



Columbia Parks and Recreation Department

January 9 – April 30, 2012

Program Schedule

*Pre-school, Youth, Adults, Senior Adults,
Fitness, Sports, Afterschool, Community Events*

Checkout What's Inside



- Mommy, Daddy and Me Dance
- Bike Rodeo, Kite Fly, Easter Egg Hunt
- Tennessee Shapes Up Cooking School

- Fit 4 Lunch Fitness & Aerobic Training Class
- Adult Co-ed Dodgeball & Co-ed Kickball Leagues
- 3-on-3 Basketball Tournament

Pee – Wee Basketball Ages 5 & 6

2012 Pee – Wee Basketball Program

Boys and girls, ages 5 & 6, are invited to learn basic basketball skills in a positive setting. Players receive a basketball t-shirt, and participation certificate.



Registration Ends: January 14

Program Dates: January 21 – February 18

5 Year Olds* 9:30 – 10:15 a.m.

6 Year Olds* 10:30 – 11:15 a.m.

*age as of 12/31/2011

Program Cost: \$10 first child \$5 additional child

Program Location: Macedonia Recreation Center

Youth Afterschool

You, Me & Wii

Join in the fun at the Fairview Recreation Center. Try bowling, tennis, golf and many more Wii activities.

M/W/F 4:00 – 5:00 p.m.

FREE Fairview Recreation Center

KidActive

KidActive is a new after school activity program for youth grades 1 - 6. KidActive provides homework assistance along with physical activities and team sports in a fun, non-competitive environment.

M/T/TH 3:30 – 4:30 p.m.

FREE Macedonia Community Center

Homework Assistance



Stop by the Macedonia Recreation Center during the week for assistance with your homework.

M/T/W/TH/F 4:00 – 5:00 p.m.

FREE Macedonia Community Center

Youth Activity Club at Fairview

Join in and participate in a variety of fun, games, crafts, and sports. Ages 6 – 12.

T/TH 4:00 – 5:00 p.m.

FREE Fairview Recreation Center

Youth Sports

Cheerleading

Young Champions offers cheerleading for boys and girls 4 – 15 years old. Program begins Wednesday, January 25. There is a \$7.00 non-refundable registration fee.



Wed. (ages 4-9) Divisions 1 & 2

6:00 p.m.

Wed. (ages 10-15) Divisions 3 & 4

7:00 p.m.

\$7 per week

Armory Recreation Center

Youth Volleyball Program

Youth, ages 8 – 15, are invited to participate in the recreational volleyball program.



Wed. 4 – 6 p.m.

FREE

Macedonia Recreation Center

Major League Baseball



Showoff your baseball or softball skills

The Armory Recreation Center will host a **FREE** 1-day event in April or early May for youngsters ages 7 – 14.

The Pitch, Hit & Run event is designed to encourage youth participation in baseball/softball & allow youngsters to showcase their pitching, hitting and running abilities.

Columbia Area Competitions will be held
March 24 – April 28, 2012.

Check with the Armory Recreation Center, 380-2742
for specific times and locations.

February & March Community Events

Mommy, Daddy and Me Dance



Dads, moms, grandfathers, grandmothers, uncle, aunts, sons, grandsons, daughters and granddaughters this special dance is held in your honor. Treat yourself to snacks, refreshments, music for your listening and dancing pleasure.

R.S.V.P. Information:

Call the Fairview Recreation Center, 380-2740

by Monday, January 30

Friday, February 3 7:00 – 8:30 p.m.
FREE Riverside School – Cafeteria

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 20 6:00 – 7:30 p.m.
FREE Fairview Recreation Center

“Black History in Motion”

Be “moved” by the rhythms of area praise dance teams. Join us as we celebrate the journey back through the richness of African-American heritage as expressed through interpretive dance. The program will also feature step performance by the Brothers of Omega Psi Phi Fraternity and a musical performance by the Men of Phi Mu Alpha, Eta Xi Chapter of Tennessee State University.

Thursday, February 9 6:00 – 7:30 p.m.
FREE Macedonia Community Center



Community Spring Kite Fly

Bring your favorite kite and join us for the community kite fly. Refreshments will be provided.

Saturday, March 17 1:00 – 2:30 p.m. FREE
Riverwalk – Old Ball Fields Area

Afternoon Spring Break Programs

Ages 6 – 12
March 26 - 30

Spend your spring school break at the Fairview and Macedonia Recreation Centers participating in organized games, sports, and crafts during the day.

M - F March 26 - 30 FREE
1:00 – 3:00 p.m. Fairview Recreation Center
1:00 – 3:00 p.m. Macedonia Recreation Center

April Community Events



Community Easter Egg Hunt

Children, ages 1 – 10, bring your favorite Easter basket and join us and the Easter Bunny at the Easter Egg Hunt at the Rainey House, Woodland Park.

1 – 5 year olds 11:00 – 11:15 a.m.
6 – 10 year olds 11:15 – 11:30 a.m.

Saturday, April 7 FREE
Woodland Park, Rainey House

Earth Day Celebration

Help us plant the center garden and learn about recycling and reducing trash by participating in the center litter pick-up event.



Friday, April 20 4:30 – 5:30 p.m. FREE
Macedonia Recreation Center

Family Bike Rodeo



Officer Cook, School Resource Officer, invites families to the Third Annual Spring Bike Rodeo. You will learn traffic light and intersection safety tips, receive a bike safety check and try your skills at the obstacle course. Refreshments will be provided.

Saturday, April 21 1:00 – 2:30 p.m. FREE
Riverwalk – Shelter

Older Adults (55 and older)

Columbia Twisters Toning and Exercise “You’re Never Too Old To Twist”

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

Join us at Shoney’s for Lunch Tuesday, February 14. Enjoy great fellowship and food. Order from the menu or the buffet. Bring a \$2 (old, new, junk, gag) gift for a gift exchange. Each person is responsible for their own meal, beverage and tip.



Tuesday, February 14 11:30 – 2:00 p.m.
Shoney’s Restaurant

Spring Time Senior Bowling

Enjoy a morning of bowling and fellowship at Galaxy Bowling Lanes.



Wednesday, March 28 10:00 – 12:00 noon
Wednesday, April 18 10:00 – 12:00 noon
\$1 per game and \$1 shoe rental

Adult Co-ed Tuesday Dodgeball League

Join us for an evening of fun and participate in exciting games of Dodgeball. League is for anyone 18 and older.

Registration Deadline:
Tuesday, January 17

League & Tournament Play:
January 24 – March 20

Team Captain's Meeting:
Thursday, January 19 – 7:00 p.m.
Macedonia Recreation Center

\$25 per team

For more league information contact the
Macedonia Recreation Center, 380-2738

Geezer Madness 3-on-3 Basketball Tournament



Men's & Women's Divisions
35 and older



Registration Deadline:
Saturday, March 10

**Double Elimination
Tournament Play:**
Saturday, March 17

Tournament Fee:
\$5 per team

Captains Meeting:
Thursday, March 15
7:00 p.m. Armory Recreation Center

Program Location:
Armory Recreation Center
503 Carter Street, 380-2742

Adult Co-Ed Kickball Spring League "Not Just For Recess Anymore"

Registration Deadline:
Monday, April 16

Monday League Play:
April 23 – June 18
(8 weeks)

Single Elimination Tournament Play:
Monday, June 25

Team Captain's Meeting:
Thursday, April 19 – 7:00 p.m.
Armory Recreation Center

\$125 per team

League Play at Ridley Park

For more league information contact the
Armory Recreation Center, 380-2742

Healthy Tips

- Drink at least eight 8 oz. glasses of water a day (64 oz. or more)
- If eating out, select the healthy alternatives that are newly offered on the menu
- Avoid skipping meals, it lowers blood sugar and may cause fatigue and breakdowns valuable muscle tissue
- Eat every 2–3 hours to increase your metabolism and keep blood sugar levels stable
- 30 minutes of physical activity 3–4 times a week
- For EXTRA, do 30–40 minutes of vigorous activity 5 days a week

What Can Food Colors Do For You?

The colors of fruits and vegetables have been found to help prevent some diseases and improve your overall health.

Red offers powerful antioxidants that protect our cells and keeps our heart healthy.

Orange and **Yellow** colors protect the eyes, skin, membranes and the heart. These colors also help the immune system.

Green colors protect your vision, lower risks of some cancers and help build strong bones and teeth.

Blue and **Purple** colors take care of your as you age by protecting your memory function and lowering your risks for some cancers.

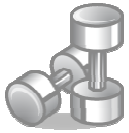
White fruits and vegetables help to maintain heart health and cholesterol levels.

Health and Fitness Programs

Aerobic Training Class

This class is based on an aerobic workout using cardio intervals that are designed to get your heart pumping, sweat rolling and the calories burning off. ATC also introduces the use of free weight to help strengthen your body's core and main muscles groups by doing high reps and low weight. This class is for **EVERYONE!**

M/TH 5:30 – 6:15 p.m.
\$3 per class or \$20 monthly pass
Armory Recreation Center



Total Body Workout

This afternoon group workout combines strength with cardio intervals for a total body workout. Each class contains different sculpting exercises using free-weights, medicine balls and resistance tubes. Cardio intervals may be floor or step based. In addition, there will core work focusing on abdominal and back strengthening.

Monday 4:30 – 5:30 p.m.
\$3 per class or \$20 monthly pass
Armory Recreation Center

Circuit Training Class

Circuit training is an excellent, efficient way to improve mobility, strength, muscle tone and stamina. It is great for boosting metabolism and weight loss. The class has strength and toning exercises that are performed for a specific number of repetitions or a set time.

T/TH 6:15 – 7:15 p.m.
\$3 per class or \$20 monthly pass
Armory Recreation Center

Fit 4 Lunch "A Midday Workout"



Just too busy to workout? Try the new corporate fitness craze, a midday workout. Midday workouts are 30 minute lunchtime workouts that are designed for all fitness levels. The program provides a quick boost in energy and decreases stress.

M/W 12:15 – 12:45 p.m.
\$3 per class or \$20 monthly pass
Macedonia Recreation Center

Walk for the Health of It!

**Walk around Lake Superior
January 2 – April 30, 2012**

Walk around the largest of the Great Lakes, Lake Superior. The walk will take you through two countries; United States and Canada, and three states which Lake Superior borders; Wisconsin, Michigan and Minnesota. This walk is 1,550 miles so anytime you walk (shopping, treadmill, walking the dog, or walking with friends etc.), just update your progress chart at the most convenient Recreation Center.

FREE Armory Recreation Center
FREE Fairview Recreation Center
FREE Macedonia Recreation Center

Health and Fitness Programs



Tennessee Shapes Up Cooking School

Learn to plan nutritious and delicious, low-cost meals for your family. Different recipes will be prepared at each class and you will be able to sample the dishes.

Wednesday, January 11 10:00 – 11:30 a.m.
Wednesday, February 8 10:00 – 11:30 a.m.
Wednesday, March 14 10:00 – 11:30 a.m.
Wednesday, April 11 10:00 – 11:30 a.m.
FREE Fairview Recreation Center

Equipment Orientation

Fitness equipment orientation introduces you to cardiovascular and strength routines. Orientations are offered on a daily basis and take about 30 minutes to complete.



To schedule an appointment, call the Armory Recreation Center, 380-2742.

Armory Recreation Center Fitness Memberships

The fitness center provides free-style weights, Nautilus weight machines, benches and aerobic equipment including stationary bikes, treadmills, and **Nautilus** 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 is defined as husband, wife, dependent children, or mother and father living at home.

Contact Us

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 Community Center
871 Iron Bridge Road
(931) 380-2740

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

**Please contact the Recreation Centers for
specific facility hours.**