There is a variety of ARC memberships, passes, and fees to accommodate all types of users. Annual Membership is the most economical way to enjoy all the ARC has to offer, but is not required. Daily and monthly passes also available.

WATER ZONE
The Water Zone is the ARC’s 12,988 sq. ft. aquatic area that includes a leisure pool with zero depth entry, interactive water play structure, triple-loop water slide, lazy river, vortex, three 25-yard lap lanes, a heated hydro-therapy pool and concession area.

THE ARC
ACTIVITY & RECREATION CENTER

PERSONAL TRAINING
Personal training is specially customized to meet the client’s goals and needs. Fill out a personal training information form at the ARC Guest Services Desk to set up an appointment.

STRENGTH ZONE
Work out in the ARC’s state of the art environment. Get into shape or stay fit with our top of the line cardio and strength training (dumbbells, circuit)
GROUP EXERCISE
The ARC provides a variety of group exercise classes with qualified instructors to fit your personal fitness level and schedule. Some classes are included in your entry pass, others require an additional fee.

GYMNASIUIM
The ARC’s 12,400 sq. ft. gymnasium has two full-size basketball courts with 12 baskets. Its cushioned wood floor accommodates basketball, volleyball, and pickleball, as well as other activities.

Located in Clary-Shy Park, the ARC is the City of Columbia’s 73,000 sq. ft. fitness center.

1701 W. Ash 573.874.7700
CoMo.gov (search ARC)
## PARKS & RECREATION FREQUENTLY CALLED NUMBERS

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<th>573-874-7460</th>
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<td></td>
<td>573-874-7663</td>
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<tr>
<td>NON-EMERGENCY - RANGER</td>
<td></td>
<td>573-442-6131</td>
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<tr>
<td>ACTIVITY &amp; RECREATION CENTER (ARC)</td>
<td>1701 W. ASH</td>
<td>573-874-7700</td>
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<tr>
<td>PARK MANAGEMENT CENTER</td>
<td>1507 BUSINESS LOOP 70 W.</td>
<td>573-874-7201</td>
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<td>HILLCREST COMMUNITY CENTER</td>
<td>1907 HILLCREST DR.</td>
<td>573-874-7475</td>
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<tr>
<td>ARMORY SPORTS CENTER</td>
<td>701 E. ASH</td>
<td>573-817-5077</td>
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<tr>
<td>CARE</td>
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<td>573-874-6378</td>
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<tr>
<td>PAQUIN TOWER/ADAPTIVE RECREATION</td>
<td>1201 PAQUIN ST.</td>
<td>573-554-7042</td>
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<td>PERMITS, LEAGUES AND SHELTER RESERVATIONS</td>
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<td>573-874-7460</td>
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<td>RAINBOW SOFTBALL CENTER (SEASONAL) COSMO PARK</td>
<td>1615 BUSINESS LOOP 70 W.</td>
<td>573-449-1925</td>
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<td>SPECIAL OLYMPICS</td>
<td>1701 W. ASH</td>
<td>573-874-7312</td>
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<tr>
<td>LIFE ENRICHMENT CLASSES</td>
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<td>ALBERT-OAKLAND FAMILY AQUATIC CENTER</td>
<td>1900 BLUE RIDGE RD.</td>
<td>573-474-5331</td>
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<tr>
<td>ARC INDOOR POOL</td>
<td>1701 W. ASH</td>
<td>573-874-7700</td>
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<tr>
<td>DOUGLASS FAMILY AQUATIC CENTER</td>
<td>400 N. PROVIDENCE RD.</td>
<td>573-442-5019</td>
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<td>HICKMAN POOL (INDOOR POOL)</td>
<td>1104 N. PROVIDENCE RD.</td>
<td>573-874-7476</td>
</tr>
<tr>
<td>LAKE OF THE WOODS POOL</td>
<td>6700 E. ST. CHARLES RD.</td>
<td>573-474-7878</td>
</tr>
<tr>
<td>LITTLE MATES COVE AT TWIN LAKES</td>
<td>2500 CHAPEL HILL RD.</td>
<td>573-445-8839</td>
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<tr>
<td>L.A. NICKELL GOLF COURSE</td>
<td>1800 PARKSIDE DR.</td>
<td>573-499-GOLF</td>
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<tr>
<td>LAKE OF THE WOODS GOLF COURSE</td>
<td>6700 E. ST. CHARLES RD.</td>
<td>573-499-GOLF</td>
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</tbody>
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**BECOME A FRIEND OF COLUMBIA PARKS AND RECREATION!**

It is free and allows you to become an informed and involved patron in recreation activities and parks in our community.

**As a Friend, you will receive:**

- Welcome Packet with letter, and discount coupon
- Periodic Friends and Parks & Recreation E-Newsletters
- Special discounts and passes to facilities and activities

Visit: [CoMo.gov](http://CoMo.gov) to become a Friend today!
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. Non-emergency number is 573-442-6131; call 911 for emergencies.

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Rental & Program Facilities

PRICES SUBJECT TO CHANGE OCT. 1, 2019.

CoMo.gov (search: Rentals)

Activity & Recreation Center (ARC)
1701 W. Ash St. • 573-874-7700, see page 9

Armory Sports Center
701 E. Ash St. • 573-874-7460
Community Recreation programs, the CARE Program, basketball, volleyball.
Gymnasium, conference room, classroom available for rent.

Douglass Park Amphitheater
400 N. Providence Rd. (corner of Rogers & 5th St.) • Call 573-874-7460
$50 per day.

Hillcrest Community Center/Moss Building
1905/1907 Hillcrest Dr. • 573-874-7475
Moss rental available for groups of 100 people or less, $35 per hour plus $200 deposit.
Life Enrichment classes, preschool programs, 50+ programs/tours, Osher@Mizzou.

Maplewood Barn
2900 E. Nifong • Call 573-874-7460
Call for information or to rent for groups of 70 people or less. Available Oct-
March, $27 per hour plus $100 deposit.

MKT Trailside Building & MLK Garden
800 W. Stadium Blvd. • Call 573-874-7460
Men’s and women’s changing rooms and restrooms. MLK Garden and shelter
available for rent for weddings and events. $40 for building, Garden rental via special use permit, $100 deposit.

Paquin Tower
1201 Paquin St., Ste. 102 • 573-874-7473
Adapted Recreation program with craft studio open to all.

Riechmann Indoor Pavilion at Stephens Lake Park
2300 E. Walnut • 573-874-7460
For gatherings of 150 people or less. Facility rental rates are: Monday-Friday, 8a-3p OR 4-11p, $300; Monday-Thursday, 8a-11p, $400; Fri, Sat, Sun/Holidays, 8a-11p, $595. Deposit $200.

Rock Quarry Park House
2002 Grindstone Parkway • 573-874-7460
Available for gatherings for groups of 50 or less. Rental fee per hour is $22 plus
$100 deposit.

Stephens Lake Amphitheater
100 Old 63N • 573-874-7460
Call for information or to rent.

Waters House
2104 Hillcrest Dr. • 573-874-7460
Available for gatherings for groups of 50 or less. Rental fee per hour is $22 plus $100 deposit.
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 $40, $50, $55 or $65 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 5 for other facility rentals. Cosmo Park and Stephens Lake Park Shelters are available for half-day or full-day rentals; 8a-2:30p or 5-11p.

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 within two business days before the first class meeting.

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

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

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

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

LEISURE TIMES ON T.V.
Leisure Times is a special video magazine produced to keep you up-to-date on Parks and Recreation activities. It is shown on the Columbia Channel which is seen on Mediacom Channel 80, Charter Communications Channel 992, and CenturyLink 96 or check them out on YouTube (columbiacitychannel).

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 $15 with $20 deposit.

Five Ways to Register:

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

**YOUTH ADMISSION - AGES 2 TO 17**
- Daily .......................................................... $3.75
- Multiple Pass (20) ....................................... $64.50
- Annual Pass .............................................. $203.00
- Monthly Installment* ................................. $19.50
- 30 Day Pass ............................................... $25.50
- After School 3pm-6pm daily ....................... $2.75
*This option is only available with monthly electronic funds transfer (EFT).
No contract but requires 30 day written notice to cancel.

**ADULT ADMISSION - AGES 18-59**
- Daily .......................................................... $6.00
- Multiple Pass (20) ....................................... $90.00
- Annual Pass .............................................. $359.00
- Monthly Installment* ................................. $34.50*
- 30 Day Pass ............................................... $40.50
- Adult plus one Annual* .............................. $467.00**
- Adult plus one Monthly* ............................ $44.75
- Adult plus one 30 Day Pass* ...................... $54.50
*This option is only available with monthly electronic funds transfer (EFT).
No contract but requires 30 day written notice to cancel.

**FAMILY ADMISSION - UP TO 5 PERSONS**
- Daily (up to 5 persons) .............................. $15.25
- Additional Dependent Family Member (ADFM)  $2.00 ea
- Annual Pass+ ........................................... $574.00
- Annual Pass ADFM ..................................... $28.75 ea
- Monthly Installment** ................................. $52.75*
- Monthly ADFM .......................................... $2.75 ea
- 30 Day Pass+ ............................................ $58.75
*This option is only available with monthly electronic funds transfer (EFT).
No contract but requires 30 day written notice to cancel.

**SENIOR ADMISSION - AGES 60 & OVER**
- Daily .......................................................... $3.75
- Multiple Pass (20) ....................................... $64.50
- Annual Pass .............................................. $225.00
- Monthly Installment* ................................. $22.50*
- 30 Day Pass ............................................... $28.50
- Annual Senior Couple+ .............................. $292.50
- Couple Monthly Installment** ..................... $29.25
- 30 Day Couple Pass* ................................... $35.25
*This option is only available with monthly electronic funds transfer (EFT).
No contract but requires 30 day written notice to cancel.

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

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.

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 8 for details. 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 Features
✓ Group Exercise Room
✓ Hydro Therapy Pool
✓ Kid Zone-Stay & Play Area for Children
✓ Spinning Room
✓ Youth Training Room

ARC HOURS OF OPERATION
MONDAY-FRIDAY: 5:30a-9:30p | SATURDAY: 7a-7p | SUNDAY: 9a-6p

HOLIDAY HOURS
LABOR DAY: Sept. 3 - 11a-5:30p
NOV. 27 - 5:30A-5:30P / THANKSGIVING: Closed
DEC. 24 - 5:30A-3P / CHRISTMAS: Closed
DEC. 31 - 5:30A-3P / NEW YEAR’S DAY: Jan. 1 - Closed
FOR REGULAR & HOLIDAY POOL HOURS, PAGE 13
WATER ZONE
The Water Zone includes a leisure pool with zero depth entry, interactive water play feature, triple loop water slide, lazy river, vortex, three lap lanes and a heated hydro therapy pool. This area includes two wet multipurpose rooms that can accommodate birthday parties, lifeguard training and much more.

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

HOURS OF OPERATION
Monday - Friday ......................................................... 8am-12pm & 4-8pm
Saturday ................................................................. 8am-12pm

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

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

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

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

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

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.

GYMNASUIM
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
Sunday night court 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 ½ hour rental; 6p-7:30p or 7:45p–9:15p
Half Court ~ $40 for a 1 ½ 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

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.
Creating Community through People, Parks and Programs

GYMNASIUM SCHEDULE

SUNDAY
9-11a ................................................................. Pickleball
10-11a ................................................................. Little Gymmers
11a-1:30p .............................................................. Pickleball
6:30-7:30p ......................................................... 11-17 yrs Volleyball
7:30-9:30p ......................................................... Adult Volleyball

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

TUESDAY
6-9a ................................................................. Pickleball
9:15-10:15a ....................................................... Boot Camp
11:30-1:30p ....................................................... Adult Volleyball
1:30-3:30p .......................................................... Pickleball

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

THURSDAY
6-9a ................................................................. Pickleball
8-9:45a ............................................................... Full Ct Basketball
10-11a ................................................................. Little Gymmers
11a-1:30p .............................................................. Pickleball
6:30-9:30p .......................................................... Pickleball

FRIDAY
6-9a ................................................................. Beginners Pickleball
8-9:45a ............................................................... Full Ct Basketball
10-11a ................................................................. Little Gymmers
11a-1:30p .............................................................. Pickleball
6:30-9:30p .......................................................... Pickleball

Note: Days and times are subject to change.

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.

WATER ZONE BIRTHDAY PARTIES, PAGE 14

Activity & Recreation Center

IS IT YOUR Birthday?
Show proof of your birthday at the Guest Services Desk & you can use the ARC for FREE on your special day!
ADAPTED COMMUNITY RECREATION PROGRAM
The Adapted program held at Paquin Tower, is designed for individuals with special needs. The program is open to the community and most of the activities are walk-in.

Complete information about the program (including new monthly activities offered) is produced in a monthly newsletter available at the Adapted Community Recreation office, Paquin Tower, 1201 Paquin St, Ste 106B or online at CoMo.gov (search adapted). Call 573-554-7042 for more information. If you would like to be on our mailing list, please email Sarah.Bowman@CoMo.gov.

If you wish to participate in any Parks and Recreation activity, yet feel you may need some special accommodation, please call 573-554-7042. For updates on activities, check our Facebook page @CoMoAdaptedRec

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

Crafts and Ceramics studio is open on the following days:
- Mon (Ceramics only) 11 am – 6 pm
- Tues (Painting) 11 am – 3 pm
- Wed (Ceramics only) 11 am – 3 pm
- Thurs (Ceramics) 11 am – 3 pm
- Fri (Ceramics) 11 am–3 pm

Fee: Cost of the greenware
Email Sarah.Bowman@CoMo.gov to schedule group times for ceramics.

SOCIAL ACTIVITIES AND EXERCISE
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 6.

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 get exercise at the same time! Wii games are played several times during the month; please call 554-7042 for the schedule.

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.

MONTHLY SOCIAL GATHERING
Oct 11, Nov 7, Dec 12, Jan 23, Feb 7
Join us for a different activity every month starting in October. Activities will vary (such as movie night, game night, s’mores, and more). Price is $5 per person. Please call to sign up.

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

Location: ARC
Registration not required

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA F: Sept 13</td>
<td>6:30-8:30 pm</td>
<td>14+</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>NA F: Oct 25</td>
<td>6:30-8:30 pm</td>
<td>14+</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>NA F: Nov 15</td>
<td>6:30-8:30 pm</td>
<td>14+</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>NA F: Dec 20</td>
<td>6:30-8:30 pm</td>
<td>14+</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>NA F: Jan 17</td>
<td>6:30-8:30 pm</td>
<td>14+</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>NA F: Feb 7</td>
<td>6:30-8:30 pm</td>
<td>14+</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>NA F: Mar 13</td>
<td>6:30-8:30 pm</td>
<td>14+</td>
<td>$5</td>
<td></td>
</tr>
</tbody>
</table>

ADAPTIVE SPORTS
The City of Columbia offers numerous sports to individuals with special needs. Competitions are held through Special Olympics, however competing is not required for participation. Each sport has a level for any and all levels of participation from learning the very basics to fine tuning preexisting knowledge. When you register, please be sure that your athlete has a current Special Olympics specific physical and release form. Prior experience or knowledge is not necessary. Please contact Jessica Sida at Jessica.Sida@CoMo.gov or 573-874-7312 if you have any questions or require listed forms.

ADAPTIVE SWIMMING
Registration deadline when the maximum number of participants is reached. Team assignments, practice dates/times will be assigned after close of registration.

Location: Hickman Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>115604-01</td>
<td>Su: Feb 9-May 3</td>
<td>4:30- 6:30 pm</td>
<td>8+</td>
<td>$15</td>
</tr>
</tbody>
</table>
**Adapted Sports | Aquatics**

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**ARC WATER ZONE**

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

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

**ALBERT-OAKLAND FAMILY AQUATIC CENTER**

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

Closes for Season: September 2

- Outdoor Facility
- Diving Boards
- 50 Meter Pool
- Children’s Water Play Area with Water Sprinklers and a Water Slide
- Double Loop Enclosed Flume Water Slide
- Recreational Swim
- Shade Umbrellas
- Large Deck with Lounge Chairs Area with Sprinklers and Slide
- Concession Stand

**DOUGLASS PARK SPRAYGROUND**

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

Closes for Season: September 30

Unguarded

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

**FLAT BRANCH PARK SPRAYGROUND**

Flat Branch Park, 400 Locust St.

Closes for Season: September 30

Unguarded

Outdoor Water Feature Spraygrounds
Plaza with interactive water fountains, geysers and jets shooting from the ground
Free to the Public

**HICKMAN POOL**

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

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

**STEPHENS LAKE & SPRAYGROUND**

Stephens Lake Park, 2001 E. Broadway

Closes for Season: September 30

Unguarded

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

**SWIM HOTLINE**

Call 874-7663 for special up-to-date information on facility openings and closings.

**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!

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**Adapted Bells Choir**

Join the handbell choir. Hand bells are a source of enjoyment and pleasure for all who play and for the thousands who are entertained.

**Third Monday of the month, 3:30pm**

Instructor: Alex Wenzel
Location: Paquin Tower

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

**APPROPRIATE SWIM ATTIRE**
Any individual wearing street clothes will not be allowed admission into the facility unless they are the parent or guardian of a child 10 years and younger. Appropriate swim attire is required to enter ALL aquatic facilities. Appropriate attire is defined as clothing specifically designed for use in the water. Some examples of inappropriate attire include, but are not limited to: basketball shorts, sports bras and shorts, sweatpants, cut-off shorts, & cargo shorts. Aquatic cashiers will ask to see swim attire at time of entry, those without appropriate attire will not be admitted.

<table>
<thead>
<tr>
<th>AUGUST</th>
<th>SEPTEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALBERT-OAKLAND FAMILY AQUATIC CENTER</strong></td>
<td><strong>AFTER LABOR DAY CLOSED FOR SEASON</strong></td>
</tr>
<tr>
<td>M-F 12-7p</td>
<td>Open</td>
</tr>
<tr>
<td>Sa 11a-5p</td>
<td>Sept 1, 2</td>
</tr>
<tr>
<td>Su 12-5p</td>
<td>12-5 pm</td>
</tr>
<tr>
<td><strong>Last Weekday</strong></td>
<td><strong>OPENING</strong></td>
</tr>
<tr>
<td>Aug 9</td>
<td></td>
</tr>
<tr>
<td>Closed</td>
<td><strong>Closed</strong></td>
</tr>
<tr>
<td>Aug 12-16, 19-23, 26-30</td>
<td></td>
</tr>
<tr>
<td>Open</td>
<td></td>
</tr>
<tr>
<td>Aug 10, 11, 17, 18, 24, 25, 31</td>
<td></td>
</tr>
<tr>
<td>12-5 pm</td>
<td></td>
</tr>
</tbody>
</table>

**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.

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

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

**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 (573-874-7663).

**FLOTATION DEVICES**
Flotation devices are welcome at our aquatic facilities under these guidelines.
- We recommend U.S. Coast Guard approved devices only.
- Children 10 and under may only use 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.

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

**Location:** Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>101900-01</td>
<td>Su: Feb 23</td>
<td>1-3p</td>
<td>NA</td>
<td>$4</td>
</tr>
</tbody>
</table>
AQUATIC PRIVATE RENTALS

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

RENTAL RATES

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>144001-01</td>
<td>Tu: Sep 3</td>
<td>6:30-7:30pm</td>
<td>NA</td>
<td>$5</td>
</tr>
</tbody>
</table>

Pooch Plunge

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

Location: Albert-Oakland Family Aquatic Center

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>114401-01</td>
<td>Wed: Sep 3</td>
<td>6:30-7:30pm</td>
<td>NA</td>
<td>$5</td>
</tr>
</tbody>
</table>

School’s Out – OPEN SWIM

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

- Sept 30; Oct 31, Nov 1, 5, 15, 29; Dec 23, 26, 27, 30
- Jan 2, 3, 20; Feb 14, 17, 28; Mar 11, 23, 24, 25, 26, 27

REC SWIM

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

LAP/SPA/WALK

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

WATER AEROBICS CLASS

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

MOVING MY JOINTS

For those who are challenged by arthritis or have special conditions that make the other group fitness classes too difficult. This class is beneficial for participants who need a slower paced workout.
WATER ZONE BIRTHDAY PARTY PACKAGES
Come have your birthday fun at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 874-7700 or by reserving them in person. Payment must be made at the time of reservation either in person or over the phone with a Master Card or Visa. More information will be located on the back of the party contract.

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

ROOM TIMES
Mon or Wed ................................................................. 1:30-3:30*p, 4-6p; 6:30-8:30p
Fri ............................................................................... 1:30-3:30*p, 4-6p; 6:30-8:30p
Sat or Sun ................................................................. 1:30-3:30, 4-6p; 6:30-8:30

Parties are only available during Rec swim times.
*Available when school is not in session or on early release days

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

WATER SPECIALTY CLASSES
DEEP WATER AEROBICS
This low-impact session workout is designed to strengthen and tone all muscle groups with maximum aerobic effort. Instructors will use resistance equipment during this class to challenge participants. Pre-registration is required.

Location: Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>101205-01</td>
<td>Tu, Th: Sep 10-Oct 8*</td>
<td>5:40-6:30 pm</td>
<td>15+</td>
<td>$40</td>
</tr>
<tr>
<td>101205-02</td>
<td>Tu, Th: Oct 15-Nov 12*</td>
<td>5:40-6:30 pm</td>
<td>15+</td>
<td>$40</td>
</tr>
<tr>
<td>101205-03</td>
<td>Tu, Th: Dec 3-Dec 19</td>
<td>5:40-6:30 pm</td>
<td>15+</td>
<td>$30</td>
</tr>
<tr>
<td>101205-04</td>
<td>Tu, Th: Jan 14-Feb 6</td>
<td>5:40-6:30 pm</td>
<td>15+</td>
<td>$40</td>
</tr>
<tr>
<td>101205-05</td>
<td>Tu, Th: Feb 18-Mar 12</td>
<td>5:40-6:30 pm</td>
<td>15+</td>
<td>$40</td>
</tr>
</tbody>
</table>

*No class 10/3, 10/31

ALL WATER FITNESS CLASSES, EXCEPT SPECIALTY CLASSES, ARE INCLUDED WITH ARC ANNUAL MEMBERSHIPS. WATER FITNESS CLASSES, EXCEPT WATER BOOT CAMP, ARE GEARED FOR 15 YEARS AND OLDER TO PARTICIPATE.

LITTLE SWIMMERS PLAYTIME
Come enjoy the play structure, zero-depth area and the lazy river of the ARC Water Zone during a time specifically reserved for the little ones and an adult playmate. Day Care providers, please see our special day care swim times. Daily admission fee is required for all participants which includes all little ones (0-8yrs old) and their adult playmates. Children 8 years and under must be accompanied by an adult (16 years or older).

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

DAYCARE SWIM
Home daycares and daycare centers are welcome to bring their children to enjoy the play structure and zero depth area of the ARC Water Zone during a time specifically reserved for you. Reservations are required. Required adult to child ratios: 2 years of age 1:4, 3-5 years of age 1:6, 6 years of age and older 1:10. This activity is for ages 10 years and under with adult supervision (16 years and older).

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

Five Ways to Register:
1. Online: Go to www.CoMo.gov
2. Walk-in: You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. Mail-in: Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. Fax-in: Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON/WED</th>
<th>TU/THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARC Closed</td>
<td>Lap/Spa/Walk 5:45-7a</td>
<td>Lap/Spa/Walk 5:45-6:55a</td>
<td>Lap/Spa/Walk 5:45-7a</td>
<td>ARC Closed</td>
</tr>
<tr>
<td></td>
<td>Lap/Spa/Walk 7:7:55a</td>
<td>Water Aerobics 7-7:50a</td>
<td>Lap/Spa/Walk 7-7:55a</td>
<td>Water Aerobics 7:10-8a</td>
</tr>
<tr>
<td></td>
<td>Water Aerobics 8-8:50a</td>
<td>Water Aerobics 8-8:50a</td>
<td>Water Aerobics 8-8:50a</td>
<td>Water Aerobics 8:10-9a</td>
</tr>
<tr>
<td></td>
<td>Moving My Joints 10-10:50a</td>
<td>Lap/Spa/Walk 10a-1:30p</td>
<td>Moving My Joints 10-10:50a</td>
<td>Swimming Lessons 10:10-10:55a*</td>
</tr>
<tr>
<td></td>
<td>Little Swimmers 11a-12p</td>
<td>Little Swimmers 11a-12p</td>
<td>Lap/Spa/Walk 11a-1:30p</td>
<td>Swimming Lessons 11:10-11:55a*</td>
</tr>
<tr>
<td></td>
<td>Lap/Spa/Walk 11a-1:30p</td>
<td>Water Zone Closed 1:30-3p</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water Zone Closed 1:30-3p</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rec Swim 12-5:30p</td>
<td>Spa will be closed 1:30-6p for Maintenance every Wed</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Spa will be closed 1:30-6p for Maintenance every Wed</td>
<td>Water Zone Closed 1:30-3p</td>
<td>Water Zone Closed 1:30-3p</td>
<td>Rec Swim 12-6:30p</td>
</tr>
<tr>
<td></td>
<td>Rec Swim 3-5p</td>
<td>Water Aerobics 5:30-6:20p</td>
<td>Lap/Spa/Walk 3-5p</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water Aerobics 6:30-7:20p</td>
<td>Lap/Spa/Walk 7:30-9p</td>
<td>Rec Swim 5-9p</td>
<td></td>
</tr>
<tr>
<td>WATER ZONE CLOSED</td>
<td>Lap/Spa/Walk 7:30-9p</td>
<td>Lap/Spa/Walk 7:30-9p</td>
<td>Lap/Spa/Walk 7:30-9p</td>
<td>WATER ZONE CLOSED</td>
</tr>
</tbody>
</table>

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

LEARN TO SWIM COURSE DESCRIPTIONS
MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

<table>
<thead>
<tr>
<th>LEVELS</th>
<th>REQUIREMENTS</th>
<th>SKILLS TAUGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARN TO SWIM (Level One)  ❮STARFISH❯</td>
<td>None. The objective of Level 1 is to help students feel comfortable in the water.</td>
<td>Introduction to supported floating, immersion of face into water, blowing bubbles, introduction to kicking.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Two A)  ❮CLOWNFISH❯</td>
<td>Passed Level One or demonstrate equivalent skills.</td>
<td>Ability to show some independence in water. Introduction to basic strokes.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Two B)  ❮BLUEFISH❯</td>
<td>Passed Level Two A or demonstrate equivalent skills.</td>
<td>Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Three)  ❮SEA TURTLES❯</td>
<td>Passed Level Two B or demonstrate equivalent skills.</td>
<td>Coordinate the front crawl and back crawl; introduction to elements of butterfly; introduction to elements of breast stroke.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Four)  ❮STINGRAYS❯</td>
<td>Passed Level Three or demonstrate equivalent skills.</td>
<td>Develop confidence in the strokes learned in previous levels; build on butterfly and breast stroke.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Five)  ❮DOLPHINS❯</td>
<td>Passed Level Four or demonstrate equivalent skills.</td>
<td>Coordination and refinement of strokes; increase distances; flip turns.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Six)  ❮SHARKS❯</td>
<td>Passed Level Five or demonstrate equivalent skills.</td>
<td>Refine strokes-ease, efficiency, power, smoothness of greater distances.</td>
</tr>
</tbody>
</table>

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 $96

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 $125
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 of three to four participants to one instructor.

Location: Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>116601-01</td>
<td>Tu, Th: Sep 10-Oct 8*</td>
<td>6:30-7:15 pm</td>
<td>3+</td>
<td>$52</td>
</tr>
<tr>
<td>116601-02</td>
<td>Tu, Th: Oct 15-Nov 12*</td>
<td>6:30-7:15 pm</td>
<td>3+</td>
<td>$52</td>
</tr>
<tr>
<td>116601-03</td>
<td>Tu, Th: Jan 14-Feb 6</td>
<td>6:30-7:15 pm</td>
<td>3+</td>
<td>$52</td>
</tr>
<tr>
<td>116601-04</td>
<td>Tu, Th: Feb 18-Mar 12</td>
<td>7:30-8:15 pm</td>
<td>3+</td>
<td>$52</td>
</tr>
</tbody>
</table>

*No lessons 10/3, 10/31

PARENT & CHILD SWIM LESSONS

Infant/Toddler swim lessons for ages 6 months to 3 years. A parent must accompany the child in the water. Program is intended to help the child develop a comfort level in and around the water, as well as to provide the parent with the necessary knowledge and skills to orient the child.

Location: Water Zone @ ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>116701-01</td>
<td>Sa: Sep 7-Oct 26</td>
<td>10:10-10:40 am</td>
<td>6 mos-3</td>
<td>$48</td>
</tr>
<tr>
<td>116701-02</td>
<td>Sa: Sep 7-Oct 26</td>
<td>11:10-11:40 am</td>
<td>6 mos-3</td>
<td>$48</td>
</tr>
<tr>
<td>116701-03</td>
<td>Sa: Jan 18-Mar 7</td>
<td>10:10-10:40 am</td>
<td>6 mos-3</td>
<td>$48</td>
</tr>
<tr>
<td>116701-04</td>
<td>Sa: Jan 18-Mar 7</td>
<td>11:10-11:40 am</td>
<td>6 mos-3</td>
<td>$48</td>
</tr>
</tbody>
</table>

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 6.

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.

REFUND POLICY

For information on the refund policy please see the General Information section, page 6.

STARGUARD LIFEGUARD TRAINING

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

Location: Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>101200-01</td>
<td>Fri-Sun Mar 6-8</td>
<td>5-9 pm; Sa-Su 8am-5pm</td>
<td>15+</td>
<td>$135</td>
</tr>
</tbody>
</table>

LIFEGUARD RECERTIFICATION

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 the class you will need to bring your certification card. Enrollment in class does not guarantee a passing grade. Please contact us directly at 874-7700 to register.

Location: Water Zone @ ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>101201-01</td>
<td>Su: Mar 15</td>
<td>8 am-5:30 pm</td>
<td>15+</td>
<td>$100</td>
</tr>
<tr>
<td>101201-02</td>
<td>Su: Apr 12</td>
<td>8 am-5:30 pm</td>
<td>15+</td>
<td>$100</td>
</tr>
</tbody>
</table>

COLUMBIA SWIM CLUB

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

Toys for Columbia’s Youth – Oct 28-Dec 9

When you are out shopping this holiday season, please pick up an extra gift for a child for Parks and Recreation’s annual toy drive.

Drop off points include:
• Armory 701 E. Ash
• ARC, 1701 W. Ash
• Parks and Recreation, #1 South 7th St.

Monetary donations in the form of 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.
MOVIES AT THE ARMORY
Bored after school and looking for something to do? Then come and watch age-appropriate movies with other youth in Columbia. Popcorn and Kool-Aid will be provided. Call 874-7460 or check CoMo.gov for the movie titles showing this month!
Location: Aerobic Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop In</td>
<td>4th Tuesday</td>
<td>4:45 pm</td>
<td>All</td>
<td>Free</td>
</tr>
</tbody>
</table>

ARMORY SCIENCE KLUB (ASK)
Do you love performing science experiments? If so, then join ASK (Armory Science Klub) where we study the world around us by ASKing questions and doing experiments. Different experiments each session.
Location: Armory Sports Center

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>113914-01</td>
<td>Th: Sept 19 - Oct 24</td>
<td>6-7 pm</td>
<td>8-10</td>
<td>$30</td>
</tr>
</tbody>
</table>

HANDS ON CLAY FOR KIDS
Children will learn the basics of building and glazing their work. They will learn the difference between pinching, coiling, slab, and squeeze techniques. Build imaginary animals, functional pieces, and more in this kid-centric class.
Location: Armory

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>102913-01</td>
<td>Th: Oct 10 - Nov 14*</td>
<td>5:45-6:45 pm</td>
<td>6-10</td>
<td>$15</td>
</tr>
</tbody>
</table>

No class 10/31

4TH FRIDAY KIDS’ NIGHT
Parents, need some time out? Kids, just want to have fun? We’re here to help! Sign up to drop off the kids for a fun night of crafts, games, snack, and movie on the 4th Friday of most months. Pre-registration is required.
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>102915-01</td>
<td>F: Aug 23</td>
<td>6-9:30 pm</td>
<td>4-10</td>
<td>$15</td>
</tr>
<tr>
<td>102915-02</td>
<td>F: Sep 27</td>
<td>6-9:30 pm</td>
<td>4-10</td>
<td>$15</td>
</tr>
<tr>
<td>102915-03</td>
<td>F: Jan 24</td>
<td>6-9:30 pm</td>
<td>4-10</td>
<td>$15</td>
</tr>
<tr>
<td>102915-04</td>
<td>F: Feb 28</td>
<td>6-9:30 pm</td>
<td>4-10</td>
<td>$15</td>
</tr>
</tbody>
</table>

Five Ways to Register:
1. Online: Go to www.CoMo.gov
2. Walk-in: You can register at the downtown office
   1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. Mail-in: Mail to Columbia Parks & Recreation,
   P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. Fax-in: Fax to Columbia Parks and Recreation
   (573) 874-7640. (Form Online)
**NEW KING OF THE MOUNTAIN VIDEO GAME NIGHT**
Are you the best gamer around? Prove it! Join us the second Thursday of every month starting September 12. The format is simple. Win and you keep playing; lose and you give up the controller. At the end of the night the gamer who has the most wins will get a prize and ultimate bragging rights. Food and refreshments will be provided.

Location: Armory Sports Center

**“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

**LEARN TO SEW**
For more information, please call the Armory Sports Center at 817-5077 or email Mary.Dewey@como.gov.

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

Location: Conference Room @ ARC
Instructor: Lynn Darst

**DROP IN KNITTING/CROCHET**
Come join this stress free group and learn how to knit/crochet. Material will be provided for you unless you have your own you’d like to bring.

Location: Downstairs @ Armory Sports Center

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

Location: Armory Sports Center

**ONE-ON-ONE INTRO TO VOICEOVERS**
Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One time, 90 minute, one-on-one, video-chat class! Learn more: http://www.voicesforall.com.

Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as Skype (for PC/Mac users) or iChat/FaceTime (for Mac Users). Pre-registration required. After you’ve registered, an instructor will contact you to set up class date and time.

Voices For All instructor

**EARN YOUR POTTERY BADGE**
Need to earn your pottery badge? Come to the art room at Paquin Tower to see different types of pottery techniques, clays, and glazes. Scouts will be able to make 2 different types of projects with clay and then they will come back to paint the projects. Please call the office at (573)554-7042 or email Sarah.Bowman@CoMo.gov to set up times. Fee is $10 per student.

Five Ways to Register:

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

CARE’s Summer Program is its original and largest program. CARE offers an eight-week program in which more than 100 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.

To apply, go to https://www.gocomojobs.com/postings/search and the look for CARE TRADITIONAL Summer Trainee. Traditional summer program applications will be available online from October 1 to February 28 (please apply as soon as possible).
PROJECT SALSA (SUMMER)*

Project Salsa is also an 8-week summer program. It is a collaborative academic/employment effort between the CARE program, MU Family Impact Center, Columbia Center for Urban Agriculture, and Columbia Public Schools. Project Salsa provides opportunities for approximately 15 local high school students to work from beginning to end on a project to foster skills that can be transferred into the workforce. The main components of the Project Salsa experience are:

• Grow: trainees will learn to maintain a garden growing tomatoes, jalapenos, onions, and cilantro.
• Cook: trainees will work in a team to research and produce a unique salsa recipe.
• Sell: trainees will learn to create a business plan, package their salsa, create a brand, label their product, and then sell their salsa at Lucky’s Market.

*Youth may only participate in one CARE summer program each year (either the traditional summer program, or project salsa)

WORKSHOP WEDNESDAYS

Workshop Wednesdays are free drop in employment classes for 6th through 12th grade students on the following dates:

10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20
12/4, 12/11, 12/18, 1/8, 1/15, 1/22, 1/29

CARE staff and volunteers will be available from 3:00 to 7:00 p.m. to provide individualized and small group assistance with:

• Applying online for a summer CARE trainee position
• Practice interviewing, making your own resume, making your own cover letter and learning how to get letters of reference.

All workshops will be held on the second floor of the Armory Sports Center (701 East Ash St.), which is located at the northeast corner of Seventh and Ash Streets. Free parking is available in the Armory parking lots after 6 p.m. For more information, call the CARE office at (573) 874-6300.

CARE’S SUMMER 2019 WORK SITES:

- A Galaxy of Stars Child Care Center
- Academy of Early Childhood Learning
- Access Percussion
- All Dogs-N-Cats
- Athletes Performance Institute
- Battle High School
- Battle High School (Softball)
- Benton Elementary School
- Big Daddy’s BBQ
- Bob McCosh Chevrolet
- Boys & Girls Club of Columbia
- Bright Start Academy (East)
- Bright Start Academy (West)
- Bubblecup Tea Zone
- Cedar Creek Therapeutic Riding Center
- Central Pantry
- Chrystal L. Hair & Makeup
- City of Columbia – Columbia Regional Airport
- City of Columbia – IT Department
- City of Columbia Parks and Recreation ARC – Aquatics
- City of Columbia Parks and Recreation ARC – Facility
- City of Columbia Parks and Recreation Armony Summer Camp
- City of Columbia Parks and Recreation PMC Horticulture
- Classic Whips
- Columbia Area Career Center
- Columbia Chamber of Commerce
- Columbia Pet Center
- Como Smoke and Fire
- Diamond Cutz Barber Studio
- D-Ice
- Diggit Graphics
- Donut D-Light
- First Chance for Children
- Fun City Youth Academy
- G & D Pizzaria
- Gaines Car Detailing
- Galen’s Auto Body
- Harmony’s Treasure Box
- Harry S. Truman Memorial Veterans’ Hospital
- Jabberwocky Studios
- Jamaican Jerk Hut
- JobFinders Employment Services
- Let’s Roll Ice Cream
- Lutheran Senior Services
- Makes Scents
- Mary Lee Johnston Community Learning Center
- Maude Vintage Clothing and Costumes
- McClain’s Family Restaurant
- Moving Ahead Program
- MU KBIA 91.3 FM
- MU Law Library
- MU ParentLink
- MU Sinclair School of Nursing
- Nanny’s Early Learning Center
- Nora Stewart Early Learning Center
- Palen Music Center
- ParkSide SkateShop
- Peggy Jean’s Pies
- Play It Again Sports
- Project Salsa
- Resident Arts
- Rolling Hills Vet Hospital
- Rumors Beauty Salon
- Shakespeare’s Pizza (South)
- Shakespeare’s Pizza (West)
- Shalom Christian Academy and Daycare
- SkyZone
- Stephens College
- Super Sami Beauty Supply
- Taylor Toolworks
- The Arcade at Columbia Mall
- The Bluffs
- The MAC
- The School House Home Learning Center
- ThermAvant Technologies
- Tree Top Innovative Learning Center
- United Cerebral Palsy Heartland Child Development Center
- University of Missouri – HRPC for Student Employment
- University of Missouri Healthcare
- WildysWorld! MuralMakers Studio
- Woodhaven
- Youth Empowerment Zone

Want to MAKE A DIFFERENCE while getting FREE Labor?

CARE depends on partnerships with area companies (work site partners) to provide the work sites and the real-world hands-on work experiences for its trainees; however, 100% of the trainees’ wages are paid by CARE. 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. CARE is a win-win-win situation for the trainees, the work site partners, and the Columbia community as a whole.

For more information on how your company can make a difference and get free help, contact Ron Schmidt at Ron.Schmidt@CoMo.gov or (573) 874-6377.
OPEN COMPUTER LAB
For youth and adults. Do research, 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
Activity # Date Time Age Price
Drop in M-F 8 am-2 pm 18 and up $1 per use or $5 for monthly pass

COMO BIKE CO-OP
Funding for GetAbout Columbia is provided by the Federal Highway Administration's Non-Motorized Transportation Pilot Program.

ADULT AND YOUTH BICYCLE EDUCATION

COMO BIKE CO-OP
The CoMo Bike Co-op is a program and classroom facility located in the Armory Sports center Columbia Parks and Recreation, in partnership with GetAbout Columbia, manages year-round programming. Mission statement: Increase transportation independence through bicycle ridership, especially among Columbia's most underserved individuals.

COMO BIKE CO-OP PROGRAMS
Pro Bono Bicycle Repair: Working in partnership with other bicycle advocacy organizations, staff and volunteers will provide pro-bono bike repair for Columbia's underserved population.
Bike Repair Walk-in Hours (subject to change, excludes holidays): Mondays, 2-6 pm. Contact Janet.Godon@CoMo.gov or 573.441.5495.

PRIVATE LEARN TO RIDE A BICYCLE LESSONS
This program is not eligible for online registration. Please call 573-874-7460 to register with a credit card. Young or old, there's no better time than the present to learn to ride a bicycle. We provide one-on-one instruction with experienced instructors. Youth and adult students will spend one hour of intense, yet fun, instruction on two consecutive days. This is all it takes for the majority of students to learn to balance, pedal and control their own bicycle. Equipment to be provided by student: helmet and bicycle that is properly fitted and in good working order (students should be able to “stand” over their bicycle flat-footed on the ground while sitting on the saddle). Details will be emailed to interested participants. Schedule varies depending on instructor availability.
Location: Various City parking lots
Activity # Date Time Age Price
Schedule varies 6 and up $50
Schedule varies 6 and up $50

INTRODUCTION 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 is pedal activated. 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
Activity # Date Time Age Price
118309-01 Su: Oct. 20 2-4 pm NA Free

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. Licensing a bike offers benefits that include theft recovery and accident identification.

DANCE, CHEERLEADING & TUMBLING

CLASSES FOR PRESCHOOLERS

TV TODDLERS TUMBLE & DANCE
Learn some basic dance moves and tumbling, then put it all together in a short routine each week, using fun songs from popular cartoons! Pre-registration required.
Instructor: Carrie Burns
Location: Hillcrest Room D @ Waters-Moss
Activity # Date Time Age Price
105700-01 Th: Nov 7-21 6-6:30 pm 2-3 with adult $35

TODDLER DISNEY PRINCE & PRINCESS DANCE
Learn some dance moves, and a fun routine to a Disney song! You can even wear your favorite Disney character clothes or costume (as long as you can move and dance in it!). Don't miss this fun new class for all little prince and princesses! Pre-registration required.
Instructor: Carrie Burns
Location: Hillcrest Room D @ Waters-Moss
Activity # Date Time Age Price
105700-01 Th: Nov 7-21 6-6:30 pm 2-3 with adult $35

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
Activity # Date Time Age Price
107703-01 Th: Sep 12-26 6:30-7 pm 2-3 with adult $35
### CLASSES FOR YOUTH

**MOVIE MAGIC TUMBLE & DANCE**  
Learn some basic dance moves and tumbling, then put it all together in a short routine each week, using fun songs from movies! Pre-registration required.  
**Instructor:** Carrie Burns  
**Location:** Hillcrest Room D @ Waters-Moss  
**Activity #** | **Date** | **Time** | **Age** | **Price**  
--- | --- | --- | --- | ---  
105916-01 | Th: Dec 5-19 | 6:30-7 pm | 4-8 | $35  

**DISNEY PRINCE & PRINCESS DANCE**  
Learn some dance moves, and a fun routine to a Disney song! You can even wear your favorite Disney character clothes or costume (as long as you can move and dance in it!). Don’t miss this fun new class for all little prince and princesses! Pre-registration required.  
**Instructor:** Carrie Burns  
**Location:** Hillcrest Room D @ Waters-Moss  
**Activity #** | **Date** | **Time** | **Age** | **Price**  
--- | --- | --- | --- | ---  
105914-01 | Th: Dec 5-19 | 6-6:30 pm | 4-8 | $35  

**TUMBLE JUMBLE**  
A jumble of tumble and dance fun all in one! A mix of music, dance, floor exercise, movement and imagination, through dance games, simple tricks, musical activities and more! Pre-registration required.  
**Instructor:** Carrie Burns  
**Location:** Hillcrest Room D @ Waters-Moss  
**Activity #** | **Date** | **Time** | **Age** | **Price**  
--- | --- | --- | --- | ---  
105705-01 | Th: Oct 3-17 | 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.  
**Instructor:** Carrie Burns  
**Location:** Hillcrest Room D @ Waters-Moss  
**Activity #** | **Date** | **Time** | **Age** | **Price**  
--- | --- | --- | --- | ---  
105701-01 | Th: Oct 3-17 | 6-6:30 pm | 4-8 | $35  

### CLASSES FOR TEENS AND ADULTS

**BALLROOM, SWING & COUNTRY DANCE**  
Get a taste of ballroom, swing and country dance all in one fun class! Learn the basics of all three, including footwork and some breaks and turns. Please sign up with a partner. Pre-registration required.  
**Instructor:** Carrie Burns  
**Location:** Hillcrest Room D @ Waters-Moss  
**Activity #** | **Date** | **Time** | **Age** | **Price**  
--- | --- | --- | --- | ---  
105101-01 | Th: Jan 23-Feb 6 | 6-6:45 pm | 18+ | $35  

**TAPPERCISE**  
Get a cardio workout while tapping to music of different eras - from Big Band to contemporary. Tap shoes recommended, but not required. Pre-registration required.  
**Instructor:** Pat Schreiner  
**Location:** Hillcrest Room D @ Waters-Moss  
**Activity #** | **Date** | **Time** | **Age** | **Price**  
--- | --- | --- | --- | ---  
105212-01 | Tu: Sep 10-Oct 15 | 5:30-6:15 pm | 16+ | $35  
105212-02 | Tu: Oct 22-Nov 26 | 5:30-6:15 pm | 16+ | $35
**FENCING & MARTIAL ARTS**

**INTRO TO FOIL FENCING**

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

**Instructor:** John Konzal  
**Location:** Moss Bldg. Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>111906-01</td>
<td>Sa: Sep 7-Oct 12</td>
<td>10-13</td>
<td>10-adult</td>
<td>$37</td>
</tr>
<tr>
<td>111906-02</td>
<td>Sa: Sep 7-Oct 12</td>
<td>6-9</td>
<td>10-adult</td>
<td>$37</td>
</tr>
<tr>
<td>111906-03</td>
<td>Sa: Oct 19-Nov 23</td>
<td>10-13</td>
<td>10-adult</td>
<td>$37</td>
</tr>
<tr>
<td>111906-04</td>
<td>Sa: Oct 19-Nov 23</td>
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<td>10-adult</td>
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<tr>
<td>111906-05</td>
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<tr>
<td>111906-07</td>
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<tr>
<td>111906-08</td>
<td>Sa: Feb 1-Mar 7</td>
<td>6-9</td>
<td>10-adult</td>
<td>$37</td>
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</tbody>
</table>

* No Class 12/31

**AIKIDO FOR KIDS**

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

**Instructor:** Doris Evans and Daniel Golian  
**Location:** Moss Bldg. Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
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<td>111906-01</td>
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<tr>
<td>111906-02</td>
<td>Sa: Sep 7-Oct 12</td>
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<td>10-adult</td>
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<td>111906-03</td>
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<td>10-13</td>
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<tr>
<td>111906-04</td>
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<tr>
<td>111906-07</td>
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<tr>
<td>111906-08</td>
<td>Sa: Feb 1-Mar 7</td>
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* No Class 12/28

**JUDO**

Learn traditional Judo, Freestyle Judo and grappling, including throwing, ground work and submissions. Join DDD Judo Mid-MO for fun, fitness and self-defense, in this class for all ages and skill levels. DDD Judo Mid-MO is a registered AAU Judo club, active for 22 years, now offering instructional classes in coordination with Columbia Parks and Recreation. Call or text Sensei Heitmann with questions at (816) 806-2113. Pre-registration required. Not sure Judo is for you? Try the first week free.

**Instructor:** Sensei Chris Heitmann  
**Location:** Hillcrest Room D @ Waters-Moss

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<tr>
<td>111301-03</td>
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<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
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<td>6-7:30pm</td>
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</table>

* No Class 9/2, 11/27, 12/23, 12/25, 12/30, 1/1

**BEGINNING TAE KWON DO**

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

**Instructor:** Mr. Jim Givens  
**Location:** Moss Bldg. Room A @ Waters-Moss

<table>
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<th>Date</th>
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<td>6-7 pm</td>
<td>7-adult</td>
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<tr>
<td>111302-03</td>
<td>Tu,Th: Jan 7-Feb 13</td>
<td>6-7 pm</td>
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<tr>
<td>111302-04</td>
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<td>7-adult</td>
<td>$55</td>
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</tbody>
</table>

* No Class: 10/31, 11/26, 11/28, 3/24, 3/26

**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 about 6 months of study in the Beginning Tae Kwon Do class, after reaching yellow belt. Uniform is required. Belt testing fees paid separately. Pre-registration required.

**Instructor:** Mr. Jim Givens  
**Location:** Moss Bldg. Room A @ Waters-Moss

<table>
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<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
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<td>$55</td>
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* No Class: 10/31, 11/26, 11/28, 3/24, 3/26

**BEGINNING YOUTH SHORIN-RYU KARATE**

Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one’s mental capabilities and more self-confidence. Shorin-Ryu Karate Free class and approval from instructor is a prerequisite for joining this class. Purchase of a uniform is required.

**Instructor:** Ray Walker  
**Location:** Aerobic Room @ Armory Sports Center

<table>
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<th>Time</th>
<th>Age</th>
<th>Price</th>
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<td>111905-04</td>
<td>M, Th: Mar 2-Apr 30*</td>
<td>6:30-7:15 pm</td>
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<td>$55</td>
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* No Class 11/28, 3/23, 3/26

**FREE YOUTH SHORIN-RYU KARATE**

Sign up for this one-time session class! Enrollment limited.

**Instructor:** Ray Walker  
**Location:** Aerobic Room @ Armory Sports Center

<table>
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ADVANCED SHORIN-RYU KARATE
The practice of karate develops composure, a clearer thought process, deeper insight into one’s mental capabilities and more self-confidence. Shorin-Ryu Karate beginning class and approval from instructor is a prerequisite for joining this class. Purchase of a uniform is required.

Instructor: Ray Walker
Location: Aerobic Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
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<td>M, Th: Oct 28-Dec 19*</td>
<td>7:15-8 pm</td>
<td>7-14</td>
<td>$60</td>
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<tr>
<td>111902-03</td>
<td>M, Th: Jan 6-Feb 27</td>
<td>7:15-8 pm</td>
<td>7-14</td>
<td>$60</td>
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<tr>
<td>111902-04</td>
<td>M, Th: Mar 2-Apr 30*</td>
<td>7:15-8 pm</td>
<td>7-14</td>
<td>$60</td>
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* No Class 11/28, 3/23, 3/26

CLASSES FOR TEENS AND ADULTS
See other classes for adults in youth section

AIKIDO
Learn how to relax, not fight, when conflict occurs. Aikido uses the principle of non-resistance, therefore strength is not a pre-requisite, making Aikido useful to women, men, and older people alike as an effective means of self-defense. Pre-registration required.

Instructor: Doris Evans and Daniel Golian
Location: Moss Bldg. Room A @ Waters-Moss

<table>
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<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
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<td>111204-01</td>
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<td>6-8 pm</td>
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<td>$45</td>
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<tr>
<td>111204-02</td>
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<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
</tr>
<tr>
<td>111204-03</td>
<td>M,W: Month of Nov</td>
<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
</tr>
<tr>
<td>111204-04</td>
<td>M,W: Month of Dec*</td>
<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
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<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
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<tr>
<td>111204-06</td>
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<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
</tr>
<tr>
<td>111204-07</td>
<td>M,W: Month of Mar</td>
<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
</tr>
</tbody>
</table>

* No Class 9/2, 12/25, 12/30, 1/1

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Drop In</td>
<td>M,W,F</td>
<td>8:30-9:30 am</td>
<td>18+</td>
<td>Free</td>
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COLUMBIA CUP KARATE TOURNAMENT
This tournament will involve forms, sparing, weapons and light competition. Foot and hand techniques score. Point areas are chest, stomach, side of body and head gear area. There will be no face contact under brown belt, no groin contact and no ground fighting. Trophies are awarded to 1st-5th place, along with grand champion trophy and black belt cash award. Contact Ray Walker at 573-424-3368 or email rwalker@amfam for more information. Instructors: Ray Walker

Location: Armory Full Gym @ Armory Sports Center

<table>
<thead>
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<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
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<td>111000-01</td>
<td>M, Th: Sep 5-Oct 24</td>
<td>7:45-8:45 pm</td>
<td>15+</td>
<td>Free</td>
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<td>111000-02</td>
<td>M, Th: Oct 28-Dec 19*</td>
<td>7:45-8:45 pm</td>
<td>15+</td>
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<tr>
<td>111000-03</td>
<td>M, Th: Jan 6-Feb 27</td>
<td>7:45-8:45 pm</td>
<td>15+</td>
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<td>111000-04</td>
<td>M, Th: Mar 2-Apr 30*</td>
<td>7:45-8:45 pm</td>
<td>15+</td>
<td>Free</td>
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</tbody>
</table>

* No class 11/28, 3/23, 3/26

FREE TEEN AND ADULT SHORIN-RYU KARATE
Would you like to try Shorin-Ryu Karate for free? Sign up for this one time session class. Enrollment is limited so sign up early!

Instructor: Ray Walker
Location: Aerobic Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Drop In</td>
<td>M,W,F</td>
<td>8:30-9:30 am</td>
<td>18+</td>
<td>Free</td>
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</table>

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

Location: Aerobic Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>Drop In</td>
<td>T, Th</td>
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<td>18+</td>
<td>Free</td>
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TEEN AND ADULT SHORIN-RYU KARATE
The practice of karate develops composure, a clearer thought process, deeper insight into one’s mental capabilities and more self-confidence. Shorin-Ryu Karate Beginner Level class and approval from instructor is a prerequisite for joining this class. For information email Sensei Walker at rwalker@amfam.com.

Instructor: Ray Walker
Location: Aerobic Room @ Armory Sports Center

<table>
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<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<td>7:45-8:45 pm</td>
<td>15+</td>
<td>$75</td>
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* No class 11/22, 3/26
FIFTY PLUS | 50+

HILLCREST COMMUNITY CENTER

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

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

Space is available for rent. Kitchen facilities are available. Call 573-874-7460 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 ____________________________  ____________________________  ____________________________
NAME 2  ______________________________________________________________________________________________
ADDRESS __________________________________________________________________________________________
CITY ________________________________________________ STATE ______________________ZIP __________________________
Phone _______________________________________________ Email __________________________________________________

MARK THE 2020 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

OKINAWAN GOJU-RYU KARATE

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

Instructor: Mark Hardeman
Location: Moss Bldg. Room B @ Waters-Moss

<table>
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<th>Time</th>
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<td>$45</td>
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<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
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* No Class 9/2, 12/25, 12/30, 1/1

KORYO GUMDO

Defined as the way of the Korean sword, Koryo Gumdo is similar to Haidong Gumdo and Japanese Kendo. Koryo Gumdo is a beautiful martial art involving the use of the long sword, the same one used by the ancient Samurai and Hwarang warriors. Mixing traditional and modern sword techniques, it is a graceful, but powerful martial art with rich philosophy. Koryo Gumdo is a fantastic form of exercise and mental training. Learn cuts, blocks, stances and the philosophy behind the use of the sword. Contact benjamin@theasbecks.net for questions and about required equipment. Pre-registration required.

Location: Moss Bldg Room B @ Waters-Moss
Instructor: Benjamin Asbeck

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Time</th>
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<th>Price</th>
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<tr>
<td>111207-01</td>
<td>Tu: Sep 3- Sep 24</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>111207-02</td>
<td>Tu: Oct 1-Oct 22</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>111207-03</td>
<td>Tu: Oct 29-Nov 19</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
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<tr>
<td>111207-04</td>
<td>Tu: Nov 26-Dec 17</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
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<tr>
<td>111207-05</td>
<td>Tu: Jan 7-Jan 28</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
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<tr>
<td>111207-06</td>
<td>Tu: Feb 4-Feb 25</td>
<td>6-7 pm</td>
<td>13+</td>
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<tr>
<td>111207-07</td>
<td>Tu: Mar 3-Mar 31*</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
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</table>

*No Class 3/24

INTERMEDIATE KORYO GUMDO

Continue to improve and build on the skills you've learned, and move on to more advanced material. Must have taken the Beginning Koryo Gumdo class and been recommended by instructor to enroll in the Intermediate class. Pre-registration required.

Location: Moss Bldg. Room B @ Waters-Moss
Instructor: Benjamin Asbeck

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
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<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
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<tr>
<td>111209-03</td>
<td>Tu: Oct 1-Oct 22</td>
<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
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<tr>
<td>111209-04</td>
<td>Tu: Oct 29-Nov 19</td>
<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
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<tr>
<td>111209-05</td>
<td>Tu: Nov 26-Dec 17</td>
<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
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<tr>
<td>111209-06</td>
<td>Tu: Jan 7-Jan 28</td>
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<td>13+</td>
<td>$39</td>
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<tr>
<td>111209-07</td>
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<td>13+</td>
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<tr>
<td>111209-08</td>
<td>Tu: Mar 3-Mar 31*</td>
<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
</tbody>
</table>

* No Class: 3/24

CURIOUS ABOUT OUR 50+ ACTIVITIES?

Curious about our 50+ activities? Stop by and see for yourself what is happening. Check out a painting session, game of Mexican train dominoes, try a potluck, observe Mah Jongg. We welcome you!
Mah Jongg groups meet 5 days a week. If you have a Mah Jongg group of your own looking for the perfect meeting place with card tables set up and waiting, or would like to join a group or sub for a group, inquire at the front desk at 874-7475. Using National Mah Jongg League rules, the game is played with 3 or 4 players and a 152 set of tiles. It is a great social game, lots of fun, and equal amounts of luck and strategy to keep your mind active! Anyone interested in learning Mah Jongg can contact the front desk for information on upcoming classes.

**When and Where:***
- **1st and 3rd Thursdays, 10:30 am-3 pm, Waters House**
- Aug 15, Sept 5 and 19, Oct 3 and 17, Nov 7, Dec 5 and 19, Jan 2 and 16, Feb 6 and 20, Mar 5 and 19

**EVENING MAH JONGG**

Working? Too busy during the day? Can never play enough Mah Jongg? Join us for an evening of Mah Jongg! Register as a Tuesday evening player by calling the Hillcrest front desk at 874-7475 or email HCC@CoMo.gov. Play is at Hillcrest, not the Waters House.

**When and Where:***
- Tues, 5-8 pm, Ages 18+ Hillcrest membership required.

**MAH JONGG**

Mah Jongg groups meet 5 days a week. If you have a Mah Jongg group of your own looking for the perfect meeting place with card tables set up and waiting, or would like to join a group or sub for a group, inquire at the front desk at 874-7475. Using National Mah Jongg League rules, the game is played with 3 or 4 players and a 152 set of tiles. It is a great social game, lots of fun, and equal amounts of luck and strategy to keep your mind active! Anyone interested in learning Mah Jongg can contact the front desk for information on upcoming classes.

**When and Where:***
- **1st and 3rd Thursdays, 10:30 am-3 pm, Waters House**
- Aug 15, Sept 5 and 19, Oct 3 and 17, Nov 7, Dec 5 and 19, Jan 2 and 16, Feb 6 and 20, Mar 5 and 19

**DROP IN ACTIVITIES**

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

**Jigsaw Puzzle:** Ongoing daily

**Dominoes (Mexican Train):** Thurs 10am-1pm

**Hand & Foot, Wed:** 9:45 am-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. The bluegrass group, Hart Creek will play after Bingo from 2-4 p.m. Hillcrest membership required.

**When and Where:***
- Tues, 1 pm

**CRAFTS**

**KNITTING GROUP**

Drop in for a sociable afternoon of knitting. Other crafts such as crocheting and needlework are also welcome. Bring your projects and receive encouragement and camaraderie. Now 3 days a week, Hillcrest membership required.

**When and Where:***
- Tue, 1-4 pm; Fri 1-4 pm at Hillcrest, 18+

**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. Hillcrest membership required.

**When and Where:***
- Mon, 9 am- 12 pm
- Thurs 1-3:30 pm
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, Sept 6, Oct 4, Nov 1, Dec 6, Jan 3, Feb 7, Mar 6

DANCE OPPORTUNITIES
The House Band is a group of seasoned musicians who jam together most Wednesday afternoons rom 1-3 pm at Hillcrest and welcome anyone to stop by for your dancing and listening pleasure. Hillcrest membership required.
Wed, 1-3 pm, Hillcrest membership required.

POTLUCK, DANCE, AND GAME DAY
Potluck setup begins after 11 am; 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. Hillcrest membership required.
3rd Friday 11:30am-3:30pm, Aug 16, Sept 20, Oct 18, Nov 15, Dec 20, Jan 17, Feb 21, Mar 20

2019-20 OSher SATURDAY MORNING Book Talks at Hillcrest

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

SCHEDULE OF MONTHLY PRESENTERS AND THEIR SPONSORS

| Sep 14 | Tina Casagrande, The New Territory | Sponsor: Kit and Cathy Salter |
| Nov 2  | Alex George, One Day in Paris (2019) | Sponsor: Lyanne Riley and Cricket Dunn |
| Dec 7  | Clarence Wolfshohl, Queries and Wonderments & other books (2019) | Sponsor: Cricket Dunn and Lyanne Riley |
| Jan    | NO BOOK TALK |

Please thank the sponsors for their Book Talk support

OSHER @ MIZZOU
Columbia Parks and Recreation is proud to collaborate with Osher@Mizzou. As part of MU Extension, the mission for Osher@Mizzou is to provide quality educational courses for the 50+ adults in Columbia and Boone County. This commitment mirrors Columbia Parks and Recreation 50+ programs, activities and tours designed to promote healthy aging. Osher@Mizzou invites you to “come as learners, leave as friends.” They believe that curiosity never retires. Classes take place in both the Hillcrest and Moss Buildings. Class catalogues and registration information are available on the Osher@Mizzou website: osher.missouri.edu
www.osher.missouri.edu
Fall session begins Sept 9.
Winter session begins in January.

FITNESS AND EXERCISE

CLASSES FOR YOUTH

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

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

Location: Cardio/Strength Area @ ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>107231-01</td>
<td>W: Sept 18</td>
<td>5:30-6:30 pm</td>
<td>12+</td>
<td>$10</td>
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<tr>
<td>107231-02</td>
<td>Tu: Oct 15</td>
<td>5:30-6:30 pm</td>
<td>12+</td>
<td>$10</td>
</tr>
<tr>
<td>107231-03</td>
<td>Th: Nov 14</td>
<td>5:30-6:30 pm</td>
<td>12+</td>
<td>$10</td>
</tr>
<tr>
<td>107231-04</td>
<td>W: Jan 8</td>
<td>5:30-6:30 pm</td>
<td>12+</td>
<td>$10</td>
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<tr>
<td>107231-05</td>
<td>M: Feb 17</td>
<td>5:30-6:30 pm</td>
<td>12+</td>
<td>$10</td>
</tr>
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</table>
BYOBW

Bring Your Own Big Wheel! 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. Don’t forget your camera! 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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tr>
<td>107932-01</td>
<td>Sa: Oct 26</td>
<td>9-10:30 am</td>
<td>2-6</td>
<td>$5</td>
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<tr>
<td>107932-02</td>
<td>Sa: Feb 1</td>
<td>9-10:30 am</td>
<td>2-6</td>
<td>$5</td>
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</table>

YOUTH TRAINING ROOM

Monday - Friday: 5:30 am - 9:30 pm
Saturday: 7 am - 7 pm
Sunday: 9 am - 6 pm

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

ARC 90-DAY WEIGH IN/WEIGH OUT CHALLENGE

Start the year off with a new resolve! Be encouraged to stick to your goals and follow through with improvements to your diet and activity level. Participants with the greatest percentage decrease in body composition will be eligible for three prizes. Prizes consist of 9 month membership, 6 month membership, and a 3 month membership. A pre-test week (Jan 13-17) and post-test week (Apr 13-17) will be conducted on our Inbody 230 Body Composition Analyzer which is a $24 value. During the 90 Day Challenge, participants can take advantage of 10% off all personal training packages. Weigh-ins will be by drop-in between 8a-5p M-F unless an appointment is made outside of set hours. Please update your email and contact information upon registration! ARC Members receive a $5 discount.

Location: ARC

<table>
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<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
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<tbody>
<tr>
<td>107234-01</td>
<td>Starts Jan 13, ends Apr 17</td>
<td>9:15-10:15 am</td>
<td>13+</td>
<td>$25 Mbr, $30 N-Mbr</td>
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H.I.I.T.

High intensity interval training has grown in popularity and for good reason...you get the results you have been hoping for (burn more calories, lose more fat, improve cardio fitness, and sculpt your body) while spending less time in the gym and working out! Workouts include body-weight exercises, weightlifting, and various forms of cardio. One-day each week $47, daycare not included. Members receive a $15 discount. Location: ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
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<tbody>
<tr>
<td>107233-01</td>
<td>M,W: Sept 30-Nov 6</td>
<td>9:15-10:00 am</td>
<td>14+</td>
<td>$90</td>
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<td>107233-02</td>
<td>M,W: Nov 11-Dec 18</td>
<td>9:15-10:00 am</td>
<td>14+</td>
<td>$90</td>
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<tr>
<td>107233-03</td>
<td>M,W: Jan 6-Feb 12</td>
<td>9:15-10:00 am</td>
<td>14+</td>
<td>$90</td>
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<tr>
<td>107233-04</td>
<td>M,W: Feb 17-Apr 1*</td>
<td>9:15-10:00 am</td>
<td>14+</td>
<td>$90</td>
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*No class 3/23, 3/25

ADULT BOOT CAMP

A six-week back to the basics class for people seriously committed to improving their health and fitness. Class combines cardiovascular activities with resistance training for a fun, group workout. You will never have a dull moment in this fast-paced, individually challenging class. Even in this group class environment, each individual is challenged at his or her own level and pushed to their potential. Workouts are held in various environments such as outdoors, open gymnasium, weight room, etc. Lose inches, tone up, and feel better. Shock your body and get the results you deserve! Preregistration required. ARC Members receive a $15 discount - call 874-7700. (Join one day each week for $54) Day care not included. Location: ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tr>
<td>107232-01</td>
<td>Tu,Th: Sep 3-Oct 10</td>
<td>9:15-10:15 am</td>
<td>18+</td>
<td>$100</td>
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<td>107232-02</td>
<td>Tu,Th: Oct 15-Nov 14</td>
<td>9:15-10:15 am</td>
<td>18+</td>
<td>$100</td>
</tr>
<tr>
<td>107232-03</td>
<td>Tu,Th: Nov 19-Dec 19*</td>
<td>9:15-10:15 am</td>
<td>18+</td>
<td>$75</td>
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<td>107232-04</td>
<td>Tu,Th: Jan 7-Feb 13</td>
<td>9:15-10:15 am</td>
<td>18+</td>
<td>$100</td>
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<td>107232-05</td>
<td>Tu,Th: Feb 18-Mar 26</td>
<td>9:15-10:15 am</td>
<td>18+</td>
<td>$100</td>
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*No class 11/28

PERSONAL TRAINING

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

- Individual Session/Workout Design
  1. Individual Session/Workout Design for 3 sessions...
  2. Individual Session/Workout Design for 6 sessions...
  3. Individual Session/Workout Design for 12 sessions...

- Individual Packages (3, 6, & 12 Sessions)
  1. Individual Packages (3 sessions)...
  2. Individual Packages (6 sessions)...
  3. Individual Packages (12 sessions)...

- Couple Sessions (3, 6, & 12 Sessions)
  1. Couple Sessions (3 sessions)...
  2. Couple Sessions (6 sessions)...
  3. Couple Sessions (12 sessions)...

- Group Sessions (3, 4, or 5 participants)
  1. Group Sessions (3 participants)...
  2. Group Sessions (4 participants)...
  3. Group Sessions (5 participants)...

- Daycare not included.
MID MISSOURI WEIGHTLIFTING CLUB
Join our registered USAW club and train under coaches with National and international experience. We are striving to build national level lifters as well as teach the mechanics of the Sport of Weightlifting to those striving to reach their goals. We have multi-national champions and many lifters who have achieved Top Ten placings in National level competitions. Call Brian at the ARC at 573-874-7720 or email brian.higginbotham@como.gov. No fee's to join or practice during team sessions other than being a member or paying the daily fee. Personal one to one sessions do have a fee assessed as well as writing programs.

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

Location: Armory Sports Center – Workout room
Class # Date Time Age Price
Drop In M-Sa, M-F: 8 am-7 pm 18+ $20/mo
Sa: 12:4 pm or $2/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. Sign up at the ARC Guest Services Desk.

$12 ARC Annual Member
$15 Non-Member

ARC GROUP EXERCISE “SPECIALTY CLASS” PASS
Purchasing a multi pass will allow you to attend any of the Spinning or Yoga classes. Choose from 5, 10, or 20 session punch cards. You can also purchase a single session pass. Purchase your selected pass at the ARC Guest Services Desk. Instructors will punch your card as you utilize your visits. You may purchase passes at any time.

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

TAKE 5 YOUTH YOGA BASED MOVEMENT & MINDFULNESS
This program is designed to help youth navigate the demands of our ever changing environment and develop awareness of body, mind, and internal conflict. You will learn breathing practices, concentration techniques, exercise/movement, and conflict resolution tools. No experience necessary. Youth 11+ are encouraged to attend with a parent or guardian. You must register in advance. Contact 874-6379 or jay.brady@como.gov to sign up.

Location: Armory Sports Center

Activity # Date Time Age Price
NA Th: Sep. 12–Oct. 17 5:30-6:30 pm 11+ w/ parents Free

THANKSGIVING PREPARATION AT THE ARC
We understand it's hard to resist all the fattening food and over eating 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. 24-30, we will be offering a free training session when you purchase a 12 session package at $395.

SPRING BREAK P.T. PREP
Limited to the week of Feb 16-22. Purchase a 12-session package at $395 and receive an extra session on us. We're here to help you through the process of setting goals and obtaining them. Don't put on that bathing suit without looking and feeling your best. This gives you a full month/three days a week for trimming, toning and shaping.

Five Ways to Register:
1. Online: Go to CoMo.gov
2. Walk-in: You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. Mail-in: Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. Fax-in: Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)
<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td>Body Conditioning 8-9a</td>
<td>**Spin 5:45-6:35a</td>
<td>Body Conditioning 8-9a</td>
<td>**Spin 5:45-6:35a</td>
<td>Body Conditioning 8-9a</td>
<td>Hatha Yoga 8:15-9:15a</td>
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<tr>
<td>*Silver Sneakers Cardio Circuit 8-9a</td>
<td>Zumba 8-9a</td>
<td>*Silver Sneakers Cardio Circuit 8-9a</td>
<td>Zumba 8-9a</td>
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<td>**Spin 9:30-10:30a</td>
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<tr>
<td>Quick Fix 9:05-9:25am</td>
<td>Silver Sneakers Yoga 8:15-9:15am</td>
<td>Quick Fix 9:05-9:25am</td>
<td>Silver Sneakers Yoga 8:15-9:15am</td>
<td>*Silver Sneakers Classic 9:15-10:15am</td>
<td>Zumba 9:30-10:30a</td>
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<tr>
<td>*Silver Sneakers Classic 9:15-10:15a</td>
<td>Functional Fitness 9:15-10:15a</td>
<td>*Silver Sneakers Classic 9:15-10:15a</td>
<td>Functional Fitness 9:15-10:15a</td>
<td>**Fusion/Spin 9:30-10:30a</td>
<td>**Fusion/Spin 9:30-10:30a</td>
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<td>**Fusion/Spin 9:30-10:30a</td>
<td>*Silver Sneakers Yoga 9:30-10:30a</td>
<td>**Fusion/Spin 9:30-10:30a</td>
<td>*Silver Sneakers Yoga 9:30-10:30a</td>
<td>Pinkel’s Ladies 9:30-10:25a</td>
<td>Slow &amp; Low Yoga 10:30-11:30a</td>
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<tr>
<td>Pinkel’s Ladies 9:30-10:25a</td>
<td>Eclectic Hatha Yoga 10:30-11:30a</td>
<td>Pinkel’s Ladies 9:30-10:25a</td>
<td>Eclectic Hatha Yoga 10:30-11:30a</td>
<td>*Silver Sneakers Cardio Circuit 10:30-11:25a</td>
<td>Knockout 1-2p</td>
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<tr>
<td>Hatha/Vinyasa Yoga 10:30-11:30a</td>
<td>Barre 4:30-5:30p</td>
<td>Gentle Yoga For Joints 10:30-11:30a</td>
<td>Barre 4:30-5:30p</td>
<td>*Silver Sneakers Cardio Circuit 10:30-11:25a</td>
<td>**Fusion/Spin 9:30-10:30a</td>
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<tr>
<td>*Silver Sneakers Cardio Circuit *10:30-11:25a</td>
<td>Hatha Yoga 5:30p-6:30</td>
<td>*Silver Sneakers Cardio Circuit *10:30-11:25a</td>
<td>Hatha Yoga 5:30p-6:30</td>
<td>Zumba 4:15-5:15p</td>
<td>**Fusion/Spin 9:30-10:30a</td>
</tr>
<tr>
<td>Zumba 4:15-5:15p</td>
<td>**Spin 5:30-6:30p</td>
<td>Body Conditioning Express 5:00-5:25p</td>
<td>**Spin 5:30-6:30p</td>
<td>Tai Chi 5:30pm-6:30p</td>
<td>Yoga and Fusion/Spin are “Specialty Classes” that require a pass. *Silver Sneakers Mon-Fri will be held in the Meeting Rooms **All Fusion/Spin classes are held in the Spinning room “Open Door” Spin Room Schedule: Mon/Wed 5:30-8:30am, 11:30-4:30pm, 7-9pm T/TR 7am-5pm, 7-9pm Fri 5:30-8:30am, 11am-9pm Sat 11am-7pm Sun 9am-6pm</td>
</tr>
<tr>
<td>Step Combo 5:30-6:25p</td>
<td>Strong 6:30pm-7:15pm</td>
<td>Knockout 5:30-6:25p</td>
<td>Strong 6:30pm-7:15pm</td>
<td>Zumba 4:15-5:15p</td>
<td>**Fusion/Spin 9:30-10:30a</td>
</tr>
<tr>
<td>**Spin 5:30-6:30p</td>
<td>Zumba 7:20-8:15p</td>
<td>**Spin 5:30-6:30p</td>
<td>Zumba 7:20-8:15p</td>
<td>**Fusion/Spin 9:30-10:30a</td>
<td>**Fusion/Spin 9:30-10:30a</td>
</tr>
<tr>
<td>To The Core 6:30-7:00p</td>
<td>Power Pump 6:30-7:15p</td>
<td>**Fusion/Spin 9:30-10:30a</td>
<td>Power Pump 6:30-7:15p</td>
<td>**Fusion/Spin 9:30-10:30a</td>
<td>**Fusion/Spin 9:30-10:30a</td>
</tr>
<tr>
<td>Monday Mixer 7-8p</td>
<td>Zumba 7:20-8:15p</td>
<td>Zumba 7:20-8:15p</td>
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</tr>
</tbody>
</table>
**BARRE** - A workout technique inspired by elements of ballet, yoga, and Pilates. Focusing on low impact, high intensity movements. Designed to strengthen and tone your body. Improving major muscle groups including arms, thighs, glutes, and core. Barre is very beginner friendly and adaptable to different levels of ability.

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

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

**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.

**ECLECTIC HATHA YOGA** - Drawing from various sources, this class uses make-up the core with additional work around the hips.

**CARDIO/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/YIN YOGA** - Focus on flexibility and gentle strengthening poses. Floor work as well as standing postures that build coordination, muscle tone, improve balance, and provide a challenge. Each week changes with unique poses and varied sequences. The breath being the central focus, makes yoga a relaxing mind-body experience. All levels welcome.

**HATHA YOGA** - Focus on flexibility and gentle strengthening poses. Floor work as well as standing postures that build coordination, muscle tone, improve balance, and provide a challenge. Each week changes with unique poses and varied sequences. The breath being the central focus, makes yoga a relaxing mind-body experience. All levels welcome.

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

**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 CLASSIC** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and cardio 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. Segment are fun, easy to follow, and set to music from the 40's, 50's, 60's, and 70's.

**SILVER SNEAKERS YOGA** - Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

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

**SPIN** - High energy indoor cycling led by a motivating instructor and accompanied by unique playlist of powerful and energizing music. Achieve strong, toned, and shapely legs while burning calories and improving cardiovascular health.

**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.

**STRAIGHT** - Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move

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

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

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

**ZUMBA** - International and popular music with Latin Dance and aerobic moves, add a little hip shake and a lot of attitude and you’ve got it!
Fun for Little Ones

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

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

Location: ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>M/F 10-11a</td>
<td>2-6</td>
<td></td>
<td>$1 per person attending, child &amp; adult</td>
</tr>
</tbody>
</table>

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

Location: ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>M-Th By appt.</td>
<td>2-6</td>
<td></td>
<td>$20 up to 20 participants; $30 for 21-30 participants</td>
</tr>
</tbody>
</table>

LITTLE SWIMMERS & DAY CARE LITTLE SWIMMERS, PAGE 15
For other preschool activities, see Arts Crafts and Leisure, Fitness, Dance and Aquatics.

NEW BABY SHARK
Do you like sharks (or just like singing and dancing to the Baby Shark song)? Swim on in for some shark crafts and activities (the cute, not scary, kind). Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>110707-01</td>
<td>Tu: Aug 27</td>
<td>10-10:45 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

NEW PLAY-DOH DAY
Did you know it is National Play-Doh Day? Join us for some play-doh fun, and even help make your own playdough to take home! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>110710-01</td>
<td>M: Sep 16</td>
<td>10-10:45 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

PUMPKIN PARTY
Cool crisp feeling in the air; pumpkins, pumpkins everywhere! Come decorate a small pumpkin, do a pumpkin craft, and enjoy a yummy pumpkin treat. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>110703-02</td>
<td>W: Oct 9</td>
<td>10-10:45 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

HALLOWEEN COSTUME PARTY
Happy Halloween! Put on your costume and join us for some fun Halloween activities, crafts, and candy! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>102791-01</td>
<td>W: Oct 24</td>
<td>10-10:45 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

NEW COOKIE MONSTER’S BIRTHDAY
“C is for Cookie, that’s good enough for me.” Come celebrate Cookie Monster’s birthday with fun themed crafts, and of course cookies! “Me love to eat cookie, nom, nom, nom.” Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>110711-01</td>
<td>M: Nov 4</td>
<td>10-10:45 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

HO HO HOLIDAY CRAFTS AND COOKIES
Christmas is coming! Let’s make some crafts and cards to get ready for the season. Then we’ll decorate some yummy Christmas cookies! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>102708-02</td>
<td>Tu: Dec 3</td>
<td>10-10:45 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>
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

NEW YEAR PREP PARTY
5-4-3-2-1, Happy New Year! We’ll do some sparkly fun projects to get you ready to ring in the New Year! Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss

NEW FROZEN FRENZY
Do you want to build a snowman? If you’re a fan of Elsa, Anna, Olaf and the gang from Frozen and the new Frozen II movie, this is the party for you. Join us for some fun Frozen-themed crafts and activities. Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss

SNOW MUCH FUN
Let it snow, let it snow, let it snow! Join us for some snowman and snow-themed crafts to celebrate Winter! Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss

VALENTINE PARTY
Roses are red, violets are blue, it’s time for a party, all we’re missing is you! Come and make valentine cards, craft and enjoy a snack. Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss

NEW POLAR BEAR PARTY
It’s National Polar Bear Day! Did you know that male polar bears can weigh up to 1500 lbs?! We’ll do some fun themed crafts to celebrate these large Arctic animals. Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss

GOLF

2019 GOLF CARD STILL AVAILABLE, 2020 CARD AVAILABLE DEC 1!
• Only $69 • Over $600 in savings
• Automatically earn free green fee at Lake of the Woods and L.A. Nickell
• Discounts on golf, driving range, cart rentals, lunch specials and merchandise
• Available at both courses • Valid through December 31, 2019

2019 GOLF FEES
Winter green fees are in effect from Nov 1-Feb 28. New fees available Nov.1. 9-hole and 18-hole fees are available, as well as a variety of types:
• Adult
• Senior (60 and over)
• Twilight (after 2 pm)
• Junior (17 and under)
Saturday/Sunday/Holiday fees are also in effect. Golf passes are good at both Lake of the Woods and L.A. Nickell Golf Courses. Pass types:
• Individual
• Adult Plus 1
• Senior
• Senior Couple
• Young Adult
• Junior
• 10-Play Punch Card and more!
Check GoGolfLAN.com or GoGolfLOW.com for current fees or to book your tee time!

2019 GOLF TOURNAMENTS
NIGHT FLIGHT GLOW GOLF
Friday, August 23, 8:30 pm shotgun start, Lake of the Woods
To sign up, call 573-874-7538 or 573-874-7539
GOLF FACILITIES

L.A. NICKELL GOLF COURSE
1800 Parkside Drive • (573) 499-GOLF (4653)
- 18-hole golf course
- Riding carts and continuous cart paths
- Driving Range
- Open year round (weather permitting)
- Fairway irrigation system • Zoysia fairways

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

Par: 70
Yardage: 6,335 Blue tees, 5,869 - White tees, 4,771 - Red tees
Lakes: 3, all in play • Terrain: Flat with rolling hills
Course Rating: 69.9 - Blue tees, 67.7 - White tees, 67.0 - Red tees
Slope Rating: 121 - Blue tees, 116 - White tees, 111 - Red tees
Dir: North of I-70 off North Stadium & in the Columbia Cosmopolitan Recreation Area.

LAKE OF THE WOODS RECREATION AREA
6700 St. Charles Rd • (573) 499-GOLF (4653)
- 18-hole golf course • Swimming Pool • New Driving Range
- 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 TOURNAMENTS
Call 874-7538 to reserve L.A. Nickell; 874-7539 for Lake of the Woods
*Rates subject to change October 1, 2019.

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

MONDAY-FRIDAY TEE TIMES
20 player minimum, $20 green fees per player & carts first-come, first-serve. All private golf carts brought in will be charged a trail fee of $14.

MONDAY-FRIDAY SHOTGUN START
80-100 player minimum, $34 per player. Price includes green fees & riding cart per player. 100+ players, call for pricing.

MONDAY-FRIDAY 9-HOLE SHOTGUN START
40-60 players, $21 per player. Price includes green fees & riding cart per player.

SATURDAY AND SUNDAY TEE TIMES
32 player minimum, $26 green fees per player & carts first-come, first-serve. All golf carts brought in will be charged a trail fee of $14.

SATURDAY AND SUNDAY SHOTGUN START
80-100 player minimum, $40 per player. Price includes green fees & riding cart per player. 100+ players, call for pricing.

Five Ways to Register:

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

**Music**

**CLASSES FOR YOUTH**

**PERCUSSION, DRUM & WOODWIND LESSONS**
Lessons are available through Community Recreation at the Armory. Glen “Bummer the Drummer” Ward of the Kansas City Street Band is the instructor, call 573.817.5077 for details.

**Outdoors**

**CLASSES FOR ADULTS**

**MISSOURI RIVER SUNSET EXCURSION**
The Missouri River is majestic when experienced at sunset! Step aboard a boat for an interactive tour and dinner, where Missouri River Relief educators will introduce you to the mysteries behind the river. An experience the whole family is sure to enjoy! Meet at Katfish Katy's boat ramp: pass the Katfish Katy's building (now called “The Station”) and follow the Missouri River Relief signs to the boat ramp. Pre-registration required.

Location: Katfish Katy’s Boat Ramp

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
314300-01 | Th: Sept 5 | 5:30-8 pm | 6-adult | $60

**BACKPACK CAMPING: LEAVE THE RV AT HOME!**
If you've ever wanted to learn about backpack camping, this is the class for you! The best way to connect with nature is to get away from the RV campgrounds and crowds, and learn how to be comfortable in remote wild areas. Learn basic packing, hiking, fire building, cooking and setting up camp skills. A great class for people looking to connect with nature and adventure, or Baby Boomers who want to get more active in retirement. First class meets at Hillcrest Community Center, other classes will meet at Rock Bridge State Park and Three Creeks Conservation Area. There could be an opportunity to follow up the class with a weekend backpacking trip if there is enough interest. Pre-registration required.

Location: Hillcrest Room A @ Waters-Moss

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
112101-02 | W: Sept 4-25 | 5:30-7:30 pm | 18+ | $59

**SCHOOL’S OUT/APRIL SCHOOL’S OUT ACTIVITIES**

**“SCHOOL’S OUT” HOLIDAY CAMP AT THE ARC**
Children grades K-5 can spend time over 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

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
103950-01 | M: Dec 30 | 8 am-5 pm | 5-11 | $45
103950-02 | Th: Jan 2 | 8 am-5 pm | 5-11 | $45
103950-03 | F: Jan 3 | 8 am-5 pm | 5-11 | $45

**ARMORY SCHOOL’S OUT CAMP**
Don’t spend your day out of school sitting at home bored. Join us at the Armory for Schools Out Camp. Daily camp activities include: arts and crafts, computers, and sports. Children must bring their own lunch. WILL not be held when school is out for legal holidays. Please call 874-6379 for more information.

Location: Armory Recreation Room (Downstairs) @ Armory Sports Center

Instructor: Jay Bradley

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
103906-01 | M: Sep 30 | 8 am-5 pm | 6-12 | $25
103906-02 | M: Nov 1 | 8 am-5 pm | 6-12 | $25
103906-03 | F: Nov 15 | 8 am-5 pm | 6-12 | $25
103906-04 | M: Jan 6 | 8 am-5 pm | 6-12 | $25
103906-05 | M: Feb 14 | 8 am-5 pm | 6-12 | $25
103906-06 | F: Feb 28 | 8 am-5 pm | 6-12 | $25

**ARC “SCHOOL’S 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 5:15 pm.

Daycare Tax ID# 436-00-0810

Location: ARC

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
103951-01 | M: Dec 30 | 8 am-5 pm | 5-11 | $45
103951-02 | Th: Jan 2 | 8 am-5 pm | 5-11 | $45
103951-03 | F: Jan 3 | 8 am-5 pm | 5-11 | $45

Creating Community through People, Parks and Programs 37
ARMORY HOLIDAY CAMP
Calling all kids! Don't spend your Christmas vacation at home. Join us for our Armory Holiday Camp! Daily camp activities include: arts and crafts, computers, and sports. Lunch will be provided. Please call 874-6379 for more information.

Location: Armory Sports Center

Activity #  Date             Time  Age  Price
103905-01  M-F: Dec 23-27  8 am-5 pm  6-12  $30
103905-02  M-F: Dec 30-Jan 3  8 am-5 pm  6-12  $30
* No Camp: 12/25 & 1/1

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

Activity #  Date     Time       Age  Price
Drop in     M-F       2:30-7 pm on school days  8+ Free
            11 am-6 pm when CPS not in session

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 ensures 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

Activity #  Date        Time            Age  Price
103952-01  M-F: Mar 23-27  8 am-5 pm       5-11  $175
107519-01  Th: Sep 5-Sep 26  2:30-3:30 pm  5-9    $14
107519-02  Th: Oct 3-Oct 24  2:30-3:30 pm  5-9    $14
107519-03  Th: Nov 7-Nov 21  2:30-3:30 pm  5-9 $10.50
107519-04  Th: Dec 5-Dec 19  2:30-3:30 pm  5-9 $10.50
107519-05  Th: Jan 9-Jan 30  2:30-3:30 pm  5-9    $14
107519-06  Th: Feb 6-Feb 27  2:30-3:30 pm  5-9    $14
107519-07  Th: Mar 5-Mar 19  2:30-3:30 pm  5-9 $10.50
107509-01  Th: Sep 5-Sep 26  1:30-2:30 pm  10-17  $14
107509-02  Th: Oct 3-Oct 24  1:30-2:30 pm  10-17  $14
107509-03  Th: Nov 7-Nov 21  1:30-2:30 pm  10-17 $10.50
107509-04  Th: Dec 5-Dec 19  1:30-2:30 pm  10-17 $10.50
107509-05  Th: Jan 9-Jan 30  1:30-2:30 pm  10-17    $14
107509-06  Th: Feb 6-Feb 27  1:30-2:30 pm  10-17    $14
107509-07  Th: Mar 5-Mar 19  1:30-2:30 pm  10-17 $10.50

SELF-IMPROVEMENT AND STUDY SKILLS

AFTER SCHOOL TUTORING AND MENTORING
Open to all ages! Come by the Armory for tutoring for your homework assignments, open Monday-Friday from 3-7 pm during the school year. Many of the volunteer tutors are provided by MU's Office of Service Learning. Ends second week of May. Free.

PROFESSIONAL DEVELOPMENT AID
Need help creating or editing your resume? Want to practice interviewing for a job? Maybe you just want to learn how to tie a tie. Professional Development Aid can help with all the basics of finding and obtaining employment. This program is completely free, but by appointment only. Contact 573-874-6379, or email Jay.Bradley@como.gov to set up an appointment.
BLUE THUNDER TRACK OUTDOOR SEASON
Registration Day: March 14, 2-5 pm, $110
www.bluethundertc.shutterfly.com for more information
Compete in running, jumping and throwing events! Youth ages 6-18 compete in out of town AAU meets along with some local meets. This group is pushed hard in practice and expected to complete the season. The outdoor season is April-August. Participate in some or all phases, it is your choice. Please call 874-6378 or email Camren.Cross@CoMo.gov if interested.
Note: Runners are encouraged to invest in a pair of track spikes or running shoes; but it is not required.

BLUE THUNDER TRACK CROSS COUNTRY
Season begins August 27, first practice 6 pm at Stephens Lake Park
Price $30
Attention young runners! Come run and compete with other 6-14-year-olds. Cross country is a sport in which teams and individuals run in a race over natural terrain. Courses may include grass, gravel, hills, and flat land. Practices will be held in City parks on Tuesdays, Thursdays, and Saturday and meets are held in various central Missouri towns. Practices and meets occur during fall months and it all ends in November with championship meets. Go to www.bluethundertc.shutterfly.com or email Camren.Cross@CoMo.gov for more information.

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

SMALLER BALLERS TYKE BASKETBALL
Get an early start with this youth basketball skills development program for 4-7 year olds. Each session consists of skill training, and then using the skills learned, it will be followed by scrimmage time on lowered goals. This is an instructional youth basketball program that focuses on the basic fundamental skills of the game.
Location: Armory Sports Center

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

INTRODUCTORY FREE CLINICS AT THE ARC
OPEN TO YOUTH GRADES 3-8:
Saturday, March 14 at 10:00-11:30 a.m.
Saturday, March 21 at 10:00-11:30 a.m.

2020 DATES TO REMEMBER:
Registration deadline: April 8
Practices start March 31 (Cosmo Park)
Games: Sunday afternoons from April 12 through May 17th (Cosmo Park)
Registration fee is $75. Also, all youth must maintain membership with U.S. Lacrosse, the national governing body of lacrosse (www.uslacrosse.org; $30). Lacrosse players must wear a helmet, mouth guard, shoulder pads, elbow pads and padded gloves. Players must purchase their own equipment for practice and games.

MID-MISSOURI LACROSSE LEAGUE (MMLL)
FOR YOUTH
Join the fastest growing team sport in the US - no experience necessary! Lacrosse is a spring sport that combines contact with the fast pace of soccer and the strategy of basketball. It’s a ball and stick game where the objective is to shoot a five-ounce rubber ball into the opponent team’s goal, while preventing the opponent team from doing the same. Teams have ten players and each team has four positions (attack, defense, midfield and goalie). Players in each position must master the basic skills of catching, passing, cradling and scooping the ball off the ground, while in motion.
JUNIOR NBA SKILLS CHALLENGE

Boys and girls will have the chance to showcase their dribbling, shooting and rebounding skills, competing separately in two different age groups. Winners qualify to compete in up to three levels of competition, including the national finals. Copy of birth certificate or baptismal record required. Participant's age must be as of June 30, 2019. Forms available at CoMo.gov.

<table>
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<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>NA</td>
<td>Sa: Dec 14</td>
<td>10 am-3 pm</td>
<td>14 and under</td>
<td>Free</td>
</tr>
</tbody>
</table>

CLASSES FOR ADULTS

BEGINNING ARCHERY

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

Instructor: Jim Sappington  
Location: ARC/Powder Horn

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<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>112302-01</td>
<td>W: Oct 9-Nov 13</td>
<td>6-8 pm</td>
<td>5+</td>
<td>$90</td>
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</tbody>
</table>

ADULT VOLLEYBALL

Fall Volleyball
Registration: Registration through Aug 31 or until filled  
League Play: Begins mid-Sept; games at 6, 7, 8, or 9 pm

Mid Winter Volleyball
Registration: mid-September until early November  
League play begins end of November

Spring Volleyball
Registration: ends late February  
League play: begins mid-March

Summer Volleyball
Registration: ends in late April  
League play: begins mid-May

Location: Columbia Sports Fieldhouse

ADULT BASKETBALL

Registration: Registration begins September  
League Play: Begins mid-November  
Location: Columbia Sports Fieldhouse

ADULT SOFTBALL

Spots may be available for the 2019 fall league. Call 573-874-7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices, CoMo.gov (search sports). Games are played at Rainbow Softball Center at Cosmo Park.

ADULT KICKBALL

Spots may be available for the 2019 fall league. Call 573-874-7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices, CoMo.gov (search sports). Games are played at Rainbow Softball Center at Cosmo Park.

HOMELESS YOUTH AWARENESS MONTH DODGEBALL TOURNAMENT

This fun filled awareness event will have competitive and recreational brackets. Prizes awarded for first places in both brackets. Registration and payment due by November 15. Held in cooperation with the Rainbow House.  
Location: Armory Sports Center

<table>
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<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>NA</td>
<td>Sa: Nov 16</td>
<td>9 am-1 pm</td>
<td>13 &amp; up</td>
<td>$75 per team</td>
</tr>
</tbody>
</table>

ADULT TENNIS LESSONS

For information and to register, call Rick Odor at 442-3713. Rick has 28 years of experience.

Session V – Sept 3-23 at Albert-Oakland Courts:

<table>
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<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td></td>
<td>Tues/Thurs</td>
<td>6:30-7:30 pm</td>
<td>Adults</td>
<td>$50</td>
</tr>
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ADULT DROP-IN BASKETBALL

Looking for a pick-up game or to just shoot hoops? Check out the Armory…pass cards available at the Armory front desk.  
Location: Gymnasium @ Armory Sports Center

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<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>M-F</td>
<td>10 am-2 pm</td>
<td>18+</td>
<td>$10/mo or $2/use</td>
</tr>
</tbody>
</table>

REGISTER FOR ALL ADULTS SPORTS ON LINE AT COMO.GOV

Download the new CoMoSports mobile app! Get rainout notifications, view league schedules and standings, tournament info and facility closures. Available on Google Play and the Apple store.
Registration for Boys & Girls (Grades 1-12) opens August 1
Practices for boys grades 3-8 and girls grades 3-7 begin mid November.
Practices are 90 minutes once a week. Games/practice for 1st-2nd grade start Jan. 11th
Registration Fees - grades 1-2 $75; Boys grades 3-8 & Girls grades 3-7 $100.
Registration deadline is October 25th to assure team placement at or near your home school.

High School Registration (Grades 9-12) Boys & (Grades 8-12) Girls
High school students may form their own teams. Team and individual registration opens Aug 1.
Registration Fee $85 per player. Please check website for details.

SEASON OPENS
JAN 11- MARCH 7
Games and practices held at area schools and Columbia Sports Fieldhouse
Register at: www.cybahoops.org
CYBA would like to thank the sponsors for the 2019 season:

Accounting Plus
Adjuvus Resources
Advance Orthodontics
Andrew Stone Optometry
Angelo’s Pizza & Steakhouse
Atwood Consulting
Big Tree Medical Home
Bob McCosh Chevrolet Buick GMC Cadillac
Boone Pulmonary Medicine
Buffalo Wild Wings
Capital Paving & Construction
Central Missouri Orthodontics
Central Missouri Pavement Markings
Cherry Hill Dental
Cleek’s
Clover’s Natural Market
Columbia Family Law Group
Columbia Orthopaedic Group
Columbia Pool & Spa
Crystal Clean
Culver’s
CVDL Attorneys
Dents Unlimited
Dickinson Law Firm, LLC
Downtown Optimist Club
Emery Sapp & Sons, Inc
Erin L Palmer, CPA
FRC Elite Home Services
G & D Pizzaria
Garden & Green
Harpo’s Bar & Grill
HyVee
InfiniTech

John Boy Lawn Care
Kelly Services
Kemper
KidsFirst Optimist Club
Kilgore’s Medical Pharmacy
Landmark Bank
Luebbering Insurance
MasterTech Plumbing, Heating & Cooling
Merchants and Farmers Bank
Midway Optimist Club
Missouri Pacific Lumber Co.
Mrs G’s A Touch of Soul
Mutrux Automotive
NALC Branch 763
NFB Process Service
Nikki Kuchta-Remax Realtor
Peach Tree Animal Hospital
Plaza Commercial Realty
Precision Construction Services
Privitt Auto Service
Robinson & Ries Orthodontics
Seville Woodworks
Shakespeare’s Pizza
Show me Cabinets
Sunrise Optimist Club
Taxi Terry’s
The Dance Academy
The Power Alley
Tracey Arey Real Estate
Truman’s Bar & Grill
Veterans United
Weichert Realty-First Teir Travis Kempf

If you would like to sponsor a team for only $175 contact us:
CYBA • PO Box 30725 • Columbia, MO 65205
Phone: 573-875-8124 | E-mail: cybabasketball@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 2020 leagues is 1/1/20–2/28/20

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 Recreations 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.

Diamond Council of Columbia, Inc.
P. O. Box 576, Columbia, MO 65205
573-499-9741
www.diamondcouncil.net
DiamondCouncilCoMo@gmail.com
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 2019 Fall & 2020 Spring.
Contact DC at DiamondCouncilCoMo@gmail.com
Umpire pay: $25-$30 per game

THANK YOU 2019 TEAM SPONSORS!

A to Z Auto
Aaron's Building and Remodeling
Academy Sports
Advance Orthodontics
Agave Mexican Restaurant
Alder Construction
American Legion Post #202
Arment Enterprises
B & B Bagel Company
Bales Construction
BK Underground Construction
Boone Clinic
Boone Landing
Bush & Patchett, L.L.C. Attorneys at Law
Central Dairy
Central Missouri Orthodontics
Christian Chapel Academy
Columbia Daily Tribune
Columbia EDP
Columbia Orthopaedic Group
Columbia Pool & Spa
Columbia’s Finest Child Development Center
CoMo Cubs Pediatrics
CoMo Premium Exteriors
Cosmopolitan Luncheon Club
Cox Team Realty L.L.C.
DAS Services—Tubes Troops
D & H Prescription
D Sport
D. Rowe’s Restaurant
Dairy Queen On Stadium & Forum
Dick’s Sporting Goods
Edward Jones, Ray Schachtner
Emery Sapp & Sons, Inc.
Ennis Appliance
EnRich Construction and Remodeling, Inc.
Equipment Share
EyeCare of Boonville
Federated Insurance
Flat Branch Home Loans
Flow’s Pharmacy
G & D Pizzaria
Gerding, Korte & Chitwood, CPAs
Grimes, Fay & Kopp, LLC
Grove Construction
Harper, Evans, Wade and Netemeyer
Horizon Builders
HuHot Mongolian Grill
Hyvee
IssaStyle
Joe Machens
Kids First Orthodontist
Kilgore’s Medical Pharmacy
Knights Of Columbus
Kristi Lee Photography
KTGR
Lakota Coffee
Legends Sports Photography
Lily’s Cantina
McDonald’s
Mike Hatchett, Shelter Insurance
Missouri Mulch
Monarch Title Company, Inc.
Mustangs/Triple L Farms - MUSTANGS
NALC
Noah’s Ark Animal Hospital
North Callaway Storage, LLC
Play It Again Sports
Precision Construction
Pulse Medical Staffing
Red Weir
Remsel Excavating
RM Auto Body
Robinson & Ries Orthodontist
Rockbridge HyVee
Rusk
Shakespeare’s Pizza
Signs by Woody
Simply Organized Custom Storage Solutions
Smarr Garage Doors
Sunrise Optimist Club
Sydenstricker Implement Company
The Columbia State Farm Agents
The Reardon Group
Tiger Towing
T-MAC
Traditions in Woodworking, Inc.
Tropical Liquors
Truman’s Bar and Grill
Vessell Bridges Murphy Law Offices
Veterans United Home Loans
Withrow Electric
Y107

If you would like to become a team sponsor, contact us at (573) 499-9741 or DiamondCouncilCoMo@gmail.com
BEAR CREEK RUN HALF MARATHON

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

Location: Bear Creek Trail

Activity # Date Time Age Price
307300-01 Sa: Oct 19 8 am 12+ $55*

* Advance registration required

ROC 7K TRAIL RUN

Start your New Year with Rhett’s Outdoor Challenge (ROC) and enjoy a morning on Rhett's Run. The ROC 7K Trail Run takes racers through the scenic twists and turns of this hilly, well maintained, single track course. All participants will receive a finisher item and post race snack once they’ve completed their run. This event will include chip timing, age group awards, volunteer support and aid stations on the course. Advance registration is required. Maximum of 175 racers. Location: Meet at Antimi Shelter at Cosmo Park Shirt sizes are guaranteed for those registered prior to 1/10/20. Postpone date in case of weather is 2/8/20.

Location: Rhett's Run at Cosmo Park

Activity # Date Time Age Price
107300-01 Sa: Jan 25 9 am 12+ $35

ROC 7K TRAINING GROUP

Are you new to trail running and want to learn more about the sport before the ROC 7K Trail Run in January? The ROC 7K Training Group will help with the basics of trail running and get you comfortable on the single track trails. This 8 week group will focus on technique as well as offering information about winter/cold weather running, cross training for agility and balance (both are your friend on the trail) and more. The group fee includes race registration for the ROC 7K on January 25, 2020 ($35). Space is limited to 20 people so register soon! Training dates and times will vary.

Activity # Date Time Age Price
107303-01 Sa Nov 30-Jan 18* 11 am 12+ $85

* Advance registration required

TRAIL ENDURANCE EVENTS

BEAR CREEK RUN HALF MARATHON

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

Location: Bear Creek Trail

Activity # Date Time Age Price
307300-01 Sa: Oct 19 8 am 12+ $55*

* Advance registration required
STONERGRINDER 7K TRAIL RUN

Enjoy the beauty and challenge of the Grindstone Nature Area at the Stonergrinder 7K Trail Run! This race course will take you over diverse terrain including single track dirt trail that is rocky in areas, grass trails and a shallow water crossing. All participants will receive a finisher item and post race snack once they've completed their run. This event will include chip timing, age group awards, volunteer support and aid stations on the course. Advance registration is required. Maximum of 125 racers.

Location: Capen Park/Grindstone Nature Area

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<th>Time</th>
<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>107304-01</td>
<td>Sa: Dec 7</td>
<td>9 am</td>
<td>12+</td>
<td>$35*</td>
</tr>
</tbody>
</table>

Advance registration required

For requests for accommodations related to disability, please call 573-874-CITY (573-874-2489) or email CITY@CoMo.gov. In order to assist staff in making the appropriate arrangements for your accommodation, please make your request as far in advance of the event date as possible.
MOVIES IN THE PARK
2nd Friday of each month, May through Sept
SPONSORED BY:

COSMO PARK NEAR NICKELL SHELTER
The Movies in the Park series is bigger and better than ever! Show up early for concessions, food trucks, and to grab a great seat. Movies are shown on a giant inflatable screen, so grab a blanket or lawn chair (and maybe a favorite stuffed animal) and join us under the stars. Free to attend courtesy of Missouri Care!

SEPTEMBER 13, 7:45 PM
Incredibles 2
After the events of The Incredibles (2004), Elastigirl is sent on a mission to make supers legal again. Mr. Incredible is left to care for Jack-Jack, Violet, and Dash. When a dangerous new threat arises, it is up to the family to neutralize the threat and save the day once again.

SPONSORED BY:

FREE!
Sponsored by

STEPHENS LAKE AMPHITHEATER
CONCERT SERIES
Columbia Parks and Recreation

Daniel Boone Regional Library

MISSOURIAN

Bring a blanket or lawn chair and join us for free concerts! Concessions available but carry-in food and drinks also allowed. Free.

September 5, 6 pm
Darkroom Records Teen Band Showcase
Sponsored by 102.3 BXR
42ND ANNUAL
Heritage Festival & Craft Show

September 21 & 22  10 am - 5 pm
At Nifong Park

Visitors will be taken back to the traditions of the past. Listen, learn, and see history as it comes alive. See artisans and tradesmen dressed in 19th century attire demonstrating their trades and selling their wares. A large contemporary handmade craft area will also be featured. Enjoy entertainment on two stages including music, dancing and storytelling. Saturday Ghost Stories (8-9:30 pm) are sponsored by the Mid-Missouri Organization Storytellers. Tour the Historic Maplewood Home and the Walter’s Boone County Historical Museum. Great food and a beautiful park setting will make the Heritage Festival a family tradition!
Creating Community through People, Parks and Programs

Special Events

FAMILY FUN FESTS

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

COSMO PARK
Entertainment for the entire family will include music, food trucks, live performances, art activities, hands-on learning, face painting, balloon art, and fun for all!

AUGUST 21: AROUND THE WORLD
Dancing, crafts, games, and other arts from countries from all over the world will be on display. Talented artists from various cultures will share aspects of their homeland on this night.

SEPTEMBER 18: CREATIVE KIDS
Sponsored by the Columbia Office of Cultural Affairs & the Missouri Arts Council
Let the kids show their creative and artistic side. Hands-on kid friendly art activities, musical performances, theater and dance are just some of the fun to be had at the final fest of the summer.

WINTER TROUT FISHING
OPENS NOV 1 AT COSMO BETHEL PARK
Interested in fishing? You'll be able to take advantage again this year of the winter trout fishing program. The program is the result of an agreement with the Missouri Department of Conservation, Columbia Parks & Recreation, and the Mid-Missouri Chapter of Trout Unlimited.

About 2,400 trout are stocked into the lake each year. The partnership between MDC and Parks and Recreation increases local fishing opportunities and species diversity in the lake.

All trout must be released, unharmed from Nov. 1 through Jan. 31. Only artificial baits (no natural or scented baits) can be used during that time. After Jan. 31, anglers can harvest trout under statewide regulations. A valid Missouri fishing permit is required.

For more information, call Parks and Recreation at 573.874.7460 or the Missouri Department of Conservation at 573.884.6862.
HALLOEVEN MOVIE IN THE PARK
Monday, Oct 28 “Halloweentown” at Indian Hills Park, 6 pm
Wednesday, Oct 30 “Halloweentown 2” at Auburn Hills Park, 6 pm
Join us as we screen a family friendly Halloween movie in a park near you. We will bring the chairs, movie, and popcorn. All you need to do is bring yourself! Movies are free and everyone is welcome to attend.

TOYS FOR COLUMBIA’S YOUTH
Oct 28-Dec 9
Get in the giving spirit this holiday season! When you are out shopping, please pick up an extra gift for a 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.

CITY KWANZAA CELEBRATION
Saturday, Dec 7, 2-5 pm
Location: Progressive Missionary Baptist Church, 702 Banks
Come celebrate this African-American holiday which is based around developing positive families and communities. There will be socializing, entertainment and a holiday feast. Free.

HOLIDAY LIGHTS CONTEST & CENTRAL COLUMBIA HOLIDAY PARTY
Help beautify Central Columbia by hanging your holiday lights. The best decorated houses will receive prizes. Judging will be on Sunday December 8 starting at 5:30 pm. Everyone who participates will be invited to the Annual Central Columbia Holiday Party on Tuesday December 10 from 6:30-8 pm at the Armory. There will be snacks and refreshments, and the prizes for best decorated house will be handed out. If you have any questions, or would like to help with the Holiday Lights judging please contact: Jay Bradley at 573-874-6379, or Jay.Bradley@como.gov for more information.

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.
Location: Meet at the ARC
Activity # Date Time Age Price
109450-01 F: Dec 6 6:15-7:30 pm All $7.50
109450-02 F: Dec 6 7:45-9:00 pm All $7.50
*Weather make up date: Dec 13

NOT SO FRIGHTENING FRIDAY
Friday, Oct 25
Drop by the District for their annual Halloween event! Be sure to visit Parks and Recreation for treats and giveaways. Watch for more details.

NIGHT OF THE LIVING SHRED SKATEBOARD COMPETITION
Saturday, Oct 26
4-7 pm, ages 13 and up, Free
Douglass Park
Put on your favorite costume and join us for this spooky skateboard competition in Douglass Park. Main event will be the best trick contest for beginner and advanced contestants. Each skater will get 3 attempts to land their best trick. Other events will be longest manual and highest ollie. Plus there will be plenty of time for free skate. Prizes will be awarded to the winners. Contestants will be required to wear a helmet if competing. For more information contact 573-874-6379 or Jay.Bradley@como.gov.

SENSORY FRIENDLY TOUCH-A-TRUCK
Wednesday, Oct 9, 4-7 pm
Cosmo Park
Does your little one love trucks, diggers, and tractors but is overwhelmed by the size and sounds of “Tons of Trucks”? This event will be a smaller and quieter version of the Columbia classic event for kids, specifically designed for sensory-sensitive and young children.
SPECIAL EVENTS

**DR. MLK MEMORIAL CELEBRATION**

Mon, January 20

Location: St. Luke UMC

The candle light walk will begin at 6:30 pm at the basement of the Armory Sports Center, which will proceed to the Memorial Celebration at St. Luke UMC where a service will be held. Open to all, free.

**BLACK HISTORY MONTH ACTIVITIES**

**African American History Exhibit**

In celebration of Black History Month come downstairs to view a display of African American history and African American history of Columbia. Groups are welcome.

*Location: Downstairs Back Classroom @ Armory Sports Center*

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<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td></td>
<td>M-F, Feb 1-28</td>
<td>10 am-6 pm</td>
<td>All</td>
<td>Free</td>
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</tbody>
</table>

**African American Film Fest**

Come enjoy films relating to African American life and Black History Month. Free, all films start at 6:30 pm, ages 16 and above

*Armory Sports Center*

**This year's films will include:**

- **Wednesday, Feb 5:**
  42, the story of Jackie Robinson’s integration into professional baseball.

- **Wednesday, Feb 12:**
  The Help which tells the story of the struggles of an African-American maid’s work for a white family during the 1960s.

- **Wednesday, Feb 19:**
  Barry which gives a glimpse at the younger life of President Barack Obama.

- **Wednesday, Feb 26:**
  Lean on Me the biographical film about Principal Joe Louis Clark’s quest to improve his students test scores, or have his school taken over by the New Jersey state government.

**Gospel Explosion & Soul Food Dinner Musical Celebration**

Sunday, February 23, St Luke UMC (204 E Ash), 4-7 pm

Great gospel music! This year’s program will feature artists and groups from the Central Missouri area. Following will be a soul food feast to feed your spirit. Covered dishes are welcome.

**Black History Presentation**

Tuesday, February 25, 6-7 pm

*Armory Sports Center*

Join us as Teresa Gorman gives an oral presentation on the events of a historical event in African American life.

**ANNUAL TRAIN SHOW**

March 21, 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.
SPECIAL EVENTS CALENDAR

AUGUST

17  ................................................................. KALEIDOSPOKE
Meet at Flat Branch Park, 7:30 pm, $15
21  ................................................................. FAMILY FUN FEST: AROUND THE WORLD
Cosmo Park, 6-8 pm, Free
22  ..........................................................BACK 2 SCHOOL BASH
Albert-Oakland Family Aquatic Center, 5:30-8:30 pm

SEPTEMBER

3  ................................................................. POOCH PLUNGE
Albert-Oakland Family Aquatic Center, 6:30-7:30 pm,
$5 per dog, must pre-register
5  .............................................................. STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES,
DARKROOM RECORDS TEEN BAND
Showcase, 6 pm, Free
13  ............................................................ MOVIES IN THE PARK: INCREDIBLES 2
Cosmo Park, 7:45 pm, Free
18  ................................................................. FAMILY FUN FEST: CREATIVE KIDS
Cosmo Park, 6-8 pm, Free
21-22 ................................................... 42ND ANNUAL HERITAGE FESTIVAL AND CRAFT SHOW
Nifong Park, 10 am-5 pm, Free

OCTOBER

9  ............................................................... SENSORY-FRIENDLY TOUCH-A-TRUCK
Cosmo Park, 4-7 pm, Free
19  .......................................................... BEAR CREEK RUN HALF MARATHON,
Bear Creek Trail, 8 am, Ages 12 and up, $55
26  .............................................................. NIGHT OF THE LIVING SHRED SKATEBOARD COMPETITION,
Douglass Skate Park, 4-7 pm, Ages 13 and up, Free
26  ............................................................... BRING YOUR OWN BIG WHEEL
ARC, 9-10:30 am, ages 2-6, $5
28  ............................................................. HALLOWEEN MOVIE IN THE PARK
Indian Hills Park, Halloweentown, 6 pm, Free
30  ............................................................. HALLOWEEN MOVIE IN THE PARK
Auburn Hills Park, Halloweentown 2, 6 pm, Free
30  .............................................................. SWIMMING TRUNKS AND TREATS
ARC, 5:30-7:30 pm, $5 per child, $6 per adult

NOVEMBER

16  ........................................... HOMELESS YOUTH AWARENESS MONTH DODGEBALL TOURNAMENT,
Armory Sports Center, 9 am, $75 per team

DECEMBER

6  ................................................................. LIGHTS AND SIGHTS TOUR
Meet at the ARC, 6:15-7:30 or 7:45-9 pm, $7.50 per person, must pre-register
7  ................................................................. STONEGRINDER 7K TRAIL RUN
Capen Park/Grindstone Nature Area, 9 am, ages 12 and up,
$35, must pre-register
7  ................................................................. CITY KWANZAA CELEBRATION
Progressive Missionary Baptist Church, 2-5 pm, Free
10  .............................................................. CENTRAL COLUMBIA HOLIDAY PARTY
Armory Sports Center, 6:30-8 pm, Free
14  ............................................................... JUNIOR NBA SKILLS CHALLENGE
Armory Sports Center, 10 am, Free

JANUARY

20  .................................................. DR. MARTIN LUTHER KING JR. CANDLE LIGHT WALK AND CELEBRATION,
Walk at Armory Sports Center at 6:30 pm, proceed to St. Luke UMC
25  ............................................................... ROC TRAIL RUN
Rhett’s Run Trail at Cosmo Park, 9 am, ages 12 and up, $35

FEBRUARY

1  ............................................................... BRING YOUR OWN BIG WHEEL
ARC, 9-10:30 am, ages 2-6, $5
5  .......................................................... BLACK HISTORY MONTH: AFRICAN-AMERICAN FILM FEST
42, Armory Sports Center, 6:30 pm, Free
12  .......................................................... BLACK HISTORY MONTH: AFRICAN-AMERICAN FILM FEST
The Help, Armory Sports Center, 6:30 pm, Free
19  .......................................................... BLACK HISTORY MONTH: AFRICAN-AMERICAN FILM FEST
Barry, Armory Sports Center, 6:30 pm, Free
23  .................................................. BLACK HISTORY MONTH: GOSPEL EXPLOSION AND SOUL FOOD DINNER
St. Luke UMC, 4-7 pm, Free
23  ............................................................... BOY/GIRL SCOUT DAY
Hickman Pool, 1-3 pm, pre-register, $4 per child
25  .............................................................. BLACK HISTORY PRESENTATION
Armory Sports Center, 6-7 pm, Free
26  .................................................. BLACK HISTORY MONTH: AFRICAN-AMERICAN FILM FEST,
Lean on me, Armory Sports Center, 6:30 pm, Free

MARCH

21  .............................................................. ANNUAL TRAIN SHOW,
Paquin Tower, 10 am-3 pm, Free
Bocce Courts!

Four bocce courts were constructed at Cosmo Park, located just west of the tennis courts. Bocce is one of the most widely played games in the world and is one of the oldest lawn or yard games. Its pros: the game is simple and can be played by people of all ages and skill levels.

On July 10, 2019 Mayor Treece threw the historic “first pitch” of the pallina at the grand opening of the Cosmo bocce courts. Mayor Treece teamed up with Columbia Special Olympics bocce coach Frank La Mantia against Special Olympians and gold medalists Bob Stephens and Harry Besleme (pictured below) for the inaugural first game.

This project was funded by the Park Sales Tax
The Adopt-a-Trail program connects volunteers to sections of our trails to remove invasive species and nurture native plants in their place. Individuals, families, faith communities, or civic organizations are all welcome to adopt a 1/4 mile of trail. Interested? Contact the City of Columbia Volunteer Program at 573-874-7499 or e-mail volunteer@como.gov to find out when the next training session will be held.

All trail users can help beautify our trail system by:
1. Picking up trash and recycling! Carry a bag as you walk and toss trash or recyclable products into trailhead receptacles.
2. Removing rocks and fallen branches from trail surfaces.
4. Make the call! See something that needs repair (i.e., graffiti, fallen limbs or missing signs)? Contact us at (573) 874-7201 or email parksandrec@como.gov. The Columbia Park Reporter web application provides park and trail users with an easy mechanism to report issues such as a downed tree or trailside amenity in disrepair. The Columbia Park Reporter is available through the Parks and Recreation website at CoMo.gov/ParksandRec. The reporting tool can be used through the site or the link can be saved to an individual’s home screen on their smartphone.

“Volunteers do not necessarily have the time; they just have the heart.”
- Elizabeth Andrew
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.
GIVE THE GIFT OF FITNESS AND FUN!

Gift cards are available for purchase for all Parks & Recreation activities! From golf to the Arc to classes... give us a call at 874-7460 for details.

Help us sustain the future of Parks and Recreation services for our community! Please consider giving to the Parks and Recreation Fund through CoMoGives. The campaign kicks off December 1... watch for more details!