

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 JULY 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!

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.)

SUMMER FITNESS MEMBERSHIP

Students home from college? Too hot to work out outdoors? Here's your fitness membership package! Membership runs three months from the start date.

FREE FRIDAY FITNESS

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

SPECIAL PROGRAMS

COMMUNITY DAYS 2019

For additional general information, please visit www.webstergroves.org/communitydays or call (314) 963-5600. Parking and shuttle bus information can be found at www.wgcommunitydays.org

WG Lions' Club Carnival **July 3 - 6**

Children's Pet Parade **July 3, 6 p.m.**

Unlimited Ride Wristband **July 3 and 5**

Webstock/Entertainment **July 3 - 6**

Fireworks **July 4 and 6, 9:30 p.m.**

Parade **July 4, 10 a.m.**

NEW! THE REC 25TH ANNIVERSARY PARTY

After-hours family pool party with games and prizes, culminating with premier fireworks viewing.

July 6

Sat., 7:15 - 9:45 p.m.

FATHER/SON NERF WAR

Bring a Nerf gun (limit one) and darts. Safety glasses provided. Pizza and drinks served before the event!

Ages 5 and older

July 26

Fri., 6 - 8 p.m.

NEW! CRAFTIBILITY FOUNDATION PAINTING! PARENT/CHILD CLASS

Step-by-step instruction on how to use acrylic paints. Wear a painting shirt! Fee includes the canvases, paints, and brushes. In this class, each will be painting parts of a lizard!

July 20

Sat., 2 - 3:30 p.m.

NEW! CRAFTIBILITY FOUNDATION PAINTING KIDS ONLY CLASS

Step-by-step instruction on how to use acrylic paints. Wear a painting shirt! Fee includes canvas, paints, and brushes. In this class, we will be painting a cupcake.

July 27

Sat., 2 - 3:30 p.m.

HOW TO SURVIVE AND SUCCEED AT SECONDARY SCHOOL

Learn tips on how to keep track of paperwork, use a planner to manage time, organize your backpack and locker, create a super study zone at home, how to carry less stuff, get more done, and have more time for fun! For students and parents.

July 30

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

AQUATIC CENTER

AQUATIC CENTER HOURS

Through - Aug. 12

Mon. - Fri., Noon - 8 p.m.

Weekends and July 4, 10 a.m.-7 p.m.

The entire Aquatic Center will close at 5 p.m. on July 18 for Swim Conference Finals.

ADULT LAP SWIMMING

The number of lanes available will be determined by demand and at the discretion of the manager. In addition to the designated times, a minimum of two lanes will be available during all public hours.

Ages 17 and older

Mon. - Fri., 11:30 a.m. - 1 p.m. and 6:30 - 8 p.m.

Sat. and Sun., 9:30 - 11 a.m.

CURRENT CHANNEL CRAWL

Walk or swim against the current in the lazy river for a great cardio workout. Numbers may be limited.

Through Aug. 9

Tues. and Thurs., 11 - 11:45 a.m.

TODDLER TIME

Toddler Pool and Spray Park Playground for children accompanied by an adult supervisor. Season pass not valid for this program.

Children must be under 48 inches tall.

Through Aug. 9

Mon. - Fri., 10 - 11:30 a.m.

TWILIGHT SWIM

Half-price swimming after 6 p.m. daily

MASTERS SWIMMING

Stay in top shape with this workout led by retired Swim Team Coach Lea Berndsen.

Ages 18 and older

Through - Aug. 8

Mon, Wed. & Fri., 6 - 6:50 a.m.

MINNOWS - WATER ADJUSTMENT

Parents will assist with introducing their child to swimming. Focus is on water adjustment, floating, kicking and having fun in the water. Adult must register with each child enrolled.

Ages 2-3

July 8 - 11

Mon. - Thurs., 10:20-11 a.m.

YOUTH SWIM LESSONS

All abilities can learn to swim or improve skills, from beginners to those who need stroke development. Student to teacher ratio will not exceed 8:1. Makeups held on Fridays.

Ages 4-14

Session II: **July 8 - 18** (July 18 evening make-up on July 12)

Session III: **July 22 - Aug. 1** (No evening session)

Day Sessions:

Mon. - Thurs., 9:30 - 10:10 a.m. OR 10:20 - 11 a.m.

Evening Sessions:

Mon. - Thurs., 8:20 - 9 p.m. (Session II only)

DIVING LESSONS

Beginning diving lessons are a great way to learn something new or prepare for the Dive Team.

Ages 7 and older

July 8 - 18

Mon. - Thurs., 10 - 10:40 a.m.

PRIVATE SWIM OR DIVE LESSONS

Fast track your child's learning experience with private instruction from excellent instructors. Once registered, you'll receive a call from the private lesson coordinator to determine your child's level and expectations. You can select your instructor or one will be assigned to you.

WATER AEROBICS

Total-body workout that is less stressful on your joints. Mixed cardio and toning moves, with a focus on the core, are taught in 4 to 5 feet of water.

July 22 - Aug. 16

Mon., Wed. & Fri., 11 a.m.-Noon OR Mon. & Wed., 8-9 p.m.

NIGHT WAVES POOL PARTY SERIES

Music, games, giveaways and fun while hanging with old friends and meeting new ones at different pools.

Entering or exiting middle-school

July 12, The Timbers of Eureka

July 19, Maryland Heights Aquaport

Fri., 8 - 10 p.m. unless otherwise indicated

TENNIS

TENNIS HOURS

May - Aug. *

Mon. - Fri., 8 a.m. - 10 p.m.

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

***Please Note: All programs will be at Memorial Park, as the Tennis Center will not be closing this summer for renovation.**

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.

July 23 - Aug. 8

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.

8 - 8:55 a.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.

9 - 9:55 a.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.

10 - 10:55 a.m.

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

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

10 - 10:55 a.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 Miki at mckee@webstergroves.org

JUNIOR TENNIS CAMP

Introduction of skills to beginners and fine tune the skills of competitive players. Forehand, backhand, volley, serve are areas that will be reviewed through instruction, drills, and fun, competitive games.

July 15 - 18, (rain date July 19)

Mon. - Wed.

Entering 1st - 4th Grades, 8 - 10 a.m.

Entering 5th - 8th Grades, 10 a.m. - Noon

Entering 9th - 12th Grades, 1 - 3 p.m.

USTA STL BG12-18 WEBSTER SUMMER OPEN

July 27 - 29

Tournament ID: 404906218

Entry Deadline: Mon., July 23

Divisions: BG 18's, 16's, 14's, 12's Singles/Doubles

CAMPS

CAMP WEBEGEE

Primary objective is to provide a quality outdoor experience with an emphasis on nature, games, sports, arts and crafts, swimming at our water park, field trips and special events. Before and after care available.

Ages 5-12

One-week sessions **through August 2** 10 a.m. – 3 p.m.

Visit www.wgparksandrec.com for theme weeks, field trips and special events

Location: Blackburn Park main pavilion

NEW! MAD SCIENCE GROSS OUT SCIENCE CAMP

Learn about your gross bodily functions. Burping, boogers, excrement, gas, saliva, germs and how our brain, cells, heart, organs, and blood contribute to this. Bring a lunch.

Ages 5-11

July 1 – 5 (excluding July 4)

Tues. - Fri., 9 a.m. - 3 p.m.

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.

July 7 – 28

Sundays

Larson Park by the Tennis Courts

OUTER LIMITS CAMP

Climb 100' tall trees, zip line, archery, and much more at Camp Wyman with highly-trained facilitators. Bus pick up will be at The Lodge in Des Peres at 9:15 a.m. Return to The Lodge will be at 3:45 p.m. Bring lunch and water bottle.

Ages 11-15

July 29 - Aug. 2

Mon. - Fri., 9:15 a.m. - 3:45 p.m.

Register at www.ballwin.mo.us or call 636-227-8950

OZZIE SMITH'S SPORTS ACADEMY BASEBALL/SOFTBALL CAMP

Detailed instruction in hitting, pitching, infield, outfield and base running. Bring a glove, lunch or snack and water bottle.

Ages 7-16

July 8 - 11

Mon. - Thur., 10 a.m.-3 p.m.

All-Star Mini-Hitters

Ages 4-6

July 8 - 11

Mon. - Thur., 10-11:30 a.m.

Memorial Park field near Hixson School

ICE ARENA

RINK WILL BE CLOSED JULY 15 - AUGUST 18 for maintenance.

SUMMER SHUT-DOWN FREE SKATE

Come skate at the last public session before the rink is closed for summer maintenance.

July 14

Sun., 7:30 - 9 p.m. *Cosmic Skate*

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.

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

Through July 5

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

END 2 END CAMP

Advanced skills for all ages and positions. Contact Scott Brandes at (314) 607-6805 or visit www.end2endhockey.net.

July 8 - 12

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. (All levels outdoors)

Sun., 6:15 - 8:15 p.m. (Intermediate/Advanced indoors)

Wed., 6:15 - 8:15 p.m. (Beginner/Intermediate indoors)

Through Aug.

WEBSTER GROVES BOOT CAMP

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

July 23 - Aug. 29

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

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.

July 30 - Sept. 26 (excluding Aug. 13 and 15)

CARDIO COMBO

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

Through Aug. 14 (excluding July 3)

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

June 25 - Aug. 6 (excluding July 2)

Tues., 6 - 8 p.m.

BASIC TRAINING

Fitness class modeled on the military's boot camp.

July 22 - Aug. 29

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.

July - August

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+

July 8 - 31

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

T'AI CHI CH'UAN

Slow, continuous movements which are performed in a relaxed manner cultivating patience, perseverance, and strengthens the body, while restoring balance and developing deeper states of dynamic relaxation.

Ages 12 and older

Through Aug. 19

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

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

BEGINNING SPINNING®

Indoor cycling class utilizing motivational music and visualization.

Ages 13 and older

July 30 - Sept. 5

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.

July 15 - Aug. 14

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

July 20 - Aug. 24

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

July - August (excluding July 3 & 4)

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.

Vinyasa Flow Yoga Thurs., 6 - 7 p.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.

Through July 30 (excluding July 2)

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.

Through July 30 (excluding July 2)

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.

Through Aug. 2 (excluding July 5)

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

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.

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.

ADULT ACTIVITY CENTER

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

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.

COMING IN AUGUST

- Space Invasion Pool Party
- Night Waves Pool Party Series
- Performing Arts Camp
- Aqua Pool Camp
- Camp Webegee Splash Bash
- BEO Team Basketball Training
- USTA STL BG 12-18 Fall Open Tennis Tournament
- Ongoing classes: Dog Obedience, Zumba®, Master Moves, Dance Fitness, Spinning®, Aikido, Cardio Combo, Mind & Body (Yoga/Pilates), Webster A.M. 360, Tai Chi, Chair Yoga, Silver Yoga, Silver Barre, Basic Training, Fencing, Pickleball, WG Boot Camp