# What's Inside

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>STAFF</td>
</tr>
<tr>
<td>4-5</td>
<td>A LOOK BACK IN TIME</td>
</tr>
<tr>
<td>6</td>
<td>WINTER/SPRING CALENDAR</td>
</tr>
<tr>
<td>7-10</td>
<td>SPECIAL EVENTS</td>
</tr>
<tr>
<td>11-15</td>
<td>CAMPS &amp; CLASSES</td>
</tr>
<tr>
<td>16-21</td>
<td>SPORTS</td>
</tr>
<tr>
<td>22-24</td>
<td>FITNESS &amp; WELLNESS</td>
</tr>
<tr>
<td>25-27</td>
<td>AQUATICS</td>
</tr>
<tr>
<td>28-29</td>
<td>JAYCEE MUNICIPAL GOLF COURSE</td>
</tr>
<tr>
<td>30-31</td>
<td>CAPE GIRARDEAU SPORTSPLEX</td>
</tr>
<tr>
<td>32-33</td>
<td>COMMUNITY CENTERS &amp; SPORTS COMPLEXES</td>
</tr>
<tr>
<td>34-38</td>
<td>PARKS, TRAILS &amp; HISTORIC SITES</td>
</tr>
<tr>
<td>39-40</td>
<td>PROJECTS &amp; NEWS</td>
</tr>
<tr>
<td>41-43</td>
<td>PARKS &amp; RECREATION FOUNDATION</td>
</tr>
<tr>
<td>44-46</td>
<td>CITIZEN ENGAGEMENT</td>
</tr>
<tr>
<td>47</td>
<td>GENERAL INFORMATION</td>
</tr>
</tbody>
</table>

For more information call 573-339-6340 or visit www.cityofcape.org/parks
It never ceases to amaze me the way the days, months and years fly by! We create history every day and 2020 is a year that maybe we should soon forget…or not? History is important, it provides perspective on where we have been to help us determine where we want to go! This year, 2021, we celebrate our State’s Bicentennial, so with a nod to the past, our Play Cape! magazine will feature parks, programs, photos and stories that reflect on our past. We hope that you enjoy this look back through our City’s Parks and Recreation history and can truly appreciate where we have come from; how beautiful and special our parks, facilities, programs and events are and how they contribute to the beauty, fun and success of our great City!

Recreationally Yours,
Julia Jones

For more information about Missouri’s Bicentennial Celebration, visit www.missouri2021.org
For more information call 573-339-6340 or visit www.cityofcape.org/parks

A Look Back In Time

Parks & Recreation Through The Decades

April 9, 1939
Easter Sunday service at Cape Rock Park.

1927
Courthouse Park after an ice storm.

1950’s
Ice skating on the lagoon at Capaha Park was a winter tradition.

1961
New hardwood floors are laid at the A. C. Brase Arena. In 1961, the building featured skylights & did not yet have an upper balcony on the south end of the building.

Jan. 8, 1961
Used Christmas trees go up in smoke at Arena Park. Members of the Cape Girardeau Junior Chamber of Commerce and the Jaycees, with 19 trucks, collected 1500 Trees.

April 9, 1939
Easter Sunday service at Cape Rock Park.

Photos courtesy of the Southeast Missourian.
A Look Back In Time

Parks & Recreation Through The Decades

**1962**
Crews dredging the Capaha Park Lagoon. The Parks & Recreation Dept. will once again dredge & renovate the lagoon area (tentatively) in 2021.

**1961**
New hardwood floors are laid at the A. C. Brase Arena. In 1961, the building featured skylights & did not yet have an upper balcony on the south end of the building.

**1948**
Cape Rock Park after a snowfall.

**1979**
Damage at Twin Trees Park after people did wheelies in the snow.

**1990**
Dec. 6, 1990
Members of the Rose Hills Garden Club, trimmed a long-needle pine tree at Capaha Park with tasty, Christmas decorations for the birds. The club made ornaments with pine cones and peanut butter, bird seed with beef tallow, and popcorn and cranberries.

**1990**
Dec. 26, 1990
The 16-degree temperatures didn’t bother Gary Jones, 8, Scott Twidwell, 9, and Sandi Essner, who went sledding down Cherry Hill in Capaha Park.

**1982**
Jan. 13, 1982
Parks employee, Behnam Parvaresh, checks the ice depth at the Capaha Park lagoon before being deemed safe for skating.
2021 Winter/Spring Calendar

**JANUARY**

Jan. 2 Youth Basketball leagues begin | Various Gyms
Jan. 9 Winter Garage Sale | Osage Centre
Jan. 14 “Substitutes” Health & Wellness Seminar | Osage Centre
Jan. 21 New Year’s Resolution Warriors class begins | Osage Centre
Jan. 22 Celebration of Youth Sports Awards Banquet | Osage Centre
Jan. 26 Garden Workshop Class | Charles H. Hutson Greenhouse
Jan. 27 Jr. Chef’s Cooking Club begins | A. C. Brase Arena
Jan. 29 Homeschool P.E. class begins | SportsPlex

**FEBRUARY**

Feb. 2 Horsemanship Program begins | Remley Equestrian Center
Feb. 3 Homeschool Art class begins | Osage Centre
Feb. 5 ValenTEEN Dance | Shawnee Park Center
Feb. 6 SOMO Polar Plunge | Cape County Park North
Feb. 9 Cheer Clinic begins | Osage Centre
Feb. 11 “Spice it Right” Health & Wellness Seminar | Osage Centre
Feb. 11 Community Dance & Social | A. C. Brase Arena
Feb. 20 Father Daughter Dance | Osage Centre
Feb. 23 Garden Workshop Class | Charles H. Hutson Greenhouse
Feb. 28 Volleyball Skills Clinic | Osage Centre

**MARCH**

Mar. 2 Spring Youth Soccer league begins | Shawnee Park Soccer Fields
Mar. 4 Intermediate Tennis class begins | Arena Park Tennis Courts
Mar. 4 Pee-Wee Sports class begins | Osage Centre
Mar. 7 Indoor Winter/Spring Adult Soccer league begins | SportsPlex
Mar. 9 Garden Workshop Class | Shawnee Park Center
Mar. 9 Music & Movement class begins | Osage Centre
Mar. 11 S.T.A.R. St. Patty’s Game Night | Osage Centre
Mar. 11 “Family Favorites” Health & Wellness Seminar | Osage Centre
Mar. 13 Play Cape Saturday | Osage Centre
Mar. 20 Mother Son Game Night | SportsPlex
Mar. 20 Egg Dive | Central Pool

Mar. 21 SportsPlex Invitational Volleyball Tournament | SportsPlex
Mar. 21 Girls Softball Clinic | Arena Park
Mar. 23 Youth Track Club begins | Central Jr. High Track
Mar. 25 SMASH & SMASH Select Opening Night | SportsPlex
Mar. 30 Garden Workshop Class | Charles H. Hutson Greenhouse

**APRIL**

April 5 Start Smart Tennis class begins | Arena Park Tennis Courts
April 6 Start Smart Baseball class begins | Arena Park
April 7 Junior Golf spring program begins | Jaycee Golf Course
April 8 “Sweet Treats” Health & Wellness Seminar | Osage Centre
April 8 S.T.A.R. Movie Night | Osage Centre
April 9 Spring Indoor NFL Flag Football league begins | SportsPlex
April 11 City2City Relay
April 14 Booth lottery drawing for Spring Garage Sale | Osage Centre
April 19 Adult Summer Softball league begins | Shawnee Park
April 24 Friends of the Parks Day | Registration at Capaha Park
April 24 Southern Open 4-Person Scramble | Jaycee Golf Course
April 24 Spring Muster | Fort D
April 26 Travel Baseball league begins | Shawnee & Arena Parks
April 27 Garden Workshop Class | Shawnee & Arena Parks

**MAY**

May 1 Cary Flanagan Memorial Softball Tournament | Shawnee Park
May 2 Adult Kickball Tournament | Shawnee Park Sports Complex
May 3 Boys Youth Baseball leagues begins | Arena Park Sports Complex
May 7 Bike to Work & School Day | Arena Park Tennis Courts
May 11 Garden Workshop Class | Shawnee Park Center
May 15 Spring Garage Sale | Osage Centre
May 17 Girls Youth Softball league begins | Arena Park Sports Complex
May 18 Adult Sand Volleyball league begins | Arena Park Sand Courts
May 20 Community Dance & Social | A. C. Brase Arena
May 20 S.T.A.R. BINGO Night | Osage Centre
May 25 Garden Workshop Class | Shawnee Park Center
May 29 Cape Splash Opening Day!

Due to COVID-19, all dates & program details are subject to change.

6 • Play Cape!

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

Celebration of Youth Sports Awards Banquet
Join the Parks & Recreation Foundation in honoring excellence in youth sports! Awards will be presented to Cape Girardeau Parks & Recreation Departments’ youth sports leagues and Cape Youth Tackle Football. The program includes a silent auction, catered dinner, guest speaker, audio/visual presentation and awards ceremony. Buy your tickets today!

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<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>Friday</td>
<td>1/22/21</td>
<td>6:00 p.m. - 9:00 p.m.</td>
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FEE
Presenting Sponsor: Friends of the Parks

Our parks need YOUR help at Friends of the Parks Day!

$10 Adults / $8 Child
After Jan. 17 $13 Adults

Osage Centre

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.

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<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
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<tr>
<td>Saturday</td>
<td>4/24/21</td>
<td>8:30 a.m. - 12:00 p.m.</td>
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</table>

Volunteers Needed! Capaha Park Shelter #3

Super Kid’s Race Day
This fun racing event is for crawlers to 10 year olds. Awards will be given out in each age group, and t-shirts and participation ribbons will be awarded to all entries. For race distance & to register, visit www.cityofcape.org/superkids. Event details will be posted on our website & Facebook page at a later date!

Health & Wellness Expo
Join us for the 2021 Health & Wellness Expo: Happy, Healthy You! With over 100 Health & Wellness Vendors, FREE t-shirts, raffle prizes, cooking demos, health screenings, group fitness classes… you are guaranteed to have a good time! Over 100 attendance prizes will be given! This is a FREE event!

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<tbody>
<tr>
<td>Saturday</td>
<td>6/5/21</td>
<td>10:00 a.m. - 2:00 p.m.</td>
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</table>

Osage Centre

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

Play Cape! • 7
**GARAGE SALES**

**Upcoming Sales**
Shop for any item imaginable for a $1.00 admission charge 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. Contact the Osage Centre at 573.339.6342 for more information.

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<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>Friday</td>
<td>2/5/21</td>
<td>6:30 p.m. - 8:30 p.m.</td>
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</table>

**Valen“TEEN” Dance**
Dance the night away at the Shawnee Park Center featuring a live DJ! This Parks & Recreation Department chaperoned dance is for 5th - 6th graders. Attire is casual and concessions will be available for purchase. No advanced registration necessary. An event participation waiver must be signed by a guardian and turned in to attend. Find the waiver online at www.cityofcape.org/valenteendance.

**Bike to Work & School Day**
Meet at the Arena Park Tennis Courts for breakfast, biking tips & safety, 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. Contact Christine at 573.339.6604 or cjaegers@cityofcape.org to register your school or work!

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<tr>
<td>Friday</td>
<td>5/7/20</td>
<td>6:15 a.m.</td>
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**FEE**

**LOCATION**

<table>
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<th>DAY</th>
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<tbody>
<tr>
<td>Friday</td>
<td>5/7/20</td>
<td>6:15 a.m.</td>
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**Clippard students heading to school by biking on the Cape LaCroix Trail!**

Buy or sell at one of the four garage sales at the Osage Centre in 2021!
Play Cape! • 9

SPECIAL EVENTS

EGG DIVE

Our egg divers will search for eggs in the shallow end of Central Municipal Pool. Children up to five years old will dive at 10 a.m., and children ages 6-10 will dive at 11 a.m. (maximum 100 per age group). One parent can be in the water with their child. Eggs will be numbered and correspond with candy & prizes. We’ll be giving out some door prizes and the Easter bunny will be available for photos! Paid divers will receive a free ticket to Central Pool to swim after the event.

Central Municipal Pool
March 20, 2021

Register Online: www.cityofcape.org/aquaticevents

For more information call 573-339-6340 or visit www.cityofcape.org/parks
CAPE GIRARDEAU PARKS & RECREATION DEPARTMENT PRESENTS

A NIGHT IN

HOLLYWOOD

13th Annual Father Daughter Dance

FEBRUARY 20, 2021
6-9 PM | OSAGE CENTRE

LIMIT 500 PEOPLE | $13 PER PERSON
FEB. 14-19 COST IS $17/PERSON IF TICKETS STILL AVAILABLE
NO TICKETS WILL BE SOLD DAY OF
TICKETS GO ON SALE JAN. 4
PURCHASE AT A. C. BRASE ARENA ONLY
FOR COVID GUIDELINES:
WWW.CITYOFCAPE.ORG/FATHERDAUTHERDANCE

Special Events

February 20, 2021
LIMIT 500 PEOPLE |  $13 PER PERSON
FEB. 14-19 COST IS $17/PERSON IF TICKETS STILL AVAILABLE
NO TICKETS WILL BE SOLD DAY OF
TICKETS GO ON SALE JAN. 4
PURCHASE AT A. C. BRASE ARENA ONLY
FOR COVID GUIDELINES:
WWW.CITYOFCAPE.ORG/FATHERDUGHTERDANCE

Moms, grab your sons and bring them to a night full of fun! Food and refreshments will be provided. Dress attire is active wear and tennis shoes. Early registration special is $13 per person by March 12. Late registration is $17 per person if purchased between March 13-19 or $20 if purchased day of.
For more information call 573.339.6341. Purchase tickets at the Sportsplex, A. C. Brase Arena or online starting Feb. 1 at www.cityofcape.org/mothersongamenight

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

Hapkido Core by Lee H. Park Hapkido
Skillz classes are a basic introduction to martial arts, and work on improving balance, mobility and respect. Other key areas of focus include kicking, punching, and bully-proofing your child. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K). Max enrollment of 15 per age group.

<table>
<thead>
<tr>
<th>AGES</th>
<th>DAY</th>
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<tbody>
<tr>
<td>5-6 Year Olds</td>
<td>Mondays</td>
<td>1/18/21 - 2/22/21</td>
<td>5:15 p.m. - 6:00 p.m.</td>
</tr>
<tr>
<td>7-9 Year Olds</td>
<td>Mondays</td>
<td>1/18/21 - 2/22/21</td>
<td>6:00 p.m. - 6:45 p.m.</td>
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</tbody>
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FEE
$21 Resident / $26 Non-Resident

Homeschool P.E. Class
Ages 5-15
Attention all home schooling families! The Cape Girardeau Parks & Recreation Department will be conducting a Physical Education class for all students who would like to attend. We will be participating in activities such as baseball, basketball, bowling, dodgeball and much more! Participants will be divided into two age groups, 5-9 year olds and 10-15 year olds, and those age groups will be held at the same time. (No class April 2)

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<th>DAY</th>
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<th>ENROLLMENT</th>
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<tbody>
<tr>
<td>Fridays</td>
<td>1/29/21 - 4/23/21</td>
<td>1:00 p.m. - 2:15 p.m.</td>
<td>Min: 10 / Max: 60</td>
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FEE
$35 Per Child

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

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<tbody>
<tr>
<td>Tuesdays</td>
<td>2/9/21 - 2/23/21</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>Min: 8 / Max: 20</td>
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</table>

FEE
$30 Resident / $35 Non-Resident

Pee-Wee Sports
Ages 3-5
Kick off your child’s exposure to the sports world! Pee-Wee Sports athletes will learn about t-ball, soccer and basketball. Basic skills and rules of each sport are explained at the beginning of each class, and then participants will play a fun game at the end!

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<tr>
<td>Thursdays</td>
<td>3/4/21 - 3/18/21</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>Min: 10 / Max: 20</td>
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FEE
$30 Resident / $35 Non-Resident

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.

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<tbody>
<tr>
<td>Thursdays</td>
<td>3/4/21 - 3/18/21</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>Min: 8 / Max: 20</td>
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FEE
$20 Resident / $25 Non-Resident

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

Beginner Horsemanship Program

Do you have a horse crazy kid aged 8-12 who would love an opportunity to learn about horsemanship and gain riding skills? The Remley Equestrian Center will be offering several sessions this spring that will provide an introduction to the fundamentals of riding, caring for horses and basic equine knowledge to gain confidence in and out of the saddle! The Center's horses are gentle and well trained with instruction being provided by Angie Frese, Head Trainer and Barn Manager. English tack will be used; however, participants will learn about all riding disciplines and tack. There is limited space (five riders per session) so sign up early.

For additional information please contact the Parks and Recreation Department at 573.339.6340 or the Remley Equestrian Center at 314.691.3322. The Center is located at 215 Remley Drive just outside of Cape near Black Forest. Cost is $120 per 4 lesson session.

Register online at www.remleyequestrian.com/parksandrec

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

Garden Workshop Series

FREE educational classes on gardening & landscaping! Classes are held from 6:00 p.m. - 8:00 p.m. at the dates & locations listed to the right. Space is limited for each class, so please register in advance at www.cityofcape.org/adultclasses or call 573.339.6340. For ages 12+ with adult supervision.

How To Keep Your House Plants Happy All Year!
January 26 at the Charles H. Hutson Greenhouse
Taught by Melissa LaPlant

Seed Starting Made Easy (spring cool crops)
February 23 at the Charles H. Hutson Greenhouse
Taught by Melissa LaPlant

Planning Your Seasonal Vegetable Garden
March 9 at the Shawnee Park Center
Taught by Donna Aufdenburg

Seed Starting Made Easy (summer crops)
March 30 at the Charles H. Hutson Greenhouse
Taught by Melissa LaPlant

Herb Gardening for Happiness & Health
April 27 at the Shawnee Park Center
Taught by Jamie Koehler

The Art of Landscaping With Native Plants
May 11 at the Shawnee Park Center
Taught by Karel Edgar

Top Gardening Hacks from Master Gardeners
May 25 at the Shawnee Park Center
Taught by Donna Aufdenburg & Jamie Koehler

For more information call 573-339-6340 or visit www.cityofcape.org/parks
Start Smart Tennis  
**Ages 5-7**
Start Smart Tennis prepares children and their parents for organized tennis without the threat of competition or the fear of getting hurt. Age appropriate equipment from Head and Penn is used in teaching ground strokes, serving, volleying and agility.

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<th>DAY</th>
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<tbody>
<tr>
<td>Mondays</td>
<td>4/5/21 - 5/10/21</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>Min: 10 / Max: 30</td>
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**FEE**
$35 Resident/$40 Non-Resident

**LOCATION**
Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K)

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Start Smart Baseball  
**Ages 3-4**
Start Smart Baseball is a developmentally appropriate introductory baseball program. The program prepares children for organized t-ball, baseball, and softball in a fun environment without the threat of competition or the fear of getting hurt.

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<th>DAY</th>
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<tbody>
<tr>
<td>Tuesdays</td>
<td>4/6/21 - 5/11/21</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>Min: 10 / Max: 50</td>
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**FEE**
$35 Resident/$40 Non-Resident

**LOCATION**
Rowdies (1131 N. Kingshighway Suite 2K)

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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. Pick a 5:30 p.m. OR a 6:30 p.m. time slot.

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<th>DAY</th>
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<th>ENROLLMENT</th>
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<tr>
<td>Wednesdays</td>
<td>4/7/21 - 5/12/21</td>
<td>5:30 p.m. OR 6:30 p.m.</td>
<td>Min: 8 / Max: 24</td>
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**FEE**
$60 Per Child

**LOCATION**
Jaycee Golf Course

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Homeschool Art Class  
**Ages 6-15**
Drawing, painting, craft projects and three-dimensional art are just some of the areas of art that will be covered in this class. All materials will be provided. Please remember to wear old clothes!

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<tbody>
<tr>
<td>Wednesdays</td>
<td>2/3/21 - 3/10/21</td>
<td>1:00 p.m. - 2:00 p.m.</td>
<td>Min: 8 / Max: 30</td>
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**FEE**
$35 Per Person

**LOCATION**
Osage Centre

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

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<tbody>
<tr>
<td>Tuesdays</td>
<td>3/9/21 - 3/30/21</td>
<td>5:30 p.m. - 7:00 p.m.</td>
<td>Min: 8 / Max: 15</td>
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**FEE**
$35 Per Child

**LOCATION**
Osage Centre
S.T.A.R. WINTER/SPRING SCHEDULE

Therapeutic Program

St. Patty’s Game Night
March 11 | Osage Centre | 6:00 p.m. - 8:00 p.m.

Movie Night
April 8 | Osage Centre | 6:00 p.m. - 8:00 p.m.

BINGO Night
May 20 | Osage Centre | 6:00 p.m. - 8:00 p.m.

Summer BBQ
June 10 | Arena Park Shelter #1 | 6:00 p.m. - 8:00 p.m.

Ice Cream Social
July 15 | Osage Centre | 6:00 p.m. - 8:00 p.m.

Learn More At: www.cityofcape.org/starprogram

Community Dance & Social

2021 dates listed below! 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. $4 per person for dances; $8 with meal for Feb. & Sept. dates.

February 11: Meal at 11:30 a.m. | Diggin Country Performing 12:30p.m. - 3:30p.m.
May 20: Diggin Country Performing | Dance from 6p.m. - 9p.m.
July 8: Memories Nostalgic Tunes Performing | Dance from 6p.m. - 9p.m.
September 30: Meal at 4:30 p.m. | Bob Dolle & Variety Band Performing 6p.m. - 9p.m.
December 2: Jerry Ford Combo & Orchestra Performing | Dance from 6p.m. - 9p.m.

For more information call 573-339-6340 or visit www.cityofcape.org/parks
February 6, 2021
Cape County Park North
2400 County Park Dr, Cape Gir., MO 63701
Registration begins at Noon
Plunge begins at 2:00 p.m.

Join area law enforcement and SOMO SE Area for a refreshing dip into the lake at Cape County Park North on February 6! Polar Plungers all over the state are already planning for the Polar Plunge. Start gathering your Polar Plungers and working on your costumes now! Each Polar Plunger raises a “bear” minimum of $75. Prizes awarded for the top fundraisers. Don’t forget about the coveted Golden Plunger Award for the Polar Plunger judged as having the best costume! This fundraiser is also held in conjunction with the Law Enforcement Torch Run.

NEW IN 2021!
★ The Polar Bear Strut is new in 2021 and features a walk versus plunge with a $50 fundraising minimum. The Polar Bear Strut will be held at 9:00 a.m. on February 6 and participants receive a t-shirt.
★ Virtual plunging and “Too Chicken To Plunge” online fundraising are also available.
★ Plunges will follow COVID safety measures, like staggered times.

For more information or to register for any of the 2021 Polar Bear Plunge options, pick up a brochure at the Osage Centre, go online to www.somo.org/plunge, or call 573.339.6733.
Sports

**SOCCER**

**Indoor Winter/Spring Adult Soccer**
**18 & over**

Compete in the adult soccer league at the SportsPlex! Recreational and competitive men’s and coed divisions will be offered. For more information, contact Jen Rose at jsrose@cityofcape.org. Register online at www.cityofcape.org/soccer.

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<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>Sundays</td>
<td>3/7/21 - 5/2/21</td>
<td>2/24/21</td>
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</table>

**FEE**

$300 / Team

**LOCATION**

Cape Girardeau SportsPlex

---

**FOOTBALL**

**Spring Indoor NFL Flag Football**
**Grades 1st-4th**

The indoor flag football league plays on the turf fields at the Cape Girardeau SportsPlex! Participants receive game flags and a replica NFL jersey. Games are played on Thursday & Friday nights. A $2 spectator will be charged for ages 13+ for games. For more information, contact Cindy at chenry@cityofcape.org. Online registration only at www.cityofcape.org/football.

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<tr>
<th>DAY</th>
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<tr>
<td>Thurs. &amp; Fri.</td>
<td>4/9/21 - 5/7/21</td>
<td>Early: 3/7/21 Late: 3/14/21</td>
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</table>

**FEE**

$60 Early Discount | $70 Between 3/8 - 3/14

**LOCATION**

SportsPlex

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**VOLLEYBALL**

**Volleyball Skills Clinic**
**17 & over**

The Volleyball Skills Clinic is an introductory clinic designed to teach the fundamentals of the exciting sport of volleyball. The rules, techniques, serving, passing and other various skills will be taught. Participants will receive a t-shirt. Limited 75 participants per age group (7-9 year olds & 10-13 year olds).

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<tr>
<th>DAY</th>
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<tr>
<td>Sunday</td>
<td>2/28/21</td>
<td>12:30 p.m. - 2:00 p.m.</td>
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**FEE**

$25 Per Child

**LOCATION**

Osage Centre 2:00 p.m. - 3:30 p.m.

---

**SportsPlex Invitational Coed Volleyball Tourn.**
**17 & over**

Love volleyball? Enter a team into this annual invitational! Pre-registration is required by March 17. Check-in begins at 8:30 a.m. and play begins at 9:00 a.m. Register online at www.cityofcape.org/volleyball. For questions, contact Tessa at tbollinger@cityofcape.org.

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<tr>
<th>DAY</th>
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<tr>
<td>Sunday</td>
<td>3/21/21</td>
<td>10-13 YR. OLD TIME</td>
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**FEE**

$75 / Team

**LOCATION**

Cape Girardeau SportsPlex

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For more information call 573-339-6340 or visit www.cityofcape.org/parks
**Soccer Spring Youth League**

**WHO:** Boys & Girls in Pre-K to 8th Grade  
**WHEN:** Mon. - Thurs. evenings & Saturdays beginning March 2  
**WHERE:** Shawnee Park Sports Complex Soccer Fields  
**COST:** Pre-K $35 and K-8th Grade $55 when registering by Jan. 31  
$10 late fee applied between Feb. 1-9  
**COACHES:** Coaches needed! Coaches meeting held Feb. 11 at 6:00 p.m. at the Shawnee Park Center  
**CONTACT:** Tessa | tbollinger@cityofcape.org

**SMASH Volleyball**

**Opening Night March 25**  
3rd-6th Grade  
At The SportsPlex  
Games: April 9, 16, 23, 30  
Registration Deadline Feb. 26

**SMASH**  
3rd-6th Grade Individual Sign-Ups  
$60 - Includes T-Shirt & Volleyball  
20% Late Fee Applied Between Feb. 27 - March 5  
Max of 120 in 3rd/4th grade division & in 5th/6th grade division  
Practices Start on March 26 and Continue on Thursdays Beginning April 8

**SMASH SELECT**  
5th-6th Grade Teams  
$500 Entry Fee - Includes T-Shirt & End of Season Tournament (May 6-7)  
Practice Times Set by Coach

**WHO:**  
**WHEN:**  
**WHERE:**  
**COST:**  
**COACHES:**  
**CONTACT:**

For more information call 573-339-6340 or visit www.cityofcape.org/parks
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 Cassie Dennis at cdennis@cityofcape.org. Register online at www.cityofcape.org/volleyball.

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<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>Tues. - Thurs.</td>
<td>Start: 5/18/21</td>
<td>5/7/21</td>
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</table>

FEE
$150 / 4-on-4 Team
$175 / 6-on-6 Team

Arena Park Sand Courts

Jr. High Summer Volleyball
Teams 6th-8th Grade
This league is for junior high volleyball teams, in grades 6th-8th, to get extra practice as a team in the off season. Games will be played on Mondays. A $2 spectator will be charged for ages 13+ for games. For information, contact Cindy at chenry@cityofcape.org.

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<tr>
<th>DAY</th>
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<tbody>
<tr>
<td>Mondays</td>
<td>Start: 6/7/21</td>
<td>Early: 5/19/21 Late: 5/23/21</td>
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</tbody>
</table>

FEE
$225 Early Discount | $250 Between 5/20-5/23

SportsPlex

GOLF
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 information, contact Cody at chinkebein@cityofcape.org. Register online at www.cityofcape.org/golf.

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<tr>
<th>DAY</th>
<th>DATE</th>
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<tr>
<td>Saturday</td>
<td>4/24/21</td>
<td>1:00 p.m. shotgun start</td>
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</table>

FEE
$280 / Team

Jayce Golf Course

TRACK & FIELD
Youth Track Club
Ages 6-14
The Youth Track Club offers athletes ages 6-14 a chance to gain experience in the sport of track and field. Practices will be held on Tuesdays and Thursdays from 5:00 p.m. - 6:45 p.m. at the Cape Junior High Track. Meets will be held on select Thursdays at 5:00 p.m. in local communities. Entry fee includes a team t-shirt, four home meets and all practices. Additional away meets are optional, and cost $8 per child to attend. Register online at www.cityofcape.org/track. For more information, contact Tony at tweatherby@cityofcape.org.

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<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
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<tbody>
<tr>
<td>Tues. &amp; Thurs.</td>
<td>Start: 3/23/21</td>
<td>3/19/21</td>
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</table>

FEE
$50 Per Person | $60 If Registering After 3/19/21

Central Jr. High Track

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 Cindy at chenry@cityofcape.org. Team entry only! A $2 spectator will be charged for ages 13+ for games.

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<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
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<tbody>
<tr>
<td>Tues. - Thurs.</td>
<td>Start: 6/1/21</td>
<td>Early: 5/12/21 Late: 5/16/21</td>
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</table>

FEE
$300 Early Discount | $325 Between 5/13-5/16

SportsPlex

The Adult Sand Volleyball League is played at the Arena Park Sand Courts.
4-12 YEAR OLD LEAGUE | Register your 4-12 year old child (age as of 4/30/21) for this Babe Ruth sanctioned baseball league! The coach’s meeting will be held on April 1 at the Osage Centre at 6:00 p.m.

WHEN: Games are played Monday - Thursdays beginning May 3, 2021
WHERE: Arena Park Sports Complex
REGISTRATION DEADLINE: March 26
FEE: Ages 4-8 $60 | Ages 9-12 $70 | A $10 late fee will be applied between Mar. 27-31. Fee Includes 10-12 games, uniform shirt & team playing equipment (not including gloves)
SKILLS TESTINGS: For players ages 9-12 only. March 23 OR 24 from 5:30 p.m. - 7:00 p.m. at the SportsPlex
CONTACT: Tony at tweatherby@cityofcape.org or 573.339.6626

13-15 YEAR OLD LEAGUE
WHEN: Games are played on Mondays, Tuesdays & Thursdays beginning May 17, 2021
WHERE: Shawnee Park Sports Complex
REGISTRATION DEADLINE: April 23
FEE: $95 | A $10 late fee will be applied between April 24-28
SKILLS TESTINGS: April 15 from 5:30 p.m. - 7:00 p.m. OR April 17 from 10:00 a.m. - 12:00 p.m. at the SportsPlex
CONTACT: Tony at tweatherby@cityofcape.org or 573.339.6626
Please note that a $2 spectator fee will be charged for ages 13+ for games (Shawnee Park Sports Complex only).

9U-14U TRAVEL BASEBALL LEAGUE | This travel league is for 9U-14U baseball teams and designed for teams to get eight practice games played during the week. There will be a coaches meeting held at the Shawnee Park Center on April 7 at 6:30 p.m.

WHEN: Games are played on Mondays & Tuesdays beginning April 26, 2021
WHERE: Arena & Shawnee Park Sports Complex
REGISTRATION DEADLINE: April 9, 2021
FEE: $400 per team
CONTACT: Nathan at nmartin@cityofcape.org or 573.339.6788
Please note that a $2 spectator fee will be charged for ages 13+ for games (Shawnee Park Sports Complex only).
SOFTBALL

Girls Softball Skills Clinic
Ages 5-14
This FREE basic softball skills clinic will introduce throwing, catching and hitting skills by Cape Central Jr. High School coach Jessica McDonald. Whether you are a first time player or just want to knock the dust off your cleats before the season begins, please join us! For ages 5-14 (age as of 1/1/21). No pre-registration required. For more information, contact Jen at jsrose@cityofcape.org.

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<tr>
<th>DAY</th>
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<tr>
<td>Sunday</td>
<td>3/21/21</td>
<td>1:00 - 2:30 p.m.</td>
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<tr>
<td>Free!</td>
<td></td>
<td>9-14 Yr. Olds</td>
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<tr>
<td></td>
<td>Arena Park Field #3</td>
<td>3:00 - 4:30 p.m.</td>
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Men's & Coed Softball
18 & over
Men’s and coed softball leagues range from competitive division 1 to recreational division 4. Games are played Monday, Tuesday, & Thursday evenings. Men’s leagues will receive a minimum of 21 games, and coed leagues will receive a minimum of 14 games. All leagues are team sign-ups only. There will be a manager’s meeting on March 17 at the Shawnee Park Center at 6:30 p.m. A $30 late fee for men’s & $20 late fee for coed teams will be applied if registering between March 20-26*. Register at the A. C. Brase Arena. A $2.00 spectator fee will be charged for ages 13+. For more information, contact Nathan at nmartin@cityofcape.org.

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<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
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<tbody>
<tr>
<td>Mon., Tues., Thurs.</td>
<td>Start: 4/19/21</td>
<td>Early: 3/19/21 Late: 3/26/21*</td>
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<tr>
<td>FEE</td>
<td>LOCATION</td>
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<tr>
<td>$595 / Men’s Team</td>
<td>Shawnee Park</td>
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<tr>
<td>$555 / Coed Team</td>
<td>Sports Complex</td>
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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 6 at 6:00 p.m. at the Osage Centre. For more information, contact Jen at jsrose@cityofcape.org.

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<th>DAY</th>
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<th>REG. DEADLINE</th>
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<tbody>
<tr>
<td>Tues. &amp; Wed.</td>
<td>Start: 6/1/21</td>
<td>5/7/21</td>
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<tr>
<td>FEE</td>
<td>LOCATION</td>
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<tr>
<td>$400 / Team</td>
<td>Shawnee Park Sports Complex</td>
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Cary Flanagan Memorial Softball Tournament
The 17th Annual Cary Flanagan Memorial Softball Tournament is a Parks & Recreation Foundation tournament. Men’s and coed adult softball divisions are offered, as well as a girls fast pitch 12U division. Contact Kaed at khorrell@cityofcape.org to register.

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<tr>
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<tbody>
<tr>
<td>Saturday</td>
<td>5/1/21</td>
<td>4/23/21</td>
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<tr>
<td>FEE</td>
<td>LOCATION</td>
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<tr>
<td>$220 Per Team</td>
<td>Shawnee Park Sports Complex</td>
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KICKBALL

Adult Kickball Tournament
Ages 18+
Sign up your team for the Adult Kickball Tournament! Held at the Shawnee Park Sports Complex, this tournament will have an open division and players can play on one team. Register online by April 23 at www.cityofcape.org/kickballtournament. Contact Jen with questions at jsrose@cityofcape.org.

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<th>DAY</th>
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<tr>
<td>Sunday</td>
<td>5/2/21</td>
<td>1:00 p.m.</td>
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<tr>
<td>FEE</td>
<td>LOCATION</td>
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<tr>
<td>$100 / Team</td>
<td>Shawnee Park Sports Complex</td>
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Register now for the Cary Flanagan Memorial Softball Tournament!

Sign your team up for the Adult Kickball Tournament in May!

Register for classes, leagues & events online at: www.cityofcape.org/parks

Please note all dates & program details are subject to change due to COVID-19.

For more information call 573-339-6340 or visit www.cityofcape.org/parks
Coaches Corner | Joey Keys


What is your coaching background? I have been coaching youth sports for several years. I really considered pursuing a career in coaching and education in college but chose a different path. I am fortunate to be able to continue my professional career and still use my passion for coaching in youth sports.

Why do you coach recreational sports? Sports have always been a major part of my life, so coaching allows me to share my love of the game with younger generations. I enjoy the challenge of teaching a player a sport and working together toward a common goal. I look forward to watching some of the kids I’ve coached continue to excel in their game over the next 5-10 years.

Any advice for new coaches? My best advice is to have a lot of patience. All kids are unique, and each brings something different to the team. There is a way for every player to contribute to the team. As a coach, it is your responsibility to figure out what that is. The greatest joy isn’t when your star player scores their tenth basket, but when the kid who started at the bottom scores their first basket or touchdown.

How important is winning in recreational sports? Everyone likes to win, but you have to find balance between being competitive and being fair to all players. No one is winning a state championship at 10, but we can help keep kids involved and hopefully find something they can commit to for the future.

Any words of wisdom? As an employer, I always look for employees who participated in sports. Sports teach kids so much about life -- teamwork, commitment, accountability, and many other valuable skills for success. Remember the big picture and ultimate goal when volunteering to coach, and everyone will have more fun and get better as a result.
**FITNESS PROGRAMS**

**New Year’s Resolution Warriors**

How are you doing with your health goals? Join us for this specialized class to focus on each one of your goals from weight loss, strength gain or just a healthier lifestyle! Meet weekly with a fitness specialist to stay on track and reach your goals faster and help keep you motivated. This class includes a pre and post assessment, nutrition education, recipes, goal setting guidance and more. Stick with it and earn your free warrior t-shirt!

- **DATE:** Thursdays 1/21/21 - 3/11/21
- **TIME:** 5:30 p.m. - 6:30 p.m.
- **FEE:** $45 / Person
- **LOCATION:** Osage Centre
- **REG. DEADLINE:** 1/18/21

**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

- **Substitute for a Healthier You! (Free)**
  - **DATE:** January 14, 2021
  - **TIME:** 5:30 p.m. - 6:30 p.m.
  - **LOCATION:** Osage Centre

- **Spice it Right! ($5 Fee)**
  - **DATE:** February 11, 2021
  - **TIME:** 5:30 p.m. - 6:30 p.m.
  - **LOCATION:** Osage Centre

- **Family Favorites (Free)**
  - **DATE:** March 11, 2021
  - **TIME:** 5:30 p.m. - 6:30 p.m.
  - **LOCATION:** Osage Centre

- **Sweet Treats (Free)**
  - **DATE:** April 8, 2021
  - **TIME:** 5:30 p.m. - 6:30 p.m.
  - **LOCATION:** Osage Centre

**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.

**FITZONE**

**Arena Park ‘FITZONE’**

This playground isn’t just for kids! This FREE, outdoor fitness area has eight pieces to give you a full body strength workout at your convenience all year round! Find the FitZone just off the Cape LaCroix Trail by the Arena Park tennis and sand volleyball courts. Fitness tip: Add this as part of your daily walk/run to get a some strength exercises!
May 7, 2021 • Arena Park Tennis Courts

HEALTH & WELLNESS Expo 2021
Happy, Healthy You!

June 5 • 10am-2pm • Osage Centre
FREE ADMISSION!

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

**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/Barre HIIT**
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.

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

**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!

**Circuit**
This class gives you a 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 impart 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, and ab and core training moves. You don’t have to be in extreme shape– levels of each exercise are provided. Time to dig deep!

**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 toning of the muscles. PiYo will keep you moving and mix Yoga in for more muscle building!

**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 & Body Sculpt & Pump 40**
This class focuses on strengthening the muscles. As we age, our muscle tend to get weaker and this class helps do just that! All levels welcome! Kettlebells mixes cardio with strength to give an overall great workout!

**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 in to their bodies.

**Zumba, Zumba Gold**
A dance based fitness class, inspired by traditional Latin-based music including, salsa, samba and me-ringue. 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.

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**FITNESS FACILITIES**

**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.

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

**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.

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

**CENTRAL POOL FITNESS HOURS**
Monday-Friday 5 a.m. - 7 a.m.
Saturday 11:30 a.m. - 1 p.m.
Saturday 9 a.m. - 11 a.m.

**Admission**
Children $2.75
Adults $3.50
Seniors $3.00

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**FREE ‘FITZONE’ OUTDOOR FITNESS AREA**
Located on the Cape LaCroix Trail by the Arena Park tennis & sand volleyball courts!

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**Connect With Us!**
Facebook: @fitcape
cityofcape.org/fitness

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

<table>
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<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Mon., Wed., Fri.</td>
<td>Ongoing</td>
<td>9:30 a.m.-10:30 a.m. OR 11 a.m. - Noon</td>
</tr>
</tbody>
</table>

**FEE**

- $20 Residents / $24 Non-Residents
- For 12 Classes

Swimnastics is an aquatic fitness class held at Central Municipal Pool.

LEARN TO SWIM

**Private Lessons**
These one on one sessions allow for swimmers ages 4 and up, of all skill level, to progress at their own pace and have the focused instruction of their instructor. These are great options for children who thrive better from one on one attention, teenagers who need to prepare for lifeguard training prerequisite skills, and adults who want to improve their strokes. Available in fall & winter on a limited basis. To inquire about lessons, contact Aquatics Supervisor Robert Shanahan at 573.339.6612 or rshanahan@cityofcape.org.

Are you looking for a job?! We’re hiring certified lifeguards for Cape Splash and Central Pool! Lifeguard certification classes are held at Central Pool. The cost is $50/person for the American Red Cross fee if participants are planning on working for the City of Cape. The cost is $150 if participants are not working for the City of Cape. Courses will be held during the sessions listed below. For certification requirements & more information, visit www.cityofcape.org/lifeguard

**February 5 - 7**
**March 5 – 7**
**April 16 - 18**
**April 30 – May 2**
**May 14 - 16**

Friday nights are from 4:00 p.m. - 9:00 p.m., and Saturdays & Sundays are from 8:00 a.m. - 4:00 p.m.

**CLASSES ARE LIMITED TO 10 PARTICIPANTS, SO MAKE SURE YOUR SPOT IS RESERVED!**

Contact Robert at rshanahan@cityofcape.org or 573.339.6612 for more information or to register.

For more information call 573-339-6340 or visit www.cityofcape.org/parks
Central Municipal Pool is an Olympic size, 50 meter x 25 yard pool. This facility is used in conjunction with the Cape Public School District and used for open recreational swim, swim team practices, birthday parties and special events.

**HOURS & PRICING**

**Winter Recreational Swim Hours**
Monday - Friday          6:30 p.m. - 8:00 p.m.
Saturday - Sunday          1:00 p.m. - 5:00 p.m.

**Winter Fitness Swim Hours**
Monday - Friday      5:00 a.m. - 7:00 a.m. & 11:30 a.m. - 1:00 p.m.
Saturday                         9:00 a.m. - 11:00 a.m.

**Admission**
- Adults      $3.50 / Person
- Children      $2.75 / Person
- Seniors       $3.00 / Person

**Coupon Books**
- Adults $60 / 25 Visits
- Children $45 / 25 Visits
- Seniors $50 / 25 Visits

**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.

**Host Your Birthday Party At Central Pool!**
Buy your season pass by March 31 for a 10% discount!
(See below!)

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 29, 2021!**

HOURS & PRICING

**Facility Hours**
Open 7 days a week!
**11:00 a.m. - 6:00 p.m.**

**Daily Admission**
12 Months & Under Free
Ages 1 - 13 $8
Ages 14 - 59 $9
Seniors 60 & Up $8

**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 2021 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 2021 Season**
- Park entry 15 minutes early
- Entry to Adult Beach Bashes
- Entry to Kid’s Luau Party
- Concession deals!
TOURNAMENTS

28th Annual Southern Open 4-Person Scramble
This tournament is open to men and women of 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 Cody at chinkebein@cityofcape.org. Register online at www.cityofcape.org/golf.

<table>
<thead>
<tr>
<th>DAY</th>
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<th>TIME</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>4/24/21</td>
<td>1:00 p.m. shotgun start</td>
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</tbody>
</table>

FEE: $280 / Team
LOCATION: Jaycee Golf Course
REG. DEADLINE: 4/22/21

8th 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 Cody at chinkebein@cityofcape.org. Register online at www.cityofcape.org/golf.

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<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>8/28/21</td>
<td>4:00 p.m. shotgun start</td>
</tr>
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</table>

FEE: $280 / Team
LOCATION: Jaycee Golf Course
REG. DEADLINE: 8/26/21

16th 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 Cody at chinkebein@cityofcape.org. Register online at www.cityofcape.org/golf.

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<tr>
<th>DAY</th>
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<th>TIME</th>
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<tr>
<td>Thursday</td>
<td>9/16/21</td>
<td>8:00 a.m. shotgun start</td>
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</table>

FEE: $140 / Team
LOCATION: Jaycee Golf Course
REG. DEADLINE: 9/14/21

PROGRAMS

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. Pick a 5:30 p.m. OR a 6:30 p.m. time slot.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>ENROLLMENT</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>4/7/21 - 5/12/21</td>
<td>5:30 p.m. OR 6:30 p.m. Min: 8 / Max: 24</td>
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</table>

FEE: $60 Per Child
LOCATION: Jaycee Golf Course
REG. DEADLINE: 4/5/21

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 Cody at or chinkebein@cityofcape.org. Register online at www.cityofcape.org/golf.

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<tr>
<th>DAY</th>
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<tr>
<td>Saturday</td>
<td>10/2/21</td>
<td>8:00 a.m. shotgun start</td>
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</table>

FEE: $120 / Team
LOCATION: Jaycee Golf Course
REG. DEADLINE: 9/29/21

Tee Marker Sponsorships Available!
ONLY 1 LEFT!

For more information call 573-339-6340 or visit www.cityofcape.org/parks
**Happy Hour Golf**
Save on greens fees and cart rental during Happy Hour Golf! This deal is only available Mondays through Thursdays from 1:00 p.m. - 3:30 p.m.
- 18 holes + cart: $29
- 9 holes + cart: $24
Offer good from April 1 - September 30, 2021

**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, 2021

**Two For Tuesdays**
Twosomes can play for $50 on Tuesdays before 2:00 p.m.
Offer good from April 1 - September 30, 2021

**Family Fridays**
Get an entire tee time for $50 on Fridays after 5:00 p.m.
Offer good from May 1 - August 31, 2021

**GREENS FEES + CART**

<table>
<thead>
<tr>
<th>Type</th>
<th>Winter Rates (Nov. 1 - March 31)</th>
<th>Summer Rates (April 1 - Oct. 31)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekday 9 holes</td>
<td>$21</td>
<td>$27</td>
</tr>
<tr>
<td>Weekday 18 holes</td>
<td>$28</td>
<td>$36</td>
</tr>
<tr>
<td>Weekend 9 holes</td>
<td>$21</td>
<td>$29</td>
</tr>
<tr>
<td>Weekend 18 holes</td>
<td>$28</td>
<td>$38</td>
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</table>

**GOLF CART / CLUB RENTAL**

- 9 holes per rider $9
- 18 holes per rider $18
- Private Cart $10

**2021 GREENS FEES MEMBERSHIP**

- Monthly + Cart (by calendar month) $250
- Individual $630
- Family (2 person) $850
- Senior single (60+) $405
- Senior family (60+ one spouse over 60) $630
- Junior Individual $250

**ANNUAL CART PASS**

- Annual Pass $630
- 2-Person family $900

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

2021 WINTER/SPRING CALENDAR

January 3 Gateway Volleyball Boys High School Regionals
January 3 Gateway Volleyball SEMO Boys 11s – 14s Regional Festival
January 9-10 NSSC SportsPlex Blast Volleyball Tournament
January 16-18 NSSC MLV Volleyball Tournament
January 23-24 Reebok Series Basketball Cape Girardeau Winter Slam
January 23 Jackson USA Wrestling Championships
January 30-31 NSSC SportsPlex Blast Volleyball Tournament
February 6-7 Reebok Series Basketball Cape Valentine’s Day Classic
February 13-15 NSSC President’s Day Volleyball Tournament
February 20-21 Level 12 Sports JVA Volleyball Tournament
February 27 Missouri USA District 8 Wrestling Championships
February 27-28 SEMO Chemo Smash Pickleball Tournament
March 6 NSSC SportsPlex Blast Volleyball Tournament
March 7 Athletes Plus Cheerleading Competition
March 13-14 Reebok Cape Girardeau Madness Super Showcase Basketball
March 20 Mother Son Game Night
March 21 SportsPlex Invitational Volleyball Tournament
March 21 USAV Volleyball Tournament
March 27-28 NSSC SportsPlex Blast Volleyball Tournament
April 3-4 All World Hoops Basketball Tournament
April 10-11 Gateway Region Juniors Volleyball Tournament
April 17-18 Hoops Midwest Basketball Tournament

PROGRAMS & LEAGUES

Indoor Winter/Spring Adult Soccer
18 & over
Compete in the adult soccer league at the SportsPlex! Recreational and competitive men’s and coed divisions will be offered. For more information, contact Jen Rose at jsrose@cityofcape.org. Register online at www.cityofcape.org/soccer.

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<tr>
<th>DAY</th>
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<th>REG. DEADLINE</th>
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<tbody>
<tr>
<td>Sundays</td>
<td>3/7/21 - 5/2/21</td>
<td>2/24/21</td>
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</table>

FEE
$300 / Team | Cape Girardeau SportsPlex

SportsPlex Invitational Coed Volleyball Tourn.
17 & over
Love volleyball? Enter a team into this annual invitational! Pre-registration is required by March 17. Check-in begins at 8:30 a.m. and play begins at 9:00 a.m. Register online at www.cityofcape.org/volleyball. For questions, contact Tessa at tbollinger@cityofcape.org.

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<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>3/21/21</td>
<td>3/17/21</td>
</tr>
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</table>

FEE
$75 / Team | Cape Girardeau SportsPlex

Spring Indoor NFL Flag Football
Grades 1st-4th
The indoor flag football league plays on the turf fields at the Cape Girardeau SportsPlex! Participants receive game flags and a replica NFL jersey. Games are played on Thursday & Friday nights. A $2 spectator will be charged for ages 13+ for games. For more information, contact Cindy at chenry@cityofcape.org. Online registration only at www.cityofcape.org/football.

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<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
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<tbody>
<tr>
<td>Thurs. &amp; Fri.</td>
<td>4/9/21 - 5/7/21</td>
<td>Early: 3/7/21 Late: 3/14/21</td>
</tr>
</tbody>
</table>

FEE
$60 Early Discount | $70 Between 3/8 - 3/14 | SportsPlex

For more information call 573-339-6340 or visit www.cityofcape.org/parks
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, freshman/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 Cindy at chenry@cityofcape.org. Team entry only! A $2 spectator will be charged for ages 13+ for games.

Jr. High Summer Volleyball
Teams 6th-8th Grade
This league is for junior high volleyball teams, in grades 6th-8th, to get extra practice as a team in the off season. Games will be played on Mondays. A $2 spectator will be charged for ages 13+ for games. For information, contact Cindy at chenry@cityofcape.org.

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

### A. C. BRASE ARENA

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

**OFFICE HOURS**  
Mon. - Fri. 8:00 a.m. - 5:00 p.m.  
The A. C. Brase Arena is available only to rent. Please call for details.

**COST**  
Full Court $25/hour  
Volleyball $25/hour  
Plus $2 admission per participant.

**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  
Email: 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

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

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**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
- American Legion

**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

For more information call 573-339-6340 or visit www.cityofcape.org/parks
A couple lays in the snow at Capaha Park in 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 Bridge................. .42 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 Bridge............. .97 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 Pond.................................................... .28 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.

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

34 • Play Cape!
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 (401 Independence Street) The park consists of 1.8 acres of green space. The park is behind City Hall.

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 River bridge routes just north of this park.

21. RED HOUSE INTERPRETIVE CENTER (South Main Street at the intersection of Main Street 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.
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.

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 facilities.

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 at 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
Did you know that your civic club, church or business organization can “Adopt a Park”? The City of Cape Girardeau Parks and Recreation Department and our Keep Cape Beautiful Committee are looking for interested groups who have a special connection to one of our City Parks or Trails and would like to be 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 recognize your group’s efforts! Plus, 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. We have over 25 parks and miles of trails just waiting to be adopted. Please contact us today if you are interested or if you have additional questions.

### SHELTERS

<table>
<thead>
<tr>
<th>SHELTER LOCATIONS</th>
<th>SIZE</th>
<th>PLAYGROUND</th>
<th>PERMANENT RESTROOMS</th>
<th>GRILL</th>
<th>ELECTRICITY</th>
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<td>ARENA SHELTER 1 - 410 Kiwanis Drive</td>
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<td>CHOTAW SHELTER - Broadway &amp; Kingsway</td>
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<td>RANNY PARK SHELTER - 600 S. Ranney Ave.</td>
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<td>WASHINGTON PARK SHELTER - 500 Washington Ave.</td>
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For more information call 573-339-6340 or visit www.cityofcape.org/parks
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. Contact the Parks and Recreation Department for details. Trees will be planted from October 1 - April 30.

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 Kwanis Dr., Cape Girardeau, MO 63701.

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

CITY OF CAPE GIRARDEAU

TO LOCATE BY PHONE, VISIT:
www.findagrave.com

You are here

• No glass permitted.
• No water or food during mowing season.

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

Play Cape! • 37

FREE!
OPENING IN MAY!
www.cityofcape.org/capahasplashpad
CAPE GIRARDEAU
HISTORIC SITES

Entrance of Fort D in the 1940’s or 1950’s.

RED HOUSE INTERPRETIVE CENTER
Main Street, Cape Girardeau
573.335.6340

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 from 3:00 p.m. - 6:00 p.m. and Saturdays from 11:00 a.m. - 3:00 p.m. General admission is free. To schedule a group tour or contact the Cape Girardeau Parks & Recreation Department at 573.339.6340.

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 hours, 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.

NOTE: Current hours are impacted by COVID. Please call for an appointment.

UPCOMING EVENTS
Spring Muster at Fort D
April 24-25
9 AM - 3PM

Learn about our City’s history!

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

The Fort D Park facility, listed on the National Historic Registry, received some needed renovations in 2020. The City of Cape Girardeau Parks and Recreation Department contracted work to repair and renovate the Fort D masonry and roof structure. The renovation consisted of tuck pointing of the stone, new caps for the walls, and a roof where there had not been one for many years. The renovation has brought back the structure as it was in years past. This will be helpful for events held in the park and to protect the structure to ensure it remains in Fort D Park for years to come. The City held a ribbon cutting for the renovations on Tuesday, November 10, 2020. This renovation project was made possible by the passing of the Parks, Recreation and Stormwater Tax renewal in April 2018 and will assist the Turner Brigade Civil War reenactors to provide more exhibits.

Lit Locker at the Shawnee Park Center

We are happy to announce our partnership with the Cape Girardeau Public Library to bring a Lit Locker to the Shawnee Park Center! The Lit Locker is a remote locker system that allows residents to pick up and return books to the Lit Locker without having to drive across town. To place a hold, visit the Cape Girardeau Public Library's website at www.capelibrary.org and select “Lit Locker” as your pickup location, or call the Library at 573.334.5279. The Lit Locker will be available for use during the Shawnee Park Center's regular hours: Monday - Friday 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.

New Downtown Restrooms Are In!

The City of Cape Girardeau Parks and Recreation Department continues to make improvements to our city with the installation of two new restrooms in the downtown area. These restrooms are pre-fabricated and have been installed. The restrooms are located at Indian Park on the corner of William Street and Lorimier Street, and the second restroom is located in an area near the Red House Interpretive Center along Main Street. These new facilities are a stone and concrete construction and ADA accessible. Thanks to the voters for passing the Parks, Recreation and Stormwater Sales Tax renewal in April 2018 that made this project possible. These restrooms are a great addition to the downtown area for events, and for citizens and visitors to our parks.

For more information call 573-339-6340 or visit www.cityofcape.org/parks
WIFI IN CITY PARKS!

In partnership with the Cape Girardeau Public Library who obtained a grant (CRF Broadband Funding for Distance Learning and Telehealth) to install internet WiFi hotspots, you will soon be able to access the internet in the following park locations: Ranney, Indian, Washington, Shawnee, Capaha, Arena and Kiwanis. Several of the parks will have multiple locations and should be available at the larger pavilions and near the restrooms within in each park. We know how everyone likes to stay plugged in and we hope you enjoy your parks all that much more now that you can save some data usage on your phone! How cool is that? Thanks Cape Public Library for your efforts to help us stay “CONNECTED!”

WIFI LOCATIONS

**CAPAHA PARK:** Amphitheatre; Shelter #3; New restroom near Broadway

**ARENA PARK:** Conservation shelter #3; Restroom near ballfields #2 and #3; Restroom near Rodney Street

**INDIAN PARK:** Restroom area

**WASHINGTON PARK:** Shelter #1

**RANNEY PARK:** Shelter #1

**KIWANIS PARK:** Restroom near shelter #1

**SHAWNEE PARK:** Near soccer concession building & restroom

Rendering of Capaha Park renovations near the Amphitheatre at the northwest section of the park.

RIVER HERITAGE MUSEUM TO RECEIVE IMPROVEMENTS

Did you know that the River Heritage Museum (538 Independence) houses much of the City's history with wonderful historic displays, guest speakers and group tours! The museum building itself is actually the City's first Fire Station #1 back when they had horse drawn fire engines. The City leases the building to the River Heritage Museum Board of Directors for $1/year. The non-profit organization provides education and information on the City's history, and partners with Southeast Missouri State University on educational and preservation projects along with many other groups interested in history. The Parks, Recreation and Stormwater Tax renewal will be funding improvements to the building this spring to include a new roof, new soffit, fascia and gutter system, re-pointing the mortar and hopefully a few more exterior improvements to help preserve the old building and also its contents. Stay tuned for more updates!

CAPAHA PARK MASTER PLAN UPDATE

Our crews have been working hard to help prepare the Cherry Hill area of the park for new improvements this winter and spring. Soon you will see work commencing on the new pavilion that will overlook the Amphitheatre and Capaha pond. This winter we will be finalizing the location and the look of the new playground and restroom that will also be added, along with a makeover for the Capaha Rose Garden. As with many projects during this COVID pandemic timeframe, the process for completion of parts of these plans has taken longer than expected. We are excited about the vision for the end product so please keep in mind that what you see now is piles of dirt, but very soon, one of our favorite parks and locations within the park will soon have a much needed face lift and a new “look.”

The River Heritage Museum building was first operational as the City’s Fire and Police Departments beginning in 1909.
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.

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

Home Run Club

Cape County Public Administrator Lisa Reitzel

Thank you to all of our event sponsors!

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

| Advanced Dermatology of Southeast Missouri | Cape Janitor Supply & Beaver Janitor Supply | Fronabarger Concreters, Inc. Jim Grebing |
| Ameren Missouri | Cape Noon Optimist Club | In Memory of Debra Grebing |
| American Family Insurance - Laurel Adkisson | Cape Radiology Group | HAVCO Wood Products |
| Associated Steel Metal Inc. | Columbia Construction & Casework Commerce Bank | Hudson Chiropractic |
| Beussink, Hey & Roe, PC | Dr. Dean & Mrs. Lorrie Edwards | Inter-Rail Systems, Inc. |
| Blattner Steel Company | Dutch Enterprises | Leet EyeCare |
| Buchheit Logistics | Eye Care Specialist, LLC | Lewis Bakery |
| Canedy Sign & Graphics | - Dr. Shawn Parker | Lonnie Lusk, CPA & Debbie Lusk |
| Cape County Treasurer - Roger Hudson | First Midwest Bank | NAPA Auto Tire and Parts |
| Cape Girardeau Honda | First Missouri State Bank | Northwestern Mutual - The Hahs Group |
|                      | Ford and Sons Funeral Home Inc. | Penzel Construction Company, Inc. |
|                      |                      |                      |
### Double Club

| Advanced Turf Solutions | Dutch Guttering | MedStop One, Inc. |
| Aloha Pools & Spa | First State Community Bank | Michael & Kristi Gardner Family |
| Athena Properties | Fox Family Dental | Midamerica Hotels Corporation |
| Banterra Bank | H&R Alarms, Inc. | Mike & Julia Jones |
| Bennett Family Dentistry | Innovative Orthodontics | MRV Banks |
| In Memory of Michael Bennett | Edward Jones Investments - Mike Domian | Notre Dame Regional High School |
| BOLD Marketing | Edward Jones Investments - Stan Irwin, Financial Advisor | Offices Unlimited Inc. |
| Bowen Engineering & Surveying | Jewel Law Firm | Osburn, Hine & Yates, LLC |
| Cape Communications Corporation | John Deere Sydenstricker Nobbe | Outback Steakhouses |
| Cape Electrical Supply | Johnson, Schneider & Ferrell, LLC | Panera Bread |
| Cape Evening Optimist Club | Kaldi’s Coffee | PDO Quality Printing |
| Coad Chevrolet | Kohfeldt Distributing Inc. | Rhodes 101 Stop |
| Coad Toyota | Lanzotti & Rau, LLC | Convenience Stores |
| Codefi | Marathon Benefits Group | Rice, Spaeth, Summers & Heisserer, LC |
| Cory & Janna Crosnoe | MB Medical Reimbursement | River Eagle Distributing Company |
| Craig & Mary Billmeyer |                      | Ruopp Chiropractic |
| Crosnoe Gold & Silver |                      |                      |

### Base Hit Club

| A & D Fire/Water Restoration, LLC | Cape Winair Co. | Hutson’s Big Sandy Superstore |
| A Small World Pre-School, Inc. | Cheekwood Studio | Johnstone Supply |
| Ahrens Appraisal Service | Crain Funeral Home | Layton & Southard |
| Anytime Athletics & Events | Davis Glass Company Inc. | McCombs Funeral Home |
| Bertrand Law Firm, LLC | Dr. Beverly Evans | McDonald Company Inc. |
| Cape County Auditor - Pete Frazier | Guardian Land Title | Casie Mills & Sarah DeLuca with |
| Cape County Commissioner - Charles Herbst | Harold Meyer Accounting Services | Area Properties - River Region |
|                      | Hobart Sales & Service | Phillip B. Smith Architect, LLC |
|                      |                      |                      |
|                      |                      |                      |
|                      |                      |                      |

For more information call 573-339-6340 or visit www.cityofcape.org/parks
Board Member Spotlight: Brad LaBruyere

Parks & Recreation Advisory Board &
Cape Girardeau Parks & Recreation Foundation

Brad is a graduate of Cape Central High School, Southeast Missouri State University and the University of Missouri - Kansas City School of Law. While at Southeast Missouri State University, Brad played on the baseball team for four years. Originally from Cape Girardeau, Brad came back to the community to continue his legal career at Bradshaw, Steele, Cochrane, Berens & Billmeyer, L.C.

Active in the Cape Girardeau community, Brad is a member of the Cape Girardeau Noon Lion’s Club, Cape Girardeau Chamber of Commerce and the Missouri Bar. His interests include golfing and following Missouri athletics. Brad is married to his wife, Kristen, and they have two sons. They currently reside in Cape Girardeau, Missouri.

Want to serve your city? Apply online at www.cityofcape.org
Dutch Enterprises is a mechanical contractor that offers commercial and residential services for plumbing, heating and cooling. Dutch Enterprises has served customers in Southeast Missouri since 1962. We are proud to employ around 100 of the finest people who are dedicated to providing quality products and services to both commercial and residential customers. We have one of the largest service departments between St. Louis, Missouri and Memphis, Tennessee. We offer a full line of products and services including after hours and weekend emergency service.

Dutch Enterprises has always tried to play our part in supporting area organizations. Our success has depended on the support of businesses and homeowners. A company like ours, that has been in business for 58 years, does not continue to succeed without being a part of the community and the organizations in our community. It is our way of saying “thank you” to the thousands of people who have put their trust in us.

The Cape Girardeau Parks and Recreation Department has always worked hard to provide facilities and activities for our community. Their employees have always been so easy to work with, and their leadership has also always tried to promote community involvement. We are proud to put our sponsorship dollars towards an organization that strives to better our community and provide activities for the people in our area. The youth programs that they administer are a high quality opportunity for our youth to be engaged physically and socially. These programs are of utmost importance in the development of our youth – the future of Cape Girardeau.

Dutch Enterprises has always tried to be a team player, and one way we can do this is to support our community.
THANK YOU to our Youth League Sponsors & Coaches!

Fall Youth Soccer League

Presenting Sponsor:

K-2nd Grade Division
Arizona Cardinals - Jeff Dunaway
Los Angeles Chargers - John Gilman
Seattle Seahawks - Justin Graham
Tennessee Titans - Steve Fox
Chicago Bears - Ross Bennett
Kansas City Chiefs - Jeff Duncan

3rd-4th Grade Division
Green Bay Packers - Craig Clippard
Tampa Bay Bucs - Lee LaValle & Joey Keys
Kansas City Chiefs - Missy O'Kelley & Alex Niswonger
Los Angeles Raiders - Marc Ashby
Indianapolis Colts - Emily Rees
Minnesota Vikings - Russell Brown

5th-7th Grade Division
Kansas City Chiefs - Christopher Casey & Jack Donze
Detroit Lions - Jim Doby & Scott Schweinbold
Green Bay Packers - Jason Jones
Chicago Bears - Aaron Vasquez

NFL Flag Football League

Presenting Sponsor:

K-2nd Grade Division
Arizona Cardinals - Jeff Dunaway
Los Angeles Chargers - John Gilman
Seattle Seahawks - Justin Graham
Tennessee Titans - Steve Fox
Chicago Bears - Ross Bennett
Kansas City Chiefs - Jeff Duncan

3rd-4th Grade Division
Green Bay Packers - Craig Clippard
Tampa Bay Bucs - Lee LaValle & Joey Keys
Kansas City Chiefs - Missy O'Kelley & Alex Niswonger
Los Angeles Raiders - Marc Ashby
Indianapolis Colts - Emily Rees
Minnesota Vikings - Russell Brown

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

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

For more information call 573-339-6340 or visit www.cityofcape.org/parks
Friends of the Parks Day is an annual park beautification event hosted by the Cape Girardeau Parks & Recreation Department. Registration begins at 8:30 AM at Capaha Park. Beautification projects in all Cape Girardeau parks! Call 573.339.6340 for more information & to register!

Help Beautify Our Parks & City!

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