LEISURE Times

YOUR GUIDE TO COLUMBIA’S RECREATIONAL OPPORTUNITIES

- NOVEMBER 2014 - MARCH 2015 -
Registration Begins: November 12 • Online Registration: November 11
...more than just a fitness center

FUN FOR THE WHOLE FAMILY!

**ARC SAVINGS!**

- FAMILY ADMISSION: $10 (regular $14.50)
- ADULT ADMISSION: $4 (regular $5.75)
- YOUTH ADMISSION: $2.50 (regular $3.50)

Valid after 5 pm on December 5 & 19, 2014; January 9 & 23, 2015; February 6 & 20, 2015; March 6 & 20, 2015

MENTION PROMO: ARC WINTER
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 or Park Ranger Eric White. Non-emergency number is 442-6131; call 911 for emergencies.

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</tbody>
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**Rental & Program Facilities**

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 groups 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.

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**REGISTER ON-LINE!**

www.GoColumbiaMo.com/ParksandRec

Earlybird Registration: November 11

Register and pay for classes.

Review and update account information.

Call us at 874-7460 to obtain your user name and password.

**WEBMAIL** - Subscribe to webmail at www.GoColumbiaMo.com

**FACEBOOK and TWITTER:**

@ COMOParksandRec
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. Reservation fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation. For more information or to reserve a shelter, call 874-7460. For indoor space rental, see page 8 for ARC rentals and page 4 for the Riechmann Pavilion, Moss Building, Rock Quarry House and Maplewood Barn. See our web site for new Cosmo Park Shelter rates!

RETURNED CHECK FEE
The City of Columbia will assess a $25 service charge for every check or EFT returned for insufficient funds.

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

CLASS REFUND POLICY
1. Refund at the request of the participant:
   a. If the participant provides a written request for a refund one week prior to the first class, a refund will be granted less a $5 administrative fee per participant. No refunds will be given for $5 or less.
   b. If a participant requests a refund less than one week prior to the first class, no refund will be granted.
   c. If a participant cannot attend or continue a class due to an illness, a refund may be granted if a written request is received and:
      i. A physician’s statement of the illness and dates is presented.
      ii. The request is received no later than 7 days after seeking treatment.
      iii. A full refund will be granted if the request is received prior to the start of class.
      iv. A pro-rated refund will be granted for the classes missed due to the illness.

2. Class Cancellation by the Parks & Recreation Department: A full refund will be granted in the event a class/activity is cancelled by the Department. The Parks & Recreation Department reserves the right to cancel a class if the minimum program enrollment has not been met two business days before the first class meeting.

GIFT CARDS
Gift cards are available for Parks and Recreation programs, golf or ARC memberships. Call 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 FINANCIAL ASSISTANCE
The City of Columbia has a financial assistance program available for residents ages 2-17, who meet income/household size criteria established by the USDA’s free/reduced lunch program. Financial assistance amounts are available in the amounts of either 50% or 75% depending upon the household. The remaining amount is expected in terms of a co-payment. The primary focus is on youth, although family memberships to the ARC are available if there are eligible youth in the household. Eligible youth may take up to three programs and/or passes per year or they may receive an annual pass to the ARC. An activity is defined as a recreational class, activity, a 20-pass card to any of the outdoor pools or a 20-pass card to the ARC. Example: A 20-pass card to the pools (normally $37.50) can be obtained for either $7.50 or $15, depending on your status. Applications are available at the downtown Parks & Recreation office or at the ARC. They are also available online at www.GoColumbiaMo.com. All applications must include proof of income and residency and should be turned in at the downtown office.

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

LEISURE 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 information in your utility bill, or log onto the web.

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)
MEMBERSHIP FEES

MEMBERSHIP ELIGIBILITY

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 ELIGIBILITY

GROUP RATES

FINANCIAL ASSISTANCE

YOUTH PARTICIPANTS

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.

MONTHLY INSTALLMENT

MONTHLY INSTALLMENT

ANNUAL INSTALLMENT

ANNUAL INSTALLMENT

NEW YEAR’S DAY

NEW YEAR’S DAY

CHRISTMAS

CHRISTMAS

DECEMBER 24

DECEMBER 24

THANKSGIVING DAY, NOVEMBER 27

THANKSGIVING DAY, NOVEMBER 27

WEDNESDAY, NOVEMBER 26

WEDNESDAY, NOVEMBER 26

WEDNESDAY, NOVEMBER 26

WEDNESDAY, NOVEMBER 26

WEDNESDAY, NOVEMBER 26

WEDNESDAY, NOVEMBER 26

WEDNESDAY, NOVEMBER 26

WEDNESDAY, NOVEMBER 26
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. New FREE motion fitness line coming soon! 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.

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. For example, if you want to have a second practice on January 18 then you can call on January 12 to check availability. Contact the ARC at 573-874-7719 to make a reservation.

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

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

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.

MEETING ROOMS AVAILABILITY
- Monday - Friday 8am-12pm & 4-8pm
- Saturday 8am-12pm

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

MONTHLY FEES
Have your monthly daycare fees conveniently withdrawn from your checking or savings account on the 15th of each month. Additional information available at front desk.
- First Child $20/month
- Subsequent Children $10/month

Creating Community through People, Parks and Programs 7
**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 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**

<table>
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<th>Notes</th>
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<tr>
<td>Meeting Room 1/3</td>
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<td>Meeting Room 2/3</td>
<td>$50 per hour</td>
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</tr>
<tr>
<td>Meeting Room Full</td>
<td>$75 per hour</td>
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</tr>
<tr>
<td>Classroom</td>
<td>$22 per hour</td>
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<tr>
<td>Group Exercise Room</td>
<td>$32 per hour</td>
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<tr>
<td>Water Zone Raindrop Room (M, W, F)</td>
<td>$37 per rental</td>
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<tr>
<td>Water Zone Typhoon Room (M, W, F)</td>
<td>$50 per rental</td>
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**WATER ZONE (INDOOR POOL) ............... 2 HOUR MINIMUM**

<table>
<thead>
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<td>1-100 People</td>
<td>$140 per hour</td>
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<tr>
<td>101-150 People</td>
<td>$185 per hour</td>
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<td>151-200 People</td>
<td>$235 per hour</td>
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<td>201-250 People</td>
<td>$345 per hour</td>
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<tr>
<td>251-300 People</td>
<td>$445 per hour</td>
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**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**

<table>
<thead>
<tr>
<th>Number of People</th>
<th>Fee</th>
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<tbody>
<tr>
<td>1-100 People</td>
<td>$1000</td>
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<tr>
<td>101-500 People</td>
<td>$1125 plus $5 per person</td>
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</tbody>
</table>

(each person over 100 will be assessed this fee)

**WATER ZONE BIRTHDAY PARTIES, PAGE 12**
CERAMICS, ART AND CRAFT CLASSES
Come enjoy making arts and crafts in a relaxing and fun atmosphere! Along with a variety of craft making supplies, we specialize in offering ceramic greenware and bisqueware to decorate. Each piece is priced according to size. Paints, glazes and firing are included in the price.

Ceramics and craft studio times:
Mon (Ceramics only) 11am-8:30pm
Tues (Crafts and Ceramics) 11am-4pm
Wed (Ceramics only) 11am-7pm
Thurs (Ceramics and Crafts) 11am-4pm
Fri (Ceramics) 11am-4pm
First Saturday of the month (Ceramics and Crafts) 11am-4pm

Fee: Cost of the greenware

The art instructor's hours are:
Mon 11:30am-8:30pm
Tues 11am-4pm
Wed 1-7pm
Fri 12-4pm
First Saturday of the month 11am-4pm

CLAY DAY
Third Saturday of the month, 11 am-4 pm
Learn how to create exciting projects with raw clay. A professional artist is available to teach you everything you need to know during the class.

OPEN POTTERY WHEEL (for advanced users only)
See art instructor's hours. Use of the tabletop pottery wheels will be available during the art instructor's hours. Cost is $10 and includes a pound of clay.

ORNAMENT WORKSHOP
November 15, 1 pm – 3 pm
Learn how to make your own Christmas ornaments out of clay and other materials. Cost is $5.00. Please call the Adapted Community Recreation office to sign up.
ADAPTED RECREATION
The Columbia Parks & Recreation Department offers programs for all ages and abilities. Programs are developed to provide recreational activities for individuals with special needs. For more information on these programs or a copy of the current newsletter and calendar, call 874-7312 or visit our website at www.gocolumbiamo.com/ParksandRec.

ADAPTED SPORTS PROGRAMS
Sports are offered for individuals with special needs. We participate in Special Olympic competitions. Competing is not a requirement for participation. A physical and release form are required for participation. Registration will close before deadline if maximum # of participants is reached.

SPECIAL OLYMPICS SWIM TEAM
Registration Deadline January 31, 2015 or when maximum number of participants is reached.
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>
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<tr>
<td>215604-01</td>
<td>Su: Feb 1-May 24</td>
<td>6:00-7:30 pm</td>
<td>8+</td>
<td>$15</td>
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SPECIAL OLYMPICS TRACK & FIELD
Registration Deadline January 31, 2015 (or when maximum participants is reached).
Location: West Middle School

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>215605-01</td>
<td>Th: Mar 5-May 21</td>
<td>5:30-6:30 pm</td>
<td>8+</td>
<td>$15</td>
</tr>
</tbody>
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SPECIAL OLYMPICS VOLLEYBALL
Registration Deadline January 31, 2015 (or when maximum participants is reached).
Location: West Middle School

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>215605-01</td>
<td>W: Mar 4-May 20</td>
<td>6-7:15 pm</td>
<td>8+</td>
<td>$15</td>
</tr>
</tbody>
</table>

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

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

AQUATIC FACILITIES

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

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

A WORD TO PARENTS
Our aquatic staff of trained lifeguards strives to maintain the highest standards in emergency training! Our goal is to provide our patrons with a safe and clean atmosphere in which families can enjoy themselves. The purpose of the aquatic staff is not to supervise your child, but to prevent accidents. 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 years and under must be accompanied and supervised at all times by a paying adult (16 years or older).

DIAPERS
Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.

ADAPTED SPORTS PROGRAMS
Sports are offered for individuals with special needs. We participate in Special Olympic competitions. Competing is not a requirement for participation. A physical and release form are required for participation. Registration will close before deadline if maximum # of participants is reached.

AQUATIC FACILITIES

ARC WATER ZONE
Activity & Recreation Center, 1701 W. Ash, 874-7700
✓ Indoor Facility  ✓ Hydro Therapy Pool
✓ Heated Water  ✓ Lap Lanes
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LIFEGUARDS enforce rules and regulations to prevent accidents, and respond to aquatic emergencies. PARENTs are ultimately responsible for the safety of their children!

There are many volunteer opportunities available with the adaptive sports programs. To volunteer, contact Jody Cook with the Columbia Parks and Recreation Department at (573) 874-7312. To volunteer, it is helpful to have a sports background as you will be interacting with the athletes during practices.
INCLEMENT WEATHER POLICY
Lightning poses a serious risk of injury at our aquatic facilities, including our indoor facilities. Due to the seriousness of this issue, we have developed the following policy for our aquatic facilities. When inclement weather occurs, the water will be cleared and our staff will remain at the facility and attempt to reopen as soon as possible. If we are unable to reopen after forty-five minutes, the pool will close and attempt to reopen later in the day. This policy is in effect until one hour prior to official closing time. All facility closings will be announced on the Swim Hotline (874-7663).

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

STAFF TRAINING
In an attempt to provide the safest facilities possible, our staff undergoes extensive training. Training simulations may occur at any time, please do not be alarmed. Training aids include lifelike manikins. We apologize for any inconveniences this may cause.

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 short, sweatpants, cut-off shorts, & cargo shorts. Aquatic staff will ask to see swim attire at time of entry, those without appropriate attire will not be admitted.

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

AQUATIC PRIVATE RENTALS
Enjoy a pool side private party, family reunion or office party in a pleasant environment. Aquatic facilities may be reserved for a two-hour time period after recreational swim times or other times when the facilities are not in use. Lifeguards are provided. Children and youth groups must have one adult to every ten children. All regular facility rules are in effect. Reservations are accepted on a first come, first served basis and may be made in person at the ARC, 1701 W Ash, or by calling the ARC (874-7700). All arrangements must be made a minimum of two weeks in advance and payment is due at the time of the reservation.
Rental Rates
ARC See ARC Water Zone rates, page 12
Hickman Pool $146
- These rentals are for groups of 50 or less. Each additional person counted over 50 is $1 each. Everyone 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.

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

ARC AQUATICS

Lifeguards
The lifeguard's function is to respond to aquatic emergencies and enforce rules and regulations which prevent accidents, but parents are ultimately responsible for the safety of their children.

Holiday Hours
Nov 26 5:45 am-12 pm Lap / Spa / Walk 12-5 pm Rec Swim
Nov 27 Closed
Dec 24 5:45 am-12 pm Lap / Spa / Walk *No water fitness classes held
Dec 25 Closed
Dec 31 5:45 am-12 pm Lap / Spa / Walk *No water fitness classes held
Jan 1 Closed

SCHOOL'S OUT - OPEN SWIM
The indoor leisure pool will open early (12 pm or 2:30 pm) on the following days to provide fun for children who are out of school. Reminder: Please check the pool schedule for Water Zone closing times
Nov 14 and 28 (12 pm)
Dec 22, 23, 26, 29, 30 (12 pm)
Jan 2 and 19 (12 pm); Jan 28 (2:30 pm)
Feb 13, 16 and 27 (12 pm)
Mar 23, 24, 25, 26, 27 (12 pm)

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

LAP/SPA/WALK
Water provides the opportunity to exercise in numerous ways that are not available in typical land based activities. Water lends itself to a well-balanced workout that improves all major components of physical fitness, aerobic training, muscular strength and endurance, flexibility and body composition. Patrons 16 and older can enjoy the Hydro Therapy Pool. Note: Patrons must be able to participate in the activity without any assistance.

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

MOVING MY JOINTS
For those who are challenged by arthritis or have special conditions that make the other group fitness classes too difficult. This class is beneficial for participants who need a slower paced workout.
WATER ZONE BIRTHDAY PARTY PACKAGES
Come have your birthday fun at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 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
- Guest may stay and enjoy the ARC after the party is over

ROOM TIMES
Mon, Wed, or Fri ..................................1:30-3:30*pm; 4-6*pm; 6:30-8:30pm
Sat or Sun ................................................................... 12-2pm; 2:30-4:30pm
Parties are only available during Rec swim times.

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

<table>
<thead>
<tr>
<th>BASIC PACKAGE</th>
<th>DELUXE PACKAGE</th>
<th>EXTREME PACKAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room: Raindrop</td>
<td>Room: Typhoon</td>
<td>Room: Typhoon</td>
</tr>
<tr>
<td>Participants: 15 max</td>
<td>Participants: up to 25</td>
<td>Participants: up to 35</td>
</tr>
<tr>
<td>Food: 4 pizzas or hotdogs &amp; chips</td>
<td>Food: 5 pizzas or hotdogs &amp; chips</td>
<td>Food: 6 pizzas or hotdogs &amp; chips</td>
</tr>
<tr>
<td>Cost: Member $143.75</td>
<td>Cost: Member $172.50</td>
<td>Cost: Member $201.25</td>
</tr>
<tr>
<td>Nonmember $172.50</td>
<td>Nonmember $201.25</td>
<td>Nonmember $230</td>
</tr>
</tbody>
</table>

**WATER BOOT CAMP**
Looking for an intense water workout? Your instructor will use the water against you to increase your heart rate, muscle strength and push you to your limit. The class will combine intense bursts of cardiovascular energy with resistance training for a fun group workout that will challenge everyone.

**Location:** Water Zone @ ARC

**Class #** | **Date** | **Time** | **Age** | **Price**
---|---|---|---|---
201203-01 | Tu,Th: Jan 13-Jan 29 | 6:40-7:30 pm | 16+ | $50
201203-02 | Tu,Th: Feb 10-Feb 26 | 6:40-7:30 pm | 16+ | $50

**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

**Class #** | **Date** | **Time** | **Age** | **Price**
---|---|---|---|---
201205-01 | Tu,Th: Dec 2-Dec 18 | 5:30-6:20 pm | 15+ | $24
201205-02 | Tu,Th: Jan 20-Feb 12 | 5:30-6:20 pm | 15+ | $32
201205-03 | Tu,Th: Feb 24-Mar 19 | 5:30-6:20 pm | 15+ | $32

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

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

**WATER ZONE 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 1:30-3:30*pm; 4-6*pm; 6:30-8:30pm.

<table>
<thead>
<tr>
<th>Rooms</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raindrop Typhoon</td>
<td>2 Hour Room Rental</td>
</tr>
<tr>
<td>Maximum Capacity</td>
<td>15 persons</td>
</tr>
<tr>
<td>Price</td>
<td>$37</td>
</tr>
</tbody>
</table>

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

*Available when school is not in session or on early release days.
# ARC Water Zone Schedule November 16 — March 7:

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON/WED</th>
<th>TU/THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>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>
</tr>
<tr>
<td></td>
<td><strong>WATER ZONE CLOSED 1:30-3PM</strong></td>
<td><strong>WATER ZONE CLOSED 1:30-3PM</strong></td>
<td><strong>WATER ZONE CLOSED 1:30-3PM</strong></td>
<td><strong>Rec Swim 12-6:30pm</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Spa Will Be Closed 1:30-6PM For Maintenance Every Wed</strong></td>
<td>Rec Swim 5-9pm</td>
<td>Rec Swim 5-9pm</td>
<td><strong>WATER ZONE CLOSED</strong></td>
</tr>
<tr>
<td></td>
<td>Lap/Spa/Walk 3-5pm</td>
<td>Lap/Spa/Walk 3-5:30pm</td>
<td>Lap/Spa/Walk 3-5pm</td>
<td></td>
</tr>
</tbody>
</table>
DAYCARE SWIM
Reservations are required. 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. Required adult to child ratios: 2 years of age 1:4, 3-5 years of age 1:6, 6 years of age and older 1:10. This activity is for ages 10 and under with adult supervision (16 years and older).
Tues & Thurs, 10-11 am and 1-2 pm $1 for all participants

COLUMBIA PARKS & RECREATION
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.

ADAPTIVE SWIM
The Adaptive Instruction program is designed to provide a safe, enjoyable recreation experience for individuals who have physical disabilities, impairments or are developmentally disabled. The participation of a family member is encouraged and may be required. This course is taught in a small group format. MINIMUM AGE: 3 Years. Eight lessons lasting 45 minutes each.
Location: Hickman Indoor Pool @ Hickman High School

PARENT & CHILD SWIM
Infant/Toddler swim lessons for ages 6 months to 3 years. A parent must accompany the child in the water. Program is intended to help the child develop a comfort level in and around the water, as well as to provide the parent with the necessary knowledge and skills to orient the child.
Location: Water Zone @ ARC or Hickman Indoor Pool @ Hickman High School

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

COLUMBIA SWIM CLUB
Come join the fun! The Columbia Swim Club is the oldest and longest running swim team in Columbia. The club is a non-profit organization co-sponsored by the Columbia Parks and Recreation Department designed to promote competitive swimming in the community. The goal of the club is to introduce athletes to the fun and excitement of a life sport, improve their stroke technique and self-confidence. CSC swims year round and you can join any time. Contact a coach at Columbia Swim Club at sarah@cstigersharks.org or visit http://www.cstigersharks.org/ for more information.

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.

NEW LIFEGUARD TRAINING
A NEW training program is on the way for 2015! More details will be available in February. Check out our web site for details at www.GoColumbiaMo.com or check the March Leisure Times.
LEARN TO SWIM COURSE DESCRIPTIONS
MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

<table>
<thead>
<tr>
<th>LEVELS</th>
<th>REQUIREMENTS</th>
<th>SKILLS TAUGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARN TO SWIM (Level One) STARFISH</td>
<td>None. The objective of Level 1 is to help students feel comfortable in the water.</td>
<td>Introduction to supported floating, immersion of face into water, blowing bubbles, introduction to kicking.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Two A) CLOWNFISH</td>
<td>Passed Level One or demonstrate equivalent skills.</td>
<td>Ability to show some independence in water. Introduction to basic strokes.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Two B) BLUEFISH</td>
<td>Passed Level Two A or demonstrate equivalent skills.</td>
<td>Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Three) SEA TURTLES</td>
<td>Passed Level Two B or demonstrate equivalent skills.</td>
<td>Coordinate the front crawl and back crawl; introduction to elements of butterfly; introduction to elements of breast stroke.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Four) STINGRAYS</td>
<td>Passed Level Three or demonstrate equivalent skills.</td>
<td>Develop confidence in the strokes learned in previous levels; build on butterfly and breast stroke.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Five) DOLPHINS</td>
<td>Passed Level Four or demonstrate equivalent skills.</td>
<td>Coordination and refinement of strokes; increase distances; flip turns.</td>
</tr>
<tr>
<td>LEARN TO SWIM (Level Six) SHARKS</td>
<td>Passed Level Five or demonstrate equivalent skills.</td>
<td>Refine strokes-ease, efficiency, power, smoothness of greater distances.</td>
</tr>
</tbody>
</table>

PRIVATE SWIM LESSONS
Swimmers of all levels may sign up for this class. If you're a beginner or an avid swimmer, our instructors will help you improve your skills with one-on-one supervision. Registration for these classes is on a first-come, first-served basis. The lessons are for 6 half-hour sessions. Limited times available. Price $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
Arts, Crafts and Leisure

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 on the 4th Friday of each month. Potty trained 3 year olds may also sign up with an older sibling. Pre-registration is required.

Location: Hillcrest Room D @ Waters-Moss

Class #  Date  Time  Age  Price
202904-01  F: Jan 23  6-9:30 pm  4-11  $15
202904-02  F: Feb 27  6-9:30 pm  4-11  $15

ARMORY SCIENCE KLUB (ASK)

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 experiments. Young scientists will perform a variety of fun and educational experiments. Different experiments every session.

Location: Armory Conf Room @ Armory Sports Center

Class #  Date  Time  Age  Price
213900-01  Th: Jan 29-Mar 5  6-7 pm  8-10  $26

SATURDAY DROP-IN GAME ROOM

Bored on Saturday mornings? Come to the Armory to play pool, ping-pong, foosball, shuffleboard, air hockey, XBOX360, safe darts, standup arcade machine, or just watch a movie.

Location: Downstairs Rec Room @ Armory Sports Center

Class #  Date  Time  Age  Price
Drop in  Saturdays  9 am-1 pm  7-17  Free

CLAY FOR PLAY

Do you 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

Class #  Date  Time  Age  Price
202900-01  W: Jan 7-Feb 4  4:30-5:30 pm  6-14  $5
202900-02  W: Feb 18-Mar 18  4:30-5:30 pm  6-14  $5

BARK AT THE MOON

Bring your group of friends from school, church or sports team to the ARC for three and a half hours of fun; gym activities, board games, crafts and pizza. Make a parent date night and drop off the kids for a fun night at the ARC. Pre-registration is required. This is a boys only event.

Location: ARC

Class #  Date  Time  Age  Price
207945-01  Sa: Feb 21  7-10:30 pm  9-12  $15

MOVIE NIGHT

Age-appropriate movies shown for free! Popcorn and soft drinks will be provided. Call 874-7460 or www.gocolumbiamo.com for the movie titles showing this month! Please enter building from downstairs entrance off the back parking lot.

Location: Armory Sports Center

Class #  Date  Time  Age  Price
Drop In  1st & 3rd Saturdays  6-8:30 pm  All  Free

SPEAK UP, BE HEARD

Program gives youth a voice! Take part in fun activities. We encourage thinking and communication skills, and respect for everyone. We look forward to interviewing various persons of interest, local businesses and investigating what’s what and who’s who in Columbia.

Location: Armory Sports Center

Class #  Date  Time  Age  Price
NA  Thursdays  4:30-6 pm  11-17  Free
**NEW** BICYCLE MECHANICS

Six-session course will cover basic maintenance to keep your bike in top shape and troubleshooting techniques to keep you on the trail or road. Course will cover the following topics:- Basic maintenance and tools for your bike bag and home workshop- Fixing Flats, Tires, Tubes- Hub systems: wheels, bottom brackets & head sets- Wheels and Truing- Drive Train, gears and shifting- Brakes: maintenance and repair. Class sessions will include hands-on experience supplemented with course handouts and helpful online resources. Equipment needs: bicycle and multi-tool.

*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>218200-01</td>
<td>W: Jan 14-Feb 18</td>
<td>6:00-8:00 pm</td>
<td>14+</td>
<td>$50</td>
</tr>
</tbody>
</table>

**NEW** PINTEREST 101

Have you heard about the free website, Pinterest? “Pinterest is a place to discover ideas for all your projects and interests, hand-picked by people like you. Pins are visual bookmarks for stuff you find on the web or on Pinterest.” The most popular categories on Pinterest are food & drink, DIY & crafts, women’s apparel, home decor and travel. A fun way to organize events, plan trips, develop projects, save articles and recipes, and get inspired! This is a basic get-to-know Pinterest class. If you have a new tablet, iPad or smartphone, bring it along and learn how to pin with these devices too. Pre-registration required.

*Location: Hillcrest Room C @ Waters-Moss*

_Instructor: Allison Koger_

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>202106-01</td>
<td>M: Jan 26-Feb 16</td>
<td>9:30-11:30 am</td>
<td>18+</td>
<td>$37</td>
</tr>
</tbody>
</table>

**“REFLECTIONS” POETRY SOCIETY**

Have something to say and want it heard? 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 cdcross@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>

**NEW** WATERCOLOR WORKSHOP

Join the group to paint, explore and share ideas! Demonstrations in technique, discussions and time to paint will offer range of activity to develop one's skill and imagination. Call 817-5077 for information. Pre-registration required; a supply list will be available upon registration.

*Location: Armory, 701 E. Ash*

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>202107-01</td>
<td>T: Dec 2, 9, Jan 6, 13, 20, 27</td>
<td>1-2:30 pm</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

**K.E.Y. TEEN LOCK-INS FOR BOYS**

Fun times await! Our overnight lock-ins include game tournaments, group challenges, video games, sports, board games and more. We will also have important, structured discussions that involve your present and future lives. Topics will include respect, smarter choices, your takes on current events, career paths, safety, relationships and more. There will be a lock in every season year-round.

*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>214800-01</td>
<td>Fri-Sat: Jan 16-17</td>
<td>8:30 pm-8:30 am</td>
<td>11-15</td>
<td>$5</td>
</tr>
</tbody>
</table>

**K.E.Y. TEEN LOCK-INS FOR GIRLS**

Let's have some girl fun! Our overnight lock-ins will include group challenges, board games, party games such as Outburst, Taboo and others. We will also have "girl talk" and important, structured discussions that involve your present and future lives. Topics will include smarter choices, your takes on current events, career paths, online safety, relationships and more. There will be a lock in every season year-round. Please contact Mary at madewey@gocolumbiamo.com or 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>214801-01</td>
<td>Fri-Sat: Jan 23-24</td>
<td>8:30 pm-8:30 am</td>
<td>11-15</td>
<td>$5</td>
</tr>
</tbody>
</table>

**SILVER AND GOLD SENIORS CLUB**

Join this mature adults group that meets weekly to enjoy each other's company. If you are interested in fun activities such as bingo, ceramics, quilting, pokeno, card games, arts and crafts, field trips, or movies, then join us! Call 874-6378 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>Drop in</td>
<td>Tuesdays</td>
<td>2-4:30 pm</td>
<td>55 and up</td>
<td>Free</td>
</tr>
</tbody>
</table>

SEE CERAMICS, PAGE 9
C.A.R.E. (Career Awareness Related Experience)

Career Awareness Related Experience (C.A.R.E.) Program
Armory Sports Center
701 East Ash Street, 2nd Floor
abacton@gocolumbiamo.com, (573) 874-6300
http://www.GoColumbiaMo.com (search CARE)
Like us on Facebook: City-of-Columbia-CARE-Program
Follow us on Twitter: CareColumbiaMO
Follow us on Instagram: c.a.r.e.program

"Investing in our Youth, Investing in our Future"

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, and
- life skills training

The C.A.R.E. Program'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 youth are prepared to become productive adults.

Youth lacking in employment experience and life skills can lead to unemployment and underemployment, which can lead to increased crime, adolescent pregnancy, alcoholism, drug addiction, and dependence upon government assistance. Unemployed individuals are unable to contribute to public tax rolls, which lowers the community tax base. Taxpayers then must cover the costs of the resulting government assistance.

C.A.R.E. works with at-risk 14- to 19-year-olds who live in the City of Columbia, MO and/or attend a Columbia school.

2015 C.A.R.E. 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 19-year-old trainees are hired at minimum wage to work up to 20 hours per week at a variety of local work sites. The online application process begins in early January 2015.

For more information about the sign up process, please contact Amy Acton at abacton@gocolumbiamo.com or (573) 874-6300.

2015 C.A.R.E. GALLERY (SUMMER)

The C.A.R.E. Gallery serves as a visual arts work site for the C.A.R.E. summer program. The Gallery Coordinator functions as the Job Coach as well as the Work Site Mentor.

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.

For more information regarding the C.A.R.E. Gallery, please contact Karsten Ewald at CAREGALLERY@gocolumbiamo.com or (573) 874-6300.

IMPORTANT 2015 SUMMER PROGRAM DATES

- January 1: Applications available online
- February 2: Application deadline
- February 13: Interviews begin
- May 11: New hire paperwork begins
- June 7: Orientations begin
- June 8: First day at the work sites
- July 30: Final day at the work sites

BOONE COUNTY FAMILY RESOURCES
YEAR-ROUND COLLABORATION

C.A.R.E. partners with Boone County Family Resources (BCFR) to provide paid real-world hands-on work experience, mentoring, life skills training, resources for educational pursuits, resume building assistance, and individualized goal setting guidance for clients who have developmental disabilities and are at risk for unemployment and underemployment. Participants in this program also receive specialized support at the work site.

Trainees may work up to 15 hours per week and earn minimum wage. Clients must be referred to the C.A.R.E. Program by BCFR, which provides most of the funding for the program.

For more information regarding the C.A.R.E./BCFR partnership, please contact Kristin McCowan at kjmccowa@gocolumbiamo.com or (573) 874-6300.
OPEN COMPUTER LAB
For youth and adults. Do your homework, check your email, create documents, surf the internet, and play online or offline games. Use is first-come first-serve.
Location: Computer Lab @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>204106-01</td>
<td>Tu: Jan 27-Mar 3</td>
<td>1:30-2:30 pm</td>
<td>18+</td>
<td>$10</td>
</tr>
<tr>
<td>204106-02</td>
<td>Tu: Jan 27-Mar 3</td>
<td>6:30-7:30 pm</td>
<td>18+</td>
<td>$10</td>
</tr>
</tbody>
</table>

INTRODUCTION TO COMPUTING
Come take advantage of our computer lab and learn the skills to begin computing. Learn the basics and get an overview of start-up, word processing, internet, and use of computer components. This is a beginning class for people with little or no computer background. For more information, call 874-6379.
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>204105-01</td>
<td>M: Jan 26-Mar 2</td>
<td>6:30-7:30 pm</td>
<td>18+</td>
<td>$15</td>
</tr>
</tbody>
</table>

BEGINNING WORD PROCESSING
Learn the basics of Microsoft Word and improve your word processing skills. 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>204104-01</td>
<td>M: Jan 26-Mar 2</td>
<td>6:30-7:30 pm</td>
<td>18+</td>
<td>$15</td>
</tr>
</tbody>
</table>

BEST IN THE WEB
Best of the Web used to mean computers only, but with the growth of tablets and android phones, we now have Web access anywhere we go. 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>204104-01</td>
<td>M: Jan 26-Mar 2</td>
<td>6:30-7:30 pm</td>
<td>18+</td>
<td>$15</td>
</tr>
</tbody>
</table>

MICROSOFT EXCEL WORKSHOP
If you’ve ever wanted to know how to use Excel, here’s your chance. Learn how to create and maintain spreadsheets to make life easier and more efficient at work or home. Not just a great work tool, Excel can also be put to many uses at home too for things like household budgeting, lists, addresses, travel itineraries, grocery spending and much more! Pre-registration required.
Location: Hillcrest Room C @ Waters-Moss
Instructor: Roy Thorsby

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>204108-01</td>
<td>M: Feb 10</td>
<td>6-8 pm</td>
<td>18+</td>
<td>$25</td>
</tr>
</tbody>
</table>

INTRO TO POWERPOINT WORKSHOP
Learn the very basics of how to use Microsoft PowerPoint. If you have never used PowerPoint before and you want to find out how to get started, this is the workshop for you! Pre-registration required.
Location: Hillcrest Room C @ Waters-Moss
Instructor: Roy Thorsby

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>204203-01</td>
<td>Tu: Mar 3</td>
<td>6-8 pm</td>
<td>18+</td>
<td>$25</td>
</tr>
</tbody>
</table>

DANCE, CHEERLEADING & TUMBLING

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>207700-01</td>
<td>Th: Dec 4-Dec 18</td>
<td>6:30-7 pm</td>
<td>2-3 w/adult</td>
<td>$35</td>
</tr>
<tr>
<td>207700-02</td>
<td>Th: Mar 5-Mar 19</td>
<td>6:30-7 pm</td>
<td>2-3 w/adult</td>
<td>$35</td>
</tr>
</tbody>
</table>

CLASSES FOR PRESCHOOLERS

TODDLER TUMBLE TOTS
Explore simple floor exercise, dance, music, movement, and imagination through dance games, musical activities, simple tricks and more while gaining flexibility and coordination. Open to boys and girls ages 2-3 with a parent. Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss
Instructor: Carrie Burns

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>207700-01</td>
<td>Th: Dec 4-Dec 18</td>
<td>6:30-7 pm</td>
<td>2-3 w/adult</td>
<td>$35</td>
</tr>
<tr>
<td>207700-02</td>
<td>Th: Mar 5-Mar 19</td>
<td>6:30-7 pm</td>
<td>2-3 w/adult</td>
<td>$35</td>
</tr>
</tbody>
</table>

TODDLER JAZZ, BALLET & CHEER
Learn the basics of ballet, jazz dance and cheerleading movement and skills in this fun class! Open to boys and girls ages 2-3 yrs. with a parent participant. Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss
Instructor: Carrie Burns

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>207701-01</td>
<td>Th: Dec 4-Dec 18</td>
<td>6-6:30 pm</td>
<td>2-3 w/adult</td>
<td>$35</td>
</tr>
<tr>
<td>207701-02</td>
<td>Th: Mar 5-Mar 19</td>
<td>6-6:30 pm</td>
<td>2-3 w/adult</td>
<td>$35</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.
Location: Hillcrest Room D @ Waters-Moss
Instructor: Carrie Burns

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>205712-01</td>
<td>Th: Jan 15-Jan 29</td>
<td>6:30-7:00 pm</td>
<td>4-8</td>
<td>$35</td>
</tr>
</tbody>
</table>
JAZZ, BALLET AND CHEER
Learn upbeat jazz dance moves, exciting cheers and basic tumbling all in one fun class! Pre-registration required.

**Location:** Hillcrest Room D @ Waters-Moss

**Instructor:** Carrie Burns

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>205919-01</td>
<td>Th: Jan 15-Jan 29</td>
<td>6:00-6:30 pm</td>
<td>4-8</td>
<td>$35</td>
</tr>
</tbody>
</table>

**BOONE COUNTY HOPPERS DOUBLE DUTCH & JUMP ROPE TEAM**
Looking for a fun and unique activity? Come join the Hoppers! You will learn an assortment of jumps and will choreograph routines that incorporate those jumps, as well as performing. This is a great opportunity to get in shape, meet new friends, and have some fun! Call 817-5077 or email madewey@gocolumbiamo.com for more information.

**Location:** Armory Sports Center

**SHO-ME SHO-STOPPERS HIP-HOP DANCE SQUAD**
This group comes together to learn and practice modern dance steps. We will create routines and hope to give public performances around Columbia and Central Missouri. We want motivated males and females to join the group and make it a success. 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></td>
<td>Drop in</td>
<td>Mon</td>
<td>5:30-7 pm</td>
<td>7-14</td>
</tr>
</tbody>
</table>

**LIL’ LADY BULLDOGS DANCE/CHEER**
This group will learn and practice several dance and cheer routines. There will be opportunities to perform at different events around Columbia. The kids will cheer at Columbia Youth Basketball games on Saturdays, Jan-March. This is an excellent chance for your little one to make new friends and have fun with other young ladies.

**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>205910-01</td>
<td>W: Jan 14-Mar 18</td>
<td>6-7:30 pm</td>
<td>5-11</td>
<td>$35</td>
</tr>
</tbody>
</table>

**TAPPERCIZE**
Tap for fun and exercise! Get a cardio workout while tapping to music of different eras - from Big Band to contemporary. All skill levels; no performance - just for fun! Tap shoes recommended, but not required. Pre-registration required.

**Location:** Hillcrest Room D @ Waters-Moss

**Instructor:** Pat Schreiner

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>205112-01</td>
<td>W: Jan 14-Feb 18</td>
<td>5:30-6:15 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
<tr>
<td>205112-02</td>
<td>W: Feb 25-Apr 8*</td>
<td>5:30-6:15 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td>* No Class: 03/25</td>
<td></td>
<td></td>
<td></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.

**Location:** Hillcrest Room D @ Waters-Moss

**Instructor:** Carrie Burns

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>205205-01</td>
<td>Th: Feb 12-Feb 26</td>
<td>6:00-7:00 pm</td>
<td>15+</td>
<td>$36</td>
</tr>
</tbody>
</table>

**BALLROOM DANCE**
Waltz, tango, foxtrot and cha cha! Learn basic ballroom dance with your favorite partner. Pre-registration required.

**Location:** Hillcrest Room D @ Waters-Moss

**Instructor:** Carrie Burns

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Dance</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>205206-01</td>
<td>Th: Feb 12-Feb 26</td>
<td>7:00-8:00 pm</td>
<td>Viennese Waltz</td>
<td>18+</td>
<td>$80</td>
</tr>
</tbody>
</table>

**INTERNATIONAL BALLROOM DANCE**
No experience is necessary, bring non-marking shoes. ARC members receive a $10 discount.

**Location:** ARC

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Dance</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>207234-01</td>
<td>Sa: Jan 3-Mar 7</td>
<td>3:15-5pm</td>
<td>Viennese Waltz</td>
<td>18+</td>
<td>$80</td>
</tr>
<tr>
<td>207234-02</td>
<td>Sa: Mar 14-May 16</td>
<td>3:15-5pm</td>
<td>Quickstep</td>
<td>18+</td>
<td>$80</td>
</tr>
</tbody>
</table>

**Five Ways to Register:**

1. **Online:** Go to [www.GoColumbiaMo.com](http://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 and Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)
INTRO TO FOIL FENCING
Stay healthy in body and mind while exercising! Brief history, hand and body positions, lunges, attacks, parries and strategy will be emphasized. Pre-registration required.
Location: Moss Building @ Waters-Moss  
Instructor: John Konzal

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age Range</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>206900-01</td>
<td>Th: Dec 4-Jan 22*</td>
<td>6:30-8 pm</td>
<td>10-17</td>
<td>$48</td>
</tr>
<tr>
<td>206900-02</td>
<td>Th: Feb 5-Mar 12</td>
<td>6:30-8 pm</td>
<td>10-17</td>
<td>$48</td>
</tr>
</tbody>
</table>
* No Class: 12/25, 1/1

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. Pre-registration required.
Location: Moss Building Room A @ Waters-Moss  
Instructor: Doris Evans

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age Range</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>211904-01</td>
<td>Sa: Jan 17-Feb 21</td>
<td>9:30-10:30 am</td>
<td>10-13</td>
<td>$37</td>
</tr>
<tr>
<td>211904-02</td>
<td>Sa: Jan 17-Feb 21</td>
<td>10:45-11:45 am</td>
<td>6-9</td>
<td>$37</td>
</tr>
<tr>
<td>211904-03</td>
<td>Sa: Mar 7-Apr 25*</td>
<td>9:30-10:30 am</td>
<td>10-13</td>
<td>$37</td>
</tr>
<tr>
<td>211904-04</td>
<td>Sa: Mar 7-Apr 25*</td>
<td>10:45-11:45 am</td>
<td>6-9</td>
<td>$37</td>
</tr>
</tbody>
</table>
* No Class: 3/28, 4/4

BEGINNING JUNIOR TAE KWON DO
A fun class to introduce the basics of Tae Kwon Do to 5 and 6 year olds! 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. Wear comfortable clothes that you can kick in. Uniform is required after first 6-week session. Pre-registration is required.
Location: Moss Building Room B @ Waters-Moss  
Instructor: Frank Thomas

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age Range</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>211302-01</td>
<td>Tu,Th: Jan 6-Feb 12</td>
<td>6-7 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
<tr>
<td>211302-02</td>
<td>Tu,Th: Feb 17-Apr 2*</td>
<td>6-7 pm</td>
<td>7-adult</td>
<td>$55</td>
</tr>
</tbody>
</table>
* No Class: 3/24, 3/26
FREE SHORIN-RYU KARATE
Would you like to try karate for free? Sign up for this one-time, eight session class. This is a free class. Enrollment is limited to sign up early!
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>211901-01</td>
<td>M: Jan 5-Feb 23*</td>
<td>6:30-7 pm</td>
<td>7-11</td>
<td>Free</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. Free Youth Shorin-Ryu Karate class and approval from instructor is a prerequisite for joining this class. Purchase of a gee is required.
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>211905-01</td>
<td>Th: Jan 8-Mar 19</td>
<td>6:30-7 pm</td>
<td>7-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

ADVANCED SHORIN-RYU KARATE
Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Shorin-Ryu Karate Beginner Levels class and approval from instructor is a prerequisite for joining this class. Purchase of a gee is required.
Location: Aerobic Room @ Armory Sports Center

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
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<th>Age</th>
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<tbody>
<tr>
<td>211906-01</td>
<td>Th: Jan 8-Mar 19</td>
<td>7:10-7:45 pm</td>
<td>7-14</td>
<td>$55</td>
</tr>
</tbody>
</table>

SEE OTHER CLASSES FOR TEENS AND ADULTS

FENCING AND MARTIAL ARTS

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

<table>
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<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>211202-01</td>
<td>M,W: Month of Jan</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
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<tr>
<td>211202-02</td>
<td>M,W: Month of Feb</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
</tr>
<tr>
<td>211202-03</td>
<td>M,W: Month of March</td>
<td>6-8 pm</td>
<td>14+</td>
<td>$45</td>
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SHORIN-RYU KARATE

TAI CHI
Tai chi can be best thought of as 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 between them even transitions. Please call 874-6379 before joining.
Location: Sports Center Full Gym @ Armory Sports Center

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<tr>
<th>Class #</th>
<th>Date</th>
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<th>Price</th>
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<tbody>
<tr>
<td>Drop In</td>
<td>M,W,F</td>
<td>8:30-9:30 am</td>
<td>18+</td>
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<td>Sa</td>
<td>9-10 am</td>
<td>18+</td>
<td>Free</td>
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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 817-9077 for more information.

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<th>Class #</th>
<th>Date</th>
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<th>Price</th>
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<tr>
<td>Drop in</td>
<td>T, Th</td>
<td>8:30-9:30 am</td>
<td>18+</td>
<td>Free</td>
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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. Learn how to harmonize the mind within the body. Pre-registration required.
Location: Moss Bldg. Room A @ Waters-Moss
Instructor: Doris Evans

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<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>211201-01</td>
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<tr>
<td>211201-03</td>
<td>M,W or M,F: Month of March</td>
<td>6-8 pm</td>
<td>15+</td>
<td>$45</td>
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Note: Beginners attend M,F. Intermediate and advanced attend M,W.
*No class 1/2
HILLCREST COMMUNITY CENTER
The new Hillcrest Community Center and Moss Building is home to daytime activities with 50+ adults in mind. The new facility located at Waters-Moss Memorial Wildlife Area, 1907 Hillcrest Dr is just south of the Old Hwy 63 and Stadium Blvd intersection. Stop by to visit during the hours of 9am – 4 pm or call 573-874-7475. You will find us online at www.GoColumbiaMo.com, under Parks and Rec, Search Senior/50+

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.
If you are a member of a group, organization or club and are looking for a comfortable, pleasant place to meet with free parking, Hillcrest Community Center may work for you. For a minimal $20 annual membership per person, your group can schedule a regular meeting time at the facility. Contact 874-7475 for more information and what times are available.

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.

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DANCE OPPORTUNITIES
The House Band invites the public to a music performance to listen or dance to:
2nd Friday Dance (Winter Hours) 1-3pm, Dec 12, Jan 9, Feb 13, Mar 13
5th Friday Dance, (Winter Hours) 1-3pm, Jan 30
Snacks are welcome to share during the break.

POTLUCK, DANCE, AND GAME NIGHT
Potluck setup begins after 11am; meal begins at 11:30 am; followed by live music and games. Enjoy music, dancing, and games. The afternoon winds down about 3:30 pm. Bring a dish for potluck. Snacks also welcome for later.
3rd Friday 11:30am-3:30pm, Dec 19, Jan 16, Feb 20, Mar 20

DROP IN ACTIVITIES
Take place Monday-Friday during regular hours 9am-4pm.
Jigsaw Puzzle . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Ongoing daily
Board Games . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Ongoing daily
Dominoes, Mexicali Train . . . . . . . . . . . . . . . . . . . . . . . . . Thurs 10am-1pm
Space is available for bridge, card and game groups to schedule special times. Call 874-7475 for availability.

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 1-3:30 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, no Jan, Feb 6, Mar 6, Apr 3

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.

QUILTING GROUP will be forming in Spring 2015. If you are interested in more information call the Hillcrest front desk at 874-7475 to exchange information.

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 to Ronald McDonald House, Broadway Hotel and lunch at 11Eleven, Ashby-Hodge Gallery in Fayette and the Velvet Cupcake. Join us as we are always looking ahead to new adventures.

50+ TOURS
Office Hours: Mon-Fri 9am-4pm 441-5525
Columbia Parks and Recreation has been offering a variety of day and overnight tours for 50+ active adults since 1970 as OAK Tours. From now on those trips will go under the name of 50+ Tours. Only the name has changed to reflect the times. 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
Wed, Apr 8 . . . . . . Forever Plaid @ New Theatre - See the Million Dollar Makeover Reopening Revealed . . . . . . . . . . $75
Wed, May 27 . . Hairspray @ New Theatre . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . $75
Wed, Aug 12 . . The Addams Family @ New Theatre . . . . . $75
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 874-7475 for the most up-to-date schedule and information.

Osher Saturday Morning Book Talks at Hillcrest Community Center
On the first Saturday morning every month February-December, Kit and Cathy Salter are hosting an opportunity for the community to meet local authors and talk books.
Pastries and coffee are available at 9:30am. Book Talk begins at 10am. Books will be available for sale and signing. Fee: $20 for a 10 session Book Talk punch card or $3 per session at the door.

SCHEDULE OF MONTHLY PRESENTERS AND THEIR SPONSORS
Sat, Feb 7 GLADYS SWAN, THE CARNIVAL QUARTET (2014)
Sponsor: Lynanne Riley and Cricket Dunn
Sat, Mar 7 MARSHA KNUSDON, SAILOR'S MAIL (2014)
Sponsor: AKA Publishing
Sat, Apr 4 ERIC PRASCHAN, THERAPY FOR GHOSTS (2012)
Sponsor: Laura McHugh
Please Thank the Sponsors for their Book Talk Support!

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:

FACILITY 50+ TOURS 2014 MEMBERSHIP FACILITY & 50+ TOURS COMBO
☐ $20 ☐ $20 ☐ Single ☐ $30
☐ $35 ☐ $35 ☐ Couple (same address) ☐ $60

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

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 Winter Session will run from Jan 20-Feb 16. The Spring Session will run Mar 11-May 11. Classes take place in both the Hillcrest and Moss Buildings. Class catalogs are available on the Osher @ Mizzou web site: www.extension.missouri.edu/learnforlife.
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 & 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.

Location: ARC

BYOBW 2015
Riders can bring their fanciest Big Wheel or Tricycle and cruise the ARC Track. Prizes and awards will be given to all riders and mileage recorded. Don't forget your camera! Big Wheels and tricycles must be clean and approved by event staff. Believe it or not, some riders have ridden as much as 5 miles. Absolutely no bicycles.

Location: ARC Track

Class #  Date     Time      Age  Price
207235-01  Tu,Th: Jan 6-Jan 29 4:00-5:00 pm 10-17  $70
207235-02  Tu,Th: Feb 3-Feb 26 4:00-5:00 pm 10-17  $70

TEEN SPINNING
Spinning class is not just for adults, NOW we are offering it to teens too. This 45 minute class provides a fun challenging cardiovascular workout for all fitness levels. The instructor takes the kids on an exciting bike ride using motivating music.

Location: Spinning Room @ ARC

Class #  Date     Time      Age  Price
207731-01  Sa: Jan 24 9-10:30 am 2-6  $5

KIDS BOOT CAMP
Boot camp style fitness classes for kids. The kids will be doing drills and games designed for their age and developmental level. Every class will be different, keeping youth interested and giving challenges that will invigorate them. ARC members will receive a $10 discount.

Location: Youth Training Room @ ARC

Class #  Date     Time      Age  Price
207936-01  M: Jan 5-Jan 26 5:30-6:15 pm 4-7  $40
207936-02  M: Feb 2-Feb 23 5:30-6:15 pm 8-12  $40

MID-MO IRON KIDS WEIGHTLIFTING
The snatch and the clean and jerk have been around since the first Olympic Games. It is hands down one of the best sports youth can participate in to optimize athletic performance. It is extremely fun, rewarding and safe. However, quality coaching and attention to detail are critical as one begins this learning process. Weightlifting has many outlets other sports can't offer. Youth are able to compete on a local, state, national and international level. Join MMWC coaches as they guide you through a 4-week introduction to the olympic-style movements. Class will meet twice a week in the youth training room — home of the Mid Missouri Weightlifting Club. Once youth have mastered the lifting techniques, they are welcome to join the MMWC and start a career in weightlifting. Also, an excellent class for athletes involved in explosive sports. ARC members receive a $10 discount.

Location: Youth Training Room @ ARC

SPORT SPECIFIC TRAINING
Designed for individuals ages 8 and up who are involved in athletic competition and 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. (Performance testing is not included with a 3 session package) Youth, ages 14 & 15 will be issued a Cardio/Strength Zone Pass. 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)

<table>
<thead>
<tr>
<th>Pack</th>
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<tbody>
<tr>
<td>3</td>
<td>$110 ARC Annual Member $140 Non-Member</td>
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<tr>
<td>6</td>
<td>$200 ARC Annual Member $260 Non-Member</td>
</tr>
<tr>
<td>12</td>
<td>$360 ARC Annual Member $480 Non-Member</td>
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YOUTH TRAINING ROOM AND ADULT PLATFORM LIFTING

**“No School” Drop-In Hours**
M - F 8 am - 8 pm
Sat 10 am - 6 pm • Sun 10 am - 5 pm

**“School In Session” Drop-In Hours**
M - F 2:30 - 8 pm
Home Schoolers: M - F 8 am - Noon
Mid Mo Weightlifting Club open door with two lifter minimum.

* Scheduled classes will be posted and will take priority over drop-in use
### ARC GROUP EXERCISE SCHEDULE (NOV 16-MAR 7)

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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<tr>
<td><strong>Domination 5:45-6:45am</strong></td>
<td><strong>Fusion 5:40-6:30am</strong></td>
<td><strong>Domination 5:45-6:45am</strong></td>
<td><strong>Fusion 5:40-6:30am</strong></td>
<td><strong>Domination 5:45-6:45am</strong></td>
<td>Hatha Yoga 8:15-9:15am</td>
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<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><strong>Fusion 8:30-9:30am</strong></td>
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<tr>
<td>Quick Fix 9:05-9:25am</td>
<td>Mind Over Muscle 9:15-10:15am</td>
<td>Quick Fix 9:05-9:25am</td>
<td>Mind Over Muscle 9:15-10:15am</td>
<td>Forever Young Chairobics 9:15-10:15am</td>
<td><strong>Fusion 9:30-10:30am</strong></td>
</tr>
<tr>
<td>Forever Young Chairobics 9:15-10:15am</td>
<td>Silver Sneakers 9:00-10:30am</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>
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<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><strong>Slow &amp; Low Yoga 10:30-11:30am</strong></td>
<td>Body Conditioning 10:35-11:30am</td>
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<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 (Jan 5-Mar 6)</td>
<td>*Silver Sneakers Cardio Circuit 10:30-11:25am</td>
<td>International Dance Series 3:15-5pm</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>Zumba 5:30-6:30pm</td>
<td>**Spin 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>Knockout 1-2pm</td>
</tr>
<tr>
<td>Studio Barre 11:45am-12:40pm (Jan 5-Mar 6)</td>
<td>**Spin 5:30-6:30pm</td>
<td>Studio Barre 11:45am-12:40pm (Jan 5-Mar 6)</td>
<td>Gentle Yoga for Joints 5:30-6:30pm</td>
<td>See course descriptions on facing page.</td>
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<tr>
<td>Step 5:30-6:25pm</td>
<td>Pilates 6:30-7:15pm</td>
<td>Bottoms Up 5-5:25pm</td>
<td>**Spin 5:30-6:30pm</td>
<td>Hatha Yoga 4:30-5:30pm</td>
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<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>Zumba 7:20-8:15pm</td>
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<tr>
<td><strong>Spin 5:30-6:30pm</strong></td>
<td>Zumba 7:20-8:15pm</td>
<td>**Spin 5:30-6:30pm</td>
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<tr>
<td>To the Core 6:30-7pm</td>
<td>**Spin 5:30-6:30pm</td>
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<tr>
<td>Monday Mixer 7-8pm</td>
<td>Power Pump 6:30-7:15pm</td>
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Yoga, Pilates, Cycling, Studio Barre and Domination are “Specialty Classes” that will require a pass. Studio Barre runs from Jan 5-Mar 6.
*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/TR 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.

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.

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.

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

MIND OVER MUSCLE - Partial cardiovascular work, but majority is intense and highly motivated muscular strength and endurance. Tone the entire body while gaining core strength, balance, and flexibility. Put your mind to it and do it!

MONDAY MIXER - A mix of all your favorite cardio and strength classes

PILATES - Series of non-impact exercises designed to develop strength, flexibility, balance, and inner awareness. This method 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 - Pure strength training with dumbbells, kettlebells, bands, body bars, and more for the entire body.

PUNK ROPE - Playful cross between recess and boot camp. The combination of themed workouts, creative calisthenics, fitness games, and rope jumping.

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

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 - Just like it sounds, 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 - Full spinning session consisting of endurance and strength.

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

STEP/BOSU STEP - Still the ever popular step platform format, but with the instructor option of using the BOSU for more of a challenge!

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.

ZUMBA - International and popular music with Latin Dance and aerobic moves, add a little hip shake and a lot of attitude and you’ve got it!
MARCH 25

ADULT BOOT CAMP

A six week boot camp designed for people seriously committed to improving their health and fitness. The class combines cardiovascular activities with resistance training for a fun, group workout. You will never have a dull moment in this fast-paced, individually challenging class. Workouts are held in various environments such as outdoors, open gymnasium, weight room, etc. Lose inches, tone up, and feel better. Shock your body and get the results you deserve! ARC members receive a $15 discount. One Day each week is only $54. Day care not included. Program not available for online registration. Please contact us directly at 874-7700.

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>207232-02</td>
<td>Tu,Th: Jan 6-Feb 12</td>
<td>9:15-10:15 am</td>
<td>18+</td>
<td>$100</td>
</tr>
<tr>
<td>207232-03</td>
<td>M,F: Jan 26-Mar 6</td>
<td>5:45-6:45 am</td>
<td>18+</td>
<td>$100</td>
</tr>
<tr>
<td>207232-04</td>
<td>Tu,Th: Feb 24-Apr 2</td>
<td>9:15-10:15 am</td>
<td>18+</td>
<td>$100</td>
</tr>
</tbody>
</table>

LUNCH SPECIAL BOOT CAMP

Join Amanda and be prepared to gain strength, build endurance, improve flexibility and have a great time doing it! Grab a co-worker or two, replace that lunch-time walk with something that packs a little more punch. Drills will range from body weight exercises to HIIT to boot camp basics. Class may be inside or outside (weather permitting). Bring a water bottle and towel. ARC members receive a $15 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>207236-01</td>
<td>M,W,F: Nov 17-Dec 12</td>
<td>11:15 am-12:15 pm</td>
<td>18+</td>
<td>$100</td>
</tr>
<tr>
<td>207236-02</td>
<td>M,W,F: Jan 13-Feb 5</td>
<td>11:15 am-12:15 pm</td>
<td>18+</td>
<td>$100</td>
</tr>
</tbody>
</table>

LUNCH BREAK MINI WORKOUT

For those with limited time during the week, Amanda is going to pack a full total body workout into a 30-minute cardio and strength session. Be prepared for a “get in and get it done” workout. Session one can keep you on track with your diet and exercise during the holiday party season. Bring a friend or a co-worker and keep each other inspired and motivated. ARC members receive a $5 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>207237-01</td>
<td>Tu,Th: Nov 18-Dec 16*</td>
<td>12:00-12:30 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
<tr>
<td>207237-02</td>
<td>Tu,Th: Jan 13-Feb 5</td>
<td>12:00-12:30 pm</td>
<td>18+</td>
<td>$60</td>
</tr>
</tbody>
</table>

* No Class: 11/27
ANTI-AGING: WOMEN OVER 50
On average, people lose about 30% of their strength between the ages of 50 and 70. Our balance and flexibility also become compromised as we age. However, postmenopausal women who lift weights just twice a week over the period of a year can increase muscle strength by up to 80%! Come work with a personal trainer who will help you develop a custom weight training program, work to increase your balance and flexibility, as well as give you various cardio options. Don’t let your age define the way you feel! 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>207531-02</td>
<td>M,W: Feb 2-Feb 25</td>
<td>1:00-2:00 pm</td>
<td>50+</td>
<td>$75</td>
</tr>
<tr>
<td>207531-03</td>
<td>Tu,Th: Mar 3-Mar 26</td>
<td>10:00-11:00 am</td>
<td>50+</td>
<td>$75</td>
</tr>
</tbody>
</table>

SENIOR FITNESS
Stretching, lifting technique, correct breathing and machine adjustments are covered in this class. We will modify any exercised to fit your needs. A training regimen will be designed to allow members to workout on their own. Pre-registration required. ARC members receive a $10 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>207532-01</td>
<td>W,F: Jan 14-Jan 30</td>
<td>9:00-10:15 am</td>
<td>50+</td>
<td>$50</td>
</tr>
</tbody>
</table>

MINI-WORKOUT PROGRAM AT THE ARMORY
Stay active and healthy! Come in and take advantage of a Nautilus multi-station unit, treadmills, elliptical machines, recumbent and stationary bicycles, free-weights and other workout equipment. If you like to work independently, this is an ideal place to be. Staff will get you started and give you assistance if needed. A locker can be rented for $5 during your 6-week membership. Call 874-7460 or 874-6378 for more information and to register.
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 or $2 per visit</td>
</tr>
</tbody>
</table>

ZUMBA @ HILLCREST
Have fun exercising with this Latin-inspired cardio dance workout! Upbeat rhythms and easy-to-follow moves create a dynamic workout great for all ages! The routines feature fast and slow rhythms as well as resistance training to tone and sculpt your whole body. You’ll be having so much fun; you’ll forget you are working out! Pre-registration required.
Location: Hillcrest Room D @ Waters-Moss
Instructor: Kristen Lee

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>205111-01</td>
<td>Tu: Jan 20-Feb 24</td>
<td>6-6:50 pm</td>
<td>16+</td>
<td>$35</td>
</tr>
</tbody>
</table>

CARDIO/STRENGTH TRAINING
This one hour class is designed to instruct members on how to utilize the Cardio/Strength Training Zone equipment. Certified staff will instruct proper techniques for using equipment as well as muscle groups being utilized. Training goals, safety, and exercise tips will also be available. Minimum age requirement for 2nd floor equipment (excluding track) is 14 years of age. 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>207231-01</td>
<td>W: Dec 10</td>
<td>5:30-6:30 pm</td>
<td>14+</td>
<td>$7</td>
</tr>
<tr>
<td>207231-02</td>
<td>Th: Jan 15</td>
<td>5:30-6:30 pm</td>
<td>14+</td>
<td>$7</td>
</tr>
<tr>
<td>207231-03</td>
<td>M: Feb 9</td>
<td>5:30-6:30 pm</td>
<td>14+</td>
<td>$7</td>
</tr>
</tbody>
</table>

TEAM BUILDING 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. Decide what days and times you desire and we will accommodate your group. Days and times can vary. (Camps are minimum 4 weeks, maximum 8 weeks). For best results we suggest meeting 2-3 times a week. We guarantee a lot of fun with tremendous results. Instructors are professional and highly motivational. Contact: Brian Higginbotham (573) 808-0816 or email: bthiggin@gocolumbiamo.com for details.

MID MISSOURI WEIGHTLIFTING CLUB
Join the only registered USAW club in town and train under coaches with 80+ years of combined experience. We are striving to build national level lifters. We have multi-national champions and record holders in Master’s Pan Am and IWF Worlds. Call Brian at the ARC at 573-874-7720 or email bthiggin@gocolumbiamo.com.

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, Ibmm control, and basal metabolic rate. Customized user information sheets are printed for an easy understanding of your results. Know more about your body then you ever have. A quick and easy way to track your progress. Sign up at the ARC Guest Services Desk.

$12 ARC Annual Member
$15 Non-Member
Fitness and Exercise | Fun for Little Ones

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

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

PERSONAL TRAINING/PROFESSIONAL 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>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$40 ARC Annual Member . . . . . . . . . . . . . . . . . . . . $50 Non-Member</td>
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</tbody>
</table>

INDIVIDUAL PACKAGES (3, 6, & 12 SESSIONS)

<table>
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<th>Price</th>
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<tbody>
<tr>
<td>$110 ARC Annual Member . . . . . . . . . . . . . . . . . . . . . . . $140 Non Member</td>
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<tr>
<td>$200 ARC Annual Member . . . . . . . . . . . . . . . . . . . . . . . $260 Non-Member</td>
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<tr>
<td>$360 ARC Annual Member . . . . . . . . . . . . . . . . . . . . . . . $480 Non-Member</td>
</tr>
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</table>

COUPLE SESSIONS (3, 6, & 12 SESSIONS)

<table>
<thead>
<tr>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$150 ARC Annual Member . . . . . . . . . . . . . . . . . . . . . . . $180 Non-Member</td>
</tr>
<tr>
<td>$270 ARC Annual Member . . . . . . . . . . . . . . . . . . . . . . . $330 Non-Member</td>
</tr>
<tr>
<td>$480 ARC Annual Member . . . . . . . . . . . . . . . . . . . . . . . $600 Non-Member</td>
</tr>
</tbody>
</table>

GROUP SESSIONS (3, 4, OR 5 PARTICIPANTS)

<table>
<thead>
<tr>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$40 3 participants, $90 each</td>
</tr>
<tr>
<td>$55 4 participants, $75 each</td>
</tr>
<tr>
<td>$75 5 participants, $75 each</td>
</tr>
<tr>
<td>$90 6 participants, $90 each</td>
</tr>
<tr>
<td>$100 7 participants, $100 each</td>
</tr>
<tr>
<td>$115 8 participants, $115 each</td>
</tr>
</tbody>
</table>

BEGINNING YOGA @ HILLCREST
If you are in search for relaxation and release of tightness and tension, yoga is for you! This class will work with breath, slow movements, passive stretches and an ending relaxation posture. For all ages and body types. Pre-registration required. Note: Bring blanket to class and yoga mat if you have one.

<p>| Location: Hillcrest Room D @ Waters-Moss |</p>
<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>207201-01</td>
<td>M,W: Jan 12-Feb 4</td>
<td>6:30-7:30pm</td>
<td>16-adult</td>
<td>$48</td>
</tr>
<tr>
<td>207201-02</td>
<td>M,W: Feb 5-Mar 4</td>
<td>6:30-7:30pm</td>
<td>16-adult</td>
<td>$48</td>
</tr>
<tr>
<td>207201-03</td>
<td>M,W: Mar 9-Apr 8</td>
<td>6:30-7:30pm</td>
<td>16-adult</td>
<td>$48</td>
</tr>
<tr>
<td>No class 3/23, 3/25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NEW PAJAMA PIZZA PARTY
Wear your pajamas and come join us for a fun time. We’ll do some pajama party crafts and activities, and make little pizza snacks! Pre-registration required.

<p>| Location: Hillcrest Room D @ Waters-Moss |</p>
<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>202708-01</td>
<td>W: Jan 14</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

FUN FOR LITTLE ONES

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

LITTLE GYMMERS
Come enjoy children’s activities in the ARC gymnasium reserved for children and an adult playmate. Activities will include parachute games, 8 foot basketball, beach ball volleyball and others.

<p>| Location: ARC |</p>
<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>Mon/Fri</td>
<td>10-11 am</td>
<td>2-6</td>
<td>$1</td>
</tr>
</tbody>
</table>

DAY CARE LITTLE GYMMERS
Schedule some gymnasium time for your day-care. Activities will include parachute games, eight-foot basketball, beach ball volleyball and others. Call 874-7642 to arrange times and dates.

<p>| Location: ARC |</p>
<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>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 AND DAY CARE LITTLE SWIMMERS ... SEE PAGE 12
FOR OTHER PRESCHOOL ACTIVITIES, SEE THE ARTS CRAFTS AND HOBBIES, DANCE AND AQUATICS SECTIONS.

COOKIES WITH SANTA
Ho! Ho! Ho! It is time to visit with Jolly Ol’ St. Nick. We’ll make a craft while waiting for Santa. Pre-registration required.

<p>| Location: Hillcrest Room D @ Waters-Moss |</p>
<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>209701-01</td>
<td>Tu: Dec 16</td>
<td>10-11 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
<tr>
<td>209701-02</td>
<td>Tu: Dec 16</td>
<td>6-7 pm</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

ANNOUNCEMENTS FOR THE WEEK OF SEPTEMBER 18-24, 2000
- **NEW** SESSIONS AVAILABLE:
  - 9:30 am-12 pm Mon-Thur for 3-6 year olds
  - 6:30-9:30 pm Mon-Fri for 7-12 year olds
- **FINISH LINE CLASS**
  - 9:30 am-12 pm Mon-Thur for 6-8 year olds
- **PIZZA NIGHT**
  - 5-7 pm Mon-Fri for 7-9 year olds
- **SUPERHERO CLASS**
  - 9-11 am Mon-Fri for 4-6 year olds
- **TENNIS CLASS**
  - 3:30-5 pm Mon-Fri for 7-9 year olds
- **BASKETBALL CLASS**
  - 10 am-12 pm Mon-Fri for 6-8 year olds
- **FOOTBALL CLASS**
  - 1-3 pm Mon-Fri for 7-9 year olds
- **HOCKEY CLASS**
  - 2-4 pm Mon-Fri for 8-10 year olds
- **GOLF CLASS**
  - 4:30-6 pm Mon-Fri for 9-11 year olds
- **SWIMMING CLASS**
  - 3-5 pm Mon-Fri for 6-8 year olds

**MISCELLANEOUS**
- **WINTER BREAK**
  - 12/21-1/5
- **CHRISTMAS HOLIDAY**
  - 12/22-12/25
- **NEW YEAR’S EVE**
  - 12/31
- **NEW YEAR’S DAY**
  - 1/1

**NATIONAL HOLIDAYS**
- **CHRISTMAS**
  - 12/25
- **NEW YEAR’S DAY**
  - 1/1

**SPECIAL EVENTS**
- **COOKIES WITH SANTA**
  - 12/24
- **PAJAMA PIZZA PARTY**
  - 12/25

**NOTICE**
- All classes are closed for the holidays. Classes will resume upon opening.

**FEES**
- **NEW** 2000 Classes:
  - 3-6 year olds: $45
  - 7-12 year olds: $60
  - 13-18 year olds: $75

**ATTENTION**
- All classes are closed for the holidays. Classes will resume upon opening.

**SCHEDULE**
- **WINTER BREAK**
  - 12/21-1/5
- **CHRISTMAS HOLIDAY**
  - 12/22-12/25
- **NEW YEAR’S EVE**
  - 12/31
- **NEW YEAR’S DAY**
  - 1/1

**SPECIAL EVENTS**
- **COOKIES WITH SANTA**
  - 12/24
- **PAJAMA PIZZA PARTY**
  - 12/25

**NOTICE**
- All classes are closed for the holidays. Classes will resume upon opening.

**FEES**
- **NEW** 2000 Classes:
  - 3-6 year olds: $45
  - 7-12 year olds: $60
  - 13-18 year olds: $75

**ATTENTION**
- All classes are closed for the holidays. Classes will resume upon opening.
NEW CONSTRUCTION ZONE
Bob the Builder and Handy Manny and his tools have so much fun. Can we build it? Yes we can! Come try out some construction themed activities and crafts. 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>202709-01</td>
<td>Tu: Jan 27</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>209771-01</td>
<td>Th: Feb 12</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
<tr>
<td>209771-02</td>
<td>Th: Feb 12</td>
<td>6-6:50 pm</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

NEW ELMO LOVES YOU
If you like Elmo, Big Bird, Cookie Monster and the gang, you don’t want to miss this! Have fun with some Sesame Street themed 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>202710-01</td>
<td>W: Feb 25</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>

NEW DINOSAUR DAY
Do you like dinosaurs? Stomp on in for some dino-mite crafts and activities. We’ll have a roaring good time! 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>202711-01</td>
<td>Th: Mar 5</td>
<td>10-10:50 am</td>
<td>2-5 w/adult</td>
<td>$6</td>
</tr>
</tbody>
</table>
WINTER CYCLING TIPS & TECHNIQUES

Congratulations on making a commitment to riding your bike for year-round transportation or fitness. This workshop is for you if you’re wondering how to keep those exposed parts warm and toasty or how to keep your bike rolling along in the snow. A panel of experienced cyclists will cover weather related apparel and gear, bike handling skills and suggested routes. Panel discussion will be followed by Q&A related to your personal needs.

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>218205-01</td>
<td>Tu: Dec 2</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
</tbody>
</table>

HOW TO BIKE WITH KIDS WORKSHOP

Gina Overshiner and Rachel Ruhlen, League of American Bicyclists certified cycling instructors and experienced cycling mothers, will reveal tips on riding with young children as well as how to create the next generation of traffic smart cyclists. Parents will learn about navigating streets in a variety of traffic situations (including when to ride in front of or behind your child) and kid friendly buzz words. Classroom discussion will take you from the cradle to college in teaching your children how to be safe, responsible cyclists. This parent-only class offers fun and creative ways to incorporate recreation and utilitarian cycling into your weekly family routine. The ARC Kid Zone is available for child care for children 6 months to 10 years of age. Child care for two hours is $2.25 for ARC members or $3 for non-members.

Location: ARC, 1701 W. Ash

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>218206-01</td>
<td>M: Jan 26</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>218206-02</td>
<td>Tu: Feb 24</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
</tbody>
</table>

CITY CYCLING

City Cycling teaches the skills you need 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, parking lot drills and on-road rides. Class is limited to 6 participants. 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>218207-01</td>
<td>Sa: Jan 31</td>
<td>9 am-2 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>218207-02</td>
<td>Sa: Feb 21</td>
<td>9 am-2 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. Take the time to become comfortable with this straightforward task and you will not regret it! We'll cover flat repair, inner tube replacement and proper tire inflation. If time allows, we'll also cover minor brake and shifting adjustments. 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>218208-01</td>
<td>Tu: Nov 18</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>218208-02</td>
<td>Th: Jan 15</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>218208-03</td>
<td>Sa: Jan 24</td>
<td>10-11:30 am</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>218208-04</td>
<td>Tu: Feb 10</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>218208-05</td>
<td>Sa: Feb 28</td>
<td>10-11:30 am</td>
<td>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>218202-01</td>
<td>Th: Nov 20</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>218202-02</td>
<td>Tu: Jan 13</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>218202-03</td>
<td>Sa: Feb 7</td>
<td>10-11:30 am</td>
<td>14+</td>
<td>Free</td>
</tr>
<tr>
<td>218202-04</td>
<td>Tu: Feb 17</td>
<td>6-7:30 pm</td>
<td>14+</td>
<td>Free</td>
</tr>
</tbody>
</table>
GOLF FACILITIES

L.A. NICKELL GOLF COURSE
1800 Parkside Drive • (573) 445-4213
• 18-hole golf course
• Riding carts and continuous cart paths
• Driving Range
• Open year round (weather permitting)
• Fairway irrigation system • Zoysia fairways

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

Par: 70
Yardage: 6,335 Blue tees, 5,869 - White tees, 4,771 - Red tees
Lakes: 3, all in play • Terrain: Flat with rolling hills
Course Rating: 69.9 - Blue tees, 67.7 - White tees, 67.0 - Red tees
Slope Rating: 121 - Blue tees, 116 - White tees, 111 - Red tees
Dir: North of I-70 off North Stadium & in the Columbia Cosmopolitan Recreation Area.

LAKE OF THE WOODS RECREATION AREA
6700 ST. CHARLES RD • (573) 474-7011
• 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, 2 in play • Terrain: Relatively flat
Course Rating: 69.7 Blue tees, 68.5 White tees, 63.5 Men Red tees, 66.9 Red tees
Slope Rating: 127 Blue tees, 122 White tees, 107 Men Red tees, 113 Red tees
Dir: Located east of Columbia. Take I-70 to the Lake of the Woods exit. Go NE on St. Charles Road.

NEW AT L.A. NICKELL AND LAKE OF THE WOODS

• New 9 Hole Green Fees
• New Young Adult Pass (18-29)

PRIVATE OUTINGS

Private outings are available at both courses. For pricing information and availability please call 573-814-1322.
# 2015 GOLF FEES

<table>
<thead>
<tr>
<th>Green Fees</th>
<th>9-Holes Walking</th>
<th>18-Holes Walking</th>
<th>9-Holes w/Cart</th>
<th>18-Holes w/Cart</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday-Friday</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 6:00pm</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 6:00pm</td>
<td>$12</td>
<td>$12</td>
<td>$18.50</td>
<td>$25</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>

<table>
<thead>
<tr>
<th>Winter Green Fees</th>
<th>9-Holes Walking</th>
<th>18-Holes Walking</th>
<th>9-Holes w/Cart</th>
<th>18-Holes w/Cart</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday-Friday</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Adult/Senior</td>
<td>$13</td>
<td>$15</td>
<td>$19.50</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>• 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/Senior</td>
<td>$19</td>
<td>$19</td>
<td>$25.50</td>
<td>$32</td>
</tr>
<tr>
<td>• Junior</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)**

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

<table>
<thead>
<tr>
<th>Individual (30-59)</th>
<th>Monday-Friday</th>
<th>Any Day</th>
<th>M-F w/Cart</th>
<th>Any Day w/Cart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual (30-59)</td>
<td>$630</td>
<td>$718</td>
<td>$1,306</td>
<td>$1,394</td>
</tr>
<tr>
<td>Adult +1</td>
<td>$1,071</td>
<td>$1,220</td>
<td>$2,221</td>
<td>$2,370</td>
</tr>
<tr>
<td>Additional Family</td>
<td>$185</td>
<td>$220</td>
<td>$861</td>
<td>$896</td>
</tr>
<tr>
<td>Senior (60 &amp; over)</td>
<td>$504</td>
<td>$574</td>
<td>$1,180</td>
<td>$1,250</td>
</tr>
<tr>
<td>Senior Couple (Both 60 &amp; Over)</td>
<td>$806</td>
<td>$918</td>
<td>$1,956</td>
<td>$2,068</td>
</tr>
<tr>
<td><strong>NEW!</strong> Young Adult (18-29)</td>
<td>$504</td>
<td>$574</td>
<td>$1,180</td>
<td>$1,250</td>
</tr>
<tr>
<td>Junior (17 &amp; under)</td>
<td>$270</td>
<td>$270</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Junior Limited (May 1-Sept 30)</td>
<td>$135</td>
<td>$135</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

10 Play Punch Card | $207 Walking | $324 w/Cart |

**Trail Fees**

Daily Trail Fee | $11 |
Annual Trail Fee | $364 |
Annual Trail Fee w/Storage | $688 |

**Cart Fees**

9 hole cart $ 6.50
18 hole cart $13.00

**Rentals**

Golf Club Rental | $10 |
Pull Cart Rental | $5 |

**Driving Range (Only @L.A. Nickell)**

Small | $4 |
Medium | $6 |
Large | $9 |

*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.*
FOR ADULTS

**INDOOR GOLF RANGE**
Don't let Old Man Winter stop you from working on your golf game. Come to the ARC for open hitting range. Participants will be able to hit restrictive flight balls into a net, indoors. Registration not required. Balls available at front counter of the ARC during allotted time frames. Price is $10 for 20-minute segments.

*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>NA</td>
<td>W: Jan 7-Feb 25</td>
<td>10am-2pm</td>
<td>All</td>
<td>$10 per 20 min</td>
</tr>
<tr>
<td>NA</td>
<td>F: Jan 9-Feb 27</td>
<td>12-2pm</td>
<td>All</td>
<td>$10 per 20 min</td>
</tr>
</tbody>
</table>

**LANGUAGES**

**CLASSES FOR YOUTH**

**NEW! BEGINNING SPANISH 101**
For beginners with NO experience in Spanish. Develop effective communication skills through development of listening, reading, speaking and writing. Focus also on cultural beliefs, values and aspects of everyday life in Spanish-speaking nations. Call 817-5077 for details.

*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>213124-01</td>
<td>T: Jan 6-Feb 24</td>
<td>6-7pm</td>
<td>18 &amp; up</td>
<td>$31</td>
</tr>
</tbody>
</table>

**NEW! BEGINNING SPANISH 2**
Continue with skills learned in Spanish 101. Refine your speaking and written abilities! Call 817-5077 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>213125-01</td>
<td>T: Mar 5-Apr 28*</td>
<td>6-7pm</td>
<td>18 &amp; up</td>
<td>$31</td>
</tr>
</tbody>
</table>

*No class 3/28

**MUSIC**

**CLASSES FOR YOUTH**

**PERCUSSION, DRUM, & WOODWIND LESSONS**
Lessons are available through Community Recreation. Glen “Bummer the Drummer” Ward of the Kansas City Street Band is the instructor for percussion classes. Leave a message for Glen at 817-5077.

**CITY-WIDE DRUM LINE & RHYTHM BAND**
This group of percussionists enjoy being in the public eye. The group is directed by Glen “Bummer the Drummer” Ward, and has performed in the Holiday Parade in November and First Night on New Year’s Eve. If you are interested in expanding your knowledge of percussion and being part of a fun group, sign up and join the fun. For more information leave a message for Glen at 817-5077.

**CITY-WIDE FLAG LINE**
Come join the Flag Line! The group performs with the Drum Line at various events and parades throughout the year. For kids ages 7-18, dance experience is preferred but not required. This is a great opportunity to have fun, make new friends and get fit! Call Mary at 817-5077 for information.

**BEGINNING PIANO AND KEYBOARDING**
Is your child interested in becoming a master of the keys? In this class, you’ll learn the basics of piano for beginners. Email madeway@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>21319-01</td>
<td>Th: Feb 21-Apr 9*</td>
<td>6-7pm</td>
<td>6-13</td>
<td>$48</td>
</tr>
</tbody>
</table>

*No class 3/26

Five Ways to Register:

1. **Online:** Go to [www.GoColumbiaMo.com](http://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)
SPRING ADVENTURE CAMP
Are you looking for a fun way to spend Spring Break? 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. Constant supervision and guidance from camp counselors ensures that each camper will have a fun-filled spring break to remember! 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>

NEW! AFTER SCHOOL HOMEWORK ASSISTANCE
Open to all ages! Come by the Armory for tutoring with your homework assignments. Free, M-F from 3-6 pm. Many of the volunteer tutors are provided by MU’s Office of Service Learning. For more information, call Mary at 817-5077.

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, XBOX360, standup arcade machine, or just watch a movie. There is always something to do!

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></td>
<td>Drop in</td>
<td>M-F: 2:30-6:30 pm</td>
<td>8+</td>
<td>Free</td>
</tr>
</tbody>
</table>

“SCHOOL’S OUT” HOLIDAY CAMP
Children grades K-5 can spend their Holiday Break enjoying crafts, games, sports, and swimming at the ARC. ARC staff will ensure a fun and safe time for everyone. Enrollment is limited so sign up early. NOTE: Each child should bring a sack lunch, swimsuit, and towel. Children may be dropped off at the ARC Meeting Rooms as early as 7:45 am and must be picked up by 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>203950-01</td>
<td>M: Dec 22</td>
<td>8 am-5 pm</td>
<td>5-11</td>
<td>$45</td>
</tr>
<tr>
<td>203950-02</td>
<td>Tu: Dec 23</td>
<td>8 am-5 pm</td>
<td>5-11</td>
<td>$45</td>
</tr>
<tr>
<td>203950-03</td>
<td>M: Dec 29</td>
<td>8 am-5 pm</td>
<td>5-11</td>
<td>$45</td>
</tr>
<tr>
<td>203950-04</td>
<td>Tu: Dec 30</td>
<td>8 am-5 pm</td>
<td>5-11</td>
<td>$45</td>
</tr>
</tbody>
</table>

“SCHOOL’S OUT” ONE DAY CAMPS
The ARC will be offering one day camps on days Columbia Public Schools are closed for Grades K-5. Activities will include swimming, sports, crafts and games. Enrollment is limited so sign up early. NOTE: Each child should bring a sack lunch, swimsuit, and towel. Children may be dropped off at the ARC as early as 7:45 am and must be picked up by 5:15pm. 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>203951-01</td>
<td>F: Feb 13</td>
<td>8 am-5 pm</td>
<td>5-11</td>
<td>$45</td>
</tr>
<tr>
<td>203951-02</td>
<td>M: Feb 16</td>
<td>8 am-5 pm</td>
<td>5-11</td>
<td>$45</td>
</tr>
<tr>
<td>203951-03</td>
<td>F: Feb 27</td>
<td>8 am-5 pm</td>
<td>5-11</td>
<td>$45</td>
</tr>
</tbody>
</table>

YOUTH BASEBALL AND SOFTBALL REGISTRATION, see insert

YOUTH SOCCER REGISTRATION
Sporting Columbia Soccer has some openings for youth play during the upcoming 2015 spring season. Interested players should register at www.sportingcolumbia.net from Feb 15-March 15, 2015; players will be placed on availability. There is a chance to form new teams. The spring season consists of seven games with most games being played on Saturday mornings. The season is scheduled to begin late March and conclude early May. For more information log onto www.sportingcolumbia.net.

Registration for the 2015-2016 fall and spring seasons will begin May 1 and conclude July 1. All returning players will receive registration information via email. Any new player to the league may sign up online during the registration period. The Sporting Columbia Soccer program is for all players ages 4-18. The Sporting Columbia Soccer website is www.sportingcolumbia.net.
GET IN THE GAME

Lacrosse
IS IT IN YOU?

MID-MISSOURI LACROSSE LEAGUE

Boys & Girls
Grades 3-8

Go to www.columbialax.org for Contact Information
Boys and Girls Grades 3-8
(Spring Season - March thru June)
Registration Opens December.
Go to www.columbialax.org for Contact Information.
BEGINNING ARCHERY
Come learn more about this growing sport! Bring your own bow and arrows if you have them, or equipment will be provided. First class of each session will be held at the ARC, all others will be 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.
Location: ARC and Powder Horn Gun and Archery Shop
Instructor: Jim Sappington

START SMART BASKETBALL
This program will teach the children the basic motor skills necessary to play basketball while they work one on one and spend quality time with their parents. The program focuses on teaching children and their parents dribbling/ball handling skills, shooting, passing/catching, and running/agility.
Location: Court 1 @ ARC

START SMART GOLF
Start Smart Golf is a developmentally appropriate introductory golf program for children. It is a parent participation program for children who have never played golf. Start Smart teaches parents how to teach their child golf using fun, age appropriate equipment. Start Smart Golf prepares children for traditional golf without the threat of competition or the fear of failure.
Location: Court 1 @ ARC

HOME SCHOOL PE
This physical education class is designed for home school children. A variety of age appropriate fitness games and activities will be introduced. Youth will have a good deal of fun while they work on different aspects of physical fitness. ARC Member rate $12 per child for the first two children, 3rd child 1/2 price, 4th child is free. Non Member rate is $16 per child for the first two children, 3rd child 1/2 price, 4th child is free. This activity does not allow web registration. Please call the ARC to register, 573-874-7700.
Location: Court 1 @ ARC

DOUGLASS HIGH SCHOOL GYM
Take part in activities such as basketball and volleyball and special events such as talent shows, community programs, also held in this facility. Staff will help you with fundamentals of basketball to sharpen your game.
Location: Douglass High School Gym @ Douglass High School

For more information, visit www.bluethundertc.shutterfly.com or contact Jim Sappington at 874-6378 or email cdcross@gocolumbiamo.com.

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)
DOUGLASS BULLDOGS BASEBALL LEAGUE
We are an instructional, non-competitive league concerned with helping youth develop their skills in baseball. Boys AND girls can participate. We will have training clinics for both youth and adult volunteers. Players receive a league hat and shirt. Registration begins Feb 1 and forms will be available at the Parks & Recreation Administrative office, the ARC, the Armory Sports Center & online at www.gocolumbiamo.com. Volunteer coaches and umpires are needed. Season begins in June.

Location: Douglass Baseball Field

FOR ADULTS

SEE ARCHERY CLASS IN YOUTH SECTION
REGISTER FOR ALL ADULTS SPORTS ON LINE AT www.GoColumbiaMo.com

ADULT SPRING, SUMMER AND FALL SOFTBALL
Registration packets will be posted on line at www.GoColumbiaMo.com/ParksandRec/Sports/ during the week of January 5.

LEAGUES: men's, women's and coed; divided into “B”, “C”, “D” and “E” divisions with “B” being the most competitive.

REGISTRATION: Feb 16 or until filled. Teams may register online or by going to the Parks and Recreation office at 1 South Seventh. Spring league registration will close March 27.

GAMES: played at Rainbow Softball Center
For specific leagues and league fees, pick up a registration packet at the Parks and Recreation office or go to www.GoColumbiaMo.com/ParksandRec/Sports/

ADULT WINTER VOLLEYBALL
Registration ongoing – Fee: $315.20 per team. Teams play 24 games.
Location: Armory Sports Center
League play: begin late Feb and conclude in mid Apr
Leagues available: men's, women's, coed

ADULT SUMMER SAND VOLLEYBALL
Registration: begins March 3-April 15
Registration fee: $315.20 per team
Games: all teams will play 8 games
Location: Rainbow Softball Center
League play: games begin in May
Leagues available: Coed B, Coed BB

ADULT DROP-IN BASKETBALL
Looking for a pick-up game or to just shoot hoops? The Armory will be available. Punch cards available at Armory front desk.
Location: Armory Sports Center

Class # Date Time Age Price
NA W, Sa: (T-Ball) 5:30 pm & later 5&6 $27
NA Tu, F: (Coach Pitch) 5:30 pm & later 7&8 $27
NA M, Th: (Kid Pitch) 5:30 pm & later 9&10 $27

Note: Parents are encouraged to volunteer as coaches; and sponsorship opportunities are available.

NEW CITY HOOPS
Come in Tuesday after school to get better at the game you love! Staff will work with you on some of the basics and will also give you tips to get an edge on the competition. This is for all school-aged youth.
Location: Armory Sports Center

Class # Date Time Age Price
NA Tuesdays 4:30-6 pm 6-17 Free

LOOKING FOR INDOOR PRACTICE COURTS?
See page 7 for ARC court rental options!

SPORTS OFFICIALS NEEDED
Adult and Youth Softball
Adult and Youth Basketball
Adult Volleyball
Youth Baseball
For more information call 874-7706.
Providing youth baseball and softball opportunities to Columbia area kids since 1963.

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

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

Registration for our 2015 leagues is 1/1/15 – 2/28/15

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

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

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

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

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

All our leagues are USSSA sanctioned.

www.diamondcouncil.net

Hiring UMPIRES for 2015 Spring & Summer.
Contact DC at DiamondCouncilCoMo@gmail.com

THANK YOU! 2014 Team Sponsors

If you would like to become a team sponsor for our 2015 Season contact us at (573) 499-9741 or DiamondCouncilCoMo@gmail.com
**HOLIDAY TOYS FOR COLUMBIA’S YOUTH**

Get in the giving spirit this holiday season! When you are out shopping, please pick up an extra gift for a needy child for the annual drive, Holiday Toys for Columbia’s Youth. Toys or monetary donations are accepted at 1 South 7th Street through December 12. We accept cash, check or debit/credit card. A letter of receipt for tax purposes will be provided for your generosity. Please call 874-7460 for more information.

**SANTA HOTLINE**

Saturday, December 6

Children between the ages of 3-10 can call the North Pole from 9 am to 3 pm and will have the opportunity to speak with Santa or Mrs. Claus or one of the many elves. CALL 874-7473 or 874-6335 ONLY on this day.

**CITY KWANZAA CELEBRATION**

Saturday, Dec 6, 2-5 pm

Douglass High School

Come celebrate this African-American holiday which is based around developing positive families and communities. There will be awards given, entertainment and a holiday feast. Please call 874-6379 for more information. Free.

**LIGHTS AND SIGHTS TOUR**

Enjoy some of Columbia's beautiful holiday lights from the comfort of Parks and Recreation's mini-buses! Tours depart from the ARC.

<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>209450-01</td>
<td>F: Dec 19</td>
<td>6:15-7:30 pm</td>
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<tr>
<td>209450-02</td>
<td>F: Dec 19</td>
<td>7:45-9:00 pm</td>
<td>All</td>
<td>$7.50</td>
</tr>
</tbody>
</table>

**COLUMBIA EVE FEST 5K RUN/WALK**

December 31, 4 pm

Flat Branch Park

Run into the New Year and start 2015 off on the right foot! Registration forms can be found at www.firstnightcolumbia.org or www.columbiatrackclub.com. All pre-registered runners receive a long-sleeved t-shirt and an Eve Fest admission button. Coordinated by Columbia Track Club.
COLUMBIA EVE FEST – A NEW YEAR’S EVE CELEBRATION OF THE ARTS
December 31, 2014
See back cover for details.

DR. MLK MEMORIAL CELEBRATION
Mon, January 19
The candle light walk will begin at 6:30 pm at Douglass High School, which will proceed to the Memorial Celebration at St. Luke UMC, 204 E. Ash, where a service will be held. Open to all, free. Call Bill Thompson at 874-6379 for more information.

BLACK HISTORY MONTH ACTIVITIES
Columbia Black History Exhibit
Organizations, schools, agencies etc. please call for reservations. Groups can view a presentation on site or at your location on weekdays in February, free. Call 874-6379.

African-American Film & Discussion
Thursday, Feb 5, Armory Sports Center, 7 pm
“12 Years a Slave”

Black History Month Talent Show
Thursday, Feb 12, Douglass High School, 7 pm

Black History Month Discussion
Thursday, Feb 19, Armory Sports Center, 7 pm

Gospel Explosion & Soul Food Dinner Musical Celebration
Sunday, February 22, St. Luke UMC, 204 E. Ash, 3 pm
Come and enjoy lots of great gospel music from local and regional acts. Afterwards there will be a soul food feast for all that attend. Free

WOMEN’S MONTH ACTIVITIES
Presentations
Organizations, schools, agencies etc. please call for reservations. Groups can view a presentation on site or at your location on weekdays, free. Call 874-6379.

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

SPECIAL EVENTS CALENDAR

DECEMBER
6 .............................................................................. SANTA HOTLINE
children ages 3-7 call 874-7473 only from 9 am to 3 pm
6 .............................................................................. CITY KWANZAA CELEBRATION
Douglass High School, 2-5 pm, Free
19 .............................................................................. HOLIDAY LIGHTS AND SIGHTS TOUR
Meet at the ARC, 6:15-7:30 or 7:45-9 pm, $7.50 per person, must pre-register
31 .............................................................................. COLUMBIA EVE FEST 5K RUN/WALK
Flat Branch Park, 4 pm

JANUARY
5 .............................................................................. CARE SUMMER PROGRAM APPLICATIONS AVAILABLE ONLINE
19 ................................................................. DR. MARTIN LUTHER KING JR. CANDLE LIGHT WALK AND CELEBRATION
Walk at Douglass H.S. at 6:30 pm, proceed to St. Luke UMC
24 .............................................................................. R.O.C. 7K TRAIL RUN
Rhett’s Run Trail at Cosmo Park, 9 am, $30 in advance, $35 race day

FEBRUARY
5 .............................................................................. BLACK HISTORY MONTH:
African-American film and discussion, “12 Years a Slave.”
Armory Sports Center, 7 pm, free
12 .............................................................................. BLACK HISTORY MONTH TALENT SHOW
Douglass High School, 7 pm, Free
19 .............................................................................. BLACK HISTORY MONTH:
African American panel discussion, Armory Sports Center, 7 pm, free
22 .............................................................................. BLACK HISTORY MONTH:
Gospel Explosion and Soul Food Dinner, St. Luke UMC, 3 pm, Free

MARCH
1 .............................................................................. BOY/GIRL SCOUT DAY
Hickman Pool, 1-3 pm, pre-register, $3 per child
4 .............................................................................. SPRING/SUMMER Leisure Times AVAILABLE
21 .............................................................................. ANNUAL TRAIN SHOW
Paquin Tower, 10 am-3 pm, Free
Park Sales Tax

Working for our Community!

Installation of field lights for football/lacrosse, supporting youth athletics

Reconstruction of Maplewood Barn, after it was destroyed by fire

Renovation of Shepard Tennis Courts, resolving severe court cracking problem

Renovation of Little Mates Cove, replacing worn out equipment and facilities

Development of Hominy Creek Trail, connecting citizens to Columbia Trail System

Phase 2 development of Atkins Ballfield Complex, supporting tourism in Columbia

These projects were funded in whole or part by the Park Sales Tax
Discover Dinosaur Bones at Cosmo Park!

The largest playground in Columbia's park system, Steinberg Playground at Cosmo Park, has been completely renovated. New play features take children from prehistoric times to the space age. The former 112,000 square foot, 17-year-old playground was in need of replacement due to worn equipment, difficulty in procuring replacement parts, and the need to comply with current safety and accessibility standards. Thanks to the voter-approved Park Sales Tax, funding was available to do the much needed renovations. So far, kid reviews are great!
When residents were asked to describe their favorite things in and around Columbia, ‘‘park’’ was the word most used to describe a favorite place to go, and ‘trail’ was the third-most-used word.”

Source: Columbia Imagined - The Plan for How We Live & Grow
BECOME A FRIEND OF COLUMBIA PARKS AND RECREATION!

It is free and allows you to become an informed and involved patron in recreation activities and parks in our community.

As a Friend, you will receive:

• Welcome Packet with letter, decal and discount coupon
• Monthly Friends and Parks & Recreation E-Newsletters
• Special discounts and passes to facilities and activities.

Visit www.GoColumbiaMo.com to become a Friend today!

Friends of Columbia Parks & Recreation

COLUMBIA EVE FEST
A New Year’s Eve Celebration of the Arts

Join us for a New Year’s Eve Block Party on 9th Street, in The District.

Magic, Dancing, Music, Grand Finale
Children’s Entertainment & Finale

Boone Hospital 5K Run/Walk, Cyclextrme -
www.columbiatrackclub.com

www.columbiaevefest.com

General Information: 573 874-7460,
To Volunteer: 573 874-7499,
Stay Overnight: Visit
www.visitcolumbiamo.com
Early ticket purchase: $6; Door: $8;
Children: 6 & under Free

December 31st, 2014
7:00 p.m. to midnight
In the District on 9th Street between Elm & Locust at multiple venues

Financial assistance has been provided by Missouri Arts Council, a state agency.