

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

FEBRUARY 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**

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!

Anthem Blue Cross/Blue Shield joined 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

WEBSTER RUMMAGE SALE

Display as many items as you can fit on or under your table or come find the bargain of a lifetime!

Feb. 18

Sat., 8:30 a.m. - 12:30 p.m.

(You may begin setting up at 7:30 a.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!

THE BASICS OF STAYING HOME ALONE

Topics include entering/leaving home, getting safely to/from school, being home alone, safe snacks, storm and emergency preparedness, Internet safety and simple first aid.

Ages 9-11

Feb. 25

Sat., 9 - 11 a.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

PRIVATE SKATING LESSONS

Private and semi-private lessons are available with Webster Groves professional staff. For info. call (314) 963-5621

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.

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., 8:30-9:30 (adv/int); 9:30 -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 Feb. 25

Thurs., 10:45 - 11:15 p.m.

CARDIO COMBO

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

Feb. 27 - Apr. 19

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

BASIC TRAINING

Fitness class modeled on the military's boot camp.

Feb. 20 - Mar. 30

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 Feb. 23

Thurs., 7:30 – 8:30 p.m.

SPINNING®

Ages 13 and older

Group cycling to music and visualization.

Next session begins March 6

Mon. OR Wed., 6 – 7 p.m.

BEGINNING SPINNING®

Ages 13 and older

Through Feb. 25

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

Feb. 14 - Mar. 22

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

MASTER MOVES - STRENGTH & BALANCE

Resistance/Weight exercise

Ages 40+

Feb. 20 - March 15

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.

Feb. 27 - 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.

Feb. 21 - Mar. 30

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.

Feb. 15 - Mar. 15

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 Feb. 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

Feb. 27 - Apr. 22

SILVER YOGA

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

Feb. 14 - Mar. 21

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.

Feb. 14 - Mar. 21

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.

Feb. 16 - Mar. 24

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 bouts, history, strategy and basic physical and mental discipline.

Feb. 23 - 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

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 MARCH

- Spring Break Camp Webegee
- Learn to Skate
- Spring Youth Ice Hockey League
- Good Form Running
- Reclaim Your Kitchen
- Ameristar Casino/Old Town St. Charles Day Trip
- 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