

LEISURE TIMES

Your Guide to Columbia's Recreational Opportunities



APRIL - AUGUST 2016 ISSUE

Registration Begins: April 6 • Online Registration: April 5

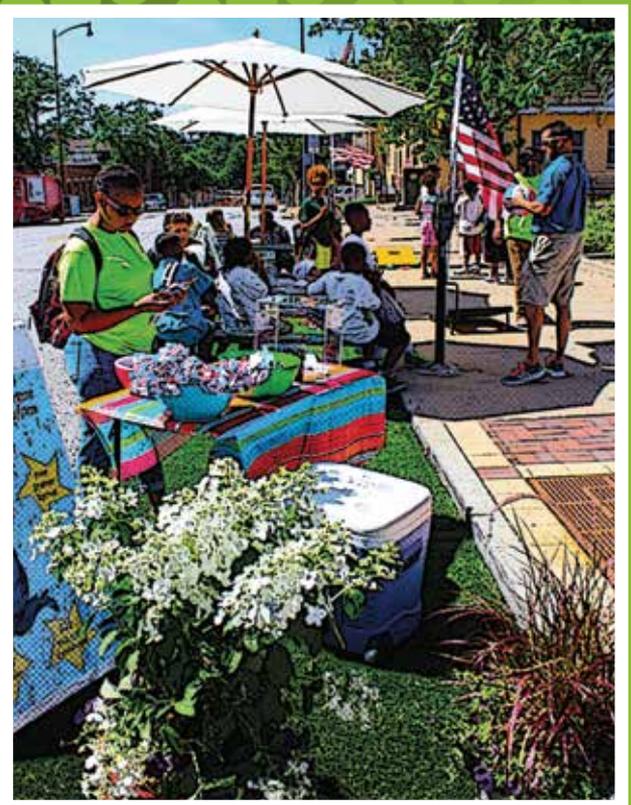
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PARK AND RECREATION MONTH

JULY 2016



**JULY IS NATIONAL PARKS
AND RECREATION MONTH.
CELEBRATE LIKE A SUPERHERO!**



**JOIN US IN A PARK, ON A TRAIL OR
AT A SPECIAL EVENT.**

**HELP US KICK OFF THE MONTH AT OUR
ANNUAL RECREATION PARKLET AT**

**THE GENTRY BUILDING,
#1 SOUTH 7TH ST.
GIVEAWAYS AND REFRESHMENTS...**

**FOLLOW US ON FACEBOOK AT
COMOPARKSANDREC FOR MORE DETAILS!**



Columbia Parks and Recreation coordinates programs and activities for all ages and abilities. Information on these programs is in this guide.

The Activity & Recreation Center (ARC, 1701 W Ash Street) has daily admission fees. Monthly and annual memberships are also available. Recreational programs and classes are held at the ARC, the Armory Sports Center, Hillcrest Community Center, Paquin Tower and the Riechmann Indoor Pavilion. Five aquatic facilities and two golf courses are managed by the department. The department is responsible for designing, building and maintaining all park facilities and manages over 3000 acres of parkland, 50 miles of trails, and 70 parks. If you need assistance at a park or facility, contact Park Ranger Rosanna Johnson or Andrew Bell. Non-emergency number is 442-6131; call 911 for emergencies.

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Rental & Program Facilities

GoColumbiaMo.com (search: Rentals)

Activity & Recreation Center (ARC)

1701 W. Ash St. • 874-7700, see page 8

Armory Sports Center

701 E. Ash St. • 817-5077

Community Recreation programs, the C.A.R.E. Program, basketball, volleyball. Gymnasium, conference room, classroom available for rent.

Douglass Park Amphitheater

400 N. Providence Rd. (corner of Rogers & 5th St.) • Call 874-7460

\$50 per day.

Hillcrest Community Center/Moss Building

1905/1907 Hillcrest Dr. • 874-7475

Moss rental available for groups of 100 people or less, \$35 per hour plus \$200 deposit. Life Enrichment classes, preschool programs, 50+ programs/tours, Osher@mizzou.

Maplewood Barn

2900 E. Nifong • Call 874-7460

Call for information or to rent for groups of 70 people or less. Available Oct-March, \$27 per hour plus \$100 deposit.

MKT Trailside Building & MLK Garden

800 W. Stadium Blvd. • Call 874-7460

Men's and women's changing rooms and restrooms. MLK Garden and shelter available for rent for weddings and events. \$35 for building, Garden rental via special use permit, \$100 deposit.

Paquin Tower

1201 Paquin St., Ste. 102 • 874-7473

Adapted Recreation program with craft studio open to all.

Riechmann Indoor Pavilion at Stephens Lake Park

2300 E. Walnut • 874-7460

For gatherings of 150 people or less. Facility rental rates are: Monday-Friday, 8a-3p OR 4-11p, \$300; Monday-Friday, 8a-11p, \$400; Weekends/Holidays, 8a-11p, \$510. Deposit \$200.

Rock Quarry Park House

2002 Grindstone Parkway • 874-7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$22 plus \$100 deposit.

Stephens Lake Amphitheater

100 Old 63N • 874-7460

Call for information or to rent.



SHELTER RESERVATIONS

Reservations can be made for several park shelters. Other shelters are on a first-come, first-served basis. Reservations will be taken up to one year (364 days) in advance. The fee is \$35, \$45, \$50 or \$60 and is required on the day the reservation is made. Reservation fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation. For more information or to reserve a shelter, call 874-7460. For indoor space rental, see page 8 for ARC rentals and page 4 for other facility rentals. Cosmo Park Shelters are available for half-day or full-day rentals; 8 am-3 pm or 4-11 pm.

RETURNED CHECK FEE

The City of Columbia will assess a \$25 service charge for every check or EFT returned for insufficient funds.

FEE PAYMENT

Fees must be paid in full at the time of purchase, registration or reservation. Enrollment in programs and facility rentals are on a first-come, first-served basis. Payments may be made with cash, check or credit card.

CLASS REFUND POLICY

1. Refund at the request of the participant:
 - a. If the participant provides a written request for a refund one week prior to the first class, a refund will be granted less a \$5 administrative fee per participant. No refunds will be given for \$5 or less.
 - b. If a participant requests a refund less than one week prior to the first class, no refund will be granted.
 - c. If a participant cannot attend or continue a class due to an illness, a refund may be granted if a written request is received and:
 - i. A physician's statement of the illness and dates is presented.
 - ii. The request is received no later than 7 days after seeking treatment.
 - iii. A full refund will be granted if the request is received prior to the start of class.
 - iv. A pro-rated refund will be granted for the classes missed due to the illness.
2. Class Cancellation by the Parks & Recreation Department: A full refund will be granted in the event a class/activity is cancelled by the Department. The Parks & Recreation Department reserves the right to cancel a class if the minimum program enrollment has not been met two business days before the first class meeting.

GIFT CARDS

Gift cards are available for Parks and Recreation programs, golf or ARC memberships. Call 874-7460 to purchase a gift card with a credit card.

PHOTOGRAPHY

Frequently the City of Columbia takes photos or video of people enjoying facilities and programs. These photos are for promotional and marketing materials. They are used at the city's discretion and become its sole property.

YOUTH FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for residents ages 2-17, who meet income/household size criteria established by the USDA's free/reduced lunch program. Financial assistance amounts are available in the amounts of either 50% or 75% depending upon the household. The remaining amount is expected in terms of a co-payment. The primary focus is on youth, although family memberships to the ARC are available if there are eligible youth in the household. Eligible youth may take up to three programs and/or passes per year or they may receive an annual pass to the ARC. An activity is defined as a recreational class, activity, a 20-pass card to any of the outdoor pools or a 20-pass card to the ARC. Example: A 20-pass card to the pools (normally \$37.50) can be obtained for either \$7.50 or \$15, depending on your status. Applications are available at the downtown Parks & Recreation office or at the ARC. They are also available online at www.GoColumbiaMo.com. All applications must include proof of income and residency and should be turned in at the downtown office.

ADULT FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for adults who are 18 and over and live in the City of Columbia. The guidelines are similar to the youth program. Eligible participants receive a discounted 20-pass card to the ARC with the possibility of upgrading it to an annual pass based upon usage.

LEISURE TIMES ON T.V.

Leisure Times is a special video magazine produced to keep you up-to-date on Parks and Recreation activities. It is shown on the Columbia Channel which is seen on Mediacom Channel 80, Charter Communications Channel 992, and CenturyLink 96 or check them out on YouTube ([columbiacitychannel](http://columbiacitychannel.com)).

YOUTH RECREATION SCHOLARSHIPS

Through Share the Light, City utility customers can make a donation to a variety of programs, including Youth Recreation Scholarships. Look for information in your utility bill, or log onto the web.

PICNIC PACKS

Stop by Parks & Recreation (1 S. 7th St.) and pick up a Picnic Pack for one day or the weekend. The Picnic Pack includes volleyball, net, football, 2 frisbees, softball and bat. First-come, first-served. Cost is \$10 with \$20 deposit.

Five Ways to Register:

1. **Online:** Go to www.GoColumbiaMo.com
2. **Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



Annual Membership is the most economical way to enjoy all the ARC has to offer, but is not required. All pass holders (Annual, Multiple, & Daily) will have access to the indoor leisure pool, gymnasium, indoor track, cardio/strength training zones, and changing rooms at no additional charge. Pass holders will also have access to a variety of group exercise classes such as step, Zumba and/or body conditioning, as well as basic aquatic fitness classes. Specialty classes (sport specific training, yoga, etc.) will be assessed an additional program fee.

MONTHLY PAYMENT OPTION

Economical monthly payments can only be made through an electronic funds transfer (EFT) from your checking or savings account. Withdrawals will be made on the 15th of the month. Your membership will continue until you notify us in writing. Monthly auto-debit memberships can be canceled with written notice. Cancellations must be received by the last day of the month to avoid another payment. A 30-day pass is also available.

MEMBERSHIP FEES

YOUTH ADMISSION - AGES 2 TO 17

Table with 2 columns: Membership Type and Price. Includes Daily, Multiple Pass (20), Annual Pass, Monthly Installment*, 30 Day Pass, and After School 3pm-6pm daily.

*This option is only available with monthly electronic funds transfer (EFT).

ADULT ADMISSION - AGES 18-59

Table with 2 columns: Membership Type and Price. Includes Daily, Multiple Pass (20), Annual Pass, Monthly Installment*, 30 Day Pass, Adult plus one Annual+, Adult plus one Monthly**+, and Adult plus one 30 Day Pass+.

*This option is only available with monthly electronic funds transfer (EFT).

SENIOR ADMISSION - AGES 60 & OVER

Table with 2 columns: Membership Type and Price. Includes Daily, Multiple Pass (20), Annual Pass, Monthly Installment*, 30 Day Pass, Annual Senior Couple+, Couple Monthly Installment**+, and 30 Day Couple Pass+.

*This option is only available with monthly electronic funds transfer (EFT).

FAMILY ADMISSION - UP TO 5 PERSONS**

Table with 2 columns: Membership Type and Price. Includes Daily (up to 5 persons), Additional Dependent Family Member (ADFM), Annual Pass+, Annual Pass ADFM, Monthly Installment**+, Monthly ADFM, and 30 Day Pass+.

*This option is only available with monthly electronic funds transfer (EFT).

**A family group is defined as a max of two adults and up to three children or dependents residing at one residence. "Dependent" has the same meaning as "dependent" under federal income tax law.

+All multiple person memberships require that the members reside at the same household address.

GROUP RATES

Special rates are available for groups of 20 or more. Please call at least two weeks in advance to make a reservation.

FINANCIAL ASSISTANCE

Columbia Parks and Recreation Department has a financial assistance program to enable Columbia youth and adults who qualify for financial assistance to participate in our programs.

YOUTH PARTICIPANTS

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and group exercise land classes (14 and up). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available. See page 7 for details. New 12-13 year old Youth Fitness orientation for upstairs access.

MEMBERSHIP ELIGIBILITY

Everyone is eligible for membership at the ARC, including those residing outside of the Columbia city limits, at the same economical prices.

HOW TO JOIN

Visit the ARC at 1701 West Ash and our staff will assist you in completing a membership application. Applications are available on the Parks and Recreation Web site, or call (573) 874-7700 and we will send you a membership application.

AMENITIES

- Checkmarks next to: Cardio/Strength Training Zones, Gymnasiums, Indoor Walking/Jogging Track, Meeting Rooms and Classroom, Triple Loop Water Slide, Lazy River & Vortex, Zero Depth Entry/Water Play Feature, Group Exercise Room, Hydro Therapy Pool, Kid Zone-Stay & Play Area for Children, Spinning Room, Youth Training Room.

ARC HOURS OF OPERATION

Table with 2 columns: Day and Hours. Monday-Friday: 5:30a-9:30p, Saturday: 7a-7p, Sunday: 9a-6p.

POOL SCHEDULE & HOURS, PAGES 15-16

HOLIDAY HOURS

Table with 2 columns: Holiday and Hours. Memorial Day, May 30: 11a-5:30p, Independence Day, July 4: 11a-5:30p.

HOLIDAY POOL HOURS, PAGE 13



WATER ZONE

The Water Zone includes a leisure pool with zero depth entry, interactive water play feature, triple loop water slide, lazy river, vortex, three lap lanes and a heated hydro therapy pool. This area includes two wet multipurpose rooms that can accommodate birthday parties, lifeguard training and much more.

KID ZONE CHILD CARE

The Kid Zone, an on-site babysitting service, is available for children ages 6 months to 10 years of age so that parents or guardians will have the opportunity to enjoy the services and programs offered at the ARC. There is a maximum two hour visit per child. The parent or guardian must remain in the facility while the child is utilizing this service. An outdoor play area will be available on nice days.

HOURS OF OPERATION

Monday - Friday 8am-12pm & 4-8pm
 Saturday 8am-12pm

FEES

Annual Passholder
 Single Visit \$2.25 per child
 Punch Card \$40.00 for 20 visits
 Non-Passholder
 Single Visit \$3.00 per child

MONTHLY FEES

Have your monthly daycare fees conveniently withdrawn from your checking or savings account on the 15th of each month. Additional information available at front desk.
 First Child \$20/month
 Subsequent Children \$10/month

MEETING ROOMS

The ARC has 2600 square feet of multipurpose space that is equipped with two retractable walls. This will allow us to divide the room into several configurations. These rooms are available for rent and are ideal for business meetings, banquets, wedding receptions and other special events.

DAILY LOCKERS

Lockers are available for daily use only. Users must remove their lock and belongings daily. At the daily closing of the ARC, all locks and belongings will be removed and placed in lost and found. Locks are available for rent at the Guest Services Desk.

YOUTH TRAINING ROOM

Four Olympic platforms, circuit, dumbbells, squat stations, jerk boxes/pull boxes, and cardio equipment. Adults may utilize for Olympic weightlifting or power lifting.



.... **THE ARC RECOMMENDS** leaving all valuables at home. However, if you bring valuables, we suggest utilizing a locker to store your items safely. The ARC is not responsible for lost or stolen items.

CARDIO/STRENGTH TRAINING

Come work out in our "state of the art" environment. Jump into shape or stay fit with our top of the line cardio and strength (dumbbells, circuit) equipment. Enjoy cardio theatre while you are exercising to a happier, healthier lifestyle. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely. See our youth fitness orientation for ages 12-13.

WALKING/JOGGING TRACK

Walkers and joggers alike will benefit from the rubberized track as it winds through the gym, cardio/strength training zones and Water Zone. 6 1/2 laps = one mile.

GYMNASIUM

A sporting enthusiast's dream, the gymnasium has cushioned wood floors and can accommodate both basketball and volleyball. The gym can also be used for other activities. At least one court will be available for drop-in use most hours of operation.

ARC PRACTICE COURT RENTALS

Activity & Recreation Center (ARC) is offering Sunday night court rental opportunities for team practice. These rentals are after regular business hours and offered on a trial basis. Reservations are limited to one reservation per month per team. However, coaches may contact the ARC on Mondays prior to a proposed rental date to reserve an additional court time. Contact the ARC at 573-874-7719 to make a reservation.

RENTAL RATES:

Full Court ~ \$75 for a 1 1/2 hour rental; 6p-7:30p or 7:45p-9:15p
 Half Court ~ \$40 for a 1 1/2 hour rental; 6p-7:30p or 7:45p-9:15p

RENTAL GUIDELINES:

All Rentals

- ✓ Rentals may not be used for the sale of a service, such as a paid personal or team trainer.

Basketball

- ✓ Teams reserving a full court will have 6 baskets and 3 baskets for half court rental.
- ✓ No dunking allowed.

Baseball/Softball

- ✓ Teams must reserve a full court and must utilize trainer or total control balls; no hardballs permitted or drills utilizing the walls.
- ✓ Hitting must be done in net.

Soccer

- ✓ Space is available for conditioning and foot drills; no full on kicks permitted or drills utilizing the walls.

Pickleball

- ✓ Teams reserving a full court will have space for 3 nets; provided by ARC.
- ✓ Half court rental will allow 1 net.

Volleyball

- ✓ Teams must reserve a full court; one net provided by ARC

CALL FOR AVAILABLE RENTAL DATES.



GYMNASIUM SCHEDULE

MONDAY

8-9:45a Full Ct Basketball
10-11a Little Gymmers
11a-1:30p Pickleball
6:30-7:30p 11-17 yrs Volleyball
7:30-9:30p Adult Volleyball

TUESDAY

7:30-9a Pickleball
10:15-11:15a Boot Camp
12-1:30p Adult Volleyball

WEDNESDAY

8-11a Full Ct Basketball
6:30-7:30p 11-17 yrs Volleyball
7:30-9:30p Adult Volleyball

THURSDAY

7-8:45a Pickleball
9-10a Home School P.E. Ages 10-17 (ends May '16, resumes Sept.)
10-11a Home School P.E. Ages 5-9 (ends May '16, resumes Sept.)
12-1:30p Adult Volleyball

FRIDAY

8-9:45a Full Ct Basketball
10-11a Little Gymmers
6:30-9:30p Pickleball

Note: Days and times are subject to change.

At least one court will be available for drop-in use most hours of operation.

GENERAL POLICIES

- 1. The ARC is a controlled access facility.
2. Smoking or tobacco use in any form is prohibited.
3. Food and beverages are permitted in lobby and meeting rooms. Glass and metal containers are prohibited. No food may be brought into the facility.
4. Spitting is prohibited, including water fountains.
5. Abusive or foul language is strictly prohibited. These actions may result in immediate expulsion and/or loss of future privileges.
6. Anyone using physical force towards another patron or employee will be suspended for a minimum of one year.
7. Horseplay is not permitted.
8. Shirts and shoes must be worn at all times in the facility (except in pool).
9. Non-marking shoes must be worn in the activity (gym, track) areas. Waffle-soled shoes or cleats are not allowed.
10. No basketballs or volleyballs are allowed upstairs. No bouncing or throwing balls outside the gym.
11. Personal music devices are only allowed when used with headphones.
12. Bicycles, skateboards and in-line skates are prohibited.
13. Animals in the facility are restricted to guide dogs only.
14. The ARC is not responsible for lost or stolen items.

LOST & FOUND

Our lost and found service is located at the Guest Services Desk. Items not claimed within seven days will be donated to charitable organizations. The ARC is not responsible for lost or stolen items.

ARC REFUND POLICY

ARC MEMBERSHIPS

There are no refunds on ARC memberships.

ACTIVITY PROGRAMS - See page 5 for refund policy.

FACILITY RENTALS - Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

ROOM RENTALS

Applications - Facility rental applications must be completed and submitted two weeks prior to the event. Applications are available at the ARC Guest Services Desk and the City of Columbia Web site. Applications are accepted on a first come, first-served basis. Reservations will be considered up to one year in advance. Anyone age 21 or older may request a facility rental. In order to reserve a room, renter must pay the rental fee in full.

ROOMS/COURTS

Table listing room/court rental rates: Meeting Room 1/3 (\$25 per hour), Meeting Room 2/3 (\$50 per hour), Meeting Room Full (\$75 per hour), Classroom (\$22 per hour), Group Exercise Room (\$32 per hour), Water Zone Raindrop Room (M, W, F) (\$37 per rental), Water Zone Typhoon Room (M, W, F) (\$50 per rental)

WATER ZONE (INDOOR POOL)..... 2 HOUR MINIMUM

Table listing water zone rental rates: 1-10 People (\$140 per hour), 101-150 People (\$185 per hour), 151-20 People (\$235 per hour), 201-250 People (\$345 per hour), 251-30 People (\$445 per hour)

FACILITY "LOCK-IN" (8 HOURS)

Discover the ARC and all it has to offer for your next group overnight. You will have use of the lobby, gym, pool (10pm-2am), game room and meeting rooms. Maximum accommodation is 50.

TIMES 10pm-6am

FEES

Table listing fees: 1-10 People (\$100), 101-50 People (\$1125 plus \$5 per person (each person over 10 will be assessed this fee))

WATER ZONE BIRTHDAY PARTIES, PAGE 14

Advertisement for birthday parties featuring a cake icon and text: 'IS IT YOUR BIRTHDAY? Show proof of your birthday at the Guest Services Desk & you can use the ARC for FREE on your special day!'



ADAPTED COMMUNITY RECREATION PROGRAM

The Adapted program held at Paquin Tower is designed for individuals with special needs. The program is open to the community, and most of the activities are walk-in. Complete information about the program (including new monthly activities offered) is produced in a monthly newsletter available at the Adapted Community Recreation office, Paquin Tower, 1201 Paquin St, Ste 103 or online at www.gocolumbiamo.com (search adapted). Call 874-7473 for more information. If you would like to be on our mailing list, please email Sarah.Bowman@como.gov. If you wish to participate in any Parks and Recreation activity, yet feel you may need some special accommodation, please call 874-7473.

CERAMICS, ART AND CRAFT STUDIO

Interested in ceramics or pottery? The studio is open to all skill levels. The instructor is there to teach new projects and to help with existing ones. Work on greenware, bisque and clay. Supplies for crafts are available.

Craft and Ceramics studio is open on the following days:

- Monday (Ceramics only) 11a-8:30p
- Tuesday (Painting) 11a-4p
- Wednesday (Ceramics only) 11a-4p
- Thursday (Ceramics) 11a-4p
- Friday (Ceramics) 11a-4p

Fee: Cost of the greenware



SMORE SMORES PLEASE

June 22, 8:30p

Let's make some smores in Paquin Park! Ingredients will be provided.

ICE DYING

August 9, 5p

Learn a new way to tie dye by using ice. Please bring your own shirt to dye. Fee is \$8.00.

SOCIAL ACTIVITIES AND EXERCISE

WII GAMES

Every Thursday, 5p (except first Thursday of the month)

Wii games are a popular activity offered by Adapted Community Recreation. It's a great way to play video games and to get some exercise at the same time! Wii games are played several times during the month; please call 874-7473 to find out when the Wii games are scheduled.

MEXICAN TRAIN DOMINOES

Every Monday, 4p

Mexican Train Dominoes is a new and different way to play dominoes.

SHUFFLEBOARD (PAQUIN PARK)

Every Tuesday, 4p

Meet us in Paquin Park for an easy going game of shuffleboard.

PING PONG/CHESS (PAQUIN PARK)

Every Wednesday, 4p

Come use our new concrete game tables and challenge people to ping pong or chess!

NAME THAT TUNE

3rd Wednesday of the month, 5p

Come and play a fun game of guessing song titles. One minute clips of 20 songs will be played and the players that guess the most correctly receive prizes.

KARAOKE!

4th Wednesday of the month, 5p

Come sing us one of the many songs we have available on our karaoke machine.

FISHING TRIPS

April-September: 3rd Thursday, 9a

Fishing poles will be provided, but the participant must provide his/her own bait and lunch. Transportation will be provided from Paquin Tower at 9a. Please call for more details.

ADAPTED-MONTHLY DANCES

Come dance the night away at the ARC! Our monthly dances are a great way to socialize with your friends and show off your dance moves. Snacks are provided.

Location: ARC

Class #	Date	Time	Age	Price
NA	F: Apr 15	6:30-8p	14+	\$5
NA	F: May 20	6:30-8p	14+	\$5
NA	F: June 24	6:30-8p	14+	\$5
NA	F: July 22	6:30-8p	14+	\$5

ADAPTED BELL CHOIR...SEE PAGE 28

ADAPTED SPORTS PROGRAMS

The City of Columbia offers numerous sports to individuals with special needs. Competitions are through Special Olympics, however, competing is not required for participation. When you register, please be sure that your athlete has a current physical and release form. New participants must schedule a New Athlete Meeting prior to participation. To schedule a new athlete meeting, call or email Jessica Sida at Jessica.Sida@como.gov or call 573-874-7312.

ADAPTED GOLF

This golf program is designed for individuals with special needs. A current physical and release form are required. New athletes must schedule a new athlete meeting prior to competing. Registration deadline is May 6, 2016 or when maximum participants is reached.

Location: L.A. Nickell Golf Course

Class #	Date	Time	Age	Price
315604-01	Th: Jun 9-Sep 15	6-8p	8+	\$15



ADAPTED TENNIS

Join other special needs athletes in learning and playing the game of tennis. Emphasis will be placed on learning specific skills necessary to be successful in the game. Registration deadline is June 10 or when maximum participation is reached.

Location: Tennis Court 6 @ Cosmo Park

Class #	Date	Time	Age	Price
315601-01	Th: Jul 14-Sep 15	6-8p	8+	\$15



ADAPTED SOFTBALL

Individuals with special needs can learn the skills necessary to play the game of softball. Team Assignments and practice day will be assigned after the close of Registration. Registration Deadline April 15, 2016 or when maximum participants are reached.

Location: Softball Field @ Again Street Park

Class #	Date	Time	Age	Price
315602-01	M,Tu: May 9-Sep 20*	6-8p	8+	\$15

* No Class: 09/01, 05/25, 09/07

ADAPTED BOCCE

Adapted athletes will learn and compete in the game of Bocce. Registration deadline is June 10, 2016 or when maximum participation is reached.

Location: L.A. Nickell Golf Course

Class #	Date	Time	Age	Price
315607-01	Th: Jul 21-Sep 15	6-7p	8+	\$15

AQUATICS

ARC WATER ZONE

Activity & Recreation Center, 1701 W. Ash, 874-7700

- ✓ Indoor Facility
- ✓ Heated Water
- ✓ Zero Depth Entry
- ✓ Water Play Feature
- ✓ Triple Loop Water Slide
- ✓ Lazy River
- ✓ Vortex
- ✓ Hydro Therapy Pool
- ✓ Lap Lanes
- ✓ Swim Instruction
- ✓ Recreational Swim
- ✓ Water Fitness
- ✓ Concession Area

ALBERT-OAKLAND FAMILY AQUATIC CENTER

Albert-Oakland Park, 1900 Blue Ridge Road, 474-5331

- ✓ Outdoor Facility
- ✓ Diving Boards
- ✓ 50 Meter Pool
- ✓ Water Fitness
- ✓ Double Loop Enclosed Flume Water Slide - **NEWLY RENOVATED**
- ✓ Large Deck with Lounge Chairs Area with Sprinklers and Slide
- ✓ **NEW** - Children's Water Play Area with Water Sprinklers and a Water Slide
- ✓ Concession Stand
- ✓ Recreational Swim
- ✓ Shade Umbrellas
- ✓ Swim Instruction

DOUGLASS FAMILY AQUATIC CENTER & SPRAYGROUND

Douglass Park, 400 N. Providence Road, 442-5019

- ✓ Outdoor Facility
- ✓ Double Loop Water Slide
- ✓ Rock Climbing Wall
- ✓ UNGUARDED Plaza with interactive water fountains, geysers and jets shooting from the ground
- ✓ Recreational Swim
- ✓ Shaded Shelter
- ✓ Concession Area

FLAT BRANCH PARK SPRAYGROUND

Flat Branch Park, 400 Locust St.

Open May 1-September 30

- ✓ UNGUARDED Outdoor Water Feature Sprayground
- ✓ Plaza with interactive water fountains, geysers and jets shooting from the ground
- ✓ Free to public

HICKMAN POOL

David H. Hickman High School, 1104 N. Providence Road, 874-7476

- ✓ Indoor Facility
- ✓ Swim Instruction
- ✓ Heated Water
- ✓ Lifeguard Instruction

LAKE OF THE WOODS POOL

Lake of the Woods Recreation Area, 6700 St. Charles Road, 474-7878

- ✓ Outdoor Facility
- ✓ Water Slide
- ✓ Shade Umbrellas
- ✓ Concession Stand in Clubhouse
- ✓ Recreational Swim
- ✓ Country Club Setting
- ✓ Surrounded by the Golf Course

LITTLE MATES COVE AT TWIN LAKES

Twin Lakes Recreation Area, 2500 Chapel Hill Road, 445-8839

- ✓ Recreational Swim
- ✓ Kiddie Water Park with Slides, Sprinklers, Water Cannons and Water Falls
- ✓ Shade Umbrellas
- ✓ Concession Stand

NOTE: All facilities are subject to early closings if low attendance (10 patrons or less in a two hour period), weather warrants, or for a special program. All outdoor facilities will remain closed whenever projected high air temperatures for the day are below 75 degrees.



STEPHENS LAKE & SPRAYGROUND

Stephens Lake Park, 2001 E. Broadway

Open May 1-September 30

- ✓ UNGUARDED Swimming Beach
- ✓ Free to the Public
- ✓ Swimming in Designated Beach Area
- ✓ Boardwalk with Shelter
- ✓ Fishing / Boating (non-motorized) Area
- ✓ Restrooms
- ✓ Plaza with interactive water fountains, geysers and jets shooting from the ground

FOURTH OF JULY SPECIAL HOURS

Celebrate our nation's birthday in the sun's warm rays at our city aquatic facilities. All outdoor pools will be open 12-5p on July 4.

SWIM HOTLINE

Call 874-7663 for updated facility closings and openings.

A WORD TO PARENTS

Our staff of trained lifeguards strives to maintain the highest standards in emergency training! Our goal is to provide our patrons with a safe, clean atmosphere in which families can enjoy themselves in a recreational environment. **The purpose of the aquatic staff is not to supervise your child, but to prevent accidents from happening.** Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons. All children 10 and under must be accompanied and supervised at all times by a paying adult (16 years or older).

RECREATION SWIM FEES

ALBERT-OAKLAND FAMILY AQUATIC CENTER

AGE	SINGLE ADMISSION	COUPON BOOKS (20)
1 & under	FREE	
2-15	\$2.50	\$37.50
Adults (16+)	\$3.75	\$56.25
After 5 pm (2+)	\$1.75	

LAKE OF THE WOODS/LITTLE MATES COVE AT TWIN LAKES

AGE	SINGLE ADMISSION	COUPON BOOKS (20)
1 & under	FREE	
2-15	\$1.50	\$22.50
Adults (16+)	\$2.75	\$41.25

Note: Coupon books may be purchased at each facility.

DOUGLASS FAMILY AQUATIC CENTER

1 & under, FREE ~ 2 yrs & older, \$1

OUTDOOR AQUATIC SEASON PASS

PASS TYPE PRICE BEFORE 4/29/16

Family Season Pass*	\$220	\$50 Off
Adult Season Pass	\$115	\$20 Off
Youth Season Pass	\$ 70	\$20 Off

**Family defined as maximum of two adults and up to three dependents living at same residence.*



SWIM ATTIRE

Appropriate swim attire is required to enter ALL aquatic facilities. Appropriate swim attire is defined as clothing specifically designed for use in the water. Some examples of inappropriate attire include, but are not limited to: basketball shorts, sports bras and shorts, sweatpants, cut-off shorts, & cargo shorts. Aquatic cashiers will ask to see swim attire at time of entry, those without appropriate attire will not be admitted.

SWIMSUIT DRIVE

Parks and Recreation is collecting new or gently used swim attire for those in need. Please bring any items to the ARC. Thank you!

STAFF TRAINING

In an attempt to provide the safest facilities possible, our staff undergoes extensive training. In an attempt to simulate real situations this training could happen at any time, including during recreational swimming times. Please do not be alarmed; a "Lifeguards in Training" sign will be posted. Training aids may include lifelike mannequins. We apologize for any inconvenience this may cause.

FLOTATION DEVICES

Flotation devices are welcome at our aquatic facilities under these guidelines.

- We recommend U.S. Coast Guard approved devices only.
- Children 10 and under may only use when adult (16 or older) is supervising the child.
- The size of the flotation devices may be restricted by aquatic staff.
- Water wings or arm floaters are strongly discouraged for use as flotation devices.

DIAPER POLICY

- Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.
- Swimmers not wearing swim diapers will be asked to exit the swimming area until a swim diaper is acquired. Disposable swim diapers can be purchased at the facilities.
- Adults are required to change diapers at designated diaper changing stations located in the changing rooms. Please do not change diapers on the aquatic facility deck, in the concession area or party rooms.
- Children and patrons who have had diarrhea within the past two weeks are asked not to use the facility.
- Adults should ask their children to refrain from drinking the pool water.
- If your child or another child does have an accident in the pool water or deck area, please notify a staff member immediately.



..... FACILITY HOURS

ARC WATER ZONE	ALBERT-OAKLAND FAMILY AQUATIC CENTER	HICKMAN POOL	LAKE OF THE WOODS POOL	DOUGLASS FAMILY AQUATIC CENTER	LITTLE MATES COVE AT TWIN LAKES
MAY	MAY	MAY	MAY	MAY	MAY
See ARC section, pg. 15	OPEN FOR SEASON May 28, 29, 30, 12-5p Open May 31 12-7p	CLOSED	CLOSED	CLOSED	CLOSED
JUNE / JULY	JUNE / JULY	JUNE / JULY	JUNE / JULY	JUNE / JULY	JUNE / JULY
See ARC section, pg. 16 The Water Zone will be CLOSED July 23-31	M-F 12-7p Sa 11a-5p Su 12-5p	LESSONS ONLY See pg. 17	OPEN FOR SEASON June 3 M, W, F 1-7p T, Th, Su 12-5p Sa 11a-5p	OPEN FOR SEASON June 3 M, W, F 1-7p T, Th, Su 12-5p Sa 11a-5p	OPEN FOR SEASON June 3 M, W, F, Sa 11a-5p T, Th 1-7p Su 12-5p
AUGUST	AUGUST	AUGUST	AUGUST	AUGUST	AUGUST
See ARC section, pg. 16	M-F 12-7p Sa 11a-5p Sun 12-5p Last Weekday: Aug 12 Open Aug 13, 14, 20, 21, 27, 28 12-5p CLOSED Aug 15-19, 22-26, 29-31 * Little Swimmers	CLOSED	M, W, F 1-7p T, Th, Su 12-5p Sa 11a-5p Last Day: Aug 7	M, W, F 1-7p T, Th, Su 12-5p Sa 11a-5p Last Day: Aug 7	M, W, F, Sa 11a-5p T, Th 1-7p Su 12a-5p Last Day: Aug 7
SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER
See August issue of Leisure Times	CLOSED Sept 1-2 Open Sept 3, 4, 5 12-5p After Labor Day CLOSED FOR SEASON	See August issue of Leisure Times	CLOSED FOR SEASON	CLOSED FOR SEASON	CLOSED FOR SEASON

NOTE

*Tuesday Little Swimmers is free for aquatic season pass holders. Little Swimmers hours are AOFAC: Mon-Fri. 10:45-11:45am. All facilities are subject to early closings if low attendance (10 patrons or less in a two hour period), weather warrants, or for a special program. All outdoor facilities will remain closed whenever projected high air temperatures for the day are below 75 degrees.



INCLEMENT WEATHER POLICY

Lightning poses a serious risk of injury at our aquatic facilities, including our indoor facilities. Due to the seriousness of this issue, we have developed the following policy for our aquatic facilities. When inclement weather occurs, the water will be cleared and our staff will remain at the facility and attempt to reopen as soon as possible. If we are unable to reopen after forty-five minutes, the pool will close and attempt to reopen later in the day. This policy is in effect until one hour prior to official closing time. All facility closings will be announced on the Swim Hotline (874-7663).

AQUATICS SPECIAL EVENTS

LITTLE SWIMMERS PLAYTIME

Come enjoy the play structure and zero depth area at Albert-Oakland Family Aquatic Center or the kiddie water park at Little Mates Cove during a time specifically reserved for little ones and an adult playmate. Daily admission fee is required for all participants which includes all little ones and their adult playmates. This activity is for ages 10 and under with an adult (16 years or older).

*Mon-Fri, June 6-Aug 5, AOFAC 10:45-11:45a
Tuesday is free for aquatic season pass holders*

Fee \$1 for all participants

LITTLE SWIMMERS AT THE ARC, PAGE 14

BIRTHDAY PARTY SPECIALS

1. Birthday parties are held at the ARC Water Zone, Lake of the Woods Pool, and Little Mates during the summer season. **For ARC party packages see page 14.** Lake of the Woods and Little Mates parties are available for children 12 and under during public recreation swim times. The party fees below apply.
2. Reservations must be made a minimum of two weeks in advance.
3. Reservations can **only be made** by calling the ARC at 874-7700.
4. Payment must be made at the time of reservation of the party. Payments may be made over the phone with a MasterCard or Visa.
5. Everyone who enters is counted. To insure proper supervision and safety, the adult to child ratio must be one adult to every 10 children.

Party Fees — Pool admission for each attendee plus any of the following: **Tables:** \$7 per hour per table; **Pizza:** \$9 per large pizza; **Drinks:** \$3.75 per 10 pack of Kool-aid Jammers. **NOTE:** Parties may order as many pizzas and as much Kool-aid as desired for the number of attendees. Cake, ice cream, cookies or other party treats may be brought into the facility when a party is booked.

FAMILY SPLASH BASH

Bring the whole family and watch the sun go down while you swim, have dinner and enjoy music. Glow sticks provided, dinner includes hot dog, chips and Kool-Aid. Children under 10 must be accompanied by and adult. Season passes not valid.

*Lake of the Woods Pool
July 8, 7:30-9:30p
\$5 per person*

BOOK NOW!!! AQUATIC PRIVATE RENTALS

Enjoy a pool side private party, family reunion or office party in a pleasant environment. Aquatic facilities may be reserved for a two-hour time period after recreational swim times or other times when the facilities are not in use. Lifeguards are provided. Children and youth groups must have one adult to every ten children. All regular facility rules are in effect. Reservations are accepted on a first come, first served basis and may be made in person at the ARC, 1701 W Ash, or by calling the ARC (874-7700). All arrangements must be made a minimum of two weeks in advance and payment is due at the time of reservation.

RENTAL RATES

ARC	See ARC Water Zone rates, page 14
Albert-Oakland Family Aquatic Center	\$250
Without Water Play Area	\$168
Water Play Area only	\$99
Douglass Family Aquatic Center.	\$117
Hickman Pool	\$168
Lake of the Woods Pool	\$117
Little Mates Cove at Twin Lakes.	\$155

- These rentals are for groups of 50 or less. Each additional person counted over 50 is \$1 each. **Every one attending is counted, even if they do not swim.**
- Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

FATHER'S DAY SPECIAL

Dads, get FREE admission at all City outdoor pools with the purchase of a child's admission! Valid on Father's Day only.
June 19, All pools, all day

ARC WATER ZONE

HOLIDAY HOURS

May 30	11a-12p Lap Swimming	12-5p Rec Swim
July 4	11a-12p Lap Swimming	12-5p Rec Swim

REC SWIM

Try three story water slide, take a trip around the lazy river, or go for a spin in the vortex. Children 10 years and under can enjoy the zero depth entry and our water play feature. In addition, there are three, 25-yard lap lanes available during this time for your workout.

LAP/SPA/WALK

Water provides the opportunity to exercise in numerous ways that are not available in typical land based activities. Water lends itself to a well-balanced workout that improves all major components of physical fitness, aerobic training, muscular strength and endurance, flexibility and body composition. Patrons 16 and older can enjoy the Hydro Therapy Pool.



WATER ZONE BIRTHDAY PARTY PACKAGES

Celebrate your birthday at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 874-7700 or by reserving them in person. Payment must be made at the time of reservation either in person or over the phone with a MasterCard or Visa. More information will be located on the back of the party contract.



ALL PACKAGES INCLUDE:

- 2 hours in selected party room
- Pizza or hotdogs & chips, additional pizza may be purchased
- Soda or Kool-aid
- Daily admission for the number of guests specified in the package
- Souvenir party t-shirt for the birthday child
- Wrist bands to enter the facility
- Free birthday invitations to all party participants with free guest pass for future ARC visit
- Party attendant will deliver food and drink
- Guests may stay and enjoy the ARC after the party is over

ROOM TIMES

Mon, Wed, or Fri 1:30-3:30*p, 4-6*p; 6:30-8:30p
Sat or Sun 12-2p or 2:30-4:30p

Parties are only available during Rec swim times.

**Available when school is not in session or on early release days*

RECEIVE \$25 OFF YOUR PACKAGE COST WHEN YOU HAVE YOUR PARTY ON MONDAY OR WEDNESDAY!

BASIC PACKAGE

Room: Raindrop
Participants: 15 max
Food: 4 pizzas or hotdogs & chips
Cost: Member \$143.75
Nonmember \$172.50

DELUXE PACKAGE

Room: Typhoon
Participants: up to 25
Food: 5 pizzas or hotdogs & chips
Cost: Member \$172.50
Nonmember \$201.25

EXTREME PACKAGE

Room: Typhoon
Participants: up to 35
Food: 6 pizzas or hotdogs & chips
Cost: Member \$201.25
Nonmember \$230

ULTIMATE PACKAGE

Room: Typhoon
Participants: up to 45
Food: 7 pizzas or hotdogs & chips
Cost: Member \$230
Nonmember \$258.75

**All adults and children attending the party will be counted.*

WATER ZONE ROOM RENTAL

If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This two-hour package does not include admission into the facility. See page 6 for fees. Available Mon, Wed, or Fri 1:30-3:30*p, 4-6p, 6:30-8:30p.

Rooms	Raindrop	Typhoon
Maximum Capacity	15 persons	55 persons
2-Hour Room Rental	\$37	\$50

- Extra pizza cost \$9
- T-Shirt cost \$6
- Admission to the ARC is REQUIRED for each person with this room rental.
- If swimming isn't part of your plan, we have other room rental options, see page 8.

**Available when school is not in session or on early release day*

WATER AEROBICS CLASS

This low impact activity uses water as resistance to improve your strength, posture, flexibility and coordination while getting a great cardiovascular workout. Work at your own pace, whether you are a beginner, intermediate, or advanced level participant.

MOVING MY JOINTS

For those who are challenged by arthritis or have special conditions that make the other group fitness classes too difficult. This class is beneficial for participants who need a slower paced workout

LITTLE SWIMMERS PLAYTIME

Come enjoy the play structure, zero-depth area and the lazy river of the ARC Water Zone during a time specifically reserved for the little ones and an adult playmate. Day Care providers, please see our special day care swim times. Daily admission fee is required for all participants which includes all little ones (8 and under) and their adult playmates. Children must be accompanied by an adult (16 or older).

Mon - Thurs 11a-12p
Tues & Thurs are free to ARC members only
\$1 for all participants

LITTLE SWIMMERS AT ALBERT-OAKLAND, PAGE 13

DAYCARE SWIM

Home daycares and daycare centers are welcome to bring their children to enjoy the play structure and zero depth area of the ARC Water Zone in a time specifically reserved for you.

Reservations are required.

Required adult to child ratios: 2 years of age 1:4, 3-5 years of age 1:6, 6 years of age and older 1:10. This activity is for ages 10 and under with adult supervision (16 years and older).

Tues & Thurs 10-11a \$1 for all participants





..... ARC WATER ZONE SCHEDULE: APRIL 10 – MAY 28*

SUN	MON/WED	TU/THU	FRI	SAT
ARC CLOSED	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-6:55a	Lap/Spa/Walk 5:45-7a	ARC CLOSED
	Lap/Spa/Walk 7-7:55a	Water Aerobics 7-7:50a	Lap/Spa/Walk 7-7:55a	
	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 7:10-8a
	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 8:10-9a
	Moving My Joints 10-10:50a	Lap/Spa/Walk 10a-1:30p	Moving My Joints 10-10:50a	Swimming Lessons 9:10-9:55a**
Lap/Spa/Walk 9a-12p	Little Swimmers 11a-12p	Little Swimmers 11a-12p *ARC Members Free	Lap/Spa/Walk 11a-1:30p	Swimming Lessons 10:10-10:55a**
Rec Swim 12-5:30p	Lap/Spa/Walk 11a-1:30p	Water Zone Closed 1:30-3p		Water Zone Closed 1:30-3p
	Water Zone Closed 1:30-3p **Spa will be closed 1:30-6p for maintenance every Wed.**	Lap/Spa/Walk 3-5:25p	Lap/Spa/Walk 3a-5p	
	Lap/Spa/Walk 3-5p	Water Aerobics 5:30-6:20p		
	Rec Swim 5-9p	Lap/Spa/Walk 6:30-9p	Lap/Spa/Walk 3a-5p	

WATER ZONE CLOSED

* Due to School Rentals, the Water Zone schedule may vary a few days during April / May.

** Lap/Spa/Walk is available when lessons are NOT in session.

Please call or look for special notices posted at the facility.

Classes listed in **SHADED BOX** require an additional fee.



ARC WATER ZONE SCHEDULE: MAY 29 - AUGUST 13
 WATER ZONE CLOSED JULY 23-31 FOR ANNUAL MAINTENANCE

SUN	MON/WED	TU/THU	FRI	SAT
ARC CLOSED	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-6:55a	Lap/Spa/Walk 5:45-7a	ARC CLOSED
	Lap/Spa/Walk 7-7:55a	Water Aerobics 7-7:50a	Water Aerobics 7-7:55a	
	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 7:10-8a
	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 9a-9:50a	Water Aerobics 8:10-9a
	Moving My Joints 10-10:50a	Lap/Spa/Walk 10a-12p	Moving My Joints 10-10:50a	Swimming Lessons 9:10-9:55a*
Lap/Spa/Walk 9a-12p	Little Swimmers 11a-12p	Little Swimmers 11a-12p *ARC Members Free	Lap/Spa/Walk 11a-12p	Swimming Lessons 10:10-10:55a*
Rec Swim 12-5:30p	Lap/Spa/Walk 11a-12p	Rec Swim 12-5:25p	Rec Swim 12-9p	Swimming Lessons 11:10-11:55a*
		Water Aerobics 5:30-6:20p		Rec Swim 12-6:30p
	Spa will be closed 1:30-6p for maintenance every Wed.	Swimming Lessons 6:45-7:30p*		
		Swimming Lessons 7:45-8:30p*		
		Lap/Spa/Walk 8:30-9p		

WATER ZONE CLOSED

* Lap/Spa/Walk is available except when lessons are in session
 -Classes listed in **BLACK** are included with Daily, Multi and Annual Membership Passes.
 Classes listed in **SHADED BOX** require an additional fee.
 -Spa will be open when activities are scheduled in the pool except private rentals.
 -Lap Swim is available during all Rec Swim times.
 -Spa Maintenance will occur each Wednesday.



COLUMBIA PARKS & RECREATION

LEARN TO SWIM PROGRAM

Registration will be taken at the ARC located at 1701 W. Ash (874-7700) or the Parks and Recreation office located at 1 S. 7th Street (874-7460). Registration ends at noon on the Thursday prior to the session. After that day, participants may only register by calling the manager at the facility to determine space availability. Participants may register in person, by mail or over the phone with a MasterCard or Visa. Payment at the time of registration is required.

LEARN TO SWIM

Minimum age - 3 years old by first class. Children will be placed in class levels 1-6 by aquatic staff according to their age and previous swim experience. If your child has taken lessons with us previously, please give this information at time of registration to insure proper class placement. Instructors reserve the right to determine your child's level of performance and adjust class placement accordingly.

Location: ARC, Albert-Oakland or Hickman Pool, see below

Class #	Date	Time	Place	Age	Price
316900-01	Sa: Jun 4-Jul 16	9:10-9:55a	ARC	3-15	\$40
316900-02	Sa: Jun 4-Jul 16	10:10-10:55a	ARC	3-15	\$40
316900-03	Sa: Jun 4-Jul 16	11:10-11:55a	ARC	3-15	\$40
316900-04	M-Th: Jun 13-Jun 23	10-10:45a	HICK	3-15	\$45
316900-05	M-Th: Jun 13-Jun 23	11-11:45a	HICK	3-15	\$45
316900-06	M-Th: Jun 13-Jun 23	5:30-6:15p	HICK	3-15	\$45
316900-07	M-Th: Jun 13-Jun 23	6:25-7:10p	HICK	3-15	\$45
316900-08	M-F: Jun 27-Jul 8*	10-10:45a	HICK	3-15	\$45
316900-09	M-F: Jun 27-Jul 8*	5:30-6:15p	HICK	3-15	\$45
316900-10	M-F: Jun 27-Jul 8*	6:25-7:10p	HICK	3-15	\$45
316900-11	Tu,Th: Jun 28-Jul 21	6:45-7:30p	ARC	3-15	\$45
316900-12	Tu,Th: Jun 28-Jul 21	7:45-8:30p	ARC	3-15	\$45
316900-13	M-Th: Jul 11-Jul 21	11-11:45a	HICK	3-15	\$45
316900-14	M-Th: Jul 11-Jul 21	5:30-6:15p	HICK	3-15	\$45
316900-15	M-Th: Jul 11-Jul 21	6:25-7:10p	HICK	3-15	\$45
316900-16	M-Th: Jul 25-Aug 4	11-11:45a	AOFAC	3-15	\$45

* No Class: 7/4

LEARN TO SWIM COURSE DESCRIPTIONS

MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

LEVELS	REQUIREMENTS	SKILLS TAUGHT
LEARN TO SWIM (Level One) STARFISH	None. The objective of Level 1 is to help students feel comfortable in the water.	Introduction to supported floating, immersion of face into water, blowing bubbles, introduction to kicking.
LEARN TO SWIM (Level Two A) CLOWNFISH	Passed Level One or demonstrate equivalent skills.	Ability to show some independence in water. Introduction to basic strokes.
LEARN TO SWIM (Level Two B) BLUEFISH	Passed Level Two A or demonstrate equivalent skills.	Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.
LEARN TO SWIM (Level Three) SEA TURTLES	Passed Level Two B or demonstrate equivalent skills.	Coordinate the front crawl and back crawl; introduction to elements of butterfly; introduction to elements of breast stroke.
LEARN TO SWIM (Level Four) STINGRAYS	Passed Level Three or demonstrate equivalent skills.	Develop confidence in the strokes learned in previous levels; build on butterfly and breast stroke.
LEARN TO SWIM (Level Five) DOLPHINS	Passed Level Four or demonstrate equivalent skills.	Coordination and refinement of strokes; increase distances; flip turns.
LEARN TO SWIM (Level Six) SHARKS	Passed Level Five or demonstrate equivalent skills.	Refine strokes-ease, efficiency, power, smoothness of greater distances.
PRIVATE SWIM LESSONS	Swimmers of all levels may sign up for this class. If you're a beginner or an avid swimmer, our instructors will help you improve your skills with one-on-one supervision. Registration for these classes is on a first-come, first-served basis. The lessons are for 6 half-hour sessions. Limited times available. Fee \$88	
SEMI-PRIVATE SWIM LESSONS	Semi-private lessons are available for a maximum of 2 participants (it is up to the individual to locate other individuals to form semi-private lessons). Fee \$110	



Youth and Teen Aquatics | Water Specialty Classes

ADAPTIVE SWIM

Designed to provide a safe, enjoyable recreation experience for individuals who have physical disabilities, impairments or are developmentally disabled. The participation of a family member is encouraged and may be required. This course is taught in a small group format. Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Age	Price
316600-01	M-Th: Jun 13-Jun 23	9-9:45 am	3+	\$45
316600-02	M-Th: Jun 13-Jun 23	7:15-8 pm	3+	\$45
316600-03	M-F: Jun 27-Jul 8*	9-9:45 am	3+	\$45
316600-04	M-F: Jun 27-Jul 8*	7:15-8 pm	3+	\$45
316600-05	M-Th: Jul 11-Jul 21	9-9:45 am	3+	\$45
316600-06	M-Th: Jul 11-Jul 21	7:15-8 pm	3+	\$45

* No Class: 7/1, 7/4

PARENT & CHILD SWIM LESSONS

A parent must accompany the child in the water. Program is intended to help the child develop a comfort level in and around the water, as well as to provide the parent with the necessary knowledge and skills to orient the child.

Location: See below

Class #	Date	Time	Place	Age	Price
316700-01	M-Th: Jun 13-Jun 23	6:30-7p	HICK	6 mos-3	\$40
316700-02	M-F: Jun 27-Jul 8*	6:30-7p	HICK	6 mos-3	\$40
316700-03	M-Th: Jul 11-21	6:30-7p	HICK	6 mos-3	\$40
316700-04	Sa: Jun 4-Jul 16	10:10-10:40a	ARC	6 mos-3	\$35

* No Class: 7/1, 7/4

DAY CARE SWIM LESSONS

Designed to provide a safe, enjoyable recreation experience for the day care groups that wish to come all at once. This course is taught in a small group format.

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Ages	Price
316901-01	M-F: Jun 27-Jul 8*	11-11:45a	3+	\$40
316901-02	M-F: Jul 11-Jul 22	10-10:45a	3+	\$45

* No Class: 7/4

ARE WE GOING TO HAVE CLASS

Make-up days will be scheduled the Friday following the last day of lessons only if a cancellation is made by the Parks and Recreation Department staff. There are no make up days for the ARC or lessons missed for personal reasons.

REFUND POLICY

For information on the refund policy please see the General Information section, page 5.

In the event of inclement weather, please call 874-7663. This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled. Note: Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.

WATER SPECIALTY CLASSES

DEEP WATER AEROBICS

This low-impact session workout is designed to strengthen and tone all muscle groups with maximum aerobic effort. Instructors will use resistance equipment during this class to challenge participants. Pre-registration is required. Must have a minimum of 10 participants.

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Age	Price
301205-01	Tu,Th: May 3-May 19	5:30-6:20p	16+	\$24

Location: Albert-Oakland Family Aquatic Center

Class #	Date	Time	Age	Price
301205-02	M,W: Jun 6-Jun 22	6-6:50p	16+	\$24
301205-03	M,W: Jun 27-Jul 13*	6-6:50p	16+	\$20
301205-04	M,W: Jul 25-Aug 10	6-6:50p	16+	\$24

* No Class: 7/4

All Water Fitness classes, except specialty classes, are included with ARC Annual Memberships. Water Fitness classes, except Water Boot Camp, are geared for 15 years and older to participate.

JUNIOR LIFEGUARD

Learn valuable lifeguarding skills and get the chance to aid the aquatic staff. Participants will receive a t-shirt.

Location: Albert-Oakland Family Aquatic Center

Class #	Date	Time	Ages	Price
316801-01	M,W,F: Jul 11-Jul 22	5:30-7p	12-15	\$30

STARGUARD LIFEGUARD TRAINING

Learn first aid, CPR, oxygen administration, and how to handle incidents in a professional manner. Pre-requisites: tread water for one minute using legs only, swim 50 yards w/tube, 50 yards w/o tube continuously (front crawl or breast stroke), retrieve 10-pound object from 12 feet, access Internet (class requires online course). Test must be submitted first day of class. Age: Must be 15 by first day of course.

*Price: Free for guards employed by Columbia Parks and Recreation, \$130 for other participants. Class meets on Friday from 5-9p, Saturday and Sunday from 8a-5p

**Please pick up your book at the ARC front desk, 1701 West Ash Street, PRIOR TO class start date. You must also complete the online portion of the class BEFORE the first day of class. An online key code is included with your book.

Location: Albert-Oakland or Hickman Pool

Class #	Date	Time	Ages	Price
201200-02	F-Su: Apr 15-Apr 17	F: 5-9p, Sa-Su: 8a-5p	15+	\$130
201200-03	F-Su: Apr 29-May 1	F: 5-9p, Sa-Su: 8a-5p	15+	\$130
201200-04	F-Su: May 13-15	F: 5-9p, Sa-Su: 8a-5p	15+	\$130
201200-05	W-F: Jun 1-3	W: 9a-5p	15+	\$130

DIVE INTO A POOL OF OPPORTUNITY...

as a lifeguard or swim instructor. The Columbia Parks and Recreation Department is hiring enthusiastic lifeguards and instructors for the summer. If you have initiative and want to learn skills that will last a lifetime then come join the BEST Aquatic Team in town. Contact the City of Columbia Human Resources Department at 874-7235 for more information or find them on-line at www.GoColumbia.Mo.com.



LIFEGUARD RE-LICENSE

The recertification course is offered to those currently certified in lifeguarding and CPR who need to be recertified. The training and CPR certification is good for one year. Training will consist of a review of the class materials, a final skills test, and a final written test. *The day of the class you will need to bring your certification card. Enrollment in class does not guarantee a passing grade. Please contact us directly at 874-7700 to register.

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Age	Price
201201-02	Su: Apr 17	8a-5:30p	15+	\$100

SUMMER SWIM TEAM

Join in the spirit and fun of our summer swim team, the Piranhas! This team is designed for Columbia area youth (age 5-18) to participate on a summer recreational swim team. This team is part of the Show-Me League. The team welcomes beginner team members!

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Ages	Price
316903-01	M,Tu,Th,F: Jun 1-Jul 8*	3:15-4:15p	5-18	\$100

* No Class: 7/4

COLUMBIA SWIM CLUB

Come join the summer fun! The Columbia Swim Club is the oldest and longest running swim team in Columbia. The club is a non-profit organization co-sponsored by the Columbia Parks and Recreation Department designed to promote competitive swimming in the community. The goal of the club is to introduce athletes to the fun and excitement of a life sport, improve their stroke technique and self-confidence. CSC swims year round and you can join any time. Contact a coach at Columbia Swim Club at sarah@csctigersharks.org or visit www.csctigersharks.org for more information.

ADULT AQUATICS

ADULT SWIM INSTRUCTION

You're never too old to learn to swim! These private lessons are for adults who would like to get acquainted or reacquainted with the water, brush-up on skills, and learn some new ones. This personal setting allows you to learn at your own pace toward your personal goals. Your six half-hour sessions are set according to your schedule with your instructor at any of our six guarded facilities. Please call the ARC at 874-7700 to register.

Price: \$88

ADULT LAP SWIM ONLY

This is a time for adults (16 and older) to enjoy lap swimming or water walking outside in the fresh summer air at Albert-Oakland Family Aquatic Center. It does take place during Little Swimmers but in a separate pool.

Mon-Thurs, June 6-Aug 5, 10:45-11:45a

Price: \$1 for all participants

** Two lanes during Swim lessons will be reserved for Lap swimmers. AOFAC Lessons Jul 25-Aug 4

ARTS, CRAFTS & LEISURE

CLASSES FOR KIDS AND TEENS

SATURDAY GAME ROOM DROP-IN

Bored on Saturday mornings and afternoons? Come to the Armory with your family and friends to play ping-pong, foosball, shuffleboard, air hockey, safe darts, or just watch a movie.

Location: Recreation Room @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	Saturdays	9a-1p	7-17	Free

4TH FRIDAY KIDS' NIGHT

Parents, need some time out? Kids, just want to have fun? We're here to help! Sign up to drop off the kids for a fun night of crafts, games, snack and movie at Hillcrest Community Center on the 4th Friday of most months. Pre-registration is required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
302909-01	F: Apr 22	6-9:30p	4-10	\$15
302909-02	F: Jun 24	6-9:30p	4-10	\$15
302909-03	F: Jul 22	6-9:30p	4-10	\$15
302909-04	F: Aug 26	6-9:30p	4-10	\$15

ARMORY SCIENCE KLUB (ASK)

Hey kids! Do you love performing science experiments? If so, then join ASK - the Armory Science Klub - where we study the world around us by ASKING questions and doing experiments. Young scientists will erupt volcanoes, make electricity and magnets, discover chemical reactions, launch rockets and more. Different experiments every session.

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
313900-01	Th: Apr 7-May 12	6-7p	8-10	\$27



CLAY FOR PLAY

Like to play with clay? You'll create a different project each week- starting with simple clay play and advancing toward making a large piece made of clay.

Location: Armory Classroom @ Armory Sports Center

Class #	Date	Time	Age	Price
302916-01	W: Apr 13-May 18	4:30-5:30p	6-14	\$5



Arts, Crafts and Leisure

MOVIE NIGHT

Bored with just sitting at home on a Saturday evening? Watch age-appropriate movies with other youth in Columbia. Popcorn and soft drinks will be provided. Call 874-7460 or check www.gocolumbiamo.com for the movie titles showing this month! Please enter the building downstairs from the back parking lot. *Location: Armory Sports Center*

Class #	Date	Time	Age	Price
Drop in	1st & 3rd Saturdays	6-8:30p	All	Free

NEW MAKING MASTERPIECES

Dive in with paint, oil crayons, colored pencils and more to create a new masterpiece every week. Use the same techniques used by artists. Add your own touch to create something you'll want to frame and keep! *Location: Armory Sports Center*

Class #	Date	Time	Age	Price
302917-01	T: Apr 26-May 31	6:15-7:30p	7-12	\$28

CLASSES FOR TEENS AND ADULTS

K.E.Y. BOYS RETREAT

Day-long retreat with games, sports and group challenges as well as discussion of leadership, team building, current events and more. Call 817-5077 for more information. *Location: Armory Sports Center*

Class #	Date	Time	Age	Price
314800-01	Sa: Apr 16	9:30a-6:30p	10-14	\$5

K.E.Y. GIRLS RETREAT

Day-long retreat with games, sports and group challenges as well as discussion of leadership, team building, current events and more. Call 817-5077 for more information. *Location: Armory Sports Center*

Class #	Date	Time	Age	Price
314802-01	Sa: Apr 23	9:30a-6:30p	10-14	\$5

K.E.Y. GIRLS SCOUT DAY

Calling all Daisies, Brownies, and Juniors! Join us for an afternoon of fun and learn teamwork, tips on staying active, and even some self-defense techniques. Call 817-5077 for more information. *Location: Armory Sports Center*

Class #	Date	Time	Age	Price
314803-01	Sa: Jul 16	1-6p	5-11	\$5

"LATE NIGHT" TEEN RECREATION

Looking for something to do? Grab a friend and head to the Armory for open gym (basketball and volleyball). Note: No adults allowed. *Location: Armory Sports Center*

Class #	Date	Time	Age	Price
Drop in	F, Sa: June 10-Aug 6	7-11p	12-17	Free

* Skip 7/1, 7/2, 7/22

"REFLECTIONS" POETRY SOCIETY

Have something to say and want it heard? Join us to write, critique and hold discussion groups. No experience required except a desire to explore the written word as expression. Adults as well as teens are welcome. Please email Mary.Dewey@com.gov for more information. *Location: Main Floor Classroom @ Armory Sports Center*

Class #	Date	Time	Age	Price
Drop in	1st & 3rd Wednesdays	6-7p	13+	Free

LEARN TO CROCHET

Learn the relaxing and satisfying art of crochet! This class will focus on the basics of crochet, such as materials, crochet terms, stitches and reading a crochet pattern. Please bring G, H, and I crochet hooks; 4-ply acrylic yarn; yarn needle; 6-inch ruler; and be prepared to purchase a beginning Crochet book. Pre-registration required.

Instructor: Lynn Darst

Location: Conference Room @ ARC

Class #	Date	Time	Age	Price
302200-01	W: Jun 8-Jun 29	6-8p	12+	\$37

CONTINUING CROCHET

Now that you've learned the basics of how to crochet, don't stop there! Continue to expand on your crochet skills and knowledge in this class. Bring the project you are currently working on and supplies needed for it. Pre-registration required.

Instructor: Lynn Darst

Location: Conference Room @ ARC

Class #	Date	Time	Age	Price
302204-01	W: Apr 20-May 11	6-8p	12+	\$37
302204-02	W: Jul 13-Aug 3	6-8p	12+	\$37

NEW BEGINNING MAH JONGG

Learn how to play this fun and strategic tile game, following rules established by National Mah Jongg League. Learn fundamentals, etiquette, best practices and strategies for winning. Pre-registration is required. Note: participants will need to purchase an \$8 - 2016 NMJL card.

Instructor: Susan Phillips

Location: Hillcrest Room A at Waters-Moss

Class #	Date	Time	Age	Price
314101-01	T: May 3-Jun 7	1-3p	18-adult	\$49

NEW CONTINUING MAH JONGG

For beginning players who know the basics and want to sharpen their skills and continue practice in selecting hands from the card. Class follows rules established by National Mah Jongg League. Pre-registration is required. Note: participants will need to purchase a 2016 NMJL card.

Instructor: Susan Phillips

Location: Hillcrest Room A at Waters-Moss

Class #	Date	Time	Age	Price
314102-01	T: Jun 14-July 5	1-3 pm	18-adult	\$34



INTRO TO VOICEOVERS

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that?" This fun and empowering 2 hour introductory workshop covers the different types of voiceovers and what tools are needed in order to find success in the industry. You'll be coached as you perform a real voiceover script and be recorded so that you can receive a professional voiceover evaluation later. After class you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
313138-01	W: Jun 15	6-8p	18+	\$49



NEW DOGS AND STORKS

Ease into the transition from pet parents to baby parents with pets. Learn positive, practical, and fun solutions that will help you include your dog once baby arrives. This new workshop is perfect for expecting families with dogs, as they prepare for life with baby. Pre-registration required.

Instructor: Steven Bishop, Certified Dog Trainer

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
313142-01	Tu: May 10	6:30-8:30p	18+	\$25

CROCHET FOR BEGINNERS

Want to develop your crochet skills? Crochet helps improve concentration and relieves stress. While learning to chain stitch, single and double crochet, we will complete 3 projects to include a granny square pot holder, dishcloth and choice of round coaster set or headband. Everyone is welcome, no experience required. Materials provided.

Location: Armory Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
313227-01	Sa: Apr 9-May 14	11:15a-12:15p	13+	\$32

CERAMICS, PAGE 9



Career Awareness Related Experience (C.A.R.E.) Program

Columbia Parks and Recreation Department

Located in the Armory Sports Center

701 East Ash Street, 2nd Floor • Columbia, MO 65201

(573) 874-6300 • careprogram@gocolumbiamo.com

www.GoColumbiaMo.com (search CARE)

Like us on Facebook: [City-of-Columbia-CARE-Program](https://www.facebook.com/City-of-Columbia-CARE-Program)

Follow us on Twitter: [CareColumbiaMO](https://twitter.com/CareColumbiaMO)

Follow us on Instagram: [c.a.r.e.program](https://www.instagram.com/c.a.r.e.program)

"Investing in our Youth, Investing in our Future"

The City of Columbia's Career Awareness Related Experience (C.A.R.E.) Program's goal is for Columbia's youth to be ready to enter the workforce and become productive, self-sufficient citizens. Since 1982, the C.A.R.E. program has provided comprehensive services for Columbia's at-risk youth that include:

- job readiness training
- paid real-world hands-on work experience
- mentoring
- career exploration
- money management training

The C.A.R.E. program hires at-risk 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school and places them at local businesses, where they gain much needed real-world hands-on work experience while getting paid. One hundred percent of the trainees' wages are paid by C.A.R.E., which is administered through the Columbia Parks and Recreation Department.

C.A.R.E. TRADITIONAL SUMMER PROGRAM

C.A.R.E.'s Summer Program is its original and largest program. C.A.R.E. offers an eight-week program in which approximately 155 14- to 20-year-old trainees are hired at minimum wage to work up to 20 hours per week at a variety of local work sites.





WANT TO MAKE A DIFFERENCE THIS SUMMER, WHILE GETTING FREE LABOR?

C.A.R.E. depends on partnerships with area companies (work site partners) to provide the work sites and the real-world hands-on work experiences for its trainees; however, 100% of the trainees' wages are paid by C.A.R.E. There is zero financial cost to the work site partners.

Work site partners are investing in our future by investing in our youth, while at the same time receiving free labor. The youth trainees gain valuable employment experience and life skills while earning a paycheck. C.A.R.E. is a win-win-win situation for the trainees, the work site partners, and the Columbia community as a whole.

For more information on how your company can make a difference and get free help, contact Ron Schmidt at Ron.Schmidt@como.gov or (573) 874-6377.

C.A.R.E. ART GALLERY EXHIBITION & SALE FRIDAY, AUG 5 - FRIDAY, AUG 26

Come see the art created by the teen artists working in the C.A.R.E. program. Support these emerging artists and find some amazing art! These teens have created a variety of art under the guidance of several professional artists, including:

- landscape painting (with Jessie Starbuck)
- lino-block prints (with Jeffrey Moore)
- ceramic jewelry (with Peggy Craig and Nancy Gause)
- art photography (with Anastasia Pottinger)
- handmade greeting cards (with Kelsey Hammond)

Preview show in conjunction with First Friday Art Crawl - Friday, August 5, from 6:00 to 9:00p.

View and purchase art, as well as participate in an art activity organized by the C.A.R.E. Art Gallery trainees.

Opening night reception - Saturday, August 6, from 5:00 to 8:00p.

Come celebrate the C.A.R.E. Art Gallery trainees. This will be a wonderful opportunity to meet the teen artists and talk to them about their work, as well as view and purchase art. Refreshments will be served.

All events will take place at the Balsamo Warehouse Gallery, which is located at 110 Orr St, Columbia, MO 65201.

C.A.R.E. ART GALLERY

The C.A.R.E. Art Gallery, which began in 2000, serves as a visual arts work site for the C.A.R.E. program. Approximately 15 creative youth are given the opportunity to work as paid artists (minimum wage) for eight weeks. Art Gallery trainees work with and learn from professional artists. They participate in art activities designed to enhance their existing skills and knowledge. Art Gallery trainees learn artistic techniques on a variety of media, and create their own artwork. The Art Gallery is funded in part by the Missouri Arts Council and the City's Office of Cultural Affairs.



CAMP SALSA

Camp Salsa is also an 8-week summer program. It is a collaborative academic/employment effort between the C.A.R.E. program, MU Family Impact Center, Columbia Center for Urban Agriculture, and Columbia Public Schools. Camp Salsa began in 2015.

Camp Salsa provides opportunities for about 15 local high school students to work from beginning to end on a project to foster skills that can be transferred into the workforce. The main components of the

Camp Salsa experience are: • Grow • Cook • Sell

DANCE, CHEERLEADING & TUMBLING . . .

CLASSES FOR TODDLERS

TODDLER JAZZ, BALLET AND CHEER

Learn the basics of ballet, jazz dance and cheerleading movement and skills in this fun class (with parent). Pre-registration required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
307703-01	Th: May 5-May 19	6-6:30p	2-3 w parent	\$35
307703-02	Th: Jun 16-Jun 30	6-6:30p	2-3 w parent	\$35





TODDLER TUMBLE TOTS

Explore simple floor exercise, dance, music, movement and imagination through dance games, musical activities, simple tricks and more! Have fun and learn while gaining flexibility and coordination. Pre-registration required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
307702-01	Th: May 5-May 19	6:30-7p	2-3 w parent	\$35
307702-02	Th: Jun 16-Jun 30	6:30-7p	2-3 w parent	\$35

PRESCHOOL SUMMER DANCE CAMP

Learn very basic dance moves and a fun routine to perform in the all-camp dance show at the close of camp Friday. Don't miss this fun parent-child interactive camp! Pre-registration required.

Instructor: Carrie Burns

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
305712-01	M-F: Jul 25-Jul 29	8:30-9 am	2-4 w parent	\$45

CLASSES FOR YOUTH

FATHER-DAUGHTER DANCE NIGHT

Ahoy mateys! Don't miss the 18th Annual Father-Daughter Dance Night. This year's theme is pirates, so grab your eye patch, dress like a pirate and sail on in for dancing, refreshments, and even learning a few dance steps. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
314301-01	Fr: Jun 17	6-8p	All	\$15 per couple, \$3 addl daughter



JAZZ, BALLET & CHEER

Learn upbeat jazz dance moves, exciting cheers and basic ballet skills all in one fun class! Pre-registration required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
305701-01	Th: May 26-Jun 9	6-6:30 pm	4-8	\$35
305701-02	Th: Jul 7-Jul 21	6-6:30 pm	4-8	\$35

TUMBLE JUMBLE

A jumble of tumble and dance fun all in one! A mix of music, dance, floor exercise, movement and imagination, through dance games, simple tricks, musical activities and more! Pre-registration required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
305709-01	Th: May 26-Jun 9	6:30-7p	4-8	\$35
305709-02	Th: Jul 7-Jul 21	6:30-7p	4-8	\$35

SUMMER DANCE AND CHEER CAMP

Get ready for a high-energy, fun-filled week, where you will learn dance fundamentals and routines in ballet, jazz and cheerleading. Perform what you learn in the end of camp show on Friday at 9am. Pre-registration required.

Instructor: Carrie Burns

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
303906-01	M-F: Jul 25-Jul 29	9a-12p	5-8	\$99

BOONE COUNTY DOUBLE DUTCH JUMP ROPE

Come join the Hoppers Double Dutch Jumpers! Learn an assortment of jumps with two ropes and perform tricks which will incorporate fancy foot movements. This is a great opportunity to get in shape, meet new friends, and have some fun! Call 817-5077 for more information.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M, W thru May 4	5-6p	7-14	Free

SHO-ME SHO-STOPPERS HIP-HOP DANCE SQUAD

This group comes together to learn and practice modern dance steps. We will create routines and hope to give public performances around Columbia and Central Missouri. We want motivated males and females to join the group and make it a success. Call 817-5077 for more information.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M, W	4:30-5:45p	8-14	Free

LIL' LADY BULLDOGS DANCE/CHEER

This group will learn and practice several dance and cheer routines. There will be opportunities to perform at different events around Columbia. This is an excellent chance for your little one to make new friends and have fun with other young ladies. Call 817-5077 for more information.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
305909-01	W: Apr 6-Jun 8	6-7:30p	7-12	\$35



CLASSES FOR TEENS AND ADULTS

BALLROOM DANCE

Waltz, tango, fox trot and cha cha! Learn basic ballroom dance with your favorite partner. Pre-registration required, sign up with a partner. Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Table with 5 columns: Class #, Date, Time, Age, Price. Row 1: 305200-01, Th: Aug 4-Aug 18, 7-8p, 15+, \$36

SWING DANCE

Learn the basics of swing dance, including footwork and some break and turns, in this fun class! Please sign up with a partner. Pre-registration is required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Table with 5 columns: Class #, Date, Time, Age, Price. Row 1: 305202-01, Th: Aug 4-Aug 18, 6-7p, 15+, \$36

TAPPERCIZE

Get a cardio workout while tapping to music of different eras - Big Band to Contemporary. Tap shoes recommended but not required. Pre-registration required.

Instructor: Pat Schreiner

Location: Hillcrest Room D @ Waters-Moss

Table with 5 columns: Class #, Date, Time, Age, Price. Row 1: 305209-01, W: Apr 6-May 18*, 5:30-6:15p, 16+, \$35

* No Class: 4/27

FENCING & MARTIAL ARTS



CLASSES FOR YOUTH

INTRO TO FOIL FENCING

Stay healthy in body and mind, and have fun while exercising! Brief history, hand and body positions, lunges, attacks, parries, and strategy will be emphasized. Fencing jacket and equipment provided for use in class. Pre-registration required.

Instructor: John Konzal

Location: Moss Bldg. Room B @ Waters-Moss

Table with 5 columns: Class #, Date, Time, Age, Price. Rows: 311800-01 (Th: Apr 14-May 19, 6:30-8p, 10-17, \$48), 311800-02 (Th: May 26-Jun 30, 6:30-8p, 10-17, \$48), 311800-03 (Th: Jul 7-Aug 11, 6:30-8p, 10-17, \$48)

AIKIDO FOR KIDS

Learn confidence without aggression, and balance and coordination through patience and discipline. Both fun and physical, Aikido encourages harmony in the face of violence using redirection and fluid motion to end conflict both physically and verbally. Pre-registration required.

Instructor: Doris Evans

Location: Moss Bldg. Room A @ Waters-Moss

Table with 5 columns: Class #, Date, Time, Age, Price. Rows: 311908-01 (Sa: Apr 9-May 14, 9:30-10:30a, 10-13, \$37), 311908-02 (Sa: Apr 9-May 14, 10:45-11:45a, 6-9, \$37), 311908-03 (Sa: May 21-Jul 9*, 9:30-10:30a, 10-13, \$37), 311908-04 (Sa: May 21-Jul 9*, 10:45-11:45a, 6-9, \$37), 311908-05 (Sa: Jul 16-Aug 20*, 9:30-10:30a, 10-13, \$37), 311908-06 (Sa: Jul 16-Aug 20*, 10:45-11:45a, 6-9, \$37)

* No Class: 5/28, 7/2

BEGINNING JUNIOR TAE KWON DO

An introduction to the basics of Tae Kwon Do for 5 and 6 year olds! Learn this martial art of self-defense that develops coordination and balance through feet and hand techniques. Develop self-confidence, discipline and all-around physical fitness. Pre-registration required.

Location: Moss Bldg. Room B @ Waters-Moss

Table with 5 columns: Class #, Date, Time, Age, Price. Rows: 311902-01 (Tu: May 17-Jun 21, 6-6:30p, 5-6, \$35), 311902-02 (Tu: May 17-Jun 21, 6:30-7p, 5-6, \$35), 311902-03 (Tu: Jun 28-Aug 2, 6-6:30p, 5-6, \$35), 311902-04 (Tu: Jun 28-Aug 2, 6:30-7p, 5-6, \$35)

BEGINNING TAE KWON DO

Begin learning some of the basic hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Wear comfortable clothes that you can kick in. Uniform is required after first 6-week session. Belt testing fees paid separately. Pre-registration required.

Instructor: Mr. Jim Givens

Location: Moss Bldg. Room A @ Waters-Moss

Table with 5 columns: Class #, Date, Time, Age, Price. Rows: 311301-01 (Tu,Th: May 17-Jun 23, 6-7p, 7-adult, \$55), 311301-02 (Tu,Th: Jun 28-Aug 4, 6-7p, 7-adult, \$55)

INTERMEDIATE TAE KWON DO

Continue learning more of the hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Typically, students are ready for this class after about six months of study in the Beginning Tae Kwon Do class. Uniform is required. Pre-registration required.

Instructor: Mr. Jim Givens

Location: Moss Bldg. Room A @ Waters-Moss

Table with 5 columns: Class #, Date, Time, Age, Price. Rows: 311302-01 (Tu,Th: May 17-Jun 23, 7-8p, 7-adult, \$55), 311302-02 (Tu,Th: Jun 28-Aug 4, 7-8p, 7-adult, \$55), 311302-03 (Tu,Th: Aug 9-Aug 25, 7-8p, 7-adult, \$27.50)



ADVANCED TAE KWON DO

Continue refining the basics and begin learning some of the advanced hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Typically, students are ready for this class after reaching red belt in the Intermediate Tae Kwon Do class. Uniform is required. Pre-registration required.

Instructor: Mr. Jim Givens

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
311303-01	Tu,Th: May 17-Jun 23	8-9p	7-adult	\$55
311303-02	Tu,Th: Jun 28-Aug 4	8-9p	7-adult	\$55

FREE YOUTH SHORIN-RYU KARATE

Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. This is a free class. Enrollment is limited, so sign up early! This class must be completed before enrolling in beginning level Shorin-Ryu class.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
311901-01	M: May 9-Jun 20*	6:30-7 pm	7-11	Free

* No Class: 05/30

BEGINNING YOUTH SHORIN-RYU KARATE

Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Purchase of a uniform is required.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
311906-01	Th: May 5-Jun 23	6:30-7:15p	7-14	\$60
311906-02	Th: Jul 7-Aug 25	6:30-7:15p	7-14	\$60

ADVANCED YOUTH SHORIN-RYU KARATE

This class is for youth students of higher belt levels. Shorin-Ryu Karate Beginning Level class and approval from instructor is a prerequisite for joining this class. Purchase of a uniform is required.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
311907-01	Th: May 5-Jun 23	7:15-8p	7-14	\$60
311907-02	Th: Jul 7-Aug 25	7:15-8p	7-14	\$60

CLASSES FOR TEENS AND ADULTS

SEE OTHER CLASSES FOR ADULTS IN YOUTH SECTION

TAI CHI

Tai chi can be best thought of as a moving form of yoga and meditation combined. Many of the movements are derived from the martial arts, and perhaps even more ancestrally than that, from the natural movements of animals and birds. But in Tai Chi, the movements are performed slowly, softly and gracefully with smooth even transitions.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	M,W,F	8:30-9:30a	18+	Free
	Sa	9-10a	18+	Free

ADULT SHORIN-RYU KARATE

The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Shorin-Ryu Karate Beginner Levels class and approval from instructor is a prerequisite for joining this class. Pre-registration required.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
311208-01	M,Th: May 2-Jun 23*	8-9p	15+	\$75
311208-02	M,Th: Jul 7-Aug 25	8-9p	15+	\$75

* No Class: 5/30

FREE ADULT SHORIN-RYU KARATE

Try karate for free with this class! Enrollment limited.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
311200-01	Th: May 5-Jun 23	8-9p	15+	Free
311200-02	Th: Jul 7-Aug 25	8-9p	15+	Free

NEW KORYO GUMDO

Koryo Gumdo is a beautiful martial art involving the use of the long sword, the same one used by the ancient Samurai and Hwarang warriors. Mixing traditional and modern sword techniques, it is a graceful, but powerful martial art with rich philosophy. Required uniform, belt, Mokgum (wooden sword), and Jookdo (bamboo sword) purchased separately. Contact benjamin@theasbecks.net for information on ordering items. Pre-registration required.

Instructor: Benjamin Asbeck

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
311210-01	M: May 2-23	6-7 pm	13-adult	\$39
311210-02	M: Jun 6-27	6-7 pm	13-adult	\$39
311210-03	M: Jul 11-Aug 1	6-7 pm	13-adult	\$39
311210-04	M: Aug 8-29	6-7 pm	13-adult	\$39

AIKIDO

Learn how to relax, not fight, when conflict occurs. Aikido uses the principle of non-resistance, therefore strength is not a pre-requisite, making Aikido useful to women, men, and older people alike as an effective means of self-defense. Pre-registration required. Please Note: Beginners attend Monday & Friday. Intermediate & Advanced attend Monday & Wednesday.

Instructor: Doris Evans

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
311204-01	M,W,F: Month of May*	6-8p	15+	\$45
311204-02	M,W,F: Month of June*	6-8p	15+	\$45
311204-03	M,W,F: Month of July*	6-8p	15+	\$45
311204-04	M,W,F: Month of August	6-8p	15+	\$45

* No Class: 5/30, 6/17, 7/4

QIGONG

Use practices of Qigong and Tai Chi for alignment of breath, movement and awareness for exercise and health. Learning form, postures and movements promote longevity and offers a healthy balance. Call 817-5077 for more information

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	T, Th	8:30-9:30a	18+	Free



OKINAWAN GOJU-RYU KARATE

The Sho Rei Shobu Kan school of Goju-Ryu follows the traditional Okinawan philosophies of strengthening mind, body and spirit. Learn both the physical techniques of Karate, and such mental attitudes as patience, self-assurance, respect and self-discipline. Pre-registration required.

Instructor: Sensei Marlin Guest

Location: Moss Bldg. Room B @ Waters-Moss

Class #	Date	Time	Age	Price
311205-01	M,W: Month of May*	6-8p	14+	\$45
311205-02	M,W: Month of June	6-8p	14+	\$45
311205-03	M,W: Month of July*	6-8p	14+	\$45
311205-04	M,W: Month of August	6-8p	14+	\$45

* No Class: 5/30, 7/4

COLUMBIA CUP OPEN KARATE TOURNAMENT

This tournament will involve forms, sparring, weapons and light competition. All ages and belt ranks are welcome to compete. Foot and hand techniques score. Point areas are chest, stomach, side of body and head gear area. There will be no face contact under brown belt, no groin contact and no ground fighting. Trophies are awarded to 1-5th place along with grand champion trophy and black belt cash award. Contact Ray Walker for more information at 573-424-3368 or email rwalker@amfam.com.

Location: Gym @ Armory Sports Center

Class #	Date	Time	Age	Price
311308-01	Sa: Sep 24	8a-5p	5+	\$40



50+ TOURS AT NEW THEATRE.

FIFTY PLUS 50+

HILLCREST COMMUNITY CENTER

Hillcrest Community Center and Moss Building are home to daytime activities with 50+ adults in mind. The facility is located at Waters-Moss Memorial Wildlife Area, 1907 Hillcrest Dr. Stop by between 9a-4p or call 573-874-7475. You can also find our programs and activities online at www.GoColumbiaMo.com search: Senior/50+.

Participation in recreational activities, programs and tours requires an annual membership. For a small additional amount, Parks and Rec and Osher @ Mizzou will offer a "Combo Membership" that will add Friday Brown Bag seminars, the weekly email, This Week at Osher, and Osher Saturday Morning Book Talks.

Rooms are available for rent. Kitchen facilities are available. Contact the staff at 874-7475 for more information.

50+ EXPLORERS

This is a group organized to celebrate our local community. We visit new or established businesses, museums and galleries, historic sites, people or places of interest in and around Columbia. Our trips are taken aboard the 14-passenger Parks and Recreation bus and include social time at a local restaurant before or after each adventure. Jaunts occur as events can be scheduled and the best way to keep track is to check the web site or call 874-7475. Prices are minimal and vary depending on the activities. Advance registration is required as space is limited. Recent travels have taken us to see exhibits at Stephens College Costume Gallery and the State Historical Society at Ellis Library, as well as baking apple pies at Peggy Jean's Pies. Join us as we are always looking ahead to new adventures.

50+ TOURS

Office Hours: Mon-Fri 9am-4 pm 441-5525
Columbia Parks and Recreation has been offering a variety of day and overnight tours for 50+ active adults since 1970 as OAK Tours, now known simply as 50+ Tours. Fulfill your travel desires at group costs and make friends of similar age. You'll take a chartered motorcoach and be escorted by an experienced staff member. You can count on 50+ Tours for an interesting itinerary, comfortable pacing, quality accommodations and the sense of security that makes for travel at its best. (Trips are based on a minimum of 25-30 participants.)

DAY TRIPS

- Tu, Apr 12, 2016 St. Louis trip to MO Botanical Garden, tram, more! . \$65
- W, May 11, 2016 Beau Jeste @ New Theatre (stars Cindy Williams) . \$80
- Tu, May 24, 2016 Lake of the Ozarks trip w/ lunch cruise \$65
- W, Aug 10, 2016 Chicago-musical @ New Theatre \$80

New trips are always being added. Details are available to members in the newsletter and online at www.gocolumbiamo.com, Parks & Rec, Search: Senior/50+. Call 874-7475 for the most up-to-date schedule.

OVERNIGHT TRIPS

- June 2016 Chicago trip
- July 2016 Missouri Life on the Mississippi

50+ MEMBERSHIP FORM

Payment can be made in person at Hillcrest front desk or by mail with check payable to: **Columbia Parks and Recreation.**

(Membership fee includes activities unless otherwise noted.)

NAME 1 _____

NAME 2 _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Phone _____ Email _____

MARK THE 2016 MEMBERSHIP OPTION THAT APPLIES TO YOU:

- PARKS & REC AT HILLCREST/50+ \$25
 PARKS & REC / OSHER COMBO \$40

MAIL YOUR CHECK TO: COLUMBIA PARKS & RECREATION
 P.O. BOX 6015, COLUMBIA, MO 65205

SCRABBLE AND PEACH COBBLER

What do Scrabble and peach cobbler have in common? They share the same National Day! Join us as we celebrate National Scrabble Day and National Peach Cobbler Day. Come sample our peach cobbler while you play a game or two of Scrabble with your peers. No charge for Parks and Rec at Hillcrest members.

April 13, 10a

DANCE OPPORTUNITIES

The House Band invites the public to a music performance to listen or dance to:

2nd Friday Dance, 7-9p, Apr 8, May 13, June 10, July 8, Aug 12

5th Friday Dance, 7-9p, Apr 29, July 29

Snacks are welcome to share during the break.

POTLUCK, DANCE, AND GAME DAY

Potluck setup begins after 11am; meal begins at 11:30 am; followed by live music and games. Enjoy music, dancing, and games. The afternoon winds down about 3:30 pm. Bring a dish for potluck. Snacks also welcome for later.

3rd Friday 11:30a-3:30p, Apr 15, May 20, June 17, July 15, Aug 19

KARAOKE FRIDAY NIGHT

Enjoy Karaoke at Hillcrest Community Center. There is a huge selection of songs to choose from. Snacks are welcome for sharing throughout the evening. You will enjoy a smoke-free, alcohol-free, fun filled evening of socializing, listening, and singing your favorite songs.

1st and 3rd Friday Karaoke 7-10pm, Apr 1 and 15, May 6 and 20, June 3 and 17, July 1 and 15, Aug 5 and 19

MAH JONGG

Mah Jongg groups meet 4 days a week. If you have a Mah Jongg group of your own looking for the perfect meeting place with card tables set up and waiting, or would like to join a group or sub for a group, inquire at the front desk at 874-7475. Using National Mah Jongg League rules, the game is played with 3 or 4 players and a 152 set of tiles. It is a great social game, lots of fun, and equal amounts of luck and strategy to keep your mind active!

Mon 1-4p, Tue 10:30a-12:30p, Thu 10:15a-12:15p, 1:30-4p, Fri 12:30-4p



CLASSES OFFERED, PAGE 20

PAINTING

Two painting groups...both use a wide variety of mediums including oils, water colors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other's endeavors. No organized instruction. But a great place to grow and network.

Mon 9a-12p Thurs 1-3:30p

ADULT COLORING GROUP

Join our Adult Coloring Group and lose yourself in the pleasure of coloring. It's a great social activity as well. It's drop-in. You are welcome to bring your own supplies, pencils, crayons, or markers but sample coloring pages and crayons are available to try it out.

Wed, 9a-12p Age: 18+ (Hillcrest membership required)

DROP IN ACTIVITIES

Take place Monday-Friday during regular hours 9am-4pm.

Jigsaw Puzzle.....Ongoing daily

Board Games.....Ongoing daily

Dominoes Mexican Train.....Mon & Thurs 10am-12:30pm

Space is available for bridge, card and game groups to schedule special times. Call 874-7475 for availability.

BINGO

Join us for Bingo every week and get a chance to win a practical prize.

Tues, 1p

POTLUCK AND BINGO

Bring a dish to share and enjoy a full meal plus a fun-filled afternoon of socializing, eating, and playing bingo for prizes.

1st Fri, 11:30 am, May 6, June 3, July 1, Aug 5

BIRD AND NATURE WATCHING

Our location on the grounds of Waters-Moss Memorial Wildlife Area is a great place to observe nature.

OLDER AND WISER

Explore how you can retain peak mental ability throughout your mature years and remain mentally and physically vibrant. Discover how the mature brain has wonderful ways of compensating so it works as well, sometimes better, than a younger one. Learn dozens of fun and fascinating steps you can take to enhance successful aging. Remember, "old age" is sometimes just a state of mind! Pre-registration required.

Instructor: Bart Entrikin, M.S.

Location: Hillcrest Room B @ Waters-Moss

Class #	Date	Time	Age	Price
307502-01	W: May 18	10a-12p	50+	\$25

NEW MEMORY MASTERY FOR SENIORS

Memory can get better with age! It's no longer necessary to accept a poor memory or a "senior moment" as a result of growing older. Remember anything you see, read, or hear you retain it forever. You'll be able to recall names and faces, never miss an appointment or birthday or misplace keys or glasses. Easily learn English or foreign vocabularies. Excel at card and other games; memorize phone numbers, songs, all kinds of facts and quotes. Regain the confidence that comes with a sharp memory in tiptop condition. Pre-registration required.

Instructor: Bart Entrikin, M.S.

Location: Hillcrest Room B @ Waters-Moss

Class #	Date	Time	Age	Price
313500-01	W: Jun 22	10a-12p	50+	\$25

MUSICAL VOLUNTEER OPPORTUNITIES

Our musical groups volunteer their time and talents to entertain. That includes practicing together at Hillcrest Community Center and going to local retirement centers, nursing homes, schools, and other facilities to perform and bring joy to others in the community. If you want to make a difference in someone's life, join us and see the smiles on the faces in the audience. **CONFIRM PRACTICE OR PERFORMANCE DATES/LOCATIONS AT 874-7475. SCHEDULED PERFORMANCES TAKE PRIORITY OVER PRACTICES.**

UNIFIED BELLS (formed from Adaptive & Senior Bell Choirs) plays with light weight melody chimes. They play for an audience at Parkside Manor, 1201 Hunt Ave.

CHOIR known as THE GOOD TIMERS, sings old time favorites that their audiences sing along with and remember from their youth.

UKULELE ENSEMBLE is composed of vocalists and ukulele enthusiasts who enjoy inspiring their audiences to join in. Don't be surprised when they add melody chimes, spoons, kazoos, strum sticks, drums, and more to enhance their performance.

HOUSE BAND is a group of seasoned musicians who jam together and entertain for dances at Hillcrest Community Center.

UNIFIED BELL CHOIR Leader: Cookie Hagan Meet at Parkside Manor	M: 3:15-4:15p Apr 18, May 23, June 20, July 18, Aug 22
CHOIR - THE GOOD TIMERS Leader: Julie Vaughn	1st & 3rd Tu: 2-3p Apr 5/19, May 3/17, June 7/21, July 5/19, Aug 2/16
HOUSE BAND Leaders: Mike & Connie Smith	W: 1-3p
UKULELE ENSEMBLE Leader: Cookie Hagan	F: 2-3p Apr 15, May 27, June 17, July 22, Aug 26

OSHER @ MIZZOU

Columbia Parks & Recreation is proud of our collaboration with Osher @ Mizzou. As part of MU Extension and the Bernard Osher Foundation, Osher's mission is to provide quality educational courses designed to complement the lifestyles, interests, and concerns of the over-50 adult. This commitment mirrors Columbia Parks & Recreation 50+ programs, activities and tours designed to promote healthy aging. Osher @ Mizzou invites you to "Come as Learners, Leave as Friends". Classes take place in both the Hillcrest and Moss Buildings. Class catalogs are available on the Osher @ Mizzou web site: www.extension.missouri.edu/learnforlife Summer session begins June 6, 2016

2016 OSHER SATURDAY MORNING BOOK TALKS AT HILLCREST

On the first Saturday morning every month February-December, Kit and Cathy Salter host an opportunity for the community to meet local authors and talk books. The authors share their book, the creative and agonizing act of writing, publishing and much more! Pastries and coffee are available at 9:30a. Book talk begins at 10a. Books will be available for sale and signing at 11 am. Price: \$20 for Book Talk 10-punch card or \$3 per session at the door. Included in Parks and Rec / Osher Combo and Osher Memberships.

SCHEDULE OF MONTHLY PRESENTERS AND THEIR SPONSORS

Sat, May 7	GLADYS SWAN, <i>A DARK GAMBLE</i> (2015) Sponsor: "Her Tai Chi Friends"
Sat, June 4	BROOKE CAMERON AND JANICE COLLINS, <i>FINDING HELEN: DIARY OF A WWII BATTLE NURSE</i> (2013) Sponsor: Laura Perez-Mesa
Sat, July 9	SVETLANA GROBMAN, <i>THE EDUCATION OF A TRAITOR: MEMOIR OF GROWING UP IN COLD WAR RUSSIA</i> (2015) Sponsor: Anne and Brady Deaton
Sat, Aug 6	ERIC PRASCHAN, <i>THE BURDEN OF SILENCE</i> Sponsor: Anne and Brady Deaton

Please Thank the Sponsors for their Book Talk Support!

SILVER AND GOLD SENIORS CLUB

Join this mature adults group that meets weekly at the Armory to enjoy each other's company. If you are interested in activities such as bingo, ceramics, quilting, pokeno, card games, arts and crafts, filed trips, or movies, then join us! Call 817-5077 for information.



FITNESS AND EXERCISE



CLASSES FOR YOUTH

YOUTH PARTICIPANTS AT THE ARC

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and Group Exercise Land classes (14 & up without supervision and 12-13 once they have completed orientation with supervision). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth Training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available.

CARDIO/STRENGTH PLUS YOUTH ORIENTATION

This one hour class is designed to instruct members on how to utilize the Cardio/Strength Training Zone equipment. Certified staff will instruct proper techniques for using equipment as well as muscle groups being utilized. Training goals, safety, and exercise tips will also be available. Minimum age requirement for 2nd floor equipment (excluding track) is 14 years of age without parent. 12-13 year olds must take youth orientation before access and have parent supervision.

Location: Cardio/Strength Area @ ARC

Class #	Date	Time	Age	Price
307231-01	M: Apr 18	5:30-6:30p	14+	\$10
307231-02	W: May 18	5:30-6:30p	14+	\$10
307231-03	Tu: Jun 21	5:30-6:30p	14+	\$10
307231-04	M: Jul 18	5:30-6:30p	14+	\$10

SPORT SPECIFIC TRAINING

Designed for individuals ages 8 and up who are involved in athletic competition who desire to be in peak physical condition for the demands of competitive athletics. Workout regimens are tailored for any sport, by the mimic of movements and skills needed to excel in your sport of choice. Focus involves agility, coordination, endurance, explosive power, flexibility, lateral quickness, speed, strength, and reaction time. *Fill out a Sport Specific Athletic Training form at the ARC Guest Services Desk and we will call and set-up an appointment.* Guardian must fill out form for youth participant.

INDIVIDUAL PACKAGES (3, 6, & 12 SESSIONS)

3	\$110 ARC Annual Member	\$140 Non-Member
6	\$200 ARC Annual Member	\$260 Non-Member
12	\$360 ARC Annual Member	\$480 Non-Member

YOUTH TRAINING ROOM AND ADULT PLATFORM LIFTING

"No School" Drop-In Hours

M-F 8a-9p; Sa 8a-6p; Su 10a-5p

"School In Session" Drop-In Hours

M-F 2:30-9p

Home School: M-F 9a-12p

* Scheduled classes will be posted and will take priority over drop-in use



Teach Kids Healthy Habits for a Healthy Future



1 HOUR OR MORE OF PHYSICAL ACTIVITY



2 HOURS MAXIMUM OF SCREEN TIME



3 SERVINGS OF LOW OR NONFAT MILK OR YOGURT



4 SERVINGS OF WATER NOT SUGARY DRINKS



5 SERVINGS OR MORE OF FRUITS & VEGETABLES



Choose healthy habits for a healthy future!

www.fittastic.org

www.GoColumbiaMO.com/Health

Public Health
Prevents. Promotes. Protects.
Columbia/Boone County
Public Health & Human Services



INTRO TO MID-MO WEIGHTLIFTING

The snatch and clean & jerk have been staple exercises in building lean, strong, powerful, flexible people for decades. The recent rise of crossfit has re-surfaced interest in performing these classic lifts. Quality coaching and attention to detail are critical as one begins this learning process. Join coach Brian Higginbotham as he guides you through a 6-week introduction to the Olympic-style movements. Class will meet once a week in the Youth Training Room - home of the Mid-Missouri Weightlifting Club. ARC members receive a \$10 discount.

Location: Youth Training Room @ ARC

Class #	Date	Time	Age	Price
307235-01	Tu,Th: May 3-May 26	4-5p	9-14	\$70
307235-02	Tu,Th: Jun 7-Jun 30	4-5p	9-14	\$70

PRIVATE LEARN TO RIDE A BICYCLE LESSONS

Young or old, there's no better time than the present to learn to ride a bicycle. We provide one-on-one instruction with League of American Bicyclists certified instructors. Youth and adult students will spend one hour of intense, yet fun, instruction on two consecutive days. Equipment to be provided by student: helmet and bicycle that is properly fitted and in good working order (students should be able to "stand" over their bicycle flat-footed on the ground while sitting on the saddle). Preferred days are Wednesday and Thursday. Occasional weekend dates are available.

Location: Flat Branch Park

Class #	Date/Time	Age	Price
318302-01	By appointment	6-Adult	\$50

CLASSES FOR ADULTS

PERSONAL TRAINING

This service is specially customized to meet the client's goals and needs. Who needs a personal trainer? People who are performing exercises, but aren't sure their technique is the most effective and safe. People who have the desire to work out, but don't know where to start or how to design a training plan. People who would like to be shown alternatives to their current exercises. Individuals who would like the extra motivation that comes from being directed through a routine by a qualified instructor. No matter what your reason, qualified staff will help you reach your personal goal. Fill out a personal training information form at the ARC Guest Services Desk and we will set up an appointment.

INDIVIDUAL SESSION/WORKOUT DESIGN	1	\$40 ARC Annual Member	\$50 Non-Member
INDIVIDUAL PACKAGES (3, 6, & 12 SESSIONS)	3	\$110 ARC Annual Member	\$140 Non Member
	6	\$200 ARC Annual Member	\$260 Non-Member
	12	\$360 ARC Annual Member	\$480 Non-Member
COUPLE SESSIONS (3, 6, & 12 SESSIONS)	3	\$150 ARC Annual Member	\$180 Non-Member
	6	\$270 ARC Annual Member	\$330 Non-Member
	12	\$480 ARC Annual Member	\$600 Non-Member
GROUP SESSIONS (3, 4, OR 5 PARTICIPANTS)	6	3 participants, \$110 each	
		4 participants, \$ 90 each	
		5 participants, \$ 75 each	
	12	3 participants, \$198 each	
		4 participants, \$160 each	
		5 participants, \$135 each	

MINI-WORKOUT PROGRAM AT THE ARMORY

Stay active and healthy! Come in and take advantage of a Nautilus multi-station unit, treadmills, elliptical machines, recumbent and stationary bicycles, free-weights and other workout equipment. If you like to work independently, this is an ideal place to be. Staff will get you started and give assistance if needed. A locker can be rented for \$5 during your 8-week membership. Call 817-5077 for more information and to register.

Location: Armory Sports Center - Workout room

Class #	Date	Time	Age	Price
Drop in	M-F	8a-7p	16+	\$20/ 2 months or \$2 per visit
	Sat	9a-1p		

INTRO TO PADDLE BOARDING

Explore one of the biggest fitness trends at the Introduction to Stand Up Paddle Boarding sessions with certified instruction from Shane Perrin with SUPstLouis. Shane is an accomplished, ultra-distance stand up paddle boarder who has won awards in paddling globally. We are pleased to welcome SUPstLouis to Columbia to give us instruction in this rapidly growing sport. All necessary equipment will be provided. Maximum 10 participants per class.

Instructor: Shane Perrin

Location: Cosmo-Bethel Lake @ Cosmo-Bethel Park

Class #	Date	Time	Age	Price
307200-01	Sa: Jun 4	9-11a	16+	\$30
307200-02	Sa: Jun 4	11:30a-1:30p	16+	\$30
307200-03	Su: Jul 10	11:30a-1:30p	16+	\$30
307200-04	Su: Jul 10	2-4p	16+	\$30
307200-05	Sa: Aug 6	9-11a	16+	\$30
307200-06	Sa: Aug 6	11:30a-1:30p	16+	\$30
307200-07	Su: Sep 11	11:30a-1:30p	16+	\$30
307200-08	Su: Sep 11	2-4p	16+	\$30



SELF-MYOFASCIAL RELEASE (LEARN TO FOAM ROLL)

Also, known as the "Poor Man's Massage". Learn how to spot your "trigger points" and relieve unwanted pain through techniques therapists have used for years. Some of the basic, most obvious benefits will be increased blood flow throughout the body, better movement and increased range of motion. These benefits can decrease the chance of injury and decrease recovery time after a workout. A decreased recovery time means more training sessions per week/month and results can come quicker.

Location: ARC

Class #	Date	Time	Age	Price
307234-01	Th: May 12	10:30-11:15a	14+	\$10
307234-02	W: Jul 20	5:30-6:15p	14+	\$10



ROTATOR CUFF & SHOULDER CONDITIONING PROGRAM

After an injury, surgery, or simple aggravation an exercise program will help you to return to daily activities and enjoy a more active, healthy lifestyle. Following a well-structured conditioning program will also help you return to sports and other recreational activities. Don't let shoulder problems keep you from performing everyday activities pain free. Let us show you how.

Location: ARC

Class #	Date	Time	Age	Price
307236-01	M: May 23	9:30-10:30a	14+	\$20
307236-02	W: Jun 22	5:30-6:30p	14+	\$20

H.I.I.T. CAMP

High intensity interval training has grown in popularity and for good reason...you get the results you have been hoping for (burn more calories, lose more fat, improve cardio fitness, and sculpt your body) while spending less time in the gym and working out! Workouts include body-weight exercises, weightlifting, and various forms of cardio. Members receive a \$15 discount.

Location: ARC

Class #	Date	Time	Age	Price
307239-01	M,W: April 25-June 1	9:45-10:30a	18+	\$90
307239-02	M,W: June 6-July 13*	9:45-10:30a	18+	\$90
307239-03	M,W: July 25-Aug 31	9:45-10:30a	18+	\$90

*No class 7/4

MOTHER'S DAY PERSONAL TRAINING SPECIAL

Give Mom the gift of a "better" life! Help her increase her strength and endurance level while gaining balance and flexibility. The ARC's certified Personal Trainers will make the workouts fun and invigorating and teach skills that last a lifetime.

May 8-14 \$25 off 6 Session, \$50 off 12 Session

6 Session Package \$175 Member, \$235 Non-Member

12 Session Package \$310 Member, \$430 Non-Member

*Personal purchases are also welcomed to take advantage of this offer.

INBODY 230

Body Composition analyzer of direct segmental multi-frequency bioelectrical impedance method. Measures weight, total body water, intracellular & extracellular water, lean body mass, dry lean mass, body fat mass, skeletal muscle mass, BMI, percent body fat, segmental lean mass (right & left arm, trunk, and right & left leg), fat control, lbm control, and basal metabolic rate. Customized user information sheets are printed for an easy understanding of your results.

Sign up at the ARC Guest Services Desk.

\$12 - ARC Annual Member \$15 - Non-Member

CARDIO/STRENGTH TRAINING

Come work out in our "state of the art" environment. Jump into shape or stay fit with our top of the line cardio and strength equipment. Enjoy cardio theatre while you're exercising to a happier, healthier lifestyle. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely. 12 & 13yr olds must complete the Youth Fitness Orientation..

MID MISSOURI WEIGHTLIFTING CLUB

Join the only registered USAW club in town and train under coaches with 80+ years of combined experience. We are striving to build national level lifters. We have multi-national champions and record holders in Master's Pan Am and IWF Worlds. Call Brian at the ARC at 573-874-7720 or email bthiggin@gocolumbiamo.com. The ARC just purchased 230 kg of Intek bumpers and added two more competition bars.

GROUP EXERCISE "SPECIALTY CLASS" PASS

Purchasing a multi pass will allow you to attend any of the Spinning, Yoga, Pilates, Studio Barre or Domination classes.

Choose from 5, 10, or 20 session punch cards. You can also purchase a single session pass. Purchase your selected pass at the ARC Guest Services Desk. Instructors will punch your card as you utilize your visits. You may purchase passes at any time.

1	\$4 ARC Member, \$6 Non-Member
5	\$18.75 ARC Member, \$28.75 Non-Member
10	\$32.50 ARC Member, \$52.50 Non-Member
20	\$60 ARC Member, \$100 Non-Member

FATHER'S DAY PERSONAL TRAINING SPECIAL

Dad doesn't want another shirt or tie. He needs to regain the strength, balance, and flexibility he has lost over the years. Help him feel better about himself and realize exercise can be fun and help with everyday life functions. ARC trainers will instruct on getting results without spending much time in the gym.

June 19-25 \$25 off 6 Session, \$50 off 12 Session

6 Session Package \$175 Member, \$235 Non-Member

12 Session Package \$310 Member, \$430 Non-Member

*Personal purchases are also welcomed to take advantage of this offer.

SENIOR FITNESS

Stretching, lifting technique, correct breathing and machine adjustments are covered in this class. We will modify any exercised to fit your needs. A training regimen will be designed to allow members to workout on their own. Pre-registration required. ARC members receive a \$10 discount.

Location: Cardio/Strength Area @ ARC

Class #	Date	Time	Age	Price
307132-01	M,W: Apr 11-Apr 27	10-11:15a	55+	\$50

QIGONG (CHEE GUNG)

Enjoy the relaxing nature of gentle fluid meditative movements. Focus on the breath, joint mobility, posture, balance, and coordination for the body, while cultivating clarity and peace for the mind. Leave feeling relaxed, yet energized! No experience necessary. Good for a wide range of abilities. If you enjoy yoga, meditation, dance, or just learning something new, then Qigong is for you! All exercises are done standing in a circle, or seated, if necessary. Members receive \$10 discount.

Instructor: Suzanne Norton. Questions? Email qigong@tranquility.net

Location: ARC

Class #	Date	Time	Age	Price
307238-01	F: April 1-29	11:40a-12:40p	18+	\$40
307238-02	F: May 6-June 3	11:40a-12:40p	18+	\$40
307238-03	F: June 10-July 8	11:40a-12:40p	18+	\$40
307238-04	F: July 15-Aug 12	11:40am-12:40p	18+	\$40
307238-05	F: Aug 19-Sept 16	11:40a-12:40p	18+	\$40



ARC GROUP EXERCISE SCHEDULE (APR 10-AUG 13)

MON	TUE	WED	THU	FRI	SAT
Domination 5:45am-6:45am	**Fusion 5:40am-6:30am	Domination 5:45am-6:45am	**Fusion 5:40am-6:30am	Domination 5:45am-6:45am	Hatha Yoga 8:15am-9:15am
Body Conditioning 8:00am-9:00am	Zumba 8:00am-9:00am	Body Conditioning 8:00am-9:00am	Zumba 8:00am-9:00am	Body Conditioning 8:00am-9:00am	**Fusion 8:00am-9:00am
Quick Fix 9:05-9:25am	Functional Fitness 9:15am-10:15am	Quick Fix 9:05-9:25am	Power Pump 9:15am-10:15am	Forever Young Chairobics 9:15-10:15am	**Fusion 9:30am-10:30am
Forever Young Chairobics 9:15-10:15am	Silver Sneakers MSROM 9:30-10:30am	Forever Young Chairobics 9:15-10:15am	Silver Sneakers MSROM 9:30-10:30am	**Fusion/Spin 9:30am-10:30am	Cardio/Core Combo 9:30am-10:30am
**Fusion/Spin 9:30am-10:30am	Eclectic Hatha Yoga 10:30am-11:30am	**Fusion/Spin 9:30am-10:30am	Eclectic Hatha Yoga 10:30am-11:30am	Pinkel's Ladies 9:30am-10:25am	Body Conditioning 10:35am-11:30am
Pinkel's Ladies 9:30am-10:25am	H.I.I.T. 4:30pm-5:00pm	Pinkel's Ladies 9:30am-10:25am	BOSU Boot Camp 4:30pm-5:00pm	Slow & Low Yoga 10:30-11:30am	Zumba 11:35am-12:35pm
Hatha/Vinyasa Yoga 10:30am-11:30am	BOSU Boot Camp 5:00pm-5:30pm	Gentle Yoga for Joints 10:30-11:30am	H.I.I.T. 5:00pm-5:30pm	*Silver Sneakers Cardio Circuit 10:30am-11:25 am	SUN
*Silver Sneakers Cardio Circuit 10:30am-11:25 am	All Levels Vinyasa Yoga 5:30pm-6:30pm	*Silver Sneakers Cardio Circuit 10:30am-11:25 am	Gentle Yoga For Joints 5:30pm-6:30pm	***Qigong 11:40am-12:40pm	Knockout 1:00-2:00pm
Step Combo 5:30pm-6:25pm	**Spin 5:30pm-6:30pm	Body Conditioning Express 5:00-5:25pm	**Spin 5:45pm-6:45pm	Tai Chi 5:30pm-6:30pm	Hatha Yoga 4:30pm-5:30pm
**Spin 5:30pm-6:30pm	Pilates 6:30pm-7:15pm	Knockout 5:30pm-6:25pm	Pilates 6:30pm-7:15pm		
To the Core 6:30pm-7:00pm	Zumba 7:20pm-8:15pm	**Spin 5:30pm-6:30 pm	Zumba 7:20m-8:15pm		
Monday Mixer 7:00pm-8:00pm		Power Pump 6:30pm-7:15pm			
		Zumba 7:20pm-8:15pm			

Yoga, Pilates, Cycling, and Domination are "Specialty Classes" that require a pass. *Silver Sneakers Mon-Fri will be held in the Meeting Rooms.

All Fusion and Spin classes are held in the Spinning room. *Qigong is a registration class and held in Group X room.

"Open Door" Spin Room Schedule: Mon/Wed 5:30-8:30a, 11:30-4:30p, 7-9p; T/TR 7a-5p, 7-9p; Fri 5:30a-8:30p; Sat 11a-7p; Sun 11:30a-5p



BODY CONDITIONING - Designed to improve muscular strength and endurance, focusing on all major muscle groups. An excellent addition to your cardiovascular workout.

BODY CONDITIONING EXPRESS - Intense full body workout focusing on strength and endurance through dumbbell, tubing and bodyweight exercises.

BOSU BOOT CAMP - Take the fatiguing approach of boot camp training and put it in an unstable environment and what do you have? A class that pushes you to your limits and gets you in the best shape of your life. Class combines intervals of cardio and resistance training.

CARDIO/CORE COMBO - Combination of aerobic fitness and core conditioning. Abdominals, obliques, and low back make-up the core with additional work around the hips.

DOMINATION - Based on the popularity of Insanity and P90X that offers interval training performing cardio, plyometric, and sport specific drills as well as calisthenics and strength & conditioning movements. Formatted to burn fat, get shredded, build endurance, and simply kick your butt.

ECLECTIC HATHA YOGA - Drawing from various sources, this class uses postures (asanas) and breathing exercises (pranayama) to release tension and develop balance, strength & flexibility in the body, mind, and spirit. All levels welcome.

FOREVER YOUNG CHAIROBICS - Body conditioning offering help with balance, endurance, flexibility and strength, with chair assistance.

FUNCTIONAL FITNESS - Low impact cardio, strength training and stretching will prepare your body to handle real-life occurrences. By targeting core stability and balance, functional fitness prepares your body to perform in a variety of common situations. The key is activating smaller stabilizer muscles not used in other forms of exercise. Also, emphasis is placed on working several areas of the body at once, rather than isolating a particular muscle or group of muscles.

FUSION - Time is spent on both the Spin and Krank bikes in a high intensity, short-interval rotation allowing you to achieve a large cardiac output and caloric burn.

GENTLE YOGA FOR JOINTS - Slow, gentle, and very yin in nature. This class focuses mainly on joint health and quieting the body as well as the mind. A perfect complement to your vigorous work out or your power yoga practice, great for beginners and experts alike.

HATHA/VINYASA YOGA - A nice balance of movement and stillness. Equal parts strength, balance, and stretch. Surya Namascar A&B (Sun Salutations) are taught, as well as a variety of other asanas. All eight limbs of yoga will be touched upon in this introduction to a basic and balanced yoga practice.

HATHA YOGA - The most popular form of yoga, Hatha emphasizes health and well-being through breathing exercises, special postures, and concentration.

H.I.I.T. - High Intensity Intervals with short breaks of strength and cardio segments using a whole variety of equipment.

KNOCKOUT - Martial Arts inspired, high energy cardio workout. Go for the K.O. in every class and win the fight!

MONDAY MIXER - A mix of all your favorite cardio and strength classes.

PILATES - Series of non-impact exercises designed to develop strength, flexibility, balance, and inner awareness. This method strengthens and lengthens the muscles without creating bulk. Pilates is also helpful in preventing and rehabilitating from injuries, improving posture, and increasing flexibility, circulation, and balance.

PINKEL'S LADIES - Aerobic dance routines are choreographed to Top 40's, Oldies, Country, and Show Tunes for a great cardiovascular workout. If you like to dance then this class is for you. Exercise made fun! Come on guys don't be shy!

POWER PUMP - Tone and strengthen your body in no time! Resistance training is a perfect way to increase your metabolism and burn calories. We will use the bar and free weights to achieve our personal goals while letting the power of the music take you through a full body workout that leaves you feeling powerful and strong!

QIGONG - Stationary exercises in a circle. Improve circulation, balance, posture, mental clarity and flexibility.

SILVER SNEAKERS - CARDIO CIRCUIT - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography.

SILVER SNEAKERS - MSROM - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SLOW & LOW YOGA - Just like it sounds, we get close to the floor and we slow down. Yin yoga methods are utilized to bring length to the ligaments and connective tissues, and safely open the joints. Regain range of motion and calm your nervous system in this gentle practice. Each pose is an opportunity to go within and find your stillness. Great for beginners and seasoned yogis alike.

STEP COMBO - Combinations using the step, floor, and weights for duration, strength, and balance. Class may vary week to week. Plan on a good cardio & strength workout.

TAI CHI - An internal martial art focusing on slow movements which improve balance, posture, concentration, and overall sense of calm. Tai Chi is a moving meditation and a great stress reliever. Ease into the weekend as you learn the 24 Form in this beginner/intermediate level class.

TO THE CORE - 30 minute session targeting the abdominal and back areas to strengthen and tone your entire mid-section.

QUICK FIX - Twenty minutes of group weight training designed for the entire body.

ZUMBA - International and popular music with Latin Dance and aerobic moves, add a little hip shake and a lot of attitude and you've got!



ADULT BOOT CAMP

Combine cardiovascular activities with resistance training for a fun, group workout. You will never have a dull moment in this fast-paced, individually challenging class. Even in this group class environment, each individual is challenged at his & her own level and pushed to their potential. Workouts are held in various environments such as outdoors, open gymnasium, weight room, etc. Lose inches, tone up, and feel better. Shock your body and get the results you deserve! Pre-registration is required. ARC members receive a \$15 discount.

Location: ARC

Class #	Date	Time	Age	Price
307232-01	T/Th May 10-Jun 16	9:15-10:15a	18+	\$100
307232-02	M/F: May 16-Jun 24	5:45-6:45a	18+	\$100
307232-03	T/Th: Jun 21-Jul 28	9:15-10:15a	18+	\$100
307232-04	M/F: Jul 11-Aug 19	5:45-6:45a	18+	\$100
307232-05	T/TR: Aug 2-Sep 8	9:15-10:15a	18+	\$100

FUN FOR LITTLE ONES

ACTIVITIES FOR PRESCHOOLERS

ALL GUARDIANS ARE ASKED TO STAY AND ASSIST CHILDREN FOR THE DURATION OF THE PROGRAM.

LITTLE GYMMERS

Come enjoy children's activities in the ARC gymnasium reserved for children and an adult playmate. We will provide play equipment: parachute, balls, hula hoops, tricycles and other toys. No Little Gymmers on holidays. Location: ARC

Class #	Date	Time	Age	Price
Drop in	M/F	10-11a	2-6	\$1 per person attending, child & adult

DAY CARE LITTLE GYMMERS

Schedule some gymnasium time for your day-care. Activities will include parachute games, eight-foot basketball, beach ball volleyball and others. Call 874-7494 to arrange times and dates. Location: ARC

Class #	Date	Time	Age	Price
Drop in	M-Th	By appt.	2-6	\$20 up to 20 participants; \$30 for 21-30 participants

LITTLE SWIMMERS & DAY CARE LITTLE SWIMMERS, PAGE 14

FOR OTHER PRESCHOOL ACTIVITIES, SEE ARTS CRAFTS AND LEISURE, FITNESS, DANCE AND AQUATICS.

NEW LET'S MAKE MUSIC

Do you like music? Did you know that you can make musical instruments using some items you might already have at home? We'll use some recycled items and craft supplies to make your very own musical instruments to take home! Pre-registration required. Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310798-01	Tu: Apr 19	10-10:50a	2-5 w/adult	\$6

NEW STAR WARS DAY

"May the 4th" be with you! It's Star Wars Day! In a galaxy far, far away (also known as Hillcrest Community Center) we'll have fun with Star Wars crafts and activities. You can even dress up as a Star Wars character or wear your Star Wars shirt if you have one (optional). Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310799-01	W: May 4	10-10:50a	2-5 w/adult	\$6

NEW DOC MCSTUFFINS PARTY

The Doc is in! If you like Doc McStuffins, Hallie, Lambie, Stuffie, Chilly and the gang, then this is the party for you. Bring a toy or stuffed animal from home that needs a checkup! We'll do some crafts to get you ready, and then you can do a checkup like Doc McStuffins. Pre-registration required.



Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310701-01	M: May 16	10-10:50a	2-5 w/adult	\$6

NEW NIGHT CREATURES

Whoop are those creatures you hear and see come out at night? Let's do some fun crafts and see if we can name some night animals. It will be a "hoot!" Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310702-01	Tu: Jun 14	10-10:50a	2-5 w/adult	\$6

NEW BEACH BUMS

We may not have an ocean in Columbia, but we do have a beach! Come out to Stephens Lake beach for fun in the sun! We'll do some beachy crafts, and then you can stay and play on the beach and spray grounds. Don't forget your swimsuit, towel, sunscreen, and beach buckets and toys if you have any. Pre-registration required.

Location: Beach @ Stephens Lake Park

Class #	Date	Time	Age	Price
310703-01	W: Jun 29	10-10:50a	2-5 w/adult	\$6





WE ALL SCREAM FOR ICE CREAM

I scream, you scream, we all scream for ice cream! Join us for some fun summer-themed projects and activities to celebrate Summer! Create your own ice cream sundae, a yummy summer treat! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
302715-01	Th: Jul 7	10-10:50a	2-5 w/adult	\$6

NEW OLYMPIC GAMES

The Summer Olympics have begun! Have you been watching the best athletes in the world compete in the Olympics on TV? GO USA! Put on your red, white and blue and come cheer for USA with some fun Olympics themed crafts and activities.

Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310704-01	M: Aug 15	10-10:50a	2-5 w/adult	\$6

GETABOUT COLUMBIA

**Get Walking. Get Biking.
Get More Out of Life.**



Funding for GetAbout Columbia is provided by the Federal Highway Administration's Non-Motorized Transportation Pilot Program

ADULT AND YOUTH BICYCLE EDUCATION

REGISTER YOUR BIKE – IT'S THE LAW!

Did you know that residents of Columbia who cycle within city limits are required to license their bicycle per City Ordinance 14-494? Licensing your bike is free and available at all nine Columbia Fire Stations. The paperwork and bike safety check will take about 5 minutes. Licensing a bike offers benefits that include theft recovery and accident identification.

WORK PLACE COMMUTING SEMINARS

Free seminars are designed to encourage and support your employees wanting to explore the possibility of commuting to work by bicycle or walking. One-hour seminars are customized to meet the needs of your business. Topics include bicycle selection, apparel, equipment options and responsible riding techniques. Seminars are conducted by League of American Bicyclist certified cycling instructors. Contact Janet Godon (573) 441-5495 or janet.godon@como.gov.

BIKE COMMUTER BUDDY

Are you interested in commuting by bicycle to work or school but don't know where to start? We're here to help and can accompany you on your next ride or provide personalized tips. Let us help with apparel, equipment, route planning and safe riding techniques. Contact Janet Godon (573) 441-5495 or janet.godon@como.gov.



CITY CYCLING

Learn to ride safely and responsibly in traffic and around town. This comprehensive course has something for everyone - even the most seasoned cyclists. League of American Bicyclists certified cycling instructors will lead classroom discussion, bike handling skills and on-road rides. Equipment needs: bicycle and helmet. FREE! Class size is limited so register early to reserve your spot! Customized classes available for groups of 4 or more.

Location: Armory Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
318200-01	Sa: Apr 30	9a-2p	14+	Free
318200-02	Sa: May 14	9a-2p	14+	Free
318200-03	Sa: Jun 11	9a-2p	14+	Free

BICYCLE TOURING WORKSHOP

Have you ever had a vacation ruined by delayed flights and long drives? On a bicycle tour, transportation IS the vacation. Don't waste precious vacation time in a car when you can be pedaling through beautiful country and see amazing vistas every minute. Learn what to bring and how to pack for an overnight bicycle camping trip.

Location: ARC

Class #	Date	Time	Age	Price
310110-01	M: May 9	6-8p	18+	Free

FOR PRIVATE LEARN TO RIDE A BICYCLE CLASSES, PAGE 30

ADULT AND YOUTH BICYCLE EDUCATION

FIX-A-FLAT CLASS

Repairing a flat tire is an essential skill for any cyclist. Instructors will cover flat repair, inner tube replacement and proper tire inflation. If time allows, instructors will also discuss minor brake and shifting adjustments. This is a hands-on class. Equipment needs: bicycle.

Location: Armory Conf Room @ Armory Sports Center



Class #	Date	Time	Age	Price
318203-01	Tu: Apr 12	6-7:30p	14+	Free
318203-02	Th: Jun 23	6-7:30p	14+	Free
318203-03	Th: Jul 14	6-7:30p	14+	Free



BICYCLE MAINTENANCE AT HOME

Learn the basics to keep your bike running smoothly with ongoing scheduled maintenance needs, bike anatomy terms and tools for your home workshop. We will not cover flat repair in this class. Equipment needs: bicycle and multi-tool (optional).

Location: Armory Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
318202-01	Tu: Apr 19	6-7:30p	14+	Free
318202-02	Th: May 26	6-7:30p	14+	Free
318202-03	Th: Jun 16	6-7:30p	14+	Free

GUIDED BICYCLE RIDES

Guided ride registered participants will receive up-to-date emails to include weather or trail maintenance related cancellation notices, start location changes, etc. Drop in cyclists are welcome at all rides. Weather and trail related updates are posted on the Recreation Hotline at 874-7663 (ext 4). Cyclists should always ride self-supported with an extra inner tube, air pump and water. Ride support for minor maintenance issues will be provided on all guided rides. Helmets required.

TWO WHEELED TUESDAY RIDES

Ready to move off the trails and onto the roads? Ride with us in a small group setting. Each ride is approximately 10-11 miles long at a comfortable pace of 10 mph. Ride leaders will cover short cuts to popular destinations, trail connectivity and tips to help you go by bike. All participants must have intermediate riding skills. Helmets, front/rear lights and a spare inner tube are required on all rides. Plan to take a different route each week with approximately 90 minutes of riding and stops to chat along the way.

Location: First ride starts at the playground at Flat Branch Park. Start location will vary for subsequent rides. Registered participants will receive updated emails with full details.

Class #	Date	Time	Age	Price
318101-01	Tu: Apr 26-May 31	6-8p	18+	Free

MKT SECRET ACCESS TRAIL RIDE

Are you new to town or maybe just starting to head out on the trails? These monthly 10-mile round trip rides will introduce cyclists to Columbia's backyard gem: the MKT Trail. Ride leaders will travel at a leisurely pace highlighting access to popular retail locations, neighborhoods and the Hinkson Creek and County House Trails. Helmets are required.

Location: Meet at playground @Flat Branch Park

Class #	Date	Time	Age	Price
318104-02	W: May 25	6-7:45p	18+	Free
318104-03	W: Jun 15	6-7:45p	18+	Free
318104-04	W: Jul 13	6-7:45p	18+	Free

LOOP THE CITY RIDE

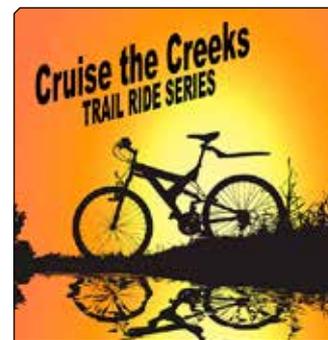
Join us for a 24-mile loop ride around the City. Plan to ride a mix of soft surface trails, bike lanes and streets with low to medium traffic volume. Participants must have intermediate on-road riding skills. Staff will provide SAG (support and gear) for minor maintenance issues. Ride self-supported with an inner tube or patch kit and water. Helmets required. Optional: Lunch (on your own) after the ride. Registration suggested.

Location: Bonnie View Shelter @ Bonnie View Nature Sanctuary

Class #	Date	Time	Age	Price
318105-01	Su: May 22	10a-1p	18+	Free

CRUISE THE CREEKS TRAIL RIDE SERIES

Join fellow cycling and nature enthusiasts as we highlight ecological benefits of trailside flora and fauna and efforts to improve water quality along the City's 15 watersheds. Ride at a comfortable, leisurely pace on a mix of concrete and gravel trails. Children must be accompanied by an adult. Helmets required.



• Cyclists, Do You Know Your Shed? Guest Speaker: Michael Heimos, City of Columbia Stormwater Utility Educator

Enjoy a 4-5 mile educational bike ride along the MKT trail highlighting the City of Columbia's efforts to improve water quality in the Flat Branch/Hinkson Creek watersheds. Educational stops along the way including: 3M Flat Branch/Hinkson Wetlands and the Forum Nature Area Level Spreader.

Location: Meet at Martin Luther King Memorial, MKT Stadium Trailhead

Class #	Date	Time	Age	Price
318400-01	Sa: Apr 23	2-3:30p	10+	Free

• Bikes, Birds and Binoculars (bring yours!) Guest Speaker: TBD

Spot interesting song birds and learn about them from Columbia's most knowledgeable birders. Plan to ride 4-5 miles at a leisurely pace.

Location: Meet at Martin Luther King Memorial, MKT Stadium Trailhead

Class #	Date	Time	Age	Price
318401-01	Sa: May 7	9-10:30a	10+	Free

• Bikes and Trees; Bringing Green Interests Together - Guest Speaker: Dan Schneiderjohn, Bike and Nature Enthusiast

Celebrate National Trails Day while you learn native tree identification and other fun facts about the forests around Columbia. Plan to ride 8-9 miles at a leisurely pace. This is a great family ride.

Location: Meet at Martin Luther King Memorial, MKT Stadium Trailhead

Class #	Date	Time	Age	Price
318402-01	Sa: Jun 4	2-3:30p	10+	Free

HINKSON CREEK & GRINDSTONE CREEK TRAIL RIDE

The Hinkson Creek Trail is the result of a unique partnership between the City of Columbia and the University of Missouri. The crushed limestone trail connects the MKT Trail to Grindstone Nature Area and the concrete Grindstone Creek Trail. Join us on a 16-mile roundtrip journey which will include the Old Hwy 63 pedway. Cyclists will be introduced to the new Old Hwy 63 underpass leading over to Moon Valley Rd and then a second underpass beneath E. Broadway to Stephens Lake Park. Helmet required.

Location: Meet at Martin Luther King Memorial, MKT Stadium Trailhead

Class #	Date	Time	Age	Price
318107-01	Su: Jun 12	2-4p	18+	Free



KATY TRAIL RIDE TO COOPERS LANDING

Cooper's Landing is a river port and marina located on the Missouri River. It's also alongside the scenic Katy Trail just down river from "BoatHenge." Join GetAbout Columbia on a leisurely 16 mile (32 miles roundtrip) trail ride. Pack a picnic lunch or order from Chim's Thai Kitchen (on your own). Return with the group or at your own pace. Ride self-supported with an extra inner tube, air pump and water. On-trail ride support for minor maintenance issues will be provided. Helmets required.

Location: Meet at Martin Luther King Memorial, MKT Stadium Trailhead

Class #	Date	Time	Age	Price
318108-01	Sa: Jun 18	10a-3p	18+	Free

NATIONAL ICE CREAM DAY: ICE CREAM CRAWL

Eat ice cream. Pedal. Repeat. Join GetAbout staff on a 20-mile loop ride to approximately 6 separate locations where ice cream is first on the menu. Plan to ride on a mix of city streets and a short section of gravel trail. Bring cash or a credit card.

Location: Meet at the playground @ Flat Branch Park

Class #	Date	Time	Age	Price
318110-01	Su: Jul 17	1-3p	18+	Free

GETABOUT COLUMBIA SPECIAL EVENTS

EARTH DAY BICYCLE CORRAL PARKING

SUNDAY, APR 24 - 12-6:30p (rain date 5/1)

Travel to Columbia's Earth Day Festival in sustainable style and GetAbout Columbia will provide a safe, secure place for your bicycle, stroller and personal belongings. We'll even supply a little gift for your efforts.

Location: Intersection of 6th and Elm (subject to change)

15TH ANNUAL BIKE WALK AND WHEEL WEEK

MAY 16-22 — see full schedule on page 51.



NATIONAL TRAILS DAY

SATURDAY, JUNE 4

Find the Golden Hiking Boot Treasure Hunt and win a \$100 Parks and Recreation Gift Certificate

The American Hiking Society's National Trails Day® is the country's largest celebration of trails. We encourage you to venture out on a self-guided tour of Columbia's trail system by participating in a treasure hunt to find the Golden Hiking Boot. Columbia Parks and Recreation will post a riddle on Facebook and Twitter on Saturday, June 4 at 7:00 am. Not a fan of social media? Listen to the clue by calling the recreation hotline at 573-874-7663 (ext. #4). Be the first to find the Golden Hiking Boot and you will receive a \$100 Columbia Parks and Recreation gift certificate. Claim the prize by calling (573) 441-5495.



Bikes & Trees: Bringing green interests together bike ride
See page 36.

GOLF

PRIVATE OUTINGS

Private outings are available at both courses. For pricing information and availability please call 573-874-7358 or 573-874-7539

FOR YOUTH

JUNIOR GOLF CAMP

Designed for juniors interested in learning the basics of golf. Instructors will cover the grip, stance, full swing, rules and course etiquette, pitching, chipping and putting. Participants will spend the last session on the course playing different games they've learned. For more information, contact Dan at 874-7539.

Instructor: Dan Frost

Location: L.A. Nickell Golf Course

Class #	Date	Time	Age	Price
308807-01	M: Jun 6-Jun 27	5-6:30p	10-12	\$60
308807-02	M: Jun 6-Jun 27	6:45-8:15p	13-15	\$60

FOR ADULTS

FAMILY NIGHT

Join us each month this summer for fun activities and an opportunity to take part in our FREE golf clinics at L.A. Nickell Golf Course! Festivities begin at 5:30pm with a free hot dog dinner for participants. At 6 pm we will move to the driving range for a free clinic to introduce adults and kids to the game of golf and your chance to take a shot at Golfzilla. Everyone will then have the opportunity to go onto the course to play 1-2 holes before everything is wrapped up with a weekly raffle. All participants will receive coupons for future use at L.A. Nickell. No equipment or prior skill level necessary, just a great opportunity for all ages to be introduced to the game of golf. Pre-registration is required. Registration for each event open on the 15th of the month prior to the event. Limited to the first 60 entries.



Location: L.A. Nickell Golf Course

Class #	Date	Time	Age	Price
308400-01	F: Jun 3	5:30-8:30p	All	Free
308400-02	F: Jul 15	5:30-8:30p	All	Free
308400-03	F: Aug 5	5:30-8:30p	All	Free

2016 TUESDAY SCRAMBLE GOLF LEAGUE

May 17-Aug 9, 5:30 pm shotgun start, both courses

Each Tuesday, take part in a two-person 9-hole scramble golf league. Registration starts at 8 am Monday before the event and ends at 10 am the day of the event. Call 499-GOLF to register.

Tournament is limited to first 36 teams to sign up. Flights and places will be determined by size of each week's event. Entry fee of \$10 per person plus \$11 green fee and cart fee. Annual pass holders pay \$10 per person, plus cart fee. First six weeks at L.A. Nickell (May 17-June 21) and last six weeks at Lake of the Woods (July 5-Aug 9).



ADULT GOLF LESSONS

Designed for beginners interested in learning the basics of golf in a group setting. Instructors will cover the grip, stance, full swing, rules and course etiquette, pitching, chipping and putting. Participants will spend the last session on the course playing different games they've learned.
Instructor: Dan Frost

Location: L.A. Nickell Golf Course

Class #	Date	Time	Age	Price
308100-01	M: May 2-May 23	6-7p	18+	\$60
308100-02	M: May 2-May 23	7:15-8:15p	18+	\$60
308100-03	M: Jul 11-Aug 1	6-7p	18+	\$60
308100-04	M: Jul 11-Aug 1	7:15-8:15p	18+	\$60
308100-05	M: Aug 8-Aug 29	6-7p	18+	\$60
308100-06	M: Aug 8-Aug 29	7:15-8:15p	18+	\$60

GOLF FACILITIES

L.A. NICKELL GOLF COURSE

1800 Parkside Drive • (573) 499-GOLF (4653) • www.GoGolfLAN.com

- 18-hole golf course
- Riding carts and continuous cart paths
- Driving Range
- Open year round (weather permitting)
- Fairway irrigation system
- Zoysia fairways

Eighteen beautifully manicured holes conveniently located in the Cosmopolitan Recreation Area. The course provides a challenging, fun, but "walkable" layout. The generous landing areas & large greens provide a great golfing experience.

Par: 70

Yardage: 6,335 Blue tees, 5,869 - White tees, 4,771 - Red tees

Lakes: 3, all in play • Terrain: Flat with rolling hills

Course Rating: 69.9 - Blue tees, 67.7 - White tees, 67.0 - Red tees

Slope Rating: 121 - Blue tees, 116 - White tees, 111 - Red tees

Dir: North of I-70 off North Stadium & in the Columbia Cosmopolitan Recreation Area.

LAKE OF THE WOODS RECREATION AREA

6700 St. Charles Rd • (573) 499-GOLF (4653) • www.GoGolfLOW.com

- 18-hole golf course
- Open year round (weather permitting)
- Swimming Pool
- Riding carts & continuous cart paths
- Fairway irrigation system
- Zoysia fairways

A very popular golf destination for area players. Traditional layout offers a good mix of medium length par fours, doglegs, and excellent putting surfaces.

Par: 71

Yardage: 6,378 - Blue tees, 6,084 - White tees, 4,901 - Red tees

Lakes: 3, 2 in play • Terrain: Relatively flat

Course Rating: 69.7 Blue tees, 68.5 White tees, 63.5 Men Red tees, 66.9 Red tees

Slope Rating: 127 Blue tees, 122 White tees, 107 Men Red tees, 113 Red tees

Dir: Located east of Columbia. Take I-70 to the Lake of the Woods exit. Go NE on St. Charles Road.

STAY UP TO DATE WITH OUR MOBILE APPS AND BY FOLLOWING US ON FACEBOOK & TWITTER.



L.A. Nickell Golf Course
Lake of the Woods Golf Course



L.A. Nickell: @lancprd
Lake of the Woods: @lowcprd

2016 GOLF TOURNAMENTS

June 11-12, 18-19

Francis Hagan Match Play Championship at Lake of the Woods

RETURN OF THE THREE PERSON SCRAMBLE!!

Saturday, May 14 at L.A. Nickell, 1:30 pm shotgun start

Sunday, May 15 at Lake of the Woods, 9 am shotgun start

To sign up, call 573-874-7538 or 573-874-7539

2016 GOLF FEES

Green Fees 3/1-10/31	9-Holes	18-Holes	9-Holes	18-Holes
Mon-Fri	<u>Walking</u>	<u>Walking</u>	<u>w/Cart</u>	<u>w/Cart</u>
-Adult	\$13	\$18	\$19.50	\$31
-Senior (60 & over)	\$11	\$15	\$17.50	\$28
-Twilight 2:00pm	\$11	\$15	\$17.50	\$28
-Super Twilight 6pm	\$11	\$12	\$18.50	\$25
-Junior (17 & under)	\$ 9	\$ 9	\$15.50	\$22

Saturday/Sunday/Holidays

-Adult	\$23	\$23	\$29.50	\$36
-Twilight 2:00pm	\$13.50	\$19	\$20	\$32
-Super Twilight 6pm	\$12	\$12	\$18.50	\$25
-Junior (17 & under)	\$11.50	\$11.50	\$18	\$24.50

Winter Green Fees 11/1-2/28

Mon-Fri	9-Holes	18-Holes	9-Holes	18-Holes
Mon-Fri	<u>Walking</u>	<u>Walking</u>	<u>w/Cart</u>	<u>w/Cart</u>
-Adult/Senior	\$13	\$15	\$19.50	\$28
-Twilight 2:00pm	\$11	\$15	\$17.50	\$28
-Junior (17 & under)	\$ 9	\$ 9	\$15.50	\$22

Saturday/Sunday/Holidays

-Adult	\$19	\$19	\$25.50	\$32
-Junior (17 & under)	\$11.50	\$11.50	\$18	\$24.50

Annual Passes good at both courses. All passes non-refundable. Prices Valid 10/1/15-9/30/16. All prices are approved by City Council on an annual basis.

PASSES & OTHER FEES

	Mon-Fri	Any Day	M-F	Any Day
Individual (30-59)	\$ 630	\$ 718	\$1,306	\$1,394
Adult +1	\$1,071	\$1,220	\$2,221	\$2,370
Additional Family	\$ 185	\$ 220	\$ 861	\$ 896
Senior (60 & over)	\$ 504	\$ 574	\$1,180	\$1,250
Senior Couple (both 60 & over)	\$ 806	\$ 918	\$1,956	\$2,068
Young Adult (18-29)	\$ 504	\$ 574	\$1,180	\$1,250
Junior (17 & under)	\$ 270	\$ 270		
Junior Limited (May 1-Sep 30)	\$ 135	\$ 135		
10 Play Punch Card		\$ 207		\$ 324

Trail Fees

Daily Trail Fee	\$ 11
Annual Trail Fee	\$364
Annual Trail Fee w/Storage	\$688

Cart/Club Rentals

Riding Carts	
9 Holes	\$6.50 per person
18 Holes	\$13 per person
Pull Cart	\$5
Golf Club	\$20

Driving Range

(L.A. Nickell)	
Small	\$4
Medium	\$6
Large	\$9

**Adult plus 1 is defined as two persons residing at the same residence. Additional Family must be related persons living at the same address 21 & under. Senior Couple pass is limited to two persons 60 and over residing at the same address. Each course is available for scheduling private tournaments. Please call 874-7538 or 874-7539 to reserve your spot.*



MUSIC



CLASSES FOR YOUTH

CITY-WIDE DRUM LINE & RHYTHM BAND

This group of percussionists enjoy being in the public eye. The group is directed by Glen "Bummer the Drummer" Ward, and has performed in the Holiday Parade in November and Columbia Eve Fest on New Year's Eve. If you are interested in expanding your knowledge of percussion and being part of a fun group, sign up and join the fun. For more information leave a message for Glen Ward after 3 pm at 874-6378.

PERCUSSION, DRUM & WOODWINDS LESSONS

"Bummer the Drummer" of the Kansas City Street Band is the instructor for the classes. He can help your child become a better percussionist as well as play their saxophones & clarinets with more confidence. Leave message for Glen Ward at 874-6378.

CITY-WIDE FLAG LINE

Our Flag Line accompanies our Drum Line in several parades and other performances throughout the year. If you are interested, please contact us. Dance experience is preferred but not required. For more information, leave a message for Mary at 817-5077 or mawdewey@GoColumbiaMo.com.

Class #	Date	Time	Age	Price
Drop in	Thursdays	5:30-6:30p	7-18	Free

SELF-IMPROVEMENT & STUDY SKILLS . . .

CLASSES FOR YOUTH AND TEENS

SCORE HIGH ON THE ACT

Master the most frequently tested verbal and math material. Pick up important tips that let you think like the test makers. Learn how to avoid the "gotcha" traps that test makers set for you. We provide prep-tests with detailed answer explanations to each question. We give you an organized plan of attack when you look at a question and you haven't got a clue how to answer it. These personalized sessions are your first aid kit for dealing with test anxiety, beating the clock and achieving your top score.

Instructor: Bart Entrikin, M.S.

Location: Conference Room @ ARC

Class #	Date	Time	Age	Price
313801-01	Sa: Apr 23	1-3p	14-19	\$25
313801-02	Sa: May 14	1-3p	14-19	\$25

AFTER SCHOOL HOMEWORK ASSISTANCE

Open to all ages! Come by the Armory for tutoring for your homework assignments, open Monday-Friday from 3-6 pm. Many of the volunteer tutors are provided by MU's Office of Service Learning.

CLASSES FOR ADULTS

MINDFULNESS FOR HEALTH AND HAPPINESS

Mindfulness is a way of being fully in your life. Recognize the richness and possibility within daily activities and allow mindfulness to create the life you wish to live. Mindfulness leads us to the reality of what is actually happening and provide a healthier, kinder, wiser response to ourselves and to others. Pre-registration required.

Location: Conference Room @ ARC

Class #	Date	Time	Age	Price
313141-01	Sa: Apr 30	9-11a	18+	\$25

SPORTS



FOR YOUTH

ARCHERY CLASS, PAGE 43

YOUTH SOCCER REGISTRATION

See insert, page 41.

YOUTH FOOTBALL

See insert, page 45.

BRITISH SOCCER CAMPS

June 20-24, 2016

Cosmo Park

Popular Challenger camp returns to Columbia! Register at www.challengersports.com by May 6 to receive a free replica jersey. \$10 late fee applied to registrations received after June 10:

First Kicks	3-4 years old	9-10a	\$96
Mini Soccer	5-6 years old	10:30a-12p	\$111
Half Day	7-15 years old	9a-12p	\$152
Golden Goal*	7-15 years old	1-3p	\$52

*Golden Goal runs Mon-Thurs and available to half-day morning campers only. Includes supervised lunch break from 12-1p.

CHAMPIONS OF THE COURT BASKETBALL CAMP

Ahmed Kabba (Coach K) will return to the ARC June 13-16 for the Total Basketball Experience. For boys and girls, ages 7-18. Visit www.TeamICSports.com to register.

HOME SCHOOL PE

This physical education class is designed for home school children. A variety of age appropriate fitness games and activities will be introduced. Youth will have a good deal of fun while they work on different aspects of physical fitness. ARC Member rate \$12 per child for the first two children, 3rd child 1/2price, 4th child is free. This activity does not allow web registration. Please call the ARC to register, 573-874-7700.

Location: Court 1 @ ARC

Class #	Date	Time	Age	Price
207519-04	Th: Apr 7-Apr 28	9-10a	10-17	\$16
207519-04	Th: Apr 7-Apr 28	10-11a	5-9	\$16



TENNIS LESSONS

Date	Time	Age	Price
Session I: May 2-19 at Albert-Oakland Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50
Session II: June 6-23 at Cosmo Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50
Session III: July 5-25 at Cosmo-Bethel Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50
Session IV: August 8-25 at Shepard Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50
Session V: Sept 6-26 at Albert-Oakland Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50

For information and to register for tennis lessons, call Rick Odor at 442-3713. Rick has 26 years of experience.

START SMART SOCCER

Start Smart Soccer allows children the opportunity to work 1-on-1 with their parent and teaches children a variety of basic skills. Each participant will need to bring a size 3 soccer ball and youth shin guards. Location: Soccer Field 13 @ Cosmo Park

Class #	Date	Time	Age	Price
315701-01	Th: May 5-May 26	11-11:45a	3-5	\$25

START SMART TENNIS

The program features four different stations where children learn about various aspects of the game. Participants should bring a small tennis racquet. Location: Tennis Court 1 @ Cosmo Park

Class #	Date	Time	Age	Price
315703-01	Tu: Apr 26-May 17	11-11:45a	5-7	\$25

NEW CITY HOOPS

Come in Tuesday after school to get better at the game you love! Staff will work with you on some of the basics and will also give you tips to get an edge on the competition. This is for all school-aged youth. Location: Armory Sports Center

Class #	Date	Time	Age	Price
NA	Tues	4:30-5:30p	6-17	Free

T-BALL

This curriculum is designed to have the children begin their baseball experience in a fun environment that reinforces the fundamentals of the game. We will work on base running, hitting, throwing, fielding, as well as fitness and agility. Pre-registration is required. Location: Again Park Field @ Again Street Park

Class #	Date	Time	Age	Price
315774-01	W: May 4-May 25	6-6:45p	4-5	\$25

DOUGLASS H.S. OPEN GYM

Take part in activities such as basketball and volleyball and special events such as talent shows, community programs, also held in this facility. Staff will help you with fundamentals of basketball to sharpen your game.

Location: Douglass High School

Class #	Date	Time	Age	Price
Drop In	M-Th: Ends April 17	6:30-9p	8+	Free

DOUGLASS BULLDOGS BASEBALL LEAGUE

Develop your skills in this instructional, non-competitive league, beginning June 1. Boys AND girls can participate. Volunteers can participate in training clinics. Players will receive a league hat and shirt. Registration runs through May 1; a late fee of \$5 will be assessed after that date. Forms are available at the Parks & Recreation office, the ARC, the Armory Sports Center & online at www.gocolumbiamo.com. Volunteer coaches and umpires are needed. For more information, call 874-6378. Note: Parents are encouraged to volunteer as coaches; and sponsorship opportunities are available.

Location: Douglass Park Baseball Field

Class #	Date	Time	Age	Price
315901-01	W,Sa: (T-Ball)	5:30 pm & later	5&6	\$27
315902-01	Tu,F: (Coach Pitch)	5:30 pm & later	7&8	\$27
315910-01	M,Th: (Kid Pitch)	5:30 pm & later	9&10	\$27

* No games July 4

COLUMBIA'S YOUTH INTRO TRACK & FIELD MEET

Learn about track and field in this meet! Open to youth ages 6-12 (born 2004-2010). Pick up and turn in registration forms at the Parks & Recreation offices (1 South 7th), Armory Sports Center (701 E Ash) Monday-Friday between the hours of 8am-5pm. Forms are also online at www.gocolumbiamo.com. Deadline to turn in forms and payment is Wednesday, April 13. No walk up registrations will be allowed the day of the event. For more information, call 874-7460. Copy of birth certificate or baptismal record must accompany registration form. Pre-registration required.

Location: Hickman High School Track

Class #	Date	Time	Age	Price
315927-01	Sa: Apr 16	9a check in	6-12	\$5

BLUE THUNDER TRACK OUTDOOR SEASON

Compete in running, jumping and throwing events! Youth ages 6-18 compete in out of town AAU meets along with some local meets. This group is pushed hard in practice and expected to complete the season. The outdoor season is April-August. Participate in some or all phases, it is your choice. Please call 874-6378 or email Camren.Cross@como.gov if interested. Cost is \$100. Note: Runners are encouraged to invest in a pair of running shoes. Check the web at bluethundertc.shutterfly.com.





SPORTINGCOLUMBIA.NET

Sporting Columbia SC is Central Missouri's premier youth soccer program, providing a positive soccer experience for over 1500 youth soccer players in recreational and competitive divisions. The Club is committed to developing the player, the person and the team. These goals will be accomplished by promoting player development, sportsmanship, and teamwork for every player at every level of soccer.

FALL 2016 / SPRING 2017 REGISTRATION INFORMATION

RECREATIONAL DIVISION

Registration dates: May 1, 2016 - July 1, 2016

*Registrations after July 1, 2016 will be placed on waiting list

*Late fee \$25 after July 1, \$50 after Aug. 1

*Included age groups U5 - U19 girls & boys
FALL games begin Sept. 10, 2016

COMPETITIVE DIVISION

Registration for tryouts will begin June 1, 2016

*Included age groups U9 - U18 girls & boys

Check our website for age specific dates and times
Players are encouraged to attend all tryout sessions for their age group





CLUB CONTACTS

Recreational: Pia Capell
 recsoccer@sportingcolumbia.net
Registrar: Sarah Cavin
 sarah@sportingcolumbia.net
 Executive Director:
 Stephanie Daugherty
 stephanie@sportingcolumbia.net

Technical Director: Kevin Roderique
 kroderique@sportingcolumbia.net
Director of Coaching: Steve Adkins
 sadkins@sportingcolumbia.net
 Pride Park Coordinator:
 Scott Wissinger
 pridepark@sportingcolumbia.net

OUR SPONSORS

- Boone electric cooperative*
- Central missouri Orthodontics*
- Columbia Orthopaedic Group*
- D Sport*
- Embroider It*
- Flat Branch Mortgage Inc.*
- Hoss's Market & Rotisserie*
- Pinnacle Graphics*
- Ramsey Shouman DDS Family Dentistry*
- Sheet Metal Workers Local 36*
- Soccer Master*
- STL Digital*
- Storage Mart*

Follow us on twitter @SportingCSC
 And "like" us on Facebook
 facebook.com/SportingColumbiaSC

Sporting Columbia SC
 P.O. Box 7506, Columbia MO 65205
 fax: 573-875-0640





BLUE THUNDER TRACK CROSS COUNTRY

Season begins August 30, first practice 6 pm at Stephens Lake Park
Price \$30

Attention young runners! Come run and compete with other 6-14-year-olds. Cross country is a sport in which teams and individuals run in a race over natural terrain. Courses may include grass, gravel, hills, and flat land. Practices will be held in City parks and meets are held in various central Missouri towns. Practices and meets occur during fall months and it all ends in November with championship meets. Registration and payment will be accepted starting July 25. Drop registration form off at Amory Sports Center or bring to first practice. Go to www.bluethundercrosscountry.com, email Camren.Cross@como.gov, or call 874-6378 for more information.

MLB PITCH, HIT & RUN

This is the official skills competition of Major League Baseball. The first 100 children to register will close registration. Open to boys and girls. Registration forms are to be turned in at the Parks and Recreation office (1 South 7th). Call 874-7460 for more information. Copy of birth certificate or baptismal record required.

Location: Cosmo Park, Rainbow Red Field

Class #	Date	Time	Age	Price
NA	Sa: April 23	9:30a	7-14	Free

9:30a registration & warm-up, 10a event starts

NFL PUNT, PASS & KICK COMPETITION

Test your football skills against others your age! Competition is for both boys and girls. Winners qualify for the sectionals competition and have the chance to compete at an NFL stadium. Forms are available at www.gocolumbiamo.com. Copy of birth certificate or baptismal record required; must be born from 2001-2010. Note: Absolutely no cleats, football shoes, or turf shoes can be worn. Only soft-soled gym/running shoes are allowed. Event will happen rain or shine.

Location: Cosmo Park Football Field #4

Class #	Date	Time	Age	Price
NA	Sa: Aug 20	9a	6-15	Free

9a check in & registration begins, 10a competition starts

FOR ADULTS

REGISTER FOR ALL ADULTS SPORTS ON LINE AT

www.GoColumbiaMo.com

BEGINNING ARCHERY

Come learn more about this growing sport! Bring your own bow and arrows if you have them, or equipment will be provided. First class of each session will be held at the ARC, all others will be held at Powder Horn Gun and Archery Shop. Instructor Jim Sappington is an NRA certified coach, USA Archery Level 2 instructor and the lead instructor for the Missouri 4H club

Instructor: Jim Sappington

Location: ARC/Powder Horn

Class #	Date	Time	Age	Price
312302-01	Th: Jul 7-Aug 18*	6-8p	5+	\$90

* No Class: 8/4

ADULT VOLLEYBALL

SUMMER VOLLEYBALL

Registration: Now until filled.

Leagues Available: Monday, CoRec B and Over 50

League play: May-June; games at 6, 7, 8, or 9 pm

FALL VOLLEYBALL

Registration: Packets available July, registration through Aug 24 or until filled

League Play: Begins mid-Sept; games at 6, 7, 8, or 9 pm

Location: Armory Sports Center

ADULT SOFTBALL

Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets online at www.GoColumbiaMo.com.

League play: Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm

Location: Rainbow Softball Center

ADULT KICKBALL

Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets online at www.GoColumbiaMo.com.

League play: Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm

Location: Rainbow Softball Center

ADULT TENNIS LESSONS

Date	Time	Age	Price
Session I: May 2-19 at Albert-Oakland Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50
Session II: June 6-23 at Cosmo Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50
Session III: July 5-25 at Cosmo-Bethel Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50
Session IV: August 8-25 at Shepard Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50
Session V: Sept 6-26 at Albert-Oakland Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50

For information and to register for tennis lessons, call Rick Odor at 442-3713. Rick has 26 years of experience.

MOONLIGHT HOOPS

This outdoor league takes place in Douglass Park and will begin in June. There will be three age divisions. Team T-shirts are covered by the registration. The sooner you register and pay, you will have a better chance to have the color you prefer. Drop by the Armory, the ARC or 1 S. 7th to register. Call 874-7460 for more information. Note: Sponsorship opportunities available. Registration ends Friday, May 6.

Location: Douglass Park

Class #	Date	Time	Age	Price
NA	League begins June 7	7:30-10:30p	14-16	\$140
		7:30-10:30p	11-13	\$140



ADULT DROP-IN BASKETBALL

Looking for a pick-up game or to just shoot hoops? Pass cards available at the Armory front desk.

Location: Gymnasium @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M-F	9:30a-2p	18+	\$10/mo or \$2/use

SUMMER CAMPS/AFTER SCHOOL ACTIVITIES



NEW CAMP COMO KIDZ

Formerly Camp Adventure, our popular day camp is back with a new name and new adventures. Campers will enjoy outdoor activities, games, crafts, swimming and many other fun experiences. Registration will begin on April 13 at 7am. Each camper will pay a \$50, non-refundable, participation fee at registration and can reserve a space in as many of the weekly camps as desired. Applications are available at the ARC and online at www.gocolumbiamo.com.

Location: Riechmann Pavilion @ Stephens Lake Park



Class #	Date	Time	Age	Price
303950-01	M-F: Jun 6-Jun 10	7:30a-5:30p	6-13	\$120
303950-02	M-F: Jun 13-Jun 17	7:30a-5:30p	6-13	\$120
303950-03	M-F: Jun 20-Jun 24	7:30a-5:30p	6-13	\$120
303950-04	M-F: Jun 27-Jul 1	7:30a-5:30p	6-13	\$120
303950-05	Tu-F: Jul 5-Jul 8*	7:30a-5:30p	6-13	\$103.50
303950-06	M-F: Jul 11-Jul 15	7:30a-5:30p	6-13	\$120
303950-07	M-F: Jul 18-Jul 22	7:30a-5:30p	6-13	\$120
303950-08	M-F: Jul 25-Jul 29	7:30a-5:30p	6-13	\$120
303950-09	M-F: Aug 1-Aug 5	7:30a-5:30p	6-13	\$120
303950-10	M-F: Aug 8-Aug 12	7:30a-5:30p	6-13	\$120

* No Class: 7/4

NEW ARMORY SUMMER CAMP

The Armory Summer Camp is a youth program with activities such as arts and crafts, computers, and sports. The weekly events include dollar movies, swimming, and Lunch in the Park. Field trips will include Adventures at Rock Bridge State Park like hiking the trails, venturing into a cave and exploring the streams.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
303916-01	M-F: Jun 6-Jul 1	8a-5p	6-14	\$70
303916-02	M-F: Jul 5-Aug 5	8a-5p	6-14	\$75

DANCE CAMPS... SEE PAGE 23

SOCCER CAMP... SEE PAGE 39

COMPUTER GAME CAMP

Learn easy computer programming, while discovering how to create and share your own online computer games using a site called "Scratch". Bring a thumb drive, paper, pen and email address. Pre-registration required.

Instructor: Roy Thorsby

Location: Hillcrest Room C @ Waters-Moss

Class #	Date	Time	Age	Price
304901-01	M-F: Jul 11-Jul 15	10a-12p	8-12	\$79
304901-02	M-F: Jul 25-Jul 29	10a-12p	8-12	\$79

CAMP SLIME

Get ready for a week of messy fun! Everything from shaving cream slip n' slide, to slimy crafts, to gooey projects, to squishy games and more. A fun day camp with a messy twist. Wear clothes and shoes that can get stained and dirty. Bring sack lunch, water bottle, sunscreen, swimsuit, towel, water shoes and change of clothes. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
303914-01	M-F: Jul 18-Jul 22	7:45a-5:15p	6-10	\$145
303914-02	M-F: Aug 8-Aug 12	7:45a-5:15p	6-10	\$145

COLUMBIA POLICE DEPT YOUTH ACADEMY

August 1-5, 9a-4p

Open to all teens enrolled in 8th-12th grades

Do you love CSI? Ever watch Law and Order? Can't miss COPS on Saturday night? Come learn about crime scene investigation, SWAT team, the Juvenile Unit, Domestic Violence unit, the Detective Unit, our K-9 unit and much more. Apply online at www.GoColumbiaMo.com/police or in person at the Columbia Police Department, 600 E Walnut. For more information, contact Keisha Edwards at 874-7585 or knedward@gocolumbiamo.com.

AFTER SCHOOL RECREATION

Come to the Armory to play basketball, work on simple arts & crafts projects and use the computer lab for Internet use or homework. Or, you can try pool table, ping-pong table, foosball, shuffleboard and air hockey tables, safe darts, XBOX360, standup arcade machine, or just watch a movie.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M-F	2:30-7p	8+	Free

NEW FREE AFTER SCHOOL WATERCOLORING

Learn about painting and the fun of using watercolors. Make pictures, stationary and sports posters using methods and different tools like, brushes, sponges, watercolor pencils and natural objects. The whole group will create a big painting in the Armory that all will sign!

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M: Apr 11-May 23	4:30-5:30p	School Ages	Free



Football: the Ultimate Team Sport

Every kid dreams of playing football and in CYFL every kid plays !

Tackle Football is open to all 3rd - 7th Graders

Tackle fees are only \$135.00 Teams practice 5:30 - 7:00 two to three nights per week. Teams are formed by age, grade and school. Uniforms and equipment are provided.

Games are played at Cosmo Park, Boonville, Centralia, and Jefferson City on Sundays & Weeknights. "Modified High School Rules" used for all games. *Minimum play rule* ensures every child gets a chance to play.



Flag Football is open to all K - 2nd Graders Flag Practice begins August 18th

K-Ball fees are only \$65.00. Teams practice and play games once per week on Mondays.
1st & 2nd Flag fees are only \$85.00. Teams practice up to twice per week with games on Tuesdays and Sundays.

Fall 2016 Registration Fees

Tackle football fees are \$135.00 until July 15th
\$85 for 1st-2nd Grade Flag football until July 15th
K-Ball Flag football for Kindergarten is \$65.00 until July 15th
Fees Increase \$15.00 each after 7/15/2016

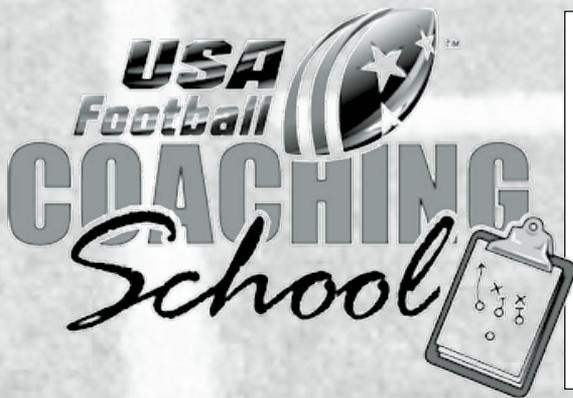
GET IN THE GAME - PLAY FOOTBALL

Columbia Youth Football League

Register online or for more information visit
www.ColumbiaYouthFootball.com



COACHES WANTED



All CYFL Coaches are required to complete:

- Background Checks by NCSI
- USA Football Certified Coaching Education Program
 - Tackle or Flag Certification
 - Concussion Awareness
 - Heads Up TacklingSM safety program
- Chalk Talk 101 training seminars
- Practice Plans & Playbooks offered
- Certified Athletic Trainers onsite



Player development & safety is our highest priority!



Out of Town Players and Teams Welcome

Columbia Youth Football League is an all volunteer, non-profit 501(c)3 youth sports program.

Columbia Youth Football League - PO Box 7052 - Columbia, MO 65205-7052

Contact us at info@columbiayouthfootball.com



TRAIL ENDURANCE RUNS 



BEAR CREEK RUN HALF MARATHON

The Bear Creek Run Half Marathon returns to the scenic Bear Creek Trail. This 13.1 mile race welcomes runners and walkers. The course starts and finishes at Albert- Oakland Park and takes participants to Cosmo Park and back mostly on gravel trail. There are aid stations (water stops) every mile to mile-and-a-half along the well-marked course that will also have great volunteer support. Registration includes professional chip timing, age group awards, finisher medal, performance fabric shirt and post race food. Maximum 300 Racers.

The Half Marathon Relay is a two-person team, giving those who enjoy shorter distances the chance to join the fun. 6.55 miles per runner in the relay

Location: Bear Creek Trail

Class #	Date	Time	Age	Price
307300-01	Oct 15: Half marathon	8a	12+	\$48*
307300-02	Oct 15: 2-person relay	8a	12+	\$48*

* Advance registration required

SPECIAL EVENTS 

YAPPY HOUR

What could be better than spending an afternoon with Fido, food truck grub, and some beers at the park? Twin Lakes Recreation Area, sandwiched between the MKT trail and Chapel Hill Road, with waterfront property in the off leash zone, is a destination for any dog lover and the perfect location for this first year event! It's sure to be a barking good time. Enjoy entertainment for dogs and owners as well as dog-related businesses on site to show off the cool things they do for Man's (and Woman's) Best Friend. Registration is per-pooch (minimum one human per dog), and participants will receive a goodie bag, event t-shirt, and a drink voucher! Limited space available - pre-registration is encouraged.

\$5 price for "people only" - those not bringing a dog or accompanying person with a dog.

Location: Twin Lakes Recreation Area

Class #	Date	Time	Age	Price
314100-01	Sa: Apr 16	3-6p	18+	\$12 prior to 4/11 \$15 after

Sponsored by



EARTH DAY 2015

Sunday, April 24 (Rain date: May 1)

12 noon- 7 pm, Peace Park- Downtown Columbia

Sponsored by the Earth Day Coalition. Call 875-0539 for more information.

TONS OF TRUCKS

Wednesday, April 27, 4-7 pm

Target Wing Parking Lot, Columbia Mall

Trucks and other vehicles of all shapes and sizes will be on display for admiring, climbing, sitting in, and horn honking! This event is held rain or shine and is FREE for all.

Sponsored by



GRINDSTONE CREEK TRAIL DEDICATION

Thursday, April 28, 5:30-7p

Grindstone Nature Area, 2011 Old S. 63

The community is cordially invited to join City officials and the Columbia Parks and Recreation Department in celebrating the opening of the Grindstone Creek Trail, a scenic, 1.75-mile concrete trail connecting Old Hwy 63 to Maguire Blvd. A guided trail walk will follow the formal dedication. Shuttle service will be provided from the Hillcrest Community Center, 1907 Hillcrest Dr. Light refreshments will be served.

STEPHENS LAKE AMPHITHEATER CONCERT SERIES

Free, Every 1st Thursday (2nd Thursday in July)

Join us at the beautiful Stephens Lake Park Amphitheater for an evening of music. Bring a blanket or low lawn chair. Free.

- May 5, 6p Kids Night: Magician Mazing Matthias / Babaloo Music & Fun
- June 2, 7p Missouri Symphony Society. (Sponsored by the Office of Cultural Affairs and the Missouri Arts Council)
- July 7, 7p Community Band
- Aug 4, 7p Unsigned Artists Showcase. (Sponsored by 102.3 BXR)
- Sept 3 TBA



STEPHENS LAKE AMPHITHEATER
CONCERT SERIES
Columbia Parks and Recreation



Special Events

HERITAGE WEEKEND

Saturday-Sunday, May 14-15, 4-8p

Douglass Park

The unofficial opening of Douglass Park for the summer! Activities include balloons, table games for kids and adults, live music and family fun. Sunday will feature a domino tournament, single-elimination, for individuals and partners. Starts at 4 pm, free for all ages. Bring your lawn chair and enjoy your neighborhood park!

THE 15TH ANNUAL BIKE, WALK & WHEEL WEEK

May 16-22

See page 51.

DJ IN THE PARK

June 4, 25, July 16, 30, August 13, 27; 4-8p

Douglass Park

A variety of DJs will play something for all tastes, from hip hop to R&B to gospel.

ART IN THE PARK

June 4-5, 10a-5p Saturday, 10a-4p Sunday

Stephens Lake Park

Columbia Art League's fine arts and fine crafts festival featuring artists from across the country plus strolling magicians, art installations and art-making activities. Free parking at Boone Medical Plaza plus free shuttle. Organized by the Columbia Art League. Visit <http://artintheparkcolumbia.org>.

SHRED FEST SKATEBOARDING EVENT

Saturday, June 4, 4-7p

Columbia Skate Park at Cosmo Park

Celebrate all of the fun of skateboarding with Shred Fest 2016. This family friendly event is FREE and open to the public. Whether you're an expert shredder, new to the sport, or just a curious spectator, there's fun to be had for all! The evening will feature music, helmet giveaways, food, and a best trick contest. Presented by Columbia Parks and Recreation, Parkside Skate Shop, Blue Springs Tiger Pilot Club, Youth Community Coalition and Gummy's Pizza. For more information, visit ParksideSkateboards.com.



LUNCH IN THE PARK

June 6-August 5

Lunch is served to kids from 11:30a-1p at the Douglass Park Shelter. Lunch is not served on July 4.

THE BOONE COUNTY HISTORICAL SOCIETY AT BOONE MUSEUM IN NIFONG PARK

HAVE YOU SEEN US LATELY? WE'RE FOUND IN ONE OF COLUMBIA'S BEST PARKS!

Since 1924 we've been preserving the past for the future. We collect, preserve and exhibit historic artifacts and records of the people of Boone County. We operate the Walters-Boone County Museum, the Montminy Art Gallery, the Village at Boone Junction and the historic Maplewood House - Columbia's favorite 19th century home.

We are a unique hybrid - the only area history museum and art gallery of its kind, both under one big, red, shiny roof. We are a treasure in the community and a cultural storehouse full of surprises. Concerts that feature John William "Blind" Boone's 9-ft. concert grand piano, our Meet the Author book talks, fiddler's jams, major art exhibits, remarkable history exhibits in our 6,000 sq. foot history gallery - all of that can be found at the Boone Museum.

History MATTERS. It's the story of us. Visit us online and then come see us. www.BooneHistory.org. We are located at 3801 Ponderosa St. in historic Nifong Park. 573-443-8936. Find us on Facebook at [fb.com/boonecountymuseumandgalleries](https://www.facebook.com/boonecountymuseumandgalleries) and twitter at @boonemuseum.

LAWN CHAIR CONCERT SERIES

Sunday, June 12, July 17, August 7, 4p

Douglass Park

Bring your lawn chair and blankets to the park and enjoy free concerts with great music.

ANNUAL JUNETEENTH DAY

Saturday, June 18, 3:30-7:30p

Douglass Park

Come and celebrate African-American Heritage in the park with bands, choirs, speakers, games, and food. Bring your lawn chair or blanket and come have some fun.

FIRE IN THE SKY INDEPENDENCE DAY CELEBRATION

The 64th annual celebration of an American tradition

See back cover for details.

NATIONAL TEDDY BEAR PICNIC DAY

Be sure to pack a picnic (hot dogs provided), bring a blanket, and grab your favorite teddy bear (or bears)-dressed in their best attire, of course- and join us! We will hear the teddy Bear's Picnic song, enjoy fun and silly entertainment and play games. Pre-registration is required and space is limited. Every registered child receives a free teddy bear! Free (thanks to our sponsor - Aetna Better Health!).

Location: Douglass Park Amphitheater



Class #	Date	Time	Age	Price
310705-01	Su: July 10	4-6p	2-7	Free



MOVIES IN THE PARK

2nd Friday of each month, May through August

NEW LOCATION! COSMO PARK

Join us under the stars for these monthly films. Films are shown on a giant inflatable screen, and are always family friendly, so grab a blanket or low lawn chair and head out for an unforgettable evening of cinema. Pre-show activities and entertainment begin one hour prior to the movie start time. Concessions are available. No rain dates. **This year, all movies will be shown free of charge, thanks to Missouri Care!**



FRIDAY, MAY 13, 8:30P – FROZEN SING A LONG (PG)

Do you want to build a snowman? Join Princess Anna, Kristoff, Sven the reindeer and Olaf the snowman as they venture to save Arendelle from Queen Elsa's endless winter. This heartwarming musical is sure to have you singing along.

FRIDAY, JUNE 10, 9P - THE GOOD DINOSAUR (PG)

In an alternate universe, where the dinosaurs were never wiped out, a young Apatosaurus named Arlo lives to meet a Neanderthal boy named Spot. Together they embark on an epic adventure to reunite Arlo with his Dinosaur family.

FRIDAY, JULY 8, 9P - LEGO MOVIE (PG)

Emmet was an ordinary Lego man until he is mistakenly identified as the Special- He finds himself drafted into a fellowship of strangers who are on a mission to stop an evil tyrant's plans for world domination.

FRIDAY, AUGUST 12, 8:30P - INSIDE OUT (PG)

Do you ever wonder what the voices in your head are really up to? Inside Riley's head, her emotions: Joy, Sadness, Anger, Fear, and Disgust guide Riley through her family's move to San Francisco.

FRIDAY, SEPTEMBER 9, 8P

STAR WARS: THE FORCE AWAKENS (PG)

A long time ago, in a galaxy far far away, the battle between the light and dark sides of the Force continue. A tough young scavenger named Rey is swept up into the battle between the First Order, led by the evil Kylo Ren, and the Resistance. Rey joins forces with a droid named BB-8, and old friends like Han Solo, as the group seeks to find Luke Skywalker, the last of the Jedi Knights.

SPONSORED BY:



FAMILY FUN FESTS

3rd Wednesday, May-September, 6-8p

COSMO PARK

See how the park transforms into a family friendly festival of fun with a new theme each month. Entertainment for the entire family will include music, live performances, art activities, hands-on learning, face painting, balloon art, and fun for all!

MAY 18: BE KIND, BE HEALTHY

Sponsored by Putting Kids First and Children's Grove

Join us for music, fun, crafts and activities promoting kindness and mental health.

JUNE 15: EXPLORE OUTDOORS

Sponsored by Epoch Health: Celebrating Men's Health Month

The outdoors has so much to offer! Learn about Missouri fish, birds, parks, camping and more from state and local experts.

JULY 20: FITNESS IS FUN

Sponsored by the ARC (Activity & Recreation Center)

July is Parks and Rec Month! Come out to learn and experience some exciting new ways to stay fit and active!

AUGUST 17: AROUND THE WORLD

Travel the globe with dancing, games, music and more.

SEPTEMBER 21: CREATIVE KIDS

Sponsored by the Columbia Office of Cultural Affairs & the Missouri Arts Council

Let the kids show their creative and artistic side. Hands-on kid friendly art activities, musical performances, theater, and dance are just some of the fun to be had at the final fest of the summer.

SPONSORED BY:



COLUMBIA, MO
WHAT YOU UNEXPECTED





Special Events



SPLAT! JR. OBSTACLE COURSE MUD RUN

Join us for the 3rd annual Splat challenge where kids ages 4 to 15 years old can conquer walls, tires, pipes, slides and much more. Of course, there will be MUD and lots of it! The Splat course and obstacles are designed to be age appropriate in distance and difficulty. This is a youth event, entertainment is family friendly. Splat is great fun for individual kids and siblings, as well as groups like sports teams, celebrating a birthday or any group of kids who want to do something fun and unique together. Registration includes a Splat shirt and special offers from our sponsor partners. There are 8 waves to choose from, each having a 120 participant cap. This event has a history of selling out, so register early. We can't wait to see the big smiles on muddy kids!

Location: Gans Creek Rec Area

Class #	Date	Time	Ages	Price
307904-01	July 9	8:30a	4-6	\$25
307904-02	July 9	9:00a	4-6	\$25
307904-03	July 9	9:30a	7-9	\$25
307904-04	July 9	10:00a	7-9	\$25
307904-05	July 9	10:30a	10-12	\$25
307904-06	July 9	11:00a	10-12	\$25
307904-07	July 9	11:30a	7-15*	\$25
307904-08	July 9	12:00p	7-15*	\$25

*Please note that waves 7 and 8 are a longer distance for 7 to 9 year olds than waves 3 and 4 are.

SPONSORED BY:



COOLIN' DOWN WITH THE BLUES

August 14, 4-8p

Douglass Park

Featuring local and regional talent in a mini-festival atmosphere! Activities provided for the kids and adults will enjoy jazz, R&B, and blues. Bring your lawn chair and enjoy this free concert, which marks the unofficial end of summer.

KALEIDOSPOKE

Get ready to GLOW with your bike on the MKT Trail. This non-competitive, family friendly, supported, night time ride takes participants from Flat Branch Park to Twin Lakes Recreation Area and back for an approximately 8 mile round trip ride. The trail will be illuminated like you've never seen it before and you won't want to miss it! The relaxed ride leaves Flat Branch at dusk, once at Twin Lakes riders will enjoy s'mores by the bonfire and entertainment before showing off their GLOW on the return ride to downtown. Walt's Bike Shop will join us before the ride at Flat Branch Park for any last minute, minor bike maintenance as well as offering support on the trail during the ride. Helmets and front and rear bike lights will be required. Children under 16 must be accompanied by an adult. Registration will include a bike accessory, glow item and s'mores. Maximum 300 participants.



Location: Meet at Flat Branch Park

Class #	Date	Time	Ages	Price
318403-01	Sa: Aug 20	7:30-10:30p	8+	\$15

SPONSORED BY:



NEIGHBORHOOD PARK FUN DAYS

August 31, 6-8p

Again Street Park

Calling all families! Set aside an evening for fun and get to know your neighbors. Variety of activities and games provided, bring a picnic, blanket and lawn chairs! Free.

Presented by Aetna.

Future dates: Sept 14 @ Optimist Park,

Sept 28 @ Auburn Hills, Oct 12 @ Indian Hills, Oct 26 @ Albert-Oakland Park.



FATHER DAUGHTER DANCE NIGHT... SEE PAGE 23

GETABOUT COLUMBIA SPECIAL EVENTS... SEE PAGE 37



15TH ANNUAL BIKE, WALK AND WHEEL WEEK

MAY 16 – 22

■ MONDAY, MAY 16

TRY COMO CONNECT FREE ALL WEEK

Everyone rides the city buses for FREE all week Monday - Saturday! It's the perfect time to try out a combo-commute with your bike or feet!

MAKE THE WHEELS ON THE BUS WORK FOR YOU; TRANSPORTATION LUNCH AND LEARN WORKSHOP

12-1p, City Hall, Conference Room 1A.

Bring a sack lunch and we'll have transit experts on hand to share trip planning details to help you incorporate COMO Connect, ParaTransit or Services for Independent Living into your weekly travel routine.

BICYCLE LICENSING DRIVE AND LIGHT GIVEAWAY

The City of Columbia requires that each bicycle owner license their bike (Ordinance 14-494) in order to expedite the return of a lost or stolen bicycle. Free bicycle licensing is available at all nine Columbia fire stations between 8a and 8p (also offered the other 364 days of the year). Columbia Parks and Recreation will also license bicycles from 8a-5p on Monday, May 16 at the Gentry Bldg., #1 S. 7th St.

GRINDSTONE CREEK COMMUNITY TRAIL WALK

5:30-6:30p, Grindstone Nature Area Trailhead, 2011 Old S. 63
Start your week off with a 3.5-mile heart-healthy walk on the NEW Grindstone Creek Trail.

■ TUESDAY, MAY 17

BIKE MAINTENANCE WORKSHOP

6:30-7:45p, Walt's Bicycle, 1217 Rogers

Walt's staff will cover the art of quickly replacing or mending a flat tire and minor cable adjustments.

■ WEDNESDAY, MAY 18

FAMILY FUN FESTIVAL

6-8p, Cosmo Park

Visit our booth at the Family Fun Festival. We'll be distributing Columbia Trail Guides, bicycle lights, and healthy transportation tips. Bring your bike and join us for a group ride around the Cosmo Fitness Trail at 7:15p.

■ THURSDAY, MAY 19

BIKES AND BREWS - PRESENTED BY PEDNET COALITION

5:30p, Cyclextreme, 19 S. 6th St.

See details at www.pednet.org, fees apply.

■ FRIDAY, MAY 20

BREAKFAST STATION DAY

7-9a, various locations around Columbia

Enjoy a free breakfast as you bike, walk or wheel about town. Participating locations will be listed on our website.

ALL ACCESS SCAVENGER HUNT- PRESENTED BY PEDNET COALITION AND SERVICES FOR INDEPENDENT LIVING

6p, Downtown location TBD

This scavenger hunt is designed to be fun and challenging, while highlighting mobility features and increasing awareness of access issues. Teams of four will have 90 minutes to complete objectives. Details at www.pednet.org, fees apply.

■ SATURDAY, MAY 21

ELECTRIC BICYCLE TRAIL RIDE WITH DARWIN HINDMAN

1p, Flat Branch Park, 1400 Locust St.

Find out what all the buzz is about with electric bicycles. Join former Mayor Hindman on a tour of Columbia trails. Everyone is invited. Electric bike not required. Check the website for more details on the ride, including electric bicycle demos.

■ SUNDAY, MAY 22

LOOP THE CITY RIDE

10a-1p, Bonnie View Nature Sanctuary

Join GetAbout Columbia staff on a 24-mile loop ride around the City. Ride on a mix of soft surface trails and bicycle-friendly streets.

■ ONGOING THROUGHOUT MAY

SHARE YOUR SOUL SHOE DRIVE

Donate your new or gently used walking shoes (all sizes) so that others may enjoy a heart healthy way to go to work, school or play. Shoes can be dropped off at Dreyer's Shoes, 7 N. 9th St. throughout May. Shoes will be donated to The Wardrobe.



ALL ACTIVITIES ARE FREE UNLESS NOTED!

Register at www.gocolumbiamo.com/ParksandRec for event updates and great prizes (bicycles, bus passes and more!) Contact janet.godon@como.gov or (573) 441-5495



Check out Facebook and Twitter for event updates.

2016 SPECIAL EVENTS CALENDAR

APRIL

- 16 YAPPY HOUR
Twin Lakes Recreation Area, 3-6p, \$12
- 16 COLUMBIA'S YOUTH INTRO TRACK AND FIELD MEET
Hickman High School Track, 9a check in, \$5
- 23 MLB PITCH, HIT AND RUN
Albert-Oakland Park, 9:30a check in, Free
- 24 EARTH DAY
Peace Park, 12-7p, Free
- 27 TONS OF TRUCKS
Target parking lot at Columbia Mall, 4-7p, Free
- 28 GRINDSTONE CREEK TRAIL DEDICATION
Grindstone Nature Area, 5:30-7p, Free

MAY

- 5 STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES, KIDS NIGHT
6p, Free
- 13 MOVIES IN THE PARK: FROZEN SING ALONG
Cosmo Park, 8:30p, Free
- 14-15 HERITAGE WEEKEND
Douglass Park, 4-8p, Free
- 16-22 15TH ANNUAL BIKE WALK AND WHEEL WEEK
- 18 FAMILY FUN FEST: BE KIND, BE HEALTHY
Cosmo Park, 6-8p, Free
- 28 ALBERT-OAKLAND FAMILY AQUATIC CENTER OPENS FOR SEASON

JUNE

- 2 STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES,
MISSOURI SYMPHONY SOCIETY
7p, Free
- 3 DOUGLASS FAMILY AQUATIC CENTER, LITTLE MATES COVE,
LAKE OF THE WOODS POOL OPEN FOR SEASON
- 4 SHRED FEST SKATEBOARDING EVENT
Columbia Skate Park at Cosmo Park, 4-7p, Free
- 4 DJ IN THE PARK
Douglass Park, 4-8p, Free
- 4-5 ART IN THE PARK
Stephens Lake Park, Free
- 4 NATIONAL TRAILS DAY, FIND THE GOLDEN HIKING BOOT
- 10 MOVIES IN THE PARK, THE GOOD DINOSAUR
Cosmo Park, 9p, Free
- 11-12 FRANCIS HAGAN MATCH PLAY CHAMPIONSHIP
Lake of the Woods Golf Course
- 12 LAWN CHAIR CONCERT SERIES
Douglass Park, 4p, Free
- 15 FAMILY FUN FEST: EXPLORE OUTDOORS
Cosmo Park, 6-8p, Free
- 18 JUNETEENTH CELEBRATION
Douglass Park, 3:30-7:30p, Free
- 18-19 FRANCIS HAGAN MATCH PLAY CHAMPIONSHIP
Lake of the Woods Golf Course
- 25 DJ IN THE PARK
Douglass Park, 4-8p, Free

JULY

- 4 FIRE IN THE SKY
Flat Branch Park/The District, Entertainment at 6:30, Fireworks after 9pm, Free
- 4 SPECIAL SWIM HOURS AT
ALBERT-OAKLAND FAMILY AQUATIC CENTER, DOUGLASS FAMILY AQUATIC
CENTER, LAKE OF THE WOODS POOL AND LITTLE MATES COVE
12-5p
- 7 STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES,
COMMUNITY BAND
7p, Free
- 8 MOVIES IN THE PARK, LEGO MOVIE
Cosmo Park, 9p, Free
- 9 SPLAT! JUNIOR OBSTACLE COURSE MUD RUN
Gans Creek Recreation Area, Times vary according to wave, \$25
- 10 NATIONAL TEDDY BEAR PICNIC DAY
Douglass Park, 4-6p, Free, space limited
- 16 DJ IN THE PARK
Douglass Park, 4-8p, Free
- 17 LAWN CHAIR CONCERT SERIES
Douglass Park, 4p, Free
- 20 FAMILY FUN FEST: FITNESS IS FUN
Cosmo Park, 6-8p, Free
- 22-24 & 29-31 SHOW ME STATE GAMES
- 30 DJ IN THE PARK
Douglass Park, 4-8p, Free

AUGUST

- 4 STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES,
UNSIGNED ARTISTS SHOWCASE
7p, Free
- 7 LAWN CHAIR CONCERT SERIES
Douglass Park, 4p, Free
- 10 NEW LEISURE TIMES AVAILABLE
- 12 MOVIES IN THE PARK, INSIDE OUT
Cosmo Park, 8:30p, Free
- 13 DJ IN THE PARK
Douglass Park, 4-8p, Free
- 14 COOLIN' DOWN WITH THE BLUES
Douglass Park, 4-8p, Free
- 17 FAMILY FUN FEST: AROUND THE WORLD
Cosmo Park, 6-8p, Free
- 20 NFL PUNT, PASS AND KICK
Cosmo Park, 9a check in, Free
- 20 KALEIDOSPOKE
Meet at Flat Branch Park, 7:30p, \$15
- 27 DJ IN THE PARK
Douglass Park, 4-8p, Free
- 31 NEIGHBORHOOD PARK FUN DAY
Again Street Park, 6-8p, Free



SPOTLIGHT ON PARKS

EXPLORE *Park Playgrounds*

Did you know that Columbia's park system has more than 40 parks with playgrounds? Each playground is different and play features vary from park to park. Columbia Parks and Recreation is presenting a challenge to children and parents/guardians to get out this summer and have fun exploring the variety of playgrounds at Columbia's parks.

Visit Your Park Playgrounds Challenge



The Challenge



From Memorial Day to Labor Day visit playgrounds at ten or more different parks, track your visits, and turn in your completed tracking sheet to Columbia Parks and Recreation to receive a prize. The 2016 "Visit Your Park Playgrounds Challenge" brochure with instructions, list of prizes, and tracking sheet will be available May 15, 2016 on-line or at one of the Parks and Recreation offices.

Photos and comments from last year's participants





SPOTLIGHT ON TRAILS

LOOK WHAT'S NEW!
Grindstone Creek Trail

Trailhead:

Grindstone Nature Area, 2011 Old Highway 63 S

Support

Facilities:

Parking, restrooms, water fountain, picnic shelter, bike rack, and bike repair station



The construction of the 1.75-mile Grindstone Creek Trail is completed and open for trail users. This new concrete trail routes from Grindstone Nature Area east under Old 63 through Waters-Moss Memorial Wildlife Area and generally follows Grindstone Creek to the confluence of the north and south forks, and then angles north under Hwy 63 to Maguire Blvd. At Grindstone Nature Area, it connects to the Hinkson Creek Trail, which makes up part of the southern portion of the proposed 30-mile trail loop around the city.

Grindstone Creek Trail connects an estimated 3,000 workers in the industrial area off of Maguire Blvd. and 5,000 surrounding residents to the Columbia Trail System. The surrounding creek and rock bluff scenery makes Grindstone Creek Trail one of the loveliest routes in the trail system.



This project was funded by the Park Sales Tax

You're invited!

Grindstone Creek Trail Dedication

5:30pm, Thursday, April 28
Waters-Moss Memorial Wildlife Area

Watch for more event information
online at GoColumbiaMo.com
and on Facebook

LEISURE TIMES

APRIL 2016 - AUGUST 2016

Columbia Parks & Recreation Dept.

7th & Broadway, 1 S. 7th St.

P.O. Box 6015 • Columbia, MO 65205-6015

Monday-Friday 8am-5pm

Phone (573) 874-7460

Fax (573) 874-7640

Recreation Hotline

(573) 874-7663

The recorded message is available 24 hours with information on activities, cancellations and changes. Sports cancellations are announced weekdays after 4 p.m. and Sundays after 3 p.m. After this time officials may cancel games due to bad weather.

Administrative Staff

Mike Griggs, Director

Erika Coffman, Recreation Services Manager

Gabe Huffington, Park Services Manager

Visit our Web page

www.GoColumbiaMo.com

The activities and services included in Leisure Times span a four-month period. Please keep Leisure Times handy as a reference or recycle by passing along to a neighbor or co-worker.

Cover Photo: Camp Slime

Five Ways to Register:

1. **Online:** Go to www.GoColumbiaMo.com
2. **Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

DO YOU KNOW?



**EVERY HOUR, MORE THAN 40 PEOPLE
LOSE THEIR LIVES TO DROWNING:
PARKS AND RECREATION
OFFERS SWIM LESSONS, WITH 1,095
SWIM ENROLLMENTS LAST YEAR!**

Check www.GoColumbiaMo.com/ParksandRec for great discounts and coupons on programs and facilities!

COLUMBIA PARKS AND RECREATION
IS A MEMBER OF



A National
Gold Medal
Department

If you wish to participate in any Parks and Recreation activity yet feel you may need some special accommodation, or if you need an alternate form of this publication, please call Parks and Recreation 24 hours in advance at 573-874-7460.

As a recipient of federal funds from the U.S. Department of Interior, the Columbia Parks and Recreation Department operates programs subject to the nondiscrimination requirements of Title VI of the 1964 Civil Rights Act Under Title VI; the U.S. Department of the Interior strictly prohibits discrimination because of race, color, or national origin in its federally assisted programs. This Department is also committed in both policy and practice to enforce and implement all required provisions of the Americans With Disabilities Act.



- ★ ENTERTAINMENT ON TWO STAGES; AT PEACE PARK AND AT FLAT BRANCH PARK
- ★ KIDS ACTIVITIES AT FLAT BRANCH PARK ON 4TH STREET
- ★ FIREWORKS AT 9:15PM, SHOT FROM THE TOP OF THE 6TH AND CHERRY PARKING GARAGE, CHOREOGRAPHED TO MUSIC AND SIMULCAST ON BXR RADIO 102.3
- ★ FREE EVENT, CONCESSIONS WILL BE AVAILABLE
- ★ SOME STREETS WILL BE CLOSED. FREE PARKING IS AVAILABLE DOWNTOWN AND ON THE UNIVERSITY CAMPUS

MONDAY, JULY 4, 2016

City of Columbia
Coordinated by Parks & Recreation

4th of JULY

Fire in the Sky

Presented by Columbia Insurance Group and KOMU 8

EVENT BEGINS @ 6:30P
FIREWORKS BEGIN @ 9:15P

THE DISTRICT:

PEACE PARK
on Elm St. between 6th and 8th
FLAT BRANCH PARK
on 4th St. between Cherry & Locust



TO VOLUNTEER CALL 874-7499

BRING A LAWN CHAIR OR BLANKET.
NO FIREWORKS PLEASE.

FOR MORE INFORMATION,
CALL 874-7460.

MAP AND SCHEDULE AT
WWW.GOCOLUMBIAMO.COM
(SEARCH: 4TH OF JULY).

