



Columbia Parks and Recreation Department

Fall Programs and Events

September 14 – October 31, 2009

Pre-school & Youth

Pre-school Soccer

This 6 week program allows players, ages 4 and 5, to learn basic soccer fundamentals and enjoy a game of soccer on Saturday afternoon. Players will receive a soccer t-shirt and participation ribbon.

Saturdays, 9/19 – 10/24 1:30 – 3:30 p.m.
\$10 per person Macedonia 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, table games, 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 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 – 6:00 p.m.
FREE Armory Recreation Center

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

Family & Special Events

Family Night

Bring the entire family for an evening of fun and games! Play a game of basketball, show them your skills at volleyball, and enjoy table games, parachute games, crafts, four square, or dodge ball with your family. Great way to exercise and build memories with your children.

Fridays 6:00 – 8:00 p.m.
FREE Armory Recreation Center

Harvest Happenings Hayride

Your family is invited to enjoy an evening hayride, storytelling, games, try to navigate the hay maze and enjoy a cup of apple cider. Hayrides depart the shelter at 6:30, 7:00 and 7:30 p.m.

Friday, October 16 6:00 – 8:00 p.m.
FREE Woodland Park, Rotary Shelter

Pre-school & Youth

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

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:

September – “Making Friends and Growing Friendships”

October – “Coping With Stress and How to Deal with Stress”

November – “Nutrition and Personal Care”

December – “Safety; Personal, Cell Phone and Internet”

W 4:30 – 6:00 p.m.
FREE Macedonia Community Center

Hispanic Heritage Month

Celebrate the Hispanic American Heritage throughout October. Learn facts, and celebrate the contributions Hispanics have made in our community and the world.

Thursday, October 8 4:30 – 6:00 p.m.
FREE Macedonia Community Center

National Red Ribbon Week

Join the Parks and Recreation Staff on Thursday, October 15th and celebrate National Red Ribbon Week. This national program promotes and emphasis **“I Tune Out Drugs and Tune in SUCCESS”**. Participants will receive educational materials and have discussions on success and how drugs can ruin your life.

Thursday, October 15 4:30 – 6:00 p.m.
FREE Macedonia Community Center

Family & Special Events

Halloween Festival

Enjoy an evening of safe Halloween fun at the Macedonia Center. Visit the Haunted House, talk to the Spooky Characters, enjoy games and face painting.

Friday, October 30 4:30 – 6:00 p.m.
FREE Macedonia Community Center

Happy Halloween at the Armory

Enjoy a family friendly, fun filled evening of games, music and prizes at the Armory. See what crazy experiments Dr. Zany has in his laboratory, dance with Frankenstein’s Monster and sample the tasty treats from Hilda’s cauldron.

Friday, October 30 5:00 – 8:00 p.m.
FREE Armory Recreation Center

Sports

Cheerleading

Young Champions are offering youth cheerleading for boys and girls ages 4 – 15 years old. Class conducted August 26 – December 9, 2009 (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

Youth Open Volleyball Programs

This program allows youth, ages 8 – 17, 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

Fall School Break Weeks of October 5 and October 12

Fall Playground Program

Looking for a safe, organized and structured program for children ages 6 – 12 during intersession? This Monday - Friday program offers fieldtrips, board games, group games, arts & crafts and special guests. Please register by October 1st to reserve your child's space.

Weeks of October 5 and 12	7:30 – 5:00 p.m.
\$60 per person	Highland Elementary School
\$50 additional persons	1606 Highland Avenue

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 October 1st to reserve your child's space.

Weeks of October 5 and 12	10:00 – 3:00 p.m.
FREE	Macedonia Community Center

Boys Basketball Camp

The camp will focus on basic offensive and defensive basketball drills and skills. Players, ages 7 – 15, will have several games throughout the week to practice skills and team work in a positive, learning environment.

Week of October 5 (M-F)	9:00 – 12 noon
\$30 per person	Armory Recreation Center
\$20 additional persons	

Girls Basketball Camp

The camp will focus on basic offensive and defensive basketball drills and skills. Players, ages 7 – 15, will have several games throughout the week to practice skills and teamwork in a positive, learning environment.

Week of October 12 (M-F)	9:00 – 12 noon
\$30 per person	Armory Recreation Center
\$20 additional persons	

Sports

Youth Basketball League

Boys and girls, ages 7 -15, 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 Begins:	September 1
Registration Ends:	October 10
Registration at Columbia Mall:	Sat., Sept. 26, Oct. 3 and Oct.10 10:00 – 2:00 p.m.
Coaches Clinic:	October 10 or October 17
Clinic Time:	10:00 – 2:00 p.m.
Coaches Clinic Location:	Armory Recreation Center
Practice Starts:	Week of November 2
League Games Begin:	December 5
Photo Day:	January 16
League Games End:	February 27
League Cost:	\$60 first child \$50 additional child

Ping Pong Tournament

Everyone is welcome to test your skills in the Inaugural Fall Ping Pong Double Elimination Tournament. Tournament will have youth and adult divisions.

Tournament will begin September 14 – with the Divisional Championship Games held September 26.

M-F	3:00 – 8:00 p.m.
Sat.	10:00 – 2:00 p.m.
FREE	Armory Recreation Center

Leisure Programs (18 and older)

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.

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

Game Club

Enjoy playing Scrabble, 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, October 21	10:00 – 11:30 a.m.
Wednesday, November 18	10:00 – 11:30 a.m.
FREE	Fairview Community Center

***Have a suggestion for a new program?
Please let the Park and Recreation staff know.***

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

Enjoy playing Scrabble, 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

Senior Bowling

Tuesdays 1:00 – 3:00 p.m.
\$1/game & \$1/shoe rental/week Galaxy Lanes

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.
\$10.00 Armory Recreation Center

Fitness

Equipment Orientation

Orientations to the Health and Fitness Center are offered on a daily basis. Each appointment includes a tour of the Health and Fitness Center. Cardiovascular and strength training equipment will be introduced. To schedule an appointment, call 380-2742.

FREE Armory Recreation Center

Fitness Orientation

Let our Fitness Counselors get you off on the right start. Fitness orientations that suit your goals, health history, exercise habits and schedule are available. These are offered on a daily basis and take about an hour. To schedule an appointment, call 380-2742.

FREE Armory Recreation 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

Seniors (55 and older)

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

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, October 21 10:00 – 11:30 a.m.
Wednesday, November 18 10:00 – 11:30 a.m.
FREE Fairview Community Center

Senior Health Fair and Shuffle Board Tournament

This program provides you an opportunity to meet many of the Maury County agencies who deal directly with seniors. A variety of materials will be available for your review.

Plan to participate in the Shuffleboard Tournament between the seniors and the health care agencies.
Thursday, September 10 9:00 – 1:00 p.m.
FREE Maury County Senior Center

Armory Recreation Center Fitness Center Membership

The Armory Recreation Center has a full size basketball court, ping pong, punching and speed bags, aerobic room 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 family membership will be one half of the 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 1	September 14 – October 31	(7 weeks)
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 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 10:00 a.m. – 6:00 p.m.
Saturday 10:00 a.m. – 6:00 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

- 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.

Gym Schedule* (September & October)

Armory Recreation Center

*schedule may change during school Fall Break

M - TH	7:30 – 2:30 p.m.	Adult
M - F	2:30 – 4:00 p.m.	Youth
M	4:00 – 6:00 p.m.	Youth Volleyball
M	6:00 – 8:00 p.m.	Adult Volleyball
T – F	4:00 – 5:00 p.m.	Youth Programs
T - F	6:00 – 8:00 p.m.	Adult
W	5:00 – 8:00 p.m.	Young Champions
F	12:30 – 2:30 p.m.	Home School
F	6:00 – 8:00 p.m.	Family
Sat	9:00 – 11:00 a.m.	Open
Sat	11:00 – 2:00 p.m.	Adult
Sat	2:00 – 5:00 p.m.	Youth

Youth – children ages 6 – 17

Adult – individuals 18 and older

Family – children must be accompanied by a parent

Gym Schedule* (September & October)

Macedonia Community Center

*schedule may change during school Fall Break

M – F	12 noon – 3:00 p.m.	Adult
M/T/TH/F	3:00 – 6:00 p.m.	Youth Programs
M/T/TH/F	6:00 – 8:00p.m.	Adult
W	3:00 – 6:00 p.m.	Youth Co-ed Volleyball
W	6:00 – 8:00 p.m.	Adult Volleyball
S	9:00 – 12 noon	Adult
S	12 noon – 1:30 p.m.	Youth
S	1:30 – 4:00 p.m.	Youth Sports Program
S	4:00 – 5:00 p.m.	Youth

Youth – children ages 6 – 17

Adult – individuals 18 and older

Family – children must be accompanied by a parent

Mark Your Calendar...

**New Programs & Special Events Coming in Fall 2
November 1 – December 31**

Youth Wrestling
Candyland Christmas Program
Youth Christmas Party
Senior Christmas Dinner
Winter School Break Program

**Plus many other regular programs offered at the
Park and Recreation Centers**



Parks and Recreation Department

People, Places, Fun