



Columbia Parks and Recreation Department

Programs and Events

November 1 – December 31, 2010

Pre-school, Youth, Adult, Family and Senior Programs

Sports



Pee – Wee Basketball Program

Boys and girls, ages 5 & 6, are invited to join our Basketball Program. The program will help develop basketball skills, team play, good sportsmanship and fun through practice and team play.

Registration Ends: Saturday, December 18
 Program Begins: January 15, 2011
 5 Year Olds* 9:30 – 10:15 a.m.
 6 Year Olds* 10:30 – 11:15 a.m.
 *age as of 12/31/2010

Program Ends: February 12
 Program Cost: \$10 first child \$5 additional child

Program Location: Macedonia Community Center

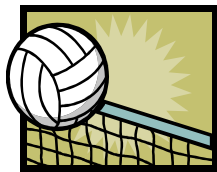
Have you registered for the Youth Basketball League, boys & girls, ages 7 – 17?

***League Registration or Information Contact:
 Armory Recreation Center, 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.

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



Youth & Adult Volleyball Programs

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

Recreation Center.

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

Cheerleading

Young Champions are offering youth cheerleading for boys and girls ages 4 – 15 years old. Registration held prior to the first class. Program concludes 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 6:15 – 7:00 p.m.
 W (ages 10-15) Level 3 7:00 – 7:45 p.m.
 \$7 per week Armory Recreation Center

Community Programs



Family Bike Rodeo

Officer Cook, School Resource Officer, invite families to the Fall 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 served.

Saturday, November 6 1:00 – 2:30 p.m.
 FREE Woodland Park – Rotary Shelter

Winter Driving – Safety in Ice and Snow

Join Lt. Faulkner, Tennessee State Patrol, as she discusses winter driving tips and safety. What a great way to prepare for winter driving prior to “bad weather” arrives. Refreshments will be served. Invite your friends.

Monday, November 8 1:00 – 3:00 p.m.
 FREE Rainey House – Woodland Park



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 10 10:00 – 11:30 a.m.
 FREE Fairview Community Center

Holiday Special Events

Candyland

Play a king size version of this very popular board game. Come and visit the magical place known as Candyland.

Saturday, December 11
 11:30 – 1:00 p.m. FREE
 Macedonia Community Center



Youth Christmas Stories

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

Monday, December 13
 6:00 – 7:00 p.m. FREE
 Fairview Community Center



Check with the Recreation Centers for holiday facility and gym schedules.

Winter School Break Programs December 20 – 31, 2010



Winter Break at Fairview

Stop by the Fairview Recreation Center during the Winter School

Break and enjoy a variety of activities.

M - TH December 20 – 23

T - TH December 28 – 30

FREE 1:00 – 4:00 p.m.

Winter Break at Macedonia

Youth stop by the Macedonia Recreation Center during the Winter School Break and play basketball, volleyball, table games and participate in special daily activities.

M – TH December 20 – 23

T – TH December 28 – 30

FREE 12:30 – 3:30 p.m.

Youth Afterschool Programs

Youth Activity Club

This program provides youth, ages 6 – 12, with sports, homework time, table games and crafts. Program concludes Thursday, December 16

T/TH 3:30 – 5:00 p.m.

FREE Fairview 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. Program concludes Thursday, December 16

M/T/TH 3:30 – 5:00 p.m.

FREE Macedonia 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.

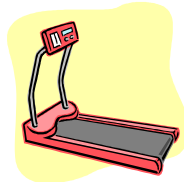
FREE Armory Recreation Center

Fitness Programs

Fitness Equipment Orientation

Let our staff help you design the right program for you. Equipment orientations include setting a schedule to suit your goals, review your exercise habits. 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 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 stationery 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 **ANNUAL** 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.

Contact Us and Website

Columbia Parks and Recreation Department

821 West 9th 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 and Holidays.

www.columbiatn.com



People, Places, Fun