

PLAY CAPE!

SUMMER 2023 PROGRAM GUIDE

Parks

Where Community Grows

SPONSOR SPOTLIGHT

United States Air Force

COACH'S CORNER

Ryan Bandermann

Capaha Park Renovated in 2023



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

573.339.6340
www.cityofcape.org/parks



@fitcape

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Cape Girardeau Parks and Recreation Program Guide

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Summer fun at the Luau Party



COOR'S TRIATHLON



SENIOR HEALTH & FITNESS DAY



Each year, the month of July is recognized as National Park and Recreation Month by the National Recreation and Parks Association. The theme this year will be "Where Community Grows". The goal of National Park and Recreation month is to celebrate the vital role Parks and Recreation plays in bringing people together, providing essential services and fostering growth in our communities.

As I write the introduction for the summer 2023 PLAY CAPE! I cannot think of a more fitting theme than "Where Community Grows" to describe the great things happening in your Parks and Recreation Department and in the City of Cape Girardeau.

The opening of Jefferson Pool, completion of Capaha Park pond renovation, the beginning of the Central Municipal Pool renovation and the exponential growth in youth sports leagues are just a few examples of how Parks and Recreation is helping the Cape Girardeau community grow.

Jefferson Pool opened April 3rd and marks another cooperative project between the City of Cape Girardeau and the Public School District. The facility will serve many citizens in the years to come. There will also be a newly developed park behind the pool for the community to enjoy that will include a shelter, playground and restroom.

The Capaha Park pond renovation was completed in March 2023. The project was a cooperative effort between the Cape Girardeau Parks and Recreation and Public Works Departments and the Missouri Department of Conservation. It is truly heartwarming to see so many citizens enjoying the pond and the great atmosphere Capaha Park provides.

Central Municipal Pool renovation is well underway and should be completed in early spring 2024. The renovation will renew the Olympic-size pool and facility to provide many more years of exercise, competition, recreation and instructional programs for the citizens of Cape Girardeau and the surrounding area. Central Municipal is also operated as a joint venture between the City of Cape Girardeau and the Public School District.

Youth Sports Leagues have seen tremendous growth in 2023. A new program format, encouraging participation from Cape Girardeau Public School students, increased participation in winter and spring youth sports leagues by over 500 kids. Nothing is more enjoyable or rewarding than to see young people playing sports. The direct and in-direct benefits from participation in organized sports can last a lifetime.

It is an honor and a privilege for your Parks and Recreation team to serve the citizens of Cape Girardeau and have a big part in helping our "Community Grow". Should you have any questions, concerns or comments, please do not hesitate to contact me or any member of your Parks and Recreation team. As always, it goes without saying, we are here to service you!

Respectfully Yours,

Doug Gannon,
Director of Parks and Recreation

For more information call 573-339-6340 or visit www.cityofcape.org/parks

THE HEART OF YOUR PARKS

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CALL OR EMAIL US!

* Unless noted above, all staff members can be reached by email using their first initial and last name@cityofcape.org. Example: dwilliams@cityofcape.org

General Information

General Information

2023 Summer Calendar

APRIL

- April 22 Friends of the Parks Day | Registration at Capaha Park
- April 22 Southern Open 4-Person Scramble | Jaycee Golf Course
- April 22 NATURE NIGHT | Shawnee Park Center
- April 24 Adult Summer Softball league begins | Shawnee Park

MAY

- May 1 Boys Youth Baseball leagues begin | Arena Park Sports Complex
- May 5 Bike to Work & School Day | Arena Park Tennis Courts
- May 11 Star Summer Barbeque Bash | Capaha Park Shelter
- May 13 Spring Garage Sale | Osage Centre
- May 15 Girls Youth Softball league begins | Arena Park Sports Complex
- May 16 Team Meal Prep Health & Wellness Seminar | Osage Centre
- May 16 Adult Sand Volleyball league begins | Arena Park Sand Courts
- May 20 Heritage Day | Red House Interpretive Center
- May 20 Glowball Tournament | Jaycee Municipal Golf Course
- May 24 Jr. Golf Program Session 1 begins | Jaycee Golf Course
- May 25 Community Dance & Social | A. C. Brase Arena
- May 27 Cape Splash Opening Day!
- May 27 Summer Bash | Shawnee Park Center
- May 27-29 Memorial Day Weekend | Fort D
- May 30 River Walking & Preschool Playtime begin | Cape Splash
- May 30 Summer Basketball leagues begin | SportsPlex
- May 30 Girls 10-18 Yrs. Travel Softball
- May 31 Girls Fast Pitch league begins | Shawnee Park Sports Complex
- May 31 Senior Health & Fitness Day | Health & Wellness | Osage Center

JUNE

- June 1 Farmer's Market Cooking Demo | Health & Wellness Summer | Osage Centre
- June 3 Bring It On Cheer Clinic begins | SportsPlex
- June 4 Riverfront Yoga Fitness Class begins | Riverfront Park
- June 5 Happy Campers | Shawnee Park Center
- June 5 Science Camp begins | Osage Centre
- June 5 Intermediate & Advanced Tennis Session 1 begins | Arena Park
- June 5 Jr. Aces Volleyball Camp begins | SportsPlex
- June 5 Jr. High Volleyball league begins | SportsPlex
- June 5 Pee-Wee Adventure begins | Osage Centre
- June 6 Pee-Wee Tumbling Session 1 begins | Osage Centre
- June 6 Jr. Chef's begins | A. C. Brase Arena
- June 6 Horsemanship Program Session 1 begins | Remley Equestrian Center
- June 6 Pee-Wee Sports Session 1 begins | Arena Park Shelter #5
- June 7 Global Running Day | Osage Centre Trailhead
- June 7 Cape Municipal Band opens for the season | Capaha Park
- June 8 S.T.A.R. Fun Field Day | Osage Centre
- June 12 Session 1 Learn to Swim begins | Cape Splash & Central Pool
- June 12 Arting Around Camp Session 1 begins | 4-H Exhibit Hall
- June 12 SportsPlex Soccer Camp begins | SportsPlex
- June 16 Adult Beach Bash | Cape Splash
- June 17 Youth Catch & Release | Capaha Park
- June 19 Summer Arts Festival | SEMO River Campus
- June 19 Sports Of All Sorts Camp begins | Arena Park
- June 19 Outdoor Adventure Camp begins | Cape County Park North
- June 21 International Yoga Day | Riverfront Park

- June 21 Kids in the Kitchen | Shawnee Park Center
- June 22 World's Largest Swim Lesson | Cape Splash
- June 24 Luau Party | Cape Splash
- June 26 Session 2 Learn to Swim begins | Cape Splash
- June 26 Sports Camp at the SportsPlex begins | SportsPlex
- June 26 Arting Around Camp Session 2 begins | 4-H Exhibit Hall
- June 26 Intermediate Tennis Session 2 begins | Arena Park Tennis Courts
- June 27 Pee-Wee Sports Session 2 begins | Arena Park Shelter #5
- June 27 Pee-Wee Tumbling Session 2 begins | Osage Centre

Where Community Grows JULY is National Parks & Rec Month!

- July 4 Fourth at the Fort | Fort D
- July 4 Great American Fourth of July & Fireworks | Arena Park
- July 8 Capaha Classic 5K | Capaha Park
- July 9 Adult Indoor Soccer League begins | SportsPlex
- July 10 Cheerleading Camp begins | Osage Centre
- July 10 SportsPlex Basketball Camp begins | SportsPlex
- July 11 Horsemanship Program Session 2 begins | Remley Equestrian Center
- July 12 Parks & Rec Day | Osage Centre
- July 12 Jr. Golf Program Session 2 begins | Jaycee Golf Course
- July 12 Booth lottery drawing for Summer Garage Sale | Osage Centre
- July 13 Aqua Zumba Health & Wellness Seminar | Virtual
- July 13 S.T.A.R. Ice Wavy Water Wars | Osage Centre
- July 17 Camp Playmo session 1 begins | Osage Centre
- July 17 Session 3 Learn to Swim begins | Cape Splash
- July 19 Basket Ball Camp | Shawnee Park Center
- July 19 Mitts, Music and Maverick at Capaha Park | Cape Catfish Game | Municipal Band Concert | Move: Top Gun: Maveric | Capaha Park
- July 21 Adult Beach Bash | Cape Splash
- July 24 Camp Playmo session 2 begins | Osage Centre
- July 28 Pop Up Move: School of Rock | Dan Cotner Amphitheater.
- July 31 Camp Playmo session 3 begins | Osage Centre

AUGUST

- Aug. 1 Horsemanship Program Session 3 begins | Remley Equestrian Center
- Aug. 3 S.T.A.R. End of Summer Swim | Cape Splash
- Aug. 5 Summer Garage Sale | Osage Centre
- Aug. 10 Family Fun in the Kitchen & Wellness Seminar | Osage Centre
- Aug. 16 Cape Splash reduced hours begin
- Aug. 16 Start Smart Soccer begins | Osage Park
- Aug. 19 School Send Off | Shawnee Park Center
- Aug. 23 Adult Sand Indoor Volleyball league begins | Arena Park
- Aug. 28 Youth Cross Country | Osage Park Centre

SEPTEMBER

- Sept 2-4 Family Weekend | Fort D
- Sept 5 Fall Youth Soccer Begins
- Sept 7 S.T.A.R. S'More Fun at the Bonfire | Osage Centre
- Sept 9 Coors Light Trail of Tears Triathlon | Trail of Tears State Park
- Sept 14 Connecting the Dots | Health & Wellness Summer | Osage Centre
- Sept 15 17th Annual Senior 2 Person Scramble | Jaycee Municipal Golf Course
- Sept 16 NFL Fall Flag Football | Shawnee Park Sports Complex
- Sept 17 Corporate Games Begin | Various Locations
- Sept 19 Fall Adult Softball Begins | Shawnee Park Sports Complex
- Sept 22 Community Dance & Social | A.C. Brase Arena
- Sept 22 Fall Youth Volleyball Begins | SportsPlex
- Sept 23 Touch a Truck | Shawnee Park Center
- Sept 24 Doggy Swim Day | Cape Splash

For more information call 573-339-6340 or visit www.cityofcape.org/parks



Special Events

Friends of the Parks Day & Great Cape Clean Up

Help clean up and beautify Cape! This event requires many volunteers to plant flower beds, mulch playgrounds, paint playground equipment, and much more in various parks around Cape Girardeau. The event starts at Capaha Park shelter 3. Registration begins at 8:30 a.m. and the clean up starts at 9:00 a.m. Volunteers will be provided lunch and a free t-shirt (sizes not guaranteed and supplies are limited). Please contact 573.339.6340 with questions or to register.



DAY	DATE	TIME
Saturday	4/22/23	8:30 a.m. - 12:00 p.m.
FEE	LOCATION	
Volunteers Needed!	Capaha Park Shelter #3	



Get some exercise before you start your day!

Bike to Work & School Day

Meet at the Arena Park Tennis Courts for breakfast, biking tips, safety tips and fun before you ride to work or school! Breakfast begins at 6:15 a.m. and the ride starts at 6:45 a.m. from the tennis court parking lot. Contact Christine at 573.339.6604 or cjaegers@cityofcape.org to register your school or work!



DAY	DATE	TIME
Friday	5/5/23	6:15 a.m.
FEE	LOCATION	
Free!	Meet at the Arena Park Tennis Courts	

For more information call 573-339-6340 or visit www.cityofcape.org/parks

Garage Sales

Shop for any item imaginable at the Osage Centre garage sales. Sales typically include 70+ booths, and run from 7:00 a.m. - 11:00 a.m. If you are interested in selling items, booth space is available for \$20. Booth space is reserved by attending a booth lottery drawing (dates listed below), and booth space is not guaranteed. Garage sale admission is \$1. Contact the Osage Centre at 573.339.6342 for more information.

- Spring Garage Sale - May 13, 2023
Booth Lottery Drawing - Was held in April. Call for availability.
- Summer Garage Sale - August 5, 2023
Booth Lottery Drawing - July 12, 2023 | 6:00 p.m. | Osage Centre
- Fall Garage Sale - November 11, 2023
Booth Lottery Drawing - October 11, 2023 | 6:00 p.m. | Osage Centre

Global Running Day

This coast-to-coast celebration is designed for runners to globally declare their passion for running! Join the Parks & Recreation Foundation for a run walk 1-mile or 5K on the Cape LaCroix Trail, plus a themed scavenger hunt for kids! Food & drinks will be available. Registration begins at 5:15 p.m. and the run walk at 6:15 p.m. No pre-registration required. Web: www.cityofcape.org/globalrunningday



DAY	DATE	TIME
Wednesday	6/7/23	5:15 p.m.
FEE	LOCATION	
Free	Osage Centre Trailhead	

Municipal Band Summer Concert Series

Enjoy the sounds of the Cape Girardeau Municipal Band during the Summer Concert Series! The summer series will be held at the Dan Cotner Amphitheater in Capaha Park. Concerts are free of charge! Stay up to date on concert series information by following the @CapeMunicipalBand Facebook page.

June 7	7:30 p.m.	
June 14	7:30 p.m.	
June 21	7:30 p.m.	
June 28	7:30 p.m.	
July 4	7:30 p.m.	at Arena Park
July 12	7:30 p.m.	
July 19	7:30 p.m.	
July 26	7:30 p.m.	

Youth Catch & Release

Join us for a free day of fishing at Capaha Pond! Bring your own poles & bait, and the Cape Jaycees will provide lunch. The first 50 participating kids will receive an event t-shirt! Registration will begin at 8:00 a.m. & fishing will begin at 8:30 a.m. No advanced registration is necessary. Come ready for a fun morning of fishing!
Web: www.cityofcape.org/youthfishing



DAY	DATE	TIME
Saturday	6/17/23	8:00 a.m. - 10:45 a.m.
FEE	LOCATION	
Free	Capaha Park Shelter #3	

Kid's Luau Party at Cape Splash

Boys & Girls Ages 10 & Under

We're having a luau so wear your grass skirts and we'll provide the lei! Lounge with us by our tropical pool at Cape Splash, and come ready to limbo and hula hoop in your island wear! The splash pad, zero depth entry pool, play structure, pirate ship and small slides will be open for play. No charge for adults. Participating kids will get into Cape Splash during regular hours on June 24 for free! Pre-register online at www.cityofcape.org/aquaticevents

DAY	DATE	TIME
Saturday	6/24/23	9:00 a.m. - 10:30 a.m.
FEE	LOCATION	
\$10 Per Child Free For Season Passholders	Cape Splash	

Parks & Rec Day

Help us celebrate National Parks & Rec Month at our free Parks & Rec Day event! This kid friendly event will be held at the Osage Centre and will feature ice cream, prizes, crafts & games. Check out different local vendors with fun activities. Come ready for some free summer FUN! Web: www.cityofcape.org/parksrecday



DAY	DATE	TIME
Wednesday	7/12/23	11:00 a.m. - 2:00 p.m.
FEE	LOCATION	
FREE!	Osage Centre	

Capaha Classic 5K

Compete in the city's longest running 5K...36 years! This race takes place in Capaha Park & also features a children's one mile run. The race will begin at 8:00 a.m. (registration starts at 6:45 a.m.). Online registration ends on July 7 at Noon. Day of registration available. For more information, contact Kacie at 573.339.6340. Register online at www.cityofcape.org/capahaclassic



DAY	DATE	TIME
Saturday	7/8/23	8:00 a.m.
FEE	LOCATION	
\$15 Early Fee \$20 Between 7/3-7/8	Capaha Park	

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Coors Light Trail of Tears Triathlon

This USAT sanctioned race is held at Trail of Tears State Park and consists of a 700 meter swim, 15 mile bike ride and a four mile run. The race will begin at 9:00 a.m. (registration starts at 6:45 a.m.). Online registration is available until September 9 at Noon. Participants that are non-USAT members are required to pay a \$15 USAT fee. Lunch is provided for all participants. For more information, contact Nick at nyaeger@cityofcape.org. Register online at www.cityofcape.org/coorstri



DAY	DATE	TIME
Saturday	9/9/23	9:00 a.m.
FEE	LOCATION	
Early Fee \$50 Individual / \$60 Team	Trail of Tears State Park	
Late Fee (9/6-9/11): \$65 Individual / \$75 Team		



Coors Light Trail of Tears Triathlon

FOR WEATHER RELATED CANCELLATIONS FOR FACILITIES & PROGRAMS, CALL THE RAINOUT LINE:

573.975.1024

For more information call 573-339-6340 or visit www.cityofcape.org/parks

adult BEACH BASH

FRI. 16 | FRI. 14
 JUNE | JULY

Adult Beach Bash at Cape Splash! For ages 18+. Music, free food samplings (while supplies last), games & more! Pre-purchase wristbands at the A. C. Brase Arena or Osage Centre to beat the line. The cost is \$12 per person per date. The event runs from 6:30 - 8:30 p.m. (No alcohol allowed in aquatic facilities.)
Web: www.cityofcape.org/aquaticevents

JOIN US FOR A FREE SERIES in Capaha Park

POP-UP MOVIES

The Arts Council of Southeast Missouri and Cape Girardeau Parks & Recreation Department present FREE Pop-Up Movie Nights. Everyone is invited to bring blankets, lawn chairs and find a place on the grass to enjoy the show. Popular food trucks will serve up their signature dishes (for purchase) beginning at 8PM. Movies will start at 9PM. www.cityofcape.org/moviesinthepark

Mitts, Music and Maverick at Capaha Park

Top Gun: Maverick
Wednesday, July 19th
at the Capaha Baseball Field with seating on the home run deck on blankets on the turf outfield.
2:05p.m. Catfish vs Alton River Dragons
7:30p.m. Municipal Band Concert and
9:00p.m. Movie Maverick
Food Trucks available.

School of Rock
Friday, July 28th
at Capaha Park
at Dan Cotner Amphitheater.
9:00p.m.

Sponsored by:

For more information call 573-339-6340 or visit www.cityofcape.org/parks

Play Cape! • 7



2023
GREAT AMERICAN

4TH of JULY

FIREWORKS AT ARENA PARK

IN CAPE GIRARDEAU
TUESDAY, JULY 4TH, 3-9PM.

CELEBRATE OUR NATION'S BIRTHDAY

with a spectacular fireworks show and tribute to our country and its veterans featuring a naturalization ceremony, music and entertainment, speeches from local dignitaries, and more!

Lawn chairs are welcome and parking is available throughout the park. Tune in to 960 KZIM and 1400 KSIM to listen to the night's events beginning at 7 pm. At 9 pm, tune into any River Radio station for patriotic music and a countdown to the fireworks display.

3 PM: Arena Parks opens for tailgating

7:00 PM: Naturalization ceremony conducted by the United States District Court with the assistance of the Immigration and Naturalization Service.

8 PM: Patriotic music by the Cape Girardeau Municipal Band

8:30 PM: Southeast Missourian Spirit of America Award and remarks from Southeast Missourian Assistant Publisher Lucas Presson and Cape Girardeau City Officials.

9 P M: FIREWORKS AT ARENA PARK

PLEASE, NO PERSONAL FIREWORKS.
FOR MORE INFORMATION, CALL 573-339-6340

PRESENTED BY:
CITY OF CAPE GIRARDEAU
SOUTHEAST MISSOURIAN
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Soccer Camp

Camps & Classes

CAMPS

Spectacular Science Camp

Ages 6-11

Come join in the fun during this 3-week recreation class, where children will explore different branches of science through project-based learning and doing science experiments! We will be covering the topics of Biology, Chemistry, and Physics through hands-on learning and having tons of fun. Please join us for this engaging science class. Cost includes supplies.

AGES	DATE	TIME	
6-8 Year Olds	Mondays 6/5/23 - 6/19/23	9:00 a.m. - 12:00 p.m.	
9-11 Year Olds	Mondays 6/5/23 - 6/19/23	1:00 p.m. - 4:00 p.m.	
FEE	LOCATION	REG. DEADLINE	ENROLLMENT
\$63	Osage Centre	5/31/23	Min: 10 / Max: 20

Jr. Aces Volleyball Camp

Ages 7-10

Jr. Aces Volleyball is for boys and girls ages 7-10. Players will learn basic volleyball fundamentals such as passing, setting, serving and attacking, and have the opportunity to play in a game setting. The program will consist of skill development and game experience. Entry fee includes a Jr. Aces shirt.

DAY	DATE	TIME	REG. DEADLINE
M T W	6/5/23-6/7/23	9:00 a.m. - 12:00 p.m.	5/24/23
FEE	LOCATION	ENROLLMENT	
\$75	SportsPlex	Min: 20 / Max: 60	

SportsPlex Soccer Camp

Ages 6-9

Sportsplex Soccer Camp offers your child the chance to play soccer and learn new skills, moves and techniques in a fun and rewarding environment. Athletes will improve their skills and fitness for the upcoming season. Fundamental skills include ball control, passing and shooting. All of our coaches are experienced and will ensure your child has a great time. Campers will also receive a soccer t-shirt.

DAY	DATE	TIME	REG. DEADLINE
M T W	6/12/23 - 6/14/23	9:00 a.m. - 12:00 p.m.	5/23/23
FEE	LOCATION	ENROLLMENT	
\$75	SportsPlex	Min: 20 / Max: 60	

Outdoor Adventure Camp

Ages 8-12

What better way to spend your summer than in the outdoors! Let our experienced staff lead you in fishing, backpacking, archery and much more. This fun class will also teach teamwork while having fun! The first class will meet at Cape County North Nature Center.

DAY	DATE	TIME	REG. DEADLINE
M T W Th.	6/19/23 - 6/22/23	9:00 a.m. - 12:00 p.m.	6/15/23
FEE	LOCATION	ENROLLMENT	
\$53	Cape County North Nature Center	Min: 10 / Max: 20	

Sports Of All Sorts

Ages 6-12

Sports of All Sorts is designed with the active child in mind! Many sports will be offered throughout this camp including wiffleball, dodgeball, sand volleyball, kickball, tennis, golf & more! We will go over the basic skills and rules of each sports, and then play!

DAY	DATE	TIME	REG. DEADLINE
M T W Th.	6/19/23 - 6/22/23	1:00 p.m. - 4:00 p.m.	6/15/23
FEE	LOCATION	ENROLLMENT	
\$48	Arena Park	Min: 10 / Max: 24	

Sports Camp at the SportsPlex

Ages 8-12

Basketball, volleyball, soccer and more will be played at this week long camp all about SPORTS! Campers will work on fundamental skills of each sport, receive speed and agility training and game speed practice, while also having fun playing nontraditional sports like ultimate frisbee, human foosball, disc golf, pickleball & more! Camp will be led by training specialist, Josh Ebbesmeyer. Campers will receive a camp t-shirt. Bring a sack lunch Monday through Thursday (lunch will be provided on Friday). Childcare provided between 8:00 - 8:30 a.m. and 4:30 - 5:00 p.m.

DAY	DATE	TIME	REG. DEADLINE
Mon. - Fri.	6/26/23 - 6/30/23	8:30 a.m. - 4:30 p.m.	6/14/23
FEE	LOCATION	ENROLLMENT	
\$175 Per Camper	SportsPlex	Min: 15 / Max: 30	

Cheerleading Camp 
Ages 5-9

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.

DAY	DATE	TIME	REG. DEADLINE
M T W Th.	7/10/23 - 7/13/23	9:00 a.m. - 11:30 a.m.	7/6/23
FEE	LOCATION	ENROLLMENT	
\$48	Osage Centre	Min: 8 / Max: 20	

SportsPlex Basketball Camp 
Ages 7-10

This 3-day camp will provide a comprehensive overview of basketball skill development. Our main focus will be on individual skill progression and cultivating strong habits. This camp will combine great teaching, high energy, enthusiasm and tons of fun into a camp experience younger athletes will love. The camp will be led by current and former high school and college basketball coaches and players. Participants receive a camp t-shirt.

DAY	DATE	TIME	REG. DEADLINE
M T W	7/10/23 - 7/12/23	9:00 a.m. - 12:00 p.m.	6/27/23
FEE	LOCATION	ENROLLMENT	
\$75	SportsPlex	Min: 20 / Max: 60	

YOUTH CLASSES

Junior Golf Program 
Ages 6-14

The Cape Girardeau Parks & Recreation Department offers a Junior Golf Program. Instruction will cover how to hold a golf club, what each club is intended for, how to swing a golf club, and golf course etiquette. The program consists of six lessons held on Wednesday evenings. Two sessions are offered with either a 5:30 p.m. OR a 6:30 p.m. time slot. Note that the 6:30 p.m. time slot for the second session is for advanced golfers.

DAY	DATE	TIME	REG. DEADLINE
Wednesdays	5/24/23 - 6/28/23	5:30 p.m. OR 6:30 p.m.	5/21/23
Wednesdays	7/19/23 - 8/16/23	5:30 p.m. OR 6:30 p.m.	7/9/23
FEE	LOCATION	ENROLLMENT	
\$63 Per Child	Jaycee Golf Course	Min: 8 / Max: 24	

Arting Around 
Ages 6-12

Campers ages 6-12 will explore art using many materials including paint, water colors, tie dye, duct tape & much more! This is an instructional camp for those interested in art. Two sessions offered...pick the one that works best for you.

DAY	DATE	TIME	REG. DEADLINE
M T W Th.	6/12/23 - 6/15/23	9:00 a.m. - 12:00 p.m.	6/8/23
M T W Th.	6/26/23 - 6/29/23	9:00 a.m. - 12:00 p.m.	6/22/23
FEE	LOCATION	ENROLLMENT	
\$48	4-H Exhibit Hall	Min: 10 / Max: 24	

Beginner Horsemanship Program
Ages 8-12

Do you have a horse crazy kid who would love an opportunity to learn about horsemanship and gain riding skills? The Remley Equestrian Center will be offering several sessions this summer 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.

For additional information please contact us 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. Register online at www.remleyequestrian.com/parksandrec

SESSION	DAY	DATE	TIME
June	Tuesdays	6/6/23 - 6/27/23	4:00 p.m.
July	Tuesdays	7/11/23 - 7/25/23	4:00 p.m.
August	Tuesdays	8/1/23 - 8/29/23	4:00 p.m.
FEE	LOCATION		
\$120 Per Session	Remley Equestrian Center		

Intermediate Tennis 
Ages 8-12

This is a great class to improve your tennis skills! 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.

DAY	DATE	TIME	REG. DEADLINE
Mon. & Wed.	6/5/23 - 6/21/23	9:00 a.m. - 9:50 a.m.	6/1/23
Mon. & Wed.	6/26/23 - 7/12/23	9:00 a.m. - 9:50 a.m.	6/22/23
FEE	LOCATION	ENROLLMENT	
\$28	Arena Tennis Courts	Min: 8 / Max: 20	

Homeschool P.E. 
Ages 5-15

Homeschoolers will be participating in activities such as basketball, bowling, kickball, volleyball, soccer and much more! Register by September 7th at cityofcape.org/youthclasses.

DAY	DATE	TIME	REG. DEADLINE
Fri	9/8/23 - 11/10/23	1:00 p.m. - 2:15 p.m.	9/7/23
FEE	LOCATION	ENROLLMENT	
\$45/participant	SportsPlex	Min: 10 / Max: N/A	



Youth Sports Camp.

AGES 6-12

CAPE PARKS & REC

CAMP PLAYMO!

3 SESSIONS | CAMP BEGINS AT OSAGE



JULY 17-21



JULY 24-28



JULY 31-AUGUST 4

GAMES • ART PROJECTS • SCIENCE EXPERIMENTS • FUN!

Looking for an all-day, fun camp with lots of variety?! Then sign up for Camp PLAYMO! This is a well-rounded camp designed for ages 6-12 and guarantees lots of fun and excitement! Snacks are provided, but each child must bring a sack lunch unless otherwise noted. First day meets at the Osage Centre.

For more information, contact Nick at 573.339.6606

- \$95 per week
- Camp runs from 8:30 a.m. - 4:30 p.m. Monday through Friday. Childcare is provided from 7:30 a.m. - 8:30 a.m. and 4:30 p.m. - 5:30 p.m.
- Participants must be pre-registered by the Thursday before the camp session begins.
- Minimum: 20 / Maximum: 60 per week

SIGN UP ONLINE: WWW.CITYOFCAPE.ORG/CAMPPLAYMO

For more information call 573-339-6340 or visit www.cityofcape.org/parks



REGISTER FOR CAMPS & CLASSES ONLINE AT: www.cityofcape.org/youthclasses

Pee-Wee Sports 
Ages 3-5

Children play a different sport each week; including, t-ball, soccer & basketball. We'll go over the basic skills and rules of each sports and play a fun game at the end! This class will feature two sessions...pick the one that works best for you!

DAY	DATE	TIME	REG. DEADLINE
Tue. & Thur.	6/6/23 - 6/22/23	10:00 a.m. - 11:00 a.m.	6/2/23
Tue. & Thur.	6/27/23 - 7/13/23	10:00 a.m. - 11:00 a.m.	6/23/23
FEE	LOCATION	ENROLLMENT	
\$38	Arena Park Shelter #5	Min: 10 / Max: 20	

Pee-Wee Adventure 
Ages 3-5

What is your favorite game? Ever heard of *Red Light/Green Light*, *Going on a Bear Hunt* or *Capture the Flag*? All these games plus arts and crafts, and more will be played in this exciting class! This is a great way for your child to burn off excess energy.

DAY	DATE	TIME	REG. DEADLINE
Mon. & Wed.	6/5/23 - 6/21/23	10:00 a.m. - 10:50 a.m.	6/3/23
FEE	LOCATION	ENROLLMENT	
\$23	Osage Centre	Min: 8 / Max: 20	

Pee-Wee Tumbling 
Ages 3-5

Join us for some fun & basic tumbling! This class will consist of stretching, somersaults, cartwheels, balancing, handstands & other basic tumbling. Work on the basics while developing concentration, body awareness and hand-eye coordination. This class will feature two sessions...pick the one that works best for you!

DAY	DATE	TIME	REG. DEADLINE
Tues. & Thurs.	6/6/23 - 6/22/23	1:30 p.m. - 2:15 p.m.	6/2/23
Tues. & Thurs.	6/27/23 - 7/13/23	1:30 p.m. - 2:15 p.m.	6/23/23
FEE	LOCATION	ENROLLMENT	
\$23	Osage Centre	Min: 8 / Max: 15	



Introduction to tumbling for your 3-5 year old!

Martial Arts Classes

Hapkido Core 1 & 2
For ages 5-9 | Mondays | 5:30 p.m. - 6:00 p.m.

Pre Hapkido
For ages 10-15 | Mondays | 6:15 p.m. - 7:15 p.m. **\$25**

Classes are taught by Lee H. Park-Hapkido located at 1131 N. Kingshighway Suite 2K. All classes begin the week of May 17.

Junior 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. This class is sure to fill quickly, so register right away!

DAY	DATE	TIME	ENROLLMENT
Tuesdays	6/6/23 - 6/20/23	12:30 p.m. - 2:00 p.m.	Min: 8 / Max: 15
FEE	LOCATION	REG. DEADLINE	
\$38	A. C. Brase Arena	6/1/23	

Start Smart Soccer 
Ages 3-5

Start Smart Soccer is a developmentally appropriate introductory soccer program that prepares children for organized soccer in a fun, non-threatening environment. Age appropriate soccer equipment is used to teach kicking, dribbling, trapping, throw-ins and agility. Each child will receive a t-shirt.



DAY	DATE	TIME	REG. DEADLINE
Wednesdays	8/16/23 - 9/20/23	5:30 p.m. - 6:30 p.m.	8/11/23
FEE	LOCATION	ENROLLMENT	
\$43	Osage Park	Min: 10 / Max: 40	



Learn the basics of soccer with our Start Smart Soccer program.

TEEN CLASSES

Advanced Tennis 
Ages 13-18

Take your tennis skills to the next level! This class will emphasize proper grip, stance, swing, serve & ball placement, as well as hitting with control for depth and power. Please bring your own racket & water bottle!

DAY	DATE	TIME	REG. DEADLINE
Mon. & Wed.	6/5/23 - 6/21/23	10:00 a.m. - 10:50 a.m.	6/1/23
FEE	LOCATION	ENROLLMENT	
\$28	Arena Tennis Courts	Min: 4 / Max: 8	



2023 SUMMER
calendar of events



*All Activities are weather permitting, please check website below for updates

May 11th
Summer BBQ Picnic Bash
Capaha Park
Shelter #1 & Splash Pad | 6PM - 8PM



June 8th
Fun Field Day
Osage Centre | 6PM - 8PM

August 3rd
End of Summer Swim
Cape Splash | 3:30PM - 6PM

July 13th
Wacky Water Wars
Osage Centre | 6PM - 8PM

September 7th
S'more Fun At the Bonfire
Osage Centre | 6PM - 8PM

For more information please contact Moriah Lincoln
573.339.6732 | mlincoln@cityofcape.org | www.cityofcape.org/starprogram



Senior Programming

Community Dance & SOCIAL

Come relax, socialize, and dance to some great classic music. Big dance floor, plenty of seating and concessions available! Dances are located at the A. C. Brase Arena. \$5 per person for dances; \$10 with meal for September date.

- May 25** Memories Nostalgic Performing | Dance from 6p.m. - 9p.m.
- September 28** Karoke | Pot Luck | Doors Open at 5p.m. | \$10
- December 7** Jerry Ford Combo & Orchestra Performing | Dance from 6p.m. - 9p.m.

For more information call 573-339-6340 or visit www.cityofcape.org/parks



2023 POLAR PLUNGE RESULTS

AIR TEMP: 52 degrees
WATER TEMP: 55.1 degrees
PLUNGERS: 143
MONEY RAISED: \$62,510

FUNDRAISING WINNERS

Top Individual:
 Rylan Atkinson, \$3,166.10
Top Team:
 Retro Reitzels, \$5,586.99
Top High School:
 Chaffee High School, \$4,341.75
Top Greek Organization:
 Delta Delta Delta, \$812.00

“John John” Atkinson Award Recipient
 - Segar Ruiz
 Chaffee High School



SOUTHEAST AREA SPECIAL OLYMPICS

Sports offered: Basketball, Bocce, Track & Field, Soccer, Softball, Bowling, Volleyball, Golf & Power Lifting



Website: www.somo.org | Phone: 573.339.6733 | Email: williams@somo.org or rose@somo.org

OFFICIATING creates better Sports!

Do you have knowledge of sports and want to help youth in your community while earning an income?

Free training
 salaries range from \$14-\$17 depending on experience and the sport.

Contact Josh Meyer
jmeyer@cityofcape.org
 or Nick Yaeger, nyaeger@cityofcape.org
 for more information and to get onboard.



Cross Country Course Osage Centre

- 6K: 3 Full loops at 1630m + start to finish at 1110m.
- First 'start' Start loop stay around the perimeter.
- It provides a common start, finish line for 1k, 3k, 4k, 5k, & 6k
- Contact Nick Yaeger at nyaeger@cityofcape.org for information or for reservation



1625 North Kingshighway | Cape Girardeau MO, 63701 | 573.339.6342.



Sports

BASEBALL

13-15 Yr. Old Baseball League

Ages 13-15

This baseball league is for 13-15 year old boys. Players must attend one skills testing date on either April 15 from 5:30 p.m. - 7:00 p.m. OR April 17 from 10:00 a.m. - 12:00 p.m. Both skills testings will be held at the SportsPlex. Register online at www.cityofcape.org/baseball or in person at the A. C. Brase Arena or Osage Centre. For more information, contact Nick at nyaeger@cityofcape.org. A \$2 spectator fee will be charged for ages 13+ for games (Shawnee Park Sports Complex only).



DAY	DATE	REG. DEADLINE
M T Th.	Start: 5/15/23	Early: 4/23/23 Late: 4/28/23
FEE	LOCATION	
Early Fee \$95 \$105 Between 4/24-4/28	Shawnee Park Sports Complex	

BASKETBALL

Boys & Girls Summer Basketball

Teams 7th-12th Grade

The summer basketball leagues are designed for teams in 7th-12th grade to get experience during the off season. Junior high, freshmen/JV, and varsity divisions will be offered. Girls divisions will play on Tues. & Thurs. nights, while the boys high school divisions play on Tuesday nights and the junior high division plays on Wednesdays. For information, contact Josh at jebbesmeyer@cityofcape.org. Team entry only! A \$2 spectator will be charged for ages 13+ for games.

Web: www.cityofcape.org/basketball



DAY	DATE	REG. DEADLINE
Tues. - Thurs.	Start: 5/30/23	Early: 5/7/23 Late: 5/10/23
FEE	LOCATION	
\$300 Early Fee \$325 Between 5/8-5/10	SportsPlex	



FIND MORE INFORMATION ONLINE & REGISTER AT:
www.cityofcape.org/sports

Jr. NBA Basketball League

Boys & Girls K-6th Grade

This Jr. NBA affiliated basketball league is individual sign ups only, and participants will receive an NBA replica jersey. A mandatory evaluation will be held on September 26 at the SportsPlex for grades 3rd-4th (5:30 p.m.) and grades 5th-6th (6:30 p.m.) A coaches meeting & draft (draft for grades 3rd-6th only) will immediately follow evaluations. Three pre-season practices are included and practice times are set by the coach. League is coed unless there are enough girls to form a girls division. Coaches needed! A \$2 spectator fee will be charged for ages 13+ for games. For more information, contact us at jebbesmeyer@cityofcape.org. Register online at www.cityofcape.org/basketball.



DAY	DATE	REG. DEADLINE
Thur.- Fri.	Games: 10/19/23 - 12/8/23	Early: 9/10/23 Late: 9/17/23
FEE	LOCATION	
\$75 For Kindergarten \$95 For 1st-6th Grades \$10 Discount if registered by 9/10	Cape Girardeau SportsPlex	



Summer basketball leagues are offered at the SportsPlex for boys & girls teams in 7th-12 grades.

CROSS COUNTRY

Cross Country Club

Ages 5-14 yrs

A club dedicated to teaching kids the sport of distance running. The main focus of this club is to learn that running can be fun and instill a lifelong healthy habit in our runners. They will learn form, strategy and more! Personal continued growth is the goal while working in a team environment. For more info, contact Nick at nyaeger@cityofcape.org. Register online at www.cityofcape.org/xclub

DAY	DATE	REG. DEADLINE
Practice: M/W Meets: Fri	Start: 8/28/23	8/25/2023
FEE	LOCATION	
\$55 from 8/28-8/25 *Save \$10 by registering before 8/18/23	Osage Park Trail Head	

For more information call 573-339-6340 or visit www.cityofcape.org/parks

FOOTBALL

NFL Flag Football League

Grades K - 8th

Compete in the NFL flag football league! Participants receive game flags and a replica jersey NFL jersey. Games are played on Saturday afternoons and some Monday & Tuesday evenings at the Shawnee Park Sports Complex. A coaches meeting will be held on August 19 at 6:30 p.m. at the Osage Centre. For more information, contact Nick at nyaeger@cityofcape.org. Register online at www.cityofcape.org/football.



DAY	DATE	REG. DEADLINE
Sat., Mon. & Wed.	Start: 9/16/23	8/25/23
FEE	LOCATION	
\$70 Early Fee \$80 Between 8/16-8/20 Team Fees K-2nd Individual 3-6 Team Entry \$700 10 Per Team	Shawnee Park Sports Complex	



We love football Saturdays!

GOLF

Junior Golf Program

Ages 6-14

The Cape Girardeau Parks & Recreation Department offers a Junior Golf Program. Instruction will cover how to hold a golf club, what each club is intended for, how to swing a golf club, and golf course etiquette. The program consists of six lessons held on Wednesday evenings. Two sessions are offered with either a 5:30 p.m. OR a 6:30 p.m. time slot. Note that the 6:30 p.m. time slot for the second session is for advanced golfers.

DAY	DATE	TIME	REG. DEADLINE
Wednesdays	5/24/23 - 6/28/23	5:30 p.m. OR 6:30 p.m.	5/21/23
Wednesdays	7/12/23 - 8/16/23	5:30 p.m. OR 6:30 p.m.	7/9/23
FEE	LOCATION	ENROLLMENT	
\$63 Per Child	Jaycee Golf Course	Min: 8 / Max: 24	



You are never too young for golf!

For more information call 573-339-6340 or visit www.cityofcape.org/parks

SOCCER

Adult Indoor Soccer

18 & over

Compete in the summer adult indoor soccer league at the SportsPlex! Games are played on Sunday afternoons and evenings. Men's and coed leagues will be offered. For more information, email hdavis@cityofcape.org. Register online at www.cityofcape.org/soccer.



DAY	DATE	REG. DEADLINE
Sundays	7/9/23 - 8/20/23	Early: 6/25/23 Late: 6/28/23
FEE	LOCATION	
\$300 Early Fee \$325 Between 6/26-6/28	SportsPlex	

Fall Youth Soccer

Grades Pre-K to 8th

Have a child interested in soccer? We have the league for you! Pre-K to 8th grade divisions are offered. Games are played on Monday-Thursday evenings and Saturdays. There will be a coaches meeting on August 10th at 6:00 p.m. at the Shawnee Park Center. Contact Josh at jmeyer@cityofcape.org for more information. Register online at www.cityofcape.org/soccer.



DAY	DATE	REG. DEADLINE
Mon. - Thurs., Sat.	Tentative Start: Sept. 5	July 30th
FEE	LOCATION	
\$45 Pre-K \$65 Kindergarten-8th Grade A \$10 late fee will be applied between 7/31-8/7	Shawnee Park Sports Complex	



Get outside this fall and play some soccer!

DURING INCLEMENT WEATHER CALL OUR
RAINOUT LINE:
573.975.1024

SOFTBALL

Girls Fast Pitch Teams 10U-18U

The girls fast pitch league is for 10U, 12U, 14U, 16U, and 18U teams interested in playing doubleheaders once a week. There is an 8-12 game guarantee. Games are played on Tuesday and Wednesday evenings starting at 6:00 p.m. A coaches meeting will be held on May 4 at 6:00 p.m. at the Shawnee Park Center. For more information, contact Josh Jones, jdjones@cityofcape.org. Web: www.cityofcape.org/softball



DAY	DATE	REG. DEADLINE
Tues. & Wed.	Start: 5/30/23	5/5/23
FEE	LOCATION	
\$400 Per Team	Shawnee Park Sports Complex	



Register your 10-18U fast pitch team by May 5!

VOLLEYBALL

Adult Sand Volleyball 17 & over

Spend your summer on the sand courts! A 4-on-4 league and 6-on-6 league will be offered. The 4-on-4 league consists of one division and will be played on Tuesday evenings. The 6-on-6 league consists of a competitive division and an intermediate division, and will be played on Wednesday and Thursday evenings. For more information, contact Kacie at kwalley@cityofcape.org. Register online at www.cityofcape.org/volleyball.



DAY	DATE	REG. DEADLINE
Tues. - Thurs.	Start: 5/16/23	5/5/23
FEE	LOCATION	
\$150 For 4-on-4 Team \$175 For 6-on-6 Team	Arena Park Sand Courts	

Jr. High Summer Volleyball Teams 6th-8th Grade

The summer junior high volleyball leagues are designed for teams in the 6th-8th grades to get experience during the off season. Games are played on Monday nights. Team entry only! A \$2 spectator fee will be charged for ages 13+ attending games. For more information contact Heather at hDavis@cityofcape.org. Online registration only at www.cityofcape.org/volleyball.



DAY	DATES	TIME
Mondays	Start: 6/5/23	Evenings, Schedule TBD
FEE	LOCATION	REG. DEADLINE
\$225/team if registered by 5/14/23 \$250 /team from 5/15-5/17	SportsPlex	5/17/23

Adult Sand/Indoor Volleyball 17 & Over

This league consists of four weeks of sand volleyball and four weeks of indoor volleyball plus a tournament. Power and intermediate divisions are offered. Games are played on Mondays and Tuesdays at Arena Park or the Cape Girardeau SportsPlex. For more information, contact Josh at jebbesmeyer@cityofcape.org. Register online at www.cityofcape.org/volleyball.

DAY	DATE	REG. DEADLINE
Tues. & Thurs.	8/22/23 - 10/19/23	Early: 8/9/23 Late: 8/13/23
FEE	LOCATION	
\$225 or \$200 if registered by 8/9/23	Arena Park & SportsPlex	



Is your team signed up for the Summer Junior High Volleyball league yet?!

Fall Youth Volleyball Grades 1st-7th

This league is for boys & girls in 1st-7th grades. Practices will be held on Mondays from September 13-October 11, and games will be played on Friday nights from September 24-October 15. A \$2 spectator fee will be charged for ages 13+ for games. For more information, contact us at sportsplex@cityofcape.org. Register online at www.cityofcape.org/volleyball.



DAY	DATE	REG. DEADLINE
Fri.	9/22/23	Early: 8/20/23 Late: 8/27/23
FEE	LOCATION	
\$70 Early Fee \$80 Between 8/21-8/23	SportsPlex	

****Please note: Any Cape Central students grades 3rd-8th (grade when registering) please contact moyerst@capetigers.com to register for Girls Youth Softball****

For more information call 573-339-6340 or visit www.cityofcape.org/parks

SOFTBALL

MEN'S & COED

AGES 18+

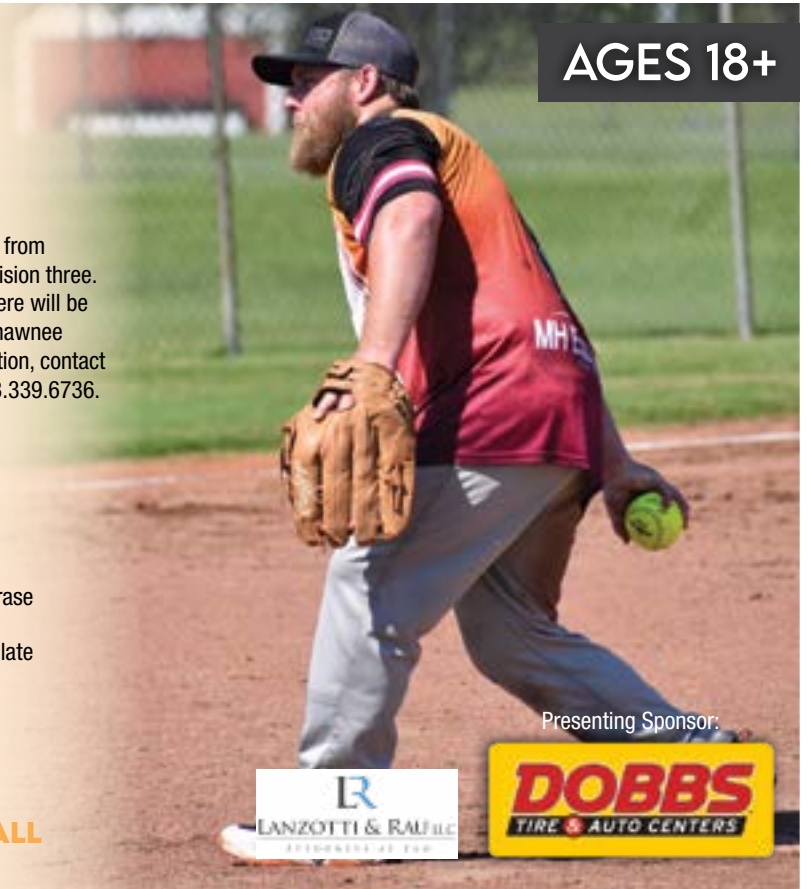
Fall men's and coed softball leagues range from competitive division one to recreational division three. All leagues are team entry sign up only. There will be a manager's meeting on August 1 at the Shawnee Park Center at 6:30 p.m. For more information, contact Josh Jones, jdjones@cityofcape.org or 573.339.6736.

WHEN Mondays, Tuesdays & Thursdays beginning September 18 at the Shawnee Park Sports Complex.

REGISTER Register at the A. C. Brase Arena. The early registration deadline is September 2 & the late deadline is September 7.

COST Early Registration Deadline Cost: \$225 | Late Registration Deadline Cost: \$245

CITYOFCAPE.ORG/SOFTBALL



Coaches Corner | Ryan Bandermann

What is your coaching background? I've coached youth sports since 2007, the first year my wife and I were married. Our church had an Upward Basketball League and we wanted a way to be involved in a ministry program. Sports has always been a passion of ours and this was a great way to serve and get connected. I've coached basketball, soccer and softball with all of my children who are now 12, 9, and 5.

Why do you coach recreational sports? I started coaching to be more involved in the community and to hopefully have a positive impact on children. As our family has grown, sports has become one of our main family activities. It allows us to spend a considerable amount of time together away from home in the real world. There is so much you can learn about life with sports...how to respect and respond to others, how to work together as a team, how to respond to adversity, how to make responsible decisions, work ethic, etc. I coach to help teach these things not only to my children, but their friends/peers as well. We're shaping the future generation one way or another...we might as well do it in a positive way.

Any advice for new coaches? As I've "matured" I'm not nearly as animated on the sideline. I participated with maybe too much of a competitive edge as a player and this carried over to my rookie years of coaching. I've learned to be more calm and collected now. When I've responded in a negative way to a referee, one of my players, my children, my wife...I've always regretted it. Always take the high road!!

How important is winning in recreational sports? Winning is of course fun and nobody likes to lose, but I've learned that we learn a lot more about life and the game we're playing when we lose versus when we win. I am a competitive guy and I love to win, but I've learned that winning is not even close to being the only reason I'm involved with youth sports. There is so much more to be learned by just playing the game, win or lose. Winning is obviously part of the equation, and there is so much involved in working toward being your best with work ethic, consistency, drive, etc. There's a delicate balance and if the only focus is winning we are completely missing the mark.

Any words of wisdom to share? Don't lose sight of the main goal of youth sports. If you ever wonder where we are as a society with this, go to a game or athletic event that you have absolutely no connection with. Observe the parents, participants, spectators, etc. I've learned a lot by doing this myself.... both how to act, and unfortunately how not to act. It has helped me gain a renewed focus of how I desire to be with my kids and their teammates while coaching and how I'm either going to have a positive or negative impact on our future generation. The question is not whether you will have an impact or not....You WILL! The question is what kind of impact will it be?



For more information call 573-339-6340 or visit www.cityofcape.org/parks



Riverfront Yoga

Fitness & Wellness

HEALTH & WELLNESS EDUCATION

Health & Wellness Seminars

Check out our website and follow us on Facebook and Instagram at FitCape for a wide variety of health and wellness education events available just for you! From grocery shopping educational tours and nutrition consultants, to fitness and wellness de-stressing seminars and stretching fun! Check out our winter/spring health & wellness seminars below. Website: www.cityofcape.org/wellnessevents

Team Meal Prep! - \$5		
May 16, 2023	12:15 p.m. - 1:00 p.m.	Osage Centre
Farmers Market Cooking Demo! - Free!		
June 6, 2023	4:30 p.m.	Osage Centre
Aqua Zumba! - Free!		
July 13, 2023	5:00 p.m.	Jefferson Community Center
Meals On The Go - Free		
August 10, 2023	5:00 p.m.	Osage Centre

GROUP FITNESS

Group fitness classes are offered daily at the Osage Centre! Cardio drumming, zumba & Pilates are just a sampling of our fun classes. For a monthly calendar and class information, visit www.cityofcape.org/fitnessclasses. Classes are just \$4 each, or \$42 for a 12 classes, or \$72 for a 24 classes. Not sure about group fitness classes? Your first ever group fitness class is free!

Seasonal Class! - Riverfront Yoga

Start your weekend off with yoga and the Mississippi River! Come and enjoy an energized yoga flow with a scenic backdrop. No experience is required. Yoga is a personal journey and a judgement free zone. Every body is different, so as always, do what you can! Classes will be held outside at the Riverfront steps near the flood gates at Water Street and Broadway Street. Please bring a towel, a mat and water. Follow @CapeRiverfrontYoga on Facebook for weather related updates (classes are weather dependent and no make up classes will be offered). **Celebrate International Yoga Day with us on June 21 at 5:30 a.m. at the Riverfront for a free yoga class!**

SATURDAYS: 8:15 a.m. - 9:15 a.m. | June 3 - September 30
COST: \$4 per class | Group fitness discount cards accepted

EVENTS

Bike to Work & School Day

Meet at the Arena Park Tennis Courts for breakfast, biking tips, safety tips and fun before you ride to work or school! Breakfast begins at 6:15 a.m. and the ride starts at 6:45 a.m. from the tennis court parking lot. Contact Christine at 573.339.6604 or cjaegers@cityofcape.org to register your school or work!



DAY	DATE	TIME
Friday	5/5/23	6:15 a.m.
FEE	LOCATION	
Free!	Meet at the Arena Park Tennis Courts	

Global Running Day

This coast-to-coast celebration is designed for runners to globally declare their passion for running! Join the Parks & Recreation Foundation for a run walk 1-mile or 5K on the Cape LaCroix Trail, plus a themed scavenger hunt for kids! Food & drinks will be available. Registration begins at 5:15 p.m. and the run walk at 6:15 p.m. No pre-registration required. Web: www.cityofcape.org/globalrunningday



DAY	DATE	TIME
Wednesday	6/7/23	5:35 p.m.
FEE	LOCATION	
Free	Osage Centre Trailhead	

PERSONAL TRAINING

Time To Take Care Of YOU!

We offer personal training services at a low cost! Training services include personal training, partner training, group training, sport-specific training, stand strong and mobility express: flexibility training. Training packages start as low as \$25 for one 30 minute personal training session, and go up to ten - 60 minute training session packages. Nutrition and fitness plan consultations are also available starting at \$60. For more information on personal training, contact Christine, our Fitness & Wellness Specialist, at 573.339.6604 or cjaegers@cityofcape.org.

NEW WALKING PROGRAM

Walk with Ease

Join us for a 6 week walking program. This Certified Arthritis Foundation Exercise Program meets two times a week. Walk with ease is geared to help reduce pain and discomfort of arthritis, increase balance and improve overall health. Call Christine to join our next series, cityofcape.org/fitness.

FEE Call 573.399.6604 For the current class schedule.
\$12

GROUP FITNESS

Group fitness classes are offered daily at the Osage Centre! Cardio drumming, zumba & Pilates are just a sampling of our fun classes. For a monthly calendar, visit www.cityofcape.org/fitnessclasses. Classes are just \$4 each, or coupon books are available for \$42 for a 12 class book, or \$72 for a 24 class book.



Seasonal Class! - Riverfront Yoga

Start your weekend off with yoga on the Mississippi River! Come and enjoy an energized yoga flow with a scenic backdrop. No experience is required. Yoga is a personal journey and a judgement free zone. Every body is different, so as always, do what you can! Classes will be held outside at the Riverfront steps near the flood gates at Water Street and Broadway Street. Please bring a towel, a mat and water. Follow @CapeRiverfrontYoga on Facebook for weather related updates (classes are weather dependent and no make up classes will be offered). Classes are offered Saturday mornings from May through September. Check out the monthly fitness calendar for times!

Abs & Arms

This 30 min express class is great for your lunch break or the busy bee who needs a great workout in a flash! In this workout, you'll focus on toning all parts of your arms and core. Each week is different to keep your muscles guessing.

Barre

Transform your physique with this safe & effective trio of yoga, ballet and Pilates. Easy on the joints while developing long and lean muscles. Zero in on those spots for abs, arms, butt and legs. Segments of fat burning exercises are followed by super stretching to lengthen your frame.

Circuit

This class gives you an all in one! Never expect the same workout with a mixture of cardio, strength, endurance and more. Since each exercise is geared towards you, it's a great class for all levels.

Country Fuzion

Country Fuzion is a fun mix of low impact aerobics and country line dancing! No experienced needed for this fun twist of a workout. Get ready to move to your favorite songs!

INSANITY / Core De Force

INSANITY® is a revolutionary cardio-based total body conditioning program. This class will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, ab and core training moves. You don't have to be in extreme shape - multiple exercise versions are provided for different ability levels. Time to dig deep!

Low Impact Aerobics

This class offers positive support, safe low-impact aerobics, music and fun. You will boost your mood, burn fat, build stronger bones, improve your stamina, as well as your heart and brain health.

Pilates

This mind/body class is designed to focus on core strength and coordination while learning the correct breathing patterns and body alignment. Pilates creates great benefits from better posture to muscle toning.

POUND

This class transforms drumming into an energizing workout combining cardio, conditioning and strength training with yoga and Pilates inspired movements. Designed for all fitness levels. Let's ROCK OUT!

Strength Conditioning / Pump 40

This class focuses on strengthening the muscles. As we age, our muscles tend to get weaker and this class helps strengthen. All levels welcome. Kettlebells mixes cardio with strength to give an overall great workout!

BOSU Blast

BOSU Blast keeps your mind busy and your heart pumping. This class is great for beginners to advanced as you learn the moves throughout the time.

Yoga / Chair Yoga

Various techniques will be used in this class with emphasis on flowing postures and breath awareness. Through basic yoga poses, participants will also work towards relaxation, mental clarity and tuning into their own bodies.

Cardio Drumming

Cardio drumming uses drumsticks, fitness balls and buckets to get you moving to the beat while playing on the 'drums'. Your favorite songs turn into a whole new fitness experience! No experience necessary.

Zumba / Zumba Gold

This is a dance based fitness class inspired by traditional Latin-based music including salsa, samba and meringue. It has people of all ages falling in love with its infectious music, easy-to-follow dance moves and body beautifying benefits. Gold is lower impact & great for beginners! Dance Jam is a fun twist to dancing fitness with your favorite music.

☆ = Great for beginners / low impact!



Join us for any of our yoga class options to work on your body & mind!

DURING INCLEMENT WEATHER CALL OUR RAINOUT LINE:

573.975.1024

FIND MORE INFORMATION ON FITNESS & WELLNESS ONLINE AT:

www.cityofcape.org/fitness

JOIN US MAY 31ST!

FOR SENIOR HEALTH & FITNESS DAY

AT THE OSAGE CENTRE!

STOP IN AND VISIT FOR A FREE FITNESS CLASS!



Wednesday May 31, 8:30 a.m. - 1:00 p.m. FREE fitness classes, gym usage and refreshments to all seniors in honor of our amazing seniors! Meet us at the Osage Centre! Refreshments 8:30-12:00 p.m.

WELLNESS FACILITIES INFORMATION

OSAGE CENTRE HOURS

Monday-Thursday	5 a.m. - 8 p.m.
Friday	5 a.m. - 7 p.m.
Saturday	8 a.m. - 4 p.m.
Sunday	12 p.m. - 9 p.m.

SHAWNEE PARK CENTER HOURS

Monday-Friday	9 a.m. - 8 p.m.
Saturday	11 a.m. - 6 p.m.
Sunday	12 p.m. - 8 p.m.

JEFFERSON AQUATIC FITNESS HOURS

Monday-Friday	11 a.m. - 1 p.m.
Swimnastics	- See page 23

ADMISSION

Fitness Room	\$2 / Visit
Indoor Track	\$2 / Visit
Gym Walking	Free
Discount Card	\$16 / 10 Visits

ADMISSION

Fitness Room	\$2 / Visit
Gym Walking	Free
Discount Card	\$16 / 10 Visits

ADMISSION

Children (1-13 yrs)	\$6 / Visit
Adults (14-59 yrs)	\$7 / Visit
Seniors (60 + Yrs)	\$6 / Visit

FREE 'FITZONE' OUTDOOR FITNESS AREA

Located on the Cape LaCroix Trail by the Arena Park tennis & sand volleyball courts!

Connect With Us!



@fitcape

cityofcape.org/fitness



LEARN TO SWIM PROGRAM

Comprehensive swim program offering classes for ages 6 months+. The registration deadline is the Friday before each session at Noon. Students enrolled in each of these programs will have the opportunity to participate in eight lessons held on Mondays through Thursdays. Regular attendance is important for skill progression. No make-up classes will be scheduled. The fee is \$60 per swimmer. For more information, call the Parks and Recreation Department at 573.339.6340. Registrations are taken Monday - Friday, between 8:00 a.m. - 5:00 p.m. at the A. C. Brase Arena, or can be completed online at www.cityofcape.org/learntoswim. During inclement weather, please call our weather hotline at 573.975.1024 for lesson status.

SESSION 1

June 12-22

9:00 a.m. - 9:45 a.m. | Cape Splash
10:00 a.m. - 10:45 a.m. | Cape Splash

SESSION 2

June 26 - July 7

9:00 a.m. - 9:45 a.m. | Cape Splash
10:00 a.m. - 10:45 a.m. | Cape Splash

SESSION 3

July 17-27

9:00 a.m. - 9:45 a.m. | Cape Splash
10:00 a.m. - 10:45 a.m. | Cape Splash

LEARN TO SWIM LEVELS

INTRO TO WATER SKILLS 3+

Focuses on fundamental swimming & safety skills while learning how to safely be a part of a group. Parents may stay poolside for safety purposes to ensure the child is following class rules.

WATER MOVEMENT 3+

Students will learn how to feel comfortable in the water and safely enjoy it. In this class, swimmers must be completely independent of the parent.

FUNDAMENTAL AQUATIC SKILLS | AGES 5+

Children will learn basic swimming skills.

STROKE IMPROVEMENT | AGES 7+

Introduces treading water, and focuses on stroke development of front crawl, backstroke, butterfly, and breaststroke.

For more information call 573-339-6340 or visit www.cityofcape.org/park

AQUATIC FITNESS

Swimnastics

This class is designed to improve cardiovascular fitness, tone muscles and increase flexibility by using the water's resistance. This class is great for seniors, arthritic people, injury rehabilitation, or people just getting started in aquatic exercise.

DAY	DATE	TIME	LOCATION
Mon., Wed., Fri.	Ongoing	11 a.m. - 1 p.m.	Jefferson Community Center
FEE			\$20 Residents / \$24 Non-Residents For 12 Classes

River Walking

Enjoy a low-impact workout while walking in the lazy river at Cape Splash! Walk with the current or against it to customize your workout. Water walking increases your blood flow and warms your muscles and joints. Open to adults 18 & over! Season passes must be purchased in advanced at the A. C. Brase Arena or Osage Centre. No make-up dates will be offered.



DAY	DATE	TIME	LOCATION
Mon. - Thurs.	5/30/23 - 8/14/23	9:15 a.m. - 10:45 a.m.	Cape Splash
Mon. & Wed.	5/31/23 - 8/16/23	6:30 p.m. - 7:45 p.m.	Cape Splash
FEE			\$4 Drop In Rate \$50 Season Pass For All Dates



River Walk at the Cape Splash

DURING INCLEMENT WEATHER CALL OUR RAINOUT LINE: 573.975.1024

JEFFERSON COMMUNITY CENTER

1620 Collage Street | 573.519.0645 | Coordinator: Michael Peters

The Jefferson Aquatic Center is a beautiful facility and is completely family friendly with zero depth entry, sprinkle play features and a little Nemo Slide. It slowly transcends into an exercise/leisure area. It also has three 25 yard lap lanes for the exercise enthusiast or competitive swimmer. If adventure excites you then we have a slide for you. Dark and curvy, this feature is a slide that extends outside the building and returns back inside, exiting a long run out. The facility also has a private party room and concession area.

HOURS & PRICING

Spring Recreational Swim Hours (until June 4th)	
Monday - Thursday	3:00 p.m. - 7:00 p.m.
Friday	3:00 p.m. - 8:00 p.m.
Saturday - Sunday	12:00 p.m. - 5:00 p.m.
Summer Recreational Swim Hours (begins June 5)	
Monday - Sunday	11:00 a.m. - 5:00 p.m.
Fitness Swim Hours	
Monday - Friday	11:00 a.m. - 1:00 p.m.

Admission	
Adults	\$7.00 / Person
Children	\$6.00 / Person
Seniors	\$6.00 / Person

Ask us about Discounts

Birthday Parties

\$175 for up to 25 swimmers.	
Fridays	5:30 p.m. - 7:30 p.m.
Saturday - Sunday	12 p.m. - 2:00 p.m. & 3:00 p.m. - 5:00 p.m.
After Hours Parties	6:30 - 8:30 p.m.
\$400 includes 2 hour pool party/party room up to 150 attendees	

FACILITY GUIDELINES

Fitness Swim
During scheduled fitness swims, the pool is available for lap swimming and other fitness activities. Children will not be admitted into the facility during this time period unless engaging in some sort of structured physical exercise. No free play will be permitted during this time.

General Information
Parents are required to watch their children and to assist in enforcing the policies for the safety and enjoyment of all patrons. All children under 12 years of age must be accompanied and supervised by a paying adult. All children 8 years and younger must be within arms length of an adult at all times.

Swim Diapers
Must be worn by infants and toddlers and may be purchased for \$1.75.

Flotation Devices
Parents must supervise children in flotation devices by being within arms length of the child at all times. No blow-up rafts or Styrofoam water noodles will be allowed. Facility staff reserves the right to restrict any flotation devices that are determined to be unsafe or improperly used.

CENTRAL MUNICIPAL POOL

CLOSED FOR RENOVATIONS



OPENING DAY: May 27, 2023

CAPE SPLASH

1565 N. Kingshighway | 573.339.6343 | Supervisor: Robert Shanahan
The Cape Splash Family Aquatic Center is an outdoor waterpark designed for water-goers of all ages! The waterpark contains a splash pad, zero depth entry pool, lazy river, swirl pool, and eight water slides...the tallest is a 265 foot long free fall slide! **OPENING DAY IS MAY 27, 2023!**

HOURS & PRICING

Facility Hours	
Monday - Saturday	11:00 a.m. - 6:00 p.m.
Sunday	12:00 p.m. - 6:00 p.m.
Reduced hours begin August 16.	

Daily Admission	
12 Months & Under	Free
Ages 1 - 13	\$9
Ages 14 - 59	\$10
Seniors 60 & Up	\$9

Season Passes	
12 Months & Under	Free
Ages 1- 13	\$70 / Person
Ages 14 - 59	\$80 / Person
Seniors 60 & Up	\$70 / Person

RENTALS

After Hours Parties
Reserve your 2023 after-hours party today! After-hours parties are available to reserve from 6:30 p.m. - 8:30 p.m. and range from 100 people with a limited waterpark area, to 1,300 people for the entire waterpark complex. Contact us today at 573.339.6342 to book your party...dates fill up fast!

Birthday Parties
Cape Splash offers several birthday party packages that include an hour at our party gazebo, admission for up to 50 people (attendance based upon package purchased), and concessions from Cape Splash (based upon package purchased). Feel free to bring your own cake or cookies!

Group Rates
For groups of 20 or more, a 20% off group discount is available. Groups must contact Cape Splash at a minimum of one week before planned visit. A limited number of group rates are allowed per day. Rent the new Playmo Pavilion for your group! Call 573.339.6342 for more information.

Season Pass Benefits For The 2023 Season
Park entry 15 minutes early
Entry to Adult Beach Bashes
Entry to Kid's Luau Party
Concession deals!

AQUATIC PROGRAMS & EVENTS

Preschool Playtime

Parents with little ones, come enjoy the spray pad without the crowds! Preschool Playtime is for kids ages 4 and under. The play structure will also be open on the Friday dates in August. Adults are free! Season passes must be purchased in advanced at the Osage Centre or A. C. Brase Arena. No make-up dates will be offered.



DAY	DATE	TIME	FEE	LOCATION
Mon. - Thurs.	5/30/23 - 8/17/23	9:15 a.m. - 10:45 a.m.	\$4 Per Child Drop In Rate \$50 Season Pass For All Dates	Cape Splash
Mon. & Wed.	5/31/23 - 8/16/23	6:30 p.m. - 7:45 p.m.		
Fridays	8/4/23 - 8/25/23	9:15 a.m. - 10:45 a.m.		

Kid's Luau Party at Cape Splash

Boys & Girls Ages 10 & Under

We're having a luau so wear your grass skirts and we'll provide the lei! Lounge with us by our tropical pool at Cape Splash, and come ready to limbo and hula hoop in your island wear! The splash pad, zero depth entry pool, play structure, pirate ship and small slides will be open for play. No charge for adults. Participating kids will get into Cape Splash during regular hours on June 24 for free! Pre-register online at www.cityofcape.org/aquaticevents

DAY	DATE	TIME	FEE	LOCATION
Saturday	6/24/23	9:00 a.m. - 10:30 a.m.	\$10 Per Child Free For Season Passholders	Cape Splash

Adult Beach Bash

Are you in need of a summer trip to Cape Splash without the kids?! Relax in the lazy river, listen to music, enjoy the water slides, play pool volleyball and indulge in free food (while supplies last) at the waterpark! Purchase your event wristband ahead of time at the A. C. Brase Arena or Osage Centre to beat the line. For ages 18+. Free for season pass holders.



DAY	DATE	TIME	FEE	LOCATION
Friday	6/16/23	6:30 p.m. - 8:30 p.m.	\$12 Per Person Per Day Free For Season Passholders	Cape Splash
Friday	7/21/23	6:30 p.m. - 8:30 p.m.		

World's Largest Swim Lesson

Join us as we participate in the World's Largest Swim Lesson to build awareness about the fundamental importance of teaching children to swim to prevent drowning. Free swim lesson! For ages 2-10.

DAY	DATE	TIME	FEE	LOCATION
Thursday	6/22/23	9:30 a.m. - 10:30 a.m.	Free	Cape Splash

LIFEGUARDS NEEDED!

LEARN MORE AT:

cityofcape.org/lifeguard



Jaycee Municipal Golf Course

TOURNAMENTS

28th Annual Southern Open 4-Person Scramble

This tournament is open to men and women off all ages! This is a \$500 first place cash payout tournament! Other cash prizes determined by number of teams. Cart is included with entry fee. For more info contact Kaelin at kcasasola@cityofcape.org. Register online at www.cityofcape.org/golf.



DAY	DATE	TIME	FEE	LOCATION	REG. DEADLINE
Saturday	4/22/23	1:00 p.m. shotgun start	\$300 / Team	Jaycee Golf Course	4/20/23

10th Annual Nightfall Glowball Tournament

This Parks & Recreation Foundation tournament will make you feel like a kid again! Participants will play 9 holes during the day and then finish the last 9 holes in the dark by glow light. Academy Sports+Outdoors provides this event with tournament prizes. Don't forget about the BBQ Supper! Cart is included with entry fee. For more info contact Kaelin at kcasasola@cityofcape.org. Register online at www.cityofcape.org/golf.



DAY	DATE	TIME	FEE	LOCATION	REG. DEADLINE
Saturday	5/20/23	4:00 p.m. shotgun start	\$300 / Team	Jaycee Golf Course	5/18/23

18th Annual Senior 2-Person Scramble

This tournament is open to individuals age 50 and over. This is a \$300 first place cash payout tournament! Other cash prizes determined by number of teams. Cart and lunch are included with entry fee. For more info contact Kaelin at kcasasola@cityofcape.org. Register online at www.cityofcape.org/golf.



DAY	DATE	TIME	FEE	LOCATION	REG. DEADLINE
Thursday	9/14/23	8:00 a.m. shotgun start	\$160 / Team	Jaycee Golf Course	9/14/23

Tee Marker Sponsorship Available!
ONLY 1 LEFT!

For more information call 573-339-6340 or visit www.cityofcape.org/parks

Ladies Golf Scramble

This tournament is open to women of all ages. This is a \$300 first place cash payout tournament! Other cash prizes determined by number of teams. Cart and lunch are included with entry fee. For more information, contact Kaelin at kcasasola@cityofcape.org. Register online at www.cityofcape.org/golf.

DAY	DATE	TIME	FEE	LOCATION	REG. DEADLINE
Saturday	8/26/23	8:00 a.m. shotgun start	\$120 / Team	Jaycee Golf Course	8/24/23



Have you ever played glowball?! Try it out at the Nightfall Glowball Tournament.

GREAT DEALS!

Unlimited Twilight

Get a discounted rate when you play at twilight!
Weekdays after 5:00 p.m.: \$27
Weekends after 5:30 p.m.: \$29
Offer good from April 1 - September 30, 2023

Family Fridays

Get an entire tee time for \$50 on Fridays after 5:00 p.m.
Offer good from May 1 - August 31, 2023

Host Your Next BIRTHDAY PARTY At Cape Splash

Make it special, make it great, come to Cape Splash to celebrate!

Birthday party packages start at \$113 for 10 guests and include one hour at the Gazebo. Additional amenities include drinks, ice cream cups, hotdogs or pizza from the concession stand, and up to 50 guests (pricing varies). View all party packages online at www.cityofcape.org/cape splash. Call us today to book your party at 573.339.6342. Space is limited!



Add Our Booking Page to your home screen to make booking even faster!

Scan the QR code above to book your tee time today!

- Book Tee Times
- Visit Our Homepage
- Get Course Info
- Plan Your Visit

NOW PROUDLY OFFERING

teesnap

www.cityofcape.org/golf



ADDRESS | 3280 Perryville Road, Cape Girardeau Mo 63701
PHONE | 573.334.2031
EMAIL | jayceegolf@cityofcape.org

ABOUT | The Jaycee Municipal Golf Course features 18 holes of Zoysia Fairways and Bent Grass greens over 5,800 yards. Tree-lined fairways, water on 11 holes, sand bunkers and architectural-designed greens provide a challenge for novice to pro.

HOURS | Open seven days a week (weather permitting!)
 December 1 - February 28 10:00 a.m. - Dusk
 March 1 - March 31 9:00 a.m. - Dusk
 April 1 - April 30 8:00 a.m. - Dusk
 May 1 - September 30 7:00 a.m. - Dusk
 October 1 - October 31 8:00 am - Dusk
 November 1 - November 30 9:00 a.m. - Dusk

GREENS FEES + CART

Type	Winter Rates (Nov. 1 - March 31)	Summer Rates (April 1 - Oct. 31)
Weekday 9 holes	\$21	\$27
Weekday 18 holes	\$30	\$36
Weekend 9 holes	\$21	\$30
Weekend 18 holes	\$30	\$39

GOLF CART / CLUB RENTAL

9 holes per rider	\$9	Pull Cart	\$5
18 holes per rider	\$18	Rental Clubs	\$10
Private Cart	\$10		

2023 GREENS FEES MEMBERSHIP

Monthly + Cart (by calendar month)	\$250
Individual	\$650
Family (2 person)	\$900
Family 4 Person	\$1000
Any additional golfers after 4	add \$250 per person
Senior single (60+)	\$405
Senior family (60+ one spouse over 60)	\$630
Junior Individual	\$250
Veterian Single	\$405

ANNUAL CART PASS

Annual Pass	\$630
2-Person family	\$650
4 Person family (2 cart limit)	\$1000

For facility information during wet or inclement weather, call our rainout/weather hotline at 573.975.1024



THANK YOU!

Boulder Construction and Golf Course Maintenance for doing a great job on the shelter



Sports Camp at the SportsPlex

Cape Girardeau SportsPlex

2023 SUMMER CALENDAR

- April 22-23 Reebok Series Spring Showdown Super Regional Basketball
- April 29-30 SEMO Prep Basketball Tournament
- May 6-7 Reebok Series Cape Girardeau Classic Basketball Tournament
- May 13-14 The AthElite Jersey Jam Basketball Tournament
- May 20-21 Reebok Series 5 Star Exposure Spring Jam Basketball
- May 27-28 Threat Hoops Memorial Day Classic Basketball Tournament
- June 3-4 MAYB Basketball Tournament
- June 10-11 Reebok Cape Summer Sizzler Basketball Tournament
- June 16-17 Rib City Volleyball
- June 23 Jackson Volleyball Tournament
- June 24-25 The 6th Annual Select Super 16 Basketball Tournament
- July 1 Midwest Battle of the Rims Basketball Tournament
- July 8-9 Reebok Series Cape Super 32 Basketball Showcase
- July 13-14 Rib City Volleyball
- July 15-16 Reebok Series 5 Star Summer Invite Basketball Tournament
- July 19-20 Rib City Volleyball
- July 26-28 Rib City Volleyball
- August 12-13 Reebok Series Summer Finale Basketball Tournament

CAMPS & CLINICS

Bring It On Cheer Clinic

Ages 5-12

The Bring It On Cheer Clinic is a great opportunity to learn essential skills for cheer including basic motions, cheers, tumbling and stunts. This clinic, led by athletes, coaches and cheerleaders, will be a fun and educational clinic that will inspire your little cheerleader. Participants receive a clinic t-shirt and pom poms.

AGE	TIME	DATE	REG. DEADLINE
5-7 Year Olds	10:00 a.m. - 12:00 p.m.	6/3/23	5/24/23
8-12 Year Olds	1:00 p.m. - 3:00 p.m.	6/3/23	

FEE	LOCATION	ENROLLMENT
\$35 Per Child	SportsPlex	Min: 10 / Max: 30



Calling all future cheerleaders for the Bring It On Cheer Clinic!

Jr. Aces Volleyball Camp

Ages 7-10

Jr. Aces Volleyball Camp is for boys and girls ages 7-10. Players will learn basic volleyball fundamentals such as passing, setting, serving and attacking. Includes Volleyball t-shirt. Contact Josh at jebbesmeyer@cityofcape.org

DAY	DATE	TIME	REG. DEADLINE
M T W	6/5/23-6/7/23	9:00 a.m. - 12:00 p.m.	5/24/23


FEE	LOCATION	ENROLLMENT
\$75 Per Camper	SportsPlex	Min: 20 / Max: 60

CAPE GIRARDEAU

SPORTSPLEX

Check out our Summer/Fall **SPORTS LEAGUES**

- Junior High & High School Summer Basketball Leagues
- Junior High Summer Volleyball League
- Indor Summer Adult Soccer League
- Fall Youth Volleyball League
- Jr. NBA Basketball League



SportsPlex Soccer Camp

Ages 6-9

Sportsplex Soccer Camp offers your child the chance to play soccer and learn new skills, moves and techniques in a fun and rewarding environment. Athletes will improve their skills and fitness for the upcoming season. Fundamental skills include ball control, passing and shooting. Campers will also receive a soccer t-shirt.

DAY	DATE	TIME	REG. DEADLINE
Mon, Tus, Wed	6/12/23 - 6/14/23	9:00 a.m. - 12:00 p.m.	5/31/23
FEE	LOCATION	ENROLLMENT	
\$75 Per Camper	SportsPlex	Min: 20 / Max: 60	

Sports Camp at the SportsPlex

Ages 8-12

Basketball, volleyball, soccer and more will be played at this week long camp all about SPORTS! Campers will work on fundamental skills of each sport, receive speed and agility training and game speed practice, while also having fun playing nontraditional sports like ultimate frisbee, disc golf, and pickleball! Childcare provided between 8:00 - 8:30 a.m. and 4:30 - 5:00 p.m. Participants bring lunch except on Friday. Snacks are provided.

DAY	DATE	TIME	REG. DEADLINE
Mon. - Fri.	6/26/23 - 6/30/23	8:30 a.m. - 4:30 p.m.	6/14/23
FEE	LOCATION	ENROLLMENT	
\$175 Per Camper	SportsPlex	Min: 15 / Max: 30	

SportsPlex Football Skills Clinic

Ages 8-12

This Clinic is for players looking to improve their basic football skills, such as throwing, catching, route running and footwork. The clinic will be taught by local football coaches. All drills and competitions will be non-contact. Participants will receive a clinic t-shirt. For more information contact Josh at jebbesmeyer@cityofcape.org

DAY	DATE	TIME	REG. DEADLINE
Saturday	7/22/23	9:00 a.m. - 12:00 p.m.	7/12/23
FEE	LOCATION	ENROLLMENT	
\$40 Per child	SportsPlex	Max: 40	

SportsPlex Basketball Camp

Ages 7-10

This 3-day camp will provide a comprehensive overview of basketball skill development. Our main focus will be on individual skill progression and cultivating strong habits. This camp will combine great teaching, high energy, enthusiasm and tons of fun into a camp experience younger athletes will love. The camp will be led by current and former high school and college basketball coaches and players. Participants receive a camp t-shirt.

DAY	DATE	TIME	REG. DEADLINE
Mon, Tus, Wed	7/10/23 - 7/12/23	9:00 a.m. - 12:00 p.m.	6/28/23
FEE	LOCATION	ENROLLMENT	
\$75 Per Camper	SportsPlex	Min: 20 / Max: 60	

REGISTER ONLINE AT:
www.cityofcape.org/sportsplexcamps

30 • Play Cape!



ADDRESS | 2526 Jim Drury Way, Cape Girardeau Mo 63701

PHONE | 573.339.6341

EMAIL | sportsplex@cityofcape.org

ABOUT | The Cape Girardeau SportsPlex is 121,000 square foot facility designed for basketball, volleyball, soccer, and more! The Plex features six wood basketball courts that convert to 12 volleyball courts, two indoor turf fields, batting cages, meeting rooms, and a full service concession stand.

HOURS

Winter Hours (Until May 21, 2023)

Monday - Thursday	3:30 p.m. - 8:30 p.m.
Friday	3:30 p.m. - 7:00 p.m.
Saturday	12:00 p.m. - 5:00 p.m.
Sunday	12:00 p.m. - 8:00 p.m.

Summer Hours (Starting May 22, 2023)

Monday - Thursday	1:00 p.m. - 9:00 p.m.
Friday	1:00 p.m. - 7:00 p.m.
Saturday	12:00 p.m. - 5:00 p.m.
Sunday	12:00 p.m. - 8:00 p.m.

PRICING

Daily Admission	\$4
Discount Card (10 Visits)	\$30

RENTAL FEES

Full Court Rental	\$55/Hour
Half Court Rental	\$40/Hour
Full Turf Field	\$90/Hour
Half Turf Field	\$60/Hour
Batting Cages	\$25/Hour
Pitching Machine	\$15/Hour

Prices above are based off an hour rental. Call for additional rates. Call for tournament rental pricing and multi-use discounts.

SPORTSPLEX
Sport Specific Training
 Soccer • Football
 Baseball • Volleyball
 Softball • Basketball
cityofcape.org/sportsplextraining

For more information call 573-339-6340 or visit www.cityofcape.org/parks



Shawnee Park Center Upcoming Events

NATURE NIGHT

Meet cool animal critters, learn how food is grown, plant wildflowers, dance under the stars & more!

Saturday 4/22/23 | 6pm-8pm
 \$1/ticket (1 ticket per activity station)

SUMMER BASH

An outdoor event to celebrate the end of school with water balloons, water guns fights, and more!

Saturday 5/27/23 | 12pm - 4pm

HAPPY CAMPERS

A collaboration of local area businesses to engage kids K-6th in general art, recreation and sports based activities

Register by: 6/2/23
 Monday 6/5/23 thru Friday 6/9/23
 8:00am-12:00pm | Free

KIDS IN THE KITCHEN

Learn all about cooking, kitchen safety and where our food comes from!

Wednesdays 6/21/23 -7/26/23
 K-2nd grade: 12:30pm -2:00 pm &
 3rd- 5th grade: 2:00pm -3:30 pm | Free

BASKETBALL CAMP

K-6th coed introductory camp to develop basketball fundamentals.

Register by 7/14/23
 Monday 7/17/23 - Friday 7/21/23
 10:30am-11:30am
 Free

FOOTBALL CAMP

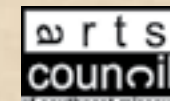
K-6th coed introductory camp to develop football fundamentals.

Register by 7/12/23
 Monday 7/24/23 - Friday 7/28/22
 10:30am-11:30am
 Free



Sierra Elliott (CPSemo) Josh Jones (Cape Parks and Rec) and Tameka Randle (PORCH Initiative)

Contact Josh Jones at 573.339.6736
or Jdjones@cityofcape.org for registration information



For more information call 573-339-6340 or visit www.cityofcape.org/park/

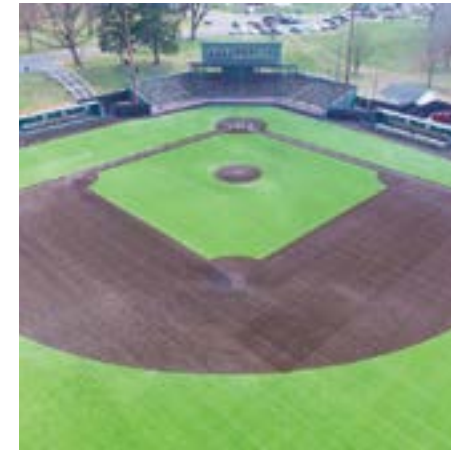
Play Cape! • 31

Community Centers & Sports Complexes

The Parks & Recreation Department has three community centers: The A. C. Brase Arena, Osage Centre and Shawnee Park Center. The A. C. Brase Arena is located in Arena Park and is primarily used as a rental facility for private functions, leagues, conventions and community events. The facility also houses the Parks & Recreation Department's main office. Adjacent to the A. C. Brase Arena is the 4-H Exhibit Hall. This smaller rental facility is perfect for family get togethers and smaller parties. Both facilities must be rented for use. The Osage Centre is a community center with two full basketball courts / four volleyball courts, a fitness room and eight meeting rooms. The facility is open daily for gym and fitness center usage or can be rented for special functions. The Shawnee Park Center is open to the public for basketball or volleyball play and also features a fitness room. Meeting rooms and a full service kitchen are also available for rent and are popular spaces for wedding receptions, showers and birthday parties.



The Parks & Recreation Department operates three outdoor sports complexes: the Shawnee Park Sports Complex, Arena Park Sports Complex & Capaha Field in Capaha Park. Field space at the Shawnee Park Sports Complex and Capaha Field must be rented. Space at the Arena Park Sports Complex must be rented for tournaments and events, otherwise space is first come first served. For rental inquiries, please contact the sports complexes facility supervisor, Kaed Horrell at 573.339.6340.



A. C. BRASE ARENA and 4H BUILDING

410 Kiwanis Drive
Phone: 573.339.6340
Email: arena@cityofcape.org

OFFICE HOURS

Mon. - Fri. 8:00 a.m. - 5:00 p.m.

COST

The A. C. Brase Arena and the 4H Building are available to rent only. Please call for details.

AMENITIES

1 basketball court/2 volleyball courts
Full-service kitchen
Stage
Bleacher seating

OSAGE CENTRE

1625 N. Kingshighway
Phone: 573.339.6342
Email: osagecentre@cityofcape.org

FACILITY HOURS

Mon. - Thurs. 5:00 a.m. - 8:00 p.m.
Friday 5:00 a.m. - 7:00 p.m.
Saturday 8:00 a.m. - 4:00 p.m.
Sunday 12:00 p.m. - 9:00 p.m.

COST

Daily Admission	\$2
Discount Card	\$16/10 visits
Gym Walking	Free

AMENITIES

2 basketball courts/4 volleyball courts
8 meeting rooms
1 fitness center

SHAWNEE PARK CENTER

835 S. West End Blvd.
Phone: 573.339.6346
shawneeparkcenter@cityofcape.org

FACILITY HOURS

Mon. - Fri. 9:00 a.m. - 8:00 p.m.
Saturday 11:00 a.m. - 6:00 p.m.
Sunday 12:00 p.m. - 8:00 p.m.

COST

Daily Admission	\$2
Discount Card	\$16/10 visits
Gym Walking	Free

AMENITIES

1 basketball court/2 volleyball courts
2 meeting rooms
1 fitness center
Full-service kitchen

ARENA PARK SPORTS COMPLEX

410 Kiwanis Drive

The Cape Girardeau Parks & Recreation Department operates youth softball, youth baseball and youth fast pitch leagues at the Arena Park Sports Complex. Fields are open for play first come, first served, only while leagues and tournaments are not happening. Field space can be rented for tournaments by calling 573.339.6340.

- ▶ 15 Baseball/Softball Fields
- ▶ Four Football Fields

CAPAHA FIELD

1400 Broadway St

Capaha Field is a collegiate size baseball field located in Capaha Park, Cape Girardeau's oldest park. This newly renovated stadium features a turf field, stadium seating, a home run deck and plaza concourse. This field is home to:

- ▶ Cape Catfish
- ▶ Southeast Missouri State University Redhawks
- ▶ Capahas Baseball

SHAWNEE PARK SPORTS COMPLEX

1157 S. West End Blvd.

The Cape Girardeau Parks & Recreation Department operates adult softball, youth soccer, youth baseball, youth fast pitch and youth flag football leagues at the Shawnee Park Sports Complex. Fields are only available by renting. To rent a field, call 573.339.6340.

- ▶ Two Baseball Fields
- ▶ Six Softball Fields
- ▶ 14 Soccer Fields
- ▶ Two Football Fields



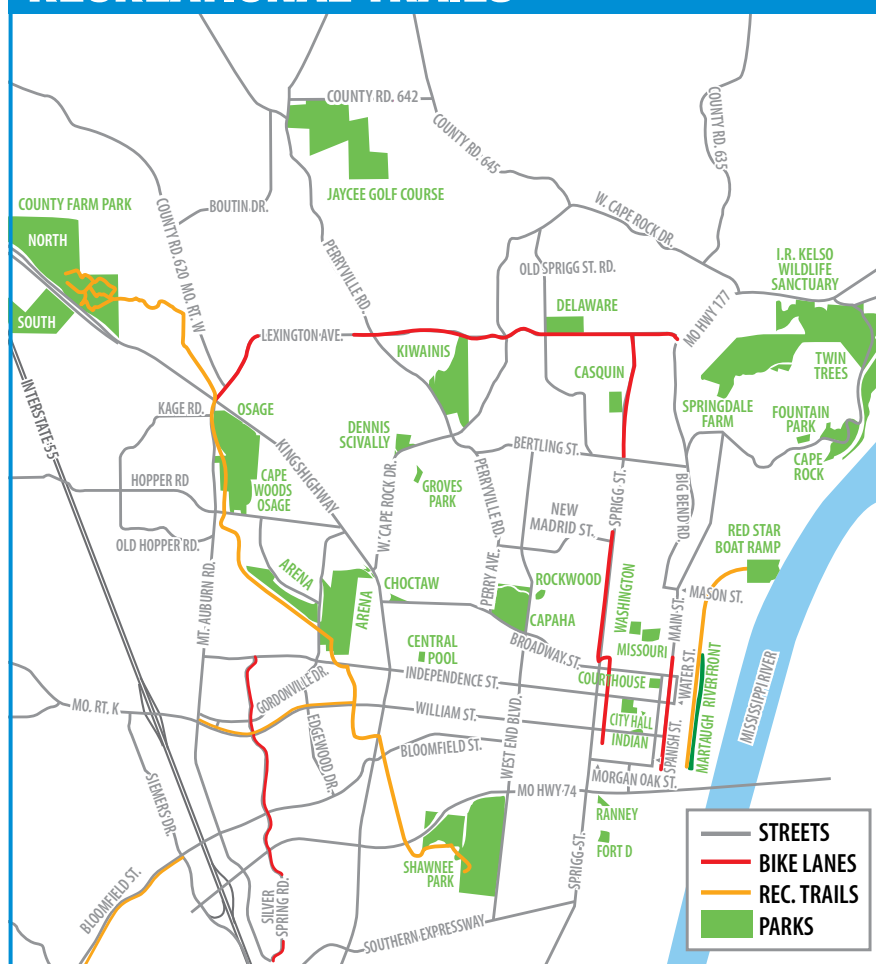


Fishing in the Capaha Park Lagoon on May 20, 1970.

Parks, Trails & Historic Sites

The City of Cape Girardeau Parks and Recreation Department oversees 26 parks with over 600 acres of park land, facilities, ball fields, pools, trails and historic sites. Cape Girardeau's park sites are a beautiful collection of active and passive lands which feature specimen trees, beautiful vistas overlooking the Mississippi River (Cape Rock Park), heritage sites such as Fort D (a Civil War fortification) and the Cape La Croix Trail which winds it's way from north to south along Cape La Croix Creek and through three of our major parks. Wherever you are in Cape, you are never too far from a park, trail or green space where you can experience nature or family fun. Please pay a visit to one of our parks, reserve a pavilion for a picnic or family reunion or participate in one of our many activities and events. Remember to PLAY CAPE!!

RECREATIONAL TRAILS



CAPE LACROIX RECREATIONAL TRAIL

Conservation Center Property to Route W/Kingshighway Bridge.....	1.25 miles
Route W/Kingshighway Bridge to Cape Woods Restroom.....	.60 mile
Cape Woods Restroom to Hopper Road Bridge.....	.37 mile
Hopper Road bridge to Rodney Street Bridge	1.10 miles
Rodney Street Bridge to Independence Street Bridge42 mile
Independence Street Bridge to William Street Bridge.....	.27 mile
William Street Bridge to Bloomfield Road Bridge.....	.47 mile
Bloomfield Road Bridge to Brink Street Access.....	.22 mile
Brink Street Access to Shawnee Park Soccer Field Bridge97 mile
Shawnee Park Bridge to Linden.....	.36 mile
TOTAL	6.03 miles

OTHER PARKS & RECREATIONAL TRAILS

Downtown Riverfront Park Walkway (from end to end).....	1.3 miles
Sidewalk around Capaha Park.....	.90 mile
Sidewalk around Capaha Pond28 mile
Fountain Park (Natural Surface)	1.2 miles
Juden Creek Conservation Trail (Natural Surface)	2.5 miles
Conservation Nature Center (Gravel Surface)	1.0 mile
Route K Connector - Cape Bicycle to Mount Auburn Road	1.2 miles
Bloomfield Road Trail	1.4 miles

INCLEMENT WEATHER: The Parks and Recreation Department makes every effort to clear our roadways and entrances from debris and snow as quickly as possible. The trail system is closed in the event of snow and ice. Please use care and caution when using outdoor areas during inclement weather. Report a problem: call 573.339.6340.



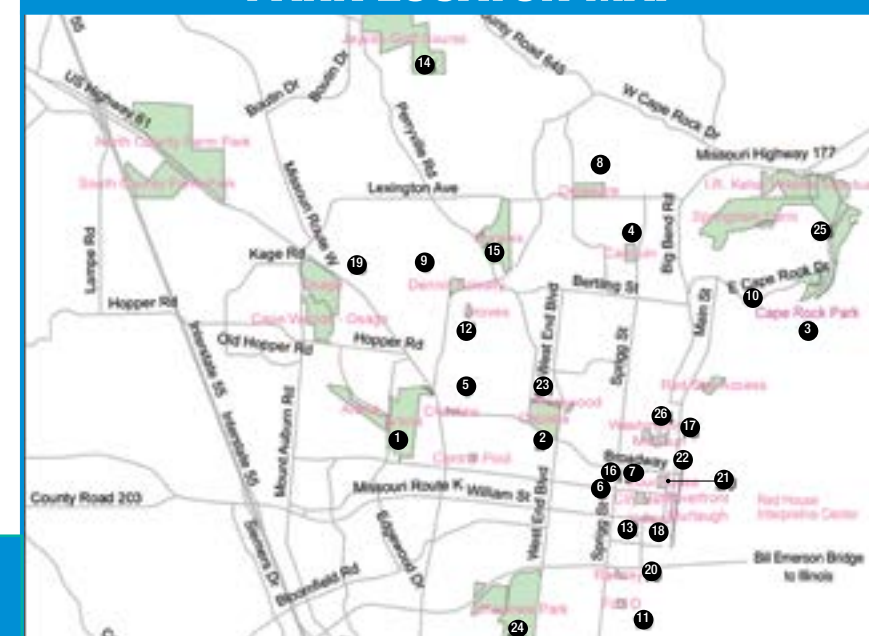
CITY PARKS

For more information on all the parks in Cape Girardeau, see below or visit our website at www.cityofcape.org/parks.

- 1. ARENA PARK (Kiwanis Drive and Kingshighway)** A 90 acre community park which contains the A.C. Brase Arena, 10 shelters, 60 picnic tables, 16 softball/baseball fields, four tennis courts, three restroom facilities, two sand volleyball courts, one basketball court and one rugby court.
- 2. CAPAHA PARK (Broadway and West End Blvd.)** The oldest park in Cape Girardeau's system, the park is near Southeast Missouri State University and comprises 39.3 acres. It contains two baseball fields, one basketball court, three play structures, two restroom facilities, three shelters, one bandshell, the Rose Garden and a 3.5 acre fishing pond. One of the baseball fields is home to the Southeast Missouri State University Redhawks and the Capahas, a semi-professional baseball team.
- 3. CAPE ROCK PARK (North Cape Rock Drive)** In the northeast part of the city, the 21.3 acre park offers a breathtaking view of the Mississippi River. It is mainly undeveloped in an effort to promote the natural area.
- 4. CASQUIN PARK (North Sprigg Street)** This is a 7.3-acre, undeveloped park. Blanchard Elementary is located just south of this park and Fire Station 3 is to the park's north.
- 5. CHOCTAW PARK (Broadway and Kingsway Drive)** Contains 1.4 acres and consists of one shelter and one play area. The park is along the Cape LaCroix Creek flood control project area.
- 6. CITY HALL PARK (44 South Lorimier)** The park consists of 5 acres of green space.
- 7. COMMON PLEAS GAZEBO (44 N Lorimier Street)** This historic parcel is located downtown Cape Girardeau. The gazebo pavilion and surrounding land is rentable space.
- 8. DELAWARE PARK (Sprigg Street and Lexington Ave.)** An 18 acre undeveloped park.
- 9. DENNIS SCIVALLY (West Cape Rock Drive and Scivally Drive)** This is a small neighborhood park with one shelter and one play area. The park features tall shade trees and a stately stone bridge over the Walker Branch creek.
- 10. FOUNTAIN PARK (West of Cape Rock Drive)** A small mini-park that contains a water fountain with gold fish to view, sitting benches and a picnic table. This park also contains a 1-mile trail that winds through the wooded area west of Cape Rock Drive.
- 11. FORT D (Fort Street and Locust Street)** A Civil War Historic Site and the only remaining earthworks of the four originally built in Cape Girardeau. The site was designed by John Wesley Powell and the earthworks were constructed in 1861.
- 12. GROVES PARK (Jean Ann Drive)** A 1.8-acre park consisting of one mini-shelter and one playground area.
- 13. INDIAN PARK (William Street and Lorimier Street)** This 1.9 acre park contains one mini-shelter, two basketball courts and one play structure. Several summer basketball tournaments are held at this park.
- 14. JAYCEE MUNICIPAL GOLF COURSE** This course features 18-holes of Bermuda fairways and Bent Grass greens. Featuring hilly, tree-lined fairways, water, sand bunkers and architecturally designed greens, the course provides a challenge for all golfers. The course and all 18 greens are now open year round, from dawn to dusk.
- 15. KIWANIS PARK (Rotary Drive off of Perryville Road and Lexington Avenue)** The park is 55.8 acres and features three shelters, one pick-up baseball field, one small pond, one play structure and one restroom facility. Home of Dogtown Dog Park.

- 16. MAY GREENE GARDEN (Fountain and Themis Street)** This lovely park consists of a variety of flowers and plants. Wooden benches in the park allow for a leisurely rest in downtown Cape Girardeau.
- 17. MISSOURI PARK (Fountain Street and Park Drive)** The 6.3-acre park contains a half-basketball court, green space and the only skateboard park in the city.
- 18. MURTAUGH PARK (William and Main Street)** A small green space (0.2 acres) located on a median across from the Old St. Vincent's Cathedral in historic downtown Cape Girardeau.
- 19. OSAGE PARK (1625 North Kingshighway)** Covers 52 acres and is the site for the Osage Centre and Cape Splash Family Aquatic Center. The Center is a multi-purpose building designed for conventions, meetings, special events and sports activities.
- 20. RANNEY PARK (Ranney Street and William Street)** One shelter and six picnic tables are located on this 1.2 acre neighborhood park. The new Mississippi Bridge route passes just north of this park.
- 21. RED HOUSE INTERPRETIVE CENTER (South Main Street at the intersection of Main and William)** Historic Representation of Cape's Founder, Louis Lorimier and his trading post. Tours and events May – September.
- 22. RIVERFRONT PARK (Water Street)** On the river side of the flood wall, the park contains 1.5 acres with terraced seating for an amphitheater effect. This park is the docking site for the Mississippi River paddle boats and a hiking trail along the riverfront.
- 23. ROCKWOOD PARK (Rockwood Drive)** 1.9-acre natural area that consists of outcroppings of limestone.
- 24. SHAWNEE PARK SPORTS COMPLEX AND CENTER (State Highway 74 and West End Boulevard)** This 131.2 acre park serves as the location of the Shawnee Park Sports Complex.
- 25. TWIN TREES PARK (North Cape Rock Drive along the Mississippi River)** Located on the northern boundaries of the city, the park contains 61.8 acres. The hiking trail at the park established a partnership between the City of Cape Girardeau, the Missouri Department of Conservation, and Southeast Missouri State University for the purpose of providing a natural area for the public to enjoy.
- 26. WASHINGTON PARK (Washington Lane and Middle Street)** - A 3.3-acre neighborhood park containing one shelter and one play structure.

PARK LOCATOR MAP



For more information call 573-339-6340 or visit www.cityofcape.org/parks

SHELTERS

Picnic Shelter Reservations

Looking to reserve a shelter in one of our city parks for a picnic or family gathering? Head to the Parks and Recreation Main Office at 410 Kiwanis Drive at the A. C. Brase Arena located in Arena Park. Reservations must be made in person only and all fees are non-refundable. Shelters vary in size from small (10-30 people), medium (30-70 people) and large (70-100+ people). Fees vary based on size and proximity to amenities.

A shelter listing of amenities and rental prices are listed below. Shelters are rented by the day and granted on a first-come-first-served basis. If a shelter is not rented, they are free to use for the public for sanctioned activities (special event rental information is below). The City reserves the right to use park shelters without a reservation.

CITY CEMETERIES

The City of Cape Girardeau Cemetery Office is located at 1836 Cemetery Drive. For information you may contact the cemetery office at 573.334.1917 or the main Parks and Recreation Office at 573.339.6340. Mailing address for City of Cape Girardeau Cemeteries is 410 Kiwanis Dr., Cape Girardeau, MO 63701. The City operations three cemeteries:

- Historic Old Lorimier Cemetery was established in 1808 by Louis Lorimier. There are many pre-Civil War and Civil War grave sites in this cemetery. Some sites are unmarked. There are no grave sites available for sale at Old Lorimier Cemetery.

- New Lorimier Cemetery was established in 1877. Most of these plots are family plots in blocks of four or eight. New Lorimier Cemetery is home to the "Temple of Rest" Mausoleum established in 1917. All crypts and plots have been purchased.
- Fairmount Cemetery was established in 1883. It sits adjacent to New Lorimier Cemetery and is also a family cemetery.



Find signage at the City cemetery to help you better locate gravesites.

PARK PROGRAMS & SERVICES

Special Events in City Parks

Groups or organizations wishing to host a special event in one of our City parks will need to complete an application in advance of reserving any

Please contact our administrative office for additional details or to obtain an application. Our Parks and Recreation Main Office is located in Arena Park at the A. C. Brase Arena (410 Kiwanis Drive) and can be reached by phone at 573.339.6340. Please allow 30-60 days (minimum) prior to your event for review and approval. Special events are any events that are open to the public held on City park property, and include but are not limited to the following: races/runs/walks, festivals/shows/exhibits/concerts, parades/food/beverage events, and tournaments/competitions.

Adopt a Park

The City of Cape Girardeau Parks and Recreation Department and our Keep Cape Beautiful Committee are looking for groups interested in "adopting" a City park or trail section by being involved in improvement projects throughout the year. At a minimum, we ask that interested groups help clean up your park or trail section at least four times per year. We will provide the equipment needed and your name will appear on a sign posted within the park or on the trail. This makes for a great scouting project, a business team building opportunity or may fit the bill for your civic club goals. Please contact us today if you are interested or if you have additional questions.

Commemorative Tree Program

Here's an opportunity to commemorate a special person or occasion while helping beautify the community at the same time. A commemorative tree can be given in memory or in honor of special people, groups or occasions. Gifts of \$350 or more will be used to purchase and plant a specified tree with an appropriately inscribed memorial stone, which will be placed in the ground at the foot of the commemorative trees. Each stone will list the person, group or occasion that is being honored, and the tree's common name. Trees are planted from October 1- April 30.

FREE! Opens in May!

CAPAHA PARK
Splash PAD

Check our website for exact opening date:
www.cityofcape.org/capahasplashpad

SHELTER LOCATIONS	SIZE	PLAYGROUND	PERMANENT RESTROOMS	GRILL	ELECTRICITY	DAILY FEE
ARENA SHELTER 1 - 410 Kiwanis Drive	M	●	●	●	●	\$45.00
ARENA SHELTER 2 - 410 Kiwanis Drive	S	●	●	●	●	\$35.00
ARENA SHELTER 3 - 410 Kiwanis Drive	M	●	●	●	●	\$25.00
ARENA SHELTER 4 - 410 Kiwanis Drive	S	●	●	●	●	\$25.00
ARENA SHELTER 5 - 410 Kiwanis Drive	S	●	●	●	●	\$25.00
ARENA SHELTER 6 - 410 Kiwanis Drive	M	●	●	●	●	\$35.00
ARENA SHELTER 7 - 410 Kiwanis Drive	M	●	●	●	●	\$45.00
ARENA SHELTER 8 - 410 Kiwanis Drive	S	●	●	●	●	\$10.00
ARENA SHELTER 9 - 410 Kiwanis Drive	S	●	●	●	●	\$10.00
CAPAHA SHELTER 1 - 1400 Broadway St.	L	●	●	●	●	\$55.00
CAPAHA SHELTER 3 - 1400 Broadway St.	L	●	●	●	●	\$65.00
CAPAHA SHELTER 4 - 1400 Broadway St.	L	●	●	●	●	\$65.00
CHOCTAW SHELTER - Broadway & Kingsway	S	●	●	●	●	\$10.00
COMMON PLEAS GAZEBO - 44 N. Lorimier	L	●	●	●	●	\$50.00
DENNIS SCIVALLY SHELTER - 2428 Cape Rock Drive	M	●	●	●	●	\$25.00
INDIAN PARK SHELTER - William & Lorimier	M	●	●	●	●	\$25.00
KIWANIS SHELTER 1 - 2100 Rotary Drive	L	●	●	●	●	\$65.00
KIWANIS SHELTER 2 - 2100 Rotary Drive	M	●	●	●	●	\$45.00
KIWANIS SHELTER 3 - 2100 Rotary Drive	L	●	●	●	●	\$65.00
KIWANIS SHELTER 4 - 2100 Rotary Drive	M	●	●	●	●	\$45.00
RANNEY PARK SHELTER - 600 S. Ranney Ave.	M	●	●	●	●	\$25.00
WASHINGTON PARK SHELTER - 500 Washington Ave.	M	●	●	●	●	\$45.00

Rose Garden Renovations

Anticipating completion Summer 2023



For more information call 573-339-6340 or visit www.cityofcape.org/parks

CAPE GIRARDEAU HISTORIC SITES



River Heritage Museum on August 28, 1983.

**2023
UPCOMING EVENTS**
MEMORIAL DAY WEEKEND
 MAY 27TH-29TH | 9AM-3PM
FOURTH AT THE FORT!
 JULY 2TH-4TH | 9AM-3PM
FAMILY WEEKEND
 SEPTEMBER 2ND-4TH
 9AM-3PM

RED HOUSE INTERPRETIVE CENTER

Main Street, Cape Girardeau
573.339.6340

Have you ever wondered what life was like in early Cape Girardeau? The Red House Interpretive Center commemorates Louis Lorimier, our city's nineteenth century founder through recreating his home and trading post. Come learn about the various jobs Lorimier held from local Spanish Commandant to trading post owner. Also, see what famous visitors came to see Lorimier and his family during this exciting time in Cape Girardeau. The season ranges from May through October and the hours are Fridays and Saturdays from 1:00 p.m. - 4:00 p.m. General admission is free. To schedule a group tour or contact the Cape Girardeau Parks & Recreation Department.

FORT D HISTORIC SITE

920 Fort Street, off of Sprigg St., Cape Girardeau

Constructed in the summer of 1861 by Union troops under the leadership of John Wesley Powell, Fort D is the only remaining of four Civil War earthen fort sites that protected the City of Cape Girardeau from Confederate attack. The earthwork walls remain intact and historical signage throughout the fort's grounds bring its storied past to life. The site also contains a limestone building that was constructed in 1937 as a federal WPA project. Self-guided tours are free and can be taken during daylight hour, 365 days a year. For more information visit fortdhistoricsite.com.

CAPE RIVER HERITAGE MUSEUM

538 Independence, Cape Girardeau
573.334.0405

The museum is located in the Old Fire & Police Station dating to 1908. Learn about river captains and the great paddle-wheel steamboats; Jean Pierre Girardeau, namesake of our town; Marie Oliver, designer of our MO State Flag; Louis Houck, pioneer railroader who opened development of SE Missouri; Willard Vandiver, who coined the phrase "The Show Me State" and many other exhibits; attend our monthly "Speaker Series" to hear local historians revive our past. The River Heritage Museum is open Thursdays & Fridays from 11:00 a.m. - 4:00 p.m. and Saturdays from Noon - 4:00 p.m. (from mid-March until mid-December) and is free. Special tours offered by appointment.



Projects & News



Capaha Park Master Plan Renovation

Park staff have been working diligently on the improvements and renovations to Capaha Park. The Cherry Hill Shelter and playground renovations are nearing completion. The Cherry Hill area consist of a new shelter and playground to replace the old shelter and playground, and a permanent restroom. The last piece will be to replace th roadway loop on Cherry Hill. Staff has began construction on Rose Garden area. The Rose Garden renovation will include a A. D. A. accessible pathway, new planting beds and a renovated parking area with handicap spaces. These renovations have unfortunately taken staff longer to complete. We ask for citizens and user patience during this renovation process. This is a needed improvement to Capaha Park and will look as great as have the past renovations the City staff have already completed.



Capaha Park Pond Renovation

The pond renovations in Capaha Park are also nearing completion. Staff will be installing railing on the fishing piers and setting new benches. The Contractor will be installing aquatic plantings sometime in April. The pond consist of a walkway around the perimeter on the pond, two fishing piers, a board walk area, and ramp for maintenance of the pond and fisheries. The pond was constructed for the improvement and benefit for fisheries. It was designed with shelves and structures to improve fish habitat. The pond is approximately 3.4 acres and approximately 15' deep at its deepest location.

WiFi in City Parks!

The City of Girardeau and the Cape Girardeau Public Library partnered to install WiFi in City parks. The WiFi park locations are located in Ranney Park, Indian Park, Washington Park, Shawnee Park, Capaha Park, Arena Parks and Kiwanis Park. This will be a great asset for our park patrons and make visiting our City parks even more enjoyable. Thanks to the Cape Girardeau Public Library!

WiFi Locations:

- Capaha Park: Amphitheatre
Broadway restroom area
- Arena Park: Restroom near Rodney Street
Restroom near fields #2 and #3
Restroom near shelters #4 and #5
- Indian Park: Restroom Area
- Washington Park: Shelter
- Ranney Park: Shelter
- Kiwanis Park: Restroom near shelter #1
- Shawnee Park: Soccer Field concession and restroom area near Field #3

Welcome to
JEFFERSON PARK!



Cape Central Pool Renovations



Parks & Recreation
BIRTHDAY PARTIES

Shawnee Park Center

573.339.6346 | www.cityofcape.org/shawneeparkcenter

BIRTHDAY PARTY AT THE PARK CENTER \$110
Two hours of meeting room, gym space & rack of games.
If booking outside of normal facility hours, the cost is \$130.

ADD ONS

AIR HOCKEY TABLE \$20

PING PONG TABLE \$15

Jefferson Community Center

573.519.0645 | www.cityofcape.org/jeffersoncommunitycenter

Party times are available year round. Parties will get use of the wet classroom on the pool deck complete with tables and chairs during your 2 hour reservation. All regular pool rules apply to party groups. Children under the ages of 8 need to be within arms reach of an adult. For parties with children 9 years and older, one adult is required for every ten children. Advance reservations are required.

RESERVATION PERIODS

June - July: Monday - Sunday. Call for availability.
August - May : Saturday - Sunday at 1:00 p.m. OR 3:00 p.m.

OSAGE CENTRE

573.339.6342 | www.cityofcape.org/osagecentre

BIRTHDAY PARTY AT THE OSAGE CENTRE \$110
Two hours of meeting room, gym space & rack of games.
If booking outside of normal facility hours, the cost is \$130.

ADD ONS

LITTLE TYKE PACKAGE \$40

For our little guys! Includes a little mountain climber, tumble fun system, mats, rack of games and one staff member to supervise. For ages 1-4.

Nerf Gun Package \$30

SPORTSPLEX

573.339.6341 | www.cityofcape.org/sportsplex

SPORTSPLEX \$150

Birthday parties are offered for two hours. Parties will get meeting room space and either a full court OR 1/2 turf field.

ADD ONS

NERF GUN Package \$30

Booking 2023 Birthday Parties at Cape
Splash visit us at
cityofcape.org/cape splash!





Parks & Recreation Foundation's Global Running Day.

Parks & Recreation Foundation



The Parks And Recreation Foundation is a 501c3 Not for Profit organization created to assist the City of Cape Girardeau Parks & Recreation Department in providing for programs, facilities and equipment that may not be funded through limited city tax funds. Your gifts and contributions are tax deductible and we encourage you to think about bequeathing to the Foundation as part of your estate giving plan. Gifts may be donations, retirement funds, city employee payroll deduction and more. Please contact us if you would be interested in becoming a Parks and Recreation Foundation supporter! The Board meets quarterly.

SPONSORSHIPS

Business Sign Sponsorship

Opportunities exist for your business to be recognized through sign sponsorship at our parks and facilities. Please contact us for more information on how your business can benefit through increased exposure in our parks and facilities.

Event Sponsorship

Please check out our annual calendar of events to see if there is an event that fits your business needs or recreational interests! Business sponsorships provide increased exposure through marketing, signage and more! Why not Sponsor our annual Spaghetti Day Lunch/Dinner where thousands come to enjoy a fun and affordable family meal? How about Breakfast with Santa in December where over 200 kids and parents enjoy kicking off the holiday season, or how about the NIGHTFALL GLO-BALL Golf Tournament at the Jaycee Golf Course? We have many great programs and events that you can be a part of. Just call 573.339.6340 for more information.

Scholarships

The Parks & Recreation Foundation is now offering financial assistance for league registrations through the John Schneider Memorial Youth Sports Scholarship Fund! Scholarships are only available for leagues that require individual sign-ups and the Youth Track Club. If you are interested in helping support our scholarship fund, give us a call!

Your donations and support can be tax deductible. Please contact us about this opportunity and the many worthwhile projects and programs available.

JOIN NOW Friends of the Parks & Recreation Foundation

ABOUT THE MEMBERSHIP FOUNDATION

The Cape Girardeau Parks & Recreation Foundation is dedicated to giving time, talent and treasures to the community through recreational endeavors. The Foundation hosts many annual community fundraising events in conjunction with the City's Parks & Recreation Department. These efforts provide financial support for Department projects and equipment that enhance the community.



HOW TO JOIN? Choose A Membership Option Below & Contact Us At 573.339.6340.

CORPORATE \$250

Benefits: Business exposure at Parks & Recreation Foundation events, "Foundation Sponsor of the Week" promotion on facility marquees, exposure in the Foundation newsletter and PLAY CAPE! program guide, twelve (12) complimentary discount cards to local businesses.

FAMILY \$50 | INDIVIDUAL \$25

Benefits: Discounts for select Foundation events & preferred seating at select events. Subscription to Foundation newsletter, one complimentary discount card to local businesses (families receive two) & an invitation to Cape Splash Night.

LOCAL DISCOUNT CARD \$15

Discounts for 15 local restaurant & retail businesses. Card is valid for one calendar year...purchase your card at the A. C. Brase Arena!

CELEBRATION OF YOUTH SPORTS AWARDS BANQUET

Honoring Excellence in Youth Sports!

Congratulations to all athletes, coaches & teams that were nominated for a 2023 Celebration of Youth Sports Award!



Parks and Recreation Foundation/Cape Noon Optimist Youth Sports Lifetime Achievement Award presented to Craig Billmeyer. Pictured (left to right) Brock Davis, Percy Huston, Craig Billmeyer, Doug Gannon, and Scott Williams.



Sponsor of the Year Award was presented to St. Francis Healthcare. Pictured (left to right) Scott Williams, Recreation Division Manager, Jimmy Wilferth, Vice President of Support Services; Justin Davison, President and Chief Executive Officer; Danny Essner, Foundation Member, Doug Gannon, Parks & Recreation Director.



Parks and Recreation Community Impact Award (Seated Left to Right) Lyza Rhodes, Account Executive; Jack Swart, General Sales Manager; Mike Renick, General Manager; Rachel Cook, Operations Manager & Program Director (Standing Left to Right) Penny Williams, Parks and Recreation Division Manager; Darren Burgfield, Morning Show Host, Digital Manager; Kirby Ray, Program Director; Doug Gannon, Parks and Recreation Director; Faune Riggin, Program and News Director



Youth Sports Official of the Year Award was presented to Grady Yount. Pictured (Left to Right) Grady Yount, Official and Josh Meyer, Recreation Supervisor

THANK YOU TO OUR SPONSORS!



Advanced Turf Solutions
American Family Insurance:
Laurel Adkisson
The Bank Of Missouri

Bi-State Oil Company:
Southern Convenience Stores
Burrito-Ville
Dobbs Tire & Auto Centers

SILVER SPONSORS
First State Community Bank
Ford Groves
Papa Murphy's

Show-Me Center
Southeast Health
Westrock Orthodontics

Mid America Hotels Corp.:
Auburn Place | Burger King
Holiday Inn Express
Hampton Inn | Popeyes

Cape Electrical Supply
Culver's
Dutch Enterprises, Inc.

BRONZE SPONSORS
Epic
Kidd Oil Company
Lanzotti & Rau, LLC Attorneys At Law

Leet Eye Care
Scott & Penny Williams Family
Sign Master, LLC

For more information call 573-339-6340 or visit www.cityofcape.org/parks



Thank you to our volunteer youth sports coaches!

Citizen Engagement

Board Member Spotlight: Jackson Hill

Parks and Recreation Advisory Board

I have spent most of my life living in Cape, playing youth baseball and soccer growing up, and softball and soccer as an adult, along with coaching youth soccer. I am trying to help serve our community through my work with Parks & Recreation and Tree Advisory Boards while also serving on the board for SEMO Disc Golf, a community-organized league. When I am not working on one of these projects, I am usually busy with my wife Lauren, helping to coach and teach our son, Peregrine, when he's not leading us through one of the local parks or playgrounds. In my free time, I can usually be found fishing, hiking, or most likely, playing disc golf.

I am proud to serve on the Parks Board because our Parks & Recreation system truly does serve all communities. With a seemingly endless list including youth sports at Shawnee Park Center, the Splash Pad at Capaha, annual events like breakfast with Santa, Spaghetti Day and the Haunted Hall of Horror, the well maintained parks and trail system, there is always something to show off as a Parks Department success. The continue expansion and dedication to excellence shown by the staff are invaluable to the health and well-being of our overall community.



BOARD & COMMITTEE MEMBERS

PARKS AND RECREATION ADVISORY BOARD

(2nd Monday of each month at Osage Centre)
 Kevin Noel - Chairman
 Pete Frazier - Vice Chairman
 Dr. Beverly Evans - Secretary
 Nate Thomas - Council Liaison
 Darrin Bruenderman
 David Cantrell
 Anne Dohogne
 Pete Frazier
 Lewis Jackson Hill
 Percy Huston
 Philip Moore
 Mark Stone
 Tamara Zellers-Buck

PARKS AND RECREATION FOUNDATION BOARD

(Meets Quarterly)
 Bari Neff - President
 Mark Lanzotti - Vice Presiden
 Danny Essner - Treasurer
 Kevin Noel - Secretary
 Tameka Randle - Council Liaison
 Ann Dohogne - Parks & Rec Advisory Board Liason
 Bob Basler
 Scott Blank
 Stacey Cantrell
 Tyler Cuba
 Percy Huston
 Brad LaBruyere
 Aaron Panton
 Pete Poe

GOLF COURSE ADVISORY BOARD

(4th Thursday of every other month at Osage Centre)
 Cindy Gannon - Chairperson
 Brad Wittenborn - Vice Chairman
 Janet Esicar - Secretary
 Eric Craiglow
 Claire Kneer
 Josh Parham
 Dale Pingel
 Nate Saverino
 Gary Wren

TREE BOARD

(Meets every other month)
 Jennifer Behnken - Chairperson
 Dr. Sven Svenson - Vice Chairman
 Stan Polivick
 Robert Harris

TREE BOARD(cont.)

Lewis Jackson Hill
 Laura Klipfel

RED HOUSE COMMITTEE

(Meets every month)
 Brenda Schloss - Co-Chairperson
 Julie Grueneberg - Co-Chairperson
 Dana Deisher - Secretary/Treasurer
 Debra Baughn
 Stan Baughn
 Stan Downs
 Beverly Hahs
 Kirstin Glaser
 Frank Nickell

Want to serve your city? Apply online at www.cityofcape.org

SPONSOR SPOTLIGHT:

United States Air Force

The United States Air Force Recruiting office in Cape Girardeau puts high emphasis enlisting well qualified individuals to become the newest members of the United States Air Force and the United States Space Force. Our local recruiters, SSgt Elliott Vance and SSgt Brian Kiely serve our local communities from the entire SEMO region. Our office is located at 3019 William St. Cape Girardeau, MO.

We want to be pillars of the community. It to is not only our job to enlist the newest generation of Airmen and Guardians, but to give back to communities that we serve. One of our three core values is Service Before Self. It has been ingrained is us since Basic Military Training. We use the Whole Airman Concept to not only improve ourselves, but to also encourage others to never stop improving in whatever it is that they choose to do. Our communities matter to us, and our Recruiters are always seeking out new and innovative ways to interact with the local community. We encourage our Recruiters to bring a more human element to local Air and Space Force Recruiting.

Cape Parks and Recreation has been a good partner for us. They have allowed us to advertise across the SEMO region and continue to work with us on new endeavors. Our marketing budget has been allocated in order for us to continue to give back. We enjoy partnering with Parks and Recreation as they encourage the local community to get our, be active, and interact with one another.



For more information call 573-339-6340 or visit www.cityofcape.org/parks



HOW TO REGISTER

If noted in this publication, programs, leagues and events can be registered for online. If registering online, you must first create an account (you will receive a confirmation email when creating a new account). Notes to remember: Your email is your login; if registering your child for a program, make sure your child is the customer you are registering, not yourself; if you have registered in person or online in the past, your email is in the registration system so you already have an account. Register online at:

www.cityofcape.org/parks

Registrations can also be done in person at the A. C. Brase Arena, Osage Centre or Cape Girardeau SportsPlex. Cash, check, money order, debit or credit cards are accepted if registering in person.



RAINOUT LINE

Classes, leagues, events or facilities can be cancelled due to weather. Call the Rainout Line for up-to-date cancellation information or download the rainout app to get instant weather updates.

573.975.1024



DEADLINES & REFUNDS

All programs have a minimum enrollment. Pre-registration is required prior to start of program unless otherwise noted. We reserve the right to cancel a program if sufficient enrollment is not achieved. Full refund or credits will be given if this occurs. Refunds will follow the Finance Department bill-paying schedule and be issued by city check. Allow three weeks for processing. There will be no cash refunds. Payment by credit or debit card will be refunded accordingly. Refunds are granted in the following cases:

- If participant withdraws three days prior to the first class, full refund is given. If participant withdraws after the first class, prorated refund is given. If participant must withdraw due to illness or injury a prorated refund is given. No refunds after class is half over.
- Refunds for memberships or trips will be made on a case by case basis.



PHOTO POLICY

Our staff may take photos of you or your child participating in recreational activities. These photos could be used in future publications & social media. If you do not wish to have your photo published, please inform the photographer. View photos on our Facebook pages: @CapeParks | @CapeSplash | @JayceeGolf | @CapeSportsPlex | @FitCape | @OsageCentre



PHONE NUMBERS

Cape Girardeau Parks & Recreation

Main Office 573.339.6340
 Central Municipal Pool 573.335.4040
 Osage Centre 573.339.6342
 Cape Splash 573.339.6343
 Shawnee Park Center 573.339.6346
 Shawnee Park Sports Complex 573.339.6788
 Cape Girardeau SportsPlex 573.339.6341
 City Cemeteries 573.334.1917
 Jaycee Municipal Golf Course 573.334.2031

Other Services

City Hall 573.339.6300
 Visit Cape 573.335.1631
 Cape County Parks 573.204.2494
 Nature Center 573.290.5218
 Dept. Of Conservation 573.290.5730
 Chamber of Commerce 573.335.3312
 SEMO District Fair 573.334.9250
 Cape County Health Dept. 573.335.7846
 Jackson Parks & Rec 573.243.3568

THANK YOU to our Corporate Partners!



Coaches & Sponsors For: Spring Youth Soccer

Presenting Sponsor:



PreK Boys

Jackson Hill
 Andy Peters
 Michelle Graviett
 Brad LaBruyere
 Seth Landewee
 Tyler Ribbing
 Brandon Simpher
 Matthew Meyer
 Nick Allen
 Travis Bargeon

PreK Girls

Eric Daume
 Christine Essner
 Gabe Edwards
 Brandon Holzum
 Tyler McLemore
 Megan Ressel
 Katie Biri

Kindergarten Boys

Craig Schumer
 Eric Bennett
 Baylee Alsop
 John Gilman
 Marcus Gilman

Kindergarten Girls

Rebecca Peters
 Carlos Salas
 Casey Cook
 Alex Graves
 Sarah Shanahan

1st/2nd Grade Boys

Eric Daume
 Jared Lewis
 Bill Bradley
 David Creech
 Josh LaMar

1st/2nd Grade Girls

Michelle Graviett
 Brittany Amick
 John Gilman
 Laura Vollink
 Tyler Ribbing
 Courtney Sander

3rd/4th Grade Girls

Todd French
 Eric Bennett/Tate Gerard
 Amanda Belcher
 Dawn Smith
 Spring Cook
 Elania Hancock
 Nakiya Curry

3rd/4th Grade Boys

Stephen Pind
 Andrea Shipley
 Andrew Boldrey
 Sam Cairns
 Jared Scaggs
 Jose Aguilar

5th/6th Grade Coed

Kim Spear
 Adam Ralls
 Dennis Lopez
 Steven Criddle
 Spring Cook
 Elania Hancock

7th/8th Grade Coed

Carlos Salas
 Baylee Alsop



PRESENTING SPONSOR:



CORPORATE GAMES

September 17 - 30, 2023

Work to Live, Live to Play!

The Cape Girardeau Parks & Recreation Department hosts an annual Corporate Games event each fall. Corporate Games was developed to promote healthier lifestyles and fun for Cape Girardeau area businesses and employee based organizations. Activities include flag football, tug of war, darts, kickball, pickleball, soccer, volleyball, softball, trivia, washers, billiards, horseshoes, basketball, golf, trail relay, dodgeball, disc golf, bowling & cornhole. Corporate Games teams should consist of the employees of various corporate entities, either public or private. A plaque will be awarded to the first place team in each division at the end of each competition. At the conclusion of the event, the winner of each division will receive the "Corporate Cup." In addition to each competition, there will be an opening and closing ceremonies.

Contact Dianne at dlawrence@cityofcape.org or 573.339.6737 to register.

DIVISION 1 | 100 EMPLOYEES OR MORE \$400 • DIVISION 2 | 26-99 EMPLOYEES \$350

WWW.CITYOFCAPE.ORG/CORPORATEGAMES



Laurel Adkisson, Agent
AMERICAN FAMILY INSURANCE
insure carefully, dream fearlessly.



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HEALTHCARE
Called to Serve you.



48 • Play Cape!

For more information call 573-339-6340 or visit www.cityofcape.org/parks