

CAPE GIRARDEAU PARKS & RECREATION

F a L L FUN! G U I d E



A Guide to
Cape Parks & Rec
2020 Fall
CLASSES

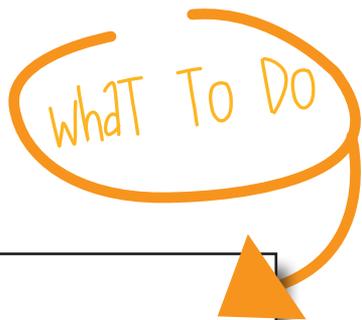


**CITY of CAPE
GIRARDEAU**
PARKS & RECREATION DEPARTMENT



@capeparks

FALL CLASSES



1

CHECK OUT OUR CLASSES

Use this Fall Classes Guide to check out all of our upcoming recreation classes. We have everything from cooking classes and horsemanship lessons to Homeschool Art and Pee-Wee Sports programs!

2

BUILD YOUR FALL SCHEDULE

Use the handy Class Builder to create your fall schedule! Jot down class titles, locations and times to keep your schedule on track!

3

REGISTER!

ONLINE

| Register online by going to www.cityofcape.org/youthclasses

IN PERSON

A. C. Brase Arena

410 Kiwanis Drive

Monday - Friday, 8:00 a.m. - 5:00 p.m.

Osage Centre | 1625 N. Kingshighway



Art Classes



Tons of Sports!

Please note that due to COVID-19, all dates are subject to change.

RAINOUT LINE: 573.975.1024



CLASSES

Jr. Chef's Cooking Club

Ages 6-12

Get ready for a yummy, fun filled class! Each week, you will make (and eat!) a special treat while you learn about measuring, why food changes as it cooks, and of course, kitchen safety.

Shawnee Park Center \$30 Res./\$35 Non-Res.

T 9/22 - 10/6 5:30-7PM Reg. By: 9/17

Cookies For Santa

Ages 4-7

Did you know that Santa will give you extra special gifts if you leave him a plate full of cookies and milk by the Christmas tree?! We did, and we want to help you make that special treat for Santa. We will bake lots of Christmas cookies for you to enjoy! Plus, we'll get to listen to the classic Christmas story "The Night Before Christmas!" Come join in the holiday fun with us!

A. C. Brase Arena \$10 Res./\$11 Non-Res.

T 12/15 5:30-7PM Reg. By: 12/10

Skill Core 1 & 2

By Lee H. Park Hapkido

Skillz classes are a basic introduction to martial arts and work on improving balance, mobility and respect. Other key areas of focus include kicking, punching and bully-proofing your child. All classes are taught at Lee H. Park Hapkido (1131 N. King-shighway Suite 2K).

Lee H. Park Hapkido \$21 Res./\$26 Non-Res.

5-6 Yr. Olds MW 9/7 - 10/14 5:15-6PM

7-10 Yr. Olds MW 9/7 - 10/14 6-7:45PM

Intermediate Tennis

Ages 8-12

The instructor will provide a balance of instruction and practice. Emphasis will be on proper grip, stance, swing, serve and ball placement, as well as hitting with control for depth and power. Please bring your own racket, water and appropriate footwear.

Arena Park \$20 Res./\$25 Non-Res.

W 9/23-10/7 5:30-6:30PM Reg. By: 9/17



Jr. Chef's



Holiday Fun!



AGES 3-5

TODDLER CLASSES

Music & Movement

Join us in a creative atmosphere where your child will interact with their peers through a variety of movement and music based activities. We will do dancing, jumping, basic tumbling, ball activities, parachute, instruments, and other fun things that will vary each class to keep your child interested and learning along with our theme. AGES 3-4

Osage Centre \$35

T 9/8-10/13 5:30-6:30PM Reg. By: 9/1

Pee-Wee Sports

Introduce your child to the world of sports. Participants will play a different sport each week including t-ball, soccer and basketball. We will go over the basic skills and rules of each sport and play a fun game at the end! AGES 3-5

Osage Centre \$30 Res./\$35 Non-Res.

Th. 10/1-10/15 5:30-6:30PM Reg. By: 9/24

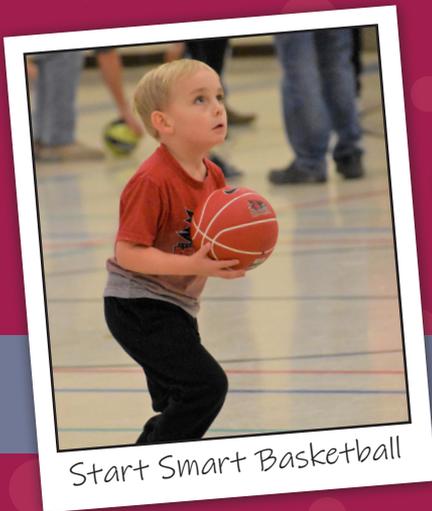
Start Smart Basketball

This is a fun, hands-on class to teach children the basic motor skills to play organized basketball while spending quality time with their parents. Parent participation is required. AGES 3-5



Shawnee Park Center \$35 Res./\$40 Non-Res.

T 11/3-12/8 5:30-6:30PM Reg. By: 11/2



Start Smart Basketball

REGISTER ONLINE AT:
[www.cityofcape.org/
youthclasses](http://www.cityofcape.org/youthclasses)



Beginner Horsemanship Program

Do you have a horse crazy kid or are you an adult who would love an opportunity to learn about horsemanship and gain riding skills? The Remley Equestrian Center will be offering several sessions this fall that will provide an introduction to the fundamentals of riding, caring for horses and basic equestrian knowledge that any person can gain confidence in and out of the saddle! The Center's horses are gentle and well trained with instruction being provided by Angie Frese, Head Trainer and Barn Manager. English tack will be used; however, participants will learn about all riding disciplines and tack. There is limited space (five riders per session) so please sign up early.

For additional information please contact the Parks and Recreation Department at 573.339.6340 or the Remley Equestrian Center at 314.691.3322. The Center is located at 215 Remley Drive just outside of Cape near Black Forest.

Remley Equestrian Center

\$120

8 - 12 Year Olds

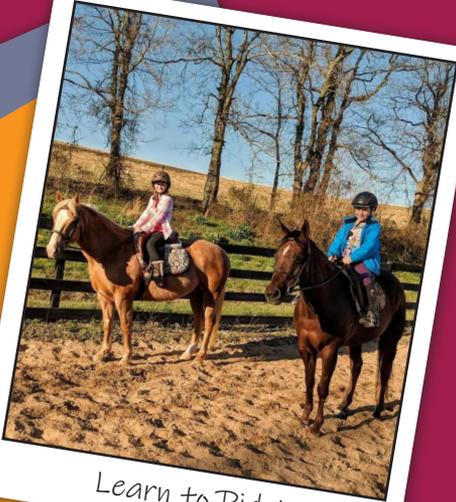
Tuesdays - Sept. 1 - 22 at 4:00 p.m. OR
Tuesdays - Oct. 6 - 27 at 4:00 p.m.

13 - 18 Year Olds

Thursdays - Sept. 3 - 24 at 4:00 p.m. OR
Thursdays - Oct. 8 - 29 at 4:00 p.m.

19+

Wednesdays - Sept. 2 - 23 at 10:00 a.m. OR
Wednesdays - Oct. 7 - 28 at 10:00 a.m.



Learn to Ride!



Horsemanship Lessons

Register online at
www.remleyequestrian.com/parksandrec



HOMESCHOOL P. E. CLASS



AGES 5-15

Homeschoolers will be participating in activities such as baseball, basketball, bowling, dodgeball and much more! Participants will be divided into two age groups, 5-9 year olds and 10-15 year olds, and those groups will be held at the same time.

WHEN: Fridays, September 11 - November 20

TIME: 1:00 p.m. - 2:15 p.m.

WHERE: SportsPlex

SIGN UP BY: September 10

FEE: \$35 per person

Min.: 10 /Max: 60



AGES 6-15

HOMESCHOOL

ART

Drawing, painting, craft projects and three-dimensional art are just some of the areas of art that will be covered in this class. All materials will be provided. Please remember to wear old clothes! Min.: 8/Max: 20

WHEN: Wednesdays, September 16 - October 21

TIME: 1:00 p.m. - 2:00 p.m.

WHERE: Osage Centre

SIGN UP BY: September 10

FEE: \$35 per person

