

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

APRIL 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!

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

DOG EGG HUNT

Search for treats hidden in the park and pictures with Peter Cottontail. All pets must have current inoculations and be kept on leash. Giveaways, drawings and attendance prizes, including two annual health care packages from Webster Groves Animal Hospital.

April 8

Sat., 3 p.m.

Larson Park

ADULT EASTER EGG HUNT

Bring your flashlight and decorated basket to find eggs filled with prizes from local merchants and other goodies. Co-sponsored by Kirkwood and Shrewsbury Parks and Rec. Event is outdoors and held rain or shine. BYOB. Must be 21 to consume alcohol.

Ages 18 and older

April 14

Fri., 8:30 p.m. (Registration between 7:30 and 8:15 p.m.)

Kirkwood Park

ARBOR DAY CELEBRATION

We will read a Mayoral Arbor Day Proclamation, recognize a community steward, accept our Tree City USA certification. Please call (314) 963-5457 for more information.

April 26

Wednesday, 5 p.m.

Larson Park

OAAC SPRING CARD PARTY

Fun and fellowship playing bridge. Attendance prizes and Psghetti's lunch. You must have a table of four (if your game requires it) unless you play duplicate bridge, whereby you need only bring your partner. For further information, call (314) 963-5656.

April 19

Wed., 10 a.m.-2 p.m.

NEW! URBAN WILD ADVENTURES

Learn about interesting trees, unique features, native plants, and wildlife at each park in a playful, adventurous, and educational way. Everyone hikes at his or her own pace and makes discoveries together.

April 21

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

Family Blackburn Park meet at Dogwood Pavilion

NEW! MOTHER/DAUGHTER TEA PARTY

Dress in your best tea party attire and enjoy a tea party. There will be crafts, tea, light snacks, and much more! Feel free to bring your own special tea cups.

Ages 3 and older

April 22

Sat., 12 - 2 p.m.

SOCCER GOALKEEPER TRAINING

Beginners, intermediate and advanced goalkeepers will learn in fun and fulfilling training sessions that will help them excel. More information at www.stlgoalies.com

April 3 - 25

Ages 6-11, Mon., 6 - 7:30 p.m.

Ages 12 and older, Tues., 6 - 7:30 p.m.

Larson Park by the Tennis Courts

GOOD CANINE MANNERS

Force-free, dog-friendly training methods will help your dog learn important foundation behaviors. Proof of vaccinations must be brought to the first class. Classes are for dogs 4 months of age or older.

April 13 - May 18

Thurs., 7 - 7:45 p.m.

SCOTTS MLB PITCH, HIT, & RUN COMPETITION

Age group boys and girls competition in hitting (distance), throwing (accuracy), and running bases (speed.) Certificates to those with the highest scores, with possibility of advancing to state sectionals or team championship at Busch Stadium.

Bring a copy of birth certificate. Sign up at:

http://mlb.mlb.com/mlb/kids/mlb_pitch_hit_run.jsp

Ages 7-14

April 19

Wed., this FREE event starts at 6 p.m. sharp

Blackburn Park unlit field

ADULT SOFTBALL LEAGUES

Few spots remain! Men's and Co-Ed leagues. Call (314) 963-5600 to find out availability and receive an informational packet, or visit www.webstergroves.org/softball for more information.

Ages 18 and older

Register by April 7 (Leagues begin April 23 at Blackburn Park)

TENNIS

TENNIS HOURS

March, April

Mon. - Fri., noon-10 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 may be purchased at the Recreation Complex and are valid through the calendar year. A Recreation Complex ID card is required to purchase a season pass. (Proof of residency will be required.) Season pass holders may reserve court time through www.reservemycourt.com up to one week in advance.

FREE FRIDAYS AFTER FIVE

Enjoy the courts and play tennis at no charge. Check in with the desk attendant and sign-in. Open courts subject to availability. Call ahead to reserve courts.

YOUTH TENNIS LESSONS

Emphasizes FUN, forehand, backhand, volley and serve.

April 25 – May 11

Red Ball/Ages 8U 36-foot Court/18-20" racket

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

Orange Ball/Ages 10U 60-foot Court/23-25" racket

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

Green Ball/Ages 12U Standard Court/26-27" racket

Tues. and Thurs., 7:30 - 8:30 p.m.

Yellow Ball/Ages 18U Standard Court/27" racket

Tues. and Thurs., 7:30 - 8:30 p.m.

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 Martha at marthadavis18@webster.edu

HIGH SCHOOL AND UNIVERSITY PLAY

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

March - May, Aug. - Sept.

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

ICE ARENA

SKATE WITH PETER C.

Peter Cottontail will ice skate with the little ones. Cookies and punch will be served.

April 9

Sat., 2:15 - 3:45 p.m.

LEARN TO SKATE

Learn the skills to ice skate safely from beginner to advanced.

Ages 3-16

Apr. 17 – May 22

Mon., 6 - 6:30 p.m.

TOTS

Beginning or advanced skaters must be 3-years old and potty trained. Parents do not get on the ice with their skaters.

Ages 3-5

Same times and sessions as Learn-To-Skate

YOUTH

The Webster Groves Ice Arena follows the Ice Skating Institute's Recreational Skater lesson program.

Ages 6-15 All Levels

Same times and sessions as Learn-To-Skate

ADULT SKATING CLASSES

Beginner and Novice

Ages 16 and older

Cover forward crossovers, back crossovers and stops.

Same times and sessions as Learn-To-Skate

SKATING SCHOOL ADVANCED CLASSES

For the skater who can pass ISI Delta and would like to continue to work on improving skating skills.

April 17 – May 22

Mon., 6-6:30 p.m. OR 6:30-7 p.m.

FIGURE SKATING

Freestyle 1, 2-3, 4, or 5+

Same times & sessions as Skating School Advanced Classes

POWER HOCKEY SKATING SKILLS

Improves skating skills for hockey. Skaters must be playing hockey at the "B" level or higher.

Same times & sessions as Skating School Advanced Classes

STICK HANDLING

Stick skills for the beginning hockey player. Skaters provide their own sticks, gloves and helmets. Skaters must be already playing hockey.

Same times & sessions as Skating School Advanced Classes

TRAINING SESSIONS

Open to figure skaters, power hockey skaters and those taking private lessons. Max. 25 skaters.

Ongoing through May

Tues., Thurs. and Fri., 3-4 p.m., Wed., 6-8 a.m.

PRIVATE SKATING LESSONS

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

STICK 'N' PUCK

All Ages

Ongoing through May (Check monthly schedule)

Mon., 3:15 - 4:45 p.m. and Wed., 3:15 - 4:30 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. Wed., and Thurs., 11:30 a.m. - 1 p.m.

PARTY ROOM

There are three party rooms available for skating groups which provide a windowed room right next to the ice surface. What a cool idea for a birthday party or celebration! The birthday child receives a commemorative t-shirt! Make reservations by calling 963-5621.

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!

Through May 28 (indoors)

Tues. 8:30 - 10 a.m. (Intermediate/advanced)

Thurs., 10 - 11:30 a.m. (beginner/intermediate)

Sun., 6:15 - 8:15 p.m. (intermediate/advanced)

CARDIO COMBO

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

April 24 – June 14

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

BASIC TRAINING

Fitness class modeled on the military's boot camp.

Apr. 10 – May 18

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.

April 24 – June 15

Mon., 6 – 7 p.m. OR

Thurs., 7:30 – 8:30 p.m.

SPINNING®

Ages 13 and older

Group cycling to music and visualization.

Next session begins May 10

Wed., 6 – 7 p.m.

BEGINNING SPINNING®

Ages 13 and older

Through Apr. 27

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

Next session begins May 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

Next session begins May 9

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

MASTER MOVES - STRENGTH & BALANCE

Resistance/Weight exercise

Ages 40+

April 17 – May 10

Mon. and/or Wed., 9 – 10 a.m.

TOTAL CONDITIONING/DANCE AND STRENGTH INTERVALS

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.

April 24 - June 16 (excluding May 29)

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.

April 11 - May 18

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.

Through Apr. 26

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

April 27 – June 18 (excluding May 27 & 28)

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!

Ages 13 and older

Yogalates

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

Beginning Yin Yoga Core

Mon., 6:30 - 7:45 p.m.

Pilates

Tues., 9 - 10 a.m.

Intermediate Yin Yoga Core

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

Intermediate Pilates

Thurs., 9 - 10 a.m.

April 24 – June 17

SILVER YOGA

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

Through May 2

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.

Through May 2

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.

Through May 5

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.

April 25 – June 15

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

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 MAY

- Aquatic Center Opens
- Swim Team Registration
- Current Channel Crawl
- Toddler Time in the Pool
- Masters Swimming
- Adult Singles Tennis Leagues
- Youth Tennis Lessons
- STL5 – Webster Spring Open Tennis Tournament
- STL5 - Webster 1 Day Doubles Tennis Tournament
- STL – 10U Smashers Tennis
- Urban Wild Adventures
- From Overwhelmed to Organized
- Mother/Son Game Night
- Recess 101
- Circus Stars Camp
- Soccer Goalkeeper Training
- Sports and More Camp
- Kinder Camp
- Ozzie Smith's Baseball/Softball Camp
- Camp Webegee Parent Informational Meeting
- Fairmont Park Horse Racing Day Trip
- More of your favorite ongoing classes such as Zumba®, Master Moves, Dance and Strength Intervals, 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