

Parks & Recreation Programs & Special Events

The City of Webster Groves offers a number of programs, activities, classes, and special events through the Department of Parks & Recreation.

Hours of Operation

Monday – Friday 5:30 am – 9:30 pm

Saturday 7:00 am – 7:00 pm

Sunday 10:00 am – 7:00 pm (Front Desk open until 8:30 pm)

Registration may be made in-person, by mail or phone.

Registration

- Registration may be made in person, by mail, or by phone.
- Checks should be made payable to the City of Webster Groves and mailed to #33 E. Glendale, Webster Groves, MO 63119. (For a return receipt, please enclose a self-addressed stamped envelope.)
- Registrations by phone are accepted with MasterCard or Visa.
- Registration is not complete until the fee is paid.
- Registration deadline is three working days prior to the start of the program unless otherwise indicated.
- Participants will not be contacted unless a program is canceled.

Refunds

- No refunds after the second class meeting of any program unless an individual participant experiences a medical problem which prohibits participation.
- \$5 service charge for refund issued to due participant cancellation. (Medical – pro-rated less the service charge.)
- Exceptions to the refund policy may exist.
- The Recreation Department reserves the right to cancel a program - participants will be notified and full refunds issued.

Program information for the current month is available below or at

www.webstergroves.org/brochure (PDF).

November 2009 Programs

SPECIAL PROGRAMS

SECOND YEAR ANNIVERSARY PARTY

Happy Birthday to the Fitness Center! Can you believe we will be two years old in Dec.? Come join the fun as we offer free workouts all day for ages 16 and older, tours, healthy snacks (while they last.) Talk with our Personal Training Team and staff, view class demos and have a chance to win prizes!

Dec. 5

Saturday, 9:00 am – Noon

Free workouts all day!

NUTCRACKER ON ICE HOLIDAY SHOW

Advance tickets available for purchase through November 25. For more information, check the web site Nutcrackeronice.org or look for postings at the ice rink. (Note: Show dates are December 5 and 6)

FRI NIGHT SPIN & FLEX

Pay by the month or drop-in (with sufficient monthly enrollment)

Monthly, Nov. – Feb.
Fridays, 5:45 – 6:45 pm

HOT MAMAS IN TRAINING STROLLER FIT CAMP

Build your cardio endurance, sculpt your tummies, legs, glutes and arms while you are having fun with your babies by your side.

Nov. 9 – Dec. 22

Monday, 9:30 – 10:30 a.m., Tuesday OR Thursday 5:50 – 6:50 p.m.

KEEP ON MOVIN'

A cardio routine followed by strength training using light weights and flexibility exercises.

Nov. 9 - Dec. 30

Mondays and Wednesdays, 6:00 – 7:00 pm

CHAMBER BUSINESS EXPO

Business Expo/"A Taste of the Area" event, that showcases area goods, services and food

Nov. 5

Thursday, 4:30 - 7:30 pm

Orlando Gardens

TURKEY DAY RUN

3- and 6-mile runs Thanksgiving morning. First 1000 registrants receive a commemorative gloves. NEW THIS YEAR! Staggered start with chip timing system for competitive runners.

Nov. 26

Thursday, 7:30 am (3-mile); 8:00 am (6-mile) start time

Kirkwood Farmer's Market

HOLIDAY COOKIE DECORATING

Add a festive flair to your holiday cookies with cake decorating in miniature.

Ages 9–15

Nov. 22

Sunday, 2:00 – 4:00 pm

ZUMBA BELLY DANCE FITNESS

Tone, strengthen and improve flexibility while also improving your heart rate with Zumba moves (Salsa, Reggaton, Samba, African, etc).

Ages 10–100+

Nov. 2 – Dec. 14

Sundays, 1:30 – 2:30 pm OR Mondays, 7:15 - 8:15 pm

KICK START SOCCER

Dribbling, Shooting, and "playing to goal" are all taught by experienced, friendly coaches.

Ages 3-5 & 6-10

Nov. 7 – Dec. 12 (excluding Nov. 28)

Saturdays, 9:00 – 10:00 am

PLUMBING 101: DO IT YOURSELF

A variety of topics will be covered, including plumbing terms, common plumbing problems and their causes, hands-on exhibits of plumbing parts and demonstration of minor repairs, FAQ with the audience, and cost saving tips and health issues.

Ages 18 and older

Nov. 7

Saturdays, 9:00 – 10:00 am

HOLIDAY SHOPPING TO WARRENTON AND THE MILLS

Warrenton Outlet Mall, lunch at Imo's Pizza (buffet lunch on your own,) and St. Louis Mills mall

Nov. 20

Friday, 8:30 am – 4:15 pm

Register with Webster Groves by Nov. 12

CHRISTMAS LIGHTS TOUR

Our Lady of the Snows, delicious buffet dinner at the Shrine Restaurant, driving tour past Kiener Plaza, Anheuser Busch Brewery and Tilles Park.

Dec. 2

Wednesday, 5:30 – 9:30 pm

Register with Crestwood by Nov. 16, (314) 729-4860

TURKEY DAY RUN REGISTRATION BEGINS

3- and 6-mile courses. First 1000 registrants receive a quality giveaway. **NEW THIS YEAR!** Staggered start with chip timing system for competitive runners.

Nov. 26

Thursday, 7:30 am (3-mile); 8:00 am (6-mile) start time

Kirkwood Farmer's Market

Registration begins October 15

PARENT/CHILD FITNESS & FUN

Parents will learn to calculate max heart rate and fat-burning heart rate zones, walk, jog, or run.

Parent with or without child age 3 ½ and older

Nov. 3 – 25 (excluding Nov. 26, make-up Nov. 25)

Tuesdays and Thursdays, 9:30 - 10:30 a.m.

JUGGLING

Experience the mental and physical benefits of juggling including stress reduction, increased physical endurance and boost your mental and muscle dexterity.

Age 12 and older

Nov. 2 – Nov. 30

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

SKATING**LEARN TO SKATE**

All ages and abilities

Sessions begin Sept. 14

Contact Debbie at 963-5621 for further information.

FIGURE SKATING

Freestyle 1, 2-3, 4, or 5+

MOVES IN THE FIELD

Class A: Pre-Preliminary - Preliminary; Class B: Pre-Juvenile - Juvenile

POWER SKATING FOR HOCKEY**STICKHANDLING**

Monday evenings

Call 314-963-5621 for more information.

STICK 'N' PUCK

Ages 16 and older

Tuesdays and Thursdays, 11:30 a.m. - 1:00 p.m.

ONGOING PROGRAMS

PERSONAL TRAINING

Personal fitness and wellness training is now available at the Fitness Center. Check out EveryBride Fit, Golf Fitness, EveryMom Fit Boot Camp, EveryBody Loses weight loss program, Athletic Conditioning, and Group Personal Training. E-mail Head Personal Trainer Dave Reddy at reddyd@webstergroves.org, visit www.wgpersonaltraining.org, or call 314-963-5624 for information.

SPINNING

Music and visualization to biking.

Ages 14-Adult

Saturdays, 7:30 – 8:30 a.m.

Mondays OR Wednesdays, 6:00 – 7:00 p.m.

Tuesdays OR Thursdays, 6:00 – 7:00 a.m.

HOCKEY ADULT HOCKEY SCRIMMAGE

Ages 16 and older

September through June

Tuesdays, Wednesdays and Thursdays, 11:30 a.m. - 1:00 p.m.

SCRABBLE AND BACKGAMMON

This new group promises to keep your mind sharp, while offering fun and fellowship with fellow Scrabblers. Please call Miki at (314) 963-5656 for information.

Mondays, 5:00 – 7:00 p.m. (tournament caliber Scrabble and Backgammon)

Fridays, 6:00 – 8:00 p.m. (recreational)

LUNCH AND BINGO

First Thursday of each month

Thursday, 11:30 a.m. – 1:30 p.m.

Call 963-5600 one week in advance to make reservations

BASIC TRAINING

Fitness class modeled on the military's boot camp

Monday through Thursday, 6:00 – 7:00 a.m. OR 5:00 – 6:00 p.m.

MASTER MOVES

Resistance/Weight exercise

Ages 40+

Mondays, Wednesdays and Fridays, 9:00 – 10:00 a.m.

KEEP ON MOVIN'

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

Mondays and Wednesdays, 6:00 - 7:00 p.m.

TAE-KWON-DO

Ages 5-Adult

Tuesday & Thursdays, 6:00 - 7:00 p.m.

TINY TOTS, YOUTH AND ADULT TENNIS LESSONS

Conditioning, drills, strokes, strategy, and tennis etiquette

Ages 4-6; Ages 7-16; Ages 17 and older

New sessions begin September 4

Call 963-5600 or visit www.webstergroves.org for days and times.

VOLKSWALK

Webster Groves Rec Complex is the start-point for a leisurely walk with check points through scenic and historic areas. Sponsored by Missouri Marching Mules.

CO-ED RECREATIONAL DROP-IN VOLLEYBALL

Ages 17+

Sundays, 6:30 – 9:00 p.m.

KENNELWOOD VILLAGE DOG OBEDIENCE

Visit www.kennelwood.com or call 446-1025.

Puppy and beginner classes

Saturday mornings

COMING IN DECEMBER...

- Nutcracker On Ice Holiday Show
- Skate with Santa
- 15th Anniversary Party
- Zumba
- Spinning
- Aikido
- Pilates
- Santa Home Visits
- Gingerbread House Class
- Christmas Break Art Class
- Holiday Shop 'n' Drop
- Winter Webegee
- Home Alone