



Want to join the Drake Neighborhood Association? [Click here!](#)

**TO DO LIST | SPECIAL DATES | ATTACHMENTS | QUESTIONS**

**Meeting Agenda: Wednesday, September 13, 2023 - Polk Co. Senior Center - 6:30pm**

NAME	PRESENT	ABSENT	NAME	PRESENT	ABSENT
Courtney Ackerson	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Rachel Campbell	<input type="checkbox"/>	<input checked="" type="checkbox"/>
James Anthofer	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Shannon Coryell	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Colin Ashwood	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Kristina Johnson	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ken Auge	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Eddie Robinson, Jr.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Lori Calhoun	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Jason Stuyvesant	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Annelise Tarnowski	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**6:30 pm - Board Business**

- Roll Call
- Welcome Elected Officials - none
- Executive Committee Updates
  - In the process of reviewing process, procedures, bylaws
- August Financial Activities - Courtney
  - [Please review them and we will vote on them via email](#)
- Triangle Update
  - The build is up! The sign will still be added (unless it is there now!).
- Ward One City Council Update
  - Communicated via email as a board, we don't have enough people to vote on anything
  - Sounds like it's going into an election
    - If you want to be on the council, names in by September 30th, then an election
- Significant Committee Updates:
  - Communications Committee - none
  - Increase Capacity/Membership Committee - none
  - Events Committee
    - Rock the Block – September 13th – 15th in Des Moines' Drake/Ingleside neighborhood  
September 13-15th: Sign up for a shift to assist residents with needed repairs and make their homes safe, accessible, and eye-catching. Free lunch will be provided to all volunteers, and no prior construction experience is needed – just a willingness to serve!
    - October 7 from 9am – 11am - Drake Walking Tour on Drake parent's day
      - If you want to volunteer, please do!
      - Shannon may volunteer

- A community member whose house was featured, we should give adequate warning to people
  - Make postcards to let the homeowners know that we will feature their home
  - Add to our website and Facebook
- Eli and Chloe - new Drake University Student Alumni Assoc. VPs of Campus and Community engagement
  - Upcoming events:
    - 09/14/23 - Harvest Party
      - 4:30-6:00 pm Sprout community garden, free food, produce bags for children
    - 09/30/23 - Paul Morrison Spruce-Up Day
    - 10/27/23 - Halloween Hoops - Knapp Center
- [Mark McKinney - Update on neighborhood safety](#)
  - Past 30 days - down about 20 calls for service as compared to last month – most from Kum & Go
  - About 13 cases
  - When back to school happens, we're down a little over 30 arrests – 57 to 27
  - Drake campus has been quiet, he's been overnight and it's been very quiet
  - Fireworks questions - resource-based to give out citations (still an arrest, still a case) with the case load it was not worth it to tie up all resources to write cases
    - Solution is to beef up patrol during 4th of July
- Witmer Park Dedication
  - 9/18/23 at noon at 1610 37th St, parking available on 37th, Washington, or the parking lot off of 34th St.
- Resha Mitchell: Emailed the association to request a traffic study - we didn't have anyone in the room to address this, but this was the request:
  - Traffic studies can be requested one of three ways: (1) a formal request must be submitted to the city by a petition from 60% of neighbors abutting the identified segment, (2) through the neighborhood association, or (3) from the Ward Council representative.
  - Requesting 23rd Street from Clark to Hickman
  - There are 100 residences, 1 church and 1 business along this ¾-mile corridor).
  - Do we need more than one person coming forward to put this request in? How do you want to handle these in the future?
  - She has been asked if she already requested the speed feedback sign so that the city can have some data for speeding.
  - If she or some neighbors can come to a meeting we can initiate step option 2.
- Ryan Arnold - Drake University Update
  - Last Thursday was the grand opening of the Broadlawns Community Clinic. It is now open, they are seeing patients, no appointment needed.
    - Open to the general public!
    - Students at Drake will go there for physical and mental health, but also for community members.
  - [Mediacom Community Stadium: grand opening 10/12/23 with a football game between Roosevelt and Waukee](#) – today was a big moment, the turf is being laid and sewn-in this week.
    - Drake soccer matches will start before then, and we will host a few matches before our Drake Soccer opening so we can test it all out (video board, restrooms, etc.)
- Diana Sickles - Water quality advocate. Update the board on her mission and the City plans for water quality when it comes to lead. She lives in the neighborhood by the Thorough Center.

- Here to talk about the 20,000 lead service lines that bring water into our homes. As far as we and Des Moines Water Works knows, they provide safe water. There should be sediment that will help keep lead at bay. [Here is a document about lead poisoning symptoms.](#)
  - Des Moines is trying to replace all the lines by 2038. The complication is that each property owner owns the lead service line that's on their property.
  - As of now, the lines pass the EPA requirement. But the test is for the city to test the same lines over and over, not different lines each time.
- If your property was built before 1941 it has a lead service line in it and should be checked out. Especially if you have done any projects near your line. Until 1985 they still used lead solder as well.
  - The Federal government has sent out (and Iowa DNR has received) money to get grants to replace their lead service lines. The City of Des Moines can test your water for free.
- *She presented a map that shows all the lead service lines. [Attached.](#)*
- Any trace of lead is terrible, and kids are especially vulnerable.
- She has made approved brochures for both lead in water and lead in paint.
  - Water Brochure [Front](#) and [Back](#)

### 7:13 pm - Community Meeting

- Charles Zanders - Parks and Rec Rep
  - Grew up in the Drake Neighborhood - played at the park a lot, up until a few weeks ago was the Athletic Director with Roosevelt, now he works for Parks and Rec
  - Believes the stadium is a GREAT asset for the high school and the community
  - Programming (brought the brand new activity guide, flyers for the after school programs):
    - **The after school programs are 4:00-6:30, snack, tutoring, activities, Mon-Thurs, free**
    - Youth basketball programs are back
  - Program Guide is [here at this link](#)
  -
- Danny Heggen - Real Estate Developer (attachments - [Render](#) and [Map](#))
  - Been in the neighborhood, workforce and affordable community housing. Need to continue building diverse housing.
  - Been in real estate 10 years, project managed, focused on historic renovations and restorations, worked for the Krause family, USL Pro Soccer Stadium, worked on the Varsity Theatre again, Val Air Ballroom
  - Passionate about affordable housing. How do you build housing in a community where people work. He's partnering with a group in Fort Dodge and Mason City.
  - He is working to make REAL, actually affordable housing in Des Moines.
  - They're working with the Neighborhood Development Corporation to buy this land, getting water and infrastructure started.
  - Fitting 18 housing units, 18 parking stalls (from the alley). And the City of Des Moines is trimming the street down to convert it into a Safe Street.
- Taylor Berns - *"My name is Taylor Berns, I'm here representing Rob Johnson! I'm a part of his team and we're really working to just get the vote out, and educating folks on the importance and purpose of voting, more specifically marginalized communities and the younger population! We just are seeing how we can be involved with what's going on in the Drake Neighborhood!"*
  - He will also be doing his gas giveaway this winter.

**Meeting Adjourned 7:30 pm**



## Lead,

even a trace of it, is harmful to both children and adults. It is especially harmful to young children from prebirth to age 6, when their bodies and brains are growing most rapidly. Lead exposure can cause miscarriage in pregnant women and permanent learning and behavior problems in infants and young children.

### THE INFORMATION IN THIS FACT SHEET HAS BEEN ADAPTED FROM:

**"Lead in Drinking Water,"** Centers for Disease control and Prevention (CDC). Feb. 28, 2023. <https://www.cdc.gov/nceh/lead/prevention/sources/water.htm>

**"Basic Information about Lead in Drinking Water,"** US Environmental Protection Agency (EPA) website, Jan. 27, 2023. <https://rb.gy/6hxjl>

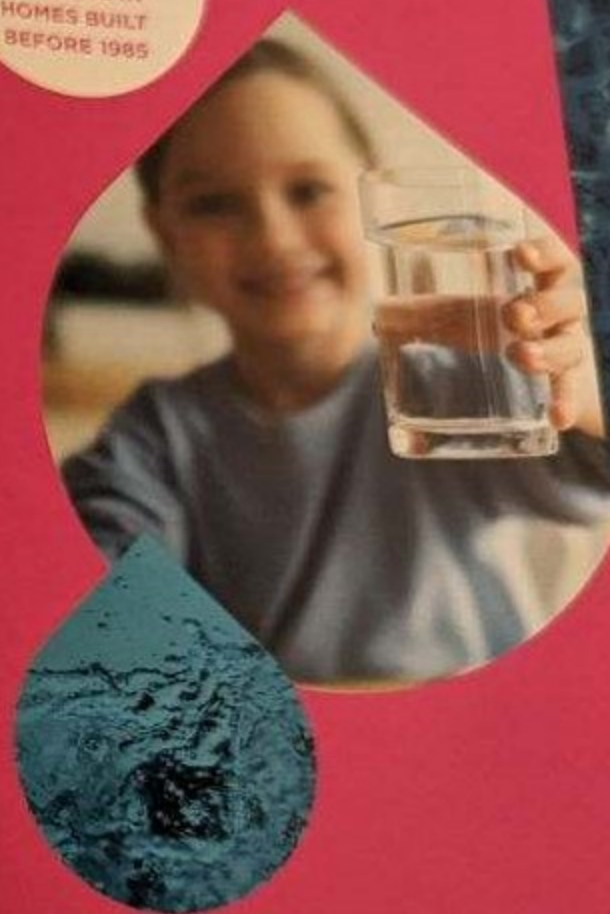
**"Lead Service Lines,"** Des Moines Water Works, 2021. [https://www.dmwv.com/water\\_service/service\\_lines/lead\\_lookup.php](https://www.dmwv.com/water_service/service_lines/lead_lookup.php)

**"Lead Pipes are Widespread and Used in Every State,"** Natural Resources Defense Council (NRDC) website, July 8, 2021. <https://rb.gy/lmim7>

**"Water Health Series Filtration Facts,"** brochure, [www.epa.gov](http://www.epa.gov), September 2005, 816-K-05-002.

Written and produced by Diana Sickles, a Des Moines resident concerned about lead safety awareness. For more information contact Diana at [dsickles4@gmail.com](mailto:dsickles4@gmail.com).

IMPORTANT  
INFORMATION  
FOR DES MOINES  
RESIDENTS  
WHO LIVE IN  
HOMES BUILT  
BEFORE 1985



**How to make sure  
your drinking  
water is lead-free**



Homes built before 1940 use lead pipes to transport water to the home from the water main. Homes built between 1940 and 1985 have copper pipes, but these pipes were soldered together with lead. Occasionally, the lead in these older pipes may contaminate the water from your faucet.

In Des Moines, 20,000 service lines with lead in them carry water from the water main to homes. The homeowner owns these lines and is responsible for them. Fortunately, lead service lines in Des Moines do not usually leach into home tap water because of a hard-water residue that builds up and forms a protective lining inside the pipe. However, this protective residue can be disrupted by construction work or an increase in the acidity of the water. (Part of the job of the Des Moines Water Works is to ensure that our water does not become too acidic.)

#### HAVE YOUR WATER TESTED

The Des Moines Water Works website will give you instructions to find out if your home has a lead service line (LSL). Google Des Moines, IA, Water Works. If you live in a home that has an LSL, the Water Works may evaluate your water for free.

It is important to know whether your service line is leaching lead into your drinking and cooking water.

If your home was built between 1940 and 1985, and you don't qualify for a free test, you can have your water tested for \$18. If you live in a rental property, your landlord should pay for this service for you.

The law requires landlords to inform tenants of possible lead exposure from pipes. This is usually in small print on the lease and is easily overlooked by a tenant. If your water tests positive for lead, talk with the Des Moines Water Works about replacing your line. The Water Works and the City of Des Moines plan to replace all the lead service lines in the city by 2038. Service lines are currently still the responsibility of the homeowner or the building owner, but you or your landlord might get financial help in replacing the lines.

#### WHAT TO DO UNTIL THE LEAD PIPE CAN BE REPLACED

**1 Before using the water each morning:** Flush the system of lead by running the water for 5 minutes. Taking a shower first thing will flush the system. (Water with traces of lead in it is not harmful for bathing, only when it is used for drinking or in cooking.)

**2 Use only cold tap water for drinking and cooking.** Hot water tends to leach more lead from pipes. Boiling the water DOES NOT remove lead.

**3 Use bottled water for infant formula, drinking, and cooking.**

**4 Eat a diet high in iron, vitamin C, and calcium.** This is especially important for pregnant women and young children. These three nutrients can make it less likely that lead will invade red blood cells and bones. High-iron foods include red meat, beans, and iron-fortified cereal. Strawberries, oranges, peppers, and broccoli are high in vitamin C. Milk, yogurt, soy milk, and calcium-fortified juice are great sources of calcium.

#### NOTE

For a guide to a healthy diet to combat lead poisoning, search online for "EPA fight lead poisoning with a healthy diet."

**LEARN MORE:** The EPA has a guide to help homeowners check the material of their service line and other plumbing fixtures: *Protect Your Tap: A Quick Check for Lead* | US EPA

**Questions?** Call the U.S. Environmental Protection Agency's (EPA) Safe Drinking Water Hotline at 1-800-426-4791.

**5 Clean your aerator at least every 6 months.** The aerator is the screen that fits inside your faucet spout. It collects sediment and lead particles. If there is construction or repairs to the public water system or pipes near your home, clean your drinking water faucet aerator every month until that work is done. Cleaning an aerator is easy and quick—you can find videos on how to do it on YouTube.

**6 Consider buying a water filter.** In the long run, a water filter may be less expensive than buying bottled water for all your drinking and cooking needs over several years. Make sure you buy a filter that is certified to remove lead. The three agencies that certify water filters are NSF International, Underwriters Laboratories, and the Water Quality Association. It is important to:

- Make sure the filter is installed properly.
- Replace the filter's cartridge when it has expired.
- Do not run hot water through the filter.

#### NOTE

For complete information on how to choose the right water filter for your home, read the EPA booklet at [bit.ly/43M7POF](http://bit.ly/43M7POF)



**LEAD POISONING SYMPTOMS IN CHILDREN:** Signs and symptoms of lead poisoning in children include:

- Developmental delay
- Learning difficulties
- Irritability
- Loss of appetite
- Weight loss
- Sluggishness and fatigue
- Abdominal pain
- Vomiting
- Constipation
- Hearing loss
- Seizures
- Eating things, such as paint chips, that aren't food (pica)

**LEAD POISONING SYMPTOMS IN NEWBORNS:** Babies exposed to lead before birth might:

- Be born prematurely
- Have lower birth weight
- Have slowed growth

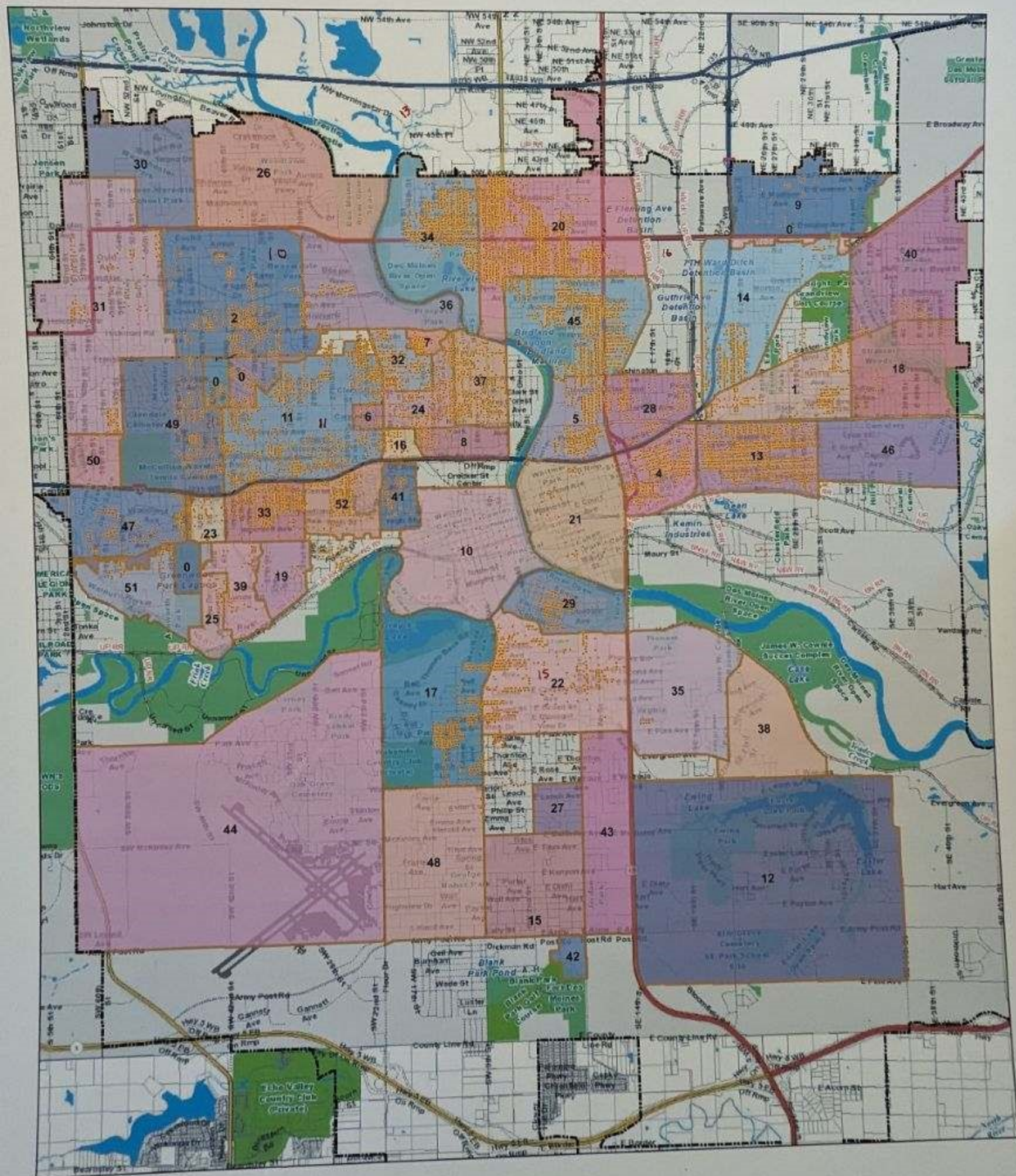
**LEAD POISONING SYMPTOMS IN ADULTS:** Although children are primarily at risk, lead poisoning is also dangerous for adults. Signs and symptoms in adults might include:

- High blood pressure
- Joint and muscle pain
- Difficulties with memory or concentration
- Headache
- Abdominal pain
- Mood disorders
- Reduced sperm count and abnormal sperm
- Miscarriage, still birth or premature birth in pregnant women

**RESOURCE:** Mayo Clinic Symptoms of Lead Poisoning



# Potential Lead Service Lines in Des Moines



#	Neighborhood	#	Neighborhood	#	Neighborhood	#	Neighborhood
0	Shared Beaverdale / Drake	11	Drake	25	Linden Heights	39	Salisbury Oaks
0	Shared Beaverdale / Waveland Park	12	Easter Lake Area	26	Lower Beaver	40	Sheridan Gardens
0	Shared Waterbury/Ingersoll Park	13	Fairground	27	Magnolia Park	41	Sherman Hill
0	Shared Douglas Acres/Fairmont Park	14	Fairmont Park	28	Martin Luther King Jr. Park	42	Somerset
		15	Fort Des Moines	29	McKinley School/Columbus Park	43	South Park
						44	Southwestern Hills

1/2" Service  
(Potential Lead  
Service Line)

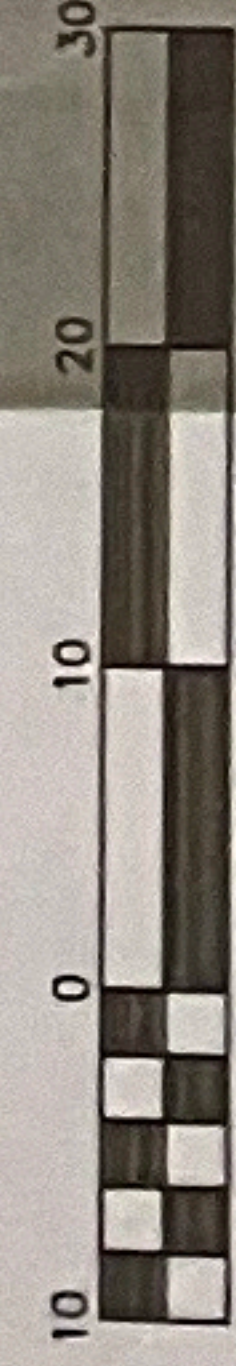
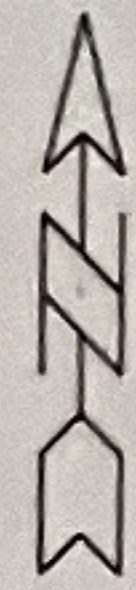


NOTE: LOCATION OF ALL UTILITIES INDICATED ON THE PLANS ARE TAKEN FROM THE LATEST AVAILABLE PUBLIC RECORDS. THE EXACT LOCATION AND ELEVATION OF ALL UTILITIES MUST BE DETERMINED BY THE CONTRACTOR. IT SHALL BE THE RESPONSIBILITY OF THE CONTRACTOR TO ASCERTAIN WHETHER ANY UTILITIES OTHER THAN THOSE SHOWN ON THE PLANS MAY BE PRESENT.

**GENERAL NOTES:**

- ZONING CURRENTLY MX-1, REZONE TO RX-1
- LOT SIZE: 26,793 SF (0.615 ACRES)
- TOTAL BUILDING COVERAGE: 7,984 SF (29.8%, 30% MAX)
- TOTAL LOT IMPERVIOUS: 14,920 SF (55.69%, 50% MAX)
- P&Z TYPE 2 NOT KICK IN TILL 65%
- FRONT YARD FRONTAGE: 80% MIN. (100/143 = 68.5%)
- SETBACKS (PER RX-1)
- 10'-15' FROM LOT LINE (31st STREET)
- 12'-25' FROM LOT LINE (FOREST)
- PARKING REQUIREMENTS: 1 / HOUSEHOLD (17 REQUIRED)
- 17 DWELLING UNITS:
- (5) 2-BEDROOM, 2-STORY UNITS
- (10) 1-BEDROOM, 1-STORY UNITS

LEGEND:







**TF1.1**

EXTERIOR CHARACTER

**SHYFT**  
PLAN | DESIGN | BUILD

**3103 AND 3109 FOREST AVE**

1300 Walnut St. • Suite 100 / Des Moines, IA 50309 / [SHYFTCOLLECTIVE.COM](http://SHYFTCOLLECTIVE.COM)  
06.28.2023



# PROGRAM GUIDE

Spring/Summer 2023







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## Notice:

In order to comply with emergency proclamations by the Governor or Mayor, as such may be amended from time to time, and as public health guidelines evolve, for the safety of staff and the public, the Parks and Recreation Department reserves the right to cancel Facility Use permits or registrations at any time. In the event of a cancellation, the City's sole liability will be to refund the permit or registration fees. In addition, the Department reserves the right to change the Facility Use permit or registration requirements at any time. The Department will contact applicant, user, or registrants as soon as reasonably possible with such cancellation or changes.

### *Photo Release*

*Please note photos taken during programs, events or at facilities could be used for future communications, marketing and public relations efforts including social media.*

# Parks and Recreation Information

## Des Moines Parks and Recreation Office

1551 E. Martin Luther King Jr. Parkway  
Des Moines, Iowa 50317  
(515) 237-1386  
parks@dmgov.org

## Office Hours

Monday - Friday, 8 a.m.-5 p.m.

Register online and find program/event information  
at [dmparks.org](http://dmparks.org)

## Cancellations

In the event that inclement weather forces events or programs to be cancelled, all efforts will be made to make an announcement as soon as possible.

## Text Message Notifications

Text any of the following keywords to 84483 to sign up for updates:

- DSMEvents
- DSMPools
- DSMSports
- DSMTrails
- DSMPopUp
- DSMVolunteer
- BrentonSkating



[Facebook.com/  
desmoinesparks](https://Facebook.com/desmoinesparks)



[Instagram.com/  
desmoinesparks](https://Instagram.com/desmoinesparks)



[Twitter.com/  
desmoinesparks](https://Twitter.com/desmoinesparks)



[Youtube.com/  
desmoinesparks  
andrecreation](https://Youtube.com/desmoinesparksandrecreation)

# Parks and Recreation Information

## Mayor

Frank Cownie

## City Council

**Ward I** - Indira Sheumaker

**Ward II** - Linda Westergaard

**Ward III** - Josh Mandelbaum

**Ward IV** - Joe Gatto

**At Large** - Carl Voss

**At Large** - Connie Boesen

## Parks and Recreation Board

The Parks and Recreation Board is comprised of 15 members. Each City Council member appoints two members and the Des Moines Public School Board appoints one member. The board meets monthly on the fourth Tuesday in the board room at the Richard A. Clark Municipal Service Center located at 1551 E. Martin Luther King Jr. Pkwy. The board recommends rules and regulations for the equipping, maintenance, conduct, supervision and control of the city playgrounds, recreation centers and special facilities. The board also reviews and provides input for the operating and capital improvement budgets. Four advisory committees provide resident and expert input to the board on various parks and recreation issues: Golf Advisory, Urban Conservation, Cemetery Advisory and Trails and Greenways.

Andrea Woodard (Chair)

George Davis

Cynde Fanter

Loyd W. Ogle

Joel Potter

Sarah Lohmeier

R. Stephen Vilmain

Sammy F. Pugh

William Thompson

Barb Bremner

James Bollard

Brooke Avila

Brent Millis

Deb Chiodo

Maria Alonzo-Diaz





# Rentals

Planning a special event? Check out the wide variety of facilities available from Des Moines Parks and Recreation. No matter what you are planning, we offer multiple sizes of venues to meet your needs.

## Available Facilities:

- Amphitheaters
- Aquatic Centers, Swimming Pools, and Wading Pools
- Brenton Skating Plaza
- Christine Hensley Terrace at Gray's Lake
- Community Recreation Center Multi-Purpose Rooms and Gyms
- Enclosed and Open Air Shelters
- Floral Gardens
- Open Spaces
- Prairie Meadows Riviera Amphitheater at Riverview Park
- Sports Courts
- Sports Parks
- Trails

To ensure you get the site and the date you want, make your reservation now. Review pricing and make your selection online at [dmparks.org](http://dmparks.org). Reservations can be made up to one year in advance.



# Online Registration

## Instructions

Go to: [dmparks.org](http://dmparks.org)  
and select **Online Registration**

### Parks and Recreation

About Us

Parks Directory

Park Management

Partners

Permits and Reservations

Places

Planning Division

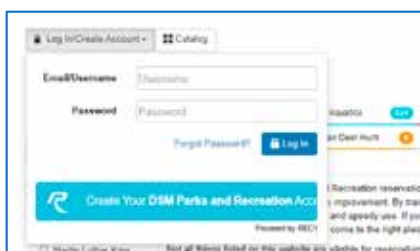
Programs

Online Registration

1. On the Public View, click **Log In/Create Accounts**



2. Select **Create Your Account**



3. Fill in **Account Holder** Fields

A screenshot of the 'Step 1: Account Holder' form. The form is divided into two main sections: 'PERSONAL' and 'ACCOUNT SETTINGS'. The 'PERSONAL' section includes fields for 'Account Type' (Individual or Organization), 'First Name', 'Last Name', 'Date of Birth', 'Gender' (Male, Female, Non-Binary), and 'Phone' (Phone 1, Phone 2, Phone 3). The 'ACCOUNT SETTINGS' section includes fields for 'Address Line 1', 'Address Line 2', 'Zip Code', 'City', 'State', 'Primary Email', 'Password', and 'Confirm Password'. There is also a 'Save Emergency Contacts' button at the bottom left. A red arrow points from the 'Create Your Account' button in the previous image to this form.

### Basics:

- **Name (Required):** Provide first, middle, and last name
- **Date of Birth (Required):** Add your birth date
- **Gender:** Specify gender or Non-Binary
- **Note:** If the Inclusive Gender Options setting is enabled, Non-Binary will show as an option.

*Continued on following page*

### Contact Info:

- **Phone 1-3:** Enter phone number, type of phone, and the mobile carrier
  - **Note:** If listing a cell phone number, you must select the mobile carrier if you wish to receive text message notifications.
- **Email Preferences:** Click **Add Email** to enter an email address and set email notification preferences
- **Emergency Contacts:** Add emergency contacts for the user

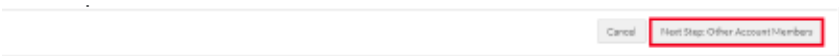
### Address:

- **Address Line 1-2 (Required):** Add your address
- **City, State, Zip:** Enter the zip code, city, and state
- **Country (Required):** Select the correct country
- **County:** Enter the residential county or parish

### Account Settings:

- **Primary Email (Required):** Enter your email address, this will be the username that you will use to sign in to your account
- **Password (Required):** Create and confirm a password
  - **Note:** Passwords must be at least 8 characters long and contain characters from at least 3 of the following categories:
    - Lowercase letters
    - Uppercase letters
    - Numbers
    - Special characters

## 4. Click **Next Step: Other Account Members**



A screenshot of a form with a 'Cancel' button and a 'Next Step: Other Account Members' button. The 'Next Step: Other Account Members' button is highlighted with a red rectangular box.

## 5. If needed, click **Add Account Member** to add additional users to the account



A screenshot of a form with two tabs: 'Step 1: Account Holder' and 'Step 2: Other Account Members'. The 'Step 2: Other Account Members' tab is selected. Below the tabs, there is a label 'First, Last, Gender, DOB...' and an 'Add Account Member' button. The 'Add Account Member' button is highlighted with a red rectangular box.

## 6. Enter their information



A screenshot of a form for entering user information. It includes fields for 'First', 'Last', 'Gender' (with options M, F, NB), 'DOB' (month/day/YYYY), and 'Grade'. Below these fields is an 'Add Account Member' button.

- **First/Last:** Add first and last name of the user
- **Gender:** Select a gender for the user (**M** = Male, **F** = Female, **NB** = Non-Binary)
- **Birthday/Grade:** Indicate their birthday and grade

## 7. Click **Save & Close** to complete the account setup



A screenshot of a form with a 'Cancel' button and a 'Save & Close' button. The 'Save & Close' button is highlighted with a red rectangular box.





# Scholarship Programs

Des Moines Parks and Recreation offers two different scholarships for programming.

The Youth Recreational Scholarship Program (YRSP), in partnership with Des Moines Public Schools, allows students enrolled in Des Moines schools and eligible for free/reduced meals through the State of Iowa to participate in swim lessons and/or youth sports for just \$5 per program.

The Greater Des Moines Recreational Activity Scholarship Program (GRASP) is a program that gives access to discounts for households within Des Moines that meet established guidelines.

Greater Des Moines Recreational Activity Scholarship Program (GRASP)	Youth Recreational Scholarship Program (YRSP)																		
Who Can Use the Program																			
Access to discounts for household with the ability to engage in a full range of events and activities.	Des Moines Public School students have access to youth sports and swim lessons.																		
Qualification Criteria																			
<p>Total income based on number in household. Must be a Des Moines resident.</p> <table><tr><th>Family Size</th><th>Income</th></tr><tr><td>1</td><td>- \$33,975</td></tr><tr><td>2</td><td>- \$45,775</td></tr><tr><td>3</td><td>- \$57,575</td></tr><tr><td>4</td><td>- \$69,375</td></tr><tr><td>5</td><td>- \$81,175</td></tr><tr><td>6</td><td>- \$92,975</td></tr><tr><td>7</td><td>- \$104,775</td></tr><tr><td>8</td><td>- \$116,575</td></tr></table> <p>Add for each person \$11,800</p>	Family Size	Income	1	- \$33,975	2	- \$45,775	3	- \$57,575	4	- \$69,375	5	- \$81,175	6	- \$92,975	7	- \$104,775	8	- \$116,575	Active Des Moines Public Schools students eligible for the free and reduced meal program through the State of Iowa.
Family Size	Income																		
1	- \$33,975																		
2	- \$45,775																		
3	- \$57,575																		
4	- \$69,375																		
5	- \$81,175																		
6	- \$92,975																		
7	- \$104,775																		
8	- \$116,575																		

<i>Eligibility Verification</i>	
<p>Verification of total income through IMPACT Community Action Partnership using approved list of documents (i.e. paycheck, taxes, etc.). Call (515) 518-4770 to set up an appointment with IMPACT at one of their two locations.</p>	<p>Electronic opt-in process through Des Moines Public Schools website (Search = Scholarship). To opt-in, click on the link. This program will be promoted during the enrollment period each school year. Opting in can be done at any time throughout the school year through the DMPS website.</p>
<i>Registration Process</i>	
<p>Once a community member receives their GRASP card from IMPACT Community Action Partnership, they can contact the Des Moines Parks and Recreation Administration Office to activate discounts for registration through CivicRec.</p>	<p>Contact the Des Moines Parks and Recreation Administration Office to verify that the child's name is on the approved DMPS list (opt-in required first). Participants accounts will then be updated to allow electronic registration through CivicRec.</p>
<i>Discounts/Benefits</i>	
<ul style="list-style-type: none"> <li>• \$5-Youth Sports Registrations and Swim Lessons (Sports listed to the right)</li> <li>• Receive 50% off <ul style="list-style-type: none"> <li>o Boat and Bike Rentals at Gray's Lake</li> <li>o Open-Air Shelters</li> </ul> </li> <li>• Receive 75% or more off the following: <ul style="list-style-type: none"> <li>o Community Garden Plot</li> <li>o Season Swim Passes</li> </ul> </li> <li>• Additional discounts: <ul style="list-style-type: none"> <li>o 1 free child admission with a paid adult admission to the Blank Park Zoo</li> <li>o 1 free child admission with a paid adult admission to the Brenton Skating Plaza</li> <li>o 1 free child admission with a paid adult admission to the Science Center of Iowa</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• \$5-Youth Sports Registrations for grades K through 7 including: <ul style="list-style-type: none"> <li>o Baseball/T-Ball/Kickball</li> <li>o Basketball</li> <li>o Flag Football</li> <li>o Soccer</li> <li>o Volleyball</li> </ul> </li> <li>• \$5-Swim Lessons for grades K through 12</li> </ul>



Des Moines offers three golf courses open to the public. A.H. Blank, Waveland and Bright Grandview each offer a unique golf experience. All three courses have affordable rates and are regarded as high quality and very playable for the novice to the advanced golfer.

#### Course Features, Amenities and Additional Opportunities

- Banquet facilities (corporate outings, weddings, birthday parties, holiday events)
- Fat Joe's Pizza
- GPS devices in carts (Waveland and A.H. Blank)
- Mini Golf (A.H. Blank)

#### Special Offers and Program

- Driving range passes available for A.H. Blank
- Golf leagues offered at all three courses. Contact course for more information
- Junior Golf is offered at A.H. Blank Golf Course during the summer
- Season passes are available online Jan. 1 or at whichever course is open during the winter season

## A.H. Blank Golf Course

**911 County Line Rd.  
(515) 248-6300**

A.H. Blank first opened in 1971 as a nine-hole golf course and expanded to 18 holes in 1985. Only one of the original nine holes remains, but it has been improved with a beautiful pond and sand traps. Blank has some of the most unique features of any golf course in Central Iowa. The fairways are USGA approved ranging between 25 and 35 yards in width. The greens are always in excellent condition. Blank has also been adding trees to the course over time to make it a more interesting golf experience. Blank features a full practice range, miniature golf course, and pro shop with a complete line of golf equipment.

## Bright Grandview Golf Course

**2401 E 29th St.**

**(515) 248-6301**

Bright Grandview Golf Course, built in 1902, is one of the oldest municipal courses in the country. With its age, it is unique and does not have the look of most modern courses. The layout is mostly flat, making it favorable for newer golfers. Many juniors and seniors play Bright Grandview for just this reason. Trees are the biggest hazard, but even with that it is not a difficult course. Although it is not a very long course, Bright Grandview's small-to-medium sized greens pose a challenge to some individuals. The fairways are wide so you can take a full swing and not worry about losing your ball. The average round of 18 holes takes about three and a half hours to complete, which is significantly less than other public courses in the area.

## Waveland Golf Course

**4908 University Ave.**

**(515) 248-6302**

Waveland Golf Course is the oldest municipal golf course west of the Mississippi River. This 18-hole course was built in 1901 and has a traditional layout. The clubhouse is a vintage 1940s red brick building that has a calming and pleasant atmosphere. The feature that sets Waveland apart from the other two Des Moines public courses is the incredible amount of slope. The entire course is built on wooded hillsides. The trees are also very mature, a given for a course of this age.





# Aquatics

## Daily Pool Hours

### **Pools: Ashworth and Birdland**

Monday-Friday: 1-6:30 p.m.

Saturday 1-6 p.m.

Sunday 1-5 p.m.

### **Aquatic Centers: Nahas, Northwest and Teachout**

June 3-July 3 (also applies to Memorial Day weekend)

Monday-Friday: 1-6:30 p.m.

Saturday 11:30 a.m.-6 p.m.

Sunday 1-5 p.m.

July 4-August 13 (also applies to weekends from August 13 through Labor Day weekend)

Monday-Friday: 1-7:30 p.m.

Saturday 11:30 a.m.-6 p.m.

Sunday 1-5 p.m.

### **Wading Pools**

Monday-Friday: 10 a.m.-5 p.m.

### **Splash Pools**

Monday-Friday 10 a.m.-7 p.m.

Saturday, Sunday and Holidays: Noon-6 p.m.

## Daily Pool Admission

2 years and under are free

3-20 years are \$3

21-59 years are \$5

Seniors 60 years and older are \$3

## Scuba Certification Class

Have you ever dreamed of swimming with the fish or diving in search of sunken treasure? This will take you a step closer to doing just that with our Scuba Certification class. After all coursework and open water requirements have been completed you will receive your Scuba Educators International (SEI) certification. There is an option of receiving a National Association of Underwater Instructors (NAUI) certification as well. If interested, please ask your instructor. Students will need to provide their own facemask, fins and other various equipment. Participants will need to contact the instructor Steve Kitchen at [stcdivecenter@yahoo.com](mailto:stcdivecenter@yahoo.com) to confirm the required equipment.

Start Day: Saturday, June 3
Session 1: Saturday, June 3 Session 2: Saturday, July 15
8 a.m.-1 p.m.
Registration is now open
\$550 per student
For ages 18 and up
Birdland Swimming Pool

## Fitness Hour

Fitness Hour welcomes patrons to participate in a variety of activities including lap swim, water walking, and utilization of various aquatic fitness equipment. Lanes are limited during scheduled Fitness Hours.

Start Day: Monday, June 5
Runs Monday-Friday; June 5-August 11
Noon-1 p.m.
Daily Pool Admission
For ages 12 and up
Northwest Family Aquatic Center

## Total Body Aqua

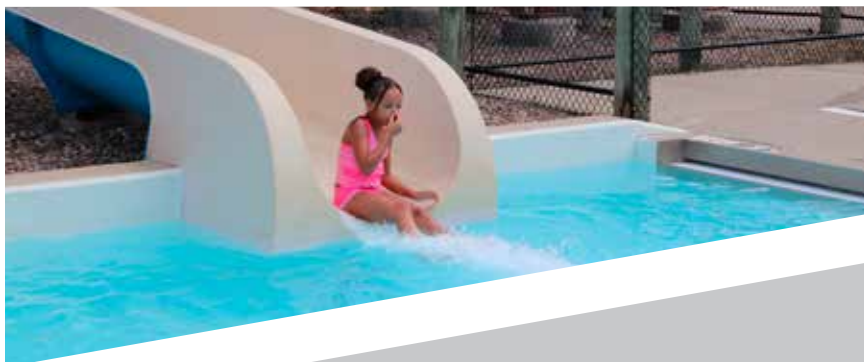
Total Body Aqua is a class that combines cardiovascular exercise with core, strength and stretching to give participants of all fitness levels a total body workout. Lap lanes will be limited to accommodate the class.

Start Day: Tuesday, June 6
Runs Tuesdays & Thursdays; June 6-August 10
Noon-12:45 p.m.
Daily Pool Admission
For ages 12 and up
Ashworth Swimming Pool

## Family Days

Grab the family and jump into the pool. Enjoy Family Days at all the City of Des Moines aquatic facilities.

Start Day: Friday, June 9
Second Friday of each month; June 9, July 14, & August 11
Regular pool hours
\$5 per family
For all ages
All Aquatic Facilities



# Private Rentals

Rent one of our aquatic facilities for your next event. Rentals are available to all individuals, organizations, clubs and youth groups. Reservations are arranged on a first-come, first-served basis depends and depends on staff availability. Visit the online registration page for private rental availability.

Start Day: Saturday, June 10
Rental requests must be made online at least 10 days prior to the date of facility use. All facilities are available for private rentals Saturday, June 10-Friday, July 30.
Availability varies
For all ages
All Aquatic Facilities

# Springboard Diving

Learn the basics of springboard diving technique, safety and competition rules. No previous diving experience is required, but the participants must be able to swim comfortably in deep water and easily swim a minimum distance of 25 yards.

Start Day: Monday, June 12
Session 1: June 12-16 Session 2: June 19-23 Session 3: June 26-30 Session 4: July 10-14 Session 5: July 17-21 Session 6: July 24-28 Session 7: July 31-August 4
10-11 a.m. and 11:15 a.m.-12:15 p.m.
Registration is now open and ends the Friday before each session
\$30 per session
For ages 8 and up (must be fully independent swimmer)
Birdland Swimming Pool

\*Scholarship Eligible

For questions about our programs or shelter rentals, call (515) 237-1386 | 15



## Swim Lessons\*

Sign up for a swim lesson session today. Learn to swim with our American Red Cross lessons for ages six months through adults. A variety of sessions will be offered at a variety of times, including Parent and Child, Preschool Swim, Learn-To-Swim Levels 1-5, Adult Lessons and Private Lessons. Each session includes five lessons.

Start Day: Monday, June 12
Session 1: June 12-16 Session 2: June 19-23 Session 3: June 26-30 Session 4: July 10-14 Session 5: July 17-21 Session 6: July 24-28 Session 7: July 31-August 4
Start times vary between 9 and 11:45 a.m. and 6:45-7:40 p.m.
Registration is now open and ends the Friday before each session
\$30 per person, per session
For all ages
All Aquatic Facilities

## Mermaid Princess Pool Party

Join us for this royal event. Meet and greet with princesses and mermaids throughout the aquatic center while swimming. Each paying participant will enjoy an ice cream sundae and make a sand art necklace. The character(s) in attendance will depend on availability. Pre-registration is required. Each participant must be accompanied by an adult (18 and up).

Saturday, June 24
6:30-8 p.m.
Registration is now open and ends the Friday, June 23
\$15 per child
For ages 2-12
Teachout Family Aquatic Center

\*Scholarship Eligible

16 | Register online and find program/event information at [dmparks.org](http://dmparks.org)

## National Swim a Lap Day

Celebrate the sport of swimming with us. Grab your goggles, swim a lap or two and enjoy half-price admission all day.

Saturday, June 24
Regular hours
Adults-\$2.50; Kids ages 12-20-\$1.50
For all ages
Ashworth Pool

## Fourth of July Slip N' Slide

Celebrate with us on the Fourth of July with some backyard fun. We will be creating a giant Slip N' Slide on the north hill at Nahas Family Aquatic Center. Participants will need to fill out a waiver before participating. Anyone under 18 will need to have a parent/guardian sign their waiver. The Slip N' Slide access is included with daily admission.

Tuesday, July 4
Regular Pool Hours
Daily Pool Admission / Waiver Required
For all ages
Nahas Family Aquatic Center





## Superhero Swim Party

Join us for this heroic event. Meet and greet with superheroes throughout the aquatic center while swimming. Each paying participant will enjoy an ice cream sundae and participate in several craft stations throughout the aquatic center. The character(s) in attendance will depend on availability. Pre-registration is required. Each participant must be accompanied by an adult (18 and up).

Saturday, July 22
6:30-8 p.m.
Registration is now open and ends Thursday, July 21
\$15 per child
For ages 2-12
Northwest Family Aquatic Center



## Yearly Sports Offerings

### **PeeWee Sports** (Pre-K/Kindergarten)

<b>Sport</b>	<b>Registration Period</b>
Basketball*	November 1-January 1
Flag Football*	June 1-August 1
Kiddie Kickball*	March 1-May 1
Soccer*	January 1-March 1
T-ball (K and Grade 1)*	March 1-May 1

### **Youth Sports** (Grades 1-7)

<b>Sport</b>	<b>Registration Period</b>
Baseball (Grades 4-7)*	March 1-May 1
Basketball*	August 1-September 15
Coach Pitch Baseball (Grades 2-3)*	March 1-May 1
Flag Football*	June 1-August 1
Rugby*	April 1-June 15
Soccer*	January 1-March 1
Tennis Clinics	April 1-August 12
Volleyball*	January 1-March 1

### **Adult Sports** (Team Registration)

<b>Sport</b>	<b>Registration Period</b>
Bags-Fall	June 15-Aug. 15
Bags-Summer	April 1-June 1
Bags-Winter WonderBags	November 1-January 1
Basketball	September 1-November 1
Coed Volleyball-Session 1	August 1-October 1
Coed Volleyball-Session 2	October 15-December 15
Flag Football	May 15-August 1
Flag Football-State Tournament	August 1-October 1
Futsal-Summer	February 1-April 15
Kickball-Fall	June 15-August 15
Kickball-Summer	February 1-April 15
Pickleball-Fall Tournament	July 1-September 1
Pickleball-Fall	June 1-August 15
Pickleball-Spring Tournament	February 1-April 15
Pickleball-Spring	February 1-April 1
Pickleball-Summer	May 1-July 1
Sand Volleyball	April 1-June 1
Softball-Blarney Blast Tournament	January 1-March 1
Softball-Fastpitch	February 1-April 15
Softball-Fall	July 1-September 1
Softball-SnoBall Tourney	November 1-January 1
Softball-Spring	January 1-March 15
Softball-Summer Session 1	February 1 – April 1
Softball-Summer Session 2	February 1-June 1
Tennis Clinics	April 1-August 15
Ultimate Frisbee-Indiv.	June 1- August 1
Wiffleball	October 15-December 15

More information can be found at [dmparks.org](http://dmparks.org).

\*Scholarship Eligible

*For questions about our programs or shelter rentals, call (515) 237-1386 | 19*



## Every Kid Gets A Ball

With their Every Kid Gets a Ball initiative, the Friends of Des Moines Parks supplies each participant in selected youth sport programs (baseball, basketball, football, soccer and volleyball) with a ball specific to that sport for free. This removes any barriers for participation and allows participants to nurture a love of the game. To learn more about how the Friends make a difference in Des Moines, visit [friendsofdmparks.org](http://friendsofdmparks.org).

## Adult Summer Futsal

Futsal is five versus five soccer played on a small, hard court with a low bounce ball. League games will be played on an official futsal court. Both coed and men's divisions will be offered. Coed requires a minimum of two women on the court at all times. The typical roster size is six to 12 players. Shin guards ARE required but NOT provided.

Start day is in early May
Runs Tuesdays; Early May through July
5:30-9 p.m.
Registration is now open and closes Saturday, April 15
Cost: \$195 per team
For ages 18 and up
Birdland Mini-Pitch

## Adult Coed Summer Kickball

Des Moines Parks and Recreation offers an Adult Coed Summer Kickball league. Come out and join us for some fun as you run around the bases and enjoy food and drinks from our on-site concession stand. This league consists of a six week regular season schedule plus a post-season tournament. Rosters can have up to 20 participants.

Start day is in early May
Runs Thursdays; Early May through July
6-9 p.m.
Registration is now open and closes Saturday, April 15
\$195 per team
For ages 18 and up
George Davis Softball Park



# Adult Spring Pickleball Tournament

Join Des Moines Parks and Recreation and the Des Moines Metro Pickleball Club for the annual Spring Pickleball Tournament at McCullum-Waveland Tennis Complex. The tournament style will be based on the number of registrants, but can be a round robin, single elimination, or double elimination format. Age and skill level on registration form will determine divisions. Men’s, women’s and coed divisions, as well as skill divisions, may be available if registration numbers allow.

Start Day: Saturday, May 13
Rain Date: TBD
8 a.m.-2 p.m.
Registration is now open and closes Saturday, April 15
\$20 per team
For ages 18 and up
McCullum-Waveland Tennis Complex

# Adult Softball Fastpitch

Des Moines Parks and Recreation offers an Adult Summer Softball league for fast-pitch teams. Come out and join us in a fun atmosphere as you run around the bases and enjoy food and drinks from our on-site concession stand. This league consists of a six week regular season schedule plus a post-season tournament. Rosters can have up to 20 participants.

Start day is in late May
Runs Tuesdays; Late May through July
6-9 p.m.
Registration is now open and closes Saturday, April 15
\$390 per team
For ages 18 and up
George Davis Softball Park





## Kiddie Kickball (Pre-K)

Des Moines Parks and Recreation offers Kiddie Kickball to children in Pre-K. This program introduces children to team sports, teammates, and game situations while learning the basics of kickball in a fun atmosphere. Each team has a parent/coach volunteer and will meet for six weeks. The first two weeks will be practice only, followed by four weeks of scrimmaging against different opponents. All equipment, including a team jersey, are provided.

Start day is in early June
Runs Mondays; Early June through July
5:30-8:30 p.m.
Registration is now open and closes Monday, May 1
\$40 per person
Grade: Pre-K
James W. Cownie Baseball Park

## Youth T-Ball (K/1st Grades)\*

Des Moines Parks and Recreation offers Youth T-Ball for kindergarten and first graders. This program introduces children to team sports, teammates, and game situations while learning the basics of baseball in a fun atmosphere. Each team has a parent/coach volunteer. The first two weeks will be practice only, followed by four weeks of scrimmaging against different opponents. All equipment is provided except for baseball gloves.

Start day is in early June
Runs Tuesdays or Thursdays; Early June through July
5:30-8:30 p.m.
Registration is now open and closes Monday, May 1
\$40 per player
Grades: Kindergarten and 1st
James W. Cownie Baseball Park

\*Scholarship Eligible

22 | Register online and find program/event information at [dmparks.org](http://dmparks.org)



## Youth Coach Pitch Baseball (Grades 2-3)\*

Des Moines Parks and Recreation offers Youth Coach Pitch Baseball for second and third graders. In this program each team will have practice on Tuesdays and games on Thursdays. Volunteer coaches will be underhand pitching to the players as they work on their skills in the batters box. After three pitches and the child is not able to hit, a tee will be placed on the plate and they will be able to swing. The first two weeks will be practice only, followed by six weeks of games against different opponents. All equipment is provided except for baseball gloves.

Start day is in early June
Runs Tuesdays and Thursdays; Early June through July
5:30-8:30 p.m.
Registration is now open and closes Monday, May 1
\$50 per person
Grades for program: 2nd and 3rd
James W. Cownie Baseball Park

## Youth Baseball (Grades 4-7)\*

Des Moines Parks and Recreation offers Youth Baseball for fourth through seventh graders. In this program each team will have practice on Tuesdays and games on Thursdays. Parent/coach volunteers will lead the participants through drills and games as the children enhance their skills. The first two weeks will be practice only, followed by six weeks of games against different opponents. All equipment is provided except for baseball gloves.

Start day is in early June
Runs Tuesdays and Thursdays; Early June through July
5:30-8:30 p.m.
Registration is now open and closes Monday, May 1
\$50 per person / \$475 per team
Grades for program: 4th, 5th, 6th and 7th
James W. Cownie Baseball Park

\*Scholarship Eligible

*For questions about our programs or shelter rentals, call (515) 237-1386 | 23*



## Youth Tennis Clinics

Des Moines Parks and Recreation is partnering with Life Time Fitness to offer Youth Tennis Clinics. Players in the beginning levels of development will be introduced to stroke mechanics and technique. As players improve, the teaching professionals will transition to stroke development and shot selection. More advanced techniques with a larger array of shots will be addressed with the focus of implementing match play strategies. Players will continue to refine the technical, tactical and physical foundation established in prior stages. Players will be better able to execute patterns of play, vary the spin and depth of their shots and select the correct footwork pattern to strike the ball. Participants must bring their own racket.

Start day is in early June
Runs Weekly; Early June through August
Time varies a.m. and p.m.; depending on age group
Registration is now open and ends the Friday before each session
Cost varies depending on morning or evening times
For ages 5-18
McCullum-Waveland Tennis Complex

## Adult Tennis Clinics: Drill and Play

Des Moines Parks and Recreation is partnering with Life Time Fitness to bring the community Adult Tennis Drill and Play League. This 1.5 hour coed class includes “live ball” drills to improve your tennis game while having fun. Ground strokes, approach shots, volleying and mini competitions are incorporated into this fast-paced class. This 11-week program is led by certified tennis professionals. Participants must bring their own racket.

Start day is in early June
Runs Mondays; Early June through August
6:30-8 p.m.
Registration is now open and closes Thursday, May 11
\$105 per person
For ages 18 and up
McCullum-Waveland Tennis Complex





# Adult Tennis Clinics: Play.Learn.Love.

Des Moines Parks and Recreation has partnered with Life Time Fitness to provide Adult Tennis: Play.Learn.Love Clinic. This program is geared for beginner and returning players to the game. Developed specifically for busy adults looking to learn quickly, these partner-based, action-packed group lessons are taught by certified tennis professionals. Participants must bring their own racket.

Start day varies by session
Wednesdays; June-August Session 1: June 5-30 Session 2: July 3-28 Session 3: August 3-24
6:30-8:30 p.m.
Registration is now open and ends the Friday before each session
\$70 per person
For ages 18 and up
McCullum-Waveland Tennis Complex

# Adult Summer Bags

Bags (cornhole) league will play Wednesdays at Captain Roy's. Captain Roy's will have food and drinks available for purchase in a fun and relaxed environment. Teams of two adults compete for seven weeks plus a post-season tournament. Duos race to a score of 21 and play a set of three games each week.

Start day is in Mid June
Runs Wednesdays; Mid June through August
5:30-9 p.m.
Registration is now open and ends Thursday, June 1
\$35 per team
For ages 18 and up
Captain Roy's



# Adult Coed Sand Volleyball

Join Des Moines Parks and Recreation for Adult Coed Sand Volleyball. In this six versus six league, teams will call their own faults and keep score themselves. This league consists of a seven-game schedule plus post-season tournament. Rosters can have up to 20 participants. Games will take place on Tuesday evenings, but Thursdays will be used if numbers require it.

Start day is in Mid June
Runs Tuesdays or Thursdays; Mid June through August
5:30-9 p.m.
Registration is now open and ends Thursday, June 1
\$100 per team
For ages 18 and up
Burke Park

# Adult Summer Softball: Session 2

Des Moines Parks and Recreation offers an Adult Slow-Pitch Softball league for coed, men’s and women’s teams. Come out and join us in a fun atmosphere as you run around the bases and enjoy food and drinks from our on-site concession stand. This league consists of a six week regular season schedule plus a post-season tournament. Rosters can have up to 20 participants.

Start day is in early July
Runs Sunday-Friday; Early July through August
Weeknights range from 6:15-9:15 p.m.; Sundays range from 10 a.m.-3 p.m.
Registration is now open and closes Thursday, June 1
\$390 per team
For ages 18 and up
George Davis Softball Park



# Adult Summer Pickleball

Pickleball is a paddleball sport that combines elements of tennis, badminton and table tennis. Participants will be broken into divisions based on skill. This is a coed league (men’s and women’s league combined). Games will be played outdoors whenever possible but may be moved indoors due to inclement weather. Participants must register as a team of two and provide their own paddles.

Start day is in Mid July
Runs Tuesdays or Thursdays; Mid July through September
5:30-9 p.m.
Registration begins Monday, May 1 and ends Saturday, July 1
\$35 per team
For ages 18 and up
McCullum-Waveland Tennis Complex

# Youth Rugby\*

Youth Rugby is a league that introduces children to team sports, teammates, and game situations while learning the basics of rugby in a fun atmosphere. Each team has a parent/coach volunteer. The first two weeks will be practice only, followed by four weeks of games against different opponents. If numbers do not allow for a full league to be played, we will offer weekly clinics instead. All equipment, including a team shirt, will be provided.

Start day is in late July
Runs Tuesdays; Late July through September
5:30-8:30 p.m.
Registration is now open and ends Thursday, June 15
\$50 per person
Grades: 1st-7th
James W. Cownie Soccer Park

\*Scholarship Eligible



## Adult Flag Football

Adult Flag Football is a league that consists of a seven-game schedule plus a post-season tournament. Teams play one game per week with league choices of Sundays, Tuesdays or Thursdays. Rosters may be up to 20 players, with seven players on the field at a time.

Start day is in Mid August
Runs Sundays, Tuesdays or Thursdays; Mid August through October
Weeknights range from 6-9 p.m. Sundays range from 10 a.m.-2 p.m.
Registration begins Monday, May 15 and ends Tuesday, August 1
\$250 per team
For ages 18 and up
Savage Softball Fields (Easttown Park) or Carney Park

## Adult Coed Ultimate Frisbee

Des Moines Parks and Recreation offers Adult Coed Ultimate Frisbee. This league consists of a seven-game schedule plus post-season tournament. Players will sign up as individuals and will be placed on a team based on position and skill level indicated on registration form. Ultimate frisbee combines the running of soccer, the jumping, passing, and turnovers of basketball and the deep throws into the end zone of football. The object of this non-contact sport is to throw a frisbee up the field between teams of seven from teammate to teammate until it is caught in the opponents endzone.

Start day is in late August
Runs Wednesdays; Late August through October
6-9 p.m.
Registration begins Thursday, June 1 and ends Tuesday, August 1
\$25 per person
For ages 18 and up
James W. Cownie Soccer Park





## PeeWee Flag Football\*

This program introduces children to team sports, teammates and game situations while learning the basics of flag football in a fun atmosphere. Each team has a parent/coach volunteer and will meet for six weeks. The first two weeks will be practice only, followed by four weeks of scrimmaging against different opponents. All equipment, including a team jersey, will be provided.

Start day is in early September
Runs Tuesdays or Thursdays; Early September through October
5:30-8:30 p.m.
Registration begins Thursday, June 1 and ends Tuesday, August 1
\$40 per person
Grades: Pre-K & Kindergarten
James W. Cownie Soccer Park

## Youth Flag Football\*

Youth going into grades 1-7 are welcome to participate and will learn the basics of football in a fun, recreational atmosphere. Parent/coach volunteers will lead practices and games. Youth will be divided by single grades if registration numbers allow, otherwise grades will be combined.

Grade 1 will play on Saturdays and consist of two weeks of practice only, followed by six weeks of split practices/games against different opponents. Officials will NOT be used for this age group.

Grades 2-7 will practice one night a week at a local park with games taking place on Saturdays and Sundays.

Start day is in early September
Practices: Weekday evenings; Games: Saturdays or Sundays; Runs Early September through November
5:30-8:30 p.m.
Registration begins Thursday, June 1 and ends Tuesday, August 1
\$50 per person or \$475 per team
Grades: 1st-7th
Savage Softball Fields (Easttown Park) or Carney Park

\*Scholarship Eligible

*For questions about our programs or shelter rentals, call (515) 237-1386 | 29*



## Adult Fall Bags

Bags (cornhole) league will play Wednesdays at Captain Roy's. Captain Roy's will have food and drinks for purchase in an fun and relaxed environment. Teams of two adults compete for seven weeks plus a post-season tournament. Duos race to a score of 21 and play a set of three games each week.

Start day is in early September
Runs Wednesdays; Early September through November
5:30-9 p.m.
Registration begins Thursday, June 15 and ends Tuesday, August 15
\$35 per team
For ages 18 and up
Captain Roy's

## Adult Coed Fall Kickball

Des Moines Parks and Recreation offers an Adult Coed Fall Kickball league. Come out and join us for some fun as you run around the bases and enjoy food and drinks from our on-site concession stand. This league consists of a seven-game schedule plus post-season tournament. Rosters can have up to 20 participants.

Start day is in early September
Runs Thursdays; Early September through October
6-9 p.m.
Registration begins Thursday, June 15 and ends Tuesday, August 15
\$195 per team
For ages 18 and up
George Davis Softball Park



## Adult Fall Softball

Des Moines Parks and Recreation offers an Adult Slow-Pitch Softball league for coed, men's and women's teams. Come out and join us in a fun and relaxed atmosphere as you run around the bases and enjoy food and drinks from our on-site concession stand. This league consists of a seven-game (14 if doubleheader) schedule. Rosters can have up to 20 participants.

Start day is in early September
Runs Sundays-Fridays; Early September through October
Weeknights range from 6:15-9:15 p.m. Sundays from 10 a.m.-3 p.m.
Registration begins Saturday, July 1 and ends Friday, September 1
\$195 per team
For ages 18 and up
George Davis Softball Park

## Adult Fall Pickleball

Pickleball is a paddleball sport that combines elements of tennis, badminton and table tennis. Teams will be broken into division based on skill. This is coed, men's and women's league combined. Games will be played outdoors whenever possible, but may be moved indoors for weather considerations. Participants must register as a team of two and provide their own paddles.

Start day is in late September
Runs Tuesdays or Thursdays; Late September through October
5:30-9 p.m.
Registration begins Thursday, June 1 and ends Tuesday, August 15
\$35 per team
For ages 18 and up
McCullum-Waveland Tennis Complex



## Adult Fall Pickleball Tournament

Join Des Moines Parks and Recreation and the Des Moines Metro Pickleball Club for the annual Fall Pickleball Tournament at McCullum-Waveland Tennis Complex. The tournament style will be based on the number of registrants but can be a round robin, single elimination, or double elimination format. Teams will be divided by age and skill level indicated on registration form. Men's, women's and coed divisions are available, as well as skill divisions if registration numbers allow.

Start Day: Saturday, September 23
8 a.m.-2 p.m.
Registration begins Saturday, July 1 and ends Friday, September 1
\$20 per team
For ages 18 and up
McCullum-Waveland Tennis Complex

## Adult Coed Indoor Volleyball: Session 1

Des Moines Parks and Recreation offers an Adult Coed Indoor Volleyball league. This league consists of a seven-game schedule plus post-season tournament. Coed requires a minimum of three women on the court at all times. Rosters can have up to 20 participants. All games will be officiated by one referee.

Start day is in Mid October
Sundays; Mid-October through December
4-8 p.m.
Registration opens Tuesday, August 1 and closes Sunday, October 1
\$195 per team
For ages 18 and up
Pioneer Columbus Community Recreation Center





# Adult Flag Football State Tournament

Des Moines Parks and Recreation offers an Adult Flag Football State Tournament. Game times and tournament style will be determined based on team numbers. Players can only play on one team in the tournament. Each team must provide their own equipment including balls and flags.

Start Day: Saturday, October 28
Saturday, October 28-Sunday, October 29
8 a.m.-2 p.m.
Registration opens Tuesday, August 1 and closes Sunday, October 1
\$160 per team
For ages 18 and up
Savage Softball Fields (Easttown Park) or Carney Park

# Adult Coed Indoor Volleyball: Session 2

Des Moines Parks and Recreation offers an Adult Coed Indoor Volleyball league. This league consists of a seven-game schedule plus post-season tournament. Coed requires a minimum of three women on the court at all times. Rosters can have up to 20 participants. All games will be officiated by one referee.

Start day is in early January
Sundays; January-March
4-8 p.m.
Registration opens Tuesday, August 1 and closes Friday, December 15
\$195 per team
For ages 18 and up
Pioneer Columbus Community Recreation Center

# Cemeteries

## Wreaths Across America

Des Moines Parks and Recreation is proud to be a part of the national “Wreaths Across America” program. Support is needed to fund over 1,200 wreaths placed in Glendale and Woodland Cemeteries to remember and honor our veterans on “National Wreaths Across America Day” which will be held in December 2023. Contact us at (515) 248-6320 to learn about volunteering or to sponsor wreaths.

Start day was Sunday, January 1
10:30 a.m.-noon
Registration is now open and closes on Friday, December 1
For all ages
Glendale and Woodland Cemeteries



## Adopt-A-Block

Volunteers are needed for all municipal cemeteries to help maintain the grounds. Volunteers pick-up litter, decorations and sticks/branches as well as replace flags at all of our cemeteries.

Signup Link: [bit.ly/2023AdoptBlock](https://bit.ly/2023AdoptBlock)

Start Day: Saturday, April 15
Runs Saturday, April 15 through Sunday, November 12
All day
No cost
For all ages
Glendale, Laurel Hill and Woodland Cemeteries

## Cemetery Tours 2023

The Des Moines Municipal Cemeteries offer three types of tours and reservations are required. The cost is \$10 per person, per tour. Tour participants must be able to walk up to 1½ miles. The tours range is approximately two hours long. Tour size is limited to 35 participants and ideal for anyone above 12 years of age. The outdoor tours are both historically accurate and entertaining. Most importantly, proceeds from our tours support the preservation of our municipal cemeteries. There is a group rate of \$7.50 per person for reservations with 10 or more people. Tour participants will have to follow safety precautions to keep everyone safe and healthy. Confirmation messages will include requirements and safety precautions. For more information, call (515) 248-6320.





## Woodland Cemetery Historical Tour by Archie Cook

Woodland Cemetery is a vast treasury of our heritage and the many pioneer leaders buried there transformed our country. Cemetery historian/researcher/educator Archie Cook shares his wealth of knowledge about Woodland Cemetery during a 2 ½ hour tour which involves about one mile of walking. The stories told by the monuments and headstones combine to form the history of the city as it has passed through civil and world wars, epidemics, and natural disasters as well as the normal course of birth, life, and death. Passing through the narrow drives of the cemetery, you see stone etchings of the names of many citizens from our past who helped build Des Moines. The names are a part of everyday life in our city's landscape, street, parks, schools, and buildings like Savery, Kenworthy, Ingersoll, Hubbell, Kaplan, Perkins, Teachout, Fleur, Redhead, Polk, and Sherman. Reservations are required.

Start Day: Saturday, April 22
April through October
Saturday April 22; 1-3 p.m. Saturday May 20; 1-3 p.m. Saturday June 10; 9-11 a.m. Saturday July 8; 9-11 a.m. Saturday August 26; 9-11 a.m. Saturday October 14; 1-3 p.m.
Registration is now open and closes the Wednesday before each tour
\$10 per person
For ages 12 and older
Woodland Cemetery





# Notable Women of Early Des Moines by Lorna Truck and Kat Rinken

Des Moines’ history is filled with stories of strong, adventurous men who settled, labored, and flourished, but the city’s history and culture was also shaped in a multitude of ways by its pioneer women. Visit the final resting place of these resilient women who were dedicated to improving their community. They lobbied for worthy projects and worked for many Des Moines community betterment organizations, including the Home of the Aged, the first preschools, the first public art gallery, the first orphanage, the first free public library, and the first city plan. In addition, many of these women were suffragists and accomplished all these projects while fighting for the right to vote—and probably while wearing heels. The 1 ½ mile walking tour will be led by Lorna Truck and Kat Rinken and is approximately two hours. Reservations are required.

Start Day: Saturday, May 13
May through August
Saturday May 13; 9:30-11:30 a.m. Sunday June 4; 1:30-3:30 p.m. Friday July 21; 9:30-11:30 a.m. Saturday August 26; 8:30-10:30 a.m.
Registration is now open and closes the Wednesday before each tour.
\$10 per person
For ages 12 and older
Woodland Cemetery





# Glendale Cemetery Historical Tour by Ganesh Ganpat

Glendale Cemetery is one of the largest and most active cemeteries in our state. When the cemetery first opened, it was so far west of the population center it was believed it would never be used. Your tour includes a visit to the Glendale Abbey, the GAR section, Former VP Henry A. Wallace’s burial site and many other notable residents. Participants also learn about what makes the cemetery unique culturally, how the cemetery operates today, headstone designs, cremation burial, volunteer opportunities and monument cleaning. The tour is 1 ½ miles, and tour guide is Ganesh Ganpat, Cemetery Manager. Reservations are required.

Start Day: Friday, April 28
April through June
Friday, April 28; 5:30-7:30 p.m.. Thursday, May 4; 2-4 p.m.. Tuesday, June 13; 10 a.m.-noon Saturday, June 17; 9-11 a.m.. Sunday, July 16; 10 a.m.-noon
Registration is now open and closes Wednesday, July 12
\$10 per person
For ages 12 and older
Glendale Cemetery



# Civil War History Tour

by Jeff Kluever

On this Civil War themed tour of Woodland Cemetery, guests will learn the history of Iowa in the Civil War by listening to the first-hand accounts of a few of the men who served and are now buried in Woodland Cemetery. The twelve stops on the tour will highlight stories from Wilson’s Creek, Shiloh, Vicksburg, Sherman’s March, as well as other engagements, including the experiences of United States Colored Troops now interred at the cemetery. The stories from the men buried at Woodland are supplemented by historic photographs and Civil War relics, bringing their story to life more than a century after their death. Jeff Kluever, Cemetery Historian, will lead the 1 ¼ mile, two-hour walking tour. Reservations are required.

Start Day: Saturday, April 29
April through August
Saturday, April 29; 1-3 p.m. Saturday, May 13; 1-3 p.m. Saturday, June 3; 10 a.m.-noon Saturday, July 29; 10 a.m.-noon Saturday, August 12; 10 a.m.-noon
Registration is now open and closes the Wednesday before each tour
\$10 per person
For ages 12 and older
Woodland Cemetery





# Community Gardens

The City of Des Moines Parks and Recreation Community Garden Program is part of a network of organizations and agencies providing gardening and growing opportunities in Des Moines. Returning renter registration is during February and new applicants may apply in March.

Start Day: Saturday, April 15
Saturday, April 15-Wednesday, November 15
All day
Registration is now open and closes Friday, March 31
\$25/plot
For all ages
Franklin and Woodlawn Community Gardens





# Community Recreation Centers

Des Moines Parks and Recreation offers two Community Recreation Centers to the public, Pioneer Columbus and Fourmile. Both centers provide a variety of programs and drop-in recreation for all ages including meal sites for seniors, pickleball and Imagination Playschool (an indoor park set up in the gym) for kids ages seven and under and much more.

## Pioneer Columbus

2100 SE 5th St.  
(515) 248-6316

## Fourmile

3711 Easton Blvd.  
(515) 248-6315

Monday-Friday, 8 a.m.-8 p.m.

- Youth (10-17) Free
- Under 10 must be accompanied by an adult
- Adult (18-59) \$1/day or \$12/month
- Senior (60 +) Free
- Yearly memberships are available

## Open Recreation

Open recreation is available for those ages 10 and up. Cost for adults (18-59) is \$1/day or \$12/month. Youth and seniors are free. Basketball, volleyball, game tables, weights, cardio and public computers available Monday-Friday from 8 a.m.-8 p.m.



## Pickleball at Fourmile Community Recreation Center

Get your pickleball fix year round. Drop by Fourmile Community Recreation Center, check in with the front desk and pay a \$2 fee to play. All skills and ages are welcome (under 18 must be accompanied by an adult). Balls and paddles available, but you are welcome to bring your own.

Available year-round on Tuesdays-Thursdays
Tuesdays & Thursdays: 12-3 p.m. Wednesdays: Noon-8 p.m.
\$2 per person; \$15 monthly pass
For ages 10 and up
Fourmile Community Recreation Center





## Pickleball at Pioneer Columbus Community Recreation Center

Get your pickleball fix year-round. Drop by Pioneer Columbus Community Recreation Center, check in with the front desk and pay a \$2 fee to play. All skills and ages are welcome (under 18 must be accompanied by an adult). Balls and paddles available, but you are welcome to bring your own.

Available year-round Monday-Friday
8 a.m.-noon
\$2 per person; \$15 monthly pass
For ages 10 and up
Pioneer Columbus Community Recreation Center

## Table Tennis

Anyone age 15 and up is welcome to participate in table tennis with the Des Moines Table Tennis Club (DMTTC) at Fourmile Community Recreation Center. Table tennis offers excitement for participants with all skill levels of play. DMTTC is a great place to enjoy table tennis action, have fun and meet people.

Available year-round on Tuesdays and Thursdays
5:30-7:30 p.m.
Your first visit is free. After that, either the visitor fee or membership dues are required.
For ages 15 and up
Fourmile Community Recreation Center

## My PAL Time (After School Program)

The Des Moines Police Activities League (PAL) offers a FREE after school program on Thursdays to youth in grades 1st-6th. Come hang out with the Des Moines Police Department (DMPD) in a safe, supervised environment. My PAL Time is a place where kids can be kids and build positive relationships with local police officers. For more information and to register contact [dmpdyouth@dmgov.org](mailto:dmpdyouth@dmgov.org).

Started Thursday, March 2
Runs Thursdays; March 2 through May 25 (Closed March 16) Visit: <a href="mailto:dmpdyouth@dmgov.org">dmpdyouth@dmgov.org</a> for all of the my PAL time offerings.
3-5 p.m.
Registration is now open and closes Thursday, May 25
Free
For grades 1st-6th
Pioneer Columbus Community Recreation Center

## PAL: Youth Flag Football Camp

The Des Moines Police Activities League (PAL) is offering a FREE flag football camp. This is an indoor/outdoor camp. Focusing on the fundamentals of the game, youth in grades 1st-6th will explore character development, functional movement, active play and much more. Space is limited to 40 participants. For more information and to register please contact [dmpdyouth@dmgov.org](mailto:dmpdyouth@dmgov.org).

Start Day: Thursday, April 20
Thursdays; April 20-May 25
4:30-6 p.m.
Registration is now open and closes Thursday, April 20
Free
For grades 1st-6th
Pioneer Columbus Community Recreation Center





## PAL: Bike Camp

Come join us for a week long bike camp that offers an opportunity to see the great city of Des Moines and surrounding areas. This camp is for ages 11-15. During the week, we will ride the trails and the city streets, teach bike maintenance, the rules of the road, gears and bike safety. This camp is not designed for new riders as we will ride approximately 100 miles at the conclusion. Space is limited to 15 participants. For more information and to register contact [dmpdyouth@dmgov.org](mailto:dmpdyouth@dmgov.org).

Start Day: Monday, June 19
Runs Monday, June 19-Friday, June 23
8 a.m.-4 p.m.
Registration opens Monday, May 1 and closes Friday, June 9
Free
For ages 11-15
Pioneer Columbus Community Recreation Center

## Safety City

Safety City is a program for youth ages 4-5 who are entering kindergarten in Fall 2023. This program is an early safety education program that teaches our youngest community members how to keep themselves safe at home, in their neighborhood and in their community. The goal of the program is to reduce injuries and deaths resulting from accidents that could have otherwise been prevented with proper training and education. Space is limited to 25 participants. For more information, potential scholarships (if qualified), and to register contact [dmpdyouth@dmgov.org](mailto:dmpdyouth@dmgov.org).

Start Day: Monday, July 10
Runs Monday, July 10-Friday, July 14
8:30-11:30 a.m.
Registration begins Thursday, June 1 and ends Friday, July 7
\$35 per person
For ages 4-5; entering Kindergarten Fall 2023
Community Recreation Center (TBD on Pioneer Columbus or Fourmile)

## PAL: Boxing Club

The Des Moines Police Activities League (PAL) Boxing Club is open to youth ages 10-18 who are currently enrolled in school. Participants must be in good standing within the community, have a signed waiver and current physical on file. For more information and to register contact [dmpdyouth@dmgov.org](mailto:dmpdyouth@dmgov.org).

Available year-round; Monday-Friday
School year-p.m./Summer-a.m. & p.m.
September-May: 1-8 p.m. June-August 10 a.m.-6 p.m.
Registration open all year
Free
For ages 10-18
Pioneer Columbus Community Recreation Center

## PAL: Boxing Camp

The Des Moines Police Activities League (PAL) is offering a FREE boxing camp. This two-day camp is for youth ages 10-17 who are interested in exploring the sport of boxing. In addition to fundamental skills and techniques, participants will learn what it takes to be a disciplined boxer. This camp does not allow sparing. Space is limited to 20 participants. For more information and to register please contact [dmpdyouth@dmgov.org](mailto:dmpdyouth@dmgov.org).

Start Day: Monday, July 17
Monday, July 17-Tuesday, July 18
9-11:30 a.m.
Registration opens Thursday, June 1 and closes Friday, July 14
Free
For ages 10-17
Pioneer Columbus Community Recreation Center

# Dog Parks

There are three dog parks in Des Moines – Ewing, Reno Memorial and Riverwalk. Permits are required for entry and the annual cost is \$20. The permits can be used at all three parks and are good January 1-December 31.

**Ewing Dog Park:** 4660 Indianola Ave.

**Reno Memorial Dog Park:** 3325 Hubbell Ave.

**Riverwalk Dog Park:** 1111 Illinois St.

**Hours:** Open year-round, daily, 6 a.m.-10 p.m.

## Requirements

- Current dog license from the City of Des Moines or home jurisdiction
- Current dog rabies vaccination certification
- Dog must be at least four months old
- Permits and tags pertain to specific dogs, not the dog park and therefore cannot be transferred to other dogs or dog owners.

## How to purchase a permit

Buy your permit at the City Clerk's office in Des Moines City Hall (400 Robert D. Ray Drive), Monday-Friday 8 a.m.-5 p.m. or online anytime at [dmparks.org](http://dmparks.org)

Start Day: Sunday, January 1
Sunday, January 1 through Sunday, December 31
Daily; 6 a.m.-10 p.m.
Cost: \$20 annual fee
Children under the age of 10 are not allowed within the facility and those ages 10-15 must be accompanied by a person age 18 or older.

## Become a Dog Park Ambassador

Join our team of outgoing dog lovers and help welcome dogs and owners to the park. Dog Park Ambassadors make sure dogs and owners have an outstanding experience by educating users about the park, making sure visitors have the proper permit, and that everyone is complying with the rules. Volunteers donating 40 hours or more per year earn a free dog park permit - the following year!

Signup Link: [bit.ly/DogParkAmbassador](http://bit.ly/DogParkAmbassador)

# Gray's Lake Park

## Gray's Lake Park Concession Stand at Christine Hensley Terrace

There is a concession stand located in the southwest corner of the park at the Christine Hensley Terrace. Cold drinks, ice cream and snack foods are available for purchase. Watercrafts are available for rent including 2-person canoes, 3-person canoes, double kayaks, stand-up paddleboards (SUPs), 4-person pedal boats, and a row boat. Life vests can be checked out free of charge. All watercrafts must be returned 30-minutes prior to close.

Start Day: Monday, May 1
Daily: Monday, May 1 through Monday, September 4 (Labor Day)
May 1-May 26: 4-8 p.m. weekdays; 11 a.m.-8 p.m. weekends May 27-August 6: 10 a.m.-8 p.m. daily August 7-September 4: 1-8 p.m. weekdays; 10 a.m.-8 p.m. weekends
Prices vary for concession items. Watercraft = \$8 per half hour   \$15 per hour Sailboat = \$25 per hour, 2-hour minimum
For all ages Ages 13 and under must be accompanied by an adult. Ages 14-17 must have an adult sign the waiver.







# Gray's Lake Park Concession Stand at Beach

There is a concession stand located on the north side of the park at the beach. Cold drinks, ice cream and snacks available for purchase. Stand-up paddleboards (SUPs) are available for rent and life vests can be checked out free of charge. All watercrafts must be returned 30-minutes prior to close.

Start Day: Saturday, May 27
Daily: Saturday, May 27 through Monday, September 4 (Labor Day)
May 27-August 11: Noon-6 p.m. Monday-Sunday August 12-September 4: Noon-6 p.m. weekends only
Prices vary for concession items. Watercraft = \$8 per half hour   \$15 per hour
For all ages Ages 13 and under must be accompanied by an adult. Ages 14-17 must have an adult sign the waiver.



# Nature Programs

## Birding Basics

Participants take a casual walk at Gray's Lake Park in search of migrating and residential birds. John Bissel leads the group, pointing out birds, talking about their habits and answering questions. Great for beginners and people with some experience. Takes place March-May on Wednesdays from 11-11:45 a.m. We will meet in the area of the Christine Hensley Terrace (southwest corner) for the first half of the season and then move to the southeast parking lot to meet for the second half.

Started Wednesday, March 1
Runs Wednesdays; March 1 through Wednesday, May 31
11-11:45 a.m.
Free
For all ages
Gray's Lake Park

## Bluebird Box Monitoring

Join our Environmental Education Staff each Tuesday during the month of May as they walk through Gray's Lake Park to monitor the Bluebird boxes located there. We will open the nesting boxes to check for nests, eggs and baby bluebirds. We will meet at the northwest boat ramp parking lot at 10:30 a.m. then start walking. Anyone may join along for any or all of the dates, just show up.

Start Day: Tuesday, May 2
Runs Every Tuesday in May
10:30 a.m.-12 p.m.
Free
For all ages
Meet at the northwest parking lot of Gray's Lake (that has a boat ramp)



## Neighborhood Flower Pick Up

Neighborhood Associations who have ordered flowers, have designated pick up times.

Start Day: Friday, May 19
Friday, May 19 and Saturday, May 20
8 a.m.-3 p.m.
Registration opens Friday, September 1 and closes Friday, September 29
Free
For all ages
City Greenhouse

## Plant.Grow.Fly. Mother's Day

Des Moines Parks and Recreation is helping monarch butterflies and pollinators in our City parks and you can help too. On Saturday, May 13 from 10-11:30 a.m, Parks and Recreation will host a Plant.Grow.Fly. event at Greenwood Park. The first part of the program will involve learning about what pollinators need so they can survive and why they are important to people. Then, participants will decorate and fill a flower pot they design themselves. The planters will help support pollinators and make a perfect Mother's Day gift. Be prepared to get your hands dirty and do a little work to help out monarchs and pollinators. Registration for this event is limited and the fee is \$10 per take-home planter created.

Start Day: Saturday, May 13
10-11:30 a.m.
Registration is now open and closes Friday, May 12
\$10 per person
For all ages
Greenwood Park



## Spring Perennial Divide

Residents are encouraged to donate perennials to the City greenhouse, which will be used in Parks, neighborhoods, schools and non-profits.

Start Day: Saturday, May 20
8 a.m.-1 p.m.
Donation drop off Thursday, May 18 through Saturday, May 20
No cost
For all ages
City Greenhouse

## Milkweed for Monarchs

In an effort to increase habitat for monarch butterflies, Des Moines Parks and Recreation is planting several species of milkweeds in some of our parks. This time we are adding milkweed plants to the prairie at Ewing Park. We are going to need some help putting the plants into the ground and getting them watered so they will survive. Participants will listen to a short informative presentation about monarch butterflies, receive instructions on how to handle the milkweed plants and then we will get our hands dirty putting about 300 plants in the ground.

Start Day: Friday, May 19
1-3 p.m.
Registration begins Monday, May 1 and ends Friday, May 19
Free
For all ages
Prairie at Ewing Park





## Milkweed for Monarchs

In an effort to increase habitat for monarch butterflies, Des Moines Parks and Recreation is planting several species of milkweeds in some of our parks. This time we are adding milkweed plants to Gray's Lake Park. We are going to need some help putting the plants into the ground and getting them watered so they will survive. Participants will listen to a short informative presentation about monarch butterflies, receive instructions on how to handle the milkweed plants and then we will get our hands dirty putting about 300 plants in the ground.

Start Day: Saturday, May 20
10 a.m.-12 p.m.
Registration begins Monday, May 1 and ends Saturday, May 20
Free
For all ages
Gray's Lake Park

## Free Fishing Friday

June 2-4 is Free Fishing Weekend in Iowa. Join us on Friday evening at Gray's Lake Park and give fishing a try. We will supply bait, tackle and experienced instructors will be on hand to help you catch that "big one." A fishing license is not required for participation. This event is free and open to the public.

Start Day: Friday, June 2
5-8 p.m.
Free
For all ages
Gray's Lake Park Peninsula



## Carp Fest

Des Moines Parks and Recreation is partnering with the Des Moines Izaak Walton League and the Iowa Department of Natural Resources to bring you Carp Fest. This free carp fishing tournament begins at 8 a.m. with registration and fishing taking place from 9-11:30 a.m. There will be a prize for the longest carp caught in both adult and children's categories. Bait and fishing gear will be provided for anyone who needs it. No fishing license required for participation. Carp caught may be kept by the fisherman or donated onsite to the wildlife rehabilitation organization S.O.A.R.

Start Day: Saturday, June 3
8-11:30 a.m.
Registration on site
Free
For all ages
Gray's Lake Park Peninsula

## Stand-Up Paddleboard Introduction Class

This program is designed to introduce participants to stand-up paddleboarding in a flat water setting. We will cover launching, board control and different paddling strokes used when on the water. Registration fee includes equipment and instruction. Pre-registration is required as gear is limited.

Start Day: Saturday, June 3
Saturday, June 3, 2 p.m. Saturday, July 8, 9 a.m. Tuesday, July 18 5:30 p.m. Saturday, Aug. 5, 9 a.m. Thursday, Aug. 24, 5:30 p.m.
Registration is now open - closing varies by date
\$25 per person
For ages 18 and up
Gray's Lake Park Peninsula



## Plant.Grow.Fly. at the East Side Library

Join us at the East Side Library to learn about pollinators and then create a pollinator friendly planter to take home with you. We may even create a pollinator garden at the East Side Library that day. Be prepared to get your hands dirty and have some planting fun.

Start Day: Tuesday, June 6
5:30-6:30 p.m.
Registration through the East Side Library
Free
For all ages
East Side Library

## Plant.Grow.Fly. at the North Side Library

Join us at the North Side Library to learn about pollinators and then create a pollinator friendly planter to take home with you. Be prepared to get your hands dirty and have some planting fun.

Start Day: Wednesday, June 14
3-6:30 p.m.
Registration through the North Side Library
Free
For all ages
North Side Library



## iEARTH Camp Grades 2-3

iEARTH is a partnership between the Science Center of Iowa and Des Moines Parks and Recreation. Campers learn about ecology, hiking and the natural world from outdoor enthusiasts, art teachers and environmental specialists alike. Activities will usually take place outdoors so be sure to dress for all kinds of weather. Registration is available through the Science Center of Iowa.

Start Day: Monday, June 19
Runs Monday, June 19 through Friday, June 23 or Monday, July 17 through Friday, July 21
9 a.m.-4 p.m.
Contact Science Center of Iowa
For 2nd and 3rd grade students
MacRae Park

## iEARTH Camp Grades 4-5

iEARTH is a partnership between the Science Center of Iowa and Des Moines Parks and Recreation. Campers learn about ecology, hiking and the natural world from outdoor enthusiasts, art teachers and environmental specialists alike. Activities will usually take place outdoors so be sure to dress for all kinds of weather. Registration is available through the Science Center of Iowa.

Start Day: Monday, June 12
Runs Monday, June 12 through Friday, June 16 or Monday, June 26 through Friday, June 30
9 a.m.-4 p.m.
Contact Science Center of Iowa
For 4th and 5th grade students
MacRae Park





## iEARTH Camp Grades 6-8

iEARTH is a partnership between the Science Center of Iowa and Des Moines Parks and Recreation. Learn about ecology, hiking and the natural world from outdoor enthusiasts, art teachers and environmental specialists alike. Time spent canoeing and biking are a big part of this camp. Registration is available through the Science Center of Iowa.

Start Day: Monday, July 10
Runs Monday, July 10 through Friday, July 14 or Monday, July 31 through Friday, August 4
9 a.m.-4 p.m.
Contact Science Center of Iowa
For 6th-8th grade students
Gray's Lake Park

## Stand-Up Paddleboard with the Naturalist

Join our Environmental Educator to explore and learn about the wildlife that lives in and around Gray's Lake Park from a stand up paddleboard. Registration Fee is \$15 and includes all the stand up paddleboard gear. Gear is limited and registration is required.

Start Day: Thursday, June 22
Thursday, June 22, 5:30 p.m. Thursday, July 13, 5:30 p.m. Tuesday, Aug. 8, 5:30 p.m
Registration is now open - closing varies by date
\$15 per person
For ages 18 and up
Gray's Lake Park Peninsula



# Animals of Iowa Fur and Footprints at the Forrest Avenue Library

Join us at the Forrest Avenue Library to discover what mammals call Iowa home and learn more about them from pelts, footprints and maybe a bone or two. This is a hands-on program about nature and wildlife here in Iowa where you will learn to recognize the animals near you when you see them or if you only see the tracks they leave behind.

Start Day: Monday, June 26
11 a.m.
Registration through the Forrest Avenue Library
Free
For all ages
Forrest Avenue Library

# Butterfly Hunt

Kick off the Butterfly Hunt happening in July with this make and take craft and hike program. Participants will learn about Iowa butterflies then hike the trail in search of special hidden butterflies.

Start Day: Friday, June 30
Noon
Registration is now open and closes Friday, June 30
\$5 per person
For all ages
Ashby Park



# Butterfly Hunt on the Ashby Trail

During the month of July there will be a series of special butterflies hidden on the trail in Ashby Park. Everyone is invited to hike the trail on your own in search of their locations.

Start Day: Saturday, July 1
Runs the Month of July
Regular Park Hours
Free
For all ages
Ashby Park





## Buggin' Out in Ashby Park

Don't be afraid of the critters crawling around. Take a closer look and see what makes them incredible creatures. In July, we will explore Ashby Park looking for the insects that call the park home. We will look for bugs in the yard the first week, under the trees the second week and in the stream the third week. We will supply nets and any other necessary supplies.

Start Day: Wednesday, July 5
Wednesday, July 5 Wednesday, July 12 Wednesday, July 19
1 p.m.
No registration
Free
For all ages
Ashby Park

## STAR Party

For more than 2,000 years, the Perseid meteor shower has been the most active meteor shower of the year, and this Star Party will be held during one of the peak nights for viewing meteors. We will meet at the Ewing Park Lilac Arboretum at 6 p.m. for crafts, experiments and other activities. While the sun is setting, we will have guest speakers talk about the night sky and the interesting things you can see there as well as an outdoor movie screening. While this event is free and open to the public, we are also offering overnight primitive camping for \$25, which is available by reservation.

Start Day: Saturday, August 12
6 p.m. to Midnight
Registration is now open and closes Saturday, August 12
Free or \$25 for Overnight Camping Reservations
For all ages
Lilac Arboretum at Ewing Park





# Paddle and Pick Up

This event combines canoeing on Gray’s Lake with cleaning up trash at the park. We will start with a basic canoe lesson for beginners, then spend some time paddling the Gray’s Lake Park shoreline collecting trash and making our park clean and beautiful. Participants under the age of 16 must be accompanied by an adult. Canoe space is limited so pre-registration is required.

Start Day: Friday, August 18
5:30 p.m.
Registration is now open and closes Friday, August 18
\$5 per person
Anyone under 16 years old must have an adult present to participate.
Gray’s Lake Peninsula



# Special Events

## Mayor's Annual Ride (MAR)

Ride lake to lake and help maintain our trails. Register for the 2023 Mayor's Annual Ride on Saturday, April 22 and your contribution will help fund new trail projects. The route will start/finish at Principal Park and will have views of Gray's and Easter Lakes and everything in between.

Start Day: Saturday, April 22
Ride Begins: 10 a.m.
Registration is now open and closes Friday, April 21
\$35 per person (18 and up) \$5 per youth (5-17); no t-shirt included Free for children 4 and under; no t-shirt included
For all ages
Start/finish will be at Principal Park. The route will loop Gray's and Easter Lakes.



## 31 Miles + Beyond Your Way

It is easy to participate and we are willing to bet you'll love how easy it is to accomplish. We invite you to complete 31 miles (+ beyond) your way in 31 days. You can choose to participate in a 50K (31 miles), 100K (62 miles), or 150K (93 miles). All you have to do is register, complete the miles your way and track it. You can walk, run, bike, swim, stroll, sprint or crawl your way to victory. Register for the specific distance.

Start Day: Monday, May 1
Runs Monday, May 1 through Wednesday, May 31
All day (24 hours)
Registration is now open and closes Wednesday, May 31
\$10 per person
For ages 5 and up
Fitness activities can be done in your neighborhood, on the trails, at the gym, in the pool, etc.

## Woof Walk

Pack up your pup and join us for a family-fun, dog walking event. The Woof Walk is a two-mile walk/run along the Gay Lea Wilson Trail to encourage participants to walk their dog, enjoy the Des Moines trail system and get some exercise. Participants can walk/run at their own pace, as this is not a race. Start/finish will be at Fourmile Community Recreation Center with photo opportunities and giveaways at the end. Dogs must be leashed at all times. Pre-registration is required, and all registered participants will receive a t-shirt. Proceeds from this event go toward maintaining the trail system.

Start Day: Saturday, May 6
10 a.m.
Registration is now open and closes Monday, May 1
\$10 per person
For all ages
Start/finish is at Fourmile Community Recreation Center

# Yoga in the Park

Des Moines Parks and Recreation invites you to start off your Saturday with free yoga at Gray's Lake Park. Join us every week from June 3-September 30 from 9-10 a.m. for free classes led by volunteers from around the metro. These classes are perfect for all skill levels from curious beginning to advanced yogi. Classes will not be held in the event of rain.

Start Day: Saturday, June 3
Runs Saturday, June 3 through Saturday, September 30 No class held on Saturday, June 10 due to IRONMAN
9-10 a.m.
No registration
Free Participants must complete a one-time waiver/season that will be available on our website or on-site
For all ages and abilities
Southeast Lawn at Gray's Lake Park







# Free Flicks

Free Flicks is a summer series of outdoor movies in neighborhood parks. The films will be shown on our new, portable LED screen and begin promptly at 6:30 p.m. Admission is free for all. Blankets and lawn chairs are encouraged. Movies will not take place in the event of rain. A decision will be made by 4 p.m. on the day of the movie. Watch our website, Facebook and Twitter for updates.

Start Day: Friday, June 9
Friday, June 9 - Northwest Aquatic Center (parking lot) Friday, June 23 - Pioneer Park Friday, July 7 - Grandview Park Friday, July 14 - Frisbee Park Friday, July 21 - Beaverdale Park Friday, August 4 - Birdland Pool (parking lot) Friday, August 18 - Brody Middle School Park
6:30 p.m.
No registration
Free
For all ages





## Bike Back to School

Bike Back to School returns on Friday, August 4 at Pioneer Columbus Community Recreation Center and is presented by the Des Moines Street Collective, Des Moines Police Department and Des Moines Parks and Recreation. Bikes will be given away to the first 100 eligible children based on qualifications for free and reduced meals. For additional information, please email [dmpdyouth@dmgov.org](mailto:dmpdyouth@dmgov.org).

Start Day: Friday, August 4
5-7 p.m.
No registration
Free
For youth ages 10 and under
Pioneer Columbus Community Recreation Center

## Adult Recess

Mark your calendars, arrange the babysitters, and rally your friends. Adult Recess is back for 2023. Adult Recess is a 21 and up only FREE event that allows adults to be kids for a night. There will be nostalgic playground/tailgate games, a DJ playing all the hits of the 80s and 90s, food and beverage specials from Captain Roy's and so much more.

Start Day: Friday, August 25
6-9 p.m.
Registration begins Monday, May 1 and ends Friday, August 25
Free
For ages 21 and up
Captain Roy's



## Adopt-a-Park & Adopt-a-Trail

Community members, public/private organizations, local businesses, or individuals can join in the clean-up of their favorite park and/or trail segment with the Adopt-a-Park/Trail Program. Adoptees select from a list of adoptable locations in the City and agree to host volunteer workdays, once per quarter, for a minimum of one year. The program will focus on litter removal, but adoptees may be utilized for other small projects as needed. After the initial event is held, a sign with the adopter's group or individual name will be posted at the site.

For more information or to apply, visit [bit.ly/DMPRAdoptaParkTrail](https://bit.ly/DMPRAdoptaParkTrail) or email [parksvolunteer@dmgov.org](mailto:parksvolunteer@dmgov.org).

Start Day: Ongoing
Year-Round
Flexible
Registration is now open and is ongoing
Free
For all ages
Various Locations Throughout Des Moines





# Earth Week

Our community is committed to a healthier environment. Join the cities and citizens of Des Moines, West Des Moines, Clive, Norwalk, Johnston, Urbandale, Pleasant Hill, and our partners at Des Moines Water Works, Polk County Conservation, Iowa Natural Heritage Foundation, and Trees Forever for Iowa’s largest volunteer effort in celebration of Earth Day. Throughout Earth Week in April, join us as we give back and green up Des Moines.

Not available to participate in one of our organized activities or opportunities? Sign-up for a self-led location.

Start Day: Monday, April 17
Runs Monday, April 17 through Saturday, April 22
Various Shifts
Registration opened Monday, March 20 and is ongoing
Free
For all ages
Various Locations throughout Des Moines







# UPCYCLE

Who: UPCYCLE volunteers, in partnership with the City of Des Moines, Blank Park Zoo, Trees Forever, Iowa Natural Heritage Foundation and Confluence Brewing.

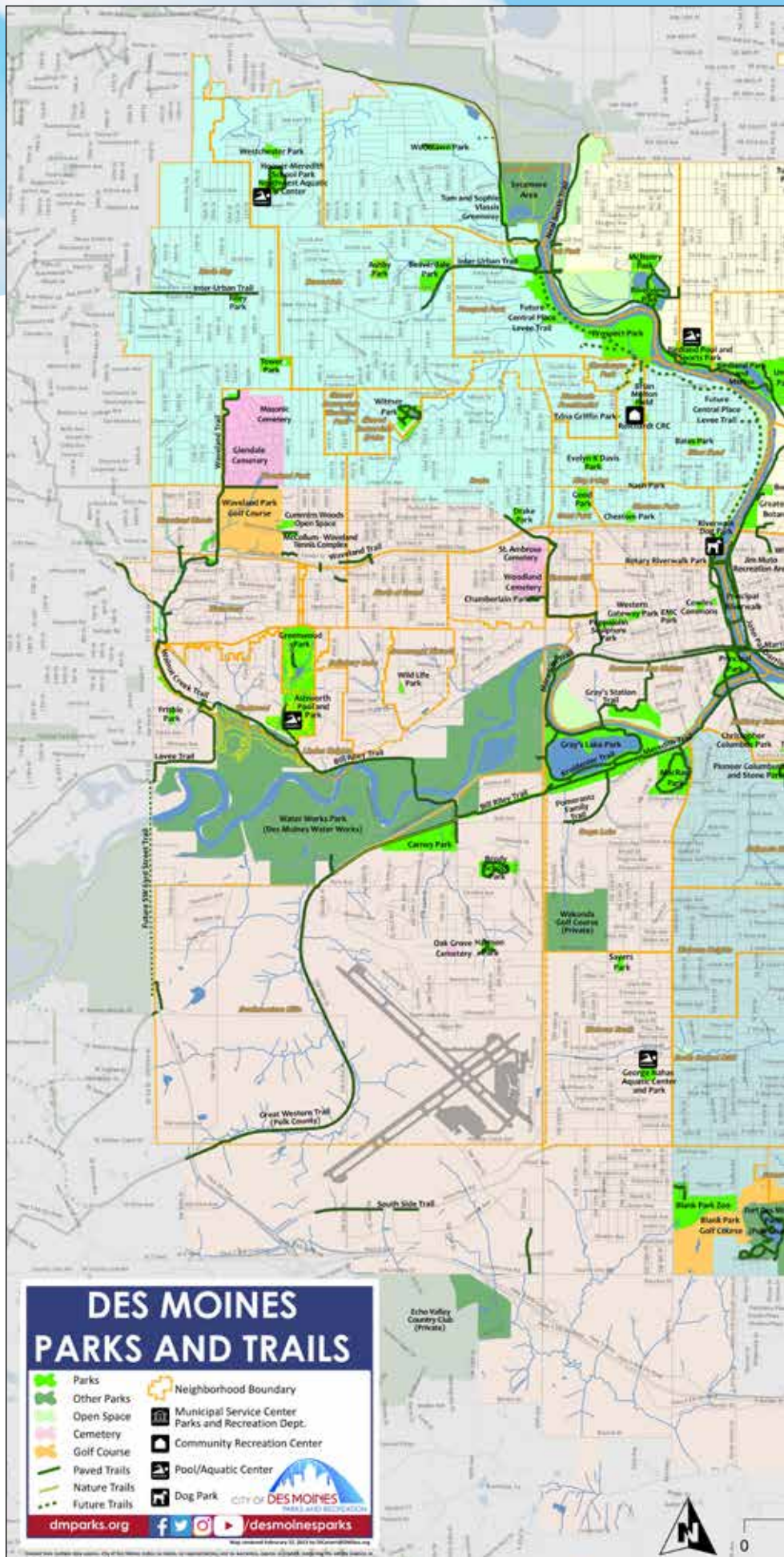
What/Why: Help us improve our water quality, diversify our woodlands and UPCYCLE our invasives into food and fun for Blank Park Zoo’s birds, reptiles, primates and mammals. Volunteers will be provided gloves and tools to cut, remove and treat invasive plants crowding out our woodlands and natives. The first 30 adult volunteers to attend will get a drink ticket to redeem following the workday at Confluence Brewing next door.

Gray’s Lake Park is a beautiful area but the native species in the woodlands are competing with many invasive species such as honeysuckle. These invasive species shade out our natives and dominate the floor. We are working hard to open up the woodlands, bring back the natives and increase diversity making them healthier. There are even added benefits reaching out beyond our woodlands as native species do a better job of holding the soils together and keeping them in place preventing them from running off into our creeks and streams. Although we don’t need these invasive species in our woodlands, they’ll help fill needs at the Blank Park Zoo where animals can use them for food, play and practice foraging, flying and other skills.

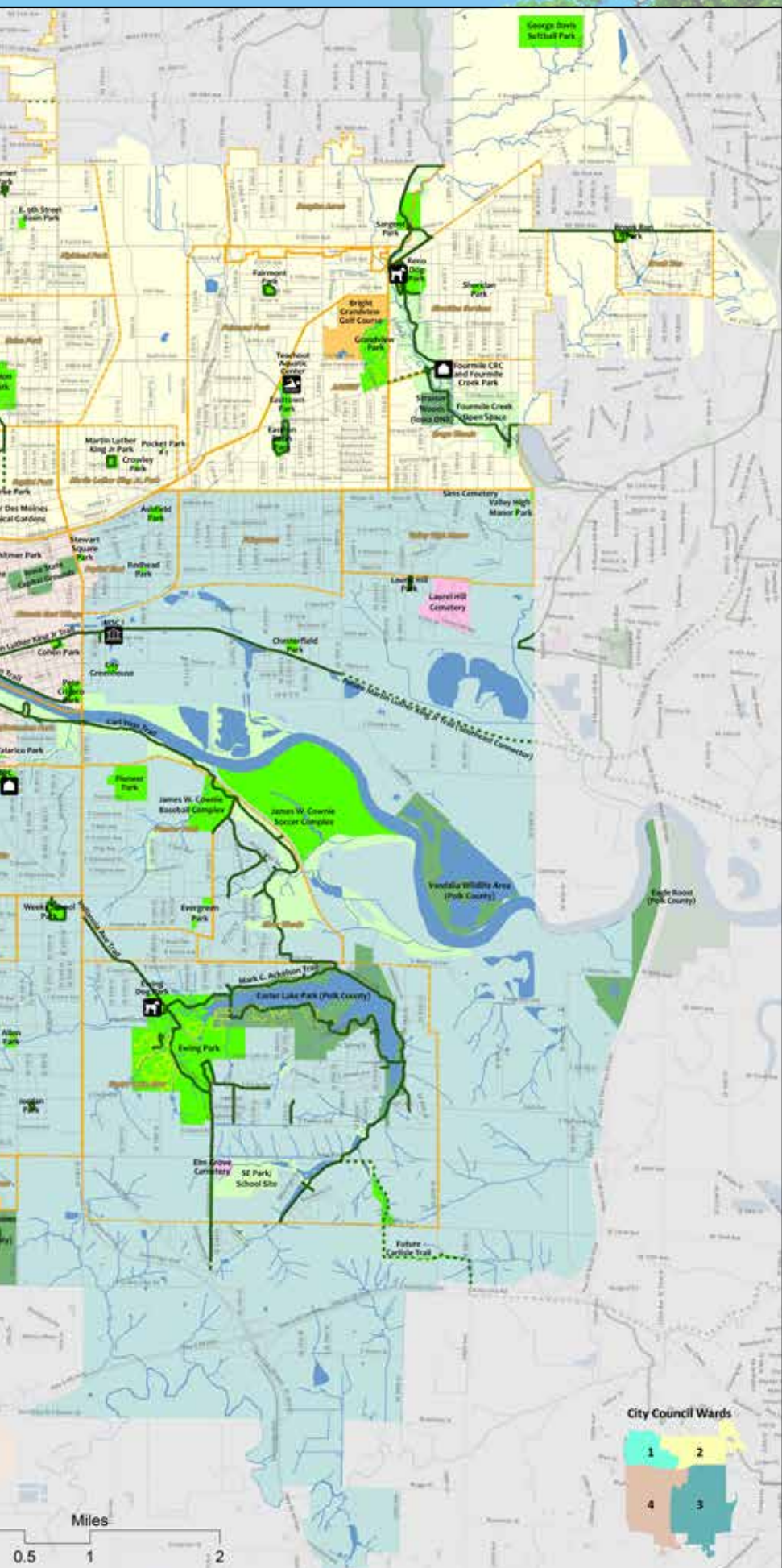
If you have questions, please email [parksvolunteer@dmgov.org](mailto:parksvolunteer@dmgov.org). Call (515) 248-6399 or text DSMVOLUNTEERS to 84483 to sign-up for weather-related updates. Signup Link: [bit.ly/2023UPCYCLE](https://bit.ly/2023UPCYCLE)

Start Day: Thursday, June 15
Thursday, June 15, Thursday, July 20, and Thursday, August 17. Rain Date: Thursday, September 21
5:30-7:30 p.m.
Registration now open and closes Thursday, September 14
Free
For ages 14 and up; participants under 18 need a parent or legal guardian present
Gray’s Lake Park









For questions about our programs or shelter rentals, call (515) 237-1386 | 71





1551 E. Martin Luther King Jr. Parkway  
Des Moines, Iowa 50317  
(515) 237-1386  
[parks@dmgov.org](mailto:parks@dmgov.org)