





YOU CAN DO AEROBICS IN HERE



open 7 days a week members & visitors welcome



SO MUCH ROOM FOR ACTIVITIES

4 regulation courts
fitness center
exercise classes
1/7 mile elevated track

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How to Reach Us

Administrative Office at The Linc	634-6482
Activities Hotline	634-6485
Weekly Calendar of Events	ext 1
Oak Hills Golf Center	ext 2
Washington Park Ice Arena	ext 3
Youth and Adult Sports Cancellations	ext 4
Pool Cancellations	ext 5
Youth Day Camps and Special Population	ns ext 6
Ellis-Porter Riverside Pool	634-6585
McClung Park Pavilion	634-6516
Memorial Park Family Aquatic Center	634-6588
Oak Hills Golf Center	634-6532
Optimist Sports Complex	634-6518
Parks Management Center	634-6592
Website	JCParks.com
Email jcparks	@jeffcitymo.org

Renegades 2021 Schedule



Chillicothe Mudcats
St. Joseph Mustangs
Clarinda A's

Des Moines Prospects

SOUTH DIVISIONJeff City Renegades

Sedalia Bombers

Nevada Griffons

Joplin Outlaws



	SUN	MON	TUE	WED	THU	FRI	SAT
JONE			1	SED 7pm	NEV 7pm	4 STJ 5pm	5 CLA (DH) 5/7:30 pm
7	6	7 NEV 7pm	8	9 NEV 7pm	10	Jeff City Legends* 7 pm	STJ 7pm
	SED 7pm	CHI 7pm	15	STJ 7pm	17	SED 7pm	CHI 7pm
	JOP 7pm	SED 7pm	JOP 7pm	23 Rain Date	24	25 CLA (DH) 5/7:30 pm	26 DEM (DH) 5/7:30 pm
	SED 7pm	SED 7pm	29	STJ 7pm			

	SUN	MON	TUE	WED	THU	FRI	SAT
JOLY					1	JOP 7pm	NEV 7pm
5	4	SED 7pm	JOP 7pm	7	All Star Game & HR Derby in Jeff City 5pm	9 CHI 7pm	CHI 7pm
	JOP 7pm	12	SED 7pm	JOP 7pm	15	16	NEV 7pm
	DEM (DH) 5/7:30 pm	Rain Date	NEV 7pm	NEV 7pm	NEV 7pm	JOP 7pm	JOP 7pm
	25 Rain Date	Wild Card Playoffs	27 Division Playoffs	28 Rain Date	29 League Champi- onship	30 League Champi- onship	31 League Champi- onship

Jefferson City Renegades games are played at Ernie Vivion Field. Visit www.jeffcityrenegades.com for ticket prices.

Friends of JC Parks

Join Friends of the Park - Jefferson City, MO (it's FREE!) and demonstrate your support for recreation activities and quality parks in Jefferson City and the many community benefits they provide.

You will have opportunities to be an advocate for any Parks and Recreation issues that you feel passionate about.

It's simple and FREE - fill in your contact information on the Join Friends Form and join the many others in our community that have become Friends of the Park - Jefferson City, MO.

Sign up online at JCParks.com.

On the Cover

D'Arcy and her daugher Stella ride along the Greenway at Dunklin St. during a Community Bike Ride.

Certified League Cycling Instructor Jim follows the group during every ride to ensure cyclists have a safe and enjoyable ride.

See page 41 to learn more.

4 WAYS TO REGISTER

Payment methods accepted include cash, checks, money orders, MasterCard, VISA, and Discover.

On a credit card registration, please include the card number, expiration date, security code, printed name as it appears on the card, and your signature.

Make all checks payable to JC Parks.

Walk In

JC Parks is located at The Linc, 1299 Lafayette Street.

Office hours coordinate with operating hours at The Linc. Visit **JCParks.com** for details.

Mail

Mail the registration form and payment to 1299 Lafayette Street, Jefferson City, MO 65101. Please do not mail cash.

Phone

Phone in your registration to (573) 634-6482. MasterCard, VISA, and Discover are accepted.

To help expedite the registration process, please have all necessary registration information readily available.

Online

You can register for activities online at **ICParks.com**.

You may create an account online if you are a new customer. If you are an established customer but don't know your login information, your user name and password can be emailed to you if you have an email address on file.

Scholarships

The Parks and Recreation Commission believes that no youth should be denied access to Parks and Recreation programs for financial reasons.

The Parks and Recreation Foundation makes recreation scholarships available to those who otherwise would not be able to afford to participate in organized recreation activities. Those seeking scolarships will be asked to complete a Recreation Scholarship Application Form available through JC Parks. Scholarships are generally limited to those receiving benefits from public assistance as designated on the application form. Scholarship funding is limited to \$200 per individual per calendar year and is restricted to ongoing programs conducted by JC Parks staff. Specialized programs of short duration conducted by non-staff members (e.g. baseball clinics) are ineligible for scholarship funding.

All application forms requesting funding for youth programs must be signed by the parent/guardian of the prospective participant. Participants/parents must pay a minimum of 20% of the registration fee for programs for which scholarship assistance is requested.

Refund Policy

Program cancellations may be made Mon - Fri, 8am-5pm, by calling (573) 634-6482 or in person at 1299 Lafayette Street. The Parks and Recreation Commission has adopted the following refund policy regarding programs and facilities:

Programs

- 1. If a cancellation is made prior to the registration deadline, a refund will be given, less a processing fee: \$10 for program fees up to \$99; \$20 for program fees \$100 & over.
- 2. If a cancellation is made after the registration deadline, a credit for future programs/reservations will be given for 1/2 of the fee paid. Once a program starts no refund/credit will be given unless a medical statement substantiates the injury or illness.
- 3. Fees paid for team registrations are not refundable once a team registration has been accepted and recorded except as in #6 below.
- 4. No credits, refunds, or make-up classes will be issued for programs missed due to personal reasons.
- 5. A refund or credit will be granted when medical illnesses/injuries are substantiated by a medical note.
- 6. Full refunds are made if a program is canceled by JC Parks.

Camps

- 1. Cancellations will be given a refund or household credit to be used for future programs/reservations.
- 2. A \$25 fee will be charged per week, per child for every refund issued.
- 3. All camp refunds must be requested two weeks prior to the first day of the program.
- 4. If a cancellation is made after the registration deadline, a refund will be given for 1/2 of the fee paid.
- 5. Once a program starts, no refund or credit will be given unless a medical note substantiates an injury/illness.
- 6. Camp transfers: after the registration deadline, a \$10 transfer fee will be charged per week, per child.

Facilities/Hayrides

- 1. Fees paid for admission to park facilities are not refundable.
- 2. The holding fee required to reserve park facilities/shelters is not refundable under any circumstance except as in #5 below.
- 3. If a cancellation occurs ten or more business days prior to the scheduled reservation, the facility/hayride rental fee and deposit is refundable, less a \$10 processing fee.
- 4. If a cancellation occurs less than ten business days prior to the reservation, 1/2 of the rental fee and the entire damage deposit will be refunded.
- 5. Full refunds are made if a rental is canceled by JC Parks.

Pool Rentals

- 1. Weather cancellations are at the discretion of JC Parks Aquatics staff.
- 2. Reservation fees for pools are not refundable under any circumstance except as in #4 below.
- 3. Transfer of rental date must be requested two weeks prior to reservation date.
- 4. Full refunds are made if a rental is canceled by JC Parks.

Pool Passes

No refunds will be issued for summer pool passes.

Amusement Park Tickets

All amusement park ticket sales are final. Refunds are not issued for amusement park tickets.

City of Jefferson Department of Parks, Recreation & Forestry

1299 Lafayette Street Jefferson City, MO 65101

(573) 634-6482 JCParks.com jcparks@jeffcitymo.org

Mission Statement

Our mission is to strengthen our community through quality parks, facilities, and programs. We strive to provide opportunities that create value and inspire physical and mental well being.

Commission

Chris Leuckel President **Andre Grinston** Vice-President

Karen Brickey Chris Duren Stu Murphy Bill Plank Roger Schwartze Donna Stallings

The Commission is charged with acquisition, management, preservation, and improvement of a quality system of parklands, open space and recreation facilities and the development and supervision of a broad program of quality educational and recreational activities for all ages.

If you would like to serve on the Commission, please complete a volunteer profile form and submit to the Mayor.

The form is available at City Hall or online at jeffersoncitymo.gov.

The Parks and Recreation Commission meets the second Tuesday of each month at 4:30 p.m..

LIABILITY

JC Parks and/or the Jefferson City Parks and Recreation Commission does not provide insurance coverage for injuries suffered while participating in programs or using facilities.

Any costs related to such injuries should be presented to your personal medical insurance carrier.

IC Parks Staff

Todd Spalding

Director of Parks, Recreation & Forestry

Aaron Grefrath

Assistant Director, Programs

J.J. Gates

Assistant Director, Parks & Golf

Jessica Mosier

Customer Service Representative

Mario Pitts

Customer Service Representative

Amy Schroeder

Community Relations Manager

Amy Shaw

Administrative Assistant

Andrew Brunnert

Membership Director, The Linc

Julie Haupt

Program Manager, Aquatics

Laurence Hogg

Program Manager, Community Equity

Alexis Kerman

Program Manager, Outdoor Recreation

Missy Morarity

Program Manager, Athletics

Leann Porrello

Recreation Specialist, Cultural Arts

James Reinkemeyer

Special Populations Coordinator

Steve Schellman

Program Manager, Athletics

Phil Stiles

Program Manager, Special Events

Angie Toebben

Program Manager, Camps & Special Pops

Anthony Weeks

Program Manager, Ice Arena

Rena Barron

Administrative Technician

Bryan Braun

Golf Course Superintendent

Stephanie Bruemmer

Program Manager, Golf

Ray Wallace

Park Supervisor, Forestry

Josh Werdehausen

Park Supervisor, Maintenance

Kevin Wieberg

Park Supervisor, Athletic Fields

JC Parks & Recreation Foundation

The Jefferson City Parks and Recreation Foundation strives to provide additional resources to leverage taxes, fees and grants to enhance our parks and recreation services.

Over the years, civic minded individuals and organizations have maintained a tradition of enhancing the quality of life for their families, friends, and neighbors through generous donations to the Jefferson City Parks and Recreation system. In 1992, the Jefferson City Parks and Recreation Foundation was formed to provide continuing leadership and foster the expansion of parks and recreation services in Jefferson City. The Foundation's goal is to emphasize the value of parks and recreation - both passive and active - not only for individual growth and development, but also for a strong family unit and for making our community a more desirable place to live, work, play and visit.

Please consider committing your support to the Jefferson City Parks and Recreation Foundation.

Any and all size of gifts to our community are appreciated and contribute to the livability and quality of life of lefferson City.

For more information on how you can make a tax deductible contribution of land, money, or other gifts, contact the Foundation's Executive Director at 634-6482.

LATE FEE POLICY

Many parks and recreation programs have enrollment limits and registration deadlines. To ensure a spot in your favorite activity, please be sure to register before the registration deadline. Registering early will allow for proper staffing levels and adequate equipment and program supplies for all participants and will save you money. If space is still available in a program after the registration deadline, the program fees will be higher.

Amusement Park Tickets

Discount tickets are available May - September each year at The Linc. Past parks have included Six Flags, Worlds of Fun, Oceans of Fun, Silver Dollar City, and Big Surf. Amusement park participation is subject to change. Visit JCParks. com for a complete listing and prices. Amusement park participation is subject to change.

Birthday Parties

Host your next party at Washington Park Ice Arena, Memorial Park Family Aquatic Center, or Ellis-Porter Riverside Pool. Party packages include facility admission, a snack, take-home souvenir cup, and your choice of a cookie cake, 30 cupcakes, or a 1/2 sheet cake from Sam's Club.

Visit JCParks.com for details.



Parks Card

JC Parks Cards can be purchased for any amount and can be used for any parks and recreation good or service. They are available for purchase at The Linc and Oak Hills Golf Center.





SPECIAL EVENTS



Family

Easter Egg Hunt

4/3/21 Saturday 11:00am Memorial Park

Fee: \$1 per child

Jefferson City Jaycees and JC Parks will host the 34th annual Easter Egg Hunt for children up to 9 years old. Participants will be divided into age groups and the park will be divided into four sections. Parents are permitted in the 3 and under section only. All proceeds go to benefit local community projects.

Stars Under the Stars

5/28/21 Friday "Beethoven" 7/9/21 Friday "Sister Act" 8/6/21 Friday "Charlotte's Web" Movies presented at Riverside Amphitheater

Fee: Free





Healthy Blue

Enjoy your favorite movies on a giant inflatable screen under the stars. Bring lawn chairs and blankets. Movies start at dusk, approximately 8:45 pm. Sponsored by Healthy Blue. Concessions available for purchase.

Pre-show activities provided by Freshwater Church.







KidsFest/Bass Pro Shops Outdoor Days

6/5/21 Saturday 10:00am - 2:00pm Ellis-Porter Riverside Park

Fee: Free

NEW LOCATION: KIDSFEST IS MOVING TO ELLIS-PORTER **RIVERSIDE PARK IN 2021!**

KidsFest features entertainment, games, education, and more. Sponsored by JC Parks, KRCG-TV, Healthy Blue, and Bass Pro Shops. Concessions and items available for purchase.

Interested in being a vendor? Contact Phil at (573) 634-6487 or pstiles@jeffcitymo.org.

Kids Fishing Derby

6/12/21 Saturday 8:00am Binder Park Lake

Fee: Free

Sponsored by JC Parks, Elks Lodge, Capital City Fly Fishers, Capital Crappie Club, Mexico Bassmasters, and Merten's Bait and Tackle. Prizes and trophies will be awarded for smallest, largest, and most fish caught in the following age categories: 5 years and under, 6-9 years, 10-12 years, and 13-16 years.

7:00-8:00 am: tournament registration at Binder Lake Deck 8:00-9:00 am: Capital Crappie Club fishing derby 9:00-10:00 am: casting contest

Awards ceremony following casting contest

Cultural Arts & Entertainment

Art Around Town Gallery Crawl

4/30/21 Friday 4:00pm - 7:00pm various

Fee: Free

A free evening of artwork displayed at different locations around Jefferson City. A map will be available for pick-up prior to the event at all participating locations.

Jefferson City Art Club will be having their annual Adult Fine Art Exhibit reception at Capital Arts Gallery. Stop by and enjoy a beverage and snacks!

Porchfest JCMO

5/2/21 Sunday 1:00pm - 4:00pm Capitol Ave.

Fee: Free Admission

Fees apply to concessions and merchandise.

Have you ever sat on your porch and enjoyed hearing a neighbor strumming a guitar on a nearby porch? Porchfest takes this idea and multiplies it to create a free, family-friendly event where the community can share their love of playing and listening to music by holding porch concerts in different neighborhoods. The festival is centered around local music, art, and neighborly hospitality. There will be a wide range of diverse musical styles participating.



Aquatics

Welcome to Neverland Pool Party

6/18/21 Friday 6:30 - 8:00pm Riverside Pool

Fee: \$10 per child

Calling all Lost Boys and Tinker Bells! An adventure full of treasure hunts, cool crafts, snacks, and of course swimming is waiting just for you. Pre-registration required. Available for children ages 2 -10 years. No charge for guardians, who are required to stay for entire event.

Activity #: 603171-01

Father's Day Special

6/20/21 Sunday 12:00 - 7:00pm MPFAC and Riverside Pool

Fee: Free with paid youth admission

Dads swim for free on Father's Day!

Trolls Pool Party

7/16/21 Friday 6:30 - 8:00pm Riverside Pool

Fee: \$10 per child

So much Princess Poppy fun that even a Burgen would approve! Snacks, games, activities, and more swimming than you can shake a Branch at. Pre-registration required. Available for children ages 2 -10 years. No charge for guardians, who are required to stay for entire event.

Activity #: 603171-02

Float Your Boat

8/7/21 Saturday 5:30 - 7:00pm Riverside Pool

Fee: \$20 per boat

Whether you sink or float, you are guaranteed to have a blast. Teams consisting of 2-6 participants design and build a human-powered boat made strictly of cardboard and duct tape that is capable of completing a 50-meter course. All preregistered captains and their boats must check in at Riverside Pool by 5:00 pm on race day.

Hot Dippity Dog Swim

8/15/21 Sunday 6:00 - 7:00pm MPFAC

Fee: \$5 per dog

Enjoy the dog days of summer by taking a dip with your canine. All dogs need to be on a leash. Leash may be removed when in the water, but owners must stay close to their dogs. When leaving the event, be sure to pick up your PupCup custard from Culver's! We encourage everyone to not swim underwater.



Sports / Race Events

Mid States Championships Judo & Jujitsu Tournament

4/10/21 Saturday 10:00 am The Linc

Open to all participants. All contestants participating in the sanctioned USA Judo division must provide proof of a valid USA Judo membership. Freestyle Judo and Submission Grappling divisions are not sanctioned events and participants will not need proof of memberships.

Registration form and details at JCParks.com. Hosted by JC Parks, Jefferson City Judo Club, and Jefferson City Jujitsu.

Division	Fee*
Judo (Freestyle or Sanctioned) Judo (Freestyle and Sanctioned) Submission Grappling (Jujitsu) Complete Tourney Package	\$30 \$40 \$40 \$75

*Pre-register by March 8 to receive \$5 discount and t-shirt.

SPECIAL EVENTS



Dog Jog 5K

5/22/21 Saturday 9:00 - 1:00pm North Jeff Pavilion

Fee: \$25 early bird; \$35 regular

Join JC Parks and Smokin' Guns Working Dog Club for our inaugural 5k celebrating man's best friend. Dogs and their owners can walk or run the route. Make sure to check out the dog-friendly vendors before or after the 5k.

Check-in opens at 8 am. Vendors will be set up until 1 pm.

Activity #	Early Bird	Regular
908171-20	March 1 - May 1	May 2 - 21

Jefferson City Great Escape Triathlon

6/13/21 Sunday 7:00 am Ellis-Porter Riverside Park

Takes athletes from the historic state penitentiary to the outskirts of the new state prison. Chip timing by Ultramax Sports. Details at jcmotri.com or email jctriathlon@embarqmail.com. Funds support JC Parks and JC YMCA swimming programs.

Race	Fee*	Deadline
Sprint Triathlon Duathlon	\$65 \$65	May 24 May 24
Relay	\$75	May 24
Super Sprint	\$45	May 24
Double (Sprint/Super Sprint)	\$80	May 24

*Fee increases by \$10 if registering after May 25.

Tour de Jeff City Moonlight Bike Ride

7/25/21 Sunday 2:00 am Hy-Vee parking lot

Fee: Free

Sponsored by JC Parks and Red Wheel Bike Shop, the Tour is a non-competitive event for all ages. The route is carefully chosen to avoid most major hills. A map will be posted online at JCParks.com. Start and end at Hy-Vee.

Tall Oak MTB Endurance Race

8/22/21 Sunday 10:00 am - 4:00 pm Binder Park

Compete against mountain bikers from around the Midwest to bike the most distance in the allotted time. Winners in the Solo and Duo Team categories receive a cash prize. All ages welcome.

Check-In held 8 - 9:30 am. Race is scheduled 10 am - 4 pm. Awards will be announced at 4:30 pm.

Registration*: Early Bird July 1 - Aug 13; Regular Aug 14 - 22

Details are posted at JCParks.com. Contact Alexis at (573) 634-6593 or mkerman@jeffcitymo.org for more information.

Category	Activity #	Early Bird	Regular
Solo Women Solo Men Duo Team Trio Team	908171-23 908171-24 908171-25 908171-26	\$45 \$45 \$60 per team \$50 per team	\$50 \$50 \$65 \$55

*Same-day registration will be allowed-cash only.



Catch Me If You Can

8/28/21 Saturday 10:00 am - 1:00 pm Ellis-Porter Riverside Park

Fee: \$30 early bird; \$40 regular

Youth ages 6-17 will make their way through trails and obstacles. Obstacles include water and mud, so be prepared to get messy! Adults may walk/run with their children and may assist them with obstacles as needed. Pre-registration required.

Start Time	Activity #	Early Bird	Regular
9:40 am	908171-00	June 1 - Aug 13	Aug 14 - 27
10:00 am	908171-00.01	June 1 - Aug 13	Aug 14 - 27
10:20 am	908171-02	June 1 - Aug 13	Aug 14 - 27
10:40 am	908171-03	June 1 - Aug 13	Aug 14 - 27
11:00 am	908171-04	June 1 - Aug 13	Aug 14 - 27



Prison Break

8/28/21 Saturday 8:00 am MO State Penitentiary

Fee: \$45

Racers ages 18+ will emerge from the prison's dungeon, sprint through Housing Unit 4 and set out on a 5+ mile course that will test every facet of their athleticism.

Expect the unexpected – hilly terrain combined with a slew of obstacles will be featured at every turn.

Register at https://www.visitjeffersoncity.com/prison-break.

Ice Arena

59th Annual Ice Show "Ice School"

4/23/21 Friday 7:00 pm Washington Park Ice Arena 4/24/21 Saturday 7:00 pm Washington Park Ice Arena 4/25/21 Sunday 2:30 pm Washington Park Ice Arena

Fee: admission varies

Don't miss the longest running amateur ice show in Missouri! Performances include spotlights and group numbers given by participants of JC Parks lesson programs and Missouri Figure Skating Club adaptive program.

Capital City Classics Competition

3/13/21 Saturday 8:00am - 8:00pm Washington Park Ice Arena 3/14/21 Sunday TBD Washington Park Ice Arena

Fee: Free Admission

Endorsed by and in accordance with Ice Sports Industry, this is an amateur figure skating and general skating skills competition. Skaters from Kansas, Missouri, and Illinois compete in a variety of events individually and in teams like synchronized skating and production numbers.

Contact Carly Potts for details at cpotts@jeffcitymo.org or (573) 634-6480.

Ice Skating Recitals

Spring Recital: Friday, April 2, 2021 at 7:00 pm Summer Recital: Friday, July 16, 2021 at 6:00 pm

Fee: \$1 Admission

Visit Washington Park Ice Arena for an evening of skating. Participants will include skaters of all ages and ability levels. Rec and competitive Capital Classics teams will also perform their programs.

Sign up at the front desk to participate in any of the recitals.



LEISURE CLASSES (11)

Coming to The Linc in April 2021!

Mid States Championship Judo & Jujitsu Tournament

See page 8 for details.

Karate

Karate is a martial art involving blocks, strikes, evasions, throws, and joint manipulations and is divided into three aspects: kihon (basics), kata (forms), and kumite (sparring).

American Style Shotokan Karate

Class focuses on kihon and kata with some kumite. A karate gi can be purchased at a martial arts supply store or through class instructor. Youth classes are for ages 4 -10.

The Youth class will offer a Little Dragons track for the youngest students, preparing them for traditional kihon and kata.

Youth classes: Wednesday, 5:30 - 6:25 pm Regular classes: Wednesday, 6:30 - 7:25 pm Registration Deadline: 1 week prior to start

All classes are held at North Jefferson Multipurpose Building.

Class	Dates	Activity #	Fee Late
Youth	Feb 24 - April 7	907412-2A	\$30 \$35
Youth	April 14 - May 26	907412-3A	\$30 \$35
Regular	Feb 24 - April 7	907412-2D	\$30 \$35
Regular	April 14 - May 26	907412-3D	\$30 \$35



Judo & Jujitsu

Learn self-defense while developing self-confidence, self-discipline, and respect.

Judo teaches you self-defense using throws, sweeps, holds, joint locks, and chokes; for ages 6 and up.

Jujitsu teaches you ground fighting techniques for self-defense; for ages 13 and up.

Location: Jefferson City Judo Club

1301 Creek Trail Dr.

Class Time: 6 - 7:30 pm

Deadline: one week prior to class start date

Class	Days	Monthly	Activity #	Fee*	Late*
Judo Judo Judo Judo Judo Judo	Mon / Thur Mon / Thur Mon / Thur Mon / Thur Mon / Thur Mon / Thur	March April May June July Aug	907411-5A 907411-6A 907411-7A 907411-8A 907411-9A 907411-10A	\$60 \$60 \$60 \$60 \$60 \$60	\$70 \$70 \$70 \$70 \$70 \$70
Jujitsu Jujitsu Jujitsu Jujitsu Jujitsu Jujitsu	Wed Wed Wed Wed Wed	March April May June July Aug	907411-5B 907411-6B 907411-7B 907411-8B 907411-9B 907411-10B	\$40 \$40 \$40 \$40 \$40 \$40	\$50 \$50 \$50 \$50 \$50 \$50

^{*\$20} discount if enroll in both Judo and Jujitsu in the same month

Country Dance Class

Learn a mix of dances, partner optional, that may include line and pattern partner. Couples dances include 2-step, triple, waltz, and swing. Singles are welcome to participate.

Taught by Kountry Guys & Gals Dance Club. Instructed by Wayne Kittel, Jr. Email kountryguysandgals@gmail.com for details.

Location: North Jefferson Multipurpose Bldg.

Time: 6:30 - 7:30 pm **Deadline:** April 9

Dates		Day	Activity #	Fee	Late
April 13 - May 18	'	Tues	907151-02	\$25	\$30

JC Parks Stars

JC Parks Stars is a year round sports training program for any Jefferson City resident eight years of age and older having disabilities because of cognitive delays. Participation in Special Olympics Missouri games provides people with disabilities the opportunity to develop physical fitness, to gain self-confidence, build a more positive self-image, and to form friendships with other Special Olympians.

Participants may register for one or more of the sports offered. To register, complete a form designating the sports in which you would like to participate, a SOMO medical information form and release form. Transportation and participation fees may apply. Visit JCParks.com for details.

Star Voyages

Star Voyage trips are on hold due to the pandemic. Check JCParks.com for updates.

Stars Night Out

Formerly "Friday Night Recreation", Stars Night Out is a year round recreation program for Cole and adjacent county residents with mental and/or physical disabilities who are 15 years of age or older. Sponsored by Day Solutions Foundation.

The program includes social, physical, and creative activities to fill the leisure needs of our participants. Dances, game nights, dinners, hayrides, bingo, movies, and nature activities are some of the events we offer. An activity calendar is posted on the Stars Night Out web page.

Participants must register before attending activities. To pre-register, complete the registration/application form and returnit to the JC Parks office. This form includes a parent/guardian release, a brief medical history, and emergency contact information.

Participants may register at The Linc, 1299 Lafayette St.

Participation is free thanks to the generosity of Day Solutions Foundation. Snacks are sponsored by Cole County Residential Services.

For more information concerning JC Parks special populations programs, contact James Reinkemeyer at (573) 634-6482 or ireinkemeyer@jeffcitymo.org.

Miracle League

JC Parks offers a non-competitive baseball league for area schoolaged kids with physical and developmental disabilities or other conditions that keep them from participating in other baseball leagues. Every kid bats, fields, and has a "baseball buddy" to help them. The league is designed to help every kid, regardless of age or ability, be successful and have fun!

The program includes six games and a uniform shirt and hat. Registration forms are available at The Linc or at JCParks.com.

Location: Binder Sports Complex **Registration:** Early Bird March 1 - 15 Regular March 16 - 31

Program Dates	Day	Time	Activity #	Early	Reg
May 7 - June 25	Fri	6:30 pm	501391-00	\$35	\$40





JC Parks Special Populations is on Facebook!

Volunteers Needed

JC Parks special programs are possible due to the generous people who volunteer their time to improve participants' quality of life.

Stars Night Out needs volunteers to assist with events. Individuals and groups are welcome.

Coaches are needed for JC Parks Stars, JC Parks Junior Stars, and Miracle League. Some sports include volleyball, basketball, golf, softball, bowling, aquatics, track and field, and bocce.

Check JCParks.com for updates regarding Camp Star.

SENIOR PROGRAMS @ THE LINC



Senior Membership Options

See page 14 for senior individual and senior couple membership rates at The Linc. Along with access to the fitness center, walking track, and exercise classes, senior memberships include Twalkers, Golden Hours, and Through the Decades senior programs.

The Linc is a proud member of SilverSneakers and Renew Active!

SilverSneakers® is a health and fitness program designed for adults 65+ that is included with many Medicare Advantage plans. SilverSneakers encourages older adults to participate in physical activities that will help them to maintain greater control of their health. Check your eligibility at silversneakers.com.

Renew Active is a program available for members of an eligible Medicare Advantage plan insured by UnitedHealthcare Insurance Company or one of its affiliate companies in participating states.

TWalkers

Wanting to walk for exercise AND want someone to chat with? We have a group walking club perfect for you.

Location: The Linc, 1299 Lafayette St. **Meeting Days:** Monday, Wednesday, and Friday Age: Seniors

Activity #	Time	Member	Non
902021-01	8:45 - 9:45 am	Free	\$40 annual



Golden Hours

This social time will include educational sessions, sharing experiences, and reflecting on various topics.

Location: The Linc, 1299 Lafayette St. **Meeting Days:** First Tuesday of each month

Age: Seniors

Activity #	Time	Member	Non
902022-01	10:00 - 11:30 am	Free	\$40 annual

Non-Members who register for both Golden Hours and Through the Decades senior programs will receive a discounted annual fee of \$50 for both programs.

Through the Decades

Dive into the great decades by participating in activities and crafts with themes of times gone by.

Location: The Linc, 1299 Lafayette St. **Meeting Days:** First Thursday of each month Seniors Age:

Activity #	Time	Member	Non
902022-02	10:00 - 11:30 am	Free	\$40 annual

...and More!

Check out even more programs in this guide that are designed with Seniors in mind.

Program	Location	Page
Chair Yoga	The Linc	15
Simple Circuit Fitness Class	The Linc	15
Pickleball	various	18
Water Aerobics	Riverside Pool	30



1299 Lafayette Street • Jefferson City, MO 65101 • (573) 634-6482



Operating Schedule and Rates

Membership Rates

	Daily Drop-In	Monthly*/Annual
Adult (18-59)	\$5	\$25/\$300
Youth	\$3	\$20/\$240
Family (Immediate family in household)	\$15	\$31/\$372
Senior (60+)	\$3	\$20/\$240
Senior Couple	\$5	\$29/\$348

*Monthly rate increases \$10 for members without bank draft.

Operating Hours

August 1 - April 30

Mon-Thurs 5a-10p

Friday 5a-9p

Saturday 7a-6p

Sunday 10a-10p

May 1 - July 31

Mon-Thurs 5a-10p Friday 5a-8p Saturday 7a-4p Sunday 10a-5p

Please visit JCParks.com for latest information.

See page 13 for Senior Membership details.

Facility Highlights

- four regulation basketball courts/six volleyball courts
- elevated walking track (7.5 laps = 1 mile)
- four exercise/meeting rooms
- power cycle room
- fitness center powered by Technogym

Visit us to discover how The Linc can help you achieve your health and wellness goals!

Corporate Memberships

Want to implement a corporate membership plan for your business?

Contact Membership Director Andrew Brunnert at (573) 634-6394 or abrunnert@jeffcitymo.org to customize a plan that best fits your organization's needs.

Personal Training

\$99 Special Introductory Rate
4 • 30 Minute Sessions

Individual Rates

\$45/Session
Up to 9 • 1hr Sessions

\$40/Session

Partner Rates

\$35/Session
Up to 9 • 1hr Sessions

\$30/Session

Group Rates available for 3+ people (partner and group rates are per session, per person)

Contact Aaron Grefrath at agrefrath@jeffcitymo.org or (573) 634-6393 for more personal training information.

Exercise Classes @ The Linc

The Linc has exercise classes for all ages and abilities. Visit JCParks. com for a complete list and class calendar. Non-member drop-in fee is \$7 when participating in exercise classes.



Power Cycle



Want to add some aqua to your exercise routine? Check out **Aqua Motion** on page 30, which is free for Linc members!

Exercise Class Descriptions

Chair Yoga

Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. *SilverSneaker endorsed*.

Crossfire

This class forces your whole body to be the power during your workout while incorporating super effective strength and cardio moves that build lean muscle and endurance.

Freestyle 45

This class is designed to challenge and empower the way you think about sculpting your body. Varied workouts will increase core strength, conditioning, and building lean muscle.

H.I.I.T. IT

Fast paced metabolic conditioning class with high intensity cardio intervals using muscle defining moves.

Muscle Max

High impact cardio and strength intervals will keep your heart pounding as we move through all of the major muscle groups.

Power Cycle

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, while incorporating some strength and resistance training too! This is a total body workout. All levels are welcome.

Simple Circuit

Offers standing, low-impact choreography alternated with standing upper-body strength with hand-held weights, elastic tubing with handles and a ball. A chair is available for standing support. *SilverSneaker endorsed*.

Yoga/Pilates

Combines various poses used in yoga and pilates. This class will strengthen your mind, body, and spirit.

Zumba Fit

This class is a total workout combining all elements of fitness - cardio, muscle conditioning, balance, and flexibility.

Operating Schedule

Oak Hills Golf Center is open daily year round, providing the temperature is at least 40 degrees, and there is no frost on the greens or frozen turf conditions.

The driving range is open when the course is open, with the exception of Monday mornings during the summer for mowing purposes. If you are uncertain about course conditions, call the clubhouse at (573) 634-6532.

Opening Times

March - April 7:30am
May - September 7:00am
October 8:00am
November - February 9:30am

Golf Course closes at sunset daily

Wednesday Ladies League

Join the open ladies league on Wednesday mornings May 5 through Sept 29. Formats and pairings change weekly.

To register: contact the clubhouse at (573) 634-6532 or arrive Wednesday morning by 8:30 am.

Thursday Night Open League

A two-person scramble open league is offered May 6 through Sept 30. Arrive 15 to 30 minutes prior to the 5:30 pm shotgun start.

To register: pre-registration opens the Wednesday prior to each league night. Contact the clubhouse at (573) 634-6532 to reserve your spot. Limited to 50 teams, and we reach max count often!

Daily Green Fees				
	18	8 Holes	s 9	9 Holes
Weekday Rates M-Th (March - October)		\$23		\$16
Weekend Rates F-Su (March - October)		\$25		\$17
Winter Rates (November - February)		\$15		\$11
Senior Rates (60 Years & Older)		\$15		\$11
Junior Rates (17 Years & Under)		\$15		\$11
Twilight		\$15		\$11
Carts (per seat)		\$18		\$11

Driving Range	
Small Bucket	20-25 \$4.50
Medium Bucket	40-45 \$6
Large Bucket	70-75 \$7
Extra Large Bucket	100-105 \$8.50
Family Bucket	140-150 \$11.50

Ann	Annual Passes			
Adult	18 to 59 Years Old Cart Pass Total	\$775 \$400 \$11 75		
Senior	60 and Over Cart Pass Total	\$725 \$400 \$1125		
Junior	17 Years and Under Cart Pass (16 and Up) Total	\$200 \$400 \$600		

Golf Etiquette

When good etiquette is practiced, golf is a much better and more enjoyable game.

Benefits of practicing good golf etiquette include faster rounds, greater enjoyment, improved course conditions and better interaction between golfers.

Golf Clubs and Supplies

Is it time for new clubs or maybe some golf accessories?

Oak Hills offers a variety of golf clubs, golf balls, hats and other golf attire from Callaway, Titleist, and Wilson.

Come in and see our great deals. We can also order whatever you need! For every purchase, receive Awards Points towards free golf.

OAK HILLS GOLF CENTER





Junior Golf Camp

This is an introductory golf instruction program, teaching basic swing fundamentals, putting, chipping, and bunker play. Golf rules and etiquette will also be taught. Campers will play golf every day. Clubs are available on first-come-first-served basis.

Camp Times: 8:00 - 11:00 am **Location:** Oak Hills Golf Center

Registration Deadline: one week prior to camp start date

Dates	Age	Activity #	Fee Late	
May 31 - June 4	8-10	601181-1A	\$90 \$100	
June 7 - 11	11-14	601181-2A	\$90 \$100	
June 14 - 18	8-10	601181-3A	\$90 \$100	
June 21 - 25	11-14	601181-4A	\$90 \$100	
June 28 - July 2	8-10	601181-5A	\$90 \$100	
July 12 - 16	11-14	601181-6A	\$90 \$100	

Competitive Golf Clinic

The competitive clinic helps young golfers take their game to the next level. Clinic consists of one hour of instruction, followed by two hours of on-course experience daily, with a nine-hole tournament on the final day.

Camp Times: 12:30 - 3:30 pm Location: Oak Hills Golf Center

Registration Deadline: one week prior to clinic start date

Dates	Age	Activity # Fee Late
June 7 - 11 June 21 - 25 July 12 - 16	12-15	

Beginning Adult Golf Lessons

These lessons are designed for those new to golf as well as those who want to become a more avid golfer. Adult golf lessons are for ages 16 years or older.

Each session consists of six, one-hour weekly lessons emphasizing fundamentals of grip, alignment, stance, course rules and etiquette, and basic golf mechanics.

Participants should provide their own clubs. Some clubs are available on a first-come-first-served basis.

Location: Oak Hills Golf Center

Registration Deadline: one week prior to lesson start date

Day	Dates	Time	Activity #	Fee Late
Mon Wed	April 7 - May 12 June 7 - July 12 June 9 - July 14 July 6 - Aug 10	6:45-7:45 pm 5:30-6:30 pm	902181-02 902181-03	\$70 \$80 \$70 \$80

Intermediate Adult Golf Lessons

Are you comfortable playing on the course but want to improve?

Intermediate lessons consist of more one-on-one time with the instructor, improving ball striking skills, shot shaping, and a variety of short game styles. Each session consists of six, one-hour weekly lessons.

Participants should provide their own clubs. Some clubs are available on a first-come-first-served basis.

Location: Oak Hills Golf Center

Registration Deadline: one week prior to lesson start date

Day	Dates	Time	Activity #	Fee Late
Mon Wed	April 6 - May 4 June 7 - July 12 June 9 - July 14 July 6 - Aug 10	5:30-6:30 pm 5:30-6:30 pm 6:45-7:45 pm 6:45-7:45 pm	902182-02 902182-03	\$70 \$80 \$70 \$80

18 ADULT SPORTS

Packets for adult sports leagues containing league rules and regulations and a team roster are available at the Parks and Recreation office during the registration period or online at JCParks.com.

If you register online, you must turn your roster and forfeit fee deposit in by the posted registration deadline date.

LATE FEE: Registrations received after the designated deadline date for a program are not guaranteed placement in the program. Fees will increase for those allowed to register after the deadline where there is still space available.

FORFEIT DEPOSIT: Forfeit Deposit for adult leagues must be provided at the time of registration with a valid credit card number, expiration date, and CVV code. A fee will be assessed only if a team forfeits a game.

Kickball

Location: Eagles Field **Spring League Start:** March 25

Players must be at least 16 years old. All leagues are co-ed.

Night	Games	Fee		Late	Deposit	Registration
Thu	7	\$220	Ι	\$240	\$65	Jan 25-March 7

Pickleball Open Play

Open court time for pickleball players is available at The Linc (1299 Lafayette St.); Washington Park Tennis Courts (1015 Louisiana Ave.); and Yvonne Walker Hoard Tennis Courts (Lafayette St./Dunklin St. intersection).

All players must pay the daily drop-in fee or purchase a membership when playing at The Linc.

Contact Missy at mmorarity@jeffcitymo.org or (573) 634-6563 if you are a new pickleball player and need access to the pickleball calendar and sign-up sheet.

Slow Pitch Softball

Location: Binder Sports Complex

Spring League Start: week of April 5
Summer League Start: week of May 17
Fall League Start: week of August 23

Players must be at least 16 years old. Game balls are provided before first game.

League	Games	Fee	Late	Deposit	Registration
Spring Single Spring Double	3 6		\$120 \$220		Jan 25-March 10 Jan 25-March 10
Summer Single	10	\$375	\$395	\$75	Feb 22-April 14
Fall Single	6	\$225	\$245	\$75	July 5-Aug 4
Fall Double	10	\$375	\$395	\$75	July 5-Aug 4

High School Sand Volleyball

Location:Binder Sports ComplexLeague Start:mid to late MayGame Days:Sunday evenings

Players must be entering grades 9-12 in fall 2021. All leagues are co-ed.

League	Matches	Fee	Late	Deposit	Registration
Sand 4's	8	\$115	\$135	\$30	March 22-April 14
Sand 6's	8	\$165	\$185	\$40	March 22-April 14

Adult Volleyball

Sand League Location: Binder Sports Complex

Indoor League Location: The Linc
Summer League Start: mid to late May
Fall League Start: mid to late August

Players must be at least 16 years old. Co-Ed and Women's divisions available. Leagues play Monday-Thursday evenings.

Summer	Games	Fee	Late	Deposit	Registration
Sand 4's Sand 6's Indoor 6's	10 10 10		\$160 \$220 \$220	\$60	March 22-April 14 March 22-April 14 March 22-April 14
Fall	Games	Fee	Late	Deposit	Registration
Sand 4's Sand 6's Indoor 6's	6 6 10	\$84 \$120 \$200	\$104 \$140 \$220		July 5-Aug 4 July 5-Aug 4 July 5-Aug 4

What is Start Smart?

Start Smart was developed by top motor skill development specialists in the field of youth sports. Parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun at the same time.

Start Smart participants will develop proper motor skills without the threat of competition or the fear of getting hurt that will allow them to enjoy and succeed in their youth sports future!

A parent, guardian, or other adult participates in the program with their child.

Start Smart Golf

Skill Stations: putting, chipping, pitching and full shot **Ages:** 5 - 7 years old and parent/guardian **Equipment Needed:** all equipment will be provided during lessons - SNAG coaching system.

Location: Oak Hills Golf Center **Registration:** Feb 1 - March 23

Day	Dates	Time	Activity #	Fee	Late
Mon	April 12 - May 17	5:30 pm	901122-01	\$35	\$40
Mon	April 12 - May 17	6:30 pm	901122-02	\$35	\$40

Start Smart Soccer

Skill Stations: kicking, dribbling, trapping, throw-ins, & agility

Ages:3 - 5 years old and parent/guardianEquipment:soft material soccer ball, official soccer ball

(size 3), youth shin guards & four soccer

cones

Kit: \$38 (orders due by Feb 28)

Location: to be determined **Registration:** Feb 1 - 28

Day	Dates	Time	Activity #	Fee	Late
Wed	March 31 - May 12 March 31 - May 12 March 31 - May 12	5:00 pm	901121-01	\$25	\$30
Wed	March 31 - May 12	7:00 pm	901121-02	\$25 \$25	\$30

Start Smart Baseball

Skill Stations: throwing, catching, batting, running, & agility

Ages: 3-5 years old and parent/guardian
Equipment*: glove, koosh ball, foam or plastic bat, and

foam or plastic ball

Kit: \$38 (orders due by May 2)

Location: to be determined **Registration:** March 29 - May 2

Day Dates	Time	Activity #	Fee	Late
Wed June 2 - July 14	5:00 pm	901123-02	\$25	\$30
Wed June 2 - July 14	6:00 pm	901123-03	\$25	\$30
Wed June 2 - July 14	7:00 pm	901123-04	\$25	\$30



Start Smart Football

Skill Stations: throwing, catching, kicking/punting, running,

agility, & flag pulling

Ages: 4–6 years old and parent/guardian mini football, flag belt, four cones, and a

kicking tee

Kit: \$28 (orders due by July 25)

Location: to be determined **Registration:** June 21 - July 25

Day	Dates	Time	Activity #	Fee	Late
Wed	Aug 25 - Oct 6	5:00 pm	901124-01	\$25	\$30
Wed	Aug 25 - Oct 6	6:00 pm	901124-02	\$25	\$30
Wed	Aug 25 - Oct 6	7:00 pm	901124-03	\$25	\$30

Start Smart Equipment

All Start Smart programs except golf require the participant to provide their own equipment.

Option 1: Purchase equipment kit through JC Parks. **Kits** must be ordered by registration deadline.

Option 2: Provide your own equipment. See "Equipment" section under each program for a list.

Little League Baseball

League consists of 12 regular season games (2 per week), plus league tournament and possibly All-Stars. Age as of August 31, 2021. Catchers gear, helmets, and game balls provided. Fee includes MLB replica jersey and Little League ball cap.

Player assessments will not be conducted this year.

Team Formation: Head coach draft Games played: 12, plus tourney

Location: 63 Diamonds Sports Complex

Early Bird Registration: Jan 18 - Feb 5 Feb 6 - 26 **Regular Registration:** March 15 **Practice Begins: Season Dates:** April 19 - May 27

League Tournament: June 18 - 20 (make-up June 25 - 27)

Little League registration is through https://tshq.bluesombrero.com/jeffcityll. Contact JC Parks at (573) 634-6482 to pay the registration fee.

Age	Nights*	Activity #	Early	Reg
9 - 10	Mon & Thu	601018-02	\$115	\$125
11 - 12	Mon & Thu	601018-03	\$115	\$125
13 -14	Mon & Thu	601018-04	\$115	\$125

*Game nights are subject to change

Tee-Ball & Coach-Pitch

Team Formation: by school and buddy request

Games played:

North Jefferson Blue and Red Fields

Game Times:

Location:

5:30, 6:30, and 7:30 pm

Early Bird Registration: March 1 - 12 **Regular Registration:** March 13 - 31 **Play Begins:** May 17

Catchers gear and helmets are provided. Fee includes team shirt and hat (boys) or visor (girls). Volunteer coaches are needed. Contact Steve at sschellman@jeffcitymo.org for details.

Fall '21 Grade	League	Night*	Activity #	Early	Reg
PreK	Co-Ed Tee-Ball	Mon	601050-00	\$55	\$65
K	Co-Ed Tee-Ball	Tue	601051-00	\$55	\$65
1	Boys Tee-Ball	Wed	601053-00	\$55	\$65
1	Girls Tee-Ball	Wed	601054-00	\$55	\$65
2-3	Girls Coach-Pitch	Thu	601055-00	\$55	\$65
2-3	Boys Coach-Pitch	Thu	601056-00	\$55	\$65

*Game nights are subject to change

Competitive Baseball

Leagues Offered: 8u, 9u, 10u, 11u, 12u, 13u, 14u

Team Formation: by coach **Divisions:** A and B various Location:

Game Nights: Tues and Wed; some Mon and Thur

(game night subject to change)

Coaches can visit teamsideline.com/jeffersoncity to register a team. Contact IC Parks at (573) 634-6482 to pay the full registration fee. Multi-team discounts available.

Season	Games	Start Date	Registration	Fee
Spring	12 (6 DH's)	April 19	Early Bird Jan 11 - 29 Regular Jan 30 - Feb 26	\$1,000 \$1,100
Fall	12 (6 DH's)	Aug 23	Early Bird July 1 - 11 Regular July 12 - 30	\$1,000 \$1,100

Recreation Softball

Team Formation: by school and buddy request Location: **Optimist Sports Complex**

Early Bird Registration: March 1-12 **Regular Registration:** March 13 - 31 **Play Begins:** May 17

Catchers gear, helmets, and game balls provided. Fee includes jersey and visor.

Fall '21 Grade	Night*	Games	Activity #	Early	Reg
4-5	Mon	6	601032-00	\$65	\$75
6-8	Thu		601033-00	\$65	\$75

^{*}Game nights are subject to change

Competitive Softball

Leagues Offered: 10u, 12u, 14u **Team Formation:** by coach

Location: **Optimist Sports Complex Game Nights:** Monday or Thursday

(game night subject to change)

Coaches can visit teamsideline.com/jeffersoncity to register a team. Contact JC Parks at (573) 634-6482 to pay the full registration fee. Multi-team discounts available.

Season	Games	Start Date	Registration	Fee
Spring	10 (5 DH's)	April 19	Early Bird Jan 11 - 29 Regular Jan 30 - Feb 26	\$725 \$750
Fall	8 (4 DH's)	Sept 9	Early Bird July 12 - 31 Regular Aug 1 - 13	\$575 \$600

Summer Recreation Volleyball

Team Formation: by school (indoor); by coach (sand)

Indoor League Location: The Linc

Sand League Location: Binder Sports Complex
Early Bird Registration: March 29 - April 16
Regular Registration: April 17 - 30
Play Begins: May 24

Volunteer coaches are needed. Contact Missy at mmorarity@jeffcitymo.org for details.

Fall '21 Grade	Night	Matches	Activity #	Early*	Reg*
3-4 indoor	Wed	6	601073-00	\$40	\$50
5-6 indoor	Mon	6	601075-00	\$40	\$50
7-9 indoor	Tues	6	601077-00	\$40	\$50
6-7 sand	Fri	6	by coach	\$40	\$50
8-9 sand	Fri	6	by coach	\$40	\$50

*Includes team shirt

Tennis Lessons

Lesson Times: 4-8 years 8:00 - 9:00 am

9-12 years 8:00 - 9:00 am 13+ years 9:00 - 10:00 am

Location: Yvonne Walker-Hoard Complex,

corner of Lafayette and Dunklin St.

Lesson Fee*: May 31-June 24 \$180

July 5-22 \$135 weekly \$50

^{*}Fee increases by \$10 if registering after the deadline.

Mon-Thur	Ages 4-8	Ages 9-12	Ages 13+	Deadline
May 31-June 24 May 31-June 3 June 7-10 June 14-17 June 21-24	601101-1K 601101-1L 601101-1M 601101-1N 601101-1O	601101-1D	601101-1F 601101-1G 601101-1H 601101-1I 601101-1J	May 28 May 28 June 4 June 11 June 18
July 5-22 July 5-8 July 12-15 July 19-22	601101-2K 601101-2L 601101-2M 601101-2N	601101-2A 601101-2B 601101-2C 601101-2D	601101-2F 601101-2G 601101-2H 601101-2I	July 2 July 2 July 9 July 16

Summer Competitive Basketball

Grades Offered: entering 4th - 8th in fall 2021

Team Formation: by coach

Divisions: Boys A and B; Girls A and B

Location: The Linc **Games Played:** 6

Game Nights: Tuesday-Thursday evenings

Play Begins: week of June 7

Coaches can visit teamsideline.com/jeffersoncity to register a team. Contact JC Parks at (573) 634-6482 to pay the full registration fee. Multi-team discounts available.

Registration Dates	Team Fee
Early Bird April 5 - 16	\$240
Regular April 17 - May 7	\$260



NFL Flag Football

Rec Team Formation: by school and buddy request

Mod Team Formation: by coach

Location: 63 Diamonds Sports Complex

Early Bird Registration: June 14 - 30 Regular Registration: July 1 - 16 Play Begins: Aug 23

Game and practice balls are provided. Fee includes NFL replica jersey and flag belt.

Grade Night* Games Activity # Early Reg 1 Rec Tue 6 701061-00 \$70 \$80 2 Rec Mon 6 701062-00 \$70 \$80 3 Rec Thu 6 701063-00 \$70 \$80 4 Rec Wed 6 701064-00 \$70 \$80 5-6 Rec Wed 6 701067-00 \$70 \$80 3 Mod Tue 6 by coach \$70 \$80						
2 Rec Mon 6 701062-00 \$70 \$80 3 Rec Thu 6 701063-00 \$70 \$80 4 Rec Wed 6 701064-00 \$70 \$80 5-6 Rec Wed 6 701067-00 \$70 \$80	Grade	Night*	Games	Activity #	Early	Reg
4 Mod Tue 6 by coach \$70 \$80	2 Rec 3 Rec 4 Rec 5-6 Rec 3 Mod	Mon Thu Wed Wed Tue	6 6 6 6	701062-00 701063-00 701064-00 701067-00 by coach	\$70 \$70 \$70 \$70 \$70	\$80 \$80 \$80 \$80 \$80

*Game nights are subject to change



General Day Camp Information

- Many camps are offered in one-week sessions.
- Camper information must be submitted through Campdoc.com before attending camps. Instructions will be emailed after registering for any of our day camps.
- Camper's lunch/drink should be packed in a small cooler since refrigeration is not available.
- Parents are responsible for transportation to Ellis-Porter Riverside Park, McClung Park, Washington Park, and Green Berry Acres. Camps held at Binder Park and Memorial Park will have an early drop-off option at The Linc.
- See page 4 for refund policy.
- Most camp registrations include daily public session swim/daily ice skating fee, field trips, and speakers.
- Program registrations received after the designated deadline date are not guaranteed placement in camp. Fees will increase for those allowed to register after the deadline if space is available.
- •Payment options available: a minimum of \$25 for each camp is due at time of registration. Full balance is due by May 31.

Camper Pre-Registration Fee

This \$15 one-time fee covers the camper's t-shirt, nature journal, and Campdoc medical form. The camper preregistration fee is required before registering for camps.

Pre-registration will be open until March 15. Preregistrations received after March 15 are not guaranteed early camp registration access by March 21 (see Friends of JC Parks Early Registration below for details).

Camper Pre-Registration Activity #: 605370-04

Friends of JC Parks Early Registration

Sign up to be a Friend of JC Parks by March 15 to have early access to day camp registration. Friends will be able to register early for camps on March 21-22.

Visit JCParks.com to become a Friend.

JC Parks 2021 summer day camps are all about finding your adventure. Submerge to underwater depths, explore the great outdoors, imagine far-off places through a storybook... all kinds of adventure await just outside your door!



Counselor in Training (CIT)

This program is designed to provide leadership opportunities that prepare teens to become staff members at camp, as well as productive members of their community.

The CIT program includes training in all aspects of a counselor's job at camp, participation in service projects, training sessions on such topics as basic child development and behavior management, counseling techniques and best practices, communication and leadership, environmental stewardship, and community service.

Training is scheduled for June 1-4, 2021. This may be moved to online if needed due to school make-up dates. Along with the initial training, CITs will be scheduled to work two to six weeks of JC Parks day camps.

Entry into the program is competitive and is based upon the completed application, references, and an interview with the camp director. Anyone not selected for the program will receive a full refund. Interviews will be held April 1-3.

The CIT application must be turned in at registration.

Fall '21 Grade	Activity #	Fee	Registration
7 - 11	605380-01	\$225	Feb 1 - March 26

Youth Spring Break Day Camp

"Survivor Adventures"

School calendars don't always match up with work calendars. JC Parks now offers a solution with Youth Holiday Camps. For children in grades K - 5, each camp will provide activities including arts and crafts, games, holiday and physical activities, and much more. The registration fee includes a camp t-shirt (one t-shirt per camper no matter how many dates they attend). Please provide your child's lunch and drink in a small cooler, as refrigeration is not available. Parents are responsible for transportation to and from The Linc.

Camp Location: The Linc, 1299 Lafayette St.

Camp Times: 8:00 am - 5:00 pm Camp Drop-Off: 7:15 am @ The Linc Camp Pick-Up: 5:30 pm @ The Linc

Registration Deadline: two weeks prior to camp start date

Camp	Date	Activity #	Fee	Late
Spring Break Camp	Mar 22-26	605388-10	\$115	\$125

Check JCParks.com for updates regarding Camp Star.

Due to potential travel restrictions resulting from COVID-19, Showdown Camps and LEGO Camp will not be offered in summer 2021.

Adventures in Science

Adventures in Science is a unique project-based learning camp that builds on STEM principles. Our hands-on activities use the scientific method to promote wonder, discovery, and exploration and also to encourage problem-solving and critical thinking skills.

Adventures in Science camp announcements and more at facebook.com/adventuresinscience.

Themes

Week 6: Survivor

Week 7: Westward Journey

Week 9: Extinction Is Forever/Egg McGyver Lives On

Week 10: The Amazing Race-Science Edition

Location: McClung Park Indoor Pavilion

Morning Drop-Off: 7:45 am **Evening Pick-Up:** 5:00 pm

Aqua Adventure Camp

"Underwater Adventures"

This camp will be packed full of water activities including but not limited to hands only CPR training, mini-lifeguard training, sun safety course, and lap swimming. Regular camp activities out of the water will take place as well. Be sure to pack your sunscreen and be ready for a water-filled week of fun.

Location: Ellis-Porter Riverside Pool

Morning Drop-off: 7:15 am **Evening Pick-up:** 5:30 pm

Binder Adventure Camp Level 1

"Worldly Adventures"

Binder Adventure Camp Level 1 is a challenging outdoor recreation experience. Campers will not only enjoy the outdoors but will learn outdoor skills which they can use for life. Activities will include canoeing, fishing, confidence course, hiking, nature study, and more.

Location: Binder Park Pavilion **Morning Drop-off:** 7:15 am @ The Linc

7:30 am @ Memorial Park 8:30 am @ Binder Park Pavilion

Evening Pick-up: 5:30 pm**

Binder Adventure Camp Level 2

"Outdoor Adventures"

Binder Adventure Camp Level 2 is a more advanced outdoor recreation program. Campers will learn a higher level of outdoor skills appropriate to those older ages.

Location: Binder Park Pavilion **Morning Drop-off:** 7:15 am @ The Linc

7:30 am @ Memorial Park 8:30 am @ Binder Park Pavilion

Evening Pick-up: 5:30 pm**

Camp Frost

"Cool Adventures"

Need a break from the summer heat? This day camp will have a variety of activities to keep kids moving and having fun. Most special to this camp are built-in ice skating lessons and plenty of time to practice those skills throughout the week.

Camp counselors or skating instructors will assist campers of all skating levels from beginner to experienced. Camp includes after-camp skate Tuesday - Friday, 3:30 - 5:30 pm.

On the Friday of week 4 (June 14-18) and week 9 (July 19-23), Camp Frost will spend all day at Ellis-Porter Riverside Pool.

Location: Washington Park Ice Arena

Morning Drop-off: 7:15 am Evening Pick-up: 5:30 pm**

Camp Green Berry

"Wildlife Adventures"

This camp provides a unique nature education program. In addition to fun games and activities, youth attending will be able to learn about the natural environment and our place within it. Conservation and nature ethics will be taught as well as natural crafts and nature activities. Activities also include Moreau River swim time daily 2:00 - 4:00 pm and a weekly field trip.

Location: Green Berry Acres **Morning Drop-off:** 7:15 am

Evening Pick-up: 7.13 am 5:30 pm**



Camp Out N About

"Action Adventures"

Campers will have the opportunity to play a variety of recreational games and sports. This is not a skills camp. Each week, the camp will take a field trip "out and about" in the community.

Add swim lessons during camp: campers can attend 9:00 am swim lessons to coordinate with their camp enrollment.

Camp weeks 5 and 6: swim lesson #603321-(level)A Camp weeks 8 and 9: swim lesson #603322-(level)A Camp weeks 10 and 11: swim lesson #603323-(level)A

Location: Ellis-Porter Riverside Park

Morning Drop-off: 7:15 am Evening Pick-up: 5:30 pm**



Camp Wokka Wokka

"Reading Adventures"

Activities include arts and crafts, storybooks, games, physical activities, hikes, nature study, field trips, and more.

Add swim lessons during camp: campers can attend 9:00 am swim lessons to coordinate with their camp enrollment.

Camp weeks 5 and 6: swim lesson #603331-(level)A Camp weeks 8 and 9: swim lesson #603332-(level)A Camp weeks 10 and 11: swim lesson #603333-(level)A

Location: Memorial Park **Morning Drop-off:** 7:15 am @ The Linc

7:30 am @ Memorial Park Pavilion

Evening Pick-up: 5:30 pm**

**Evening pick-up locations vary since campers may attend afternoon swim, ice skating sessions, or Community Park. An email will be sent the week prior to camp start date with details including pick-up locations for each day.

SUMMER CAMPS

See the camp calendar on pages 26-27 for more details. Camp descriptions included on pages 23-25.

Capitol Kids Camps

Ninja Warrior Camp Train on obstacle courses like the TV show. Lots of fun for both girls and boys in a way that will challenge them both physically and mentally!

Cheer Camp Trained staff will teach cheers, basic chants, stunts, jumps, tumbling, and dance. At the end of each camp the parents will be invited to a performance.

Dance Camp Learn one to two short hip hop dances, going over the basics of dance technique. At the end of each camp the parents will be invited to a performance.

Multi-Camp Discount: Sign up for two Capitol Kids camps in the same week for a discounted fee of \$140.

Location: Capitol Kids, 1911 Ford St. **Camp Time:** 8:30 am - 4:30 pm

Optional Early Drop-Off: 7:30 am* Optional Late Pick-Up: 5:00 pm*

*An optional early drop-off fee (\$5 total for all three days) and late pick-up fee (\$5 total for all three days) can be paid at the front desk on the first day of camp.

Mountain Bike Camp

Join Wheels Up Camps to learn the skills and techniques of mountain biking on your favorite local trails.

Mornings will focus on off-road mountain biking. We will work on bicycle maintenance, trail riding procedures/rules, group riding dynamics and trail etiquette. We will also focus on many NICA and BICP skills, including bike and body separation, starting, braking, cornering, and dismounts.

Afternoons will include outdoor games, scavenger hunts, nature hikes, orienteering, arts & crafts, and team-building activities.

Bring a sack lunch, snack, and drink.

Register for Wheels Up Mountain Bike Camp online at wheelsupmtb.com.

Binder Park Lake Deck **Camp Location:** Camp Time: 9:00 am - 3:30 pm **Bike Rental (optional):** \$50 for full camp week **Bike Size:** 24 inch wheel or bigger



May the Forest Be with You

This camp will be packed full of crafts, games and activities from Star Wars. A fun time, you will have!

Campers will visit Community Park in the afternoons.

Location: The Linc **Morning Drop-off:** 7:15 am **Evening Pick-up:** 5:30 pm**

Visual Arts Academy

This camp includes painting, drawing, cartooning, clay, and other mediums taught by local professional artists and art teachers.

Students should wear clothes that art materials will not harm. Art supplies are included in the fee. Contact Kathleen Stroup at (573) 230-5846 or JC Parks at (573) 634-6482 with questions.

Location: McClung Park Indoor Pavilion

Morning Drop-off: 8:00 am

Camp Time: 9:00 am - 3:00 pm

Evening Pick-up: 4:00 pm



SUMMER CAMPS







May/June Camp Schedule

	-						
Week	Camp	Grade Fall 2021	Dates	Activity #	Fee	Late	Registration
1	Dance Camp Ninja Warrior Camp	ages 6+ ages 6+	May 24-25 May 26-28	905151-01D 905151-01	\$55 \$100	\$65 \$110	March 23 - May 10 March 23 - May 12
2	May the Forest Be with You Cheer Camp	K-5 ages 6+	June 1-4 June 2-4	605376-02 905151-02	\$95 \$100	\$105 \$110	March 23 - May 18 March 23 - May 19
3	Camp Wokka Wokka Camp Green Berry Camp Out N About Camp Out N About Binder Adventure Camp Level 1 Binder Adventure Camp Level 2 Camp Frost Ninja Warrior Camp	K-3 1-4 1-3 4-6 3-5 6-8 1-6 ages 6+	June 7-11 June 7-11 June 7-11 June 7-11 June 7-11 June 7-11 June 9-11	605372-03 605375-03 605371-031 605371-032 605373-031 605373-032 605386-03 905151-03	\$116 \$116 \$116 \$116 \$119 \$119 \$119 \$100	\$126 \$126 \$126 \$126 \$129 \$129 \$129 \$110	March 23 - May 24 March 23 - May 26
4	Camp Wokka Wokka Camp Green Berry Camp Out N About Camp Out N About Binder Adventure Camp Level 1 Binder Adventure Camp Level 2 Camp Frost Ninja Warrior Camp	K-3 1-4 2-4 5-7 3-5 6-8 1-6 ages 6+	June 14-18 June 14-18 June 14-18 June 14-18 June 14-18 June 14-18 June 14-18 June 16-18	605372-04 605375-04 605371-041 605371-042 605373-041 605373-042 605386-04 905151-04	\$116 \$116 \$116 \$116 \$119 \$119 \$119 \$100	\$126 \$126 \$126 \$126 \$129 \$129 \$129 \$110	March 23 - June 1 March 23 - June 2
5	Camp Wokka Wokka* Camp Green Berry Camp Out N About* Camp Out N About* Binder Adventure Camp Level 1 Binder Adventure Camp Level 2 Camp Frost Cheer Camp	K-3 1-4 1-3 4-6 3-5 6-8 1-6 ages 6+	June 21-25 June 21-25 June 21-25 June 21-25 June 21-25 June 21-25 June 23-25 June 23-25	605372-05 605375-05 605371-051 605371-052 605373-051 605373-052 605386-05 905151-05	\$116 \$116 \$116 \$116 \$119 \$119 \$119 \$100	\$126 \$126 \$126 \$126 \$129 \$129 \$129 \$110	March 23 - June 7 March 23 - June 9
6	Camp Wokka Wokka* Camp Green Berry Camp Out N About* Camp Out N About* Binder Adventure Camp Level 1 Binder Adventure Camp Level 2 Aqua Adventure Camp Dance Camp Adventures in Science Mountain Bike Camp	K-3 1-4 1-3 4-6 3-5 6-8 3-8 ages 6+ 2-6 ages 8-14	June 28-July 2 June 28-July 2 June 28-July 2 June 28-July 2 June 28-July 2 June 28-July 2 June 28-29 June 28-July 2 June 28-July 2 June 28-July 2	605372-06 605375-06 605371-061 605371-062 605373-061 605373-062 605389-06 905151-06D 605381-06	\$116 \$116 \$116 \$116 \$119 \$119 \$120 \$55 \$120 \$275	\$126 \$126 \$126 \$126 \$129 \$129 \$130 \$65 \$130 n/a	March 23 - June 14

SUMMER CAMPS (27)

July Camp Schedule

Week	Camp	Grade Fall 2020	Dates	Activity #	Fee	Late	Registration
7	May the Forest Be with You Aqua Adventure Camp Cheer Camp Adventures in Science	K-5 3-8 ages 6+ 2-6	July 6-9 July 6-9 July 7-9 July 5-9	605376-07 605389-07 905151-07 605381-07	\$95 \$96 \$100 \$120	\$105 \$106 \$110 \$130	March 23 - June 21 March 23 - June 21 March 23 - June 23 March 23 - June 21
8	Camp Wokka Wokka* Camp Green Berry Camp Out N About* Camp Out N About* Binder Adventure Camp Level 1 Binder Adventure Camp Level 2 Camp Frost Ninja Warrior Camp Visual Art Academy	K-3 1-4 2-4 5-7 3-5 6-8 1-6 ages 6+ ages 7-14	July 12-16 July 12-16 July 12-16 July 12-16 July 12-16 July 12-16 July 12-16 July 14-16 July 12-16	605372-08 605375-08 605371-081 605371-082 605373-081 605373-082 605386-08 905151-08 605382-08	\$116 \$116 \$116 \$116 \$119 \$119 \$119 \$100 \$190	\$126 \$126 \$126 \$126 \$129 \$129 \$129 \$110 \$200	March 23 - June 28 March 23 - June 30 March 23 - June 28
9	Camp Wokka Wokka* Camp Green Berry Camp Out N About* Camp Out N About* Binder Adventure Camp Level 1 Binder Adventure Camp Level 2 Camp Frost Ninja Warrior Camp Adventures in Science	K-3 1-4 2-4 5-7 3-5 6-8 1-6 ages 6+ 2-6	July 19-23 July 19-23 July 19-23 July 19-23 July 19-23 July 19-23 July 21-23 July 19-23	605372-09 605375-09 605371-091 605371-092 605373-091 605373-092 605386-09 905151-09 605381-09	\$116 \$116 \$116 \$116 \$119 \$119 \$119 \$100 \$120	\$126 \$126 \$126 \$126 \$129 \$129 \$129 \$110 \$130	March 23 - July 5 March 23 - July 7 March 23 - July 5
10	Camp Wokka Wokka* Camp Green Berry Camp Out N About* Camp Out N About* Binder Adventure Camp Level 1 Binder Adventure Camp Level 2 Camp Frost Dance Camp Cheer Camp Adventures in Science	K-3 1-4 1-3 4-6 3-5 6-8 1-6 ages 6+ ages 6+ 2-6	July 26-30 July 26-30 July 26-30 July 26-30 July 26-30 July 26-30 July 26-27 July 28-30 July 26-30	605372-10 605375-10 605371-101 605371-102 605373-101 605373-102 605386-10 905151-10D 905151-10 605381-10	\$116 \$116 \$116 \$116 \$119 \$119 \$119 \$55 \$100 \$120	\$126 \$126 \$126 \$126 \$129 \$129 \$129 \$65 \$110 \$130	March 23 - July 12 March 23 - July 14

*Coordinating swim lessons are available for this week of camp. See camp description for details.

August Camp Schedule

Week	Camp	Grade Fall 2020	Dates	Activity #	Fee	Late	Registration
11	Camp Wokka Wokka* Camp Green Berry Camp Out N About* Camp Out N About* Binder Adventure Camp Level 1 Binder Adventure Camp Level 2 Camp Frost Ninja Warrior Camp	K-3 1-4 1-3 4-6 3-5 6-8 1-6 ages 6+	August 2-6 August 2-6 August 2-6 August 2-6 August 2-6 August 2-6 August 2-6 August 4-6	605372-11 605375-11 605371-111 605371-112 605373-111 605373-112 605386-11 905151-11	\$116 \$116 \$116 \$116 \$119 \$119 \$119 \$100	\$126 \$126 \$126 \$126 \$129 \$129 \$129 \$110	March 23 - July 19 March 23 - July 21
12	May the Forest Be with You	K-5	August 9-13	605376-12	\$118	\$128	March 23 - July 26
	Aqua Adventure Camp	3-8	August 9-13	605389-12	\$120	\$130	March 23 - July 26
	Ninja Warrior Camp	ages 6+	August 11-13	905151-12	\$100	\$110	March 23 - July 28
13	Aqua Adventure Camp	3-8	August 16-20	605389-13	\$120	\$130	March 23 - August 2
	Dance Camp	ages 6+	August 16-17	905151-13D	\$55	\$65	March 23 - August 2
	Cheer Camp	ages 6+	August 18-20	905151-13	\$100	\$110	March 23 - August 4

*Coordinating swim lessons are available for this week of camp. See camp description for details.

Ellis-Porter Riverside Pool

320 Ellis-Porter Drive Jefferson City, MO 65101 (573) 634-6585

Operating Hours

Open May 29 - September 6, 2021 Visit JCParks.com for public session times.

Pool Features: Drop down slide; climbing wall; diving

board; ADA compliant pool lift

Shallow Area: Zero-depth entry; rooster tail; flower

shower; dumping buckets; froggy slide

Memorial Park Family Aquatic Center

120 Binder Drive Jefferson City, MO 65109 (573) 634-6588

Operating Hours

Open May 29 - August 15, 2021

Visit JCParks.com for public session times.

Pool Features: Open flume slides (2); Drop down slides

(2); lily pad walk; climbing wall; zero depth entry; lap lanes; ADA compliant

pool lift; birth-7 year aquatic play structure; hippo slide

General Fees

General fees apply to both Memorial Park Family Aquatic Center and Ellis-Porter Riverside Pool. **Refunds will not be given on season pass purchases. No rain passes will be given in case of inclement weather.**

Adult/Senior Admission (18+)	\$6.50
Adult Admission (after 5:00pm)	\$5.50
Adult Season Pass	\$95
Youth Admission (children under 12 months free)	\$5.50
Youth Admission (after 5:00pm)	\$4.50
Youth Season Pass	\$80
Family Season Pass (up to 4 family members)*	\$190
Senior Pass (60+)	\$80
Lap Swim	\$2
Coin Lockers	\$0.25

*Add \$30 for each additional member; family must live in same household.

Party Pad Rentals

Want to create your own party? We provide the space, tables, and chairs; the rest is up to you. Public session fees apply since admission to facility is not included with party pad rentals. Glass containers and alcohol are prohibited.

Location	Days & Times	Rental Fee
Ellis-Porter Riverside	Mon-Thu 12:00 - 5:00 pm Fri-Sun: 12:00 - 7:00 pm	\$23/hour
MPFAC	Sun-Sat: 12:00 - 7:00 pm	\$23/hour

Pre-School Rentals

Licensed child cares, pre-schools, or home day care centers can reserve a 30-minute block of time at MPFAC play structure or Ellis-Porter Riverside Pool zero-depth entry area.

Reservations must be made in advance. Contact MPFAC at (573) 634-6588 or Ellis-Porter Riverside Pool at (573) 634-6585.

Days	1	Times	Fee
Mon - Fri		9:00 - 10:00 am	\$2 per person

Private Rentals

Host a private pool party after public session hours.

Food and drink may be brought into the facility for rentals. Glass containers and alcohol are prohibited. All attendees must pay admission, including those not swimming.

Contact JC Parks at (573) 634-6482 to book your private party. Full payment is due at the time of booking.

Location	Days & Times	Rental Fee
Ellis-Porter Riverside	Sat, Sun: 10:00 - 11:30 am Sun-Sat: 7:30 - 9:00 pm*	\$215 + \$1 per person
MPFAC	Sat, Sun: 10:00 - 11:30 am Sun-Sat: 7:30 - 9:00 pm	\$265 + \$1 per person

^{*}Weeknight rentals available when swim lessons are not held.

Little Splashers Playtime

Enjoy the water during a time reserved for the little ones. For ages six and under with an adult 15 years or older.

Pool	Days	Time	Fee
Ellis-Porter Riverside	Mon-Sat	10:30-11:30 am	\$2 per person
MPFAC	Mon-Fri	10:30-11:30 am	\$2 per person



Learn to Swim Like a Mermaid

Swimmers will learn how to safely use their mermaid tails. Learn fluke splashes, core rolls, and some synchronized swimming moves. For ages 6+. Must be able to swim in shallow area.

A mermaid fin is required for the class. You may either provide your own fin, rent a fin, or purchase a fin through us.

Location: Ellis-Porter Riverside Pool **Registration:** March 8 - June 1

Dates	Time	Activity #	Fee
June 14 - 18	10:00 - 11:00 am	603325-1A	own fin \$45 rent fin \$65
June 14 - 18	5:30 - 6:30 pm	603325-1B	buy fin \$115

Adult Swimming Lessons

Class A: Fear of Water (not comfortable putting face in water; going past waist deep; or floating on back)

Class B: Moderate Experience (semi-comfortable in water; putting face/head in water; and going deeper than waist deep)

Location:Ellis-Porter Riverside PoolLesson Days:Monday - ThursdayTime:5:45 - 6:30 pm

Class	Dates	Activity #	Fee	Late	Deadline
A	June 1-4	603320-1A	\$45	\$55	May 28
B	June 1-4	603320-1B	\$45	\$55	May 28
A	July 5-8	603320-2A 603320-2B	\$45	\$55	June 30
B	July 5-8		\$45	\$55	June 30

Junior Lifeguard Training

Available for ages 11-15. Daily sessions consist of physical training, demonstrations, team building, and leadership training.

Instruction includes water safety, public relations, facility operations, basic work skills, first aid, and CPR.

Students receive StarGuard Junior Lifeguard certification, t-shirt, and graduation ceremony held on **June 13 at 5:30-7:00 pm**.

Graduates may volunteer at JC Parks pools. They will receive free admission on their volunteer days.

Participants must attend all five days-no exceptions.

Location: Ellis-Porter Riverside Pool **Registration:** March 8 - May 28

Dates	Time	Activity #	Fee	Late
June 7 - 11	9:00 - 11:30 am	603361-01	\$50	\$60
June 7 - 11	5:30 - 8:00 pm	603361-02	\$50	\$60

Jr. Swim Lesson Instructor

Designed for ages 12-15 to assist with swim instruction after passing a two-day training course. Held at Ellis-Porter Riverside.

Registration: March 8 - June 30

Dates	Time	Activity #	Fee	Late
July 7-8	9:00-11:30 am	603361-05	\$35	\$45

Group lessons are offered for all ability levels, making it as convenient as possible for families with children of all ages. All instructors are certified through an instructor course. Eight lessons are scheduled per session.

Private Swim Lessons

Swimmers of all levels may register for private lessons. A JC Parks instructor will help you improve your skills with one-on-one supervision. JC Parks staff will be the only individuals allowed to teach private lessons.

Registration for private lessons is on a first-come, first-served basis. Participants receive four, half-hour lessons. **Private lessons begin after June 16.** Registrations received before June 1 should be contacted by the lesson coordinator by June 19.

Pool	Fee
Ellis-Porter Riverside or MPFAC	\$75

Aqua Motion

This water aerobics group exercise class incorporates gentle stretching and balance exercises, assisted by the support of the water. This low-medium intensity shallow end class can be adapted for participants at all levels.

Participants who are not Linc members must pay the \$7 drop-in fee at the Ellis-Porter Riverside Pool admissions counter before class.

Location: Ellis-Porter Riverside Pool

Lesson Days: Monday - Friday **Time:** 7:45 - 8:45 am

Dates	Linc Member	Non-Member
June 7 - Sept 6	Free	\$7 Daily Drop-In



Group Swim Lesson Levels

Parent and Child

Ages 6 months - 2 years

Class length: 30 minutes; Depth: 4.5 feet

Children will develop a comfort level in and around the water. It will provide the parent with the necessary knowledge and skills to orient the child to the water and safely supervise water activities. One adult must accompany the child in the water.

Preschool

Ages 3 - 4 years

Class length: 30 minutes; Depth: varies

Children gain greater independence in their skills and develop more comfort in and around the water. Swimmers will put their faces under water.

Learn-to-Swim

Ages 5 + years

Class length: 45 minutes; Depth: varies

Level 1: Introduction to Water Skills is for a first-time swimmer. Enter and exit water safely. Practice putting face in water and blowing bubbles through mouth and nose. Front and back glide, back float. Explore arm and hand movements.

Level 2: Fundamental Aquatic Skills Fully submerge and hold breath. Float on front and back. Roll over from front to back, back to front. Glide on front and back. Tread water. Combine arm and leg actions on back and front.

Level 3: Stroke Development Enter water by jumping from side. Rotary breathing. Change from vertical to horizontal position on front and back. Front crawl and elementary back stroke. Flutter, dolphin and scissors kick. Head first entries from sitting/kneeling position.

Level 4: Stroke Improvement Swim underwater. Front and back crawl. Elementary back stroke. Breaststroke, sidestroke, and butterfly. Front crawl and backstroke open turns. feet first surface dive and survival swimming.

Level 5: Stroke Refinement Front and back crawl. Elementary backstroke. Breaststroke, sidestroke, and butterfly. Tuck and pike surface dives. Front flip and backstroke flip turn. Rescue breathing. Shallow angle dive. Safety topics and more.

Level 6: Swimming and Skill Proficiency Fitness swimmer. Personal water safety and fundamentals of diving.

Level 7: Competitive Swimming *Pre-requisite: must be able to swim 25 yards of freestyle and backstroke.* Freestyle, backstroke, breaststroke, butterfly, turns, and endurance swimming. Available at Ellis-Porter Riverside during select session times. Class is dependent on instructor availability.

Ellis-Porter Morning Lessons

Session 1: June 21 - July 1, Monday - Thursday

Registration: March 8 - June 16

Class	Time	Activity #	Fee	Late
Parent & Child	10:20 am	603281-1A	\$34	\$44
	11:00 am	603281-1B	\$34	\$44
Preschool	9:00 am	603301-2A	\$34	\$44
	9:40 am	603301-2B	\$34	\$44
	10:20 am	603301-2C	\$34	\$44
	11:00 am	603301-2D	\$34	\$44
LTS level 1-7	9:00 am	603321-*A	\$38	\$48
LTS level 1-6	9:55 am	603321-*B	\$38	\$48
LTS level 1-6	10:50 am	603321-*C	\$38	\$48

Session 2: July 12 -22, Monday - Thursday

Registration: March 8 - July 7

Class	Time	Activity #	Fee	Late
Parent & Child	10:20 am 11:00 am	603282-1A 603282-1B	\$34 \$34	\$44 \$44
Preschool	9:00 am 9:40 am 10:20 am 11:00 am	603302-2A 603302-2B 603302-2C 603302-2D	\$34 \$34 \$34 \$34	\$44 \$44 \$44 \$44
LTS level 1-6	9:00 am 9:55 am 10:50 am	603322-*A 603322-*B 603322-*C	\$38 \$38 \$38	\$48 \$48 \$48

Session 3: July 26 - Aug 5, Monday - Thursday

Registration: March 8 - July 21

	,	,		
Class	Time	Activity #	Fee	Late
Parent & Child	10:20 am	603283-1A	\$34	\$44
	11:00 am	603283-1B	\$34	\$44
Preschool	9:00 am	603303-2A	\$34	\$44
	9:40 am	603303-2B	\$34	\$44
	10:20 am	603303-2C	\$34	\$44
	11:00 am	603303-2D	\$34	\$44
LTS level 1-6	9:00 am	603323-*A	\$38	\$48
	9:55 am	603323-*B	\$38	\$48
	10:50 am	603323-*C	\$38	\$48

Saturday Session: June 12 - Aug 7 (no lesson July 3) Registration: March 8 - June 3

Class	Time	Activity #	Fee	Late
Parent & Child	9:00 am	603284-1A	\$34	\$44
	9:45 am	603284-2A	\$34	\$44
Preschool	9:00 am	603304-1A	\$34	\$44
	9:45 am	603304-2A	\$34	\$44

*Use LTS skill level in your activity code when registering.

Ellis-Porter Evening Lessons

Session 1: June 21 - July 1, Monday - Thursday

Registration: March 8 - June 16

Class	Time	Activity #	Fee	Late
Parent & Child	5:40 pm	603281-1C	\$34	\$44
	6:20 pm	603281-1D	\$34	\$44
	7:00 pm	603281-1E	\$34	\$44
Preschool	5:00 pm	603301-2E	\$34	\$44
	5:40 pm	603301-2F	\$34	\$44
	6:20 pm	603301-2G	\$34	\$44
	7:00 pm	603301-2H	\$34	\$44
	7:40 pm	603301-2I	\$34	\$44
LTS level 1-6	5:30 pm	603321-*D	\$38	\$48
	6:30 pm	603321-*E	\$38	\$48
	7:30 pm	603321-*F	\$38	\$48

Session 2: July 12 - 22, Monday - Thursday

Registration: March 8 - July 7

	•	,		
Class	Time	Activity #	Fee	Late
Parent & Child	5:40 pm	603282-1C	\$34	\$44
	6:20 pm	603282-1D	\$34	\$44
	7:00 pm	603282-1E	\$34	\$44
Preschool	5:00 pm	603302-2E	\$34	\$44
	5:40 pm	603302-2F	\$34	\$44
	6:20 pm	603302-2G	\$34	\$44
	7:00 pm	603302-2H	\$34	\$44
	7:40 pm	603302-2I	\$34	\$44
LTS level 1-6	5:30 pm	603322-*D	\$38	\$48
LTS level 1-6	6:30 pm	603322-*E	\$38	\$48
LTS level 1-7	7:30 pm	603322-*F	\$38	\$48

Session 3: July 26 - Aug 5, Monday - Thursday

Registration: March 8 - July 21

Class	Time	Activity #	Fee	Late
Parent & Child	5:40 pm	603283-1C	\$34	\$44
	6:20 pm	603283-1D	\$34	\$44
	7:00 pm	603283-1E	\$34	\$44
Preschool	5:00 pm	603303-2E	\$34	\$44
	5:40 pm	603303-2F	\$34	\$44
	6:20 pm	603303-2G	\$34	\$44
	7:00 pm	603303-2H	\$34	\$44
	7:40 pm	603303-2I	\$34	\$44
LTS level 1-6	5:30 pm	603323-*D	\$38	\$48
	6:30 pm	603323-*E	\$38	\$48
	7:30 pm	603323-*F	\$38	\$48

MPFAC Morning Lessons

Session 1: June 21 - July 1
Lesson Days: Monday - Thursday
Registration: March 8 - June 16

Class	Time	Activity #	Fee	Late
Parent & Child	9:00 am	603381-2A	\$34	\$44
	9:40 am	603381-2B	\$34	\$44
	10:20 am	603381-2C	\$34	\$44
	11:00 am	603381-2D	\$34	\$44
Preschool	9:00 am	603311-2A	\$34	\$44
	9:40 am	603311-2B	\$34	\$44
	10:20 am	603311-2C	\$34	\$44
	11:00 am	603311-2D	\$34	\$44
LTS level 1-6	9:00 am	603331-*A	\$38	\$48
	9:55 am	603331-*B	\$38	\$48
	10:50 am	603331-*C	\$38	\$48

*Use LTS skill level in your activity code when registering.

Session 2: July 12 - 22
Lesson Days: Monday - Thursday
Registration: March 8 - July 7

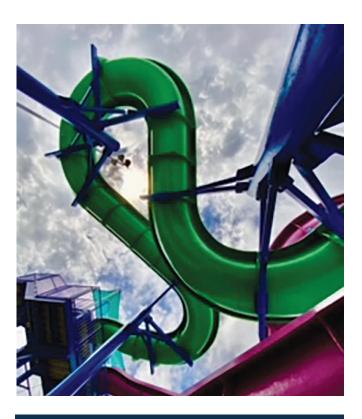
Class	Time	Activity #	Fee	Late
Parent & Child	9:00 am	603382-2A	\$34	\$44
	9:40 am	603382-2B	\$34	\$44
	10:20 am	603382-2C	\$34	\$44
	11:00 am	603382-2D	\$34	\$44
Preschool	9:00 am	603312-2A	\$34	\$44
	9:40 am	603312-2B	\$34	\$44
	10:20 am	603312-2C	\$34	\$44
	11:00 am	603312-2D	\$34	\$44
LTS level 1-6	9:00 am	603332-*A	\$38	\$48
	9:55 am	603332-*B	\$38	\$48
	10:50 am	603332-*C	\$38	\$48

*Use LTS skill level in your activity code when registering.

Session 3: July 26 - Aug 5
Lesson Days: Monday - Thursday
Registration: March 8 - July 21

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Class	Time	Activity #	Fee	Late
Parent & Child	9:00 am	603383-2A	\$34	\$44
	9:40 am	603383-2B	\$34	\$44
	10:20 am	603383-2C	\$34	\$44
	11:00 am	603383-2D	\$34	\$44
Preschool	9:00 am	603313-2A	\$34	\$44
	9:40 am	603313-2B	\$34	\$44
	10:20 am	603313-2C	\$34	\$44
	11:00 am	603313-2D	\$34	\$44
LTS level 1-6	9:00 am	603333-*A	\$38	\$48
	9:55 am	603333-*B	\$38	\$48
	10:50 am	603333-*C	\$38	\$48

*Use LTS skill level in your activity code when registering.



StarGuard Lifeguard Training

JC Parks aquatic staff is trained with StarGuard lifeguard training program, which provides necessary license to work at JC Parks aquatic facilities.

Participants learn to anticipate, recognize, and manage accidents/ incidents in a professional manner while protecting themselves. Training includes performing rescues and emergency care. Course includes first aid, CPR, oxygen administration, and AED administration.

New Guard classes require completion of an online course prior to class start date. Participants will be notified when course materials are available for pick-up.

Returning Guards must have proof of current certification.

In-Water Training is required in addition to classroom time. Available dates are May 22, May 23, May 24, May 27, or May 28 (JC Parks staff only date). Sign up for your preferred in-water training date when you attend classroom training.

Class	Classroom	Activity #	Staff	Non	Late	Deadline
New New New	May 1-2 May 15-16 June 3-4	603351-01 603351-02 603351-03	\$120	\$165	\$175	May 8
Return Return Return	May 8	603352-01 603352-02 603352-03		\$135 \$135 \$135		April 3 May 1 May 15

Pool Policy and Procedure

General

- Pools are open daily except during threatening weather or when projected high air temperature is 74 degrees or cooler.
- Certified lifeguards are on duty at all times for your safety.
- During periods of low attendance, various attractions and/or pools within the complex may close.
- During periods of extreme heat or high temperatures, staff will take 10 minute safety breaks throughout day to clear pool.
- JC Parks is not responsible for lost or stolen items. Coin operated lockers are available at each facility.
- Complimentary lifejackets are available at the admission booth.
- Diaper changing stations are available in the restrooms.
- It is the patron's responsibility to read and obey all posted signs for safety.

Facility Rules

- Profane language is not allowed. Patrons using inappropriate language will be asked to exit the facility for the day **without a refund.**
- All patrons must pay to enter whether swimming or observing.
- Pool patrons are not allowed to leave and re-enter the pools. Exceptions made for adults with manager's approval.
- Patrons wearing street clothes will not be allowed admission into facility unless as a guardian of a child 10 years or younger.
- Appropriate swim attire must be worn, including male swim trunks, female one or two piece suits and tankinis. Suits should not be see through. No thongs, pants, jean shorts or shorts with belt loops or rivets, inappropriate language, and anything else deemed not appropriate by pool staff.
- Children 10 years and under MUST be accompanied and supervised by a person 15 years of age or older.
- Outside food, drink, coolers or glass containers are not allowed into the pools.
- JC Parks reserves the right to check baggage if necessary.
- Persons must be able to swim on their own to use waterslides.
- Paging patrons is not permitted.
- No smoking/vaping in the pool complex or parking lot.
- Any person suspected to be under the influence of alcohol or drugs will not be permitted into the facility.
- Water wings/small inner tubes are permitted if parent/guardian is within reach of the child. NO Rafts/large inner tubes. Noodles are allowed into the facility.
- Close fitting swim diapers are required for those not potty trained. Swim diapers are available for purchase.
- If you, your child, or anyone in your family has had diarrhea in the past two weeks, please do not use the pool.
- · Lifeguards and managers have final authority.

Clear Bag Policy

JC Parks has implemented a clear bag policy at Memorial Park Family Aquatic Center and Ellis-Porter Riverside Pool during public session hours.

This policy supports our priority to create a fun and safe environment for our pool guests and staff.

Each patron may bring one clear bag of any size. Mesh bags are also acceptable.

In addition to a clear/mesh bag, patrons may bring in a small clutch that does not exceed 4.5° x 6.5° .

Clear Bag FAQs

Q. Will I be able to purchase a clear bag at the pool?

A. Both pools will have reusable clear totes available for purchase at the admission gates. Visit JCParks.com for purchase fees and options.

Q. What do I do if I have medical equipment?

A. Pool staff will be on-hand to assist guests who have medically necessary items, including breastfeeding supplies. Refrigeration is available if needed.

Q. What about beach towels?

A. We ask that guests remove towels from their bags and carry towels over their shoulders or arms when entering the facility.

Q. Are diaper bags allowed?

A. No. Any supplies needed are required to be in a clear bag. Each member of a family, including children, will be allowed to bring an approved clear bag and a clutch purse into the pool.

Non-Approved Bags

- Back Pack
- Camera Case
- Cinch Bag
- Tinted Plastic Bag
- Printed Pattern Plastic Bag
- Fanny Pack
- Oversized Tote Bag
- Diaper Bag
- Purse

Visit JCParks.com for a complete pool policy listing.

Operating Schedule

Washington Park Ice Arena

711 Kansas St. Jefferson City, MO 65109 (573) 634-6580

Operating Hours

Public sessions are typically scheduled daily at various time slots. Visit JCParks.com for monthly calendars.

General Fees Adult Admission \$5.50 **Adult 10-Session Pass** \$44 Youth Admission \$4.50 Youth 10-Session Pass \$36 Skate Rental (Figure & Hockey) all ages \$3 \$3.50 Public Session (12 - 1:30pm) all ages Public Session (12 - 1:30pm) Session Pass \$35 Freestyle (1 Hour) \$8 Freestyle (2 Hours) \$12 Freestyle (10-Session Pass) \$96 \$8 Drop In Hockey (1 Hour; no charge for goalies) Drop In Hockey (2 Hours; no charge for goalies) \$12 **Drop In Hockey 10-Session Pass** \$96 Skate Sharpening (Figure & Hockey) \$7.50 Coin Lockers \$0.25

Summer Advanced Lessons

Tennis shoes must be worn during off-ice warm-up.

Refer to "Summer Skating Lessons" section for session dates.

Early Bird deadline is two weeks prior to session start date.

Class	Day	Time	Activity # EB Reg
Bronze 1	Tu/Th	5:45 - 6:15pm	904371-*A \$60 \$70
Bronze 2	Tu/Th	5:45 - 6:15pm	904372-*A \$60 \$70
Bronze 3	Tu/Th	5:45 - 6:15pm	904373-*A \$60 \$70
Adv Adult	Tu/Th	5:45 - 6:15pm	904231-*D \$60 \$70

*Use Session Number in your activity code when registering.

Find details for Camp Frost on page 24.

Saturday Skating Lessons

Session 4 (five weeks):

February 20* - March 27 (No lesson March 13)

Early Bird deadline is two weeks prior to session start date. *February 20 class start time is 12:30 pm.

Class	Time Activity # EB Reg	g
Snowballs 1-4	11:30 am - 12 pm 904490-4E \$50 \$60	0
Skating Skills 1	11:30 am - 12 pm 904491-4E \$50 \$60)
Skating Skills 2	11:30 am - 12 pm 904492-4E \$50 \$60	0
Skating Skills 3	11:30 am - 12 pm 904493-4E \$50 \$60	0
Skating Skills 4	12:15 - 12:45 pm 904494-4E \$50 \$60	0
Skating Skills 5	12:15 - 12:45 pm 904495-4E \$50 \$60	0
Bronze 1-3	12:15 - 12:45 pm 904371-4C \$50 \$60	0
Beg/Adv Adult	12:15 - 12:45 pm 904231-4E \$50 \$60	0

Summer Skating Lessons

Learn-to-Skate Lessons are 30 minutes in length. A 15 minute practice is held 6:15 - 6:30 pm for all lessons.

Tuesday & Thursday Sessions (six lessons/three weeks)

Session 5: May 11 - 27 **Session 6:** June 8 - 24

Early Bird deadline is two weeks prior to session start date.

Class Day Time Activity # EB Reg
Snowballs 1-4 Tu/Th 5:45 - 6:15pm 904490-*A \$60 \$70
Skating Skills 1 Tu/Th 5:45 - 6:15pm 904491-*A \$60 \$70
Skating Skills 2 Tu/Th 5:45 - 6:15pm 904492-*A \$60 \$70
Skating Skills 3 Tu/Th 5:45 - 6:15pm 904493-*A \$60 \$70
Skating Skills 4 Tu/Th 5:45 - 6:15pm 904494-*A \$60 \$70
Skating Skills 5 Tu/Th 5:45 - 6:15pm 904495-*A \$60 \$70
Beginner Adult Tu/Th 5:45 - 6:15pm 904231-*A \$60 \$70

*Use Session Number in your activity code when registering.

WASHINGTON PARK ICE ARENA (35)

Synchro Team Prep Class

This class prepares skaters for the upcoming synchronized skating tryouts. Instructors will help skaters learn and polish the moves in the field patterns and synchro skills in their various levels for the synchronized skating team. The \$20 Capital Classics competitive team tryout fee is included.

Date	Day	Time	Activity # Fee
May 16	Sun	6 - 7:30 pm	904251-A2 \$40

Capital Classics Competitive Team Tryouts

Packets will be available at Washington Park Ice Arena, or contact Carly Potts at cpotts@jeffcitymo.org or (573) 634-6480. The tryout fee is waived for those participating in synchro prep class.

Date	Day	-	Time	Fee
May 23	Sun		6 - 9 pm	\$20

Ice Show Participation

Spotlight handbook can be found online or at the ice arena.

Spotlight Practice Tuesdays, March 9 - April 13

8:15 - 8:45 pm

Spotlight Number Fee \$50 (\$20 tryout + \$30 practice)

Group Numbers: participation is for skaters who have enrolled in JC Parks group lessons in September-December.

All levels from Snowball to Platinum will be represented. Some groups will be asked to provide costume items and/or pay up to \$40 for costumes and props for the show.

The group number practices will be held on Tuesday evenings, March 9 - April 13. Pictures will be taken April 13.

Homeschool practices will be held on Mondays, March 8 - April 12. Pictures will be taken April 12.

Practice schedules and times will be posted online.

Technical Rehearsal Dress Rehearsal 59th Annual Ice Show

Group Number Fee

April 20, 5:30 - 9:15 pm April 22, 5 - 9 pm April 23 - 25

\$10 + up to \$40 for costume

Group Number Deadline	Activity #	Fee
Friday, Feb 19	904280	\$10 + costume



WASHINGTON PARK ICE ARENA

Broomball League

Like ice hockey but played without skates, broomball uses brooms to shoot a foam ball into the opponent's goal.

Roster is due by early bird registration deadline. To register, call The Linc at (573) 634-6482.

Games	Day	EB Deadline	EB	Reg
March 1 - May 3	Mon	Feb 15	\$275	\$295



Speed Skating

Walk-on practice sessions Sundays 5:30 - 6:30 pm. For speed skaters only. Helmet required. Visit JCParks.com for monthly calendars. Fee: \$8.

Visit jcssc.org for information or call Kirk Bonnot at (573) 338-3324.

Stick and Puck/Drop-in Hockey

Stick and Puck is a time for hockey enthusiasts to practice hockey skills in an informal setting. No scrimmage games are allowed during stick and puck. Open to all ages. Players are required to provide and wear protective equipment. Rough/dangerous play will not be tolerated.

Drop-in hockey is for informal pick-up games. Players will divide into teams and scrimmage. Full equipment required. This is a nocheck program, and rough/dangerous play will not be tolerated. Drop-in is divided into youth and adult levels.

- Adult Drop-in is for ages 18+ only
- Youth Drop-in is for ages 17 and under only

Times vary. Check online monthly calendar or pick up a calendar at the ice arena admissions counter.

Cost: \$8 for 1 hour; \$12 for 2 hours

Adult Learn-To-Play Hockey

Class length is one hour of on-ice practice. Instructors will teach basic hockey and skating fundamentals. Full hockey equipment recommended.

Available to ages 16+.

No class on May 31.

Contact Chad Brown at cbrown@jeffcitymo.org or (573) 634-6547 for details.

Early bird deadline is two weeks prior to session start date.

Dates	Time	Activity # Early Reg
May 10 - June 7	6 - 7pm	904262-5A \$44 \$54

Adult Hockey League

The adult hockey league is a co-ed, recreational, no-checking hockey league for ages 18+. Teams will play one game consisting of three 15 minute periods each night. Full equipment is required. All skill levels welcome.

League rules available online. USA Hockey insurance is required. Visit usahockey.com for more information.

Contact Chad Brown at cbrown@jeffcitymo.org or (573) 634-6547 for details.

Summer League: Mondays, June 7 - August 2
Games: 8 games (no games July 5)
Early Bird Deadline: May 24

Leagues	Position	Activity #	EB	Reg
Summer League	Player	904263-5A	\$136	\$146
	Goalie	904263-5B	\$68	\$78

Referee Seminar

For those interested in becoming an ice hockey official, the Missouri Ice Hockey Officials Association will be running a seminar. Date and location to be determined.

Register at http://www.mihoa.com/seminars.html.

Contact Chad Brown at cbrown@jeffcitymo.org or (573) 634-6547 for more information.

WASHINGTON PARK ICE ARENA



Hockey Skills/Power

Classes are open to all youth age groups. Players must be proficient in skating to participate. Classes will be focused on hockey skills and power skating will be integrated.

Summer League: Mondays, May 31 - July 26 **Classes:** 8 classes (no class July 5)

Early Bird Deadline: June 29

Dates	Day	Time	Activity #	EB	Reg
June 14 - Aug 9	Mon	6 - 7 pm	904260-1A	\$80	\$90

Hockey Camps

Washington Park Ice Arena will host hockey camps during the summer months. Camp details will be posted online. Contact Chad Brown at cbrown@jeffcitymo.org or (573) 634-6547 for more information.

Youth Hockey House League

Games will be played 3 vs. 3 or 4 vs. 4 with 15 minute periods. This is a no check league. Full equipment required. Goalies play free.

Early bird deadline is two weeks prior to start date.

League	Wednesdays	Activity # EB Reg
Mite/Squirt	March 17 - April 21	904268-1A \$80 \$90
Mite/Squirt	April 28 - June 2	904268-2A \$80 \$90
Peewee/Bantam	March 17 - April 21	904268-1B \$80 \$90
Peewee/Bantam	April 28 - June 2	904268-2B \$80 \$90

Youth Learn-To-Play Hockey

Class length is 45 minutes of on-ice practice. Instructors will teach basic hockey and skating fundamentals in station based practice.

Full hockey equipment required: full equipment rental is available from the Mid-Mo Tigers youth hockey club for a \$50 deposit; \$25 is refunded when the equipment is returned.

Available to ages 5 - 17.

If your child has never skated before, a Learn-to-Skate session is recommended before &/or concurrently with Learn-to-Play.

Early bird deadline is two weeks prior to session start date.

Dates	Time	Activity #	Early Reg
March 8 - May 3	5:45 - 6:30pm	904262-5G	\$80 \$90

3v3 Youth Hockey Tournament

Games will be played on half-ice. This is a no-checking tournament. Players register individually and will be assigned to a team based on skill and age.

The registration fee is waived for goalies.

Age: Open to birth years 2007-2012.

Team format: 6 skaters + goalie

Uniforms: light and dark jersey required

Contact Chad Brown at cbrown@jeffcitymo.org or (573) 634-6547 for details.

Date	Time	Fee	Deadline
Saturday, Aug 28	9 am - 12:30 pm	\$25	Aug 20



Host Your Event at a Park

Rates apply to all individuals, businesses, and organizations.

Reservations are accepted on a first-come-first-served basis up to one year in advance. All reservations made more than 60 days in advance require a \$10.00 non-refundable holding fee which is applied to the rental, with the balance due 60 days prior to the rental date.

All facilities require a damage, clean-up, and/or key deposit in addition to rental charges payable by cash, check, MasterCard, Visa, Discover. Provided the key is returned (if applicable), the facility is cleaned properly and there is no damage, the deposit, if paid by cash or check will be returned by mail approximately two to three weeks after the date of usage. If paid by credit/debit card the refund will be credited back to the card the Monday after your rental.

Sale of items, charging admission, and playing amplified music require the completion of a Special Use Permit Application and advance approval from the Department of Parks and Recreation prior to a reservation being made, but not less than 10 business days in advance of the planned reservation.

Alcoholic beverages are permitted in the parks except where specifically prohibited and posted.

To check on rates and availability, please call (573) 634-6482 or visit The Linc at 1299 Lafayette St.

B 1	1	- 111	1	
Park	T	Facility		Max
Binder Park		Outdoor Shelter Lake Deck		100 75
Community Park		Tower Shelter		30
Ellis-Porter Riverside Park		Outdoor Shelter		280
Green Berry Acres		Outdoor Shelter Indoor Cabin		75 45
Memorial Park		Outdoor Shelter		450
McClung Park		Outdoor Shelter Indoor Pavilion		285 175
North Jefferson Recreation Area		Outdoor Shelter Cedar City Room		250 100
Washington Park		WP Center		45

Park Restrooms

Restroom facilities and drinking fountains within the parks are available for use from April through October.

Restrooms at Edgewood Greenway, Memorial, Binder Lake Deck, Ellis-Porter, Community, and McKay Parks are open year round, weather permitting.

McClung Indoor Pavilion

McClung Indoor Pavilion reopened in fall 2020 after receiving major renovations.

Renovations include flooring, lighting, windows, complete kitchen remodel, and an extended outdoor patio.





McClung Indoor Pavilion is available for reservations for half-day, full-day, or weekend blocks.

Day	Block	Time	Fee
Mon-Thur	Half Day	8am - 3pm OR 4pm - 11pm	\$150
Mon-Thur	Full Day	8am - 11pm	\$250
Fri-Sun	Half Day	8am - 3pm OR 4pm - 11pm	\$250
Fri-Sun	Full Day	8am - 11pm	\$400
Weekend	Fri thru Sun	8am - 11pm	\$1,100

PARKS



JC Parks maintains a	pproximately 1,400 acres	of park land. Visit JCParks.com for details.
Regional Parks		
Binder Park	5840 Rainbow Dr 645 acres 5:00 am - 11:00 pm	
North Jefferson Recreation Area	927 Fourth St 205.6 acres 5:00 am - 11:00 pm	
Community Parks		
Ellis-Porter Riverside Park	300 Ellis-Porter Dr 62.4 acres 5:00 am - 11:00 pm	HITE TO BE A T
McClung Park	930 McClung Park Dr 22.2 acres 5:00 am - 11:00 pm	
McKay Park	1700 Southridge Dr 20.5 acres 5:00 am - 11:00 pm	
Memorial Park	111 Memorial Park Rd 29.9 acres 5:00 am - 11:00 pm	
Washington Park	1200 Washington Park Dr 57.2 acres 5:00 am - 11:00 pm	*In KONXXX
Specialty Parks		
Frog Hollow Nature Area	2975 W Edgewood Dr 26.5 acres 5:00 am - sunset	(†) (5)
Hough Park Oak Hills Golf Center	932 Ellis Blvd 169.1 acres clubhouse hours	
Sports Park		
Joseph Miller Park	5521 Rainbow Dr 64.5 acres 5:00 am - 11:00 pm	
Neighborhood Parks		
Aurora Park	541 Aurora Ave 7 acres 5:00 am - sunset	
Community Park	725 Marshall St 3.5 acres 5:00 am - 11:00 pm	
East Miller Park	916 E Miller St 2.5 acres 5:00 am - sunset	
Green Berry Acres	1915 Green Berry Rd 5 acres 5:00 am - 9:00 pm	
Hickory Adams Park	503 Hickory St 1 acre 5:00 am - sunset	& O
Park Place	1112 Park Ave 0.7 acres 5:00 am - sunset	
Rolling Hills Park	2347 Lexington Dr 2.5 acres 5:00 am - sunset	
Rotary Centennial Park	102 Bolivar St 0.1 acres 5:00 am - 11:00 pm	A





Picnic Tables



Picnic Shelter





Playground



RV Camping RV



Tent Camping Boat



Launch Fishing



Amphitheater



Dog Park



Ball Field



Sand Court



Horseshoe Pit



Ball Court



Pool



Tennis Court



Golf Course



Ice Arena



Skate



Park



RC Flying



Splash



Pad



Gardens



Bike Bike Trail

Mountain Biking

If you are a mountain bike enthusiast, check out the 15 miles of trail throughout Binder Park and 3.1 miles of the Frog Hollow Nature Trail near the West Edgewood Greenway parking lot (access across the bridge).

These trails offer fun for all ages and ability levels and are designed for non-motorized vehicles - ATV's and motorcycles are prohibited.

All the mountain bike trails are designed and maintained by a trained local volunteer club.

Feel free to e-mail orta@mchsi.com for more mountain bike trail information or volunteer opportunities.

Trek Adventures

Trek adventure trips is a new program offered through JC Parks in partnership with Missouri State Parks. Instructors will teach canoe/kayak techniques and safety, camping, and conservation.

Transportation, meals, canoes, paddles, life vests and camping equipment is all provided.

Teen Trek aims to provide a unique outdoor recreation opportunity for groups of participants ages 15-19. The three-day trip will take place along a scenic Missouri river along national and state park boundaries.

Family Trek is specially designed for families with children ages 8+. The two-day trip will take place at Current River State Park.

Details at JCParks.com. Contact Alexis at (573) 634-6593 or mkerman@jeffcitymo.org for more information.

Trip Type Ag	e Trip Date*	Fee	Registration
Family Trek 8+ Teen Trek 14 - Teen Trek 14 -	19 July 15-17	\$160	March 1 - May 30 March 1 - July 1 March 1 - July 15

*Teen Trek also includes a prep day one day prior to trip date.



Team Building with Confidence

Looking for a team building experience but can't get away from the office or classroom? Let JC Parks come to you!

Using fundamentals from our Lead, Explore, and Grow (LEG) program, staff will guide your group to improved communication and teamwork.

Reservations must be made at least 10 days in advance. Details at JCParks.com. Contact Alexis at (573) 634-6593 or mkerman@ jeffcitymo.org for more information.

Dates	Location	Age	Fee
Year-round	On-site	10+	\$20/person

Ropes Course Group Rentals

LEG (Lead, Explore, Grow) is ideal for work outings, team building, and birthday parties. Participants are challenged to lead group members through obstacles; to explore course challenges with problem solving and communication; and grow as an individual as well as a team.

Leaders and instructors will assist participants at every step in order to ensure enjoyment, comfort, and safety.

Location: Binder Park **Course Dates:** June 1 - Nov 12

Reservations: At least 10 days in advance

To book a reservation, contact Alexis at (573) 634-6593 or mkerman@jeffcitymo.org. Visit JCParks.com for details.

Course	Group Size	Ages	Fee per Person
High Ropes Course	8 -12 people	10+	\$30 - 35*
Low/Ground Course	8 -12 people	10+	\$24
High/Low Combo	8 -12 people	10+	\$30 - \$35*

*Fee is dependant on number of participants

Binder Field Trips

Choose your own adventure with Binder Field Trips. Activities are tailored to each group. Options include kayaking, canoeing, archery, and more.

Location: Binder Park **Trip Dates:** Year-round

Fee: Dependent on activities

To book a reservation, contact Alexis at (573) 634-6593 or mkerman@jeffcitymo.org. Visit JCParks.com for details.

OUTDOOR RECREATION



Community Bike Rides

Community bike rides are free and open to anyone looking for a group of laid-back cyclists to ride with. Our Lead Certified Instructors help the groups ride through the different routes.

These rides occur every month from March to November and are geared toward newer or non-competitive cyclists.

Locations and start times vary.

The monthly ride schedule is posted at JCParks.com. Contact Alexis at (573) 634-6593 or mkerman@jeffcitymo.org for more information.



Sailing Lessons

Capital City Sailing Association welcomes sailors of all experience levels. During the summer, CCSA hosts club sailing opportunities at Binder Lake on most Wednesday evenings. Informal races are held twice a month.

Adult Lessons: introductory 3 session series to acquaint individuals with the basics of small sailboat handling. Open to individuals that are 15 years old or older. Participants should be able to swim and should bring a life jacket, non-skid boat or water shoes, drinking water, a hat and sunscreen.

For more info, contact Paul Rudder, CCSA Commodore, at (573) 635-7995 or JC Parks at (573) 634-6482.

Location: Binder Park Lake

Registration: Early Bird March 1 - June 20

Regular June 21 - July 7

Session	Time	Activity #	Early Bird	Reg
July 10, 17, 24	9 am - 12 pm	907401-1A	\$25	\$35

Storybook Trails

Jefferson City Parks and Recreation, Scholastic Inc., and Luetkemeyer Signs are bringing storybooks to the trail (reading, exercising & family time all in one: run, walk or ride your bike).

Storybooks will be at the 5-8 year old reading level. The storybook trail will be up by 3:00 pm on starting date.

NEW! Tell us why you love JC Parks for the April 5-19 Community Storybook! Stop by The Linc beginning March 1 to pick up a blank storybook page. Turn in your page by March 31 to be a contributing author/illustrator in "Why I Love JC Parks".

"Why I Love JC Parks" April 5 - 19 @ West Edgewood Greenway "Clifford's Fairy Tales: Snow White & the Seven Pupples" April 26 - May 10 @ Memorial Park

Horseshoes

Capital City Horseshoe Club offers leagues and tournaments at the Washington Park Horseshoe Complex. Leagues are six weeks.

Spring league Sundays @ 6:30 pm beginning April 11 **Summer league** Tuesdays @ 6:30 pm beginning June 1

For more information, call Mel Bruemmer at 573-635-9394 or mlbruem@aol.com.

March 28: March Madness Classic April 24: Capital City Spring Open

May 29: Ron Hassler Memorial Cancer Benefit

June 26: JC Parks Stars Benefit July 24: Capital City Open Aug 7: Hot August Open

Disc Golf

Joseph C. Miller Park / Binder Park

JC Parks and the Jefferson City Disc Golf Club provide two 18-hole disc golf courses. The original course is located in Joseph C. Miller Park (adjacent to the Binder Sports Complex). The second course is located on the north end of Binder Park (beginning by the playground). An indoor putting league is held during winter months at The Linc.

Find details and event information at Facebook.com/ JeffersonCityDiscGolfClub or email jcdiscgolf@gmail.com.

Trail Distances Trail Miles **Greenway Trail (Main Corridor)** Dunklin Street Trail Head to Southwest Blvd. 1.1 Southwest Blvd. to Stadium Blvd. 1.3 Stadium Blvd. to West Edgewood Dr. Parking Lot 0.9 West Edgewood Dr. Parking Lot to Fairgrounds Rd. 2.1 Fairgrounds Rd. thru County Park to Covington Gardens 1.3 **Greenway Trail (Spurs)** Duensing Ballfield to Swifts Highway 0.7 0.5 Stadium Blvd. to Satinwood Dr. Creektrail Dr. to W. Edgewood parking lot 0.9 0.47 Frog Hollow to Mission Dr. W. Edgewood Dr. to Shermans Hollow 0.5 0.7 Riverside Park to Lewis & Clark State Office Bldg. Lewis & Clark Trailhead Plaza to Clay St. Trailhead Plaza 0.6 Clay Street Trailhead Plaza to North Jefferson Shelter 1.7 North Jefferson Shelter to Katy Trail 1.0 Katy Trail to Summit Drive 0.2 McKay Park to Southwest Blvd. 0.16 Twin Hills Rd. to Cherry Creek Ct. 0.23 1.17 Country Club Drive to Binder Park Greenway Trail (East Branch of Wears Creek) East McCarty St. to Chestnut St. 1.2 Stadium/Lafayette round-about through Aurora Park 1.1 Park / Fitness Trails East Miller Street Neighborhood Park 0.25 Ellis-Porter Riverside Park 1.3 McKay Park 0.6 Memorial Park 1.3 Mountain Bike / Hiking Trails Binder Park 15 Frog Hollow Nature Trail (adjacent to W. Edgewood Greenway) 3.1

Dog Park	(
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North Jefferson Recreation Area

Fee: \$36/Annual Usage Permit

Located in North Jefferson Recreation Area, the dog park offers a fenced, off leash area for dogs to stretch their legs and exercise.

It is approximately 2 acres and includes a double gate entrance, water source, waste disposal stations, posted regulations and use guidelines, and park benches throughout the site.

To register, bring vaccination verification and payment to The Linc, 1299 Lafayette St.



Binder Camping Excursions

Camping excursions are perfect for those who want to go camping but don't know where to start. JC Parks provides the gear, two meals, and instructions for camping skills like fire building, tent set-up, and camp stove use. Excursions are tailored to fit your group's needs.

Location:Binder ParkExcursion Dates:May - NovemberOne-Night Stay:3 pm - 9 am

Age:14+ or all ages with adult presentFee:Dependent on group sizeReservations:At least two weeks in advance

To book a reservation, contact Alexis at (573) 634-6593 or mkerman@jeffcitymo.org. Visit JCParks.com for details.

Binder Park is also home to a 17-site RV campground. Reservations can be made up to a year in advance. Contact (573) 636-0665 to reach the campground host.



On-Street Bike Lanes

Country Club Dr. (Hobbs Ln. to Hwy. 179) W. Main St. (Hwy. 179 to Clay St.)

Mulberry St. to W. Miller St. to E McCarty St.

E. Capitol Ave. (Jefferson St. to Chestnut St.)

Eastland Dr. at E. McCarty St. to Bald Hill Rd. Seven Hills Rd. at Bald Hill Rd. to Green Berry Rd.

E. McCarty St. at Grant St. to Eastland Dr.

Bolivar St. (W. Main St. to Dunklin St. at Broadway St.)

E. Capitol Ave. at Cherry St. to High St. to E McCarty St.

W. Main St. (Clay St. to Broadway St.)

0.98

2.67

0.45

0.79

1.04

0.75

1.04

0.57

1.45

0.88

DO YOU KNOW A

COUNTY ONESTO WATCH

Any child up to age 18 who is doing something to spread positivity, accomplishing a challenging task, overcoming a daunting obstacle, launching an entrepreneurial endeavor, or brightening people's days is eligible to be nominated.



/young-ones-to-watch

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