Serving Our Citizens and Promoting Tourism

This past year was an exciting one as we opened three major recreation facilities to serve our citizens and to promote tourism in our community.

1. The MU Health Care Pavilion, home to Columbia Farmers Market, provides healthy, locally-grown produce and draws visitors from around the region to Columbia.
2. The Columbia Sports Fieldhouse provides a space for our local Columbia Youth Basketball Association, as well as for volleyball and pickleball players.
3. The Gans Creek Cross Country Course is the home course for the University of Missouri and provides a premier, tournament-level course for other school cross country teams.

All of these recreation facilities were requested by our citizens and local agencies during the public input process of the 2013 Parks, Recreation and Open Space Master Plan. Thanks to our community partners and citizen support of the Park Sales Tax, these long-awaited recreation facilities are now open and ready to serve our community.

MU Health Care Pavilion
Home of Columbia Farmers Market

In addition to providing a covered, year-round home for the Columbia Farmers Market, the pavilion is available to the public for rental to host other activities and events.

Included on the site is Columbia Center for Urban Agriculture’s Urban Farm used to teach farm to table practices. Fresh produce grown on the farm is donated to the Central Pantry to help provide healthful foods for our citizens in need.
Columbia Sports Fieldhouse

Columbia Sports Fieldhouse is located in A. Perry Philips Park. Courts may be reserved for individual team, league, or tournament play.

This multi-use indoor sports facility features four hardwood courts, ample spectator seating, a control desk, concession area, restrooms, offices, and meeting rooms.

It was designed to not only serve our local athletes, but to draw tournament tourism dollars to Columbia.

Gans Creek Cross Country Course

In 2019, 11 college and 341 high school teams competed in the Gans Creek Classic, which brought nearly 9,000 participants and spectators to Columbia.

Columbia won the five-year bid for the MSHSAA Cross Country State Championships, which drew about 11,000 visitors to Columbia this past year.
GENERAL INFORMATION

PARKS & RECREATION FREQUENTLY CALLED NUMBERS

| PARKS & RECREATION MAIN OFFICE | #1 SOUTH 7TH | 573-874-7460 |
| RECREATION HOTLINE/CANCELLATIONS |  | 573-874-7663 |
| NON-EMERGENCY - RANGER |  | 573-442-6131 |
| ACTIVITY & RECREATION CENTER (ARC) | 1701 W. ASH | 573-874-7700 |
| PARK MANAGEMENT CENTER | 1507 BUSINESS LOOP W. | 573-874-7201 |
| HILLCREST COMMUNITY CENTER | 1907 HILLCREST DR. | 573-874-7475 |
| ARMORY SPORTS CENTER | 701 E. ASH | 573-817-5077 |
| CARE | 701 E. ASH | 573-874-6300 |
| COMMUNITY RECREATION | 701 E. ASH | 573-874-6378 |
| PAQUIN TOWER/ADAPTIVE RECREATION | 1201 PAQUIN ST. | 573-554-7042 |
| PERMITS, LEAGUES AND SHELTER RESERVATIONS | #1 SOUTH 7TH | 573-874-7460 |
| RAINBOW SOFTBALL CENTER (SEASONAL) COSMO PARK | 1615 BUSINESS LOOP 70 | 573-449-1925 |
| SPECIAL OLYMPICS | 1701 W. ASH | 573-874-7312 |
| LIFE ENRICHMENT CLASSES | 1907 HILLCREST DR. | 573-874-7636 |
| 50+ TOURS SENIOR TRAVEL | 1907 HILLCREST DR. | 573-874-7475 |
| ALBERT-OAKLAND FAMILY AQUATIC CENTER | 1900 BLUE RIDGE RD. | 573-474-5331 |
| ARC INDOOR POOL | 1701 W. ASH | 573-874-7700 |
| DOUGLASS FAMILY AQUATIC CENTER | 400 N. PROVIDENCE RD. | 573-442-5019 |
| HICKMAN POOL (INDOOR POOL) | 1104 N. PROVIDENCE RD. | 573-874-7476 |
| LAKE OF THE WOODS POOL | 6700 E. ST. CHARLES RD. | 573-474-7878 |
| LITTLE MATES COVE AT TWIN LAKES | 2500 CHAPEL HILL RD. | 573-445-8839 |
| L.A. NICKELL GOLF COURSE | 1800 PARKSIDE DR. | 573-499-GOLF |
| LAKE OF THE WOODS GOLF COURSE | 6700 E. ST. CHARLES RD. | 573-499-GOLF |

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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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. • 573-817-5077
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, $38 per hour plus $20 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 October-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, Sun, 8a-11p, $595. Sat/Holidays $650. 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 $24 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 $24 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 $45, $60 or $70 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 two business days before the first class meeting.

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

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

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

Leisure Times On T.V.
Leisure Times videos are produced to keep you up-to-date on Parks and Recreation activities. 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 $10 with $20 deposit.

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)
MEMBERSHIP FEES

YOUTH ADMISSION - AGES 2 TO 17

- Daily ................................................................. $3.75
- Multiple Pass (20) ........................................... $56.25
- 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.

**Second person can be another adult, senior or youth senior.

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) ........................................... $56.25
- 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.

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

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

GROUP RATES

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

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
✓ Gymsnasiums
✓ 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

MEMORIAL DAY: May 25 - 9a-3p
4TH OF JULY: 9a-3p

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 hydrotherapy pool. This area includes two wet multipurpose rooms that can accommodate birthday parties, lifeguard training and much more.

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

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

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

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

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

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

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

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

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

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

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.
GYMNASIUM SCHEDULE
Gym closed for maintenance March 30 - April 8

SUNDAY
9a-12p ................................................................. Pickleball

MONDAY
6-9a ....................................................................... Pickleball
8-9:45a ................................................................. Full Ct Basketball
10-11a .................................................................. Little Gymmers
11:15a-1:45p* ...................................................... 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
12-1:30p ............................................................... Adult Volleyball

WEDNESDAY
6-9a ....................................................................... Pickleball
8-11a ...................................................................... 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
1:30-2:30p ........................................................... Home School P.E. Ages 10-17
2:30-3:30p ........................................................... Home School P.E. Ages 5-9
12-1:30p* ............................................................... Adult Volleyball

FRIDAY
6-9a ....................................................................... Beginners Pickleball
8-9:45a ................................................................. Full Ct Basketball
11:15a-1:45p ........................................................ Little Gymmers
6:30-9:30p .............................................................. Pickleball

Note: Days and times are subject to change. At least one court will be available for drop-in use more hours of operation. *When school is out, mid-day Volleyball and Pickleball will be shortened to 1.5 hours.

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

ARC MEMBERSHIPS
There are no refunds on ARC memberships.

ACTIVITY PROGRAMS - See page 6 for refund policy.

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

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

ROOMS/COURTS
Meeting Room 1/3 ................................................ $50 per hour
Meeting Room 2/3 ................................................ $75 per hour
Meeting Room Full .............................................. $1125 plus $5 per person
Classroom ............................................................ $22 per hour
Group Exercise Room ......................................... $32 per hour
Water Zone Raindrop Room (M, W, F) .................. $37 per rental
Water Zone Typhoon Room (M, W, F) ................. $50 per rental

WATER ZONE (INDOOR POOL) .......................... 2 HOUR MINIMUM
1-100 People ....................................................... $140 per hour
101-150 People ................................................... $185 per hour
151-200 People ................................................... $235 per hour
201-250 People ................................................... $345 per hour
251-300 People ................................................... $445 per hour

FACILITY “LOCK-IN” (8 HOURS)
Discover the ARC and all it has to offer for your next group overnight. You will have use of the lobby, gym, pool (10pm-2am), game room and meeting rooms. Maximum accommodation is 50.

TIMES ............................................................... 10pm-6am
FEES
1-100 People ....................................................... $1000
101-500 People ................................................... $1125 plus $5 per person (each person over 100 will be assessed this fee)

WATER ZONE BIRTHDAY PARTIES, PAGE 15

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
The Adapted program located 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, please 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, $2 studio fee.

Craft and Ceramics studio is open on the following days:
- Monday ................................................................. 11a-8:30p
- Tuesday ............................................................... By appointment only
- Wednesday .......................................................... 11a-4p
- Thursday .............................................................. 11a-4p
- Friday ................................................................. 11a-4p

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

SOCIAL ACTIVITIES AND EXERCISE

WII GAMES
Games: Every Thursday, 5p (except first Thursday of the month)
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 some exercise at the same time! Wii games are played several times during the month; please call 573-554-7042 to find out when games are scheduled.

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

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.

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

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

Location: Tennis Court @ Cosmo Park

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

Location: L.A. Nickell Golf Course

ADAPTED SOFTBALL
Individuals with special needs can learn the skills necessary to play the game of softball. Team assignments and practice day will be assigned after the close of registration. Registration deadline is when maximum participants reached.

Location: Softball Field @ Again Street Park

ADAPTED TENNIS
Adapted athletes will learn and compete in the game of Bocce. Registration deadline when maximum participation is reached.

Location: Cosmo Park

ADAPTED BELL CHOIR
Third Monday of the month, 3:30p
Join the handbell choir. Hand bells are a source of enjoyment and pleasure for all who play and for the thousands who are entertained.

Instructor: Alex Wenzel  Location: Paquin Tower
Creating Community through People, Parks and Programs

Aquatics

AQUATIC FACILITIES

ARC WATER ZONE
Activity & Recreation Center, 1701 W. Ash, 874-7700
• Indoor Facility • Heated Water • Zero Depth Entry • Water Play Feature • Triple Loop Water Slide • Lazy River • Vortex • Hydro Therapy Pool • Lap Lanes • Swim Instruction • Recreational Swim • Water Fitness • Concession Area

ALBERT-OAKLAND FAMILY AQUATIC CENTER
Albert-Oakland Park, 1900 Blue Ridge Road, 474-5331
• 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 • Concession Stand • Water Fitness • Swim Instruction

DOUGLASS FAMILY AQUATIC CENTER AND SPRAYGROUND
Douglass Park, 400 N. Providence Road, 442-5019
Open May 1 - Sept 30 (Sprayground)
• Outdoor Facility • Double Loop Water Slide • Rock Climbing Wall • Recreational Swim • UNGUARDED Plaza with interactive water fountains, geysers and jets shooting from the ground • Shaded Shelter • Concession Stand

FLAT BRANCH PARK SPRAYGROUND
Flat Branch Park, 400 Locust St.
Open May 1 - Sept 30
UNGUARDED Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to public

HICKMAN POOL
David H. Hickman High School, 1104 N. Providence Road, 874-7476
• Indoor Facility • Swim Instruction • Heated Water • Lifeguard Instruction

LAKE OF THE WOODS POOL
Lake of the Woods Recreation Area, 6700 St. Charles Road, 474-7878
• Outdoor Facility • Water Slide • Shade Umbrellas • Recreational Swim • Country Club Setting • Surrounded by the Golf Course • Concession Stand in Clubhouse

LITTLE MATES COVE AT TWIN LAKES
Twin Lakes Recreation Area, 2500 Chapel Hill Road, 445-8839
• Kiddie Water Park with Slides, Sprinklers, Water Cannons and Water Falls
• Recreational Swim • Concession Stand

STEPHENS LAKE & SPRAYGROUND
Stephens Lake Park, 2001 E. Broadway
Open May 1 - Sept 30
UNGUARDED Swimming Beach • Free to the Public • Swimming in Designated Beach Area • Fishing / Boating (non-motorized) Area • Boardwalk with Shelter • Restrooms
• UNGUARDED Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to public

SWIM HOTLINE
Call 874-7663 for updated facility closings and openings.

RECREATION SWIM FEES
ALBERT-OAKLAND FAMILY AQUATIC CENTER

<table>
<thead>
<tr>
<th>AGE</th>
<th>SINGLE ADM</th>
<th>Coupon Books (10)</th>
<th>Coupon Books (20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 &amp; under</td>
<td>FREE</td>
<td>$26.25</td>
<td>$45.00</td>
</tr>
<tr>
<td>2-15</td>
<td>$3.00</td>
<td>$36.50</td>
<td>$63.75</td>
</tr>
<tr>
<td>Adults (16+)</td>
<td>$4.25</td>
<td>$36.50</td>
<td>$63.75</td>
</tr>
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</table>

LAKE OF THE WOODS/LITTLE MATES COVE AT TWIN LAKES

<table>
<thead>
<tr>
<th>AGE</th>
<th>SINGLE ADM</th>
<th>Coupon Books (10)</th>
<th>Coupon Books (20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 &amp; under</td>
<td>FREE</td>
<td>$17.25</td>
<td>$30.00</td>
</tr>
<tr>
<td>2-15</td>
<td>$2.00</td>
<td>$28.50</td>
<td>$48.75</td>
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<tr>
<td>Adults (16+)</td>
<td>$3.25</td>
<td>$28.50</td>
<td>$48.75</td>
</tr>
</tbody>
</table>

Note: Coupon books may be purchased at each facility.

DOUGLASS FAMILY AQUATIC CENTER

<table>
<thead>
<tr>
<th>AGE</th>
<th>SINGLE ADM</th>
<th>Before 4/30/20</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 &amp; under</td>
<td>FREE – 2 yrs &amp; older, $1.50</td>
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</table>

OUTDOOR AQUATIC SEASON PASS

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>Price</th>
<th>Before 4/30/20</th>
</tr>
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<tbody>
<tr>
<td>Family Season Pass*</td>
<td>$220</td>
<td>$50 off</td>
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<tr>
<td>Adult Season Pass</td>
<td>$115</td>
<td>$20 off</td>
</tr>
<tr>
<td>Youth Season Pass</td>
<td>$70</td>
<td>$20 off</td>
</tr>
</tbody>
</table>

*Family defined as maximum of two adults and up to three dependents living at same residence. $10 for additional children only.

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 (874-7663).

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 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.
A WORD TO PARENTS

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

FOURTH OF JULY SPECIAL HOURS

Celebrate our nation's birthday in the sun's warm rays at of our city aquatic facilities.

All outdoor pools will be open 12 - 5 pm on July 4. Show your military identification for FREE admission.

FLOTATION DEVICES

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

AQUATIC PROGRAMS

BIRTHDAY PARTY SPECIALS

1. Birthday parties are held at the ARC Water Zone, Lake of the Woods Pool, and Little Mates during the summer season. For ARC party packages see page 13. Lake of the Woods and Little Mates parties are available for children 12 and under during public recreation swim times. The party fees below apply.
2. Reservations must be made a minimum of two weeks in advance.
3. Reservations can only be made by calling the ARC at 874-7700
4. Payment must be made at the time of reservation of the party. Payments may be made over the phone with a Master Card or Visa.
5. Everyone who enters is counted. To insure proper supervision and safety, the adult to child ratio must be one adult to every 10 children.

Party Fees
Pool admission for each attendee plus any of the following:
- Tables: $7 per hour per table
- Pizza: $9 per large pizza
- Drinks: $3.75 per 10 pack of Kool-aid Jammers

NOTE: Parties may order as many pizzas and as much Kool-aid as desired for the number of attendees. Cake, ice cream, cookies or other party treats may be brought into the facility when a party is booked.

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 due at time of reservation. Open invitations to private aquatic rentals are not allowed to be posted on social media.

RENTAL RATES

ARC ........................................... See ARC Water Zone rates, page 9
Albert-Oakland Family Aquatic Center .......................... $250
Without Water Play Area ........................................ $168
Water Play Area only .............................................. $99
Douglass Family Aquatic Center ................................ $130
Hickman Pool ................................................... $168
Lake of the Woods Pool ......................................... $117
Little Mates Cove at Twin Lakes ................................ $155
- These rentals are for groups of 50 or less. Each additional person counted over 50 is $1 each. Every one attending is counted, even if they do not swim.
- Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

FAMILY SPLASH BASH

Bring the family and watch the sunset while you swim, have dinner and enjoy music. Glow sticks provided, dinner includes hot dog, chips and Kool-aid. Children under 10 must be accompanied by an adult. Season passes not valid, registration required.

Location: Lake of Woods Pool

FATHER’S DAY SPECIAL

June 21, All pools, all day
Dads, get FREE admission at all City outdoor pools with the purchase of a child's admission! Valid on Father's Day only.

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 facility.
- 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.
<table>
<thead>
<tr>
<th>Facility</th>
<th>May</th>
<th>June / July</th>
<th>August</th>
<th>September</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARC WATER ZONE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ALBERT-OAKLAND FAMILY AQUATIC CENTER</strong></td>
<td>OPEN FOR SEASON</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>May 23, 24, 25 12-5p</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Open May 28 12-7p</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HICKMAN POOL</strong></td>
<td>CLOSED</td>
<td></td>
<td>CLOSED</td>
<td></td>
</tr>
<tr>
<td><strong>LAKE OF THE WOODS POOL</strong></td>
<td>CLOSED</td>
<td></td>
<td>CLOSED</td>
<td></td>
</tr>
<tr>
<td><strong>DOUGLASS FAMILY AQUATIC CENTER</strong></td>
<td>CLOSED</td>
<td></td>
<td>CLOSED</td>
<td></td>
</tr>
<tr>
<td><strong>LITTLE MATES COVE AT TWIN LAKES</strong></td>
<td>CLOSED</td>
<td></td>
<td>CLOSED</td>
<td></td>
</tr>
</tbody>
</table>

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

BACK 2 SCHOOL BASH
Location: Albert-Oakland Family Aquatic Center
Thursday, Aug 20, 5:30-8:30 pm
$3 per person
Celebrate going back to school with a special weekday swim!

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.

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: 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>301205-01</td>
<td>Tu,Th: Mar 31-Apr 23</td>
<td>5:30-6:20 pm</td>
<td>16+</td>
<td>$40</td>
</tr>
<tr>
<td>301205-02</td>
<td>Tu,Th: Apr 28-May 14</td>
<td>5:30-6:20 pm</td>
<td>16+</td>
<td>$24</td>
</tr>
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</table>

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>301205-03</td>
<td>M,W: Jun 1-Jun 24</td>
<td>6-6:50 pm</td>
<td>16+</td>
<td>$40</td>
</tr>
<tr>
<td>301205-04</td>
<td>M,W: Jul 6-Jul 29</td>
<td>6-6:50 pm</td>
<td>16+</td>
<td>$40</td>
</tr>
</tbody>
</table>

ARC WATER ZONE
HOLIDAY HOURS
May 25 9 am-12 pm Lap/Spa/Walk 12-2:30 pm Rec Swim
July 4 9 am-12 pm Lap/Spa/Walk 12-2:30 pm Rec Swim

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

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

WATER AEROBICS CLASS
This program uses the buoyant qualities of water to enhance physical fitness through exercises. It can be low-, medium- or high-impact, designed to provide cardiovascular conditioning, improve muscle tone and improve balance. It is a total body workout without the stress of land-based exercise.

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

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

| Mon – Thurs 11 am – 12 pm | $1 for all participants. |

| Tues & Thurs 10–11 am | $1 for all participants. |

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

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)

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

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

Tues & Thurs 10–11 am $1 for all participants.
CREATE CONNeCTING THROUGH PeOPLE, PARKS AND PROGRAMS

ARC WATER ZONE

WATER ZONE BIRTHDAY PARTY PACKAGES

Celebrate your birthday at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 874-7700 or by reserving them in person. Payment must be made at the time of reservation either in person or over the phone with a 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, Wed ................................................................. 5-7p
Fri ................................................................. 1:30-3:30* p; 4-6* p; 6:30-8:30 p
Sat or Sun ................................................................. 12-2p or 2:30-4:30p

Parties are only available during Rec swim times.

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

WATER ZONE ROOM RENTAL

Available Mon, Wed, or Fri 1:30-3:30* pm; 4-6* pm; 6:30-8:30 pm

If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This two hour package does not include admission into the facility. See page 9 for fees.

<table>
<thead>
<tr>
<th>Room</th>
<th>Maximum Capacity</th>
<th>2-Hour Room Rental</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raindrop</td>
<td>15 persons $37</td>
<td></td>
</tr>
<tr>
<td>Typhoon</td>
<td>55 persons $50</td>
<td></td>
</tr>
</tbody>
</table>

- Extra pizza cost $9
- T-Shirt cost $6
- Admission to the ARC is REQUIRED for each person with this room rental.
- If swimming isn't part of your plan, we have other room rental options, see page 9.*Available when school is not in session or on early release day

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

**BASIC PACKAGE**
- Room: Raindrop
- Participants: 15 max
- Food: 4 pizzas or hotdogs & chips
- Cost: Member $143.75
- Nonmember $172.50

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

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

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

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

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.

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

*Price: Free for guards employed by Columbia Parks and Recreation, $135 for other participants

**Class meets on Monday from 5 p - 9 pm, Saturday and Sunday from 8a - 5p

Location: Pool @ Hickman High School

STARGUARD LIFEGUARD TRAINING

**LIFEGUARD RE-CERTIFICATION**

The recertification course is offered to those currently certified life-guarding 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

ADAPTIVE SWIM

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

Location: Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>301301-01</td>
<td>F-Su: Apr 3-Apr 5**</td>
<td>8 am - 5 pm</td>
<td>15+</td>
<td>$135</td>
</tr>
<tr>
<td>301301-02</td>
<td>F-Su: Apr 24-Apr 26**</td>
<td>8 am - 5 pm</td>
<td>15+</td>
<td>$135</td>
</tr>
<tr>
<td>301301-03</td>
<td>W-Sa: May 6-9</td>
<td>5-7:30 pm</td>
<td>15+</td>
<td>$135</td>
</tr>
<tr>
<td>301301-04</td>
<td>W-F: May 27-May 29</td>
<td>9 am - 5 pm</td>
<td>15+</td>
<td>$135</td>
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<tr>
<td>301301-05</td>
<td>Tu-Th: Jun 2-4</td>
<td>9 am - 5 pm</td>
<td>15+</td>
<td>$135</td>
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<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>301302-01</td>
<td>Su: Apr 19</td>
<td>8 am - 5 pm</td>
<td>15+</td>
<td>$100</td>
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Creating Community through People, Parks and Programs
# ARC WATER ZONE SCHEDULE MARCH 29, 2020 – MAY 23, 2020*

<table>
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<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>Lap/Spa/Walk 9am-12p</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>
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</tr>
<tr>
<td>Rec Swim 12-5:30p</td>
<td>Water Zone Closed 1:30-3p</td>
<td>Lap/Spa/Walk 3-5:25p</td>
<td>Water Zone Closed 1:30-3p</td>
<td>Rec Swim 12-6:30 pm</td>
</tr>
<tr>
<td></td>
<td>Water Zone Closed 1:30-3p</td>
<td>Water Zone Closed 1:30-3p</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Spa closed 1:30-6p for Maintenance every Wed</td>
<td>Lap/Spa/Walk 3-5p</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Water Aerobics 5:30-6:20p</td>
<td>Lap/Spa/Walk 3-5p</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Water Aerobics 6:30-7:20p</td>
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<td></td>
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<tr>
<td>WATER ZONE CLOSED</td>
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</tbody>
</table>

* Due to School Rentals, the Water Zone schedule may vary a few days during April / May.  
**Lap/Spa/Walk is available when lessons are NOT in session.  
Please call or look for special notices posted at the facility.
### ARC Water Zone Schedule May 24, 2020 – August 8, 2020

Water Zone Closed July 25-Aug 2 for Annual Maintenance

<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>ARC Closed</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>ARC Closed</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>ARC Closed</td>
<td>Moving My Joints 10-10:50a</td>
<td>Lap/Spa/Walk*** 10a-12p</td>
<td>Moving My Joints 10-10:50a</td>
<td>Swimming Lessons 10:55a*</td>
</tr>
<tr>
<td>Lap/Spa/Walk 9am-12p</td>
<td>Little Swimmers 11a-12p</td>
<td>Little Swimmers 11a-12p</td>
<td>Lap/Spa/Walk 11a-12p</td>
<td>Swimming Lessons 11:10 - 11:55a*</td>
</tr>
<tr>
<td>Rec Swim 12-5:30p</td>
<td>Lap/Spa/Walk 11a-12p</td>
<td>Rec Swim 12-5:25p</td>
<td>Lap/Spa/Walk 11a-12p</td>
<td>Swimming Lessons 12-6:30 pm</td>
</tr>
<tr>
<td><strong>Spa closed 1:30-6p for Maintenance every Wed</strong></td>
<td>Rec Swim 12-7-30p</td>
<td>Water Aerobics 5:30-6:20p</td>
<td>Swimming Lessons 6:30-7:15p</td>
<td>Swimming Lessons 7:30-8:15p</td>
</tr>
<tr>
<td>WATER ZONE CLOSED</td>
<td>Sparta 7:30-9p</td>
<td>Swimming Lessons 7:30-8:15p</td>
<td>Rec Swim 12-9p</td>
<td>Rec Swim 12-6:30 pm</td>
</tr>
<tr>
<td></td>
<td>Lap/Spa/Walk 8:30-9p</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Lap/Spa/Walk is available except when lessons are in session
- Classes listed in **BLACK** are included with Daily, Multi and Annual Membership Passes.
  Classes listed in **SHADEd BOX** require an additional fee.
- Spa will be open when activities are scheduled in the pool except private rentals.
- Lap Swim is available during all Rec Swim times.
- Spa Maintenance will occur each Wednesday.
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)</td>
<td>STARFISH</td>
<td>None. The objective of Level 1 is to help students feel comfortable in the water. Introduction to supported floating, immersion of face into water, blowing bubbles, introduction to kicking.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Two A)</td>
<td>CLOWNFISH</td>
<td>Passed Level One or demonstrate equivalent skills. Ability to show some independence in water. Introduction to basic strokes.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Two B)</td>
<td>BLUEFISH</td>
<td>Passed Level Two A or demonstrate equivalent skills. Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Three)</td>
<td>SEA TURTLES</td>
<td>Passed Level Two B or demonstrate equivalent skills. Coordinate the front crawl and back crawl; introduction to elements of butterfly; introduction to elements of breast stroke.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Four)</td>
<td>STINGRAYS</td>
<td>Passed Level Three or demonstrate equivalent skills. Develop confidence in the strokes learned in previous levels; build on butterfly and breast stroke.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Five)</td>
<td>DOLPHINS</td>
<td>Passed Level Four or demonstrate equivalent skills. Coordination and refinement of strokes; increase distances; flip turns.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Six)</td>
<td>SHARKS</td>
<td>Passed Level Five or demonstrate equivalent skills. 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
DAY CARE SWIM LESSONS

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

Location: Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>316901-01</td>
<td>M-Th: Jun 1-Jun 11</td>
<td>9-9:45 am</td>
<td>3+</td>
<td>$52</td>
</tr>
<tr>
<td>316901-02</td>
<td>M-Th: Jun 15-Jun 25</td>
<td>9-9:45 am</td>
<td>3+</td>
<td>$52</td>
</tr>
<tr>
<td>316901-03</td>
<td>M-Th: Jun 15-Jun 25</td>
<td>11-11:45 am</td>
<td>3+</td>
<td>$52</td>
</tr>
<tr>
<td>316901-04</td>
<td>M-Th: Jul 13-Jul 23</td>
<td>9-9:45 am</td>
<td>3+</td>
<td>$52</td>
</tr>
<tr>
<td>316901-05</td>
<td>M-Th: Jul 13-Jul 23</td>
<td>10-10:45 am</td>
<td>3+</td>
<td>$52</td>
</tr>
</tbody>
</table>

SUMMER SWIM TEAM

Join in the spirit of fun of our summer swim team, the Piranhas! This team is designed for Columbia area youth to participate on a summer recreation swim team. This team is part of the Show-Me League. Summer swim team is an introduction to competitive swimming and the Piranhas welcome novice swimmers! Swimmers must be able to swim 25 yards (one length) of the pool to join. Practices start Thursday, May 28. Competitions are Wednesday evenings at Columbia area pools.

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>316903-01</td>
<td>M,Tu,Th,F: May 28-Jul 10</td>
<td>3:15-4:15 pm</td>
<td>5-18</td>
<td>$100</td>
</tr>
<tr>
<td></td>
<td>W: 4-7:30 pm</td>
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<td></td>
</tr>
</tbody>
</table>

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: See below

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Place</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>316700-01</td>
<td>T, Th: Mar 31-Apr 23</td>
<td>6:30-7 pm</td>
<td>HICK 6 mos-3</td>
<td>$47</td>
<td></td>
</tr>
<tr>
<td>316700-02</td>
<td>M-Th: Jun 1-Jun 11</td>
<td>6:30-7 pm</td>
<td>HICK 6 mos-3</td>
<td>$47</td>
<td></td>
</tr>
<tr>
<td>316700-03</td>
<td>M-Th: Jun 15-Jun 25</td>
<td>6:30-7 pm</td>
<td>HICK 6 mos-3</td>
<td>$47</td>
<td></td>
</tr>
<tr>
<td>316700-04</td>
<td>M-F: Jul 8-Jul 18</td>
<td>6:30-7 pm</td>
<td>HICK 6 mos-3</td>
<td>$47</td>
<td></td>
</tr>
<tr>
<td>316700-05</td>
<td>Sa: Jun 6-Jun 27</td>
<td>10:10-10:40 am</td>
<td>ARC 6 mos-3</td>
<td>$47</td>
<td></td>
</tr>
<tr>
<td>316700-06</td>
<td>Sa: Jun 6-Jul 27</td>
<td>11:10-11:40 am</td>
<td>ARC 6 mos-3</td>
<td>$47</td>
<td></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.

ADULT AQUATICS

ADULT SWIM INSTRUCTION

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

Please call the ARC at 874-7700 to register. Price: $96

ADULT LAP SWIM ONLY

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

Mon-Fri, June 1-Aug 7, 10:45-11:45 am

Price: $1 for all participants

** Two lanes during Swim lessons will be reserved for Lap swimmers. AOFAC Lessons Jul 27-Aug 7

AQUA PERSONAL TRAINING

The personal training sessions in the water are tailored to meet your needs and abilities, then are increasingly intensified to meet your personal improvement. Qualified staff will help you reach your personal goal. Fill out an Aqua Personal Training form at the ARC front desk and we will help you set up a session.

<table>
<thead>
<tr>
<th>Individual session</th>
<th>Member</th>
<th>Non-member</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 30-minute session</td>
<td>$23</td>
<td>$28</td>
</tr>
<tr>
<td>3 – 30-minute sessions</td>
<td>$66</td>
<td>$81</td>
</tr>
<tr>
<td>6 – 30-minutes sessions</td>
<td>$120</td>
<td>$150</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.
SATURDAY GAME ROOM DROP-IN
Bored on Saturday mornings and afternoons? Come to the Armory with your family and friends to play ping-pong, foosball, shuffleboard, air hockey, safe darts, or just watch a movie.
Location: Recreation Room @ Armory Sports Center

Activity # Date Time Age Price
Drop in Saturdays 12-4 pm 7-17 Free

MOVIES AT THE ARMORY
Parents, need some time out? Kids, just want to have fun? We’re here. Watch age-appropriate movies with other youth in Columbia. Popcorn and soft drinks will be provided. Call 874-7460 or check CoMo.gov for the movie title showing this month! Please enter the building downstairs from the back parking lot.
Location: Armory Sports Center

Activity # Date Time Age Price
Drop in 4th Tuesday 4:45 pm All Free

CLAY FOR KIDZ
This is a great introduction to 3D art for young creative minds with or without clay experience. 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: Downstairs Recreation Room @ Armory Sports Center

Activity # Date Time Age Price
302916-01 Apr 2, 9, 16, 30* 5:45-6:45 pm 6-9 $15
*No class 4/23

NEW ADULT HANDS ON CLAY
Create your own bowls and other decorations from clay. Adults will learn the basics of clay by hand building, coiling, pinching, and glazing techniques. Build functional pieces, abstract and more!
Location: Paquin Tower

Activity # Date Time Age Price
Th: Jun 4-25 6-7:30 pm 18+ $15

NEW COFFEE AND CONVERSATION
We’ll bring the coffee, you bring the conversation. Join us the second Wednesday of every month for an unstructured get together. Get to know local community members, and discuss anything that’s on your mind. Contact 573-874-6379, or email Jay.Bradley@como.gov for more information.
Location: Armory Sports Center

Activity # Date Time Age Price
Drop in 2ND Wed, Each Month 10-11 am 18 and up Free

NEW KNIT WITS KNITTING AND CROCHET
Join the new Knit Wits group for some socializing while working on projects! An ongoing project will be to knit hats for those in need. Bring your own materials or use what we have. All skill levels welcome; if you are inexperienced, we’ll teach you how to use a loom, knit or crochet.
Location: Armory Sports Center

Activity # Date Time Age Price
Drop in Mondays and Thursdays 6-7 pm 12 and up Free

BOY SCOUT SCOUT-A-RAMA
Scout-a-Rama is a large indoor/outdoor even where scouting groups in our community showcase games, crafts, activities, skills and more. Stop by the booths and let the Scouts show you what they have learned!
Location: Armory Sports Center

Activity # Date Time Age Price
Drop In Sa: Apr 18 9 am-3 pm 5-11 Free

"LATE NIGHT" TEEN CONNECTION RECREATION
Get together with your friends in a fun, supervised environment this summer! Pick-up basketball and volleyball are available. Note: No adults allowed.
Location: Armory Sports Center

Activity # Date Time Age Price
Drop in F, Sa: June 5-Aug 15* 7-11 pm 12-17 Free
*Skip 7/17
“REFLECTIONS” POETRY SOCIETY
Have something to say and want it heard? Join us to write, critique and hold discussion groups. No experience required except a desire to explore the written word as expression. Adults as well as teens are welcome. Please email Mary.Dewey@CoMo.gov for more information.
Location: Main Floor Classroom @ Armory Sports Center

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

CONTINUING CROCHET
Now that you've learned the basics of how to crochet, don't stop there! Continue to expand on your crochet skills and knowledge in this class. Bring the project you are currently working on and supplies needed for it. Pre-registration required.
Instructor: Lynn Darst
Location: Conference Room @ ARC

ONE-ON-ONE INTRO TO VOICEOVERS
Explore the voiceover industry...discover 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. Learn more at www.voicesforall.com/ooo. Students must have Internet access and video chatting capabilities using a method such as Skype or iChat/Face Time. Pre-registration required. After you've registered, an instructor will contact you to set up class date and time for your video chat class.

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

SCOUTS, 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.

SEE CERAMICS, PAGE 10

BICYCLE PROGRAMS

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 manages year-round programming. Mission Statement: Increase transportation independence through bicycle ridership, especially among Columbia's most underserved individuals.

Free Walk-in Bicycle Repair
Bicycle mechanics and volunteers provide general bicycle maintenance and parts including but not limited to flat/brake repair, cable adjustments, and wheel truing. Repairs are limited to supplies and tools available at the time of the repair. The walk-in bike repair program provides an opportunity for hands-on learning. No drop-off service.
Assistance is limited to one bicycle per person per session. Per ordinance, all bicycles will be licensed with the Columbia Police Department. Co-op staff and volunteers assist individuals who cycle out of necessity, and who do so with well-worn bicycles that are cheap, yet priceless.

HOURS: Open on Mondays, 2–6 pm (closed on holidays and hours are subject to change)

FIX-A-FLAT CLASS
Repairing a flat tire is an essential skill for any cyclist. Instructors will cover flat repair, inner tube replacement and proper tire inflation. If time allows, instructors will also discuss minor brake and shifting adjustments. This is a hands-on class. Equipment needs: bicycle.
Location: CoMo Bike Co-op @ Armory Sports Center

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)
LEARN TO BICYCLE
Young or old, there’s no better time than the present to learn to ride a bicycle. Youth and adult students will spend 50 minutes 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’s availability.
Location: Twin Lakes Recreation Area or other park location
Activity # Date / Time Age Price
318302-01 By appointment 5+ $50

TEACH YOUR KIDS TO BICYCLE
IN ONE EASY LESSON
The goal of teaching kids to ride is to help them learn the required skills of balancing, steering, pedaling and braking. If you’re preparing to teach your child to ride a bicycle, then it’s likely you’ll have questions. Lucky for you, we’re here to help! Parents are invited to join our certified League Cycling Instructor for a one-hour workshop for tips and techniques to have your child saying “WHEEEE!” in no time.
Location: ARC
Activity # Date Time Age Price
318404-01 Su: May 17 4-5 pm 18+ $8

CITY CYCLING
Learn to ride safely and responsibly in traffic and around town. This comprehensive course has something for everyone - even the most seasoned cyclists. League of American Bicyclists certified cycling instructors will lead classroom discussion, bike handling skills and on-road rides. Equipment needs: bicycle and helmet. Class size is limited so register early to reserve your spot! Customized classes available for groups of 4 or more.
Location: Armory Sports Center
Activity # Date Time Age Price
318205-02 Sa: Jun 6 9 am-2 pm 14+ $60

NATIONAL TRAILS DAY
Saturday, June 6
Treasure Hunt – Find the Golden Hiking Shoe and Win a $100 Parks and Recreation Gift Certificate
The American Hiking Society’s National Trails Day® is the country’s largest celebration of trails. We encourage you to venture out on a self-guided tour of Columbia’s trail system by participating in a treasure hunt to find the Golden Hiking Boot. Columbia Parks and Recreation will post a riddle on our Facebook page and Twitter account on Saturday, June 6 at 8 am. Not a fan of social media? Listen to the clue by calling the recreation hotline at 573-874-7663 (ext. #4). Be the first to find the Golden Hiking Boot and you will receive a $100 Columbia Parks and Recreation gift certificate. Claim the prize by calling 573-441-5495.

BIKE WALK AND WHEEL WEEK
May 10-17
Check www.pednet.org for details.

(Career Awareness Related Experience)
Job Readiness Training + Paid Real-World Hands-On Work Experience + Mentoring + Soft Skill Development + Career Exploration = Career Readiness
Columbia Parks and Recreation Department
Located in the Armory Sports Center,
701 East Ash Street, 2nd Floor
Columbia, MO 65201
(573) 874-6300
Tonia.Turner@CoMo.gov
CoMo.gov (search CARE program)
Like us on Facebook: City-of-Columbia-CARE-Program
Follow us on Twitter: CareColumbiaMO

“Investing in our Youth, Investing in our Future”
The City of Columbia’s Career Awareness Related Experience (CARE) program’s goal is for Columbia’s youth to be ready to enter the workforce and become productive, self-sufficient citizens. Since 1982, the CARE program has provided comprehensive services for Columbia’s at-risk youth that include:
• job readiness training
• paid real-world hands-on work experience
• mentoring
• soft skill development*
• career exploration

*Soft skills, also known as people skills, are the personal characteristics that individuals have. Good soft skills will benefit workers no matter where they work or what they do. Supervisors usually consider soft skills to be more important than hard skills (the technical expertise and knowledge needed to do a certain job) in job applicants for entry-level positions. They want new employees to have strong soft skills, and then they will teach them the hard skills.

The CARE program hires at-risk 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school and places them at local businesses, where they gain much needed real-world hands-on work experience while getting paid. One hundred percent of the trainees' wages are paid by CARE, which is administered through the Columbia Parks and Recreation Department.
The City of Columbia's CARE program hires local teenagers and places them at area businesses, where they gain much needed real-world hands-on work experience while getting paid. CARE depends on partnerships with area companies (work site partners) to provide the work sites for its trainees; however, 100% of the trainees' wages are paid by CARE, which is administered through the Columbia Parks and Recreation Department.

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.

WHAT IS EXPECTED FROM CARE'S WORK SITES?

Work site supervisors are responsible for the:
- mentoring
- training
- explaining
- demonstrating
- monitoring
- daily supervising
- evaluating
...aspects of the paid real-world hands-on work experience.

Most importantly, they must be able to keep their trainees busy with quality work experiences and supervise them for at least 25 hours per week from mid-June to mid-August.

WHO DOES CARE HIRE?

The CARE program hires at-risk 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school. High-risk teenagers face many barriers to joining the labor force, especially in Columbia, MO because of substantial competition from thousands of college students for the available entry-level jobs…but the CARE program can help break down those barriers! CARE applicants are local teenagers who do not yet feel comfort-

BUT WHAT IF MY BUSINESS DOES NOT HIRE 14 OR 15 YEAR-OLDS?

That is okay because you do not “hire” them, the City does; therefore, they are full-fledged City of Columbia employees. They are not your “employees,” as they are actually volunteers at your business. All employer responsibilities and liabilities, including workers’ compensation, belong to the City of Columbia.

DO WE HAVE TO HIRE THEM AT THE END OF THE SUMMER?

No, you do not. However, nearly one third of CARE’s trainees do such a good job they are offered continued employment from their work site’s own budget after the program is over. In fact, several former trainees are still employed at their CARE work sites many years after their placements ended.

For more information regarding becoming a CARE summer work site partner, contact Ron Schmidt at Ron.Schmidt@CoMo.gov or (573) 874-6300.
CARE TRADITIONAL SUMMER PROGRAM

CARE offers an eight-week program in which approximately 150 14- to 20-year-old trainees are hired at $9.00 per hour to work up to 25 hours per week at a variety of local work sites. While summer program trainees’ input is utilized, they do not directly choose their work site.

Summer program applications are available October 1 through February 28; however, applicants are STRONGLY ENCOURAGED to apply online as early as possible. To apply, visit: https://www.gocomojobs.com/postings/search (search for CARE Summer Trainee).

WORKSHOP WEDNESDAYS

Workshop Wednesdays are the CARE program’s free drop-in employment classes for 6th through 12th grade students on most Wednesdays in October, November, December, and January. CARE staff and volunteers are available from 3:00 to 7:00 p.m. on these Wednesdays to provide individualized and small group assistance with:

• making your own resume
• making your own cover letter
• learning how to get letters of recommendation
• practice interviewing
• applying online for a summer CARE trainee position

All workshops are held on the second floor of the Armory Sports Center (701 East Ash St.), which is located at the northeast corner of 7th St. and Ash St.

For more information, call the CARE office at (573) 874-6300.

COMPUTERS

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

<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</td>
<td>8a-2p</td>
<td>18+</td>
<td>$1/use or $5/monthly pass</td>
</tr>
</tbody>
</table>

DANCE, CHEERLEADING & TUMBLING

TODDLER JAZZ, BALLET AND CHEER

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

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307703-03</td>
<td>Th: Apr 23-May 14*</td>
<td>6-6:30 pm</td>
<td>2-3 w/ adult</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*No class 5/7</td>
<td></td>
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</tr>
</tbody>
</table>

TODDLER TUMBLE TOTS

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

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307702-03</td>
<td>Th: Apr 23-May 14*</td>
<td>6:30-7 pm</td>
<td>2-3 w/ adult</td>
<td>$35</td>
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<td></td>
</tr>
<tr>
<td>*No class 5/7</td>
<td></td>
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</tr>
</tbody>
</table>

PRESCHOOL SUMMER DANCE CAMP

Learn very basic dance moves and a fun routine to perform in the all-camp dance show at the close of camp Friday at 9a.m. Don’t miss this fun parent-child interactive camp! Pre-registration required.

Instructor: Carrie Burns
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>305712-01</td>
<td>M-F: Jul 13-17*</td>
<td>12-12:30 pm</td>
<td>2-4 w/ adult</td>
<td>$45</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Friday is show only at 9am</td>
<td></td>
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</tr>
</tbody>
</table>
**CLASSES FOR YOUTH**

**JAZZ, BALLET & CHEER**
Learn upbeat jazz dance moves, exciting cheers and basic ballet skills all in one fun class! Pre-registration required.
Instructor: Carrie Burns
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305701-01</td>
<td>Th: Apr 2-Apr 16</td>
<td>6-6:30 pm</td>
<td>4-8</td>
<td>$35</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305709-02</td>
<td>Th: Apr 2-Apr 16</td>
<td>6:30-7 pm</td>
<td>4-8</td>
<td>$35</td>
</tr>
</tbody>
</table>

**SUMMER DANCE AND CHEER CAMP**
Get ready for a high-energy, fun-filled week, where you will learn dance fundamentals and routines in ballet, jazz and cheerleading. Perform what you learn in the end of camp show on Friday at 9 am. Pre-registration required.
Instructor: Carrie Burns
Location: Moss Bldg. Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
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<tbody>
<tr>
<td>303906-01</td>
<td>M-F: Jul 13-17</td>
<td>9 am-12 pm*</td>
<td>5-8</td>
<td>$99</td>
</tr>
</tbody>
</table>

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**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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305204-03</td>
<td>Th: Jul 30-Aug 13</td>
<td>6-6:45 pm</td>
<td>18+</td>
<td>$35</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305209-01</td>
<td>Tu: Mar 10-Apr 14</td>
<td>5:30-6:15 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
<tr>
<td>305209-02</td>
<td>Tu: Apr 21-May 26</td>
<td>5:30-6:15 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
</tbody>
</table>

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**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)
FENCING & MARTIAL ARTS

CLASSES FOR YOUTH

INTRO TO FOIL FENCING

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

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

<table>
<thead>
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<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>311800-01</td>
<td>Th: Apr 16-May 21</td>
<td>6-7:30 pm</td>
<td>10-Adult</td>
<td>$48</td>
</tr>
<tr>
<td>311800-02</td>
<td>Th: May 28-Jul 2</td>
<td>6-7:30 pm</td>
<td>10-Adult</td>
<td>$48</td>
</tr>
<tr>
<td>311800-03</td>
<td>Th: Jul 9-Aug 13</td>
<td>6-7:30 pm</td>
<td>10-Adult</td>
<td>$48</td>
</tr>
</tbody>
</table>

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 23+ years, offering instructional classes in coordination with Columbia Parks and Recreation. For more information 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

<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>311310-01</td>
<td>M/W: Month of April</td>
<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
</tr>
<tr>
<td>311310-02</td>
<td>M/W: Month of May*</td>
<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
</tr>
<tr>
<td>311310-03</td>
<td>M/W: Month of June</td>
<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
</tr>
<tr>
<td>311310-04</td>
<td>M/W: Month of July</td>
<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
</tr>
<tr>
<td>311310-05</td>
<td>M/W: Month of Aug</td>
<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
</tr>
</tbody>
</table>

*No Class 5-25

AIKIDO FOR KIDS

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

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311908-01</td>
<td>Sa: Mar 21-May 2*</td>
<td>9:30-10:30 am</td>
<td>10-13</td>
<td>$37</td>
</tr>
<tr>
<td>311908-02</td>
<td>Sa: Mar 21-May 2*</td>
<td>10:45-11:45 am</td>
<td>6-9</td>
<td>$37</td>
</tr>
<tr>
<td>311908-03</td>
<td>Sa: May 9-Jun 20*</td>
<td>9:30-10:30 am</td>
<td>10-13</td>
<td>$37</td>
</tr>
<tr>
<td>311908-04</td>
<td>Sa: May 9-Jun 20*</td>
<td>10:45-11:45 am</td>
<td>6-9</td>
<td>$37</td>
</tr>
<tr>
<td>311908-05</td>
<td>Sa: Jun 27-Aug 8*</td>
<td>9:30-10:30 am</td>
<td>10-13</td>
<td>$37</td>
</tr>
<tr>
<td>311908-06</td>
<td>Sa: Jun 27-Aug 8*</td>
<td>10:45-11:45 am</td>
<td>6-9</td>
<td>$37</td>
</tr>
</tbody>
</table>

* No Class 3/28, 5/23, 7/4

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.

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311301-01</td>
<td>Tu,Th: Apr 14-May 21</td>
<td>6-7 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
<tr>
<td>311301-02</td>
<td>Tu,Th: May 26-Jul 2</td>
<td>6-7 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
<tr>
<td>311301-03</td>
<td>Tu,Th: Jul 7-Aug 13</td>
<td>6-7 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
</tbody>
</table>

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 six 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.

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311303-01</td>
<td>Tu,Th: Apr 14-May 21</td>
<td>7-8 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
<tr>
<td>311303-02</td>
<td>Tu,Th: May 26-Jul 2</td>
<td>7-8 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
<tr>
<td>311303-03</td>
<td>Tu,Th: Jul 7-Aug 13</td>
<td>7-8 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
</tbody>
</table>
FREE YOUTH SHORIN-RYU KARATE
Would you like to try shorin-ryu karate for free? Sign up for this one time session class. Enrollment is limited so sign up early.
Location: Aerobic Room @ Armory Sports Center
Instructor: Ray Walker

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311901-02</td>
<td>M: May 4-Jun 15*</td>
<td>6:30-7 pm</td>
<td>7-11</td>
<td>Free</td>
</tr>
<tr>
<td>311901-03</td>
<td>M: June 22-Jul 27</td>
<td>6:30-7 pm</td>
<td>7-11</td>
<td>Free</td>
</tr>
</tbody>
</table>

*No class 5/25

BEGINNING YOUTH SHORIN-RYU KARATE
Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Purchase of a uniform is required.
Location: Aerobic Room @ Armory Sports Center
Instructor: Ray Walker

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311906-02</td>
<td>M, Th: May 4-Jun 25*</td>
<td>6:30-7:15 pm</td>
<td>7-14</td>
<td>$75</td>
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<td>311906-03</td>
<td>M, Th: Jun 29-Aug 20</td>
<td>6:30-7:15 pm</td>
<td>7-14</td>
<td>$75</td>
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</table>

*No class 5/25

ADVANCED YOUTH SHORIN-RYU KARATE
This class is for youth students of higher belt levels. Shorin-Ryu Karate Beginning Level class and approval from instructor is a prerequisite for joining this class. Purchase of a uniform is required.
Location: Aerobic Room @ Armory Sports Center
Instructor: Ray Walker

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311907-01</td>
<td>M, Th: May 4-Jun 25*</td>
<td>7:15-8 pm</td>
<td>7-14</td>
<td>$75</td>
</tr>
<tr>
<td>311907-02</td>
<td>M, Th: Jun 29-Aug 20</td>
<td>7:15-8 pm</td>
<td>7-14</td>
<td>$75</td>
</tr>
</tbody>
</table>

*No class 5/25

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

OKINAWAN GOJU-RYU KARATE
The Sho Rei Shobu Kan school of Goju-Ryu follows the traditional Okinawan philosophies of strengthening mind, body and spirit. Learn both the physical techniques of karate, and such mental attitudes as patience, self-assurance, respect and self-discipline. Pre-registration required.
Location: Moss Bldg. Room B @ Waters-Moss
Instructor: Mark Hardeman

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311205-01</td>
<td>M, W: Month of Apr</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
</tr>
<tr>
<td>311205-02</td>
<td>M, W: Month of May*</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
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<tr>
<td>311205-03</td>
<td>M, W: Month of Jun</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
</tr>
<tr>
<td>311205-04</td>
<td>M, W: Month of Jul</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
</tr>
<tr>
<td>311205-05</td>
<td>M, W: Month of Aug</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
</tr>
</tbody>
</table>

* No Class 5/25

BEGINNING 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>
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<tr>
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<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>311210-01</td>
<td>Tu: Apr 7-Apr 28</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>311210-02</td>
<td>Tu: May 5-May 26</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>311210-03</td>
<td>Tu: Jun 2-Jun 23</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>311210-04</td>
<td>Tu: Jun 30-Jul 21</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>311210-05</td>
<td>Tu: Jul 28-Aug 18</td>
<td>6-7 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
</tbody>
</table>

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>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311211-01</td>
<td>Tu: Apr 7-Apr 28</td>
<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>311211-02</td>
<td>Tu: May 5-May 26</td>
<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>311211-03</td>
<td>Tu: Jun 2-Jun 23</td>
<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>311211-04</td>
<td>Tu: Jun 30-Jul 21</td>
<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
<tr>
<td>311211-05</td>
<td>Tu: Jul 28-Aug 18</td>
<td>7-8 pm</td>
<td>13+</td>
<td>$39</td>
</tr>
</tbody>
</table>
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 Levels class and approval from instructor is a prerequisite for joining this class. Pre-registration required.

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311208-01</td>
<td>M, Th: May 4-Jun 25*</td>
<td>8-9 pm</td>
<td>15+</td>
<td>$75</td>
</tr>
<tr>
<td>311200-02</td>
<td>M, Th: Jun 29-Aug 20</td>
<td>8-9 pm</td>
<td>15+</td>
<td>$75</td>
</tr>
</tbody>
</table>

*No class 5/25

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, then you can move up to the Teen and Adult Shorin-Ryu class to start working toward belts. Enrollment is limited so sign up early.

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311200-01</td>
<td>M, Th: May 4-Jun 25*</td>
<td>7:45-8:45 pm</td>
<td>15+</td>
<td>Free</td>
</tr>
<tr>
<td>311200-02</td>
<td>M, Th: Jun 29-Aug 20</td>
<td>7:45-8:45 pm</td>
<td>15+</td>
<td>Free</td>
</tr>
</tbody>
</table>

*No class 5/25

TAI CHI

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

Location: Armory Sports Center

<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, W, F</td>
<td>8:30-9:30 am</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

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.

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311204-01</td>
<td>M, W: Month of Apr</td>
<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
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<tr>
<td>311204-02</td>
<td>M, W: Month of May*</td>
<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
</tr>
<tr>
<td>311204-03</td>
<td>M, W: Month of June</td>
<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
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<tr>
<td>311204-04</td>
<td>M, W: Month of July</td>
<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
</tr>
<tr>
<td>311204-05</td>
<td>M, W: Month of Aug</td>
<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
</tr>
</tbody>
</table>

*No class 5/25

COLUMBIA CUP KARATE TOURNAMENT

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

Location: Armory Full Gym @ 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>TBA</td>
<td>Sa: Sep 19</td>
<td>8 am-5 pm</td>
<td>5+</td>
<td>$40 in advance, $45 at door</td>
</tr>
</tbody>
</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 offers a healthy 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>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>T, Th</td>
<td>8:30-9:30 am</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

FIFTY PLUS

CURIOSITY ABOUT OUR 50+ ACTIVITIES?

Stop by and see for yourself what is happening. Check out a game of Mexican train dominoes, try a potluck, observe Mah Jongg. We welcome you!

50+ MEMBERSHIP FORM

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

(Membership fee includes activities unless otherwise noted.)

NAME 1 ____________________________________________________________
NAME 2 ____________________________________________________________
ADDRESS __________________________________________________________
CITY ______________________ STATE ______________________ ZIP ____________
Phone ______________________ Email _____________________________________

MARK THE 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
50+ EXPLORERS

This is a group organized to celebrate our local community. Our trips are taken aboard the 14-passenger Parks and Recreation bus and include social time at a local restaurant before or after each adventure. Jaunts occur as events can be scheduled and the best way to keep track is to check the web site or call 874-7475. Prices vary depending on the activities. Advance registration is required as space is limited. Join us as we are always looking ahead to new adventures.

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.

Mon 1-3 pm, Tue 10:30 am-12:30 pm and 1:30-3:30 pm, Wed 10 am-12 pm, Thu 10 am-12 pm, Fri 10 am-12 pm
Waters House, 2104 Hillcrest Drive

EVENING MAH JONGG

Working? Too busy during the day? Can never play enough Mah Jongg? Join us for an evening of Mah Jongg! Register by calling the Hillcrest front desk at 874-7475 or email HCC@CoMo.gov. Play is at Hillcrest, not the Waters House.
Tues, 4:30-7 pm, 1st and 3rd Fridays, 4:30-7 pm
Ages 18+ (Hillcrest membership required)

HEARTLAND RUGHOOKERS OF COLUMBIA

Whether you want to learn rug hooking or are winning prizes at shows for your rugs and wall hangings, join the Rughookers twice a month. Drop in or stay for the day. Bring your lunch, a fridge, microwave and coffee/teapots available. Call 874-7475 for information. Hillcrest membership required.
1st and 3rd Thursdays, 10:30 am-3 pm, Waters House
Mar 5 and 19, Apr 2 and 16, May 7 and 21, Jun 4 and 18, Jul 2 and 16, Aug 6 and 20

KARAOKE FRIDAY NIGHT

Enjoy Karaoke at Hillcrest Community Center. There is a huge selection of songs to choose from. Snacks are welcome for sharing throughout the evening. You will enjoy a smoke-free, alcohol-free, fun filled evening of socializing, listening, and singing your favorite songs. Hillcrest membership required or $3 at the door.
1st and 3rd Friday Karaoke 7-10pm, Mar 6 and 20, Apr 3 and 17, May 1 and 15, June 5 and 19, July 3 and 17, Aug 7 and 21

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.
Tue, 1-4 pm; Fri, 1-4 pm; at Hillcrest, 18+ Hillcrest membership required.

PAINTING

Two painting groups...both use a wide variety of mediums including oils, water colors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other’s endeavors. No organized instruction, but a great place to grow and network.
Mon, 9 am- 12 pm Thurs 1-3:30 pm

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 under Parks and Rec, search: Senior/50+.
Participation in recreational activities, programs and tours requires an annual membership. For a small additional amount, Parks and Rec and Osher @ Mizzou will offer a “Combo Membership” that will add Friday Brown Bag seminars, the weekly email, This Week at Osher, and Osher Saturday Morning Book Talks.
DROP IN ACTIVITIES
Take place Monday-Friday during regular hours 9am-4pm.
Jigsaw Puzzle.....Ongoing daily
Hand and Foot...Wed 10am-12 pm
Dominoes (Mexican Train).....Thurs 10am-1pm
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.
Tues, 1 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, Apr 3, May 1, June 5, July 3, Aug 7

POTLUCK AND GAME DAY
Potluck setup begins after 11 am; meal begins at 11:30 am; followed by games. The afternoon winds down about 3:30 pm. Bring a dish for potluck.
3rd Friday 11:30am-3:30pm, Mar 20, Apr 17, May 15, June 19, July 17, Aug 21

NEW DIY CLEANERS
Learn how to create your own cleaners to use at home. Cleaners may include: an all-purpose cleaner, toilet bowl bombs, laundry detergent and more! The cleaners will be made from common products (baking soda, vinegar, dish soap, etc.) and essential oils. All materials and supplies will be available, but feel free to bring your own. A list will be available before each class.
Location: Hillcrest Community Center
Wed, Mar 18, 1pm
Additional dates will be posted in the 50+ newsletter Price: $5

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:
www.oshers.missouri.edu
Spring session begins Mar 9.
Summer session begins June 1.

2020 OSHER SATURDAY MORNING BOOK TALKS AT HILLCREST
On the first Saturday morning every month, 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 9:30 am. 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

MARCH 7 Wayne Anderson, Dear Jeril...Love, Dad (2015)
Sponsor: Compass Flower Press

APRIL 4 Greg Busacker, Flight (2020)
Sponsors: Tom & Barbara Bender

MAY 2 Carrie Yonley, Elements of Life (2018)
Sponsors: Friends of Carrie Yonley

JUNE 6 Walter Schroeder, Buddy’s Stories (2017)
Sponsor: Lyanne Riley

JULY 4 Mike Trial, Edge of Reality
Sponsor: Compass Flower Prep

AUGUST 1 Deborah Tuhy Simmons, Stepping off the Edge
Sponsor: TBA

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

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

Location: Cardio/Strength Area @ Activity & Rec Ctr

Activity # Date Time Age Price
307231-01 W: Apr 15 5:30-6:30 pm 12+ $10
307231-02 Tu: May 12 5:30-6:30 pm 12+ $10
307231-05 M: Jun 8 5:30-6:30 pm 12+ $10
307231-06 W: Jul 22 5:30-6:30 pm 12+ $10
307231-07 W: Aug 19 5:30-6:30 pm 12+ $10

TAKE 5 YOUTH YOGA BASED MOVEMENT & MINDFULNESS
Youth will learn to navigate the demand of our changing environment and develop awareness of body, mind and internal conflict. Learn breathing practices, concentration techniques, exercise and conflict resolution tools

Location: Armory Sports Center

Activity # Date Time Age Price
Drop in T: Mar 17-Apr 21 5:30-6:30pm 11+ w/parents Free

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

Location: ARC

Activity # Date Time Age Price
307136-01 Tu,Th: Mar 31-May 7 9:15-10:15 am 18+ $100
307136-02 Tu,Th: May 12-Jun 18 9:15-10:15 am 18+ $100
307136-03 Tu,Th: Jun 23-Jul 30 9:15-10:15 am 18+ $100
307136-04 Tu,Th: Aug 4-Sept 10 9:15-10:15 am 18+ $100

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 $45 ARC Annual Member, $55 Non-Member

Individual Packages (3, 6, & 12 Sessions)
3 $120 ARC Annual Member, $150 Non Member
6 $220 ARC Annual Member, $280 Non-Member
12 $395 ARC Annual Member, $540 Non-Member

Couple Sessions (3, 6, & 12 Sessions)
3 $165 ARC Annual Member, $195 Non-Member
6 $300 ARC Annual Member, $360 Non-Member
12 $540 ARC Annual Member, $660 Non-Member

Group Sessions (3, 4, or 5 participants)
6 3 participants, $120 each
4 participants, $100 each
5 participants, $85 each
12 3 participants, $218 each
4 participants, $180 each
5 participants, $155 each
### ARC GROUP EXERCISE SCHEDULE (MARCH 8 - AUGUST 15)

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Body Conditioning 8-9a</strong></td>
<td><strong>Spin 5:45-6:35a</strong></td>
<td><strong>Body Conditioning 8-9a</strong></td>
<td><strong>Spin 5:45-6:35a</strong></td>
<td><strong>Body Conditioning 8-9a</strong></td>
<td><strong>Hatha Yoga 8:15-9:15a</strong></td>
</tr>
<tr>
<td><em>Silver Sneakers Cardio Circuit 8-9a</em></td>
<td>Zumba 8-9a</td>
<td><em>Silver Sneakers Cardio Circuit 8-9a</em></td>
<td>Zumba 8-9a</td>
<td><em>Silver Sneakers Cardio Circuit 8-9a</em></td>
<td><strong>Spin 9:30-10:30a</strong></td>
</tr>
<tr>
<td>Quick Fix 9:05-9:25a</td>
<td>Silver Sneakers Yoga 8:15-9:15am</td>
<td>Quick Fix 9:05-9:25a</td>
<td>Silver Sneakers Yoga 8:15-9:15am</td>
<td>*Silver Sneakers Classic 9:15-10:15am</td>
<td>Cardio/Core Combo 9:30-10:30a</td>
</tr>
<tr>
<td><strong>Fusion/Spin 9:30-10:30a</strong></td>
<td><em>Silver Sneakers Yoga 9:30-10:30a</em></td>
<td><strong>Fusion/Spin 9:30-10:30a</strong></td>
<td><em>Silver Sneakers Yoga 9:30-10:30a</em></td>
<td>Pinkel's Ladies 9:30-10:25a</td>
<td><strong>SUN</strong></td>
</tr>
<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>Slow &amp; Low Yoga 10:30-11:30a</td>
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<tr>
<td>Hatha/Vinyasa Yoga 10:30-11:30a</td>
<td>Barre 4:30-5:25pm</td>
<td>Gentle Yoga for Joints 10:30-11:30am</td>
<td>Barre 4:30-5:25pm</td>
<td>Silver Sneakers Cardio Circuit 10:30-11:25a</td>
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</tr>
<tr>
<td>*<em>Silver Sneakers Cardio Circuit <em>10:30-11:25a</em></em></td>
<td>Hatha Yoga 5:30-6:25p</td>
<td>*Silver Sneakers Cardio Circuit *10:30-11:25a</td>
<td>Hatha Yoga 5:30-6:25p</td>
<td>Tai Chi 5:30-6:30p</td>
<td>Knockout 1-2p</td>
</tr>
<tr>
<td>Step Combo 5:30-6:25p</td>
<td><strong>Spin 5:30-6:30p</strong></td>
<td>Body Conditioning Express 5:00-5:25p</td>
<td><strong>Spin 5:30-6:30p</strong></td>
<td><strong>Spin 5:30-6:30p</strong></td>
<td></td>
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<tr>
<td><strong>Spin 5:30-6:30p</strong></td>
<td>Strong 6:30pm-7:15pm</td>
<td>Knockout 5:30-6:25p</td>
<td>Power Barre 6:30pm-7:15pm</td>
<td>Yoga and Fusion/Spin are “Specialty Classes” that require a pass.</td>
<td></td>
</tr>
<tr>
<td>To The Core 6:30-7:00p</td>
<td>Zumba 7:20-8:20p</td>
<td><strong>Fusion 5:30-6:30p</strong></td>
<td>Zumba 7:20-8:20p</td>
<td>*Silver Sneakers Mon-Fri will be held in the Meeting Rooms</td>
<td></td>
</tr>
<tr>
<td>Monday Mixer 7-8p</td>
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<td></td>
<td><strong>All Fusion/Spin classes are held in the Spinning room.</strong></td>
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</tbody>
</table>

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

*Silver Sneakers Mon-Fri will be held in the Meeting Rooms.

Yoga and Fusion/Spin are “Specialty Classes” that require a pass.

**All Fusion/Spin classes are held in the Spinning room.**
**BODY CONDITIONING** - Designed to improve muscular strength and endurance, focusing on all major muscle groups. An excellent addition to your cardiovascular workout.

**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 workout focusing on strength and endurance through dumbbell, tubing and bodyweight exercises.

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

**CARDIO/CORE COMBO** - 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 postures (asanas) and breathing exercises (pranayama) to release tension and develop balance, strength & flexibility in the body, mind, and spirit. All levels welcome.

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

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

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

**HATHA YOGA** - 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. The breath being the central focus, makes yoga a relaxing mind-body experience. All levels welcome.

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

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

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

**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 BARRE** - Incorporates elements of ballet, yoga and Pilates while intermixing cardio. Target main muscle groups while fine-tuning arms, thighs, glutes, & core. High and low impact options perfect for experienced and beginners!

**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.

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

Location: Armory Sports Center – Workout room

<table>
<thead>
<tr>
<th>Class #</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>8 am-7 pm</td>
<td>16+</td>
<td>$20 or</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>12 pm-4 pm</td>
<td>16+</td>
<td>$2/visit</td>
</tr>
</tbody>
</table>

HIIT CAMP
HIIT or High-Intensity Interval Training has grown in popularity and for a good reason...you get the results you have been hoping for (burn more calories, lose more fat, improve your cardio fitness, and sculpt your body) while spending less time in the gym. 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>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307233-01</td>
<td>M,W: Apr 6-May 13</td>
<td>9:15-10 am</td>
<td>18+</td>
<td>$90</td>
</tr>
<tr>
<td>307233-02</td>
<td>M,W: May 18-Jun 29*</td>
<td>9:15-10 am</td>
<td>18+</td>
<td>$90</td>
</tr>
<tr>
<td>307233-03</td>
<td>M,W: Jul 6-Aug 12</td>
<td>9:15-10 am</td>
<td>18+</td>
<td>$90</td>
</tr>
<tr>
<td>307233-04</td>
<td>M,W: Aug 17-Sep 28*</td>
<td>9:15-10 am</td>
<td>18+</td>
<td>$90</td>
</tr>
</tbody>
</table>

*No class 5/25, 9/7

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

MID MISSOURI WEIGHTLIFTING CLUB
Join 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.

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, Ibm 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.

<table>
<thead>
<tr>
<th>$12</th>
<th>ARC Annual Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>$15</td>
<td>Non-Member</td>
</tr>
</tbody>
</table>

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

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

SUMMER P.T. PREP
Offer is limited to the week of May 24-30 for purchasing packages. Purchase a 12 Session Personal Training Package at $395 and receive an extra session on us. This gives you a full month/ 3 days a week of trimming, toning, and shaping! We’re here to help you through the process of setting goals and obtaining them. Don’t put on those Summer clothes without looking and feeling your best!

MOTHER’S DAY PERSONAL TRAINING SPECIAL
Give Mom the gift of a “better” life! Help her increase her strength and endurance level while gaining balance and flexibility. Our certified Personal Trainers will make the workouts fun and invigorating and teach skills that last a lifetime. Flowers are always appreciated and pretty to the eye, but only last for a few days. Give something that can last her for life. A stronger, healthier, more independent life!

May 3-9 $15 off 6 Session, $35 off 12 Session

<table>
<thead>
<tr>
<th>Location: ARC</th>
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</thead>
<tbody>
<tr>
<td>*Personal purchases are also welcomed to take advantage of this offer.</td>
</tr>
</tbody>
</table>

FATHER’S DAY PERSONAL TRAINING SPECIAL
Dad doesn’t want another shirt or tie. He never says what he wants, but we know what he needs. He needs to regain the strength, balance, and flexibility he has lost over the years. Help him feel better about himself and realize exercise can be fun and help with everyday life functions. The saying is true “use it or lose it”. Trainers will instruct on how to get results without spending much time in the gym.

June 14-20 $15 off 6 Session, $35 off 12 Session

<table>
<thead>
<tr>
<th>Location: ARC</th>
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</thead>
<tbody>
<tr>
<td>*Personal purchases are also welcomed to take advantage of this offer.</td>
</tr>
</tbody>
</table>
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 LEAPIN' LIZARDS
Did you know lizards have walked the Earth for 200 million years?! If you like lizards, come on in for some fun lizard crafts and activities. 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>310714-01</td>
<td>W: Mar 18</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

DOUGHNUTS WITH THE EASTER BUNNY
Hop on over and visit with the Easter Bunny and enjoy some yummy doughnuts. Parents, don't forget your camera! Pre-registration required. Open to children ages 2-5 with an adult participant.
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>310788-01</td>
<td>Th: Apr 9</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

NEW FLOWER POWER
It's Spring and the flowers are blooming! Come celebrate with some flower crafts and activities. 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>310715-01</td>
<td>Tu: Apr 21</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

NEW STAR WARS DAY
"May the 4th" be with you! It's Star Wars Day! In a galaxy far, far away (aka Hillcrest Community Center) we'll have fun with Star Wars themed crafts and activities. Wear your favorite Star Wars shirt or costume (optional). 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>310799-01</td>
<td>M: May 4</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

OLYMPIC GAMES
The Summer Olympics are underway! Have you been watching the best athletes in the world compete in the Olympics on TV? GO USA! Put on your red, white and blue and come cheer for USA with some fun Olympics themed crafts and activities. Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>310704-01</td>
<td>Th: Aug 6</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

WE ALL SCREAM FOR ICE CREAM
I scream, you scream, we all scream for ice cream! Join us for some fun summer-themed projects and activities to celebrate summer! Create your own ice cream sundae, a yummy summer treat! Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>302715-01</td>
<td>W: Jun 10</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

BOBBLE BASH
It's a bubble blowout! Come make your own bubble wand, blow lots of fun bubbles, and make other bubble-related crafts! 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>310713-01</td>
<td>Tu: May 19</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>
**CLASS FOR TEENS AND ADULTS**

**KING OF THE MOUNTAIN VIDEO GAME NIGHT**
Are you the best gamer around? Prove it! Join us the second Thursday of every month. 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: Recreation 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>2nd Thurs</td>
<td>5-7 pm</td>
<td>10-15</td>
<td>Free</td>
</tr>
</tbody>
</table>

**NBA 2K20 PLAYOFFS**
Are you the king of the court? Prove it during our NBA 2K20 playoff tournament. The setup is simple teams will be randomly assigned from a pool of the current NBA playoff contenders, and then the games will begin. This is a one game single elimination tournament. Winner advances and loser goes home. At the end of the night the 2k Champion will be crowned. Participants must register in advance. 16 participant max. First come first served. Contact Jay.Bradley@como.gov to register.

Location: Recreation 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>Apr 16</td>
<td>5:30 pm</td>
<td>11+</td>
<td>Free</td>
</tr>
</tbody>
</table>

**FOR ADULTS**

**JUNIOR GOLF LESSONS**
Designed for juniors interested in learning the basics of golf, instructor will cover grip, stance and swing. We will spend the last day on the course playing 2-4 holes of golf!

Instructor: Dan Frost

Location: Lake of the Woods Golf Course

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>308806-01</td>
<td>Th: Jun 4-Jun 25</td>
<td>5:45-6:45 pm</td>
<td>10-15</td>
<td>$60</td>
</tr>
</tbody>
</table>

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

Instructor: Dan Frost

Location: Lake of the Woods Golf Course

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>308100-01</td>
<td>Th: May 7-May 28</td>
<td>6-7:30 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
<tr>
<td>308100-02</td>
<td>Th: Jul 2-Jul 30</td>
<td>6-7:30 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
</tbody>
</table>

**FAMILY NIGHT**
Join us each month this summer for fun activities and an opportunity to take part in our FREE golf clinics! Festivities begin with a hot dog dinner, then at 6 pm we’ll move to the driving range for a free clinic to introduce youth and adults to the game of golf and your chance to take a shot at Golfzilla. Everyone will have the chance to play 1 or 2 holes on the course before wrapping up with a raffle. All participants will receive coupons for future use at L.A. Nickell. No equipment or prior experience necessary. Pre-registration is required, registration will open on the 15th of the month prior to the event. Enrollment limited to first 80 participants. Please sign up for just one family event per summer so that we can accommodate more families wishing to learn the game of golf. Thank you for your understanding.

Location: L.A. Nickell Golf Course

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>308400-01</td>
<td>F: May 29</td>
<td>5:30-8:30 pm</td>
<td>All</td>
<td>Free</td>
</tr>
<tr>
<td>308400-02</td>
<td>F: Jul 10</td>
<td>5:30-8:30 pm</td>
<td>All</td>
<td>Free</td>
</tr>
<tr>
<td>308400-03</td>
<td>F: Aug 7</td>
<td>5:30-8:30 pm</td>
<td>All</td>
<td>Free</td>
</tr>
</tbody>
</table>

**TUESDAY SCRAMBLE GOLF LEAGUE**
May 5-Jun 16, 5:30 pm shotgun start, L.A. Nickell
Jun 30-Aug 11, 5:30 pm shotgun start, Lake of the Woods

Each Tuesday, take part in a two-person, 9-hole scramble golf league. Registration starts at 8 am Monday before the event and ends at 10 am the day of the event. Call 499-GOLF to register. Tournament is limited to the first 36 teams to sign up. Flights and places will be determined by size of each week's event. Entry fee of $10 per person plus $12 green fee and cart fee. Annual pass holders pay $10 per person, plus cart fee.

**2020 GOLF TOURNAMENTS**
June 13-14
Two-person tournament, check at the courses for details.

**THREE-PERSON SCRAMBLE**
Saturday, May 2 at L.A. Nickell, 9 am shotgun start
Sunday, May 3 at Lake of the Woods, 9 am shotgun start

**NIGHT FLIGHT GLOW GOLF**
Friday, Aug 21, 8:30 pm shotgun start, L. A. Nickell
Call 874-7538 or 874-7539 to sign up
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 1-70 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.

2020 GOLF FEES

Green Fees 3/1-10/31

<table>
<thead>
<tr>
<th></th>
<th>Mon-Fri</th>
<th>Saturday/Sunday/Holidays</th>
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</thead>
<tbody>
<tr>
<td>9-Holes</td>
<td>Walking</td>
<td>Walking</td>
</tr>
<tr>
<td>Adult</td>
<td>$14</td>
<td>$28</td>
</tr>
<tr>
<td>Senior (60 &amp; over)</td>
<td>$12</td>
<td>$15</td>
</tr>
<tr>
<td>Twilight 2:00pm</td>
<td>$12</td>
<td>$12</td>
</tr>
<tr>
<td>Super Twilight 6:30pm</td>
<td>$9</td>
<td>$9</td>
</tr>
<tr>
<td>Junior (17 &amp; under)</td>
<td>$11</td>
<td>$14</td>
</tr>
</tbody>
</table>

Winter Green Fees 11/1-2/28

<table>
<thead>
<tr>
<th></th>
<th>9-Holes</th>
<th>18-Holes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Fri</td>
<td>Walking</td>
<td>Walking</td>
</tr>
<tr>
<td>Adult</td>
<td>$14</td>
<td>$24</td>
</tr>
<tr>
<td>Senior (60 &amp; over)</td>
<td>$12</td>
<td>$14</td>
</tr>
<tr>
<td>Junior (17 &amp; under)</td>
<td>$11</td>
<td>$11</td>
</tr>
</tbody>
</table>

PASSES AND OTHER FEES

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

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

CLASSES FOR ADULTS

BACKPACK CAMPING: LEAVE THE RV AT HOME!
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 for an additional fee if there is enough interest. Pre-registration required. Call Mike with questions, 573-864-7204.

Instructor: Mike Snyder
Location: Hillcrest Room A @ Waters-Moss

Activity # Date Time Age Price
312101-01 W: Apr 8-Apr 29 5:30-7:30 pm 18+ $59

SELF IMPROVEMENT & STUDY SKILLS

AFTER SCHOOL HOMEWORK ASSISTANCE
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.

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.

SPORTS

FOR YOUTH

TEEN TENNIS LESSONS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session I – May 4-21 at Albert-Oakland Courts:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
<td>$50</td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
<td>$50</td>
</tr>
<tr>
<td>Tues/Thurs</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
<td>$50</td>
</tr>
<tr>
<td>Session II – June 8-25 at Cosmo Courts:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
<td>$50</td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
<td>$50</td>
</tr>
<tr>
<td>Tues/Thurs</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
<td>$50</td>
</tr>
<tr>
<td>Session III – July 6-23 at Rock Quarry Courts:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
<td>$50</td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
<td>$50</td>
</tr>
<tr>
<td>Tues/Thurs</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
<td>$50</td>
</tr>
<tr>
<td>Session IV – August 3-20 at Shepard Courts:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
<td>$50</td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
<td>$50</td>
</tr>
<tr>
<td>Tues/Thurs</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
<td>$50</td>
</tr>
<tr>
<td>Session V – Aug 31-Sept 21 at Albert-Oakland Courts:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
<td>$50</td>
</tr>
<tr>
<td>Mon/Wed</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
<td>$50</td>
</tr>
<tr>
<td>Tues/Thurs</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
<td>$50</td>
</tr>
</tbody>
</table>

For information and to register for tennis lessons, call Rick Odor at 442-3713. Rick has 30 years of experience.

HOME SCHOOL PE
This physical education class is designed for home school children. A variety of age appropriate fitness games and activities will be introduced. Youth will have fun while they work on different aspects of physical fitness.

Location: Court 1 @ARC

Activity # Date Time Age Price
307509-01 Th: Apr 9-Apr 30 1:30-2:30 pm 10-17 $10.50
307509-02 Th: Apr 9-Apr 30 2:30-3:30 pm 10-17 $10.50

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)
SMALLER BALLERS TYKE BASKETBALL
Get an early start with this six-week youth basketball skills development program for 4-7 year olds. Each session consists of skills training, and then using the skills learned, it will be followed by scrimmage time on lowered goals. This is an instructional youth basketball program that focuses on the basic fundamental skills of the game.
Location: Armory Full Gym @ 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>315903-05</td>
<td>W: Apr 15-May 13</td>
<td>5:45-6:45 pm</td>
<td>4-5</td>
<td>$36</td>
</tr>
<tr>
<td>315903-06</td>
<td>W: Apr 15-May 13</td>
<td>7-8 pm</td>
<td>6-7</td>
<td>$36</td>
</tr>
<tr>
<td>315903-07</td>
<td>W: Jul 8-Aug 12</td>
<td>5:45-6:45 pm</td>
<td>4-5</td>
<td>$36</td>
</tr>
<tr>
<td>315903-08</td>
<td>W: Jul 8-Aug 12</td>
<td>7-8 pm</td>
<td>6-7</td>
<td>$36</td>
</tr>
</tbody>
</table>

NEW BADMINTON
Do you have the urge to hit the birdie around? If so, then join us for our open badminton every 1st & 3rd Tuesday of the month. No appointments or registration necessary. First come first serve. Contact Jay.Bradley@como.gov for more info.
Location: Gym @ 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>1st &amp; 3rd Tues.</td>
<td>11 am-1 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

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 CoMo.gov. Volunteer coaches and umpires are needed. For more information, call 874-6378. Note: Parents are encouraged to volunteer as coaches; and sponsorship opportunities are available. Practices start in May, games start early June.
Location: Douglass Park Baseball Field

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315901-01</td>
<td>M, W: (T-Ball)</td>
<td>6 pm &amp; later</td>
<td>5-6</td>
<td>$27</td>
</tr>
<tr>
<td>315902-01</td>
<td>Tu, Th: (Coach Pitch)</td>
<td>6 pm &amp; later</td>
<td>7-8</td>
<td>$27</td>
</tr>
<tr>
<td>315910-01</td>
<td>M, Th: (Kid Pitch)</td>
<td>6 pm &amp; later</td>
<td>9-10</td>
<td>$27</td>
</tr>
</tbody>
</table>

FREE YOUTH BASEBALL CLINICS
Coordinated by Douglass Baseball board members and coaches, these clinics are free and open to boys and girls ages 5-10. Kids will rotate through multiple stations and drills covering baserunning, throwing, catching, batting, pitching, etc. Clinics end with hot dogs and chips, and autograph sessions with college/high school players. League Board Members and the League Coordinator will be on hand to register players for the upcoming season as well as answer any questions concerning the league. Call 573-817-5077 for information.
Location: Kelly Field at Douglass Park (rain-out 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>NA</td>
<td>Sa: Apr 11</td>
<td>2-4 pm</td>
<td>5-10</td>
<td>Free</td>
</tr>
<tr>
<td>NA</td>
<td>Sa: Apr 25</td>
<td>2-4 pm</td>
<td>5-10</td>
<td>Free</td>
</tr>
</tbody>
</table>

COLUMBIA’S YOUTH INTRO TRACK & FIELD MEET
Learn about track and field in this meet! Open to youth ages 6-12 (born 2008-2014). Pick up and turn in registration forms at the Parks & Recreation offices (1 South 7th), Armory Sports Center (701 E Ash) Monday-Friday between the hours of 8am-5pm. Forms are also online at CoMo.gov. Deadline to turn in forms and payment is April 16. No walk up registrations will be allowed the day of the event. For more information, call 874-7460. Copy of birth certificate or baptismal record must accompany registration form. Pre-registration required.
Location: Hickman High School Track

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>Su: Apr 19</td>
<td>1pm check in</td>
<td>6-12</td>
<td>$7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2pm event starts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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. Visit www.bluethundertc.shutterfly.com for information.. 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 late August, first practice 6 pm at Stephens Lake Park Price $55
Attention young runners! Come run and compete with other 6-14-year-olds. Cross country is a sport in which teams and individuals run in a race over natural terrain. Courses may include grass, gravel, hills, and flat land. Practices will be held in City parks and meets are held in various central Missouri towns. Practices and meets occur during fall months and it all ends in November with championship meets. Registration and payment will be accepted starting July 3. Drop registration form off at Armory Sports Center or bring to first practice. Go to www.bluethundertc.shutterfly.com or email Camren.Cross@CoMo.gov for more information. First practice at 6pm on Sept 1 at Stephens Lake Park.
FOR YOUTH

MID-MISSOURI LACROSSE LEAGUE (MMLL)

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 goalkeeper). Players in each position must master the basic skills of catching, passing, cradling and scooping the ball off the ground, while in motion.

INTRODUCTORY FREE CLINICS AT THE ARC

OPEN TO YOUTH GRADES 3-8

Dates to be determined!
Extra equipment available for clinics.

2020 DATES TO REMEMBER:
Season begins March 31; Practices every Tuesday and Thursday, 6-7:30pm at Cosmo Park Games: Sunday afternoons at Cosmo Park

Register on our website now to get notifications about the 2020 season and other events such as summer camps and possible fall season. www.youth.columbialax.org

FOR ADULTS

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.

ADULT SOFTBALL
Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets online at CoMo.gov.
League play: Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm. Location: Rainbow Softball Center

ADULT KICKBALL
Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets at CoMo.gov.
League play: Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm. Location: Rainbow Softball Center

ADULT TENNIS LESSONS

Day                          Time             Age       Price
Session I – May 4-21 at Albert-Oakland Courts:
Tues/Thurs                   6:30-7:30 pm    Adults   $50
Session II – June 8-25 at Cosmo Courts:
Tues/Thurs                   6:30-7:30 pm    Adults   $50
Session III – July 6-23 at Rock Quarry Courts:
Tues/Thurs                   6:30-7:30 pm    Adults   $50
Session IV – August 3-20 at Shepard Courts:
Tues/Thurs                   6:30-7:30 pm    Adults   $50
Session V – Aug 31-Sept 21 at Albert-Oakland Courts:
Tues/Thurs                   6:30-7:30 pm    Adults   $50

For information and to register, call Rick Odor at 442-3713. Rick has 30 years of experience.

FOR YOU KNOW

Parks and Recreation Forestry staff remove log jams to help keep our streams flowing and healthy.
Recreational Registration:
May 1 – June 30
Late fees apply July 1
Age groups: U4-U18 boys & girls
Fall games begin September 12

Competitive Registration:
Registration opens May 1
Age groups: U8-U19 boys & girls
Tryout dates: June 7-11

Sporting KC Youth Soccer Camp:
June 1-4
5-8PM
Cosmo Park

Sporting Columbia SC
PO Box 7506
Columbia MO 65205

sportingcolumbia.net

MAKE OUR CLUB YOUR CLUB

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

STAY UP TO DATE ON SOCIAL MEDIA

/sportingcolumbiasc
SportingColumbia
/@SportingCSC
THANK YOU TO OUR SPONSORS!

Academy Sports & Outdoors
BMW of Columbia
Central Missouri Orthodontics
Columbia Pet Center
D Sport Graphics

Emery Sapp & Sons, Inc.
First Midwest Bank
Hanson & Company CPA's C.P.
Mercedes-Benz of Columbia
T-Mac Solid Waste & Roll-off Service
Football: the Ultimate Team Sport

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

**Tackle Football is open to all 3rd - 6th Graders in Columbia!**

Tackle fees are only $125.00. Teams practice two to three nights per week at Cosmo Park. Teams are formed by grade. Uniforms and equipment are provided. Games are played at Cosmo Park each Sunday (and some weeknights). “Modified High School Rules” used for all games. Minimum play rule ensures every child gets a chance to play.

**Flag Football is open to all K - 2nd Graders in Columbia!**

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

**Fall 2020 Registration Fees**

- Tackle football fees: $125.00 until August 1st
- 1st-2nd Grade Flag football fees: $85 until August 1st
- K-Ball Flag football for Kindergarten fee: 65.00 until August 1st
- Fees Increase $25.00 each after 8/1/2020
All CYFL Coaches are required to complete:

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

Player development & safety is our highest priority!

Out of Town Players are Welcome!

Columbia Youth Football League is an all volunteer, non-profit 501(c)3 youth sports program.
Columbia Youth Football League - PO Box 7052 - Columbia, MO 65205-7052
Contact us at: cyfl.information@gmail.com
Creating Community through People, Parks and Programs

FOR ADULTS

ADULT VOLLEYBALL

Summer Volleyball
Registration: Now until filled.
Leagues Available: Monday, CoRec B and Over 50
League Play: May-June; games at 6, 7, 8, or 9 pm

Fall Volleyball
Registration: Packets available July, registration through late August or until filled
League Play: Begins mid-Sept; games at 6, 7, 8, or 9 pm

Location: Columbia Sports Fieldhouse

ADULT DROP-IN BASKETBALL

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

Location: Gym @ Armory Sports Center

Activity # Date Time Age Price
Drop in M-F 10 am-2 pm 18+ $10/mo or $2/use

ACTIVITY CANCELLATION HOTLINE

Call 874-7663 for cancellation information. Sports field cancellations are announced at 4 pm. After 5 pm, officials may cancel games due to bad weather. Individuals may also sign up for the cancellation listserv. To sign up for the listserv go to CoMo.gov/ParksandRec

SPORTS OFFICIALS NEEDED

Adult Softball • Youth Softball • Youth Baseball
Adult Volleyball • Youth Football
For more information call 874-7466.

RESERVE THE COLUMBIA SPORTS FIELDHOUSE

4227 Philips Farm Road at A. Perry Philips Park

The courts and conference room at the Sports Fieldhouse are available for reservation. This multi-use indoor sports complex features four hardwood courts designed for basketball, pickleball, volleyball and archery. Multi-purpose rooms, a control desk, concession area, ample spectator seating and restrooms provide the necessary space for managing leagues and tournaments.

Use of the Fieldhouse is by reservation only.
• Tournament Inquiries/Reservations: Joey Wilmes, joey.wilmes@como.gov, 573-874-7706; or Steve Evers, steve.evers@como.gov, 573-874-7466
• Individual Teams – Gymnasium Reservations or Conference Room Reservations: Parks and Recreation Office, 573-874-7460

Thanks to court sponsors for their support:

Health Care

Veterans United

Home Loans

Columbia, MO

WHAT YOU UNEXPECTED
CAMP COMO KIDZ
Formerly Camp Adventure, our popular day camp is back with new adventures! Campers will enjoy outdoor activities, games, crafts, swimming and many other fun experiences. Registration will begin on April 8 at 7 am. Each camper will pay a $50, non-refundable, participation fee at registration and can reserve a space in as many of the weekly camps as desired. Applications are available at the ARC and online at CoMo.gov. Online registration is not available for this camp. Please contact the Activity & Recreation Center (ARC) at 573-874-7700 to register.

Location: Riechmann Pavilion @ Stephens Lake Park

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>303950-01</td>
<td>M-F: Jun 1-Jun 5</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
<tr>
<td>303950-02</td>
<td>M-F: Jun 8-Jun 12</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
<tr>
<td>303950-03</td>
<td>M-F: Jun 15-Jun 19</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
<tr>
<td>303950-04</td>
<td>M-F: Jun 22-Jun 26</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
<tr>
<td>303950-05</td>
<td>M-Th: Jun 29-Jul 2*</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$101</td>
</tr>
<tr>
<td>303950-06</td>
<td>M-F: Jul 6-Jul 10</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
<tr>
<td>303950-07</td>
<td>M-F: Jul 13-Jul 17</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
<tr>
<td>303950-08</td>
<td>M-F: Jul 20-Jul 24</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
<tr>
<td>303950-09</td>
<td>M-F: Jul 27-Jul 31</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
<tr>
<td>303950-10</td>
<td>M-F: Aug 3-Aug 7</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
<tr>
<td>303950-11</td>
<td>M-F: Aug 10-Aug 14</td>
<td>7:30 am-5:30 pm</td>
<td>6-13</td>
<td>$125</td>
</tr>
</tbody>
</table>

*Skip 7/3

ARMORY SPRING BREAK CAMP
Calling all kids! Join us for our Armory Spring Break Camp. Daily camp activities include; arts & crafts, computers, sports and more! Campers must bring their lunch. Please call 874-6379, or email Jay.Bradley@como.gov, for more information.

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>303901-02</td>
<td>M-F: Mar 23-Mar 27</td>
<td>8 am-5 pm</td>
<td>6-12</td>
<td>$30</td>
</tr>
</tbody>
</table>

ARMORY SUMMER CAMP
Daily camp activities include arts and crafts, computer, sports and weekly events including dollar movies, swimming at Douglass, and lunch in the park. Field trips will include adventure at Rock Bridge State Park, hiking the trails, venturing into a cave and exploring in the streams. Please call Jay at 573-874-6379 for more information.

Location: Armory Sports Center

<table>
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<tr>
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<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>303916-01</td>
<td>M-F: Jun 1-Jun 26</td>
<td>8 am-5 pm</td>
<td>6-8</td>
<td>$85</td>
</tr>
<tr>
<td>303916-02</td>
<td>M-F: Jun 1-Jun 26</td>
<td>8 am-5 pm</td>
<td>9-12</td>
<td>$85</td>
</tr>
<tr>
<td>303916-03</td>
<td>M-F: Jun 29-Aug 7*</td>
<td>8 am-5 pm</td>
<td>6-8</td>
<td>$100</td>
</tr>
<tr>
<td>303916-04</td>
<td>M-F: Jun 29-Aug 7*</td>
<td>8 am-5 pm</td>
<td>9-12</td>
<td>$100</td>
</tr>
</tbody>
</table>

*Dance camps, see page 24-25
SPRING ADVENTURE CAMP

Are you looking for a fun way to spend Spring Break? Don't miss Spring Adventure - a one-week day camp for children in grades K-5. Activities will include swimming, sports, and a variety of fun games and activities. Constant supervision and guidance from camp counselors insures that each camper will have a fun-filled spring break to remember! NOTE: Each child should bring a sack lunch, swimsuit, and towel. Children can be dropped off at the ARC as early as 7:45 am and must be picked up no later than 5:15 pm. DayCare Tax ID# 43-6000810

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>103952-01</td>
<td>M-F: Mar 23-Mar 27</td>
<td>8 am-5 pm</td>
<td>5-11</td>
<td>$175</td>
</tr>
</tbody>
</table>

NEW MISSOURI RIVER ADVENTURE CAMP

Are you ready for an adventure? Explore the Missouri River by motorboat and by land! Be prepared to witness majestic birds, catch slimy fish, investigate wondrous forest critters, participate in a river clean up, go on hikes, games and so much more. Field trips will include Rock Bridge State Park, Eagle Bluffs Conservation Area, and motorboating on the Missouri River. Don't miss this fun new adventure camp lead by Missouri River Relief. Pre-registration required.

Instructors: Missouri River Relief staff
Location: Waters-Moss Shelter @ 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>303917-01</td>
<td>Mon-Fri: Jul 20-24</td>
<td>7:45 am-5:15 pm</td>
<td>7-11</td>
<td>$170</td>
</tr>
</tbody>
</table>

CAMP SLIME

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

Location: Moss Bldg. Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>303914-01</td>
<td>M-F: Jul 6-Jul 10</td>
<td>7:45 am-5:15 pm</td>
<td>6-9</td>
<td>$145</td>
</tr>
<tr>
<td>303914-02</td>
<td>M-F: Jul 27-Jul 31</td>
<td>7:45 am-5:15 pm</td>
<td>6-9</td>
<td>$145</td>
</tr>
</tbody>
</table>

Due to limited spots, we ask that participants register for just one session to allow as many kids as possible to register.

AFTER SCHOOL AND SUMMER 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, Playstation 4, or just watch a movie. There is always something to do!

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>Drop in</td>
<td>M-F during school</td>
<td>2:30-7 pm</td>
<td>8+</td>
<td>Free</td>
</tr>
<tr>
<td>Drop in</td>
<td>M-F during summer</td>
<td>11 am-6 pm</td>
<td>8+</td>
<td>Free</td>
</tr>
</tbody>
</table>

BEAR CREEK HALF MARATHON COUCH TO CREEK

The Bear Creek Half Marathon Couch to Creek Training Group is a 20-week beginners' training group that will take new runners from their “couch” to “creek” (Bear Creek Run Half Marathon) with twice weekly group sessions on Tuesday evenings and Saturday mornings. Trainers will lead the group on training runs and provide cross training and nutritional information as you prepare to conquer 13.1 miles. Class fee includes registration to the Bear Creek Run Half Marathon on October 31 ($55) and training group performance fabric shirt.

Location: Meet at ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307302-01</td>
<td>Tu,Sa: June 9-Oct 24</td>
<td>TBA</td>
<td>16+</td>
<td>$150</td>
</tr>
</tbody>
</table>

BEAR CREEK RUN HALF MARATHON

The Bear Creek Run Half Marathon has quickly become a favorite race in Mid-Missouri. Runners and walkers have come to love the scenic course along the Bear Creek Trail as well as the encouraging volunteers, great race shirts, finisher medals and awards by local artists. The 13.1 mile course starts and finishes at Albert-Oakland Park and takes participants to Columbia’s Cosmo Park and back on 80 percent gravel trail. “Inspiration Hill” will keep runners motivated as they approach the half-way point. There are aid stations (water stops) every mile to mile-and-a-half along the well-marked course. Registration includes professional chip timing, unique age group awards, finisher medal, performance fabric shirt and post race food. Maximum 250 racers.

Location: Bear Creek Trail

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307300-01</td>
<td>Oct 31</td>
<td>8 am</td>
<td>12+</td>
<td>$55*</td>
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Advance registration required
ANNUAL TRAIN SHOW
Saturday, 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.

WOMEN’S MONTH ACTIVITIES

Women’s History Exhibit
In celebration of Women’s History Month come to the Armory Sports Center and see a display of famous women from the state of Missouri, open from 10 am to 6 pm throughout the month of March. This exhibit is free and open to the public. Groups are welcome.

Women’s Inspiration Tree
Come into the Armory and add an inspirational quote, poem, or story to our inspiration tree. These can be from historical women, or someone you find inspirational from your own life. Simply write it down and add it to our tree. The tree is located downstairs in our Women’s History Exhibit.

Women’s Month Film “Joy”
Come enjoy the true story of self-made millionaire Joy Mangano, who struggles to pursue her inventing ambitions while juggling a complicated family life.
Location: Armory Sports Center

Women’s History Presentation
Join us for a presentation by Teresa Gorman featuring historical figure Annie Fisher
Location: Armory Sports Center

KITE FLYING DAY
Bring your kites and let's have a great time! A limited number of kites will be given to children that do not have one to fly. The contest categories are largest flying kite, smallest flying kite and the highest flyer. Prizes will be awarded to winners. The event is FREE!

MID MO CAREER FAIR AND JOB EXPO
Tuesday, April 21, 2-6 pm
Armorey Sports Center, 701 E Ash
For ages 18 and up, this will pair job-seekers and companies/organizations trying to fill entry-level, part-time and full-time positions. Bring copies of your resume and contact information. Please call 874-6379 or email Jay.Bradley@Como.gov for more information.

YAPPY HOUR
Location: Twin Lakes Recreation Area
Food truck, live music, craft beer, and room for Fido to roam will all be found when Yappy Hour returns! This event will feature dog related booths, activities, contests, an adoptable dog pageant and more. This event is coordinated with the help of the MU Department of Parks, Recreation and Sport students.

IMPORTANT INFO:
• Limit one dog per person and all dogs must be on a fixed length leash (no retractable)
• Must be 16 or older to attend, and 21+ to drink (we will be carding at the door)
• All dogs must be up-to-date on vaccines
• You know your dog better than we do, please bring only well socialized pooches
• Parking is limited so walking from Forum Nature Area or Scott Blvd trailheads is encouraged.

EARTH DAY
Sunday, April 26 (Rain date: May 3)
12 - 7 pm, Peace Park- Downtown Columbia
Eco-conscious displays and information; large street fair of vendors, artists, food trucks and organizations; live music and a kids’ area of eco-friendly activities. Sponsored by the Earth Day Coalition. Call 875-0539 for more information.

VISIT YOUR PARK PLAYGROUND CHALLENGE
May 16 - Sept 7
Visit playgrounds at 10 or more parks, track your visits and turn in your tracking sheet to earn a prize! It’s a great way to spend your summer and visit new parks. Check CoMo.gov in May for info and tracking sheets.
**TONS OF TRUCKS**

**Wednesday, May 6, 4-7 pm**  
Target wing parking lot, Columbia Mall  
Trucks and other vehicles of all shapes and sizes will be on display for admiring, climbing, sitting in, and horn honking! This event is held rain or shine and is FREE for all. (For families of children with sensory sensitivities, we also hold a Sensory Friendly Touch-a-Truck in October. The August Leisure Times activity guide will contain more details).

**MAY 7, 6 pm**  
Karaoke in the Park

**June 11, 7 pm**  
Boone County celebrates its Bicentennial with a special concert featuring the Missouri Symphony Orchestra with Maestro Kirk Trevor, along with actor portrayals of notable Boone County personalities from the past 200 years. All children ages 4-14 will be welcomed on stage to conduct the orchestra.

**Sponsored by the Office of Cultural Affairs and the Missouri Arts Council**

**JUNE 12, 8:45 PM**  
**TOY STORY 4 (G)**  
Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey soon turns into an unexpected reunion as Woody’s slight detour leads him to his long-lost friend Bo Peep.

**Sponsored by the Daniel Boone Regional Library**

**AUGUST 14, 8:30 PM**  
**ANASTASIA (G)**  
In this beloved 1997 animated telling, the young Anastasia (Meg Ryan) disappears after Rasputin (Christopher Lloyd) puts a hex on the Romanovs. Years later, two con artists hold auditions to find a phony Anastasia to collect a reward from her grandmother. They choose an orphan girl with a remarkable resemblance to the missing princess and bring her to Paris, not knowing she’s the real Anastasia.

**Sponsored by 102.3 BXR**

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**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!

**MAY 8, 8:30 PM**  
**FROZEN 2 (PG)**  
Why was Elsa born with magical powers? What truths about the past await Elsa as she ventures into the unknown to the enchanted forests and dark seas beyond Arendelle? The answers are calling her but also threatening her kingdom.

**JUNE 12, 8:45 PM**  
**TOY STORY 4 (G)**  
Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey soon turns into an unexpected reunion as Woody’s slight detour leads him to his long-lost friend Bo Peep.

**JULY 10, 8:45 PM**  
**SPIES IN DISGUISE (PG)**  
Lance (Will Smith) is a super cool and charming spy, and Walter (Tom Holland) invents the super cool gadgets that Lance uses. But when events take an unexpected turn, Walter and Lance suddenly have to rely on each other in a whole new way.

**SEPTEMBER 11, 7:45 PM**  
**CAPTAIN MARVEL (PG-13)**  
Captain Marvel is an extraterrestrial warrior who finds herself caught in the middle of an intergalactic battle. Living on Earth in 1995, she has recurring memories of another life as U.S. Air Force pilot Carol Danvers. With help from Nick Fury, Captain Marvel tries to uncover the secrets of her past while harnessing her special superpowers to end the war.

**SPONSORED BY:**
Special Events

**EGG HUNT EGGSTRAVAGANZA**

Two hunts, two different parks! Bring your children (ages 12 and under) out for a free, fun candy-filled Egg Hunt. Each event will have three separate hunts in different areas designated by age. Kids will also enjoy other activities such as coloring, face painting, and games.

**NOTE:** Please call 817-5077 if you or your organization would like to volunteer by hosting a game or activity.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Park</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>Sa: Apr 11</td>
<td>12-1:15 pm</td>
<td>Douglass</td>
<td>Free</td>
</tr>
<tr>
<td>Drop in</td>
<td>Sa: Apr 11</td>
<td>3-4:15 pm</td>
<td>Indian Hills</td>
<td>Free</td>
</tr>
</tbody>
</table>

**BIKE SAFETY RODEO**

Thursday, June 4, 5-7 (rain date June 9)
Karis Church parking lot, 606 Ridgeway

For kids ages 3-16, who love to ride their bikes! Free event, features 9-step skills course teaching safety rules. Bike registration, minor repairs and helmets distributed.

**HERITAGE DAY BLOCK PARTY**

Saturday, May 9, 4-7 pm
Douglass Park

The unofficial opening of Douglass Park for the summer! Activities include balloons and face painting, lawn games for kids and adults, live music and entertainment, free food and family fun. Free for all ages. Bring your lawn chair and enjoy your neighborhood park!

**BIKE WALK AND WHEEL WEEK**

May 10-17
Check www.pednet.org for details.

**NATIONAL TRAILS DAY, SEE PAGE 22**

**ART IN THE PARK**

June 6-7, 10 am-5 pm Saturday, 10 am-4 pm Sunday
Stephens Lake Park


**SHRED FEST SKATEBOARDING EVENT**

Saturday, June 6 (rain date June 20), 4-7 pm
Columbia Skate Park at Cosmo Park

Celebrate all of the fun of skateboarding with Shred Fest 2020. This event is FREE and open to the public. Whether you're an expert shredder, new to the sport, or just a curious spectator, there's fun to be had for all! The afternoon will feature music, helmet giveaways, food, and a best trick contest. Presented by Columbia Parks and Recreation, Parkside Skate Shop, Youth Community Coalition and Gumby's Pizza. For more information, visit ParksideSkateboards.com.
LUNCH IN THE PARK
June 1 - Aug 7
Lunch is served to kids from 11:30 am - 1 pm on weekdays at the Douglass Park Shelter.

INDIAN HILLS BLOCK PARTY FEATUREING JUNETEENTH CELEBRATION
Saturday, June 20, 12-2 pm
Indian Hills Park
Join Parks and Recreation and the Inclusive Impact Institute for a fun and free event. Activities include face painting, balloons, lawn games for kids and adults, live music and entertainment, food, plus family fun. There will also be a program and activities dedicated to celebrating Juneteenth. Free for all ages.

SPONSORED BY:

DJ IN THE PARK
June 20, July 18, August 15; 4-6 pm
Douglass Park
A variety of DJs will play something for all tastes, from hip hop to R&B to gospel.

LAWN CHAIR CONCERT SERIES
Sunday, June 21, July 19; 3-5 pm
Douglass Park
Bring your lawn chair and blankets to the park and enjoy free concerts with great music!

FIRE IN THE SKY INDEPENDENCE DAY CELEBRATION
The 68th annual celebration of an American tradition
See back cover for details

WACKY WATER GAMES BLOCK PARTY
Saturday, August 22, 12-2 pm
Indian Hills Park
Tired of the heat? Want to cool off? Come out to the Wacky Water Games for water balloons, frozen t-shirt contest, lots of crazy water games, plus free food! Event is for the whole family.

SPONSORED BY:

COOLIN’ DOWN WITH THE BLUES
Sunday, August 16, 3-7 pm
Douglass Park
Featuring local and regional talent in a mini-festival atmosphere! Activities provided for the kids and adults will enjoy jazz, R&B, and blues. Bring your lawn chair and enjoy this free concert, which marks the unofficial end of summer.

SPONSORED BY:

SPLAT JR. OBSTACLE COURSE MUD RUN
Inspire and challenge your kids at the 7th annual Splat Jr. Obstacle Course Mud Run. The Splat challenge is for kids ages 4 - 15 years old. Depending on age, participants will complete a 1K (4-5 year olds), 2K (6-8 year olds) or 3K (8-15 year olds) course with age appropriate obstacles including walls, pipes, tires and, of course lots of mud! Splat is a great event for individual kids, siblings or groups (sports teams, birthday parties or any group wanting to take part in a unique and memorable event).
Registration includes a Splat t-shirt, Splat finisher medal and Splat bag.
Each wave has a 150 participant cap.
This event has a history of selling out, so register early. We can’t wait to see the big smiles on muddy kids!
Location: Gans Creek Recreation Area

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307906-01</td>
<td>Sa: Jul 11</td>
<td>8:30am</td>
<td>4-5</td>
<td>$25</td>
</tr>
<tr>
<td>307906-02</td>
<td>Sa: Jul 11</td>
<td>9:00am</td>
<td>4-5</td>
<td>$25</td>
</tr>
<tr>
<td>307906-03</td>
<td>Sa: Jul 11</td>
<td>9:30am</td>
<td>6-8</td>
<td>$25</td>
</tr>
<tr>
<td>307906-04</td>
<td>Sa: Jul 11</td>
<td>10:00am</td>
<td>6-8</td>
<td>$25</td>
</tr>
<tr>
<td>307906-05</td>
<td>Sa: Jul 11</td>
<td>10:30am</td>
<td>6-8</td>
<td>$25</td>
</tr>
<tr>
<td>307906-06</td>
<td>Sa: Jul 11</td>
<td>11:00am</td>
<td>8-15*</td>
<td>$25</td>
</tr>
<tr>
<td>307906-07</td>
<td>Sa: Jul 11</td>
<td>11:30am</td>
<td>8-15*</td>
<td>$25</td>
</tr>
<tr>
<td>307906-08</td>
<td>Sa: Jul 11</td>
<td>12:00pm</td>
<td>8-15*</td>
<td>$25</td>
</tr>
</tbody>
</table>

*Please note that waves 6, 7 and 8 are a longer distance for 8 year olds than waves 3, 4 and 5.

SPONSORED BY:

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318403-01</td>
<td>Sa: Aug 22</td>
<td>7:30-10:30pm</td>
<td>8+</td>
<td>$17</td>
</tr>
</tbody>
</table>

SPONSORED BY:
## SPECIAL EVENTS CALENDAR

### MARCH

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

### APRIL

4 ..............................................................................................................KITE FLYING DAY,
Douglass Park, 12-2 pm, Free

11 ............................................................................................................EGG HUNT EGGSTRAVAGANZA,
Douglass Park from 12-1:15 pm, Indian Hills Park from 3-4:15 pm, Free

19 ..............................................................................................................COLUMBIA YOUTH INTRO TO TRACK AND FIELD,
Hickman High School Track, 1 pm check in, $7

21 ..............................................................................................................MID MO CAREER FAIR AND JOB EXPO,
Armory Sports Center, 2-6 pm, Free

25 ..............................................................................................................YAPPY HOUR, TWIN LAKES RECREATION AREA,
3-6 pm, $10 per dog and person, $5 for person not bringing a dog

26 ..................................................................................................................EARTH DAY,
Peace Park, 12-7 pm, Free

### MAY

6 ...............................................................................................................TONS OF TRUCKS,
Target parking lot at Columbia Mall, 4-7 pm, Free

7 .............................................................................................................STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES,
Karaoke in the Park, 6 pm, Free

8 .............................................................................................................MOVIES IN THE PARK: FROZEN 2,
Cosmo Park, 8:30 pm, Free

9 .............................................................................................................HERITAGE DAY BLOCK PARTY,
Douglass Park, 4-7 pm, Free

10-17 ..................................................................................................19TH ANNUAL BIKE, WALK AND WHEEL WEEK

16 ..................................................................................................................VISIT YOUR PARK PLAYGROUND CHALLENGE

20 .............................................................................................................FAMILY FUN FEST: KINDNESS CARNIVAL,
Cosmo Park, 6-8 pm, Free

### JUNE

6 .............................................................................................................NATIONAL TRAILS DAY, FIND THE GOLDEN HIKING BOOT
6 ...............................................................................................................SHRED FEST SKATEBOARDING EVENT,
Columbia Skate Park at Cosmo Park, 4-7 pm, Free

6-7 .............................................................................................................ART IN THE PARK,
Stephens Lake Park, Free

11 .............................................................................................................STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES,
Missouri Symphony Society, 7 pm, Free

11-14 ................................................................................................SHOW ME STATE SENIOR GAMES

12 .............................................................................................................MOVIES IN THE PARK, TOY STORY 2,
Cosmo Park, 8:45 pm, Free

17 .............................................................................................................FAMILY FUN FEST: FITNESS IS FUN,
Cosmo Park, 6-8 pm, Free

20 .............................................................................................................INDIAN HILLS PARK BLOCK PARTY FEATURING JUNETEENTH,
Indian Hills Park, 12-2 pm, Free

### JULY

4 .............................................................................................................FIRE IN THE SKY,
The District, Entertainment at 6:30, Fireworks after 9 pm, Free

4 .............................................................................................................SPECIAL SWIM HOURS AT
Albert Oakland Family Aquatic Center, Douglass Family
Aquatic Center, Lake of the Woods Pool and Little Mates Cove, 12-5 pm

9 .............................................................................................................STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES,
COMMUNITY BAND,
Peace Park, 7 pm, Free

10 .............................................................................................................MOVIES IN THE PARK, SPIES IN DISGUISE,
Cosmo Park, 8:45 pm, Free

10 .............................................................................................................FAMILY SPLASH BASH,
Lake of the Woods Pool, 7-9:30 pm, $5 per person

11 .............................................................................................................SPLAT! JUNIOR OBSTACLE COURSE MUD RUN,
Gans Creek Recreation Area, Times vary according to wave, $25

15 .............................................................................................................FAMILY FUN FEST: EXPLORE OUTDOORS,
Cosmo Park, 6-8 pm, Free

17-19 ................................................................................................SHOW ME STATE GAMES

18 .............................................................................................................DJ IN THE PARK,
Douglass Park, 4-6 pm, Free

19 .............................................................................................................LAWN CHAIR CONCERT SERIES,
Douglass Park, 3-5 pm, Free

24-26 ................................................................................................SHOW ME STATE GAMES

### AUGUST

6 .............................................................................................................STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES, KIDS’ NIGHT,
6 pm, Free

14 ................................................................................................MOVIES IN THE PARK, ANASTASIA,
Cosmo Park, 8:30 pm, Free

15 ................................................................................................DJ IN THE PARK,
Douglass Park, 4-6 pm, Free

16 .............................................................................................................COOLIN’ DOWN WITH THE BLUES,
Douglass Park, 3-7 pm, Free

19 .............................................................................................................FAMILY FUN FEST: AROUND THE WORLD,
Cosmo Park, 6-8 pm, Free

21 .............................................................................................................NIGHT FLIGHT GLOW GOLF,
L.A. Nickell Golf Course, 8:30 pm shotgun start

22 .............................................................................................................WACKY WATER GAMES BLOCK PARTY,
Indian Hills Park, 12-2 pm, Free

22 .............................................................................................................KALEIDOSPOKE,
Meet at Flat Branch Park, 7:30 pm, $17
Columbia Public Works’ construction of the extension of the Hinkson Creek Trail (aka Shepard to Rollins) is scheduled to be completed in 2020! The 10-foot-wide concrete trail, starting at the east end of Rollins Street, crossing Hinkson Creek and connecting at the Bluffdale Drive cul-de-sac, provides nonmotorized transportation access and recreation options for citizens traveling to and from the University of Missouri campus or downtown Columbia. Funding for construction was provided by the federal GetAbout Phase II funds.

Columbia Parks and Recreation is moving forward with construction plans to extend the Hinkson Creek Trail from Stadium Boulevard to where the new trail bridge crosses over to the east side of the MU campus on Rollins Street. The next section of the Hinkson Creek Trail to be developed will connect Stephens Lake Park to Clark Lane, which will be routed through the I-70 underpass. Funding for these trail extensions is provided by the Park Sales Tax.

These trail projects will provide an important link in the north-south section of the planned 30-mile trail loop around Columbia, allowing residents north of I-70 access to the MKT Trail, the University campus and downtown Columbia.
SPOTLIGHT ON PARKS

LOOK WHAT'S NEW AT Lions-Stephens Park

Replacement Playground!

Replacement Shelter!

This project was funded by the Park Sales Tax
The activities and services included in Leisure Times span a six-month period. Please keep Leisure Times handy as a reference or recycle by passing along to a neighbor or co-worker.

Cover Photo: Gans Creek cross country, tennis, Rainbow softball and disc golf at Harmony Bends

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)

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

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

FUN CRAFTS, INFLATABLES AND
ACTIVITIES FOR KIDS

FIREWORKS AT 9:15PM,
CHOREOGRAPHED TO MUSIC AND
SIMULCAST ON BXR RADIO 102.3

FREE EVENT, FOOD TRUCKS WILL
BE AVAILABLE

SOME STREETS WILL BE CLOSED.
FREE PARKING IS AVAILABLE
DOWNTOWN AND ON THE
UNIVERSITY CAMPUS

To volunteer call 874-7499

Bring a lawn chair or blanket.
No fireworks please.

For more information,
call 874-7460.
Map and schedule at
Como.gov
(search: 4th of July).

Thank you to the sponsors:

Celebrate Boone County’s
Bicentennial
Courthouse Square at 4 pm

Event begins @ 6:30p
Fireworks begin @ 9:15p