2021 WINTER SPRING CAPE GIRARDEAU PARKS & RECREATION

FUN!

GUIDE

CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT
WINTER/SPRING 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

RAINOUT LINE: 573.975.1024

Tennis Lessons

Golf Lessons
<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>LOCATION</th>
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Hapkido Core by Lee H. Park Hapkido
Ages 5-9
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. Kingshighway Suite 2K).

5-6 YEAR OLDS
Mondays, Jan. 18 - Feb. 22 | 5:15-6:00 PM

7-9 YEAR OLDS
Mondays, Jan. 18 - Feb. 22 | 6:00-6:45 PM

WHERE: Lee H. Park Hapkido
REGISTER: By Jan. 15
COST: $21 Res. / $26 Non-Res.

Junior Chef’s Cooking Club
Ages 6-10
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.

WHERE: A. C. Brase Arena
WHEN: Wednesdays, 1/27 - 2/10
TIME: 5:30 - 7:00 PM
REGISTER: By Jan. 21
COST: $30 Res. / $35 Non Res.
COST: $35 Per Child

Start Smart Baseball
Jr. Chef’s
TODDLER CLASSES

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

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<th>Location</th>
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<th>Schedule</th>
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<tbody>
<tr>
<td>Osage Centre</td>
<td>$30 Res./$35 Non-Res.</td>
<td>Th. 3/4 - 3/18 5:30-6:30PM</td>
<td>2/25</td>
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Start Smart Baseball
Start Smart Baseball is a developmentally appropriate introductory baseball program. This program prepares children for organized t-ball, baseball and softball in a fun environment. Parent participation is required. AGES 3-5

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<tr>
<td>Arena Park</td>
<td>$35 Res./$40 Non-Res.</td>
<td>Tues. 4/6 - 5/11 5:30-6:30PM</td>
<td>4/5</td>
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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 to keep your child interested and learning along with our theme. AGES 3-4

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REGISTER ONLINE AT: [www.cityofcape.org/youthclasses](http://www.cityofcape.org/youthclasses)
Homeschool P.E. Class
Ages 5-15
Attention all home schooling families! We’re hosting a physical education class with activities like baseball, basketball, soccer, dodgeball and much more! Students will be divided into two age groups, 5-9 year olds and 10-15 year olds; class for those age groups will be held at the same time!

WHERE: SportsPlex
WHEN: Fridays, Jan. 29 - April 23
TIME: 1:00 - 2:15 PM
REGISTER: By Jan. 28
COST: $35 Per Child

Homeschool Art
Ages 5-15
Drawing, painting, craft projects and three-dimensional art are just some of the areas of art that will be covered in the class. All materials will be provided. Please remember to wear old clothes!

WHERE: Osage Centre
WHEN: Wednesdays, Feb. 3 - March 10
TIME: 1:00 - 2:00 PM
REGISTER: By Jan. 29
COST: $35 Per Child
Intermediate Tennis
Ages 8-12
This is a great class to improve your tennis skills! This class will provide a balance of instruction and practice. Emphasis will be on proper grip, stance, swing, serve, ball placement, and hitting with control for depth and power. Please bring your own racket, water and appropriate footwear!

*WHERE*: Arena Park Tennis Courts  
*WHEN*: Thursdays, 3/4 - 3/18  
*TIME*: 5:30 - 6:30 PM  
*REGISTER*: By Feb. 25  
*COST*: $20 Res. / $25 Non Res.

Start Smart Tennis
Ages 5-7
Start Smart Tennis prepares kids ages 5-7, and their parents, for organized tennis without the threat of competition or the fear of getting hurt. Age appropriate equipment from Head and Penn is used in teaching ground strokes, serving, volleying and agility.

*WHERE*: Arena Park Tennis Courts  
*WHEN*: Mondays, 4/5 - 5/10  
*TIME*: 5:30 - 6:30 PM  
*REGISTER*: By April 2  
*COST*: $35 Res. / $40 Non Res.

Cheer Clinic
Ages 6-8
Ready to learn what it takes to be a cheerleader? This clinic teaches the fundamentals of cheering, including voice dictation, sideline cheer techniques, proper hand and foot positioning and much more. Participants will learn several cheers and have lots of FUN!

*WHERE*: Osage Centre  
*WHEN*: Tuesdays, Feb. 9 - Feb. 23  
*TIME*: 5:30 - 6:30 PM  
*REGISTER*: By Feb. 4  
*COST*: $30 Res. / $35 Non-Res.

Junior Golf Program
Ages 6-14
Instruction covers club selection & grip, swing and course etiquette at the Cape Jaycee Municipal Golf Course!

*WHEN*: Wednesdays, 4/7 - 5/12  
*TIME*: 5:30 PM OR 6:30 PM  
*REGISTER*: By April 5  
*COST*: $60 Per Child

REGISTER ONLINE AT:  
www.cityofcape.org/youthclasses
Beginner Horsemanship Program

Do you have a horse crazy kid aged 8-12 who would love an opportunity to learn about horsemanship and gain riding skills? The Remley Equestrian Center will be offering several sessions this spring that will provide an introduction to the fundamentals of riding, caring for horses and basic equestrian knowledge to 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 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. Cost is $120 per 4 lesson session.

Sessions

- February Session 1: Tuesdays, February 2-23 at 4:00 p.m.
- March Session 1: Tuesdays, March 2-23 at 4:00 p.m.
- March Session 2: Thursdays, March 4-25 at 4:00 p.m.
- April Session 1: Tuesdays, April 6-27 at 4:00 p.m.
- April Session 2: Thursdays, April 8-29 at 4:00 p.m.

Register online at www.remleyequestrian.com/parksandrec