PARKS & RECREATION
CITY OF CEDAR RAPIDS

CEDAR RAPIDS THERAPEUTIC RECREATION SUMMER NEWSLETTER

SEASONS OF INCLUSION | 2026

Inclusion | Community | Wellness | Learning

A Message from Macey:

Hello everyone, I'm excited to welcome you to another fun-filled TR summer! We have a great lineup of special events, outings, and sports. In this newsletter, you'll find everything you need to get ready for the summer season: program updates, upcoming events, important reminders, and a look at what's new in Therapeutic Recreation. We've also included helpful resources, registration information, and highlights from our growing community. Take a look and see what's coming up!



NEWSWORTHY HIGHLIGHTS

Cedar Rapids Brings 5 Athletes to Represent Iowa at the USA Games – June 2026

Congratulations to the five athletes who were chosen from our delegation to represent the State of Iowa at the Special Olympics USA Games. Let us honor these athletes for their amazing achievements: **Hayley Schumacher, Powerlifting; Nathan Williams, Tennis; Dawn Meyers, Tennis; Alex Brooks, Tennis; Cabot Todd, Tennis.** These games will happen June and we cannot wait to cheer our athletes on. LET'S GO TEAM IOWA!!

SPECIAL OLYMPICS USA GAMES MINNESOTA 2026

Comeback Season – Unified Softball is Back!

You asked, we answered! Currently, we are trying to form 1-2 teams for Unified Softball. Join as yourself with a buddy or get a whole team together! Register on CRRec.org or using the registration form by May 22.

Sensory Tent available SOON!

The City of Cedar Rapids is bringing a sensory tent to community events in the area! These tents will provide sensory kits & an outlet from the noisy atmosphere. Whether you're a parent, child, or just need a break – this will be the space for you. No registration required, but *adults must remain present with anyone under age 18.*

NEW! Cedar Rapids Therapeutic Recreation (CRTR) Website

More Ways to Connect!

We're excited to share that Therapeutic Recreation now has its own section on the City of Cedar Rapids website! You can easily access program registration, the TR Action Plan, and more resources as we continue building out the page. Be sure to bookmark the website for quick and easy access as new features are added.
Visit our website today: https://www.cedar-rapids.org/therapeutic_recreation

MISSION

The mission of the City of Cedar Rapids Therapeutic Recreation Program is to create inclusive, accessible, recreation opportunities that support individuals of all abilities across the lifespan.

PURPOSE

The purpose of TR is to use recreation and leisure as tools for personal growth, wellness, and lifelong inclusion.

Our programs are designed to meet you where you are, celebrate your strengths, & provide meaningful opportunities for physical, social, emotional, and cognitive development across the lifespan.

WHY THERAPEUTIC REC

Many in our community remember this program by different names over the years. While the title "Therapeutic Recreation" may be new to some, the heart of our work remains the same- and even stronger.

The name reflects our commitment to serving individuals of all abilities through purposeful, evidence-based recreation that supports lifelong wellness, independence, and inclusion.

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GET INFORMED

Program Cancellations

Want to stay informed of latest cancellations & practice updates?

Cancellations will be shared via email, text alerts, the weather hotline, and posted on the City of Cedar Rapids Parks & Recreation Facebook page. Decisions may be made close to activity time, so the hotline might update last-minute- feel free to check it more than once.

Subscribe to CR News Now:

HOW TO SUBSCRIBE
Go to **CityofCR.com/Subscribe**. Click on CR News Now "**short messages**."

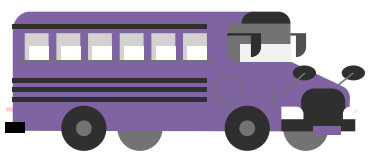
Click on Text & Email Alerts **Sign Up** to fill out the form:
1. Enter your name.
2. Choose how you would like to receive messages (text, email, or both) and enter your mobile phone number and/or email.
3. Select the type(s) of messages you would like to receive. Under **Parks & Recreation Announcements**, choose **Therapeutic Rec/Special Olympics** to receive program cancellations and updates.
4. Fill out your address, city, state, and zip code.
5. Click on "**Sign Up Now**."

All Athlete Meeting

On Tuesday, April 28, a mandatory, all-athlete meeting will be held at Usher's Ferry from 6:30 – 7:30 PM. Athletes, coaches, and volunteers will review the SOIA Athlete Code of Conduct. We'll cover important updates, expectations for the season, and key resources to support your success!

Transportation Information

- To ensure all athletes can access the competition, we will be starting a new sign up. You must be signed up at least ONE week before the competition.
- Please note: 56-passenger vans will only be available for the Summer Games + Fall Classic
- Register for the van by emailing M.Lovell@Cedar-Rapids.org or using the registration form attached.



Program Registration *THREE EASY WAYS TO ENROLL*

1 – ONLINE at CRRec.org

1. Log on to CRRec.org.
2. Click on the online registration link and follow the directions provided
3. Search for your desired activity using program name or number
4. Add program to cart & check out! Boom, you're registered.

2- BY PHONE (Recreation Hotline)

- Call 319-286-5566 during regular business hours (Mon – Fri 8:00 – 4:00 PM)

3- IN-PERSON

Return the registration form (located on the last page) to one of our locations:

- **Northwest Recreation Center** (1340 11th St. SW Cedar Rapids, IA 52405)
- **City Services Center** (500 15th Ave SW Cedar Rapids, IA 52404)

Stay Connected!

CONNECT
WITH CR PARKS & REC

Cedar Rapids Parks & Recreation
CR News Now Text / Email Alerts
CityofCR
Play! Times Email Newsletter

Scan to follow our social media pages and subscribe to our e-mail newsletters at:
CityofCR.com/Subscribe

REGISTER

Online at: CRRec.org
By phone: 319-286-5566 during regular business hours (8-4:30)
In-Person at City Services Center (500 15th Ave SW)

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COMMUNITY PROGRAMS

Bingo Nights (10+ years)

Play B-I-N-G-O, win prizes, and enjoy a fun night together! Prizes are awarded for each round, including blackout. Pay at the door, registration not required.

When: Mondays, 6/15, 7/13, & 8/17
Time: 5:00 – 7:00 PM
Where: Jones Lodge (2901 Fruitland Blvd.)
No Registration Required | $5 per person at door

TR Swim Lessons (8-17 yrs)

Build confidence in the water with supportive, adaptive swim lessons led by a WSI-certified instructor and help from a Recreation Therapist as needed Meet twice a week for seven weeks in an encouraging setting.

When: Mon/Wed June 15 – July 29
Time: 9:00 – 9:45 AM
Where: Jones Pool
Registration Deadline: Wednesday, June 10th
#104507-01 | $60 per swimmer

Cornhole Tournament (14+ years)

This unified cornhole tournament brings people together for a fun, inclusive day of bag play. Team up & enjoy friendly competition in a welcoming setting. Registration required.

When: Saturday, June 27th
Time: 9:30 – 3:00 PM
Where: Jones Park
Registration Deadline: Friday, June 19th
#108404-01 | Free to Register

Unified Softball (15+ years)

This league brings athletes together for weekly games against other Cedar Rapids delegations, focusing on teamwork and fun competition. Each athlete plays alongside a buddy!

When: Tuesdays, June 16th – July 21st
Time: 5:30 or 6:30 (Game start)
Where: Cleveland Park
Registration Deadline: Monday, May 18th
#108509-01 | Free to Register

End of Summer Pool Party (All Ages)

Celebrate the end of the season with a splash! Enjoy music, games, pizza, and plenty of pool time while athletes, families, and friends relax and wrap up a great summer together.

When: Friday, August 7th
Time: 5:30 – 7:30 PM
Where: Ellis Park Pool
Registration Deadline: Pay at Door
#108403-01 | $10 per person

Dyersville Trip (10+ years)

Head to Dyersville for a memorable day at the Field of Dreams. Enjoy scenic countryside, explore the movie site with a guided tour, and spend time strolling local shops or grabbing a bite in town. Transportation is included.

When: Saturday, July 18th
Time: 8:00 AM – 6:00 PM
Where: Depart from CSC → Dyersville, IA
Registration Deadline: Monday, July 6th
#108732-01 | $25 per person

Christmas in July – All Ages

Celebrate Christmas in July with Kona Ice, festive activities, and a chance to dunk Santa! A fun, refreshing holiday twist for all ages.

When: Friday, July 24th
Time: 5:30 – 8:00 PM
Where: Green Square Park
No Registration Required | Drop – In

Kernel's Game (All ages)

Celebrate Special Olympics with a night at the ballpark with the Kernel's. Thrivent Financial has bought out the park for a fun, all-athlete celebration filled with baseball and community.

When: Tuesday, June 2nd
Time: Game starts @ 6:35 PM
Where: Veterans Memorial Stadium
Ticket Purchase Deadline: Monday, June 1st
$13 per ticket | Purchase in-person @ CSC

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HEAD Coaches NEEDED!

SPECIAL OLYMPICS

PRACTICE INFORMATION

Softball (15+ yrs)
WHEN: Wednesdays, Jun 3 – Jul 27
TIME: 5:30 – 7:00 PM
WHERE: Cleveland Park
REGISTRATION DEADLINE: Mon, Jun 1
#108614-01 | Free

Bowling (15+ years)
WHEN: Saturdays, Aug 8 – Nov
TIME: 11:00 – 2:00 PM
WHERE: Cedar Rapids Bowling Center
REGISTRATION DEADLINE: Thurs, Aug 6
#108612-01 | $10/week

Pickleball (8+ yrs)
WHEN: Tuesdays, Aug 4 – Sep 22
TIME: 5:00 – 6:00 PM
WHERE: Jones Park Pickleball Courts
REGISTRATION DEADLINE: Sun, Aug 2
#108617-01 | Free

Flag Football (8+ years)
WHEN: Thursdays, Aug 6 – Sep 24
TIME: 5:30 – 6:30 PM
WHERE: Cleveland Park
REGISTRATION DEADLINE: Tues, Aug 4
#108613-01 | Free

Volleyball (8+ years)
WHEN: Wednesdays, Aug 5 – Sep 2
TIME: 5:30 – 7:30 PM
WHERE: Northwest Recreation Center
REGISTRATION DEADLINE: Mon, Aug 3
#308620-01 | Free



Attendance Expectations

Attendance is required to compete at any competitions to ensure safety and fairness. Each athlete receives a maximum of (3) excused absences per sport, more than 3 will result in discussion about eligibility to participate.

Summer Safety Reminders

As temperatures climb, remember to hydrate often, use sunscreen, and pace yourself during outdoor activities. Let's have a fun and safe summer together! Make sure you're signed up for CR News now for cancellations

Competition Dates

Details will be provided as they come out

Softball – Grimes, IA
Date: Saturday, August 1st

Fall Classic – West Des Moines, IA
Date: September 24-25, 2026
Sports: Pickleball, Volleyball, & Football

Bowling Districts -CRBC
Date: October (Date TBD)

State Bowling – CRBC
Date: November (Date TBD)

REGISTRATION INFORMATION

To participate, you must be registered on our website – CRRec.org

Program registration closes 48 hours before the FIRST practice of each sport!

If you don't have an account you can easily make one (instructions on p.2).

P&R INFORMATION

Northwest Rec Center

1340 11th St NW

Cedar Rapids, IA 52405

319-286-5566

City Services Center

500 15th Ave SW

Cedar Rapids, IA 52404

Questions? Contact Macey

319-286-5743

M.Lovell@Cedar-Rapids.org

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CALENDAR OF EVENTS (Jun - Sep)

JUNE

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 KERNELS GAME Starts @ 6:35 PM	3 Softball 5:30 – 7:00 PM Cleveland Park	4	5	6
7	8 TR Swim Lessons 9:00 – 9:45 AM	9	10 TR Swim Lessons 9:00 – 9:45 AM Softball 5:30 – 7:00 PM	11	12	13
14	15 TR Swim Lessons 9:00 – 9:45 AM	16 BINGO NIGHT 5:00 – 7:00 PM Unified Softball 5:30 – 7:30 PM	17 TR Swim Lessons 9:00 – 9:45 AM Softball 5:30 – 7:00 PM	18	19	20
21	22 TR Swim Lessons 9:00 – 9:45 AM	23 Unified Softball 5:30 – 7:30 PM	24 TR Swim Lessons 9:00 – 9:45 AM Softball 5:30 – 7:00 PM	25	26	27 CORNHOLE TOURNAMENT 9:30 – 3:00 PM Jones Park
28	29 TR Swim Lessons 9:00 – 9:45 AM	30 Unified Softball 5:30 – 7:30 PM				

JULY

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 TR Swim Lessons 9:00 – 9:45 AM Softball 5:30 – 7:00 PM	2	3	4 4th of July!
5	6 TR Swim Lessons 9:00 – 9:45 AM	7 Unified Softball 5:30 – 7:30PM	8 TR Swim Lessons 9:00 – 9:45 AM Softball 5:30 – 700 PM	9	10	11
12	13 TR Swim Lessons 9:00 – 9:45 AM BINGO NIGHT 5:00 – 7:00 PM	14 Unified Softball 5:30 – 7:30 PM	15 TR Swim Lessons 9:00 – 9:45 AM Softball 5:30 – 7:00 PM	16	17	18 DYERSVILLE TRIP 8am – 6pm Depart from CSC
19	20 TR Swim Lessons 9:00 – 9:45 AM	21 Unified Softball 5:30 – 7:30 PM	22 TR Swim Lessons 9:00 – 9:45 AM Softball 5:30 – 7:00 PM	23	24	25

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CALENDAR OF EVENTS (Jun - Sep)

AUGUST

SUN	MON	TUES	WED	THURS	FRI	SAT
26 (July)	27(July) TR Swim Lessons 9:00 – 9:45 AM	28 (July)	29 (July) TR Swim Lessons 9:00 – 9:45 AM Softball (LAST) 5:30 – 7:00 PM	30 (July)	31 (July)	1
2 Pickleball Reg Deadline	3 Volleyball Reg Deadline	4 Pickleball 5:00 – 6:00 PM FIRST PRACTICE Football Reg Deadline	5 Volleyball 5:30-7:30 PM FIRST PRACTICE	6 Flag Football 5:30 – 6:30 PM FIRST PRACTICE Bowling Reg Deadline	7 End of Summer Pool Party 5:30 – 7:30 PM	8 Bowling 11:00 – 2:00 PM Check-in 11 – 11:30
9	10	11 Pickleball 5:00 – 6:00 PM	12 Volleyball 5:30-7:30 PM	13 Flag Football 5:30 – 6:30 PM	14	15 Bowling 11:00 – 2:00 PM
16	17 BINGO NIGHT 5:00 – 7:00 PM	18 Pickleball 5:00 – 6:00 PM	19 Volleyball 5:30-7:30 PM	20 Flag Football 5:30 – 6:30 PM	21	22 Bowling 11:00 – 2:00 PM
23	24	25 Pickleball 5:00 – 6:00 PM	26 Volleyball 5:30-7:30 PM	27 Flag Football 5:30 – 6:30 PM	28	29 Bowling 11:00 – 2:00 PM

SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1 Pickleball 5:00 – 6:00 PM	2 Volleyball 5:30-7:30 PM	3 Flag Football 5:30 – 6:30 PM	4	5 Bowling 11:00 – 2:00 PM
6	7	8 Pickleball 5:00 – 6:00 PM	9 Volleyball 5:30-7:30 PM	10 Flag Football 5:30 – 6:30 PM	11	12 Bowling 11:00 – 2:00 PM
13	14	15 Pickleball 5:00 – 6:00 PM	16 Volleyball 5:30-7:30 PM	17 Flag Football 5:30 – 6:30 PM	18	19 Bowling 11:00 – 2:00 PM
20	21	22 Pickleball 5:00 – 6:00 PM LAST PRACTICE	23 Volleyball 5:30-7:30 PM LAST PRACTICE	24 Flag Football 5:30 – 6:30 PM LAST PRACTICE	25 Fall Classic West Des Moines	26 Bowling 11:00 – 2:00 PM Fall Classic West Des Moines
27	28	29	30			

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Frequently Asked Questions

2. Where can I find program information?

If you are looking for program dates, time, or locations you can access that through the seasonal **CR Play! Guide or through this newsletter which contains all the important information in one place**. You may also be added to our distribution list by emailing M.Lovell@Cedar-Rapids.org with your first & last name + any relevant information.

1. How do I fill out an accommodation request?

You may fill out the accommodation request form that online on the CRRec.org website & send it in. We will do our best to accommodate each request. Requests must be made at least a week in advance to the program start date.

6. How do I register for a program?

There are several ways to register for a program. Information is on page 3 of this newsletter!

7. How do I volunteer?

Volunteers are always needed! Thank you for your interest. To apply, you may visit our website at CityofCR.com/P&RVolunteers or reach out directly to the Therapeutic Recreation Coordinator. Orientation includes a quick meeting + volunteer onboarding/training.

5. How do I get involved with Special Olympics? Is there an age limit?

We're glad you're interested in participating! To get registered, you may reach out to the Therapeutic Recreation Coordinator (M.Lovell@Cedar-Rapids.org) & will be sent all the information necessary to sign up. The minimum age to participate in Special Olympics is 8 years old – make sure to check the details listed on the program guide.

4. Can I show up to the first practice without registering?

Possibly, but there are limitations. Each continuous sport & program has a deadline listed to ensure that we have enough staff/volunteers to safely run the program. To participate, you must register 48 hours before the program starts, otherwise, you risk being unable to participate that season! Please reach out to Macey if you have any questions.

3. How do I submit a complaint? Can I propose a new idea?

We love to hear your feedback, good or bad! To best serve you, please inform the direct program supervisor by sending in an email or submitting a feedback request. You may access the feedback survey here: Cedar Rapids Feedback Survey

REGISTER	**Online at: CRRec.org**
	By phone: 319-286-5566 during regular business hours (8-4:30)
	In-Person at City Services Center (500 15th Ave SW)

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Cedar Rapids P&R



REGISTER

Online at: CRRec.org
By phone: 319-286-5566 during regular business hours (8-4:30)
In-Person at City Services Center (500 15th Ave SW)

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2026 PROGRAM REGISTRATION

Place a check next to the program that you are registering for. Refer to the newsletter for exact program times, location, & fees. Registrations are accepted on a first-come, first-serve basis. **Please fill out this entire form before returning.**

Participant Information

Participant Name (First and Last): _____ Phone Number: _____
Leave blank if athlete doesn't have a phone number

Home Address_____ Zip Code: _____

Birthday: ____/____/_____ Age: _____ Sex: _____ T-Shirt Size: _____

Email 1: _____ Need Transportation to Competitions? ____Yes _____No
Please provide an email to receive important updates regarding your registration

Emergency Contact Information

Residential Name: _____Phone: _____

Guardian Name:_____ Email: _____ Phone: _____

Agency Supervisor: _____ Email: _____Phone: _____

Emergency Contact Evenings & Weekends: _____Phone #: _____

COMMUNITY PROGRAMS

____Dyersville Trip
#108732-01 | $25/person

____ Pool Party
#108403-01 | $5/person

____Kernel's Game
$13/ticket

____Bingo Nights
$5/person | Pay at Door

_____ Cornhole Tournament
#108404-01 | Free

____Unified Softball (not SO affiliated)
#108509-01 | Buddy Required

SPECIAL OLYMPICS

____Softball
#108614-01

____Pickleball
#108617-01

____Flag Football
#108613-01

____Volleyball
#308620-01

____Bowling
#108612-01

Register online at www.CRRec.org or return this form by email to M.Lovell@Cedar-Rapids.org, phone, or in-person

If you would like a receipt, please provide an email address (if different from above that you would like it to be sent to.

Email: _____
Address: _____

Payment due at registration

___ Check ___ Cash

Total due: _____