FALL/WINTER 2023 ISSUE
Registration Begins: August 9, 2023
Online Registration: August 8, 2023
The toddler playground at Cosmo Park was recently renovated! The "tot lot" is designed for kids ages 2-5. The renovation project included:

- New play structure and swings
- Installation of park bench and picnic table
- Relocation that allowed for larger play area and improved drainage

The project was made possible by the voter-approved 2021 Park Sales Tax.
Work has been completed on two of the largest shelters in the park system. The 65-year-old Burford Shelter was completely demolished and replaced. Lamb Shelter underwent extensive renovations with new roof, concrete, electric, lighting and walkways. Both projects were funded by the voter-approved Park Sales Tax. The shelters are available for rental by calling Parks and Recreation at 573.874.7460.
## General Information

### PARKS & RECREATION FREQUENTLY CALLED NUMBERS

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARKS &amp; RECREATION MAIN OFFICE</td>
<td>#1 SOUTH 7TH</td>
<td>573.874.7460</td>
</tr>
<tr>
<td>RECREATION HOTLINE/CANCELLATIONS</td>
<td></td>
<td>573.874.7663</td>
</tr>
<tr>
<td>NON-EMERGENCY - RANGER</td>
<td></td>
<td>573.442.6131</td>
</tr>
<tr>
<td>ACTIVITY &amp; RECREATION CENTER (ARC)</td>
<td>1701 W. ASH</td>
<td>573.874.7700</td>
</tr>
<tr>
<td>PARK MANAGEMENT CENTER</td>
<td>1507 BUSINESS LOOP W.</td>
<td>573.874.7201</td>
</tr>
<tr>
<td>HILLCREST COMMUNITY CENTER</td>
<td>1907 HILLCREST DR.</td>
<td>573.874.7475</td>
</tr>
<tr>
<td>ARMORY SPORTS CENTER</td>
<td>701 E. ASH</td>
<td>573.817.5077</td>
</tr>
<tr>
<td>CARE</td>
<td>701 E. ASH</td>
<td>573.874.6300</td>
</tr>
<tr>
<td>COMMUNITY RECREATION</td>
<td>701 E. ASH</td>
<td>573.817.5077</td>
</tr>
<tr>
<td>PAQUIN TOWER/ADAPTIVE RECREATION</td>
<td>1201 PAQUIN ST.</td>
<td>573.554.7042</td>
</tr>
<tr>
<td>PERMITS, LEAGUES AND SHELTER RESERVATIONS</td>
<td>#1 SOUTH 7TH</td>
<td>573.874.7460</td>
</tr>
<tr>
<td>RAINBOW SOFTBALL CENTER (SEASONAL) COSMO PARK</td>
<td>1615 BUSINESS LOOP 70</td>
<td>573.449.1925</td>
</tr>
<tr>
<td>SPECIAL OLYMPICS</td>
<td>1701 W. ASH</td>
<td>573.874.7312</td>
</tr>
<tr>
<td>LIFE ENRICHMENT CLASSES</td>
<td>1907 HILLCREST DR.</td>
<td>573.874.7636</td>
</tr>
<tr>
<td>SOCIAL ACTIVITIES</td>
<td>1907 HILLCREST DR.</td>
<td>573.874.7475</td>
</tr>
<tr>
<td>ALBERT-OAKLAND FAMILY AQUATIC CENTER</td>
<td>1900 BLUE RIDGE RD.</td>
<td>573.474.5331</td>
</tr>
<tr>
<td>ARC INDOOR POOL</td>
<td>1701 W. ASH</td>
<td>573.874.7700</td>
</tr>
<tr>
<td>DOUGLASS FAMILY AQUATIC CENTER</td>
<td>400 N. PROVIDENCE RD.</td>
<td>573.442.5019</td>
</tr>
<tr>
<td>HICKMAN POOL (INDOOR POOL)</td>
<td>1104 N. PROVIDENCE RD.</td>
<td>573.874.7476</td>
</tr>
<tr>
<td>LAKE OF THE WOODS POOL</td>
<td>6700 E. ST. CHARLES RD.</td>
<td>573.474.7878</td>
</tr>
<tr>
<td>L.A. NICKELL GOLF COURSE</td>
<td>1800 PARKSIDE DR.</td>
<td>573.499.GOLF</td>
</tr>
<tr>
<td>LAKE OF THE WOODS GOLF COURSE</td>
<td>6700 E. ST. CHARLES RD.</td>
<td>573.499.GOLF</td>
</tr>
</tbody>
</table>
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. Four 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 3500 acres of parkland, 60 miles of trails, and 75 parks. If you need assistance at a park or facility, call the non-emergency number 311; call 911 for emergencies.

Contents

GENERAL INFORMATION ................................................................. 6
   Shelter reservations, Refund policy, Financial assistance
ARC .......................................................................................... 7
   Hours, Rates, Membership, Room rentals, Birthdays
ADAPTED ................................................................................... 10
   Ceramics and art, Sports
AQUATICS .................................................................................... 11
   Pooch Punge, ARC Water Zone, Swimming lessons
ARTS, CRAFTS AND LEISURE .................................................. 17
   Holiday Craft Night, Gut the Gourd, more
BICYCLING ................................................................................... 19
   CoMo Bike Co-op, Learn to Bicycle, more
CARE ................................................................................................ 19
   Program requirements and services
COMPUTERS / ONLINE COURSES ......................................... 21
   Open Computer Lab, Create & Learn
DANCE, CHEERLEADING AND TUMBLING .......................... 21
   Tapercise, Dance, Ballet, Hip Hop, more
FENCING AND MARTIAL ARTS ............................................. 22
   Tae Kwon Do, Aikido, Foil Fencing, more
FITNESS AND EXERCISE ............................................................... 25
   BYOBW, Personal training, more
FUN FOR LITTLE ONES (PRESCHOOL) ................................. 28
   Halloween Costume Party, Leap Day, more
GAMING .......................................................................................... 29
   Smash Bros
GOLF .................................................................................................. 30
   Facilities, Fees, more
OUTDOORS ....................................................................................... 31
   Backpack Camping, WE Hike
SCHOOL’S OUT/ AFTER SCHOOL ........................................... 32
   Tutoring, Professional development
SELF IMPROVEMENT ................................................................. 32
   Tutoring, Professional development
SOCIAL ACTIVITIES ................................................................. 32
   Osher classes, Mah Jongg, more
SPORTS ............................................................................................ 34
   Tennis, Softball, Kickball, more
TRAIL RUNS ..................................................................................... 40
   Bear Creek Half Marathon, ROC, Stonegrinder 7K
SPECIAL EVENTS ............................................................... 41
   Kaleidoscope, Outdoor Movies, Heritage Festival, more
CALENDAR ....................................................................................... 46

Rental & Program Facilities

CoMo.gov (search: Rentals) Fees subject to change Oct 1, 2023
Activity & Recreation Center (ARC)
1701 W. Ash St. • 573.874.7700, see page 9
Armory Sports and Community 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 $200 deposit. Life Enrichment classes, preschool programs, 50+ programs, Osher@Mizzou.
Maplewood Barn
2900 E. Nilong • Call 573.874.7460
Call for information or to rent for groups of 70 people or less. Available Oct-March, $27 per hour plus $100 deposit.
MKT Trailside Building & MLK Garden
800 W. Stadium Blvd. • Call 573.874.7460
Men’s and women’s changing rooms and restrooms. MLK Garden and shelter available for rent for weddings and events. $40 for building, Garden rental via special use permit, $100 deposit.
Northeast Event Center
5212 Oakland Gravel Rd • Call 573.874.7460
Call for information or to rent. Not available Oct-Dec.
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 Gridstone 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 573.874.7460. 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 573.874.7460 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.

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

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 CoMo.gov
2. Walk-in: You can register at the downtown office 1 S. 7th St., M-F 8 a.m. to 5 p.m. 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  
Subject to change Oct 1, 2023

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<tr>
<th>Membership Type</th>
<th>Duration</th>
<th>Price</th>
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<tr>
<td>YOUTH ADMISSION - AGES 2 TO 17</td>
<td>Daily</td>
<td>$4.00</td>
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<td>Multiple Pass (20)</td>
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<td>Annual Pass</td>
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<td>Monthly Installment*</td>
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<td>30 Day Pass</td>
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<td></td>
<td>After School 3pm-6pm daily</td>
<td>$2.75</td>
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*This option is only available with monthly electronic funds transfer (EFT).

No contract but requires 30 day written notice to cancel.

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<th>ADULT ADMISSION - AGES 18-59</th>
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<td></td>
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<td>Annual Pass</td>
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<td>Monthly Installment*</td>
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<td>30 Day Pass</td>
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<tr>
<td></td>
<td>Adult plus one Annual+</td>
<td>$467.00**</td>
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<tr>
<td></td>
<td>Adult plus one Monthly*+</td>
<td>$44.75</td>
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<tr>
<td></td>
<td>Adult plus one 30 Day Pass+</td>
<td>$54.50</td>
</tr>
</tbody>
</table>

*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.

<table>
<thead>
<tr>
<th>FAMILY ADMISSION - UP TO 5 PERSONS**</th>
<th>Daily (up to 5 persons)</th>
<th>$16.25</th>
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<tbody>
<tr>
<td></td>
<td>Additional Dependent Family Member (ADFM)</td>
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<td></td>
<td>Annual Pass+</td>
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<td>Monthly Installment+</td>
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<td>Monthly ADFM</td>
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<td></td>
<td>30 Day Pass+</td>
<td>$58.75</td>
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*This option is only available with monthly electronic funds transfer (EFT).

No contract but requires 30 day written notice to cancel.

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<th>Daily</th>
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<td></td>
<td>Annual Senior Couple+</td>
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<td>30 Day Couple Pass+</td>
<td>$35.25</td>
</tr>
</tbody>
</table>

*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, they 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  ✓ Group Exercise Room
✓ Gymnasiums  ✓ Hydro Therapy Pool
✓ Indoor Walking/Jogging Track  ✓ Kid Zone-Stay & Play Area for Children
✓ Meeting Rooms and Classroom  ✓ Spinning Room
✓ Triple Loop Water Slide, Lazy River & Vortex  ✓ Youth Training Room
✓ Zero Depth Entry/Water Play Features

ARC HOURS OF OPERATION

Monday-Friday: 5:30 a.m. - 9:30 p.m. | Saturday: 7 a.m.-6 p.m.
Sunday: 9 a.m. - 6 p.m.

HOLIDAY HOURS

Labor Day, 9 a.m. - 3 p.m.; Nov. 11 9 a.m. - 3 p.m.;
Nov. 22 5:30 a.m. - 5:30 p.m.; Nov. 23 closed; Dec. 24 7 a.m. - 3 p.m.;
Dec. 25 closed; Dec. 31 7 a.m. - 3 p.m.; Jan. 1 closed

No group (land or water) fitness classes on Sept. 4, Nov. 11, Dec. 24 or Dec. 31
WATER ZONE
The Water Zone includes a leisure pool with zero depth entry, interactive water play feature, triple loop water slide, lazy river, vortex, three lap lanes and a heated hydro therapy pool. This area includes two wet multipurpose rooms that can accommodate birthday parties, lifeguard training and much more.

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

HOURS OF OPERATION
Monday - Friday ........................ 8 a.m.-12 p.m. or 4:30-7:30 p.m.
Saturday ................................................ 8 a.m. - 12 p.m.

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

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

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

GYMNASIUM
A sporting enthusiast’s dream, the gymnasium has cushioned wood floors and can accommodate pickleball, 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
Courts available for rent on Sundays after 6pm. Full payment due at time of reservation. Fee is non-refundable. Transfers must be requested at least 14 days in advance of original reservation.

RENTAL RATES:
Full Court ~ $75 for a 1 ½ hour rental; 6-7:30 p.m. or 7:45-9:15 p.m.
Half Court ~ $40 for a 1 ½ hour rental; 6-7:30 p.m. or 7:45-9:15 p.m.

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

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

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

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

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

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

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

For the current ARC schedule, check online CoMo.gov (search ARC).

GENERAL POLICIES

1. The ARC is a controlled access facility.
2. Alcohol, 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.
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 six months.
7. Horseplay is not permitted.
8. Shirts and shoes must be worn at all times in the facility (except in pool).
9. Non-marking shoes must be worn in the activity (gym, track) areas. Waffle-soled shoes or cleats are not allowed.
10. No basketballs or volleyballs are allowed upstairs. No bouncing or throwing balls outside the gym.
11. Personal music devices are only allowed when used with headphones.
12. Bicycles, skateboards and in-line skates are prohibited.
13. Animals in the facility are restricted to guide dogs only.
14. The ARC is not responsible for lost or stolen items.

ARC REFUND POLICY

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

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

- 1-100 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 ....................................................................................... 10 p.m. - 6 a.m.

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 14

IS IT YOUR Birthday?
Show proof of your birthday at the Guest Services Desk & you can use the ARC for FREE on your special day!
ADAPTED COMMUNITY RECREATION PROGRAM
The Adapted program 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. If you would like to be on our mailing list or need more information, 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 email Sarah.Bowman@CoMo.gov. For updates on activities, please check our Facebook page @CoMoAdaptedSports.

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

CRAFT AND CERAMICS STUDIO IS OPEN ON THE FOLLOWING DAYS:
- Tues 9 am – 12 pm
- Thurs 9 am – 12 pm
Fee: Cost of the greenware
Email Sarah.Bowman@CoMo.gov to schedule group times for ceramics.

ADAPTIVE 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 POWERLIFTING
Powerlifting isn’t just about how much weight you can push. It’s about perseverance and success. The bar may test an athlete’s physical abilities, but an internal desire to improve - to not settle for less - is the drive behind the strain and dedication of the sport. Registration deadline ends when the maximum number of participants is reached. Registration open now!
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>115619-02</td>
<td>W: Oct 18-Nov 22</td>
<td>6-7 pm and 7-8 pm</td>
<td>8+</td>
<td>$30</td>
</tr>
</tbody>
</table>

ADAPTED BASKETBALL
Basketball ranges from learning the very basics to 5v5 full court play! Registration deadline ends when the maximum number of participants is reached. Team assignments, practice dates/times will be assigned closer to time of first practice. Teams practice one day a week for 1 hour on either Monday or Tuesday. Team rosters, practice dates, & times will be emailed out 1 week before the first practice.
Location: New Haven Elementary

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>115605-01</td>
<td>M,Tu: Dec 4/5-Mar 11/12</td>
<td>6-9 pm</td>
<td>8+</td>
<td>$17.50</td>
</tr>
</tbody>
</table>

ADAPTED SWIMMING
This program is designed for beginner swimmers to advanced swimmers. Athletes will be put in either a “skills” group or a “lap lane” group based on skill level. “Skills” athletes will work on the basics of swimming. “Lap Lane” athletes will focus on swimming laps with the option to compete in The Special Olympics. Registration deadline ends when maximum participants reached.
Location: Hickman Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>115604-02</td>
<td>Su: March 3-May 19</td>
<td>4-30-6:30 pm</td>
<td>8+</td>
<td>$17.50</td>
</tr>
</tbody>
</table>

ADAPTED BOWLING
Practices are held at AMF Town and Country Lanes. Modifications are made for athletes with physical disabilities. Athletes will be placed in either a 12 pm to 1:30 pm practice slot or a 2-3:30 pm time slot. Registrations ends Sept. 20 or when the maximum number of participants is reached.
Location: AMF Town and Country Lanes bowling alley

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>115603-01</td>
<td>Sa: Oct 14-Dec 9</td>
<td>12-1:30 pm or 2-3:30 pm</td>
<td>8+</td>
<td>$65</td>
</tr>
</tbody>
</table>
A WORD TO PARENTS

Lifeguards enforce rules and regulations to prevent accidents, and respond to aquatic emergencies.

Parents are ultimately responsible for the safety of their children!

STAFF TRAINING

In an attempt to provide the safest facilities possible, our staff undergoes extensive training. In an attempt to simulate real situations this training could happen at any time, including during recreational swimming times. Please do not be alarmed; a “Lifeguards in Training” sign will be posted. Training aids may include lifelike mannequins. We apologize for any inconvenience this may cause.
DIAPER POLICY
- Children not toilet trained must wear a swim diaper and appropriate swim attire.
- Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.
- Swimmers not wearing swim diapers will be asked to exit the swimming area until a swim diaper is acquired. Disposable swim diapers can be purchased at the facilities.
- Adults are required to change diapers at designated diaper changing stations located in the changing rooms. Please do not change diapers on the aquatic facility deck, in the concession area or party rooms.
- Children and patrons who have had diarrhea within the past two weeks are asked not to use the facility.
- Adults should ask their children to refrain from drinking the pool water.
- If your child or another child does have an accident in the pool water or deck area, please notify a staff member immediately.

INCLIMENT WEATHER POLICY
Lightning poses a serious risk of injury at our aquatic facilities, including our indoor facilities. Due to the seriousness of this issue, we have developed the following policy for our aquatic facilities. When inclement weather occurs, the water will be cleared and our staff will remain at the facility and attempt to reopen as soon as possible. If we are unable to reopen after forty-five minutes, the pool will close and attempt to reopen later in the day. This policy is in effect until one hour prior to official closing time. All facility closings will be announced on the Swim Hotline (573-874-7663).

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

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

Rental Rates
ARC………………………………………………. See ARC Water Zone rates, page 7
Hickman Pool……………………………………………. $168

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

AQUATIC PROGRAMS

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

Location: Albert-Oakland Family Aquatic Center

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>114401-01</td>
<td>Tu: Sep</td>
<td>5-6 pm</td>
<td>N/A</td>
<td>$5</td>
</tr>
<tr>
<td>114402-02</td>
<td>Tu: Sep</td>
<td>6:30-7:30 pm</td>
<td>N/A</td>
<td>$5</td>
</tr>
</tbody>
</table>

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

Location: Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>101900-01</td>
<td>Su: Feb</td>
<td>2-4 pm</td>
<td>N/A</td>
<td>$4</td>
</tr>
</tbody>
</table>

BOY SCOUTS WATER SAFETY
Would you like to earn your Boy Scouts of America swimming or lifesaving merit badge? Demonstrate various water safety skills and get those badges! Learn tips from Parks and Recreation’s aquatic staff. Register your troop today!

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>113923-01</td>
<td>Su: Feb</td>
<td>11:30 am-1:30 pm</td>
<td>NA</td>
<td>$4</td>
</tr>
</tbody>
</table>
WATER ZONE BIRTHDAY PARTY

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

ALL PACKAGES INCLUDE
• 2 hours in selected party room
• 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
• Guest may stay and enjoy the ARC after your party room time is over

ROOM TIMES
Mon or Wed................................................................. 5:30-7:30 pm
Fri .............................................................................. 1:30-3:30* pm; 5-7 pm; 6-8 pm; 6:30-8:30 pm
Sat or Sun........................................................................... 12:30-2:30 pm; 3-5 pm
Parties are only available during Rec swim times.
* Available when school is not in session or on early release days

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

BASIC PACKAGE
Room: Raindrop
Participants: 15 max
Cost Member: $79
Non member $87

DELUXE PACKAGE
Room: Typhoon
Participants: up to 25
Cost Member: $110
Non member $126

EXTREME PACKAGE
Room Typhoon
Participants up to 35
Cost Member $141
Non member $169

ULTIMATE PACKAGE
Room Typhoon
Participants up to 45
Cost Member $185
Non member $230

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

WATER ZONE ROOM RENTAL
Available Mon, Wed, or Fri 1:30-3:30* 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 7 for fees.

Room Typhoon
Maximum Capacity 55 persons
2-Hour Room Rental $50

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

*Available when school is not in session or on early release days
--- ARC WATER ZONE SCHEDULE AUG 28, 2023 – MARCH 1, 2024 ---

**WATER ZONE CLOSED FOR MAINTENANCE AUG 19-27**
- Check website for pool schedule Aug 9-18

<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></td>
<td><strong>ARC Closed</strong></td>
<td><strong>ARC Closed</strong></td>
<td><strong>ARC Closed</strong></td>
<td><strong>ARC Closed</strong></td>
</tr>
<tr>
<td></td>
<td>Lap/Spa/Walk</td>
<td>Lap/Spa/Walk</td>
<td>Lap/Spa/Walk</td>
<td>Water Aerobics 7:10-8 a</td>
</tr>
<tr>
<td></td>
<td>5:45-7a</td>
<td>5:45-6:55a</td>
<td>5:45-7a</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lap/Spa/Walk</td>
<td>Water Aerobics</td>
<td>Lap/Spa/Walk</td>
<td>Water Aerobics 8:10-9a</td>
</tr>
<tr>
<td></td>
<td>7-7:55a</td>
<td>7-7:55a</td>
<td>7-7:55a</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Swimming Lessons 9:10-9:55a*</td>
</tr>
<tr>
<td></td>
<td>8-8:50a</td>
<td>8-8:50a</td>
<td>8-8:50a</td>
<td></td>
</tr>
</tbody>
</table>

### Lap/Spa/Walk 9am-12p

<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></td>
<td><strong>Water Aerobics 9-9:50a</strong></td>
<td><strong>Water Aerobics 9-9:50a</strong></td>
<td><strong>Water Aerobics 9-9:50a</strong></td>
<td><strong>Swimming Lessons 10:10-10:55a</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Moving My Joints 10-10:50a</strong></td>
<td><strong>Lap/Spa/Walk 10a-12p</strong></td>
<td><strong>Moving My Joints 10-10:50a</strong></td>
<td><strong>Swimming Lessons 11:10 - 11:55a</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Little Swimmers</strong> 11a-12p</td>
<td><strong>Little Swimmers</strong> 11a-12p</td>
<td><strong>Lap/Spa/Walk 11a-1:30p</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Rec Swim 12-5:30p

<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></td>
<td><strong>Lap/Spa/Walk 11a-1:30p</strong></td>
<td><strong>Water Zone Closed 12-4p</strong></td>
<td><strong>Water Zone Closed 1:30-3p</strong></td>
<td><strong>Rec Swim 12-5:30 pm</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Water Zone Closed 1:30 -3:00pm</strong></td>
<td><strong>Lap/Spa/Walk 4-5:25p</strong></td>
<td><strong>Lap/Spa/Walk 3-5p</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Spa will be closed 1:30-7:30pm or until temperature and chemical balance is reached, every Wednesday</strong></td>
<td><strong>Aqua Zumba 5:30-6:20p</strong></td>
<td><strong>Water Aerobics 6:30 - 7:20p</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Lap/Spa/Walk Mon, 3-5p; Wed, 3-9p</strong></td>
<td></td>
<td><strong>Lap/Spa/Walk 3-5p</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Rec Swim 5-7:30p Monday only</strong></td>
<td><strong>Lap/Spa/Walk 7:30-9p</strong></td>
<td><strong>Rec Swim 5-9p</strong></td>
<td><strong>Water Zone Closed</strong></td>
</tr>
</tbody>
</table>

* Lap/Spa/Walk is available except when lessons are in session. ** Little Swimmers free for ARC members Tues, Wed and Thurs

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

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>101205-01</td>
<td>Tu, Th: Sep 12-Sep 28</td>
<td>5:30-6:20 pm</td>
<td>15+</td>
<td>$40</td>
</tr>
<tr>
<td>101205-02</td>
<td>Tu, Th: Oct 10-Oct 26</td>
<td>5:30-6:20 pm</td>
<td>15+</td>
<td>$40</td>
</tr>
<tr>
<td>101205-03</td>
<td>Tu, Th: Nov 7-Nov 16</td>
<td>5:30-6:20 pm</td>
<td>15+</td>
<td>$28</td>
</tr>
<tr>
<td>101205-04</td>
<td>Tu, Th: Dec 5-Dec 14</td>
<td>5:30-6:20 pm</td>
<td>15+</td>
<td>$28</td>
</tr>
<tr>
<td>101205-05</td>
<td>Tu, Th: Jan 9-Jan 25</td>
<td>5:30-6:20 pm</td>
<td>15+</td>
<td>$40</td>
</tr>
<tr>
<td>101205-06</td>
<td>Tu, Th: Feb 6-Feb 22</td>
<td>5:30-6:20 pm</td>
<td>15+</td>
<td>$40</td>
</tr>
</tbody>
</table>

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

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

**Tues - Thurs**
11 am – 12 pm
$1 for all participants / ARC members are free

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

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

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

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>116601-01</td>
<td>Tu, Th: Sep 12-Sep 28</td>
<td>7:30-8 pm</td>
<td>3+</td>
<td>$48</td>
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<tr>
<td>116601-02</td>
<td>Tu, Th: Oct 10-Oct 26</td>
<td>7:30-8 pm</td>
<td>3+</td>
<td>$48</td>
</tr>
<tr>
<td>116601-03</td>
<td>Tu, Th: Jan 9-Jan 25</td>
<td>7:30-8 pm</td>
<td>3+</td>
<td>$48</td>
</tr>
<tr>
<td>116601-04</td>
<td>Tu, Th: Feb 6-Feb 22</td>
<td>6:30-7 pm</td>
<td>3+</td>
<td>$48</td>
</tr>
<tr>
<td>116601-05</td>
<td>Tu, Th: Feb 6-Feb 22</td>
<td>7:15-7:45 pm</td>
<td>3+</td>
<td>$48</td>
</tr>
</tbody>
</table>

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

**Location:** Water Zone @ ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>116701-01</td>
<td>Sa: Sep 9-Sep 30</td>
<td>10:10-10:40 am</td>
<td>6 mos-3</td>
<td>$40</td>
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<tr>
<td>116701-02</td>
<td>Sa: Sep 9-Sep 30</td>
<td>11:10-11:40 am</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>116701-03</td>
<td>Sa: Oct 14-Nov 4</td>
<td>10:10-10:40 am</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>116701-04</td>
<td>Sa: Oct 14-Nov 4</td>
<td>11:10-11:40 am</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>116701-05</td>
<td>Sa: Jan 20-Feb 10</td>
<td>10:10-10:40 am</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>116701-06</td>
<td>Sa: Jan 20-Feb 10</td>
<td>11:10-11:40 am</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>116701-07</td>
<td>Sa: Feb 24-Mar 16</td>
<td>10:10-10:40 am</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>116701-08</td>
<td>Sa: Feb 24-Mar 16</td>
<td>11:10-11:40 am</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
</tbody>
</table>
LEARN TO SWIM COURSE DESCRIPTIONS

MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

<table>
<thead>
<tr>
<th>LEVELS</th>
<th>REQUIREMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARN TO SWIM (Level One)</td>
<td>None. The objective of Level 1 is to help students feel comfortable in the water.</td>
</tr>
<tr>
<td>STARFISH</td>
<td></td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Two A)</td>
<td>Passed Level One or demonstrate equivalent skills.</td>
</tr>
<tr>
<td>CLOWNFISH</td>
<td></td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Two B)</td>
<td>Passed Level Two A or demonstrate equivalent skills.</td>
</tr>
<tr>
<td>BLUEFISH</td>
<td></td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Three)</td>
<td>Passed Level Two B or demonstrate equivalent skills.</td>
</tr>
<tr>
<td>SEA TURTLES</td>
<td></td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Four)</td>
<td>Passed Level Three or demonstrate equivalent skills.</td>
</tr>
<tr>
<td>STINGRAYS</td>
<td></td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Five)</td>
<td>Passed Level Four or demonstrate equivalent skills.</td>
</tr>
<tr>
<td>DOLPHINS</td>
<td></td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Six)</td>
<td>Passed Level Five or demonstrate equivalent skills.</td>
</tr>
<tr>
<td>SHARKS</td>
<td></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**
ARE WE GOING TO HAVE CLASS

In the event of inclement weather, please call 573.874.7663. 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.

In the event of inclement weather, please call 573.874.7663. 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.

Make-up days will be scheduled the Tuesday/Thursday following the last week 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.

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). Online course requirements and test must be completed first day of class. Age: Must be 15 by first day of course; all 15-year-olds must lifeguard for Columbia Parks and Recreation. Late fee of $10 assessed: registration deadline is 10 days prior to start of class.

*Price: Free for guards employed by Columbia Parks and Recreation, $175 for other participants
**Class meets on Friday from 5-9 pm, Saturday and Sunday from 8 am - 5pm. Changes in class time may be made by the instructor dependent upon the number of participants.

Online registration is not available; please call 573.874.7700 or stop by the ARC to register.
One week prior to the first day of class, participants will receive an email to set up their online account and view course materials. The Starguard Lifeguard manual can be found in your Starguard portal after setting up your account.

Location: Pool @ Hickman High School
Starguard manual can be found in your portal after setting up your account.

Activity # | Date | Time* | Age | Price
--- | --- | --- | --- | ---
101200-01 | F-Su: Sep 15-17 | see above | 15+ | $175
101200-02 | F-Su: Oct 20-22 | see above | 15+ | $175
101200-03 | F-Su: Mar 1-3 | see above | 15+ | $175

LIFEGUARD RE-CERTIFICATION

The recertification course is offered to those currently certified lifeguarding and CPR who need to be recertified. The training and CPR certification is good for one year. Training will consist of a review of the class materials, a final skills test, and a final written test. *If not currently employed by Parks and Recreation, email proof of valid certification to Sydney.Philpot@Como.gov. Enrollment in class does not guarantee a passing grade. Please contact us directly at 573.874.7700 to register.

Location: Pool @ Hickman High School
Starguard manual can be found in your portal after setting up your account.

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
101200-01 | F-Su: Sep 15-17 | see above | 15+ | $175
101200-02 | F-Su: Oct 20-22 | see above | 15+ | $175
101200-03 | F-Su: Mar 1-3 | see above | 15+ | $175

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 wisenerhett@gmail.com or visit http://www.csctigersharks.org/ for more information.

Location: Pool @ Hickman High School

GUT THE GOURD

Join us for this fun & festive evening. We’ll provide the pumpkin, supplies, and take care of the mess. All you have to do is show up. You’ll have the option to carve or paint your pumpkin. Feel free to come in costume for even more fun! Contact Jay.Bradley@Como.Gov, or 573.874.6379 for more info.

Location: Armory Sports Center

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
102212-01 | W: Oct. 18 | 5:30-6:30 pm | 4+ | $10/pumpkin
102212-02 | W: Oct. 25 | 5:30-6:30 pm | 4+ | $10/pumpkin

NEW! ARTS & CRAFTS WITH MEGHAN

Join us for arts and crafts at the Armory. Each night will feature a new craft such as paper mosaic, watercolor and tape resist painting, fall wreaths, fall leaf painting and ornaments.

Location: Armory Sports Center

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
102919-01 | M: Sep 18-Dec 18* | 5-7 pm | 6-12 | $25

* No class 9/29, 11/19, 11/23, 10/30, 11/13, 12/11
HOLIDAY CRAFT NIGHT

Join us for this fun & festive evening. Choose between a stocking, hat, or ornament and then decorate with a variety of paint, glue, and glitter that we provide. No mess, no stress. Contact Jay.Bradley@como.gov or 573.874.6379 for more info.

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>109702-01</td>
<td>W: Dec. 6</td>
<td>5:30-6:30 pm</td>
<td>4+</td>
<td>$8/person</td>
</tr>
<tr>
<td>109702-02</td>
<td>W: Dec. 13</td>
<td>5:30-6:30 pm</td>
<td>4+</td>
<td>$8/person</td>
</tr>
</tbody>
</table>

ARMORY SCIENCE KLUB (ASK)

Kids, do you love slime, ooze and building things with your hands? If so, then join ASK, where you’ll study the world around you by ASKing questions and doing experiments.

Location: Armory Sports Center

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<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>113914-01</td>
<td>Th: Oct 12-Nov 16</td>
<td>5:30-6:30 pm</td>
<td>8-10</td>
<td>$36</td>
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<tr>
<td>113914-02</td>
<td>Th: Feb 15-Mar 21</td>
<td>5:30-6:30 pm</td>
<td>8-10</td>
<td>$36</td>
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</table>

WATERCOLOR PAINTING

Interested in bringing out your inner artist? In this class, you will look at various subjects and learn basic watercolor techniques. Have fun using your imagination and creativity while developing your skills. No experience required.

Location: Armory Sports Center

<table>
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<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>102917-01</td>
<td>F: Sept 8-Dec 1</td>
<td>3:30-4:30 pm</td>
<td>6-12</td>
<td>$25</td>
</tr>
<tr>
<td>102917-02</td>
<td>* No class 11/24</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

WINTER COLORING CONTEST

Pick up a winter themed coloring sheet at the Armory (701 E. Ash) and enter our contest! Age categories are 5-6, 7-8 and Contest starts Nov 1 and ends Dec 15. Winners in each category will receive an ARC pass.

Location: Armory Sports Center

WRAP AND CRAFT DAYS

Need time and space away from the kids and family to get those presents wrapped? Or do you have some craft projects you are trying to get caught up on and need some table space to work on? Reserve your 6ft table now for only $5 per 2-hour time slot. There will be Christmas music playing and coffee and hot chocolate available to sip on while you are here. Bring your own supplies needed for whatever wrapping or crafting you are working on. We will have some tape, scissors, and donated wrapping paper available for use (while supplies last), but bring your own too just in case you don’t like our selection. Feel free to bring any wrapping paper you would like to donate as well, and we will add it to the stash.

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>102325-01</td>
<td>Sa: Dec 2</td>
<td>2-4 pm</td>
<td>any</td>
<td>$5</td>
</tr>
<tr>
<td>102325-02</td>
<td>Sa: Dec 2</td>
<td>4-6 pm</td>
<td>any</td>
<td>$5</td>
</tr>
<tr>
<td>102325-03</td>
<td>M: Dec 18</td>
<td>10 am-12 pm</td>
<td>any</td>
<td>$5</td>
</tr>
<tr>
<td>102325-04</td>
<td>M: Dec 18</td>
<td>12-2 pm</td>
<td>any</td>
<td>$5</td>
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<tr>
<td>102325-05</td>
<td>M: Dec 18</td>
<td>2-4 pm</td>
<td>any</td>
<td>$5</td>
</tr>
</tbody>
</table>

DOWNTOWN POETRY CLUB

Join our club to write, critique, share, hold discussion groups, and even perform if you wish. No experience necessary, and available to adults and teens. Call 573.874.6378 or email camren.cross@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>Drop in</td>
<td>1st and 3rd Wed</td>
<td>7 pm</td>
<td>Teen/Adult</td>
<td>Free</td>
</tr>
</tbody>
</table>

ONE-ON-ONE INTRO TO VOICEOVERS

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: http://www.voicesforall.com/ooo Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).

Instructor: Voices For All instructor

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>113142-01</td>
<td>Schedule with instructor</td>
<td>18+</td>
<td>$49</td>
</tr>
</tbody>
</table>

NEW! ADULT HANDS ON CLAY

Create your own fun and functional items from clay. Adults will learn the basics of clay by hand building, coiling, pinching, and glazing techniques. Build functional pieces, abstract and more.

Location: Armory Sports Center

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>102110-01</td>
<td>W: Oct 11-Nov 1</td>
<td>5:30-7 pm</td>
<td>18+</td>
</tr>
</tbody>
</table>

See Ceramics, Page 10
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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date / Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>118995-01</td>
<td>By appointment</td>
<td>5+</td>
<td>$50</td>
</tr>
</tbody>
</table>

COMO BIKE CO-OP FREE WALK-IN BICYCLE REPAIR

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. 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. Assistance is limited to one bicycle per person per session. 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)
Location: Armory Sports Center, 701 E Ash

CARE Program

Job Readiness Training + Paid Real-World Hands-On Work Experience + Mentoring + Soft Skill Development + Career Exploration = Career Readiness

Located in the Armory Sports Center
701 East Ash Street, 2nd Floor
Columbia, MO 65201
573.874.6300
Ron.Schmidt@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 youth that include:

- job readiness training
- paid real-world hands-on work experience
- mentoring
- soft skill development
- career exploration

The CARE program hires 14- to 20-year-olds 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.

DOES YOUR TEEN NEED HELP FINDING A SUMMER JOB?

From Oct 1–Feb 28, CARE staff will provide one-on-one assistance with:
- Finding summer employment opportunities
- Applying for summer jobs
- Creating resumes and cover letters
- Obtaining letters of recommendation
- Practice interviewing

To schedule your free assistance, contact Drew Turner at Drew.Turner@CoMo.gov or 573.874.6300.
WE HIRE COLUMBIA AREA TEENAGERS DURING THE SUMMER!

- Applications open December 1 and close March 3
- Pay above minimum wage

COMMUNITY WORK SITE TRAINEE PROGRAM

CARE’s community work site trainee program offers an eight-week summer program in which approximately 100 14- to 20-year-old trainees are hired to work up to 25 hours per week at local work sites from late-June to mid-August. To apply, visit: https://www.gocomojobs.com/postings/search (search for CARE Community Work Site Trainee).

CARE/CITY UTILITIES SUMMER INTERNSHIP

The CARE program offers a 10-week summer program in which approximately 10 16- to 20-year-old interns are hired to work up to 28 hours per week from early-June to mid-August for one of the following areas:
- Sewer and Stormwater – Engineering
- Sewer and Stormwater – Maintenance
- Solid Waste – Administration
- Solid Waste – Landfill
- Water & Light – Electric Distribution
- Water & Light – Electric Production
- Water & Light – Engineering
- Water & Light – Utility Services
- Water & Light – Water Distribution
- Water & Light – Water Production

Available Positions Include:
- Administration Intern
- Data Entry Intern
- Engineering Intern
- Grounds Maintenance Intern
- Maintenance Mechanic Intern
- Operator Intern
- Sewer and Stormwater Intern

To apply, visit: https://www.gocomojobs.com/postings/search (search for CARE/City Utilities Intern).

CARE/CPS SUMMER SCHOOL TEACHER’S ASSISTANT PROGRAM

The CARE/CPS summer school teacher’s assistant program is a five-week program in which approximately 12 14- to 20-year-olds are hired to work up to 28 hours per week at a Columbia Public Schools’ summer elementary school site from late-May to the end of June.

To apply, visit: https://www.gocomojobs.com/postings/search (search for CARE/CPS summer school teacher’s assistant).

Want to MAKE A DIFFERENCE while getting FREE Labor?

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, you must be able to keep your trainees busy with quality “entry-level” work experiences/assignments and supervise them for up to 25 hours per week from late-June to mid-August.

WHO DOES CARE HIRE?

The CARE program hires 14- to 20-year-olds who do not yet feel comfortable in applying for, interviewing with and getting hired for their first, second and/or sometimes third summer job.

The majority of CARE’s trainees are 14- and 15-year-olds. Most of them are ready to obtain their own employment after one or two summers in the CARE program.

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.

Teenagers who have summer jobs gain a competitive advantage later in life, studies show. Developing early knowledge of the working world and good employment and earn more money in the future.
### NEW! PRESCHOOL BALLET
Ballet basics for our littlest ballerinas in this fun new class! Learn basic ballet moves, with a focus on balance, rhythm and memorization skills. Aspiring dancers will work on crucial skills while also having fun! Pre-registration required.

**Instructor:** Sophia Mertka  
**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>110730-01</td>
<td>M: Sept 11-Oct 2</td>
<td>6-6:45 pm</td>
<td>3-4 yrs</td>
<td>$35</td>
</tr>
<tr>
<td>110730-02</td>
<td>M: Oct 9-Oct 30</td>
<td>6-6:45 pm</td>
<td>3-4 yrs</td>
<td>$35</td>
</tr>
<tr>
<td>110730-03</td>
<td>M: Feb 5-Feb 26</td>
<td>6-6:45 pm</td>
<td>3-4 yrs</td>
<td>$35</td>
</tr>
</tbody>
</table>

### NEW! BEGINNING BALLET
A fun introduction to the world of ballet and dance! Learn basic ballet moves, with a focus on terminology, memorization and rhythm! Pre-registration required.

**Instructor:** Sophia Mertka  
**Location:** Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
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<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>105917-01</td>
<td>W: Sept 6-Sept 27</td>
<td>6-6:45 pm</td>
<td>5-6 yrs</td>
<td>$35</td>
</tr>
<tr>
<td>105917-02</td>
<td>W: Oct 4-Oct 25</td>
<td>6-6:45 pm</td>
<td>5-6 yrs</td>
<td>$35</td>
</tr>
<tr>
<td>105917-03</td>
<td>W: Feb 7-Feb 28</td>
<td>6-6:45 pm</td>
<td>5-6 yrs</td>
<td>$35</td>
</tr>
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</table>

### NEW! LYRICAL DANCE 1
Welcome to the enchanting world of Lyrical Dance! This fun new class is a delightful and expressive journey that combines the grace of ballet with the freedom of contemporary dance. Designed to nurture the natural creativity and imagination of young dancers, while fostering a strong foundation in dance technique. Pre-registration required.

**Instructor:** Sophia Mertka  
**Location:** Hillcrest Room D @ Waters-Moss

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<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>105918-01</td>
<td>W: Sept 6-Sept 27</td>
<td>7-7:45 pm</td>
<td>5-9 yrs</td>
<td>$35</td>
</tr>
<tr>
<td>105918-02</td>
<td>W: Oct 4-Oct 25</td>
<td>7-7:45 pm</td>
<td>5-9 yrs</td>
<td>$35</td>
</tr>
<tr>
<td>105918-03</td>
<td>W: Feb 7-Feb 28</td>
<td>7-7:45 pm</td>
<td>5-9 yrs</td>
<td>$35</td>
</tr>
</tbody>
</table>

### NEW! JAZZ DANCE
Learn beginning jazz dance moves and techniques in this fun class. Pre-registration required.

**Instructor:** Marissa Zucchero  
**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>
</tr>
</thead>
<tbody>
<tr>
<td>105928-01</td>
<td>Th: Sept 7-28</td>
<td>6-6:45 pm</td>
<td>5-8</td>
<td>$35</td>
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<tr>
<td>105928-02</td>
<td>Th: Oct 5-26</td>
<td>6-6:45 pm</td>
<td>5-8</td>
<td>$35</td>
</tr>
<tr>
<td>105928-03</td>
<td>Th: Feb 8-29</td>
<td>6-6:45 pm</td>
<td>5-8</td>
<td>$35</td>
</tr>
</tbody>
</table>

### NEW! HIP-HOP DANCE
Learn upbeat, high-energy hip-hop dance moves and skills and in this fun new class. Pre-registration required.

**Instructor:** Marissa Zucchero  
**Location:** Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
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<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>105919-01</td>
<td>Th: Sept 7-28</td>
<td>7-7:45 pm</td>
<td>8-10</td>
<td>$35</td>
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<tr>
<td>105919-02</td>
<td>Th: Oct 5-26</td>
<td>7-7:45 pm</td>
<td>8-10</td>
<td>$35</td>
</tr>
<tr>
<td>105919-03</td>
<td>Th: Feb 8-29</td>
<td>7-7:45 pm</td>
<td>8-10</td>
<td>$35</td>
</tr>
</tbody>
</table>
DANCE, CHEERLEADING & TUMBLING

CLASSES FOR YOUTH

NEW! CHEERLEADING CLINIC
Get ready for an exciting, high-energy morning where you will learn cheerleading basics and fun cheers. Pre-registration required.
Instructor: Marissa Zucchero and Brooke Creighton
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>105912-01</td>
<td>Sa: Nov 4</td>
<td>9-11 am</td>
<td>5-10</td>
<td>$25</td>
</tr>
<tr>
<td>105912-02</td>
<td>Sa: Jan 27</td>
<td>9-11 am</td>
<td>5-10</td>
<td>$25</td>
</tr>
</tbody>
</table>

LITTLE BULLDOGS CHEER AND DANCE
For boys and girls interested in learning different styles of dances and cheer routines. This is a great class where kids can get some exercise, meet new friends and have fun dancing and cheering. For more information or if you want to coach please contact Mary Dewey at Mary.Dewey@como.gov or call 573.817.5077.
Location: Armory Sports Center

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>105908-04</td>
<td>W: Sep 6-Dec 6</td>
<td>5-6 pm</td>
<td>5-12</td>
<td>Free</td>
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<tr>
<td>105908-05</td>
<td>W: Jan 10-Mar 20</td>
<td>5-6 pm</td>
<td>5-12</td>
<td>Free</td>
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</tbody>
</table>

CLASSES FOR TEENS AND ADULTS

TAPPERCISE
Tap for fun and exercise! Learn as you move with nonstop dancing for a workout that doesn’t feel like exercise. Tap shoes recommended, but not required. Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss
Instructor: Pat Schreiner

<table>
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<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tr>
<td>105212-01</td>
<td>Tu: Sep 5-Oct 10</td>
<td>5:30-6:15 pm</td>
<td>16+</td>
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<td>105212-02</td>
<td>Tu: Sep 5-Oct 10</td>
<td>6:30-7:15 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
<tr>
<td>105212-03</td>
<td>Tu: Oct 17-Nov 28*</td>
<td>5:30-6:15 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
<tr>
<td>105212-04</td>
<td>Tu: Oct 17-Nov 28*</td>
<td>6:30-7:15 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
</tbody>
</table>

NEW! BEGINNING BALLET FOR TEENS AND ADULTS
It’s never too late to be introduced to the world of dance! Some older dancers may feel as though they’re “too old” to start learning ballet, but that’s a myth! It’s always a perfect time to start learning a new skill. This class is beginner friendly, low stress and super fun! The only rule is to try your best! Pre-registration required.
Instructor: Sophia Mertka
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>105220-01</td>
<td>M: Sept 11-Oct 2</td>
<td>7-8 pm</td>
<td>12-adult</td>
<td>$35</td>
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<tr>
<td>105220-02</td>
<td>M: Oct 9-Oct 30</td>
<td>7-8 pm</td>
<td>12-adult</td>
<td>$35</td>
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<tr>
<td>105220-03</td>
<td>M: Feb 5-Feb 26</td>
<td>7-8 pm</td>
<td>12-adult</td>
<td>$35</td>
</tr>
</tbody>
</table>

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>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>106901-01</td>
<td>Th: Aug 17-Sep 21</td>
<td>6-8 pm</td>
<td>10+</td>
<td>$48</td>
</tr>
<tr>
<td>106901-02</td>
<td>Th: Sep 28-Nov 2</td>
<td>6-8 pm</td>
<td>10+</td>
<td>$48</td>
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<tr>
<td>106901-03</td>
<td>Th: Nov 9-Dec 21*</td>
<td>6-8 pm</td>
<td>10+</td>
<td>$48</td>
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</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 25+ years, now offering instructional classes in coordination with Columbia Parks and Recreation. Call or text Sensei Heitmann with questions at 816.806.2113. Pre-registration required.
Location: Moss Bldg. Room A @ Waters-Moss
Instructor: Sensei Chris Heitmann

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>111301-01</td>
<td>M/W: Month of Sept*</td>
<td>6-7:30pm</td>
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<td>111301-02</td>
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<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
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<tr>
<td>111301-03</td>
<td>M/W: Month of Nov*</td>
<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
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<tr>
<td>111301-04</td>
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<td>111301-05</td>
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<td>6-7:30pm</td>
<td>5-adult</td>
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<td>111301-06</td>
<td>M/W: Month of Feb</td>
<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
</tr>
<tr>
<td>111301-07</td>
<td>M/W: Month of Mar</td>
<td>6-7:30pm</td>
<td>5-adult</td>
<td>$45</td>
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</tbody>
</table>

*No class 9/4, 11/22, 12/25, 12/27, 1/1
BEGINNING TAE KWON DO

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

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

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
111302-01 | Tu, Th: Sep 5-Oct 12 | 6-7 pm | 7-adult | $55
111302-02 | Tu, Th: Oct 17-Dec 5* | 6-7 pm | 7-adult | $55
111302-03 | Tu, Th: Jan 2-Feb 8 | 6-7 pm | 7-adult | $55
111302-04 | Tu, Th: Feb 20-Apr 4* | 6-7 pm | 7-adult | $55

*No class 10/31, 11/21, 11/23, 3/26, 3/28

ADVANCED TAE KWON DO

Continue refining the basics and begin learning some of the advanced hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Typically, students are ready for this class after about 6 months of study in the Beginning Tae Kwon Do class, after reaching yellow belt. Uniform is required. Belt testing fees paid separately. Pre-registration required.

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

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
111304-01 | Tu, Th: Sep 5-Oct 12 | 7-8 pm | 7-adult | $55
111304-02 | Tu, Th: Oct 17-Dec 5* | 7-8 pm | 7-adult | $55
111304-03 | Tu, Th: Jan 2-Feb 8 | 7-8 pm | 7-adult | $55
111304-04 | Tu, Th: Feb 20-Apr 4* | 7-8 pm | 7-adult | $55

*No class 10/31, 11/21, 11/23, 3/26, 3/28

NEW! YOUTH / ADULT OPEN KARATE CLASS

Shorin-Ryu Okinawan style karate is offering an open karate class to help you get more practice and work on your techniques on your Karta. You must be enrolled in the Beginning or the Advanced Shorin-Ryu Karate classes before you can join this class.

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

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
111210-01 | M, Th: Aug 21-Oct 12** | 7-14 | $75
111210-02 | M, Th: Oct 16-Dec 14** | 7-14 | $75
111210-03 | M, Th: Jan 8-Feb 28** | 7-14 | $75
111210-04 | M, Th: Mar 4-May 9** | 7-14 | $75

**No class 9/4, 11/23, 1/15, 3/25, 3/28

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

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
111908-01 | M: Aug 21-Oct 12* | 6:30-7 pm | 7-14 | Free
111908-02 | M: Oct 16-Nov 20 | 6:30-7 pm | 7-14 | Free
111908-03 | M: Jan 22-Feb 26 | 6:30-7 pm | 7-14 | Free
111908-04 | M: Mar 4-Apr 15* | 6:30-7 pm | 7-14 | Free

*No class 9/4, 3/25

BEGINNING SHORIN-RYU KARATE

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

Instructor: Ray Walker

Location: Aerobic Room @ Armory Sports Center

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
111905-01 | M: Aug 21-Oct 12** | 7-14 | $75
111905-02 | M: Oct 16-Dec 14** | 7-14 | $75
111905-03 | M: Jan 8-Feb 28** | 7-14 | $75
111905-04 | M: Mar 4-May 9** | 7-14 | $75

**No class 9/4, 11/23, 1/15, 3/25, 3/28

ADVANCED SHORIN-RYU KARATE

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

Instructor: Ray Walker

Location: Aerobic Room @ Armory Sports Center

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
111210-01 | M, Th: Aug 21-Oct 12** | 7-14 | $75
111210-02 | M, Th: Oct 16-Dec 14** | 7-14 | $75
111210-03 | M, Th: Jan 8-Feb 28** | 7-14 | $75
111210-04 | M, Th: Mar 4-May 9** | 7-14 | $75

**No class 9/4, 11/23, 1/15, 3/25, 3/28

TAI CHI

See other classes for adults in youth section

Location: Armory Sports Center

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
111310-01 | M, Th: Aug 21-Oct 12** | 7-14 | $75
111310-02 | M, Th: Oct 16-Dec 14** | 7-14 | $75
111310-03 | M, Th: Jan 8-Feb 28** | 7-14 | $75
111310-04 | M, Th: Mar 4-May 9** | 7-14 | $75

**No class 9/4, 11/23, 1/15, 3/25, 3/28

CLASSES FOR TEENS AND ADULTS
TEEN AND ADULT SHORIN-RYU KARATE
The practice of karate develops composure, a clearer thought process, deeper insight into one’s mental capabilities and more self confidence. Shorin-Ryu Karate Beginner Level class and approval from instructor is a prerequisite for joining this class.
For information email Sensei Walker at rwalker@amfam.com.
Instructor: Ray Walker
Location: Aerobic Room @ Armory Sports Center

Activity # | Date | Time* | Age | Price
--- | --- | --- | --- | ---
111200-01 | M, Th: Aug 21-Oct 12** | 8:15-8:55 pm | 15+ | $75
111200-02 | M, Th: Oct 16-Dec 14** | 8:15-8:55 pm | 15+ | $75
111200-03 | M, Th: Jan 8-Feb 28** | 8:15-8:55 pm | 15+ | $75
111200-04 | M, Th: Mar 4-May 9** | 8:15-8:55 pm | 15+ | $75
*Mondays, 8:20-9 pm; Thursdays, 8-9 pm, **No class 9/4, 11/23, 1/15, 3/25, 3/28

FREE TEEN AND ADULT SHORIN-RYU KARATE
Would you like to try Shorin-Ryu Karate for free? Sign up for this one time session class. Enrollment is limited so sign up early!
Instructor: Ray Walker
Location: Aerobic Room @ Armory Sports Center

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
111208-01 | M: Aug 21-Oct 2 | 6-7 pm | 15+ | Free
111208-02 | M: Oct 10-Nov 7* | 6-7 pm | 15+ | Free
111208-03 | M: Nov 14-Dec 5 | 6-7 pm | 15+ | Free
111208-04 | M: Jan 6-Feb 20 | 6-7 pm | 15+ | Free
111208-05 | M: Feb 27-Mar 19 | 6-7 pm | 15+ | Free
*No class 9/4, 1/15

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 B @ Waters-Moss
Instructor: Kevin Hayward

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
111204-01 | M, W: Month of Sept* | 6- 8 pm | 15+ | $45
111204-02 | M, W: Month of Oct* | 6- 8 pm | 15+ | $45
111204-03 | M, W: Month of Nov | 6- 8 pm | 15+ | $45
111204-04 | M, W: Month of Dec | 6- 8 pm | 15+ | $45
111204-05 | M, W: Month of Jan | 6- 8 pm | 15+ | $45
111204-06 | M, W: Month of Feb | 6- 8 pm | 15+ | $45
111204-07 | M, W: Month of Mar | 6- 8 pm | 15+ | $45
*No class 9/4, 11/22, 12/25, 12/27, 1/1

QIGONG
Qigong is a lifestyle that helps harnesses energy from special movements, breathing methods and uses specific foods to reverse specific diseases. Everyone has a healing hand and anyone can benefit with practice. Qigong learning form, postures and movements promotes longevity and balance. Call 817-5077 for more information.
Location: Aerobics Room @Armory Sports Center

Activity # | Date | Time | Age | Price
--- | --- | --- | --- | ---
Drop in | Thursdays | 8:30-9:30 am | 18+ | Free

Five Ways to Register:

1. Online: Go to CoMo.gov
2. Walk-in: You can register at the downtown office 1 S. 7th St., M-F 8 a.m. to 5 p.m. 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)
CLASSES FOR YOUTH AND TEENS

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

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

Location: Cardio/Strength Area @ Activity & Rec Ctr

Activity # | Date         | Time    | Age | Price
--- | ------------ | ------- | --- | ----
107231-01 | W: Sept 13  | 5:30-6:30 pm | 12+ | $10
107231-02 | Th: Oct 19  | 5:30-6:30 pm | 12+ | $10
107231-03 | M: Nov 13   | 5:30-6:30 pm | 12+ | $10
107231-04 | Tu: Dec 12  | 5:30-6:30 pm | 12+ | $10
107231-05 | W: Jan 24   | 5:30-6:30pm  | 12+ | $10
107231-06 | M: Mar 4    | 5:30-6:30pm  | 12+ | $10

BYOBW
Bring Your Own Big Wheel!
Riders can bring their fanciest Big Wheel or tricycle and cruise the ARC Track. Prizes and awards will be given to all riders and mileage recorded. Don’t forget your camera! Big Wheels and tricycles must be clean and approved by event staff. Believe it or not, some riders have ridden as much as 5 miles. Absolutely no bicycles. Don’t forget your Halloween costume!

Location: ARC Track

Activity # | Date     | Time       | Age | Price
--- | -------- | ---------- | --- | ----
107932-01 | Sa: Oct 28 | 9-10:30 am | 2-6 | $5

ARC Youth Training Room

Monday-Friday 5:30 am – 9:30 pm
Sat 7 am-6 pm
Sun 9 am- 6 pm

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

CLASSES FOR ADULTS

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

Individual Session/Workout Design

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<thead>
<tr>
<th></th>
<th>Price</th>
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<tbody>
<tr>
<td>1</td>
<td>$45 ARC Annual Member, $55 Non-Member</td>
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Individual Packages (3, 6, & 12 Sessions)

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<th>Price</th>
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<tr>
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<tr>
<td>6</td>
<td>$220 ARC Annual Member, $280 Non-Member</td>
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<tr>
<td>12</td>
<td>$395 ARC Annual Member, $540 Non-Member</td>
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Couple Sessions (3, 6, & 12 Sessions)

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<td>6</td>
<td>$300 ARC Annual Member, $360 Non-Member</td>
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<td>12</td>
<td>$540 ARC Annual Member, $660 Non-Member</td>
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Group Sessions (3, 4, or 5 participants)

<table>
<thead>
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<th>Price</th>
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<tr>
<td>3</td>
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<td>4</td>
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<tr>
<td>5</td>
<td>$155 each</td>
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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 573.817.6379 for more information and to register.

Location: Armory Sports Center – Workout room

Activity # | Date     | Time       | Age | Price |
--- | -------- | ---------- | --- | ---- |
107932-01 | Sa: Oct 28 | 9-10:30 am | 2-6 | $5

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. Youth ages 12 and 13 must complete the Youth Fitness Orientation.
## ARC GROUP EXERCISE SCHEDULE (AUGUST 15 - MARCH 10)

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Body Conditioning</td>
<td><strong>Spin 5:45-6:35am</strong></td>
<td>Body Conditioning</td>
<td><strong>Spin 5:45-6:35am</strong></td>
<td>Body Conditioning</td>
<td><strong>Spin 8:30-9:30am</strong></td>
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<tr>
<td>*Silver Sneakers</td>
<td>*Silver Sneakers</td>
<td>*Silver Sneakers</td>
<td>*Silver Sneakers</td>
<td>*Silver Sneakers</td>
<td>Step 9:30-10:25am</td>
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<tr>
<td>Yoga 9:15-10:15am</td>
<td>Yoga 9:15-10:15am</td>
<td>Yoga 9:15-10:15am</td>
<td>Yoga 9:15-10:15am</td>
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<tr>
<td>High Fitness</td>
<td>**Silver Sneakers</td>
<td>**Silver Sneakers</td>
<td>**Silver Sneakers</td>
<td>**Silver Sneakers</td>
<td>High Low 9:15-10:05am</td>
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<tr>
<td>**Spin 9:30-10:30am</td>
<td>Functional Fitness</td>
<td>ABLE Workout</td>
<td>Functional Fitness</td>
<td>**Spin 9:30-10:30am</td>
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<tr>
<td>9:15-10:15am</td>
<td>9:15-10:15am</td>
<td>9:15-10:30am</td>
<td>9:15-10:15am</td>
<td>9:15-10:30am</td>
<td></td>
</tr>
<tr>
<td>Yoga Flow 10:30-11:30am</td>
<td>Vin-Yin Yoga 10:30-11:30am</td>
<td>**Spin 9:30-10:30am</td>
<td>Vin-Yin Yoga 10:30-11:30am</td>
<td>Vin-Yin Yoga 10:30-11:30am</td>
<td></td>
</tr>
<tr>
<td>Zumba 4:15-5:15pm</td>
<td></td>
<td>Yoga Flow 10:30-11:30am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>**Spin 5:30-6:30pm</td>
<td>Strong Nation 5:45-6:40pm</td>
<td>**Spin/Fusion 5:30-6:30pm</td>
<td>**Spin 5:30-6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Step Combo 5:30-6:25pm</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>To the Core 6:30-7pm</td>
<td>Zumba 6:45-7:45pm</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Monday Mixer 7:00-8:00pm</td>
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</tbody>
</table>

**All Spin classes are held in the Spinning room**

*Yoga and Spin are “Specialty Classes” that require a pass.  *Silver Sneakers Mon-Fri will be held in the Meeting Rooms*  

**Open Door” Spin Room Schedule**
- Mon/Wed 5:30-8:30am, 11:30-4:30pm, 7-9pm
- T/TH 7am-5pm, 7-9pm
- Fri 5:30-8:30am, 11am-9pm
- Sat 11am-6pm
- Sun 9am-6pm
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 fees to join or practice during team sessions other than being an ARC member or paying the daily admission fee. Personal one to one sessions do have a fee assessed as well as writing programs.

THANKSGIVING PREPARATION AT THE ARC
We understand it’s hard to resist all the fattening food and overeating temptations around this holiday. That’s why we want to assist you back into the gym afterwards and knock out the guilt. During the week before Thanksgiving Nov. 12-18, we will be offering a free training session when you purchase a 12 session package at $395.

SPRING BREAK P.T. PREP AT THE ARC
Limited to the week of Feb 18-24 for purchasing packages. Purchase a 12 Session Personal Training Package at $360 ($35 discount). We’re here to help you through the process of setting goals and obtaining them. Don’t put on that bathing suit without looking and feeling your best! This gives you a full month/3 days a week of trimming, toning, and shaping to be ready for Spring Break!!

ARC 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.

<table>
<thead>
<tr>
<th>1</th>
<th>$4 ARC Member, $6 Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>$18.75 ARC Member, $28.75 Non-Member</td>
</tr>
<tr>
<td>10</td>
<td>$32.50 ARC Member, $52.50 Non-Member</td>
</tr>
<tr>
<td>20</td>
<td>$60 ARC Member, $100 Non-Member</td>
</tr>
</tbody>
</table>

ABLE WORKOUT- Abs, Butt, & Leg Energizer. This Pilates style mat workout will target your abdominals, glutes, inner/outer thighs, hamstrings, and more. No equipment! Just your own bodyweight and a mat to improve strength, flexibility, and body awareness.

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

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.

HIGH FITNESS- Where aerobics meets HIT training. Zero equipment, full body workout, improve overall endurance, stamina, strength and cardio health.

HIGH LOW- Non-stop cardio and toning moves in an easy to follow fitness choreography to music you know and love. High Low brings the same energy, intensity, and effectiveness of a High fitness class with lower impact.

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

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 cardiovascular 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.

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 level.

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- Intense aerobics using the step and risers. Step burns 60% more calories than traditional aerobics with emphasis on hips, abs, and buttocks.

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

VIN-YIN YOGA- An alternating mix of Vinyasa and Yin inspired Yoga, appropriate for all levels of experience.

YOGA FLOW - Steadily builds its pace over the course of the practice. After a short meditation, you will be moving into a sequence of standing postures and lunge poses, finishing with mindful meditation and stretches.

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

NEW! A IS FOR APPLE
Apples are a yummy and healthy Fall snack! Come enjoy some apple-themed crafts, and a delicious apple 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>110714-01</td>
<td>T: Sept 26</td>
<td>10-10:45am</td>
<td>2-5 w/ adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

NEW! OUT OF THIS WORLD
Sun, moon, stars, planets, rockets, astronauts…come explore Space with some fun themed crafts and snack. 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>110715-01</td>
<td>Th: Nov 9</td>
<td>10-10:45am</td>
<td>2-5 w/ adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

NEW! CHRISTMAS CARDS AND COOKIES
Christmas is coming! Let’s make some cards to spread cheer to family or friends. Then decorate your own yummy Christmas cookies! Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>110716-01</td>
<td>W: Dec 6</td>
<td>10-10:45am</td>
<td>2-5 w/ adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

NEW! HAVING A BALL!
Too cold to play outside? Let’s have a ball playing inside! We’ll do some themed crafts and play with a variety of balls and ball games. 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>110717-01</td>
<td>T: Jan 9</td>
<td>10-10:45am</td>
<td>2-5 w/ adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>109700-01</td>
<td>W: Feb 7</td>
<td>10-10:45A</td>
<td>2-5 w/ adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>110718-01</td>
<td>Th: Feb 29</td>
<td>10-10:45am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

SUPER SMASH BROS. WEEKLYS
Join us every Wednesday for a Super Smash Bros. Weekly tournament. Drinks and snacks provided. BYOC (Bring Your Own Controller) is encouraged for preference but not required. Prizes determined by number of registrations. To register, click QR code.
Location: Columbia Sports Fieldhouse

<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>Wednesdays</td>
<td>5:30 pm</td>
<td>14+</td>
<td>$5</td>
</tr>
</tbody>
</table>

Five Ways to Register:
1. Online: Go to CoMo.gov
2. Walk-in: You can register at the downtown office 1 S. 7th St., M-F 8 a.m. to 5 p.m. 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)

ACTIVITY CANCELLATION HOTLINE
Call 573.874.7663 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
GOLF FACILITIES

L.A. NICKELL GOLF COURSE
1800 Parkside Drive • 573.499.GOLF (4653)
• 18-hole golf course
• Riding carts and continuous cart paths
• Driving Range
• Open year round (weather permitting)
• Fairway irrigation system • Zoysia fairways

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

Par: 70
Yardage: 6,335 Blue tees, 5,869 - White tees, 4,771 - Red tees

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

LAKE OF THE WOODS RECREATION AREA
6700 St. Charles Rd • 573.499.GOLF (4653)

• 18-hole golf course • Swimming Pool • 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.

2023-24 GOLF FEES

<table>
<thead>
<tr>
<th>Course</th>
<th>Green Fees 3/1-10/31</th>
<th>9-Holes</th>
<th>18-Holes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Fri</td>
<td>Walking</td>
<td>Walking</td>
<td></td>
</tr>
<tr>
<td>- Adult</td>
<td>$15</td>
<td>$24</td>
<td></td>
</tr>
<tr>
<td>- Senior (60 &amp; over)</td>
<td>$13</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>- Twilight 2:00pm</td>
<td>$13</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>- Super Twilight 6pm</td>
<td>$10</td>
<td>$16</td>
<td></td>
</tr>
<tr>
<td>- Junior (17 &amp; under)</td>
<td>$12</td>
<td>$12</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Course</th>
<th>Winter Green Fees 11/1-2/28</th>
<th>9-Holes</th>
<th>18-Holes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Fri</td>
<td>Walking</td>
<td>Walking</td>
<td></td>
</tr>
<tr>
<td>- Adult/Senior</td>
<td>$15</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>- Twilight 2:00pm</td>
<td>$13</td>
<td>$16</td>
<td></td>
</tr>
<tr>
<td>- Junior (17 &amp; under)</td>
<td>$12</td>
<td>$12</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course</th>
<th>Saturday/Sunday/Holidays</th>
<th>9-Holes</th>
<th>18-Holes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Fri</td>
<td>Walking</td>
<td>Walking</td>
<td></td>
</tr>
<tr>
<td>- Adult</td>
<td>$30</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td>- Twilight 2:00pm</td>
<td>$16</td>
<td>$26</td>
<td></td>
</tr>
<tr>
<td>- Junior (17 &amp; under)</td>
<td>$16</td>
<td>$16</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course</th>
<th>Saturday/Sunday/Holidays</th>
<th>9-Holes</th>
<th>18-Holes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Fri</td>
<td>Walking</td>
<td>Walking</td>
<td></td>
</tr>
<tr>
<td>- Adult</td>
<td>$26</td>
<td>$26</td>
<td></td>
</tr>
<tr>
<td>- Junior (17 &amp; under)</td>
<td>$14</td>
<td>$14</td>
<td></td>
</tr>
</tbody>
</table>

Annual Passes good at both courses. All passes non-refundable. All prices are approved by City Council on an annual basis.

PASSES AND OTHER FEES

<table>
<thead>
<tr>
<th>Course</th>
<th>Any Day</th>
<th>Any Day w/Cart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual (30-59)</td>
<td>$960</td>
<td>$1,688</td>
</tr>
<tr>
<td>Adult +1</td>
<td>$1,632</td>
<td>$2,870</td>
</tr>
<tr>
<td>Senior (60 &amp; over)</td>
<td>$768</td>
<td>$1,496</td>
</tr>
<tr>
<td>Senior Couple</td>
<td>$1,306</td>
<td>$2,544</td>
</tr>
<tr>
<td>(both 60 &amp; over)</td>
<td>$768</td>
<td>$1,496</td>
</tr>
<tr>
<td>Young Adult (18-29)</td>
<td>$480</td>
<td>$1,140</td>
</tr>
<tr>
<td>Junior (17 &amp; under)</td>
<td>$240</td>
<td>$540</td>
</tr>
</tbody>
</table>

Trail Fees

<table>
<thead>
<tr>
<th>Course</th>
<th>Any Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Trail Fee</td>
<td>$16</td>
</tr>
<tr>
<td>Annual Trail Fee</td>
<td>$619</td>
</tr>
</tbody>
</table>

Cart/Club Rentals

<table>
<thead>
<tr>
<th>Course</th>
<th>Any Day w/Cart</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Holes $8 per person</td>
<td>$90</td>
</tr>
<tr>
<td>18 Holes $16 per person</td>
<td>$160</td>
</tr>
<tr>
<td>Pull Cart $5</td>
<td>$5</td>
</tr>
<tr>
<td>Golf Club $15</td>
<td>$15</td>
</tr>
</tbody>
</table>

Driving Range

<table>
<thead>
<tr>
<th>Course</th>
<th>Any Day w/Cart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>$4</td>
</tr>
<tr>
<td>Medium</td>
<td>$7</td>
</tr>
<tr>
<td>Large</td>
<td>$10</td>
</tr>
</tbody>
</table>

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

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

PRICING ON PRIVATE OUTINGS
Each course is available for scheduling of private tournaments on a first-come, first-serve basis.
The following tournament packages are available:

MONDAY-FRIDAY TEE TIMES
20 player minimum, $24 green fees per player & carts first-come, first-serve. All private golf carts brought in will be charged a trail fee of $16.

MONDAY-FRIDAY SHOTGUN START
80-100 player minimum, $40 per player.
Price includes green fees & riding cart per player.

MONDAY-FRIDAY 9-HOLE SHOTGUN START
40-60 players, $24 per player.
Prices includes green fees & riding cart per player.

SATURDAY AND SUNDAY TEE TIMES
32 players minimum, $30 green fees per player & carts first-come, first-serve. All gold carts brought in will be charged a trail fee of $16.

SATURDAY AND SUNDAY SHOTGUN START
80-100 player minimum, $46 per player.
Price includes green fees & riding cart per player.

NIGHT FLIGHT GLOW GOLF
Aug. 25, 8:30 p.m. shotgun start, Lake of the Woods
Call 573.874.7538 or 573.874.7539 to sign up

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.
Location: Hillcrest Room A @ Waters-Moss
Instructor: Mike Snyder
Activity # Date Time Age Price
112101-02 W: Sep 6-Sep 27 5:30-7:30 pm 18+ $59

NEW! W.E. (WOMEN EVERYWHERE) HIKE
Get outside, enjoy nature and get some exercise! This new guided women’s hiking group will meet once a month at different trails in Columbia and the surrounding Boone County area. Trails will vary in difficulty and length each time. Bring a water bottle for the hike. Snacks and extra water will be provided.
Location: Varies each month
Activity # Date Time Age Price
118121-01 Info meeting: 9/28 5:30 pm 18+ Included in $25 Hillcrest membership

In the event of inclement weather, please call 573.874.7663
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.
Self-improvement and Study Skills | Social Activities

AFTER SCHOOL AND SCHOOL'S OUT 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 the ping-pong table, foosball, shuffleboard and air hockey tables, safe darts, XBOX360, PlayStation4, or just hang out with your friends. Available on early release days as well!

Location: Armory Sports Center

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

SELF IMPROVEMENT & STUDY SKILLS

CLASS FOR YOUTH AND TEENS

AFTER SCHOOL TUTORING AND MENTORING

Open to all ages! Come by the Armory for assistance with your homework assignments, open Monday-Friday from 3-7 p.m. during the school year. Many of the volunteer tutors are provided by MU’s Office of Service Learning. Available September through second week of December and February through the 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. We also offer gently used business attire for use during interviews. Contact 573.874.6379, or email Jany. Bradley@como.gov to set up an appointment.

NEW! SELF DEFENSE FOR WOMEN

What if you are attacked in your car? What if you are approached from behind? In this course, participants will develop situational awareness through a variety of simulations and scenarios. Our instructor, a 5th degree black belt in Hapkido, will lead you through a series of exercises simulating a variety of instances where self defense techniques could be applied. Be prepared to prevent, escape, resist and survive an assault. Active wear and athletic shoes are required. Free class, but pre-registration is required by Sept. 8.

Location: Armory Sports and Recreation Center

Activity # Date Time Age Price
113149-01 T: Sept 12-Oct 17 6-8 pm 18+ Free

FIRST AID AND CPR

Learn how to deal with medical emergencies as well as common injuries. The class will consist of two sessions: one for first aid and one for CPR. For specific dates and more information, call Mary at 573.817.5077.

NEW! SELF DEFENSE FOR GIRLS

Learn ways to keep yourself safe in difficult situations, and personal safety tips. For teens, call Mary at 573.817.5077 for more information.

SOCIAL ACTIVITIES

Hillcrest Community Center, the Moss Building and Waters House are home to daytime activities with adults in mind. The facility is located at Waters-Moss Memorial Wildlife Area, 1907 Hillcrest Dr. Stop by between 9 a.m.-4 p.m. or call 573.874.7475. You can also find us and our programs and activities online at CoMo.gov (search Senior/50+).

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

MAH JONGG

Mah Jongg is played 5 days a week through the Hillcrest Community Center. If you have a Mah Jongg group of your own looking for the perfect meeting place with card tables set up for you, or would like to join a group or substitute for a group, inquire at the Hillcrest front desk at 573.874.7475. 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!

Monday through Friday
Waters House, 2104 Hillcrest Drive
Hillcrest Membership required
People interested in playing, call 573.874.7475 to find out availability

EVENING MAH JONGG

Need more time to play Mah Jongg? Join us on Tuesday evenings for more play time! Register by calling the front desk at Hillcrest Community Center, 573.874.7475 or email HCC@CoMo.gov. Play will be at Hillcrest, not the Waters House.

Tuesdays: 4:30-7 p.m.
Hillcrest Membership required

BINGO

Join us every Friday to play bingo for practical prizes. Come early to socialize and meet new friends. Bingo games begin at 2 pm.

Fridays, 2 p.m.
Hillcrest Membership required

MOVIE & POPCORN

Hang out after Bingo on the first Friday of the month for a movie and popcorn. Movies will vary every month, so please check the monthly newsletter for which movie is being shown. Popcorn will be provided.

First Friday of the month, 3 p.m.
Hillcrest Membership required

FRIDAY NIGHT KARAOKE

Come sing your heart out on the first and third Fridays of the month. Price is $3 for non 50+ members. To distance properly, only 20 people will be allowed. Each person MUST sign up in advance with Parks and Recreation (you will be turned away if you are not signed up), a mask must be worn, and no shared snacks allowed. Also, please have your song choices ready when signing up. Call 573.874.7475 to sign up.

1st and 3rd Fridays, 7-10 p.m.
**HEARTLAND RUGHOOKERS OF COLUMBIA**
Learn a new skill or meet others with the same passion for rug hooking. The Rughookers meet twice a month, and you can drop in or stay for the day. Call 573.874.7475 for information. Hillcrest membership is required.

**1st and 3rd Thursdays, 10:30 a.m. - 3 p.m., Waters House**

**KNITTING GROUP**
Drop in for a sociable afternoon of knitting. Other crafts such as crocheting and needlework are also welcome! Bring your projects to show for encouragement. Hillcrest membership required.

**Tuesdays & Fridays, 1-4 p.m., Hillcrest Community Center**

**PAINTING**
Join our painting groups as they use a wide variety of media including oils, watercolors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other’s endeavors. There is no formal instruction. Hillcrest membership required.

**Thursdays, 1:30-3:30 p.m.**

**DIY MONTHLY CRAFT**
Learn how to make simple crafts and other DIYs (do it yourself) on the third Friday of the month at 2 pm (right after Pokeno). All supplies will be provided.

**Third Friday of the month: 2 pm**
**Hillcrest Membership required**

**INTRO TO TAI CHI**
Learn how to unplug from your busy schedule through meditative motion called Taiji. This intro class will be taught by John Gage twice a week at the Hillcrest Community Center.

**Location: Hillcrest Community Center**

**Activity # Date Time Age Price**
107309-01 W,Th: Sept 13-Nov 2 4:30 p.m.-5:30 p.m. 18+ $3 per class* Or included in $25 Hillcrest membership

**OSHER FRIDAY MORNING BOOK TALKS AT HILLCREST**
Osher@Mizzou and the Committee members of the Osher Friday Morning Book Talks are pleased to welcome you back to this year’s exciting books and conversation shared by local and visiting authors.

During the Book Talks, pastries and coffee will be available at 9 a.m., and the Book Talks will begin at 9:30 a.m. Book selling and signing will follow. This series is free for current Osher and Parks and Rec/Osher Combo members; all others, $3 at the door or $20 for a 10-event punch card.

Please sign up for the Osher e-newsletter to receive updates about specific plans for the 2023-2024 Osher Academic Year; as of the publication date of this newsletter, details are TBA. Visit osher.missouri.edu and scroll down to “Subscribe to the Osher weekly newsletter.” Or you may contact the Osher staff at osher@missouri.edu or 573.882.8189.

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**In the event of inclement weather, please call 573.874.7663**

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.
SOCIAL ACTIVITIES AT THE ARMORY

SILVER AND GOLD SENIOR SOCIAL CLUB
Join this mature adult group that meets weekly to enjoy each other’s company. If you are interested in fun activities such as bingo, pokeno, card games, arts and crafts, field trips or movies then join us! For more information call Mary Dewey at 573.817.5077 or email Mary.Dewey@CoMo.gov

Dates: Tuesdays
Armory Sports Center
Time: 2-4 p.m.
Ages: 50+
Cost: Free

SPORTS

TENNIS LESSONS

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Session V - Sept 6-26 at Shepard Courts:</td>
<td></td>
<td></td>
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<tr>
<td>Mon/Wed</td>
<td>5:45-6:45 pm</td>
<td>6-8</td>
<td>$60</td>
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<tr>
<td>Mon/Wed</td>
<td>6:45-7:45 pm</td>
<td>9-11</td>
<td>$60</td>
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<tr>
<td>Tues/Thurs</td>
<td>5:45-6:45 pm</td>
<td>12-16</td>
<td>$60</td>
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</tbody>
</table>

For information and to register for individual lessons, call Rick Odor at 442-3713. Rick has 33 years of experience.

DOUGLASS BULLDOGS BASEBALL LEAGUE
Develop your skills in this instructional, non-competitive league, beginning in June. Boys AND girls can participate. T-ball is available for kids ages 5-6, coach pitch is ages 7-8 and kid pitch, ages 9-10. Volunteers can participate in training clinics. Players will receive a league hat and shirt. Forms will be available in the spring at the Parks and Recreation office, the ARC, and the Armory Sports Center. Watch for the March Leisure Times for more information.

HOME SCHOOL PE
This physical education class is designed for home school children. A variety of age appropriate fitness games and activities will be introduced. Youth will have a good deal of fun while they work on different aspects of physical fitness. Pre-registration required, no daily, drop-in fee allowed.

Location: ARC

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>107519-09</td>
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<td>1:30-2:30 pm</td>
<td>5-17</td>
<td>$7</td>
</tr>
<tr>
<td>107519-10</td>
<td>W: Oct 4-Oct 25</td>
<td>1:30-2:30 pm</td>
<td>5-17</td>
<td>$14</td>
</tr>
<tr>
<td>107519-11</td>
<td>W: Nov 1-Nov 8</td>
<td>1:30-2:30 pm</td>
<td>5-17</td>
<td>$7</td>
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<tr>
<td>107519-12</td>
<td>W: Dec 6-Dec 13</td>
<td>1:30-2:30 pm</td>
<td>5-17</td>
<td>$7</td>
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<tr>
<td>107519-13</td>
<td>W: Jan 10-Jan 31</td>
<td>1:30-2:30 pm</td>
<td>5-17</td>
<td>$14</td>
</tr>
<tr>
<td>107519-14</td>
<td>W: Feb 7-Feb 28</td>
<td>1:30-2:30 pm</td>
<td>5-17</td>
<td>$14</td>
</tr>
<tr>
<td>107519-15</td>
<td>W: Mar 6-Mar 13</td>
<td>1:30-2:30 pm</td>
<td>5-17</td>
<td>$7</td>
</tr>
</tbody>
</table>

* No class 9/13, 9/20

DOUGLASS BULLDOGS BASEBALL LEAGUE
Develop your skills in this instructional, non-competitive league, beginning in June. Boys AND girls can participate. T-ball is available for kids ages 5-6, coach pitch is ages 7-8 and kid pitch, ages 9-10. Volunteers can participate in training clinics. Players will receive a league hat and shirt. Forms will be available in the spring at the Parks and Recreation office, the ARC, and the Armory Sports Center. Watch for the March Leisure Times for more information.

BLUE THUNDER TRACK CLUB OUTDOOR SEASON
Compete in running, jumping and throwing events! Youth ages 6-18 compete in out of town AAU meets along with some local meets. This group is pushed hard in practice. The outdoor season is April-July. Participate in some or all phases, it is your choice. Practices are Tuesdays, Thursdays & Saturdays. Please call 874-6378 or email bluethundertrackclub@gmail.com with inquiries. Visit www.LeagueLineUp.com/BlueThunderTC for more information. Registration day is Saturday, March 9 from 2:00-5:00pm at the Armory Sports & Recreation Center (701 E. Ash). Registration can be done at the Armory Sports & Recreation Center (Cash, check or money order) or bring it to the first practice. Go to www.LeagueLineup.com/BlueThunderTC or email BlueThunderTrackClub@gmail.com for more information. Registration: $110

DOUGLASS BULLDOGS BASEBALL LEAGUE
Develop your skills in this instructional, non-competitive league, beginning in June. Boys AND girls can participate. T-ball is available for kids ages 5-6, coach pitch is ages 7-8 and kid pitch, ages 9-10. Volunteers can participate in training clinics. Players will receive a league hat and shirt. Forms will be available in the spring at the Parks and Recreation office, the ARC, and the Armory Sports Center. Watch for the March Leisure Times for more information.

BLUE THUNDER TRACK CLUB CROSS COUNTRY SEASON
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, flat land, dirt, and mud. Practices will be held in City parks on Tuesdays, Thursdays and Saturdays. Meets are held in various central Missouri towns on Saturdays and Sundays. Practices and meets occur during fall months and it all ends in November with championships meets. Registration can be done at the Armory Sports & Recreation Center (Cash, check or money order) or bring it to the first practice. Go to www.LeagueLineup.com/BlueThunderTC or email BlueThunderTrackClub@gmail.com for more information. First practice Tuesday, August 29, 6pm at Stephens Lake Park on the lower east side.

Registration: $60
COLUMBIA’S PREMIER RECREATIONAL BASKETBALL LEAGUE
FOUNDED IN 1992, SERVING BOYS AND GIRLS GRADES 1-12

Registration for Boys & Girls (Grades 1-12) opens August 1
Practices for boys grades 1-8 and girls grades 1-8 begin mid November.
Practices are 90 minutes once a week. For grades 3-8 and 60 minutes for grades 1-2.
After December, grades 1-2 move to game/practice combo on game day.
Registration Fees - grades 1-2 $100; Boys & Girls grades 3-8 $120.
Registration deadline is October 20th to assure team placement at or near your home school.

High School Registration (Grades 9-12)
High school students may form their own teams. Team and individual registration opens Aug 1.
Registration Fee $100 per player. Please check website for details.

SEASON OPENS
JAN 6- MARCH 2
Games and practices held at area schools and Columbia Sports Fieldhouse
Register at: www.cybahoops.org
CYBA would like to thank the sponsors for the 2023 season

Accounting Plus Inc
Advance Orthodontics
Albright Htg & Air
Alpine Builders
All Star Automotive
American Outdoor Brands
American Response Vehicles
Andrew Stone Optometry
Bell Bank Mortgage
Boone Hospital ICU
Boyce & Bynum Pathology
Broadway Hair Co.
Brian Jackson - EquipmentShare
Bryant Gladney Foundation
Callahan & Galloway
Cayce Dermatology Center
Central Missouri Orthodontics
Central Missouri Pavement Markings
Cherry Street Cellar
Cleeks
Columbia Blinds & Shutters
Columbia Concrete Lifting Services, Inc
Columbia EDP Center
Columbia Pool & Spa
Columbia Post Acute
COMO Web Designs
Chrystal L. Hair & Makeup
Cultivate Co.

Dairy Queen
Downtown Optimist Club
Downtown Optimist Club
Edward Jones-Richardson
Edward Jones-Gramke
Eng & Woods Law Firm
Engineering Surveys and Services
Erin Palmer CPA
Faber Law Firm
Forward Financial
First Midwest
Flight Crew
Fraternal Order of Eagles
G&D Pizzaria-Crossroads West
G&D Steakhouse
Hager Radiator
HOLDER SUSAN SLUSHER LAW FIRM
Hospital Medicine Consulting LLC
Insurance Plus LLC
Jason Thornhill, PC
Joe Machens Ford
Johnston Paint & Decorating
Kidsfirst Optimist Club
Law Office of Chris Miller
Law Office of Corey Jackson
Little Tree Pediatrics & Pediatric Urgent Care
Luebbering Insurance
Midway Optimist Club

Missouri Eye Consultants
Mutrux Automotive
Mutrux Firm Injury Lawyers
Nathan Brown-Edward Jones
NextCare Inc
Noah’s Ark Animal Hospital & Bird Clinic
Plaza Commercial Realty
Precision Construction Services
PWArchitects
Retina Associates of Missouri, P.C.
Restoration Chiropractic
S/B Painting
Select Realty
Seville Woodworks
Show Me Cabintes LTD
Sunrise optimist Club
The Cleanest, LLC
The Power Alley
The Quarry
Tim’s Automotive
Tracey Arey Real Estate
Travis Kempf, Weichert Realtors First Tier
Truck Norris Transports LLC
Trumans Bar & Grill
Twaddle Orthodontics
Valhalla’s Gate
Westside Kiwanis
Willett Dental Associates

If you would like to sponsor a team for only $175 contact us:
CYBA • PO Box 30725 • Columbia, MO 65205
Phone: 573-875-8124 | E-mail: cybabasketball@gmail.com

To register, click QR code.
Creating Community through People, Parks and Programs

Diamond Council of Columbia, Inc.
P. O. Box 576, Columbia, MO 65205
573-499-9741
www.diamondcouncil.net
DiamondCouncilCoMo@gmail.com

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

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

You can register for a league by visiting www.diamondcouncil.net

Registration for our 2024 leagues is 1/1/24–2/29/24

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

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

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

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

We encourage parents to volunteer to coach and help us provide a fun safe place for kids to play baseball and softball.
Competitive Leagues Ages 9-18
DC also offers a competitive Baseball and Softball leagues for teams. Competitive coaches can sign up to play in DC spring competitive leagues by visiting the website to register their team.

All our leagues are USSSA sanctioned.

www.diamondcouncil.net

Hiring UMPIRES for 2023 Fall & 2024 Spring.
Contact DC at DiamondCouncilCoMo@gmail.com
Umpire pay: $25-$30 per game

THANK YOU 2023 TEAM SPONSORS!

Accounting Plus
AIST-American International Sports Teams
American Legion Post 202
Andy Boyles Real Estate
APM Construction Services
Atterberry Auction and Realty
Barefoot Willy's Speed Shop
Betz Jewelers
Big Mama's Café
Bringing Homes to You – Susan Myers
Central Mo Orthodontics
Chicken Salad Chicks
Columbia Pool and Spa
Como Smoke and Fire
Compass Family Health
Compass Health Network
Country Financial – Matt Bear
Critter Control
Crumbl Cookies
Culver’s

C&C Construction
Doug Perry Towing
Downtown Optimist
Emily Basket Real Estate
Ennis Appliance
Equipment Share
First Midwest Bank
Flow’s Pharmacy
Happy on Purpose
JG Paints
Kids First Optimist
Libertas Therapy and Wellness
Medica
Marine Parents.com
Moore & Shryock
MO Woods and Wildlife
Nahler Farms
Nancy Holliday Re/Max
Ozark Mountain Biscuit
Penn Station
Phantoms
Pizza Tree

Play it Again Sports
Red Weir Sporting Goods
Resource Tree and Lending
Restoration Eye Care
River Region CU
Rob’s Auto Works
Room 38
Schooler’s Construction
SEO Succor
Sigmund Browning LLC
Sky Zone
Summit Pork Partners
Sunrise Optimist
Taco Bell
Taps Exteriors
Thomas Family Dental
Tiger Bounce
Tiger Tots
Veterans United
Westlakes
Witt Print Shop

If you would like to become a team sponsor, contact us at
(573) 499-9741 or
DiamondCouncilCoMo@gmail.com
SPORTS FOR ADULTS

REGISTER FOR ALL ADULTS SPORTS ON LINE AT COMO.GOV

ADULT VOLLEYBALL LEAGUES

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

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

Spring Volleyball
- Registration: Ends late February
- League play: Begins mid-March

Summer Volleyball
- Registration: Ends in late April
- League play: Begins mid-May

Location: Armory Sports Center

ADULT BASKETBALL LEAGUES

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

ADULT SOFTBALL LEAGUES
Spots may be available for the 2023 fall league. Call 573.874.7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices. CoMo.gov (search sports). Games are played at Rainbow Softball Center at Cosmo Park.

ADULT KICKBALL LEAGUES
Spots may be available for the 2023 fall league. Call 573.874.7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices. CoMo.gov (search sports). Games are played at Rainbow Softball Center at Cosmo Park.
Sports | Trail Endurance Runs

SPORTS FOR ADULTS

ADULT TENNIS LESSONS

Session V – Sept 5-25 at Shepard Courts:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues/Thurs</td>
<td>6:30-7:30 pm</td>
<td>Adults</td>
<td>$60</td>
</tr>
</tbody>
</table>

For information, to register, or for individual lessons, call Rick Odor at 442-3713. Rick has 33 years of experience.

ADULT DROP-IN BASKETBALL

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

Location: Gymnasium @ Armory Sports Center

<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>10 am-2 pm</td>
<td>18+</td>
<td>$10/mo or $2/use</td>
</tr>
</tbody>
</table>

TRAIL ENDURANCE RUNS

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>107300-01</td>
<td>Oct 28</td>
<td>8 am</td>
<td>12+</td>
<td>$65*</td>
</tr>
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</table>

COMO TRAILS TRAINING GROUP

Learn why trail running is so amazing with the CoMo Trails Running Group! Explore the great hiking and mountain biking trails Columbia has to offer like Rhett’s Run and Capen Park and enjoy the beauty and challenge that come with running on single-track trails. This group will help with the basics of trail running and get you comfortable on these more demanding, off road trails. This group will focus on basics, as well as offering information about winter/cold weather running, cross training for agility and balance (both are your friends on the trail) and more! The group fee includes race registration for the ROC 7K on Jan 20 ($35) and the Stonegrinder 7K on Feb 17 ($35). Space is limited to 30 people so register soon!

Location: Columbia’s trails

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>107303-01</td>
<td>Sa: Dec 2-Feb 17</td>
<td>Varies</td>
<td>14+</td>
<td>$110</td>
</tr>
</tbody>
</table>

ROC 7K TRAIL RUN

Start your year with Rhett’s Outdoor Challenge (ROC) and enjoy a morning on Rhett’s Run. The ROC 7K Trail Run takes racers through the scenic twists and turns of this hilly, well maintained, single track course. All participants will receive a finisher item and post race snack once they’ve completed their run. This event will include chip timing, age group awards, volunteer support and aid stations on the course. Advance registration is required. Maximum of 175 racers. Weather Policy: In the case of inclement weather, the event will be postponed as long as possible for the weather to pass. If the event is not possible, it will be cancelled and participants will be allowed to pick up their finisher items at the Gentry Building at 1 S. 7th Street in downtown Columbia the Tuesday following the event. No refunds will be issued if the event is cancelled due to inclement weather. To guarantee shirt size, register by Jan. 3, 2024.

Location: Rhett’s Run at Cosmo Park

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>107300-01</td>
<td>Sa: Jan 20</td>
<td>9 am</td>
<td>12+</td>
<td>$35</td>
</tr>
</tbody>
</table>

STONEGRINDER 7K TRAIL RUN

Enjoy the beauty and challenge of the Grindstone Nature Area at the Stonegrinder 7K Trail Run! This race course will take you over diverse terrain including single track dirt trail that is rocky in areas, grass trails and a shallow water crossing. The race will start and finish at Capen Park. All participants will receive participant swag at packet pick-up and post race snack once they’ve completed their run. This event will include chip timing, age group awards, volunteer support and aid stations on the course. Weather Policy: In the case of inclement weather, the event will be postponed as long as possible for the weather to pass. If the event is not possible, it will be cancelled and participants will be allowed to pick up their finisher items at the Gentry Building at 1 S. 7th Street in downtown Columbia the Tuesday following the event. No refunds will be issued if the event is cancelled due to inclement weather. Advance registration is required. Maximum of 125 racers.

Location: Capen Park/Grindstone Nature Area

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>107304-01</td>
<td>Sa: Feb 17</td>
<td>9 am</td>
<td>12+</td>
<td>$35</td>
</tr>
</tbody>
</table>
MOVIES IN THE PARK
Sponsored by: Healthy Blue
2nd Friday of each month, May through Sept

COSMO PARK
FREE, show up early for concessions 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 Healthy Blue.

August 11, 8:30pm
MINIONS: RISE OF GRU (PG)
In the 1970s, young Gru tries to join a group of supervillains called the Vicious 6 after they oust their leader—the legendary fighter Wild Knuckles. When the interview turns disastrous, Gru and his Minions go on the run with the Vicious 6 hot on their tails.

RESCHEDULED: August 25, 8:30pm
FINDING NEMO (PG)
When Nemo swims too close to the surface, he is caught by a diver. His father Marlin must set out to find him. A blue reef fish named Dory -- who has a really short memory -- joins Marlin and complicates the encounters with sharks, jellyfish, and a host of ocean dangers.

September 8, 7:45pm
SPIDER-MAN: NO WAY HOME (PG-13)
With Spider-Man’s identity now revealed, our friendly neighborhood web-slinger is unmasked and no longer able to separate his normal life as Peter Parker from the high stakes of being a superhero. When Peter asks for help from Doctor Strange, the stakes become even more dangerous.

Special Events

MODEL TRAIN OPEN HOUSE
Saturday, Aug 19, 10 am - 2 pm
Rock Quarry House (2002 Grindstone Parkway)
Central Mo Chapter of the Train Collectors Association are hosting an open house. Please come and enjoy all the model trains and displays the club has.

INDIAN HILLS BLOCK PARTY
Saturday, Aug 19, 12-2 pm
Indian Hills Park
Join Parks and Recreation 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. Free for all ages.

FAMILY FUN FESTS
Third Wednesday of the Month May through September, from 6-8 pm
FREE!

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

AUGUST 16: BE PREPARED!
Featured Sponsor: Boone County Office of Emergency Management Albert-Oakland Park
This month, Family Fun Fest focuses on the ways that kids and their families can take care of community, nature, and themselves in unexpected situations. We’ll learn about safety, weather, and helping others.

SEPTEMBER 20: CREATIVE KIDS
Featured Sponsor: Columbia Office of Cultural Affairs & Missouri Arts Council Albert-Oakland Park
Let the kids show their creative and artistic side. Hands-on kid friendly art activities, musical performances, theater and dance are just some of the fun to be had at the final fest of the summer.

Sponsored by:

COLUMBIA MISSOURIAN
101.5 KPLA
KALEIDOSPOKE

Location: Meet at Flat Branch Park

Light up your BIKE and get ready to GLOW on the MKT Trail at Kaleidospoke on Saturday, August 26, 2023! This fun, family-friendly, nighttime bike ride takes participants from Flat Branch Park to Twin Lakes Recreation Area and back for an approximately 8-mile round trip ride. All nine of the bridges between downtown and Twin Lakes will be illuminated which is a sight to behold. The leisurely ride leaves Flat Branch at dusk; once at Twin Lakes riders will enjoy s’mores by the bonfire and entertainment at a private party before their return ride to downtown. Walt’s Bike Shop will join us prior the ride at Flat Branch Park for any last-minute, minor bike maintenance. Helmets, front white lights and rear red lights will be required on all bikes (the trail is dark). We encourage lots of glow and lights on your bikes, the more the better! Children under 16 must be accompanied by an adult. Registration will include entrance to the private bonfire/glow party at Twin Lakes, a light accessory, glow items, and s’mores.

Activity # Date Time Age Price
318403-01 Sa: Aug 26 7-10:30 pm 8+ $18

PARK POP-UP & PLAY DAYS

Come out to your local park and play! We’ll bring out some games and supplies to have a fun afternoon. All you have to do is show up! For more information contact 573.874.6379 or Jay.Brady@como.gov.

Activity # Date Time Location
NA W: Aug. 30 4-5:30 pm Bear Creek Park
NA W: Sep. 20 4-5:30 pm Whitegate Park Property (2203 Whitegate Dr.)
NA W: Oct. 11 4-5:30 pm Again St. Park

FOOD TRUCK ROUNDUPS AT COLUMBIA FARMERS MARKET

2nd and 4th Wednesdays, May 24-Sept. 27, 3-7 p.m.
MU Health Care Pavilion at Clary-Shy Park

Shop the market and grab an easy dinner. Join us at Columbia Farmers Market’s Wednesday markets on the second and fourth Wednesdays for a roundup of your favorite mid Missouri food trucks!

Dates: Aug. 9, Aug. 23, Sept. 13, Sept. 27

45TH ANNUAL HERITAGE FESTIVAL & CRAFT SHOW

September 16 and 17
10 am - 5 pm
Nifong Park

Visitors will be taken back to the traditions of the past. Listen, learn, and see history as it comes alive. See artisans and tradesmen dressed in 19th century attire demonstrating their trades and selling their wares. A large contemporary handmade craft area will also be featured. Enjoy entertainment on two stages including music and dancing. Tour the Historic Maplewood Home and the Walter’s Boone County Historical Museum. Great food and a beautiful park setting will make the Heritage Festival a family tradition!

Sponsored by:

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

TRADITIONAL SERIES

Sept. 7, 7 p.m., BXR and Darkroom Records Teen Band Showcase

Sponsored by:
SENSORY FRIENDLY TOUCH-A-TRUCK
Oct 4, 4-6 pm
Cosmo Park – Rainbow Softball Parking Lot
FREE
This FREE event is designed specifically for kids and families who find the loud noises and bright lights of “Tons of Trucks” overwhelming. We know this kind of sensory overload is too much for many children, especially those on the Autism spectrum. The Sensory Friendly Touch-A-Truck offers many exciting vehicles, but the horns, lights, and sirens all stay off.

YAPPY HOUR
This event will feature food trucks, craft beer, dog related booths, activities, contests, an adoptable dog pageant and more. Coordinated with the help of the MU Department of Parks, Recreation and Sport students.
- Limit one dog per person and all dogs must be on a fixed length leash (no retractable)
- Must be 16 or older to attend, 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 poches
- Parking is limited so walking from Forum Nature Area or Scott Blvd trailheads is encouraged.

Location: Twin Lakes Recreation Area dog park

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<tr>
<th>Activity #</th>
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<th>Time</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>114101-01</td>
<td>Sa: Oct 14</td>
<td>2-5 pm</td>
<td>$12 for one dog and one person, includes Yappy Hour swag items, dog goody bag and one drink voucher.</td>
</tr>
<tr>
<td>114101-02</td>
<td>Sa: Oct 14</td>
<td>2-5 pm</td>
<td>$5 for each addl. person or someone not bringing a dog.</td>
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Sponsored by:

COLUMBIA MISSOURIAN
BUILD WITH SWIFT
LIZZI & ROCCO'S
NASH FM 100.1

Boone County Office of Emergency Management’s 3RD ANNUAL BOONE COUNTY Ready Festival
THURSDAY, SEPT. 14TH
4:00 P.M. - 8:00 P.M.
STEPHENS LAKE PARK

Creating Community through People, Parks and Programs
Special Events

TOYS FOR COLUMBIA'S YOUTH
Oct. 16-Dec. 1
Get in the giving spirit this holiday season! When you are out shopping, please pick up an extra gift for a child for Parks and Recreation’s annual toy drive and drop off at the Armory (701 E. Ash) or the Parks and Recreation office at #1 South 7th. Monetary donations will also be accepted. Cash, checks, or credit cards are accepted. A letter of receipt for tax purposes will be provided for your generosity. Please call 573.874.7460 for more information.

Kwanzaa Celebration Bags
Armory Sports Center
Unable to attend our Kwanzaa celebration? No problem! Our Kwanzaa bags have everything you need to hold your own celebration. These bags include ritual instructions and supplies for a traditional Kwanzaa celebration. Bags can be purchased for $10 and picked up at the Armory Sports Center. Contact Jay Bradley @Como.Gov, or 573.874.6379 for more info.

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

Location: Meet at the ARC

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<thead>
<tr>
<th>Activity #</th>
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<th>Age</th>
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</tr>
</thead>
<tbody>
<tr>
<td>109450-02</td>
<td>F: Dec 8</td>
<td>6:15-7:30 pm</td>
<td>All</td>
<td>$7.50</td>
</tr>
<tr>
<td>109450-03</td>
<td>F: Dec 8</td>
<td>7:45-9:00 pm</td>
<td>All</td>
<td>$7.50</td>
</tr>
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CITY KWANZAA CELEBRATION and BLACK-OWNED BUSINESS EXPO
Saturday, Dec 9, 2-5 pm, Armory Sports Center
Come celebrate this African-American holiday, which is based around developing positive families and communities. There will be an expo featuring local black owned businesses, socializing, entertainment, and a holiday feast. Free. Contact Jay Bradley at Jay.Bradley@CoMo.gov or 573.874.6379 to register your business or for more information.

Santa Letters
Letters: $8 each
Activity # 119900-01
The holiday elves at Columbia Parks and Recreation have made special arrangements with the North Pole. Now you can give your child the wonderful surprise of a personalized letter from Santa Claus! The letter will be addressed directly to your child and mailed from the North Pole. After you order your letter, you will follow a link to a questionnaire to fill out information that will help Santa personalize the letter. Order your letter by calling Parks and Recreation at 573.874.7460 or online at CoMo.gov.

Order your letter by calling Parks and Recreation at 573.874.7460 or online at CoMo.gov.
Letters must be ordered by Nov. 3 to arrive in the mail before Christmas.

Holiday Lights Contest & Central Columbia Holiday Party
Help beautify Central Columbia by hanging your holiday lights. The best decorated houses will receive prizes. Judging will be on Sunday, Dec. 10 starting at 5:30 pm. Everyone who participates will be invited to the Annual Central Columbia Holiday Party on Tuesday, Dec. 12 from 6-7:30 pm at the Armory. There will be snacks and refreshments, and the prizes for best decorated house will be handed out. If you have any questions, or would like to help with the Holiday Lights judging please contact: Jay Bradley at 573.874.6379, or Jay.Bradley@como.gov for more information.
**AFRICAN AMERICAN FILM**

**Wednesday, Feb 7, 6 p.m., Ages 16+, Free**

Armory Sports Center

This year’s film will be John Lewis: Good Trouble. This film explores the Georgia representative’s, 60-plus years of social activism and legislative action on civil rights, voting rights, gun control, health care reform, and immigration. Contact Jay.Bradley@Como.Gov, or 573-874-6379 for more info.

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**GOSPEL EXPLOSION & SOUL FOOD DINNER**

**Sunday, Feb. 25, St Luke UMC (204 E Ash), 4-7 p.m.**

Great gospel music! This year’s program will feature artists and groups from the Central Missouri area. Following will be a soul food feast to feed your spirit. Covered dishes are welcome. Contact Jay.Bradley@CoMo.gov or 573.874.6379 for more information.

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**ANNUAL TRAIN SHOW**

**March 16, 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 Railfans and Columbia Parks and Recreation. Admission is free.

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**THOUSANDS OF PROTESTS. 45 ARRESTS. 33 YEARS IN CONGRESS**

**JOHN LEWIS: GOOD TROUBLE**

**SOMETIMES CHANGE CALLS FOR A LITTLE TROUBLE**

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**BLACK HISTORY MONTH ACTIVITIES**

**African American History Exhibit**

In celebration of Black History Month come downstairs at the Armory to view a display of African American history of America and more specifically, Columbia. Groups are welcome. Contact Jay.Bradley@CoMO.gov or 573.874.6379 for more information.

**Location:** Armory Sports Center

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**Activity # | Date | Time | Age | Price**
--- | --- | --- | --- | ---
Drop in | M-F, Feb 1-28 | 8 am-6 pm | All | Free

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**DR. MLK MEMORIAL CELEBRATION**

**Mon, January 15**

**Location: St. Luke UMC (subject to change)**

The candle light walk will begin at 6:30 pm at the basement of the Armory Sports Center, which will proceed to the Memorial Celebration at St. Luke UMC where a service will be held. Open to all, free. Contact Jay Bradley at Jay.Bradley@CoMo.gov or 573.874.6379 for more information.

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**Thank you to the following for their support of the 2023 Fire in the Sky**

Presented by:

Sponsored by:

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For Aquatics special events, see page 13
## AUGUST

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>9</td>
<td><strong>FOOD TRUCK ROUNDP</strong>&lt;br&gt;MU Health Care Pavilion at Clary-Shy Park, 3-7 pm</td>
</tr>
<tr>
<td>11</td>
<td><strong>MOVIES IN THE PARK - MINIONS: RISE OF GRU</strong>&lt;br&gt;Cosmo Park, 8:30 pm, Free</td>
</tr>
<tr>
<td>16</td>
<td><strong>FAMILY FUN FEST: BE PREPARED</strong>&lt;br&gt;Albert-Oakland Park, 6-8 pm, Free</td>
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<tr>
<td>19</td>
<td><strong>INDIAN HILLS BLOCK PARTY</strong>&lt;br&gt;Indian Hills Park, 12-2 pm, Free</td>
</tr>
<tr>
<td>19</td>
<td><strong>MODEL TRAIN OPEN HOUSE</strong>&lt;br&gt;Rock Quarry House, 10 am-2 pm, Free</td>
</tr>
<tr>
<td>23</td>
<td><strong>FOOD TRUCK ROUNDP</strong>&lt;br&gt;MU Health Care Pavilion at Clary-Shy Park, 3-7 pm</td>
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<tr>
<td>25</td>
<td><strong>MOVIES IN THE PARK - FINDING NEMO</strong>&lt;br&gt;Cosmo Park, 8:30 pm, Free</td>
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<tr>
<td>26</td>
<td><strong>KALEIDOSPOKE</strong>&lt;br&gt;Fat Branch Park to Twin Lakes Rec Area, 7-10:30 pm, $18</td>
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<tr>
<td>30</td>
<td><strong>PARK POP-UP AND PLAY DAY</strong>&lt;br&gt;Bear Creek Park, 4-5:30 p.m., Free</td>
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## SEPTEMBER

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<tr>
<td>5</td>
<td><strong>POOCH PLUNGE</strong>&lt;br&gt;Albert-Oakland Family Aquatic Center, 5-6 pm or 6:30-7:30 pm, $5</td>
</tr>
<tr>
<td>7</td>
<td><strong>STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES</strong>&lt;br&gt;Darkroom Records Teen Band Showcase, 7 pm, Free</td>
</tr>
<tr>
<td>8</td>
<td><strong>MOVIES IN THE PARK: SPIDER-MAN: NO WAY HOME</strong>&lt;br&gt;Cosmo Park, 7:45 pm, Free</td>
</tr>
<tr>
<td>13</td>
<td><strong>FOOD TRUCK ROUNDP</strong>&lt;br&gt;MU Health Care Pavilion at Clary-Shy Park, 3-7 pm</td>
</tr>
<tr>
<td>16-17</td>
<td><strong>45TH ANNUAL HERITAGE FESTIVAL AND CRAFT SHOW</strong>&lt;br&gt;Nifong Park, 10 am-5 pm, Free</td>
</tr>
<tr>
<td>20</td>
<td><strong>PARK POP-UP AND PLAY DAY</strong>&lt;br&gt;Whitegate Park, 4-5:30 p.m., Free</td>
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<tr>
<td>20</td>
<td><strong>FAMILY FUN FEST: CREATIVE KIDS</strong>&lt;br&gt;Albert-Oakland Park, 6-8 pm, Free</td>
</tr>
<tr>
<td>27</td>
<td><strong>FOOD TRUCK ROUNDP</strong>&lt;br&gt;MU Health Care Pavilion at Clary-Shy Park, 3-7 p.m.</td>
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## OCTOBER

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<tr>
<td>4</td>
<td><strong>SENSORY FRIENDLY TOUCH-A-TRUCK</strong>&lt;br&gt;Rainbow Softball Center at Cosmo, 4-6 pm, Free</td>
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<tr>
<td>11</td>
<td><strong>PARK POP-UP AND PLAY DAY</strong>&lt;br&gt;Again St. Park, 4-5:30 p.m., Free</td>
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<tr>
<td>14</td>
<td><strong>YAPPY HOUR</strong>&lt;br&gt;Twin Lakes, 2-5 pm, $12, registration required</td>
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<tr>
<td>16</td>
<td><strong>TOY DRIVE KICKS OFF</strong></td>
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<tr>
<td>28</td>
<td><strong>BEAR CREEK RUN HALF MARATHON</strong>&lt;br&gt;Bear Creek Trail, 8 am, Ages 12 and up, $65</td>
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<tr>
<td>8</td>
<td><strong>LIGHTS AND SIGHTS TOUR</strong>&lt;br&gt;Meet at the ARC, 6:15-7:30 or 7:45-9 pm, $7.50 per person, must pre-register</td>
</tr>
<tr>
<td>9</td>
<td><strong>CITY KWANZAA CELEBRATION AND BLACK-OWNED BUSINESS EXPO</strong>&lt;br&gt;Armory Sports Center, 2-5 pm, Free</td>
</tr>
<tr>
<td>12</td>
<td><strong>CENTRAL COLUMBIA HOLIDAY PARTY</strong>&lt;br&gt;Armory Sports Center, 6-7:30 pm, Free</td>
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## DECEMBER

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<tr>
<td>4</td>
<td><strong>CENTRAL COLUMBIA HOLIDAY PARTY</strong>&lt;br&gt;Armory Sports Center, 6-7:30 pm, Free</td>
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<tr>
<td>15</td>
<td><strong>DR. MARTIN LUTHER KING JR. CANDLE LIGHT WALK AND CELEBRATION</strong>&lt;br&gt;Walk at Armory Sports Center at 6:30 pm, proceed to St. Luke UMC</td>
</tr>
<tr>
<td>20</td>
<td><strong>ROC 7K TRAIL RUN</strong>&lt;br&gt;Rhett’s Run Trail at Cosmo Park, 9 am, ages 12 and up, $35</td>
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## JANUARY

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<tr>
<td>15</td>
<td><strong>BLACK HISTORY MONTH FILM PRIDE</strong>&lt;br&gt;Armory Sports Center, 6 pm, Free</td>
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<tr>
<td>17</td>
<td><strong>STONEGRINDER 7K TRAIL RUN</strong>&lt;br&gt;Capen Park/Grindstone Nature Area, 9 am, ages 12 and up, $35, must pre-register</td>
</tr>
<tr>
<td>25</td>
<td><strong>BLACK HISTORY MONTH: GOSPEL EXPLOSION AND SOUL FOOD DINNER</strong>&lt;br&gt;St. Luke UMC, 4-7 pm, Free</td>
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## FEBRUARY

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## MARCH

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<tr>
<td>16</td>
<td><strong>ANNUAL TRAIN SHOW</strong>&lt;br&gt;Paquin Tower, 10 am-3 pm, Free</td>
</tr>
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</table>
Creating Community through People, Parks and Programs

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

Administrative Staff
Gabe Huffington, Director
Erika Coffman, Recreation Services Manager
Zach Nikin, Park Services Manager
Visit our Web page CoMo.gov

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 Photography:
Life enrichment classes: Backpack camping, Tae Kwon Do and Fencing

Studies have shown that physician-diagnosed depression was 33 percent higher in residential areas with the fewest green spaces, compared to the neighborhoods with the most.
45th Annual Heritage Festival & Craft Show
Sept. 16-17 ⊗ 10 a.m. - 5 p.m. ⊗ Nifong Park
CoMo.gov (search Heritage Festival) for details

Work for the City that works for you.
GoCoMoJobs.com

E/O/E