



Columbia Parks and Recreation Department

September 6 – December 31, 2011

Program Schedule

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

Check out what's inside?



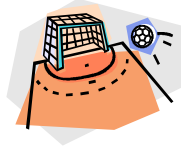
- **Adult Kickball League**
- **Teen Programs**
- **Movie In The Park**
- **Youth Basketball League**

- **Dodgeball Thursday**
- **Fall Hayride & Ghost Stories**
- **Fitness & Wellness Programs**
- **Community & Family Programs**

Pre-School

Pre-school Soccer

This 5 week program allows players, ages 4 and 5, to learn basic soccer skills and play soccer games. Players will receive a soccer t-shirt.



Saturdays, 9/17 – 10/15 9:30 – 10:15 a.m.
 Program Cost: \$10 first child \$5 additional child
 Macedonia Recreation Center

Pee – Wee Basketball Program - 2012

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

Pre-School Holiday Events 3, 4 & 5 year olds

Parent and Child Halloween Fun

Parents, you and your child are invited to a special Halloween program. Costume contest, crafts, stories, games, and snacks will be provided. Parents must attend.



Monday, October 31 1:00 – 2:00 p.m.
 FREE Macedonia Recreation Center



Thanksgiving Tot Time

Parents and children are invited to enjoy crafts, games, stories, and snacks with your child. Parents must attend.

Friday, November 18 1:00 – 2:00 p.m.
 FREE Macedonia Recreation Center

Youth

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. FREE 4:00 – 5:00 p.m.

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

Cheerleading

Young Champions offers cheerleading for boys and girls 4 – 15 years old. Program begins Wednesday, August 31. There is a \$7.00 non-refundable registration fee.



W (ages 4-9) Divisions 1 & 2 6:00 – 6:45 p.m.
 W (ages 10-15) Divisions 3 & 4 7:00 – 7:45 p.m.
 \$7 per week Macedonia Recreation Center

Community National Red Ribbon Week Celebration

“Tune Out Drugs and Tune In SUCCESS”

Thursday, October 27 6:00 – 7:30 p.m.

Families celebrate being drug free and learn about drug awareness. Enjoy fellowship, games, inflatable, music and refreshments

Macedonia Recreation Center

Youth and Adult Sports

Adult Co-Ed Kickball League

*“Not Just For Recess
Anymore”*

**Tuesday League Play:
September 20 – October 25**

**Registration Deadline:
Tuesday, September 13
\$100 per team**

League Play at Ridley Park

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

NFL Punt, Pass & Kick



Show off your football skills

- Boys and Girls, ages 6 – 15
- Competition is FREE
- Soft-soled gym shoes only, no cleats

**Sat., Sept. 24 1:00 p.m.
Eva Gilbert Softball Area**

**For more information contact:
Armory Recreation Center 380-2742**



Youth Basketball League

Boys and girls, ages 7 -17, are invited to join our Youth Basketball League. The program will help develop basketball skills, team play, good sportsmanship, and fun through practice and team play.

Registration Ends: Saturday, November 12

Practice Starts: Week of November 28

Season Dates: January 14 – March 3

League Cost: \$60 first child \$50 additional child

Parents we need your help...

as volunteer coaches, and assistant coaches.
Contact the Armory Recreation Center, 380-2742

Youth and Adult Sports



3-on-3 Basketball Tournament

**Men’s & Women’s Divisions
18 and older**

**Saturday, September 10
Fairview Park
9:30 a.m.**

\$10.00 per team

Registration Deadline:

Tuesday, September 6

Registration Location:

**Armory Recreation Center
503 Carter Street, 380-2742**

Fall Break Basketball Camp Skills, Fundamentals, Speed, Strength & Agility



This camp is for youth between the ages of, 10 – 16, and focuses on basketball fundamentals and skill development. Participants will be introduced to specific drills and exercises designed to increase their speed, strength, and agility without the use of weight training.

Week of October 3 – 7

9:00 – 11:30 a.m.

\$30 First Child

\$20 Each Additional Child

Armory Recreation Center

Thursday Dodgeball

Join us Thursday evenings and participate in exciting games of Dodgeball.

6:30 – 8:00 p.m. (ages 13 and older)

FREE

Teams Welcome

Macedonia Recreation Center

Ping Pong Tournament

Everyone is welcome to test your skills in the Ping Pong Double Elimination Tournament. Tournament will begin December 5. Registration deadline is Thursday, December 1.



FREE

Armory Recreation Center

Teen

Teen Nights at the Macedonia Recreation Center

Enjoy supervised and organized activities and sports just for 13 – 17 year olds.

Dodgeball • Volleyball • Basketball
Music • Table Games

Friday, August 26
Friday, September 23
Friday, October 28
Friday, November 18

6:00 – 7:30 p.m.

Check Out the Other Teen Programs

- School Break Basketball Camp
- Dodgeball Thursdays
- Introduction to Strength, Speed, and Agility Without Weights
- Youth Basketball League
- Cheerleading
- Youth Volleyball

Fall School Break Programs October 3 – 7 Ages 6 - 12

Youth are invited to stop by the Fairview and Macedonia Recreation Centers during the Fall School Break and enjoy a variety of organized games and daily activities.

M/T/W/TH/F	FREE
1:00 – 3:00 p.m.	Fairview Recreation Center
1:00 – 3:00 p.m.	Macedonia Recreation Center

Thanksgiving School Break Programs November 21 – 23 Ages 6 - 12

Youth are invited to stop by the Fairview and Macedonia Recreation Centers during the Thanksgiving School Break and enjoy a variety of organized games and daily activities.

M/T/W	FREE
1:00 – 3:00 p.m.	Fairview Recreation Center
1:00 – 3:00 p.m.	Macedonia Recreation Center

Winter Holiday School Break Programs Ages 6 - 12

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

M-TH December 19 - 22	FREE
1:00 – 3:00 p.m.	Fairview Recreation Center
1:00 – 3:00 p.m.	Macedonia Recreation Center

T – F December 27 - 30	FREE
1:00 – 3:00 p.m.	Fairview Recreation Center
1:00 – 3:00 p.m.	Macedonia Recreation Center

Community Events



Movie In Woodland Park **CARS**

(Subject To Change)

Bring your lawn chair and cooler to enjoy an evening in the park watching this wonderful animated family movie.

Saturday, September 17 **FREE**
Movie starts 7:30 p.m.
Woodland Park Amphitheater

Family Harvest Hayride & Ghost Stories with Bob Duncan

Your family is invited to enjoy an evening hayride, ghost stories featuring Bob Duncan, costume contest, and enjoy a cup of hot apple cider. Hayrides depart the shelter at 6:00, 6:30, 7:00 p.m.

Friday, October 21 **FREE** 6:00 – 7:30 p.m.
Woodland Park, Rotary Shelter



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.

Saturday, December 10 **FREE**
11:30 – 1:00 p.m.
Macedonia Recreation Center

Donuts and Juice with Santa

You're invited to spend some time with Santa and while enjoying juice, donuts and games. It's a great time to write your letter to Santa.

Saturday, December 17 **FREE**
9:30 – 10:30 a.m.
Fairview Recreation Center



Letters to Santa

Write that special letter to Santa and drop it off at the Fairview Recreation Center. One of Santa's helpers will make sure it gets to the North Pole before Christmas. Letters need to be at the center by December 22 to ensure delivery by Christmas. **FREE**
Fairview Recreation Center

Health and Fitness Programs

Introduction to Speed, Strength and Agility without Weights

Under the guidance of the strength and conditioning staff anyone 13 – and older is invited to participate in this rigorous speed, strength and agility training.

M Macedonia Recreation Center 6:30 – 8:00 p.m.
TH Armory Recreation Center 5:00 – 6:00 p.m.

Circuit Training Class (Boot Camp)

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.

Tuesday & Thursday 6:15 – 7:15 p.m.
\$3 per class or \$20 monthly pass
Armory Recreation Center



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, September 14 10:00 – 11:30 a.m.
Wednesday, October 12 10:00 – 11:30 a.m.
Wednesday, November 9 10:00 – 11:30 a.m.
FREE Fairview Recreation Center

Walk for the Health of It! Team Up for Health

Walk the Appalachian Trail September 12 - December 16. This team walk is 2,175 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

Columbia Twisters Toning and Exercise "You're Never To 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



Armory Recreation Center Fitness Membership

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.



Tot Stop (Child Watch)

- Tuesday & Thursday
- 6:00 – 8:00 p.m.
- Children ages 3 to 10 years age (must be potty trained)
- Limited to 14 children, first come, first served basis
- You may only use the service for 1 1/2 hours per night
- Free for Fitness Members

Contact Us & 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 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.

www.columbiatn.com



Parks and Recreation Department
People, Places, Fun