

Doling Family Center Youth Programs

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Winter 2023



(See back side for a description of each program)

Pre-Registration Programs

Drop-In Pickleball

Age: 14 years and up
Mon., Wed., Fri and Sat., 7-10:15 a.m.,
Free/Member; \$35/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
\$35/Hour/Member
\$45/Hour/Non-member

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)

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

Session 1: Jan. 28-March 4

Session 2: March 25- April 29

\$30/Member, \$40/Non-member

Facility Child care

Mon-Fri

9 am— 2pm

4 pm— 8 pm

Sat

9 am— 1pm

Sun

12 pm— 4 pm

Tae Kwon Do

Age: 5 years and up
Tues. and Thurs., 6-7 p.m.

Session 1: Jan. 10- Feb. 2

Session 2: Feb. 7-March 2

Session 3: March 7-March 30

Session 4: April 4- April 27

\$30/Member, \$40/Non-member

(Uniforms and belts not included)

Daily Facility Fees

Youth ages 18 and under-\$7

Senior ages 60 and over-\$7

Adult-\$10

Family-\$25



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.

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.