

Indoor Recreation:

Health Facilities:

Cedar Falls Recreation Center
University of Northern Iowa

Wellness Center

YMCA
YWCA

Roller Skating:

Black Hawk Roller Dome
Waterloo Family Skate

Outdoor Recreation:

Softball Diamonds: 71

Public Tennis Courts: 52

Public Swimming Pools: 6

Public Parks: 135 (5,000 acres with 800 of lakes)

County

Black Hawk Park: Cedar Falls
Byron Sergeant Memorial Park:
Hudson
Hartman Reserve Nature Center:
Cedar Falls
Hickory Hills Park: Waterloo
McFarlane Park: La Porte City
Rotary Reserve: Cedar Falls
Sigglekov Park: Dunkerton
Thunder Woman Park: Janesville

State:

Backbone-Strawberry point
Cedar Rock- Quasqueton
George Wyth- Waterloo
Pine Lake- Eldora
Volga River- Fayette
*This is only some of the parks in the area

Cedar Valley Recreation Trails: 52-mile multi-use trails system, which leads to Cedar Rapids, Iowa.

Lakes:

Cedar Valley Lakes (All Recreation)
Prairie Lakes (Fishing)

Rivers:

Cedar River
Black Hawk River

Ice Skating

Gateway Park
Young Arena

Bowling:

Cadillac Lanes: Waterloo
Maple Lanes Bowling Center:
Waterloo

Valley Park Lanes: Cedar Falls

Public Golf Courses: 8

Private Golf Courses: 2

Beaver Hills
Sunnyside Country Club

Miniature Golf Courses:

Airline Highway: Waterloo
All Golf Center: Waterloo
Lost Island Adventure Park:
Waterloo

Disc Golf:

Exchange Park-18 holes
Hickory Hills-9 holes
Tourist Park -18 holes

Shooting Ranges:

Black Hawk Park
Cedar Falls Gun Club
Hawkeye Community College
Izaak Walton League

Water Park:

Lost Island Adventure Park:
Waterloo

Other:

Camping
Fishing/Hunting
Petting Zoo

Gardens:

Cedar Valley Arboretum and Botanic
Gardens: Waterloo
Family Tree Herb Farm: Cedar Falls
Hearst Sculpture Garden: Cedar
Falls