

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 DECEMBER 2016

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!

Word is Anthem Blue Cross/Blue Shield is joining Silver Sneakers in 2017! 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

FIRE AND ICE

Ice skating, basketball, pickleball, and Wii® games. Concessions are available for purchase. View the fireworks from the comfort of your own car!

Dec. 31

Sat., 6 - 8:15 p.m.

CANDY CANE HUNT

Santa's Reindeer have dropped candy canes in Kirkwood Park! Some candy canes will have prizes attached! We'll decorate a bag, have hot chocolate and pictures with Santa.

Ages 2-10

Dec. 10

Sat., 10 a.m. sharp

Kirkwood Park Lion's Pavilion, 111 S. Geyer Rd.

SANTA VISITS

Santa will come straight to your house to hear first-hand exactly what you would like for Christmas. Call Miki at (314) 963-5656 to set up a time for your 30-minute visit prior to registration. (Service area is limited to Webster Groves.)

Sat., **Dec. 17** By reservation only (limited spots remain)

WINTER WEBEGEE

Play games, make crafts, ice skate with Santa Claus, and so much more! All activities will be based on each day's theme.

Mon.: Hawaiian Day

Tues.: Backward Day

Wed.: Wacky Day

Thurs.: Superhero Day

Fri: Under the Sea Day (Swimming Field Trip)

Ages 5-12

Dec. 26 - 30

10 a.m. - 3 p.m. (extended day available)

OUR LADY OF THE SNOWS

Enjoy a buffet dinner at the Shrine Restaurant, followed by a ride through the light display. Fee includes admission, meal, tip and motor coach transportation.

Dec. 13 (Registration Deadline: Dec. 1)

Tues., 4 - 7:45 p.m.

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

ICE ARENA

NUTCRACKER ON ICE HOLIDAY SHOW

Advance tickets available. For information, check www.nutcrackeronice.org or look for postings at Ice Arena.

Dec. 10 and Dec. 11

Sat. and Sun., 2 p.m. and 5 p.m.

SKATE WITH SANTA

Who's that jolly-looking big man in that red suit and hat? Why, that's Santa! Make a holiday stop at Webster Groves Ice Arena for a fun skate with the bearded wonder.

Dec. 17

Sat., 1:45 - 3:15 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., 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.

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, 8:30-10 (adv/int); 10 -11:30 a.m. (beg/int)
Sun., 6:15-8:15 p.m. (int/adv)

NEW! 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.)
Through Dec. 22
Thurs., 10:45 - 11:15 p.m.

CARDIO COMBO

Low-impact cardio routine for mature adults, strength training using light weights and flexibility exercises.
Dec. 5 - 28
Mon. and/or Wed., 6 - 7 p.m.

BASIC TRAINING

Fitness class modeled on the military's boot camp.
Dec. 5 – 15 FREE INTERIM SESSION
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 Dec. 22
Thurs., 7:30 – 8:30 p.m.

SPINNING®

Ages 13 and older
Group cycling to music and visualization.
Through Dec. 21
Mon. OR Wed., 6 – 7 p.m.

BEGINNING SPINNING®

Ages 13 and older
Through Dec. 22
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
Next session begins Jan. 2
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
Dec. 6 - 21
Tues., 6 - 8 p.m. OR Wed., 7:30 - 9:30 p.m.

MASTER MOVES - STRENGTH & BALANCE

Resistance/Weight exercise
Ages 40+
Dec. 26 – Jan. 18
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.
Dec. 5 - 23
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 Jan. 3
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.
Through Dec. 14
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 Dec. 11 (excluding Nov. 24-26)
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
Dec. 5 – 31 (excluding Dec. 24)

SILVER YOGA

Geared for individuals over age 55 who still feel comfortable getting down on the floor, but desire a gentler practice.
Dec. 6 – 20
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.
Dec. 6 – 20
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.

Through Dec. 8

Thurs., 11:30 a.m. - 12:30 p.m.

FENCING

Stretching and fencing exercises, footwork, blade work, practice bouts, history, strategy and basic physical and mental discipline.

Through Dec. 29

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

Closed for the season. 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 JANUARY

- Strut for Stuff (exercise incentive program)
- Fitness Showcase
- Good Form Running
- Learn to Skate
- Spring Youth Ice Hockey League Registration
- Advanced Genealogy
- More of your favorite ongoing classes such as Zumba®, Master Moves, Dance Core Cardio Tone, Latin Ballroom Dancing, Parent/Child Yoga, Power Partner Yoga 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