SPONSOR SPOTLIGHT
United States Air Force

COACH’S CORNER
Ryan Bandermann

Capaha Park Renovated in 2023
THE HEART OF YOUR PARKS

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

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

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

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

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

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

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

Cooper Sports Complex

Respectfully Yours,
Doug Gannon
Director of Parks and Recreation

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

For more information call 573-339-6340 or visit www.cityofcape.org/parks
**Friends of the Parks Day & Great Cape Clean Up**

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

**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/selling, booth space is reserved for $20. Booth space is reserved by attending a booth lottery drawing (dates listed below), and booth space is not guaranteed. Garage sale admission is $1. Contact the Osage Centre at 573.339.6342 for more information.

Spring Garage Sale - May 13, 2023

Booth Lottery Drawing - Was held in April. Call for availability.

Summer Garage Sale - August 5, 2023

Booth Lottery Drawing - July 12, 2023 | 6:00 p.m. | Osage Centre

Fall Garage Sale - November 11, 2023

Booth Lottery Drawing - October 11, 2023 | 6:00 p.m. | Osage Centre

**Global Running Day**

This coast-to-coast celebration is designed for runners to globally declare their passion for running! Join the Parks & Recreation Foundation for a run walk 1 mile or 5K on the Cape LaCroix Trail, plus a themed scavenger hunt for kids! Food & drinks will be available. Registration begins at 5:15 p.m. and the run walk at 6:15 p.m. Pre-registration required. Web: www.cityofcape.org/globalrunningday

**Municipal Band Summer Concert Series**

Enjoy the sounds of the Cape Girardeau Municipal Band during the Summer Concert Series! The summer series will be held at the Dan Cotner Amphitheatre in Cape Girardeau. Concerts are free of charge! Stay up to date on concert series information by following the 40 CapeMunicipalBand Facebook page.

- **June 7**: 7:30 p.m.
- **June 14**: 7:30 p.m.
- **June 21**: 7:30 p.m.
- **June 28**: 7:30 p.m.
- **July 19**: 7:30 p.m.
- **July 26**: 7:30 p.m.

---

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

Play Cape! 4 • Play Cape!
Coors Light Trail of Tears Triathlon

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>9/1/23</td>
<td>9:00 a.m.</td>
</tr>
</tbody>
</table>

Early Fee $30 Individual / $60 Team
Late Fee (9/6-9/11): $65 Individual / $75 Team
Trail of Tears State Park

FEE: LOCATION

Parks & Rec Day

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>7/12/23</td>
<td>11:00 a.m. - 2:00 p.m.</td>
</tr>
</tbody>
</table>

FREE! Osage Centre

Capaha Classic 5K

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>7/8/23</td>
<td>8:00 a.m.</td>
</tr>
</tbody>
</table>

FREE! Location

$15 Early Fee / $20 Between 7/3-7/8
Capaha Park

FOR WEATHER RELATED CANCELLATIONS FOR FACILITIES & PROGRAMS, CALL THE RAINOUT LINE: 573.975.1024

FEE: LOCATION

Special Events

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

6 • Play Cape!

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

Play Cape! • 7
CELEBRATE OUR NATION’S BIRTHDAY

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

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

3 PM: Arena Parks opens for tailgating
7:00 PM: Naturalization ceremony conducted by the United States District Court with the assistance of the Immigration and Naturalization Service.
8 PM: Patriotic music by the Cape Girardeau Municipal Band
8:30 PM: Southeast Missourian Spirit of America Award and remarks from Southeast Missourian Assistant Publisher Lucas Presson and Cape Girardeau City Officials.
9 PM: FIREWORKS AT ARENA PARK

SPECTACULAR SCIENCE CAMP

Soccer Camp

CAMPS & CLASSES

SPECTACULAR SCIENCE CAMP

AGES 6-9

Day: 6/12/23 - 6/14/23
Time: 9:00 a.m. - 12:00 p.m.
Fee: $75
Min: 20 / Max: 60

Sports Plex Soccer Camp

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

Day: 6/12/23 - 6/14/23
Time: 9:00 a.m. - 12:00 p.m.
Fee: $75
Min: 20 / Max: 60

Outdoor Adventure Camp

AGES 6-12

Day: 6/19/23 - 6/22/23
Time: 8:30 a.m. - 12:00 p.m.
Fee: $48
Min: 15 / Max: 30

Sports of All Sorts

AGES 6-12

Day: 6/19/23 - 6/23/23
Time: 1:00 p.m. - 4:00 p.m.
Fee: $75
Min: 20 / Max: 60

Sports Camp at the SportsPlex

AGES 8-12

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

Day: 6/19/23 - 6/23/23
Time: 8:30 a.m. - 4:30 p.m.
Fee: $175 Per Camper
Min: 15 / Max: 30

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

For more information call 573-339-6340 or visit www.cityofcape.org/parks
Cheerleading Camp
Ages 5-9
Ready to learn what it takes to be a cheerleader? This clinic teaches the fundamentals of cheering, including voice dictation, sideline cheer techniques, proper hand and foot positioning and much more. Participants will learn several cheers and have lots of fun.

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
MT W Th, 7/11/23 - 7/13/23 | 9:00 a.m. - 11:30 a.m. | 7/6/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$48 | Osage Centre | Min: 8 / Max: 20

SportsPlex Basketball Camp
Ages 7-10
This 3-day camp will provide a comprehensive overview of basketball skill development. Our main focus will be on individual skill progression and cultivating strong habits. This camp will combine great teaching, high energy, enthusiasm and tons of fun into a camp experience younger athletes will love. The camp will be led by current and former high school and college basketball coaches and players. Participants receive a camp t-shirt.

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
MT W Th, 7/11/23 - 7/13/23 | 9:00 a.m. - 12:00 p.m. | 6/27/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$75 | SportsPlex | Min: 20 / Max: 60

**YOUTH CLASSES**

Junior Golf Program
Ages 6-14
The Cape Girardeau Parks & Recreation Department offers a Junior Golf Program. Instruction will cover how to hold a golf club, what each club is intended for, how to swing a golf club, and golf course etiquette. The program consists of six lessons held on Wednesday evenings. Two sessions are offered with either a 5:30 p.m. OR a 6:30 p.m. time slot. Note that the 6:30 p.m. time slot for the second session is for advanced golfers.

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
Wednesdays 5/24/23 - 6/28/23 | 5:30 p.m. OR 6:30 p.m. | 5/21/23
Wednesdays 7/19/23 - 8/16/23 | 5:30 p.m. OR 6:30 p.m. | 7/9/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$63 Per Child | Jaycee Golf Course | Min: 8 / Max: 24

Arting Around
Ages 6-12
Camps for those interested in art. Two sessions offered...pick the one that works best for you.

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
MT W Th, 6/12/23 - 6/15/23 | 9:00 a.m. - 12:00 p.m. | 6/6/23
MT W Th, 6/26/23 - 6/29/23 | 9:00 a.m. - 12:00 p.m. | 6/22/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$46 | 4-H Exhibit Hall | Min: 10 / Max: 24

Beginner Horsemanship Program
Ages 8-12
Do you have a horse crazy kid who would love an opportunity to learn about horsemanship and gain riding skills? The Remley Equestrian Center will be offering several sessions this summer that will provide an introduction to the fundamentals of riding, caring for horses and basic equestrian knowledge to gain confidence in and out of the saddle! The Center’s horses are gentle and well trained with instruction being provided by Angie Frese, Head Trainer and Barn Manager. English tack will be used; however, participants will learn about all riding disciplines and tack.

**SESSION** | **DAY** | **DATE** | **TIME**
--- | --- | --- | ---
June Tuesdays 6/28/23 - 7/25/23 | 4:00 p.m. |
July Tuesdays 7/11/23 - 7/25/23 | 4:00 p.m. |
August Tuesdays 8/1/23 - 8/29/23 | 4:00 p.m. |

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$120 Per Session | Remley Equestrian Center | Min: 10 / Max: N/A

Intermediate Tennis
Ages 8-12
This is a great class to improve your tennis skills! The instructor will provide a balance of instruction and practice. Emphasis will be on proper grip, stance, swing, serve, and ball placement as well as hitting with control for depth and power. Please bring your own racket, water, and appropriate footwear.

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
Mon. & Wed. 6/5/23 - 6/21/23 | 9:00 a.m. - 10:00 a.m. | 6/12/23
Mon. & Wed. 6/26/23 - 7/12/23 | 9:00 a.m. - 10:00 a.m. | 6/22/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$28 | Arena Tennis Courts | Min: 8 / Max: 20

Homeschool P.E.
Ages 5-15
Homeschoolers will be participating in activities such as basketball, bowling, kickball, volleyball, soccer and much more! Register by September 7th at cityofcape.org/youthclasses.

**SESSION** | **DAY** | **DATE** | **TIME**
--- | --- | --- | ---
 Fri 9/8/23 - 11/10/23 | 1:00 p.m. - 2:15 p.m. | 9/7/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$45/participant | SportsPlex | Min: 10 / Max: N/A

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

**CAMP BEGINS AT OSAGE**

• **SESSIONS**: 3 Sessions
• **CAMP DATES**: July 17-21, July 24-28, July 31-August 4
• **GAMES • ART PROJECTS • SCIENCE EXPERIMENTS • FUN!**

**CAMP FEES**

• Min: 20 / Max: 60 per week

**REG. DEADLINE**

<table>
<thead>
<tr>
<th>CAMP</th>
<th><strong>DATE</strong></th>
<th><strong>TIME</strong></th>
<th><strong>REG. DEADLINE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Camp PLAYMO!</td>
<td>Fri 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>

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

For more information, contact Nick at 573.339.6606

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

### Junior Chef’s Cooking Club
**Ages 6-12**
Get ready for a yummy, fun filled class! Each week, you will make (and eat!) a special treat while you learn about measuring, why food changes as it cooks, and of course, kitchen safety. This class is sure to fill quickly, so register right away!

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
Tuesdays | 6/6/23 - 6/20/23 | 12:30 p.m. - 2:00 p.m. | Mon. 6 / Mar. 15

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$38 | A. C. Brave Arena | 6/1/23

### Start Smart Soccer
**Ages 2-5**
Start Smart Soccer is a developmentally appropriate introductory soccer program that prepares children for organized soccer in a fun, non-threatening environment. Age appropriate soccer equipment is used to teach kicking, dribbling, trapping, throw-ins and agility. Each child will receive a t-shirt.

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
Wednesdays | 8/16/23 - 9/20/23 | 5:30 p.m. - 6:30 p.m. | 8/11/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$43 | Osage Park | Min: 10 / Max: 40

### Pee-Wee Sports
**Ages 3-5**
Children play a different sport each week, including, t-ball, soccer & basketball. We’ll go over the basic skills and rules of each sport and play a fun game at the end! This class will feature two sessions...pick the one that works best for you!

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
Tues. & Thurs. | 6/6/23 - 6/22/23 | 10:00 a.m. - 11:00 a.m. | 6/23
Tues. & Thurs. | 6/27/23 - 7/13/23 | 10:00 a.m. - 11:00 a.m. | 6/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$23 | Arena Park Shelter #5 | Min: 10 / Max: 20

### Pee-Wee Adventure
**Ages 3-5**
What is your favorite game? Ever heard of Red Light/Green Light, Going on a Bear Hunt or Capture the Flag? All these games plus arts and crafts, and more will be played in this exciting class! This is a great way for your child to burn off excess energy.

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
Mon. & Wed. | 6/5/23 - 6/21/23 | 10:30 a.m. - 10:50 a.m. | 6/3

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$23 | Osage Centre | Min: 8 / Max: 20

### Pee-Wee Tumbling
**Ages 3-5**
Join us for some fun & basic tumbling! This class will consist of stretching, an introduction to tumbling for your 3-5 year old!

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
Tues. & Thurs. | 6/6/23 - 6/22/23 | 1:30 p.m. - 2:15 p.m. | 6/23
Tues. & Thurs. | 6/27/23 - 7/13/23 | 1:30 p.m. - 2:15 p.m. | 6/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$23 | Osage Centre | Min: 8 / Max: 15

### Junior Chef’s Cooking Club
**Ages 6-12**
For more information call 573-339-6340 or visit www.cityofcape.org/parks

### Start Smart Soccer
**Ages 2-5**
Learn the basics of soccer with our Start Smart Soccer program.

### Advanced Tennis
**Ages 13-18**
Take your tennis skills to the next level! This class will emphasize proper grip, stance, swing, serve & ball placement, as well as hitting with control for depth and power. Please bring your own racket & water bottle!

**DAY** | **DATE** | **TIME** | **REG. DEADLINE**
--- | --- | --- | ---
Mon. & Wed. | 6/5/23 - 6/21/23 | 10:00 a.m. - 10:50 a.m. | 6/11/23

**FEE** | **LOCATION** | **ENROLLMENT**
--- | --- | ---
$28 | Arena Tennis Courts | Min: 4 / Max: 8

### Martial Arts Classes
**Hapkido Core 1 & 2**

**Pre Hapkido**

**For ages 5-9 | Mondays | 5:30 p.m. - 6:00 p.m.**

**For ages 10-15 | Mondays | 6:15 p.m. - 7:15 p.m.**

**FEE**

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

2023 POLAR PLUNGE RESULTS

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

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

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

OFFICIATING creates better Sports!

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

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

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

Cross Country Course Osage Centre

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

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

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

Play Cape! • 15
Sports

**BASEBALL**

**13-15 Yr. Old Baseball League**

**Ages 13-15**

This baseball league is for 13-15 year old boys. Players must attend one skills testing date on either April 15 from 5:30 p.m. - 7:00 p.m. or April 14 from 10:00 a.m. - 12:00 p.m. Both skills tests will be held at the SportPlex. Register online at www.cityofcape.org/baseball or in person at the A. C. Brase Arena or Osage Centre. For more information, contact Nick at nyaeger@cityofcape.org. A $2 spectator fee will be charged for ages 13+ for games (Shawnee Park Sports Complex only).

**FOOTBALL**

**NFL Flag Football League**

**Grades K - 8th**

Compete in the NFL flag football league! Participants receive game flags and a replica jersey. A $2 spectator fee will be charged for ages 13+ for games. For more information, contact Nick at nyaeger@cityofcape.org. Register online at www.cityofcape.org/football.

**SOCCER**

**Adult Indoor Soccer**

**18 & over**

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

**GOLF**

**Junior Golf Program**

**Ages 6-14**

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

**Get outside this fall and play some soccer!**

**DURING INCLEMENT WEATHER CALL OUR**

**RAINOUT LINE: 573.975.1024**
SOFTBALL

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

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

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

VOLLEYBALL

Adult Sand Volleyball
17 & over
Spent your summer on the sand court! A 4-on-4 league and 6-on-6 league will be offered. The 4-on-4 league consists of one division and will be played on Tuesday evenings. The 6-on-6 league consists of a competitive division and an intermediate division, and will be played on Wednesday and Thursday evenings. For more information, contact Kacei at kwulse@cityofcape.org. Register online at www.cityofcape.org/volleyball.

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

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

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

Any advice for new coaches? As I’ve “matured” I’m not nearly as animated on the sideline. I participated with maybe too much of a competitive edge as a player and this carried over to my rookie years of coaching. I’ve learned to be more calm and collected now. I’ve always regretted it. Always take the high road!!

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

Any words of wisdom to share? Don’t lose sight of the main goal of youth sports. If you ever wonder where we are as a society with this, go to a game or athletic event that you have absolutely no connection with. Observe the parents, participants, spectators, etc. I’ve learned a lot by doing this myself…..both how to act, and unfortunately how not to act. It has helped me gain a renewed focus of how I desire to be with my kids and their teammates while coaching and how I’m either going to have a positive or negative impact on our future generation. The question is not whether you will have an impact or not…..YOU WILL! The question is what kind of impact will it be?"
The information seems to be about health and wellness education events available at the Osage Centre. It includes details about various classes, their times, fees, and descriptions of what each class entails. For example, the Riverfront Yoga session is described as a personal journey and a judgment-free zone, with energized yoga flows and scenic backdrops. The classes are available for a fee of $42 for a 12-class book or $72 for a 24-class book.

Additionally, there are events such as a Sensational Class! - Riverfront Yoga, which can be attended by registration. The classes are offered Saturday mornings and are dependent on weather conditions. Participants are encouraged to bring towels, mats, and water.

The document also mentions other events like the Global Running Day, which is a coast-to-coast celebration designed for runners to globally declare their health. Participants can choose from different routes to run or walk, including a 5K on the Cape LaCroix Trail and a themed scavenger hunt for kids.

The document concludes with a call to action for anyone interested in yoga or other health and wellness activities to contact Christine at 573.339.6604 or cjaegers@cityofcape.org.
**WELLNESS FACILITIES INFORMATION**

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

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

**JEFFERSON AQUATIC FITNESS HOURS**
- Monday-Friday: 9 a.m. - 10:45 a.m.
- Mon., Wed., Fri.: Ongoing

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

**WELLNESS FACILITIES INFORMATION**

**SHAWNEE PARK CENTER HOURS**
- Monday-Friday: 9 a.m. - 8 p.m.

**JEFFERSON AQUATIC FITNESS HOURS**
- Monday-Friday: 11 a.m. - 1 p.m.

**ADMISSION**
- Fitness Room: $2 / Visit
- Gym Walking: Free
- Discount Card: $16 / 10 Visits

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

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

---

**LEARN TO SWIM LEVELS**

**INTRO TO WATER SKILLS 3+**
Focuses on fundamental swimming & safety skills while learning how to safely be a part of a group. Parents may stay poolside for safety purposes to ensure the child is following class rules.

**WATER MOVEMENT 3+**
Students will learn how to feel comfortable in the water and safely enjoy it. In this class, swimmers must be completely independent of the parent.

**FUNDAMENTAL AQUATIC SKILLS | AGES 5+**
Children will learn basic swimming skills.

**STROKE IMPROVEMENT | AGES 7+**
Introduces breathing water, and focuses on stroke development of freestyle, backstroke, butterfly, and breaststroke.

---

**LEARN TO SWIM PROGRAM**
Comprehensive swim program offering classes for ages 6 months+. The registration deadline is the Friday before each session at Noon. Students enrolled in each of these programs will have the opportunity to participate in eight lessons held on Mondays through Thursdays. Regular attendance is important for skill progression. No make-up classes will be scheduled. The fee is $20 per swimmer. For more information, call the Parks and Recreation Department at 573.339.6340. Registrations are taken Monday - Friday, between 8:00 a.m. - 5:00 p.m. at the A.C. Brase Arena, or can be completed online at www.cityofcape.org/learntoswim. During inclement weather, please call our weather hotline at 573.975.1024 for lesson status.

**SESSION 1**
June 12-22
- 9:00 a.m. - 9:45 a.m. | Cape Splash
- 10:00 a.m. - 10:45 a.m. | Cape Splash

**SESSION 2**
June 26 - July 7
- 9:00 a.m. - 9:45 a.m. | Cape Splash
- 10:00 a.m. - 10:45 a.m. | Cape Splash

**SESSION 3**
July 17-27
- 9:00 a.m. - 9:45 a.m. | Cape Splash
- 10:00 a.m. - 10:45 a.m. | Cape Splash

---

**AQUATIC FITNESS**
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.

**SESSION**

**LOCATION**

**DAY**
- Mon. - Thurs.: 5/30/23 - 8/14/23
- Mon. & Wed.: 5/31/23 - 8/16/23

**DATE**
- 9:15 a.m. - 10:45 a.m.
- 6:30 p.m. - 7:45 p.m.

**TIME**
- Mon. - Thurs.: 5/30/23 - 8/14/23
- Mon. & Wed.: 5/31/23 - 8/16/23

**FEE**
- $4 Drop In Rate | $50 Season Pass For All Dates

---

**DURING INCLEMENT WEATHER CALL OUR RAINOUT LINE: 573.975.1024**

---

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

1620 College Street | 573.519.0645 | Coordinator: Michael Peters

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

### HOURS & PRICING

<table>
<thead>
<tr>
<th>Period</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Recreational Swim Hours (until June 4th)</td>
<td>Monday - Thursday: 3:00 p.m. - 7:00 p.m.  &lt;br&gt; Friday: 3:00 p.m. - 6:00 p.m.  &lt;br&gt; Saturday - Sunday: 12:00 p.m. - 5:00 p.m.</td>
</tr>
<tr>
<td>Summer Recreational Swim Hours (begins June 5)</td>
<td>Monday - Sunday: 11:00 a.m. - 5:00 p.m.</td>
</tr>
<tr>
<td>Fitness Swim Hours</td>
<td>Monday - Friday: 11:00 a.m. - 1:00 p.m.</td>
</tr>
</tbody>
</table>

#### Admission
- Adults: $7.00 / Person
- Children: $6.00 / Person
- Seniors: $6.00 / Person

#### Birthday Parties
- $175 for up to 25 swimmers.
  - Fridays: 5:30 p.m. - 7:30 p.m.
  - Saturday - Sunday: 12 p.m. - 2:00 p.m. & 3:00 p.m. - 5:00 p.m.

#### After Hours Parties
- 6:30 - 8:30 p.m.
  - $400 includes 2 hour pool party/party room up to 150 attendees

### FACILITY GUIDELINES

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

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

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

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

### CENTRAL MUNICIPAL POOL

**CLOSED FOR RENOVATIONS**

---

**CAPE SPLASH**

1565 N. Kingshighway | 573.339.6343 | Supervisor: Robert Shanahan

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

**OPENING DAY: May 27, 2023**

### HOURS & PRICING

<table>
<thead>
<tr>
<th>Period</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facility Hours</td>
<td>Monday - Saturday: 11:00 a.m. - 6:00 p.m.  &lt;br&gt; Sunday: 12:00 p.m. - 6:00 p.m.</td>
</tr>
<tr>
<td>Reduced hours begin August 16.</td>
<td></td>
</tr>
<tr>
<td>Daily Admission</td>
<td>Free  &lt;br&gt; Ages 1 - 13: $9  &lt;br&gt; Ages 14 - 59: $10  &lt;br&gt; Seniors 60 &amp; Up: $9</td>
</tr>
<tr>
<td>Season Passes</td>
<td>Free  &lt;br&gt; Ages 1 - 13: $70 / Person  &lt;br&gt; Ages 14 - 59: $80 / Person  &lt;br&gt; Seniors 60 &amp; Up: $70 / Person</td>
</tr>
</tbody>
</table>

### FACILITY GUIDELINES

**Aquatics**

- **Openings:** May 27, 2023
- **Admission:**
  - Adults: $7.00 / Person
  - Children: $6.00 / Person
  - Seniors: $6.00 / Person

### RENTALS

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

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

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

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

---

**Play Cape!**

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

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. - Thurs.</td>
<td>5/30/23 - 8/17/23</td>
<td>9:15 a.m. - 10:45 a.m.</td>
</tr>
<tr>
<td>Mon. &amp; Wed.</td>
<td>5/31/23 - 8/16/23</td>
<td>6:30 p.m. - 7:45 p.m.</td>
</tr>
<tr>
<td>Fridays</td>
<td>8/4/23 - 8/25/23</td>
<td>9:15 a.m. - 10:45 a.m.</td>
</tr>
</tbody>
</table>

Fees:
$4 Per Child Drop In Rate | $50 Season Pass For All Dates

Aquatics

Kid’s Luau Party at Cape Splash
Boys & Girls Ages 10 & Under
We’re having a luau so wear your grass skirts and we’ll provide the lei! Lounge with us by our tropical pool at Cape Splash, and come ready to limbo and indulge in free food (while supplies last)! Free for season pass holders. Adults are free! Season passes must be purchased in advance at the Osage Centre or A. C. Brase Arena or Osage Centre to beat the line. For more info contact Kaelin at kcasasola@cityofcape.org. Register online at www.cityofcape.org/aquaticevents

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. - Thurs.</td>
<td>5/30/23 - 8/17/23</td>
<td>9:15 a.m. - 10:45 a.m.</td>
</tr>
<tr>
<td>Mon. &amp; Wed.</td>
<td>5/31/23 - 8/16/23</td>
<td>6:30 p.m. - 7:45 p.m.</td>
</tr>
<tr>
<td>Fridays</td>
<td>8/4/23 - 8/25/23</td>
<td>9:15 a.m. - 10:45 a.m.</td>
</tr>
</tbody>
</table>

Fees:
$12 Per Person Per Day | Free For Season Passholders

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. - Thurs.</td>
<td>5/30/23 - 8/17/23</td>
<td>9:15 a.m. - 10:45 a.m.</td>
</tr>
<tr>
<td>Mon. &amp; Wed.</td>
<td>5/31/23 - 8/16/23</td>
<td>6:30 p.m. - 7:45 p.m.</td>
</tr>
<tr>
<td>Fridays</td>
<td>8/4/23 - 8/25/23</td>
<td>9:15 a.m. - 10:45 a.m.</td>
</tr>
</tbody>
</table>

Fees:
$10 Per Child | Free For Season Passholders

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>6/16/23</td>
<td>6:30 p.m. - 8:30 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>7/21/23</td>
<td>6:30 p.m. - 8:30 p.m.</td>
</tr>
</tbody>
</table>

Fees:
$12 Per Person Per Day | Free For Season Passholders

Aquatic Program Sponsorship Available! ONLY 1 LEFT!
For more information call 573-339-6340 or visit www.cityofcape.org/parks

Jaycee Municipal Golf Course

xfhgf

TOURNAMENTS

28th Annual Southern Open 4-Person Scramble
This tournament is open to men and women of all ages! This is a $500 first place cash payout tournament! Other cash prizes determined by number of teams. Cart and lunch are included with entry fee. For more info contact Kaelin at kcasasola@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>

Fees:
$120 / Team
Jaycee Golf Course 8/24/23

10th Annual Nightfall Glowball Tournament
This Parks & Recreation Foundation tournament will make you feel like a kid again! Participants will play 9 holes during the day and then finish the last 9 holes in the dark by glow light. Academy Sports+Outdoors provides this event with tournament prizes. Don’t forget about the BBQ Supper! Cart is included with entry fee. For more info contact Kaelin at kcasasola@cityofcape.org. Register online at www.cityofcape.org/golf.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>5/20/23</td>
<td>4:00 p.m. shotgun start</td>
</tr>
</tbody>
</table>

Fees:
$300 / Team
Jaycee Golf Course 4/20/23

18th Annual Senior 2-Person Scramble
This tournament is open to individuals age 50 and over. This is a $300 first place cash payout tournament! Other cash prizes determined by number of teams. Cart and lunch are included with entry fee. For more info contact Kaelin at kcasasola@cityofcape.org. Register online at www.cityofcape.org/golf.

<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>9:00 a.m. shotgun start</td>
</tr>
</tbody>
</table>

Fees:
$300 / Team
Jaycee Golf Course 9/14/23

Ladies Golf Scramble
This tournament is open to women of all ages. This is a $300 first place cash payout tournament! Other cash prizes determined by number of teams. Cart and lunch are included with entry fee. For more info contact Kaelin or kcasasola@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>

Fees:
$120 / Team
Jaycee Golf Course 8/24/23

GREAT DEALS!

Unlimited Twilight
Get a discounted rate when you play at twilight!

Weekdays after 5:00 p.m.: $27
Weekends after 5:30 p.m.: $29
Offer good from April 1 - September 30, 2023

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

NOC
ADDRESS: 3290 Perryville Road, Cape Girardeau Mo 63701
PHONE: 573.334.2031
EMAIL: jayceegolf@cityofcape.org

ABOUT: The Jaycee Municipal Golf Course features 18 holes of Zoysia Fairways and Bent Grass greens over 5,800 yards. Tree-lined fairways, water on 11 holes, sand bunkers and 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

2023 GREENS FEES - CART

<table>
<thead>
<tr>
<th>Type</th>
<th>Winter Rates (Nov. 1 - March 31)</th>
<th>Summer Rates (April 1 - Oct. 31)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member 9 holes</td>
<td>$21</td>
<td>$27</td>
</tr>
<tr>
<td>Member 18 holes</td>
<td>$30</td>
<td>$35</td>
</tr>
<tr>
<td>Member 9 holes</td>
<td>$21</td>
<td>$27</td>
</tr>
<tr>
<td>Member 18 holes</td>
<td>$30</td>
<td>$35</td>
</tr>
</tbody>
</table>

GOLF CART/CLUB RENTAL

- 9 holes per ride: $9
- 18 holes per ride: $18
- Pull Cart: $5
- Private Cart: $10

GOLF CART/CLUB RENTAL

- 9 holes per ride: $9
- 18 holes per ride: $18
- Pull Cart: $5
- Private Cart: $10

2023 GREENS FEES MEMBERSHIP

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</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+ and spouse over 60)</td>
<td>$620</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

- Annual Pass: $630
- 2 Person Family: $650
- 4 Person Family (2 cart limit): $1000

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

CAMPs & CLINICS

Bring It On Cheer Clinic
Ages 5-12
The Bring It On Cheer Clinic is a great opportunity to learn essential skills for cheer including basic motions, cheers, tumbling and stunts. For more information, call 573.339.6340 or visit www.cityofcape.org

<table>
<thead>
<tr>
<th>REG. DEADLINE</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/24/23</td>
<td>Min: 20 / Max: 60</td>
</tr>
</tbody>
</table>

Sponsoring this camp are Junior Aces Volleyball Camp and Jr. Aces Volleyball Camp:

Jr. Aces Volleyball Camp
Ages 7-10

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

<table>
<thead>
<tr>
<th>REG. DEADLINE</th>
<th>ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/24/23</td>
<td>Min: 20 / Max: 60</td>
</tr>
</tbody>
</table>

SPORTS LEAGUES

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

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

Play Cape! • 29
For more information call 573-339-6340 or visit www.cityofcape.org/parks

**SportsPlex Soccer Camp**

**Ages 6-9**

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Tues, Wed</td>
<td>6/12/23 - 6/14/23</td>
<td>9:00 a.m. - 12:00 p.m.</td>
<td>5/31/23</td>
</tr>
</tbody>
</table>

**FEE**

$75 Per Camper

**LOCATION**

SportsPlex

**ENROLLMENT**

Min: 20 / Max: 60

---

**SportsPlex at the SportsPlex**

**Ages 6-12**

Basketball, volleyball, soccer and more will be played at this week long camp all about SPORTS! Campers will work on fundamental skills of each sport, receive speed and agility training and game speed practice, while also having fun playing nontraditional sports like ultimate frisbee, disc golf, and pickleball!

Childcare provided between 8:00 - 8:30 a.m.

**Fees**

$30

**LOCATION**

SportsPlex

**ENROLLMENT**

Min: 15 / Max: 30

---

**SportsPlex Football Skills Clinic**

**Ages 6-12**

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

**Fees**

$40 Per child

**LOCATION**

SportsPlex

**ENROLLMENT**

Max: 40

---

**SportsPlex Basketball Camp**

**Ages 7-10**

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Tues, Wed</td>
<td>7/10/23 - 7/12/23</td>
<td>9:00 a.m - 12:00 p.m</td>
<td>6/28/23</td>
</tr>
</tbody>
</table>

**FEE**

$75 Per Camper

**LOCATION**

SportsPlex

**ENROLLMENT**

Min: 20 / Max: 60

---

**SPORTSPLEX**

**Sport Specific Training**

Soccer • Football

Basketball • Volleyball

Softball • Basketball

cityofcape.org/sportsplextraining

**S.P.A.R.K.S.**

Shawnee Park Center Upcoming Events

**NATURE NIGHT**

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

Saturday 4/22/23 | 6pm-8pm

$1/ticket (1 ticket per activity station)

**BASKETBALL CAMP**

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

Register by 7/14/23

Monday 7/17/23 - Friday 7/21/23

10:30am-11:30am

Free

**FOOTBALL CAMP**

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

Register by 7/12/23

Monday 7/24/23 - Friday 7/28/22

10:30am-11:30am

Free

**HAPPY CAMPERS**

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

Register by: 6/2/23

Monday 6/5/23 thru Friday 6/9/23

8:00am-12:00pm | Free

**KIDS IN THE KITCHEN**

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

Wednesday 6/21/23 - 7/26/23

K-2nd grade: 2:00pm - 3:30 pm | Free

3rd - 5th grade: 1:30pm - 3:30 pm | Free

**KIDS IN THE GARDEN**

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

Saturday 5/13/23 | 6pm-8pm

$1/ticket (1 ticket per activity station)

**SUMMER BASH**

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

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

**KIDS IN THE ARTS**

Engage kids K-6th in general art, recreation and sports based activities.

Register by: 6/2/23

Monday 6/5/23 thru Friday 6/9/23

10:30am-11:30am

Free

**SUMMER MOVIE NIGHT**

Bring your lawn chairs and enjoy a movie under the stars with the Cape Girardeau Parks and Recreation Department.

Saturday 7/29/23 | 8:00pm-10:00pm

Free

**WEEKEND PLAY日期**

A weekend of fun activities for kids!

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

---

**Play Cape! • 31**
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 and 4H BUILDING**
410 Kiwanis Drive  
Phone: 573.339.6340  
Email: arena@cityofcape.org

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

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

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

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

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

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

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

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

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

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

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

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

**ARENA PARK SPORTS COMPLEX**
410 Kiwanis Drive

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

**CAPAHA FIELD**
1400 Broadway St

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

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

- 15 Baseball/Softball Fields
- Four Football Fields

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

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

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

For more information call 573-339-6340 or visit www.cityofcape.org/parks.
Parks, Trails & Historic Sites

The City of Cape Girardeau Parks and Recreation Department oversees 26 parks with over 600 acres of parkland, 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 (Civil War fortification) and the Cape LaCroz Trail which winds its way from north to south along Cape LaCroz Creek and through three of our major parks. Whenever you are in Cape, you are never too far from a park, trail or green space where you can experience nature or family fun. Please pay a visit to one of our parks, reserve a pavilion for a picnic or family reunion or participate in one of our many activities and events. Remember TO PLAY CAPE!

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

1. ARENA PARK (Kiwanis Drive and Kingshighway) 4.90 acre community park which contains the A-F Area, 10 shelter, 6 picnic tables, 10 softball baseball fields, four tennis courts, three restroom facilities, two sand volleyball courts, one basketball court and one rugby court.

2. CAPEHA PARK (Broadway and West End Blvd) The oldest park in Cape Girardeau’s system, the park is near Southeast Missouri State University and campus 19.5 acres. It contains two baseball fields, one basketball court, three play structures, two restroom facilities, three shelters, one playground, the Four Gardens and a 3.5 acre fishing pond. One of the baseball fields is home to the Southeast Missouri State University Rhodawks and the Capehans, a semi-professional baseball team.

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

4. CASQUIN PARK (North Spring Street) This is 3.4 acre park, Blanchard Elementary is located just south of this park and Fire Station 2 is to the park’s north.

5. CHOCTAW PARK (Bloomfield and Kinney Drive) Contains 1.4 acres and consists of one shelter and one play area. The park is along the Cape LaCroz Creek flood control project area.

6. CITY HALL PARK (44 South Lavomet) The park consists of 5.0 acres of green space.

7. COMMON PLEAS GAZEBO (44 W Lavomet Street) The historic panel is located downtown Cape Girardeau. The gazebo is surrounded by land, the original stone.

8. DELAWARE PARK (Sprigg Street and Longview Ave) A 1.8 acre undeveloped park.

9. DENNIS SCIVially (West Cape Rock Drive and Schuyler Drive) This is a small neighborhood park with one shelter and one play area. The park features tall shade trees and a nearby stone bridge over the Walker Branch creek.

10. FOUNTAIN PARK (West of Cape Rock Drive) 0.6 acre park that contains a water fountain with gold fish to view, sitting benches and a picnic table. This park also contains a 7 mile trail that winds through the wooded area west of Cape Rock Drive.

11. FORT D (Fort Street and Locust Street) A Civil War Historic Site and the only remaining earthworks of the fort originally built in Cape Girardeau. The site was designed by John Wesley Powell and the earthworks were constructed in 1861.

12. GROVES PARK (Jean Ave Drive) A 1.8 acre park consisting of one mini-shelter and one playground area.

13. INDIAN PARK (William Street and Lorimier Street) A small green space (0.2 acres) is located on the north side of the road.

14. JAYCEE MUNICIPAL GOLF COURSE The course features 18 holes of Bermuda grasses and bent grass greens. Featuring hills, tree-lined fairways, water, sand bunkers and architecturally designed greens, the course provides a challenge for all players. The course and all 18 greens are open year round, from dawn to dusk.

15. KIWANIS PARK (Rotary Drive off of Perryville Road and Lexington Avenue) The park is 0.50 acres and features three shelters, one pavement basketball, one small outdoor volleyball court and two small picnic tables.

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

17. MISSOURI PARK (State Street and Park Drive) The 6.3 acre park contains a full basketball court, green space and the City skatepark.

18. MURTAUGH PARK (William and Main Street) A 4.5 acre park located on the northwest of the city.

19. OSAGE PARK (1625 North Kingshighway) Contains 0.4 acres and is the site for the Cape Girardeau 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 (Kinney Street and William Street) One shelter and six picnic tables are located on this 1.2 acre neighborhood park. The new Mississippi Bridge route passes just north of this park.

21. RED HOUSE INTERPRETIVE CENTER (South Main Street at the intersection of Main and Williams) Historic Interpretive Center of Cape Founder, Louis Lorimier and trade routes. Tours and events May – September.

22. RIVERFRONT PARK (Water Street) On the river side of the flood wall, the park consists 1.5 acres with5 terraced seating for an amphitheatre effect. The park is the docking site for the Mississippi River paddle boats and a hiking trail along the river.

23. ROCKWOOD PARK (Rockwood Drive) 1.9-acre natural area that consists of one rugby court.

24. SHAWNEE PARK SPORTS COMPLEX AND CENTER (State Highway 74 and West End Boulevard) This 11.3acre park is the location of the Cape Girardeau Sports Complex.

25. TWIN TREES PARK (North Cape Rock Drive along the Mississippi River) Located on the northern boundaries of the city, the park consists 6.8 acres. The hiking trail at the park established a partnership between the City of Cape Girardeau, the Missouri Department of Conservation, and Southeast Missouri State University for the purpose of providing a natural area for the public to enjoy.

26. WASHINGTON PARK (Washington Lane and Middlefield Street) A 3.3-acre neighborhood park containing one shelter and one playground.
PARKS 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 park shelter.

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

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

Commemorative Tree Program
Here’s an opportunity to commemorate a special person or occasion while helping beautify the community at the same time. A commemorative tree can be given in memory of 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.

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 for civic events rental information is below). The City reserves the right to use park shelters for civic events.

New Lorimier Cemetery was established in 1877. Most of these plots are family plots in blocks of four or eight. New Lorimier Cemetery is home to the “Temple of Rest” Mausoleum established in 1917. All crypts and plots have been purchased.

Fairmount Cemetery was established in 1883. It sits adjacent to New Lorimier Cemetery and is also a family cemetery.

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 park shelter.

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

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

Commemorative Tree Program
Here’s an opportunity to commemorate a special person or occasion while helping beautify the community at the same time. A commemorative tree can be given in memory of 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.

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 for civic events.

New Lorimier Cemetery was established in 1877. Most of these plots are family plots in blocks of four or eight. New Lorimier Cemetery is home to the “Temple of Rest” Mausoleum established in 1917. All crypts and plots have been purchased.

Fairmount Cemetery was established in 1883. It sits adjacent to New Lorimier Cemetery and is also a family cemetery.

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 park shelter.

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

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

Commemorative Tree Program
Here’s an opportunity to commemorate a special person or occasion while helping beautify the community at the same time. A commemorative tree can be given in memory of 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.
CAPE GIRARDEAU
HISTORIC SITES

Parks, Trails & Historic Sites

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

Projects & News

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

Capaha Park Pond Renovation
The pond renovations in Capaha Park are also nearing completion. Staff will be installing raling on the fishing piers and setting new benches. The Contractor will be installing aquatic plantings 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 fortshistoricsite.com.

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 fortshistoricsite.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 railroad 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.

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

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

WiFi Locations:
Capaha Park:
Amphitheatre

Arena Park:
Restroom near Rodney Street

Restroom near fields #2 and #3

Restroom near shelters #4 and #5

Indian Park:
Restroom Area

Washington Park:
Shelter

Ranney Park:
Shelter

Kwanis Park:
Restroom near shelter #1

Shawnee Park:
Soccer Field concession and restroom area near Field #3

38  •  Play Cape!
Welcome to
JEFFERSON PARK!

Cape Central Pool Renovations

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

Parks & Recreation
Birthday Parties

Shawnee Park Center
573.339.6346 | www.cityofcape.org/shawneeparkcenter
BIRTHDAY PARTY AT THE PARK CENTER .................. $110
Two hours of meeting room, gym space & rack of games. If booking outside of normal facility hours, the cost is $130.
ADD-ONS
AIR HOCKEY TABLE ........................................ $20
PING PONG TABLE ........................................ $15

OSAGE CENTRE
573.339.6342 | www.cityofcape.org/osagecentre
BIRTHDAY PARTY AT THE OSAGE CENTRE .............. $110
Two hours of meeting room, gym space & rack of games. If booking outside of normal facility hours, the cost is $130.
ADD-ONS
LITTLE TYKE PACKAGE ................................... $40
For our little guys! Includes a little mountain climber, tumble fun system, mats, rack of games and one staff member to supervise. For ages 1-4.

Jefferson Community Center
573.519.0645 | www.cityofcape.org/jeffersoncommunitycenter
Party times are available year round. Parties will get use of the wet classroom on the pool deck complete with tables and chairs during your 2 hour reservation. All regular pool rules apply to party groups. Children under the ages of 8 need to be within arms reach of an adult. For parties with children 9 years and older, one adult is required for every ten children. Advance reservations are required.

SPORTSPLEX
573.339.6341 | www.cityofcape.org/sportsplex
SPORTSPLEX ................................................. $150
Birthday parties are offered for two hours. Parties will get meeting room space and either a full court OR 1/2 turf field.
ADD-ONS
NERF GUN Package .......................................... $30

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

For more information call 573-339-6340 or visit www.cityofcape.org/parks
The Parks And Recreation Foundation is a 501(c)3 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.

Your donations and support can be tax deductible. Please contact us about this Foundation supporter! The Board meets quarterly.

**SPONSORSHIPS**

**Business Sign Sponsorship**

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

**Event Sponsorship**

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

**Scholarships**

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

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

**JOIN NOW Friends of the Parks & Recreation Foundation**

**ABOUT THE MEMBERSHIP FOUNDATION**

The Cape Girardeau Parks & Recreation Foundation is dedicated to giving time, talent and treasure 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.

**CORPORATE $250**

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

**FAMILY $50 | INDIVIDUAL $25**

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

**LOCAL DISCOUNT CARD $15**

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

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

**THANK YOU TO OUR SPONSORS!**

- Advanced Turf Solutions
- American Family Insurance: Lauren Akdisson
- The Bank Of Missouri
- Cape Electrical Supply: Dutch Enterprises, Inc.
- Culver’s
- Biltmore Estate Company: Southern Convenience Stores
- Burt’s-Wile
- Debbie Tim & Auto Centers
- Epic
- J&G Oil Company
- Lanestri & Rau, LLC
- Attorneys At Law
- Show-Me Center
- Southeast Health
- Westrock Orthodontics
- McAmerica Hotels Corp.: Auburn Place | Burger King
- Holiday Inn Express
- Hampton Inn | Popeyes
- Leet Eye Care
- Scott & Penny Williams Family
- Sign Master, LLC

**CELEBRATION OF YOUTH SPORTS AWARDS BANQUET**

Honoring Excellence in Youth Sports!

Congratulations to all athletes, coaches & teams that were nominated for a 2023 Celebration of Youth Sports Award!
Want to serve your city? Apply online at www.cityofcape.org

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

Play Cape! • 45
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

Rainout Line

Classes, leagues or events 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.

573.897.1024

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

Thank You to our Corporate Partners!

Coaches & Sponsors For:

Spring Youth Soccer

Presenting Sponsor:

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.

Refunds for memberships or trips will be made on a case-by-case basis.

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

PreK Boys

Jackson Hill

PreK Girls

Erica Neubauer

Kindergarten Boys

Erica Shuman

Kindergarten Girls

Michelle Buswell

1st/2nd Grade Boys

Erica Shuman

1st/2nd Grade Girls

Michelle Buswell

3rd/4th Grade Boys

Erica Shuman

3rd/4th Grade Girls

Michelle Buswell

5th/6th Grade Coed

Erica Shuman

7th/8th Grade Coed

Erica Shuman

9th/10th Grade Coed

Erica Shuman

11th/12th Grade Coed

Erica Shuman

9th/10th Grade Coed

Erica Shuman

11th/12th Grade Coed

Erica Shuman

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

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

September 17 - 30, 2023

Work to Live, Live to Play!

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

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

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

WWW.CITYOFCAPE.ORG/CORPORATEGAMES

48 • Play Cape!

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