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

MARCH 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

ACTIVITY GUIDE COMING SOON!

The spring/summer activity guide will be delivered to Webster Groves residents and businesses within the next couple of weeks. Registration for all programs begins March 1.

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

SPRING BREAK CAMP WEBEGEE

Games, crafts, swimming, field trip, ice skating and much more. Themes are Beach Monday, Twisted Tuesday, Wacky Wednesday, Tie-Dye Thursday, and Fabulous & Fun Friday.
Ages 5-12
March 20 - 24
10 a.m. - 3 p.m. (extended day available)
Rec Complex

AMERISTAR CASINO AND OLD TOWN ST. CHARLES DAY TRIP

Ameristar Casino in St. Charles, complete with an all-you-can-eat lunch at the Landmark Buffet. Old Town St. Charles for some free time to visit local shops and landmarks along historic Main Street. Registration includes motor coach, lunch, and driver gratuity.
Mar. 15
Wed., 9:15 a.m. - 3:45 p.m.

ADULT SOFTBALL LEAGUES

Filling fast! Men's and Co-Ed leagues. Call (314) 963-5600 to find out availability and receive an informational packet, or visit www.webstergroves.org/softball for more information.
Ages 18 and older
Leagues begin April 23 at Blackburn Park

RECLAIM YOUR KITCHEN

Learn to solve common kitchen challenges associated with cabinets, drawers, counter tops, pantries, refrigerators and freezers, recipes and meal planning, vertical storage space, and creating a family information center.
Ages 18 and older
Mar. 15 - Registration Deadline: March 13
Wed. 7:30 - 9 p.m.

STRUT FOR STUFF

Join the over 100 people who have already signed up for this FREE program designed to motivate you to get moving. Log miles traveled, set personal goals and be rewarded for working out. Get a card from the fitness attendant and start earning stuff! Through March 31.

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., 9:00 - 11:00 a.m.

HIXSON RECFEST CLUB

Supervised open gym for Hixson kids before school opens
Through April (with minimum enrollment)
Monday through Friday, 7:15 - 8:20 a.m.
Must register in advance

TENNIS

TENNIS HOURS

March, April
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.

FREE FRIDAYS AFTER FIVE

Enjoy the courts and play tennis at no charge. Check in with the desk attendant and sign-in. Open courts subject to availability. Call ahead to reserve courts.

HIGH SCHOOL AND UNIVERSITY PLAY
Season pass is required. Courts are reserved for practices and match play. Check reservemycourt.com for updates.
March - May, Aug. - Sept.
Mon. - Fri., 3-5:30 p.m.

ICE ARENA

LEARN TO SKATE
Learn the skills to ice skate safely from beginner to advanced.
Ages 3-16
Mar. 6 - Apr. 12
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.

ADVANCED SKATING DEVELOPMENT CLASSES
Advanced classes are for the skater ready to specialize in figure skating or hockey who would like to continue to develop and improve core skills.
Same sessions as Learn-To-Skate

ISI FREESTYLE SKILLS CLASSES
All aspects of the compulsory portion of the ISI Freestyle 1-6+ curriculum will be covered. Testing is not included.
Same sessions as Learn-To-Skate
Mon. OR Wed., 6 - 6:30 p.m.

ADULT SKATING CLASSES
Beginner and Novice
Ages 17 and older
Cover forward crossovers, back crossovers and stops.
Same sessions as Learn-To-Skate
Wed., 6:30 - 7:00 p.m.

POWER SKATING FOR THE HOCKEY PLAYER
Power and agility skills for hockey players. Must be able to pass the Beta class curriculum. Full gear recommended. No sticks. (Must be able to skate backward and play hockey.)
Same sessions as Learn-To-Skate
Mon., 6 - 6:30 p.m.

STICK HANDLING
Stick skills for the beginner hockey player. Skaters provide their own sticks, gloves and helmets. Skaters must already play hockey.
Same sessions as Learn-To-Skate

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., Wed., 6-8 a.m., Thurs., 3-3:30 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. and Thurs., 11:30 a.m. - 1 p.m.

SPRING YOUTH ICE HOCKEY LEAGUE
The St. Louis Rockets and Kirkwood Hockey Association host this league. Two practices and 14 games will be held at the Webster and Kirkwood ice rinks.
Ages 6-17
Season: **Mid-March through late May**
Open registration online at www.rocketshockey.com

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.

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, 8:30-9:30 (adv/int); 9:30 -11:30 a.m. (beg/int)
Sun., 6:15-8:15 p.m. (int/adv)

EXERCISE BALL WORKOUT
Do you have a large exercise ball at home and seldom use it? Learn exercises and stretches using the large exercise or stability ball. BYOB (Bring your own ball, if possible.)
Mar. 9 – Apr. 27
Thurs., 10:45 - 11:15 p.m.

CARDIO COMBO
Low-impact cardio routine for mature adults, strength training using light weights and flexibility exercises.
Through Apr. 19
Mon. and/or Wed., 6 - 7 p.m.

BASIC TRAINING
Fitness class modeled on the military's boot camp.
Next session begins Apr. 10
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 Apr. 20
Mon., 6 – 7 p.m. OR
Thurs., 7:30 – 8:30 p.m.

SPINNING®
Ages 13 and older
Group cycling to music and visualization.
Mar. 8 – Apr. 26
Mon. OR Wed., 6 – 7 p.m.

BEGINNING SPINNING®
Ages 13 and older
Mar. 7 – Apr. 27
Tues., 4:30 - 5:25 p.m. OR Thurs., 9:30 - 10:25 a.m.

T'AI CHI CH'UAN
T'ai Chi Ch'uan is a Chinese method of exercise and "moving meditation" as well as an art of self-defense. Its practice consists of slow, continuous movements performed in a relaxed manner. Participants start as beginners.
Ages 12 and older
Through Apr. 10
Beginning: Mon., 7:15 - 8:15 p.m.
Advanced: Mon., 8:15 - 9:15 p.m.

AIKIDO
Learn how to keep from getting punched, grabbed or taken down to the ground, rolling and tumbling.
Ages 13 and older
Mar. 28 – May 3
Tues., 6 - 8 p.m. OR Wed., 7:30 - 9:30 p.m.

MASTER MOVES - STRENGTH & BALANCE
Resistance/Weight exercise
Ages 40+
Mar. 20 – Apr. 12
Mon. and/or Wed., 9 – 10 a.m.

DANCE, CORE, CARDIO, TONE
This class mixes simple dance moves with energizing pop and world music and light weights. Geared to those age 30-65. No dance experience necessary.
Through Apr. 21
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.
Next session begins Apr. 11
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.
Mar. 27 – Apr. 26
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
Mar. 2 – Apr. 23
Thurs., 6-7 p.m., Sat., 9-10 a.m., Sun., 11:30 a.m.-12:30 p.m.

MIND & BODY: YOGA, PILATES & MORE
Choose 1, 2 or 3 times per week options & go to any class!
Relax & Stretch on the Wall Mon., 8:30 - 9:30 a.m.
Pilates Tues. and Thurs., 9 - 10 a.m.
Intermediate Yoga Tues., 7 - 8:15 p.m.
Gentle Yoga Wed., 6:30 – 7:45 p.m.
Yogalates Fri., 8:30 - 9:30 a.m., Sat., 9 - 10 a.m.
Ages 13 and older
Through Apr. 22

SILVER YOGA
Geared for individuals over age 55 who still feel comfortable getting down on the floor, but desire a gentler practice.
Mar. 28 – May 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.
Mar. 28 – May 2
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.
Mar. 30 – May 5
Thurs., 11:30 a.m. - 12:30 p.m. OR Fri., 11 a.m. -12 p.m.

FENCING
Stretching and fencing exercises, footwork, blade work, practice bouting, history, strategy and basic physical and mental discipline.
Through Mar. 30
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. NEW! Intergenerational Chess/Bridge Club! 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 APRIL

- Adult Easter Egg Hunt
- Dog Egg Hunt
- Skate with Peter Cottontail
- Learn to Skate
- Adult Softball Leagues
- Youth Tennis Lessons
- Arbor Day Celebration
- Urban Wild Adventures
- Mother/Daughter Tea Party
- Good Canine Manners
- MLB Pitch, Hit & Run
- Tiny Tykes: Challenger Soccer
- Soccer Goalkeeper Training
- Older Adult Activity Center Card Party
- More of your favorite ongoing classes such as Zumba®, Master Moves, Dance Core Cardio Tone, 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, WG Boot Camp, Hockey Adult Scrimmage, Pickleball, Gym Tot Time