

# Doling Family Center Youth Programs

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Winter 2020



(See back side for a description of each program)

## Pre-Registration Programs

### Drop-In Pickleball

Age: 10 years and up  
Wed. and Fri., 9-11 a.m.,  
Sat., 8-10 a.m.  
Free/Member; \$25/Non-Member  
(10-punch card)

### Basketball Training - **NEW!**

Age: 8-18 years  
By Appointment  
\$30/Hour/Member/Private Lesson  
\$40/Hour/Non-member/Private Lessons  
\$20/Hour/Member/Semi-Private Lesson  
\$30/Hour/Non-member/Semi-Private  
Lessons

### Personal Training

By Appointment  
All ages  
\$25/Hour/Member  
\$35/Hour/Non-member

### Pickleball for Beginners

Tues. & Thurs., 8-9 p.m.  
Session 1: Jan. 14—23  
\$20/Member, \$30/Non-member  
Private lessons also available.  
Call 417-837-5900 for details.

### Intermediate Pickleball

Tues. & Thurs., 7-8 p.m.  
Session 1: Jan. 14—23  
\$20/Member, \$30/Non-member  
Private lessons also available.  
Call 417-837-5900 for details.

### Pound

Age: 14 years and up  
Mon., 5:30-6:15 p.m.  
Thurs., 5-5:45 p.m.  
\$25/Member; \$35/Non-member  
(10-punch card)

## Pre-Registration Programs

### Dance Programs

#### Tiny Dancers

Age: 3-4 years  
Sat., 9-9:45 a.m.

#### Kids' Beginning Dance

Age: 5-10 years  
Sat., 10-11 a.m.

#### Kids' Intermediate Dance

Age: 5-10 years  
Sat., 11 a.m.-Noon

#### Kids' Advanced Dance

Age: 5-10 years  
Sat., 11 a.m.-Noon

#### All Youth Dance:

Session 1: Jan. 4—Feb. 15  
Session 2: Feb. 22—Apr. 11 (No class Mar 21)  
\$30/Member; \$40/Non-member

#### Youth Intermediate & Advanced Dance - **New!**

Age: 11-18 years  
Monday., 4:45 p.m.-5:45 p.m.  
Session 1: Jan. 6—Feb. 17  
Session 2: Feb. 24—Apr. 13 (No class Mar 23)  
\$30/Member; \$40/Non-member

#### KIDS' NIGHTS - **NEW!**

Age: 5-12 years  
January 17th, February 14th, & March 20th  
Fri., 5-8:30 p.m.  
\$10/Member; \$15/Non-member

#### Tae Kwon Do

Age: 5 years and up  
Tues. and Thurs., 6-7 p.m.  
Session 1: Jan. 2-30  
Session 2: Feb. 4-27  
Session 3: Mar. 3-26  
Session 4: Mar. 31-Apr. 23  
\$30/Member; \$40/Non-member  
(Uniforms & belts not included)

## Aquatics Programs

All activities are free to members or a daily facility fee for non-members.  
(The aquatics center is closed 3pm-4pm Monday-Friday)

### Open Swim Hours

Sun., Noon-5 p.m.,  
Mon.-Fri., 4 p.m.-9 p.m.,  
Sat., Noon-7:30 p.m.

### Homeschool Swim

Age: 5-14 years  
Wed., 1-2:30 p.m.  
Session 1: Jan 8-Feb 12  
Session 2: Feb 18-Mar 31  
Session 3: Apr 7-May 12  
Fee: \$24/member, \$34/non-member

### Learn to Swim

All Ages  
Mon. & Wed., 5:45 p.m.—6:30 p.m.  
Session 1: Jan 6-Jan 22  
Session 2: Jan 27-Feb 12  
Session 3: Feb 17-Mar 4  
Session 4: Mar 23-Apr 8  
Session 5: Apr 13-Apr 29  
Fee: \$40/member, \$50/non-member

### Little Splashers

(A designated time for children 5 and under, accompanied by an adult in the water)  
Mon.-Fri., 11:30 a.m.—1 p.m.  
Fee: Free/member, Non-member will pay the daily facility fee.

### Mommy & Me

6 months—3 years  
Thurs., 10:30 a.m.—11:15 a.m.  
Session 1: Feb 6-Mar 12  
Session 2: Mar 26-Apr 30  
Fee: \$40/member, \$50/non-member

For information on private swim lessons and other aquatics programs, visit [parkboard.org/pools](http://parkboard.org/pools).

### Facility Childcare

- \* Available for children ages 3 months to 8 years with a parent in the center
- \* \$3 per Non-member child
- \* 2-hour time limit
- \* Parent is responsible for feeding, diaper changes and discipline
- \* Closed from 2-4 p.m. Monday-Friday

### Daily Facility Fees

Youth ages 18 and under-\$6  
Senior ages 60 and over-\$6  
Adult-\$8  
Family-\$22



## Youth Program Descriptions

**Boot Camp:** An advanced exercise program that emphasizes cardiovascular fitness and strength training.

**Learn to Swim:** Focuses on swimming skills and water safety.

**Homeschool Swim:** Children ages 5-14 gain a broader knowledge of swimming strokes, water skills, safety, and aquatic exercise. Valid for P.E. credit.

**Kids' Beginning Dance:** Basic Ballet and Jazz. Must be at least five years old, with less than two sessions of dance experience.

**Kids' Intermediate Dance:** Builds upon Ballet and Jazz techniques learned in Beginning Dance. Must have at least two sessions of dance experience.

**Kids' Advanced Dance:** Builds upon Ballet and Jazz techniques learned in Intermediate Dance. Must have at least three sessions of dance experience.

**Youth Intermediate & Advanced Dance:** Teens and preteens will continue developing ballet and jazz skills learned during Kids' Dance classes, while also incorporating additional contemporary elements. 11-18 yrs.

**Lap Swim:** Guaranteed lap lane use for lap swimming by continuous swimmers only.

**Little Splashers:** This time is designed for preschool age children accompanied by an adult to swim in the pool. The features are turned off during this time but upon request the fire hydrant will be turned on for your enjoyment.

**Mile Club Challenge:** Move yourself by walking, running, cycling, rollerblading, skating, swimming or any non-motorized activity, and receive prizes and recognition for each milestone achieved (Level One and Level Two).

**Mommy & Me:** In-pool instruction for child and parent. Teaches a variety of swimming fundamentals.

**Open Swim:** Water features will normally be turned on during this time, however, classes and programs may be held which may affect the use of features by guests.

**Personal Training:** Personal training can help you lose weight, gain muscle, build self-confidence, and live a healthier lifestyle. Flexible scheduling options available.

**Pickleball:** A cross between tennis and ping-pong, played on a short court. Great for teens and adults.

**Pound:** Combines cardio, strength training and Pilates with drumming to achieve a full-body workout.

**Tae Kwon Do:** Helps build self-confidence, learn self-defense, achieve new skills, and make new friends. Beginning and advanced.

**Tiny Dancers:** Learn basic movements of ballet while having a lot of fun.

**Zumba:** A fun and easy-to-follow aerobic workout incorporating Latin moves and music.