



PROGRAM GUIDE FOR THE CITY OF ROLLA

2012 FUN TIMES



www.rollacity.org/centre

1200 Holloway St. Rolla, MO 65401
(573) 341-2FUN (2386)

THE ROLLA FUN TIMES

Winter 2012/Spring 2012 – Volume X, Issue 5

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 : 1200 Holloway St. :
 : Rolla, Missouri 65401 :
 : www.rollacity.org/centre :
 :.....

Parks and Recreation

Outdoor Recreation23-27

Mission Statement

The CENTRE and SplashZone are dedicated to improving and maintaining the quality of life by providing exceptional leisure and recreational opportunities that promote healthy lifestyles for all ages.



A PUBLICATION OF THE CITY OF ROLLA - DECEMBER 2011

City of Rolla

Mayor

William S. Jenks III

City Administrator

John Butz

City Council

- Ward I: Monty Jordan
William Lindgren
- Ward II: Greg Sawyer
Stan Spadoni
- Ward III: Gary Hicks
Sue Eudaly
- Ward IV: Louis Magdits
Don Morris
- Ward V: Carolyn Bolin
Jimmy Dale Williams
- Ward VI: Tony Bahr
Fran Maznec

THE CENTRE

Advisory Committee

- Larry Thomas, Chair
- William Moorkamp, Vice-Chair
- Dennis Goodman
- Joe Gorman
- Jeanne Locklear
- Paul Joyner

The Recreation Center Advisory Committee meets on the third Wednesday evening of each month at 6:30 PM in The CENTRE Conference Room, unless otherwise noted. Call (573) 341-2386 for additional information or to confirm times and dates of meetings. All meetings are open to the public.

THE CENTRE

Parks & Recreation Director

Scott Caron, CPRP

Aquatics Manager

Mitch Lewis

Guest Services Manager

Rick Smith

Parks Superintendent

Stan Busch

Recreation Manager

Kristy Rich, CPRP

Recreation Manager

Karen Richards

Proud Member of...

Missouri Park and Recreation Association
 National Recreation and Park Association



On occasion, we have the need to connect with our members via e-mail. In order for our e-mail communications to reach you, we need to be sure we have your current e-mail address. Please help us update your information by sending an e-mail to thecentre@rollacity.org or by calling us at (573) 341-2386 to supply your new e-mail address. We guarantee the privacy of your information.



THE CENTRE

Rolla's Health and Recreation Complex
(573)341-2FUN(2386)

HOURS OF OPERATION

The CENTRE is open an abundance of hours per week for the public to enjoy. Areas open during general hours include the Fitness Area, Fidelity Communications Gymnasium and Castleman Lounge.

Winter Hours October 1 – April 29

Monday – Friday5:00 AM – 10:00 PM
Saturday8:00 AM – 9:00 PM
Sunday11:00 AM – 7:00 PM

Summer Hours April 30 – September 29

Monday – Friday5:00 AM – 9:00 PM
Saturday8:00 AM – 5:00 PM
Sunday11:00 AM – 5:00 PM

The Kiwanis Natatorium hours vary depending on the activities that are programmed. Pick up the current schedule at the Front Desk or call (573) 341-2386.

SPECIAL HOURS

Memorial Day 5:00 AM- 4:00 PM

LET US KNOW WHAT YOU ARE THINKING...

The CENTRE strives to provide quality recreation programs and services for you and your family. Your comments, suggestions, and concerns are always a priority of ours.

ADMISSION RATES

Daily Passes (1 Entry)

Youth (age 4 – 17)	\$5
Adult (age 18 – 59)	\$7
Senior (age 60+)	\$5
Family	\$20

Value Passes (20 Entries)

Youth	\$80
Adult	\$110
Senior	\$80

Annual Passes (Monthly Payment Plan)

Youth	\$24
Adult	\$30
Senior	\$24
Additional Adult	\$15
Additional Child	\$5
Additional Senior	\$12

Annual Passes (Single Payment Plan)

Youth	\$259
Adult	\$324
Senior	\$259
Additional Adult	\$162
Additional Child	\$54
Additional Senior	\$144

Student Semester Pass (4-Month Pass)

Monthly Payment Plan	\$27
Single Payment Plan	\$108

FIND WHAT YOU'RE LOOKING FOR?

The CENTRE is always looking for talented individuals to teach classes and share ideas with us. If you would like to see a particular class offered or want to teach a program, call (573) 341-2386.

FACILITY RULES

- All patrons are required to “check in” at the Front Desk before entering the Fitness Area, Gymnasium, or Natatorium and pay the daily admission fee, scan membership key tag, or provide a complimentary guest pass.
- Shirts are required unless in Natatorium, gymnasium or changing rooms. Shoes must be worn outside of Natatorium or changing rooms.
- Food and drink may not be brought into The CENTRE, except for water bottles, cake and ice cream when renting the Birthday Party Room and functions in the Meeting Rooms.
- Children age 8 and under require the direct supervision of an adult or guardian age 16 or older.
- Food or drink is prohibited in the gymnasium.

Monthly Payment Plan

For the convenience of our members, The CENTRE offers a monthly payment plan for both Annual and Student Passes. Monthly payments may only be made through an Electronic Funds Transfer (EFT) from a personal checking/savings account or credit card (Master Card, Visa, and Discover Card).

Membership Cancellation Policy

No refunds are issued on passes for The CENTRE unless the pass holder is either relocating from the area or has been instructed by a doctor not to participate in physical activities due to a medical condition. All requests to cancel a membership must be submitted in writing to the Guest Services Manager and must include supporting documentation (i.e. change of address, letter from doctor, etc.).

Statement of Accessibility

We invite and welcome people of all abilities to participate in programs. Please note on the registration form if we can provide assistance.

Return Payment Fee

The City of Rolla will assess a service charge of \$15 for every check or EFT returned for insufficient funds or declined credit card payments.

How to Register in Programs

Visit The CENTRE and our staff will assist in registering you or a family member in one of our many programs. You may also mail or fax in the registration form. Some classes may have enrollment limitations. All registrations are taken on a first come, first served basis. Payment is always due at the time of registration. Payments may be cash, check, or credit card.

Lost and Found

All items turned in to the Lost and Found will be held for one week at the Front Desk, after which time items will be donated to a local charitable organization.

Refund Policy for Programs

Following is the refund policy for The CENTRE :

- A full refund will be granted to registrants if a program is canceled. The CENTRE reserves the right to cancel a class if the minimum has not been met 2 business days before the first class meeting.
- Administrative approval must be received before a refund is issued.
- All refund requests must be made 10 working days before the start of the program.
- For each refund request, there will be a \$5 service charge per registrant per program. To avoid the \$5 service charge, you may transfer your refund to another class.
- No refunds will be granted once the respective session starts, unless the request is due to an illness.
- A written physician statement must accompany the request form. The CENTRE must receive the request no later than 7 days after seeking medical treatment.
- Send refund request to: The CENTRE – Program Refund, P.O. Box 979, Rolla, MO 65402

Lock Rentals and Locker Use

Members may check out a lock at no charge by leaving their membership key tag or a government-issued, picture ID. Guests who pay the daily pass fee may rent a lock for \$1 and by leaving an ID. ID will be returned when the lock is turned in. If a lock or key is lost or not returned by closing time, a \$5 replacement fee will be assessed.

All locks will be removed at the end of the day and personal items placed in our Lost and Found.

The CENTRE recommends leaving valuables at home. However, if valuables must be brought during your visit, we suggest you utilize a locker to store items safely. The CENTRE is not responsible for lost or stolen items.

Scholarships

The Recreation for Everyone Foundation was organized to provide scholarships for those unable to afford passes to The CENTRE. The Foundation is a 501C3 corporation and is operated by a board completely independent of the City of Rolla. For more information, stop by the Front Desk for an application.

Photography

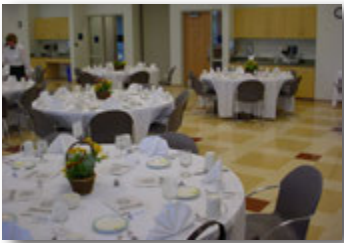
Frequently the CENTRE takes photos or video of people enjoying facilities and programs. These images are for promotional and marketing materials, are used at the city's discretion and become its sole property.

The use of any image recording devices, including video recorders, cameras, and camera phones, is strictly prohibited in all CENTRE locker rooms, washrooms, and shower areas. Please report any violations immediately to facility management.

FACILITY RENTAL INFORMATION

Meeting/Banquet Rooms

Our multipurpose meeting rooms may be combined to accommodate up to 100 people banquet-style or 150 people theatre-style. The two rooms may also be used separately and seat 36 people classroom-style, 50 people banquet-style or 75 theatre-style. A caterer's kitchen is also available for an additional fee. Our conference room can accommodate 10 people comfortably and includes a complete presentation center. Two-hour minimum rental is required. Refundable security deposit of \$25 - \$50, along with full rental fee, is due at time of reservation.



Small Meeting Room (1,029 ft²)

Fee: \$30/hour (\$5 member discount)

Large Meeting Room (2,059 ft²)

Fee: \$60/hour (\$10 member discount)

Caterer's Kitchen

Fee: \$30/event (\$5 member discount)

Conference Room

Need something a little smaller?

Fee: \$20/hour (\$5 member discount)

Audio/Visual Equipment

Need a sound system, overhead projector, television, VCR/DVD, or flip chart for your function at The CENTRE? We have a variety of audio/visual equipment available for rent.



The CENTRE WiFi network allows you to access the internet without cables or wires using the wireless networking card in your privately-owned laptop, PDA, or any WiFi enabled device.

BIRTHDAY PARTY PACKAGE

Want a fun and exciting place to hold your child's next birthday party? Our Birthday Party Package includes use of party room for 1 ½ hours, pizza and drinks for each participant, admission to The CENTRE, and a T-shirt for the birthday child.

Party Days & Times:

Fri.: 5:30-7:00 PM

Sat: 12:30-2:00 PM, 3:00-4:30 PM

Sun: 12:30- 2:00 PM, 3:00-4:30 PM



Admission for 1 birthday child, 2 adults, and 10 party guests (13 total people). All individuals attending the party must be included in the package.

Fee: \$110 (\$20 member discount)

For each additional person over the basic package total of 13, add \$5.

GROUP OUTING

The CENTRE is the perfect spot for that family reunion, corporate outing, or team celebration. Groups of 10 or more receive a discount on the daily admission price. Please provide prior notice and receive approval to obtain this discount.

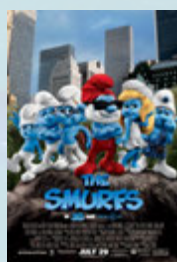


PICTURES IN THE POOL

Looking for a night out with the entire crew? Join the aquatic staff as we present a movie while you lounge in the pool. We provide the movie, innertubes and prizes so all you have to do is produce the bodies. Sponsored by: Family Video of Rolla.

NO additional fees!

March 16
The Smurfs (PG)



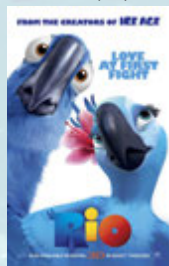
Friday
7:30 PM-
until the end
of the movie

Jan. 20

Mr. Popper's Penguins (PG)



Feb. 24
Rio (G)



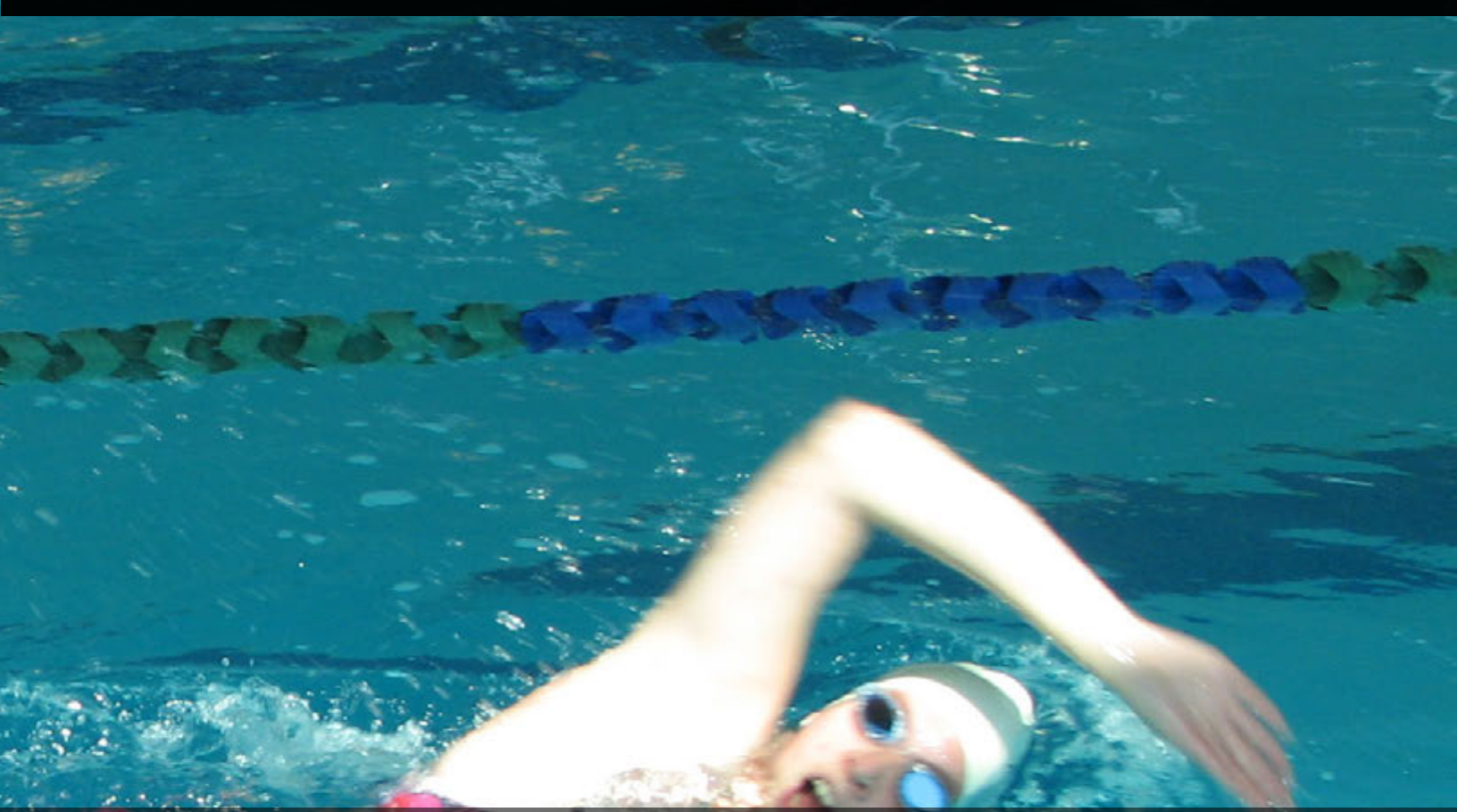
FACILITY RULES

- > The Kiwanis Natatorium strives to maintain the highest standards in EMERGENCY training. Lifeguards are responsible for enforcing safety rules and responding to emergencies. Parents or guardians should supervise their children and assist with implementing rules and policies.
- > All patrons must have proper swim attire. Articles of clothing, such as cut-offs, jean shorts, and leotards are not acceptable for swimming. Only white T-shirts may be worn in the water.
- > Children 8 and under must be directly supervised by those 16 years or older wearing a swimsuit.
- > Children using water wings and/or other flotation devices must be accompanied by an adult in the water. The CENTRE recommends U.S. Coast Guard approved life jackets be worn.
- > Toys, equipment and balls that may disrupt other patrons are subject to the approval of Management.
- > In order to use the water slide, patrons must be a minimum of 42" tall and be able to swim.
- > Only one person may slide at a time, and must go down feet first, lying on back or in a sitting position.
- > Please dry off before entering locker rooms.



KIWANIS NATATORIUM

Aquatics inside The CENTRE



DIAPER POLICY FOR POOL

All infants, toddlers, and children who are not toilet trained must wear swim diapers. Swimmers not wearing diapers will be asked to exit the swimming area until a swim diaper is part of their attire. Swim diapers are available for sale at the front desk.

Parents/guardians are required to change diapers at designated diaper changing stations located in the Family, Women's, or Men's Changing Rooms. Please do not change diapers on the pool deck or in the concession area. If a child does have an accident in the pool water or deck area, please notify a staff member immediately.

FEATURING

- Zero-depth beach-like entry
- Interactive play feature
- 150 ft. water slide
- Warm water therapy pool
- Four 25-yard lap lanes
- A vortex and lazy river

A COMPLETE SET OF RULES AND REGULATIONS
IS AVAILABLE UPON REQUEST

THE CENTRE AQUATIC PROGRAMS

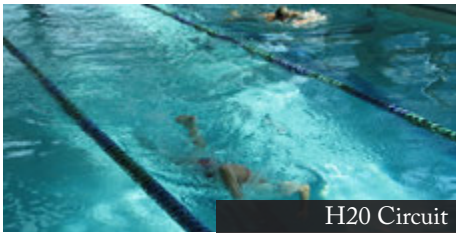


Channel Chat

(510430/ 510431)

Come talk with our Water Fitness Instructor about proper technique in walking the Channel, 20 to 30 minutes for discussion, an observation of you walking the channel and a beginning workout for your level of activity. By appointment only. Call Kathy Ball, (573) 364-8534.

Dates: January Mornings or Evenings By appointment
 February Mornings or Evenings By appointment
 March Mornings or Evenings By appointment



H2O Circuit

(510429)

A 45 minute workout program for the Multi-sport participant, Monday nights November and December. Five workout stations including the wall, paddles, bicycling, treading water, and cross country skiers with additional water exercises throughout the session. 4 minute intervals for each exercise with a 30 second transition between exercises. *For more information contact Kathy Ball at (573) 364-8534.*

Dates: Session I: January 9, 16, 23, 30
 Session II: February 6, 13, 20, 27
Time: Mon 7:00-7:45 PM
Fee: \$20/ session (\$5 member discount limited to first 15 that sign up)



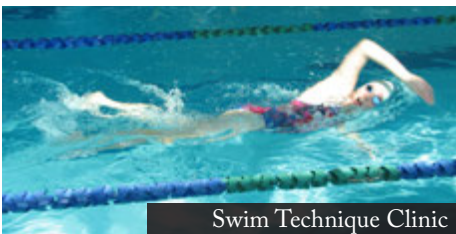
Lifeguard Training

(510210-02)

The CENTRE and American Red Cross are conducting Lifeguard Training. Training is provided in CPR, First Aid & Water Rescues. Candidates must be 15 yrs. old, attend all sessions, complete a skills test in water and on land using skills taught in class with CPR and First Aid, and pass a written exam with an 80%. Deadline: Friday, January 20th

Sessions

Wed, Jan. 25	6:00 PM-9:30PM	<i>Fee:</i> \$185
Sat, Jan. 28	8:00 AM-4:00 PM	
Sun, Jan. 29	8:00 AM-3:00 PM	<i>Ages:</i> 15 & Older
Sat, Feb. 4	8:00 AM-4:00 PM	
Sun, Feb. 5	8:00 AM-1:00 PM	



Swim Technique Clinic

(510545)

Swim coaches and/or Multi-sport competitors give you tips on improving your stroke and workouts, 10 to 20 minute discussions on training tips, in-water evaluation of your swim style and guidelines to improve your strokes. Half hour to 45 minute program, Second Tuesday of the Month: October-November-December.

Dates: Monday, Jan. 9 8:00 PM
 Monday, Feb. 6 8:00 PM
 Monday, March 5 8:00 PM

Fee: \$10.00 per clinic - limit of 8 per session



Kid's Triathlon

(210601)

Sponsored by Forum Dental Clinic in partnership with the Rolla Multisport Club, the swim will take place in the Kiwanis Natatorium with the bike and run within Ber Juan Park. All bikes must pass a safety inspection. No training wheels, tricycles or scooters. Safety Riding Helmet is required! Each participant will receive a T-shirt, race number and a goody bag. Top finishers in 3 age divisions will receive awards. Male and female divisions.

Ages: 6-12 years old *Male and Female divisions:* 6-7; 8-9; 10-11; 12

Dates: Saturday, April 21

Location: The CENTRE and Ber Juan Park

Time: 7:30 AM Check-In
 8:00 AM Race Begins

Fee: Early entry by Tues, April 17th \$20 per participant,
 \$25.00 if you register the day of the event
 \$5 goes to USAT for yearly registration



American Red Cross

SWIMMING LESSONS FOR CHILDREN AND ADULTS

Are you or someone you know ready to start swimming? The CENTRE is proud to offer the American Red Cross Learn-to-Swim program. The main goal of the lesson program is to help individuals learn to be safe in and around an aquatic environment. We are sorry, but there are no exceptions for the age requirement.

Weekday Classes Tuesday & Thursday Mornings					
Level	Time	Jan. 10-Feb. 2	Feb. 7-March 1	April 3-26	Fee (\$10 member discount)
Parent/Tot	10:15-10:45 AM	110101-01	110101-02	210101-02	\$40
Level 1	11:00-11:30 AM	110111-01	110111-02	210111-02	\$40
Level 2	11:00-11:30 AM	110121-01	110121-02	210121-02	\$40
Level 3	11:30-NOON	110131-01	110131-02	210131-02	\$40

Weekday Classes Tuesday & Thursday Evenings					
Level	Time	Jan. 10-Feb. 2	Feb. 7-March 1	April 3-26	Fee (\$10 member discount)
Parent/Tot	6:30-7:00 PM	110102-01	110102-02	210102-02	\$40
Level 1	5:00-5:30 PM	110112-01	110112-02	210112-02	\$40
Level 2	5:00-5:30 PM	110122-01	110122-02	210122-02	\$40
Level 3	5:30-6:00 PM	110132-01	110132-02	210132-02	\$40
Level 4	6:45-7:15 PM	110141-01	110141-02	210141-02	\$40
Level 5	6:45-7:15 PM	110151-01	110151-02	210151-02	\$40
Level 6	6:45-7:15 PM	110161-01	110161-02	210161-02	\$40
Adult	7:15-7:45 PM	110181-01	110181-02	210181-02	\$40

Weekend Classes Saturday					
Level	Time	Jan. 14-Feb. 4	Feb. 11-March 3	April 7-28	Fee (\$5 member discount)
Parent/Tot	10:15-10:45 AM	110103-01	110101-02	210103-02	\$20
Level 1	11:30-NOON	110113-01	110111-02	210113-02	\$20
Level 2	11:30-NOON	110123-01	110121-02	210123-02	\$20
Level 3	11:00-11:30 AM	110133-01	110131-02	210133-02	\$20
Level 4	11:00-11:30 AM	110142-01	110142-02	210142-02	\$20
Level 5	9:30-10:00 AM	110152-01	110152-02	210152-02	\$20
Level 6	9:30-10:00 AM	110162-01	110162-02	210162-02	\$20
Adult	9:30-10:00 AM	110182-01	110182-02	210182-02	\$20

Special Session 3 Weeks: 3 Mondays, 3 Tuesdays, & 2 Thursdays Mornings					
Level	Time	March 5,6,8	March 12,13,15	March 19,20	Fee (\$5 member discount)
Parent/Tot	10:15-10:45 AM	210101-01	210101-01	210101-01	\$40
Level 1	11:30-NOON	210111-01	210111-01	210111-01	\$40
Level 2	11:30-NOON	210121-01	210121-01	210121-01	\$40
Level 3	11:00-11:30 AM	210131-01	210131-01	210131-01	\$40
Level 4	11:00-11:30 AM	210141-01	210141-01	210141-01	\$40
Level 5	9:30-10:00 AM	210151-01	210151-01	210151-01	\$40
Level 6	9:30-10:00 AM	210161-01	210161-01	210161-01	\$40
Adult	9:30-10:00 AM	210181-01	210181-01	210181-01	\$40

Special Session 3 Weeks: 3 Mondays, 3 Tuesdays, & 2 Thursdays Evenings					
Level	Time	March 5,6,8	March 12,13,15	March 19,20	Fee (\$5 member discount)
Parent/Tot	6:30-7:00 PM	210102-01	210102-01	210102-01	\$40
Level 1	5:00-5:30 PM	210112-01	210112-01	210112-01	\$40
Level 2	5:00-5:30 PM	210122-01	210122-01	210122-01	\$40
Level 3	5:30-6:00 PM	210132-01	210132-01	210132-01	\$40
Level 4	6:45-7:15 PM	210142-01	210142-01	210142-01	\$40
Level 5	6:45-7:15 PM	210152-01	210152-01	210152-01	\$40
Level 6	6:45-7:15 PM	210162-01	210162-01	210162-01	\$40
Adult	7:15-7:45 PM	210182-01	210182-01	210182-01	\$40

Private Lessons by Appointment
 Three/30minute sessions - Non member \$50.00 Member \$40.00 510510 – (months)
 Instructor will call to make arrangements: January-April



FITNESS

The CENTRE features a spacious 4,000 square foot Fitness Area surrounded by expansive windows with impressive views. This area offers:

- > Carpeted and matted floors and mirrored walls.
- > Full line of selectorized weight resistance machines for a comprehensive full-body workout.
- > State-of-the-Art cardiovascular equipment including 9 Treadmills by LifeFitness, 8 Crosstrainers by LifeFitness, 2 Cybex Arc Trainers, 4 Precor Crosstrainers, 2 Recumbent Bikes by LifeFitness, 2 Upright Bikes by LifeFitness, 2 Stairclimbers by LifeFitness, 2 Rowing Machines by Concept and a Full-Body Recumbent Stepper.
- > Stretching area with resistance balls, Bosu trainers, Foam rollers & more.
- > Reduced impact 1/10 mile suspended running/walking track surrounding the gymnasium and Fitness Area.
- > Free weight area equipped with more than 3,000 pounds of dumbbells, Smith Machine, decline, incline and flat benches.
- > Broadcast Vision that allows members to watch the television of their choice while working out.

NEW MEMBERS



Don't miss this **FREE** opportunity to have a complete **Fitness Consultation**. A member of our certified personal training staff will help get you off to the right start. Chart your baseline information to compare to later! Check your new member welcome packet for more information.

YOUTH FITNESS ORIENTATION (520351)

Before Utilizing the Fitness Area, all youth age 12-15 must attend the Youth Fitness Orientation. For 12 and 13 year olds, a parent/guardian must also attend the orientation. Learn how to safely begin your strength and cardiovascular training, weight room etiquette and the rules of the Fitness Area. Pre-registration is required.

Ages: 12-15
Dates: 2nd Wednesday of each month
Times: 5:30-6:30 PM
Fee: \$20 (\$5 member discount)
Min/Max Enrollment: 2/20

YOUTH POLICY

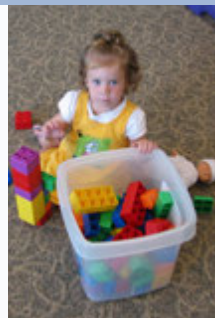
Individuals must be at least 16 years of age to utilize the fitness equipment in the Fitness Area **UNLESS** he or she is at least 12 years old, has a consent form on file signed by a parent or legal guardian, **AND** completes the Youth Fitness Orientation class **OR** is participating in a personal training session where he or she is receiving direct, individualized supervision from an authorized personal trainer on staff. Those under 14 years of age must be under the direct supervision of the parent/guardian that attended the Youth Fitness Orientation.

STAY FOCUSED - STAY FIT!

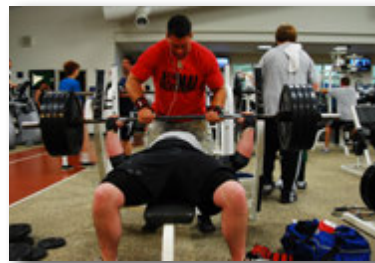
The CENTRE offers a special corporate program for employers of all sizes. To learn more, please call The CENTRE at (573) 341-2386.

STAY-N-PLAY

Stay-N-Play, on-site childcare (age 3 months-8 years), offers a wide variety of games and activities to entertain children while parents/guardians are participating in programs, fitness or services. Parent or guardian must remain in the building, there is a 2-hour time limit, and for safety and health precautions we do not change diapers or training pants.



MAKING FITNESS *Personal*



FITNESS PROGRAMS

Cardio Dance Party!*

We know how to throw a good party for sure! Sometimes the disco ball is even whirling—come learn whatever groove the instructor is feeling that night: Zumba®, Latin, Greek, Hip Hop, and Cardio Ballet. Sometimes it's Broadway, sometimes it's Country Line Dancing! See results while having fun!

Dates: Monday & Wednesday

Time: 6:30-7:30 PM

Indoor Cycling*

Climb hills, race sprints, and amp up your workout! Once a week you can drop into cycling for an intense cardio boost! Biker shorts and shoes are highly encouraged and a water bottle is a must!

Dates: Tuesday & Thursday

Time: 5:30-6:30 PM

Sports Conditioning*

Start your day early! Join in for agility, strength training, cardio, plyometrics, and more to get you in the best shape you have ever been in! This class can be for any fitness level, but always carry water and be prepared to WORK! Fantastic for athletes of all ages or those striving to push their fitness to a higher level.

Dates: Tuesday & Thursday

Time: 5:45-6:45 AM

Sunrise Yoga*

A wonderful way to begin your day! This will tone, stretch and strengthen your body. Explore a variety of asana (poses) and pranayama (breath) that will increase flexibility, improve balance, and enhance mental focus. Sunrise Yoga will leave you with sustainable energy to carry you through your day. Better than a cup of coffee!

Dates: Wednesday

Time: 6:00-6:50 AM

All personal training done at The CENTRE must be performed by a Personal Trainer on staff. Anyone using a personal trainer not employed at The CENTRE will have his/her usage privileges revoked.

Ask the Trainer Seminar

On the first Tuesday of every month, a Certified Personal Trainer will be available to answer training questions. Take advantage of this free opportunity to learn more about how to reach your fitness goals.

Date: Sept. 6, Oct. 4, Nov. 1, Dec. 6

Time: 11:30 AM-12:30 PM & 6:30-7:30 PM

Fee: FREE

Biomeasure Assessment

Our state of the art Biomeasure device will calculate your BMI, height, weight, body fat percentage and more.

Single Session: \$3 or chart your own progress by purchasing a Biomeasure card \$10 for 10 visits.

Fitness Consultation

A Consultation includes: health history, body composition testing, testing for strength, flexibility and endurance, and a detailed training program. Personal Trainers at The CENTRE hold health/fitness degrees and/or nationally-recognized certifications. A Fitness Consultation is a **prerequisite** for personal training.

Ages: 12 & older

Dates: By appointment only, allow 1 1/2 to 2 hours

Fee: \$60 (\$10 member discount)

Train Smart 3-Pack

The Train Smart 3-Pack is the most economical way to get started with a Certified Personal Trainer. It includes the mandatory Fitness Consultation, plus two personal training sessions; or use for 3 trainings if you have had your free NMFC.

Ages: 12 & older

Dates: By appointment only, allow 1 1/2 to 2 hours

Fee: \$125 (\$20 member discount)

Personal Training

After completing the Train Smart 3-Pack or Fitness Consultation, schedule an appointment with a Certified Personal Trainer. A customized program will be designed to meet your goals; whether you are new to training, want to lose weight, build muscle or supplement your existing training. Sessions last one hour.

Ages: 12 & older

Dates: By appointment

Fee: \$55 (per individual session, \$10 member discount)

\$240 (per package of 6, \$40 member discount)

\$270 (per package of 9, \$70 member discount)

Tai Chi*

Tai Chi is a centuries old Chinese discipline that teaches fluidity of motion. Promotes flexibility, core, stability, balance, even enhance coordination and sensitivity with this ancient art.

Dates: Tuesday

Time: 6:30-7:30 PM

Tai Chi for Seniors*

Like our evening course, but with easier flowing movements and paced with the aging adult or those with functional movement challenges in mind.

Dates: Wednesday

Time: 9:45-10:45 AM

Triathlon 101*

This class will be an 8 week course for both a beginner and seasoned runners that will have you ready in time for the Tri-Zou in May. Dennis Noel, seasoned competitor will be our course instructor. Weekly plans, info on shoes, bikes, clothing, nutrition, etc. See flyer for details.

Dates: Tuesday, start date is March 6, 2012

Time: 6:30-7:30 PM

Ultimate Fitness*

This twice a week class will be all the strength & cardio conditioning you need! And don't forget that water bottle! High intensity movements will be blended with weights, cardio and plyometrics to create the ultimate fitness routine.

Dates: Tuesday & Thursday

Time: 8:30-9:30 AM

EASY WAY TO PAY!

Drop in- Pay \$5

Check in at the Front Desk

Value pass- \$45 for 10 classes

(\$4.50 per class)

Can attend ANY bold class. Expires in 90 days.

30 DAY UNLIMITED!

\$60 BEST VALUE!

Can attend ANY bold class on our schedule as well as ANY Dance Fitness/Yoga class with our partners at andFLEW! Studios.

Yoga 101*

Ideal for new Yoga students or those who want a less strenuous class. Learn how to control your breathing to promote relaxation, move your body to promote strength, flexibility, and balance. Mats are provided. Bare feet recommended.

Dates: Thursday

Time: 6:30-7:30 PM

Yoga Basics*

This class is best for students who are new to yoga, or experienced students looking to revisit foundational body alignment and breath awareness in yoga poses. Using dynamic movements and short holds, we will explore asana (poses) individually and then link poses together with pranayama (breath) into flowing sequences.

Dates: Monday

Time: 9:45-10:45 AM

Yoga Flow*

This Yoga class is suitable for anyone wanting all of the health benefits of Yoga: improved posture, balance, and coordination. This class flows from one posture to another so that everyone can follow easily. Ideal for seniors or anyone wanting a relaxing yet effective Yoga experience. Mats are provided. Bare feet recommended.

Dates: Friday

Time: 9:45-10:45 AM

fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
6:00-6:50 AM	Cardio Sculpt	Sports Conditioning* (5:45-6:45)	Sunrise Yoga*	Sports Conditioning* (5:45-6:45)	Cardio Sculpt	
8:30-9:30 AM	Meltdown	Ultimate Fitness*	Extreme Strength	Ultimate Fitness*	Meltdown	Instructor's Choice (9:00-10:00AM)
9:45-10:45 AM	Yoga Basics*	Senior Fit	Senior Tai Chi*	Senior Fit	Yoga Flow*	
12:15-12:45 PM		Hard Core!		Hard Core!		
4-15-5:00 PM		Kid Fit				
5:15-6:15 PM	Back on Track Bootcamp	Extreme Strength Indoor Cycling* (5:30-6:30)	Pump & Sculpt (5:15-6:00) Hard Core! (6:00-6:15)	Back on Track Bootcamp Indoor Cycling* (5:30-6:30)		
6:30-7:30 PM	Cardio Dance Party!*	Tai Chi* Triathlon 101*	Cardio Dance Party!*	Power Yoga* Yoga 101*		



- Classes marked with * and bold have fees associated with them. See class descriptions and fees on pages 9-11.
- Refunds given only with physician's note attached to proper request form.
- All group fitness classes listed below are on a first come, first served basis.
- The CENTRE reserves the right to alter the class schedule based on attendance and customer demand.

Cardio Sculpt

This twice a week cardio class will use a variety of movements so that you will never get the same workout twice! Workouts may include step aerobics, circuits, and interval training with weights blended in as well as use of tubes, stability balls, and more to give you a great calorie-burning workout.

Back On Track Bootcamp

Weekend get you in a slump? Week off to a bad start? Time to get BACK ON TRACK! With this Bootcamp style class you will not have to worry about any extra calories, but be prepared to sweat! Our instructor will push you to the limit and help you feel successful with your workout goals!

Extreme Strength

This barbell class has always been a member favorite and offers the ultimate in muscle conditioning workouts. Weights start at 2.5 lbs, so all levels are welcome. This is a total body workout & all muscle groups are included.

Hard Core

A class all about your abdominals. Intense abdominal/back work using a variety of training techniques. Partner with Pump and Sculpt for a great one hour workout!

Kid Fit

Just for Kids! A fun class geared to our members aged 10-14. Learn basic strength and cardio moves, core strength, etc.

Meltdown

This fun class will keep you burning calories galore! Sometimes barbells are used, sometimes free weights, but always functional strength moves blended with cardio movements on the step & floor!

Pump & Sculpt

Hope your legs are ready! You will be lunging and squatting your way to a more sculpted self! Combined with some strength and cardio conditioning, as well as the 15 minute "Hard Core" class right after will give you a fantastic hour workout!

Senior Fit

This program designed for our members going into their "prime" includes a mix of strength and stretching using light weights, resistance bands and resist-a-balls. Gain functional strength and increase range of motion as well as increase cardio function.

Instructor's Choice

Instructors will choose a new workout style every week, so it gives you a chance to mix up YOUR workout. You might get bootcamp, you might get circuits; total body training, cardio fit. No matter what the workout brings, it will always be a great workout!

January & February Programs

Rhythm and Roll (130113)

Our children's recreation specialist will use beginning gymnastics skills, music and instruments to encourage children to express themselves, gain confidence and learn to socialize through the joy of music and movement. The fee is for 6 classes and includes all class materials.

Ages: 1.5 - 4

Dates: Jan. 21 - Feb. 25

Time: Saturday 10:00 - 10:45 AM

Location: The CENTRE

Fee: \$25 (\$5 member discount)

Min/Max Enrollment: 7/20

Baby Babble - Sign with Me (130114)

Wouldn't you love to know what your infant is thinking sometimes? Infants can be taught to be active communicators even before they learn to talk. Stacy Waldmann has 17 years of experience teaching beginning sign or infant sign. She will help you develop a language library to use with your infant so you can communicate with your child even before he or she learns to speak.

Ages: .5 - 2

Dates: Jan. 21 - Feb. 25

Time: Saturday 11:00 - 11:30 AM

Location: The CENTRE

Fee: \$20 (\$5 member discount)

Min/Max Enrollment: 7/20

Little Tyke's Tumbling (130254)

We have added a new tumbling class to our Little Tykes Program. Children will learn how to do forward rolls, practice walking on a floor level balance beam and engage in other activities designed to improve their coordination and balance. Each participant will receive a Little Tyke's t-shirt.

Ages: 3 - 5

Dates: Jan. 14 - Feb. 18

Time: Saturday 10:00 - 10:45 AM

Location: The CENTRE

Fee: \$30 (\$5 member discount)

Min/Max Enrollment: 7/20

Little Tyke's Track & Field (130255)

This new addition to our Little Tykes program is designed to teach children the basics of running and long jump. We will work on our starts as well as jumping over some mini hurdles. Kiddy relay races will also be held. Drills and activities will be conducted outside weather permitting. Each participant will receive a Little Tyke's Track & Field t-shirt.

Ages: 3's

4 - 5

Dates: Feb. 25 - Mar. 31

Time: Saturday 9:00 - 9:45 AM

Saturday 10:00 - 10:45 AM

Location: The CENTRE

Fee: \$30 (\$5 member discount)

Min/Max Enrollment: 7/20

Little Cheerleaders (130311)

Hey all you young girls! Come to The CENTRE and learn to chant, step, kick and jump just like the older girls. We'll even provide the pom poms, which you get to keep.

Ages: 4 - 6

Dates: Jan. 23 - Mar. 5

Time: Monday 5:15 - 6:00 PM

Location: The CENTRE

Fee: \$30 (\$5 member discount)

Min/Max Enrollment: 7/20

Homeschoolers' Chess Club (530352)

Homeschoolers of all ages are invited to join our Homeschoolers Chess Club led by Mr. Selden Trimble. There is no fee to join. Beginning Sept. 13th the HSS Chess Club will meet on the 2nd and 4th Tuesdays immediately after our regular Homeschoolers' Sports and Games program. The club will meet in Meeting Room B from 3:45-4:45 PM. Please register for HSS Chess Club at the front desk.

Ages: ALL

Dates: Sept. 13- April 24

Time: 2nd and 4th Tuesdays; 3:45-4:45 AM

Location: The Centre

Fee: FREE

Min/Max Enrollment: 8/20

Homeschoolers' Sports and Games (530351)

Join other home schooled students as they learn to play team sports and large group games. Emphasis is on the development of overall physical fitness in an atmosphere of all-inclusive fun. Classes are divided by age. Parental permission is required.

Ages: 4-18 years

Dates: Tuesdays, Aug. 30-May 8

Time: 1:30-3:30 PM

Fee: \$3 per child per day

Family Max: \$12

Spring Fitness Friendly Club (130322)

Buses from the Rolla Public Schools drop off right at our front door for this club, designed to get kids moving and active. On Wednesdays, we will be using the pool, so bring your swim suit and towel that day. On days when Rolla Public Schools are out early, there will be an extended day of activities from 1:30 - 5:30 pm, at no additional charge, so grab your friends and join Fitness Friendly Club today.

Ages: 6 - 13

Dates: Feb. 1 - Mar. 22

Time: Monday - Friday 3:30 - 5:30 PM

Location: The CENTRE

Fee: \$210 (\$35 member discount)

Min/Max Enrollment: 10/30

Winter/Spring Sports Academy (130323)

Members of our Winter Sports Academy participate in a variety of traditional winter sports as well as try out new ones. On Wednesdays our training will take place in the pool so each academy member will need to bring a swim suit and towel. On days when Rolla Public Schools are out early, there will be an extended day of activities from 1:30 - 5:30 pm. You won't want to miss out on this great after school activity program so grab your friends and sign up for The CENTRE's Winter Sports Academy today.

Ages: 6 - 13

Dates: Dec. 1 - Jan. 31

Time: Monday - Friday 3:30 - 5:30 PM

Location: The CENTRE

Fee: \$210 (\$35 member discount)

Min/Max Enrollment: 10/30

Scottish Country Dancing (130331)

Traditional Scottish music plays while you learn basic steps, figures and transitions of Scottish Country Dancing as presented by the Royal Scottish Country Dance Society. Kilts optional.

Ages: 8 & Older

Dates: Jan. 10 - Mar. 20

Time: Tuesday 7:30 - 9:00 PM

Location: The CENTRE

Fee: \$15 (\$5 member discount)

Min/Max Enrollment: 5/25

Intermediate Tumbling (130335)

This tumbling class will be taught by Suzanne Embry. Suzanne has 17 years of experience as a tumbling instructor and coach. This intermediate class is designed for the participant who has some basic tumbling experience, but wants to work toward performing stunts like back walkovers and front hand springs.

Ages: 7 & Older

Dates: Jan. 18 - Feb. 22

Feb. 29 - Apr. 11

Time: Wednesday 4:45 - 5:45 PM

Location: The CENTRE

Fee: \$30 (\$5 member discount)

Min/Max Enrollment: 7/14

Beginning Tumbling (130336)

This beginner's tumbling class will be taught by Suzanne Embry. Suzanne has 17 years of experience as a tumbling instructor and coach. This beginning class is designed for the young participant who wants to learn basic tumbling skills and stunts.

Ages: 6 & Older

Dates: Jan. 18 - Feb. 22

Feb. 29 - Apr. 11

Time: Wednesday 3:45 - 4:45 PM

Location: The CENTRE

Fee: \$30 (\$5 member discount)

Min/Max Enrollment: 7/14

Rolla Youth Chess Tournament (130349)

The CENTRE will be hosting another Rolla Youth Chess Tournament on Saturday, Feb. 11. Pre-registration is encouraged, but on-site registration before play begins will also be available. Tournament play will be offered in three divisions with the top three place winners in each age group receiving awards. Mr. Seldon Trimble will serve as tournament director and judge.

Ages: 6 - 9

10 - 12

13 - 17

Dates: Feb. 11

Time: Saturday 9:00 AM - NOON

Location: The CENTRE

Fee: \$10 (\$5 member discount)

\$27.50 Family Rate (\$10 member discount)

Min/Max Enrollment: 2/100

0/200

Ballroom Dance (130433)

Physically, dancing is a great total body conditioner. Dancing can increase cardiovascular circulation, burn calories and help reduce weight. Dancing can also improve your flexibility and sense of balance. Mentally, dancing is a wonderful form of stress reduction. The worries of the day melt into the music and the movement. Socially, knowing how to dance can enhance those special occasions when dancing is at the center of the evening's activities. Given the many benefits of dancing, shouldn't you grab a partner and sign up for our beginning ballroom dance class today? Dances like the waltz, foxtrot, tango, and quickstep will be taught. Fee is per couple for this six-week class.

Ages: 16 & Older
Dates: Jan. 18 - Feb. 22
Time: Wednesday 6:00 - 7:00 PM
Location: The CENTRE
Fee: \$45 (\$10 member discount)
Min/Max Enrollment: 5/10

Men's Basketball Leagues (130461)

Grab some buddies and join us for the most popular team sport in America. Teams play for seven weeks before heading into a post-season tournament.

Ages: 16 & Older
Dates: Feb. 8 - Apr. 11
Time: Wednesday 6:30 - 9:30 PM
Location: The CENTRE
Fee: \$325
Min/Max Enrollment: 6/10

Volleyball Leagues (130471)

Our volleyball leagues are a great way to get a little exercise and have a lot of fun. Three different divisions of play are offered. Competitive teams play on Sunday nights. Rec A teams play on Tuesday nights. Rec B teams play on Thursday nights. The recreational leagues run for eight weeks. The competitive league finishes with a season-ending tournament.

Ages: 16 & Older
Dates: Feb. 12 - Apr. 15 (Sunday) Comp
Feb. 14 - Apr. 10 (Tuesday) Rec A
Feb. 16 - Apr. 12 (Thursday) Rec B
Time: 7:00 - 10:00 PM (Sunday)
6:00 - 10:00 PM (Tuesday/Thursday)
Location: The CENTRE
Fee: \$195
Min/Max Enrollment: 4/12

Indoor Soccer Leagues (130481)

Our indoor adult soccer leagues allow you to keep your skills sharp in our competitive division or play for fun in our recreational division. Games are officiated. The season is eight weeks long. Recreational teams play league games in place of a post-season tournament. Competitive teams are seeded into a post-season tournament based on regular season results.

Ages: 16 & Older
Dates: Dec. 4 - Feb. 19
Feb. 26 - Apr. 29
Time: Sunday 12:30 - 5:30 PM
Sunday 12:30 - 6:00 PM
Location: The CENTRE
Fee: \$155
Min/Max Enrollment: 4/12

Afterschool "Aces" Volleyball (130352)

This program is designed to teach young girls the fundamentals of power volleyball. Drills are designed to instill proper techniques and have fun while learning how to play. Each participant should bring her own kneepads.

Ages: 9 - 13
Dates: Jan. 23 - Feb. 29
Time: Mondays/Wednesdays 3:45 - 4:45 PM
Location: The CENTRE
Fee: \$25 (\$5 member discount)
Min/Max Enrollment: 8/28

March, April & May Programs

Rhythm and Roll (230113)

Our children's recreation specialist will use beginning gymnastics skills, music and instruments to encourage children to express themselves, gain confidence and learn to socialize through the joy of music and movement. The fee is for 6 classes and includes all class materials.

Ages: 1.5 - 4
Dates: Mar. 7 - Apr. 18
Apr. 25 - May 30
Time: Wednesday 10:00 - 10:45 AM
Location: The CENTRE
Fee: \$25 (\$5 member discount)
Additional Child: \$20
Min/Max Enrollment: 7/20

Baby Babble - Sign with Me (230114)

Wouldn't you love to know what your infant is thinking sometimes? Infants can be taught to be active communicators even before they learn to talk. Stacy Waldmann has 17 years of experience teaching beginning sign or infant sign. She will help you develop a language library to use with your infant so you can communicate with your child even before he or she learns to speak.

Ages: .5 - 2

Dates: Mar. 7 - Apr. 18

Apr. 25 - May 30

Time: Wednesday 11:00 - 11:30 AM

Location: The CENTRE

Fee: \$20 (\$5 member discount)

Min/Max Enrollment: 7/20

Little Tykes Bb/Sb (230253)

This class is specially designed to teach children beginning baseball/softball skills. Children will be shown how to throw, catch, and bat using age-specific equipment and age appropriate drills and activities. Each participant will receive a Little Tykes t-shirt. Class runs for six weeks.

Ages: 3's

4 - 5

Dates: Apr. 14 - May 19

Time: Saturday 9:00 - 9:45 AM

Saturday 10:00 - 10:45 AM

Location: The CENTRE

Fee: \$30 (\$5 member discount)

Min/Max Enrollment: 7/20

Little Tumblers (230312)

Boys and girls learn how to keep their balance as they somersault, roll, tumble and do back bends. Time is also spent on a floor-level balance beam.

Ages: 4 - 6

Dates: Mar. 12 - Apr. 23

Time: Monday 5:15 - 6:00 PM

Location: The CENTRE

Fee: \$30 (\$5 member discount)

Min/Max Enrollment: 7/20

Spring Breakout (230321)

It is spring break. Don't just sit at home all week with nothing to do. Come to The CENTRE and have some FUN! We will be playing all kinds of games, doing crafts and swimming in our indoor pool. There will be a break in the middle of the day for lunch (bring your own), family friendly movies and board games. Parents can drop off beginning at 7:30 a.m. and pick up as late as 5:30 p.m.

Ages: 6 - 13

Dates: Mar. 26 - Mar. 30

Time: Monday - Friday 8:00 AM - 5:00 PM

Location: The CENTRE

Fee: \$125 (\$25 member discount)

Min/Max Enrollment: 22/50

Ballroom Dance (230433)

Physically, dancing is a great total body conditioner. Dancing can increase cardiovascular circulation, burn calories and help reduce weight. Dancing can also improve your flexibility and sense of balance. Mentally, dancing is a wonderful form of stress reduction. The worries of the day melt into the music and the movement. Socially, knowing how to dance can enhance those special occasions when dancing is at the center of the evening's activities. Given the many benefits of dancing, shouldn't you grab a partner and sign up for our beginning ballroom dance class today? Dances like the waltz, foxtrot, tango, and quickstep will be taught. Fee is per couple for this six-week class.

Ages: 16 & Older

Dates: Mar. 7 - Apr. 18

Apr. 25 - May 30

Time: Wednesday 6:00 - 7:00 PM

Location: The CENTRE

Fee: \$45 (\$10 member discount)

Min/Max Enrollment: 5/10

East Coast Swing Dance (230434)

East Coast Swing is a style of dance that is enjoying a revival in the U.S. It is easy to learn so you and your partner can have fun from the first class to the last. Sign up fees are per couple so grab your hep cat honey and register for swing dancing at The CENTRE.

Ages: 14 & Older

Dates: Mar. 5 - Apr. 16

Time: Mondays 6:30 - 7:30 PM

Location: The CENTRE

Fee: \$45 (\$10 member discount)

Min/Max Enrollment: 5/10

Spring Sports Academy (230323)

Members of our Spring Sports Academy will participate in a variety of traditional spring sports as well as try out new ones. On Wednesdays our training will take place in the pool so each academy member will need to bring a swim suit and towel. On days when Rolla Public Schools are out early, there will be an extended day of activities from 1:30 - 5:30 pm. You won't want to miss out on this great after school activity program so grab your friends and sign up for The CENTRE's Spring Sports Academy today.

Ages: 6 -13

Dates: Apr. 2 - May 23

Time: Monday - Friday 3:30 - 5:30 PM

Location: The CENTRE

Fee: \$210 (\$35 member discount)

Min/Max Enrollment: 10/30

Scottish Country Dancing (230331)

Traditional Scottish music plays while you learn basic steps, figures and transitions of Scottish Country Dancing as presented by the Royal Scottish Country Dance Society. Kilts optional.

Ages: 8 & Older

Dates: Apr. 3 - Jun. 19

Time: Tuesday 7:30 - 9:00 PM

Location: The CENTRE

Fee: \$15 (\$5 member discount)

Min/Max Enrollment: 5/25

Intermediate Tumbling (230335)

This tumbling class will be taught by Suzanne Embry. Suzanne has 17 years of experience as a tumbling instructor and coach. This intermediate class is designed for the participant who has some basic tumbling experience, but wants to work toward performing stunts like back walkovers and front hand springs.

Ages: 7 & Older

Dates: Apr. 18 - May 23

Time: Wednesday 4:45 - 5:45 PM

Location: The CENTRE

Fee: \$30 (\$5 member discount)

Min/Max Enrollment: 7/14

Beginning Tumbling (230336)

This beginner's tumbling class will be taught by Suzanne Embry. Suzanne has 17 years of experience as a tumbling instructor and coach. This beginning class is designed for the young participant who wants to learn basic tumbling skills and stunts.

Ages: 6 & Older

Dates: Apr. 18 - May 23

Time: Wednesday 3:45 - 4:45 PM

Location: The CENTRE

Fee: \$30 (\$5 member discount)

Min/Max Enrollment: 7/14

NFL Youth Flag Football (230351)

The CENTRE teams up with the NFL to offer this flag football participation program. Players are taught fundamental skills using drills and scrimmages. Pick up teams are created on Saturdays so players can experience real game conditions. Official NFL Flag Football League jerseys are available if you choose that payment option. Players are required to wear mouth guards.

Ages: 5 - 6

7 - 9

Dates: Apr. 14 - May 19

Time: Saturday 11:00 AM - NOON (5-6)

Saturday 10:00 - 11:00 AM (7-9)

Location: Ber Juan Park

Fee: \$55 (\$10 member discount) with jersey or \$35 without jersey

Min/Max Enrollment: 10/40

Interim Volleyball Leagues (230471-02)

You want to keep playing and we want to make that happen. We are offering this short, no frills season for those teams that want to keep playing between our spring and summer sessions. A competitive division is being offered on Sunday nights and a recreational division is being offered on Tuesday nights.

Ages: 16 & older

Dates: April 29-May 20 Sunday 6:00-10:00 PM

May 1-22 Tuesday 6:00 - 10:00 PM

Location: VB Courts 2 & 3

Fee: \$125 / team (\$5 member discount for each Centre member on roster up to a max. of 8)

Min/Max Enrollment: 4 teams / league

12 teams / league

RollaSlam Co-Ed Volleyball Tournament (230472)

Competitive co-ed volleyball tournament with pool play to determine seedings for single elimination tournament to be played at the end of the day.

Ages: 16 & Older

Dates: March 3

Time: Saturday 9:00 AM - 9:00 PM

Location: Fidelity Gym

Fee: \$100/ team

Min/Max Enrollment: 8/16 teams

Senior Ping Pong (530511)

Get together with others who enjoy a rousing game of table tennis. Tables are set up on Thursday evenings. Paddles and ping pong balls are provided or you may bring your own equipment.

Ages: 55 & Older

Dates: Thursdays

Time: 7:00-9:00 PM

Location: Meeting Room B

Fee: \$2 per evening for non-members
FREE for Centre Members

Adult Ping Pong

Join us for an evening of table tennis and good times. Paddles and ping pong balls are provided or you may bring your own equipment.

Dates: Fridays

Time: 6:00-8:00 PM

Location: Meeting Room B

Fee: \$2 per evening for non-members
FREE for Centre Members

Judo (530420)

This martial art form is a great activity because it can be performed by all ages and can be practiced as a sport, an art, a discipline, a means of self-defense, a workout or just for fun! Participants sign up monthly to learn how to grapple with and throw your opponent.

Ages: 8 & Older

Dates: monthly Monday, Tuesday, Wednesday

Time: 7:00 - 8:30 PM

Fee: \$40(\$5 member discount)

Family Rate: \$90 (\$15 member discount)

Shukokai Karate (530510)

Shukokai is an off-shoot of shito-ryu, which is a very traditional Japanese type of karate. Our instructor, Dan Galarza, is a certified instructor. Youth and adults will meet together for the first hour of class. Adults only for the last 30 minutes of class. A special rate is provided for families. Must have a minimum of three family members to qualify.

Ages: 8 & Older

Dates: monthly Tues. & Thu.

Time: 7:00 - 8:30 PM

Fee: \$40 (\$5 member discount)

Family Rate: \$90 (\$15 member discount)

Special Events!

Daddy Daughter Valentine Dance

Participants can only register with family members. Check out our facebook event online!

Ages: 3 & Older

Date: February 10

Time: Friday 7:00-8:30 PM

GrandFamily Informational Gathering (230542-01)

A conference addressing issues facing relatives acting as parents and the resources available to help fill their needs.

Date: March 10, 2012

Time: Saturday 8:00 AM - 2:00 PM

Location: The Centre

Fee: FREE

Breakfast with the Bunny (230341-01)

Bring the whole family to see the Easter Bunny, enjoy a healthy breakfast, play games and hunt eggs. Children are divided by age for the egg hunts.

Ages: All

Date: April 7, 2012

Time: Saturday 8:00 - 10:00 AM

Location: The Centre

Fee: FREE



Membership Application Form

H/H

Name of person completing application: _____
First M.I. Last

Address _____ City _____ Zip Code _____

Primary Phone _____ Secondary Phone _____ E-mail Address _____

Place of Employment _____ Emergency Contact Name _____ Phone _____

Name(s) of all persons included on this pass including applicant listed above: *(Attach a second form if additional space is needed.)*

	First	Last	Date of Birth	Gender
1.	_____	_____	_____	F or M
2.	_____	_____	_____	F or M
3.	_____	_____	_____	F or M
4.	_____	_____	_____	F or M
5.	_____	_____	_____	F or M

	30-Day Trial	Annual Pass	
		monthly ¹	single payment
Youth	_____ \$48	_____ \$24	_____ \$259
Adult	_____ \$60	_____ \$30	_____ \$324
Senior	_____ \$48	_____ \$24	_____ \$259
Additional Adult	_____ \$30	_____ \$15	_____ \$162
Additional Child	_____ \$10 ²	_____ \$5 ²	_____ \$54 ²
Additional Senior	_____ \$24	_____ \$12	_____ \$144

¹ Must complete Direct Debit Authorization Form.
² Maximum billing for 3 children.

30-Day Trial

If at any time during the 30 days you decide to join as an annual member, the membership will be extended for 12 months from the initial date of registration. The fee paid will be used for the first two months payments, and billing will be established for the additional 10 required payments.

	Student Pass ⁵	
	monthly	single payment
4 Month	_____ \$27	_____ \$108

⁵ Must show valid college student ID to qualify.

	Stay-N-Play	
	monthly	single payment
Annual Pass		
First Child	_____ \$25	_____ \$280
Each Add'l Child	_____ \$20	_____ \$225
Value Pass		
10 Visits	_____ \$20	

	Value Pass - (valid for 20 visits)
Youth	_____ \$80
Adult	_____ \$110
Senior	_____ \$80

Please note that there are no refunds on pass purchases. Prior to purchasing a pass, please read the back of this form. I have read and understand all terms, policies and waiver on the reverse side.

Signature:

Date:

For Office Use Only:

Amount Received: _____ Payment Method: Cash Check # _____ Credit Card Other _____

Date of Purchase: _____ Staff: _____ Reviewed by: _____

Please read the following information before purchasing your pass:

- ◆ Pass holders must abide by all rules and regulations of The CENTRE or privileges may be revoked. These rules may be modified on occasion. For the most current rules, please ask a front desk attendant.
- ◆ Not all programs, benefits, facilities, equipment, etc. will be available at all times.
- ◆ Membership fees are reviewed periodically and any changes to these are implemented at the membership renewal.
- ◆ Passes are not transferable.
- ◆ Membership keytag or keytag number must be presented at the front desk each visit to receive admission.
- ◆ There is a \$5 fee to replace a keytag.
- ◆ There are no refunds on pass purchases.
- ◆ Monthly payments, if option selected, must be made through an Electronic Funds Transfer (EFT) from your bank account or credit card. First payment due at time of purchase. Direct Debit Authorization Form must be completed at time of application.
- ◆ A \$15 service charge will be assessed for every EFT returned for insufficient funds or declined credit card.
- ◆ Immediate family members (parents and their children through the age of 22) residing at the same address and identified at the time of initial purchase are eligible for Family rate. Proof of address and/or income tax return may be required for all those listed on the membership form to verify residence.
- ◆ Members may request for membership to be suspended. Suspension must be a minimum of 1 month.

Annual Passes:

- ◆ Valid for twelve (12) months from the date of purchase.
- ◆ The pass will automatically renew unless terminated 30 days prior to expiration date with continued payment authorization for account and bill date on file.
- ◆ Passes may not be cancelled within the initial 12-month period for any reason with the exception of a written physician statement or relocation outside of the 45-mile service area.
- ◆ After the initial 12-month period, passes may be cancelled at any time upon submission of a cancellation form or written notice 30 days prior to billing date.

Student Passes:

- ◆ A student pass is available for any student currently enrolled in a college or university. Must show valid student identification card to be eligible.
- ◆ Valid for four (4) months from the date of purchase.

Value Passes:

- ◆ No refunds available on unused visits.
- ◆ Value Pass holders do not qualify for discounted rates for enrollment in programs or rental of facility.

Youth Participants:

All children age 4 to 17 are eligible for the youth rate. Toddlers age 3 and under receive free admission to The CENTRE when accompanied by a paying adult. Youth age 8 and under must be accompanied by someone at least 16 years old to receive admission. Youth ages 14 and 15 must complete a mandatory youth fitness training seminar to use the fitness area unattended or be participating in a personal training session where the child is receiving direct, individualized supervision. Youth ages 12 and 13 must complete a mandatory youth fitness training seminar with a parent/guardian to use the fitness area and be under the direct supervision of a parent/guardian that attended the youth fitness training seminar. Youth under the age of 12 are prohibited from the fitness area.

Waiver and Release of Liability:

The City of Rolla and The CENTRE: Rolla's Health and Recreation Complex are not responsible for any injury or loss of property suffered while participating in CENTRE activities, using CENTRE equipment, or on CENTRE premises, for any reason whatsoever, including ordinary negligence on the part of the CENTRE, its officials, employees, instructors, or agents. In consideration of my family's and my ability to use The CENTRE for fitness activities, I hereby release and covenant not to sue The CENTRE, its officials, employees, instructors, or agents from any and all present and future claims resulting from my participation in CENTRE activities both present and future, that may be made by me, my family, estate, heirs, or assigns. I represent that I am in good health. I am aware that health and fitness activities may range from vigorous cardiovascular activity to the exertion of strength training and that these, and other activities at The CENTRE involve certain risks, including but not limited to death, disability, serious neck, and spinal injuries resulting in complete paralysis, heart attacks, and injury to bones, joints, or muscles. My family and I are voluntarily participating in CENTRE activities with full knowledge of the inherent risks of property damage, personal injury and/or death. I understand that The CENTRE encourages me to consult with a physician before beginning any exercise program. I understand this waiver to be broad and inclusive as the laws of the state of Missouri will permit and affirm that I am of legal age to freely sign this waiver. I have read this waiver and fully understand the terms of this waiver. I agree to comply with the rules of The CENTRE.



Direct Debit/Credit Authorization Form

I hereby authorize the City of Rolla (d.b.a. The CENTRE) to transfer a monthly payment from my account for the payment of my membership at The CENTRE. I understand this authorization will stay in effect for the minimum contract period, and continue until I submit a membership cancellation form. I want this payment to be processed on the (check one) 1st _____ or 15th _____ day of the month. I give the financial institution named below the authority to charge my account as indicated.

A 60-day notice will be mailed or emailed informing you of any fee increases. I understand that if I do not cancel my membership by written 30-day notice, the new fees will be charged to my account.

Account Holder Information:

Applicant Name (as appears on account): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Day Phone: _____ Evening Phone: _____

Checking Account Processing:

_____ I authorize the monthly payment(s) identified above to be processed from my checking account.

Financial Institution: _____

◆ *A voided check must be attached to process this application. First payment is due at the time of processing.*

Credit Card Processing:

_____ I authorize the monthly payment(s) identified above to be processed from my credit card account.

Credit Card No: _____ Expiration Date: _____

Type of Card (circle one): VISA MasterCard Discover

Please read and initial the Policies/Guidelines for Direct Debit/Credit Processing:

_____ This authorization is to remain in full effect until the notification of cancellation of membership. The pass holder has the right to cancel at anytime after the minimum contract period expires.

_____ The City of Rolla maintains the right to cancel at any time.

_____ All payments will be processed on either the 1st or 15th day of the month. If the designated payment day falls on a weekend or holiday, the debit will be processed on the next business day.

_____ To assure proper processing, cancellations or change of bank information must be received 14 days before your processing date.

_____ Cancellation requests must be in writing. To cancel or change information, please contact The CENTRE, 1200 Holloway St., P.O. Box 979, Rolla, MO 65402.

_____ Each occurrence of insufficient funds/credit card declined during the withdrawal process will result in a \$15 charge. Member will have 14 days from notification to pay missed payment and fee. Membership privileges will be suspended immediately and reinstated after full payment of amounts due. After two consecutive missed payments, all remaining fees will be placed on the household.

_____ If applicant is under the age of 19, their parent or legal guardian must sign the contract.

By signing below, I hereby authorize the processing of the monthly payment(s) and agree to the policies/guidelines identified on this form.

Account Holder Signature: _____ Date: _____

PARK INFORMATION



The Rolla Parks and Recreation Department provides safe and clean parks for recreation activities for participants of all ages. The Parks System consists of 305 acres at 28 different locations.

Director: Scott Caron
Parks Superintendent: Stan Busch

Telephone: (573) 341-2386
Fax: (573) 308-4012
Information Line: (573) 364-0847
E-mail: parks@rollacity.org

Main Office: 1200 Holloway
CENTRE Lobby
Mailing Address: P.O. Box 886
Rolla, MO 65402

Cemetery

In addition to operating and maintaining all the parks in Rolla, the Parks and Recreation Department handles the business of the Rolla Cemetery. The cemetery is located at the corner of Highway 72 and Rolla Street. The cemetery is open to the public from 7:00 AM to dusk, daily.

There will be no admittance to the Rolla cemetery grounds outside of these hours without the permission of the Parks Director.

Flower Removal Dates

Cemetery workers will remove funeral designs and floral pieces as soon as they become unsightly. A formal cemetery pickup is done:

- The last full week of February
- The third week of June

If you have artificial pieces you wish to keep, they need to be removed before these dates. They may be replaced at the end of the week. This procedure enables cemetery personnel to rid the cemetery of old and unsightly arrangements, enhancing the appearance of the cemetery.

Leaf Pickup

For a nominal fee, Rolla residents can get their leaves picked up by the Parks & Recreation Department beginning in October. All leaves must be curb side along city streets. Per City Ordinance no leaves can be placed in the streets, gutters, or ditches. Leaf pickup will take place Monday-Friday (leaves will not be picked up after 12:00 PM Friday or during weekends or holidays). New users of this service must pay a \$150 refundable deposit or leave a credit card number. The fee is \$50 per half hour with the minimum charge of \$50 and all fees must be paid within two weeks of the service being completed.

Pavilion Rentals

The Parks & Recreation Department has five pavilions available for rental which are located in Ber Juan, Buehler, Schuman and Green Acres parks. Pavilions reserved on a first come, first served basis. Pavilion hours are 8 AM to 2 PM and 4 PM to 10 PM, Monday through Sunday. They can be rented for either time period or entire day. The fees are \$15.00/half day, or \$25.00/full day.

Reservation can be made by phone, but rental fees must be paid at the front desk at the Centre before the reserved time. A person having a paid reservation with the Parks and Recreation Department will have priority over those who do not have a reservation. A copy of the Pavilion Policy may be picked up at the Centre.

Tennis

The tennis courts, located in Ber Juan Park, may be reserved for practices on a first come, first served basis. Practices may be scheduled up to two weeks in advance. Reservations can be made by phone, but rental fees must be paid at the front desk at the Centre before the reserved time. Tennis Court rental is \$4.00 per hour. The fee for use of the lights is \$10.00 per hour for half the courts and \$20.00 per hour for all the courts. A copy of the Rolla Tennis Court Policy may be picked up at the Centre.

Soccer Fields

The soccer fields located south of the Skate Park in Ber Juan Park, as well as the fields in Coventry and Breuer parks, are available on a first come, first served basis. The Parks & Recreation Department does not take practice reservations for these fields. The soccer field located at Ber Juan Sportsplex is not available for practices. Game reservations can be made through the Parks & Recreation Department for a fee. A copy of the athletic field policy can be obtained at the Centre.

Skate Park Hours

August 1-May 31 Open: 10:00 AM-5:00 PM
June 1- July 31 Open: 8:00 AM-8:00 PM

Times are weather permitting

Helmets **MUST** be worn at all times by all users within the fenced skate park area (skating or not). It is strongly recommended that equipment, such as knee and elbow pads and hand and wrist guards be worn at all times to help provide suitable protection in the event of falls or collisions.

Softball Fields

The Softball fields located at Ber Juan Sportsplex, Schuman and Green Acres parks may be reserved for practices on a first come, first served basis. Practices may be scheduled up to two weeks in advance. Reservation can be made by phone, but rental fees must be paid at the front desk at the Centre before the reserved time. The fields do not open for practice until April 1.

Softball field rental is \$4.00 per hour. The fee for use of the lights is \$25 per hour. The athletic field policy may be picked up at the Centre.

Adult Softball Leagues

The Parks & Recreation Department will be holding a manager's meetings for the spring/summer adult softball leagues at 6:00 p.m. April 3 in Meeting Room "A" at the Centre. Leagues will be played on the following nights: Men's League (Tuesday); Women's League (Wednesday) and Coed (Thursday).

Ages: 16 & older

Date: Leagues will start the week of April 23

Fee: \$395.00/team

(A \$25 late fee will be added after the deadline)

Deadline: Monday, April 9

Program: #240411-1 (Men's League)
#240411-2 (Women's League)
#240411-3 (Coed League)

Disc Golf Rental

You can now rent official disc golf discs at the Centre front desk. Must have a state issued I.D. that we will hold onto during the use of our discs along with putting down a \$5 deposit. Disc may be rented and played with until it gets dark. When discs are returned you will get your \$5 deposit and I.D. back. Official discs may be purchased from the front desk as well.



Ber Juan Park has a 9-hole disc golf course. Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee®. It is a fun & **FREE** activity for the entire family! Disc Golf course maps and score cards may be picked up for free at the centre front desk.

Spring Disc Golf League

Two-person teams will compete through 18 holes of disc golf nightly using Best Disc (AKA Best Shot) rules. Players with no partner will be paired together on the first night, so everyone is welcome. Teams will be split into flights based on scores after week four, giving more teams chances to win. The league will run for eight weeks, and winners will be determined by using each team's top seven scores. Awards will be given to top finishing teams in each flight.

Location: Ber Juan Pavilion

Date: Tuesdays, March 15-May 3

Time: 5:30pm

Fee: \$15.00

Deadline: Monday, March 13

Program: #240418

Spring Disc Golf League (Parent/Child)

New to the spring disc golf league is a parent/child division. Two-person teams consisting of an adult and a child (under the age of 16) will compete through 9-holes using the best shot rules. Teams will be split into flights based on scores after week four, giving more teams chances to win. The league will run for eight weeks, and winners will be determined by using each team's top seven scores. Awards will be given to top finishing teams in each flight.

Location: Ber Juan Pavilion

Date: Tuesdays, March 15-May 3

Time: 5:30pm

Deadline: Monday, March 13

Fee: \$12.00

Program: #240118

Spring Fling Disc Golf Tournament

Players will compete through two 18-hole rounds of the fastest growing sport in America-Disc Golf. The field will be split into flights according to first round scores, and awards given to the top finishers in each flight. Each round will have CTP's and there will be a ring of fire to increase your chance of winning.

Date: Saturday, April 14

Time: Players meeting at 9:45 am; Tee off at 10:00 am

Fee: \$15.00 (15 & Over)
\$10.00 (14 & Under)

Deadline: Thursday, April 12

Program: #240338 (Youth)
#240438 (Adult)

Youth Baseball Tournament

The Rolla Parks & Recreation Department will be hosting a youth baseball tournament for 10U and 12U teams April 28 & 29 at Ber Juan Sportsplex. The entry fee is \$250 (the gate fee is included) for a 3-game guarantee. The deadline is April 23. Baseballs, umpires and scorekeepers will be provided.

Teams must provide proof of insurance.

Ages: 10U & 12U

Dates: April 28 & 29

Time: 8:00 am

Location: Ber Juan Sportsplex

Fee: \$250

Deadline: Monday, April 23

Program: #240332-1 (10 & Under)
#240332-2 (12 & Under)

Aquafina Pitch, Hit & Run Competition (Baseball & Softball)

The Rolla Parks & Recreation Department would like to invite you to participate in a local Pitch, Hit & Run competition. PHR is the Official Skills Competition of Major League Baseball. This grassroots program is designed to provide youngsters with an opportunity to compete; free of charge, in a competition that recognizes individual excellence in core baseball/softball skills. All necessary equipment is provided. There will be a baseball competition as well as a softball competition. The individual pitching, hitting and running champions, along with the All-Around Champion in each age group at the local competition will advance to the sectional level of competition. Participates may sign up the day of the event. A birth certificate is required.

Ages: 7-14 (Boys & Girls)

Date: April 28 (Rain date April 29)

Time: Check in at 12:30 p.m. followed by competition at 1:00 p.m.

Location: Ber Juan Sportsplex

Fee: Free

Program: #240332-1 (Girls)
#240332-2 (Boys)

Luck of the Irish Adult Open Tennis Tournament

The Rolla Parks & Recreation Department will be hosting an USTA sanctioned Adult Open tennis tournament. Most matches will be played on Saturday, March 17, 10 a.m.-8 p.m. and Sunday, March 18, 8 a.m.-1 p.m. (Finals). If you are coming from out of town, we will try to make match times later on Saturday. If draws are smaller than 16 players, the entire tournament might be played on Saturday. This is an outdoor tournament. Be prepared to play outside if the weather is above 32 degrees.

Ages: 18 & Older (must be a USTA member)

Dates: March 17 & 18

Time: 10:00 a.m.

Location: Ber Juan Tennis Complex

Fee: \$15.00 Singles
\$25.00 Doubles

Deadline: Monday, March 12

(1st match times & draws will be posted after noon March 13)

Program: #240434-1 (Men's)
#240434-2 (Women's)
#240434-3 (Men's Doubles)
#240434-4 (Women's Doubles)
#240434-5 (Mixed Doubles)

Jr. Open Spring Tennis Tournament

The Rolla Parks & Recreation Department will be hosting an USTA sanctioned Junior Open for boys and girls (18-10). Most matches will be played on Saturday April 21, 8 a.m.-8 p.m. and Sunday April 22, 8 a.m.-1 p.m. (Finals). If you are coming from out of town, we will try to make match times later on Saturday. If draws are smaller than 16 players, the entire tournament might be played on Saturday. This is an outdoor tournament. Be prepared to play outside if the weather is above 32 degrees.

Ages: 10-18 (Boys & Girls)

Dates: April 21 & 22

Time: 8:00 a.m.

Location: Ber Juan Tennis Complex

Fee: \$25.00 (Singles only)

Deadline: Monday, April 16

(1st match times & draws will be posted after noon April 17)

Program: #240335-1 (Boys 10s)
#240335-2 (Boys 12s)
#240335-3 (Boys 14s)
#240335-4 (Boys 16s)
#240335-5 (Boys 18s)
#240335-6 (Girls 10s)
#240335-7 (Girls 12s)
#240335-8 (Girls 14s)
#240335-9 (Girls 16s)
#240335-10 (Girls 18s)

Friday Night Adult Tennis League

The Rolla Parks & Recreation Department is offering a 12-week adult tennis league to be played on Fridays at the outdoor courts in Ber Juan Park under the newly installed lights. This league will have a more laid back, recreational atmosphere than most leagues. Players will sign up for the league and then will match up with other players the night of the league. This will give participants a great opportunity to meet and play other tennis players without the constraints of a set schedule. Players must provide their own rackets and tennis balls.

Ages: 18 & Older
Dates: April 13-July 6 (skip May 25)
Time: 5:30-8:30 p.m.
Location: Ber Juan Tennis Complex
Fee: \$25.00
Deadline: Friday, April 13
Program: #240414

Tennis Block Party

Hey are you ready to cause a racquet? The biggest tennis party ever is coming to your neighborhood! Throughout the month of May – designated as “Tennis Month” across the U.S. the USTA is serving up an ambitious and exciting community initiative with a series of “Tennis Block Parties” in markets nationwide. The Tennis Block Parties will bring new ways to involve and expose new and existing players to the unparalleled health and social benefits of tennis. The Rolla Block Party will be held on Saturday, May 7 at Ber Juan Tennis Complex from 2-4 p.m. and is free to the public.

Hosted at public parks facilities, Tennis Block Parties will feature two hours of tennis instruction, interactive games, and attractions, offering people of all ages and abilities the opportunity to learn and enjoy the benefits of the game – from fun and competition to lifestyle and fitness. Skilled teaching professionals, accomplished touring pros, and special guests will guide attendees through games and skills during this day of fun and learning. The Missouri S & T Tennis Club is a partner for the event.

Ages: All Ages
Date: May 7
Time: 2:00 – 4:00 p.m.
Location: Ber Juan Tennis Complex
Fee: Free
Deadline: Thursday, May 3
Program: #240134

Girls Fast Pitch League

The Rolla Parks & Recreation Department is offering a girl's fast pitch softball league for all age groups. The league will be played on Wednesday nights at Ber Juan Sportsplex in Rolla starting May 30. The league will conclude on or before July 18.

The deadline for team entry is Monday, May 14 and the league fees are \$325 for a minimum of 8-games. Double-headers will be played each week. Two ASA certified umpires, an official scorekeeper and softballs will be provided. Teams need to be ASA individually registered. Individual registration forms can be downloaded from the Missouri ASA website at <http://missouriasoftball.clubspaces.com> or can also be done on-line through the Missouri ASA website.

Ages: 10U; 12U; 14U; 16U & 18U
Date: June 1-July 20
Time: 6:00-10:00 p.m.
Location: Ber Juan Sportsplex
Fee: \$325
Deadline: Monday, May 14
Program: #340311-1 (10 & Under)
#340311-2 (12 & Under)
#340311-3 (14 & Under)
#340311-4 (16 & Under)
#340311-5 (18 & Under)

Youth Fishing Clinic

The Parks & Recreation Department, The Centre, Department of Conservation and the Optimist Club have developed a fishing clinic for youth to learn and experience the enjoyment of fishing. Participants will learn about fish identification, casting, knot tying, bait & tackle and conservation rules, regulations and ethics. At the end of the clinic, casting and fishing competitions will be held and prizes will be awarded. The clinic is free. An adult needs to accompany each child that registers. The first 50 children to register will receive a free gift.

Ages: 6-14 years
Date: May 5
Time: 8:00 a.m.-12:00 p.m.
Location: Ber Juan Lake (located behind The Centre)
Fee: Free
Deadline: Tuesday, May 1
Program: #240139

Summer Disc Golf League

Two-person teams will compete through 18 holes of disc golf nightly using Best Disc (AKA Best Shot) rules. Players with no partner will be paired together on the first night, so everyone is welcome. Teams will be split into flights based on scores after week four, giving more teams chances to win. The league will run for ten weeks, and winners will be determined by using each team's top nine scores. Awards will be given to top finishing teams in each flight.

Location: Ber Juan Pavilion

Date: Tuesdays, May 15-July 24

Time: 5:30pm

Fee: \$15.00

Deadline: Friday, May 11

Program: #340418

Summer Disc Golf League (Parent/Child)

New to the summer disc golf league is a parent/child division. Two-person teams consisting of an adult and a child (under the age of 16) will compete through 9-holes using the best shot rules. Teams will be split into flights based on scores after week four, giving more teams chances to win. The league will run for eight weeks, and winners will be determined by using each team's top seven scores. Awards will be given to top finishing teams in each flight.

Location: Ber Juan Pavilion

Date: Tuesdays, May 15-July 24

Time: 5:30pm

Fee: \$12.00

Deadline: Friday, May 11

Program: #340118

Summerfest Tennis Tournament

The Parks & Recreation Department and the Friends of Tennis will host the annual Summerfest Doubles Tennis Tournament on Saturday, June 4. Men's, Women's and Mixed doubles tournaments will be offered. Only one event per person, please. First rounds will begin at 8 am Saturday morning. This is a one-day event. Entrants should have new balls for each match. Winners will take the unused can. Tennis professionals are ineligible to participate in this tournament.

Ages: All ages

Date: June 4

Time: Check in at 7:45 am followed by competition at 8:00 am

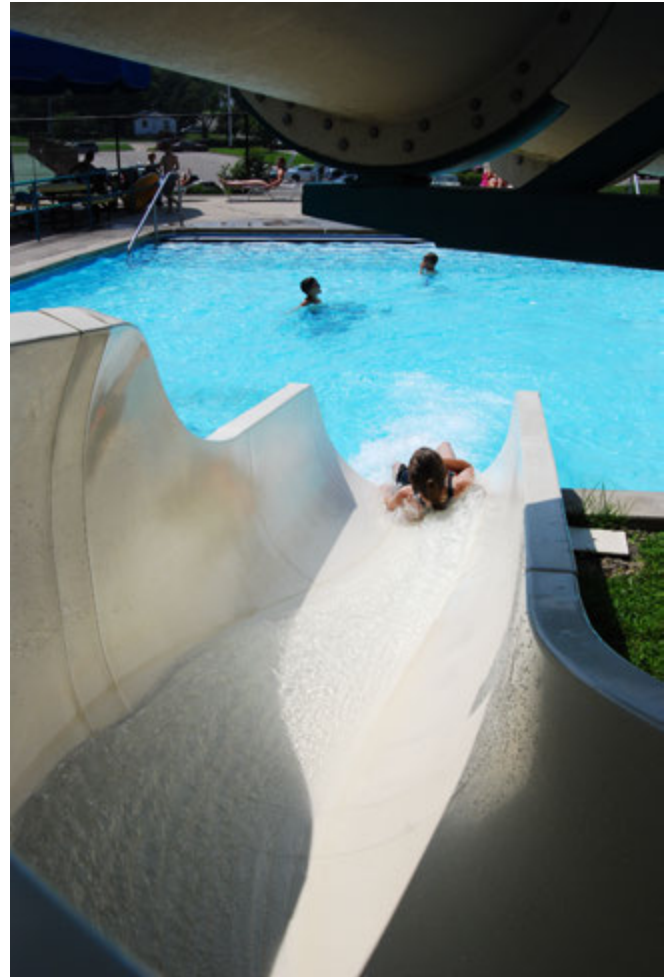
Location: Ber Juan Tennis Complex

Fee: \$20 per doubles team

Deadline: Tuesday, May 29

Program: #340434-1 (Men's Doubles)
#340434-2 (Women's Doubles)
#340434-3 (Mixed Doubles)

SPLASH ZONE



Cool off this upcoming summer at Splash Zone! Splash Zone offers beach-like entry, water slides, a lazy river, "world's largest" vortex, interactive play features, sand play area, birthday party packages, concession stand, summer season pass and private pool rentals.

Hours:

Monday – Friday NOON – 7:00 pm

Saturday & Sunday NOON – 6:00 pm

Open Memorial Day through Labor Day

(573) 364-8222

14th & Holloway
Rolla, MO 65401



THE CENTRE
ROLLA'S HEALTH & RECREATION COMPLEX
1200 Holloway St. Rolla, MO 65401
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