SPORTS

Adult Softball

**ADULT SUMMER LEAGUES**
Registrations will be accepted until 5:00 p.m. on 4/6. Information about this 10-week season from May until early August is available at: CRYouthSports.com

For more information, contact Mike K. O'Neill at 319-286-5743.

Tait Cummins Sports Complex:
- Tu 4/28-7/28 Coed 11”/12”
- W 4/29-7/29 Men’s 12”
- Th 4/30-7/30 Men’s 12”
- Su 5/1-7/3 Men’s 12”

Cleveland Park:
- Tu 5/1-8/4 Church Coed

**ADULT FALL LEAGUES**
Adult Fall Softball Men’s 12” and Coed 11”/12” leagues are scheduled from 8/25 - 10/17 at Tait Cummins Sports Complex. The fee is $119 (each team pays the umpire an additional $13 per game). For more information, contact Mike K. O'Neill at 319-286-5743.

**USSA YOUTH FALL LEAGUE**
(8-14 yrs.) Based on 2021 age
This sanctioned USSSA league with a seven-game schedule is open to all skill levels. Games are played on Saturday or Sunday depending on the age of the player. Register as a free agent or request to be placed on a specific team. Divisions of play: 8U - 14U.
Call Mike K. O'Neill, 319-286-5743, for more information. **Register by 8/10.**

**T-BALL TRAINING DAYS**
(4-6 yrs.) Must be age 4 by start date.
Spring training is here! Work on all aspects of T-ball in these one-day instructional camps that will improve your hitting, throwing, fielding and running skills. Register for one day or for all three. **Registration ends one week before each camp.**

**BLASTBALL**
(3-4 yrs. with Adult) Must be age 3 and not turn age 5 by 7/20.
Learn baseball basics in this program for beginners. Partner with your child to practice skills and play. No gloves needed. A foam bat/ball will be used. **Register by 6/4.**

**PRACTICE DIAMONDS**
Call 319-286-5566 to reserve diamonds for practice or reserve them in person at Northwest Recreation Center (Monday-Friday, 8:00 a.m. - 5:00 p.m.) or City Services Center (Monday-Friday, 7:30 a.m. - 4:30 p.m.).
Diamonds may be reserved for 1½ hour time segments at $29 per time segment. Exclusive use of the reserved area is insured with the fee. Bases and lining are not provided.

**RAIN OUTS HOTLINE 319-286-5700 or CRYouthSports.com**
SPORTS REGISTRATION INFORMATION: PAGE 71

*NEW* TINY TEES 
TEE BALL LEAGUE 
(4-6 yrs.) Must be age 4 by start date. 
Learn baseball basics and teamwork, make friends and have fun! Each team gets four practices and six games. Practices and games are one hour in length. A schedule will be sent prior to the start of the season. Bring your own baseball glove and helmet. Gloves are required. Helmets are recommended. Volunteer coaches are needed. 
Register by 6/4. 

Day: 4-6 years 
#111701-01 M/W 6/15-7/20* 9-11am 
$58 (R $50) includes cap/shirt Noelridge 
*No program 7/1 
Evening: 4-6 years 
#111701-03 M/W 6/15-7/20* 5:30-7:30pm 
$58 (R $50) includes cap/shirt Van Vechten 
*No program 7/1 
Evening: 4-6 years 
#111701-05 Tu/Th 6/16-7/21* 5:30-7:30pm 
$58 (R $50) includes cap/shirt Noelridge 
*No program 7/2 

*NEW* CR COACH-PITCH 
BASEBALL/SOFTBALL LEAGUE 
(7-8 yrs.) 
Play on a team and learn valuable baseball/softball skills like hitting, fielding, and throwing in this recreational league. Each week will have one practice and one game. Games will start at either 5:30 or 6:40 and will last one hour. Schedules will be sent prior to the start date. League may be co-ed to meet a minimum number of teams. Volunteer coaches are needed! Register by 6/4. 

Boys 7-8 years 
#111401-01 Tu/Th 6/16-7/23* 5:30-7:40pm 
$61 (R $53) includes cap/shirt Noelridge 
*No program 7/2 
Girls 7-8 years 
#111401-04 Tu/Th 6/16-7/23* 5:30-7:40pm 
$61 (R $53) includes cap/shirt Noelridge 
*No program 7/2 

*NEW* CR INSTRUCTIONAL 
BASEBALL/SOFTBALL 
(9-12 yrs.) 
All skill levels are welcome in this instructional program. Develop your hitting, pitching, and fielding skills with a focus on proper mechanics and techniques as well as in-game situations. The program will be run as a camp/clinic with scrimmages. No official games will be played. Bring your own glove. Bringing your own bat and helmet is recommended, but not required. Register by 6/4. 

9-10 years 
#111402-01 W/F 6/17-7/24* 5:30-7pm 
$72 (R $64) includes cap/shirt Noelridge 
*No program 7/1, 7/3 
11-12 years 
#111402-02 W/F 6/17-7/24* 5:30-7pm 
$72 (R $64) includes cap/shirt Noelridge 
*No program 7/1, 7/3 

T-BALL 
(3-4 yrs.) Must be age 3 by start date. 
Learn how to run the bases, hit the ball, field and throw. 
#311108-03 F 4/3-5/8* 11:30am-12pm 
$63 (R $55) includes shirt NW Rec 
*No class 4/10 

BECOME A YOUTH SPORTS SPONSOR! 
Spotlight your business or organization while supporting our youth. Your sponsorship enables our department to further its mission of championing and enriching the lives of our youth through active and healthy lifestyles. 

Whether you are interested in an exclusive sponsorship opportunity as an expression of your company’s values or would like to sponsor your child’s team in order to raise the profile of your company – we have just the package for you. No matter which sponsorship package you choose, we promise you will receive the attention, recognition, and publicity that you deserve for your sponsorship. 

For more information: contact Grant Weber Athletics Coordinator 319-286-5698 or g.weber@cedar-rapids.org 

VOLUNTEERS NEEDED FOR YOUTH SPORTS! 
Volunteer coaches are needed for each youth sport. The Department will provide field supervisors to assist the volunteers coaching the teams. A handbook and training are provided. Volunteers may request to coach with ONE other volunteer. If you are interested, fill out the volunteer application online: CRYouthSports.com 

For more information: contact Grant Weber g.weber@cedar-rapids.org 

ACTIVE CHOICE 
Choose A High Activity Program 

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For more information: contact Grant Weber g.weber@cedar-rapids.org
**Football**

**ADULT FLAG FOOTBALL LEAGUE**
(18+ yrs.)
Put your team together for 5-on-5 flag football with a five-game season plus a post-season tournament.
Register by 3/29.
#302105-01 Su 4/5-5/17* 12-4pm  
$175/team Cleveland Park  
*No program 4/12

**YOUTH FLAG FOOTBALL**
(6-10 yrs.)
Learn football fundamentals in this fun, recreational, low-contact league with shirts, footballs, and flag belts provided.
One-hour practices/games. The first Saturday will be a practice. Meet at the pavilion. Register by 3/27.
6-7 years  
#311401-01 Tu/Sa 4/7-5/9  
Tu: 5:30-6:30pm, Sa: 9-10am  
$60 (R $52) includes shirt Cleveland Park

8-10 years  
#311402-01 Tu/Sa 4/7-5/9  
Tu: 6:40-7:40pm, Sa: 10:15-11:15am  
$60 (R $52) includes shirt Cleveland Park

**FOOTBALL BUDDIES**
(4-6 yrs.) Must be age 4 by 6/17
This program is a great intro to basketball or to continue developing skills. It includes drills and mini-games, with a focus on sportsmanship, dribbling, passing and shooting. Adult family members are welcome to participate, too! Register by 6/4.
#111301-01 W 6/17-7/29* 5:30-6:15pm  
$49 (R $42) includes shirt NW Rec  
*No program 7/1

**Basketball**

**BASKETBALL CAMP**
(4-9 yrs.) Must be age 4 by start date.
Practice your skills in this week-long camp. Improve your dribbling, passing and shooting. There will be new skills, drills and contests everyday!
Register by 7/27.
4-5 years  
#111305-01 Tu-F 8/4-8/7 5:30-6:30pm  
$44 (R $37) includes shirt NW Rec

6-9 years  
#111306-01 Tu-F 8/4-8/7 6:30-7:30pm  
$44 (R $37) includes shirt NW Rec

**HOOP IT UP BASKETBALL**
(4-6 yrs.) Must be age 4 by 6/17
This program is a great intro to basketball or to continue developing skills. It includes drills and mini-games, with a focus on sportsmanship, dribbling, passing and shooting. Adult family members are welcome to participate, too! Register by 6/4.
#111301-01 W 6/17-7/29* 5:30-6:15pm  
$49 (R $42) includes shirt NW Rec  
*No program 7/1

**RECREATIONAL 3-V-3 YOUTH BASKETBALL LEAGUE**
(7-10 yrs.)
This volunteer-coached, recreational league is great for beginner to intermediate skill levels. Teams play a six-game season with the first two weeks reserved for practice. Sign up as an individual for a specific team or ask to be placed on a random team. Games are 45 minutes long. A game schedule will be available prior to the first practice. Register by 6/4. For league information, contact Grant at g.weber@cedar-rapids.org.
8U Co-Ed: 7-8 years  
#111302-01 Tu 6/16-7/28 5:30-7pm  
$63 (R $55) jersey included NW Rec

10U Boys: 9-10 years  
#111303-01 Tu 6/16-7/28 7:8:30pm  
$63 (R $55) jersey included NW Rec

10U Girls: 9-10 years  
#111303-02 Tu 6/16-7/28 7:8:30pm  
$63 (R $55) jersey included NW Rec

**WEATHER CANCELLATION HOTLINE 319-286-5700**

**ACTIVE CHOICE**
Choose A High Activity Program
SPORTS

Soccer

*NEW* YOUTH SPRING SOCCER (6-10 yrs.)
All skill levels are welcome in this fun program held at both Cherry Hill and Noelridge Parks. (Indicate your preferred location when registering. There may be a few Saturdays of cross-play when teams from one park play the other.) The first two Saturdays will be practices. The next five will be games. Practices/games are one hour and will start at 9:00 or 10:00 a.m. You will receive a schedule prior to the program’s start. Register by 3/22.

6-7 years
#311502-02 Sa 4/4-5/16 9-11am
$58 (R $50) includes shirt
Noelridge/Cherry Hill

8-10 years
#311503-01 Sa 4/4-5/16 9-11am
$58 (R $50) includes shirt
Noelridge/Cherry Hill

LITTLE KICKERS SPRING LEAGUE (4-5 yrs.) Must be age 4 by start date. Learn the basics of soccer and play fun games in this instructional program. A schedule of games and times will be handed out the first day. Register by 3/29.

#311501-01 M 4/13-5/11 5:30-6:15pm
$49 (R $42) includes shirt
Van Vechten

#311501-02 Th 4/16-5/14 5:30-6:15pm
$49 (R $42) includes shirt
Noelridge*
*Horseshoe Pits off Golf Street

#311501-03 Sa 4/18-5/16 9-9:45am
$49 (R $42) includes shirt
Cherry Hill

LITTLE KICKERS SUMMER LEAGUE (4-5 yrs.) Must be age 4 by start date. Practice the first two weeks, then play games for the last four. Practices and games are 45 minutes in length. Shinguards are required. Cleats are recommended. A schedule will be sent before the league begins. Volunteer coaches needed. Register by 6/4.

#111704-01 W 6/17-7/29* 5:45-7:15pm
$55 (R $48) includes shirt
*No program 7/1
Noelridge, Horseshoe Pits off Golf Street

Other Sports

ADULT KICKBALL TOURNAMENT (18+ yrs.)
This fun-packed tournament is for the “older folks.” Form teams with your family members, friends, co-workers or church members. Registrations are accepted until filled.

#102801-01 Sa 6/20 9am-5pm
$119/team
Noelridge

INTRO TO SPORTS (3-4 yrs. with Adult) Must be age 3 by start date.
Try soccer, baseball, football and more! Learn new skills and practice basic movements for a variety of sports. Register by 6/4.

#111904-01 Th 6/18-7/23* 9:30-10am
#111904-02 Th 6/18-7/23* 10:30-11am
$39 (R $32) includes shirt
NW Rec
*No program 7/2

NEW* AGILITY GAMES (4-6 yrs.)
Improve your motor skills and athleticism through indoor and outdoor games and activities. Obstacle courses, tag, elements of sports, and more will be covered each week. Register by 3/29.

#311903-01 W 4/8-5/13 6-6:45pm
$45 (R $38) includes shirt
Cleveland Park

NEW* LEARNING LACROSSE (4-7 yrs.)
Lacrosse is a fast-growing sport across the Midwest. Learn the basics in this soft-stick, introductory program. We'll provide sticks and balls. NO contact is allowed in this fun clinic. Register by 4/16.

4-5 years
#311407-01 Su 4/19-5/17* 1-1:30pm
$15
Noelridge**

6-7 years
#311407-02 Su 4/19-5/17* 1:45-2:30pm
$15
Noelridge**

*No program 5/10
**Horseshoe Pits off Golf Street

NEW* ULTIMATE FRISBEE CAMP (7-18 yrs.)
Ultimate Frisbee is a no-contact team sport played with a flying disc that combines elements of soccer, football and basketball. Learn all the skills to master this fast-growing sport from Cedar Rapids Ultimate’s experienced coaches. Register by 6/4.

7-10 years
#111906-01 M-Th 6/15-6/25 5-7pm
$24 (R $20) includes shirt/disc
Franklin MS Track

11-14 years
#111906-02 M-Th 6/15-6/25 5-7pm
$24 (R $20) includes shirt/disc
Franklin MS Track

15-18 years
#111906-03 M-Th 6/15-6/25 5-7pm
$24 (R $20) includes shirt/disc
Franklin MS Track
**NEW** REC UNITED SUMMER SOCCER (5-10 yrs.) Age as of 6/17/20
Continue playing soccer between seasons in this first-of-its-kind program for the metro area! Area Parks & Recreation departments have teamed up to bring you this new recreational league. Kids will meet once a week for seven weeks to continue building their soccer skills. Age appropriate skills and fundamentals will enhance the players’ abilities and understanding of the game. Shin guards and cleats are recommended. Volunteer coaches are needed. **Register by 5/29.**

**Boys 5-6 years**  
#111705-01 W 6/17-7/29 6-8pm  
$40 includes shirt  Tuma Soccer Complex

**Girls 5-6 years**  
#111705-02 W 6/17-7/29 6-8pm  
$40 includes shirt  Tuma Soccer Complex

**Boys 7-8 years**  
#111705-03 W 6/17-7/29 6-8pm  
$40 includes shirt  Tuma Soccer Complex

**Girls 7-8 years**  
#111705-04 W 6/17-7/29 6-8pm  
$40 includes shirt  Tuma Soccer Complex

**Boys 9-10 years**  
#111705-05 W 6/17-7/29 6-8pm  
$40 includes shirt  Tuma Soccer Complex

**Girls 9-10 years**  
#111705-06 W 6/17-7/29 6-8pm  
$40 includes shirt  Tuma Soccer Complex

**NEW** CR YOUTH VOLLEYBALL (8-12 yrs.)
All skill levels are welcome in this instructional program. Learn to bump, set, and spike with proper technique in a fun atmosphere. Start with drills and game-building skills, then progress to scrimmages/games as skills improve. **Register by 6/4.**

**8-10 years**  
#111801-01 Th 6/18-7/20 5:30-6:30pm  
$52 (R $40) includes shirt  NW Rec  
*No program 7/2

**11-12 years**  
#111801-02 Th 6/18-7/20 5:30-6:30pm  
$52 (R $45) includes shirt  NW Rec  
*No program 7/2

**SOCCER CAMP**  
(4-10 yrs.) Must be age 4 by start date.  
Practice your skills with games relating to soccer. Dribble through obstacles and mazes, pass past the monkey and try to score against the goal monster! **Register by 7/31.**

**4-5 years**  
#111703-01 M-F 8/10-8/14 5:30-6:15pm  
$47 (R $40) includes shirt  Noelridge

**6-7 years**  
#111703-02 M-F 8/10-8/14 6:30-7:30pm  
$47 (R $40) includes shirt  Noelridge

**8-10 years**  
#111703-03 M-F 8/10-8/14 6:30-7:30pm  
$47 (R $40) includes shirt  Noelridge

**NEW** YOUTH TRACK CLUB (7-12 yrs.)
Learn the proper techniques and training methods for track and field events. **Register by 3/29.**

#311905-01 W 4/8-5/13 5:30-6:30pm  
$58 (R $50) includes shirt  Wilson Track

**NEW** CO-ED MUD VOLLEYBALL TOURNAMENT  
(18+ yrs.)
Get down and dirty in this 6-on-6 tournament with pool play. Only the top team from each pool will move into single elimination play. **Register by 7/9.**

#102802-01 Sa 7/18 8am  
$103/team  Seminole Valley Park

**LIVE HEALTHY IOWA KIDS TRACK CHAMPIONSHIP (7-14 yrs.)**
Join the Cedar Rapids, Marion and Hiawatha Parks & Recreation for this FREE competition. Qualifiers may advance to the state competition in Marshalltown. For more information, go to **CRYouthSports.com.**

W 5/6  Kingston Stadium

**Track**

**YOUTH TRACK CLUB**  
(7-12 yrs.)
Learn the proper techniques and training methods for track and field events. **Register by 3/29.**

#311905-01 W 4/8-5/13 5:30-6:30pm  
$58 (R $50) includes shirt  Wilson Track

**NEW** CR YOUTH VOLLEYBALL (8-12 yrs.)
All skill levels are welcome in this instructional program. Learn to bump, set, and spike with proper technique in a fun atmosphere. Start with drills and game-building skills, then progress to scrimmages/games as skills improve. **Register by 6/4.**

**8-10 years**  
#111801-01 Th 6/18-7/20 5:30-6:30pm  
$52 (R $40) includes shirt  NW Rec  
*No program 7/2

**11-12 years**  
#111801-02 Th 6/18-7/20 5:30-6:30pm  
$52 (R $45) includes shirt  NW Rec  
*No program 7/2
**Tennis**

**YOUTH LESSONS**
These lessons use the USTA QuickStart format. Classes are coordinated by Westfield Tennis Club professionals.


**LITTLE ACES TENNIS LESSONS**
(4-6 yrs.)
#309101-11 Su 3/29-4/26* 4-4:45pm
#309101-12 Su 5/3-5/24 4-4:45pm
$56 (R $49) *No class 4/12
Westfield Tennis Club, 3511 18th Ave. SW

**HOT SHOTS TENNIS LESSONS**
(7-11 yrs.)
#309102-11 Su 3/29-4/26* 2-2:55pm
#309102-12 Su 5/3-5/24 2-2:55pm
$56 (R $49) *No class 4/12
Westfield Tennis Club, 3511 18th Ave. SW

**FUTURE STARS TENNIS LESSONS**
(12-16 yrs.)
#309103-06 Su 3/29-4/26* 3-3:55pm
#309103-07 Su 5/3-5/24 3-3:55pm
$56 (R $49) *No class 4/12
Westfield Tennis Club, 3511 18th Ave. SW

**SUMMER TENNIS LESSONS**
Learn the sport of tennis using the USTA QuickStart format which emphasizes specific skills and games for each age level. Missed classes can be made up during any of the other offered times for your class.


**Tennis**

**YOUTH LESSONS**
These lessons use the USTA QuickStart format. Classes are coordinated by Westfield Tennis Club professionals.


**LITTLE ACES TENNIS LESSONS**
(4-6 yrs.)
#309101-01 M/W 9-9:50am $65 (R $57)
#309101-03 M/W 10-10:50am $65 (R $57)
#309101-06 Tu/Th 9-9:50am $65 (R $57)
#309101-07 Tu/Th 10-10:50am $65 (R $57)
#309101-17 Tu/Th 5-5:50pm $65 (R $57)

**Hot Shots Tennis Lessons (7-11 yrs.)**
Location: Veterans Memorial Tennis Center

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**Future Stars Tennis Lessons (12-16 yrs.)**
Location: Veterans Memorial Tennis Center

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**WEATHER CANCELLATION HOTLINE 319-286-5700**