

Doling Family Center Youth Programs

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Fall 2019



(See back side for a description of each program)

Pre-Registration Programs

Drop-In Pickleball

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

Homeschool P.E.

Age: 5-17 years
 Mon., 2-3 p.m.
 \$25/Member; \$35/Non-member
 (10-punch card)

Mile Club Challenge

Age: 12 years and up
 Anytime, self-directed
 \$5/Level One, \$10/Level Two

Personal Training

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

Pickleball for Beginners

Tues., 8-9 p.m.
 Session 6: Aug 20-Sep 10
 Session 7: Nov 19-Dec 17 (no class Nov 26)
 \$20/Member, \$30/Non-member
 Private lessons also available.
 Call 417-837-5900 for details.

Intermediate Pickleball

Tues., 7-8 p.m.
 Session 7: Nov 19-Dec 17 (no class Nov 26)
 \$20/Member, \$30/Non-member
 Private lessons also available.
 Call 417-837-5900 for details.

Pound

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

Pre-Registration Programs

Dance Programs

Tiny Dancers

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

Kids' Beginning Dance

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

Kids' Intermediate Dance

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

Kids' Advanced Dance

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

All Youth Dance:

Session 6: Sep 7—Oct 26 (No class Oct 12)
 Session 7: Nov 2—Dec 14 (No class Nov 30)
 \$30/Member; \$40/Non-member

Youth Intermediate & Advanced Dance

- **New!**
 Age: 11-18 years
 Monday., 4:45 p.m.-5:45 p.m.
 Session 3: Aug 26—Oct 7
 Session 4: Oct 21—Dec 9 (no class Nov 25)
 \$30/Member; \$40/Non-member

Tae Kwon Do

Age: 5 years and up
 Tues. and Thurs., 6-7 p.m.
 Session 8: Aug. 1-Aug. 29
 Session 9: Sept. 3-Sept. 26
 Session 10: Oct. 1-Oct. 24
 Session 11: Oct. 29-Nov. 26 (No class Oct. 31)
 \$30/Member; \$40/Non-member
 (Uniforms & belts not included)

Zumba

Age: 14 years and up
 Sat., 10-11 a.m.
 \$25/Member; \$35/Non-member
 (10-punch card)

Aquatics Programs

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

Pool Closure for Maintenance September 9th—18th

All pool usage and associated activities will not occur during the above dates.

Open Swim Hours

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

Homeschool Swim

Age: 5-14 years
 Wed., 1-2:30 p.m.
 Fall Session: Oct 23-Dec 4
 Fee: \$18/member, \$28/non-member

Learn to Swim

All Ages
 Mon. & Wed., 5:45 p.m.—6:30 p.m.
 Session 1: Sep 30-Oct 16
 Session 2: Oct 21-Nov 6
 Session 3: Nov 11-Dec 4
 Fee: \$40/member, \$50/non-member

Little Splashers

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

Mommy & Me

6 months—3 years
 Thurs., 10:30 a.m.—11:15 a.m.
 Fall Session: Oct 24-Dec 5
 Fee: \$40/member, \$50/non-member

For information on private swim lessons and other aquatics programs, visit parkboard.org/pools.

Facility Childcare

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

Daily Facility Fees

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



Youth Program Descriptions

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

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

Homeschool P.E.: Exercise, nutrition information, introduction to sports, games and activities for youth. Qualifies for home-school P.E. credit.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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