LEISURE Times

YOUR GUIDE TO COLUMBIA’S RECREATIONAL OPPORTUNITIES

• March 2015 - August 2015 •
Registration Begins: March 4 • Online Registration: March 3
PARKS and RECREATION

PROMOTES HUMAN DEVELOPMENT

One of many benefits to the community!
PARKS AND RECREATION PROMOTES HUMAN DEVELOPMENT

One of many benefits to the community!

- Dance Classes for Kids
- Biking Workshops
- Teen Lock-In Events
- Moonlight Hoops
- Taekwondo Classes
- Activities for Preschoolers
- Osher Book Talks
- C.A.R.E. Summer Youth Employment
Columbia Parks and Recreation coordinates programs and activities for all ages and abilities. Information on these programs is in this guide.

The Activity & Recreation Center (ARC, 1701 W Ash Street) has daily admission fees. Monthly and annual memberships are also available. Recreational programs and classes are held at the ARC, the Armory Sports Center, Hillcrest Community Center, Paquin Tower and the Riechmann Indoor Pavilion. Five aquatic facilities and two golf courses are managed by the department. The department is responsible for designing, building and maintaining all park facilities and manages over 3000 acres of parkland, 50 miles of trails, and 70 parks. If you need assistance at a park or facility, contact Park Ranger Rosanna Johnson. Non-emergency number is 442-6131; call 911 for emergencies.

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GoColumbiaMo.com (search: Rentals)
Riechmann Indoor Pavilion at Stephens Lake Park
2300 E. Walnut • 874-7460
For gatherings of 150 people or less. Facility rental rates are:
Monday-Friday, 8am-3pm OR 4-11pm, $300; Monday-Friday, 8am-11pm, $400; Weekends/Holidays, 8am-11pm, $510. Deposit $200.

Activity & Recreation Center (ARC)
1701 W. Ash St. • 874-7700

Armory Sports Center
701 E. Ash St. • 817-5077
Community Recreation programs, the C.A.R.E. Program, basketball, volleyball. Gymnasium, conference room, classroom available for rent.

Hillcrest Community Center/Moss Building
1907 Hillcrest Dr. • 874-7475 • 50+ Tours 441-5525
Life Enrichment classes, preschool programs, 50+ programs/tours, Osher@Mizzou. Moss available for rental, 874-7460, $35 per hour plus $200 deposit.

Rock Quarry Park House
2002 Grindstone Parkway • 874-7460
Available for gatherings of 50 or less. Rental fee per hour is $22 plus $100 deposit.

Paquin Tower
1201 Paquin St., Ste. 102 • 874-7473
Adapted Community Recreation program and craft studio open to all.

Stephens Lake Amphitheater
100 Old 63N • 874-7460
Call for information or to rent.

Maplewood Barn
2900 E. Nifong • Call 874-7460
Call for information or to rent. Available Oct-March, $27 per hour plus $100 deposit.
SHelter resERvations
Reservations can be made for several park shelters. Other shelters are on a first-come, first-served basis. Reservations will be taken up to one year (364 days) in advance. The fee is $35 or $45 and is required on the day the reservation is made. Reservations fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation. For more information or to reserve a shelter, call 874-7460. For indoor space rental, see page 8 for ARC rentals and page 4 for the Riehmann Pavilion, Moss Building, Rock Quarry House and Maplewood Barn. See our web site for new Cosmo Park Shelter rates!

rEmoRed chEck FEe
The City of Columbia will assess a $25 service charge for every check or EFT returned for insufficient funds.

fEE payMenT
Fees must be paid in full at the time of purchase, registration or reservation. Enrollment in programs and facility rentals are on a first-come, first-served basis. Payments may be made with cash, check or credit card.

CLass rEfUND pOLICy
1. Refund at the request of the participant:
   a. If the participant provides a written request for a refund one week prior to the first class, a refund will be granted less a $5 administrative fee per participant. No refunds will be given for $5 or less.
   b. If a participant requests a refund less than one week prior to the first class, no refund will be granted.
   c. If a participant cannot attend or continue a class due to an illness, a refund may be granted if a written request is received and:
      i. A physician’s statement of the illness and dates is presented.
      ii. The request is received no later than 7 days after seeking treatment.
      iii. A full refund will be granted if the request is received prior to the start of class.
      iv. A pro-rated refund will be granted for the classes missed due to the illness.
2. Class Cancellation by the Parks & Recreation Department: A full refund will be granted in the event a class/activity is cancelled by the Department. The Parks & Recreation Department reserves the right to cancel a class if the minimum program enrollment has not been met two business days before the first class meeting.

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

pHOTOGRAPhY
Frequently the City of Columbia takes photos or videotape 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 FEinAnCiAL 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 online at www.GoColumbiaMo.com. All applications must include proof of income and residency and should be turned in at the downtown office.

ADULT FEinAnCiAL 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.

lElISER TImES ON t.V.
Leisure Times is a special video magazine produced to keep you up-to-date on Parks and Recreation activities. It is shown on the Columbia Channel which is seen on Mediacom Channel 80, Charter Communications Channel 992, and CenturyLink 96 or check them out on YouTube (columbiacitychannel).

yOUth rECREATION SCHOLARSHIPS
Through Share the Light, City utility customers can make a donation to a variety of programs, including Youth Recreation Scholarships. Look for information in your utility bill, or log onto the web.

PIcNIC PACKs
Stop by Parks & Recreation (1 S. 7th St.) and pick up a Picnic Pack for one day or the weekend. The Picnic Pack includes volleyball, net, football, 2 frisbees, softball and bat. First-configure, first-served. Cost is $10 with $20 deposit.

Five Ways to Register:
1. Online: Go to www.GoColumbiaMo.com
2. Walk-in: You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. Mail-in: Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. Fax-in: Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

creating community through people, Parks and programs 5
### Activity & Recreation Center

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. Specialty classes (sport specific training, yoga, etc.) will be assessed an additional program fee.

### 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.

### MEMBERSHIP FEES

#### YOUTH ADMISSION - AGES 2 TO 17

<table>
<thead>
<tr>
<th>Membership Option</th>
<th>Daily</th>
<th>Monthly Installment*</th>
<th>30 Day Pass</th>
<th>After School 3pm-6pm daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily</td>
<td>$3.50</td>
<td></td>
<td></td>
<td>$2.50</td>
</tr>
<tr>
<td>Multiple Pass (20)</td>
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<td></td>
<td>$18.50</td>
<td></td>
</tr>
<tr>
<td>Annual Pass</td>
<td></td>
<td></td>
<td>$25.50</td>
<td></td>
</tr>
<tr>
<td>Monthly Installment*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 Day Pass</td>
<td></td>
<td></td>
<td>$24.50</td>
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</tr>
</tbody>
</table>

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

#### ADULT ADMISSION - AGES 18-59

<table>
<thead>
<tr>
<th>Membership Option</th>
<th>Daily</th>
<th>Monthly Installment*</th>
<th>30 Day Pass</th>
<th>Adult plus one 30 Day Pass+</th>
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<tbody>
<tr>
<td>Daily</td>
<td>$5.75</td>
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<tr>
<td>Multiple Pass (20)</td>
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<td>$33.00</td>
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<tr>
<td>Annual Pass</td>
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<td></td>
<td>$39.00</td>
<td></td>
</tr>
<tr>
<td>Monthly Installment*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 Day Pass</td>
<td></td>
<td></td>
<td>$24.50</td>
<td></td>
</tr>
<tr>
<td>Adult plus one Annual+</td>
<td></td>
<td></td>
<td>$45.00</td>
<td></td>
</tr>
<tr>
<td>Adult plus one Monthly**</td>
<td></td>
<td></td>
<td>$42.50</td>
<td></td>
</tr>
<tr>
<td>Adult plus one 30 Day Pass+</td>
<td></td>
<td></td>
<td>$48.50</td>
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</tr>
</tbody>
</table>

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

#### SENIOR ADMISSION - AGES 60 & OVER

<table>
<thead>
<tr>
<th>Membership Option</th>
<th>Daily</th>
<th>Monthly Installment*</th>
<th>30 Day Pass</th>
<th>Annual Senior Couple+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily</td>
<td>$3.50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multiple Pass (20)</td>
<td></td>
<td></td>
<td>$25.50</td>
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<tr>
<td>Annual Pass</td>
<td></td>
<td></td>
<td>$25.50</td>
<td></td>
</tr>
<tr>
<td>Monthly Installment*</td>
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</tr>
<tr>
<td>30 Day Pass</td>
<td></td>
<td></td>
<td>$19.50</td>
<td></td>
</tr>
<tr>
<td>Annual Senior Couple+</td>
<td></td>
<td></td>
<td>$265.00</td>
<td></td>
</tr>
<tr>
<td>Couple Monthly Installment**</td>
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<td></td>
<td>$25.50</td>
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</tr>
</tbody>
</table>

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

#### FAMILY ADMISSION - UP TO 5 PERSONS**

<table>
<thead>
<tr>
<th>Membership Option</th>
<th>Daily (up to 5 persons)</th>
<th>Additional Dependent Family Member (ADFM)</th>
<th>Annual Pass+</th>
<th>Annual Pass ADFM</th>
<th>Monthly Installment++</th>
<th>Monthly ADFM</th>
<th>30 Day Pass+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily</td>
<td>$14.50</td>
<td>$1 ea</td>
<td>$546.00</td>
<td>$27.50</td>
<td>$50.00</td>
<td>$2.50</td>
<td>$56.00</td>
</tr>
</tbody>
</table>

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

### GROUP RATES

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

### 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 7 for details.

### 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.

### ARC HOURS OF OPERATION

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday</td>
<td>5:30am-9:30pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7am-7pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>9am-6pm</td>
</tr>
</tbody>
</table>

**POOL SCHEDULE & HOURS - SEE PAGES 14-15**

### HOLIDAY HOURS

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memorial Day, May 25</td>
<td>11am-5:30pm</td>
</tr>
<tr>
<td>4th of July</td>
<td>11am-5:30pm</td>
</tr>
</tbody>
</table>

**HOLIDAY POOL HOURS - SEE PAGE 13**
Creating Community through People, Parks and Programs

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 Feature
✓ Group Exercise Room
✓ Hydro Therapy Pool
✓ Kid Zone-Stay & Play Area for Children
✓ Spinning Room
✓ Youth Training Room

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

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

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

FEES
Annual Passholder
Single Visit ................................................................. $2.25 per child
Punch Card ................................................................. $4.00 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.

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

CARDIO/STRENGTH TRAINING
Come work out in our “state of the art” environment. Jump into shape or stay fit with our top of the line cardio and strength (dumbbells, circuit) equipment. Enjoy cardio theatre while you are exercising to a happier, healthier lifestyle. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely, no exceptions.

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 both basketball and volleyball. The gym can also be used for other activities. At least one court will be available for drop-in use most hours of operation. Gym will be closed April 6-14 for floor refinishning.

ARC PRACTICE COURT RENTALS
Activity & Recreation Center (ARC) is offering Sunday night court rental opportunities for team practice. These rentals are after regular business hours and offered on a trial basis. Reservations are limited to one reservation per month per team. However, coaches may contact the ARC on Mondays prior to a proposed rental date to reserve an additional court time. Contact the ARC at 573-874-7719 to make a reservation.

RENTAL RATES:
Full Court ~ $75 for a 1 1/2 hour rental; 6p-7:30p or 7:45p–9:15p
Half Court ~ $40 for a 1 1/2 hour rental; 6p-7:30p or 7:45p–9:15p

RENTAL GUIDELINES:
All Rentals
✓ Rentals may not be used for the sale of a service, such as a paid personal or team trainer.
Basketball
✓ Teams reserving a full court will have 6 baskets and 3 baskets for half court rental. No dunking allowed.
Baseball/Softball
✓ Teams must reserve a full court and must utilize trainer or total control bats; no hardballs permitted or drills utilizing the walls.
✓ Hitting must be done in net.
Sockerc
✓ 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.

AVAILABLE RENTAL DATES:
March : 1, 8, 15
April 5, 12, 19
GYMNASIUM SCHEDULE

MONDAY
11am-1:30pm .............................................. Pickleball
6:30-7:30pm .............................................. 11-17 yrs Volleyball
7:30-9:30pm .............................................. 18 and over Volleyball

WEDNESDAY
6:30-7:30pm .............................................. 11-17 yrs Volleyball
7:30-9:30pm .............................................. 18 and over Volleyball
PICTLEBALL ............................. Tues: 7:30-9am; Fri: 6:30-9:30pm

ADULT VOLLEYBALL .................................. Tues & Thurs: 12-1:30pm
Note: Days and times are subject to change.
At least one court will be available for drop-in use most hours of operation.
During peak times, basketball play will be restricted to half-court only.
Gym closed April 6-14 for floor refinishing.

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

ARC REFUND POLICY

ARC MEMBERSHIPS
1. There are no refunds on ARC memberships.
2. There is a $5 fee for the replacement of a lost or stolen card. There will be no refunds given for card replacement.

ACTIVITY PROGRAMS - See page 5 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.

LOST & FOUND

Our lost and found service is located at the Guest Services Desk. Items not claimed within seven days will be donated to charitable organizations. The ARC is not responsible for lost or stolen items.

ROOM RENTALS

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

ROOMS/COURTS

Meeting Room 1/3 .............................................. $25 per hour
Meeting Room 2/3 .............................................. $50 per hour
Meeting Room Full .......................................... $75 per hour
Classroom ......................................................... $22 per hour
Group Exercise Room .......................................... $32 per hour
Water Zone Raindrop Room (M, W, F) .................. $37 per rental
Water Zone Typhoon Room (M, W, F) ................. $50 per rental

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

FACILITY “LOCK-IN” (8 HOURS)
Discover the ARC and all it has to offer for your next group overnight.
You will have use of the lobby, gym, pool (10pm-2am), game room and meeting rooms. Maximum accommodation is 500.

TIMES ................................................................. 10pm-6am

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

WATER ZONE BIRTHDAY PARTIES, PAGE 13
CERAMICS, ART AND CRAFT STUDIO

The Adapted Community Recreation art room is a fun and relaxing place for you to explore your creative side, whether it be gift making or person artistic expression. We have a large inventory of craft supplies, but we specialize in ceramics. A huge variety of greenware and bisqueware, along with a vast choice of glazes are available.

Ceramics classes and crafts are offered on the following days:

- **Mon (Ceramics only)** 11 am – 8:30 pm
- **Tues (Crafts)** 11 am – 3 pm
- **Wed (Ceramics only)** 11 am – 7 pm
- **Thurs (Ceramics and Crafts)** 11 am – 3 pm
- **Fri (Ceramics)** 11 am – 4 pm

**Fee:** Cost of the greenware

The art instructor’s hours are:

- Mon 11 am-8:30 pm, Tues 3 pm-7 pm, Wed 1 pm-7 pm, Fri 11 am-4 pm
- Instructor will not be available May-August

CLAY DAY

*Third Saturday of the month, 11 am-4 pm*
Create projects with raw clay. A professional artist is available during the class.

OPEN POTTERY WHEEL (for advanced users only)

Use of the tabletop pottery wheels will be available during the art instructor’s hours. Cost is $10 and includes a pound of clay.

TIE DYE WORKSHOP

*April 22, 5-7 pm*
Learn how to create classic tie dye shirts and clothing! Please provide your own pre-washed articles of clothing, and be prepared to get messy. Cost is $5.

SOCIAL ACTIVITIES AND EXERCISE

WII GAMES

*Every Thursday, 5 pm (except first Thursday of the month)*
It’s a great way to play video games and to get some exercise at the same time! Please call 874-7473 to find out when the Wii games are scheduled.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315604-01</td>
<td>Th: Jun 18-Sep 10</td>
<td>6-8 pm</td>
<td>8+</td>
<td>$15</td>
</tr>
</tbody>
</table>

SPECIAL OLYMPIC GOLF

A current physical and release form are required. Registration deadline is May 8.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315604-01</td>
<td>Th: Jun 18-Sep 10</td>
<td>6-8 pm</td>
<td>8+</td>
<td>$15</td>
</tr>
</tbody>
</table>

SPECIAL OLYMPIC BOCCE

Registration Deadline June 13 or until maximum participants reached.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315607-01</td>
<td>Th: Jul 23-Sep 17</td>
<td>6-7 pm</td>
<td>8+</td>
<td>$15</td>
</tr>
</tbody>
</table>
Aquatics

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

ALBERT-OAKLAND FAMILY AQUATIC CENTER
Albert-Oakland Park, 1900 Blue Ridge Road, 474-5331
✓ Outdoor Facility
✓ Diving Boards
✓ 50 Meter Pool
✓ Shade Umbrellas
✓ Concession Stand
✓ Large Deck with Lounge Chair
✓ Children’s Water Play Area with Water Sprinklers and a Water Slide
✓ Swim Instruction
✓ Recreational Swim
✓ Water Fitness
✓ Double Loop Enclosed Flume Water Slide

DOUGLASS FAMILY AQUATIC CENTER & SPRAYGROUND
Douglass Park, 400 N. Providence Road, 442-5019
✓ Outdoor Facility
✓ Rock Climbing Wall
✓ Shade Shelter
✓ Concession Area
✓ UNGUARDED Plaza with interactive water fountains, geysers and jets shooting from the ground
✓ Outdoor Facility
✓ Recreational Swim
✓ Water Fitness
✓ Concession Area
✓ UNGUARDED Plaza with interactive water fountains, geysers and jets shooting from the ground
✓ Free to public

FLAT BRANCH PARK SPRAYGROUND
Flat Branch Park, 400 Locust St. • Open May 1-September 30
✓ UNGUARDED Outdoor Water Feature Sprayground
✓ Plaza with interactive water fountains, geysers and jets shooting from the ground
✓ Outdoor Facility
✓ Hydro Therapy Pool
✓ Lap Lanes
✓ Swim Instruction
✓ Recreational Swim
✓ Water Fitness
✓ Concession Area

HICKMAN POOL
David H. Hickman High School, 1104 N. Providence Road, 874-7476
✓ Indoor Facility
✓ Swim Instruction
✓ Hydro Therapy Pool
✓ Lifeguard Instruction

LAKE OF THE WOODS POOL
Lake of the Woods Recreation Area, 6700 St. Charles Rd, 474-7878
✓ Outdoor Facility
✓ Heated Water
✓ Shade Umbrellas
✓ Concession Stand in Clubhouse
✓ UNGUARDED Outdoor Water Feature Sprayground
✓ Plaza with interactive water fountains, geysers and jets shooting from the ground
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✓ Heated Water
✓ Shade Umbrellas
✓ Concession Stand in Clubhouse
✓ UNGUARDED Outdoor Water Feature Sprayground
✓ Plaza with interactive water fountains, geysers and jets shooting from the ground
✓ Free to public

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

STEPHENS LAKE
Stephens Lake Park, 2001 E. Broadway • Open May 1-September 30
✓ UNGUARDED Swimming Beach
✓ Free to the Public
✓ Boardwalk with Shelter
✓ Free to the Public
✓ Boardwalk with Shelter
✓ Swimming in Designated Beach Area
✓ Fishing / Boating (non-motorized) Area
✓ Restrooms

STEPHENS LAKE SPRAYGROUND
Stephens Lake Park, 2001 E. Broadway • Open May 1-September 30
✓ UNGUARDED Outdoor Water Feature Spraygrounds
✓ Plaza with interactive water fountains, geysers and jets shooting from the ground
✓ Free to public

FOURTH OF JULY SPECIAL HOURS
All outdoor pools will be open 12 - 5 pm on July 4.

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

RECREATION SWIM FEES
ALBERT-OAKLAND FAMILY AQUATIC CENTER
AGE SINGLE ADMISSION COUPON BOOKS (20)
1 & under FREE $37.50
2-15 $2.50 $37.50
Adults (16+) $3.75 $56.25
After 5 pm (2+) $1.75

LAKE OF THE WOODS/LITTLE MATES COVE AT TWIN LAKES
AGE SINGLE ADMISSION COUPON BOOKS (20)
1 & under FREE $22.50
2-15 $1.50 $22.50
Adults (16+) $2.75 $41.25

Note: Coupon books may be purchased and used at any aquatic facility except the ARC.

DOUGLASS FAMILY AQUATIC CENTER
1 & under, FREE ~ 2 yrs & older, $1

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

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

OUTDOOR AQUATIC SEASON PASS
PASS TYPE PRICE BEFORE 3/23
Family Season Pass* $220 $50 Off
Adult Season Pass $115 $20 Off
Youth Season Pass $ 70 $20 Off

*Family defined as maximum of two adults and up to three dependents living at same residence.
Creating Community through People, Parks and Programs

**SWIM ATTIRE**
Appropriate swim attire is required to enter ALL aquatic facilities. Appropriate swim attire is defined as clothing specifically designed for use in the water. Some examples of inappropriate attire include, but are not limited to: basketball shorts, sports bras and shorts, sweatpants, cut-off shorts, & cargo shorts. Aquatic cashiers will ask to see swim attire at time of entry, those without appropriate attire will not be admitted.

**DIAPER POLICY**
- Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.
- Swimmers not wearing swim diapers will be asked to exit the swimming area until a swim diaper is acquired. Disposable swim diapers can be purchased at the facilities.
- Adults are required to change diapers at designated diaper changing stations located in the changing rooms. Please do not change diapers on the aquatic facility deck, in the concession area or party rooms.
- Children and patrons who have had diarrhea within the past two weeks are asked not to use the facility.
- Adults should ask their children to refrain from drinking the pool water.
- If your child or another child does have an accident in the pool water, 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 issue, we have developed the following policy. 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 45 minutes, the pool will close and attempt to reopen later in the day. This policy is in effect until one hour prior to official closing time. All facility closings will be announced on the Swim Hotline (874-7663).

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

**RENTAL RATES**
- **ARC**
  - Without Water Play Area: $250
  - Water Play Area: $168
  - Water Play Area only: $99
- **Douglass Family Aquatic Center**
  - Without Water Play Area: $117
- **Lake of the Woods Pool**
  - Without Water Play Area: $117
  - Water Play Area only: $135

  *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.

**BOOK NOW!!!**

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

**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 SPECIAL EVENTS**

**LITTLE SWIMMERS PLAYTIME**
Come enjoy the play structure and zero depth area at Albert-Oakland Family Aquatic Center during a time specifically reserved for little ones and an adult playmate. Daily admission fee is required for all participants which includes all little ones and their adult playmates. This activity is for ages 10 and under with an adult (16 years or older). Mon-Fri, June 8-Aug 14, AOFAC 10:45-11:45 am; Tuesday is free for aquatic season pass holders; Fee: $1 for all participants.

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

**PARTY FEES**
- **Tables**: $5 per hour per table
- **Pizza**: $8 per large pizza
- **Drinks**: $3 per 10 pack of Kool-aid Jammers

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

<table>
<thead>
<tr>
<th>Facility</th>
<th>May</th>
<th>June / July</th>
<th>August</th>
<th>September</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARC Water Zone</strong></td>
<td>Open</td>
<td>Closed June 1-3</td>
<td>M-F 12-7pm</td>
<td>Closed Sept 1-4</td>
</tr>
<tr>
<td><strong>Albert-Oakland Family Aquatic Center</strong></td>
<td>Open May 23, 24, 25, 12-5pm</td>
<td>Open for season</td>
<td>Open Sept 5, 6, 7, 12-5pm</td>
<td>Open Aug 15, 16, 22, 23, 29, 30, 12-5pm</td>
</tr>
<tr>
<td><strong>Hickman Pool</strong></td>
<td>CLOSED</td>
<td>LESSONS ONLY Only</td>
<td>CLOSED</td>
<td>CLOSED FOR SEASON</td>
</tr>
<tr>
<td><strong>Lake of the Woods Pool</strong></td>
<td>Open May 23, 24, 25, 12-5pm</td>
<td>Open for Season</td>
<td>See August issue of Leisure Times</td>
<td>CLOSED FOR SEASON</td>
</tr>
<tr>
<td><strong>Douglass Family Aquatic Center</strong></td>
<td>Open May 23, 24, 25, 12-5pm</td>
<td>Open for Season</td>
<td>See August issue of Leisure Times</td>
<td>CLOSED FOR SEASON</td>
</tr>
<tr>
<td><strong>Little Mates Cove at Twin Lakes</strong></td>
<td>Open May 23, 24, 25, 12-5pm</td>
<td>Open for Season</td>
<td>Open Aug 15, 16, 22, 23, 29, 30, 12-5pm</td>
<td>CLOSED FOR SEASON</td>
</tr>
</tbody>
</table>

*NOTE*:
- Tuesday Little Swimmers is free for aquatic season pass holders. Little Swimmers hours are AOFAC: Mon-Fri. 10:45-11:45 am.
- 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.
WATER ZONE BIRTHDAY PARTY PACKAGES

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

ALL PACKAGES INCLUDE:
• 2 hours in selected party room
• Pizza or hotdogs & chips, additional pizza may be purchased
• Soda or Kool-aid
• Daily admission for the number of guests specified in the package
• Souvenir party t-shirt for the birthday child
• Wrist bands to enter the facility
• Free birthday invitations to all party participants with free guest pass for future ARC visit
• Party attendant will deliver food and drink
• Guests may stay and enjoy the ARC after the party is over

ROOM TIMES
Mon, Wed, or Fri ............................... 1:30-3:30pm*, 4-6pm; 6:30-8:30pm
Sat or Sun .................................................. 12:30pm or 2:30-4:30pm

*Available when school is not in session.

Parties are only available during Rec swim times.

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

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

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

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

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

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

WATER ZONE ROOM RENTAL

If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This two-hour package does not include admission into the facility. See page 6 for fees. Available Mon, Wed, or Fri 1:30-3:30pm*, 4-6pm; 6:30-8:30pm.

<table>
<thead>
<tr>
<th>Rooms</th>
<th>Raindrop</th>
<th>Typhoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Hour Room Rental</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maximum Capacity</td>
<td>15 persons</td>
<td>55 persons</td>
</tr>
<tr>
<td>Extra pizza cost</td>
<td>$8</td>
<td>$6</td>
</tr>
<tr>
<td>T-Shirt cost</td>
<td>$6</td>
<td>$6</td>
</tr>
</tbody>
</table>

*Available when school is not in session.

HOLIDAY HOURS
May 25 .... 11am-12pm Lap Swim .... 12-5pm Rec Swim
July 4 .... 11am-12pm Lap Swim .... 12-5pm Rec Swim

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

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

WATER AEROBICS CLASS
This 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.

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. Daily admission fee is required for all participants which includes all little ones (8 and under) and their adult playmates. Children must be accompanied by an adult (16 or older).

March 9 – Aug 13
Mon – Thurs 11 am – 12 pm
Tues & Thurs are free to ARC members only
$1 for all participants

LITTLE SWIMMERS AT ALBERT-OAKLAND, PAGE 11

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 and under with adult supervision (16 years and older).

March 10 – Aug 13
Tues & Thurs 10-11 am
$1 for all participants
# ARC WATER ZONE SCHEDULE MARCH 8 – JUNE 3

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON/WED</th>
<th>TU/THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARC Closed</td>
<td>Lap/Spa/Walk 5:45-7am</td>
<td>Lap/Spa/Walk 5:45-7am</td>
<td>Lap/Spa/Walk 5:45-7am</td>
<td>ARC CLOSED</td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Lap/Spa/Walk 7-8am</td>
<td>Water Aerobics 7-7:50am</td>
<td>Lap/Spa/Walk 7-8am</td>
<td>Water Aerobics 7:10-8am</td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Water Aerobics 8-8:50am</td>
<td>Water Aerobics 8-8:50am</td>
<td>Water Aerobics 8-8:50am</td>
<td>Water Aerobics 8:10-9am</td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Moving My Joints 10-10:50am</td>
<td>Lap/Spa/Walk 10am-1:30pm</td>
<td>Moving My Joints 10-10:50am</td>
<td>Swimming Lessons 10:10-10:55am****</td>
</tr>
<tr>
<td>Lap/Spa/Walk 9am-12pm</td>
<td>Little Swimmers 11am-12pm</td>
<td>Little Swimmers 11am-12pm</td>
<td>Lap/Spa/Walk 11am-1:30pm</td>
<td>Swimming Lessons 11:10-11:55am****</td>
</tr>
<tr>
<td>Rec Swim 12-5:30pm</td>
<td>Lap/Spa/Walk 11am-1:30pm</td>
<td>*ARC Members Free</td>
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<td></td>
</tr>
<tr>
<td>WATER ZONE CLOSED</td>
<td>WATER ZONE CLOSED</td>
<td>WATER ZONE CLOSED</td>
<td>Rec Swim 12-6:30pm</td>
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<tr>
<td><strong>SPA WILL BE CLOSED 1:30-6PM FOR MAINTENANCE EVERY WED</strong></td>
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<tr>
<td>Lap/Spa/Walk 3-5pm</td>
<td>Lap/Spa/Walk 3-5:30pm</td>
<td>Lap/Spa/Walk 3-5pm</td>
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<td></td>
</tr>
<tr>
<td>Water Aerobics 5:30-6:20pm</td>
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<td></td>
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<tr>
<td>Rec Swim 5-9pm</td>
<td>Rec Swim 5-9pm</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Lap/Spa/Walk 6:30-9pm</td>
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</tbody>
</table>

* Due to School Rentals, the Water Zone schedule may vary a few days during April / May.

****Lap/Spa/Walk is available when lessons are NOT in session.
Please call or look for special notices posted at the facility.
### ARC WATER ZONE SCHEDULE JUNE 4-AUG 15

Water Zone Closed July 25-Aug 2 for Annual Maintenance

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON/WED</th>
<th>TU/THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Lap/Spa/Walk 5:45-7am</td>
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<td>Lap/Spa/Walk 5:45-7am</td>
<td>ARC Closed</td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Lap/Spa/Walk 7-8am</td>
<td>Water Aerobics 7-7:50am</td>
<td>Lap/Spa/Walk 7-8am</td>
<td></td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Water Aerobics 8-8:50am</td>
<td>Water Aerobics 8-8:50am</td>
<td>Water Aerobics 8-8:50am</td>
<td>Water Aerobics 7:10-8am</td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Water Aerobics 9-9:50am</td>
<td>Water Aerobics 9-9:50am</td>
<td>Water Aerobics 9-9:50am</td>
<td>Water Aerobics 8:10-9am</td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Moving My Joints 10-10:50am</td>
<td>Lap/Spa/Walk 10am-1:30pm</td>
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<td>Swimming Lessons 9:10-9:55am***</td>
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<tr>
<td>ARC Closed</td>
<td>Little Swimmers 11am-12pm *ARC Mem Free</td>
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<td></td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Rec Swim 12-5:30pm</td>
<td>Rec Swim 12-5:30pm</td>
<td>Rec Swim 12-9pm</td>
<td>Rec Swim 12-6:30pm</td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Rec Swim 12-9pm</td>
<td>Water Aerobics 5:40-6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ARC Closed</td>
<td>Swimming Lessons 6:45-7:30pm***</td>
<td>Swimming Lessons 7:45-8:30pm***</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SPA WILL BE CLOSED 1:30-6PM FOR MAINTENANCE EVERY WED**

- Classes listed in **BLACK** are included with Daily, Multi and Annual Membership Passes.
- Classes listed in **SHADED BOX** require an additional fee.
- Spa will be open when activities are scheduled in the pool except private rentals.
- Lap Swim is available during all Rec Swim times.
- Spa Maintenance will occur each Wednesday.

**Holiday Hours May 25 & July 4:** 11 am–12 pm Lap Swimming; 12–5 pm Rec Swim
Aquatics

YOUTH AND TEEN AQUATICS

LEARN TO SWIM PROGRAM

Registration will be taken at the ARC located at 1701 W. Ash (874-7700) or the Parks and Recreation office located at 1 S. 7th Street (874-7460). Registration ends at noon on the Thursday prior to the session. After that day, participants may only register by calling the manager at the facility to determine space availability. Participants may register in person, by mail or over the phone with a Master Card or Visa. Payment at the time of registration is required.

LEARN TO SWIM

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: ARC, Albert-Oakland or Hickman Pool, see next column

LEARN TO SWIM COURSE DESCRIPTIONS
MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Place</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>216901-05</td>
<td>Tu,Th: Mar 31-Apr 23</td>
<td>6:30-7:15 pm</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>216901-06</td>
<td>Sa: Apr 4-Apr 25</td>
<td>9:10-9:55 am</td>
<td>ARC</td>
<td>3-15</td>
<td>$22.50</td>
</tr>
<tr>
<td>216901-07</td>
<td>Sa: Apr 4-Apr 25</td>
<td>10:10-10:55 am</td>
<td>ARC</td>
<td>3-15</td>
<td>$22.50</td>
</tr>
<tr>
<td>216901-08</td>
<td>Sa: Apr 4-Apr 25</td>
<td>11:10-11:55 am</td>
<td>ARC</td>
<td>3-15</td>
<td>$22.50</td>
</tr>
<tr>
<td>316900-01</td>
<td>Sa: Jun 6-Jul 18*</td>
<td>10:10-10:55 am</td>
<td>ARC</td>
<td>3-15</td>
<td>$35</td>
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<tr>
<td>316900-02</td>
<td>Sa: Jun 6-Jul 18*</td>
<td>11:10-11:55 am</td>
<td>ARC</td>
<td>3-15</td>
<td>$35</td>
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<tr>
<td>316900-03</td>
<td>M-Th: Jun 15-Jun 25</td>
<td>10:10-10:45 am</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-04</td>
<td>M-Th: Jun 15-Jun 25</td>
<td>11:10-11:45 am</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-05</td>
<td>M-Th: Jun 15-Jun 25</td>
<td>5:30-6:15 pm</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-06</td>
<td>M-Th: Jun 15-Jun 25</td>
<td>6:25-7:10 pm</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-07</td>
<td>M-Th: Jun 29-Jul 9</td>
<td>10:10-10:45 am</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-08</td>
<td>M-Th: Jun 29-Jul 9</td>
<td>5:30-6:15 pm</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-09</td>
<td>M-Th: Jun 29-Jul 9</td>
<td>6:25-7:10 pm</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-10</td>
<td>Tu,Th: Jun 30-Jul 23</td>
<td>6:45-7:30 pm</td>
<td>ARC</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-11</td>
<td>Tu,Th: Jun 30-Jul 23</td>
<td>7:45-8:30 pm</td>
<td>ARC</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-12</td>
<td>M-Th: Jul 13-Jul 23</td>
<td>11:11-11:45 am</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-13</td>
<td>M-Th: Jul 13-Jul 23</td>
<td>5:30-6:15 pm</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-14</td>
<td>M-Th: Jul 13-Jul 23</td>
<td>6:25-7:10 pm</td>
<td>HICK</td>
<td>3-15</td>
<td>$45</td>
</tr>
<tr>
<td>316900-15</td>
<td>M-Th: Jul 27-Aug 6</td>
<td>11-11:45 am</td>
<td>AOFAC</td>
<td>3-15</td>
<td>$45</td>
</tr>
</tbody>
</table>

* No class 7/4

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 $88

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 $110

LEARN TO SWIM (Level One)
STARFISH
None. The objective of Level 1 is to help students feel comfortable in the water.

LEARN TO SWIM (Level Two A)
CLOWNFISH
Passed Level One or demonstrate equivalent skills.

LEARN TO SWIM (Level Two B)
BLUEFISH
Passed Level Two A or demonstrate equivalent skills.

LEARN TO SWIM (Level Three)
SEA TURTLES
Passed Level Two B or demonstrate equivalent skills.

LEARN TO SWIM (Level Four)
STINGRAYS
Passed Level Three or demonstrate equivalent skills.

LEARN TO SWIM (Level Five)
DOLPHINS
Passed Level Four or demonstrate equivalent skills.

LEARN TO SWIM (Level Six)
SHARKS
Passed Level Five or demonstrate equivalent skills.

SKILLS TAUGHT
Introduction to supported floating, immersion of face into water, blowing bubbles, introduction to kicking.

Ability to show some independence in water. Introduction to basic strokes.

Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.

Coordinate the front crawl and back crawl; introduction to elements of butterfly; introduction to elements of breast stroke.

Develop confidence in the strokes learned in previous levels; build on butterfly and breast stroke.

Coordination and refinement of strokes; increase distances; flip turns.

Refine strokes-ease, efficiency, power, smoothness of greater distances.
ARE WE GOING TO HAVE CLASS
Make-up days will be scheduled the Friday following the last day of lessons only if a cancellation is made by the Parks and Recreation Department staff. There are no make up days for the ARC or lessons missed for personal reasons.

In the event of inclement weather, please call 874-7663. This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled. Note: Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.

REFUND POLICY
For information on the refund policy please see the General Information section, page 5

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

Location: Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>316901-01</td>
<td>M-F: Jun 29-Jul 9</td>
<td>11-11:45 am</td>
<td>3+</td>
<td>$45</td>
</tr>
<tr>
<td>316901-02</td>
<td>M-Th: Jul 13-Jul 23</td>
<td>10-10:45 am</td>
<td>3+</td>
<td>$45</td>
</tr>
</tbody>
</table>

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

Location: Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>216600-03</td>
<td>Tu,Th: Mar 31-Apr 23</td>
<td>5:30-6:20 pm</td>
<td>16+</td>
<td>$32</td>
</tr>
<tr>
<td>316600-02</td>
<td>Tu,Th: May 5-May 21</td>
<td>5:30-6:20 pm</td>
<td>16+</td>
<td>$24</td>
</tr>
</tbody>
</table>

JUNIOR LIFEGUARD
Learn valuable lifeguarding skills and get the chance to aid the aquatic staff. Participants will receive a t-shirt.

Location: Albert-Oakland Family Aquatic Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>316801-01</td>
<td>M,W,F: Jul 6-Jul 17</td>
<td>5:30-7 pm</td>
<td>12-15</td>
<td>$30</td>
</tr>
</tbody>
</table>

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

Location: See below

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Place</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>216701-02</td>
<td>Tu,Th: Mar 31-Apr 23</td>
<td>11:10-11:40 am</td>
<td>HICK</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>316700-01</td>
<td>M-Th: Jun 15-Jun 25</td>
<td>6:30-7 pm</td>
<td>HICK</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>316700-02</td>
<td>M-Th: Jun 29-Jul 9</td>
<td>6:30-7 pm</td>
<td>HICK</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>316700-03</td>
<td>M-Th: Jul 13-Jul 23</td>
<td>6:30-7 pm</td>
<td>HICK</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
<tr>
<td>316700-04</td>
<td>Sa: Jun 6-Jul 25*</td>
<td>10:10-10:40 am</td>
<td>ARC</td>
<td>6 mos-3</td>
<td>$40</td>
</tr>
</tbody>
</table>

* No Class: 7/4

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. Must have a minimum of 10 participants.

Location: Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>301205-01</td>
<td>Tu,Th: Mar 31-Apr 23</td>
<td>5:30-6:20 pm</td>
<td>16+</td>
<td>$32</td>
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<tr>
<td>301205-02</td>
<td>Tu,Th: May 5-May 21</td>
<td>5:30-6:20 pm</td>
<td>16+</td>
<td>$24</td>
</tr>
</tbody>
</table>

Location: Albert-Oakland Family Aquatic Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>301205-03</td>
<td>M,W: Jun 8-Jun 24</td>
<td>6-6:50 pm</td>
<td>16+</td>
<td>$24</td>
</tr>
<tr>
<td>301205-04</td>
<td>M,W: Jul 6-Jul 22</td>
<td>6-6:50 pm</td>
<td>16+</td>
<td>$24</td>
</tr>
<tr>
<td>301205-05</td>
<td>Tu,Th: Jul 28-Aug 13</td>
<td>6-6:50 pm</td>
<td>15+</td>
<td>$24</td>
</tr>
</tbody>
</table>

All Water Fitness classes, except specialty classes, are included with ARC Annual Memberships. Water Fitness classes are geared for 16 years and older to participate.

WATER SPECIALTY CLASSES

@ COMO Parks and Rec
STARGUARD LIFEGUARD TRAINING
Learn first aid, CPR, oxygen administration, and how to handle incidents in a professional manner. Pre-requisites: tread water for one minute using legs only, swim 50 yards w/tube, 50 yards w/o tube continuously (front crawl or breast stroke), retrieve 10-pound object from 12 feet, access Internet (class requires online course). Test must be submitted first day of class. Age: Must be 15 by first day of course. Late fee of $10 assessed; registration deadline is 10 days prior to start of class.
Location: Hickman Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>201200-01</td>
<td>F, Sa, Su: Mar 13-15</td>
<td>F: 5-9; Sa, Su: 8-5</td>
<td>15+</td>
<td>$130*</td>
</tr>
<tr>
<td>201200-02</td>
<td>F, Sa, Su: Apr 10-12</td>
<td>F: 5-9; Sa, Su: 8-5</td>
<td>15+</td>
<td>$130*</td>
</tr>
<tr>
<td>201200-03</td>
<td>F, Sa, Su: May 8-10</td>
<td>F: 5-9; Sa, Su: 8-5</td>
<td>15+</td>
<td>$130*</td>
</tr>
<tr>
<td>201200-04</td>
<td>Th, F, Sa: June 4-6</td>
<td>9am-5pm</td>
<td>15+</td>
<td>$130*</td>
</tr>
</tbody>
</table>

*Price: Free for guards employed by Columbia Parks and Rec $130 for other participants

LIFEGUARD RE-LICENSE
Enrollment in the course does not guarantee passing score. Must provide previous year's certification at time of registration.
Location: Hickman High School Pool

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>201201-01</td>
<td>Su: Mar 8</td>
<td>8 am-5:30 pm</td>
<td>15+</td>
<td>$100*</td>
</tr>
<tr>
<td>201202-01</td>
<td>Su: Apr 26</td>
<td>8 am-5:30 pm</td>
<td>15+</td>
<td>$100*</td>
</tr>
</tbody>
</table>

*Price: Free for guards employed by Columbia Parks and Rec $100 for other participants

SUMMER SWIM TEAM
Join in the spirit and fun of our summer swim team, the Piranhas! This team is designed for Columbia area youth (age 5-18) to participate on a summer recreational swim team. This team is part of the Show-Me League. The team welcomes beginner team members!
Location: Hickman Indoor Pool @ Hickman High School

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>316903-01</td>
<td>Jun 8-Jul 10</td>
<td>M: 4:15-5:15pm</td>
<td>5-18</td>
<td>$100</td>
</tr>
</tbody>
</table>

COLUMBIA SWIM CLUB
Come join the summer fun! The club is a non-profit organization co-sponsored by Parks and Recreation designed to promote competitive swimming in the community. CSC swims year round and you can join any time. Contact a coach at Columbia Swim Club at sarah@csctigersharks.org or visit http://www.csctigersharks.org/ for more information.

ADULT LAP SWIM ONLY
This is a time for adults (16 and older) to enjoy lap swimming or water walking outside in the fresh summer air at Albert-Oakland Family Aquatic Center. It takes place during Little Swimmers but in a separate pool.
Mon-Thurs, June 8-Aug 14, 10:45-11:45 am
Price: $1 for all participants

** Two lanes during Swim lessons will be reserved for Lap swimmers. AOFAC Lessons Jul 27-Aug 6

ARTS, CRAFTS & LEISURE

COMPUTER GAME CAMP
Learn easy computer programming, while discovering how to create and share your own online computer games using a site called “Scratch”. Bring a thumb drive, paper, pen and email address. Pre-registration required.
Instructor: Roy Thorsby
Location: Hillcrest Room C @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>304901-01</td>
<td>M-F: Jul 20-Jul 24</td>
<td>10 am-12 pm</td>
<td>8-12</td>
<td>$79</td>
</tr>
</tbody>
</table>

SATURDAY GAME ROOM DROP-IN
Bored on Saturday mornings and afternoons? Come to the Armory to play pool, ping-pong, foosball, shuffleboard, air hockey, arcade games or movie.
Location: Recreation Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>Saturdays</td>
<td>9-1 pm</td>
<td>7-17</td>
<td>Free</td>
</tr>
</tbody>
</table>

4TH FRIDAY KIDS’ NIGHT
Parents, need some time out? Kids, just want to have fun? We're here to help! Sign up to drop off the kids for a fun night of crafts, games, snack and movie. Potty trained 3 year olds may also sign up with an older sibling. Pre-registration is required.
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>302909-01</td>
<td>F: Mar 27</td>
<td>6-9:30 pm</td>
<td>4-11</td>
<td>$15</td>
</tr>
<tr>
<td>302909-02</td>
<td>F: Apr 24</td>
<td>6-9:30 pm</td>
<td>4-11</td>
<td>$15</td>
</tr>
<tr>
<td>302909-03</td>
<td>F: May 22</td>
<td>6-9:30 pm</td>
<td>4-11</td>
<td>$15</td>
</tr>
<tr>
<td>302909-04</td>
<td>F: Jun 26</td>
<td>6-9:30 pm</td>
<td>4-11</td>
<td>$15</td>
</tr>
<tr>
<td>302909-05</td>
<td>F: Jul 24</td>
<td>6-9:30 pm</td>
<td>4-11</td>
<td>$15</td>
</tr>
<tr>
<td>302909-06</td>
<td>F: Aug 28</td>
<td>6-9:30 pm</td>
<td>4-11</td>
<td>$15</td>
</tr>
</tbody>
</table>

ADULT SWIM INSTRUCTION
You're never too old to learn to swim! These private lessons are for adults who would like to get acquainted or reacquainted with the water, brush-up on skills, and learn some new ones. Your six half-hour sessions are set according to your schedule with your instructor at any of our guarded facilities. Call 874-7700 to register.
Price: $88

ADULT AQUATICS
Creating Community through People, Parks and Programs

**ARMORY SCIENCE KLUB (ASK)**
Hey kids! Do you love performing science experiments? If so, then join ASK - the Armory Science Klub - where we study the world around us by ASKing questions and doing a variety of neat experiments. Different experiments every session.

*Location: Conf Room @ Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>313900-01</td>
<td>Th: Apr 2-May 7</td>
<td>6-7 pm</td>
<td>8-10</td>
<td>$26</td>
</tr>
</tbody>
</table>

**CLAY FOR PLAY**
Like to play with clay? You'll create a different project each week starting with simple clay play and advancing toward making a large piece made of clay.

*Location: Armory Classroom @ Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>302916-01</td>
<td>W: Apr 1-Apr 29</td>
<td>4:30-5:30 pm</td>
<td>6-14</td>
<td>$5</td>
</tr>
<tr>
<td>302916-02</td>
<td>W: May 13-Jun 10</td>
<td>4:30-5:30 pm</td>
<td>6-14</td>
<td>$5</td>
</tr>
</tbody>
</table>

**MOVIE NIGHT**
Bored with just sitting at home on a Saturday evening? Watch age-appropriate movies with other youth in Columbia. Popcorn and soft drinks will be provided. Call 874-7460 or check www.gocolumbiamo.com for the movie titles showing this month!

*Location: Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>1st &amp; 3rd Saturdays</td>
<td>6-8:30 pm</td>
<td>All</td>
<td>Free</td>
</tr>
</tbody>
</table>

**K.E.Y. TEEN LOCK-INS**
Overnight lock-ins held separately for boys and girls. Have fun while playing games, sports and group challenges. Interact by discussing topics such as respect, making good choices, relationships, safety, current events, careers and more. Call 817-5077 for more information.

*Location: Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Gender</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>314800-01</td>
<td>F,Sa: Apr 17-18</td>
<td>9pm-7am</td>
<td>Boys</td>
<td>11-15</td>
<td>$5</td>
</tr>
<tr>
<td>314800-02</td>
<td>F,Sa: Jul 17-18</td>
<td>9pm-7am</td>
<td>Boys</td>
<td>11-15</td>
<td>$5</td>
</tr>
<tr>
<td>314801-03</td>
<td>F,Sa: Apr 24-25</td>
<td>9pm-7am</td>
<td>Girls</td>
<td>11-15</td>
<td>$5</td>
</tr>
<tr>
<td>314801-04</td>
<td>F,Sa: Jul 24-25</td>
<td>9pm-7am</td>
<td>Girls</td>
<td>11-15</td>
<td>$5</td>
</tr>
</tbody>
</table>

**“LATE NIGHT” TEEN RECREATION**
Get together with your friends in a fun, supervised environment this summer! Pick-up basketball and volleyball are available. Note: No adults allowed.

*Location: Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>F, Sa: June 12-Aug 8*</td>
<td>7-11 pm</td>
<td>12-17</td>
<td>Free</td>
</tr>
</tbody>
</table>

*No class 7/3, 7/4, 7/17, 7/24

**“REFLECTIONS” POETRY SOCIETY**
Join us to write, critique and hold discussion groups. No experience required except a desire to explore the written word as expression. Adults as well as teens are welcome. Please email madewey@gocolumbiamo.com for more information.

*Location: Main Floor Classroom @ Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>1st &amp; 3rd Wednesdays</td>
<td>6-7 pm</td>
<td>13+</td>
<td>Free</td>
</tr>
</tbody>
</table>

**SPEAK UP, BE HEARD JOURNALISM**
This group has a chance to tell their story through print, audio, video, and photography. Choose teen issues, local, food, movies, music, politics, cartoonists, sports, fashion, celebrities, places to go and much more. Adults are welcome to help by volunteering. Check out www.speakupbeheard.wix.com. Call 817-5077 for more information.

*Location: Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop In</td>
<td>Thursdays</td>
<td>4:30-6 pm</td>
<td>8-17</td>
<td>Free</td>
</tr>
</tbody>
</table>

**LEARN TO CROCHET**
This class will focus on the basics of crochet, such as materials, crochet terms, stitches and reading a crochet pattern. Please bring G, H, and I crochet hooks; 4-ply acrylic yarn; yarn needle; 6-inch ruler; and be prepared to purchase a beginning Crochet book. Pre-registration required.

*Instructor: Lynn Darst*

*Location: Conference Room @ ARC*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>302200-01</td>
<td>W: Jun 3-Jun 24</td>
<td>6-8 pm</td>
<td>12+</td>
<td>$37</td>
</tr>
<tr>
<td>302204-01</td>
<td>W: Apr 8-Apr 29</td>
<td>6-8 pm</td>
<td>12+</td>
<td>$37</td>
</tr>
<tr>
<td>302204-02</td>
<td>W: Jul 8-Jul 29</td>
<td>6-8 pm</td>
<td>12+</td>
<td>$37</td>
</tr>
</tbody>
</table>

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

*Instructor: Lynn Darst*

*Location: Conference Room @ ARC*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>302204-01</td>
<td>W: Apr 8-Apr 29</td>
<td>6-8 pm</td>
<td>12+</td>
<td>$37</td>
</tr>
<tr>
<td>302204-02</td>
<td>W: Jul 8-Jul 29</td>
<td>6-8 pm</td>
<td>12+</td>
<td>$37</td>
</tr>
</tbody>
</table>

**INTRO TO VOICEOVERS**
Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that?" This fun and empowering 2 hour introductory workshop covers the different types of voiceovers and what tools are needed in order to find success in the industry. You'll be coached as you perform a real voiceover script and be recorded so that you can receive a professional voiceover evaluation later. After class you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All. Pre-registration required.

*Location: Hillcrest Room A @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>313138-01</td>
<td>W: Mar 18</td>
<td>6:00-8:00 pm</td>
<td>18+</td>
<td>$49</td>
</tr>
</tbody>
</table>

*See Ceramics, Page 9*
The City of Columbia's Career Awareness Related Experience (C.A.R.E.) Program, which began in 1982, is a comprehensive program for Columbia's at-risk youth that includes:

- paid real-world hands-on work experience,
- mentoring,
- career exploration, and
- life skills training.

The C.A.R.E. Program works with at-risk 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia school. High-risk teenagers face many barriers to joining the labor force. C.A.R.E.'s goal is for "Columbia's youth to be ready to enter the workforce and become productive, self-sufficient citizens." Communities benefit greatly when their teens are prepared to become productive adults.

Lack of employment experience, career exposure, positive adult role models, and life skills training can lead to adolescents being unemployed and/or underemployed, which can lead to increased:

- truancy and high school dropout rates,
- emotional problems,
- crime,
- teen pregnancy,
- alcoholism/drug addiction, and
- dependence upon government assistance.

C.A.R.E.'S SUMMER PROGRAM
C.A.R.E.'s Summer Program is its original and largest program. C.A.R.E. offers an eight-week summer program in which approximately 185 14- to 20-year-old trainees are hired at minimum wage to work up to 20 hours per week at a variety of local work sites.

THE C.A.R.E. GALLERY (SUMMER)
Creative youth are given the opportunity to work as artists. Gallery trainees work with and learn from professional artists during this summer program. They participate in art activities designed to enhance their existing skills and knowledge. Gallery trainees learn about artistic techniques, a variety of media, and create their own artwork.

The Gallery is funded in part by the Missouri Arts Council and the City's Office of Cultural Affairs.

2015 SUMMER WORK SITE PARTNERS NEEDED
C.A.R.E. depends on partnerships with local businesses and agencies like these to provide work sites for the real-world hands-on work experience for its 14- to 20-year-old trainees; however, 100% of the trainees' wages are paid by the City of Columbia through the Parks and Recreation Department. There is zero financial cost to the Work Site Partners.

Work Site Partners are investing in our future by investing in our youth, while at the same time receiving free labor. The teenaged trainees gain valuable employment experience and life skills while earning a paycheck. C.A.R.E. is a win-win situation for the trainees, the Work Site Partners, and the Columbia community as a whole.

If your business or agency would like to become a Work Site Partner, please contact Ron Schmidt at rschmidt@gocolumbiamo.com or (573) 874-6377.

IMPORTANT 2015 SUMMER PROGRAM DATES
- June 8: First possible day at the work sites for the trainees
- August 5: Final day of the program
- August 6: End of summer program awards' reception

C.A.R.E.'S WINTER PROGRAM
C.A.R.E.'s Winter Program is its newest program that is modeled after its successful summer program. C.A.R.E. offers a four-month winter program in which approximately 50 14- to 20-year-old trainees are hired at minimum wage to work up to 15 hours per week at a variety of local work sites.

At the end of the summer, online applications for these winter positions will be available at https://www.gocomojobs.com/postings/search. Interested applicants should look for the position title "C.A.R.E. Winter 2015-2016 Trainee."
Computers | Dance, Cheerleading and Tumbling

Creating Community through People, Parks and Programs

**COMPUTER CAMP FOR KIDS, SEE PAGE 18**

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### CLASSES FOR ADULTS

#### OPEN COMPUTER LAB
For youth and adults. Use is first-come first-serve.

*Location: Computer Lab @ Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Open Computer Lab: Drop in M-F 8 am-2 pm or $5 for monthly pass</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18 and up $1 per use</td>
</tr>
</tbody>
</table>

#### INTRODUCTION TO COMPUTING
Learn the basics and get an overview of start-up, word processing, internet, and use of computer components.

*Location: Computer Room @ Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>304205-01</td>
<td>Tu: Mar 31-May 5</td>
<td>1:30-2:30 pm</td>
<td>18+</td>
<td>$10</td>
</tr>
<tr>
<td>304205-02</td>
<td>Tu: Mar 31-May 5</td>
<td>6:30-7:30 pm</td>
<td>18+</td>
<td>$10</td>
</tr>
</tbody>
</table>

#### BEST OF THE WEB
This class will explore safe Internet practices, basic computer housekeeping, and useful apps for your tablet or android phone. We will discuss email, texting, and social media to get the most out of the Web.

*Location: Computer Room @ Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>304104-01</td>
<td>M: Mar 30-May 4</td>
<td>1:30-2:30 pm</td>
<td>18+</td>
<td>$15</td>
</tr>
</tbody>
</table>

#### BEGINNING WORD PROCESSING
Emphasis will be on understanding toolbars, menus, templates, and shortcuts. We also have software to help you sharpen your typing skills.

*Location: Computer Room @ Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>304103-01</td>
<td>M: Mar 30-May 4</td>
<td>6:30-7:30 pm</td>
<td>18+</td>
<td>$15</td>
</tr>
</tbody>
</table>

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### DANCE, CHEERLEADING & TUMBLING • • •

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#### CLASSES FOR PRESCHOOLERS

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#### TODDLER TUMBLE TOTS
Explore simple floor exercise, dance, music, movement and imagination through dance games, musical activities, simple tricks and more! Pre-registration required.

*Instructor: Carrie Burns*

*Location: Hillcrest Room D @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307702-01</td>
<td>Th: Apr 2-Apr 16</td>
<td>6:30-7 pm</td>
<td>2-3 w/parent</td>
<td>$35</td>
</tr>
<tr>
<td>307702-02</td>
<td>Th: Jun 4-Jun 18</td>
<td>6:30-7 pm</td>
<td>2-3 w/parent</td>
<td>$35</td>
</tr>
<tr>
<td>307702-03</td>
<td>Th: Jun 25-Jul 16*</td>
<td>6:30-7 pm</td>
<td>2-3 w/parent</td>
<td>$35</td>
</tr>
</tbody>
</table>

* No class 7/9

#### PRESCHOOL SUMMER DANCE CAMP
Learn very basic dance moves and a fun routine to perform in the dance show at the close of camp. Pre-registration required.

*Instructor: Carrie Burns*

*Location: Moss Bldg. Room A @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305712-01</td>
<td>M-F: Aug 10-Aug 14</td>
<td>9:30-10 am</td>
<td>2-4 w/parent</td>
<td>$39</td>
</tr>
</tbody>
</table>

---

#### CLASSES FOR YOUTH

---

#### TUMBLE JUMBLE
A jumble of tumble and dance fun all in one! A mix of music, dance, floor exercise, movement and imagination, through dance games, simple tricks, musical activities and more! Pre-registration required.

*Instructor: Carrie Burns*

*Location: Hillcrest Room D @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305709-01</td>
<td>Th: Apr 23-May 7</td>
<td>6:30-7:00 pm</td>
<td>4-8</td>
<td>$35</td>
</tr>
<tr>
<td>305709-02</td>
<td>Th: Jul 23-Aug 6</td>
<td>6:30-7:00 pm</td>
<td>4-8</td>
<td>$35</td>
</tr>
</tbody>
</table>

#### JAZZ, BALLET & CHEER
Learn upbeat jazz dance moves, exciting cheers and basic ballet skills all in one fun class! Pre-registration required.

*Instructor: Carrie Burns*

*Location: Hillcrest Room D @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305701-01</td>
<td>Th: Apr 23-May 7</td>
<td>6-6:30 pm</td>
<td>4-8</td>
<td>$35</td>
</tr>
<tr>
<td>305701-02</td>
<td>Th: Jul 23-Aug 6</td>
<td>6-6:30 pm</td>
<td>4-8</td>
<td>$35</td>
</tr>
</tbody>
</table>

#### SUMMER DANCE AND CHEER CAMP
Get ready for a high-energy, fun-filled week, where you will learn dance fundamentals and routines in ballet, jazz and cheerleading. Perform what you learn in the end of camp show on Friday at 10 am. Pre-registration required.

*Instructor: Carrie Burns*

*Location: Moss Bldg. Room A @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>303906-01</td>
<td>M-F: Aug 10-14</td>
<td>10:00-11:30 am</td>
<td>5-8</td>
<td>$59</td>
</tr>
</tbody>
</table>
DANCE, CHEERLEADING AND TUMBLING

LIL’ LADY BULLDOGS CHEER
Learn several dance and cheer routines. There will be opportunities to perform at different events around Columbia. This is an excellent chance for your little one to make new friends. Email madewey@goColumbiamo.com if interested.
Location: Gym @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305909-01</td>
<td>W: Apr 1-Jun 3</td>
<td>6-7:30 pm</td>
<td>5-11</td>
<td>$35</td>
</tr>
</tbody>
</table>

SHO-ME SHO-STOPPERS HIP-HOP
Please call 817-5077 or email madewey@goColumbiamo.com for more information. This group learns modern dance steps.
Location: Conf Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307905-01</td>
<td>M through May 3</td>
<td>5:30-7:00 pm</td>
<td>8-14</td>
<td>Free</td>
</tr>
</tbody>
</table>

NEW POM AND JAZZ DANCE
Great opportunity for young ladies! Learn dance moves while gaining self-esteem. Email madewey@GoColumbiaMo.com for information.
Location: Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305920-01</td>
<td>T: Mar 31-May 19</td>
<td>6-7:30 pm</td>
<td>9-15</td>
<td>$41</td>
</tr>
</tbody>
</table>

FATHER-DAUGHTER DANCE NIGHT
Calling all cowboys and their little cowgirls, you don’t want to miss our 17th annual Father-Daughter Dance Night! This year’s theme is Wild West, so put on those cowboy hats and western clothes and ride on in for dancing, refreshments, and even learn a few dance steps. Pre-registration required. Sorry, class is not available for on-line registration. Please call us at 874-7460.
Location: Moss Bldg. Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>314301-01</td>
<td>Sa: Jun 20</td>
<td>5:30-7:30 pm</td>
<td>All</td>
<td>$15 per couple + $3 addl. daughter</td>
</tr>
</tbody>
</table>

NEW BALLROOM DANCE
Waltz, tango, fox trot and cha cha! Learn basic ballroom dance with your favorite partner. Pre-registration required, sign up with partner.
Instructor: Carrie Burns
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305200-01</td>
<td>Th: May 14-May 28</td>
<td>7-8 pm</td>
<td>15+</td>
<td>$36 per person</td>
</tr>
</tbody>
</table>

SWING DANCE
Learn the basics of swing dance, including footwork and some break and turns, in this fun class! Please sign up with a partner. Pre-registration is required.
Instructor: Carrie Burns
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305202-01</td>
<td>Th: May 14-May 28</td>
<td>6-7 pm</td>
<td>15+</td>
<td>$36 per person</td>
</tr>
</tbody>
</table>

TAPPERCIZE
Get a cardio workout while tapping to music of different eras - from Big Band to contemporary. Tap shoes recommended, but not required. Pre-registration required.
Instructor: Pat Schreiner
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305209-01</td>
<td>W: Apr 15-May 20</td>
<td>5:30-6:15 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
<tr>
<td>305209-02</td>
<td>W: May 27-Jul 8*</td>
<td>5:30-6:15 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
<tr>
<td>* No Class: 6/10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

INTERNATIONAL BALLROOM DANCE
No experience is necessary, bring non-marking shoes. ARC members receive a $10 discount; call and register at 874-7700.
Location: ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305301-01</td>
<td>Sa: May 16-Jul 25</td>
<td>3:15-5 pm</td>
<td>10+</td>
<td>$80</td>
</tr>
<tr>
<td>305301-02</td>
<td>Sa: Aug 1-Oct 17</td>
<td>3:15-5 pm</td>
<td>10+</td>
<td>$80</td>
</tr>
</tbody>
</table>

NEW COUNTRY/WESTERN DANCE
Learn three popular dances: two-step, East Coast swing, and triple two-step. Each dance taught for two straight weeks with review of previously taught dance each week. Pre-registration required.
Location: Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305210-01</td>
<td>W: Mar 4-Apr 8</td>
<td>6-7 pm</td>
<td>14-adult</td>
<td>$36 per couple</td>
</tr>
<tr>
<td>305210-02</td>
<td>W: Apr 15-May 20</td>
<td>6-7 pm</td>
<td>14-adult</td>
<td>$36 per couple</td>
</tr>
</tbody>
</table>
Creating Community through People, Parks and Programs

NEW TAP DANCE FOR ADULTS
Learn basic steps, terminology and body placement while having fun! No experience required, tap shoes preferred but low heeled hard sole shoes are an option.
Location: Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305211-01</td>
<td>Sa: Apr 4-May 9</td>
<td>10-11 am</td>
<td>16-adult</td>
<td>$40</td>
</tr>
</tbody>
</table>

NEW COUNTRY LINE DANCE
Learn fundamentals and common line dances: watermelon crawl, reggae cowboy, cupid shuffle, tush push, electric slide and more.
Location: Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in: W: Mar 4-Apr 8</td>
<td>7:30-8:30 pm</td>
<td>14-adult</td>
<td>$1 per visit</td>
<td></td>
</tr>
<tr>
<td>Drop in: W: Apr 15-May 20</td>
<td>7:30-8:30 pm</td>
<td>14-adult</td>
<td>$1 per visit</td>
<td></td>
</tr>
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</table>

NEW CLOGGING
Learn the fundamentals in a fun environment! At the end of the class, you will know several complete clogging dances and be able to join a clogging club near you.
Instructor: Elaine Myers
Location: Hillcrest Room D @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>305300-01</td>
<td>Tu: Apr 7-May 26</td>
<td>6-7 pm</td>
<td>5 &amp; up</td>
<td>$59</td>
</tr>
</tbody>
</table>

FENCING & MARTIAL ARTS

INTRO TO FOIL FENCING
Stay healthy in body and mind, and have fun while exercising! Brief history, hand and body positions, lunges, attacks, parries, and strategy will be emphasized. Fencing jacket and equipment provided for use in class. Pre-registration is required.
Instructor: John Konzal
Location: Moss Bldg. Room B @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>311800-01</td>
<td>Th: Apr 2-May 7</td>
<td>6:30-8 pm</td>
<td>10-17</td>
<td>$48</td>
</tr>
<tr>
<td>311800-02</td>
<td>Th: May 21-Jun 25</td>
<td>6:30-8 pm</td>
<td>10-17</td>
<td>$48</td>
</tr>
<tr>
<td>311800-03</td>
<td>Th: Jul 9-Aug 13</td>
<td>6:30-8 pm</td>
<td>10-17</td>
<td>$48</td>
</tr>
</tbody>
</table>

AIKIDO FOR KIDS
Learn confidence without aggression, and balance and coordination through patience and discipline. Both fun and physical, Aikido encourages harmony in the face of violence using redirection and fluid motion to end conflict both physically and verbally. Uniform required after first 6 week session. Pre-registration required.
Instructor: Doris Evans
Location: Moss Bldg. Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311908-01</td>
<td>Sa: May 2-Jun 13*</td>
<td>9:30-10:30 am</td>
<td>10-13</td>
<td>$37</td>
</tr>
<tr>
<td>311908-02</td>
<td>Sa: May 2-Jun 13*</td>
<td>10:45-11:45 am</td>
<td>6-9</td>
<td>$37</td>
</tr>
<tr>
<td>311908-03</td>
<td>Sa: Jun 20-Aug 1*</td>
<td>9:30-10:30 am</td>
<td>10-13</td>
<td>$37</td>
</tr>
<tr>
<td>311908-04</td>
<td>Sa: Jun 20-Aug 1*</td>
<td>10:45-11:45 am</td>
<td>6-9</td>
<td>$37</td>
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<tr>
<td>311908-05</td>
<td>Sa: Aug 8-Sep 19*</td>
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<td>10-13</td>
<td>$37</td>
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<tr>
<td>311908-06</td>
<td>Sa: Aug 8-Sep 19*</td>
<td>10:45-11:45 am</td>
<td>6-9</td>
<td>$37</td>
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</tbody>
</table>

BEGINNING JUNIOR TAE KWON DO
Learn this martial art of self-defense that develops coordination and balance through feet and hand techniques. Develop self-confidence, discipline and all-around physical fitness. Uniform not required. Pre-registration required.
Instructor: Frank Thomas
Location: Moss Bldg. Room B @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311902-01</td>
<td>Tu: Apr 7-May 12</td>
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<td>5-6</td>
<td>$39</td>
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<tr>
<td>311902-02</td>
<td>Tu: May 19-Jun 23</td>
<td>6-7 pm</td>
<td>5-6</td>
<td>$39</td>
</tr>
<tr>
<td>311902-03</td>
<td>Tu: Jun 30-Aug 4</td>
<td>6-7 pm</td>
<td>5-6</td>
<td>$39</td>
</tr>
</tbody>
</table>

INTERMEDIATE JUNIOR TAE KWON DO
Continue learning the basics of this martial art of self-defense. Develop coordination, balance, self-confidence, discipline and all-around physical fitness. Students must have completed the Beginning class before enrolling in this class. Uniform not required. Pre-registration required.
Instructor: Frank Thomas
Location: Moss Bldg. Room B @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311904-01</td>
<td>Tu: Apr 7-May 12</td>
<td>7-8 pm</td>
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<td>$39</td>
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<td>7-8 pm</td>
<td>5-6</td>
<td>$39</td>
</tr>
<tr>
<td>311904-03</td>
<td>Tu: Jun 30-Aug 4</td>
<td>7-8 pm</td>
<td>5-6</td>
<td>$39</td>
</tr>
</tbody>
</table>

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. Pre-registration required.
Instructor: Jim Givens, 3rd degree black belt
Location: Moss Bldg. Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>311301-01</td>
<td>Tu, Th: Apr 7-May 14</td>
<td>6-7 pm</td>
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<tr>
<td>311301-02</td>
<td>Tu, Th: May 19-Jun 25</td>
<td>6-7 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
<tr>
<td>311301-03</td>
<td>Tu, Th: Jun 30-Aug 6</td>
<td>6-7 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
</tbody>
</table>
Fencing and Martial Arts

INTERMEDIATE TAE KWON DO
Continue learning more of the 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. Uniform is required. Pre-registration required.

**Instructor:** Jim Givens, 3rd degree black belt
*Location: Moss Bldg. Room A @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>311302-01</td>
<td>Tu,Th: Apr 7-May 14</td>
<td>7-8 pm</td>
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<td>$55</td>
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<tr>
<td>311302-02</td>
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<tr>
<td>311302-03</td>
<td>Tu,Thu: Jun 30-Aug 6</td>
<td>7-8 pm</td>
<td>7-adult</td>
<td>$55</td>
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</table>

ADVANCED TAE KWON DO
Continue refining the basics and begin learning some of the advanced hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Typically, students are ready for this class after reaching red belt in the Intermediate Tae Kwon Do class. Uniform is required. Pre-registration required.

**Instructor:** Mr. Jim Givens, 3rd degree black belt
*Location: Moss Bldg. Room A @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311303-01</td>
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<td>$55</td>
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<td>311303-02</td>
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<td>8-9 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
<tr>
<td>311303-03</td>
<td>Tu,Th: Jun 30-Aug 6</td>
<td>8-9 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
</tbody>
</table>

BEGINNING SHORIN-RYU KARATE
Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one’s mental capabilities and more self-confidence. Uniform purchase required.

*Location: Rec Room @ Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311906-01</td>
<td>Th: Apr 2-May 21</td>
<td>6:30-7:15 pm</td>
<td>7-14</td>
<td>$59</td>
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<tr>
<td>311906-02</td>
<td>Th: June 4-July 23</td>
<td>6:30-7:15 pm</td>
<td>7-14</td>
<td>$59</td>
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<tr>
<td>311906-03</td>
<td>Th: Aug 6-Sep 24</td>
<td>6:30-7:15 pm</td>
<td>7-14</td>
<td>$59</td>
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</table>

ADVANCED SHORIN-RYU KARATE
Shorin-Ryu Karate Beginning Level class and approval from instructor is a prerequisite for joining this class. Purchase of uniform required. Pre-registration required.

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

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311907-01</td>
<td>Th: Apr 2-May 21</td>
<td>7:15-8 pm</td>
<td>7-14</td>
<td>$59</td>
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<tr>
<td>311907-02</td>
<td>Th: June 4-Jul 23</td>
<td>7:15-8 pm</td>
<td>7-14</td>
<td>$59</td>
</tr>
<tr>
<td>311907-03</td>
<td>Th: Aug 6-Sep 24</td>
<td>7:15-8 pm</td>
<td>7-14</td>
<td>$59</td>
</tr>
</tbody>
</table>

CLASSES FOR TEENS AND ADULTS

TAI CHI
Tai chi is like a moving form of yoga and meditation combined. Many of the movements are derived from the martial arts. But in Tai Chi, the movements are performed slowly, softly and gracefully with smooth even transitions.

*Location: Armory Sports Center*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311901-01</td>
<td>M,Th: Mar 30-May 21</td>
<td>8-9 pm</td>
<td>15+</td>
<td>$68</td>
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<tr>
<td>311901-02</td>
<td>M,Th: Jun 1-Jul 23</td>
<td>8-9 pm</td>
<td>15+</td>
<td>$68</td>
</tr>
<tr>
<td>311901-03</td>
<td>M,Th: Aug 3-Sep 24*</td>
<td>8-9 pm</td>
<td>15+</td>
<td>$68</td>
</tr>
</tbody>
</table>

* No class 9/7

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. Uniform required. Pre-registration required.

**Instructor:** Doris Evans
*Location: Moss Bldg. Room A @ Waters-Moss*

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

Note: Beginners attend Mon & Fri, intermediate and advanced attend Mon & Wed

* No Class: 5/25

SEE OTHER CLASSES FOR ADULTS IN YOUTH SECTION

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. Purchase of uniform required. Pre-registration required.

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

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311907-01</td>
<td>Th: Apr 2-May 21</td>
<td>7:15-8 pm</td>
<td>15+</td>
<td>$59</td>
</tr>
<tr>
<td>311907-02</td>
<td>Th: June 4-Jul 23</td>
<td>7:15-8 pm</td>
<td>15+</td>
<td>$59</td>
</tr>
<tr>
<td>311907-03</td>
<td>Th: Aug 6-Sep 24</td>
<td>7:15-8 pm</td>
<td>15+</td>
<td>$59</td>
</tr>
</tbody>
</table>

* No Class: 5/25
GOJU-RYU KARATE
The Sho Rei Shobu Kan school of Goju-Ryu follows the traditional Okinawan philosophies of strengthening mind, body and spirit. Learn both the physical techniques of Karate, and such mental attitudes as patience, self-assurance, respect and self-discipline. You will be encouraged to grow spiritually as well as physically. Pre-registration required.

Instructor: Sensei Marlin Guest
Location: Moss Bldg. Room B @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>311205-01</td>
<td>M/W: Month of April</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
</tr>
<tr>
<td>311205-02</td>
<td>M/W: Month of May*</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
</tr>
<tr>
<td>311205-03</td>
<td>M/W: Month of June</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
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<tr>
<td>311205-04</td>
<td>M/W: Month of July</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
</tr>
<tr>
<td>311205-05</td>
<td>M/W: Month of August</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
</tr>
</tbody>
</table>

* No Class: 5/25

QIGONG
Use practices of Qigong and Tai Chi for alignment of breath, movement and awareness for exercise and health. Learning form, postures and movements promote longevity and offers a healthy balance. Call 817-5077 for more information.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>T, Th</td>
<td>8:30-9:30 am</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

HILLCREST COMMUNITY CENTER 50+
Membership
Participation in recreational activities at the Hillcrest Community Center requires an annual membership. Several options are available for individuals or couples residing at the same address. The 50+ Tour program requires its own membership. Prices are detailed on the Membership coupon following. Join by completing and returning the application by mail or in person to the office. Benefits include use of facility for numerous activities and programs. It does not apply to fee based classes.

NEW at Hillcrest Community Center!
Rooms are available for groups, organizations, clubs to use our facility for a regular meeting place. Kitchen facilities are available. Contact the staff at Hillcrest Community Center 874-7475 for more information and to check availability for scheduling.

MUSICAL VOLUNTEER OPPORTUNITIES
Our musical groups volunteer their time and talents to entertain. That includes practicing together at Hillcrest Community Center and going to local retirement centers, nursing homes, schools, and other facilities to perform and bring joy to others in the community. If you want to make a difference in someone's life, join us and see the smiles on the faces in the audience. CONFIRM PRACTICE OR PERFORMANCE DATES/LOCATIONS AT 874-7475. SCHEDULED PERFORMANCES TAKE PRIORITY OVER PRACTICES.

BELL CHOIR plays with 4 octaves of light weight melody chimes. Other instruments such as spoons, kazoos, and song add to the fun.

CHOIR known as THE GOOD TIMERS, sings old time favorites that their audiences remember growing up with and often sing along.

UKULELE ENSEMBLE is composed of vocalists and ukulele enthusiasts who embrace inspiring their audiences to join in. Don't be surprised when they add spoons, kazoos, strum sticks, drums, and more to the mix.

HOUSE BAND is a group of seasoned musicians who jamm together and entertain for dances at Hillcrest Community Center.
FIFTY PLUS

DANCE OPPORTUNITIES
The House Band invites the public to a music performance to listen or dance to:
2nd Friday Dance 1-3pm, Apr 10, May 8, Jun 12, Jul 10, Aug 14
5th Friday Dance, 1-3pm, May 29, Jul 31
Snacks are welcome to share during the break.

POTLUCK, DANCE, AND GAME DAY
Potluck setup begins after 11am; meal begins at 11:30 am; followed by live music and games. The afternoon winds down about 3:30 pm. Bring a dish for potluck.
3rd Friday 11:30am-3:30pm, Apr 17, May 15, Jun 19, Jul 17

DROP IN ACTIVITIES
Takes place Monday-Friday during regular hours 9am-4pm.
Jigsaw Puzzle ........................................... Ongoing daily
Board Games ............................................ Ongoing daily
Dominoes (Mexican Train) ......................... Thurs 10am-12pm
Space is available for bridge, card and game groups to schedule special times. Call 874-7475 for availability.

NEW MAH JONGG
At present, Mah Jongg groups meet 4 days a week. If you have a Mah Jongg group of your own looking for the perfect meeting place with card tables set up and waiting, or would like to join a group or sub for a group, let the front desk know at 874-7475. Using National Mah Jongg League rules, the game is played with 3 or 4 players and a 152 set of tiles. It is a great social game, lots of fun, and equal amounts of luck and strategy to keep your mind active!
Mon 1:30-4pm, Tue 10:30-12:30pm, Wed 10:30-12:30pm, Thu 1:30-4pm

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

BINGO
Join us for Bingo every week and get a chance to win a practical prize.
Tues, 1 pm

POTLUCK AND BINGO
Bring a dish to share and enjoy a full meal plus a fun-filled afternoon of socializing, eating, and playing bingo for prizes.
1st Fri, 11:30 am, Apr 3, May 1, Jun 5, no Jul, Aug 7

BIRD AND NATURE WATCHING
Our new location on the grounds of Waters-Moss Memorial Wildlife Area is a great place to observe nature. So far we see deer, fox, squirrels, woodchucks, wild turkey, hawks and other birds.

NEW BOOST YOUR ACTIVITY WITH TREKKING POLES
Are you less than confident about your balance? Does back pain or poor posture limit your walking ability? Come and see if the use of trekking poles might help you be more active! Participants should be able to walk at least 100 feet independently, with or without the use of a cane or walker. Pre-registration required.
Instructor: Evan Prost
Location: Moss Bldg. Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307500-01</td>
<td>M,W,F: Mar 23-Mar 27</td>
<td>10:30-11:30 am</td>
<td>50+</td>
<td>$26</td>
</tr>
</tbody>
</table>
Creating Community through People, Parks and Programs

2015 OSHER SATURDAY MORNING BOOK TALKS AT HILLCREST COMMUNITY CENTER

On the first Saturday morning of February-December, Kit and Cathy Salter host an opportunity for the community to meet local authors and talk books. The authors share their book, the creative and agonizing act of writing, publishing and much more! Pastries and coffee are available at 9:30am. Book talk begins at 10am. Books will be available for sale and signing. Fee: $20 for Book Talk 10-punch card or $3 per session at the door.

SCHEDULE OF MONTHLY PRESENTERS AND THEIR SPONSORS

Sat, Apr 4 | ERIC PRASCHAN, THERAPY FOR GHOSTS (2012)
Sponsor: Laura McHugh

Sponsor: Quarry Heights Writers’ Workshop

Sat, Jun 6 | ALICE ANNA REESE, SHOW ME FAMOUS MISSOURIANS (2014)
Sponsor: AKA Publishing

Sat, Jul 11 | CAROLYN MULFORD, SHOW ME THE GOLD (2014)
Sponsor, Ashland Mystery Book Club

Sponsor: Marlene Lee

Please Thank the Sponsors for their Book Talk Support!

50+ EXPLORERS

This is a group organized to celebrate our local community. We visit new or established businesses, museums and galleries, historic sites, people or places of interest in and around Columbia. Our trips are taken aboard the 14-passenger Parks and Recreation bus and include social time at a local restaurant before or after each adventure. We continue to enjoy learning and remembering many interesting facts with new and old friends. Jaunts occur as events can be scheduled and the best way to keep track is to leave an e-mail address or call 874-7475. Prices are minimal and vary depending on the activities. Advance registration is required as space is limited. Recent travels have taken us on Katy Trail Tram Ride, Broadway Hotel and lunch at 11Eleven, Ashby- Hodge Gallery in Fayette and Freddy’s. Join us as we are always looking ahead to new adventures.

50+ TOURS

Office Hours: Mon-Fri 9am-4pm 441-5525 (new phone number)

Columbia Parks and Recreation has been offering a variety of day and overnight tours for 50+ active adults since 1970 as OAK Tours and with our move, we are now known simply as 50+ Tours. Fulfill your travel desires at group costs and make friends of similar age. You’ll take a chartered motorcoach and be escorted by an experienced staff member. You can count on 50+ Tours for an interesting itinerary, comfortable pacing, quality accommodations and the sense of security that makes for travel at its best. (Trips are based on a minimum of 25-30 participants.)

DAY TRIPS

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Apr 8</td>
<td>Forever Plaid @ New Theatre (new and remodeled)</td>
<td>$80</td>
</tr>
<tr>
<td>Wed, Apr 13</td>
<td>Spring Surprise Trip</td>
<td>$85</td>
</tr>
<tr>
<td>Wed, May 27</td>
<td>Hairspray @ New Theatre</td>
<td>$80</td>
</tr>
<tr>
<td>Wed, Jul 15</td>
<td>Kansas City WWI Museum; Lunch at Lidia’s</td>
<td>$80</td>
</tr>
<tr>
<td>Wed, Aug 12</td>
<td>The Addams Family @ New Theatre</td>
<td>$80</td>
</tr>
</tbody>
</table>

New trips are always being added. Details are available to members in the newsletter and online at www.gocolumbiamo.com, Parks & Rec, Search: Senior/50+. Call 441-5525 or 874-7475 for the most up-to-date schedule and information.

OSHER @ MIZZOU

Columbia Parks & Recreation is proud of our collaboration with Osher @ Mizzou. As part of MU Extension and the Bernard Osher Foundation, Osher’s mission is to provide quality educational courses designed to complement the lifestyles, interests, and concerns of the over-50 adult. This commitment mirrors Columbia Parks & Recreation 50+ programs, activities and tours designed to promote healthy aging. Osher @ Mizzou invites you to Come as Learners, Leave as Friends. The Spring Session ends May 11. The Summer Session will run June1-26. Classes take place in both the Hillcrest and Moss Buildings. Class catalogs are available on the Osher @ Mizzou web site: www.extension.missouri.edu/osopher.

50+ MEMBERSHIP FORM

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

(Membership fee includes activities unless otherwise noted)

NAME 1 ____________________________________________________________
NAME 2 ____________________________________________________________
ADDRESS ____________________________________________________________________________________________
CITY ________________________________________________ STATE _______________________ ZIP ______________
Phone _______________________________________________ Email _________________________________________

MARK THE MEMBERSHIP OPTIONS THAT APPLY TO YOU:

<table>
<thead>
<tr>
<th>FACILITY 50+ TOURS</th>
<th>2015 MEMBERSHIP</th>
<th>FACILITY &amp; 50+ TOURS COMBO</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20</td>
<td>$20</td>
<td>$30</td>
</tr>
<tr>
<td>$35</td>
<td>$35</td>
<td>$60</td>
</tr>
</tbody>
</table>

MAIL YOUR CHECK TO: COLUMBIA PARKS & RECREATION
P.O. BOX 6015, COLUMBIA, MO 65205

Creating Community through People, Parks and Programs 27
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). 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.

ARC PERFORMANCE CAMP
Strength and conditioning on a budget! Athletes or those who want to get in shape will learn about parachute resistant sprints, TRX suspension, battle ropes, quick foot ladder, obstacles and much more! After class, use the ARC at no charge. ARC members, $3 discount. Location: ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>Saturdays</td>
<td>8:30-9:30 am</td>
<td>10+</td>
<td>$10</td>
</tr>
</tbody>
</table>

SPORT SPECIFIC TRAINING
Designed for individuals ages 8 and up who are involved in athletic competition who desire to be in peak physical condition for the demands of competitive athletics. Workout regimens are tailored for any sport, by the mimic of movements and skills needed to excel in your sport of choice. Focus involves agility, coordination, endurance, explosive power, flexibility, lateral quickness, speed, strength, and reaction time. Fill out a Sport Specific Athletic Training form at the ARC Guest Services Desk and we will call and set-up an appointment. Guardian must fill out form for youth participant.

INDIVIDUAL PACKAGES (3, 6, & 12 SESSIONS)
3 . . . . . $110 ARC Annual Member . . . . . $140 Non-Member
6 . . . . . $200 ARC Annual Member . . . . . $260 Non-Member
12 . . . . . $360 ARC Annual Member . . . . . $480 Non-Member

YOUTH TRAINING ROOM AND ADULT PLATFORM LIFTING

“No School” Drop-In Hours
M-F 8am-9pm; Sa 8am-6pm; Su 10am-5pm

“School In Session” Drop-In Hours
M-F 2:30-9pm;
Home Schoolers M-F 9am-noon;
Mid-Mo Weighlifting Club open door w/two lifter minimum.

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

CLASSES FOR ADULTS

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. A locker can be rented for $5 during your 8-week membership. Call 817-5077. Location: Armory Sports Center – Workout room

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>M-F</td>
<td>8 am-7 pm</td>
<td>18+</td>
<td>$20 / 2 months</td>
</tr>
<tr>
<td>Sat</td>
<td>9 am-1 pm</td>
<td>— or $2 per visit</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NEW CARDIO/STRENGTH ZONE
10-piece free motion strength line added. Six Star True Spinner pro bikes, Star True stepmill, two Nautilus benchs, one incline and one decline. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely, no exceptions. Location: ARC

CARDIO/STRENGTH ORIENTATION
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. No exceptions. Location: Cardio/Strength Area @ ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307231-01</td>
<td>W: Mar 18</td>
<td>5:30-6:30 pm</td>
<td>14+</td>
<td>$7</td>
</tr>
<tr>
<td>307231-02</td>
<td>Tu: Apr 14</td>
<td>5:30-6:30 pm</td>
<td>14+</td>
<td>$7</td>
</tr>
<tr>
<td>307231-03</td>
<td>M: May 11</td>
<td>5:30-6:30 pm</td>
<td>14+</td>
<td>$7</td>
</tr>
<tr>
<td>307231-04</td>
<td>Th: Jun 18</td>
<td>5:30-6:30 pm</td>
<td>14+</td>
<td>$7</td>
</tr>
</tbody>
</table>

ADULT BOOT CAMP
Online registration is not available for this program. Please call the ARC at 874-7700 to register. A six-week back to the basics class for people seriously committed to improving their health and fitness. Class combines cardiovascular activities with resistance training for a fun, group workout. Lose inches, tone up, and feel better. Shock your body and get the results you deserve! ARC members receive a $15 discount. One Day each week is only $54. Day care not included. Location: Cardio/Strength Area @ ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307136-01</td>
<td>M,F: Mar 16-Apr 24</td>
<td>5:45-6:45 am</td>
<td>18+</td>
<td>$100</td>
</tr>
<tr>
<td>307136-02</td>
<td>Tu,Th: Apr 14-May 21</td>
<td>9:15-10:15 am</td>
<td>18+</td>
<td>$100</td>
</tr>
<tr>
<td>307136-03</td>
<td>M,F: May 4-Jun 12</td>
<td>5:45-6:45 am</td>
<td>18+</td>
<td>$100</td>
</tr>
<tr>
<td>307136-04</td>
<td>Tu,Th: Jun 2-Jul 9</td>
<td>5:45-6:45 am</td>
<td>18+</td>
<td>$100</td>
</tr>
<tr>
<td>Outdoor Boot Camp</td>
<td>Tu,Th: Apr 21-May 28</td>
<td>5:30-6:30 pm</td>
<td>18+</td>
<td>$100</td>
</tr>
</tbody>
</table>

PRIVATE BOOT CAMP
Get your co-workers, team mates, or a group of friends together and make your own Boot Camp. A minimum of six people is all you need and you set the schedule. (Camps are minimum 4 weeks, maximum eight weeks). For best results we suggest meeting 2-3 times a week. Contact: Brian Higginbotham (573) 808-0816 or email: bthiggin@gocolumbiamo.com.
PERSONAL TRAINING/PRO HEALTH COACHING
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. Now, we also offer Professional Health Coaching to allow you to combine exercise with making good food decisions. Learn how foods can affect your health. Increase energy while decreasing fatigue, decrease pain level, reduce cravings, and simply understand your body better while losing unwanted weight. Fill out a personal training information form at the ARC Guest Services Desk and we will set up an appointment.

INDIVIDUAL SESSION/WORKOUT DESIGN

<table>
<thead>
<tr>
<th>1</th>
<th>$40 ARC Annual Member</th>
<th>$50 Non-Member</th>
</tr>
</thead>
</table>

INDIVIDUAL PACKAGES (3, 6, & 12 SESSIONS)

| 3 | $110 ARC Annual Member | $140 Non-Member |
| 6 | $220 ARC Annual Member | $260 Non-Member |
| 12 | $360 ARC Annual Member | $480 Non-Member |

COUPLE SESSIONS (3, 6, & 12 SESSIONS)

| 3 | $150 ARC Annual Member | $180 Non-Member |
| 6 | $270 ARC Annual Member | $330 Non-Member |
| 12 | $480 ARC Annual Member | $600 Non-Member |

GROUP SESSIONS (3, 4, OR 5 PARTICIPANTS)

| 6 | 3 participants, $110 each |
| 4 participants, $ 90 each |
| 5 participants, $ 75 each |

| 12 | 3 participants, $198 each |
| 4 participants, $160 each |
| 5 participants, $135 each |

INBODY 230
Body Composition analyzer of direct segmental multi-frequency bio-electrical impedance method. Measures weight, total body water, intracellular & extracellular water, lean body mass, dry lean mass, body fat mass, skeletal muscle mass, BMI, percent body fat, segmental lean mass (right & left arm, trunk, and right & left leg), fat control, Ibm control, and basal metabolic rate. Customized user information sheets are printed for an easy understanding of your results. Sign up at the ARC Guest Services Desk.

$12 ARC Annual Member
$15 Non-Member

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

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

INTRO TO MID-MO WEIGHTLIFTING
The snatch and clean & jerk have been staple exercises in building lean, strong, powerful, flexible people for decades. The recent rise of crossfit has re-surged interest in performing these classic lifts. Join coach Brian Higginbotham as he guides you through a 4-week introduction to the olympic-style movements. This is also an excellent class for athletes involved in explosive sports. ARC members receive a $10 discount.

Location: Youth Training Room @ ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307235-01</td>
<td>Tu, Th: Mar 24-Apr 16</td>
<td>4-5 pm</td>
<td>8+</td>
<td>$70</td>
</tr>
<tr>
<td>307235-02</td>
<td>Tu, Th: Apr 21-May 14</td>
<td>4-5 pm</td>
<td>8+</td>
<td>$70</td>
</tr>
</tbody>
</table>

MID MISSOURI WEIGHTLIFTING CLUB
Join the only registered USAW club in town and train under coaches with 80+ years of experience. We are building national level lifters. We have multi-national champions and record holders in Master's Pan Am and IWF Worlds. Call Brian at 874-7720.

SELF-MYOFASCIAL RELEASE (Learn To Foam Roll)
Also, known as the “Poor Man's Massage”. Learn how to spot your “trigger points” and relieve unwanted pain through techniques therapists have used for years.

Location: ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307234-01</td>
<td>W: Apr 15</td>
<td>10-10:45am</td>
<td>14+</td>
<td>$10</td>
</tr>
<tr>
<td>307234-02</td>
<td>Th: May 21</td>
<td>8:30-9:15am</td>
<td>14+</td>
<td>$10</td>
</tr>
<tr>
<td>307234-03</td>
<td>M: June 22</td>
<td>5:30-6:15pm</td>
<td>14+</td>
<td>$10</td>
</tr>
<tr>
<td>307234-04</td>
<td>Tu: July 14</td>
<td>10-10:45am</td>
<td>14+</td>
<td>$10</td>
</tr>
</tbody>
</table>

SENIOR FITNESS
Stretching, lifting technique, correct breathing and machine adjustments are covered in this class. Pre-registration required. ARC members receive a $10 discount.

Location: Cardio/Strength Area @ ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>307132-01</td>
<td>W: Apr 8-Apr 24</td>
<td>10-11:15 am</td>
<td>55+</td>
<td>$50</td>
</tr>
<tr>
<td>307132-02</td>
<td>W: May 6-May 22</td>
<td>10-11:15 am</td>
<td>55+</td>
<td>$50</td>
</tr>
</tbody>
</table>

ST. PATRICK'S DAY P.T. SPECIAL
Save some GREEN!!! Limited to the week of St. Patrick's Day March 15-21. Purchase a 12 Session Personal Training Package at $360 member, $480 non-member and receive 2 extra sessions on us.

NEW CORPORATE/TEAM BOOT CAMP
Want to energize your office and boost morale and camaraderie? Let our trainers shape up your team! Program designed just for you. Call Brian at 808-0816 for camp details. Camps normally 1-1½ hours.

10-25 participants — $15 per teammate
25-50 participants — $10 per teammate
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Domination</strong> 5:45-6:45am</td>
<td><strong>Fusion</strong> 5:40-6:30am</td>
<td><strong>Domination</strong> 5:45-6:45am</td>
<td><strong>Fusion</strong> 5:40-6:30am</td>
<td><strong>Domination</strong> 5:45-6:45am</td>
<td>Hatha Yoga 8:15-9:15am</td>
</tr>
<tr>
<td>Body Conditioning 8-9am</td>
<td>Zumba 8-9am</td>
<td>Body Conditioning 8-9am</td>
<td>Zumba 8-9am</td>
<td>Body Conditioning 8-9am</td>
<td>**Fusion 8:30-9:30am</td>
</tr>
<tr>
<td>Quick Fix 9:05-9:25am</td>
<td>Functional Fitness 9:15am-10:15am</td>
<td>Quick Fix 9:05-9:25am</td>
<td>Power Pump 9:15am-10:15am</td>
<td>Forever Young Chairobics 9:15-10:15am</td>
<td>**Fusion 9:30-10:30am</td>
</tr>
<tr>
<td>Forever Young Chairobics 9:15-10:15am</td>
<td>Silver Sneakers MSROM 9:30-10:30am</td>
<td>Forever Young Chairobics 9:15-10:15am</td>
<td>Silver Sneakers MSROM 9:30-10:30am</td>
<td>Pinkel’s Ladies 9:30-10:25am</td>
<td>Cardio/Core Combo 9:30-10:30am</td>
</tr>
<tr>
<td><strong>Fusion 9:30-10:30am</strong></td>
<td>Eclectic Hatha Yoga 10:30-11:30am</td>
<td><strong>Fusion 9:30-10:30am</strong></td>
<td>Eclectic Hatha Yoga 10:30-11:30am</td>
<td>Slow &amp; Low Yoga 10:30-11:30am</td>
<td>Body Conditioning 10:35-11:30am</td>
</tr>
<tr>
<td>Pinkel’s Ladies 9:30-10:25am</td>
<td>H.I.T. 4:30-5:00pm</td>
<td>Pinkel’s Ladies 9:30-10:25am</td>
<td>Studio Barre 11:45am-12:40pm</td>
<td>*Silver Sneakers Cardio Circuit 10:30-11:25am</td>
<td>Zumba 11:35am-12:35pm</td>
</tr>
<tr>
<td>Beginner Hatha/ Vinyasa Yoga 10:30-11:30am</td>
<td>BOSU Boot Camp 5-5:30pm</td>
<td>Gentle Yoga for Joints 10:30-11:30am</td>
<td>BOSU Boot Camp 4:30pm-5pm</td>
<td>*Silver Sneakers Cardio Circuit 10:30-11:25am</td>
<td>Zumba 5:30-6:30pm</td>
</tr>
<tr>
<td>*Silver Sneakers Cardio Circuit 10:30-11:25am</td>
<td>All Levels Vinyasa Yoga 5:30-6:30pm</td>
<td>*Silver Sneakers Cardio Circuit 10:30-11:25am</td>
<td>H.I.T. 5pm-5:30pm</td>
<td>Spin and Stretch 10-11am</td>
<td></td>
</tr>
<tr>
<td>Studio Barre 11:45am-12:40pm</td>
<td><strong>Spin 5:30-6:30pm</strong></td>
<td>Studio Barre 11:45-12:40pm</td>
<td>Gentle Yoga for Joints 5:30-6:30pm</td>
<td>See course descriptions on facing page.</td>
<td>Knockout 1-2pm</td>
</tr>
<tr>
<td>Step Combo 5:30-6:25pm</td>
<td>Pilates 6:30-7:15pm</td>
<td>Bottoms Up 5:5:25pm</td>
<td><strong>Spin 5:30-6:30pm</strong></td>
<td>Hatha Yoga 4:30-5:30pm</td>
<td></td>
</tr>
<tr>
<td><strong>Spin 5:30-6:30pm</strong></td>
<td>Zumba 7:20-8:15pm</td>
<td>Knockout 5:30-6:15pm</td>
<td>Pilates 6:30pm-7:15p</td>
<td>Monday Mixer 7-8pm</td>
<td></td>
</tr>
<tr>
<td><strong>Spin 5:30-6:30pm</strong></td>
<td><strong>Spin 5:30-6:30pm</strong></td>
<td>Zumba 7:20-8:15pm</td>
<td>Zumba 7:20-8:15pm</td>
<td>*Silver Sneakers Cardio Circuit 10:30-11:25am</td>
<td>**Spin 5:30-6:30pm</td>
</tr>
</tbody>
</table>

Yoga, Pilates, Cycling, Studio Barre and Domination are “Specialty Classes” that will require a pass. *Silver Sneakers Mon-Fri will be held in the Meeting Rooms.

**All Fusion and Spin classes are held in the Spinning room.

“Open Door” Spin Room Schedule: Mon/Wed 5:30-8:30am, 11:30-4:30pm, 7-9pm; T/Th 7am-5pm, 7-9pm; Fri 5:30am-9pm; Sat 11am-7pm; Sun 11:30am-5pm.
BEGINNER HATHA/VINYASA YOGA - A nice balance of movement and stillness. Equal parts strength, balance, and stretch. Surya Namascar A&B (Sun Salutations) are taught, as well as a variety of other asanas. All eight limbs of yoga will be touched upon in this introduction to a basic and balanced yoga practice. Not just for beginners.

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

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

BOTTOMS UP - An extreme makeover for your lower half in an uplifting environment.

CARDIO/CORE COMBO - 60-minute class with a combination of aerobic fitness and core conditioning. Abdominals, obliques, and low back make-up the core with additional work around the hips.

DOMINATION - Based on the popularity of insanity and P90X that offers interval training performing cardio, plyometric, and sport specific drills as well as calisthenics and strength & conditioning movements. Formatted to burn fat, get shredded, build endurance, and simply kick your butt.

ECLECTIC HATHA YOGA - Drawing from various sources, this class uses postures (asanas) and breathing exercises (pranayama) to release tension and develop balance, strength & flexibility in the body, mind, and spirit. All levels welcome.

FOREVER YOUNG CHAIROBICS - Basic body conditioning class offering help with balance, endurance, flexibility and strength, with chair assistance.

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

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

GENTLE YOGA FOR JOINTS - Slow, gentle, and very yin in nature. This class focuses mainly on joint health and quieting the body as well as the mind. A perfect compliment to your vigorous work out or your power yoga practice, great for beginners and experts alike.

HATHA YOGA - The most popular form of yoga, Hatha emphasizes health and well-being through breathing exercises, special postures, and concentration.

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

INTERVAL/OCCITY - 50 minute interval-circuit class focusing on cardio, agility, plyometrics, and strength.

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

MONDAY MIXER - Mix of your favorite cardio and strength classes

PILATES - Series of non-impact exercises to develop strength, flexibility, balance, and inner awareness. Strengthens and lengthens the muscles without creating bulk. Pilates is also helpful in preventing and rehabilitating from injuries, improving posture, and increasing flexibility, circulation, and balance.

PINKEL’S LADIES - Aerobic dance routines are choreographed to Top 40’s, Oldies, Country, and Show Tunes for a great cardiovascular workout. If you like to dance then this class is for you. Exercise made fun! Come on guys don’t be shy!

POWER PUMP - Tone and strengthen your body in no time! Resistance training is a perfect way to increase your metabolism and burn calories. We will use the bar and free weights to achieve our personal goals while letting the power of the music take you through a full body workout that leaves you feeling powerful and strong!

SILVER SNEAKERS - CARDIO CIRCUIT - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography.

SILVER SNEAKERS - MSROM - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and 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.

SLOW & LOW YOGA - We get close to the floor and we slow down. Yin yoga methods are utilized to bring length to the ligaments and connective tissues, and safely open the joints. Regain range of motion and calm your nervous system in this gentle practice. Each pose is an opportunity to go within and find your stillness. Great for beginners and seasoned yogis alike.

SPIN AND STRETCH - 30 minutes of high intensity spinning that transitions into 25 minutes of restorative stretch through yoga.

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.

STUDIO BARRE - A quick and efficient way to transform the tone and shape of your body. Using a ballet bar or chair; small isometric moves; often supported by the use of a ball, pilates ring, or light weights. Including stretching which allows your body to become more lifted and toned. No dance experience required. Please bring a yoga mat and method socks (any tacky bottom will do).

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

QUICK FIX - 20 minutes of group weight training for the entire body.

ZUMBA - International and popular music with Latin Dance and aerobic moves, add a little hip shake and attitude and you’ve got it!
### ACTIVITIES FOR PRESCHOOLERS

**ALL GUARDIANS ARE ASKED TO STAY AND ASSIST CHILDREN FOR THE DURATION OF THE PROGRAM.**

### LITTLE GYMMSERS

Activities will include parachute games, 8 foot basketball, beach ball volleyball and others.

*Location: ARC*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Drop in</td>
<td>10-11 am</td>
<td>2-6</td>
</tr>
</tbody>
</table>

### DAY CARE LITTLE GYMMSERS

Schedule some gymnasium time for your day-care. Call 874-7642 to arrange times and dates.

*Location: ARC*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mon-Thur</td>
<td>By appt.</td>
<td>2-6</td>
<td>$20 up to 20 participants; $30 for 21-30 participants</td>
</tr>
</tbody>
</table>

### LITTLE SWIMMERS … SEE PAGE 11

### DOUGHNUTS WITH EASTER BUNNY

Hop on over and visit with the Easter Bunny and enjoy some yummy doughnuts. Parents, don't forget your camera! Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>310788-01</td>
<td>M: Mar 30</td>
<td>6-6:50 pm</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
<tr>
<td>310788-02</td>
<td>Tu: Mar 31</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

### CIRCUS DAY

Did you know April 18 is World Circus Day this year? Come celebrate with fun circus themed crafts, and play a few simple carnival type games. Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>310791-01</td>
<td>Sa: Apr 18</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

### NEW WELCOME TO THE JUNGLE

Diego and Baby Jaguar, Mowgli and Baloo, Timon and Pumbaa all have so much fun in the jungle! Share the fun as we read a jungle story and create some jungle-themed crafts. Pre-registration is required.

*Location: Hillcrest Room D @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>310794-01</td>
<td>Tu: Jun 9</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

### NEW POOL PARTY

Splash on in for a summer pool party! We’ll do some fun pool themed crafts and activities at Twin Lakes Recreation Area picnic shelter. Then starting at 11 am you can stay and play at Little Mates Cove. Program price includes child admission fee to Little Mates Cove. Pre-registration required.

*Location: Twin Lakes Shelter @ Twin Lakes Recreation Area*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>310795-01</td>
<td>W: Jun 24</td>
<td>10:30 am</td>
<td>2-5 w/adult</td>
<td>$7.50</td>
</tr>
</tbody>
</table>

### AMERICA'S BIRTHDAY PARTY

Get ready to celebrate Independence Day! We’ll make some sparkly projects for the 4th of July. Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>302716-01</td>
<td>W: Jul 1</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

### NEW NATURE WALK

Get some fresh air and exercise on this short nature walk at Waters-Moss. We’ll look for nature items and do some nature crafts. Meet at parking lot at top of Hillcrest Drive. Pre-registration required.

*Location: Upper parking lot @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>310793-01</td>
<td>Tu: May 12</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

### NEW SHARK WEEK

It's Shark Week! If you like sharks, this is for you! Join in Shark Week by doing some (cute, not scary) shark crafts and activities. Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>310796-01</td>
<td>Th: Aug 13</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>
YOUTH MOUNTAIN BIKING 101
Young riders will learn the basics of mountain biking and road riding skills while making new friends and exploring great trails. Goals of the program are to improve bike safety skills and to instill a passion for cycling as a lifelong skill. Ability Level: Participants should have intermediate road or trail cycling skills and be comfortable shifting gears and riding 5+ miles! Equipment Needs: Mountain bike, spare inner tube, helmet, bike gloves and water bottle. Bike shorts are encouraged. Class size is limited so register early to reserve your spot.
Location: Capen Park

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318900-01</td>
<td>Sa: Jun 13</td>
<td>10 am-12 pm</td>
<td>10-14</td>
<td>Free</td>
</tr>
<tr>
<td>318900-02</td>
<td>Sa: Jun 27</td>
<td>10 am-12 pm</td>
<td>10-14</td>
<td>Free</td>
</tr>
</tbody>
</table>

BICYCLE MAINTENANCE AT HOME
Learn the basics to keep your bike running smoothly with ongoing scheduled maintenance needs, bike anatomy terms and tools for your home workshop. We will not cover flat repair in this class. Equipment needs: bicycle and multi-tool (optional).
Location: Armory Conf Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318202-01</td>
<td>Th: Apr 16</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>318202-02</td>
<td>W: Jun 24</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
</tbody>
</table>

FIX-A-FLAT CLASS
Repairing a flat tire is an essential skill for any cyclist. Instructors will cover flat repair, inner tube replacement and proper tire inflation. This is a hands-on class. Equipment needs: bicycle.
Location: Armory Conf Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318203-01</td>
<td>W: Apr 8</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>318203-02</td>
<td>Th: Jun 4</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
</tbody>
</table>

WOMEN'S FIX-A-FLAT AT LUCKY'S
Learn the basics of flat repair and inner tube replacement from female League of American Bicyclists certified cycling instructors. Join us for a wine and beer social hour (don't forget to bring cash or credit card) after the workshop.
Location: Lucky's Market, 111 S. Providence

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318204-01</td>
<td>M: May 18</td>
<td>6:30-8:00 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
</tbody>
</table>

BICYCLE COMMUTER BUDDY
Are you interested in commuting by bicycle to work or school but don't know where to start? We're here to help and can accompany you on your next ride or provide personalized tips. Let us help with apparel, equipment, route planning and safe riding techniques. Contact Janet Godon (573) 441-5495 or jlgodon@gocolumbiamo.com.

CITY CYCLING
Learn to ride safely and responsibly in traffic and around town. This comprehensive course has something for everyone - even the most seasoned cyclists. League of American Bicyclist certified cycling instructors will facilitate classroom discussion, bike handling skills and on-road rides. Equipment needs: bicycle and helmet.
Location: Armory Conf Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318200-01</td>
<td>Sa: Apr 18</td>
<td>9 am-2 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>318200-03</td>
<td>Sa: May 30</td>
<td>9 am-2 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>318200-04</td>
<td>Sa: Jun 20</td>
<td>9 am-2 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>318200-05</td>
<td>Sa: Jul 11</td>
<td>9 am-2 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
</tbody>
</table>

BEGINNER ADULT MOUNTAIN BIKING
Experienced instructors will teach basic off-road bicycle handling skills such as: riding over obstacles, climbing and descending, body-positioning, and proper use of gears and brakes. Required equipment: mountain bike (tires approximately 2" wide with a knobby tread), helmet and a spare inner tube. Recommended: gloves, water bottle, and padded cycling shorts.
Location: Meet at lot near Cosmo Park Skateboard Park

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318103-01</td>
<td>Su: May 17</td>
<td>1-3 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
<tr>
<td>318103-02</td>
<td>Su: May 31</td>
<td>1-3 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>
GUIDED BICYCLE RIDES

Please register for guided rides to be notified of weather or trail maintenance related cancellation, start location changes, etc. Drop in cyclists welcome. Ride self-supported with extra inner tube, air pump and water. Support for minor maintenance issues provided on guided rides. Helmets required.

TWO-WHEELED TUESDAY RIDES

Ready to move off the trails and onto the roads? Ride in a small group setting. Each ride is approximately 10-11 miles long at a comfortable pace of 10 mph. Ride leaders will cover short cuts to popular destinations, trail connectivity and tips to help you go by bike. All participants must have intermediate riding skills. Helmets, front/rear lights and a spare inner tube are required on all rides.

Location: First ride starts at the playground at Flat Branch Park. Start location will vary for each subsequent ride. Registered participants will receive updated emails with full details.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318101-01</td>
<td>Tu: Apr 21-Jun 23*</td>
<td>6-8 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
<tr>
<td>318101-02</td>
<td>Tu: Aug 4-Sep 22</td>
<td>6-8 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

* No Ride: 05/26

CRUISE THE CREEKS TRAIL RIDE SERIES

Join fellow cycling and nature enthusiasts as we highlight ecological benefits of trailside flora and fauna and efforts to improve water quality along the 15 watersheds located within the city limits. Plan to ride 9 – 10 miles on a mix of paved and gravel trails. Trailside maintenance provided. Children must be accompanied by an adult. Helmets required.

- Cyclists, Do You Know Your Shed? Guest Speaker: Michael Heimos, City of Columbia Stormwater Utility Educator
  Location: Meet at Martin Luther King Memorial, MKT Stadium Trailhead

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<tr>
<th>Class #</th>
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<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318400-01</td>
<td>Sa: April 11</td>
<td>2 pm</td>
<td>All</td>
<td>Free</td>
</tr>
</tbody>
</table>

- Bikes, Birds and Binoculars (bring yours!).
  Guest Speaker: Dr. Charlie Nilon, Wildlife Biologist and Roger Still, former Vice-President of the Audubon Society
  Location: Meet at Martin Luther King Memorial, MKT Stadium Trailhead

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<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318401-01</td>
<td>Sa: May 9</td>
<td>8 am</td>
<td>All</td>
<td>Free</td>
</tr>
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</table>

- Bikes and Trees: Bringing Green Interests Together.
  Guest Speaker: Dan Schneiderjohn, Bike and Nature Enthusiast
  Location: Meet at the playground @ Flat Branch Park

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318402-01</td>
<td>Sa: June 6</td>
<td>2 pm</td>
<td>All</td>
<td>Free</td>
</tr>
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</table>

MKT SECRET ACCESS TRAIL RIDE

Are you new to town or maybe just starting to head out on the trails? These monthly 11-mile round trip rides will introduce cyclists to Columbia’s backyard gem: the MKT Trail and attractions off the MKT. Travel at a leisurely pace highlighting access to popular retail locations, neighborhoods and the Hinkson Creek and County House Trails. Helmets are required.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318104-01</td>
<td>Sa: Apr 4</td>
<td>10-11:45 am</td>
<td>18+</td>
<td>Free</td>
</tr>
<tr>
<td>318104-02</td>
<td>W: Apr 22</td>
<td>6-7:45 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
<tr>
<td>318104-03</td>
<td>W: May 6</td>
<td>6-7:45 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
<tr>
<td>318104-04</td>
<td>W: Jun 10</td>
<td>6-7:45 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
<tr>
<td>318104-05</td>
<td>W: Jul 8</td>
<td>6-7:45 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
<tr>
<td>318104-06</td>
<td>Sa: Jul 18</td>
<td>10-11:45 am</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

LOOP THE CITY RIDE

Join us for a 26-mile loop ride around the City. Plan to ride a mix of both soft surface trails, bike lanes and streets with low to medium traffic volume. Participants must have intermediate on-road riding skills. Staff will provide SAG (support and gear) for minor maintenance issues. Ride self-supported with an inner tube or patch kit and water. Helmets required. Optional: Lunch (on your own) after the ride.

Location: Bonnie View Shelter @ Bonnie View Park

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<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318105-01</td>
<td>Sa: May 9</td>
<td>10 am-1 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>
BEAR CREEK FAMILY BIKE TRAIL RIDE
The Bear Creek Trail is a 4.8-mile crushed limestone trail located in northern Columbia that links two of the city's most popular large parks, Cosmo Park and Albert-Oakland Park. We'll ride at a leisurely pace highlighting access to popular retail locations and neighborhoods. Total distance is approximately 10 miles. Helmets required. Location: Albert-Oakland Shelter #2 @ Albert-Oakland Park

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<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318106-01</td>
<td>Sa: May 16</td>
<td>10 am-12 pm</td>
<td>All</td>
<td>Free</td>
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</tbody>
</table>

HINKSON CREEK TRAIL RIDE
The Hinkson Creek Trail is the result of a unique partnership between the City and the University of Missouri. The crushed limestone trail connects the MKT Trail to Grindstone Nature Area. Join us on a 14-mile roundtrip journey. Cyclists will be introduced to the new Old Hwy 63 underpass leading over to Moon Valley Rd and then a second underpass beneath E. Broadway to Stephens Lake Park. Helmet required.

<table>
<thead>
<tr>
<th>Class #</th>
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<th>Time</th>
<th>Age</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>318107-01</td>
<td>Su: Jun 14</td>
<td>2-4 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

KATY TRAIL RIDE TO COOPER’S LANDING
Cooper's Landing is a river port and marina located on the Missouri River. Join GetAbout Columbia on a leisurely 16 mile (32 miles roundtrip) trail ride. Pack a picnic lunch or order from Chim's Thai Kitchen (on your own). Return with the group or at your own pace. Ride self-supported with an extra inner tube, air pump and water. On-trail ride support for minor maintenance issues. Helmets required.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318108-01</td>
<td>Su: Jun 28</td>
<td>10 am-3 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

HUMP DAY RIDE
Do you like to ride hills? If so, join us on a loop ride in search of a good workout and a few hills. Plan to ride 16-17 miles on a mix of gravel trails, bike lanes and streets with low to medium traffic volume. We're not kidding, this will be a ride filled with challenging hills designed to help you appreciate our lovely flat trails.

Location: Flat Branch Park Playground

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>318109-01</td>
<td>W: Jul 1</td>
<td>6-8 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

EARTH DAY BICYCLE CORRAL PARKING
SUNDAY, APRIL 19, NOON – 6:30 P.M.
Travel to Columbia's Earth Day Festival in sustainable style and GetAbout Columbia will provide a safe, secure place for your bicycle, stroller and personal belongings. We'll even supply a little gift for your efforts. Check our website for additional details.

Location: Intersection of 6th and Elm (subject to change)

BIKE WALK AND WHEEL WEEK
MAY 3 - 9 — see full schedule on page 51.

NATIONAL TRAILS DAY
SATURDAY, JUNE 6
Treasure Hunt – Find the Golden Hiking Boot and Win a $100 Parks and Recreation Gift Certificate
The American Hiking Society's National Trails Day® is the country's largest celebration of trails. We encourage you to venture out on a self-guided tour of Columbia’s trail system by participating in a treasure hunt to find the Golden Hiking Boot. We'll post a riddle on our Facebook page and Twitter account on Saturday, June 6 at 7:00 a.m. Not a fan of social media? Listen to the clue by calling the recreation hotline at 573-874-7663 (ext. #5). Be the one to find the Gold Hiking Boot and you will receive a $100 Columbia Parks and Recreation gift certificate. Claim the prize by calling (573) 441-5495. To assist with your search, pick up a copy of the NEW Trail Brochure at the downtown Parks and Recreation Office. You can also check out the NEW Go Como Trails phone app (see details on page 54) to aid in your search.

BICYCLE TOURING WORKSHOP
Have you ever had a vacation ruined by delayed flights and long drives? On a bicycle tour, transportation IS the vacation. Learn what to bring and how to pack for an overnight bicycle camping trip at this 2-hour clinic. Participants will find out more information about a potential overnight tour following the clinic.

Location: ARC

<table>
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<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>310110-01</td>
<td>M: June 29</td>
<td>6-8 pm</td>
<td>18+</td>
<td>Free</td>
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</table>
NEW PHONE NUMBER FOR BOTH COURSES!
573-499-GOLF (4653)
Stay up to date with our mobile apps and by following us on Facebook and Twitter (L.A. Nickell and Lake of the Woods).

PRIVATE OUTINGS
Private outings are available at both courses. For pricing information and availability please call 573-874-7358

FOR YOUTH

JUNIOR GOLF LESSONS
Designed for beginners interested in learning the basics of the golf swing. Instructors will cover the grip, stance and set-up, full swing techniques, rules and course etiquette, pitching, chipping and putting.

Instructor: Dan Frost
Location: L.A. Nickell Golf Course

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age Range</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>308901-01</td>
<td>Tu, Th: Jun 9-Jun 11</td>
<td>8-9 am</td>
<td>8-12</td>
<td>$30</td>
</tr>
<tr>
<td>308901-02</td>
<td>Tu, Th: Jun 9-Jun 11</td>
<td>9-10 am</td>
<td>8-12</td>
<td>$30</td>
</tr>
<tr>
<td>308901-03</td>
<td>Tu, Th: Jun 9-Jun 11</td>
<td>10-11 am</td>
<td>13-17</td>
<td>$30</td>
</tr>
<tr>
<td>308901-04</td>
<td>M, W: Jun 8-Jun 10</td>
<td>8-9 am</td>
<td>8-12</td>
<td>$30</td>
</tr>
<tr>
<td>308901-05</td>
<td>M, W: Jun 8-Jun 10</td>
<td>9-10 am</td>
<td>8-12</td>
<td>$30</td>
</tr>
<tr>
<td>308901-06</td>
<td>M, W: Jun 8-Jun 10</td>
<td>10-11 am</td>
<td>13-17</td>
<td>$30</td>
</tr>
</tbody>
</table>

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, 68.5 White tees, 63.5 Men Red tees, 66.9 Red tees
Slope Rating: 127 Blue tees, 116 - White tees, 111 - Red tees
Dir: North of 1-70 off North Stadium & in the Columbia Cosmopolitan Recreation Area.

LAKE OF THE WOODS RECREATION AREA
6700 ST. CHARLES RD • (573) 499-GOLF (4653)
- 18-hole golf course • Swimming Pool
- 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, 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.

ADULT GOLF LESSONS
Instructor: Dan Frost
Location: L.A. Nickell Golf Course

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age Range</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>308100-01</td>
<td>W: May 13-Jun 3</td>
<td>6-6:45 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
<tr>
<td>308100-02</td>
<td>W: May 13-Jun 3</td>
<td>6:45-7:30 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
<tr>
<td>308100-03</td>
<td>M: Jun 1-Jun 22</td>
<td>6-6:45 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
<tr>
<td>308100-04</td>
<td>M: Jun 1-Jun 22</td>
<td>6:45-7:30 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
<tr>
<td>308100-05</td>
<td>M: Jun 1-Jun 22</td>
<td>7:30-8:15 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
<tr>
<td>308100-06</td>
<td>W: Jun 10-Jul 1</td>
<td>6-6:45 pm</td>
<td>18+</td>
<td>$60</td>
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<tr>
<td>308100-07</td>
<td>W: Jun 10-Jul 1</td>
<td>6:45-7:30 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
<tr>
<td>308100-08</td>
<td>W: Jun 10-Jul 1</td>
<td>7:30-8:15 pm</td>
<td>18+</td>
<td>$60</td>
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<tr>
<td>308100-09</td>
<td>M: Jul 20-Aug 10</td>
<td>6-6:45 pm</td>
<td>18+</td>
<td>$60</td>
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<tr>
<td>308100-10</td>
<td>M: Jul 20-Aug 10</td>
<td>6:45-7:30 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
</tbody>
</table>

CLASSES FOR ADULTS

FAMILY NIGHT
Join us each month this summer for fun activities and an opportunity to take part in our FREE golf clinics at L.A. Nickell Golf Course! Festivities begin at 5:30pm with a free hotdog dinner for participants. At 6:00pm we will move to the driving range for a free clinic to introduce adults and kids to the game of golf and your chance to take a shot at Golfzilla. Everyone will then have the opportunity to go onto the course to play 1-2 holes before everything is wrapped up with a weekly raffle. All participants will receive coupons for future use at L.A. Nickell Golf Course. No equipment or prior skill level necessary, just a great opportunity for all ages to be introduced to the game of golf. Pre-registration is required. Registration for each event open on the 15th of the month prior to the event.

Location: L.A. Nickell Golf

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age Range</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>308400-01</td>
<td>F: May 15</td>
<td>5:30-8:30 pm</td>
<td>All</td>
<td>Free</td>
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<tr>
<td>308400-02</td>
<td>F: Jun 26</td>
<td>5:30-8:30 pm</td>
<td>All</td>
<td>Free</td>
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<tr>
<td>308400-03</td>
<td>F: Jul 17</td>
<td>5:30-8:30 pm</td>
<td>All</td>
<td>Free</td>
</tr>
<tr>
<td>308400-04</td>
<td>F: Aug 14</td>
<td>5:30-8:30 pm</td>
<td>All</td>
<td>Free</td>
</tr>
</tbody>
</table>

2015 TUESDAY SCRAMBLE GOLF LEAGUE
May 19-Aug 11, 5:30 pm shotgun start, both courses
Each Tuesday, take part in a two-person 9-hole scramble golf league. Registration starts at 8 am Monday before the event and ends at 10 am the day of the event. Call 499-GOLF to register.

Tournament is limited to first 36 teams to sign up. Flights and places determined by size of each week’s event. Entry fee of $10 per person plus $11 green fee and cart fee. Annual pass holders pay $10 per person, plus cart fee. First six weeks at L.A. Nickell; final six weeks at Lake of the Woods.

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**2015 GOLF FEES**

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Green Fees 3/1-10/31</strong></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Mon-Fri</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Adult</td>
<td>$13</td>
<td>$18</td>
<td>$19.50</td>
<td>$31</td>
</tr>
<tr>
<td>- Senior (60 &amp; over)</td>
<td>$11</td>
<td>$15</td>
<td>$17.50</td>
<td>$28</td>
</tr>
<tr>
<td>- Twilight 2:00pm</td>
<td>$11</td>
<td>$15</td>
<td>$17.50</td>
<td>$28</td>
</tr>
<tr>
<td>- Super Twilight 6pm</td>
<td>$11</td>
<td>$12</td>
<td>$18.50</td>
<td>$25</td>
</tr>
<tr>
<td>- Junior (17 &amp; under)</td>
<td>$9</td>
<td>$9</td>
<td>$15.50</td>
<td>$22</td>
</tr>
<tr>
<td><strong>Saturday/Sunday/Holidays</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Adult</td>
<td>$23</td>
<td>$23</td>
<td>$29.50</td>
<td>$36</td>
</tr>
<tr>
<td>- Twilight 2:00pm</td>
<td>$13.50</td>
<td>$19</td>
<td>$20</td>
<td>$32</td>
</tr>
<tr>
<td>- Super Twilight 6pm</td>
<td>$12</td>
<td>$12</td>
<td>$18.50</td>
<td>$25</td>
</tr>
<tr>
<td>- Junior (17 &amp; under)</td>
<td>$9</td>
<td>$9</td>
<td>$15.50</td>
<td>$22</td>
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<tr>
<td><strong>Winter Green Fees 11/1-2/28</strong></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mon-Fri</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Adult</td>
<td>$13</td>
<td>$15</td>
<td>$19.50</td>
<td>$28</td>
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<tr>
<td>- Twilight 2:00pm</td>
<td>$11</td>
<td>$15</td>
<td>$17.50</td>
<td>$28</td>
</tr>
<tr>
<td>- Junior (17 &amp; under)</td>
<td>$9</td>
<td>$9</td>
<td>$15.50</td>
<td>$22</td>
</tr>
<tr>
<td><strong>Saturday/Sunday/Holidays</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Adult</td>
<td>$19</td>
<td>$19</td>
<td>$25.50</td>
<td>$32</td>
</tr>
<tr>
<td>- Junior (17 &amp; under)</td>
<td>$11.50</td>
<td>$11.50</td>
<td>$18</td>
<td>$24.50</td>
</tr>
</tbody>
</table>

Annual Passes good at both courses. All passes non-refundable. Prices Valid 10/1/14-9/30/15. All prices are approved by City Council on an annual basis.

**PASSES & OTHER FEES**

<table>
<thead>
<tr>
<th></th>
<th>M-F</th>
<th>Any Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual (30-59)</td>
<td>$630</td>
<td>$718</td>
</tr>
<tr>
<td>Adult +1</td>
<td>$1,071</td>
<td>$1,220</td>
</tr>
<tr>
<td>Additional Family</td>
<td>$185</td>
<td>$220</td>
</tr>
<tr>
<td>Senior (60 &amp; over)</td>
<td>$504</td>
<td>$574</td>
</tr>
<tr>
<td>Senior Couple (both 60 &amp; over)</td>
<td>$806</td>
<td>$918</td>
</tr>
<tr>
<td>Young Adult (18-29)</td>
<td>$504</td>
<td>$574</td>
</tr>
<tr>
<td>Junior (17 &amp; under)</td>
<td>$9</td>
<td>$9</td>
</tr>
<tr>
<td>Junior Limited (May 1-Sep 30)</td>
<td>$135</td>
<td>$135</td>
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<tr>
<td>10 Play Punch Card</td>
<td>$207</td>
<td>$207</td>
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**Driving Range**

<table>
<thead>
<tr>
<th></th>
<th>M-F</th>
<th>Any Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>$4</td>
<td>$4</td>
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<tr>
<td>Medium</td>
<td>$6</td>
<td>$6</td>
</tr>
<tr>
<td>Large</td>
<td>$9</td>
<td>$9</td>
</tr>
</tbody>
</table>

*Adult plus 1 is defined as two persons residing at the same residence. Additional Family must be related persons living at the same address 21 & under. Senior Couple pass is limited to two persons 60 and over residing at the same address. Each course is available for scheduling private tournaments. Please call 874-7538 to reserve your spot.

**2015 GOLF CARD**

Purchase your card to receive great discounts at both courses. Cards cost $59 each and offer more than $600 in discounts, including one for green fee at each course. **Great Gifts!**

**2015 GOLF TOURNAMENTS**

June 13-14, 20-21
Francis Hagan Match Play Championship at Lake of the Woods

RETURN OF WHIFF AND GIGGLE!
Friday, June 19 at L.A. Nickell, 5:30 shotgun start
Friday, Aug 7 at Lake of the Woods, 5:30 shotgun start

**MUSIC**

**CLASSES FOR YOUTH**

CITY-WIDE DRUM LINE & RHYTHM BAND
The group is directed by Glen “Bummer the Drummer” Ward, and has performed in the Holiday Parade in November and Columbia Eve Fest on New Year's Eve. For more information leave a message for Glen Ward after 3 pm at 874-6378.

PERCUSSION, DRUM & WOODWINDS LESSONS
"Bummer the Drummer" of the Kansas City Street Band is the instructor for the classes. He can help your child become a better percussionist as well as play their saxophones & clarinets with more confidence. Leave message for Glen Ward at 874-6378.

CITY-WIDE FLAG LINE
Our Flag Line accompanies our Drum Line in several parades and other performances throughout the year. For more information, call 817-5077.

**CLASSES FOR TEENS AND ADULTS**

JUST ONCE PIANO 4 BUSY PEOPLE
As seen on the PBS television program - “Piano in a Flash!” While most piano teachers teach note reading, piano professionals use chords, and you can learn all the chords you'll need to play any song in this session. Beginners can print out a free pamphlet on the treble clef by going to this link: http://justonceclasses.com/info/images/fastpres-class_notes_for_piano.pdf The instructor will collect required Materials Fee of $29 for workbook and practice CD in class. Pre-registration required.

Instructor: Aaron Latina
Location: Hillcrest Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>313225-01</td>
<td>W: May 13</td>
<td>6-9 pm</td>
<td>15+</td>
<td>$27</td>
</tr>
</tbody>
</table>

JUST ONCE GUITAR 4 BUSY PEOPLE
This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. The instructor will collect required materials fee of $29 for workbook and practice CD in class. Pre-registration required.

Instructor: Aaron Latina
Location: Hillcrest Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>313226-01</td>
<td>W: May 20</td>
<td>6-9 pm</td>
<td>15+</td>
<td>$27</td>
</tr>
</tbody>
</table>
NEW! SURVIVE!

Learn and try important survival skills including mindset, improvised shelters and water disinfection, as well as other skills that could help you during an emergency or if you get lost outdoors. Pre-registration required. Meet at the Waters-Moss parking lot at the top of Hillcrest Dr.
Instructor: Terry Rolan, MD
Location: Waters House parking lot @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>312800-01</td>
<td>Sa: Apr 11</td>
<td>1-5 pm</td>
<td>13-18</td>
<td>$32</td>
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</table>

SELF-IMPROVEMENT & STUDY SKILLS

SCORE HIGH ON THE ACT

Master the most frequently tested verbal and math material. Pick up important tips that let you think like the test makers. Learn how to avoid the “gotcha” traps that test makers set for you. We provide prep-tests with detailed answer explanations to each question. These personalized sessions are your first aid kit for dealing with test anxiety, beating the clock and achieving your top score.
Instructor: Bart Entrikin, M.S.
Location: Conference Room @ ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>313801-01</td>
<td>Sa: Apr 11</td>
<td>9-11 am</td>
<td>14-19</td>
<td>$25</td>
</tr>
<tr>
<td>313801-02</td>
<td>Sa: May 2</td>
<td>9-11 am</td>
<td>14-19</td>
<td>$25</td>
</tr>
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AFTER SCHOOL HOMEWORK ASSISTANCE

Open to all ages! Come by the Armory for tutoring with your homework assignments. Many of the volunteer tutors are provided by MU’s Office of Service Learning, through April 30.

MULTIMIND: MAKING THE MOST OF YOUR BRAIN

The human brain is the most complex and sophisticated system on earth. Very user-friendly resources packed with up-to-the-minute mind-brain research will reveal the power and versatility of your mind. Pre-registration is required.
Location: Conference Room @ ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>313139-01</td>
<td>Sa: Apr 18</td>
<td>9-11 am</td>
<td>18+</td>
<td>$25</td>
</tr>
</tbody>
</table>

FREE YOUR CREATIVE SPIRIT

You need new ideas every day and here is where to find them. This thought-provoking and delightful seminar will easily liberate your full mental processes to achieve the “Ah-Hal” experience. Creative inspiration is close-at-hand if you have the urge to tinker and to explore exciting new possibilities. Pre-registration required.
Location: Conference Room @ ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>313140-01</td>
<td>Sa: Apr 25</td>
<td>9-11 am</td>
<td>18+</td>
<td>$25</td>
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GUIDED MINDFULNESS: HEALTH AND HAPPINESS PRESCRIPTION

Guided mindfulness is a way of being fully in your life. Recognize the richness and possibility within daily routines and allow guided mindfulness to create the life you wish to live. Mindfulness invites us to awaken to the reality of what is actually happening and provide a healthier, kinder, wiser response to ourselves and to others.
Location: Conference Room @ ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tr>
<td>313141-01</td>
<td>Sa: May 9</td>
<td>9-11 am</td>
<td>18+</td>
<td>$25</td>
</tr>
</tbody>
</table>

FOR YOUTH

NEW! YOUTH SUMMER VOLLEYBALL

Three girls leagues available: 5th-6th (Wed), 7th-8th (Thur) and 9th-10th (Tues).
$50 per player for 8 game season. Games played at Armory Sports Center. Contact Crystal Floyd for more information at columbiayouthvolleyball@gmail.com. Register by calling Parks and Recreation at 874-7460.

BRITISH SOCCER CAMPS

June 22-26, 2015
Cosmo Park
Popular Challenger camp returns! Register at www.challengersports.com by May 8 to receive a free replica jersey. $10 late fee applied to registrations received after June 6.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Group</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315100-01</td>
<td>Adult Beginners</td>
<td>8-8:45 am</td>
<td>$10 per class</td>
</tr>
<tr>
<td>315101-01</td>
<td>Pee Wee (age 4-5)</td>
<td>9-9:50 am</td>
<td>$10 per class</td>
</tr>
<tr>
<td>315912-01</td>
<td>Youth (age 6-8)</td>
<td>10-10:50 am</td>
<td>$15 per class</td>
</tr>
<tr>
<td>315926-01</td>
<td>Youth (age 9-11)</td>
<td>11-11:50 am</td>
<td>$15 per class</td>
</tr>
</tbody>
</table>

NEW! BEGINNING TENNIS

Certified Tennis Instructor Curtis Abbott will instruct various leagues this spring and summer. Registration done per class — see below.
Location: Cosmo Park
Saturdays: May 2, 9, 16, 30; June 6, 13, 20; July 11, 18, 25; Aug 8, 15, 22, 29; Sept 12, 19, 26

<table>
<thead>
<tr>
<th>Class #</th>
<th>Group</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315102-01</td>
<td>Adult Beginners</td>
<td>8-8:45 am</td>
<td>$10 per class</td>
</tr>
<tr>
<td>315100-01</td>
<td>Pee Wee (age 4-5)</td>
<td>9-9:50 am</td>
<td>$10 per class</td>
</tr>
<tr>
<td>315912-01</td>
<td>Youth (age 6-8)</td>
<td>10-10:50 am</td>
<td>$15 per class</td>
</tr>
<tr>
<td>315926-01</td>
<td>Youth (age 9-11)</td>
<td>11-11:50 am</td>
<td>$15 per class</td>
</tr>
</tbody>
</table>
Every kid dreams of playing football and in CYFL every kid plays!

**Tackle Football is open to all 3rd - 7th Graders**
*Tackle Practice begins August 11*

Tackle fees are only $135.00. Teams practice 5:30 - 7:00 two to three nights per week. Teams are formed by age, grade and school. Uniforms and equipment are provided.

Games are played at Cosmo Park, Boonville, Centralia, and Jefferson City on Sundays & Weeknights. “Modified High School Rules” used for all games. *Minimum play rule* ensures every child gets a chance to play.

**Flag Football is open to all K - 2nd Graders**
*Flag Practice begins August 18th*

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

**Fall 2015 Registration Fees**

- Tackle football fees are $135.00 until July 15th
- $85 for 1st-2nd Grade Flag football until July 15th
- K-Ball Flag football for Kindergarten is $65.00 until July 15th
- Fees Increase $15.00 each after 7/15/2014

GET IN THE GAME - PLAY FOOTBALL
Registration for Boys & Girls Grades K-7 opens early March
Season Begins August 11th
Games played September - October
Registration Due July 28th

Register online or for more information visit www.ColumbiaYouthFootball.com

All CYFL Coaches are required to complete:
- Background Checks by NCSI
- USA Football Certified Coaching Education Program
  - Tackle or Flag Certification
  - Concussion Awareness
  - Heads Up Tackling safety program
- Chalk Talk 101 training seminars
- Practice Plans & Playbooks offered
- Certified Athletic Trainers onsite

Player development & safety is our highest priority!

Out of Town Players and Teams Welcome
Columbia Youth Football League is an all volunteer, non-profit 501(c)3 youth sports program.
Columbia Youth Football League - PO Box 7052 - Columbia, MO 65205-7052
Contact us at info@columbiayouthfootball.com
TENNIS LESSONS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session I: Albert-Oakland Courts</td>
<td>Mon/Wed, May 4-20</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
</tr>
<tr>
<td></td>
<td>Mon/Wed, May 4-20</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
</tr>
<tr>
<td></td>
<td>Tues/Thurs, May 5-28</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
</tr>
<tr>
<td>Session II: Cosmo Courts</td>
<td>Mon/Wed, June 1-17</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
</tr>
<tr>
<td></td>
<td>Mon/Wed, June 1-17</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
</tr>
<tr>
<td></td>
<td>Tues/Thurs, June 2-18</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
</tr>
<tr>
<td>Session III: Cosmo-Bethel Courts</td>
<td>Mon/Wed, July 6-22</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
</tr>
<tr>
<td></td>
<td>Mon/Wed, July 6-22</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
</tr>
<tr>
<td></td>
<td>Tues/Thurs, July 7-23</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
</tr>
<tr>
<td>Session IV: Shepard Courts</td>
<td>Mon/Wed, Aug 3-19</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
</tr>
<tr>
<td></td>
<td>Mon/Wed, Aug 3-19</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
</tr>
<tr>
<td></td>
<td>Tues/Thurs, Aug 4-20</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
</tr>
<tr>
<td>Session V: Albert-Oakland Courts</td>
<td>Mon/Wed, Sept 2-23</td>
<td>5:30-6:30 pm</td>
<td>6-8</td>
</tr>
<tr>
<td></td>
<td>Mon/Wed, Sept 2-23</td>
<td>6:30-7:30 pm</td>
<td>9-11</td>
</tr>
<tr>
<td></td>
<td>Tues/Thurs, Sept 1-17</td>
<td>5:30-6:30 pm</td>
<td>12-16</td>
</tr>
</tbody>
</table>

For information and to register for tennis lessons, call Rick Odor at 442-3713.

START SMART SOCCER

Start Smart allows children the opportunity to work 1-on-1 with their parent and teaches children a variety of basic skills. Each participant will need to bring a size 3 soccer ball and youth shin guards.

Location: Soccer Field 13 @ Cosmo Park

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315701-01</td>
<td>Th: May 7-May 28</td>
<td>11-11:45 am</td>
<td>3-5</td>
<td>$20</td>
</tr>
</tbody>
</table>

START SMART TENNIS

The program features four different stations where children learn about various aspects of the game. Participants should bring a small tennis racquet.

Location: Tennis Court 1 @ Cosmo Park

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315703-01</td>
<td>Tu: Apr 7-Apr 28</td>
<td>11-11:45 am</td>
<td>5-7</td>
<td>$25</td>
</tr>
</tbody>
</table>

NEW CITY HOOPS

Come in to get better at the game you love! Staff will work with you on the basics and will also give you tips.

Location: Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>Tues</td>
<td>4:30-5:30 pm</td>
<td>6-17</td>
<td>Free</td>
</tr>
</tbody>
</table>

CHAMPIONS OF THE COURT BASKETBALL CAMP

Ahmed Kabba (Coach K) will return to the ARC June 8-12 for the Total Basketball Experience. For boys and girls, ages 7-18. Visit www.TeamICSports.com to register.

HOME SCHOOL PE

Designed for home school children. A variety of age appropriate fitness games and activities will be introduced. ARC Member rate $12 per child for the first two children, 3rd child 1/2 price, 4th child is free. Please call the ARC to register, 874-7700.

Location: Court 1 @ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>207509-04</td>
<td>Th: Apr 2-Apr 30</td>
<td>9-10am</td>
<td>10-17</td>
<td>$16</td>
</tr>
<tr>
<td>207519-04</td>
<td>Th: Apr 2-Apr 30</td>
<td>10-11am</td>
<td>5-9</td>
<td>$16</td>
</tr>
</tbody>
</table>

T-BALL

This curriculum is designed to have the children begin their baseball experience in a fun environment that reinforces the fundamentals of the game.

Location: Again Park Field @ Again Street Park

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315774-01</td>
<td>W: May 6-May 27</td>
<td>6-6:45 pm</td>
<td>4-5</td>
<td>$25</td>
</tr>
</tbody>
</table>

DOUGLASS H.S. OPEN GYM

Take part in basketball and volleyball, and special events such as talent shows, community programs. Staff will help you with fundamentals of basketball.

DOUGLASS BULLDOGS BASEBALL LEAGUE

Develop your skills in this instructional, non-competitive co-rec league, beginning in June. Players will receive a league hat and shirt. Registration runs through May 1; late fee of $5 will be assessed after that date. Forms are available at the Parks & Recreation office, and rec facilities. Parents encouraged to volunteer as coaches; sponsorship opportunities are available.

Location: Douglass Park Baseball Field

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>315901-01</td>
<td>W,Sa: (T-Ball) June 3</td>
<td>5:30pm &amp; later</td>
<td>5&amp;6</td>
<td>$27</td>
</tr>
<tr>
<td>315902-01</td>
<td>Tu,F: (Coach Pitch) June 5</td>
<td>5:30pm &amp; later</td>
<td>7&amp;8</td>
<td>$27</td>
</tr>
<tr>
<td>315910-01</td>
<td>M,Th: (Kid Pitch) June 4</td>
<td>5:30pm &amp; later</td>
<td>9&amp;10</td>
<td>$27</td>
</tr>
</tbody>
</table>

No games July 4

BLUE THUNDER TRACK CLUB

Compete in running, jumping and throwing events! Youth ages 6-18 compete in out of town AAU meets along with some local meets. Cross-country is in the fall months and outdoor season is April-August. Participate in one or both phases. Please call 874-6378 or go to www.bluethundertc.shutterfly.com if interested. Registration cost is $95. Runners encouraged to invest in a pair of track spikes or running shoes; but it is not required.

Outdoor Registration Day: March 14, 2-5 pm at the Armory Sports Center (701 E. Ash)
YOUTH TRACK/FIELD MEET
Open to youth 6-14 (born 2000-2009). Free, great intro to track & field activities. Registration forms @ Parks and Rec facilities or online. Birth certificate required.
Location: Hickman H.S.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>Sa: Apr 18</td>
<td>10am (9am check-in)</td>
<td>6-14</td>
<td>Free</td>
</tr>
</tbody>
</table>

MLB PITCH, HIT & RUN
This is the official skills competition of Major League Baseball. Open to boys and girls. Call 874-7460 for more information. Copy of birth certificate or baptismal record required.
Location: Ballfield @ Cosmo-Bethel Park

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>Sa: April 25</td>
<td>10 am</td>
<td>7-14</td>
<td>Free</td>
</tr>
</tbody>
</table>

NFL PUNT, PASS & KICK
Boys and girls will test football skills against their peers! Winners qualify for the sectionals competition and have the chance to compete at an NFL stadium. Forms available at www.gocolumbiamo.com. Copy of birth certificate or baptismal record required; must be born from 2000-2009. Absolutely no cleats, football shoes, or turf shoes can be worn. Only soft-soled gym/running shoes are allowed. Event will happen rain or shine.
Location: Cosmo Park Football Field #4

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>Sa: Aug 15</td>
<td>10 am</td>
<td>6-15</td>
<td>Free</td>
</tr>
</tbody>
</table>

ADULT VOLLEYBALL
Location: Armory Sports Center

Summer Volleyball
Registration: until filled.
Leagues Available: Monday, CөRec B and Over 50
League Play: May 5-June 23; games at 6, 7, 8, or 9 pm
Price: $315.20 for a 24-game season (3 games per night for 8 weeks).

Fall Volleyball
Registration: Packets available July, registration through Aug 24 or until filled
League Play: Begins mid-Sept; games at 6, 7, 8, or 9 pm
Price: $315.20 per team for a 24-game season or $243.20 for 4v4 teams

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

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

SEE YOUTH SECTION FOR BEGINNING TENNIS.

BEGINNING ARCHERY
Bring your own bow and arrows if you have them, or equipment will be provided. First class held at the ARC, all others held at Powder Horn Gun and Archery Shop. Instructor Jim Sappington is an NRA certified coach, USA Archery Level 2 instructor and the lead instructor for the Missouri 4H club.
Instructor: Jim Sappington
Location: ARC/Powder Horn

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>312302-01</td>
<td>Th: May 7-June 11</td>
<td>6-8 pm</td>
<td>5+</td>
<td>$90</td>
</tr>
</tbody>
</table>
Sports

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

FALL 2015 / SPRING 2016
REGISTRATION INFORMATION

Recreational Division

Registration dates: May 1, 2015 - July 1, 2015
*Registrations after July 1, 2015 will be placed on waiting list
*Late fee $25 after July 1, $50 after Aug. 1
*Included age groups U5 - U19 girls & boys
FALL games begin Sept. 6, 2014

Competitive Division

Registration for tryouts will begin June 1, 2015
*Included age groups U9 - U18 girls & boys
Check our website for age specific dates and times
Players are encouraged to attend all tryout sessions for their age group
2013/2014 Age Matrix

Under 16  Aug 1 1998 – July 31 1999
Under 15  Aug 1 1999 – July 31 2000
Under 14  Aug 1 2000 – July 31 2001
Under 13  Aug 1 2001 – July 31 2002
Under 12  Aug 1 2002 – July 31 2003
Under 11  Aug 1 2003 – July 31 2004
Under 10  Aug 1 2004 – July 31 2005
Under 8   Aug 1 2006 – July 31 2007
Under 7   Aug 1 2007 – July 31 2008
Under 6   Aug 1 2008 – July 31 2009
Under 5   Aug 1 2009 – July 31 2010

Club Contacts

Recreational: Pia Capell
recsoccer@sportingcolumbia.net

Academy: Robbie Murray
rmurray@sportingcolumbia.net

Academy: Katie Ely
kely@sportingcolumbia.net

Competitive: Mary Davis
scscvp@sportingcolumbia.net

Competitive Director of Coaching:
Kevin Roderique
kroderique@sportingcolumbia.net

Follow us on twitter @SportingCSC
And “like” us on Facebook
facebook.com/SportingColumbiaSC

Interested in becoming a SCSC sponsor?
Contact Walter Capell, president@sportingcolumbia.net

Fundraising efforts continue for improvements at SCSC’s Pride Park. To donate materials or monetarily contact Scott Wissinger, pridepark@sportingcolumbia.net
**NEW! ADULT MEN'S PITCHING MACHINE**

*Registration:* 8 team limit, 6 games, $259.20 per team  
*League Play:* Starts in June  
*Location:* Atkins Baseball Complex

**NEW! ADULT MEN'S FALL BASEBALL LEAGUE**

*Registration:* 8 team limit, 6 games, $259.20 per team  
*League Play:* Starts in September  
*Location:* Atkins Baseball Complex

**ADULT TENNIS LESSONS**

<table>
<thead>
<tr>
<th>Session</th>
<th>Location</th>
<th>Date/Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session I: Albert-Oakland Courts</td>
<td>Tues/Thurs, May 5-23</td>
<td>6:30-7:30 pm</td>
<td>Adult</td>
<td>$50</td>
</tr>
<tr>
<td>Session II: Cosmo Courts</td>
<td>Tues/Thurs, June 2-20</td>
<td>6:30-7:30 pm</td>
<td>Adult</td>
<td>$50</td>
</tr>
<tr>
<td>Session III: Cosmo-Bethel Courts</td>
<td>Tues/Thurs, July 7-25</td>
<td>6:30-7:30 pm</td>
<td>Adult</td>
<td>$50</td>
</tr>
<tr>
<td>Session IV: Shepard Courts</td>
<td>Tues/Thurs, Aug 4-22</td>
<td>6:30-7:30 pm</td>
<td>Adult</td>
<td>$50</td>
</tr>
<tr>
<td>Session V: Albert-Oakland Courts</td>
<td>Tues/Thurs, Sept 2-22</td>
<td>6:30-7:30 pm</td>
<td>Adult</td>
<td>$50</td>
</tr>
</tbody>
</table>

For information and to register for tennis lessons, call Rick Odor at 442-3713. Rick has 25 years experience.

**MOONLIGHT HOOPS YOUTH BASKETBALL**

This outdoor league takes place in Douglass Park and will begin in June. Team T-shirts are covered by the registration. Drop by the Armory, the ARC or 1 S. 7th to register. Call 874-7460 for more information. Note: Sponsorship opportunities available. 
*Location:* Douglass Park

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA</td>
<td>League A</td>
<td>7:30-10:30 pm</td>
<td>14-17</td>
<td>$125</td>
</tr>
<tr>
<td>NA</td>
<td>League B</td>
<td>7:30-10:30 pm</td>
<td>12-13</td>
<td>$125</td>
</tr>
</tbody>
</table>

**ADULT DROP-IN BASKETBALL**

Looking for a pick-up game or to just shoot hoops? Pass cards available. 
*Location:* Gymnasium @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>M-F</td>
<td>9:30 am-2 pm</td>
<td>18+</td>
<td>$10/mo or $2/use</td>
</tr>
</tbody>
</table>

**SPORTS OFFICIALS NEEDED**

- Adult Softball
- Youth Softball
- Youth Baseball
- Adult Volleyball
- Youth Football

For more information call 874-7466.

**ACTIVITY CANCELLATION HOTLINE**

Call 874-7663 for cancellation information. Sports field cancellations are announced at 4 pm. After 5 pm, officials may cancel games due to bad weather. Individuals may also sign up for the cancellation listserv. To sign up for the listserv go to [www.GoColumbiaMo.com/ParksandRec](http://www.GoColumbiaMo.com/ParksandRec)

- Click on Sports in the box on the left
- Click on Sports Cancellations listed under General Sports in the middle
- Go under Web Mail and click on Subscribe Now
- Type in your email address in the space provided
- Place a check next to the programs in which you would like to be included on the listserv - i.e. Indoor Sports – Status of all indoor sport activities or Youth Baseball & Softball – Status of all Diamond Council games
- Then click on the Subscribe button

You can also put your 10 digit phone number @your cell phone provider address to receive these notifications on your cell phones as a text message.
AFTER SCHOOL RECREATION

Come to the Armory to play basketball, work on simple arts & crafts projects and use the computer lab for internet use or homework. Or, you can try pool table, ping-pong table, foosball, shuffleboard and air hockey tables, safe darts, or just watch a movie.

Location: Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>M-F, ends May 29</td>
<td>2:30-7 pm</td>
<td>8+</td>
<td>Free</td>
</tr>
</tbody>
</table>

SPRING ADVENTURE CAMP

Don’t miss Spring Adventure — a one-week day camp for children in grades K-5. Activities will include swimming, sports, and a variety of fun games and activities. NOTE: Each child should bring a sack lunch, swimsuit, and towel. Children can be dropped off at the ARC Meeting Room A as early as 7:45 am and must be picked up no later than 5:15 pm. DayCare Tax ID# 436-00-0810

Location: ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>203952-01</td>
<td>M-F: Mar 23-Mar 27</td>
<td>8 am-5 pm</td>
<td>5-11</td>
<td>$175</td>
</tr>
</tbody>
</table>

CAMP ADVENTURE

Registration begins April 1.

Our popular day camp is back with outdoor activities and fun! Enrollment is open to children who will be starting first grade in the fall of 2015 and includes children who have completed 7th grade. Before/after child care is available for an additional fee.

Sunrise Club: 7-8:30am $20
Sunset Club: 4:30-6pm $20

Registration for Camp Adventure 2015 will begin at 7am on April 1 at the ARC. All registrations must be made in person with a completed application. The application can be accessed online at www.gocolumbia-mo.com or picked up at the ARC.

Location: Riechmann Pavilion @ Stephens Lake Park

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>303950-01</td>
<td>M-F: Jun 8-Jun 19</td>
<td>8:30 am-4:30 pm</td>
<td>6-13</td>
<td>$220</td>
</tr>
<tr>
<td>303950-02</td>
<td>M-F: Jun 22-Jul 3</td>
<td>8:30 am-4:30 pm</td>
<td>6-13</td>
<td>$220</td>
</tr>
<tr>
<td>303950-03</td>
<td>M-F: Jul 6-Jul 17</td>
<td>8:30 am-4:30 pm</td>
<td>6-13</td>
<td>$220</td>
</tr>
<tr>
<td>303950-04</td>
<td>M-F: Jul 20-Jul 31</td>
<td>8:30 am-4:30 pm</td>
<td>6-13</td>
<td>$220</td>
</tr>
<tr>
<td>303950-05</td>
<td>M-F: Aug 3-Aug 14</td>
<td>8:30 am-4:30 pm</td>
<td>6-13</td>
<td>$220</td>
</tr>
</tbody>
</table>

STARS

Our day camp will keep your child enriched by providing many activities based around learning the 7 principles of Kwanzaa. There will be activities all summer such as swimming, in and out of town field trips, arts & crafts, as well as a special project that the kids will do to earn money for an end of the summer activity.

Location: Rec Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>303910-01</td>
<td>M-F: Jun 8-Jul 2</td>
<td>8 am-5 pm</td>
<td>6-14</td>
<td>$65</td>
</tr>
<tr>
<td>303910-02</td>
<td>M-F: Jul 6-Aug 7</td>
<td>8 am-5 pm</td>
<td>6-14</td>
<td>$70</td>
</tr>
</tbody>
</table>

CAMP SLIME

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

Location: Moss Bldg, Room A @ Waters-Moss

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>303914-01</td>
<td>M-F: Jul 13-Jul 17</td>
<td>7:45 am-5:15 pm</td>
<td>6-10</td>
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</tr>
<tr>
<td>303914-02</td>
<td>M-F: Aug 3-Aug 7</td>
<td>7:45 am-5:15 pm</td>
<td>6-10</td>
<td>$125</td>
</tr>
</tbody>
</table>

COMPUTER CAMP, SEE PAGE 18

DANCE CAMPS, SEE PAGE 21

SOCCER CAMP, SEE PAGE 38
**BEAR CREEK HALF MARATHON**  
**COUCH TO CREEK TRAINING GROUP**

This 20-week beginners’ training group will take new runners from their “couch” to “creek” (Bear Creek Run Half Marathon) with twice weekly group sessions on Tuesday evenings and Saturday mornings, starting June 2. Certified trainers will lead the group on training runs and provide cross training and nutritional information as you prepare to conquer 13.1 miles. Class fee includes registration to the Bear Creek Run Half Marathon on October 17 ($40).

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tr>
<td>307302-01</td>
<td>T, Sa: Starts June 2</td>
<td>Varies</td>
<td>16 +</td>
<td>$129</td>
</tr>
</tbody>
</table>

**ANNUAL TRAIN SHOW**

Saturday, March 21, 10 am-3 pm  
Paquin Tower, 1201 Paquin St  
See a variety of displays involving trains and the early days of transportation as well as movies and photographs on rail travel. Hosted by Mid-Mo Railfan and Parks and Recreation. Admission is free.

**FLASHLIGHT EASTER EGG HUNT**

Get your flashlight and basket ready for the Annual Flashlight Easter Egg Hunt! Win prizes! Parks and Recreation will be teaming up with MIZZOU’s Parks, Recreation and Tourism students to bring this event that will help fund other events throughout the year. Register early, limited number of spaces. Registration deadline: Monday, March 30. Location: Riechmann Pavilion @ Stephens Lake Park.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>309400-01</td>
<td>W: Apr 1</td>
<td>7:30-7:45 pm</td>
<td>3-5</td>
<td>$7</td>
</tr>
<tr>
<td>309400-02</td>
<td>W: Apr 1</td>
<td>7:45-8:00 pm</td>
<td>6-7</td>
<td>$7</td>
</tr>
<tr>
<td>309400-03</td>
<td>W: Apr 1</td>
<td>8:00-8:15 pm</td>
<td>8-10</td>
<td>$7</td>
</tr>
</tbody>
</table>

**EGG HUNT EGGSTRAVAGANZA**

Saturday, April 4, 12-1:15 pm  
Douglass Park  
Bring your children (ages 12 and under) out for a free, fun candy-filled Egg Hunt. There will be 3 separate hunts in different areas designated by age. Kids will also enjoy other activities such as coloring, face painting, and games. Hunt will begin at 12:45 pm.

**KITE FLYING DAY**

Saturday, April 11, 12-2 pm  
Douglass Park  
Bring your kites and let’s have a great time. A limited number of kites will be given to children that do not have one to fly. The contest categories are Largest Flying Kite, Smallest Flying Kite and the Highest Flyer. Prizes will be awarded to winners. The event is FREE! Rain date is Saturday, April 18.

**EARTH DAY 2015**

Sunday, April 19 (Rain date: April 26) 12 noon - 7 pm  
Peace Park- Downtown Columbia  
Sponsored by the Earth Day Coalition. Call 875-0539 for more information or to volunteer.
THE 14TH ANNUAL MAYOR’S CHALLENGE: BIKE, WALK & WHEEL WEEK
May 3-9
SEE PAGE 51

TONS OF TRUCKS
Wednesday, April 29, 4-7 pm
Target Wing Parking Lot, Columbia Mall
Trucks and other vehicles of all shapes and sizes will be on display for admiring, climbing, sitting in, and horn honking! This event is held rain or shine and is FREE for all.

DISCOVER NATURE: INTRO TO FISHING
Join Missouri Department of Conservation and Columbia Parks and Recreation for two fun, free Intro to Fishing events for kids and families. Learn the basics of fishing and hands-on fishing. Safety, proper care of your catch, releasing your catch and casting will be covered. Pre-registration required.

KIDS FISHING: Sat, April 25, 1-4pm, ages 7-15 yrs
(must be accompanied by an adult)

FAMILY FISHING: Sat, May 9, 9am-12, all ages
(under 16 must be accompanied by an adult)
To register call Parks and Recreation at (573) 874-7460.

5TH ANNUAL FISHING DERBY
Saturday, May 30, 9:30-10:30 am – Registration 9-9:30 am
Philips Park
Bring the whole family and enjoy a “reel” fun morning of fishing! Prizes will be awarded for first fish caught, largest and smallest fish in each age category: 10 and under, 11 and up. Participants ages 16-64 must bring a valid Missouri fishing license. Co-sponsored by Missouri Department of Conservation.

STEPHENS LAKE AMPHITHEATER CONCERT SERIES
Free, Every 1st Thursday (2nd Thursday in July)
Join us for an evening of music. Bring a blanket or low lawn chair. Free.
May 7, 6:30 pm Teen Talent Night featuring CPS Academies of Rock
June 4, 7 pm Missouri Symphony Society. (Sponsored by the Office of Cultural Affairs and the Missouri Arts Council)
July 9, 7 pm Community Band
August 6, 7 pm Unsigned Artists Showcase. (Sponsored by 102.3 BXR)
September 3 TBA

SERIES SPONSORED BY 101.5 KPLA

HERITAGE WEEKEND
Saturday-Sunday, May 16-17, 3-8 pm
Douglass Park
The unofficial opening of Douglass Park for the summer! Activities include balloons, table games for kids and adults, live music and family fun. Bring your lawn chair and enjoy your neighborhood park!

DJ IN THE PARK
June 7, 14, 28, July 12, 19, 26, August 9; 3-8 pm
Douglass Park
A variety of DJs will play something for all tastes, from hip hop to R&B to gospel.

ART IN THE PARK
June 6-7, 10 am-5 pm Saturday, 10 am-4 pm Sunday
Stephens Lake Park
SHRED FEST SKATEBOARDING EVENT

Saturday, June 6, 4-7 pm
Columbia Skate Park at Cosmo Park
Celebrate all of the fun of skateboarding with Shred Fest 2015. This family friendly event is FREE and open to the public. Whether you're an expert shredder, new to the sport, or just a curious spectator, there's fun to be had for all! The evening will feature music, helmet giveaways, food, and a best trick contest. Presented by Columbia Parks and Recreation, Parkside Skate Shop, Blue Springs Tiger Pilot Club, Youth Community Coalition and Gumby's Pizza. For more information, visit ParksideSkateboards.com

LUNCH IN THE PARK

June 8-August 7
Lunch is served to kids from 11:30 am – 1 pm at the Douglass Park Shelter. Lunch is not served on July 3.

ANNUAL JUNETEENTH

Saturday, June 20, 3-7:30 pm
Douglass Park
Come and celebrate African-American Heritage in the park with bands, choirs, speakers, games, and food. Bring your lawn chair or blanket and come have some fun.

FIRE IN THE SKY

See back cover for details

COOLIN’ DOWN WITH THE BLUES

August 16, 3-8 pm
Douglass Park
Featuring local and regional talent in a mini-festival atmosphere! Activities provided for the kids and adults will enjoy jazz, R&B, and blues. Bring your lawn chair and enjoy this free concert, which marks the unofficial end of summer.

SPLAT!

Sat, July 11, Times below
Hey kids 4 to 15 years old, the Splat! challenge is all yours! This junior obstacle course will include walls, tires, pipes and much more. Of course, there will be mud and lots of it! SPLAT! is a great group opportunity for sports teams, celebrating a birthday, or any other group of kids who want to do something unique and memorable together. The Splat! course and obstacles are designed to be age appropriate in difficulty and distance. This is a youth event, so entertainment will be family friendly. There are 5 waves at this year's event, each having a 140 participant cap (this is for safety and to prevent long lines at obstacles). Join us and show us what you've got!

Location: Gans Creek Rec Area

<table>
<thead>
<tr>
<th>Class #</th>
<th>Wave</th>
<th>Time</th>
<th>Ages</th>
<th>Price</th>
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<tbody>
<tr>
<td>307904-01</td>
<td>WAVE 1</td>
<td>8:30 am</td>
<td>4-6</td>
<td>$20/$25</td>
</tr>
<tr>
<td></td>
<td>11 obstacles, .75 mile</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>307904-02</td>
<td>WAVE 2</td>
<td>9:15 am</td>
<td>7-9</td>
<td>$20/$25</td>
</tr>
<tr>
<td></td>
<td>14 obstacles, 1.25 miles</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>307904-03</td>
<td>WAVE 3</td>
<td>10:00 am</td>
<td>10-12</td>
<td>$20/$25</td>
</tr>
<tr>
<td></td>
<td>17 obstacles, 1.75 miles</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>307904-04</td>
<td>WAVE 4</td>
<td>11:00 am</td>
<td>13-15</td>
<td>$20/$25</td>
</tr>
<tr>
<td></td>
<td>17 obstacles, 1.75 miles</td>
<td></td>
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<tr>
<td>307904-05</td>
<td>WAVE 5</td>
<td>12:00 pm</td>
<td>7-15*</td>
<td>$20/$25</td>
</tr>
<tr>
<td></td>
<td>17 obstacles, 1.75 miles</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*WAVE 5 is a multi-age wave that is for families and groups with kids in more than one age group who want to run together. Please note that this is a longer course for the 7-9 year olds than WAVE 2 features.
MOVIES IN THE PARK
2nd Friday of the month May through September
Flat Branch Park, 4th & Cherry Sts.

Join us under the stars for these monthly films. Films are shown on a giant inflatable screen, and are always family friendly, so grab a blanket or low lawn chair and head out for an unforgettable evening of cinema. Pre-show activities and entertainment begin one hour prior to the movie start time. Concessions are available. No rain dates. $2 per person; children 8 & under are free.

FRIDAY, MAY 8, 8:30PM – LILO AND STITCH (PG)
In Hawaii, a lonely little girl named Lilo is struggling to fit in. In hopes of finding an unconditional friend, she adopts a “puppy” named Stitch who is actually a misbehaved alien. Both Lilo and Stitch learn through antics and adventure the meaning of friendship and love.

FRIDAY, JUNE 12, 9PM – FROZEN SING A LONG (PG)
Do you want to build a snowman? Join Princess Anna, Kristoff, Sven the reindeer and Olaf the snowman as they venture to save Arendelle from Queen Elsa’s endless winter. This heartwarming musical is sure to have you singing along!

FRIDAY, JULY 10, 9PM – THE SANDLOT (PG)
July is National Parks and Recreation Month, so why not join parks and Recreation for some baseball shenanigans? When Scotty moves to a new town, he is taken under the wing of the local baseball team and adventure ensues.

FRIDAY, AUGUST 14, 8:30PM – NEVERENDING STORY (PG)
After picking up a magical book, Bastian dives into the wondrous world of Fantasia. Bastian must save Fantasia from a mysterious blight called The Nothing.

FRIDAY, SEPTEMBER 11, 8 PM – CAPTAIN AMERICA: THE FIRST AVENGER (PG13)
In 1942, Steve Rogers is all heart but no brawn. Despite his immense patriotism and desire to defend his country during World War II, his physical shortcomings keep him from enlisting. That is, until he is chosen for an experiment that turns him into “Captain America.”

SPONSORED BY:

FAMILY FUN FESTS
Third Wednesday, May-September, 6-8 pm
NEW LOCATION! Cosmo Park, Burford Shelter

Come see how the park transforms into a family friendly festival of fun with a new theme each month. Entertainment for the entire family will include music, live performances, art activities, hands-on learning, face painting, balloon art, and fun for all!

MAY 20: KINDNESS IS CONTAGIOUS
Sponsored by Putting Kids First and Children’s Grove
Join us for music, fun, crafts and activities promoting kindness and mental health.

JUNE 17: EXPLORE OUTDOORS
The outdoors has so much to offer! Learn about Missouri fish, birds, parks, camping and more from state and local experts.

JULY 15: FITNESS IS FUN
Sponsored by the ARC (Activity & Recreation Center)
Come out to learn and experience some exciting new ways to stay fit and active!

AUGUST 19: AROUND THE WORLD
Travel the globe with dancing, games, music and more.

SEPTEMBER 16: CREATIVE KIDS
Sponsored by the Columbia Office of Cultural Affairs & the Missouri Arts Council
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.
Special Events

14TH ANNUAL BIKE, WALK AND WHEEL WEEK

MAY 3-9, 2015

■ SUNDAY, MAY 3

• Jay Dix Station Dedication, 2 – 4 p.m., 3725 S. Scott Boulevard. Dedication ceremony starts at 2:30 p.m. Columbia Parks and Recreation and the County of Boone are pleased to announce the official dedication of Jay Dix Station. The park is adjacent to the MKT Trail and hosts a train themed playground, reservable shelter, basketball court, fitness equipment and a mountain bike skills course. Mountain bike and trials bike exhibition. Free gifts for kids (while supplies last). Light snacks and beverages will be served.

■ MONDAY, MAY 4

• A Bike is Your Ticket on CoMo Connect All Week Bicyclists ride the city buses for FREE all week!
• COMO Connect Lunch and Learn Workshop; How to Ride the Bus, 12 – 1 p.m., City Hall, Conference Room 1A Bring a sack lunch and find out how to incorporate a ride on COMO Connect with your routine.

■ TUESDAY, MAY 5

• Open House: Mizzou International and Off-Campus Students, 10 a.m. – 12 p.m. Kuhlmann Court, north of MU Student Center GetAbout Columbia will provide information on Columbia’s trail system and safe, responsible cycling tips.
• Bear Creek Trail Ride, 6 p.m. Meet at Shelter #2 @ Albert-Oakland Park The Bear Creek Trail is a 4.8-mile crushed limestone trail located in northern Columbia that links two of the city's most popular large parks, Cosmo and Albert-Oakland Park. Join us on a leisurely paced, out and back ride highlighting access to popular retail locations and neighborhoods. Helmets required.

■ WEDNESDAY, MAY 6

• Bicycle Licensing Drive The City of Columbia requires that each bicycle within the city limits be licensed or registered (Ordinance 14-494) so the bike can be traced and returned if lost or stolen. Free bicycle licensing is available at all nine Columbia fire stations between 8 a.m. and 8 p.m. (also offered the other 364 days of the year). Columbia Parks and Recreation will also license bicycles from 8 a.m. – 5 p.m., Gentry Bldg., One S. 7th St.
• MKT Trail Secret Access Ride. 6 p.m. Meet at Flat Branch Park playground This 11-mile round trip ride introduces cyclists to Columbia's backyard gem: the MKT Trail. Ride leaders will travel at a leisurely pace highlighting access to popular destinations. Helmets required.

■ THURSDAY, MAY 7

• Try CoMo Connect Day Everyone rides free, all day long! Find bus schedules at comoconnect.org.
• Bike Maintenance Workshop 6:30-7:45 p.m., Walt's Bicycle Fitness & Wilderness Co, 1217 Rogers Learn the basics of replacing or repairing an inner tube, and simple cable and brake adjustments.

■ FRIDAY, MAY 8

• Breakfast Station Day; 7 – 9 a.m., various locations around Columbia Enjoy a free breakfast as you bike, walk or wheel about town. Locations will be listed on our website.

■ SATURDAY, MAY 9

• Loop the City Bike Ride, 10 a.m. Bonnie View Shelter, 3300 Rollins Join us for a 26-mile loop ride around the City. Plan to ride a mix of soft surface trails, bike lanes and streets with low traffic volume. Staff will provide SAG (support and gear) for minor maintenance issues. Ride self-supported with an inner tube or patch kit and water. Register by calling (573) 874-7460. Maps will be provided. Helmets required.
• Garage Games; Longboard Skateboarding, 2 p.m., 5th and Walnut Garage Call Parkside Skate Shop at (573) 447-5283 for more information.

■ ONGOING THROUGHOUT MAY

• Story Book Trail Dawn to Dusk, Stephens Lake Park Read a storybook as you walk through the Hindman Discovery Garden near Children's Grove.

All activities are free! Register at www.gocolumbiamo.com/ParksandRec for great prizes and event updates. Contact jlgodon@gocolumbiamo.com or (573) 874-7460.
### SPECIAL EVENTS CALENDAR

#### MARCH

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

#### APRIL

- **1** .......................... **FLASHLIGHT EASTER EGG HUNT, RIECHMANN PAVILION**  
  Times vary by age, $7, must pre-register  
- **4** .......................... **EGG HUNT EGGSTRAVAGANZA, DOUGLASS PARK**  
  12-1:15 pm, Free  
- **11** .......................... **KITE FLYING DAY**  
  Douglass Park Ballfield, 12-2 pm, Free
- **18** .......................... **YOUTH TRACK AND FIELD MEET**  
  Hickman H.S., 9 am check-in, Free  
- **19** .......................... **EARTH DAY**  
  Peace Park, 12-7 pm, Free  
- **29** .......................... **TONS OF TRUCKS**  
  Target parking lot at Columbia Mall, 4-7 pm, Free

#### MAY

- **3-9** .......................... **MAYOR’S CHALLENGE: BIKE WALK AND WHEEL WEEK**  
  Community Band, 7 pm, Free  
- **7** .......................... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**  
  Teen Talent Night, 6:30 pm, Free  
- **8** .......................... **MOVIES IN THE PARK: LILO AND STITCH**  
  Flat Branch Park, 8:30 pm, $2 per person, 8 and under free  
- **16-17** .......................... **HERITAGE WEEKEND**  
  Douglass Park, 3-8 pm, Free  
- **20** .......................... **FAMILY FUN FEST: KINDNESS IS CONTAGIOUS**  
  Cosmo Park, 6-9 pm, Free  
- **23** .......................... **ALBERT-OAKLAND FAMILY AQUATIC CENTER**  
  Lake of the Woods Pool, Little Mates Cove at Twin Lakes,  
  Douglass Family Aquatic Center open  
- **25** .......................... **MLB PITCH, HIT AND RUN**  
  Bethel Park, 9:30 am check-in, Free  
- **30** .......................... **5TH ANNUAL FISHING Derby**  
  Register 9 am, Derby 9:30-10:30 am, Philips Park, Free

#### JUNE (continued)

- **17** .......................... **FAMILY FUN FEST: EXPLORE OUTDOORS**  
  Cosmo Park, 6-8 pm, Free  
- **20** .......................... **JUNETEENTH CELEBRATION**  
  Douglass Park, 3-8 pm, Free  
- **20-21** .......................... **FRANCIS HAGAN MATCH PLAY CHAMPIONSHIP**  
  Lake of the Woods Golf Course  
- **28** .......................... **DJ IN THE PARK**  
  Douglass Park, 3-8 pm, Free

#### JULY

- **4** .......................... **FIRE IN THE SKY**  
  Flat Branch Park/The District, Entertainment at 6:30, Fireworks after 9 pm Free  
- **4** .......................... **SPECIAL SWIM HOURS**  
  at Albert-Oakland Family Aquatic Center,  
  Douglass Family Aquatic Center, Lake of the Woods Pool  
  and Little Mates Cove, 12-5 pm  
- **9** .......................... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**  
  Community Band, 7 pm, Free  
- **10** .......................... **MOVIES IN THE PARK, THE SANDLOT**  
  Flat Branch Park, 9 pm, $2 per person, 8 and under free  
- **11** .......................... **SPLAT! JUNIOR OBSTACLE COURSE MUD RUN**  
  Gans Creek Recreation Area, 10 am-1 pm,  
  $20 pre-registration, $25 day of event  
- **12** .......................... **DJ IN THE PARK**  
  Douglass Park, 3-8 pm, Free  
- **15** .......................... **FAMILY FUN FEST: FITNESS IS FUN**  
  Cosmo Park, 6-8 pm, Free  
- **17-19** .......................... **SHOW ME STATE GAMES**  
  Cosmo Park, 6-8 pm, Free  
- **19** .......................... **DJ IN THE PARK**  
  Douglass Park, 3-8 pm, Free  
- **24-26** .......................... **SHOW ME STATE GAMES**  
  Cosmo Park, 6-8 pm, Free  
- **26** .......................... **DJ IN THE PARK**  
  Douglass Park, 3-8 pm, Free

#### AUGUST

- **6** .......................... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**  
  Unsigned Artists Showcase, 7 pm, Free  
- **9** .......................... **DJ IN THE PARK**  
  Douglass Park, 3-8 pm, Free  
- **12** .......................... **NEW LEISURE TIMES AVAILABLE**  
  Douglass Park, 3-8 pm, Free  
- **14** .......................... **MOVIES IN THE PARK: NEVERENDING STORY**  
  Flat Branch Park, 8:30 pm, $2 per person, 8 and under free  
- **15** .......................... **NFL PUNT, PASS AND KICK**  
  Cosmo Park Football Field #4, 9 am check in, Free  
- **16** .......................... **COOLIN’ DOWN WITH THE BLUES**  
  Douglass Park, 3-8 pm, Free  
- **19** .......................... **FAMILY FUN FEST: AROUND THE WORLD**  
  Cosmo Park, 6-8 pm, Free
Park Sales Tax

Working for our Community!

- Development of Scott’s Branch Trail
  Connecting citizens to Columbia Trail System

- Development of Bonnie View Nature Sanctuary
  Creating a community gathering place

- New playground at Lee Elementary School
  Replacing worn out play equipment

- Lights added to Stephens Amphitheater walkways
  Increasing safety and security

- Development of dedicated pickleball courts
  at Albert-Oakland Park
  Supporting senior athletic sports

- Conversion of trail at Lions-Stephens Park
  from asphalt to concrete
  Resolving cracking & maintenance problems

These projects were funded in whole or part by the Park Sales Tax
Available now!
The Go CoMo Trails app is available for both iPhone and Android. Find your current location in relation to Columbia’s destination trails. Zoom in on the map to see where restrooms, exercise stations, water fountains, parking lots, and bike repair stations are located. Download your free app today from iTunes or Google Play.

Opening spring 2015!
Goodbye port-a-pots! Thanks to funding from the Park Sales Tax, two new restrooms to serve the trailheads at Grindstone Nature Area and Garth Nature Area have been installed and will open this spring.

Coming spring 2015!
Watch for the upcoming announcement on social media when the new Columbia Trail System Guide is published.
LEISURE TIMES
MARCH 2015 - AUGUST 2015
Columbia Parks & Recreation Dept.
7th & Broadway, 1 S. 7th St.
P.O. Box 6015 • Columbia, MO 65205-6015
Monday–Friday 8am-5pm
Phone (573) 874-7460
Fax (573) 874-7640
Recreation Hotline
(573) 874-7663
The recorded message is available 24 hours with information on activities, cancellations and changes. Sports cancellations are announced weekdays after 4 p.m. and Sundays after 3 p.m. After this time officials may cancel games due to bad weather.

Administrative Staff
Mike Griggs, Director
Erika Coffman, Recreation Services Manager
Gabe Huffington, Park Services Manager
Visit our Web page
www.GoColumbiaMo.com

The activities and services included in Leisure Times span a four-month period. Please keep Leisure Times handy as a reference or recycle by passing along to a neighbor or co-worker.

Cover Photo: Splat Jr. Obstacle Course Mud Run

Five Ways to Register:
1. Online: Go to www.GoColumbiaMo.com
2. Walk-in: You can register at the downtown office
   1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. Mail-in: Mail to Columbia Parks & Recreation,
   P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. Fax-in: Fax to Columbia Parks and Recreation
   (573) 874-7640. (Form Online)

Check www.GoColumbiaMo.com/ParksandRec for great discounts and coupons on programs and facilities!

COLUMBIA PARKS AND RECREATION
IS A MEMBER OF

THE 369 NEW TREES THE PARKS AND RECREATION DEPARTMENT PLANTED LAST YEAR WILL REMOVE ABOUT 195 TONS OF CARBON DIOXIDE A YEAR.
Data Source:
Center for Urban Forest Research

Creating Community through People, Parks and Programs 55
SATURDAY, JULY 4, 2015

EVENT BEGINS
AT 6:30 PM

FIREWORKS BEGIN
AT 9:15 PM

The District
Peace Park
on Elm St
between 6th and 8th
and
Flat Branch Park
on 4th St
between Cherry and Locust.

- Entertainment on two stages; at Peace Park and at Flat Branch Park
- Kids activities at Flat Branch Park on 4th Street
- Fireworks at 9:15pm, shot from the top of the 6th and Cherry parking garage, choreographed to music and simulcast on BXR radio 102.3!
- FREE event, concessions will be available
- Some streets will be closed. Free parking is available downtown and on the university campus.
- To volunteer call 874-7499.

PLEASE DO NOT BRING FIREWORKS TO THE EVENT.