

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 2020

Call (314) 963-5600

or visit [www.wgparksandrec.com](http://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 and fitness punch cards. **Special rate Fitness Center memberships available to owners and employees of Webster Groves businesses, (including schools and churches,) and 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!

### FREE FITNESS CENTER MEMBERSHIPS WITH SILVER SNEAKERS AND RENEW ACTIVE!

Ages 65 and older, check with your health insurance carrier to determine whether you are eligible for a free Silver Sneakers or Renew Active 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

### NEW! CONNECTED LIFE

Partnered with the St. Louis Arc, this interactive program is for adults with learning differences or Autism who want to live on their own. Topics include transportation, budgeting, paying bills, how to meet new people and build friendships.  
*Ages 18 and older*

**Feb. 4 - March 10**

Tues., 6 - 7:30 p.m.

## ICE ARENA

Visit [www.webstergroves.org/iceschedule](http://www.webstergroves.org/iceschedule)  
for info on rink programs and public sessions.

### LEARN TO SKATE PROGRAMS

Group classes are the fastest and safest way to learn and enjoy ice skating. We offer a variety of lessons for all ages and abilities. Five public session passes included!

*Ages 3-5* Tot classes, **New!** Parent & Me classes

*Ages 6-15* Youth classes, Hockey skills classes,

**New!** Home school classes

*Ages 16 and Older* Adult classes

**Feb. 24 – April 8**

### COSMIC SKATES!

Black lights, disco ball, in-ice LED lights and a DJ! This will fast become a family favorite! Some Friday and Saturday nights.

### HOCKEY ADULT SCRIMMAGE

Full equipment is required; cages also required for ages 16 and 17. Pick-up game for the beginner or experienced player. The rink reserves the right to limit numbers.

*Ages 16 and older*

### STICK AND PUCK

Full equipment is required to participate. Face mask is required for participants ages 16-17. The rink reserves the right to limit numbers.

*Ages 16 and older*

### TRAINING SESSIONS

Open to figure skaters, power hockey skaters and those taking private lessons. Program music may be played, and the use of teaching tools is allowed with advance approval. Maximum 25 skaters.

### PRIVATE SKATING LESSONS

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

### 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

### **PICKLEBALL**

Combination of ping-pong, tennis and a little badminton.

Great fun and exercise!

Tues. and Thurs., 8 - 10 a.m. (int./adv.)

Tues. and Thurs., 10 a.m. - Noon (beg./int.)

Sun., 7:15 - 9 p.m. (int./adv.)

**Ongoing**

### **FITNESS COACHING/PERSONAL TRAINING**

Weight loss, athletic performance, senior fitness and post-rehab conditioning. Contact Steve Clark at (314) 963-5623 or

[clarks@webstergroves.org](mailto:clarks@webstergroves.org)

### **WEBSTER GROVES BOOT CAMP**

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

**Feb. 25 - April 2**

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

### **BALLATES**

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

**Through Feb. 27**

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

### **NEW! AWAKE, AWARE & ALIVE**

Learn the elements of a balanced life, mind, body, and spirit.

Explore new strategies to manage stress and improve overall well-being using yoga and meditation. For more info contact Rhonda, St. Louis ARC at [RHembree@slarc.org](mailto:RHembree@slarc.org) or (314) 817-2250.

**Feb. 20 - March 26**

Thurs., 6 - 7 p.m.

### **NEW! GROOVE**

Interactive, creative group dance where you get to dance in your own unique way. Great workout suitable for all levels.

*Ages 13 and older*

**Feb. 20 - March 26**

Thurs., 7:15 - 8:15 p.m.

### **NEW! HULA HOOP FITNESS**

Hula hooping is a great new workout trend and a ton of fun.

No experience necessary. Hoops provided.

*Ages 13 and older*

**Feb. 19 - March 25**

Wed., 6 - 7 p.m.

### **CARDIO COMBO**

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

**Through Feb. 26**

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

### **SPINNING®**

Indoor cycling class utilizing motivational music and visualization.

*Ages 13 and older*

**Through Feb. 27**

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

### **ZUMBA®**

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

*Ages 13 and older*

**Feb. 10 - March 22**

Mon., 6-7 p.m., Sat., 9 - 10 a.m.

Sun., 11:30 a.m. - 12:30 p.m. (Sun. is drop-in only.)

### **AIKIDO**

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

*Ages 13 and older*

**Feb. 18 - Mar. 24**

Tues., 6 - 8 p.m.

### **BASIC TRAINING**

Fitness class modeled on the military's boot camp.

**Feb. 24 - April 2**

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 Feb.**

Mon. or Fri., 9:30 - 10:30 a.m.

### **MASTER MOVES - STRENGTH & BALANCE**

Resistance/Weight/Stretching exercises

*Ages 50+*

**Feb. 17 - March 11**

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

### **FENCING CLASSES AND CLUB DATES**

**Feb. 4 - March 26**

**Beginning**

*Ages 12 and older*

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

**Fencing Club**

*Ages 12 and older*

Tues. and Thurs, 6 - 9 p.m.

### **SILVER YOGA**

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

**Feb. 18 - Mar. 24**

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. 18 - Mar. 24**

Tues., 1 - 2 p.m.

### **SILVER BARRE**

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

**Feb. 21 - March 27**

Fri., 11 a.m. - Noon

## **MIND & BODY: YOGA, PILATES & MORE**

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

*Ages 13 and older*

**Through Feb.**

*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* Sat., 9 - 10 a.m.

## **GYM TOT TIME**

Open gym time offers activities and obstacle courses. Your tots will be supervised, so take a class or workout!

**Through Feb.**

Wed., 9 - 11 a.m.

## **LUNCH AND BINGO**

**First Thursday of each month**

Thursday, 11:30 a.m. - 1:30 p.m.

Call 963-5600 one week in advance for reservations.

**(Note: New Number)**

## **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](http://www.wgparksandrec.com) for regular hours and rates.

### **ICE ARENA**

Call (314) 963-5678 or download public session times at [www.wgparksandrec.com](http://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](mailto:clemensm@wgparksandrec.com) for pavilion and picnic site rentals. WG 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 Mon. of most months. Public invited.

## **COMING IN MARCH**

- Spring Break Camp Webegee
- Spring Youth Ice Hockey League
- Ongoing classes such as: Dog Obedience, Ballates, Zumba®, Master Moves, Dance Fitness, Spinning®, Aikido, Cardio Combo, Mind & Body (Yoga/Pilates), Groove, Hula Hoops, Tai Chi, Chair Yoga, Silver Yoga, Silver Barre, Basic Training, Fencing, Pickleball, WG Boot Camp