

PLAY CAPE!

WINTER
2022 | 2023
SPRING



FEATURED SPONSOR

Cheekwood Studio

COACH'S CORNER WITH

Spring Cook



CITY of CAPE
GIRARDEAU
PARKS & RECREATION DEPARTMENT

573.339.6340
cityofcape.org/parks



@capeparks

WHAT'S INSIDE

WINTER | SPRING 2023
Cape Girardeau Parks and Recreation Program Guide

3	STAFF
5	WINTER/SPRING CALENDAR
6	SPECIAL EVENTS
11	CLASSES & PROGRAMS
15	SPORTS
18	FITNESS & WELLNESS
25	AQUATICS
28	JAYCEE MUNICIPAL GOLF COURSE
30	CAPE GIRARDEAU SPORTSPLEX
32	COMMUNITY CENTERS & SPORTS COMPLEXES
34	PARKS, TRAILS & HISTORIC SITES
39	PROJECTS & NEWS
41	PARKS & RECREATION FOUNDATION
46	CITIZEN ENGAGEMENT
47	GENERAL INFORMATION



MOMS GRAB YOUR BOYS AND COME HAVE A BALL WITH US AT MOTHER SON GAME NIGHT!



MARK YOUR CALENDARS FOR THE ANNUAL 2023 HEALTH & WELLNESS EXPO



IMPROVEMENTS KEEP MOVING AHEAD AT OUR FACILITIES

As I complete my first year serving as your Parks and Recreation Director, I think of the age old adage, "TIME FLIES WHEN YOU ARE HAVING FUN"!! I look forward to many more years working with this great Parks and Recreation team and serving the citizens of Cape Girardeau and the surrounding region. There are many exciting things going on in the City of Cape Girardeau and in your Parks and Recreation Department.

In 2018, the Cape Girardeau voters unanimously approved the second Parks, Recreation and Storm Water Tax (PRS2). As part of this 15-year tax initiative, we will be completing many exciting projects that will add facilities as well as improving existing facilities, parks and trails. Two of the projects currently underway are the Capaha Park Master Plan and the renovation of Central Municipal Pool.

Capaha Park Master Plan includes improvements to the pond, the Amphitheatre, Cherry Hill recreation area and the popular passive recreation area known as the Rose Garden. The most visible component of the project will be the pond which was drained and dredged back to its original depth with addition of deeper holes for improved fish habitat. Other improvements to the pond will include the addition of a new boardwalk, trees and vegetation, fishing piers and enhanced lighting. The sidewalk system will tie in with that at the Amphitheatre and Shelter #1. The project is expected to be completed in January 2023.

The Central Municipal Pool project will include a permanent building over the pool, renovated pool basin and upgraded mechanical and electrical components. The facility originally opened in 1979 and serves as a popular destination for competitive swimming, instructional and fitness programs as well as recreational swimming. The project is expected to be completed in the Fall of 2023.

In addition to Capaha Park and Central Municipal Pool, there are many other exciting projects planned over the coming years. Projects updates are available on our website, in PLAY CAPE! or by calling your Parks and Recreation office. We are available and happy to answer any questions at any time.

We hope you enjoy this Winter/Spring 2022-2023 edition of PLAY CAPE! It is our privilege to provide this publication for you to ensure you get the most out of your Parks and Recreation Department offerings. Should you ever have any questions, comments or concerns, please do not hesitate to contact me or any of your Parks and Recreation team. As always, we are here to serve you!

Respectfully Yours,



Doug Gannon,
Director of Parks and Recreation

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

THE HEART OF YOUR PARKS



Doug Gannon
Director of Parks
and Recreation
573-339-6340



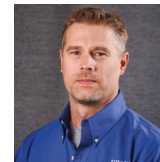
Scott Williams
Recreation
Division Manager
573-339-6728
scottwilliams@cityofcape.org



Penny Williams
Recreation
Division Manager
573-339-6733



Brock Davis
Parks Division
Manager
573-339-6727



Kaed Horrell
Assistant Recreation
Division Manager
573-339-6729



Diane Lawrence
Assistant Recreation
Division Manager
573-339-6737



Heather Davis
SportsPlex Supervisor
573-339-6731



Robert Shanahan
Aquatics Supervisor
573-339-6612



Josh Jones
Recreation Supervisor
573-339-6736
jdjones@cityofcape.org



Josh Meyer
Recreation Supervisor
573-339-6788



Christine Jaegers
Fitness and Wellness
Specialist
573-339-6604



Kacie Walley
Recreation Specialist
573-339-6626



Josh Ebbesmeyer
Recreation Specialist
573-339-6608



Michael Peters
Recreation Coordinator
573-335-4040
mapeters@cityofcape.org



Amber Bockhorst
Marketing Coordinator
573-339-6607



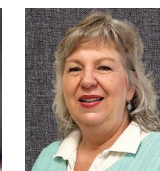
Nick Yaeger
Recreation Coordinator
573-339-6606



Moriah Lincoln
Recreation Coordinator
573-339-4110



Kim Butler
Administrative Coordinator
573-339-6730



Natalie Beasley
Administrative
Assistant
573-339-6342



Gabrielle Saffa
Administrative
Secretary
573-339-6342



Randy Lueder
Golf Course Supervisor
573-335-0458



Tammy Brock
Cemetery Sexton
573-334-1917



Adam Howell
Parks Supervisor
573-332-4905



Mike Halter
Facility Maintenance
Coordinator
573-332-4905



Brandon Coleman
Facility Maintenance
Coordinator
573-339-6343



Ryan Walther
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

Play Cape! • 3



2023



HAVE YOU EVER WANTED TO MEET A
ST. LOUIS CARDINALS BASEBALL PLAYER?
HERE'S YOUR CHANCE!

The Cardinals Caravan gives the fans a chance to meet past and present Cardinal players, participate in a Q&A, and get player autographs (for kids only). Proceeds benefit the Parks & Recreation Foundation to help us continue to grow the love of baseball in our local youth!

THE COST OF THE EVENT IS \$6 PER PERSON
(AGES 3 & UNDER FREE).

January 16TH, 2023
| Osage Centre |
5:30 P.M. - 7:30 P.M.



CAPE GIRARDEAU
PARKS & RECREATION
FOUNDATION



CAPE GIRARDEAU
PARKS & RECREATION
FOUNDATION

Presenting Sponsor:

Academy®
SPORTS+OUTDOORS

January 20, 2023
6PM-9PM | OSAGE CENTRE

Be sure to get your tickets today before they're all gone!

\$12/Adult thru 1/15 | \$15/Adult after 1/15 | \$10/Child (15 & under)

4 • Play Cape!

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

10TH ANNUAL

CELEBRATION OF YOUTH SPORTS



BANQUET

WINTER | SPRING 2023 CALENDAR

JANUARY

- Jan 2 Men's Basketball League Begins
- Jan 6 Girls & Boys Youth Basketball League Begins
- Jan 7 Winter Garage Sale | Osage Centre
- Jan 12 Wellness Seminar: GOALS! | Osage Centre
- Jan 12 S.T.A.R. Let's Bowl In To New Beginnings | West Park Lanes
- Jan 16 Cardinals Caravan | Osage Centre
- Jan 19 New Year's Resolution Warriors Begins | Osage Centre
- Jan 20 Celebration of Youth Sports Awards Banquet | Osage Centre
- Jan 21 Fundamentals of Softball with the SEMO Redhawks | SportsPlex
- Jan 25 Junior Chef's Cooking Begins | A.C. Brase Arena
- Jan 27 Homeschool P.E. Begins | SportsPlex

FEBRUARY

- Feb 2 Junior Grizzlies Basketball Camp Begins | SportsPlex
- Feb 4 SOMO Polar Strut & Polar Plunge | Cape County Park North
- Feb 8 S.T.A.R. Sweetheart Dance | Osage Centre
- Feb 9 Cheer Clinic Begins | Osage Centre
- Feb 9 Wellness Seminar: Family & Friends CPR | Osage Centre
- Feb 12 Super Kids Race Day | SEMO Rec Center
- Feb 15 Homeschool Art Begins | Osage Centre
- Feb 16 Community Dance & Social | A.C. Brase Arena
- Feb 18 Fundamentals of Soccer with the SEMO Redhawks | SportsPlex
- Feb 18 Love You To The Moon & Back - 15th Annual Father Daughter Dance
- Feb 19 Winter/Spring Adult Indoor Soccer League Begins | SportsPlex

MARCH

- Mar 1 Spring Youth Soccer Begins | Shawnee Park Sports Complex
- Mar 2 PeeWee Sports Class Begins | Osage Centre
- Mar 4 Play Cape! Saturday | Osage Centre
- Mar 7 Music and Movement Class Begins | Osage Centre
- Mar 9 S.T.A.R. Luck of the Numbers BINGO Night | Osage Centre
- Mar 11 Health & Wellness Expo | Osage Centre
- Mar 17 Mother Son Game Night | SportsPlex
- Mar 21 Youth Track Club Begins | Central Junior High Track
- Mar 23 S*M*A*S*H Volleyball Opening Night | SportsPlex
- Mar 30 Spring NFL Flag Football Begins | SportsPlex

APRIL

- Apr 1 Egg Dive | Jefferson Pool
- Apr 2 FREE Softball Clinic | SportsPlex
- Apr 3 Start Smart Tennis Class Begins | Arena Park Tennis Courts
- Apr 4 Start Smart Baseball Class Begins | Arena Park
- Apr 6 Intermediate Tennis Begins | Arena Park Tennis Courts
- Apr 6 S.T.A.R. Hopping Into Spring Easter Egg Hunt | 4H Building/Arena Park
- Apr 12 Booth Lottery Drawing for Spring Garage Sale | Osage Centre
- Apr 13 Wellness Seminar Juicing Fun! | Osage Centre
- Apr 17 Adult Summer Softball League Begins | Shawnee Park Sports Complex
- Apr 22 Friends of the Parks Day & Great Cape Clean Up | Starts at Capaha Park
- Apr 22 30th Southern Open 4-Person Scramble | Jaycee Municipal Golf Course



MAY

- May 1 Boys Baseball League Begins | Arena Park Sports Complex
- May 5 Bike to Work & School Day | Arena Park Tennis Courts
- May 9 Wellness Seminar: Team Meal Prep | Osage Centre
- May 11 S.T.A.R. BBQ & Picnic Bash | Capaha Park Shelter 1 | Splash Pad
- May 13 Spring Garage Sale | Osage Centre
- May 15 Boys Travel Baseball League Begins | Shawnee & Arena Parks
- May 15 Girls Youth Softball League Begins | Arena Park Sports Complex
- May 16 Adult Sand Volleyball League Begins | Arena Park Sand Courts
- May 20 Glowball Tournament | Jaycee Municipal Golf Course
- May 22 SportsPlex Summer Hours Begin!!
- May 24 Junior Golf Program Begins | Jaycee Municipal Golf Course
- May 27 Cape Splash Opening Day!!!
- May 30 Boys & Girls Summer Basketball Begins | SportsPlex



SPECIAL EVENTS

FAMILY

10th Annual Celebration of Youth Sports Awards Banquet

Join the Parks & Recreation Foundation in honoring excellence in youth sports! Awards will be presented to Cape Girardeau Parks & Recreation Departments' youth sports leagues and Cape Youth Tackle Football. The program includes a silent auction, catered dinner, a special guest speaker, audio/visual presentation and awards ceremony. Buy your tickets today!

DAY	DATE	TIME
Friday	1/20/2023	6:00 p.m. - 9:00 p.m.
FEE	LOCATION	Presenting Sponsor
\$12/Adult thru 1/15 \$15/Adult after 1/15 \$10/Child (15 & under)	Osage Centre	Academy SPORTS+OUTDOORS



FIND MORE INFO ONLINE & REGISTER

WWW.CITYOFCAPE.ORG/PARKS

6 • Play Cape!

Super Kids Race Day

This fun racing event on February 12, 2023 is for crawlers up to 10 year olds. Awards will be given out in each age group, and t-shirts & participation ribbons will be awarded to all entries. For race distance & to register, visit www.cityofcape.org/superkids. Registration on the day of the event is from 11:45 a.m.-12:30 p.m. with the race beginning promptly at 1:00 p.m.! The cost is \$10/child if registered on or before 2/3/23 and \$15/child until race day! Be sure to keep an eye on our website & Facebook page for additional details

DAY	DATE	TIME
Sunday	2/12/2023	1:00 p.m. - 4:00 p.m.
FEE	LOCATION	Presenting Sponsor
\$10/child on or before 2/3/23 \$15/child 2/4/23 until race day!	SEMO Rec Center	Burger King Southern fast-fresh-friendly Small World Saint Francis HEALTHCARE Called to Serve you

Love You To The Moon & Back Father Daughter Dance

Come sparkle and shine as you dance the night away under the stars with us at the 15th Annual Father Daughter Dance! Join us on February 18th, 2023 from 6 p.m. to 9 p.m. at the Osage Centre for a night filled with dancing, treats and fun! Tickets go on sale January 9th and are available at the A.C. Brase Arena or at the Osage Centre!

DAY	DATE	TIME
Saturday	2/20/2023	6:00 p.m. - 9:00 p.m.
FEE	LOCATION	Presenting Sponsor
\$15/per person by 1/12, then \$20/per person until 01/19 **Please note, tickets will not be sold on the day of the event**	Osage Centre	Southeast HEALTH U.S. AIR FORCE

**DURING INCLEMENT WEATHER CALL OUR
RAINOUT LINE: 573.975.1024**

**OR DOWNLOAD THE RAINOUT APP
AND SEARCH FOR CAPE GIRARDEAU
PARKS AND RECREATION**

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

Play Cape! Saturday

This FREE event gives families a chance to sign up for Parks & Recreation Department classes, leagues and events, along with other camps and activities offered by local community groups. Free games, activities and door prizes will be available for the kids! Free t-shirt for the first 100 kids, and every registration for a Parks & Recreation league or program gets 10% off! For more information, please call 573.339.6340.



DAY	DATE	TIME
Saturday	03/04/2023	10:00 a.m. - 12:00 p.m.
FEE	LOCATION	
FREE	Osage Centre	

Get Ready. Get Set. Get Signed-Up!

Mother Son Game Night!

Moms, grab your sons, active wear and tennis shoes and join us for a night full of games, relay races, batting cages, Nerf wars and MORE! Food and refreshments will be provided. This event is for moms and sons of ALL AGES! Tickets go on sale starting January 30, 2023 and can be purchased at the SportsPlex, A.C. Brase Arena and online!

DAY	DATE	TIME
Friday	03/17/2023	6:00 p.m. - 9:00 p.m.
FEE	LOCATION	Presenting Sponsor

\$15/ticket through 3/10/23
then \$20/each until 3/16/23

Please note, tickets will not be sold on the day of the event

SportsPlex



Community Dance & Socials

Relax, socialize and dance to some great classic music! Our Community Dance & Socials feature a big dance floor with plenty of seating, and concessions are available for purchase. Tickets are sold at the door the night of the event for just \$5/per person! Dances are located at the A. C. Brase Arena and run from 6:00 p.m. - 9:00 p.m.

February 16, 2023 | Memories Nostalgic Tunes Performing 6-9 p.m.

May 25, 2023 | Memories Nostalgic Tunes Performing 6-9 p.m.

GARAGE SALES

Upcoming Sales

Shop for any item imaginable for a \$1.00 admission charge 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 \$20. Booth space is reserved by attending a booth lottery drawing (dates listed below), and booth space is not guaranteed. Contact the Osage Centre at 573.339.6342 for more information.

Winter Garage Sale - January 7, 2023

Booth Lottery Drawing - December 7, 2022 call for availability.

Spring Garage Sale - May 13, 2023

Booth Lottery Drawing - April 12, 2023 | 6:00 p.m. | Osage Centre

Summer Garage Sale - August 5, 2023

Booth Lottery Drawing - July 12, 2023 | 6:00 p.m. | Osage Centre

Fall Garage Sale - November 11, 2023 | 7-11 a.m. Osage Centre

Booth Lottery Drawing - October 11, 2023 | 6:00 p.m. | Osage Centre

2023 WINTER/SPRING GARAGE SALE INFO OSAGE CENTRE



**SALE DATE: JANUARY 7TH, 2023
7AM-11AM**

(BOOTH LOTTERY WAS HELD
IN DECEMBER, PLEASE CALL
TO CHECK AVAILABILITY.**)**



GARAGE SALE

**BOOTH LOTTERY DRAWING
HELD:
APRIL 12TH | 6PM | OSAGE
CENTRE**

**SALE DATE: MAY 13TH, 2023
7AM-11AM**



THE CAPE GIRARDEAU PARKS & RECREATION DEPARTMENT HOSTS FOUR COMMUNITY GARAGE SALES A YEAR AT THE OSAGE CENTRE. OUR FIRST TWO 2023 GARAGE SALES WILL BE HELD ON THESE DATES FROM 7:00 A.M. - 11:00 A.M. WITH A \$1 ADMISSION COST FOR SHOPPERS. BOOTH SPACE CAN BE RESERVED BY ATTENDING A BOOTH LOTTERY DRAWING DATE LISTED BELOW. ATTENDANCE TO A LOTTERY DRAWING DOES NOT GUARANTEE BOOTH SPACE, AND ONLY ONE BOOTH PER HOUSEHOLD IS ALLOWED. SPACE IS \$20 PER BOOTH. BOOTH SPACE IS NOT GUARANTEED FOR MORE INFORMATION, CONTACT THE OSAGE CENTRE AT 573.339.6342.



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

Play Cape! • 7

SPECIAL EVENTS



15th Annual Father Daughter Dance

I love you to the MOON and back

Sponsored By

Southeast HEALTH

U.S. AIR FORCE

CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

February 18th, 2023
Osage Centre | 6:00pm - 9:00pm
Tickets available 1/9/23
Save \$5 by buying tickets through 2/12/23
\$20/each after 2/12/23
Please note, there will not be tickets sold on the day of the event
Ticket includes admission, dinner & goody bag!

1625 Kingshighway
Cape Girardeau, MO 63701
573.339.6340

f | **@capeparks**

DODGEBALL ● BASKETBALL ● ARCHERY ● BOWLING ● BOARD GAMES ●

NERF WARS ● RELAY RACES ● FOOTBALL ●

CAPE GIRARDEAU SPORTSPLEX

CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

2023

LET THE GAMES BEGIN!

MOTHER SON GAME NIGHT!

MARCH 17TH | SPORTSPLEX | 6PM-9PM

Tickets: \$15/ea until 3/10 | Tickets from 3/11-3/16 \$20/per person
****There will not be tickets sold on the day of the event****
Purchase tickets online, at the SportsPlex or at A.C. Brase Arena and ticket price includes entry, activities, and refreshments! Moms grab your comfy clothes and LET'S PLAY!

Presenting Sponsor: **U.S. AIR FORCE** with **Southern** fast • fresh • friendly **Saint Francis HEALTHCARE** Called to Serve you.

AND SO MANY MORE FUN ACTIVITIES!



SUPER KIDS RACE DAY!

FEBRUARY 12, 2023

THIS FUN RACING EVENT ON FEBRUARY 12, 2023 IS FOR CRAWLERS UP TO 10 YEAR OLDS! AWARDS WILL BE GIVEN OUT IN EACH AGE GROUP, AND T-SHIRTS AND PARTICIPATION RIBBONS WILL BE AWARDED TO ALL ENTRIES. FOR RACE DISTANCE & TO REGISTER, VISIT WWW.CITYOFCAPE.ORG/SUPERKIDS. REGISTRATION ON THE DAY OF THE EVENT IS HELD AT THE SEMO REC CENTER FROM 11:45 A.M.-12:30 P.M. WITH THE RACE BEGINNING AT 1:00 P.M. ! THE COST IS \$10/CHILD IF REGISTERED ON OR BEFORE 2/3/23 AND IS \$15/CHILD ON THE DAY OF THE EVENT. QUESTIONS? CONTACT ROBERT AT RSHANAHAN@CITYOFCAPE.ORG

PRESENTING SPONSORS:

-  Saint Francis HEALTH CARE
Called to Serve you.
-  Southern fast-fresh-friendly
-  BURGER KING
-  A SMALL WORLD PRESCHOOL, INC.

 CITY OF CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT



MARCH 4TH, 2023

Play Cape! saturday

osage centre
march 4th
10am-12pm

free tshirt for the first 100 kids!
free fitness assessment for all kids!
****10% Discount on sign ups DURING the event!****

 Southeast HEALTH

 Laurel Adkisson, Agent
AMERICAN FAMILY INSURANCE
Insure carefully, dream fearlessly.

 THE BANK OF MISSOURI
Member FDIC

WINTER | SPRING 2023 CALENDAR OF EVENTS

S.t.a.R.



January 12, 2023 | Let's Bowl Into New Beginnings |
West Park Lanes | 6pm-8pm

February 8, 2023 | Sweetheart Dance | Osage Centre |
6pm-8pm



March 9, 2023 | Luck O' The Numbers BINGO Night |
Osage Centre | 6pm-8pm

April 6, 2023 | Hopping into Spring Easter Egg Hunt |
4-H Exhibit Hall & Arena Park | 6pm-8pm



May 11, 2023 | Summer BBQ Picnic Bash | Capaha Park
Shelter #1 & Splash Pad | 6pm-8pm



SPONSORED BY:


Southeast
HEALTH



Bike to Work AND School Day!
Fun & Exercise Before You Start Your Day!

- Health
- Stress Relief
- Adventure
- Fitness
- Family Time
- Sustainability
- Happiness
- FUN

May 5th | Arena Park Tennis Courts
Meet at 6:30 am, Ride starts at 7:00 am
Contact Christine at cjaegers@cityofcape.org for more
information or to register your school or work today!



CLASSES & PROGRAMS

Junior Chef's Cooking

Ages 6-10

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 your junior chef right away!



DAY	DATE	TIME	ENROLLMENT
Wednesdays	1/25/23 - 2/8/23	5:30 p.m.-7:00p.m.	Min: 8 / Max: 15
FEE	LOCATION	REG. DEADLINE	
\$38 Participant	A.C. Brase Arena	1/20/23	

Homeschool PE

Ages 5-15

Attention all home schooling families! The Cape Girardeau Parks & Recreation Department will be conducting a Physical Education class for all students who would like to attend. We will be participating in activities such as ultimate frisbee, basketball, bowling, soccer and much more! Register online by January 26th at cityofcape.org/youthclasses

DAY	DATE	TIME	ENROLLMENT
Fridays	1/27/23 - 3/31/23	1:00 p.m. - 2:15 p.m.	Min: 10 / No Max.
FEE	LOCATION	REG. DEADLINE	
\$45 Participant	SportsPlex	1/26/23	

Hapkido Core by Lee H. Park Hapkido

Ages 5-15

Skillz 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) There is a maximum enrollment of 15 per age group. Age groups are broken down as follows:
Core 1 (ages 5-6) Core 2 (ages 7-9) Core 3 (ages 10-15)

DAY	DATE	TIME	ENROLLMENT
Mondays	1/2/23 - 3/27/23	Core 1 5:15 - 6:00 p.m. Core 2 6:15 - 7:15 p.m. Core 3 6:15 - 7:15 p.m.	Max: 15 / age group
FEE	LOCATION	REG. DEADLINE	
\$29 Participant	Lee H. Park Hapkido	1/2/23	

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

Cheer Clinic

Ages 6-8

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	ENROLLMENT
Thursdays	2/9/23 - 2/23/23	5:30 p.m.- 6:30 p.m.	Min: 8 / Max: 20
FEE	LOCATION	REG. DEADLINE	
\$38 Participant	Osage Centre	02/06/2023	

Homeschool Art

Ages 6-15

Drawing, painting, craft projects and three-dimensional art are just some of the areas of art that will be covered in this class. All materials will be provided. Please be sure to remember to wear old clothes!



DAY	DATE	TIME	ENROLLMENT
Wednesdays	2/15/23-3/22/23	1:00 p.m.- 2:00 p.m.	Min: 8 / Max: 30
FEE	LOCATION	REG. DEADLINE	
\$38 Participant	Osage Centre	2/10/2023	

Pee-Wee Sports

Ages 3-5

Kick off your child's exposure to the sports world with Pee-Wee Sports! Pee-Wee Sports athletes will learn about t-ball, soccer, and basketball. Basic skills and rules of each sport are explained at the beginning of each class and then participants will wrap up class by playing a fun game at the end!



DAY	DATE	TIME	REG. DEADLINE
Thursdays	3/2/23-3/16/23	5:30 p.m.- 6:30 p.m.	3/1/23
FEE	LOCATION	ENROLLMENT	
\$38 Participant	Osage Centre	Min: 10 / Max: 24	

Music & Movement**Ages 3-4 yrs**

Join us in a creative atmosphere where your child will interact with their peers through a variety of movement and music based activities. We will do dancing, jumping, basic tumbling, ball activities, parachute, instruments and other fun things that will vary to keep your child interested and learning along with our theme.



DAY	DATE	TIME	ENROLLMENT
Tuesdays	3/7/23-3/28/23	5:30 p.m.- 7:00 p.m.	Min: 8 / Max: 15

FEE	LOCATION	REG. DEADLINE
\$38 Participant	Osage Centre	3/3/23

Start Smart Tennis**Ages 3-4 yrs**

Start Smart Tennis prepares children and their parents for organized tennis in a fun environment without the threat of competition or the fear of getting hurt in a fun environment. Parent participation is required for this class.

DAY	DATES	TIME	ENROLLMENT
Mondays	4/3/23-5/8/23	5:30 p.m.-6:30 p.m.	Min: 10 / Max: 30

FEE	LOCATION	REG. DEADLINE
\$43 Participant	Arena Park Tennis Courts	3/31/23

Start Smart Baseball & Softball**Ages 3-4 yrs**

Start Smart Baseball is a developmentally appropriate introductory baseball/softball program. The program prepares children for organized t-ball, baseball and softball in a fun environment without the threat of competition or the fear of getting hurt. Parent participation is required for this class.

DAY	DATES	TIME	ENROLLMENT
Tuesdays	4/4/23-5/9/23	5:30 p.m.-6:30 p.m.	Min: 10 / Max: 50

FEE	LOCATION	REG. DEADLINE
\$43 Participant	Arena Park	3/31/23

Intermediate Tennis**Ages 8-12 yrs**

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	ENROLLMENT
Thursdays	4/6/23-5/11/23	5:30 p.m.-6:30 p.m.	Min :8 / Max: 20

FEE	LOCATION	REG. DEADLINE
\$28 Participant	Arena Park Tennis Courts	4/3/23

HOMESCHOOL PE

Ages 5-15

Homeschoolers will be participating in activities such as basketball, bowling, kickball, volleyball, soccer & much more!

CAPE GIRARDEAU
SPORTSPLEX

DAY: Fridays | **TIME:** 1:00-2:15pm
DATES: 1/27-3/31/23 | **REGISTER BY:** 1/26/23
COST: \$45/child | **LOCATION:** SportsPlex

Contact Moriah at mlincoln@cityofcape.org for more details or any questions

Register online at cityofcape.org/youthclasses



REGISTER FOR CAMPS & CLASSES ONLINE AT: www.cityofcape.org/youthclasses

S*M*A*S*H VOLLEYBALL

Presenting Sponsor:

CAPE NOON OPTIMIST CLUB
Friend of Youth

Opening Night
March 23RD!

Practices will be
March 25th, 30th, April
13th, 20th, & 27th

Max. Enrollment of 120
in each division so sign
up today!



- S*M*A*S*H volleyball is for 3rd-6th graders in the learning process of the game of volleyball.
- Participants register as individuals and are placed on teams
- Registration fee is \$75 and includes a t-shirt and volleyball
Save \$10 if registered by February 19th
- Registration Deadline Feb. 26th
- Register online at www.cityofcape.org/volleyball

For more information, contact the
SportsPlex at
573.339.4110 or at
milncoln@cityofcape.org

A \$2 spectator fee will be charged for ages 13+ for games.

S*M*A*S*H Select

Presenting Sponsor:

CAPE NOON OPTIMIST CLUB
Friend of Youth

\$580 Team
Entry Fee
**\$540 if
registered by
February
19th**



S*M*A*S*H Select is intended for 5th-6th grade teams who have played in at least one season of SMASH or any organized volleyball.

- S*M*A*S*H Select is team entry only.
- Entry fee includes a t-shirt and tournament.
- Registration Deadline is February 26th
- Games will be played Friday nights.
- Game Dates March 31st, April 14th, 21st, and 28th
- Practice times are set by coaches
- End of Season Tournament Dates: May 4th & 5th
A \$2 spectator fee will be charged for ages 13+ for games

To register your team visit www.cityofcape.org/volleyball

For more information contact the SportsPlex at 573.339.6732 or
milncoln@cityofcape.org

2526 Jim Drury Way
Cape Girardeau, MO 63701
573.339.6341

@sportsplex

AGES 6-14!



HAVE YOU SIGNED UP YOUR TRACK STAR FOR YOUTH TRACK CLUB YET?

\$60 | PER PARTICIPANT
BE SURE TO REGISTER BEFORE 3/17/23 AND SAVE \$10!

REGISTRATION ENDS
ON MARCH 20TH!!

**REGISTER ONLINE AT CITYOFCAPE.ORG/TRACK OR BY GOING BY THE
A.C. BRASE ARENA
OR
OSAGE CENTRE**

For more information contact Nick at nyaeger@cityofcape.org today!

410 Kiwanis Drive
Cape Girardeau, MO 63701
573.339.6340
nyaeger@cityofcape.org

PRESENTING SPONSORS

Saint Francis HEALTHCARE
Called to Serve you.

CAPE NOON OPTIMIST CLUB
Friend of Youth

CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

@capeparks

PUT YOUR BOOGIE SHOES ON AND HUSTLE ON OVER TO THE GROOVY POLAR PLUNGE



CAPE GIRARDEAU

CAPE COUNTY NORTH PARK - FEBRUARY 4, 2023

573-339-6733

Williams@somo.org

SOMO.org/Plunge



**Special
Olympics**
Missouri



You can also support SOMO's athletes by walking or running in the Polar Bear Strut! It takes place the same day as the Plunge.

For more info, visit SOMO.org/Plunge.



The Polar Plunge is one of many events hosted by law enforcement to benefit its charity of choice, Special Olympics Missouri. All proceeds benefit year-round sports training and athletic competition for children and adults with intellectual disabilities.



POLAR PLUNGE
FOR SPECIAL OLYMPICS MISSOURI



SPORTS

BASEBALL

Boys Baseball League PreK-2nd | 3rd-6th

Grades

Register your PreK-2nd child (grade as of registration) for the 2023 Baseball Season! Entry fee includes 10-12 games, a uniform shirt and team playing equipment (not including gloves or bats). For more information email nyaeger@cityofcape.org or call 573.339.6606 for further questions. Register online at www.cityofcape.org/baseball or in person at A.C. Brase Arena or at the Osage Centre.



DAY	DATE	REG. DEADLINE
Mon - Thurs	Start: 5/1/23	3/29/23
FEE	LOCATION	
\$70 (PreK-2nd) \$80 (3rd-6th) with early registration discount if registering by 3/24/23 \$80 from 3/25-3/29 registration fee is \$80	Arena Park Sports Complex	

****Please note: Any Cape Central students grades 3rd-8th (grade when registering) please contact moyerst@capetigers.com to register****

Baseball League 7th-9th Grade

Register your 7th-9th grade (grade of registration) for the 2023 Baseball Season! Entry fee includes 10-12 games, a uniform shirt and team playing equipment (not including gloves or bats). For more information email nyaeger@cityofcape.org or call 573.339.6606 for further questions. Register online at www.cityofcape.org/baseball or in person at A.C. Brase Arena or at the Osage Centre.



DAY	DATE	REG. DEADLINE
Mon, Tues & Thurs.	Start: 5/15/23	4/26/23
FEE	LOCATION	
Pre-K \$45/child K-2nd \$65/child 3rd-8th grade teams are team registration only if registered by 1/29. 3rd & 4th grades fee is \$715/team (11 players) 5th & 6th / 7th & 8th grades fee is \$910/team (14 players) For each player above rostered number there will be an additional fee of \$65 per child. **Registration fee will increase by \$10/child between 1/30 & final registration 2/8.	Shawnee Park Sports Complex	

****Please note: Any Cape Central students grades 3rd-8th (grade when registering) please contact moyerst@capetigers.com to register****

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

BASKETBALL

Men's Basketball League

Ages 18 & up

The men's basketball league offers five divisions of play from recreational to competitive. Games are played Sunday through Thursday from January to March. Team sign ups only. For more information contact Nick at nyaeger@cityofcape.org.



DAY	DATES	TIME
Sun-Thurs	Start: 1/2/23	Evenings, Schedule TBD
FEE	LOCATION	REG. DEADLINE
\$400/team if registered by 12/21	Various	12/21/23

SOCCER

Adult Indoor Soccer Winter League

18 & over

Compete in the adult indoor soccer league at the SportsPlex! Men's and coed leagues will be offered and this league is team entry only. For more information, contact Heather at hdavis@cityofcape.org. Register your team online at www.cityofcape.org/soccer



DAY	DATE	REG. DEADLINE
Sundays	2/19/23 - 4/2/23	2/8/23
FEE	LOCATION	
\$300/Team if registered by 2/5 \$325 until 2/8	SportsPlex	

Spring Youth Soccer League Grades Pre-K - 8th

Boys & girls from Pre-K through 8th grade compete in our Spring Youth Soccer League based on age. Games are held Monday - Thursday evenings as well as on Saturdays beginning on 3/1/23! A coaches meeting will be held on February 9th, 2023 at 6pm at the Shawnee Park Center. Contact Josh Meyer at jmeyer@cityofcape.org for more information or register online at www.cityofcape.org/soccer

PRESENTING SPONSOR:



DAY	DATES	TIME
Monday-Thursday evenings and on Saturdays	3/1/23	Schedule TBD
FEE	LOCATION	REG. DEADLINE
Pre-K \$45 and K-8th \$65 if registered by 1/29/23 Pre-K \$55 and K-8th \$75 from 1/30/23-2/8/23	Shawnee Park Sports Complex Fields	2/8/23

Play Cape! • 15

SOFTBALL

Girls Softball Skills Clinic

Ages 5-14

This FREE basic softball skills clinic will introduce you to throwing, catching, and hitting skills for players of all skill levels. Whether you are a first time player or just want to knock the dust off your cleats before the season begins., please join us! For ages 5-14 (Age as of 1/1/23) No pre-registration required. For more information contact kwalley@cityofcape.org

DAY	DATE	REG. DEADLINE
Sunday	4/2/23	N/A
FEE	TIME	LOCATION
FREE!	10:00am -12:00 pm	SportsPlex
Please note: Any Cape Central students grades 3rd-8th (grade when registering) please contact moyerst@capetigers.com to register for Girls Youth Softball		

Girls Youth Softball

Grades K-8th

Games will be played on Mondays, Tuesdays, & Thursdays beginning May 30th at the Arena Softball Fields. Includes 10-12 games, uniform shirt and shared playing equipment (not including glove) For more information contact kwalley@cityofcape.org.

Academy
SPORTS+OUTDOORS



DAY	DATE	REG. DEADLINE
Mon, Tue, Thur	5/30/23	4/5/23
FEE	TIME	LOCATION
\$60/player if registered by 3/31 \$70/player 4/1-4/5	10:00am -12:00 pm	Arena Softball Fields
Please note: Any Cape Central students grades 3rd-8th (grade when registering) please contact moyerst@capetigers.com to register for Girls Youth Softball		

Girls Fast Pitch

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 5th at 6:00 p.m. at the Osage Centre. For more information, contact Kacie at kwalley@cityofcape.org.

DAY	DATE	REG. DEADLINE
Tues. & Wed.	Start: 5/31/22	5/6/22
FEE	LOCATION	
\$400 / Team	Shawnee Park Sports Complex / Arena Park	
Please note: Any Cape Central students grades 3rd-8th (grade when registering) please contact moyerst@capetigers.com to register for Girls Youth Softball		

Men's & Coed Softball

18 & over

Men's and coed softball leagues range from competitive division 1 to recreational division 4. Games are played Monday, Tuesday, & Thursday evenings. Men's leagues will receive a minimum of 21 games, and coed leagues will receive a minimum of 14 games. All leagues are team sign-ups only. There will be a manager's meeting on March 16th at the Shawnee Park Center at 6:30 p.m. A \$30 late fee for men's & \$20 late fee for coed teams will be applied if registering between March 19-25th*. Register at the A. C. Brase Arena. A \$2.00 spectator fee will be charged for ages 13+. For more information, contact Kaed Horrell at khorrell@cityofcape.org



DAY	DATE	REG. DEADLINE
Mon., Tues., Thurs.	Start 4/18//22	Early: 3/18/22
FEE	LOCATION	
\$595 / Men's Team \$555 / Coed Team	Shawnee Park Sports Complex	

16 • Play Cape!

TRACK & FIELD

Youth Track Club: Youth Track & Field Club

Ages 6-14 years

The Youth Track Club offers athletes ages 6-14 a chance to gain experience in the sport of track and field. Practices will be help on Tues. and Thurs. from 5:00-6:45 p.m. at the Cape Central Junior High Track. Meets will be held on select Thursdays at 5:00 p.m. in local communities. Entry fee includes a team t-shirt, four home meets and all practices. Additional away meets are optional and cost \$8 per child to attend. Register online at www.cityofcape.org/track. For more information contact Nick at nyaeger@cityofcape.org



Called to Serve you.

DAY	DATE	REG. DEADLINE
Tues. - Thurs.	3/21/23	3/20/23
FEE	LOCATION	
\$60 if registered by 3/17/23 \$70 until 3/20/23	Central Jr. High Track	
Please note: Any Cape Central students grades 3rd-8th (grade when registering) please contact moyerst@capetigers.com to register for Girls Youth Softball		

VOLLEYBALL

Indoor Coed Volleyball League

18 & up

Compete in the Adult Coed Volleyball League this Winter at the Cape Girardeau SportsPlex! Power and intermediate divisions are offered games will be played on Tues evenings. For more info, contact Moriah at mlincoln@cityofcape.org or register online at www.cityofcape.org/volleyball



AMERICAN FAMILY INSURANCE
Insure carefully, dream fearlessly.

DAY	DATE	REG. DEADLINE
Tues.	1/3//23	12/18/22
FEE	LOCATION	
\$250/Team if registered by 12/14/22 \$275/Team until 12/18/22	SportsPlex	

Adult Sand Volleyball League

17 & over

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 Wednesday and Thursday evenings. For more info, contact Kacie at kwalley@cityofcapegirardeau.org or register online at www.cityofcape.org/volleyball



AMERICAN FAMILY INSURANCE
Insure carefully, dream fearlessly.

DAY	DATE	REG. DEADLINE
Tues. - Thurs.	5/16/23	5/5/23
FEE	LOCATION	
\$150 / 4-on-4 Team \$175 / 6-on-6 Team	Arena Park Sand Courts	

Junior High Summer Volleyball League

Teams 6th -8th grades

The summer junior high volleyball leagues are 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. Online registration only at www.cityofcape.org/volleyball.



DAY	DATES	TIME
Mondays	Start: 6/5/23	Evenings, Schedule TBD
FEE	LOCATION	REG. DEADLINE
\$225/team if registered by 5/14/23 \$250/team from 5/15-5/17	SportsPlex	5/17/23
Please note: Any Cape Central students grades 3rd-8th (grade when registering) please contact moyerst@capetigers.com to register for Girls Youth Softball		

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



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

GIRLS 10U-18U TRAVEL SOFTBALL LEAGUE

League designed for travel softball teams to compete Monday &/or Tuesday nights in practice games in preparation for weekend tournaments. Coaches Meeting April 10th at 6:30 pm at Shawnee Park Center. Teams will provide their own softballs. There will be a \$2 spectator fee for games played at Shawnee Sports Complex. For questions contact Josh jmeyer@cityofcape.org

TEAM REGISTRATION ONLY | \$400/TEAM REGISTRATION CUT OFF DATE | 5/5/2023

Season Start Date | 5/30/2023



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

410 Kiwanis Dr.
Cape Girardeau, MO 63701
573.339.6340



@capeparks



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

BOYS 9U-14U TRAVEL BASEBALL LEAGUE

League designed for travel baseball teams to compete Monday &/or Tuesday nights in practice games in preparation for weekend tournaments. Coaches Meeting April 10th at 6:30 pm at Shawnee Park Center. Teams will provide their own baseballs. There will be a \$2 spectator fee for games played at Shawnee Sports Complex. For more information contact Josh at jmeyer@cityofcape.org

TEAM REGISTRATION ONLY | \$400/TEAM REGISTRATION CUT OFF DATE | 4/7/2023

Season Start Date | 4/24/2023



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

410 Kiwanis Dr.
Cape Girardeau, MO 63701
573.339.6340

Presenting Sponsor:
Academy®
SPORTS+OUTDOORS



FITNESS & WELLNESS

HEALTH & WELLNESS EDUCATION

Health & Wellness Seminars

Check out our website and follow us on Facebook @FitCape for a wide variety of health and wellness education events available just for you! From grocery shopping educational tours and nutrition consultants, to fitness and wellness de-stressing seminars and stretching fun! Participants must pre-register online at www.cityofcape.org/wellnessevents

GOALS!

DATE	TIME	LOCATION
1/12/23 (register by 1/9/23)	12:15-1:00 p.m.	Osage Centre

Wellness Seminar: Family & Friends CPR Class

DATE	TIME	LOCATION
2/09/2026 (register by 02/6/23)	4:00-5:00 p.m.	Osage Centre

Health & Wellness Expo

DATE	TIME	LOCATION
3/11/23	10:00 a.m. - 2:00 p.m.	Osage Centre

Wellness Seminar: Juicing Fun!

DATE	TIME	LOCATION
4/13/23 (register by 4/11)	12:15 p.m. - 1:00 p.m.	Osage Centre

BE SURE TO ASK US ABOUT OUR
FITNESS PROGRAMS FOR SENIORS TO
HELP KEEP YOU ACTIVE AND FIT!



Questions?
Contact Christine at cjaegers@cityofcape.org or 573-339-6604



1625 Kingshighway St.
Cape Girardeau, MO 63701
573.339.6604
cjaegers@cityofcape.org



Be sure to take
time for you!

Group fitness classes, personal
training, health seminars & more!
We have TONS of ways to help
YOU take care of YOUR health!

FIND MORE INFORMATION ON FITNESS & WELLNESS ONLINE AT:

www.cityofcape.org/fitness

18 • Play Cape!

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

GROUP FITNESS CHALLENGES

8 Weeks to a New You! Join us for this special class to focus on each one of your goals, from weight loss, strength gain, or just a healthier lifestyle! Meet weekly with a fitness specialist to stay on track and reach your goals faster and to help keep you motivated. This class includes a pre and post assessment, nutrition education, recipes, goal setting guidance and more. Stick with it and earn your warrior prize!

DATE	TIME	LOCATION
1/19/23	5:30 p.m. - 6:30 p.m.	Osage Centre
FEE		
\$50 Per Participant		

GROUP FITNESS

Group fitness classes are offered daily at the Osage Centre! Cardio drumming, zumba & Pilates are just a sampling of our fun classes. For a monthly calendar, visit www.cityofcape.org/fitnessclasses. Classes are just \$4 each, or coupon books are available for \$42 for a 12 class book, or \$72 for a 24 class book.



Seasonal Class! - Riverfront Yoga

Start your weekend off with yoga on 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). Classes are offered Saturday mornings from May through September. Check out the monthly fitness calendar for times!

Abs & Arms ✧

This 30 min express class is great for your lunch break or the busy bee who needs a great workout in a flash! In this workout, you'll focus on toning all parts of your arms and core. Each week is different to keep your muscles guessing.

Barre ✧

Transform your physique with this safe & effective trio of yoga, ballet and Pilates. Easy on the joints while developing long and lean muscles. Zero in on those spots for abs, arms, butt and legs. Segments of fat burning exercises are followed by super stretching to lengthen your frame.

Circuit

This class gives you an all in one! Never expect the same workout with a mixture of cardio, strength, endurance and more. Since each exercise is geared towards you, it's a great class for all levels.

Country Fuzion ✧

Country Fuzion is a fun mix of low impact aerobics and country line dancing! No experience needed for this fun twist of a workout. Get ready to move to your favorite songs!

Zumba / Zumba Gold ✧

This is a dance based fitness class inspired by traditional Latin-based music including salsa, samba and meringue. It has people of all ages falling in love with its infectious music, easy-to-follow dance moves and body beautifying benefits. Gold is lower impact & great for beginners! Dance Jam is a fun twist to dancing fitness with your favorite music.

INSANITY / Core De Force

INSANITY® is a revolutionary cardio-based total body conditioning program. This class will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, ab and core training moves. You don't have to be in extreme shape – multiple exercise versions are provided for different ability levels. Time to dig deep!

Low Impact Aerobics ✧

This class offers positive support, safe low-impact aerobics, music and fun. You will boost your mood, burn fat, build stronger bones, improve your stamina, as well as your heart and brain health.

Pilates ✧

This mind/body class is designed to focus on core strength and coordination while learning the correct breathing patterns and body alignment. Pilates creates great benefits from better posture to muscle toning.

POUND

This class transforms drumming into an energizing workout combining cardio, conditioning and strength training with yoga and Pilates inspired movements. Designed for all fitness levels. Let's ROCK OUT!

Strength Conditioning / Pump 40 ✧

This class focuses on strengthening the muscles. As we age, our muscles tend to get weaker and this class helps strengthen. All levels welcome. Kettlebells mixes cardio with strength to give an overall great workout!

BOSU Blast

BOSU Blast keeps your mind busy and your heart pumping. This class is great for beginners to advanced as you learn the moves throughout the time.

Yoga / Chair Yoga ✧

Various techniques will be used in this class with emphasis on flowing postures and breath awareness. Through basic yoga poses, participants will also work towards relaxation, mental clarity and tuning into their own bodies.

Cardio Drumming ✧

Cardio drumming uses drumsticks, fitness balls and buckets to get you moving to the beat while playing on the 'drums'. Your favorite songs turn into a whole new fitness experience! No experience necessary.

✧ = Great for beginners / low impact!

DURING INCLEMENT WEATHER
CALL OUR
RAINOUT LINE:
573.975.1024

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

Play Cape! • 19

WELLNESS FACILITY INFORMATION

OSAGE CENTRE HOURS

Monday-Thursday	5 a.m. - 8 p.m.
Friday	5 a.m. - 7 p.m.
Saturday	8 a.m. - 4 p.m.
Sunday	12 p.m. - 9 p.m.

SHAWNEE PARK CENTER HOURS

Monday-Friday	9 a.m. - 8 p.m.
Saturday	11 a.m. - 6 p.m.
Sunday	12 p.m. - 8 p.m.

JEFFERSON POOL

Construction is moving right along and is expected to be completed soon!

ADMISSION

Fitness Room	\$2 / Visit
Indoor Track	\$2 / Visit
Gym Walking	Free
Discount Card	\$16 / 10 Visits

ADMISSION

Fitness Room	\$2 / Visit
Gym Walking	Free
Discount Card	\$16 / 10 Visits

CENTRAL MUNICIPAL POOL

Renovations and upgrades to this facility will begin in 2023 with an expected completion date of 2024

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

SAVE THE DATE!

HEALTH & WELLNESS

Expo 2023

March 11, 2023
10:00 a.m. - 2:00 p.m.
Osage Centre



Join us for live demonstrations, vendors, tons of giveaways & so much more!

For information on being a vendor for this event, please contact Christine at cjaegers@cityofcape.org

www.cityofcape.org/healthexpo

MEET OUR PERSONAL TRAINERS!

INTERESTED IN WORKING WITH OUR PERSONAL TRAINING STAFF TO MEET YOUR INDIVIDUAL GOALS?
VISIT US AT CITYOFCAPE.ORG/PERSONALTRAINING FOR MORE DETAILS!



Chritinine Jaegers, BS,
Fitness & Wellness
Specialist, AFAA
Certified Personal Trainer



Shawn Taylor, MS, AFAA
Certified Personal Trainer



Scott Hubbard, MES, ACE
Certified Personal Trainer



Theresa Scott
Certified Personal Trainer



Nathan Tilmon
Certified Personal Trainer



Jason Krueger
Certified Personal Trainer



Cole Nabors
Certified Personal Trainer

COACH'S CORNER

featuring

S
P
R
I
N
G

C
O
O
K

What is your coaching background?

I started coaching because my kids were playing and the coach asked for help. My husband pushed me out of the chair and told me to go help. That was four years ago.

Why do you coach recreational sports?

I coach because I love watching players grow and develop their skills. Watching them fall in love with the sport and have fun is why I coach.

Any advice for new coaches?

Everyone has a different coaching style. Find what works for you and your team. Every team is different and every kid learns differently.

How important is winning in recreational sports?

Who doesn't like winning?! With that being said, it's about having fun, learning new skills, learning a competitive mindset, being a good teammate, and learning to lose with grace.

Any words of wisdom to share?

Even if you don't want to coach, get involved!! Volunteer to help the coach out on games. And remember, it's about the kids having fun!



MEN'S & COED SLOW PITCH SOFTBALL LEAGUE

Men's and coed softball leagues range from competitive division 1 to recreational division 4. Games are played Mon, Tues, & Thurs evenings. Men's leagues will receive a minimum on 21 games and coed leagues will receive a minimum of 14 games. All leagues are team sign up only.

There will be a manager's meeting on March 16th at 6:30 p.m. at the Shawnee Park Center. Register before 3/17/23 and save \$30 on Men's and \$20 on Coed registration fees! Registration cut off is 3/24/23 and the registration fee for a men's team is \$595 and coed is \$555

TEAM REGISTRATION ONLY

REGISTRATION CUT OFF DATE | 3/24/23

Season Start Date | 4/17/2023



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

410 Kiwanis Dr.
Cape Girardeau, MO 63701
jmeyer@cityofcape.org
573.339.6340



@capeparks

JEFFERSON POOL EASTER EGG DIVE

APRIL 1, 2023

Why hunt for eggs when you can DIVE for them?!

Our egg divers will search for eggs in the shallow end of Jefferson Pool. Children up to five years old will dive at 10 a.m. and children ages 6-10 will dive at 11 a.m. (maximum of 100 per age group). One parent can be in the water with their child. Eggs will be numbered and correspond with candy and prizes. We'll be having pizza, giving out some door prizes and the Easter Bunny will be available for photos! Paid divers will receive a coupon for a 50% off ticket for a future visit to Jefferson Pool.

Register Online: www.cityofcape.org/aquaticevents

**CITY of CAPE
GIRARDEAU**
PARKS & RECREATION DEPARTMENT
CENTRAL MUNICIPAL POOL

Jefferson Pool
520 Minnesota Ave.
Cape Girardeau, MO 63703
573.339.6612
rshanahan@cityofcape.org

@capeparks

FREE REFILLABLE TUMBLER

with season pass purchase between
December 1st-31st! (\$10 Value)

Save
10%

WHEN BUYING
DEC. 1 - MARCH 31!

2023 CAPE SPLASH SEASON PASSES!

Season Pass Rates	INFANT (12 months & Under)	CHILD (Ages 13 & Under)	ADULT (Ages 14-59)	SENIORS (Ages 60 & Up)
2023 Rate	Free	\$70.00	\$80.00	\$70.00
2023 Discounted Rate	Free	\$63.00	\$72.00	\$63.00

Passholder Benefits!

- Unlimited entries for passholders for the season (unless at capacity).
- Passholders are allowed in Cape Splash 15 minutes prior to opening each day to get lounge chairs!
- Passholders get 10% off gazebo rental/birthday party packages.
- Adult passholders get into the **Adult Beach Bash** events for free, and child passholders get into the kid's **Luuu Party** for free!
- Season passholders will also receive **concession deals** throughout the summer!

Season passes must be purchased at the Osage Centre or A. C. Brase Arena prior to Cape Splash entry. For more information, call the Osage Centre at 573.339.6342.



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

1565 N. Kingshighway
Cape Girardeau MO 63701
573.339.6342
capesplash@cityofcape.org



@capesplash

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

Play Cape! • 23

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



AQUATICS

AQUATIC UPDATES

Please bear with us as we are wrapping up the current project undertaking at Jefferson Pool as well as we transition over to the overhaul and renovation of Central Municipal Pool!

AQUATIC FITNESS

River Walking

18 & up

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 bloodflow and warms your muscles and joints. Open to adults 18 and over! Season passes must be purchased in advance at the A.C. Brase Arena or at the Osage Centre. No make-up dates will be offered.

DAY	DATE	TIME
Mornings M T W Th	5/29/23 - 8/18/23	9:15 a.m. - 10:45 a.m.
Evenings: Mon & Wed	5/31/23 - 8/16/23	6:30 p.m. - 7:45 p.m.

FEE	LOCATION
\$50 for a Season Pass or \$4 for a drop-in visit.	Cape Splash

Preschool Playtime

4 & under

Parents with little ones, come enjoy the spray pad without the crowds! Preschool Playtime is for kids 4 & under. The play structure will also be open on Fridays during the August sessions. Adults are FREE! Season Passes must be purchased in advance at the A. C. Brase Arena or at the Osage Centre. No make-up dates will be offered.

DAY	DATE	TIME
M T W Th	5/29/23 - 8/18/23	9:15 a.m. - 10:45 a.m.
Mon & Wed	5/31/23 - 8/16/23	6:30 p.m. - 7:45 p.m.
Fridays (In August)		9:15 a.m. - 10:45 a.m.

FEE	LOCATION
\$30 /per child for a Season Pass or \$4/per child for a drop-in visit.	Cape Splash

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



Don't forget to get your 2023
Cape Splash Season Pass By
March 31st and **SAVE 10%!!**

FIND MORE INFO ONLINE & REGISTER
WWW.CITYOFCAPE.ORG/PARKS

Play Cape! • 25

CENTRAL MUNICIPAL POOL

1920 Whitener St. | CURRENTLY CLOSED FOR RENOVATIONS

JEFFERSON POOL

520 Minnesota Ave. | CURRENTLY UNDER CONSTRUCTION



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

LIFEGUARDS NEEDED!!

Are you looking for a job?!

We're getting closer to completion so we will be hiring certified lifeguards for the NEW Jefferson Pool and our other facilities!

Lifeguard certification classes will be held at Fitness Plus located in Saint Francis Medical Center. The cost is \$50/per person for the American Red Cross fee. The typical course schedule will be held during the layout listed below.

For certification requirements & more information, visit

www.cityofcape.org/lifeguard

- JAN 6TH-8TH
- FEB 3RD-5TH
- MARCH 3RD-5TH

UPCOMING COURSE DATES

- MARCH 31ST-APR 2ND
- MAY 5TH-7TH
- MAY 12TH-14TH

TO BE ELIGIBLE TO TAKE THE COURSE YOU SHOULD BE ABLE TO DO THE FOLLOWING:

- 100 YARD CONTINUOUS SWIM
- TIMED BRICK DIVE
- TREAD WATER FOR 2 MINUTES

CLASSES ARE LIMITED TO 10 PARTICIPANTS
SO BE SURE TO RESERVE YOUR SPOT
TODAY!

CONTACT RSHANAHAN@CITYOFCAPE.ORG
OR FOR MORE INFORMATION OR CALL
573.339.6612

CLASS SCHEDULE WILL TYPICALLY RUN FRIDAY NIGHT
4:00P.M.- 8:00P.M. AND THE FOLLOWING TWO DAYS,



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!

HOURS & PRICING

Opening Day

May 27, 2023!

Facility Hours

Monday - Saturday

11:00 a.m. - 6:00 p.m.

Sunday

12:00 p.m. - 6:00 p.m.

Daily Admission

12 Months & Under

Free

Ages 1 - 13

\$9

Ages 14 - 59

\$10

Seniors 60 & Up

\$9

2023 Season Pass Rates

12 Months & Under

Free

Ages 1 - 13

\$70/Person

Ages 14 - 59

\$80/Person

Seniors 60 & Up

\$70/Person

RENTALS

After Hours Parties

Reserve your after-hours party today! After-hours parties are 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 today 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 or more, a 20% off group discount is available. Groups must contact Cape Splash 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
PASSHOLDER
BENEFITS!

PARK ENTRY 15 MINUTES EARLY
ENTRY TO ADULT BEACH BASHES
ENTRY TO KID'S LUAU PARTY
CONCESSION DEALS!

AQUATICS



JAYCEE MUNICIPAL GOLF COURSE

TOURNAMENTS

30th Annual Southern Open 4-Person Scramble

This tournament is open to men and women of all ages! This is a \$500 first place cash payout tournament! Other cash prizes determined by number of teams. Cart is included with entry fee. For more info contact us at jayceegolf@cityofcape.org. Register online at www.cityofcape.org/golf.



DAY	DATE	TIME
Saturday	4/22/23	1:00 p.m. shotgun start
FEE	LOCATION	REG. DEADLINE
\$300 / Team	Jaycee Golf Course	4/20/23

10th Annual Nightfall Glowball Tournament

This Parks & Recreation Foundation tournament will make you feel like a kid again! Participants will play 9 holes during the day and then finish the last 9 holes in the dark by glow light. Academy Sports+Outdoors provides this event with tournament prizes. Don't forget about the BBQ Supper! Cart is included with entry fee. For more info contact us at jayceegolf@cityofcape.org. Register online at www.cityofcape.org/golf.



DAY	DATE	TIME
Saturday	5/20/23	4:00 p.m. shotgun start
FEE	LOCATION	REG. DEADLINE
\$300 / Team	Jaycee Golf Course	8/9/23

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. For more information, contact us at or jayceegolf@cityofcape.org. Register online at www.cityofcape.org/golf.



DAY	DATE	TIME
Saturday	8/26/23	8:00 a.m. shotgun start
FEE	LOCATION	REG. DEADLINE
\$120 / Team	Jaycee Golf Course	08/24/23

18th Annual Senior 2-Person Scramble

This tournament is open to individuals age 50 and over. 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. For more info contact us at jayceegolf@cityofcape.org. Register online at www.cityofcape.org/golf.



DAY	DATE	TIME
Thursday	9/14/23	8:00 a.m. shotgun start
FEE	LOCATION	REG. DEADLINE
\$160 / Team	Jaycee Golf Course	9/10/23

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.



DAY	DATE	TIME	ENROLLMENT
Wednesdays	5/24-6/28/23	5:30-6:30pm 6:30-7:30pm	Min: 8 / Max: 24
FEE	LOCATION	REG. DEADLINE	
\$63 Per Child	Jaycee Golf Course	5/21/23	

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



28 • Play Cape!

GREAT DEALS!

Happy Hour Golf

Save on greens fees and cart rental during Happy Hour Golf! This deal is only available Mondays through Thursdays from 1:00 p.m. - 3:30 p.m.

18 holes + cart: \$29

9 holes + cart: \$24

Offer good from April 1 - September 30, 2023

Unlimited Twilight

Get a discounted rate when you play at twilight!

Weekdays after 5:00 p.m.: \$27

Weekends after 5:30 p.m.: \$29

Offer good from April 1 - September 30, 2023

Two For Tuesdays

Twosomes can play for \$50 on Tuesdays before 2:00 p.m.

Offer good from April 1 - September 30, 2023

Family Fridays

Get an entire tee time for \$50 on Fridays after 5:00 p.m.

Offer good from May 1 - August 31, 2023



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

 **teesnap**

www.cityofcape.org/golf

PLAN YOUR VISIT • BOOK TEE TIMES



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 seven days a week (weather permitting)!

November 15 - 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 a.m. - 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	\$21	\$27
Weekday 18 holes	\$30	\$36
Weekend 9 holes	\$21	\$30
Weekend 18 holes	\$30	\$39

GOLF CART / CLUB RENTAL

9 holes per rider	\$9	Pull Cart	\$5
18 holes per rider	\$18	Rental Clubs	\$10
Private Cart	\$10		

2023 GREENS FEES MEMBERSHIP

Monthly + Cart (by calendar month)	\$250
Individual	\$630
Family (2 person)	\$850
Senior single (60+)	\$405
Senior family (60+ one spouse over 60)	\$630
Junior Individual	\$250

ANNUAL CART PASS

Annual Pass	\$630
2-Person family	\$900

For facility information during wet or inclement weather, call our rainout/weather hotline at
573.975.1024



CAPE GIRARDEAU SPORTSPLEX



Tournament/Event Calendar Winter 2022/2023

December 3-4	Premier Hoops Cape Winter Shootout Basketball Tournament	February 11-12	Level 12 Sports Cape Girardeau Classic Volleyball Tournament
December 10-11	Reebok Holiday Super Jam Basketball Tournament	February 18-20	NSSC Presidents Day Volleyball Tournament
December 17-18	Nssc/JeffCo Volleyball Tournament	February 25-26	NSSC Sports SportsPlex Blast Volleyball Tournament
January 7-8	NSSC SportsPlex Blast Volleyball Tournament	March 4	NSSC SportsPlex Blast Volleyball Tournament
January 14-6	NSSC MLK Extravaganza Volleyball Tournament	March 5	Athlete's Plus Cheerleading Competition
January 21-22	Reebok Series Basketball Cape Girardeau Winter Slam	March 11-12	Reebok Cape Girardeau Madness Super Showcase Basketball
January 28-29	NSSC SportsPlex Blast Volleyball Tournament	March 18-19	Stratman Sports Volleyball Tournament
February 4-5	Reebok Series Basketball Cape Valentine's Day Classice	March 25-26	NSSC SportsPlex Blast Volleyball Tournament

FUNDAMENTALS



Redhawks

Be sure to keep an eye out on our website & Facebook pages for info on **Fundamentals of Volleyball** with the Redhawks on **Sunday, March 5th!**



FUNDAMENTALS OF SOFTBALL WITH THE REDHAWKS
SATURDAY, JANUARY 21ST
SPORTSPLEX
AGES 7 – 12 | 3PM-5PM
\$30 PER PARTICIPANT | FEE INCLUDES TSHIRT



FUNDAMENTALS OF SOCCER WITH THE REDHAWKS
SATURDAY, FEBRUARY 18TH
SPORTSPLEX
4-10 YEAR OLDS | 4:30PM – 6:30PM
\$30 PER PARTICIPANT | FEE INCLUDES TSHIRT

30 • Play Cape!

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

LEAGUES & PROGRAMS

Indoor Winter/Spring Adult Soccer

18 & Over

Compete in the adult soccer league at the SportsPlex! Men's and coed division will be offered, team sign up required. For more information, contact Heather at hdavis@cityofcape.org. Register online at www.cityofcape.org/soccer

DAY	DATE	ENROLLMENT
Sundays	2/19/23-4/2/23	Team Sign Ups Only
FEE	LOCATION	REG. DEADLINE
\$300 Team if registered by 2/5/23 \$325/team from 2/6-2/8	SportsPlex	2/8/23

Spring Indoor NFL Flag Football

Grades 1st-4th

The indoor flag football league plays on the turf fields at the Cape Girardeau Sportsplex! Participants will receive game flags and a replica NFL Jersey. Games are played on Thursday & Friday nights. A \$2 spectator fee will be charged for ages 13+ attending games. For more information contact Josh Ebbesmeyer at jebbesmeyer@cityofcape.org. Register online at www.cityofcape.org/football.

DAY	DATES	TIME
Thurs & Fri	3/30/23-5/19/23	Evenings, Schedule TBD
FEE	LOCATION	REG. DEADLINE
\$60 if registered by 2/26 \$70/participant from 2/27-3/1/23	SportsPlex	3/1/23

Boys & Girls Summer Basketball

Teams 7th -12th grades

The summer basketball leagues are designed for teams in the 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 JH boys division plays on Wednesday nights. Team entry only! A \$2 spectator fee will be charged for ages 13+ attending games. For more information contact Josh Ebbesmeyer at jebbesmeyer@cityofcape.org. Register online at www.cityofcape.org/basketball.



DAY	DATES	TIME
Tues, Wed, Thurs	Start: 5/30/23	Evenings, Schedule TBD
FEE	LOCATION	REG. DEADLINE
\$300/team if registered by 5/7/23 \$325/team from 5/8-5/10	SportsPlex	5/10/23

Junior High Summer Volleyball League

Teams 6th -8th grades

The summer junior high volleyball leagues are 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. Online registration only at www.cityofcape.org/volleyball.

DAY	DATES	TIME
Mondays	Start: 6/5/23	Evenings, Schedule TBD
FEE	LOCATION	REG. DEADLINE
\$225/team if registered by 5/14/23 \$250/team from 5/15-5/17	SportsPlex	5/17/23

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

CAPE GIRARDEAU



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 Plex features six wood basketball courts that convert to 12 volleyball courts, two indoor turf fields, batting cages, meeting rooms, and a full service concession stand.

HOURS

Winter Hours (Until 5/21/23)

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.

Summer Hours (Starting 5/22/23)

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

Daily Admission	\$4
Discount Card (10 Visits)	\$30

RENTAL FEES

Full Court Rental	\$50/Hour
Half Court Rental	\$35/Hour
Full Turf Field	\$90/Hour
Half Turf Field	\$60/Hour
Batting Cage	\$25/Hour
Pitching Machines	\$15/Hour

Prices above are based off an hour rental. Call for additional rates. Call for tournament rental pricing and multi-use discounts.

COMMUNITY CENTERS

The Parks & Recreation Department has three community centers: The A. C. Brase Arena, Osage Centre and Shawnee Park Center. 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. Adjacent to the A. C. Brase Arena is the 4-H Exhibit Hall. This smaller rental facility is perfect for family get togethers and smaller parties. Both facilities must be rented for use. The Osage Centre is a community center with two full basketball courts / four volleyball courts, a fitness room and five meeting rooms. The facility is open daily for gym and fitness center usage or can be rented for special functions. 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.



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.

The A. C. Brase Arena is available to rent only. Please call for details.

COST

Full Court	\$25/hour
Volleyball	\$25/hour
Plus \$2 admission per participant.	

AMENITIES

1 basketball court/2 volleyball courts
Full-service kitchen
Stage
Bleacher seating

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
Discount Card	\$16/10 visits
Gym Walking	Free

AMENITIES

2 basketball courts/4 volleyball courts
7 meeting rooms/5 if not divided
1 fitness center

SHAWNEE PARK CENTER

835 S. West End Blvd.
Phone: 573.339.6346
Email: 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
Discount Card	\$16/10 visits
Gym Walking	Free

AMENITIES

1 basketball court/2 volleyball courts
2 meeting rooms
1 fitness center
Full-service kitchen

& SPORTS COMPLEXES

The Parks & Recreation Department operates three outdoor sports complexes: the Shawnee Park Sports Complex, Arena Park Sports Complex & Capaha Field in Capaha Park. Field space at the Shawnee Park Sports Complex and Capaha Field must be rented. Space at the Arena Park Sports Complex must be rented for tournaments and events, otherwise space is first come first served. For rental inquiries, please contact the sports complexes facility supervisor at 573.339.6340.



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
- ▶ Four 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, the Home Run Deck and Plaza Concourse. This field is home to:

- ▶ Southeast Missouri State University Redhawks
- ▶ Cape Catfish
- ▶ Capahas Baseball
- ▶ American Legion

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.

- ▶ Two Baseball Fields
- ▶ Six Softball Fields
- ▶ 14 Soccer Fields
- ▶ Two Football Fields

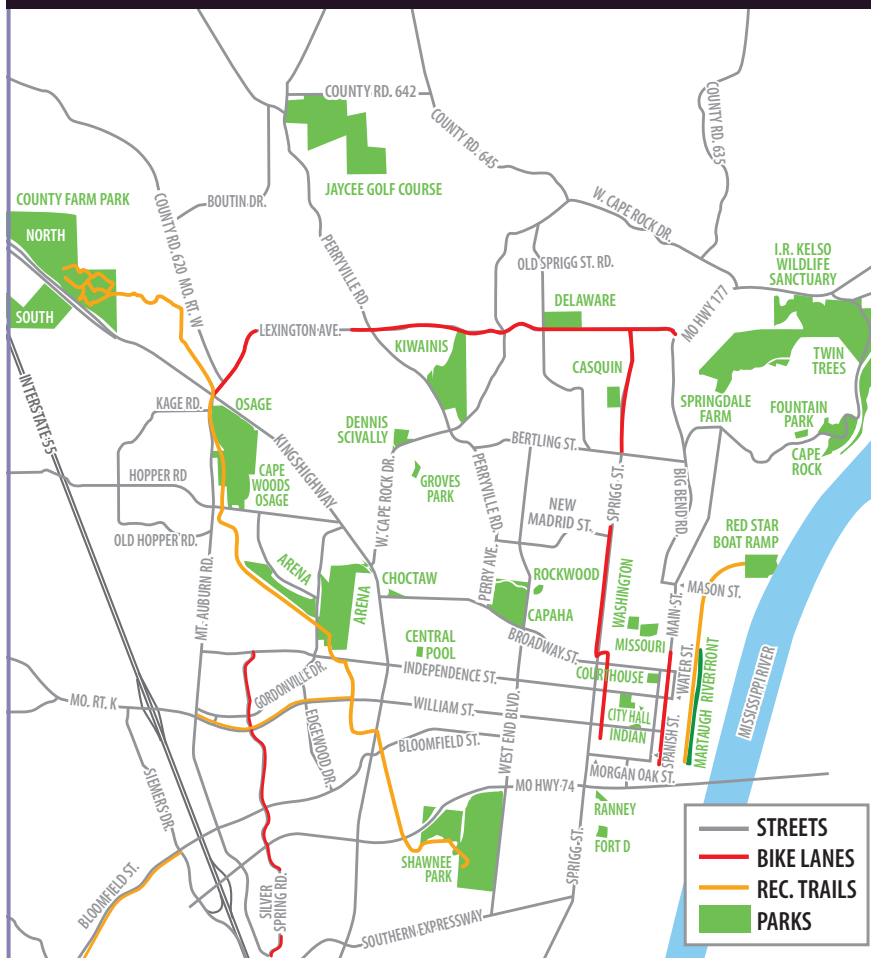




PARKS, TRAILS & HISTORIC SITES

The City of Cape Girardeau Parks and Recreation Department oversees 25 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 (Cape Rock Park), heritage sites such as Fort D (a Civil War fortification) and the Cape La Croix Trail which winds it's way from north to south along Cape La Croix Creek and through three 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. Remember to **PLAY CAPE!!**

RECREATIONAL TRAILS



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 Pond28 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. Report a problem: call 573.339.6340.



CITY PARKS

For more information on all the parks in Cape Girardeau, see below or visit our website at www.cityofcape.org/parks.

- 1. ARENA PARK (Kiwanis Drive and Kingshighway)** A 90 acre community park which contains the A.C. Brase Arena, 10 shelters, 60 picnic tables, 16 softball/baseball fields, four tennis courts, three restroom facilities, two sand volleyball courts, one basketball court and a skateboard park.
- 2. CAPAHA PARK (Broadway and West End Blvd.)** The oldest park in Cape Girardeau's system, the park is near Southeast Missouri State University and comprises 39.3 acres. It contains two baseball fields, one basketball court, three play structures, two restroom facilities, three shelters, one bandshell, the Rose Garden and a 3.5 acre fishing pond. One of the baseball fields is home to the Southeast Missouri State University Redhawks and the Capahas, a semi-professional baseball team.
- 3. CAPE ROCK PARK (North Cape Rock Drive)** In the northeast part of the city, the 21.3 acre park 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)** This is a 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 and Kingsway Drive)** Contains 1.4 acres and consists of one shelter and one play area. The park is along the Cape LaCroix Creek flood control project area.
- 6. IVERS SQUARE GAZEBO (44 N Lorimer Street)** This historic parcel is located downtown Cape Girardeau. This area contains a small grass area and gazebo pavilion and is rentable space.
- 7. DELAWARE PARK (Sprigg Street and Lexington Ave.)** An 18 acre undeveloped park.
- 8. DENNIS SCIVALLY (West Cape Rock Drive and Scivally Drive)** This is a small neighborhood park with one shelter and one 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. This park also contains a 1-mile trail that winds through the wooded area west of Cape Rock Drive.
- 10. FORT D (Fort street and Locust street)** A Civil War Historic Site and the only remaining earthworks of the four originally built in Cape Girardeau. The site was designed by John Wesley Powell and the earthworks were constructed in 1861.
- 11. GROVES PARK (Jean Ann Drive)** A 1.8-acre park consisting of one mini-shelter and one playground area.
- 12. INDIAN PARK (William Street and Lorimer Street)** This 1.9 acre park contains one mini-shelter, two basketball courts and one play structure. Several summer basketball tournaments are held at this park.
- 13. JAYCEE MUNICIPAL GOLF COURSE** This course features 18-holes of Zoysia fairways and Bent Grass greens. Featuring 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 now open year round, from dawn to dusk.
- 14. KIWANIS PARK (Rotary Drive off of Perryville Road and Lexington Avenue)** The park is 55.8 acres and features three shelters, one pick-up baseball field, one small pond, one play structure and one restroom facility. Home of Dogtown Dog Park.

- 15. MAY GREENE GARDEN (Fountain and Themis Street)** This lovely park consists of a variety of flowers and plants. Wooden benches in the park allow for a leisurely rest in downtown Cape Girardeau.
- 16. MISSOURI PARK (Fountain Street and Park Drive)** The 6.3-acre park contains a half-basketball court, green space and a skateboard park.
- 17. MURTAUGH PARK (William and Main Street)** A small green space (0.2 acres) located on a median across from the Old St. Vincent's Cathedral in historic downtown Cape Girardeau.
- 18. OSAGE PARK (1625 North Kingshighway)** Covers 52 acres and is the site for the Osage Centre and Cape Splash Family Aquatic Center. The Center is a multi-purpose building designed for conventions, meetings, special events and sports activities.
- 19. RANNEY PARK (Ranney Street and William Street)** One shelter and six picnic tables are located on this 1.2 acre neighborhood park. The new Mississippi Bridge route passes just north of this park.
- 20. RED HOUSE INTERPRETIVE CENTER (South Main Street at the intersection of Main and William)** Historic Representation of Cape's Founder, Louis Lorimer and his trading post. Tours and events offered May – September.
- 21. RIVERFRONT PARK (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.
- 22. ROCKWOOD PARK (Rockwood Drive)** 1.9-acre natural area that consists of outcroppings of limestone.
- 23. SHAWNEE PARK SPORTS COMPLEX AND CENTER (State Highway 74 and West End Boulevard)** This 131.2 acre park serves as the location of the Shawnee Park Sports Complex as well as the Shawnee Park Center.
- 24. TWIN TREES PARK (North Cape Rock Drive along the Mississippi River)** Located on the northern boundaries of the city, the park contains 61.8 acres. The hiking trail at the park 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.
- 25. WASHINGTON PARK (Washington Lane and Middle Street)** - A 3.3-acre neighborhood park containing one shelter and one play structure.



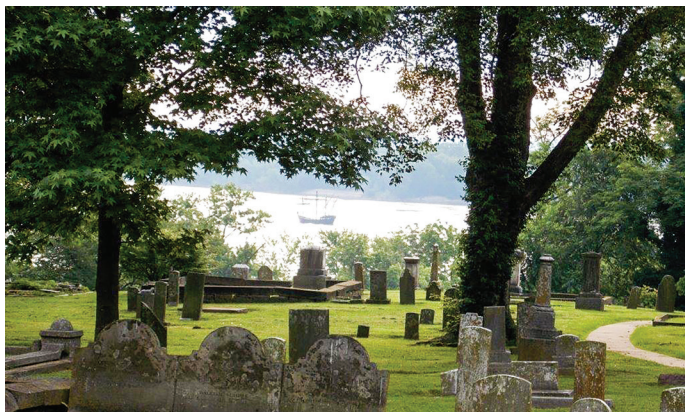
For more information call 573-339-6340 or visit www.cityofcape.org/parks

Play Cape! • 35

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.



Old Lorimier Cemetery

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 Dr., Cape Girardeau, MO 63701.

The City of Cape Girardeau Operates Three Cemeteries:

- 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.
- 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.

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
DENNIS SCIVALLY SHELTER - 2428 Cape Rock Drive	M	●	●	●	●	\$25.00
INDIAN PARK SHELTER - William & Lorimier	M	●	●	●	●	\$25.00
IVERS SQUARE GAZEBO - 44 Lorimier St.	L	●	●	●	●	\$55.00
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

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 (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.

Adopt a Park

The City of Cape Girardeau Parks and Recreation Department and our Keep Cape Beautiful Committee are 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 per year. We will provide the equipment needed and your name will appear on a sign posted within the park or on the trail. This makes for a great scouting project, a business team building opportunity or may fit the bill for your civic club goals. Please contact us today if you are interested or if you have additional questions.

Commemorative Tree Program

Here's 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, as well as the tree's common name. Trees are planted from October 1- April 30.

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



CAPAHA PARK Splashin' PAD

“THERE WAS MORE LITTER NEAR WATERWAYS THAN ON ROADWAYS”
- Keep America Beautiful, Litter Study Summary Report, 2021

Let's Keep
Cape La Croix Creek
Clean!



Scan the Code — Make a Drop of Difference



CityofCape.org / MS4
“Keeping our Creeks Clean.”

CAPE GIRARDEAU HISTORIC SITES

UPCOMING EVENTS

Join us for American
Battlefields Park Day
Sat. 4/15/23
9am-3pm

RED HOUSE INTERPRETIVE CENTER

Main Street, Cape Girardeau

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 Fridays and Saturdays from 1:00 p.m. - 4:00 p.m. General admission is free. To schedule a group tour contact the Cape Girardeau Parks & Recreation Department at **573.339.6340**

FORT D HISTORIC SITE

*920 Fort Street, off of Sprigg St.,
Cape Girardeau*

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 earthen 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, Cape Girardeau

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. Set up a special tour appointment at

573.334.0405



PROJECTS & NEWS

CAPAHA PARK MASTER PLAN UPDATE

The Parks Division staff continues to work on the updates throughout Capaha Park. The continued hard work by staff has completed the renovations to the Dan Cotner Amphitheatre Bandshell, has erected a new shelter on top of "Cherry Hill" to replace the old shelter and are now working on installing a new playground on "Cherry Hill" to replace the old playground. A permanent restroom has also been installed to accommodate the usage of these facilities.

Zoellner Construction continues to make good progress on the Capaha Pond Renovations. The pond bowl is complete, fishing habitat has been installed and crews are now installing the boardwalk and fishing pier areas along the bank. Soon Fronabarger Concreters will be installing the sidewalk areas and KT Power will be installing electric and lights around the perimeter of the pond. Progress is going well, there is still a lot to do. We thank the citizens of Cape Girardeau for their patience.

WIFI IN CITY PARKS!

Thanks to the partnership of the City of Cape and the Cape Girardeau Public Library in obtaining a grant to install WIFI in city parks to benefit our citizens and visitors to the Cape Girardeau area!

WIFI LOCATIONS:

Capaha Park:

Amphitheatre, Broadway restroom area.

Arena Park: Restroom near Rodney St.,

Restroom near fields #2 & #3

Restroom near shelters #4 & #5.

Indian Park: Restroom Area

Washington Park: Shelter

Ranney Park

Kiwanis Park: Restroom near Shelter #1

Shawnee Park Soccer Field:

Concession & restroom area near Field #3.



CAPAHA PARK PROGRESS



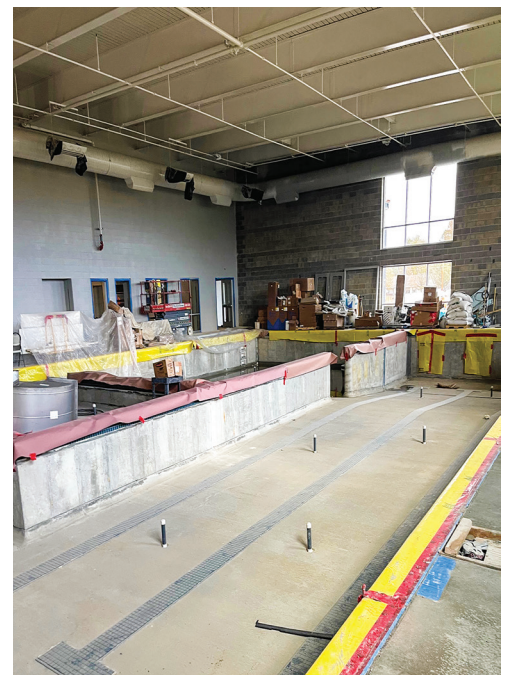
For more information call 573-339-6340 or visit www.cityofcape.org/parks



PROJECTS & NEWS

ARCHITECTURAL RENDERING OF THE JEFFERSON POOL AND COMMUNITY CENTER CURRENTLY UNDER CONSTRUCTION. PROJECT COMPLETION EXPECTED EARLY 2023

The Parks and Recreation Department in partnership with Cape Girardeau Public Schools is proud to provide a sneak peak of what the future holds in this wonderful new addition to Jefferson School and to the community. This facility will be open year round and will have an indoor leisure pool complete with zero depth entry including a play feature, three lanes for lap swimming or fitness classes, and a slide that goes outside the facility and returns into the facility in a long run out lane. It also will have an area to host Birthday Parties and adjoins Jefferson's newly renovated gymnasium.





CAPE GIRARDEAU
PARKS & RECREATION
FOUNDATION

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

Please check out our annual calendar of events to see if there is 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 kids and parents enjoy kicking off the holiday season, or how about the Nightfall Glowball Golf Tournament at the Jaycee Golf Course? We have many great programs and events that you can be a part of. Just call 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!

Your donations and support can be tax deductible. Please contact us about this opportunity and the many worthwhile projects and programs available.

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

FRIENDS OF THE FOUNDATION PROGRAM

The Friends of the Parks & Recreation Foundation Membership Program gives citizens and businesses a chance to get involved with their community.

The Parks and Recreation Foundation offers an individual/family option as well as a corporate option.

1 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 complimentary discount card to local businesses. Family memberships receive two cards.

Subscription to the Foundation's quarterly newsletter.

2 Corporate \$250

Business exposure at Parks & Recreation Foundation events.

"Foundation Sponsor of the Week" promotion on facility marquees.

Exposure in the Foundation newsletter and PLAY CAPE! program guide.

Ten (10) complimentary discount cards to local businesses.

Play Cape! • 41

Grand Slam Sponsors

Spaghetti Day

Thank You



Home Run Club



John Sinclair Nissan



SOUTHEAST MISSOURIAN



PEPSI MIDAMERICA



KOEHLER
ENGINEERING & LAND SURVEYING, INC.



CAPE ELECTRICAL SUPPLY

Cape County
Public Administrator
Lisa Reitzel



CUBA
FINANCIAL GROUP



Alliance Bank
"Your best friend in banking."



42 • Play Cape!

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

Triple Club

Advanced Dermatology
of Southeast Missouri
Ameren Missouri
American Family Insurance -
Laurel Adkisson
Associated Sheet Metal Inc.
Beussink, Hey & Roe, PC
Blattner Steel Company
Buchheit Logistics
Canedy Sign & Graphics
Cape Girardeau Honda
Cape Janitor Supply
Cape Noon Optimist Club

Columbia Construction
Commerce Bank
Dr. Dean & Mrs. Lorrie Edwards
Dutch Enterprises
Eye Care Specialist, LLC
- Dr. Shawn Parker
First Missouri State Bank
Ford & Sons Funeral Home

Jim Grebing, In Memory of Debra
Grebing
Hudson Chiropractic
Inter-Rail Systems, Inc.
Kohlfeld Distributing
Leet EyeCare
Lewis Bakery
Lonnie Lusk, CPA & Debbie Lusk
Merry Maids

Penzel Construction Company, Inc.
Prairie Farms
Red Letter Communications, Inc.
River City Flags
Schnucks
Scott, Penny, Julia & Nick Williams
Silver Springs Surgery Center, LLC
Stanley, Dirnberger, Hopper
and Associates, LLC
Stork Landscaping

Double Club

3 Eagles Distributing
Advanced Turf
Aloha Pool & Spa
Athena Properties
Banterra Bank
Bennett Family Dentistry
Bowen Engineering
Cantrell Enterprises, LLC
Cape County Clerk- Kara Clark Summers
Cape Girardeau Evening Optimist Club
Coad Chevrolet
Coad Toyota
Codefi
Cory & Janna Crosnoe
Craig & Mary Billmeyer
Crosnoe Gold & Silver
DSW Signs
Dutch Guttering

Edward Jones - Stan Irwin
Edward Jones - Mike Domian
First Midwest Bank
First State Community Bank
Fox Family Dental
H & R Alarms, Inc.
Innovative Orthodontics
Jewel Law Firm
Johnson, Schneider & Ferrell, LLC
Layton & Southard
Kaldi's Coffee
Marathon Benefits Group
MB Medical Reimbursement
MedStop One
Michael & Kristi Gardner
MidAmerica Hotels
MRV Banks
Offices Unlimited
Osburn, Hine, & Yates, LLC

PDQ Quality Printing
Rhodes Convenience Stores
Rice, Spaeth, Summers & Heisserer
River City Rodders
Ruopp Family Dentistry
Ruopp Chiropractic
Screen Arts, Inc.
Seabaugh Motors
SERVPRO
Skyview Animal Clinic
Southern Bank
Statler Law Firm
Sterling Bank
Strickland Engineering
Sydenstricker Nobbe Partners
The Bank of Missouri
The Limbaugh Firm
United Land Title
Wood & Huston Bank

Base Hit Club

A Small World Pre-School, Inc.
Ahrens Appraisal Service Inc.
Area Properties Real Estate - Casie Janet-Mills
Bertrand Law Firm, LLC
Cape County Auditor - Pete Frazier
Cape County Commissioner - Charlie Herbst
Cape County Treasurer - Roger Hudson
Cape Winair
Cheekwood Studio
Crain Funeral Home
Davis Glass Company Inc.
Dr. Beverly Evans
Guardian Land Title, LLC
Hutson's Big Sandy Superstore
Johnstone Supply
McCombs Funeral Home
McDonald Concrete
Outback Steak House
Panera Bread
Phillip B. Smith Architect, LLC
Schnucks
Sign Master
State Farm Insurance Company - Bo Shantz
Thompson Schoch Financial Advisors



for your continued support of the



CAPE GIRARDEAU
PARKS & RECREATION
FOUNDATION

We look forward to seeing
what we will do together in
2023!

Play Cape! • 43



Board Member Spotlight | Mark Stone

Mark Stone is an active member of our Cape Girardeau community. Mark not only serves on the Cape Parks and Recreation advisory board but is also a joint member of the Cape Parks and Recreation Foundation board. Mark recently served on the selection committee for the new city pool. Mark is a 2022 leadership Cape graduate and he also volunteers his time each week with the Reading To Succeed program at Jefferson elementary school. He also coached his son's basketball team in the Cape Parks and Recreation league.

Mark works as the Director of Market Development for the United Way of SEMO. Mark is married to his wife, Amanda, and they have two sons. Jacob is 5, and Matthew is 8. Both sons attend St. Mary Cathedral School in Cape. The family are active members of St. Mary Cathedral Church. Mark also serves in the Air Force Reserve out of Whiteman AFB, MO.

"Cape Girardeau is very fortunate and blessed to have such a wonderful Parks and Recreation system for our size community. I believe that it is one of the very best. Our indoor sports complex, Cape Splash, the Shawnee Park complex, the Osage Center, and Capaha Park are some of the jewels of the parks system. In addition, we have an amazing Cape Parks and Rec staff that put on top-notch tournaments, year-round events/activities, and outstanding youth leagues for the community. The Cape Girardeau Parks and Recreation Stormwater tax passage provided the funding and ongoing commitment that makes Cape Girardeau an outstanding place to live, work and play."

Thank you for all that you do for our community Mark, you are truly valued!

PARKS AND RECREATION ADVISORY BOARD

(2nd Monday of each month at
Osage Centre)
Kevin Noel - Chairman
Pete Frazier - Vice Chairman
Dr. Beverly Evans - Secretary
Nate Thomas - Council Liaison
Darrin Bruenderman
David Cantrell
Anne Dohogne
Pete Frazier
Lewis Jackson Hill
Percy Huston
Mark Stone
Tamara Zellers-Buck

PARKS AND RECREATION FOUNDATION BOARD

(Meets Quarterly)
Bari Neff - President
Mark Lanzotti - Vice President
Danny Essner - Treasurer
Kevin Noel - Secretary
Tameka Randle - Council Liaison
Ann Dohogne - Parks & Rec Advisory
Board Liason
Bob Basler
Scott Blank
Stacey Cantrell

PARKS AND RECREATION FOUNDATION BOARD (cont.)

Tyler Cuba
Michael Gardner
Percy Huston
Brad LaBruyere
Aaron Pantan
Pete Poe

GOLF COURSE ADVISORY BOARD

(4th Thursday of every other
month at Osage Centre)
Cindy Gannon - Chairperson
Brad Wittenborn - Vice Chairman
Janet Esicar - Secretary
Eric Craiglow
Claire Kneer
Josh Parham
Dale Pingel
Gary Wren

TREE BOARD

(Meets every other month)
Jennifer Behnken - Chairperson
Dr. Sven Svenson - Vice Chairman
Dr. Beverly Evans

TREE BOARD (cont.)

Robert Harris
Laura Klipfel

KEEP CAPE BEAUTIFUL COMMITTEE

(Meets last Tuesday of every month at
Osage Centre)
Becky Mocherman - Chairperson
Shannon Truxel - Council Liaison
Christine Dickman
Meghan Harville
Doug Gannon
Missy LaPlant
Laura Ritter
Bonnie Svenson

RED HOUSE COMMITTEE

(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

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

FEATURED SPONSOR



Describe to us your business, location and service:

Cheekwood Studio is a locally owned, full service photography business, now in its 46th year of operation, located at 2336 Kingsway Drive in Cape. The studio was opened in 1977 by Bill and Cathy Cheek as a wedding and senior portrait business. Over the decades, the studio has expanded to a great Cheekwood Team of Sixteen, specializing in Family, School and Sports Photography throughout Southeast Missouri and Southern Illinois. At Cheekwood, we love capturing memories to last a lifetime.

Why do you feel it is important to give back to the community? We feel it's a privilege being in the photography business in our hometown. We are proud of our 3 generation Cape Girardeau heritage. We understand the importance of community as our kids and our Cheekwood Team's kids have benefited greatly from the investments our city has made in them. From attending our great local schools and churches, and playing in our beautiful city parks and incredible sports complexes throughout the city, we see the strong bonds of faith, family and character being developed in the children of our community. This happens as we give back and pay it forward to our next generation of young leaders being developed in the families we work with each day. At Cheekwood we believe in the Biblical principle known as the golden rule, to treat others as we want to be treated. We know this simple truth applied will build a stronger and safer community in which to live.

Why do you feel Cape Parks & Recreation has been a good use for your sponsorship dollar? We are honored to partner with Cape Parks and Rec as they are very well organized with great staff and incredible sports facilities. We know our sponsorship dollars are going to be spent wisely by CP&R to maximize sports opportunities for kids of all ages to participate, develop their skills, build relationships with other athletes, and most of all, have fun playing ball in an organized, safe environment throughout the city's many great sports facilities. We love seeing families and their kids enjoying the many different sports programs offered by CP&R throughout the city, all year round. With our great indoor facilities now available, weather isn't a factor prohibiting a kid from playing. With such a diversified and well rounded sports menu of offerings for every boy and girl to participate in year round, we are proud to sponsor Cape Parks and Recreation Sports Leagues and Teams. We want to thank our community for believing in and supporting us these last 46 years, and thank God for his continued provision and blessings as we look forward to an exciting future in Cape.

Sincerely,

Bill & Cathy Cheek and The Cheekwood Studio Team.



THANK YOU to our Corporate Partners!



Fall Soccer Coaches

Tyler Ribbing
Brad LaBruyere
Eric Martin
Paul Unterreiner
Marcus Rice
Jackson Hill
Justin Owens
David Urzi
Tyler McLemore
Megan Ressel
Kyle Schade
Dan Timpe
Matt Kennard
Christina Essner
Carlos Salas
Alex Graves
Casey Cook
Craig Schumer
Bill Bradley
John Gilman
Brent McGuire
Baylee Alsup
Eric Daume
Stephanie Riley
Becki Robinson
Brandon Pederson
Blake Essner
Nate Thomas
Brittany Amick
Michelle Graviett
Ryan Dillick
Laura Vollink
Tate Gerard
Spring Cook
Todd French
Stephen Pind
Andrea Shipley
Michelle Broach
Steven Higginson
Ashley Sachse
Kim Spear
Adam Ralls
Dennis Lopez

Jr. NBA Coaches

Joey Babich
Cory Aufdenberg
Alex Graves
Josh Cooley
Rebecca Peters
Taylor Kirn
Zach Robinson
Brad Adams
Cindy Henry
Josh Jones
Daryl Wade
Matt Koehler
Steven Hendricks
Amber Locklear
Michael Jeter
Brandon Pederson
Luke Ponder
Daniel Wheeler
Dustin Dannenmueller
Michael Porter
Shane Brumfield
Jason Hammontree
Kelly Illers
Jessica Sumner
Trent Felter
Dustin Gill
Travis Cox
Christy Margrabe
Julian Beard
Chase Eskew
Andrew DePeder
Joe Jordan
John Gilman
Darren Roper
Travis Smith
Weston Wildauer
Elias Jackson
Joey Keys
Nathan Meade
Tyson Rees
Andrew Sales
Gerald Coney
Marcus Rice
Matt Bowyer

Fall Youth Volleyball Coaches

Keisha Bromley
Mandie Presser
Katie Glastetter
Jenna Taylor
Wendy McCall
Danny McCall
Kristin Fields
Kelly Schreiner
Becky Hobeck
Allie McCall
Alaina Jackson
Laura Booth
Stacy Van De Ven
Hattie Davis
Sarah Davault
Brent Graviett
Michelle Cook
Josh Dorris
Charity Wrather
Edith Pennington
Misty Ressel
Rachel Bremer
Katie Broch
Kali Ellis
Jayson Ellis
Pam Carter
Johnny Carter
Heidi Hitt
Julie Matthews
Michaela Hayes
Bethany Kluesner
Stacy Beckerman
Heather Short
Heather Phillips
Alexis Arnzen
Jennifer Moore

NFL Flag Football Coaches

Dustin Powell
Jeff Brune
Marcus Rice
Chad Proffer
Steven Wessel
John Gilman
D'Angelo Boyd
Lonnie Chapman
Michael Keillor
Allen Pullet
Shane Brumfield
Brandon Amick
Tyson Rees
Jason Dorey
Dennis Riney
Lee LaVelle
Geoff Dial
Jonathan Gaskins
Jason Dorey



would like to extend a very special

THANK YOU

to each and every one of our coaches during Fall 2022 for teaching and leading our players and for volunteering your time to help them learn and grow!



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 (you will receive a confirmation email when creating a new account). Notes to remember: 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.



RAINDOUT 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 Line App to get instant weather updates.

573.975.1024



CARDS, 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.

Effective on July 1, 2022 all debit and credit card transactions will be subject to a 2.5% processing fee.



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 | @FitCape | @OsageCentre



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

APRIL 22nd!!

Friends of the Parks Day

& THE GREAT CAPE CLEAN UP 2023!

Friends of the Parks Day is an annual park beautification event hosted by the Cape Girardeau Parks & Recreation Department. Registration begins at 8:30 AM at Capaha Park Shelter #3 Beautification projects will be happening in all Cape Girardeau parks! Call 573.339.6340 for more information & to register to join the Great Cape Clean Up TODAY!!

Help Beautify Our Parks & City!

