

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 SEPTEMBER 2017

Call (314) 963-5600

or visit 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

POOL PATRON APPRECIATION DAY

Photo booth with props and games from 12-3 p.m. Traditional biggest slide splash, belly flop contest, water balloon toss and lollipop tree activities at 2 p.m. Aquatic or full facility pass holders receive a complimentary day pass for use at the fitness center, gymnasium or next year's pool.

Sept. 4

Mon., 10 a.m. - 7 p.m.

COOL CANINES

Dog pool party. Bring proof of current inoculations.

Sept. 6

Wed., 4 - 5:30 p.m. OR 6 - 7:30 p.m.

(Sorry, no humans under age 13 allowed in the water)

FAMILY NERF WAR

Pizza and drinks to prepare for war! Bring a Nerf gun (limit one) and darts. Safety glasses will be provided.

Ages 6 and older

Sept. 8

Fri., 6 - 8 p.m.

FAMILY CAMP OUT

Field games, crafts, hot dogs, chips and drinks (or you can bring your own goodies too). Nature documentary and s'more making! Bring your own tent and camping supplies.

All ages

Sept. 22 - 23

Fri. - Sat., 5 p.m. - 8:30 a.m.

Registration Deadline: Sept. 20

Deer Creek Park in Maplewood

SAVVY KIDS

Get excited and curious about web design and coding, learn how to build a website from the ground up. Every student must bring their own computer to class.

Ages 10-13

Sept. 9 - Oct. 14

Sat., 10:30 a.m. - 12 p.m.

THE BASICS OF STAYING HOME ALONE

Topics include entering/leaving home, getting safely to/from school, being home alone, safe snacks, storm and emergency preparedness, Internet safety and simple first aid.

Ages 9-11

Sept. 9

Sat., 9 - 11 a.m.

AMERICAN FILM SERIES- DISCUSSION & COFFEE

Participants will watch, critique and discuss at least five films from the American Film Institute 100 Greatest Movies list. Format is casual.

Ages 18 and older

Sept. 12 - Oct. 17

Tues. 6:30 - 9:30 p.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 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 up to one week in advance.

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

ADULT SINGLES LEAGUES - 3.0 & 4.0

Recreational, mixed singles league, with 6 weeks of play. Not sure what level to play? Email marthadavis18@webster.edu

Sept. 3 - Oct. 21

Schedule will be distributed prior to start.

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

LEARN TO SKATE

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

Ages 3-16

Sept. 11 – Oct. 11

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.

YOUTH HOCKEY

The St. Louis Rockets sponsor Learn-to-Play Hockey, which provides basic play and skating instruction. For further information, please visit www.rocketshockey.com

Ages 4-17

Season: **Sept. - March**

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, or visit 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.)

Wednesdays, 7:15 - 9:15 p.m. (indoors until Sept. 30, then outdoors while weather holds.)

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

NEW PERMANENT 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.

Sept. 9 - Oct. 28

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.)

Sept. 14 - 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.

Through Oct. 18 (excluding Sept. 4)

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

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.

T'AI CHI CH'UAN

T'ai Chi benefits the body with a balance of strength, flexibility, and controlled energy through "moving meditation" as well as an art of self-defense. Its practice consists of slow, continuous movements which are performed in a relaxed manner. Participants start as beginners.

Ages 13 and older

Sept. 11 - Dec. 18

Beginning: Mon., 7:15 - 8:15 p.m.

Advanced: Mon., 8:15 - 9:15 p.m.

BASIC TRAINING

Fitness class modeled on the military's boot camp.

Sept. 4 - Oct. 12

Mon. through Thur., 6-7 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.

Through Oct. 5

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

AIKIDO

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

Ages 13 and older

Sept. 19 - Oct. 25

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

MASTER MOVES - STRENGTH & BALANCE

Resistance/Weight exercise

Ages 40+

Sept. 4 - 27

Mon. and/or Wed., 9 - 10 a.m.

BEGINNING SPINNING®

Indoor cycling class utilizing motivational music and visualization.

Ages 13 and older

Sept. 12 - 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.

Through Oct. 6 (excluding Sept. 4)

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.

Sept. 5 - Oct. 12

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.

Sept. 25 - Oct. 25

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

Through Oct. 8 (excluding Sept. 2 and 3)

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

SILVER YOGA

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

Sept. 19 - Oct. 24

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.

Sept. 19 - Oct. 24

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.

Sept. 15 - Oct. 20

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

FENCING

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

Through Oct. 12

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 for regular hours and rates.

ICE ARENA

Visit www.wgparksandrec.com, call (314) 963-5678 or download public session times at 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
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 OCTOBER

- Gym Tot Time
- Heart Saver CPR/AED
- Make a Difference Day
- Identity Theft
- From Overwhelmed to Organized
- Halloween Costume Skate
- Learn-To-Skate
- Nutcracker on Ice Show Practices
- Youth Tennis Lessons
- High School Drills – Tennis
- Day Trip to Jefferson City
- Recess 101
- 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