



# Columbia Parks and Recreation Department

## June, July & August 2010

### Summer Programs and Special Events

#### Summer Playground Program June 7 – July 16, 2010 7:30 a.m. – 5:00 p.m. Riverside Elementary School

The City of Columbia Parks and Recreation Department is offering the **Annual Summer Playground Program** at Riverside Elementary School. The program serves ages 5 – 12. The five (5) year old must be a Kindergarten Graduate.

The staff has planned a great program with several local field trips per week, days packed with games, sports and creative activities.

#### Sample Daily Schedule (Subject to change)

7:30 – 9:00 a.m.	Arrival and Free Play
9:00 – 9:45 a.m.	Activity Session
9:45 – 12:00 p.m.	Field Trip or Activity Sessions
12:00 – 1:00 p.m.	Lunch and Free Play
1:00 – 1:45 p.m.	Arts and Crafts Activity
1:45 – 2:30 p.m.	Activity Session
2:30 – 3:00 p.m.	Snack Time and Free Time
3:00 – 3:45 p.m.	Activity Session
3:45 – 4:00 p.m.	Clean-Up
4:00 – 5:00 p.m.	Free Play and Departure



#### Field Trips Scheduled (Subject to change)

- Skating • Bowling
- Glow Golf • City Parks
- Kids Kingdom • Swimming



#### Fees:

\$60 per week for the first child  
\$50 per week for each additional child

#### Registration Locations:

Rainey House (Woodland Park)  
821 West 9<sup>th</sup> Street  
388-8119

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Armory Recreation Center  
503 Carter Street  
380-2742

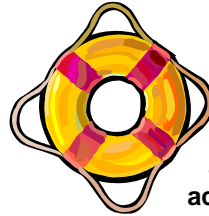
#### Fairview Pool “Stay Cool in the Pool” Pool Opens Saturday, May 29th

**Pool Hours**  
Monday – Saturday  
10:00 a.m. – 6:00 p.m.

Sunday  
1:00 p.m. – 6:00 p.m.

**Daily Fees**  
\$3.00 per person

\$2.00 per person



#### Fairview Pool Rules *Think Safety*

● **All children under 10 Years Old and any child that can not swim **MUST** be accompanied by a responsible **ADULT** all times.**

- No Pets, Alcohol, Tobacco, or Glass permitted in facility.
- No street clothes or disposable diapers permitted in water.
- Swim diapers required for all infants and untrained toddlers.
- Absolutely No Running or Horseplay allowed.
- No rafts allowed in the pool.
- Adult are not allowed to go down slide with their children.
- Always review all posted pool rules daily.

#### Youth Swim Lessons (ages 6 – 12)

The 8 lessons offer stroke development and personal safety skills.

**Space is limited in each class.  
Please register by Friday, June 4 at 5:00 p.m.  
at the Fairview Pool.**

#### **Beginner Level** – no swimming experience

M/T/W/TH	June 7 – 17	10:00 – 10:40 a.m.	Cost \$15
M/T/W/TH	June 21 – July 1	6:15 – 6:55 p.m.	Cost: \$15

#### **Advanced Beginner Level** – able to swim the length of pool

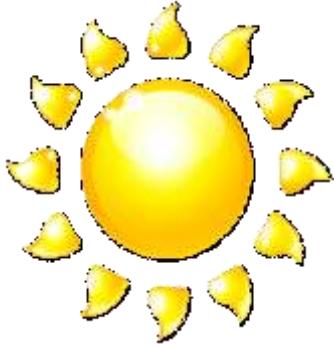
M/T/W/TH	June 7 – 17	6:15 – 6:55 p.m.	Cost: \$15
M/T/W/TH	June 21 – July 1	10:00 – 10:40 a.m.	Cost: \$15

**Community Special Events**  
*Join in and enjoy the summer fun!*

**Summerfest 2010**

Bring your family to a day of fun at Woodland Park. Enjoy music, you'll have the chance to touch, honk and climb on large trucks, participate in family games, enjoy a family hayride through the park, show off your soccer skills in the soccer shoot-out and much more!

Saturday, June 26  
11:30: – 2:00 p.m.  
FREE  
Woodland Park,  
Rotary Shelter Field



**End of Summer Bash**

Enjoy an afternoon of fun and games before school starts. Participate in a three legged race, sack race and the 100 yard dash, carnival games and many other activities. Refreshments and snacks will be provided. Try your luck and receive a door prize.

Saturday, July 31  
2:00 – 4:00 p.m.  
FREE  
Fairview Recreation Center

**Playground on Wheels**  
*“Taking fun to the neighborhoods”*  
**Tuesdays and Thursdays**  
**June 8 – July 22**  
**Ages 6 – 12**  
**FREE**

The Parks and Recreation staff will bring games, crafts and sports to several playgrounds throughout the summer. Check the schedule and be ready to join in the fun! Please wear play clothes and closed toe shoes (no sandals please).

Date	Location	Time
Tuesday, June 8	Fairview	10:30 – 11:30
Thursday, June 10	Eva Gilbert	10:30 – 11:30
Tuesday, June 15	River Walk	10:30 – 11:30
Thursday, June 17	Woodland	10:30 – 11:30
Tuesday, June 22	Fairview	10:30 – 11:30
Thursday, June 24	Eva Gilbert	10:30 – 11:30
Tuesday, June 29	River Walk	10:30 – 11:30
Thursday, July 1	Woodland	10:30 – 11:30
Tuesday, July 6	Fairview	10:30 – 11:30
Thursday, July 8	Eva Gilbert	10:30 – 11:30
Tuesday, July 13	River Walk	10:30 – 11:30
Thursday, July 15	Woodland	10:30 – 11:30
Tuesday, July 20	Fairview	10:30 – 11:30
Thursday, July 22	Eva Gilbert	10:30 – 11:30

**Pre-school & Youth**

**Tot Town**

A new summer program for children ages 3, 4 and 5. Children will experience a mixture of music, stories, songs, dance, science, games, crafts and gym activities. It's a great way to keep your child active and have fun!

Parents are required to stay at the center while their child participates in the program.

- 10:00 – 10:10 Arrival – welcome song and dance
- 10:10 – 10:20 Calendar time
- 10:20 – 10:30 Song and Dance
- 10:30 – 10:45 Activity Center #1
- 10:45 – 11:00 Activity Center #2
- 11:00 – 11:30 Playground
- 11:30 Dismissal

T/TH June 1 – June 17 10:00 – 11:30 a.m.  
T/TH July 1 – July 20 10:00 – 11:30 a.m.  
\$10 for 6 programs Fairview Recreation Center

**Double Dutch Rope Jumping**



Interested in learning new style of rope jumping...try Double Dutch. It is a lightning – quick team sport involving two jump ropes. Double Dutch promotes fitness, teamwork and creativity in a positive atmosphere.

The program is for 5 – 15 years of age.

Wednesday 12:30 – 1:30 p.m.  
FREE  
Macedonia Recreation Center

**Cheerleading**

Young Champions are offering youth cheerleading for boys and girls ages 4 – 15 years old. Program dates are June 9 - July 21. There is a \$7.00 non-refundable registration fee.  
W (ages 4-9) Level 1 5:30 – 6:15 p.m.  
W (ages 10-15) Level 2 6:30 – 7:15 p.m.  
\$7 per week Armory Recreation Center

**Summer YAC – Youth Activity Club**

The program consists of days filled with fun, games, arts & crafts, and sports. The fun upbeat atmosphere will encourage teamwork, build friends and community bonds.

M – F 1:00 – 3:00 p.m.  
FREE Fairview Community Center

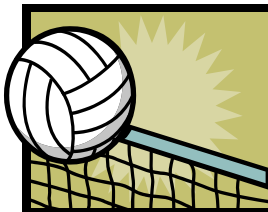
**K.O.O.L.**

The K.O.O.L. (Kids of Organized Leisure) program provides three 45 minutes for structured, organized activities for the youth. Activities: arts and crafts, sports, and table games. Program begins Monday, June 7 and concludes Friday, July 23.

M-F 10:30 a.m. – 1:30 p.m.  
FREE Macedonia Recreation Center

**Youth Volleyball Program**

Enjoy playing volleyball? You're invited to participate in this fun and positive Volleyball program.



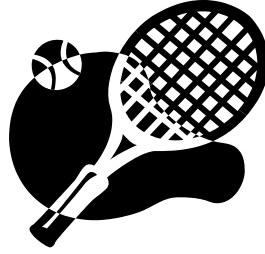
Wednesday  
4:00 – 6:00 p.m.  
FREE  
Macedonia Recreation Center

## Sports & Tournaments

### Tennis Tournament – Advanced Level

Enjoy playing tennis? Participate in the advance level Tennis Tournament at Woodland Park. Tournament will begin the week of June 21 with the championship game on Saturday, June 26.

Required Players meeting on Thursday, June 17; 6:00 p.m. at the Rainey House.



Registration before June 17 \$10  
Registration after June 18 \$15

### Monday Night Volleyball

Join other players for an enjoyable evening of volleyball.  
Monday 6:00 – 8:00 p.m.  
FREE Armory Recreation Center

**Check with the Armory and Macedonia Recreation Centers for specific gym schedules.**

## Health and Fitness Programs

### 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

### *Walk for the Health of It!* Walk to Dollywood, TN with a Friend

Can your team walk from Columbia to Dollywood, 254 miles, before August 31? Everyone is welcome to join in this program; it's a great way to exercise and burns calories! Anytime you or your teammate walk (shopping, treadmill, walking the dog, or walking with friends etc.), just update your progress chart at the most convenient Recreation Center (Armory, Fairview or the Macedonia).

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 you will be able to sample the dishes.

Wednesday, June 9 10:00 – 11:30 a.m.  
Wednesday, July 14 10:00 – 11:30 a.m.  
Wednesday, August 11 10:00 – 11:30 a.m.  
FREE Fairview Recreation Center

## Armory Recreation Center Fitness Membership

The Armory Recreation Center has a full size basketball court, punching and speed bag and a complete fitness center.

### Fitness Center Membership

The fitness center provides free-style weights, weight machines, benches and aerobic equipment including stationary bikes, treadmills, and 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. The price for each additional family membership will be one half of the initial individual or senior membership fee. **Family memberships apply to annual memberships only.**

\*Family is defined as husband, wife, dependent children, or mother and father living at home.

## Contact Us & Website

**Columbia Parks and Recreation Department**  
821 West 9<sup>th</sup> 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 Center**  
501 Armstrong Street  
(931) 380-2738

Please contact the Recreation Centers for specific facility hours.

All Recreation Centers are closed on Sundays.

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

Parks and Recreation Department



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**People, Places, Fun**