

Upcoming month's rec programs are attached as a pdf. Remember, this list is not distributed to anyone nor sold. If you'd like to unsubscribe, please return e-mail with a note indicating your desire. Also please reply if you cannot open the pdf attachment.

## Webster Groves Parks and Recreation OCTOBER 2017

Call (314) 963-5600

or visit [www.wgparksandrec.com](http://www.wgparksandrec.com)

for more information.

“Like” us on Facebook:

Webster Groves Parks Recreation or  
Webster Groves Ice Arena

### FITNESS CENTER/ RECREATION COMPLEX MEMBERSHIPS

A la carte fitness center, aquatic center, ice arena or full facility memberships. Special rate Fitness Center memberships (\$240/yr) available to owners and employees of Webster Groves businesses, (including schools and churches,) owners of WG/Shrewsbury/Rock Hill Chamber of Commerce businesses. Ask about favorable membership rates for organized sports teams of 10 or more. Sign up today!

### WORK OUT FREE WITH SILVER SNEAKERS!

Check with your health insurance carrier to determine whether you are eligible for a free Silver Sneakers fitness center membership! If so, you get to work out entirely free! (Please note: does not include fitness programs.)

### FREE FRIDAY FITNESS

Ages 16 and older FREE fitness workouts after 5 p.m. the first Friday of each month.

## SPECIAL PROGRAMS

### HALLOWEEN COSTUME SKATE

Join us for the public session. Come in costume and receive \$1 admission! (Skate rental is additional.)

Fri., Oct. 27, 7:00 p.m.

Sat., Oct. 28, 1:45 p.m.

Sun., Oct. 29, 2:15 p.m.

### MAKE A DIFFERENCE DAY

Improve your community or help those less fortunate. Projects are on an individual basis. Call Steve at (314) 963-5623 or email [clarks@webstergroves.org](mailto:clarks@webstergroves.org) for info.

Oct. 28 (or alternative day of your choice)

Sat., 9 a.m. - Noon

### HEARTSAVER CPR/AED

Learn CPR for teenagers and adults, use an AED and help with a choking emergency. Participation level for knowledge only or certification level (requires passing a skills test) for those needing a completion card for volunteer or work requirements. Fee includes book.

Ages 13 and older

Oct. 17

Tues., 6 - 8:30 p.m.

### RECESS 101

Open gym, public skate (if available), games and prizes. Once admitted, youths must stay inside the building.

Oct. 11 (WG School District Early Dismissal Day)

Wed., Noon - 3 p.m.

### IDENTITY THEFT

You will learn all about LYING (why do people lie and how to detect deception), SCAMS Do's and Don'ts, the identity underworld, what to do if you become a victim, free investigative resources you can use at home.

Ages 18 and older

Oct. 12, Thurs., 10 a.m. – Noon OR

Oct. 17, Tues., 6:30 - 8 p.m.

### FROM OVERWHELMED TO ORGANIZED!

Learn how to organize any room in your home, create an efficient filing system and effective time management skills.

Ages 18 and older

Oct. 10

Tues. 7:30 - 9 p.m.

### JEFFERSON CITY LAW ENFORCEMENT DAY TRIP

Tour Alcoa Prison followed by a delicious lunch at Prison Brews. After lunch, there will be a step-on guided tour and a Puppies on Parole Presentation. Fee includes tours, lunch, motor coach transportation, and tip. This trip is not suitable for wheelchairs, crutches, or walkers.

Oct. 17

Tues., 7:15 a.m. - 5:15 p.m.

Registration Deadline: Oct. 3

### GYM TOT TIME

Open gym for toddlers who will be supervised, so you may want to take a class or plan your workout or during this time.

Through March

Mon. or Wed., 9 - 11 a.m.

## TENNIS

### TENNIS HOURS

Sept. – Nov. (late season hours, weather permitting)

Mon. - Fri., Noon - 10 p.m.

Sat. and Sun., 8 a.m. - 8 p.m.

### COURT AVAILABILITY/OPEN PLAY

Available by reservation to season pass holders through [www.reservemycourt.com](http://www.reservemycourt.com) or by contacting the Tennis Center at (314) 303-2506. Non-season pass holders must pay the daily fee. Players must check in at the pro shop.

### TENNIS SEASON PASSES

Tennis season passes may be purchased at the Recreation Complex and are valid through the calendar year. A Recreation Complex ID card is required to purchase a season pass. (Proof of residency will be required.) Season pass holders may reserve court time through

[www.reservemycourt.com](http://www.reservemycourt.com) up to one week in advance.

## **YOUTH TENNIS LESSONS**

Emphasizes FUN, forehand, backhand, volley and serve.

### **Oct. 3 - 19**

*Red Ball/Ages 8U 36-foot Court/18-20" racket*

Tues. and Thurs., 4:30 - 5:30 p.m.

*Orange Ball/Ages 10U 60-foot Court/23-25" racket*

Tues. and Thurs., 5:30 - 6:30 p.m.

*Green Ball/Ages 12U Standard Court/26-27" racket*

Tues. and Thurs., 6:30 - 7:30 p.m.

*Yellow Ball/Ages 18U Standard Court/27" racket*

Tues. and Thurs., 6:30 - 7:30 p.m.

## **HIGH SCHOOL DRILLS**

Intermediate to advanced high school players. Need to understand the basics of shot mechanics, singles and doubles strategies. Live ball/situational drilling.

### **Oct. 3 - 19**

Tues. and Thurs., 7:30-8:30 p.m.

## **PRIVATE TENNIS LESSONS**

Private and semi-private lesson takers must have season pass or pay court cost. Visiting instructors must pay court cost and a fee of \$5/student to the Memorial Tennis Center. Contact Martha at [marthadavis18@webster.edu](mailto:marthadavis18@webster.edu)

## **ICE ARENA**

### **WEBSTER TEEN NIGHTS**

Bring your Webster Groves School ID and receive buy one-get one free admissions. (Skate rental is additional.)

*Ages 12-18*

**Any Fri. night session**

### **NUTCRACKER ON ICE SKATE LESSONS**

Want to skate in the Nutcracker on Ice performance? Call Lynn (636) 633-1085 or go to [www.nutcrackeronice.org](http://www.nutcrackeronice.org)

### **Oct. 28 - Dec. 2**

Sat., 10:30 - 11:00 a.m. OR 11 - 11:30 a.m.

### **LEARN TO SKATE**

Learn the skills to ice skate safely from beginner to advanced.

*Ages 3-16*

### **Oct. 16 - Nov. 15**

Mon., 6 - 6:30 p.m. OR 6:30 - 7 p.m. OR Wed. 6:30 - 7 p.m.

### **TOTS**

Beginning or advanced skaters must be 3-years old and potty trained. Parents do not get on the ice with their skaters.

*Ages 3-5*

**Same sessions as Learn-To-Skate**

Mon., 6-6:30 p.m. OR 6:30-7 p.m.

### **YOUTH**

The Webster Groves Ice Arena follows the Ice Skating Institute's Recreational Skater lesson program.

*Ages 6-15 All Levels*

**Same times and sessions as Learn-To-Skate**

## **ADULT SKATING CLASSES**

### **Beginner and Novice**

*Ages 16 and older*

Cover forward crossovers, back crossovers and stops.

**Same sessions as Learn-To-Skate**

Wed., 6:30 - 7 p.m.

### **ADVANCED SKATING DEVELOPMENT CLASSES**

For the skater who can pass ISI Delta and would like to continue to work on improving skating skills.

**Same times and sessions as Learn-To-Skate**

### **FIGURE SKATING**

**Freestyle 1-6+**

**Same times & sessions as Skating School Advanced Classes**

### **POWER HOCKEY SKATING SKILLS**

Improves skating skills for hockey. Skaters must be playing hockey at the "B" level or higher.

**Same sessions as Learn-To-Skate**

Mon. 6-6:30 p.m.

### **STICK HANDLING**

Stick skills for the beginner. Skaters provide their own sticks, gloves and helmets. Skaters must already play hockey.

**Same sessions as Learn-To-Skate**

Mon. 6-6:30 p.m.

### **PRIVATE SKATING LESSONS**

Private and semi-private lessons are available with Webster Groves professional staff. For info. call (314) 963-5621

### **HOCKEY ADULT SCRIMMAGE**

Players must provide their own skates, stick, gloves and helmet. Face mask is required for participants ages 16-17.

*Ages 16 and older*

**Ongoing through June**

Tues., Wed. and Thurs., 11:30 a.m. - 1 p.m.

### **TRAINING SESSIONS**

Open to figure skaters, power hockey skaters and those taking private lessons. Max. 25 skaters.

**Ongoing through May**

Tues. and Fri., 3-4 p.m., Thurs., 3-3:30 p.m.

### **PARTY ROOM**

There are three party rooms available for skating groups which provide a windowed room right next to the ice surface. What a cool idea for a birthday party or celebration! The birthday child receives a commemorative t-shirt! Make reservations by calling 963-5621.

## **FITNESS AND ONGOING PROGRAMS**

### **FITNESS COACHING/PERSONAL TRAINING**

Weight loss, athletic performance, senior fitness and post-rehab conditioning. Contact Dave Reddy at (314) 963-5624,

[reddyd@wgparksandrec.com](mailto:reddyd@wgparksandrec.com), or visit

[www.wgfitnessgroup.org](http://www.wgfitnessgroup.org)

## PICKLEBALL

Combination of ping pong, tennis and a little badminton. Great fun and exercise!

Tues. and Thurs., 8 – 9:30 a.m. (int./adv.)

Tues. and Thurs., 9:30 - 11 a.m. (beg./int.)

Sun., 6:15 - 8:15 p.m. (int./adv.)

NEW OUTDOOR COURTS AT BLACKBURN PARK!

## PiYo® LIVE

This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. Suitable for all fitness levels.

**Next session begins Nov. 4**

Sat., 7:30 - 8:30 a.m.

## EXERCISE BALL WORKOUT

Learn exercises and stretches using the large exercise or stability ball. BYOB (Bring your own ball, if possible.)

**Through Nov. 2**

Thurs., 10:45 - 11:30 a.m.

## CARDIO COMBO

Low-impact cardio routine for mature adults, strength training using light weights and flexibility exercises.

**Oct. 23 - Dec. 13**

Mon. and/or Wed., 6 - 7 p.m.

## MIND & BODY: YOGA, PILATES & MORE

Choose 1, 2 or 3 times per week options & go to any class!

*Ages 13 and older*

**Oct. 9 - Dec. 2** (excluding Nov. 22, 23 & 24)

**Beginning Yin Yoga Core**

Mon., 6:30 - 7:45 p.m.

**Pilates**

Tues., 9 - 10 a.m.

**Intermediate Yin Yoga Core**

Wed., 7 - 8:15 p.m.

**Intermediate Pilates**

Thurs., 9 - 10 a.m.

**Yogalates**

Fri., 8:30 - 9:30 a.m. or Sat., 9 - 10 a.m.

## BASIC TRAINING

Fitness class modeled on the military's boot camp.

**Oct. 23 – Nov. 30**

Mon. through Thur., 6-7 a.m.

## AIKIDO

Learn how to keep from getting punched, grabbed or taken down to the ground, rolling and tumbling.

*Ages 13 and older*

**Next session begins Nov. 1**

Tues., 6 - 8 p.m. OR Wed., 7:30 - 9:30 p.m.

## MASTER MOVES - STRENGTH & BALANCE

Resistance/Weight exercise

*Ages 40+*

**Oct. 2 - 25**

Mon. and/or Wed., 9 – 10 a.m.

## POUND®

Full-body cardio jam session, combining light resistance with constant simulated drumming. Using lightly weighted drumsticks, turn into a calorie-torching drummer, POUNDing off pounds as each song flies by.

**Oct. 9 - Nov. 30** (excluding Nov. 23)

Mon., 6 – 7 p.m. OR Thurs., 7:30 – 8:30 p.m.

## BEGINNING SPINNING®

Indoor cycling class utilizing motivational music and visualization.

*Ages 13 and older*

**Through Nov. 2** (excluding Oct. 31, make-up Nov. 7)

Tues., 4:30 - 5:25 p.m. OR Thurs. 9:30 – 10:25 a.m.

## TOTAL CONDITIONING/DANCE AND STRENGTH INTERVALS

This class mixes simple dance moves with energizing pop and world music and light weights. Geared to ages 30-65. No dance experience necessary.

**Oct. 9 – Dec. 1** (excluding Nov. 24)

Mon. OR Fri., 9:45 - 10:45 a.m.

## WEBSTER GROVES BOOT CAMP

Combo of strength, cardio, muscle endurance, flexibility and core exercises. Geared toward all fitness levels.

**Oct. 24 - Nov. 30** (excluding Nov. 23)

Tues. & Thurs., 5:30 – 6:30 p.m.

## WEBSTER A.M. (& P.M. 360)

Muscular strength/endurance, core/abdominal work and cardio intervals used will help you burn calories and get stronger.

**Oct. 30 - Dec. 6**

Mon. and/or Wed., 5:45 - 6:45 a.m. OR

Tue., 12 – 1 p.m.

## ZUMBA®

Interval training, Latin flavor, to tone and sculpt your body while burning fat.

*Ages 13 and older*

**Oct. 12 - Dec. 23** (excluding Nov. 23-26, Dec. 17)

Thurs., 6-7 p.m., Sat., 9-10 a.m., Sun., 11:30 a.m.-12:30 p.m.

Now 10 week sessions! Sunday is drop-in only.

## SILVER YOGA

Geared for individuals over age 55 who still feel comfortable getting down on the floor, but desire a gentler practice.

**Oct. 31 - Dec. 5**

Tues., 11:45 a.m. - 12:45 p.m.

## CHAIR YOGA

This class is for you if you have avoided yoga because you do not want to do floor exercise.

**Oct. 31 - Dec. 5**

Tues., 1 - 2 p.m.

## SILVER BARRE

Ages 55+ who feel comfortable being on the floor and using the ballet barre or chair. Safely strengthen your body and increase flexibility while burning calories.

**Oct. 27 - Dec. 7** (excluding Nov. 24)

Fri., 11 a.m. -12 p.m.

## **FENCING**

Fencing exercises, stretching, footwork, blade work, practice bouts, history, strategy and basic physical and mental discipline.

**Oct. 17 – Dec. 7**

*Ages 8-11*

Beginning: Tues., 5 – 6 p.m.;

Intermediate: Tues., 6 – 7 p.m.

*Ages 12 and older*

Tues., 7:30 - 9 p.m. (Main Class Night)

Thurs., 6 - 7:15 p.m. (Instructor approval required)

## **OLDER ADULT ACTIVITY CENTER**

Beginning and intermediate bridge lessons, duplicate bridge, line dance, pickleball. Call 963-5656 for info.

## **LUNCH AND BINGO**

**First Thursday of each month**

Thursday, 11:30 a.m. – 1:30 p.m.

Call 968-1410 ext. 315 one week in advance for reservations.

## **GENERAL INFORMATION**

### **OPEN GYM, ROOM AND GYM RENTALS, PROGRAMS**

Call (314) 963-5600.

### **FITNESS CENTER**

Call (314) 963-5600 or visit [www.wgparksandrec.com](http://www.wgparksandrec.com) for regular hours and rates.

### **ICE ARENA**

Visit [www.wgparksandrec.com](http://www.wgparksandrec.com), call (314) 963-5678 or download public session times at [www.wgparksandrec.com](http://www.wgparksandrec.com)

### **TENNIS CENTER**

Daily fees and season passes available.

Managed by Webster University; call (314) 303-2506

### **PAVILION AND PICNIC SITE RENTALS**

Call 314-963-5600 or e-mail [clemensm@wgparksandrec.com](mailto:clemensm@wgparksandrec.com)  
Webster Groves residents only.

### **ACTION PARK**

Skate park and inline skating rink operate under playground rules. Helmets are strongly recommended.

### **PARKS AND RECREATION COMMISSION**

Meets 6:30 p.m. the fourth Thursday most even-numbered months. Public is invited.

### **GREEN SPACE COMMISSION**

Meets 7:15 p.m. the first Monday of most months. Public is invited.

## **COMING IN NOVEMBER**

- Webster-Kirkwood Turkey Day Run
- Babysitting Basics
- American Film Series-Discussion & Coffee
- Background Checks & Investigation Basics
- Learn-To-Skate
- Webster-Kirkwood Turkey Day Hockey Game
- Garden Glow (Missouri Botanical Gardens) Trip
- More of your favorite ongoing classes such as Zumba®, Master Moves, PiYo® Live, Dance and Strength Intervals, Spinning®, POUND®, Exercise Ball Workout, Lunch and Bingo, Aikido, Cardio Combo, Mind & Body (Yoga/Pilates), Webster A.M. & P.M. 360, Tai Chi, Chair Yoga, Silver Yoga, Silver Barre, Basic Training, Fencing, Pickleball, WG Boot Camp, Gym Tot Time