

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 2020

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 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.

ACTIVITY GUIDE IS COMING!

The spring/summer activity guide is coming! It will be delivered to Webster Groves residents and business soon and available online at www.wgparksandrec.com once delivered.

SPECIAL PROGRAMS

NEW! BALLPARK VILLAGE & ST. LOUIS CARDINALS HALL OF FAME DAY TRIP

Tour the Cardinals Hall of Fame Museum and Ballpark Village! Lunch at Cardinals Nation. *Transportation and tours included. Lunch is on your own.*

March 24

Tues., 9:30 a.m. - 2 p.m.

Bus will depart from and return to WGRC

Registration Deadline: March 18

ADULT EASTER EGG HUNT

Kirkwood, Shrewsbury and Webster Groves cosponsor this fun-filled Adult Easter Egg Hunt. Bring your adult beverages, decorated basket and flashlight to find eggs filled with special prizes and other goodies from local merchants. Must pre-register; **NO WALK-UPS!**

Ages 21 and older

April 3

Fri., 8:30 p.m. (Registration begins at 7:30 p.m.; must be registered by 8:15 p.m.)

Location: Wehner Park in Shrewsbury

DOG EGG HUNT

Dog Easter Egg Hunt, photos with Peter Cottontail and chalk artist Henryk pet chalk drawings. Visit Webster Groves Animal Hospital, Shaker's Dog Wash, Pet Supplies Plus and other pet provider booths for giveaways, and get in on the drawings for attendance prizes.

April 4, Sat., 3 p.m., Larson Park

ICE ARENA

Visit 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

Next session begins April 13

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

ROCKETS YOUTH ICE HOCKEY SPRING LEAGUE

Free jersey and 15 games of play. Email Tom Craig at strocketsdoh@gmail.com for more info.

Ages 4-16

Spring League: **March - May**

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.

TENNIS

HOURS April

Mon. - Fri., Noon - 9 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 are valid through the calendar year. A Recreation Complex ID card is required to purchase a season pass. (Proof of residency will be required.)

HIGH SCHOOL AND UNIVERSITY PLAY

Season pass is required. Courts are reserved for practices and match play. Check reservemycourt.com for updates.

March - May 10

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.)

NEW! Wed., 8 - 11:30 a.m. (adv. int. and adv.) 6:15-8:15 p.m. (int./adv.)

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

WEBSTER GROVES BOOT CAMP

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

Next session begins April 14

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.

March 12 - April 30

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

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

Through March 26

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

NEW! TOTAL BODY INTERVALS

Muscular strength/endurance, core/abdominal work and cardio intervals used will help you burn calories and get stronger.

Sessions are on a monthly basis starting in **March**

Mon. and/or Wed., 5:45 - 6:45 a.m.

CARDIO COMBO

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

Through April 22

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

SPINNING®

Indoor cycling class utilizing motivational music and visualization.

Ages 13 and older

March 10 - April 30

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

March 23 - May 3

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

March 31 - May 5

Tues., 6 - 8 p.m.

BASIC TRAINING

Fitness class modeled on the military's boot camp.

Next session begins April 13

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.

March - April

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

MASTER MOVES - STRENGTH & BALANCE

Resistance/Weight/Stretching exercises

Ages 50+

March 16 - April 8

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

FENCING CLASSES AND CLUB DATES

March 31 - May 21

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.

March 31 - May 5

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.

March 31 - May 5

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.

Through 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

March - April

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.

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.

ADULT ACTIVITY CENTER

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

Call (314) 963-5678 or download public session times at www.wgparksandrec.com

TENNIS CENTER

Daily fees and season passes available. 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. 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 of even-numbered months. Public is invited.

GREEN SPACE COMMISSION

Meets 7:15 p.m. the first Mon. of most months. Public is invited.

COMING IN APRIL

- Arbor Day Celebration
- Learn to Skate
- MLB Pitch, Hit and Run
- Weight Loss Transformation
- Summer Shred
- Women on Weights
- Bollywood
- Beginning Shuri-Ryu Karate
- Total Body Intervals
- Youth Tennis Lessons
- Adult Tennis Lessons
- Parent/Child Craftability Class
- Operation CEO for Kids
- Callahan Pickleball Academy
- Adult Men's and Coed Softball Leagues
- Adult Activity Center Spring Card Party
- Butterfly House and Picnic Lunch Day Trip
- 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