

## Youth/Adult Programs

### **Beginner Step-Mondays and Thursdays**

Ages: Adult  
9:30-10:30 am  
On-going classes; Fee:\*

### **Classic Step & Tone-Mondays**

Ages: Adult  
6-7 pm  
On-going classes; Fee: \*

### **Toning & Strength Training-Wednesdays**

Ages: Adult  
9:30-10:30 am  
On-going classes; Fee: \*

### **Beginner Strength and Stretch- Wednesdays & Fridays**

Ages: Adult  
6-7 pm; On-going; Fee:\*

\*Fee for Aerobics classes: Need to be a member, pay a \$4 daily fee or have a Value Card. **Classes must maintain an average of 6 participants to remain on schedule.**

PERSONAL TRAINING  
GIFT CERTIFICATES  
RENTALS

\*All programs and classes must meet the minimum attendance count to remain on the schedule. We strongly suggest anyone interested in registering for a class and/or program, sign up one week prior to the start date. Call 837-5900 to find out more information regarding the status of upcoming programs.

DOLING FAMILY CENTER  
301 E. TALMAGE  
SPRINGFIELD, MO 65803

## SPRING/SUMMER 2010 CLASSES & PROGRAMS



*Doling*  
Family Center

301 EAST TALMAGE  
417-837-5900

DFC.PARKBOARD.ORG

## Youth Programs

### **Ballet (Saturdays)**

Ages 4-6, 9-9:45 am

Ages 7-10, 10-11:00 am

Session II: Apr. 10-May 22

Session III: Jun. 19-Aug. 7

Fee: \$25 member/\$35 non-member

### **Jazz & Modern Dance (Saturdays)**

Ages 4-6, 11-11:45 am

Ages 7-10, 12-1:00 pm

Session II: Apr. 10-May 22

Session III: Jun. 19-Aug. 7

Fee: \$25 member/\$35 non-member

### **Little Movers (Wednesdays)**

This is a creative class for developing coordination and social skills through the use of music and movement.

Ages 2-4, 10:00 am-10:45 am

Session II: Apr. 7-May 19

Session III: Jun. 16-Jul. 28

Fee: \$25 member/\$35 non-member

### **Start Smart Baseball (Saturdays)**

Ages 3-6 and parent (s), 10 am-11 am

May 15-Jun. 26

Fee: \$25 member/\$35 non-member

### **Birthday Party Packages**

Parties include choice of activity (Basic or Jump 'n Space), use of community room for 45 minutes, pizza, and drinks, balloons, tablecloth, paper products, and staffing. \* Certain requirements apply. Call 837-5900 for details.

## Adult Programs

### **Power Yoga (Tuesdays)**

Ages: Adult Tuesdays, 6-7 pm

Session II: Mar. 16-Apr. 27

Session III: May 11-Jun. 22

Session IV: Jul. 6-Aug. 17

Fee: \$25 member/\$35 non-member

### **Zumba-Latin music and easy to follow moves !!**

Ages: Adult

Tues., 6-7pm and Thurs., 6:30-7:30pm

Ongoing, 8-class punch card, good for 8 classes or 3 mos.

Fee: \$30 member/\$40 non-member



### **Tai Chi (Wednesdays)**

Ages: Adult Tuesdays, 6-7 pm

Session II: Jun. 23-Aug. 11

Fee: \$30 member/\$40 non-member

### **Power Yoga (Thursdays)**

Ages: Adult Thursdays, 6-7 pm

Session II: Mar. 25-May 6

Session III: Free class May 13; May 20-Jul. 1

Session VI: Free class Jul. 8; Jul.15-Aug. 26

Fee: \$25 member/\$35 non-member

### **Aquathon Series**

Aquathon is a series of three swim-run races at Doling Park. Participants earn points, each week, based upon age group placing each week. Top three in each age group are recognized following each event. Each participant receives a t-shirt.

Doling Park, July 6, 13, 20, 27

Age: 5 and up

Check-in: 5:45-6:40pm, Races start at 7pm.

Fee: \$10/race

## Youth/Adult/Family Programs

### **Boot Camp**

Looking for a challenging fitness routine? This class will be taught by a former Springfield Cardinals Strength and Conditioning Coach and certified aerobics instructor.

### **Tuesdays & Fridays-8-week session!**

Ages 13 yrs. and up, 8:30-9:30 am

Ongoing, 8-class punch card

Fee: \$25 member/\$35 non-member



### **Beginning & Advanced Tae Kwon Do**

Ages 6-Adult

Tues & Thurs, Beginning 5:30-6:15 pm;

Advanced 6:15-7 pm

Session II: Mar. 30-May 20

Session III: Jun. 22-Aug. 12

Fee: \$30 member/\$40 non-member

### **Family Scramble**

The Family Scramble is a parent-child adventure race. Parent-child teams of two will run, hike, and bike through Ritter Springs Park to find hidden check points and mystery challenges. Register at Doling Family Center.

**Ages: 7 and up**

**Date: June 19, 8am Fee: \$30/team**

### **Mother Son Summer Fun**

It's time to spend some quality time with your mom (or special lady). Join us for an afternoon with games and a ballpark style meal in historic Doling Park, then we'll cheer on the future big league stars with Springfield Cardinals.

Ages: 3 +

Time: July 10<sup>th</sup>, 2010; 4:00 pm, Doling Park.

Cost: Early Reg. \$28/couple, \$12/add'l child in family; Must be received by June 27<sup>th</sup> at 5pm.

Late Reg. \$35/couple, \$15/add'l child