

# PLAY CAPE!

WINTER SPRING 2024 PROGRAM GUIDE

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Cape Girardeau Parks and Recreation Program Guide

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Welcome to the Winter/Spring 2024 edition of PLAY CAPE! Each time I write this introduction and browse the upcoming edition, I am reminded that there is no doubt your Parks and Recreation Department PLAYS BIG! as it pertains to parks, facilities and program opportunities for citizens to enjoy. The services provided by your Parks and Recreation Department are a direct result of the citizens of this great community and your desire for quality of life opportunities. Your support is much appreciated!

Your Parks and Recreation team is honored and takes very seriously the responsibility of providing quality programs, safe facilities and clean parks for the citizens of Cape Girardeau and surrounding areas to enjoy. Successful outcomes in Parks and Recreation come from comprehensive programming for individuals of all ages and abilities delivered in a professional manner. We are committed to inclusion and the betterment of the quality of life for EVERYONE that participates in Parks and Recreation programs.

Among the many benefits of participating in Parks and Recreation programs are personal development and growth, improved physical health, improving creativity and sense of accomplishment, reducing stress and providing increased life satisfaction. There is a direct correlation, which has been proven time and again, between participation in Parks and Recreation programs and an overall positive quality of life. It is for these and other benefits that we encourage you to get out and explore all the great things your Parks and Recreation Department has to offer. If you are looking for ways to get involved and need some guidance, contact any member of your Parks and Recreation team.

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

Respectfully Yours,

Doug Gannon,  
Director of Parks and Recreation

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

## Your Parks & Recreation Leadership Team

 <b>Doug Gannon</b> Director of Parks and Recreation 573-339-6340	 <b>Scott Williams</b> Recreation Division Manager 573-339-6728 <small>scottwilliams@cityofcape.org</small>	 <b>Penny Williams</b> Recreation Division Manager 573-339-6733	 <b>Kaed Horrell</b> Parks Division Manager 573-339-6729	 <b>Dianne Lawrence</b> Assistant Recreation Division Manager 573-339-6737
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### 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: pwilliams@cityofcape.org

General Information

# TOP 10 WAYS TO Chill THIS WINTER

## 1 Junior Chef's Cooking Club

Cook some delicious meals in the kitchen while learning fun recipes, kitchen safety & more! This class is for junior chefs ages 6-10. Find more information on page 12.

## 2 Cardinals Caravan

Have you ever wanted to meet a St. Louis Cardinals baseball player? Here is your chance! This caravan gives fans a chance to meet past/present Cardinals players, participate in a Q&A and get play autographs (for kids only). More Caravan details on page 7.

## 3 Adult Indoor Soccer League

Get a team together and compete in our popular Adult Indoor Soccer League! Men's and coed divisions offered. Team-entry only. League information can be found on page 15 and page 30.

## 4 Father Daughter Dance

The 2024 Father Daughter Dance is A Tale as Old as Time...Join us for a magical evening at the Osage Centre. Dance details on page 10.

## 5 PLAY CAPE! Saturday

Stop by for a fun, FREE indoor event with games and a chance to sign your kids up for 30+ youth organizations! Event information on page 9.

## 6 Youth Track Club

This club offers athletes ages 6-14 a chance to gain experience in the sport of track and field! Find out more youth track information on page 15.

## 7 Group Fitness Class

Group fitness classes are offered daily at the Osage Centre with 13 classes to choose from! Visit page 23 for additional group fitness information.

## 8 Health & Wellness Expo

Get a healthy start to 2024 by learning ways to stay active from various local vendors at this FREE event! Find out more information on page 7.

## 9 Dance Central

Join us every Monday night at this S.P.A.R.K.S. class for dance instruction of hip hop, jazz and basic technique! For dancers ages 6-13. Dance information on page 13.

## 10 Super Kids Race Day

Let your kids race on the indoor track at the SEMO Student Recreation Center! This fun racing event is for crawlers to 10 year olds. Race details on page 7.



PLAY CAPE! Saturday.

# 2024 Winter/Spring Calendar

## JANUARY

- January 2 Indoor Coed Volleyball League Begins | SportsPlex
- January 2 Men's Basketball League Begins | Various Locations
- January 5 Boys Youth Basketball League Begins | Various Locations
- January 5 Girls Youth Basketball League Begins | Various Locations
- January 6 Winter Garage Sale | Osage Centre
- January 9 What's My Calorie Goals Seminar | Osage Centre
- January 11 S.T.A.R. Bowling | West Park Lanes
- January 15 Cardinals Caravan | Osage Centre
- January 17 New Year's Resolution Warriors Begins | Osage Centre
- January 19 Celebration of Youth Sports Awards Banquet | Osage Centre
- January 23 Fundamentals of Softball | SportsPlex
- January 23 Junior Chef's Cooking Club Begins | A.C. Brase Arena
- January 26 Homeschool P.E. Begins | SportsPlex



Learn more about the Men's & Coed Softball League on page 19!

## APRIL

- April 1 Start Smart Tennis Begins | Arena Tennis Courts
- April 2 Start Smart Baseball Begins | Arena Park
- April 4 S.T.A.R. Hopping into Spring Easter Egg Hunt | Osage Centre
- April 4 Intermediate Tennis Begins | Arena Tennis Courts
- April 4 Spring Indoor NFL Flag Football Begins | SportsPlex
- April 6 American Battlefield Day | Fort D
- April 8 Dark in the Park (Eclipse) | Fort D
- April 9 Juicing Fun Seminar | Osage Centre
- April 10 Junior Golf Program Begins | Jaycee Municipal Golf Course
- April 11 S.M.A.S.H. Volleyball Opening Night | SportsPlex
- April 20 Friends of the Parks Day | Capaha Park Shelter #3
- April 20 31st Annual Southern Open 4-Person Scramble | Jaycee
- April 23 Men's & Coed Softball Begins | Shawnee Park
- April 27 Spring Arts Festival | Shawnee Park Center
- April 29 Pre-K to K Grade Baseball Begins | Arena Park
- April 29 9U-14U Travel Baseball Begins | Shawnee Park

## FEBRUARY

- February 1 Junior Grizzlies Basketball Program Begins | SportsPlex
- February 3 Aloha Polar Plunge | Cape County North Park
- February 8 S.T.A.R. Sweetheart Dance | Osage Centre
- February 8 Cheer Clinic Begins | Osage Centre
- February 11 Super Kid's Race Day | SEMO Student Recreation Center
- February 13 CPR Seminar | Osage Centre
- February 13 You're a Pizza My Heart | Shawnee Park Center
- February 15 Community Dance & Social | A.C. Brase Arena
- February 15 Homeschool Art Begins | Osage Centre
- February 17 Father Daughter Dance | Osage Centre
- February 18 Adult Winter/Spring Indoor Soccer Begins | SportsPlex



Dance the night away at the Father Daughter Dance! Page 10!

## MARCH

- March 2 Health & Wellness Expo | Osage Centre
- March 4 Pee-Wee Sports Begins | Osage Centre
- March 7 S.T.A.R. Luck of the Numbers Bingo Night | Osage Centre
- March 5 Music & Movement Begins | Osage Centre
- March 11 Spring Youth Soccer Begins | Shawnee Park
- March 15 Mother Son Game Night | SportsPlex
- March 16 Play Cape Saturday | Osage Centre
- March 19 Youth Track Club Begins | Central Jr. High Track
- March 23 March Madness | Shawnee Park Center
- March 23 Fundamentals of Soccer | SportsPlex
- March 30 Egg Dive | Jefferson Pool

## MAY

- May 9 S.T.A.R. Summer BBQ Picnic Bash | Capaha Park
- May 11 Spring Garage Sale | Osage Centre
- May 13 Girls Youth Softball Begins | Arena Park
- May 14 Adult Sand Volleyball Begins | Arena Park Sand Courts
- May 14 7th-8th Grade Baseball Begins | Shawnee Park
- May 14 Team Meal Prep Seminar | Osage Centre
- May 23 Community Dance & Social | A.C. Brase Arena
- May 18 Heritage Day | Red House Interpretive Center
- May 18 Summer Bash | Shawnee Park Center
- May 25 Cape Splash Opening Day | Cape Splash
- May 28 JH/HS Summer Basketball Begins | SportsPlex
- May 28 Girls Travel Softball Begins | Various Locations
- May 28 River Walking Begins | Cape Splash
- May 28 Preschool Playtime Begins | Cape Splash

REGISTER FOR CLASSES,  
LEAGUES & EVENTS ONLINE AT:  
[www.cityofcape.org/parks](http://www.cityofcape.org/parks)

# KEEPING CAPE GIRARDEAU IN THE

# LOOP

## Did you Know...

- Our Fitness & Wellness program offers **13** different fitness classes year-round!
- You can visit our **newest park**, Jefferson Park, at 1620 College Street! Additionally, you can stop in the Jefferson Community Center to utilize the gym and Jefferson Pool.
- The city of Cape Girardeau has **26 parks** for you to visit! Each one unique in their own way. Let's keep these parks beautiful for years to come!
- We employ over **200+ officials** for our sports leagues year-round!
- We have **11 different youth classes** and **14 different sports leagues** for you to join this winter/spring!
- The **Cape Girardeau Parks & Recreation Foundation's main focus** is to fundraise, provide special events, and create community awareness to provide financial support for facilities, improvements, equipment and programs.

## What's New?

- Central Pool has a **new name**, Cape Aquatic Center! The newly renovated pool will be officially open spring of 2024!
- Ranney Park will be receiving a **new playground system**, permanent restroom and shelter renovations!
- The Rose Garden has a **new name**, Capaha Garden! It has been upgraded and cleaned to meet accessibility standards and a new decorative retaining wall has been built on the north side.
- Since our last Winter/Spring Play Cape issue, we have added **7 new full-time** members to Cape Girardeau Parks & Recreation Department team!

Have Parks & Rec questions?  
Email us at [parks@cityofcape.org](mailto:parks@cityofcape.org).



## SHAWNEE PARK CENTER UPCOMING events:

**No pre-registration  
necessary!**

For more information,  
contact Nick at  
[nyaeger@cityofcape.org](mailto:nyaeger@cityofcape.org)  
or at 573-339-6626.

### YOU'RE a pizza my HEART

Create your own pizza and play  
interactive Valentine's Day games!  
Tuesday 2/13/24 | 6pm-8pm  
Cost: Free!

### march madness

Basketball themed  
games and activities!  
Saturday 3/23/24 | 12pm-2pm  
Cost: Free!

### SPRING arts festival

A fun arts and crafts filled day!  
Saturday 4/27/24 | 12pm-2pm  
Cost: Free!

### summer BASH

Celebrate summer with fun outdoor  
games like a water balloon fight!  
Saturday 5/18/24 | 12pm-4pm  
Cost: Free!

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

Celebration of Youth Sports Awards Banquet!



# Special Events

## FAMILY

### Cardinals Caravan

Have you ever wanted to meet a St. Louis Cardinals baseball player? Here is your chance! This caravan gives fans a chance to meet past and present Cardinals players, participate in a Q&A and get play autographs (for kids only). The doors open at 4:30 p.m. and the program begins at 5:30 p.m. Tickets can be purchased at the A.C. Brase Arena or Osage Centre. For more information, contact Josh at [jmeyer@cityofcape.org](mailto:jmeyer@cityofcape.org).



DAY	DATE	TIME
Monday	1/15/24	5:30 p.m. - 7:30 p.m.
FEE	LOCATION	
\$6/Person   Free for ages 3 & under	Osage Centre	



Come see a past and present Cardinals player at the Cardinals Caravan!

### Celebration of Youth Sports Awards Banquet

Join us in honoring excellence in youth sports! Awards will be presented to Cape Girardeau Parks & Recreation Departments' youth sports leagues & Cape Youth Tackle Football. Includes a silent auction, catered dinner, guest speaker, audio/visual presentation & awards ceremony. Buy your tickets today! For more information, contact Heather at [hdavis@cityofcape.org](mailto:hdavis@cityofcape.org).



DAY	DATE	TIME
Friday	1/19/24	6:00 p.m. - 9:00 p.m.
FEE	LOCATION	Presenting Sponsor:
\$12 Adults / \$10 Child (15 & under) Beginning Jan. 15 \$15 Adults	Osage Centre	Academy SPORTS+OUTDOORS

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

### Super Kid's Race Day

This fun racing event is for crawlers to 10 year olds. Awards will be given out in each age group, and t-shirts and participation ribbons will be awarded to all entries. For race distance & to register, visit [www.cityofcape.org/superkids](http://www.cityofcape.org/superkids). Online registration ends 2/8. Day of registration is open from 11:45 a.m. - 12:30 p.m. For more information, contact Robert at [rshannah@cityofcape.org](mailto:rshannah@cityofcape.org).



DAY	DATE	ONLINE REG. DEADLINE
Sunday	2/11/24	2/8/24
FEE	LOCATION	RACE STARTS
\$12 by 2/3   \$17 2/4-2/11	SEMO Student Rec Center	1:00 p.m.



Super Kid's Race Day is for crawlers to 10 years old!

**Health & Wellness Expo**

Join us for the 2024 Health & Wellness Expo: *Happy, Healthy You!* With over 100 Health & Wellness Vendors, FREE t-shirts, raffle prizes, cooking demos, health screenings, group fitness classes... you are guaranteed to have a good time! Over 100 attendance prizes will be given! This is a FREE event! For more information, contact Christine at [cjaegers@cityofcape.org](mailto:cjaegers@cityofcape.org).

DAY	DATE	TIME
Saturday	3/2/24	10:00 a.m. - 2:00 p.m.
FEE	LOCATION	
FREE!	Osage Centre	



Become a Happy, Healthy You at the 2024 Health & Wellness Expo!

**Egg Dive**

Our egg divers will search for eggs in Jefferson Pool! Children up to five years old will dive at 10:00 a.m., and children ages 6-10 will dive at 11:00 a.m. (maximum 100 per age group). One parent can be in the water with their child. Eggs will be numbered and correspond with candy & prizes! We will be giving out door prizes and the Easter bunny will be available for photos! Paid divers will receive a free ticket to Jefferson Pool to swim after the event. Register online at [www.cityofcape.org/aquaticevents](http://www.cityofcape.org/aquaticevents). For more information, contact Robert at [rshanahan@cityofcape.org](mailto:rshanahan@cityofcape.org).

DAY	DATE	TIME
Saturday	3/30/24	10:00 a.m. OR 11:00 a.m.
FEE	LOCATION	
\$5/Child	Jefferson Pool	



Help us collect eggs inside Jefferson Pool!

REGISTER FOR CLASSES, LEAGUES & EVENTS ONLINE AT:  
[www.cityofcape.org/parks](http://www.cityofcape.org/parks)

**Friends of the Parks Day & Great Cape Clean Up**

Help clean up & beautify Cape! This event requires many volunteers to plant flower beds, mulch playgrounds, paint playground equipment & much more in various Cape Girardeau parks. Registration begins at 8:30 a.m. & clean up starts at 9:00 a.m. Volunteers are provided lunch & t-shirt (sizes not guaranteed & supplies are limited). Please contact 573-339-6340 to register!

DAY	DATE	TIME
Saturday	4/20/24	8:30 a.m. - 12:00 p.m.
FEE	LOCATION	
Volunteers Needed!	Capaha Park Shelter #3	



Help us keep the Cape Girardeau parks beautiful!

**GARAGE SALES**

**Upcoming Sales**

Shop for any item imaginable for a \$1.00 admission charge at the Osage Centre garage sales. Sales typically include 70+ booths, and run from 7:00 a.m. - 11:00 a.m. If you are interested in selling items, booth space is available for \$25. Booth space is reserved by attending a booth lottery drawing (dates listed below), and booth space is not guaranteed. Contact the Osage Centre at 573-339-6342 for more information.

- Winter Garage Sale - January 6, 2024  
Booth Lottery Drawing - Was held in December. Call to see if space is available!
- Spring Garage Sale - May 11, 2024  
Booth Lottery Drawing - April 10, 2024 | 6:00 p.m. | Osage Centre
- Summer Garage Sale - August 3, 2024  
Booth Lottery Drawing - July 3, 2024 | 6:00 p.m. | Osage Centre
- Fall Garage Sale - November 9, 2024  
Booth Lottery Drawing - October 9, 2024 | 6:00 p.m. | Osage Centre



Stop by and shop at our 4 Garage Sales in 2024!

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

**Play Cape!** **March 16**  
**SATURDAY**  
**Osage Centre | 10AM - 12PM**

**SIGN-UP FOR SUMMER FUN!**

**FREE** Booths for Recreation classes, leagues and events from the Parks & Recreation Department and local community organizations.  
**FREE** t-shirt for the first 100 kids!  
**FREE** fitness assessment for all kids!

Sponsored By:  
THE BANK OF MISSOURI LIVE WELL. BANK WELL. Mercy+

**Community Dance & Social 2024**

Come relax, socialize and dance to some great classic music! Big dance floor, plenty of seating and concessions available.

**February 15**  
A.C. Brase Arena | \$7/Person  
6:00 p.m. - 9:00 p.m.

**May 23**  
A.C. Brase Arena | \$7/Person  
6:00 p.m. - 9:00 p.m.

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

# TALE AS OLD AS TIME

## 16th Annual Father Daughter Dance

FEBRUARY 17TH, 2024 / OSAGE CENTRE / 6:00 P.M. - 9:00 P.M.  
 DINNER, DESSERT & REFRESHMENTS PROVIDED

Tickets available in-person only at A.C. Brase Arena & Osage Centre  
 Early registration: \$15/person if registered by 2/10/24  
 Late registration: \$25/person if registered 2/11/24-2/16/24

Visit [www.cityofcape.org/fatherdaughterdance](http://www.cityofcape.org/fatherdaughterdance) for more information.

Mercy+ CITY OF CAPE GIRARDEAU U.S. AIR FORCE

# MOTHER SON GAME NIGHT

Moms, grab your sons and bring them to a night full of fun!  
 Food and refreshments provided.  
 Dress in active wear and tennis shoes.

Registration starts February 1 online at:  
[www.cityofcape.org/mothersongamenight](http://www.cityofcape.org/mothersongamenight) or in-person at SportsPlex or A.C. Brase Arena  
 Early registration: \$15/person by March 8th  
 Late registration: \$20/person between March 9th-14th  
 \*Tickets will not be available day of\*

For more information, call 573-339-6341 or email Heather at [hdavis@cityofcape.org](mailto:hdavis@cityofcape.org).

March 15 | SportsPlex  
 6:00 P.M - 9:00 P.M.

Join us for Bazooka Ball, Nerf wars, mini golf, batting cages, ride on scooters & more!

Southern fast · fresh · friendly  
 Saint Francis HEALTHCARE  
 U.S. AIR FORCE



# Camps & Classes

## YOUTH SPORTS CLASSES

**Pre-Hapkido & Hapkido Core by Lee H. Park Hapkido**  
 Skillz classes are a basic introduction to martial arts, and work on improving balance, mobility and respect. Other key areas of focus include kicking, punching, and bully-proofing your child. All classes are taught at Lee H. Park Hapkido (1131 N. Kingshighway Suite 2K). Max enrollment of 15 per age group.

AGES	DAY	DATE	TIME
5-6 Year Olds	Mondays	6 Week Course	5:15 p.m. - 6:15 p.m.
10-15 Year Olds	Tuesdays	6 Week Course	6:00 p.m. - 7:00 p.m.

FEE	LOCATION
\$26/Child	Lee H. Park Hapkido

**Homeschool P.E.**  
**Ages 5-15**  
 Attention all home schooling families! The Cape Girardeau Parks & Recreation Department will be conducting a Physical Education class for all students who would like to attend. We will be participating in activities such as baseball, basketball, bowling, dodgeball and much more! Register online at [www.cityofcape.org/youthclasses](http://www.cityofcape.org/youthclasses). Contact Moriah at [mlincoln@cityofcape.org](mailto:mlincoln@cityofcape.org) for more information.

DAY	DATE	TIME	ENROLLMENT
Fridays	1/26/24 - 3/29/24	1:00 p.m. - 2:15 p.m.	Min: 10 / Max: 60

FEE	LOCATION	REG. DEADLINE
\$45/Child	SportsPlex	1/25/24

**Cheer Clinic**  
**Ages 6-8**  
 Ready to learn what it takes to be a cheerleader? This clinic teaches the fundamentals of cheering, including voice dictation, sideline cheers and techniques, proper hand and foot positioning and much more! Contact Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org) for more information.

DAY	DATE	TIME	ENROLLMENT
Thursdays	2/8/24 - 2/22/24	5:30 p.m. - 6:30 p.m.	Min: 8 / Max: 20

FEE	LOCATION	REG. DEADLINE
\$38/Child	Osage Centre	2/5/24

**Pee-Wee Sports**  
**Ages 3-5**  
 Kick off your child's exposure to the sports world! Pee-Wee Sports athletes will learn about t-ball, soccer and basketball. Basic skills and rules of each sport are explained at the beginning of each class, and then participants will play a fun game at the end! Contact Hunter at [hbriscoe@cityofcape.org](mailto:hbriscoe@cityofcape.org) for more information.

DAY	DATE	TIME	ENROLLMENT
Mondays	3/4/24 - 3/18/24	5:30 p.m. - 6:30 p.m.	Min: 10 / Max: 20

FEE	LOCATION	REG. DEADLINE
\$38/Child	Osage Centre	2/29/24

**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. Contact Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org) for more information.

DAY	DATE	TIME	ENROLLMENT
Thursdays	4/4/24 - 5/9/24	5:30 p.m. - 6:30 p.m.	Min: 8 / Max: 20

FEE	LOCATION	REG. DEADLINE
\$38/Child	Arena Tennis Courts	4/1/24



Do you have what it takes to be a cheerleader? Sign up for the Cheer Clinic!

**Start Smart Tennis**

**Ages 5-7**

Start Smart Tennis prepares children and their parents for organized tennis without the threat of competition or the fear of getting hurt. Age appropriate equipment from Head and Penn is used in teaching ground strokes, serving, volleying and agility. Contact Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org) for more information.

DAY	DATE	TIME	ENROLLMENT
Mondays	4/1/24 - 4/22/24	5:30 p.m. - 6:30 p.m.	Min: 10 / Max: 30
FEE	LOCATION	REG. DEADLINE	
\$43/Child	Arena Tennis Courts	3/29/24	

**Start Smart Baseball**

**Ages 3-4**

Start Smart Baseball is a developmentally appropriate introductory baseball program. The program prepares children for organized t-ball, baseball, and softball in a fun environment without the threat of competition or the fear of getting hurt. Contact Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org) for more information.

DAY	DATE	TIME	ENROLLMENT
Tuesdays	4/2/24 - 4/23/24	5:30 p.m. - 6:30 p.m.	Min: 10 / Max: 50
FEE	LOCATION	REG. DEADLINE	
\$43/Child	Arena Park	3/29/24	

**Junior Golf Program**

**Ages 6-14**

The Junior Golf Program provides instruction that 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. Pick a 5:30 p.m. OR a 6:30 p.m. time slot. The first four weeks will be at the Jaycee Municipal Golf Course, the fifth week will be at the TeeHouse Complex and the sixth week will be used for makeup days at the Jaycee Municipal Golf Course. For more information, contact Mitchell at [mkramer@cityofcape.org](mailto:mkramer@cityofcape.org). Register online at [www.cityofcape.org/golf](http://www.cityofcape.org/golf).

DAY	DATE	TIME	ENROLLMENT
Wednesdays	4/10/24 - 5/15/24	5:30 p.m. OR 6:30 p.m.	Min: 8 / Max: 24
FEE	LOCATION	REG. DEADLINE	
\$63/Child	Jaycee Golf Course	4/7/24	



Introduce your child to golf with the Jaycee Golf Course's Junior Golf Program!

REGISTER FOR CLASSES, LEAGUES & EVENTS ONLINE AT:

[www.cityofcape.org/parks](http://www.cityofcape.org/parks)

**YOUTH ART CLASSES**

**Junior Chef's Cooking Club**

**Ages 6-10**

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 soon! Contact Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org) for more information.

DAY	DATE	TIME	ENROLLMENT
Tuesdays	1/23/24 - 2/13/24	5:30 p.m. - 7:00 p.m.	Min: 8 / Max: 15
FEE	LOCATION	REG. DEADLINE	
\$38/Child	A. C. Brase Arena	1/22/24	

**Homeschool Art**

**Ages 6-15**

Drawing, painting, craft projects and three-dimensional art are just some of the areas of art that will be covered in this class. All materials will be provided. Please remember to wear old clothes! For more information, contact Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org).

DAY	DATE	TIME	ENROLLMENT
Thursdays	2/15/24 - 3/14/24	10:00 a.m. - 11:00 a.m.	Min: 8 / Max: 30
FEE	LOCATION	REG. DEADLINE	
\$38/Child	Osage Centre	2/1/24	

**Music & Movement**

**Ages 3-4**

Join us in a creative atmosphere where your child will interact with their peers through a variety of movement and music based activities. We will do dancing, jumping, basic tumbling, ball activities, parachute, instruments and more that will vary to keep your child interested and learning along with our theme. For more information, contact Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org).

DAY	DATE	TIME	ENROLLMENT
Tuesdays	3/5/24 - 3/26/24	5:30 p.m. - 7:00 p.m.	Min: 8 / Max: 15
FEE	LOCATION	REG. DEADLINE	
\$38/Child	Osage Centre	3/1/24	

**ADULT CLASSES**

**Adult Hapkido by Lee H. Park Hapkido**

**Ages 16+**

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

DAY	DATE	TIME	ENROLLMENT
T & Th.	6 Week Course	5:30 p.m. - 7:30 p.m.	Max: 15
FEE	LOCATION	REG. DEADLINE	
\$26/Person	Lee H. Park Hapkido		

**S.t.a.R.**  
THERAPEUTIC PROGRAM

**Winter/SPRING SCHEDULE**

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

**SWEETHEART DANCE**  
February 8th | Osage Centre | 6:00 p.m. - 8:00 p.m.

**LUCK OF THE NUMBERS BINGO NIGHT**  
March 7th | Osage Centre | 6:00 p.m. - 8:00 p.m.

**HOPPING INTO SPRING EASTER EGG HUNT**  
April 4th | Osage Centre | 6:00 p.m. - 8:00 p.m.

**SUMMER BBQ PICNIC BASH**  
May 9th | Capaha Park Shelter #1 | 6:00 p.m. - 8:00 p.m.

Register Online at [www.cityofcape.org/starprogram](http://www.cityofcape.org/starprogram)

For more information or questions, contact Moriah at (573)339-6732 or at [milncoln@cityofcape.org](mailto:milncoln@cityofcape.org).

Presenting Sponsor:

**Dance central**

WINTER/SPRING 2024 DANCE CLASSES

**WHERE:** Shawnee Park Center

**WHEN:** Monday Nights Starting 1/8/24

Ages 5-8 | 5:30 p.m. - 6:15 p.m.

Ages 9-13 | 6:30 p.m. - 7:15 p.m.

**WHAT:** Hip Hop, Jazz Dance, Basic Technique

**COST:** \$4/Session



For More Information, Contact Jecala Moore:  
[mooreji@capetigers.com](mailto:mooreji@capetigers.com) or 573-979-8718



# ALOHA POLAR PLUNGE

**CAPE GIRARDEAU**

CAPE COUNTY NORTH PARK  
 FEBRUARY 3, 2024  
 573-339-6733  
 WILLIAMS@SOMO.ORG  
 SOMO.ORG/PLUNGE



Register to Strut here!



Register to Plunge here!

The Polar Plunge is one of many events hosted by law enforcement to benefit its charity of choice, Special Olympics Missouri. All proceeds benefit year-round sports training and athletic competition for children and adults with intellectual disabilities.

**LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS MISSOURI**

SOMO.org/Plunge

#ALOHAPLUNGE2

## SOUTHEAST AREA SPECIAL OLYMPICS

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



Daniel Fultz and Stan Smith were inducted into the Special Olympics Missouri (SOMO) Hall of Fame on 11/18/23! Congratulations Daniel and Stan!

Website: [www.somo.org](http://www.somo.org) | Phone: 573-339-6733 | Email: [williams@somo.org](mailto:williams@somo.org) or [rose@somo.org](mailto:rose@somo.org)



Girls Youth Softball League.

## Sports

### SOCCER

#### Adult Winter/Spring Indoor Soccer League

**18+**  
 Compete in the adult soccer league at the SportsPlex! Men's and coed divisions offered. Team-entry only. For more information, contact Heather at [hdavis@cityofcape.org](mailto:hdavis@cityofcape.org). Register online at [www.cityofcape.org/soccer](http://www.cityofcape.org/soccer).

DAY	DATE	REG. DEADLINE
Sundays	2/18/24 - 3/24/24	2/7/24
FEE	LOCATION	
\$300/Team if registered by 2/4	Cape Girardeau SportsPlex	
\$325/Team 2/5-2/7		

#### Spring Youth Soccer League

**Pre-K - 8th Boys & Girls**  
 Games are held Tues., Wed. and Thurs. evenings and Sat. Coach's meeting on 2/12 at 6:00 p.m. at the Shawnee Park Center. Register online: [www.cityofcape.org/soccer](http://www.cityofcape.org/soccer). For more information, contact Eli at [ecampbell@cityofcap.org](mailto:ecampbell@cityofcap.org). For any Cape Central students grades 3rd-8th, please contact [moyerst@capetigers.com](mailto:moyerst@capetigers.com) to register.

Presenting Sponsor:    

DAY	DATE	REG. DEADLINE
Tues., Wed., Thurs., Sat.	Starts 3/11/2024	Early: 2/2/24 Late: 2/7/24
FEE	LOCATION	
Pre-K: \$45/Player   \$10 late fee 2/3-2/7	Shawnee Park Sports Complex	
Kindergarten: \$65/Player   \$10 late fee 2/3-2/7		
1st-4th: \$715/Team   \$110 late fee applied 2/3-2/7		
5th-8th: \$910/Team   \$140 late fee applied 2/3-2/7		



Get your kid or team signed up for the Spring Youth Soccer League!

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

### FOOTBALL

#### Spring Indoor NFL Flag Football

**Grades 1st-4th**  
 The indoor flag football league plays on the turf fields at the Cape Girardeau SportsPlex! Participants will receive game flags and a replica NFL jersey. Games are played on Thursday & Friday nights. A maximum of 80 players will be allowed in 1st-2nd grade and 3rd-4th grade. A \$2 spectator fee will be charged for ages 13+ attending games. For more information, contact Josh at [jebbesmeyer@cityofcape.org](mailto:jebbesmeyer@cityofcape.org). Register online at [www.cityofcape.org/football](http://www.cityofcape.org/football).

DAY	DATE	REG. DEADLINE
Thursdays & Fridays	4/4/24 - 5/10/24	Early: 2/25/24 Late: 3/3/24
FEE	LOCATION	
\$80/child   Save \$10 if registered by 2/25	SportsPlex	

### TRACK & FIELD

#### Youth Track Club

**Ages 6-14**  
 The Youth Track Club offers athletes ages 6-14 a chance to gain experience in the sport of track and field! Practices will be held on Tuesdays and Thursdays from 5:00 p.m.- 6:45 p.m. at the Cape Junior High Track. Meets will be held on select Thursdays at 5:00 p.m. in local communities. Entry fee includes a team t-shirt, 4 home meets and all practices. Additional away meets are optional, and cost \$8/child to attend. Register online at [www.cityofcape.org/track](http://www.cityofcape.org/track). For more information, contact Nick at [nyaeger@cityofcape.org](mailto:nyaeger@cityofcape.org). For any Cape Central students grades 3rd-8th, please contact [moyerst@capetigers.com](mailto:moyerst@capetigers.com) to register.

DAY	DATE	REG. DEADLINE
Tues. & Thurs.	Start: 3/19/24	3/18/24
FEE	LOCATION	
\$70/Person   Save \$10 if registered by 3/13	Central Jr. High Track	

REGISTER FOR CLASSES,  
 LEAGUES & EVENTS ONLINE:  
[www.cityofcape.org/parks](http://www.cityofcape.org/parks)



# S\*M\*A\*S\*H VOLLEYBALL

3rd-6th Grade

Opening Night April 11 | SportsPlex

Games: April 19, 26, May 3, 10

Register online at [www.cityofcape.org/volleyball](http://www.cityofcape.org/volleyball) by March 10

## SMASH

3rd-6th Graders in the learning process of volleyball  
Individual Sign-Ups | \$80/child (Includes T-Shirt & Volleyball)  
Save \$10 if registered by March 3  
Max of 120 in 3rd/4th grade division & in 5th/6th grade division  
Practices: April 12, 18, 25, May 2, 9

## SMASH Select

5th-6th Grade Teams that have played in at least one season of SMASH or any organized volleyball  
Team entry | \$630/team (Includes T-Shirt & End of Season Tournament May 14)  
Save \$40 if registered by March 3  
Practice Times Set by Coach



Presenting Sponsor:



A \$2 spectator will be charged for ages 13+ for games.

For more info, contact Moriah at [mcolincoln@cityofcape.org](mailto:mcolincoln@cityofcape.org).

## Coaches Corner | Emily Brune

**What is your coaching background?** I've coached Cape Parks and Rec. Volleyball for my daughters' teams off and on since 2017. I've helped with SMASH Volleyball in the past. I've led Jr. Aces Volleyball Camp. I coached one season of Cape Youth Soccer. Currently, I'm a coach for the Pursuit Volleyball Club. I help coach my daughter's 14 Elite Team.

**Why do you coach recreational sports?** I really enjoy teaching the game that I love to young players. I like giving them the foundation they need to play the sport, while instilling a love and excitement for the game. When I was young, I had so many amazing coaches and role models teaching me how to play sports. They made me love the sports I played, and I feel the need to pay that forward.

**Any advice for new coaches?** Be positive and patient. Be silly and fun. Give lots of high fives. Keep your athletes engaged and moving! Make them want to come back for more.

**How important is winning in recreational sports?** In recreational sports, winning isn't as important as learning and growth. Winning is fun, of course, but if your team is finding joy in the sport- that's the win!

**Any words of wisdom?** Teach your athletes to be good teammates. Being a good teammate translates to being a good person in life. It's important to have good culture on your teams, even at a young age.



## BASKETBALL

### JH/HS Summer Basketball Teams 7th-12th Grade

The summer basketball leagues are designed for teams in 7th-12th grade to get experience during the off season. Junior high, freshmen/JV and varsity divisions are offered. Girls divisions will play on Tuesday and Thursday nights. Boys high school divisions play on Tuesday nights and the junior high boys division plays on Wednesday nights. Team-entry only. A \$2 spectator will be charged for ages 13+ for games. Register online at [www.cityofcape.org/basketball](http://www.cityofcape.org/basketball). For more information, contact Josh at [jebbesmeyer@cityofcape.org](mailto:jebbesmeyer@cityofcape.org).

DAY	DATE	REG. DEADLINE
Tues., Wed., Thurs.	5/28/24 - 7/3/24	Early: 5/5/24 Late: 5/8/24
FEE	LOCATION	
\$350/Team   Save \$25 if registered by 5/5	SportsPlex	



Boys & girls JH/HS summer basketball for 7th-12th grade teams!

DURING INCLEMENT WEATHER,  
CALL OUR RAINOUT LINE:  
**573-975-1024**

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

## VOLLEYBALL

### Adult Sand Volleyball 17+

Spend your summer on the sand courts! 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 Tuesday, Wednesday or Thursday evenings. There will be a mandatory manager's meeting on 5/6/24. For more information, contact Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org). Register online at [www.cityofcape.org/volleyball](http://www.cityofcape.org/volleyball).



DAY	DATE	REG. DEADLINE
Tues., Wed., Thurs.	Start: 5/14/24	4/28/24
FEE	LOCATION	
\$200 / 4-on-4 Team \$225 / 6-on-6 Team	Arena Park Sand Courts	



Adult Sand Volleyball is for anyone ages 17+!

### Jr. High Summer Volleyball League Teams 6th-8th Grade

The Summer Junior High Volleyball League is 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 [hdavis@cityofcape.org](mailto:hdavis@cityofcape.org). Register online at [www.cityofcape.org/volleyball](http://www.cityofcape.org/volleyball).

DAY	DATE	REG. DEADLINE
Mondays	6/3/24 - 7/8/24	Early: 5/12/24 Late: 5/15/24
FEE	LOCATION	
\$250/Team   Save \$25 if registered by 5/12	SportsPlex	



Sign your team up for the Jr. High Summer Volleyball League!

PARKS & REC PARKS BOYS  
**BASEBALL**  
*Leagues*

**PRE-K TO 6TH GRADE LEAGUE**

**WHEN:** Games are played Monday - Thursdays beginning April 29, 2024  
**WHERE:** Arena Park Sports Complex  
**REGISTRATION DEADLINE:** March 27  
**FEE:** Pre-K to Kindergarten \$80/Player | Save \$10 if registered by March 22, 2024  
 1st-6th \$1080/Team | Save \$120 if registered by March 22, 2024  
 Fee Includes 10-12 games, uniform shirt & team playing equipment (not including gloves or bats)  
**COACH'S MEETING:** March 28 at the Osage Centre at 6:00 p.m.  
**CONTACT:** Nick at nyaeger@cityofcape.org or 573-339-6626 | For any Cape Central students grades 3rd-6th, please contact moyerst@capetigers.com to register.

**7TH-8TH GRADE LEAGUE**

**WHEN:** Games are played on Mondays, Tuesdays & Thursdays beginning May 13, 2024  
**WHERE:** Shawnee Park Sports Complex  
**REGISTRATION DEADLINE:** April 24  
**FEE:** \$1380/Team | Save \$120 if registered by April 19, 2024  
 Fee Includes 10-12 games, uniform shirt & team playing equipment (not including gloves or bats)  
**COACH'S MEETING:** April 25 at the Osage Centre at 6:00 p.m.  
**CONTACT:** Nick at nyaeger@cityofcape.org or 573-339-6626 | For any Cape Central students grades 7th-8th, please contact moyerst@capetigers.com to register.  
 \*Please note that a \$2 spectator fee will be charged for ages 13+ for games.

**9U-14U TRAVEL BASEBALL LEAGUE** | Designed for teams to get 8 practice games played during the week in preparation for weekend tournaments.

**WHEN:** Games are played on Mondays & Tuesdays beginning April 29, 2024  
**WHERE:** Shawnee Park Sports Complex  
**REGISTRATION DEADLINE:** April 12, 2024  
**FEE:** \$400/team  
**COACH'S MEETING:** April 16 at the Shawnee Park Center at 6:00 p.m.  
**CONTACT:** Nick at nyaeger@cityofcape.org or 573-339-6626  
 \*Please note that a \$2 spectator fee will be charged for ages 13+ for games.



Register Online: [www.cityofcape.org/baseball](http://www.cityofcape.org/baseball)

**SOFTBALL**

**Girls Fast Pitch Travel Softball League**  
**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 6 at 6:00 p.m. at the Osage Centre. For more information, contact Hunter at hbriscoe@cityofcape.org.

DAY	DATE	REG. DEADLINE
Tues. & Wed.	Start: 5/28/24	5/3/24
FEE	LOCATION	
\$400/Team	Arena Park Sports Complex (Tuesdays) Shawnee Park Sports Complex (Wednesdays)	



The Girls Fast Pitch Travel Softball League offers five divisions!

**Men's & Coed Softball**  
**18+**

Men's and coed softball leagues range from competitive division 1 to recreational division 4. Games are played Monday, Tuesday, & Thursday evenings. Men's leagues will receive a minimum of 21 games, and coed leagues will receive a minimum of 14 games. Team entry only. A manager's meeting will be on March 25 at the Shawnee Park Center at 6:30 p.m. Register online at [www.cityofcape.org/softball](http://www.cityofcape.org/softball) or in-person at the A. C. Brase Arena. A \$2.00 spectator fee will be charged for ages 13+. For more information, contact Hunter at hbriscoe@cityofcape.org.



DAY	DATE	REG. DEADLINE
Mon., Tues., Thurs.	Start: 4/23/24	Early: 3/15/24 Late: 3/22/24
FEE	LOCATION	
\$685/Men's Team   Save \$30 if reg. by 3/15 \$625/Coed Team   Save \$20 if reg. by 3/15	Shawnee Park Sports Complex	



Men's & Coed Softball play at the Shawnee Park Sports Complex!

**GIRLS YOUTH SOFTBALL**  
 GRADES K-8

**WHEN:**

Games played on Mondays, Tuesdays & Thursdays  
 Begins May 13, 2024 at the Arena Park Sports Complex

**COST:**

Pre-K & Kindergarten: \$75/Player  
 Save \$10 if registered by March 29

1st-8th: \$900/Team  
 Save \$120 if registered by March 29

**REGISTRATION/DEADLINE:**

Register Online: [www.cityofcape.org/softball](http://www.cityofcape.org/softball)  
 Early: March 29, 2024  
 Late: April 3, 2024

**COACH'S MEETING:**

April 8th | Osage Centre | 6:00 p.m.



Presenting Sponsor:



For more information, contact Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org). For any Cape Central students grades 3rd-8th, please contact [moyerst@capetigers.com](mailto:moyerst@capetigers.com) to register.

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)



## FUNDamentals WITH THE REDHAWKS!

### FUNDAMENTALS OF SOFTBALL

January 23, 2024  
6:00 p.m. - 8:00 p.m. | SportsPlex

Ages 7-12  
Fee: \$35/person (includes T-Shirt)

Register online:  
[www.cityofcape.org/sportsplexcamps](http://www.cityofcape.org/sportsplexcamps)

For additional information, contact Heather at [hdavis@cityofcape.org](mailto:hdavis@cityofcape.org).

### FUNDAMENTALS OF VOLLEYBALL

For additional information, contact  
Eli at [ecampbell@cityofcape.org](mailto:ecampbell@cityofcape.org).

### FUNDAMENTALS OF SOCCER

March 23, 2024  
Ages 4-6: 1:00 p.m. - 3:00 p.m.  
Ages 7-10: 3:00 p.m. - 5:00 p.m.

Fee: \$35/person (includes T-Shirt)

Register online:  
[www.cityofcape.org/sportsplexcamps](http://www.cityofcape.org/sportsplexcamps)

February 4, 2024 | Osage Centre

Ages 7-9 | 12:30 p.m. - 2:00 p.m.  
Ages 10-12 | 2:00 p.m. - 3:30 p.m.  
Fee: \$28/person (includes T-Shirt)

Register online by January 21 at:  
[www.cityofcape.org/volleyball](http://www.cityofcape.org/volleyball)  
In-Person registration begins at 11:30 a.m.

## Fitness & Wellness

### FITNESS PROGRAMS

#### New Year's Resolution Warriors

How are you doing with your health goals? Join us for this specialized class to focus on each one of your goals from weight loss, strength gain or just a healthier lifestyle! Meet weekly with a fitness specialist to stay on track and reach your goals faster and help keep you motivated. This class includes a pre and post assessment, nutrition education, recipes, goal setting guidance and more. Stick with it and earn your free warrior prize! To register and additional information, visit [www.cityofcape.org/wellnessevents](http://www.cityofcape.org/wellnessevents).

DAY	DATE	TIME
Wednesdays	1/17/24 - 3/6/24	5:30 p.m. - 6:30 p.m.
FEE	LOCATION	REG. DEADLINE
\$45/Person	Osage Centre	1/15/24

### HEALTH & WELLNESS EDUCATION

#### Health & Wellness Seminars

Check out our website and follow us on Facebook and Instagram at FitCape for a wide variety of health and wellness education events available just for you! Check out our winter/spring health & wellness seminars below. All seminars are FREE! Pre-register online at [www.cityofcape.org/wellnessevents](http://www.cityofcape.org/wellnessevents).

#### What's My Calorie Goals?

DATE	TIME	LOCATION
January 9, 2024	12:00 p.m. - 12:45 p.m.	Osage Centre

#### CPR - Save a Life!

DATE	TIME	LOCATION
February 13, 2024	1:00 p.m. - 2:00 p.m.	Osage Centre

#### Health Expo

DATE	TIME	LOCATION
March 2, 2024	10:00 a.m. - 2:00 p.m.	Osage Centre

#### Juicing Fun

DATE	TIME	LOCATION
April 9, 2024	12:15 p.m. - 1:15 p.m.	Osage Centre

#### Team Meal Prep!

DATE	TIME	LOCATION
May 14, 2024	12:15 p.m. - 1:15 p.m.	Osage Centre

### PERSONAL TRAINING

#### Time To Take Care Of YOU!

Team up with a personal trainer and start reaching your health goals today! We offer personal training services at a low cost! Our nationally-certified personal trainers will customize a program to meet your unique needs, creating a safe and effective way to reach your goals. Training services include personal training, partner training, group training, sport-specific training, stand strong and mobility express: flexibility training. Training packages start as low as \$25 for one 30 minute personal training session, and go up to ten - 60 minute training session packages. Nutrition and fitness plan consultations are also available starting at \$60. For more information, contact Christine, our Fitness & Wellness Specialist, at 573-339-6604 or [cjaegers@cityofcape.org](mailto:cjaegers@cityofcape.org).



Group fitness classes, personal training, health seminars & more...we've got TONS of ways to help take care of YOUR health!

### FITZONE

#### Arena Park 'FITZONE'

This playground isn't just for kids! This FREE, outdoor fitness area has eight pieces to give you a full body strength workout at your convenience all year round! Find the FitZone just off the Cape LaCroix Trail by the Arena Park tennis and sand volleyball courts. Fitness tip: Add this as part of your daily walk/run to get a some strength exercises!

REGISTER FOR CLASSES, LEAGUES & EVENTS ONLINE AT:  
[www.cityofcape.org/parks](http://www.cityofcape.org/parks)

# MOVEMENT DAY!



Join the Cape Girardeau Parks & Recreation Foundation for Movement Day! From walkers, bikers and runners, join us as we get together and MOVE!

**WHEN:**  
Wednesday 6/5/24  
Registration 5:00 p.m.  
Kickoff 5:30 p.m.

**WHERE:**  
Osage Centre Trailhead

**COST:**  
Free!

**REGISTER:**  
[www.cityofcape.org/fitnessprograms](http://www.cityofcape.org/fitnessprograms)

**QUESTIONS?**  
Contact Christine at [cjaegers@cityofcape.org](mailto:cjaegers@cityofcape.org)



## GROUP FITNESS

Group fitness classes are offered daily at the Osage Centre! For a monthly calendar and class information, visit [www.cityofcape.org/fitnessclasses](http://www.cityofcape.org/fitnessclasses). Classes are just \$4 each, or \$42 for 12 classes, or \$72 for 24 classes. Not sure about group fitness classes? Your first ever group fitness class is free!



### Abs & Arms ✨

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

### Barre/Barre HIIT ✨

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

### BOSU Blast

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

### Cardio Drumming ✨

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

### Circuit

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

### Country Fuzion ✨

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

### INSANITY / Core De Force

INSANITY® is a revolutionary cardio-based total body conditioning program. This class will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. You don't have to be in extreme shape— levels of each exercise are provided. Time to dig deep!

### Low Impact Aerobics ✨

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

### Pilates ✨

This mind/body class is designed to focus on core strength and coordination while learning the correct breathing patterns and body alignment. Pilates creates great benefits from better posture to toning of the muscles. PiYo will keep you moving and mix Yoga in for more muscle building!

### POUND

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

### Strength Conditioning & Body Sculpt & Pump 40 ✨

This class focuses on strengthening the muscles. As we age, our muscle tend to get weaker and this class helps do just that! All levels welcome! Kettlebells mixes cardio with strength to give an overall great workout!

### Yoga/Chair Yoga ✨

Various techniques will be used in this class with em-phasis on flowing postures and breath awareness. Through basic yoga poses, participants will also work towards relaxation, mental clarity, and tuning in to their bodies.

### Zumba, Zumba Gold ✨

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

✨ = Great for beginners / low impact!

## FITNESS FACILITIES

### OSAGE CENTRE HOURS

Monday-Thursday	5 a.m. - 8 p.m.
Friday	5 a.m. - 7 p.m.
Saturday	8 a.m. - 4 p.m.
Sunday	12 p.m. - 9 p.m.

### SHAWNEE PARK CENTER HOURS

Monday-Friday	9 a.m. - 8 p.m.
Saturday	11 a.m. - 6 p.m.
Sunday	12 p.m. - 8 p.m.

### JEFFERSON POOL FITNESS HOURS

Mon./Wed./Fri.	9:30 a.m. - 12:00 p.m.
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### ADMISSION

Fitness Room	\$2/Visit
Indoor Track	\$2/Visit
Gym Walking	Free
Discount Card	\$16 / 10 Visits

### ADMISSION

Fitness Room	\$2/Visit
Gym Walking	Free
Discount Card	\$16 / 10 Visits

### ADMISSION

Children (1-13)	\$6.00
Adults (14-59)	\$7.00
Seniors (60+)	\$6.00

### 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](http://cityofcape.org/fitness)

# HEALTH & WELLNESS Expo 2024

March 2, 2024

10:00 a.m. - 2:00 p.m.  
Osage Centre



## Vendors Needed!



# Aquatics

## JEFFERSON POOL

1620 College St. | 573-519-0645 | Supervisor: Michael Peters

Jefferson Pool is a beautiful family friendly facility with zero depth entry, sprinkle play features and a little Nemo slide. The pool slowly transcends into an exercise/leisure area. It also has three 25 yard lap lanes and a dark and curvy slide that extends outside the building and returns back inside.

### HOURS & PRICING

#### Pool Hours

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

#### Fitness Swim Hours

Monday/Wednesday/Friday 11:00 a.m. - 1:00 p.m.

#### Admission

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

#### Coupon Books

Adults (14-59) \$56.00 / 10 Visits  
Children (1-13) \$48.00 / 10 Visits  
Seniors (60+) \$48.00 / 10 Visits

### FACILITY GUIDELINES

#### 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 15 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 \$2.00.

#### 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. No flotation devices are allowed on slide. Facility staff reserves the right to restrict any flotation devices that are determined to be unsafe or improperly used.

### BIRTHDAY PARTIES

Plan your next birthday party at Jefferson Pool! Times are available year-round! A party room complete with tables and chairs will be set up for your 2-hour reservation. 25 swimmers maximum. All regular pool rules apply to party groups. Children under the age of 8 need to be in arm's reach of an adult. For parties with children ages 9+, one adult is required for every 10 children. Advanced reservations are required. Please call for availability at 573-519-0645.

#### Reservation periods:

June-July | Available Monday-Sunday | \$175 for 2 hours  
August-May | Available Saturday/Sunday at 12pm & 3pm | \$175 for 2 hours

#### After Hour Parties:

\$400 for 2 hours for up to 150 people | 5:30 p.m. - 7:30 p.m. by request



Jefferson Pool is the perfect indoor facility for your next birthday party!



### AQUATIC FITNESS

#### Swimnastics

This class is designed to improve cardiovascular fitness, tone muscles and increase flexibility by using the water's resistance. This class is great for seniors, arthritic people, injury rehabilitation, or people just getting started in aquatic exercise. For more information, contact Robert at rshanahan@cityofcape.org.

DAY	DATE	TIME
Mon., Wed., Fri.	Ongoing	11:00 a.m. - 12:00 p.m.
FEE		LOCATION
\$20 Residents / \$24 Non-Residents		Jefferson Pool
For 12 Classes		

### LIFEGUARDS NEEDED!

#### Lifeguard Classes

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

January 27-28	March 2-3	April 20-21
May 4-6	May 18-19	

### LEARN TO SWIM

#### Private Lessons

These one on one sessions allow for swimmers ages 4 and up, of all skill level, to progress at their own pace and have the focused instruction of their instructor. These are great options for children who thrive better from one on one attention, teenagers who need to prepare for lifeguard training prerequisite skills, and adults who want to improve their strokes. Available in fall & winter on a limited basis. To inquire about lessons, contact Aquatics Supervisor Robert Shanahan at rshanahan@cityofcape.org.

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

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

### AQUATIC EVENTS

#### Egg Dive

Our egg divers will search for eggs in Jefferson Pool! Children up to five years old will dive at 10:00 a.m., and children ages 6-10 will dive at 11:00 a.m. (maximum 100 per age group). One parent can be in the water with their child. Eggs will be numbered and correspond with candy & prizes! We will be giving out door prizes and the Easter bunny will be available for photos! Paid divers will receive a free ticket to Jefferson Pool to swim after the event. Register online at [www.cityofcape.org/aquaticevents](http://www.cityofcape.org/aquaticevents). For more information, contact Robert at rshanahan@cityofcape.org.

DAY	DATE	TIME
Saturday	3/30/24	10:00 a.m. OR 11:00 a.m.
FEE		LOCATION
\$5/Child		Jefferson Pool



Help us collect eggs inside Jefferson Pool!

**Cape Aquatic Center**  
OPENING SPRING 2024!

# CAPE SPLASH

1565 N. Kingshighway | 573-339-6343 | Supervisor: Robert Shanahan

The Cape Splash Family Aquatic Center is an outdoor waterpark designed for water-goers of all ages! The waterpark contains a splash pad, zero depth entry pool, lazy river, swirl pool, and eight water slides...the tallest is a 265 foot long free fall slide! **OPENING DAY IS MAY 25, 2024!**

## HOURS & PRICING

### Facility Hours

Open 7 days a week

11:00 a.m. - 6:00 p.m.

### Daily Admission

12 Months & Under	Free
Ages 1- 13	\$11/Person
Ages 14 - 59	\$12/Person
Seniors 60+	\$11/Person

### Season Passes

12 Months & Under	Free
Ages 1- 13	\$80/Person
Ages 14 - 59	\$90/Person
Seniors 60+	\$80/Person



## RENTALS

### After Hours Parties

Reserve your 2024 after-hours party today! After-hours parties are available to reserve from 6:30 p.m. - 8:30 p.m. and range from 100 people with a limited waterpark area, to 1,300 people for the entire waterpark complex. Contact us today at 573-339-6342 to book your party...dates fill up fast!

### Birthday Parties

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

### Group Rates

For groups of 20 or more, a 20% off group discount is available. Groups must contact Cape Splash at a minimum of one week before planned visit. A limited number of group rates are allowed per day. Rent the Playmo Pavilion for your group! Call 573-339-6342 for more information.

### \*Season Pass Benefits For The 2024 Season\*

- Park entry 15 minutes early
- Entry to Adult Beach Bashes
- Entry to Kid's Luau Party
- Concession deals!



**OPENING DAY:  
May 25, 2024**

## AQUATIC FITNESS

### Riverwalking

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+! Season passes must be purchased in advance at the A.C. Brase Arena or Osage Centre. No make-up dates will be offered. For more information, contact Robert at rshanahan@cityofcape.org.

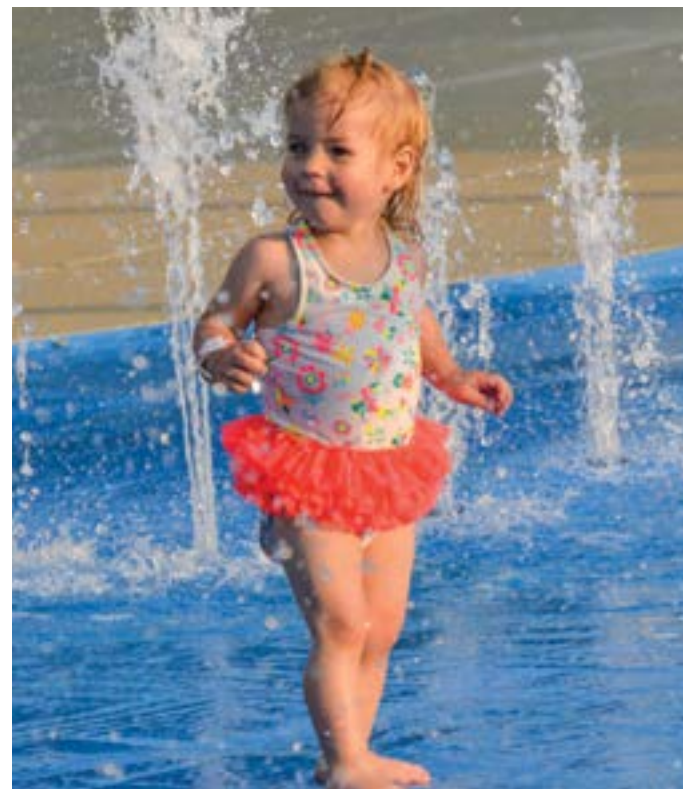
DAY	DATE	TIME
Mon. - Thurs.	5/28/24 - 8/15/24	9:15 a.m. - 10:45 a.m.
Mon., Tues, Wed.	5/28/24 - 8/14/24	6:30 p.m. - 7:45 p.m.
FEE	LOCATION	
\$4 Drop In Rate   \$60 Season Pass For All dates	Cape Splash	

## YOUTH PROGRAMS

### Preschool Playtime

Parents with little ones, come enjoy the spray pad without the crowds! Preschool Playtime is for kids ages 4 & 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 A.C. Brase Arena or Osage Centre. No make-up dates will be offered. For more information, contact Robert at rshanahan@cityofcape.org.

DAY	DATE	TIME
Mon. - Thurs.	5/28/24 - 8/15/24	9:15 a.m - 10:45 a.m.
Mon., Tues., Wed.	5/28/24 - 8/14/24	6:30 p.m. - 7:45 p.m.
Fridays	5/31/24 - 8/9/24	9:15 a.m. - 10:45 a.m.
FEE	LOCATION	
\$4 Drop In Rate   \$60 Season Pass For All dates	Cape Splash	



Cape Splash is the perfect place to bring your family for water park fun!



# 2024 CAPE SPLASH SEASON PASSES!

Season Pass Rates	INFANT (12 months & Under)	CHILD (Ages 13 & Under)	ADULT (Ages 14-59)	SENIORS (Ages 60 & Up)
2024 Rate	Free	\$80.00	\$90.00	\$80.00
Pass With 10% OFF!	Free	\$72.00	\$81.00	\$72.00

Additional Season Pass Rates	PRICE	Pass With 10% OFF!	AGE REQUIREMENT
Riverwalking	\$60.00	\$54.00	18+
Preschool Playtime	\$60.00	\$54.00	4 & Under

## PASSHOLDER BENEFITS:

- **Unlimited entries** for passholders for the season (unless at capacity).
  - Allowed in Cape Splash **15 minutes prior to opening** each day to get lounge chairs!
  - Get **10% off gazebo rental/birthday** party packages.
  - Adults get into the **Adult Beach Bash** for free, and children get into the kid's **Luau Party** for free!
  - Receive **concession deals** throughout the summer!

Season passes must be purchased at the Osage Centre or A. C. Brase Arena prior to Cape Splash entry.

For more information, call the Osage Centre at 573-339-6342.



**CAPE SPLASH IS TURNING 15!**

**Play Cape! • 27**



# Jaycee Municipal Golf Course

## TOURNAMENTS

### 31st 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 is included with entry fee. For more information, contact Mitchell at [mkramer@cityofcape.org](mailto:mkramer@cityofcape.org). Register online at [www.cityofcape.org/golf](http://www.cityofcape.org/golf).



DAY	DATE	TIME
Saturday	4/20/24	1:00 p.m. shotgun start
FEE	LOCATION	REG. DEADLINE
\$300/Team	Jaycee Golf Course	4/18/24

### 11th 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 information, contact Mitchell at [mkramer@cityofcape.org](mailto:mkramer@cityofcape.org). Register online at [www.cityofcape.org/golf](http://www.cityofcape.org/golf).



DAY	DATE	TIME
Saturday	8/10/24	4:00 p.m. shotgun start
FEE	LOCATION	REG. DEADLINE
\$300/Team	Jaycee Golf Course	8/7/24

### 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, and this tournament includes mulligans and skins. For more information, contact Mitchell at [mkramer@cityofcape.org](mailto:mkramer@cityofcape.org). Register online at [www.cityofcape.org/golf](http://www.cityofcape.org/golf).

DAY	DATE	TIME
Saturday	8/24/24	9:00 a.m. shotgun start
FEE	LOCATION	REG. DEADLINE
\$140/Team	Jaycee Golf Course	8/22/24

### 19th Annual Senior 2-Person Scramble

This tournament is open to individuals ages 50+. 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, and this tournament includes mulligans and skins. For more information, contact Mitchell at [mkramer@cityofcape.org](mailto:mkramer@cityofcape.org). Register online at [www.cityofcape.org/golf](http://www.cityofcape.org/golf).



DAY	DATE	TIME
Thursday	9/12/24	8:00 a.m. shotgun start
FEE	LOCATION	REG. DEADLINE
\$160/Team	Jaycee Golf Course	9/10/24



Play 18 holes at the Senior 2-Person Scramble!



## PROGRAMS

### Junior Golf Program

Ages 6-14

The Junior Golf Program provides instruction that 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. Pick a 5:30 p.m. OR a 6:30 p.m. time slot. The first four weeks will be at the Jaycee Municipal Golf Course, the fifth week will be at the TeeHouse Complex and the sixth week will be used for makeup days at the Jaycee Municipal Golf Course. For more information, contact Mitchell at [mkramer@cityofcape.org](mailto:mkramer@cityofcape.org). Register online at [www.cityofcape.org/golf](http://www.cityofcape.org/golf).

DAY	DATE	TIME	ENROLLMENT
Wednesdays	4/10/24 - 5/15/24	5:30 p.m. OR 6:30 p.m.	Min: 8 / Max: 24
FEE	LOCATION	REG. DEADLINE	
\$63/Child	Jaycee Golf Course	4/7/24	



For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)



**ADDRESS:** 3280 Perryville Road, Cape Girardeau Mo 63701

**PHONE:** 573.334.2031

**EMAIL:** [jayceegolf@cityofcape.org](mailto: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 7 days a week!

(Weather permitting: must be a minimum of 40°F)

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 am - Dusk
November 1 - November 30	9:00 a.m. - Dusk

### GREENS FEES + CART

Type	Winter Rates (Nov. 1 - March 31)	Summer Rates (April 1 - Oct. 31)
Weekday 9 holes	\$21	\$27
Weekday 18 holes	\$30	\$36
Weekend 9 holes	\$21	\$30
Weekend 18 holes	\$30	\$39

### GOLF CART / CLUB RENTAL (must be age 16+)

9 holes per rider	\$9	Pull Cart	\$5
18 holes per rider	\$18	Rental Clubs	\$10
Private Cart Trail Fee 9/18 holes	\$10		

### 2024 GREENS FEES MEMBERSHIP (does NOT include cart)

Individual	\$650
Family (2 person)	\$900
Family (4 person)	\$1000
Any additional golfers after 4	add \$250 per person
Senior single (60+)	\$405
Senior family (60+ one spouse over 60)	\$630
Junior Individual	\$250
Veteran Single	\$405

### ANNUAL CART PASS

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

### MONTHLY + CART MEMBERSHIP

Monthly + Cart (by calendar month)	\$250
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For facility information during wet or inclement weather, call our rainout/weather hotline: **573-975-1024**.



# Cape Girardeau SportsPlex

## 2024 WINTER/SPRING CALENDAR

January 6-7	NSSC SportsPlex Blast Volleyball Tournament
January 13-15	NSSC MLK Extravaganza Volleyball Tournament
January 20-21	Reebok Series Basketball Cape Girardeau Winter Slam
January 27-28	NSSC SportsPlex Blast I Volleyball Tournament
February 3-4	Reebok Series Basketball Cape Valentine's Day Classic
February 10-11	Level 12 Sports Cape Girardeau Classic Volleyball Tournament
February 17-19	NSSC President's Day Volleyball Tournament
February 24-25	NSSC SportsPlex Blast II Volleyball Tournament
March 2	NSSC SportsPlex Blast III Volleyball Tournament
March 3	Athlete's Plus Cheer Fever
March 9-10	Reebok Cape Girardeau Madness Super Showcase Basketball
March 16-17	Stratman Sports Volleyball Tournament
March 23-24	NSSC SportsPlex Blast March Madness Volleyball Tournament
March 30	Vision Elite Athletics Tournament
April 6-7	Level 12 Sports Backyard Bash Volleyball Tournament
April 13-14	Gateway Regional Volleyball Tournament
April 20-21	Reebok Series Spring Showdown Super Regional Basketball
April 27-28	WK Sports & Entertainment Basketball Tournaments

**FUNDAMENTALS WITH THE REDHAWKS!**

**FUNDAMENTALS OF SOCCER & FUNDAMENTALS OF SOFTBALL**

See page 20 for more info!

## PROGRAMS & LEAGUES

### Adult Winter/Spring Indoor Soccer league

**18+**  
Compete in the adult soccer league at the SportsPlex! Men's and coed divisions offered. Team-entry only. For more information, contact Heather at hdavis@cityofcape.org. Register online at www.cityofcape.org/soccer.



DAY	DATE	REG. DEADLINE
Sundays	2/18/24 - 3/24/24	2/7/24
FEE	LOCATION	
\$300/Team if registered by 2/4	Cape Girardeau SportsPlex	
\$325/Team 2/5-2/7		



Register your team for the Adult Winter/Spring Indoor Soccer League!

### Spring Indoor NFL Flag Football

**Grades 1st-4th**

The indoor flag football league plays on the turf fields at the Cape Girardeau SportsPlex! Participants will receive game flags and a replica NFL jersey. Games are played on Thursday & Friday nights. A \$2 spectator fee will be charged for ages 13+ attending games. For more information, contact Josh at jebbesmeyer@cityofcape.org. Register online at www.cityofcape.org/football.

DAY	DATE	REG. DEADLINE
Thursdays & Fridays	4/4/24 - 5/10/24	Early: 2/25/24 Late: 3/3/24
FEE	LOCATION	
\$80/child   Save \$10 if registered by 2/25	SportsPlex	

S.M.A.S.H. Volleyball info on page 16!

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

## JH/HS Summer Basketball

**Teams 7th-12th Grade**

The summer basketball leagues are designed for teams in 7th-12th grade to get experience during the off season. Junior high, freshmen/JV and varsity divisions are offered. Girls divisions will play on Tuesday and Thursday nights. Boys high school divisions play on Tuesday nights and the junior high boys division plays on Wednesday nights. Team-entry only. A \$2 spectator will be charged for ages 13+ for games. Register online at www.cityofcape.org/basketball. For more information, contact Josh at jebbesmeyer@cityofcape.org.



DAY	DATE	REG. DEADLINE
Tues., Wed., Thurs.	5/28/24 - 7/3/24	Early: 5/5/24 Late: 5/8/24
FEE	LOCATION	
\$350/Team   Save \$25 if registered by 5/5	SportsPlex	



Summer Basketball is for boys and girls teams in 7th-12th grade!

## Jr. High Summer Volleyball League

**Teams 6th-8th Grade**

The Summer Junior High Volleyball League is 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 hdavis@cityofcape.org. Register online at www.cityofcape.org/volleyball.



DAY	DATE	REG. DEADLINE
Mondays	6/3/24 - 7/8/24	Early: 5/12/24 Late: 5/15/24
FEE	LOCATION	
\$250/Team   Save \$25 if registered by 5/12	SportsPlex	



Summer volleyball is the perfect team league for your 6th-8th graders!

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

# SPORTSPLEX

**ADDRESS |** 2526 Jim Drury Way, Cape Girardeau Mo 63701  
**PHONE |** 573-339-6341  
**EMAIL |** sportsplex@cityofcape.org

**ABOUT |** The Cape Girardeau SportsPlex is 121,000 square foot facility designed for basketball, volleyball, soccer and more! The SportsPlex features 6 wood basketball courts that convert to 12 volleyball courts, 2 indoor turf fields, batting cages, meeting rooms and a full service concession stand.

## HOURS

Winter Hours (Until 5/19/24)

Monday - Thursday	3:30 p.m. - 8:30 p.m.
Friday	3:30 p.m. - 7:00 p.m.
Saturday	12:00 p.m. - 5:00 p.m.
Sunday	12:00 p.m. - 8:00 p.m.

Summer Hours (Starting 5/20/24)

Monday - Thursday	1:00 p.m. - 9:00 p.m.
Friday	1:00 p.m. - 7:00 p.m.
Saturday	12:00 p.m. - 5:00 p.m.
Sunday	12:00 p.m. - 8:00 p.m.

## PRICING

Daily Admission	\$4
Discount Card (10 Visits)	\$30

## RENTAL FEES

Full Court Rental	\$55/Hour
Half Court Rental	\$40/Hour
Full Turf Field	\$90/Hour
Half Turf Field	\$60/Hour
Batting Cages	\$25/Hour
Pitching Machines	\$15/Hour

Prices above are based off an hour rental. Call for additional rates. Call for tournament rental pricing and multi-use discounts.

## SPORTSPLEX Sport Specific Training

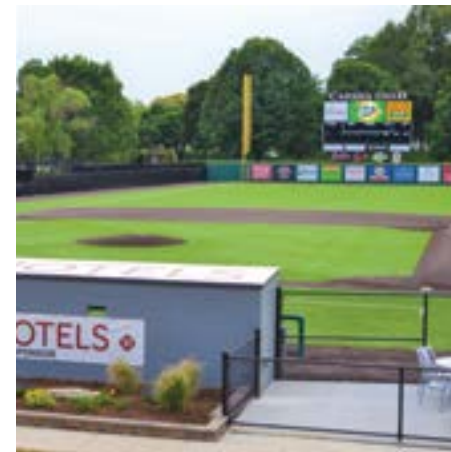
Soccer • Football  
Baseball • Volleyball  
Softball • Basketball

Call SportsPlex at 573-339-6341





# Community Centers & Sports Complexes



## A. C. BRASE ARENA

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 4-H Exhibit Hall is available only to rent. Please call for details.

### AMENITIES:

- ▶ 1 Basketball Court/2 Volleyball Courts
- ▶ 1 Full-Service Kitchen
- ▶ Stage
- ▶ Bleacher Seating

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. The A.C. Brase Arena building must be rented for use. Call for inquiries.

## 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

The **Osage Centre** is a community center with 2 full basketball courts/4 volleyball courts, a fitness room and 8 meeting rooms. The facility is open daily for gym and fitness center usage or can be rented for special functions.

## SHAWNEE PARK CENTER

835 S. West End Blvd.  
Phone: 573-339-6346  
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
- ▶ 1 Full-Service Kitchen

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.

## 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.

- ▶ 15 Baseball/Softball Fields
- ▶ 4 Football Fields

## 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. Field must be rented for use by calling 573-339-6340. This field is home to:

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

## SHAWNEE PARK SPORTS COMPLEX

1157 S. West End Blvd.

The Cape Girardeau Parks & Recreation Department operates adult softball, youth soccer, youth baseball, youth fast pitch and youth flag football leagues at the Shawnee Park Sports Complex. Fields are only available by renting. To rent a field, call 573-339-6340.

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



## 4H Exhibit Hall

321 Jaycee Drive  
Phone: 573-339-6340  
Email: arena@cityofcape.org

### COST & HOURS:

The 4-H Exhibit Hall is available only to rent. Please call for details.

### AMENITIES:

- ▶ One 40x85 square feet hall
- ▶ Adjacent to the A.C. Brase Arena building



# Parks & Recreation BIRTHDAY PARTIES

## SHAWNEE PARK CENTER

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

### ADD ONS

**AIR HOCKEY TABLE.....\$20**  
**PING PONG TABLE.....\$15**

573-339-6346 | [www.cityofcape.org/shawneeparkcenter](http://www.cityofcape.org/shawneeparkcenter)

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



## OSAGE CENTRE

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

### ADD ONS

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

**NERF GUNS.....\$20**

**ANIMAL SCOOTERS  
\$40 for 1, \$20 for each additional 1 (4 total)**

573-339-6342 | [www.cityofcape.org/osagecentre](http://www.cityofcape.org/osagecentre)

## SPORTSPLEX

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

### ADD ONS

**NERF GUNS.....\$20**

573-339-6341 | [www.cityofcape.org/sportsplex](http://www.cityofcape.org/sportsplex)

## CAPE SPLASH

Find more about Cape Splash  
birthday parties at:  
[www.cityofcape.org/capesplash](http://www.cityofcape.org/capesplash)

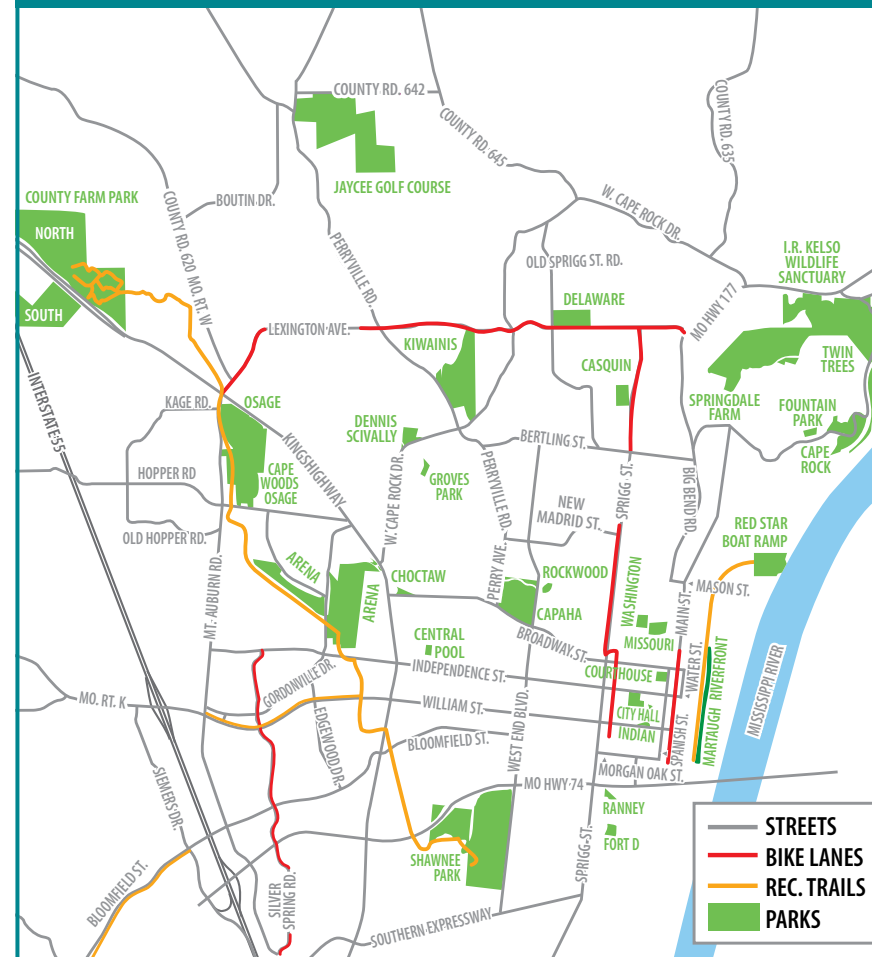


Capaha Park pond.

# Parks, Trails & Historic Sites

**The** City of Cape Girardeau Parks and Recreation Department oversees 26 parks with over 600 acres of park land, facilities, ball fields, pools, trails and historic sites. Cape Girardeau's park sites are a beautiful collection of active and passive lands which feature specimen trees, beautiful vistas overlooking the Mississippi River, heritage sites such as Fort D and the Cape La Croix Trail which winds it's way from north to south along Cape La Croix Creek and through 3 of our major parks. Wherever you are in Cape, you are never too far from a park, trail or green space where you can experience nature or family fun. Please pay a visit to one of our parks, reserve a pavilion for a picnic or family reunion or participate in one of our many activities and events. For more information regarding the parks in Cape Girardeau, see the following page, or visit our website at [www.cityofcape.org/parks](http://www.cityofcape.org/parks).

## RECREATIONAL TRAILS



### CAPE LACROIX RECREATIONAL TRAIL

Conservation Center Property to Route W/Kingshighway Bridge.....	1.25 miles
Route W/Kingshighway Bridge to Cape Woods Restroom.....	.60 mile
Cape Woods Restroom to Hopper Road Bridge.....	.37 mile
Hopper Road bridge to Rodney Street Bridge .....	1.10 miles
Rodney Street Bridge to Independence Street Bridge .....	.42 mile
Independence Street Bridge to William Street Bridge.....	.27 mile
William Street Bridge to Bloomfield Road Bridge.....	.47 mile
Bloomfield Road Bridge to Brink Street Access.....	.22 mile
Brink Street Access to Shawnee Park Soccer Field Bridge .....	.97 mile
Shawnee Park Bridge to Linden.....	.36 mile
<b>TOTAL</b>	<b>6.03 miles</b>

### OTHER PARKS & RECREATIONAL TRAILS

Downtown Riverfront Park Walkway (from end to end).....	1.3 miles
Sidewalk around Capaha Park.....	.90 mile
Sidewalk around Capaha Pond .....	.30 mile
Fountain Park (Natural Surface) .....	1.2 miles
Juden Creek Conservation Trail (Natural Surface) .....	2.5 miles
Conservation Nature Center (Gravel Surface) .....	1.0 mile
Route K Connector - Cape Bicycle to Mount Auburn Road .....	1.2 miles
Bloomfield Road Trail .....	1.4 miles

**INCLEMENT WEATHER:** The Parks and Recreation Department makes every effort to clear our roadways and entrances from debris and snow as quickly as possible. The trail system is closed in the event of snow and ice. Please use care and caution when using outdoor areas during inclement weather. To report a problem, call 573.339.6340.

### PARK HOURS

The City of Cape Girardeau Parks are prominent places to visit and admire nature as a whole! We invite everyone to stop by our 26 parks and experience it for yourself. We take pride in keeping each park a focal point of the city. Please make note of the parks' hours as these are a city ordinance.

Everyday 6:00 a.m. - 11:00 p.m.



## CITY PARKS

- ARENA PARK (410 Kiwanis Drive)** A 90 acre community park which contains the A.C. Brase Arena, 10 shelters, 60 picnic tables, 16 softball/baseball fields, 4 tennis courts, 3 restroom facilities, 2 sand volleyball courts, 1 basketball court and 1 rugby court.
- CAPAHA PARK (1400 Broadway Street)** Oldest park in Cape Girardeau's system, the park is near Southeast Missouri State University and comprises 39.3 acres. Contains 1 baseball field, 1 basketball court, 3 play structures, 2 restroom facilities, 3 shelters, 1 bandshell, the Capaha Park Garden and a 3.5 acre fishing pond. The baseball field is home to the Southeast Missouri State University Redhawks and the Cape Catfish.
- CAPE ROCK PARK (W Cape Rock Drive)** 21.3 acre park that offers a breathtaking view of the Mississippi River. It is mainly undeveloped in an effort to promote the natural area.
- CASQUIN PARK (North Sprigg Street)** 7.3 acre undeveloped park. Blanchard Elementary is located just south of this park and Fire Station 3 is to the park's north.
- CHOCTAW PARK (Broadway & Kingsway Drive)** 1.4 acres and consists of 1 shelter and 1 play area. The park is along the Cape LaCroix Creek flood control project area.
- COMMON PLEAS GAZEBO (44 N Lorimier Street)** This historic parcel is located in downtown Cape Girardeau. The gazebo pavilion and surrounding land is rentable space.
- DELAWARE PARK (Sprigg Street & Lexington Avenue)** An 18 acre undeveloped park off of Lexington Avenue.
- DENNIS SCIVALLY (2428 Cape Rock Drive)** This is a small neighborhood park with 1 shelter and 1 play area. The park features tall shade trees and a stately stone bridge over the Walker Branch creek.
- FOUNTAIN PARK (West of Cape Rock Drive)** A small mini-park that contains a water fountain with gold fish to view, sitting benches and a picnic table and a 1-mile trail that winds through the wooded area west of Cape Rock Drive.
- FORT D (920 Fort Street)** A Civil War Historic Site and the only remaining earthworks of the 4 originally built in Cape Girardeau. The site was designed by John Wesley Powell and was constructed in 1861.
- GROVES PARK (2400 Jean Ann Drive)** A 1.8 acre park consisting of 1 mini-shelter and 1 playground area.
- INDIAN PARK (William Street & Lorimier Street)** 1.9 acres that contain 1 mini-shelter, 2 basketball courts and 1 play structure. Several summer basketball tournaments are held at this park.
- JAYCEE MUNICIPAL GOLF COURSE (3280 Perryville Road)** Features 18-holes of Bermuda fairways and Bent Grass greens. With hilly, tree-lined fairways, water, sand bunkers and architecturally designed greens, the course provides a challenge for all golfers. The course and all 18 greens are open year round, from dawn to dusk.
- JEFFERSON PARK (1620 College Street)** The City of Cape Girardeau's newest park, located in front of the Jefferson Community Center and behind Jefferson Elementary.
- KIWANIS PARK (2100 Rotary Drive)** 55.8 acres and features 3 shelters, 1 pick-up baseball field, 1 small pond, 1 play structure and 1 restroom facility. Home of Dogtown Dog Park.
- MAY GREENE GARDEN (Fountain & Themis Street)** Consists of a variety of flowers and plants. Wooden benches in the park allow for a leisurely rest in downtown Cape Girardeau.
- MISSOURI PARK (Fountain Street & Park Drive)** 6.3 acres and contains a half-basketball court, skateboard park and green space.
- MURTAUGH PARK (William & Main Street)** A small, 0.2 acre green space located on a median across from the Old St. Vincent's Cathedral in historic downtown Cape Girardeau.

- OSAGE PARK (1625 North Kingshighway)** Covers 52 acres and is the site for the Osage Centre and Cape Splash Family Aquatic Center.
- RANNEY PARK (Ranney Street & William Street)** 1.2 acre neighborhood park with 1 shelter and 6 picnic tables. The new Mississippi Bridge route passes just north of this park.
- RED HOUSE INTERPRETIVE CENTER (128 Aquamsi Street)** Historic Representation of Cape's Founder, Louis Lorimier and his trading post. Tours and events held May – September.
- RIVERFRONT PARK (121 N Water Street)** On the river side of the flood wall, the park contains 1.5 acres with terraced seating for an amphitheater effect. This park is the docking site for the Mississippi River paddle boats and a hiking trail along the riverfront.
- ROCKWOOD PARK (Rockwood Drive)** 1.9-acre natural area that consists of outcroppings of limestone.
- SHAWNEE PARK SPORTS COMPLEX AND CENTER (South West End Boulevard)** This 131.2 acre park serves as the location of the Shawnee Park Sports Complex and the Shawnee Park Center.
- TWIN TREES PARK (20 E Cape Rock Drive)** Located on the northern boundaries of the city, the park contains 61.8 acres. The park's hiking trail established a partnership between the City of Cape Girardeau, the Missouri Department of Conservation, and Southeast Missouri State University for the purpose of providing a natural area for the public to enjoy.
- WASHINGTON PARK (500 Washington Avenue)** - A 3.3-acre neighborhood park containing 1 shelter and 1 play structure.



Plan a visit at the beautiful Fountain Park!



For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

## SHELTERS

### Picnic Shelter Reservations

Looking to reserve a shelter in one of our city parks for a picnic or family gathering? Head to the Parks and Recreation Main Office at 410 Kiwanis Drive at the A. C. Brase Arena located in Arena Park. Reservations must be made in person only and all fees are non-refundable. Shelters vary in size from small (10-30 people), medium (30-70 people) and large (70-100+ people). Fees vary based on size and proximity to amenities. A shelter listing of amenities and rental prices are listed below. Shelters are rented by the day and granted on a first-come-first-served basis. If a shelter is not rented, they are free to use for the public for sanctioned activities (special event rental information is below). The City reserves the right to use park shelters without a reservation.

## 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 facilities.

Please contact our administrative office for additional details or to obtain an application. Our Parks and Recreation Main Office is located in Arena Park at the A. C. Brase Arena at 410 Kiwanis Drive 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.

### Commemorative Tree Program

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

SHELTER LOCATIONS	SIZE	PLAYGROUND	PERMANENT RESTROOMS	GRILL	ELECTRICITY	DAILY FEE
ARENA SHELTER 1 - 410 Kiwanis Drive	M	●	●	●	●	\$45.00
ARENA SHELTER 2 - 410 Kiwanis Drive	S	●	●	●	●	\$35.00
ARENA SHELTER 3 - 410 Kiwanis Drive	M	●	●	●	●	\$25.00
ARENA SHELTER 4 - 410 Kiwanis Drive	S	●	●	●	●	\$25.00
ARENA SHELTER 5 - 410 Kiwanis Drive	S	●	●	●	●	\$25.00
ARENA SHELTER 6 - 410 Kiwanis Drive	M	●	●	●	●	\$35.00
ARENA SHELTER 7 - 410 Kiwanis Drive	M	●	●	●	●	\$45.00
ARENA SHELTER 8 - 410 Kiwanis Drive	S	●	●	●	●	\$10.00
ARENA SHELTER 9 - 410 Kiwanis Drive	S	●	●	●	●	\$10.00
CAPAHA SHELTER 1 - 1400 Broadway St.	L	●	●	●	●	\$55.00
CAPAHA SHELTER 3 - 1400 Broadway St.	L	●	●	●	●	\$65.00
CAPAHA SHELTER 4 - 1400 Broadway St.	L	●	●	●	●	\$65.00
CHOCTAW SHELTER - Broadway & Kingsway	S	●	●	●	●	\$10.00
COMMON PLEAS GAZEBO - 44 N. Lorimier	L	●	●	●	●	\$50.00
DENNIS SCIVALLY SHELTER - 2428 Cape Rock Drive	M	●	●	●	●	\$25.00
INDIAN PARK SHELTER - William & Lorimier	M	●	●	●	●	\$25.00
JEFFERSON PARK SHELTER - 1620 College St.	M	●	●	●	●	\$65.00
KIWANIS SHELTER 1 - 2100 Rotary Drive	L	●	●	●	●	\$65.00
KIWANIS SHELTER 2 - 2100 Rotary Drive	M	●	●	●	●	\$45.00
KIWANIS SHELTER 3 - 2100 Rotary Drive	L	●	●	●	●	\$65.00
KIWANIS SHELTER 4 - 2100 Rotary Drive	M	●	●	●	●	\$45.00
RANNEY PARK SHELTER - 600 S. Ranney Ave.	M	●	●	●	●	\$25.00
WASHINGTON PARK SHELTER - 500 Washington Ave.	M	●	●	●	●	\$45.00

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

# Adopt a Park

The City of Cape Girardeau Parks & Recreation Department is looking for groups interested in “adopting” a City park or trail section by being involved in improvement projects throughout the year. At a minimum, we ask that interested groups help clean up your park or trail section at least four times a year. We will provide equipment needed and your name will appear on a sign posted within the park or trail. This makes for a great scouting project, business team building opportunity or may fit the bill for your civic club goals. Contact us today if you are interested or have questions at 573-339-6340, or email Kaed at khorrell@cityofcape.org.



Cape Rock Park.

## CITY CEMETERIES

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

- Historic Old Lorimier Cemetery was established in 1808 by Louis Lorimier. There are many pre-Civil War and Civil War grave sites in this cemetery. Some sites are unmarked. There are no grave sites available for sale at Old Lorimier Cemetery.
- New Lorimier Cemetery was established in 1877. Most of these plots are family plots in blocks of 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.

Spring flower removal begins March 10!

**CITY OF CAPE GIRARDEAU  
PARKS & RECREATION MAIN OFFICE:**  
A.C. Brase Arena (Located in Arena Park)  
410 Kiwanis Drive  
573-339-6340

# CAPE GIRARDEAU HISTORIC SITES



Red House Interpretive Center.

**UPCOMING  
EVENTS**  
**American Battlefield  
Trust Park Day**  
Fort D | April 6  
**The Dark of the Sun**  
Ford D | April 8  
**Heritage Day**  
Red House | May 18  
10am-2pm  
**Memorial Day Weekend**  
Fort D | May 25-27

CAPAHA PARK

# Splash PAD

**FREE! OPEN IN MAY 2024!**  
[www.cityofcape.org/capahasplashpad](http://www.cityofcape.org/capahasplashpad)

**RED HOUSE  
INTERPRETIVE CENTER**  
 128 Aquamsi Street  
 573-335-6340

Have you ever wondered what life was like in early Cape Girardeau? The Red House Interpretive Center commemorates Louis Lorimier, our city's nineteenth century founder through recreating his home and trading post. Come learn about the various jobs Lorimier held from local Spanish Commandant to trading post owner. Also, see what famous visitors came to see Lorimier and his family during this exciting time in Cape Girardeau. The season ranges from May through October and the hours are Saturdays from 1:00 p.m. - 4:00 p.m. General admission is free. To schedule a group tour or contact the Cape Girardeau Parks & Recreation Department at 573-339-6340.

**FORT D  
HISTORIC SITE**  
 920 Fort Street  
 573-335-1631

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

**CAPE RIVER  
HERITAGE MUSEUM**  
 538 Independence Street  
 573-334-0405

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



Jefferson Park.



# Projects & News

## Ranney Park Renovations

Exciting upgrades are coming to Ranney Park. The park will be receiving a new playground system, permanent restroom, and shelter renovations. Some additional paved parking will also be added. The parts and materials for the playground and restroom are currently scheduled to be delivered late December or early January. Once they are delivered the Parks Maintenance Crew will begin installation.

## Cape LaCroix Recreation Trail Improvement Update

Improvements are coming to the Cape LaCroix Recreation Trail between Bloomfield Road and the pedestrian bridge at Shawnee Park. The project, made possible by the PRS2 voter approved tax initiative and a grant from the Missouri Department of Transportation, will involve widening and overlay of approximately 1.2 miles of trail as well as re-routing sections that have become affected by destabilization of the Cape LaCroix creek bank. The project is expected to begin in late spring/early summer 2024.

## Capaha Garden Update

The Capaha Garden renovation is well underway. The garden has been graded and cleaned to meet accessibility standards and a new decorative retaining wall has been built on the north side. The irrigation and fountain installation are complete. Sidewalks and a new parking lot have been poured. The raised planting beds have been installed, and some of the plantings have already happened. The new Capaha Garden sign and kiosk have been set. The remaining work for the spring of 2024 will be some final electrical work and additional plantings.



Cape Girardeau Garden Club helping with the planting of Capaha Garden!

## Cape Aquatic Center Update (Formally Central Pool)

The Central Pool renovation project continues to progress as planned. The installation of the new permanent structure and stainless steel pool walls is nearly complete. Contractors continue to move forward on installation of new mechanical systems to include state of the art HVAC and pool filtration. Also included in the project plans is a renovation of the bathhouse to include new lighting, flooring, re-modeled showers and ADA accessibility. The renovated facility is expected to re-open in spring 2024.



Cape Aquatic Center renovations plan to be completed spring of 2024!

## WIFI IN CITY PARKS!



In partnership with the Cape Girardeau Public Library who obtained a grant (CRF Broadband Funding for Distance Learning and Telehealth) to install internet WiFi hotspots, you are able to access the internet in the following parks: Ranney, Indian, Washington, Shawnee, Capaha, Arena and Kiwanis. Some will have multiple locations and should be available at the larger pavilions and near the restrooms within in each park. Thank you Cape Public Library to help us stay "CONNECTED"!

### WIFI LOCATIONS:

- CAPAHA PARK: Amphitheatre; Shelter #3; New restroom near Broadway
- ARENA PARK: Conservation shelter #3; Restroom near ballfields #2 and #3; Restroom near Rodney Street
- INDIAN PARK: Restroom area
- WASHINGTON PARK: Shelter #1
- RANNEY PARK: Shelter #1
- KIWANIS PARK: Restroom near shelter #1
- SHAWNEE PARK: Near soccer concession building & restroom



Celebration of Youth Sports Awards Banquet.

# Parks & Recreation Foundation



The Parks And Recreation Foundation is a 501c3 Not for Profit organization created to assist the City of Cape Girardeau Parks & Recreation Department in providing for programs, facilities and equipment that may not be funded through limited city tax funds. Your gifts and contributions are tax deductible and we encourage you to think about bequeathing to the Foundation as part of your estate giving plan. Gifts may be donations, retirement funds, city employee payroll deduction and more. Please contact us if you would be interested in becoming a Parks and Recreation Foundation supporter! The Board meets quarterly.

## SPONSORSHIPS

### Business Sign Sponsorship

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

### Event Sponsorship

Check out our annual calendar of events for 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? We have many great programs and events that you can be a part of. Just call us at 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 at 573-339-6340.

For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

## FRIENDS OF THE FOUNDATION PROGRAM

RENEWAL TIME! JOIN NOW FOR 2024.

The Friends of the Parks & Recreation Foundation Membership Program gives citizens and businesses a chance to get involved with their community. Options include Individual/family and corporate. See below:

Individual \$25   Family \$50
Discounts for select Parks & Recreation Foundation events.
Preferred seating at select Foundation events with reservation.
An invitation to Cape Splash Night for Foundation Members.
One discount card to local businesses. Families receive two cards.
Subscription to the Foundation's quarterly newsletter.

Corporate \$250
Business exposure at Parks & Recreation Foundation events.
"Foundation Sponsor of the Week" promotion on facility marquees.
Exposure in Foundation newsletter & PLAY CAPE! program guide.
Twelve discount cards to local businesses.

## The Foundation needs your support!

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

Contact us at 573-339-6340 for more information!

# Spaghetti Day



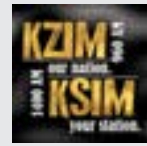
## Grand Slam Club



Saint Francis  
HEALTHCARE



www.k103fm.com



## Home Run Club



Beussink, Hey & Roe, PC

Cape County Public Administrator **Lisa Reitzel**



Alliance Bank  
More than our name, it's how we do banking.

SOUTHEAST MISSOURIAN



**Thank you to all of our event sponsors!**

## Triple Club

Advanced Dermatology of Southeast Missouri  
Ameren Missouri  
American Family Insurance – Laurel Adkisson  
Associated Sheet Metal Inc  
Bennett Family Dentistry  
Blattner Steel Company  
Bold Marketing  
Brad & Kristen LaBruyere  
Cape Girardeau Honda  
Cape Janitor Supply  
Cape Noon Optimist Club

Cape Radiology Group  
Commerce Bank  
CPU  
Cross Trails Medical & Dental Center  
Dr. Dean & Mrs. Lorrie Edwards  
Dutch Enterprises  
Edge Realty - Bill Cole - Owner/Broker  
Eye Care Specialist- Dr. Shawn Parker  
First Missouri State Bank  
Ford & Sons Funeral Home  
H & R Alarms, INC

Holloway Carpet One Floor & Home  
Inter Rail Services  
Jim Grebing (In Memory of Debra Grebing)  
Kohlfeld Distributing  
Lanzotti & Rau LLC  
Leet Eye Care  
Lewis Bakery  
Merry Maids  
Napa Auto Tire and Parts  
Penzel Construction Co. Inc.  
Pepsi MidAmerica  
Prairie Farms

Red Letter Communications  
River City Flags  
Scott, Penny, Julia & Nick Williams  
Silver Springs Surgery Center LLC  
Stanley, Dirnberger, Hopper & Associates  
Stork Landscaping  
Tri-State Water & Air  
Ziglin Signs

## Double Club

3 Eagles Distributing  
Advanced Turf Solutions  
Aloha Pools & Spas  
Banterra Bank  
Bowen Engineering  
Cape Communications  
Cape County Clerk- Kara Clark Summers  
Cape Girardeau Evening Optimist Club  
Cape Small Animal Clinic  
Coad Chevrolet  
Coad Toyota  
Codefi

Cory & Janna Crosnoe  
Craig & Mary Billmeyer  
Crosnoe Gold & Silver  
DSW Signs  
Dutch Guttering  
Edward Jones - Mike Domian  
Edward Jones- Stan Irwin  
First Midwest Bank  
First State Community Bank  
Fox Family Dental  
Innovative Orthodontics  
Jack & Janice Ruopp and Family  
Jewel Law Firm  
Johnson & Schneider, Ferrell LLC

Kaldi's Coffee  
KFVS  
Layton & Southard  
Marathon Benefits Group  
Michael & Kristi Gardner and Family  
MidAmerica Hotels Corporation  
MRV Banks  
Offices Unlimited  
Osburn, Hine, & Yates  
PDQ Quality Printing  
Rhodes Convenience Stores  
Rice, Spaeth, Summers & Heisserer  
River City Rodders  
Ruopp Family Dentistry

Screen Arts, Inc.  
Seabaugh Motors  
Skyview Animal Clinic  
Southern Bank  
Statler Law Firm  
Sterling Bank  
Strickland Engineering  
Sydenstricker Nobbe  
The Bank of Missouri  
The Limbaugh Firm  
United Land Title  
Wood & Huston Bank

## Base Hit Club

A Small World Pre-School, Inc.  
Ahrens Appraisal Service Inc.  
Athena Properties  
Bertrand Law Firm, LLC  
Cape County Commissioner – Charlie Herbst  
Cape County Treasurer – Roger

Hudson  
Cape Winair  
Casie Janet Blattner - Area Properties Real Estate  
Cheekwood Studio  
Crain Funeral Home  
Davis Glass Company Inc.

Debbie & Lonnie Lusk  
Guardian Land Title  
Hutson's Big Sandy Superstore  
Johnstone Supply  
Outback Steak House  
Panera Bread  
Phillip B. Smith Architect, LLC

Schnucks  
Sign Master  
State Farm Insurance Company – Bo Shantz  
Thompson Schoch Financial Advisors



For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)



Play Cape Saturday!

# Citizen Engagement

## Board Member Spotlight: Darrin Bruenderman

### Parks & Recreation Advisory Board

Darrin is an **active and engaged community member**, deeply committed to both his local neighborhood and professional endeavors. His long-standing association with the Parks and Recreation department began during his youth, and he continued to be involved as a parent of five children, all of whom actively participated in the city's programs. Darrin's coaching experience spans over two decades, encompassing both boys' and girls' sports, including baseball, softball, soccer, and basketball. His dedication extends beyond the field, as he now serves as a valued member of the Parks and Rec advisory board.

The city of Cape Girardeau offers an **extensive array of youth programs**, providing invaluable opportunities for community involvement. Darrin's motivation to join the advisory board stems from his desire to ensure that Parks and Rec has the necessary resources to continue its vital role in making Cape Girardeau an exceptional place to live. His commitment is deeply personal, as he and his wife, Jill, have witnessed firsthand the benefits of Parks and Recreation services for their five children. Even today, they enthusiastically support their two youngest boys as they participate in track and field events at Saint Louis University and Lindenwood University.



## BOARD & COMMITTEE MEMBERS

### PARKS AND RECREATION ADVISORY BOARD

(2nd Monday of ea. month at Osage Centre)  
 Percy Huston - Chairperson  
 Mark Stone - Vice Chairman  
 Dr. Beverly Evans - Secretary  
 Nate Thomas - Council Liaison  
 Darrin Bruenderman  
 David Cantrell  
 Anne Dohogne  
 Lewis Jackson Hill  
 Philip Moore  
 Tamara Zellers-Buck  
 Jerry Dement  
 Mary Ann Maloney

### PARKS AND RECREATION FOUNDATION BOARD

(Meets Quarterly)  
 Aaron Pantan - President  
 Bari Neff - Vice President  
 Danny Essner - Treasurer  
 Kevin Noel - Secretary  
 Tameka Randle - Council Liaison  
 Ann Dohogne - Parks & Rec Advisory Board Liaison  
 Bob Basler  
 Scott Blank  
 Stacey Cantrell  
 Tyler Cuba  
 Percy Huston  
 Brad LaBruyere  
 Mark Lanzotti  
 Pete Poe  
 Dr. Ross Bennett

### GOLF COURSE ADVISORY BOARD

(4th Thursday of every other month at Osage Centre)  
 Cindy Gannon - Chairman  
 Brad Wittenborn - Vice Chairman  
 Janet Esicar - Secretary  
 Eric Craiglow  
 Claire Kneer  
 Josh Parham  
 Dale Pingel  
 Nate Saverino  
 Lindsey Pippins

### RED HOUSE BOARD

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

### TREE BOARD

(Meets every other month)  
 Jennifer Behnken - Chairman  
 Dr. Sven Svenson - Vice Chairman  
 Robert Harris  
 Lewis Jackson Hill  
 Laura Klipfel

## SPONSOR SPOTLIGHT:



The Optimist Club of Cape Girardeau was chartered on October 21, 1926. The club then sponsored the Cape Girardeau Noon Optimist Club in 1980.

Our Optimist Club is dedicated to "Bringing Out the Best in Kids" and do its part through community service programs. Since our club is autonomous, but supported by Optimist International, and run by members in our community, Optimists members have the unique flexibility to serve the youth of our area in any way we see fit. Our club see a need in our community and reacts to it.

Our club supports various youth organizations, through monetary donations, in the Cape Girardeau community and surrounding areas, including: Boys and Girls Club, Cape Girardeau Public Schools Foundation (intramural sports, Tiger Lilies, Air Force JROTC, "Care to Learn"- food, clothing, hygiene, school supplies), Community Counseling Center Foundation, "KidsZone" at the SEMO District Fair, LFCS-Lutheran Family and Children's Services, MVTHA-Mississippi Valley Therapeutic Horsemanship Association (scholarships for children to participate at the center in Oak Ridge), Project Charlie, Rotary Club Foundation, Salvation Army (Thanksgiving Day Meal), Shop With a Hero, Special Olympics, Teen Challenge, Youth Soccer. Our club supports these programs through monetary donations and hands on help: Foster Adopt Connect (Hope for One More), Student Santas (Toy Drive, Christmas Day Community Meal), and our JOI Club-Junior Optimist International. We also support state programs: HOBY and Boys' State.

Our club also sponsors an annual "Respect for Law" Banquet to recognize and honor local law enforcement officials.

Our club meets on the First and Third Thursdays of every month at Hanover Lutheran Church (2949 Perryville Road). We have a combination of business meetings, guest speakers, and fun and fellowship nights.

Our Optimist Club is a part of a "...volunteer organization that values all children and helps them develop to their full potential." (OI Vision Statement)

Members believe that "by providing hope and positive vision, Optimists bring out the best in youth, our communities and ourselves." (OI Vision Statement)

Our members want to fulfill the tenets of our Creed: "to think only of the best, to work only for the best and to expect only the best."

We hope to build a better community by helping kids, who represent our future.

The club helps to sponsor the youth basketball program, (formerly a club project known as the Optimist Church Basketball League-established in the 1940's as a way to get boys off the streets during World War II), Friends of the Park Day, Spaghetti Day, and Breakfast With Santa. Our club believes that these programs help to "bring out the best in our youth."

The Club has also contributed monetary donations to help build shelters, restrooms, and playground equipment at Arena, Capaha, "Levi's Adventure Trails," and Cape County Parks over the past 20 years.

The Club, along with the area's other Optimist clubs, mounted a "Save The Trains" campaign in 1987. The clubs, via monetary donations and volunteer labor, helped restore the steam locomotives (donated to the city by Marquette Cement Company), on display in Capaha ("Dinky") and Arena Parks ("Hoppy"), after asbestos was discovered.



For more information call 573-339-6340 or visit [www.cityofcape.org/parks](http://www.cityofcape.org/parks)

# THANK YOU to our Corporate Partners!



## THANK YOU to our Youth League Sponsors & Coaches!

### Fall Youth Soccer League

Presenting Sponsor:



Kevin Graves  
Nick Allen  
Jessica Harris  
Cassidee W  
Nick Martin  
Eric Daume  
Brandon Olson  
Joey Babich  
Kojack Wells  
Mike Sargent  
Kristi Pennington  
Kyle Alley  
Madi Stephan  
Chad Becker

Christina Essner  
Jackson Hill  
Brad LaBruyere  
Seth Landewee  
Andy Peters  
Tyler Ribbing  
Chad Proffer  
Bill Bradley  
Cody Gaither  
Craig Schumer  
Leo Madden  
Becki Robinson  
Michelle Graviett  
Brittany Amick

Carlos Salas  
David Ludolph  
Alex Graves  
Casey Cook  
Andrea Roth  
Todd French  
Spring Cook  
Allen Frye  
Jason Loden  
Stephanie Riley  
Laura Vollink  
Conrad Haggerson  
Kim Spear  
Dennis Lopez

Laura Vollink  
Brian Heguy  
Jackson 1&2 - Jason Cahill  
Sikeston 1  
Sikeston 2  
Dexter  
Carlos Salas  
Dennis Lopez  
Jackson - Scott Robbins  
Sikeston  
Dexter

### NFL Flag Football League

Presenting Sponsor:



D'Angelo Boyd  
Brad LaBruyere  
Lawson Graff  
Steven Wessel  
Jeff Brune  
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Dustin Powell  
Ryan Becker  
Travis Clifton  
Ronnie Maxwell  
Matt Welker  
Dustin Dannemueller  
Tim Schmitt

Tearmond Wade  
Terri Wunderlich  
Tiyanna Thomas  
Holden Miller  
Deandre Banks  
Ross Bennett  
Emily Rees  
Dennis Riney  
Jason Dorey  
Shannon Moreland  
Aaron King  
Ryan McGill

## CORPORATE GAMES 2023 STANDINGS FINAL

### DIVISION 1

**PROCTER & GAMBLE** 490  
**SAINT FRANCIS HEALTHCARE SYSTEM** 440  
**VIZIENT, INC.** 370  
**DRURY SOUTHWEST** 360  
**SCOTT CITY SCHOOLS** 350  
**CITY OF CAPE GIRARDEAU** 330  
**AUTO TIRE & PARTS NAPA** 320  
**COMMUNITY COUNSELING CENTER** 300

**DELTA COMPANIES, INC.** 290  
**SCHAEFER'S ELECTRICAL ENCLOSURES** 280  
**CENTURY CASINO** 210  
**JACKSON R-2 SCHOOL** 170



### DIVISION 2

**ARNOLD INSURANCE** 590  
**ALLIANCE BANK** 460  
**THE BANK OF MISSOURI** 430  
**VERDESIAN** 370  
**CIRCLE FIBER** 350  
**RITTER REAL ESTATE** 280  
**GLUECK ENTERPRISES** 260



# JOIN OUR TEAM!

PLAN YOUR SUMMER EMPLOYMENT TODAY.

Visit [www.cityofcape.org](http://www.cityofcape.org) for more information.

### HOW TO REGISTER

If noted in this publication, programs, leagues and events can be registered for online. If registering online, you must first create an account (a confirmation email is sent once created). 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](http://www.cityofcape.org/parks).** Registrations can also be done in person at the A. C. Brase Arena, Osage Centre or Cape Girardeau SportsPlex. Cash, check, money order, debit or credit cards are accepted if registering in person.

### RAINOUT LINE

Classes, leagues, events or facilities can be cancelled due to weather. Call the Rainout Line for up-to-date cancellation information or download the rainout app to get instant weather updates: **573-975-1024**.

### 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

### 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.

### PHONE NUMBERS

**Cape Girardeau Parks & Recreation**  
Main Office 573-339-6340  
Central Municipal Pool 573-335-4040  
Osage Centre 573-339-6342  
Cape Splash 573-339-6343  
Shawnee Park Center 573-339-6346  
Shawnee Park Sports Complex 573-339-6788  
Cape Girardeau SportsPlex 573-339-6341  
City Cemeteries 573-334-1917  
Jaycee Municipal Golf Course 573-334-2031

**Other Services**  
City Hall 573-339-6300  
Visit Cape 573-335-1631  
Cape County Parks 573-204-2494  
Nature Center 573-290-5218  
Dept. Of Conservation 573-290-5730  
Chamber of Commerce 573-335-3312  
SEMO District Fair 573-334-9250  
Cape County Health Dept. 573-335-7846  
Jackson Parks & Rec 573-243-3568



APRIL 20



# Friends of the Parks Day

## & The Great Cape Clean Up

Friends of the Parks Day is an annual park beautification event hosted by the Cape Girardeau Parks & Recreation Department. Beautification projects in all Cape Girardeau parks!

**April 20 | Registration begins at 8:30 a.m. at Capaha Park.**

**Call 573-339-6340 for more information & to register!**

**Help Beautify Our Parks & City!**

