

PLAY CAPE!

FALL 2015
PROGRAM
GUIDE

Pulling for Progress

We need you ALL IN for our future.
See page 38 for details!



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Don't miss
our TOP
2015 SUCCESSES!
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from the director

Letter from the Playground;

As fall approaches we are looking back at a summer that was most eventful! If you recall in our last issue I challenged you to do something adventurous and get out of your comfort zone. Did that happen? Let us know what new activities you tried or new places you visited!! I can tell you it was an adventurous summer for our staff; from extremely wet weather and our Mississippi River high water which forced moving our July 4th fireworks show back to Arena Park, to the opening of our new, colorful slides at Cape Splash, it was a summer full of amazing memories, new events and projects that we are very proud to be a part of, here is a brief update:

- Judge Stephen Limbaugh held our first Naturalization Ceremony for new U.S. Citizens in conjunction with our Great American 4th of July at Arena Park and it was very special for those that attended. Followed by one of our best Fireworks Displays in recent history! Hopefully next year we will be back down on the river.
- We were able to open our new slides at Cape Splash (3 matt racers and 2 speed/drop slides) to rave reviews on July 9th, and then proceeded to have a record setting attendance along with super weather.
- For the first time we hosted 4 divisions of the Babe Ruth State Tournament Finals at the Shawnee Park Sports Complex, which brought many athletes and parents to town in the middle of hot July!
- The City Council gave the approval for our team to partner with Midamerica Hotels Corporation to develop a new Indoor Sports Complex and we are in the planning stages of design for this exciting project.
- The Ribbon Cutting was held for the Shawnee Park Community Demonstration Garden and Urban Orchard in July with a large group attending to see all the ripening vegetables.
- Work continues to progress on Phase 1 improvement to Capaha Park. The weather really held us up in the early part of the summer but we are making great progress and hope to open the playground in late summer or early fall.

These are just a few of the events and projects that kept us hopping this summer! Please turn to pages 5 and 38 for more details, and if you have a moment please hop on the Internet or stop by one of our facilities to let us know what you think about our parks and programs by taking our survey at cityofcape.org/2015parksandrecsurvey. So as you can see on our cover we are PULLING FOR PROGRESS and making great strides to provide you, our citizens, with the best parks, programs and facilities possible! Here is to a great fall and holiday season!!

Recreationally Yours,



Julia E. Thompson, CPRP

staff directory



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

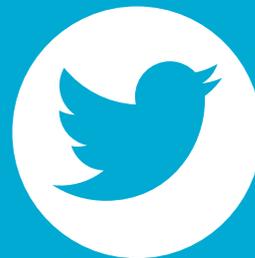


at www.facebook.com/capeparks

General information



STAY CONNECTED WITH PLAY CAPE



Register online

**Friend us on Facebook to get the latest information
on Parks & Rec activities, facilities and alerts**

Email us with questions & suggestions

Follow us on Twitter for City updates

www.cityofcape.org/parks

parks@cityofcape.org

facebook.com/capeparks

twitter.com/cityofcape

TOP 10

Parks & Recreation Department 2015 Successes

1st Annual Health & Wellness Expo

We hosted the 1st Annual Health & Wellness Expo at the Osage Centre. This free event included healthy vendors, health screenings, wellness checks, and fitness opportunities. Save the date for next year: January 7!



Babe Ruth State Tournaments

The Shawnee Park Sports Complex hosted four state tournaments for 8, 9, 11, and 13 year old age divisions.

Bike to Work & School Day

The Department hosted its first National Bike to Work & School Day event in June! This event was a huge success with over 100 participants, and included a free breakfast, bike registration, and escorted ride to work or school. Thanks to the Cape Girardeau Police Department for making this inaugural event successful!



Father Daughter Dance

The 7th Annual Father Daughter Dance had over 1,100 in attendance! The theme was Disney's Frozen Dreams and we had characters from the movie interact with excited little girls!



Indoor Sports Complex Approved

The City of Cape Girardeau City Council approved moving forward with plans for the new Indoor Sports Complex. Mid America Corps was chosen as the project partner.



New Slides at Cape Splash

The Cape Splash Family Aquatic Center had five new slides installed in July. A three lane mat racer, a triple drop slide, and an enclosed single drop slide with a 30 foot platform provide thrills for older age groups!

Online Registration

The Parks & Recreation Department successfully transitioned to its new software, ActiveNet. This new software allows citizens to register for activities, classes, and leagues online!



Parks & Recreation Foundation Membership Program

The Parks & Recreation Foundation implemented a membership program in 2015. Funds from the membership program go towards improving Parks & Recreation facilities and events. Check out page 44 to learn how you can become a member today!



Shawnee Park Center Community Garden

The Parks & Recreation Department partnered with the County Health Department to construction and maintain a community garden at the Shawnee Park Center. Gardening and cooking classes were also offered out of the demonstration garden.

SPSC to host ASA National Tournament

The Shawnee Park Sports Complex will host the ASA Men's Class E National Slowpitch Softball Tournament over Labor Day weekend. This is the first ASA National Tournament to be played in Cape Girardeau.



Parks & Recreation Department Events Calendar



August

- Aug. 22 Summer Garage Sale – Osage Centre
- Aug. 28 Pre-School Playtime – Cape Splash

September

- Sept. 3 Monthly Dance – Manitou – A. C. Brase Arena
- Sept. 4 Pre-School Playtime – Cape Splash
- Sept. 5 Patti's Trip – Grand Rivers, KY
- Sept. 7 Labor Day - Fort D
- Sept. 7 St. Louis Cardinals Game Day Trip
- Sept. 12 Coors Light/Trail of Tears Triathlon – Trails of Tears State Park
- Sept. 12 20th Annual Autumn Open 4-Person Scramble – Jaycee Municipal Golf Course
- Sept. 14 Fall Men's Coed Softball league begins – Shawnee Park Sports Complex
- Sept. 17 S.T.A.R. Program Game Night & Evening Hike – Osage Centre
- Sept. 20 Corporate Games opening ceremonies – Osage Centre
- Sept. 24 10th Annual Senior 2-Man Scramble – Jaycee Municipal Golf Course
- Sept. 26 NFL Flag Football begins – Arena & Osage Parks
- Sept. 27 Doggy Swim Day – Cape Splash
- Sept. 27 Adult Flag Football league begins – Arena Park
- Sept. 27 Downtown Golf Tournament – Common Pleas
- Sept. 28 Central Municipal Pool opens for winter hours



Participate in a unique urban golf experience at the Downtown Golf Tournament that benefits the Red House Interpretive Center. Pg. 10

October

- Oct. 2 Corporate Games closing ceremonies – Shawnee Park Center
- Oct. 8 Monthly Dance – Country Generation – A. C. Brase Arena

- Oct. 12 Fall Learn to Swim Program begins – Central Municipal Pool
- Oct. 16-17 Haunted Hall of Horrors – A. C. Brase Arena
- Oct. 18 Set & Spike Volleyball Tournament – Osage Centre
- Oct. 23 S.T.A.R. Program Haunted Hall of Horrors – 4-H Exhibit Hall
- Oct. 23-24 Haunted Hall of Horrors – A. C. Brase Arena
- Oct. 30 Halloween Hoopla – Shawnee Park Centre
- Oct. 30-31 Haunted Hall of Horrors – A. C. Brase Arena



Get your Halloween scares at the Haunted Hall of Horror. Pg. 11

November

- Nov. 3 Indoor Coed Volleyball league begins
- Nov. 5 Monthly Dance – All Stars – A. C. Brase Arena
- Nov. 7 Fall & Moonlight Garage Sales – Osage Centre
- Nov. 7-8 The Bank of Missouri Fall Cape Classic
- Nov. 12 Spaghetti Day – A.C. Brase Arena
- Nov. 19 S.T.A.R. Program Barnyard Dance – 4-H Exhibit Hall
- Nov. 20 Fall Family Festival – Shawnee Park Center

December

- Dec. 3 S.T.A.R. Program Christmas with Friends – A. C. Brase Arena
- Dec. 10 Fox Theatre Trip – St. Louis
- Dec. 10 Monthly Dance – Jerry Ford Combo & Orchestra – A. C. Brase Arena
- Dec. 11 Flashlight Candy Cane Hunt – 4-H Exhibit Hall
- Dec. 12 Breakfast with Santa – Osage Centre
- Dec. 13 Hot Shot Basketball Contest – Osage Centre
- Dec. 14-17 Calls from Santa

January

- Jan. 2 Girls Youth Basketball league begins
- Jan. 3 Men's Basketball league begins
- Jan. 7 Health & Wellness Fair – Osage Centre
- Jan. 22 Celebration of Youth Sports Awards Banquet – Osage Centre

special events

AQUATICS

Doggy Swim Day at Cape Splash

Dogs of all ages

Do you have a dog that loves the water? Bring your dog to the Parks & Recreation Foundation's annual Doggy Swim Day! During this event, dogs and humans can take a dip in the zero depth entry and lap pools. All dogs must be kept on a leash and vaccinations are required. Aggressive dogs will be asked to leave. Humans are admitted free with a dog's paid admission!



Fee: \$5 per dog

9/27 Sun 4:00 – 6:00 p.m. Cape Splash



FAMILY

Summer Garage Sale

Hit 72 garage sales in one place! Shop for any item imaginable with a \$1 admission charge.

Fee: \$1 admission

8/22 Sat 8 a.m. – 12 p.m. Osage Centre

Fall & Moonlight Garage Sales

Two garage sales in one day! This sale includes morning and evening sessions for double the bargains. Shop for any item imaginable with a \$1 admission charge to each session. Interested in purchasing a booth space? Attend a booth lottery drawing at the Osage Centre on Thursday, October 8. Booth space is \$15. For more information, call the Osage Centre at 339-6342.

Fee: \$1 admission/\$15 for booth space

11/7 Sat Osage Centre

Fall sale: 8:00 a.m.-12:00 p.m.

Moonlight sale: 4:00 p.m.-8:00 p.m.

Fall Family Festival

Bring your family to the Shawnee Park Center for a fun evening of hayrides, bounce house, campfires, weenie and marshmallow roasts. This event has all of your favorite fall activities!



Fee: \$1 for each activity

11/20 F 6:00 – 8:00 p.m. Shawnee Park Center



SAVE THE DATE!

3rd Annual Celebration of Youth Sports Awards Banquet

Honoring Excellence in Youth Sports
Friday, January 22, 2015

Join the Parks & Recreation Foundation in honoring excellence in Youth Sports. Awards will be presented to Cape Girardeau Parks & Recreation Departments' youth sports leagues, Southeast Missouri Soccer Club and Cape Youth Tackle Football. The program includes a silent auction, catered dinner, guest speaker, audio/visual presentation, and awards ceremony.

**Nominate a player,
coach or team NOW!**

Nomination forms are online
at: cityofcape.org/leagues



Presenting Sponsor:

SPORTS

Set & Spike Coed Volleyball Tournament 18 & over

This adult coed volleyball tournament will be held at the Osage Centre. The tournament is pool play format, and open to businesses, churches, civic groups and independents. Awards will be given for 1st-3rd place in the tournament. For more information on registering, contact Cassie at 339-6732 or cessner@cityofcape.org.

Fee: \$60 per team

10/18 Sun 9 a.m. Osage Centre

Registration deadline: October 15



Hot Shot Basketball Contest

Ages 7-16

This 28th annual basketball shooting contest is a lot of fun for the beginning or advanced basketball player. There is no entry fee and awards are given out to top participants in several boy and girl age divisions. Boys and girls ages 7-9 will shoot at a lower goal.

Fee: FREE

12/13 Sun 12 p.m. registration/12:30 p.m. contest Osage Centre



2015 Tournament Dates

- Sept 4-6 ASA Men's Class E National Slowpitch Softball Tournament
- Sept 11-13 Triple Crown Sports Baseball Tournament
- Sept 19 Jackson High School Invitational Softball Tournament
- Oct. 3-4 Southeast Missouri State Girl's Softball Tournament
- Oct. 9-11 Triple Crown Sports Baseball Tournament
- Oct. 17-18 Southeast Missouri State Girl's Softball Tournament

*All tournament dates are tentative and subject to change.

Book a 2016 tournament today!

For more information
on the Shawnee Park Sports Complex,
contact Kaed Horrell at 339-6729.

YOUTH

Halloween Hoopla

12 & under

This spooktacular event includes a costume contest and other fun Halloween activities. Come dressed up for Halloween and ready for a fun night! For more information, contact Cassie at 339-6732 or cessner@cityofcape.org.



Fee: \$ 1 costume contest

\$.50 each for other activities

10/30 F 6-8 p.m. Shawnee Park Center



2014 Halloween Hoopla costume contest winners.

Flashlight Candy Cane Hunt

Ages 2 & over

Did you hear the latest news?! A particular someone has left candy canes all over the grounds of Arena Park. Bring your flashlights and help us find them! When you arrive at the A. C. Brase Arena you'll get to decorate a bag for collecting the candy canes. After we collect the candy canes, we will enjoy cookies and hot chocolate. You'll even get to make a Christmas list for Santa telling him everything you would like for Christmas! Parents must accompany children. Please dress according to weather.

Fee: \$3 pre-registered (adults & children)

\$5 day of event (adults & children)

12/11 F 6:30-7:30 p.m. 4H Exhibit Hall



Breakfast with Santa

Ages 12 & under

Enjoy breakfast and visit with Santa as he makes a special stop in Cape Girardeau to listen to the holiday wishes of every boy and girl! Santa loves to see children playing in the parks, and this is a great way to raise money for the Parks & Recreation Foundation. Parents are invited to bring their camera to capture this special moment.

Fee: \$5 pre-registered (adults & children); \$3 for each add. child

\$8 day of event (adults & children)

12/12 Sat 8:30-10:30 a.m. Osage Centre
9:00 a.m. Santa to arrive



TRIPS

Grand Rivers Kentucky trip to Patti's Settlement

Come join us on a day of fun; including, delicious food, spectacular entertainment, and an all around great time! We will take a charter bus ride to Grand Rivers, eat lunch at the famous Mr. Bill's, an extension to Patti's 1880's Restaurant, and see *Smoke on the Mountain* at the Badgett Playhouse! After the show you will be able to explore the shops and sites of Grand Rivers Kentucky! All ages welcome.

Fee: \$55

Sept. 5 Sat Bus leaves at 8:30 a.m. from Osage Centre



Fox Theatre Trip

Join us for a trip to the fabulous Fox Theatre in St. Louis to see *Wicked!* The bus will leave from the Osage Centre at 5:00 p.m., and the show starts at 7:30 p.m. Fee includes tickets to the show and a seat on the charter bus.

Fee: \$65

Dec. 10 Th Bus leaves at 5 p.m. from Osage Centre



Meet Santa Claus at Breakfast with Santa, or sign up for calls from Santa to give him your Christmas list!

Calls from Santa

Ages 2-10

Put a smile on your child's face with a surprise call from the North Pole. Parents, grandparents or others can register their child for that special call. Register online or at the A. C. Brase Arena. Call 573-339-6340 for more information.

Fee: Free

December 14-17 M-Th 6:00-8:00 p.m.



RACE EVENT

26th Annual Coors Light/Trail of Tears Triathlon

This USAT sanctioned race is held at Trail of Tears State Park. This triathlon consists of a 700 meter swim, 15 mile bike ride, and 4 mile run. Registration begins at 6:45 a.m., and race starts at 9 a.m. A USAT one day membership is required and can be purchased through online registration or the Parks & Recreation Department. Lunch is provided for participants.

Fee: \$45 Individual early/\$60 individual late (Sept 10-12)

\$60 Team early/\$75 team late (Sept 10-12)

9/12 Sat 9:00 a.m. Trail of Tears State Park



Swimmers run into the waters of Lake Boutin for the Coors Light/Trail of Tears Triathlon.

LOVE THE CARDINALS? Join us for the 15th Annual Cardinal Game Day Trip!

Summer Trip
Cardinals vs. Chicago Cubs
September 7, 2015 at 1:15 p.m.

Fee: \$25 per ticket & \$20 per person
for charter bus

Tickets on sale NOW!

Celebrate Labor Day at the Ballpark!

For more information, contact 339-6340.



special events

CAPE GIRARDEAU'S
FIRST-EVER TENTH ANNUAL LOUIS J. LORIMIER MEMORIAL WORLD - FAMOUS

DOWNTOWN

GOLF TOURNAMENT

and ALL-YOU-CAN-EAT CATFISH BUFFET



First-Ever Tenth Annual Louis J. Lorimier Memorial World - Famous Downtown Golf Tournament

Please detach and return this entry form with golf fee. A form should be returned for each golfer. Foursomes please send a total of four forms.

This urban course features a 9-hole course through the heart of historic riverfront in downtown Cape Girardeau. The course wanders through alleys and the riverfront starting at the Common Pleas Courthouse Park. The tournament is a fundraiser for the Red House Interpretive Center.

FORMAT ~Tee times will begin at 1:00 pm. Scoring will be kept by each golfer and recorded for posterity.

EQUIPMENT ~BirdieBalls will be provided. Golfers will be allowed one club of their choice (5 iron or 6 iron). Special strike pads will be provided to minimize damage to playing surfaces and equipment.

ENTRY FEE ~The entry fee for each player is \$25. The fee includes the honor of playing nine holes of golf in historic Downtown Cape, BirdieBalls and catfish buffet. The first 100 entries will receive an official tournament T-shirt. Entry fee must accompany completed golf entry form. Late fee is \$35

DEADLINE FOR ENTRY ~Sept. 23



special events

TEE BOX & HOLE SPONSORSHIPS AVAILABLE

Date: Sunday, September 27
Registration/Check In: 12:30 PM
Tee Time: 1:00 PM
Place: Gazebo, Common Pleas
Courthouse Park
Cape Girardeau, MO

Catfish Buffet: About 3:00 p.m.
Place: Yacht Club, Port Cape Restaurant
Also: Shuttle transportation provided.

ENTRY FORM

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone: () _____

Email: _____

Fax: () _____

PAYMENT ENCLOSED: \$25 \$35 (if after Sept. 23)

(Additional Donation Optional): \$ _____

Make checks payable to:

Cape Girardeau Parks and Recreation Foundation

(Please put "Red House" on the memo line of your check.)

Send registration form(s) and check(s) to:

Downtown Golf Tournament - A.C. Brase Arena

410 Kiwanis Drive • Cape Girardeau, MO 63701

Call 573-339-6340 for more information

HAUNTED HALL OF HORROR

presented by

CAPE GIRARDEAU PARKS & RECREATION DEPARTMENT

— DATES & TIMES —

October 16, 17, 23, 24, 30 & 31
7:00 p.m. – 11:00 p.m.

— WHERE —

A. C. Brase Arena
410 Kiwanis Dr.
Cape Girardeau, MO

— ADMISSION —

\$7.00
Children 5 & under – FREE



CITY of CAPE
GIRARDEAU
PARKS & RECREATION DEPARTMENT



CONTACT THE PARKS & RECREATION DEPARTMENT
AT 339-6340 FOR MORE INFORMATION

special events

recreation

EARLY CHILDHOOD ARTS

Gobbles of Fun

2-4 years

Parents and toddlers can get ready for Thanksgiving in this special class filled with Thanksgiving games, books and crafts!

Fee: \$8 Resident / \$10 Non-Resident • Minimum: 6 Maximum: 12

11/19 Th 10:00 a.m. – 11:00 a.m. Osage Centre

Registration deadline: November 13



Spooktacular Times

2-4 years

Are you excited for Halloween?! Parents and toddlers, join us for an hour full of fun filled Halloween activities with crafts, snacks and more!

Fee: \$8 Resident / \$10 Non-Resident • Minimum: 6 Maximum: 12

10/21 W 10:00 a.m. – 11:00 a.m. Osage Centre

Registration deadline: October 15



EARLY CHILDHOOD SPORTS

Tumbling Toddlers

4-6 years

Join us for fun in basic tumbling. Our class consists of stretching, splits, headstands, cartwheels, basic tumbling, and more. Tumbling students will be without parents. Please be sure your child can participate independently.

Fee: \$25 Resident / \$30 Non-Resident • Minimum: 8 Maximum: 12

9/30 – 10/21 W 5:30 p.m. – 6:30 p.m. Osage Centre

Registration deadline: September 25



Learn the basics of tumbling.

Start Smart Basketball

3-5 years

Fun, hands-on class to teach children the basic motor skills to play organized baseball while spending quality time with their parents.

Fee: \$30 Resident / \$35 Non-Resident • Minimum: 10 Maximum: 30

11/3-12/8 T 5:30 p.m.-6:30 p.m. Shawnee Park Center

Registration deadline: November 2



Pee-Wee Sports

3-5 years

We have found this exciting class to be just what you need to introduce your child to the world of sports. We play a different sport each week including t-ball, soccer and basketball. We go over the basic skills and rules of each sport and play a fun game at the end!

Fee: \$25 Resident / \$28 Non-Resident • Minimum: 8 Maximum: 15

10/1-10/15 Th 5:30 p.m.-6:30 p.m. Osage Centre

Registration deadline: September 24



EARLY CHILDHOOD OUTDOOR

Mommas & Babies

Age 3 & Under (accompanied by one parent or grandparent)

Young children will love learning about baby animals. They'll be able to visit with some of the baby animals and their mommas at the zoo, too! Pre-registration is required. No transportation offered.

Fee: \$25 Resident Minimum: 5 Maximum: 15

10/6 T 6:00 p.m.-7:30 p.m. Lazy L Safari Park

Registration deadline: October 2



Lazy L Safari has cool critters.

Animals From A to Z

4-5 years

Come to the zoo and learn all about amazing animals whose names begin with the letters A, B, C and all the way to Z! Pre-registration is required. No transportation offered.

Fee: \$25 Resident Minimum: 5 Maximum: 15

10/7 W 6:00 p.m.-7:30 p.m. Lazy L Safari Park

Registration deadline: October 2



YOUTH ARTS

Children's Cake Decorating

8-15 years

Love baking a cake for family and friends? Then cake decorating is the class for you! In this class, you will learn how to make buttercream icing and use it to create cakes for all types of celebrations. Participants will also learn how to make flowers, fill layered cakes, and transfer simple designs onto their cakes. All supplies will be provided. If you are ready to start creating, sign up today!

Fee: \$30 Resident / \$35 Non Resident • Minimum: 8 Maximum: 12

10/1 – 10/15 Th 5:30 p.m. – 7:00 p.m. Shawnee Park Center

Registration deadline: September 22



Creative Pumpkin Carving

6-12 years

You can create a scary or jolly pumpkin and we provide the materials, EVEN THE PUMPKIN! Please wear old clothes and bring your creative mind for some Halloween fun.

Fee: \$20 Resident / \$23 Non-Resident • Minimum: 6 Maximum: 12

10/14 W 5:30 p.m. – 6:30 p.m. 4-H Exhibit Hall

Registration deadline: October 8



Creative Thanksgiving Treats

6-12 years

Ever heard of making tiny tepees out of sugar cones? In this creative class we will show you how to make these edible, delicious tepee treats. They are festive to have on your treat table at parties and get togethers, and the kids love to make them! Sign up today!

Fee: \$15 Resident / \$18 Non-Resident • Minimum: 6 Maximum: 12

11/4 W 5:30 p.m. – 7:00 p.m. A. C. Brase Arena

Registration deadline: October 30



Festive Halloween Baking

6-12 years

Come join us as we create “take home” Halloween snacks to show and share with family!

Fee: \$15 Resident / \$18 Non-Resident • Minimum: 6 Maximum: 12

10/6 T 5:30 p.m. – 7:00 p.m. A. C. Brase Arena

Registration deadline: October 1



Introduce your kids to the art of cooking!

Junior Chef's Cooking Club

6-10 years

Get ready for a yummy, fun filled class! Each week, you will make (and eat) a special treat while you learn about measuring, why food changes as it cooks and of course, kitchen safety. This class is sure to fill quickly so register right away!

Fee: \$25 Resident / \$30 Non-Resident • Minimum: 8 Maximum: 15

11/3 – 11/17 T 5:30 p.m. – 7:00 p.m. A. C. Brase Arena

Registration deadline: October 29



Cookies for Santa

4-7 years

Did you know that Santa will give you extra special gifts if you leave him a plate full of cookies and milk by the Christmas tree the night before Christmas? We did and we want to help you make that special treat for Santa. We will bake lots of Christmas cookies for you to enjoy and to take home to set by your decorated Christmas Tree. We will also get to listen to the classic Christmas take “The Night Before Christmas”! Come join in the fun with us!

Fee: \$10 Resident / \$11 Non-Resident • Minimum: 6 Maximum: 12

12/8 T 5:30 p.m. -6:30 p.m. A. C. Brase Arena

Registration deadline: December 2



Merry Christmas To All

5-10 years

We need your help!! Come and help us spread the Christmas cheer by making Christmas cards for our elderly people in our nursing homes and senior centers throughout Cape Girardeau. You have no idea how much something so small can mean so much to someone who needs a little holiday warmth in their life. Come and help us enhance the Christmas spirit that everyone deserves to enjoy!

Fee: \$2 Resident / \$3 Non-Resident • Minimum: 6 Maximum: 12

12/9 W 5:30 p.m.-6:30 p.m. Osage Centre

Registration deadline: December 3



Christmas Crafts

Get in the holiday spirit with these festive classes!

Christmas Gift Workshop

5-10 years

Hey kids! Come make a Christmas gift for someone special in your life! All you need to do is bring a photo of your special person(s) and a creative mind and we will help you with the rest!

Fee: \$8 Resident / \$10 Non-Resident • Minimum: 6 Maximum: 12

12/2 W 5:30 p.m.-6:30 p.m. Osage Centre

Registration deadline: November 26



Make Your Own Trick-Or-Treat Tote

5-10 years

In this class you will be able to make your very own trick-or-treat tote for all the candy you will get on Halloween night! With our assistance, you will be able to put together your tote and decorate it however you wish. We will provide all the materials needed, all you have to do is show up!

Fee: \$13 Resident / \$16 Non-Resident • Minimum: 8 Maximum: 12

10/28 W 5:30 p.m. – 6:30 p.m. Osage Centre

Registration deadline: October 22



Create your own trick-or-treat tote to get ready for Halloween!

Home School P.E. Class

5-9 years – Class 1

10-15 years – Class 2

Attention all home schooling families! The Cape Girardeau Parks and 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, water polo, and much more! Classes for the fall semester will begin September 18 and end December 4.

Fee: \$22 • Minimum: 10 Maximum: 50

Days: Friday

Time: 1:00 p.m. – 2:15 p.m.

Location: 1st class at Osage Centre

Classes held at same time and divided by age group

Registration deadline: September 15



For more information contact Cassie at 339-6732 or cessner@cityofcape.org



YOUTH SPORTS

Cheerleading

6-8 years

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.

Fee: \$16 Resident / \$20 Non-Resident • Minimum: 8 Maximum: 20

9/29-10/20 T 5:30 p.m.-6:30 p.m. Osage Centre

Registration deadline: September 23



Tae Kwon Do By Lee H. Park Martial Arts

7-9 years

Basic kicking and punching techniques and entry level skill will be taught in this class.

Fee: \$21 Resident / \$26 Non-Resident • Minimum: None Maximum: 12

9/15-10/20 T 5:30-6:30 p.m.

Location: 623 S. Silver Springs Road, Cape Girardeau

Registration deadline: September 8



Youth Tennis

8-12 years

No matter what level, you will enjoy a great opportunity to improve your 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 tennis racket and water and wear appropriate clothing and footwear.

Fee: \$20 Resident / \$25 Non-Resident • Minimum: 6 Maximum: 12

9/30-10/21 W 5:30 p.m.-6:30 p.m. Arena Park Tennis Courts

Registration deadline: September 24



Improve your tennis skills with our youth tennis class!

Do you have a great idea for a class, or want to be a class instructor? Let us know!

Contact Cassie Essner at cessner@cityofcape.org

YOUTH OUTDOOR ACTIVITIES

Born To Be Wild

9-12 years

Come discover the world of endangered species and you'll learn why and how some animals become endangered, threatened, or extinct. Pre-registration is required. No transportation offered.

Fee: \$25 Resident Minimum: 5 Maximum: 15

10/9 F 6:00 p.m.-7:30 p.m. Lazy L Safari Park

Registration deadline: October 5



Radical Reptiles

6-12 years

Snakes, lizards, tortoises, alligators – you'll learn about them all during our reptiles class. Are you brave enough to get radical with reptiles? Pre-registration is required. No transportation offered.

Fee: \$25 Resident Minimum: 5 Maximum: 15

10/8 Th 6:00 p.m.-7:30 p.m. Lazy L Safari Park

Registration deadline: October 5



TEEN SPORTS

Pre-Hapkido By Lee H. Park Martial Arts

10-15 years

Pre-Hapkido is an introduction class to Hapkido. It is geared towards kids 9-15 years old. This class provides the basic skills and foundation that students will need. As a result of the training, qualities like self-confidence, stress relief, and physical fitness develop naturally. In this class the students will be taught: Respect (Self & Others), Self-Defense Techniques, Humility, Falling Techniques, Throwing Techniques, Self-Discipline, Honesty, Kicking, Punching, Improved Health, Fitness and Power.

Fee: \$21 Resident / \$26 Non-Resident • Minimum: 8 Maximum: 15

9/15-10/20 T 6:45 p.m.-7:45 p.m.

Location: 623 S. Silver Springs Road, Cape Girardeau

Registration deadline: September 8



Tae Kwon Do by Lee H. Park Martial Arts

10-15 years

Basic kicking & punching techniques and entry level skill will be taught in this class.

Fee: \$21 Resident / \$26 Non-Resident • Minimum: None Maximum: 12

9/14-10/19 M 5:30 p.m.-6:30 p.m.

Location: 623 S. Silver Springs Road, Cape Girardeau

Registration deadline: September 8



ADULT SPORTS

Adult Tae Kwon Do by Lee H. Park Martial Arts

16+ years

Basic kicking & punching techniques and entry level skill will be taught in this class.

Fee: \$21 Resident / \$26 Non-Resident • Minimum: None Maximum: 12

9/14-10/19 M 7:30 p.m.-9:00 p.m.

Location: 623 S. Silver Springs Road, Cape Girardeau

Registration deadline: September 8



ADULT ARTS

Adult Cake Decorating

16+ years

Love baking cake for family and friends? Then cake decorating is the class for you! In this class, you will learn how to make buttercream icing and use it to create cakes for all types of celebrations. Participants will also learn how to make flowers, fill layered cakes, and transfer simple designs onto their cakes. All supplies will be provided. If you are ready to start creating sign up today!

Fee: \$30 Resident / \$35 Non-Resident • Minimum: 6 Maximum: 12

10/1 – 10/15 Th 5:30 p.m.-7:00 p.m. Shawnee Park Center

Registration deadline: September 22



at the Osage Centre

The Cape Girardeau Parks and Recreation Department is offering Pickleball at the Osage Centre. Anyone and everyone are welcome to participate. Participation will be free play and court availability will be first come first serve.

When: Weekdays, evenings, and weekends (varies depending on availability)

Cost: \$2.00 admission

Who: Everyone

See the pickleball calendar online at www.cityofcape.org/osagecentre

Outdoor courts are available at the Arena Park tennis courts!



For more information contact Heather at 339-6342 or hdavis@cityofcape.org

SENIOR CLASSES & EVENTS

L.I.F.E.

(Live It Fully Everyday!)

Join the Parks & Recreation Department on two fabulous trips!

Grand Rivers Kentucky trip to Patti's Settlement

Come join us on a day of fun; including, delicious food, spectacular entertainment, and an all around great time! We will take a charter bus ride to Grand Rivers, eat lunch at the famous Mr. Bill's, an extension to Patti's 1880's Restaurant, and see *Smoke on the Mountain* at the Badgett Playhouse! After the show you will be able to explore the shops and sites of Grand Rivers Kentucky! All ages welcome.

Fee: \$55

Sept. 5 Sat Bus leaves at 8:30 a.m. from Osage Centre



Fox Theatre Trip

Join us for a trip to the fabulous Fox Theatre in St. Louis to see *Wicked!* The bus will leave from the Osage Centre at 5:00 p.m., and the show starts at 7:30 p.m. Fee includes tickets to the show and a seat on the charter bus.

Fee: \$65

Dec. 10 Th Bus leaves at 5 p.m. from Osage Centre



Aqua Aerobics

This course is endorsed by the Aqua Fitness Professionals Association International (AFPAI) and taught by certified instructors. This class will focus on muscular endurance, cardiovascular fitness, flexibility and body composition.

Fee: \$20 resident (12 classes)/\$22 non-resident (12 classes)

Days: M, T, W, Th All classes at Central Pool.

Times: 6:45 p.m. - 7:30 p.m.

Line Dancing

Thought line dancing was limited to Country Western music? Not anymore! Modern Line Dance uses all genres of music. Basic Beginner dances are taught early in the evening with the level of dance increasing from Improver to Intermediate throughout the night. This is a drop in class; no prior experience required.

Fee: \$2 per class

Days: Thursdays All classes at 4-H Exhibit Hall.

Times: 6:30 p.m. - 9:00 p.m.

Strength Conditioning

This class focuses on strengthening the muscles. As we age, our muscles tend to get weaker and this class helps do just that. All levels welcome! Low impact.

\$3.50 daily • \$36 punch card (12 punches) • \$60 punch card (24 punches)

Check online at www.cityofcape.org/fitness, or at a Parks & Recreation facility for a calendar of dates, times, and locations.

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, people rehabilitating injuries, or people just getting started in aquatic exercise. Participants should have doctor's permission before starting any exercise routine.

Fee: \$17 resident (12 classes)/\$21 non-resident (12 classes)

Days: M, W, F All classes at Central Pool.

Times: 9:30 a.m.-10:30 a.m. or 11 a.m. - noon

Lo-Impact Aerobics

This class was designed for the active older adult, true beginner or people who may be limited physically. This class offers positive support, safe low-impact aerobics, music and fun. Your first class is free!

\$3.50 daily • \$36 punch card (12 punches) • \$60 punch card (24 punches)

Check online at www.cityofcape.org/fitness, or at a Parks & Recreation facility for a calendar of dates, times, and locations.

Zumba Gold

Zumba Gold was designed for the active older adult, true beginner or people who may be limited physically. This class is done at a much lower intensity than Zumba, although the same great Latin styles of music and dance are used.

\$3.50 daily • \$36 punch card (12 punches) • \$60 punch card (24 punches)

Check online at www.cityofcape.org/fitness, or at a Parks & Recreation facility for a calendar of dates, times, and locations.

recreation classes

Monthly Dances

L.I.F.E. (Live It Fully Everyday!)

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 from 7 p.m. - 10 p.m.

DATE	BAND
September 3.....	Manitou
October 8.....	Country Generation
November 5.....	All Stars
December 10.....	Jerry Ford Combo & Orchestra

\$4 per person

THERAPEUTIC CLASSES

GENERAL PROGRAM INFORMATION

Program size

Pre-registration required. Minimum of 8 participants required.

Agencies/group homes

Agencies and group homes must provide support staff when enrolling 2 or more participants. Your staff must assist our staff during the program.

AVAILABLE CLASSES

Alley Cats

10-99 years

Join us to learn basic skills in bowling! This class offers techniques as well as time for bowling games! Costs for games and shoes are included in fee.

Fee: \$30 Resident /\$35 Non-Resident • Minimum: 6 Maximum: 12

11/2 – 11/16 M 6 p.m. - 7 p.m.

West Park Lanes

Registration deadline: October 29



Craft Crazy

10-99 years

Love being crafty? Join us as we try a variety of projects like mosaics, scrapbooking and much more! Supplies included.

Fee: \$25 Resident /\$30 Non-Resident • Minimum: 6 Maximum: 12

9/29 – 10/20 T 6 p.m. - 7 p.m.

Osage Centre

Registration deadline: September 25



Ducktastic Creations

10-99 years

We've all heard that duck tape has thousands of uses and now we are going to prove it! Join us as we create our own usable items out of nothing but duck tape including albums, wallets and much more!

Fee: \$20 Resident /\$25 Non-Resident • Minimum: 6 Maximum: 12

9/29 – 10/13 T 6 p.m. - 7 p.m.

Osage Centre

Registration deadline: September 24



Dance the night away at the S.T.A.R. Barnyard Dance on November 19.

recreation classes

S.T.A.R. Special Therapeutic Activities in Recreation

★ What is it?

S.T.A.R. is a community therapeutic recreation program serving individuals who are unable to successfully participate in regular recreation programs. Most individuals with special needs may participate in S.T.A.R. programs.

★ Who's eligible to participate?

Persons of all ages who are in special education classes, workshops, or who have leisure needs not met by traditional recreation programs are eligible. This includes those varying degrees of developmental delays, mental and physical disabilities, learning disabilities, behavior disorders, emotional difficulties, and hearing or visual impairments.



UPCOMING EVENTS:

September Evening Hike

Date: Thursday, Sept. 17
Time: 6:00 p.m. – 8:00 p.m.
Place: Osage Centre



October Haunted Hall of Horror

Date: Friday, Oct. 23
Time: 6:00 p.m. – 8:00 p.m.
Place: 4-H Exhibit Hall



November Barnyard Dance

Date: Thursday, Nov. 19
Time: 6:00 p.m. – 8:00 p.m.
Place: 4-H Exhibit Hall



December Christmas With Friends

Date: Thursday, Dec. 3
Time: 6:00 p.m. – 8:00 p.m.
Place: 4-H Exhibit Hall

Southeast Area Special Olympics

Sports offered:

Aquatics, Basketball, Track & Field, Soccer, Softball, Bowling, Volleyball,
Floor Hockey & Power Lifting



WIN A NEW CHEVY SILVERADO



Win a truck & bucks!

7 finalists; 1 wins the truck, 6 win \$500.
Raffle benefits the athletes of Special Olympics Missouri

PROVIDED BY:



*Shop'n
Save*

For more info on the raffle and other ways to be a fan, visit www.somo.org or call 573-635-1660.



Special Olympics
**WORLD
GAMES**
LOS ANGELES 2015

Tim Kuntz represented
Team Missouri in softball.
Congratulations, Tim!

Interested in becoming a
Special Olympics Coach?
Join us at the Osage Centre on
September 19 for an information
meeting! To reserve your spot,
email Penny Williams at
williams@somo.org.

UPCOMING EVENTS

Poplar Bluff Bowling
Tournament – November 8

Cape Girardeau Bowling
Tournament – November 21

Farmington Bowling
Tournament – December 5

Tickets for the raffle
are available at:

- Special Olympics booth at
the SEMO District Fair
- Coad Toyota
- Coad Chevrolet

leagues

COACH'S CORNER: AMY GIBBS

What is your youth coaching background?

I started coaching Pre-K soccer in 2012 after a co-worker encouraged me to take on the challenge and I have never looked back. I now coach year round. Fall and spring soccer, softball, basketball and indoor soccer.

What makes you want to coach recreational sports?

I like to coach recreational sports because it is a learning opportunity for any age and it is wonderful to see how talent can be inspired and grow.

What advice would you give a new coach wanting to coach for the first time?

My best advice to give to a new coach is to not sweat the small stuff. I have a confession...I never played soccer a day in my life, did not like it, thought it was ridiculous, but I love it now. Every game and every practice is a learning opportunity for the kids you are coaching. If you are not having fun then they will not either. Have fun.

What philosophy do you believe works

best in making parents happy with kids' playing time?

All parents want to see their kids play and win. Kids need positive encouragement on and off the field from their parent and their coach. In recreational sports playing time should be equal, with that being said the player has to want to play and that's where the positive encouragement comes in.

How important do you feel winning is at the recreational sports level?

Winning is important! Winning is not everything! I like to win, but I would much rather see teamwork, sportsmanship and positive attitude. Youth sports is a way to learn a new sport and maybe one day become great at that sport. Youth sports is a way to learn how to function as a team, be competitive and want to win, but know that losing is ok too, stay in shape, build lifelong friendships and learn life lessons that you will always use. Remember what recreational means... the scouts will not be here. Relax.



A few words of advice.....

- Make it a team sport, that includes the parents.
- I don't care what the other team does, but my team will play by the rules and be ladies.
- Don't argue with the official, we play the game that he/she officiates.
- Never back down from what you know is right.
- Know what is right.
- You can't say hate until you are 34 years old, work a full time job and have three kids.
- Wall sits will make any team focus.

ADULT

Adult Football League

This 7 on 7 adult flag football league plays on Thursdays and Sundays. 1-3 divisions are offered, with division 1 being the most competitive. A manager's meeting will be held on Thursday, September 3 at 6:30 p.m. at the Osage Centre. Team sign-ups only. For more information, contact Adam Halter at ahalter@cityofcape.org.

Fee: \$250 per team

Sept. 27 Thurs & Sun Arena Park

Registration deadline: September 3



Get your friends together to compete in the adult flag football league.

Men's Fall Softball League

This men's adult softball league ranges from competitive division 1 to recreational division 3. Games are played Mondays, Tuesdays, and Thursdays. Team sign-ups only. There will be a manager's meeting on September 2 at 6:30 p.m. at the Osage Centre. For more information, contact Chris Eastridge at 573-339-6788.

Fee: \$225 per team

Sept. 14 Mon - Tues, Thurs Shawnee Park Sports Complex

Registration deadline: September 2



Coed Fall Softball League

This coed adult softball league ranges from competitive division 1 to recreational division 3. Games are played Mondays, Tuesdays, and Thursdays. Team sign-ups only. There will be a manager's meeting on September 2 at 6:30 p.m. at the Osage Centre. For more information, contact Chris Eastridge at 573-339-6788.

Fee: \$220 per team

Sept. 14 Mon - Tues, Thurs Shawnee Park Sports Complex

Registration deadline: September 2



Interested in bonding with your co-workers, or getting your friends together on a weekly basis?

Join our adult sport leagues to get active and have fun!

Indoor Co-ed Volleyball

Compete in the adult indoor volleyball league this winter! Power and intermediate divisions are offered. Power division consists of a strong level of play with structured offensive and experienced defensive systems. The intermediate division is for those that have played volleyball and have a general understanding of the rules. Games are played on Tuesdays and Wednesdays. There will be a manager's meeting on October 21 at 6 p.m. at the Osage Centre. Team sign-ups only. For more information, contact Cassie Essner at 573-339-6732.

Fee: \$250 per team

Nov. 3 (tentative) Tues & Wed Osage Centre
 Registration deadline: October 21



Love volleyball? Play in our Adult Co-ed Volleyball League!

Men's Basketball League

This men's basketball league offers five divisions of play from recreational to competitive. Games are played Monday through Thursday and Saturday and Sunday from January to March. There will be a manager's meeting on December 9 at the Osage Centre at 6 p.m. Team sign-ups only. For more information, contact Tony Weatherby at 339-6626.

Fee: \$330 per team

Jan. 3 Mon - Thurs, Sat - Sun Various locations
 Registration deadline: December 9



Your Sponsorship Sign Here!

Interested in expanding your business exposure?
 Consider a sponsorship sign in one of our sports venues!
 See page 42 for details.

YOUTH

NFL Flag Football League

Compete in the NFL Flag Football League! This league is offered to 5-13 year olds. Participants receive game flags and a replica NFL jersey. Games are played on Saturday afternoons and some Monday evenings. The registration deadline is August 28*. For more information, contact Tony Weatherby at 573-339-6626.

Fee: \$55

*A \$10 late fee will be applied between 22-28
 Sept. 26 Sat & Mon Arena & Osage Park
 Registration deadline: August 28



Girl's Youth Basketball League

Sign your team up for the girl's youth basketball league! This league is offered to 1st through 8th grade teams, and runs from January through February. Games are played on Saturdays. There will be a manager's meeting on November 12 at 6 p.m. at the Osage Centre. For more information, contact Heather Davis at 339-6731.

Fee: \$325 per team (Team entry only)

Jan. 2 Sat
 Registration deadline: November 13



Enter your team into the Girls Youth Basketball League now!

Thank you to our youth softball and baseball coaches!

Congratulations on another great season!

Boys Baseball League 2015

Presenting sponsor:



Coaches:

5 year olds

Jason Waggener
 Jamie Jackson/Ryan Ruesler
 Kenneth Lawrence/Nicholis Winters
 Justin Graham
 Brock Alspaugh
 Christopher Lee/Jessy Stuart

6 year olds

John Schneider
 Jason Mulholland
 Adam Bertrand/Britt Durham
 Dustin Hengst
 Mark Rubel/Jason Chavez
 Greg Dowdy/Wade Amelung

7 year olds

Matt Fullhart/Tim Edwards
 Kevin Orr/Darin Stageberg
 Michael Rich/Ryan Dooley
 Darin Hickey/Jason Bowers
 Jeremy Wulfers
 Robert Dodson/Kyle Shaffar
 Jeff Brune
 Mitch Ogles/Jerad Spain

8 year olds

Jeremy Walling
 Matt Gaeta
 Rick Schott
 Mitch Davis
 Brock Alspaugh
 Travis Klipfel

9 year olds

Mark Weber
 Mike Shenberg
 Ron MacCubbin
 Jason Waggener
 Travis Friga
 JP Clubb

10 year olds

Todd Roth
 Roy Diamond
 Allen Pearman
 Marty Vines

11&12 year olds

Mark Lanzotti
 Stuart Dohogne
 Mark Ahlvin
 Tim Powderly
 Keith Daum
 Wade Amelung
 Pat Young

13 year olds

Wade Amelung
 Dave Seabaugh
 Chris Harden
 Mark Harold
 Steve Criddle
14&15 year olds
 Todd Goodson
 Dave Wilson
 Jamie Moore
 Will Rogers
 Dennis Heider

Winners:

9 year old division

Regular Season:

T-1st Place – Blue Claws
 T-1st Place – Hot Rods
 T-1st Place – Rockhounds

9 year old division

tournament:

1st Place – Rockhounds
 2nd Place – Hot Rods

10 year old division

Regular Season:

1st Place – Grasshoppers
 2nd Place – Hot Rods
 3rd Place – Binghampton
 Mets

10 year old division

tournament

1st Place – Hot Rods
 2nd Place – Grasshoppers

11&12 year old

division Regular

Season:

1st Place – Blue Claws
 2nd Place – Binghampton
 Mets
 3rd Place – Burlington
 Bees

11&12 year old

division tournament:

1st Place – Binghampton
 Mets

2nd Place – Muckdogs

13 year old division

Regular Season:

1st Place – Marlins
 2nd Place – Cardinals
 3rd Place – Reds

13 year old division

tournament:

1st Place – Yankees
 1st Place – Reds

14&15 year old

division Regular

Season:
 1st Place – Tigers
 2nd Place – Dodgers
 3rd Place – Angels

14&15 year old

division tournament:

1st Place – Tigers
 2nd Place – Dodgers

Sponsors:

Cape Noon Optimist Club
 Pizza Hut
 Culver's of Cape Girardeau
 Innovative Solutions
 Howard's Athletic Goods
 Coad Chevrolet
 Cheekwood Studios
 Cape Youth Tackle Football
 At Your Service
 MDC Services
 Dr. Stan Williams
 IHOP
 Wood & Huston Bank
 Natural Health
 NIP Kelley Equipment
 SEMO Oral Surgery
 Kevin Vaught, MD
 Coad Toyota

Girls Softball League 2015

Presenting sponsor:



Instructional:

Ashley Poole
 Carson Freeman
 Shana Frick
 Megan McDonald
 Carrie Couch
 Joey Keys
 Candice Seabaugh
 April Birk
 Jessica Pattengill
 Johnny Carter

Rookie:

Amy Gibbs
 Chris Gibbs
 Justin McAlister
 Jeremy Greenley
 Christina Lewis
 Crystal Richey
 Chad Clippard
 Kyle Shaffar
 Justin Pattengill
 Cassie Pantan
 Carrie Patrick
 Mike Patrick
 Robert Michael
 Andrea Burford
 Alexis Burnette
 Amanda Strohmeier

AA:

Mike Patrick
 Carrie Patrick
 Tracey Thomas
 David Poe
 Ryan Dooley
 Keith Heuring
 Casey Sheehan
 Darin Stageberg
 Shawn King
 Stephen Dunning
 Casey Stuart
 Michael Biri

AAA:

Kassi Knight-Younger
 Chris Wallace
 Bruce Schmidt
 David Creech
 Terry Lawrence
 Saul Aguila
 Todd Kutz
 Mark Landewee
 James Colyer
 Beth Pletcher
 Ashlynn Collier
 Grace Mirly
 Matt Boxdorfer
 David Poe

Sponsors:

A&D Restoration
 Bowen Engineering & Surveying
 Burger King
 Cape Janitor Supply
 Cheekwood Studios
 Dobbs Tire & Auto Center
 Dr. Anne Heisserer
 EPIC
 goGreen Construction
 Hillin & Clark, P.C.
 Howard's Athletic Goods
 Innovative Orthodontics
 Jack R. Ruopp – Chiropractor
 Johnson, Schneider & Ferrell, LLC
 Law Offices of Jeff Dix
 Mole Man
 The Mattress Gurls
 Window World Cape Girardeau

AA Winners:

1st Place – Culvers
 2nd Place – goGreen
 3rd Place – Johnson, Schneider & Ferrell, LLC

AAA Winners:

1st Place – Mole Man
 2nd Place – Window World Cape Girardeau
 3rd Place – Dobbs Tire & Auto



fitness & wellness

Osage Centre Fitness Room

1625 N. Kingshighway, Cape Girardeau, MO
573-339-6342 • www.cityofcape.org/Fitness



HOURS OF OPERATION

Monday - Thursday	5 a.m. to 10 p.m.
Friday	5 a.m. to 6 p.m.
Saturday	9 a.m. to 4 p.m.
Sunday	Noon to 9 p.m.

ADMISSION

Fitness room	\$2 per visit
Indoor track	\$2 per visit
Gym walking	FREE
Discount admission card	\$16 (10 visits)

Shawnee Park Center Fitness Room

835 S. West End Blvd., Cape Girardeau, MO
573-339-6346 • www.cityofcape.org/Fitness



HOURS OF OPERATION

Monday - Friday	6 a.m. to 10 p.m.
Saturday	11 a.m. to 6 p.m.
Sunday	Noon to 9 p.m.

ADMISSION

Fitness Room	\$2 per visit
Gym walking	FREE
Discount admission card	\$16 (10 visits)

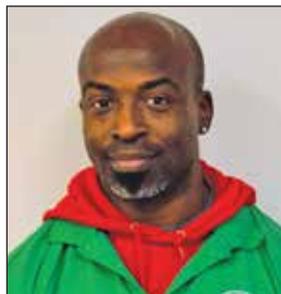
Osage Centre And Shawnee Park Center Amenities

- Free Weights • Selecturized Strength Machines • Cardiovascular Equipment
- Full Commercial Equipment

Meet our personal trainers...



Christine Paige



Shawn Taylor



Sam Irvin



Tamatha Crowson

PERSONAL TRAINING

Having trouble meeting your fitness goals? Our fitness staff can help!



Rates

Personal Trainer (individual)

30 min. session	\$20
Five 30 min. sessions	\$90
Ten 30 min. sessions	\$160
60 min. session	\$30
Five 60 min. sessions	\$135
Ten 60 min. sessions	\$240

Partner Training (cost per person)

30 min. session	\$20
Five 30 min. sessions	\$80
Ten 30 min. sessions	\$140
60 min. session	\$30
Five 60 min. sessions	\$120
Ten 60 min. sessions	\$210

Group Training (cost per person)

30 min. session	\$20
Five 30 min. sessions	\$75
Ten 30 min. sessions	\$130
60 min. session	\$30
Five 60 min. sessions	\$112.50
Ten 60 min. sessions	\$195

Standalone Fitness Assessment*

One session	\$20
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*No training package commitment required

Call Christine at 339-6604 to schedule an appointment or for more information on personal training.

GROUP FITNESS CLASSES

Group fitness classes are offered at multiple locations and times. For a monthly calendar, go to www.cityofcape.org/fitness for class information. Classes are \$3.50 per class, or a 12-class punch card can be purchased for \$36, or a 24-class punch card can be purchased for \$60. Not sure about a class? Don't worry, the first class is free!

Abs & Arms

This 30 minute class is a great way to spend your lunch break. Strengthen your arms and core with a variety of exercises to target each muscle.

Body Sculpting

Body Sculpting focuses on strengthening your muscles through a fun setting while pushing yourself! A great way to get your full body workout in!

Cardio Circuit

Circuit gets your workout in stations of strength and cardio to get a full workout in just a 45 minute class.

Cardio Drumming

Try this new and exciting class! Get a great cardio workout with drum stick, stability balls and buckets as you beat to the rhythm! Burn calories while having fun!

Cardio Kickboxing

Mix up your routine with this energetic kickboxing class to target strength, cardio, balance, and flexibility. This high intensity workout is a great class and made to fit all fitness levels. You will stay challenged throughout this workout.

Insanity

This class will alternate between cardio intervals, plyometric, and strength to build your endurance and push yourself to the next level.

Lo-Impact Aerobics

This class was designed for the active older adult, true beginner or people who may be limited physically. This class offers positive support, safe low-impact aerobics, music and fun.



Enjoy a great workout with a cardio kickboxing class!

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.

RIPPED

RIPPED is a new take on interval training. You will perform long bursts of maximum-intensity exercises with short periods of rest. You will stay constantly challenged as you alternate between aerobic and anaerobic intervals.



Our classes are taught by certified instructors.

Rockstar Fitness

RockStar Fitness is a dance fitness class incorporating elements from Zumba, boxing, calisthenics, strength and flexibility. Fun routines to songs from the 70's to today!

Step Aerobics

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

Strength Conditioning

This class focuses on strengthening the muscles. As we age, our muscle tends to get weaker, and this class helps combat that! All levels welcome! Low impact.

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.



For a monthly group fitness calendar, go to www.cityofcape.org/fitness

Zumba Gold

Zumba Gold was designed for the active older adult, true beginner or people who may be limited physically. This class is done at a much lower intensity than Zumba, although the same great Latin styles of music and dance are used.

Zumba

A dance based fitness class; inspired by traditional Latin-based music including, salsa, samba and meringue. It has people of all ages falling in love with its infectious music, easy-to-follow dance moves and body beautifying benefits.



HOLIDAY FITNESS CHALLENGE

Earn extra cash when you maintain or reduce your weight during the holidays!

Trying to lose weight or even maintain weight during the holidays can be a challenge. Enter the Holiday Fitness Challenge to help you stay motivated and focused on healthy habits this season.

HOW TO PLAY:

1. Register and pay \$5 cash at the front desk (\$5 will go into the prize pot)
2. Weigh in with Christine, November 15-21, and set your personal fitness goal
3. Exercise and eat right during the holidays!
4. Come in for your final weigh-in January 3-16

HOW TO WIN:

1. Maintain or lose weight and get a chunk of the cash prize pot (prize pot will be divided equally among winners)

For more information, contact Christine Paige at 339-6604.

HEALTH & WELLNESS SEMINARS

Come join Christine and a guest speaker to learn about an exciting topic to help reach your health and wellness goals! Check out the fitness webpage at cityofcape.org/fitness for the latest wellness seminar information.

AQUATIC FITNESS CLASSES

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, people rehabilitating injuries, or people just getting started in aquatic exercise. Participants should have doctor's permission before starting any exercise routine.

Fee: \$17 resident (12 classes)/\$21 non-resident (12 classes)

Days: M, W, F All classes at Central Pool.

Times: 9:30 a.m.-10:30 a.m. or 11 a.m. - noon

Aqua Aerobics

This course is endorsed by the Aqua Fitness Professionals Association International (AFPAI) and taught by certified instructors. This class will focus on muscular endurance, cardiovascular fitness, flexibility and body composition.

Fee: \$20 resident (12 classes)/\$22 non-resident (12 classes)

Days: M, T, W, Th All classes at Central Pool.

Times: 6:45 p.m. -7:30 p.m.

H2O Boot Camp

Experience a boot camp workout in the water! Workouts include water resistance exercises, circuit training to burn fat and tone muscle and other cardio and core exercises for total body workout.

Fee: \$3.25 Daily fee • 12 punch card: \$36/24 punch card: \$60

Days: T & Th All classes at Central Pool.

Times: 6 p.m. - 7 p.m.

HOLIDAY COOKING CLASS

Holidays are always challenging when it comes to family gatherings, all the tempting treats, work parties, and the cheerful times. Take a step this year in preparing your favorite dishes a bit healthier without your guests even knowing it! Join us for some great tips on how you can keep your holidays healthy this year with this cooking demonstration and learn some of Christine's secrets! Contact Christine at 339-6604 for more information.



Utilize our fitness rooms for your workout needs!

2016 HEALTH & WELLNESS EXPO

New Year, New You!

January 7, 2015

Osage Centre

3 - 7 p.m.

FREE Admission

FREE for the community. Something for the entire family: wellness booths, free wellness screenings, raffle prizes, child care, group fitness demonstrations, health seminars, cooking demos and more! Come find out how to start leading your new healthy lifestyle at the Health & Wellness Expo!

Contact Christine for more information at 339-6604.



Central Municipal Pool

1920 WHITENER • CAPE GIRARDEAU • 573-335-4040



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.
- Swim Diapers Must be worn by infants and toddlers and may be purchased at the front counter for \$1.75.
- Parents must supervise children in flotation devices by being within arms length of the child at all times.
- No blow-up rafts or Styrofoam water noodles will be allowed.
- Facility staff reserves the right to restrict any flotation devices that are determined to be unsafe or improperly used.
- Central Municipal Pool will be closed periodically for special events. Closures are listed and will be posted on bulletin boards inside Central Pool.

Pool Hours

Fall & Winter beginning Sept. 28, 2015

Mon. - Fri. 5 p.m. - 8 p.m.
Sat. - Sun. 1 p.m. - 5 p.m.

Admission

Adults \$3.25
Children \$2.50
Seniors \$2.75

Coupon books

Adults \$60
Children \$45
Seniors \$50

Fitness Swim

During scheduled fitness swims, the pool is available for lap swimming and other fitness activities. Although there is no minimum age requirement for admission, 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.

Fitness Swim days & times

Mon. - Fri. 5 a.m. - 7 a.m.
11:30 a.m. - 1 p.m.
Sat. 9 a.m. - 11 a.m.
Sun. 5:30 p.m. - 7:30 p.m.

Fitness Swim Admission

Adults \$3.25
Children \$2.75
Seniors \$2.50



POOL CLOSURES & EVENTS

- | | |
|-------------|--|
| Aug. 13 | Reduced hours take affect |
| Aug. 25 | Tigers Quad Meet, 4pm - Closed 5-8pm |
| Sept. 1 | Tigers vs Vianney 4pm - Pool Closed 5-8pm |
| Sept. 21-27 | Pool Closed for Fall Maintenance |
| Oct. 2 | Swim Meet Setup - Pool closed |
| Oct. 3 | Cape Rock Invitational-Pool Closed All Day |
| Oct. 4 | RCA Endurance Challenge Swim Meet - Pool Closed All Day |
| Oct. 8 | Tigers Quad Meet - Pool Closed 5-8pm |
| Oct. 14 | Notre Dame Tri Meet - Pool Closed 5-8pm |
| Oct. 20 | Tigers v Notre Dame - Pool Closed 5-8pm |
| Oct. 29 | Conference Meet - Pool Closed 5-8pm |
| Nov. 6-8 | RCA Great Times Invitational - Pool Closed - Friday afternoon-Sunday Night |
| Nov. 26 | Thanksgiving - Closed |
| Dec. 1 | Tigers Mega Meet, Pool Closed 5-8pm |

Pool closures are subject to change.



HOURS & PRICING

Reduced Facility hours

Aug. 13 - Labor Day

Saturdays	11 a.m. – 6 p.m.
Sundays	Noon – 6 p.m.

Admission

Children 13 & under	\$6
14 & older	\$7
60 & older	\$6
Under 1	Free

Purchase a gift card for a holiday gift!

Thank you for a great summer!



Look for Cape Splash Lights during the holidays!

AQUATIC FITNESS CLASSES

Combine low impact aerobics and high impact energy with four feet of water and watch the transformation. No matter what your age or fitness level, you can achieve total body fitness through aquatic exercises that strengthen and tone muscles and improve aerobic endurance.

Fee: Participants can purchase a 12-class punch card, which allows them 12 visits to classes. There is no time limit for using 12 punches.

Aqua Aerobics

This course is endorsed by the Aqua Fitness Professionals Association International (AFP AI) and taught by certified instructors. This class will focus on muscular endurance, cardiovascular fitness, flexibility and body composition.

Fee: \$20 resident (12 classes)/\$22 non-resident (12 classes)

Days: M, T, W, Th All classes at Central Pool. Starting Sept. 28

Starting Sept. 28

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Fee: \$17 resident (12 classes)/\$21 non-resident (12 classes)

Days: M, W, F All classes at Central Pool. Starting Sept. 28

Times: 9:30 a.m.-10:30 a.m. or 11 a.m. - noon

LEARN TO SWIM

The Parks and Recreation Department will be offering two new swim lesson formats this fall season. Group lessons will run from Oct. 12 - Nov. 4, Mondays through Wednesdays, 6-6:45 p.m. Private swimming lessons are also available. Contact Central Municipal Pool at 335-4040 or the A.C. Brase Arena at 339-6340 for more information. Residents \$35/Non-resident \$40.

Registration deadline is Oct. 9 at noon

CLASSES	AGES	PRE-REQUISITES	SKILLS TAUGHT
Pre-School Aquatics	3 to 5 years old	None	For younger swimmers in between Parent and Child Aquatics and the youth levels. Focuses on safety, buoyancy and independence in water.
Youth Level 1 Intro to water skills	4 to 14 years old	None	Elementary aquatic skills including entries and exits, safe practices, and other necessities for successful swimming progression.
Youth Level 2 Fundamental Aquatic Skills	4 to 14 years old	Level 1 completion	Focuses on locomotion skills and touches on some self help and basic water rescue skills.
Youth Level 3 Stroke Development	4 to 14 years old	Level 2 completion	Introduces the butterfly stroke, treading water, and head-first entries into the water from the pool side.
Youth Level 4 Stroke improvement	4 to 14 years old	Level 3 completion	In addition to stroke progression, students will work on their endurance as well as be introduced to turning at the wall of the pool.
Youth Level 5 Stroke refinement	4 to 14 years old	Level 4 completion	Students will refine their front crawl, back stroke, butterfly, side stroke, breast stroke and elementary back stroke. Introduction to flip turns.
Youth Level 6 Swimming & Skill Proficiency	4 to 14 years old	Level 5 completion	Introduces fundamentals of diving, develops fitness swimming, and some basic life guarding skills.
Adult Swimming	14 & up	None	Includes water adjustment, skills development or refinement. Students will be taught according to their skill level.
*Adult Swimming	14 & up	None	Resident \$40 Non-resident \$45

*ADULT SWIMMING: RESIDENTS \$40/NON-RESIDENTS \$45



CENTRAL MUNICIPAL POOL - PRIVATE SWIM LESSONS

You should consider scheduling private swimming lessons with our department if...

- Your child is more comfortable in a "one on one" setting
- Your child learns quicker with less distraction
- Your child is not competitive by nature
- Your child needs more practice time
- Adult wishing to improve their skills from beginning to advanced

Private Swim Lessons -

- One-on-one private swim instruction.
- \$45 for three 45 minute sessions.
- Times and days are determined on the availability of the student, instructor, and facility space.

Jaycee Municipal Golf Course



facebook.com/jayceegolf
3280 Perryville Road
573-334-2031



PROMOTIONS

Unlimited Twilight

Weekdays after 5:30 p.m.: \$20
Weekends after 4 p.m.: \$24

Happy Hour Golf

(25% Discount on green fees)

Monday - Thursday
May through September
1:30 p.m. - 5:30 p.m.
Green fees: \$12 (regularly \$16)

Happy Hour Golf with cart

18 holes + cart: \$24 (regularly \$30)
9 holes + cart: \$18 (regularly \$22)

College Students

(Good with any college ID. Green fees only, does not include cart)

Weekdays: \$10
(11 a.m. to 4 p.m.)
Weekends: \$12
(after 2 p.m.)

HOURS & PRICING

Hours: Open seven days a week, dawn to dusk – weather permitting

Greens Fees (for 9 or 18 holes)

Weekday \$18
Weekend & holiday \$20

Golf Cart/Golf Club Rental

9 holes (per rider) \$6
18 holes (per rider) \$12
2nd 9 holes \$6
Private carts \$10
Pull carts \$3
Bag \$6

Memberships (2015)

Individual \$610
Family \$830
Sr. Citizen single (60+) \$395
Sr. Citizen family \$610
(60 + One spouse over 60)
Jr. Individual \$222
20 Player pass \$290
20 Private cart \$190

All memberships will be good for one year from date of purchase.

Greens fees + cart

Weekday GF + 9 holes \$22
Weekday GF + 18 holes \$30
Weekend GF + 9 holes \$24
Weekend GF + 18 holes \$32

Annual Cart Pass

Take advantage of the cart pass and play as much as you want all year long. A great deal for year-round players, with the cost averaging less than one round per week. For warm weather players, you can play as much as you want from May through September. Save time checking in, save money and play more.

Annual pass \$550+ membership
2-person family \$825
Additional family \$200

All cart passes will be good for one year from date of purchase.

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

2015 Tournaments

jaycee municipal golf course



10th Annual Senior 2-MAN SCRAMBLE



Location: Cape Jaycee Municipal Golf Course
Date: September 24, 2015
Time: 8 a.m. shotgun start
Fee: \$80 per team (includes cart fees, green fees & lunch)

Tournament is open to individuals age 60 and over. Prizes are awarded to top three finishers in three flights (depending upon number of entries). Additional prizes go to longest drive, longest putt, and closest to pin. Lunch will be served. Tournament is open to first 40 teams & there must be a minimum of 20 teams.

REGISTRATION DEADLINE IS SEPTEMBER 22

20th Annual Autumn Open 4-PERSON SCRAMBLE

Presenting Sponsor



Location: Cape Jaycee Municipal Golf Course
Date: September 12, 2015
Time: 8 a.m. shotgun start
Fee: \$160 per team (cart not included)

Tournament is open to men, women and mixed teams. Prizes are awarded to top three places in four flights (depending upon number of entries). Additional prizes go to longest drive, longest putt, and closest to the pin (on par 3 holes). Breakfast and lunch will be served. Tournament is open to first 40 teams.

REGISTRATION DEADLINE IS SEPTEMBER 3

3rd Annual NIGHTFALL

GLOWBALL



Thank you to our 2015 sponsors!

Presenting Sponsor:



Harris Lawn Services
 Elias Ace Hardware
 Cape Electrical Supply Company
 Cape Noon Optimist Club

All proceeds benefit improvements to the Jaycee Municipal Golf Course.

parks & facilities

Welcome to Cape Girardeau Parks & Facilities

The City of Cape Girardeau Parks and Recreation Department oversees 25 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 vista's 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. Whenever 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...and remember to **PLAY CAPE!!**



Capaha Lake Rose Garden.

PARK LOCATOR MAP



- 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 Redhaws 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. Delaware Park (Sprigg Street and Lexington Ave.)** An 18 acre undeveloped park.
- 8. 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.
- 9. Fountain Park (West of Cape Rock Drive)** A small mini-park that contains a water fountain with golf 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.
- 10. 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.
- 11. Groves Park (Jean Ann Drive)** A 1.8-acre park consisting of one mini-shelter and one playground area.
- 12. 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.
- 13. Jaycee Golf Course**
- 14. Kiwanis Park (Rotary Drive off of Perryville Road and Lexington Avenue)** The park is 55.8 acres and was acquired by the City in 1972. It has three shelters, one pick-up baseball field, one small pond, one play structure and one restroom facility. Home of Dogtown Dog Park.
- 15. May Green 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.
- 16. 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.
- 17. 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.
- 18. 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.
- 19. Ranney Park (Ranney Street and William Street)** One shelter and six picnic tables are located on this 1.2 acre neighborhood park. The new Mississippi Bridge route passes just north of this park.
- 20. Red House Interpretive Center (South Main Street at the intersection of Main and William)** Historic Representation of Cape's Founder, Louis Lorimier and his trading post. Tours and events May – September.
- 21. 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.
- 22. Rockwood Park (Rockwood Drive)** 1.9-acre natural area that consists of outcroppings of limestone.
- 23. 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.
- 24. 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.
- 25. Washington Park (Washington Lane and Middle Street)** - A 3.3-acre neighborhood park containing one shelter and one play structure.

13. Jaycee Municipal Golf Course This course began as a 9-hole layout in the late 1970's. It now features 18-holes of Bermuda fairways and Bent Grass greens. Featuring hilly, tree-lined fairways, water on 11 holes, 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 weather permitting) after the highly successful renovations in 2010.

14. Kiwanis Park (Rotary Drive off of Perryville Road and Lexington Avenue) The park is 55.8 acres and was acquired by the City in 1972. It has three shelters, one pick-up baseball field, one small pond, one play structure and one restroom facility. Home of Dogtown Dog Park.

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25. Washington Park (Washington Lane and Middle Street) - A 3.3-acre neighborhood park containing one shelter and one play structure.



Shawnee Park Center Community Garden.



Recreational Trails



Multi Purpose Paved Trails in Cape Girardeau

Cape Girardeau is home to a great trail system that you can take advantage of with your family for exercise and fun! Starting in 1993 the City Of Cape embarked on a mission to develop a trail system throughout the city with the Cape La Croix Recreational Trail which is now up to 5.67 miles long and extends from the Missouri Conservation Department Nature Center property on the North end to the Shawnee Park Sports Complex on the South end.

Along with the Cape La Croix Trail system the City of Cape has two other sections of paved trails. **The Bloomfield Road Trail** is a 3/4 mile trail along Bloomfield Road starting at Stonebridge Lane to Benton Hill Road. There are plans to extend this trail another mile in the near future.

Riverfront Park Trail located on the Mississippi River banks flood wall just east of Broadway Street and Water Street has a 1.2 mile walking trail that travels along the Riverfront from Downtown Cape Girardeau north to Sloan Creek and the Isle of Capri Casino. Current plans include adding a bridge across Sloan Creek to the north and connecting with the Missouri Department of Conservations Red Star Landing.

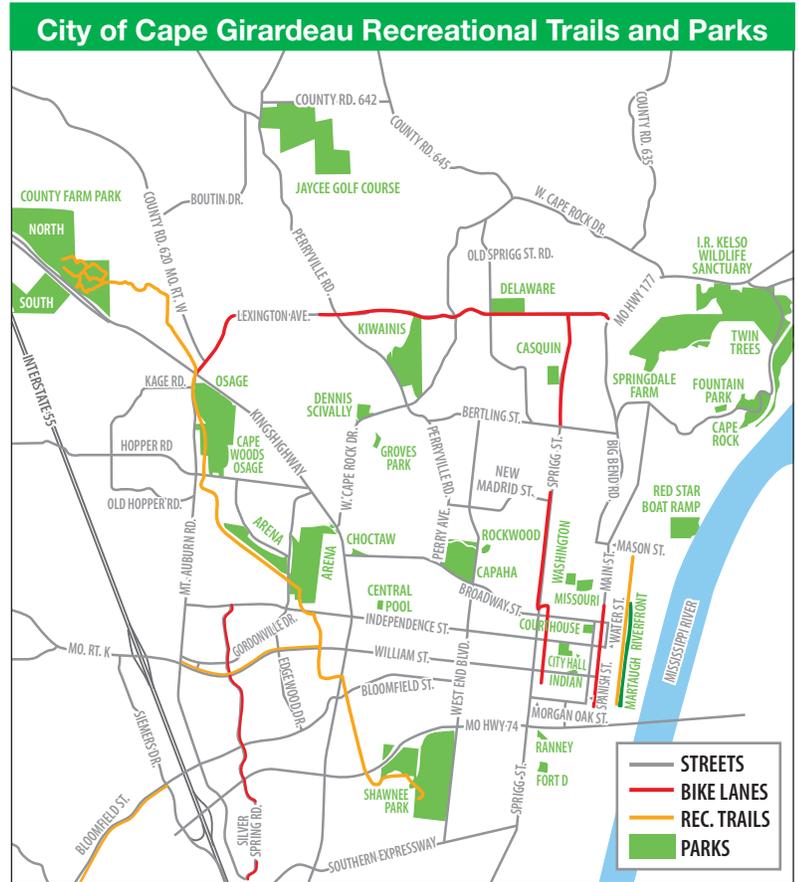
Route "K" Connector connects people who want to walk or bike to the mall area shops and restaurants to the Cape LaCroix Trail and Kingshighway area. This trail is eight feet wide and starts/ends at Mt. Auburn Road and William on the north side down to where it connects with the Cape LaCroix Trail by Cape Bicycle. A new pedestrian bridge was also added allowing crossing of the creek over the Schnucks/Kmart Shopping Plazing.

INCLEMENT WEATHER: Parks and Recreation Staff make every effort to clear the Cape LaCroix Trail and all of our trails, parks and paths from debris and snow as quickly as possible. Please use care and caution using these facilities during periods before, during and after bad weather. Please report any problems or issues to the City Parks and Recreation Administrative office at 573.339.6340.



Capaha Park in the Fall.

Share Cape Girardeau's roads with all of our 2 and 4-wheeled neighbors. A grant from the Missouri Foundation for Health made it possible to add bike lanes to nearly 16 miles of city streets, but bicycles are welcomed on all streets. Motorists and cyclists should obey ALL of Missouri's traffic laws, and wearing a helmet when biking is encouraged. For more info, route maps and more, visit cityofcape.org/ridethecity.



Cape La Croix Recreational Trail Distances (North to South)

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 Bridge37 mile
Hopper Road bridge to Rodney Street Bridge	1.10 miles
Rodney Street Bridge to Independence Street Bridge42 mile
Independence Street Bridge to William Street Bridge27 mile
William Street Bridge to Bloomfield Road Bridge.....	.47 mile
Bloomfield Road Bridge to Brink Street Access22 mile
Brink Street Access to Shawnee Park Soccer Field Bridge.....	.97 mile
Shawnee Park Bridge to Linden36 mile

TOTAL 6.03miles

OTHER PARKS AND RECREATIONAL TRAILS

Downtown Riverfront Park Walkway (from end to end)	1.25 miles
Sidewalk around Capaha Park90 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 Trail75 miles

Park Programs and 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. 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
- Tournaments/Competitions

Picnic Shelter Reservations

Looking to reserve a shelter in one of our city parks for a picnic or family gathering? Our shelters hold anywhere from 10-100 people depending on the location. You may reserve a shelter at the Parks and Recreation Main Office at 410 Kiwanis Drive at the A. C. Brase Arena located in Arena Park for the following locations: Arena Park, Capaha Park, Dennis Scivally Park, Kiwanis Park, Indian Park, Choctaw Park, Ranney Park and Washington Park.

For more information on shelter sizes, fees

and amenities, view our online portal at cityofcape.org/parks or call 573.339.6340. Reservations must be made in person only and all fees are non-refundable.

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 \$300 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.

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 mile of trails just waiting to be adopted. Please contact us today if you are interested or if you have additional questions.

City Cemeteries

The City of Cape Girardeau Cemetery Office is located at 1836 Caruthers Drive. For information you may contact the cemetery office at 573-334-1917 or the main Parks and Recreation Office at 573-339-6340. Mailing address for City of Cape Girardeau Cemeteries is 410 Kiwanis Dr. Cape Girardeau, Mo. 63701.

- Historic Old Lorimier Cemetery was established in 1808 by Louis Lormier. 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 that was in 1917. All crypts and plots have been purchased.
- Fairmont Cemetery was established in 1883. It sets adjacent to New Lorimier Cemetery and is also a family cemetery.

SEMO District Fair History

Did You Know that the Southeast Missouri District Fair actually got its start in 1855 after the Missouri General Assembly in 1853 provided support for the creation of the Missouri Agricultural Society? Funding was provided for agricultural shows and events in the different regions of Missouri at that time which helped establish our original fair grounds which were located near the original St. Francis Hospital site near Good Hope Street. During the Civil War the fair was suspended and the grounds were used by soldiers as an encampment area. In 1870 the fair was reorganized and a new location established on the west side of south Kingshighway and Old Gordonville Road. This was so far out of town at the

time that it made the fair hard to get to but it remained until 1895 when the fair again disbanded until 1897 when the Cape County Parks & Fair Association reorganized and held the Fair at the new Fairground Park now known as Capaha Park, also a previous encampment for Native American tribes. The fair enjoyed success through the turn of the century until 1929 when the organization once again disbanded. The rebirth of the SEMO District Fair happened in 1940 at its current location in Arena Park along with the construction of the Arena Building by the Works Projects Administration. The SEMO District Fair has enjoyed 75 years of ongoing success and brought thousands of fair goers to Cape Girardeau over the years.

Remember when?



The theme for this year's fair is "We have a good thing growing"so let's join in celebrating this great tradition at one of the "Happiest Places" in Southeast Missouri!

Welcome to Cape Girardeau Recreational Facilities



A. C. Brase Arena

410 Kiwanis Dr.
Cape Girardeau • 573-339-6340
Supervisor: Tony Weatherby

Rental

Non-profit

Deposit (applied to rental)	\$360
Rental fee per day	\$360
Rental fee after midnight	\$64/hour
Concessions	\$0
Set-up and cleanup	\$20/man hr.

Commercial

Deposit (applied to rental)	\$680
Rental fee per day	\$680
Rental fee after midnight	\$64
Concessions	\$650
Set-up and cleanup	\$20/man hr.
20% Gross sales on dry goods	

The Cape Girardeau Parks and Recreation Foundation Rental Equipment:

Kitchen	\$100/day
Tables (inside)	\$1.50/day
Tables (outside)	\$2/day
Round Tables (inside)	\$2/day
Chairs (inside)	\$.25/day
Chairs (outside)	\$.50/day
Piano	\$10/day
Risers 16" high 4x8 ft.	\$4/day
Concession Bar	\$5/day
Extension Cord	\$5/day
Sign	\$25/event
Spotlight	\$20/ea.
P.A.	\$10/day
Ice	\$1/bag

For more information

Contact Tony Weatherby at
573-339-6340.



Banquet style set up



4-H Exhibit Hall

Behind A.C. Brase Arena,
Cape Girardeau • 573-339-6340
Supervisor: Tony Weatherby

Specs

40 x 85 square foot building

Amenities

Building and equipment available for rental. Can be rented in conjunction with the A.C. Brase Arena.

Rental

12 hour rental	\$325.00*
8 hour rental	\$275.00*
4 hour rental	\$150.00**
Building rental in addition to the A.C. Brase Arena Rental \$150.00**	

* all inclusive rental

** price includes usage of building only, equipment fees are additional.

For more information

Contact Tony Weatherby at
573-339-6340.



4H Building has versatile space for many types of events.



Osage Centre

1625 N. Kingshighway
Cape Girardeau • 573-339-6342
Supervisor: Heather Davis

Facility hours

M-Th:	5 a.m. - 10 p.m.
F:	5 a.m. - 6 p.m.
Sat:	9 a.m. - 4 p.m.
Sun:	Noon to 9 p.m.

Facility Rental

Main floor

6 a.m. to Midnight	
Non-profit Groups	\$900/day
Commercial Group	\$1,400 day

Main floor & meeting rooms combined

Convention or Non-profit	\$1,450/day
Commercial Group	\$1,950/day

Meeting rooms:

Room 3D 21x23	\$44 (1hr)	\$95 (1hr)	\$150 (12hr)
Room 3C 32x32	\$50 (1hr)	\$125 (6hr)	\$180 (12hr)
Room 2A or 2B 40x30	\$55 (1hr)	\$150 (6hr)	\$205 (12hr)
Room 2AB 40x60	\$66 (1hr)	\$205 (6hr)	\$260 (12hr)
Room 3A or 3B 31x60	\$70 (1hr)	\$170 (6hr)	\$230 (12hr)
Room 3AB 60x62	\$100 (1hr)	\$280 (6hr)	\$400 (12hr)

Equipment rental

(applies to main floor rentals only)

Tables	\$4/table
Chairs	\$.50/chair
Risers	\$5/day
PA System	\$52.50/day
Digital Marquee Sign	\$45/day
Ice	\$1.25/bag
Cleanup	\$25/man hour

Court rental

Half Court	\$15 per hour + \$2 Admission
Full Court	\$25 per hour + \$2 admission
Volleyball	\$15 per hour + \$2 admission

For more information

Contact Heather Davis at
573-339-6731.



Shawnee Park Center

835 S. West End Blvd.
Cape Girardeau • 573-339-6346
Supervisor: Chris Eastridge

Facility hours

M-F:	6 a.m. - 10 p.m.
Sat:	11 a.m. - 6 p.m.
Sun:	Noon - 9 p.m.

Specs

■ Main Floor (does not include set-up, clean up, tables and chairs)

■ Meeting Rooms (includes set-up, clean up, tables and chairs)
2 - 26'x28' meeting rooms
1 - 26'x56' meeting room
1 - 26'x28' activity room

Facility Rental

Non-profit (main floor)

Rental fee per day*	\$300
Setup (optional)	\$17/man hour
Cleanup	\$17/man hour

Commercial (main floor)

Rental fee per day*	\$600
Setup (optional)	\$17/man hour
Cleanup (8 hour minimum)	\$650
Dry goods resale buyout	\$650

Main floor & meeting rooms combined

Not for profit base rental rate	\$525
Commercial base rental rate	\$800

*Does not include set-up, clean up, tables and chairs.

Equipment rental

Kitchen	\$100/day
Tables (rectangle)	\$1.50/day
Tables (round)	\$2/day
Chairs	\$.25/day
Risers 16" high 4x8 ft.	\$4/day
Ice	\$1/bag
Hot dog cooker	\$15/day
Popcorn machine	\$20/day
Coffee pot	\$10/ea.

Court Rental

Half court: \$15 per hour + \$2 admission
Full court: \$25 per hour + \$2 admission

For more information

Contact Chris Eastridge at
573-339-6346.

Check us out for all your facility needs!



Shawnee Park Sports Complex

1157 S. West End Blvd.
Cape Girardeau • 573-339-6788
Supervisor: Kaed Horrell

Field rentals

First field: \$180
Each additional field: \$110
■ A minimum of two (2) fields shall be rented and fees will be due five (5) working days before rental date.

Damage deposit

\$250 damage deposit which will be returned if no damages occur.

Reservations

Reservations must be made five working days before rental date and require the deposit and a signed contract

For more information

Contact Kaed Horrell at 573-339-6340.



The Shawnee Park Sports Complex offers softball and soccer fields.

CALL NOW
to reserve facilities for your

- 2016 tournaments
- field rentals
- company social functions



Cape Splash

1565 N. Kingshighway,
Cape Girardeau • 573-339-6343
Supervisor: Patrick Watson

Facility hours

Closed for the season Sept. 8
Reduced Hours (as of Aug. 13):
Saturday 11 p.m. - 6 p.m.
Sunday 12 p.m. - 6 p.m.
Open Labor Day 12 p.m. - 6 p.m.

Amenities

Season passes, pay-as-you-go lockers, party gazebo, splash pad, leisure pool, water playground, vortex pool, water slides, lazy river, dining terrace, full-service concessions, family changing rooms, restrooms and showers

Daily rates

Children 13 & under	\$6
14 & older	\$7
60 & older	\$6
Under 1	FREE

Season pass

Individual child pass	\$115
Individual adult pass	\$150
Individual senior pass	\$115
Family Pass for 4	\$225
Each additional family member	\$25

Family pass guidelines

Family of four passes are applied to residents of the same address only.

For more information

Contact Patrick Watson at
573-339-6340



Central Municipal Pool

1920 Whitener St.
Cape Girardeau • 573-335-4040
Supervisor: Patrick Watson

Public hours

Winter hours take effect September 28
Mon. - Fri. 5 p.m. - 8 p.m.
Sat. - Sun. 1 p.m. - 5 p.m.

Lap swim

Mon. - Fri	5 a.m. - 7 a.m. 11:30 a.m. - 1 p.m.
Sat.	9 a.m. - 11 a.m.
Sun.	5:30 p.m. - 7:30 p.m.



Amenities

Central Municipal Pool is a year-round aquatic facility, which is housed by an insulated bubble for the fall, winter & spring months. Recreational and competitive swimming, aquatic fitness, instructional classes, water safety training and a vast array of other activities are offered in the bubble. The facility features a 25-yard by 50-meter Olympic size pool with two one-meter diving boards and a three-meter board.

Admission

Children 13 & under	\$2.50
14 & older	\$3.25
60 & older	\$2.75

Coupon books

Children 13 & under	\$45
14 & older	\$60
60 & older	\$50

For more information

Contact Patrick Watson at
573-339-6340



Jaycee Municipal Golf Course

3280 Perryville Rd
Cape Girardeau • 573-334-2031
Supervisor: Adam Halter

Facility hours

Open 7 days a week - dawn to dusk - weather permitting.

Fees

Greens fees (for 9 or 18 holes)

Weekday	\$18
Weekend & holiday	\$20

Golf cart rental

9 holes (per rider)	\$6
18 holes (per rider)	\$12
2nd 9 holes	\$6
Private carts	\$10
Pull carts	\$3

Memberships (2015)

Individual	\$610
Family	\$830
Sr. Citizen single (60+)	\$395
Sr. Citizen family (60 + One spouse over 60)	\$610
Jr. Individual	\$222
20 Player pass	\$290
20 Private cart	\$190

Greens fees + cart

Weekday GF + 9 holes	\$22
Weekday GF + 18 holes	\$30
Weekend GF + 9 holes	\$24
Weekend GF + 18 holes	\$32

Rentals

Cart pass	\$550
Family cart (2 persons)	\$825
Each additional	\$200

For more information

Contact Adam Halter at
573-334-2031.

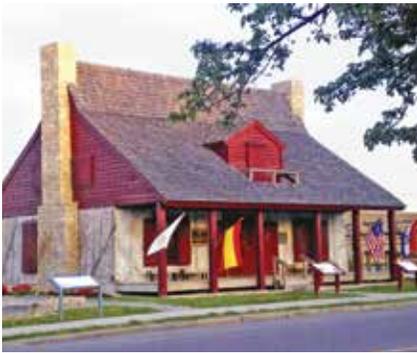


Cape Girardeau Historical Sites

Red House Interpretive Center

Main Street 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. There is a lot to learn at the Red House Interpretive Center! Come and see us!



Admission

Adults	\$3
Children	\$1

Hours of operation

Saturdays during May through October from 10 a.m. - 4 p.m. Special tours available upon request.

For more information

Visit www.visitcape.com or to schedule a group tour, contact the Cape Girardeau Convention and Visitors Bureau at 573-335-1631.



Fall Frolic, Sat., Oct. 4

Cape River Heritage Museum

538 Independence, Cape Girardeau
573-334-0405



Revered as a local landmark, the Cape River Heritage Museum is located in the first police, fire station and courthouse with a jail dating back to 1908-09. The museum features changing exhibits about people and events, past and present, from the great "SHOW-ME" state of Missouri. Personal presentations and hands-on exhibits enhance the experience of navigating through history. Browse through the Museum store and find unique gift items made by local Missouri artisans, books written by local authors and much, much more.

Admission

Adults	\$3
Children	\$2

Hours of operation

Through mid-December:
Thursday & Friday Noon - 4 p.m.
Saturday 11 a.m. - 3 p.m

For more information

Tours or meeting rooms can be scheduled anytime by calling 573-334-0405. Schedule your next organization meeting in our parlor and tour will be included (\$2.50 per person).

Fort D Historic Site

920 Fort Street, off of Sprigg St., four blocks south of Rte. 74, 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.



Admission

Self-guided tours are free and can be taken during daylight hours, 365 days a year. Guided group tours of Fort D are scheduled through the Cape Girardeau Convention and Visitors Bureau (CVB).

Special events

Living History: Fall Muster
New recruits and public welcome!
Labor Day
September 7, 2015
9 am - 3 pm
Admission free.
Weather permitting

For more information

To schedule a tour, contact the CVB at 573-335-1631 or 1-800-777-0068 (fax 573-334-6702) or info@visitcape.com. Tours are weather dependent and subject to the availability of volunteer interpretive guides. Pricing is variable (\$1-\$2) depending on length of tours and/or requested activities. For more information log onto: fortdhistoricsite.com



Fort D Site overlooking the Mississippi

Let Parks & Recreation host your next **BIRTHDAY PARTY**



We have lots of options to make this your best birthday yet!

Basketball, kickball, soccer & baseball!



Obstacle Course



Fun in the Sun!



Have Playmo at your party!

Birthday Parties are available at the following locations:

- Osage Centre573.339.6340
- Shawnee Park Center.....573.339.6346
- Shawnee Park Sports Complex573.339.6729
- Cape Splash.....573.339.6342
- Central Pool.....573.335.4040

Parks and Recreation Projects Update - Summer

Capaha Park – Dan Cotner Amphitheatre

The City of Cape Girardeau renamed the band shell in Capaha Park the “Dan Cotner Amphitheatre” on July 29. Dan Cotner is a long time member and advocate of the City of Cape Girardeau Municipal Band. The Municipal Band plays every Wednesday evening in Capaha Park from the first Wednesday in June to the last Wednesday in July. They also play in several community service events throughout the year. Dan Cotner is a long time resident of Cape Girardeau, and has been greatly involved in the community through different organizations. The City of Cape Girardeau is proud to name the Band Shell the Dan Cotner amphitheatre.



Mayor Harry Rediger and Dan Cotner at the band shell renaming on July 29.

Cape Splash Slide Ribbon Cutting

On Thursday, July 16, the Parks & Recreation Department officially opened the new slides at the Cape Splash Family Aquatic Center. The project included a three lane mat racer (blue and green slides), closed flume drop slide (yellow slide), and triple drop flume (orange slide). The ribbon cutting ceremony included two heats of local high school students and media members taking the plunge down the new slides. Following the slide opening, Cape Splash had record setting weekends since the waterpark opened in 2010. You haven't started summer until you've raced across the finish line at Cape Splash! So we hope you have enjoyed these new additions.



Parks & Recreation staff, City officials, and community members at the Cape Splash slide ribbon cutting event.



Media members and local high school students christened the new slides during the ribbon cutting ceremony.

Shawnee Park Center Community Demonstration Garden

For several months, Parks staff, community members, and the Cape Girardeau County Health Department have been constructing and planting the new Shawnee Park Center Community Educational Garden and Urban Orchard. The garden area was officially opened on Monday, July 20, and will primarily be used for educational classes. Several free garden related programs have already been offered at the garden, including: a Green Thumb Garden Workshop Series that utilized the garden for teaching seed starting, organic gardening, fruit production, canning, and more, a Garden Grub class began in August and will teach participants how to cook meals using fresh fruit and vegetables from the garden, and a cooking class for kids was also held this summer at the Shawnee Park Center.

This project could not have been completed without the vision of Robert Harris, the caretaker of the City's community gardens. This garden was funded through a grant received by the Cape Girardeau County Health Department and constructed by Parks and Recreation Department staff. The grant also allowed a garden coordinator, Emily Scifers, to be hired to oversee garden classes and assist with production.

Any questions about the Shawnee Park Center Community Demonstration Garden project, or for volunteer opportunities, please contact the Parks & Recreation Department main office at 573-339-6340.



The Shawnee Park Center Community Demonstration Garden houses an informational kiosk for all garden happenings.



Robert Harris, City officials and staff, and County Health Department members cut the ribbon on the Shawnee Park Community Demonstration Garden and Urban Orchard.



The new Shawnee Park Center Community Demonstration Garden has an abundance of fruit, vegetables, and herbs.

WE NEED YOUR IDEAS AND INPUT!

Please help the Parks & Recreation Department update our Parks, Recreation and Trails Master Plan by assisting with a public needs assessment regarding our current facilities and programs. This summer we will be asking our citizens to provide us with feedback on our current facilities, parks, trails and programs. We want to know what we are doing well, what we need to improve on, what facilities need renovation and if you would like to see new parks and programs proposed for the future. We can't do this without you!

To participate in our survey please visit our website at www.cityofcape.org/2015parksandrecsurvey. From improvements to our sports fields, Cape LaCroix Trail, Capaha Park and more; let us know your thoughts. This information will be compiled during the fall of 2015 into a report to be reviewed by our Parks & Recreation Advisory Board for inclusion into our 2016 Parks, Recreation and Trails Master Plan update. This survey will be available until September, so please participate today!

www.cityofcape.org/2015parksandrecsurvey



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

CITY of CAPE
GIRARDEAU



ADVISORY BOARD MEMBERS

PARKS AND RECREATION ADVISORY BOARD

Beverly Evans - Vice Chairman
Bari Neff - Secretary
Craig Billmeyer
Dana Deisher
Robert Harris
Lee Hillman
Roger Hudson
Percy Huston
Terry Slattery
Steve Taylor

** meets the 2nd Monday
of each month at the Osage Centre*

GOLF COURSE ADVISORY BOARD

Jerry Grim - Chairman
Rick Fehr - Vice Chairman
Mark Ervin - Secretary
Eugene Farrar
Jim Hastings Jr.
Seth Hudson
Keith Sander
J.J. Schultz
Callie Welker

** meets the 4th Thursday
of each month at the Osage Centre*

PARKS AND RECREATION FOUNDATION BOARD

Bari Neff - Chairman
Danny Essner - Vice Chairman
Tom Neumeyer - Secretary
Beverly Evans - Treasurer
Craig Billmeyer
Bob Basler
Larry Essner
Michael Gardner
Nathan McGuire
Pete Poe

Loretta Schneider
Percy Huston
** meets quarterly*

TREE BOARD

Robert Harris - Chairman
Shawn Roll-Huston - Vice Chairman
Rocky Hayes
Dennis Kinkead, Jr.
John Ruester
Julia Thompson
Brock Davis
Steve Cook

** meets every other month*

board member spotlight

CALLIE WELKER Golf Course Advisory Board

Callie Welker was born and raised in Cape Girardeau, MO and graduated high school from Cape Central. Callie attended Southeast Missouri State University where she received her Bachelors in both Dietetics and Health Management-Exercise Science. Callie is a Registered Dietitian and Personal Trainer at TNT Health & Fitness here in Cape Girardeau. When Callie is not at the studio she enjoys running, swimming, golfing and pretty much anything else outside.

Growing up in Cape, she was able to participate in all of the great programs the city had to offer, especially with Parks and Recreation. Getting involved as an adult was an easy decision for both

her and husband Mark. Mark is an Attorney at Jackson & Welker, LC in Jackson, MO. Between the two of them they are involved with Old Town Cape, Rotary, Arts Council of Southeast Missouri and Zonta.

Callie couldn't be more excited to join the Golf Course Advisory Board and bring a woman's perspective to the board. She can't wait to learn more about the course and continue the great work that's already been done so far.



JJ SCHULZ Golf Course Advisory Board

JJ Schulz was born and raised in Pinckneyville, Illinois and is a graduate of Pinckneyville Community High School. JJ moved to Cape Girardeau to attend Southeast Missouri State University, and received a Bachelor's of Science in Business Administration in 2002. After his graduation from Southeast, JJ moved back to Illinois to work for a lending firm in Belleville, but found himself wanting to return to Cape Girardeau.

In 2004, JJ moved back to Cape and became involved in the Cape Jaycees, and has held many positions in the organization since joining. He is currently the owner/agent of JJ Schulz Farmers Insurance Agency in

Cape Girardeau. JJ's finance is also a graduate of Southeast Missouri State University and a nurse practitioner for Advanced Pain Centers.

JJ says he looks forward to being an active leader and representative for the citizens of Cape Girardeau, and hopes to help better the community while continuing the beautification efforts at the Jaycee Municipal Golf Course.



Sponsorship

SPONSOR SPOTLIGHT: McDONALD'S



We're proud to say that the McDonald's restaurants here in Cape Girardeau have been locally owned and operated since 1968. In fact, nearly 90 percent of McDonald's 14,000 U.S. restaurants are independently owned and operated by businessmen and women. Customer service and satisfaction are our number one priorities and something we take to heart. Every day, we serve a variety of menu options that include our classics such as a Big Mac and World Famous Fries, or our new Artisan Grilled Chicken Sandwich and McCafe Real Fruit Smoothie.

At McDonald's, our commitment to our community, education and physical fitness is rooted in the philosophy of our founder, Ray Kroc, who believed in giving back and supporting those around us. Myself and the other local McDonald's Owners in this area enjoy working with the Parks and Recreation Department and local community organizations. McDonald's has a long-standing tradition of forming valuable partnerships, and I want to continue building those in the Cape Girardeau area.

In addition to understanding the importance of supporting our communities, we understand the importance of the choices made when eating and physical fitness as part of a daily routine. Physical fitness is a vital component to the health of our youth. Support of organizations such as the Parks and Recreation Department further instill the importance of this behavior long-term in our society. You may have heard about Iowa high school science teacher John Cisna who gained national attention in January of 2014 for a student-led experiment on the power of choice in diet. We believe, and he demonstrated, that through making mindful choices, limiting calories and incorporating moderate regular exercise, it isn't where you eat, but what and how much you eat that matters. Choices make the difference. John is now an official McDonald's Brand Ambassador promoting his documentary: "540 Meals. Choices make the difference." Check out the documentary here: <http://bit.ly/1DNkyCq>.

-Shannon Davis, Owner

Current sponsorships for:

- Presenting sponsor for spring and fall youth soccer leagues
- Capaha Classic
- Parks & Recreation Foundation Sports Banquet



Above: McDonald's William Street location in Cape Girardeau.

Below: McDonald's Broadway location in Cape Girardeau that opened in 1968, and redone to it's original look in 2001.

McDonald's has been a sponsor of Parks & Recreation program for over two decades!





CITY of CAPE GIRARDEAU



Corporate Partnerships

Interested in a Corporate Sponsorship?

Contact the Parks & Recreation Department at 339-6340 for more information. Sponsorships include recreation youth and adult leagues, special events, signage, and Parks & Recreation Foundation events and programs.

Thank you to our current corporate partners!



Advertise your business through our sign sponsorship program!

Shawnee Park Sports Complex

Available packages:

- Softball field signs
- Shawnee Park entrance walkway signs
- Shawnee Park concession area signs
- Soccer field signage

Capaha Field

Available packages:

- Corporate scoreboard signage
- Corporate outfield signage

Arena Park Sports Complex

Available packages:

- Softball field signs



Soccer Field signage



Capaha Field outfield signs



Shawnee & Arena Park field signs

Parks & Recreation Foundation

calendar of events

September

- Sept. 7 Labor Day – Fort D
- Sept. 24 2-Man Senior Golf Tournament – Cape Jaycee Municipal Golf Course
- Sept. 27 Downtown Golf Tournament – Common Pleas Courthouse (Benefiting Red House Interpretive Center)
- Sept. 27 Doggy Swim Day – Cape Splash

November

- Spaghetti Day **THURSDAY - NEW DAY!**
– A.C. Brase Arena

Thurs.
Nov. 12

December

- Dec. 12 Breakfast with Santa – Osage Centre



Spaghetti Day



Breakfast with Santa



Doggy Swim Day



CAPE GIRARDEAU
PARKS & RECREATION
FOUNDATION

About the Parks and Recreation Foundation...

THE PARKS AND RECREATION FOUNDATION is a 501c3 Not for Profit organization created to assist the City of Cape Girardeau 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!

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 early December where over 200 kids and parents enjoy kicking off the holiday season. Or how about the NIGHTFALL GLOBALL Golf Tournament in June 2015 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!

The Parks and Recreation Foundation Board meets quarterly. Your donations and support can be tax deductible. Please contact us about this opportunity and the many worthwhile projects and programs available.

It starts with a Foundation – FRIENDS OF

About the Foundation

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



The Foundation needs your support.

Join us in our effort to enhance recreational activities and amenities in YOUR community. Our group is called Friends of the Parks & Recreation Foundation, and we are active in building a community support system for our Parks & Recreation Department through volunteerism and contributions. Our mission is:

to Fundraise

The Foundation exists to provide financial support for the City of Cape Girardeau's Parks & Recreation Department. Financial support is provided for parks and recreation facility improvements, equipment and programs through various fundraisers and sponsorship opportunities.

to provide Special Events

The Foundation hosts annual events for the community and surrounding areas of Cape Girardeau that provide fun and enriching family experiences throughout the year. These events include a variety of opportunities from sports and recreation to community meals.

to create Community Awareness

Through special events, the Foundation promotes topics such as fitness, family, youth sports values, historic districts, memorials and leisure activities for all.

**Sign up for your
2016 Friends of the Parks
& Recreation Foundation
membership NOW!**

Membership Program

The Parks & Recreation Foundation will be offering membership options for individuals, families and corporations. Join the Friends of the Parks & Recreation Foundation now!

Individual \$25

Family \$50

Individual and family memberships include the following benefits:

- Discounts for selected Foundation events
- Preferred seating at selected Foundation events with reservation
- An invitation to the Cape Splash Night for Foundation Members at the Cape Splash Family Aquatic Center
- One complimentary discount card to local businesses. Families will receive an additional card.
- Subscription to Foundation newsletter



Corporate \$250

Corporate memberships include the following additional benefits:

- Business exposure at Foundation events
- "Foundation Sponsor of the Week" promotion on facility marquees
- Exposure in the Foundation newsletter and PLAY CAPE! program guides.
- Discount on advertising signage at Parks & Recreation facilities
- Ten complimentary discount cards to local businesses.



Corporate Members

Blattner Steel



Lanzotti & Rau, LLC



THANK YOU to our 2015 Friends of the Parks & Recreation Foundation members!

Family Memberships

Tim & Pam Arbeiter Family
 Craig & Mary Billmeyer Family
 Terry Bozzay Family
 Jerry & Judith Brey Family
 Cory & Janna Crosnoe Family
 Brock & Karen Davis Family
 David & Dana Deisher Family
 Steve & Charlotte Dirnberger Family
 Dean & Lorrie Edwards Family
 Danny & Debbie Essner Family
 James & Vicki Frank Family
 Doug & Maile Gannon Family
 Robert Gile Family
 Kevin Greaser Family
 Pat & Karen Hagan Family
 Jim Hastings Family
 Kaed & Brandi Horrell Family
 Michael & Kristi Howard Family
 Roger & Bettie Hudson Family
 Percy & Bernadette Huston Family
 Stan Irwin Family
 John & Margory Janssen Family
 Frank & Lori Ann Kinder Family
 Lonnie & Debbie Lusk Family
 Richard & Jill Lynn Family
 Tony & Leslie Martin Family
 Jim Maurer Family
 Jim & Carrie May Family
 Bob & Bari Neff Family
 Dr. Ed & Beverly Noffel Family
 Tim Pleimman Family

Tim & Lori Powderly Family
 Narvol & Amy Randol Family
 Jerry Roe Family
 Laurie Schneider Family
 Michael & Lisa Simmons Family
 Randy & Trish Stahly Family
 Steve & Kim Taylor Family
 Ed Thompson Family
 Amy Trueblood Family
 Troy & Lori Vaughn Family
 Reid & Cathy Willen Family
 Scott & Penny Williams Family
 John "Doc" & Barb Yallaly Family

Individual Memberships

Dr. Beverly Evans
 Ted Hahn
 Nancy Horrell
 Dolly Jewel
 Trisha Kell
 LaDonna McNeely
 Daniel Neff
 Kelsie Neff
 Mattie Neff
 Loretta Schneider
 Julia Thompson
 Adrian Toole
 Stacey Welter

general information



The Parks and Recreation Department is **ACCEPTING APPLICATIONS** for the following part-time positions



- Lifeguards
- Swim lessons instructors
- Concessions managers
- Concessions workers
- Umpires
- Part-time maintenance workers
- Scorekeepers
- Red House Docents
- Activity Coordinators
- Basketball/Volleyball Officials

INTERESTED?



For more information contact
the Parks and Recreation
Department at **339-6340**.

Applications are available at:

- A.C. Brase Arena
- Osage Centre
- Red House Interpretive Center
- Shawnee Park Sports Complex
- Shawnee Park Center
- online at www.cityofcape.org

Registration Information

How to Register:

Register online at
cityofcape.org/parks

Mail registration form to
A.C. Brase Arena, 410 Kiwanis Dr.
Cape Girardeau, MO 63701

Walk-in/drop-off registration (between 8
a.m. and 5 p.m.)
A.C. Brase Arena, 410 Kiwanis Dr.
Cape Girardeau, MO
Osage Centre, 1625 N. Kingshighway

Registration deadlines

All programs have a minimum enrollment.
Pre-registration is required prior to start of
program unless otherwise noted.

Payment

Cash, check, money order, debit, or credit
cards accepted.

Gift Cards

Give the gift that keeps giving and
recreation all year round. You can
purchase a gift card for any amount at the
A.C. Brase Arena or Osage Centre.

Photo Policy

Our staff may take photos of you or your
child participating in recreational activities.
These photos could be used in future
publications. If you do not wish to have
your photo published, please inform the
photographer.

Refunds

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 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.

Refunds will follow the Finance
Department bill-paying schedule and be
issued by city check. Allow three weeks
for processing. There will be no cash
refunds. Payment by credit or debit card
will be made accordingly.

Weather Related Cancellations

Occasionally, classes or leagues are
cancelled due to weather. Phone calls will
be made to parents or team managers if a
cancellation occurs.

Have Fun
Get Fit
Play Cape!



A.C. Brase Arena/Offices
410 Kiwanis Drive

573-339-6340 573-339-6342

parcs@cityofcape.org
cityofcape.org/parcs
blog.cityofcapegirardeau.org

To register online visit
cityofcape.org/parcs



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"We have a good thing growing"

SEPT. 12-19, 2015

At the Fairgrounds
Cape Girardeau, MO
573-334-9250
www.semofair.com



Helpful Community Numbers

City of 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
City Cemeteries	573-334-1917
Jaycee Municipal Golf Course	573-334-2031

Other City of Cape Girardeau Offices

Main Switchboard	573-339-6300
Airport	573-334-6230
Alliance Water	573-339-6357
City Manager's Office.....	573-339-6320
Convention & Visitor's Bureau	573-335-1631
Public Library	573-334-5279
Public Works.....	573-339-6351

Other Services

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
License Bureau – Cape Office	573-335-3659
American Red Cross	573-335-9471
Unemployment	573-290-5766

General information

Spaghetti Day

NEW DAY FOR 2015



THURSDAY
November 12, 2015

A.C. Brase Arena • 11 a.m. to 7 p.m.



Join us for
eat in,
take out or
delivery



DINNER INCLUDES:

Spaghetti, Mostaccoli, Garlic Bread, Salad, Drink,
Dessert, Entertainment

\$7 Adults 13+ • \$5 Children 5-7 • Children 4 & under - FREE
(donations accepted)

Great sponsorship opportunity! Call 339-6340 for more information.

Proceeds benefit: Cape Girardeau Parks and Recreation Foundation for various improvements to the Parks and Recreation Department facilities and programs.



Thank you for supporting Cape's Parks and Recreation programs!