

Leisure Times

Your Guide to Columbia's Recreational Opportunities



Gans Creek Cross Country Course:
Home of the 2025 NCAA Championships



FALL/WINTER 2025 ISSUE

Registration begins Aug. 13, 2025

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#ColumbialsThePlaceToBe

Volunteer Paid Time Off



Presenting sponsor of Fire in the Sky



The Food Bank's Hope for Heroes 5k



Big Brothers, Big Sisters Bowl for Kids' Sake



Supporting 30+ local organizations annually!





A 75 Year Partnership

Over the years, the Columbia Cosmopolitan Luncheon Club has supported Columbia Parks and Recreation with more than \$1.75 million in contributions



The club's signature achievement is **Cosmo Park**, which began when charter member Frank Lamb, a private pilot, flew in and out of the Columbia Airport. He presented the idea for a park to his fellow Cosmopolitan members. The club leased around 35 acres at the airport site, and a dedication was held Aug. 21, 1949.

- The Cosmo Club provided funds and members provided labor for all park improvements until the mid 1980s.
- The Cosmopolitan Club and the Jaycees built the first 9 holes of the L.A. Nickell Golf Course.
- When the Columbia Regional Airport opened, the Cosmo Club converted the old runways into tennis courts.
- The Club built a state of the art playground many years ago, and raised the money in 2015 for a complete renovation, now called the Si Steinberg Playground, named for the cosmopolitan Club President in 1949.
- The club raised the funds to build the Dr. Charles "Choppy" Leech Skateboard park. Dr. Leech was a charter member of the club and was very involved in the creation of Cosmo Park.
- The club made a significant contribution toward "Rhett's Run" Mountain Bike Trail.
- The Lamb Shelter is named for the Cosmo who came up with the idea to build Cosmo Park, Thomas H. Rapp shelter named for a Cosmo who worked hard for Cosmo Park and the Urban Wussler Pavilion is named for another long time Cosmo.
- **Cosmo-Bethel Park:** The Club contributed \$75,000 toward Cosmo-Bethel Park. The largest shelter is the Leech Shelter, named for Cosmo Dr. Charles "Choppy" Leech. The Grover Hawkins playground was named for a Cosmo who served as general contractor on many of the first shelters in Cosmo. The J. W. Ficklin shelter was named for the Club's first President.
- **Stephens Lake Park:** The Clarence Riechmann Pavilion was built with funds donated by the Club. Clarence was a charter member of the club.
- **Nifong Park:** The Cosmo Club made a sizable donation, with the creation of "Cosmo Corner," including parking lot improvement, the Dr. Charles Gehrke shelter, named for a long time Cosmo, and the Harry Gentry farm themed playground. Harry was also a longtime member of the club.
- **Woodridge Park:** Funds were raised by the club to build the Dr. Leroy Miller inclusive playground.
- **Activity & Recreation Center (ARC):** Cosmopolitan Club raised the money to build the second gymnasium in the ARC.
- **Fire In the Sky:** In 1952, The Cosmopolitan Luncheon Club started doing the fireworks show in the City of Columbia. They were a Presenting Sponsor in 2024, donating \$10,000 toward the fireworks.

You Can Help!

Join us! The Cosmo Luncheon Club meets the first and third Tuesday each month at the Jerry Sigmund Cosmopolitan Center, 1715 Burlington St. Bring your own lunch at 11:30. Meeting at noon. Visit www.cosmoluncheonclub.org for information.



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 (CAREER AWARENESS RELATED EXPERIENCE) | 701 E. ASH | 573.874.6300 |
| COMMUNITY RECREATION | 701 E. ASH | 573.817.5077 |
| 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. | 573.449.3099 |
| 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, Moss Building 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 3800 acres of parkland, 62 miles of trails, and 79 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

Prices subject to change Oct. 1, 2025

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, \$45 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, \$30 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. \$45 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 \$30 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 \$30 plus \$100 deposit.



General Information

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 \$33, \$50 or \$60 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 ARC.

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 PRICES SUBJECT TO CHANGE OCT. 1, 2025

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 | \$26.50 |
| 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 | \$42.00 |
| Adult plus one Annual+ | \$490.00 |
| Adult plus one Monthly*+ | \$47.00 |
| Adult plus one 30 Day Pass+ | \$53.00 |

**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+ | \$61.25 |

**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 | \$30.75 |
| Annual Senior Couple+ | \$322.00 |
| Couple Monthly Installment*+ | \$32.00 |
| 30 Day Couple Pass+ | \$38.25 |

**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

Labor Day, Sept. 1: 9 a.m. - 3 p.m. | Veterans Day, Nov. 11: 9 a.m. - 3 p.m.
Nov. 26: 5:30 a.m.-5:30 p.m. | Thanksgiving, Nov. 27: closed
Christmas Eve, Dec. 24: 5:30 a.m. - 3 p.m. | Christmas, Dec. 25: closed
New Year's Eve, Dec. 31: 5:30 a.m. - 3 p.m. | New Year's Day, Jan. 1: closed



Activity & Recreation Center

WATER ZONE

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

KID ZONE CHILD CARE

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

HOURS OF OPERATION

Monday - Friday 8 a.m.-12 p.m. & 4:30-7:30 p.m.
Saturday 8 a.m.- 12 p.m.

FEES

Annual Passholder

Single Visit \$2.25 per child
Punch Card \$40.00 for 20 visits

Non-Passholder

Single Visit \$3.00 per child

MONTHLY FEES

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

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

MEETING ROOMS

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

DAILY LOCKERS

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

YOUTH TRAINING ROOM

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



.... **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

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

WALKING/JOGGING TRACK

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

GYMNASIUM

A sporting enthusiast's dream, the gymnasium has cushioned wood floors and can accommodate pickleball, basketball and volleyball. The gym can also be used for other activities. At least one court will be available for drop-in use most hours of operation.

ARC PRACTICE COURT RENTALS

Courts available for rent on Sundays after 6pm. Full payment due at time of reservation. Fee is non-refundable. Transfers must be requested at least 14 days in advance of original reservation.

RENTAL RATES:

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

RENTAL GUIDELINES:

All Rentals

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

Basketball

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

Baseball/Softball

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

Soccer

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

Pickleball

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

Volleyball

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



Activity & Recreation Center

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 from the ARC. Length of suspension determined by ARC management.
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

Facility rental requests must be submitted two weeks prior to the event. Requests 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 |
| 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 (10 p.m.-2 a.m.), game room and meeting rooms. Maximum accommodation is 50.

TIMES.....10 p.m.-6 a.m.

FEES

| | |
|----------------------|----------------------------|
| 1-100 People | \$1000 |
| 101-500 People | \$1125 plus \$5 per person |

(each person over 100 will be assessed this fee)

WATER ZONE BIRTHDAY PARTIES, page 14



IS IT YOUR BIRTHDAY?

Show proof of your birthday at the Guest Services Desk & you can use the ARC for **FREE** on your special day!



ADAPTED 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 BOWLING

Practices are held at AMF Town and County Lanes. Modifications are made for athletes with physical disabilities. Athletes will be placed in either a 12-1:30 pm practice slot or a 2-3:30 pm time slot. Registrations ends Sept. 10 or when the maximum number of participants is reached.
Location: AMF Town and County Lanes Bowling Alley

| Activity # | Date | Time | Age | Price |
|------------|-------------------|-------------------|-----|-------|
| 115603-01 | Sa: Oct. 4-Dec. 6 | 12-1:30 or 2-3:30 | 8+ | \$80 |



ADAPTED BASKETBALL

Registration deadline ends when the maximum number of participants is reached. Team assignments, practice dates/times will be emailed one week before the first practice. Teams practice one day a week for 1 hour on either Monday or Tuesday.
Location: New Haven Elementary

| Class # | Date | Time | Age | Price |
|-----------|----------------------|-----------------|-----|---------|
| 115605-01 | M,Tu: Dec. 8-Mar. 10 | 6, 7, or 8 p.m. | 8+ | \$17.50 |



ADAPTED SWIMMING

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

| Class # | Date | Time | Age | Price |
|-----------|-------------------|--------------|-----|---------|
| 115604-01 | Su: Mar. 1-May 24 | 4:30-6:30 pm | 8+ | \$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 • Vending Machines

ALBERT-OAKLAND FAMILY AQUATIC CENTER

Albert-Oakland Park, 1900 Blue Ridge Road, 573.474.5331 | Closes for season: Sept. 1

- 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 SPRAYGROUND

Douglass Park, 400 N. Providence Road, 573.449.3099 | Closes for season: Sept. 30

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

FLAT BRANCH SPRAYGROUND

Flat Branch Park, 400 Locust St. | Closes for season: 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

STEPHENS LAKE AND SPRAYGROUND

Stephens Lake Park, 2001 E. Broadway | Closes for season: Sept. 30

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

RECREATION HOTLINE

Call 573.874.7663 for special up-to-date information on facility openings and closings.

SWIMSUIT DRIVE

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

SWIMSUIT POLICY

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

| | AUGUST | SEPTEMBER |
|---|---|--|
| ALBERT-OAKLAND FAMILY AQUATIC CENTER | Aug. 1-10 Tues, Wed, Fri, Sat and Sun 12-5 p.m. Thurs 12-7:30 p.m. Mon CLOSED | Open Sept. 1 12-5 pm |
| | Aug. 16, 17, 23, 24, 30, 31 12-5 p.m. | After Labor Day CLOSED FOR SEASON |
| | | Pooch Plunge: Sept. 2 |

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.

RECREATION SWIM FEES

Albert-Oakland Family Aquatic Center

| AGE | SINGLE ADMISSION |
|--------------------|------------------|
| 1 & under | FREE |
| 2-15 | \$3.00 |
| Adults (16+) | \$4.25 |

A WORD TO PARENTS



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

STAFF TRAINING

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



Aquatics

DIAPER POLICY

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



INCLEMENT WEATHER POLICY

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

FLOTATION DEVICES



Flotation devices are welcome at our aquatic facilities under these guidelines.

- We recommend U.S. Coast Guard approved devices only.
- Children 10 and under may only use flotation devices when an adult (16 years or older) is supervising the child.
- The size of the flotation devices may be restricted by aquatic staff.

- Water wings or arm floaters are strongly discouraged for use as flotation devices.

AQUATIC PRIVATE RENTALS

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

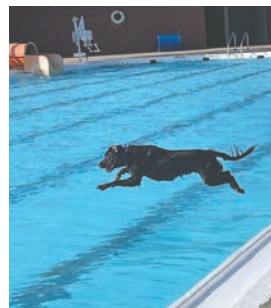
Rental Rates

ARC..... See ARC Water Zone rates, page 7
Hickman Pool\$168

- These rentals are for groups of 50 or less. Each additional person counted over 50 is \$1 each. **Every one attending is counted, even if they do not swim.**

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

AQUATIC PROGRAMS.....



POOCH PLUNGE

Finish off the 'dog days' of summer at Albert-Oakland Family Aquatic Center. The pool (no slides) is open for dogs; pets must be accompanied by an adult. Dogs swim only! Owners are responsible for cleaning up any accidents; dog and owner must be pre-registered to participate. Limited space-friendly dogs only! If weather is inclement, please call the hotline at 573.874.7663, option 3 after 4 pm for possible cancellations.

Location: Albert-Oakland Family Aquatic Center

| Activity # | Date | Time | Age | Price |
|------------|-----------|----------------|-----|-------|
| 114401-01 | Tu: Sep 2 | 5-6 p.m. | NA | \$6 |
| 114401-02 | Tu: Sep 2 | 6:30-7:30 p.m. | NA | \$6 |

UNDERWATER HOCKEY

Sign up for this exciting and unique sport, where you'll use snorkels, fins and a stick to guide a weighted puck toward the opposing team's goal. The challenge? Managing your breath as you dive, surface and work together as a team. It's like hockey, but with the added twist of being underwater! Beginners are welcome, we'll provide training for anyone eager to learn. Underwater hockey promotes safe play, focusing on coordination, puck handling, teamwork and fitness—making it a great choice for people of all ages and skill levels! Registration open to individuals.

Location: Hickman High School Indoor Pool

| Activity # | Date | Time | Age | Price |
|------------|----------------|----------------|-----|---------|
| 115199-01 | F: Sept. 12-26 | 7:15-8:15 p.m. | | \$37.50 |
| 115199-02 | F: Oct. 10-24 | 7:15-8:15 p.m. | | \$37.50 |
| 115199-03 | F: Nov. 7-14 | 7:15-8:15 p.m. | | \$25 |
| 115199-04 | F: Jan. 9-23 | 7:15-8:15 p.m. | | \$37.50 |
| 115199-05 | F: Feb. 13-27 | 7:15-8:15 p.m. | | \$37.50 |



ARC WATER ZONE.....

The **LIFEGUARD'S** function is to respond to aquatic emergencies and enforce rules and regulations which prevent accidents, but **PARENTS** are ultimately responsible for the safety of their children.

HOLIDAY HOURS

| | | |
|--------|---|---|
| Sept 1 | 9 a.m. - 12 p.m. Lap/Spa/Walk <i>No Water Fitness classes held</i> | 12-2:30 p.m. Rec Swim <i>11 a.m.-12 p.m. Little Swimmers</i> |
| Nov 11 | 9 a.m. - 12 p.m. Lap/Spa/Walk <i>No Water Fitness classes held</i> | 12-2:30 p.m. Rec Swim <i>11 a.m.-12 p.m. Little Swimmers</i> |
| Nov 26 | 5:45 a.m. – 12 p.m. Regular Schedule | 12-5 p.m. Rec Swim |
| Nov 27 | Closed | |
| Dec 24 | 7 a.m. – 12 p.m. Lap/Spa/Walk <i>No Water Fitness classes held</i> | 12-2:30 p.m. Rec Swim <i>11 a.m.-12 p.m. Little Swimmers</i> |
| Dec 25 | Closed | |
| Dec 31 | 5:45 a.m. – 12 p.m. Regular Schedule | 12-5 p.m. Rec Swim |
| Dec 31 | 7 a.m. – 12 p.m. Lap/Spa/Walk <i>No Water Fitness classes held</i> | 12-2:30 p.m. Rec Swim <i>11 a.m.-12 p.m. Little Swimmers</i> |
| Jan 1 | Closed | |

See page 7 for facility holiday hours.

SCHOOL'S OUT – OPEN SWIM

The indoor leisure pool will open early (1 pm) on the following days to provide lots of fun and excitement for children who are out of school. Reminder: Please check the pool schedule for Water Zone closing times

Sept. 22, Oct. 10, Nov. 4, 14, 26, 27; Dec. 22, 23, 26, 29, 30, 31
Jan. 1, 2, 19; Feb. 13, 16; Mar. 6, 23, 24, 25, 26, 27

REC SWIM

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

LAP/SPA/WALK

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

WATER AEROBICS CLASS

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

MOVING MY JOINTS

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

WATER ZONE BIRTHDAY PARTY PACKAGES

Come have your birthday fun at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 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
- Guest may stay and enjoy the ARC after your party room time is over

ROOM TIMES

Mon or Wed..... 5:30-7:30 p.m.
Fri..... 1:30-3:30* p.m.; 5:30-7:30 p.m.; 6-8 p.m.; 6:30-8:30 p.m.
Sat or Sun..... 12:30-2:30 p.m.; 3-5 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 A MONDAY OR WEDNESDAY!

WATER ZONE ROOM RENTAL

| BASIC PACKAGE | DELUXE PACKAGE | ULTIMATE PACKAGE |
|-------------------------------|-------------------------------|-------------------------------|
| Room: Typhoon | Room: Typhoon | Room: Typhoon |
| Participants: up to 25 | Participants: up to 35 | Participants: up to 45 |
| Cost Member: \$110 | Cost Member: \$141 | Cost Member: \$175 |
| Nonmember: \$126 | Nonmember: \$162 | Nonmember: \$201 |

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

Available Mon or Fri 1:30-3:30* p.m.; 6:30-8:30 p.m.

If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This two hour package does not include admission into the facility. See page 7 for fees.

| Rooms | Typhoon |
|---------------------------|----------------|
| Maximum Capacity | 45 persons |
| 2 Hour Room Rental | \$50 |

- T-Shirt cost \$6
- Admission to the ARC is **REQUIRED** for each person with this room rental.
- If swimming isn't part of your plan, we have other room rental options, see page 8. *Available when school is not in session or on early release day



View pool hours, programs, admission prices and private rentals



**Check CoMo.gov (search aquatics)
or call 573.874.7700 or 573.874.7460**



Water Specialty Classes

WATER SPECIALTY CLASSES

DEEP WATER AEROBICS

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

Location: Hickman Indoor Pool @ Hickman High School

| Activity # | Date | Time | Age | Price |
|------------|--------------------|----------------|-----|-------|
| 101205-01 | Tu, Th: Sept. 9-25 | 5:30-6:20 p.m. | 15+ | \$40 |
| 101205-02 | Tu, Th: Oct. 7-23 | 5:30-6:20 p.m. | 15+ | \$40 |
| 101205-03 | Tu, Th: Nov. 4-13 | 5:30-6:20 p.m. | 15+ | \$28 |
| 101205-04 | Tu, Th: Dec. 2-11 | 5:30-6:20 p.m. | 15+ | \$28 |
| 101205-05 | Tu, Th: Jan. 13-29 | 5:30-6:20 p.m. | 15+ | \$40 |
| 101205-06 | Tu, Th: Feb. 10-26 | 5:30-6:20 p.m. | 15+ | \$40 |

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



LITTLE SWIMMERS PLAYTIME

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

Mon - Thurs 11 a.m. - 12 p.m.
\$1 for all participants / ARC members are free

See page 28 for Little Gymmers

DAYCARE SWIM

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

Tues & Thurs 10-11 a.m.
\$1 for all participants

SWIM LESSONS

NEW IN 2025

All swim lessons will have staggered registration, starting at 9 a.m.

Lessons beginning:

Sept. 6, 9, open Aug. 13 Jan. 13, 17, open Dec. 17
Oct. 7, 11, open Sept. 24 Feb. 10, 21, open Jan. 14

Registration will be taken via WebTrac, 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.

ADAPTIVE SWIM

The Adaptive Instruction program is designed to provide a safe, enjoyable recreation experience for individuals who have physical disabilities, impairments or have a developmental disability. 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 |
|------------|--------------------|----------------|-----|-------|
| 116601-01 | Tu, Th: Sept. 9-25 | 7:30-8 p.m. | 3+ | \$48 |
| 116601-02 | Tu, Th: Oct. 7-23 | 7:30-8 p.m. | 3+ | \$48 |
| 116601-03 | Tu, Th: Jan. 13-29 | 7:30-8 p.m. | 3+ | \$48 |
| 116601-04 | Tu, Th: Feb. 10-26 | 6:30-7 p.m. | 3+ | \$48 |
| 116601-05 | Tu, Th: Feb. 10-26 | 7:15-7:45 p.m. | 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: Water Zone @ ARC

| Activity # | Date | Time | Age | Price |
|------------|---------------------|------------------|---------|-------|
| 116701-01 | Sa: Sept. 6-27 | 10:10-10:40 a.m. | 6 mos-3 | \$40 |
| 116701-02 | Sa: Sept. 6-27 | 11:10-11:40 a.m. | 6 mos-3 | \$40 |
| 116701-03 | Sa: Oct. 11-Nov. 1 | 10:10-10:40 a.m. | 6 mos-3 | \$40 |
| 116701-04 | Sa: Oct. 11-Nov. 1 | 11:10-11:40 a.m. | 6 mos-3 | \$40 |
| 116701-05 | Sa: Jan. 17-Feb. 7 | 10:10-10:40 a.m. | 6 mos-3 | \$40 |
| 116701-06 | Sa: Jan. 17-Feb. 7 | 11:10-11:40 a.m. | 6 mos-3 | \$40 |
| 116701-07 | Sa: Feb. 21-Mar. 14 | 10:10-10:40 a.m. | 6 mos-3 | \$40 |
| 116701-08 | Sa: Feb. 21-Mar. 14 | 11:10-11:40 a.m. | 6 mos-3 | \$40 |



Youth and Teen Aquatics



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.

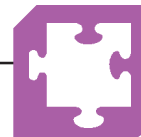
Location: See below, ARC or Hickman Pool

| Activity # | Date | Time | Location | Age | Price |
|------------|---------------------|------------------|----------|------|-------|
| 116901-01 | Sa: Sept. 6-27 | 9:10-9:55 a.m. | ARC | 3-15 | \$40 |
| 116901-02 | Sa: Sept. 6-27 | 10:10-10:55 a.m. | ARC | 3-15 | \$40 |
| 116901-03 | Sa: Sept. 6-27 | 11:10-11:55 a.m. | ARC | 3-15 | \$40 |
| 116901-04 | Tu,Th: Sept. 9-25 | 6:30-7:15 p.m. | HICK | 3-15 | \$48 |
| 116901-05 | Tu,Th: Oct. 7-23 | 6:30-7:15 p.m. | HICK | 3-15 | \$48 |
| 116901-06 | Sa: Oct. 11-Nov. 1 | 9:10-9:55 a.m. | ARC | 3-15 | \$40 |
| 116901-07 | Sa: Oct. 11-Nov. 1 | 10:10-10:55 a.m. | ARC | 3-15 | \$40 |
| 116901-08 | Sa: Oct. 11-Nov. 1 | 11:10-11:55 a.m. | ARC | 3-15 | \$40 |
| 116901-09 | Tu,Th: Jan. 13-29 | 6:30-7:15 p.m. | HICK | 3-15 | \$48 |
| 116901-10 | Sa: Jan. 17-Feb. 7 | 9:10-9:55 a.m. | ARC | 3-15 | \$40 |
| 116901-11 | Sa: Jan. 17-Feb. 7 | 10:10-10:55 a.m. | ARC | 3-15 | \$40 |
| 116901-12 | Sa: Jan. 17-Feb. 7 | 11:10-11:55 a.m. | ARC | 3-15 | \$40 |
| 116901-13 | Sa: Feb. 21-Mar. 14 | 9:10-9:55 a.m. | ARC | 3-15 | \$40 |
| 116901-14 | Sa: Feb. 21-Mar. 14 | 10:10-10:55 a.m. | ARC | 3-15 | \$40 |
| 116901-15 | Sa: Feb. 21-Mar. 14 | 11:10-11:55 a.m. | ARC | 3-15 | \$40 |

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 | |



Aquatics | Arts, Crafts & Leisure

ARE WE GOING TO HAVE CLASS

Make-up days will be scheduled the Tuesday/Thursday following the last week of lessons only if a cancellation is made by the Parks and Recreation Department staff. There are no make up days for the ARC or lessons missed for personal reasons.

In the event of inclement weather, please call 573.874.7663.

This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled.

Note: Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.

Refund Policy

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

STARGUARD LIFEGUARD TRAINING



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

*Price: Free for guards employed by Columbia Parks and Recreation, \$175 for other participants

**Class meets on Friday from 5-9 pm, Saturday and Sunday from 8 am - 5pm. Changes in class time may be made by the instructor dependent upon the number of participants.

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

Location: Pool @ Hickman High School

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

| Activity # | Date | Time* | Age | Price* |
|------------|----------------------|-----------|-----|--------|
| 101200-01 | F-Su: Oct. 3-5 | see above | 15+ | \$175 |
| 101200-02 | F-Su: Jan. 30-Feb. 1 | see above | 15+ | \$175 |
| 101200-03 | F-Su: Mar 6-8 | see above | 15+ | \$175 |

AQUATICS

LIFEGUARD RE-CERTIFICATION

The recertification course is offered to those currently certified lifeguarding and CPR who need to be recertified. The training and CPR certification is good for one year. Training will consist of a review of the class materials, a final skills test, and a final written test. If not currently employed by Parks and Recreation, you will need to provide proof of your unexpired certification. This can be emailed to Sydney.Philpot@CoMo.gov. Enrollment in class does not guarantee a passing grade. Please contact us directly at 874-7700 to register, online registration not available.

Location: Pool @ Hickman High School

| Activity # | Date | Time | Age | Price |
|------------|-------------|---------------|-----|-------|
| 101201-01 | Su: Oct. 5 | 8 a.m.-5 p.m. | 15+ | \$135 |
| 101201-02 | Su: Feb. 1 | 8 a.m.-5 p.m. | 15+ | \$135 |
| 101201-03 | Su: March 8 | 8 a.m.-5 p.m. | 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 garywgalbreath@gmail.com or visit <http://www.cscsharksharks.org/> for more information.

ARTS, CRAFTS & LEISURE

CLASSES FOR KIDS AND TEENS



CERAMIC PAINTING FOR KIDS

Introduce your little ones to the world of creativity and fun with our hands-on ceramic activity! This engaging activity allows children to explore their artistic side. Perfect for young artists eager to show creativity and work on fine motor skills. We'll be bisque painting where kids will decorate one pre-fired ceramic piece using colorful acrylic paint. Don't miss out on the fun and reserve your spot today! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|------------|----------------|-------------|-------|
| 102971-01 | Th: Oct. 9 | 3-4 p.m. | 3-8 w adult | \$12 |
| 102971-02 | W: Nov. 19 | 10-11 a.m. | 3-8 w adult | \$12 |
| 102971-03 | W: Nov. 19 | 3:30-4:30 p.m. | 3-8 w adult | \$12 |
| 102971-04 | F: Dec. 12 | 10-11 a.m. | 3-8 w adult | \$12 |

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@comogov.

Location: Downstairs Classroom @ Armory Sports Center

| Activity # | Date | Time | Age | Price |
|------------|----------|-----------------|------------|-------|
| Drop in | Sep 1-30 | 8 a.m. - 6 p.m. | 17 & under | Free |



Arts, Crafts & Leisure

CLASSES FOR TEENS AND ADULTS

NEW! DOGS AND STORKS

This class is ideal for expectant families with dogs, offering valuable support as you prepare for this exciting transition. You'll gain insights that deepen your connection with your dog while getting ready to welcome your child into your home. The presentation provides positive, practical and sustainable solutions to help you every step of the way. Pre-registration required.

Instructor: Steven Bishop

Location: Hillcrest Room D @Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|-------------|-----------------|-----|-------|
| 113171-01 | Sa: Oct. 4 | 10 a.m.-12 p.m. | 18+ | \$15 |
| 113171-02 | Sa: Dec. 13 | 10 a.m.-12 p.m. | 18+ | \$15 |
| 113171-03 | Sa: Feb. 7 | 10 a.m.-12 p.m. | 18+ | \$15 |



NEW! WHAT OUR DOGS ARE TRYING TO TELL US

If you don't have a dog, chances are you know someone who does. This program helps you understand when a dog is comfortable, when they are uncomfortable, signs to look for to avoid aggression and what is appropriate play. Focus is largely on body language and behavior of dogs. Ideal for the person who wants to improve their relationship with their dog, wants to interact better with dogs they meet, or the professional dog trainer. Pre-registration required.

Instructor: Steven Bishop

Location: Hillcrest Room D @Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|-------------|-----------------|-----|-------|
| 113172-01 | Sa: Sept. 6 | 11 a.m.-12 p.m. | 18+ | \$15 |
| 113172-02 | Sa: Nov. 1 | 11 a.m.-12 p.m. | 18+ | \$15 |
| 113172-03 | Sa: Jan. 10 | 11 a.m.-12 p.m. | 18+ | \$15 |



LET'S BREW!

Do you like beer, wine, mead? Ever wanted to learn to make your own? It's not difficult! Join us in an interactive demonstration where you learn to brew in your own kitchen. You'll discuss the different brewing methods, wide variety of beer styles, learn about the ingredients and process, and will discuss making other fermented beverages such as wine, cider and mead. Pre-registration required, must be 21. Thanks to Worts & All for their in-kind donation of ingredients for the class.

Instructor: Benjamin Asbeck

Location: Hillcrest Room D @Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|--------------|----------------|-----|-------|
| 114103-01 | Sa: Sept. 27 | 11 a.m.-2 p.m. | 21+ | \$20 |
| 114103-02 | Sa: Jan. 24 | 11 a.m.-2 p.m. | 21+ | \$20 |



NEW! VOICE CLASS

Want to learn how to sing? Join us to explore vocal and breathing techniques that will strengthen your voice and boost your confidence. Bring along a song of your choice—whether it's classical, spiritual, musical theater or pop (as long as it's appropriate)—and we'll help you work on it. Our goal is to help you grow as a singer while having fun along the way.

Instructor: Kathy Meagher

Location: Hillcrest Room D @Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------------------------|--------------------|----------------|-------------|-------|
| 113319-01 | T: Sept. 9-Oct. 14 | 6:45-7:45 p.m. | 10 to adult | \$36 |
| 113319-02 | T: Oct. 21-Dec. 9* | 6:45-7:45 p.m. | 10 to adult | \$36 |
| 113319-03 | T: Dec 16-Jan. 27* | 6:45-7:45 p.m. | 10 to adult | \$36 |
| 113319-04 | T: Feb. 3-Mar. 10 | 6:45-7:45 p.m. | 10 to adult | \$36 |
| No class 11/11, 11/25, 12/23 | | | | |

DOWNTOWN POETRY CLUB

Join our club to write, critique, share, hold discussion groups, and even perform if you wish. No experience necessary, and available to adults and teens. Call 573.874.6378 or email camren.cross@como.gov for more information.

Location: Armory Sports Center

| Activity # | Date | Time | Age | Price |
|------------|-----------------|--------|------------|-------|
| Drop in | 1st and 3rd Wed | 7 p.m. | 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 VFA to schedule your class for a day and time of your convenience. Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).

Instructor: Voices For All instructor

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



Bicycle Programs | CARE Program

BICYCLE PROGRAMS



COMO BIKE CO-OP FREE WALK-IN BICYCLE REPAIR



The CoMo Bike Co-op is located in the Armory Sports and Recreation 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 p.m.

(closed on holidays and hours are subject to change)

Location: Armory Sports Center, 701 E Ash

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 |
|------------|----------------|-----|-------|
| | By appointment | 5+ | \$50 |



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

<http://www.CoMo.gov> (search CARE program)

Like us on Facebook: City of Columbia CARE Program

Follow us on X: CareColumbiaMO

"Investing in our Youth, Investing in our Future"

Teenagers who have summer jobs gain a competitive advantage later in life. By 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 more than 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 Oct. 1 through early February, 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.



CARE Program | Computers / Online Classes



WE HIRE COLUMBIA AREA YOUTH DURING THE SUMMER!

The CARE program hires 14- to 25-year-olds who live in Columbia, attend a school in Columbia

or have a parent who works for the City of Columbia. CARE hires them and places them at local businesses, non-profit agencies and City departments where they gain much needed real-world, hands-on experience. You can find the online application at GoCoMoJobs.com/postings/search. It will be open Jan. 1-March 8, however, we recommend you apply as soon as possible after Jan. 1.

Want to MAKE A DIFFERENCE while getting Labor at NO COST TO YOU 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, they must be able to keep their trainees busy with quality "entry-level" work experiences/assignments and supervise them for 25 hours per week for ten weeks June 21-Aug. 27.

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 573.874.6300.



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 |



DANCE, CHEERLEADING



CLASSES FOR YOUTH

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 and Recreation Center

| Activity # | Date | Time | Age | Price |
|------------|--------------------|----------|------|-------|
| 105908-04 | W: Sept. 3-Nov. 12 | 5-6 p.m. | 4-11 | Free |
| 105908-05 | W: Jan. 7-Mar. 18 | 5-6 p.m. | 4-11 | Free |

NEW! ZUMBA GROOVE

Get the whole family moving in this high-energy, feel-good dance workout! Designed for ages 6-adult, this one-hour Zumba class blends upbeat music that keep everyone smiling, sweating and having fun together. No dance experience needed—just bring your energy and willingness to move. It's the perfect way to bond, burn off energy and boost those endorphins as a family. Pre-registration required.

Instructor: LaToya Gatewood

Location: Moss Bldg Room A

| Activity # | Date | Time | Age | Price |
|------------|----------------|-----------------|---------|-------|
| 107375-01 | Sa: Sept. 6-27 | 9:30-10:30 a.m. | 6-adult | \$36 |
| 107375-02 | Sa: Oct. 4-11 | 9:30-10:30 a.m. | 6-adult | \$36 |
| 107375-03 | Sa: Nov. 1-22 | 9:30-10:30 a.m. | 6-adult | \$36 |
| 107375-04 | Sa: Dec. 6-20 | 9:30-10:30 a.m. | 6-adult | \$36 |
| 107375-05 | Sa: Jan. 3-31 | 9:30-10:30 a.m. | 6-adult | \$36 |
| 107375-06 | Sa: Feb. 7-28 | 9:30-10:30 a.m. | 6-adult | \$36 |

CLASSES FOR TEENS AND ADULTS



TAPPERCISE

Tap for fun and exercise! Learn as you move with nonstop dancing for a workout that doesn't feel like exercise. Tap shoes recommended, but not required. Pre-registration required.

Instructor:

Pat Schreiner

Location: Hillcrest Room D @ Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|----------------------|----------------|-----|-------|
| 105212-01 | Tu: Aug. 19-Sept. 23 | 4:30-5:15 p.m. | 16+ | \$35 |
| 105212-02 | Tu: Aug. 19-Sept. 23 | 5:30-6:15 p.m. | 16+ | \$35 |
| 105212-03 | Tu: Sept. 30-Nov. 4 | 4:30-5:15 p.m. | 16+ | \$35 |
| 105212-04 | Tu: Sept. 30-Nov. 4 | 5:30-6:15 p.m. | 16+ | \$35 |

FENCING & MARITAL ARTS



CLASSES FOR YOUTH



INTRO TO FOIL FENCING

Stay healthy in body and mind, and have fun while exercising! Brief history, hand and body positions, lunges, attacks, parries, and strategy will be emphasized. 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: Hillcrest Room D

Instructor: John Konzal

| Activity # | Date | Time | Age | Price |
|------------|----------------------|-------------|----------|-------|
| 106901-01 | Th: Aug. 21-Sept. 25 | 5:30-7 p.m. | 10-adult | \$48 |
| 106901-02 | Th: Oct. 2-Nov. 6 | 5:30-7 p.m. | 10-adult | \$48 |
| 106901-03 | Th: Nov. 13-Jan. 8* | 5:30-7 p.m. | 10-adult | \$48 |

*No class 11/27, 12/25, 1/1



JUDO

Learn traditional Judo, Freestyle Judo and grappling, including throwing, ground work and submissions. Join DDD Judo Mid-MO for fun, fitness and self-defense, in this class for all ages and skill levels. DDD Judo Mid-MO is a registered AAU Judo club, active for 25+ years, offering instructional classes in coordination with

Columbia Parks and Recreation. Call or text Sensei Heitmann with questions at 816.806.2113. Pre-registration required.

Instructor: Sensei Chris Heitmann

Location: Moss Bldg Room A

| Activity # | Date | Time | Age | Price |
|------------|---------------------|----------|---------|-------|
| 111301-01 | M/W: Month of Sept* | 6-7:30pm | 5-adult | \$45 |
| 111301-02 | M/W: Month of Oct | 6-7:30pm | 5-adult | \$45 |
| 111301-03 | M/W: Month of Nov* | 6-7:30pm | 5-adult | \$45 |
| 111301-04 | M/W: Month of Dec* | 6-7:30pm | 5-adult | \$45 |
| 111301-05 | M/W: Month of Jan* | 6-7:30pm | 5-adult | \$45 |
| 111301-06 | M/W: Month of Feb | 6-7:30pm | 5-adult | \$45 |
| 111301-07 | M/W: Month of Mar | 6-7:30pm | 5-adult | \$45 |

*No class 9/1, 12/24, 12/31, 1/19



Fencing and Martial Arts

CLASSES FOR YOUTH

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: Dan Pingelton

| Activity # | Date | Time | Age | Price |
|------------|------------------------|-----------|---------|-------|
| 111302-01 | Tu,Th: Sept. 9-Oct. 16 | 6- 7 p.m. | 7-adult | \$55 |
| 111302-02 | Tu,Th: Oct. 21-Dec. 4* | 6- 7 p.m. | 7-adult | \$55 |
| 111302-03 | Tu,Th: Dec. 9-Jan. 22* | 6- 7 p.m. | 7-adult | \$55 |
| 111302-04 | Tu,Th: Jan. 27-Mar 5 | 6- 7 p.m. | 7-adult | \$55 |

*No class 11/11, 11/25, 11/27, 12/23, 12/25, 1/1



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: Dan Pingelton

| Activity # | Date | Time | Age | Price |
|------------|------------------------|----------|---------|-------|
| 111304-01 | Tu,Th: Sept. 9-Oct. 16 | 7-8 p.m. | 7-adult | \$55 |
| 111304-02 | Tu,Th: Oct. 21-Dec. 4* | 7-8 p.m. | 7-adult | \$55 |
| 111304-03 | Tu,Th: Dec. 9-Jan. 22* | 7-8 p.m. | 7-adult | \$55 |
| 111304-04 | Tu,Th: Jan. 27-Mar 5 | 7-8 p.m. | 7-adult | \$55 |

*No class 11/11, 11/25, 11/27, 12/23, 12/25, 1/1

YOUTH / ADULT OPEN KARATE CLASS

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

Location: Aerobic Room @ Armory Sports Center

Instructor: Black Belt instructor from Pine Forest Way Dojo (Ray Walker)

| Activity # | Date | Time | Age | Price |
|------------|----------------|-------------------|---------|-------|
| NA | Every Saturday | 10 a.m. - 12 p.m. | 7-adult | Free |

FREE YOUTH SHORIN-RYU KARATE

Would you like to try shorin-ryu karate for free? Sign up for this one time session class. Enrollment is limited so sign up early.

Location: Aerobic Room @ Armory Sports Center

Instructor: Ray Walker

| Activity # | Date | Time | Age | Price |
|------------|--------------------|-----------|------|-------|
| 111908-01 | M: Oct. 13-Nov. 17 | 6:30-7 pm | 7-14 | Free |
| 111908-02 | M: Jan. 26-Mar. 2 | 6:30-7 pm | 7-14 | Free |

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 from Pine Forest Way Dojo (Ray Walker)

| Activity # | Date | Time* | Age | Price |
|------------|--------------------------|-------|------|-------|
| 111905-01 | M, Th: Sept. 4-Oct. 16 | | 7-14 | \$75 |
| 111905-02 | M, Th: Oct. 20-Dec. 18** | | 7-14 | \$75 |
| 111905-03 | M, Th: Jan. 5-March 5** | | 7-14 | \$75 |

*Mondays, 7-7:40 p.m.; Thursdays, 6:30-7:15 p.m., **No class 11/24, 11/27, 1/19

ADVANCED 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 from Pine Forest Way Dojo (Ray Walker)

| Activity # | Date | Time* | Age | Price |
|------------|--------------------------|-------|------|-------|
| 111210-01 | M, Th: Sept. 4-Oct. 16 | | 7-14 | \$75 |
| 111210-02 | M, Th: Oct. 20-Dec. 18** | | 7-14 | \$75 |
| 111210-03 | M, Th: Jan. 5-March 5** | | 7-14 | \$75 |

*Mondays, 7:40-8:20 pm; Thursdays, 7:15-8 pm, **No class 11/24, 11/27, 1/19

KORYO GUMDO FOR KIDS

An intro to the martial art of Koryo Gumdo, using the same long sword used by the ancient Samurai and Hwarang warriors! Learn cuts, blocks, stances, and philosophy behind the use of the sword, while making traditional and modern sword techniques in this graceful, yet powerful martial art. Pre-registration required, come try a free class.

Location: Riechmann Pavilion @ Stephens Lake Park

Instructor: Benjamin Asbeck

| Activity # | Date | Time* | Age | Price |
|------------|----------------|-------------|-------|-------|
| 111909-01 | Tu: Sept. 2-30 | 5:30-6 p.m. | 10-13 | \$35 |
| 111909-02 | Tu: Oct. 7-28 | 5:30-6 p.m. | 10-13 | \$35 |
| 111909-03 | Tu: Nov. 4-25* | 5:30-6 p.m. | 10-13 | \$35 |
| 111909-04 | Tu: Jan. 6-27 | 5:30-6 p.m. | 10-13 | \$35 |
| 111909-05 | Tu: Feb. 3-24 | 5:30-6 p.m. | 10-13 | \$35 |

*No class 11/25



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 573.817.5077 for more information.

Location: Armory Sports Center

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

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 from Pine Forest Way Dojo (Ray Walker)

| Activity # | Date | Time* | Age | Price |
|------------|------------------------|-----------|-----|-------|
| 111200-01 | M, Th: Sept. 4-Oct. 16 | see below | 15+ | \$75 |
| 111200-02 | M, Th: Oct. 20-Dec. 18 | see below | 15+ | \$75 |
| 111200-03 | M, Th: Jan. 5-Mar. 5 | see below | 15+ | \$75 |

*Mondays, 8:20-9 p.m.; Thursdays, 8-9 p.m.

**No class 11/24, 11/27, 1/19

FREE TEEN AND ADULT SHORIN-RYU KARATE

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

Location: Aerobic Room @ Armory Sports Center

Instructor: Ray Walker

| Activity # | Date | Time | Age | Price |
|------------|--------------------|----------------|-----|-------|
| | M: Oct. 13-Nov. 17 | 8:15-8:55 p.m. | 15+ | Free |
| | M: Jan. 26-Mar. 2 | 8:15-8:55 p.m. | 15+ | Free |



AIKIDO

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

Location: Moss Bldg. Room B @ Waters-Moss

Instructor: Kevin Hayward

| Activity # | Date | Time | Age | Price |
|------------|---------------------|-----------|-----|-------|
| 111204-01 | M,W: Month of Sept* | 6- 8 p.m. | 15+ | \$45 |
| 111204-02 | M,W: Month of Oct | 6- 8 p.m. | 15+ | \$45 |
| 111204-03 | M,W: Month of Nov* | 6- 8 p.m. | 15+ | \$45 |
| 111204-04 | M,W: Month of Dec* | 6- 8 p.m. | 15+ | \$45 |
| 111204-05 | M,W: Month of Jan* | 6-8 p.m. | 15+ | \$45 |
| 111204-06 | M,W: Month of Feb | 6-8 p.m. | 15+ | \$45 |
| 111204-07 | M,W: Month of March | 6-8 p.m. | 15+ | \$45 |

*No class 9/1, 12/24, 12/31, 1/19



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 |
|------------|----------------|----------|-----|-------|
| 111207-01 | Tu: Sept. 2-30 | 6-7 p.m. | 14+ | \$39 |
| 111207-02 | Tu: Oct. 7-28 | 6-7 p.m. | 14+ | \$39 |
| 111207-03 | Tu: Nov. 4-25* | 6-7 p.m. | 14+ | \$39 |
| 111207-04 | Tu: Jan. 6-27 | 6-7 p.m. | 14+ | \$39 |
| 111207-05 | Tu: Feb. 3-24 | 6-7 p.m. | 14+ | \$39 |

*No class 11/25



Fencing and Martial Arts



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.

Instructor: Benjamin Asbeck | **Location:** Riechmann Pavilion @ Stephens Lake Park

| Activity # | Date | Time | Age | Price |
|-----------------|----------------|----------|-----|-------|
| 111209-01 | Tu: Sept. 2-30 | 7-8 p.m. | 14+ | \$39 |
| 111209-02 | Tu: Oct. 7-28 | 7-8 p.m. | 14+ | \$39 |
| 111209-03 | Tu: Nov. 4-25* | 7-8 p.m. | 14+ | \$39 |
| 111209-04 | Tu: Jan. 6-27 | 7-8 p.m. | 14+ | \$39 |
| 111209-05 | Tu: Feb. 3-24 | 7-8 p.m. | 14+ | \$39 |
| *No class 11/25 | | | | |

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: Aerobics Room @Armory Sports Center

| Activity # | Date | Time | Age | Price |
|------------|----------------|----------------|-----|-------|
| Drop in | Tues and Thurs | 8:30-9:30 a.m. | 18+ | Free |

SELF DEFENSE FOR WOMEN

In this course, participants will develop situational awareness through a variety of simulations and scenarios. Our instructor, a 5th degree black belt in Hapkido with the assistance of staff from True North will lead you through a series of exercises simulating a variety of instances where self defense techniques could be applied. Be prepared to prevent, escape, resist and survive an assault. Active wear and athletic shoes are required. Pre-registration is required.

Location: Downstairs Classroom @Armory Sports Center

| Activity # | Date | Time | Age | Price |
|------------|-----------------------|----------|-----|-------|
| 113149-01 | Tu: Oct. 7-Nov. 11 | 6-8 p.m. | 18+ | \$20 |
| 113149-02 | Tu: Jan. 13 – Feb. 17 | 6-8 p.m. | 18+ | \$20 |

Note: Young women under the age of 18 of high school age can enroll in the class, but only if concurrently enrolling with a female guardian.



IAIDO

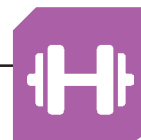
Iaido is a 475-year-old traditional Amauri sword art. Unlike other Japanese sword arts, such as Kendo, Iaido techniques always start with the sword sheathed, with the object being to draw and defeat an opponent in one smooth motion. Practices tend to be quieter than most other martial arts, focusing on repetition, perfecting footwork, posture, and form. Iaido is primarily a non-contact martial art, with no sparring or free style practice. After a student understands the basics, paired techniques (using a wooden sword) are used to teach distance and timing. Pre-registration required.

Location: Moss Bldg. Room B @ Waters-Moss

Instructor: Brent Gilliatt

| Activity # | Date | Time | Age | Price |
|------------|--------------------|-----------|----------|-------|
| 111211-01 | Sa: Month of Sept. | 9-11 a.m. | 16-adult | \$45 |
| 111211-02 | Sa: Month of Oct. | 9-11 a.m. | 16-adult | \$45 |
| 111211-03 | Sa: Month of Nov* | 9-11 a.m. | 16-adult | \$45 |
| 111211-04 | Sa: Month of Jan. | 9-11 a.m. | 16-adult | \$45 |
| 111211-05 | Sa: Month of Feb. | 9-11 a.m. | 16-adult | \$45 |
| 111211-06 | Sa: Month of Mar. | 9-11 a.m. | 16-adult | \$45 |

* No class 11/29



Fitness and Exercise

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 old's must take youth orientation before access and have parent supervision. Pre-registration required.

Location: Cardio/Strength Area @ Activity & Rec Ctr

| Activity # | Date | Time | Age | Price |
|------------|--------------|----------------|-----|-------|
| 107230-01 | Th: Sept. 11 | 5:30-6:30 p.m. | 12+ | \$10 |
| 107230-02 | Tu: Oct. 14 | 5:30-6:30 p.m. | 12+ | \$10 |
| 107230-03 | W: Nov. 19 | 5:30-6:30 p.m. | 12+ | \$10 |
| 107230-04 | Th: Dec. 18 | 5:30-6:30 p.m. | 12+ | \$10 |
| 107230-05 | W: Jan. 21 | 5:30-6:30 p.m. | 12+ | \$10 |
| 107230-06 | Th: Feb. 17 | 5:30-6:30 p.m. | 12+ | \$10 |

ARC Youth Training Room

Mon-Fri 5:30 a.m. – 9:30 p.m.

Sat 7 a.m. – 6 p.m.

Sun 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 573.817.5077 for more information and to register.

Location: Armory Sports Center – Workout room

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

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.



Fitness, Exercise & Group descriptions

CLASSES FOR ADULTS



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.

THANKSGIVING PREPARATION AT THE ARC

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

SPRING BREAK P.T. PREP

Limited to the week of Feb. 15-21 for purchasing packages. Purchase a 12 Session Personal Training Package at \$360 (\$35 discount). We're here to help you through the process of setting goals and obtaining them. Don't put on that bathing suit without looking and feeling your best! This gives you a full month/ 3 days a week of trimming, toning, and shaping to be ready for Spring Break!!!

TOTAL BODY BOOTCAMP- 8 WEEKS TO FIT & FUN

Get ready to move, sweat, and have a blast with Total Body Bootcamp! This 8-week fitness program is designed for all fitness levels, from beginners to seasoned athletes. Each session includes dynamic, full-body workouts that target every muscle group while keeping the energy high and the atmosphere fun. With a mix of strength training, cardio, and stability work, you'll build strength, improve endurance, and boost your confidence. Whether you're starting your fitness journey or looking to push yourself to the next level, this program will leave you feeling strong and empowered.

Location: ARC

| Activity # | Date | Time | Age | Price |
|------------|-------------------|----------|-----|-------|
| 107232-06 | M: Nov. 3-Dec. 22 | 6-7 p.m. | 16+ | \$75 |

A.M. BOOTCAMP- 4 WEEKS

Class combines cardiovascular with resistance training for a fun group workout. You will never have a dull moment in this fast-paced, individually challenging class. Even in this group environment, you will be challenged at your own level and pushed to your potential. Workouts are held in various environments such as outdoors, open gymnasium, weight room, etc. Lose inches, tone up and feel better; shock your body and get the results you deserve! Pre-registration is required.

Location: ARC

| Activity # | Date | Time | Age | Price |
|------------|--------------------|-----------------|-----|-------|
| 107233-01 | W: Aug. 13-Sept. 3 | 9:30-10:30 a.m. | 16+ | \$40 |

GROUP 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.

BARRE- Strengthen and lengthen your muscles through repetition with light weights, Pilates ball, a barre and ballet inspired movement. This low impact class builds cardio endurance, strength and flexibility by combining elements of dance, Pilates, yoga, and strength training. No ballet/dance experience necessary.

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

CHAIR RX-ERCISE- Increase your range of motion, increase ease of movement and decrease pain. With a foundation of flexibility, much strength can be gained with solid therapeutic movements.

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.

GENTLE HATHA YOGA-- Step away from the hustle and chaos of life to gentle yoga! This class is focused on gentle lying, seated, and standing poses that focus the mind, strengthen the body, and soothe the soul. Move through centering, breathing, movement, and final relaxation at a slow and safe pace. Props such as blocks, straps, and mats allow for accessibility in holding and transitioning through poses. Appropriate for all levels.

HATHA YOGA-- Two instructors alternate leading this relaxing and dynamic yoga class that features a variety of yoga styles, appropriate for all levels of practice.

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!

LOW & SLOW YOGA- A relaxed and grounded Yin-inspired yoga practice that is beginner-friendly, promoting joint health, flexibility and mindfulness.

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.



:::: ARC GROUP EXERCISE SCHEDULE (AUG. 13-MARCH 1) ::::

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|---|
| Body Conditioning 8-9 a.m. | **Spin 5:45-6:35 a.m. | Body Conditioning 8-9 a.m. | **Spin 5:45a.m.-6:35 a.m. | Body Conditioning 8-9 a.m. | **Spin 9-10 a.m. |
| *Silver Sneakers Cardio Circuit 8-8:50 a.m. | Zumba 7:30-8:30 a.m. | | | *Silver Sneakers Cardio Circuit 8:00a.m.-8:50 a.m. | Step 9:30-10:25 a.m. |
| *Silver Sneakers Classic 9-9:45 a.m. | *Silver Sneakers Yoga 8:45-9:30 a.m. | *Silver Sneakers Cardio Circuit 8:00-8:50 a.m. | Zumba 7:30-8:30 a.m. | *Silver Sneakers Classic 9:00-9:45 a.m. | Power Pump 10:30-11:25 a.m. |
| High Low 9:15-10:05 a.m. | Functional Fitness 9:15a.m.-10:15 a.m. | *Silver Sneakers Classic 9:00-9:45 a.m. | *Silver Sneakers Yoga 8:45-9:30 a.m. | Zumba 9:15-10:15 a.m. | Zumba World Rhythms 11:30 a.m.-12:30 p.m. |
| **Spin/Fusion 9:30-10:30 a.m. | **Spin 9:30-10:30 a.m. | ABLE Workout 9:15 a.m.-10:15 a.m. | Functional Fitness 9:15-10:15 a.m. | | SUNDAY |
| *Silver Sneakers Classic 9:55-10:40 a.m. | *Silver Sneakers Yoga 9:40-10:25 a.m. | **Spin/Fusion 9:30-10:30 a.m. | **Spin 9:30-10:30 a.m. | | |
| | | Silver Sneakers Classic* 9:55-10:40 a.m. | *Silver Sneakers Yoga 9:40-10:25 a.m. | | |
| Yoga Flow 10:30-11:30 a.m. | Chair Rx-ercise* 10:30-11:30 a.m. | Yoga Flow 10:30-11:30 a.m. | Chair Rx-ercise* 10:30-11:30 a.m. | *Silver Sneakers Classic 9:55-10:40 a.m. | |
| Zumba 4:15-5:15 p.m. | Vin-Yin Yoga 10:30-11:30 a.m. | Gentle Hatha Yoga 4:15-5:15 p.m. | Yoga & Pilates 10:30-11:30 a.m. | Low & Slow Yoga 10:30-11:30 a.m. | Knockout 1-2 p.m. |
| **Spin 5:30-6:30 p.m. | Body Conditioning 4:45-5:40 p.m. | **Spin/Fusion 5:30-6:30 p.m. | Zumba 4:15-5:15 p.m. | | |
| Step Combo 5:30-6:25 p.m. | **Spin 5:30-6:30 p.m. | Knockout 5:30-6:25 p.m. | *Spin 5:30-6:30 p.m. | Zumba 5:00-6:00 p.m. | Hatha Yoga 4:30-5:30 p.m. |
| To the Core 6:30-7 p.m. | Strong Nation 5:45-6:40 p.m. | Power Pump 6:30-7:15 p.m. | Barre 5:30-6:20 p.m. | | |
| Monday Mixer 7-8 p.m. | Zumba 6:45-7:45 p.m. | Zumba World Rhythms 7:20-8:20 p.m. | | | |

*Silver Sneakers and Chair Rx-ercise 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 5:30-8:30 a.m., 11:30-4:30 p.m., 7-9 p.m. | T/TR 7-9 a.m., 11 a.m.-5 p.m., 7-9 p.m.

Fri 5:30-8:30 a.m., 11 a.m.-9 p.m. | Sat 11 a.m.-6 p.m. | Sun 9 a.m.-6 p.m.



Fitness and Exercise Group Descriptions | Fun for Little Ones

GROUP DESCRIPTIONS

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

STEP COMBO- Combinations using the step, floor, and weights for duration, strength, and balance. Class may vary week to week. Plan on a good cardio & strength workout.

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

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



VIN-YIN YOGA- An all levels energizing yoga flow that blends Vinyasa and Yin styles, often featuring modified Sun & Moon Salutations and a variety of Warrior Pose flows.

YOGA & PILATES- A beginner-level Pilates class that focuses on building core-strength via mat exercises, always starting with a yogic warm-up and ending with a yogic cool down.

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

ZUMBA- International and popular music with Latin Dance and aerobic moves, add a little hip shake and a lot of attitude and you've got it!

ZUMBA WORLD RHYTHMS- Goes beyond the core rhythms to reach more corners of the world; everything from Brazilian funk to Bhangra to Afrobeat to much more! High energy class will improve your fitness and mood; join us and find new moves and friends!

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. No Little Gymmers on holidays.

Location: ARC

| Activity # | Date | Time | Age | Price |
|------------|---------|------------|-----|---|
| Drop in | Mon/Fri | 10-11 a.m. | 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-Thur | By appt. | 2-6 | \$20 up to 20 participants; \$30 for 21-30 participants |

Little Swimmers and Day Care Little Swimmers...see page 15

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



HALLOWEEN COSTUME PARTY

Happy Halloween! Put on your costume and join us for some fun Halloween activities, crafts, and candy! Adult participation is required. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|------------|---------------|--------------|-------|
| 102791-01 | Th: Oct 23 | 10-10:45 a.m. | 2-5 w/ adult | \$7 |



Fun for Little Ones | Gaming

THANKFUL HEARTS

Come and have some Thanksgiving fun by trotting around and making crafts, playing an interactive game and enjoying a seasonal snack. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|-------------|---------------|--------------|-------|
| 110719-01 | Th: Nov. 13 | 10-10:45 a.m. | 2-6 w/ adult | \$7 |



HOLIDAY FESTIVE FUN

Come join us for a joyful morning of fun! We'll decorate cookies, make a festive craft and play a game. It's the perfect way to celebrate the Christmas season. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|------------|------------|--------------|-------|
| 110721-01 | F: Dec. 19 | 10-11 a.m. | 2-6 w/ adult | \$7 |

FROSTY FUN TIME

Get ready for a chilly good time with creating a winter-themed craft, enjoying a tasty seasonal snack and playing a winter-themed game. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|------------|---------------|--------------|-------|
| 110722-01 | Th: Jan. 8 | 10-10:45 a.m. | 2-5 w/ adult | \$7 |

VALENTINE PARTY

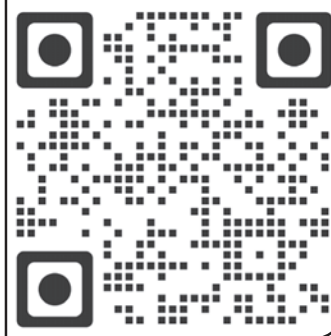
Roses are red, violets are blue, it's time for a party, all we're missing is you! Come and make valentine crafts and enjoy a snack. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|-------------|---------------|--------------|-------|
| 109700-01 | Th: Feb. 12 | 10-10:45 a.m. | 2-6 w/ adult | \$7 |

GAMING

ACTIVITIES FOR KIDS AND TEENS



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 |



GOLF FACILITIES

L.A. NICKELL GOLF COURSE

1800 Parkside Drive • 573.499.GOLF (4653)



- 18-hole golf course
- Riding carts and continuous cart paths
- Driving Range
- Open year round (weather permitting)
- Fairway irrigation system • Zoysia fairways

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

Par: 70

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

Lakes: 3, all in play • Terrain: Flat with rolling hills

Course Rating: 69.9 - Blue tees, 67.7 - White tees, 67.0 - Red tees

Slope Rating: 121 - Blue tees, 116 - White tees, 111 - Red tees

Dir: North of 1-70 off North Stadium & in the Columbia Cosmopolitan Recreation Area.

LAKE OF THE WOODS RECREATION AREA

6700 St. Charles Rd • 573.499.GOLF (4653)



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.

2025 GOLF FEES *SUBJECT TO CHANGE OCT. 1, 2025*

| Green Fees 3/1-10/31 | 9-Holes | 18-Holes |
|----------------------|-----------------------|-----------------------|
| Mon-Fri | <u>Walking</u> | <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 | 9-Holes | 18-Holes |
|-----------------------------|-----------------------|-----------------------|
| Mon-Fri | <u>Walking</u> | <u>Walking</u> |
| -Adult/Senior | \$15 | \$20 |
| -Twilight 2:00pm | \$13 | \$16 |
| -Junior (17 & under) | \$12 | \$12 |

| | | |
|---------------------------------|-----------------------|------------------------|
| Saturday/Sunday/Holidays | <u>9-Holes</u> | <u>18-Holes</u> |
| | <u>Walking</u> | <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

| | <u>Any Day</u> | <u>Any Day</u> |
|-----------------------------------|-----------------------|-----------------------|
| | <u>w/ Cart</u> | <u>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 | |

| <u>Trail Fees</u> | <u>Cart/Club Rentals</u> | <u>Driving Range</u> |
|--------------------------|---------------------------------|-----------------------------|
| Daily Trail Fee \$ 18 | <u>Riding Carts</u> | Bag \$5 |
| Annual Trail Fee \$678 | 9 Holes \$9 per person | |
| | 18 Holes \$18 per person | |
| | Pull Cart \$5 | |
| | Golf Club \$15 | |

**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 & X.



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



NIGHT FLIGHT GLOW GOLF

Aug. 22, 8:30 p.m. Shotgun start
Lake of the Woods
Email Dan.Frost@CoMo.gov

PRIVATE TOURNAMENTS

Call 573.874.7538 to reserve L.A. Nickell;
573.874.7539 for Lake of the Woods

PRICING ON PRIVATE OUTINGS

SUBJECT TO CHANGE OCT. 1, 2025

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 gold carts brought in will be charged a trail fee of \$16.

SATURDAY AND SUNDAY SHOTGUN START

80-100 player minimum, \$46 per player.
Price includes green fees & riding cart per player.
100+ players, call for pricing.

In the event of inclement weather, please call 573.874.7663

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

OUTDOORS



W.E. (WOMEN EVERYWHERE) HIKE

Get outside, enjoy nature and get some exercise! This guided women's hiking group will meet once a month at different trails in Columbia and the surrounding Boone County area. Trails will vary in difficulty and length each time. Bring a water bottle for the hike.

Location: Varies each month

| Activity # | Date | Age | Price |
|------------|--------|-----|----------------------|
| NA | Varies | 18+ | Hillcrest membership |





School's Out - After School | Self-improvement and Study Skills | Social Activities

ACTIVITIES FOR YOUTH AND TEENS

SNACK, CRAFT & PLAY DAY

Looking for a fun and relaxing day for your little ones while school isn't in session? Kids will enjoy a creative mix of hands-on crafting, tasty snack-making, outside play and a movie to end the day. Pizza provided for lunch. Don't miss out on the fun and reserve your spot today! Pre-registration required. Note: please bring a water bottle.

Location: Hillcrest Room D @ Waters-Moss

| Activity # | Date | Time | Age | Price |
|------------|------------|---------------------|-----|-------|
| 110972-01 | T: Nov. 4 | 8:30 a.m.-3:30 p.m. | 4-7 | \$55 |
| 110972-02 | F: Nov. 14 | 8:30 a.m.-3:30 p.m. | 4-7 | \$55 |
| 110972-03 | M: Dec. 22 | 8:30 a.m.-3:30 p.m. | 4-7 | \$55 |
| 110972-04 | F: Jan. 2 | 8:30 a.m.-3:30 p.m. | 4-7 | \$55 |

AFTER SCHOOL AND SCHOOL'S OUT RECREATION

Come to the Armory to play basketball, work on simple arts & crafts projects and use the computer lab for Internet use or homework. Or, you can try the ping-pong table, foosball, shuffleboard and air hockey tables, safe darts, XBOX360, PlayStation4, or just hang out with your friends. Available on early release days as well!

Location: Armory Sports Center

| Activity # | Date | Time | Age | Price |
|------------|------|--|-----|-------|
| Drop in | M-F | 2:30-7 p.m. on school days 10 a.m.-6 p.m. when CPS not in session | 6+ | Free |

SELF IMPROVEMENT & STUDY SKILLS

CLASSES FOR YOUTH AND TEENS

AFTER SCHOOL TUTORING AND MENTORING



Open to all ages! Come by the Armory for assistance with your homework assignments, open Monday-Friday from 3-7 p.m. during the school year. Many of the volunteer tutors are provided by MU's Office of Service Learning. Available September through second week of December and February through the second week of May.

PROFESSIONAL DEVELOPMENT AID

Need help creating or editing your resume? Want to practice interviewing for a job? Maybe you just want to learn how to tie a tie? Professional Development Aid can help with all the basics of finding and obtaining employment. This program is completely free, but by appointment only. Contact 573.874.6379, or email Jay.Bradley@como.gov to set up an appointment.

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 that can be borrowed for job interviews. Stop in and see if we have something for you! We also accept donations of gently used business attire such as; dress shirts, blazers, slacks, ties, dress shoes, etc. Contact 573.874.6379, or email Jay.Bradley@como.gov for more information.

SOCIAL ACTIVITIES

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

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



MAH JONGG

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

played with 3 or 4 players and a 152 set of tiles. It is a great social game, lots of fun, and equal amounts of luck and strategy to keep your mind active! 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 Wednesday 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.

**Wednesdays: 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 p.m.
Hillcrest Membership required**

FIRST FRIDAY MOVIE

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

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

FRIDAY NIGHT KARAOKE

Come sing your heart out on the first and third Fridays of the month. Price is \$3 for non 50+ members. Please have your song choices ready when signing up. Call 573.874.7475 to sign up.

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



Social Activities

CARD GAMES



EUCHRE

Like playing cards? Euchre (similar to Spades) is played every Wednesday at 10 a.m. at Hillcrest Community Center. A volunteer will be there to help new players learn how to play.

Wednesdays, 10 a.m., Hillcrest Membership required

HAND, KNEE, AND FOOT

This card game is similar to Canasta or Rummy and is played in groups of 4 with several decks of cards. Groups meet every Tuesday at 1 p.m. at Hillcrest Community Center.

Tuesdays, 1:00 p.m., Hillcrest Membership required

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, 10:30 a.m. - 3 p.m., Hillcrest Community Center

KNITTING GROUP / CROCHET GROUP

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

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

PAINTING

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

Mondays, 9:30 a.m.-12 p.m.; 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 3 p.m. (right after Bingo). All supplies will be provided.

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

WE (WOMEN EVERYWHERE) HIKE, SEE PAGE 31.



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 2024-2025 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 | Sports

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, potlucks or movies then join us! For more information call Mary Dewey at 573.817.5077 or email Mary.Dewey@CoMo.gov

Dates: Tuesdays (Wednesdays, June through August)

Armory Sports and Recreation Center

Time: 2-4:30 p.m.

Ages: 50+

Cost: Free



SPORTS.....



CLASSES FOR YOUTH

TENNIS LESSONS

Session V – Sept 2-22 at Shepard Courts:

| Day | Time | Age | Price |
|------------|--------------|-------|-------|
| 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 and to register for individual lessons, call Rick Odor at 573.442.3713. Rick has 36 years of experience.

SMALLER BALLERS TYKE BASKETBALL

Get an early start with this youth basketball skills development program. Each session consists of skills training, and then using the skills learned, it will be followed by scrimmage time on lowered goals at the final session. This is an instructional youth basketball program that focuses on the basic fundamental skills of the game.

Location: Armory Sports Center



| Activity # | Date | Age | Time | Price |
|------------|--------------------|-------------|------|-------|
| 115910-01 | W: Oct. 1-29 | 6-6:45 p.m. | 4-6 | \$40 |
| 115910-02 | W: Feb. 25-Mar. 25 | 6-6:45 p.m. | 4-6 | \$40 |



HOME SCHOOL PE

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

Location: ARC

| Activity # | Date | Time | Age | Price |
|------------|---------------|----------|------|---------|
| 107519-01 | W: Sept. 3-24 | 1-2 p.m. | 5-17 | \$14 |
| 107519-02 | W: Oct. 1-29 | 1-2 p.m. | 5-17 | \$17.50 |
| 107519-03 | W: Nov. 5-19 | 1-2 p.m. | 5-17 | \$14 |
| 107519-04 | W: Dec. 3-17 | 1-2 p.m. | 5-17 | \$10.50 |
| 107519-05 | W: Jan. 7-28 | 1-2 p.m. | 5-17 | \$14 |
| 107519-06 | W: Feb. 4-25 | 1-2 p.m. | 5-17 | \$14 |
| 107519-07 | W: Mar. 4-18 | 1-2 p.m. | 5-17 | \$10.50 |



CYBA IS ENTERING ITS 34TH SEASON AS COLUMBIA'S PREMIER RECREATIONAL BASKETBALL LEAGUE. CYBA PROVIDES A SAFE AND FUN ENVIRONMENT FOR YOUNG PEOPLE TO IMPROVE THEIR BASKETBALL SKILLS WHILE EMPHASIZING SPORTSMANSHIP, HONESTY, AND INTEGRITY. CYBA IS PROUD TO PARTNER WITH COLUMBIA PUBLIC SCHOOLS, COLUMBIA PARKS AND RECREATION, AND THE DAY DREAMS FOUNDATION.

- **\$150 PER PLAYER**
- **8 GAMES**
- **GRADES K-12**
- **REGISTRATION CLOSES 10/17**
- **GAMES BEGIN IN JANUARY**
- **PRACTICES BEGIN IN MID NOVEMBER**



SCAN HERE TO REGISTER!

**FOR MORE INFORMATION, VISIT WWW.CYBAHOOPS.ORG
OR EMAIL REGISTRATION@CYBAHOOPS.ORG**

CYBA would like to thank our 2024/25 sponsors- this league would not be possible without you!

| | | | |
|------------------------------------|-------------------------------------|---|-----------------------------------|
| Columbia Pool & Spa | Tiger Transports | Plaza Commercial Realty | Luebbering Insurance |
| Cherry Street Cellar | Cayce Dermatology & Medical Spa | Heartland Veterinary Surgery | Mutrux Automotive |
| Albright Heating & Air | Gilbane Motorsports | Room38 | Academy Sports + Outdoors |
| Postal & Sign Express | CVRS Law | Emily Baskett Real Estate - Weichert, Realtors - First Tier | Law Dawgs |
| KidsFirst Optimist Club | Harper Evans Hilbrenner & Netemeyer | EL Moes Global Cuisine | Sonic |
| Seville Woodworks | All Star Automotive | Prime Exteriors | Broadway Ergonomics LLC |
| Retina Associates of Missouri | Midway Optimist Club | Travis Kempf - Weichert Realtors-First Tier | Air Rite LLC |
| Anderson Homes | Cultivate Co. | Show Me Cabinets LTD | Central Missouri Detailing LLC |
| Green Clean Air Repair | Accounting Plus | Twaddle Orthodontics | Emery Sapp & Sons |
| Ag Marketing Partners | G&D Pizzeria-Crossroads West | Nathan Brown - Edward Jones | Mutrux Firm Injury Lawyers |
| Meera White - State Farm Insurance | Crumbl Cookies | LeafFilter | BIRD Strength & Fitness |
| Randy Elliott Painting | American Outdoor Brands | Central Missouri Pavement Markings | COMO Web Designs |
| Joe Machens Toyota | Urology Associates of Central MO | Andy's Frozen Custard | Downtown Optimist Club |
| 32 Dental Urgent Care | Cleek's Inc | Back 2 Basics Cooking | Hulett Heating & Air Conditioning |
| Clover Customs | CoMo Premium Exteriors | Hammers Lawn and Seasonal Care | Comorealty.com |
| Baughman Veterinary Services | Columbia Blinds & Shutters | TGH Litigation LLC | Faber Law Firm |
| Harrison Financial Planning | | | Betz Jewelers |

We'd love to have your support this season! You can sponsor a team for \$200 — or two teams for \$350 — and help make a difference for local kids. We're also excited to offer an **all-new league sponsorship program** with expanded opportunities.

If you're interested, please email registration@cybahoops.org for more information!



SPRING & SUMMER LEAGUES AVAILABLE JANUARY 2026

Diamond Council of Columbia, Inc.

P. O. Box 576, Columbia, MO 65205

573.499.9741

www.diamondcouncil.net

DiamondCouncilCoMo@gmail.com



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



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

You can register for a league by visiting

www.diamondcouncil.net

Registration for our 2026 leagues is 1/1/26–2/28/26

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

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

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

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

We encourage parents to volunteer to coach and help us provide a fun safe place for kids to play baseball and softball.





Competitive Leagues Ages 9-18

DC also offers a competitive Baseball and Softball leagues for teams. Competitive coaches can sign up to play in DC spring competitive leagues by visiting the website to register their team.

All our leagues are USSSA sanctioned.



www.diamondcouncil.net

Hiring UMPIRES for 2025 Fall & 2026 Spring.
Contact DC at DiamondCouncilCoMo@gmail.com
Umpire pay: \$40-\$50 per game



THANK YOU 2025 TEAM SPONSORS!

Accounting Plus
AIST-American International Sports Teams
American Legion Post 202
Andy Boyles Real Estate
APM Construction Services
Barefoot Willy's Speed Shop
Bringing Homes
to You – Susan Myers
Central Mo Orthodontics
Chicken Salad Chicks
Columbia Pool and Spa
Como Smoke and Fire
Compass Family Health
Compass Health Network
Critter Control
Crumb Cookies
Culver's
C&C Construction
Doug Perry Towing
Downtown Optimist
Emily Basket Real Estate
Ennis Appliance
Equipment Share
First Midwest Bank
Flow's Pharmacy
Happy on Purpose

JG Paints
Kids First Optimist
Libertas Therapy and Wellness
Medica
Moore & Shryock
MO Woods and Wildlife
Ozark Mountain Biscuit
Penn Station
Play it Again Sports
Resource Tree and Lending
Restoration Eye Care
River Region CU
Room 38
Schooler's Construction
SEO Succor
Sky Zone
Sunrise Optimist
Taco Bell
Taps Exteriors
Thomas Family Dental
Tiger Bounce
Veterans United
Westlakes
Ancestry Guns
Advanced Concrete & Excavating

Air Rite, LLC
All Star Cleaning & Refreshing
Anderson Homes
AVANT Supported Living
Back 2 Basic Cooking
Ballenger Propane
Caddies Indoor Golf
Champion Construction
Chores and More
Clear 99
Club Car Wash
Columbia Honda
Columbia Ready mix
COMO Premium Exteriors
COMO Truck Gear
Cosmopolitan Lunch Club
Crown Power and Equipment
Ed Hohlt Agency
Emery Sapp and Sons
Flat Branch Bank
Hansman Custom Homes
Heartland
Veterinary Surgery, LLC
HyVee
I-70 Towing & Recovery
Karma Merchant Brokers

Kia of Columbia
Legends Photography
Little Rays of Sunshine
Animal Rescue
MECO Engineering
Monarch Architecture
Moxie Dental
Mr Junk
NextCare
Next Step Day Program
Overhaul Cleaning Services
Peak Sport and Spine
Quality Cut Lawn Care
Seever Plumbing
Shouman and Tegerdine
Dentistry
Signal Security
Slate Towing & Performance
Storage Mart
Summit Dental
Tallulah's
Tricked Out Travel
VooDoo Sno
Watson Concrete



If you would like to become a team sponsor, contact us at
573.499.9741 or
DiamondCouncilCoMo@gmail.com



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

2026 DATES TO REMEMBER

Registration opens early January

**First
Practice:**
Tuesday, March 11

Games held Sunday
at Cosmo Park,
April 6 - May 18

Go to Comolax.com to register for the 2026 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!**



Sports

CLASSES FOR YOUTH

DOUGLASS BULLDOGS BASEBALL LEAGUE

Develop your skills in this instructional, non-competitive league, beginning in June. Boys AND girls can participate. Volunteers can participate in training clinics. Players will receive a league hat and shirt. Forms will be available in the spring at the Parks and Recreation office, the ARC, and the Armory Sports Center. Watch for the March Leisure Times for more information. Volunteer coaches are needed and sponsorship opportunities are available. Email DouglassBaseballLeague@gmail.com for more information.



BLUE THUNDER TRACK CLUB OUTDOOR SEASON

Registration Day: Sat., March 14, 2-5 p.m., Price tbd

Compete in running, jumping and throwing events! Youth ages 6-18

compete in out of town AAU meets along with some local meets. This group is pushed hard in practice and expected to complete the season. The outdoor season is April-August. Participate in some or all phases, it is your choice. Please call 573.874.6378 or email BlueThunderTrackClub@gmail.com if interested. Visit www.BlueThunderTrackClub.com for more information. Registration can be completed online, downloaded, or picked up at the Armory Sports & Recreation Center (701 E. Ash). Payment (cash, check or money order) can be brought to the Armory Sports & Recreation Center M-F 8a-6p beginning Monday, March 16 for those that cannot make it to registration day. First practice is Thursday, April 2, 6 p.m. at Stephens Lake Park on the lower east side. 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 are not required.



BLUE THUNDER TRACK CLUB CROSS COUNTRY SEASON

Season begins Aug. 26, first practice 6 p.m. at Stephens Lake Park
Price \$70
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, dirt, mud and flat land. Races are 2K, 3K or 4K depending on age. Practices will be held in City parks on Tuesdays, Thursdays and Saturday and meets are held in various central Missouri towns. Practices and meets occur during fall months and it all ends in November with optional championship meets. Visit www.BlueThunderTrackClub.com or email Camren.Cross@CoMo.gov for more information. Registration can be done at the Armory Sports & Recreation Center (701 E. Ash) or bring it to the first practice. Cash, check and money orders can be accepted. Will begin accepting registrations on July 1. Go to www.BlueThunderTrackClub.com or contact using BlueThunderTrackClub@gmail.com or 573.874.6378 for more information.

SPORTS FOR ADULTS

REGISTER FOR ALL ADULTS SPORTS ON LINE AT COMO.GOV

ADULT VOLLEYBALL LEAGUES

Fall Volleyball

Registration: Registration through Aug 31 or until filled

League Play: Begins mid-Sept; games at 6, 7, 8, or 9 p.m.

Winter Volleyball

Registration: Mid-September until early November

League play: Begins end of November

Spring Volleyball

Registration: Ends late February

League play: Begins mid-March

Summer Volleyball

Registration: Ends in late April

League play: Begins mid-May

Location: *Columbia Sports Fieldhouse*

ADULT BASKETBALL LEAGUES

Registration: Begins September

League Play: Begins mid-November

Location: *Columbia Sports Fieldhouse*

ADULT SOFTBALL LEAGUES

Spots may be available for the 2025 fall league. Call 573.874.7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices, CoMo.gov (search sports). Games are played at Rainbow Softball Center at Cosmo Park.

ADULT KICKBALL LEAGUES

Spots may be available for the 2025 fall league. Call 573.874.7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices, CoMo.gov (search sports). Games are played at Rainbow Softball Center at Cosmo Park.

ADULT TENNIS LESSONS

Session V – Sept 3-26 at Shepard Courts:

| Day | Time | Age | Price |
|------------|----------------|--------|-------|
| Tues/Thurs | 6:45-7:45 p.m. | Adults | \$60 |

For information and to register for individual lessons, call Rick Odor at 573.442.3713. Rick has 36 years of experience.

OPEN GYM / ADULT DROP-IN BASKETBALL

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

Location: *Gymnasium @ Armory Sports Center*

| Activity # | Date | Time | Age | Price |
|------------|------|----------------|-----|--------------------|
| Drop in | M-F | 10 a.m.-2 p.m. | 18+ | \$10/mo or \$2/use |



TRAIL ENDURANCE RUNS



BEAR CREEK RUN HALF MARATHON

The Bear Creek Run Half Marathon has been a favorite race in Mid-Missouri for more than 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. 3.

Location: Bear Creek Trail

| Activity # | Date | Time | Age | Price |
|------------|---------|--------|-----|-------|
| 307300-01 | Oct. 25 | 8 a.m. | 12+ | \$65* |

* Advance registration required

NEW! WINTER TRAIL RUNS



We've expanded our series of winter trail runs! Take the GRIT and Grind Challenge (all three races) for \$105.

Each run has a registration price of \$40.

GRIT 7K (GANS RECREATION TRAIL RUN)

Take part in the inaugural GRIT at the new Gans Recreation Trail! All participants will receive participant swag at packet pick-up and post race snack once they've completed their run. This event will include chip timing, age group awards, volunteer support and aid stations on the course. Weather Policy: In the case of inclement weather, the event will be postponed to a makeup date. In the case of inclement weather or unsafe trail conditions for the makeup date as well, it will be cancelled and participants will be allowed to pick up their finisher items at the Gentry Building at 1. S. 7th Street in downtown Columbia the Tuesday following the event. No refunds will be issued if the event is cancelled due to inclement weather. Advance registration is required. Maximum of 125 racers.

Location: Gans Creek Recreation Area

| Activity # | Date | Time | Age | Price |
|------------|-------------|--------|-----|-------|
| 107306-01 | Sa: Jan. 10 | 9 a.m. | 12+ | \$40 |

Weather date: Jan. 17

STONEGRINDER 7K TRAIL RUN

Enjoy the beauty and challenge of the Grindstone Nature Area at the Stonegrinder 7K Trail Run! This race course will take you over diverse terrain including single track dirt trail that is rocky in areas, grass trails and a shallow water crossing. The race will start and finish at Capen Park. All participants will receive participant swag at packet pick-up and post race snack once they've completed their run. This event will include chip timing, age group awards, volunteer support and aid stations on the course. Weather Policy: In the case of inclement weather, the event will be postponed to a makeup date. In the case of inclement weather or unsafe trail conditions for the makeup date as well, it will be cancelled and participants will be allowed to pick up their finisher items at the Gentry Building at 1. S. 7th Street in downtown Columbia the Tuesday following the event. No refunds will be issued if the event is cancelled due to inclement weather. Advance registration is required. Maximum of 125 racers.

Location: Capen Park/Grindstone Nature Area

| Activity # | Date | Time | Age | Price |
|------------|-----------|--------|-----|-------|
| 107304-01 | Sa: Feb 7 | 9 a.m. | 12+ | \$40 |

Weather date: Feb. 14

ROC 7K TRAIL RUN

The ROC 7K Trail Run takes racers through the scenic twists and turns of this hilly, well maintained, single track course.

All participants will receive a finisher item and post race snack once they've completed their run.

This event will include chip timing, age group awards, volunteer support and aid stations on the course. Advance registration is required. Maximum of 125 racers.

Weather Policy: In the case of inclement weather, the event will be postponed to a makeup date.

In the case of inclement weather or unsafe trail conditions for the makeup date as well, it will be cancelled and participants will be allowed to pick up their finisher items at the Gentry Building at 1. S. 7th Street in downtown Columbia the Tuesday following the event. No refunds

will be issued if the event is cancelled due to inclement weather.

Location: Rhett's Run at Cosmo Park

| Activity # | Date | Time | Age | Price |
|------------|-----------|--------|-----|-------|
| 107300-01 | Sa: Mar 7 | 9 a.m. | 12+ | \$40 |

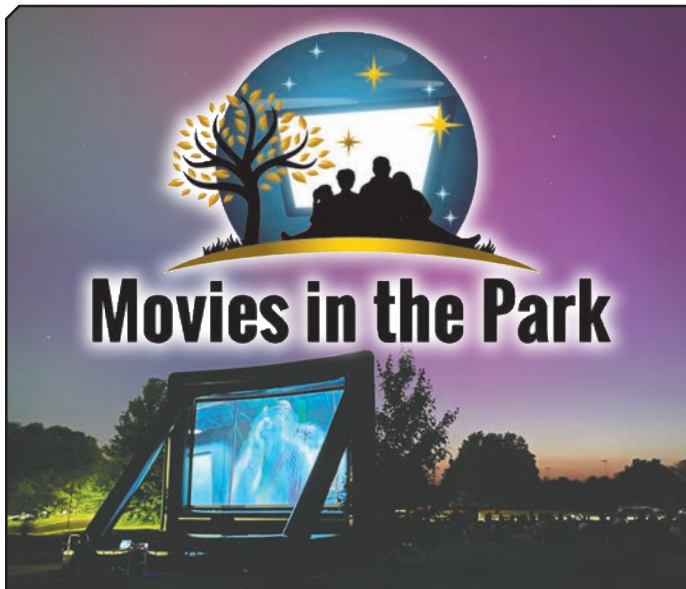
Weather date: Mar. 14

Five Ways to Register:

- Online:** Go to CoMo.gov
- 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.
- 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.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation 573.874.7640. (Form Online)



Special Events



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.

Sept. 12, 7:45 p.m.

THE INCREDIBLES (PG)

Known to the world as superheroes Mr. Incredible and Elastigirl, Bob Parr and his wife Helen were among the world's greatest crime fighters, saving lives and battling evil on a daily basis. Fifteen years later, they have been forced to adopt civilian identities and retreat to the suburbs to live "normal" lives with their three kids, Violet, Dash and Jack-Jack. Itching to get back into action, Bob gets his chance when a mysterious communication summons him to a remote island for a top secret assignment.

Sponsored by:



MODEL TRAIN OPEN HOUSE

Saturday, Aug. 16, 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. If you are interested in displaying your train, please email Sarah.Bowman@CoMo.gov.

INDIAN HILLS BLOCK PARTY

Saturday, Aug. 16, 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.

FAMILY FUN FESTS

**Third Wednesday, May -
September 6-8 p.m.**

FREE!

Sponsored by:



Compass Health
Network



Healthy Blue

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

AUGUST 20: WHO DO I WANT TO BE?

**Featured Sponsor: Boone County Office of Emergency Management
Cosmo Park**

This month, Family Fun Fest focuses on the future! So many great organizations come together for this event and you'll be able to experience what could be you in the future!

SEPT. 17: THAT'S GROOVY!

**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



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 | Age | Price |
|------------|------------|----------------|-----|-----------------|
| NA | W: Aug. 27 | 4:30-6:00 p.m. | | Worley St. Park |
| NA | W: Sep. 24 | 4:30-6:00 p.m. | | Longview Park |
| NA | W: Oct. 22 | 4:30-6:00 p.m. | | Edenton Ave. |

KIDS FISHING DERBY

Saturday, Sept. 20, check in at 8:30 a.m. / event 9 a.m.-12 p.m.

Cosmo-Bethel Park

Activity #112901-01

In cooperation with Columbia Optimists Clubs, the derby is for kids under the age of 14. Representatives from the Missouri Department of Conservation will be available to help teach basic fishing skills and will have poles for those who don't have their own fishing gear. Pre-registration preferred by Sept. 17. Free.



Special Events

KALEIDOSPOKE

Location: Meet at Flat Branch Park

Light up your BIKE and get ready to GLOW on the MKT Trail! 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. The leisurely ride leaves Flat Branch at dusk; once at Twin Lakes riders will enjoy s'mores by the bonfire 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. Wristbands will be required to enter Twin Lakes, including children in trailers and on tagalongs.

| Activity # | Date | Time | Age | Price |
|------------|------------|------------|-----|-------|
| 318403-01 | Sa: Aug 23 | 7-10:30 pm | 8+ | \$18 |



Sponsored by:

47TH ANNUAL HERITAGE FESTIVAL & CRAFT SHOW

September 20 and 21

10 a.m. - 5 p.m.

Nifong Park

See back for details!



The Big Muddy Speaker Series is a free presentation series that brings together 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

Doors open at 6 p.m., presentation at 7 p.m.

| Activity # | Date | Time | Price |
|--|-------------|--------|-------|
| Drop in | T: Aug. 12 | 7 p.m. | Free |
| <i>Engaging Missouri River Communities on Flood Mitigation Policy, presented by Angela J. Catalano</i> | | | |
| Drop in | T: Sept. 9 | 7 p.m. | Free |
| <i>Big Medicine: York Outdoors Film, presented by Lewis and Clark National Historic Trail and NEW Multimedia (SPECIAL LOCATION: RAGTAG CINEMA)</i> | | | |
| Drop in | T: Oct. 14 | 7 p.m. | Free |
| <i>Jefferson Landing: The Rise, Fall and Rebirth of a Missouri River Landing, presented by Tiffany Patterson</i> | | | |
| Drop in | T: Nov. 11 | 7 p.m. | Free |
| <i>Minnows to Monsters, Fishes of the Missouri River, presented by Dr. Brittany Harried</i> | | | |
| Drop in | T: Jan. 13 | 7 p.m. | Free |
| <i>The Story of Gray Bats in Rocheport Cave, presented by Vona Kuczynska</i> | | | |
| Drop in | T: Feb. 10 | 7 p.m. | Free |
| <i>An Environmental Journey: Tales of Tragedy and Hope from the Heartland, presented by Loring Bullard</i> | | | |
| Drop in | T: March 10 | 7 p.m. | Free |
| <i>We Have Known the Waters, presented by Angela DaSilva</i> | | | |



STEPHENS LAKE AMPHITHEATER CONCERT SERIES Columbia Parks and Recreation

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

TRADITIONAL SERIES

Sept. 4, 7 p.m., BXR and Darkroom Records Teen Band Showcase

Sponsored by 102.3 BXR



Daniel Boone
Regional Library



COLUMBIA
MISSOURIAN



SENSORY TOUCH-A- TRUCK

Oct. 1, 4-6 p.m.

Cosmo Park - Rainbow
Softball Parking Lot
FREE

This FREE event is designed specifically for kids and families who find the loud noises and bright lights of "Tons of Trucks" overwhelming. We know this kind of sensory overload is too much for many children, especially those on the Autism spectrum. The Sensory Friendly Touch-A-Truck offers many exciting vehicles, but the horns, lights, and sirens all stay off.



Special Events

YAPPY HOUR

This event will feature food trucks, craft beer, dog related booths, activities, contests, an adoptable dog pageant and more. Coordinated with the help of the MU Department of Parks, Recreation and Sport students.

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

Location: Twin Lakes Recreation Area dog park

| Activity # | Date | Time | Price |
|------------|------------|----------|---|
| 114101-01 | Sa: Oct 11 | 2-5 p.m. | \$10 for one dog and one person, includes t-shirt, dog goody bag and one drink voucher. |
| 114101-02 | Sa: Oct 11 | 2-5 p.m. | \$5 for each addl. person or someone not bringing a dog. |

Sponsored by:



TOYS FOR COLUMBIA'S YOUTH

Oct. 13-Dec. 5

Get in the giving spirit this holiday season! When you are out shopping, please pick up an extra gift for a child for Parks and Recreation's annual toy drive and drop off at the Armory (701 E. Ash) or the Parks and Recreation office at #1 South 7th. Monetary donations will also be accepted. Cash, checks or credit cards are accepted. A letter of receipt for tax purposes will be provided for your generosity. Please call 874-7460 for more information.

NERF WARZ

Armory Sports and Recreation Center

Are you ready to face the ghosts and evil monsters? Join us for an epic haunted house themed Nerf war! Each player will be supplied with a pair of safety glasses and foam darts, but participants must bring their own Nerf Gun capable of shooting 7.2 foam darts. NO OUTSIDE DARTS will be allowed. Pre-registration is required by Oct. 17.

| Activity # | Date | Time | Age | Price |
|------------|------------|-------------|-----|-------|
| 114903-01 | W: Oct. 22 | 6-6:45 p.m. | 5-7 | \$10 |
| 114903-02 | W: Oct. 22 | 7-7:45 p.m. | 8-9 | \$10 |

SANTA LETTERS

Letters: \$8 each

Activity # 119900-01

The holiday elves at Columbia Parks and Recreation have made special arrangements with the North Pole. Now you can give your child the wonderful surprise of a personalized letter from Santa Claus! The letter will be addressed directly to your child and mailed from the North Pole. After you order your letter, you will follow a link to a questionnaire to fill out information that will help Santa personalize the letter.

Order your letter by calling Parks and Recreation at 573.874.7460 or online at CoMo.gov.

Letters must be ordered by Nov. 1 to arrive in the mail before Christmas.

KWANZAA CELEBRATION BAGS

Armory Sports and Recreation Center

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



CITY KWANZAA CELEBRATION and BLACK-OWNED

BUSINESS EXPO

Saturday, Dec 6, 2-5

p.m. | Armory Sports and Recreation Center

Come celebrate this African-American holiday, which is based around developing positive families and

communities. There will be an expo featuring local black owned businesses, socializing, entertainment, and a holiday feast. Free. Contact Jay.Bradley@CoMo.gov if you would like to have a table at the Expo.

LIGHTS AND SIGHTS TOUR

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

Location: Meet at the ARC

| Activity # | Date | Time | Age | Price |
|------------|-----------|----------------|-----|--------|
| 109450-01 | F: Dec 12 | 6:15-7:30 p.m. | All | \$7.50 |
| 109450-02 | F: Dec 12 | 7:45-9:00 p.m. | All | \$7.50 |



HOLIDAY LIGHTS CONTEST

Help beautify Central Columbia by hanging your holiday lights. The best decorated houses will receive prizes.

Judging will be on **Sunday, Dec. 7 starting at 5:30 p.m.** The judging area will encompass a section of neighborhoods in Central Columbia as North as I-70, East as College, South as W. Broadway, and West as Clink-scales. If you have any questions, or would like to help with the Holiday Lights judging please contact:

Jay Bradley at 573.874.6379, or Jay.Bradley@comogov for more information



Special Events

CENTRAL COLUMBIA HOLIDAY PARTY

Tuesday, Dec. 9, 6-7:30 p.m.

Armory Sports and Recreation Center

Everyone who participates in the Holiday Lights Contest will be invited to the Annual Central Columbia Holiday Party. Enjoy snacks and refreshments, and the prizes for best decorated house will be distributed.



DR. MLK MEMORIAL CELEBRATION

Mon., Jan. 19, 6:30 p.m.

Location: St. Luke UMC (subject to change)

The candle light walk will begin at 6:30 pm at the basement of the Armory

Sports Center, which will proceed to the Memorial Celebration at St. Luke UMC where a service will be held. Open to all, free.

BLACK HISTORY MONTH ACTIVITIES

African American History Exhibit

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

Location: Armory Sports Center

| Activity # | Date | Time | Age | Price |
|------------|---------------|---------------|-----|-------|
| Drop in | M-F, Feb 1-28 | 8 a.m.-6 p.m. | All | Free |

AFRICAN AMERICAN FILM

Armory Sports and Recreation Center

Wednesday, Feb 11, 6 p.m.

This year's film will be *Sunder*. The film tells the story of an African-American sharecropper family in the deep South who struggle with economic and personal hardships during the Great Depression. Contact Jay.Bradley@CoMo.gov, or 573.874.6379 for more info.



GOSPEL EXPLOSION & SOUL FOOD DINNER

Sunday, Feb. 22, St Luke UMC (204 E Ash), 4 p.m.

Great gospel music! This year's program will feature artists and groups from the Central Missouri area. Following will

be a soul food feast to feed your spirit. Covered dishes are welcome. Contact Jay.Bradley@CoMo.gov or 573.874.6379 for more information.

ANNUAL TRAIN SHOW

March 21, 10 a.m.-2 p.m.

New location! Moss Building, 1905 Hillcrest Dr.

All aboard! See a wide variety of displays involving trains and the early days of transportation as well as movies and photographs on rail travel. Hosted by Mid-Mo Railfans and Columbia Parks and Recreation. Admission is free. If you are interested in displaying your train, please email Sarah.Bowman@CoMo.gov.



Thank you to the following for their support of the 2025 Fire in the Sky

Presented by



Sponsored by



For Aquatics special events, see page 13

5th Annual Boone County Ready Festival

Cosmo Park
1615 Business Loop
Thursday, Sept. 18,
4-8 p.m.



Join Us!



GAMES & ACTIVITIES

A kids zone featuring magic shows, balloon animals, face painting, and games!

EMERGENCY TRUCK TOURS!

Columbia Fire Department, Boone Hospital Ambulance, Missouri State Highway Patrol, and many, many others!

COMMUNITY RESOURCE BOOTHS

American Red Cross, MU Health Care, The Food Bank, the National Weather Service, and many, many more!

AWARDS & GIVEAWAYS!

Free preparedness kits for the first 150 households!

SPECIAL EVENTS CALENDAR

AUGUST

16 TRAIN OPEN HOUSE
Rock Quarry House, 10 a.m.-2 p.m., Free

16.....INDIAN HILLS BLOCK PARTY
Indian Hills Park, 12-2 p.m., Free

20..... FAMILY FUN FEST: WHO DO I WANT TO BE?
Cosmo Park, 6-8 p.m., Free

23.....KALEIDOSPOKE
Flat Branch Park to Twin Lakes Rec Area, 7-10:30 p.m., \$18

27.....PARK POP UP AND PLAY DAY
Worley St. Park, 4:30-6 p.m., Free

SEPTEMBER

2.....POOCH PLUNGE
Albert-Oakland Family Aquatic Center, 5-6 p.m. or 6:30-7:30 p.m., \$6 per dog, must pre-register

4.....STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES
Darkroom Records Teen Band, Showcase, 7 p.m., Free

12.....MOVIES IN THE PARK: THE INCREDIBLES (PG)
Cosmo Park, 7:45 p.m., Free

17..... FAMILY FUN FEST: THAT'S GROOVY
Albert-Oakland Park, 6-8 p.m., Free

20-2147TH ANNUAL HERITAGE FESTIVAL AND CRAFT SHOW
Nifong Park, 10 a.m.-5 p.m., Free

20.....KIDS FISHING DERBY
Cosmo-Bethel Park, 9 a.m.-12 p.m., Free

24..... PARK POP UP AND PLAY DAY
Longview Park, 4:30-6 p.m., Free

OCTOBER

1.....SENSORY FRIENDLY TOUCH-A-TRUCK
Rainbow Softball Center at Cosmo, 4-6 p.m., Free

11..... YAPPY HOUR, TWIN LAKES
2-5 p.m., \$10, registration required

13.....TOY DRIVE KICKS OFF

OCTOBER (Continued)

22..... PARK POP UP AND PLAY DAY
Edenton Blvd, 4:30-6 p.m., Free

25..... BEAR CREEK RUN HALF MARATHON
Bear Creek Trail, 8 a.m., Ages 12 and up, \$65

NOVEMBER

DECEMBER

6..... CITY KWANZAA CELEBRATION AND BLACK-OWNED BUSINESS EXPO
Armory Sports Center, 2-5 p.m., Free

9..... CENTRAL COLUMBIA HOLIDAY PARTY
Armory Sports Center, 6-7:30 p.m., Free

12..... LIGHTS AND SIGHTS TOUR
Meet at the ARC, 6:15-7:30 or 7:45-9 p.m., \$7.50 per person, must pre-register

JANUARY

10..... GRIT 7K TRAIL RUN
Gans Creek Recreation Area, 9 a.m., ages 12 and up, \$40

19.....DR. MARTIN LUTHER KING JR. CANDLE LIGHT WALK AND CELEBRATION
Walk at Armory Sports Center at 6:30 p.m., proceed to St. Luke UMC

FEBRUARY

7.....STONEGRINDER 7K TRAIL RUN
Capen Park/Grindstone Nature Area, 9 a.m., ages 12 and up, \$40

11.....BLACK HISTORY MONTH FILM
Sounder, Armory Sports Center, 6 p.m., Free

22..... BLACK HISTORY MONTH: GOSPEL EXPLOSION AND SOUL FOOD DINNER
St. Luke UMC, 4-7 p.m., Free

MARCH

7..... ROC TRAIL RUN
Rhett's Run Trail at Cosmo Park, 9 a.m., ages 12 and up, \$40

21..... ANNUAL TRAIN SHOW
Moss Building, 10 a.m.-2 p.m., Free

LEISURE TIMES

FALL / WINTER 2025-2026

Columbia Parks & Recreation Dept.

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

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

Monday–Friday 8 a.m.- 5 p.m.

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

Cavelle Cole-Neal, Recreation Services Manager

Mitch Dooley, 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.

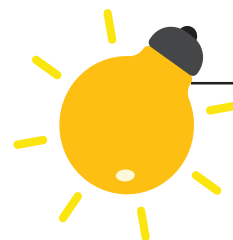
Cover Photography:

Gans Creek Cross Country Course

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)

DID YOU KNOW?



Research shows that kids who spend time outdoors are happier, better at paying attention and less anxious than kids who spend more time indoors. The new Gans Creek Trail offers a beginner-friendly natural surface trail for biking and hiking.

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.



47th Annual HERITAGE FESTIVAL *and Craft Show*

Sept. 20-21 from 10 a.m. - 5 p.m.
at Nifong Park

Visit CoMo.gov (search Heritage Festival) for details



New in 2025!

Thank you for your support as we work to improve and update the parks and trails system! Visit CoMo.gov for details about these new amenities.



Perche Creek Trail phase I



Lake of the Woods Pool
improvements



Cosmo Bike Park