

# LEISURE TIMES

Your Guide to Columbia's Recreational Opportunities



**FALL/WINTER 2016-2017 ISSUE**

Registration Begins: August 10 • Online Registration: August 9

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# LAKE OF THE WOODS & L.A. NICKELL GOLF COURSES

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annual passes, events,  
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LAKE OF THE WOODS  
— GOLF COURSE —





**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**

[www.CoMo.gov](http://www.CoMo.gov) (search: Rentals)

*Note: Fees subject to change October 1, 2016*

**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. \$40 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 and Stephens Lake Park Shelters are available for half-day or full-day rentals; 8a-2:30p or 5-11p. Stephens Lake double bookings take effect Oct. 1, 2016.

## 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 on-line at [www.CoMo.gov](http://www.CoMo.gov). 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.CoMo.gov](http://www.CoMo.gov)
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

An annual membership is not required to enjoy ARC amenities. The ARC offers a wide variety of options.

- Daily
- Youth
- Senior
- Monthly
- Adult
- Adult Plus One
- Annual
- Family (up to 5 persons)
- 30-day Pass

A list of admission and pass prices, as well as more details are available on our website at [www.CoMo.gov](http://www.CoMo.gov).



## 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

- ✓ 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

MONDAY-FRIDAY	SATURDAY	SUNDAY
5:30a-9:30p	7a-7p	9a-6p
HOLIDAY HOURS		
Labor Day, Sept. 5 11a-5:30p	Wednesday, Nov. 23 5:30a-5:30p	Thanksgiving, Nov 24 CLOSED
December 24 7a-3p	Christmas CLOSED	December 31 7a-3p
<b>New Year's Day</b> CLOSED		

FOR REGULAR & HOLIDAY POOL HOURS, PAGES 12, 14



## 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
10-11a ..... Home School P.E. Ages 5-9
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.
4. Spitting is prohibited, including water fountains.
5. Abusive or foul language is strictly prohibited.
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.
10. No basketballs or volleyballs are allowed upstairs.
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.

ROOMS/COURTS

Table with 2 columns: Room/Court Name and Price per hour/rental. Includes Meeting Room 1/3, Meeting Room 2/3, Meeting Room Full, Classroom, Group Exercise Room, Water Zone Raindrop Room, and Water Zone Typhoon Room.

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

Table with 2 columns: Number of People and Price per hour. Includes categories for 1-100, 101-150, 151-200, 201-250, and 251-300 people.

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 with 2 columns: Number of People and Price. Includes categories for 1-100, 101-500 people and a note about assessed fees for groups over 10.

WATER ZONE BIRTHDAY PARTIES, PAGE 13



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.CoMo.gov](http://www.CoMo.gov) (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.

**ADAPTED RECREATION**

Programs are developed to provide recreational activities for individuals with special needs.

**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

**ORNAMENT WORKSHOP**

*November 10 and 17, 5-7p*  
Learn how to make your own Christmas ornaments out of clay and other materials. Price is \$5. Please call the Adapted Community Recreation office to sign up.

**TIE DYE WORKSHOP**

*January 17, 5-7p*  
Learn how to create classic tie dye shirts! Please provide your own pre washed, dry article of clothing and be prepared to get messy. Price is \$5. Please call the Adapted Community Recreation office to sign up.

**SOCIAL ACTIVITIES AND EXERCISE**

**WII GAMES**

*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 the schedule.

**HAPPY HOUR FITNESS**

*Monday-Friday, 3p*  
Meet us in the Adapted Community Recreation office to find out what type of fitness is scheduled. Some instruction will be available for the exercise machines. Nintendo Wii Fit will be available for use.

**PING PONG/CHESS**

*Every Tuesday, 4p*  
Meet us in Paquin Park and use our new concrete tables to challenge your neighbors to a game of ping pong or chess.

**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*  
**Registration not required.**

Class #	Date	Time	Age	Price
NA	F: Aug 19	6:30-8:30p	14+	\$5
NA	F: Sept 23	6:30-8:30p	14+	\$5
NA	F: Oct 21	6:30-8:30p	14+	\$5
NA	F: Nov 18	6:30-8:30p	14+	\$5
NA	F: Dec 16	6:30-8:30p	14+	\$5
NA	F: Jan 20	6:30-8:30p	14+	\$5
NA	F: Feb 17	6:30-8:30p	14+	\$5
NA	F: Mar 24	6:30-8:30p	14+	\$5

**ADAPTED SPORTS PROGRAMS**

The City of Columbia offers numerous sports to individuals with special needs. Competitions are held through Special Olympics, however competing is not required for participation. When you register, please be sure that your athlete has a current Special Olympics specific physical and release form. Prior experience or knowledge is not necessary. Please contact Jessica Sida at [Jessica.Sida@CoMo.gov](mailto:Jessica.Sida@CoMo.gov) or 573-874-7312 if you have any questions or require listed forms.

**ADAPTED SWIMMING**

Registration for the Special Olympics Swim Team will take place until January 31, 2017 or when the maximum number of participants is reached. Team assignments, practice dates/times will be assigned after close of registration.

*Location: Hickman Pool @ Hickman High School*

Class #	Date	Time	Age	Price
115604-01	Su: Feb 5-May 7	5:30-6:30p	8+	\$15



### ADAPTED BASKETBALL

Registration Deadline September 19, 2016. Participants will be notified of team assignment and practice times closer to the first practice date.  
Location: New Haven Elementary

Class #	Date	Time	Age	Price
115605-01	M, T: Nov 28-Mar 14	6-8p	8+	\$15

### ADAPTED TRACK & FIELD

Registration Deadline January 31, 2017 or when Maximum participants are reached Team assignments, practice dates, and times will be assigned after close of registration.  
Location: West Jr Middle School

Class #	Date	Time	Age	Price
115606-01	Th: Mar 9-May 11	5:30-6:30p	8+	\$15

### ADAPTED VOLLEYBALL

Register for Special Olympic Volleyball. The registration deadline is January 31, 2017 or until the maximum number of participants is reached.  
Location: West Middle School

Class #	Date	Time	Age	Price
115601-01	W: Mar 8-May 10	6-7:15p	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
- ✓ Large Deck with Lounge Chairs Area with Sprinklers and Slide
- ✓ Children's Water Play Area with Water Sprinklers and a Water Slide
- ✓ Concession Stand
- ✓ Recreational Swim
- ✓ Shade Umbrellas
- ✓ Swim Instruction

### DOUGLASS PARK AND SPRAYGROUND

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

**CLOSES FOR SEASON: SEPTEMBER 30**

- ✓ UNGUARDED Plaza with interactive water fountains, geysers and jets shooting from the ground

### FLAT BRANCH PARK SPRAYGROUND

Flat Branch Park, 400 Locust St.

**CLOSES FOR SEASON: SEPTEMBER 30**

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

### HICKMAN POOL

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

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

### STEPHENS LAKE & SPRAYGROUND

Stephens Lake Park, 2001 E. Broadway

**CLOSES FOR SEASON: SEPTEMBER 30**

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

**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.

### SWIM HOTLINE

Call 874-7663 for updated facility closings and openings.



## 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!

### APPROPRIATE 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.

	AUGUST	SEPTEMBER
<b>ALBERT-OAKLAND FAMILY AQUATIC CENTER</b>	M-F 12-7p Sa 11a-5p Su 12-5p	<b>Closed</b> Sept 1-2
	<b>Last Weekday</b> Aug 12	<b>Open</b> Sept 3, 4, 5 12-5p
	<b>Closed</b> Aug 15-19, 22-26, 29-31	<b>AFTER LABOR DAY CLOSED FOR SEASON</b>
	<b>Open</b> Aug 13, 14, 20, 21, 27, 28 12-5p	

## RECREATION SWIM FEES

### ALBERT-OAKLAND FAMILY AQUATIC CENTER

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

## A WORD TO PARENTS

Our staff of trained, licensed 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 under must be accompanied and supervised at all times by a paying adult (16 years or older).

**LIFEGUARDS** enforce rules and regulations to prevent accidents, and respond to aquatic emergencies. **PARENTS** are ultimately responsible for the safety of their children!



## 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.

## 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.**

## 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).

## 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.



### 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 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 13  
Hickman Pool . . . . . \$168

- 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.

### AQUATIC PROGRAMS . . . . .

#### POOCH PLUNGE

Finish off the 'dog days' of summer at Albert-Oakland Family Aquatic Center. The pool (no slides) is open for dogs and must be accompanied by an adult. Dogs swim only! Owners are responsible for cleaning up any accidents; dog and owner must be pre-registered to participate. Limited space--friendly dogs only! If weather is inclement, please call the hotline at 573-874-7663, option 3 after 5:30p for possible cancellations.

Location: Albert-Oakland Family Aquatic Center

Class #	Date	Time	Age	Price
114401-01	Tu: Sep 6	6:30-7:30p	NA	\$4

#### BOY/GIRL SCOUT DAY

Attention all scouts! Hickman Pool will be hosting a day just for you. Activities will include 5 stations on a variety of water safety topics and fun games. All groups must preregister. If you are registering for a troop please add each child to your household to include them on the class roster.

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Age	Price
101900-01	Su: Feb 26	1-3p		\$3

### ARC AQUATICS . . . . .

#### Lifeguards

The lifeguard's function is to respond to aquatic emergencies and enforce rules and regulations which prevent accidents, but parents are ultimately responsible for the safety of their children.

#### Holiday Hours

Sept 5	11a-12p Lap Swimming	12-5p Rec Swim
Nov 24	5:45a-12p Regular Schedule	12-5p Rec Swim
Nov 25	Closed	
Dec 24	7a-12p Lap/ Swim/Walk	12-2:30p Rec Swim
	• No Water Fitness classes held	
Dec 25	Closed	
Dec 31	7a-12p Lap/ Swim/Walk	12-2:30p Rec Swim
	• No Water Fitness classes held	
Jan 1	Closed	

#### SCHOOL'S OUT – OPEN SWIM

The indoor leisure pool will open early (12 or 2:30 pm) on the following days to provide lots of fun and excitement for children who are out of school. Reminder: Please check the pool schedule for Water Zone closing times:

- Sept 26, (12p); Oct 19 (2:30p); Oct 31 (12p); Nov 8, 11, 25 (12p); Dec 21, 22, 23, 26, 27, 28, 29, 30 (12p); Jan 2, 3, 16 (12p); Feb 6, 17, 20 (12p); Mar 27, 28, 29, 30, 31 (12p)

#### 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. Note: Will not be available during Water Boot Camp.

#### 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.



**WATER ZONE BIRTHDAY PARTY PACKAGES**

Come have your birthday fun 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 Master Card 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, 4-6p; 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 8 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 SPECIALTY CLASSES** . . . . .

**WATER BOOT CAMP**

Looking for an intense water workout? Your instructor will use the water against you to increase your heart rate, muscle strength and push you to your limit. The class will combine intense bursts of cardiovascular energy with resistance training for a fun group workout that will challenge everyone.

*Location: Water Zone @ ARC*

Class #	Date	Time	Age	Price
101204-01	Tu,Th: Sep 13-Sep 29	6:40-7:30p	16+	\$50
101204-02	Tu,Th: Oct 11-Oct 27	6:40-7:30p	16+	\$50
101204-03	Tu,Th: Nov 8-Nov 17	6:40-7:30p	16+	\$34
101204-04	Tu,Th: Jan 10-Jan 26	6:40-7:30p	16+	\$50
101204-05	Tu,Th: Feb 7-Feb 23	6:40-7:30p	16+	\$50

**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.

*Location: Hickman Indoor Pool @ Hickman High School*

Class #	Date	Time	Age	Price
101205-01	Tu,Th: Sep 6-Sep 29	5:40-6:30p	15+	\$32
101205-02	Tu,Th: Oct 11-Nov 3	5:40-6:30p	15+	\$32
101205-03	Tu,Th: Nov 29-Dec 15	5:40-6:30p	15+	\$24
101205-04	Tu,Th: Jan 17-Feb 9	5:40-6:30p	15+	\$32
101205-05	Tu,Th: Feb 21-Mar 16	5:40-6:30p	15+	\$32

**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.**

**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. Daily admission fee is required for all participants which includes all little ones (0-8yrs old) and their adult playmates. Children 8 years and under must be accompanied by an adult (16 years or older).

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

**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 years and under with adult supervision (16 years and older).  
 Tues & Thurs: 10-11a, 1-2p  
 \$1 for all participants



**ARC WATER ZONE SCHEDULE AUGUST 14, 2016 – MARCH 4, 2017**

SUN	MON/WED	TU/THU	FRI	SAT
<b>ARC Closed</b>	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-7a	<b>ARC Closed</b>
	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 9am-12p	Little Swimmers 11a-12p	Little Swimmers 11a-12p ARC Members Free	Lap/Spa/Walk 11a-1:30p	Swimming Lessons 10:10-10:55a*
	Lap/Spa/Walk 11a-1:30p			Swimming Lessons 11:10-11:55a*
Rec Swim 12-5:30p	<b>Water Zone Closed 1:30-3p</b>  <b>Spa will be closed 1:30-6p for Maintenance every Wed</b>	<b>Water Zone Closed 1:30-3p</b>	<b>Water Zone Closed 1:30-3p</b>	Rec Swim 12-6:30p
		Lap/Spa/Walk 3-5:30p	Lap/Spa/Walk 3-5p	
	Lap/Spa/Walk 3-5p	Water Aerobics 5:30-6:20p	Rec Swim 5-9p	<b>WATER ZONE CLOSED</b>
	Rec Swim 5-9p	Water Boot Camp** 6:40-7:30p		
<b>WATER ZONE CLOSED</b>		Rec Swim 5-9p	Lap/Spa/Walk 7:30-9p	

\* Lap/Spa/Walk is available except when lessons are in session

\*\* Lap/Spa/Walk is available except when Water Boot Camp 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: Water Zone @ ARC

Class #	Date	Time	Place	Age	Price
116901-01	Sa: Sep 10-Oct 29	9:10-9:55a	ARC	3-15	\$45
116901-02	Sa: Sep 10-Oct 29	10:10-10:55a	ARC	3-15	\$45
116901-03	Sa: Sep 10-Oct 29	11:10-11:55a	ARC	3-15	\$45
116901-04	Sa: Jan 21-Mar 11	9:10-9:55a	ARC	3-15	\$45
116901-05	Sa: Jan 21-Mar 11	10:10-10:55a	ARC	3-15	\$45
116901-06	Sa: Jan 21-Mar 11	11:10-11:55a	ARC	3-15	\$45
116901-07	Tu,Th: Feb 21-Mar 16	6:30-7:15p	HICK	3-15	\$45

**See table below for skill levels, requirements and description of skills taught in each class.**

## LEARN TO SWIM COURSE DESCRIPTIONS

MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

LEVELS	REQUIREMENTS	SKILLS TAUGHT
<b>LEARN TO SWIM (Level One)</b> <b>STARFISH</b>	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.
<b>LEARN TO SWIM (Level Two A)</b> <b>CLOWNFISH</b>	Passed Level One or demonstrate equivalent skills.	Ability to show some independence in water. Introduction to basic strokes.
<b>LEARN TO SWIM (Level Two B)</b> <b>BLUEFISH</b>	Passed Level Two A or demonstrate equivalent skills.	Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.
<b>LEARN TO SWIM (Level Three)</b> <b>SEA TURTLES</b>	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.
<b>LEARN TO SWIM (Level Four)</b> <b>STINGRAYS</b>	Passed Level Three or demonstrate equivalent skills.	Develop confidence in the strokes learned in previous levels; build on butterfly and breast stroke.
<b>LEARN TO SWIM (Level Five)</b> <b>DOLPHINS</b>	Passed Level Four or demonstrate equivalent skills.	Coordination and refinement of strokes; increase distances; flip turns.
<b>LEARN TO SWIM (Level Six)</b> <b>SHARKS</b>	Passed Level Five or demonstrate equivalent skills.	Refine strokes-ease, efficiency, power, smoothness of greater distances.
<b>PRIVATE SWIM LESSONS</b>	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. <b>Fee \$88</b>	
<b>SEMI-PRIVATE SWIM LESSONS</b>	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). <b>Fee \$110</b>	



## Youth and Teen Aquatics

### YOUTH AND TEEN AQUATICS

#### ADAPTIVE SWIM

The Adaptive Instruction program is 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
116601-01	Tu,Th: Sep 6-Sep 29	6:30-7:15p	3+	\$45
116601-02	Tu,Th: Sep 6-Sep 29	7:30-8:15p	3+	\$45
116601-03	Tu,Th: Oct 11-Nov 3	6:30-7:15p	3+	\$45
116601-04	Tu,Th: Oct 11-Nov 3	7:30-8:15p	3+	\$45
116601-05	Tu,Th: Jan 17-Feb 9	7:30-8:15p	3+	\$45
116601-06	Tu,Th: Feb 21-Mar 16	7:30-8:15p	3+	\$45



#### PARENT & CHILD SWIM LESSONS

Infant/Toddler swim lessons for ages 6 months to 3 years. 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: ARC

Class #	Date	Time	Ages	Price
116701-01	Sa: Sep 10-Oct 29	11:10-11:40a	6 mos-3	\$40
116701-02	Sa: Jan 21-Mar 11	11:10-11:40a	6 mos-3	\$40

#### 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.

#### 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. Late fee of \$10 assessed: registration deadline is 10 days prior to start of class.\*Price: \$30 for guards employed by Columbia Parks and Recreation and will be refunded upon completion of employment for the summer season. All other participants \$130.NOTE: Class is held Friday from 5-9 pm; Saturday & Sunday from 8a-5p.

Location: Hickman Pool

Class #	Date	Time	Age	Price
101200-01	F-Su: Mar 3-Mar 5	F: 5-9p; S-Su: 8a-5p	15+	\$130

#### LIFEGUARD RECERTIFICATION

The recertification course is offered to those currently certified in lifeguarding and CPR who need 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 registration, you will need to bring your current 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
101201-01	Su: Mar 19	8a-5:30p	15+	\$100

#### COLUMBIA SWIM CLUB

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](mailto:sarah@csctigersharks.org) or visit <http://www.csctigersharks.org/> for more information.



**ARTS, CRAFTS & LEISURE** . . . . .

**CLASSES FOR KIDS**

**MONSTER MASH FAMILY BASH**

A fun dance night for the whole family! Get those costumes on and come join us for dancing and refreshments while spending quality time as a family. Bring your pumpkin to decorate while you're here, and join in a game of Halloween bingo! \$15 per family of 5, \$3 per additional family member. Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
109400-01	Sa: Oct 15	6-8p	All	\$15

**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 on the 4th Friday of most months. Pre-registration is required.

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
102907-01	F: Sep 23	6-9:30p	4-10	\$15
102907-02	F: Oct 28	6-9:30p	4-10	\$15
102907-03	F: Jan 27	6-9:30p	4-10	\$15
102907-04	F: Feb 24	6-9:30p	4-10	\$15



**CLAY FOR PLAY**

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
102909-01	W: Sep 7-Sep 28	4:30-5:30p	6-14	\$5
102909-02	W: Oct 5-Oct 26	4:30-5:30p	6-14	\$5
102909-03	W: Nov 2-Nov 30*	4:30-5:30p	6-14	\$5

\* No Class: 11/23

**BEGINNING BASIC SEWING FOR KIDS**

Learn how to make a simple project from start to finish. Some of the basic skills taught include pattern "reading", cutting and measuring material for your project and learning how to hand sew as well as how to use a sewing machine. Everything will be done in one class period. Please call 817-5077 for supplies you'll need for the class.

*Location: Conf Room @ Armory Sports Center*

Class #	Date	Time	Age	Price
102910-01	Sa: Sep 17-Nov 12	9-10:30a	10-14	\$36
102910-02	Sa: Jan 21-Mar 11	9-10:30a	10-14	\$36

**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, microcopy, discover chemical reactions, launch rockets and more. Different experiments every session.

*Location: Conf Room @ Armory Sports Center*

Class #	Date	Time	Age	Price
113914-01	Th: Sep 22-Oct 20	6-7p	8-10	\$27
113914-02	Th: Feb 2-Mar 9	6-7p	8-10	\$27

**SATURDAY GAME ROOM DROP-IN**

Bored on Saturday mornings and afternoons? Come to the Armory to play pool, ping-pong, foosball, shuffleboard, air hockey, Xbox360, safe darts, arcade games or just watch a movie.

*Location: Recreation Room @ Armory Sports Center*

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

**MOVIE NIGHT**

Bored with just sitting at home on a Saturday evening? Then come and watch age-appropriate movies with other youth in Columbia. Popcorn and soft drinks will be provided. Call 874-7460 or check [www.CoMo.gov](http://www.CoMo.gov) for the movie titles showing this month!

*Location: Aerobic Room @ Armory Sports Center*

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

**K.E.Y. 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	Gender	Age	Price
114800-01	Sa: Jan 21	9:30a-6:30p	Boys	10-14	\$5
114801-01	Sa: Jan 28	9:30a-6:30p	Girls	10-14	\$5



## Arts, Crafts and Leisure

### K.E.Y. GIRLS RETREAT FOR GIRL SCOUTS

Calling all Daisies, Brownies, and Juniors! Come join the Parks and Recreation Department for an afternoon full of active fun! Girls will learn teamwork, how to stay active, even some self-defense techniques and work a Journey trail.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
114802-01	Sa: May 6	1-6p	5-11	\$5

### K.E.Y. BOYS RETREAT FOR BOY SCOUTS

Calling all Tigers, Wolves, Bears, and Boy Scouts!! Come and join the Parks & Recreation Department for an all day event full of active fun! Boys will learn teamwork, how to stay healthy and active and a lot more besides being with their friends.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
114803-01	Sa: Oct 29	9a-6p	6-11	\$5

### NEW DROP AND SHOP

Shop 'til you drop without your kiddos! Make the holiday shopping a little easier by DROPPING off the kids and then SHOPPING without worry. Pick one day, or as many as you like so you can wrap up last-minute holiday preparations. The kids will be entertained with fun and active games, and sports. Pre-registration required.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
109901-01	M: Dec 19	6-8:30p	6-12	\$10
109901-02	T: Dec 20	6-8:30p	6-12	\$10
109901-03	W: Dec 21	6-8:30p	6-12	\$10
109901-04	Th: Dec 22	6-8:30p	6-12	\$10
109901-05	F: Dec 23	6-8:30p	6-12	\$10

### CLASSES FOR TEENS

#### “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 [camren.cross@CoMo.gov](mailto:camren.cross@CoMo.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

### NEW MAGIC IN KNITTING / CROCHET

Join the latest renewal of an old craft! We'll help you finish a project or find a pattern for something you've wanted to knit or crochet for a long time. Some material provided or bring your own.

Location: Armory Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
102200-01	M: Oct 24-Dec 12	5:30-6:30p	12+	\$5/month

\* No Class: 10/31

### NEW A JOURNEY THROUGH ACTING

Learn about acting basics as you watch and even perform skits and plays. You will get a chance to explore the many fields of theatre such as acting, set design, and production crew. We will be writing our play or skit which we will perform.

Location: Conference Room @ Armory Sports Center

Class #	Date	Time	Age	Price
114804-01	Sa: Sept 10-Oct 22	9:30-11a	12-14	\$35
114804-02	Sa: Oct 29-Dec 17	9:30-11a	12-14	\$35
114804-03	Sa: Jan 14-Feb 25	9:30-11a	12-14	\$35

### CLASSES FOR ADULTS



#### 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
113127-01	T: Sept 13	6-8p	18+	\$49
113127-02	Th: Feb 9	6-8p	18+	\$49

#### BASIC BEGINNING SEWING FOR ADULTS

This class is designed for adults to improve their basic sewing skills or become an intermediate sewer. With a little guidance and a few steps and tips, you will add to your basic sewing skills to be sewing a garment with a sewing machine. During the class you will learn how to work, read, cut out and measure your material for your project and a lot more. Please call 817-5077 for the supplies you will need for the class.

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
102108-01	Sa: Sep 17-Nov 12	11a-12:30p	18+	\$36
102108-02	Sa: Jan 21-Mar 11	11a-12:30p	18+	\$36



### 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 from instructor in class for nominal fee. Pre-registration required.

Location: Conference Room @ ARC

Instructor: Lynn Darst

Class #	Date	Time	Age	Price
102301-01	W: Oct 5-26	6-8p	12+	\$37



### SILVER AND GOLD SENIORS CLUB

Join this mature adults group that meets weekly to enjoy each other's company. If you are interested in fun activities such as bingo, ceramics, quilting, pokeno, card games, arts and crafts, field trips, or movies, then join us! Call 874-6378 for information.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	Tuesdays	2-4:30p	55 & up	Free

### 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.

Location: Hillcrest Room D @ Waters-Moss

Instructor: Steven Bishop

Class #	Date	Time	Age	Price
113171-01	Tu: Sep 27	6:30- 8:30p	18+	\$25
113171-02	Tu: Feb 7	6:30- 8:30p	18+	\$25

### CERAMICS, PAGE 9



### (Career Awareness Related Experience)

Columbia Parks and Recreation Department  
 Located in the Armory Sports Center,  
 701 East Ash Street, 2nd Floor  
 Columbia, MO 65201

(573) 874-6300

tonia.turner@CoMo.gov

http://www.CoMo.gov (search CARE)

Like us on Facebook: CityofColumbiaCAREProgram

Follow us on Twitter: CareColumbiaMO

Follow us on Instagram: 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

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.





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

### THE C.A.R.E. PROGRAM'S FREE DROP IN EMPLOYMENT CLASSES FOR 13- TO 20-YEAR-OLDS

TUESDAYS	THURSDAYS
10/4/2016 6:00 TO 8:00 P.M. <b>JOB READINESS TRAINING</b>	10/6/2016 6:00 TO 8:00 P.M. <b>VOLUNTEERING TO HELP YOU GET A JOB</b>
10/11/2016 6:00 TO 8:00 P.M. <b>RESUME ASSISTANCE</b>	10/13/2016 6:00 TO 8:00 P.M. <b>COVER LETTER ASSISTANCE</b>
10/18/2016 6:00 TO 8:00 P.M. <b>HOW TO OBTAIN LETTERS OF RECOMMENDATION</b>	10/20/2016 6:00 TO 8:00 P.M. <b>JOB INTERVIEWING ASSISTANCE</b>
10/25/2016 6:00 TO 8:00 P.M. <b>VOLUNTEERING TO HELP YOU GET A JOB</b> (REPEAT)	10/27/2016 6:00 TO 8:00 P.M. <b>JOB READINESS TRAINING</b> (REPEAT)
11/1/2016 6:00 TO 8:00 P.M. <b>COVER LETTER ASSISTANCE</b> (REPEAT)	11/3/2016 6:00 TO 8:00 P.M. <b>RESUME ASSISTANCE</b> (REPEAT)
11/8/2016 6:00 TO 8:00 P.M. <b>JOB INTERVIEWING ASSISTANCE</b> (REPEAT)	11/10/2016 6:00 TO 8:00 P.M. <b>HOW TO OBTAIN LETTERS OF RECOMMENDATION</b> (REPEAT)
11/15/2016 6:00 TO 8:00 P.M. <b>JOB READINESS TRAINING</b> (REPEAT)	11/17/2016 6:00 TO 8:00 P.M. <b>VOLUNTEERING TO HELP YOU GET A JOB</b> (REPEAT)
11/29/2016 6:00 TO 8:00 P.M. <b>RESUME ASSISTANCE</b> (REPEAT)	12/1/2016 6:00 TO 8:00 P.M. <b>COVER LETTER ASSISTANCE</b> (REPEAT)
12/6/2016 6:00 TO 8:00 P.M. <b>HOW TO OBTAIN LETTERS OF RECOMMENDATION</b> (REPEAT)	12/8/2016 6:00 TO 8:00 P.M. <b>JOB INTERVIEWING ASSISTANCE</b> (REPEAT)

All classes will be held in the second floor conference room at the Armory Sports Center (701 East Ash St.), which is located at the north-east corner of 7th St. and Ash St. Free parking is available in the Armory parking lots after 6:00 p.m. as well as on Park St. (which is behind/north of the Armory) 24 hours per day.

### 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. Interested youth may apply online at <https://www.gocomojobs.com/postings/search> from January 1 to February 5 (search for C.A.R.E. Summer Trainee).

### C.A.R.E. ART GALLERY (SUMMER)\*

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. About 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 in a variety of media, and create their own artwork. Interested youth may apply online at <https://www.gocomojobs.com/postings/search> from February 6 to March 16 (search for C.A.R.E. Art Gallery Summer Trainee).

The Art Gallery is funded in part by the Missouri Arts Council and the City's Office of Cultural Affairs.

### CAMP SALSA (SUMMER)\*

Camp Salsa is also an eight-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 approximately 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: trainees will learn to maintain a garden growing tomatoes, jalapenos, onions, and cilantro.
- Cook: trainees will work in a team to research and produce a unique salsa recipe.
- Sell: trainees will learn to create a business plan, package their salsa, create a brand, label their product, and then sell their salsa at Lucky's Market

Upon completion of the first four weeks of the program, students will receive one high school class credit from Columbia Public Schools. In addition, students will be paid for the final four weeks of the program through the C.A.R.E. program. For more information, please contact Sara Hughes at (573) 882-2428 or [plackes@missouri.edu](mailto:plackes@missouri.edu).

*\*Youth may only participate in one C.A.R.E. summer program each year (either the traditional summer program, art gallery, or camp salsa)*



**IMPORTANT 2017 SUMMER DATES**

- January 1 to February 5: summer program applications available online
- February 6 to March 16: art gallery applications available online
- June 5: first day of the summer program
- June 5: first classroom day for camp salsa
- June 12: first day of the art gallery
- July 3: first work day for camp salsa
- August 2: final day of the summer program and camp salsa
- August 3: end of summer program awards reception for all summer programs
- August 4: final day of the art gallery
- August 4: art gallery exhibition, reception, and sale (in conjunction with First Fridays event)



**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 Tonia Turner at [tonia.turner@CoMo.gov](mailto:tonia.turner@CoMo.gov) or (573) 874-6300.

**COMPUTERS** . . . . . 

**OPEN COMPUTER LAB**

For youth and adults. Do your homework, check your email, create documents, surf the Internet, and play online or offline games. Use is first-come first-serve.

*Location: Computer Lab @ Armory Sports Center*

Class #	Date	Time	Age	Price
Drop In	M-F	8a-2p	18+	\$5/month or \$1/use

**DANCE, CHEERLEADING & TUMBLING** . . . . . 

**CLASSES FOR TODDLERS**



**TODDLER TUMBLE TOTS**

Explore simple floor exercise, dance, music, movement, and imagination through dance games, musical activities, simple tricks and more while gaining flexibility and coordination. Open to boys and girls ages 2-3 with a parent. Pre-registration required.

**Instructor: Carrie Burns**

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
107703-01	Th: Sep 1-Sep 15	6:30-7p	2-3 w/adult	\$35
107703-02	Th: Nov 3-Nov 17	6:30-7p	2-3 w/adult	\$35
107703-03	Th: Jan 26-Feb 9	6:30-7p	2-3 w/adult	\$35



## Dance, Cheerleading and Tumbling

### TODDLER JAZZ, BALLET AND CHEER

Learn the basics of ballet and jazz dance movement and skills in this fun class! Open to boys and girls ages 2-3 with a parent. Pre-registration required.

**Instructor:** Carrie Burns

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
107704-01	Th: Sep 1-Sep 15	6-6:30p	2-3 w/adult	\$35
107704-02	Th: Nov 3-Nov 17	6-6:30p	2-3 w/adult	\$35
107704-03	Th: Jan 26-Feb 9	6-6:30p	2-3 w/adult	\$35

### CLASSES FOR YOUTH

#### 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
105705-01	Th: Sep 22-Oct 6	6:30-7p	4-8	\$35
105705-02	Th: Dec 1-Dec 15	6:30-7p	4-8	\$35
105705-03	Th: Feb 16-Mar 2	6:30-7p	4-8	\$35

#### JAZZ, BALLET AND CHEER

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

**Instructor:** Carrie Burns

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
105701-01	Th: Sep 22-Oct 6	6-6:30p	4-8	\$35
105701-02	Th: Dec 1-Dec 15	6-6:30p	4-8	\$35
105701-03	Th: Feb 16-Mar 2	6-6:30p	4-8	\$35

#### BOONE COUNTY HOPPERS DOUBLE DUTCH & JUMP ROPE TEAM

Looking for a fun and unique activity? Come join the Hoppers! We'll learn an assortment of jumps and will choreograph routines that incorporate the numerous jumps we learn as well as put on performances. This is a great opportunity to get in shape, meet new friends, and have some fun! Email [Mary.Dewey@CoMo.gov](mailto:Mary.Dewey@CoMo.gov) for information.

*Location: Aerobic Room @ Armory Sports Center*

Class #	Date	Time	Age	Price
Drop in	M & W, Starts 8/29	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 Aerobic Room*

Class #	Date	Time	Age	Price
Drop in	M and W	5-6p	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. Email [Mary.Dewey@CoMo.gov](mailto:Mary.Dewey@CoMo.gov) if interested.

*Location: Aerobic Room @ Armory Sports Center*

Class #	Date	Time	Age	Price
105908-01	W: Sep 7-Dec 7*	6-8p	7-12	\$35
105908-02	W: Feb 1-Apr 26*	6-7:30p	7-12	\$35

\* No Class: 11/23, 3/29

### CLASSES FOR TEENS AND ADULTS

#### TAPPERCISE

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

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
105212-01	T: Sep 13-Oct 18	5:30-6:15p	16+	\$35
105212-02	T: Oct 25-Nov 29	5:30-6:15p	16+	\$35
105212-03	T: Feb 7-Mar 14	5:30-6:15p	16+	\$35

#### NEW BALLROOM, SWING AND COUNTRY DANCE

Get a taste of Ballroom, Swing and Country dance all in one fun class! Learn the basics of all three, including footwork and some breaks and turns. Please sign up with a partner. Pre-registration required.

**Instructor:** Carrie Burns

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
105101-01	Th: Oct 13-Oct 27	6- 6:45 pm	18+	\$35
105101-02	Th: Jan 5-Jan 19	6- 6:45 pm	18+	\$35

#### NEW BEGINNER LINDY HOP

The original swing dance. This class is high energy and keeps your feet moving fast. Strong focus on dancing for enjoyment and socializing. Learn the basic footwork, partner communication, and some flashy moves to impress your friends. Class will feature 1920-1950 era jazz and blues music. No partner or experience required. Instructors may ask students to switch lead/follow role if class becomes unbalanced. Please bring smooth bottom or non-stick shoes.

*Location: Armory Sports Center, Downstairs back classroom*

Class #	Date	Time	Age	Price
105200-01	M: Aug 29-Sep 26*	6:30-7:45p	13+	\$24
105200-02	M: Feb 6-Feb 27	6:30-7:45p	13+	\$24
105215-01	M: Oct 3-Oct 24	6:30-7:45p	13+	\$24
105215-02	M: Mar 6-Mar 27	6:30-7:45p	13+	\$24

\* No Class: 9/5



**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 class. Pre-registration is required.

**Instructor: John Konzal**

*Location: Moss Bldg. Room B @ Waters-Moss*

Class #	Date	Time	Age	Price
106901-01	Th: Sep 1-Oct 6	6:30-8p	10-17	\$48
106901-02	Th: Oct 13-Nov 17	6:30-8p	10-17	\$48

**COLUMBIA CUP KARATE TOURNAMENT**

This tournament will involve forms, sparring, weapons and light competition. 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 1st-5th places, along with grand champion trophy and black belt cash award. Contact Ray Walker at 424-3368 or email [rwalker@amfam.com](mailto:rwalker@amfam.com).

**Instructor: Ray Walker**

*Location: Armory Sports Center*

Class #	Date	Time	Age	Price
NA	Sa: Sept 24	8a-5p	5+	\$40

**Five Ways to Register:**

- Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- 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.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

**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. Uniform required after first six-week session. Pre-registration required.

**Instructor: Doris Evans**

*Location: Moss Bldg. Room A @ Waters-Moss*

Class #	Date	Time	Age	Price
111906-01	Sa: Aug 27-Oct 8*	9:30-10:30a	10-13	\$37
111906-02	Sa: Aug 27-Oct 8*	10:45-11:45a	6-9	\$37
111906-03	Sa: Oct 15-Dec 3*	9:30-10:30a	10-13	\$37
111906-04	Sa: Oct 15-Dec 3*	10:45-11:45a	6-9	\$37
111906-05	Sa: Dec 10-Jan 28*	9:30-10:30a	10-13	\$37
111906-06	Sa: Dec 10-Jan 28*	10:45-11:45a	6-9	\$37
111906-07	Sa: Feb 11-Mar 18	9:30-10:30a	10-13	\$37
111906-08	Sa: Feb 11-Mar 18	10:45-11:45a	6-9	\$37

\* No Class: 9/3, 11/19, 11/26, 12/24, 12/31



**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*

Class #	Date	Time	Age	Price
111302-01	Tu,Th: Sep 6-Oct 13	6-7p	7-adult	\$55
111302-02	Tu,Th: Oct 18-Dec 1*	6-7p	7-adult	\$55
111302-03	Tu,Th: Jan 3-Feb 9	6-7p	7-adult	\$55
111302-04	Tu,Th: Feb 14-Mar 23	6-7p	7-adult	\$55

\* No Class: 11/22, 11/24



## 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*

Class #	Date	Time	Age	Price
111303-01	Tu,Th: Sep 6-Oct 13	7-8p	7-adult	\$55
111303-02	Tu,Th: Oct 18-Dec 1*	7-8p	7-adult	\$55
111303-03	Tu,Th: Jan 3-Feb 9	7-8p	7-adult	\$55
111303-04	Tu,Th: Feb 14-Mar 23	7-8p	7-adult	\$55

\* No Class: 11/22, 11/24

## 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
111304-01	Tu,Th: Sep 6-Oct 13	8-9p	7-adult	\$55
111304-02	Tu,Th: Oct 18-Dec 1*	8-9p	7-adult	\$55
111304-03	Tu,Th: Jan 3-Feb 9	8-9p	7-adult	\$55
111304-04	Tu,Th: Feb 14-Mar 23	8-9p	7-adult	\$55

\* No Class: 11/22, 11/24

## (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.

*Location: Aerobic Room @ Armory Sports Center*

Class #	Date	Time	Age	Price
111900-01	M: Oct 3-Nov 14*	6:30-7p	7-11	Free
111900-02	M: Jan 9-Feb 20*	6:30-7p	7-11	Free

\* No Class: 10/31, 1/16

## BEGINNING 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. Shorin-Ryu Karate Free 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
111905-01	Th: Sep 1-Oct 20	6:30-7:15p	7-14	\$60
111905-02	Th: Oct 27-Dec 15*	6:30-7:15p	7-14	\$60
111905-03	Th: Jan 5-Feb 23*	6:30-7:15p	7-14	\$60
111905-04	Th: Mar 2-Apr 27*	6:30-7:15p	7-14	\$60

\* No Class: 11/24, 3/30

## ADVANCED YOUTH 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 beginning 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
111902-01	Th: Sep 1-Oct 20	7:15-8p	7-14	\$60
111902-02	Th: Oct 27-Dec 15*	7:15-8p	7-14	\$60
111902-03	Th: Jan 5-Feb 23	7:15-8p	7-14	\$60
111902-04	Th: Mar 2-Apr 27	7:15-8p	7-14	\$60

\* No Class: 11/24, 3/30

## CLASSES FOR TEENS AND ADULTS

### SEE OTHER CLASSES FOR ADULTS IN YOUTH SECTION

## 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 and Friday. Intermediate and Advanced attend Monday and Wednesday.**

**Instructor: Doris Evans**

*Location: Moss Bldg. Room A @ Waters-Moss*

Class #	Date	Time	Age	Price
111204-01	M,W or W,F Month of Sep*	6-8p	15+	\$45
111204-02	M,W or W,F Month of Oct*	6-8p	15+	\$45
111204-03	M,W or W,F Month of Nov*	6-8p	15+	\$45
111204-04	M,W or W,F Month of Dec	6-8p	15+	\$45
111204-05	M,W or W,F Month of Jan	6-8p	15+	\$45
111204-06	M,W or W,F Month of Feb	6-8p	15+	\$45
111204-07	M,W or W,F Month of Mar	6-8p	15+	\$45

\* No Class: 9/5, 10/31, 11/25

## TEEN & 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 Level class and approval from instructor is a prerequisite for joining this class. For information email Sensei Walker at [rwalker@amfam.com](mailto:rwalker@amfam.com).

*Location: Aerobic Room @ Armory Sports Center*

Class #	Date	Time	Age	Price
111200-01	M,Th: Aug 25-Oct 20	8-9p	15+	\$75
111200-02	M,Th: Oct 24-Dec 15*	8-9p	15+	\$75
111200-03	M,Th: Jan 5-Feb 23*	8-9p	15+	\$75
111200-04	M,Th: Feb 27-Apr 27*	8-9p	15+	\$75

\* No Class: 10/31, 11/24, 1/16, 3/30



### 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 but in Tai Chi, the movements are performed slowly, softly and gracefully with smooth even transitions between them even transitions. Please call 874-6379 before joining.

Location: Sports Center Full Gym @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	M,W,F Sa	8:30-9:30a 9-10a	18+ 18+	Free 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
111203-01	M, W: Month of Sep*	6-8p	14+	\$45
111203-02	M, W: Month of Oct*	6-8p	14+	\$45
111203-03	M, W: Month of Nov	6-8p	14+	\$45
111203-04	M, W: Month of Dec	6-8p	14+	\$45
111203-05	M, W: Month of Jan	6-8p	14+	\$45
111203-06	M, W: Month of Feb	6-8p	14+	\$45
111203-07	M, W: Month of Mar	6-8p	14+	\$45

\* No Class: 9/5, 10/31

### 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 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

### NEW KORYO GUMDO

Defined as the way of the Korean sword, Koryo Gumdo is similar to Haidong Gumdo and Japanese Kendo. 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. Koryo Gumdo is a fantastic form of exercise and mental training. Learn cuts, blocks, stances and the philosophy behind the use of the sword. Contact benjamin@theasbecks.net for questions and about required equipment. Pre-registration required.

Instructor: Benjamin Asbeck

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
111207-01	M: Aug 29-Sep 26*	6-7p	13+	\$39
111207-02	M: Oct 3-Oct 24	6-7p	13+	\$39
111207-03	M: Nov 7-Nov 28	6-7p	13+	\$39
111207-04	M: Dec 5-Jan 2*	6-7p	13+	\$39
111207-05	M: Jan 9-Jan 30*	6-7p	13+	\$39
111207-06	M: Feb 6-Feb 27	6-7p	13+	\$39
111207-07	M: Mar 6-Apr 3*	6-7p	13+	\$39

\* No Class: 9/5, 12/26, 3/27

### (FREE!) TEEN AND ADULT SHORIN-RYU KARATE

Would you like to try Shorin-Ryu Karate for free? Sign up for this one time session class. Enrollment is limited so sign up early!

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
111208-01	Th: Aug 25-Oct 20	8-9p	15+	Free
111208-02	Th: Oct 27-Dec 15*	8-9p	15+	Free
111208-03	Th: Jan 5-Feb 23*	8-9p	15+	Free
111208-04	Th: Feb 23-Apr 27*	8-9p	15+	Free

\* No Class: 10/31, 11/24, 1/16, 3/30

## 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 9 am-4 pm or call 573-874-7475. You can also find us and our programs and activities online at [www.CoMo.gov](http://www.CoMo.gov) under Parks and Rec, 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 and to check availability.

### 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 OR 2017 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

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

- Th, Sep 15, 2016 Surprise Trip Revisited- Hamilton . . . . . TBA
- W, Oct 12, 2016 Have You Met Miss Jones? @ New Theatre. . . . . \$75
- W, Dec 14, 2016 The Fabulous Lipitones @ New Theatre . . . . . \$80
- W, Mar 22, 2017 Boeing Boeing @ New Theatre . . . . . \$75

New trips are always being added. Details are available to members in the newsletter and online at [www.CoMo.gov](http://www.CoMo.gov), Parks & Rec, Search: Senior/50+. Call 874-7475 for the most up-to-date schedule and information.

OVERNIGHT TRIPS

- Sep 20-22, 2016 . . . . . Missouri Life along the Mississippi
- Nov 7-9, 2016 . . . . . Holiday Branson
- May, 2017 . . . . . Shipshewana Flea Market, Amish and Quilts

DANCE OPPORTUNITIES

The House Band invites the public to a music performance to listen or dance to: 2nd Friday Dance, 1-3p, Aug 12, Sept 9, Oct 14, Nov 11, Jan 13, Feb 10, Mar 10. Snacks are welcome to share during the break.

POTLUCK, DANCE, AND GAME DAY

Potluck setup begins after 11a; meal begins at 11:30a; followed by live music and games. Enjoy music, dancing, and games. The afternoon winds down about 3:30p. Bring a dish for potluck. Snacks also welcome for later. 3rd Friday, 11:30-3:30p, Aug 19, Sep 16, Oct 21, Nov 18, Dec 16, Jan 20, Feb 17, Mar 17

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, Aug 19; Sep 2 and 16, Oct 7 and 21, Nov 4 and 18, Dec 2 and 16, Jan 6 and 20, Feb 3 and 17, Mar 3 and 17

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



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).....Thurs 10a-1p Scrabble.....Wed, 10a-12p 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, Sep 2, Oct 7, Nov 4, Dec 2, Jan 6, Feb 3, Mar 3

BIRD AND NATURE WATCHING

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

### MULTI MIND: MAKING THE MOST OF YOUR BRAIN

The human brain is the most complex and sophisticated system on earth. How much of its enormous potential do you actually use? And, how well do you really understand it? Very user-friendly resources packed with up-to-the-minute mind-brain research will reveal the power and versatility of your mind. A wealth of practical tips, fascinating facts and recreational games will enhance your personal talents, skills, and abilities. Pre-registration is required.

**Instructor:** Bart Entrikin, M.S.

*Location:* Hillcrest Room A @ Waters-Moss

Class #	Date	Time	Age	Price
113500-01	W: Sep 14	10a-12p	50+	\$25

### 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 A @ Waters-Moss

Class #	Date	Time	Age	Price
113501-01	W: Oct 19	10a-12p	50+	\$25

### **NEW** MATTER OF BALANCE

Do you want to increase your activity level while reducing your fear of falling? This evidence based program emphasizes practical strategies to do exactly that! Learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change your environment to reduce fall risk factors, and exercise to increase strength and balance. Pre-registration required.

**Instructor:** Lori Rawlings

*Location:* Hillcrest Room A @ Waters-Moss

Class #	Date	Time	Age	Price
107500-01	W: Sep 28-Nov 16	10a-12p	50+	\$49

### **OSHER @ MIZZOU**

Columbia Parks & Recreation is proud of our collaboration with Osher@Mizzou. As part of MU Extension, the mission for Osher@Mizzou is to provide quality educational courses for the 50+ adults in Columbia and Boone County. This commitment mirrors Columbia Parks and Recreation 50+ programs, activities and tours designed to promote healthy aging. Osher@Mizzou invites you to "come as learners, leave as friends." They believe that curiosity never retires. Classes take place in both the Hillcrest and Moss Buildings. Class catalogues and registration information are available on the Osher@Mizzou website:

[www.extension.missouri.edu/learnforlife](http://www.extension.missouri.edu/learnforlife)

Fall session begins September 6.

Winter session begins Jan 17, 2017.

Spring session begins Mar 6, 2017.

### 2016-2017 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 9:30am. Book talk begins at 10am. 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, Sep 10* **MARLENE LEE, NO CERTAIN HOME (2016)**  
*Sponsor: Two Mules Editing*
- Sat, Oct 1* **WAYNE ANDERSON, CHRISTINA'S SAGA [SECOND EDITION 295] (2016)**  
*Sponsor: Compass Flower Press*
- Sat, Nov 5* **LAURA MCHUGH, ARROWOOD (2016)**  
*Sponsors: Crickett Dunn and Lyanne Riley*
- Sat, Dec 3* **SUSAN FLADER, EDITOR, MISSOURI STATE PARKS AND HISTORIC SITES [SECOND EDITION] (2015)**  
*Sponsor: Missouri Life*
- Jan 2017* NO TALK
- Sat, Feb 4* **DR. R. BOWEN LOFTIN, THE 100YEAR DECISION (2014)**  
*Sponsor: Lyanne and Neil Riley*
- Sat, Mar 4* **MIKE TRIAL, NEW EMPIRES RISING (2016)**  
*Sponsor: Compass Flower Press*

*Please Thank the Sponsors for their Book Talk Support!*



### 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** plays with light weight melody chimes.

**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.

<b>UNIFIED BELL CHOIR</b> Leader: Cookie Hagan	M: 3:15-4:15p   Aug 22, Sep 19, Oct 17, Nov 7, Dec 5, Jan 23, Feb 20, Mar 20
<b>CHOIR - THE GOOD TIMERS</b> Leader: Julie Vaughn	1st & 3rd Tu: 2-3p   Aug 2/16, Sep 6/20, Oct 4/18, Nov 1/15, Dec 6/20, Jan 3/17, Feb 7/21, Mar 7/21
<b>HOUSE BAND</b> Leaders: Mike & Connie Smith	W: 1-3p
<b>UKULELE ENSEMBLE</b> Leader: Cookie Hagan	F: 2-3p   Aug 26, Sep 23, Oct 21, Nov 4/11, Dec 9, Jan 27, Feb 24, Mar 24

**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). 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 our new 12-13 year old youth fitness orientation for upstairs access.

**BYOBW "TRACK OR TREAT"**

Kids, bring your fanciest Big Wheel, tricycle, or other pedal powered vehicle and cruise the ARC Track. Prizes and awards will be given to all riders and mileage will be recorded. Don't forget your costume and camera! All equipment must be clean and approved by event staff before entering the track surface. Absolutely no bicycles! Track is closed to walkers/joggers during event.

Location: ARC Track

Class #	Date	Time	Age	Price
107932-01	Sa: Oct 22	9-10:30a	2-6	\$5

**YOUTH TRAINING ROOM AND ADULT PLATFORM LIFTING**

**"No School" Drop-In Hours**

M/W/F 8a-8p - T/Th 8a-7:15p

**"School In Session" Drop-In Hours**

Sat 10a-6p - Sun 12-6p

M/W/F 3-8p - T/Th 3-7:15p

\* 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



**Public Health**  
Prevent. Promote. Protect.  
Columbia/Boone County  
Public Health & Human Services

Choose healthy habits for a healthy future!

[www.fittastic.org](http://www.fittastic.org)

[www.CoMo.gov/Health/education](http://www.CoMo.gov/Health/education)



## 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, speed, 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

## CLASSES FOR TEENS AND ADULTS

### 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. This is all it takes for the majority of students to learn to balance, pedal and control their own bicycle. 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). Details will be emailed to interested participants. Preferred days are Wednesday and Thursday. Occasional weekend dates are available.

Location: Various parks

Class #	Date/Time	Age	Price
118313-01	By appointment	6+	\$50

### WEIGHT TRAINING FOR MATURE WOMEN

This class provides instruction on the proper use of equipment and free weights to strengthen your muscles and to help you design a personalized plan to continue to defy aging. ARC members receive a \$10 discount. Pre-registration is required.

Location: ARC

Class #	Date	Time	Age	Price
107238-01	W, F: Oct 5-28	10:30-11:45a	50+	\$50
107238-02	M,W: Jan 9-25	10:30-11:45a	50+	\$50

### INTRO TO PADDLE BOARDING

Explore one of the biggest fitness trends with 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
307200-07	Su: Sep 11	11:30a-1:30p	16+	\$30
307200-08	Su: Sep 11	2-4p	16+	\$30

### ARC 90 DAY CHALLENGE

Start the year off with a new resolve. Be encouraged to stick to your goals and follow through with improvements to your diet and activity level. Participants with the greatest percentage decrease in body composition will be eligible for three prizes. Prizes consist of 1 year free membership, 9 month free membership, and 6 month free membership. A pre-test week (Jan 9-13) and post-test week (Apr 10-14) will be conducted on our Inbody 230 Body Composition Analyzer which is a \$24 value. During the 90 Day Challenge, participants can take advantage of 10% off all personal training packages. Weigh ins will be by drop-in between 8a-5p unless an appointment is made outside of set hours.

Location: Cardio/Strength Area @ ARC

Class #	Date	Time	Age	Price
107234-01	Pre-test Jan 9-13 Post-test Apr 10-14	5:30a-7p	13+	\$30

### 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	

### H.I.I.T. CAMP

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

Location: Youth Training Room @ ARC

Class #	Date	Time	Age	Price
107144-01	M,W: Sep 7-Oct 17	9:45-10:30a	16+	\$90
107144-02	M,W: Oct 24-Nov 30	9:45-10:30a	16+	\$90
107144-03	M,W: Dec 5-Jan 18*	9:45-10:30a	16+	\$90
107144-04	M,W: Jan 23-Mar 1	9:45-10:30a	16+	\$90
107144-05	M,W: Mar 6-Apr 19*	9:45-10:30a	16+	\$90

\* No Class: 12/26, 12/28, 3/27, 3/29



**ARC GROUP EXERCISE SCHEDULE (AUGUST 14-MARCH 1)**

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

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.

"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



**ALL LEVELS YOGA** - Restore mind, body and soul through guided physical and mental practice.

**BEGINNER 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. Not just for beginners.

**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** - Basic body conditioning class 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. Focuses mainly on joint health and quieting the body as well as the mind. A perfect compliment 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** - Mix of your favorite cardio and strength classes.

**PILATES** - Series of non-impact exercises designed to develop strength, flexibility, balance, and inner awareness. 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!

**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.

**SPIN** - Performed on a Star Trac Spinner Pro bike. Focusing on endurance, strength, high intensity and recovery.

**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!



### 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 orientation class and have parent supervision. Pre-registration is required.

Location: ARC

Class #	Date	Time	Age	Price
107231-01	M: Aug 29	5:30-6:30p	12+	\$10
107231-02	W: Oct 5	5:30-6:30p	12+	\$10
107231-03	Tu: Nov 15	5:30-6:30p	12+	\$10
107231-04	M: Jan 9	5:30-6:30p	12+	\$10
107231-05	W: Feb 22	5:30-6:30p	12+	\$10

### ADULT BOOT CAMP

A six-week back to the basics class for people seriously committed to improving their health and fitness. Class combines 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 or 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! Preregistration required. ARC Members receive a \$15 discount. (Join one day each week for \$54) Day care not included.

Location: ARC

Class #	Date	Time	Age	Price
107232-01	M,F: Aug 29-Oct 10*	5:45-6:45a	18+	\$100
107232-02	Tu,Th: Sep 13-Oct 20	9:15-10:15a	18+	\$100
107232-03	M,F: Oct 17-Nov 25	5:45-6:45a	18+	\$100
107232-04	Tu,Th: Oct 25-Dec 6*	9:15-10:15a	18+	\$100
107232-05	M,F: Dec 5-Jan 13	5:45-6:45a	18+	\$100
107232-06	Tu,Th: Jan 3-Feb 9	9:15-10:15a	18+	\$100
107232-07	M,F: Jan 16-Feb 24	5:45-6:45a	18+	\$100
107232-08	Tu,Th: Feb 14-Mar 23	9:15-10:15a	18+	\$100
107232-09	M,F: Feb 27-Mar 24 (4 Week Session)	5:45-6:45a	18+	\$55 Member \$65 Non-member

\* No Class: 9/5, 11/24

### MINI-WORKOUT PROGRAM

Come in and take advantage of our Nautilus multi-station unit, treadmills, elliptical machines, recumbent and stationary bicycles, free-weights and other workout equipment. For those who like to work independently, this is an ideal place to be. A locker can be rented for \$5 for the 8 weeks of your membership. Call 874-7460 or 874-6378 for more information and to register..

Location: Workout Room @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	M-Sa	M-F: 8a-7p Sa: 9a-1p	16+	\$20/mo or \$2/use

### NEW BEGINNINGS HEALTH AND FITNESS SUPPORT GROUP

Jumpstart your fitness goals with New Beginnings! This group encourages leading and living a healthy and active lifestyle. Participants will be able to address their current health concerns such as weight and food habits. We'll help you devise a plan to meet your goals while learning exercise techniques.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
NA	1st and 2nd T: Sep 6-Apr 11*	6-7p	12+	FREE

\* No Class: 3/27, 3/29

### 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

### SENIOR FITNESS

Losing muscle is part of aging, but it can be delayed through exercise and nutrition. Studies prove that seniors who participate in resistance weight training increase muscle strength. Lifting technique, correct breathing and machine adjustments are covered in this class. Don't let your fitness level keep you from taking the class. We will modify any exercise to fit your needs. A \$5 discount for ARC members.

Location: ARC

Class #	Date	Time	Age	Price
107532-01	M,W: Oct 3-Oct 19	10-11:15a	55+	\$40
107532-02	M,W: Jan 23-Feb 8	10-11:15a	55+	\$40

### SPRING BREAK P.T. PREP

Limited to the week of Feb 19-25 for purchasing packages. Purchase a 12 Session Personal Training Package at \$360 and receive an extra session on us as well as a pre and post test on our Inbody 230 body composition analyzer. We're here to help you through the process of setting goals and obtaining them. Don't put on that bathing suit without looking and feeling your best! This gives you a full month/ 3 days a week of trimming, toning, and shaping.

### 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 [Brian.Higginbotham@CoMo.gov](mailto:Brian.Higginbotham@CoMo.gov).

### NEW THANKSGIVING PREP

We understand it's hard to resist all the fattening food temptations around the holiday. That's why we want to assist you back into the gym afterwards and knock out the guilt. During the week of Nov. 20-26, the ARC will be offering 10 percent off six and 12-session packages. One-year expiration.



### ARC GROUP EXERCISE "SPECIALTY CLASS" PASS

Purchasing a multi pass will allow you to attend any of the Spinning, Yoga, Pilates, 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

### NEW EASY TAI CHI FALL PREVENTION I

Slow movement class for beginners, taught by professional trained in Tai Chi for arthritis and fall prevention. Chairs available for support as needed. Pre-registration required, class maximum is 20. Free introductory class on Aug 22. With grant funding assistance, based on attendance rate, participants who attend 70 percent of classes can attend Part II at half price. ARC members receive \$10 discount.

Location: ARC

Class #	Date	Time	Age	Price
107134-01	M,W: Aug 24-Nov 16*	2-3p	18+	\$35

\* No Class: 9/5

### NEW EASY TAI CHI FALL PREVENTION II

Continuation of first class introducing new Tai Chi moves that build on core moves. Open to those who completed the first class. Pre-registration required. With grant funding assistance, based on attendance rate, participants who attended 70 percent of Part I classes can attend Part II at half price. ARC members receive \$10 discount.

Location: ARC

Class #	Date	Time	Age	Price
107135-01	M,W: Jan 23-Apr 26*	2-3p	18+	\$35

\* No Class: 3/27, 3/29

### NEW COMO PARK PACERS WALKING GROUP

Hold yourself accountable and stay active with this new group! Do you enjoy walking and using our parks and trails? It is easier to get motivated when you are with others that share your interests! Please join us to experience some of Columbia's awesome parks and trails while tracking your progress, speed and time. You can even bring your dog along, with a four-foot leash. Contact Ashley at 817-5077 or [Ashley.Schmidt@CoMo.gov](mailto:Ashley.Schmidt@CoMo.gov) for information.

Free, Thursdays, 6-7 pm, Ages 16+

#### FALL SESSIONS

- Auburn Hills Park; Sept 1, Oct 6
- Downtown Optimist Park; Aug 11, Sept 8, Oct 13
- Douglass Park Trail; Aug 18, Sept 15, Oct 20
- Indian Hills Park; Aug 25, Sept 22, Oct 27

#### SPRING SESSIONS

- Auburn Hills Park; Mar 2, Apr 6, May 4
- Downtown Optimist Park; Mar 9, Apr 13, May 11
- Douglass Park Trail; Mar 16, Apr 20, May 18
- Indian Hills Park; Mar 23, Apr 27, May 25

## 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 12

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

### NEW GRANDPARENTS DAY

Grandparents Day is Sept 11, so let's get ready! Come make some special crafts that you can save to give to your grandpa or grandma on Grandparents Day. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
102700-01	W: Sept 7	10-10:45a	2-5 w/adult	\$6

### NEW COFFEE FILTER CRAFTS

It's National Coffee Day! There are so many creative and fun things you can make using coffee filters! The adults can enjoy some coffee while we make some cool coffee filter crafts. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
102704-01	Th: Sept 29	10-10:45a	2-5 w/adult	\$6

### NEW MESSY MANIA

Get ready for some messy fun! We'll do some squishy, slimy activities and crafts, so dress for a mess! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
102706-01	Tu: Oct 11	10-10:45a	2-5 w/adult	\$6



## Fun for Little Ones



### HALLOWEEN COSTUME PARTY

Happy Halloween! Put on your costume and join us for some fun Halloween activities, crafts, and candy!. Pre-registration required.  
*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
102791-01	Th: Oct 27	10-10:45a	2-5 w/adult	\$6

### NEW NINJA TURTLES PIZZA PARTY

Cowabunga, dudes! If you love Teenage Mutant Ninja Turtles, this is the party for you. We'll do some crafts and make TMNT's favorite food... pizza! Heroes in a half-shell, turtle power! Pre-registration required.  
*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
102707-01	W: Nov 7	10-10:45a	2-5 w/adult	\$6

### NEW CHRISTMAS CRAFTS AND COOKIES

Christmas is coming! Let's make some crafts and cards to get ready for the season. Then we'll decorate some yummy Christmas cookies! Pre-registration required.  
*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
102708-01	Th: Dec 1	10-10:45a	2-5 w/adult	\$6

### COOKIES WITH SANTA

Ho! Ho! Ho! It is time to visit with Jolly Ol' St. Nick. We'll make a craft while waiting for Santa and enjoy yummy cookies. Pre-registration required.  
*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
109704-01	W: Dec 14	6-6:45p	2-5 w/adult	\$6
109704-02	Th: Dec 15	10-10:45a	2-5 w/adult	\$6

### NEW ARCTIC ANIMALS

Santa isn't the only one that lives at the North Pole! Let's do some fun crafts and see if we can name some Arctic animals that also live at the North Pole. Pre-registration required.  
*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
102709-01	Th: Jan 12	10-10:45a	2-5 w/adult	\$6

### NEW IF YOU GIVE A MOOSE A MUFFIN

If you give a moose a muffin, what will happen? Come find out! We'll read this popular book, do some themed crafts, and chances are you will get a muffin too! Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
102710-01	Tu: Jan 31	10-10:45a	2-5 w/ adult	\$6



### VALENTINE PARTY

Roses are red, violets are blue, it's time for a party, all we're missing is you! Come and make a valentine craft and enjoy a snack. Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
109700-01	Th: Feb 9	10-10:45a	2-5 w/adult	\$6

### NEW PIRATE PARTY

Ahoy mateys! Sail on in for some fun pirate crafts and activities. Arrrrgh. Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
114782-01	W: Feb 22	10-10:45a	2-5 w/adult	\$6

### NEW DR. SEUSS BIRTHDAY PARTY

Today is Dr. Seuss's birthday! You could not, would not, want to miss, a celebration such as this. We'll do some crafts and snacks it's true, but our favorite part is seeing you! Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

Class #	Date	Time	Age	Price
102711-01	Th: March 2	10-10:45a	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*

**BICYCLE EDUCATION & WORKSHOPS**

**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 easily available at all nine Columbia Fire Stations. The paperwork and bicycle safety check takes about 5 minute. Licensing a bike offers benefits that include theft recovery and accident identification.

**WORKPLACE 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 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 Bicyclists certified cycling instructors. Contact Janet Godon at (573) 441-5495 or [Janet.Godon@CoMo.gov](mailto: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](mailto: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 needed: 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
118300-01	Sa: Aug 27	9a-2p	14+	Free
118300-02	Sa: Sep 10	9a-2p	14+	Free

**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
118306-01	W: Aug 24	6-7:30p	14+	Free
118306-02	Th: Sep 15	6-7:30p	14+	Free
118306-03	W: Oct 12	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
118302-01	Th: Sept 22	6-7:30p	14+	Free
118302-02	W: Oct 26	6-7:30p	14+	Free

**WINTER CYCLING TIPS & TECHNIQUES**

Congratulations on making a commitment to riding your bike for year-round transportation or fitness. This workshop is for you if you're wondering how to keep those exposed parts warm and toasty or how to keep your bike rolling along in the snow. A panel of experienced cyclists will cover weather related apparel and gear, bike handling skills and suggested routes. Panel discussion will be followed by Q&A related to your personal needs.

*Location: Room B @ ARC*

Class #	Date	Time	Age	Price
118205-01	Th: Dec 1	6-7:45p	14+	Free

**FOR PRIVATE LEARN TO RIDE A BICYCLE CLASSES, PAGE 29**

**GUIDED RIDES & EVENTS**

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 on a variety of Columbia's bike routes and trails. 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 each subsequent ride. Registered participants will receive updated emails with full details.*

Class #	Date	Time	Age	Price
118103-01	Tu: Aug 23-Sep 27	6-8p	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. Ride with a spare inner tube.

**• 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
118311-01	Sa: Aug 20	10-11:30a	10+	Free

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

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
118303-01	Sa: Sep 10	2-3:30p	10+	Free

**• Bikes and Trees; Capturing the Perfect Fall Photo. Guest Speaker: Dan Schneiderjohn, Bike and Nature Enthusiast**

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

### FALL IS THE PERFECT TIME TO CAPTURE BEAUTIFUL PHOTOS OF THE COLUMBIA TRAIL SYSTEM!

Class #	Date	Time	Age	Price
118307-01	Sa: Oct 29	2-4p	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. Cyclists will be introduced to the Old Hwy 63 underpass leading over to Moon Valley Rd and then a second underpass beneath E. Broadway to Stephens Lake Park. Helmet required. Ride with a spare inner tube.

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

Class #	Date	Time	Age	Price
118113-01	Su: Sep 11	2- 4p	18+	Free

### ROCHEPORT FALL COLORS TRAIL RIDE

Join us for a scenic 26-mile (round trip) trail ride along the Missouri River to Rocheport. Plan to bring or purchase lunch (on your own) at one of many fine Rocheport establishments. Return with the group (no rider left behind) or at your own pace. Trail ride support will be provided for minor maintenance issues. Please make sure you are self-supported with an inner tube (correct size and valve type) or patch kit, and water. Helmets required. Registration suggested but drop-in participants are welcome. Children must be accompanied by adults. Meet at the Jay Dix Station shelter near the Scott Blvd MKT Access.

*Location: MKT at Jay Dix Station Shelter @ MKT Trail*

Class #	Date	Time	Age	Price
118301-01	Su: Oct 30	10a-3p	All	Free

## GETABOUT COLUMBIA SPECIAL EVENTS

### TAKE A KID MOUNTAIN BIKING DAY

Celebrate the International Mountain Bike Association's Take a Kid Mountain Biking Day and pass along your passion for pedaling to kids! GetAbout Columbia invites you and your daughter or son, ages 9-14, to get your fun on while riding the new bike skills course at Jay Dix Station. Experienced mountain bikers will be on hand to share cycling tips and techniques. Kids will learn bike safety, trail etiquette and established rules of the trail. Check our website and Facebook for more details. Pre-registration is required. Registration closes at noon on Thursday, October 6.

*Location: Jay Dix Station Park*

Class #	Date	Time	Age	Price
118305-01	Su: Oct 16	2- 4p	9-14	Free





### IT'S A WONDERFUL RIDE: HOLIDAY LIGHTS BICYCLE TOUR

Spread the holiday cheer and burn some candy cane calories on our tour de Como holiday light ride. Join Getabout Columbia staff on a tour of festive holiday decorations found near downtown Columbia - all by bicycle. This family-friendly outing will include low-traffic streets throughout downtown Columbia, surrounding college campuses and residential neighborhoods. Route maps will be provided at the start of the ride. Hot cocoa will be available after the ride to warm your toes and spirit. Prizes will be awarded for the best dressed rider and best decorated bike. Cyclists must wear a helmet under their Santa hat. Registered cyclists will receive a special treat for your bike. Call 874-7460 to register.

*Location: Lucky's Market, 111 S. Providence*

Class #	Date	Time	Age	Price
118401-01	Su: Dec 18	5:30-7:30p	14+	Free

## GOLF . . . . .

### GET YOUR 2016 GOLF CARD!

- Only \$69 • Over \$600 in savings
- Automatically earn free green fee at Lake of the Woods and L.A. Nickell
- Discounts on golf, driving range, cart rentals, lunch specials and merchandise
- Available at both courses • Valid through December 31, 2016
- 2017 Golf Card available December 1, 2016.

### PRIVATE OUTINGS

Private outings are available at both courses. For pricing information and availability please call 573-874-7358 for L.A. Nickell or 573-874-7539 for Lake of the Woods.

## GOLF FACILITIES

### L.A. NICKELL GOLF COURSE

1800 Parkside Drive • (573) 499-GOLF (4653)

- 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)

- 18-hole golf course • Swimming Pool
- Riding carts and continuous cart paths
- Open year round (weather permitting)
- 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.



Noah Anderson,  
2016 Francis  
Hagan Match Play  
Champion



### 2016 GOLF FEES

Winter green fees are in effect from Nov 1-Feb 28. 9-hole and 18-hole fees are available, as well as a variety of types:

- Adult
- Senior (60 and over)
- Twilight (after 2 pm)
- Junior (17 and under)

Saturday/Sunday/Holiday fees are also in effect. Golf passes are good at both Lake of the Woods and L.A. Nickell Golf Courses. Pass types:

- Individual
- Adult Plus 1
- Senior
- Senior Couple
- Young Adult
- Junior
- 10-Play Punch Card

and more!

Check GoGolfLAN.com or GoGolfLOW.com for current fees.

#### PRIVATE TOURNAMENTS

Call 874-7538 to reserve L.A. Nickell;  
874-7539 for Lake of the Woods

*\*Rates subject to change October 1, 2016.*

#### PRICING ON PRIVATE OUTINGS

Each course is available for scheduling of private tournaments on a first-come, first-serve basis.

The following tournament packages are available:

#### MONDAY-FRIDAY TEE TIMES

20 player minimum, \$18 green fees per player & carts first-come, first-serve. All private golf carts brought in will be charged a trail fee of \$11.

#### MONDAY-FRIDAY SHOTGUN START

80-100 player minimum, \$30 per player.  
Price includes green fees & riding cart per player.  
100+ players, call for pricing.

#### MONDAY-FRIDAY 9-HOLE SHOTGUN START

40-60 players, \$19.50 per player.  
Price includes green fees & riding cart per player.

#### SATURDAY AND SUNDAY TEE TIMES

32 player minimum, \$23 green fees per player & carts first-come, first-serve. All golf carts brought in will be charged a trail fee of \$11.

#### SATURDAY AND SUNDAY SHOTGUN START

80-100 player minimum, \$36 per player.  
Price includes green fees & riding cart per player.  
100+ players, call for pricing.

## 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 [mary.dewey@CoMo.gov](mailto:mary.dewey@CoMo.gov).

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



## SCHOOL'S OUT/AFTER SCHOOL ACTIVITIES . . .

### "SCHOOL'S OUT" HOLIDAY CAMP

Children grades K-5 can spend their Holiday Break enjoying crafts, games, sports, and swimming at the ARC. ARC staff will ensure a fun and safe time for everyone. Enrollment is limited so sign up early. NOTE: Each child should bring a sack lunch, swimsuit, and towel. Children may be dropped off at the ARC Meeting Rooms as early as 7:45 am and must be picked up by 5:15 pm. DayCare Tax ID# 436-00-0810  
 Location: ARC

Class #	Date	Time	Age	Price
103950-01	Tu: Dec 27	8a-5p	5-11	\$45
103950-02	W: Dec 28	8a-5p	5-11	\$45
103950-03	Th: Dec 29	8a-5p	5-11	\$45
103950-04	F: Dec 30	8a-5p	5-11	\$45

### "SCHOOLS OUT" ONE DAY CAMPS

The ARC will be offering one day camps on days Columbia Public Schools are closed for Grades K-5. Activities will include swimming, sports, crafts and games. Enrollment is limited so sign up early. NOTE: Each child should bring a sack lunch, swimsuit, and towel. Children may be dropped off at the ARC as early as 7:45 am and must be picked up by 5:15pm. DayCare Tax ID# 436-00-0810  
 Location: ARC

Class #	Date	Time	Age	Price
103951-01	M: Sep 26	8a-5p	5-11	\$45
103951-02	Tu: Nov 8	8a-5p	5-11	\$45
103951-03	F: Nov 11	8a-5p	5-11	\$45
103951-04	M: Feb 6	8a-5p	5-11	\$45
103951-05	F: Feb 17	8a-5p	5-11	\$45

### SPRING ADVENTURE CAMP

Are you looking for a fun way to spend Spring Break? Don't miss Spring Adventure - a one-week day camp for children in grades K-5. Activities will include swimming, sports, and a variety of fun games and activities. Constant supervision and guidance from camp counselors insures that each camper will have a fun-filled spring break to remember! NOTE: Each child should bring a sack lunch, swimsuit, and towel. Children can be dropped off at the ARC Meeting Room A as early as 7:45 am and must be picked up no later than 5:15 pm. DayCare Tax ID# 436-00-0810  
 Location: ARC

Class #	Date	Time	Age	Price
103952-01	M-F: Mar 27-31	8a-5p	5-11	\$175

### 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. There is always something to do!  
 Location: Armory Sports Center

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

## AFTER SCHOOL HOMEWORK ASSISTANCE

Open to all ages! Come by the Armory for tutoring with your homework assignments, open Monday-Friday from 3-6p. Many of the volunteer tutors are provided by MU's Office of Service Learning. Call for more information at 817-5077 or email [mary.dewey@CoMo.gov](mailto:mary.dewey@CoMo.gov).

## 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. Pre-registration is required.

Instructor: Bart Entrikin, M.S.

Location: ARC

Class #	Date	Time	Age	Price
113801-01	Sa: Aug 27	9-11a	14-19	\$25
113801-02	Sa: Oct 8	1-3p	14-19	\$25

### CLASSES FOR ADULTS

#### SPEED READING MADE EASY

Read at super speeds with increased comprehension. Master the secrets of speed reading and triple your reading rate. Speed reading will help you succeed in your studies or at work. You will sample several super reading styles that expand vision in ways that fit you personally. Enhance reading for information, for enjoyment and for a richer life. Bring several books and a calculator. Pre-registration is required.

Instructor: Bart Entrikin, M.S.

Location: ARC

Class #	Date	Time	Age	Price
113205-01	Sa: Sep 10	9-11a	15+	\$25

### Five Ways to Register:

- Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- 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.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



**SPORTS** . . . . . 

**FOR YOUTH**

**NFL PUNT, PASS & KICK**

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.CoMo.gov](http://www.CoMo.gov). Copy of birth certificate or baptismal record required; must be born from 2000-2009. 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



**COLUMBIA YOUTH REC VOLLEYBALL**

For girls in grades 7th, 8th and 9th, who want more than drills. This is your chance to play in real officiated games just for fun! Individual sign-up, team placements. Leagues are held on Thursdays at the Armory Sports Center.

Registration closed on October 31 for the fall league. Games are played November 3 through December 29.

Registration for a late spring league will open March 1 and end March 31. Games will be played on Thursdays, April 6, 2017 through May 25, 2017. Price is \$50 per player for an 8-game season. T-shirt included! Contact Crystal Floyd for more information at [columbiayouthrecvolleyball@gmail.com](mailto:columbiayouthrecvolleyball@gmail.com). Register by calling Parks and Recreation at 573-874-7460.

**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
115702-01	Tu: Oct 4-Oct 25	11-11:45a	4-5	\$25

**TENNIS LESSONS**

Date	Time	Age	Price
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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.

**NEW CITY HOOPS AFTER SCHOOL BASKETBALL SKILLS**

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

**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.

Location: Court 1 @ARC

Class #	Date	Time	Age	Price
107519-01	Th: Sep 8-Sep 29	10-11a	5-9	\$14
107519-02	Th: Oct 6-Oct 27	10-11a	5-9	\$14
107519-03	Th: Nov 3-Nov 17	10-11a	5-9	\$10.50
107519-04	Th: Dec 1-Dec 15	10-11a	5-9	\$10.50
107519-05	Th: Jan 12-Jan 26	10-11a	5-9	\$10.50
107519-06	Th: Feb 2-Feb 23	10-11a	5-9	\$14
107519-07	Th: Mar 2-Mar 23	10-11a	5-9	\$14
107519-08	Th: Apr 6-Apr 27	10-11a	5-9	\$14
107509-01	Th: Sep 8-Sep 29	9-10a	10-17	\$14
107509-02	Th: Oct 6-Oct 27	9-10a	10-17	\$14
107509-03	Th: Nov 3-Nov 17	9-10a	10-17	\$10.50
107509-04	Th: Dec 1-Dec 15	9-10a	10-17	\$10.50
107509-05	Th: Jan 12-Jan 26	9-10a	10-17	\$10.50
107509-06	Th: Feb 2-Feb 23	9-10a	10-17	\$14
107509-07	Th: Mar 2-Mar 23	9-10a	10-17	\$14
107509-08	Th: Apr 6-Apr 27	9-10a	10-17	\$14



## **FOUNDED IN 1992, CYBA PROUDLY SERVES BOYS & GIRLS IN GRADES 2-12**

Registration for Boys (Grades 2-8) & Girls (Grades 2-7) opens August 1  
Practices for grades 4th-7th (girls) and 4th-8th grade (boys) begin early November.  
Practices are 90 minutes once a week.

Registration Fees - Grades 2-3 (Coed) \$75; Grades 4-8 \$100.

Registration deadline is October 21.

Registration for Girls (grades 8-12) & Boys (Grades 9-12) begins early November  
Individual and team registrations for boys and girls Grades 9-12 begins early November.  
Registration Fee \$75 per player. Please check website for details.

### **ALL LEAGUE GAMES ARE PLAYED JANUARY - MARCH**

Games and practices held at  
area schools

Register at: [www.cybahoops.org](http://www.cybahoops.org)



# *CYBA would like to thank the sponsors for the 2016 season*

AAA Insurance - Noel Montano

Aaron's

Accounting Plus

Advance Orthodontics

Air & Water Solutions

Atwood Consulting

Baker Team Realty

Central Missouri Orthodontics

Central Missouri Pavement Markings

Coastal Electric

Columbia Business Times

Columbia Elks Lodge #594

Columbia Orthopaedic Group - Dr. Pat Smith

Columbia Pool & Spa

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Knights of Columbus

Landmark Bank

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Marberry & Eagle,  
CPAs, P.C.

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Midway Eagles

Midway Optimist Club

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Show Me Cabinets

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Stadium Grill

Sunrise Optimist Club

Sunshine Cleaning

The Crossing

The Insurance Shop

ThrivingwithWinter.com

Trumans Bar & Grill

Twaddle Orthodontics

**If you would like to sponsor a team for only \$175 contact us:**

CYBA • PO Box 30725 • Columbia, MO 65205

Phone: 573-875-8124 | Fax: 573-755-2088 | E-mail: [cybabasketball@gmail.com](mailto:cybabasketball@gmail.com)





**SPRING & SUMMER LEAGUES AVAILABLE  
JANUARY 2017**

## Diamond Council of Columbia, Inc.

P. O. Box 576, Columbia, MO 65205

573-499-9741

[www.diamondcouncil.net](http://www.diamondcouncil.net)

[DiamondCouncilCoMo@gmail.com](mailto:DiamondCouncilCoMo@gmail.com)



Celebrating more than 50 years of service providing youth baseball and softball to Columbia area kids.



## **Recreational Baseball & Softball Leagues for Boys and Girls Ages 4-18.**



You can register for a league by visiting

[www.diamondcouncil.net](http://www.diamondcouncil.net)

**Registration for our 2017 leagues is 1/1/17-2/28/17**

The Diamond Council of Columbia, Inc. is a non-profit, fee-based, volunteer organization dedicated to providing mid-Missouri youth an opportunity to play in quality baseball and softball programs.

The emphasis of the program is to develop individual and team skills, enhance self-esteem, and to have fun in a supervised environment.



DC is partnered with the City of Columbia Parks and Recreation Department. Teams are formed based on schools attending, volunteer coaches, and team sponsors.

Teams are NOT drafted on ability of skills. All kids play!

We encourage parents to volunteer to coach and help us provide a fun safe place for kids to play baseball and softball.





# Competitive Leagues Ages 9-18

DC also offers a competitive Baseball and Softball leagues for teams. Competitive coaches can sign up to play in DC spring competitive leagues by visiting the website to register their team.

All our leagues are USSSA sanctioned.



## www.diamondcouncil.net

Hiring UMPIRES for 2017 Spring & Summer.

Contact DC at [DiamondCouncilCoMo@gmail.com](mailto:DiamondCouncilCoMo@gmail.com)



## THANK YOU 2016 TEAM SPONSORS!

A to Z Auto  
 A&B Management  
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 Addison's  
 Advance Orthodontics  
 American Legion Post #202  
 B & B Bagel Company  
 Bales Construction  
 Bangkok Gardens  
 BG Services  
 Bluegrass Terrace/The Terrace Group Inc.  
 Boone Clinic  
 Boonslick Kiwanis  
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 BZ Plumbing LLC  
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 Central Dairy  
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 Columbia Elks Lodge 594  
 Columbia Orthopedic Group  
 Columbia Pool & Spa  
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Columbia's Finest Child Development Center  
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 Dairy Queen On Stadium & Forum  
 Dick's Sporting Goods  
 Drawing Automotive  
 Dynamic Builders / Beacon Street Properties  
 Eastwood Kennel  
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 Emery Sapp & Sons, Inc.  
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 Flat Branch Home Loans  
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 Grimes, Fay & Kopp, LLC  
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Hockman's Martial Arts  
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 HuHot Mongolian Grill  
 Hy-Vee  
 Informed Solutions  
 Jaguars - Veterans United Home Loans  
 JWM Designs  
 KidsFirst Optimists Club  
 Kilgore's Medical Pharmacy  
 Knights Of Columbus  
 Koelling Chiropractic  
 Labor Ready at TrueBlue  
 Legends Sports Photography  
 Little Angels  
 Mid Missouri Dental Center  
 Military United Insurance  
 Millers Professional Imaging  
 Missouri Cotton Exchange  
 Mizzou Marines  
 Mr. Rooter Plumbing  
 Mustangs Sports  
 NALC  
 Noah's Ark Animal Hospital  
 Pate-Jones Construction  
 Peak Sport & Spine

Play It Again Sports  
 Pride Consulting and Tax  
 Providence Urgent Care  
 Red Weir  
 Robinson & Ries Orthodontist  
 Rosewood Custom Homes  
 Roto Rooter  
 Sally Powell, DDS  
 Salter Lawn Service  
 Sappington Carpet Care  
 Scott Roofing  
 Shakespeare's Pizza  
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 Tiger Family Chiropractic and Wellness Center  
 Tiger Pawn  
 T-MAC, Inc  
 Tony's Pizza Palace  
 TrueSon Exteriors  
 White Knight Limo And Coach  
 Withrow Electric  
 Wiz Bang Remodeling LLC  
 Zimmer Radio KTGR  
 Zimmer Radio Y107



If you would like to become a team sponsor, contact us at  
 (573) 499-9741 or  
[DiamondCouncilCoMo@gmail.com](mailto:DiamondCouncilCoMo@gmail.com)



## DOUGLASS BULLDOGS BASEBALL LEAGUE

Develop your skills in this instructional, non-competitive league, beginning in June. 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.CoMo.gov](http://www.CoMo.gov). 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)	5:30p & later	5&6	\$27
315902-01	Tu,F: (Coach Pitch)	5:30p & later	7&8	\$27
315910-01	M,Th: (Kid Pitch)	5:30p & later	9&10	\$27



## BLUE THUNDER TRACK OUTDOOR SEASON

Registration Day: March 11, 2-5p, \$100

[www.bluethunderc.shutterfly.com](http://www.bluethunderc.shutterfly.com) for more information

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](mailto:Camren.Cross@CoMo.gov) if interested.

Note: Runners are encouraged to invest in a pair of track spikes or running shoes; but it is not required.

## BLUE THUNDER TRACK CROSS COUNTRY

Season begins August 30, first practice 6 pm at Stephens Lake: 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. Go to [www.bluethunderc.shutterfly.com](http://www.bluethunderc.shutterfly.com) or email [Camren.Cross@CoMo.gov](mailto:Camren.Cross@CoMo.gov) for more information.

## NEW SMALLER BALLERS BASKETBALL

Get an early start with this six-week youth basketball skills development program for 4-7-year olds. Each session consists of skills training, and then using the skills learned, it will be followed by scrimmage time. This is an instructional youth basketball program that focuses on the basic fundamental skills of the game.

Location: Armory Sports Center Gym

Class #	Date	Time	Age	Price
115910-01	Su: Sep 11-Oct 16	1-2p	4-5	\$36
115910-02	Su: Sep 11-Oct 16	2:30-3:30p	6-7	\$36
115910-03	Su: Nov 13-Dec 18	1-2p	4-5	\$36
115910-04	Su: Nov 13-Dec 18	2:30-3:30p	6-7	\$36
115910-05	Su: Mar 5-Apr 23*	1-2p	4-5	\$36
115910-06	Su: Mar 5-Apr 23*	2:30-3:30p	6-7	\$36

\*No class 3/26, 4/16

## FOR ADULTS

### REGISTER FOR ALL ADULTS SPORTS ON LINE AT

[www.CoMo.gov](http://www.CoMo.gov)

## 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 / Powderhorn



Class #	Date	Time	Age	Price
112302-01	W: Sep 7-Oct 12	5:30-8:30p	5+	\$90
112302-02	W: Nov 2-Dec 7	5:30-8:30p	5+	\$90
112302-03	W: Jan 11-Feb 15	5:30-8:30p	5+	\$90
112302-04	W: Mar 1-Apr 5	5:30-8:30p	5+	\$90



### ADULT VOLLEYBALL

#### FALL VOLLEYBALL

Registration: Registration through Aug 30 or until filled  
League play: Begins mid-Sept; games at 6, 7, 8, or 9 pm

#### MID WINTER VOLLEYBALL

Registration: Ends early November  
League play: Begins November

#### SPRING VOLLEYBALL

Registration: Open, ends February.  
League play: March; games at 6, 7, 8, or 9 pm

Location: Armory Sports Center

### ADULT SOFTBALL

Spots may be available for the 2016 fall league. Call 573-874-7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices, [www.CoMo.gov](http://www.CoMo.gov) (search sports). Games are played at Rainbow Softball Center at Cosmo Park.

### ADULT KICKBALL

Spots may be available for the 2016 fall league. Call 573-874-7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices, [www.CoMo.gov](http://www.CoMo.gov) (search sports). Games are played at Rainbow Softball Center at Cosmo Park.



### ADULT BASKETBALL

Registration: Opens late September  
League play: November, 10 games  
Location: Armory Sports Center

### ADULT TENNIS LESSONS

Date	Time	Age	Price
<b>Session V: Sept 6-26 at Albert-Oakland Courts</b>			
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. Registration will open in the spring. Call 874-7460 for more information. Note: Sponsorship opportunities available.

Location: Douglass Park

Class #	Date	Time	Age	Price
NA	League begins June 7	7:30-10:30p	15-17	\$140
		7:30-10:30p	12-14	\$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

#### Five Ways to Register:

- Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- 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.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



**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

**ROC 7K TRAINING**

Are you new to trail running and want to learn more about the sport before the ROC 7K Trail Run in January? The ROC 7K Training Group will help with the basics of trail running and get you comfortable on the single track trails. This 8 week group will focus on technique as well as offering information about winter/cold weather running, cross training for agility and balance (both are your friend on the trail) and more. The group fee includes race registration for the ROC 7K on January 28, 2017 (\$35). Space is limited to 20 people so register soon! Training dates and times will vary.

Class #	Date	Time	Age	Price
107303-01	Sa: Nov 19-Jan 21*	9-11a	12-99	\$85

\* No Class: 11/28, 12/26

**ROC 7K TRAIL RUN**

Start your New Year with Rhett's Outdoor Challenge (ROC) and enjoy a morning on Rhett's Run. The ROC 7K Trail Run takes racers through the scenic twists and turns of this hilly, well maintained, single track course. All participants will receive a finisher item and post race snack once they've completed their run. This event will include chip timing, age group awards, volunteer support and aid stations on the course. Advance registration is required. Maximum of 175 racers.

*Location: Bear Creek Trail*

Class #	Date	Time	Age	Price
107300-01	Sa: Jan 28	9:30a	12 and up	\$35 in advance





## Special Events

### SPECIAL EVENTS . . . . .

## MOVIES IN THE PARK

2nd Friday of each month, May through September

### 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 and food trucks are available. No rain dates. **This year, all movies will be shown free of charge, thanks to Missouri Care!**



### 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:



## DJ IN THE PARK

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.

## 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.

# 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, food trucks, and fun for all!

## 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





### 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:



### STEPHENS LAKE AMPHITHEATER CONCERT SERIES

Join us at the beautiful Stephens Lake Park Amphitheater for an evening of music. Bring a blanket or low lawn chair, free. Food trucks on site.

Sept 1: "Beats in the Park" featuring Academy of Rock High School Bands., 7pm



### NEIGHBORHOOD PARK FUN DAYS

- August 31, 6-8p, Again Street Park
- September 14, 6-8p, Downtown Optimist Park
- September 28, 6-8p, Auburn Hills Park
- October 12, 6-8p, Indian Hills Park
- October 26, 6-8p, Albert-Oakland 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



### 39TH ANNUAL HERITAGE FESTIVAL & CRAFT SHOW

September 17 & 18  
10a-5p

Nifong Park

(See back cover for more info)

### ALMETA CRAYTON MEMORIAL TOYS FOR COLUMBIA YOUTH DRIVE

Oct 24-Dec 9

Get in the giving spirit this holiday season! When you are out shopping, please pick up an extra gift for a needy child for Parks and Recreation's annual toy drive and drop off at the Armory (701 E. Ash) or the Parks and Recreation office at #1 South 7th. Monetary donations will also be accepted. Cash, checks or credit cards are accepted. A letter of receipt for tax purposes will be provided for your generosity. Please call 874-7460 for more information.



## Special Events

### WATERS-MOSS HOLIDAY BAZAAR

Saturday, November 19, 11a-3p

Hillcrest Community Center and Moss Building at Waters-Moss Conservation Area

Get a jump on your holiday shopping with a variety of arts, crafts and home-based business vendors. Purchase presents for everyone on your list, or take home a little something for yourself! Vendors interested in a booth, email [Cassie.Dins@CoMo.gov](mailto:Cassie.Dins@CoMo.gov) for information and application.



### SANTA HOTLINE

Saturday, December 3

Children between the ages of 3-10 can call the North Pole from 9a to 3p and will have the opportunity to speak with Santa or Mrs. Claus or one of the many elves. CALL 874-7473 ONLY on this day.

### CITY KWANZAA CELEBRATION

Saturday, Dec 3, 2-5p

Location: TBA

Come celebrate this African-American holiday which is based around developing positive families and communities. There will be awards given, entertainment and a holiday feast. Please call 874-6379 for more information. Free.

### HOLIDAY LIGHTS AND SIGHTS TOUR

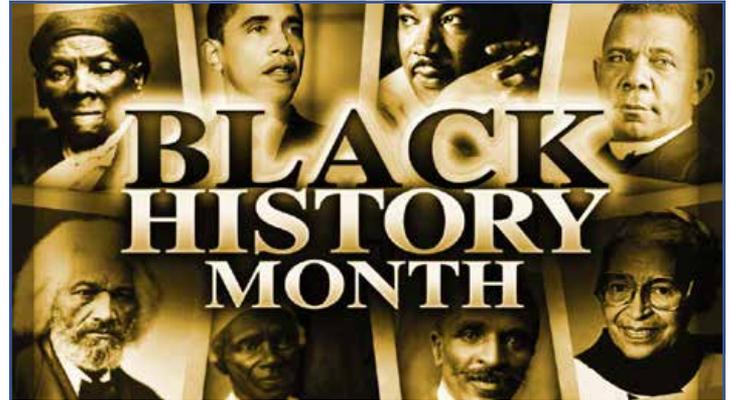
Enjoy some of Columbia's beautiful holiday lights from the comfort of Parks and Recreation's mini-buses! Tours depart from the ARC. For the safety of participants each person must have a seat on the bus. Please bring a car seat for young children.

Class #	Date	Time	Age	Price
109450-03	F: Dec 16	6:15-7:30p	All	\$7.50
109450-04	F: Dec 16	7:45-9:00p	All	\$7.50

### DR. MLK MEMORIAL CELEBRATION

Mon, January 16

The candle light walk will begin at 6:30 pm at Douglass High School, which will proceed to the Memorial Celebration where a service will be held. Location will be announced closer to the date. Open to all, free.



### BLACK HISTORY MONTH ACTIVITIES

Film Festival - The Life and Works of Oscar Micheaux

Location: Armory

Feb 7, 7p: *Within the Gate* (1920)

Feb 14, 7p: *Body and Soul* (1925)

Feb 21, 7p: *Murder in Harlem* (1935)

Feb 28, 7p: *Swing!* (1938)

Gospel Explosion & Soul Food Dinner Musical Celebration

Sunday, February 26, St Luke UMC (204 E Ash), 3p

Come and enjoy lots of great gospel music from local and regional acts. Afterwards there will be a soul food feast for all that attend. Free.

### ANNUAL TRAIN SHOW

March 18, 10a-3p

Paquin Tower, 1201 Paquin St

All aboard! See a wide variety of displays involving trains and the early days of transportation as well as movies and photographs on rail travel. Hosted by Mid-Mo Railfan and Columbia Parks and Recreation. Admission is free.

GETABOUT COLUMBIA SPECIAL EVENTS... PAGE 36





# COMING IN SPRING/ SUMMER 2017...

## KITE FLYING DAY

Saturday, April 8, 12-2 pm

Location: Douglass Park

Bring your kites and let's have a great time. A limited number of kites will be given to children that do not have one to fly. The contest categories are Largest Flying Kite, Smallest Flying Kite and the Highest Flyer. Prizes will be awarded to winners. The event is FREE! Rain date is Saturday, April 22.

## EGG HUNT EGGSTRAVAGANZA

Saturday, April 15, 12-1:15 pm

Location: Douglass Park

Bring your children (ages 12 and under) out for a free, fun candy-filled Egg Hunt. There will be 3 separate hunts in different areas designated by age. Kids will also enjoy other activities such as coloring, face painting, and games. Hunt will begin at 12:45 pm. NOTE: Please call 817-5077 if you or your organization would like to volunteer by hosting a game or activity.

## SPLAT! JUNIOR OBSTACLE MUD RUN

July 8, 2017

The popular mud run will be back next summer at Gans Creek Recreation Area! Space is limited and this event has sold out all three years...please register early. No event day registration. Check the March Leisure Times or the SPLAT event page at [www.CoMo.gov](http://www.CoMo.gov) for more details as they are available.

Class #	Time	Age	Price
107900-01	8:30a	4-5	\$25
107900-02	9a	4-5	\$25
107900-03	9:30a	6-8	\$25
107900-04	10:00a	6-8	\$25
107900-05	10:30a	9-12	\$25
107900-06	11a	9-12	\$25
107900-07	11:30a	7-15	\$25
107900-08	12p	7-15	\$25



**Thank you to the following for  
City of Columbia's  
4th of July Fire in the Sky:**

**Presented by:**



**Sponsored by:**



# YOUR AD HERE!

Want to advertise your business in a future issue of **Leisure Times**?

Limited ad space may be available as space allows!

**Call 874-7465 for details!**

# SPECIAL EVENTS CALENDAR

## AUGUST

- 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
- 20 ..... DJ IN THE PARK  
Douglass Park, 4-8p, Free
- 31 ..... NEIGHBORHOOD PARK FUN DAY  
Again Street Park, 6-8p, Free

## SEPTEMBER

- 1 ... STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES, *BEATS IN THE PARK*  
7p, Free
- 5 ..... ALBERT-OAKLAND FAMILY AQUATIC CENTER CLOSES FOR SUMMER
- 6 ..... POOCH PLUNGE  
Albert-Oakland Family Aquatic Center, 6:30-7:30p, \$4 per dog, must pre-register
- 9 ..... MOVIES IN THE PARK: *STAR WARS: THE FORCE AWAKENS* (PG-13),  
Cosmo Park, 8p, Free
- 14 ..... NEIGHBORHOOD PARK FUN DAY  
Downtown Optimist Park, 6-8p, Free
- 17-18 ..... 39TH ANNUAL HERITAGE FESTIVAL AND CRAFT SHOW  
Nifong Park, 10a-5p, Free
- 21 ..... FAMILY FUN FEST: CREATIVE KIDS  
Cosmo Park, 6-8p, Free
- 28 ..... NEIGHBORHOOD PARK FUN DAY  
Auburn Hills Park, 6-8p, Free

## OCTOBER

- 12 ..... NEIGHBORHOOD PARK FUN DAY  
Indian Hills Park, 6-8p, Free
- 15 ..... BEAR CREEK RUN HALF MARATHON  
Bear Creek Trail, 8a, Ages 10 and up, \$48
- 16 ..... TAKE A KID MOUNTAIN BIKING DAY  
Jay Dix Station Bike Skills Course, 2-4p, ages 9-14, Free
- 24 ..... HOLIDAY TOY DRIVE BEGINS
- 26 ..... NEIGHBORHOOD PARK FUN DAY  
Albert-Oakland Park, 6-8p, Free

## NOVEMBER

- 19 ..... WATERS-MOSS HOLIDAY BAZAAR  
Waters-Moss Memorial Wildlife Area, 11a-3p

## DECEMBER

- 3 ..... SANTA HOTLINE  
Children ages 3-7 call 874-7473 only from 9a-3p
- 3 ..... CITY KWANZAA CELEBRATION  
Location TBA, 2-5p, Free
- 16 ..... HOLIDAY LIGHTS AND SIGHTS TOUR  
Meet at the ARC, 6:15-7:30 or 7:45-9p, \$7.50 per person, must pre-register
- 18 ..... IT'S A WONDERFUL RIDE: HOLIDAY LIGHTS BICYCLE TOUR  
Meet at Lucky's, 111 S Providence, 5:30p, Free

## JANUARY

- 1 ..... C.A.R.E. SUMMER PROGRAM APPLICATIONS AVAILABLE ONLINE
- 16 ... DR. MARTIN LUTHER KING JR. CANDLE LIGHT WALK & CELEBRATION  
Walk at Douglass H.S. at 6:30p
- 28 ..... ROC TRAIL RUN  
Rhett's Run Trail at Cosmo Park, 9:30a, \$35 in advance

## FEBRUARY

- 7 ..... BLACK HISTORY MONTH: FILM FESTIVAL, *WITHIN THE GATE*  
Armory, 7p, Free
- 14 ..... BLACK HISTORY MONTH: FILM FESTIVAL, *BODY AND SOUL*  
Armory, 7p, Free
- 21 ..... BLACK HISTORY MONTH: FILM FESTIVAL, *MURDER IN HARLEM*  
Armory, 7p, Free
- 26 ... BLACK HISTORY MONTH: GOSPEL EXPLOSION & SOUL FOOD DINNER  
St. Luke UMC, 3p, Free
- 26 ..... BOY/GIRL SCOUT DAY  
Hickman Pool, 1-3p, pre-register, \$3 per child
- 28 ..... BLACK HISTORY MONTH: FILM FESTIVAL, *SWING!*  
Armory, 7p, Free

## MARCH

- 11 ..... BLUE THUNDER TRACK REGISTRATION DAY  
Armory Sports Center, 2-5p
- 18 ..... ANNUAL TRAIN SHOW  
Paquin Tower, 10a-3p, Free



# SPOTLIGHT ON PARKS

## LOOK WHAT'S NEW AT: *Woodridge Park*

### *Inclusive Playground*

The recently renovated Woodridge Park, located at 3505 Lansing Avenue, features a premiere, inclusive playground especially designed for those with developmental and physical disabilities, while still serving able-bodied children. The park design was inspired by the park's close proximity to the Ronald McDonald House, the Thompson Center for Autism and Neurodevelopmental Disorders, and the Women's and Children's Hospital.

Two ADA parking spots at the neighboring Ronald McDonald House with a concrete connection to the park and a concrete trail were added to make this park fully accessible.

The park renovation project cost \$213,000 and was funded by a donation by the Cosmopolitan Luncheon Club, Land and Water Conservation Fund Grant, and private donations.



### *The new playground features:*

- Fence enclosure around the playground, so children don't wander off
- Ground level roller slides to provide a unique sensory experience
- Group swing so that several kids or parent and child can swing together
- Musical therapy play features
- Poured in place rubber surface for the best accessible surface
- Ramps to all levels of the playground to ensure access for everyone

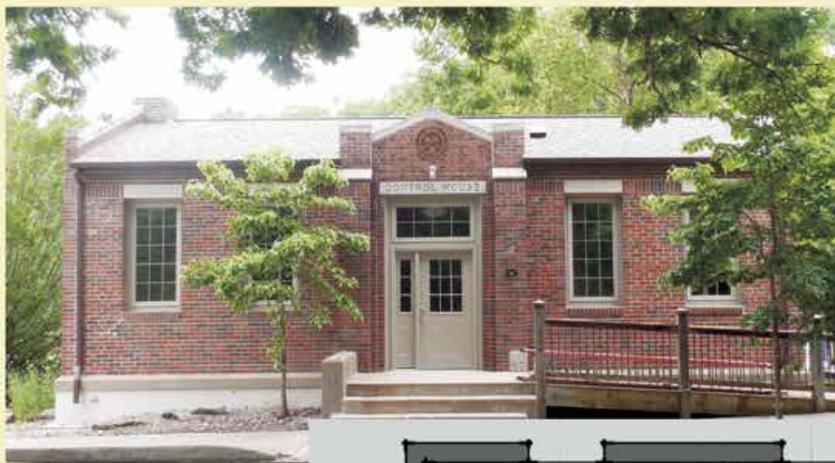




# Need an inexpensive, yet lovely place for a wedding?

## *Get Married at Battle Garden, MKT Stadium Access*

If you've dreamed of a beautiful outdoor wedding, Battle Garden might be the perfect venue for you. The garden can be reserved for a wedding with a Park Special Use Permit and modest fee.



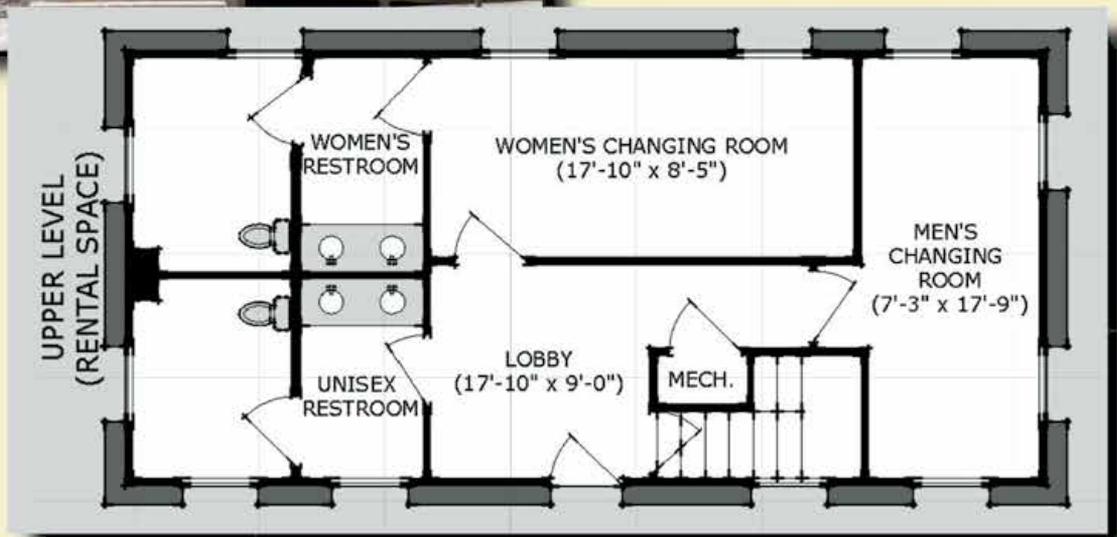
## *Rent the MKT Trailside Bldg. Only \$40/day!\**

The bridal party can change clothes in the upstairs portion of the newly renovated and air conditioned MKT Trailside Building.

*\*Proposed rate beginning 10/1/16; subject to change*

## *Building Amenities*

- Air Conditioned
- Refrigerator
- 2 Restrooms
- 2 Separate Areas with Sinks & Mirror
- Women's Changing Room
- Men's Changing Room



# LEISURE TIMES

**FALL/WINTER 2016-2017**

**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.CoMo.gov**

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: Heritage Festival, P&R Photo Contest Entrant Juri Kuroki*

## Five Ways to Register:

1. **Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
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?

**Columbia  
Parks and Recreation**



**COLUMBIA PARKS AND RECREATION OBTAINS  
OVER \$95,000 IN SPONSORSHIPS FROM  
LOCAL BUSINESSES EACH YEAR TO PROVIDE  
FREE CITY-WIDE SPECIAL EVENTS, SAVING  
TAXPAYER DOLLARS.**

**Check [www.CoMo.gov/ParksandRec](http://www.CoMo.gov/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.

# 39th Annual Heritage Festival & Craft Show

Saturday & Sunday, September 17 & 18 • 10 am - 5 pm

Nifong Park, 3700 Ponderosa

Parking: Take Highway 63 to Grindstone Parkway exit, then west to signs.

Three stages of entertainment • Traditional Arts & Trades Demonstrations

Handmade Crafts for Sale • Fun for Young'Uns

Museum, village & historic home tours • Concessions

**FREE  
ADMISSION!**

Coordinated by:



SPONSORED BY:



## SPONSORSHIP OPPORTUNITIES AVAILABLE!

Columbia Parks and Recreation reaches thousands of individuals each year through special events and activities. Thanks to the sponsorships of some area businesses, many of these events are free.

IF YOU'D LIKE TO LEARN HOW YOUR BUSINESS CAN INCREASE ITS EXPOSURE BY SPONSORING A PARKS AND RECREATION EVENT, CALL US AT 874-7460.

**LEISURE TIMES  
ADVERTISING  
AVAILABLE!  
SEE PAGE 51**

