



Activities Guide

SPRING/SUMMER
2024

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.



Subject To Change:

Events and programs in this guide may change due to factors such as availability, interest, date conflicts, unforeseen circumstances and public health concerns. While we strive for accuracy, we cannot guarantee that details will remain unchanged. Please check online for the latest updates.



Weather Cancellations:

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



Register or learn more at dmparks.org

Parks and Recreation Information



Des Moines Parks and Recreation Office

1551 E. Martin Luther King Jr. Pkwy
Des Moines, IA 50317

(515) 237-1386
parks@dmgov.org

Hours

M-F: 8 a.m.-5 p.m.



Text Message Notifications

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

DSMEvents
DSMPools
DSMSports
DSMTrails

DSMPopUp
DSMVolunteers
BrentonSkating

Explore our programs and register
online at dmparks.org



About Us

The Des Moines Parks and Recreation Department was established in 1892 and is responsible for the management of 77 parks, 4,000+ acres of land, 88 miles of trails, eight cemeteries, three golf courses, two Community Recreation Centers and much more! Des Moines Parks and Recreation is committed to providing parks and recreation opportunities for people of all races, genders and abilities across our community.

Parks and Recreation Board

George Davis	William Thompson
Cynde Fanter	Barb Bremner
Loyd W. Ogle	James Bollard
Joel Potter	Brooke Avila
Sarah Lohmeier	Brent Millis
R. Stephen Vilmain	Deb Chiodo
Jack Daugherty	Maria Alonzo-Diaz

Andrea Woodard (Chair)

Our Mission

Helping Des Moines live well, play hard and protect the earth.



Message from the Director: Ben Page

"We are thrilled to continue our tradition of curating a wide array of activities and events tailored to the diverse interests of our vibrant community. Whether you're a sports enthusiast, art lover, nature explorer, or wellness advocate, our dedicated team has meticulously designed programs to cater to all age groups and preferences. Beyond serving as mere recreational venues, our parks and facilities are invaluable spaces where connections are fostered and friendships are cultivated. Embrace the spirit of the season by immersing yourself in the countless opportunities awaiting you through Des Moines Parks and Recreation. We extend our heartfelt gratitude for your ongoing support and active engagement on behalf of the entire Parks and Recreation team."



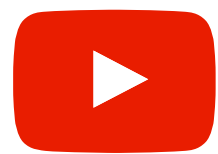
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Rentals

Rental Instructions



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
- Golf Course Banquet Rooms
- Hub Spot - Newly Renovated!
- 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 today! Review our pricing and rental policies, and make your selection online at dmparks.org. Reservations can be made up to one year in advance.



How To Register



Scholarship Programs

Des Moines Parks and Recreation offers two different scholarships.

Greater Des Moines Recreational Activity Scholarship Program (GRASP)

Discount program for families to receive 50–75% off recreational activities offered through Des Moines Parks and Recreation.

Youth Recreational Scholarship Program (YRSP)

Offered in partnership with Des Moines Public Schools (DMPS) and allows students to receive \$5 swim lessons and/or youth sport experiences.

Qualification Criteria

Des Moines residents with a qualifying household income. Total income based on number in household. For family sizes exceeding 8, add \$12,850 for each additional person.

Family Size	Income
1	\$36,450
2	\$49,300
3	\$62,150
4	\$75,000
5	\$87,850
6	\$100,700
7	\$113,550
8	\$126,400

Students enrolled in Des Moines Public Schools who qualify for free and reduced fees based on their household income.

Eligibility Verification

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.

Opt-in for Des Moines scholarship program via DMPS website. Promoted during annual enrollment. Available anytime on DMPS website.

Registration

After obtaining a GRASP card from IMPACT Community Action Partnership, community members can activate registration discounts through CivicRec by contacting the Des Moines Parks and Recreation Administration Office.

To confirm the child's eligibility on the approved DMPS list (opt-in required first), please reach out to Des Moines Parks and Recreation Office. Once verified, participant accounts will be updated, enabling electronic registration via CivicRec.

Discounts & Benefits

- Both GRASP and YRSP:** \$5 Youth Sports Registrations for grades K-7 including basketball, flag football, volleyball, soccer, baseball/t-ball/kickball
- Both GRASP and YRSP:** \$5 Swim Lessons for grades K-12
- GRASP Only:** 50% off open-air shelters and boat or bike rentals at Gray's Lake
- GRASP Only:** 75% or more off season swim passes and community garden plot
- GRASP Only:** (1) FREE child admission with a paid adult admission to Brenton Skating Plaza

Aquatics

Learn More



Before You Go

With TWO swimming pools, THREE family aquatic centers, THREE wading pools, FOUR splash pools, and 15 spraygrounds under our care, we offer an ideal cooling spot for all. Stay informed about open hours, which are weather-dependent, by visiting DSM.city/Aquatics or texting “DSMPOOLS” to 84483 for text alerts.

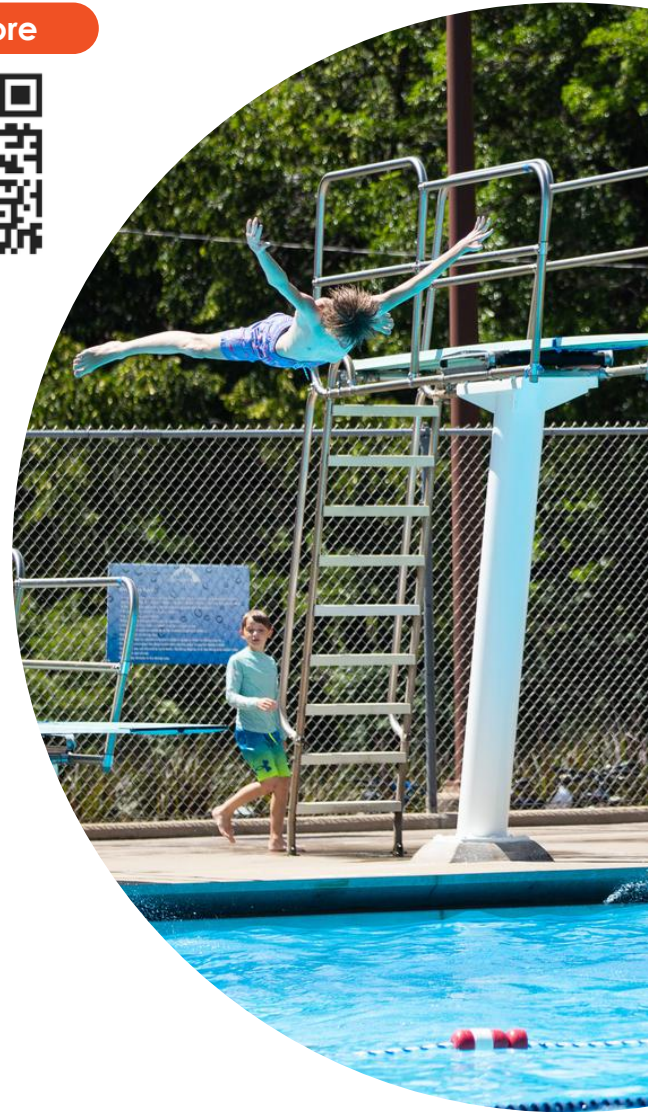
Admission - Pools & Aquatic Centers

Age	Cost
2 and Under	FREE
3-18, 60+	\$3
19-59	\$5

Summer Kickoff

Make plans to join us as we kick off summertime and open Northwest Aquatic Center for Memorial Day Weekend prior to the normal season opening June 1.

Date	Time	Location	Cost
5/25	11:30 a.m.-6 p.m.		
5/26	1-5 p.m.	Northwest Aquatic Center	see admission chart above
5/27	1-6:30 p.m.		



General Season Hours

Interactive Map



Pools: \$

Ashworth & Birdland

Monday - Friday	1-6:30 p.m.
Saturday	1-6 p.m.
Sunday	1-5 p.m.

Family Aquatic Centers: \$

Nahas, Northwest, Teachout

Monday - Friday 6/1-7/7	1-6:30 p.m.
Monday - Friday 7/8-8/11	1-7:30 p.m.
Saturday	11:30 a.m.-6 p.m.
Sunday	1-5 p.m.

Wading Pools: FREE

Ashfield Park, Jordan Park, Sayers Park

Monday - Friday	10 a.m.-5 p.m.
Wed. (Jordan Park)	12-6 p.m.

Splash Pools: FREE

Ashby Park, MLK Jr Park, Crivaro Park, Union Park

Monday - Friday	10 a.m.-7 p.m.
Sat/Sun/Holidays	12-6 p.m.



Spraygrounds: FREE

Daily	9 a.m.-8 p.m.
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Locations: Bates Park, Columbus Park, Chesterfield Park, Drake Park, E.K. Davis Park, Fairmont Park, Good Park, Grandview Park, Greenwood Park, MacRae Park, McHenry Park, Sargent Park, Sheridan Park, Tower Park, Woodlawn Park

*For the most up-to-date hours by location and facility type, please visit [DSM.city/Aquatics](https://www.dsm.city/Aquatics)

Special Events, Programs & Discount Days

Private Pool Rentals

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

Location	Registration Period	Rental Period	Cost
All Pools	4/1-7/14	6/8-7/28	\$175/per hour (2-hour block)

Swim Lessons

American Red Cross classes available from six months to adults. Sessions include Baby and Me, Preschool Swim, Learn-To-Swim Levels 1-5, Adult, and Private Lessons. Each session consists of five lessons, and are taught at all city pools.

Session	Dates	Time	Cost
Session 1	6/10-6/14	Class times vary between 9-11:45 a.m. & 6:45-7:40 p.m.	\$30
Session 2	6/17-6/21		
Session 3	6/24-6/28		
Session 4	7/8-7/12		
Session 5	7/15-7/19		
Session 6	7/22-7/26		
Session 7	7/29-8/2		

Springboard Diving Lessons

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.

Session	Dates	Time	Cost
Session 1	6/10-6/14	Class times vary between 9:30 a.m.-12:40 p.m.	\$30
Session 2	6/17-6/21		
Session 3	6/24-6/28		
Session 4	7/8-7/12		
Session 5	7/15-7/19		
Session 6	7/22-7/26		
Session 7	7/29-8/2		

Swim Lessons



Event/Program	Date(s) / Availability	Time	Cost/Location
Aqua Zumba	Saturdays 6/1-8/10	10:30-11:15 a.m.	Daily Admission - Nahas
Lap Swim	Mon-Fri 6/3-8/9 Mon-Sun 6/3-8/11	8-9 a.m. 12-1 p.m.	Daily Admission - Ashworth Daily Admission - Birdland
Log Rolling	TBD	11:30 a.m.-12:30 p.m.	Daily Admission - Birdland
Sensory Swim	Sundays 6/2-8/11	12-12:45 p.m.	Daily Admission - Ashworth & Birdland
Total Body Aqua	Tues/Thurs 6/4-8/8	12-12:45 p.m.	Daily Admission - Ashworth
Family Days	6/14, 7/12, 8/9	Normal Hours	\$5 per family - All Pools
Mermaid Princess Pool Party	6/15	6:30-8 p.m.	\$15 per child - Nahas
National Swim-A-Lap Day	6/24	Normal Hours	50% Off Admission - All Pools
Scuba Certification	Saturdays beginning 6/15	10 a.m.-1 p.m.	\$550 per student - Birdland
4th of July Slip n' Slide	7/4	1-3 p.m.	Daily Admission - Nahas
Superhero Pool Party	7/13	6:30-8 p.m.	\$15 per child - Teachout
End of Summer Pool PAWty	9/7	TBD	Daily Admission + \$5 per dog - Nahas



Events Page



Athletics

PeeWee Sports (Ages 3/4 and 5/6)

Sport	Registration Period
Kiddie Kickball	3/1 - 5/1
Flag Football	6/1 - 8/1

Register for Sports



Youth Sports (Grades 1-7)

Sport	Registration Period
T-Ball	3/1 - 5/1
Coach Pitch Baseball (Grades 2 - 3)	3/1 - 5/1
Baseball (Grades 4 - 7)	3/1 - 5/1
Rugby	4/1 - 6/15
Tennis	4/1 - 9/12
Flag Football	6/1 - 8/1

Adult Sports (Team Registration)

Sport	Registration Period
Bags - Summer	4/1 - 6/1
Bags - Fall	6/15 - 8/15
Flag Football	5/15 - 8/1
Flag Football State Tourney	8/1 - 10/15
Kickball - Summer	2/1 - 4/15
Kickball - Fall	6/15 - 8/15
Pickleball - Spring Tournament	2/1 - 4/15
Pickleball - Summer	5/1 - 7/1
Pickleball - Fall	6/1 - 8/15
Slowpitch Softball - Summer Session 1	2/1 - 4/1
Slowpitch Softball - Summer Session 2	2/2 - 6/1
Slowpitch Softball - Fall	6/15 - 8/15
Fastpitch Softball	2/1 - 4/15
Ultimate Frisbee	6/1 - 8/1
Volleyball - Fall - Coed	8/1 - 10/1
Volleyball - Winter - Coed	8/1 - 12/15
Tennis Clinic - Drill & Play	4/1 - 5/30
Tennis Clinics - Learn.Play.Love	4/1 - 8/28

PeeWee Sports (Ages 3/4 and 5/6)

GRASP scholarship eligible for Kindergarten

Kiddie Kickball

This six-week, coed program teaches kids the basics of kickball. The program runs early June through mid July, and all equipment will be provided.

Day(s)	Time	Location	Cost
Mon	5:30-8:30 p.m.	James W. Cownie Baseball Park	\$40/person

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.

Day(s)	Time	Location	Cost
Tues or Thurs	5:30-8:30 p.m.	James W. Cownie Soccer Park	\$40/person

Youth Sports (Grades 1-7)

GRASP/YRSP scholarship eligible, excluding Tennis

T-Ball (K and Grade 1)

This six-week, coed program teaches kids the basics of baseball. The program runs early June through mid-July, and all equipment will be provided, except for baseball gloves.

Day(s)	Time	Location	Cost
Tues or Thurs	5:30-8:30 p.m.	James W. Cownie Baseball Park	\$40/person



Coach Pitch Baseball (Grades 2-3)

This six-week, coed program teaches kids the basics of baseball. The program runs early June through mid-July, and all equipment will be provided, except for baseball gloves.

Day(s)	Time	Location	Cost
Practice Mon/Tues Games Thurs	5:30-8:30 p.m.	James W. Cownie Baseball Park	\$50/person

Baseball (Grades 4-7)

This six-week, coed program teaches kids the basics of baseball. The program runs early June through August, and all equipment will be provided, except for baseball gloves.

Day(s)	Time	Location	Cost
Practice Mon/Tues Games Thurs	5:30-8:30 p.m.	James W. Cownie Baseball Park	\$50/person

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 jersey, will be provided.

Day(s)	Time	Location	Cost
Tues	5:30-8:30 p.m.	James W. Cownie Soccer Park	\$50/person

Tennis

*Not eligible for scholarship

Partnering with Life Time Fitness, beginners learn stroke mechanics and technique. As skills progress, instruction shifts to stroke development, shot selection and advanced techniques. The focus includes implementing match play strategies, refining technical, tactical and physical foundations. Players enhance their ability to execute patterns of play, vary spin and shot depth and select appropriate footwork patterns. Participants are required to bring their own racket.

Day(s)	Time	Location	Cost
Bi-weekly June - Sept	Varies	McCullum-Waveland Tennis Courts	Varies

Flag Football

Youth in 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(s)	Day(s)	Time	Location	Cost
1	Games/Practice Sat	Start 1 p.m.	Savage Softball Fields	\$50/person or \$475/team
2-7	Practice Weekdays Games Weekends	Practice 5:30 p.m. Games start 8 a.m.		

Adult Sports (Ages 18+)

Bags - Summer & Fall

Bags (cornhole) league will play Wednesdays at Captain Roy's. 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.

Session	Day/Time	Location	Cost
Summer	Wed June - Aug 5:30-9 p.m.	Captain Roy's	\$35/team
Fall	Wed Sept - Nov 5:30-9 p.m.	Captain Roy's	\$35/team

Flag Football

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

Day(s)	Date(s)	Time	Location	Cost
Sun, Tues, Thurs	Aug - Oct	Weekdays 6-9 p.m. Weekends 10 a.m.-2 p.m.	Savage Softball Fields or Carney Park	\$250/team

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.

Date(s)	Time	Location	Cost
10/26 -10/27	8 a.m.-5 p.m.	Savage Softball Fields or Carney Park	\$160/team

Kickball - Summer & Fall

Des Moines Parks and Recreation offers a coed Adult Summer & 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 six-week regular season schedule plus a post-season tournament. Rosters can have up to 20 participants.

Session	Day/Time	Location	Cost
Summer	Thurs May - July 6-9 p.m.	George Davis Softball Park	\$195/team
Fall	Thurs Sept - Oct 6-9 p.m.	George Davis Softball Park	\$195/team

Pickleball - Tournaments

The tournament style will be based on the number of registrants but can be a round robin, single elimination, or double elimination format. Divisions will be divided by age and skill level indicated on registration form. Men's, women's and coed divisions available.

Session	Date/Time	Location	Cost
Spring	5/18 8 a.m.-2 p.m.	McCullum -Waveland Tennis Courts	\$20/team
Fall	9/21 8 a.m.-2 p.m.	McCullum-Waveland Tennis Courts	\$20/team

Pickleball - Summer & Fall

Pickleball is a blend of tennis, badminton, and table tennis. This is a coed league with teams divided by skill. Games outdoors when possible, but may move indoors if needed. Register as a duo, bring your own paddles.

Session	Days/Time	Location	Cost
Summer	Tues/Thurs July - Sept 5:30-9 p.m.	McCullum -Waveland Tennis Courts	\$35/team
Fall	Tues/Thurs Sept - Oct 5:30-9 p.m.	McCullum-Waveland Tennis Courts	\$35/team

Slowpitch Softball - Summer & Fall

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. We have multiple sessions and days available. Rosters up to 20 participants.

Session	Days/Time	Location	Cost
Summer	Sun-Fri May - Aug Weeknights 6:15-9:15 p.m. Weekends 10 a.m.-3 p.m.	George Davis Softball Park	\$390/team
Fall	Sun-Fri Sept - Oct Weeknights 6:15-9:15 p.m. Weekends 10 a.m.-3 p.m.	George Davis Softball Park	\$195/team

Fastpitch - Softball

Adult Summer Softball league for men's and women's fast-pitch teams. This league consists of a six-week regular season plus a post-season tournament. Rosters up to 20 participants.

Days	Time	Location	Cost
Tues May - July	6-9 p.m.	George Davis Softball Park	\$390/team

Ultimate Frisbee

Seven-game schedule followed by a post-season tournament. Players sign up individually and are assigned to teams based on position and skill level. Ultimate frisbee combines elements of soccer, basketball, and football, aiming to pass the frisbee between teammates down the field to score.

Days	Time	Location	Cost
Wed Aug - Oct	6-9 p.m.	James W. Cownie Softball Park	\$25/person

Adult Sports (Ages 18+)

(continued)

Volleyball - Fall & Winter

The indoor Adult Coed Volleyball league consists of a six-game schedule plus post-season tournament. Coed requires a minimum of three women on the court at all times. Rosters up to 20 participants. All games will be officiated by one referee.

Session	Days/Time	Location	Cost
Fall	Sunday Oct - Dec 4-8 p.m.	Pioneer Columbus Recreation Center	\$195/team
Winter	Sunday Jan - Mar 4-8 p.m.	Pioneer Columbus Recreation Center	\$195/team

Tennis Clinic: Drill & Play

Together with Life Time Fitness, this 1.5-hour coed class features "live ball" drills to enhance tennis skills with enjoyment. Ground strokes, volleys, and mini competitions are included in this 10-week program led by certified pros. Bring your own racket.

Days	Time	Location	Cost
Mon June-Aug	6:30-8 p.m.	McCullum-Waveland Tennis Complex	\$200

Tennis Clinics: Play.Learn.Love

Together with Life Time Fitness, clinics designed for beginners and returning players, this program offers fast-paced, partner-based group lessons led by certified tennis pros. Bring your own racket. Sessions available for beginners (Play League) and returning players (Learn League) in June - September .

Skill Level	Days/Time	Location	Cost
Play	Wed June - Sept 5:30-6:30 p.m.	McCullum-Waveland Tennis Complex	\$50
Learn	Wed June - Sept 6:30-7:30 p.m.	McCullum-Waveland Tennis Complex	\$70



Cemeteries

Cemetery Tours

The Des Moines Municipal Cemeteries offer four tour types, requiring reservations. Cost: \$10/person, 2-hour duration, walking up to 1.5 miles. Limited to 35 participants, suitable for ages 12+. Tours are historically accurate and entertaining, supporting cemetery preservation. Group rate: \$7.50/person for 10+ reservations. Safety precautions enforced; confirmation includes details.



Tour Sign Up



Tour	Location	Date/Time
Civil War History	Woodland Cemetery	5/11, 6/8, 7/20, 8/10 • 10 a.m.-12 p.m.
Glendale History	Glendale Cemetery	5/8, 7/14, 8/17, 9/27 • 10 a.m.-12 p.m. 6/7 • 5-7 p.m.
Notable Women of Early Des Moines	Woodland Cemetery	4/13, 6/22, 9/7 • 1-3 p.m. 5/18 • 9-11a.m.
Woodland History	Woodland Cemetery	4/27, 5/18, 9/14, 10/12 • 1-3 p.m. 6/22, 7/13, 8/31 • 9-11a.m.

Adopt-A-Block & Flag Removal

Your participation helps maintain the beauty and dignity of our cemetery grounds. As a Cemetery Steward, your responsibilities will include picking up small branches, cutting back dead flowers, collecting litter, and reporting any damage. If you are interested in volunteering, please visit DSM.city/Volunteer or call (515) 248-6320.



Program	Date(s)	Location	Ages
Adopt-A-Block	April 1 - Nov 20	All Cemeteries	All
Flag Removal	July 12	All Cemeteries	All



Community Gardens

Learn More



The City of Des Moines Parks & 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. Instructions on how to register for a plot can be found on our website. Visit DSM.city/CommunityGardens for more information.

Seed Swap & Soil Workshop

Kick-start your gardening season by connecting with local gardeners and learning essential gardening tips. Discover how to make the most of your gardening space, prepare your soil for success, and more. Don't forget to participate in our seed swap – a fantastic opportunity to exchange seeds and enrich the gardening community.

Date	Time	Location	Cost
4/27	1-3:30 p.m.	Franklin Ave. Library	FREE

Summer Gardening Workshop

This interactive workshop will feature presentations and educational booths designed to enrich your gardening knowledge. It will be an excellent chance to seek guidance from local experts and ask questions about your gardening experience.

Date	Time	Location	Cost
8/1	5:30-7:30 p.m.	Franklin Ave. Library	FREE

Pollinator Palooza

Get ready for a day of buzzing excitement! This celebration will have engaging presentations designed to enlighten people about the incredible world of pollinators, as well as educational booths from local businesses and organizations. If the weather is on our side, there'll be activities for the little ones to be busy bees in the Franklin Community Garden.

Date	Time	Location	Cost
9/28	12-4:30 p.m.	Franklin Ave. Library	FREE

Community Recreation Centers

Rec Center Info



Pioneer Columbus

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

Open:
M-F 8 a.m.-8 p.m.



Fourmile

3711 Easton Blvd.
(515) 248-6315

Open:
M-F 8 a.m.-8 p.m.

Admission

Age	Cost
Youth (10 - 18)	FREE
Adult (19 - 59)	\$1/day or \$12/month
Senior 60+	FREE

Yearly memberships available.
Children under 10 must be accompanied by an adult.

Open Recreation

Open Recreation is available for ages 10+. Basketball, volleyball, game tables, weights, cardio, and public computers available during regular business hours.

Polk Co. Meal Site (Seniors 60+)

Free lunch offered to seniors Monday through Friday from 9:30 a.m.-1:30 p.m. at both recreation centers.



All Ages (Ages 10+)

Des Moines Table Tennis Club

Everyone age 15 and older is welcome to participate in table tennis with the Des Moines Table Tennis Club (DMTTC).

Day(s)	Time	Location	Cost
Tues & Thurs	5:30-7:30 p.m.	Fourmile Community Recreation Center	\$5/visit or \$240/year

Indoor Pickleball

Pickleball is available on three indoor courts. Play a quick and fast paced game played as doubles or singles.

Day(s)	Time	Location	Cost
Mon - Fri	8 a.m.-12 p.m.	Pioneer Columbus Recreation Center	\$2/visit or \$15/month
Mon & Wed	3-8 p.m.	Fourmile Community Recreation Center	\$2/visit or \$15/month
Tues & Thurs	12-3 p.m.		

HIIT Class

All fitness levels are welcome to this 40-minute "high intensity interval training" style workout.

Session	Day(s)	Time	Location	Cost
Session 1: 4/1 - 5/8	Mon & Wed	6 a.m.	Pioneer Columbus Recreation Centers	\$48
Session 2: 5/11 - 6/15	Sat	7 a.m.		\$24

Yoga

All fitness levels are welcome to this 45-minute yoga class focusing on balance, strength, flexibility and relaxation.

Session	Day(s)	Time	Location	Cost
Session 1: 3/5 - 4/18	Tues & Thurs	6 p.m.	Pioneer Columbus Recreation Center	\$56
Session 2: 4/23 - 5/30				

Teq Ball

A new and exciting game combining the skills of soccer with table tennis. Call for availability.

Day(s)	Time	Location	Cost
Mon - Fri	12-8 p.m.	Pioneer Columbus Recreation Center	\$1/visit

Nature Programs

Learn More



All ages welcome. Participants 16 and under must have an adult/guardian present.

Birding Basics

Participants will take a casual walk to search for migrating and residential birds. John Bissel leads the group, pointing out birds, talking about their habits and answering questions.

Date	Time	Location	Cost
Wed March-May	11-11:45 a.m.	Gray's Lake Park (Terrace)	FREE

GPS Egg Hunt

Participants will learn how to use a handheld Global Positioning System Unit then use the GPS to find hidden "eggs" in the park. Pre-registration is required.

Date	Time	Location	Cost
3/30	12:30 p.m.	Ewing Park Lilac Arboretum	\$10

Wildflower Walk & Pollinator House Build

Begin with a hike on the nature trail to find wildflowers in bloom, learn about the insects that visit these flowers and build a "Pollinator House" to take home. Pre-registration is required.

Date	Time	Location	Cost
4/20	10 a.m.	Grandview Park Mahaffey Enclosed Shelter	\$5

Bee Houses at the Library

Look into the world of solitary bees and other pollinators that live around us, then build a simple bee house to take home and place in your yard. Helping to provide habitat for insects is a creative way to support nature and conservation. Register with the East Side Library.

Date	Time	Location	Cost
4/25	5:30 p.m.	East Side Library	FREE



Backyard Native Plants

Learn about how we use native species of plants in our parks and how you can use them in your own backyard to help promote sustainability and pollinators.

Date	Time	Location	Cost
5/8	6 p.m.	East Side Library	FREE

Plant.Grow.Fly at the Library

Join us at the East Side Library to learn about pollinators, create a pollinator-friendly planter to take home, and possibly plant some pollinator-friendly plants at the library that day. Get ready to get your hands dirty and have fun! Register through the East Side Library.

Date	Time	Location	Cost
5/9	5:30 p.m.	East Side Library	FREE

Mother's Day Plant.Grow.Fly.

We support Monarch butterflies and pollinators in City parks. Participants will learn about pollinators' needs, and decorate and fill a flower pot to support them. Registration is limited.

Date	Time	Location	Cost
5/11	10:30 a.m.	Sargent Park	\$10

Milkweed for Monarchs

Des Moines Parks is planting milkweed in Chesterfield Park for Monarch butterflies. Learn about Monarchs then help plant 300 milkweed sprouts. Pre-registration is required.

Date	Time	Location	Cost
5/18	10 a.m.	Chesterfield Park	FREE

Butterfly Hunt

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

Date	Time	Location	Cost
6/1-6/30	Park Open Hours	Grandview Park	FREE



Plant. Grow. Fly.
BLANK PARK ZOO

Free Fishing Friday - TBD

Join us Friday evening at Gray's Lake Park for free fishing! We provide bait, tackle and expert instructors. No license needed. Open to all!

Date	Time	Location	Cost
6/7	5-8 p.m.	Gray's Lake Park (Peninsula)	FREE



Carp Fest

We are teaming up with Des Moines Izaak Walton League & Iowa DNR for Carp Fest! Free carp fishing tournament starts at 8 a.m., fishing from 9 -11:30 a.m. Prizes for longest carp in adult & children's categories. Bait & gear provided, anglers over 16 years old require fishing license. Keep or donate your catch to S.O.A.R.

Date	Time	Location	Cost
6/15	8-11:30 a.m.	Gray's Lake Park (Peninsula)	FREE

Plant.Grow.Fly.

We support Monarch butterflies and pollinators in City parks. Participants will learn about pollinators' needs and decorate and fill a flower pot to support them. Register with North Side Library.

Date	Time	Location	Cost
6/12	11:30 a.m.	North Side Library	FREE

Introduction to Paddleboarding

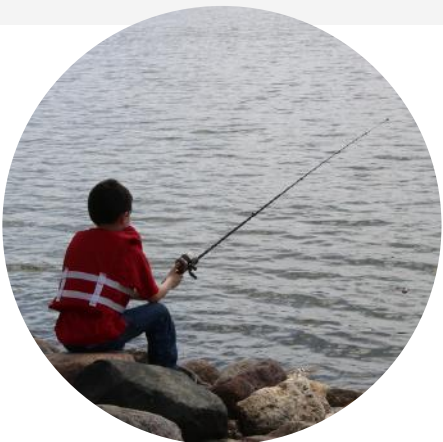
This program is designed to introduce participants to stand-up paddleboarding in a flat water setting. We will cover launching, board control and different paddling strokes used when on the water. Registration fee includes equipment and instruction. Pre-registration is required and gear is limited.

Date	Time	Location	Cost
6/15, 7/13, 7/30, 8/3	12 p.m., 5:30 p.m., 5:30 p.m., 9 a.m.	Gray's Lake Park (Peninsula)	\$25

SUP 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 \$10 and includes all the stand up paddleboard gear. Gear is limited and registration is required.

Date	Time	Location	Cost
6/18, 7/2	5:30 p.m.	Gray's Lake Park (Peninsula)	\$10



iEARTH Camp

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 and pricing is available through the Science Center of Iowa.



Grades	Date	Time	Location
2-3	6/10-6/14, 7/15-7/19	9 a.m.-4 p.m.	MacRae Park
4-5	6/17-6/21, 7/8-7/12, 7/22-7/26	9 a.m.-4 p.m.	MacRae Park
6-8	6/24-6/28, 7/29-8/2	9 a.m.-4 p.m.	Gray's Lake Park

Big Bugs on the Trail

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

Date	Time	Location	Cost
7/1-7/31	Park Open Hours	Greenwood Park	FREE

Buggin' Out in Greenwood Park

Embrace the critters! Join us in July at Greenwood Park to discover the incredible insects that inhabit the area. We'll search for bugs in the yard during the first week and in the pond during the second. Nets and supplies provided.

Date	Time	Location	Cost
7/16 & 7/30	1:30 p.m.	Greenwood Park	FREE

STAR Party

Join us for a Star Party during the peak of the Perseid meteor shower for activities, guest speakers, and an outdoor movie. Free and open to all. Overnight camping available for \$25 with reservation.

Date	Time	Location	Cost
8/10	6 p.m.-12 a.m.	Ewing Park Lilac Arboretum	FREE

Paddle & Pick Up

Join us for a canoeing and cleanup event at Gray's Lake Park! Beginners welcome, as we start with a basic canoe lesson before paddling along the shoreline to collect trash. Participants under 16 must be accompanied by an adult. Limited canoe space, so pre-registration necessary.

Date	Time	Location	Cost
8/24	10 a.m.	Gray's Lake Park (Peninsula)	\$5

Monarch Tagging

Join a FREE Monarch butterfly tagging event, a local component of a larger citizen science project. Explore the fascinating fall migration dynamics of the Monarch and participate in hands-on tagging.

Date	Cost
9/5-9/28	FREE

More details in the Fall/Winter Activities Guide coming in September!

Dog Parks



Locations and General Info

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 purchased online or in-person at the City Clerk's Office in City Hall (400 Robert D. Ray Drive) and used at all three parks and are good January 1 - December 31.

Hours: All parks open year-round, daily, 6 a.m.-10 p.m.



Ewing Dog Park
4660 Indianola Ave.



Reno Memorial Dog Park
3325 Hubbell Ave.



Riverwalk Dog Park
1111 Illinois St.



Rules / 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 cannot be transferred to other dogs or dog owners



Dog Park Ambassador Program

Join our team of grrr-eat dog-loving volunteers and help welcome dogs and owners to the park.

Learn More



Apply



Register



Special Events

Egg-Paw-Looza

Come celebrate Easter with an egg hunt at Ewing Dog Park! The egg hunt will take place in the large dog park. Dogs must remain on leash during the hunt. Small dogs (max. 20 lbs.) will be from 10-10:30 a.m. Large dogs will be from 11-11:30 a.m. *Current dog park permit and pre-registration required.

Date	Time	Location	Cost
3/30	10-11:30 a.m.	Ewing Dog Park	\$5/dog

July Pup Pawty

Celebrate Independence Day with your pooch! Come out to Reno Dog Park on July 6th in your patriotic attire. A competition will be held for Best Twins (owner & dog), Most Patriotic, and Best Trick. *Current dog park permit and pre-registration required.

Date	Time	Location	Cost
7/6	1-3 p.m.	Reno Memorial Dog Park	FREE

National Doggie Day

We all love our furry friends and what better way to recognize them for National Dog Day! Come out to Riverwalk Dog Park on August 26, to play with your dog and give them a treat to show them how much you love them. Purchase includes snack & beverage for the owner.

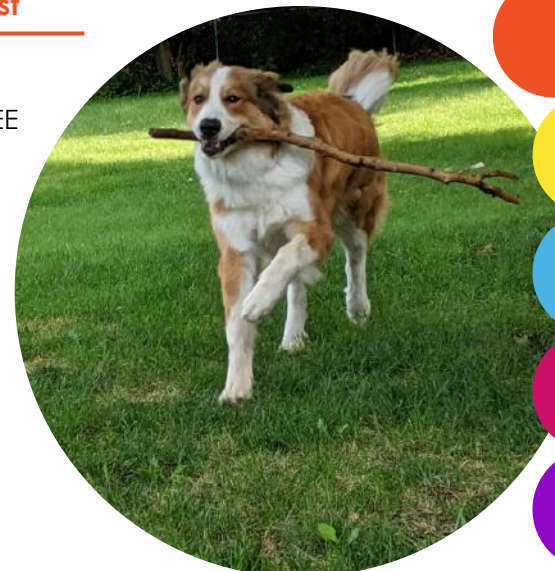
*Current dog park permit and pre-registration required.

Date	Time	Location	Cost
8/26	5-7 p.m.	Riverwalk Dog Park	\$5/dog

Open Houses

Bring your furry friends and explore our dog parks. Everyone in attendance will be entered into a raffle for an opportunity to win a free permit! *Current dog license from the City of Des Moines or home jurisdiction. *Dogs must be at least four months old.

Date	Time	Location	Cost
5/11		Ewing Dog Park	
5/18	10 a.m.-12 p.m.	Reno Memorial Dog Park	FREE
9/1		Riverwalk Dog Park	



*Please note that a minimum number of registrations need to be met for special events to be held.

Gray's Lake Park

Concessions & Rentals



Christine Hensley Terrace

Located in the southwest corner of the park, park visitors are invited to purchase cold drinks, ice cream and snacks during business hours. Bicycles and watercrafts are available for rent including sailboats, two or three-person canoes, single kayaks, double kayaks, stand-up paddleboards (SUPs), four-person pedal boats, and a row boat.

Dates	Hours
5/1 - 5/24	M-F: 4-8 p.m. Sat-Sun: 10 a.m.-8 p.m.
5/25 - 8/9	Daily 10 a.m.-8 p.m.
8/10 - 9/2	M-F: 1-8 p.m. Sat-Sun: 10 a.m.-8 p.m.



Watercraft Rental

\$8/half hour or \$15/hour



Sailboat Rental

\$25/hour (2-hour min.)



Bike Rental

Age 13+: \$15/hour or \$25/6 hours
Under 12: \$10/hour or \$20/6 hours



At the Beach

Located on the north side of the park at the beach, park visitors are invited to purchase hot food, cold drinks, ice cream and snacks during business hours. Stand-up paddleboards (SUPs) are available for rent.

Dates	Hours
5/1 - 8/9	Daily: 12-6 p.m.
8/10 - 9/2	Sat-Sun: 12-6 p.m.



Learn More

Special Events

Spring Break Staycation

If your kids are looking for structured activities or opportunities to get out of the house, our “staycation” is a great place to be for spring break. Des Moines Parks and Recreation has more than enough ways to keep your family active Monday, March 11 - Friday, March 15. For ages 5-12.

Date	Time	Location(s)	Cost
3/11-3/15	9 a.m.-12 p.m.	Pioneer Columbus Community Recreation Center	\$1/day



31 Miles (+Beyond) Your Way

Join us for a fun challenge! Complete 31 miles your way in 31 days. Choose a 50K, 100K, or 150K challenge. Simply register, track your miles, and accomplish your goal by walking, running, biking, swimming, or any other way you prefer.

Date	Time	Location	Cost
5/1-5/31	All Day	N/A	\$10

Family Skate Night

Grab your roller skates or blades and head down to Brenton Skating Plaza on the first Friday of every month from May through August. Bring your own skates/blades. Limited concessions will be for sale.

Date	Time	Location	Cost
5/3, 6/7, 7/5, 8/2	5-9 p.m.	Brenton Skating Plaza	\$5

Mayor’s Annual Ride

Ride your bike and help maintain our trails! Register for the 2024 Mayor's Annual Ride to be held on Saturday, May 4 and your contribution will help fund new trail projects. The route will have views of the Des Moines River. *Helmets required.

Date	Time	Location	Cost
5/4	10 a.m.	Begin/End at MSC	\$35/adult before April 20; \$50 on-site \$5/child (Children 4 and under ride free)

Yoga in the Park

Start your Saturday with free yoga at Gray's Lake. Join us every week from June 1 - September 28 for free classes led by volunteers. These classes are perfect for all skill levels from beginner to advanced yogi. Classes will not be held in the event of rain.

Date	Time	Location	Cost
Saturdays 6/1-9/28 *No class 6/8 (Ironman)	9 a.m.	Gray's Lake Park (SE Lawn)	FREE

Free Flicks

Enjoy Free Flicks, our summer outdoor movie series in local parks. Films start at 6:30 p.m. on our new LED screen. Admission is free. Bring blankets and chairs. Rain cancellation updates will be made by 4 p.m. on movie day via website, Facebook, and Twitter.

Date	Location(s)	Movie
6/7	Teachout Aquatic Center - Parking Lot	Elemental
6/21	Columbus Park	TBD
6/28	Tower Park	DC League of Super Pets
7/12	Chesterfield Park	Wonka
7/19	Ashworth Pool - Parking Lot	Migration
8/2	Riverview Park	Mario Bros. Movie
8/10	Ewing Park *STAR PARTY	E.T.
8/16	Brian Melton Field	Trolls Band Together



Parks & Rec Month - Bucket List Challenge

July is Parks and Recreation Month! Join us in celebrating by taking part in our Bucket List Challenge. Explore Des Moines' hidden gems, snap photos, and submit them for a chance to win fantastic prizes. Simply visit designated locations, capture the magic, and enter to win. Don't miss out on this adventure-filled journey!

Date	Time	Location(s)	Cost
7/1-7/31	All Day	Designated Locations	FREE

Adult Recess

Save the date! Adult Recess 2024 is here! Join us for a free, 21+ event where you can relive your childhood with nostalgic games, live music by ElectroBeast, and food specials from Captain Roy's for purchase.

Date	Time	Location(s)	Cost
7/26	6-9 p.m.	Captain Roy's	FREE



Summer Camp

General Information

Summer Camp is uniquely designed to serve children in our community by providing **FREE** equitable recreation services in City parks. The program is intended for youth looking to have a day camp experience. Site locations (5) are selected based on community need, partnerships, and safe spaces. Activities will include arts & crafts, sports, field trips, STEM programs, nature-based programs, swim lessons, and more! Lunch and snacks will be provided. DSM.city/SummerCamp.

Registration - **FREE!**

If you would like to register your child(ren) - ages 5-12 - sign up online beginning April 1. Please note there are two sessions, separated by the July 4th holiday. Children are welcome to sign up for either or both sessions. Email us at Summertime@dmgov.org with questions. Scan the QR code to sign up.



Columbus Park
1921 SE 1st St.



Drake Park
2300 Drake Park Ave.



E.K. Davis Park
1400 Forest Ave.



MLK Jr. Park
1650 Garfield Ave.



Weeks Middle School Park
901 E Park Ave.

Register - FREE!



Session	Program Days / Hours	Drop Off Time	Pick Up Time
Session 1: 6/3-6/28	Mon-Fri 9a.m.-4 p.m.	9-9:15 a.m.	3:30-4 p.m.
Session 2: 7/8-8/9			



Volunteer

General Information

You're invited to join the ranks of many dedicated people volunteering in the Des Moines parks...a gift that benefits the entire community. Volunteers supplement Parks and Recreation staff, and bring creativity and vitality to our organization while meeting new friends, learning new skills, and even building resumes. We offer opportunities for all ages, skill levels, and group sizes.



Questions?  parksvolunteer@dmgov.org

Volunteer Opportunities

Program Title	Registration Period
Adopt-A-Park/Trail	Ongoing
Cache In Trash Out	2/5-3/25
Earth Day Trash Bash	3/15-3/30
Dog Park Ambassadors	Ongoing
UPCYCLE	3/1-9/16

Volunteer



Adopt-A-Park / Adopt-A-Trail

Help us clean and beautify our parks and trails. Select from a list of available locations online and commit to hosting quarterly work days for a year (minimum). After your first clean up, an adoption sign will be placed with your family, business, organization or individual name.

Volunteer Period

Flexible, Annual Commitment

Age Requirements

18+ for volunteer leaders or open for all ages with adult supervision



Cache In Trash Out

Join us for a family eco-hunt with the Iowa Geocacher's Association, Westwood Neighborhood Association and others. Help clean up, find prizes, and improve water quality in central Iowa. Equipment provided. Please register online at [DSM.city/volunteer](https://www.dsm.city/volunteer) by 3/25.

Volunteer Period	Time	Age Requirements
3/30	9-11 a.m.	All ages with adult supervision

Earth Day Trash Bash

Join Des Moines, West Des Moines, Clive, Johnston, Norwalk, Pleasant Hill, and partners for Iowa's largest Earth Day volunteer event! Celebrate by giving back and greening up Des Moines. [Earthday.dsm.city](https://www.earthday.dsm.city).

Volunteer Period	Time	Age Requirements
4/20-4/27	Various Shifts	All ages with adult supervision

Dog Park Ambassadors

Join our grrrrr-eat team of Dog Park Ambassadors welcoming permitted dogs and owners to our parks. Donate 40 hours/year and receive a FREE dog park permit for the following year. To learn more about how ambassadors create a safe and enjoyable dog park experience, scan the QR code on page 25.

Orientation	Volunteer Period	Age Requirements
Varies	Flexible, Year-Round	18+

UPCYCLE

Join UPCYCLE volunteers, partnered with the City of Des Moines, Blank Park Zoo, Trees Forever, Iowa Natural Heritage Foundation, and Confluence Brewing, to improve water quality, diversify woodlands, and repurpose invasives for zoo animals. Help remove invasive plants at Ewing Park to restore native species and prevent soil erosion into creeks and streams. First 40 adult volunteers get a Confluence Brewing drink ticket.

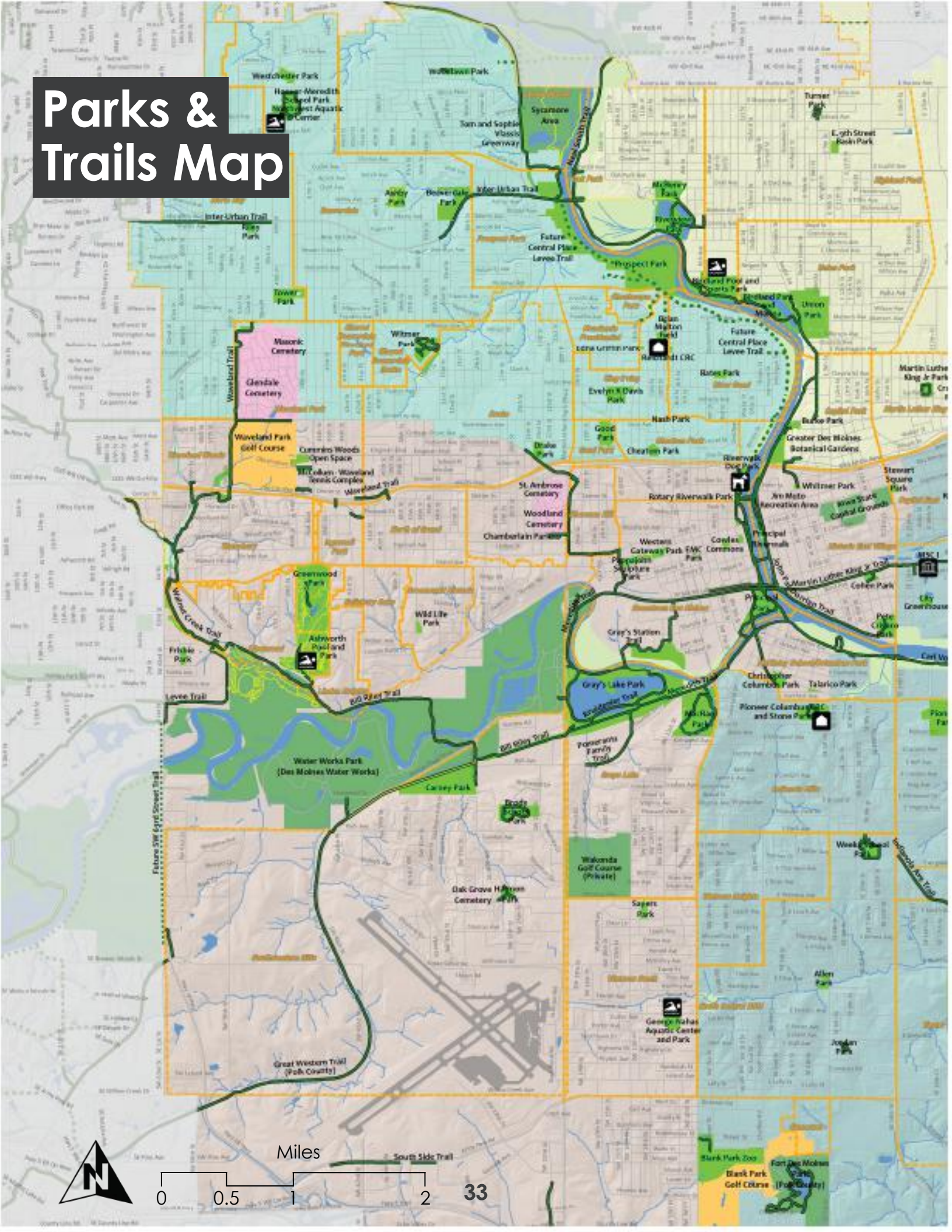
Orientation	Volunteer Period	Time	Age Requirements
On-site	6/20, 7/18, 8/15	5:30-7:30 p.m.	14+, Under 18 require adult supervision



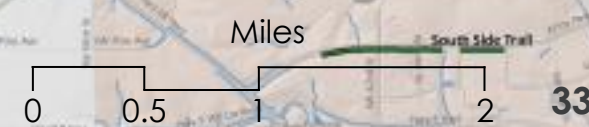
UPCYCLE



Parks & Trails Map



Future SW 43rd Street Trail
















Miles

33

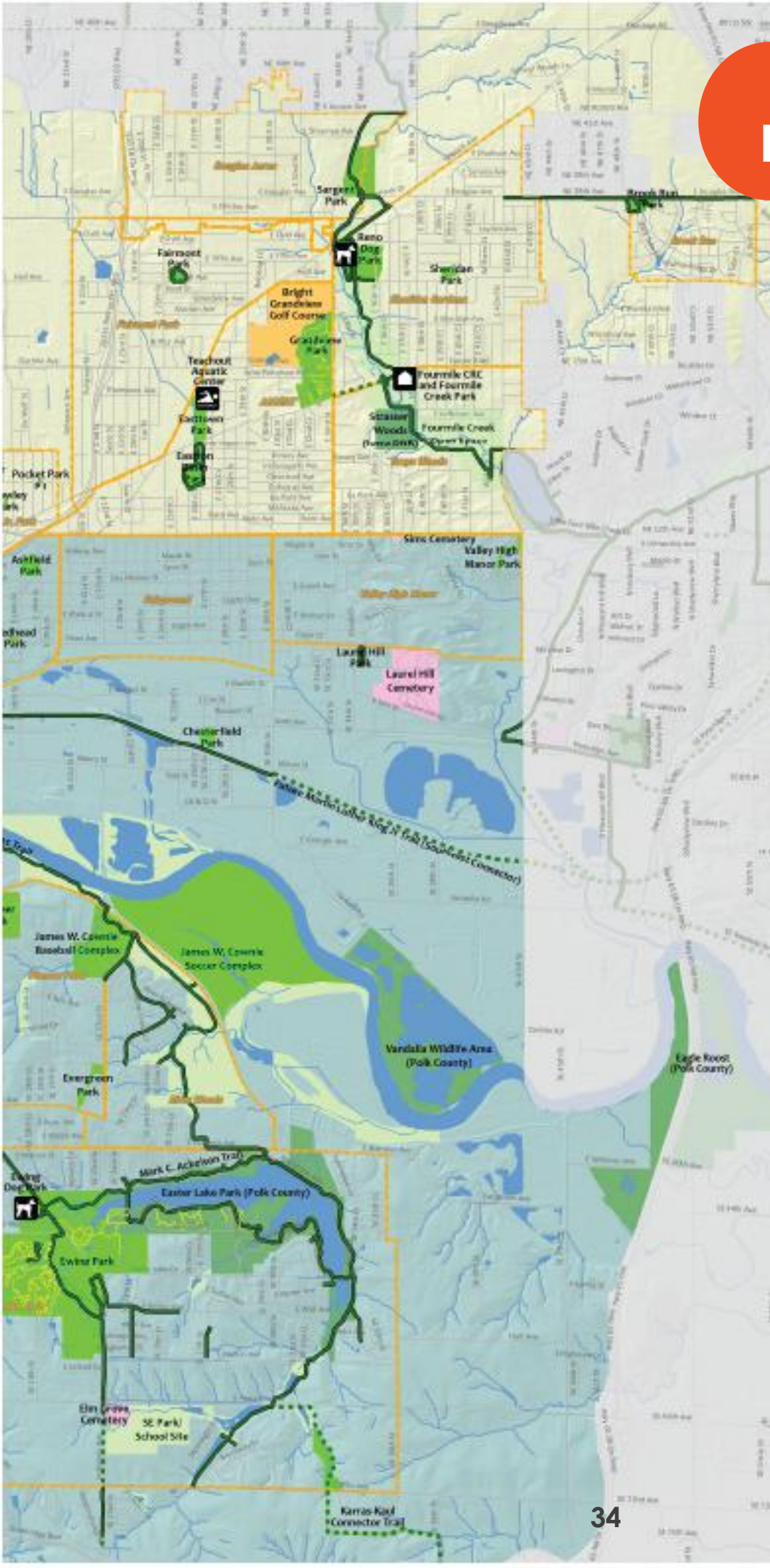
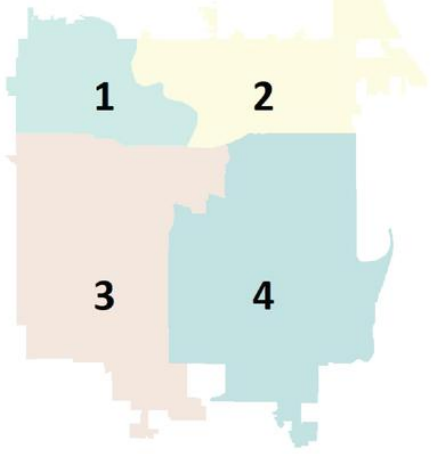
Des Moines Parks and Trails

Learn More



-  Parks
-  Other Parks
-  Open Space
-  Cemetery
-  Golf Course
-  Paved Trails
-  Nature Trails
-  Future Trails
-  Neighborhood Boundary
-  Municipal Service Center Parks and Recreation Dept.
-  Community Recreation Center
-  Pool/Aquatic Center
-  Dog Park

City Council Wards



Golf



A.H. Blank
711 County Line Rd.

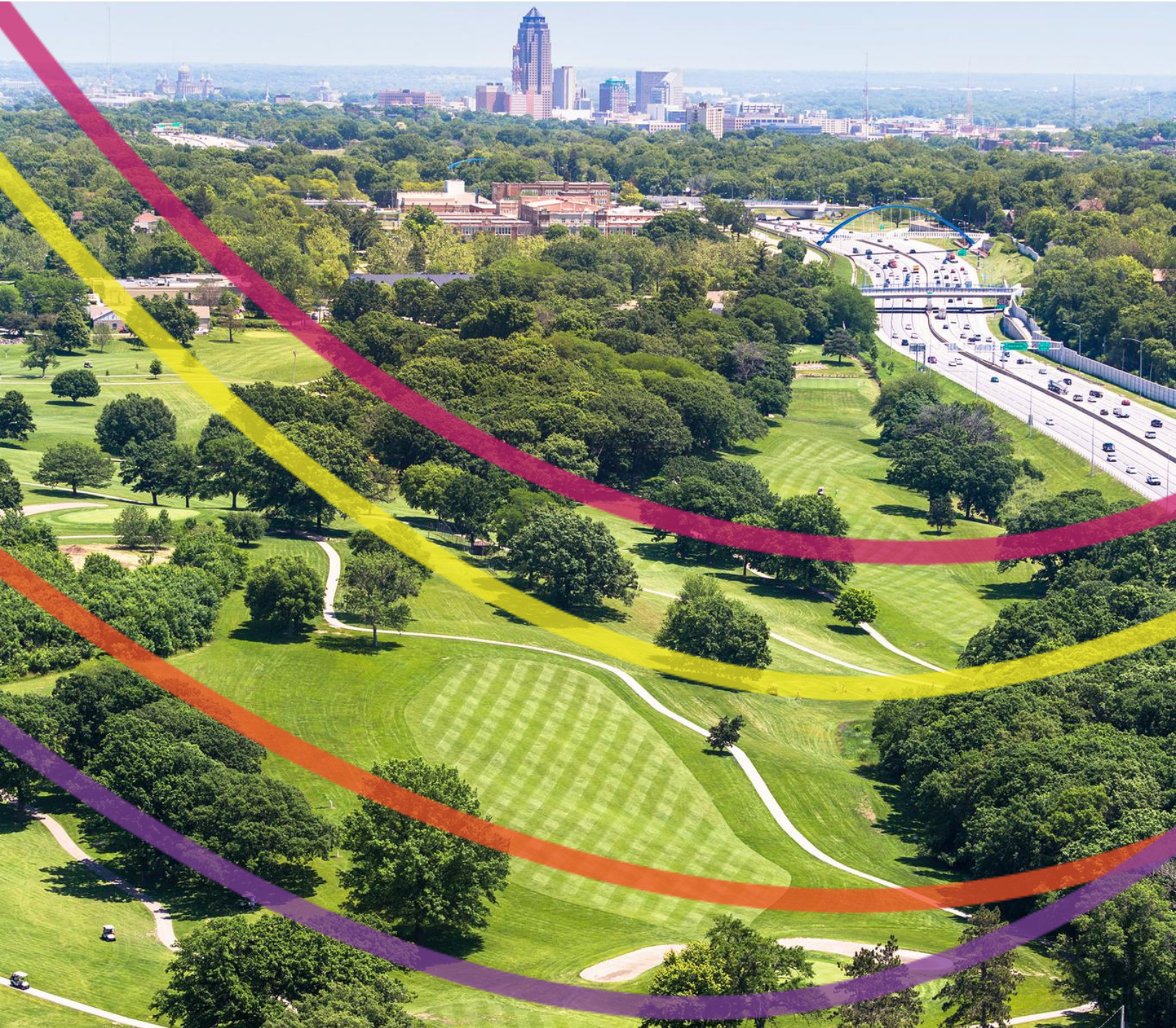


Grandview
2401 E. 29th St.



Waveland
4908 University Ave.

Don't forget! Des Moines also has three public golf courses, each providing a distinct experience catering to all levels of play, as well as offering family-friendly activities like mini golf at Blank Golf Course - scan the QR code for more info!



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