

# 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  
Like us on Facebook!

Spring-Summer 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.,  
Thurs. 12:30-3:30 p.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 3: May 20-July 1  
(No Class June 10)

Session 4: July 15-Aug. 19  
\$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 5: May 2-May 25

Session 6: May 30-June 22

Session 7: June 27-July 20

Session 8: July 25-Aug. 17

Session 9: Aug. 22-Sept. 14

\$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.