorer.aspx

What is EAB?
- Emerald Ash Borer larvae bore exit holes in the bark of infected Ash trees.
- The larvae feed on the inner bark of ash trees, disrupting the tree’s ability to transport water and nutrients.
- Unlike other trees like oak or elm, which remain relatively stable after they die, ash trees lose moisture internally very quickly after they die, and begin to fall apart soon after they die.
- The City’s plan to reduce the impact of EAB includes insecticide use in addition to tree removal. This approach is better than trying to remove every ash tree and more affordable than trying to inject every tree with insecticide. Trees will be targeted for treatment if they meet criteria for health and form. The initial goal is to treat 6,000 trees and prepare to remove and replace 9,000.

Extensive community outreach has been an important part of preparing for EAB over the past five years. Forestry Division staff frequently attend meetings and public events to share information about EAB and the City’s plan to address it.

City staff are prepared to immediately implement the comprehensive plan to limit the spread of the insect and protect the urban canopy. For more information about the City’s EAB plan, go to CityofCR.com.

Emerald Ash Borer larvae bore exit holes in the bark of infected Ash trees.

Preventing for a Tragedy

Tragic shooting incidents have occurred throughout the country. The Cedar Rapids Police Department wants to provide answers to some frequently asked questions about active shooter incidents. Our intention is to make the public vigilant, but not fearful by providing information on what to look for and how law enforcement will respond.

What is the profile of an active shooter?
- An active shooter is a subject actively engaged in killing or attempting to kill people. They choose populated sites where individuals are easily confined like a school, office building, theater, or church. Shooters look for targets of opportunity with the goal to create as much damage as possible. They use firearms, often unpredictable behavior, and have a plan.
- Nine out of 10 active shooters are suicidal.

What can you do if you encounter an active shooter?
- Evacuate if there is a safe, accessible path. Have an escape route and plan in mind. Leave belongings behind. Assist others, if possible. Prevent others from entering the area that you are escaping. Be aware of improvised explosive devices along escape routes and near exit points. Keep your hands visible so first responders can determine whether or not you are a threat. Call 911 and provide as much information as you can when you reach a safe place.
- If you cannot evacuate, attempt to evade the active shooter by hiding in an area where the shooter is less likely to find you.
- If you are in a room when the shooting starts, stay there and lock the door — entering the hallway may turn you into a target. Avoid windows that can be seen from hallways. If the door does not lock, barricade it with furniture or a door stop.
- Remain calm and quiet. Silence your cellular phone. Remain in place until you are advised by law enforcement that it is all clear — do not assume that the threat has been eliminated just because you cannot see or hear the shooter. Have a plan to ambush the shooter if they gain entry.
- As a last resort, you may have to engage the shooter and attempt to incapacitate him or her. Use improvised weapons like scissors, box cutters, letter openers, furniture legs, backpack full of books, etc. Target the eyes, nose, throat and groin areas. Be aggressive and fight like your life depends on it.

What is the law enforcement response to an active shooter?
- Law enforcement’s main objective during the initial response to an active shooter is to neutralize the threat. Initial responding officers will enter and proceed directly to the threat. Officers may be armed with rifles and shotguns.

If you make contact with law enforcement officers, follow their commands. Keep your hands visible and try to avoid yelling and pointing. Be prepared to give information, but do not hinder officers from moving to their objective. If you have barricaded yourself in a room, remain in the room until law enforcement officials retrieve you.

What information should be provided to 911 operators regarding an active shooter incident?
- Location (street address, which building, etc.)
- Location of shooter(s)
- Number of shooters
- Physical description of shooter(s)
- Types of weapons
- Number of victims
- Advance if there are any explosives

How can you prepare for the possibility of an active shooter?
- Study the environment that you are in and identify locations of cover (something that can stop bullets) and concealment (something that will hide you). Identify exit points and evacuation routes. Identify objects in your environment that could be utilized as weapons. Also, identify objects that you could use to barricade a door.
- Mentally prepare yourself by doing “What if?” scenarios. By having a simple plan in mind, you will be able to react more quickly. Educate yourself and those around you. Take responsibility for your own safety.

Where can citizens get more information about active shooter procedures and recommendations?
- An Active Shooter PowerPoint Presentation is available on the main Police Department page of the City of Cedar Rapids website at www.Cedar-Rapids.org.
What You’ll See in 2016 for Flood Control

With the approval of the Cedar River Flood Control System Master Plan last June, work will begin behind the scenes on several segments. Residents might not think of it as part of the Flood Control System, but much of the prep work that is necessary for a successful system includes relocating utilities, removing structures, and creating a clear area for construction – all before the actual walls and levees begin to take shape.

As low-lying areas that are also seeing a lot of growth, Czech Village and NewBo areas are some of the first segments that city and consultant staff will prioritize. Contract work is already under way to ensure that projects continue to move forward. The long-term plan includes a timeline that anticipates segment completions 10 to 20 years out, and will be modified as the full project moves along to account for new grant opportunities, development, or shovel-readiness of other segments. The full plan can be viewed online at CityofCR.com.

What will residents see in 2016? Here’s a quick overview of work anticipated for next year:

NewBo/Sinclair Area:
- Demolish Buildings in Sinclair Levee footprint — the area of the Flood Control System.
- Remove foundations and other debris in the way of levee construction.
- Remove utilities from footprint of proposed levee.
- Construct exterior of 10th Avenue Pump Station, the largest on the east side.

Czech Village:
- Relocating public utilities.

Complete Streets Policy Adds Walkable Element to Paving for Progress

As of September, the City had completed 33 Paving for Progress projects throughout the community, with 11 miles of roadway seeing improvements. That’s approximately the equivalent of traveling from Blairs Ferry Rd NE to the Cedar Rapids Airport. In fiscal year ’15, approximately $16.5M has been invested in Cedar Rapids roadways. The 10-year plan calls for improvements to be made to 150 miles of road, and with the second year of the program closing out, crews are making good headway toward that goal.

Neighborhood improvements also continue to take place as the City implements the new Complete Streets policy on all Paving for Progress construction projects. Adopted in 2014 based on significant community input, the policy calls for staff to examine all construction projects and to consider adding elements that will enhance the walkability/connectivity of the neighborhood (sidewalks, bike lanes, roundabouts, etc.). The policy does not mean that these elements are added to every project, but rather, it ensures considerations are being made to at least consider if the project is a good candidate for a “complete street” — a street that supports all modes of transportation regardless of age or ability, or whether a person chooses to drive, walk, or bike. Staff will be considering these possibilities on all road projects, and some will be better candidates than others to include these elements, as each neighborhood is different.

The policy helps support the City’s vision of creating neighborhoods that are walkable and connected for generations to come.
It’s estimated that between Thanksgiving and New Year’s Day, more than 1 million tons of additional waste is generated each week nationwide – 38,000 miles of ribbon alone is thrown out each year, which is enough to tie a bow around the Earth.

YARDY, CURBY and GARBY are the perfect place to put all your waste and recyclables this holiday season, but what goes in which cart? Use this quick reference list to tackle your trash and recycling this winter.

**Holiday Solid Waste, Recycling and Yard Waste Match Up**

**YARDY**
- Fruit and veggie peelings
- Unwanted fruit cakes or holiday baked goods
- Lightly soiled paper towels/plates
- Nonflocked greenery or wreaths with any artificial adornments removed

**CURBY**
- Cartons – Cooking stock, milk and creams, etc.
- Foil baking pans and tin foil
- Cardboard packaging from toys, games and electronics

**GARBY**
- Turkey bones
- Fats, oils, grease from cooking
- Gift wrap, ribbon and tissue paper
- Any Styrofoam packaging

**TIP:** Consider using reusable shopping bags, newspaper or butcher paper to wrap your gifts, and when the gifts are all opened, you can place your wrapping in your CURBY instead of the GARBY. You can also skip the store-bought ribbons and bows and use sprigs of evergreen or hand-made paper bows to decorate packages.

**REMEMBER:**
YARDY carts are for more than just grass clippings, leaves and twigs. Think of your YARDY cart as a curbside compost bin where you can place dryer lint; paper plates, towels, and napkins; baked goods; and all those fruit and veggie peelings. Best of all, the carts are collected year round!

**Design Standards Create Beautiful Communities**

Cities with design standards help establish beautiful buildings, attractive public spaces, desirable neighborhoods, and aesthetically pleasing development. The City of Cedar Rapids values design and holds a high standard of excellence for new development projects.

The City’s Development Services Division upholds these design standards when working on new development projects in town. Many of the standards address the physical relationship between the new project and neighboring properties (neighborhoods, public streets, or the natural environment).

What do the standards call for?
- Landscaping between sidewalks and parking lots
- Screenings around dumpsters
- Exterior lighting for bright, safe neighborhoods
- Encourage developers to design parking lots in the rear of buildings to make entrances more accessible and visible

- Design standards for Historic Districts to preserve the character of distinct neighborhoods
- Aesthetic guidelines for exteriors of buildings

The City first started adopting design standards in 2003, and over time has worked to update and expand the standards to support the City’s long-term vision of creating a community where people want to live, work, and play.

**The Cedar Rapids MICRO program may be able to help!**

- **Borrow between $1,000-$10,000**
- **Personal assistance to make your dream a reality**
- **All Cedar Rapids start-ups or expansions are eligible**

Learn more at www.ecicog.org
**Two-Way Streets Unveiled**

This summer, several streets were transformed from one-way to two-way travel, bringing additional pedestrian safety features and biking opportunities to the downtown. Cities across the country have seen firsthand the benefits of shifting to two-way streets and introducing more multi-modal transportation options. Some of these benefits include an increase in retail, an increase in pedestrian safety and activity, slower traffic speeds, and the opportunity for people to choose a bike over a car – quality of life issues that are important to the City and our residents.

Pedestrian Safety Features on 2nd and 3rd Avenues:
- The project has reduced the walking distance at intersections to a manageable 22-24 feet (a pedestrian previously had to walk across 50-60 feet and multiple travel lanes).
- The project is providing painted pedestrian refuge areas: Increasing visibility and decreasing walk distance when pedestrians cross the street. Residents will see this added next construction season.

As part of the project, protected bike lanes were also added to 3rd Avenue downtown, from 6th Street SW to 3rd Street SE. The new lanes connect to already existing bike lanes on 3rd Avenue, closing the gaps in our bike network. Protected bike lanes, while new to Cedar Rapids, have been used throughout the country for their safety, convenience, and comfort. Safety features for motorists, cyclists, and pedestrians include:
- Removing the cyclist from the travel lane
- Providing a barrier between the cyclist and moving cars
- Providing a buffer area where motorists can open car doors and still avoid cyclists
- Encouraging cyclists to stay off the sidewalks, where pedestrians take priority
- Offering a more comfortable experience for cyclists of all experience levels

For more information on the conversions, including renderings and links to videos, visit [www.CityofCR.com/Conversions](http://www.CityofCR.com/Conversions).

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**Creative Corridor**

Where imagination drives innovation.

CreativeCorridor.co
## City Council

To leave a voice message for a City Council member, call 319-286-5051.
To find your district, go to www.CityofCR.com, click on City Council and look for the Find Your District link.

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<th>City Service</th>
<th>Location</th>
<th>Phone Number</th>
<th>Email Address</th>
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<tbody>
<tr>
<td>Animals</td>
<td>900 76 Avenue Drive SW</td>
<td>319-286-5993</td>
<td><a href="mailto:AnimalControlMgmt@Cedar-Rapids.org">AnimalControlMgmt@Cedar-Rapids.org</a></td>
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<td>Bid opportunities</td>
<td>City Hall, 1st Street SE</td>
<td>319-286-5021</td>
<td><a href="mailto:L.Carter@Cedar-Rapids.org">L.Carter@Cedar-Rapids.org</a></td>
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<td>Building and housing codes</td>
<td>City Services Center, 500 9th Avenue SW</td>
<td>319-286-5003</td>
<td><a href="mailto:CCode@Cedar-Rapids.org">CCode@Cedar-Rapids.org</a></td>
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<td>Bins</td>
<td>7th Avenue and 1st Avenue SE</td>
<td>319-286-5070</td>
<td><a href="mailto:DReach@Cedar-Rapids.org">DReach@Cedar-Rapids.org</a></td>
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<tr>
<td>Fire safety inspections</td>
<td>713 1st Avenue SE</td>
<td>319-286-5148</td>
<td><a href="mailto:SFir@Cedar-Rapids.org">SFir@Cedar-Rapids.org</a></td>
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<td>Garbage, recycling and yard waste collection</td>
<td>City Services Center, 500 9th Avenue SW</td>
<td>319-286-5187</td>
<td><a href="mailto:YardWasteRecycling@Cedar-Rapids.org">YardWasteRecycling@Cedar-Rapids.org</a></td>
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<tr>
<td>Household and military credits</td>
<td>City Services Center, 500 9th Avenue SW</td>
<td>319-286-5080</td>
<td><a href="mailto:CityFinance@Cedar-Rapids.org">CityFinance@Cedar-Rapids.org</a></td>
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<td>Housing assistance programs</td>
<td>City Hall, 1st Street SE</td>
<td>319-286-5052</td>
<td><a href="mailto:Development@Cedar-Rapids.org">Development@Cedar-Rapids.org</a></td>
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<tr>
<td>Land development</td>
<td>City Hall, 1st Street SE</td>
<td>319-286-5052</td>
<td>Development&amp;<a href="mailto:Services@Cedar-Rapids.org">Services@Cedar-Rapids.org</a></td>
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<td>Park rentals</td>
<td>Ambroz Recreation Center, 2000 Mt. Vernon Rd. SE</td>
<td>319-286-5311</td>
<td><a href="mailto:Ambroz@Cedar-Rapids.org">Ambroz@Cedar-Rapids.org</a></td>
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<td>Pedestrian and street maintenance</td>
<td>City Services Center, 500 9th Avenue SW</td>
<td>319-286-5022 or 286-5026 for emergencies</td>
<td><a href="mailto:Street@Cedar-Rapids.org">Street@Cedar-Rapids.org</a></td>
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<td>Recreational programs</td>
<td>Ambroz Recreation Center, 2000 Mt. Vernon Rd. SE</td>
<td>319-286-5311</td>
<td><a href="mailto:Ambroz@Cedar-Rapids.org">Ambroz@Cedar-Rapids.org</a></td>
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<tr>
<td>Sewer backup or problems</td>
<td>City Services Center, 500 9th Avenue SW</td>
<td>319-286-5022 or 286-5026 for emergencies</td>
<td><a href="mailto:Sewer@Cedar-Rapids.org">Sewer@Cedar-Rapids.org</a></td>
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<tr>
<td>Subdivision and street lighting</td>
<td>City Services Center, 500 9th Avenue SW</td>
<td>319-286-5022 or 286-5026 for emergencies</td>
<td><a href="mailto:Street@Cedar-Rapids.org">Street@Cedar-Rapids.org</a></td>
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<tr>
<td>Traffic signals and street lighting</td>
<td>City Services Center, 500 9th Avenue SW</td>
<td>319-286-5022</td>
<td><a href="mailto:Traffic@Cedar-Rapids.org">Traffic@Cedar-Rapids.org</a></td>
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<tr>
<td>Utility billing</td>
<td>City Hall, 1st Street SE</td>
<td>319-286-5080</td>
<td><a href="mailto:WaterMbl@Cedar-Rapids.org">WaterMbl@Cedar-Rapids.org</a></td>
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For more information about the City of Cedar Rapids and its services, call 319-286-5080 or visit www.CityofCR.com.
Welcome to the Cedar Rapids Parks & Recreation Play! guide. Inside you'll find great programs that will keep you busy from December 2015 through April 2016.

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**Toddler and Preschooler**

It's a Mess! (2-4 yrs. with Adult)

Get messy and explore textures and mediums that might not normally be experienced at home. Wear your play clothes!

- **#310101-01** M & W 9:30-10:00am  $36 (R $29) Ambroz
- **#310101-02** Tu & Th 9:30-10:00am  $36 (R $29) Ambroz
- **No class 3/16**

**Movers and Shakers**

(3-5 yrs.) Must be age 3 by start date.

Enjoy creative movement with themed music, rhythmic movement and gross motor skill activities. Wear loose fitting clothing. Must be able to separate from parent. Parents may observe the last class. Parent must pass motor skills testing requirements.

- **#310401-01** W 9/15-10/18 9:15-10:45am  $36 (R $29) Ambroz
- **#310401-02** W 10/19-11/22 9:15-10:45am  $36 (R $29) Ambroz
- **No class 3/16**

**Play, Music and Fun**

(1-3 yrs. with Adult)

Learn new songs and finger plays with your child. Introduce them to simple rhythm instruments in a fun group setting. This is a high-energy class with concentration on motor skill activities.

- **#310206-01** Sa 2/6 10am-12pm  $36 (R $29) Ambroz
- **#310206-02** Sa 3/12 1-4pm  $36 (R $29) Ambroz
- **#310206-03** Sa 3/19 9am-12pm  $36 (R $29) Ambroz
- **#310206-04** Sa 3/26 9am-12pm  $36 (R $29) Ambroz
- **No class 3/16, 3/19**

**Youth**

*NEW* Child/Baby Sitting Safety

(6-12 yrs.)

Become a super sitter! Learn about child development, care, discipline as well as basic first aid. Participants receive a backpack with supplies to take home. Participants must pass motor skills testing requirements. Those who enroll in the 12+ class receive CAPS and CPR & First Aid certifications as well.

- **#314712-01** Sa 11/14 1-4pm  $36 (R $29) Ambroz
- **No class 3/16**

**Frozen Princess Tea**

(4+ yrs.)

Join us for a magical “Frozen” tea party with Anna, Elsa and friends as we thaw out with hot tea and goodies, games and music.

- **#314709-01** Sa 1/16 9am-12pm  $73 (R $65) Ambroz
- **#314709-02** Sa 1/30 9am-12pm  $73 (R $65) Ambroz
- **#314709-03** Sa 2/13 1-4pm  $73 (R $65) Ambroz

**Middle School/High School**

Ski Trip to Sundown

(10-17 yrs.)

Experienced and novice skiers are welcome on this trip scheduled on a Cedar Rapids Community School District inservice day. Register early to reserve your spot! The bus departs from and returns to the Ambroz Recreation Center.

Register by 1/13. Phone and online registration are not available. Mail registration is accepted only with a completed ski trip form.

- **#302701-01** M 1/18 10am-7pm  $73 (R $65) Ambroz
- **#302701-02** M 1/18 8am-7pm  $73 (R $65) Ambroz

www.CRREC.org | Phone: 286-5731
WINTER BREAK

American Girl Holiday Party (6-12 yrs.)
Registration Information: Page 47
Join us for a winter party at Ushers Ferry. Explore the different holiday traditions of the American Girls by playing games, learning holiday foods and engaging in historical pastimes.

6-8 years #314710-01 W 12/28 9-10am $11 (R $10) Ushers Ferry
9-12 years #314711-02 W 12/29 9-10am $24 (R $20) Ushers Ferry

Spring Break

Learn & Play Youth Camp (7-9 yrs.)
This camp for kids in grades 2-3 will have your child reading better and having fun at the same time! CR Parks & Rec is partnering with Sylvan Learning Center to provide this quality program with certified teachers. Lessons will focus on basic reading comprehension and phonics to help your child become a more fluent reader. The recreation staff will bring the fun with active play, games and sports after the lessons. Pack a snack and drink to enjoy during the mid-morning break.

#314701-01 M-F 3/14-3/18 9am-12pm $140 (R $125) $130 Ushers Ferry

*NEW* Little Gladiators (6-8 yrs.)
Make your own foam sword and shield, then learn to use it in a battle with your friends.

#314707-01 MW 3/14 & 3/16 9-11am $40 (R $33) Ushers Ferry

Puppy Workshop (7-10 yrs.)
Make a paper mâché hand puppet using clay, tissue paper and scraps of fabric, buttons and other trim for your unique puppet’s costume. Make puppets, play with puppets and learn to put on a puppet show by the end of the week. Create a funny character with exaggerated features and experiment with varied character voices to bring your puppet to life.

#203001-01 M, Tu, W, Th 9-11am 12/28, 12/29, 12/30, 12/31 $44 (R $37) Ambroz

Zombie Survival (8-12 yrs.)
Hone your survival skills and use 18th century field knowledge to prepare for 21st century disaster in this day camp for adventurous kids! You’ll learn to build a shelter, find your way in the wilderness, live off the land and assemble the necessary tools to survive any situation. On the last day, you will test your zombie survival skills with a water gun war of humans vs. zombies.

#314501-01 M-Th 3/14-3/17 1pm $93 (R $85) includes shirt Ushers Ferry

Intro to Sports (3-4 yrs. with Adult)
Must be age 3 by start date.

Learn new skills and the basic movements for a variety of sports. Parents partner with their child to practice some of the skills. Register by 3/4.

#319061-01 M-Th 3/14-3/17 9:45am $35 (R $32) includes shirt Ambroz

Sports Camp (6-12 yrs.)
Get out of the house and into the gym to enjoy a variety of sports activities. Campers participate in soccer, basketball, running, tag games and more. Register by 3/4.

#319081-01 M-Th 3/14-3/17 9-11am $46 (R $42) includes shirt Gibson

Prairie Girl Primer (6-12 yrs.)
Learn the art and skill of being a young lady in 1910. Step back in time each day by putting on period correct clothing and spending the morning with handiwork, crafts, games, writing, tea engagements, and having (ladylike) fun.

6-8 years #314104-04 M 3/14 9-10:30am
#314105-05 Tu 3/15 9-10:30am
#314106-06 W 3/16 9-10:30am
#314107-07 Th 3/17 9-10:30am
#314108-03 M-Th 3/14-3/17 9-10:30am
$47 (R $40) Ushers Ferry

9-12 years #314101-01 M-Th 3/14-3/17 9-11am $88 (R $80) Ushers Ferry

FAMILY

Daddy/Daughter Dance

Dance off the cold winter blues and make merry with all your minion friends. Dress up as your favorite minion and go bananas singing happy songs, eating minion snacks and, of course, make more minions.

#317144-01 Sa 1/16 1pm $37 (R $32) Ushers Ferry Lodge

*NEW* Minions Party!

Cast off the cold winter blues and make merry with all your minion friends. Dress up as your favorite minion and go bananas singing happy songs, eating minion snacks and, of course, make more minions.

#317144-02 $3 Adult accompanying child $14 (R $13) Ushers Ferry Lodge

 Fitzgerald

*NEW* Barre

This is a fun, challenging and high-energy class using a ballet barre. Pilates, Yoga, ballet moves and resistance training are combined to tone and tighten the entire body.

#318101-01 M 12/1-12/31* 7-8pm $52 (R $45) Ambroz *No class 12/24

*NEW* Karate

(7+ yrs.)
Improve yourself with the traditional Okinawan Martial Art of Ryukyu Karate. Gain confidence and self-discipline, learn self-defense and improve your physical health.

#318102-01 Sa 1/22 8-9pm $52 (R $45) Ambroz *No class 1/25

*NEW* Intro to Yoga

(16+ yrs.)
Escape from the pressures of the everyday life. Use breathing exercises and movement to relax and improve wellness. This is a super fun class which will make you stronger, more flexible and more balanced, both in body and mind.

#318103-01 W 1/22/23 5:30-6:30pm
#318104-02 W 1/22/23 5:30-6:30pm
#318103-03 W 2/2/23 5:30-6:30pm
#318104-03 W 2/2/23 5:30-6:30pm
#318105-01 W 2/9/23 5:30-6:30pm

*NEW* Restorative Yoga

(16+ yrs.)
This relaxing class offers deep stretching with your body supported by blankets and blocks. Poses are completed lying down or seated and held 3-5 minutes. Focus is on opening your hips and chest, twisting and more. Sorry, punch cards not accepted for this class.

#318111-01 M 1/4-1/25 5:30-6:30pm
#318112-01 M 2/8-2/29* 5:30-6:30pm
#318111-02 M 2/22-3/2 5:30-6:30pm
#318112-02 M 3/8-3/30 5:30-6:30pm
#318111-03 M 4/4-4/25 5:30-6:30pm
#318112-03 M 4/29-5/31 5:30-6:30pm

*NEW* Workout Thursday

(6-10 yrs.)
Get in shape! Mix it up with 45 minutes of recreational and fitness activities each week. You’ll enjoy jump rope, relays, aerobics and more. Register by 1/5.

6-7 years #318110-01 Th 1/25-2/22 7-8pm $37 (R $30) includes shirt Ambroz

7-10 years #318110-02 Th 1/25-2/22 7-8pm $37 (R $30) includes shirt Ambroz

*NEW* Saturday Superstars

(6+ yrs. with Adult)
Get moving together in this super fun parent/child program. Learn games and exercises for all ages that incorporate both walking and running. Register by 2/22.

#318111-01 Adult child $39 (R $32) *No class 1/26
#318112-01 additional person $30 (R $26) *No class 1/26

*NEW* Midwinter Masquerade (18+ yrs.)
Dance the night away! Lavish costume competitions, Royal Faerie Court dances and a dry mixology bar are only a few of the delights leading up to the evening finale, the de-masking and crowning of the new royal court.

#317151-01 Sa 1/26 7-10:30pm $24 (R $20) Ushers Ferry Lodge

www.CRREC.org | Phone: 266-5731

Registration Information: Page 47
CLAY

Adult Pottery (16+ yrs.)

Receive instruction in hand-building and potter's wheel construction with an emphasis on the wheel. Glaze application and special decorative effects will be covered. A materials card for 10 lbs. of finished work is included in the fee. Additional materials card may be purchased.

#303101-01 Tu 1/5-2/23 6:30-8:30pm $72 (R $64)

Adult/Child Pottery Workshop (5-9 yrs. with adult)

Learn the art of pottery with your child. Have fun experimenting with clay and learning building techniques while you complete a project to take home. One adult per child or one adult per two children.

#303405-01 Adult/Child $24 (R $20)

Kids & Clay (5-9 yrs.)

Learn to work with clay including forming techniques, decoration and glaze application. Materials/firing are included in the class fee.

#303041-01 M* 1/17-2/21 6:30-8:30pm $135 (R $125)

*NEW* Punch & Pottery Evening Out (18+ yrs.)

Looking for a night out with friends or to meet other creative people? Come to Ambroz and make pottery, mingle and enjoy punch and hors d’oeuvres all at the same time!

#303101-01 F 2/5 6:30-8:30pm $37 (R $30)

#303101-02 Sa 3/5 6:30-8:30pm $37 (R $30)

*NEW* Semi-Private Pottery Lessons (16+ yrs.)

Want to learn how to make pottery but would like more individualized instruction? Learn the basics of handwheel and construction work at your own pace. Glaze application and decorative effects will also be covered. Materials (7 lbs.) firing are included in the fee.

#303014-01 M* 1/16-3/27 6:30-8:30pm $155 (R $145)

*Kids’ Drawing (7-11 yrs.)

Expand your drawing abilities through guided experiences using a variety of media including pencils, pastels, felt tip and charcoal. Practice specific exercises to develop your "seeing" skills.

#303111-01 Th 1/7-2/21 6:30-7pm $43 (R $36)

#303112-01 Th 2/25-4/7 6:30-7pm $43 (R $36)

*NEW* Introduction to Photography Workshop (14+ yrs.)

Confused by your camera? Learn to use your film or digital camera just in time for your vacation. You’ll learn basic and artistic functions as well as how to compose great photos.

#303123-01 Sa 1/9 & 1/16 9-11:30am $43 (R $36)

Adult Guitar (16+ yrs.)

Continue improving your skills and learn more great songs in this advanced guitar class. Participants are strongly encouraged to take Intro to Guitar.

#318302-01 M 1/11-2/23 7:30-8:30pm $76 (R $68)

KEYBOARD CLASSES

Learn keyboard skills in these six-week sessions using printed music.

- Music is available to purchase the first day of class. Prices range from $8-$10.
- Classes may be consolidated or canceled depending on class registration.
- Parents may observe only the last class of each session as viewers inhibit some students.

ADULT BELLY DANCE

Belly Dance - Fun and Fitness (18+ yrs.)

Learn about the history of the Belly Dance, customs of the culture and many captivating movements and isolated that go into the dance. It is important to become proficient at this level before going on to the advanced level. SanDee will help you decide when you are ready.

#305204-01 M 1/18-3/7 8:30-9:30pm $100 (R $90)

Guitar Classes

Intro to Guitar (9-15 yrs.)

Have you ever wanted to learn to play guitar? We’ll teach you the basics, and have you playing in two lessons. Get ready for hours of fun and enjoyment. Guitars will be provided at Ambroz.

#318102-01 M 1/14-2/25 5:30-6:30pm $76 (R $68)

#318102-02 Sa 2/27-4/9 10-11am $49 (R $42)

#318102-03 Th 2/25-4/7* 5-6pm $49 (R $42)

#318102-04 Sa 2/27-4/9* 10am-11am $49 (R $42)

Adult Guitar (16+ yrs.)

It’s never too late to learn to play the guitar. Ken Arnell will teach you the basics and have you playing in two lessons. Guitars are available for use at Ambroz if needed.

#318103-01 M 1/11-2/22* 6:30-7:30pm $76 (R $68)

#318103-02 Th 2/25-4/7* 6:30-7:30pm $76 (R $68)

Registration Information: Page 47

Weather Cancellation Hotline: 319-286-5760
The activities on this page have been coordinated for individuals with disabilities. They are also open to friends, family members as well as the general public. Individuals with disabilities are encouraged to register for any program that Cedar Rapids Parks & Recreation offers.

ACTIVITIES

Christmas Cooking (12+ yrs.)
Bake Christmas goodies to eat and to take home! Cookies and candy will include HERSHEY KISSES cookies, sugar cookies, chocolate dipped pretzels and other traditional treats.
#308101-Tu 12/15-12/21  8-9pm  $34 (R $27)  Ambroz

Holiday Dance (All Ages)
Celebrate the holiday season with a dance! Put on your party hat and join friends old and new.
F 12/11  7-8pm  $5/person
Ushers Ferry Lodge

Coffee (All Ages)
Make craft projects using different objects: leather, beads, clay and friendly plastic. You will increase fine motor control, understand cause and effect, and have lots of fun.
#308101-Tu 12/15-12/21  7-8pm  $34 (R $27)

Cultural Foods (16+ yrs.)
Explore new foods from around the world. Learn basic food preparation and explore new foods from around the world. Learn basic food preparation and cultural foods.
#308103-01  Tu 2/2-2/23  6-7pm  $52 (R $45)  Depart/Return: Ambroz

SPORTS/FITNESS

Culture R.E.C. Physical Fitness (10+ yrs.)
Take the opportunity to develop your physical fitness, demonstrate courage and have fun getting fit with yoga, aerobics activities, line dancing, stretching and cardio.
#305006-01  Th 1/7-1/28  4-4:45pm
#305006-02  Th 2/24-3/25  4:45pm
#305006-03  Th 3/31-4/24  4:45pm
#305006-04  Th 4/27-5/24  4:45pm  $34 (R $27)  Ambroz

House on the Rock Christmas Trip (16+ yrs.)
See the House on the Rock transformed into a holiday wonderland. The fee covers transportation and admission. Lunch is not included.
#308703-01  Sa 12/12  8am-5pm  $52 ($45)
Depart/Return: Ambroz

Jordan Creek Mall Trip (16+ yrs.)
Shop ‘til you drop! This day trip to West Des Moines features a two-level shopping area with 160 stores and over two million square feet. Fee is for transportation. Lunch is not included.
#308706-01  Sa 2/6  8am-6pm  $52 ($45)
Depart/Return: Ambroz

Aquatics (8+ yrs.)
Practices: Th, begin 2/11, 7:30-8:30pm at Bender Pool.

Bocce (8+ yrs.)

Power Lifting (14+ yrs.)
Learn to cook using a crockpot and microwave, and also about nutrition and eating healthy. Dishes will include soup, salad, entree and dessert.
#308106-01  Tu 15/1-6/26  6-7pm  $34 (R $27)  Ambroz

Theater Backstage (16+ yrs.)
Have you ever wondered what goes on backstage at the theater? Come learn about stage makeup, set design, costumes and, of course, acting. Friends and family are invited to a live performance on the last night.
#308101-01  Th 1/7-2/25  6:30-7:30pm  $34 (R $27)  Ambroz

Open Gym Punch Pass
$30
Enjoy the convenience of a punch pass! Each pass has six punches. They are nonrefundable and nontransferable.

Open Gym
#311202-01  M 1/18-2/22  5:45-6:45pm  $52 (R $45)  Gibson
#311203-01  M 1/18-3/20  5:30-6:15pm  $42 (R $35)  includes cap/shirt  Noelridge
#311204-01  F 4/8-5/13  5:30-6:15pm  $42 (R $35)  includes cap/shirt  Noelridge

BASKETBALL

Adult Basketball League (18+ yrs.)
Put your team together and join us for a seven-weeks of play plus a post season tournament. Register by 1/22. Managers’ Meeting 1/8. $50/teams (+$10 cash/team for official)  Harding

Adult Basketball Open Gym (18+ yrs.)
Come shoot some hoops! The gym is open for adult basketball players only. Go to CRYOUTHSports.com for more times and locations.
Su 12/20-1/17  8-10am  $5/day or punch pass
Location varies: Kennedy or Washington HS

BASKETBALL LEAGUES

Club R.E.C. Basketball (14+ yrs.)
Learn to play fun games such as charades, Pictionary, Bingo, board games and cards. Socialize as you work on sportsmanship, socialization and rule following skills.
#308101-01  Tu 2/22-3/23  7-8pm  $34 (R $27)  Ambroz

ADULT SPRING/ SUMMER SOFTBALL LEAGUES

Cedar Rapids Parks & Recreation will offer spring and summer adult softball leagues starting in April 2016. Softball information will be available in early March 2016 on our softball website:
CRYouthSports.com

For more information about Cedar Rapids Parks & Recreation Adult Softball programs, contact Mike K. O’Neill at (319) 286-5743.

BASEBALL/Softball/T-BALL

Baseball, Softball & T-Ball Clubs (4-10 yrs.)
Must be age 4 by start date. Spring training is here! Work on all aspects of the game in these five week instructional programs that will improve your hitting, throwing, fielding and running skills. No Games. Register by 3/30.
Baseball
#311302-01  Tu/F 4/19-5/16  5:45-6:45pm  $45 (R $38)  Gibson
#311302-02  Tu/F 5/17-6/13  5:45-6:45pm  $45 (R $38)  Gibson
#311302-03  Tu/F 6/14-7/11  5:45-6:45pm  $45 (R $38)  Gibson
#311302-04  Tu/F 7/12-8/18  5:45-6:45pm  $45 (R $38)  Gibson

T-Ball
#311302-01  Tu/F 4/19-5/16  4:45-5:45pm  $45 (R $38)  Gibson
#311302-02  Tu/F 5/17-6/13  4:45-5:45pm  $45 (R $38)  Gibson
#311302-03  Tu/F 6/14-7/11  4:45-5:45pm  $45 (R $38)  Gibson
#311302-04  Tu/F 7/12-8/18  4:45-5:45pm  $45 (R $38)  Gibson

Softball
#311301-01  F 4/19-5/16  6:30-7:30pm  $45 (R $38)  Gibson
#311301-02  F 5/17-6/13  6:30-7:30pm  $45 (R $38)  Gibson
#311301-03  F 6/14-7/11  6:30-7:30pm  $45 (R $38)  Gibson
#311301-04  F 7/12-8/18  6:30-7:30pm  $45 (R $38)  Gibson

Softball (8+ yrs.)
Register by 3/30.
Baseball programs, contact Mike K. O’Neill at (319) 286-5743.

垒球
#311301-01  F 4/19-5/16  6:30-7:30pm  $45 (R $38)  Gibson
#311301-02  F 5/17-6/13  6:30-7:30pm  $45 (R $38)  Gibson
#311301-03  F 6/14-7/11  6:30-7:30pm  $45 (R $38)  Gibson
#311301-04  F 7/12-8/18  6:30-7:30pm  $45 (R $38)  Gibson

Open Gym - Rec Basketball
$45 (R $38)
The general public is invited to a live performance on the last night.
#308101-01  Th 1/7-2/25  6:30-7:30pm  $34 (R $27)  Ambroz

Online Registration Information
www.CRREC.org | Phone: 286-5731

Registration Information: Page 47
The Snow Kickball Tournament is January 16. Register early for this popular event!

FOOTBALL

**Adult Flag Football League (18+ yrs.)**

Put a team together for no-contact, seven-on-seven flag football. Teams will play a five game season plus a post season tournament. Register by 3/25. Managers’ meeting: 3/31.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Register by</th>
<th>Fee $</th>
<th>Includes</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>#311500-01 Tu</td>
<td>1/22-3/27</td>
<td>5:30-8:30pm</td>
<td>$45 (R $38)</td>
<td>jersey not included Gibson #311312-01 Sa 4/9-5/14 9:30-11:15am</td>
</tr>
</tbody>
</table>

**Football Buddies (4-5 yrs.)**

Discover this exciting sport with a football buddy! Instruction will focus on learning in pairs with kids learning the basics of throwing, catching, kicking, punting, hand-offs, stance, offense, defense, and more in a fun, non-competitive atmosphere. Register by 3/30.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Register by</th>
<th>Fee $</th>
<th>Includes</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>#311304-01 Sa</td>
<td>4/9-5/14</td>
<td>9:30-11:15am</td>
<td>$42 (R $35)</td>
<td>jersey not included Gibson</td>
</tr>
</tbody>
</table>

**Football Cheerleading (6-10 yrs.)**

Learn chants, basic jumps and cheer fundamentals including memorization of routines, showing personality and more! Practice these skills and perform them at the youth football games. Register by 3/30.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Register by</th>
<th>Fee $</th>
<th>Includes</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>#311304-01 Sa</td>
<td>4/9-5/14</td>
<td>9:30-11:15am</td>
<td>$42 (R $35)</td>
<td>jersey not included Gibson</td>
</tr>
</tbody>
</table>

**Cedar Rapids Parks & Recreation Flag Football (6-10 yrs.)**

Flag football is Back! This fun, instructional program is designed to teach the fundamentals of football and to promote teamwork and sportsmanship. This is a low-contact league with shrts, footballs, and flag belts. One-hour practices/games Register by 3/30.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Register by</th>
<th>Fee $</th>
<th>Includes</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>#312001-04 Sa</td>
<td>1/16 9am</td>
<td>5:30-7:45am</td>
<td>$58 (R $50)</td>
<td>jersey not included Gibson</td>
</tr>
</tbody>
</table>

**Youth Kickball (6-11 yrs.)**

Who doesn't love kickball? Develop your kicking, running, throwing and strategy skills in the classic childhood game. Practice and game every week. Register by 3/30.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Register by</th>
<th>Fee $</th>
<th>Includes</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>#311402-01 Tu</td>
<td>4/5-5/7</td>
<td>4:50-5:50pm</td>
<td>$39 (R $32)</td>
<td>includes shirt Van Vechten</td>
</tr>
<tr>
<td>#311402-01 Tu</td>
<td>4/5-5/7</td>
<td>3:30-4:30pm</td>
<td>$39 (R $32)</td>
<td>includes shirt Van Vechten</td>
</tr>
</tbody>
</table>

**Kickball Tournament (17 yrs.)**

Play the game you enjoyed as a kid with an added twist - SNOW! Coed teams consist of 10-12 players (at least 3 women per team). Standard softball rules apply and the top three finishers receive trophies. Register by 1/14.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Register by</th>
<th>Fee $</th>
<th>Includes</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>#302105-01 Su</td>
<td>4/3-5/15</td>
<td>12-4pm</td>
<td>$58 (R $50)</td>
<td>includes shirt Cleveland Park</td>
</tr>
</tbody>
</table>

**Adult Snow Kickball Tournament (18 yrs.)**

This developmental program introduces kids and their parents to this exciting game. Parent/guardian participation is required. Work on throwing, passing, catching, dribbling, stick handling and agility. Participants get to keep the kickball bat. Register by 3/30.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Register by</th>
<th>Fee $</th>
<th>Includes</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>#311909-01 F</td>
<td>4/13-4/27</td>
<td>5:30-7:30pm</td>
<td>$78 (R $70)</td>
<td>includes stick, ball, manual Bever</td>
</tr>
</tbody>
</table>
**SPORTS**

**SOCCER**

# New* Youth Indoor Soccer Skills

(4-10 yrs.) Must be age 4 by start date.

Build your soccer skills in this indoor practice program. Learn the basics and improve your drills with goals and mini games. No games will be played. Register by 1/5.

4-5 years

#311902-01 M 1/4-2/22 5-6pm
#311902-02 M 2/1-2/22 5-6pm
#311902-03 M 2/8-2/19 5-6pm
#311902-04 M 2/15-3/3 5-6pm

6-7 years

#311902-05 M 3/3-4/4 5-6pm
#311902-06 M 4/10-5/9 5-6pm
#311902-07 M 5/8-6/6 5-6pm

8-10 years

#311902-08 M 6/22-7/20 5-6pm

**Outdoor Soccer**

(4-10 yrs.) Must be age 4 by start date.

Learn the basics of soccer and play fun games in this instructional program. One hour practices and games. Register by 2/25.

4-5 years

#311902-21 M 4/5-5/7 5:30-6:15pm
$45 (R $38) includes shirt
Noindent* Horshoof Pets Off Golf Street

#311902-22 Th 4/7-5/9 5:30-6:15pm
$45 (R $38) includes shirt
Van Vechten

6-7 years

#311902-23 M 5/11-6/12 5:30-7:30pm
$55 (R $48) includes shirt
Van Vechten

#311902-24 M 6/11-7/13 5:30-7:30pm
$55 (R $48) includes shirt
Noindent* Horshoof Pets Off Golf Street

8-10 years

#311902-25 M 7/10-8/11 5:30-7:30pm
$55 (R $48) includes shirt
Noindent* Horshoof Pets Off Golf Street

**TENNIS**

**Youth Tennis Lessons**

These lessons emphasize specific skills and games for each age level using the USTA QuickStart format. Classes are coordinated by the Westfield Tennis Club professionals for children ages 4-16. To register, call (319) 286-5731. Questions? Call (319) 396-7060.

**Little Aces Tennis Lessons**

(4-6 yrs.)

#209102-01 Tu 10/3-11/28 4:30-5:30pm
$45 (R $38) includes shirt
Westfield Tennis Club, 3511 18th Ave. SW

**Hot Shots Tennis Lessons**

(7-11 yrs.)

#209102-07 Tu 11/6-12/20 4:30-5:30pm
$45 (R $38) includes shirt
Westfield Tennis Club

**Field Games**

(4-6 yrs.)

This program promotes sportsmanship and running with movement including jumping, leaping, chasing and fleeing games like tag, red light-green light, and obstacle courses.

Register by 3/30.

#311901-01 T 4/13-5/11 4:30-5:30pm
$45 (R $38) includes shirt
Cleveland Park

**Youth Track Club**

(7-12 yrs.)

Learn the proper techniques and training methods for track and field events. Register by 3/30.

#311901-01 W 4/13-5/11 4:30-5:30pm
$45 (R $38) includes shirt
Wilson Track

**Volleyball**

(8-13 yrs.)

This program for both beginners and experienced players is sponsored by Mathnasium. Have fun learning the basic rules of this great sport.

Register by 1/5.

Beginner: 8-10 years

#311901-01 Sa 1/16-3/19 9am-10am
$52 (R $45) includes shirt
Gibson

Intermediate: 8-10 years

#311901-02 Sa 3/23-5/19 9am-10am
$52 (R $45) includes shirt
Gibson

11-13 years

#311901-03 Sa 5/23-7/19 9am-10am
$52 (R $45) includes shirt
Gibson

**Wrestling**

(6-10 yrs.)

Learn the fundamentals and rules of one of Iowa’s favorite sports in this instructional program for kids.

Register by 1/5.

Level 1

#311902-01 M 1/4-2/22 5:30-6:30pm
$55 (R $48) includes shirt
Ambron

#311902-02 M 2/1-2/22 5:30-6:30pm
$55 (R $48) includes shirt
Ambron

Level 2

#311902-01 M 4/1-5/22 5:30-6:30pm
$55 (R $48) includes shirt
Ambron

**TRACK**

**Junior volleyball**

This program promotes sportsmanship and running with movement including jumping, leaping, chasing and fleeing games like tag, red light-green light, and obstacle courses.

Register by 3/30.

#311901-01 W 4/13-5/11 4:30-5:30pm
$45 (R $38) includes shirt
Cleveland Park

**GOLF COURSE CLOSINGS/OPENINGS**

Jones Golf Course will remain open for as long as conditions allow in 2015. Other courses will begin closing by Veteran’s Day, November 11. The courses will close for the season when weather conditions are no longer conducive to golfing. Next spring, the courses will reopen as the weather allows. All course openings and closings will be released to the newspaper and our website:

PlayCedarRapidsGolf.com

**JONES CLUBHOUSE OPEN YEAR-ROUND**

Need new clubs for 2015? Then stop by the Jones Park Clubhouse in January or February for a club fitting, golf lesson or just to hit balls for 30 minutes. Call our golf professionals or check the Web site:

PlayCedarRapidsGolf.com for our winter hours.

**OUTINGS**

Thinking of organizing a golf outing in 2016? Want to have a quality golf course, excellent service, free advice and all at a value price? Our professional staff can help make your event of 20 or 50 players a success. Contact Mark McMahon, PGA Professional at m.mcmahon@cedar-rapids.org.

**GIFT CARDS**

Give your favorite golfer a gift card this holiday season. Gift cards are available for any dollar amount and are valid for three years. Use the gift card for golf fee, golf car rental, food or merchandise.

Purchase passes and gift cards at Jones Park Clubhouse or online:

PlayCedarRapidsGolf.com for more information, call Golf Operations (319) 286-5588 or Jones Park Clubhouse (319) 286-5581.

**HOLIDAY GOLF SHOP**

Jones Park Clubhouse

Merchandise and 2016 season golf passes will be offered at the Jones Park Clubhouse through December 24 for gift giving. Golf bags and golf shoes are available along with our personalized service from our golf professionals. Get your clubs from Mike, Mizuno, Callaway, Titleist, Cobra, Ping and Wilson including clubs for juniors. The hottest push carts from Sun Mountain and Bag Boy will make great gifts. The new- est gift ideas will be offered for the golfer or sport fan on your list plus Iowa Hawkeyes, UNI Panthers and ISU Cyclone gifts for your giving.

Holiday Hours

Monday-Saturday, 9am-5:30pm
December 24: 9am-12pm
December 25-January 4: Closed
January 5-12:45pm
**January and February Hours: Monday-Friday, 9am-5pm**
(timelimited weeks, check website)

Multiple golf experiences with one mission... that’s Cedar Rapids Golf!
BENDER POOL
940 14th Avenue SE
Phone: (319) 286-5790

Pool Accessibility
Bender Pool is equipped with a hydraulic chair and sloping steps in addition to traditional pool ladders.

Locker Rooms
The pool has locker rooms equipped with showers, hair dryers, electrical outlets, and baby changing tables. Bring your own padlock or rent one from the pool. (You will be required to leave your I.D. at the desk when you rent a lock. It will be returned when you return the lock.) Personal locks must be removed daily. Cedar Rapids Parks & Recreation is not responsible for locks or for lost or stolen items.

General Pool Rules:
• Children age 5 and under must be supervised by an adult within arm’s length.
• Youths ages 6-10 must be supervised by an adult or responsible person at least age 14.
• Children’s swimsuits with permanent built-in floats are permitted but are not recommended. Suits with removable floats are not permitted.
• Actual swim attire is required. Fibers from street clothing damage the pool filter. (Sorry, no basketball shorts.)
• Swim diapers are required for children who are not toilet trained. They are available from the pool cashier for $1.

PUBLIC SWIMS
The public swim schedule below is in effect 12/1/15 through 3/31/16. The schedule may vary for holidays, school in-service days, special events and maintenance needs.

Bender Pool will be closed for Christmas Eve, December 24 Christmas Day, December 25 New Year’s Day, January 1 Presidents’ Day, February 15 Easter Sunday, March 27

Open Swim (All Ages)
Large inflatables will be in the pool on the first and third Friday of each month. Deep end is open the remaining Fridays of each month. Food is not allowed. Flotation devices are allowed with parental permission. F 12/28 1-4pm W 12/31 4-7pm Th 3/3 1-4pm Tu 3/7 1-4pm $4.25 or pass

Lap Swim (15+ yrs.)
Take time for yourself and feel better after some laps. This is a wonderful time for water walking. The baby pool will be closed, noodles will not be permitted.
M/W/F 11am-12:45pm (No swim 12/25, 1/1, 2/15) M 12/28 11am-12:30pm (No swim 12/31) W 12/31 12-1:15pm (No swim 1/3) Th 3/7 10:30-12:15pm Tu 3/8 10:30-12:15pm $4.25 or pass

Early Dismissal Mini Swims (All Ages)
School’s out early - Let’s swim! W 2/10 2-4pm $2.25 or pass

Holiday & School Break Swims (All Ages)
School’s Out! Enjoy an open swim at Bender Pool.
M 12/28 1-4pm W 12/29 12-3pm Th 12/31 4-7pm Tu 3/7 1-4pm $4.25 or pass

Active Choice
Choose a high activity program

PHOTO I.D. SEASON PASSES
Passes valid Sept. 8, 2015 - May 20, 2016

- You must bring your card with you to enter the facility.
- Plastic photo I.D. cards will be reusable from one season to the next. Don’t throw them out, just renew them.
- Purchase passes at the Ambroz Recreation Center, 2000 Mount Vernon Road SE or the City Services Center (CSC), 500 15th Avenue SW. Renew passes at Bender Pool.
- Holders pass presents for entry verification and then keep cards themselves while at the pool. The pool is not responsible for lost or stolen passes.
- Pass may be revoked for pool rule infractions.
- Passes are nonrefundable and nontransferable.
- Not all programs may be available even though the pass is valid.

WATER EXERCISE
Class Maximums
When a class reaches the maximum of 30 people, participants who arrive after that may be asked to attend at another time.

Aquatherapy (15+ yrs.)
Exercise at your own pace in the comfort of warm water. Please make your own arrangements if you need assistance dressing or in the locker room. Anyone entering the water must pay.
M/W/F 12/21-1/4/1 9-9:55am $4.50/class or pass
*No class 12/25, 1/4, 1/1, 2/15

Low Impact Water Exercise (15+ yrs.)
Are you recovering from an injury or do you just want to add variety to your fitness program? Exercise at your own pace without an instructor.
M/W/F 12/1-4/1* 5:30-6:25pm $4.25/class or pass
*No class 12/24, 12/25, 1/1, 2/15

Senior Water Exercise
Concentrate on stretching, strengthening, flexibility and range of motion exercises during an aerobic workout. Drop-in program, preregistration is not required.
M/F 12/1-4/1* 9-9:55am $4.50/class or pass
*No class 12/24, 12/25, 1/1, 2/15

81-120 people ...........$210/2 hour block
61-90 people .............$190/2 hour block
31-60 people .............$170/2 hour block
1-30 people ...............$150/2 hour block

Punch Pass
This pass may be used by an individual, transferred to another person, or used by a family or group. No photo required. Pass expires on the 15th punch or May 20, 2016, whichever comes first. Purchase passes at Bender Pool, Ambroz Recreation Center or City Services Center (CSC).

Individual & Senior 60+ Pass
May be used for water exercise, lap swims, open swims, adult 50+ swims, and holiday swims.
Individual: $148 (R $138) Senior 60+ $125 (R $115) Valid 9/15-5/20/16 Nonrefundable, nontransferable

WEATHER CANCELLATION HOTLINE 319 286-5790
www.CRRec.org | Phone: 286-5731
Registration Information: Page 47
LIFEGUARD CLASSES

American Red Cross
Lifeguard Training (15+ yrs.)
Class begins at Ambroz. Successful completion results in certification as a lifeguard. Prerequisite skills test must be completed/passed prior to the first day of class. Skills assessed will be 300 yd. swim, timed 10 lb. brick retrieval, and 2 minutes treading water. Must be age 15 by the last day of class.

December Class (Register by 12/15)
#304202-01 F-Su 12/18-12/20 $148 (R $140)

Pre-Test (Attend only one):
Su 12/12 1-2pm
Tu 12/15 7:30-8:30pm

Class:
F 12/18 5:10pm
Sa 12/19 8am-9pm
Su 12/20 8am-9pm

February Class (Register by 2/9)
#304203-01 F-Su 2/12-2/14 $148 (R $140)

Pre-Test (Attend only one):
Su 2/7 7:45pm
Tu 2/9 7:30-8:30pm

Class:
F 2/12 5:10pm
Sa 2/13 8am-9pm
Su 2/14 8am-9pm

March Class (Register by 3/15)
#304205-01 F-Su 3/15-3/20 $148 (R $140)

Pre-Test (Attend only one):
Su 3/15 7:45pm
Tu 3/15 7:30-8:30pm

Class:
F 3/18 5:10pm
Sa 3/19 8am-9pm
Su 3/20 8am-9pm

April Class (Register by 4/12)
#304211-01 F-Su 4/22-4/24 $210 (R $200)

Pre-Test (Attend only one):
Su 4/15 7:45pm
Tu 4/17 7:30-8:30pm

Class:
F 4/15 5:10pm
Sa 4/16 8am-9pm
Su 4/17 8am-9pm

May Class (Register by 5/17)
#304221-01 F-Su 5/22-5/24 $265 (R $250)

Pre-Test (Attend only one):
Su 5/15 7:45pm
M 5/16 7:30-8:30pm

Class:
F 5/22 5:10pm
Sa 5/23 8am-9pm
Su 5/24 8am-9pm

Water Safety Instructor - WSI (16+ yrs.)
Successful completion of this class results in certification to teach all levels of swim lessons. Participants must attend all sessions and be 16 years of age by the end of the class.

February Class (Register by 2/7)
#304212-01 F-Su 2/19-2/21 $158 (R $150)

Class:
F 2/19 5-10pm
Sa 2/20 8am-9pm
Su 2/21 8am-9pm

March Class (Register by 3/17)
#304212-02 F-Su 3/19-3/21 $158 (R $150)

Class:
F 3/19 5-10pm
Sa 3/20 8am-9pm
Su 3/21 8am-9pm

April/May Class (Register by 4/25)
#304212-03 F-Su 4/29-5/1 $158 (R $150)

Class:
F 4/29 5-10pm
Sa 4/30 8am-9pm
Su 5/1 8am-9pm

Lifeguard Instructor - LGI (17+ yrs.)
Successful completion of this class results in certification to teach lifeguarding materials. Participants must be 17 years of age by the end of the class. The course includes AED Essentials, Oxygen Administration and Preventing Disease Transmission. Bring your pocket mask, suit and towel.

December Class (Register by 12/23)
#304211-01 Tu-Th 12/29-12/31 $210 (R $200)

Class:
Tu 12/29 8am-8pm
W 12/30 8am-8pm
Th 12/31 8am-2pm

AQUATIC PROGRAMS

Adult Lessons (15+ yrs.)
Wish you could swim better? This is the perfect opportunity for you to learn. Classes are for beginner level swimmers or those with minimal formal instruction.
#304215-01 MW 11/11-12/17 7:30-8:20pm $39 (R $32)

#304216-02 MW 12/1-12/19 7:30-8:20pm $39 (R $32)
Bender

Teen/Tween Group Lessons (11-14 yrs.)
It’s never too late to learn to swim! This is the perfect class for kids ages 11-14 to learn basic swimming skills with others their own age.
#304214-01 Sa 1/14-1/20 12-12:40pm $26 (R $22)
Bender

Private Swim Lessons (3+ yrs.)
Private (1 instructor/1 student) and semi-private (1 instructor/2 students of the same skill level) 30-minute lessons are available for kids or adults. Call 288-5713 for day/time.

Private Lessons $40 (R $33)lesson
Semi-Private Lessons $45 (R $38)lesson

Swimming Lesson Information

Advanced registration is required. Choose the session, then pick the level and time of the desired class. Register using the corresponding number.

Withdrawals, Refunds, Transfers
Withdrawals and transfers will be honored if they are made by 5pm the Wednesday before the first day of class. In all cases a $4 nonrefundable handling fee will be deducted from the refund. Once the Thursday before the first day of class arrives, refunds are not issued unless the program is cancelled by Parks & Recreation.

Registration Information
See page 47 for registration information. On Friday before the session begins, limited registration may be available.

In an effort to support the health and safety of our staff and patrons, we are unable to accept new registrations for our swim programs during the scheduled class time. Please make arrangements for your child before and after class.

Cancellations
While every effort will be made, there are no guarantees that classes cancelled by Parks & Recreation will be made up. Make up times/days are subject to pool schedule.

Low/High Enrollment
Classes making the minimum enrollment may be cancelled. Maximums are not guaranteed.

Age Requirement
If your child turns the minimum age required within 30 days of the start of the program, they may be registered for that program unless an exception is noted otherwise.

Health Requirement
If your child is sick, he/she may not enter the water for two weeks after the last episode of diarrhea.

Swim Instructors have a fun and rewarding job teaching people of all ages important skills that will keep them safe and around the water. Join our team!
SWIMMING

**Level I** - Fundamental Water Skills (3-5 yrs.)
Must be age 3 by the first day of class. Four year-olds who have passed a Level I class may go to Level II.

**SKILLS INCLUDE:**
- Bobbing
- Floating unsupported
- Front/back glides
- Combined stroke unsupported

**TO PASS:**
- Enter chest deep water, front float, roll to back float, return to vertical (Repeat starting with back float)
- Swim using combined front stroke, roll to back and float, return to front and continue swimming

**Level II** - Stroke Development (5-10 yrs.) Must pass Level II

**SKILLS INCLUDE:**
- Front crawl stroke
- Rotary breathing
- Elementary backstroke
- Breast stroke/dolphin/scissors kicks
- Treading
- Sitting/kneeling dives

**TO PASS:**
- Jump into deep water, recover to surface, maintain position by floating/treading, swim front crawl or elementary backstroke, exit water
- Swim front crawl, change position and direction and swim elementary backstroke, exit water lengths under water
- Swim breast stroke, change direction and swim back crawl

**Level III** - Stroke Development (5-10 yrs.) Must pass Level II

**SKILLS INCLUDE:**
- Breast stroke
- Side stroke
- Back crawl
- Butterfly
- Dives from side
- Open Turns

**TO PASS:**
- Perform feet-first entry into deep water, swim front crawl, change direction and swim elementary backstroke
- Submerge and swim 3-5 body lengths under water
- Swim breast stroke, change direction and swim back crawl

**Level IV** - Stroke Improvement (6-11 yrs.) Must pass Level III

**SKILLS INCLUDE:**
- Breast stroke
- Side stroke
- Back crawl
- Butterfly
- Dives from side
- Open Turns

**TO PASS:**
- Perform feet-first entry into deep water, swim front crawl, change direction and swim elementary backstroke
- Submerge and swim 3-5 body lengths under water
- Swim breast stroke, change direction and swim back crawl

**Level V** - Stroke Refinement (7-11 yrs.) Must pass Level IV

**SKILLS INCLUDE:**
- Side stroke
- Shallow dives
- Flip turns
- Survival float
- Stroke refinement

**TO PASS:**
- Perform shallow dive into deep water, swim front crawl, change direction and swim elementary backstroke
- Swim breast stroke, change direction and swim back crawl

**IMPORTANT!**
If your child does not meet the age requirement, the computer will reject your registration and your child will not be enrolled.

If your child turns the minimum age required within 30 days of the start of the program, he/she may be registered for that program. In this instance, you cannot register online. Call the Ambroz Recreation Center office, 286-5731.

**ACTIVE CHOICE**
Choose a high activity program

**BENDER SESSION DATES:**
- “BB” 12/1-12/17 Tu/Th classes - more information at CRREC.org
- “C” 1/2-2/4 Weekday classes meet 10 times Saturday classes meet 5 times
- “D” 2/6-3/12 (No class 2/15) Weekday classes meet 9 or 10 times Saturday classes meet 6 times
- “E” 3/28-5/7 Weekday classes meet 12 times Saturday classes meet 6 times

**Cedar Rapids Parks & Recreation Swim Lessons**

**Class dates/times on pages 43-44**

**Swimming**

**Red Cross**

**Parent/Child 6 mos.-3 yrs.** The purpose of this class is to expose the child to water adjustment skills. Front kicking, underwater exploration, and entering and exiting the water will be covered. One parent per child.

**School Age Swim Lesson Levels**
Read each level carefully and compare the skills listed to those your child is currently able to perform. If you are certain that your child can complete the “TO PASS” skills, then register them for the next higher level if he/she is the appropriate age.

Note: In most cases, it will take a child more than one session of lessons to pass the level.

**Level I** - Introduction to Water Skills (3-5 yrs.)

**Level II** - Puddlejumpers

**Level III** - Puddlejumpers

**Level IV** - Puddlejumpers

**Level V** - Puddlejumpers

**Getting Started:**
- Register online. Call the Ambroz Recreation Center office, 286-5731 this instance, you cannot register online. Call the Ambroz Recreation Center office, 286-5731.

**Registration Information:** Page 47

**www.CRREC.org | Phone: 286-5731**
Cedar Rapids Parks & Recreation manages 96 parks and trails on 4,171 acres of land. In addition to urban parks of all sizes, there are many acres reserved for future park expansion and flood control.


ICE RINKS

Cedar Rapids Parks & Recreation maintains two unsupervised rinks. They are constructed with a plastic liner for better quality ice and a longer skating season. There are timed lights that shut off at 10pm. They are located at:

Arthur School
Located just north of Arthur School
Bever Park Rink
Located in Bever Park

SLEDDING HILL

Soar down the giant, snow covered hill at Jones Park! The sledding hill opens when enough snow accumulates to completely cover the hill. Call the Winter Sports Hotline, (319) 286-5700, for sledding conditions before you head out into the cold.

Registration Information: Page 47

PARK INFORMATION

Cedar Rapids Parks & Recreation manages 96 parks and trails on 4,171 acres of land. In addition to urban parks of all sizes, there are many acres reserved for future park expansion and flood control.


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Registration Information: Page 47
PARKS/SERVICES

SPECIALS & SAVINGS

Community Garden

Gardens for new or returning gardeners at 8am on March 25th. For more information, call (319) 286-5699 or go to www.crrrec.org.

PARKS/RECREATION

Green Drinks

Enjoy a drink and be environmentally friendly. Attendees can bring their own drinking container to reduce waste. Call (319) 286-5699 or go to www.crrrec.org to register.

REGISTRATION

I WANT TO REGISTER: NOW WHAT DO I DO?

GO ONLINE

Log on to crrrec.org. Click the “Register Online” button in the right hand column. Log on and follow the directions provided. The first time you use the system your user name is your household I.D. number and your password is the primary adult’s last name (up to twelve characters, not case sensitive). Online registration is processed 24 hours a day with credit card payment up to the day prior to the start of the class or session or the registration deadline date.

CALL US

Weekdays from 8am-5pm Call 286-5731. Your registration will be processed by a customer service representative while you wait. Credit card payment only.

FACILITY HOURS AND PHONE NUMBERS

Ambroz Center.......... 286-5731 Weekdays: 8am-5pm
Bender Pool............. 286-5790 During programmed hours
City Services Center..... 286-5566 Weekdays: 7:30am-4:30pm
Golf Operations......... 286-5588 Weekdays: 7am-4pm
Park Operations......... 286-5760 Weekdays: 7am-4pm
Pavilion Rental.......... 286-5731 Weekdays: 8am-5pm
Ushers Ferry .......... 286-5763 During programmed hours

GIFT CERTIFICATES

Give them a gift they’re sure to enjoy! Cedar Rapids Parks & Recreation Gift Certificates are the ideal present for birthdays, anniversaries or holidays. Gift certificates are available in any amount. Purchase them at the Ambroz Recreation Center 2000 Mount Vernon Road SE or the City Services Center (CSC) 500 15th Avenue SE.

T-Shirt Sizes

Youth Sizes: YXS = 2-4 5YS = 6-8
YM = 10-12 YL = 14-16
Adult Sizes: S, M, L

DISCOUNTS

Financial Assistance Program - A discount is available for those who qualify on recreational programs and swim passes. Please call (319) 286-5791 for more information on guidelines and the qualification process.

Resident - Those who reside in a zip code with $24 as the first three numbers receive a discount for programs and swim passes.

PHone numbeRs

Ambroz Recreation Center 2000 Mount Vernon Road SE Cedar Rapids, IA 52403 Hours: 8:00am - 5:00pm City Services Center (CSC) 500 15th Avenue SW Cedar Rapids, IA 52404 Hours: 7:30am - 4:30pm Photos by Brett Smith

PLAY

47
WHEN YOUR LITTLE SNOW BUNNY doesn’t feel like hopping around.

Urgent care clinics are open.

**Urgent Care locations**

**Hiawatha**  
1001 N. Center Point Road, Suite C  
Hiawatha | (319) 375-6100

**Marion**  
2996 7th Avenue, Suite B  
Marion | (319) 377-4844

**Westside**  
2375 Edgewood Road SW  
Cedar Rapids | (319) 396-1983

If you need assistance selecting a health care provider you can learn more by viewing videos and profiles at unitypoint.org/doctor.

The point of unity is you.

Check wait times at unitypoint.org/cedarrapids.