PLAY CAPE!

FALL 2023 PROGRAM GUIDE

SPONSOR SPOTLIGHT
Red Letter Communications Inc.

COACH’S CORNER
Rebecca Peters

TOP 10
Fun Fall Activities!
Page 4
As I write the introduction to the fall 2023 edition of PLAY CAPE!, we are wrapping up celebrating National Parks and Recreation Month. The theme for National Parks and Recreation month this year was “Where Community Grows”. Where benefits of Parks and Recreation are concerned, the theme “Where Community Grows” is one that should be celebrated all year – not just one month.

The term community is most often interpreted as a physical location. The broader meaning and benefits of community include terms such as support, connection, relationships, opportunities and belonging – all things provided through participation in Parks and Recreation programs. The multitude of parks, facilities and recreation programs available to the Cape Girardeau community provides citizens of all ages and abilities the opportunity to experience the benefits of belonging to a community.

Your Parks and Recreation team is committed and works tirelessly to ensure all citizens of Cape Girardeau have access to top notch parks, facilities and programs that provide support, allow people to connect with one another, develop lasting friendships and develop a sense of belonging.

Fall is a great time of the year to get out and enjoy all the community has to offer. We hope you enjoy this edition of PLAY CAPE! It is our privilege to provide this publication for you to help you get involved and experience the benefits of participating in Parks and Recreation programs. Should you have any questions, concerns or comments, please do not hesitate to contact me or any member of your Parks and Recreation team. As always, it goes without saying, we are here to serve you!

Respectfully Yours,

Doug Gannon,
Director of Parks and Recreation
A Look Back In Time

1. Train for a Triathlon
   The Coors Light Trail of Tears Triathlon is a USAT sanctioned race held on Saturday, September 9, 2023 at 9:00 a.m. It consists of a 700 meter swim, 15 mile bike ride and a 4 mile run. Visit page 6 for more information.

2. Join a Youth Sports League
   Parks & Recreation offers many fall youth sports leagues to join such as soccer, NFL flag football, Jr. NBA basketball and volleyball! Visit page 16 for more information on each youth league.

3. Compete in Adult Sports Leagues
   Adult leagues such as softball and volleyball are very exciting to compete in during the fall! Both are team entry only. Visit page 17 for more information on adult volleyball and page 20 for adult softball.

4. Walk During WALK-tober
   Meet our Fitness & Wellness Specialist, Christine, for a Walk & Talk session through the Osage Trails on October 10! From goal setting, education and planning, there is lots to talk about. Visit page 21 for more information.

5. Test Your Fears at Haunted Hall of Horror
   Do you like haunted houses? Try out our Haunted Hall of Horror on October 13, 14, 20, 21, 27, 28 and 31! Visit page 11 for more information.

6. Dive for Pumpkins
   Do you like swimming, candy and prizes? Then this event is for you! On October 28, dive for pumpkins at Jefferson Pool and turn them in for various candy and prizes! Visit page 7 for more information.

7. Feast with Spaghetti
   Join us for dine-in or takeout at the Cape Girardeau Parks & Recreation Foundation’s annual Spaghetti Day on November 9! Lunch and dinner will both be served. Visit page 9 for more information.

8. Shop for Deals
   Are you an expert at finding deals? Test out your skills at our fall garage sale on November 11! Each garage sale typically has 70+ booths to shop from. Visit page 7 for more information and if you are interested in reserving a booth.

9. Celebrate Fall with a Festival
   Hayrides, a bonfire, weenie roast, hot drinks, s’mores and more? You can’t go wrong! Let’s celebrate fall together on November 19 at the Shawnee Park Center. Visit page 7 for more information.

10. Eat Breakfast with Santa
    Santa will be making a special stop just to have breakfast with you on December 9! You are also invited to take a picture with Santa himself! Visit page 9 for more information.
# 2023 Fall Calendar

## AUGUST

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 10</td>
<td>Meals On The Go Seminar</td>
</tr>
<tr>
<td>August 12</td>
<td>Annual Nightfall Glowball Tournament</td>
</tr>
<tr>
<td>August 26</td>
<td>Ladies Golf Scamble</td>
</tr>
<tr>
<td>August 28</td>
<td>Cross Country Club Begins</td>
</tr>
</tbody>
</table>

## SEPTEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 5</td>
<td>Fall Youth Soccer League Begins</td>
</tr>
<tr>
<td>September 7</td>
<td>S.T.A.R. S’more Fun at the Bonfire</td>
</tr>
<tr>
<td>September 8</td>
<td>Homeschool P.E. Class Begins</td>
</tr>
<tr>
<td>September 9</td>
<td>Coors Light Trail of Tears Triathlon</td>
</tr>
<tr>
<td>September 12</td>
<td>The Power of a Nutritional Diet Seminar</td>
</tr>
<tr>
<td>September 13</td>
<td>Homeschool Art Class Begins</td>
</tr>
<tr>
<td>September 14</td>
<td>18th Annual Senior 2-Person Scamble</td>
</tr>
<tr>
<td>September 16</td>
<td>NFL Flag Football League Begins</td>
</tr>
<tr>
<td>September 17</td>
<td>Corporate Games Begin</td>
</tr>
<tr>
<td>September 18</td>
<td>Fall Adult Softball Begins</td>
</tr>
<tr>
<td>September 19</td>
<td>Jr. Chef’s Cooking Club Begins</td>
</tr>
<tr>
<td>September 20</td>
<td>Intermediate Tennis Class Begins</td>
</tr>
<tr>
<td>September 22</td>
<td>Fall Youth Volleyball League Begins</td>
</tr>
<tr>
<td>September 23</td>
<td>Touch-A-Truck</td>
</tr>
<tr>
<td>September 28</td>
<td>Community Dance &amp; Social</td>
</tr>
</tbody>
</table>

## OCTOBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 2</td>
<td>Pee-Wee Sports Class Begins</td>
</tr>
<tr>
<td>October 10</td>
<td>WALK-tober Seminar</td>
</tr>
<tr>
<td>October 13</td>
<td>Haunted Hall of Horror Begins</td>
</tr>
<tr>
<td>October 19</td>
<td>Jr. NBA Basketball League Begins</td>
</tr>
<tr>
<td>October 20</td>
<td>S.T.A.R. Haunted Hall of Horror</td>
</tr>
<tr>
<td>October 27</td>
<td>Halloween Hoopla</td>
</tr>
<tr>
<td>October 28</td>
<td>Pumpkin Dive</td>
</tr>
</tbody>
</table>

## NOVEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 6</td>
<td>Holiday Fitness Challenge Begins</td>
</tr>
<tr>
<td>November 6</td>
<td>Women’s Volleyball League Begins</td>
</tr>
<tr>
<td>November 7</td>
<td>Start Smart Basketball Class Begins</td>
</tr>
<tr>
<td>November 7</td>
<td>Shopping Tour Seminar</td>
</tr>
<tr>
<td>November 9</td>
<td>Spaghetti Day</td>
</tr>
<tr>
<td>November 11</td>
<td>Fall Garage Sale</td>
</tr>
<tr>
<td>November 16</td>
<td>S.T.A.R. A Night in Candyland Dance</td>
</tr>
<tr>
<td>November 19</td>
<td>Fall Family Festival</td>
</tr>
</tbody>
</table>

## DECEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 7</td>
<td>Community Dance &amp; Social</td>
</tr>
<tr>
<td>December 8</td>
<td>Flashlight Candy Cane Hunt</td>
</tr>
<tr>
<td>December 9</td>
<td>Breakfast With Santa</td>
</tr>
<tr>
<td>December 12</td>
<td>Holiday Cooking Demo Seminar</td>
</tr>
<tr>
<td>December 14</td>
<td>S.T.A.R. Christmas Wonderland</td>
</tr>
</tbody>
</table>

## JANUARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 2</td>
<td>Indoor Coed Volleyball League Begins</td>
</tr>
<tr>
<td>January 5</td>
<td>Boys Youth Basketball League Begins</td>
</tr>
<tr>
<td>January 5</td>
<td>Girls Youth Basketball League Begins</td>
</tr>
<tr>
<td>January 6</td>
<td>Winter Garage Sale</td>
</tr>
<tr>
<td>January 9</td>
<td>GOALS Seminar</td>
</tr>
<tr>
<td>January 11</td>
<td>S.T.A.R. Bowling</td>
</tr>
<tr>
<td>January 17</td>
<td>New Year’s Resolution Warriors Begins</td>
</tr>
<tr>
<td>January 19</td>
<td>Celebration of Youth Sports Awards Banquet</td>
</tr>
</tbody>
</table>

## FALL YOUTH VOLLEYBALL

**PAGE 30**

FIND MORE INFO ONLINE:

[WWW.CITYOFCAPE.ORG/PARKS](http://WWW.CITYOFCAPE.ORG/PARKS)

For more information call 573-339-6340 or visit [WWW.CITYOFCAPE.ORG/PARKS](http://WWW.CITYOFCAPE.ORG/PARKS)
Special Events

Coors Light Trail of Tears Triathlon
This USAT sanctioned race is held at Trail of Tears State Park and consists of a 700 meter swim, 15 mile bike ride and a 4 mile run. The race will begin at 9:00 a.m. (registration starts at 6:45 a.m.). Online registration is available until September 8 at Noon. Participants that are non-USAT members are required to pay a $15 USAT fee. Lunch is provided for all participants. For more information, contact Nick at nyaeger@cityofcape.org or 573-339-6606. Register online at www.cityofcape.org/coorstri.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>9/9/23</td>
<td>9:00 a.m.</td>
<td>Early Fee $50 Individual / $60 Team</td>
<td>Trail of Tears State Park</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Late Fee (9/4-9/9): $65 Individual / $75 Team</td>
<td></td>
</tr>
</tbody>
</table>

Community Dance & Social
Relax, socialize and dance to some great classic music! Our Community Dance & Socials feature a big dance floor with plenty of seating, and concessions are available for purchase. Dances are located at the A. C. Brase Arena.

- September 28 | Potluck at 5:00 p.m. | $10 | Karaoke
- December 7 | Dance 6:00 p.m. - 9:00 p.m. | $5 | Jerry Ford Combo & Orchestra

Garage Sales
Shop for any item imaginable at the Osage Centre garage sales. Sales typically include 70+ booths, and run from 7:00 a.m. - 11:00 a.m. If you are interested in selling items, booth space is available for $25. Booth space is reserved by attending a booth lottery drawing (dates listed below), and booth space is not guaranteed. Garage sale admission is $1. Contact the Osage Centre at 573-339-6342 for more information. Web: www.cityofcape.org/garagesales.

Fall Garage Sale - November 11, 2023
- Booth Lottery Drawing - October 11, 2023 | 6:00 p.m. | Osage Centre
Winter Garage Sale - January 6, 2024
- Booth Lottery Drawing - December 6, 2023 | 6:00 p.m. | Osage Centre

Find more info online & register:
WWW.CITYOFCAPE.ORG/PARKS
Pumpkin Dive
Pumpkin divers will search for pumpkins in the shallow end of Jefferson Pool! Children up to five years old will dive at 10:00 a.m. and children ages 6-10 will dive at 11:00 a.m. (maximum of 50 per age group). One parent can be in the water with their child. Pumpkins will be numbered and correspond with candy & prizes. Don’t forget goggles and a mesh or plastic bag that can get wet to collect pumpkins in! Register online: www.cityofcape.org/aquaticevents.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>10/28/23</td>
<td>10:00 a.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FEE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>$5 Per Person</td>
<td>Jefferson Pool</td>
</tr>
</tbody>
</table>

We’re diving for PUMPKINS this fall!

Fall Family Festival
Let’s celebrate fall! This family event includes hayrides, a bonfire, weenie roast, hot drinks, s’mores and more. Each activity is $1/person. No pre-registration required. Visit online at www.cityofcape.org/fallfamilyfestival.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>11/19/23</td>
<td>2:00 p.m. - 5:00 p.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FEE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1 Per Activity</td>
<td>Shawnee Park Center</td>
</tr>
</tbody>
</table>

The hayrides are a crowd favorite!

Celebration of Youth
Sports Awards Banquet
January 19, 2024
Nominate a deserving player, coach or team by November 15, 2023! More information at:

www.cityofcape.org/sportsbanquet

For more information call 573-339-6340 or visit www.cityofcape.org/parks
SEPT. 23
SATURDAY
10:00 am - 1:00 pm
Shawnee Park

Special Events

TOUCH-A-TRUCK
FREE EVENT!
TOUCH • EXPLORE • CLIMB

www.cityofcape.org/touchatruck

Halloween Hoopla!

FRIDAY, OCTOBER 27
6:00 PM - 8:00 PM • SHAWNEE PARK CENTER

This spooktacular event includes a costume contest beginning at 7:30 p.m. and other fun Halloween activities including pumpkin decorating, pumpkin bowling, trick or treat bags, & more! Come dressed up ready for a fun night! Best Costume, Funniest Costume & Creepiest Costume awarded! For ages 12 & under. The cost is $5 per child and tickets will be sold at the door on Oct. 27.

For more information call 573-339-6340 or visit www.cityofcape.org/parks
**Flashlight Candy Cane Hunt**

**Ages 2+**

Did you hear the news?! A particular someone has left candy canes all over the grounds of Shawnee Park Center. Bring your flashlights and help us find them! Upon arrival, you will get to decorate a bag for collecting candy canes and enjoy cookies and hot chocolate. Parents are not charged admission, but must accompany children. Register in advance at www.cityofcape.org/candycanehunt.

---

**Spaghetti Day**

Join us for dine in or take out at the Cape Girardeau Parks & Recreation Foundation’s annual Spaghetti Day on Thursday, November 9! Lunch and dinner will be served between 11:00 a.m. - 7:00 p.m. at the A. C. Brase Arena. The cost is $10 for adults (13+), $7 for children (ages 5-12), and free for ages 4 and under. The meal includes spaghetti, mostaccoli, garlic bread, salad, drink and dessert. Dinner entertainment will be provided by The Jerry Ford Orchestra, and proceeds benefit the Cape Girardeau Parks & Recreation Foundation for various improvements to the Parks & Recreation Department facilities and programs. To sponsor, call 573.339.6340.

Web: www.cityofcape.org/parksfoundation

**FEE LOCATION**

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>11/9/23</td>
<td>11:00 a.m. - 7:00 p.m.</td>
</tr>
</tbody>
</table>

**LOCATION**

$10 Adult | $7 Child  
A. C. Brase Arena

---

**Breakfast with Santa**

**Saturday, December 9**

8:30 am - 10:30 am • Shawnee Park Center

Santa will be making a special stop just to have breakfast with you! Enjoy donuts, danishes, muffins, bagels, biscuits & gravy, milk & juice with Santa. Parents are invited to bring their cameras for a picture with Santa! Santa will be arriving at 9 a.m. For ages 12 & under accompanied by an adult (everyone in attendance must purchase a ticket). Tickets are $8 per person in advance, or $10 per person day of. For more information, call 573.339.6340.

**FEE LOCATION**

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>11/9/23</td>
<td>11:00 a.m. - 7:00 p.m.</td>
</tr>
</tbody>
</table>

**LOCATION**

$10 Adult | $7 Child  
A. C. Brase Arena

---

**Purchase tickets at the A. C. Brase Arena, Osage Centre or online at www.cityofcape.org/breakfastwithsanta**
The Cape Girardeau Parks & Recreation Department hosts an annual Corporate Games event each fall. Corporate Games was developed to promote healthier lifestyles and fun for Cape Girardeau area businesses and employee-based organizations. Your team will compete in various activities listed above. Corporate Games teams should consist of employees of various corporate entities, either public or private. A plaque will be awarded to the first place team in each division at the end of each competition. At the conclusion of the event, the winner of each division will receive the “Corporate Cup.” In addition to each competition, there will be an opening and closing ceremony. To register, contact Dianne at dlawrence@cityofcape.org or 573.339.6737.

DIVISION 1 | 100 EMPLOYEES OR MORE $450 • DIVISION 2 | 26-99 EMPLOYEES $400

WWW.CITYOFCAPE.ORG/CORPORATEGAMES

SAVE THE DATE!

March 9, 2024
Osage Centre

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

HAUNTED HALL
of HORROR

STARTING OCTOBER 13
@ A.C. BRASE ARENA

October
13-14, 20-21, 27-28, 31*
7:00 PM - 10:30 PM

Glow Sticks
Available $1

$10.00 | Ages 5 & under are free
*October 31st Student Night $8
(with valid student ID)

Contact the Parks & Recreation Department at 573.339.6340 for more information.

Find us online at www.cityofcape.org/hauntedhall

Follow us @capeparks for updates
Find our snapchat filter 

#nhh2023

Play Cape! • 11
For more information call 573-339-6340 or visit www.cityofcape.org/parks

Classes & Programs

YOUTH ART CLASSES

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>9/13/23 - 10/18/23</td>
<td>1:00 p.m. - 2:00 p.m.</td>
<td>9/11/23</td>
</tr>
</tbody>
</table>

FEE: $38 Per Child 
LOCATION: Osage Centre
ENROLLMENT: Min: 8 / Max: 20

Jr. Chef’s Cooking Club
Ages 6-12
Get ready for a yummy, fun filled class! Each week, you will make (and eat!) a special treat while you learn about measuring, why food changes as it cooks, and of course, kitchen safety.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>9/19/23 - 10/3/23</td>
<td>5:30 p.m. - 7:00 p.m.</td>
<td>9/17/23</td>
</tr>
</tbody>
</table>

FEE: $35 Per Child 
LOCATION: A. C. Brase Arena
ENROLLMENT: Min: 8 / Max: 15

YOUTH SPORTS CLASSES

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays</td>
<td>9/8/23 - 11/10/23</td>
<td>1:00 p.m. - 2:15 p.m.</td>
<td>9/7/23</td>
</tr>
</tbody>
</table>

FEE: $45 per child 
LOCATION: SportsPlex

Intermediate Tennis
Ages 8-12
The instructor will provide a balance of instruction & practice. Emphasis will be on proper grip, stance, swing, serve & ball placement, as well as hitting with control for depth & power. Please bring your own racket, water & appropriate footwear.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>9/20/23 - 10/4/23</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>9/18/23</td>
</tr>
</tbody>
</table>

FEE: $38 Per Child 
LOCATION: Arena Park Tennis Courts
ENROLLMENT: Min: 6 / Max: 12

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>10/2/23 - 10/16/23</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>9/29/23</td>
</tr>
</tbody>
</table>

FEE: $38 Per Child 
LOCATION: Osage Centre
ENROLLMENT: Min: 8 / Max: 15

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>11/7/23 - 12/12/23</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>11/5/23</td>
</tr>
</tbody>
</table>

FEE: $43 Per Child 
LOCATION: Shawnee Park Center
ENROLLMENT: Min: 10 / Max: 30

Register for camps & classes online at: www.cityofcape.org/youthclasses

12  •  Play Cape!
Touch-A-Truck
Explore, touch and climb varies trucks!
Saturday Sept. 23 | 10:00 a.m.-1:00 p.m.
Fee: FREE!

Halloween Hoopla
Costume contest, pumpkin decorating, pumpkin bowling, trick-or-treat bags & more!
For ages 12 & under.
Friday Oct. 27 | 6:00 p.m.-8:00 p.m.
Fee: $5 per child

Fall Family Festival
Celebrating fall with hayrides, a bonfire, weenie roast, hot drinks, s’mores & more!
Sunday Nov. 19 | 2:00 p.m.-5:00 p.m.
Fee: $1 per activity

Flashlight Candy Cane Hunt
Help us hunt for candy canes! Decorate your candy cane bag and enjoy cookies & hot chocolate.
Bring your flashlight!
Friday Dec. 8 | 6:30 p.m.-7:30 p.m.
Fee: $5/child pre-registered, $8/child day of

Breakfast With Santa
Have a delicious breakfast with the man himself and get a picture with him! Donuts, danishes, muffins, bagels, biscuits & gravy, milk & juice.
For ages 12 & under.
Saturday Dec. 9 | 8:30 a.m.-10:30 a.m.
Fee: $8/person in advance, $10/person day of

Contact Nick at nyaeger@cityofcape.org or 573-339-6788 for registration information

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

FALL DANCE CLASSES
Shawnee Park Center

August 7
Ages 6-9 | 5pm-5:45pm
Ages 10-13 | 6pm-6:45pm

August 14
Ages 6-9 | 5pm-5:45pm
Ages 10-13 | 6pm-6:45pm

August 21
NO CLASSES

August 28
Ages 6-9 | 5pm-5:45pm
Ages 10-13 | 6pm-6:45pm

September 4
NO CLASSES

September 11
Ages 6-9 | 5pm-5:45pm
Ages 10-13 | 6pm-6:45pm

September 18
Ages 6-9 | 5pm-5:45pm
Ages 10-13 | 6pm-6:45pm

September 25
NO CLASSES

Class will consist of:
Hip Hop, Jazz Dance, Basic Technique
$4/Session

For More Information Contact Jecala Moore:
mooreejl@capetigers.com or 573-979-8718
**ADULT CLASSES**

**Classes & Programs**

**S.T.A.R. therapeutic program**

**S’MORE FUN AT THE BONFIRE**
September 7 | Osage Centre | 6:00 p.m. - 8:00 p.m.

**HAUNTED HALL OF HORROR**
October 20 | 4-H Exhibit Hall | 6:00 p.m. - 8:00 p.m.

**A NIGHT IN CANDYLAND DANCE**
November 16 | Osage Centre | 6:00 p.m. - 8:00 p.m.

**CHRISTMAS WONDERLAND**
December 14 | 4-H Exhibit Hall | 6:00 p.m. - 8:00 p.m.

**BOWLING**
January 11 | West Park Lanes | 6:00 p.m. - 8:00 p.m.

**Pre-Hapkido By Lee H. Park Hapkido**

**Ages 10-15**
Pre-Hapkido is an introduction class to Hapkido for ages 10-15. This class provides the basic skills and foundation that students will need to transition to the adult Hapkido class. Students will learn self-discipline, self-respect, kicking, punching, throwing, falling, basic self-defense & general exercise. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K).

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>LOCATION</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>Ongoing</td>
<td>6:00 p.m. - 7:00 p.m.</td>
<td>$26 Per Person</td>
<td>Lee H. Park Hapkido</td>
<td>Max: 12</td>
</tr>
</tbody>
</table>

**Hapkido Core 1 & 2 By Lee H. Park Hapkido**
Hapkido classes are a basic introduction to martial arts and work on improving balance, mobility and respect. Other key areas of focus include kicking, punching and bully-proofing your child. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K).

<table>
<thead>
<tr>
<th>5-6 Yr. Olds</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>LOCATION</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. &amp; Thurs. Ongoing</td>
<td>5:30 p.m. - 6:15 p.m.</td>
<td>$26 Per Person</td>
<td>Lee H. Park Hapkido</td>
<td>Max: 15</td>
<td></td>
</tr>
</tbody>
</table>

**Hapkido Core 1 & 2 By Lee H. Park Hapkido**

**Pre-Hapkido By Lee H. Park Hapkido**

**Ages 10-15**
Pre-Hapkido is an introduction class to Hapkido for ages 10-15. This class provides the basic skills and foundation that students will need to transition to the adult Hapkido class. Students will learn self-discipline, self-respect, kicking, punching, throwing, falling, basic self-defense & general exercise. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K).

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>LOCATION</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>Ongoing</td>
<td>6:00 p.m. - 7:00 p.m.</td>
<td>$26 Per Person</td>
<td>Lee H. Park Hapkido</td>
<td>Max: 12</td>
</tr>
</tbody>
</table>

**Adult Hapkido By Lee H. Park Hapkido**

**Ages 16+**
Hapkido training is a traditional martial art for all ages, gender and fitness levels. Participants will learn kicking, punching, escapes, throwing and locks. Exercise and conditioning are focuses of this class. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K).

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>LOCATION</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. &amp; Thurs. Ongoing</td>
<td>5:30 a.m. - 7:00 a.m &amp; 5:30 p.m. - 7:00 p.m.</td>
<td>$26 Per Person</td>
<td>Lee H. Park Hapkido</td>
<td>Max: 12</td>
<td></td>
</tr>
</tbody>
</table>

**Hapkido Core 1 & 2 By Lee H. Park Hapkido**

**Pre-Hapkido By Lee H. Park Hapkido**

**Ages 10-15**
Pre-Hapkido is an introduction class to Hapkido for ages 10-15. This class provides the basic skills and foundation that students will need to transition to the adult Hapkido class. Students will learn self-discipline, self-respect, kicking, punching, throwing, falling, basic self-defense & general exercise. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K).

<table>
<thead>
<tr>
<th>5-6 Yr. Olds</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>LOCATION</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. &amp; Thurs. Ongoing</td>
<td>5:30 p.m. - 6:15 p.m.</td>
<td>$26 Per Person</td>
<td>Lee H. Park Hapkido</td>
<td>Max: 15</td>
<td></td>
</tr>
</tbody>
</table>

**Hapkido Core 1 & 2 By Lee H. Park Hapkido**

**Pre-Hapkido By Lee H. Park Hapkido**

**Ages 10-15**
Pre-Hapkido is an introduction class to Hapkido for ages 10-15. This class provides the basic skills and foundation that students will need to transition to the adult Hapkido class. Students will learn self-discipline, self-respect, kicking, punching, throwing, falling, basic self-defense & general exercise. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K).

<table>
<thead>
<tr>
<th>5-6 Yr. Olds</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>LOCATION</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. &amp; Thurs. Ongoing</td>
<td>5:30 p.m. - 6:15 p.m.</td>
<td>$26 Per Person</td>
<td>Lee H. Park Hapkido</td>
<td>Max: 15</td>
<td></td>
</tr>
</tbody>
</table>

**Hapkido Core 1 & 2 By Lee H. Park Hapkido**

**Pre-Hapkido By Lee H. Park Hapkido**

**Ages 10-15**
Pre-Hapkido is an introduction class to Hapkido for ages 10-15. This class provides the basic skills and foundation that students will need to transition to the adult Hapkido class. Students will learn self-discipline, self-respect, kicking, punching, throwing, falling, basic self-defense & general exercise. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K).

<table>
<thead>
<tr>
<th>5-6 Yr. Olds</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>LOCATION</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. &amp; Thurs. Ongoing</td>
<td>5:30 p.m. - 6:15 p.m.</td>
<td>$26 Per Person</td>
<td>Lee H. Park Hapkido</td>
<td>Max: 15</td>
<td></td>
</tr>
</tbody>
</table>

**Hapkido Core 1 & 2 By Lee H. Park Hapkido**

**Pre-Hapkido By Lee H. Park Hapkido**

**Ages 10-15**
Pre-Hapkido is an introduction class to Hapkido for ages 10-15. This class provides the basic skills and foundation that students will need to transition to the adult Hapkido class. Students will learn self-discipline, self-respect, kicking, punching, throwing, falling, basic self-defense & general exercise. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K).

<table>
<thead>
<tr>
<th>5-6 Yr. Olds</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>LOCATION</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. &amp; Thurs. Ongoing</td>
<td>5:30 p.m. - 6:15 p.m.</td>
<td>$26 Per Person</td>
<td>Lee H. Park Hapkido</td>
<td>Max: 15</td>
<td></td>
</tr>
</tbody>
</table>
For more information call 573-339-6340 or visit www.cityofcape.org/parks

WIN A NEW 2023 Ford Explorer XLT 4WD SUV Turbocharged

$5 TIX

5 FOR $20

$5 TIX

5 FOR $20

TICKETS ONLY $5 OR 5 TICKETS FOR $20

Purchase tickets at www.SOMO.org/Raffle

The Drive it Home Raffle benefits more than 12,000 Special Olympics Missouri athletes!

6th Annual Scott Wright Memorial CORNHOLE CLASSIC
October 7 • Cape Girardeau K.C. Hall

Proceeds benefit local Special Olympics Missouri programming.

Register by September 29 www.somo.org/cornhole

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

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

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

Play Cape! • 15
**Football**

**NFL Flag Football League**
Grades K - 6th
Compete in the NFL flag football league! Participants receive game flags and a replica NFL jersey. Games are played on Saturday afternoons and some Monday evenings at the Shawnee Park Sports Complex. K-2 is individual entry, and 3-6 grade is team entry. Team entry has a max of 10 players. For more information, contact Nick at nyaeger@cityofcape.org.
Register online at www.cityofcape.org/football.

**FEE LOCATION**

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat., Mon. &amp; Wed.</td>
<td>Start: 9/16/23</td>
<td>Early: 8/18/23 Late: 8/25/23</td>
</tr>
</tbody>
</table>

K-2 | $80 | Save $10 if registered by 8/18
3-6 | $800 | Save $100 if registered by 8/18

Shawnee Park Sports Complex

**Volleyball**

**Fall Youth Volleyball**
Grades 1st-7th
This league is an individual entry league for boys & girls in 1st-7th grade (no team entry). Practices will be held on Mondays at the SportsPlex from September 11-October 9, and games will be played on Friday nights at the SportsPlex from September 22-October 13. All Cape Central students in 3rd - 7th grade can contact moyerst@capetigers.com sign up and be placed on a team through Cape Public Schools. For more information contact Moriah at mlincoln@cityofcape.org or call the SportsPlex at 573.339.6341. Please note, there is a $2 spectator fee for anyone ages 13 & up attending games.

**FEE LOCATION**

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday &amp; Friday</td>
<td>Games: 9/22/23 - 10/13/23</td>
<td>Early: 8/20/23 Late: 8/27/23</td>
</tr>
</tbody>
</table>

$70 Early Fee | $80 Between 8/21-8/27

Shawnee Park Sports Complex

Don’t miss sign ups for the NFL Flag Football league!

Improve your volleyball skills with our Fall Youth Volleyball league at the SportsPlex.

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

For more information call 573-339-6340 or visit www.cityofcape.org/parks
Compete in the adult indoor volleyball league this winter at the Cape Girardeau SportsPlex! Power and intermediate divisions are offered. The season will be 12 games plus playoffs. Team sign-ups only for ages 18+. For more information, contact Moriah at mlincoln@cityofcape.org.

**LEAGUE FORMAT**
6-on-6 women’s league
Doubleheaders each week for
four weeks + tournament

**DATES**
Games played on Mondays
Starting November 6

**COST**
$200 per team
$175 per team with early discount
if registered by Oct. 18

**REGISTER**
Register by 10/22/23
Online only at
www.cityofcape.org/volleyball

**CONTACT**
JEBBESMEYER@CITYOFCAPE.ORG

**ADULT INDOOR COED VOLLEYBALL**

Compete in the adult indoor volleyball league this winter at the Cape Girardeau SportsPlex! Power and intermediate divisions are offered. The season will be 12 games plus playoffs. Team sign-ups only for ages 18+. For more information, contact Moriah at mlincoln@cityofcape.org.

**WHEN**
Tuesdays starting January 2, 2024

**WHERE**
Cape Girardeau SportsPlex

**COST**
$275 per team
Pay $250 per team with an early registration
discount if registering by 12/13/23

**REGISTER**
Register by 12/17/23 online at
www.cityofcape.org/volleyball
**SOCCER**

**Fall Youth Soccer League**
**Grades Pre-K to 8th**

Have a child interested in soccer? We have the league for you! Pre-K to 8th grade divisions offered. Games are played on Mon.-Thurs. evenings and on Saturdays.

Coaches’ meeting is on 8/10 at 6:30 p.m. at the Shawnee Park Center. Register online: www.cityofcape.org/soccer or in person at the A.C. Brase Arena or the Osage Centre.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.-Thurs., Sat.</td>
<td>9/5/23</td>
<td>8/4/23</td>
</tr>
</tbody>
</table>

**FEE**

$45 Pre-K | $65 K-8th | $10 late fee after 7/28/23 Shawnee Sports Complex

Fall soccer sign ups end August 2!

**GOLF**

**18th Annual Senior 2-Person Scramble**

This tournament is open to individuals age 50+. First place has a $300 cash payout! This tournament has 3 divisions to compete in. Divisions are based on player ages. Cart and lunch are included with entry fee.

For more info contact us at jayceegolf@cityofcape.org. Register online at www.cityofcape.org/golf.

**FEE LOCATION**

Thursday 9/14/23 8:00 a.m. shotgun start Jaycee Golf Course

**DAY DATE REG. DEADLINE**

Thursday 9/14/23 8/10/23

$160 / Team Ladies Golf Scramble

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>8/26/23</td>
<td>8/10/23</td>
</tr>
</tbody>
</table>

**FEES**

$160 / Team Jaycee Golf Course 8/10/23

Interested in golfing? Try out the Jaycee Golf Course or register for a tournament!

**BASKETBALL**

**Jr. NBA Basketball League**
**Boys & Girls K-6th Grade**

This Jr. NBA affiliated basketball league is individual sign up only, and all participants will receive an NBA replica jersey. A mandatory evaluation and coaches meeting/draft will be held on Tuesday, September 26th at the SportsPlex for grades 3rd/4th (5:30pm) and grades 5th/6th (6:30pm). Games will be played on Thursdays and Fridays starting October 19. Three practices are included; practice times are set by coaches. Volunteer coaches will be needed, please volunteer when registering if interested. A $2 spectator fee will be charged for all ages 13+ attending games. For more information, contact Josh at jebbesmeyer@cityofcape.org. Register online at: www.cityofcape.org/basketball.

**FEE LOCATION**

Thursday & Friday Start: 10/19/23 Early: 9/10/23 Late: 9/17/23 Shawnee Sports Complex

$75 For Kindergarten | $95 For 1st-6th Grades $10 off if registered by Sept. 10

**DAY DATE REG. DEADLINE**

Friday & Saturday Start: 1/5/24 11/17/23

$500 Per Team Various Locations

**Girls Youth Basketball League**
**Grades 1st - 8th**

Sign your team up for the girls youth basketball league! This league is offered to 1st-8th grade teams and runs from January to early March. Teams receive a minimum of 8 games guaranteed and games are played from January to early March. A coaches meeting will be held on 11/20 at 6:00 p.m. at the Osage Centre. Contact Nick at nyaeger@cityofcape.org for more information.

A $2 spectator admission fee will be charged for ages 13+ for games. Website: www.cityofcape.org/basketball

**FEE LOCATION**

Friday & Saturday Start: 1/5/24 11/17/23

$500 Per Team Various Locations

**FOR MORE INFORMATION CALL 573-339-6340 OR VISIT WWW.CITYOFCAPE.ORG/PARKS**
### Junior Grizzlies Basketball Program

- Boys & girls ages 5-8 will learn the basic basketball fundamentals such as dribbling, passing, shooting, rebounding and defense, and have the opportunity to play in a game setting. The program will consist of 45 minutes of skill development and 45 minutes of game time. The entry fee includes a Junior Grizzlies Nike reversible jersey, basketball and ticket to a Memphis Grizzlies game! Spots are limited! There will be a maximum of sixty 5-6 year olds and forty 7-8 year olds.

- Camp will be held on Thursdays from February 1 - February 29, 2024 from 5:30 p.m. - 7:00 p.m. at the SportsPlex.

- The cost is $90 per child if registered by 12/17, $100 if registered 12/18-12/22. Register online at www.cityofcape.org/basketball or at the SportsPlex. Save $10 by registering early (by 12/17/23)!

---

### Men's League Basketball

The mens basketball league offers 5 divisions from recreational to competitive. Games are played from January to March in various gyms. Team sign-ups only for ages 18+. Coaches meeting on December 19. For more information, contact Mitchell at mkramer@cityofcape.org or visit www.cityofcape.org/basketball.

- **When**
  - Start: January 2, 2024
  - Games will be played Sundays - Thursdays

- **Cost**
  - $450 Per Team

- **Registration**
  - Register by 12/15/23 in person at the A. C. Brase Arena or Osage Centre
**Sports**

**Coaches Corner | Rebecca Peters**

**What is your coaching background?** Sports has always been a passion of mine and coaching is a great way to serve and connect with others. I coached high school basketball and softball for several years and always helped out with the youth league programs. Once my 2 kids, Elizabeth (6) and Nicholas (5), became old enough to play sports, I was excited to jump right back into coaching. My husband, Andy, coaches youth league baseball and soccer and I coach basketball, softball and soccer.

**Why do you coach recreational sports?** I coach recreational sports because I want the kids to have a positive experience with sports and learn the fundamentals of the game. I loved playing basketball and softball in high school and college and I want to share my love of the game with others.

**How important is winning in recreational sports?** Winning is always fun, but certainly not the most important thing. Playing sports teaches you mental toughness, how to overcome adversity, and how to work as a team - all things you'll use everyday in the game of life.

**Any advice for new coaches?** Be competitive during practices, but keep it fun. Teach and demonstrate the basic fundamentals of the game. Display sportsmanship and respect at all times because the kids are watching you.

**Any words of wisdom?** You have the opportunity to create memories that last a lifetime by being involved and coaching. Make that positive impact on someone, show the kids you care about them, and always lead by example.

---

**CROSS COUNTRY**

**Cross Country Club**

**Ages 5-14**

A club dedicated to teaching kids the sport of distance running. The main focus of this club is to learn that running can be fun and instill a lifelong healthy habit in our runners. They will learn form, strategy and more! Personal continued growth is the goal while working in a team environment.

For more information, contact Nick at nyaeger@cityofcape.com. Register online at www.cityofcape.org/xclub.

**FEE LOCATION**

**DAY DATE REG. DEADLINE**

Practice: M/W Meets: Fri. Start: 8/28/23 Early: 8/21/23 Late: 8/25/23

**FEE**

$55 | Save $10 if registered by 8/21 Osage Park Trail Head

---

**FALL ADULT SOFTBALL**

**17 & Over**

Fall men’s and coed softball leagues range from competitive division one to recreational division three. All leagues are team entry sign up only. There will be a manager’s meeting on August 31 at the Shawnee Park Center at 6:00 p.m. For more information, contact Josh at jmeyer@cityofcape.org or 573.339.6788.

**Web:** www.cityofcape.org/softball

---

**DURING INCLEMENT WEATHER CALL OUR**

**RAINOUT LINE: 573.975.1024**

---

**SOFTBALL**

**Fall Adult Softball**

**17 & Over**

Fall men’s and coed softball leagues range from competitive division one to recreational division three. All leagues are team entry sign up only. There will be a manager’s meeting on August 31 at the Shawnee Park Center at 6:00 p.m. For more information, contact Josh at jmeyer@cityofcape.org or 573.339.6788.

**Web:** www.cityofcape.org/softball

**FEE LOCATION**

**DAY DATE REG. DEADLINE**

Practice: M/W Meets: Fri. Start: 8/28/23 Early: 8/21/23 Late: 8/25/23

**FEE**

$55 | Save $10 if registered by 8/21 Osage Park Trail Head
**FITNESS PROGRAMS**

**Holiday Fitness Challenge**
Earn extra cash when you maintain or reduce your weight during the holidays! Stay motivated and focused on healthy habits this season. How to participate: Register and pay a $5 entry fee at the Osage Centre fitness room. The $5 fee will go in the prize pot. Weigh in between November 6-22. Exercise and eat right through the holidays! Come back to the Osage Centre for your final weigh-in between January 1-10. If you have maintained or lost weight, you get a percentage of the cash prize pot (to be divided equally among winners)! For more information, contact Christine at cjaegers@cityofcape.org.

**New Year’s Resolution Warriors**
How are you doing with your health goals? Join us for this special class to focus on each one of your goals, from weight loss, strength gain, or just a healthier lifestyle! Meet weekly with a fitness specialist to stay on track and reach your goals faster and to help keep you motivated. This class includes a pre and post assessment, nutrition education, recipes, goal setting guidance and more. Stick with it and earn your free warrior prize! For more information, or to register, visit www.cityofcape.org/wellessevents.

**PERSONAL TRAINING**

**Time To Take Care Of YOU!**
Team up with a personal trainer and start reaching your health goals today! We offer personal training services at a low cost! Our nationally-certified personal trainers will customize a program to meet your unique needs, creating a safe and effective way to reach your goals. Training services include personal training, partner training, group training, sport-specific training, stand strong and mobility express: flexibility training. Training packages start as low as $25 for one 30 minute personal training session, and go up to ten - 60 minute training session packages. Nutrition and fitness plan consultations are also available starting at $60. For more information on personal training, contact Christine, our Fitness & Wellness Specialist, at 573.339.6604 or cjaegers@cityofcape.org.

**WELLNESS EDUCATION**

**Health & Wellness Seminars**
Check out our website and follow us on Facebook @FitCape for a wide variety of health and wellness education events available just for you! Check out the cooking seminars we are offering this fall! Pre-registration is required for seminars. Find more information & pre-register online at www.cityofcape.org/wellessevents.

**Meals on the Go!**
Summer is ending, and it’s time to get back to our school work routines. This may mean we are back to a busier than ever schedule! Join us for this interactive cooking demo as we go over Christine’s favorite dishes for in a rush and still eating healthy!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 10</td>
<td>5:00 p.m. - 6:00 p.m.</td>
<td>Osage Centre</td>
<td>FREE!</td>
<td></td>
</tr>
</tbody>
</table>

**The Power of a Nutritional Diet**
Join us as we talk about how truly powerful a Nutrient Dense Diet can be and the amazing things it can do to your body! By Ahed M.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 12</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>Osage Centre</td>
<td>FREE!</td>
<td></td>
</tr>
</tbody>
</table>

**WALK-tober**
Meet Christine, Fitness & Wellness Specialist, for a Walk & Talk session through the Osage Trails. From goal setting, education and planning- we have lots to talk about on our walk & talk so make sure to join us! We will go at a great beginner walking pace to be comfortable for all levels.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 10</td>
<td>12:00 p.m. - 12:45 p.m.</td>
<td>Osage Park Trail Head</td>
<td>FREE!</td>
<td></td>
</tr>
</tbody>
</table>

**Shopping Tour**
Grab a cart & come shop with me! We will go through the aisles and learn how to quickly find the better options to prevent the wrong items sneaking into your cart!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 7</td>
<td>12:00 p.m. - 12:45 p.m.</td>
<td>Schnucks</td>
<td>FREE!</td>
<td></td>
</tr>
</tbody>
</table>

**Holiday Cooking Demo**
Holiday cooking can be healthy & delicious all in one! Join Christine, Fitness & Wellness Specialist, for a healthy holiday cooking demo to learn her seasonal favorites!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 12</td>
<td>12:00 p.m. - 12:45 p.m.</td>
<td>Osage Centre</td>
<td>FREE!</td>
<td></td>
</tr>
</tbody>
</table>

**GOALS!**
We are offering FREE In-Body Assessments to work on goal setting and learning a bit more into Macros! Join us to start the 2024 New Year off in the right direction!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 9</td>
<td>12:00 p.m. - 12:45 p.m.</td>
<td>Osage Centre</td>
<td>FREE!</td>
<td></td>
</tr>
</tbody>
</table>
GROUP FITNESS

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

Walk With Ease
The Cape Parks & Recreation is excited to work with the Arthritis Foundation in offering this great beginner walking program. Walk With Ease is a program for people with arthritis, other ongoing health problems or beginners ready to get moving. You’ll learn how to start walking safely and stick with it.
With the self-directed program, you do the activities and exercises with a group for motivation and encouragement.
Benefits to You:
- Reduce arthritis pain and stiffness.
- Feel less tired.
- Increase your stamina, strength, and balance.
- Be more active and independent.
- Feel more confident that you can control your arthritis.
Register today: Contact Christine at 573.339.6604 or at the Osage Centre

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

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

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

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

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

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

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

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

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

Strength Conditioning / Body Sculpt / Pump 40
This class focuses on strengthening the muscles. As we age, our muscles tend to get weaker and this class helps strengthen. All levels welcome. Kettlebells mixes cardio with strength to give an overall great workout!

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

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

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

= Great for beginners / low impact!
**FITNESS FACILITIES**

### OSAGE CENTRE HOURS
- **Monday-Thursday**: 5 a.m. - 8 p.m.
- **Friday**: 5 a.m. - 7 p.m.
- **Saturday**: 8 a.m. - 4 p.m.
- **Sunday**: 12 p.m. - 9 p.m.

### SHAWNEE PARK CENTER HOURS
- **Monday-Friday**: 9 a.m. - 8 p.m.
- **Saturday**: 11 a.m. - 6 p.m.
- **Sunday**: 12 p.m. - 8 p.m.

### CENTRAL POOL FITNESS HOURS
- **Monday-Friday**: 5 a.m. - 7 a.m.
- **Saturday**: 11 a.m. - 6 p.m.
- **Sunday**: 12 p.m. - 8 p.m.

Check the website for additional hours this fall at cityofcape.org/centralpool.

<table>
<thead>
<tr>
<th>ADMISSION</th>
<th>Fitness Room</th>
<th>Indoor Track</th>
<th>Gym Walking</th>
<th>Discount Card</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fitzone</strong></td>
<td>$2 / Visit</td>
<td>$2 / Visit</td>
<td>Free</td>
<td>$16 / 10 Visits</td>
</tr>
<tr>
<td><strong>Free</strong></td>
<td>Fitness Room</td>
<td>Gym Walking</td>
<td>Discount Card</td>
<td></td>
</tr>
<tr>
<td><strong>Free</strong></td>
<td>Gym Walking</td>
<td>Discount Card</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

**SAVE THE DATE!**

**HEALTH & WELLNESS Expo 2024**

**March 2, 2024**
10:00 a.m. - 2:00 p.m.
Osage Centre

**Vendors Needed!**

**March 2, 2024**
10:00 a.m. - 2:00 p.m.
Osage Centre

**Admission**
- **Children**: $2.75
- **Adults**: $3.50
- **Seniors**: $3.00
BIRTHDAY PARTIES

SHAWNEE PARK CENTER

BIRTHDAY PARTY AT THE PARK CENTER..........................$110
Two hours of meeting room & gym space.

ADD ONs
AIR HOCKEY TABLE..................................................$20
PING PONG TABLE.....................................................$15

573.339.6346 | www.cityofcape.org/shawneeparkcenter

OSAGE CENTRE

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

ADD ONs
LITTLE TYKE PACKAGE................................................$40
For our little guys! Includes a little mountain climber, tumble fun system, mats, rack of games and one staff member to supervise. For ages 1-4.

573.339.6342 | www.cityofcape.org/osagecentre

JEFFERSON POOL

POOL PARTY.................................................................$175
25 Swimmers Party times are available year round. A party room complete with tables and chairs will be set up for your 2 hour reservation. All regular pool rules apply to party groups. Children under the age of eight (8) years old need to be in arm’s reach of an adult. For parties with children nine (9) years and older, one (1) adult is required for every ten (10) children. Advanced reservations are required. Please call for availability.

RESERVATION PERIODS
June - July: Can reserve Monday - Sunday
August - May: Can reserve Friday at 5:30 p.m. OR Saturday/Sunday at 12:00 p.m. or 3:00 p.m.

573.335.4040 | www.cityofcape.org/centralpool

SPORTSPLEX

SPORTSPLEX.................................................................$150
Birthday parties are offered for two hours. Parties will get meeting room space and either a full court OR 1/2 turf field.

ADD ONs
NERF GUNS...............................................................$20

573.339.6341 | www.cityofcape.org/sportsplex

CAPE SPLASH

Find more about Cape Splash birthday parties at:
www.cityofcape.org/capesplash

BIRTHDAY PARTIES MAY BRING IN FOOD, CAKE AND DECORATIONS AT NO EXTRA CHARGE!
(Exception at Cape Splash.)
Aquatics

JEFFERSON POOL

Jefferson Pool at 1620 College St. is a beautiful, family friendly facility with zero depth entry, sprinkle play features, a little Nemo Slide, three 25 yard lap lanes, and a slide that extends outside the building and returns back inside. This pool slowly transcends into an exercise/leisure area too. The facility also has a private party room and concession area.

Pumpkin Dive

Pumpkin divers will search for pumpkins in the shallow end of Jefferson Pool. Children up to five years old will dive at 10:00 a.m. and children ages 6-10 will dive at 11:00 a.m. (maximum of 50 per age group). One parent can be in the water with their child. Pumpkins will be numbered and correspond with candy & prizes. Don’t forget goggles and a mesh or plastic bag that can get wet to collect pumpkins in! Register online: www.cityofcape.org/aquaticevents.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>10/28/23</td>
<td>10:00 a.m.</td>
</tr>
</tbody>
</table>

FEE: $5 Per Person
LOCATION: Jefferson Pool

AQUATIC FITNESS

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

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

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

Private Swim Lessons

These one on one sessions allow for swimmers ages 4 and up, of all skill level, to progress at their own pace and have the focused instruction of their instructor. These are great options for children who thrive better from one on one attention, teenagers who need to prepare for lifeguard training prerequisite skills, and adults who want to improve their strokes. Lessons are held at Jefferson Pool. To book a private lesson, contact Robert at rshanahan@cityofcape.org.

Three, 30 minute sessions for $45
Six, 30 minute sessions for $90

Lifeguard Trainings

Interested in becoming a lifeguard? Join our team today! All lifeguard certification classes will be at Jefferson Pool. The cost is $75 for participants who are seeking employment with the City of Cape, or $150 for those not seeking employment. To register, contact Robert at rshanahan@cityofcape.org.

Strengthen your swim skills with our private lessons!

LIFEGUARDS NEEDED!
LEARN MORE AT:
cityofcape.org/lifeguard

Play Cape! • 25
JEFFERSON POOL
1620 College St. | 573.519.0645 | Supervisor: Michael Peters

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

HOURS & PRICING

Pool Hours
Monday - Friday
4:00 p.m. - 7:00 p.m.
Saturday - Sunday
12:00 p.m. - 5:00 p.m.

Fitness Swim Hours
Monday/Wednesday/Friday
9:30 a.m. - 12:00 p.m.

Admission
Adults (14-59) $7.00 / Person
Children (1-13) $6.00 / Person
Seniors (60+) $6.00 / Person

Coupon Books
Adults (14-59) $56 / 10 Visits
Children (1-13) $48 / 10 Visits
Seniors (60+) $48 / 10 Visits

FACILITY GUIDELINES

Fitness Swim
During scheduled fitness swims, the pool is available for lap swimming and other fitness activities. Children will not be admitted into the facility during this time period, unless engaging in some sort of structured physical exercise. No free play will permitted during this time. Hours: Tuesday-Thursday 11AM - 1PM.

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

Birthday Parties
25 Swimmers Party times are available year round. A party room complete with tables and chairs will be set up for your 2 hour reservation. All regular pool rules apply to party groups. Children under the age of eight (8) years old need to be in arm’s reach of an adult. For parties with children nine (9) years and older, one (1) adult is required for every ten (10) children. Advanced reservations are required. Please call for availability. Reservation Periods - $175 for 2 hours June-July; Can reserve Monday - Sunday August - May: Saturday/ Sunday at 12 PM and 3 PM. After Hour Parties are available for $400 for 2 hours.

CENTRAL POOL

Rennovations are in the works for Central Pool! The anticipated re-opening will be in 2024. Visit our website to stay up-to-date with the latest information at www.cityofcape.org/parks.

DURING INCLEMENT WEATHER CALL OUR RAINOUT LINE:
573.975.1024

For more information call 573-339-6340 or visit www.cityofcape.org/parks
CAPE SPLASH
1565 N. Kingshighway | 573.339.6343 | Supervisor: Robert Shanahan

The Cape Splash Family Aquatic Center is an outdoor waterpark designed for water-goers of all ages! The waterpark contains a splash pad, zero depth entry pool, lazy river, swirl pool, and eight water slides...the tallest is a 265 foot long free fall slide!

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

Last day of the season is September 4!
Hours will be 11:00 a.m. - 6:00 p.m. on September 4.

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

2023 Season Pass Rates
Free
12 Months & Under
Ages 1 - 13 $70 / Person
Ages 14 - 59 $80 / Person
Seniors 60 & Up $70 / Person

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

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

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

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

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

THE PERFECT GIFT!
Buy your Cape Splash season pass by March 31 for a 10% discount! For the month of December 2023, buy a season pass and get a 2024 souvenir cup FREE!
TOURNAMENTS

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>8/26/23</td>
<td>8:00 a.m. shotgun start</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FEE</th>
<th>LOCATION</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>$120 / Team</td>
<td>Jaycee Golf Course</td>
<td>8/24/23</td>
</tr>
</tbody>
</table>

18th Annual Senior 2-Person Scramble
This tournament is open to individuals age 50+. First place has a $300 cash payout! This tournament has 3 divisions to compete in. Divisions are based on player ages. Cart and lunch are included with entry fee. For more info contact us at jayceegolf@cityofcape.org. Register online at www.cityofcape.org/golf.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>9/14/23</td>
<td>8:00 a.m. shotgun start</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FEE</th>
<th>LOCATION</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>$120 / Team</td>
<td>Jaycee Golf Course</td>
<td>9/10/23</td>
</tr>
</tbody>
</table>

Jaycee Golf Course Championship
Compete for the Jaycee Golf Course Championship September 25 & 26! This championship is open to paid & non-paid course members and the general public. Junior to senior divisions offered. Reserve your Saturday tee time in the Pro Shop by September 22. Sunday tee times will be based on Saturday scores. For more information, contact us at jayceegolf@cityofcape.org.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday &amp; Sunday</td>
<td>9/25/23 - 9/26/23</td>
<td>8:00 a.m. tee times</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FEE</th>
<th>LOCATION</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free for paid members</td>
<td>$60 for non paid members &amp; the public</td>
<td>9/22/23</td>
</tr>
</tbody>
</table>

Jaycee Municipal Golf Course

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

Scan the QR code above to book your tee time today!
- Book Tee Times
- Visit Our Homepage
- Get Course Info
- Plan Your Visit

NOW PROUDLY OFFERING
teesnap
www.cityofcape.org/golf

For more information call 573-339-6340 or visit www.cityofcape.org/parks
ABOUT | The Jaycee Municipal Golf Course features 18 holes of Zoysia Fairways and Bent Grass greens over 5,800 yards. Tree-lined fairways, water on 11 holes, sand bunkers and architecturally-designed greens provide a challenge for novice to pro.

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

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

GENTS FEES + CART

<table>
<thead>
<tr>
<th>Type</th>
<th>Winter Rates (Nov. 1 - March 31)</th>
<th>Summer Rates (April 1 - Oct. 31)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekday 9 holes</td>
<td>$21</td>
<td>$27</td>
</tr>
<tr>
<td>Weekday 18 holes</td>
<td>$30</td>
<td>$36</td>
</tr>
<tr>
<td>Weekend 9 holes</td>
<td>$21</td>
<td>$30</td>
</tr>
<tr>
<td>Weekend 18 holes</td>
<td>$30</td>
<td>$39</td>
</tr>
</tbody>
</table>

GOLF CART / CLUB RENTAL

<table>
<thead>
<tr>
<th>Type</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 holes per rider</td>
<td>$9</td>
</tr>
<tr>
<td>18 holes per rider</td>
<td>$18</td>
</tr>
<tr>
<td>Private Cart</td>
<td>$10</td>
</tr>
<tr>
<td>Pull Cart</td>
<td>$5</td>
</tr>
<tr>
<td>Rental Clubs</td>
<td>$10</td>
</tr>
</tbody>
</table>

2023 GENTS FEES MEMBERSHIP

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly + Cart (by calendar month)</td>
<td>$250</td>
</tr>
<tr>
<td>Individual</td>
<td>$650</td>
</tr>
<tr>
<td>Family (2 person)</td>
<td>$900</td>
</tr>
<tr>
<td>Family (4 person)</td>
<td>$1000</td>
</tr>
<tr>
<td>Any additional golfers after 4</td>
<td>add $250 per person</td>
</tr>
<tr>
<td>Senior single (60+)</td>
<td>$405</td>
</tr>
<tr>
<td>Senior family (60+ one spouse over 60)</td>
<td>$630</td>
</tr>
<tr>
<td>Junior Individual</td>
<td>$250</td>
</tr>
<tr>
<td>Veteran Single</td>
<td>$405</td>
</tr>
</tbody>
</table>

ANNUAL CART PASS

<table>
<thead>
<tr>
<th>Type</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Pass</td>
<td>$630</td>
</tr>
<tr>
<td>2-Person Family</td>
<td>$650</td>
</tr>
<tr>
<td>4-Person Family (2 cart limit)</td>
<td>$1000</td>
</tr>
</tbody>
</table>

Thank you, Randy Lueder, for 35 years of dedicated service to the Jaycee Municipal Golf Course as our Golf Course Supervisor. We wish you the happiest retirement!

Golf Course improvements under the supervision of Randy Lueder:

- Golf Course Renovation, a part of PRS1 (June of 2009-2010). This included rebuilding/redesigning Holes 11-15.
- Fairway renovations
- Installation of many miles of cart paths
- Rebuilding greens, replacing Bermuda grass greens with Bent grass greens
- Instrumental in the design of the shelter renovations (Spring of 2023)

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

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

August 12-13  Reebok Series Summer Finale Basketball Tournament
September 8-9  Dig For Life Volleyball Tournament
September 23  Missouri Taekwondo
September 27  SEMO Conference Volleyball Tournament
October 28-29  NSSC Boys Volleyball Tournament
November 18-19  NSSC Boys Volleyball Tournament
December 2-3  Premier Hoops Cape Winter Shootout Basketball Tournament
December 9-10  Reebok Holiday Super Jam Basketball Tournament
December 16-17  NSSC Volleyball Tournament
January 6-7  NSSC SportsPlex Blast Volleyball Tournament
January 13-15  NSSC MLK Extravaganza Volleyball Tournament
January 20-21  Reebok Series Basketball Cape Girardeau Winter Slam
January 27-28  NSSC SportsPlex Blast Volleyball Tournament
February 3-4  Reebok Series Basketball Cape Valentine’s Day Classic
February 10-11  Level 12 Sports Cape Girardeau Classic Volleyball Tournament
February 17-19  NSSC President’s Day Volleyball Tournament
February 24-25  NSSC SportsPlex Blast Volleyball Tournament

LEAGUES & PROGRAMS

Fall Youth Volleyball
Grades 1st-7th
This league is an individual entry league for boys & girls in 1st-7th grade (no team entry). Practices will be held on Mondays at the SportsPlex from September 11-October 9, and games will be played on Friday nights at the SportsPlex from September 22-October 13. All Cape Central students in 3rd - 7th grade can contact moyers@capetigers.com sign up and be placed on a team through Cape Public Schools. For more information contact Moriah at mlincoln@cityofcape.org or call the SportsPlex at 573.339.6341. Please note, there is a $2 spectator fee for anyone ages 13 & up attending games.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday &amp; Friday</td>
<td>Games: 9/22/23 - 10/13/23</td>
<td>Early: 8/20/23 Late: 8/27/23</td>
</tr>
</tbody>
</table>

FEE LOCATION

$70 Early Fee | $80 Between 8/21-8/27
SportsPlex

Jr. NBA Basketball League
Boys & Girls K-6th Grade
This Jr. NBA affiliated basketball league is individual sign up only, and all participants will receive a NBA replica jersey. A mandatory evaluation and coaches meeting/draft will be held on Tuesday, September 26th at the SportsPlex for grades 3rd/4th (5:30pm) and grades 5th/6th (6:30pm). Games will be played on Thursdays and Fridays starting October 19. Three practices are included; practice times are set by coaches. Volunteer coaches will be needed, please volunteer when registering if interested. A $2 spectator fee will be charged for all spectators ages 13+ attending games. For more information, contact Josh at jebbesmeyer@cityofcape.org. Register online at: www.cityofcape.org/basketball.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday &amp; Friday</td>
<td>Start: 10/19/23</td>
<td>Early: 9/10/23 Late: 9/17/23</td>
</tr>
</tbody>
</table>

FEE LOCATION

$75 For Kindergarten | $95 For 1st-6th Grades
$10 off if registered by Sept. 10
SportsPlex

30 • Play Cape!

For more information call 573-339-6340 or visit www.cityofcape.org/parks
**Junior Grizzlies Basketball Program**

**Boys & Girls Ages 5-8**
Boys & girls ages 5-8 will learn the basic basketball fundamentals such as dribbling, passing, shooting, rebounding and defense, and have the opportunity to play in a game setting. The program will consist of 45 minutes of skill development and 45 minutes of game time. The entry fee includes a Junior Grizzlies Nike reversible jersey, basketball and ticket to a Memphis Grizzlies game! There will be a maximum of 60 kids (5-6 year olds) and a maximum of 40 kids (7-8 year olds).

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>2/1/24 - 2/29/24</td>
<td>12/22/23</td>
</tr>
</tbody>
</table>

**FEE**
$100 Per Child | $90 with early registration discount if registered by 12/17/23

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

A. C. BRASE ARENA
410 Kiwanis Drive
Phone: 573.339.6340
Email: arena@cityofcape.org

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

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

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

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

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

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

FACILITY HOURS
Mon. - Fri. 8:00 a.m. - 5:00 p.m.
Saturday 11:00 a.m. - 6:00 p.m.
Sunday 12:00 p.m. - 8:00 p.m.

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

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

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

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

AMENITIES
1 basketball court/2 volleyball courts
2 meeting rooms
1 fitness center
Full-service kitchen
& Sports Complexes

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

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

15 Baseball/Softball Fields
4 Football Fields

CAPAHAY FIELD
1400 Broadway St
Capaha Field is a collegiate size baseball field located in Capaha Park, Cape Girardeau’s oldest park. This newly renovated stadium features a turf field, stadium seating, a home run deck and plaza concourse. This field is home to:

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

SHAWNEE PARK
SPORTS COMPLEX
1157 S. West End Blvd.
The Cape Girardeau Parks & Recreation Department operates adult softball, youth soccer, youth baseball, youth fast pitch and youth flag football leagues at the Shawnee Park Sports Complex. Fields are only available by renting. To rent a field, call 573.339.6340.

2 Baseball Fields
6 Softball Fields
14 Soccer Fields
2 Football Fields

For more information call 573-339-6340 or visit www.cityofcape.org/parks
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 vistas overlooking the Mississippi River (Cape Rock Park), heritage sites such as Fort D (a Civil War fortification) and the Cape LaCroix Trail which winds its way from north to south along Cape LaCroix Creek and through three of our major parks. Improvements are coming fall of 2023 to the Cape LaCroix Recreational Trail. Wherever you are in Cape, you are never too far from a park, trail or green space where you can experience nature or family fun. Please pay a visit to one of our parks, reserve a pavilion for a picnic or family reunion or participate in one of our many activities and events. Remember to PLAY CAPE!!

**RECREATIONAL TRAILS**

<table>
<thead>
<tr>
<th>Trail Name</th>
<th>Mileage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conservation Center Property to Route W/Kingshighway Bridge</td>
<td>1.25 miles</td>
</tr>
<tr>
<td>Route W/Kingshighway Bridge to Cape Woods Restroom</td>
<td>0.60 mile</td>
</tr>
<tr>
<td>Cape Woods Restroom to Hopper Road Bridge</td>
<td>0.37 mile</td>
</tr>
<tr>
<td>Hopper Road bridge to Rodney Street Bridge</td>
<td>1.10 miles</td>
</tr>
<tr>
<td>Rodney Street Bridge to Independence Street Bridge</td>
<td>0.42 mile</td>
</tr>
<tr>
<td>Independence Street Bridge to William Street Bridge</td>
<td>0.27 mile</td>
</tr>
<tr>
<td>William Street Bridge to Bloomfield Road Bridge</td>
<td>0.47 mile</td>
</tr>
<tr>
<td>Bloomfield Road Bridge to Brink Street Access</td>
<td>0.22 mile</td>
</tr>
<tr>
<td>Brink Street Access to Shawnee Park Soccer Field Bridge</td>
<td>0.97 mile</td>
</tr>
<tr>
<td>Shawnee Park Bridge to Linden</td>
<td>0.36 mile</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>6.03 miles</td>
</tr>
</tbody>
</table>

**OTHER PARKS & RECREATIONAL TRAILS**

<table>
<thead>
<tr>
<th>Trail Name</th>
<th>Mileage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Downtown Riverfront Park Walkway (from end to end)</td>
<td>1.3 miles</td>
</tr>
<tr>
<td>Sidewalk around Capaha Park</td>
<td>0.90 mile</td>
</tr>
<tr>
<td>Sidewalk around Capaha Pond</td>
<td>0.28 mile</td>
</tr>
<tr>
<td>Fountain Park (Natural Surface)</td>
<td>1.2 miles</td>
</tr>
<tr>
<td>Juden Creek Conservation Trail (Natural Surface)</td>
<td>2.5 miles</td>
</tr>
<tr>
<td>Conservation Nature Center (Gravel Surface)</td>
<td>1.0 mile</td>
</tr>
<tr>
<td>Route K Connector - Cape Bicycle to Mount Auburn Road</td>
<td>1.2 miles</td>
</tr>
<tr>
<td>Bloomfield Road Trail</td>
<td>1.4 miles</td>
</tr>
</tbody>
</table>

**INCLEMENT WEATHER:** The Parks and Recreation Department makes every effort to clear our roadways and entrances from debris and snow as quickly as possible. The trail system is closed in the event of snow and ice. Please use care and caution when using outdoor areas during inclement weather. Report a problem: call 573-339.6340.

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

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

1. ARENA PARK (Kiwanis Drive & 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 skateboard park.

2. CAPAHA PARK (Broadway & West End Blvd.) The oldest park in Cape Girardeau’s system, the park is near Southeast Missouri State University and comprises 39.3 acres. It contains two baseball fields, one basketball court, three play structures, two restroom facilities, three shelters, one bandshell, the Rose Garden and a 3.5 acre fishing pond. One of the baseball fields is home to the Southeast Missouri State University Redhawks and the Capahas, a semi-professional baseball team.

3. CAPE ROCK PARK (North Cape Rock Drive) In the northeast part of the city, the 21.3 acre park offers a breathtaking view of the Mississippi River. It is mainly undeveloped in an effort to promote the natural area.

4. CASQUIN PARK (North Sprigg Street) This is a 7.3 acre, undeveloped park. Blanchard Elementary is located just south of this park and Fire Station 3 is to the park’s north.

5. CHOCTAW PARK (Broadway & Kingsway Drive) Contains 1.4 acres and consists of 1 shelter and 1 play area. The park is along the Cape LaCroix Creek flood control project area.

6. COMMON PLEAS GAZEBO (44 N Lorimier Street) This historic parcel is located downtown Cape Girardeau. The gazebo pavilion and surrounding land is rentable space.

7. DELAWARE PARK (Sprigg Street &4th Street) An 18 acre undeveloped park.

8. DENNIS SCIVALLY (West Cape Rock Drive & Scivalley 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 gold fish to view, sitting benches and a picnic table. This park also contains a 1-mile trail that winds through the wooded area west of Cape Rock Drive.

10. FORT D (Fort street & 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 & 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 MUNICIPAL GOLF COURSE This course features 18-holes of Bermuda fairways and Bent Grass greens. Featuring hilly, tree-lined fairways, water, sand bunkers and architecturally designed greens, the course provides a challenge for all golfers. The course and all 18 greens are now open year round, from dawn to dusk.


15. KIowanis PARK (Rotary Drive off of Perryville Road & Lexington Avenue) The park is 55.8 acres and features 3 shelters, 1 pick-up baseball field, 1 small pond, 1 play structure and 1 restroom facility. Home of Dogtown Dog Park.

16. MAY GREENE GARDEN (Fountain & Themis Street) This lovely park consists of a variety of flowers and plants. Wooden benches in the park allow for a leisurely rest in downtown Cape Girardeau.

17. MISSOURI PARK (Fountain Street & Park Drive) The 6.3 acre park contains a half-basketball court, green space and skateboard park.

18. MURTAUGH PARK (William & Main Street) A small green space (0.2 acres) located on a median across from Old St. Vincent’s Cathedral in historic downtown Cape Girardeau.

19. OSAGE PARK (1625 North Kingshighway) Covers 52 acres and is the site for the Osage Centre and Cape Splash Family Aquatic Center. The Center is a multi-purpose building designed for conventions, meetings, special events and sports activities.

20. RANNEY PARK (Ranney Street & William Street) One shelter and six picnic tables are located on this 1.2 acre neighborhood park. The new Mississippi Bridge route passes just north of this park.

21. RED HOUSE INTERPRETIVE CENTER (South Main Street at the intersection of Main & William) Historic Representation of Cape's Founder, Louis Lorimier and his trading post. Tours and events May – September.

22. RIVERFRONT PARK (Water Street) On the river side of the flood wall, the park contains 1.5 acres with terraced seating for an amphitheater effect. This park is the docking site for the Mississippi River paddle boats and a hiking trail along the riverfront.

23. ROCKWOOD PARK (Rockwood Drive) 1.9-acre natural area that consists of outcroppings of limestone.

24. SAWNEE PARK SPORTS COMPLEX AND CENTER (State Highway 74 & West End Boulevard) This 131.2 acre park serves as the location of the Shawnee Park Sports Complex.

25. TWIN TREES PARK (North Cape Rock Drive along the Mississippi River) Located on the northern boundaries of the city, the park contains 61.8 acres. The hiking trail established a partnership between the City of Cape Girardeau, the Missouri Department of Conservation, and Southeast Missouri State University for the purpose of providing a natural area for the public to enjoy.

26. WASHINGTON PARK (Washington Lane & Middle Street) A 3.3 acre neighborhood park containing one shelter and one play structure.

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

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

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

Thank You Parks Maintenance Staff
We would like to thank our Parks Maintenance Staff. This team loves our Parks! Every day they are out at work at 7am and work tirelessly through heat, rain, and freezing temperatures to maintain our many parks, historic sites and green spaces.

We would also like to ask our citizens to please help our staff keep these parks and facilities clean, to allow all users the opportunity to enjoy clean facilities. Please pick up after yourself and treat our parks and facilities with respect.

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

- Historic Old Lorimier Cemetery was established in 1808 by Louis Lorimier. There are many pre-Civil War and Civil War grave sites in this cemetery. Some sites are unmarked. There are no grave sites available for sale at Old Lorimier Cemetery.
- New Lorimier Cemetery was established in 1877. Most of these plots are family plots in blocks of 4 or 8. New Lorimier Cemetery is home to the “Temple of Rest” Mausoleum established in 1917. All crypts and plots have been purchased.
- Fairmount Cemetery was established in 1883. It sits adjacent to New Lorimier Cemetery and is also a family cemetery.

WE ARE HIRING!

Full-Time Position Openings
Do you have a love of working outdoors and want to help keep our parks, golf course and or athletic fields maintained and clean? We are hiring for full – time maintenance personnel to work out of our Parks Division, Jaycee Municipal Golf Course Division and Shawnee Park Sports Complex Division. If you are looking for a job with great benefits and the opportunity to work with a dedicated team, contact Kaed Horrell for more information at khorrell@cityofcape.org or 573-339-6340.

PARK PROGRAMS & SERVICES

Special Events in City Parks
Groups or organizations wishing to host a special event in one of our City parks will need to complete an application in advance of reserving any. Please contact our administrative office for additional details or to obtain an application. Please allow 30-60 days (minimum) prior to your event for review and approval. Special events are any events that are open to the public held on City park property and include but are not limited to the following: races/runs/walks, festivals/shows/exhibits/concerts, parades/food/beverage events and tournaments/competitions.

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

The City of Cape Girardeau Parks and Recreation Department is looking for groups interested in “adopting” a City park or trail section by being involved in improvement projects throughout the year. At a minimum, we ask that interested groups help clean up your park or trail section at least 4x/year. We will provide equipment needed and your name will appear on a sign posted within the park or trail. This makes for a great scouting project, business team building opportunity or may fit the bill for your civic club goals. Contact us today if you are interested or have questions.

Cape Rock Park.
CAPE GIRARDEAU
HISTORIC SITES

RED HOUSE
INTERPRETIVE CENTER
Main Street, Cape Girardeau
573.335.6340
Have you ever wondered what life was like in early Cape Girardeau? The Red House Interpretive Center commemorates Louis Lorimier, our city’s nineteenth century founder through recreating his home and trading post. Come learn about the various jobs Lorimier held from local Spanish Commandant to trading post owner. Also, see what famous visitors came to see Lorimier and his family during this exciting time in Cape Girardeau. The season ranges from May through October and the hours are Saturdays from 1:00 p.m. - 4:00 p.m. General admission is free. To schedule a group tour or contact the Cape Girardeau Parks & Recreation Department at 573.339.6340.

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

CAPE RIVER
HERITAGE MUSEUM
538 Independence, Cape Girardeau
573.334.0405
The museum is located in the Old Fire & Police Station dating to 1908. Learn about river captains and the great paddle-wheel steamboats; Jean Pierre Girardeau, namesake of our town; Marie Oliver, designer of our MO State Flag; Louis Houck, pioneer railroader who opened development of SE Missouri; Willard Vandiver, who coined the phrase “The Show Me State” and many other exhibits; attend our monthly “Speaker Series” to hear local historians revive our past. The River Heritage Museum is open Thursdays & Fridays from 11:00 a.m. - 4:00 p.m. and Saturdays from Noon - 4:00 p.m. (from mid-March until mid-December) and is free. Special tours offered by appointment.

UPCOMING EVENTS
Fall Muster at Fort D
Sept. 1-3 | 9AM-3PM
Veterans Day at Fort D
Nov. 10-12 | 9AM-3PM
WIFI In City Parks!

Don’t forget that we now have wifi in select locations in Ranney Park, Indian Park, Washington Park, Shawnee Park, Capaha Park, Arena Park & Kiwanis Park! Thank you to the Cape Girardeau Public Library for helping us add this great asset for our park patrons!

- **Capaha Park**
  - Amphitheatre & Broadway restroom area
- **Arena Park**
  - Restroom near Rodney Street, restroom near fields no. 2 & 3, restroom near shelters no. 4 & 5
- **Indian Park**
  - Restroom area
- **Washington Park**
  - Shelter
- **Ranney Park**
  - Shelter
- **Kiwanis Park**
  - Restroom near shelter no. 1
- **Shawnee Park**
  - Soccer field concession, restroom area near field no. 3

**Rose Garden Update**

The Rose Garden renovation is well underway. The garden has been graded and cleaned to meet accessibility standards and a new, decorative retaining wall has been built on the north side. The remaining work includes installation of irrigation and a fountain, sidewalks throughout the garden, a new parking lot and construction of planting beds. Current plans include having the garden ready for a fall 2023 planting.

**Cape LaCroix Recreation Trail Improvement Update**

Improvements are coming to the Cape LaCroix Recreation Trail between Bloomfield Road and the pedestrian bridge at Shawnee Park. The project, made possible by the PRS2 voter approved tax initiative, will involve repair and replacement of sections of the trail that have become compromised by tree roots and normal wear and tear. Some sections of the trail will also be re-routed in areas that have become affected by destabilization of the Cape LaCroix creek bank. The project is expected to begin in Spring 2024.

**Ranney Park Renovations**

Exciting updates are coming to Ranney Park. The park will be receiving a new playground system, shelter renovations and a permanent restroom. Additional parking will also be added as the project budget allows. The project is expected to begin late 2023 or early 2024 depending upon receiving the playground and bathroom.

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

Our newest park offers many features to cater to everyone! With ADA accessible options, multiple slides and swings, you are sure to have fun! Jefferson Park is located in front of the Jefferson Community Center: 520 Minnesota Ave, Cape Girardeau, MO 63703.

Welcome Back CENTRAL POOL!

The Central Pool renovation project is well underway and includes installation of a permanent building over the 50 meter pool, new mechanical systems and upgrades to the bathhouse. The renovated facility is expected to re-open in Spring 2024.
The Parks And Recreation Foundation is a 501c3 Not for Profit organization created to assist the City of Cape Girardeau Parks & Recreation Department in providing for programs, facilities and equipment that may not be funded through limited city tax funds. Your gifts and contributions are tax deductible and we encourage you to think about bequeathing to the Foundation as part of your estate giving plan. Gifts may be donations, retirement funds, city employee payroll deduction and more. Please contact us if you would be interested in becoming a Parks and Recreation Foundation supporter! The Board meets quarterly.

**SPONSORSHIPS**

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

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

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

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

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

**THE FOUNDATION NEEDS YOUR SUPPORT!**

Join us in our effort to enhance recreational activities and amenities in YOUR community by building an active support system for our Parks & Recreation Department through volunteerism and contributions.

---

**FRIENDS PROGRAM**

The Friends of the Parks & Recreation Foundation Membership Program gives citizens and businesses a chance to get involved with their community. The Parks & Recreation Foundation offers an individual/family option and a corporate option.

**Individual $25 | Family $50**

- Discounts for select Parks & Recreation Foundation events.
- Preferred seating at select Foundation events with reservation.
- An invitation to Cape Splash Night for Foundation Members.
- One complimentary discount card to local businesses. Families receive two cards.
- Subscription to the Foundation’s quarterly newsletter.

**Corporate $250**

- Business exposure at Parks & Recreation Foundation events.
- “Foundation Sponsor of the Week” promotion on facility marquees.
- Exposure in the Foundation newsletter and PLAY CAPE! program guide.
- 10% Discount on advertising signage at Parks & Recreation facilities.
- Five complimentary discount cards to local businesses.

---

**Call 573.339.6340 to learn how to be a member!**

---

**2023 FRIENDS OF THE FOUNDATION MEMBERS**

**FAMILY MEMBERS**

Karen & Doug Atwood
Craig & Mary Billmeyer
Sam & Jana Birk
Wolf & Kim Butler
Glenn & LeeAnn Campbell
David & Stacey Cantrell
Brock & Karen Davis
Don Dennington & Family
Gene & Michelle Dewrock
Tim & Loretta Dodd
Danny & Debbie Essner
Dennis & Becky Essner
Roger & Donna Essner
Kevin & Cindy Ford
Bob & Connie Fox
James & Vicki Frank
Cindy Gannon & Cyndi Payne
Doug & Maile Gannon
Steve & Laura Green
John & Angie Grimm
Kevin & Jackie Hammond
Tim & Liz Haynes
Skip & Patricia Heisserer
Jackson Hill & Family
Kaed & Brandi Horrell
Mike & Kristi Howard
Roger & Elizabeth Hudson
Percy & Bernadette Huston
Jay & Cindy Knudston
Mark & Bobbie Kohlfeld
Michael & Barbara Kohlfeld
Matt & Emily LaValle
Jeff & Dianne Lawrence
Mike & Kelsie Lee
David & Lisa Limbaugh
Leslie & Tony Martin
Jim & Teresa Maurer
Philip Moore & Family
Nancy & John Moreton
Bob & Bari Neff
Daniel & Hope Neff
Matti & Tom Taylor Neff
Ed & Beverly Noffel
Mark & Sarah Nussbaum
David & Jackie Otto
Tim & Laurie Pleimann
Narvel & Amy Randol
Jerry & Mary Roe
Bruce & Tonya Skinner
Randy & Trish Stahl
Mark Stone & Family
Greg & Shari Stroup
Nate & Dana Thomas
Matt & Rebecca Thomasson
Kim Thompson & Terry Bozay
Andrew & Adrienne West
Reid & Cathy Willen
Scott & Penny Williams
Mr. & Mrs. Robert Younghouse
Don & Toni Zimmer

**INDIVIDUAL**

Cmdr Christine Dickman
Beverly Evans, PhD
Nathan Martin
Thomas McCreary
Harold Meyr
Tameka Randle
Julia Williams
Nick Williams
Natalia Beasley
Connie Eichhorn
Nancy Horrell
Christine Jaegers
Dolly Jewel
Jack McDonald
Marla Mills
Brenda Newbern
Tina Niswonger
Margaret Poinsett
Tracey Williams
PLAY CAPE!

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

Play Cape! • 43
Citizen Engagement

Board Member Spotlight: Claire Kneer

Golf Course Advisory Board

Claire has lived in Cape since 1999. She graduated from Southeast Missouri State University with her Bachelor of Science in Nursing, and received a Master’s in Healthcare Administration from the University of Arkansas – Grantham. She currently serves as the Director, Home Health, Hospice and Palliative care for Saint Francis Healthcare System. She has previously served on the board of directors for Pyramid Group of home care companies, the Saint Mary Cathedral School Board, the Saint Mary Cathedral School Home and School Association board, and served as president for 2 years. She has been on the Golf Course Advisory Board for 2 years. Her love for golf and the community of Cape Girardeau are what inspired her to join the advisory board. Claire and her husband Mark, live in Cape Girardeau with their 2 sons, Nick and Nathan.

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

Board & Committee Members

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

PARKS AND RECREATION FOUNDATION BOARD
(Meets Quarterly)
Bar Neff - President
Mark Lanzotti - Vice President
Danny Essner - Treasurer
Kevin Noel - Secretary
Tameka Randle - Council Liaison
Ann Dohogne - Parks & Rec Advisory Board Liaison
Bob Basler
Scott Blank
Stacey Cantrell
Tyler Cuba
Percy Huston
Brad Labruyere
Aaron Panton
Pete Poe

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

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

TREE BOARD
(Meets every other month)
Jennifer Behnken - Chairman
Dr. Sven Svenson - Vice Chairman
Robert Harris
Lewis Jackson Hill
Laura Klipfel
Red Letter is a strategic marketing agency providing data driven messaging and business solutions for a variety of clients throughout North America. We provide a full portfolio of marketing communication services including data analysis and application, video communication, television commercials, graphic design and print communication, digital marketing, channel communication strategies and more. We have been involved in community projects since our founding. We believe in being responsible stewards of our resources, especially in our home community. We are very proud of our history of support for community campaigns and initiatives including the Cape Girardeau Parks, the Cape Library, Southeast Missouri Food Bank, Catholic Charities of Southeast Missouri, Tiger Lillys, Missouri Veterans Home, Notre Dame High School and more. Cape Parks and Rec does a fantastic job of providing first class recreational opportunities for all ages in Southeast Missouri. We believe that active and engaged communities are good for business and good for the local economy. Because of the work and vision of Cape Parks and Rec, we have significant local economic growth tied to multiple sport tournaments and recreational opportunities. On top of that recreational events across a variety of interest categories bring people from all parts of the community together and help strengthen our civic unity.
THANK YOU to our Corporate Partners!

Boys Baseball League
Pre-K Division
Luke Ray - Window World
Paul Unterreiner - Thompson
Coatings
Nick Allen - Jimmy Johns
Chad/Courtney Poffer - Southern
Convenience Stores
Brad LaBruyere - Hudson
Chiropractic
Amanda/Jared Bomer - USAF
Brent Keller - Cape Noon Optimist
Andy Peters - Dobb's Tire & Auto
Centers
Lance DeBrock - Window World
Marcus Rice - Robinson Transport
Inc.
Dan Cox - Southern Convenience
Stores
Mark Wittenborn - USAF

1st & 2nd Grade Division
Blake/Christina Essner - Kohfeldt
Distributing
Nick Martin - Room Mates Pool & Spa
Nick Dixon - New Vision Counseling
Austin Carver - Cape Noon Optimist
Derek Sides - Klefner Brothers Inc.
Shannon Kutz - Window World
Lance Young - Patton Contracting LLC
Brooks Hall - Hempies

3rd & 4th Grade Division
Todd Koch - Wondow World
Trent Summers - Southern
Convenience Stores
Andrew Deponder - Window World/
Cape Tigers
Nathaniel Brink - Estes Tattoo
Collective/Cape Tigers
Tynna Thomas - Culver's of Cape
Girardeau/Cape Tigers
Brandon Drury - Statler Lawyers/
Cape Tigers
Matt McDonald - Window World/
Cape Tigers

5th & 6th Grade Division
Clint Tracy - Plaza Tire Service
Andy Welch - Southern Convenience
Stores
Michael Weber - Window World
Robert Gafford - Window World/Cape
Tigers
Tim McGuire - Cape Noon Optimist/
Cape Tigers

7th & 10th Grade Division
Andy Calls - USAF
Jared Snell - Southern Convenience
Stores

Girls Softball League
Instructional Division
Kacie Ritter - Karter's Cabinet Depot
Casey Cook - Cheekwood
Patrick Slattery - Window World
Brent Graviett - Academy Sports +
Outdoors
Jessica Compas - Dobb's Tire & Auto
Allison Pfau - USAF
Rebecca Peters - Michel's Classic
Foundation

Rookie Division
Vannesa Schwendeman - Academy
Sports + Outdoors
Tonya South - Window World
Elliott Swoboda - Burrito-Ville
Chris Davis - Balls N Strikes

AA Division
Cara Hill - R&K Excavation Inc.
Robert Lee - Academy Sports +
Outdoors
Aaron Wilson - Culver's of Cape
Girardeau
Grace Patrick - Window World
Lauren Hamby - Burger King
Kourtnie Smith - Burrito-Ville
Jasmin Prater - Cheekwood

AAA Division
Robert Lee - Academy Sports +
Outdoors
Amanda Statler - Window World

Spring Indoor NFL Flag
Football League
D'Angelo Boyd - Dolphins
Ryan Becker/JT Payne - Buccaneers
Lonnie Chapman - Raiders
Brandon Sides - Rams
Maurice Gross - Ravens
Dustin Powell/Robert Shanahan -
Jaguars
Derek Sides/Clayton Camp - Chiefs
Cobret Joe - Cowboys
Brad Berry/Chad Callis - Chiefs
Shane Brumfield - Commanders
John Gilman - Buccaneers
Mac Robinson - Titans
Dennis Riney - Seahawks
Bryan Meyer - Bengals
Ignacio Alfaro - Chargers
Jeff Michel - Texans

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

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

www.cityofcape.org/parks

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

RAINOUT LINE

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

573.975.1024

DEADLINES & REFUNDS

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

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

PHOTO POLICY

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

GENERAL INFORMATION

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

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

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

THURSDAY
November 9, 2023
A. C. Brase Arena • 11 AM - 7 PM

Join us for dine in or take out!

DINNER INCLUDES:
Spaghetti, Mostaccoli, Garlic Bread, Salad, Drink, Dessert & Entertainment!

Adults (13+): $10.00  |  Children (5-12): $7.00  |  4 & Under: FREE

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.

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