

Youth and Adult Sports Programs

NFL - Punt, Pass & Kick

Sat., Sept. 25 1:00 - 3:00 p.m.
FREE Maury County Park



The NFL Punt, Pass & Kick program, ages 6- 15, is a national skills competition for boys and girls who want to demonstrate their athletic football skills. The top division finishers from each age group at this local competition will advance to a **SECTIONAL** with future top finishers compete at an NFL Playoff Game.

Contact the Armory Recreation Center for more program information, 380-2742.

Home School Sports Program

This program offers home school students the opportunity to learn sports skills, be active in a fun, supervised, positive setting. Sports includes: kickball, soccer, pillow polo, volleyball, basketball and relays.

Friday, September 10 – December 10 12:30 – 1:30 p.m.
FREE Macedonia Recreation Center

Cheerleading

Young Champions are offering youth cheerleading for boys and girls ages 4 – 15 years old. Registration held prior to the first class. Program conducted August 25 – December 15. There is a \$7.00 non-refundable registration fee.

W (ages 4 – 6) Level 1 5:30 – 6:15 p.m.
W (ages 7 - 9) Level 2 6:30 – 7:15 p.m.
W (ages 10-15) Level 3 7:30 – 8:15 p.m.
\$7 per week Armory Recreation Center

Youth & Adult Volleyball Programs

You are invited to participate in any of the FREE volleyball programs which best fits your skill level.

Age/Playing Level	Day and Time	Location
Adult Competitive	Monday 6 – 8 p.m.	Armory
Youth (7 – 15)	Wednesday 4 – 6 p.m.	Macedonia
Adult Recreational	Wednesday 6 – 8 p.m.	Macedonia

Adult Singles & Mixed Doubles Tennis Tournament

Register for the tennis tournaments at Woodland Park. Spaces are limited for each tournament division. Registration deadline is September 9.

Register before the deadline \$15 per person
Register after September 9 \$25 per person



Division	Tournament Dates	Participants Meeting**
Singles	September 13 - 18	Thurs., Sept 9 6:30 p.m.
Doubles	Sept. 27 – Oct. 2	Thurs., Sept 23 6:30 p.m.

**Participant meeting will be held at the Armory Recreation Center

Ping Pong Ladder Tournament

Ladder Tournament registration deadline is Thursday, September 30. Tournament begins the week of October 4. There will be seven (7) weeks of great competition.

FREE Armory Recreation Center

Family and Community Programs

Maury County Community Band Fall Concert



You are invited to enjoy an hour of wonderful music presented by Community Band. Bring your blanket, chairs, family and friends and sit back and relax

FREE

Saturday, September 18 2:00 – 3:00 p.m.
Woodland Park Amphitheater

Family Night Fun

Your family is invited to join in monthly family fun of games, crafts, relays, volleyball, basketball and refreshments.

Friday, September 17 6:00 – 7:30 p.m.
Friday, October 15 6:00 – 7:30 p.m.
FREE Macedonia Recreation Center



Harvest Happenings Family Hayride

Your family is invited to enjoy an evening hayride, storytelling, games, custom contest and enjoy a cup of hot apple cider. Hayrides depart the shelter at 6:15, 6:45, 7:15 p.m.

Friday, October 22 6:00 – 7:30 p.m.
FREE Woodland Park, Rotary Shelter

Halloween Festival

Enjoy an evening of safe Halloween fun at the Macedonia Center. Enjoy a variety of fun games, face painting.

Friday, October 29 4:30 – 6:00 p.m.
FREE Macedonia Recreation Center



Celebrate National Red Ribbon Week

Join the Parks and Recreation Staff and celebrate National Red Ribbon Week. This national program promotes **“Staying Drug Free”**. There will be lots of fun, family games, relays, volleyball, informational materials, snacks and refreshments.

Tuesday, October 26 6:00 – 7:30 p.m.
FREE Macedonia Recreation Center

Youth Fall Break Programs

Fall Break Youth Activity Club at Fairview

Stop by the Fairview Recreation Center during the Fall School Break and enjoy a variety of activities.

M – F, October 4 – 15 1:00 – 5:00 p.m.
FREE Fairview Recreation Center

Youth Time at Macedonia

Youth stop by the Macedonia Recreation Center during Fall School Break and play basketball, volleyball, table games and participate in other fun activities during the day.

M – F, October 4 – 15 12:30 – 3:30 p.m.
FREE Macedonia Recreation Center

Seniors (55 and older)

Columbia Twisters Toning and Exercise

The Columbia Twisters is a seniors group that meets three (3) times a week for fun, exercise and fellowship. Participants combine fun and exercise while improving their body movement, flexibility and balance.

M/W/F 10:00 – 11:00 a.m.
FREE Armory Recreation Center

Health and Fitness



Walk For the Health of It!

Join the three Columbia Parks and Recreation Center participants as we team up for fitness. Help us **Walk across the U.S.** for a total of 2774 miles, September 20 – December 17

Walking is a great way to exercise and burn calories!

Anytime you walk (shopping, treadmill, walking the dog, or walking with friends etc.), just update your progress at any of the three (3) Recreation Centers.

Walk and watch the team's miles grow!

FREE Armory Recreation Center
Fairview Recreation Center
Macedonia Recreation Center



Tennessee Shapes Up Cooking School

Join friends and neighbors at a series of nutrition and cooking classes conducted by the local UT Extension Office. Learn to plan nutritious and delicious low-cost meals for your family. Different recipes will be prepared at each class, and participants will get to sample the dishes.

Wednesday, September 8 10:00 – 11:30 a.m.
Wednesday, October 13 10:00 – 11:30 a.m.
Wednesday, November 10 10:00 – 11:30 a.m.
FREE Fairview Recreation Center

Fitness Equipment Orientation

Orientations to the Health and Fitness Center are offered on a daily basis. Each appointment includes a tour of the Health and Fitness Center. Cardiovascular and strength training equipment will be introduced. To schedule an appointment, call 380-2742.

FREE Armory Recreation Center

Armory Recreation Center Fitness Center Membership

The Armory Recreation Center has a full size basketball court, punching and speed bag and a complete fitness center.

Fitness Center Membership

The fitness center provides free-style weights, weight machines, benches and aerobic equipment including stationery bikes, treadmills, and cardio machines including an **Elliptical Cross Trainer and Concept II Rowing Machines.**

Membership Type	Individual	Senior
Annual	\$75	\$55
6 Month	\$60	\$40
3 Months	\$40	\$30
1 Month	\$20	\$20
1 Day	\$3	\$3

*Family Memberships are available with **annual** individual or Senior Membership package only. The price for each additional family membership will be one half of the initial individual or senior membership fee. **Family memberships apply to annual memberships only.**

*Family is defined as husband, wife, dependent children, or mother and father living at home.

Contact Us & Visit Our Website

Columbia Parks and Recreation Department
821 West 9th Street (Woodland Park)
(931) 388-8119

Armory Recreation Center
503 Carter Street
(931) 380-2742

Fairview Park Recreation Center
871 Iron Bridge Road
(931) 380-2740

Macedonia Recreation Center
501 Armstrong Street
(931) 380-2738

Please contact the Recreation Centers for specific gym and facility hours.

All Recreation Centers are closed on Sundays.

www.columbiatn.com



Fun, Places, People