

LEISURE

www.GoColumbiaMo.com



YOUR GUIDE TO COLUMBIA'S RECREATIONAL OPPORTUNITIES

Times

• NOVEMBER 2015 - APRIL 2016 •

Registration Begins: November 11, 2015 • Online Registration: November 10, 2015



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PARKS *and* **RECREATION**

PROTECTS

ENVIRONMENTAL RESOURCES



*One of **many benefits** to the community!*





Parks and Recreation has preserved 3,200 acres of land for parks and nature areas.

**Rain gardens reduce stormwater runoff...
Parks and Rec staff has constructed 17 rain gardens.**

**Parks and Rec staff planted 369 new trees in 2014...
that will remove about 195 tons of carbon dioxide in a year.**





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

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

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Rental & Program Facilities

GoColumbiaMo.com (search: Rentals)

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, 8am-3pm OR 4-11pm, \$300; Monday-Friday, 8am-11pm, \$400; Weekends/Holidays, 8am-11pm, \$510. Deposit \$200.

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.

Hillcrest Community Center/Moss Building

1907 Hillcrest Dr. • 874-7475 • 50+ Tours 441-5525

Life Enrichment classes, preschool programs, 50+ programs/tours, Osher@Mizzou. Moss available for rental, 874-7460, \$35 per hour plus \$200 deposit.

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.

Paquin Tower

1201 Paquin St., Ste. 102 • 874-7473

Adapted Community Recreation program and craft studio open to all.

Stephens Lake Amphitheater

100 Old 63N • 874-7460

Call for information or to rent.

Maplewood Barn

2900 E. Nifong • Call 874-7460

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



..... **REGISTER ON-LINE!**

www.GoColumbiaMo.com/ParksandRec

Earlybird Registration: Nov 10

Register and pay for classes. Review and update account information. Call us at 874-7460 to obtain your user name and password.



..... **WEBMAIL** - Subscribe

to webmail at **www.GoColumbiaMo.com**



..... **FACEBOOK and TWITTER:**

@ COMOParksandRec



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 the Riechmann Pavilion, Moss Building, Rock Quarry House and Maplewood Barn. Cosmo Park Shelters are available for half-day or full-day rentals; 8 am-3 pm or 4-11 pm.

RETURNED CHECK FEE

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

FEE PAYMENT

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

CLASS REFUND POLICY

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

GIFT CARDS

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

PHOTOGRAPHY

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

YOUTH FINANCIAL ASSISTANCE

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

ADULT FINANCIAL ASSISTANCE

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

LEISURE TIMES ON T.V.

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

YOUTH RECREATION SCHOLARSHIPS

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

PICNIC PACKS

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

Five Ways to Register:

1. **Online:** Go to www.GoColumbiaMo.com
2. **Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-770.
4. **Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



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

MONTHLY PAYMENT OPTION

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

MEMBERSHIP FEES

YOUTH ADMISSION - AGES 2 TO 17

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

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

ADULT ADMISSION - AGES 18-59

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

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

SENIOR ADMISSION - AGES 60 & OVER

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

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

FAMILY ADMISSION - UP TO 5 PERSONS**

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

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

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

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

GROUP RATES

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

FINANCIAL ASSISTANCE

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

YOUTH PARTICIPANTS

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

MEMBERSHIP ELIGIBILITY

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

HOW TO JOIN

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

AMENITIES

- ✓ 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 Featurew
✓ Group Exercise Room
✓ Hydro Therapy Pool
✓ Kid Zone-Stay & Play Area for Children
✓ Spinning Room
✓ Youth Training Room

ARC HOURS OF OPERATION

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

POOL SCHEDULE & HOURS - SEE PAGE 12

HOLIDAY HOURS

Table with 2 columns: Holiday and Hours. Wednesday, November 25 5:30am-5:30pm, Thanksgiving Day, November 26 Closed, November 27 5:30am-9:30pm, December 24 5:30am-5:30pm, Christmas Closed, New Year's Eve 5:30am-5:30pm, New Year's Day Closed.

HOLIDAY POOL HOURS - SEE PAGE 11



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

AVAILABLE RENTAL DATES:

November 1, 8, 15, 22; Dec 5, 12; Jan 9, 23, 30; Feb 6, 13, 20, 27; March 5, 12, 19



GYMNASIUM SCHEDULE

MONDAY

8-9:45am Full Ct Basketball
 10-11am Little Gyms
 11am-1:30pm Pickleball
 6:30-7:30pm 11-17 yrs Volleyball
 7:30-9:30pm Adult Volleyball

TUESDAY

7:30-9am Pickleball
 10:15-11:15am Boot Camp
 12-1:30pm Adult Volleyball

WEDNESDAY

8-11am Full Ct Basketball
 6:30-7:30pm 11-17 yrs Volleyball
 7:30-9:30pm Adult Volleyball

THURSDAY

7-8:45am Pickleball
 9-10am Home School P.E. Ages 10-17
 10-11am Home School P.E. Ages 5-9
 12-1:30pm Adult Volleyball

FRIDAY

8-9:45am Full Ct Basketball
 10-11am Little Gyms
 6:30-9:30pm Pickleball

Note: Days and times are subject to change.
 At least one court will be available for drop-in use most hours of operation.

GENERAL POLICIES

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

ARC REFUND POLICY

ARC MEMBERSHIPS

1. There are no refunds on ARC memberships.
2. There is a \$5 fee for the replacement of a lost or stolen card. There will be no refunds given for card replacement.

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.

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.

ROOM RENTALS

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

ROOMS/COURTS

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

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

1-10 People	\$140 per hour
101-150 People	\$185 per hour
151-20 People	\$235 per hour
201-250 People	\$345 per hour
251-30 People	\$445 per hour

FACILITY "LOCK-IN" (8 HOURS)

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

TIMES 10pm-6am

FEES

1-10 People	\$100
101-50 People	\$1125 plus \$5 per person

(each person over 10 will be assessed this fee)

WATER ZONE BIRTHDAY PARTIES, PAGE 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. Complete information about the program is produced in a monthly newsletter available at the Adapted Community Recreation office, Paquin Tower, 1201 Paquin St, Ste 102 or online at www.gocolumbiamo.com (search adapted). Call 874-7473 for more information. If you would like to be on our mailing list, please email sbowman@gocolumbiamo.com. If you wish to participate in any Parks and Recreation activity, yet feel you may need some special accommodation, please call 874-7473.

CERAMICS, ART AND CRAFT CLASSES

Come enjoy making arts and crafts in a relaxing and fun atmosphere! Along with a variety of craft making supplies, we specialize in offering ceramic greenware and bisqueware to decorate. Each piece is priced according to size. Paints, glazes and firing are included in the price.

Ceramics and craft studio times:

- Mon (Ceramics only) 11 am – 8:30 pm
- Tues (Crafts and Ceramics) 11 am – 4 pm
- Wed (Ceramics only) 11am – 7 pm
- Thurs (Ceramics and Crafts) 11 am – 4 pm
- Fri (Ceramics) 11 am – 4 pm

Fee: Cost of the greenware

The art instructor's hours are:

- Mon 11 am–4 pm Tues 11 am-1 pm
- Wed 11 am–4 pm Thurs 11 am–1 pm
- Fri 11 am–4 pm

OPEN POTTERY WHEEL (for advanced users only)

Use of the tabletop pottery wheels will be available during the art instructor's hours. Cost is \$10 and includes a pound of clay.

ORNAMENT WORKSHOP

November 12 and 19, 5-7 pm

Learn how to make your own Christmas ornaments out of clay and other materials. Cost is \$5.00. Please call the Adapted Community Recreation office to sign up.

TIE DYE WORKSHOP

March 1, 4-6 pm

Learn how to create classic tie dye shirts and clothing! Please provide your own pre washed article of clothing, and be prepared to get messy. Cost is \$7.

SOCIAL ACTIVITIES AND EXERCISE

WII GAMES

Games: every Thursday, 5 pm (except first Thursday of the month)
Wii games are a popular activity offered by Adapted Community Recreation. It's a great way to play video games and to get some exercise at the same time! Wii games are played several times during the month; please call 874-7473 to find out when the Wii games are scheduled.

CHESS AND PING PONG IN THE PARK (PAQUIN PARK)

Every Monday, 4 pm

Enjoy the fresh air while playing a game of chess, checkers or Ping Pong in Paquin Park.

MEXICAN TRAIN DOMINOES

Every Wednesday, 4 pm

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

LAZY DAY BINGO

1st and 3rd Friday, 5 pm

Bingo has never been the same! Come play different ways to get a bingo. Some prizes will be available.

HAPPY HOUR FITNESS

Monday-Friday, 3 pm

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.

FISHING TRIPS

April-September: 3rd Wednesday, 11 am

Fishing poles will be provided, but the participant must provide his/her own bait and lunch. Transportation will be provided from Paquin Tower at 9 a.m. 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. Registration not required

Location: ARC

Class #	Date	Time	Age	Price
NA	F: Nov 20	7-9 pm	14+	\$5
NA	F: Dec 18	7-9 pm	14+	\$5
NA	F: Jan 22	7-9 pm	14+	\$5
NA	F: Feb 12	7-9 pm	14+	\$5
NA	F: Mar 18	7-9 pm	14+	\$5

ADAPTED BELL CHOIR

The Adapted Bell Choir plays light weight melody chimes. Participants gather for fun-filled practice but also enjoy performing at events in the community throughout the year.

Day: Dec 7, Jan 18, Feb 22, Mar 21, Apr 18

Time: 3:15 pm **Instructor:** Cookie Hagan

Location: Hillcrest Community Center, 1907 Hillcrest Dr

SPECIAL EVENTS, SEE PAGE 42

ADAPTED RECREATION

The Columbia Parks & Recreation Department offers programs for all ages and abilities. Programs are developed to provide recreational activities for individuals with special needs. For more information on these programs or a copy of the current newsletter and calendar, call 874-7312 or visit our website at www.gocolumbiamo.com/ParksandRec.

ADAPTED SPORTS PROGRAMS

Sports are offered for individuals with special needs. We participate in Special Olympic competitions. Competing is not a requirement for participation. A physical and release form are required for participation. Registration will close before deadline if maximum # of participants is reached.



SPECIAL OLYMPICS SWIM TEAM

Registration Deadline December 23, 2015 or when maximum number of participants is reached.

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Age	Price
215604-01	Su: Feb 14-May 15	6-7:30 pm	8+	\$15

SPECIAL OLYMPICS TRACK & FIELD

Registration Deadline January 30, 2016 (or when maximum participants is reached).

Location: West Middle School

Class #	Date	Time	Age	Price
215605-01	Th: Mar 10-May 12	5:30-6:30 pm	8+	\$15

SPECIAL OLYMPICS VOLLEYBALL

Registration Deadline January 30, 2016 (or when maximum participants is reached).

Location: TBD

Class #	Date	Time	Age	Price
215601-01	W: Mar 2-May 11*	6-7:15 pm	8+	\$15

*No practice 3/30



AQUATIC FACILITIES

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

HICKMAN POOL

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

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

A WORD TO PARENTS

Lifeguards enforce rules and regulations to prevent accidents, and respond to aquatic emergencies. Parents are ultimately responsible for the safety of their children! Our staff of licensed lifeguards strives to maintain the highest standards in emergency training! Our goal is to provide our patrons with a safe and clean atmosphere in which families can enjoy themselves. The purpose of the aquatic staff is not to supervise your child, but to prevent accidents. 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 years and 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!

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).

STAFF TRAINING

In an attempt to provide the safest facilities possible, our staff undergoes extensive training. Training simulations may occur at any time, please do not be alarmed. Training aids include lifelike mannequins. We apologize for any inconveniences this may cause.



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 staff will ask to see swim attire at time of entry, those without appropriate attire will not be admitted.

FLOTATION DEVICES

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

- Children 10 years and under may only use flotation devices when an adult (16 years 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. We recommend only US Coast Guard approved flotation devices.

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!

AQUATIC PRIVATE RENTALS

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

Rental Rates

ARC See ARC Water Zone rates, page 8
 Hickman Pool \$146

- These rentals are for groups of 50 or less. Each additional person counted over 50 is \$1 each. **Everyone 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.

SWIM HOTLINE

Call 874-7663 for updated facility closings and openings.

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

Nov 25	5:45 am-12 pm Regular Schedule	12-5 pm Rec Swim
Nov 26	Closed	
Dec 24	5:45 am-12 pm Lap / Swim / Walk	12-5 pm Rec Swim
	*No water fitness classes held	
Dec 25	Closed	
Dec 31	5:45 am-12 pm Lap / Swim / Walk	12-5 pm Rec Swim
	*No water fitness classes held	
Jan 1	Closed	

School's Out - Open Swim

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

Nov 13 and 27 (12 pm)	Dec 21, 22, 23, 28, 29, 30 (12 pm)
Jan 4 and 18 (12 pm); Jan 27 (2:30 pm)	
Feb 12, 15 and 26 (12 pm)	Mar 28, 29, 30, 31 (12 pm)
Apr 1 (12 pm) 27 (2:30 pm)	

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: Patrons must be able to participate in the activity without any assistance.

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 r paced workout.



ARC POOL SCHEDULE NOVEMBER 8 – APRIL 9

SUN	MON/WED	TU/THU	FRI	SAT
ARC Closed	Lap/Spa/Walk 5:45-7am	Lap/Spa/Walk 5:45-6:55am	Lap/Spa/Walk 5:45-7am	ARC Closed
	Lap/Spa/Walk 7-7:55am	Water Aerobics 7-7:50am	Lap/Spa/Walk 7-7:55am	
	Water Aerobics 8-8:50am	Water Aerobics 8-8:50am	Water Aerobics 8-8:50am	Water Aerobics 7:10-8am
	Water Aerobics 9-9:50am	Water Aerobics 9-9:50am	Water Aerobics 9-9:50am	Water Aerobics 8:10-9am
	Moving My Joints 10-10:50am	Lap/Spa/Walk 10am-1:30pm	Moving My Joints 10-10:50am	Swimming Lessons 9:10-9:55am*
Lap/Spa/Walk 9am-12pm	Little Swimmers 11am-12pm	Little Swimmers 11am-12pm *ARC Members Free	Lap/Spa/Walk 11am-1:30pm	Swimming Lessons 10:10-10:55am*
	Lap/Spa/Walk 11am-1:30pm			Swimming Lessons 11:10-11:55am*
Rec Swim 12-5:30pm	Water Zone Closed 1:30 -3pm <i>**Spa will be closed 1:30-6pm for Maintenance every Wed**</i>	Water Zone Closed 1:30 -3pm	Water Zone Closed 1:30 -3pm	Rec Swim 12-6:30pm
	Lap/Spa/Walk 3-5pm	Lap/Spa/Walk 3-5:25pm	Lap/Spa/Walk 3-5pm	
		Rec Swim 5-9pm	Water Aerobics 5:25-6:20pm	Rec Swim 5-9pm
	Water Boot Camp (Jan 12-Feb 15) Hydro Dynamics* (Mar 22-Apr 28) 6:30-7:20pm			
WATER ZONE CLOSED		Lap/Spa/Walk 7:30-9pm		

* Lap/Spa/Walk is available except when lessons are in session on the following dates (Jan 25 — Mar 15).

* Hydro Dynamics is in session (Mar 22 — Apr 28).

-Classes listed in **BLACK** are included with Daily, Multi and Annual Membership Passes.

Classes listed in **COLORED 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.



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*pm, 4-6*pm; 6:30-8:30pm
 Sat or Sun 12-2pm or 2:30-4:30pm

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 A MONDAY OR WEDNESDAY!**

BASIC PACKAGE

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

DELUXE PACKAGE

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

EXTREME PACKAGE

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

ULTIMATE PACKAGE

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

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

WATER ZONE ROOM RENTAL

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

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

- Extra pizza cost \$8
- 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
201203-01	Tu,Th: Jan 12-Jan 28	6:30-7:20 pm	16+	\$50
201203-02	Tu,Th: Feb 9-Feb 25	6:30-7:20 pm	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. Must have a minimum of 10 participants.

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Age	Price
201205-01	Tu,Th: Dec 1-Dec 17	5:30-6:20 pm	15+	\$24
201205-02	Tu,Th: Jan 19-Feb 11	5:30-6:20 pm	15+	\$32
201205-03	Tu,Th: Feb 23-Mar 17	5:30-6:20 pm	15+	\$32

HYDRO DYNAMICS

A medium-high intensity class where Latin inspired and popular tunes combine to make you feel like dancing in the water. Excellent addition to your cardiovascular, muscle toning and fat burning workouts.

Location: ARC

Class #	Date	Time	Age	Price
291202-01	T, Th: Mar 22-Apr 7	6:30-7:20 pm	16+	\$50
291202-02	T, Th: Apr 12-Apr 28	6:30-7:20 pm	16+	\$50

All Water Fitness classes, except specialty classes are included with ARC Annual Memberships. Water Fitness classes, except Water boot Camp and Aqua Zumba, are geared for 16 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. Daycare providers, please see our special day care swim times. Daily admission fee is required for all participants which includes all little ones (8 and under) and their adult playmates. Children must be accompanied by an adult (16 or older).

Mon-Thurs, 11 am-12 pm
Tues & Thurs are free to ARC members only
\$1 for all participants



DAYCARE SWIM

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

Tues & Thurs, 10-11 am and 1-2 pm \$1 for all participants

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.

YOUTH

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 Master Card or Visa. Payment at the time of registration is required.

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
216601-01	Tu,Th: Jan 19-Feb 11	7:30-8:15 pm	3+	\$45
216601-02	Tu,Th: Feb 23-Mar 17	7:30-8:15 pm	3+	\$45
216601-03	Tu,Th: Apr 5-28	7:30-8:15 pm	3+	\$45

PARENT & CHILD SWIM

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.

Class #	Date	Time	Place	Age	Price
216701-01	Sa: Jan 23-Mar 12	11:10-11:40 am	ARC	6 mos-3	\$40
216701-02	Tu,Th: Apr 5-Apr 28	6:40-7:10 pm	HICK	6 mos-3	\$40

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
216901-01	Sa: Jan 23-Mar 12	9:10-9:55 am	ARC	3-15	\$45
216901-02	Sa: Jan 23-Mar 12	10:10-10:55 am	ARC	3-15	\$45
216901-03	Sa: Jan 23-Mar 12	11:10-11:55 am	ARC	3-15	\$45
216901-04	Tu,Th: Feb 23-Mar 17	6:30-7:15 pm	HICK	3-15	\$45
216901-05	Tu,Th: Apr 5-Apr 28	6:30-7:15 pm	HICK	3-15	\$45
216901-06	Sa: Apr 2-Apr 30	9:10-9:55 am	ARC	3-15	\$28
216901-07	Sa: Apr 2-Apr 30	10:10-10:55 am	ARC	3-15	\$28
216901-08	Sa: Apr 2-Apr 30	11:10-11:55 am	ARC	3-15	\$28

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.

COLUMBIA SWIM CLUB

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

DIVE INTO A POOL OF OPPORTUNITY ... AS A LIFEGUARD OR SWIM INSTRUCTOR

The Columbia Parks and Recreation Department is hiring enthusiastic lifeguards and instructors. If you have initiative and want to learn skills that will last a lifetime then come join the BEST aquatic team in town. Go to www.GoCoMoJobs.com for information.

STARFISH LIFEGUARD INSTRUCTOR COURSE

Designed to train new Starguard instructor candidates, cross over existing instruction, reauthorize instructors and upgrade status. Course includes on-line study as well as face-to-face instruction. You'll review proper rescue techniques and the most effective ways to educate new and experienced aquatic rescue personnel. For more details or to register, contact Starfish Aquatics at www.starfishaquatics.org/ take-a-course.

Location: ARC

Dec. 11-12



LEARN TO SWIM COURSE DESCRIPTIONS

MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

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

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: Free for those who wish to be employed by Columbia Parks and Recreation, \$130 for other participants Class meets on Friday from 5p - 9pm, Saturday and Sunday from 8a - 5pm

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

Location: Pool @ Hickman High School

Class #	Date	Time*	Age	Price*
201200-01	F-Su: Mar 4-Mar 6	5-9 pm	15+	\$130
201200-02	F-Su: Apr 15-Apr 17	5-9 pm	15+	\$130
201200-03	F-Su: Apr 29-May 1	5-9 pm	15+	\$130

LIFEGUARD RE-CERTIFICATION

The recertification course is offered to those currently certified lifeguarding and CPR who need to be recertified. The training and CPR certification is good for one year. Training will consist of a review of the class materials, a final skills test, and a final written test. *The day of 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: Water Zone @ ARC

Class #	Date	Time	Age	Price
201201-01	Su: Mar 20	8 am-5:30 pm	16+	\$100
201201-02	Su: Apr 17	8 am-5:30 pm	15+	\$100





Arts, Crafts and Leisure

AQUATIC SPECIAL EVENTS

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 pre register. 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
201900-01	Su: Feb 28	1-3 pm	6+	\$3

FILM AND FLOAT

Jan 27, 7pm

Price \$6

Join us for our first Film and Float at the ARC Water Zone! Kick back in the pool and enjoy "Finding Nemo." Patrons can bring a clear (see through) inflatable inner tube while relaxing in the heated luxury of the Water Zone. Floating devices that can't be seen through will not be permitted. Limited number of inner tubes available to rent at \$4 each. Space is limited, so register early. Tickets will be sold night of Film and Float depending on availability. All ages welcome; kids 10 and under must be accompanied by adult in the pool. Concessions available.

Sponsored by:



ARTS, CRAFTS & LEISURE

CLASSES FOR KIDS AND TEENS

NEW BEGINNING TO BASIC SEWING

Think sewing is hard for you? Think again! With a few guided helps and tips, you'll learn to make a simple project from start to finish. Some of the basic skills taught include pattern "reading", cutting and measuring material for the project and learning how to use the sewing machine and hand sewing. Everything will be done in one class period. Please call 817-5077 for the supplies you will need for the class.

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
202908-01	Sa: Jan 23-Mar 12	9-10:30 am	10-14	\$36

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 each month. Potty trained 3 year olds may also sign up with an older sibling. Pre-registration is required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
202904-01	F: Jan 22	6-9:30 pm	4-10	\$15
202904-02	F: Feb 26	6-9:30 pm	4-10	\$15
202904-03	F: Mar 25	6-9:30 pm	4-10	\$15

ARMORY SCIENCE KLUB (ASK)

Do you love performing science experiments? If so, then join ASK - the Armory Science Klub - where we study the world around us by ASK-ing questions and doing experiments. Young scientists will perform a variety of fun and educational experiments. Different experiments every session.

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
213900-01	Th: Feb 4-Mar 10	6-7 pm	8-10	\$27

SATURDAY DROP-IN GAME ROOM

Bored on Saturday? Come to the Armory to play pool, ping-pong, foosball, shuffleboard, air hockey, safe darts, and arcade games.

Location: Downstairs Rec Room @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	Saturdays	9 am-1 pm	7-17	Free

CLAY FOR PLAY

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

Location: Armory Classroom @ Armory Sports Center

Class #	Date	Time	Age	Price
202900-01	W: Jan 6-Feb 3	4:30-5:30 pm	6-14	\$5
202900-02	W: Feb 17-Mar 23	4:30-5:30 pm	6-14	\$5

MOVIE NIGHT

Age-appropriate movies shown for free! Popcorn and soft drinks will be provided. Call 874-7460 or www.gocolumbiamo.com for the movie titles showing this month! Please enter building from downstairs entrance off the back parking lot.

Location: Armory Sports Center

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

SPEAK UP, BE HEARD

Program gives youth and teens a chance to tell their story through print, audio and photography. Those that join us can choose: teen issues, local, food, movies, music, politics, cartoonists, sports, fashion, celebrities, places to go and much more. Parents and other members of the community are welcome to help by volunteering. Check out our web page at www.speakupbeheard.wix.com. Call 817-5077 for more information.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
NA	Thursdays	:30-6 pm	10 & up	Free



CLASSES FOR TEENS AND ADULTS

BICYCLE MECHANICS COLLEGE

Six-session course will cover basic maintenance to keep your bike in top shape and troubleshooting techniques to keep you on the trail or road. Course will cover the following topics: basic maintenance and tools for your bike bag and home workshop; fixing flats, tires & tubes; hub systems; wheels, bottom brackets, head sets; wheels and truing; drive train, gears and shifting; brakes; maintenance and repair. Class sessions will include hands-on experience supplemented with course handouts and helpful online resources. Equipment needs: bicycle and multi-tool

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
218209-01	Tu: Jan 19-Feb 23	6-8 pm	14+	\$50

NEW BASIC SEWING: BEG 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 in no time. During the class you will learn how to work thread 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
202108-01	Sa: Jan 23-Mar 12	11 am-12:30 pm	18+	\$36

“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 cdcross@gocolumbiamo.com for more information.

Location: Main Floor Classroom @ Armory Sports Center

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

K.E.Y. GIRLS LOCK-INS

Have fun while playing games, sports and group challenges. Interact by discussing topics such as respect, making good choices, relationships, safety, current events, careers, and more. Call 817-5077 for more information.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
214800-01	Fri-Sat: Jan 22-23	9 pm-7 am	11-15	\$5
214800-02	Fri-Sat: Apr 22-23	9 pm-7 am	11-15	\$5

K.E.Y. BOYS RETREATS

Day-long retreats with games and activities as well as discussions of leadership, team building, current events and more. Call 817-5077.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
214801-01	Sat: Jan 16	8 am-6 pm	11-15	\$5
214801-02	Sat: Apr 16	8 am-6 pm	11-15	\$5

SEE CERAMICS, PAGE 9



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

Armory Sports Center,

701 East Ash Street, 2nd Floor

abacton@gocolumbiamo.com, (573) 874-6300

<http://www.GoColumbiaMo.com> (search CARE)

Like us on Facebook: City-of-Columbia-CARE-Program

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, which began in 1982, is a comprehensive program for Columbia’s at-risk youth that includes:

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

The C.A.R.E. Program works with at-risk 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school. High-risk teenagers face many barriers to joining the labor force. C.A.R.E.’s goal is for “Columbia’s youth to be ready to enter the workforce and become productive, self-sufficient citizens.

Want to MAKE A DIFFERENCE this summer, while getting FREE Labor?

The C.A.R.E. Program depends on partnerships with local businesses (work site partners) to provide work sites for the real-world hands-on work experience for its 14- to 20-year-old 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 this summer, contact Ron Schmidt at rschmidt@gocolumbiamo.com or (573) 874-6377.



2016 C.A.R.E. SUMMER PROGRAM

C.A.R.E.'s Summer Program is its original and largest program. C.A.R.E. offers an eight-week summer program in which approximately 185 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, 2016 to February 5, 2016.

2016 C.A.R.E. ART GALLERY (SUMMER)

The C.A.R.E. Art Gallery serves as a visual arts work site for the C.A.R.E. summer program. The C.A.R.E. Gallery Coordinator functions as the job coach as well as the work site mentor.

Creative youth are given the opportunity to work as artists. Gallery trainees work with and learn from professional artists during this summer program. They participate in art activities designed to enhance their existing skills and knowledge. Gallery trainees learn about artistic techniques, a variety of media, and create their own artwork. Interested youth may apply online at <https://www.gocomojobs.com/postings/search> from February 6, 2016 to March 16, 2016. The Gallery is funded in part by the Missouri Arts Council and the City's Office of Cultural Affairs.

IMPORTANT 2016 SUMMER DATES

- January 1 to February 5: summer program applications available online
- February 6 to March 16: art gallery applications available online
- June 6: first day of the summer program and the art gallery
- August 3: final day of both programs
- August 3: art gallery exhibition, reception, and sale
- August 4: end of summer program awards reception for both programs

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	8 am-2 pm	18+	\$5/month or \$1/use

INTRODUCTION TO COMPUTING

Come take advantage of our computer lab and learn the skills to begin computing. Learn the basics and get an overview of start-up, word processing, internet, and use of computer components. This is a beginning class for people with little or no computer background. For more information, call 874-6379.

Location: Computer Room @ Armory Sports Center

Class #	Date	Time	Age	Price
204106-01	Tu: Jan 26-Mar 1	1:30-2:30 pm	18+	\$10
204106-02	Tu: Jan 26-Mar 1	6:30-7:30 pm	18+	\$10

BEGINNING WORD PROCESSING

Learn the basics of Microsoft Word and improve your word processing skills. Emphasis will be on understanding toolbars, menus, templates, and shortcuts. We also have software to help you sharpen your typing skills.

Location: Computer Room @ Armory Sports Center

Class #	Date	Time	Age	Price
204105-01	M: Jan 25-Feb 29	6:30-7:30 pm	18+	\$15

DANCE, CHEERLEADING & TUMBLING . . .

CLASSES FOR PRESCHOOLERS

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 participant. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Instructor: Carrie Burns



Class #	Date	Time	Age	Price
207700-01	Th: Dec 3-Dec 17	6:30-7 pm	2-3 w/adult	\$35
207700-02	Th: Jan 7-Jan 21	6:30-7 pm	2-3 w/adult	\$35



TODDLER JAZZ, BALLET & CHEER

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

Location: Hillcrest Room D @ Waters-Moss
Instructor: Carrie Burns

Class #	Date	Time	Age	Price
207701-01	Th: Dec 3-Dec 17	6-6:30 pm	2-3 w/adult	\$35
207701-02	Th: Jan 7-Jan 21	6-6:30 pm	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.

Location: Hillcrest Room D @ Waters-Moss
Instructor: Carrie Burns

Class #	Date	Time	Age	Price
205712-01	Th: Feb 18-Mar 3	6:30-7 pm	4-8	\$35
205712-02	Th: Mar 10-Mar 24	6:30-7 pm	4-8	\$35

JAZZ, BALLET AND CHEER

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

Location: Hillcrest Room D @ Waters-Moss
Instructor: Carrie Burns

Class #	Date	Time	Age	Price
205919-01	Th: Feb 18-Mar 3	6-6:30 pm	4-8	\$35
205919-02	Th: Mar 10-Mar 24	6-6:30 pm	4-8	\$35

BOONE COUNTY HOPPERS DOUBLE DUTCH & JUMP ROPE TEAM

Looking for a fun and unique activity? Come join the Hoppers! You will learn an assortment of jumps and will choreograph routines that incorporate those jumps, as well as performing. This is a great opportunity to get in shape, meet new friends, and have some fun! Call 817-5077 or email madewey@gocolumbiamo.com for more information.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M, W	4:30-5:30 pm	7-14	Free

SHO-ME SHO-STOPPERS HIP-HOP DANCE SQUAD

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

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	Tues and Thur	5:30-7 pm	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 madewey@gocolumbiamo.com if interested.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
205910-01	W: Jan 13-Mar 23	6-7:30 pm	7-12	\$35

CLASSES FOR TEENS AND ADULTS

NEW COUNTRY SQUARE DANCING

Come enjoy some old-time square dancing. No experience necessary. We'll learn several dances that only require some basic moves like do si do, allemande, circle, and swing. We'll teach you how to do all those and more and put them together in some classic old-time square dances like the Texas Star, Sally Goodin, and Arkansas Traveler. Bring a partner if you want, but if you don't have one, no problem, we'll pair people up in class. Might even have some live music for the last night.

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
205212-01	Th: Jan 21-Feb 25	8-9 pm	12+	\$28

TAPPERCISE

Tap for fun and exercise! Learn as you move with non-stop dancing for a workout that doesn't feel like exercise. All skill levels welcome. Tap shoes recommended, but not required. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Instructor: Pat Schreiner

Class #	Date	Time	Age	Price
205112-01	W: Jan 6-Feb 10	5:30-6:15 pm	16+	\$35
205112-02	W: Feb 17-Mar 23	5:30-6:15 pm	16+	\$35

SWING DANCE

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

Location: Hillcrest Room D @ Waters-Moss

Instructor: Carrie Burns

Class #	Date	Time	Age	Price
205205-01	Th: Jan 28-Feb 11	6-7 pm	15+	\$36
205205-02	Th: Apr 7-Apr 21	6-7 pm	15+	\$36



Dance, Cheerleading and Tumbling | Fifty Plus

BALLROOM DANCE

Waltz, tango, fox trot and cha cha! Learn basic ballroom dance with your favorite partner. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Instructor: Carrie Burns

Class #	Date	Time	Age	Price
205206-01	Th: Jan 28-Feb 11	7-8 pm	15+	\$36
205206-02	Th: Apr 7-Apr 21	7-8 pm	15+	\$36

NEW THE TERRIFIC TOE TAPPERS

The beginning adult tap series offers an opportunity to learn basic tap steps, terminology and body placement, combining camaraderie and exercise. You will experience the joy of movement and gain a sense of accomplishment from learning to tap dance in a fun, non-intimidating environment. No experience required but come prepared to have fun! Tap shoes preferred, but low-heeled hard soled shoes are an option. Email madewey@gocolumbiamo.com if interested.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
205213-01	Sa: Jan 16-Feb 20	10-11 am	16+	\$40

INTERNATIONAL BALLROOM DANCE

No experience is necessary, bring non-marking shoes. ARC members receive a \$10 discount, when you call and register over the phone at 874-770.

Location: ARC

Class #	Date	Time	Dance	Age	Price
207234-01	Sa: Jan 9-Mar 12	3:15-5 pm	Samba	18+	\$80
207234-02	Sa: Mar 19-May 21	3:15-5 pm	Waltz	18+	\$80

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, just south of the Old Hwy 63 and Stadium Blvd intersection. Stop by during the hours of 9 am-4 pm or call 573-874-7475. You can also find us and our programs and activities online at www.GoColumbiaMo.com under Parks and Rec, search: Senior/50+

Participation in recreational activities, programs and tours requires an annual membership. Beginning with 2016 memberships that were available Oct. 1, 2015, there is only one inclusive 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 clubs such as Travel Club, Spanish Club and Osher Saturday Morning Book Talks.

Rooms are available for groups, organizations, clubs to use for a regular meeting place. 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 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. We continue to enjoy learning and remembering many interesting facts with new and old friends. Jaunts occur as events can be scheduled and the best way to keep track is to leave an e-mail address, 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

Wed, Mar 9	Moon Over Buffalo @ New Theatre	\$80
Wed, May 11	Beau Jeste @ New Theatre (stars Barbara Eden) \$80	
Wed, Aug 10	Chicago-musical @ New Theatre	\$80

Mid-April 2016 9-day spring trip in New England
 ... watch for more information.

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

DANCE OPPORTUNITIES

The House Band invites the public to a music performance to listen or dance to:
2nd Friday Dance (Winter Hours) 1-3 pm,
 Dec 11, Jan 8, Feb 12, Mar 11. 7-10 pm on Apr 8
5th Friday Dance, (Winter Hours) 1-3 pm, Jan 29
Snacks are welcome to share during the break.

POTLUCK, DANCE, AND GAME DAY

Potluck setup begins after 11am; meal begins at 11:30 am; followed by live music and games. Enjoy music, dancing, and games. The afternoon winds down about 3:30 pm. Bring a dish for potluck. Snacks also welcome for later.
3rd Friday 11:30 am-3:30 pm, Jan 15, Feb 19, Mar 18, Apr 15

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 7-10 pm, Dec 18, Jan 15, Feb 5 and 19,
Mar 4 and 18, Apr 1 and 15

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, let the front desk know 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 1-4 pm, Tue 10:30-12:30 pm, Wed 10:30-12:30pm,
Thu 10 am-12:30 pm, 1:30-4pm

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, 9 am- 12 pm Thurs 1-3:30 pm

ADULT COLORING GROUP

Join an 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, 9 am-12 pm, Tues 6-8pm, Age: 18+
 (Hillcrest membership required after first visit)

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, Dec 4, no January date, Feb 5, Mar 4, Apr 1

DROP IN ACTIVITIES

Take place Monday-Friday during regular hours 9am-4pm.
Jigsaw Puzzle Ongoing daily
Board Games Ongoing daily
Dominoes (Mexican Train) Thurs 10am-12pm
 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, 1 pm



BIRD AND NATURE WATCHING

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

BOOST YOUR ACTIVITY WITH TREKKING POLES

Are you less than confident about your balance? Does back pain or poor posture limit your walking ability? Come and see if the use of trekking poles might help you be more active! Participants should be able to walk at least 100 feet independently, with or without the use of a cane or walker. Pre-registration required.

Location: Moss Bldg Rm A @ Waters-Moss Instructor: Evan Prost

Class #	Date	Time	Age	Price
20750-01	M/W/F: Mar 28-Apr 1	10:30-11:30	50+	\$26

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.

BELL CHOIR plays with 4 octaves of light weight melody chimes. Other instruments such as spoons, kazoos, and song add to the fun of being part of the Columbia Parks and Recreation Bell Choir.

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 embrace inspiring their audiences to join in. Don't be surprised when they add spoons, kazoos, strum sticks, drums, and more to the mix.

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



BELL CHOIR Leader: Cookie Hagan	Monday : 2-3 PM Dec 7, Jan 18, Feb 22, Mar 21, Apr 18
ADAPTED BELL CHOIR Leader: Cookie Hagan	Monday : 3:15-4:15 PM Dec 7, Jan 18, Feb 22, Mar 21, Apr 18
CHOIR - THE GOOD TIMERS Leader: Julie Vaughn	1st and 3rd Tuesday : 2-3 PM Dec 1/15, Jan 5/19, Feb 2/16, Mar1/15, Apr 5/19
HOUSE BAND Leaders: Mike & Connie Smith	Wednesday: 1-3 PM
UKULELE ENSEMBLE Leader: Cookie Hagan	4th Friday : 2-3 PM Dec 11, Jan 22, Feb 26, Mar 25, Apr 22

OSHER @ MIZZOU

Columbia Parks & Recreation is proud of our collaboration with Osher @ Mizzou. As part of MU Extension and the Bernard Osher Foundation, Osher's mission is to provide quality educational courses designed to complement the lifestyles, interests, and concerns of the over-50 adult. This commitment mirrors Columbia Parks & Recreation 50+ programs, activities and tours designed to promote healthy aging. Osher @ Mizzou invites you to "Come as Learners, Leave as Friends".

Classes take place in both the Hillcrest and Moss Buildings. Class catalogs are available on the Osher @ Mizzou web site:
www.eaxtension.missouri.edu/osher.

Winter semester begins January 18, 2016.
Spring semester begins March 7, 2016

2016 OSHER SATURDAY MORNING BOOK TALKS AT HILLCREST

On the first Saturday morning every month February-December, Kit and Cathy Salter host an opportunity for the community to meet local authors and talk books. The authors share their book, the creative and agonizing act of writing, publishing and much more! Pastries and coffee are available at 9:30am. 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 for Parks & Rec/Osher Combo and Osher Memberships.

SCHEDULE OF MONTHLY PRESENTERS AND THEIR SPONSORS

Sat, Dec 5 *WALTER BARGEN AND CLARENCE WOLFSHOHL, TWO POETS — TWO VIEWS*

Sponsor: Louise Martin

NO JANUARY TALK

Sat, Feb 6 *DR. R. BOWEN LOFTIN (WITH RUSTY BURSON), THE 100-YEAR DECISION (2014)*

Sponsors: Lyanne and Neil Riley

Sat, Mar 5 *KAREN MOCKER DABSON THE MURALIST'S GHOST (2014)*

Sponsor: Nick Peckham, Architect

Sat, Apr 2 *VON PITTMAN, EDITOR, UNCERTAIN PROMISE: AN ANTHOLOGY OF SHORT FICTION AND CREATIVE NONFICTION (2014)*

Sponsor: Compass Flower Press

Please Thank the Sponsors for their Book Talk Support!



CLASSES FOR YOUTH AND TEENS

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 Youth Orientation, ages 12-13.

BYOBW 2016

Riders can bring their fanciest Big Wheel or Tricycle and cruise the ARC Track. Prizes and awards will be given to all riders and mileage recorded. Big Wheels and tricycles must be clean and approved by event staff. Believe it or not, some riders have ridden as much as 5 miles. Absolutely no bicycles.

Location: ARC Track

Class #	Date	Time	Age	Price
207731-01	Sa: Jan 23	9-10:30 am	2-6	\$5

KIDS BOOT CAMP

Boot camp style fitness classes for kids, including drills and games designed for their age and developmental level. Every class will be different, keeping them interested and giving them challenges that will invigorate them. ARC members will receive a \$10 discount.

Location: Gym @ ARC

Class #	Date	Time	Age	Price
207936-01	Th: Jan 7-Jan 28	5:30-6:15 pm	8-12	\$40

INTRO TO MID-MISSOURI WEIGHTLIFTING

The snatch and the clean and jerk have been around since the first Olympic Games. It is hands down one of the best sports youth can participate in to optimize athletic performance. It is extremely fun, rewarding and safe. However, quality coaching and attention to detail are critical as one begins this learning process. Weightlifting has many outlets other sports can't offer. Youth are able to compete on a local, state, national and international level. Join MMWC coaches as they guide you through a 4-week introduction to the Olympic-style movements. Class will meet twice a week in the youth training Room - home of the Mid Missouri Weightlifting Club. Once youth have mastered the lifting techniques, they are welcome to join the MMWC and start a career in Weightlifting. Also, an excellent class for athletes involved in explosive sports. ARC members receive a \$10 discount.

Location: Youth Training Room @ ARC

Class #	Date	Time	Age	Price
207235-01	Tu,Th: Jan 5-Jan 28	4-5 pm	10-17	\$70
207235-02	Tu,Th: Feb 2-Feb 25	4-5 pm	10-17	\$70

YOUTH FITNESS ORIENTATION

Youth, ages 12-13 will be granted admission to the 2nd floor Cardio/Strength Zones with their parent or guardian after both the adult and child complete the Youth Orientation with the ARC Personal Trainer. Wristbands must be worn while using the equipment and parent/guardian must be present. Focus is on equipment set up and utilization, etiquette, and rules of the area. Fee is for both parent/child. Pre-registration required.

Class #	Date	Time	Age	Price
207938-01	M: Dec 14	5:30-6:30 pm	12-13	\$10
207938-02	W: Jan 13	5:30-6:30 pm	12-13	\$10
207938-03	T: Feb 9	5:30-6:30 pm	12-13	\$10
207938-04	W: Mar16	5:30-6:30 pm	12-13	\$10

SPORT SPECIFIC TRAINING

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

INDIVIDUAL PACKAGES (3, 6, & 12 SESSIONS)

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

CLASSES ADULTS

ADULT BOOT CAMP

A 6-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 & her own level and pushed to their potential. Workouts are held in various environments such as outdoors, open gymnasium, weight room, etc. Lose inches, tone up, and feel better. Shock your body and get the results you deserve! Pre-registration is required. ARC members receive a \$15 discount. (One day each week, \$54, day care not included).

Location: ARC

Class #	Date	Time	Age	Price
207232-01	M/F: Jan 4-Feb 12	5:45-6:45am	18+	\$100
207232-02	T/TR Jan 5-Feb 11	9:15-10:15 am	18	\$100
207232-03	M/F: Feb 15-Mar 25	5:45-6:45am	18+	\$100
207232-04	T/TR: Feb 16-Mar 24	9:15-10:15 am	18+	\$100
207232-05	M/F: Mar 28-May 6	5:45-6:45am	18+	\$100
207232-06	T/TR: Mar 29-May 5	9:15-10:15 am	18+	\$100



YOUTH TRAINING ROOM

"No School" Drop-In Hours

M-F 8am-9pm; Sa 8am-6pm; Su 10am-5pm

"School In Session" Drop-In Hours

M-F 2:30-9pm;

Home Schoolers M-F 9am-noon;

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

SELF-MYOFASCIAL RELEASE

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

Location: Cardio/Strength Area @ ARC

Class #	Date	Time	Age	Price
207233-01	Th: Jan 14	10:30-11:15 am	14+	\$10
207233-02	W: Feb 10	5:30-6:15 pm	14+	\$10

NEW ROTATOR CUFF & SHOULDER CONDITIONING

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

Location: Cardio/Strength Area @ ARC

Class #	Date	Time	Age	Price
207236-01	M: Jan 11	9:30-10:30 am	14+	\$20
207236-02	W: Jan 27	5:30-6:30 pm	14+	\$20
207236-03	Tu: Feb 9	9:30-10:30 am	14+	\$20
207236-04	M: Feb 22	5:30-6:30 pm	14+	\$20
207236-05	Th: Mar 24	9:30-10:30 am	14+	\$20

NEW YEAR NEW YOU P.T. SPECIAL

Limited to the week of January 3-9. Purchase ARC 12 Session Personal Training Package at \$360 and receive an extra sessions on us. Don't fail your resolution in 2016! We're here to help you through the process of setting goals and obtaining them. Make 2016 the year of the New You!

SENIOR FITNESS

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

Location: ARC

Class #	Date	Time	Age	Price
207532-01	M,W: Jan 25-Feb 10	10-11:15 am	55+	\$40

MINI-WORKOUT PROGRAM AT THE ARMORY

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

Location: Armory Sports Center - Workout room

Class #z	Date	Time	Age	Price
NA	M-F	8 am-7 pm	18+	\$20/2 months or \$2 per visit

CARDIO/STRENGTH TRAINING

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

Location: Cardio/Strength Area @ ARC

Class #	Date	Time	Age	Price
207231-01	W: Dec 9	5:30-6:30 pm	14+	\$7
207231-02	T: Jan 12	5:30-6:30 pm	14+	\$7
207231-03	M: Feb 22	5:30-6:30 pm	14+	\$7
207231-04	M: Mar 21	5:30-6:30 pm	14+	\$7

MID MISSOURI WEIGHTLIFTING CLUB

Join the only registered USAW club in town and train under coaches with 80+ years of combined experience. We are striving to build national level lifters. We have multi-national champions and record holders in Master's Pan Am and IWF Worlds. Call Brian at the ARC at 573-874-7720 or email bthiggin@gocolumbiamo.com. We just purchased 160kg of Pendlay Elite bumpers for use!



INBODY 230

Body Composition analyzer of direct segmental multi-frequency bio-electrical 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. Know more about your body then you ever have. A quick and easy way to track your progress. Sign up at the ARC Guest Services Desk.

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



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. Now, we also offer Professional Health Coaching to allow you to combine exercise with making good food decisions. Learn how foods can affect your health. Increase energy while decreasing fatigue, decrease pain level, reduce cravings, and simply understand your body better while losing unwanted weight. Six and twelve session user's will receive an initial fitness screening. 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



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, \$10 Non-Member

ANTI-AGING: WOMEN OVER 50

On average, people lose about 30% of their strength between the ages of 50 and 70. Our balance and flexibility also become compromised as we age. However, postmenopausal women who lift weights just twice a week over the period of a year can increase muscle strength by up to 80%! Come work with a personal trainer who will help you develop a custom weight training program, work to increase your balance and flexibility, as well as give you various cardio options. Don't let your age define the way you feel! ARC members receive a \$10 discount.

Location: ARC

Class #	Date	Time	Age	Price
207531-01	M,W: Feb 1-24	1-2 pm	50+	\$75

NEW THANKSGIVING PREPARATION

We understand it's hard to resist all the fattening food temptations around this holiday. That's why we want to assist you back into the gym afterwards and knock out the guilt. During the week of Thanksgiving Nov. 22-28, the ARC will be offering a free training session when you purchase a six session package. We will double that offer on the twelve session package giving you two free sessions! One year expiration.

HIIT 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 and working out! Workouts include body-weight exercises, weightlifting, and various forms of cardio. Members receive a \$15 discount.

Location: ARC

Class #	Date	Time	Price
207144-01	M,W: Nov30-Jan13 (No class week of Dec 28)	9:45-10:30 am	\$90
207144-02	M,W: Jan18-Mar 2 (No class week of Feb 1)	9:45-10:30 am	\$90
207144-03	M,W: Mar 7-Apr 20 (No class week of Mar 28)	9:45-10:30 am	\$90



ARC GROUP EXERCISE SCHEDULE (NOV 15-APRIL 9)

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

Yoga, Pilates, Cycling, Studio Barre and Domination are "Specialty Classes" that will 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. ***International Ballroom Dance Series is a registration class.
 "Open Door" Spin Room Schedule: Mon/Wed 5:30-8:30am, 11:30-4:30pm, 7-9pm; T/TR 7am-5pm, 7-9pm; Fri 5:30am-9pm; Sat 11am-7pm; Sun 11:30am-5pm



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

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.

BOTTOMS UP - An extreme makeover for your lower half in an uplifting environment.

CARDIO/CORE COMBO - 60 minute class with a 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. This class 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.T. - High Intensity Intervals with short breaks of strength and cardio segments using a whole variety of equipment.

INTERVALCITY - 50 minute interval-circuit class focusing on cardio, agility, plyometrics, and strength.

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. This method strengthens and lengthens the muscles without creating bulk. Pilates is also helpful in preventing and rehabilitating from injuries, improving posture, and increasing flexibility, circulation, and balance.

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

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

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

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

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

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

STUDIO BARRE - Quick and efficient way to transform the tone and shape of your body. Using a ballet bar or chair; small isometric moves, often supported by use of a ball, pilates ring, or light weights. Bring yoga mat and method socks (any tacky bottom will do).

TAI CHI - Great stress buster; focuses on slow movements which improve balance, posture, focus and feeling of calm.

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 attitude and you've got it!



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. Activities will include parachute games, hula hoop, tricycles and others.

Location: ARC

Class #	Date	Time	Age	Price
Drop in	Mon/Fri	10-11 am	2-6	\$1

DAY CARE LITTLE GYMMERS

Schedule some gymnasium time for your day-care. Activities will include parachute games, hula hoop, tricycles and others. Call 874-7494 to arrange times and dates.

Location: ARC

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

LITTLE SWIMMERS AND DAY CARE LITTLE SWIMMERS ... SEE PAGE 13

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 some yummy cookies. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
209701-01	W: Dec 16	6-7 pm	2-5 w/adult	\$6
209701-02	Th: Dec 17	10-11 am	2-5 w/adult	\$6



FROSTY FUN

Let it snow, let it snow, let it snow! Come join us for some fun winter-themed projects and activities to celebrate Winter!

Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
214777-01	W: Jan 13	10-10:50am	2-5 w/adult	\$6

NEW GROUNDHOG DAY

Will the groundhog see his shadow? Will we have 6 more weeks of winter? Come celebrate Groundhog Day with some themed crafts and activities. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
210797-01	Tu: Feb 2	10-10:50 am	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 valentine crafts and enjoy a snack. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
209771-01	Th: Feb 11	10-10:50 am	2-5 w/adult	\$6





NEW LEAP DAY PARTY

Today only happens every 4 years...it's Leap Day! Leap on in for some crafts and activities about some other things that leap! Pre-registration required.
 Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
210732-01	M: Feb 29	10-10:50 am	2-5 w/adult	\$6

NEW MINI MAD SCIENTISTS

What happens when you mix baking soda and vinegar? Let's find out! Come try out this and a couple other fun little experiments as we explore some simple science. Pre-registration required.
 Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
210733-01	W: Mar 9	10-10:50 am	2-5 w/adult	\$6

DOUGHNUTS WITH EASTER BUNNY

Hop on over and visit with the Easter Bunny and enjoy some yummy doughnuts and an Easter themed craft. Parents, don't forget your camera! Pre-registration required.
 Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
210784-01	Tu: Mar 22	10-10:50 am	2-5 w/adult	\$6

FOR OTHER PRESCHOOL ACTIVITIES, SEE THE ARTS CRAFTS AND HOBBIES, DANCE AND AQUATICS SECTIONS.

@ COMO Parks and Rec

Five Ways to Register:

- Online:** Go to www.GoColumbiaMo.com
- 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) 874-770.
- 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)

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 AND 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 minutes and offers benefits that include theft recovery and accident identification.

WORKPLACE COMMUTING SEMINARS

Free one-hour seminars are designed to encourage and support your employees wanting to explore the possibility of commuting to work by bicycle or walking. Topics include bicycle selection, apparel, equipment options and responsible riding techniques. Seminars are conducted by League of American Bicyclists certified cycling instructors. Seminars within Columbia city limits are offered upon request. Call Janet Godon at (573) 441-5495 to schedule for your next staff meeting or lunch and learn activity.

BIKE COMMUTER BUDDY

Are you interested in commuting by bicycle to work or school but don't know where to start? Schedule a free one or two-hour session with a certified cycling instructor for tips on responsible riding skills (i.e. how to maneuver through a four-way intersection) or door-to-door route planning. Contact Janet Godon (573) 441-5495 or jlgodon@gocolumbiamo.com.



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: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
218205-01	Tu: Dec 1	6-7:30 pm	14+	Free



INTRO TO ELECTRIC BICYCLES

Find out what the buzz is all about! Electric bicycles - also known as e-bikes - have hit the states after making a major impression in European and Asian cities. Electric bikes augment human power and can be a great way for people to have fun, improve their health, save money, and relieve road congestion. The bikes are designed with a built-in-motor that activates either by pedaling or via throttle assistance. E-bikes make it easier to deal with obstacles such as hills and headwind while functioning just like a regular bicycle.

Location: ARC, 1701 W Ash

Class #	Date	Time	Age	Price
218300-25	M: Mar 21	7-8:30 pm	14+	Free

CITY CYCLING

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

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
218207-01	Sa: Mar 19	9 am-2 pm	14+	Free



BICYCLE MAINTENANCE CLASSES

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: Conf Room @ Armory Sports Center



Class #	Date	Time	Age	Price
218202-01	Th: Jan 21	6-7:30 pm	14+	Free
218202-02	Th: Feb 4	6-7:30 pm	14+	Free
218202-03	Tu: Mar 22	6-7:30 pm	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: Conf Room @ Armory Sports Center



Class #	Date	Time	Age	Price
218208-01	Tu: Jan 12	6-7:30 pm	14+	Free
218208-02	Th: Feb 18	6-7:30 pm	14+	Free
218208-03	Th: Mar 10	6-7:30 pm	14+	Free

SPECIAL EVENTS

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 in and around 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. Cyclist must wear a helmet under their Santa hat. Registered cyclists will receive a special treat for your bike. Call 874-7460 to register.

Location: Meet at Lucky's Market, 111 S Providence



Class #	Date	Time	Age	Price
218400-01	Su: Dec 13	5:30 pm	All	Free



GOLF FACILITIES

L.A. NICKELL GOLF COURSE

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

www.GoGolfLAN.com

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

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

Par: 70

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

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

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

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

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

LAKE OF THE WOODS RECREATION AREA

6700 St. Charles Road • (573) 499-GOLF (4653)

www.GoGolfLOW.com

- 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.

PRIVATE OUTINGS

Private outings are available at both courses.
For pricing information and availability
please call 573-874-7538 or 573-874-7539.



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



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

NOW AVAILABLE!

DOWNLOAD OUR FREE MOBILE APP TODAY

Free GPS
Book Tee Times
Keep Score & Track Stats
Live Leaderboards
Track Favorite Golf Games

SEARCH FOR **L.A. NICKELL GC** IN THE APPLE APP STORE OR ANDROID MARKET

NOW AVAILABLE!

DOWNLOAD OUR FREE MOBILE APP TODAY

Free GPS
Book Tee Times
Keep Score & Track Stats
Live Leaderboards
Track Favorite Golf Games

SEARCH FOR **LAKE OF THE WOODS GOLF** IN THE APPLE APP STORE OR ANDROID MARKET



2016 GOLF FEES

Green Fees	9-Holes Walking	18-Holes Walking	9-Holes w/Cart	18-Holes w/Cart
Monday-Friday				
• Adult	\$13	\$18	\$19.50	\$31
• Senior (60 & Over)	\$11	\$15	\$17.50	\$28
• Twilight 2:0pm	\$11	\$15	\$17.50	\$28
• Super Twilight 6:0pm	\$11	\$12	\$18.50	\$25
• Junior (17 & Under)	\$ 9	\$ 9	\$15.50	\$22

Saturday/Sunday/Holidays				
• Adult	\$23	\$23	\$29.50	\$36
• Twilight 2:0pm	\$13.50	\$19	\$20	\$32
• Super Twilight 6:0pm	\$12	\$12	\$18.50	\$25
• Junior (17 & Under)	\$11.50	\$11.50	\$18	\$24.50

Winter Green Fees	9-Holes Walking	18-Holes Walking	9-Holes w/Cart	18-Holes w/Cart
Monday-Friday				
• Adult/Senior	\$13	\$15	\$19.50	\$28
• Twilight 2:0pm	\$11	\$15	\$17.50	\$28
• Junior (17 & Under)	\$ 9	\$ 9	\$15.50	\$22

Saturday / Sunday / Holidays				
• Adult/Senior	\$19	\$19	\$25.50	\$32
• Junior	\$11.50	\$11.50	\$18	\$24.50

Annual Passes (Good at both courses)

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

	Monday-Friday	Any Day	M-F w/Cart	Any Day w/Cart
Individual (30-59)	\$630	\$718	\$1,306	\$1,394
Adult +1	\$1,071	\$1,220	\$2,221	\$2,370
Additional Family	\$185	\$220	\$861	\$896
Senior (60 & over)	\$504	\$574	\$1,180	\$1,250
Senior Couple (Both 60 & Over)	\$806	\$918	\$1,956	\$2,068
Young Adult (18-29)	\$504	\$574	\$1,180	\$1,250
Junior (17 & under)	\$270	\$270	N/A	N/A
Junior Limited (May 1-Sept 30)	\$135	\$135	N/A	N/A

10 Play Punch Card \$207 Walking \$324 w/Cart

Trail Fees

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

Cart Fees

9 hole cart	\$ 6.50
18 hole cart	\$13.00

Rentals

Golf Club Rental	\$10
Pull Cart Rental	\$5

Driving Range (Only @L.A. Nickell)

Small	\$4
Medium	\$6
Large	\$9

**Adult plus 1 is defined as two persons residing at the same residence. Additional Family must be related persons living at the same address 21 & under. Senior Couple pass is limited to two persons 60 and over residing at the same address.*



LANGUAGES

BEGINNING ADULT SPANISH

Designed for the beginning student with NO previous experience in Spanish. The main objectives of this course are to help students develop effective communication skills in Spanish through the elementary development of the four basic language skills (listening, speaking, reading and writing), while focusing on and critically examining cultural beliefs, values and aspects of everyday life in Spanish-speaking nations. For more information, call Mary at 817-5077 or email mawdewey@gocolumbiamo.com.

Location: Lower Classroom @ Armory Sports Center

Class #	Date	Time	Age	Price
213124-01	Tu: Jan 19-Mar 8	6-7 pm	18+	\$31

MARTIAL ARTS

CLASSES FOR YOUTH

AIKIDO FOR KIDS

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

Location: Moss Bldg Room A @ Waters-Moss

Instructor: Doris Evans

Class #	Date	Time	Age	Price
211904-01	Sa: Jan 9-Feb 13	9:30-10:30 am	10-13	\$37
211904-02	Sa: Jan 9-Feb 13	10:45-11:45 am	6-9	\$37
211904-03	Sa: Feb 20-Mar 26	9:30-10:30 am	10-13	\$37
211904-04	Sa: Feb 20-Mar 26	10:45-11:45 am	6-9	\$37

BEGINNING JUNIOR TAE KWON DO

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

Location: Moss Bldg Room B @ Waters-Moss

Class #	Date	Time	Age	Price
211902-01	Tu: Jan 5-Feb 9	6-7 pm	5-6	\$39
211902-02	Tu: Feb 16-Mar 22	6-7 pm	5-6	\$39
211902-03	Tu: Apr 5-May 10	6-7 pm	5-6	\$39

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 is required.

Location: Moss Building Room A@ Waters-Moss

Instructor: Jim Givens

Class #	Date	Time	Age	Price
211302-01	Tu,Th: Jan 5-Feb 11	6-7 pm	7-adult	\$55
211302-02	Tu,Th: Feb 16-Mar 24	6-7 pm	7-adult	\$55
211302-03	Tu,Th: Apr 5-May 12	6-7 pm	7-adult	\$55

INTERMEDIATE TAE KWON DO

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

Location: Moss Bldg Room A@ Waters-Moss

Instructor: Jim Givens

Class #	Date	Time	Age	Price
211303-01	Tu,Th: Jan 5-Feb 11	7-8 pm	7-adult	\$55
211303-02	Tu,Th: Feb 16-Mar 24	7-8 pm	7-adult	\$55
211303-03	Tu,Th: Apr 5-May 12	7-8 pm	7-adult	\$55

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.

Location: Moss Building Room A@ Waters-Moss

Instructor: Jim Givens

Class #	Date	Time	Age	Price
211304-01	Tu,Th: Jan 5-Feb 11	8-9 pm	7-adult	\$55
211304-02	Tu,Th: Feb 16-Mar 24	8-9 pm	7-adult	\$55
211304-03	Tu,Th: Apr 5-May 12	8-9 pm	7-adult	\$55

FREE SHORIN-RYU KARATE

Would you like to try karate for free? Sign up for this one-time, eight session class. This is a free class. Enrollment is limited to sign up early! This class must be completed before enrolling in Beginning levels of Shorin-Ryu.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
211901-01	M: Jan 4-Feb 15*	6:30-7 pm	7-11	Free

* No Class: 1/18



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. Free Youth Shorin-Ryu Karate class and approval from instructor is a prerequisite for joining this class. Purchase of a gee is required. For more information, e-mail Sensei Walker at rwalker@amfam.com. Pre-registration required.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
211905-01	Th: Jan 7-Feb 25	6:30-7:15 pm	7-14	\$60
211905-02	Th: Mar 3-Apr 28*	6:30-7:00 pm	7-14	\$60

* No Class: 3/27

ADVANCED 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 Beginner Levels class and approval from instructor is a prerequisite for joining this class. Purchase of a gee is required. For more information, e-mail Sensei Walker at rwalker@amfam.com. Pre-registration required.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
211906-01	Th: Jan 7-Feb 25*	7:15-8 pm	7-14	\$60
211906-02	Th: Mar 3-Apr 28*	7:15-8 pm	7-14	\$60

* No Class: 3/31

CLASSES FOR TEENS AND ADULTS

SEE OTHER CLASSES FOR ADULTS IN YOUTH SECTION

QIGONG (CHEE GUNG) AT THE ARC

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

Location: ARC

Class #	Date	Time	Age	Price
207238-01	F: Dec 4-Jan 14*	11:30am-12:30pm	18+	\$40
207238-02	F: Jan 22-Feb 19	11:30am-12:30pm	18+	\$40
207238-03	F: Feb 26-Mar 25	11:30am-12:30pm	18+	\$40

* No class Dec 25, Jan 1

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. Learn how to harmonize the mind within the body. Pre-registration required. Please note: beginners attend Monday and Friday. Intermediate and advanced attend Monday and Wednesday.

Location: Moss Bldg Room A @ Waters-Moss

Instructor: Doris Evans

Class #	Date	Time	Age	Price
211201-05	M, W or M, F: Month of Dec*	6-8 pm	15+	\$45
211201-01	M, W or M, F: Month of Jan*	6-8 pm	15+	\$45
211201-02	M, W or M, F: Month of Feb*	6-8 pm	15+	\$45
211201-03	M, W or M, F: Month of Mar*	6-8 pm	15+	\$45
211201-04	M, W or M, F: Month of Apr*	6-8 pm	15+	\$45

* No Class: 12/25, 1/1, 2/10, 3/25

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.

Location: Moss Bldg Room B @ Waters-Moss

Instructor: Sensei Marlin Guest

Class #	Date	Time	Age	Price
211202-05	M,W: Month of Dec	6-8 pm	14+	\$45
211202-01	M,W: Month of Jan	6-8 pm	14+	\$45
211202-02	M,W: Month of Feb*	6-8 pm	14+	\$45
211202-03	M,W: Month of March	6-8 pm	14+	\$45
211202-04	M,W: Month of April	6-8 pm	14+	\$45

* No Class: 2/10



SHORIN-RYU KARATE

The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Shorin-Ryu Karate Beginner Levels class and approval from instructor is a prerequisite for joining this class. For more information, e-mail Sensei Walker at rwalker@amfam.com. Pre-registration required.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
211207-01	M,Th: Jan 4-Feb 25*	8-9 pm	15+	\$75
211207-02	M,Th: Feb 29-Apr 28*	8-9 pm	15+	\$75

* No Class: 1/19, 3/31

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	8:30-9:30 am 9-10 am	18+ 18+	Free Free

QIGONG

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

Location: Armory Sports Center

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

MUSIC



CLASSES FOR YOUTH

PERCUSSION, DRUM, & WOODWIND LESSONS

Lessons are available through Community Recreation. Glen "Bummer the Drummer" Ward of the Kansas City Street Band is the instructor for percussion classes. Leave a message for Glen at 817-5077.

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. 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 at 817-5077.

CITY-WIDE FLAG LINE

We would like to develop a Flag Line to accompany our Drum Line in several parades and other performances throughout the year. If you are interested, please contact us. We would also like to find an adult willing to volunteer time to work with this group, develop routines & prepare them for performances. For more information, leave a message for Glen Ward at 817-5077.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop-in	Th	5:30-6:30 pm	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
203950-01	M: Dec 21	8 am-5 pm	5-11	\$45
203950-02	Tu: Dec 22	8 am-5 pm	5-11	\$45
203950-03	M: Dec 28	8 am-5 pm	5-11	\$45
203950-04	Tu: Dec 29	8 am-5 pm	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
203951-01	F: Feb 12	8 am-5 pm	5-11	\$45
203951-02	F: Feb 26	8 am-5 pm	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
203952-01	M-F: Mar 28-Apr 1	8 am-5 pm	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	2:30-7 pm	8+	Free

AFTER SCHOOL HOMEWORK ASSISTANCE

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



NO SCHOOL DAYS

Come to the Armory on days when school is out. Movies, Xbox360, basketball, computers and games room available! Free!
11 am-6 pm: Nov. 2, 3, 13, 25, 27,
Dec. 21, 22, 23, 24, 28, 29, 30,31, Jan 4

SPORTS

FOR YOUTH

YOUTH SOCCER REGISTRATION

Sporting Columbia Soccer has some openings for youth play during the upcoming 2016 spring season. Interested players should register at www.sportingcolumbia.net; players will be placed depending on availability. There is a chance to form new teams. The spring season consists of seven games with most games being played on Saturday mornings. The season is scheduled to begin late March and conclude early May. For more information log onto www.sportingcolumbia.net.
Registration for the 2016-2017 fall and spring seasons will begin May 1 and conclude July 1. All returning players will receive registration information via email. Any new player to the league may sign up online during the registration period. The Sporting Columbia Soccer program is for all players ages 4-18. The Sporting Columbia Soccer website is www.sportingcolumbia.net.

HOME SCHOOL PE

This physical education class is designed for home school children. A variety of age appropriate fitness games and activities will be introduced. Youth will have a good deal of fun while they work on different aspects of physical fitness. ARC Member rate \$12 per child for the first two children, 3rd child 1/2 price, 4th child is free. Non Member rate is \$16 per child for the first two children, 3rd child 1/2 price, 4th child is free. This activity does not allow web registration. Please call the ARC to register, 573-874-7700.
Location: Court 1 @ ARC

Class #	Date	Time	Age	Price
207509-01	Th: Jan 7-Jan 28	9-10 am	10-17	\$16
207509-02	Th: Feb 4-Feb 25	9-10 am	10-17	\$16
207509-03	Th: Mar 3-Mar 24	9-10 am	10-17	\$16
207509-04	Th: Apr 7-Jul 28	9-10 am	10-17	\$16
207519-01	Th: Jan 7-Jul 28	10-11 am	5-9	\$16
207519-02	Th: Feb 4-Feb 25	10-11 am	5-9	\$16
207519-03	Th: Mar 3-Mar 24	10-11 am	5-9	\$16
207519-04	Th: Apr 7-Apr 28	10-11 am	5-9	\$16

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.

Location: ARC and Powder Horn Gun and Archery Shop
Instructor: Jim Sappington

Class #	Date	Time	Age	Price
112302-01	Th: Dec 3-Jan 21*	6-8 pm	5+	\$90
212300-01	Th: Feb 11-Mar 17	6-8 pm	5+	\$90
212300-02	Th: Apr 7-May 12	6-8 pm	5+	\$90

*No class 12/24, 12/31

BLUE THUNDER TRACK CLUB

Outdoor Registration Day: Sat, March 12, 2-5 pm
Armory Sports Center
This is a competitive program for youth ages 7-18. Athletes compete in running, jumping and throwing events. We will compete in out of town AAU/USATF meets along with some local meets. This group is pushed hard in practice and expected to complete the season. Cross country season is in the fall months, indoor season if available begins in January and the outdoor season is from April-August. Participate in some or all phases, it is your choice. Please call 874-6378 or email cdcross@gocolumbiamo.com if interested. Visit www.bluethunderc.com for more information. *Note: Runners are encouraged to invest in a pair of track spikes or running shoes; but it is not required.*



COLUMBIA'S YOUTH INTRO TRACK & FIELD MEET

This program is open to youth between the ages of 6 and 12 (born 2004-2010). This meet introduces youth to the sport of Track & Field. Pick up and turn in registration forms at the Parks & Recreation offices (1 South 7th), Armory Sports Center (701 E Ash) Monday - Friday between the hours of 8 am - 5 pm. Forms are also online at www.gocolumbiamo.com. Deadline to turn in forms and payment is Wednesday, April 13. No walk up registrations will be allowed the day of the event. For more information call 874-7460. Copy of birth certificate or baptismal record must accompany registration form.
Location: Hickman High School

Class #	Date	Time	Age	Price
NA	Sa: Apr 16	9 am check in 10 am opening	6-12	\$5



2016 Spring & Summer Leagues Available

Diamond Council of Columbia, Inc.

P. O. Box 576, Columbia, MO 65205

573-499-9741

www.diamondcouncil.net

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

Registration for our 2016 leagues is 1/1/16 – 2/29/16

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 2016 Spring & Summer.

Contact DC at DiamondCouncilCoMo@gmail.com



THANK YOU! 2015 Team Sponsors

A to Z Auto
 Accurate Rx Pharmacy
 APAC
 Bales Construction
 Barry Cameron Design and Build
 Beacon Street Properties
 Bluegrass Terrace/The Terrace Group Inc.
 Bob McCosh Chevrolet Buick GMC
 Boone Clinic
 Boonslick Kiwanis
 Brad Perry Electric
 Bush & Patchett, L.L.C. Attorneys at Law
 BZ Plumbing LLC
 Calibration Technologies, Inc.
 Matt & Brandy Padberg
 Caroline and Company
 Central Dairy
 Central Missouri Orthodontics
 Central Mo Foundation Co
 Chimney Safe
 Columbia Allergy and Asthma Specialists
 Columbia Curb and Gutter
 Columbia Daily Tribune
 Columbia EDP
 Columbia Elks Lodge 594
 Columbia Odd Fellows
 Columbia Orthopedic Group
 Columbia Paranormal
 Columbia Speed Academy
 Columbia State Farm Agents
 Columbia's Finest Child Development Center

CoMo Cubs Pediatrics
 CoMo Premium Roofing
 Cosmopolitan Luncheon Club
 D & H Prescription
 D. Rowe's Restaurant
 Dairy Queen On Stadium & Forum
 Dick's Sporting Goods
 Emery Sapp & Sons, Inc.
 Engineering Surveys & Services
 Ennis Appliance
 Flow's Pharmacy
 Fundamentals
 G & D Pizzeria
 Gage & Gage Realty
 Gerding, Korte & Chitwood, CPAs
 Grimes, Fay & Kopp, LLC
 Hansman Custom Homes
 Harmony's Treasure Box
 Hockman's Martial Arts
 House of Brokers Realty, Inc.
 Huebert Builders
 HuHot Mongolian Grill
 Hy-Vee
 InfiniTech Consulting
 Inside The Lines
 Veterans United Home Loans
 Joe Machens Dealerships
 Joe Machens Volkswagen
 KetchumUp Services
 KidsFirst Optimists Club
 Knights Of Columbus
 Kona Ice Como

Legends Sports Photography
 Liberty Motors
 MC Sports
 McCartney Law Office
 Mid America Mortgage
 Mid Missouri Dental Center
 Milam Contracting, LLC
 Military United Insurance
 Miller, Bales & Cunningham P.C.
 Missouri Health Connection
 Missouri Cotton Exchange
 MIZ-MOW Lawn & Landscaping LLC
 Mr. Rooter Plumbing
 MU Division of Muscular Surgery
 Mustangs Sports
 Mutrux Automotive
 National Association of Letter Carriers
 Noah's Ark Animal Hospital
 Paw Pals Pet Service
 Peak Sport & Spine
 Pickleman's Gourmet Cafe
 Play It Again Sports
 Play It Again Sports
 Pride Consulting and Tax
 Providence Urgent Care
 Quantum Wireless
 Red Weir
 Redstick Remodeling and Repair
 Restoration Eye Care, Timothy McGarity, M.D.
 Robinson & Ries Orthodontist
 Rogers, Ehrhardt, Weber & Howard, L.L.C.

Salter Lawn Service
 Sappington Carpet Care
 Shakespeare's Pizza
 Shelter Insurance Company-
 Mitch Theede Agency
 Shoe Carnival
 Show-Me Cosmopolitan Club
 Simmons Family Practice
 Slate Towing and Performance
 Smarr Garage Doors
 Smith Lewis, LLP
 Socket
 Sound Performance
 Sport Clips
 Sunrise Optimist Club
 Supplement Nation
 Tensive Controls, Inc.
 The Ink Factory
 The Reardon Group
 Chadwick and Angela Bass
 T-MAC, Inc
 Travis Kempf, Crane & Crane Real Estate
 TrueSon Exteriors
 Turner Farms
 University Subaru
 Vessel Bridges Murphy Law Offices
 White Knight Limo And Coach
 Williams Appraisal Group
 Withrow Electric
 Zimmer Radio KTGR



If you would like to become a team sponsor for our 2016 Season contact us at (573) 499-9741 or DiamondCouncilCoMo@gmail.com

GET IN THE GAME

Lacrosse
IS IT IN YOU?



MID-MISSOURI LACROSSE LEAGUE

Boys & Girls



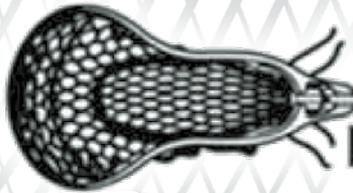
Grades 3-8

Go to

www.columbialax.org

for Contact Information





**MID MISSOURI
LACROSSE LEAGUE**

Boys and Girls Grades 3-8

(Spring Season - March thru June)

Registration Opens December.

Go to www.columbialax.org for Contact Information.





DOUGLASS HIGH SCHOOL GYM

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

Location: Gym @ Douglass High School

Class #	Date	Time	Age	Price
Drop In	M-Th	6:30-9 pm	8+	Free

DOUGLASS BULLDOGS BASEBALL LEAGUE

We are an instructional, non-competitive league concerned with helping youth develop their skills in baseball. Boys AND girls can participate. We will have training clinics for both youth and adult volunteers. Players receive a league hat and shirt. Registration begins Feb 1 and forms will be available at the Parks & Recreation Administrative office, the ARC, the Armory Sports Center & online at www.gocolumbiamo.com. Volunteer coaches and umpires are needed. Season begins in June.

Location: Douglass Baseball Field

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

Note: Parents are encouraged to volunteer as coaches; and sponsorship opportunities are available.

FOR ADULTS

SEE ARCHERY CLASS IN YOUTH SECTION

REGISTER FOR ALL ADULTS SPORTS ON LINE AT

www.GoColumbiaMo.com

ADULT SPRING, SUMMER AND FALL SOFTBALL

Registration packets will be posted on line at www.GoColumbiaMo.com/ParksandRec/Sports/ during the week of January 4. Online registration will not be available the week of Feb 29 due to a system upgrade.

LEAGUES: men's, women's and coed; divided into "B", "C", "D" and "E" divisions with "B" being the most competitive.

REGISTRATION: Teams may register online or by going to the Parks and Recreation office at 1 South Seventh. Spring league registration will close late March.

GAMES: played at Rainbow Softball Center

For specific leagues and league fees, pick up a registration packet at the Parks and Recreation office or go to www.GoColumbiaMo.com/ParksandRec/Sports/

SPORTS OFFICIALS NEEDED

Adult and Youth Softball • Adult and Youth Basketball
Adult Volleyball • Youth Baseball

For more information call 874-7706.



ADULT WINTER VOLLEYBALL

Registration ongoing – Fee \$315.20 per team. Teams play 24 games.

Location: Armory Sports Center

League play: begin tentatively in late Feb and conclude in mid Apr

Leagues available: men's, women's, coed

ADULT SUMMER VOLLEYBALL

Registration: begins March 3-April 15

Registration fee: \$315.20 per team

Games: all teams will play 24 games

Location: Armory Sports Center

League play: games begin in May

Leagues available: Coed B, Over 50

ADULT DROP-IN BASKETBALL

Looking for a pick-up game or to just shoot hoops? The Armory will be available. Punch cards available at Armory front desk.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	M-F	9:30 am-2 pm	18+	\$10/mo Or \$2/visit

NEW CITY HOOPS

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

Location: Armory Sports Center

Class #	Date	Time	Age	Price
NA	Tuesdays	4:30-5:30 pm	6-17	Free



RHETT'S OUTDOOR CHALLENGE ROC7K TRAIL • RUN

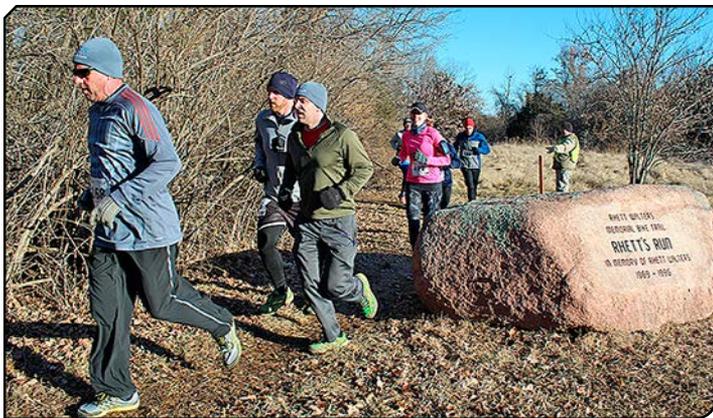
ROC TRAIL RUN

Start your New Year with Rhett's Outdoor Challenge and enjoy a morning on Rhett's Run. The 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 food. This event will include chip timing, age group awards, volunteer support and an aid station on the course. Pre-registration is required. There is a cap of 175 racers for the ROC.

Location: Meet at Antimi Shelter at Cosmo Park

Class #	Date	Race	Time	Age	Price
207300-01	Sa: Jan 23*	7K distance	9 am	12 and up	\$35 in advance

*Weather date is Feb 6



@ COMO Parks and Rec



SPECIAL EVENTS



ALMETA CRAYTON MEMORIAL TOYS FOR COLUMBIA YOUTH DRIVE

Oct 19-Dec 11

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.

HOLIDAY BAZAAR

Sunday, November 22, 11 am-3 pm

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 crdins@gocolumbiamo.com for information and application.

SANTA HOTLINE

Saturday, December 5

Children between the ages of 3-10 can call the North Pole from 9 am to 3 pm and will have the opportunity to speak with Santa or Mrs. Claus or one of the many elves. CALL 874-7473 or 874-6335 ONLY on this day.

CITY KWANZAA CELEBRATION

Saturday, Dec 5, 2-5 pm

Douglass High School

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.

IT'S A WONDERFUL RIDE: HOLIDAY LIGHTS BICYCLE TOUR...SEE PAGE 30

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
209450-01	F: Dec 18	6:15-7:30 pm	All	\$7.50
209450-02	F: Dec 18	7:45-9:00 pm	All	\$7.50



COLUMBIA EVE FEST 5K RUN/WALK

December 31, 4 pm

Flat Branch Park

Run into the New Year and start 2016 off on the right foot! Registration forms can be found at www.firstnightcolumbia.org or www.columbiatrackclub.com. All pre-registered runners receive a long-sleeved t-shirt and an Eve Fest admission button. Coordinated by Columbia Track Club.

COLUMBIA EVE FEST – A NEW YEAR'S EVE CELEBRATION OF THE ARTS

December 31, 2015

See back cover for details.

DR. MLK MEMORIAL CELEBRATION

Monday, January 18

The candle light walk will begin at 6:30 pm at Douglass High School, which will proceed to the Memorial Celebration at historic Second Missionary Baptist Church (tent), 4th and Broadway, where a service will be held. Open to all, free. Call Bill Thompson at 874-6379 for more information.

BLACK HISTORY MONTH ACTIVITIES

Columbia Black History Exhibit

Organizations, schools, agencies etc. please call for reservations. Groups can have a presentation on site or at your location on weekdays in February, free. Call 874-6379.

African-American Film & Discussion

Feb 2, 7 pm, Armory Sports Center, Free

"72%" the single mother phenomenon in the African-American community.

Black History Month Talent Show

Feb 18, 7 pm, Douglass High School Gym, Free

Enjoy a variety of local talent through music, word and dance.

Black History Month Discussion

Feb 23, 7 pm, Armory, Free

Come out and hear a discussion on the 2016 election issues and politics.

Gospel Explosion & Soul Food Dinner Musical Celebration

Sunday, February 28, St Luke UMC (204 E Ash), 3 pm

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.

WOMEN'S MONTH ACTIVITIES

Organizations, schools, agencies etc. please call for reservations. Groups can view a presentation on site or at your location on weekdays, free. Call 874-6379.

ANNUAL TRAIN SHOW

Saturday, March 19, 10 am-3 pm

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.



EGG HUNT EGGSTRAVAGANZA

Saturday, March 26, 12-1:15 pm

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.

KITE FLYING DAY

Saturday, April 2, 12-2 pm

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 9.



TONS OF TRUCKS

Wednesday, April 27, 4-7 pm
Target Wing Parking Lot
Trucks and other vehicles of all shapes and sizes will be on display for admiring, climbing, sitting in and horn honking! This event is held rain or shine and is FREE.

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Leisure Times?
Limited ad space may
be available as space allows!

Call 874-7465 for details!

SPECIAL EVENTS CALENDAR

NOVEMBER

22 **HOLIDAY BAZAAR**
Hillcrest Community Center, 11 am-3 pm

DECEMBER

5 **SANTA HOTLINE**
Children ages 3-7 call 874-7473 only from 9 am to 3 pm

5 **CITY KWANZAA CELEBRATION**
Douglass High School, 2-5 pm, Free

13 **IT'S A WONDERFUL RIDE: HOLIDAY LIGHTS BICYCLE TOUR**
Meet at Lucky's, 111 S Providence, 5:30 pm, Free

18 **HOLIDAY LIGHTS AND SIGHTS TOUR**
Meet at ARC, 6:15-7:30 or 7:45-9 pm, \$7.50 per person, must pre-register

31 **COLUMBIA EVE FEST 5K RUN/WALK**
Flat Branch Park, 4 pm

31 **COLUMBIA EVE FEST: A NEW YEAR'S EVE CELEBRATION**
The District, 7 pm to midnight, admission button is \$6 for ages 7 and over, \$8 at the door

JANUARY

1 **CARE SUMMER PROGRAM**
Applications available online

18 **DR. MARTIN LUTHER KING JR**
Candle Light Walk and Celebration Walk at Douglass H.S. at 6:30 pm, proceed to Second Missionary Baptist Church

23 **ROC TRAIL RUN**
Rhett's Run Trail at Cosmo Park, 9 am, \$35 in advance

FEBRUARY

2 **BLACK HISTORY MONTH**
African-American film and discussion, "72%," Armory, 7 pm, Free

18 **BLACK HISTORY MONTH**
Talent Show, Douglass H.S., 7 pm, Free

23 **BLACK HISTORY MONTH**
African American panel discussion, 2016 Election, Armory, 7 pm, Free

28 **BLACK HISTORY MONTH**
Gospel Explosion and Soul Food Dinner, St. Luke UMC, 3 pm, Free

28 **BOY/GIRL SCOUT DAY**
Hickman Pool, 1-3 pm, pre-register, \$3 per child

MARCH

12 **BLUE THUNDER TRACK REGISTRATION DAY**
Armory Sports Center, 2-5 pm

19 **ANNUAL TRAIN SHOW**
Paquin Tower, 10 am-3 pm, Free

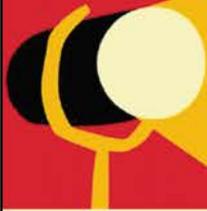
26 **EGG HUNT EGGSTRAVAGANZA**
Douglass Park, 12-1:15 pm, Free

APRIL

2 **KITE FLYING DAY**
Douglass Park, 12-2 pm, Free

6 **SPRING/SUMMER LEISURE TIMES AVAILABLE**

16 **COLUMBIA'S YOUTH INTRO TO TRACK AND FIELD**
Hickman High School, 9 am check in, \$5



SPOTLIGHT ON PARKS

LOOK WHAT'S NEW AT *Fairview Park*

Improvements to Fairview Park, 1001 Fairview Road, were recently completed. The changes include a new playground, replacement of the old park shelter, and new walkways. The project also included the addition of a 20-car parking lot and walkway at neighboring Fairview Elementary School. The City of Columbia and Columbia Public Schools have an operating agreement that allows shared use of the lot, with the school district taking responsibility for its maintenance and upkeep. In 2013, a concrete trail connection was completed between Fairview Park/Elementary School and the Scott's Branch Trail, providing a safe and enjoyable route to school for students. The improvements were funded by the Park Sales Tax.



This improvement project was funded by the Park Sales Tax



SPOTLIGHT ON TRAILS

LOOK WHAT'S NEW AT *Cosmo-Bethel Lake Trail*

The lake trail at Cosmo-Bethel Park, 4500 Bethel Street, was recently upgraded from gravel to concrete. This half-mile trail encircles the lake and now has two concrete ADA bulbouts for fishing. Improvements were also made to the trail bridge crossing. Views of the park and lake from the trail make this an enjoyable place to get your walking exercise in.



Cosmo-Bethel Lake is also the location for the Winter Trout Fishing Program. Through a partnership between Columbia Parks and Recreation, Mid-Missouri Trout Unlimited, and Missouri Department of Conservation about 2,400 trout are stocked into the lake during the last week of October. Fishers can catch and release trout using artificial bait beginning November 1. After January 31, anglers can harvest trout under statewide regulations. See the Parks and Recreation website @ www.GoColumbiaMo.com (search: "winter trout fishing") for more information about the Winter Trout Fishing Program.



This improvement project was funded by the Park Sales Tax

LEISURE TIMES

NOVEMBER 2015 - APRIL 2016

Columbia Parks & Recreation Dept.

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

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

Monday-Friday 8am-5pm

Phone (573) 874-7460

Fax (573) 874-7640

Recreation Hotline

(573) 874-7663

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

Administrative Staff

Mike Griggs, Director

Erika Coffman, Recreation Services Manager

Gabe Huffington, Park Services Manager

Visit our Web page

www.GoColumbiaMo.com

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

Cover Photo: Group exercise at the ARC.

Five Ways to Register:

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



OUR 2015 CITIZEN SURVEY REVEALED THAT 92 PERCENT OF COLUMBIA HOUSEHOLDS HAVE VISITED A CITY-OWNED PARK IN THE PAST YEAR - MORE THAN THE NATIONAL AVERAGE OF 78 PERCENT.

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

COLUMBIA PARKS AND RECREATION
IS A MEMBER OF



**A National
Gold Medal
Department**

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

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

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- Monthly Friends and Parks & Recreation E-Newsletters
- Special discounts and passes to facilities and activities

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Columbia**
PARKS AND RECREATION



COLUMBIA EVE FEST



*A New Year's Eve
Celebration of the Arts*

December 31st, 2015

7:00 p.m. to midnight

**In the District on 9th Street between
Elm & Locust at multiple venues**

**Magic, Dancing,
Music, Grand Finale
Children's Entertainment
& Finale**

Boone Hospital 5K Run/Walk,
Cyclextreme -
www.columbiatrackclub.com

www.columbiaevefest.com

General Information: 573 874-7460,
To Volunteer: 573 874-7499,
Stay Overnight: Visit
www.visitcolumbiamo.com
Early ticket purchase: \$6; Door: \$8;
Children: 6 & under Free



Financial assistance has been provided by Missouri Arts Council, a state agency.