



# Columbia Parks and Recreation Department

## Programs and Events

### November 2 – December 31, 2009

#### Pre-school & Youth

##### Basketball Program

Boys and girls, ages 4, 5 & 6, are invited to join our new Basketball Program. The program will help develop basketball skills, team play, good sportsmanship and fun through practice and team play. Practices will be held prior to games on Saturday.

Registration Dates: November 2 - December 11  
Clinic and Parent Meeting: January 9  
4 & 5 Year olds 9:30 a.m.  
6 Year Olds 10:30 a.m.  
Games Begin: January 16  
Games End: March 6  
Program Cost: \$15 first child  
\$10 additional child  
Program Location: Macedonia Community Center

##### Parents we need your help as volunteer coaches!

Coaches Clinic: December 5  
Clinic Time: 9:30 – 10:30 a.m.  
Coaches Clinic Location: Macedonia Community Center

##### Tumble Tots

A new program for children ages 4 and 5. This class will introduce your preschooler to the fundamentals of tumbling while improving their coordination. Learn proper warm-ups, rolls, balancing, hopping and jumping. Parents are encouraged to participate with their child. It's a great way to keep your child active and have fun!

M 1:30 – 2:00 p.m.  
\$5.00 Macedonia Community Center

##### After School Educational Learning Program

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

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

##### Afterschool Kickball

This program provides boys and girls, ages 6 – 12, with the opportunity to play and enjoy a great game of kickball. Everyone plays and is active in a positive, fun environment.  
F 4:00 – 5:00 p.m.  
FREE Macedonia Community Center

#### Special Events

##### Candyland

Play a king size version of this very popular board game. Come and visit some special friends who live in the magical place known as Candyland. Santa will be waiting at his Northpole castle.  
Saturday, December, 19 11:30 – 1:00 p.m.  
FREE Macedonia Community Center

#### Pre-school & Youth

##### Youth Activities Center - YAC

During this program, youth ages 6 – 12, will have time for homework, and designated days filled with 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 Community Center

##### KidActive

Parents are you looking for a safe, structured program for your child after school? "KidActive" is a new youth after school activity program for kids ages 7 – 12. KidActive focuses on basic skills and fundamentals of team sports, along with physical activities which are promoted in a fun, non-competitive environment.

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

##### Youth Open Gym and Game Room Time

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

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

##### Girls Power Youth Club

This club offers weekly support, provides individuals with a mentor-type relationship, allows for a safe environment to talk about situations about life at home, school & work, offers support for young girls & teenagers dealing with the challenges of peer pressure. Monthly themes:

November – "Nutrition and Personal Care"  
December – "Safety; Personal, Cell Phone and Internet"  
M 4:30 – 6:00 p.m.  
FREE Macedonia Community Center

##### Youth Volleyball Programs

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

Monday 4:00 – 5:00 p.m.  
FREE Armory Recreation Center

Wednesday 4:00 – 6:00 p.m.  
FREE Macedonia Community Center

#### Special Events

##### Youth Christmas Stories

Youth ages, 4 – 12, will hear Christmas stories, arts and crafts, games and refreshments while enjoying a visit from Santa Claus.

Monday, December 14 4:00 – 5:30 p.m.  
FREE Fairview Community Center

## Sports

*Have you registered for the  
Youth Basketball League, boys & girls, ages 7 – 17?*

**League Registration or Information Contact:**  
**Armory Recreation Center, 380-2742**

### Youth Wrestling

This program teaches the basis of high school wrestling (not WWE) as both a sport and as self defense. Your child will learn how to take their opponent down to the mat safely and pin them for the win. They will build strength, speed, agility and self-confidence. Class begins November 5.

TH 6:30 – 7:30 p.m.  
\$25 Armory Recreation Center

### Basketball Program

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### Parents we need your help as volunteer coaches!

Coaches Clinic: December 5  
Clinic Time: 9:30 – 10:30 a.m.  
Coaches Clinic Location: Macedonia Community Center

### Youth Hot Shot Basketball 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.

Wednesday, December 30 6:00 – 8:00 p.m.  
FREE Armory Recreation Center

### Adult Open Volleyball

Enjoy playing volleyball? You're invited to participate in the Wednesday Adult Volleyball program at the Macedonia Center.

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

### Cheerleading

Young Champions are offering youth cheerleading for boys and girls ages 4 – 15 years old. Class concludes December 9, (no class on November 25).

W (ages 4-6) Level 1 5:00 – 5:45 p.m.  
\$7 per week Armory Recreation Center

W (ages 7-9) Level 2 6:00 – 6:45 p.m.  
\$7 per week Armory Recreation Center

W (ages 10-15) Level 3 7:00 – 7:45 p.m.  
\$7 per week Armory Recreation Center

## Winter School Break Weeks of December 21 and 28

### Youth Hot Shot Basketball 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.

Wednesday, December 30 6:00 – 8:00 p.m.  
FREE Armory Recreation Center

### Holiday YAC – Youth Activity Center

The Fairview Recreation Center will be hosting the YAC program during the School Holiday Break. The program consist of days filled with fun, games, arts & crafts, and sports. The fun upbeat atmosphere will encourage team work, build friends and communities bonds.

December 21, 22, 23, 28, 29 & 30 1:00 – 3:00 p.m.  
FREE Fairview Community Center

### K.O.O.L. (Kids of Organized Leisure)

The K.O.O.L. program, features three (3) 45 minutes of supervised programs during the day. It's a great way to learn new games and activities, yet allows you the freedom to participate in the other programs and events offered at the community center. Limit 25 children. Please register by December 15 to reserve your child's space.

December 21, 22, 23, 28, 29 & 30 10:30 – 3:00 p.m.  
FREE Macedonia Community Center

## Leisure Programs (18 and older)

### Scrapbooking

Preserve and create wonderful memory books of those precious family events and moments? Whether you are a scrapbook junkie or someone ready to get started in scrapbooking, this program is for you. You will need your pictures and a scrapbook. Basic materials will be provided.

Friday 1:00 – 3:00 p.m.  
\$5.00 Armory Recreation Center

### Game Club

Enjoy playing Yatzee, Bingo or Rook? Join us for fun and fellowship every Monday afternoon

Mondays 12:00 noon – 2:00 p.m.  
FREE 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, November 18 10:00 – 11:30 a.m.  
FREE Fairview Community 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

### Columbia Twisters Fun Club

Join the Twisters for fun and fellowship during the week. Enjoy the Game Club, Senior Bowling and Scrapbooking. See club details below:

#### Game Club

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Mondays 12:00 noon – 2:00 p.m.  
FREE Armory Recreation Center

#### Scrapbooking

Want to preserve and create wonderful memory books of those precious family events and moments? Whether you are a scrapbook junkie or someone ready to get started in scrapbooking, this program is for you. You will need your pictures and a scrapbook. Basic materials will be provided.

Fridays 1:00 – 3:00 p.m.  
\$5.00 Armory Recreation Center

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Wednesday, November 18 10:00 – 11:30 a.m.  
FREE Fairview Community Center

### Annual Senior Christmas Dinner

The Ambassadors Club and the City of Columbia Parks and Recreation Department invite you to the Annual Senior Christmas Dinner. Come and celebrate the Christmas Holiday and enjoy great fellowship.

Saturday, December 12 11:00 a.m. – 2:00 p.m.  
FREE Fairview Community Center

### Travel Tennessee – For the Health of It!

Can you walk from Memphis to Bristol, TN, 500 miles before December 9? Everyone is welcome to travel Tennessee; 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. **Everyone who completes the challenge receives a special recognition shirt.**

**Watch your miles grow!**

FREE Armory Recreation Center

**Have suggestions for new programs?**

**Please let the Park and Recreation staff know.**

## Fitness Programs

### Tennessee Shapes Up Cooking School

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Wednesday, November 18 10:00 – 11:30 a.m.  
FREE Fairview Community Center

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**Watch your miles grow!**

FREE Armory 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 Center 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 an array of Aerobic equipment including stationary bikes, treadmills, and cardio machines including the **Precore EFX Elliptical Cross Trainer and Concept II Rowing Machines.**

Individual – Annual	\$75
Individual – 6 Months	\$60
Individual – 3 Months	\$40
Individual – 1 Month	\$20
Individual – 1 Day	\$3

Senior Individual – Annual	\$55
Senior Individual – 6 Months	\$40
Senior Individual – 3 Months	\$30
Senior Individual – 1 Month	\$20

\*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

### When are the programs offered?

Most programs conducted at the recreation centers are run by sessions.

Fall 2 November 1 - December 19 (7 weeks)  
Winter Break December 21 - January 4 (2 weeks)

### Program fees

Fees listed in the brochure are the cost for the entire session or special event, unless otherwise noted.

### How to register?

- Payment must be made at time of registration to hold your spot.
- 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. Please list your name, phone number and days/times preferred.

## Contact Us

### Columbia Parks and Recreation Department

821 West 9<sup>th</sup> Street  
(931) 388-8119

Monday - Friday 7:30 a.m. - 4:00 p.m.  
Saturday Closed

### 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 9:00 a.m. - 5:00 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.

## Website

[www.columbiatn.com](http://www.columbiatn.com)

- click on departments
- click on parks and recreation department for detailed daily calendars, registration forms, facility rental information and photos of past events and a list of upcoming programs and events.

## Holiday Facility Schedule

All Parks and Recreation Facilities will follow the special holiday schedule.

Thursday, November 26 Closed Thanksgiving Holiday  
Friday, November 27 Closed

Thursday, December 24 Closed Christmas Holiday  
Friday, December 25 Closed

Friday, January 1, 2010 Closed New Years Holiday

## Gym Schedule\* (November & December) Armory Recreation Center \*schedule subject to change

M - TH	7:30 - 3:00 p.m.	Adult
M - F	3:00 - 4:00 p.m.	Youth
M	4:00 - 5:00 p.m.	Youth Volleyball
T - F	4:00 - 5:00 p.m.	Youth Programs
M/T/TH/F	5:00 - 8:00 p.m.	Youth Basketball Practice
W	5:00 - 8:00 p.m.	Youth Cheerleading
F	1:00 - 2:30 p.m.	Home School Program
Sat	9:00 - 10:00 a.m.	Adult
Sat	10:00 - 11:00 a.m.	Volleyball Program
*Sat	9:00 - 11:00 a.m.	Open
*Sat	11:00 - 2:00 p.m.	Adult
*Sat	2:00 - 5:00 p.m.	Youth

*\*Saturday Gym Schedule will change beginning December 5 due to Youth Basketball League Games.*

Youth - children ages 6 - 17

Adult - individuals 18 and older

Family - children must be accompanied by a parent

## Gym Schedule\* (November & December) Macedonia Community Center \*schedule subject to change

M - F	12 noon - 3:00 p.m.	Adult
M/T/TH/F	3:00 - 5:00 p.m.	Youth Programs
M/T/TH/F	5:00 - 8:00 p.m.	Youth Basketball Practice
W	4:00 - 6:00 p.m.	Youth Co-ed Volleyball
W	6:00 - 8:00 p.m.	Adult Volleyball
Sat	9:00 - 1:00 p.m.	Adult
Sat	1:00 - 4:00 p.m.	Youth
Sat	4:00 - 5:00 p.m.	Family

Youth - children ages 6 - 17

Adult - individuals 18 and older

Family - children must be accompanied by a parent



**Parks and Recreation Department**  
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