

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 APRIL 2019

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!

NEW STRENGTH EQUIPMENT IN FITNESS CENTER

Come try our new state-of-the-art strength equipment including new dumbbells, barbells, cable cross-over and Matrix strength circuit. We've also installed new carpet!

WORK OUT FREE WITH SILVER SNEAKERS AND RENEW ACTIVE!

Check with your health insurance carrier to determine whether you are eligible for a free Silver Sneakers or Renew Active (formerly Optum) 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

ADULT EASTER EGG HUNT

Bring your flashlight and decorated basket to find eggs filled with prizes. Co-sponsored by Kirkwood and Shrewsbury Parks and Rec. Event is outdoors rain or shine. BYOB.

Ages 21 and older

April 12

Fri., 8:30 p.m. (Check-in between 7:30 and 8:15 p.m.)

Registration Deadline: 5 p.m. on April 11. **No walk ups!**
Wehner Park in Shrewsbury

DOG EGG HUNT

Search for treats hidden in the park and pictures with Peter Cottontail. All pets must have current inoculations and be kept on leash. Giveaways, drawings and attendance prizes.

April 13

Sat., 3 p.m.

Larson Park

ARBOR DAY

We will have a volunteer tree planting event starting at 3:30 p.m. at Shady Creek Nature Sanctuary. Arbor Day events will include: Opening ceremony with a Mayoral Proclamation, Tree Steward and Trees of Distinction awards. Please call Park Superintendent Yvonne Steingrubby at (314) 963-5457 or steingrubby@webstergroves.org for more information.

April 24

Wed., 5:30 p.m.

Southwest Park

SOCCER GOALKEEPER TRAINING

Refine your skills and excel through fun and fulfilling training sessions and goalkeeper games! Led by Jason Norsic of STLGoalies LLC. FREE JERSEY! FREE MINI-GLOVE!
Ages 6 and older, Regular Training 3 - 4 p.m.

Anyone using size 5 ball, Advanced Training 4:15 - 5:30 p.m.

April 7 - 28

Sundays

Larson Park by the Tennis Courts

CALLAHAN PICKLEBALL ACADEMY

Pickleball can be enjoyed by all ages and skill levels. Lessons, geared to beginners and intermediates.

April 10 - May 1

Wed. 7:15 - 9:15 p.m.

Webster Groves Action Park (south of Aquatic Center entrance)

AAC SPRING CARD PARTY

This card party features bridge, Psggetti's® lunch and attendance prizes. You must have a table of four (if your game requires it). If you play duplicate bridge, you need only bring your partner. For further information call (314) 963-5656.

April 10

Wed., 10 a.m. - 2 p.m.

TENNIS

TENNIS HOURS

April

Mon. – Fri., Noon - 10 p.m.

Sat. – 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 LESSONS

Participants should bring a racket and water to each class.

April 23 - May 9

Tues. and Thurs.

Red Ball Ages 5-8/36'Court/18-20" rackets

Centered on having **FUN**, developing hand/eye coordination, and introducing basic stroke fundamentals.

5:15 - 6:10 p.m.

Orange Ball Ages 9-10/60'Court/23-25" rackets

Focused on students rallying in a controlled manor while learning the basics of score keeping.

5:15 - 6:10 p.m.

Green Ball Age 10-12/Standard Court/26-27" racket

A transitional class for players moving from orange to full-sized court with green tennis balls.

4:15 - 5:10 p.m.

Yellow Ball Ages 13-18/Standard Court/27" racket

For students who have participated in previous classes or possess an intermediate skill level

4:15 - 5:10 p.m.

NEW! ADULT BEGINNER 101

Never played? This play-to-learn program gets you connected with coaches and other players so you can move up quickly!

April 1 - 29

Mon., 5 - 6:30 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

ICE ARENA

SKATE WITH PETER C.

Peter Cottontail will be here and would love to ice skate with the little ones. You'll want to dress fancy and wear funny hats and ties for photos. Cookies and punch will be served.

April 20, Sat., 1:45 - 3:15 p.m.

COSMIC SKATES!

Black lights, disco ball, in-ice LED lights and a DJ! This will fast become family favorites! Some Friday and Saturday nights. View schedule at www.wgparksandrec.com. Click on Facilities/Ice Arena/Monthly Schedule.

LEARN TO SKATE

For recreational and new skaters of all ages and abilities. These classes cover the core curriculum needed to ice skate safely and form the foundation for any advanced skills skating, like hockey, figure or speed. Fee includes skate rental and instruction.

April 22 - May 20

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

YOUTH

Basic skills for all types of skating covered in classes divided by skill level.

Pre-Alpha, Alpha, Beta, Gamma/Delta

Ages 5-16

ADULT CLASSES

Beginner and Novice

Cover forward crossovers, back crossovers and stops.

Ages 17 and older

SKATING SCHOOL ADVANCED CLASSES

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

Same Sessions as Learn to Skate

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

FIGURE SKATING

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

POWER HOCKEY SKATING SKILLS

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

STICK HANDLING

Stick skills for the beginning hockey player. Skaters provide their own sticks, gloves and helmets. Skaters must be already playing hockey.

TRAINING SESSIONS

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

Ongoing through May

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

Mon., 6 - 8 a.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

Full equipment is required to participate in the scrimmage.

Face mask is required for participants ages 16-17.

Ages 16 and older

Ongoing through June

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

STICK 'N' PUCK

Look for additional Stick 'n' Pucks on the monthly calendar.

All Ages

Ongoing through May 22

PARTY ROOM

Three party rooms with windows to the ice are available for skating groups, 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 www.wgfitnessgroup.org

PICKLEBALL

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

Tues. and Thurs, 8 - 10 a.m. (advanced/intermediate)

Tues. and Thurs, 10 - Noon. (beginner/intermediate)

Sun., 6:15 - 8:15 p.m. (intermediate/advanced)

FENCING CLASSES AND CLUB DATES

Beginning

Ages 12 and older

Tues., 7:30 - 9 p.m. (main class night)

Fencing Club

Ages 12 and older

Basic: Tues., 6 - 9 p.m.

Competitive: Tues., 6 - 9 p.m. and Thurs., 7 - 9 p.m.

Fencing for Children

Ages 8-11

Beginning: Thurs., 6 - 7 p.m.

Intermediate: Tues., 6 - 7 p.m.

April 2 - May 23

WEBSTER GROVES BOOT CAMP

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

April 16 - May 23

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

CARDIO COMBO

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

April 29 - June 19 (excluding May 27)

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

AIKIDO

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

Ages 13 and older

April 2 - May 7

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

BASIC TRAINING

Fitness class modeled on the military's boot camp.

April 15 - May 23, Mon. through Thur., 6-7 a.m.

DANCE FITNESS

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

Through April

Mon., *Cardio Tone-Weights & Intervals*, 9:45 - 10:45 a.m.

Wed., *Music of the 60's & 70's*, 8 - 8:45 a.m.

Fri., *Dance & Tone*, 9:45 - 10:45 a.m.

MASTER MOVES - STRENGTH & BALANCE

Resistance/Weight exercise

Ages 50+

April 15 - May 8

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.

April 1 - May 6

Mon., 6 - 7 p.m.

BEGINNING SPINNING®

Indoor cycling class utilizing motivational music and visualization.

Ages 13 and older

Through May 2

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

WEBSTER A.M. 360

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

April 1 - May 1

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

ZUMBA®

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

Ages 13 and older

April 27 - June 1

Sat., 9 - 10 a.m. OR Sun., 11:30 a.m. - 12:30 p.m.

Sun. is drop-in only.

MIND & BODY: YOGA, PILATES & MORE

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

Ages 13 and older

Through April

Beginning Yin Yoga Core Mon., 6:30 - 7:45 p.m.

Pilates Tues., 9 - 10 a.m.

Intermediate Yin Yoga Core Wed., 6:30 - 7:45 p.m.

Intermediate Pilates Thurs., 9 - 10 a.m.

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

SILVER YOGA

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

April 2 - May 7

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.

April 2 - May 7

Tues., 1 - 2 p.m.

SILVER BARRE

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

April 5 – May 10

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

EXERCISE BALL WORKOUT

Come to this class where we use a large exercise ball to increase your flexibility, core strength and balance.

Through May 2

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

JUDO

It is a modern martial art that has become an Olympic sport. This class is a non-competitive introduction to judo, designed as mental and physical exercise.

Ages 13 and older

April 3 – 24

PERSUADED POOCHES OBEDIENCE TRAINING

Basic obedience skills such as polite greetings, sit, down, stay, loose leash walking, come, wait at the door and more! Class is for puppies and dogs 16 weeks and older. Contact Sarah at www.persuadedpooch.com to determine your start date.

Ongoing

Tues., 10 – 10:50 a.m. OR 7 – 7:50 p.m.

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 for pavilion and picnic site rentals. Webster Groves residents only.

AQUATIC AREA & POOL PAVILION RENTALS

Call Miki at (314) 963-5600 or email

mckeem@wgparksandrec.com for rentals and rates.

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 Mon. of most months. Public invited.

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

***Year-Round Fun Apply at www.webstergroves.org**

Rink Shift Supervisors, Facility Attendants, Maintenance Workers and Cashiers

For more information about these part-time positions at the Ice Arena, call (314) 963-5621.

*** Summer Fun in the Sun Apply at www.webstergroves.org**

Seasonal Park Laborers

Camp Webegee Counselors

Safety Camp Counselors

Inclusion Specialists

Aquatic Center Cashiers

Swim and Dive Team Coaches

Swim Lesson Instructors

For more information, call (314) 963-5600.

*** Lifeguards - call Midwest Pool Management at (314) 432-1313.**

COMING IN MAY

- Aquatic Center Opens
- Current Channel Crawl
- Toddler Time (Aquatic Center)
- Masters Swimming
- Tennis Lessons
- Adult Doubles Clinic
- USTA STL BG12-18 Webster Spring Tennis Open
- Mother/Daughter Tea Party
- Callahan Pickleball Academy
- Spring Pickleball Tournament and Pot Luck
- Mah Jongg
- Soccer Goalkeeper Training
- Babysitting Basics
- Recess 101
- Vocal Camp for High School Singers
- Sports and More Camp
- Kinder Camp
- Ozzie Smith's Sports Academy Baseball/Softball Camp
- Day Trip to Belleville (Eckert's, Hofbrahaus, Downtown)
- More of your favorite ongoing classes such as Dog Obedience, Zumba®, Judo, Master Moves, Dance Fitness, Spinning®, POUND®, Exercise Ball Workout, Aikido, Judo, 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