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Cool off at area pools
and aquatic centers



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Daily fun available all summer

By Erin Huiatt

Summer is my favorite season in Des Moines. There are so many fun things going on inside and outside — movies, concerts, splash grounds, pools, parks, fishing and more. Make sure you take a look at the 102 Outdoor Things To Do in Central Iowa. Can you cross them all off? Looking to get away from the heat? Take a look at the list of discounted kids movies being offered by several movie theaters in the area. There is so much going on daily. Make sure you have our free Des Moines Parent app downloaded and take a glance at the event calendar daily. We are continually adding more fun things to see and do in Des Moines! ■



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Before heading to any event or activity, please double check times and locations. We try hard to keep everything accurate, but things do change without notice.

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Fireworks and fun 2018

By Erin Huiatt

There are tons of ways to celebrate our nation's birthday. Each community has a lot to offer. There are parades, festivals and fireworks all over. If I am missing your Fourth of July event, please contact me. Make sure to always check our event calendar for more events and activities.

Date and times are subject to change so spread the word and stay tuned.

ALTOONA

Adventureland

July 4 at 9:45 p.m.

Spend the day at Adventureland and enjoy fireworks for in-park guests only. Learn more at www.adventurelandpark.com.

AMES

Downtown Ames

4th of July celebration

July 3 & 4

Largest event of the summer, sponsored by Duck Worth Wearing. There will be a parade and a Billy Riley Talent Competition. Enjoy City of

Ames Fireworks at dusk on July 3. View the parade route and the schedule of activities at www.amesdowntown.org/4th-of-july-parade-7417.

Reiman Gardens

Independence Day Fireworks

July 3 at dusk

Reiman Gardens will be open all day on July 3 starting at 9 a.m. until the conclusion of the fireworks display. Families are encouraged to bring folding chairs, coolers with food and drinks. All fireworks and sparklers must stay outside the fence. Rain date will be July 5. Learn more at www.reimangardens.com.

ANKENY

Ankeny SummerFest Fireworks

July 15 at 9:30 p.m.

Ankeny will shoot off the city firework display on the final day of Ankeny SummerFest. Ankeny SummerFest runs July 12-15. The fireworks will be shot off over Prairie Ridge Pond. Take a look at the full schedule at <http://summerfest.life/schedule-of-events/>.



CLIVE

Clive Festival Fireworks

July 21 at 9:30 p.m.

Clive will shoot off the city fireworks on the final day of the Clive Festival which runs July 19-21. Take a look at the full schedule of the festival at <https://clivefestival.com/2018-schedule/>.



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DES MOINES

**Yankee Doodle Pops
July 2 at 8:30 p.m.**

This year is the 25th year for the annual Yankee Doodle Pops. This Des Moines classic event is family-friendly and includes a patriotic concert from the Des Moines Symphony. It concludes with a fireworks display over the downtown Des Moines skyline. The entire event is free. Bring chairs, blankets and picnic baskets. There will also be vendors available. Learn more at <https://dmsymphony.org/events/des-moines-symphonys-25th-annual-yankee-doodle-pops>.

**Iowa Cubs
July 2 & July 3**

7:08 p.m. game; fireworks display after game

The Iowa Cubs regularly shoot off fireworks displays during the baseball season. On July 2 and July 3, after the baseball game against the Redbirds, there will be a special holiday fireworks display. Purchase tickets at www.milb.com/promotions/index.jsp?sid=t451.

**Military Day
July 4**

All Des Moines Parks and Recreation Pools

Anyone in the military can swim free for the day. Family members will receive half-priced admission. Learn more at www.dmgov.org/Departments/Parks/Pages/PAndACenterInfo.aspx.

**Good Guys Heartland Nationals
June 30 at 9:30 p.m.**

The Good Guys Heartland Nationals run June 29 through July 1. The fireworks display is scheduled for Saturday, June 30. The weekend is for the entire family and includes a Kids Zone with free arts and crafts, games, prizes and much more. Take a look at the schedule of events at www.good-guys.com/hln-2018.



Summer Fun Safety Tips

SUN & WATER SAFETY

- For babies under six months, avoid sun exposure as much as possible by staying in the shade. Dress your infant in light-weight long pants, long-sleeved shirts, and wide-brimmed hats.
- For older children, use sunscreen with an SPF of at least 15+ that protects against UVA and UVB rays. Apply sunscreen at least 30 minutes before going outside.
- Limit sun exposure during peak intensity hours between 10-4 p.m.
- Reapply sunscreen every two hours or after swimming or sweating.
- To avoid heat stress in kids, make sure they are hydrated well before prolonged physical activity. Clothing should be lightweight. Practice and games should be avoided during high heat times when possible or shortened and provide more frequent breaks.
- Never leave children unattended in or around a pool for even a moment. Install a fence at least four feet high around all four sides of the and have alarms at all gates.
- Whenever infants and toddlers are in and around the water, an adult should always be within an arms-length away. Swimming lessons for children under the age of four should not be depended upon to decrease the risk of drowning.

Resources and additional information: AAP.org and HealthyChildren.org



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Fireworks and fun 2018 continued...

GRIMES

Home Base Iowa Fireworks Show July 4 at dusk

Come and celebrate the anniversary of our nation's independence on Wednesday, July 4, at the Home Base Grimes Independence Day Fireworks Show. Learn more at <http://grimesiowa.chambermaster.com/events/details/home-base-iowa-fireworks-show-242>.

INDIANOLA

National Balloon Classic Fireworks Display July 28 and Aug. 4 at dusk

Enjoy a fireworks display on the first and last Saturday of the National Balloon Classic. Take a look at the entire week of festivities at www.nationalballoonclassic.com/default.aspx.

NEWTON

Fourth of July Activities July 4, 9:30-11 p.m.

Lots of great activities including a kid zone, live music, fireworks and more. Look at the complete details at <http://newtongov.org>.

NORWALK

4th of July Parade July 4, 9 a.m. to noon

Join some of your favorite superheroes from the League in celebrating our great nation alongside the Norwalk Police Department and the Iowa and Norwalk Fire Departments. In addition to the Batcar, you can expect to see — and maybe even meet — the Queen of the Amazons, your friendly neighborhood Spidey, the Ant-man and the Dark Knight! We are also working behind the scenes in hopes of having a very special guest ride with us this year, so stay tuned for updates.

URBANDALE

4th of July Celebration July 2-4

Celebrate Independence day for three fun-filled days! Enjoy races, carnival games, rides, foods, vendors and a firework display on Wednesday, July 4. The fireworks will be shot from Walker Johnston Park. Take a look at the entire schedule of events at <http://uniquelyurbandale.com>.

Independence Day at Living History Farms July 4; Open 9 a.m. to 4 p.m.; Activities 11 a.m. to 4 p.m.

This is an old-fashioned event for the entire family. There will be pie-eating contests, foot races, spelling bees, watermelon seed spitting contests and more. There will also be a Victorian street parade. The historic baseball game begins at 2:30 p.m. Learn more at www.lhf.org.

WAUKEE

Fourth of July Celebration July 4 at 3 p.m.

The Waukee Fourth of July Celebration will kick off with a parade starting in downtown Waukee and making its way to Centennial Park. There will be inflatables, live music, food vendors and a fireworks show at dusk. Learn more at www.waukee.org/777/Fourth-of-July.

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WEST DES MOINES

Live at the Creek

July 1, 5-10 p.m.

Enjoy a live concert by Decoy at Jordan Creek Towncenter. Concert begins at 5 p.m. They will shoot off fireworks at the end of the evening. This is a free event for the entire family. Learn more at www.jordancreektowncenter.com/en/events/live-at-the-creek-kickoff-concert-20323.html.

West Des Moines

Independence Day Parade

July 3, 6:30 p.m.

Join the fun of the annual Independence Day Parade that will start from Valley High School and end in Valley Junction. Sign up to be in the parade and learn more at www.wdm.iowa.gov/Home/Components/Calendar/Event/14033/116?curm=7&cury=2018.

All Iowa Bash – Valley Junction

July 3, 3-11 p.m.

Celebrate America's holiday with a fun festival in Valley Junction. There will be live music, food and fun for the whole family. The West

Des Moines Independence Day Parade will end in the heart of Valley Junction during the event. Learn more at www.valleyjunction.com/event/independence-day-street-celebration.

WDM125 Pool Parties

July 4, noon to 6 p.m.

It's a party! West Des Moines is celebrating its 125th year with discounted admission to both aquatic centers and fun activities for the entire family taking place every hour. \$3 per person. Learn more at www.wdm.iowa.gov.

Fireworks Display

July 4 at dusk

Enjoy a fireworks display over the Blue Heron Lake in Raccoon River Park.

WINDSOR HEIGHTS

Nights in the Heights

July 3, 6-9:30 p.m.

Enjoy live music from Abby Normal followed by City of Windsor Heights sponsored fireworks. Learn more at www.windsorheights.org/171/Music-in-the-Park.



4th of July Parade

July 4, 2-3:30 p.m.

Learn more about the parade, check out the parade route, and find out how to get involved at www.windsorheightsparade.com. ■



Link to original post: <https://desmoinesparent.com/fourth-of-july-des-moines-2018/>



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Iowa State Fair 2018: For the Kids

By Erin Huiatt

August is just a few weeks away, and that means the legendary “Nothing Compares” Iowa State Fair will be in full swing. Families plan their vacations, jobs and lives around this 11-day event. From Aug. 9-19, children and families will be taking the day to explore the Iowa State Fair, not once, but several times. It can become overwhelming and expensive, but don't worry! I am here to help guide you through what you should think about before attending the fair. Take a look at this list of Iowa State Fair 2018: For the Kids.

THINGS TO DO

There are a lot of things to do, but here is a list of specific activities you may want to check out with the kids.

Iowa State Parade: The Wednesday evening before the gates open for the fair is the Iowa State Parade. This year it is Wednesday, Aug. 8 and will begin at 6:15 p.m. in downtown Des Moines. You can see 200 floats, animals, vehicles and more. Parade entrants will then

travel west on Grand Avenue to 13th Street. Take a look at the route and more details about the parade at www.iowastatefair.org/participate/parade.

Thrill Parks: The Iowa State Fair unveiled the Thrill Parks last year, and they were a hit. Thrill Parks consists of Thrill Ville, Thrill Town and Thrill Zone. If you think you will be riding a lot of rides several times, then purchasing a wristband is going to be the best for your wallet.

You can purchase discounted wristbands from July 5 to Aug. 8. These wristbands are good for one day of unlimited rides Monday through Thursday until 10 p.m.

Thrill Ville: This includes the newest, fastest and most thrilling rides. This will be located between the Grandstand and Ye Old Mill.

Thrill Town: These rides are perfect for little fairgoers and their families. There will even be stroller parking available. The rides are kid-friendly, fun and clean. It will be located



east of Gate 10 and directly north of the Richard O. Jacobson Exhibition Center Lawn. This is perfect so you do not have to navigate through the larger Thrill Park areas.

Thrill Zone: These are for those seeking breathtaking and heart-stopping rides. This is located on the southwest corner of the Fairgrounds.

Purchase early tickets and learn more

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about each zone at www.iowastatefair.org/entertainment/attractions.

Kids Zone: The perfect place for your little ones.

Little Hands on the Farm: Hands-on exhibit.

Blue Ribbon Kids Club Tent: For children ages 10 and younger.

Petting Zoo: See and pet camels, zebras, alpacas and more.

STEM DAY: Enjoy STEM Day at the fair on Sunday, Aug. 19. It is a fun and interactive day and is held on Extreme Sunday, which is the lowest-priced day of the Iowa State Fair. STEM DAY is hosted by the Iowa Governor's STEM Advisory Council, and the day is filled with hands-on activities centered around science, technology, engineering and mathematics. Meet on the Grand Concourse where all ages can experience up to 25 hands-on STEM activities, watch STEM stage acts every hour, and complete a checklist along the way to win cool prizes. Learn more at www.iowastem.gov/STEM-Day-Fair.

Livestock: One of my favorite things to see at the fair is the livestock. With all the kids touching the livestock, please, make sure they wash their hands.

- Paul R. Knapp Animal Learning Center
- Milking Parlor/Milking Experience
- Boulevard of Dairy Breeds
- I Milked a Cow
- Cattle Corner
- Avenue of Breeds

- Pig Place
 - Horse Haven
 - Sheep Stop
 - Hedrick's Petting Zoo: Open 9 a.m. to 9 p.m., now located in the Kids Zone.
- Spray Pad:** Perfect place for the kids to run and cool off on a super hot day. Bring extra clothes.

HOURS & PRICES

Grounds: 7 a.m. to 1 a.m.; no entry or re-entry after 9 p.m. on Extreme Sunday, Aug. 20

Buildings: 9 a.m. to 9 p.m.

Midway: 10 a.m. to midnight

Regular Gate Admission: Visa, MasterCard and Discover accepted at the gate.

Adults (Ages 12+): \$12

Children (Ages 6-11): \$6

Children (Ages 5 and younger): Free

PARKING

There are several places to park, and it depends on where you are coming from, how long you will be at the fair, etc.

- Park on the fairgrounds for \$10 per vehicle
- DART Park & Ride: Starts at 8:30 a.m. to midnight every day. \$2 for adults, \$1 for seniors, disabled and children (6-10 years). Show your advanced Fair admission and get half off.
 - Center Street Park & Ride
 - Southeast Polk High School
 - State Capitol
- Park at someone's house and/or yard surrounding the fairgrounds. Prices vary.

WHAT TO BRING


• **Cash:** Most places do take debit/credit cards, but it is always a bit easier and quicker when you have cash on hand. There will be about 30 ATMs available and scattered throughout the fairgrounds.

• **Hand sanitizer:** There are lots of animals to touch and play with, so make sure you have something to clean your hands afterward!


• **Extra clothes:** There is a fun splash/fountain area for the kids to run and cool off in. Make sure you have some dry clothes to change them into afterward.

• **Food and water:** On the site, it states you cannot bring in outside food and drink. My past experience is, if you have small children, packing water bottles, sippy cups and small snacks will be fine. I highly recommend doing so, otherwise water and food will add up quickly.

• **An itinerary:** Some like to stroll and take in the fair at their own pace. If you are wanting to see specific attractions and shows, I would highly recommend creating an outline before going. This way you can see and do as much as you can in one day. There is an awesome resource on the fair's website. You can check out the daily program and create your itinerary right on the site, print and take it with you. Learn more at www.iowastatefair.org/entertainment/fair-schedule. ■



Link to original post:
<https://desmoinesparent.com/iowa-state-fair-2018-for-the-kids/>



15 pools and aquatic centers

By Erin Huiatt

Welcome, warmer temps! Here is a list of pools and aquatic centers in the Des Moines area. I have included hours, prices and special swim times. Please always make sure to double check before going. Happy swimming!

Adel Family Aquatic Center

www.adeliowa.org/dept_parks.page#aquatic_center

Daily Admission Fees

Ages (3-54): \$5
Child (0-2): \$1
Ages (55+): \$4
Family Pass: \$15

P.M. Session Only

Ages (3-54): \$4
Child (0-2): No charge
Ages (55+): \$3

Park Hours: Daily from 12:30-5 p.m. and 6-8 p.m.; Family Swim and Adult Lap Swimming 5-6 p.m. (unless during a swim lesson)

Altoona Aquatics Park

www.altoonacampus.com/aquatics/aquatics-park

Day Pass Fees:

SEP Resident Day Pass: \$6
Non-Resident Day Pass: \$8

Punch Cards:

SEP Resident (12 punches): \$57
Non-Resident (12 punches): \$75
Monday – Friday: 12-7 p.m.
Saturday and Sunday: 10 a.m. to 6 p.m.
Storytime Swim: Wednesdays 11-11:45 a.m.

There is no admission to attend the storytime and no registration required. June 6 – Aug. 8.

Adventure Bay

www.adventurelandresort.com/rides

Single Day:

Ages 10-64: \$45



Ages 4-9 or 65+: \$0

**This is admission into the entire park.

Park Hours: Hours vary depending on day, holidays, etc. Check their site for daily hours.

Cascade Falls Aquatic Center: Ankeny

www.ankenyiowa.gov/Home/Components/FacilityDirectory/FacilityDirectory/20/

General: \$8

60+: \$5

Ages 2 and younger: \$1

Lap Swim/Water Walking: \$3

June 1-Sept. 3: noon to 7 p.m.

Splash with a Princess Party: July 8 or Aug.

7. Register at www.ankenyiowa.gov

SummerFest Splash Dance: July 3 (For students entering grades 6-9). 7:15-9:15 p.m.

\$8/student

Prairie Ridge Aquatic Center: Ankeny

www.ankenyiowa.gov

General: \$4

60+: \$3

Ages 2 and younger: \$1

Lap Swim/Water Walking: \$3

Splash Park Only: Free Monday through Friday, 10-11:45 a.m.

Family Fun Nights: June 10, 24, July 15, 29; 4-6 p.m.

Clive Aquatic Center

www.cityofclive.com/government/parks-and-recreation/aquatic-center

2 and younger: Free

3-12 years: \$5

13 years and older: \$8

55+ years/Military with ID: \$6

Family Night Discount

Monday, Wednesday: 5-7 p.m.

Friday: 6-8 p.m.

Hours:

Monday, Wednesday: 11:30 a.m. to 7 p.m.

Tuesday, Thursday: 11:30 a.m. to 6 p.m.

Friday: 11:30 a.m. to 8 p.m.

Saturday, Sunday: 11:30 a.m. to 6 p.m.

Water Tales: Monday, July, 2 and

Wednesday, Aug. 1, 10:50-11:25 a.m. Register online or contact the Clive Library.

Lena Moser Memorial Swimming Pool: Dallas Center

<http://dallascenter.com/dallascenter-swimmingpool.php>



15 Pools + Aquatic Centers
in Des Moines

Daily admission: \$3/per person

Family pass: \$100

Single pass: \$40

Punch card: \$30 for 15 punches

Hours: Not listed on website

Nahas Aquatic Center: Des Moines

www.dmgov.org/Departments/Parks/Pages/PAndACenterInfo.aspx

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

Open June 2-Aug. 19

Punch cards and season passes.

Family Day: June 8, July 13 and Aug. 10 during regular pool hours. \$5 per family.

National Swim a Lap Day: June 24 during regular pool hours. Half price admission.

National Parents Day: July 22, free admission for parents with child admission during regular pool hours.

Doggie Dive: Aug. 19, 3-5 p.m. \$4 per dog; regular admission fees apply for dog owners and family members

Northwest Aquatic Center: Des Moines

www.dmgov.org/Departments/Parks/Pages/PAndACenterInfo.aspx

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

Open June 2-Aug. 19; then reopens Aug. 25, 26 and Labor Day Weekend Sept. 1, 2, 3.

Family Day: June 8, July 13 and Aug. 10 during regular pool hours. \$5 per family.

National Swim a Lap Day: June 24 during regular pool hours. Half price admission.

National Parents Day: July 22, free admission for parents with child admission



during regular pool hours.

Doggie Dive: Sept. 3, 4:30-6:30 p.m. \$4 per dog; regular admission fees apply for dog owners and family members

Teachout Aquatic Center: Des Moines

www.dmgov.org/Departments/Parks/Pages/PAndACenterInfo.aspx

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

Open June 2-Aug. 19

Family Day: June 8, July 13 and Aug. 10 during regular pool hours. \$5 per family.

National Swim a Lap Day: June 24 during regular pool hours. Half price admission.

National Parents Day: July 22, free admission for parents with child admission during regular pool hours.

Doggie Dive: Aug. 19; 3-5 p.m. \$4 per dog; regular admission fees apply for dog owners and family members

Ashworth Pool: Des Moines

www.dmgov.org/Departments/Parks/Pages/PAndACenterInfo.aspx

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

Open June 2-Aug. 19

Family Day: June 8, July 13 and Aug. 10 during regular pool hours. \$5 per family.

National Swim a Lap Day: June 24 during regular pool hours. Half price admission.

National Parents Day: July 22, free admission for parents with child admission during regular pool hours.

Doggie Dive: Aug. 19, 3-5 p.m. \$4 per dog; regular admission fees apply for dog owners and family members

Birdland Pool: Des Moines

www.dmgov.org/Departments/Parks/Pages/PAndACenterInfo.aspx

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

Open June 2-Aug. 19

Family Day: June 8, July 13 and Aug. 10 during regular pool hours. \$5 per family.

National Swim a Lap Day: June 24 during regular pool hours. Half price admission.

National Parents Day: July 22, free admission for parents with child admission during regular pool hours.

Doggie Dive: Aug. 19, 3-5 p.m. \$4 per dog; regular admission fees apply for dog owners and family members

Indianola Veterans Memorial Aquatic Center

www.indianolaiowa.gov/248/Aquatic-Center

Cost: \$5 general admission; Ages 2 and under free with paid adult; half price admission after 5 p.m.

Hours: Tuesday and Thursday, 1-6 p.m. Monday, Tuesday, Wednesday, Friday, Saturday and Sunday, 1-7 p.m.

Open May 26-Aug. 18

Tot Swim: Monday, Wednesday, Friday and Saturday, 10:40-11:50 a.m. June 4-Aug. 18 for ages 6 and younger.

Splash 'n' Story: June 9 and July 14 at 11

a.m. for ages 3-5.

Open Swim Nights: first and third Wednesdays in June, July, August, 7:30-9 p.m. \$2 each or free with pass.

Mayor's Night Out: July 21, 7:30-9 p.m. Free admission with one non-perishable food item per person. Bounce houses, giant slides, pool challenges and more!

Holiday Aquatic Center: West Des Moines

www.wdm.iowa.gov

Weekdays: 11:30 a.m. to 7 p.m. (Please note: Holiday will close at 5:30 p.m. due to evening swim lessons on June 11-22, June 25-July 13 and July 16-27)

Saturdays: 11:30 a.m. to 6 p.m.

Sundays: 12-5:45 p.m.

13 years and older: \$8

3-12 years: \$5

Younger than 3 years: Free

Senior Citizens: \$6

Family Nights (\$12 per family admission): Wednesdays (before June 15 and after July 31, due to Evening Swim Lessons) and Sundays from 6:30-8:30 p.m.

SPLASH STIMULUS (Half Price Admission): Monday, Tuesday, Thursday and Friday 5-7 p.m. (before June 15 and after July 31, due to Evening Swim Lessons)

Valley View Aquatic Center: West Des Moines

www.wdm.iowa.gov

Sunday-Friday: 12-5:30 p.m., (5:30-6:30 p.m. adult swim and current walking), and 6:30-8:30 p.m.

Saturday: 12-6 p.m.

13 years and older: \$8

3-12 years: \$5


Younger than 3 years: Free

Senior Citizens: \$6


Family Nights (\$12 per family admission): Wednesday and Sunday: 6:30-8:30 p.m.

SPLASH STIMULUS (Half Price Admission): Monday, Tuesday, Thursday, and Friday: 6:30-8:30 p.m.

Adult Lap Swim and Current Walking (\$4 per person): Sunday through Friday, 5:45-6:30 p.m. ■



Link to original article:
[http://outdoorfun.
 desmoinesparent.com/
 pools-aquatic-centers-in-des-
 moines/](http://outdoorfun.desmoinesparent.com/pools-aquatic-centers-in-des-moines/)



Can't-miss events around Des Moines



Friday, June 29 Fairytale Time in the Park

Enjoy Fairytale Time in the Park at Huston Ridge Park in West Des Moines. This is a free event. No registration is required. Come experience your community park and join the West Des Moines Parks and Recreation staff for a story and a craft. Bring a blanket and a friend! 10:30-11:15 a.m. Learn more at the West Des Moines Parks and Recreation website.



Sundays, July 1, July 15, July 22 Pedal to the Park

Pedal to the Park and watch an Iowa Cubs game with the family. Everyone who bikes to a Sunday afternoon Iowa Cubs game can get a reserved grandstand ticket and Cubs water bottle for only \$8, or a ticket, Cubs koozie and 20-ounce Sierra Nevada for \$15. Game starts at 1:08 p.m. Learn more at www.bikeiowa.com.

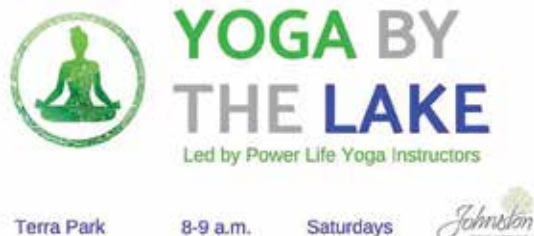
Saturday, June 30 Insect Hunt

Join Insect Hunt at Fort Des Moines Park with Polk County Conservation. From ladybugs to butterflies, we'll explore the fascinating world of insects. The program will feature a large insect collection and an insect hunt. Nets will be provided. Free. No registration required. Meet at Shelter #3 in the park. 10-11 a.m. Learn more at <http://www.leadingyououtdoors.org>.



Friday, July 13, and Saturday, July 14 Waukee Arts Festival

Enjoy the Fourth Annual Waukee Arts Festival in Waukee Centennial Park. Enjoy a free concert by The Nadas on Friday, and, all day Saturday, enjoy live music and more than 90 regional artists and exhibitors, student artist exhibit, food trucks, beer garden, kids entertainment and activities. The entire festival is free. Learn more at www.waukeearts.org.



Saturdays, July 7 and July 21 Yoga by the Lake

Yoga by the Lake at Terra Lake Park in Johnston. Bring your yoga mat and join professional Power Life Yoga instructors for one hour of free yoga from 8-9 a.m. at Terra Lake Amphitheater. Learn more at the City of Johnston Government Facebook page.



Thursday, July 19 - Sunday, July 22 International Babywearing Conference

Do not miss the International Babywearing Conference at the Iowa Events Center. IBC offers fun, education, community, shopping, networking and more for enthusiasts, educators, manufacturers, retailers, medical professionals and more. Purchase your tickets and learn more at www.internationalbabywearingconference.com.



Saturday, July 21 Mayor's Night Out

Mayor's Night Out at the Indianola Veteran's Memorial Aquatic Center. Bounce houses, giant slide, balloon twisters, pool challenges, music and much more await. Free admission with one non-perishable food item per person, but please feel free to bring more to benefit the local food pantry. Event begins at 7:30 p.m. Learn more at <http://indianolaiowa.gov/248/Aquatic-Center>.

Thursdays This Summer Jasper Winery Summer Concert Series

The Jasper Winery Summer Concert Series is every Thursday evening during the summer. This is a fun activity for the entire family. Listen to live music, play games on the lawn, dance, eat and drink wine. All concerts begin at 6 p.m. Take a look at the full schedule at <http://www.jasperwinery.com>.



Thursday, July 19 Movies in the park

Enjoy a free flick in the park hosted by Des Moines Parks and Recreation. Watch "Sing" at Waveland Golf Course. Movies begin after sunset and are shown on a 25-foot inflatable screen. Guests are welcome to bring blankets, lawn chairs and movie snacks since no concessions are available. Movies will not take place in the event of rain. See the list of movies being shown all summer long by visiting <http://www.dmparks.org>.

Tuesdays in July Mini & Me Yoga

Enjoy Mini & Me Yoga at the Des Moines Children's Museum every Tuesday in July. This fun and creative class introduces toddlers to the world of yoga through movement, songs, stories and lots of laughs. Spend unforgettable quality time with your child while helping him/her enhance fine motor skills, develop coordination and practice self-calming techniques. Get ready to go on a journey where we swim with the dolphins, roar like a lion and soar like a butterfly. Each child must be accompanied by an adult caregiver. 9:30-10:15 a.m. \$18 per day.



For more events around Des Moines, go to www.desmoinesparent.com/event-calendar



Discounted summer kids movies

This is a list of super, discounted summer kid movies being offered at local theaters. When summer is in full swing, it can be super hot and humid. Escaping into a cool theater may be the way to go. Check out the list of movies that are being offered this summer. Also, check with your local library. A lot of libraries offer free movies each week.

AMC CLASSIC SUMMER MOVIE CAMP

Cobblestone 9

www.amctheatres.com/summer-movie-camp

\$4 + tax per movie includes ticket and kids pack.

All movies are at 10 a.m.

- “The Boss Baby”: June 6
- “Paddington 2”: June 13
- “The LEGO Batman Movie”: June 20
- “Ferdinand”: June 27
- “Trolls”: July 11
- “Despicable Me 3”: July 18
- “Captain Underpants”: July 25
- “The Nut Job 2”: Aug. 1

SOUTHRIDGE 12

<https://amc-theatres-res.cloudinary.com/image/upload/v1522272312/amc-cdn/general/img/summer-movie-camp/pdf/phase-2/Summer%20Movie%20Camp%202018.pdf>

\$4 + tax per movie includes ticket and kids pack.

All movies are at 10 a.m.

- “Paddington 2”: June 13
- “The LEGO Batman Movie”: June 20
- “Ferdinand”: June 27
- “Trolls”: July 11
- “Despicable Me 3”: July 18
- “Captain Underpants”: July 25
- “The Nut Job 2”: Aug. 1
- “Boss Baby”: Aug. 8

CINEMARK SUMMER MOVIE CLUBHOUSE

Century 20 Jordan Creek

www.cinemark.com/media/smc/2018/2018%20SMC%20Flyer%20BW_480.pdf

\$1 per show or \$5 for 10 movies.

All movies show at 10 a.m.

- “Boss Baby”: June 5 and 6
- “Smurfs: The Lost Village”: June 12 and 13
- “The LEGO Ninjago Movie”: June 19 and 20
- “Storks”: June 26 and 27
- “The Nut Job 2”: July 3 and 4
- “My Little Pony”: July 10 and 11
- “Ferdinand”: July 17 and 18
- “Paddington 2”: July 24 and 25
- “Captain Underpants”: July 31 and Aug. 1
- “The Emoji Movie”: Aug. 7 and 8



CINEMARK MOVIES 12 IN AMES

www.cinemark.com/media/smc/2018/2018%20SMC%20Flyer%20BW_264.pdf

\$1 per show or \$5 for 10 movies.

All movies listed are at 9 a.m.

- “Smurfs: The Lost Village”: June 12
- “The LEGO Ninjago Movie”: June 19
- “Storks”: June 26
- “The Nut Job 2”: July 3
- “My Little Pony”: July 10
- “Ferdinand”: July 17
- “Paddington 2”: July 24
- “Captain Underpants”: July 31
- “The Emoji Movie”: Aug. 7
- “Boss Baby”: Aug. 14

VALLEY COMMUNITY CENTER

Each week the Valley Community Center offers a free movie.

The Valley Community Center will be playing a family-friendly movie in the Café space on the big projection screen. Join them for free fun with friends, family and community. Popcorn will be served free of charge, too!

Check out their website for the name of each movie at www.valleycommunitycenterdm.com.

FRIDLEY THEATRES

Pleasant Hill

www.fridleytheatres.com/page/3302/Summer-Movie-Series

\$2 movies

Showings are at 10 a.m. and 12:30 p.m.

- "My Little Pony": June 6 and 7
- "Despicable Me 3": June 13 and 14
- "SING": June 20 and 21
- "Captain Underpants": June 27 and 28
- "Ferdinand": July 11 and 12
- "Paddington 2": July 18 and 19
- "Peter Rabbit": July 25 and 26
- "Sherlock Gnomes": Aug. 1 and 2
- "The LEGO Ninjago Movie": Aug. 8 and 9 ■



Link to original article:
<https://desmoinesparent.com/discounted-summer-kids-movies-in-des-moines-2018/>



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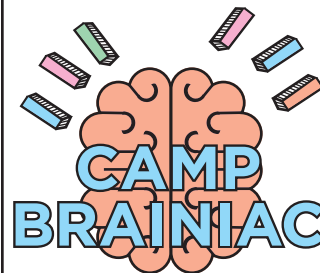
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98 outdoor activities to do in central Iowa this summer

By Ashlen Sheaffer, The Kidsperks

Iowa comes alive during the summer months. County fairs, outdoor concerts, hiking, water activities, festivals, fun patios, yearly events and so much more! Most of our favorite things to do in Iowa are right here in central Iowa; however, it's pretty easy to get around, and there are a lot of really fun things to do within a two-hour driving distance from Des Moines. Check out this giant list of outdoor activities to do in central Iowa. Can you cross them all off?

Here's 98 outdoor activities to do in, near, and around central Iowa this summer:

1. Jasper Winery Summer Concert Series (May 10 – Aug. 2; 2400 George Flag Parkway, Des Moines). It's family friendly with fun music every Thursday throughout the summer.

2. Valle Drive-In (4074 Highway F48, Newton). Go the old-fashioned route to see a movie. Grab blankets (and bug spray!), snacks, and your car to watch a movie this summer.

3. Snookies Malt Shop (1810 Beaver Ave., Des Moines). Don't miss this Beaverdale classic! Our personal favorite is to go after an afternoon at Ashworth Swimming Pool.

4. Adventureland (3200 Adventureland Drive, Altoona). This family-owned amusement park can provide a weekend of making wonderful memories for all ages.

5. Adventure Bay (inside Adventureland). We love this water park! There's so much to do that we often spend full days in the water and enjoying Dole Pineapple Whip. If you don't purchase season passes, go for a two-day pass to the parks so you can spend one day on the rides and another riding the waves in the wave pool. Adventureland Inn has great rooms and a trolley to take you to and from the park.

6. Take a hike at Brown's Woods (260 Brown's Woods Drive, West Des Moines). Great trails that are never crowded make for great exploring!

7. Lake Ahquabi State Park (16510 118th Ave., Indianola). There's so much to do in this park! Camping, great hiking trails, a beach with boat rentals of all kinds, fishing. We've spent full days hiking different trails followed by cooling off at the beach.

8. Pella Square (720 Franklin St., Pella). It never fails that our Mays are so busy that we never make it to Tulip Time Festival. We've opted to go a few weeks later each year, so we

can still take in the beauty of the tulips, grab delicious Dutch letters and raspberry bread from our favorite bakery, and walk around the little shops.

9. Valley View Aquatics Sunday night swim (255 S 81st St., West Des Moines). What better way to end your weekend than at a pool that has a few water slides? It's busy, but never overly crowded.

10. Downtown Farmers' Market (Historic Court District, Des Moines). Des Moines has one of the top farmers markets in the country and has so much to offer. In addition to your fresh fruits, veggies and meats, you'll find food vendors (the pupusas are my ultimate); locally made clothing, soaps and scrubs; home goods and flowers. Shop while you listen to a variety of music on every street corner.

11. Valley Junction Farmers' Market and Music In The Junction (Historic Valley Junction, Fifth Street, West Des Moines). With smaller crowds than the Downtown Farmers' Market, but offering just as much fun, is the Thursday night farmers market on Fifth Street. There are not as many vendors as downtown, but still a great variety, plus bands play in the evening.

12. Archery Field & Sports (3726 E. 56th St., Altoona). Featuring an indoor and outdoor range, along with accommodations for all ability levels, our kids have a blast here. We even purchased beginner bow and arrows (and a target bag) from them the first time we were there so the kids could practice in the backyard. While we're not hunters at all, we all have a blast going. All of the instructors are incredibly knowledgeable and helpful with the kids.

13. Ashby Wading Pool (Ashby Park, 3200 38th St., Des Moines). This seems to be among the most popular wading pools in Des Moines. Great location, fun playground equipment, and a fun wading pool that even my 10-year-old still loves. Evenings during the week seem to be the least busiest times to go.

14. Playscape at Jester Park (11407 Jester Park Drive, Granger). Fun hiking trails, campground, cabins, equestrian center, golfing, bison and a fun playscape — all within an easy drive of Des Moines. Great for a day trip in nature or a weekend full of outdoor activities with the family. Fox Run and Hickory Ridge Trails are our favorite to hike in the park.



15. Gray's Lake in the evening (2101 Fleur Drive, Des Moines). There's no doubt about it, Gray's Lake offers great outdoor activities right here in the city: swimming, playground, bike trail, boat rentals, concessions, etc. However, nothing beats walking the 2-mile loop around the lake after dark with it all lit up. We've ended many family fun nights and date nights walking that trail, and it's never any less cool than it was the first time we saw it.

16. 80/35 (Western Gateway Park, Des Moines). Last year was my first time going to this popular music festival, and I was shocked to see so many kids in the crowd. The organizers do a great job of making this a family-friendly music festival. Just don't forget the noise cancelling hearing protectors.

17. Iowa State Fair (Iowa State Fairgrounds, E. 30th St. and E. University Ave., Des Moines). Find fried everything on a stick and celebrate Iowa agriculture, ride the big slide, take in a Grandstand show (or one of the many concerts on one of the many free stages), see a butter cow and more. Don't miss one of the best state fairs in the country every August.

18. Chichaqua Bottoms Greenbelt (8700 N.E. 126th Ave., Maxwell). Unlike most hiking trails in Iowa, this one involves wetlands, prairie grass, and provides a great spot for bird watchers.

19. Take a night hike (check the Iowa DNR's site for a list of guided hikes in central Iowa's parks). Unless you are familiar with trails and local wildlife, I recommend doing one of the Iowa DNR's night hikes. Typically family-friendly hikes that look for wildlife on safe paths while you carry a flashlight. Don't forget

to wear bug spray!

20. Tour the bridges of Madison

County (Winterset, visit the official site to plan your route). We did a covered bridge tour with the kids a few years ago in one day, and it remains one of our best Iowa adventures. Go on a cool breezy day, ride the open highways with the windows down, and get a feel for country living.

21. Pammel State Park

(1818 Pammel Park Road, Winterset). We fell in love with this park when our friend's wedding was held there. Not only does it provide gorgeous scenery, but fun hiking trails as well. We included this stop on our Bridges tour, but we've also packed a picnic and made a day of playing at the park.

22. High Trestle Trail Bridge

(runs across the Des Moines River Valley). Find parking in Madrid and walk the trail for a few miles or bike. Whether you go during the day or at night when the bridge is lit, it's impressive as one of the longest trail bridges in the world!

23. Iowa Arboretum

(1875 Peach Ave., Madrid). Whether you walk through the grounds and gardens or the kiddos join in the Nature Explorers program, there's a lot of fun



Jester Park

to be had here and plenty to explore.

24. Music In The Park (Colby Park, 6900 School St., Windsor Heights). Wine and beer for sale or BYOB, food trucks, and a playground to keep the kids occupied.

25. Beavertdale Farmers Market (4100 Urbandale Ave., Des Moines). This is a true community farmers market where you go to see long-time friends and neighbors. Smaller

than both the Downtown and Valley Junction farmers markets, Beavertdale Farmers Market still boasts great local vendors and fun every Tuesday during the summer.

26. Dogpatch Urban Gardens (5085 Meredith Drive, Des Moines). Visit the FarmStand for local produce and locally sourced goods.

27. Pappajohn Sculpture Park (1330

An advertisement for the Des Moines Parent Magazine Readers Choice Awards. The background is a light green and yellow striped pattern. At the top left is the logo for Des Moines Parent Magazine, featuring a stylized city skyline. The text reads: "DES MOINES PARENT MAGAZINE". Below this, in large blue letters, is "Cast your vote now to help determine our readers' favorite LOCAL BUSINESSES!". To the right, in a dark green circle, is "Readers Choice AWARDS" in white and green, with a green banner below it saying "VOTE TODAY!". At the bottom, two cartoon children, a boy and a girl, are holding large pencils (green and red respectively). At the bottom left, it says "WINNERS WILL BE ANNOUNCED IN THE AUGUST ISSUE." At the bottom center, it says "SCAN THE QR CODE TO VOTE, OR VISIT WWW.DESMOINESPARENT.COM". At the bottom right is a QR code.

98 outdoor activities continued...

Grand Ave., Des Moines). Grab coffee from nearby Starbucks (downtown), play in the water runnel in Western Gateway Park, and walk around the Sculpture Park. Let the kids run up and down the hill (or rolling, as mine like to do) and take in the best view of all: the Des Moines skyline.

28. Clive Festival (Clive Aquatic Center). Food, vendors, inflatables, bands and a giant slip n' slide have been the hits in the past.

29. I Cubs game (Principal Park, 1 Line Drive, Des Moines). Take in a good ol' fashioned baseball game throughout the summer. Fireworks follow the games on Friday nights.

30. Mini golf (we loved A.H. Blank Golf Course last summer). Des Moines is lucky enough to have several fun courses for all ages.

31. Blank Park Zoo (7401 S.W. 9th St., Des Moines). Of course you're going to go see the lions, tigers, giraffes and rhinos, but there's also the train ride, carousel, and a fun playground. Make a day of it and enjoy lunch at the Safari Grille or Macaw Cafe or pack your own and eat lunch in the picnic area outside the zoo while watching the Bactrian Camels.

32. Drinks at the Republic On Grand (401 E. Grand Ave., Des Moines). This is a fantastic date night spot in the East Village with an open air patio on the sixth floor of the AC Hotel and great views of the city. Wear the kids out with a day at the zoo and get a babysitter for nighttime.

33. National Balloon Classic (Balloon Field, 15335 Jewel St., Indianola). If you've ever looked towards the sky in Des Moines the last few days in July and the first few days in August, you've likely spotted a hot air balloon overhead as they have their competition flights. Go early (I mean early, before 5 a.m. to see the balloons take off for their flight competitions and/or go for Glow Nights. Check out their site for a schedule.

34. Living History Farms (11121 Hickman Road, Urbandale). Go back in time and see interpreters, demonstrations and activities. Bring some change for General Store goodies — the lemon drops are my favorite.

35. Union Park Heritage Carousel (1801 Pennsylvania Ave., Des Moines). There's enough to do at this park that you can easily spend a full day here. At only 50 cents for kids and \$1 for adults, ride the Carousel numerous times, wear a swimming suit and play in the wading pool, and go down Des Moines' famous

rocket slide.

36. Field of Dreams (28995 Lansing Road, Dyersville). While not in central Iowa, this is an easy drive from Des Moines and an iconic Iowa road trip must! There's hotels or bed and breakfasts near the field or make it a day trip.

37. Honey Creek Resort (12633 Resort Drive, Moravia). Also not technically in central Iowa, the resort is an easy drive from Des Moines and offers plenty of outdoor summer fun! Sitting on Rathbun Lake, there's the usual boating, fishing, jet skiing and kayaking. There are cabins to stay in or the hotel, a restaurant on site, hiking, DNR hosted programs, and an indoor water park to enjoy.

38. Berry picking (several options near Des Moines: Berry Patch Farm, Nevada; Iowa Orchard, Grimes; Edge of the Woods Raspberry Farm, Indianola). Start checking Facebook pages and websites for updates on berry picking, as picking times can change quickly. Strawberry picking is usually best in the beginning of June, but it greatly depends on the weather we had during the spring.

39. Saylorville Reservoir (north edge of Des Moines, south part of Saylorville Lake). Head to the spillway after a heavy rainfall and watch the water crash. There's also camping, fishing and nearby hiking. Go after dark and look at the stars away from the city lights.

40. McHenry Park Spraygrounds (1012 Oak Park Ave., Des Moines). One of my favorite spraygrounds in the city keeps the kids busy and cool on hot summer days.

41. Greenwood/Ashworth Park and Splashgrounds (4500 Grand Ave., Des Moines). Walk around the pond, play on the equipment, and/or run around the splashgrounds. Everything in this park is newly installed (as of last summer) or upgraded. Great, central spot to meet friends for a play date during the summer.

42. Art Center Rose Garden (4700 Grand Ave., Des Moines). The Art Center is gorgeous and amazing and perfect for a chilly day. But we're talking summer here, so instead of spending your time indoors, take a walk through the outdoor garden. See the beautiful roses and other plants and flowers, and see the sculptures in the garden.

43. Star parties (check the calendar to see if the meet up is at Ewing Park or SCI). The Science Center brings the telescope. You bring yourself and look at the stars and planets.

44. Have a backyard barbecue/cook out with friends (where you live or a park). Rent a shelter at a local park and cook out while the kids play or host friends. Play backyard games (bags is a favorite here), set up a slip and slide, and have a good time with friends and neighbors.

45. Urbandale Fourth of July Carnival (Lions Park, Prairie Ave., Urbandale). Rides, street dances, races, a parade the morning of the Fourth, bands and fireworks. Very fun community event. Find parking along the side streets in the neighborhoods nearby.

46. Neal Smith Wildlife Refuge (9981 Pacific St., Prairie City). Learn about the wildlife found in Iowa, the importance of the prairie and bison. Drive directly through the bison and elk enclosure (it's large, so a sighting can be tough). The 2-mile loop trail that starts and ends at the learning center takes you right up against the bison enclosure, where we have had an up close view of them every hike.

47. Wooden playground at Big Creek (8550 N.W. 142nd Ave). Head to the Big Creek Beach in Polk City. Not only is there swimming, but an awesome wooden playground to run around.

48. Cascade Falls Aquatic Center (2350 S.W. Prairie Trail Parkway, Ankeny). This is more like a mini water park for aquatic center prices. There's a surf machine, kiddie slides, tube slides, a lazy river and more.

49. Knoxville Raceway (1000 N. Lincoln St., Knoxville). Take in a sprint car race and cheer on the drivers! We once took our children to a practice night (free, beginning of every April) and our daughter developed a love for car racing. It's a great way to spend a summer night.

50. Ashley Okland Star Playground (1895 E. McKinley Ave., Des Moines). Situated within Ewing Park, it is an adaptive playground with rubber footing. There are also nature trails nearby, a soapbox derby track and lilac garden.

51. Rotary Riverwalk Park (821 River Drive, Des Moines). There's not much other than swings and great views of the city at this simple park; however, it provides easy access to walk across the Iowa Women of Achievement Bridge to see the dam, stroll through the Asian Gardens, and walk along the Des Moines River on the trail.

52. Great Des Moines Botanical Garden (909 Robert D. Ray Drive, Des Moines). This is an easy walk from the Rotary Riverwalk Park

via the Riverwalk Trail. Take in the outdoor gardens and sculptures when the flowers are in bloom.

53. National Night Out (first Tuesday in August; check your local neighborhood association to see where the closest is to you). Taking place the first Tuesday of August every year, National Night Out promotes police and community partnerships and the importance of community for the safety of our neighborhoods. The kids (and adults too) get to climb inside police cars and aboard fire trucks and meet their local officers.

54. Saylorville Butterfly Garden (near the visitor center at 8250 Horseshoe Road, Polk City). Park at the visitor center and take a short walk on the bike trail. You'll soon come to a fun butterfly garden with short trails great for exploring bugs, bees and butterflies.

55. Zoo Brew (Blank Park Zoo, 7401 S.W. 9th St., Des Moines). Get a sitter for the kids or grab some friends and head to the BPZ for an adult-only night. Listen to a band play, enjoy beer and/or wine, and enjoy the zoo sans kids.

56. Cowles Commons (221 Walnut St., Des Moines). Once known as Nollen Plaza, the space is now used as an outdoor community event space. There's an outdoor piano to play, fountains to run through, and it is in the center of the downtown happenings.

57. Raccoon River Park (2500 Grand Ave., West Des Moines). Between the 3-mile walking trail around the lake, playground and beach, it's easy to spend a full day here. There's also a fishing dock (if you have a fishing permit, or it can be a fun place to go on free fishing weekend) a bit further down from the beach and playground.

58. Loess Hills (western Iowa). Not in central Iowa, but an easy hour-and-a-half drive along I-80. Let me explain before you make the same mistake I did. The Loess Hills run along the western edge of Iowa. When I said I wanted to go to the Loess Hills, I didn't mean to just one spot. It's a land formation that covers a large area. It is a unique land formation consisting of a rare type of soil called loess (hence the name). That said, after quite a bit of exploring in the area — thanks to multiple day trips, our favorite areas include Loess Hills State Park, Preparation Canyon, DeSoto Wildlife Refuge and Hitchcock Nature Center.

59. Henry Doorly Zoo (3701 S. 10th St., Omaha). Again, another not in central Iowa, but this zoo is phenomenal and such an easy drive from Des Moines (the zoo is right off of the interstate, too). It's known as one of the world's best zoos (not kidding at all), plus, if you have a Blank Park Zoo membership, you get in for half price. I promise you, it's well worth the trip.

60. Patio at Gilroy's (1238 Eighth St., West Des Moines). Gilroy's has my favorite patio in the Des Moines area, plus it's made even better with amazing Moscow mules and a great menu. The patio is incredibly spacious and has small tables, large tables and couches. We've met friends for dinner, brought the kids and a few small board games for them to play, and have spent a few hours eating, drinking and talking while the kids were more than happy.

61. Sargent Park (3530 E. Douglas, Des Moines). This was Des Moines' first natural playscape. It's definitely a place for kiddos to get messy and explore safely. Wear swimming suits because the fountain is sure to attract the kids, as will digging in the sand and dirt. A bike path runs along the park next to Four Mile Creek.

62. Races at Prairie Meadows (1 Prairie Meadows Drive, Altoona). One Sunday in July features zebra, ostrich and camel races. It's our favorite day to go, but it does get crowded.

63. Picket Fence Creamery (14583 S Ave., Woodward). While their

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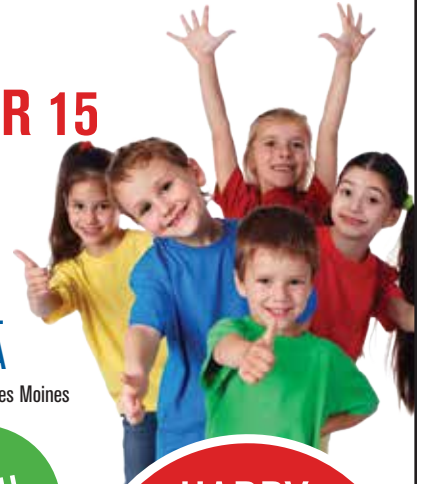
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98 outdoor activities continued...

country store is open daily, Sample Sunday is a great introduction to the farm and their products. Happening the first Sunday of every month, there are a few vendors, calves to see and pet, and an opportunity to chat with the owners. Their ice cream is not to be missed!

64. Iowa Farm Sanctuary (2485 Highway 6 Trail, Marengo). Visit during open barn days and see the rescued farm animals and learn about their mission.

65. Fort Des Moines Park (7200 S.E. Fifth St., Des Moines). Portions of this park housed the Fort Des Moines Calvary Post then was the first officers' training camp for black cadets and the U.S. Women's Auxiliary Army Corps during WWII. There are signs throughout the park and trails explaining the history of the park. Also, because it backs into the Blank Park Zoo, it's not out of the question to hear a lion roaring while you're there (and that may or may not convince your children there's a lion hiding in the trees).

66. See the tanker trucks at Camp Dodge (N.W. Beaver Drive, Johnston). Following N.W. Beaver Drive up towards Saylorville, you've probably seen the tanks sitting there (in what looks like a parking lot area). Pull in, park and climb up on the tanks. It's a quick simple thing that tickles kids of all ages. Nearby is the Iowa Gold Star Military Museum if you're looking for something more.

67. Feed the ducks at Resthaven Cemetery (801 19th St., West Des Moines). The geese at Glendale Cemetery can be vicious, but the ducks at Resthaven are more peaceful and fun to watch.

68. Boone and Scenic Valley Railroad (225 Tenth St., Boone). The reason I'm putting this in the summer category is because the train cars aren't heated or air-conditioned. You'll want a nice, slightly breezy day for your train ride. A basic train ride is about two hours long and has a concession cart on the train (bring cash).

69. Sunday Tunes at Summerset Winery (15101 Fairfax St., Indianola). This is a family event that also has delicious wine and beer available (for the adults). Pack your own picnic and listen to the music on Sundays from 2-5 p.m.

70. Des Moines Menace Soccer Games (4440 Mills Civic Parkway, West Des Moines). Cheer on the Menace during their games at Valley Stadium. Find their schedule on their website.



Ironwood Park

71. Live Music at the Cidery in Winterset (1638 U.S. 169, Winterset). Definitely more of a date night or meet up with friends type of place. Super fun with locally made drinks.

72. Outdoor pianos throughout the city (Des Moines, Windsor Heights, Valley Junction). Fun pianos around the city that you can play. Visit their website to get exact locations of the pianos.

73. Ironwood Park (2222 Third Ave. S.W., Altoona). It's shaped like a pirate ship. What more can you want?

74. McCollum Waveland Tennis Complex (4806 Observatory Road, Des Moines). You'll need your own racket and tennis balls, but these courts are well kept and great for practicing or introducing your kids (or yourself) to the game. Also, travel a bit down the road to see the Drake Municipal Observatory. While it's only open to the public during certain times in the fall and spring, it's still neat to see.

75. Take a walk on the Capitol grounds (1007 E. Grand Ave., Des Moines). Walk around the Capitol grounds to see sculptures, statues and the best views of downtown Des Moines looking west. When we did this, we got take-out from Zombie Burger and ate at a picnic table on the grounds.

76. Better Homes and Gardens Test Garden (1716 Locust St., Des Moines). Only open to the public from noon to 2 p.m. on Fridays. I'm told it's not to be missed. There's also a central garden where you can have lunch.

77. World Food Prize Hall of Laureates (100 Locust St., Des Moines). While the inside of the hall has amazing exhibits and is incredibly beautiful, the outside of the building sits on the Des Moines Riverwalk and is a great

place to walk around. My kids' favorite spot is the map of the world in the concrete. They like to say "I pushed _____ all the way to Africa!"

78. Grotto of Redemption (208 First Ave. N.W., West Bend). Not in Des Moines and involves a lot of small highways and turns to get there, but we were in awe once we saw it. The Grotto kept us busy for a couple of hours, plus there's a playground nearby for the kids because we had to reward them for not picking off the rocks.

79. Stream hiking at Ledges State Park (1515 P Ave., Madrid). Hiking at Ledges State Park is our favorite. Stream hiking is unique and not as crowded as the regular trails. We started in the stream at the beginning of the park and walked until we came to the Des Moines River. We saw tadpoles, minnows and snakes in the water. Water shoes are a must for this!

80. Horseback riding at Jester Park (11171 N.W. 103rd Court, Granger). Make a reservation for a guided trail ride through Jester Park. A 1.5-hour ride is beginner friendly and a great family activity. Plus the guides tell you about the park and horses.

81. Live At The Creek (Jordan Creek Town Center). Sundays from 5-8 p.m., sit around the amphitheater or one of the restaurants' patios around the pond and listen to bands play. The location gives plenty of room for the kids to move around. Beer and wine are available for purchase for the adults.

82. Terra Park (6300 Pioneer Parkway, Johnston). Play on the newly redeveloped park and/or walk along the bike path that weaves through Johnston neighborhoods.

83. Reiman Gardens (1407 University Blvd., Ames). There's so much great programming for kids and families during the



Walker Johnston Park

summer months. There are summer camps, water days, story time, and the sculpture exhibit Winds, Waves and Lights.

84. Iowa Speedway (3333 Rusty Wallace Drive, Newton). Take in a NASCAR race and let kids explore with the Crash Course. Kids get to experience the physics behind auto racing using STEM-based activities. There are also numerous activities for kids to do on race day.

85. Ashworth Swimming Pool (101 45th St., Des Moines). Not an aquatic center, but a real swimming pool with deep water and diving boards. There's also a separate toddler pool for the younger crowds.

86. Water Works Park (2201 George Flagg Parkway, Des Moines). Located near the Raccoon River, this park offers 1,500 acres to explore. There are biking and walking trails, picnic shelters, horse trails and fishing.

87. Biking the trails (Des Moines and surrounding areas). Central Iowa is lucky to have extensive bike trails. A favorite is biking on the Great Western Trail down to Cumming Tap.

88. The Freedom Rock Tour (visit the website to see all locations). The original Freedom Rock is on Highway 25 north of Greenfield and gets repainted every year as a tribute to veterans.

89. Movies in the Park (check Des Moines Parks and Rec site and/or the City of Windsor Heights). Parks throughout the metro have movies in the park all summer long. Bring a blanket, bug spray and snacks and watch your favorite movies.

90. Walker Johnston Park (9000 Douglas Ave., Urbandale). This park is huge and has a variety of play structures for kids. There's also a skate park and a pond to walk around. Be sure to find the wooden play

structure tucked into the trees. It has fun nets to climb and wooden bridges to walk across.

91. Ankeny Miracle Park (310 N.W. School St., Ankeny). A baseball-themed park that is for kids of all abilities.

92. Grounds For Celebration (Beaverdale). Grab a cinnamon roll and have a relaxing morning on the patio. Roomy enough for kids plus within walking distance to area parks (Ashby, Riley and Witmer).

93. Raccoon River Excursions (Dallas County Fair Campgrounds). Tubing down the Raccoon River is great for families with older children (the minimum age requirement is 14 years or older).

94. Clive Food Truck Fridays (Campbell Park, 12385 Woodlands Parkway, Clive). Food, music, playgrounds and concessions can make a perfect Friday night.

95. Saylorville Yacht Club Wednesday races (Saylorville Lake). Each night of sailing is different as the wind changes. Pack a picnic, head to the lake, and spend a relaxing evening watching the sailing races.

96. Voas Nature Area (19286 Lexington Road, Minburn). Features include hiking, wildflowers, wildlife viewing/refuge, observation tower, hunting, and an intriguing youth-only hunting area.

97. Brenton Arboretum (25141 260th St., Dallas Center). Not only is there a natural play area and great hiking trails for kids of all ages, there's a fun leaf walk that helps you identify the trees and their leaves.

98. Baratta's Tunes On The Terrace (State Historical Museum of Iowa, 600 E. Locust St., Des Moines). 11:30 a.m. to 1:30 p.m. Enjoy lunch and music on the terrace every Friday. Walk around the East Village area afterwards or tour the museum (free). ■



Link to original article: <https://desmoinesparent.com/outdoor-activities-central-iowa/>



Jaycee Morris of Ankeny was one of four entrants randomly selected to throw out a first pitch at an Iowa Cubs game on Friday, June 8.

Toddlers in the Kitchen

By Amanda Arnold

The first time my toddler tried to help me make dinner was a disaster. It had been a doozy of a day. The kitchen was a mess, we were already late getting dinner started, and I was trying to cook while simultaneously doing laundry, packing bags, answering questions my hubby was asking and nursing a baby. To say my stress level was high would be an understatement. I was making mini zucchini lasagna. I had already sliced up all the zucchini and was starting to brush my pan with oil when C, my 3-year-old, wandered into the kitchen. She pushed her step stool up to the counter and grabbed my basting brush.

"I help, Mom!" she said excitedly.

It took everything I had not to tell her to go find her dad. After a deep breath, I showed her how to dip the brush in oil and grease the pan. Next, I let her help layer the zucchini, pepperoni and pizza sauce.

Yes, we ended up eating dinner much later than I wanted because everything took triple the time it normally took. However, I will never forget the look of excitement and accomplishment on her face.

After that night, I started including her in our daily food prep. Sometimes it was little things like having her help wash berries. Other times, it was more complex, for instance, helping me make chili. (I pre-measured everything then let her dump ingredients and help stir).

Are you reading this thinking I have lost my mind? Here are a few reasons why your toddler should help you in the kitchen:



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INTERACTIVE ACTIVITY

I hate crafting. I don't like the mess. So we don't fit many interactive activities in at home. Cooking together fills that void. As we cook, we talk about shapes, colors, smells and textures. C has even learned how to measure using cups and teaspoons.

TRY NEW FOODS

C is a picky eater, but you can bet she is the first to sample our creations. She doesn't always like what we have cooked up; however, the amount of fruits and veggies that she is willing to eat has dramatically increased. Just recently, she added cauliflower pizza crust to the list of foods she is willing to eat.

BE PRESENT


I am a go, go, go type of person. I hate slowing down. Cooking with my toddler means I am forced to take a deep breath and really be present in the moment.

LEARN A LIFE SKILL


Everyone needs to eat. Helping in the kitchen teaches skills that will help kids be self-sufficient after they are grown and out on their own.

MAKE MEMORIES TOGETHER

C might be too young to remember our culinary adventures, but I will cherish these memories forever! ■



Link to original article:
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