

LEISURE TIMES

Your Guide to Columbia's Recreational Opportunities



SPRING/SUMMER 2024 ISSUE

Registration Begins: March 6, 2024

Registration for summer camps: March 13, 2024

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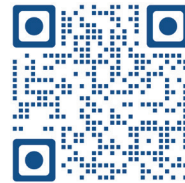
We're Hiring

PARKS AND RECREATION

offers a variety of summer jobs, including:

- Camp Counselors
- CARE Program
- Grounds Crew
- Golf Course Attendants
- Lifeguards
- Park Workers
- Swim Instructors

Join the City!



Scan and apply

Work for
the *City* that
works for you.



For more information

• Human Resources
573.874.7530

GoCoMoJobs.com
EOE - M/F/D/V

CoMo.gov



SPOTLIGHT on City of Columbia

Parks and Recreation facilities

Vineyards Lake Park

1701 Dumas Drive, Columbia, MO 65201



The first phase of development of Vineyards Lake Park was recently completed. Located in eastern Columbia, this new neighborhood park offers:

- Playground and single table shelter
- Fishing lake with ADA fishing dock, managed by Missouri Department of Conservation
- Walk-in boat ramp for kayaks and small boats (trolling motors only)
- Trail (854 feet, future trail extension is planned)



The development of Vineyards Lake Park was funded by the voter-approved Park Sales Tax.



General Information

PARKS & RECREATION FREQUENTLY CALLED NUMBERS

PARKS & RECREATION MAIN OFFICE	#1 SOUTH 7TH	573.874.7460
RECREATION HOTLINE/CANCELLATIONS		573.874.7663
ACTIVITY & RECREATION CENTER (ARC)	1701 W. ASH	573.874.7700
PARK MANAGEMENT CENTER	1507 BUSINESS LOOP W.	573.874.7201
HILLCREST COMMUNITY CENTER	1907 HILLCREST DR.	573.874.7475
ARMORY SPORTS AND RECREATION CENTER	701 E. ASH	573.817.5077
CARE	701 E. ASH	573.874.6300
COMMUNITY RECREATION	701 E. ASH	573.817.5077
PAQUIN TOWER/ADAPTIVE RECREATION	1201 PAQUIN ST.	573.554.7042
PERMITS, LEAGUES AND SHELTER RESERVATIONS	#1 SOUTH 7TH	573.874.7460
RAINBOW SOFTBALL CENTER (SEASONAL) COSMO PARK	1615 BUSINESS LOOP 70	573.449.1925
ADAPTED SPORTS / SPECIAL OLYMPICS	1701 W. ASH	573.874.7312
LIFE ENRICHMENT CLASSES	1907 HILLCREST DR.	573.874.7636
SOCIAL ACTIVITIES	1907 HILLCREST DR.	573.874.7475
ALBERT-OAKLAND FAMILY AQUATIC CENTER (SEASONAL)	1900 BLUE RIDGE RD.	573.474.5331
ARC WATER ZONE (INDOOR POOL)	1701 W. ASH	573.874.7700
DOUGLASS FAMILY AQUATIC CENTER (SEASONAL)	400 N. PROVIDENCE RD.	573.442.5019
HICKMAN POOL (INDOOR POOL)	1104 N. PROVIDENCE RD.	573.874.7476
LAKE OF THE WOODS POOL (SEASONAL)	6700 E. ST. CHARLES RD.	573.474.7878
L.A. NICKELL GOLF COURSE	1800 PARKSIDE DR.	573.499.GOLF
LAKE OF THE WOODS GOLF COURSE	6700 E. ST. CHARLES RD.	573.499.GOLF



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.

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Rental & Program Facilities

CoMo.gov (search: Rentals)

Activity & Recreation Center (ARC)

1701 W. Ash St. • 573.874.7700, see page 9

Armory Sports and Recreation 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. Nifong • Call 573.874.7460

Call for information or to rent for groups of 70 people or less. Available Oct-March, \$27 per hour plus \$100 deposit.

MKT Trailside Building & MLK Garden

800 W. Stadium Blvd. • Call 573.874.7460

Men's and women's changing rooms and restrooms. MLK Garden and shelter available for rent for weddings and events. \$40 for building, Garden rental via special use permit, \$100 deposit.

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 Grindstone Parkway • 573.874.7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$24 plus \$100 deposit.

Stephens Lake Amphitheater

100 Old 63N • 573.874.7460

Call for information or to rent.

Waters House

2104 Hillcrest Dr. • 573.874.7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$24 plus \$100 deposit.



SHELTER RESERVATIONS

Reservations can be made for several park shelters. Other shelters are on a first-come, first-served basis. Reservations will be taken up to one year (364 days) in advance. The fee is \$45, \$60 or \$70 and is required on the day the reservation is made. Reservation fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation. For more information or to reserve a shelter, call Recreation. 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; 8 a.m. -2:30 p.m. or 5-11 p.m.

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. - 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)



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

MEMBERSHIP FEES

YOUTH ADMISSION - AGES 2 TO 17

Daily	\$4.25
Multiple Pass (20)	\$63.75
Annual Pass	\$213.00
Monthly Installment*	\$20.50
30 Day Pass	\$31.50
After School 3pm-6pm daily	\$3.25

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

No contract but requires 30 day written notice to cancel.

ADULT ADMISSION - AGES 18-59

Daily	\$6.75
Multiple Pass (20)	\$101.25
Annual Pass	\$377.00
Monthly Installment*	\$36.00
30 Day Pass	\$46.50
Adult plus one Annual+	\$490.00
Adult plus one Monthly*+	\$47.00
Adult plus one 30 Day Pass+	\$60.50

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

No contract but requires 30 day written notice to cancel.

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

FAMILY ADMISSION - UP TO 5 PERSONS**

Daily (up to 5 persons)	\$18.00
Additional Dependent Family Member (ADFM)	\$2.00 ea
Annual Pass+	\$603.00
Annual Pass ADFM	\$30.00 ea
Monthly Installment*+	\$55.25*
Monthly ADFM	\$3.00 ea
30 Day Pass+	\$64.75

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

No contract but requires 30 day written notice to cancel.

SENIOR ADMISSION - AGES 60 & OVER

Daily	\$4.25
Multiple Pass (20)	\$63.75
Annual Pass	\$247.50
Monthly Installment*	\$25.00*
30 Day Pass	\$34.50
Annual Senior Couple+	\$322.00
Couple Monthly Installment*+	\$32.00
30 Day Couple Pass+	\$41.25

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

No contract but requires 30 day written notice to cancel.

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

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

GROUP RATES

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

MONTHLY PAYMENT OPTION

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

FINANCIAL ASSISTANCE

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

YOUTH PARTICIPANTS

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and group exercise land classes (14 and up). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available. See page 8 for details. 12-13 year old Youth Fitness orientation for upstairs access.

MEMBERSHIP ELIGIBILITY

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

HOW TO JOIN

Visit the ARC at 1701 West Ash and our staff will assist you in completing a membership application. Applications are available on the Parks and Recreation Web site, or call 573.874.7700 and we will send you a membership application.

AMENITIES

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

ARC HOURS OF OPERATION

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

HOLIDAY HOURS

Memorial Day, May 27: 9 a.m.-3 p.m.
Juneteenth, June 19: 9 a.m.-3 p.m.
Independence Day, July 4: 9 a.m.-3 p.m.



WATER ZONE

The Water Zone includes a leisure pool with zero depth entry, interactive water play feature, triple loop water slide, lazy river, vortex, three lap lanes and a heated hydro therapy pool. This area includes two wet multipurpose rooms that can accommodate birthday parties, lifeguard training and much more.

KID ZONE CHILD CARE

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

HOURS OF OPERATION

Monday - Friday 8am-12pm & 4:30-7:30pm
Saturday 8am-12pm

FEES

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

MONTHLY FEES

Have your monthly daycare fees conveniently withdrawn from your checking or savings account on the 15th of each month. Additional information available at front desk.

First Child \$20/month
Subsequent Children \$10/month

MEETING ROOMS

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

DAILY LOCKERS

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

YOUTH TRAINING ROOM

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



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

CARDIO/STRENGTH TRAINING

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

WALKING/JOGGING TRACK

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

GYMNASIUM

A sporting enthusiast's dream, the gymnasium has cushioned wood floors and can accommodate 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 1/2 hour rental; 6p-7:30p or 7:45p-9:15p
Half Court ~ \$40 for a 1 1/2 hour rental; 6p-7:30p or 7:45p-9:15p

RENTAL GUIDELINES:

All Rentals

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

Basketball

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

Baseball/Softball

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

Soccer

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

Pickleball

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

Volleyball

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

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 service animals 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..... 10pm-6am

FEES

1-100 People	\$1000
101-500 People	\$1125 plus \$5 per person
(each person over 100 will be assessed this fee)	

WATER ZONE BIRTHDAY PARTIES, page 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 located at Paquin Tower is designed for individuals with special needs. **The program is open to the community**, and most of the activities are walk-in.

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.



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 a.m. – 12 p.m. | Thurs 9 a.m. – 12 p.m.

Fee: Cost of the greenware

Email Sarah.Bowman@CoMo.gov to schedule group times for ceramics.



ADAPTED SPORTS PROGRAMS

The City of Columbia offers numerous sports to individuals with special needs. Competitions are held through Special Olympics, however **competing is not required for participation**. Each

sport has a level for any and all levels of participation from learning the very basics to fine tuning preexisting skills. Prior experience or knowledge is not necessary. When you register, please be sure that your athlete has a current **Special Olympics specific physical and release form and the most up-to-date contact information**. Please contact 573-874-7312 if you have any questions or require listed forms.

ADAPTED PICKLEBALL

Registration deadline ends March 20 or when maximum participation is reached. A current physical and release form are required to participate.

Location: Columbia Sports Fieldhouse

Activity #	Date	Time	Age	Price
315613-01	April 2-July 9	5:30-7 p.m.	8+	\$17.50

ADAPTED VOLLEYBALL

Registration is open until March 20 or when the maximum number of participants is reached. Team schedules will be sent after the registration deadline. Current physical and release form are required to participate.

Location: Columbia Sports Fieldhouse

Activity #	Date	Time	Age	Price
315611-01	W: Apr 3-May 22	6-7 pm	8+	\$17.50

ADAPTED TRACK & FIELD

Registration is open until March 20 or when maximum participation is reached. A current physical and release form are required to participate.

Location: West Middle School Track

Activity #	Date	Time	Age	Price
315612-01	Th: Apr 4-May 23	6-7 pm	8+	\$17.50



ADAPTED SOFTBALL

Learn the skills necessary to play the game of softball. Registration deadline ends June 26 or when the maximum number of participants is reached. Team schedules will be sent after registration deadline. Teams practice on either Mondays or Tuesdays depending on team schedule. A current physical and release form are required to participate.

Location: Softball Field @ Again Street Park

Activity #	Date	Time	Age	Price
315602-01	T-ball, M,Tu: Jul 8-Aug 26	6-8 pm	8+	\$17.50
	Regulation and Coach pitch, M, Tu: Jul 8-Oct 8	6-8 pm	8+	\$17.50



ADAPTED GOLF

Athletes will be placed in "skills" or "course" play during practice. "Skills" athletes learn the fundamentals of the sport focusing on putting, chipping and driving the ball. "Course" athletes have mastered the fundamentals and play the front 9 holes with a unified partner. Registration deadline ends June 26 or when maximum participants is reached. A current physical and release form are required to participate.

Location: L.A. Nickell Golf Course

Activity #	Date	Time	Age	Price
315604-01	Th: Jul 11-Sept 26	Skills 6-7 p.m.	8+	\$17.50
		Course 6-8 pm		

ADAPTED BOCCE

Registration is open until July 1 or when maximum participation is reached. A current physical and release form are required to participate.

Location: Cosmo Park

Activity #	Date	Time	Age	Price
315607-01	W: Jul 17-Oct 9	6-7 p.m.	8+	\$17.50

ADAPTED FLAG FOOTBALL

Registration deadline is when maximum participation is reached. A current physical and release form are required to participate.

Location: tba

Activity #	Date	Time	Age	Price
315614-01	W: Jul 17-Oct 9	6-7pm	9+	\$17.50



AQUATIC FACILITIES

ARC WATER ZONE

Activity & Recreation Center, 1701 W. Ash, 573.874.7700

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

ALBERT-OAKLAND FAMILY AQUATIC CENTER

Albert-Oakland Park, 1900 Blue Ridge Road, 573.474.5331

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

DOUGLASS FAMILY AQUATIC CENTER & SPRAYGROUND

Douglass Park, 400 N. Providence Road, 573.442.5019

Sprayground open May 1-Sept 30

- Outdoor Facility • Double Loop Water Slide • Rock Climbing Wall • Recreational Swim
- **UNGUARDED** Plaza with interactive water fountains, geysers and jets shooting from the ground • Shaded Shelter • Concession Area

FLAT BRANCH SPRAYGROUND

Flat Branch Park, 400 Locust St. | Open May 1-Sept 30

- **UNGUARDED** Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to public

HICKMAN POOL

David H. Hickman High School, 1104 N. Providence Road, 573.874.7476

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

LAKE OF THE WOODS POOL

Lake of the Woods Recreation Area, 6700 St. Charles Road, 573.474.7878

- Outdoor Facility • Water Slide • Shade Umbrellas • Recreational Swim • Country Club Setting • Surrounded by the Golf Course • Concession Stand in Clubhouse

STEPHENS LAKE AND SPRAYGROUND

Stephens Lake Park, 2001 E. Broadway | Open May 1-Sept 30

- **UNGUARDED** Swimming Beach • Free to the Public • Swimming in Designated Beach Area • Fishing / Boating (non-motorized) Area • Boardwalk with Shelter • Restrooms

Open May 1-September 30 • **UNGUARDED** Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to public

INCLEMENT WEATHER POLICY / WEATHER HOTLINE

Lightning poses a serious risk of injury at our aquatic facilities, including indoor. Due to the seriousness of this issue, we have developed the following policy for aquatic facilities. When inclement weather occurs, the water will be cleared and staff will remain at the facility and attempt to reopen as soon as possible. If we are unable to reopen after 45 minutes, the pool will close and may reopen later in the day. This is in effect until one hour prior to closing. All closings will be posted on the hotline, 573.874.7663.

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.

RECREATION SWIM FEES

Albert-Oakland Family Aquatic Center

AGE	SINGLE ADMISSION	COUPON BOOKS (10)	COUPON BOOKS (20)
1 & under	FREE	FREE	FREE
2-15	\$3.00	\$26.25	\$45.00
Adults (16+)	\$4.25	\$36.50	\$63.75

Lake of the Woods

AGE	SINGLE ADMISSION	COUPON BOOKS (10)	COUPON BOOKS (20)
1 & under	FREE	FREE	FREE
2-15	\$2.00	\$17.25	\$30.00
Adults (16+)	\$3.25	\$28.50	\$48.75

Douglass Family Aquatic Center

AGE	SINGLE ADMISSION
1 & under	FREE
2 & older	\$1.50

Outdoor Aquatic Season Pass

PASS TYPE	PRICE	BEFORE 4/30/24
Family Season Pass*	\$220	\$50 off
Adult Season Pass	\$115	\$20 off
Youth Season Pass	\$70	\$20 off

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



A WORD TO PARENTS

Our staff of trained lifeguards strives to maintain the highest standards in emergency training. Our goal is to provide our patrons with a safe, clean atmosphere in which families can enjoy themselves in a recreational environment. **The purpose of the aquatic staff is not to supervise your child, but to prevent accidents**

from happening. Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons. All children 10 and under must be accompanied and supervised at all times by a paying adult (16 years or older).

SWIM ATTIRE

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

SWIMSUIT DRIVE

Parks and Recreation is collecting new or gently used swim attire for those in need. Please bring any items to the ARC. Thank you!



DIAPER POLICY

- Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.
- Swimmers not wearing swim diapers will be asked to exit the swimming area until a swim diaper is acquired. Disposable swim diapers can be purchased at the facilities.
- Adults are required to change diapers at designated diaper changing stations located in the changing rooms. Please do not change diapers on the aquatic facility deck, in the concession area or party rooms.
- Children and patrons who have had diarrhea within the past two weeks are asked not to use the facility.
- Adults should ask their children to refrain from drinking the pool water.
- If your child or another child does have an accident in the pool water or deck area, **please notify a staff member immediately.**
- Children not toilet trained must wear a swim diaper and appropriate swim attire.



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 573.874.7700. All arrangements must be made a minimum of two weeks in advance and payment due at time of reservation. Open invitations to private aquatic rentals are not allowed to be posted on social media.

Rental Rates

ARC.....	See ARC Water Zone rates, page 9
Albert-Oakland Family Aquatic Center.....	\$250
Without Water Play Area	\$168
Water Play Area only	\$99
Douglass Family Aquatic Center	\$130
Hickman Pool	\$168
Lake of the Woods Pool	\$117

-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.

BIRTHDAY PARTY SPECIALS

1. Birthday parties are held at the ARC Water Zone and Lake of the Woods Pool. **For ARC party packages see page 14.** Lake of the Woods available for children 12 and under during public recreation swim times. The party fees below apply.
2. Reservations must be made a minimum of two weeks in advance.
3. Reservations can **only be made** by calling the ARC at 573.874.7700
4. Payment must be made at the time of reservation of the party. Payments may be made over the phone with a Master Card or Visa.
5. Everyone who enters is counted. To insure proper supervision and safety, the adult to child ratio must be one adult to every 10 children.

Party Fees

Pool admission for each attendee plus any of the following:

Tables: \$7 per hour per table

NOTE Cake, ice cream, cookies or other treats may be brought into the facility when a party is booked.

Five Ways to Register:

1. **Online:** Go to CoMo.gov
2. **Walk-in:** You can register at the downtown office
1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling 573.874.7460 or 573.874.7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation,
P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation
573.874.7640. (Form Online)



ARC WATER ZONE	ALBERT-OAKLAND FAMILY AQUATIC CENTER	DOUGLASS FAMILY AQUATIC CENTER	LAKE OF THE WOODS
MAY	MAY	MAY	MAY
See ARC section, page 17 Closed beginning May 28	Open for season May 25	Open for season May 28	Open for season May 28
JUNE/JULY	JUNE/JULY	JUNE/JULY	JUNE/JULY
Closed for maintenance	Sa-Wed 12-5 pm Th-Fri 12-7:30 pm	Sa-Tue & Th 12-5 pm Wed & Fri 12-7:30 pm	Sun, Tu, Th-Sa 12-5 pm Mon & Wed 12-7:30 pm
AUGUST	AUGUST	AUGUST	AUGUST
Closed for maintenance	<u>Aug 1-18</u> Sa-Wed 12-5 pm Th-Fri 12-7:30 pm <u>Aug 19-31</u> Sa & Su 12-5 pm Mon & Fri 5-7:30 pm	<u>Aug 1-4</u> Sa-Tue & Th 12-5 pm Wed & Fri 12-7:30 pm Last day Aug 4	<u>Aug 1-4</u> Sun, Tu, Th-Sa 12-5 pm Mon & Wed 12-7:30 pm Last day Aug 4
SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER
Open Sept. 2 See Aug issue of Leisure Times	Open Sept 1-2 12-5 pm After Labor Day, CLOSED FOR THE SEASON Pooch Plunge Sept 3	CLOSED FOR SEASON	CLOSED FOR SEASON

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



Facility Programs

:::: OUTDOOR AQUATIC FACILITY PROGRAMS ::::

**LAP SWIMMING & WATER AEROBICS AVAILABLE TO ARC MEMBERS, SEE BELOW FOR DETAILS*

ALBERT-OAKLAND FAMILY AQUATIC CENTER	LAKE OF THE WOODS	HICKMAN POOL
Lap Swimming & Walking	Lap Swimming & Walking	Lap Swimming & Walking
M-F 9:45 - 11:45 am M & W 6:30 - 7:30 pm Sat 10 - 11:45 am		MWF 9 am - 12 pm
Water Aerobic Class	Water Aerobic Class	Water Aerobic Class
Deep Water Aerobics <i>See page 20</i>	Tu/Th 9 - 9:50 am, 10 - 10:50 am, 11 - 11:50 am, 5:30 - 6:20 pm, 6:30 - 7:20 pm Sat 9:30 - 10:20 am 10:30 - 11:20 am	MWF 9 - 9:50 am 10-10:50 am 11-11:50 am
Little Swimmers	Little Swimmers	Little Swimmers
M-F 10:45 - 11:45 am \$1 per participant		

August 19-31 ALBERT-OAKLAND FAMILY AQUATIC CENTER

Mon/Fri	Tu/Wed/Th	Sat
Lap Swim/Walk 9 - 11:45 am	Lap Swim/Walk 9 - 11:45 am	Lap Swim/Walk 10 - 11:45 am
Water Aerobics 9 - 9:50 am	Water Aerobics 9 - 9:50 am	
Water Aerobics 10 - 10:50 am	Water Aerobics 10 - 10:50 am	
Little Swimmers 10:45 - 11:45 am	Little Swimmers 10:45 - 11:45 am	Water Aerobics 10 - 11:20 am
Lap Swim/Walk 2 - 4:30 pm	Lap Swim/Walk 2 - 7:30 pm	

Summer 2024 pool access is included with ARC memberships; contact the ARC beginning April 15 to set up your summer pass. NOTE: In case of inclement weather or below 75 degrees, call hotline 573.874.7663.



Water Zone Schedule



LITTLE SWIMMERS PLAYTIME AT ALBERT-OAKLAND

Come enjoy the play structure and zero depth area at Albert-Oakland Family Aquatic Center during a time specifically reserved for little ones and an adult playmate. Daily admission fee is required for all participants which includes all little ones and their adult playmates. This activity is for ages 10 and under with an adult (16 years or older).

Monday-Friday, May 28-Aug 30, AOFAC 10:45–11:45 a.m.

Price \$1 for all participants

Little Swimmers at the ARC, page 15.

FATHER'S DAY SPECIAL

June 16, Albert-Oakland Family Aquatic Center, all day

Dads, get FREE admission at Albert-Oakland Aquatic Center with the purchase of a child's admission! Valid on Father's Day only.



WATER ZONE BIRTHDAY PARTY PACKAGES

BIRTHDAY PARTIES AT THE ARC WILL NOT BE AVAILABLE MAY 27-SEPT 2, 2024

Celebrate your birthday at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 573.874.7700 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
- Guests may stay and enjoy the ARC after the party is over

ROOM TIMES:

Mon 12:30-2:30* p.m., 5-7p.m.

Fri 12:30-2:30* p.m.;

Sat or Sun 12:30-2:30 p.m.

Parties are only available during Rec swim times.

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

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

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.*

All packages have an additional \$25 clean-up deposit

WATER ZONE ROOM RENTAL

If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This two hour package does not include admission into the facility. **See page 12 for fees.**

Available Mon or Fri 1:30-3:30* p.m.; 5:30-7:30 p.m.

Rooms	Raindrop	Typhoon
Max. Capacity	15 persons	45 persons
2 Hour Rental	\$37	\$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 12.

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



Activity and Recreation Center Water Zone

HOLIDAY HOURS

May 27	9 a.m.–12 p.m. Lap Swimming 11 a.m.–12 p.m. Little Swimmers 12-2:30 p.m. Rec Swim
June 19	Water Zone closed
July 4	Water Zone closed



REC SWIM

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

LAP/SPA/WALK

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

WATER AEROBICS CLASS

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

MOVING MY JOINTS

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

LITTLE SWIMMERS PLAYTIME

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

Monday–Thursday 11 a.m. – 12 p.m.

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

Tues & Thurs 10–11 am

\$1 for all participants



Water Zone Schedule

:::: ARC WATER ZONE SCHEDULE MARCH 1 - MAY 26* ::::

SUN	MON/WED	TU/THU	FRI	SAT
ARC Closed	Lap/Spa/Walk 5:45 - 7 am	Lap/Spa/Walk 5:45 - 6:55 am	Lap/Spa/Walk 5:45 - 7 am	ARC Closed
				Water Aerobics 7:10 - 8 am
	Lap/Spa/Walk 7 - 7:55 am	Water Aerobics 7 - 7:50 am	Lap/Spa/Walk 7 - 7:55 am	Water Aerobics 8:10 - 9 am
	Water Aerobics 8 - 8:50 am	Water Aerobics 8 - 8:50 am	Water Aerobics 8 - 8:50 am	Swimming Lessons 9:10 -9:55 am*
Lap/Spa/Walk 9 am-12 pm	Water Aerobics 9 - 9:50 am	Water Aerobics 9 - 9:50 am	Water Aerobics 9 - 9:50 am	Swimming Lessons 10:10 - 10:55 am*
	Moving my Joints 10 - 10:50 am	Lap/Spa/Walk 10 am-12 pm	Moving my Joints 10 - 10:50 am	
	Little Swimmers 11 am - 12 pm	Little Swimmers 11 am - 12 pm	Lap/Spa/Walk 11 am - 1:30pm	Swimming Lessons 11:10 – 11:55 am *
	Lap/Spa/Walk 11 am 1:30 pm			
Rec Swim 12-5:30 pm	Water Zone Closed 1:30 -3 pm	Water Zone Closed 12 - 4 pm	Water Zone Closed 1:30 - 3 pm	Rec Swim 12 - 5:30 pm
	** Spa will be closed 1:30-7 pm for Maintenance every Wed**		Lap/Spa/Walk 4 - 5:25 pm	
	Lap/Spa/Walk 3 – 5 pm	Aqua Zumba 5:30-6:20 pm	Lap/Spa/Walk 3 – 5 pm	
		Water Aerobics 6:30-7:20 pm		
	Rec Swim 5 -7:30 pm (Monday Only)	Lap/Spa/Walk 7:30 - 9 pm	Rec Swim 5 - 9 pm	
	Lap/Spa/Walk 7:30-9 pm			

* Due to school and private rentals, Water Zone schedule may vary based on private rentals in April and May.

**Lap/Spa/Walk is available when lessons are NOT in session.

Please call or look for special notices posted at the facility.



COLUMBIA PARKS & RECREATION SWIM LESSONS

Registration will be taken at the ARC located at 1701 W. Ash 573.874.7700 or the Parks and Recreation office located at 1 S. 7th Street 573.874.7460. **Registration ends at noon on the Thursday prior to the session.** After that day, participants may only register by calling the manager at the facility to determine space availability. Participants may register in person, by mail or over the phone with a Master Card or Visa. Payment at the time of registration is required.

LEARN TO SWIM



Minimum age - 3 years old by first class. Children will be placed in class levels 1-6 by aquatic staff according to their age and previous swim experience. If your child has taken lessons

with us previously, please give this information at time of registration to insure proper class placement. Instructors reserve the right to determine your child's level of performance and adjust class placement accordingly.

Location: Water Zone @ Activity & Rec Ctr

Activity #	Date	Time	Location	Age	Price
316900-01	Sa: Apr 6-Apr 27	9:10-9:55 am	ARC	3-15	\$40
316900-02	Sa: Apr 6-Apr 27	10:10-10:55 am	ARC	3-15	\$40
316900-03	Sa: Apr 6-Apr 27	11:10-11:55 am	ARC	3-15	\$40
316900-04	Tu,Th: Jun 11-Jun 27	10-10:45 am	HICK	3-15	\$48
316900-05	Tu,Th: Jun 11-Jun 27	5:30-6:15 pm	HICK	3-15	\$48
316900-06	Tu,Th: Jun 11-Jun 27	6:30-7:15 pm	HICK	3-15	\$48
316900-07	Sa: Jun 8-Jun 29	10-10:45 am	AOFAC	3-15	\$40
316900-08	Sa: Jun 8-Jun 29	11-11:45 am	AOFAC	3-15	\$40
316900-09	Tu,Th: Jul 9-Jul 25	10-10:45 am	HICK	3-15	\$48
316900-10	Tu,Th: Jul 9-Jul 25	5:30-6:15 pm	HICK	3-15	\$48
316900-11	Tu,Th: Jul 9-Jul 25	6:30-7:15 pm	HICK	3-15	\$48
316900-12	Sa: Jul 13-Aug 3	10-10:45 am	HICK	3-15	\$40
316900-13	Sa: Jul 13-Aug 3	11-11:45 am	HICK	3-15	\$40



ADAPTIVE SWIM

The adaptive instruction program provides 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

Activity #	Date	Time	Age	Price
316600-01	T, Th: Jun 11-Jun 27	7:30-8 pm	3+	\$48
316600-02	T, Th: Jul 9-Jul 25	7:30-8 pm	3+	\$48

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: Hickman Indoor Pool @ Hickman High School

Activity #	Date	Time	Location	Age	Price
316700-01	Sa: Apr 6-Apr 27	10:10-10:40 am	ARC	6 mos-3	\$40
316700-02	Sa: Apr 6-Apr 27	11:10-11:40 am	ARC	6 mos-3	\$40
316700-03	Tu, Th: Jun 11-Jun 27	10-10:30 am	HICK	6 mos-3	\$48
316700-04	Tu, Th: Jun 11-Jun 27	5:30-6 pm	HICK	6 mos-3	\$48
316700-05	Tu, Th: Jun 11-Jun 27	6:30-7 pm	HICK	6 mos-3	\$48
316700-06	Sa: Jun 8-Jun 29	10:10-10:40 am	AOFAC	6 mos-3	\$40
316700-07	Sa: Jun 8-Jun 29	11:10-11:40 am	AOFAC	6 mos-3	\$40
316700-08	Tu, Th: Jul 9-Jul 25	10-10:30 am	HICK	6 mos-3	\$48
316700-09	Tu, Th: Jul 9-Jul 25	5:30-6 pm	HICK	6 mos-3	\$48
316700-10	Tu, Th: Jul 9-Jul 25	6:30-7 pm	HICK	6 mos-3	\$48
316700-11	Sa: Jul 13-Aug 3	10:10-10:40 am	HICK	6 mos-3	\$40
316700-12	Sa: Jul 13-Aug 3	11:10-11:40 am	HICK	6 mos-3	\$40

DAY CARE SWIM LESSONS

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

Location: Hickman Indoor Pool @ Hickman High School

Activity #	Date	Time	Age	Price
316901-01	Tu, Th: Jun 11-Jun 27	3-15	9-9:45 am	\$68
316901-02	Tu, Th: Jun 11-Jun 27	3-15	11-11:45 am	\$68
316901-03	Tu, Th: Jul 9-Jul 25	3-15	9-9:45 am	\$68
316901-04	Tu, Th: Jul 9-Jul 25	3-15	11-11:45 am	\$68



LEARN TO SWIM COURSE DESCRIPTIONS

MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

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

Make-up days will be scheduled the Friday following the last day of lessons only if a cancellation is made by Parks and Recreation 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). Test must be submitted first day of class. Age: Must be 15 by first day of course. Late fee of \$10 assessed: registration deadline is 10 days prior to start of class.

The Starguard manual can be found in your portal after setting up your account.

*Free for guards employed by Columbia Parks and Recreation

**Class meets on Friday from 5-9 p.m., Saturday and Sunday from 8 a.m. – 5 p.m.

Location: Pool @ Hickman High School

Activity #	Date	Time*	Age	Price*
301301-01	F-Su: Apr 12-Apr 14	see above	15+	\$175
301301-02	F-Su: May 3-May 5	see above	15+	\$175
301301-03	F-Su: May 17-May 19	see above	15+	\$175
301301-04	F-Su: Jun 7-Jun 9	see above	15+	\$175



STARGUARD LIFEGUARD RECERTIFICATION

The recertification course is offered to those currently certified lifeguarding and CPR who need to be recertified. The training and CPR certification is good for one year. Training will consist of a review of the class materials, a final skills test, and a final written test. If not currently

employed by Columbia Parks and Recreation, you will need to provide proof of your unexpired certification. This can be emailed to Sydney.Philpot@CoMo.gov. Enrollment in the class does not guarantee a passing grade. Please contact us directly at 573-874-7700 to register. Activity is not eligible for online registration.

Location: Water Zone @ ARC

Activity #	Date	Time*	Age	Price*
301302-02	Sa: Apr 13	8 am-5 pm	15+	\$135
301302-03	Su: May 5 (P&R only)	8 am-5 pm	15+	\$135
301302-04	Sa: May 18	8 am-5 pm	15+	\$135
301302-05	Su: Jun 9	8 am-5 pm	15+	\$135

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 wisnerhett@gmail.com or visit <http://www.cscigersharks.org/> for more information.



SUMMER SWIM TEAM
Join in the spirit and fun of our summer swim team, the Piranhas! This team is designed for Columbia area youth (age 5-18) to participate on a summer recreational swim team. This team is part of the Show-Me League in partnership with Columbia Swim Club. The team welcomes beginner team members. Meets held Wed evenings, registration includes t-shirt and swim cap.

Location: Hickman Indoor Pool @ Hickman High School

Activity #	Date	Time	Age	Price
316903-01	M-F: May 28-July 19	7:45-8:45am	5-18	\$125

ADULT AQUATICS

ADULT SWIM INSTRUCTION

You're never too old to learn to swim! These private lessons are for adults who would like to get acquainted or reacquainted with the water, brush-up on skills, and learn some new ones. This personal setting allows you to learn at your own pace toward your personal goals. Your six half-hour sessions are set according to your schedule with your instructor at any of our six guarded facilities. Please call the ARC at 573.874.7700 to register.

Price: \$96

AQUA PERSONAL TRAINING

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

Individual session	Member	Non-member
1 – 30-minute session	\$23	\$28
3 – 30-minute sessions	\$66	\$81
6 – 30-minutes sessions	\$120	\$150

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

Activity #	Date	Time	Age	Price
301205-01	Tu,Th: Mar 5-Mar 21	5:30-6:20 pm	15+	\$40
301205-02	Tu,Th: Apr 2-Apr 18	5:30-6:20 pm	15+	\$40
301205-03	Tu,Th: Apr 30-May 9	5:30-6:20 pm	15+	\$28

Location: Albert-Oakland Family Aquatic Center

Activity #	Date	Time	Age	Price
301205-04	M,W: Jun 3-Jun 19	5:30-6:20 pm	15+	\$40
301205-05	M,W: Jul 8-Jul 24	5:30-6:20 pm	15+	\$40

ARTS, CRAFTS & LEISURE

YOUTH ART GALLERY

Are you an aspiring young artist? Maybe you just want to show off your doodles. Either way our youth art gallery is for you. We take submissions from all skill levels. Just send in a copy of your artwork and we will display it in our gallery during the month of September. The best submission will have the opportunity for their work to be displayed in City Hall. For more information, or to submit your artwork contact 573.874.6379 or Jay.Bradley@como.gov.

Location: Armory Sports and Recreation Center

Activity #	Date	Time	Age	Price
Drop in	Sep 1-30	8 am-6 pm	17 & under	Free

ARTS AND CRAFTS WITH MEGHAN

Join us for arts and crafts at the Armory. Each night will feature a new focus: introduction of principal, shape and movement, color, line and pattern, contrast, space, and form. Contact Mary at 573.817.5077 for more information.

Location: Armory Sports and Recreation Center

Activity #	Date	Time	Age	Price
302923-01	M: Mar 4-Jun 3	5-7 pm	6-12	\$25

KIDS CLAY CLASS

Create your own bowls and other decorations from clay. Kids will learn the basics of clay by hand building, coiling, pinching, and glazing techniques.

Location: Armory Sports and Recreation Center

Activity #	Date	Time	Age	Price
302900-01	Th: Apr 18-May 9	5:30-7 pm	6-10	\$15



WATERCOLOR PAINTING

Interested in bringing out your inner art? If so, join this class to enjoy watercolor painting. You will look at various subjects and learn basic watercolor techniques. Have fun using your imagination and creativity while developing your watercolor skills. No experience is required.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
302920-01	F: March 8-May 17*	3:30 pm	6-12	\$25
*No class 5/3				

CLASSES FOR TEENS AND ADULTS

MEMORY WEAVING

Create a unique basket with small trinkets, jewelry, buttons, or keepsakes from your past by weaving them into a basket. Please remember to bring your memory pieces to class. All other supplies will be provided.

Location: Hillcrest Community Center, Room A

Activity #	Date	Time	Age	Price
302111-01	Th: July 11-25	5:30-7 pm	18+	\$20



ARTS, CRAFTS & LEISURE

CLASSES FOR TEENS AND ADULTS



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 874-6378 or email camren.cross@como.gov for more information.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
Drop in	1st and 3rd Wed	7 pm	Teen/Adult	Free

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 Voices for All 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).

Activity #	Date / Time	Age	Price
113142-01	Set up with instructor	18+	\$49

BICYCLE PROGRAMS



COMO BIKE CO-OP FREE WALK-IN BICYCLE REPAIR



The CoMo Bike Co-op is 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)

LEARN TO BICYCLE

Young or old, there's no better time than the present to learn to ride a bicycle. Youth and adult students will spend 50 minutes of intense, yet fun, instruction on two consecutive days. This is all it takes for the majority of students to learn to balance, pedal and control their own bicycle. Equipment to be provided by student: helmet and bicycle that is properly fitted and in good working order (students should be able to "stand" over their bicycle flat-footed on the ground while sitting on the saddle). Details will be emailed to interested participants. Schedule varies depending on instructor's availability.

Location: Twin Lakes Recreation Area or other park location

Activity #	Date / Time	Age	Price
318302-01	By appointment	5+	\$50



CARE Program



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 and Recreation Center
701 East Ash Street, 2nd Floor
Columbia, MO 65201
573.874.6300**

**Ron.Schmidt@CoMo.gov and Tonia.Turner@CoMo.gov
CoMo.gov (search CARE program)**

Like us on Facebook: City of Columbia CARE Program

Teenagers who have summer jobs gain a competitive advantage later in life. Developing early knowledge of the working world and how to manage in it, they are more likely to find good employment and earn more money in the future. Youth face many barriers to joining the labor force, especially in Columbia, MO because of substantial competition from thousands of college students for the available entry-level jobs...but the CARE program can help break down those barriers!

CARE began over 40 years ago for the same reason it is still needed today, which 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 teenagers that include:

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

DOES YOUR TEEN NEED HELP GETTING A SUMMER JOB?

From now through mid-March, CARE staff will be available to provide one-on-one assistance in the Armory Sports and Recreation Center (701 East Ash St.) with:

- Finding summer employment opportunities
- Applying for summer jobs
- Making 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.

Applications available through March 10 (www.GoCoMoJobs.com/postings/search) for the following three programs:

CARE COMMUNITY WORK SITE PROGRAM

The CARE program hires 14- to 20-year-olds (must be at least 14 years of age on April 8, 2024) who live in Columbia, MO, attend a Columbia, MO school, and/or have a parent/guardian who works for the City of Columbia. CARE hires them and places them at local businesses (community work sites) where they gain much needed real-world hands-on work experience.

The CARE community work site program is a 10-week program (June 23 through August 29) in which approximately 125 14- to 20-year-old trainees are hired at \$12.50 per hour for new trainees and \$13.00 for returning trainees to work up to 50 hours per two-week pay period at a local work site.



CARE/CPS TEACHER'S ASSISTANT PROGRAM

The CARE/CPS teacher's assistant program is a five-week program (May 30 to June 26) in which approximately 15 14- to 20-year-olds (must be at least 14 years of age on April 8,

2024) are hired at \$13.00 per hour for new teacher's assistants and \$13.50 for returning teacher's assistants to work up to 50 hours per two-week pay period at a Columbia Public Schools' elementary summer school site. At the conclusion of CPS' summer school, CARE/CPS teacher's assistants may work as a paid camp assistant at the Armory Summer Camp if they want to.



CARE/CITY UTILITIES INTERNSHIP

The CARE/City Utilities Internship is a 12-week program (June 10 through August 29) in which approximately 10 interns (must be at least 16 years of age on June 10, 2024) are hired at \$13.50 per hour for new City utilities interns and \$14.00 for returning City utilities interns to work up to 50 hours per two-week pay period at a City utilities work site.

We are hiring:

- Sewer and Storm Water Utilities, Sewer and Storm Water Intern
- Solid Waste - Administration, Administration Assistant
- Solid Waste - Landfill, Grounds Maintenance
- Water & Light - Electric Production, Maintenance Mechanic Intern
- Water & Light - Engineering, Engineering Intern
- Water & Light - Utility Services, Data Entry Specialist
- Water & Light - Water Distribution, Operator/Laborer
- Water & Light - Water Production, Operator I



Want to MAKE A DIFFERENCE while getting FREE Labor during the summer?

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 soft 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 for 10 weeks (late June to late August).

WHO DOES CARE HIRE?

The CARE program hires 14- to 20-year-olds who do not yet feel comfortable in applying for, interviewing for, 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, about 25% 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 573.874-6377.

COMPUTERS/ONLINE CLASSES



OPEN COMPUTER LAB

For youth and adults. Do your homework, check your email, create documents, surf the Internet, and play online or offline games. Use is first-come first-serve.

Location: Computer Lab @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	M-F	8 am-2 pm	18+	\$5/month or \$1/use



NEW! CREATE WITH CHATGPT

So what is ChatGPT? To put it in the simplest form, ChatGPT is an AI product created by OpenAI that you can converse with and ask an incredibly wide range of questions from how to cook pasta, to travel recommendations, to coding, to solving calculus problems, and a whole lot more. It is so intelligent that it can pass Google Interviews, AP tests, and Bar exams just to name a few examples. With the right guidance, ChatGPT can be one of the best learning resources for students. It can also help them develop critical thinking, executive functions, and creativity. In this fun and informative course, students will start to learn how to use ChatGPT more effectively, understand its strengths and weaknesses, and develop important skills to master this very valuable tool. Class is taught online by a live Create & Learn instructor. Technical Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity. It would be ideal if students have some basic knowledge of coding (block based coding such as Scratch Ninja is fine).

Pre-registration required.

Location: Online with live Create & Learn instructors

Activity #	Date	Time	Age	Price
304900-01	M-F, Jun 10-Jun 14	3-3:55 pm	9-13	\$97

NEW! NASA STEM Club

Explore the mysteries of outer space science with fun projects! From Mars and aliens, to galaxies and rockets, space fascinates many kids and adults alike, and is the source of powerful imaginations. Learn a wide range of topics related to space science, NASA, and practice other STEM skills. All classes are project based to encourage curiosity and develop problem solving skills. In each session, we will learn cool new things about space and science, then build small projects and play games sometimes to make it fun and strengthen the learning. Class is taught online by a live Create & Learn instructor. Technical Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity. Pre-registration required.

Pre-registration required.

Location: Online with live Create & Learn instructors

Activity #	Date	Time	Age	Price
313921-01	M-F, Jun 17-Jun 27*	3-3:55 pm	6-9	\$138
*No class 6/19				



Dance, Cheerleading & Tumbling

CLASSES FOR PRESCHOOLERS



PRESCHOOL BALLET

Ballet basics for our littlest ballerinas! 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

Activity #	Date	Time	Age	Price
305730-01	Sa: Apr 6-May 4*	10-10:45 am	3-5	\$35
*No class 4/20				

CLASSES FOR PRESCHOOLERS

LITTLE BULLDOGS DANCE/CHEER

Little Bulldogs is for boys and girls who would like to learn different styles of dance and cheer routines. Get some exercise, meet new friends and have fun, all at the same time! 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

Activity #	Date	Time	Age	Price
	W: Apr 3-Jun 12	5-6 pm	5-12	Free

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

Activity #	Date	Time	Age	Price
305901-01	Sa: Apr 6-May 4*	11-11:45 am	6-11	\$35
*No class 4/20				

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 TEENS & 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.

Instructor: Pat Schreiner

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
305209-01	Tu: Mar 12-Apr 23*	5:30-6:15 pm	16+	\$35
305209-02	Tu: Mar 12-Apr 23*	6:30-7:15 pm	16+	\$35
305209-03	Tu: Apr 30-Jun 4	5:30-6:15 pm	16+	\$35
305209-04	Tu: Apr 30-Jun 4	6:30-7:15 pm	16+	\$35
*No class 4/9				

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

Activity #	Date	Time	Age	Price
305214-01	Tu: Apr 2-Apr 23	7:30-8:30 pm	12-adult	\$35



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. This is a fun class for parents and children or families to take together! Fencing jacket and equipment provided for use in class. Pre-registration required.

Location: Moss Bldg. Room B @ Waters-Moss

Instructor: John Konzal

Activity #	Date	Time	Age	Price
311800-01	Th: Apr 4-May 9	6- 8 pm	10+	\$48
311800-02	Th: May 16-Jun 20	6- 8 pm	10+	\$48
311800-03	Th: Jun 27-Aug 8*	6- 8 pm	10+	\$48
*No class 7/4				



JUDO

Learn traditional Judo, Freestyle Judo and grappling, including throwing, ground work and submissions. Join DDD Judo Mid-MO for fun, fitness and self-defense, in this class for all ages and skill levels. DDD Judo Mid-MO is a registered AAU Judo club, active for 23+ years, offering instructional classes in coordination with Columbia Parks and Recreation. For more information call or text Sensei Heitmann with questions at 816.806.2113. Pre-registration required. Not sure Judo is for you? Try the first week free.

Instructor: Sensei Chris Heitmann

Location: Moss Bldg Room A @Waters-Moss

Activity #	Date	Time	Age	Price
311310-01	M/W: Apr 1-Apr 29	6-7:30pm	5-adult	\$45
311310-02	M/W: May 1-May 29*	6-7:30pm	5-adult	\$45
311310-03	M/W: Jun 3-Jun 26	6-7:30pm	5-adult	\$45
311310-04	M/W: Jul 1-Jul 31*	6-7:30pm	5-adult	\$45
311310-05	M/W: Aug 5-Aug 28	6-7:30pm	5-adult	\$45
*No class 5/27, 7/3				

BEGINNING TAE KWON DO

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

Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Mr. Jim Givens

Activity #	Date	Age	Time	Price
311301-01	Tu,Th: Apr 9-May 16	6- 7 pm	7-adult	\$55
311301-02	Tu,Th: May 21-Jun 27	6- 7 pm	7-adult	\$55
311301-03	Tu,Th: Jul 2-Aug 13*	6- 7 pm	7-adult	\$55
*No class 7/4				



ADVANCED TAE KWON DO

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

Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Mr. Jim Givens

Activity #	Date	Time	Age	Price
311303-01	Tu,Th: Apr 9-May 16	7-8 pm	7-adult	\$55
311303-02	Tu,Th: May 21-Jun 27	7-8 pm	7-adult	\$55
311303-03	Tu,Th: Jul 2-Aug 13*	7-8 pm	7-adult	\$55
*No class 7/4				

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. This class must be completed before enrolling in the beginning level class.

Location: Aerobic Room @ Armory Sports Center

Instructor: Black belt instructor, Pine Forest Way dojo

Activity #	Date	Time	Age	Price
311901-01	M: Mar 4-Apr 15*	6:30-7 pm	7-14	Free
311901-02	M: Apr 22-Jun 3*	6:30-7 pm	7-14	Free
*No class 3/25, 5/27				

BEGINNING YOUTH SHORIN-RYU KARATE

Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Purchase of a gee is required.

Location: Aerobic Room @ Armory Sports Center

Instructor: Black belt instructor, Pine Forest Way dojo

Activity #	Date	Age	Price
311910-01	M, Th: May 13-Jul 1*	7-14	\$75
311910-02	M, Th: Jul 8-Aug 29**	7-14	\$75
*Mondays, 7-7:40 pm; Thursdays, 6:30-7:15 pm			
**No class 5/27			

ADVANCED YOUTH SHORIN-RYU KARATE

This class is for youth students of higher belt levels. Shorin-Ryu Karate Beginning Level class and approval from instructor is a prerequisite for joining this class. Purchase of a gee is required.

Location: Aerobic Room @ Armory Sports Center

Instructor: Black belt instructor, Pine Forest Way dojo

Activity #	Date	Age	Price
311911-01	M, Th: May 13-Jul 1**	7-14	\$75
311911-02	M, Th: Jul 8-Aug 29	7-14	\$75
*Mondays, 7:40-8:20 pm; Thursdays, 7:15-8 pm			
**No class 5/27			



Fencing and Martial Arts

CLASSES FOR TEENS AND ADULTS

See other classes for adults in youth section

TAI CHI

Tai Chi is a form of martial art that is graceful, slow-moving exercise system that promotes muscle relaxation and flexibility which will reducing the physical tension and strain. Tai Chi also helps with the improving your balance and coordination and decrease your stress level. Please call 874-6379 before joining.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
Drop In	M,W,F	8:30-9:30 am	18+	Free

FREE TEEN AND ADULT SHORIN-RYU KARATE

Would you like to try shorin-ryu karate for free? Sign up for this one time session class, then you can move up to the Teen and Adult Shorin-Ryu class to start working toward belts. Enrollment is limited so sign up early.

Location: Aerobic Room @ Armory Sports Center

Instructor: Black belt instructor, Pine Forest Way dojo

Activity #	Date	Time	Age	Price
311212-01	M: Mar 4-Apr 15*	8:15-8:55 pm	15+	Free
311212-02	M: Apr 22-Jun 3*	8:15-8:55 pm	15+	Free
*No class 3/25, 5/27				

TEEN AND ADULT SHORIN-RYU KARATE

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

Location: Aerobic Room @ Armory Sports Center

Instructor: Black belt instructor, Pine Forest Way dojo

Activity #	Date	Time	Age	Price
311201-01	M, Th: May 13-Jul 1**		15+	\$75
311201-02	M, Th: Jul 8-Aug 29		15+	\$75
*Mondays, 8:20-9 pm; Thursdays, 8-9 pm				
**No class 5/27				



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
311204-01	M,W: Apr 1-Apr 29	6- 8 pm	15+	\$45
311204-02	M,W: May 1-May 29*	6- 8 pm	15+	\$45
311204-03	M,W: Jun 3-Jun 26	6- 8 pm	15+	\$45
311204-04	M,W: Jul 1-Jul 31*	6- 8 pm	15+	\$45
311204-05	M,W: Aug 5-Aug 28	6-8 pm	15+	\$45
*No class 5/27, 7/3				

CLASSES FOR TEENS AND ADULTS

BEGINNING KORYO GUMDO

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

Location: Riechmann Pavilion at Stephens Lake Park

Instructor: Benjamin Asbeck

Activity #	Date	Time	Age	Price
311210-01	Tu: Apr 2-Apr 30*	6-7 pm	13+	\$39
311210-02	Tu: May 7-Jun 4*	6-7 pm	13+	\$39
311210-03	Tu: Jun 18-Jul 9	6-7 pm	13+	\$39
311210-04	Tu: Jul 16-Aug 6	6-7 pm	13+	\$39
*No class 4/9, 5/14				



INTERMEDIATE KORYO GUMDO

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

Location:

Riechmann Pavilion at Stephens Lake Park

Instructor: Benjamin Asbeck

Activity #	Date	Time	Age	Price
311211-01	Tu: Apr 2-Apr 30*	7-8 pm	13+	\$39
311211-02	Tu: May 7-Jun 4*	7-8 pm	13+	\$39
311211-03	Tu: Jun 18-Jul 9	7-8 pm	13+	\$39
311211-04	Tu: Jul 16-Aug 6	7-8 pm	13+	\$39
*No class 4/9, 5/14				

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 573.817.5077 for more information.

Location: Aerobic Room @ Armory Sports Center

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



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 12-13 once they have completed orientation with supervision). Children 10 years of age or younger, must be accompanied and

supervised by a paying adult (16 or older). Youth Training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available.

CARDIO/STRENGTH PLUS YOUTH ORIENTATION

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

Location: Cardio/Strength Area @ ARC

Activity #	Date	Time	Age	Price
307231-01	Th: Apr 11	5:30-6:30 pm	12+	\$10
307231-02	Tu: May 14	5:30-6:30 pm	12+	\$10
307231-03	W: Jun 26	5:30-6:30 pm	12+	\$10
307231-04	Th: Jul 25	5:30-6:30 pm	12+	\$10
307231-05	W: Aug 21	5:30-6:30 pm	12+	\$10

ARC Youth Training Room

Monday-Friday: 5:30 a.m. - 9:30 p.m.

Saturday: 7 a.m. - 6 p.m.

Sunday: 9 a.m. - 6 p.m.

* 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

1 \$45 ARC Annual Member, \$55 Non-Member

Individual Packages (3, 6, & 12 Sessions)

3 \$120 ARC Annual Member, \$150 Non Member
6 \$220 ARC Annual Member, \$280 Non-Member
12 \$395 ARC Annual Member, \$540 Non-Member

Couple Sessions (3, 6, & 12 Sessions)

3 \$165 ARC Annual Member, \$195 Non-Member
6 \$300 ARC Annual Member, \$360 Non-Member
12 \$540 ARC Annual Member, \$660 Non-Member

Group Sessions (3, 4, or 5 participants)

6 3 participants, \$120 each
4 participants, \$100 each
5 participants, \$85 each
12 3 participants, \$218 each
4 participants, \$180 each
5 participants, \$155 each

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 573.874.6379 for more info and to register.

Location: Armory Sports Center – Workout room

Activity #	Date	Time	Age	Price
Drop in	M-F	8 am-6 pm	16+	\$20 membership or \$2 per visit



Fitness and Exercise



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.



MID MISSOURI WEIGHTLIFTING CLUB

Join our registered USAW club and train under coaches with National and International experience. We are striving to build national level lifters as well as teach the mechanics of the sport of weightlifting to those striving to reach their goals. We have multi-national champions and many lifters who have achieved Top Ten placings in National level competitions. Call Brian at the ARC at 573.874.7720 or email brian.higginbotham@como.gov. No fees to join or practice during team sessions other than being a member or paying the daily fee. Personal one to one sessions do have a fee assessed as well as writing programs.



ST. PATRICK'S DAY: SAVE SOME GREEN!

Drop by the ARC March 17-23...all personal training packages will be 15 percent off!

MOTHER'S DAY PERSONAL TRAINING SPECIAL

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

May 6-12 \$20 off 6 sessions, \$40 off 12 sessions

Location: ARC

**Personal purchases are also welcomed to take advantage of this offer.*

FATHER'S DAY PERSONAL TRAINING SPECIAL

Dad doesn't want another shirt or tie. He never says what he wants, but we know what he needs. He needs to regain the strength, balance, and flexibility he has lost over the years. Help him feel better about himself and realize exercise can be fun and help with everyday life functions. Trainers will instruct on how to get results without spending much time in the gym.

June 10-16 \$20 off 6 sessions, \$40 off 12 sessions

Location: ARC

**Personal purchases are also welcomed to take advantage of this offer.*



:::: ARC GROUP EXERCISE SCHEDULE (MARCH 14 - AUGUST 14) ::::

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Body Conditioning 8:00am-9:00am	**Spin 5:45am-6:35am	Body Conditioning 8:00am-9:00am	**Spin 5:45am-6:35am	Body Conditioning 8:00am-9:00am	**Spin 9:00am-10:00am
*Silver Sneakers Cardio Circuit 8:00am-9:00am	Zumba 8:00am-9:00am			*Silver Sneakers Cardio Circuit 8:00am-9:00am	Step 9:30am-10:25am
*Silver Sneakers Classic 9:15am-10:15am	*Silver Sneakers Yoga 9:15am-10:15am	*Silver Sneakers Cardio Circuit 8:00am-9:00am	Zumba 8:00am-9:00am	*Silver Sneakers Classic 9:15-10:15am	Power Pump 10:30am-11:25am
High Fitness 9:15-10:05am	Functional Fitness 9:15am-10:15am	*Silver Sneakers Classic 9:15-10:15am	*Silver Sneakers Yoga 9:15-10:15am	High Low 9:15am-10:05am	Zumba World Rhythms 11:30am-12:30pm
**Spin 9:30am-10:30am	**Spin 9:30am-10:30am	ABLE Workout 9:15am-10:15am	Vin-Yin Yoga 10:30-11:30am	**Spin 9:30-10:30am	SUNDAY
Yoga Flow 10:30-11:30 am	Vin-Yin Yoga 10:30am-11:30am	**Spin 9:30am-10:30am			
Zumba 4:15pm-5:15pm	*Yoga for Every Body 10:30-11:30am	Yoga Flow 10:30-11:30 am	*Yoga for Every Body 10:30-11:30am	Vin-Yin Yoga 10:30-11:30am	
**Spin 5:30-6:30pm	Body Conditioning 4:45-5:40pm	**Spin/Fusion 5:30-6:30pm	Zumba 4:15m-5:15pm		
Step Combo 5:30pm-6:25pm	**Spin 5:30-6:30pm	Knockout 5:30pm-6:25pm	**Spin 5:30-6:30pm	Zumba 4:15pm-5:15pm	Knockout 1:00-2:00pm
To the Core 6:30pm-7pm	Strong Nation 5:45pm-6:40pm	Power Pump 6:30pm-7:15pm	Sweat & Sculpt 5:30-6:30pm		Vin-Yin Yoga 4:30pm-5:30pm
Monday Mixer 7:00pm-8:00pm	Zumba 6:45pm-7:45pm	Zumba World Rhythms 7:20pm-8:20pm			

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

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

"Open Door" Spin Room Schedule

Mon/Wed 5:30-8:30am, 11:30-4:30pm, 7-9pm

T/TR 7-9 am, 11 am-5 pm, 7-9 pm

Fri 5:30-8:30am, 11am-9pm

Sat 11am-6pm / Sun 9am-6pm



GROUP EXERCISE DESCRIPTIONS

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 HIIT 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 cardio activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

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

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 step and risers. Step burns up to 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.

SWEAT & SCULPT- A perfect balance of heart pumping cardio and muscle building strength training. First half of class is an exhilarating cardio workout that will elevate your heart rate, boost your endurance, and help you burn calories. The second half of the class is dedicated to building and sculpting your muscles. You'll engage in a variety of strength exercises using hand-weights, body bars, resistance bands, body weight, and other equipment to target major muscle groups. Perfect for all fitness levels!



VIN-YIN YOGA- "Thursday yoga class is an energizing practice featuring a vinyasa-style yoga flow with classic warrior poses or sun and moon salutations modified to be beginner-friendly. Friday yoga class is an all levels "low and slow" yin-style

practice, focused on relaxation and gentle stretching for joint health. Sunday and Tuesday yoga classes feature a mix of these vinyasa and yin styles."

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.

YOGA FOR EVERY BODY - This gentle, chair supported class is accessible to all bodies with no previous experience necessary. Increase balance, strength flexibility, range of motion and stress reduction.

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!

ZUMBA TONING - Shake things up! Zumba Toning uses 1.5-2.5 lb maraca-like toning sticks during class, not your average dumbbells. Filled with sand, they will allow you to shake, rattle, and rock your way to leaner muscles and a sculpted shape.



Fun for Little Ones

ACTIVITIES FOR PRESCHOOLERS

All guardians are asked to stay and assist children for the duration of the program.

LITTLE GYMMERS

Come enjoy children's activities in the ARC gymnasium reserved for children and an adult playmate. We will provide play equipment: parachute, balls, hula hoops, tricycles and other toys. Guardians are required to take an active role in supervising their children for the duration of the program. The ARC staff is responsible for safety of everyone as a whole. No Little Gymmers on holidays.

Location: ARC

Activity #	Date	Time	Age	Price
Drop in	Mon/Fri	10-11 am	2-6	\$1 per person attending, child and adult

DAY CARE LITTLE GYMMERS

Schedule some gymnasium time for your day-care. Activities will include parachute games, eight-foot basketball, beach ball volleyball and others. Call 573.874.7494 to arrange times and dates.

Location: ARC

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

Little Swimmers and Day Care Little Swimmers...see page 18.

For other preschool activities, see Arts Crafts and Leisure, Fitness, Dance and Aquatics.



DOUGHNUTS WITH THE EASTER BUNNY

Hop on over to visit with the Easter Bunny! We'll do a little mini Easter egg hunt, craft and enjoy some yummy doughnuts too! Parents, don't forget your camera! Pre-registration required. Open to children ages 2-5 with an adult participant.

Location: Shelter @ Waters-Moss

Activity #	Date	Time	Age	Price
310788-01	W: Mar 27	10-10:45 am	2-5 w/adult	\$6



BUBBLE BASH

It's a bubble blowout! Come make your own bubble wand, blow lots of fun bubbles, and make other bubble-related crafts! Pre-registration required.

Location: Shelter @ Waters-Moss

Activity #	Date	Time	Age	Price
310713-01	Th: Apr 18	10-10:45 am	2-5 w/adult	\$6

NEW! MOTHER'S DAY CRAFT

Mom does so much for us, let's do something for her! Come make a Mother's Day card and crafty gift that you can give to your Mom (or grandma) on Mother's Day this year! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
302771-01	Tu: May 7	10-10:45 am	2-5 w/adult	\$6

NEW! SESAME STREET PARTY

"Come and play, everything's A-OK". Let's celebrate 55 years of Sunny Days as Sesame Street turns 55 years old this year! We'll do some fun Sesame Street themed crafts and activities and enjoy a snack. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
302760-01	W: May 22	10-10:45 am	2-5 w/adult	\$6

NEW! FATHER'S DAY CRAFT

Dad does so much for us, let's do something for him! Come make a Father's Day card and crafty gift that you can give to your Dad (or grandpa) on Father's Day this year! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
302779-01	Th: Jun 6	10-10:45 am	2-5 w/adult	\$6

WE ALL SCREAM FOR ICE CREAM

I scream, you scream, we all scream for ice cream! Join us for some fun summer-themed crafts & activities to celebrate summer. Create your own ice cream sundae, a yummy summer treat! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

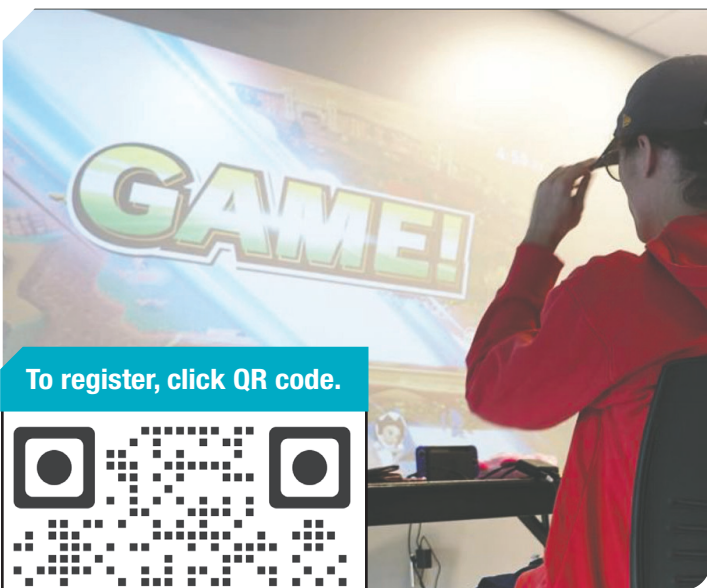
Activity #	Date	Time	Age	Price
310733-01	Tu: Jun 18	10-10:45am	2-5 w/ adult	\$6



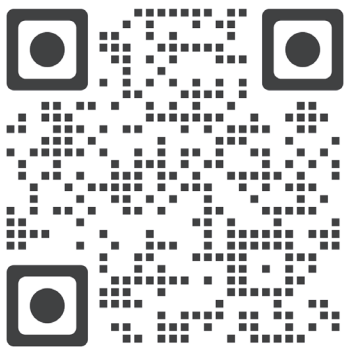
In the event of inclement weather, please call 874-7663.

This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled. Note: Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.

ACTIVITIES FOR KIDS AND TEENS



To register, click QR code.



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

Activity #	Date	Time	Age	Price
NA	Wednesdays	5:30 pm	14+	\$5

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)

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)



LAKE OF THE WOODS
GOLF COURSE

- 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

Fees below scheduled to take effect Nov 1, 2023.

Green Fees 3/1-10/31

Mon-Fri

	9-Holes <u>Walking</u>	18-Holes <u>Walking</u>
-Adult	\$15	\$24
-Senior (60 & over)	\$13	\$20
-Twilight 2:00pm	\$13	\$20
-Super Twilight 6pm	\$10	\$16
-Junior (17 & under)	\$12	\$12

Saturday/Sunday/Holidays

-Adult	\$30	\$30
-Twilight 2:00pm	\$16	\$26
-Super Twilight 6:30pm	\$10	\$16
-Junior (17 & under)	\$16	\$16

Winter Green Fees 11/1-2/28

Mon-Fri

	9-Holes <u>Walking</u>	18-Holes <u>Walking</u>
-Adult/Senior	\$15	\$20
-Twilight 2:00pm	\$13	\$16
-Junior (17 & under)	\$12	\$12

Saturday/Sunday/Holidays

	9-Holes <u>Walking</u>	18-Holes <u>Walking</u>
-Adult	\$26	\$26
-Junior (17 & under)	\$14	\$14

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

Fees below scheduled to take effect Nov 1, 2023.

	<u>Any Day</u>	<u>Any Day w/Cart</u>
Individual (30-59)	\$ 960	\$1,688
Adult +1	\$1,632	\$2,870
Senior (60 & over)	\$ 768	\$1,496
Senior Couple (both 60 & over)	\$1,306	\$2,544
Young Adult (18-29)	\$ 768	\$1,496
Junior (17 & under)	\$ 480	
Junior Limited (May 1-Sep 30)	\$ 240	

Trail Fees

Daily Trail Fee	\$ 16
Annual Trail Fee	\$619

Cart/Club Rentals

Riding Carts

9 Holes \$8 per person
18 Holes \$16 per person
Pull Cart \$5
Golf Club \$15

Driving Range

Bag	\$5
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**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 573.874.7538 or 573.874.7539 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 573.874.7538 to reserve L.A. Nickell;
573.874.7539 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.
100+ players, call for pricing.

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 golf 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.
100+ players, call for pricing.



Golf



FAMILY NIGHT

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

Location: L.A. Nickell Golf Course

Activity #	Date	Time	Age	Price
308400-01	F: Jul 12	5:30-8:30 pm	All	Free



JUNIOR GOLF LESSONS

Designed for juniors interested in learning the basics of golf, instructor will cover grip, stance and swing.

Instructor: Michael Etter

Location: Lake of the Woods Golf Course

Activity #	Date	Time	Age	Price
308806-01	Th: Jun 6-Jun 27	5:30-7 pm	10-15	\$60

ADULT GOLF LESSONS

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

Instructor: Michael Etter

Location: Lake of the Woods Golf Course

Activity #	Date	Time	Age	Price
308100-01	Th: May 9-May 30	5:30-7 pm	18+	\$60
308100-02	Th: Jul 11-Aug 1	5:30-7 pm	18+	\$60

TUESDAY SCRAMBLE GOLF LEAGUE

May 7-June 25, 5:30 p.m. shotgun start, L.A. Nickell
Jul 9-Aug. 27, 5:30 pm shotgun start, Lake of the Woods
Each Tuesday, take part in a two-person, 9-hole scramble golf league. Registration starts at 8 am Monday before the event and ends at 10 am the day of the event. Call 499-GOLF to register. Tournament is limited to the first 36 teams to sign up. Flights and places will be determined by size of each week's event. Entry fee of \$10 per person plus \$12 green fee and cart fee. Annual pass holders pay \$10 per person, plus cart fee.



2024 GOLF TOURNAMENTS

TWO-PERSON TOURNAMENT

July 20-21, check at the courses for details.

THREE-PERSON SCRAMBLE

Saturday, May 4 at L.A. Nickell, 9 a.m. shotgun start
Sunday, May 5 at Lake of the Woods, 9 a.m. shotgun start

NIGHT FLIGHT GLOW GOLF

Aug. 23, 8:30 p.m. shotgun start, L.A. Nickell
Email Dan.Frost@CoMo.gov to sign up



OUTDOORS



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 anyone who wants 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.

Instructor: Mike Snyder

Location: Hillcrest Room A @ Waters-Moss

Activity #	Date	Time	Age	Price
312101-01	W: Apr 3-Apr 24	5:30-7:30 pm	18+	\$59



BIG MUDDY BOAT RIDE SERIES

The Missouri River is a majestic place to be experienced by motorboat. Join us for a 2-hour interactive experience where you will learn what mysteries the longest river in North America holds. Safety talk and life jackets will be provided before boarding the motorboat. Don't miss this

exciting boat ride experience led by Missouri River Relief staff. Children must be accompanied by an adult. Pre-registration required.

Location: Cooper's Landing Riverside Resort & Marina

Activity #	Date	Time	Age	Price
314306-01	Sa: May 4	11:30am-1:30pm	4-adult	\$25
314306-02	Sa: May 4	2-4 pm	4-adult	\$25
314306-03	Sa: May 4	4:30-6:30 pm	4-adult	\$25
314306-04	Sa: Jun 8	11:30am-1:30pm	4-adult	\$25
314306-05	Sa: Jun 8	2-4 pm	4-adult	\$25
314306-06	Sa: Jun 8	4:30-6:30 pm	4-adult	\$25
314306-07	Sa: Aug 17	11:30am-1:30pm	4-adult	\$25
314306-08	Sa: Aug 17	2-4 pm	4-adult	\$25
314306-09	Sa: Aug 17	4:30-6:30 pm	4-adult	\$25

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. For more information, call 573.817.5077.

PROFESSIONAL DEVELOPMENT AID WARDROBE

Secure that big job interview, but you've got nothing to wear? We might be able to help! Our professional development aid wardrobe offers gently used business attire. We also accept donations of gently used business attire such as dress shirts, blazers, slacks, ties, dress shoes, etc. Call 573.874.6379 for more information.

PROFESSIONAL DEVELOPMENT AID

Need help creating or developing your resume? Need practice interviewing? Or maybe you just want to learn how to tie a tie? Professional Development Aid can help with the basics of finding and obtaining employment. This program is free, but by appointment only. Call 573.874.6379 for more information.



Social Activities

DESIGNED FOR 50+

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! Anyone interested in learning Mah Jongg can contact the front desk for information on upcoming classes.

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 p.m.

Fridays, 2:00 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 \$3.00 for non 50+ members. Call 573.874.7475 to sign up.

1st and 3rd Fridays, 7-10 p.m.

WE (Women Everywhere) Hike



Get outside, enjoy nature and get some exercise! This new guided women's hiking group will meet at least 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. If interested, email Sarah.Bowman@CoMo.gov to sign up for the monthly newsletter.

Location: Will vary every month.
Date: Varies
Price: Hillcrest Membership Required



INTRO TO TAI CHI

Learn how to unplug from your busy schedule through meditative motion called Tai Chi. This intro class will be taught by John Gage twice a week at the Hillcrest Community Center.

Instructor: John Gage
Location: Hillcrest Community Center

Table with 5 columns: Activity #, Date, Time, Age, Price. Row 1: 307100-01, W,Th: Starts Mar 6, 4:30-5:30 pm, 18+, \$3 per class or \$25 Hillcrest yearly membership which includes other activities

CRAFTS

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, 11 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. Please bring your own supplies. 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 Bingo). All supplies will be provided.

Third Friday of the month: 3 p.m.
Hillcrest Membership required



SOCIAL ACTIVITIES



2024 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 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.

Osher @ Mizzou

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

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, open to both men and women. If you are interested in fun activities such as 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 and Recreation Center
Time: 2-4:30 p.m.
Ages: 55+
Cost: Free

SENIOR MEN’S SOCIAL CLUB

Wanting to get out of the house? Join us every month for our senior men’s social club. Stop by and play some pool, grab a cup of coffee, or just join in for some conversation. For more information call Jay Bradley at 573.874.6379 or email Jay.Bradley@CoMo.gov. Begins April 11.

Dates: Second Thursday of each month
Armory Sports and Recreation Center
Time: 1-3:00 p.m.
Ages: 50+
Cost: Free

SPORTING COLUMBIA

sportingcolumbia.net



Thank you to Our Sponsors!

Rusty Drawing

Columbia Landcare

Missouri Eye Consultants

First State Community Bank

Adidas

Soccer Master

Dicks Sporting Goods

Bucket Agency

Central Missouri

Emery Sapp & Sons

Orthodontics



Recreational Registration:

May 1 - June 30
Late Fees Apply July 1
Age Groups:
U4-U19 Boys & Girls
Semptember 7

Competitive Registration:

Registration Opens May 1
Age Groups:
U8-U19 Boys & Girls
Tryout Dates:
June 9

Sporting KC

Youth Summer Camp:

June 3-6 (Columbia)

Sporting Columbia

Youth Summer Camp:

June & July Dates

**For details & to register,
please visit:
sportingcolumbia.net**

Make Our Club Your Club!

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



**STAY UP TO
DATE ON
SOCIAL MEDIA**

 /SportingColumbiaSC

 SportingColumbia

 @SportingCSC

Football: the Ultimate Team Sport

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

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

Tackle fees are only \$175.00. Teams practice two to three nights per week at Cosmo Park. Teams are formed by grade and High School Zones. Uniforms and equipment are provided. Minimum play rule ensures every child gets a chance to play.

Come join the Jr Bruins, Jr Kewpies, or Jr Spartans TODAY!



Flag Football is open to all K - 3rd Graders in Columbia!

Flag fees are only \$85.00. Teams practice up to twice per week with games on Sundays.

CYFL Also Offers:

*Spring Flag Football
Fall Competitive Tackle Football
Spring and Fall Cheerleading*





To register on-line or for more information, please visit:
www.columbiayouthfootball.com

Player development & safety is our highest priority!



COACHES WANTED!

All CYFL Coaches are required to complete:

- Background Checks
- USA Football Certified Coaching Education Program
 - Tackle or Flag Certification
 - Concussion Awareness
 - Heads Up TacklingSM safety program
- Certified Athletic Trainers onsite



Out of Town Players are Welcome!

Columbia Youth Football League is an all volunteer, non-profit 501 (c) 3 youth sports program.

Columbia Youth Football League - PO Box 7052 - Columbia, MO 65205-7052

Contact us at: cyfl.information@gmail.com

YOUTH FLAG RUGBY

K-8th GRADE BOYS AND GIRLS / JUNE 11th - AUGUST 6th
ALL PARTICIPANTS RECEIVE A FREE RUGBY BALL AND T-SHIRT



\$40
REGISTRATION

GIRLS RUGBY CAMP

6th-12th GRADE GIRLS / JUNE 11th - AUGUST 6th
ALL PARTICIPANTS RECEIVE A FREE RUGBY BALL AND T-SHIRT



\$40
REGISTRATION

**LEARN A NEW
SPORT**

**COLLEGE
SCHOLARSHIP
OPPORTUNITIES**



**REGISTRATION IS NOW OPEN AT THE COLUMBIA
PARKS AND RECREATION DEPARTMENT**





JOIN THE FAST GROWING SPORT OF LACROSSE!



Grades 3rd-8th
Practices held every Tuesday
and Thursday, 6-7:30 p.m.
Gans Creek Recreation Area

2024 DATES TO REMEMBER

Registration opens early January

Parents' Meeting:
Thursday, March 7

First Practice:
Tuesday, March 12

Games held Sunday
at Cosmo Park,
April 7 - May 19

Go to Comolax.com to register for the 2024 spring season and to find out more details about our league, programs, including free clinics, fall season and winter box Lacrosse season.

Lacrosse is the fastest growing team sport in America, combining the speed of soccer and the strategy of basketball. Using a ball and a stick, the object is to shoot a rubber ball into the opposing team's goal - and prevent the opposing team from doing the same! Each team has four positions (attack, defense, midfield, and goalkeeper). Players in each position will work to master the basic fundamentals of catching, passing, cradling, and scooping the ball off the ground, while in motion. All skill levels, including those new to the sport, are welcome. Columbia Youth Lacrosse maintains a supply of gear (helmets, pads, sticks) which can be rented for the season to help you get started.



Free Clinics to be held in late
February and early March
check www.como.gov for more information



Gear (helmets, pads,
sticks) available for rental!



CLASSES FOR YOUTH

YOUTH SOCCER

See insert, pages 38 & 39.

YOUTH FOOTBALL

See insert, pages 40 & 41.

TENNIS LESSONS

Day	Time	Age	Price
Session I – May 6-23 at Shepard Courts:			
Mon/Wed	5:45-6:45 pm	6-8	\$60
Mon/Wed	6:45-7:45 pm	9-11	\$60
Tues/Thurs	5:45-6:45 pm	12-16	\$60
Session II – June 3-20 at Fairview Courts:			
Mon/Wed	5:45-6:45 pm	6-8	\$60
Mon/Wed	6:45-7:45 pm	9-11	\$60
Tues/Thurs	5:45-6:45 pm	12-16	\$60
Session III – July 8-25 at Shepard Courts:			
Mon/Wed	5:45-6:45 pm	6-8	\$60
Mon/Wed	6:45-7:45 pm	9-11	\$60
Tues/Thurs	5:45-6:45 pm	12-16	\$60
Session IV – August 5-22 at Fairview Courts:			
Mon/Wed	5:45-6:45 pm	6-8	\$60
Mon/Wed	6:45-7:45 pm	9-11	\$60
Tues/Thurs	5:45-6:45 pm	12-16	\$60
Session V –Sept 3-26 at Shepard Courts:			
Mon/Wed	5:45-6:45 pm	6-8	\$60
Mon/Wed	6:45-7:45 pm	9-11	\$60
Tues/Thurs	5:45-6:45 pm	12-16	\$60

For information, to register or for individual lessons, call Rick Odor at 573.442.3713. Rick has 35 years of experience.

YOUTH RUGBY

Coordinated with the Columbia Rugby Club, this 8-week season will introduce boys and girls to a non-contact version of rugby. Each week will consist of a 45-minute practice followed by 45 minutes of flag rugby. All registrants will also receive a rugby ball and t-shirt for participating. No additional equipment required, no experience necessary.

Location: Gans Creek Rec Area

Activity #	Date	Time	Age	Price
315928-01	Tu: Jun 11-Aug 6	6-7:30 pm	6-8	\$45
315928-02	Tu: Jun 11-Aug 6	6-7:30 pm	9-11	\$45
315928-03	Tu: Jun 11-Aug 6	6-7:30 pm	12-14 (Boys)	\$45
315928-04	Tu: Jun 11-Aug 6	6-7:30 pm	12-14 (Girls)	\$45
*No session, 7/4				

HOME SCHOOL PE

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

Location: Court 1 @ARC

Activity #	Date	Time	Age	Price
307519-01	W: Apr 3-Apr 17	1:30-2:30 pm	5-17	\$10.50
307519-02	W: May 1-May 22	1:30-2:30 pm	5-17	\$14



DOUGLASS BULLDOGS BASEBALL LEAGUE

Develop your skills and learn key values in this instructional, non-competitive league, beginning June 3. Boys AND girls can participate. Volunteers

can participate in training clinics. Players will receive a league hat and shirt. Registration runs through June 3. Forms are available at the Parks & Recreation office, the ARC, the Armory Sports Center & online at CoMo.gov. Volunteer coaches and umpires are needed. For more information, call 573.817.5077. Note: Parents are encouraged to volunteer as coaches; and sponsorship opportunities are available.

Location: Kelly Field at Douglass Park

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



COLUMBIA YOUTH INTRO TRACK & FIELD MEET

Learn about track and field in this meet! Open to youth ages 6-12 (born 2012-2018). Pick up and turn in registration forms at the Parks & Recreation offices (1 South 7th), Armory Sports Center (701 E Ash) Monday-Friday between the hours of 8 am-6 pm. Forms are also online at CoMo.gov. Deadline to turn in forms and payment is April 17. No walk up registrations will be allowed the day of the event. For more information, call 874-7460. Copy of birth certificate or baptismal record must accompany registration form. Pre-registration required.

Location: Hickman High School Track

Activity #	Date	Time	Age	Price
315934-01	Sa: Apr 20	9 am check in 10 am event starts	6-12	\$10



BLUE THUNDER TRACK 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. Please call 573.874.6378 or email bluethundertrackclub@gmail.com or camren.cross@como.gov with inquiries. Visit www.BlueThunderTrackClub.com for more information. Registration can be completed online, or forms can be downloaded there, or picked up at the Armory Sports & Community Center (701 E. Ash). Payment (cash, check or money order) can be brought to the Armory Sports & Community Center on weekdays, 8 a.m.-6 p.m. beginning Monday, March 15.

First practice is Tuesday, April 2, 6 p.m. at Stephens Lake Park on the lower east side. Registration day is Saturday, March 9, 2-5 p.m. at the Armory. Note: Runners will need to invest in a pair of running shoes. Those wishing to participate in the competitive aspects of the season may want to consider racing spikes; but it is not required.

Price: \$125



BLUE THUNDER TRACK CROSS COUNTRY

First practice 6 pm on Aug. 27 at Stephens Lake Park
Price \$60

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 and meets are held in various central Missouri towns. Practices and meets occur during fall months and it all ends in November with championship meets. Registration and payment will be accepted starting July 1. Registration can be done at the Armory Sports Center or bring it to the first practice. Go to www.BlueThunderTrackClub.com or email Camren.Cross@como.gov for more information.

ACTIVITIES FOR ADULTS

SPORTS OFFICIALS NEEDED

Adult Softball | Youth Softball | Youth Baseball

Adult Volleyball | Youth Football

For more information call 573.874.7466.

REGISTER FOR ALL ADULTS SPORTS ONLINE AT CoMo.gov

ADULT VOLLEYBALL

Late Fall Volleyball

Registration: Packets available July, registration through late October or until filled

League Play: Begins mid-Nov; games at 6, 7, 8, or 9 pm

Location: Columbia Sports Fieldhouse



ADULT SOFTBALL

Registration: for spring through March or until filled, registration for summer through May or until filled. Registration for fall through July or until filled. Packets online at CoMo.gov.

League play: Spring league begins April, Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm

Location: Rainbow Softball Center

2024 SUMMER RECREATIONAL ADULT BASEBALL LEAGUE

Coming soon! For questions or information please contact Joey Wilmes 573.874.7706 or Jordan Jacobs 573.874.7404.

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)



ACTIVITIES FOR ADULTS

REGISTER FOR ALL ADULTS SPORTS ONLINE AT CoMo.gov



ADULT KICKBALL

Registration: for spring through March or until filled, registration for summer through May or until filled. Registration for fall through July or until filled. Packets online at CoMo.gov.

League play: Spring league begins April, Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm

Location: Rainbow Softball Center

ADULT TENNIS LESSONS

Day	Time	Age	Price
Session I – May 6-23 at Shepard Courts:			
Tues/Thurs	6:45-7:45 pm	Adults	\$60
Session II – June 3-20 at Fairview Courts:			
Tues/Thurs	6:45-7:45 pm	Adults	\$60
Session III – July 8-25 at Shepard Courts:			
Tues/Thurs	6:45-7:45 pm	Adults	\$60
Session IV – August 5-22 at Fairview Courts:			
Tues/Thurs	6:45-7:45 pm	Adults	\$60
Session V – Sept 3-26 at Shepard Courts:			
Tues/Thurs	6:45-7:45 pm	Adults	\$60

For information, to register or for individual lessons, call Rick Odor at 573.442.3713. Rick has 35 years of experience.

ADULT DROP-IN BASKETBALL

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

Location: Gym @ Armory Sports Center

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

ACTIVITY CANCELLATION HOTLINE

Call 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

SUMMER CAMPS & “NO SCHOOL” ACTIVITIES . . .

Registration for all summer camps will open on March 13.

- Registration for Camp CoMoKidz will open at 6 a.m. that day in person at the ARC, 1701 W Ash.
- Registration for the Armory Summer Camp, Camp Slime and the Missouri River Adventure Camp will open at 8 a.m. that day online, via telephone (573.874.7460) or in person at #1 South 7th St.



CAMP COMO KIDZ

Campers will enjoy outdoor activities, games, crafts, swimming and many other fun experiences. Registration will begin on March 13 at 6 am and must be done in person. Each camper will pay a \$50, non-refundable, participation fee at registration and can reserve a space in as many of the weekly camps as desired. Applications are available at the ARC and online at CoMo.gov. Online registration is not available for this camp. Please contact the Activity & Recreation Center (ARC) at 573.874.7700 for more information.

Location: Riechmann Pavilion @ Stephens Lake Park

Activity #	Date	Time	Age	Price
303950-01	M-F: Jun 3-Jun 7	7:30 am- 5:30 pm	6-13	\$135
303950-02	M-F: Jun 10-Jun 14	7:30 am- 5:30 pm	6-13	\$135
303950-03	M-F: Jun 17-Jun 21*	7:30 am- 5:30 pm	6-13	\$108
303950-04	M-F: Jun 24-Jun 28	7:30 am- 5:30 pm	6-13	\$135
303950-05	M-W: Jul 1- Jul 3*	7:30 am- 5:30 pm	6-13	\$81
303950-06	M-F: Jul 8-Jul 12	7:30 am- 5:30 pm	6-13	\$135
303950-07	M-F: Jul 15-Jul 19	7:30 am- 5:30 pm	6-13	\$135
303950-08	M-F: Jul 22-Jul 26	7:30 am- 5:30 pm	6-13	\$135
303950-09	M-F: Jul 29-Aug 2	7:30 am- 5:30 pm	6-13	\$135
303950-10	M-F: Aug 5-Aug 9	7:30 am- 5:30 pm	6-13	\$135

*No camp 6/19, 7/4, 7/5



Summer Camps & “No School” Activities



ARMORY SUMMER CAMP

Daily camp activities include arts and crafts, computer activities, science experiments and sports. Weekly events include: visits from local organizations, swimming at Douglass Family Aquatic Center, field trips, and lunch in the park. Please call Jay at 573.874.6379 for more information. Registration opens at 8 a.m. on March 13.

Location: Armory Sports and Recreation Center

Activity #	Date	Time	Age	Price
303916-01	M-F: Jun 10-Jul 5*	8 am- 5 pm	6-8	\$125
303916-02	M-F: Jun 10-Jul 5*	8 am- 5 pm	9-12	\$125
303916-03	M-F: Jul 8-Aug 9	8 am- 5 pm	6-8	\$175
303916-04	M-F: Jul 8-Aug 9	8 am- 5 pm	9-12	\$175

*No camp 6/19, 7/4, 7/5

MISSOURI RIVER ADVENTURE CAMP



Are you ready for an adventure? Explore the Missouri River by motorboat and by land! Be prepared to witness majestic birds, catch slimy fish, investigate wondrous forest critters and participate in a river clean up. Field trips will include Rock Bridge State Park, Eagle Bluffs Conservation Area, and motorboating on the Missouri River. Don't miss this fun adventure camp led by Missouri River Relief. Pre-registration required, registration opens at 8 a.m. March 13.

Instructors: Missouri River Relief staff

Location: Waters-Moss Shelter @ Waters-Moss

Activity #	Date	Time	Age	Price
303917-01	Mon-Fri: Jul 8-12	7:45 am-5:15 pm	9-13	\$170

(Drop off: 7:45-9 am; pick up 4:30-5:15 pm)



CAMP SLIME

Get ready for a week of messy fun! Everything from shaving cream slip n' slide, to slimy crafts, to gooey projects, to squishy games and more. A fun day camp with a messy twist. Wear clothes and shoes that can get stained and dirty. Bring sack lunch, water bottle, sunscreen, swimsuit, towel, goggles, water shoes and change of clothes. Pre-registration required. Due to limited spots, we ask that participants enroll in just one session so others can have fun at Camp Slime. Registration begins at 8 a.m. on March 13.

Location: Moss Bldg. Room A @ Waters-Moss

Activity #	Date	Time	Age	Price
303914-01	M-F: Jul 15-Jul 19	7:45 am- 5:15 pm	6-8	\$145
303914-02	M-F: Aug 5-Aug 9	7:45 am- 5:15 pm	6-8	\$145



AFTER SCHOOL AND SUMMER RECREATION

Come to the Armory to play basketball, work on simple arts & crafts projects and use the computer lab for Internet use or homework. Or, you can try pool table, ping-pong table, foosball, shuffleboard and

air hockey tables, safe darts, XBOX360, standup arcade machine, or just watch a movie. There is always something to do!

Location: Armory Sports and Recreation Center

Activity #	Date	Time	Age	Price
Drop in	M-F during school	2:30-7 pm	6+	Free
Drop in	M-F during summer	10 am-6 pm	6+	Free



Trail Endurance Runs



BEAR CREEK RUN HALF MARATHON TRAINING GROUP

The Bear Creek Half Marathon Training Group is a 20-week beginners' training group working to cross the finish line at the 11th Annual Bear Creek Run on Oct. 26. Skilled trainers will lead the twice weekly training runs and bi-weekly cross training to help you prepare to conquer 13.1 miles. Group runs are on Tuesday evenings at 6:30 p.m. and Saturday mornings at 7 a.m. (times may vary slightly due to weather and light conditions). This group is a 5-day per week commitment with group meetings and independent running recommendations. Locations vary within Columbia. Detailed information including a list of runs, times and locations will be provided. Class fee includes registration to the Bear Creek Run Half Marathon on Oct. 26 (\$65) and a training group performance fabric shirt.

Location: Meet at MLK Memorial shelter at Stadium Blvd trailhead

Activity #	Date	Time	Age	Price
307302-02	Starts June 4	6:30 pm	16+	\$200*
Advance registration required				



BEAR CREEK RUN HALF MARATHON

The Bear Creek Run Half Marathon has been a favorite race in Mid-Missouri for over 10 years. 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 unique 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 a primarily gravel trail. "Inspiration Hill" will keep

runners on their toes as they approach the half-way point. Registration includes professional chip timing, age group awards, finisher medal, performance fabric shirt, race photos, and post race food. Maximum 250 racers. To ensure shirt size, please register by Oct. 4.

Location: Bear Creek Trail

Activity #	Date	Time	Age	Price
307300-01	Oct 26	8 am	12+	\$65*
* Advance registration required				



Special Events

WOMEN'S MONTH ACTIVITIES

Women's History Exhibit

In celebration of Women's History Month come to the Armory Sports and Recreation Center and see a display of famous women from the state of Missouri, open from 8 a.m. to 6 p.m. throughout the month of March. This exhibit is free and open to the public. Groups are welcome.

WOMEN'S INSPIRATION TREE

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

WOMEN'S MONTH FILM

"Suffragette"

Join us for this year's film, Suffragette. A drama that tracks the story of the foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. Call 573.874.6379 for more info.

Location: Armory Sports and Recreation Center

Activity #	Date	Time	Age	Price
Drop in	W: March 6	6 pm	16+	Free

ARMORY POP IN & PLAY DAYS

Don't sit at home on your day off from school. Come to the Armory Sports and Recreation Center and enjoy everything we have to offer. We will have basketball, ping pong, foosball, air hockey, video games, and much much more! This is completely free and no registration is required. Just show up and play!

Activity #	Date	Time	Age	Price
Drop in	W: Mar 1	10 am-6 pm	6+	Free
Drop in	W: Mar 20	10 am-6 pm	6+	Free
Drop in	M-F: Mar 25-29	10 am-6 pm	6+	Free

ANNUAL TRAIN SHOW

Saturday, March 16, 10 a.m.-3 p.m.

Paquin Tower, 1201 Paquin St

Joint venture of Mid-Mo Railfans and Columbia Parks and Recreation. Admission is free and there is a wide variety of displays involving trains and the early days of transportation as well as movies and photographs on rail travel.



EGG HUNT
EGGSTRAVAGANZA

Two hunts, two different parks! Bring your children (ages 12 and under) out for a free, fun candy-filled Egg Hunt. Each event will have three separate hunts in different areas designated by age. Kids will also enjoy other activities such as coloring, face painting and games. NOTE: Please call 573.817.5077 if you or your organization would like to volunteer by hosting a game or activity.

Activity #	Date	Time	Park	Price
Drop in	Sa: Mar 30	12-1:15 pm (hunt 12:45)	Douglass	Free
Drop in	Sa: Mar 30	3-4:15 pm (hunt 3:45 pm)	Indian Hills	Free



KITE FLYING DAY

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

Activity #	Date	Time	Park	Price
Drop in	Sa: Apr 6	11:30 am-1 pm	Douglass	Free
Drop in	Sa: Apr 6	2-3:30 pm	Again St.	Free
Rain date 4/13				



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.Bradley@como.gov.

Activity #	Date	Time	Park	Price
Drop in	W: Apr 10	4-5:30 pm	Eastport Park	Free
Drop in	W: May 8	4-5:30 pm	Longview Park	Free
Drop in	W: Jun 5	4-5:30 pm	Worley Street Park	Free



Special Events



BIG MUDDY SPEAKER SERIES

The Big Muddy Speaker Series is a free presentation

series that gathers Missouri River experts and interested community members to share knowledge and perspectives on the Missouri River, its history, ecology, uses, commerce, and more. It is hosted by Missouri River Relief and was created to deepen our communities' connection to the river that connects us to each other. To learn more visit: <https://bigmuddyspeakers.org/>

Location: Riechmann Indoor Pavilion at Stephens Lake Park

Activity #	Date	Time	Price
Drop in	Tu: Apr 9	Doors 6 pm, presentation at 7 pm	Free
<i>Tiny Titans of the Stream: Missouri's Crayfish, presented by Bob DiStefano</i>			
Drop in	Tu: May 14	Doors 6 pm, presentation at 7 pm	Free
<i>Columbia Trails Along Your Favorite Waterways, presented by Ginger Schweikert</i>			
Drop in	Tu: Jun 11	Doors 6 pm, presentation at 7 pm	Free
<i>Whiskered Wonders: Unraveling the Mysteries of Catfish, presented by Joe McMullen</i>			
Drop in	Tu: Aug 13	Doors 6 pm, presentation at 7 pm	Free
<i>August presentation TBA</i>			



BIKE SAFETY RODEO

Saturday, April 20, 9:30-11:30 a.m.

**Karis Church parking lot,
606 Ridgeway Ave.**

Are you a kid who loves to ride your bike? The Rodeo will feature a 9-step skill course for everyone from ages 3 to 16 years old. The course will have safety rules you need to know. We will also register bikes and hand out helmets for kids who do not have one, while supplies last.



DOUGLASS PARK HERITAGE DAY

Saturday, May 4, 2-5 p.m.

Douglass Park

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

NEW! PAINTING IN THE PARK

Want to get out, relax and take home a nice painting afterwards? This new event will let you experience all of those. There will be three sessions throughout the year. The first session is free, just sign up! The next two sessions will be \$10 each, which includes paints, a canvas, brushes, tables etc.. If you do not want to pay but still want to join us, you can! Just bring all your own craft supplies. All sessions are a paint on your own, but are open to guest artists and speakers!

302301-01	Session 1: June 15, 10 a.m. at Cosmo-Bethel Park, paint a waterscape
302301-02	Session 2: Aug. 3, 10 a.m. at Bonnie View Nature Sanctuary, paint a greenscape and flowers
302301-03	Session 3: Sept. 28, 10 a.m. at Maplewood Barn, paint a greenscape and infrastructure



STEPHENS LAKE AMPHITHEATER CONCERT SERIES

Columbia Parks and Recreation

Bring a blanket or lawn chair and join us for free concerts! Free.

KIDS SERIES

June 6, 6:30 p.m., TBA, sponsored by Daniel Boone Regional Library
Aug. 1, 6:30 p.m., TBA

TRADITIONAL SERIES

May 2, 7 p.m., TBA sponsored by City's Office of Cultural Affairs
July 11, 7 p.m., Columbia Community Band
Sept. 5, 7 p.m., BXR and Darkroom Records Teen Band Showcase
Sponsored by 102.3 BXR



COLUMBIA
MISSOURIAN

NEW! SUPERHERO SPORTS CHALLENGE

Ready for battle to see who is the best superhero in your family? Bring either one of your parents, grandparents or another parent figure in your life. Come in dressed up as your favorite superhero and villain and run their friendly competition sports obstacle course. You will be dribbling, throwing, running and shooting. Please bring your own water bottle.

Location: Armory Sports and Recreation Center Gym

Activity #	Date	Time	Age	Price
315935-01	W: May 22	6-7:30 pm	6-14	\$10 per team of two



Special Events



TONS OF TRUCKS Wed., May 29, 4-7 p.m. Target wing parking lot, Columbia Mall

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

Sponsored by:

**COLUMBIA
MALL**



**COLUMBIA
MISSOURIAN**

SHREDFEST

Sat., June 22, 1-4 p.m.

Skate Park at Cosmo Park

Celebrate Go Skateboarding Day at the annual Shredfest. Sponsored by Parkside Skateshop, the event welcomes both skaters and spectators to experience local talent and a vibrant community atmosphere. Everyone is welcome to join the free celebration!



TAKE THE PLAYGROUND CHALLENGE! May 25-Sept 2

We want you to have a fun summer while enjoying park playgrounds! Did you know that Columbia's park system has 51 parks with playgrounds? Each one has a variety of play features and many have loop trails

and shelters with picnic tables. Our challenge for you is to go outside and explore your park playgrounds all summer long. Visit playgrounds at 10 or more different parks, track your visits, and turn in your completed tracking sheet to Parks and Recreation! All participants will receive a small prize. Visit 20 parks or more and you will be entered in a grand prize drawing for a \$100 Parks and recreation gift certificate. Visit CoMo.gov in May for more information and tracking sheets.

JUNETEENTH HISTORY DISPLAY

Come in and experience a small display about the history of Juneteenth. This exhibit is free and open to the public. Groups are welcome. Be sure to keep an eye out for other Parks and Recreation events celebrating Juneteenth!

Location: Downstairs classroom@Armory Sports and Recreation Center

Activity #	Date	Time	Age	Price
Drop in	Jun 1-30	8 am-6 pm	All	Free



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.

May 10, 8:30 p.m.

MONSTERS INC. (PG)

A little girl accidentally enters the land of monsters, where she befriends two creatures who work at a "scare factory." Billy Crystal and John Goodman lend their voices to this computer-animated comedy from the creators of "Toy Story."

June 14, 8:45 p.m.

DR. SEUSS' THE LORAX (PG)

In a land where real vegetation is rare, a young boy (voice of Zac Efron) seeks to impress his pretty neighbor by getting a tree. But in the process, he encounters the Lorax, a cantankerous yet endearing creature intent on preserving the forest.

July 12, 8:45 p.m.

HAPPY FEET (PG)

Happy Feet is set deep in Antarctica. Into the land of Emperor Penguins, where each needs a heart song to attract a soul mate, a penguin is born who cannot sing. Our hero Mumble, son of Memphis and Norma Jean, is the worst singer in the world...however, as it happens, he is a brilliant tap dancer!

August 9, 8:30 p.m.

CLOUDY WITH A CHANCE OF MEATBALLS (PG)

An inventor and a weather-reporter intern try to discover why the sky is raining food instead of water in this adaptation of the children's book by Ron and Judi Barrett.

September 13, 7:45 p.m.

BLACK PANTHER: WAKANDA FOREVER (PG-13)

Queen Ramonda, Shuri, M'Baku, Okoye and the Dora Milaje fight to protect their nation from intervening world powers in the wake of King T'Challa's death. As the Wakandans strive to embrace their next chapter, the heroes must band together with the help of War Dog Nakia and Everett Ross and forge a new path for the kingdom of Wakanda.



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**COLUMBIA
MISSOURIAN**



Special Events

FAMILY FUN FESTS

**Third Wednesday,
May - September
(except June!)
6-8 p.m.
FREE!**

Sponsored by:



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!

MAY 15: BEE KIND TO YOUR MIND

**Featured Sponsor: Burrell Behavioral Health
Cosmo Park**

May is Mental Health Awareness Month. This month, we'll embrace the healing power of nature and learn how to care for the Earth and ourselves. So take a deep breath of fresh park air and join us to learn about pollinators, native plants and self-care.

JUNE 20: JUNETEENTH JAMBOREE

**Featured Sponsor: Healthy Blue
Cosmo Park**

Join Parks and Recreation along with other community organizations to commemorate Juneteenth. Learn more about this important holiday through music, dance, arts and other activities.

JULY 17: HEALTHY HABITS

**Featured Sponsor: Compass Health
Albert-Oakland Park**

July is Parks and Rec Month, so join us in the park to learn and experience exciting ways to stay fit and active!

AUGUST 21: 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 18: 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:



ParentLink
University of Missouri

**COLUMBIA
MISSOURIAN**

101.5 KPLA

FIRE IN THE SKY INDEPENDENCE DAY CELEBRATION

The 72nd annual celebration of an American tradition.

See the back cover for details!



SPLAT! JR OBSTACLE

COURSE MUD RUN

Calling all junior mudders!! The Splat Jr. Obstacle Course Mud Run brings tons of muddy fun to the Gans Creek Recreation

Area Saturday, July 13, 2024 for the 11th year! Splat will have walls, pipes, tires, climbing, crawling, cheering, encouragement, and of course, SO MUCH MUD! Depending on age, participants will complete 1K (4 to 5 year-olds), 2K (6 to 8 year-olds, or 3K (8 to 15 year-olds). The Splat course and obstacles are designed to be age-appropriate in difficulty and distance. There are 10 waves (start times) at this event, each having a 125-participant cap. Waves 6-10 (8* to 15 year-olds) are great for siblings and groups (birthday party, youth group, sports team, etc.) with kids in more than one age group who want to participate together. Registration includes a Splat t-shirt, Splat finisher medal, and Splat bag. Each wave has a 125-participant cap, so register early! Registration starts March 6, to be guaranteed a shirt size, please register by June 13, 2024.

Location: Gans Creek Rec Area

Activity #	Date	Time	Age	Price
307906-01	Sa: Jul 13	8:30 am	4-5	\$30
307906-02	Sa: Jul 13	8:45 am	4-5	\$30
307906-03	Sa: Jul 13	9:15 am	6-8	\$30
307906-04	Sa: Jul 13	9:30 am	6-8	\$30
307906-05	Sa: Jul 13	9:45 am	6-8	\$30
307906-06	Sa: Jul 13	10:15 am	8*-15	\$30
307906-07	Sa: Jul 13	10:30 am	8*-15	\$30
307906-08	Sa: Jul 13	10:45 am	8*-15	\$30
307906-09	Sa: Jul 13	11 am	8*-15	\$30
307906-10	Sa: Jul 13	11:15 am	8*-15	\$30

* Please note that this is a longer/more challenging course for 8 year-olds than WAVES 3-6

Sponsored by:





DJ IN THE PARK

July 20, Aug. 3; 4-6 p.m.

Douglass Park

A variety of DJs will play something for all tastes, from hip hop to R&B and gospel.

LAWN CHAIR CONCERT IN THE PARK

Sunday, July 21; 3-5 p.m.

Douglass Park

Bring your lawn chair and blankets to the park and enjoy this free concert with great music!

COOLIN' DOWN WITH THE BLUES

Sunday, Aug. 4, 4-7 p.m.

Douglass Park

Featuring local and regional talent in a mini-festival atmosphere! Activities provided for the kids while the adults enjoy jazz, R&B, and blues. Bring your lawn chair and enjoy this free concert, which marks the unofficial end of summer.

INDIAN HILLS BLOCK PARTY

Saturday, Aug. 17, 12-2 p.m.

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.

TRAIN SHOW AND OPEN HOUSE

Saturday, Aug. 17, 10 a.m.-2 p.m.

Rock Quarry House (2002 Grindstone Parkway)

The Central Missouri Chapter of the Train Collectors Association are hosting an open house at Rock Quarry House. Please come and enjoy all of the model trains and displays the club has built over the years. The event is free and open to the public.



KALEIDOSPOKE

Location: Meet at Flat Branch Park

Light up your BIKE and get ready to GLOW on the MKT Trail at the 10th Annual Kaleidospoke on Saturday, August 24, 2024! 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 to 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 24	7-10:30 pm	8+	\$18



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SPECIAL EVENTS CALENDAR

MARCH

- 6..... **WOMEN'S MONTH FILM**
"Suffragette" Armory Sports Center, 6 p.m., Free
- 16..... **ANNUAL TRAIN SHOW**
Paquin Tower, 10 a.m.-3 p.m., Free
- 30..... **EGG HUNT EGGSTRAVAGANZA**
Douglass Park from 12-1:15 p.m., Indian Hills Park from 3-4:15 p.m., Free

APRIL

- 6..... **KITE FLYING DAY**
Douglass Park from 11:30 a.m.-1 p.m., Again St. Park from 2-3:30 p.m. Free
- 9..... **BIG MUDDY SPEAKER SERIES**
Riechmann Pavilion, 6 p.m. doors open, presentation at 7 p.m., Free
- 10..... **PARK POP UP AND PLAY DAY**
Eastport Park, 4-5:30 p.m., Free
- 20..... **COLUMBIA YOUTH INTRO TRACK AND FIELD**
Hickman HS Track, 9 a.m. check in, \$10
- 20..... **BIKE SAFETY RODEO**
Karis Church parking lot, 9:30-11:30 a.m., Free

MAY

- 2..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
TBA, 7 pm, Free
- 4..... **DOUGLASS PARK HERITAGE DAY**
2-5 pm, Free
- 8..... **PARK POP UP AND PLAY DAY**
Longview Park, 4-5:30 p.m., Free
- 10..... **MOVIES IN THE PARK**
Monsters Inc., Cosmo Park, 8:30 p.m., Free
- 14..... **BIG MUDDY SPEAKER SERIES**
Riechmann Pavilion, 6 p.m. doors open, presentation at 7 p.m., Free
- 15..... **FAMILY FUN FEST:**
BEE Kind to Your Mind, Cosmo Park, 6-8 pm, Free
- 25..... **TAKE THE PLAYGROUND CHALLENGE KICKS OFF**
- 29..... **TONS OF TRUCKS**
Columbia Mall, 4-7 pm, Free

JUNE

- 1-30..... **JUNETEENTH HISTORY DISPLAY**
Weekdays at the Armory, 8 a.m.-6 p.m., Free
- 5..... **PARK POP UP AND PLAY DAY**
Worley Street Park, 4-5:30 p.m., Free
- 6..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
TBA, 6:30 pm, Free
- 11..... **BIG MUDDY SPEAKER SERIES**
Riechmann Pavilion, 6 p.m. doors open, presentation at 7 p.m., Free

JUNE (Continued)

- 14..... **MOVIES IN THE PARK**
Dr. Seuss' the Lorax, Cosmo Park, 8:45 p.m., Free
- 15..... **PAINTING IN THE PARK**
Cosmo-Bethel Park, 10 a.m., Free
- 20..... **FAMILY FUN FEST:**
Juneteenth Jamboree, Cosmo Park, 6-8 p.m., Free
- 22..... **SHREDFEST SKATEBOARD EVENT,**
Cosmo Park, 1-4 pm, Free

JULY

- 4..... **FIRE IN THE SKY**
Entertainment at 6:30, Fireworks after 9 p.m., Stephens Lake Park, Free
- 11..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
Columbia Community Band, 7 pm, Free
- 12..... **MOVIES IN THE PARK**
Happy Feet, Cosmo Park, 8:45 pm, Free
- 13..... **SPLAT! JUNIOR OBSTACLE COURSE MUD RUN**
Gans Creek Recreation Area, Times vary according to wave, \$30
- 17..... **FAMILY FUN FEST:**
Healthy Habits, Albert-Oakland Park, 6-8 pm, Free
- 20..... **DJ IN THE PARK**
Douglass Park, 4-6 pm, Free
- 21..... **LAWN CHAIR CONCERT IN THE PARK**
Douglass Park, 3-5 pm, Free

AUGUST

- 1..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
TBA, 6:30 pm, Free
- 3..... **DJ IN THE PARK**
Douglass Park, 4-6 pm, Free
- 4..... **COOLIN' DOWN WITH THE BLUES**
Douglass Park, 4-7 pm, Free
- 9..... **MOVIES IN THE PARK**
Cloudy with the Chance of Meatballs, Cosmo Park, 8:30 pm, Free
- 13..... **BIG MUDDY SPEAKER SERIES**
Riechmann Pavilion, 6 p.m. doors open, presentation at 7 p.m., Free
- 17..... **INDIAN HILLS BLOCK PARTY**
Indian Hills Park, 12-2 pm, Free
- 17..... **TRAIN SHOW AND OPEN HOUSE**
Rock Quarry House, 10 a.m.-2 p.m., Free
- 18..... **PAINTING IN THE PARK**
Bonnie View Nature Sanctuary, 10 a.m., \$10 or bring your own supplies
- 21..... **FAMILY FUN FEST**
Be Prepared!, Albert-Oakland Park, 6-8 p.m., Free
- 24..... **KALEIDOSPOKE,**
Flat Branch Park to Twin Lakes Rec Area, 7-10:30 p.m., \$18

LEISURE TIMES

SPRING / SUMMER 2024

Columbia Parks and Recreation Dept.

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

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

Monday–Friday 8am–5pm

Phone 573.874.7460

Fax 573.874.7640

Recreation Hotline

573.874.7663

The recorded message is available 24 hours with information on activities, cancellations and changes. Sports cancellations are announced week-days 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.

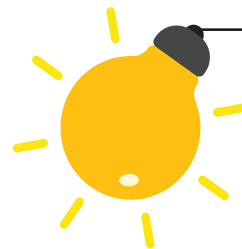
Cover Photography:

Youth summer activities: Rugby, softball, Splat, soccer

Five Ways to Register:

1. Online: Go to CoMo.gov
2. Walk-in: You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling 573.874.7460 or 573.874.7700.
4. Mail-in: Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. Fax-in: Fax to Columbia Parks and Recreation 573.874.7640. (Form Online)

DID YOU KNOW?



According to UDisc, 819 rounds of disc golf were played in Nov 2023 at Harmony Bends Disc Golf Course. 412 players visited the course that month.

COLUMBIA PARKS AND RECREATION IS A MEMBER OF



**A National
Gold Medal
Department**



If you wish to participate in any Parks and Recreation activity yet feel you may need some special accommodation, or if you need an alternate form of this publication, please call Parks and Recreation 24 hours in advance at 573.874.7460

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

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COLUMBIA
COSMOPOLITAN
LUNCHEON CLUB

4TH OF JULY

FIRE IN THE SKY

Columbia Missouri

4TH OF JULY

Stephens Lake Park

Gates open 6:30 p.m.

Fireworks 9:15 p.m.

LIVE MUSIC • ENTERTAINMENT • FOOD TRUCKS
PLUS KIDS ACTIVITIES: CRAFTS, GAMES
INFLATABLES, FACE PAINTING AND MORE!



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Visit CoMo.gov for event details