



Columbia Parks and Recreation Department May, June, July & August 2011 Summer Programs

Summer Playground Program May 31 – July 22, 2011 7:30 a.m. – 5:00 p.m. Highland Elementary School

This eight (8) week Annual Summer Playground Program will be held at **Highland Elementary School**. The staff has planned a great program with field trips, days packed with games, sports and creative activities. The program serves ages 5 – 12. The five (5) year old must be a Kindergarten Graduate.

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 • Fun & Party Zone • City Parks
Glow Golf • Movies • Library
Kids Kingdom • Friday Swimming

Weekly Fees:

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

Fees the week of 5/31 and 7/4 (4 day program)
\$48 per week for the first child
\$40 per week for each additional child

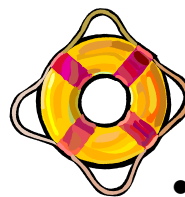
Registration Locations:

Rainey House (Woodland Park)
821 West 9th Street • 388-8119

Armory Recreation Center
503 Carter Street • 380-2742

Fairview Pool “Stay Cool in the Pool” Pool Opens Saturday, May 28th

Pool Hours	Daily Fees
Monday – Saturday 10:00 a.m. – 6:00 p.m.	\$3.00 per person
Sunday 1:00 p.m. – 6:00 p.m.	\$2.00 per person



Fairview Pool Rules

● All children 10 and under 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 the pool.
- Swim diapers required for all infants and untrained toddlers.
- Absolutely No Running or Horseplay allowed.
- No rafts allowed in the pool.
- Adults are not allowed to go down slide with their children.
- Always review all posted pool rules daily.

Swim Programs (ages 6 – 12)

Space is limited in each program. Please register by
Friday, June 3 at 5:00 p.m. at the Fairview Pool.

Water Safety Program

Children will be introduced to water safety.

M – F	June 6 – 10	9:00 – 9:40 a.m.	FREE
M – F	June 6 – 10	6:15 – 6:55 p.m.	FREE

M – F	June 27 – July 1	9:00 – 9:40 a.m.	FREE
M – F	June 27 – July 1	6:15 – 6:55 p.m.	FREE

Youth Swim Lessons (8 lessons)

Beginner Level – no swimming experience.

M – TH	June 13 – 23	9:00 – 9:40 a.m.	Cost: \$15
M – TH	June 13 – 23	6:15 – 6:55 p.m.	Cost: \$15

Advanced Beginner Level – able to swim the length of pool.

M – TH	July 11 - 21	9:00 – 9:40 a.m.	Cost: \$15
M – TH	July 11 – 21	6:15 – 6:55 p.m.	Cost: \$15

Youth

Talent Show

Youth, ages 5 – 17, this is your chance to “showcase your talents”. You are invited to join us at the Macedonia Recreation Center and share your skills and talents with the community.

Monday, June 27 4:30 p.m. – 6:00 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 1 – July 20. There is a \$7.00 non-refundable registration fee. Please note change of facility.

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

Youth Activity Club at Fairview

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. Ages 6 – 12. Program dates June 6 – July 22.

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 structured, organized activities for the youth ages 5 - 12. Activities: arts and crafts, sports, and table games. Program begins Monday, June 6 and concludes Friday, July 22.

M-F 10:30 a.m. – 2:30 p.m.
FREE Macedonia Recreation Center

Introduction to Speed, Strength and Agility without Weights

Under the guidance of the departments strength and conditioning staff anyone 13 – and older is invited to participate in this rigorous speed, strength and agility training. Program Dates June 6 – August 30

M Macedonia Recreation Center 5:00 – 6:00 p.m.
T Fairview Recreation Center 5:00 – 6:00 p.m.
TH Armory Recreation Center 5:00 – 6:00 p.m.

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

Sports & Tournaments

Starting in May 5th ...

Thursday Night Dodgeball

Everyone 12 and older is invited to join us Thursday evenings and participate in exciting games of Dodgeball.

6:00 – 8:00 p.m. FREE
Macedonia Recreation Center

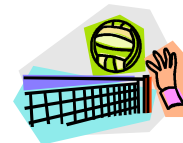
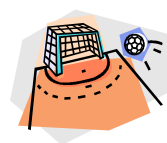
Basketball Camp

Skills, Fundamentals, Speed, Strength & Agility

The camp is for youth, 12 – 18, 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 June 13 - 17 9:00 – 11:30 a.m.
\$30 First Child
\$20 Each Additional Child Armory Recreation Center



Youth Sports Fun Fest

Youth, ages 5 – 12, join us for a day of Friday fun at the Macedonia Recreation Center. Participate and compete in a variety of sports events while promoting good fitness and health.

Friday, July 8 11:00 – 4:00 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

Doubles Tennis Tournament

Enjoy playing tennis? Participate in the Summer Doubles Tennis Tournament at Woodland Park. Tournament will begin the week of June 20. Registration deadline is Thursday, June 16



Tournament Fee: \$5 per person

Registration Locations: Armory Recreation Center or the Rainey House – Woodland Park

Health and Fitness Programs

Woodland Park Walking Club



Walking is the most beneficial exercise you can do. Join us as we walk beautiful Woodland Park three (3) days per week. The group will meet at the Rainey House and begin with stretching and warm-ups, followed by a brisk walk in the park. Everyone is encouraged to walk at their own pace. It's free and fun. Program dates Monday, May 2 – Wednesday, August 31.

M/W/F 9:00 – 10:00 a.m.
FREE Rainey House – Woodland Park

Introduction to Speed, Strength and Agility without Weights

Under the guidance of the departments certified strength and conditioning staff anyone 13 – and older is invited to participate in this rigorous speed, strength and agility training. Program Dates June 6 – August 30

M	Macedonia Recreation Center	5:00 – 6:00 p.m.
T	Fairview Recreation Center	5:00 – 6:00 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 comprises of 6 to 10 strength and toning exercises that are performed for a specific number of repetitions or a set time. All fitness levels welcome!

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



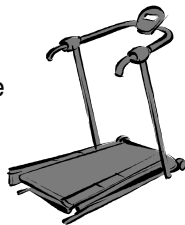
Tennessee Shapes Up Cooking School

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, June 8 10:00 – 11:30 a.m.
Wednesday, August 10 10:00 – 11:30 a.m.
FREE Fairview Recreation Center

Equipment Orientation

Fitness equipment orientation includes setting a schedule to suit your goals 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

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 the Natchez Trace

Come join Columbia Parks and Recreation for a walk down the Natchez Trace. The walk begins May 1st and ends August 31st. The Natchez Trace begins in Nashville, TN and ends in Natchez, MS for a total of 442. This is an individual event so you have four (4) months to walk the route, less than four (4) miles per day!

Anytime you 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
FREE Fairview Recreation Center
FREE Macedonia Recreation Center

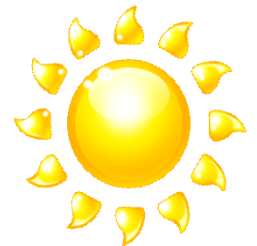


Tot Stop (Child Watch) A safe place for your little one to stay while you work out!

- 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

Healthy Summer Outdoor Activity Tips

- Drink plenty of water. Do not wait until you are thirsty to quench your thirst.
- Stay away from liquids that contain caffeine, alcohol, or large amounts of sugar.
- Always do proper stretching and warm-ups before engaging in any type of physical activity.
- Use proper sun screen and wear a wide brim hat.
- Always wear sunglasses.
- Always carry bug repellent.
- Wear lightweight, light-colored, loose-fitting clothing.



Community Special Events
Enjoy the summer fun!



Bike Rodeo and Safety Check

School Resource Officers will provide traffic light and intersection safety tips, receive a bike safety check and try your skills at the obstacle course.

Saturday, May 7 1:00 – 2:30 p.m.
 FREE Woodland Park Rotary Shelter

Summerfest 2011

Bring your family to a day of fun at Woodland Park. Enjoy music, have the chance to touch, honk and climb on large trucks, participate in family games, enjoy a family hayride through the park and more!



Saturday, June 25 11:30 – 1:30 p.m.
 FREE Woodland Park, Rotary Shelter Field

Youth Talent Show

Youth, ages 5 – 17, this is your chance to “*showcase your talents*”. You are invited to join us at the share Macedonia Recreation Center and share your skills and talents with the community.

Monday, June 27 4:30 p.m. – 6:00 p.m.
 FREE Macedonia 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, Nautilus weight machines, benches and aerobic equipment including stationery 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. 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.

Special Events
Enjoy the summer fun!

**You're Invited to the Inaugural
 Movie In The Park**

Despicable Me

(Subject To Change)

Bring your lawn chair or blanket and enjoy an evening in the park watching the hysterical family movie, *Despicable Me*. The movie will be shown on a large screen.

Saturday, July 16 FREE
 Movie starts 8:30 p.m.
 Woodland Park, Amphitheater

Back To School Bash

Enjoy an afternoon of fun and games before school starts. Participate in a three legged race, bean bag toss; enjoy an inflatable and many other activities. Try your luck and receive a “back to school” door prize.

Saturday, July 23 11:30 - 1:00 p.m.
 FREE Fairview Recreation Center

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

Fairview Park Swimming Pool
 871 Iron Bridge Road
 (931) 388-2093

Macedonia Recreation 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



Parks and Recreation Department
People, Places, Fun