



Columbia Parks and Recreation Department

January – April 2010

Programs and Events

Pre-school, Youth & Adult Sports

Cheerleading

Young Champions are offering youth cheerleading for boys and girls ages 4 – 15 years old. Program dates are January 27 – May 12. 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	6:15 – 7:00 p.m.
W (ages 10- 15) Levels 3 & 4	7:00 – 7:45 p.m.

\$7 per week Armory Recreation Center

Adult Volleyball Program

Enjoy playing volleyball? You're invited to participate in this non-competitive Wednesday Adult Volleyball program.

W 6:00 – 8:00 p.m.
FREE Macedonia Recreation Center

“Road to the Final Four” Hot Shot Contest

The Hot Shot Contest challenges boys and girls, ages 7 – 17, basketball shooting and rebounding skills. Participants score as many points as possible from different point zones within 60 seconds. The highest score in each division wins.

Saturday, March 27 1:00 – 3:00 p.m.
FREE Armory Recreation Center

Adult Volleyball Club

This club is for those volleyball players who want a more competitive atmosphere.

M (March – April) 6:00 – 8:00 p.m.
FREE Armory Recreation Center



Spring School Break Weeks of March 31 – April 13, 2010

The Columbia Parks & Recreation Department will be offering youth and family programs during the Spring School Break.

Detailed flyer with program descriptions and registration will be available Monday, February 15, 2010.

Youth Afterschool

Youth Activities Club

Youth ages 6 – 12, will have time for homework, fun games, crafts and sports. The fun and upbeat atmosphere will encourage team work, builds friendships and community bonds.

M/T/TH 3:30 – 5:30 p.m.
FREE Fairview Recreation Center

Let's Get Active – Youth Fitness

Classes are designed with a variety of activities, including wiffleball, running games, kickball, basketball, tennis, parachute, soccer and volleyball. Come ready to play.

M/T/TH 3:15 – 4:00 p.m.
FREE Armory Recreation Center

After School Learning Program

This program, grades 1-6, provides homework time followed by activities: arts & crafts, sports, table and educational games.

M/T/TH 4:00 – 6:00 p.m.
FREE Macedonia Recreation Center

RESERVED Youth Gym and Game Room Time

Youth, the GYM is reserved time for you! Check out a basketball or stop by the game room (Kids Zone) for table games and other daily activities.

M/T/W/TH/F 4:00 – 5:00 p.m.
FREE Armory Recreation Center

Youth Volleyball Program

This program allows youth, ages 8 – 12, the opportunity to learn basic volleyball fundamentals and skills followed by several games.

Wednesday 4:00 – 6:00 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

Valentine's Day Lunch

All seniors are invited to join the Columbia Twisters at Shoney's for lunch on Friday, February 12. Enjoy great fellowship and food. Order from the menu or the buffet. Bring a \$2.00 (old, new, junk, gag) gift for a gift exchange.

Each person is responsible for their own meal, beverage and tip.

Friday, February 12 11:30 – 1:30 p.m.

Youth & Family Special Events

Black History Celebrations

Celebrate Black History Month every Thursday throughout February. Learn facts, and celebrate the contributions African-Americans have made in our community and the world.

Thursday, February 4, 11, 18 & 25 5:15 – 6:00 p.m.
FREE Macedonia Community Center

Black History Month

Join us during the month of February and celebrate and learn about Black History in Columbia and across the United States.

Feb. 1 – 6 Winning Freedom, 1845 - 1900
Feb. 7 – 13 Right To Vote, 1900 – 1920
Feb. 14 – 20 Struggles of a Black Citizens, 1920 – 1970
Feb. 21 – 28 Road to Equality, 1970 - 2009
M/T/TH 3:30 – 5:00 p.m.
FREE Fairview Recreation Center

Daddy-Daughter Valentine Dance

“Butterfly Kisses”

Dads, grandfathers, daughters or granddaughters of all ages this special dance is held in your honor. Treat yourself to refreshments, variety of snacks, music for your listening and dancing pleasure.

Please R.S.V.P. by Tuesday, February 9; 380-2740.

Friday, February 12 7:00 – 9:00 p.m.
FREE Fairview Community Center

Valentine Sock Hop

You are invited to a special Community Valentine Sock Hop at the Macedonia Recreation Center. Enjoy great music, snacks and refreshments.

Friday, February 12 5:00 – 6:30 p.m.
FREE Macedonia Community Center

Black History Music Festival

The community is invited to enjoy an evening of inspiring music celebrating Black History Month. Area churches, musicians and choirs will provide the music.

Monday, February 15 6:00 – 8:00 p.m.
FREE Fairview Recreation Center

Community Kite Fly

Bring your favorite kite and join us for a community kite fly on a March Saturday afternoon. Darrel Teeple, radio controlled helicopter operator, will join in the aviation action.

Saturday, March 20 1:00 – 3:00 p.m.
FREE Woodland Park, Rotary Shelter Field

Easter Egg Hunt

Children, ages 3 – 10, will enjoy the community Easter Egg Hunt at the Rainey House, Woodland Park. Bring your favorite Easter basket.

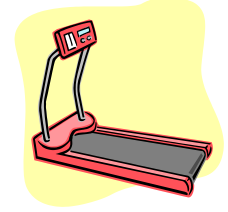
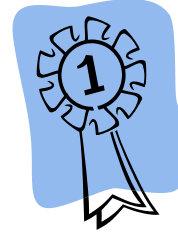
Sat., April 3 3 -5 year olds 10:30 – 10:45 a.m.
Sat., April 3 6 – 10 year olds 11:00 – 11:30 a.m.
FREE Woodland Park, Rainey House

Trike Hike

This is a special event for children with tri-cycles, big wheels or training wheels! Bring your “wheels” to River Walk Park and join in the First Community Trike Hike. Decorate your bike, ride River Walk Park and try your skills at the obstacle course.

Saturday, April 24 1:00 – 2:30 p.m.
FREE River Walk Park

Fitness Programs



Walk to Panama City, FL for Spring Break

Walk For the Health of It!

Can you walk from Columbia, TN to Panama City FL, 433 miles, before April 11? Everyone is welcome to join in this program; it's a great way to exercise and burns calories!

Anytime you walk (shopping, treadmill, walking the dog, or walking with friends etc.), just update your progress at the Armory Recreation Center.

All walkers are invited to join us Monday, April 12 for a Spring Break Beach Cook-Out at the Armory at 12 noon.
FREE Armory Recreation Center

Ultimate Fitness Challenge 2010

Participant in a series of fitness competitions including strength exercises, flexibility and timed agility speed events. Participants will compete in gender and age divisions. Points are awarded for each place. Winners will be determined by the most points of the six (6) events.

Events

- Agility Speed Sprint
- Standing Long Jump
- Push-Up
- Sit & Reach
- Shuttle Run
- Obstacle Course

Saturday, March 13 9:30 – 12:00 p.m.
\$5 for the entire challenge Armory 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, January 13 10:00 – 11:30 a.m.
Wednesday, February 10 10:00 – 11:30 a.m.
Wednesday, March 10 10:00 – 11:30 a.m.
Wednesday, April 14 10:00 – 11:30 a.m.
FREE Fairview Recreation Center

Fitness and Equipment Orientation

Let our Fitness Counselors help you design the right program for you. Fitness and equipment orientations include setting a schedule to suit your goals, review your health history and exercise habits while introducing cardiovascular and strength routines. Orientations are offered on a daily basis and take about 30 minutes to complete. To schedule an appointment, call 380-2742.

FREE Armory Recreation Center

Armory Recreation Center Fitness Membership

The Armory Recreation Center has a full size basketball court, ping pong, 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 stationary 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 any individual or Senior Membership package. The price for each additional family membership will be one half of the initial individual or senior membership fee.

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

Registration Information

- Payment must be made at time of registration to hold your space.
- Register in person at service counter during center business hours. Fill out registration form with full payment in cash, check, or money order.
- Once a class fills to capacity, a waiting list will be established.
- Minimum Enrollment required.

Contact Information & Website

Columbia Parks and Recreation Department
 821 West 9th Street (Woodland Park)
 (931) 388-8119
 Monday – Friday 7:30 a.m. – 4:00 p.m.

Armory Recreation Center
 503 Carter Street
 (931) 380-2742
 Monday – Friday 7:30 a.m. – 8:00 p.m.
 Saturday 9:00 a.m. – 5:00 p.m.

Fairview Park Community Center
 871 Iron Bridge Road
 (931) 380-2740
 Monday – Friday 10:00 a.m. – 6:00 p.m.
 Saturday 9:00 a.m. – 5:00 p.m.

Macedonia Center
 501 Armstrong Street
 (931) 380-2738
 Monday – Friday 12 noon – 8:00 p.m.
 Saturday 9:00 a.m. – 5:00 p.m.

All recreation centers are closed on Sundays.

www.columbiatn.com
Parks and Recreation Department

Do you have a program suggestion?

***Please share your idea with the
 Parks and Recreation staff.***