

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 AUGUST 2019

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 AND RENEW ACTIVE!

Check with your health insurance carrier to determine whether you are eligible for a free Silver Sneakers or Renew Active (formerly Optum) 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! NATIONAL NIGHT OUT

FREE SWIMMING! Police and Fire vehicles and personnel!
Big trucks and tractors! See attached flyer!

NEW! SPACE INVASION!

Come ready to enjoy out-of-this-world games and contests, as well as a space snack. A solar system scavenger hunt and rocket ship craft are just a couple of the highlights of this summer's pool party!

Aug. 9

Fri., 7:30 - 9:30 p.m.

BACKWARDS TRIATHLON

No, you won't swim, bike and run backwards but you'll do your triathlon in reverse order. Run 15 minutes on a treadmill, ride 15 minutes on a Spinning® bike and swim 10 minutes. All participants will receive a T-shirt. No race day registration will be accepted.

Ages 13 and older

Aug. 24

Sat., First wave starts at 6:45 a.m.

Registration deadline: Aug. 16

CAMPS

AQUA POOL CAMP

Join us as we jump around to different pools in our area! This camp consists of field trips to different Aquatic Centers around St. Louis! Before and after care available.

Ages 8-15

Aug. 5 - 9

Mon. - Fri. 10 a.m. - 3 p.m.

PERFORMING ARTS CAMP

Instruction in creative dramatics, scripting, beginning improvisation, set design and construction using various arts and crafts media. Ends with a performance for families.

Ages 6-8, 9-12

Aug. 5 - 9

Mon. - Fri., 9 a.m.-noon

Blackburn Park Main Pavilion

TENNIS

TENNIS HOURS

Through Aug. *

Mon. - Fri., 8 a.m. - 10 p.m.

Sat. - 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.

HIGH SCHOOL AND UNIVERSITY PLAY

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

Aug. - Sept.

Mon. - Fri., 3 - 5:30 p.m.

USTA STL BG12-18 WEBSTER FALL OPEN

Aug. 24 - 26

Tournament ID: 404906618

Entry Deadline: Mon., Aug. 20

Divisions: BG 18's, 16's, 14's, 12's Singles

PRIVATE TENNIS LESSONS

Private and semi-private lesson takers must have season pass or pay court cost. Visiting instructors must pay court cost and a fee of \$5/student to the Memorial Tennis Center. Contact Carl at cwalk749@icloud.com

AQUATIC CENTER

AQUATIC CENTER HOURS

Through - Aug. 12

Mon. - Fri., Noon - 8 p.m.

Weekends, 10 a.m.-7 p.m.

Aug. 13 - Sept. 2

Mon. - Fri., 4 - 8 p.m. (3:30 p.m. for lap swimming)

Weekends and Labor Day, 10 a.m. - 7 p.m.

ADULT LAP SWIMMING

The number of lanes available will be determined by demand and at the discretion of the manager. In addition to the designated times, a minimum of two lanes will be available during all public hours.

Ages 17 and older

Through Aug. 12

Mon. - Fri., 11:30 a.m. - 1 p.m. and 6:30 - 8 p.m.

Sat. and Sun., 9:30 - 11 a.m.

Aug. 13 - Sept. 2

Mon. - Fri., 3:30 - 8 p.m. (2 lanes)

Sat. and Sun., 9:30 - 11 a.m. (8 lanes)

CURRENT CHANNEL CRAWL

Walk or swim against the current in the lazy river for a great cardio workout. Numbers may be limited.

Through Aug. 8

Tues. and Thurs., 11 - 11:45 a.m.

TODDLER TIME

Toddler Pool and Spray Park Playground for children accompanied by an adult supervisor. Season pass not valid for this program.

Children must be under 48 inches tall.

Through Aug. 9

Mon. - Fri., 10 - 11:30 a.m.

TWILIGHT SWIM

Half-price swimming after 6 p.m. daily

PRIVATE SWIM OR DIVE LESSONS

Fast track your child's learning experience with private instruction from excellent instructors. Once registered, you'll receive a call from the private lesson coordinator to determine your child's level and expectations. You can select your instructor or one will be assigned to you.

NEW! SPACE INVASION!

Come ready to enjoy out-of-this-world games and contests, as well as a space snack. A solar system scavenger hunt and rocket ship craft are just a couple of the highlights of this summer's pool party!

Aug. 9

Fri., 7:30 - 9:30 p.m.

NIGHT WAVES POOL PARTY SERIES

Music, games, giveaways and fun while hanging with old friends and meeting new ones at different pools.

Entering or exiting middle-school

Aug. 2, Kirkwood Recreation Station Aquatic Center

Fri., 8 - 10 p.m. unless otherwise indicated

ICE ARENA

RINK WILL RE-OPEN AUGUST 18 AFTER MAINTENIANCE.

COSMIC SKATES!

Black lights, disco ball, in-ice LED lights and a DJ! This will fast become family favorites! Some Friday and Saturday nights. [Click Here for Public and Cosmic skate schedule](#)

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

[Click Here for Adult Hockey Scrimmage Schedule](#)

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

[Click Here for Stick and Puck Schedule](#)

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.

[Click Here for Training Session Schedule](#)

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

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 www.wgfitnessgroup.org

PICKLEBALL

Combination of ping-pong, tennis and a little badminton. Great fun and exercise!

Tues. and Thurs, 8 - 10 a.m. (All levels outdoors)

Sun., 6:15 - 8:15 p.m. (Intermediate/Advanced indoors)

Wed., 7:15 - 9 p.m. (Beginner/Intermediate indoors)

Through Aug.

WEBSTER GROVES BOOT CAMP

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

Through Aug. 29

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.

Next session begins Sept. 19

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

FENCING CLASSES AND CLUB DATES

Beginning

Ages 12 and older

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

Fencing Club

Ages 12 and older

Basic: Tues., 6 - 9 p.m.

Competitive: Tues., 6 - 9 p.m. and Thurs., 7 - 9 p.m.

Fencing for Children

Ages 8-11

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

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

Through Sept. 26 (excluding Aug. 13 and 15)

CARDIO COMBO

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

Through Sept. 4 (excluding Sept. 2)

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

AIKIDO

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

Ages 13 and older

Aug. 13 - Sept. 17

Tues., 6 - 8 p.m.

BASIC TRAINING

Fitness class modeled on the military's boot camp.

Through Aug. 29

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 August 30

Mon., *Cardio Tone-Weights & Intervals*, 9:45 – 10:45 a.m.

Wed., *Music of the 60's & 70's*, 8 – 8:45 a.m.

Fri., *Dance & Tone*, 9:45 - 10:45 a.m.

MASTER MOVES - STRENGTH & BALANCE

Resistance/Weight exercise

Ages 50+

Aug. 5 – 28

Mon. and/or Wed., 9 – 10 a.m.

BEGINNING SPINNING®

Indoor cycling class utilizing motivational music and visualization.

Ages 13 and older

Through Sept. 5

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

T'AI CHI CH'UAN

Slow, continuous movements which are performed in a relaxed manner cultivating patience, perseverance, and strengthens the body, while restoring balance and developing deeper states of dynamic relaxation.

Ages 12 and older

Through Aug. 19

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

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

WEBSTER A.M. 360

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

Next session begins Sept. 4

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

ZUMBA®

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

Ages 13 and older

Through Aug. 24

Sat., 9 - 10 a.m. OR Sun., 11:30 a.m. - 12:30 p.m.

Sun. is drop-in only.

MIND & BODY: YOGA, PILATES & MORE

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

Ages 13 and older

Through August 31

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.

Vinyasa Flow Yoga Thurs., 6 - 7 p.m.

Yogalates Fri., 8:30 - 9:30 a.m. or Sat., 9 - 10 a.m.

SILVER YOGA

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

Aug. 6 - Sept. 10

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.

Aug. 6 - Sept. 10

Tues., 1 - 2 p.m.

SILVER BARRE

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

Aug. 9 - Sept. 13

Fri., 11 a.m. - 12 p.m.

PERSUADED POOCHES OBEDIENCE TRAINING

Basic obedience skills such as polite greetings, sit, down, stay, loose leash walking, come, wait at the door and more! Class is for puppies and dogs 16 weeks and older. Contact Sarah at www.persuadedpooch.com to determine your start date.

Ongoing

Tues., 10 – 10:50 a.m., 7 – 7:50 p.m., 8:10 – 9 p.m.

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.

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. Webster Groves residents only.

AQUATIC AREA & POOL PAVILION RENTALS

Call Miki at (314) 963-5600 or email mckeem@wgparksandrec.com for rentals and rates.

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 SEPTEMBER

- Pool Patron Appreciation Day
- Cool Canines Dog Swim
- Bark at the Moon (Dog Glow Fun Walk)
- The Basics of Staying Home Alone
- Toddler Story Time
- Mommy and me class
- Connected Life
- Fall Softball Leagues
- Adult Tennis Lessons
- Youth Tennis Lessons
- Ongoing classes: Dog Obedience, Ballates, Zumba®, Master Moves, Dance Fitness, Spinning®, Aikido, Cardio Combo, Awake Aware & Alive, Mind & Body (Yoga/Pilates), Groove, Hula Hoops, Webster A.M. 360, Tai Chi, Chair Yoga, Silver Yoga, Silver Barre, Basic Training, Fencing, Pickleball, WG Boot Camp