

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 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

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.

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!

NEW STRENGTH EQUIPMENT IN FITNESS CENTER

Come try our new state-of-the-art strength equipment including new dumbbells, barbells, cable cross-over and Matrix strength circuit. We've also installed new carpet!

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

SPRING BREAK WEBEGEE

Enroll your camper for games, crafts, a swimming field trip, ice skating and much more.

Ages 5-12

March 18 - 22

10 a.m. - 3 p.m. (Before and After Care available)

NEW! TWO-GETHER CLASS

Explore dance through movement, music and creativity, while developing gross motor skills.

Ages 2-3

March 26 - April 30

Tues., 8:30 - 9 a.m.

NEW! PRESCHOOL CREATIVE

Introduces students to rhythm, movement, and dance, focusing mostly on exploring Pre-Ballet skills at an age appropriate level.

Ages 3-5

March 28 - May 2

Thurs., 8:30 - 9:15 a.m.

MEDITATION CLASS

Achieve peace of mind and concentration. Deal with negative emotions and create a positive outlook of life. Guided meditation gets you in touch with your inner self and generates inner power to tackle external problems.

Ages 18 and older

March 8 - 29

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

ADULT SOFTBALL LEAGUES

Spring/summer men's and co-ed softball leagues will be forming soon. For more information, go to www.webstergroves.org/softball or contact Alison Edwards at (314) 963-5650 edwardsa@webstergroves.org

NEW! MOVE ACROSS AMERICA

Earn miles for activity time! Do 10 minutes on a treadmill, earn 10 miles. Take a Spinning® class for 60 minutes and earn 60 miles. Track your own progress on paper, on a map or however you see “fit”.

Through March

TENNIS

TENNIS HOURS

March, April

Mon. – Fri., Noon - 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 www.reservemycourt.com for updates.

March - May

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

ICE ARENA

NEW! COSMIC SKATES!

Black lights, disco ball, in-ice LED lights and a DJ! This will fast become family favorites! Some Friday and Saturday nights. View schedule at www.wgparksandrec.com. Click on Facilities/Ice Arena/Monthly Schedule.

LEARN TO SKATE

For recreational and new skaters of all ages and abilities. These classes cover the core curriculum needed to ice skate safely and form the foundation for any advanced skills skating, like hockey, figure or speed. Fee includes skate rental and instruction.

March 18 – April 15

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

YOUTH

Basic skills for all types of skating covered in classes divided by skill level.

Pre-Alpha, Alpha, Beta, Gamma/Delta

Ages 5-16

ADULT CLASSES

Beginner and Novice

Cover forward crossovers, back crossovers and stops.

Ages 17 and older

SKATING SCHOOL ADVANCED CLASSES

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

Same Sessions as Learn to Skate

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

FIGURE SKATING

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

POWER HOCKEY SKATING SKILLS

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

STICK HANDLING

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

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.

Mon., 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

HOCKEY ADULT SCRIMMAGE

Full equipment is required to participate in the scrimmage. Face mask is required for participants ages 16-17.

Ages 16 and older

Ongoing through June

Tues., and Thurs., 11:30 a.m. - 1 p.m.

STICK 'N' PUCK

Look for additional Stick 'n' Pucks on the monthly calendar.

All Ages

Ongoing through May 22

ROCKETS YOUTH ICE HOCKEY SPRING LEAGUE AND SUMMER 3-ON-3

15 games of play, playoffs, free jersey. Email Shannon.rogers0817@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.

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. (advanced/intermediate)

Tues. and Thurs, 10 - Noon. (beginner/intermediate)

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

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.

Next sessions begin April 2 - May 23

WEBSTER GROVES BOOT CAMP

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

Through Apr. 4

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

CARDIO COMBO

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

March 4 - April 24

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

Through March 26

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

BASIC TRAINING

Fitness class modeled on the military's boot camp.

Through April 4

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., *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+

March 18 - April 10

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

Through March 25

Mon., 6 - 7 p.m.

BEGINNING SPINNING®

Indoor cycling class utilizing motivational music and visualization.

Ages 13 and older

March 12 - May 2

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

WEBSTER A.M. 360

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

Through March 27

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

March 16 - April 20

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

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

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.

Through March 26

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 March 26

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.

Through March 29

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

EXERCISE BALL WORKOUT

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

March 14 - May 2

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

JUDO

It is a modern martial art that has become an Olympic sport.

This class is a non-competitive introduction to judo, designed as mental and physical exercise.

Ages 13 and older

March 6 - 27

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. OR 7 - 7:50 p.m.

ADULT ACTIVITY CENTER

Beginning and intermediate bridge lessons, duplicate bridge, line dance, pickleball. 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 for pavilion and picnic site rentals. Webster Groves residents only.

POOL PAVILION RENTALS

Call Miki at (314) 963-5600 or email mckeem@wgparksandrec.com after April 1 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 Monday of most months. Public is invited.

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

***Year-Round Fun Apply at www.webstergroves.org**

Rink Shift Supervisors, Facility Attendants, Maintenance Workers and Cashiers

For more information about these part-time positions at the Ice Arena, call (314) 963-5621.

*** Summer Fun in the Sun Apply at www.webstergroves.org**

Camp Webegee Counselors

Safety Camp Counselors

Inclusion Specialists

Aquatic Center Cashiers

Swim and Dive Team Coaches

Swim Lesson Instructors

For more information, call (314) 963-5600.

*** Lifeguards** - call Midwest Pool Management at (314) 432-1313.

COMING IN APRIL

- Kickboxing
- Skate with Peter Cottontail
- Learn to Skate
- Tennis Lessons
- Adult Beginner Tennis 101
- Dog Egg Hunt
- Adult Easter Egg Hunt
- Arbor Day Celebration
- Soccer Goalkeeper Training
- Callahan Pickleball Academy
- Adult Men's and Co-ed Softball Leagues
- Adult Activity Center Spring Card Party
- More of your favorite ongoing classes such as Dog Obedience, Zumba®, Judo, Master Moves, Dance Fitness, Spinning®, POUND®, Exercise Ball Workout, Aikido, Judo, Cardio Combo, Mind & Body (Yoga/Pilates), Webster A.M. & P.M. 360, Tai Chi, Chair Yoga, Silver Yoga, Silver Barre, Basic Training, Fencing, Pickleball, WG Boot Camp