

Doling Family Center Youth Programs

301 East Talmage St., Springfield, MO 65803
Phone: 417.837.5900 Fax: 417.837.5904 Email: dfc@springfieldmo.gov Website: www.ParkBoard.org/Doling
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Summer 2021



(See back side for a description of each program)

Pre-Registration Programs

Drop-In Pickleball

Age: 14 years and up
Wed., Fri and Sat., 8-10 a.m.,
Free/Member; \$25/Non-Member
(10-punch card)

Basketball Training

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

Personal Training

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

Generation Pound

Age: 6-14 years
Mon. & Wed., 6-7 p.m.
Member = Free
Non-member = Daily Facility Fee
Session 2: May 12-Aug.25
(No class June 7 & 9., Aug. 9)

Pound

Age: 14 years and up
Mon., 5:15-6:00 p.m.
Thurs., 5:15-6:00 p.m.
\$25/Member; \$35/Non-member
(10-punch card)

Facility Child care

Child Care is Available
Reservations must be made
24hrs in advance.

Call 837-5900 to reserve your
spot!

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 2: May 1—June 12
Session 3: June 26—Aug. 7
\$30/Member; \$40/Non-member

Tae Kwon Do

Age: 5 years and up
Tues. and Thurs., 6-7 p.m.
Session 5 : May 4-May 27
Session 6: June 1-June 24
Session 7: June 29-July 22
Session 8: July 27-Aug. 19
\$30/Member, \$40/Non-member
(Uniforms and belts not included)

Daily Facility Fees

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



Youth Program Descriptions

Basketball Training: Learn or build upon the fundamentals of basketball. Options include advanced level training or beginner basic skill development. Flexible scheduling options available.

Generation Pound: A youth-oriented program that fuses movement, drumming and music to improve focus, coordination, physical fitness and teamwork skills. Kids use special drumsticks and are encouraged to explore movement and embrace their creativity.

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.

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

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

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

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

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