

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 JANUARY 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!

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

NYE ON ICE

Bring the whole family for New Year's Eve ice skating, basketball, pickleball and Wii® and finish early enough to dine out at one of Webster's fantastic restaurants!

Dec. 31

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

FITNESS SHOWCASE

Free workouts (for those 16 and older), healthy snacks, tours, free classes, meet our fitness trainers and win prizes!

Jan. 4

Sat., 8 a.m. - 12 p.m. (Free workouts all day)

FIRST WEEK OF CLASSES FREE

Come try out one of our fitness classes at no charge.

Jan. 6 - 10



ICE ARENA

Visit <http://mo-webstergroves4.civicplus.com/DocumentCenter/Index/67> 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

Jan. 6 - Feb. 19

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

KICKBOXING

Build confidence, strength, speed, balance and flexibility in this full-body workout.

Jan. 6 - Feb. 10

Mon., 8:30 - 9:20 a.m.

WEBSTER GROVES BOOT CAMP

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

Jan. 7 - Feb. 13

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.

Jan. 9 - 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 or (314) 817-2250.

Jan. 9 - Feb. 13

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

Jan. 9 - Feb. 13

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

Jan. 8-Feb. 12

Wed., 6 -7 p.m.

CARDIO COMBO

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

Jan 6 - Feb. 26

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

ZUMBA®

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

Ages 13 and older

Through Feb. 9

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

Jan. 7 - Feb. 11

Tues., 6 - 8 p.m.

BASIC TRAINING

Fitness class modeled on the military's boot camp.

Jan. 6 - Feb. 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.

Jan. - Feb.

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

MASTER MOVES - STRENGTH & BALANCE

Resistance/Weight/Stretching exercises

Ages 50+

Jan. 20 - Feb. 12

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

T'AI CHI CH'UAN

Slow, relaxed, continuous movements cultivating patience and perseverance while strengthening the body.

Ages 12 and older

Jan. 6 - April 13

Beginning: Mon., 7:15 - 8:15 p.m.

Advanced: Mon., 8:15 - 9:15 p.m.

SPINNING®

Indoor cycling class utilizing motivational music and visualization.

Ages 13 and older

Beginning; Jan. 7 - Feb. 27

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

NEW! Intermediate/Advanced; Jan. 9 - Feb. 27

Thurs. 5:45 - 6:30 a.m.

FENCING CLASSES AND CLUB DATES

Through Jan. 30 (excluding Jan. 2)

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.

Fencing for Children

Ages 8-11

Beginning: Thurs., 5 - 6 p.m.

Intermediate: Thurs., 6 - 7 p.m.

SILVER YOGA

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

Jan. 7 - Feb. 11

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.

Jan. 7 - Feb. 11

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.

Jan. 10 - Feb. 14

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

Jan. - 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 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.

Managed by Webster University; 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 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 FEBRUARY

- Learn to Skate
- Daddy/Daughter Valentine's Dance
- Connected Life
- Toddler Story Time
- 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, Gym Tot Time