

PLAY CAPE!

SUMMER 2024 PROGRAM GUIDE

**TOP
10**

Places YOU Belong!
Page 4

SPONSOR SPOTLIGHT
Banterra Bank

COACH'S CORNER
Travis Smith



**CITY of CAPE
GIRARDEAU**
PARKS & RECREATION DEPARTMENT



@capeparks

573.339.6340

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Cape Girardeau, MO 63701

What's Inside

Summer 2024

Cape Girardeau Parks and Recreation Program Guide

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Top 10 Places YOU Belong!



Trail of Tears Triathlon



Riverfront Yoga



Capaha Park Splash Pad

Your Parks & Recreation Leadership Team

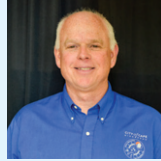
Welcome to the summer 2024 edition of PLAY CAPE! Your Parks and Recreation department team continues to work diligently from season to season planning and implementing high quality, inclusive programs for individuals of all ages as well as maintaining and operating clean and safe parks and facilities. There are many programs, leagues, events and classes underway or being planned to allow EVERYONE a chance to get involved and enjoy the quality of life benefits that come with participating in organized recreation programs. If participating in programs or visiting one of our many facilities does not interest you, there are many green spaces, parks and trails available throughout the city that offer a chance to enjoy the outdoors and connect with nature. The overarching goals of your Parks and Recreation department is simple – to have a dedicated team that makes Cape a better place to live, work and PLAY!

We hope you enjoy this edition of PLAY CAPE! It is our privilege to provide this publication for you to help you get involved in all your Parks and Recreation department has to offer. 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,



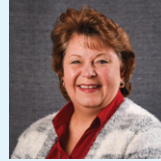
Doug Gannon,
Director of Parks and Recreation



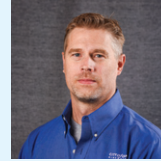
Doug Gannon
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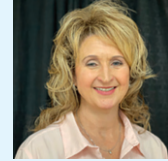
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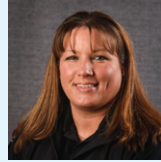
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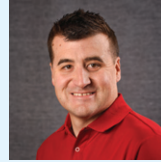
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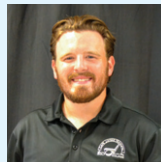
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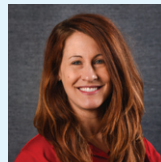
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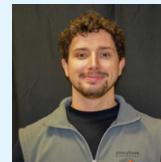
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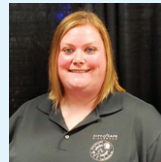
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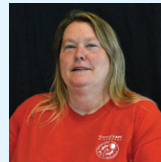
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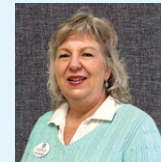
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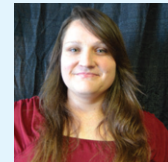
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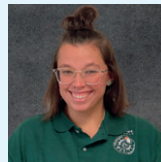
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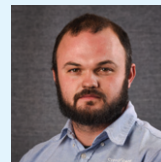
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Coordinator
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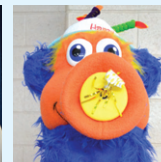
Brandon Coleman
Facility Maintenance
Coordinator
573-339-6343



Ryan Walther
Sports Complex
Maintenance
Supervisor



Joe Newman
Sports Complex
Maintenance
Supervisor



Playmo
Facilitator of FUN!

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



TOP
10



Places
YOU
Belong!



You Belong...

1. relaxing at Capaha Pond during Youth Catch & Release (page 6).
2. biking and running on Movement Day (page 6).
3. watching Top Gun: Maverick at Capaha Park (page 8).
4. exploring your cooking skills at Junior Chef's Cooking Club (page 11).
5. soaking in the sun at S.T.A.R. Wacky Water Wars (page 16).
6. competing in a summer league (page 17).
7. swimming at our three aquatic facilities (23).
8. floating down the lazy river at Cape Splash (page 26).
9. challenging your friends to a round of golf (page 28).
10. celebrating a birthday at our many facilities (page 39).

JULY IS NATIONAL
PARKS & REC
MONTH!



2024 Summer Calendar

APRIL

April 20 Friends of Parks Day | Capaha Park Shelter #3
 April 20 Southern Open 4-Person Scramble | Jaycee Golf
 April 23 Men's & Coed Softball Begins | Shawnee Park
 April 27 S.P.A.R.K.S. April Showers | Shawnee Park Center
 April 29 Pre-K to K Grade Baseball Begins | Arena Park
 April 29 9U-14U Travel Baseball Begins | Shawnee Park

MAY

May 9 S.T.A.R. Summer BBQ Picnic Bash | Capaha Park
 May 11 Spring Garage Sale | Osage Centre
 May 13 13-15 Baseball League Starts | Shawnee Park
 May 14 Adult Sand Volleyball Starts | Arena Sand Courts
 May 14 7th-8th Grade Baseball Begins | Shawnee Park
 May 14 Team Meal Prep Seminar | Osage Centre
 May 18 S.P.A.R.K.S. Summer Bash | Shawnee Park Center
 May 18 Heritage Day | Red House Interpretive Center
 May 23 Community Dance & Social | A.C. Brase Arena
 May 25 Memorial Day Weekend | Fort D
 May 25 Cape Splash Opening Day | Cape Splash
 May 28 JH/HS Summer Basketball Starts | SportsPlex
 May 28 Girls Travel Softball Starts | Various Locations
 May 28 River Walking Starts | Cape Splash
 May 28 Preschool Playtime Starts | Cape Splash
 May 29 Junior Golf Session 1 Starts | Jaycee Golf Course

JUNE

June 1 Riverfront Yoga Starts | Cape Riverfront
 June 3 Spectacular Science Camp Starts | Osage Centre
 June 3 Jr. Aces Volleyball Camp Starts | SportsPlex
 June 3 Intermediate Tennis Session 1 Starts | Arena
 June 3 JH Summer Volleyball League Starts | SportsPlex
 June 4 Pee-Wee Sports Session 1 Starts | Arena Park
 June 4 Jr. Chef's Cooking Club Starts | A.C. Brase Arena
 June 5 Movement Day | Osage Park Trailhead
 June 5 Municipal Band Summer Concert | Capaha Park
 June 6 S.T.A.R. Wacky Water Wars | Osage Centre
 June 10 Arting Around Session 1 Starts | Osage Centre
 June 10 SportsPlex Soccer Camp Starts | SportsPlex
 June 10 Pee-Wee Adventure Starts | Osage Centre
 June 11 Pee-Wee Tumbling Starts | Osage Centre
 June 11 Workout With Your Trainer Seminar | Osage Centre
 June 12 Municipal Band Summer Concert | Capaha Park
 June 14 Adult Beach Bash | Cape Splash
 June 15 Youth Catch & Release | Capaha Park Shelter #3
 June 15 Bring It On Cheer Clinic | SportsPlex
 June 17 Outdoor Adventure Starts | North Nature Center
 June 17 Sports of All Sorts Starts | Arena Park

June 20
 June 21
 June 22
 June 22
 June 24
 June 24
 June 24
 June 24
 June 24
 June 25
 June 26

World's Largest Swim Lesson | Cape Splash
 Pop-Up Movies | Dan Cotner Ampatheater
 International Yoga Day | Cape Riverfront
 Kid's Luau Party at Cape Splash | Cape Splash
 Arting Around Session 2 Starts | Osage Centre
 Sports Camp at the SportsPlex Starts | SportsPlex
 Intermediate Tennis Session 2 Starts | Arena
 S.P.A.R.K.S. Basketball Camp | Shawnee Park Center
 Pee-Wee Sports Session 2 Starts | Arena Park
 Municipal Band Summer Concert | Capaha Park



JULY
 national
 PARKS & REC
 month!



July 4
 July 4
 July 7
 July 8
 July 8
 July 10
 July 10
 July 10
 July 10
 July 11
 July 11
 July 11
 July 12
 July 13
 July 15
 July 15
 July 15
 July 17
 July 19
 July 20
 July 22
 July 24
 July 29
 July 31

Great American Fourth of July | Arena Park
 Municipal Band Summer Concert | Arena Park
 Adult Indoor Soccer Starts | SportsPlex
 Cheerleading Camp Starts | Osage Centre
 SportsPlex Basketball Camp Starts | SportsPlex
 Parks & Rec Day | Osage Centre
 Junior Golf Session 2 Starts | Jaycee Golf Course
 Municipal Band Summer Concert | Capaha Park
 S.T.A.R. Summer Luau Dance | Osage Centre
 Aqua Zumba | Cape Aquatic Center
 Adult Beach Bash | Cape Splash
 Capaha Classic 5K | Capaha Park
 Camp Playmo Session 1 Starts | Osage Centre
 S.P.A.R.K.S. Football Camp | Shawnee Park Center
 SE/STL Metro SOMO Softball Tourn. | Shawnee Park
 Municipal Band Summer Concert | Capaha Park
 Pop-Up Movies | Dan Cotner Ampatheater
 SportsPlex Football Clinic | SportsPlex
 Camp Playmo Session 2 Starts | Osage Centre
 Municipal Band Summer Concert | Capaha Park
 Camp Playmo Session 3 Starts | Osage Centre
 Municipal Band Summer Concert | Capaha Park

AUGUST

August 1
 August 3
 August 8
 August 10
 August 14
 August 20
 August 24
 August 26
 August 29

S.T.A.R. End of Summer Swim | Cape Splash
 Summer Garage Sale | Osage Centre
 Snack it Right Seminar | Osage Centre
 Nightfall Glowball Tournament | Jaycee Golf
 Start Smart Soccer Starts | Osage Park
 Adult Sand/Indoor Volleyball Starts | SportsPlex
 Ladies Golf Scramble | Jaycee Golf Course
 Cross Country Club Starts | Osage Park Trailhead
 Community Dance & Social | A.C. Brase Arena



Special Events

Garage Sales

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

Spring Garage Sale - May 11, 2024

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

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

Movement Day

From walkers, bikers and runners, join the Cape Girardeau Parks & Recreation Foundation for National Movement Day on the Cape LaCroix Trail! There will also be a themed scavenger hunt for kids! Food & drinks available (limited). Registration begins at 5:00 p.m. with kickoff at 5:30 p.m. No pre-registration required.



DAY	DATE	TIME
Wednesday	6/5/24	5:00 p.m.
FEE	LOCATION	
Free!	Osage Centre Trailhead	



Join us as we MOVE at this national event!

Municipal Band Summer Concert Series

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

June 5	7:30 p.m.	Capaha Park
June 12	7:30 p.m.	Capaha Park
June 19	7:30 p.m.	Capaha Park
June 26	7:30 p.m.	Capaha Park
July 4	7:30 p.m.	Arena Park
July 10	7:30 p.m.	Capaha Park
July 17	7:30 p.m.	Capaha Park
July 24	7:30 p.m.	Capaha Park
July 31	7:30 p.m.	Capaha Park

Youth Catch & Release

Join us for a free day of fishing at Capaha Pond! Bring your own poles & bait, and the Cape Jaycees will provide lunch. The first 50 participating kids will receive an event t-shirt! Registration will begin at 8:00 a.m. & fishing will begin at 8:30 a.m. No pre-registration required. Come ready for a fun morning of fishing! For more information, visit www.cityofcape.org/youthfishing.



DAY	DATE	TIME
Saturday	6/15/24	8:00 a.m. - 10:45 a.m.
FEE	LOCATION	
Free	Capaha Park Shelter #3	

Kid's Luau Party at Cape Splash

Boys & Girls Ages 10 & Under

We're having a luau so wear your grass skirts and we'll provide the lei! Lounge with us by our tropical pool at Cape Splash, and come ready to limbo and hula hoop in your island wear! The splash pad, zero depth entry pool, play structure, pirate ship and small slides will be open for play. No charge for adults. Participating kids will get into Cape Splash during regular hours on June 22 for free! Pre-register online at www.cityofcape.org/aquaticevents.

DAY	DATE	TIME
Saturday	6/22/24	9:00 a.m. - 10:30 a.m.
FEE	LOCATION	
\$10 Per Child Free For Season Passholders	Cape Splash	

Parks & Rec Day

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



SOUTHEAST MISSOURIAN

DAY	DATE	TIME
Wednesday	7/10/24	10:00 a.m. - 1:00 p.m.
FEE	LOCATION	
FREE!	Osage Centre	



Parks & Rec Day is a FREE event filled with summer fun!

Capaha Classic 5K

Compete in the city's longest running 5K...37 years! This race takes place in Capaha Park & also features a children's one mile run. The race will begin at 8:00 a.m. (registration starts at 6:45 a.m.). Online registration ends on July 9 at Noon. Day of registration available. Register online at www.cityofcape.org/capahaclassic. For more information, contact Nick at nyaeger@cityofcape.org.



DAY	DATE	TIME
Saturday	7/13/24	8:00 a.m.
FEE	LOCATION	
\$20 Early Fee \$25 Day of Registration	Capaha Park	

Coors Light Trail of Tears Triathlon

This USAT sanctioned race is held at Trail of Tears State Park and consists of a 700 meter swim, 15 mile bike ride and a 4 mile run. The race will begin at 9:00 a.m. (registration starts at 6:45 a.m.). Online registration is available until September 10 at Noon. Participants that are non-USAT members are required to pay a \$15 USAT fee. Lunch is provided for all participants. Register online at www.cityofcape.org/coorstri. For more information, contact Robert at rshanahan@cityofcape.org.



DAY	DATE	TIME
Saturday	9/14/24	9:00 a.m.
FEE	LOCATION	
Early Fee \$50 Individual / \$60 Team Late Fee (9/11-9/14): \$65 Individual / \$75 Team	Trail of Tears State Park	

Special Events

ADULT BEACH BASH

JUNE 14 | JULY 12

For ages 18+. Music, free food samplings (while supplies last), games & more! Pre-purchase wristbands at the A. C. Brase Arena or Osage Centre to beat the line. The cost is \$15/person per date. The event runs from 6:30 - 8:30 p.m. (No alcohol allowed in aquatic facilities). For more information, visit www.cityofcape.org/aquaticevents.






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

Play Cape! • 7

REGISTER TO WIN AVIATOR SUNGLASSES!



POP-UP MOVIES

The Arts Council of Southeast Missouri and Cape Girardeau Parks & Recreation Department present FREE Pop-Up Movie Nights! Everyone is invited to bring blankets, lawn chairs and find a place on the grass to enjoy the show. Popular food trucks will serve up their signature dishes (for purchase) beginning at 8:00pm. Movies will start at 9:00pm. For more information, visit www.cityofcape.org/moviesinthepark. Enter for a chance to win Aviator Sunglasses courtesy of Leet EyeCare! You must attend one of the Pop-Up Movies below to enter. Prize will be given out at the second Pop-Up Movie night prior to movie starting.



Top Gun
6/21/24 | 9pm
Dan Cotner
Amphitheater



Top Gun: Maverick
7/19/24 | 9pm
Dan Cotner
Amphitheater



Community Dance & Social 2024

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

May 23

A.C. Brase Arena | \$5/Person
6:00 p.m. - 9:00 p.m.

August 29

A.C. Brase Arena | \$7/Person | Potluck
6:00 p.m. - 9:00 p.m.
Performance by: Memories Nostalgic Tunes

2024
GREAT AMERICAN

4TH of JULY

FIREWORKS AT ARENA PARK

IN CAPE GIRARDEAU
WEDNESDAY, JULY 4TH, 7PM-9:30PM

CELEBRATE OUR
NATION'S BIRTHDAY

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

Lawn chairs are welcome and parking is available throughout the park. Tune in to 960 KZIM and 1400 KSIM to listen to the night's events beginning at 8:00 pm. At 9:00 pm, tune into any River Radio station for patriotic music and a countdown to the fireworks display.

7:00 PM: Arena Park opens for tailgating.

7:30 PM: Patriotic music by the Cape Girardeau Municipal Band.

8:00 PM: Southeast Missourian Spirit of America Award and remarks from Southeast Missourian and city dignitaries.

8:45 PM: FIREWORKS AT ARENA PARK

**PLEASE, NO PERSONAL FIREWORKS.
FOR MORE INFORMATION, CALL 573-339-6340.**

PRESENTED BY:
CITY OF CAPE GIRARDEAU
SOUTHEAST MISSOURIAN
RIVER RADIO • VISIT CAPE • RUSTMEDIA



Water day at
Camp Playmo!

Camps & Classes

CAMPS

Spectacular Science Camp

Ages 6-11

Come join in the fun during this 3-week recreation class, where children will explore different branches of science through project-based learning and doing science experiments! We will be covering the topics of Biology, Chemistry, and Physics through hands-on learning and having tons of fun. Please join us for this engaging science class! Cost includes supplies.

AGES	DATE	TIME	
6-8 Year Olds	Mondays 6/3/24 - 6/17/24	9:00 a.m. - 12:00 p.m.	
9-11 Year Olds	Mondays 6/3/24 - 6/17/24	1:00 p.m. - 4:00 p.m.	
FEE	LOCATION	REG. DEADLINE	ENROLLMENT
\$63/child	Osage Centre	5/27/24	Min: 10 / Max: 20

Jr. Aces Volleyball Camp

Ages 7-10

Players will learn volleyball fundamentals such as passing, setting, serving and attacking. Entry fee includes a volleyball camp t-shirt.

DAY	DATE	TIME	REG. DEADLINE
M T W	6/3/24-6/5/24	9:00 a.m. - 12:00 p.m.	5/22/24
FEE	LOCATION	ENROLLMENT	
\$75/child	SportsPlex	Min: 20 / Max: 60	

SportsPlex Soccer Camp

Ages 6-9

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

DAY	DATE	TIME	REG. DEADLINE
M T W	6/10/24 - 6/12/24	9:00 a.m. - 12:00 p.m.	5/29/24
FEE	LOCATION	ENROLLMENT	
\$75/child	SportsPlex	Min: 20 / Max: 60	

Arting Around

Ages 6-12

Campers ages 6-12 will explore art using many materials including paint, water colors, tie dye, duct tape & much more! This is an instructional camp for those interested in art. Two sessions offered!

DAY	DATE	TIME	REG. DEADLINE
M T W Th.	6/10/24 - 6/13/24	9:00 a.m. - 12:00 p.m.	6/6/24
M T W Th.	6/24/24 - 6/27/24	9:00 a.m. - 12:00 p.m.	6/20/24
FEE	LOCATION	ENROLLMENT	
\$48/child	Osage Centre	Min: 10 / Max: 24	

Outdoor Adventure Camp

Ages 8-12

What better way to spend your summer than in the outdoors! Let our experienced staff lead you in fishing, backpacking, archery and much more. This fun class will also teach teamwork while having fun! The first class will meet at Cape County North Nature Center.

DAY	DATE	TIME	REG. DEADLINE
M T W Th.	6/17/24 - 6/20/24	9:00 a.m. - 12:00 p.m.	6/12/24
FEE	LOCATION	ENROLLMENT	
\$53/child	Cape County North Nature Center	Min: 10 / Max: 20	

Sports of All Sorts

Ages 6-12

Sports of All Sorts is designed with the active child in mind! Many sports will be offered throughout this camp including wiffleball, dodgeball, sand volleyball, kickball, tennis, golf & more! We will go over the basic skills and rules of each sports, and then play!

DAY	DATE	TIME	REG. DEADLINE
M T W Th.	6/17/24 - 6/20/24	1:00 p.m. - 4:00 p.m.	6/10/24
FEE	LOCATION	ENROLLMENT	
\$48/child	Arena Park	Min: 10 / Max: 24	

Sports Camp at the SportsPlex

Ages 8-12

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

DAY	DATE	TIME	REG. DEADLINE
Mon. - Fri.	6/24/24 - 6/28/24	8:30 a.m. - 4:30 p.m.	6/12/24
FEE	LOCATION	ENROLLMENT	
\$175/child	SportsPlex	Min: 15 / Max: 30	

Cheerleading Camp

Ages 5-9

Ready to learn what it takes to be a cheerleader? This clinic teaches the fundamentals of cheering, including voice dictation, sideline cheer techniques, proper hand and foot positioning and much more. Participants will learn several cheers and have lots of fun!

DAY	DATE	TIME	REG. DEADLINE
M T W Th.	7/8/24 - 7/11/24	9:00 a.m. - 11:30 a.m.	7/2/24
FEE	LOCATION	ENROLLMENT	
\$48/child	Osage Centre	Min: 8 / Max: 20	

SportsPlex Basketball Camp

Ages 7-10

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

DAY	DATE	TIME	REG. DEADLINE
M T W	7/8/24 - 7/10/24	9:00 a.m. - 12:00 p.m.	6/26/24
FEE	LOCATION	ENROLLMENT	
\$75/child	SportsPlex	Min: 20 / Max: 60	



Grow your basketball skills at this 3-day camp!

YOUTH CLASSES

Junior Golf Program

Ages 6-14

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

DAY	DATE	TIME	REG. DEADLINE
Wednesdays	5/29/24 - 6/26/24	5:30 p.m. OR 6:30 p.m.	5/26/24
Wednesdays	7/10/24 - 8/7/24	5:30 p.m. OR 6:30 p.m.	7/7/24
FEE	LOCATION	ENROLLMENT	
1st Session: \$63/child	Jaycee Golf Course	Min: 8 / Max: 24	
2nd Session: \$65/child			

Intermediate Tennis

Ages 8-12

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

DAY	DATE	TIME	REG. DEADLINE
Mon. & Wed.	6/3/24 - 6/24/24	9:00 a.m. - 9:50 a.m.	5/30/24
Mon. & Wed.	6/24/24 - 7/15/24	9:00 a.m. - 9:50 a.m.	6/22/24
FEE	LOCATION	ENROLLMENT	
\$28/child	Arena Tennis Courts	Min: 8 / Max: 20	

Pee-Wee Sports

Ages 3-5

Children play a different sport each week; including, t-ball, soccer & basketball. We'll go over the basic skills and rules of each sports and play a fun game at the end! This class will feature two sessions...pick the one that works best for you!

DAY	DATE	TIME	REG. DEADLINE
Tues. & Th.	6/4/24 - 6/20/24	10:00 a.m. - 11:00 a.m.	5/31/24
Tues. & Th.	6/25/24 - 7/11/24	10:00 a.m. - 11:00 a.m.	6/21/24
FEE	LOCATION	ENROLLMENT	
\$38/child	Arena Park Shelter #5	Min: 10 / Max: 20	

Junior Chef's Cooking Club

Ages 6-12

Get ready for a yummy, fun filled class! Each week, you will make (and eat!) a special treat while you learn about measuring, why food changes as it cooks, and of course, kitchen safety. This class is sure to fill quickly, so register as soon as possible!

DAY	DATE	TIME	ENROLLMENT
Tuesdays	6/4/24 - 6/18/24	12:30 p.m. - 2:00 p.m.	Min: 8 / Max: 15
FEE	LOCATION	REG. DEADLINE	
\$38/child	A. C. Brase Arena	5/30/24	

REGISTER FOR CAMPS & CLASSES ONLINE AT:

www.cityofcape.org/youthclasses

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

Play Cape! • 11

AGES 6-12

CAPE PARKS & REC

CAMP PLAYMO!

3 SESSIONS | CAMP BEGINS AT OSAGE



JULY 15-19



JULY 22-26



JULY 29-AUGUST 2

GAMES • ART PROJECTS • SCIENCE EXPERIMENTS • FUN!

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

For more information, contact Eli at 573-339-6606.

- \$120 per week
- Camp runs from 8:30 a.m. - 4:30 p.m. Monday through Friday. Childcare is provided from 7:30 a.m. - 8:30 a.m. and 4:30 p.m. - 5:30 p.m.
- Participants must be pre-registered by the Thursday before the camp session begins.
- Minimum: 20 / Maximum: 60 per week

SIGN UP ONLINE: WWW.CITYOFCAPE.ORG/CAMPPLAYMO

Beginner Horsemanship Program

Ages 8-12

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

For additional information please contact us at 573-339-6340 or the Remley Equestrian Center at 314-691-3322. The Center is located at 215 Remley Drive just outside of Cape near Black Forest. Register online at www.remleyequestrian.com/parksandrec.

SESSION	DAY	DATE	TIME
June	Tuesdays	6/4/24-6/25/24	4:00 p.m.
July	Tuesdays	7/9/24-7/30/24	4:00 p.m.

FEE	LOCATION
\$120/session	Remley Equestrian Center

Pee-Wee Adventure

Ages 3-5

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

DAY	DATE	TIME	REG. DEADLINE
Mon. & Wed.	6/10/24 - 6/26/24	10:00 a.m. - 10:50 a.m.	6/7/24

FEE	LOCATION	ENROLLMENT
\$25/child	Osage Centre	Min: 8 / Max: 20

Pee-Wee Tumbling

Ages 3-5

Join us for some fun & basic tumbling! This class will consist of stretching, somersaults, cartwheels, balancing, handstands & other basic tumbling. Work on the basics while developing concentration, body awareness and hand-eye coordination. This class will feature two sessions...pick the one that works best for you!

DAY	DATE	TIME	REG. DEADLINE
Tues. & Thurs.	6/11/24 - 6/27/24	1:30 p.m. - 2:15 p.m.	6/7/24

FEE	LOCATION	ENROLLMENT
\$25/child	Osage Centre	Min: 8 / Max: 15



Introduction to tumbling for your 3-5 year old!

Start Smart Soccer

Ages 3-5

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



DAY	DATE	TIME	REG. DEADLINE
Wednesdays	8/14/24 - 9/4/24	5:30 p.m. - 6:30 p.m.	8/7/24

FEE	LOCATION	ENROLLMENT
\$45/child	Osage Park	Min: 10 / Max: 40



Learn the basics of soccer with our Start Smart Soccer program.

TEEN CLASSES

Advanced Tennis

Ages 13-18

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

DAY	DATE	TIME	REG. DEADLINE
Mon. & Wed.	6/3/24 - 6/19/24	10:00 a.m. - 10:50 a.m.	5/27/24

FEE	LOCATION	ENROLLMENT
\$28/child	Arena Tennis Courts	Min: 6 / Max: 8



Introduction to tumbling for your 3-5 year old!

MARTIAL ARTS CLASSES

Pre-Hapkido & Hapkido Core by Lee H. Park Hapkido

Hapkido Core has two levels: Core Class 1 (ages 5-6) and Core Class 2 (ages 7-9). Pre-Hapkido is for ages 10-15. Skills 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).

AGES	DAY	DATE	TIME
5-9 Year Olds	Mondays	5/6/24-6/15/24	5:30 p.m. - 6:15 p.m.
10-15 Year Olds	Tuesdays	5/6/24-6/15/24	6:00 p.m. - 7:00 p.m.
FEE	LOCATION	ENROLLMENT	
\$26/child	Lee H. Park Hapkido	Max: 15 per age group	

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.	5/6/24-6/15/24	5:30 p.m. - 7:00 p.m.	Max: 15
FEE	LOCATION		
\$26/person	Lee H. Park Hapkido		

YOUTH CLINICS

Bring It On Cheer Clinic Ages 5-12






The Bring It On Cheer Clinic is a great opportunity to learn essential skills for cheer including basic motions, cheers, tumbling and stunts. This clinic, led by Athletes Plus coaches and cheerleaders, will be a fun and educational clinic that will inspire your little cheerleader. Participants receive a clinic t-shirt & pom poms.

AGES	DATE	TIME	REG. DEADLINE
5-7	Saturday 6/15/24	10:00 a.m. - 12:00 p.m.	6/2/24
8-12	Saturday 6/15/24	1:00 p.m. - 3:00 p.m.	6/2/24
FEE	LOCATION		
\$35/child	SportsPlex		

SportsPlex Football Clinic Ages 8-12

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

DAY	DATE	TIME	REG. DEADLINE
Saturday	7/20/24	9:00 a.m. - 12:00 p.m.	7/7/24
FEE	LOCATION		
\$40/child	SportsPlex		

2024 DANCE CLASSES:

<p>MONDAYS</p> <p>Ages 5-9 5:30 p.m. - 6:15 p.m.</p> <p>Ages 10-16 6:30 p.m. - 7:15 p.m.</p>	<p>WEDNESDAYS</p> <p>Competition Team</p> <p>Ages 14-18 5:30 p.m. - 7:15 p.m.</p>
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\$4/Session | Shawnee Park Center

Class will consist of: Hip Hop, Jazz Dance & Basic Technique

For more information, contact Jecala at jecla94@gmail.com or 573-979-8718.



SPARKS

Shawnee Park Arts, Recreation & Kids Sports

SHAWNEE PARK CENTER UPCOMING EVENTS:

APRIL SHOWERS

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 and taking a trip to Jefferson Pool!
Saturday 5/18/24 | 12pm-4pm
Cost: Free!

Basketball camp

K-6th coed introductory camp to develop basketball fundamentals.
6/24/24-6/28/24
10:30am-11:30am
Cost: Free!

FOOTBALL camp

K-6th coed introductory camp to develop football fundamentals.
7/15/24-7/19/24
10:30am-11:30am
Cost: Free!

No pre-registration
necessary!

For more information, contact Nick at
nyaeger@cityofcape.org or at 573-339-6626.



Saint Francis
HEALTHCARE



Presenting Sponsor:



S.t.a.R.

Therapeutic Program

Register Online at www.cityofcape.org/starprogram.
 For more information or questions, contact Moriah at 573-339-6732 or at mcolin@cityofcape.org.

Summer BBQ Picnic Bash

May 9 | Capaha Park Shelter #1
 6:00 p.m. - 8:00 p.m.

End of Summer Swim

August 1 | Cape Splash
 3:30 p.m. - 6:00 p.m.

Wacky Water Wars

June 6 | Osage Centre
 6:00 p.m. - 8:00 p.m.

Movie Night

September 12 | Osage Centre
 6:00 p.m. - 8:00 p.m.

Summer Luau Dance

July 11 | Osage Centre
 6:00 p.m. - 8:00 p.m.

Haunted Hall of Horror

October 18 | 4H Building
 5:30 p.m. - 7:30 p.m.



2024 POLAR PLUNGE RESULTS

AIR TEMP: 66 degrees
WATER TEMP: 48 degrees
PLUNGERS: 134
MONEY RAISED: \$55,000

FUNDRAISING WINNERS:

Top Athlete:

Lisa Berryhill, \$2,750

Top Individual:

Ayne Held, \$3,507

Top Team:

Reitzel Reefs, \$5,395

Top High School:

Chaffee High School, \$10,729

“John John” Atkinson

Award Recipient:

Preston Clark,
 Notre Dame High School

SOUTHEAST AREA SPECIAL OLYMPICS

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



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



Sports

BASEBALL

13-15 Yr. Old Baseball League

Ages 13-15

This baseball league is for 13-15 year old boys. Register online at www.cityofcape.org/baseball or in person at the A. C. Brase Arena or Osage Centre. For more information, contact Nick at nyaeger@cityofcape.org or 573-339-6626. A \$2 spectator fee will be charged for ages 13+ for games.



DAY	DATE	REG. DEADLINE
Mon., Tues. & Th.	Start: 5/13/24	Early: 4/19/24 Late: 4/24/24
FEE	LOCATION	
\$1380/team (Save \$120 if registered by 4/19/24)	Shawnee Park Sports Complex	



Register your 13-15 year old boys for the baseball league!

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.

For more information, contact us at sportsplex@cityofcape.org.



DAY	DATE	REG. DEADLINE
Tues., Wed., Thurs.	5/28/24 - 7/10/24	Early: 5/5/24 Late: 5/8/24
FEE	LOCATION	
\$350/Team Save \$25 if registered by 5/5	SportsPlex	

Jr. NBA Basketball League

Boys & Girls K-6th Grade

This Jr. NBA affiliated basketball league is individual sign ups only, and participants will receive an NBA replica jersey. A mandatory evaluation will be held on September 26 at the SportsPlex for grades 3rd-4th (5:30 p.m.) and grades 5th-6th (6:30 p.m.) A coaches meeting & draft (draft for grades 3rd-6th only) will immediately follow evaluations. Three pre-season practices are included and practice times are set by the coach. League is coed unless there are enough girls to form a girls division. Coaches needed! A \$2 spectator fee will be charged for ages 13+ for games. For more information, contact us at sportsplex@cityofcape.org. Register online at www.cityofcape.org/basketball.



DAY	DATE	REG. DEADLINE
Th. & Fri.	Games: 10/17/24 - 12/6/24	Early: 9/8/24 Late: 9/15/24
FEE	LOCATION	
\$80 For Kindergarten \$100 For 1st-6th Grades (Save \$10 if registered by 9/8/24)	Cape Girardeau SportsPlex	

FIND MORE INFORMATION ONLINE & REGISTER AT:

www.cityofcape.org/sports

FOOTBALL

NFL Flag Football League

Grades K - 6th

Compete in the NFL flag football league! Participants receive game flags and a replica jersey NFL jersey. Games are played on Saturday afternoons and some Monday & Wednesday evenings at the Shawnee Park Sports Complex. A coaches meeting will be held on August 28 at 6:30 p.m. at the Osage Centre. For more information, contact Nick at nyaeger@cityofcape.org. Register online at www.cityofcape.org/football.

Academy
SPORTS+OUTDOORS

DAY	DATE	REG. DEADLINE
Sat., Mon. & Wed.	Start: 9/13/24	Early: 8/16/24 Late: 8/23/24
FEE	LOCATION	
\$85 For Kindergarten (Save \$10 if registered by 8/16/24) \$850 For 1st-6th Grades (Save \$100 if registered by 8/16/24)	Shawnee Park Sports Complex	



NFL Flag Football is for anyone is grades K-6th!

CROSS COUNTRY

Cross Country Club

Ages 5-14

A club dedicated to teaching kids the sport of distance running. The main focus of this club is to learn that running can be fun and instill a lifelong healthy habit in our runners. They will learn form, strategy and more! Personal continued growth is the goal while working in a team environment. For more information, contact Nick at nyaeger@cityofcape.org. Register online at www.cityofcape.org/xclub.

DAY	DATE	REG. DEADLINE
Practice: M/W Meets: Fri.	Start: 8/26/24	Early: 8/16/24 Late: 8/23/24
FEE	LOCATION	
\$55/child	Osage Park Trailhead	

SOCCER

Adult Indoor Soccer

18 & over

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

DAY	DATE	REG. DEADLINE
Sundays	7/7/24 - 8/11/24	Early: 6/23/24 Late: 6/26/24
FEE	LOCATION	
\$325/team (Save \$25 if registered by 6/23/24)	SportsPlex	

Fall Youth Soccer

Grades Pre-K to 8th

Have a child interested in soccer? We have the league for you! Pre-K to 8th grade divisions are offered. Games are played on Tuesday, Wednesday & Thursday evenings and Saturdays. There will be a coaches meeting on August 14 at 6:00 p.m. at the Shawnee Park Center. Contact Eli at ecampbell@cityofcape.org for more information. Register online at www.cityofcape.org/soccer.



DAY	DATE	REG. DEADLINE
Tues., Wed., Th. & Sat.	Start: 9/10/24	8/6/24
FEE	LOCATION	
\$55 Pre-K \$75 Kindergarten-8th Grade Save \$10 if registered by 7/30/24	Shawnee Park Sports Complex	



Register your child for Fall Youth Soccer!

DURING INCLEMENT WEATHER CALL OUR

RAINOUT LINE:

573-975-1024

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)	

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. Register online at 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	



Join us on the sand volleyball court!

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	

Adult Sand/Indoor Volleyball

17 & Over

This league consists of four weeks of sand volleyball and four weeks of indoor volleyball plus a tournament. Power and intermediate divisions are offered. Games are played on Tuesdays and Wednesdays at Arena Park or the Cape Girardeau SportsPlex. For more information, contact us at sportsplex@cityofcape.org. Register online at www.cityofcape.org/volleyball.

DAY	DATE	REG. DEADLINE
Tues. & Th.	8/20/24 - 10/17/24	Early: 8/8/24 Late: 8/11/24
FEE	LOCATION	
\$275/team (Save \$25 if registered by 8/8/24)	Arena Park & SportsPlex	



Is your team signed up for the adult sand/indoor volleyball league?!

Fall Youth Volleyball

Grades 1st-7th

This league is for boys & girls in 1st-7th grades. Practices will be held on Mondays from September 9 - October 7, and games will be played on Friday nights. A \$2 spectator fee will be charged for ages 13+ for all games. For more information, contact Moriah at mlincoln@cityofcape.org. Register online at www.cityofcape.org/volleyball.



DAY	DATE	REG. DEADLINE
Fri.	9/20/24 - 10/11/24	Early: 8/18/24 Late: 8/25/24
FEE	LOCATION	
\$85/child (Save \$10 if registered by 8/18/24)	SportsPlex	



Are your kids signed up for Fall Youth Volleyball yet?!



Presenting Sponsor:



MEN'S, COED, & WOMEN'S

WHEN:

Monday, Tuesday & Thursday evenings
beginning 9/16/24

WHERE:

Shawnee Park Sports Complex

COST:

\$245/team
(Save \$20 if registered by 9/2/24)

REGISTER BY 9/6/24:

www.cityofcape.org/softball

Leagues (18+) range from competitive division one to recreational division three. All leagues are team-entry only. There will be a manager's meeting on August 19 at the Shawnee Park Center at 6:30 p.m. For more information, contact Hunter at hbriscoe@cityofcape.org.

FALL SOFTBALL

Coaches Corner | Travis Smith

What is your coaching background? I have coached teams in the Cape area for over 12 years: Cape Optimist Basketball, Jr NBA, AAU Basketball and a Missouri Bulls baseball team. I also coached middle school basketball for 2 years back home in Indiana before moving back to the Cape area 20 years ago.

Why do you coach recreational sports? It is very important to me to give kids opportunities to succeed and grow. I tell my two sons all the time, "try every sport, and do what you love." Coaching kids is a big responsibility, a Coach can ruin something for a kid, or they can be a catalyst for their success. For me, recreational sports is not about winning and losing, don't get me wrong, I'm just as competitive as anyone, but you have to look at the long game when it comes to kids, some will blossom later in life, and I don't ever want to be the reason a kid hates a sport or feels like they're not quite good enough. Coaching is an opportunity to teach, not just the sport, but how to be a good person, how to be tough in life and how to be a team player.

Any advice for new coaches? Be a great example to your players. Some of your kids may not have a great examples in their life, you may be the positive force they have. Encourage them, if they do something wrong on the court/field, don't be afraid to tell them, but use that opportunity to also build back up and tell them the things they are doing right as well. Kids nowadays are more apt to listen when they know you see the good in them as well.

How important is winning in recreational sports? Winning is important, but it's not the end goal. There are things that are way more important than winning, things like fundamentals, work ethic, being a great teammate, being coachable, all these things, if done right overtime, will lead to winning. Everyone loves to win, but sometimes it's losing that teaches us the greatest lessons in life.

Any words of wisdom? There are two things I always tell my teams, you can control attitude and effort. I don't care how many mistakes a player makes, or how successful they are, if they're giving me their best effort, and they have a great attitude, they are winners in my book. Not every kid is going to be a college athlete, as much as parents want that, at some point a kid may decide they want to do something different. But they will always remember the way you treat them as a Coach and they will appreciate the expectations you have of them as a coach. So, have high expectations, expect the best out of them, and tell them to "control the controllables"... and those are attitude and effort!





Fitness & Wellness

HEALTH & WELLNESS EDUCATION

Health & Wellness Seminars

Check out our website & follow us on Facebook and Instagram at FitCape for a wide variety of health & wellness education events available just for you! All seminars are FREE, except for our May seminar. Check out our summer health & wellness seminars below. Pre-register online: www.cityofcape.org/wellnessevents.

Team Meal Prep!

Meal prep can feel overwhelming in the beginning, but it doesn't have to be! Team Meal Prep helps break down the steps of meal prepping and we work as a team to create delicious meals for the week! This is a hands on course so be ready to pull up a sleeve and get to work! Don't forget your 3 glass containers as you will leave with 3 delicious meals for the week! Fee is \$5 as you leave with 3 meals.

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

Workout with your Trainer!

Join us at the Osage Centre Weightroom with Certified Personal Trainer, Christine Jaegers, as we go through how to put together a Fitness Plan for you! Join in to learn proper form, techniques and so much more!

June 11, 2024 12:15 p.m. - 1:15 p.m. Osage Centre Weightroom

Aqua Zumba

Join us for a FREE Zumba Class in Water! Water classes not only take pressure off your joints but add the perfect resistance!

July 11, 2024 5:30 p.m. - 6:30 p.m. Osage Centre

Snack it Right!

Join us for this free cooking demo that focuses on healthy, easy and fast snacks! Perfect for that afternoon pick me up, on the go, and post school snacks!

August 8, 2024 5:30 p.m. - 6:30 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! 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.

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

GROUP FITNESS

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

Seasonal Class! - Riverfront Yoga

Start your weekend off with yoga at the Mississippi River! Come and enjoy an energized yoga flow with a scenic backdrop. No experience is required. Yoga is a personal journey and a judgement free zone. Every body is different, so as always, do what you can! Classes will be held outside at the Riverfront steps near the flood gates at Water Street and Broadway Street. Please bring a towel, a mat and water. Follow @CapeRiverfrontYoga on Facebook for weather related updates (classes are weather dependent and no make up classes will be offered).

SATURDAYS: 8:15 a.m. - 9:15 a.m. | June 1 - September 28

COST: \$4 per class | Group fitness discount cards accepted



Celebrate International Yoga Day with us!

June 22, 2024 | 8:15 a.m. at the Riverfront
FREE yoga class!

FIND MORE INFORMATION ON FITNESS & WELLNESS ONLINE:

www.cityofcape.org/fitness

Play Cape! • 21

MOVEMENT DAY

6/5/24 | 5:00 p.m.
Osage Centre Trailhead
FREE!

From walkers, bikers and runners, join the Cape Girardeau Parks & Recreation Foundation for National Movement Day on the Cape LaCroix Trail! There will also be a themed scavenger hunt for kids! Food & drinks available (limited). Registration begins at 5:00 p.m. with kickoff at 5:30 p.m. No pre-registration required.



CAPE GIRARDEAU
 PARKS & RECREATION
 FOUNDATION

FITNESS FACILITIES

OSAGE CENTRE HOURS

Monday-Thursday 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.

SHAWNEE PARK CENTER HOURS

Monday-Friday 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.

CAPE AQUATIC CENTER FITNESS HOURS

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

ADMISSION

Fitness Room \$2 / Visit (\$3 starting July 1)
 Indoor Track \$2 / Visit (\$3 starting July 1)
 Gym Walking Free
 Discount Card \$16 / 10 Visits (\$24 starting July 1)

ADMISSION

Fitness Room \$2 / Visit (\$3 starting July 1)
 Gym Walking Free
 Discount Card \$16 / 10 Visits (\$24 starting July 1)

ADMISSION

\$4.00 per person per visit

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY			1 JCC: 4pm-7pm	2 JCC: 4pm-7pm	3 JCC: 4pm-7pm	4 JCC: 12pm-5pm
5 JCC: 12pm-5pm	6 JCC: 4pm-7pm	7 JCC: 4pm-7pm	8 JCC: 4pm-7pm	9 JCC: 4pm-7pm	10 JCC: 4pm-7pm	11 JCC: 12pm-5pm
12 JCC: 12pm-5pm	13 CAC: 6pm-8pm JCC: 4pm-7pm	14 CAC: 6pm-8pm JCC: 4pm-7pm	15 CAC: 6pm-8pm JCC: 4pm-7pm	16 CAC: 6pm-8pm JCC: 4pm-7pm	17 CAC: 6pm-8pm JCC: 4pm-7pm	18 JCC: 12pm-5pm CAC: 12pm-5pm
19 JCC: 12pm-5pm CAC: 12pm-5pm	20 CAC: 6pm-8pm	21 CAC: 6pm-8pm	22 CAC: 6pm-8pm	23 CAC: 6pm-8pm	24 CAC: 6pm-8pm	25 CS: 11am-6pm CAC: 12pm-5pm
26 CS: 12pm-6pm CAC: 12pm-5pm	27 CS: 11am-6pm CAC: 6pm-8pm	28 CS: 11am-6pm CAC: 6pm-8pm	29 CS: 11am-6pm CAC: 6pm-8pm	30 CS: 11am-6pm CAC: 6pm-8pm	31 CS: 11am-6pm JCC: 12pm-5pm CAC: 6pm-8pm	

JUNE							1 CS: 11am-6pm JCC: 12pm-5pm
2 CS: 12pm-6pm JCC: 12pm-5pm	3 CS: 11am-6pm CAC: 1pm-5pm	4 CS: 11am-6pm CAC: 1pm-5pm	5 CS: 11am-6pm CAC: 1pm-5pm	6 CS: 11am-6pm CAC: 1pm-5pm	7 CS: 11am-6pm CAC: 12pm-5pm	8 CS: 11am-6pm CAC: 12pm-5pm	
9 CS: 12pm-6pm CAC: 12pm-5pm	10 CS: 11am-6pm CAC: 1pm-5pm	11 CS: 11am-6pm CAC: 1pm-5pm	12 CS: 11am-6pm CAC: 1pm-5pm	13 CS: 11am-6pm CAC: 1pm-5pm	14 CS: 11am-6pm JCC: 12pm-5pm	15 CS: 11am-6pm JCC: 12pm-5pm	
16 CS: 12pm-6pm JCC: 12pm-5pm	17 CS: 11am-6pm CAC: 1pm-5pm	18 CS: 11am-6pm CAC: 1pm-5pm	19 CS: 11am-6pm CAC: 1pm-5pm	20 CS: 11am-6pm CAC: 1pm-5pm	21 CS: 11am-6pm CAC: 12pm-5pm	22 CS: 11am-6pm CAC: 12pm-5pm	
23 CS: 12pm-6pm CAC: 12pm-5pm	24 CS: 11am-6pm CAC: 1pm-5pm	25 CS: 11am-6pm CAC: 1pm-5pm	26 CS: 11am-6pm CAC: 1pm-5pm	27 CS: 11am-6pm CAC: 1pm-5pm	28 CS: 11am-6pm JCC: 12pm-5pm	29 CS: 11am-6pm JCC: 12pm-5pm	
30 CS: 12pm-6pm JCC: 12pm-5pm							

JULY						
	1 CS: 11am-6pm CAC: 1pm-5pm	2 CS: 11am-6pm CAC: 1pm-5pm	3 CS: 11am-6pm CAC: 1pm-5pm	4 CS: 11am-6pm CAC: 1pm-5pm	5 CS: 11am-6pm JCC: 12pm-5pm	6 CS: 11am-6pm JCC: 12pm-5pm
7 CS: 12pm-6pm JCC: 12pm-5pm	8 CS: 11am-6pm CAC: 1pm-5pm	9 CS: 11am-6pm CAC: 1pm-5pm	10 CS: 11am-6pm CAC: 1pm-5pm	11 CS: 11am-6pm CAC: 1pm-5pm	12 CS: 11am-6pm CAC: 12pm-5pm	13 CS: 11am-6pm CAC: 12pm-5pm
14 CS: 12pm-6pm CAC: 12pm-5pm	15 CS: 11am-6pm CAC: 1pm-5pm	16 CS: 11am-6pm CAC: 1pm-5pm	17 CS: 11am-6pm CAC: 1pm-5pm	18 CS: 11am-6pm CAC: 1pm-5pm	19 CS: 11am-6pm JCC: 12pm-5pm	20 CS: 11am-6pm JCC: 12pm-5pm
21 CS: 12pm-6pm JCC: 12pm-5pm	22 CS: 11am-6pm CAC: 1pm-5pm	23 CS: 11am-6pm CAC: 1pm-5pm	24 CS: 11am-6pm CAC: 1pm-5pm	25 CS: 11am-6pm CAC: 1pm-5pm	26 CS: 11am-6pm CAC: 12pm-5pm	27 CS: 11am-6pm CAC: 12pm-5pm
28 CS: 12pm-6pm CAC: 12pm-5pm	29 CS: 11am-6pm CAC: 1pm-5pm	30 CS: 11am-6pm CAC: 1pm-5pm	31 CS: 11am-6pm CAC: 1pm-5pm			

KEY: CS: Cape Splash CAC: Cape Aquatic Center JCC: Jefferson Community Center

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



Jefferson Community Center



1620 College St. | 573-519-0645 | Supervisor: Matt Huey

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 (see calendar on page 23)

Pool Hours

Friday - Sunday (1st & 3rd weekend of each month) 12:00 p.m. - 5:00 p.m.

Admission

Adults (14-59)	\$6.00/Person
Children (1-13)	\$5.00/Person
Seniors (60+)	\$5.00/Person

Coupon Card

Adults (14-59)	\$48.00 / 10 Visits
Children (1-13)	\$40.00 / 10 Visits
Seniors (60+)	\$40.00 / 10 Visits

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.

Resevation periods:

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

After Hour Parties:

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

LIFEGUARDS NEEDED!

Lifeguard Classes

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

DATES	FEE
May 4-6	\$75/person for those seeking city of Cape employment
May 18-19	\$150/person for those NOT seeking city of Cape employment

FACILITY GUIDELINES (applies to all aquatic facilities)

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.



Cape Aquatic Center

Cape Aquatic Center

OPENING MAY 10, 2024!

1920 Whitener St. | 573-335-4040 | Supervisor: Robert Shanahan

Cape Aquatic Center is an Olympic size, 50 meter x 25 yard pool. This facility is used in conjunction with the Cape Public School District and used for open recreational swim, swim team practices, birthday parties and special events.

HOURS & PRICING (see calendar on page 23)

Pool Hours (May 10 - June 2, 2024)

Saturday/Sunday (2nd & 4th weekend of each month) 12:00 p.m. - 5:00 p.m.

Pool Hours (starting June 3, 2024)

Monday - Thursday 1:00 p.m. - 5:00 p.m.

Friday - Sunday (2nd & 4th weekend of each month) 12:00 p.m. - 5:00 p.m.

Fitness Swim Hours

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

\$4/person per visit, or \$32/person for 10 visits

Admission

Adults (14-59) \$6.00/Person

Children (1-13) \$5.00/Person

Seniors (60+) \$5.00/Person

Coupon Card

Adults (14-59) \$48.00 / 10 Visits

Children (1-13) \$40.00 / 10 Visits

Seniors (60+) \$40.00 / 10 Visits

BIRTHDAY PARTIES

Plan your next birthday party at Cape Aquatic Center! 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 573-335-4040.

Please call for availability at 573-335-4040.

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	9:30 a.m. - 10:30 a.m. 11:00 a.m. - 12:00 p.m.
FEE	LOCATION	
\$4 Drop-in rate, \$42 for 12 classes, \$72 for 24 classes	Cape Aquatic Center	

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. Private lessons are held at both Cape Aquatic Center and Jefferson Community Center. To inquire about lessons, contact Aquatics Coordinator Matt Huey at mhuey@cityofcape.org.

One Lesson: \$25 per person
Four Lessons: \$23 per person per lesson (\$92 total)
Eight Lessons: \$20 per person per lesson (\$160 total)

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



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 (see calendar on page 23)

Facility Hours

Monday - Saturday 11:00 a.m. - 6:00 p.m.
 Sunday 12:00 p.m. - 6:00 p.m.

Daily Rates

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

Twilight Hour Rates

Monday - Thursday 4:00 p.m. - 6:00 p.m.

12 Months & Under Free
 Ages 1- 13 \$8.00/Person
 Ages 14 - 59 \$10.00/Person
 Seniors 60+ \$8.00/Person

Season Passes

12 Months & Under Free
 Ages 1- 13 \$80.00/Person
 Ages 14 - 59 \$90.00/Person
 Seniors 60+ \$80.00/Person

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. For 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	

RENTALS

After Hours Parties

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 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+, a 20% off group discount is available. Groups must contact us 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

AQUATIC PROGRAMS & EVENTS

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.
FEE	LOCATION	
\$4 Drop In Rate \$60 Season Pass For All dates	Cape Splash	

World's Largest Swim Lesson

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

DAY	DATE	TIME
Thursday	6/20/2024	9:30 a.m - 10:30 a.m.
FEE	LOCATION	
Free!	Cape Splash	



Family Aquatic Center

Adult Beach Bash

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



DAY	DATE	TIME
Friday	6/14/2024	6:30 p.m. - 8:30 p.m.
Friday	7/12/2024	6:30 p.m. - 8:30 p.m.
FEE	LOCATION	
\$15/person per day Free For Season Pass Holders	Cape Splash	

Kid's Luau Party at Cape Splash

We're having a luau so wear your grass skirts and we'll provide the lei! Lounge with us by our tropical pool at Cape Splash, and come ready to limbo and hula hoop in your island wear! The splash pad, zero depth entry pool, play structure, pirate ship and small slides will be open for play. No charge for adults. Participating kids will get into Cape Splash during regular hours on June 22 for free! Pre-register online at www.cityofcape.org/aquaticevents.

DAY	DATE	TIME
Saturday	6/22/2024	9:00 a.m. - 10:30 a.m.
FEE	LOCATION	
\$10/child Free For Season Pass Holders	Cape Splash	

Doggy Swim Day

Dogs and humans can take a dip in the zero depth entry and lap pools at Cape Splash! All dogs must be on a leash when entering the facility and vaccinations are required. A private session will be held from 11:00 a.m. - 12:00 p.m. (limit of 20 dogs). Must pre-register for private session by calling 573-339-6342. Dogs under 25 lbs are invited for the 12:30 p.m. - 1:30 p.m. session, dogs 25-75 lbs from 2:00 p.m. - 3:00 p.m., and dogs 75+ lbs from 3:30 p.m. - 4:30 p.m. Humans are admitted FREE with a dog's paid admission. Limit of 2 dogs per human and small dogs can attend a larger dog session, but large dogs must attend designated session. Sessions (except private session) have a limit of 75 dogs and participants can pre-register at the Osage Centre or online at www.cityofcape.org/aquaticevents. Aggressive dogs will be asked to leave.

DAY	DATE	TIME
Sunday	9/8/2024	Multiple Sessions
FEE	LOCATION	
\$12/dog \$20 For Private Session	Cape Splash	

LEARN TO SWIM PROGRAM

Comprehensive swim program offering classes for ages 6 months and older. The registration deadline is the Friday before each session at noon. Students enrolled in each of these programs will have the opportunity to participate in eight lessons held on Mondays through Thursdays. Note Session 2 will be Monday - Friday. Regular attendance is important for skill progression. No make-up classes will be scheduled. The fee is \$60 per swimmer. For more information, contact us at 573-339-6340. Registrations are taken Monday - Friday between 8:00 a.m. - 5:00 p.m. at the A.C. Brase Arena, or can be completed online at www.cityofcape.org/learntoswim. During inclement weather, please call our weather hotline at 573-975-1024.

SESSION 1

June 3-13

9:00 a.m. - 9:45 a.m. | Cape Splash
 10:00 a.m. - 10:45 a.m. | Cape Splash
 5:00 p.m. - 5:45 p.m. | Cape Aquatic Center
 6:00 p.m. - 6:45 p.m. | Cape Aquatic Center

SESSION 2

June 24 - July 3

9:00 a.m. - 9:45 a.m. | Cape Splash
 10:00 a.m. - 10:45 a.m. | Cape Splash
 5:00 p.m. - 5:45 p.m. | Cape Aquatic Center
 6:00 p.m. - 6:45 p.m. | Cape Aquatic Center

SESSION 3

July 8-18

9:00 a.m. - 9:45 a.m. | Cape Splash
 10:00 a.m. - 10:45 a.m. | Cape Splash
 5:00 p.m. - 5:45 p.m. | Cape Aquatic Center
 6:00 p.m. - 6:45 p.m. | Cape Aquatic Center

Learn to Swim Levels

INTRO TO WATER SKILLS | AGES 3+

Focuses on fundamental swimming & safety skills while learning how to safely be a part of a group. parents may stay poolside for safety purposes to ensure the child is following class rules.

WATER MOVEMENT | AGES 3+

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

FUNDAMENTAL AQUATIC SKILLS | AGES 5+

Children will learn basic swimming skills.

STROKE IMPROVEMENT | AGES 7+

Introduces treading water, and focuses on stroke development of front crawl, backstroke, butterfly and breaststroke.



Jaycee Municipal Golf Course

TOURNAMENTS

11th Annual Nightfall Glowball Tournament

This Parks & Recreation Foundation tournament will make you feel like a kid again! Participants will play 9 holes of disc golf during the day and 9 holes of glowball in the dark. 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. Register online at 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. Register online at 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. Register online at 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

PROGRAMS

Junior Golf Program

Ages 6-14

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

DAY	DATE	TIME	REG. DEADLINE
Wednesdays	5/29/24 - 6/26/24	5:30 p.m. OR 6:30 p.m.	5/26/24
Wednesdays	7/10/24 - 8/7/24	5:30 p.m. OR 6:30 p.m.	7/7/24
FEE	LOCATION	ENROLLMENT	
1st Session: \$63/child 2nd Session: \$65/child	Jaycee Golf Course	Min: 8 / Max: 24	



Practice your golf swing in the Junior Golf Program!

**INTERESTED IN BEING A HOLE SPONSOR?
CONTACT THE PRO SHOP AT
573-334-2031.**



Exciting upgrades are coming to the Cape Jaycee Municipal Golf Course Pro Shop! We will be getting a new Pro Shop roof, complements of Daniel's Roofing LLC.



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

ABOUT: The Jaycee Municipal Golf Course features 18 holes of Zoysia Fairways and Bent Grass greens over 5,800 yards. Tree-lined fairways, water on 11 holes, sand bunkers and architecturally-designed greens provide a challenge for novice to pro.

HOURS: Open 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	\$24	\$30
Weekday 18 holes	\$34	\$40
Weekend 9 holes	\$24	\$33
Weekend 18 holes	\$34	\$43

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

9 holes per rider	\$12	Pull Cart	\$5
18 holes per rider	\$22	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	\$680
2-Person Family	\$700
4-Person Family (2 cart limit)	\$1075

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**.

Jaycee Municipal Golf Course

Add Our Booking Page to your home screen to make booking even faster!

Scan the QR code above to book your tee time today!

- Book Tee Times
- Visit Our Homepage
- Get Course Info
- Plan Your Visit

NOW PROUDLY OFFERING

www.cityofcape.org/golf



Sports Camp at the SportsPlex.

Cape Girardeau SportsPlex

2024 SUMMER CALENDAR

April 20-21	Reebok Series Spring Showdown Super Regional Basketball
April 27-28	WK Sports & Entertainment Basketball Tournament
May 4-5	Reebok Cape Girardeau Classic Basketball Tournament
May 11	The AthElite Jersey Jam Basketball Tournament
May 18-19	Reebok 5 Star Arch Mayhem Spring Jam Basketball
May 25-26	Threat Hoops Memorial Day Classic
June 8-9	Reebok Cape Summer Sizzler Basketball Tournament
June 14-15	Rib City Volleyball Tournament
June 21	Jackson Volleyball Tournament
June 22-23	AthElite Select Super 16 Basketball Tournament
June 29-30	Premier Hoops Basketball Tournament
July 6-7	Reebok Cape Super 32 Basketball Tournament
July 11-12	Rib City Volleyball Tournament
July 13-14	Reebok 5 Star Summer Super Jam Basketball Tournament
July 17-18	Rib City Volleyball Tournament
July 24-26	Rib City Volleyball Tournament
July 30-Aug 1	Rib City Volleyball Tournament
August 10-11	Reebok Cape Finale Basketball Tournament

CAMPS & CLINICS

Jr. Aces Volleyball Camp

Ages 7-10

Players will learn volleyball fundamentals such as passing, setting, serving and attacking. Entry fee includes a volleyball camp t-shirt.

DAY	DATE	TIME	REG. DEADLINE
M T W	6/3/24-6/5/24	9:00 a.m. - 12:00 p.m.	5/22/24
FEE	LOCATION		ENROLLMENT
\$75/child	SportsPlex		Min: 20 / Max: 60

SportsPlex Soccer Camp

Ages 6-9

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



DAY	DATE	TIME	REG. DEADLINE
M T W	6/10/24 - 6/12/24	9:00 a.m. - 12:00 p.m.	5/29/24
FEE	LOCATION		ENROLLMENT
\$75/child	SportsPlex		Min: 20 / Max: 60

Bring It On Cheer Clinic

Ages 5-12

The Bring It On Cheer Clinic is a great opportunity to learn essential skills for cheer including basic motions, cheers, tumbling and stunts. This clinic, led by Athletes Plus coaches and cheerleaders, will be a fun and educational clinic that will inspire your little cheerleader. Participants receive a clinic t-shirt & pom poms.

AGES	DATE	TIME	REG. DEADLINE
5-7	Saturday 6/15/24	10:00 a.m. - 12:00 p.m.	6/2/24
8-12	Saturday 6/15/24	1:00 p.m. - 3:00 p.m.	6/2/24
FEE	LOCATION		ENROLLMENT
\$35/child	SportsPlex		Min: 10 / Max: 30

CAPE GIRARDEAU

SPORTSPLEX

Checkout our Summer/Fall Leagues!

- JH & HS Summer Basketball
- Jr. High Summer Volleyball
- Indoor Summer Adult Soccer
- Fall Youth Volleyball
- Jr. NBA Basketball

See pages 17-19

REGISTER ONLINE AT:
www.cityofcape.org/sportsplexcamps



Calling all future cheerleaders for the Bring It On Cheer Clinic!

Sports Camp at the SportsPlex

Ages 8-12

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



DAY	DATE	TIME	REG. DEADLINE
Mon. - Fri.	6/24/24 - 6/28/24	8:30 a.m. - 4:30 p.m.	6/12/24
FEE	LOCATION	ENROLLMENT	
\$175/child	SportsPlex	Min: 15 / Max: 30	

SportsPlex Basketball Camp

Ages 7-10

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



DAY	DATE	TIME	REG. DEADLINE
M T W	7/8/24 - 7/10/24	9:00 a.m. - 12:00 p.m.	6/26/24
FEE	LOCATION	ENROLLMENT	
\$75/child	SportsPlex	Min: 20 / Max: 60	

SportsPlex Football Clinic

Ages 8-12

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



DAY	DATE	TIME	REG. DEADLINE
Saturday	7/20/24	9:00 a.m. - 12:00 p.m.	7/7/24
FEE	LOCATION	ENROLLMENT	
\$40/child	SportsPlex	Min: 15 / Max: 40	

CAPE GIRARDEAU 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

Open Play Hours (when available) until May 19, 2024:

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.

Open Play Hours (when available) starting May 20, 2024:

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

Open Play	\$4 (\$5 starting July 1, 2024)
Discount Card (10 Visits)	\$30 (\$40 starting July 1, 2024)
Discount Card (20 Visits)	\$60 (\$70 starting July 1, 2024)

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, tournament rental pricing and multi-use discounts.

SPORTSPLEX
Sport Specific Training

Soccer • Football
Baseball • Volleyball
Softball • Basketball

Call SportsPlex at 573-339-6341

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

Play Cape! • 31

Community Centers



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 (\$3 starting July 1)
 Discount Card \$16/10 visits (\$24 starting July 1)
 Gym Walking Free

AMENITIES:

- ▶ 2 Basketball Courts/4 Volleyball Courts
- ▶ 7 Meeting Rooms
- ▶ 1 Fitness Center

The **Osage Centre** is a community center with 2 full basketball courts/4 volleyball courts, a fitness room and 7 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 (\$3 starting July 1)
 Discount Card \$16/10 visits (\$24 starting July 1)
 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.

& Sports Complexes



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:

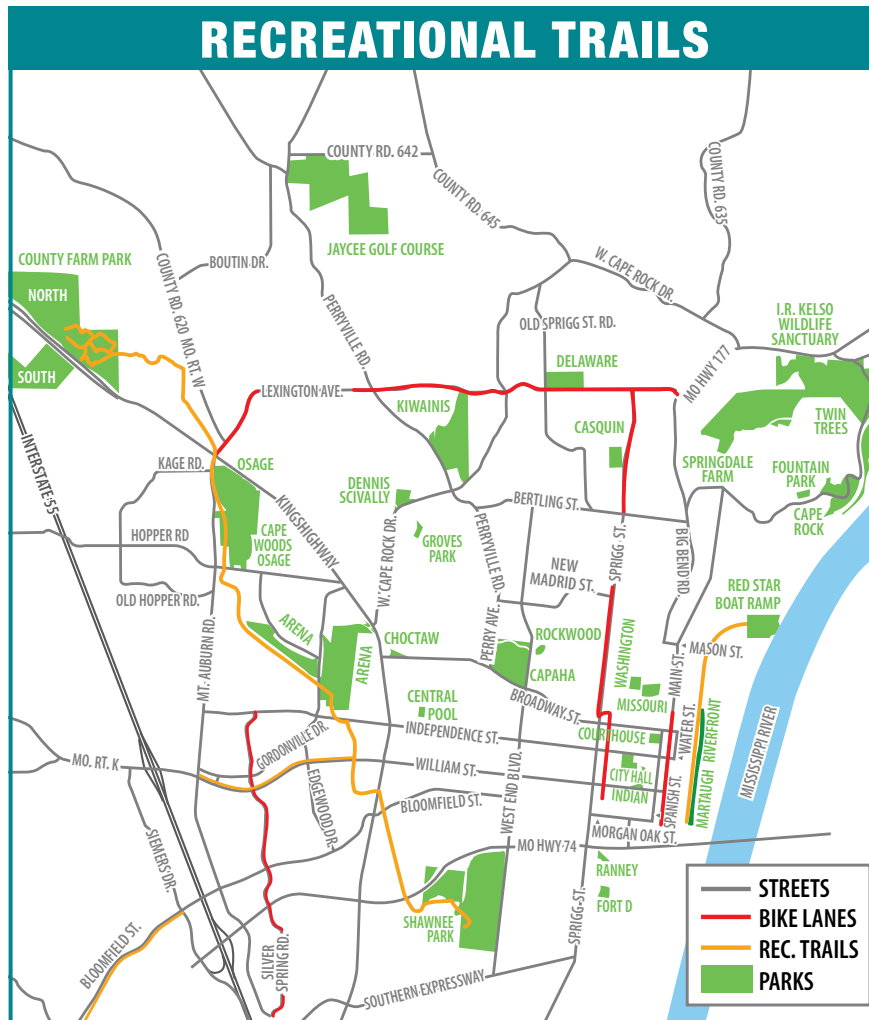
- ▶ One 40x85 square feet hall
- ▶ Adjacent to the A.C. Brase Arena building





Parks, 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.



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 Bridge42 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 Bridge97 mile
Shawnee Park Bridge to Linden.....	.36 mile
TOTAL	6.03 miles

OTHER PARKS & RECREATIONAL TRAILS

Downtown Riverfront Park Walkway (from end to end).....	1.3 miles
Sidewalk around Capaha Park.....	.90 mile
Sidewalk around Capaha Pond30 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

- 1. 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.
- 2. 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.
- 3. 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.
- 4. 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.
- 5. 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.
- 6. 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.
- 7. DELAWARE PARK (Sprigg Street & Lexington Avenue)** An 18 acre undeveloped park off of Lexington Avenue.
- 8. 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.
- 9. FOUNTAIN PARK (West of Cape Rock Drive)** A small mini-park that contains a water fountain with gold fish to view, sitting benches and a picnic table and a 1-mile trail that winds through the wooded area west of Cape Rock Drive.
- 10. 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.
- 11. GROVES PARK (2400 Jean Ann Drive)** A 1.8 acre park consisting of 1 mini-shelter and 1 playground area.
- 12. 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.
- 13. 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.
- 14. 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.
- 15. 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.
- 16. 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.
- 17. MISSOURI PARK (Fountain Street & Park Drive)** 6.3 acres and contains a half-basketball court, skateboard park and green space.
- 18. 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.

19. OSAGE PARK (1625 North Kingshighway) Covers 52 acres and is the site for the Osage Centre and Cape Splash Family Aquatic Center.

20. 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.

21. 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.

22. 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.

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

24. 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.

25. 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.

26. WASHINGTON PARK (500 Washington Avenue) - A 3.3-acre neighborhood park containing 1 shelter and 1 play structure.



Plan a visit at the renovated Ranney Park!



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

SHELTERS

Picnic Shelter Reservations

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

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

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

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.



Groves 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.

Fall flower removal begins October 10!

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

CAPAHA PARK
Splash PAD

FREE! OPEN IN MAY 2024!
www.cityofcape.org/capahasplashpad

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

Play Cape! • 37

CAPE GIRARDEAU HISTORIC SITES



Red House Interpretive Center

UPCOMING EVENTS:

Heritage Day
Red House | May 18
10am-2pm

Memorial Day Weekend
Fort D | May 25-27

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.

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.

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

**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.....\$25

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

573-339-6342 | www.cityofcape.org/osagecentre

SportsPlex

SPORTSPLEX.....\$170
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.....\$25
ADDITIONAL HALF TURF FIELD OR FULL COURT.....\$45

573-339-6341 | www.cityofcape.org/sportsplex

Cape Splash, Cape Aquatic Center & Jefferson Pool

**Find more about Cape Splash, Cape Aquatic Center
& Jefferson Pool birthday parties on pages 24-26!**



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



Cape Aquatic Center.

Projects & News



Cape Aquatic Center Opening (Formerly Central Municipal Pool)

The Cape Aquatic Center renovation project is in the final stages. The contractors are substantially complete with all aspects of the project. The renovated facility has a new permanent building housing the pool, new stainless steel pool walls, new mechanical systems, diving boards and a completely renovated bathhouse. The Cape Aquatic Center is expected to open in May 2024.



Stop by to see the newly renovated Cape Aquatic Center!

Cape LaCroix Recreation Trail Improvement Update

The City of Cape Girardeau received a TAP Grant from the Missouri Department of Transportation to go along with City funds that will go for improvements to the existing Cape LaCroix Trail, from the Bloomfield Road Overpass through the Shawnee Park Sports Complex. Improvements will include overlaying and widening of the trail from 8 foot to 12 foot. A section of the trail will be rerouted due to an eroding creek bank. As part of the project, three trail bridges will receive new composite decking. This project is currently in the planning phase with the goal of starting construction the fall of 2025.



Improvements are in the works for the Cape LaCroix Recreation Trail!

Ranney Park Complete

Ranney Park has received some exciting upgrades. Staff installed a new playground system along with a permanent restroom facility and shelter renovations. We have also added a sidewalk from the shelter to the restroom and playground along with some upgraded parking. The park is once again open to the public and ready for use.



Come see the new renovations at Ranney Park!

Capaha Field Renovations

Construction has begun of a new permanent restroom facility for Capaha Field. The Cape Girardeau Parks & Recreation Foundation, Southeast Missouri State University and Cape Catfish are working in conjunction to pay for the new restroom. The construction is being completed by City of Cape Girardeau Parks & Recreation staff. The facility will include 5 toilets on the female side and 3 toilets and 2 urinals on the men's side. Weather permitting, the project should be complete by the last week of May 2024.



Exciting renovations are coming to Capaha Park!

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





Parks & Recreation Foundation's Movement Day.

Parks & Recreation Foundation



CAPE GIRARDEAU
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.

FRIENDS OF THE FOUNDATION PROGRAM

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!

CELEBRATION OF YOUTH SPORTS AWARDS BANQUET

Honoring Excellence in Youth Sports!

Congratulations to all athletes, coaches & teams that were nominated for a 2024 Celebration of Youth Sports Award!



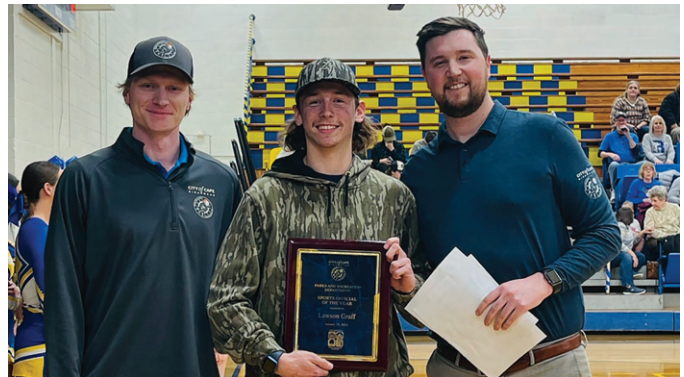
Parks & Recreation Foundation/Cape Noon Optimist Club Youth Sports Lifetime Achievement Award presented to Roger Hudson. Pictured (Left to Right): Parks & Recreation Advisory Board Chairperson Percy Huston, Parks & Recreation Advisory Board Member Jerry Dement, Award Recipient Roger Hudson, Recreation Division Manager Penny Williams, Recreation Division Manager Scott Williams, Parks Division Manager Kaed Horrell.



Sponsor of the Year Award presented to American Family Insurance- Laurel Adkisson Agent. Pictured (Standing Left to Right): Director of Parks & Recreation Doug Gannon, Recreation Division Manager Penny Williams, Award Recipient Laurel Adkisson, Sales Manager Chris Adkisson, Recreation Division Manager Scott Williams. Pictured (Seated Left to Right): Office Manager Amy Nilsen, Sales Specialist Ellen Odden.



Parks & Recreation Community Impact Award presented to Scott Meyer. Pictured (Standing Left to Right): Director of Parks & Recreation Doug Gannon, Former Mayor Bob Fox, Parks & Recreation Advisory Board Chairperson Percy Huston, Parks Division Manager Kaed Horrell, Parks & Recreation Foundation Board Treasurer Danny Essner, Division Manager Scott Williams. Pictured (Seated Left to Right): Award Recipient and Former City Manager Scott Meyer, Division Manager Penny Williams.



Youth Sports Official of the Year presented to Lawson Graff. Pictured (Left to Right): Recreation Supervisor Nick Yaeger, Lawson Graff, Assistant Recreation Division Manager Josh Meyer.

THANK YOU TO OUR SPONSORS!



SILVER SPONSORS:

- | | | | | |
|---|-----------------------------|----------------------------|-------------------------------|----------------|
| Advanced Turf Solutions | BI-STATE OIL COMPANY | Dutch Enterprises | Leet Eye Care | Papa Murphy's |
| American Family Insurance – Laurel Adkisson – Agent | Southern Convenience Stores | First State Community Bank | Mercy HOSPITAL SOUTHEAST | Show-Me Center |
| The Bank of Missouri | Burrito-Ville | Ford Groves | MidAmerica Hotels Corporation | Southern Bank |
| | Cuba Financial Group | Kidd Oil Company | | |

BRONZE SPONSORS:

- | | |
|--|------------------|
| EPIC | Sign Master, LLC |
| Lanzotti & Rau, LLC - Attorneys at Law | Simply Swirled |

FAMILY SPONSORS:

- Tiyana Thomas family
Scott & Penny Williams Family

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



Citizen Engagement

Board Member Spotlight: Phil Moore

Parks & Recreation Advisory Board

Meet Phil Moore, a proud Cape Girardeau native who has dedicated his life to serving and enriching his community. Phil's roots run deep in Cape Girardeau as his family moved here when he was young and he grew up playing sports in the Cape city leagues. He went through the Cape Public school system and graduated from Cape Central High School in 1988. He continued his education at Southeast Missouri State University. Professionally, Phil is the Market Executive for the Southeast Missouri region of Banterra Bank, bringing over 30 years of experience in banking and finance to his role. His leadership and expertise are invaluable assets to both Banterra Bank and the Cape Girardeau community in the various boards he has served on.

Phil's passion for community service is evident in his extensive involvement over the years. He has served two terms on the Cape Public Schools school board, demonstrating his commitment to shaping the future of education in the area. As a member and past president of the Cape Noon Optimist Club, Phil has tirelessly worked to uplift and inspire local youth. Beyond education and youth development, Phil has contributed his leadership skills to various organizations. He served two terms on the Cape Country Club board of governors, where he played a vital role in enhancing recreational opportunities for members and financial oversight for the club. Phil's dedication to healthcare and philanthropy shines through his past membership with the Friends of St. Francis board, where he actively supported the hospital's mission of providing exceptional care to the community.

Currently, Phil wears multiple hats as a community leader. He serves on the Southeast Missouri State RedHawks Club Board, supporting the athletic programs and athletes at Southeast Missouri State University. Additionally, Phil is a valued member of the Cape Parks & Recreation Board, where he continues to advocate for accessible and enjoyable recreational opportunities for all residents.

As a devoted father, Phil has been actively involved in his sons' lives, especially in their sporting endeavors. Both of his boys grew up playing various sports in the city leagues and travel ball, where Phil not only cheered them on from the sidelines but also served as a coach, imparting valuable life lessons through athletics. His wife, Suzan, shares his love for Cape Girardeau, and together, they have instilled the values of service and community engagement in their children. His oldest, Zach, is an Asst coach for Cape Central baseball and will begin his teaching career this fall at Central High School as a math teacher. His other son Connor is a Sophomore at SEMO and is a sprinter for the SEMO track team.

It's no surprise that both of their sons are following in their footsteps by attending Southeast Missouri State University, carrying on the legacy of community involvement that Phil has cultivated. Phil's unwavering dedication to Cape Girardeau is truly commendable, and his contributions to the community as a member of the Cape Parks and Recreation Board continue to make a positive impact on the lives of residents. We are fortunate to have Phil as a shining example of service and leadership in our community.



BOARD & COMMITTEE MEMBERS

PARKS AND RECREATION ADVISORY BOARD

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

PARKS AND RECREATION FOUNDATION BOARD

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

GOLF COURSE ADVISORY BOARD

(4th Thursday of every other month at Osage Centre)
 Cindy Gannon - Chairperson
 Brad Wittenborn - Vice Chairperson
 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 - Chairperson
 Dr. Sven Svenson - Vice Chairperson
 Robert Harris
 Lewis Jackson Hill
 Angela Wilson

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

SPONSOR SPOTLIGHT:



Banterra Bank has a unique offering of being a privately-owned bank that provides personal service and quick decisions that you expect from a community bank, but with the lending strength and product line of a mega-bank. Banterra began as a single bank in Ridgway, Illinois in July of 1975. Today, Banterra has more than \$3 billion in assets and is ranked in the Top Eight Percent of U.S. Charter Banks and Top Five Percent for Illinois Charter Banks according to asset size. Banterra has 40 locations in Arizona, Illinois, Indiana, Kentucky, Missouri, and Utah, and has approximately 500 team members. In addition to offering a variety of personal and business banking products, Banterra provides services nationwide through specialty lending including Aircraft Finance, Machine Tool Finance, Corporate, Transportation, RV and Marine Lending as well as specific regional lending for Agriculture and Healthcare industry needs. Banterra also offers Banterra Insurance and Investment services. For more information, call 866-BANTERRA (226-8377), or go to www.banterra.bank.

Banterra Bank believes in the importance of giving back to the community as part of its core values and commitment to corporate social responsibility. By supporting local initiatives and organizations, Banterra contributes to the overall well-being and prosperity of the communities it serves. This commitment fosters stronger relationships with customers, employees, and stakeholders, while also helping to address specific needs and challenges within the community, ultimately creating a more resilient and thriving environment for all.

Banterra Bank sees Cape Parks and Recreation as an ideal recipient for a portion of its sponsorship dollars or in-kind services due to the significant positive impact it has on the community. Supporting Cape Parks and Recreational activities aligns with Banterra's values of enhancing community well-being and quality of life. Additionally, investing in Cape Parks and Recreation not only promotes physical health and outdoor enjoyment but also fosters community engagement and economic development, making it a strategic and rewarding partnership for Banterra.



THANK YOU to our Corporate Partners!



Coaches & Sponsors For: Spring Youth Soccer

Presenting Sponsor:



Pre-K

Paige Graves
Mary Hall
Matthew Meyer
Jessica Harris
Jason Loden
Ryan Dooley
Nick Martin
Kory Mueller
Kyle Schade
Eric Daume

Jaime Olson
Kristi Pennington
Mike Sargent
Jackson Hill
Shane Parker
Michelle Graviett

Kindergarten

Andrew Peters
Tyler Ribbing
Brad LaBruyere
Chad Rodewald
Christina Essner
Jenna Hale
Katie Ramirez

1st/2nd Grade

Casey Cook
Alicia Phillips
Taylar Ainsworth
Eric Bennett
Bill Bradley/Chad Proffer
Chelsea Gilman
Nate Thomas
Clayton McClard
Adam Carter
Tyler Cuba

Craig Schumer
Bobby Gray
Becki Bowman
Carlos Salas
Ryan Dillick

3rd/4th Grade

Heather Collins
Spring Cook/Nakiya Curry
Allen Frye/Michelle Broach
Max Cairns
Lauren Stouder
Kim Edwards
Trevor Morehead
Desjuan Hunt
Alicia Phillips
Brandon Dewitt

BJ Thompson
Stephanie Riley
Todd French
Laura Vollink
Alex Boldrey

5th/6th & 7th/8th Grade Coed

Tyler Propst
Tate Gerard
Terri Wunderlich
Jazmine Coonts/Esmie Gonzalez
Kim Spear
Dennis Lopez
Carlos Salas
Laura Vollink



JOIN OUR TEAM!

PLAN YOUR SUMMER EMPLOYMENT TODAY.

Visit 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.** 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



PRESENTING SPONSOR:



eat • drink • play



CORPORATE GAMES

September 15 - 27, 2024

Flag Football
Tug of War

Darts
Kickball

Pickleball
Soccer

Volleyball
Softball

Trivia
Washers

Billiards
Horseshoes

Golf
Basketball

Trail Relay
Dodgeball

Disc Golf
Bowling

Cornhole
Mystery

GOING PLACES, DOING THINGS!

The Cape Girardeau Parks & Recreation Department hosts an annual Corporate Games event each fall. Corporate Games was developed to promote healthier lifestyles and fun for Cape Girardeau area businesses and employee based organizations. Your team will compete in various activities listed above. Corporate Games teams should consist of employees of various corporate entities, either public or private. A plaque will be awarded to the first place team in each division at the end of each competition. At the conclusion of the event, the winner of each division will receive the "Corporate Cup." In addition to each competition, there will be an opening and closing ceremony.

To register, contact Dianne at dlawrence@cityofcape.org or 573-339-6737.

DIVISION 1 | 100 EMPLOYEES OR MORE \$500 • DIVISION 2 | 26-99 EMPLOYEES \$425

WWW.CITYOFCAPE.ORG/CORPORATEGAMES



48 • Play Cape!

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