



City of Cedar Rapids Parks & Recreation Department

FREE Youth Rugby Clinic for Boys & Girls in Grades 4-8



**Saturday, October 11
10:30 AM
Cleveland Park**

Want to learn how to play rugby? You will be taught the basics including rules, strategies and skills like passing backwards, catching and running together in this **FREE** one-hour clinic. The clinic is coached by men and women players from local Cedar Rapids teams: Head Hunters and Shield Maidens.

No need to register, just come out and play!



Questions?

Contact Liz Malloy,
(319) 286-5698 or
e.malloy@cedar-rapids.org



Enjoy Every Season With Us!

**CEDAR RAPIDS
PARKS & RECREATION**

Ambroz Recreation Center
2000 Mount Vernon Road SE
Cedar Rapids, Iowa 52403
(319) 286-5731

www.CRREC.org