Young Learners & Families

✓ ANIMALS ON THE FARM
(3-7 yrs. with or without Adult)
Get creative while learning the types of animals on the farm. Study a new animal each week and make a craft resembling the theme. Songs, sounds and activities will be a part of each class. Wear your old clothes!

#113107-01 Tu 6/9-6/30 9:15-10am
#113107-02 Tu 7/7-7/28 9:15-10am
$33 (R $26) Old MacDonald’s Farm Barn

✓ BE A BEE
(4-7 yrs.)
Learn about pollination by acting out the work of the honeybee. In this game, you will create a bee costume to wear as you fly out to find pollen and nectar. Communicate with your fellow bees through waggle dances and bring everything back to the hive.

#113109-01 W 6/24 9:30-10:30am
#113109-03 W 8/12 9:30-10:30am
$21 (R $17) Duck Pond Pavilion, Bever

✓ MAKE & TAKE STORY TIME
(0-7 yrs. with Adult)
Get ready to take the Cedar Rapids Library’s Summer Dare! Attend most of the sessions presented by library staff and receive an award.

F 6/12-7/31 10-10:45am
FREE Jacolyn Park Pavilion

✓ PLAY, MUSIC AND FUN
(1-3 yrs. with Adult)
Learn fun 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.

#310102-03 W 4/15-5/20 9:30-10:15am
$37 (R $30) NW Rec

✓ OLD-FASHIONED EASTER EGGS
(2+ yrs. with Adult)
Celebrate spring and help the Easter bunny! Decorate your own Easter eggs with natural dyes and other fun techniques. After the work is done, play games and enjoy some more Easter fun.

#314803-01 Sa 4/4 10-11am
$11 (R $10)/Child Ushers Ferry

Youth

✓ CREEK STUDY AND YOU
(8-11 yrs.)
Learn about plant and critter life and practice fishing. This program is sponsored by CR Parks & Rec and Linn County Conservation. Bring a lunch not requiring refrigeration and water.

#113106-01 Th 6/25 10am-1pm
$13 (R $12) Duck Pond Pavilion, Bever

✓ FARMER FOR A DAY
(6-10 yrs.)
Put on old clothes, tennis shoes or boots, and find out more about the animals at Old MacDonald’s Farm. Learn how to care for them and what goes on at the farm each day with hands-on activities. Pick a day or sign up for multiple sessions.

#113102-01 M 6/8 8-10am
#113102-02 Th 6/11 8-10am
#113102-03 M 6/22 8-10am
#113102-04 Th 6/25 8-10am
#113102-05 Th 7/9 8-10am
#113102-06 Th 7/16 8-10am
#113102-07 Th 7/23 8-10am
#113102-08 Th 7/30 8-10am
#113102-09 M 8/3 8-10am
#113102-10 Th 8/6 8-10am
$15 (R $14) Old MacDonald’s Farm

Photos by Jim Messina

ACTIVE CHOICE
Choose A High Activity Program

CHOOSE A HEALTHY HOMETOWN
ENCOURAGED ACTIVITY

REGISTRATION INFORMATION: PAGE 71
**NEW** BLING IT ON!  
(4-9 yrs.)  
Glitter, sequins and jewels, oh my!  
Make tons of sparkly projects including bracelets, glittery snowglobes, and a jewelry box. We will even glitter-fy our fingernails! Air-dry clay, Model Magic, watercolors, and other dazzling art supplies will be used.  
#303117-01 Th 4/9-4/30 5:30-6:30pm  
$47 (R $40) NW Rec  

**NEW** SLIME-TASTIC ART  
(5-12 yrs.)  
It's a slime takeover! Slime is the main event. We'll create tons of gooey, sparkly, stretchy, messy slime recipes, from an out-of-this-world glitter solar slime confetti cake to bubblegum scented slime, each day. And, we'll be painting and sculpting, too!  
#303119-01 Th 4/9-4/30 6:45-7:45pm  
$47 (R $40) NW Rec  

**NEW** MOTHER'S DAY CRAFT  
(5-12 yrs. with Adult)  
What better way to celebrate Mother's Day than with creating a work of art with your child? Follow easy step-by-step instructions to create matching collages with a garden theme on real canvas board.  
#303129-01 1 Child & Adult $37 (R $30)  
#303129-02 Additional Child $6  
F 5/8 6:30-8pm NW Rec  

**NEW** THE “HOW TO” OF DRAWING  
(5-12 yrs.)  
Love to draw? Learn basic techniques and principles of drawing. Creativity and imagination will be encouraged while experimenting with a variety of materials and techniques. Receive your own sketchbook to keep and to draw in throughout the class.  
#103122-01 Tu/Th 6/9-6/25 9-10am  
$68 (R $60) NW Rec  

**NEW** ART ACADEMY  
(5-12 yrs.)  
Painting, drawing, clay - it's all awesome! Experiment with many techniques and styles while making snowglobes, painting on canvas, and creating clay figures and more. Come ready to have an “artsy” good time!  
#103123-01 Tu/Th 6/9-6/25 10:30-11:30am  
$68 (R $60) NW Rec  

**NEW** MARVELOUS MASTERS ON CANVAS  
(5-12 yrs.)  
Get inspired by the art of Vincent Van Gogh, Claude Monet, Rembrandt, and Pablo Picasso. Recreate famous works like Starry Night, Water Lilies, The Mill, and many others on real canvas boards. You’ll be very proud of your own masterpieces!  
#103124-01 Tu/Th 7/7-7/23 9-10am  
$68 (R $60) NW Rec  

**NEW** HOW TO DRAW CARTOONS  
(5-12 yrs.)  
Wish you were better at drawing cartoons? Learn step-by-step techniques to help you draw super cool (and cute!) cartoons, from cuddly puppy dogs to kooky cool characters. You’ll be impressed by how your drawings turn out! Take home your own How to Draw Cartoons booklet.  
#103125-01 Tu/Th 7/7-7/23 10:30-11:30am  
$68 (R $60) NW Rec  

**NEW** THE SCIENCE OF ART  
(8-10 yrs.)  
Perform experiments that will make you see things in all new ways! Create prints using the power of the sun. Solve problems using sewing and felting techniques. Experiment with color mixing and so much more! You’ll leave class with some of your own unique works of art. Bring a lunch.  
W 6/17 9am-3pm  
$20 NW Rec  

ISU EXTENSION MINI CAMPS  
Register at www.extension.iastate.edu/linn/content/4hdaycamps  

Kidcreate Studio Youth Art Classes  
Learn more about award-winning Kidcreate Studio at kidcreatestudio.com.
FOR KIDS ONLY!

DAY CAMP

(6-12 yrs.)
Stay busy all summer long in this camp for kids entering grades 1-6. Spend your days playing games, making crafts, swimming, participating in special events and going on an occasional field trip. Payment for the first week is due when you register. Additional week's payments are due the Monday of the specific week. Campers bring their own lunches. Morning and afternoon snacks and swimming are provided. Campers will swim every day weather permitting.

M-F 6/15-8/7  7am-5:30pm  $139 (R $129)/week
$38 (R $31)/day  Cherry Hill or Noelridge Parks

CHERRY HILL PARK SITE
The camp is located in the older section of Cherry Hill Park. (Take Cherry Hill Road to Ivy Lane.) A camp building is available in case of inclement weather.

NOELRIDGE PARK SITE
Begin and end the day at the small pavilion beside the splash pad, located next to the Harding School parking lot. During inclement weather, activities will be held in Harding Middle School.

Weekly Themes

<table>
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<tr>
<th>Activity</th>
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<td>M-F 6/15-6/19</td>
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<td>Athletic Adventures</td>
<td>M-F 6/22-6/26</td>
<td>#110702-01 Noelridge</td>
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<td>Carnival Time</td>
<td>M-Th 6/29-7/2*</td>
<td>#110703-01 Noelridge</td>
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<td>All-American</td>
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<td>#110704-01 Noelridge</td>
<td>#110804-01 Cherry Hill</td>
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<td>Games Galore</td>
<td>M-F 7/13-7/17</td>
<td>#110705-01 Noelridge</td>
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<td>Beach Party</td>
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<td>#110706-01 Noelridge</td>
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<tr>
<td>Nature All Around Us</td>
<td>M-F 7/27-7/31</td>
<td>#110707-01 Noelridge</td>
<td>#110807-01 Cherry Hill</td>
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<tr>
<td>Fun and Fitness</td>
<td>M-F 8/3-8/7</td>
<td>#110708-01 Noelridge</td>
<td>#110808-01 Cherry Hill</td>
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</tbody>
</table>

*NEW* ROBOTS AT THE OLYMPICS
(5-7 yrs.)
Learn basic coding concepts through games, various robots, and block-based coding programs to take on Olympic-themed challenges. Expand your problem solving, teamwork, and creative skills while having a blast with ROBOTS! Bring a lunch.

M  7/6  9am-3pm  $20  NW Rec

*NEW* KIDS IN THE KITCHEN
(5-7 yrs.)
Join us for a day of mixing, mashing, measuring, blending, and creating fun foods and other hand-made creations. Explore self-care while making soap, lip balms, and scrubs to take home. Bring a lunch.

W  7/22  9am-3pm  $20  NW Rec

*NEW* ON MY OWN & OK: AM I READY TO STAY HOME ALONE
(9-11 yrs.)
Build your skills, maturity and confidence to stay safely at home alone. Have fun in this hands-on workshop and leave with a family workbook to guide you through discussing expectations together. Bring a lunch.

Tu  7/28  9am-3pm  $20  NW Rec
JUNIOR ZOMBIE SURVIVAL (6-8 yrs.)
Prepare for Zombie Survival next year with this fun, three-day introductory camp! Learn how to pack a “bug out” bag, prepare for evacuation and (most importantly) how to avoid zombies!
#114105-03 W-F  6/10-6/12 1-2:30pm
$46 (R $39)  Ushers Ferry

HARRY POTTER CAMP & TRI-WIZARD TOURNAMENT (9-13 yrs.)
Make some magic! You will be sorted into your respective house upon arrival and meet your new professors for special classes on wizarding and wand-making. Over the course of the week, you will study potions and alchemy, learn to play (muggle) quidditch, and compete against other houses in a Tri-Wizard Tournament rescuing loved ones and finding dragon’s eggs and other magical relics.
#114115-01 M-F  6/15-6/19 9am-12pm
$132 (R $122)  Ushers Ferry

HARRY POTTER ACADEMY (6-8 yrs.)
Make your own magic in this fun camp for Harry Potter fans. On Tuesday, you will be sorted into your “house” and meet your professors for lessons in magic, making your own wand. On Thursday, you will learn some wizarding spells and go on a search for the Sorcerer’s Stone.
#114116-01 Tu/Th 6/16, 6/18 1-2:30pm
$33 (R $26)  Ushers Ferry

*NEW* UNDERGROUND IOWA: MAQUOKETA CAVES VAN TRIP (9-13 yrs.)
Explore Iowa’s Maquoketa Caves! Pack a sack lunch, bring a flashlight, and put on old clothes and hiking shoes for this rugged, underground adventure. Bring some money for ice cream on the way home.
#114204-01 Tu  6/30  8am-5pm
$46 (R $39)  Depart: Ushers Ferry

**NEW** HUNGER GAMES TRAINING CAMP (13-17 yrs.)
Could you survive the Hunger Games? Learn to beat the game with foam weapons training, endurance training, and more! Sign up with a buddy or by yourself and let fate decide your partner! May the odds be ever in your favor!
#114113-01 M-F  6/22-6/26 1-4pm
$132 (R $122)  Ushers Ferry

**NEW** CLASSIC BOOK CLUB: ANNE OF GREEN GABLES (9-14 yrs.)
Do you love classic stories? Join 11-year-old orphan, Anne Shirley, on her adventures as she is mistakenly sent to live with Matthew and Marilla, a middle-aged brother and sister, who had intended to adopt a boy to help with farm work! Learn more about her life as you help with chores and get into mischief! Take your own book home at the end of the week and enjoy the full story at your leisure.
#114722-01 M-F  6/8-6/12  9am-12pm
$125 (R $115)  Ushers Ferry

LITTLE ADVENTURES WITH TOM AND HUCK (6-8 yrs.)
Get up to some good, old-fashioned fun like Tom and Huck did! Explore the woods and look for buried treasure, play hookey from school, enjoy games and make mischief while avoiding Aunt Polly’s long list of chores.
#114117-01 M/Tu 6/8, 6/9  9-10:30am
$33 (R $26)  Ushers Ferry

ARMY CAMP FOR KIDS (9-13 yrs.)
There’s more to being a soldier than what you see in movies and video games. Learn more about the history, traditions, uniforms and equipment of America’s military branches and study classic military science and tactics. You’ll join your own military company and participate in drills, obstacle courses, fitness training and a NERF tactical on the last day.
#114118-01 M-F  6/15-6/19  6-8pm
$90 (R $82)  Ushers Ferry

AMERICAN GIRL (6-12 yrs.)
It’s an American Girl party every day at Ushers Ferry! The time periods and lives of five dolls will be explored each day. Discover what each American Girl did for fun, what crafts she created, what goodies she made and ate, and what was happening in the world around her. Bring your doll!
6-8 years An adult can stay with the shy ones!
#114103-03 M  6/8  9-10:30am
#114103-04 Tu  6/9  9-10:30am
#114103-05 W  6/10  9-10:30am
#114103-06 Th  6/11  9-10:30am
#114103-07 F  6/12  9-10:30am
$14 (R $13)  Ushers Ferry
#114103-02 M-F  6/8-6/12  9-10:30am
$66 (R $58)  Ushers Ferry
8-12 years
#114103-01 M-F  6/8-6/12  9am-12pm
$125 (R $115)  Ushers Ferry

**NEW** UNDERGROUND IOWA: MAQUOKETA CAVES VAN TRIP (9-13 yrs.)
Explore Iowa’s Maquoketa Caves! Pack a sack lunch, bring a flashlight, and put on old clothes and hiking shoes for this rugged, underground adventure. Bring some money for ice cream on the way home.
#114204-01 Tu  6/30  8am-5pm
$46 (R $39)  Depart: Ushers Ferry
**ACTIVITIES**

**REGISTRATION INFORMATION:** PAGE 71

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**NEW**

**FANTASY FOAM ARMOIRE WORKSHOP**

(8-16 yrs.)

Make your own weapon for Fantasy Foam Battle Camp to keep and take home. The types of weapons allowed will depend on the age of the fighter. If you want to make more than one weapon, an additional fee will apply.

#114106-03 M  7/20  9am-12pm  $42  (R $35)   Ushers Ferry

#114106-04 M  7/20  1-4pm  $42  (R $35)   Ushers Ferry

#114106-05 Additional Weapon $10

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**NEW**

**FANTASY FOAM BATTLE CAMP**

(8-16 yrs.)

A call to arms! Help defend our realm! Using LARP (Live Action Role Play) rules of Dagohir Battle Games, we will train you with many types of weapons. Please note: camp weapons are limited. If you would like to make your own weapon, sign up for Monday’s Armory Workshop (see above) or bring a weapon you made in a previous camp with us.

Register by 7/13.

8-12 years

#114119-01 M-F  7/6-7/10  9am-12pm  $132  (R $122)  Ushers Ferry

9-12 years

#114119-02 M-F  7/6-7/10  2-5pm  $125  (R $115)  Ushers Ferry

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**CANOE ADVENTURE CAMP & FLOAT TRIP**

(9-13 yrs.)

Paddle your own canoe! Start by learning the basics in our shallow pond (gear, strokes, steering and what to do if you capsize) before your open water adventure down the Wapsipinicon River on the last day.

#114112-01 M-Th*  7/6-7/10  9am-12pm, Th: 9am-4pm

M-W: 9am-12pm, Th: 9am-4pm

*Float trip will be Friday if it rains Thursday

$115  (R $105) includes canoe rental

Ushers Ferry

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**ARCHERY ADVENTURE CAMP**

(10-14 yrs.)

Discover your inner Katniss or Hawkeye! Learn the basics of archery as you practice with the bow and arrow, and play games to develop your skills of stealth and observation. Learn how to walk quietly and track your prey. (This program corresponds with the ATA Explorer Bow Hunting program.)

Register by 7/24.

#114114-01 M-F  7/27-7/31  6-8pm  $90  (R $82)   Ushers Ferry

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**DANGEROUS DAY CAMP JUNIOR: MAD SCIENTIST’S LAB**

(6-8 yrs.)

Attention! Mad scientists wanted to aid the ZRF (Zombie Resistance Forces)! The area has been cleared of zombies, but now a strange, green slimy substance has been found in Seminole Valley! Is it the source of the zombie contagion? Explore the woods, collect samples and specimens, and test for acids and bases to see if you can replicate the zombie slime.

Register by 7/13.

8-12 years

#114108-01 Tu/Th  8/4, 8/6  1:30-3pm  $33  (R $26)   Ushers Ferry

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**SUMMER NERF TACTICAL**

(9-13 yrs.)

Here’s your last chance for summer fun! Learn basic NERF safety rules and strategy, then break into teams to play Capture the Flag and other games to defend your fortress. Bring your own NERF gear, ammo and eye protection.

#114120-01 F  8/7  9am-12pm  $21  (R $17)   Ushers Ferry

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**PRAIRIE FINISHING SCHOOL**

(6-12 yrs.)

Learn the art and skill of being a child 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 fun.

6-8 years

An adult can stay with the shy ones!

#114101-02 M  7/13  9-10:30am

#114101-03 Tu  7/14  9-10:30am

#114101-04 W  7/15  9-10:30am

#114101-05 Th  7/16  9-10:30am

#114101-06 F  7/17  9-10:30am

$14  (R $13)/day   Ushers Ferry

$66  (R $58)/week   Ushers Ferry

8-12 years

#114102-01 M-F  7/13-7/17  9am-12pm  $27  (R $23)  Ushers Ferry

#114101-01 M-F  7/13-7/17  9-10:30am

$125  (R $115)  Ushers Ferry

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**ZOMBIE SURVIVAL**

(8-12 yrs.)

Hone your survival skills and use 19th century know-how to prepare for 21st century disaster in this camp for adventurous kids! Learn to build a shelter, find your way in the wilderness, live off the land and assemble the tools to survive any situation. Test your survival skills on the last day with a water gun war - Humans vs. Zombies!

#114105-01 M-F  7/6-7/10  9am-12pm

#114105-02 M-F  7/6-7/10  2-5pm

$132  (R $105)  Ushers Ferry

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**CANOE PIRATE ADVENTURE**

(9-13 yrs.)

Prepare for an adventure! Learn the basics or refresh your skills in this two-day camp. Build your crew and get into your canoes to practice in the shallow pond on Monday and then test your skills in the Pond Pirate obstacle course on Wednesday.

#114111-01 M/F  7/27, 7/29  9am-12pm  $53  (R $46)   Ushers Ferry

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**SUMMER PIONEERS**

(6-12 yrs.)

Have some good, old-fashioned summer fun before you head back to school! Learn how to cook on a wood stove or maybe over an open fire. After you finish your summer chores, head on down to the river and try some fishing.

6-8 years

#114119-01 M  8/3  9-10:30am  $14  (R $13)  Ushers Ferry

9-12 years

#114119-02 M  8/3  9am-12pm  $27  (R $23)  Ushers Ferry

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**REGISTRATION INFORMATION:** PAGE 71
Adult Activities

POP GOES THE EASEL: PAINTING WITH ACRYLICS WITH DAVE STAUFSHER
(18+ yrs.)
Welcome to painting with acrylics, an art world full of versatility and bright, bold colors! You will learn the fundamentals of color and basic composition and how to paint thick and thin with brushes and a palette knife.

#303120-03 Tu 4/14-5/19 6-8pm
#103120-01 Tu 6/16-7/21 6-8pm
$49 (R $42) NW Rec

WATERCOLOR MADE EASY WITH DAVE STAUFSHER
(18+ yrs.)
Develop a new hobby! Absolutely no experience is needed for this class. Basic watercolor techniques will be taught in a relaxed and fun manner. You’ll receive a small supply list the first day of class.

#303107-03 Tu 4/14-5/19 1:30-3:30pm
#103107-01 Tu 6/16-7/21 1:30-3:30pm
$49 (R $42) NW Rec

Guitar Classes

INTRO TO GUITAR
(9+ yrs.)
Have you ever wanted to learn to play guitar? Ken Arnell will teach you the basics and have you playing in two lessons. Get ready for hours of fun.

9-15 years
#118801-01 M 4/6-5/11 5:30-6:30pm
#118801-02 M 6/8-7/13 5:30-6:30pm
$81 (R $73) NW Rec

16+ years
#118801-03 M 4/6-5/11 6:30-7:30pm
#118801-04 M 6/8-7/13 6:30-7:30pm
$81 (R $73) NW Rec

GUITAR II
(9+ yrs.)
Continue to improve your skills and learn more great songs in this advanced guitar class. Completion of Intro to Guitar is recommended before taking this class.

#118802-01 M 4/6-5/11 7:30-8:30pm
#118802-02 M 6/8-7/13 7:30-8:30pm
$81 (R $73) NW Rec

Dance

*NEW* BASIC LINE DANCE FOR BEGINNERS BY SANDEE
(18+ yrs.)
Get off your chair and join others on the dance floor! Learn basic steps, terminology and combinations used in a variety of line dances. Please wear sneakers; boots are not necessary.

#305207-03 M 4/13-5/18 6-7pm
#105207-01 M 6/8-7/13 6-7pm
$52 (R $45) NW Rec

FUN BASICS BELLY DANCE
(18+ yrs.)
Learn the most popular movements and step combinations used in modern belly dance. In addition to captivating movements and isolations, you will learn some of the history and origins of this art form and about the culture that brought it to this country.

#305204-03 M 4/13-5/18 7-8pm
#105204-01 M 6/8-7/13 7-8pm
#105204-02 M 7/20-8/24 7-8pm
$52 (R $45) NW Rec

INTERMEDIATE BELLY DANCE - PERFORMERS
(18+ yrs.)
This class will focus on performing in costume. Learn stage direction, group choreography, costuming, make-up and how to perform with personality and charm. Costumes are needed.

At least two sessions of Fun Basics and pre-approval by SanDee are required to register for this class. You may sign up for both classes. Performing is not mandatory.

#305205-03 M 4/13-5/18 8-9pm
#105205-01 M 6/8-7/13 8-9pm
#105205-02 M 7/20-8/24 8-9pm
$52 (R $45) NW Rec

Your Passport to Healthy Living

Join AARP Iowa and CR Parks and Rec for a year of healthy living.

Find out more: aarp.Cevent.com/CRPassport

AARP
Real Possibilities
**ACTIVITIES**

REGISTRATION INFORMATION: PAGE 71

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**Open Hand is a nonprofit that uses the principles and practices of traditional martial arts to develop a stronger, more connected and empowered community.**

**OpenHandCR.org**

Find us on Facebook @openhandcr

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**OPEN HAND**

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**Activities**

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**Fitness**

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**NEW** **POUND®**

*(16+ yrs.)*

Sweat. Sculpt. Rock! Pound® is the world's first cardio jam session inspired by energizing, sweat dripping fun of playing the drums.

- #318116-05 F 4/3-4/24 6-7pm
- #318116-01 F 5/1-5/22 6-7pm
- #318116-02 F 6/5-6/26 6-7pm
- #318116-03 F 7/10-7/31 6-7pm
- #318116-04 F 8/7-8/28 6-7pm

*$43 (R $36) NW Rec*

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**Yoga in the Park**

*(12+ yrs.)*

Downshift and gain mind/body awareness. Uniting breath with movement, work on increasing your lung capacity, functional strength, range of motion, flexibility, balance and relaxation. Bring a yoga mat or towel.

Su 7/7-8/19 8-9am
FREE Noelridge Park Gardens

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**Japanese Archery**

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**KYUDO RENMEI - BEGINNERS**

*(16+ yrs.)*

Spend six weeks learning to use and shoot the yumi (Japanese longbow) and receive an introduction to this ancient martial art. Equipment is provided.

- #102303-01 Su 4/26-5/7 9-10am
- #102303-02 Su 6/14-7/26 9-10am
- #102303-03 Su 8/9-9/13 9-10am

*$37 (R $30) NW Rec*

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**KYUDO RENMEI - ADVANCED**

*(16+ yrs.)*

After successful completion of the class for beginners, continue your training in this course and become more proficient in the individual and group aspects of Kyudo Renmei.

- #102304-01 Su 4/26-6/7 10am-12pm
- #102304-02 Su 6/14-7/26 10am-12pm
- #102304-03 Su 8/9-9/13 10am-12pm

*$42 (R $35) NW Rec*

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**Ryuku Kempo Karate**

These classes are part of Open Hand and are taught by Shihan Adam Frey and Sensei Erika Munn.

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**FUNDAMENTALS**

*(6+ yrs.)*

Physical and social confidence, self-discipline, situational awareness, and strong moral character are developed in this karate class for all abilities and skill levels.

- 6+ years
  - #318114-04 Tu/Th 4/7-4/28 6-7pm
  - #118114-01 Tu/Th 5/5-5/26 6-7pm
  - #118114-02 Tu/Th 6/2-6/30 6-7pm
  - #118114-03 Tu/Th 7/7-7/28 6-7pm
  - $63 (R $55) NW Rec

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**ADVANCED**

*(6+ yrs.)*

Learn advanced karate techniques including weapons in this class for brown belts and up. Students must also attend the Fundamentals class.

- #318114-04 Tu 4/7-4/28 7-8pm
- #118114-01 Tu 5/5-5/26 7-8pm
- #118114-02 Tu 6/2-6/30 7-8pm
- #118114-03 Tu 7/7-7/28 7-8pm
- #118114-04 Tu 8/4-8/25 7-8pm

*$32 (R $25) NW Rec*

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**NEW** **SELF DEFENSE SEMINAR**

*(6+ yrs.)*

Learn situational awareness tools and leave this seminar with the ability to use the OODA (Observe, Orient, Decide, Act) method to recognize and break down social “hacks” that predators use. This seminar is part of Open Hand.

**Family - 6+ years with Adult**

- #118119-01 Child & Adult $70
- #118119-03 Adult Only $35
- Sa 4/11 10am-12pm NW Rec

**16+ years or 12+ with Adult**

- #118119-02 Child & Adult $70
- #118119-04 16+ years $35
- Sa 8/22 10am-12pm NW Rec

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**Intermediate**

*(6+ yrs.)*

Learn intermediate karate techniques including weapons in this class for orange belts and up. Students must also attend the Fundamentals class.

- #318113-04 W 4/1-4/29 6-7pm
- #118113-01 W 5/6-5/27 6-7pm
- #118113-02 W 6/3-6/24 6-7pm
- #118113-03 W 7/1-7/29 6-7pm
- #118113-04 W 8/5-8/26 6-7pm

*$32 (R $25) NW Rec*

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**ADVANCED**

*(6+ yrs.)*

Learn advanced karate techniques including weapons in this class for brown belts and up. Students must also attend the Fundamentals class.

- #318114-04 Tu 4/7-4/28 6-7pm
- #118114-01 Tu 5/5-5/26 6-7pm
- #118114-02 Tu 6/2-6/30 6-7pm
- #118114-03 Tu 7/7-7/28 6-7pm
- #118114-04 Tu 8/4-8/25 6-7pm

*$32 (R $25) NW Rec*

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**NEW** **SELF DEFENSE SEMINAR**

*(6+ yrs.)*

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**Family - 6+ years with Adult**

- #118119-01 Child & Adult $70
- #118119-03 Adult Only $35
- Sa 4/11 10am-12pm NW Rec

**16+ years or 12+ with Adult**

- #118119-02 Child & Adult $70
- #118119-04 16+ years $35
- Sa 8/22 10am-12pm NW Rec
GOAT YOGA

GOAT YOGA
(13+ yrs.)
Let go, have fun and interact with these smart and social farm animals in this unusual and fun yoga class. Fun and laughter are the foundation of this mind, body and goat class! Other farm animals may join in on the fun as well. Wear appropriate clothing and bring your own mat. A limited number of mats are available to rent for $2 (cash only).

| #113111-01 | Sa | 6/13 | 9-10am |
| #113111-02 | W  | 6/17 | 5:45-6:45pm |
| #113111-03 | Sa | 7/11 | 9-10am |
| #113111-04 | W  | 7/15 | 5:45-6:45pm |
| #113111-05 | Sa | 8/8  | 9-10am |
| #113111-06 | W  | 8/19 | 5:45-6:45pm |
| #113111-07 | W  | 9/2  | 5:45-6:45pm |
$12 (R $11)
Old MacDonald's Farm Barn

ADULT/CHILD GOAT YOGA
(6+ yrs. with Adult)
How can you make exercise more fun? Do it with your kids and ours as well as chickens and rabbits! Be sure to wear loose and comfortable clothing that can get dirty and bring your own mat. A limited number of mats are available to rent for $2 (cash only). You may register more than one child.

| #113110-01 | Adult $12 (R $11) | W  | 6/3 | 5:45-6:45pm |
| #113110-02 | Child $5 (R $4)   | W  | 6/3 | 5:45-6:45pm |
| #113110-03 | Adult $12 (R $11) | W  | 7/1 | 5:45-6:45pm |
| #113110-04 | Child $5 (R $4)   | W  | 7/1 | 5:45-6:45pm |
| #113110-05 | Adult $12 (R $11) | W  | 8/5 | 5:45-6:45pm |
| #113110-06 | Child $5 (R $4)   | W  | 8/5 | 5:45-6:45pm |
Old MacDonald's Farm Barn

GOAT YOGA PARTIES
Need to let go and escape the usual routine with some friends, colleagues or family? A Goat Yoga party may be the perfect option for you! Fun and laughter are the foundation of this unusual yoga class where you can interact with these smart and social animals. Other farm animals may join in on the fun as well!

Parties for ages 13 and up are available June - August: Mondays 4:30-5:30 p.m., Thursdays between 4:30-6:30 p.m., and Saturdays 8:30-9:30 a.m. Fee is $100 for a one-hour class. Please wear appropriate clothing and bring your own mat or rent one for $2 (cash only). Call 319-286-5763 to set up your party or to discuss a different age range. Reservations are required two weeks in advance.

BIRTHDAY PARTIES
The first hour of your party will be a guided farm tour with a party host. In this hour, you will have hands-on contact with the animals and will be able to feed them as well. The second hour will be free time at the pavilion near the duck exhibit. The birthday child will receive a gift. Bring your own cake, snacks and beverages. Two-hour party reservations are available April 22-October 7 and can be scheduled between 10:00 a.m. - 6:30 p.m. Call 319-286-5763 to set up your party.

Reservations are required two weeks in advance. Fee is $110 per 2 hour period and includes pavilion reservation and farm tour. Non-refundable.

*NEW* STICKS & STONES: OUTDOOR CRAFTING FOR KIDS
(All Ages)
Come to the farm on Friday afternoons all summer long! Get outdoors and enjoy a different craft or activity each week with us. No registration required.

F 6/12-7/31 1-2pm FREE
Old MacDonald's Farm Barn

*NEW* CAN YOU DIG IT?
(Grades 2-5) Must have completed 2nd Grade
Become a “grow-getter” in this awesome day camp for future gardeners! Learn all about planting, soil/composting, bees/butterflies, fruits/veggies, and harvesting in a fun and interactive way. There will be take-home projects, taste testing, and more. If a week-long camp isn’t for you, sign up for our weekly classes on Monday mornings. Register by 3:00 p.m. on 6/12 for the camp or on 6/26 for the class.

| #113203-01 | M-F | 6/15-6/19 | 9-11:30am |
| #113203-02 | M   | 6/29-7/27 | 9-11:30am |
$10 Old MacDonald's Farm - Garden

*NEW* CAN YOU DIG IT?
(Grades 2-5) Must have completed 2nd Grade
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| #113203-01 | M-F | 6/15-6/19 | 9-11:30am |
| #113203-02 | M   | 6/29-7/27 | 9-11:30am |
$10 Old MacDonald's Farm - Garden

*NEW* STICKS & STONES: OUTDOOR CRAFTING FOR KIDS
(All Ages)
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F 6/12-7/31 1-2pm FREE
Old MacDonald's Farm Barn