

ADAPTED SPORTS FALL/WINTER NEWSLETTER

COLUMBIA PARKS AND RECREATION | 2023



UPCOMING EVENTS!!!

Bowling:

Dates: October 7th – Dec. 9th

Days: Saturdays

Location: @ AMF Town & Country Lanes

Time:

"Group A" 12-1:30pm

"Group B" 2-3:30pm

Cost: \$65

Powerlifting:

Date: October 18th – Nov. 29th

Days: Wednesdays

Location: @ ARC

Time: 6-7pm or 7-8pm

Cost: \$30

Basketball:

Dates: Dec. 4/5 – March 11/12

Days: Mondays & Tuesdays

Location: @ New Haven Elementary

Time: 6-6:45pm, 7-8pm. & 8-9pm

Cost: \$17.50

Swimming:

Dates: March 3rd – May 19th

Days: Sundays

Location: @ Hickman High School

Time: 4:30-5:15pm, 5:15-6pm, 6-6:45pm

Social Event:

-Halloween Dance

Date: Oct. 27th

Time: 5-7:30pm Fee: \$5

Location: ARC

Don't forget to check us out on Facebook under [COMO Adapted Sports and Recreation](#) for fun pictures and videos of whats going on now!

If you have any questions don't hesitate to contact Tyler Armstrong (573-874-7312) or email (tyler.armstrong@como.gov).

SPORTS OPEN FOR REGISTRATION

POWERLIFTING	\$30.00
BOWLING	\$65.00
BASKETBALL	\$17.50
SWIMMING	\$17.50

START DATES:

BOWLING

Dates:

Oct 7th – Dec. 9th

Location:

AMF Bowling Alley

Time:

Group A 12-1:30pm

Group B 2-3:30pm

BASKETBALL

Days: Mondays & Tuesdays

Date: Dec. 4/5- Mar. 11/12

Location: New Haven

Elementary School

Time: 6pm-9pm

SWIMMING

Start Date:

March 3rd – May 19th

Location:

Hickman High School

Time:

4:30-5:15pm, 5:15-6pm,
6-6:45pm

GETTING REGISTERED

Payment is always due at time of registration. You can register by calling 573-874-7700 or coming into the ARC. All athletes must have an up to date physical before participating.


September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 NO Softball Practice Labor Day	5 NO Softball Practice Labor Day	6 Flag Football Bocce Tennis 6-7pm @Cosmo Park	7 Golf Skills 6-7pm Course 5:30-7:30pm @LA Nickell	8	9
10	11 Softball 7-8pm @Albert Oakland Fields Pickleball 5:30-6:30pm @Columbia Sports Fieldhouse	12 Softball 6-7:30pm @Albert Oakland Fields	13 Flag Football Bocce Tennis 6-7pm @Cosmo Park	14 Golf Skills 6-7pm Course 5:30-7:30pm @LA Nickell	15	16
17	18 Softball 7-8pm @Albert Oakland Fields LAST Pickleball 5:30-6:30pm @Columbia Sports Fieldhouse	19 Softball 6-7:30pm @Albert Oakland Fields	20 Flag Football Bocce Tennis 6-7pm @Cosmo Park	21 Golf Skills 6-7pm Course 5:30-7:30pm @LA Nickell	22	23
24	25	26 Softball 6-7:30pm @Albert Oakland Fields	27 Flag Football Bocce Tennis 6-7pm @Cosmo Park	28 Golf Skills 6-7pm Course 5:30-7:30pm @LA Nickell	29	30

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Softball 7-8pm @Albert Oakland Fields	3 Softball 6-7:30pm @Albert Oakland Fields	4 Flag Football Bocce Tennis 6-7pm @Cosmo Park	5 Golf Skills 6-7pm Course 5:30-7:30pm @LA Nickell	6	7 FIRST Bowling Group A 12-1:30pm Group B 2-3:30pm @AMF
8	9 LAST Softball 7-8pm @Albert Oakland Fields	10 LAST Softball 6-7:30pm @Albert Oakland Fields	11 LAST Flag Football Bocce Tennis 6-7pm @Cosmo Park	12 LAST Golf Skills 6-7pm Course 5:30-7:30pm @LA Nickell	13 STATE Softball, Golf, Bocce, Flag Football @ Jefferson City	14 STATE Softball, Golf, Bocce, Flag Football @ Jefferson City NO Bowling
15 STATE Softball, Golf, Bocce, Flag Football @ Jefferson City	16	17	18 FIRST Powerlifting 7pm-8pm @ ARC	19	20	21 NO Bowling MIZZOU HOMECOMING!
22	23	24	25 Powerlifting 7pm-8pm @ ARC	26	27 HALLOWEEN DANCE 5-7pm @ ARC	28 HALLOWEEN Bowling Group A 12-1:30pm Group B 2-3:30pm @AMF
29	30	31				

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Powerlifting 7pm-8pm @ ARC	2	3	4 Bowling Group A 12-1:30pm Group B 2-3:30pm @AMF
5	6	7	8 Powerlifting 7pm-8pm @ ARC	9	10	11 Bowling Group A 12-1:30pm Group B 2-3:30pm @AMF
12	13	14	15 Powerlifting 7pm-8pm @ ARC	16	17	18 Bowling Group A 12-1:30pm Group B 2-3:30pm @AMF
19	20	21	22 No Powerlifting	23	24	25 No Bowling
						
26	27	28	29 LAST Powerlifting 7pm-8pm @ ARC	30		

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Bowling Group A 12-1:30pm Group B 2-3:30pm @AMF
3	4 FIRST Basketball 6-9pm @ New Haven Elementary School	5 FIRST Basketball 6-9pm @ New Haven Elementary School	6	7	8	9 LAST Bowling Group A 12-1:30pm Group B 2-3:30pm @AMF
10	11 Basketball 6-9pm @ New Haven Elementary School	12 Basketball 6-9pm @ New Haven Elementary School	13	14	15	16
17	18 Basketball 6-9pm @ New Haven Elementary School	19 Basketball 6-9pm @ New Haven Elementary School	20	21	22	23
24 31	25 NO Basketball	26 NO Basketball	27	28	29	30

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO Basketball	2 NO Basketball	3	4	5	6
7	8 Basketball 6-9pm @ New Haven Elementary School	9 Basketball 6-9pm @ New Haven Elementary School	10	11	12	13
14	15 Basketball 6-9pm @ New Haven Elementary School	16 Basketball 6-9pm @ New Haven Elementary School	17	18	19	20
21	22 Basketball 6-9pm @ New Haven Elementary School	23 Basketball 6-9pm @ New Haven Elementary School	24	25	26	27
28	29 Basketball 6-9pm @ New Haven Elementary School	30 Basketball 6-9pm @ New Haven Elementary School	31			

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Basketball 6-9pm @ New Haven Elementary School	6 Basketball 6-9pm @ New Haven Elementary School	7	8	9	10
11	12 Basketball 6-9pm @ New Haven Elementary School	13 Basketball 6-9pm @ New Haven Elementary School	14	15	16	17
18	19 Basketball 6-9pm @ New Haven Elementary School	20 Basketball 6-9pm @ New Haven Elementary School	21	22	23	24
25	26 Basketball 6-9pm @ New Haven Elementary School	27 Basketball 6-9pm @ New Haven Elementary School	28	29		