

Poplar Bluff Parks Department



2016

Recreation Guide

2016 Recreation Guide

Poplar Bluff Parks and Recreation Department
430 North Second Street
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Office: 573-686-8645
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Park Department Staff

Clark E. Allen, Director
Chris Waite, Administrative Assistant
Greg Riggs, Recreation Supervisor
Angela White, Horticulturist
Steve Lawson, Maintenance Supervisor
Jeremy Johnson, Maintenance
Fred Wallace, Maintenance
David Carmickle, Maintenance
Heather Tuggle, Aquatics Supervisor
Bert Spradling, Golf Course Superintendent
Jeff Bland, Working Foreman
Andy Dorris, Maintenance
David Campbell, Maintenance Mechanic

Park Board

Jeremy Booker, President
Brock Littles
Dale Dickerson
Steve Hicks
Paul McVey
Eric Schalk
Megan Miller
Terry Mizell

City Council

Betty Absheer, Mayor
David Johnson, Mayor Pro Tem
Ed DeGaris
Peter Tinsley
Philip Crocker
Jerrica Fox

City Manager

Mark Massingham

Professional Memberships

National Recreation & Park Association
Missouri Park & Recreation Association



Park Department Hotline 686-8000

Call the Parks and Recreation Department Hotline to receive up-to-date information on program cancellations or postponements. When the weather is questionable, the hotline will tell you if your program will go as scheduled. Decisions on cancellations for evening activities due to inclement weather are made at 3:30 p.m. and the information will be announced on the hotline.

Park Department Website www.poplarbluff-mo.gov

Login to the City of Poplar Bluff website, click on the city department link, and get up to date information about the Park Department programs. You can print current program registration forms, check your schedule, and find out if games are cancelled due to inclement weather. Game cancellations will be posted after 3:30 p.m. If you need more information on the site contact the Park Department Office, 686-8645.



Park Department Text Message Alerts

Sign up for the Poplar Bluff Parks and Recreation Department Alerts and get important information sent as text messages and emails directly to your mobile phone, wireless PDA or pager.

Get Information about:

**Weather Cancellations
Registration Deadlines
Class Updates
Special Events Announcements**

Signing up is easy and free. Just follow the link below and go through the simple 2-step process and select the categories you wish to receive information for based on the events you are interested in.

<http://my.textcaster.com/servePopup.aspx?id=1867>

Text messaging sponsored by:

**FIRST MIDWEST
BANK**



Poplar Bluff Parks and Recreation

Baseball and Softball

Youth Baseball & Softball

Registration:
March 14 – April 8
Registration Fee: None

Activity registration forms are available at the Park Department Office and distributed to all schools in the Poplar Bluff R-1 School District. Registration forms must be returned to the Park Office, 430 North Second Street. Pre-season practice will begin the week of April 27 with league games starting the week of May 23.



Coach Pitch

Registration: April 11-29, 2016
Registration Fee: \$10.00
Starting Date: To be determined.
Age Division:

Boys and girls who will be 6 years old on July 31, 2016, but who will not turn 8 years old on or before July 31, 2016.

This is a non-competitive, coed program with learning fundamentals and having fun being the objective of the leagues. The first scheduled date will be used for an organizational practice session. Teams will have a ½ hour practice session followed by a game for the remaining 5 weeks of the program. At least two volunteer parent coaches will work with each team. Each player will receive a T-shirt. For more information contact Greg Riggs at the Park Office, 686-8645.



General Organizational Rules

All participants must have verification of date of birth on file at the Park Department. Parents must submit a copy of a birth certificate for all first year participants in a Parks and Recreation Department youth program, and/or for other participants upon request.

All teams will be organized by the rules set forth by the Park Board. Brothers/sisters who fall into the same age group may, upon request at the time of registration, have their applications submitted together and be placed on the same team.

It is the parent or guardian's responsibility to notify the Park Department of their desire for the children to be placed on the same team. Special requests for youth that are not brothers or sisters to be on the same team will not be allowed. A player's pool of late registrants will be assigned by team needs using a process set forth by the Park Board. Late registrants are not guaranteed assignment to a team.



Youth Baseball & Softball Policies

Any boy or girl who resides in the Poplar Bluff R-1 School District who will be 8 years old before August 1, 2016 and who will not turn 16 years old before August 1, 2016, is eligible to participate. The age division for all participants will be determined by their age on July 31, 2016. Exception: Players may move up to the next age group but once moved they will not be allowed to return to the lower age group. This does not apply to participants in the Coach Pitch League wanting to move up to Civic League. No exceptions allowed. The full roster batting order and unlimited substitutions will be used in all youth leagues.

Civic, Little, Sub-Junior Girls, and Junior Girls leagues use four outfielders and pitching machines for increased participation. Little League and Junior Girls play a split season of machine/live arm. All players must play a minimum of every other inning in the field. Players must furnish their own gloves and shoes. Team sponsors provide shirts, caps and equipment. Metal spikes are not permitted.

<u>League</u>	<u>Location</u>	<u>Ages</u>	<u>Day</u>	<u>Time</u>
Baseball				
Civic League	McLane Complex	8-9 boys	M-F	5:30-8:30 p.m.
Little League	McLane Complex	10-11 boys	M-F	5:30-8:30 p.m.
Pony League	McLane Complex	12-13 boys	M-F	5:30-7:30 p.m.
Babe Ruth	McLane Complex	14-15 boys	M-F	5:30-7:30 p.m.
Softball				
Sub-Junior	McLane Complex	8-9-10 girls	Tu-Th	5:30-8:30 p.m.
Junior Girls	McLane Complex	11-12 girls	Tu-Th	5:30-8:30 p.m.
Senior Girls	McLane Complex	13-15 girls	M-Th	5:30-7:30 p.m.

Baseball and Softball

Adult Summer Softball

Both men's and women's adult softball leagues will be offered if four (4) or more teams register. The men's league will begin play on May 16 at Hillcrest Park and the women's league will begin play on May 23 at McLane Park. The fees for this program are determined by the number of teams and the number of games to be played.

Team Registration: March 21—April 15, 2016.

Adult Fall Softball

There will be a men's league and a coed league if four (4) or more teams register. League play will begin August 29, 2016, at Hillcrest Park.

The fees for this program are determined by the number of teams and the number of games to be played.

Team Registration: August 1—August 12, 2016



Tennis

USTA Youth Tennis Clinics

The USTA Youth Tennis Program is an entry-level public recreation tennis program for youth. USTA Youth Tennis is a popular format that will place emphasis on skills development, low-key competition, and most importantly FUN!

Clinic Dates: May 23 —June 3

Cost: \$15.00 plus one unopened can of (Penn or Wilson) tennis balls.



Registration Opens: May 2 at the Park Department Office or on-site the first day of the clinic. Former Lady Mules Tennis Coach Cortney Barnett will be the instructor.

Movie In The Park

'Movies in the Park'

Watch for the dates to be announced in May and September 2016!

Starting time: Dusk

More information published as it becomes available.

Sponsored by: Southern Bank

Parks & Recreation Department

Volleyball

Park Department Girls Volleyball

Bump, set, SPIKE!! Girls who are presently in grades 3 through 6 are eligible to take part in the volleyball program. The program will be offered in clinic/league format with an emphasis on skills building, fun, and exciting volleyball competition.

Registration: March 14—April 1, 2016

Park Department Office

COST: \$10.00

Adult Volleyball Leagues

We will offer a Women's A, Women's B, and a Coed Volleyball League in the Fall of 2016. League play begins in early November at the Junior High. The fees for this program are determined by the number of teams and the number of games to be played. For more information contact Greg Riggs at 686-8645.

Team Registration: October 3—14, 2016.

Soccer

Optimist Soccer League

OSL Soccer registration will begin August 1 for the 2016 Fall Soccer League. Registration will be for youth who turn 4 years old by July 31, 2016. Registration forms will be available at the Parks and Recreation Office, 430 North Second St., Poplar Bluff. Additional information will be published as soon as it is available.

Optimist Soccer League British Soccer Camp

June 6-10, 2016 at Whiteley Park

Ages 3—4 9:00 a.m. to 10:00 a.m.

Ages 5—6 10:30 a.m. to 12:00 p.m.

Ages 7—16 9:00 a.m. to 12:00 p.m.

Ages 7—16 1:00 p.m. to 3:00 p.m.

Camp registration is open! To view the camp and learn more about the British Soccer Experience, visit www.challengersports.com. For more information contact Brock Littles, 573-718-4235 or email blittles@bankwithsouthern.com



Track

Park Department – Sam Giambelluca 5th & 6th Grade Track and Field Championships

The Parks and Recreation Department Sam Giambelluca Track & Field Championships will be Friday, May 6, at the Fred M. Morrow Stadium. Any boy or girl who lives in the Poplar Bluff R-1 School District and is a student in the 5th or 6th grade is eligible to compete. Registration for the meet will be accepted through April 15. Registration forms will be available at the 5th & 6th Grade Center and the Parks and Recreation Office. There is no fee charged for participation.



Basketball

Park Department 3rd & 4th Grade Basketball

Registration Dates:

October 17 — November 4, 2016

Cost: FREE

All 3rd and 4th grade students, during the 2016-2017 school year, are eligible to play in this basketball league that begins in November and runs through mid-December. For more information, contact Greg Riggs at 686-8645.



Other Events

Thirteenth Annual Santa Land

Santa Claus is coming to the Black River Coliseum in December 2016. This local event, co-sponsored by the Park Department and Wal-Mart, is for children to visit with Santa and participate in all kinds of fun holiday activities. For more information contact Greg Riggs at the Park Department, 686-8645, or Donna Smith at Wal-Mart.



Margaret Harwell Art Museum

Margaret Harwell Art Museum Youth Art Classes

The Margaret Harwell Art Museum will offer special week-long youth art camps this summer for youth ages 7 to 12. The classes will be held at the MHAM annex, 415 N. Main Street. Class Dates:

June 13-17, 2016 10 a.m. to noon

July 11-15, 2016 10 a.m. to noon

Cost for each class: \$40.00 (includes supplies & snacks). Pre-registration is required. Class size limited to 12 students. For more information on the art classes contact the Art Museum at 686-8002.

Community Events

6th Annual St. Jude Archery Shoot Saturday, August 13, 2016

Headhunters TV and Indian Creek Bowhunters, Inc. are hosting the 6th Annual St. Jude Archery Shoot on Saturday, August 13, with trickle starts from 8:00 a.m. to 2:00 p.m. The shoot includes men's, women's, and youth divisions with trophies awarded in each class. Also featuring youth archery camp, novelty shoots, fun activities for the whole family, prize drawings, a silent auction and full concessions, with 100% of proceeds to benefit St. Jude. For more information contact Miranda at 573-718-2875 or Brad at 573-776-8104. New this year is the **VIP Experience** to be held on Friday, August 12, 2016 at The American Legion on Kanell Blvd. Social hour will be from 6—7 p.m. with dinner at 7 p.m.

Ignite Mobile Camp

August 8-12, 2016

8:00 a.m. - 4:00 p.m. daily

Eagle Lake on Location in collaboration with Next Generation Mobile Camps is an incredible week filled with adventures and unforgettable experiences. With 5 full days of amazing activities, caring and enthusiastic staff, and engaging Bible studies camper's experience the best Eagle Lake Camps has to offer without ever leaving Poplar Bluff. The camp is for youth ages 7 to 12. For more information contact Darla or Mackenzie at First United Methodist Church, 573-785-1439.

Runs & Special Events

Badge of Honor Benefit Run 5K, 10K and Half Marathon

Saturday, April 2, 2016

Black River Coliseum, Poplar Bluff, Missouri

Registration: 7:00 - 8:00 a.m.

Race Time: 9:00 a.m.

The Badge of Honor Benefit Run is an event to honor the men and women who have dedicated their lives to protect and serve the citizens of their communities. All proceeds to benefit three distinguished law enforcement support groups. For more information visit www.bohbr.com.

3rd Annual Kiwanis Wolf Creek Trail Race 5K/10K/18K Saturday, March 26, 2016

Join the PB Kiwanis Club & US Forest Service as we host our 3rd Annual Wolf Creek Trail Run. Enjoy the newly created bike/running trail AND raise money to help save the children of the world. Start time is 9:00 a.m. for 5K and 10K; 8:00 a.m. for 18K. To Register Online: <http://www.eventbrite.com/e/wolf-creek-5k-10k-18k-trail-run-tickets-21495943947?aff=es2>

Email your Name, Age, Sex, Shirt Size, Phone #, & Email address to blittles@bankwithsouthern.com.

Like us on Facebook.



Second Annual Night at the Museum 5K & Youth Color Mile: A Salute to Sam Saturday, April 16, 2016

Come join the fun by entering this 5K and Youth Color Mile at the Poplar Bluff History Museum. Registration will be held inside the museum with the event starting and ending at the museum. The 5K Run will begin at 9:00 a.m. (registration 8:15) and the Youth Color Mile at 10 a.m. (registration 9:15). For more information contact: Steve Whitworth at 785-2023 or Emily Thurman at 718-7101. Registration forms are available at Whitworth's Gift Chest.

Rockin The Roads 5K & 1 Mile Kid's Fun Run May 7, 2016

Location: McLane Park. Registration begins at 8:00 a.m. Also included will be a 1 Mile Kid's Fun Run. Proceeds to benefit St. Jude Children's Research Hospital. For more information contact Kaisha Pigg, River Radio, 785-0881.

23rd Annual Black River Festival 5K Saturday, July 2, 2016

This is an "old fashion race" with no entry fees and no T-shirts. The race, on July 2, will be held in conjunction with the Black River Festival in Poplar Bluff commemorating the 4th of July holiday celebrations. Registration begins at 6:00 a.m. at the Butler County Courthouse and the race begins at 7:00 a.m. For more information contact Gary Croy 573-429-5430 or email garycroy@yahoo.com. Like us on Facebook.

Three Rivers College

THE COMMUNITY COLLEGE OF SOUTHEAST MISSOURI

Run 4 The Arts 4 Miler Saturday, September 10, 2016

Contact the Development Office at Three Rivers College : email development@trcc.edu or call 573-840-9077. This event will help raise funds for scholarships and equipment for art students at Three Rivers.

Special Olympics

The Southeast Area Special Olympics Poplar Bluff Track and Field Meet will be held on Friday, April 22 at the Fred M. Morrow Stadium in Poplar Bluff. Opening ceremonies will begin at 9:00 a.m. The Poplar Bluff Parks and Recreation Department, McDonalds, Poplar Bluff Public Schools, Coca Cola and the Highway Patrol Troop E of Poplar Bluff Sponsor the event. The Southeast Area serves over 1,150 athletes from a nineteen county region. For more information or to volunteer at the meet contact Penny Williams, at the Southeast Area Office, phone 573-339-6733 or email Williams@somo.org.

Buddy Ball

Our Mission: To provide sports services at no cost to the persons with mental and physical developmental disabilities, creating a support network for individuals, families and the community. For more information contact Sonya Osborn, 573-300-1459 or Lisa Collins, 573-300-5747.



Related Activities

TRC Basketball Camps

Coach Gene Bess Basketball Camp



Camp Director –
Coach Gene Bess
Phone: 573-840-9611
gbess@trcc.edu
Coach Brian Bess
Phone: 573-840-9611
bbess@trcc.edu

Players will learn from the TRC Coaching Staff and several current and former Raiders. The camps will emphasize the basic basketball fundamentals and skills that can improve their overall game. The players will learn by participating in drills and scrimmages. The camp will also consist of team competitions and various other contests.

CAMPS	COST	DATES
Guard & Post Camp		June 6 - 8
	\$175 – Player, \$30 Housing	
Shooting Camp		June 9 - 11
	\$175 – Player, \$30 Housing	
Boy's Week Long Camp		June 13- 17
	\$215 – Player, \$60 Housing	
Girl's Week Long Camp		July 11 - 15
	\$215 – Player, \$60 Housing	
Boy's Week Long Camp		July 18 - 22
	\$215 – Player, \$60 Housing	

All camps include three sessions:
Morning: 9:30 – 11:30
Afternoon: 1:00 – 4:00
Evening: 6:00 – 8:00

COST: The cost of the camp includes – 3 sessions each day, noon meals, limited insurance, t-shirts, participation certificate and awards for outstanding performance.

HOUSING: The number of rooms available is limited to first-come, first-served.

KINDERHOOPS

First United Methodist Church

Registration begins first week in January 2017. For more information contact David Stewart at 573-785-1439.

Poplar Bluff R-1 School District Youth Camps, Clinics, & Leagues

Youth Volleyball Camp

Contact: Coach Amanda Lance
Junior High School: 573-785-5602

Wrestling Camp & League

Contact: Coach Dave Sievers
Senior High School: 573-785-6471

Football Camp & League

Contact: Coach Mark Barrouse
Senior High School: 573-785-6471

Baseball Camp

Contact: Coach Steve Edwards
Senior High School: 573-785-6471

Softball Camp

Contact: Coach Lisa Boyer
Senior High School: 573-785-6471

Boys Basketball Camp

Contact: Coach William Durden
Senior High School: 573-785-6471

Girls Basketball Camp

Contact: Coach John David Patillo
Senior High School: 573-785-6471

Soccer Camp

Contact: Coach Steve Edwards
Senior High School: 573-785-6471

Sea-Mules Women's Swim Camp

Contact: Coach Beth Lewis-Muse
Cell Phone: 314-609-9866

Running Mules Cross Country Camp

Contact: Coach Beth Lewis-Muse
Cell Phone: 314-609-9866



Poplar Bluff Mules

R.W. Huntington Municipal Pool

Open Swim

Age	Fee	Time	Days
Youth (17 & under)	\$2.00	1-5 p.m.	Daily
Adults (18 & over)	\$3.00	1-5 p.m.	Daily

Lap Swimming

Lap swim is held every Monday through Saturday from noon until 1 p.m. The fitness-minded may swim their laps during this time without interruption from recreational swimmers. This program is strictly for lap swimmers.

Youth (17 & under)	\$1.00	12-1 p.m.	M-Sat.
Adults (18 & over)	\$2.00	12-1 p.m.	M-Sat.

Family Swim Night

Thursday nights are Family Swim Nights. Admission is just \$5 for the entire family. So if you have a family the size of the Brady Bunch you're in luck, Thursday is just the night for you. Children must be accompanied by a parent.

Individuals	\$2.00	6:30-8 p.m.	Thurs.
Family (3 or more)	\$5.00	6:30-8 p.m.	Thurs.

Pool Pass

Best Value in Summer Swimming

Passes are available to the residents of the Poplar Bluff R-1 School District. The pass may be used as often as desired for the entire season. Includes all recreational and lap swim programs.

Cost for the season pass is:

Individual Youth (17 & under)	\$35
Individual Adult (18 & over)	\$45
Family	\$75

(Immediate family members living in the same household.)

Private Pool Parties

You can rent the pool for a private party for your group when it's not open for public use. Cost for lifeguards is included in the fee. Rates are based on a minimum of two hours. Call the pool manager at 686-8651 to schedule a date for your party.

COST:

Up to 30 people \$35.00 per hour (min. 2 hours)
Each increment of up to 25 additional people is \$15 per hour.

Father's Day Special

Fathers swim free with one paid child – all day on Father's Day, June 19, 2016.

Swimming Lesson Schedule

****Registration Opens June 6, 2016****

Class	Dates	Times
Level 1 – 6	June 20 – 30	Mon-Thurs 11:00 a.m.
Water Explorer	June 20 – 30	Mon-Wed 11:00 a.m.
Level 1 – 6	June 20 – 30	Mon-Thurs 5:30 p.m.
Water Explorer	June 20 – 30	Mon-Wed 5:30 p.m.
Adult Lessons	June 20 – 30	Mon-Thurs 5:30 p.m.
Level 1 – 6	July 11 – 21	Mon-Thurs 11:00 a.m.
Water Explorer	July 11 – 21	Mon-Wed 11:00 a.m.
Level 1 – 6	July 11 – 21	Mon-Thurs 5:30 p.m.
Water Explorer	July 11 – 21	Mon-Wed 5:30 p.m.
Adult Lessons	July 11 – 21	Mon-Thurs 5:30 p.m.
Level 1 – 6	July 25 – Aug 4	Mon-Thurs 11:00 a.m.
Water Explorer	July 25 – Aug 4	Mon-Wed 11:00 a.m.
Level 1 – 6	July 25 – Aug 4	Mon-Thurs 5:30 p.m.
Water Explorer	July 25 – Aug 4	Mon-Wed 5:30 p.m.
Adult Lessons	July 25 – Aug 4	Mon-Thurs 5:30 p.m.

American Red Cross Learn To Swim

Students successfully completing a swim course will receive a certificate. Children must be at least 6 years old and meet a minimum height requirement of 42 inches. Maximum class size will be 10 students per instructor. Lessons will be held Monday through Thursday with Friday being used as a makeup day for weather cancellations.

REGISTRATION: June 6 – until classes are full at the Park Department Office, 430 North Second Street. **COST:** \$15.00 per child.

Water Explorer

This is a parent/child (*parent must be in the pool with the child*) program designed to help 3 to 5 year old children gain independence and increase their comfort level in and around the water. Elementary aquatic skills and water safety are taught that will help prepare children for the Learn to Swim levels later.

REGISTRATION: June 6 – until classes are full at the Park Department Office. **COST:** \$15.00 per child.

Adult Swimming Lessons

This is a beginning swimming class. Perfect for the adult who does not know how to swim or who is afraid of the water.

REGISTRATION: June 6 – until classes are full at the Park Department Office.

COST: \$15.00 per person.

R.W. Huntington Municipal Pool



Red Cross Swimming Lessons Description of Levels

Program Overview

Learn-to-Swim

The six levels of Learn-to-Swim instruction help swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. American Red Cross Learn-to-Swim teaches aquatic and safety skills in a logical progression.

Level 1—Introduction to Water Skills

There are no prerequisites for this level. The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. In Level 1, participants learn elementary aquatic skills, which they will build on as they progress through the six Learn-to-Swim levels. At this level, participants begin developing good attitudes about swimming and water safety, good swimming habits and safe practices in and around the water.

Level 1 Exit Skills Assessment

Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Level 2—Fundamental Aquatic Skills

Participants entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements of Level 1. The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

Level 2 Exit Skills Assessment

Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position. Move into a back float for 5 seconds, roll to front then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

Level 3—Stroke Development

Participants entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2. The objectives of Level 3 are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool (if the water is 9 feet deep or deeper).

Level 3 Exit Skills Assessment

Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4—Stroke Improvement

Participants entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3. The objectives of Level 4 are to develop confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances.

R. W. Huntington Municipal Pool

Red Cross Swimming Lessons Description of Levels

Level 4—Stroke Improvement (cont'd)

Students also continue to build upon the scissors kick and dolphin kick by adding the arms for side-stroke and butterfly. The back crawl and the breast-stroke are introduced in Level 4, as well as the basics of turning at a wall.

Level 4 Exit Skills Assessment

Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Level 5—Stroke Refinement

Participants entering this course must have a Level 4 certificate or must be able to demonstrate all the course requirements in Level 4. The objectives of Level 5 are to coordinate and refine strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

Level 5 Exit Skills Assessment

Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Level 6—Swimming and Skill Proficiency

Participants entering this course must have a Level 5 certificate or must be able to demonstrate all the skills required to complete Level 5. The objectives of Level 6 are to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options—Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving. This level should be customized to meet the objectives of the participants. For instance, the course may be promoted for participants who want to enter competition or for those who want to achieve a higher level of fitness. It is also possible to structure this level around a different aquatic sport each time

it is offered. Participants who want to enter the Water Safety Instructor course or courses in the Lifeguarding program can use this level to practice the prerequisites for those courses. Because of the variety this level offers, participants can repeat it to focus on different goals each time.

Level 6 Exit Skills Assessment Personal Water Safety

Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7–10 feet, return to surface and return to starting point.

A WORD TO PARENTS

OUR LIFEGUARDS ARE HIGHLY TRAINED AND SKILLED. THEIR JOBS ARE TO ASSIST IN MAKING OUR FACILITIES A SAFE PLACE TO BRING THE FAMILY. HOWEVER, THEY ARE NOT BABYSITTERS. PARENTS ARE EXPECTED TO WATCH THEIR CHILDREN AND TO ASSIST IN ENFORCING THE POLICIES FOR THE SAFETY AND ENJOYMENT OF ALL PATRONS. IN ADDITION, ALL CHILDREN UNDER AGE 7 MUST BE ACCOMPANIED AND SUPERVISED BY A PAYING ADULT.

***Poplar Bluff Swim Team—Piranhas
Registration April 10 from 2:00 - 4:00 p.m.
Black River Coliseum
Aquatic & Fitness Center Lobby***

Youth from 5 to 18 are eligible to join. Participants must be able to swim, but professional coaches will teach you the different strokes. We will be competing in swim meets that are held on Saturdays. Practices are held every morning at the R. W. Huntington Swimming Pool or at the Black River Coliseum. Come join in the fun and see what you have been missing! Registration will be in the lobby of the Black River Coliseum Aquatic & Fitness Center on Sunday, April 10. Estimated cost will be \$90 for the first swimmer with a discount of \$5 for each additional swimmer in the same family (an additional one time fee for BRC pool use will be charged). For more information contact Christi Todd at 300-8672.

R.W. Huntington Municipal Pool

Lifeguard Bootcamp

Come get your lifeguard and CPR renewed during this 4 day bootcamp. The camp will be May 23 – May 26, from 6:00 a.m. – 11:00 a.m. Bootcamp is open to the public at a cost of \$100.00. Participants must be available to attend all sessions. For more information contact Heather Tuggle at 686-8009 or 686-8651.



**American
Red Cross**

Together, we can save a life

American Red Cross Lifeguard Training

June 6-9 8:00 a.m. - 5:00 p.m.

Cost: \$185.00

Attendance at all sessions is mandatory.

This class teaches all lifeguarding skills and how to respond to and prevent emergency situations. Certifications include: Lifeguard training with Waterpark, CPR for the Professional Rescuer, First Aid, Automated External Defibrillation, and Preventing Disease Transmission. Minimum 6. Maximum 10.

Minimum Requirements:

Lifeguard with Waterpark Certification: Minimum age 15. Ability to swim 300 meters (100 meters front crawl with rhythmic breathing, 100 meters breaststroke, 100 meters either front crawl or breaststroke). Must swim 25 yards, retrieve 10 lb. brick and swim back with no hands, face staying at the surface of the water in 1 minute and 40 seconds. No goggles allowed for this. Tread water for 2 minutes with no hands (hands must be placed in arm pits.)

Lifeguard Training Instructor Training

June 6 - 9, 2016 8:00 a.m. - 5:00 p.m.

Cost: \$190.00

Online training will be included with this class. Teach the skills that saves lives. Learn how to train qualified men & women to become skilled & competent lifeguards. Course content will prepare instructor candidates to teach: Basic Level Lifeguard Training, Shallow Water Attendant, Lifeguard Management, CPR/AED for Lifeguards, Administer -Transmission & Basic Water Rescue. Total hours 26. Certificate: Lifeguard Training Instructor valid for 2 years. Initial authorization may be for less. Prerequisites: Must be 17 years of age by end of class; successfully complete pre-course Lifeguard Training written exam & demonstrate competency in Lifeguard Training pre-course swimming skills & scenarios. Successfully completed Fundamental of Instructor Training.

Water Safety Instructor Training

May 31—June 2, 2016, 8:00 a.m. - 5:00 p.m.

Cost: \$175.00

This course is designed to certify students as American Red Cross Water Safety Instructors. Students completing this course will be eligible to teach all the Youth Lesson progressions, Parent and Child Lessons, Community Water Safety, and WSI aide. Instructor candidates will learn how to use program materials effectively, plan and conduct courses.

Students must have completed the Fundamentals of Instructor Training Course before enrolling in this course. This course will have Blended Learning with it. Registration is at the Park and Recreation Office.

Aqua Aerobics

Beat the heat and exercise at the same time. This water aerobic exercise program is designed for stretching, toning, flexibility, cardiovascular fitness and fun. This 45-minute program is designed to meet all the guidelines of a well-balanced aerobic workout. No swimming experience is required.

Dates: June 13 – August 4

Sessions: Monday–Thursday

Time: 12:00 noon – 12:45 p.m.

Cost: Full Session: \$50

Walk-ins (per session): \$2.50



Black River Coliseum

American Red Cross Learn to Swim Program Levels 1 through 6

Register for American Red Cross Learn to Swim Program, Levels 1 through 6. Classes will last 45 minutes per day from 5:30 to 6:15 p.m. during each scheduled session. Classes limited to maximum number of 10 students.

Cost: \$25 for members, \$35 for non-members

Session 1: April 4—14

Session 2: May 2—12

Water Adjustment for Infants/Toddlers

This program is intended to help the child develop a comfort level in and around the water, as well as to provide the parent with the necessary knowledge and skills to orient the child to the water and to safely supervise water activities. One parent or responsible adult must accompany each child in the water.

Age: 6 months through 4 years old

Cost: \$20 for members and \$30 for non-members.

Maximum enrollment 10 and minimum 3.

Class time: 5:30 to 6:00 p.m.

Class length 30 minutes per session.

Session 1: April 4-6 and April 11-13

Session 2: May 2-4 and May 9-11

For more information contact the Black River Coliseum Aquatics & Fitness Center at 573-686-8009.

Private Swim Lessons

You may want to consider private lessons if:

- Your child is more comfortable with a “one-on-one” setting.
- Your child learns quicker with less distraction.
- Your child is not competitive by nature.
- Your child needs more practice time.
- You are an adult wishing to improve your skills from beginning to end.

Scheduled on an individual basis, lessons can be tailored to fit any swimmer.

Cost:	1 Session	5 Sessions	10 Sessions
Members:	\$15	\$60	\$110
Non-Members:	\$18	\$75	\$140

To register go to the office located in front lobby.

Swim Training for Lifeguards

April 22, 4-7 pm

May 6, 4-7 pm

TRAIN, PREPARE & PRACTICE: Swim training for lifeguard training allows student candidates an opportunity to practice strokes, receive feedback and or complete the lifeguard training pre-course swimming skills before the class begins. Avoid test anxiety, build endurance and learn efficient swimming techniques from an American Red Cross Instructor.

Certificate: None. However, if a student chooses to complete all prerequisite skills and does so successfully, they do not have to attend pre-course session at the beginning of the class. Prerequisites: Check with front desk.

Total Hours: 3

Cost: \$20.00

Lifeguard Training

Do you want to be certified as a lifeguard through American Red Cross? This class teaches all life-guarding skills and how to respond to and prevent emergency situations. Certification: Lifeguard Training with Water Park, CPR for the Professional Rescuer, First Aid, Automated External Defibrillation, and Preventing Disease Transmission.

Attendance is mandatory at all sessions!

Minimum age 15 for lifeguard and 16 for lifeguard with Waterpark. Successfully complete pre-test.

Cost: \$175.00 for members and \$185.00 for non-members (includes lifeguard with waterpark)

Session 1: April 29 4:00 p.m. - 9:00 p.m.

April 30, May 1 8:00 a.m. - 8:00 p.m.

Session 2: May 16 - 18 8:00 a.m. - 6:00 p.m.

Session 3: TBA

Session 3: Christmas Discount - \$30 Off

December 26-29, 8:00 a.m. to 6:00 p.m.

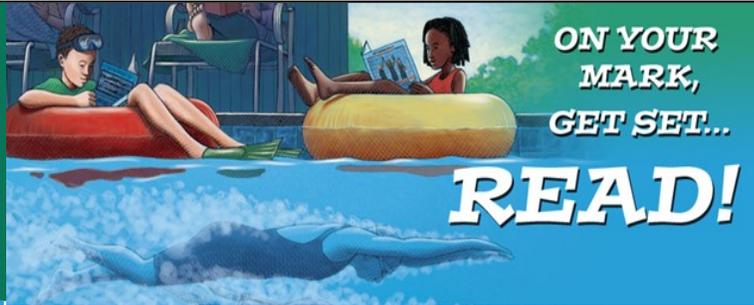


Poplar Bluff Municipal Library

Theater Thursday

Join us at 4:30pm for a free movie on the ENORMOUS screen and popcorn!

STERLING BANK
Member FDIC



Prizes! Prizes! Prizes!



Poplar Bluff Municipal Library Children's Summer Reading Program!



Story Time

Tuesdays and Saturdays-10:30am
Story Time Repeat
Thursdays - June 2-July 28
10:30am

Reading Magician Marty Hahne

Stop by and pick up your free tickets starting May 31st!

June 21- 2pm, 5:30pm
June 22- 10:30am, 2pm

Sponsored by



Our collection is growing!
Come in and check out our new books!

This project is supported by the Institute of Museum and Library Services under the provisions of the Library Services and Technology Act as administered by the Missouri State Library, a division of the Office of the Secretary of State.



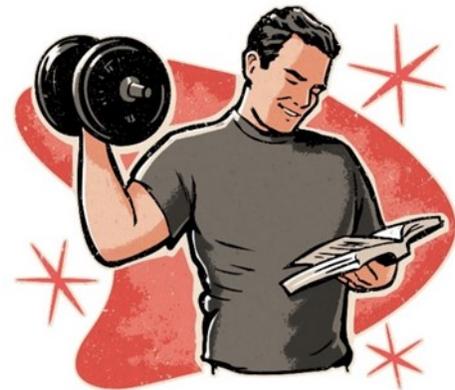
* READING * PRIZES * EVENTS * FUN *

Adult Summer Reading Program

EXERCISE
your mind.
READ!

Images are copyrighted. Contact the CSLP at 1-800-657-8556 or info@odspreads.org for more information.

May 31 – July 30, 2016



For More Information
Call: 573.686.8639
Visit: 318 N. Main St.
www.poplarbluff.org



Music on the Lawn Returns this Summer!
Dates to be announced

37th Annual Old Greenville Black Powder Rendezvous April 16 & 17, 2016

Step back in time and relive the days of yester year when trapping and fur trading was a way of life. Experience the thunderous sounds of black powder rifles and candy cannon, see primitive traders and hand crafted jewelry, primitive demonstrations and competitions, and kids games. The Old Greenville Black Powder Rendezvous is free to attend. It is done in partnership with Crowley's Ridge Black Powder Club and it is the longest consecutive Rendezvous in the state of Missouri. For more information contact Alex Hanners (573) 321-0401 or Melvin Boyers (573) 300-9595.



Wappapello Woodlands Expo Timber Time April 2, 2016

This event is being hosted by the Wappapello Lake Areas Association (WLAA) and the U. S. Army Corps of Engineers. There will be over 10 events in the Timber Sports Competition; Crafters, Vendors, and Food; Little Lumber Jack events; and Chainsaw events. For more information please contact Park Ranger Jennifer Morse 573-222-8562 or WLAA at 217-412-9315.



Kids to Parks Day - May 14, 2016

Various activities will be taking place at Wappapello Lake as part of this national initiative to get children to participate in outdoor activities. There will be water safety activities including kite making and flying. Time 10 a.m. to 3 p.m. For more information contact Park Ranger Jennifer Morse at 573-222-8562 or email Jennifer.R.Morse@usace.army.mil.

Annual Kids Fun Day June 4, 2016

Annual Kids Fun Day (Fishing Derby) will be held at the Lost Creek Pond off of CR 523 at Wappapello Lake from 8 a.m. – 11:30 a.m. Activities will include fishing, archery, air rifle, free lunch and door prizes. It is open for all children 5-14 years old. Pre-registration is required. This event is done in partnership with U.S. Army Corps of Engineers, Missouri Department of Conservation, Mingo Job Corps and Walmart. For more information contact Park Ranger Andrew Jefferson at (573) 222-8562 or email Andrew.Jefferson@usace.army.mil.

Ranger Willie's Wet and Wild Water Fest July 3, 2016

Ranger Willie's Wild and Wet Water Festival at the Redman Creek Beach from 10 a.m.—3 p.m. Activities will consist of tug of war, inner tube race, sand sculpture contest, water balloon volley, PFD fashion show, O.H.I.O. challenge, cardboard boat construction and race, etc. Fees for swimming are waived on this date at this beach only. It is done in partnership with the SEMO Regional Water Safety Council, Wappapello Volunteer Fire Department, and U.S. Army Corps of Engineers. For more information contact Park Ranger Andrew Jefferson at Andrew.Jefferson@usace.army.mil or call (573) 222-8562.



WOODS - September 10, 2016 (Wappapello Outdoors Opportunity for Disabled Sportsmen)

Annual Wappapello Outdoors Opportunity for Disabled Sportsmen (W.O.O.D.S.) will be held at the Redman Creek Recreation area from 8 a.m.- 2 p.m. Activities will consist of boating, shoreline fishing, crafts, Dutch oven cooking, archery/air rifle and free lunch. This event is done in partnership with the SEMO Independent Living Center, Wheelin Sportsmen, Missouri Department of Conservation, Mingo Job Corps, U.S. Army Corps of Engineers and local businesses. It is open to those who are physically or mentally challenged. For more information contact Park Ranger Andrew Jefferson at (573) 222-8562 or email Andrew.Jefferson@usace.army.mil.

Wappapello Lake Events 2016

***25th Annual Old Greenville Days
September 17-18, 2016***



Event at the Greenville Recreation Area located just two miles south of Greenville, Missouri just off of U.S. Highway 67. The event consists of arts/crafts, live bluegrass, country and

gospel music, magic show, and Civil War Encampment. The event is free to attend. A special Use Permit is required for participation. It is done in partnership with the Wayne County Historical Society and Mingo Job Corps. Contact Park Ranger Andrew Jefferson 573-222-8562 or email Andrew.Jefferson@usace.army.mil for more information.

National Public Lands Day September 24, 2016

Wappapello Lake will host a National Public Lands Day Event from 8 a.m. to 11 a.m. Volunteers will meet at the Project Office and be provided with safety instructions and materials that will be needed to pick up trash and litter along designated areas at the lake. A free lunch will be provided for all participants. For more information contact Park Ranger Andrew Jefferson at Andrew.Jefferson@usace.army.mil or call (573) 222-8562.

Mobility Impaired Deer Hunt October 15 - 16, 2016

For more information on this program contact Park Rangers Eric Lemons at Eric.G.Lemons@usace.army.mil or Jeremy Jackson at Jeremy.W.Jackson@usace.army.mil or call 573-222-8562.



Festival of Lights Auto Tour November 25 - December 25, 2016

24th Annual Festival of Lights Christmas Auto Tour at the Redman Creek Campground East. For more information contact Park Ranger Andrew Jefferson at Andrew.Jefferson@usace.army.mil or call (573) 222-8562.

Wolf Creek Bicycle Trail

***U.S. Forest Service
Wolf Creek Bicycle Trail***

The local Poplar Bluff Ranger District, Mark Twain National Forest, has developed a 21-mile multi-purpose bicycle trail system north of Poplar Bluff in partnership with the Poplar Bluff Parks and Recreation Department, Missouri Department of Natural Resources and other partners. The Wolf Creek Mountain Bicycle Trail is available for cycling, as well as hiking and trail running. The trail system is generally west of Highway 67, approximately 2 miles northwest of Poplar Bluff between Highway PP and Highway 67 North on both sides of Forest System Road (FSR) 3107 (Wolf Creek Road). The location was chosen based on its close proximity to the city and recommendations of local cyclists.



There are few mountain bicycle trails in southeast Missouri. The concept of the trail was brought to the attention of the Forest Service in fall 2009 by the Poplar Bluff Parks & Recreation Department and local mountain bicycle enthusiasts. The partners received a grant from Bikes Belong and Missouri Department of Natural Resources.

This multi-purpose trail system provides significant outdoor recreation opportunities for Poplar Bluff and the surrounding area. Although work is ongoing, the trail is currently open. The trail is open and the 21 miles are ready for use. The partners will continue work to improve and maintain this trail.

Preliminary maps are available at the Poplar Bluff Ranger District office. To obtain further information about the trail system, contact Poplar Bluff Ranger District at 573-785-1475.

Ozark Ridge



Ozark Ridge Golf Course
3045 Cravens Road, Poplar Bluff, MO 63901
Pro Shop: (573) 686-8634

Ozark Ridge Golf Course is an 18-hole, championship course that's gaining a reputation as one of the finest public courses in the Mid-South. Terrific features, such as, large bentgrass greens, protective bunkers, tree lined fairways, and a large driving range, just to name a few. There is a fully stocked pro shop with all the latest golf equipment and clothing on hand, and a grill where you can get your favorite sandwich and beverage. For more information on what the golf course has to offer contact the pro shop at (573) 686-8634.



Regular Rates

	W/ GOLF CART		WALKING RATE	
	18 Holes	9 Holes	18 Holes	9 Holes
Monday – Friday	\$28.00	\$18.00	\$14.00	\$11.00
Sat/Sun/Holidays	\$31.00	\$20.00	\$17.00	\$13.00

Preferred Card—\$100.00 / season

	W/ GOLF CART		WALKING RATE	
	18 Holes	9 Holes	18 Holes	9 Holes
Monday – Friday	\$24.00	\$15.00	\$10.00	\$8.00
Sat/Sun/Holidays	\$25.00	\$16.00	\$11.00	\$9.00

Golf Cart Rentals

	18 Holes	9 Holes	(All prices per person)
Regular Rate:	\$14.00	\$7.00	
Riders:	\$14.00	\$7.00	

RANGE BALLS: \$3.00 / Bucket
 RENTAL CLUBS: \$5.00 / Set
 TEE TIMES: 5 Days in Advance
**FOR TEE TIMES, CALL:
 (573) 686 – 8634**



Park Information



Facilities

The Parks and Recreation Department maintains various recreation facilities in the city parks including a swimming pool, nine lighted baseball/softball fields, three lighted soccer fields, five picnic pavilions, two paved multi-purpose trails, a boat launch, and golf course with driving range and many other park amenities. Additional information on these facilities is available at the Park Office.



Picnics

Picnic facilities are provided in our parks and can be used on a first-come, first-served basis when not reserved. Pavilions located in Hillcrest, Whiteley, Sportsman and Hendrickson Parks can be reserved for \$25 per day per pavilion. Reservation fees are not refundable.



Ball Field Rental

Ball fields may be reserved on a first-come, first-served basis. Ball fields located in Linc, Hillcrest, and Whiteley Parks are available for rental. Field reservations for single games or a double header is \$12.50 per field. Tournament rental is \$60 per field per day. The field rental amount does not include field preparations or supplies. The baseball-softball complex at Jerry F. McLane Park may also be rented. Call the Park Department for details.



Corporate/Business Sponsorship

As a participant or spectator in one of the many activities offered by the Poplar Bluff Parks and Recreation Department you may have wondered how you might be able to present your company name to the many participants of our programs. The Park Department is offering interested businesses or individuals the chance to co-sponsor leagues, tournaments, and youth special events. Potential sponsors are matched to an area of their interest for a fee to be determined by the program or event and its cost. As a sponsor you will get equal billing as a co-sponsor with the Parks and Recreation Department. Your name will appear on all media information, awards, and schedules. If you are interested in playing an active role in the community's recreational pursuits, please call the Parks and Recreation Department at 686-8645.



Park Information

Keep Your Parks Safe

Each year the Parks and Recreation Department incurs a great deal of expense to repair damage caused to your parks by vandalism. Please notify the Parks and Recreation Office if you see broken playground equipment, damaged facilities or vandalism anywhere in the park system.

Please help everyone by immediately reporting any vandalism, misuse or abuse of park property to the Police Department by calling 785-5776 and the Park Office 686-8645. Give authorities as much information as possible about what you observed including descriptions of person and/or vehicle and license numbers. If you choose to remain anonymous you may do so. Your participation will help assure safe, quality parks for our community.

Gifts and Memorials

Leave a legacy for generations to come with a gift to your parks or honor a loved one with a memorial that lasts. For instance, one can purchase a bench, tree or other feature. Contact our office to learn how a gift of any size can be a treasure for the future.

Adopt-A-Park

The Parks and Recreation Department would welcome an organized group or organization to help maintain our city parks. If you would like to participate, contact the Park Office at 686-8645.

Please Help

Keeping our parks in the best condition is a full-time job. By taking pride in the parks and keeping them clean, Poplar Bluff residents help maintain and support our community. The Parks & Recreation Department wants to work with residents in providing quality recreational programs and attractive parks. Your suggestions regarding park improvement, recreational activities, clinics, or sports programs are greatly appreciated.



Access for the Disabled

The City of Poplar Bluff has adopted a non-discrimination policy on the basis of handicapped status in the admission of access to or employment in its municipal program of activities. The Recreation Department will make reasonable accommodations to persons with disabilities. Persons needing accommodations to participate in a program or service should notify the recreation office in advance. The City is in the process of making its facilities more accessible to the disabled.

Volunteer Opportunities

The gift of time is valuable to those who give and receive. You can share your time and talent with our recreation, horticulture or maintenance departments. Individuals and groups are welcome to partner with us. Some examples of volunteer opportunities are coaching, gardening, litter patrol, and programming.

Program Cancellation Policy

Decisions on the cancellation of evening activities due to inclement weather will be made at 3:30 p.m. daily. Once a decision is made a text message alert (see page 2 for information on texting) will be sent, all local radio stations will be notified and the information will be on the Park Department Hot Line (686-8000) and website www.poplarbluff.org. We recognize the possibility that a sudden weather change could create a situation in which a program might have been possible, but feel the importance of early and accurate communication outweighs that chance. All programs are subject to immediate cancellation if the weather changes after the 3:30 p.m. decision.



Park Information



Prohibited Activities

- Littering.
- Operating a vehicle off the roadways and parking areas.
- Damaging property.
- Using parks from 11:00 p.m. to 6:00 a.m.
- Using a trash receptacle for other than its intended use.
- Unauthorized use of ball fields for organized sports.
- Unauthorized alterations, improvements and/or changes to facilities (i.e. dragging ball fields without permission of department.)
- Building fires not confined to a barbecue pit.
- Use of alcoholic beverages.
- Disturbing the peace.
- Setting off fireworks.
- Camping overnight.
- Allowing pets to run off a leash.



Downtown Skate Plaza



Funding for this project was provided in part by the **Missouri Foundation for Health**

The Missouri Foundation for Health is a philanthropic organization whose vision is to improve the health of the people in the communities it serves.



Disc Golf



Try the nine hole Disc Golf Course at Hendrickson Park. First Tee east of Butterfly Garden at front of Park.

**Spring/Summer
Disc Golf League
Mondays @ 6:30 p.m.
Starting March 14, 2016**

For more information contact
Jerry Wawak at 573-718-7144.



		Trails	Soccer	Basketball	Picnic	Play Ground	Softball	Swimming	Tennis	Boat Ramp	Disc Golf
Kiwanis Bacon Park	Harper Street	✓		✓	✓	✓	✓				✓
Black River Park	Black River Industrial Park Road		✓				✓				
Ferguson Grove	Ninth & Maud	✓			✓						
Hendrickson Park	12th & Davis Streets	✓			✓	✓					✓
Hillcrest Park	Second & Relief Streets			✓	✓	✓	✓	✓	✓		
Linc Park	D Street			✓		✓	✓				
McLane Park	3800 Highway W	✓			✓		✓				
Ozark Ridge Golf Course	3045 Cravens Road										
Ray Clinton Park	B Street				✓						
Sportsman Park	Business Highway 60 East				✓					✓	
Wheatley Park	921 Garfield				✓	✓					
Whiteley Park	Highways 53 & 142		✓		✓	✓	✓				
Wiseman Park	South Second Street			✓	✓						

