

Columbia Area Youth Activities Directory

2022 - 2023



DAY DREAMS ★ FOUNDATION ★

EVERY KID DESERVES TO BE A STAR



ABOUT DAY DREAMS

Day Dreams Foundation was founded in 2014. We are a 501(c)(3) tax-exempt organization led by a volunteer board of directors with one part-time staff member. **Day Dreams serves children in Columbia, Missouri who need financial assistance in order to participate in extracurricular activities.**

APPLICATION PROCESS

The application form is available on our website at daydreamsfoundation.org. Please submit online or return applications to 200 E. Walnut St. #4, Columbia, MO 65203.

To be included with application:

- At least ONE letter of recommendation for the child from a non-family member (i.e., coach, instructor, teacher, counselor, caseworker). PLEASE NOTE, applications will not be reviewed until letter of recommendation is received.
- Copy of letter from the child's school indicating child qualifies for free or reduced lunch, if applicable.

Other requirements after scholarship is awarded:

- Child and parent/guardian scholarship meeting with a Day Dreams representative.
- Copy of birth certificate or other form verifying the child's date of birth.
- Day Dreams Kids are asked to participate in activities to help their community. Opportunities may be made available through the Day Dreams Foundation or the child can choose their own projects.

QUESTIONS?

If you have questions about our program that are not answered on this flyer or on our website, please email Tricia Koedel at tricia@daydreamsfoundation.org. Our office is only open for a few hours each week, which is why EMAIL is the preferred method of contact. However, you may also call our office line at 573-214-2600. Leave a message and we will return your call as soon as we are able.



Need Some Scholarship help to participate in your favorite activity?



ACTIVITIES

The following is a list of extracurricular activities for which the Day Dreams Foundation has provided full or partial scholarships to date. The maximum scholarship is \$500 per calendar year, per child. Scholarships may be renewed for additional activities/years provided the child completes all requirements of the program. If you do not know whether an activity will qualify, please contact us!

- Organized sports teams
- Dance classes
- Music lessons
- Art classes
- Acting/theater classes
- Gymnastics
- Cheerleading
- Activity specific camps (i.e., STEM, dance, soccer, etc.)
- Columbia Area Career Center summer camps
- Overnight camps
- Martial arts classes
- Swim lessons

ELIGIBILITY

In order to qualify for a Day Dreams Foundation scholarship, applicants must meet the following eligibility requirements:

- Live in the Columbia Public Schools district.
- Ages 5-18 (at time of application).
- Qualify for free or reduced lunch at school.
- Submit application at least TWO WEEKS in advance.



573-214-2600
200 E. Walnut St. #4
Columbia, MO 65203

daydreamsfoundation.org

tricia@daydreamsfoundation.org

  [.com/daydreamsfoundation](https://www.instagram.com/daydreamsfoundation)

 [.com/daydreamscom](https://twitter.com/daydreamscom)

DAY DREAMS ★ FOUNDATION ★ EVERY KID DESERVES TO BE A STAR

YOUTH ACTIVITIES DIRECTORY

2022-2023 • COLUMBIA, MISSOURI

CONTENTS

After School Enrichment — p. 3	Lacrosse — p. 8
Arts — p. 4	Martial Arts — p. 8
Baseball — p. 4	Music — p. 8
Basketball — p. 4	Rock Climbing — p. 10
Cheer and Tumbling — p. 4	Scouting — p. 10
Chess — p. 5	Soccer — p. 10
Dance — p. 5	Softball — p. 10
Equestrian — p. 6	STEM — 10
Fitness/Performance Training — p.6	Swimming and Diving — p. 11
Football — p. 7	Theatre — p. 11
Gaming — p. 7	Track and Field — p. 11
Golf — p. 7	Volleyball — p. 11
Gymnastics — p. 7	Wrestling — p. 11
Hockey — p. 8	Yoga — p. 11

AFTER SCHOOL ENRICHMENT



GRADE A PLUS INCORPORATED

Website: gradeaplusinc.org

Email: Gapinfo@gradeaplusinc.org

Phone: 573-268-4372

Website: gradeaplusinc.org

What extracurricular activities for you offer?

Academic support (Tutoring) & enrichment (Robotics, Swimming, Art Mentoring, Fun 'n Science, Field & Stream, Physical Activities, Math Challenge Club, Field Trips and more) for 3rd-12th graders. M-Th 4:30-6p.m. Virtual and on-site options will be available. Details and updates can be found online along with application forms when spaces for enrollment are available. Fall term (Sept. to Dec.), Spring term (February to April), Summer term (May-June), Summer camp support (July only).



JABBERWOCKY STUDIOS

Email: jabberwockycomo@gmail.com

Phone: 573-239-9899

Website: Jabberwockystudios.org

Address: 1308 Grand Street, Columbia, MO 65203

What extracurricular activities for you offer?

Jabberwocky offers dance, including hip hop and break dance, for people or all ages. We offer theater productions and camps, mural painting, slam poetry, and STEAM camps. EVERYONE is welcomed at Jabberwocky. Find out more at Jabberwockystudios.org.

BOYS & GIRLS CLUBS OF COLUMBIA

Email: main@bgc-columbia.org

Phone: 573-874-1697

Website: bgc-columbia.org

Address: 1200 N 7th St, Columbia, MO 65201

What extracurricular activities for you offer?

Affordable after school & summer care for kids 5-18 years of age!

CENTRO LATINO

Website: centrolatino.missouri.org

MOVING AHEAD

Website: columbiaha.com/services/moving-ahead-after-school-program



JABBERWOCKY
Dance, Art, Theater and More

Need based tuition waiver available
573-239-9899
Jabberwockycomo@gmail.com
jabberwockystudios.org

ARTS

ACCESS ARTS

Email: accessarts@schoolofservice.org

Phone: 573-875-0275

Website: schoolofservice.org

Address: 1724 McAlester St., Columbia, MO 65201

What extracurricular activities for you offer?

We offer a multitude of youth art classes and camps in a variety of media including clay, weaving, drawing, paint, printmaking, etc. Registration is currently open for full-day Summer Camps from July 5th to August 20th, with options for kids from Elementary to High School!

ART UNDERGROUND LLC

Email: artundergrounddowntown@gmail.com

Phone: 573-355-2255

Website: artundergrounddowntown.com

What extracurricular activities for you offer?

Weekly art lessons including painting, drawing, and pottery for kids ages Kindergarten through high school.

THE ATELIER SCHOOL OF CREATIVE LEARNING

Website: theatelierschool.com

COLUMBIA ART LEAGUE

Email: Karen@columbiaartleague.org

Phone: 573-443-8838

Website: columbiaartleague.org

Address: 207 S. 9th St., Columbia, MO 65201

What extracurricular activities for you offer?

CAL Art Camps provide quality art instruction that mixes technique and skill-building with opportunities for creative freedom and self-expression for kids ages 6-12. Our summer camps take place from 9-3, Monday through Friday, all summer long. Each week is a different camp with a different theme, so there's sure to be something for everyone!

JABBERWOCKY STUDIOS — see full listing p. 3

SIX PIXELS STUDIOS

Email: sixpixelscomo@gmail.com

Phone: 573-514-5003

Website: sixpixelsstudios.com/como

Address: 3201 S Providence Rd, Ste 101, Columbia, MO 65203

What extracurricular activities for you offer?

Ages 7-12. We are a youth education program focusing on digital photography and motion picture that include Summer Camps, weekly classes, birthday parties and other events. Each week our filmmakers and stop motions students work together as a crew to create original movies where they act, direct, edit and experience an film screening!

BASEBALL

DANIEL BOONE LITTLE LEAGUE

Website: danielboonell.org

THE DIAMOND COUNCIL OF COLUMBIA

Website: diamondcouncil.net

DOUGLASS ATHLETIC ASSOCIATION

Website: facebook.com/DouglassAthleticAssociation

LITTLE SPORTS MISSOURI

Website: littlesportsusa.com

BASKETBALL

TEAM BLACKOUT

Website: facebook.com/Hardworkallday

COLUMBIA SUPREME

Website: www.columbiasupreme.com

COLUMBIA YOUTH BASKETBALL ASSOCIATION

Email: cybabasketball@gmail.com

Phone: 573-875-8124

Website: cybahoops.org

What extracurricular activities for you offer?

Recreational Youth Basketball for grades 1-12.

COMO TNT

Email: comoTNT573@gmail.com

Phone: 573-424-5645

Website: [@CoMoTNT on Facebook, Instagram and Twitter](#)

What extracurricular activities for you offer?

We are a competitive basketball program based out of Columbia, Missouri. We serve kids 6th grade through high school.

LITTLE SPORTS MISSOURI

Website: littlesportsusa.com

MID MO ELITE

Website: midmoelite.com

PORTER BASKETBALL ACADEMY

Website: porterbasketballacademy.com

SYNERGY SPORTS

Email: info@synergysportsmo.com

Phone: 573-449-4111

Website: synergysportsmo.com

Address: 4115 South Providence Road, Columbia, MO 65203

What extracurricular activities for you offer?

Preschool Basketball (winter)

Recreational Basketball (fall/winter)

UPWARD SPORTS

Website: play.upward.org

CHEER AND TUMBLING

ALL-STAR PERFORMANCE INSTITUTE

Website: www.apicomo.com

CENTRAL MISSOURI ALL STARS

Website: cmascheer.com

COLUMBIA YOUTH FOOTBALL LEAGUE

Email: cyfl.information@gmail.com

Website: columbiayouthfootball.com

Address: PO Box 7052, Columbia, Missouri 65202

What extracurricular activities do you offer?

Cheerleading for K - 6th graders

EAGLE ELITE

Website: eagleelitecheer.com

■ CHESS

MID MISSOURI CHESS ACADEMY

Email: trjcamp@aol.com

Phone: 573-823-8766

Website: facebook.com/Mid-Missouri-Chess-Academy-60883411804

What extracurricular activities for you offer?

Private Basic, Intermediate and Advanced Chess Instruction using a confidence-building, learn-at-your-own-pace teaching approach.

■ DANCE



COLUMBIA PERFORMING ARTS CENTRE

Email: cpac@cpac-dance.com

Phone: 573-441-1818

Website: cpac-dance.com

Address: 100 North Cedar Lake Drive East, Columbia, MO 65203

What extracurricular activities for you offer?

Columbia Performing Arts Centre takes pride in offering a wide variety of dance classes each and every year to students, age 2-18. CPAC has become a second home to over 800 students by offering ballet, tap, jazz, hip hop, and competitive programs. Our professional and inspiring staff as well as our state-of-the-art facility allows us to create an atmosphere filled with dance, friendship, and fun. We invite you to review our class curriculum, policies, and performance information on our website to see what will be the best fit for your family.

THE CLARK ACADEMY OF IRISH DANCE

Email: annie@theclarkacademy.com

Phone: 314-324-6886

Website: caidcomo.com

Address: 2529 Bernadette Drive, Columbia, MO 65203

What extracurricular activities for you offer?

The Clark Academy of Irish Dance offers recreational and competitive lessons for ages 5 and up. CAID believes in building self-esteem and self-fulfillment of students through positive reinforcement and encouragement. We strive to provide a nurturing and communicative support system in which dancers can freely express themselves and learn "real world" life skills through the discipline of Irish Dance.

The Clark Academy promotes a healthy, balanced lifestyle for all dancers, and we welcome new beginners (youth and adults) all year round!

COLUMBIA DANCE ACADEMY

Website: columbiadanceacademy.com

COMOTION DANCE

Website: comodance.com

DANCEARTS OF COLUMBIA

Email: danceartsofcolumbia@gmail.com

Phone: 573-875-1569

Website: danceartsofcolumbia.com

Address: 110 North Tenth St., Suite #3, Columbia, MO 65201

(DanceArts continued next column)

DANCEARTS - continued

What extracurricular activities for you offer?

Dance instruction for ages 1 thru adult. Beginning through advanced classes in ballet, jazz, hip-hop, tap, lyrical, modern, and musical theatre. Also classes in body toning and cardio jazz. serving Columbia since 1979.

THE DANCE ACADEMY

Website: thedanceacademycomo.com

FABULOUS STARRS

Email: fabuloustarrs@gmail.com

Phone: (573) 441-2322

Website: Facebook: [@FabulousStarrs](https://facebook.com/FabulousStarrs)

JABBERWOCKY STUDIOS — see full listing p. 3

MIZZOU CENTER STAGE DANCE

Website: facebook.com/MizzouCenterStage

THE PERLMAN-STOY SCHOOL OF BALLET

Website: perlman-stoyballet.com

SCHOOL OF MISSOURI CONTEMPORARY BALLET

Email: school@missouricontemporaryballet.org

Phone: 573-825-0095

Website: missouricontemporaryballet.org/school

Address: 110 Orr Street, Suite 106, Columbia, MO 65201

What extracurricular activities for you offer?

We offer classes to all age groups and skill levels in the styles of ballet, jazz, modern, and our DanceAbility program offers classes to dancers of all ages with different abilities.



From students simply craving a creative release, to those that hold professional aspirations, our mission at Columbia Performing Arts Centre is to provide a place where students learn from top instructors in an environment infused with creative freedom, which in many ways, serves as the inspiration needed to accomplish future dreams in whatever our students decide to pursue.

www.cpac-dance.com

EQUESTRIAN



MID-MO RIDING CENTER
COLUMBIA, MISSOURI

MID-MO RIDING CENTER

Email: midmoringcenter@gmail.com

Phone: 573-239-2100

Website: [Facebook: Mid-Mo Riding Center](#)

What extracurricular activities for you offer?

Eventing, dressage, hunters, & jumpers. Beginners—Advanced traveling & competing across the US. Ages 8 & up!!!!

ANDERSON EQUESTRIAN CENTER, LLC

Email: katina@andersonequestrian.com

Phone: 573-881-2629

Website: [andersonequestrian.com](#)

What extracurricular activities for you offer?

We offer horsemanship and riding classes for ages 3-adult. We also provide specialized class events such as summer camps, Competition Team, Drill Team, Equine Experience Courses, Birthday Party and more! Our animals (and students) often participate in many outreach opportunities in the community.

CEDAR CREEK THERAPEUTIC RIDING CENTER

Website: [cedarcreek.missouri.org](#)

COLUMBIA EQUESTRIAN CENTER

Email: Columbiaequestrian@yahoo.com

Phone: 573-356-7993

Website: [Columbiaequestriancenter.com](#)

What extracurricular activities for you offer?

Riding lessons, camps, pony (birthday) parties.

GLENDAL STABLES

Website: [glendalestables.com](#)

HIGH SPIRITS FARM

Email: Highspiritsridinglessons@gmail.com

Phone: 603-508-1765

Website: [HighSpiritsFarmLLC.com](#)

Address: 11060 S. Hardwick Ln., Ashland, MO 65010

What extracurricular activities for you offer?

Horseback Riding Lessons for ages 5 and up. Competitive Saddle Seat Riding Instruction. Summer Camps.

LIONHEART RIDING ACADEMY

Website: [lionheartridingacademy.com](#)

SUNNY OAK FARM

Website: [thesunnyoakfarm.com](#)

FITNESS/PERFORMANCE TRAINING



SPORTS PERFORMANCE | PERSONAL TRAINING

BREAKTHROUGH SPORTS PERFORMANCE

Email: Breakthroughsportsperformance@gmail.com

Phone: 816-217-5352

Website: [facebook.com/BreakthroughSportsPerformance](#)

Address: 4115 S Providence Rd Suite 105, Columbia, MO 65201

What extracurricular activities for you offer?:

We offer sports performance training for athletes ages 12 and older. Since our opening in 2014, we have worked with hundreds of youth athletes to help them achieve their goals! Our sports performance program has helped produce high level athletes at every single level of competition from little league to the pros. Please check us out on Facebook for more info!

CROSSFIT FRINGE

Email: info@crossfitfringe.com

Phone: 573-228-2233

Website: [crossfitfringe.com](#)

Address: 901 Old 63 North, Columbia, MO 65201

What extracurricular activities for you offer?

CrossFit Kids classes for ages 4-18 years old.

BUILD FITNESS, COOPERATION, TEAM WORK AND MORE!

CrossFit Kids at Fringe has been going strong since 2013 and we're only going onward & upward! We believe building and maintaining a strong base of fitness is key for anyone (athletes or not) to have a long and healthy life! For youth athletes, it's even more critical to benefit their sport! Check out this link by our very own Head Kids Coach, Nate about the Off-Season.

CrossFit Kids at CrossFit Fringe Schedule:

CrossFit Kids Junior Varsity (CFK JV)

Tues/Thurs: 6:30-7:00pm

Saturday: 8:00-8:30am

CrossFit Kids Varsity (CFK Varsity).

Tues/Thurs: 7:00-8:00pm

Saturday: 10:00-11:00am

THE MAC (MISSOURI ATHLETIC CENTER)

Email: gwilliams@wilsonsfitness.com

Phone: 573-449-2606

Website: [missouriathleticcenter.com](#)

Address: 2100 Forum, Columbia, MO 65203

What extracurricular activities for you offer?

The MAC provides sports programming, sports training, day and weekly camps, rentals, and parties for our community! Summer kicks off the Shark summer swim team, swim lessons, and family memberships. At the MAC the WHOLE family stays active!

PARISI SPEED SCHOOL

Email: arobinson@wilsonsfitness.com

Phone: 573-449-2606

Website: [wilsonsfitness.com/parisimac](#)

What extracurricular activities for you offer?

Empowering America's Youth Through Increased Fitness, Confidence and Performance! Fitness and Sports Training for ages 6-22.

SYNERGY SPORTS

Email: info@synergysportsmo.com

Phone: 573-449-4111

Website: synergysportsmo.com

Address: 4115 South Providence Road, Columbia, MO 65203

What extracurricular activities do you offer?

Fitness Training

FOOTBALL



COLUMBIA YOUTH FOOTBALL LEAGUE



Email: cyfl.information@gmail.com

Phone: 512-948-9669

Website: columbiayouthfootball.com

What extracurricular activities do you offer?

We provide youth tackle football for Grades 3rd to 8th. Flag football from Grades K to 3rd in the Fall, and Grades K to 8th in the Spring. We also offer Cheerleading for Grades K to 6th in both Spring and Fall. All skill levels are welcome.



**TACKLE FOOTBALL, CHEER
AND FLAG FOOTBALL**

columbiayouthfootball.com

GAMING

COLUMBIA POKEMON LEAGUE

Email: columbiapokemonleague@gmail.com

Phone: 573-239-6737

Website: facebook.com/ColumbiaPokemon

Address: 1906 N. Providence Rd, Columbia, MO 65202

What extracurricular activities for you offer?

The Columbia Pokemon League offers a safe, fun environment for all ages to trade, collect, and learn to play the Pokemon Trading Card game. We meet every Sunday from 2-4 pm at Magelings Games. Parental supervision is required for all kids under age 10.

GOLF

COLUMBIA GOLF FOUNDATION

Email: Columbiagolffoundation@gmail.com

Phone: 573-356-7059

Website: columbiagolffoundation.org

What extracurricular activities for you offer?

Junior golf camps, girls golf camp, junior golf league, and the Rising Stars girls golf mentor program.

GYMNASTICS



TIGER ACADEMY OF GYMNASTICS

Email: amiebutler@tiger-academy.com

Phone: 573-814-5000

Website: tiger-academy.com

Address: 3609 Mojave Ct., Suite A, Columbia, MO 65202

What extracurricular activities for you offer?

Tiger Academy of Gymnastics facilitates competitive and recreational gymnastics starting at age 2. Battle Club provides controlled Nerf battles keeping kids (and adults) moving and battling to win! Other services include celebrations: Battle Club, Gymnastics and Ninja Parties.

AUTHORITY GYMNASTICS

Email: authority.gymnastics@yahoo.com

Phone: 573-777-0323

Website: authoritygymnastics.com

Address: 3906 Peachtree Dr., Columbia, MO 65203

What extracurricular activities for you offer?

Gymnastics classes for 18 months and up.

ELEVATE GYMNASTICS & FITNESS

Website: elevategymfit.com

FLIPZ USA GYMNASTICS

Email: dpf0901@gmail.com

Phone: 573-474-6300

Website: flipzusacolumbia.com

Address: 900 Hillsdale Rd, Columbia, MO 65201

(Flipz USA Gymnastics continued next page)

FLIPZ USA GYMNASTICS - continued

What extracurricular activities for you offer?

Flipz USA Gymnastics is a family-oriented facility with programs for ages 18 months to 18 years. We offer high-quality gymnastics instruction in a safe environment. This includes preschool and recreational classes as well as our competitive team. Our program exists to provide every participant with a chance to succeed by developing confidence, perseverance, a love of exercise, and a sense of accomplishment in their abilities. We believe strongly in the importance of sportsmanship, goal setting and achieving, respect, and the development of a strong work ethic.

SHOW-ME GYMNASTICS

Website: show-megymnastics.com

HOCKEY

TWISTER HOCKEY LEAGUE

Email: twistershockey36@gmail.com

Phone: 573-825-4502

Website: twistershockey.com

Address: Whitney Briggs Memorial Arena 500 E Highway OO, Hallsville, MO 65255

What extracurricular activities for you offer?

We are a non-profit youth organization offering roller-hockey instruction, practices, and games. We welcome ages 5-18 and all skill levels. We offer a spring and a fall season each year along with free learn-to-play clinics each spring in the month of March before our Spring season begins.

LACROSSE



MID MISSOURI LACROSSE LEAGUE

Email: midmolax1@gmail.com

Phone: 619-750-6488

Website: youth.comolax.org

What extracurricular activities for you offer?

3rd-8th grade lacrosse opportunities for both boys and girls. Open to all skill levels especially beginners.

COLUMBIA GIRLS LACROSSE

Website: girls.comolax.org

MARTIAL ARTS

BU TING XI KUNG FU ACADEMY

Email: shifugregb1@gmail.com

Phone: 573-823-8060

Website: btxkungfu.com

Address: 1110 E. Broadway, Columbia, MO 65201

What extracurricular activities for you offer?

Offering classes in Longfist & Praying Mantis Kung Fu for ages 5 & up. A great form of exercise while learning an ancient Martial Art.

CAVALO BRAZILIAN JIU JITSU

Website: cavalobjj.com

COLUMBIA MARTIAL ARTS

Email: mark@omniaimprints.com

Phone: 573-864-1175

Website: younwha.com

What extracurricular activities for you offer?

Traditional martial arts training for ages 5 and up. Free trial class for all new students. Family rates.

GRACIE HUMAITA COLUMBIA MISSOURI

Website: graciehumaitacolumbia.com

GRACIE BARRA COLUMBIA BRAZILIAN JIU JITSU & SELF DEFENSE

Website: graciebarra.com/columbia-mo

HOCKMANS ATA MARTIAL ARTS

Email: hockmansouth@gmail.com

Phone: 573-874-2926

Website: hockmansata.com

Address: 112 Corporate Lake Drive, Columbia, MO 65203

What extracurricular activities for you offer?

Our kids programs are centered around learning life skills through training Martial Arts. Classes are taught using safe, fun, and exciting instruction methods for this age group. One free one on one lesson. 4 weeks for \$49. Includes uniform. We train all ages!

JAGUAR SELF DEFENSE AND FITNESS

Website: jaguarselfdefense.com

MID MISSOURI JUDO

Website: midmojudo.org

RIFKIN PROFESSIONAL KARATE CENTER

Email: rifkinkarate@gmail.com

Phone: 573-442-0668

Website: rifkinprokarate.com

Address: 502 Cooper Dr., Columbia, MO 65201

What extracurricular activities for you offer?

Martial Arts, Self Defense, Karate, Kickboxing, Aikido

MUSIC



HUMMINGBIRDHOUSE MUSIC STUDIO

Owner: Margaret A. Waddell

Email: hummingbirdmusic2@gmail.com

Phone: (573) 874-6814

Website: facebook.com/hummingbirdhousemusicstudio

Address: 2303 E. Walnut St. Columbia, MO 65201

What extracurricular activities for you offer?

Music Moves for Piano lessons (ages 5-18)

Drumming Up the Fun! & World Music Drumming lessons (ages 5-18)

Singing & Voice Lessons (developmentally appropriate for ages 5-18)

Tin Whistle lessons (based on hand size, approximately ages 8-18)

Adaptive music lessons for any special needs (5-18)

All music lessons are for All Aptitude and Skill levels

COLUMBIA YOUTH CHOIRS

Email: cycordinator@choralartsallianceofmissouri.org

Phone: 520-220-7047

Website: choralartsallianceofmissouri.org

Address: PO Box 1746, Columbia, MO 65205

What extracurricular activities for you offer?

Choral Arts Alliance of Missouri's youth choir extension Columbia Youth Choirs (CYC) was established in 2013 to serve students in grades K-12 of any ability level, economic background, and cultural or religious affiliation. Its membership represents over 30 public, private, and home-school programs in the region. The seven choirs and CYC Academy classes offered ensure any interested singer an opportunity to receive high-quality vocal music education at an affordable price.

ACCESS PERCUSSION

Website: apdrums.com

A MAJOR MUSIC LESSONS

Email: contact@amajor.net

Phone: 847-807-1800

Website: amajormusiclessons.com

Address: 607 Jackson St., Columbia, MO 65203

What extracurricular activities for you offer?

Music lessons for 5 years and up. Guitar, piano, more!

THE ATELIER SCHOOL OF CREATIVE LEARNING

Website: theatelierschool.com

COLUMBIA MUSIC LESSONS

Website: ColumbiaMusicLessons.com

COMPASS INC.

Email: compasscolumbia@gmail.com

Phone: 573-489-3797

Website: compasscolumbia.org

Address: 1107 University Ave., Columbia, MO 65201

What extracurricular activities for you offer?

Compass is a 501(c)3 non-profit organization founded in 2007, led by a diverse volunteer board of local musicians, music educators, and arts advocates. The mission of Compass is to provide aspiring musicians, singers and songwriters with educational, promotional, networking and showcasing opportunities to help them reach their full musical and artistic potential. Since its inception, Compass has helped to foster a musical community in mid-Missouri by hosting summer music camps, various workshops, the annual Local Fest, songwriter circles, and musician showcases for adults and youth.

LESSONS WITH ROBIN

Website: robineanderson.com

LISA ROSE MUSIC

Website: facebook.com/lisarosemusic

If your organization would like to sponsor or be listed in our next **YOUTH ACTIVITIES DIRECTORY**, contact Tricia in the Day Dreams Foundation office by email at: tricia@daydreamsfoundation.org

THE MISSOURI SYMPHONY CONSERVATORY

THE MISSOURI SYMPHONY CONSERVATORY

Email: education@themosy.org

Phone: 573-875-0600

Website: themosy.com

What extracurricular activities for you offer?

String Ensemble, grades 2-6

Full Symphonic Ensembles for String, Brass, Winds, Percussion, grades 6-12

Chamber Music, grades 2-12

Musical Skill and Knowledge Course, grades 5-12

MU SCHOOL OF MUSIC, COMMUNITY MUSIC @MIZZOU

Email: muasmusicoutreach@missouri.edu

Phone: 5738829472

Website: music.missouri.edu/community-music-mizzou

What extracurricular activities for you offer?

- Private music lessons for all ages O31
- Group piano courses (ages vary)
- Group string instruction for 4th-6th graders

THE MUSIC SUITE

Email: pat@musicsuite.net

Phone: 573-442-3040

Website: musicsuite.net

Address: 1906 N. Providence Columbia, MO 65202

What extracurricular activities for you offer?

Lessons for guitar, piano, flute, violin, viola, saxophone.

PALEN MUSIC CENTER

Email: ematzat@palenmusic.com

Organization Phone Number: (573) 256-5555

Website: palenmusic.com

Address: 2609 E. Broadway, Columbia, MO 65201

What extracurricular activities for you offer?

Palen Music Center offers music instruments, accessories, repair, and lessons. Come visit one of our experts and we will help match you with an instrument. We offer band and orchestra instrumental rentals with a very flexible, affordable program. It's easy to get started and we would love to help!

SHOW ME ACADEMY

Email: showmeacademy@gmail.com

Phone: 573-442-9141

Website: showmeguitars.com

Address: 3906 Peachtree dr, Suite D, Suite D, Columbia, MO 65203

What extracurricular activities for you offer?

Music lessons for ages 5 and up; guitar, uke, piano, drums!!

Every kid deserves to be a star!

■ ROCK CLIMBING

THE BOULDERING GARDEN

Contact Website: theboulderinggarden.com

COMO ROCKS

Email: info@comorocks.com

Phone: 573-554-5894

Website: Comorocks.com

Address: 205 E Nifong Blvd, Suite 120, Columbia, MO 65203

What extracurricular activities for you offer?

Rock climbing. Climbing camps and clubs ages 6-18. After school programs.

■ SCOUTING

BOY SCOUTS OF AMERICA, GREAT RIVERS COUNCIL

Website: grcbsa.org

GIRL SCOUTS OF THE MISSOURI HEARTLAND

Email: wwhelan@girlscoutsmoheartland.org

Phone: 877-312-4764

Website: girlscoutsmoheartland.org

Address: 230 Metro Drive, Jefferson City, MO 65109

What extracurricular activities for you offer?

Fun, friendship and new adventures are what Girl Scouts is all about. Any girl in grades K-12 can join the fun at Girl Scouts. They can make new friends, challenge themselves, write their own stories, and take action to change the world for the better. Girl Scouts can earn badges that set them up for success in the future, create Take Action projects in their communities, attend summer camp, programs and more! Wherever she wants to go—Girl Scouts will get her there.

■ SOCCER

CINCO ESTRELLAS FÚTBOL CLUB

Website: 5estrellasfc.org

MAC SPORTS

Website: missouriathleticcenter.com

SPORTING COLUMBIA

Email: Rec@sportingcolumbia.net

Website: sportingcolumbia.net

What extracurricular activities for you offer?

Recreational and Competitive soccer for U4-U19 Girls and boys. Skill level range is ok!

SYNERGY SPORTS

Email: info@synergysportsmo.com

Phone: 573-449-4111

Website: synergysportsmo.com

Address: 4115 South Providence Road, Columbia, MO 65203

What extracurricular activities for you offer?

Preschool Soccer
Recreational Soccer

■ SOFTBALL

DANIEL BOONE LITTLE LEAGUE

Website: danielboonell.org

THE DIAMOND COUNCIL OF COLUMBIA

Website: diamondcouncil.net

■ STEM

CODE NINJAS

Email: columbiamo@codeninjas.com

Phone: 573-754-7007

Website: codeninjas.com/mo-columbia

What extracurricular activities for you offer?

At Code Ninjas, kids learn to code while building video games. They gain vital skills like problem-solving and critical thinking in a fun, safe, and inspiring environment. Programs include after-school, camps, birthday parties, and more.

JABBERWOCKY STUDIOS — see full listing p. 3

KUMON MATH AND READING CENTER OF COLUMBIA

Website: kumon.com/columbia

LABSPACE ROBOTICS

Email: LabSpaceRobotics@gmail.com

Phone: 573-645-0800

Website: LabSpaceRobotics.com

Address: Capital Mall, Jefferson City, MO 65109

What extracurricular activities for you offer?

LabSpace offers classes in robotics, game design, programming, 3-d design and printing and engineering and tinkering classes. We also offer Boy and Girl Scout workshops in coding, robotics, engineering, game design and other STEM related topics.

MATHNASIUM

Email: columbiamo@mathnasium.com

Phone: (573) 445-7040

Website: mathnasium.com/columbiamo

Address: 3103 W Broadway #103, Columbia, MO 65203

What extracurricular activities for you offer?

Year-round and summer math programs.

SNAPOLOGY OF COLUMBIA

Email: columbia@snapology.com

Phone: 573-340-1811

Website: <https://bit.ly/3w8rMyN>

What extracurricular activities for you offer?

At Snapology we believe that children are meant to learn through play. When children are engaged in interactive, hands-on learning activities, their creativity flourishes and they show an increased interest in school. We help your child grow up with a thirst for knowledge. How do we do it? Snapology engages children ages 2-14 using LEGO® bricks, K'Nex and technology. While the kids are having fun with familiar toys, laptops and iPads, we sneak in the learning. Shh, don't tell them it's educational! Snapology is the premier partner for STEAM programs, offering year-round programs in schools, community facilities, local businesses and homes. Kids have so much fun in our programs that they don't even realize they're learning! Serving Columbia, MO and surrounding areas.

■ SWIMMING AND DIVING

THE ARC SWIMMING LESSONS

Website: como.gov/parksandrec/facilities/arc-water-zone

COLUMBIA SWIM CLUB - TIGER SHARKS

Website: teamunify.com/team/mvcsc/page/home

MACHER SWIM SCHOOL

Website: macheraquatics.com

MAC - WILSON FITNESS CENTER SWIM TEAM

Website: wilsonsfitness.com/mac-swim-team

OLYMPUS DIVE AND SWIM

Website: olympusdiveswim.com

TIGER SWIM - YOUTH LESSONS

Website: mizzourec.com/programs/aquatics/swim-lessons/tiger-swim

■ THEATRE



LET YOUR LIGHT SHINE YOUTH THEATER

Phone: 573-289-6162

Website: [Facebook - Let Your Light Shine Youth Theatre](#)

Address: 9890 East Vancourt Rd., Hallsville, MO 65255

What extracurricular activities for you offer?

Let Your Light Shine Youth Theatre is a theatre (insured) open and welcome to all children. At least two juvenile theatrical plays are produced per school year. Actors may be as young as 5 years old. Most plays produced feature children 5 years to 16 years old. We teach theatrical skills and always draw large crowds to performances. Performance venue is usually community centers or local church halls. We welcome families to help bring these productions to life utilizing everyone's talent and labor. Please join us for our next scheduled production, the one act play, "The Adventures of Aladdin," May 20th at Grandview Baptist Church, 4:30 pm and 7:00 pm. 8300 North Route Z.

JABBERWOCKY STUDIOS — see full listing p. 3

TRYPS CHILDREN'S THEATER

Email: trypskids@gmail.com

Phone: 573-449-4536

Website: trypskids.com

Address: 2300 Bernadette Drive, #918, Columbia, MO 65203

What extracurricular activities for you offer?

TRYPS is a year-round children's theatre company. We offer classes, camps, dance/vocal lessons (starting in Fall 2022), and Mini Plays for children ages 4-12th grade.

■ TRACK AND FIELD

BLUE THUNDER TRACK CLUB

Website: leaguelineup.com/BLUETHUNDERTC

COLUMBIA SUPREME TRACK CLUB

Website: columbiasupreme.com/trac

■ VOLLEYBALL

CLUB COMO VOLLEYBALL

Email: clubcomo@gmail.com

Website: clubcomovolleyball.com

What extracurricular activities for you offer?

Youth volleyball skills training for 3rd - 7th grade and 10U-18U competitive travel teams.

COLUMBIA UNITED VOLLEYBALL

Website: columbiaunitedvolleyball.com

VB PRO

Website: vbproacademy.com

■ WRESTLING

COLUMBIA WRESTLING CLUB

Email: columbiawrestlingclub@gmail.com

Website: cwc4youth.org

What extracurricular activities for you offer?

Columbia Wrestling Club (CWC) teaches 5 to 14 year-old youths the sport of wrestling, with a focus on the fundamentals, sportsmanship, fun and teamwork of wrestling.

■ YOGA

THE ATELIER SCHOOL OF CREATIVE LEARNING

Website: theatelierschool.com

SUNLIGHT FAMILY YOGA

Website: facebook.com/Sunlightfamilyyoga

YOGA TO GROW

Website: yogatogrow.com


Let Your Light Shine
Youth Theatre



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 Email Smhr@cmca.us OR find us on FB @ ShowMe Healthy Relationships Program Central Missouri

(Classes are 8 weeks long, must attend all 8 weeks!)

Central Missouri Community Action

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ShowMe Healthy Relationships Program has helped me understand how my relationships from my past impact my life and how to choose healthier ones for the future!
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